



# FLORENCE AND WATSON



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

AN AFTER SCHOOL  
COLLABORATION



ENGLISH AND ISIXHOSA  
VERSION

TRANSLATED BY SINDIWE MAGONA

UFLORENCE & WATSON BANIPHATHELE  
IBHOKISI YENDYEBO YEEFEMELI  
EZINABANTWANA ABAKOOGRADE 1 UKUYA KU 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!



Molweni!  
Namkelekile kulo mqulu  
wokonwatyelwa lusapho!

SingooFlorence noWatson, iihoney badger zohlobo olunqabe kunene. Ukucul' iingoma nokubalis' amabali yeyona midlalo siyithandayo.

Wonk' umntw' akonwabanga okoko zivaliw' izikolo, siye sahlanguke ke nezihlobo zethu -- impuku enguPetal, uLula oyindlulamthi kunye nenyathi enguBuffel ukuze senze lo mqulu wokunceda iintsapho ezinabafundi abakumabanga 1 ukuya ku 5.

Amasebe emfundo eSizwe nawoPhondo amaxhaphetshu ukuze aphahele abantwana izinto ezululutho zayamene nekharityhulam. Ngoko sikhuthaza abazali nabantakwabo abadala ukuba bancede abaselula ekwenzeni umzebenzi wabo wesikolo. Wona umqulu lo ugxininise kwimidlalo nemisebenzi eyakhayo; ukunceda abantwana babe nentshukumo elixa besekhaya. Sithemba lithi olu ncuthu luya kumanya iintsapho, kufundwe nangkumbi ngeCOVID-19, kuncedwane wonke azive exhasiwe yaye ekhuselekile.

Susa uqweqwe encwadini; ngaphakathi kukho umdlalo webhodi. Sika imifanekiso yabalinganiswa ba-6 nedayisi. Ukwakha idayisi eli, songa ulandela ngqo imigca, ncamathisela ngegulu amadlebe. Imigaqo yomdlalo webhodi nantso ifakwe kuwo ngqo.

Njengoko usapho lwakho lusenza uthotho olu lwemingeni, nceda wabelane nathi! Thumela imiyalezo, iifoto okanye ivideo kule nombolo yewhatsapp 061 332 4349. Sithemba ukuba uya kuwufumana unomdla yaye usonwabisa!

## 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?

Ubusazi ukuba iiHoney Badger zineenzwane ezintlanu kunyawo ngalunye? Ukuba iHoney Badger inemilenze emine...zingaphi zonke iinzwane zayo?







HELLO!

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

Igama lam nguPetal, ndingunomgcana wempukwana onentliziyo enkulu.



MOLWENI!

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

Igama lam nguLula, ndimde kakhulu yaye ndiyajongeka. Ndikwangumhlobo onyanisekileyo nonenkathalo.



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

Igama lam nguBuffel. Ndiyinyathi enkulu yomelele inentliziyo enovelwano.

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!



Masifunde ngeCOVID-19 sigcinane empilweni sikhuselekile. Noxa siphosiwe sisi-kolo, masilole iingqondo zethu siyile nokuyila. Noxa singavumelekile ukuba sidlale imidlalo, masizigcine sisempilweni somelele.

Lo mqulu ulungiselelwe abafundi abakoograde 1 ukuya ku 5. Ngokweminyaka yakho, eminye imisebenzi uya kuyifumana ilula kanti eminye ikunzimele kancinci. Ncedisa abantakwenu abanganeno kuwe ukwenza le ilula; cela omdala kuwe akuncedise kule inzima.

Ngemini nganye khetha umngeni, phawula ebhokisini wakuwugqiba. Ukuba kowenu kukho umntu onowhatsapp efonini yakhe, mcele ukuba sabelane, wena nam ngowhatsapp 061 332 4349.

Masibonelelane; kunye, sinakho!

Sending lots of love, Petal, Lula and Buffel  
Ngothando olukhulu, Petal, Lula noBuffel

## 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



uCovid-19 yiCorona virus entsha engenza oku:

- Ikukhohlelise
- Ikunike ifiva
- Yenze kube nzima ukuphefumla.
- Ihanjiswa ngamaqabaza amancinci (okukhohlela okanye okuthimla) ize aphephe engene emlonyeni, empumlweni okanye emehlweni omnye umntu.

