

# TREASURE BOX

FEATURING

## FLORENCE AND WATSON

AN AFTER SCHOOL  
COLLABORATION

VOLUME 2

TRANSLATED BY MADODA NDLAKUSE

ENGLISH & ISIXHOSA



Western Cape  
Government



THE  
LEARNING  
TRUST



Laureus  
SPORT  
FOR  
GOOD



Assitej  
South Africa

FLORENCE AND WATSON



# WELCOME TO THE TREASURE BOX!



Hey  
Treasure Box pals!



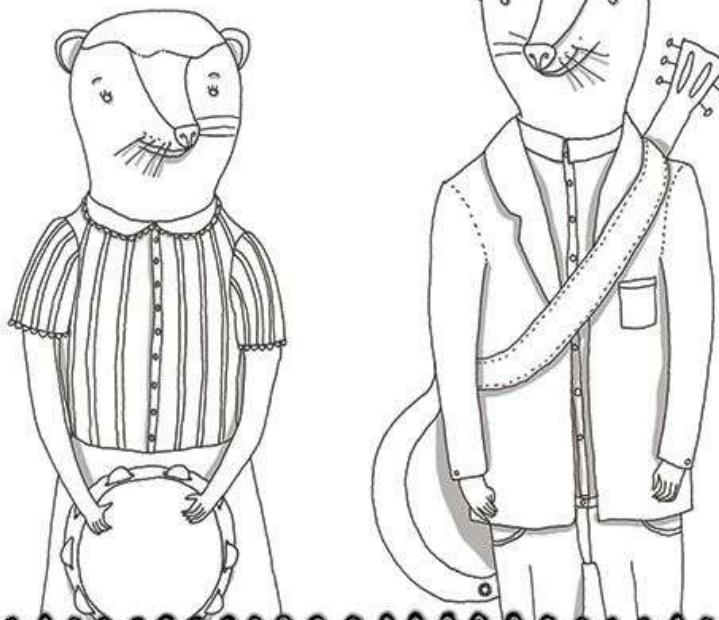
Molweni  
zihlobo eTreasure Box!

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,



Mna, ndingu Florence ndikunye no Watson, thina siluhlobo lwamachelesi olunqabileyo. Ukucula iingoma ngelixa sibalisa amabali ngumdlalo wethu esiwuthandayo.

Wonke umntu uye wajongana nexesha eli nzima kwakufika intsholongwane yeKhorona eMzantsi Afrika. Ngoko ke igenge yeTreasure Box yamkele thina nabahlobo bethu – umpuku ogama linguPetal, undlulamthi ogama linguLula, kwakunye nonyathi ogama linguBuffel – khona ukuze siniphathelle lo mqulu wemisebenzi eyonwabisayo. Lo mqulu unemidlalo elungele usapho lonke; sicela abantwana bakowenu abadadlana kwakunye nabagcini bancede bakufundele ngokuvakalayo, kwaye bancedise kulemisebenzi yendyebo.

Masenze konke okusemandleni ukuzigcina sisempilweni kwaye sikhuselekile!

