



# FLORENCE AND WATSON PRESENT



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

AN AFTER SCHOOL  
COLLABORATION



ENGLISH AND SESOTHO  
VERSION

LEBOKOSE LA LETLOTLO HO MALAPA A NANG LE  
BANA BA SEHLOPHENG SA 1 HO ISA HO SA 5.

# WELCOME!



Hello!  
Welcome to the family  
activity fun pack!



Lumela! Rea le amohela  
ho pakete ea lelapa  
e monate!

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!

Ke rona Florence le Watson, likhechana tsa linotsi tsa mofuta o sa thloaelehang haholo. Ho bina lipina ha re ntse re pheta lipale ke papali eo re e ratang haholo.

Motho e mong le e mong o bile le nako e thata hoba likolo li koetsoe, ka hona re kopane le metsoalle ea rona -- Petal e bong toeba, Lula e bong thuhlo le Buffel e bong nare -- Ho etsa pakete ena ho thusa malapa a nang le baithuti ba sehlopha sa 1 ho isa ho sa 5.

Mafapha a thuto a sechaba le a naha a sebetsa ka thata ho tisa lisebelisoa tsa thuto ho bana, mme re khothaletsa batsoali le bana ba seng ba holile ho thusa bana ba banyenyane ho etsa mosebetsi oa bona oa sekolo. Pakete ena e tsepamisa maikutlo lipapaling tsa boithabiso le mesebetsing ea ho ruisa ho thusa bana ho ba mafolofolo le ka boqapi ha ba ntse ba le hae. Re tshepa hore sesebelisoa sena se tla kopanya malapa, ho ithuta haholoanyane ka COVID-19, le ho thusana ho iikutloa ba tshehelitsoe ebile ba bolokehile.

Tlosa sekoaelo bukeng; ka hare o tla fumana papali ea boto. Siea matšoao a 6 a litekanyetso le daese. Ho theha daese, e mene ka har'a mela eohle, 'me e khangoe ke mameno. Litaelo tsa papali ea boto li kenelletse papaling; Morero ke ho holisa litho tsa lelapa la hau hore le fihle!

Ha lelapa la hau le ntse le sebetsa ka har'a mathata, Ka kopo arolelana le rona! Romella melaetsa, linepe kapa likotwana tsa video ho nomoro ena ka WhatsApp 061 332 4349.

Re tšepa hore u tla e fumana e khahla ebile e le monate!

## 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?



Na o ne o tseba hore likhechana tsa linotsi e na le menoana e mehlano leotong le leng le le leng? Haeba khechana ea linotsi e na le maoto a mane... khechana ea linotsi e na le menoana e mekae?



HELLO!

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

Lebitso la ka ke Petal, 'me ke toebea e mela e melelele ka pelo e kholo haholo.



LUMELA!

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 motsoalle ea tšepahalang 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 ithobileng.

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 ithute ka COVID-19 mme re boloke e mong le e mong a phetse hantle 'me a bolokehile. Leha re hlotsoe sekolong, a re holiseng likelello tsa rona re be le boqapi. Leha re sa lumelloa ho bapala lipapali, a re luleng re itekanetse 'me re le matla.

Pakete ena ke ea baithuti ba sehlopha sa 1 ho isa ho 5. Ho latela lilemo tsa hao, o ka fumana mesebetsi 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 motho e mong e moholo hore a thuse ka tse boima.

Khetha phephetso bakeng sa letsatsi, ebe o tšoa ea lebokose ha le qetile. Haeba ho na le motho e mong ka lapeng la hau ea nang le WhatsApp ka mohala oa bona, ba kope hore ba arolelane le nna mosebetsi oa 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-hloko e ncha ea Corona e ka:

- Etsa hore o khohlele
- Fana ka feberu
- Etsa hore ho be thata ho hema.
- E tsoaetsana ha marotholi a manyane (a ho khohlela kapa a ho thimola) a fihla molomong oa motho e mong, nko kapa mahlo.

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

Letšoao ke mokhoa oa 'mele oa ho re joetsa rona le ba bang hore ha re phele hantle.

