

TREASURE BOX

FEATURING

FLORENCE AND WATSON

AN AFTER SCHOOL
COLLABORATION

VOLUME 2



ENGLISH & ZULU



Western Cape
Government



THE
LEARNING
TRUST

BEYOND THE CLASSROOM

Laureus
SPORT
FOR
GOOD

SOUTH AFRICA

Assitej
South Africa



FLORENCE AND WATSON

START

PLAY WITH FRIENDS /
DLALA NABANGANI
NGAPHAKATHI ENDLINI

GO TO CROWDED
PLACES / IYA LAPHO
EKUGCWELE KHONA
ABANTU ABANINGI

SNEEZE ON A TOY AND
HAND IT TO A FRIEND /
THIMULELA KWITHOYIZI
LAKHO BESE UNIKA
UMNGANI WAKHO

PLAY OUTSIDE, KEEPING
2M APART / DLALA
NESIKHALA ESILINGANA
NAMAMITHA AMABILI

STAY AT HOME WHEN
YOU FEEL SICK / UMA
UZIZWA UGULA

HUG AND SHAKE
HANDS WITH PEOPLE /
BESE UVABAXHAWULA
SINGATHA ABANTU

WASH YOUR
HANDS OFTEN /
IZANDLA ZAKHO
JWAYELA UKUGA

OPEN WINDOWS
AND DOORS / VULA
AMAFASTE / VULA
NEZICABHA

OPEN WINDOWS IN THE TAXI
EVEN WHEN IT'S COLD /
VULA AMAFASTE LA NEZICABHA
VULA AMAFASTE LA ETEKISI
NOMA NGABE KUYABANDA

TOUCH
YOUR EYES
/ THINTA
AMEHLO
AKHO

WEAR A
MASK /
GQOKA
ISIFONYO

DO THE ELBOW
GREETING / IYA
LAPHO EKUGCWELE
KHONA ABANTU
ABANINGI

CORONAVIRUS DO'S &
DON'TS BOARD GAME
UMDLALO WE-COVID 19
OVEZA OKUMELE SIKWENZA
NOKUNGAFANELE SIKWENZE

FINISH!

WELCOME TO THE TREASURE BOX!



Hey
Treasure Box pals!



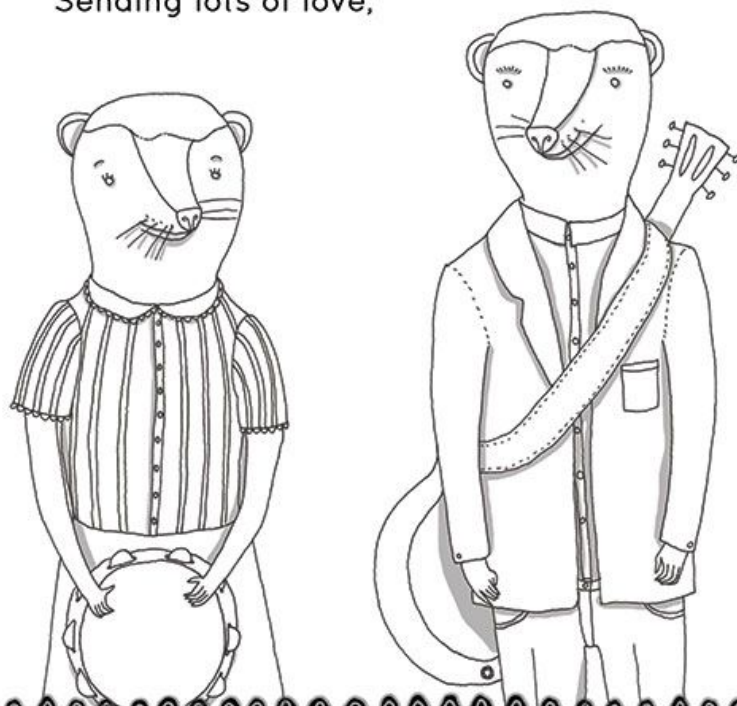
Sanibonani bangani!
Siyanamukela kumdlalo wethu
wokuthuthukisa umqondo!

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,



Amagama ethu nguFlorence
no-Watson sizinsele ezingajwayelekile
ezidla uju. Ukucula izingoma
nokuxoxa izinganekwane umdlalo
esiwukhonzile.

Sekunzima ukuphila eNginginzimu
Africa ngenxa yokuhlaselwa isifo
iCovid 19. Iqembu leTreasure Box
limeme thina nabangani bethu uPetal
iGundane, uLula iNdlulamithi kanye
noBuffel iNyathi – bazoba amalunga
alemidlalo eyenzelwe izingane.
Lemidlalo ingadlalwa umndeni wonke;
izingane ezikhona emakhaya kanye
nezisebenzi ezisebenza endlini sicela
nifunde ninyuse amazwi nizwakale
ukuze abafundi abancane basizakale.

Asizame ngazozonke izindlela
zokuvikelana siphile impilo
ephephile.

Siyanithanda kakhulu!

