



FLORENCE AND WATSON



A TREASURE BOX FOR FAMILIES
WITH CHILDREN IN GRADES 1 TO 5.

AN AFTER SCHOOL
COLLABORATION



ENGLISH AND AFRIKAANS
VERSION

'N SKATKIS VIR GESINNE MET
KINDERS IN GRADE 1 TOT 5.

WELCOME!



Hello!
Welcome to the family
activity fun pack!

We are Florence and Watson, honey badgers of a very rare sort. Singing songs while telling stories is our favourite sport.

Everyone has been having a tough time since schools have been closed, so we got together with our friends -- Petal the mouse, Lula the giraffe and Buffel the buffalo -- to make this pack to help families with learners in grades 1 to 5.

National and Provincial education departments are working hard to bring educational resources to children, and we encourage parents and older siblings to assist younger children to do their schoolwork. This pack focuses instead on fun games and enrichment activities to help children get active and creative while they are at home. We hope this resource will bring households together, to learn more about COVID-19, and help each other feel supported and safe.

Take the cover off the book; on the inside you'll find a board game. Cut out the 6 character tokens and the dice. To construct the dice, fold along all the lines, and glue the flaps. The board game instructions are embedded in the game; the objective is to race your household members to the finish line!

As your family works through the activity challenges, please share with us! Send messages, photos or video clips to this number via Whatsapp 061 332 4349. We hope that you'll find it interesting and fun!



Welkom by hierdie
pakkie vol pret vir jou
hele gesin!

Ons name is Florence en Watson en ons is baie seldsame ratels. Ons gunsteling vermaak is om liedjies te sing en stories te vertel.

Vandat die skole gesluit het, is dit maar vir almal 'n moeilike tyd. Ons het saam met ons vriende - Petal die muis, Lula die kameelperd en Buffel die buffel - besluit om gesinne bietjie te help. So hier is 'n pakket vir alle gesinne met graad 1 tot 5 leerders.

Die Onderwysdepartement op nasionale en provinsiale vlak werk hard om verskeie hulpbronne oor die kurrikulum vir kinders beskikbaar te maak. Ons vriende vra baie mooi dat ouers en groot boeties en sussies die jonger kinders asseblief moet help met hierdie skoolwerk. Hierdie pakkie van ons fokus eerder op prettige speletjies en verryksaktiwiteite om die jongspan kreatief en aktief te hou. Ons wens is dat dit ook hegte bande in jul gesinne sal bou, dat julle meer kennis oor COVID-19 opdoen en dat ons mekaar in hierdie tyd sal ondersteun en laat veilig voel.

As jy die omslag van die boek afhaal en omdraai sal jy 'n bordspeletjie vind kompleet met dobbelsteen en 6 kentekens. Knip hulle uit en vou dan die sye van die dobbelsteen en plak die flappies vas. Die instruksies vir die speletjie is op die bord gedruk. En die doel van die speletjie is 'n resies tussen jou en die ander huismense om eerste by die wenstreep te kom!

Deel asseblief jou ervarings met ons terwyl jy saam met jou gesin deur die uitdagings werk. Stuur boodskappe, foto's of videorepe, via Whatsapp na hierdie nommer: 061 332 4349. Ons hoop dat julle dit interessant en prettig sal vind!

Florence & Watson



Did you know that Honey Badgers have five toes on each foot? If a Honey Badger has 4 legs...how many toes does a Honey Badger have?

Het jy geweet dat ratels vyf tone aan elke voet het? As 'n ratel vier bene het, hoeveel tone het hy?





HELLO!

My name is Petal, and I am a little striped mouse with a very big heart.

My naam is Petal, en ek is 'n klein gestreepte muisie met 'n baie groot hart.



HALLO!

My name is Lula, and I am very tall and beautiful. I am also a loyal and caring friend.

My naam is Lula en ek is pragtig met my lang nek. Ek is ook 'n lojale vriendin en gee baie om vir ander.



My name is Buffel. I am a big strong Buffalo who is sensitive at heart.

My naam is Buffel. Ek is 'n groot, sterk buffel met 'n klein hartjie.

Let's learn about COVID-19 and keep each other healthy and safe. Even though we have missed out on school, let's grow our minds and get creative. Even though we aren't allowed to play sports, let's stay fit and strong.

This pack is for learners in grades 1 to 5. Depending on your age, you might find some activities easy and others a bit more difficult. Help your younger siblings to do the easy ones, and ask someone older to help with the harder ones.

Pick a challenge for the day, and tick the box when it's done. If someone in your household has Whatsapp on their phone, ask them to share your work with me via Whatsapp 061 332 4349.

Let's look after ourselves and each other; together, we can do this!

Kom ons vind nog 'n paar dinge uit oor die COVID-19 sodat ons vir mekaar kan sorg en gesond en veilig is. Dit is belangrik dat ons fiks en sterk bly al mag ons nie nou aan sport deelneem nie. Dis netso belangrik dat ons verstand aktief bly en ons kreatiewe dinge doen al mag ons ook nie skool toe gaan nie.