Sinithanda kakhulu,

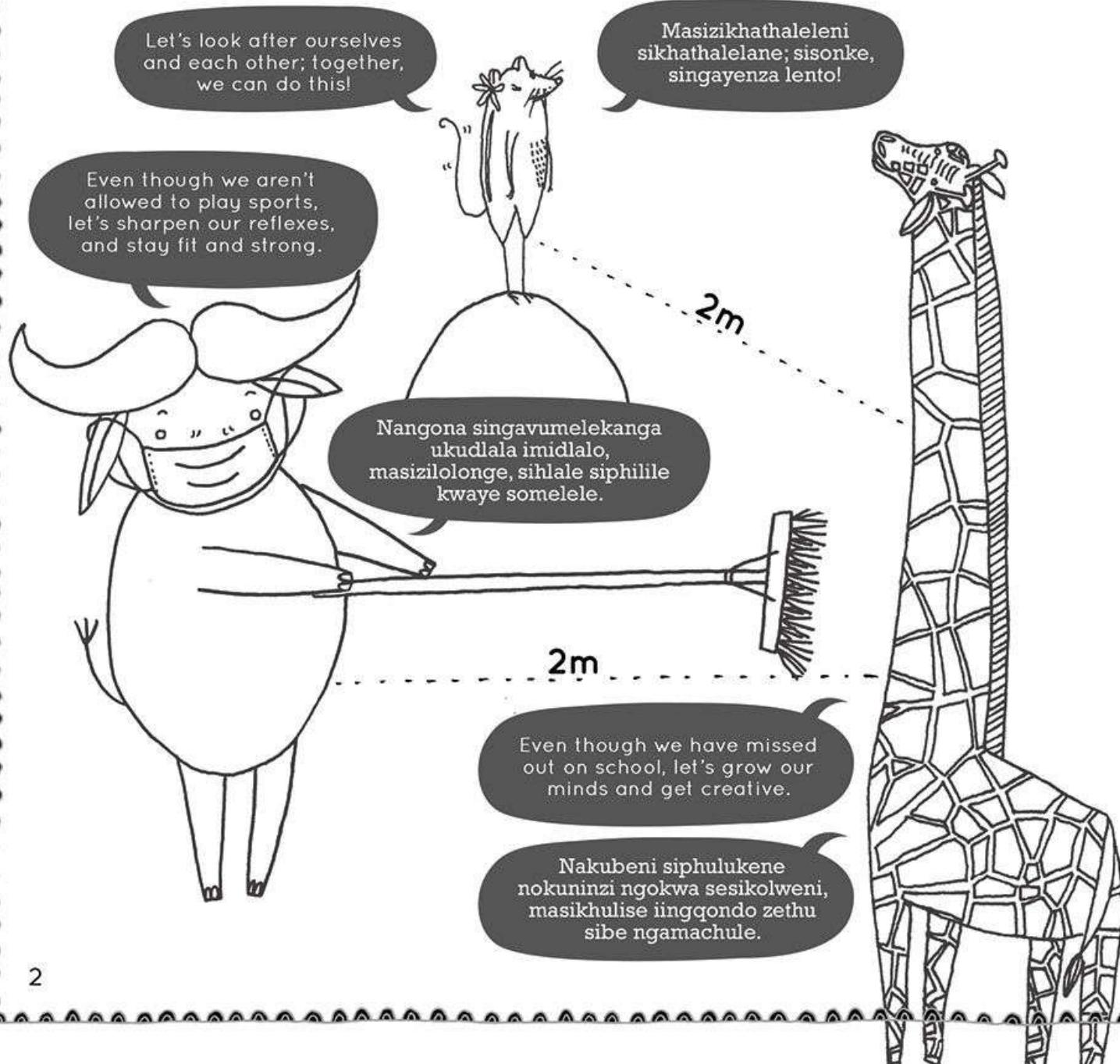
Florence & Watson

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.

*I-Treasure Box* yokuqala yeentsapho iphume ngexesha izikolo bezivaliwe. Nangona ngoku ziqalisa ukuvulwa kwakhona, kumele sihlale emakhaya kangangoko sinako.

Le yesibini *i-Treasure Box* inemisebenzi enemingeni onokuyenza uyiggibe ngoku nokwakho (cela abantwana abadala okanye umnakekeli wakho akuncedise), okanye nabantu ohlala kunye nabo. Ukanti kukho neminye imidlalo onokuyidlala kunye nabahlobo bakho ngexesha lekhefu esikolweni (nibe nigcine umgama wemitha ezimbini phakathi kwenu). Le misebenzi ungayifumana ekuggibeleni; umisebenzi we12 ukuya kwil4.



# 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.



Dlala lo mdlalo nabantu ohlala nabo, ukuze sifunde malunga nendlela esinokuzikhusela ngayo thina nabanye kule Khoronavayirasi.

## 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!

## UMSEBENZI 1

### ULUNGISELELWA NJANI LO MDLALO:

Fumana ibhodi yomdlalo kumphakathi weqweqwe langaphambili. Umdlali ngamnye uza kudinga uphawu olunye (sebenzisa iingqekembe okanye olunye lwamaphawu asikwa kwiqweqwe langasemva lale ncwadi), kunye nedayisi elingaphakathi kwiqweqwe.

Ukuzidibenisela idayisi, sika kwimigca eqinileyo uze ugobe kwimigca engamachaphaza. Wakuggiba uncamatelise ngesincamatelisi (i-glue/intlama okanye iteyiphu) kwiindawo ezipulekileyo.

### UDLALWA NJANI LO MDLALO:

- Umdlali ngamnye ufumana ithuba lakhe lokuqengqa idayisi, aze ahambe ngokwenani alifumeneyo kwizikwere ezo.
- Ukuba uye wafikela kwindawo ekhusela ukunwenwa kwentsholongwane yeKhorona (kwisikwere esiluhlaza), kumele uphinde uqengqe idayisi.
- Kodwa ukuba kwenzekile wafikela kwindawo esasaza intsholongwane (isikwere esimdaka ngebala), funeka idayisi liqengqwe ngomnye.
- Lowo uthe wafika kuqala ekuggibeleni nguye ophumeleleyo!



Challenge 1 done!  
Umsebenzi 1 ugqityiwe!

