

# TREASURE BOX

FEATURING

# FLORENCE AND WATSON

AN AFTER SCHOOL  
COLLABORATION

VOLUME 2



ENGLISH & SESOTHO



FLORENCE AND WATSON



# WELCOME TO THE TREASURE BOX!



Hey  
Treasure Box pals!



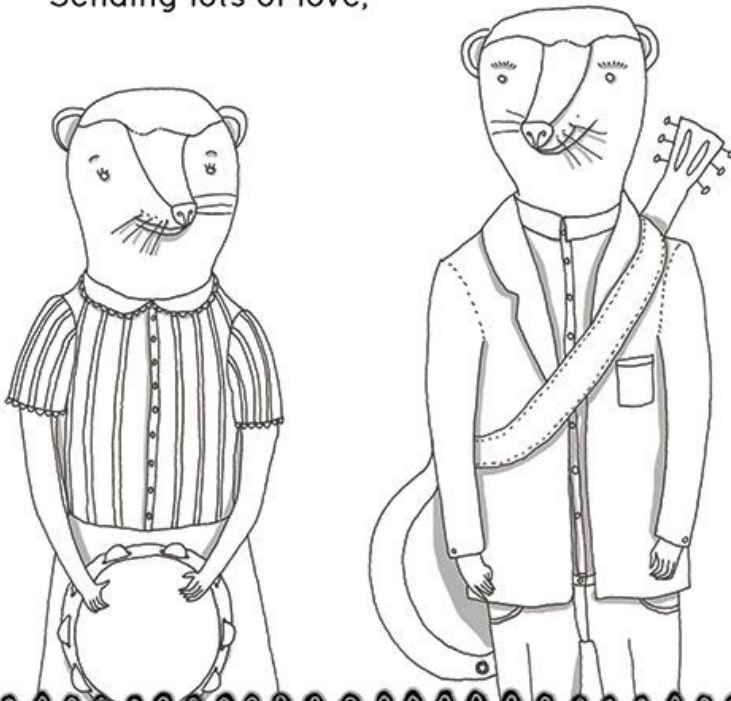
Lumela!  
U amohetsoe ho *Lebokoso La  
Letlotlo bakeng sa Malapa!*

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 the Coronavirus came  
to South Africa. So the *Treasure  
Box* squad invited us and our  
friends - Petal the mouse, Lula the  
giraffe and Buffel the buffalo - to  
join in this pack, made just for you.  
It is filled with games for the  
whole family; older siblings and  
caregivers, please read aloud to  
younger learners and assist with  
the activities.

Let's do our best to keep each  
other healthy and safe!

Sending lots of love,



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

Motho e mong le e mong o bile le  
nako e thata ho tloha ha Coronavirus e  
fihla Afrika Boroa. Treasure Box e re  
memile hoba le bona mmoho le  
metsoalle ya rona - Petal e leng toeba,  
Lula e leng thuhlo le Buffel e leng nare  
- eba le rona, bakeng sa hao fela.  
E tletse ka lipapali bakeng sa lelapa  
lohle; banab'eno ba holileng le  
bahlokomeli, ka kopo, bala ka lentsoe  
le phahameng ho thusa baithuti ba  
banyenyane.

A re etseng sohle se matleng a rona  
ho netefatsa ho re motho e mong le e  
mong o phela bophelo bo botle le bo  
bolokehileng!

Re romella lerato le lengata,

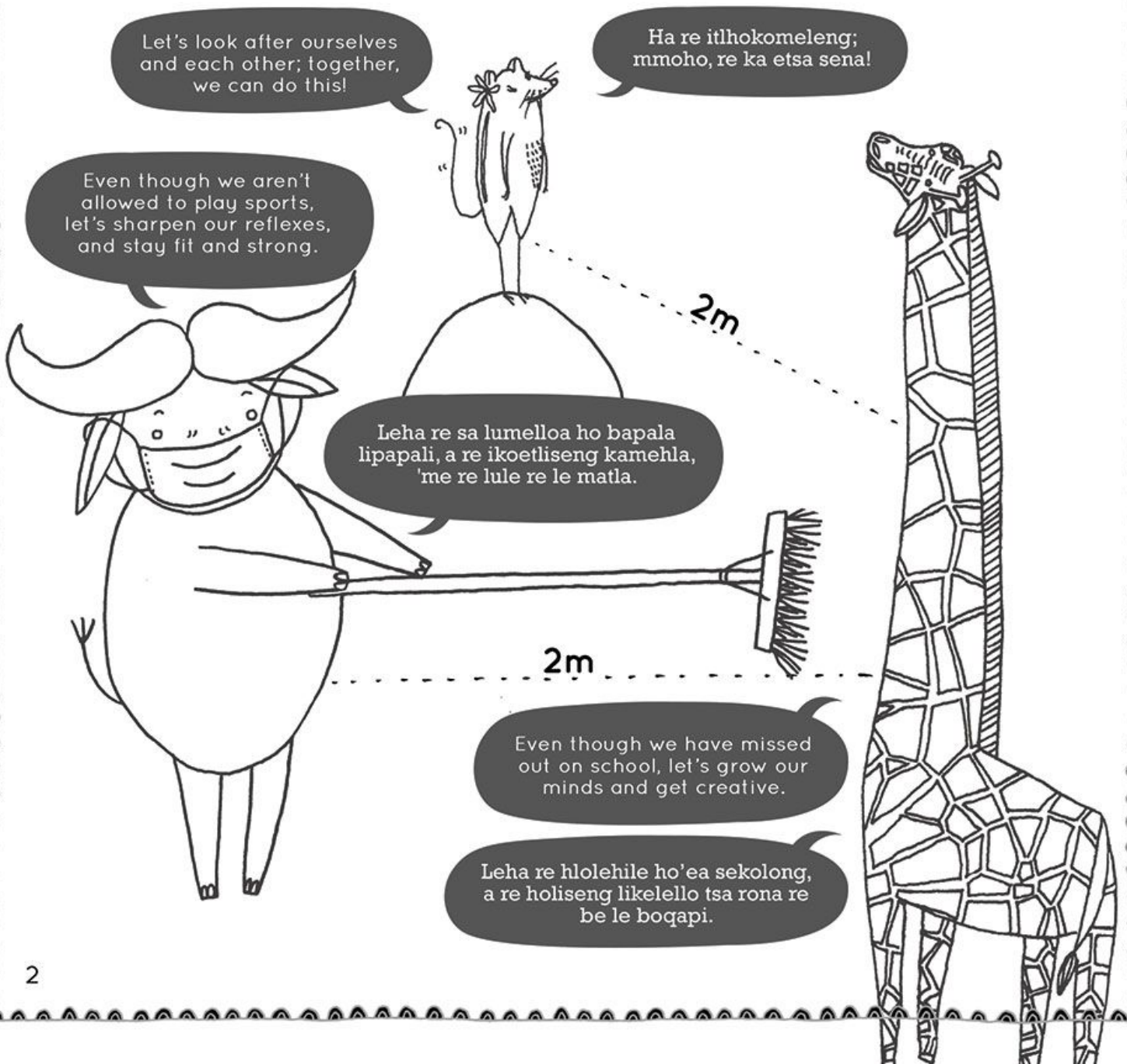
Florence & Watson

The first *Treasure Box for Families* came out when schools were shut. Now, although they are starting to open, we still need to stay home as much as possible.

