

TREASURE BOX

FEATURING

FLORENCE AND WATSON

AN AFTER SCHOOL
COLLABORATION

VOLUME 2

TRANSLATED BY DR. PULA KHUNOU

ENGLISH & SETSWANA



Western Cape
Government



THE
LEARNING
TRUST
BETTER CLASSROOMS



Laureus
SPORT
FOR
GOOD
SOUTH AFRICA



Assitej
South Africa
Theatre for Young People

FLORENCE AND WATSON

**CORONAVIRUS DO'S &
DON'TS BOARD GAME**

MOTSHAMEKO WA
BOTO WA MELAO YA
CORONAVIRUS

1
DO THE ELBOW
GREETING /
DUMEDISA KA
SEKONGO

1
WEAR A
MASK /
APARA /
SEBIPA-SEFF
ATHLEGO

1
TOUCH
YOUR EYES
/ KOMA
MAGAO

1
SHARE A CUP OF
WATER WITH A FRIEND
/ ABELANA KOPA
TEE LE TSALA

1
WASH YOUR
HANDS OFTEN /
TIPADA DILATIA
GAGO MAGALE
OPEN WINDOWS /
BULNE
ODOMERABE /
AND DOMESTERE /
(DIFENSETERE)

1
HUG AND SHAKE
HANDS WITH PEOPLE /
TLMARBLE LAE GO
DUMEDISANA LE DIATLA
KA DIATLA

1
OPEN WINDOWS IN THE
TAU
(DIFENSETERE) MO THIKENG
DIKOMELABAGWE
EVEN WHEN IT'S COLD /
BAU
LE FA GO LE TSIDI TOTA

FINISH!

START

1
PLAY WITH FRIENDS INSIDE
THEIR HOUSE / GO
TSHAMEKELA LE DITSALA MO
TENG GA NTLO YA BONE

1
GO TO CROWDED
PLACES / YA KWA
MAFELONG AA
TLETSENG BATHO

SNEEZE ON A TOY AND
HAND IT TO A FRIEND /
ETHIMOLELA MO SET-
SHAMEKISONG O BOO
SE NEELA TSALA

1
PLAY
KEEPING OUTSIDE
TSHAMKE 2M APART /
NTLE, LO KATOG KA
DIKGATO GANE KWA
DILE 2 KA

1
STAY
YOU AT
KWA FEEL HOME
KUTI GAE SICK WHEN
SEN WE FAK / WHEN
SEN O SENNA
SENTE SNA

WELCOME TO THE TREASURE BOX!



Hey
Treasure Box pals!



Dumelang!
Lo amogetswe go Treasure
Box for Families!

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,

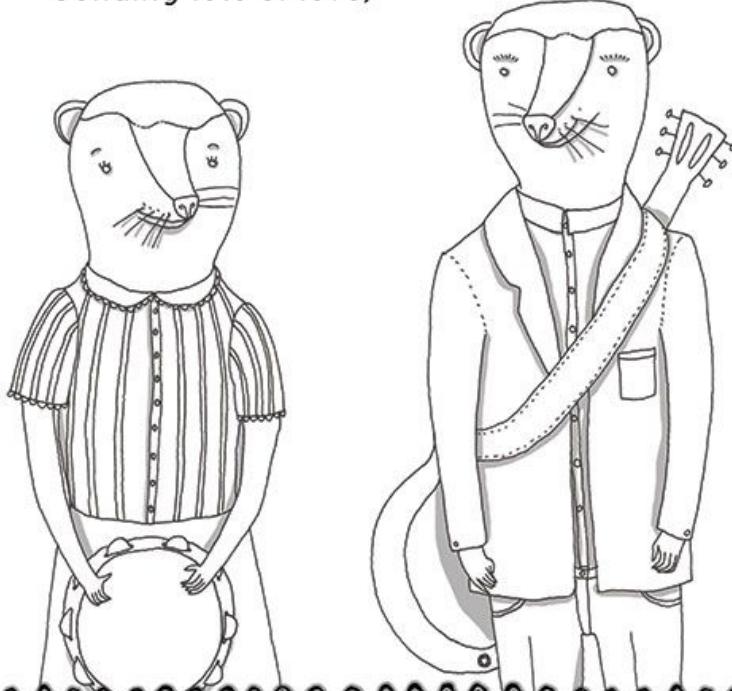
Ke rona Florence le Watson,
bomagogwe ba ba sa bonweng
motlhoho. Go opela dipina fa re ntse re
tlhaba mainane ke motshameko o re o
ratang thata.