# 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.

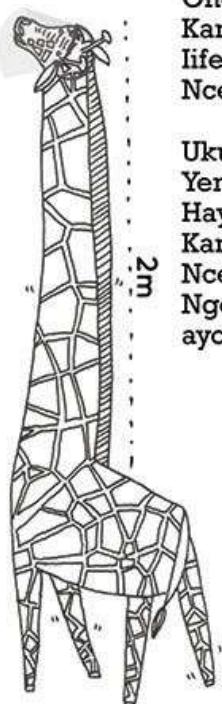


## MASIZIGCINENI SISEMPILWENI YAYE SIKHUSELEKILE!

Thyini bafondini! INtsholongwane yeKhorona  
Isithe mbende xa sisonke!  
Kodwa sukuba novalo okany' ungcangcazele  
Ngob'oko kusasazeka thina siza kukunqanda.

Sidinga nje amanzi nesepha,  
Ukubhibhisra le ntsholongwane.  
Lilonke ithemba likhona!  
Ndiyakucela, qinisek'ukuba  
Bonk'abo bakungqongileyo bayaqonda.  
Ukuzihlamb'izandla zethu kungu ndoqo.

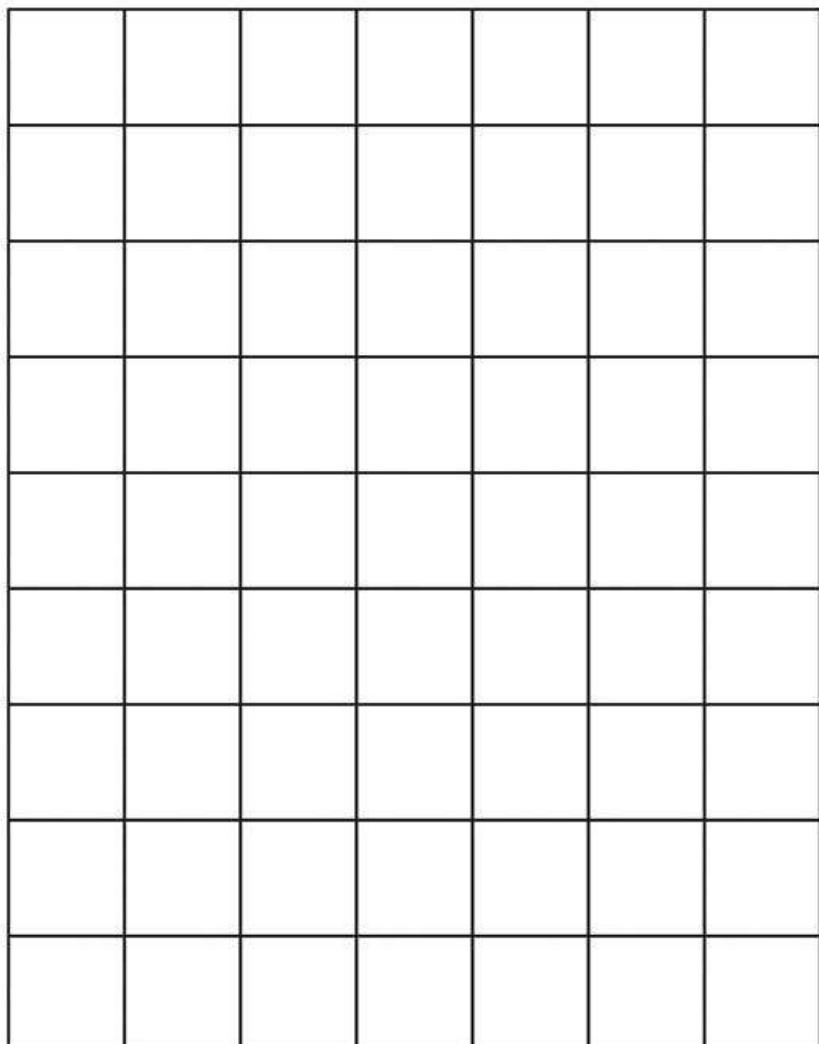
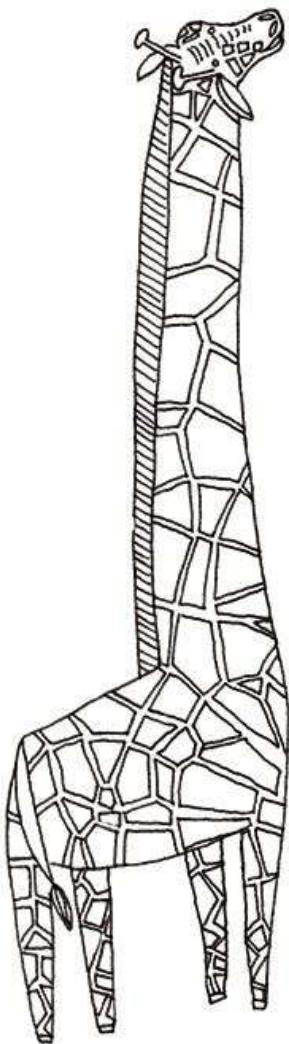
Lent'iinwen'okomlilo wedobo,  
Ngamathonts'amancinci,  
Mathontsi lawo ataka sakuthimla.  
Mathontsi lawo ataka sakukhohlela.  
Uze uqinisekis'ukunxib'i-mask  
Xa ushiy'ikhaya ngenjongo yokuzikhushela.