This second *Treasure Box* is packed with challenges that you can complete by yourself (ask your siblings or caregiver to help), or with the people you live with. There are also some games you can play with your friends during break time at school (while keeping 2 metres apart from each other) - you can find these at the end; challenges 12 to 14.

*Lebokoso la pele la Letlotlo bakeng sa Malapa* le ile la tsoa ha likolo li koaloa. Hona joale, leha ba se ba qala ho bula, re ntse re hloka ho lula hae ka moo ho ka khonehang.

*Lebokoso lena la Letlotlo* la bobeli, le na le liphephetso tseo u ka li qetang u le mong (kopa banab'eno kapa mohlakomeli hore ba u thuse), kapa le batho bao o lulang le bona. Ho boetse ho na le lipapali tseo u ka li bapalang le metsoalle ea hau nakong ea khefu sekolong (ha u ntse u boloka limithara tse peli ntle le e mong) - u ka li fumana qetellong; phephetso 12 ho isa ho 14.



# CORONAVIRUS DO'S & DON'TS BOARD GAME

## PAPALI EA BOTO EA 'CORONAVIRUS' (KOKOANA-TLHOKO EA CORONA) DO'S AND DONT'S



Play this game with the people you live with, to learn about how we can protect ourselves and each other from the Coronavirus.



Bapala papali ena le batho bao u lulang le bona, ho ithuta ka hore na re ka itšireletsa joang ho kokoana-tlhoko ea Corona.

### CHALLENGE 1

#### HOW TO SET IT UP:

Find the board game on the inside front cover. You will need one token per player (use coins or one of the tokens cut from the back cover of this book), and the dice from the cardboard insert.

To assemble the dice, cut along the solid lines and fold the dotted ones. Then glue or tape the flaps.

#### HOW TO PLAY:

- Each player takes a turn to roll the dice, and move that number of squares.
- If you land on an action that prevents the Coronavirus from spreading (a green square), then you can roll again and have another turn.
- If you land on an action that spreads the virus (a brown square), then you miss a turn.
- The first to the end is the winner!

### PHEPHETSO 1

#### MOKHOA OA HO E QALA:

Fumana papali ea boto sekoahelong se ka pele. O tla hloka letshwao le le 'ngoe bakeng sa sepapali (sebelisa lichelete tsa tšepe kapa e' 'ngoe ea li-tokene tse tsoang sekoahelong se ka morao sa buka ena), le le daese le kentsoeng lebokosong la cardboard.

Ho bokella daese, seha mela e tiileng 'me u mene tse boletsoeng. Ebe u khomarela mehala.

#### MOKHOA OA HO BAPALA:

- Sebakali se seng le se seng se fanana monyetla oa ho lahlela daese, le ho tsamaisa palo eo ea mabala.
- Haeba u ka etsa ketso e thibelang kokoana-tlhoko ea Corona hore e se ke ea ata (sekoere se setala) u ka lahlela daese, u ba le nako e 'ngoe hape.
- Haeba u ka etsa ketso e phatlalatsang kokoana-tlhoko (sekoere se sootho), u tla fetoa ke monyetla oa ho bapala.
- Ea tla fihla qetelong pele, ke ea hlotseng!

# LET'S KEEP EACH OTHER HEALTHY AND SAFE!

Oh no! The Coronavirus  
is spreading all around us!  
But don't feel the fear or any dread  
'cos we're going to stop that spread instead



All we need is water and soap  
to kill that virus, so there is hope!  
Please ensure everyone understands  
how important it is to wash our hands

The virus spreads through little drops  
That jump out when we sneeze and cough  
so when you leave the house, all I ask  
is that you always, always wear a mask

Let's not give the Virus any opportunity  
to spread as there is no immunity.  
Always keep two metres apart  
And the windows wide open; be smart!

If you need to cough or sneeze  
do it into your arm, not your hands, please  
and if you feel sick, don't go to school  
'cos germ-spreading behaviour just isn't cool.



## A RE BOLOKE E MONG LE E MONG A BOLOKEHILE

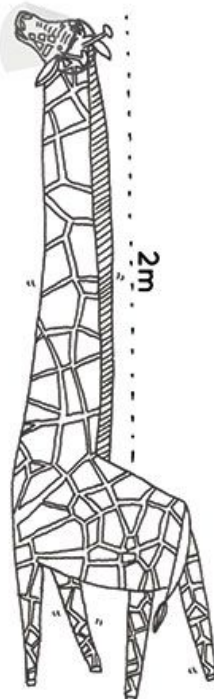
Ao chehe! Coronavirus  
e ntse e hasana hohle holimo le tlase!  
Empa o seke oa tšoha  
hobane re tlo emisa ho hasana hona

Seo re se hlokang feela ke metsi le sesepa  
ho bolaea kokoana-tlhoko eo, ke kamoo re tla e hlola!  
Ka kopo netefatsa hore bohle baa utloisisa  
ho bohlokoa hakae ho hlatsoa matsoho ka mehla