Mongwe le mongwe o ntse a le mo
nakong e eseng bonolo e sa le
Coronavirus e tla mo Aforika borwa.
Setlhophsa sa *Treasure Box*, se re
laleditse mmogo le ditsala tsa rona –
peba Petal, thutlwa Lula, le nare Buffel
– go le direla mophuthelwana o. O
tletse metshameko ya lelapa lotlhe;
bonkgonne le batlhokomedi,
tsweetswee re kopa gore le
boisetseng kwa godimo go thusa
baithuti ba ba botlana.

A re direng bojotlhe jwa rona gore re
kgone go thusana go nna re
itekanetse sentle eibile re
bolokesegile!

Re romela lorato lo lontsi,

Florence & Watson

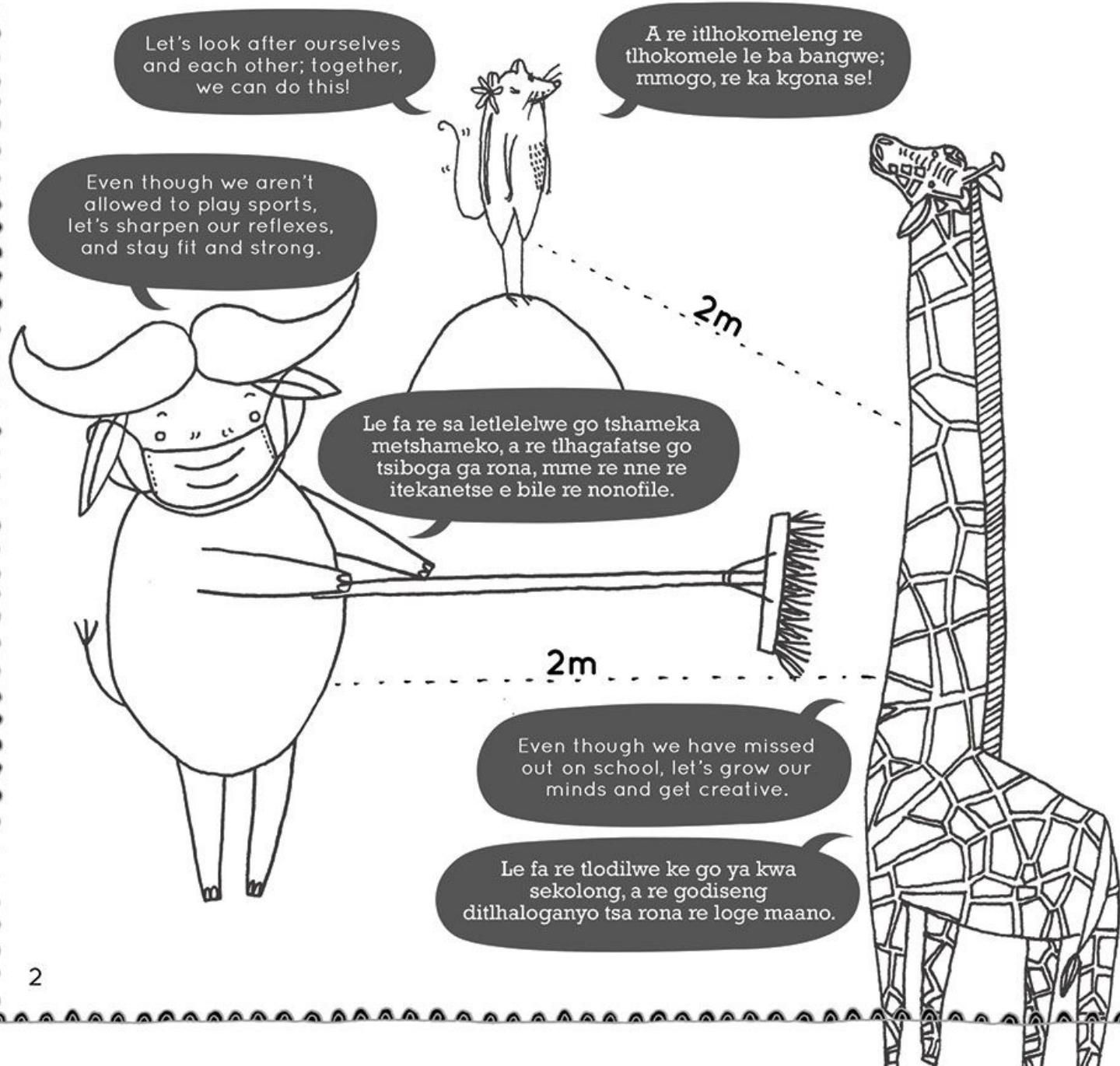


The first *Treasure Box for Families* came out when schools were shut. Now, although they are starting to open, we still need to stay home as much as possible.

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.