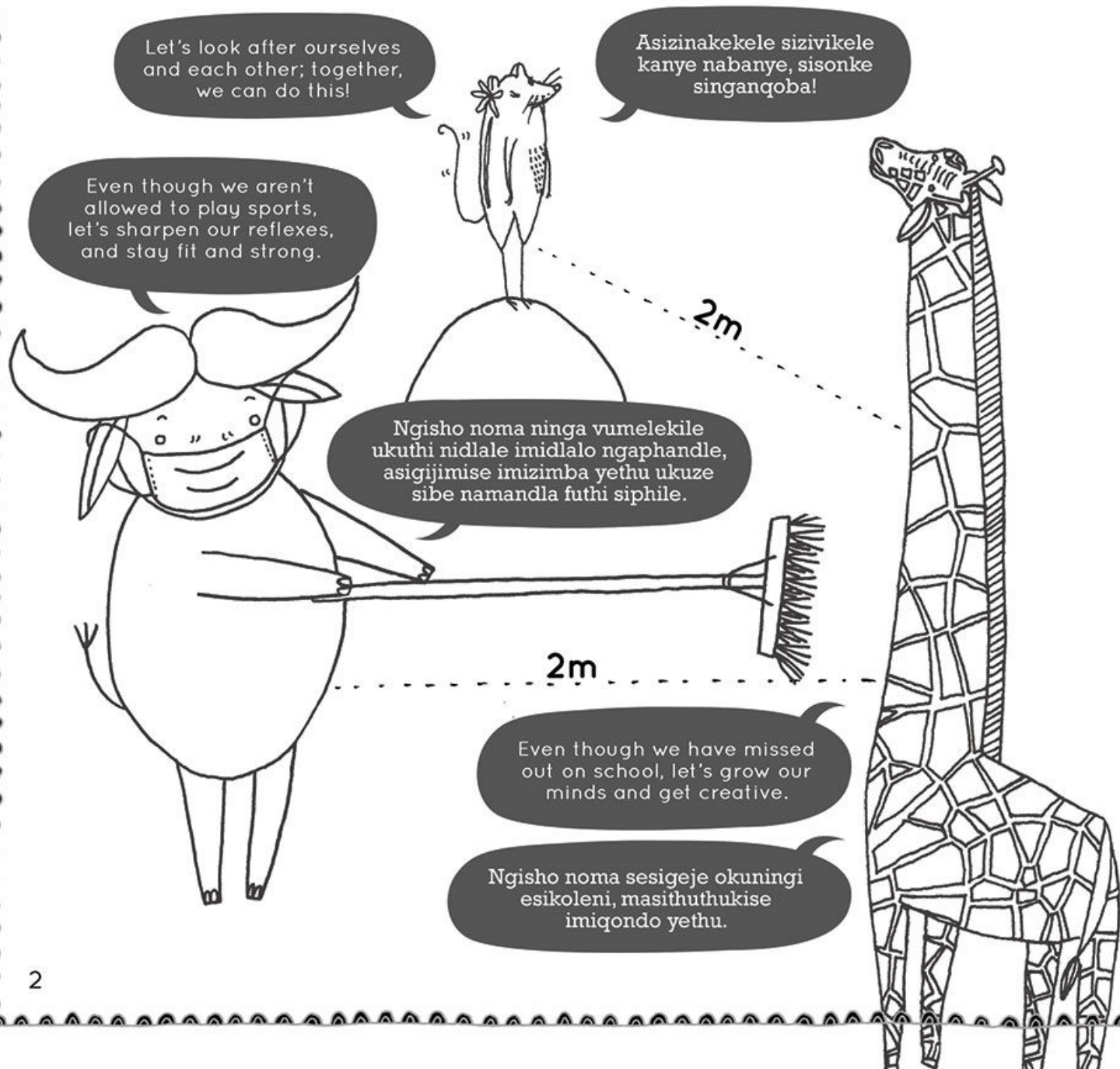
Florence & Watson

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.

iTreasure Box yemindeni yokuqala yaphuma ngesikhathi izikole zivaliwe. Njengoba ziya zivulwa kancane kancane izikole sisadinga ukuthi siqhubeke nokuhlala emakhaya.

iTreasure Box yesibili iphethe imisebenzi ongayiqeda uwedwa (ungacela umuntu okunakekelayo noma ezinye izingane zakini ukuthi zikusize), ungawenza lomsebenzi nabantu ohlala nabo. Kukhona imidlalo eningayidlala uma nithatha ikhefu esikoleni (kumele niqinisekise ukuthi kukhona isikhala esilingana no-2 metres phakathi kwenu) lemisebenzi ungayithola ekugcineni; kumsebenzi 12 no 14.



CORONAVIRUS DO'S & DON'TS BOARD GAME

UMDLALO WE-COVID 19 OVEZA OKUMELE SIKWENZA NOKUNGFANELE SIKWENZE



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



Dlala lomdlalo nabantu ohlala nabo, ukuze ukwazi ukuzivikela kwigciwane le-Corona.

CHALLENGE 1

HOW TO SET IT UP:

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

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

HOW TO PLAY:

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

UMSEBENZI 1

SIYIHLELA KANJENA KE:

Umdlalo uzowuthola ekuqaleni kwalencwadi. Umdlali ngamunye uzodinga i-thokheni eyodwa. (Ungasebenzisa imali ekhanyayo noma ama-thokheni owasike ngemuva kwalencwadi); kanye nedayisi osazolakha.

Ukulakha idayisi, sika ulandele imigqa bese uyagoqa lapho obona khona imigqa ehlangene. Bese uzonamathisela iziqhephu ezisalayo ngaphandle.

SIDLALA KANJE:

- Umdlali ngamunye uzoba nethuba lokuphosa idayisi; ahambe ibanga elilingana nesibalo esibhaliwe kwi-dayisi.
- Uma i-thokheni yakho ima endaweni ebhalwe umyalezo ogwema igciwane le-Corona ukuthi itheleke (kwi-bokisi elihlaza), kuzomele uphinde uphose futhi.
- Uma ima endaweni ebhalwe umyalezo othelela igciwane le-corona (ibhokisi elingumbala onsundu), kusho ukuthi uzongadlali udedele omunye.
- Oqeda kuqala uyena umangoba!

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.



ASIVIKELELANE SIPHEPHE!

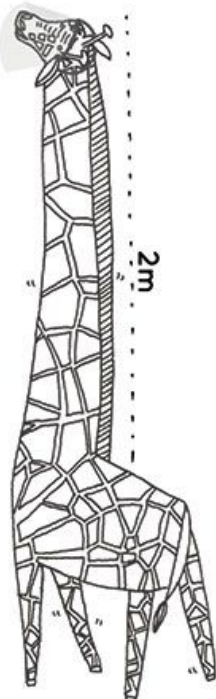
Hhayi-bo! I-Covid 19
ithelela wonke umuntu esimaziyo nesingamazi!
Kepha ungesabi noma uphatheke kabi
ngoba sizoyivimba ingasabalali

Sidinga amanzi nensipho kuphela
ukuthi sibulale leli gciwane, ngakho ke sinethemba
Qaphelani ukuthi wonke umuntu uyazi
kubalulekile ukugeza izandla