Abantu abaninzi abadyobhekayo abanazo ezi mpawu, kodwa banakho ukuyidlulisela kwabanye.

Uphawu lwesifo yindlela umzimba oxelela ngayo thina nabanye ukuba asiphilanga.

Abantu abasele bekhulile nabo banezigulo zabo ngabona basemngciphekweni wokuhlaselwa nzima yiCOVID-19

Kodwa sukuzikhathaza!

Sinakho uyingqanda ingandi ukuba:

- Sihlamba izandla zethu
- Asibuphathi ubuso bethu singawatyikityi namehlo ethu
- Asibambi zandla
- Sikhohlelela ezingqinibeni zethu
- Sinxiba iimask
- Siqelelana ngeemita ezi 2 omnye komnye
- Sizigcina emakhaya kangangoko sinakho



# LET'S MAKE A TIPPY TAP! (1)



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

Cela uncedo emntwini omkhulu – lo umceli-mngeni unobunzinyana!



## CHALLENGE 1

To make a tippy tap you will need:

- A plastic bottle with a 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.



## UMNGENI 1

Udinga oku xa usenza itippy tap:

- Ibhotele yeplastiki enesiciko (njengezikwiziselo ezihlwahlwazayo)
- Ithumbu langaphakathi lebhopen okanye kwathunjana lincinci, liqinileyo, lihobohobo

1. Coca ibhotile.
2. Ngcingo olushushu, yenza umngxuma kwisihlalo sebhotele.
3. Susa ithunjana kwibhopen ulicoce. Lishunqule buxwesa ulithusheke kumngxuma webhotele. Kufuneka ithumbu lilingane twatse.
4. Gcwalisa ibhotele ngamanzi uvale ngesiciko.

Ukuba isiciko siqinile, akukho manzi aya kuphuma ethunjini. Ukuba siyahexa, amanzi aya kumpompoza.

Wakuqiniseka ukuba iyasebenza, yixhome okanye uyibeke kwishelufa apho abantu banokuyisebenzisela ukuhlamba. Beka isepha kufuphi okanye uqhinele iceba lesepha ebhotileni le ngentanjana.

5. Indlela yokusebenzisa itippy tap: vula isiciko ukuze amanzi aphume. Manzisa izandla zakho, dibanisa nesepha uhlikhile izandla zakho phantsi kwamanzi imizuzwana emashumi mabini de zicoceke.

Challenge 1 done!  
Umngeni 1 wenziwe!

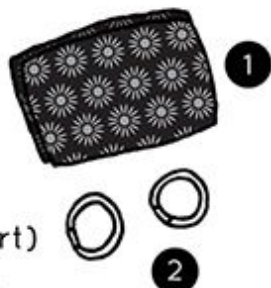
## LET'S MAKE A MASK

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!

### CHALLENGE 2

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.

ULula yindlulamthi entle neyaziyo ifashoni. Ukwanobubele kakhulu. Sonke kufuneka sinxibe iimask xa siphuma endlini, uLula ke wenze lo mngeni ukusinceda ukuba siyile, sikhuseleke yaye sibonakale sizizikere!

### UMNGENI 2

Uya kudinga:

- 1: Ilaphu lerhali (umz. Ifadukhwe / it-shirt esongiweyo)
- 2: Amabhantana ama2 erekethi



Songa ilaphu ngokudibanisa iziphelo embindini, cala ngalinye lirhintyeleka kwilastiki le. Beka amabhantana la ezindlebeni zakho, uqhusheke ilaphu ukuze lihlale kakuhle, likogquma impumlo nomlomo.



Be safe, but make it fashion!  
Khuseleka, kodwa caca,  
nantsika!

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

Ndikunqwenela nyhani  
ukubona obakho ubuchule!  
Thumela ifoto yakho unxibe  
imask yakho ku061 332 4349.

Challenge 2 done!  
Umngeni 2 wenziwe!



# 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!  
Umngeni 3 wenziwe!

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



## UMNGENI 3

Masenze Time Capsule yeCOVID-19.

