1. DO THE ELBOW GREETING / DUMEDISA KA SEKGONO
2. PLAY WITH FRIENDS INSIDE THE HOUSE / GA NO TSENG NTSENG BAHO
3. GO TO CROWDED PLACES / YA WA TSENG BAHO
4. SHARE A CUP OF WATER WITH A FRIEND / SELANE POMA GOGO A
5. OPEN WINDOWS IN THE TAXI / GELOGE ELEPHANT
6. WASH YOUR HANDS WITH WATER AND SOAP / MOLOKWA KOPA
7. SNEEZE ON A FOLDED ELBOW / HUKHOBÁ NA BONTELELO TSENG
8. SHARE KISSING OBO BO N'TSENG BAHO
9. SHARE AN INJECTION WITHOUT A NEEDLE / DIBOBO DIBO
10. KISS AND SHARE WITHOUT USE OF HANDS / CHEO MOMELO TE DIBOBO
11. CORONAVIRUS DO'S & DON'TS BOARD GAME / MOTSHAMEKO WA MOTO BO WA MELAO YA CORONAVIRUS
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, homagogwe ba ba sa bonweng mothofo. Go opela dipina fa re ntse re thaba mainane ke motshameko o re o ratang thata.

Mongwe le mongwe o ntse a le mo nakong e eseng bonolo e sa le Coronavirus e tla mo Aforika borwa. Setlhopha sa Treasure Box, se re laleditse mmogo le ditsala tsa rona – peba Petal, thutwá Lula, le nare Buffel – go le direla mophuthelwana o. O tietse motshameko ya lelapa lotho; bonkgonne le bathokomedi, tsweetswee re kopa gore le boisetseng kwa godimo go thusa baithuti ba ba boitlana.

A re direng bojotlhe jwa rona gore re kgone go thusana go nna re itekanetse sentle ebile re bolokeseqile!

Re romela lorato lo lontsi,
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.

Treasure Box for Families ya nthha e dule fa dikolo di tswetswe. Jaanong, le fa di simolola go bulwa, re sa nte re tlhoka go nna kwa gae ka mo go kgonegang ka teng.

Treasure Box eno ya bobedi e pakilwe ka diteko tse o ka ditlatsang ka bowena (kopa bana ba gaeno kgotsa motlhokomedi go go thusa), kgotsa le batho ba o nnang le bona. Gape go na le metshameko mengwe e o ka e tshekang le ditsala ts a gago ka nako ya go kgaotsa kwa sekolong (fa lo ketgane ka dikgato di ka nna pedi magareng ga lona) – o ka bona tse kwa bokhutlong; teko12 go ya go 14.

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

A re tlhokomeleng re tlhokomele le ba bangwe; mmogo, re ka kgona se!

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

Le fa re sa letlelelewe go tshameka metshameko, a re tlhagafatse go tsiboga ga rona, mme re mme re itekanetse e bile re nonofile.

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

Le fa re tlodilwe ke go ya kwa sekolong, a re godiseng dithaloganyo tsa rona re loge maano.
**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!

**TEKO 1**

**KA FA O KA O BAANKANYETSANG KA TENG:**
Batla motshameko wa bote mo sesireletsing sa mophuthelwana se se ka fa teng (dirisa madi a tshipi kgotsa nngwe ya dikarolwana tsa motshameko tse di segeletsweng mo tsebeng ya mophuthelwana e e ka fa morago ga buka e), letasego tse tsa le tsetseengweng sa lebokoso.

Go rulaganya letasego, sego mo godimo ga moradi o mokima mme o mene melakolwana. Ke gone o bo o ngaparisa ditsejwana.

**KA FA O KA TSHAMAKANG KA TENG:**
- Motshameki mongwe le mongwe o ma le tshono ya go kgokolosa letasego. Le go tshamaya ka palo eo ya dikholtonne.
  - Fa o ema mo tirong e e thibangelang go anama ga Coronavirus (khutlonne e e botala jwa tshaga), ke gone o ka mang le tshono e nngwe ya go kgokolosa letasego gape.
  - Fa o ema mo tirong e e anamisang mogare (khutlonne e e thokwa), o lathelegelwa ke tshono ya go tshameka.
  - Motho wa nthla go fitlha kgw bokhutlong ke ene moferyi!
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 TSHOLANENG RE ITEKANETSE EBILE RE BOLOKEGILE!