Maze singayivulel'inyoba  
Le ntsholongwane.  
Kuba kaloku asinalo ugonyo lwayo.  
Masihlale sigcine umgama  
Ongangee mitha ezimbini phakathi kwethu.  
Kanjalo siqinisekise into yokuba  
Iifestile sizivilile.  
Nceda! Yiba krelekrele

Ukuba ufun'ukukhohlela okanye ukuthimla  
Yenzel'engqiniben yakho,  
Hay'ezandleni zakho.  
Kanti ukuba uziva ugula,  
Nceda ungayi esikolweni.  
Ngob'into yokusulela abanye ngentsholongwane,  
ayonto entle tu!

## 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!

UMSEBENZI 2

Sika ze ukhuphe imilo emibalabala esuka kumphakathi webhodi yoqweqwe. (Sika ecaleni komgca kumbala ngamnye). Fumana ibhokisi okanye isingxobo uyigcine kuyo ukwenzela ukwazi ukudlala lo mdlalo kaninzinzi.

Yenza ezo ziqwenga zibe yimfumba. Umdlali ngamnye uza kuba nelakhe ithuba lokukhetha imilo kumphezulu wenqwaba aze ayibekemgenci osukela ezantsi ukuya phezulu. Ungaxwesisa isiqwenga ukusisa nakweliphi na icala ukuze sibe kwindawo elingana naso, zama ukusibeka eso siqwenga kwindawo esiza kuyivala gingci.

Jonga ixesha lakho uzibone ukuba  
ukhawuleza kangakanani na ukugcwalisa  
izikhewu!



Challenge 2 done!  
Umsebenzi 2 ugqityiwe!

# 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

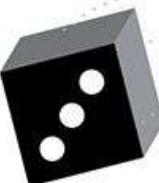
Each player gets a board, and a turn to throw the dice.

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!  
Umsebenzi 3 wenziwe!



## UMSEBENZI 3

Lo ngumdlalo omnandi wokudlalelw ekhaya; cela ukuba wonke umntu athathe inxaxheba.

### ZILUNGISELELE

Uza kufumana yonke into oyidingayo ukukwazi ukudlala lo mdlalo kwiphepha le7, kwiqweqwe elingasemva, nakwikhadana elikule ncwadi.

1. Sika ukhuphe iibhodi ezine ezikwiphepha le-7 (sika ecaleni kwemigca)uze uzincamathisele ebhodini yoqweqwe (umzekelo ungasebenzisa ibhokisi yesidlo sakusasa esizinkozo (cereal) okanye ibhokisi yesepha engumgubo) ukuzenza zomelele. Faka imibala emifanekisweni, yenza kangangoko unako ukuyenza ingqwese ngobuhle.
2. Kwiphepha elingasemva lale ncwadi uza kufumana iithayile okanye amaphawu; wasike uwakhuphe. Fumana ibhokisi okanye isingxobo ukwenzela uwagcine kuyo ukuze ukwazi ukudlala lo mdlalo kangangoko ufuna.
3. Sebenzisa idayisi elisuka kumphakathi webhodi yoqweqwe.
4. Beka kakuhle zonke iithayile etafileni, icala elinomthi we-Sugarbush malijonge phezulu.

### MASIDLALE UMDLALO

Umdlali ngamnye ufumana ibhodi, nethuba lokuphosa elakhe idayisi

Chola ithayile ehambelana nombala wedayisi, uze uveze umfanekiso kwelinje icala kubo bonke abadlali. Ukuba imifanekiso efanayo ikwibhodi yakho, yibeke apho. Ukuba ayikho kwibhodi yakho, yibeke kwindawo enye etafileni icala elinomthi we-Sugarbush ulijongise phezulu.

Khulisa amandla akho enkumbulo ngokuthi ukhumbule ukuba iphi imifanekiso, khona ukuze ukhetho lowo uhambelana nebhodi yakho, xa sele ilithuba lakho lokudlala.

Ogcwalise ibhodi yakhe kuqala uyakukhwaza athi "BINGO!", ngoko ke iyakube inguye ophumeleleyo!