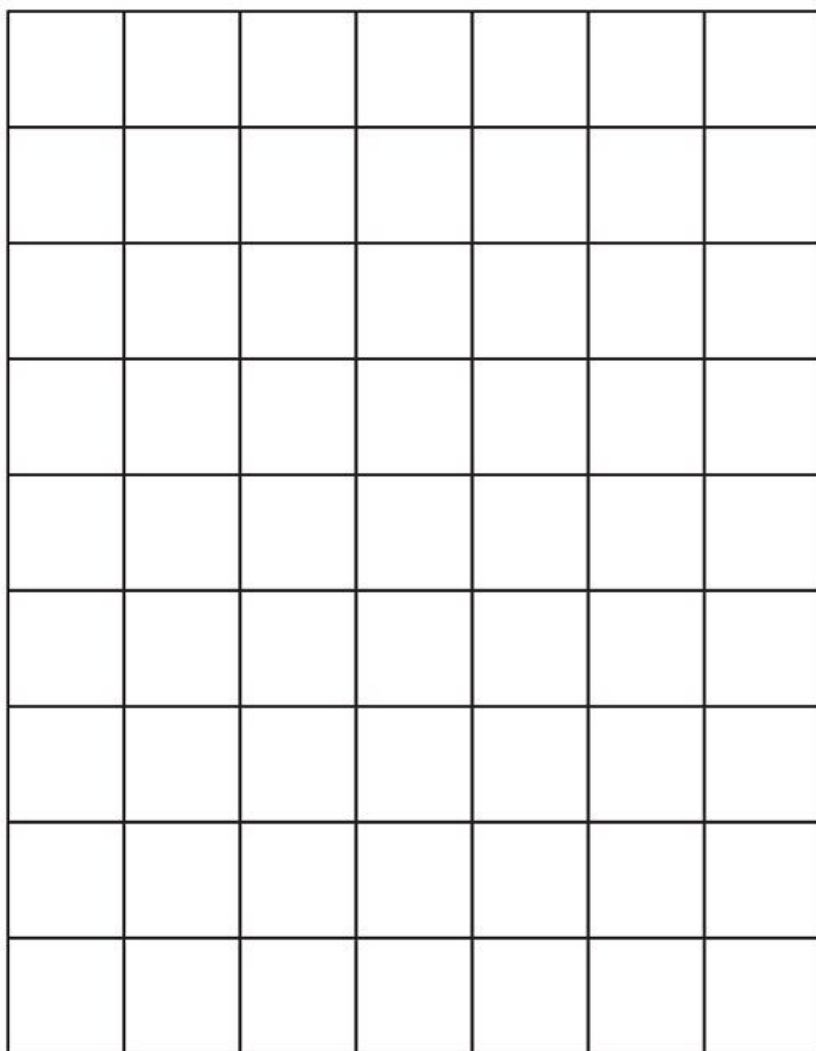
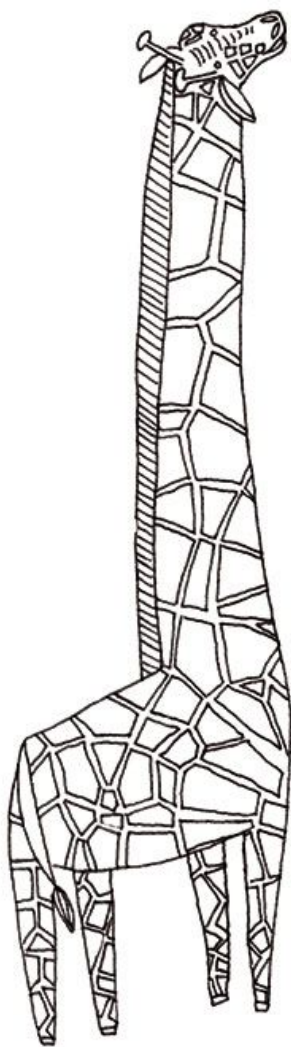
Lisakazeka ngama consi amancaneleligciwane
Uma sikhwehlela noma sithimula liphumela ngaphandle
Uma uphumela ngaphandle, engikucelayo nje
ukuthi ngaso sonke isikhathi ugqoke isifonyo

Amancane leli gciwane asingaliniki ithuba
lokuthi lisabale ngoba awukho umuthi wokuligoma.
Masiqhelelane ngo-2 metres ngaso sonke isikhathi.
Sivule amafastela, sihlakaniphe!

Uma udinga ukuthimula noma ukukhwehlela
Vika ngendololwane hayi ngezandla; siyacela
Futhi uma uzizwa ugula, ungayi esikoleni
ngoba lomkhuba wokuthelelana awuthandeki.



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 ukhiphe lokhu okudwetshiweyo okunemibala kwi-cardboard insert. (Sika ulandele imigqa, usike ngaphandle kwemibala). Thola ibhokisi noma isikhwama lapho ozofaka khona umdlalo wakho ukuze ukwazi ukudlala uma ufuna futhi.

Thatha lokhu okusikile ukubeke ndawonye. Umdlali ngamunye uzoba nalo ithuba lokuthi akhethe isicephu esincane esisikiwe esinombala, asithathe asibeke phezu kwemigqa ephambene enezikhala kusukela ezansi ukuya phezulu. Usungasijikisa isicephu sakho usibeke noma ikuphi lapho esizongena khona silingane nesikhala esikhona, uzame ukuyibeka kungasali isikhala.

Zikalele isikhathi ubone ukuthi ushesha kangakanani ukugcwalisa izikhala!

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

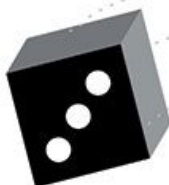
Each player gets a board, and a turn to throw the dice.

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 usufundile!



UMSEBENZI 3

Isikhathi esilungile lesi sokudlala ekhaya, cela nabanye ukuthi bakudlalise.

ZIMISELE

Uzothola konke okudingayo ukuthi udlale lomdlalo usekhasini lesikhombisa, bheka ngemuva, uthathe nokhadibhodi elitholakala kuyona lencwadi.

1. Sika izicephu ezine ezikwikhasi lesikhombisa (Sika ulandele imigqa ehlangene). Bese uyanamathisela lezizicephu kwi-khadibhodi (Ungasika ibhokisi le-cereal noma le nsipho yokuwasha). Faka umbala kulezizithombe uzame ukuzenza zibe zinhle.
2. Emuva kwalencwadi uzothola ama-token; wasike uwakhiphe. Thola ibhokisi noma isikhwama lapho ozowabeka khona ukuze uzokwazi ukudlala futhi.
3. Sebenzisa idayisi eliphuma kwi-khadibhodi afakiwe.
4. Hlela ama-thokheni akho phezu kwetafula usebenzise izimbali ze Sugarbush ezibheke phezulu.