Ija! Coronavirus wee e anama go re dikologa rotihe! Mme o se boi le fa e le go tshoga Ka gore re a go emisa kanamo eo

Se re se tlhokang ke metsi le molora go bolaya mogare oo, gore go mme le tsholofelo! Tsweetswee netefatsa gore bothe ba thalaganya gore go tlhapa diatla tsa rona go bothokwa

Mogare o anama fa marothodi a mannye A tloa fa re ethimola le fa re gothola, ka jalo fa o tswa mo ntlong, se ke se kopang ke gore o nne o apere sebipa-sefathego ka nako tsothi.

A re se feng Mogare tshono Ya go anama ka gore ga go na tshouto. Katogana ka gale ka dikgato dile pedi go tla tshwaetsa Le diokomelabagwe (difensetere) di athamololwe; thalefang bagaetsho

Fa o thoka go gothola le fa e le go ethimola direla jalo mo sekgongong, e seng mo diatleng, ke a kopa, fa osa ikutle sentle se ye sekolog ka gore go gasagasa mogare ga go kgathe.
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!

TEKO 2
Seguelela dipopego tse di mebalabala go tswa mo setsenngweng sa lebokoso. (segad mo godimo ga meradi e e mekima go dikolo-ga mmala mongwe le mongwe). Batla leb- okoso kgotsa kgetsi go di boloka mo go yone gore o kgone go tshameka motshameko gan-tsintsi.

Baya ditoki tse mo mokoweng. Motshameki mongwe le mongwe o na le tshono ya go tsaya popego go tswa mo godimo ga mokowa le go e baya mo godimo ga keriti go tswa kwa tlase go ya kwa godimo. O ka dikolo-losa sekgethe mo ntheng le fa e ka nna efe go dira gore le lekane; leka go baya ditoki gore go se nne le dipathila dipe.

Lekanya nako e o e tsayang go bona gore o kgona go tlatsa keriti ka bonako jo bo kana kang!
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!

TEKO 3
O ke motshameko o o siametseng go tshamekiwa kwa gae, kopa mongwe le mongwe go tsaya karolo mo go one.

IPAAKANYE
O tlaa fitlhelwa sengwe le sengwe se o se thokang mo go tsebe 7, tsebe ya kwa morago, le sekgethe sa karata mobukeng e.

1. Segelela diboto tse nne mo go tsebe 7 (sega mo godimo ga mela e e mekima). Jaanong o bo o di ngaparisa mo godimo ga lebokoso (sekai: Go tswana mo lebokosong la dithorophithloho kgotsa la molora o o thatsweng) go di dira gore di nne popota. Tshasa mmala (taka) ditshwantsho ka bontle jo o ka bo kgonang.
2. Mo tsebeng e e kwa morago e e phuthelang buka e o tlaa fitlhelwa ditlae le / dikarolwana tsa motshameko; di segelela. Batla lebokoso kgotsa kgetsi go di boloka mo go yone gore o kgone go tshameka motshameko gantsintsi.
3. Dirisa letase le o le dirileng go tswana mo lebokosong.
4. Rulaganya dikarolwana tsotho mo tafoteng ka dithunywa tsa Sugarbush di lebile kwa godimo.

A RE TSHAMEKENG MOTSHAMEKO
Motshameki mongwe le mongwe o amogela boto, le tsmono ya go latlhela letaese.

Sela karolo e e nyalanang le mmala o o mo letaeeng, o bo o bonsha ditshwantsho mo lethakoreng le le ngwe go batshameki bolhe. Fa ditshwantsho se se mo karolong e e setseng se tshwana le se se mo botong ya gago, se beye ffo. Fa se seyo mo botong ya gago, se busetsa mo lefelong lome lemo mo tafoteng ka sethunywa sa Sugarbush se lebile kwa godimo.