Khangela ibhokisi, faka kuyo izinto eziya kukukhumbuza ngobomi bakho kweli lixa.

Metesha (okanye uqikelele, ukuba awunarula okanye natheyip yokulinganisa) ubude bomntwana ngamnye endlini le, ububhale phantsi.

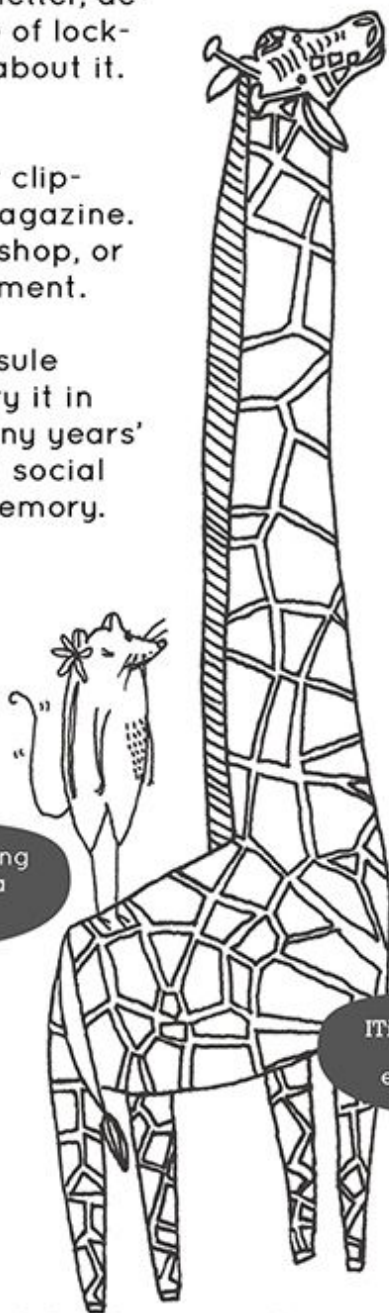
Bhalela lo mntu uya kuba nguyey kwixa elizayo, chaza amava akho ngeli lixa lelockdown, nemvakalo onayo ngayo.

Zoba umfanekiso.

Faka namanqaku asuka kumaphepha-naba okanye iimagazine. Faka kwanerisithi yevenkile, okanye intengiso yevenkile enkulu.

Fihla le TC yakho ndaweni ithile ingaziwayo okanye uyingcwabe eyadini, ukuze uyigrumbe kwiminyaka emininzi ezayo xa ilockdown nokubhekelelana koluntu sele izizinto ezalityalwayo.

ITime Capsule yinto esiyenzela ukusikhumbuza ngexesha eseladlulayo ebomini bethu.







# 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.

Eyona ndlela iyiyo yokulola iingqondo zethu kukubuza imibuzo.

Yonke le meko yeCOVI-19 inobukhulu ubunzima! UMongameli umaxhaphetshu neqela lakhe ngeenzame zokusikhusela, yaye ndiqinisekile unemibuzo ongababuza yona.

## CHALLENGE 5

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

Write them here:

## UMNGENI 5

Ukuba ungafikelwa nguMongameli Ramaphosa okanye yiNkulumbuso yakho, yiyiphi emithathu ephambili imibuzo ongayiphosayo?

Yibhale apha:



1:

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2:

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3:

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# COMPLETE THIS CROSSWORD



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

Icetyana: uninzi lweempendulo zala maghina lufumaneka kolu xwebhu!