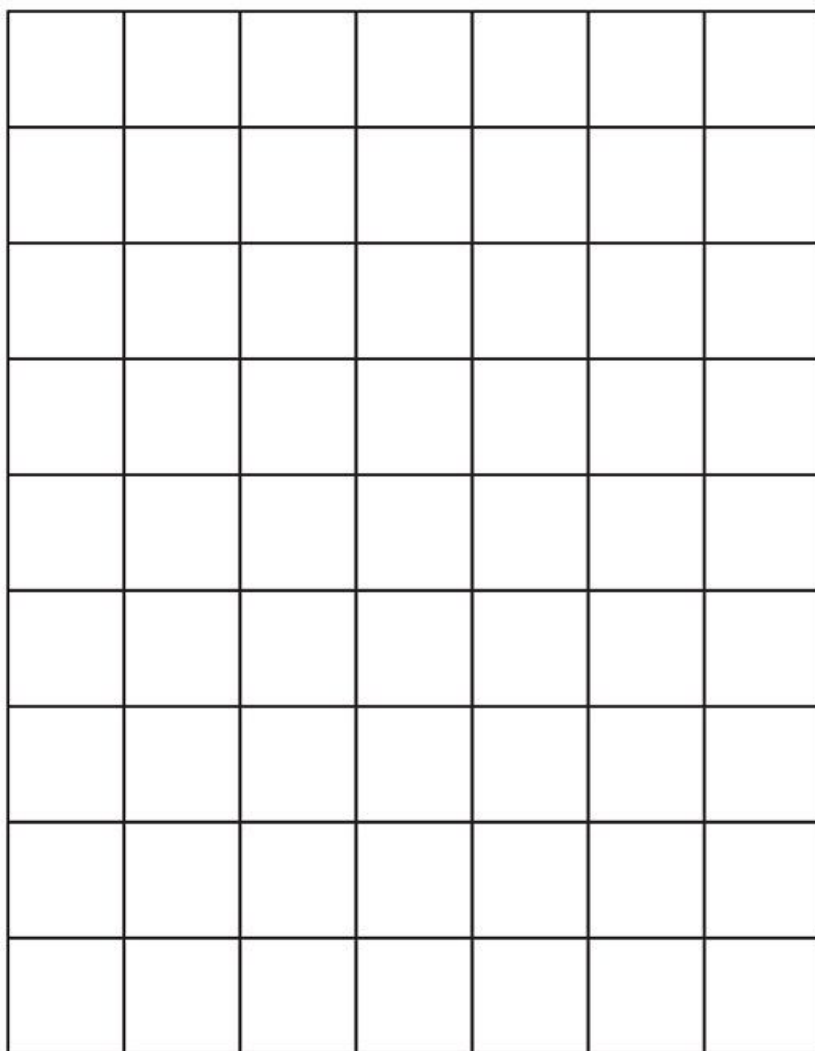
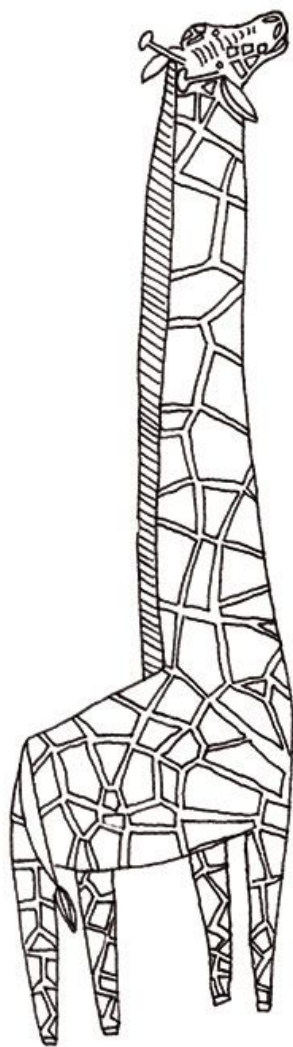
Kokwana-tlhoko e ata ka marotholi a manyane  
A tsoang ha re khohlela le ha re thimola  
kahoo ha u tsoa ka tlung,  
Hopola ho roala seitshireletsi sa sefahleho mots'eare le bosiu

ha re se keng ra fa kokoana-tlhoko monyetla ofe kapa ofe  
ho hasana joalo ka ha ho na boitshireletso ba mmele  
Kamehla arohana ka limithara tse peli  
'Me le bule le lifensetere haholo; o be bohlale!

Haeba u hloka ho khohlela kapa ho thimola  
e etse ka ha re ha setsu, eseng matsohong ke ya ho kopa  
mme haeba o kula, o seke wa kena sekolo  
hobane ha bo monate boitšoarob bo fetisang tšoaetso ea kokoana-tlhoko



## TETRIS - BLOCK THE SPREAD!



### CHALLENGE 2

Cut out the colourful shapes from the cardboard insert. (Cut along the solid lines around each colour.) Find a box or bag to keep them in so you can play the game many times.

Put the pieces in a pile. Each player has a turn to pick up a shape from the top of the pile and place it onto the grid from the bottom up. You can rotate a piece in any direction to make it fit; try to place the pieces so that there are no gaps.

Time yourself to see how fast you can get at filling up the grid!

### PHEPHETSO 2

Seha libopeho tse mebala ho tsoa lebokosong la cardboard. (Seha 'moho le mela e tiileng ho potoloha' mala o mong le o mong). Fumana lebokoso kapa mokotla ho li boloka e le hore u ka bapala papali eo hangata.

Beha likotoana qubung. Sebakali se seng le se seng se na le monyetla oa ho nka sebopeho ho tloha holimo ha qubu a behe holima ha grid tlase ho ea holimo. U ka potoloha sekotoana ho ea ka tsela efe kapa efe ho e etsa hore e lekane; leka ho beha likotoana hore ho se be le likheo.

Iphe nako ea ho bona hore na u ka fihla kapele hakae ho tlatseng gridi!

# ALPHABET BINGO!

## CHALLENGE 3

This is a great game to play at home; ask everyone to join in.

### GET READY

You will find everything you need to make the game on page 7, the back cover, and the piece of card in this book.

1. Cut out the four boards on page 7 (cut along the solid lines). Stick them onto cardboard (e.g. from a cereal or washing powder box) to make them stronger.
2. On the back cover of this book you will find the tiles/ tokens; cut them out. Find a box or bag to keep them in so you can play the game many times.
3. Use the dice from the cardboard insert.
4. Arrange all the tiles on a table with the Sugarbush flowers facing up.

### LET'S PLAY THE GAME

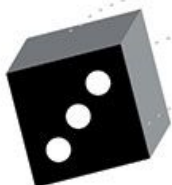
Each player gets a board, and a turn to throw the dice.

Pick up a tile that matches the colour on the dice, and show the picture on the other side to all the players. If the same picture is on your board, place it there. If it's not on your board, put it back in the same spot on the table with the Sugarbush flower facing up.

Grow your memory muscles by remembering where the pictures are, so you can pick one up that matches your board when it's your turn.

First to fill their board shouts BINGO!  
And is the winner!

Challenge 3 done!  
Phephetso 3 e felile!



## PHEPHETSO 3

Ena ke papali e ntle eo u lokelang ho e bapala lapeng, kopa motho e mong le e mong hore a'e kenele.

### ITOKISE

U tla fumana ntho e 'ngoe le e' ngoe eo u e hlokang ho etsa papali ena leqepheng la 7, sekoaelo se ka morao le karoloana ea karete e bukeng ena.

1. Seha liboto tse 'nne tse leqepheng la 7 (Seha ho mela o tiileng). Ebe u li khomarela lebokosong la cardboard (ka mohlala, ho tsoa lebokosong la phofo kapa la sesepa sa ho hlatsoa) ho li matlafatsa. Taka litšoantšo ka mebala li be ntle.
2. Leqepheng le ka morao ea buka ena u tla fumana lithaele / li-token; li sehe. Fumana lebokose kapa mokotla ho li boloka e le hore u ka bapala papali eo hangata.
3. Sebelisa daese e kentsoeng lebokosong.
4. Hlophisa lithaele tsohle tafoleng le lipalesa tsa Sugarbush tse shebileng holimo.

### HA RE BAPALE PAPALI

Sebapali se seng le se seng se fumana boto, le monyetla oa ho lahlela daese.


