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.
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!

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 uku beiHoney Badger sizaezishwana ezinti kuyawo ngalunye? Ukube iHoney Badger inemilerere emine... zingephilone zonke ihlazwe zayo?
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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Lo mgulu ulungiselele abafundi abago grade 1 ukuya ku 5. Ngokweminyaka yakho, eminiye imisebenzi uya kuyifumana ilula kanti eminiye ikunzimele kancinc. Ncedisa abantakweni abangane kuwe ukwenza le ilula; cela omdala kuwe akuncedise kule inzima.

Ngemini nganye khetha umingeni, phawula ebhokisini wakuphugqiba. Ukuba kowenu kukho umuntu onowhatsapp efonini yakhe, mcele ukuba sabelane, wena nam ngowhatsapp 061 332 4349.

Masibonelelane; kune, sinakho!

Sending lots of love, Petal, Lula and Buffel
Ngathi olakhulu, 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.

uCovid-19 yiCorona virus entsha engenza oku:
• Ikukhohlelise
• Ikunike ifiva
• Yenze kube nzima ukuphifumla.
• Ihanjiswa ngamaqabaza amancinci (okukhohlela okanye okuthimla) ize aphethe engene emlonyeni, empumulweni okanye emehlweni omnye umntu.

Abantu abanini abadyobhekayo abanazo ezi mpawu, kodwa banakho ukuyidululise ka kwabanye.

Uphawu lwesifo yindlela umzimba oxelela ngayo thina nabanye ukuba asiphilanga.

Abantu abasele bekhulile nabo banezigulo zabo ngabona baseungciphekweni wokuhlaselwa nzima yiCOVID-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
LET’S MAKE A TIPPY TAP! (1)

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

Chaleng1 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:
• Ibhotile yeplastiki enesiciko
  (njengezikwizisel ozhikhwalo iibhoto)
• Ithumbo langaphakathi lebhopho
  okanye kwathunjana linci
  nqinileyo, rhobohobo

1. Coca ibhotile.
2. Ngcingu oshotsho, yenza umngxuma
  kwishlalo leibhotile.
3. Susa ithunjana kwapholpen ulicoce.
  Lishunqule buxwesa ulithushake
  umngxuma webhotile. Kufuneka
  ithumbu lilingane twats.
4. Gcwalisa ibhotile ngamanzu uvale
  ngesiciko.

Ukuba isiciko sinqile, akakho manzi
aya kuphuma ethunjini. Ukuba siyaxha,
amanzi aya kumpomoza.

Wakuqiniseka ukuba iyasebenza,
 yizhome okanye uyibeke
 kwishelula apha abantu
 banokuyisebenzisa ukuhlamba.
Beka isepha kutuphi okanye
 ughinele icbe lesepha ebholtini
le ngentanjana.

5. Indlela yokusebenza itippy
tap: vula isiciko ukuse amanzi
aphume. Manzisa izandla zakh,
dibanisa nesepha uhlikhile izandla
zakh plaantsi kwamanzi
imizuwana emashumi mabinde
ziococeke.
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.

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.

ULula yindlulamthi entle neyaziyo ifashoni. Ukwanobubele kakhulu. Sonke kufuneka sinxibe iimask xa siphuma endlini, ulula ke wenze lomnjeni ukusincedwa 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 lirhintseleka kwilastiki le. Beka amabhantana la ezindlebeni zakho, ughusheke ilaphu ukuze lihiale kakhule, likogquma impumlo nomlomo.

Ndikungwencela nyhani ukubona obakho ubuchule! Thumela ifoto yakho unxibe iimask yakho ku061 332 4349.
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.

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

UMNGENI 3

Khangela imbokisi, faka kuyo izinto eziya kukukhumbuza ngobomi bakho kwelaphila.

Metesha (okanye uqikelele, ukuba awunurula okanye natheyip yokulungana) ubude bomntwana ngamnye endini le, ububhale phantsi.

Bhalela lo mutu uya kuba nguye kwixya elizayo, chaza amava akho ngeli lixa lelockdown, nemvakalo onayo ngayo.

Zoba umfanekiso.
Faka namangakulu asuka kumaphetha-naba okanye iimagnitude.
Faka kwanerisithi yevenkile, okanye intengiso yevenkile enkulu.

Fihla le TC yakho ndaweni ithile ingaziwayo okanye uyingcwabe eyadini, ukuze uyigrumbe kwiminyaka eminini ezayo za ilockdown nokubhekelela koluntu sele izizinto ezalitwayo.
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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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: .............................................................
   ..........................................................
   ..........................................................