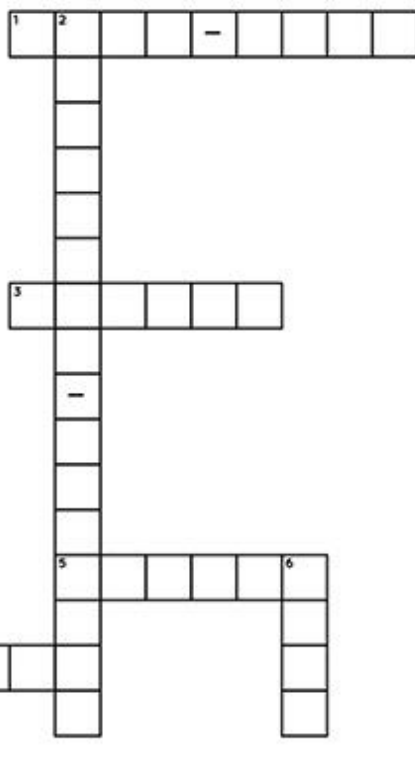
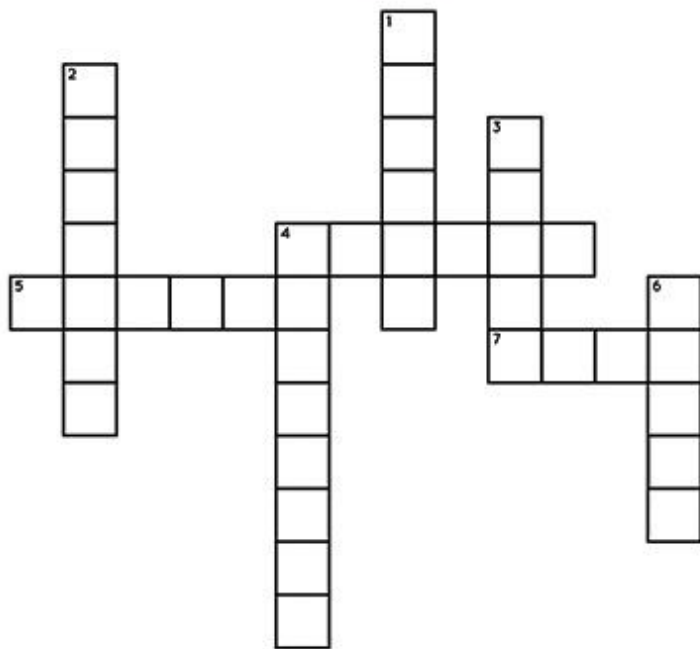
## CHALLENGE 6

### 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!



## UMNGENI 6: GQIBEZELA LE CROSSWORD

### XWESA

- 1: Umthambo okwenza uzole uzinze nasengqondweni  
 3: Sinxiba ezi rhoqo siphuma endlini, yaye sizenza ifeshoni!  
 5: Igama lenyathi eyomeleleyo ikwanovelwano ummo wayo kule ncwadi  
 7: Umdlalo ekuthi kuwo kujulwe ibhola phezulu kuze kuqhwytywe  
 8: Igama lomlinganiswa oyimpuku enobubele kule ncwadi

### YEHLA

- 2: Inani lemizuzu ekufuneka sihlambe ngayo izandla zethu  
 4: Igama leCovid-19 virus ekuthethwa ngayo kulencwadi.  
 6: Igama lendlulamthi egaxelayo kule ncwadi

Challenge 6 donel  
 Umngeni 6 wenziwe



# 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?



## UMNGENI 7

Qokelela izinto zibe 6 aph' endlini (umzekelo, ifoto, itswele, isihlangu okanye imagi). Nika into nganye inani, qala ku 1 uye ku 6. Ngoku phosa idayisi. Thatha loo nto ihambiselana neli nani.

Yiqwalasele: Linjani ivumba layo? Imvakalo ni esandleni? Ikukhumbuza ntoni? Zimvo zintsha zini enika zona? Ngoku ke, bhala ibali okanye umbongo ngayo le nto.

## INGONGOMA ZEBALI LAKHO:

Ukuba le nto ibingasuka iphile bekungenzeka ntoni?

Yintoni engonakalayo ngayo le nto?

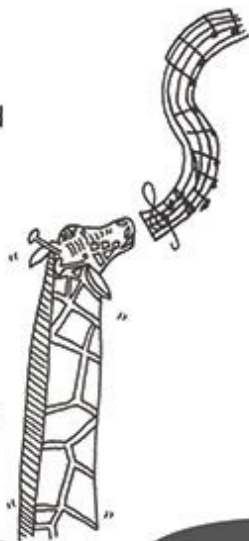
Ngubani ekungenzeka ukuba le nto uyifuna ngentliziyo yakhe yonke? Ngoba?