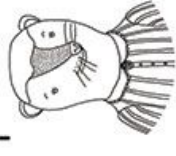
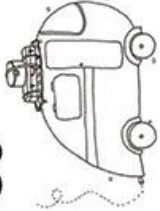



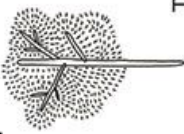



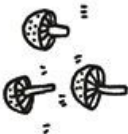

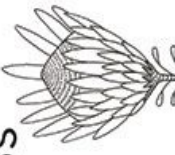
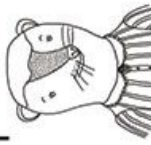

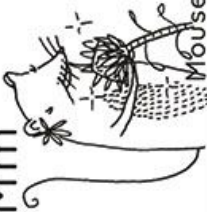
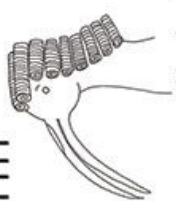

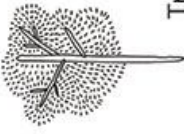






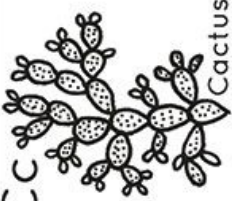




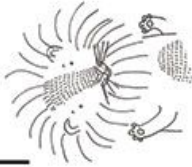

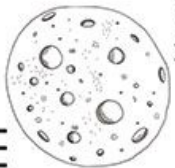

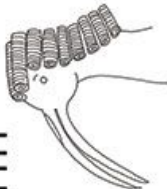


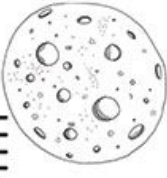






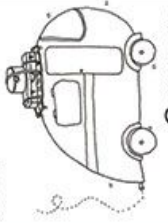



Nka thaele e ts'oanang le mmala o daese'ng, 'me u bonts'e setšoantšo se ka lehlakoreng le leng ho libapali tsohle. Haeba setšoantšo sa hao se ts'oana le se botong, se behe moo. Haeba setšoantšo sa hao se sa ts'oane le se botong, o ts'oanela ho se khutlisetse sebakeng se le seng tafoleng moo palesa ea Sugarbush e shebileng holimo.

Holisa mesifa ea hau ea khopolo ka ho hopola hore na litšoantšo li kae, kahoo u ka khetha se ts'oanang le boto ea hau ha e le sebaka sa hau.

Wa pele ho tlatsa boto ea hae o ts'oanela ho hooa BINGO! 'Me ke mohluli!



Do the challenge explained on page 8 before cutting out these boards!  
 Etsa phephetso 4, e hlalosoang leqepheng la 8 pele u seha liboto tsenal

<b>Cc</b>  Cactus	<b>Ff</b>  Florence	<b>Cc</b>  Caravan	<b>Aa</b>  Aloe	<b>Bb</b>  Buffalo	<b>Pp</b>  Pangolin	<b>Tt</b>  Tree	<b>Ll</b>  Lion
<b>li</b>  Impala	<b>Tt</b>  Toad	<b>Mm</b>  Mushroom	<b>Bb</b>  Bee	<b>Ss</b>  Sugarbush Flower	<b>Ff</b>  Florence	<b>Oo</b>  Owl	<b>Mm</b>  Mouse
<b>Hh</b>  Hadedda	<b>Rr</b>  Rock	<b>Tt</b>  Tree	<b>Pp</b>  Porcupine	<b>li</b>  Impala	<b>Hh</b>  Honey badger	<b>Gg</b>  Giraffe	<b>Cc</b>  Cloud
<b>Gg</b>  Giraffe	<b>Cc</b>  Cactus	<b>Ff</b>  Fire	<b>Mm</b>  Mouse	<b>Cc</b>  Cloud	<b>Bb</b>  Buffalo	<b>Ll</b>  Lion	<b>Ff</b>  Fire
<b>Mm</b>  Moon	<b>Pp</b>  Pangolin	<b>Hh</b>  Hadedda	<b>Rr</b>  Rock	<b>Pp</b>  Porcupine	<b>Mm</b>  Moon	<b>Bb</b>  Bee	<b>Mm</b>  Mushroom
<b>Bb</b>  Barn	<b>Tt</b>  Toad	<b>Hh</b>  Honey badger	<b>Aa</b>  Aloe	<b>Cc</b>  Caravan	<b>Oo</b>  Owl	<b>Bb</b>  Barn	<b>Ss</b>  Sugarbush Flower

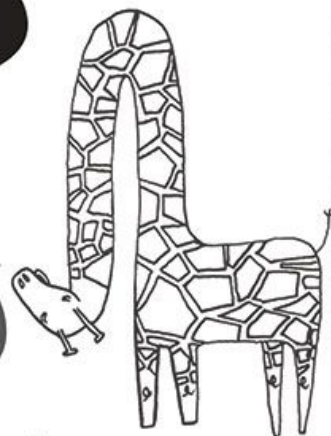


# MAKE A MIND-GROWER ETSA MOHOPOLO O HOLANG



Did you know that we grow our intelligence?  
The more we learn, make mistakes, try, and try again,  
the smarter we become!

A na u ne u tseba hore re khona ho holisa bohlahe ba rona? Ha re ntse re ithuta haholo, re etsa liphoso, re leka hape, re ba bohlahe ho feta!



## CHALLENGE 4

### HOW TO MAKE IT

1. Cut out the square on pages 9 and 10.

2. Fold it across the diagonal lines, to make creases across the square.

3&4. With the language you want to use facing-down, fold each corner of the square to meet in the middle.

5. Turn the square over.

6&7. Fold the corners to meet in the middle again.

8. Fold the small square in half.

9. Insert your thumbs and forefingers from both hands into the corners (hope, dream, plan and practice).

10. Bring all 4 fingers to meet in the middle and you are ready to play!

### HOW TO PLAY

Pick a word. Then, open and close the mind-grower the number of letters in that word. (Eg. 4 times for P L A N). Then, pick a number and open and close the mind-grower that many times. Then pick another number and open and close that many times. Then pick a third number, and open the mind grower to read the message underneath it.



## PHEPHETSO 4

### SIWENZA KANJE

1. Seha sekwere se leqephehng la 9 le la 10.

2. E mene kahare ho mela o kopanelang k'honeng, ho etsa me'tshetshe ka hare ho sekwere.

3 & 4. Ka puo eo u batlang ho e sebelisa e shebile fatshe, mena sekhutlo se seng le se seng sa sekwere ho kopana bohareng.