**UMNGENI 5**

Ukuba ungafikelwa nguMongameli Ramaphosa okanye yinkulumbuso yakho, yiyiphu emithathu ephambili imibuzo ongayiphoseyo?

Yibhale apha:
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: GGIBEZELA LE CROSSWORD

XWESA
1: Umthambo okwenza uzole uzinze nasengqondweni
3: Sinxiba ezi rhogo siphuma endlini, yaye sizenza ifeshon!
5: Igama lenyathi eyomeleleyo ikwanovelwano ummo wayo kule nowadi
7: Umdlalo ekuthi kuwo kujulwe ibhola phezulu kuze kuqhwatywe
8: Igama lolunganiswa oyimpuku enobubele kule nowadi

YEHLA
2: Inani lemizuzu ekufuneka sihlambe ngayo izandla zethu
6: Igama lendlulamthi egaxelayo kule nowadi
**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.

**UMNGENI 7**

Qoqelela izinto zibe 6 aph’ endlini (umzakelo, ifoto, itswele, isihlangu okanye imagi). Nika into nganye inani, gama ku 1 uye ku 6. Ngoku phosa idayisi. Thatha loco nto ihambiselana neli nani.


**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?

**INGONGOMA ZEBALI LAKHO:**

Ukuba le nfo ibingasuka iphile bekungenze ntoni?

Yintoni engonakalayo ngayo le nfo?

Ngubani ekungenze nkuwna le nfo uyifunza ngentliziyo yakhe yokwe? 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.

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!

UMNGENI 8
Yila ingoma ngesilo esisesona usithandayo (mhlawumbi uzekele komnye wabalinganiswa abakule ncwadi!)


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


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 alee!

UMNGENI 9
Qokelela ooni weni wenze into en’tle okanye enomsebenzi ngazo. Yinto ongayinxiyabayo?
Umncwazi mhlawumbi? Okanye into yokucina nto kuyo? Mhlawumbi imbokisi ofihla kuyo okuxabisekeleyo?

Ubude bam obuthe kratya
Nesimo sam sobubele
Zenza ukudanisa ubusuku bonke
Umcinbi endiwavuyelayo
Ngoko yiza ujuuxe 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/yb9cb1kc

UMNGENI 10
Masidanise!
Zenzele isimbo esihambelana
Nengoma eyeiyona uyithandayo,
ufundise onmye. Ukuba uneionoi
enekhamera, zifote wabelane nathi
ngesimbo sakho ngowhatsapp @
061 332 4349 nangepephu leface-
book: https://tinyurl.com/yb9cb1kc

☐ Challenge 8 done!  Umgeni 8 wenzive!  ☐ Challenge 9 done!  Umgeni 9 wenzive!  ☐ Challenge 10 done!  Umgeni 10 wenzive!
**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.

**UMNGENI 11**

**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?

**UMNGENI 12**
Tin pin Bowling ngumdlalo ongwudlala nalo lonke usapho lwakho; endlini okanye phandle.

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

Bhekela malunge nemitha, uzame ukuziwisa ngebhola. (Ukuba awunayo ibhola, ungenza ibhola ngeperi yeekawusi).

Umlali ngamnye unamathuba amabini. Gcina isikoro ngokudibaniwisa amanani abhalwe ezinkonkwenzi ezisiwweyo.

Yiiphi eminye imidlalo ongayiyilayo usebenzisa ezi nkonkxa?
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.

UMNGENI 13
MASENZE IBHOLA NGAMALAPHU! (1)

Udinga oku:
• ingxowa yentanjan’ eziphixeneyo ebisongele iziqhama okanye itswele
• 12-15 amaphepha aphindeneayo ephepha-ndaba, okanye ingxowa zeplastik zokwenza ibhola engangen-wanansi
• Umtya


Yijikajike ibhola le kathathu ukuze umlomo wengxowa yeziqhamo uvaleke mba-ibhola ingaphakathi. Qhina uwusike umsila oselelo. Thatha umtya uwubophelele phezulu; ngoku ke ungabamba umtya lo uziikhabele ibhola! Qoshelisa umtya ukuba ufuna ukuyikhabela komnye ibhola.

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?

UMNGENI 14
MASIDLALE UPOPCORN! (2)

Phosa ibhola phezulu, qhwaba kanye uyigange ibhola.

Yiphose kwakho, qhwaba kwabini uygange.

Phinda-phinda usandisa amatyeli okuchwaba... ungade ufile kweliphini phakhathi kokuphosa nokuganga?
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!

