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!

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?

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

Lebitso la ka ke Petal, 'me ke toeba e mela e meleleka pelo e kholo haholo.

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

Lebitso la ka ke Lula, 'me ke molelele ebile ke motle. Hape ke motsaale ea Sepahalang le ea tsotellang.

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

Lebitso la ka ke Buffel. Ke nare e kholo e matla e pelo e ithobiiling.

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!

A re ithute ka COVID-19 mme re boloke e mong le e mong a phetse handle 'me a bolokehile. Leha re hlotsoe sekolog, a re holiseng likelello tsa rona re be le boqapi. Leha re sa lumelloa ho bapala lipapali, a re lueleng re itekanetse 'me re le maila.

Pakete ena ke ea baihuti ba selohpwa sa 1 ho isa ho 5. Ho latela lilemo tsa hao, o ka fumana mosebetsi e meng e le bonolo mme e meng e thatafala le ho feta. Thusa banab'eno ba banyenyane ho etsa tse bonolo, 'me o kope mothe e mong e moholo hore a thuse ka tse boima.

Khetha phephetsa bakeng sa Letsatsi, ebe o tsoea lebokose ha le qetile. Haeba ho na le mothe e mong ka lapeng la hau ea nang le WhatsApp ka mohala na bona, ba kope hore ba arolelana le nna mosebetsi ea hao ka WhatsApp 061 332 4349.

Ha re ithokomeleng; mmoho, re ka etsa sena!

Sending lots of love, Petal, Lula and Buffel
Ke le romella lerato le lengata, 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

Covid-19 ke kokoana-hlokoe ncha ea Corona e ka:
• Etsa hore o khohlele
• Fana ka feberu
• Etsa hore ho be thata ho hema.
• E tšoaetsana ha marotholi a manyane (a ho khohlela kapa a ho thimola) a fihla molemang oa mothe e mong, ako kapa mahlolo.

Batlo ba bangata ba e fumanang ha ba na matšoao ana, empa ba ka e fetisetsa ho ba bang.

Letšoao ke mokhoā ca ’mele oa ho re joetsa rona le ba bang hore ha re pele haltle.

Batlo ba baholo le batho ba seng ba kula ba kotsing e kholo ea ho kula haholo ke Covid-19.

Empa seke ca tšoenyoha! Re ka e thibela ho phatlalala haeba re:
• Hlatsoa matšoho
• Se ke ra ama lifahleho tsa rona kapa ra pikita mahlolo
• Se ke ra tšoarana ka matšoho
• Ho khohlela ka megomong ea rona
• Roala limakse
• Boloka 2m e le thoko ho e mong
• Lula hae ka hohe kamoo ho ka khonehang.
LET’S MAKE A TIPPY TAP! (1)

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.

BoTHATA BA 1

Ho etsa pompo ea Tippy o tlha hloka:
- Botlolo ea polasetiki e nang le sekoalo, hlochong (mofuta o noang lino tse tshang)
- Chupu e kahare ea pene ea ntiha ea bolo kapa chupu e ‘ngoe e nyane, e thata.

1. Hloekisa botlolo.
2. Etsa lesoba ka tlha se botlolo ka terata e futhumetseng.
4. Tlatsa botlolo ka metsi ebe u khutlisa sekoalo.

Haeba sekoalo, se tiile, ha ho metsi a lokelang ho phalla ka hara mothapo. Haeba sekoalo se sa sebetsa, metsi a lokela ho phalla kamehla.

Ha o na le bonnete ba hore e ea sebetsa, e fanyehe kapa e behe mo tafoleng moo batho ba ka e sebelisang bakeng sa ho hlatsoa matsoho. Tsela sesepa haufi kapa o tla mele sekoaloa ka botlolog ka sekhechana sa likhoele.

5. Ho sebelisa pompo ea Tippy: lokolla sekoalo se le hore metsi a tsebe ho phalla. Fafatsa matsoho, eketsa sesepa ‘me o hlatsoe matsoho a hao ka tla ‘a metsi metsoana e mashome a mabeli ho fihlela e hloekile.
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

UMSEBENZI 2
O tla hloka:
1: Lesela la k’hotche (mohlala, lesela la mokotla / sekipa se menoeng)
2: Lihlopha tsa lerekere tse 2/ litlamo tsa moriri

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.

Mena lesela ka ho tlisa pheletso e ‘ngoe le e’ ‘ngoe bohareng, lehlakore ka leng le peta ka seholo sa rekere. Kenywa litlamo litsebenq tsa hao, ‘me u fanyehe lesela hore le lekane, le kohetse nko le molomo.

Be safe, but make it fashion!
Pholoha, empa e etse feshene!

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

Ke tla thabela ho bona popo ea hao! Romella setšoantšo sa hao o apera maske qa hao ho 061 332 4349.