Maatla fatsa mesifa ya gago ya kgakologelo ka go gakologelwa gore ditshwantsho di fa kae, gore o kgone go sela se se nyalanang le boto ya gago fa e le tshono ya gago ya go tshameka.

Motho wa ntila go tlatsa bota ya gagwe o goa re BINGO! ebile ke ene mofenyi!
Do the challenge explained on page 8 before cutting out these boards!
Tshamekang teko 4, e e thalosiwang mo go tsebe 8 pele o segelela diboto tse!
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.

TEKO 4
KA FA O KA E DIRANG KA TENG
1. Segelela khutlonne mo go tsebe 9 le 10.

2. E mene go kgabagany a meradi ya tshkekagano, go dira matsutsueba go kgabagany a khutlonne.

3 & 4. Ka puo e o batlang go e dirisa ribega khutlonne ya gago, mena khutlo nngwe le nngwe ya khutlonne go kopanela fa gare.

5. Pitikolola khutlonne.

6 & 7. Mena dikhutlo gore di kopanele fa gare gape.

8. Mena khutlonne e e nnye ka bogare.

9. Tseny a dikgonojwe tsa gago le menwana e e napileng le dikgonojwe tsa diatla ka bobedi mo teng ga dikhutlo (tsholofelo, toro, thulagany o le ikatiso).

10. Tsiga menwana yothi e 4 go kopanela fa gare mme o tla bo o setse o iketleledi e go tshameka!

KA FA O KA TSHAMEKANG KA TENG
Tlhopha lefoko. Ke gone o bo o bula segodisa-thalogany a polo ya dithaka mo lefokong leoa. (seka: Ga 10 mo go T H U L A G A N Y O). Jaaong tlhopha polo o bo o bula le go tswe la segodisa-thalogany a ka makgethilo a polo ec. O bo o tlhopha polo e nngwe o bo o bula le go tswe la ka makgethilo a polo ec. Ke gone tlhopha polo ya boraro, o bo o bula segodisa-thalogany a, go bala molaetsa o o ka fa tlase ga sone.
Practice

There is a BIG difference between NOT knowing and NOT knowing YET.

You can learn ANYTHING you want to!

Plan


4

The harder you work, the more intelligence you create.

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


Dream

Mistakes are our opportunity.

Learning the hardest things we can do.


Grow

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.

Fa ke na le kgatelelo kgotsa ke thoka go tsopa, Ko nsha matoa a me a mebalaba. Mmala mongwe le mongwe o atshoetsa maikutlo a a farologaneng. Jaaka ke e hemela mo teng...le kwa ntle...Ke ikuthwa le ritsibeso obile le tsopane se tsele. Jaaka khemo mongwe le mongwe e tsena le e tsha mo sefeneng sa me se se settle.

Turn the page to Challenge 5 and breathe colours in and out.

Phetla tsebe go ya kwa go teko 5 mme o hemele mebala mo teng le kwa ntle.
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?

TEKO 5
GO HEMELA MEBALA MO TENG LE KWA NTLE
Kgokolosa letaese le le mebalabala.
Mmala ole o dira gore o akanye ka ga eng?
Akanya gore o hemela mo teng mmala ole.
Go utlwala jang?
Tlatse makgwafo a gago ka dilo tsothihe tse di molemo tse mmala o o di tisang.
Kgokolosa letaese gape.
Hemela kwa ntle mme o tlatse phaposi ka mmala oo. Go utlwala jang?
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.

TEKO 6
LEBOKOSO LA MOKGWARO LA DITSHOLOFELO LE

Mo tekong e, o ya go dira tiro ya botshwantshi e e atolosang ditsholofelo le ditoro tsa gago tsa 2020.

O tlwa tlhoka lebokoso la mokgwaro le le senang sepe le sekgomaretsi.
Naya lebokoso la mokgwaro sephuthelo se se kgabisang.
Ke gone, sega sekgetšhana mo lethakoreng la tsebe e, mme o mene mo godimo ga merwalokwaba.

Kwala maikaelelo a gago le megopo lo ya gore o tia e fithelelela jang, mme o kgabise ntiha nngwe le nngwe.

