WELCOME TO THE TREASURE BOX!

Hey Treasure Box pals!

Lumela! U amohetsee 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 baithuthi ba banyenyane.

A re etseng sohle se matleng a rona ho netefatsa ho re motho e mong le e mong o phela bophelo bo bote 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.

Even though we aren't allowed to play sports, let's sharpen our reflexes, and stay fit and strong.

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 liphepheto tseo u ka li qetang u le mong (kopa banab'eno kapa mholokomeli 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 kefu sekolong (ha u ntse u boloka limithara tse peli ntle le e mong) - u ka li fumana qetteqellong; phepheto 12 ho isa ho 14.

Let's look after ourselves and each other; together, we can do this!

Ha re ithokomeleng; mnho, re ka e taena!

Leha re sa lumelloa ho bapala lipapali, a re ikoetlise kganehla, me re hule re le matla.

Even though we have missed out on school, let's grow our minds and get creative.

Leha re hlolelele ho'ea sekolong, a re holiseng likelelo tsa rona re be le bogapi.
CORONAVIRUS DO’S & DON’TS BOARD GAME
PAPALI EA BOTO EA ‘CORONAVIRUS’ (KOKOANA-Tlhoko
EA CORONA) DO’S AND DONT’S

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 sebapali (sebelisa lichelete tsa
ťšepe kapa e’ngoe ea li-token tse tsoang
sekoahelong se ka morao sa buka ena), le le
daese le kentoeng lebokosong la
cardboard.

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

MOKHOA OA HO BAPALA:
• Sebapali se seng le se seng se fanana
monyela 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 phatšalatsang
kokoana-tlhoko (sekoere se sootho), u tla
fetoa ke monyetla oa ho bapala.

• Ea tla fihla getelong 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 BLOKE E MONG LE E MONG A BLOKEHILE

Ao chele! Coronavirus
e ntse e hasana hohle holimo le tlae!
Empa o seke ea tšoha
hobane re tlo emisa ho hasana hona

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

Kokwana-thoko e ata ka marotholi a manyane
A tsoang ha re khohlela le ha re thimola
kahoo ha u tsoa ka thung,
Hopola ho roala setshibeletsi sa sefahleho mots’eari le boisiu

ha re se keng ra fa kokoana-thoko monyetla ofe kapa ofe
ho hasana joalo ka ha ho na boitshibeletso ba mmele
Kamehla arohana ka limuthara tse peli
’Me le bule le lifinsete re tsho; o be bohielo!

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 sekoalo
hobane ha ho monate boitšoaro bo fetisang tšoaetso ea kokoana-thloko
**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!

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**PHEPHETSO 2**

Seha libopeho tse mebala ho tsoa lebokosong la cardboard. (Seha ‘mohlo 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, Sebapali se seng le se seng se na le monyetla oa ho nka sebopeho ho tloha holimo ha qubu a bebe holima ha grid tase 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!
**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!

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**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 leqeopheng la 7, sekao ao se ka morao le karoloana ea ka rete e bukeng ena.

1. Seha liboto tse 'nne tse leqeopheng la 7 (Seha ho mela o tiileng). Ebe u li khomarela Lebokosong la cardboard (ka mohlala, ho tsoa lebokosong la photo kapa la sesepa sa ho hlatsoa) ho li matlatfatsa. Taka litsoantšo ka mebala li be ntle.
2. Leqeopheng le ka morao ea buka ena u tla fumana litsaehle / li-token; li sehe. Fumana lebokose kapa motokla ho li boloka e le hore u ka bapala papali eo hangata.
3. Sebelisa daes e kengsetso lebokosong.
4. Hlophisa litsaehle 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 daeše.

Nka thaele e ts'oaang le mmola o daes'eng, 'me u bonts' e setšoantšo se ka lehlakoreng le leng ho libapali tsohle. Haebra setšoantšo sa hao se ts'oaane le se botong, se behe moo. Haebra setšoantšo sa hao se sa ts'oaane le se botong, o ts'oaanela ho se khutisetse sebaking e le seng tafoleng moo palesa ea Sugarbush e shebileng holimo.

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

Wa pele ho tlatsa boto ea hae o ts'oaanela 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 tsena!