Treasure Box for Families ya ntla e dule fa dikolo di tswetswe. Jaanong, le fa di simolola go bulwa, re sa ntse 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 tshamekang le ditsala tsa gago ka nako ya go kgaotsa kwa sekolong (fa lo katogane ka dikgato di ka nna pedi magareng ga lona) - o ka bona tse kwa bokhutlong; teko 12 go ya go 14.



CORONAVIRUS DO'S & DON'TS BOARD GAME

IKHORONAVAYIRASI EMASIKWENZE NEMASINGAKWENZI

UMDLALO WEBHODI



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



Tshameka motshameko o le batho ba o nnang le bone, go ithuta ka fa re ka itshireletsang le go sireletsba bangwe ka teng kgatlanong le Coronavirus.

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 BAAKANYETSANG KA TENG:
Batla motshameko wa boto 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), letaese go tswa mo setsenngweng sa lebokoso.

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

KA FA O KA TSHAMEKANG KA TENG:

- Motshameki mongwe le mongwe o nna le tshono ya go kgokolosa letaese. Le go tsamaya ka palo eo ya dikhutlonne.
- Fa o ema mo tirong e e thibelang go anama ga Coronavirus (khutlonne e e botala jwa tlhaga), ke gone o ka nnang le tshono e nngwe ya go kgokolosa letaese gape.
- Fa o ema mo tirong e e anamisang mogare (khutlonne e e thokwa), o latlhegelwa ke tshono ya go tshameka.
- Motho wa ntlha go fitlha kwa bokhutlong ke ene mofenyi!

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!

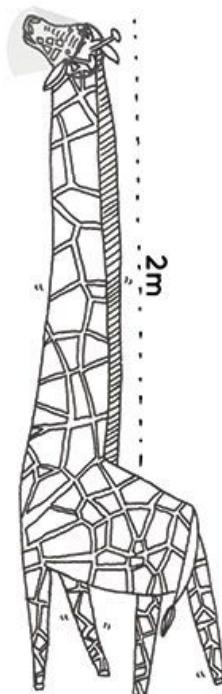
Ijaa! Coronavirus wee
e anama go re dikologa rotlhe!
Mme o se boife le fa e le go tshoga
Ka gore re a go emisa kanamo eo

Se re se tlhokang ke metsi le molora
go bolaya mogare oo, gore go nne le tsholofelo!
Tsweetswee netefatsa gore botlhe ba tlhaloganya
gore go tlhapa diatla tsa rona go botlhokwa

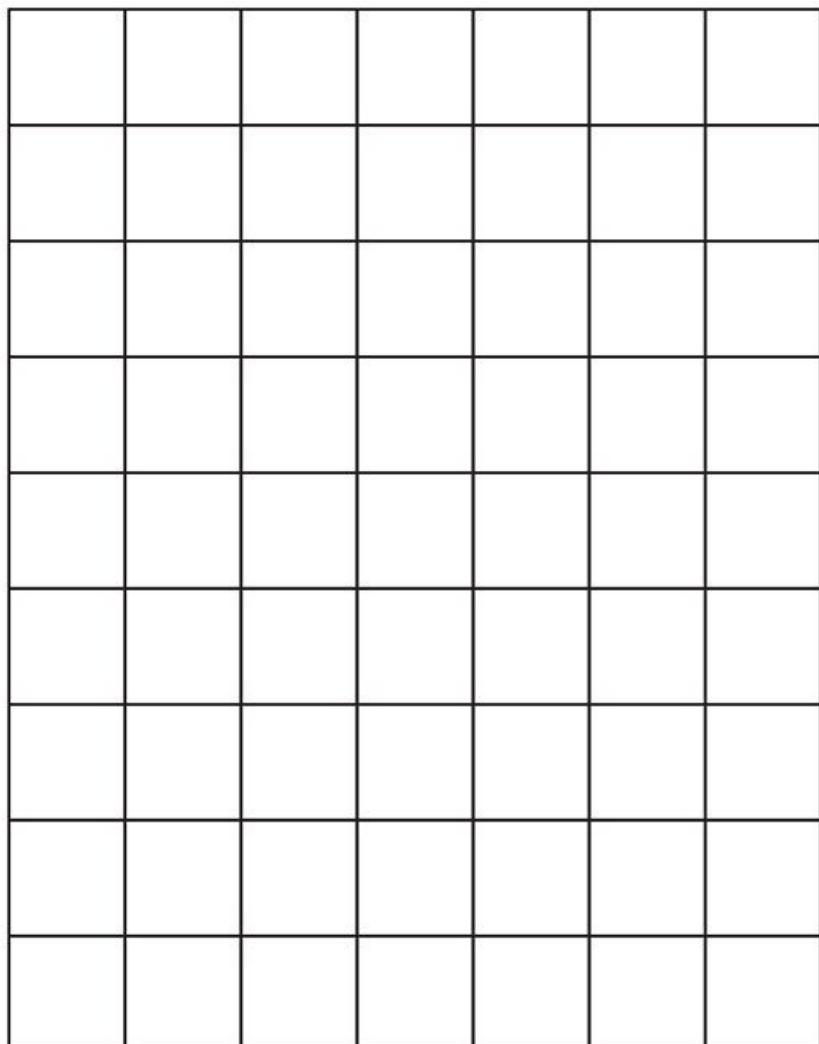
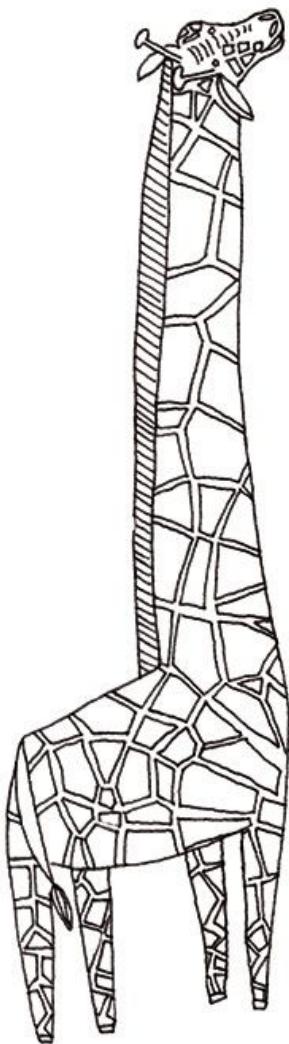
Mogare o anama fa marothodi a mannye
A tlola fa re ethimola le fa re gotlholo,
ka jalo fa o tswa mo ntlong, se ke se kopang
ke gore o nne o apere sebipa-sefatlhego ka nako tsotilhe.