ASIDLALE UMDLALO

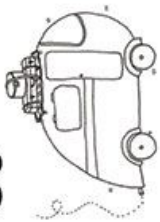
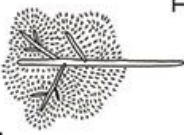
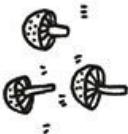
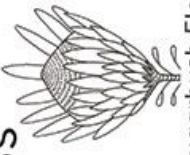
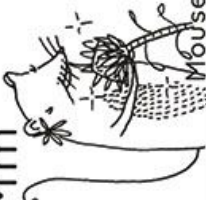
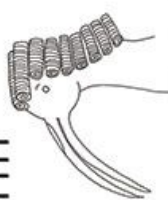
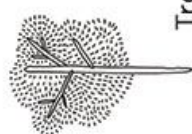
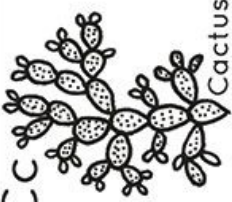
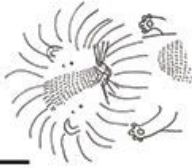
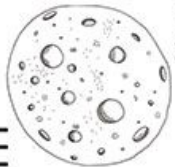
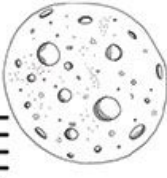
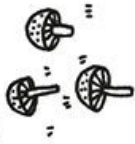
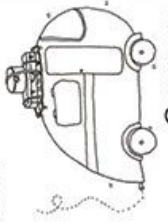
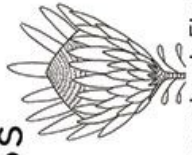
Umdlali ngamunye uthola ibhodi kanye nethuba lokuphosa idayisi.

Khetha i-tile elihambisana nombala osedayisini, bese ukhombisa abanye odlala nabo isithombe esingemuva kwi-tile khona bezo bona nabo. Uma isithombe esifanayo sisebhodini, sibheke khona. Uma singekho ebhodini lakho, yibuyisele lapho oyithole khona etafuleni eduze nezimbali zeSugarbush ezibheke phezulu.

Asiqinisekise ukukhumbula ngokuthi singakhohlwa ukuthi izithombe zikuphi, khetha isithombe esisodwa esifana nebhodi uma sekuyi ithuba lakho lokuthi udlale.

Ozogcwalisa kuqala kumele amemeze athi "BINGO"! Kuyobe sekuwuye umangoba!

Do the challenge explained on page 8 before cutting out these boards!
 Yenza umsebenzi wesine, uchaziwe ekhasini lesishiyagalombili ngaphambi kokuthi usike amabhodi!

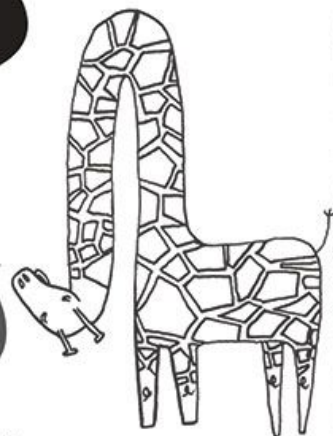
Cc 	Ff 	Cc 	Aa 	Bb 	Pp 	Tt 	Ll 
li 	Tt 	Mm 	Bb 	Ss 	Ff 	Oo 	Mm 
Hh 	Rr 	Tt 	Pp 	li 	Hh 	Gg 	Cc 
Gg 	Cc 	Ff 	Mm 	Cc 	Bb 	Ll 	Ff 
Mm 	Pp 	Hh 	Rr 	Pp 	Mm 	Bb 	Mm 
Bb 	Tt 	Hh 	Aa 	Cc 	Oo 	Bb 	Ss 

MAKE A MIND-GROWER KHULISA UMQONDO



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

Uyazi ukuthi siyakukhulisa ukuhlakanipha kwethu?
Njalo uma sifunda, senza nama phutha, sizame, sizame
futhi siyahlakanipha!



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.

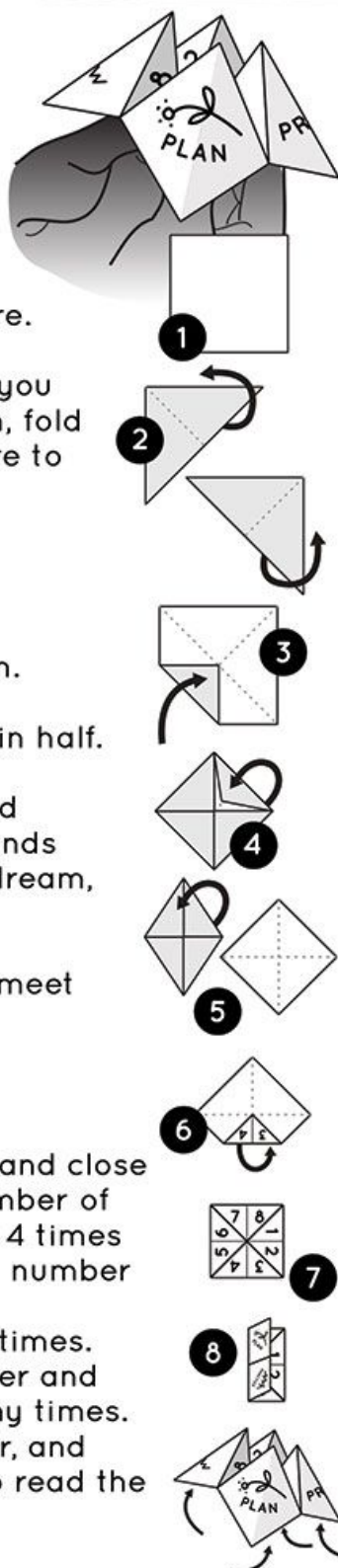
8. Fold the small square in half.

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

SIWENZA KANJE

1. Sika isikwele esisekhasini lesishiyagalolunye nekhasi leshumi.

2. Goqa ulandele imigqa enqumela eceleni, ukuze ishwabane uma ugoqa phezu kwesikwele.

3 & 4. Ngokusebenzisa ulimi oluzwana nawe isikwele sakho sibekhe phansi, goqa amakhona esikwele ahlangane phakathi nendawo.

