



FLORENCE  
AND  
WATSON  
PRESENT



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

AN AFTER SCHOOL  
COLLABORATION



ENGLISH AND SETSWANA  
VERSION

FLORENCE & WATSON BA RE BEGELA:  
MOTSHAMEKO WA TREASURE BOX KE WA MALAPA  
A A NANG LE BANA BA BA MO MEPHATONG YA  
BONGWE GO FITLHELA GO WA BOTLHANO.



# WELCOME!



Hello!  
Welcome to the family  
activity fun pack!



Dumelang!  
Le amogesegele mo  
mophuthelong yo o itumedisang  
wa motshameko wa lelapa.

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!

Rona re Florance le Watson, bo matshwane ba ba sa bonaleng bothofo. Go opela dipina mme re tlhaba mainane ke motshameko o re o ratang thata.

E sale dikolo ditshwalwa, go ntse go se bonolo mo bathong botho, ka jalo, ra kopana le ditsala tsa rona--pêba o bidiwa Petal, thutlwa o bidiwa Lula le nare o bidiwa Buffel—go dira mophuthelo yo, go thusa malapa a a nang le baithuti ba ba mo mephatong ya bongwe go fitihela go wa bothano.

Ba mafapha a thuto mo nageng le mo dikgaolong, ba dira ka thata go tlišetsa bana ditsompelo tsa thuto, re rotloetsa batsadi le bana ba bagolwane mo lapeng go thusa ba banye go dira tiro ya bone ya sekolo. Mophuthelo o o ne o itebagantse le metshameko e e itumedisang le ditiro tse di nonotshang go thusa bana go dirisa mebele ya bone le go loga mano fa ba santse ba le kwa gae. Re nale tsholofelo fa ditsompelo tse di tla tshwaraganya malapa, le go oketsa kitso ya bone ka mogare wa COVID-19, le go thusa botho gore ba ikutlwe ba tshageditswe ebile ba bolokesegele.

Ntsha se sireletsi sa buka; ka fa lethakoreng le lengwe o tla fitihela karata ya motshameko o. Kgaola matshwao a ditshwantso tse thataro le letaese. Go bopa letaese, menaganya mo ditseleng tsotlhe o bo o kgomaretsa diphuka go di momaganya. Tsamaiso ya motshameko o e bopetswe mo karateng ya motshameko; maikaelelo/ sekgele sa motsameko o ke go sia maloko a lelapa la gago go fithelela kwa pheletsong ya motshameko!

Fa ba lelapa la gago ba tswelutse le go inakanya le diteko tsa motshameko o, re kopa gore o abelane le rona! Romela melaetsa, ditshwantsho kgotsa ditshwantso tsa motshikinyego mo nomorong e e latelang ka Whatsapp 061 332 4349.

Re solofela gore motshameko o o tla lo kgathisa, o bo o lo itumedisa!

## 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?

A o a itse gore matshwane ba na le menwana ya maoto e le methano mo leotong lengwe le lengwe? Fa e le gore matshwane o na le maoto a le mane.... Menwana ya maoto ya matshwane e mekae?"







HELLO!

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

Leina la me ke Petal, ke pēbanyana e e meradi e e nang le pelo e ntle.



DUMELANG!

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

Leina la me ke Lula, ke moleele tota gape ke montle. Ke tsala e e ikanyegang e e kgatalelang.



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

Leina la me ke Buffel. Ke nare e e tona e e nonofileng ya pelo e e amegang bonolo.

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!

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A re ithuteng ka mogare wa COVID-19 gore re kgone go thusana go nna re itekane-tse sentle ebile re bolokesebile. Le fa re ka tswa re fetilwe ke dithuto ka nakwana, a re godiseng dithaloganyo tsa rona re loge maano. Le fa re sa letlelelwe go tshameka metshameko e e phadisanang, a re nneng re itekanetse ebile re nonofile.

Mophuthelo o ke wa baithuti ba mephato ya bongwe go fitlhelela wa botlhano. Go tswa ka dingwaga tsa gago, o ka fitlhela ditiro tse dingwe di le botlhofo mme tse dingwe di le thatanyana. Thusa bomonao go dira tse di botlhofo, mme o kope mongwe o mogolwane go thusa ka tse di thata.