A re se feng Mogare tshono
Ya go anama ka gore ga go na tshouto.
Katogana ka gale ka dikgato dile pedi go tila tshwaetso
Le diokomelabagwe (difensetere) di atlhahololwe; tlhalefang bagaetsho

Fa o tlhoka go gotlholo le fa e le go ethimola
direla jalo mo sekgonong, e seng mo diatleng, ke a kopa,
fa osa ikutlw sentle se ye sekolong
ka gore go gasagasa mogare ga go kgatlhe.



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!



Challenge 2 done!
Teko 2 e wetse!

TEKO 2

Segelela dipopego tse di mebalabala go tswa mo setsenngweng sa lebokoso. (sega mo godimo ga meradi e e mekima go dikologa mmala mongwe le mongwe). Batla lebokoso kgotsa kgetsi go di boloka mo go yone gore o kgone go tshameka motshameko gantsintsi.

Bay a 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 diko-losa sekgethe mo ntlheng le fa e ka nna efe go dira gore le lekane; leka go baya ditoki gore go se nne le diphatlha dipe.

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

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

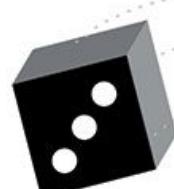
Each player gets a board, and a turn to throw the dice.

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!
Teko 3 e wetse!



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 fitlhela sengwe le sengwe se o se tlhokang 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 tswa mo lebokosong la dithorophitlholo kgotsa la molora o o tlhatswang) 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 fitlhela dithaele / dikarolwana tsa motshameko; di segelele. Batla lebokoso kgotsa kgetsi go di boloka mo go yone gore o kgone go tshameka motshameko gantsintsi.
3. Dirisa letaese le o le dirileng go tswa mo lebokosong.
4. Rulaganya dikarolo tsotlhe mo tafoleng ka dithunya tsa Sugarbush di lebile kwa godimo.