5. Fetolela sekwere.

6 & 7. Mena likhutlo ho kopana bohareng

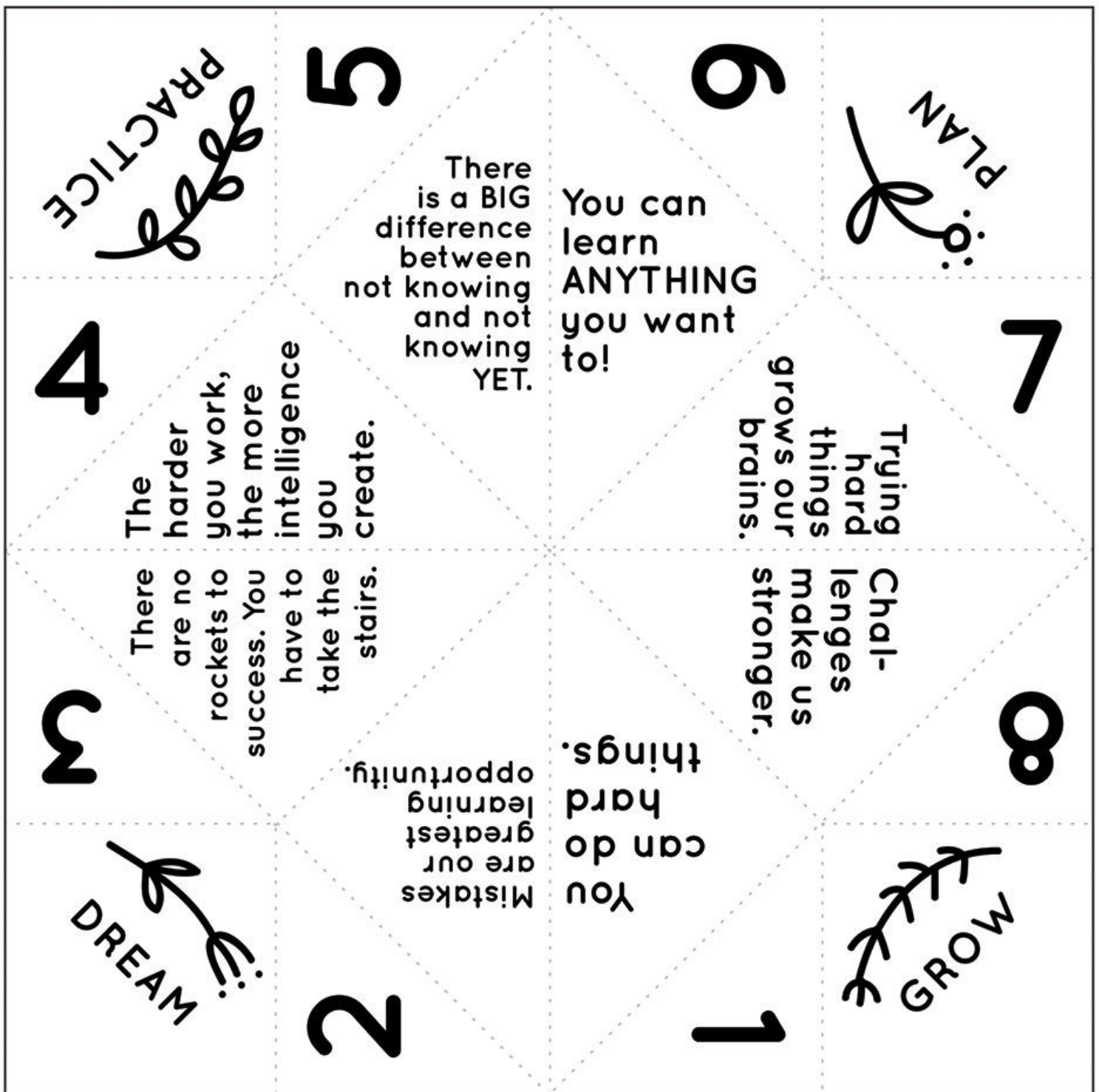
8. Mena sekwere se senyenyane ka halofo

9. Ho tsoa matsohong ka bobeli bedi, kenya menoana o motona le monoana o supang likhutlong (tšepo, toro, moralo le tloaelo).

10. Tlisa menoana eohle e mene ho kopana bohareng 'me u se u loketse ho bapala!

### U KA BAPALA JOANG

Khetha lentsoe. Ka mor'a moo, o bule o koale sehodisa-kelello palo ea litlhaku lentsoeng leo. (mohlala. makhetlo a 6 for M O R A L O). Ebe u khetha nomoro ebe u bula le ho koala sehodisa-kelello makhetlo a lekanang le nomoro. Ebe u khetha nomoro e 'ngoe ebe u e bula le ho koala hape joalo. Ebe u khetha nomoro ea boraro, 'me u bule sehodisa kelello hore o bale molaetsa o ka tlas'a eona.