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

Empa seke oa tsoenyeha! Re ka e thibela ho phatlalala haeba re:

- Hlatsoa matsoho
- Se ke ra ama lifahleho tsa rona kapa ra pikitla mahlo
- Se ke ra tsoarana ka matsoho
- Ho khohlela ka meqomong ea rona
- Roala limaske
- Boloka 2m e le thoko ho e mong
- Lula hae ka hohle kamoo ho ka khonehang.

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



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

Fumana thuso ho motho ea moholo - phephetso ena ke ea thetso!



## 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 tla hloka:

- Botlolo ea polasetiki e nang le sekoalo, hloohong (mofuta o noang lino tse tahang)
- Chupu e kahare ea pene ea ntlha ea bolo kapa chupu e 'ngoe e nyane, e thata.

1. Hloekisa botlolo.
2. Etsa lesoba ka tlase ha botlolo ka terata e futhumetseng.
3. Tlosa le ho hloekisa chupu e kahare ho pene ea ntlha ea bolo. E khaole ka sekahla ebe o e sutumelletsa ka lesobeng la botlolo. Chupu e lokela ho lekana ka thata.
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 sebetse, metsi a lokela ho phalla kamehla.

Ha o na le bonnete ba hore e ea sebetse, e fanyehe kapa e behe mo tafoleng moo batho ba ka e sebelisang bakeng sa ho hlatsoa matsoho. Tšela sesepa haufi kapa o tlamele sekotoana ka botlolong 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 tlas'a metsi metsotsoana e mashome a mabeli ho fihlela e hloekile.

Challenge 1 done!  
 Phephetso 1 e felile!

1. Water Aid & Earth Institute

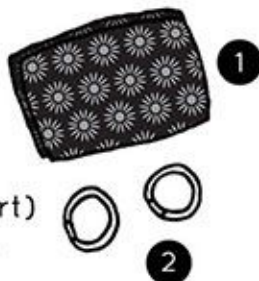
## LET'S MAKE A MASK

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 thutlo e ntle e nang le staele se setle. Hape o tsotella haholo. Bohle re hloka ho roala limaske ha re tsoa ka tlung, kahoo Lula o ile a etsa phephetso ena ho re thusa ho qapa, ho bolokeha le ho shebahala hantle!

### UMSEBENZI 2

O tla hloka:

- 1: Lesela la k'hothone (mohlala, lesela la mokotla / sekipa se mennoeng)
- 2: Lihlopha tsa lirekere tse 2/ litlamo tsa moriri



Mena lesela ka ho tlisa pheletso e 'ngoe le e' ngoe bohareng, lehlakore ka leng le peta ka sehlopha sa rekere. Kenya litlamo litsebeng tsa hao, 'me u fanyehe lesela hore le lekane, le koahetse 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 apere maske oa hao ho 061 332 4349.

Challenge 2 done!  
Phephetso 2 e felile!

## 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!  
Phephetso 3 e felile!

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



Nako ea "" khaposule "ke ntho eo re e etsang ho hopola nako e fetileng.



### BOTHATA BA 3

Ha re etseng khaposule ea nako ea COVID-19.

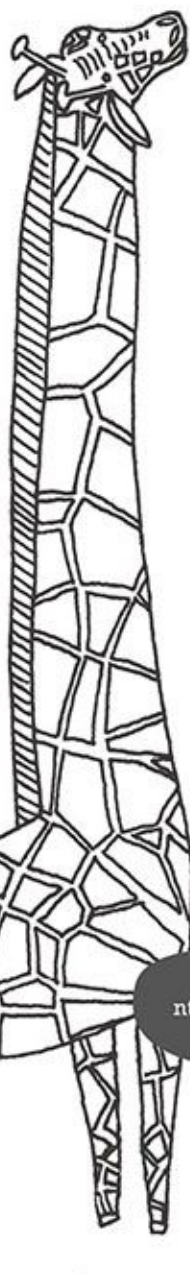
Fumana lebokose, 'me o kenye lintho ka har'a lona tse tla o hopotsang bophelo ba hao motsotsong ona nakong ena.