Hierdie pakket is vir Graad 1 tot 5 leerders. Van die aktiwiteite sal moeiliker wees as jy jonger is en ander weer lekker maklik. Help mekaar om die maklikes te doen en vra dan 'n grootmens om met die moeilikes te help.

Kies 'n uitdaging vir die dag en maak 'n merkie in die blokkie as dit afgehandel is. As iemand in julle huis Whatsapp op hulle selfoon het, vra hulle om jou aktiwiteite met my te deel op nommer 061 332 4349.

Kom ons kyk mooi na onself en ook na mekaar - saam kan ons dit doen!

Sending lots of love, Petal, Lula and Buffel
Ons stuur baie liefde, Petal, Lula en Buffel

LET'S KEEP EACH OTHER HEALTHY & SAFE



Covid-19 is a new Corona virus that can:

- Make you cough
- Give you a fever
- And make it difficult to breathe.
- It is spread when small drops (of cough or sneeze) end up in another person's mouth, nose or eyes.

Many people who get it do not get these symptoms, but they can pass it on to others.

A symptom is the body's way of telling us and others that we are not well.

Older people and people who are already sick are more at risk of becoming very ill with Covid-19.



But do not be worried! We can stop it from spreading if we:

- Wash our hands
- Don't touch our faces or rub our eyes
- Do not shake hands
- Cough into our elbows
- Wear masks
- Keep 2m apart from each other
- Stay home as much as possible



Die Covid-19 is 'n nuwe Corona-virus wat:

- Jou laat hoës
- Jou koors laat styg
- En wat jou moeilik laat asemhaal.
- Dit word versprei wanneer klein druppeltjies (as gevolg van 'n hoës of 'n nies) in 'n ander persoon se mond, neus of oë beland.

Baie mense wat die virus kry, het nie enige van die simptome hierbo nie, maar hulle kan dit wel aan ander oordra.

'n Simptoom is ons liggaam se manier om vir ons en ander mense te sê dat ons nie gesond is nie.

Ouer mense en mense met ander siektes loop die risiko om baie siek te word van die Covid-19 virus.



Maar moenie bekommerd wees nie! Ons kan keer dat dit versprei as ons:

- Ons hande was
- Nie aan ons gesigte raak of ons oë vryf nie
- Nie hande skud nie
- In ons elmboë hoës
- Maskers dra
- Twee meter van mekaar af staan, sit of stap
- Soveel moontlik tuis bly

LET'S MAKE A TIPPY TAP! (1)



Get help from someone older – this challenge is a bit tricky!

Vra iemand wat 'n bietjie ouer is om te help – hierdie uitdaging is 'n bietjie ingewikkeld!



CHALLENGE 1

To make a tippy tap you will need:

- A plastic bottle with a screwtop / cap on the head (the kind that fizzy drinks come in)
- The inner tube of a ballpoint pen or other small, tight, hollow tube.



1. Clean the bottle.
2. Make a hole in the bottom of the bottle with a heated piece of wire.
3. Remove and clean the inner tube from a ballpoint pen. Cut it at an angle and push it through the hole in the bottle. The tube should fit tightly.
4. Fill the bottle with water and replace the cap.

If the cap is tight, no water should flow through the tube. If the cap is loose, water should flow in a constant stream.



When you are sure it works, hang it up or place it on a shelf where people can use it for hand washing. Put soap nearby or tie a piece of soap to the bottle with a piece of string.

5. To use the tippy tap: release the cap so that the water can flow. Wet your hands, add soap and rub your hands under the water for twenty seconds until clean.



UITDAGING 1

Jy het die volgende nodig om 'n tippy tap te maak:

- 'n Plastiekbottel met 'n skroefdeksel aan die bokant (soos 'n koeldrankbottel).
- 'n Buisie van die binnekant van 'n pen of enige ander dun, harde pypie wat hol is.

1. Maak die bottel skoon.
2. Maak 'n gat in die bottel se bodem met 'n verhitte stuk draad.
3. Maak die buisie of pypie mooi skoon. Sny dit skuins en druk dit deur die gat in die bottel. Die buisie moet styf pas sodat daar nie lug of water kan uitloop nie.
4. Maak die bottel vol met water en draai die skroefdeksel styf vas.

As die skroefdeksel styf vasgedraai is, behoort daar nie water deur die buisie te vloei nie. As die deksel los is, behoort die water in 'n konstante stroom te vloei.

Wanneer jy seker is dat dit werk, hang dit op of lê dit op sy kant neer op 'n rak waar mense dit kan gebruik om hande te was. Sit seep naby die bottel neer of bind 'n stuk seep met 'n toutjie aan die bottel vas.

5. Hoe om die tippy tap te gebruik: Maak die skroefdeksel los sodat die water kan vloei. Maak jou hande nat, smeer seep aan en was jou hande vir twintig sekondes onder die water totdat dit skoon is.

Challenge 1 done!
 Uitdaging 1 is voltooi!

1. Water Aid & Earth Institute

LET'S MAKE A MASK

CHALLENGE 2

Lula is a stylish and beautiful giraffe. She is also very caring. We all need to wear masks when we leave the house, so Lula made this challenge to help us get creative, be safe and look sharp!