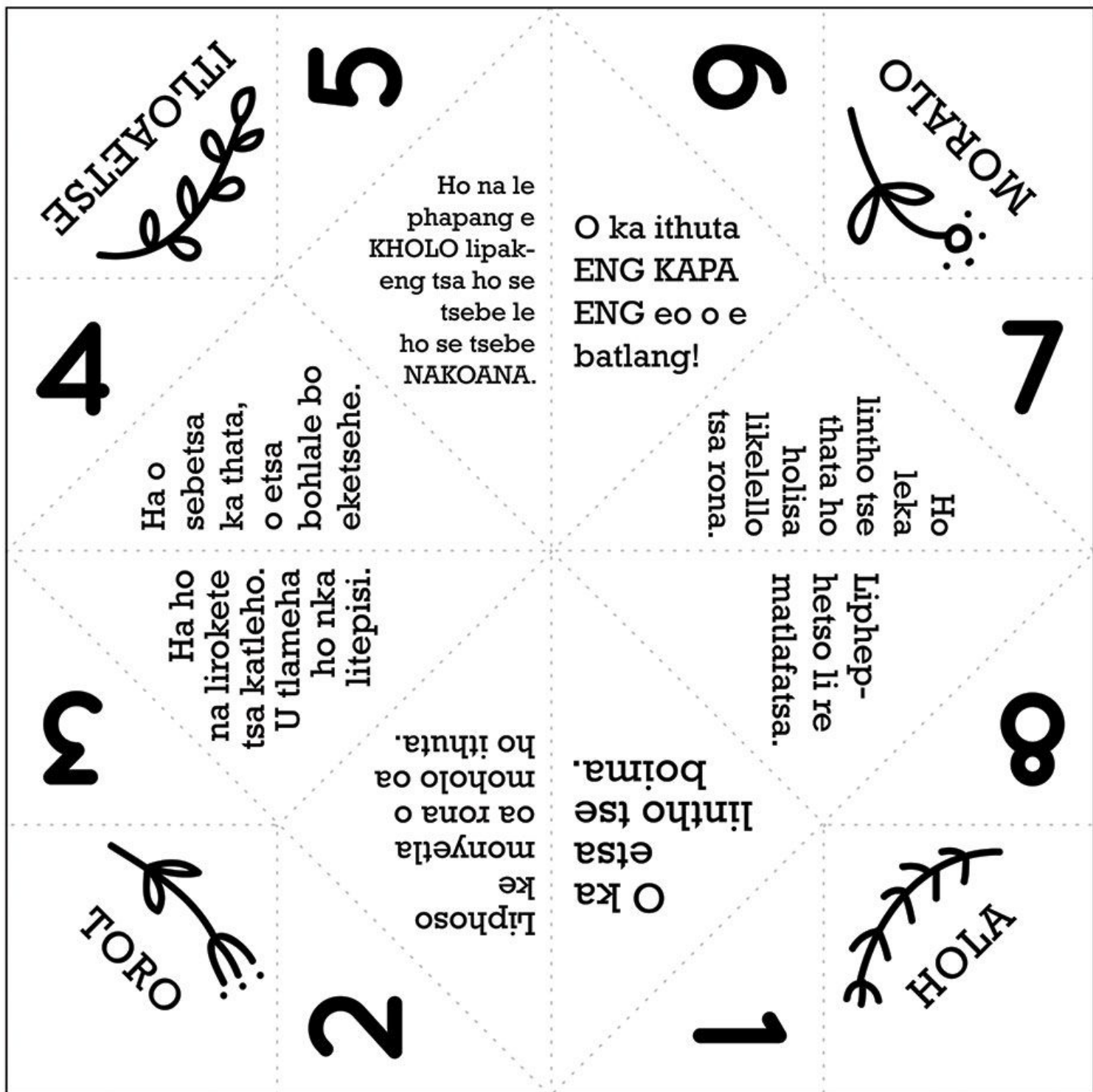


When I'm stressed or need to focus,  
I get out my colourful dice.  
Each colour brings me different feelings  
As I breathe them in...and out...  
I feel calmer and more grounded,  
as each breath enters and leaves my snout.

Ha ke hatellehile kapa ke hloka ho tsepamisa maikutlo,  
Ke ntša daese ea ka e mebala-bala.  
Mmala ka mong o ntlisetsa maikutlo a fapaneng  
ha ke phefumoloha ka ntle le kahare  
Ke ikutloa ke phuthulloha  
ha phefumoloho e ngoe le e ngoe e kenella me e e tsoa ka nko ea ka



Turn the page to Challenge 5 and breathe colours in and out.  
Phetla leqephe ho phephetsa 5 e be o hema mebala kahare le kahare.



## CHALLENGE 5

### BREATHING COLOURS IN AND OUT<sup>(1)</sup>

Throw the colourful dice.

What does that colour make you think of?

Imagine that you're breathing in that colour. How does it feel?

Fill your lungs with all the good things that colour brings.

Then throw the dice again.

Breathe out and fill the room with that colour. How does that feel?

## PHEPHETSO 5

### HO HEMA MEBALA KA HARE LE KA NTLA<sup>(1)</sup>

Lahlela daese e mebala-bala.

Mmala oo o etsa hore u nahane ka eng?

Nka hore u hema mmala oo.

E ikutloa joang?

Tlatsa matšoafu a hau ka lintho tsohle tse ntle tse tlišoang ke 'mala.

Ebe u lahlela daese hape.

Phefumoloha ka ntle 'me u tlatse kamore eo ka' mala oo. Seo se ikutloa joang?



## CHALLENGE 6 MATCHBOX OF HOPES AND DREAMS<sup>(1)</sup>

In this challenge you will make an expandable art work of your hopes and dreams for 2020.



You will need an empty matchbox.  
Give it a decorative cover.  
Then, cut out the strip along the side of this page,  
and fold along the dotted lines.

Write down your goals and ideas for how to reach them, and decorate each panel.

Glue the last panel to the bottom of the matchbox,  
and fold your artwork into the box. Keep it safe, to  
remind yourself of where you're going and how  
you're going to get there.

## PHEPHETSO 6 MATCHBOXE EA TŠEPO LE LITORO<sup>(1)</sup>

Phephetsong ena u tla etsa mosebetsi oa bonono oa tšepo le litoro tsa hau tsa 2020.

O tla hloka lebokoso la mmechisi le sekhorametsa.  
Fana ka sekoaelo se khabisitsoeng ho lebokoso la mmechisi.  
Ka mor'a moo, seha lehora ka lehlakoreng la leqephe lena,  
mme u mene ka har'a mela e boletsoeng.

Ngola lipheo le mehopollo ea hau ea hore na u ka li fihlela joang, 'me u khabise phanele e' ngoe le e 'ngoe.

Khomarela phanele ea ho qetela ka tlase ho lebokoso, mme u mene mosebetsi oa bonono ka lebokoseng.  
E boloke, ho ikhopotsa hore na u ea kae le hore na u tli'lo fihla joang.

Things I want to learn /  
Lintho tseo ke batlang ho ithuta tsona

Things I want to do /  
Lintho tseo ke batlang ho li etsa

People who can help me do  
these things / Batho ba ka nthusisa  
ho etsa lintho tsena

The school calendar has been scrambled...  
Some say 2020 is cancelled  
But I say, watch me make a list.  
Good things will come out of this year, I insist!

Khalendara ea sekolo e ferekane...  
Ba bang ba re 2020 e hlakotsoe  
Empa ke re, mponeng ke etsa lenane.  
Lintho tse ntle li tla tsoa selemong sena, kea tiisa,  
kea hlapanya!



Challenge 6 done!  
Phephetso 6 e felile!

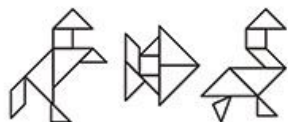
Things I want to create /  
Lintho tseo ke batlang ho li theha

Ways to get fit and strong /  
Mekhoa ea ho phela hantle le ho ba matla

GLUE /  
SEMAMARETSI

Challenge 7 done!  
Phephetso 7 e felile!

Challenge 8 done!  
Phephetso 8 e felile!



## CHALLENGE 7

### LET'S PLAY WITH SHAPES

Cut out the colourful shapes from the cardboard insert, and use them to make Lula the giraffe!

What other pictures can you make using these shapes?

## PHEPHETSO 7

### HA RE BAPALE KA LIBOPEHO

Seha libopeho tse mebala ho tsoa lebokosong la cardboard, mme u li sebelise ho etsa Lula- e leng thuhlo!

Ke litšoantšo life tse ling tseo u ka li etsang u sebelisa libopeho tsee?

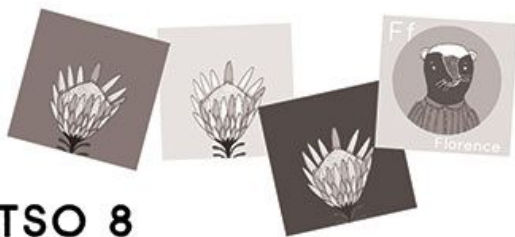
## CHALLENGE 8

### ROLL A STORY

Use the tokens on the back cover of this book. You can play this game by yourself, or with the people you live with each having a turn to throw the dice.

### HOW TO PLAY:

Arrange the tokens in a row, with the Sugarbush flowers facing up. Throw the dice, move your finger along that number of tokens, and turn the last one over. Now, make up the beginning of a story inspired by the image. Then throw the dice again, and use the next image in the next part of the story. Keep going until you reach the end of the tokens, and use the last image in the story's ending.



## PHEPHETSO 8

### LAHLELA PALE

Sebelisa li-tokene tse sekoahelong se ka morao sa buka ena. U ka bapala papali ena u le mong, kapa le batho bao u lulang le bona ba e-na le monyetla oa ho lahlela lidaese.