5 Phendula isikwele sakho manje sibheke phezulu.

6 & 7. Goqa amakhona ahlangane phakathi nendawo ngaphakathi.

8. Goqa isikwele esincane sibe uhhafu.

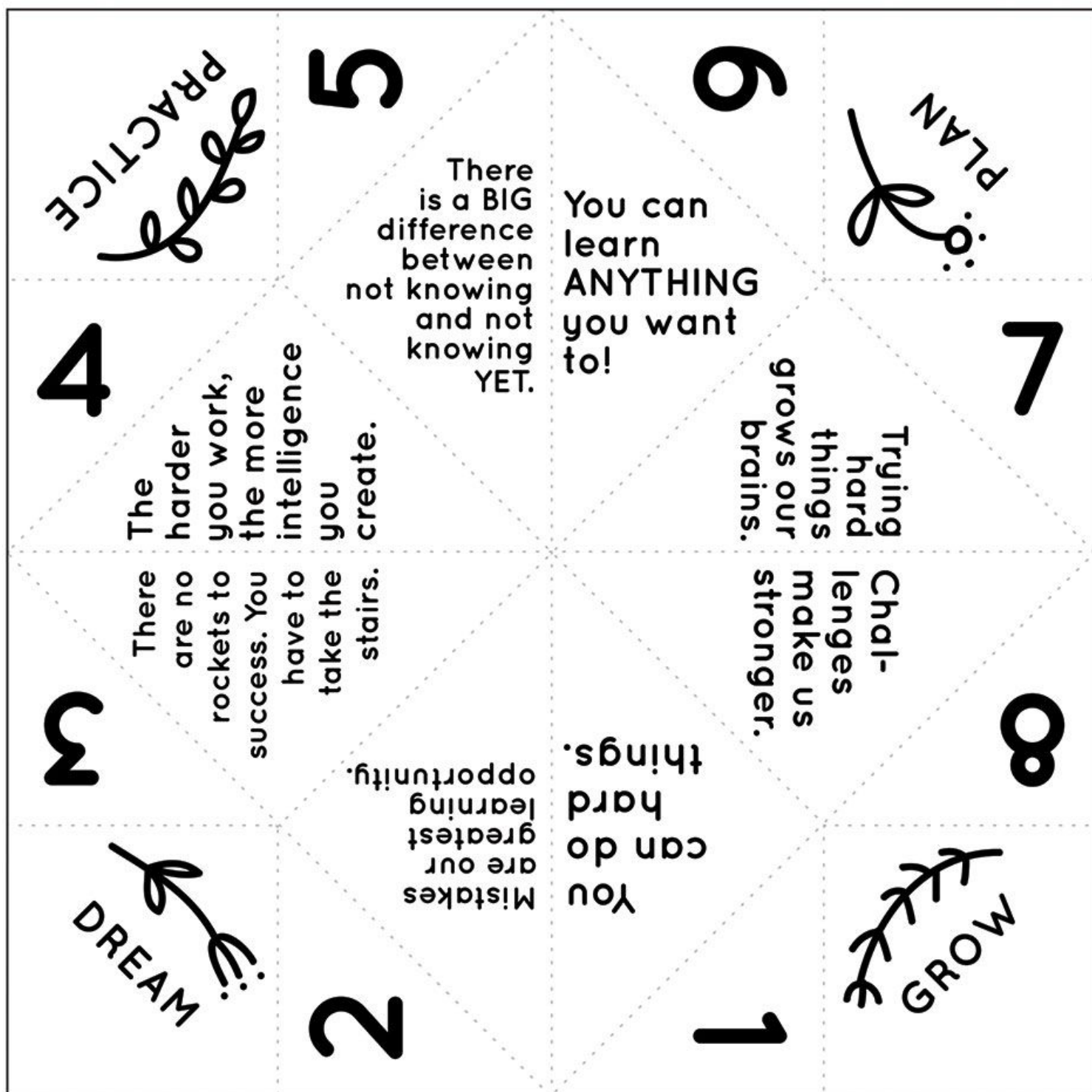
9. Faka izithupha zakho kanye nemine yakho yokukhomba uyifake ngaphakathi emakhoneni. (Ithemba, iphupho, uhlelo, kanye nokwenza)

10. Hlanganisa iminwe yakho emine phakathi nendawo usukulungele manje ukudlala!

SIDLALA KANJE

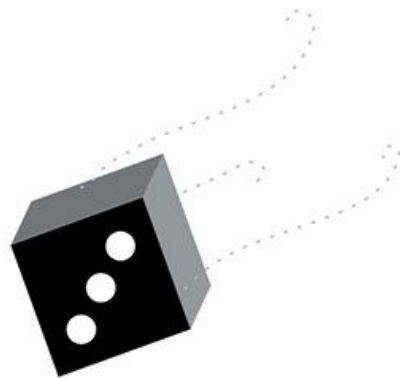
Khetha igama. Bese uyavula, uphinde uvale ukukhulisa umqondo wakho nesibalo samaletha akhona kulona lelo gama. (Uma wenzela ukuhlela uzonyakazisa ukwenze kawu 4) Ebese, ukhetha inombolo bese uyavula uvale i-mind-grower kube kune. Bese uyakhetha enye inombolo yesithathu, uyivule futhi i-mind grower ufunde umyalezo obhaliwe ngaphansi.

☐ Challenge 4 done!
☐ Umsebenzi 4 usumqedile!