Tlhopha teko ya letsatsi, fa o e weditse, o tshwae mo lebokosong. Fa go na le mongwe mo lapeng yo o nang le Whatsapp mo mogaleng wa gagwe, mo kope go ka mpontsha tiro ya gago ka Whatsapp 061 332 4349.

A re ithokomeleng, mme gape re tlhokomelane; mmogo re ka kgona!

Sending lots of love, Petal, Lula and Buffel  
Re romela lerato le le ntsi, Petal, Lula le 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



Covid-19 ke mogare o o moswa wa Corona o o ka dirang gore:

- Gotlhole
- Gotele
- Gape o heme ka bokete.
- Anama fa marothodi (a segotlholo, kgotsa mathe) a felela a le mo teng ga legano, nko, kgotsa matlho a motho yo mongwe.

Batho ba le bantsi ba ba nang le one ga ba bontshe ponagalo/matshwao a, mme ba kgona go ka o fitisetsa go ba bangwe.

Ponagalo/letshwao la bolwetse ke tsela nngwe e mmele o re bolellang le ba bangwe gore ga re a tsoga sentle.

Bagolo le batho ba ba setseng ba lwala ba mo kotsing e ntsi ya go ka tsenwa ke mogare o mme ba lwale thata ka ntlha ya Covid-19.

Mme le seke la tshwenyega! Re ka emisa kanamo ya one fa re ka:

- Tlhapa matsogo
- Ra seka ra tshwara difatlhego tsa rona kgotsa ra ipitla matlho
- Se tshwarane ka mabogo
- Gotlholela mo dikgonong tsa rona
- Aparo sebipa-sefathego
- Ema bolelele jwa dikgato tsa dimitara di ka nna bobedi magareng ga rona
- Nna mo malapeng, ka mo go ka kgonegang ka teng"



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



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

Kopa thuso mo mongwe yo mogolwane – teko e e a tsietsanyana!



### 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.



### TEKO 1

Go dira Tippy Tap o tllile go tlhoka:

- Botlolo ya polaseteke e e nang le sekhumelo mo godimo (jaaka botlolo ya se-notsididi).
- Mateng a pene, kgotsa sepe sedirisiwa se se nang le khuti.

1. Tlhatswa botlolo.
2. Phunya phatlha ka fa tlase ga botlolo ka setoki sa terata e e gotetseng.
3. Ntsha mateng a pene mme o a tlhatswe. A sege ka enkele o bo o etsenya ka phatlha e e mo botlolong. A tshwanetse gore a be etsene a gagametse mo mannong.
4. Tlatsa botlolo ka metsi o bo o busetsa sekhumelo.

Fa sekhumelo se gagamaditswe, metsi ga a tshwanela go elela ka tshupu. Fa sekhumelo se sa gagamadiwa, metsi a tshwanetse go elela ka selekanyo se se sa kgaotseng.

Fa o setse o na le bonnete jwa gore e a dira, e kaletse kgotsa o e beye shelofong fa batho ba ka e dirisang go tlhapa matsogo. Baya sesepa gaufinyana, kgotsa gokelela sesepa mo botlolong ka mogala.

5. Go dirisa pompo; ntsha sekhumelo gore metsi a kgone go elela. Kolobetsa matsogo a gago, tshasa sesepa, o bo o ikgotlha matsogo ka fa tlase ga metsi metsotswana e le masome a mabedi.

Challenge 1 done!  
Teko ya ntsha e wetsel!

1. Water Aid & Earth Institute



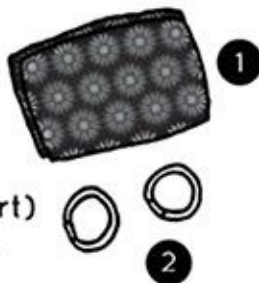
## LET'S MAKE A MASK

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.

Lula ke thutlwa e ntle gape o rata dilo tse dikgathhisang. Ebile o a kgathala. Rotlhe re tlhoka go rwala dibipa-sefatlhego fa re tswa ka ntlo, ka jalo Lula o dirile teko e go re thusa go loga maano a a kgathhisang, gore re nne re bolokesegile, ebile re lebege!

### TEKO 2

O ya go tlhoka:

1. Letsela (e.g. le le tlhatswang dijana / sekipa se se menagantsweng)
2. Rekere tse pedi / e ka nna tse di tshwarang moriri



Mena letsela ka go kopanya dikhutlo tse nne mo legareng, rekere nngwe le nngwe e ralela letlhakore la yone. Tsenya direkere mo ditsebeng tsa gago, o bo o tenetsa letsela la gago gore le go lekane sentle, le khurumetsa nko le molomo.