**Do the challenge explained on page 8 before cutting out these boards!**

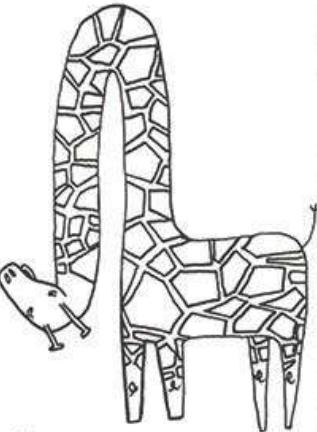
**Yenza umsebenzi 4, ocaciswe kakuhle kwiphepha 8 phambi kokusika ze ukhuphe ezi bhodi!**

Cc	Ff	Cc	Aa	Bb	Pp	Tt	Ll	Mm	Cc	Ff	Mm	Ss	Bb	Oo	Gg	Hh	Ii	Cc	Pp	Tt	Ll	Mm	Ff	Mm	Ss	Bb
Cactus	Cactus	Caravan	Aloe	Bee	Pangolin	Tre	Lion	Mouse	Cloud	Fire	Mushroom	Barn	Owl	Cloud	Giraffe	Honey badger	Impala	Buffalo	Lion	Bee	Mushroom	Sugarbush Flower	Barn	Sugarbush Flower	Owl	
II	II	Florence	Mm	Mushroom	Buffalo	Ff	Oo	Oo	Cloud	Fire	Porcupine	Caravan	Owl	II	Honey badger	Bee	Bee	Bee	II	II	II	II	II	II	II	II
Cactus	Toad	Toad	Tree	Tree	Tree	Tt	Tt	Tt	Cloud	Cloud	Porcupine	Caravan	Owl	II	Porcupine	Porcupine	Porcupine	Porcupine	Porcupine	Porcupine	Porcupine	Porcupine	Porcupine	Porcupine	Porcupine	Porcupine
II	II	II	II	II	II	II	II	II	II	II	II	II	II	II	II	II	II	II	II	II	II	II	II	II	II	II

## MAKE A MIND-GROWER YENZA UMKHULISI-NGQIQO



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



Ubusazi na ukuba mntu ngamnye kuthi angabukhulisa ubukrelekrele bakhe? Okukhona sifunda, kokukhona sisenza iimpazamo, zama, yaye uphinde uzame kwakhona, kulapho ke siye sibekrelekrele!

### 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.
- 

### UMSEBENZI 4

#### WENZIWA NJANI LO MSEBENZI:

1. Sika uze ukhuphe isikwere kwpiphepha le9 kunye nakwele10.
2. Lisonge ukunqumleza imigca exwesileyo, uze wenze imigobo ecwalileyo ukunqumleza isikwere eso.
- 3 & 4. Ngolwimi ofuna ukulusebenzisa ujongo ezantsi, songa ikona nganye yesikwere zidibane esiphakathini.
- 5 Guqula isikwere eso.
- 6 & 7. Songa ikona ukuze zidibane phakathi kwakhona.
8. Songa isikwere esincinci phakathi.
9. Faka oobhontsi bakho neminwe yakho yokukhomba yomibini ezikoneni (ithemba, iphupha, ukucwangcisa, kunye nokuziqhelanisa).
10. Dibanisa yomine iminwe ukuze uqale umdlalo!

#### KUDLALWA NJANI

Khetha igama. Emveni koko, vula uze uvale umkhulisi-ngqiqo ngeminwe yakho ngokwamanani oonobumba kwelo gama, (umzekelo amaxesha amane ku C E B A). Emveni koko, khetha inani uze uvule kwakhona uvale umkhulisi-ngqiqo kaninzi. Emva koko khetha enye inombolo yesithathu, yaye vala umkhulisi-ngqiqo uze ufunde umyalezo ongaphantsi kuwo.

PRACTICE

4

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

5

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

6

You can learn ANYTHING you want to!

PLAN

7

Trying hard things grows our brains. Challenges make us stronger.

8

GROW

3

DREAM

2

You can do hard things.

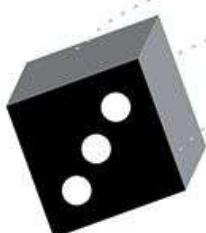
1

Mistakes are our greatest learning opportunity.



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.

Xa ndinoxinzelelo okanye ndifun'ukunika ingqwalasela,  
Ndikhupha idayisi lam elimabalabala.  
Umbala ngamnye uzisa iimvakalelo ezahlukileyo  
Njengoko ndiziphefumela ngaphakathi... kanye nangaphandle...  
Ndiziva ndisya ndizola ndikwanako nokuzinza  
Njengoko umoya uphum'ungena kwimpumlo zam.



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

Tyhila iphepha uye kumsebenzi 5 uze uphefumle imibala ngaphakathi nangaphandle.

ZIOLHELISE

4

5

9

CHEBA

7

8

KHULA

PHUPHA

3

2

1

Ekusebenzeni  
nzima kwakho,  
ubukrelekrele  
bukhula  
ngakumbo!