### MOKHOA OA HO BAPALA:

Hlophisa li-tokene ka tatellano, lipalesa tsa Sugarbush li shebile holimo. Lahlela daese, u tsamaisa monwana oa hau tseleng eo ea li-tokene, ebe u phetla ea ho qetela. Joale, etsa qalo ea pale e bululetsoeng ke setšoantšo. Ebe u lahlela hape daese, 'me u sebelise setšoantšo se latelang karolong e latelang ea pale. Tsoela pele ho fihlela u fihla qetellong ea di-tokene, mme u sebelisa setšoantšo sa ho qetela qetellong ea pale.

## CHALLENGE 9

### MEASURE, TREASURE<sup>(1)</sup>

Cut out the ruler from the card-board insert, and use it to measure different parts of your body.

My hand is: \_\_\_\_ cm

My foot is: \_\_\_\_ cm

My arm is: \_\_\_\_ cm

Then, ask someone in your family to lie down so you can measure their height. How many ruler-lengths can you count from their head to their toes? How tall are they?

Find things in your house and measure them.

### MEASUREMENTS / IZIKALI ZAZO:

OBJECTS I FOUND: LINTHO TSEO KE LI FUMANENG:	MEASUREMENTS / LITEKANYO:
Spoon / Khaba	13,7cm

## CHALLENGE 10

### HELP PETAL FIND HER WAY<sup>(2)</sup>

Petal is looking for the Sugarbush. Help her find her way through the maze.

## PHEPHETSO 10

### THUSA PETAL HO FUMANA TSELA<sup>(2)</sup>

Petal o ntse e batla Sugarbush.  
Mo thuse ho fumana tsela

Challenge 9 done!  
Phephetso 9 e felile!

Challenge 10 done!  
Phephetso 10 e felile!

## PHEPHETSO 9

### LEKANYA, LETLOTLO<sup>(1)</sup>

Seha 'musi ho tsoa lebokoso la cardboard,'  
me u e sebelise ho lekanya likarolo tse  
fapaneng tsa mmele oa hau.

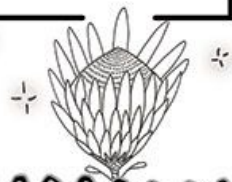
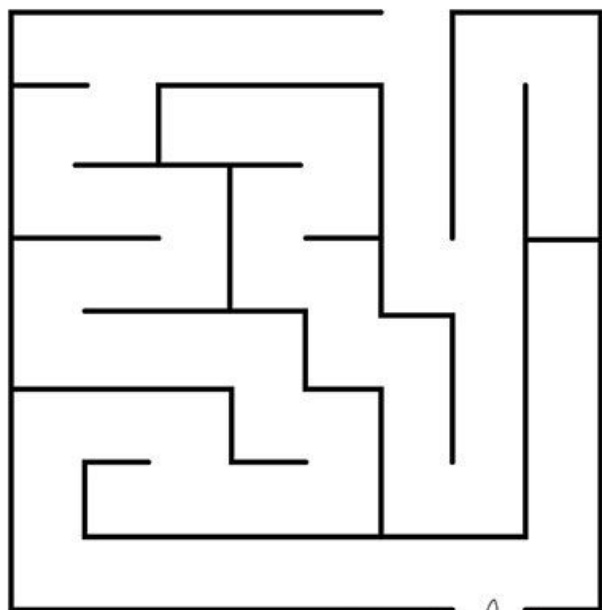
Seatla la ka le: \_\_\_\_ cm

Leoto la ka le: \_\_\_\_ cm

Letsoho la ka le: \_\_\_\_ cm

Ebe u kopa motho e mong ka lelapeng la  
hau ho robala hore o tsebe ho lekanya  
bolelele ba hae. U ka bala bolelele bo  
bokae ho tloha hloohong ho isa  
menoaneng ea bona? o molelele hakae?

Fumana lintho ka tlung ea hau 'me u  
mo/ba lekanye.





Did you know that Owl can hear me squeaking almost 1 kilometre away? In this challenge, you can become more mindful by listening like an owl.

A na u ne u tseba hore Morubisi o ka nkutloa ke nyenyefatsa hoo e ka bang kilomitara e le ngoe? Phephetsong ena, o ka tsepamisa maikutlo le ho feta ka ho mamela joalo ka morubisi.



## CHALLENGE 11 LISTEN LIKE AN OWL

1. Sit with your legs crossed and your spine straight.
2. Close your eyes, and breathe deeply in and out.
3. Now listen to the sounds around you.
4. What sounds can you hear close by?
5. What can you hear further away?
6. Zoom your hearing out as far as you can; what's the furthest thing you can hear?

## CHALLENGE 12 ZIP ZAP ZOOM

You can play this game with friends during break-time at school. One person will need to read out these instructions to everyone. Ask a teacher or an older learner to help.

1. Form a big circle, standing 2m apart from each other. In this game you will pass claps to each other.
2. One player starts the game by clap-pointing, and saying "Zip" to the person on their left.
3. Keep doing this round the circle, until someone says "Zap" and clap-points to the right.
4. The third type of clap ("Zoom") is to someone in the circle that you are not standing next to.
5. Players can choose to say Zip, Zap or Zoom, with the right clap-point (left, right, or to someone you're not standing next to). When you receive a clap, it's your turn to pass it on.
6. You need to restart if someone claps in the wrong direction.

Make sure you look into each other's eyes before passing. Try doing challenge 11 as a group before doing challenge 12. What's the difference? Then add jumps or squats to the Zip Zap Zooms.

## PHEPHETSO 11 MAMELA JOALOKA MORUBISI

1. Lula ka maoto a hau a tšeletsoe mme lesapo la mokokotlo le otlohile.
2. Koala mahlo, mme u phefumolohe ka hare le ka ntle.
3. Joale mamela melumo eu potileng.
4. U ka utloa melumo e fe haufi?
5. U ka utloa eng hole le uena?
6. Eketsa kutlo ea hau ka hohle kamoo u ka khonang; Ke ntho efe ea bohlokoahali eo u e utloang?

## PHEPHETSO 12 ZIP ZAP ZOOM

U ka bapala papali ena le metsoalle nakong ea khefu sekolong. Motho a le mong o tla hloka ho bala litaelo tsena. Kopa mosuoe kapa morutoana ea seng a holile ho thusa.

1. Theha lesakana le lehlo, o eme limithara tse peli ka thoko ho e mong. Papaling ena le tla fetisetsana ho opa hoa matsoho e mong ho e mong.
2. Sebapali se seng se qala papali ka ho opa matsoho a ntseng a supa, le ho re "Zip" ho motho ea ka letsohong le letšehali
3. Tsoela pele ho potoloha ho fihlela motho a re "Zap" a be a opa matsoho ho le letona.
4. Mofuta oa boraro oa ho opa ("Zoom") ke ho motho ea lesakaneng eo u sa emeng haufi le eena.
5. Libapali li ka khetha ho re Zip, Zap kapa Zoom, ka ho supa hantle (ka ho le letšehali, ka ho le letona, kapa ho motho eo u sa emeng haufi le eena). Ha u fumana ho opa, ke monyetla oa ho o fetisetsa.
6. O hloka ho qala botjha ha motho e mong a opa tseleng e fosahetseng.