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 hlosang boiphihlelo ba hao ba ho koalola le hore na o ikutloa joang ka hona.

Thala setšoantšo. Kenyelletsa litlatsetso tse tsoang koranteng. Kenya selipi sa thili ho tloha lebenkeleng kapa lipapatsong tsa lebenkele.

Pata khaposule ea nako ea hao ea sephiri kae kapa kae kapa ho e pata ka jareteng, ho epa ka nako ea lilemo tse ngata ha ho koalola le ho sokolla sechabeng e le mohopolo o hole.



## 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.



Re rata ho arolelana lipale tse tsikinyetsang likelello tsa rona le tse bulang lipelo tsa rona. Litaba li ka re thusa ho ithuta le ho tsebana hantle.

### BOTHATA BA 4:

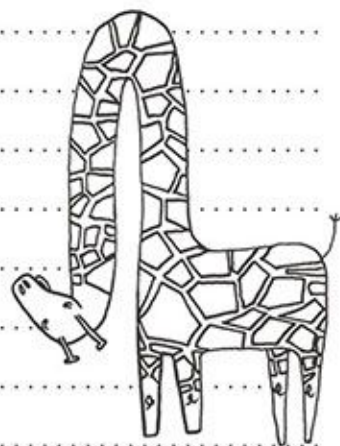
Buisana le motho ea moholo ka lapeng la hao, 'me o ba botse ka nako eo e neng e le karolo ea motsotsoana nalaneng ea bona.

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 ikutloa jwang? Motsotso oo oa nalane o ile oa fetola lintho joang nakong e tlang?

Ngola ka seo o ithutileng sona:



Challenge 4 done!  
Phephetso 4 e felile!



# 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.

A re holiseng likelello tsa rona.

Mokhoa o motle oa ho holisa likelello tsa rona ke ho botsa lipotso. Boemo bona bohle ba COVID-19 bo rarahanane haholo! Mopresidente o sebetsa ka thata le sehlopha sa hae ho potoloha le naha ho re boloka mme ke nale bonnete ba hore o batla ho ba botsa lipotso.

## CHALLENGE 5

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

Write them here:

## BOTHATA BA 5

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

Li ngole mona:



1:

2:

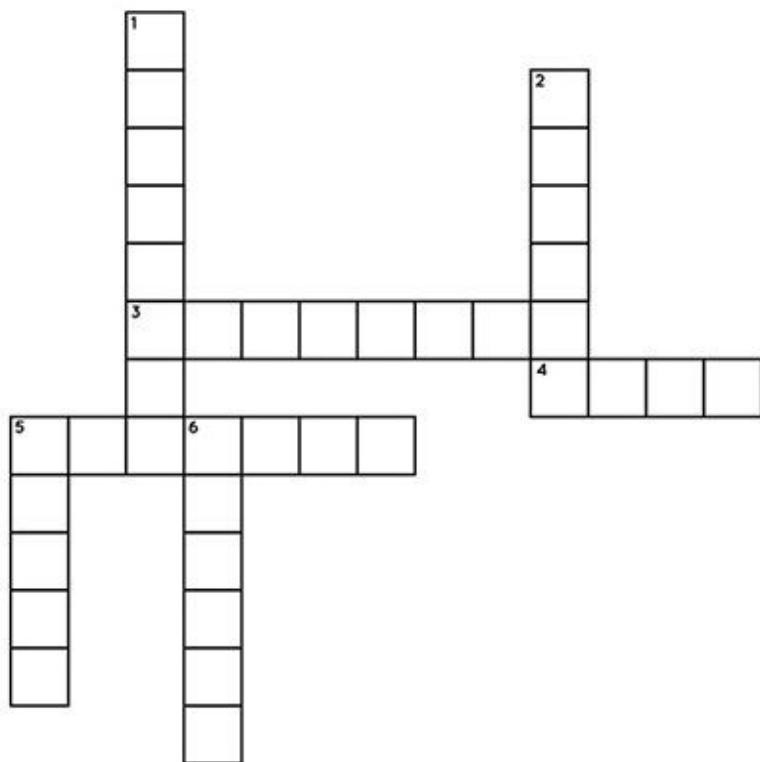
3:

# COMPLETE THIS CROSSWORD



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

Tlhahiso e thusang:  
O ka fumana likarabo ho tse ngata tsa lintlha hare ha pakete ena!