You will need:

- 1: Cotton cloth (e.g. dishcloth / folded up t-shirt)
- 2: 2 elastic bands / hair ties



Fold the cloth by bringing each end to meet in the middle, each side wrapping through the elastic band. Put the bands onto your ears, and tuck the cloth to fit snugly, covering your nose and mouth

UITDAGING 2

Lula is nie net pragtig nie maar ook baie stylvol en boonop gee sy om vir almal se gesondheid wat rondom haar beweeg. Ons almal moet maskers dra as ons uit ons huise gaan so Lula het hierdie uitdaging geskep vir ons om veilig te wees terwyl ons in die mode is!

Jy het die volgende nodig:

- 1: Katoenmateriaal (bv. 'n vadoek / opgevoude T-hemp)
- 2: 2 rekkies / haarbande



Kyk mooi na die prentjies voor jy begin. Trek die punte van die lappe deur die rekkies en spaseer die lap half in die middel. Hak nou die rekkies oor jou ore en verstel die lap sodat dit styf sit maar ook jou mond en neus mooi toemaak.



Be safe, but make it fashion!
Wees veilig, en wees in die mode!

I'd love to see your creations! Send a pic of yourself wearing your mask to 061 332 4349.

Ek sal baie graag julle skeppings wil sien! Stuur 'n foto van jouself met jou masker aan na 061 332 4349.

LET'S DO SOMETHING TOGETHER AS A FAMILY

CHALLENGE 3

Let's make a COVID-19 Time Capsule.

Find a box, and put objects inside it that will remind you of your life at this moment in time.

Measure (or guess, if you don't have a ruler or measuring tape) the height of every child in the house, and write it down.

Write your future self a letter, describing your experience of lockdown, and how you feel about it.

Draw a picture.

Include some newspaper clippings or pages from a magazine. Put in a till slip from the shop or a supermarket advertisement.

Then hide your time capsule somewhere secret or bury it in the yard, to dig up in many years' time when lockdown and social distancing is a distant memory.

Challenge 3 done!
Uitdaging 3 is voltooi!

A time capsule is something we make to remember a time in our past.



UITDAGING 3

Nooi al die huismense en kom ons maak 'n Covid-19-tydcapsule.

Soek 'n boksie of houertjie en sit goed daarin wat jou sal herinner aan jou lewe soos dit tans is.

Maak 'n aantekening van elke kind in die huis se lengte (of raai, as jy nie 'n liniaal of maatband het nie).

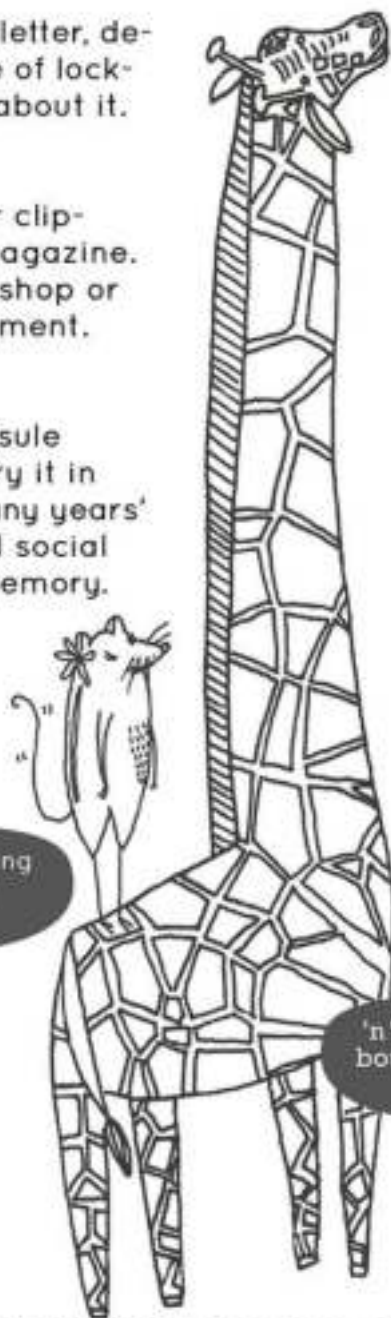
Skryf 'n brief aan jou toekomstige self waarin jy die ervaring van inperking beskryf en hoe jy daarvoor voel.

Teken 'n prentjie.

Kry ook 'n koerantartikel of 3 of selfs 'n bladsy uit 'n tydskrif en sit dit in. 'n Oulike item sal ook 'n winkelstrokie of 'n advertensieblad van die supermark wees.

Steek dan jou tydcapsule onder die bed weg of begrawe dit in die tuin om baie jare later op te graawe wanneer inperking en sosiale afstand slegs 'n vae herinnering is.

'n Tydcapsule is iets wat ons bou of maak om 'n era uit ons verlede te onthou.



LET'S GROW OUR MINDS

The best way to grow our minds is to ask questions.

This whole COVID-19 situation is so complicated! The President is working hard with his team around the country to keep us safe, and I'm sure you have questions for them.

Die beste manier om ons kennis te verbreed is om vrae te vra!

Hierdie hele COVID-19 situasie is so ingewikkeld! Die President en sy span regoor die land werk hard om ons veilig te hou en ek is seker daar is vrae wat jy graag vir hulle sal wil vra.