Be safe, but make it fashion!  
Nna o bolokesegile, mme o kgathise!

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

Nka rata go bona tiro ya gago!  
Romela senepe sa gago o apere sebipa-sefatlhego sa gago go 061 332 4349.



Challenge 2 done!  
Teko ya bobedi e wetse!



## 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!  
Teko ya boraro e wetse!

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



Kobotlo e mo go yone go bolokiwang digopotso (Time Capsule) ke selo se re se dirang go gopola ditiragalo tsa nako e e fitleng.



### TEKO 3

A re dirang kobotlo e mo go yone re yang go boloka digopotso (Time Capsule) tsa COVID-19

Batla lebokoso, o bo o tsenya dilo mo go yone tse di yang go go gopotsa botshelo jwa gago ka sebaka se re leng mo go sone.

Lekantsha (fa o sena ditsompelo tsa go lekantsha o ka akanyetsa) bolelee jwa ngwana mongwe le mongwe mo ntlong, o bo o bo kwala.

Ikwalele lokwalo mo bokamosong, o tlhalosa ka ditiragalo tsa go itswalela ka ntlo e le kgakololo ya bongaka le maikutlo a gago.

Dira setshwantsho. Akaretsa bontlha bongwe jwa dipampiri tsa dikgang. Tsenya sesupo sa theko ya lebenkele kgotsa pampiri e e supang dilo tse di tlhwalhwa tlase kwa mabenkeleng.

Jaanong o ka fitlha kgotsa wa epela kobotlo/lebokoso le mo go lone o bolokileng digopotso (Time Capsule) tsa gago, go e epolola mo tsamaong ya dingwaga ngwaga go itswalela ka ntlo e le kgakololo ya bongaka le go arogana kana go sa kopaneng mo setshabeng e le leinane.







# 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.

Tsela e e maleba ya go godisa ditlhaloganyo tsa rona ke go botsa dipotso.

Seemo sa COVID-19 se tlhakatlhakane! Mopresidente o dira ka thata ga mmogo le bathusi ba gagwe naga ka bophara, go dira gore re bolokesege, ebile ke dumela gore o na le dipotso tse o ka batlang go ka ba botsa.

## CHALLENGE 5

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

Write them here:

## TEKO 5

Fa Mopresidente Ramaphosa kgotsa moPremia a ka tla go go etela, dipotso tse tharo tse di kwa pele tse o ka di botsang ke di fe?"

Di kwale fa:



1:

2:

3:



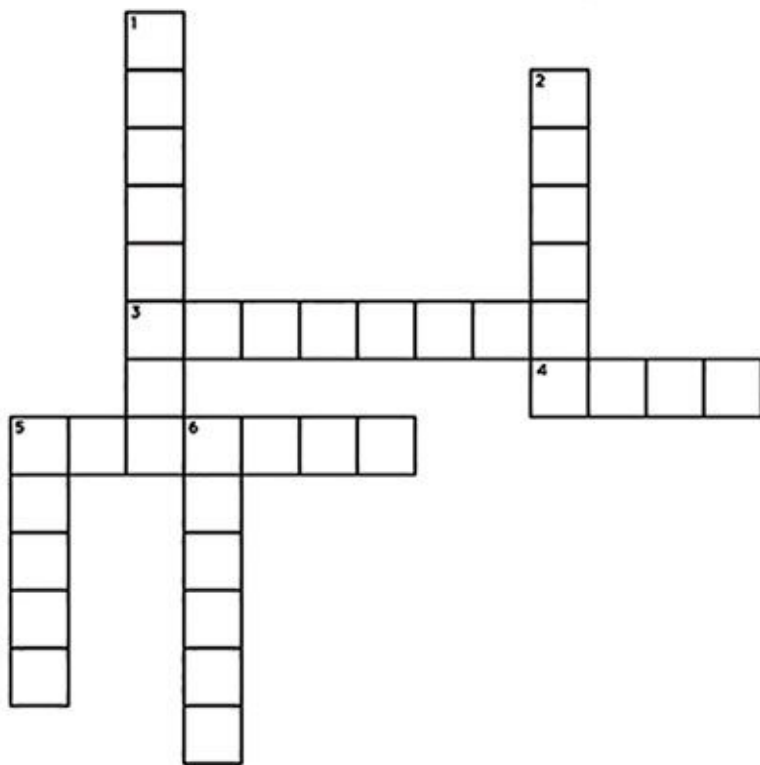


# COMPLETE THIS CROSSWORD



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

Ntsha ya tshedimoso: O ka bona lesedinyana la dikarabo tsa dintsha ka bontsi mo mophuthelong e!



