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 FITHLA GO WA BOTLHANO.
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, Lulu 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 Florence le Watson, bo maishwane ba ba sa bonaleng bothofo. Go opela dipina mme re thaba mainane ke motshameko o re o ratang thata.

E sale dikolo ditselwa, go nteo go so bonolo mo bathong bothe, ka jalo, ra kopana le ditala ts' rona-pēba o bidwi Petal, thulivva o bidwi Lulu le nare o bidwi Buffel — go dira mophuthelo yo, go thusa malapa a a nang le baihutu ba ba mo mephatong ya bongwe go fihela go wa bothano.

Ba mafapha a thuto mo nagong le mo dikgaaong, ba dira ka thata go disesa bana ditsompelo ts' thuto, re ritoetsa batsadi le bana ba bagolwane mo lapeng go thusa ba bangnyo go dira tiro ya bone ya sekolo. Mophuthelo o o re o itebangtse le moshameko e e itumedisang le ditiro ts' di nonoshang go thusa bana go dirisa mebele ya bone le go loga manao fa ba santso ba le kwa gae. Re nako tsholofelo fa ditsompelo ts' di tla thwarganyapo malapa, le go oka la ya bone na mogare wa COVID-19 le go thusa botho gore ba ikutlele ba tsethedietsile ebole ba bolokesele.

Ntsha se siletsi: sa bula; ka fa lethakoreng le lengwe o tla fihela karata ya moshameko o Kgola matshwao o dishwanto se hetatao le lethele. Go bopa letsewe, menanganyo mo ditselele tsothe o b o kgomaretsa dipulha go di momaganyo. Tsamaya o moshameko o e bopetswe mo karatong ya moshameko; mailela se sekgele sa moshameko o ke go sia malako a lelepala la gago o fiheliela kwa phaleleong ya moshameko!

Fa ba lelapa la gago ba tsweletse le go inaka ya le diteko le moshameko o, re ke gore o abalune le rona! Romele meletsa, dishwanto kgotsa dishhwanwo tsa moshikinyego mo nomorong e e latelela ka Whatsapp 061 332 4349.

Re sololela gore moshameko o o tla lo kgathisa, o bo o lo itumediselo!
Hello!

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

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

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 molelele tota gape ke montle. Ke tsala e e ikanyegang e e kgatalang.

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 nonoloeng ya pelo e e amegang boncio.

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 ithuteng ka mogare wa COVID-19 gore re kgone go thusana go nna re itekane-tse sentle ebile re bolokese-gile. Le fa re ka tswa re futilwe ke dithuto ka nakwana, a re godiseng dithaloganyo tsa rona re loge maano. Le fa re sa le-lelelewe go tshameka metshameko e e phadisanang, a re mngeng re itekanetsese ebile re nonfile.

Mophuthelo o ke wa baithuti ba mephato ya bongwe go fithelela wa bothano. Go tswa ka dingwaga tsa gago, o ka fithelela ditiro tse dingwe di le bothofo mme tse dingwe di le thatanyana. Thusa bomohafo go dira tse di bothofo, mme o kope mongwe o mogolwane go thusa ka tse di thata.

Tlhopa 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 gagwe ka Whatsapp 061 332 4349.

A re ithokomeleng, mme gape re ithokomelane; 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.

Covid-19 ke mogare o o moswa wa Corona o o ka dirang gore:
• Gohole
• Gotele
• Cape o heme ka bokete.
• Anama fa marothodi (a segotihloa, kgotsa mathe) a felela a le mo teng ga legano, nko, kgotsa matlhoo a motha yo mongwe.

Batho ba le bantsi ba ba nang le one ga ba bontshe ponagalolo/mashwao a, mme ba kgona go o a fitisetsa go ba bangwe.

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

Ponagalolo/mashwao la bolwete ke tsela rngwe e mmele o re boleliang le ba bangwe gore ga re a tsogoa 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 nthla ya Covid-19.