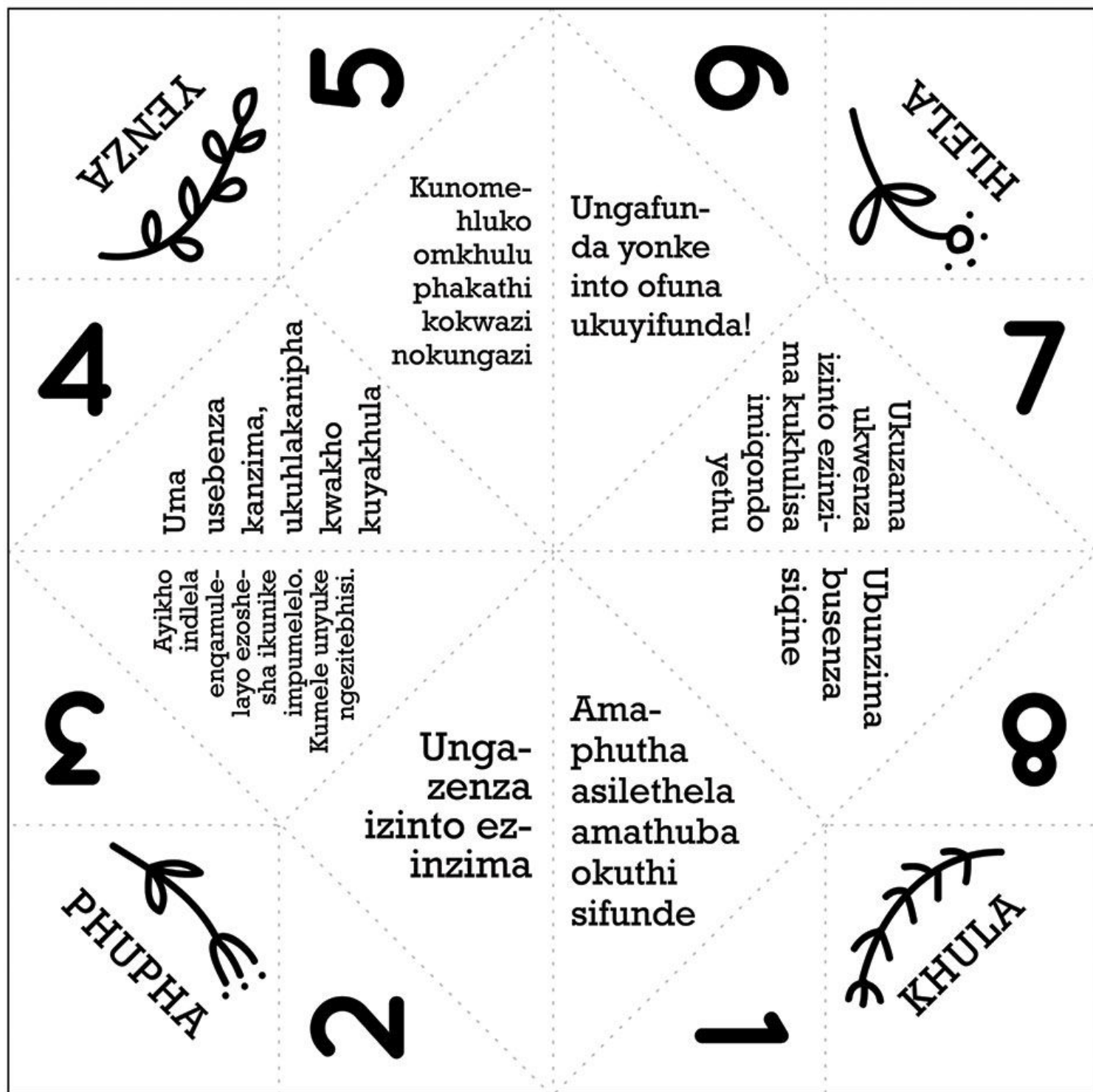


When I'm stressed or need to focus,
I get out my colourful dice.
Each colour brings me different feelings
As I breathe them in...and out...
I feel calmer and more grounded,
as each breath enters and leaves my snout.

Uma ngikhathazekile noma ngidinga ukuqoqa umqondo wami,
Ngikhipha idayisi lami elinemibala.
Umbala nombala ungilethela imizwa ehluka-hlukene
Uma ngiphefumula
Ngizizwa ngikhululeka, futhi ngizinzile,
njengoba ngiqhubeka ngiphefumula.



Turn the page to Challenge 5 and breathe colours in and out.
Phenya ikhasi uye kumsebenzi wesihlanu bese hogela imibala ngokuphefumula.



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?

UMSEBENZI 5

PHEFUMULA UNGENISE IMIBALA

UPHEFUMULE UKHIPHE⁽¹⁾

Phosa idayisi elinemibala.

Ukucabangisani lombala?

Zicabange uhogela lombala? Uzizwa kanjani?

Awudonse umoya ucabange izinto ezinhle ngalombala.

Bese uphosa idayisi futhi.

Dedela umoya bese uhlobisa ikamelo ngolombala. Uzizwa unjani?



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.

UMSEBENZI 6

IBHOKISI YAMA THEMBA NAMAPHUPHO⁽¹⁾

Kulomsebenzi, uzothatha okucabangile noma okubhalile okukhuluma ngamaphupho noma izifiso zakho zika-2020.

Uzodinga ibhokisi likamentshisi elingena lutho ngaphakathi kanye neglu. Lihlobise ngaphandle libe lihle.
Sika isicephu eside ulandele ubude bekhasi, bese ugoqa ulandela umugqa onamachashaza.

Bhala phansi amaphupho nezifiso zakho bese uhlobisa wonke ama-paneli.

Namathisela i-panel yokugcina uyihlanganise nengenzansi lebhokisi lika-mentshisi, uphinde ugoqe okudwebayo, noma okwakhayo kungene ebhokisini, Yigcine, uyibeke endaweni ephephile, lapho ozoyithola khona, ukuze ikukhumbuze ukuthi uyaphi nokuthi uzofika kanjani.

Things I want to learn /
Izinto engifisa ukuzifunda

Things I want to do /
Izinto engifisa ukuzenza

People who can help me do
these things / Abantu abangangi-
siza ukuthi ngizenze lezizinto

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!

Ikhalela lezikole alisahambi ngohlelo
Abanye bathi u-2020 awusekho
Kepha mina ngithi,
kuzophuma izinto ezinhle kulonyaka, ngiyasho
ngiyagcizelela!



☐ Challenge 6 done!
Umsebenzi 6 usumqedile! 11

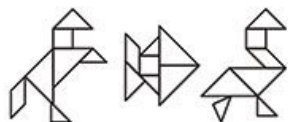
Things I want to create /
Izinto engifuna ukuzakha ngezandla

Ways to get fit and strong /
Izindlela zokulolonga umzimba

GLUE /
SEMAMARETSI

☐ Challenge 7 done!
Umsebenzi 7 usugedile!

☐ Challenge 8 done!
Umsebenzi 8 usumqedile!