A RE TSHAMEKENG MOTSHAMEKO

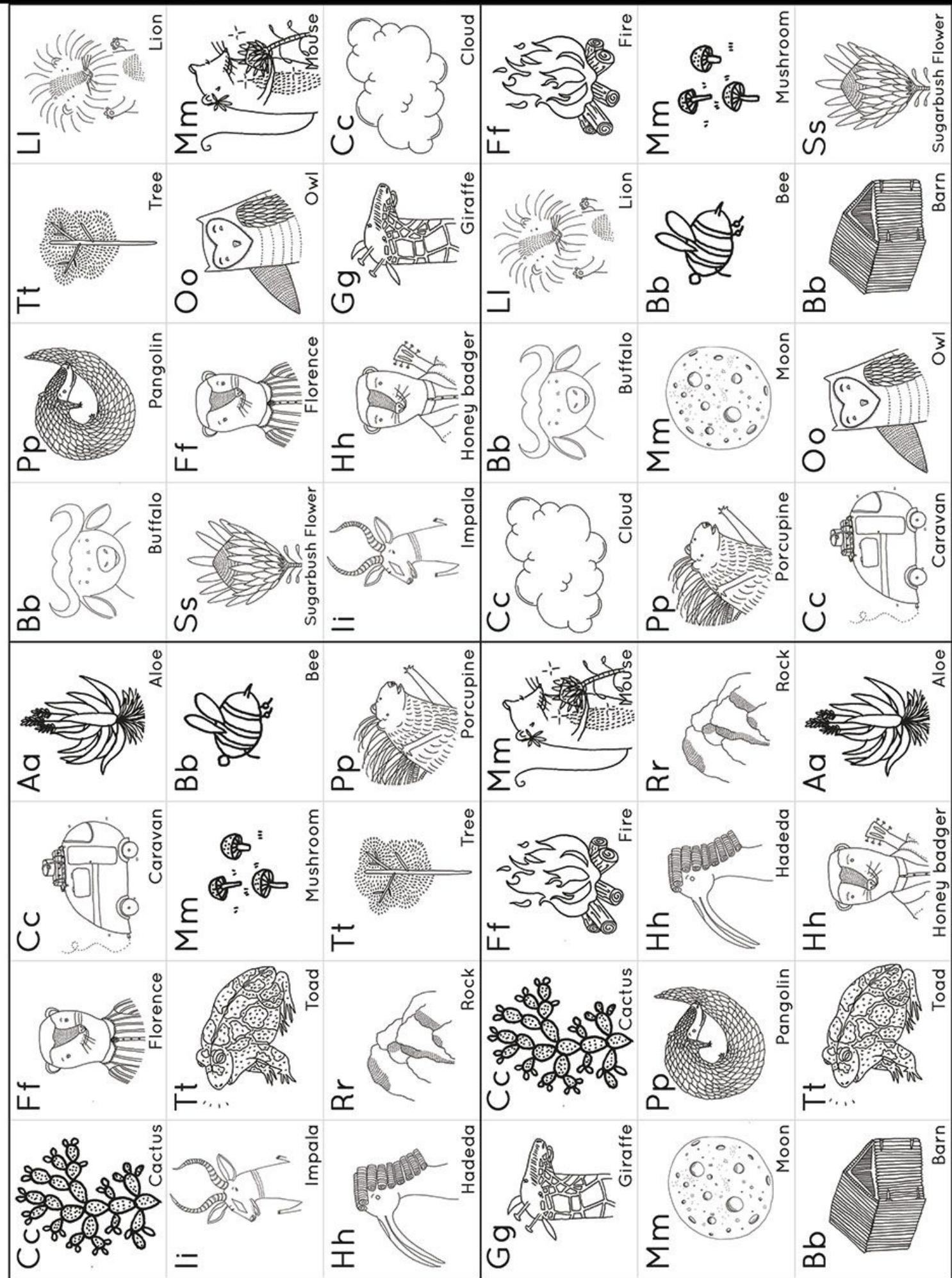
Motshameki mongwe le mongwe o amogela boto, le tshono ya go latlhela letaese.

Sela karolo e e nyalanang le mmala o o mo letaeseng, o bo o bontsha setshwantsho mo letlhakoreng le le ngwe go batshameki botlhe. Fa setshwantsho se se mo karolong e o e setseng se tshwana le se se mo botong ya gago, se beye foo. Fa se seyo mo botong ya gago, se busetse mo lefelong lone leo mo tafoleng ka sethunya sa Sugarbush se lebile kwa godimo.

Maatlafatsa 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 ntlha go tlatsa boto ya gagwe o goa a re BINGO! ebile ke ene mofenyi!

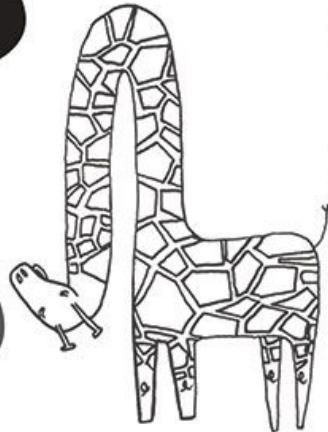
Do the challenge explained on page 8 before cutting out these boards!
Tshamekang teko 4, e e tlhalosiwang mo go tsebe 8 pele o segelela diboto tse!



MAKE A MIND-GROWER DIRA SEGODISA-TLHALOGANYO



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



A o ne o itse gore re kgora go godisa botlhale jwa rona?
Fa re ntse re ithuta go ya pele, re dira diphoso, re leka, re
leka gape le gape, re nna botlhale le go 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.
-

TEKO 4

KA FA O KA E DIRANG KA TENG

1. Segelela khutlonne mo go tsebe 9 le 10.
2. E mene go kgabaganya meradi ya tshekagano, go dira matsutuba go kgabaganya 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. Tsenya dikgonojwe tsa gago le menwana e e bapileng le dikgonojwe tsa diatla ka bobedi mo teng ga dikhutlo (tsholofelo, toro, thulaganyo le ikatiso).
10. Tlisa menwana yotlhe e 4 go kopanela fa gare mme o tla bo o setse o iketleeleditse go tshameka!