CHALLENGE 5

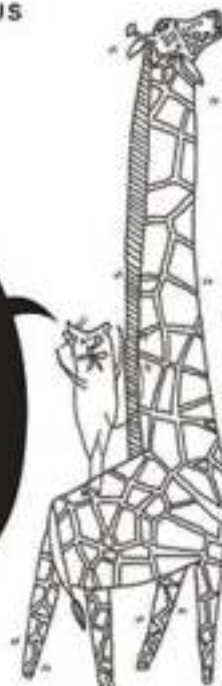
If President Ramaphosa or your Premier came to visit, what are the three top questions you would ask?

Write them here:

UITDAGING 5

As President Ramaphosa of jou Premier sou kom kuier, wat is die drie belangrikste vrae wat jy sou vra?

Skryf dit hier neer:



1:

2:

3:



COMPLETE THIS CROSSWORD



A helpful hint! You can find the answers to most of these clues in this pack!



'n Nuttige wenk: Die antwoorde vir meeste van hierdie leidrade is in hierdie pakket.

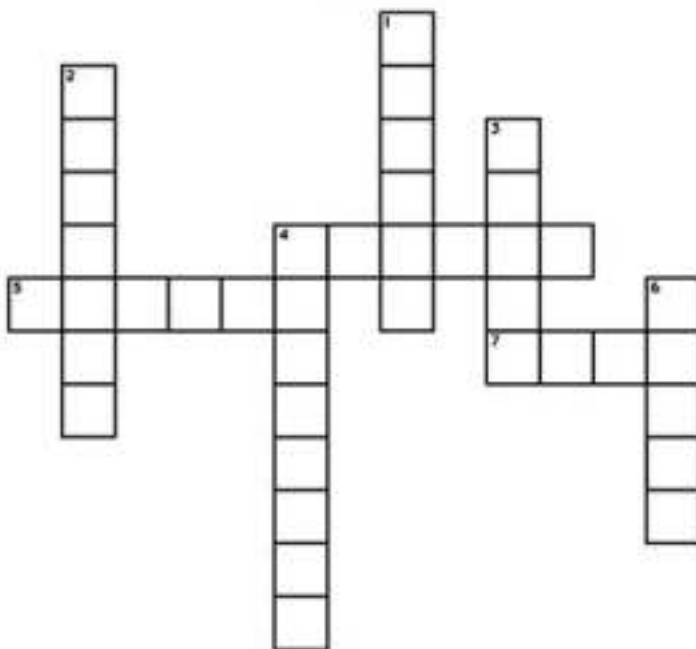
CHALLENGE 6

ACROSS

- 4: Number of seconds we should wash our hands for.
 5: Name of the virus which means 'crown' in Latin.
 7: Name of the stylish giraffe character in this book.

DOWN

- 1: Name of the strong and sensitive buffalo character in this book.
 2: A game that involves throwing a ball into the air and then clapping.
 3: Name of the caring mouse character in this book.
 4: An exercise that makes you feel calm and focused.
 6: We wear these every time we leave the house, and we make it fashion!



UITDAGING 6

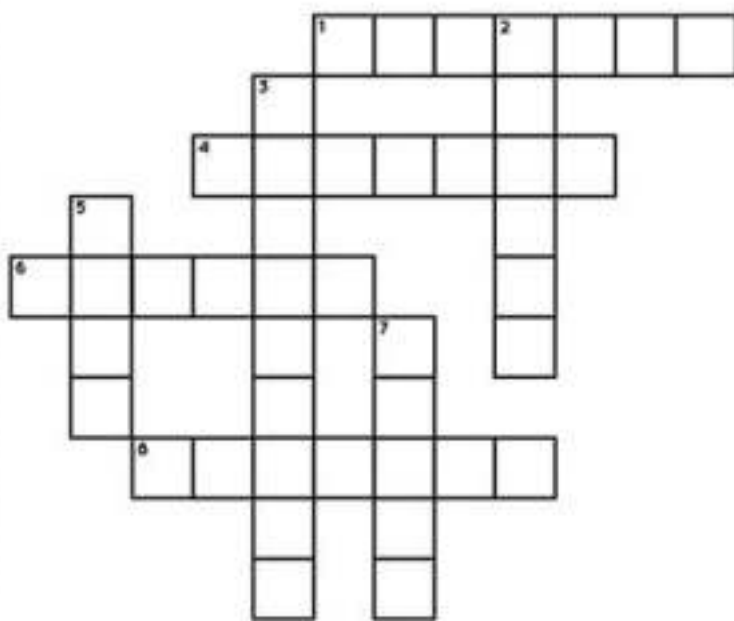
VOLTOOI HIERDIE BLOKKIESRAAISEL

DWARS

1. 'n Speletjie waar jy 'n bal opgooi en dan jou hande klap.
 4. Ons dra dit elke keer as ons uit die huis uitgaan - en dis mode!
 6. Naam van die sterk en sensitiewe buffelkarakter in hierdie boek.
 8. Aantal sekondes wat ons ons hande moet was.