## CHALLENGE 6

### ACROSS

- 3: An exercise that makes you feel calm and focused.  
 4: Name of the stylish giraffe character in this book.  
 5: A game that involves throwing a ball into the air and then clapping.

### DOWN

- 1: A hand washing device made from a plastic bottle and the inside of a pen.  
 2: Name of the strong sensitive buffalo character in this book.  
 5: Name of the caring mouse character in this book.  
 6: Name of the virus which means "crown" in Latin.

## TEKO 6:

### MAFOKO A A KGABAGANYANG:

3. Itshidilo mmele e e go thausang gore o wele makgwafo.  
 4. Leina la thutlwa e e moaparo o monte mo bukeng e.  
 5. Motshameko o mo go one bolo e lathelwang ko godimo gape go opiwa diata mo go yone.

### MAFOKO A A ELELANG:

1. Mochine o thapisang diata o o dirilweng ka lebotole la polasitiki le boteng jwa pene.  
 2. Leina la nare e e nang le maatla a mantsi gape ele sebeto mo bukeng e.  
 5. Leina la peba e e bopelonomi mo bukeng e.  
 6. Leina lengwe la baerase "COVID-19"



Challenge 6 done!  
 Teko ya borataro e wetse!



# 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?



## TEKO 7

Kgobokanya dilo di le thataro mo ntlong (jaaka senepe, eie, sethako, kgotsa kopi). Abela selo sengwe le sengwe nomoro gotswa go ya ntlha go fitlhelela go ya borataro. Latlhela letaese. Tsaya selo se se amanang le nomoro e e supilweng mo letaeseng.

Se lebelele ka kelotlhoko: Se nka jang? Se utlwalega jang? Se go gopot-sa eng? Se gofa megopolo efe e e mešha? Jaanong kwala leboko kgotsa leinane ka selo seo.

## MEGOPOLO YA LEINANE LA GAGO:

Go ka diragala eng fa selo se se ka tshela?

Go ka senyega mo kae mo selong se?

Ke mang a ka tswang a batla selo se ka tlhwaafalo, gone ka mabaka a fe?

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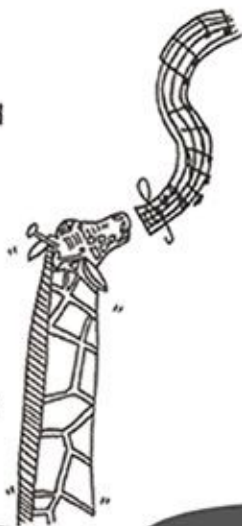
Challenge 7 done!  
Teko ya bosupa e wetse!



## 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.



## TEKO 8

Tlhama pina ka phologolo e o e ratang thata (gongwe e katswa e le nngwe ya ba tsaya karolo mo bukeng e!) Tlhama le mmimo go tsamaisana le pina e.

Dira motshameko oo diragetse go mongwe mo lapeng, fa ele gore o na le mogala o o tsayang ditshwantsho tsa motshikinyego, a go tseye setshwantso sa motshikinyego. Fa a ka kgona, mo kope gore a romele Petal setshwantso se a se tsereng go 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!

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

Ke rata go opela; ke tla opelela mongwe le mongwe yo o tla ntheetsang. Ke opelela le dithunya/malomo a me; go dira gore a phatshime ebile a galalele.

Ke rata go sela dilo tse di lathilweng, e be ke di fetola go nna sengwe se se nang le thwatlhwa e e botoka, ebile se kgethegile... A tsela e e itumedisang ya go dirisa letsatsi!



## CHALLENGE 9

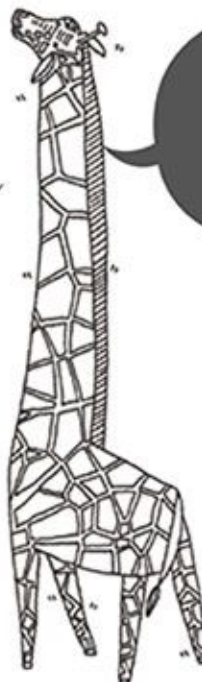
Collect some scrap and make something beautiful or useful out of it. Is it something you can wear? Perhaps a hat? Or something to store things in? Perhaps a treasure box?