## 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.



## UMNGENI 8

Yila ingoma ngesilo esisesona usithandayo (mhlawumbi uzekele komnye wabalinganiswa abakule ncwadi!)

Yila nomdaniso ohambelana nayo. Yiculele umntu kowenu, ukuba unefoni enekhamera, mcele akufilime. Ukuba unedata, mcele athumele loo filim kuPetal, ku061 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!

Ndiyakuthanda ukuthatha izinto ezilahliweyo, ndizenze into exabisekileyo netyhulu. Yindlela eyiyo le yokuchitha isithukuthezi!

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

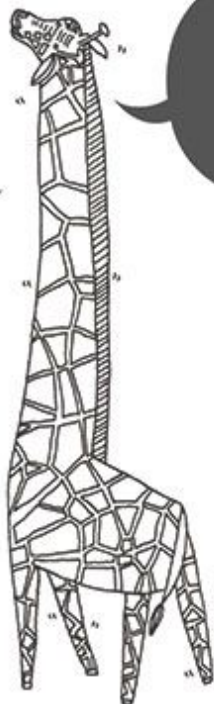
Ndiyakuthanda ukucula; ndiculela nabani ondimamelayo. Ndide ndiculele neentyambo zam; loo nto izenza zizaqambe zibengezele.



## 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 glee!



Ubude bam obuthe kratya  
Nesimo sam sobubele  
Zenza ukudanisa ubusuku bonke  
Umcimbi endiwuvuyelayo  
Ngoko yiza ujuxuze nam  
Masibe pha esitikini sizijul'  
iyakayaka!

## CHALLENGE 10

Let's dance!  
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 on Whatsapp and on Facebook: <https://tinyurl.com/yb9cblkc>

## UMNGENI 10

Masidanise!  
Zenzele isimbo esihambelana nengoma eyeyona uyithandayo, ufundise omnye. Ukuba unefoni enekhamera, zifote wabelane nathi ngesimbo sakho ngowhatsapp @ 061 332 4349 nangephepha lefacebook: <https://tinyurl.com/yb9cblkc>

Challenge 8 donel  
Umngeni 8 wenziwe!

Challenge 9 donel  
Umngeni 9 wenziwe!

Challenge 10 donel  
Umngeni 10 wenziwe!



# 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?!

Ndithanda ukushuku-shukuma  
Yinto emnandi, masilikhuphe  
Umthambo usanceda sizive  
sizolile somelele...  
Ndiyaphazama?  
Ndiyaphazama na-a?!



## 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.

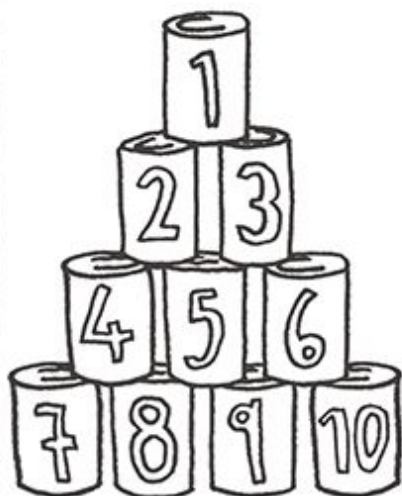
## UMNGENI 11

Baleka ndawonye oku kukaBuffel  
eleqa abahlobo bakhe!  
Zolule ungcotshe kangangoko  
unakho, oku kukaLula esitya  
amagqabi omthi omde.  
Zolule ugobe kangangoko unakho,  
oku kukaLula esela amanzi.  
Iimpuku ziincutshe ekutsibeni!  
Xhuma xhuma utsib' usehla, oku  
kukaPetal.

Let me know  
about the games  
you invent via  
whatsapp @ 061  
332 4349, and  
I'll put the best  
games in the  
next pack!

Ndazise ngemidlalo othe wayiyila  
ngo 061 332 4349, ezizibaluleyo ndiya  
kuzifaka kumqulu olandelayo!

When you are tired and need  
a rest, Challenge 11 is done!  
Xa udiniwe unga ungaphumla,  
phumla, uMngeni 11 wenziwe!