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

MASIDLALE NGEZINTO EZIBUNJIWEYO

Sika ukhiphe okudwetshiwe okunombala okuphuma kwi-khadibhodi elifakiwe, ukusebenzise ukwakha uLula iNdlulamithi! Iziphi ezinye izithombe ongazenza ngaloku okusikiwe?

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

ROLL A STORY

Sebenzisa amathokheni angemuva kwalencwadi. Ungawudlala wedwa lomdlalo, noma ungawudlala nabanye abantu ohlala nabo, umdlali ngamunye uzolithola ithuba lokuphosa idayisi.

SIDLALA KANJE:

Hlela ama-thokheni aqondane nezimbali ze-Sugarbush ezibheke phezulu.

Phosa idayisi, ugudle izinombolo zama-thokheni ngomunwe wakho, bese uphendula eyokugcina. Manje, qamba inganekwane oyicabangayo uma ubona isithombe. Phosa i-dayisi futhi, uphinde ulisebenzise esithombeni esilandelayo kwisicephu esilandelayo senganekwane. Qhubeka uze ufike ekugcineni kwama thokheni, bese usebenzisa isithombe sokugcina ukuphetha inganekwane yakho.

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 / IZIKALI ZAZO:

OBJECTS I FOUND: IZINTO ENGIZI THOLILE:	MEASUREMENTS / IZIKALI ZAZO:
Spoon / Isipuni	13,7cm

CHALLENGE 10

HELP PETAL FIND HER WAY⁽²⁾

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

UMSEBENZI 10

SIZA UPETAL ATHOLE INDLELA YAKHE⁽²⁾

uPetal ufuna i-Sugarbush. Musize athole indlela ezomkhipha kule nzukazikeyi yendlela.

UMSEBENZI 9

UKUKALA, UMCEBO⁽¹⁾

Sika, ukhiphe i-rula elikwi-khadibhodi elifakiwe, uphinde ulisebenzise ukukala amalunga omzimba wakho.

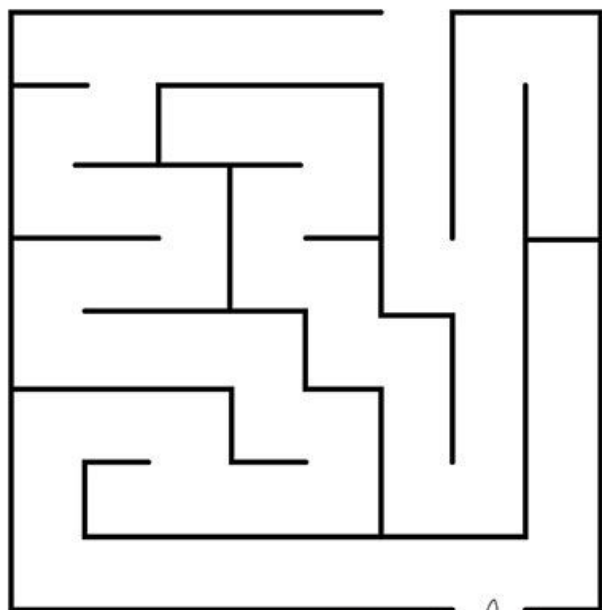
Isandla sami singu: ____ cm

Unyawo lwami lingu: ____ cm

Ingalo yami ingu: ____ cm

Bese, ucela oyedwa emndenini ukuthi alale phansi ukuze ukale ubude bakhe. Sithini isikali sakhe uma usebenzisa i-rula? Mude kangaka nani na?

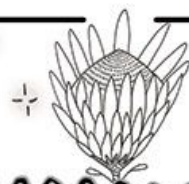
Bheka izinto endlini bese uyazikala.



Challenge 9 done!
Umsebenzi 9 usugedile!



Challenge 10 done!
Umsebenzi 10 usumqedile!





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.

Ubuzazi yini ukuthi isikhova siyakwazi ukuzwa nginswininza endaweni esebangeni elilingana ne-khilomitha? Kulomsebenzi, ungakhulisa umqondo uma ungalalela njengesikhova.



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.

UMSEBENZI 11

LALELA NJENGESI KHOVA

1. Hlala phansi ugoqe imilenze yakho uqondise umgodla wakho.
2. Vala amehlo, bese uhogela umoya uphinde uwukhiphe.
3. Lalela umsindo oseduze nawe.
4. Uzwa muphi umsindo oseduze?
5. Uzwani ekudeni?
6. Zama ukulalelisisa buqamama, uzwani ekudeni?

UMSEBENZI 12

UZIP ZAP ZOOM

Ungadlala nabangani bakho ngesikhathi sekhefu esikoleni. Umuntu oyedwa uzodinga ukufundela wonke umuntu umyalezo. Cela uthishanoma umfundi okhulile ukuthi akusize.

1. Yimani nakhe indingiliza, kube nesikhala esilingana no-2metres phakathi kwenu. Kulomdlalo, oyedwa uzoshaya izandla adlulise komunye, naye enze kanjalo ashaye izandla adlulise.
2. Umdlali wokuqala uzoshaya izandla kanye akhombe ngazo futhi ebe ethi "Zip" kumuntu oseceleni kwakhe ngasesandleni sokunxele.
3. Qhubekani nidlale kanjalo aze omunye athi "Zap". Naye lona othi "Zap" kumele akhombe osesandleni sakhe sokudla.
4. Indlela yesithathu yokushaya izandla, umuntu uthi "Zoom" uma eshaya. Uma ukhomba lana usuke ukhomba ophambi kwakho hayi oseceleni kwakho.
5. Abadlali bangakhetha ukuthi bathi Zip, Zap, noma bathi Zoom, beshaya izandla bekhomba eceleni ngasesandleni sokudla (naseceleni ngasesandleni sokunxele, noma ushaye ukhombe, umuntu ome phambi kwakho). Uma ukhonjwa sekuyithuba lakho lokuthi udlale.

6. Kumele niqale phansi uma umuntu ekhombe endaweni engafanele.

Qinisekisa ukuthi umubheke emehlweni umuntu uma ushaya izandla umkhomba. Anizame ukuthi nenze umsebenzi weshumi nanye niyiqembu ngaphambi kokuba nenze umsebenzi weshumi nambili. Ukuphi umehluko? Ukushaya kwenu izandla uma



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 / GIJIMA ENDAWENI EYODWA
-  TOUCH YOUR TOES / THINTA IZINZWANE ZAKHO
-  FROG JUMPS / GXUMA NJENGEXOXO
-  ARM CIRCLES / YENZA IMIBUTHANO NGENGALO
-  STAR JUMPS / GXUMA NJENGE NKANYEZI
-  DANCE PARTY! / ASIDANSE SINYAKAZISE UMZIMBA!