Etsa bonnete ba hore o shebana ka leihlo la motho e mong pele o feta. Leka ho etsa phephetso 11 joalo ka sehlopha pele u etsa phephetso 12. Phapang ke efe? Ebe u eketsa ho tlola kapa li squats ho Zip Zap Zoom.

Challenge 11 done!  
Phephetso 11 e felile!

Challenge 12 done!  
Phephetso 12 e felile!



## CHALLENGE 13

### ROLL THE DICE

Use the dice you've made from the cardboard insert to play this game.

#### HOW TO PLAY:

One person is the workout leader, and has the dice for the whole game. He / she is responsible for making sure everyone stays 2m apart from one another. He / she rolls the dice, and calls out the corresponding action:



RUN IN PLACE / MATHA SEBAKENG



TOUCH YOUR TOES / AMA MENOANA EA HAU



FROG JUMPS / LI QOQO QHOMELA



ARM CIRCLES / LI-ARM CIRCLE



STAR JUMPS / LI NALELI QHOMELA



DANCE PARTY! / MOKETE OA MOTJEKO!

## CHALLENGE 14

### THE SOCIAL DISTANCE SHUFFLE<sup>(1)</sup>

The objective of the game is to keep 2m apart while always moving.

#### HOW TO PLAY:

One person is Lula (stand on a chair so you're a tall giraffe). Get a broom so you can measure that everyone is more than 2m apart from one another. (2m is a broom-and-a-bit long, so someone holding onto a broom cannot reach anyone that is 2m away).

Everyone else has to keep moving around the space, while always being equally 2m apart. When there is a gap of more than 2m between people, you need to fill it.

Lula shouts "freeze" at any moment, and calls people out if they don't freeze properly; if they are too close together; or if they are on the edge of a big space which hasn't been filled. Those who are called out sit down on the spot and the others move around them, keeping 2m apart from one another and from them.

Last person left is Lula next!

<sup>(1)</sup> ASSITEJ South Africa

## PHEPHETSO 13

### BOIKETLISO BA HO LAHLESA DAESE

Sebelisa daese eo u e entseng ho tsoa lebokosong la cardboard ho bapala papali ena.

#### U KA BAPALA JOANG

Motho a le mong ke moetapele ea boikoetliso, mme o na le daese bakeng sa papali eohle. O ikarabella ho etsa bonnete ba hore motho e mong le e mong o lula limithara tse peli ho fapana le e mong. Moetapele ke ena a lahlelang daese, mme o etsa mohato o lumellanang:

Social distancing can be quite weird (unless you're one of the Big 5 and greatly feared). It requires heightened levels of awareness, so I made a game for me and my pals to practice gracefully keeping two metres apart ...while having a blast!

ho arohanngwa ha batho ho makatsa haholo (ntle le haeba oe mong oa Big 5 mme ba ho tshaba haholo). E hloka tlhokomeliso e phahameng, kahoo ke ile ka etsa papali hore nna le metsoalle ea ka re ithakise Ka mosa o boloka limithara tse peli ka thoko ... ha re ntse re je monate fela, ho se na tlhoko!

## PHEPHETSO 14

### MOTSAMAO WA HO AROHANNGWA HA BATHO<sup>(1)</sup>

Morero oa papali ke ho boloka limithara tse peli ha re ntse re tsamaya.

#### U KA BAPALA JOANG:

Motho a le mong ke Lula (ema setulong joalo ka uena o le thuhlo e molelele). Fumana lefielo hore o ka lekanya hore motho e mong le e mong o feta limithara tse peli ka thoko ho e mong. (2m ke lefielo le le telele, 'me motho ea ts'oereng lefielo a ke ke a fihlela mang kapa mang ea leng hole ka 2m).

Motho e mong le e mong o tlameha ho potoloha sebaka, ha a ntse a arohana ka limithara tse peli. Ha ho na le lekhalo le fetang limithara tse pedi pakeng tsa batho, o hloka ho le tlatsa.

Lula o hoelehetsa "freeze" neng kapa neng, 'me e hoelehetsa batho haeba ba sa freeza hantle; haeba ba atamelane haholo; kapa haeba ba le haufi le sebaka se seholo se sa tlatsoang. Ba bitsitsoeng ba lula fatshe mme ba bang baa ba potoloha, ba ntse ba arohane ka 2m ka nqa e ngoe le bona.

Motho oa ho qetela ea setseng ke Lula e latelang!

Challenge 13 done!  
Phephetso 13 e felile!

Challenge 14 done!  
Phephetso 14 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.



## 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 Programme 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**  
<https://thelearningtrust.org/covid-19-treasure-box/>

A big shout of thanks goes out to the organisations who helped with compilation and distribution!

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!

- U ntse u ea joang?
- Ke efe ea lintho tse bukeng ee eo u e ratang ka ho fetisisa?
- Re bolelle lebitso la hau, sehlopha sa hau le sebaka seo u lulang ho sona.

Ka kopo re romelle litšoantšo tsa mesebetsi ea hau.

WHATSAPP 061 332 4349

OR SEARCH  
"AFTER SCHOOL TREASURE  
BOX" ON FACEBOOK



## USEFUL CONTACTS / MABITSO A THUSANG

### 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 e matla, khohlela le 'metso e 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. Bakeng sa maemo a tšohanyetso a bongaka.



Cc

Cactus



Ii

Impala



Hh

Hadedra



Gg

Giraffe



Mm

Moon



Bb

Barn



Ff

Florence



Tt

Toad



Rr

Rock



Cc

Cactus



Pp

Pangolin



Tt

Toad



Cc

Caravan



Mm

Mushroom



Tt

Tree



Ff

Fire



Hh

Hadedra



Hh

Honey badger



Aa

Aloe



Bb

Bee



Pp

Porcupine



Mm

Mouse



Rr

Rock



Aa

Aloe



Bb

Buffalo



Ss

Sugarbush Flower



Ii

Impala



Cc

Cloud



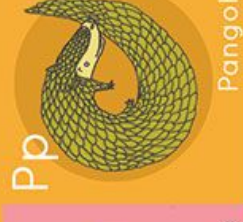
Pp

Porcupine



Cc

Caravan



Pp

Pangolin



Ff

Florence



Hh

Honey badger



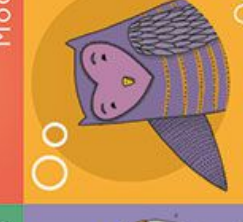
Bb

Buffalo



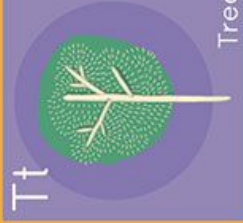
Mm

Moon



Oo

Owl



Tt

Tree



Oo

Owl



Gg

Giraffe



Ll

Lion



Bb

Bee



Bb

Barn



Ll

Lion



Mm

Mouse



Cc

Cloud



Ff

Fire



Mm

Mushroom



Ss

Sugarbush Flower