## CHALLENGE 12

Tin pin Bowling <sup>(1)</sup> 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?

## UMNGENI 12

ITin pin Bowling <sup>(1)</sup> ngumdlalo ongawudlala nalo lonke usapho lwakho; endlini okanye phandle.

Qokelela iinkonkxa, uzigcwalise ngesanti okanye ngamatye. Zihombise uziphawule nganye ngenani, ngoku zibekelele. (Ukuba awunazo iinkonkxa, ungasebenzisa iibhotile zobisi okanye zesiselo)

Bhekela malunge nemitha, uzame ukuziwise ngebhola. (Ukuba awunayo ibhola, ungenza ibhola ngeperi yeekawusi).  
Umdlali ngamnye unamathuba amabini.  
Gcina isikoro ngokudibanisa amanani abhalwe ezinkonkxeni eziwisiweyo.

Yiyiphi eminye imidlalo ongayiyilayo usebenzisa ezi nkonkxa?

Challenge 12 done!  
Umngeni 12 wenziwe!



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!



Ndiyalkhumbula iqela lam nokudlala imidlalo  
Maxa wambi ndiziva ngathi ndilahlekile  
Kodwa ndagqibe kweli - ilockdown ayizi kundithintela  
Ke, ukulola ubugcisa bam nokuzigcina ndiphile qete  
Ndenze ibhola ngamalaphu ngentambo - bona!

## CHALLENGE 13

### LET'S MAKE A RAG BALL! <sup>(1)</sup>

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.

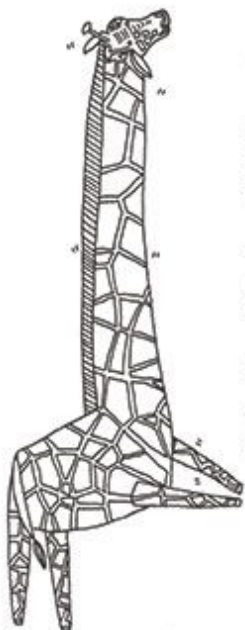
Twist the ball around three times so the fruit bag opening twists shut around the ball. Then tie a knot and cut off the remaining tail. Take a string and tie it to the top; now you can hold the string and kick the ball to yourself! Tuck the string in if you want to kick the ball to someone else.



## CHALLENGE 14

### LET'S PLAY POPCORN! <sup>(2)</sup>

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?



## UMNGENI 13

### MASENZE IBHOLA NGAMALAPHU! <sup>(1)</sup>

Udinga oku:

- Ingxowa yentanjan' eziphixeneyo ebisongele iziqhamo okanye itswele
- 12-15 amaphepha aphindeneyo ephepha-ndaba, okanye iingxowa zeplastik zokwenza ibhola engangenwamanzi
- Umtya

Bumba iphepha elinye lephepha-ndaba libe yibhola eqine nkqi. Lisongele ke ngelinye, uqhube njalo de ube nebhola engqingqwa. Yifake ke ngoku kule ngxowa yeziqhamo, uqoboze iikona ezingaba zikho ukuze ibhola ibe busangqa.

Yijikajike ibhola le kathathu ukuze umlomo wengxowa yeziqhamo uvaleke mba-ibhola ingaphakathi. Qhina uwusike umsila oseleyo. Thatha umtya uwuboph-elele phezu; ngoku ke ungabamba umtya lo uzikhabele ibhola! Qoshelisa umtya ukuba ufuna ukuyikhabela komnye ibhola.



## UMNGENI 14

### MASIDLALE UPOPCORN! <sup>(2)</sup>

Phosa ibhola phezu, qhwaba kanye uyigange ibhola.

Yiphose kwakho, qhwaba kwabini uyigange.

Phinda-phinda usandisa amatyeli okuqhwaba... ungade ufike kweliphi inani phakathi kokuphosa nokuganga?

Challenge 13 and 14 done!  
Umngeni 13 no14 wenziwe







# 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.

## UMNGENI 16

Ukuzinza kusinceda ekunxulumaniseni iimvakalo zethu nezenzo; njalo senze nangakumbi oko kusenza sizive sikhuselekile, siphilile, sinonxibelelwano nabanye yaye somelele!