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!

## 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>



Bolelele jwa me jo bo fa godimo  
Le bontle jwa tlhologo  
Bo dira go bina bosigo jolthe  
Kgakololo e e itumedisang  
Tlaja o sute le nna  
A re bine mmimo ka boitumelo!

## TEKO 10

A re bine!

Tlhama mmimo wa pina e o e ratang thata, o bo o e ruta mongwe. Fa o na le mogala o o tsayang ditshwantsho tsa motshikinyego, itseye setshwantsho sa motshikinyego, o bo o re romelela go 061 332 4349 go Whatsapp, re Facebook <https://tinyurl.com/yb9cblkc>

Challenge 8 done!  
Teko ya borobedi e wetse!

Challenge 9 done!  
Teko ya borobongwe e wetse!

Challenge 10 done!  
Teko ya bo lesome e wetse!



## LET'S STAY FIT & STRONG



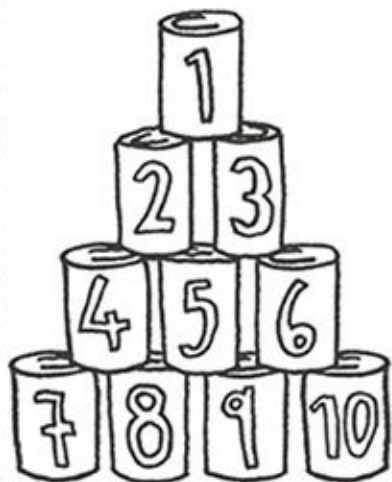
I like to move it, move it  
It's fun, and let's face it  
Exercise helps us feel  
calm and strong...  
Am I wrong? Am I wrong?!

Ke rata go itshikinya, go itshikinya  
Go a itumedisa, a re itebaganya le gone  
Ikatiso e dira gore re ikutiwe re wetse mai-  
kutlo ebile re tlhomile megopolo...  
A ke a fosa? A ke a fosa?



### 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.



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

Nkitsise ka metshameko e o e  
tthamileng mo 061 332 4349, ke tla  
tsenya metshameko e e fentseng mo  
mophuthelong o o latelang!

### TEKO 12

Taboga o iketlile fela jaaka Buffel a koba kobele ditsala tsa gagwe!  
Ikotlollele kwa godimo dimo, jaaka Lula a ja matlhare mo setlhareng se se kwa godimo. Ikotlollele kwa tlase, jaaka Lula a nwa metsi.  
Dipêba di nale botsipa jo bo ntsi jwa go tlola! Tlola tlola o ye kwa godimo le kwa tlase jaaka Petal.

When you are tired and need a rest, Challenge 11 is done!  
Fa o ikutiwa o lapile, o tlhoka go ikhutsa, teko ya lesome le bongwe e wetse!

### 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?

Challenge 12 done!  
Teko ya lesome le bobedi e wetse!

1. UNESCO, DBE & the Lego Foundation

### TEKO 12

Tin pin Bowling <sup>(1)</sup> ke motshameko o o itumedisang yo o ka o tshamekang le maloko otlhe a lelapa la gago; mo teng ga ntlo kgotsa kwa ntle.

Kgobokanya dithini tse di senang sepe, o bo o di tlatsa ka mmu kgotsa motlhaba. Di kgabise, o bo o abele thini nngwe le nngwe nomoro, o bo o di tlhatlaganya. (Fa o sena dithini, o ka dirisa mabotlolo).

Ema bokgakala jwa sekgele se ka nna kgato/mitara o le mongwe, o bo o leka go diga dithini ka bolo. (Fa o se na bolo, o ka dirisa dikausu tse di potokilweng).

Motshameki mongwe le mongwe o fiwa sebaka gabedi. Maduo a balwa ka go kpanya palo ya dithini tse di digilweng ke bolo.

Ke metshameko e fe gape e reka e tlhamang re dirisa dithini tse?



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!



Ke tlhwaafalletse sethlopha sa me le go tsaya karolo mo go tsa motshameko  
Ka nako tse dingwe, ke ikutiwa mowa wame o le kwa tlase  
Fela ke ne ka tsaya tshweeto- go tswalelwa mo ntlong go ka se nthibele  
Jaanong go tokafatsa kitso ya me le go ikatisa  
Ke ne ka itirela bolo ya makgasa ka kgole - e bone!