Impumelelo  
ayizi lula.  
Umale  
usebenze  
nzima.

Impazamo  
litshuba Lethu  
elibalulekileyo  
lokufunda.

Ungafunda  
NANTONI  
na ofuna  
ukuyifunda!

Ukuzama  
kangan-  
goko sinako  
kuyazikhulisa  
iingqondo  
zethu.

Imiceli-  
mngeni  
iyaso-  
meleza.

Unganako  
ukwenza  
izinto  
ezinzima.

## 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?

## UMSEBENZI 5

### UKUPHEFUMLA IMIBALA NGAPHAKATHI NANGAPHANDLE<sup>(1)</sup>

Phosa idayisi elimabalabala.

Ingaba lo mbala ukwenza ucinge ngantoni?

Yiba nomfanekiso ngqondweni wakho uphefumla la mbala. Uvakalelwa njani? Gcwalisa imiphunga yakho ngazo zonke izinto ezintle eziziswa yimbala.

Phosa elo dayisi kwakhona.

## 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.

Things I want to learn /  
Izinto endifuna ukuzifunda

Things I want to do /  
Izinto endifuna ukuzenza

People who can help me do  
these things / Abantu abanokundinceda ndenze ezi zinto

## UMSEBENZI 6

### IBHOKISANA YAMATHEMBA NAMAPHUPHA<sup>(1)</sup>

Kulo msebenzi uza kukwenza umsebenzi wobugcisa  
owandisekayo weminqweno kunye namaphupha akho  
ngowama 2020.

Uza kudinga ibhokisana yematzhisi engenanto.  
Yenza umkhavarisho wangaphambili omhle.  
Emva koko, sika imicu apha ecaleni kweli phepha, uze  
usonge ungqamanise imigca enamachaphaza.  
Bhala phantsi usukelo neembono zakho nendlela oza  
kuzifezekisa ngayo. Hombisa injongo nganye.

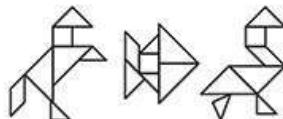
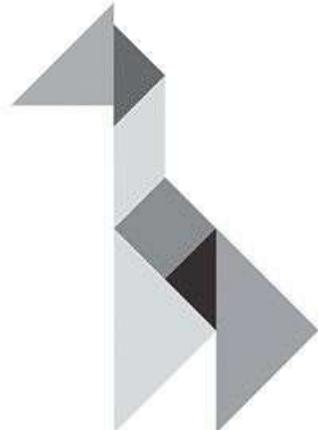
Ncamathisela injongo yokuggibela emazantsi ebhokisi  
yematzhisi, wakuggiba usongele umsebenzi wakho  
wobugcisa aphi ebhokisini. Yigcine ikhuselekile, ukuze  
ikukhumbuze malunga nalapho uya khona nokuba uza kufika  
njani aphi.

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!

Ikhalenda yesikolo ihangahlangene...  
Abanye bathi u2020 urhoxisiwe  
Kodwa mna ndithi, jonga mna lo xa ndisenz'uludwe.  
Izinto ezintle eziza kuvela kulo nyaka,  
ndiyanyanzelisa!



Things I want to create /  
Izinto endifuna ukuziyila



## 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?

## UMSEBENZI 7

### MASIKHE SIDLALE NGENDLELA

### IZINTO EZIMILE NGAYO

Sika imilo emibalabala engaphakathi kwikhadibhodi, zisebenzise ukwenza undlulamthu uLula!

Yeyiphi eminye imifanekiso onokuyenza usebenzisa le milo?

## 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.



## UMSEBENZI 8

### QENGQA IBALI

Sebenzisa amaphawu angasemva kwiqweqwale ncwadi. Ungazidlaela lo mdlalo ngokwakho, okanye nabantu ohlala nabo, nimana nitshintshiselana ngokuphosa idayisi.

### UDLALWA NJANI LO MDLALO:

Hlengahlengisa amaphawu ngokwemiqolo, uze umthi we-Sugarbush ujunge phezulu.

Phosa idayisi, hambisa umnwe wakho ngokwenani lophawu, uze uguqule elokuggibela. Ngoku, qamba isiqalo sebali ukhuthazwe ngumfanekiso lowo. Phinda uphose idayisi kwakhona, uze usebenzise umfanekiso olandelayo kwinxalenye elandelayo yebali. Qhubeka usenza njalo kude kuphele amaphawu. Sebenzisa umfanekiso wokugqibela kwisiphelo sebali.

GLUE / I-GLUE  
YOKUNCAMATHELISA



- Challenge 7 done!  
Umsebenzi 7 ugqityiwe!
- Challenge 8 done!  
Umsebenzi 8 ugqityiwe!