Kgomaretsa ntiha ya bofelo kwa bokwatlaseng jwa lebokoso la mokgwaro, o bo o menela tiro ya gago ya botshwantshi mo teng ga lebokoso.
E tshole e bolokegile, go ikgopotsa gore o ya kwa kae le gore o ya go tsena teng jang.

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!

Thulaganyo ya malatsi a sekolo e thakathakantswe... Bangwe ba re 2020 e phimotswe Mme nna ka re, ntebe jaaka ke dira lensane. Dilo tse dikgolo tse ditile di fa tsa monongwaga, ruri se ga se mainane!
**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?

**TEKO 7**

**A RE TSHAMEKENG KA DIPPOPEGO**

Segelela dippego tse di mebalabala go tswe mo setsenngweng sa lebokoso, o di dirise go dira Lula, thulwa.

Ke ditshwantsho dife gape tse o ka di dirang ka dippego tse?

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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.

---

**TEKO 8**

**KGOKOLOSA POLELO**

Dirisa dikarolwana tsa motshameko tse di mo tsebeng ya sephuthelo e e ka fa morago ya buka e. O ka tshameka motshameko o ka bowena, kotsa le batho ba o mma le bone, mongwe le mongwe a na le tshono ya go latlhela letaese.

**KA FA O KA TSHAMEKANG KA TENG:**

Rulaganya dikarolwana ka mola, le dithunya tsa Sugarbush di lebile kwa godimo. Latlhela leetaese, tsa mazona monwana wa gago go latela palo eo ya dikarolwana tsa motshameko, o bo o ribolola ya bofelo. Jaanong, ithamele tshimologo ya polelo e e thotthleditsweng ke setshwantsho. Jaanong latlhela letaese gape, mme o dirise setshwantsho se se latelang mo karolong e e latelang ya polelo. Tswelela go fithella kwa bofelong jwa dikarolwana tsa motshameko, mme o dirise setshwantsho sa bofelo go nna bokhutlo jwa polelo.
CHALLENGE 9
MEASURE, TREASURE\(^{(1)}\)
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 / DITEKANYO:

<table>
<thead>
<tr>
<th>OBJECTS I FOUND:</th>
<th>MEASUREMENTS / DITEKANYO:</th>
</tr>
</thead>
<tbody>
<tr>
<td>DILO TSE KE DI BONEG:</td>
<td>13,7 cm</td>
</tr>
<tr>
<td>Spoon / Leswana</td>
<td></td>
</tr>
</tbody>
</table>

TEKO 9
LEKANYA, LETLOTLO\(^{(1)}\)
Segelela rulera go tswa mo karalong ya lebokoso, mme o e dirise go lekanya dikarolo tse di farologangen tsa mmele wa gago.

Seatlwa sa me se boolele jwa: ____ cm
Lonao lwa me lo boolele kwa: ____ cm
Letsogo la me le boolele jwa: ____ cm

O bo o kopa mongwe wa balelapa la gaeno go rapama fo fatshe gore o lekanye boolele jwa bone. O kgona go bala dirulara di le kae go tswa mo thogong ya bone go ya kwa menwaneng ya maoto? Ba boolele jo bo kae?

Batla dilo mo ntlwa ya gaeno mme o di lekanye.

CHALLENGE 10
HELP PETAL FIND HER WAY\(^{(2)}\)
Petal is looking for the Sugarbush. Help her find her way through the maze.

TEKO 10
THUSA PETAL GO BONA TSELA YA GAGWE\(^{(2)}\)
Petal o batlana le Sugarbush.
Mo thuso go bona tsele ya gagwe mo mararangeng.

\(^{(1)}\) Maths Moms & Shine  
\(^{(2)}\) Adapted from www.kidspuzzlesandgames.

[Checkboxes for Challenges Complete]
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.

☐ Challenge 11 done!  ☐ Challenge 12 done!
Teko 11 e wetse!  Teko 12 e wetse!