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<thead>
<tr>
<th>Li</th>
<th>Lion</th>
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<tbody>
<tr>
<td>Mm</td>
<td>Mouse</td>
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<td>Cc</td>
<td>Cloud</td>
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<td>Ff</td>
<td>Fire</td>
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<td>Mm</td>
<td>Mushroom</td>
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<td>Ss</td>
<td>Sugarbush Flower</td>
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<td>Pp</td>
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<td>Aloe</td>
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<td>Mm</td>
<td>Moon</td>
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<tr>
<td>Bb</td>
<td>Barn</td>
</tr>
</tbody>
</table>
**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.
There is a BIG difference between not knowing and not knowing YET.

You can learn ANYTHING you want to!

The harder you work, the more intelligence you create.

There are no rockets to success. You have to take the stairs.

Mistakes are our greatest learning opportunity.

You can do hard things. brains.

Trying challenges make us stronger.

7

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.

8

Ha ke hatellehile kapa ke hloka ho tsepamisa maikutlo, Ke mtsa daese ea ka e mebala-bala. Mmala ka mong o ntisela maikutlo a fapaneng ha ke phefumloho ka mite le kahare Ke ikutloa ke phuthaloha ha phefumloho e ngwe te e ngwe e ketella mwe e e tsca 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
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 NTLE
Lahlela daese e mebala-bala.
Mmala oo o etsa hore u nahane ka eng?
Nka hore u hema mmala oo.
E ikutloa joang?
Tlatsa matšofo a hau ka lintho tsohle tse ntle tse tlisoang ke ‘mala.
Ebe u lahlela daese hape.
Phefumoloha ka ntle ‘me u tlatsa kamore eo ka’ mala oo. Seo se ikutloa joang?
CHALLENGE 6
MATCHBOX OF HOPES
AND DREAMS

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
MATCHBOX EA TŠEPO LE LITORO

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 sekaoelo se khabisitsoeng ho lebokoso la mmechisi.
Ka mor'a moo, seha lehloka ka lehlakoreng la leqephe lena,
mme u mene ka har'a mela e boletsoeng.

Ngola lipheo le mehopolo ea hau ea hore na u ka li finhela joang, 'me u khabis phanele e' ngoe le e 'ngoe.

Khomarela phanele ea ho qettle ka tlase ho lebokoso, mme u mene mosebetsi oa bonono ka lebokoseng.
'Ek boleke, ho iklipota hore na u ea kae le hore na u tli'lo fihla joang.

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!

Khalendaro e sekaile e ferekane...
Ba bang ba re 2020 e fihlatse
Empa ka re, mponeng ke etsa lenane.
Lintho tse ntle li tla tseo selemeng sena, kea tiisa, kea hlapanyo!
**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 thuholo!
Ke litšoantšo life tse ling tseo u ka li etsang u sebelisa libopeho tsee?

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**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.

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**PHEPHETSO 8**

**LAHLELA PALE**
Sebelisa li-tokense 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:**
Tsoela pele ho fihlela u fihla qetellong ea di-tokense, mme u sebelisa setšoantšo sa ho qetela qetellong ea pale.
**CHALLENGE 9**
**MEASURE, TREASURE**
Cut out the ruler from the cardboard 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:**

<table>
<thead>
<tr>
<th>OBJECTS I FOUND: LINTHO TSOE KE LI FUMANENG:</th>
<th>MEASUREMENTS / LITEKANYO:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spoon / Khaba</td>
<td>13.7 cm</td>
</tr>
</tbody>
</table>

**CHALLENGE 10**
**HELP PETAL FIND HER WAY**
Petal is looking for the Sugarbush. Help her find her way through the maze.

**PHEPHETSO 9**
**LEKANYA, LETLOTLO**
Seha 'musi ho tsoa lebokosoa la cardboard,' me u e sebelise ho lekanya likarolo tse fapaneng tsa mmele ao 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 horo o tsebe ho lekanya bolelele ba hae. U ka bala bolelele bo bokae ho tloha hloohong ho isa menoaneng ea bona? o molelele hakaene?

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

**PHEPHETSO 10**
**THUSA PETAL HO FUMANABA TSELA**
Petal o ntse e batla Sugarbush. Mo thuse ho fumana tselaba

[ Maze diagram ]

**Adapted from www.kidspuzzlesandgames.**
**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.

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**PHEPHETSO 11**

**MAMELA JOALOKA MORUBISI**
1. Lula ka maoto a hau a tšelatsoe mme lesapo la mokokotlo le otlolohile.
2. Koala mahlo, mme u phefumolohe ka hare le ka ntle.
4. U ka utloa melumo e fe haufi?
5. U ka utloa eng hole le uena?
6. Eketsa kutio ea hau ka hohle kamoo u ka khonang; Ke ntho efe ea bohlokohali eo u e utloang?