KA FA O KA TSHAMEKANG KA TENG

Tlhophala lefoko. Ke gone o bo o bula segodisa-tlhaloganyo palo ya ditlhaka mo lefokong leo. (sekai: Ga 10 mo go T H U L A G A N Y O). Jaanong tlhophala palo o bo o bula le go tswala segodisa-tlhaloganyo ka makgetlho a palo eo. O bo o tlhophala palo e nngwe o bo o bula le go tswala ka makgetlho a palo eo. Ke gone tlhophala palo ya boraro, o bo o bula segodisa-tlhaloganyo, go bala molaetsa o o ka fa tlase ga sone.

Challenge 4 done!
Teko 4 e wetse!

PRACTICE

4

The harder you work, the more intelligence you have to take the stairs.

3

DREAM

5

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

You can do hard things. Mistakes are our greatest learning opportunity.

2

6

You can learn ANYTHING you want to!

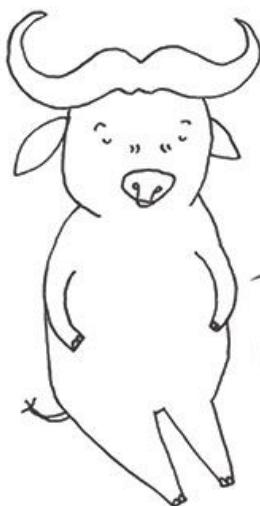
PLAN

Trying challenges make us stronger. Hard brains grow.

1

7

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 tlhoka go tsepa,
Ke ntsha mataese a me a mebalabala.
Mmala mongwe le mongwe o ntlisetsa maikutlo a farologaneng
Jaaka ke e hemela mo teng...Le kwa ntle...
Ke ikutlwa ke ritibetse ebile ke tsepame sentle,
jaaka khemo nngwe le nngwe e tsena le e tswa mo sefeneng sa me se se sentle.

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

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

3



CHALLENGE 5

BREATHING COLOURS IN AND OUT⁽¹⁾

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?

2

4



5

Go na le
pharologany
o e KGOLO fa
gare ga go sa itse
le go sa itse
GO FITLHA
GA
JAANA

isang kwa
kategoung. O
ishwanetse go
tsese di
nata go
ya pelle, ke
nata go
dira ka
Fao o
Ga

leka
dilo tse
di thata go
godisa
ditthaloga
nyo tsa
rona

metsha
meko ya
diteko e dira
gore re
maatlaale
go feta

itthuta
dilo tse di
go dira
kgona
O

ya go
go gaisa
rona e kgolo
ke tshono ya
Diphoso

oketseng
ileng
belo.
matanta-
bo
bothale jo
tshlangu

matanta-
bo
oketseng
ileng
belo.

6



7

Go
leka
dilo tse
di thata go
godisa
ditthaloga
nyo tsa
rona

metsha
meko ya
diteko e dira
gore re
maatlaale
go feta

itthuta
dilo tse di
go dira
kgona
O

1



TEKO 5

GO HEMELA MEBALA MO TENG LE KWA NTLE⁽¹⁾

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?

Tlatsa makgwafo a gago ka dilo tsotlhe tse
di molemo tse mmala o o di tlisang.

Kgokolosa letaese gape.

Hemela kwa ntle mme o tlatse phaposi ka
mmala oo. Go utlwala jang?

CHALLENGE 6

MATCHBOX OF HOPES AND DREAMS⁽¹⁾

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.

Things I want to learn /
Dilo tse ke batlang go di ithuta

Things I want to do /
Dilo tse ke batla go di dira

People who can help me do
these things / Batho ba ba ka
nthusang go dira dilo tse

TEKO 6

LEBOKOSO LA MOKGWARO LA DITSHOLOFELO LE⁽¹⁾

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

O tlaa tlhoka lebokoso la mokgwaro le le senang sepe le sekgomaretsi.

Naya lebokoso la mokgwaro sephuthelo se se kgabisang. Ke gone, sega sekgetšhana mo letlhakoreng la tsebe e, mme o mene mo godimo ga merwalokwaba.

Kwala maikaelelo a gago le megopolو ya gore o tla e fitlhelela jang, mme o kgabise ntlha nngwe le nngwe.

Kgomaretsa ntlha 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.