## 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.

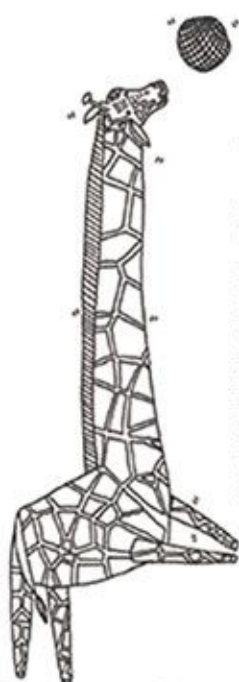
Twist the ball around three times so the fruit bag opening twists shut around the ball. Then tie a knot and cut off the remaining tail. Take a string and tie it to the top; now you can hold the string and kick the ball to yourself! Tuck the string in if you want to kick the ball to someone else.



## 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?



## TEKO 13

### A RE DIRE BOLO YA MAKGASA! <sup>(1)</sup>

O ya go tlhoka:

- Kgetsi ya dinamune kgotsa ya di eie
- Dipampiri tsa dikgang tse ditona di le 12- 15, kgotsa diplolasitiki go dira bolo ya kgole e e sa senngweng ke metsi
- Kgole

Potoka pampiri ya dikgang e le nngwe mme o e dire kgolokwe e e gagametseng. E potoke ka pampiri e nngwe gape le yone o e gagamatse, tswelela ka go dira jalo go fitlhela o dira bolo e e gagametseng e e tiileng. Jaanong e tsenye mo teng ga kgetsi ya dinamune o bo o tlhamalatsa dikhutlo tse di emeng go dira gore bolo e e nne kgolokwe gape e nne borethe.

Sokelletsa bolo go ka nna ga raro gore kgetsi e tswale bolo. Bofa lehuto o bo o kgaola kgetsi e e setseng. Tsaya kgole o e bofelele kwa godimo ga bolo; jaanong o ka tshwara kgole o bo o raga bolo o le nosi. Tenetsa mogala fa o batla go tshameka le mongwe.

## TEKO 14

### A RE TSHAMEKE MOTSHAMEKO WA POPCORN! <sup>(2)</sup>

Latlhela bolo mo moweng, opa matsogo gangwe fela o bo o kapa bolo. E lathele gape o bo o opa matsogo gabedi o bo o kapa bolo. Nna o oketse go opa matsogo... O kgona go opa ga kae mo gare ga go latlhela bolo le go e kapa?



# 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.

E ke nako e e boima mo bathong  
botlhe! Rotlhe re na le maikutlu a a ka  
gogomogang. Ke tlhologo go ikutlwa o  
hutsafetse, o ngomola pelo, o tshogile, o  
tlhakatlhakane, kgotsa o galefile.

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

Ke hutsafetse ka gore ke tlhwaafalletse tsala ya  
me e re ntshanang se inong. Ka fa ke eletsang ka  
teng gore seemo se sa go tswalelwa mo dintlong  
se ka fela!

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.

Ketsaetsego e e ntrafalelang e ngomola pelo;  
fa fela nka kgona go etela nkoko, o ba gaisa botlhe.

Ke kgobegile marapo ka tota ka  
sa kgone go tshameka le setho-  
pha sa me; go dira gore ke ikutlwe  
mowa wa me o le ko tlase.



## CHALLENGE 15

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.

## TEKO 15

O ikutlwa jang? A o ka kgona go amanya  
maikutlo a gago le a a supilweng mo  
setshwantshong?

A o kgona go akanya gore ke eng se se  
gwethileng maikutlo a gago? Kwala ka  
maikutlo a gago, gape o leke go a  
thaloganya.

 Happy Ke itumetse	 Angry Ke galefile	 Sad Ke boilhoko
 Scared Go boifa	 Worried Ke tshwenyegile	 Peaceful Kagiso
 Excited Boitumelo	 Confused Thakanya tlhogo	 Bored Bora/lapisa

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# 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.

## TEKO 16

Go itshetlela go re thusa go amanya maikutlo a rona le ditiro tsa rona ga mmogo le mekgwa ya rona, gore re kgone go nna nako e ntsi re dira dilo tse di dirang gore re ikutlwe re bolokesebile, re itekane-tse sentle, re amane le ba bangwe gape re nonofile!