**PHEPHETSO 12**

**ZIP ZAP ZOOM**
U ka bapala papali ena le metsoalle nakong ea khefu sekologong. Motho a le mong o tla hloko ho bala litaelo tse ya. Kopa mosuo e ka morutoana ea seng a holile ho thusa.

1. Theha lesakana le leholo, 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 letshong le leitshelaa.
3. Tsela pele ho potoloha ho fihela motho a re “Zap” a be a opa matsoho ho le letona.
4. Mofuta oa boraro oa ho opa (“Zoom”) ke ho motho ea lesekaaneqo eo u sa emeng haufi le eena.

Ha u fumana ho opa, ke monyela ea ho o fetisetsa.
6. O hloko ho qala botjha ha motho e mong a opa tseleng e fosahetseng.


- [ ] Challenge 11 done
- [ ] Phephetsa 11 e lelele!
- [ ] Challenge 12 done
- [ ] Phephetsa 12 e lelele!
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 OQOQO QHOMELA
- ARM CIRCLES / LI-ARM CIRCLE
- STAR JUMPS / LI NALELI QHOMELA
- DANCE PARTYI / MOKETE OA MOTJEKO!

CHALLENGE 14
THE SOCIAL DISTANCE SHUFFLE
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!

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PHEPHETSO 13
BOIKETLISO BA HO LAHLESA DAISE
Sebelisa daese eo u e entseng ho tsoa lebokosong la cardboard ho babala papali ena.

U KA BAPALA JOANG
Motho a le mong ke moetapele ea boikoetliso, mme o na le daese bakeng sa papali eohile. O itkarabella ho etsa bonnete ba hore mothe e mong le e mong o lula limithara tse peli ho fapano le e mong. Moetapele ke ena a laheleng daese, mme o etsa mohato o lumelananang:

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 (nile le haebo ce mong ca Big 5 mme ba ho tshibabu haholo). E hloko ihokomalolo o phakamang, kahono ka ile ka etsa papali hore mme le mosotho ea ka re tshibakise ka mosa o boloka limithara tse peli ka thoko ...ha re ntsa re je monate fela, ho se na ihoko!

PHEPHETSO 14
MOTSAMAO WA HO AROHANGWA HA BATHO
Morero a pa papali ke ho boloka limithara tse peli ha re ntsa re tsamaya.

U KA BAPALA JOANG:
Motho a le mong ke Lula (ema setulong joalo ka uena o le thuhlo e molelele). Fumana lefie ho o ka lekanyana hore mothe e mong le e mong o feta limithara tse peli ka thoko ho e mong. (2m ke lefie ho le telele, ‘me mothe ea ts’oereng lefieho a ke ke a fihlela mang kapa mang ea leng hole ka 2m).

Motho e mong le e mong o tshemaha ho potoloha sebaka, ha a ntsa a arachana ka limithara tse peli. Ha ho na le lehalo le fetang limithara tse pedi pakeng tsa batho, o hloko ho le tlatsha.

Lula o hoelhetsa “freeze” neng kapa neng, ‘me e hoelhetsa batho haeba ba sa freeze hatle; haeba ba atamelane haholo; kapa haeba ba le haufi le sebaka se sehelo se sa tlatsoang. Ba bitsitseng ba lula fatshie mme ba bang baa ba potoloha, ba ntsa ba arohnane ka 2m ka nqa e nge le bona.

Motho aha ho qetela ea setseng ke Lula e latelang!

Challenge 13 done! Phephetsa 13 e feliile! Challenge 14 done! Phephetsa 14 e feliile!
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://thelarningtrust.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

Ikopanye!

Re batla ho utloa ho tsoa ho uena!

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

Ka kopo re romelle litšoantšo tsa mesebetsi ea hau.

WhatApp 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, khothela le ‘metso e bohloko.

Childline
0800 55555
If I don’t feel safe or someone is hurting me.
Haeba ke sa ikutlole ke sireletsehile kapa ho na le motho ea nkulosisang bohloko.

Ambulance
10177
For a medical emergency.
Bakeng sa maemo a tšohanỳtsa a bongaka.