Challenge 2 done!
Phepheto 2 e felle!
**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!

**Bothata ba 3**

Ha re etseng khaposule ea nako ea COVID-19.

Fumana lebokose, ’me o kenyre lintho ka har’a lona tse tla o hopotsang bophelo ba hao motsotsong ona nakong ena.

Lekanya (kapa o hopole, haeba o se na rulara kapa theipi e lekanyang) bophahamo ba ngoana e mong le e mong ka tlung,’ me u e ngole fatše.

Ngolla bokamoso ba hao lengolo le halosang boiphilelo ba hao ba ho koalloa le hore na o ikutloa joang ka hona.


Pata khaposule ea nako ea hao ea sephiri kae kapa kae kapa ho e pata ka jare teng, ho epa ka nako ea lilemo tse ngata ha ho koalloa le ho sokolla sechabeng e le mohipopo o hole.

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

Nako ea "” khaposule "ke atko eo re e etsang ho hopola nako e felieng.
LET'S LEARN FROM EACH OTHER

We love to share stories that tickle our minds and open our hearts. Stories can help us learn and get to know each other better.

CHALLENGE 4
Interview an older person in your household, and ask them about a time when they were a part of a moment in history.

When was it? What happened? What were they doing and how did they feel? How did that historical moment change things in the future?

Write about what you learned:

E ne e le neng? Ho etsahetse eng? Ba ne ba etsang mme ba ikuloo jwang? Motsots o o o nalan e lle o fetola lintho joang nakong e flang?

Ngola ka seo o ithutileng sona:

□ Challenge 4 done! Phophets o e felele!
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.

CHALLENGE 5
If President Ramaphosa or your Premier came to visit, what are the three top questions you would ask?

Write them here:

1: ...................................................................................................................
2: ...................................................................................................................
3: ...................................................................................................................

A re holiseng likelello tsa rona.
Mokhoa o motle ca ho holisa likelello tsa rona ke ho botsa lipotso.
Boemo bona bohole ba COVID-19 bo rarabane haholo! Mopresidente o sebetsa ka thata le seholpha sa hae ho potloha le naha ho re boloka rume ke nale bonnete ba hore o batla ho ba botsa lipotso.

BOTHATA BA 5
Haeba Mopresidente Ramaphosa kapa Tonakholo ea hao ba ne ba ka ho etela, ke lipotso le fe tse tharo tsa bohlokoa tseo u neng u tla li botsa?

Li ngole mona:

1: ...................................................................................................................
2: ...................................................................................................................
3: ...................................................................................................................

Share your questions via whatsapp on 061 332 4349 or facebook: https://tinyurl.com/yb9cb1kc
Abelana lipotso tsa hao ka li-WhatsApp / Facebook 061 332 4349 / https://tinyurl.com/yb9cb1kc
COMPLETE THIS CROSSWORD

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.
3: Name of the caring mouse character in this book.
4: Name of the virus which means "crown" in Latin.

Bothata ba 6: Tlatsa Mantsoe Ana a Sefapano

Kamose
3: Boikoetliso bo thusang hore o ikutlwe o lokolo ho hile ebele o tsepatse.
4: Lekishi la thutlo e ntle e nang le setaele.
5: Papadi ea ho la hla la bolo moeeng ebe o ola matscho.

Katlase:
1: Se sebelisoa se entsoeng ka botelo ya polastiki le chupu ea pene.
2: Lekishi la rone e nang le pello e ihoboleng.
3: Toeba ya rone e nang le pello e kholo haholo.
4: Lekishi la kokoana hloko e bolelang "moqhaka" ka puo ya Latin.
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?

---------------------
---------------------
---------------------
---------------------
---------------------
---------------------
---------------------
---------------------

BOTHATA BA 7


MENAHANO EA PALE EA HAO:
Ho ka esahalang haeba ntho ee e phela?

Ho ka senyeha eng ka ntho ee?

Ke mang eo kannete a ka batlang ntho ee mme ka lebakale lefe?
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.

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!

Ke rata ho ake linthe tse lahlileng, me ke le feolo ntho ea behleko la e khatshlhle... Mokho o molle runa ea ho qeta lotlatsi!

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 ho bina, ke binelena mang le mang ya ka batlang ho mamela, ke binelena le teona di palena, sheba, di tlala kganya eble di ya beny.

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/yp9cbllkc

Bolelele ba ka bo se nang thaka
Le mpho e ke neilweng ya mohau le mosa
E etsa ho keteka bosiu kaofela
Kakanyo e thepiyang
Jwale, tlhong le ketekeng lenna
Ha re etseng motjeko
Ho be monate!

BOTHATA BA 8
Etsa pina ka phoopholo eo o e ratang ka ho fetisisa (mohlomong e thehlohe ho e mong oa libapali tse bukeng ena!) Etsa motjeko ho tsamela le eona.