Cinga ngendlela onga ungaziva ngayo, ucinge ngoko ungakwenzayo ukukunceda ekubeni uzive njalo kanye.

I want to feel:

Ndifuna ukuziva:

I will: / Ndiya ku...

Safe / Ndikhuselekile	Ask for help when I feel anxious Cela uncedo xa ndiziva ndinxubile
Calm / Ndizolile	Do some exercise and then a Take 5 (challenge 18) Thamba ize ndenze iTake five (uMngeni 18)



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

Kubalulekile ukuthabatha ingqalelo sikhathale, ngakumbi xa ubona abantu obathandayo bephelelwa lithemba.

## 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

## UMNGENI 17

Iindlela zokwenza abantu kowenu bazive bhetele:

- Bazobele umfanekiso
- Bawolele esifubeni
- Babhalele ileta
- Bancedise kumsebenzi wabo (umz. Ukucoca indlu)
- Baculele ingoma
- Benzele ikomityi yeti okanye amashwamshwam

Challenge 16 done!  
Umngeni 16 wenziwe!

Challenge 17 done!  
Umngeni 17 wenziwe!



## LET'S GET GROUNDED



### CHALLENGE 18

This exercise is called a Take Five. <sup>(1)</sup>

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!

### UMNGENI 18

Lo mthambo kuthiwa yiTake Five. <sup>(1)</sup>

Hlala kakuhle, uvale amehlo akho. Uphfumla ngempumlo, wutsale ngesantya esiphantsi umoya kodwa uwutsala nzulu, ubale de ufike kwisine. Wukhuphe umoya ngomlomo ubala uye kwisine. Njengoko uphefumla kancinci – uwutsala uwukhupha, mamela izandi ezikungqongileyo. Qaphela ukuba umzimba wakho unamvakaloni na. Sukuzikhathaza ngeengcinga zakho, ziyeke zifike zihambe.

Wakube ulungile, ungawavula ngokungangxamanga amehlo akho. Uziva njani? Uzolile? Uphumle? Uvuselelekile? Ingqondo izinzile? Khumbula, ungenza uTake Five nanini nokuba uphi xa kukho imfuneko!

### CHALLENGE 19 <sup>(2)</sup>

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!

### UMNGENI 19 <sup>(2)</sup>

Wenza kuhle ukuphila kweli xesha linobunzima. Zimbambazele!

Hlikihla izandla zakho ngokukhawuleza nangokuqinileyo de zibe shushu. Ngoku phambanisa iingalo zakho esifubeni, cudisa amagxa akho. Waphulule kancinane. Heke, wenze kuhle!

Challenge 18 done!  
Umngeni 18 wenziwe!

Challenge 19 done!  
Umngeni 19 wenziwe!



## 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](http://www.thelearningtrust.org/asp-treasure-box)

Learn about Florence & Watson's books and plays here:  
[www.florenceandwatson.co.za](http://www.florenceandwatson.co.za)

## QHAKAMSHELANA NATHI!

### SINQWENELA UKUVA NGAWI!

- Uqhuba njani?
- Wuphi kule misebenzi ikulo mqulu ingowona uthandileyo?
- Sixelele igama lakho, igrade nendawo ohlala kuyo.

Nceda usithumele imifanekiso yoko uthwakuyila noko ukwenzayo, namacebo oko unga singakufaka kwixa elizayo.

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



## USEFUL CONTACTS / IINOMBOLO EZIBALULEKILEYO ZOKUQHAGAM-SHELANA NATHI

### CORONA VIRUS 24 HOUR NUMBER:

0800 029-999 OR 021 928 4102

If you have high fever, cough & sore throat. Inombolo yeCorona Virus maxa onke: Fonela 0800 029-999 or 021 928 4102 ukuba unefiva, uyakhohlela & unomqala obuhlungu

CHILDLINE  
0800 55555

If I don't feel safe or someone is hurting me. Ukuba andiziva ndikhu-selekile okanye kukho ondihlukumezayo.

AMBULANCE  
10177

For a medical emergency. Iambulensi yesigulo esiqubulisileyo.



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