AF:

2. Naam van die virus wat 'kroon' in Latyn beteken.
 3. 'n Oefening wat jou kalm en gefokus laat voel.
 5. Naam van die stylvolle kameelperdkarakter in hierdie boek.
 7. Naam van die sorgsame muiskarakter in hierdie boek.



Challenge 6 done!
 Uitdaging 6 is voltooi!

LET'S GET CREATIVE

CHALLENGE 7

Collect 6 objects from around the house (for example, a photograph, an onion, a shoe or a mug). Give each object a number, from 1 to 6. Then throw the dice. Pick up the object that relates to this number.

Look at it carefully: How does it smell? How does it feel? What does it remind you of? What new ideas does it give you? Then, write a story or a poem about this object.

IDEAS FOR YOUR STORY:

What would happen if this object came to life?

What could go wrong with this object?

Who might really really want this object and why?



UITDAGING 7

Gaan haal 6 dinge van regoor die huis (byvoorbeeld 'n foto, 'n ui, 'n skoen, 'n beker, ensovoorts). Nommer dan elke voorwerp van 1 tot 6 en gooi jou dobbelsteen. Die nommer waarop dit land is die voorwerp wat jy moet optel.

Bekyk die voorwerp versigtig: Hoe ruik dit? Hoe voel dit? Waaraan herinner dit jou? Watter nuwe idees ontlok dit? Skryf dan 'n verhaal of 'n gedig oor hierdie voorwerp.

VOORSTELLE VIR JOU VERHAAL:

Wat sou gebeur as hierdie voorwerp lewendig word?

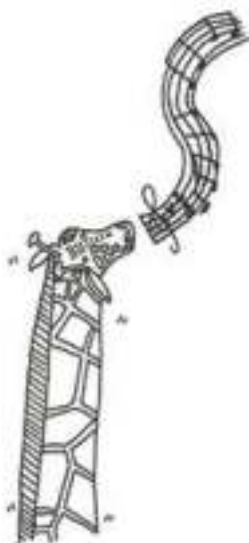
Wat kan verkeerd gaan met hierdie voorwerp?

Wie sou regtig hierdie voorwerp wou hê, en waarom?

CHALLENGE 8

Make up a song about your favourite animal (perhaps based on one of the characters in this book!) Make up a dance to go with it.

Perform it for someone in your home, and if they have a phone with a camera, ask them to film you. If they have data, ask them to send it to Petal, on 061 332 4349.



UITDAGING 8

Skryf 'n liedjie oor jou gunsteling dier (miskien gegrond op een van die karakters in hierdie boek!) Ontwikkel 'n dansroetine wat daarby sal pas.

Wanneer jy lekker geoefen het vra vir iemand in die huis om jou dansie met hulle selfoon af te neem. Indien julle data het stuur asseblief jou dans video aan Petal op nommer 061 332 4349.



I love to take things that have been thrown away, and turn them into something precious and special... what a fun way to spend the day!

Ek hou daarvan om goed wat weggegooi is, bymekaar te maak en dit in iets kosbaars en besonder te omskep...wat 'n lekker manier om die dag deur te bring!

I love to sing; I'll sing to anyone who will listen. I even sing to my flowers; it makes them glow and glisten.

Ek hou van sing; Ek sal vir almal wat wil luister, sing. Ek sing selfs vir my blomme; dit laat hulle gloei en glinster.



CHALLENGE 9

Collect some scrap and make something beautiful or useful out of it. Is it something you can wear? Perhaps a hat? Or something to store things in? Perhaps a treasure box?

My superior height
And graceful disposition
Makes dancing all night
A delightful proposition
So come move with me
Let's hit the dancefloor
with gleel



UITDAGING 9

Versamel 'n bietjie weggoigoed en maak iets moois of nuttigs daarvan. Is dit iets wat jy kan dra? Miskien 'n hoed? Of iets om goed in te bêre? Miskien 'n skatkis?

Met my besondere lengte
en kleurvolle styl
is ek in baie prente
en kan dit nie omseil
So kom dans saam met my
sodat ons almal gelukkig kan bly!

CHALLENGE 10

Let's dancel
Make up a dance routine to your favourite song, and then teach it to someone. If you have a phone with a camera, film yourself and share your moves with us @ 061 332 4349 or Facebook:
<https://tinyurl.com/yb9cblkc>

UITDAGING 10

Kom ons dans!
Skep 'n dansroetine van jou gunsteling liedjie en leer dan iemand om dit te dans. As jy 'n telefoon met 'n kamera het, neem dan 'n video en deel jou vroe deur
Whatsapp 061 332 4349 / Facebook:
<https://tinyurl.com/yb9cblkc>

Challenge 8 done!
Uitdaging 8 is voltooi!

Challenge 9 done!
Uitdaging 9 is voltooi!

Challenge 10 done!
Uitdaging 10 is voltooi!

LET'S STAY FIT & STRONG



I like to move it, move it
It's fun, and let's face it
Exercise helps us feel
calm and strong...
Am I wrong? Am I wrong?!

Dit is belangrik om ons liggame
aan die gang te hou.
Ons wil almal gesond wees, en
kom ons wees nou eerlik
Oefening hou ons kalm en sterk...
Dit sal werk! Dit sal werk!