E setsete e mong lapeng la hao, 'me haebha ba na le mohala o nang le khamera, ba kophe hore ba ho tšoantšise. Haebha ba na le data, ba kophe hore e romelle ho Petal, ho 061 332 4349.

BOTHATA BA 9
Bokellang matlakala 'me o etse ntho e ntle kapa e bohlokoa ho eona. Ke ntho eo o ka e aperang? Mohlomong kathiba? Kapa ntho ea ho boloka linthe ka hare? Mohlomong lebokose la matlholo?

BOTHATA BA 10
Ha re tantseng! Etsa tlaelo ea motjeko ho pina eo o e ratang haholo, ebe o e ruta motho e mong. Haebha o na le mohala o nang le kh'amera, tšoantšise 'me u arolelwe maikutlo le rona ka 061 332 4349 le Facebook. https://tinyurl.com/yp9cbllkc
**LET’S STAY FIT & STRONG**

**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.

**BOTHATA BA 11**
Matha hanghang joalo ka Buffel a lelekisa metsoalle ea hae! Otlolla haholo kamoo o ka khonang, joalo ka Lula o ja makhasi a sefate se phahameng. Inanela fatshe, jwaloaka Lula e nwa metsi. Litoeba ke litioli tse nile haholo! Tlolela holimo le tlae joalo ka Petal.

**CHALLENGE 12**
Tin pin Bowling (°) 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?

**BOTHATA BA 12**
Tin pin Bowling (°) ke papali e monate eo o ka e bapalang le lelapa lohle la hao; ka tlung kapa ka nile.

Bokella makotikoti a se nang letho, ‘me o a tlatshe ka lehlabathe kapa majo. Li kha-
bise, ‘me u fe e’ ngoeo le e ‘ngoelo palo ebo o le beha quibung. (Haeb a se na makotikoti, o ka sebelisa libotlolo tsa lebese kapa libotlolo tsa lino tse batang)

Ema hole ka mithara e le ‘ngoeto, ‘me u leke ho li betsa ka bolo. (Haeba u se na bolo, o ka sebelisa lisokisi tse loholoeng).

Sebapali se seng le se seng se fumana menyettla e ‘melili. Baia lintlha ka ho eketsa linomoro tse holim ‘a makotikoti.

Ke lipapali li fe tse ling tseo o ka li qapang o sebelisa makotikoti a?
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.

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?

1. Ragball international
2. Playworks

Ke hopose sesho ena le re mo kopa sipadidi
Ka le nako tse ling ke re na bolotumana
Empe ka nhlele go - ho kwelwa re nako re ho no nthabi
Tsele ho leote batokoni bale re ho sela ke kwelile
Ke ontsie bole ya maketothe ka khoele - shebe moo!

BOTHATA BA 13
HA RE ETSE BOLO EA MALAUKALA! (3)
O tla hloka:
- Mokotla oa litholoana kapa mokotla oa eie
- Lipampiri tse 12 - 15 habeli tsa koranta kapa mokotla ea polsetiki bakeng sa bole e sa keneleeng metsi
- Khoele

Kopany a ledzephe le le leng la koranta ho etsa bole e thata. Ebe o e phuthela ka pimpiri e 'ngoe ea koranta,' me o seolelepe ho fihlela o entse bole e tiile, e matla.
Ebe o beha kahare ho mokotla oa litholoana, 'me o otolle lekhuto leha e le li fe hore bole e potolohe.

Ho sotla bole makhetla a mararo e le hore mokotla oa litholoana o bulehile o koala bole. Ka nako eo tlama o khoae mohatla o setseng. Nka thapo 'me oe tlame ka holimo; joale o ka tshwara khoele ebe o raha bole! Tlisa khoele haeba o batla ho raha bole ho motho e mong.

BOTHATA BA 14
HA RE BAPELENG LI-POPCORN! (4)
Lahlele bole moeeng, o ope hang ebe o tsoara bole. E lahlele hape, o ope habeli ebe o tsoara bole.
Tseoba pele o eketsa ho opa ka matsoho ... O ka opa liphaka tse kee pakeng tsa ho lahle le ho tsoara?
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.

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

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.

Maemo a na sa te joaeg a ng'khathela maikulolo Hoja nka chakela nkpono wika, o nkelo he nka ko ho fetisa!

KE PEREKANE HAKOLO hoo nka se kong ka hapolapali te sa skolopho; ho atsa hose ke ikutloke ke se tshiile ho lang.

Moya we ka o faisha hakolo, hobane ke hopotse Motselile we ka sa xhocho sa khomo. E kare ho kwalwa ha naka ho ka fihlela mafelong!

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.