## 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.

## BOTHATA BA 6: TLATSA MANTSOE ANA A SEFAPANO

### KA MOSE

- 3: Boikoetliso bo thusang hore o ikutlwe o lokolohile ebile o tsepame.  
4: Lebitso la thutlo e ntle e nang le setaele.  
5: Papadi ea ho lahlela bolo moeeng ebe o opa matsoho.

### KA TLASE:

1. Se sebelisoa se entsoeng ka botlolo ya polastiki le chupu ea pene.  
2. Lebitso la nare e matla e pelo e ithobileng.  
5. Toebe ya rona e nang le pelo e kholo haholo.  
6. Lebitso la kokoana hloko e bolelang "moqhaka" ka puo ya Latin.

Challenge 6 done!  
Phephetso 6 e felile!

# 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?



## BOTHATA BA 7

Bokella lintho tse 6 ho potoloha ntlo (Mohlala, foto, eiee, seeta kapa senoelo). Fana ka nomoro nthong e 'ngoe le e' ngoe, ho tloha ho 1 ho isa ho 6. Ebe o lahlela daese. Nka ntho e amanang le palo ena.

E shebisise ka hloko: E nkha joang? E utloala joang? E ho hopotsa eng? E o fa mehopollo efe e mecha? Ebe o ngola pale kapa thoko ka ntho ena.

## MENAHANO EA PALE EA HAO:

Ho ka etsahalang haeba ntho ee e phela?

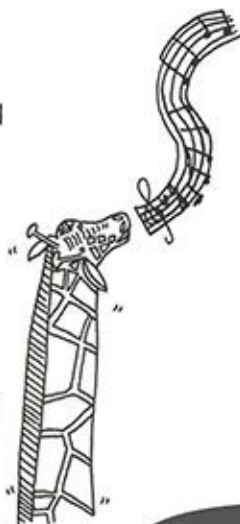
Ho ka senyeha eng ka ntho ee?

Ke mang eo kannete a ka batlang ntho ee mme ka lebaka 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.



## BOTHATA BA 8

Etsa pina ka phoofolo eo o e ratang ka ho fetisisa (mohlomong e thehiloe ho e mong oa libapali tse bukeng ena!) Etsa motjeko ho tsamaea le eona.

E etsetse e mong lapeng la hao, 'me haeba ba na le mohala o nang le k'hamera, ba kope hore ba ho tsoantšise. Haeba ba na le data, ba kope hore e romelle ho Petal, ho 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 ho nka lintho tse lahliloeng, 'me ke li fetole ntho ea bohlokoa le e khethehileng... Mokhoa o motle ruri oa ho qeta letsatsi!

Ke rata ho bina, ke binela mang le mang ya ka batlang ho mamela, ke binela le tsona di palesa, sheba, di tlaa kganya ebile di ya benya.



## 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!

## BOTHATA BA 9

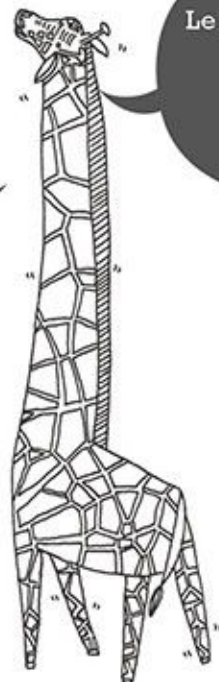
Bokellang matlakala 'me o etse ntho e ntle kapa e bohlokoa ho eona. Ke ntho eo o ka e aperang? Mohlomong katiba? Kapa ntho ea ho boloka lintho ka hare? Mohlomong lebokose la matlotlo?