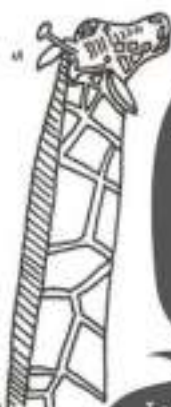
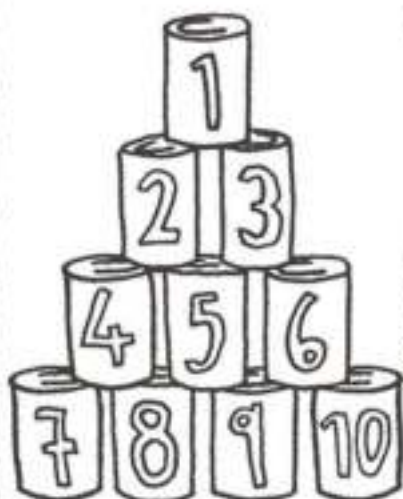


CHALLENGE 11

Jog on the spot like you are
Buffel chasing after his friends!
Stretch as high as you can, like
Lula eating leaves from a high
tree. Stretch down to the
ground, like Lula drinking water.
Mice are very good jumpers!
Jump up and down like Petal.

UITDAGING 11

Draf op die plek asof jy Buffel
is wat sy vriende jaag!
Strek so hoog as moontlik, soos
Lula wat 'n hoë boom se blare
vreet. Strek af grond toe soos
wanneer Lula water drink.
Muis is baie goeie springers!
Spring op en af soos Petal.



Let me know
about the games
you invent via
Whatsapp @
084 224 5641,
and I'll put the
best games in
the next pack!

Laat weet my op 061 332 4349 watter
speletjies jy uitgedink het en ek sal
die beste speletjies by die volgende
pakket insluit!

CHALLENGE 12

Tin pin Bowling ⁽¹⁾ is a fun game you can
play with your whole family; indoors or
outdoors.

Collect empty cans, and fill them with
sand or stones. Decorate them, and give
each a number, then stack them in a pile.
(If you don't have cans, you can also use
milk bottles or cool drink bottles.)

Stand about 1 metre away, and try to
knock them over with a ball. (If you don't
have a ball, you can use a balled up pair
of socks).

Each player gets two chances. Calculate
the score by adding up the numbers on
the knocked over cans.

What other games can you invent using
these cans?

UITDAGING 12

Kegelspel met blikkies ⁽¹⁾ is 'n prettige
speletjie wat jy óf binne óf buite saam
met jou hele gesin kan speel.

Versamel leë blikke en maak dit vol met
sand of klippe. Versier die blikke en skryf
'n nommer op elkeen. Stapel dit dan op-
mekaar. (As jy nie blikke het nie, kan jy
melkbottels of koeldrankbottels ge-
bruik.)

Staan ongeveer 1 meter weg daarvan en
probeer om dit met 'n bal om te gooi. (As
jy nie 'n bal het nie, kan jy 'n paar sokkies
gebruik en dit in die vorm van 'n bal
oprol.)

Elke speler kry twee kansse. Bereken die
telling deur die nommers op die
omgeslaande blikke bymekaar te tel.

Challenge 12 done!
Uitdaging 12 is voltooi!

When you are tired and need a rest, Challenge 11 is done!
As jy moeg is en wil rus, is Uitdaging 11 klaar!

I miss my team and playing sports
Sometimes I feel really out of sorts
But I decided - lockdown won't stop me
So to sharpen my skills and keep fit
I made a rag ball with a string - check it!



Ek mis my span en om sport te speel
Soms het ek 'n knop in my keel
Maar ek het besluit - inperking sal my nie keer
So, om my vaardighede op te skerp en fiks te bly
het ek 'n lapbal vasgemaak aan 'n tou.

CHALLENGE 13

LET'S MAKE A RAG BALL! ⁽¹⁾

You will need:

- A fruit or onion netting bag
- 12-15 double sheets of newspaper, or plastic bags for a waterproof ball
- String



Bunch one sheet of newspaper into a tight ball. Then wrap it with another sheet of newspaper, and keep going until you have made a tight, strong ball. Then put it inside the fruit bag, and flatten out any corners so the ball is round.

Twist the ball around three times so the fruit bag opening twists shut around the ball. Then tie a knot and cut off the remaining tail. Take a string and tie it to the top; now you can hold the string and kick the ball to yourself! Tuck the string in if you want to kick the ball to someone else.



UITDAGING 13

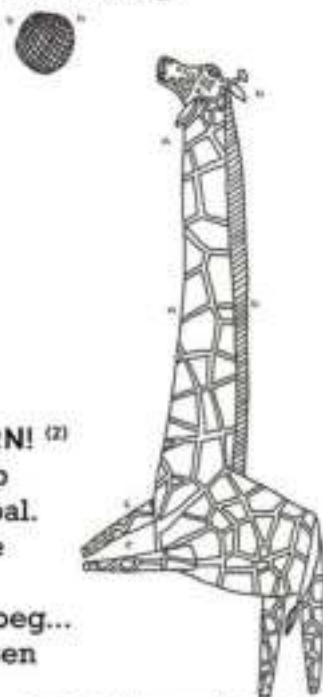
KOM ONS MAAK 'N BAL VAN LAP! ⁽¹⁾

Jy sal die volgende nodig hê:

- 'n Netsakkie vir vrugte of uie
- 12-15 dubbel velle koerantpapier of plastieksakke vir 'n waterdigte bal
- Tou

Frommel een koerantblad op in 'n stywe bal. Draai dan 'n ander koerantblad om die bal en hou so aan totdat jy 'n stywe, sterk bal gemaak het. Sit dit dan in die netsakkie en druk die hoeke plat totdat die bal rond is.