<table>
<thead>
<tr>
<th>Happy</th>
<th>Angry</th>
<th>Sad</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ke thabile</td>
<td>Ke koatle</td>
<td>Ke mosabi</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Scared</th>
<th>Worried</th>
<th>Peaceful</th>
<th>Khotso</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ke tshihle</td>
<td>Ke tsoenyhile</td>
<td>Khotso</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Excited</th>
<th>Confused</th>
<th>Bored</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nyakallo</td>
<td>Ke makete</td>
<td>Ke borehile</td>
</tr>
</tbody>
</table>

Bothata ba 15
U ikutloja joang? Na o ka fumana maikutlo a hao ho gridi ee?
Ke ikutloja joang...

Na o ka nahana ka hore na hobaneng o ikutlo ka tselo ee? Ngola ka maikutlo a hao, 'me o leke ho a utlisisa.

Challenge 15 done!
Phetheto 15 e fellele!
**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.

<table>
<thead>
<tr>
<th>I want to feel:</th>
<th>I will: / Ke tla:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ke batla ho ikutloa:</td>
<td>Safe / Sireletsehile Ask for help when I feel anxious Kopa thuso ha ke ikutloa ke tšoenyehile</td>
</tr>
<tr>
<td>Calm / Khaotsa</td>
<td>Do some exercise and then a Take 5 (challenge 18) Ho ikotelisa 'me o nke 5 (Phephetso 18)</td>
</tr>
</tbody>
</table>

---

**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

---

**BOTHATA BA 16**
Ukukhululeka kuyasisiza. Kuyakwazi futhi Ho theola moyo ho re thusa ho hokahanya maikutlo a rona le liketsa le boits'oaro ba rona, ka hona re ka etsa ho feta ho tse etsang hore re ikutloce re bolokehile, re phetsa hantle, re hokahanle le ba bang ebile re le matla!

Nahana ka tsele ee o batlang ho ikutloa ka eona, ebe o nahana ka se o ka se etsang ho thusa ho ikutloa ka tsele ee.

---

**BOTHATA BA 17**
Litsela tsa ho etsa hore batho ba lapeng la hao ba ikutloce betere:
- Ba takele setšoantšo
- Ba atle
- Ba ngolle lengolo
- Ba thuse ka mesebetsi ea bona (mohlala ho hloekisa ntlo)
- Ba binele pina
- Ba etsetse seno sa tee kapa seneke
**LET’S GET GROUNDED**

**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!

---

**BOTHATA BA 18**
Koefitso ena e bitsoa “Take Five” (Nka 5.) (1)

Lula hantele, malo a hao a koalehile.
Nka moeo a liehang, o tebileleng ka nko ea
hau, bakeng sa lipalo tse ‘ne.
Phefumoloha ka molomol o hao bakeng sa
lipalo tse ‘ne. Ha le nse o phefumoloha butle
kantle le kahare, mameka ka hloko melumo
eu potleng. Ela hloko hore na ‘mele o hao o
ikutoja joang. Se ke o tšoenyeha ka maneh-
ano ea hao - e tlohele e tle e tsamaee.

Ha o se o lokets e, o ka bula malo a hao
butle. O ikutoja joang? O khalitse? O
ikhutsits e? O mafalafalle? O tsepamitsitse
maikutlo?
Hopola hore o ka etsa “Take Five” ka kapa
kae moo o hlokang teng.

---

**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!

---

**BOTHATA BA 19** (2)
O etsa mosebetse o motle ho feta
nakong ena e thata. Iphe sefahleho
se setle sa mofuthu!

Iphoraphore matsoho a hao kapele
haholo ho fihlela a chesa. Ebe o
fapantsa liatla sefu sa hao ebe o
sarolla mahetla. A sidolle ha
nyenyane. O e tšoere!
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

IKOPANYE!

RE BATLA HO UTLOA HO TSOA HO UENA!
• O nte u ea joang?
• Ke sfe ea lintho tse buying ee e o e ratang haholo?
• Re bolelle lebitso la hao, sehlopha sa hau le sebaka seo o lulang ho sona.

Ka kopo re romelle litšoantšo tsa popo le mesebetsi: ea hao, le mehopolo ea se re ka se kenyang nakong e tlanga.

USEFUL CONTACTS / MABITSO A SEBETSANG

CORONA VIRUS 24 HOUR NUMBER:
08000 029-999 OR 021 928 4102
If you have high fever, cough & sore throat. Haeba o na le leberu, khcieia le 'metso o bohloko.

CHILDLINE
0800 55555
If I don't feel safe or someone is hurting me. Haeba ke sa ikutlce ke sireletsehile kapa ho na le motho ea nkulonising bohloko

AMBULANCE
10177
For a medical emergency. Ambulense bakong sa tšohanyelo ea bongaka

FLORENCE & WATSON

WHATSAPP 061 332 4349 OR FACEBOOK:
HTTPS://TINYURL.COM/YB9CBLKC