TEKO 11
REETSA JAACA MORUBISI
1. Nna ka maoto a thathlagane le mokokotlo wa gago o thamaletse.
2. Tswhala matho a gago, nne o hemele mo teng le kwa ntle ka thata.
3. Jaanong reetsa medumo e e go dikologileng.
4. Ke medumo efe e o ka e utlwan gaufi?
5. Ke eng se o ka se utlwan kgakajana?
Reetsa dilo tse le bokgakala jo o ka bo kgonang; ke selo sefe se se kgakala go gaisa se o ka se utlwan?

TEKO 12
ZIP ZAP ZOOM
O ka tshameka motshameko o le ditsala ka nako ya go kgaotse kwa sekologong. Mtho a le mongwe o tla thaka go balela mongwe le mongwe ditaolo tse. Kopa morutabana kgotsa moithhiyo go mogolwane go thusa.

1. Dirang sediko se segolo, le eme ka go katogana ka 2m.
2. Motshameki mongwe o simoloa motshameko ka go ola legofi a supela mtho yo o mo molemeng wa gagwe, a nte a re “Zip”.
3. Tswelelang go dira se go dikologo sediko, go fihlha mongwe a re “Zap” mme go ola legofi go supe kwa mojeng.
4. Mofuta wa boraro wa go ola legofi (“Zoom”) go lebisitswe mongwe mo sedikong yo o sa bapang le ene.
5. Batshameki ba ka ithophela go re Zip, Zap kgotsa Zoom (ka nthla ya go ola legofi kwa molemeng, mojeng, kgotsa go mongwe yo o sa bapang le ene). Fa o amogela go opiwa ga legofi, ke tshono ya gago go e fetisa.

6. Lo tshwanetse go simoloa gape fa mongwe a opele legofi kwa ntleheng e e fosagetseng.

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 / TABOGA MO LEFELONG LE LE LENGWE
- TOUCH YOUR TOES / KGOMA MENWANA YA MAOTO
- FROG JUMPS / GO TLOLA GA SEGWAGWA
- ARM CIRCLES / DIDIKO TSA MATSOGO
- STAR JUMPS / GO TLOLA GA NALEDI
- DANCE PARTY / MOLETLO WA GO BINA!

TEKO 13
ITSHIDilo YA GO KGOKOLOSA LETASE
Dirisa letase le o le dirileng ka karolo ya lebokosho go tshameka motshameko o.

KA FA O KA TSHAMEKANG KA TENG
Mothe a le mongwe ke moeteledi lele wa itshidilo, le gone o tshotse matae le motshameko ofthe. O na le maikarabelo a go netefatsa gore mongwe le mongwe o katogile ba bangwe ka sekgole sa 2m. O kgokolosa letase, a be a bitsa tiro e tsamadelan:

- Go kalagoga ga gakamata
  (kwa ntlo ga fa o le njgewa ya diphologolo tse ditona tse 5 tse di boolsheng) Go katogana ka dikgato dile pedi go ipabalela...fa re ja monate o gaisang!

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!!

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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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

IKGOLAGANYE LE RONA!

RE RATA GO UTLWA GO TSWA MO GO WENA!
- O tsogile jang?
- Ke ditirwana dife mo bukeng e tse o di ratileng go gaisa?
- Re bolelele leina la gago, mophato le kgaolo e o mnang mo go yone.

Tsweetswe re romelele ditshwantsho tsa dilo tse o di dirileng le ditirwana.

WHATSAPP 061 332 4349

OR SEARCH “AFTER SCHOOL TREASURE BOX” ON FACEBOOK

USEFUL CONTACTS / DINTHLA TSA KGOLAGANO TSE DI MOSOLA

CORONA VIRUS 24 HOUR NUMBER:
0800 029-999 OR 021 928 4102
If you have high fever, cough & sore throat.
Fa o na le letshorama, kgotlholo kgotsa mometso o o botlhoko.

CHILDLINE
0800 55555
If I don't feel safe or someone is hurting me.
Fa ke sa ikutlwe ke babalesegile kgotsa fa mongwe a nkgobatsa.

AMBULANCE
10177
For a medical emergency.
Fa go le tshoganyetsa ya bongaka.