Draai die bal nou 3 keer om binne die sak sodat dit lekker stewig is. Maak dan 'n knoop en sny die oorblywende stertjie af - vat die tou en maak dit styf aan die stert vas. Nou kan jy die tou vashou en die bal na jouself skop - kyk net vir Buffel! Of druk net die tou terug in die sak-opening as jy dit vir iemand anders wil skop.



CHALLENGE 14

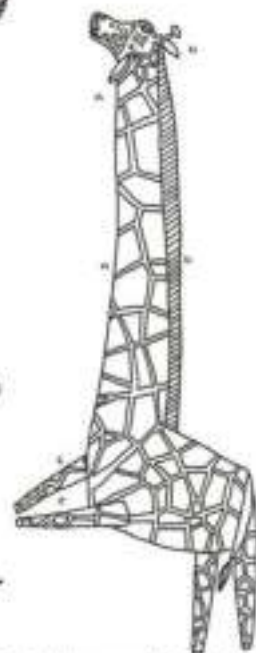
LET'S PLAY POPCORN! ⁽²⁾

Throw the ball in the air, clap once, and then catch the ball. Throw it up again, clap twice and then catch the ball. Keep adding claps... how many times can you clap between throws and catches?

UITDAGING 14

KOM ONS SPEEL POPCORN! ⁽²⁾

Gooi die bal in die lug, klap een keer en vang dan die bal. Gooi dit weer op, klap twee keer en vang dan die bal. Hou aan om klappe by te voeg... tel hoeveel keer kan jy tussen gooi en vang klap?



LET'S HELP EACH OTHER FEEL BETTER

This is a tough time for everyone!
We all feel lots of strong emotions.
It is normal to feel sad, stressed,
scared, frustrated or angry.

Hierdie is 'n moeilike tyd vir almal!
Ons ervaar almal baie sterk emosies.
Dit is normaal om hartseer, gespanne,
bang, gefrustreerd of kwaad te voel.

I am so sad, because I miss my best friend. How I wish this lockdown would end!

Ek is so hartseer, want ek mis my beste vriendin. Ek wens so dat hierdie inperking nou einde sal kry!

All the uncertainty makes me stressed; if only I could visit my granny, she is the best!

I am SO FRUSTRATED that I can't play team sports; it makes me feel really out of sorts.

Al die onsekerheid maak my gespanne; as ek net vir my oma kon gaan kuier, sy is die beste!

Ek is SO GEFRUSTREERD dat ek nie aan spansport kan deelneem nie; dit laat my sommer omgekrap voel.



CHALLENGE 15 (1)










How are you feeling? Can you find any of your feelings on this grid?

Can you think about why you are feeling this way? Write about your feelings, and try to understand them.

UITDAGING 15 (1)

Hoe voel jy? Ervaar jy enige van die gevoelens soos hieronder?

Dink 'n bietjie hoekom jy so voel. Skryf jou gevoelens neer en probeer om dit te verstaan.

 Happy Gelukkig	 Angry Kwaad	 Sad Hartseer
 Scared Bang	 Worried Bekommerd	 Peaceful Rustig
 Excited Opgewonde	 Confused Verward	 Bored Verveeld

Challenge 15 done!
Uitdaging 15 is voltooi!

LET'S GET GROUNDED (1)

CHALLENGE 16

Grounding helps us connect our feelings to our actions and behaviours, so we can do more of what makes us feel safe, healthy, connected to others and strong!

Think about how you want to feel, and then think what you can do to help yourself feel that way.

UITDAGING 16

Wat beteken standvastigheid?

Dit is om sterk te wees en te bly staan en nie te verander in moeilike tye nie - party mense noem dit om gegrond te wees. As mens gegrond is beteken dit jy kan kies hoe jy optree omdat jy jou gevoelens verstaan. Dit help ons om dinge te doen wat ons veilig, gesond en sterk laat voel.

Dink aan hoe jy graag wil voel, en besluit dan wat jy kan doen om jousef so te laat voel.

I want to feel: / Ek wil: I will: / Ek sal:

Safe / Veilig voel	Ask for help when I feel anxious Hulp vra as ek angstig is
Calm / Kalm wees	Do some exercise and then a Take 5 (challenge 18) Oefeninge doen en dan 'n Vat 5-uitdaging! (uitdaging 18)



It's important to be attentive and caring, especially when you see the people you love despairing.