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

## 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>



## BOTHATA BA 10

Ha re tantseng! Etsa tloaelo ea motjeko ho pina eo o e ratang haholo, ebe o e ruta motho e mong. Haeba o na le mohala o nang le k'hamera, itsoantšise 'me u arolelane maikutlo le rona ka 061 332 4349 le Facebook. <https://tinyurl.com/yb9cblkc>

Challenge 8 done!  
Phephetso 8 e felile!

Challenge 9 done!  
Phephetso 9 e felile!

Challenge 10 done!  
Phephetso 10 e felile!

# 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 ho sisinyetsa mmele kwana le kwana,  
Ho monate, hape nneteng fela  
Boiketliso bo re thusa  
ho theola moya le ho ba matla...  
Kapo ke ya fosa le ho fosa?

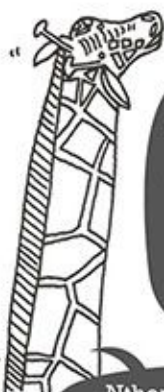
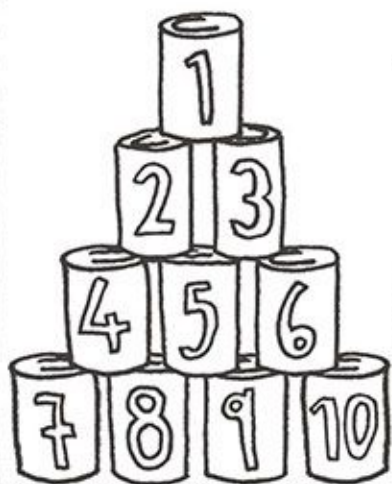


## CHALLENGE 11

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.

## 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.  
Inamela fatshe, jwaloka Lula e nwa  
metsi. Litoeba ke litlohi tse ntle  
haholo! Tlolela holimo le tlase  
joalo ka 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!

Nthomelle ka lipapali tseo o li  
qapileng ka 061 332 4349, 'me ke tla  
beha lipapali tse ntle haholo  
pakaneng e latelang!



When you are tired and need  
a rest, Challenge 11 is done!  
Ha o khathetse mme o hloka pho-  
molo, Phephetso 11 e se e fedile!

## 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!  
Phephetso 12 e felile!

1. UNESCO, DBE & the Lego Foundation

## BOTHATA BA 12

Tin pin Bowling<sup>(1)</sup> ke papali e monate eo o ka e bapalang le lelapa lohle la hao; ka tlung kapa ka ntle.

Bokella makotikoti a se nang letho, 'me o a tlatse ka lehlabathe kapa majoe. Li khabise, 'me u fe e' ngoe le e 'ngoe palo ebe o li beha qubung. (Haeba u se na makotikoti, o ka sebelisa libotlolo tsa lebeso kapa libotlolo tsa lino tse batang)

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

Sebapali se seng le se seng se fumana menyetla e 'meli. Bala lintlha ka ho eketsa linomoro tse holim 'a makotikoti.

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

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 hopotse sehlopha sa rona le ho bapala dipapadi  
Ka li nako tse ling ke jewa ke bolutunyana  
Empa ke nkile qeto - ho kwalwa ha naha ha ho no nthiba  
jwale ho leotsa bokgoni baka le ho sala ke kwetlile  
Ke entse bolo ya maiketsetso ka khoele - sheba moo!

## 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.

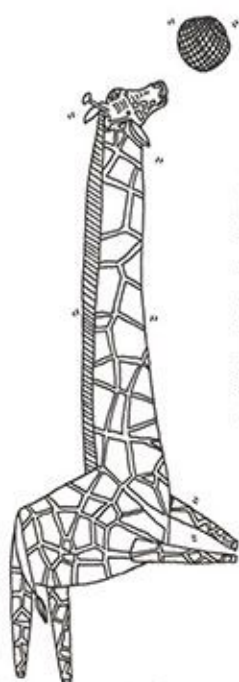
Twist the ball around three times so the fruit bag opening twists shut around the ball. Then tie a knot and cut off the remaining tail. Take a string and tie it to the top; now you can hold the string and kick the ball to yourself! Tuck the string in if you want to kick the ball to someone else.