Lixesha elinzima eli kuye wonke umuntu! Simvakalo zinini zishushu. Yinto eghelekileyo ukuba lusizi, ukuxhalaba, ukoyika, ukudana okanye ukuqumba.

Ndidangale nyani, kuba ndikhumula umholo wam osewonywoni. Hayi, akwabe lockdown ibingaphela.

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

Mns NDIIDIKE NDONELA kuba sadinalilo ukudala imidlalo yeqola; loo mno indenza ndingaxazi seato endiyiyo.

CONSIDER

What do you do when you feel these ways?

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.

Umgeni 15

Uziva njani? Kukho mvakala unayo na kule gridi?

Unakho ukucingo ukuba kutheni umvakalo inkhe? Bhala ngeemvakalo onaza uzame ukuziqonda.

<table>
<thead>
<tr>
<th>Happy</th>
<th>Angry</th>
<th>Sad</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ndonwabile</td>
<td>Ndimomsindo</td>
<td>Ndilusizi</td>
</tr>
<tr>
<td>Scared</td>
<td>Worried</td>
<td>Peaceful</td>
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<tr>
<td>Ndiyoka</td>
<td>Ndiyukweli</td>
<td>Ndisuhlukweni</td>
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<tr>
<td>Excited</td>
<td>Confused</td>
<td>Bored</td>
</tr>
<tr>
<td>Ndineminciili</td>
<td>Ndiddikelele</td>
<td>Ndinesizane</td>
</tr>
</tbody>
</table>

Challenge 15 done!
Umgeni 15 wenzwiwe!
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:
Ndifuna ukuziva: I will: Ndiya ku:

<table>
<thead>
<tr>
<th>Safe / Ndikhuselekile</th>
<th>Ask for help when I feel anxious</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calm / Ndizolile</td>
<td>Do some exercise and then a Take 5 (challenge 18)</td>
</tr>
<tr>
<td></td>
<td>Thamba ize ndenze iTake five (uMngeni 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

UMNGENI 16
Ukuzinza kusinceda ekunxulumaniseni imvakalo zethu nezenzo; njalo senze nangakumbi oko kusenza sizive sikhuselekile, siphiile, sinonxibelelwano nabanye yaye somelele!

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

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

Kubalulekile ukuthabatha ingqalelo sikhathele, ngakumbi xa ubona abantu obathandayo bephelela lithelemba.

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
Indlela zokwenza abantu kowenu bazive bhetele:
- Bazobele umfanekiso
- Bawolele esitubeni
- Babhalele ileta
- Bancedise kunebenzi wabo (umz. Ukuzoza indlu)
- Baculele ingoma
- Benzele ikonitwi yeti okanye amashawamshwam
**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!

**UMNGENI 18**
Lo mthambo kuthiwa yiTake Five. (1)

Hlala kakuhle, uvale amehlo akho. Uphefxumla ngempumlo, wutsale ngesantya esiphantsi umoya kodwa uwutsala nzulu, ubale de ufike kwisine.


Wakube ulungile, ungawawula ngokungangxamanga amehlo akho.

Uziva njani? Uzolile? Uphumle?

Uvuselelekile? Ingqondo izinzile?

Khumbula, ungenza uTake Five nanini nokuba uphi xa kukho imfunko!

**CHALLENGE 19**
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**
Wenzi kuhle ukuphila kwel xesha linobunzima. Zimbambzele!

Hikihi la izindla zakho ngokukhawuleza nangokuxinileyo de zibe shushu. Ngoku phambani-sa iingalo zakho esifubenzi, cudisa amagxa akho. Waphulule kancinane. Heke, wenze kuhle!
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.thelarningtrust.org/asp-treasure-box

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

QHAKAMSHELANA NATHI!

SINQWENELA UKUYA NGAVE!
• Uqhuba njani?
• Wuphi kule misebenzi ikulo mgulu ingwona uthandileyo?
• Sixelele igama lakho, igrade nendawo ohlala kuyo.

Nceda usithumele imifaneleko yoko uthe wakuyila noko ukwenzayo, namacebo oko unga singakufaka kwixa elizayo.

WHATSAPP 061 332 4349 OR FACEBOOK: 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 maka
onke: Fonela 0800 029-989 or 021 928 4102
ukuba unefiva, uyakhohlela & unomqala
obuhlungu

CHILDLINE
0800 55555
If I don’t feel safe or someone is hurting me.

AMBULANCE
10177
For a medical emergency.

ukuba andiziva ndikhu-
selekile okanye kukho
ondlukumenezayo.

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Laureus
SPORT FOR GOOD
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Western Cape Government
LEARNING TRUST

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