Mme le seke la tshwenyega! Re ka emisa kanamo ya one fa re ka:
• Thapa matsogo
• Ra seka ra tshwara difathelo tsa rona kgotsa ra ipita matlhoo
• Se tshwarane ka mabogo
• Goholela mo dikgorong tsa rona
• Apara sebipa-sefathelo
• Ema bolele jwa dikgotlang tsa dimitara di ka nna bobedi magareng ga rona
• Nna mo malapeng, ka mo go ka kgonegang ka teng

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
LET’S MAKE A TIPPY TAP! (1)

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

Kopa thuso mo mongwe yo mogelwane – tok o o a isitshwanyana!

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 tlele go tlhoka:
• Botlolo ya polaseteke e e nang le sekhumurumelo mo godimo (jaaka botlolo ya se-notsidi).
• Mateng a pene, kgotsa sepe sedirisiwa se se nang le khuti.

1. Thatswa botlolo.
2. Phunya phatlha ka fa tlase ga botlolo ka setoki sa terata e e gotetseng.
3. Ntsha mateng a pene mme o a lthatswa. A sege ka enekela o bo o etseny ka phatlha e e mo botlolo. A tshwanelo gore a be etsene a gagametse mo mmannong.
4. Tlatsa botlolo ka metsi o bo o busetso sekhumurumelo.

Fa sekhumurumelo se gagamaditswe, metsi ga a tshwanela go elela ka tshipu. Fa sekhumurumelo se sa gagamadiwa, metsi a tshwanelo go elela ka selekanyo se se sa kgaotseng.

5. Go dirisa pompo; ntsha sekhumurumelo gore metsi a kgome go elela. Kolobetsa matsogo a gago, tshasa sesepe, o bo o ikgothla matsogo ka fa tlase ga metsi metsotswana e le masome a mabedi.

[Checklist: Challenge 1 done! Teko ya nthia e wetsa!]

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

**TEKO 2**

O ya go tlhoka:
1. Letsela (e.g le le tihatswang dijana / sekipa se se menagantsweng)
2. Reke re tse pedi / e ka nna se di t shwarang 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 letsela ka go kopanya dikhuto tse nne mo legaren, reke re ngwe le ngwe re ralela lethakore la yone. Tsenya direkere mo ditsebeng tsa gago, o bo o tenetsa letsela la gago gore le go lekane sentle, le khuru metsa nko le molomo.

Be safe, but make it fashion! Nna o bolokeseqile, mme o kgatlhise!

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-sefathhego sa gago go 061 332 4349.

Challenge 2 done! Teko ya bobedi e we se!
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 boxoro e welele!

Teko 3
A re direng 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 botselo jwa gago ka sebaka se rele ng mo go sone.

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

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

Dira setshwantsho. Akaretsa bonthla bongwe jwa dipampiri tsa dikgang. Tsena sesup sa theko ya lebenkele kgotsa pampiri e e supang dilo tse di thwetlhwa tla se kwa mabenele.

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

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

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

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TEKO 4
Botsolosa mongwe wa bagolwane mo lapeng, o mmoctse ka nako ngwe e a neng a tsaya karolo mo ditiragalong tsa nako e e fetileng.

E ne ele neng? Go ne go diragala eng? Ba ne ba dira eng, gape ba ne ba ikutwa jang? Sebaka seo mo nakong e e fetileng, se ne sa fetola jang dilo mo dingwageng tse di latelang?

Kwala ka se o se ithutileng:

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Challenge 4 done! Teko ya bone e weise!
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.

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: ..........................................................

TEKO 5

Fa Mopresidente Ramaphosa kgotsa mo Premo a ka tla go go etela, dipotso tse tharo tse di kwale fa:

Di kwale fa:

Share your questions via whatsapp on 061 332 4349 or facebook: https://tinyurl.com/yb9cblkc
Amogona le rona dipotso tsa gago ka WhatsApp /kgotsa mo go tsa maranyane 061 332 4349 / https://tinyurl.com/yb9cblkc

Challenge 5 done!
Teko ya bothano e wese!
COMPLETE THIS CROSSWORD

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

Nthwa ya tshedimoso: O ka bona le sedinyana la dikarabo tsa dintlha ka bonsi mo mophutheleng 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.

MAFOKO A A KGABAGANYANG:
3. Ishidilo mmele e e go thouusang gore o wele makgwafo.
4. Leina la thutlwa e e moaparo o monte mo bukeng e.
5. Motshameko o mo go one bolo e lahelwang ko godimo gape go oipiwa diata mo go yone.