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

UMSEBENZI 13

PHOSA IDAYISI UJIME

Sebenzisa idayisi lakho olenzile ngekhadibhodi ukuthi udlale lomdlalo.

SIDLALA KANJE

Umuntu oyedwa uzohola abanye aphinde futhi aphathi idayisi lomdlalo wonke. Uyena okumele agade ukuthi niqhelelene ibanga eliwu – 2metres ningathintene. Uyena futhi ophosa idayisi bese esho isenzo esizolandela esibhalwe phansi:

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!

Ukuqhelelana akujwayelekile emphakathini (Ngaphandle uma ungesinye sezilwane eziyi-Big-5 zasehlathini ezisatshwa kakhulu). Kudingeka sonyuse izinga lokuqaphela, Ingakho nje ngakhe umdlalo ozosiza mina nabangani bami ukuthi sizejwayeze ukuqhelelana ngo2metres Sijabulile futhi seneme!



UMSEBENZI 14

UKUQHELENANA EMPHAKATHINI⁽¹⁾

Okubalulekile kulomdlalo ukuthi siqhelelane ibanga a elingango-2 metres sinyakaza ngaso sonke isikhathi.

SIDLALA KANJE:

Umuntu oyedwa uzodlala uLula (ima phezu kwesitulo ukuze ubemude njengeNdlulamithi). Sebenzisa umshanelo ukuze ukwazi ukukala ukuthi wonke umuntu uqhelelene ibanga elilingana namamitha amabili (ama mitha amabili angaphezulu kancane kobude bomshanelo, njengoba ubambelele kumshanelo umuntu ome phambi kwawo ngeke akwazi ukuk' thinta ngoba uzobe eqhele ibanga elilingana nama mitha amabili).

Wonke umuntu kumele aqhubeke anyakaze esikhaleni enimi kusona, ngaso lesikhathi kumele niqhelelane ibanga elilingana namamitha amabili. Uma kukhona isikhala esilingana namamitha amabili noma ngaphezulu, phakathi kwabantu, masigcwaliswe.

ULula uzomemeza athi "freeze" noma inini, aphinde akhiphe ongamanga nse; uma besondelene kakhulu; noma beme endaweni enesikhala esingagcwaliswanga. Laba ababiziwe bayasondela bahlale phansi bese abanye bazozungeza laba abahlezi phansi, namanje kumele kube nesikhala esilingana nama mitha amabili phakathi kwabantu.

Umuntu wokugcina osele olandelayo uLula!



Challenge 13 done!

Umsebenzi 13 usumqedile!



Challenge 14 done!

Umsebenzi 14 usumqedile!

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

MASIXHUMANE!

SIFISA UKUXHUMANA NAW!

- Uzizwa unjani?
- Yimiphi imisebenzi oyithande kakhulu?
- Sazise igama lakho kanye ne-grade oyifundayo kanye nalapho ohlala khona.

Sicela usithumele izithombe nezinto ozakhayo, nemisebenzi oyenzayo oyifunde khona la kulencwadi.

WHATSAPP 061 332 4349

OR SEARCH
"AFTER SCHOOL TREASURE
BOX" ON FACEBOOK



USEFUL CONTACTS / NAZI EZINYE IZINOMBOLO EZINGASIZA

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

If you have high fever, cough & sore throat.
Uma unemfiva, noma ukhwehlela noma umphimbo wakho ubuhlungu.

CHILDLINE
0800 55555

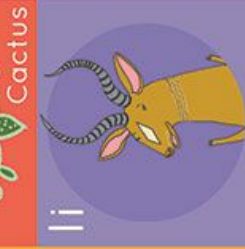
If I don't feel safe or someone is hurting me.
Uma uzizwa sengathi awuphephile.

AMBULANCE
10177

For a medical emergency.
Uma ugula udinga usizo lwasesibhedlela



Cc



li



Hh



Gg



Mm



Bb



Ff



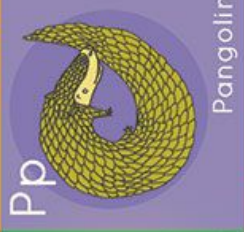
Tt



Rr



Cc



Pp



Tt



Cc



Mm



Tt



Ff



Hh



Hh



Aa



Bb



Pp



Mm



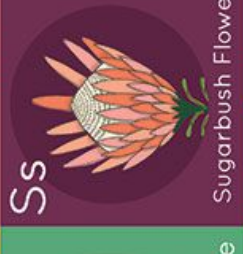
Rr



Aa



Bb



Ss



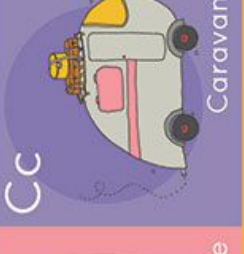
li



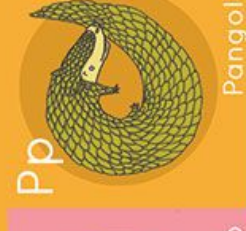
Cc



Pp



Cc



Pp



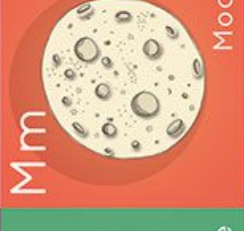
Ff



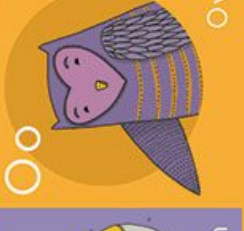
Hh



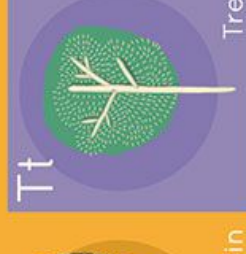
Bb



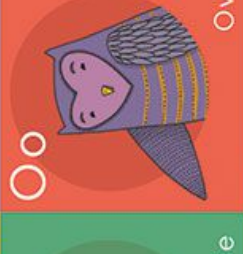
Mm



Oo



Tt



Oo



Gg



Li



Bb



Bb



Li



Mm



Cc



Ff



Mm



Ss