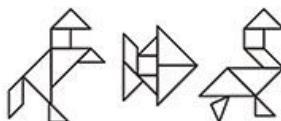
The school calendar has been scrambled...
Some say 2020 is cancelled
But I say, watch me make a list.
Good things will come out of this year, I insist!

Thulaganyo ya malatsi a sekolo e tlhakathakantswe...
Bangwe ba re 2020 e phimotswe
Mme nna ka re, ntebe jaaka ke dira lenaane.
Dilo tse dikgolo tse dintle di tla tswa monongwaga,
ruri se ga se mainane!



Challenge 6 done!
Teko 6 e wetse!

Things I want to create /
Dilo tse ke batla go di tlhola



Ways to get fit and strong /
Ditsela tsa go itekanelo le go
nna maatla

GLUE /
SEKGOMARETSI

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 DIPOPEGO

Segelela dipopego tse di mebalabala
go tswa mo setsenngweng sa
lebokoso, o di dirise go dira Lula,
thutlwa.

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

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, kgotsa le batho ba o nnang le bone, mongwe le mongwe a na le tshono ya go latlhela letaeese.

KA FA O KA TSHAMEKANG KA TENG:

Rulaganya dikarolwana ka mola, le dithunya tsa Sugarbush di lebile kwa godimo. Latlhela letaeese, tsamaisa monwana wa gago go latela palo eo ya dikarolwana tsa motshameko, o bo o ribolola ya bofelo. Jaanong, itlhamele tshimologo ya polelo e e tlhotlhleditsweng ke setshwantsho. Jaanong latlhela letaeese gape, mme o dirise setshwantsho se se latelang mo karolong e e latelang ya polelo. Tswelela go fitlhella kwa bofelong jwa dikarolwana tsa metshameko, mme o dirise setshwantsho sa bofelo go nna bokhutlo jwa polelo.



Challenge 7 done!
Teko 7 e wetse!

Challenge 8 done!
Teko 8 e wetse!

CHALLENGE 9

MEASURE, TREASURE⁽¹⁾

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 / DITEKANYO:

OBJECTS I FOUND: DILO TSE KE DI BONEG:	MEASUREMENTS / DITEKANYO:
Spoon / Leswana	13,7cm

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 TSEL YA GAGWE⁽²⁾

Petal o batlana le Sugarbush.
Mo thuse go bona tsela ya gagwe
mo mararangeng.

TEKO 9

LEKANYA, LETLOTLO⁽¹⁾

Segelela rulara go tswa mo karolong ya lebokoso, mme o e dirise go lekanya dikarolo tse di farologaneng tsa mmele wa gago.

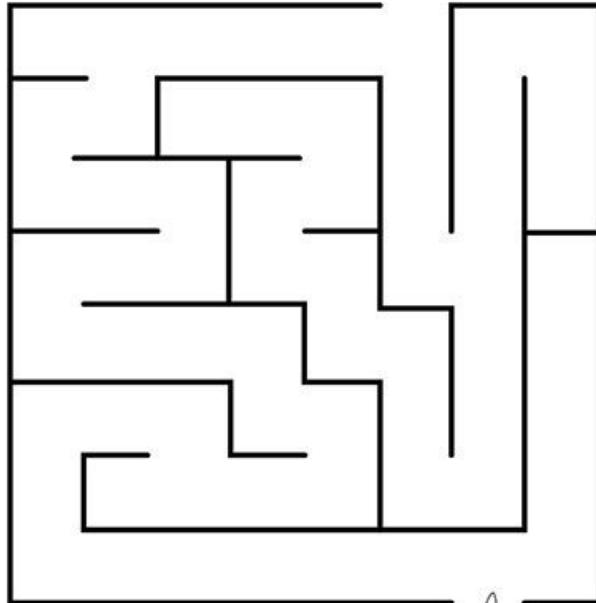
Seatla sa me se boleele jwa: ____ cm

Lonao lwa me lo boleele kwa: ____ cm

Letsogo la me le boleele jwa: ____ cm

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

Batla dilo mo ntlo ya gaeno mme o di lekanye.



Challenge 9 done!
Teko 9 e wetse!

Challenge 10 done!
Teko 10 e wetse!



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 o ne o itse gore Morubisi o kgona go nkutwa ke lela a le bokgakaleng jwa dikgato dile sekete? Mo tekong e, o ka kgona go nna ntsha go reetsa jaaka 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 Zoons.



Challenge 11 done!
Teko 11 e wetse!



Challenge 12 done!
Teko 12 e wetse!

TEKO 11

REETSJA JAAKA MORUBISI

1. Nna ka maoto a tlhatlhagane le mokokotlo wa gago o tlhamalets.
2. Tswala matlho a gago, mme 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 utlwang gaufi?
5. Ke eng se o ka se utlwang kgakajana? Reetsa dilo tse di bokgakala jo o ka bo kgonang; ke selo sefe se se kgakala go gaisa se o ka se utlwang?