## 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?



## BOTHATA BA 13

### HA RE ETSE BOLO EA MATLAKALA! <sup>(1)</sup>

O tla hloka:

- Mokotla oa litholoana kapa mokotla oa eiee
- Lipampiri tse 12 - 15 habeli tsa koranta kapa mekotla ea polasetiki bakeng sa bolo e sa keneleng metsi
- Khoele

Kopanya leqephe le le leng la koranta ho etsa bolo e thata. Ebe o e phuthela ka pampiri e 'ngoe ea koranta,' me o tsoelepele ho fihlela o entse bolo e tiileng, e matla. Ebe o beha kahare ho mokotla oa litholoana, 'me o otlolle likhutlo leha e le li fe hore bolo e potolohe.

Ho sotha bolo makhetlo a mararo e le hore mokotla oa litholoana o bulehileng o koala bolo. Ka nako eo tlama o khaole mohatla o setseng. Nka thapo 'me oe tlame ka holimo; joale o ka tshwara khoele ebe o raha bolo! Tiisa khoele haeba o batla ho raha bolo ho motho e mong.

## BOTHATA BA 14

### HA RE BAPELENG LI-POPCORN! <sup>(2)</sup>

Lahlela bolo moeeng, o ope hang ebe o tsoara bolo. E lahlele hape, o ope habeli ebe o tsoara bolo. Tsoela pele o eketsa ho opa ka matsoho ... O ka opa liphaka tse kae pakeng tsa ho lahla 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!

Ena ke nako e thata bakeng sa e  
mong le e mong! Bohle re na le mai-  
kutlo a fapaneng a matla. Ke ntho ea  
tlhaho ho utloa bohloko, o hatellehile,  
ho tsoha, ho ferekana kapa ho koata.

Moya wa ka o fatshe haholo, hobane ke hopotse  
Motsalle wa ka oa hlooho ea khomo. E kare  
ho kwalwa ha naha ho ka fihlela mafelong!



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 a sa tsejoeng a ng'khatella maikutlo  
Hoja nka chakela nkgono waka,  
o molemo ho nna ka ho fetisisa!

KE FERIKANE HAHOLO hoo  
nka se keng ka bapala lipapali  
tsa sehlopha; ho etsa hore ke  
ikutloe ke se hantle ho hang.



### 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.

### BOTHATA BA 15

U ikutloa joang? Na o ka fumana  
maikutlo a hao ho gridi ee?  
Ke ikutloa joang...

Na o ka nahana ka hore na hobaneng  
o ikutloa ka tsela ee? Ngola ka  
maikutlo a hao, 'me o leke ho a utloisisa.

 Happy Ke thabile	 Angry Ke koatile	 Sad Masoabi
 Scared Ke tsohile	 Worried Ke tsoenyehile	 Peaceful Khotso
 Excited Nyakallo	 Confused Ke maketse	 Bored Ke borehile

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Challenge 15 done!  
Phephetso 15 e felile!

# 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.

## BOTHATA BA 16

Ukukhululeka kuyasisiza. Kuyakwazi futhi Ho theola moya ho re thusa ho hokahanya maikutlo a rona le liketso le boits'oaro ba rona, ka hona re ka etsa ho feta ho tse etsang hore re iikutloe re bolokehile, re phetse hantle, re hokahane le ba bang ebile re le matla!

Nahana ka tsela eo o batlang ho iikutloa ka eona, ebe o nahana ka seo o ka se etsang ho thusa ho iikutloa ka tsela eo.

I want to feel:

Ke batla ho iikutloa:

I will: / Ke tla:

Safe / Sireletsehile	Ask for help when I feel anxious Kopa thuso ha ke iikutloa ke tsoenyehile
Calm / Khaotsa	Do some exercise and then a Take 5 (challenge 18) Ho ikoetlisa 'me o nke 5 (Phephetso 18)



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

Ho bohlokoa ho ba malalaotswa le ho ba le khathallo, haholo ha o bona batho be o ba ratang ba nyahama.