Dit is belangrik om oplettend te wees en om te gee, veral as jy sien hoe swaar jou geliefdes kry

CHALLENGE 17

Ways to make the people in your home feel better:

- Draw them a picture
- Give them a hug
- Write them a letter
- Help them with their chores (e.g. cleaning the house)
- Sing them a song
- Make them a cup of tea or a snack

UITDAGING 17

Maniere om die mense in jou huis beter te laat voel:

- Teken vir hulle 'n prentjie
- Gee vir hulle 'n drukkie
- Skryf vir hulle 'n brief
- Help hulle met hul take (bv. om die huis skoon te maak)
- Sing vir hulle 'n lied
- Maak vir hulle 'n koppie tee of 'n peuselhappie

Challenge 16 done!
Uitdaging 16 klaar!

Challenge 17 done!
Uitdaging 17 klaar!

LET'S GET GROUNDED



Sjoe, sometimes I feel verrrry stressed.
So I use my breath to feel calmer and focused.
This challenge is called a Take Five! You see
you can use it to be a champion, like me!

Sjoe, ek voel soms basaaaie gespanne
So ek haal diep asem om kalmer en gefokus te voel.
Hierdie is 'n Take Five-uitdaging
Om 'n kampioen soos ek te wees kan jy dit doen!

CHALLENGE 18:

This exercise is called a Take Five. ⁽¹⁾

Sit comfortably, with your eyes closed. Take a slow, deep breath in through your nose, for four counts. Breathe out through your mouth for four counts. As you keep breathing slowly in and out, listen carefully to the sounds around you. Notice how your body feels. Don't worry about your thoughts - let them come and go.

When you are ready, you can slowly open your eyes. How are you feeling? Calm? Relaxed? Energised? Focused? Remember, you can do the Take Five whenever and wherever you need to!

UITDAGING 18

Hierdie oefening staan bekend as Take Five. ⁽¹⁾

Haal lekker diep asem en blaas dit rustig uit deur jou mond. Nou probeer jy vir 4 tellings stadig en diep deur jou neus inasem en dan stadig by jou mond uitasem. Oefen dit 'n bietjie. Terwyl jy aanhou stadig asemhaal begin fyn luister na geluide rondom jou en voel hoe jou liggaam voel. Jy sal begin ontspan. Moenie bekommerd wees oor wat in jou gedagtes aangaan nie - laat hulle maar kom en gaan.

Wanneer jy gereed is, kan jy jou oë stadig oopmaak. Hoe voel jy? Kalm? Ontspanne? Vol energie? Gefokus? Onthou - net wanneer jy wil kan jy hierdie Take Five doen - maak nie saak waar jy is nie.

CHALLENGE 19 ⁽²⁾

You are doing a great job getting through this tough time. Give yourself a nice warm hug!

Rub your hands together very fast and hard until they are hot. Then cross your arms across your chest, and squeeze your shoulders. Give them a little massage. You've got this!

UITDAGING 19 ⁽²⁾

Jy hanteer hierdie moeilike tye baie goed. Gee jouself 'n lekker warm drukkie!

Vryf jou hande baie vinnig en hard saam totdat hulle warm is. Vou dan jou arms oor jou bors, en gee jou skouers 'n stywe druk. Masseer jou skouers 'n bietjie. Dis reg...net so!

Challenge 18 done!
Uitdaging 18 is voltooi!

Challenge 19 done!
Uitdaging 19 is voltooi!

GET IN TOUCH!

WE WANT TO HEAR FROM YOU!

- How are you doing?
- Which of the activities in this book did you like best?
- Tell us your name, grade and the area you live in.

Please send us pictures of your creations and activities, and ideas for what to include next time.



ABOUT THIS RESOURCE!

Organisations from the After School sector across the country have collaborated to bring this pack to learners in South Africa as the country grapples with COVID-19. This collaborative effort is powered by the After School Programmes Office in the Western Cape Government's Department of Cultural Affairs and Sport, The Learning Trust, ASSITEJ South Africa and Laureus Sport for Good South Africa.

Activities and ideas have been pulled from the Treasure Box portal, a collection of many After School organisations' amazing work, which is all accessible here:
After School Treasure Box
www.thelearningtrust.org/asp-treasure-box

Learn about Florence & Watson's books and plays here:
www.florenceandwatson.co.za

SKAKEL ONS!

ONS HOOR GRAAG VAN JOU!

- Hoe gaan dit met jou?
- Van watter aktiwiteite in hierdie boek het jy die meeste hou?
- Stuur vir ons jou naam, jou graad en waar jy woon.

Stuur vir ons foto's van jou skeppings, aktiwiteite en ook voorstelle wat ons 'n volgende keer kan insluit.

WHATSAPP 061 332 4349 OR FACEBOOK:
[HTTPS://TINYURL.COM/YB9CBLKC](https://tinyurl.com/yb9cblkc)



USEFUL CONTACTS / NUTTIGE KONTAKTE

CORONA VIRUS 24 HOUR NUMBER:
0800 029-999 OR 021 928 4102

If you have high fever, cough & sore throat. As jy hoë koors, hoes en 'n seer keel het.

CHILDLINE
0800 55555

If I don't feel safe or someone is hurting me. As ek nie veilig voel nie of iemand my seermaak.

AMBULANCE
10177

For a medical emergency. Vir 'n mediese noodgeval.



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