TEKO 12

ZIP ZAP ZOOM

O ka tshameka motshameko o le ditsala ka nako ya go kgaotsa kwa sekolong. Moto a le mongwe o tla tlhoka go balela mongwe le mongwe ditaolo tse. Kopa morutabana kgotsa moithuti yo mogolwane go thusa.

1. Dirang sediko se segolo, le eme ka go katogana ka 2m.
2. Motshameki mongwe o simolola motshameko ka go opa legofi a supela motho yo o mo molemeng wa gagwe, a ntse a re "Zip".
3. Tswelelang go dira se go dikologa sediko, go fitlhela mongwe a re "Zap" mme go opa legofi go supe kwa mojeng.
4. Mofuta wa boraro wa go opa legofi ("Zoom") go lebisitswe mongwe mo sedikong yo o sa bapang le ene.
5. Batshameki ba ka itlhophela go re Zip, Zap kgotsa Zoom (ka ntsha ya go opela legofi kwa molemeng, mojeng, kgotsa go mongwe yo o sa bapang le ene). Fa o amogela go opipa ga legofi, ke tshono ya gago go e fetisa.
6. Lo tshwanetse go simolola gape fa mongwe a opela legofi kwa ntlheng e e fosagetseng.



Netefatsa gore lo lebana mo matlhong pele lo feta. Lekang go tshameka teko 11 lo le setlhophha pele lo tshameka Teko 12. Pharologanyo ke eng? Oketsang Zip Zap Zoons ka go tlola le go kotama.

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!

CHALLENGE 14

THE SOCIAL DISTANCE SHUFFLE⁽¹⁾

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!

⁽¹⁾ ASSITEJ South Africa

TEKO 13

ITSHIDILo YA GO KGOKOLOSA LETAESE

Dirisa letaeese le o le dirileng ka karolo ya lebokoso go tshameka motshameko o.

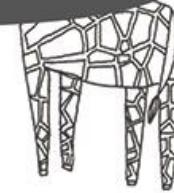
KA FA O KA TSHAMEKANG KA TENG

Motho a le mongwe ke moeteledipele wa itshidilo, le gone o tshotse mataese a motshameko otthe. O na le maikarabelo a go netefatsa gore mongwe le mongwe o katogile ba bangwe ka sekgele sa 2m. O kgokolosa letaeese, a be a bitsa tiro e e tsamaelang:



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!

Go katoga go a gakgamatsa
(kwa ntla ga fa o le nngwe ya diphologolo tse ditona tse 5 tse di boitshegang).
E batla go nna le diemosi tse di podimatseba,
Ka jalo, ke diretse ditsala tsa me le nna motshameko go ikatisa
Go katogana ka dikgato dile pedi go ipabalela
...fa re ja monate o gaisang!



TEKO 14

KGOGAKGOGO MAOTO YA

GO KATOGANA⁽¹⁾

Maitlhomo a teko e ke go katogana ka dikgato
dile 2 fa lo ntse lo tsamaya.

KA FA O KA TSHAMEKANG KA TENG:

Motho a le mongwe ke Lula (ema mo godimo ga setilo gore o nne thutwa e telele). Tsaya lefeelo gore o kgone go lekanya gore mongwe le mongwe katogane le ba bangwe ka sekala se se fetang 2m (2m ke boolele jwa lefeelo-le-bonnyennyane go feta, ka jalo motho yo o tshotsheng lefeelo ga a kgone go fitlhelela motho yo o emeng mo sekgaleng sa 2m).

Batho botlhe ba tshwanetse go tswela go tsamaya go dikologa mo sebakeng, fa ka dinako tsotlhe ba katogane ka 2m. Fa go na le phatlha e e fetang 2m fa gare ga batho, otlhoka go e tlatsa.

Lula o goa a re "gatsela" ka nako epe, a be a bitsa batho gore ba tswe fa ba sa gatsele sentle; fa ba atumelane thata; kgotsa fa ba le mo losing lwa sebaka se setona se se sa tladiwang. Batho ba ba biditsweng go tswa ba nna fo fatshe fa ba leng teng mme ba bangwe ba tsamaya ba ba dikologa, ba ba katogile le go katoga ba bangwe ka 2m.

Motho wa bofelo yo o setseng ke Lula yo o latelang!



Challenge 13 done!
Teko 13 e wetse!



Challenge 14 done!
Teko 14 e wetse!

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

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 nnang mo go yone.

Tsweetswee 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 / DINTLHA 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 letshoroma, kgotlholo kgotsa mometso o o botlhoko.

CHILDLINE
0800 55555

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

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