TEKO 6:

1. Mochine o thapisang diata o o dirilweng ka leboitole la polasitiki le boteng jwa pene.
2. Leina la nare e e nang le maatla a mantsi gape ele sebeto mo bukeng e.
3. Leina la peba e e bopelononi mo bukeng e.
4. Leina lengwe la baerae "COVID-19"

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.

MAFOKO A A ELELANG:
1. Mochine o thapisang diata o o dirilweng ka leboitole la polasitiki le boteng jwa pene.
2. Leina la nare e e nang le maatla a mantsi gape ele sebeto mo bukeng e.
3. Leina la peba e e bopelononi mo bukeng e.
4. Leina lengwe la baerae "COVID-19"
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.

TEKO 7

Kgobokanya dilo di le thataro mo ntlong (jaaka senepe, eie, setlhako, kgotsa kopì). Abela sello sengwe le sengwe nomoro gotswa go ya nthla go fitlheléla go ya borataro. Lathëla letaese. Tsaya sello se se amarang le nomoro e e supilweng mo letaeseng.


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?

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?
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!

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

Ke rata go opele; ke tla opelela mongwe le mongwe yo o tla ntheoeta. Ke opeola le dithunya/malombo a me; go dira gore a phatehime obile a galalele.

TEKO 8
Thaha phamika ka phologolo e o e ratang thata (gongwe e kaiswa e le nyw yea ba tsya karolo mo bukeng e) Thaha le runino go tsaimaisana le pina e.

Dira motshameko oo diragetseng go mongwe mo lapeng, fa ele gore o na le mogala o o tsayang ditshwantsho tsa motshikinyego, a go tseve setshwantsa sa motshikinyego. Fa a ka kgona, mo kope gore a romele Petal setshwantsa se a se tsereng go 061 332 4349.

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!

Boleele jwa me jo bo fa godimo
Le bonitse jwa tlhelo
Bo di o bina bosigo jotthe
Kgakololo e e itumedisang
Tlanya o sute le nna
A re bine mminou ka boitumelo!

TEKO 9
Sela dilo dingwe tse di sa thloeng di dirisiwa, o dire sengwe se se ntle kgotsa se se nang le mosola ka tsone. A ke sengwe se o ka kgona go se apar kgotsa wa se rwa? Gongwe hutshe; gongwe sengwe se o ka kgonang go bolokela dilo mo go sone, kana lebokoso la matlotlo

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/yb9cbkqc

TEKO 10
A re bine!
Thaha runino wa pina e o e ratang thata, o bo o e ruta mongwe. Fa o na le mogala o o tsayang ditshwantsho tsa motshikinyego, iseye setshwantsa sa motshikinyego, o bo o re romela go 061 332 4349 go Whatsapp, re Facebook https://tinyurl.com/yb9cbkqc

☐ Challenge 8 done! Teko ya borobedi e wetse!
☐ Challenge 9 done! Teko ya borobengwe e wetse!
☐ Challenge 10 done! Teko ya bo lesome e wetse!
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.

TEKO 12
Taboga o ketile fela jaaka Buffel a koba kobile diitsala tsa gagwe! Ikotollele kwa godimo dimo jaaka Lula a ja matlhare mo setlhareng sed seso kwa godimo. Ikotollele kwa tlase, jaaka Lula a nwa metsi. Dipèba 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 skroma o lape, o thokga go tšawotse, toko ya lesome le bonswe o wose!}

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?

Challenge 12 done!
Toko ya lesome le hobedi e wose!

1. UNESCO, DBE & the Lego Foundation
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.

TEKO 13
A RE DIRE BOLO YA MAKGASA! (2)
O ya go thoka:
- Kgetsi ya dinamune kgotsa ya di eie
- Dipampiri tsadikgang tse ditona di le 12-15, kgotsa dipololatisiti go dira bolo ya kgole e sa senngweng ke metsi
- Kgole

Potoka pampiri ya dikgang e le ngwene mme o e dire kgolokwe e e gagametseng. E potoke ka pampiri e ngwene gape le yone o e gagamaise, tsewelela ka go dira jalo go fithela o dira bolo e e gagametseng e e tileng. Jaanong e tseye mo teng ga kgetsi ya dinamune o bo o thamalata dikhutlo tse di emeng go dira gore bolo e e nne kgolokwe gape e e borethe.