## 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 17

Litsela tsa ho etsa hore batho ba lapeng la hao ba iikutloe betere:

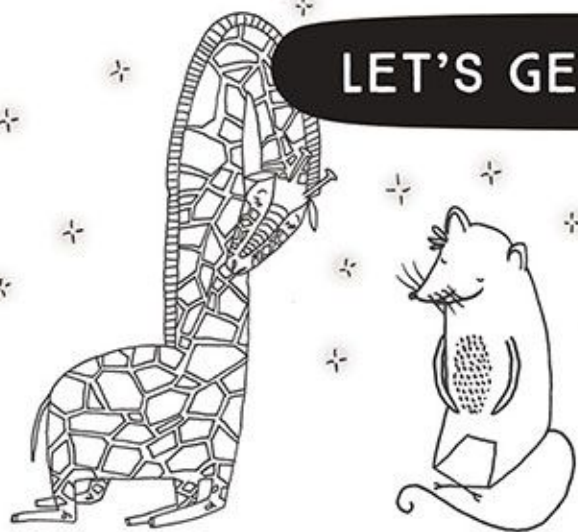
- Ba takele setšoantšo
- Ba atle
- Ba ngolle lengolo
- Ba thuse ka mesebetsi ea bona (mohlala ho hloekisa ntlo)
- Ba binele pina
- Ba etsetse seno sa tee kapa seneke

Challenge 16 done!  
Phephetso 16 e felile!

Challenge 17 done!  
Phephetso 17 e felile!



## LET'S GET GROUNDED



Sjoe, sometimes I feel verrrry 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!

Sjoe, ka li nako tse ling ke utloa ke hateile maikutlo ka mokho'o makatsang  
Ke sebedisa ho hema ho ikutloa ke khutsa le ho tsepamisa maikutlo  
Phephetso ena e bitsoa Take five, oa bona  
O ka e sebelisa hore o be 'mampuli joaloka 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!

### BOTHATA BA 18

Koetliso ena e bitsoa "Take Five" (Nka 5.) <sup>(1)</sup>

Lula hantle, mahlo a hao a koalehile.  
Nka moea o liehang, o tebileng ka nko ea  
hau, bakeng sa lipalo tse 'ne.  
Phefumoloha ka molomo oa hao bakeng sa  
lipalo tse 'ne. Ha u ntse u phefumoloha butle  
kantle le kahare, mamela ka hloko melumo  
eu potileng. Ela hloko hore na 'mele oa hao o  
ikutloa joang. Se ke oa tsoenyeha ka menah-  
ano ea hao - e tlohele e tle e tsamaee.

Ha o se o loketse, o ka bula mahlo a hao  
butle. O ikutloa joang? O khaolitse? O  
ikhutsitse? O matlafalitsoe? O tsepamisitse  
maikutlo?  
Hopola hore o ka etsa "Take Five" kae kapa  
kae moo o hlohang teng.

### 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!

### BOTHATA BA 19 <sup>(2)</sup>

O etsa mosebetsi 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 sefuba sa hao ebe o  
sarolla mahetla. A sidolle ha  
nyenyane. O e tsoere!

Challenge 18 done!  
Phephetso 18 e felile!

Challenge 19 done!  
Phephetso 19 e felile!

## 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)

## IKOPANYE!

RE BATLA HO UTLOA HO TSOA HO UENA!

- O ntse u ea joang?
- Ke efe ea lintho tse buying ee eo 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 seo re ka se kenyang nakong e tlang.

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



## USEFUL CONTACTS / MABITSO A SEBETSANG

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

If you have high fever, cough & sore throat. Haeba o na le feberu, khohlela le 'metso o bohloko.

**CHILDLINE**  
0800 55555

If I don't feel safe or someone is hurting me. Haeba ke sa ikutloe ke sireletsehile kapa ho na le motho ea nkutloisang bohloko

**AMBULANCE**  
10177

For a medical emergency. Ambulense bakeng sa tšohanyetso ea bongaka



Laureus

SPORT  
FOR  
GOOD

SOUTH AFRICA



Theatre for Young People

FLORENCE AND WATSON