Akanya ka fa o batlang go ikutlwa ka teng, o bo o akanya gore o ka dira eng go ithusa go ikutlwa ka tsela eo.

I want to feel:

Ke batla go ikutlwa ke:

I will: / Ke tla:

Safe / Bolokesebile	Ask for help when I feel anxious Kopa thuso fa ke tlhobaela
Calm / Ritebetse	Do some exercise and then a Take 5 (challenge 18) Ikatisa ga ke fetsa ke be ke dira Take 5 (teko 18)



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

Go bothokwa go ba pelonomi le boelothoko thatagolo ga obona batho ba o baratang bale mo bohlokong.

## 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

## TEKO 17

Ditsela tsa go dira gore batho ba o nnang le bone ba ikutlwe botoka:

- Ba tshwantshetse setshwantso
- Ba atle
- Ba kwalele lokwalo
- Ba thuse ka ditiro tsa ka fa ntlong (sekai; go feela ntlo)
- Ba opelele
- Ba direle kopi ya tee kgotsa dijonyana tse di bothofo

Challenge 16 done!  
Teko ya lesome le borataro e wetse!

Challenge 17 done!  
Teko ya lesome le bosupa e wetse!



## LET'S GET GROUNDED



Sjoe, sometimes I feel verry 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!

Ijo! Dinako tse dingwe ke na le go ikutlwa  
ke ngomoga pelo mo go feteletseng  
Ka jalo ke dirisa go hema e le itshidilo gore  
ke ritibale gape ke kgone go tlhoma mogopolo.  
Teko e e bidiwa Take Five, wa bona  
O ka e dirisa gonna mofenyi jaaka rna!

### 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!

### TEKO 18

Ikatiso e, e bidiwa Take Five. <sup>(1)</sup>

Nna ka phuthologo o wetse mowa, o tswale matho. Hemela ka bonya le ka bo teng mme o hemele ko teng ka nko, bala gane. Hemela ko ntle ka molomo, le gone o bale gane. Fa o ntse o tswelletse o hema ka bonya, reetsa ka tlhwaafalo medumo e e mo tikologong ya gago. Ela tlhoko ka fa mmele wa gago o ikutlwang ka teng. Se tshwenyega ka dikakanyo tsa gago- di tlogele di tsene di tswa.

Fa o ikutlwa o siame, o ka bula matho a gago ka bonya. O ikutlwa jang? O ritibetse? O lapologile? O nale maatla? O tlhomame mogopolo? Gakologelwa gore o ka dira Take Five nako nngwe le nngwe le gongwe le gongwe fa o e tlhoka!

### 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!

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

O dira tiro e e duleng diatla go fenyha mo nakong e e boima e. O ikatle kana o itlampurele!

Forogotlha matsogo a gago ka bofefo le ka maatla go fitlhela a nna mogote. Jaanong fapaanya matsogo a gago mo sefubeng o bo o kgotlhaganya magetla a gago. A sidile gole gonnye. O dira sentle!

Challenge 18 donel  
Teko ya lesome le  
borobedi e wetse!

Challenge 19 donel  
Teko ya lesome le  
borobongwe e wetse!



## 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)

## IKGOLAGANYE LE RONA!

RE KA ITUMELELA GO UTLWA GO TSWA MO GO WENA!

- O tsogile jang?
- Ke teko efe mo bukeng e e o e ratileng go fetisa tse dingwe?
- Re itsise leina la gago, mophato wa gago, le lefelo le o nnang mo go lone.

Tswee tswee re romele dinepe tsa ditiro tse o di dirileng mo ditekong tse, le megopolo ya se o ka eletsang gore re se akaretse mo nakong e e tlang.

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



## USEFUL CONTACTS / TSHEDIMOSETSO TSA IKGOLAGANYO

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

If you have high fever, cough & sore throat. Fa o ikuhlwa o gotetse, o gothola le mometso o le bothoko.

**CHILDLINE**  
0800 55555

If I don't feel safe or someone is hurting me. Fa ke ikuhlwa ke sa boloke-sega kgotsa mongwe a nkutlwa bothoko.

**AMBULANCE**  
10177

For a medical emergency. Fa o thoka kalafi ya potlako.



Laureus

SPORT  
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Assitej  
South Africa



Thanks for Young People

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