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

CHALLENGE 14
LET’S PLAY POPCORN! (3)
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 14
A RE TSHAMEKE MOTSHAMEKO WA POPCORN! (2)
Latlhela bolo mo moweng, opa matsogo gangwe fela o bo o kapa bolo. E latlhela gape o bo o opa matsogo gabedi o bo o kapa bolo Nna o oketse go opa matsogo… O kgona go opa ga ka e 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.

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!

Ketsaetsa e e ntirafalela e ngomela pelo: fa fela nica kgona go otele nkoko, o ba gaisa bothe.

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

Ko hutsafetse ka gore ko thwasafole ise tsa la ya me e re ntshahang se inong. Ka la le leletsang ka teng gore seemo se sa go twalela mo ditlong so ka fema.

Ko kgobegile manno ka tota ka sa kgona go thameka le sethepha sa me; go dira gore ko ikuthe mowra wa me o le ko tsho.

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>
<th>Bored</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ke hitumsete</td>
<td>Ke galelefe</td>
<td>Ke bothoko</td>
<td>Bora/lapisa</td>
</tr>
<tr>
<td>Scared</td>
<td>Worried</td>
<td>Peaceful</td>
<td></td>
</tr>
<tr>
<td>Go boitfa</td>
<td>Ke tshwenyegile</td>
<td>Kagiso</td>
<td></td>
</tr>
<tr>
<td>Excited</td>
<td>Confused</td>
<td>Thahanya tshogo</td>
<td></td>
</tr>
</tbody>
</table>

TEKO 15
O ikutla wanga? A o ka kgona go amanya maikutla a gago le a a supitlwaeng mo setshwantshong?

A o kgona go akanya gore ke eng se se gzetlhleleng maikutla a gago? Kwela ka maikutla a gago, gape o leke go a thologanya.

Challenge 15 done!
Teko ya lesemile botshelo e wetsa!
LET'S GET GROUNDED

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.

I want to feel: Ke batla go ikutiwa ke: I will: / Ke tla:

<table>
<thead>
<tr>
<th>Safe / Bolokeseqile</th>
<th>Ask for help when I feel anxious Kopa thuso fa ke tlohoaela</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calm / Ritebetse</td>
<td>Do some exercise and then a Take 5 (challenge 18) Ikatla ga ke fetsa ke be ke di re Take 5 (teko 18)</td>
</tr>
</tbody>
</table>

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

TEKO 16
Go ithethela go re thusa go amanya maikutlo a rona le ditiro rona go mmogo le mekgwa ya rona, gore xe kgone go na na nako e ntsi re di dilo itse di dirang gore re ikutiwe re bolokeseqile, re itekane se tle, re amane le ba bangwe gave re nonofile!

Akanya ka fa o batlang go ikutiwa ka teng, o bo o akanya gore o ka dira eng go thusa go ikutiwa go tsele eo.

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 mngang le bone ba ikutiwe botoka:
• Ba tshwantshetse setshwantso
• Ba attle
• Ba kwalele lokwalo
• Ba tshuse ka diiro tsa ka fa ntlelong (seka; go feela ntle)
• Ba opelele
• Ba direle kopile ya tee kgotsa dijonyana tse di bothofo

Challenge 16 done! Teko ya lesome le horato e wetsie! Challenge 17 done! Teko ya lesome le bosupa e wetsie!
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!

TEKO 18
Ikatiso e, e bidiwa Take Five. (1)


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!

TEKO 19 (2)
O dira tiro e e duleng diatla go fenya mo nakong e e boima e. O ikatle kana o tlapurele!

Forogotla matsogo a gago ka bofele le ka maatlha go fihlha a nna mogote. Jaenong fapaanya matsogo a gago mo sefebeng o bo o kgotshaganya magaletla a gago. A sidile gole gonyne. O dira sentle!
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

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 ikutla o gotete, o gotholo le momo tse o le bothoko.

CHILDLINE
0800 55555
If I don’t feel safe or someone is hurting me. Fa ke ikutla ke sa bolokese-kgota mongwe a ikutwisa bothoko.

AMBULANCE
10177
For a medical emergency. Fa o tlhoka kalafi ya potlako.