## 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 / UMLINGANISELO:

OBJECTS I FOUND: IZINTO ENDIZIFUMENEYO:	MEASUREMENTS / UMLINGANISELO
Spoon / Icephe	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.

## UMSEBENZI 10

### NCEDA UPETAL AFUMANE

### INDLELA YAKHE<sup>(2)</sup>

UPetal ukhangela isicithi seSiraphu. Mncede asifumane kwezo ndledlana nezo zicithana zishinyeneyo.

## UMSEBENZI 9

### LINGANISELA UBUNCWANE<sup>(1)</sup>

Sika i-ruler efakwe ngaphakathi ebhokisini ukuze uyisebenzise xa ulinganisa amalungu awohlukeneyo omzimba wakho.

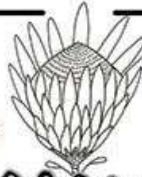
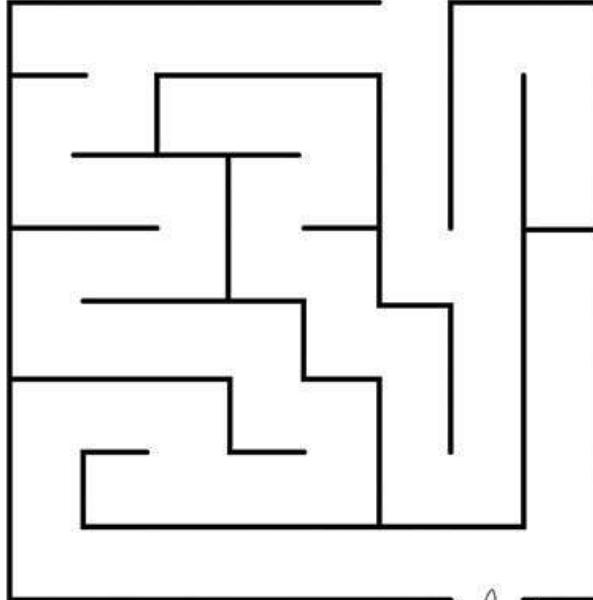
Ubude besandla sam: \_\_\_\_ cm

Ubude bonyawo lwam: \_\_\_\_ cm

Ubude bengalo yam: \_\_\_\_ cm

Emva koko, cela umntu kusapho lwakho ukuba acambalale phantsi ukuze ulinganisele ubude bakhe. Bungakanani ubude be-ruler onokububala ukusukela entloko uyokutsho eluzwaneni? Bude kangakanani?

Fumana izinto endlwini yakho uze uzilinganise.



Challenge 9 done!  
Umsebenzi 9 ugqityiwe!

Challenge 10 done!  
Umsebenzi 10 ugqityiwe!



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.

## 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?

Ingaba ubusazi ukuba isikhova sinako ukundiva xa ndincwina sibe sikumgama ongange khilomitha ukusuka kum? Kulo msebenzi, unganako ukusebenzisa ingqiqo ngakumbi ngokumamela nje ngesikhova.



## UMSEBENZI 11

### MAMELA NJENGESIKHOVA

1. Hlala phantsi uxwesise imilenze yakho, uze umqolo wakho ume nkqo.
2. Vala amehlo, uze uphefumlele banzi ngaphakathi nangaphandle.
3. Ngoku khawumamele izandi ozivayo kwindawo ekungqongileyo.
4. Zeziphi izandi ozivayo kufutshane nawe?
5. Zeziphi izandi ozivela kude?
6. Zama ukuva ezona zinto zikude kuwe: Yeyiphi eyona nto ikude onokuyiva?

## 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.

## UMSEBENZI 12

### UZIP ZAP ZOOM

Ungawudlala lo mdlalo nabahlobo ngexesha lekhefu esikolweni. Umuntu ngamnye kuza kufuneka afundele wonke umntu ngokuvakalayo imiyalelo enikiweyo. Cela utishala okanye umfundsi omdala akuncede.

1. Yakhani isangqa, nime nigelelene malunga neemitha ezimbini phakathi kwenu. Kulo umdlalo nakumane niqhwabelana.
2. Umdlali omnye uqala umdlalo ngokuqhwaba ukuze akhombe, aze athi "Zip" kumntu ongasekhohlo.
3. Qhubeka usenza esi sangqa, kude kubekho othi "Zap" aze aqhawabe ekhombe ngasekunene.
4. Uhlobo lwasithathu lokuqhwaba ("Zoom") luya kumntu osesangqeni ongemanga ecaleni kwakho.
5. Abadlali bangakhetha ukuthi Zip, Zap okanye Zoom, beqhwaba bekhombe (ekhohlo, ekunene, okanye emntwini ongemanga ecaleni kwakhe). Xa ufumana ukuqhwatyelwa, lithuba lakho lokugqithisela komnye.
6. Kufuneka uqalele ngokutsha ukuba omnye uye waqhwaba eqhwabela kwicala elirongo.



Qinisekisa ukuba njongana emehlwani phambi kokudlula. Zama ukwenza umsebenzi okwill njengeqela ngaphambni kokwenza umsebenzi we12. Yintoni umahluko? Yongeza ukutsibatsiba nokunxusa kwiZip Zap Zooms.

## 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 / BALEKA KWINDAWO EYIYO



TOUCH YOUR TOES / BAMBA IINZWANE ZAKHO



FROG JUMPS / YENZA UNOMASELE



ARM CIRCLES / YAKHA ISANGQA NGENGALO



STAR JUMPS / BAMB'IINZWANE UXHUME KAKHULU



DANCE PARTY! / MAZIWE MASIJAYVENI!!

## UMSEBENZI 13

### UKUZILOLONGA NGOKUPHOSA IDAYISI

Sebenzisa idayisi olenzileyo kula mphakathi webhodi yoqweqwe ukuze udlale lo mdlalo.

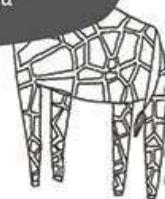
#### KUDLALWA NJANI

Umuntu omnye yinkokheli yokuzilolonga, yaye nguye onedayisi ngalo lonke ixesha. Yena nguye omele aqiniseke ukuba bonke abadlali baqelelene kangangemitha ezimbini. Yena umele aqengqe idayisi, abize ezi zinto zilandelayo ekumele zenzeke:



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!

Ukuzelelana phakathi kwabantu akuqheleki  
(ngaphandle kokuba ungomnye weZikhulu ezintlanu yaye woyikwa gqitha).  
Idinga izinga lokuqonda elikungangatho ophezulu  
Ngoko ke ndenze umdlalo ndisenzela mna nabahlobo bam ukuba siziqhelanise  
Siqinisekisa ukuba sigcina iimitha ezimbini phakathi kwethu  
...njengoko sizidumisa!



## 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

## UMSEBENZI 14

### UTSHINTSHO LOKUQELELANA

#### KWABANTU<sup>(1)</sup>

Injongo yalo mdlalo kukuqevelana kangangeemitha ezimbini ngoxa uqhubeka uhamba.

#### KUDLALWA NJANI:

Omnye umntu makabe ngulula (yima phezu kwestulo kaloku uyindlulamthi ende). Yiba nomtshayelo ozakuwusebenzisa ukucinisekisa ukuba kukho umgama ongange mitha ezimbini phakathi kwabantu. (Iimitha ezimbini ngumtshayelo onesiqingatha ubude, ngoko ke umntu obambelele emtshayelweni akanakufikelela kumntu okubude beemitha ezimbini).

Bonke abanye abantu mabaqhubeke behamba kwindawo leyo yokudlala, ngelixa kukho umgama ongangeemitha ezimbini phakathi kabu. Xa kukho isithuba esingaphezu kweemitha ezimbini phakathi kwabantu, kumele usivale eso sithuba

ULula uyakhwaza "Yima!" nanini na, aze abize abantu abangakhange bame njengoko ebayalele ukuba basondelelane: okanye ukuba bakwindawo enesithuba esikhulu esingavalwanga. Abo babiziweyo bahlala phantsi kanye apho bakhoyo, baze abanye bahambe bejikeleza phakathi kwabo, begcine umgama oziimitha ezimbini phakathi kwabo, nakwabo bahleli phantsi.

Umntu wokugqibela oshiyekileyo ngulula olandelayo!!

## 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)

## NXIBELELANA KUNYE NATHI!

### SIFUNA UKUKHE SIVE KUWE!

- Unjani?
- Ngeyiphi imisebenzi ekule ncwadi othe wayithanda kakhulu?
- Sixelele igama lakho, ibanga ofunda kulo kunye nengingqi ohlala kuyo.

Nceda usithumelele izinto ozenzileyo nozizobileyo.

**WHATSAPP 061 332 4349**

**OR SEARCH  
“AFTER SCHOOL TREASURE  
BOX” ON FACEBOOK**



### USEFUL CONTACTS / IINOMBOLO EZILUNCEDO

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

If you have high fever, cough & sore throat.

**Ukuba uphethwe kakubi ngumkhuhlane, uyakhohlela yaye uqaqanjelwa ngumqala.**

**CHILDLINE**  
**0800 55555**

If I don't feel safe or someone is hurting me.  
**Ukuba ndiziva ndingakhuselekanga okanye ukho umntu ondonzakalisayo.**

**AMBULANCE**  
**10177**  
For a medical emergency.  
**Xa kukho imeko yezonyango engxamisekileyo.**



