



Why a special edition?

Since the outbreak of COVID-19, children have not been able to go the library and reading clubs and have been away from school for a long period of time. To support you as you do your best to keep your family safe, Nalibali has put together this special edition of our supplement to help you with ideas on how your children can continue reading and writing for enjoyment at home. Some activities can be enjoyed by the whole family, while others have been divided into age groups to give you age-appropriate ideas.

Waarom 'n spesiale uitgawe?

Sedert COVID-19 uitbreek het, kon kinders nie na die biblioteek of na hul leesklubs toe gaan nie, en hulle was ook vir 'n lang tyd nie by die skool nie. Om julle te ondersteun terwyl julle jul bes doen om jul families veilig te hou, het Nalibali hierdie spesiale uitgawe van ons bylae saamgestel om te help met idees om jul kinders by die huis steeds vir genot te laat lees en skryf. Sommige aktiwiteite kan deur die hele gesin geniet word, terwyl ander in ouderdomsgroepe verdeel is om ouderdomsgepaste idees te gee.

HOW PARENTS AND CAREGIVERS CAN SUPPORT CHILDREN

Our first responsibility as parents and caregivers is to care for our children and to keep them safe. This has been a difficult time for families across South Africa. Your children may be feeling stressed or anxious at this time. They may find it difficult to communicate their feelings with you, especially if you seem upset. Try to do the following things to help them.

- ★ Use positive language when talking to your children.
- ★ Invite your children to tell you how they are feeling.
- ★ Do fun things together.
- ★ Let them help you by doing some of the chores.



READING AND WRITING AT HOME

One of the best ways for you to support your children is by sharing stories with them. Here are some of the benefits of sharing stories.

- ★ Stories help you bond with your children.
- ★ When you tell or read stories to your children, it lets them know that they are important enough for you to make time for them.
- ★ Stories help develop their imagination and creativity.
- ★ Stories also help develop children's language and thinking, especially when they hear or read stories in their home languages.
- ★ Stories often provide children with examples of how people meet the challenges they face.



HOE OÜERS EN VERSORGERS KINDERS KAN ONDERSTEUN

Ons eerste verantwoordelikheid as ouers en versorgers is om na ons kinders om te sien en hulle veilig te hou. Dit is 'n moeilike tyd vir families regoor Suid-Afrika. Kinders kan dalk gespanne of angstig voel in hierdie tyd. Hulle mag dit moeilik vind om hul gevoelens aan jou oor te dra, veral as dit lyk of jy onsteld is. Probeer die volgende dinge doen om hulle te help.

- ★ Gebruik positiewe taal wanneer jy met jou kinders praat.
- ★ Nooi jou kinders om vir jou te vertel hoe hulle voel.
- ★ Doen lekker en prettige dinge saam.
- ★ Laat hulle jou help deur sommige van die takies in en om die huis te doen.



LEES EN SKRYF BY DIE HUIS

Een van die beste maniere om jou kinders te ondersteun, is om stories met hulle te deel. Hier volg 'n paar voordele daarvan.

- ★ Stories help jou om 'n band met jou kinders te bou.
- ★ Wanneer jy vir jou kinders stories vertel of lees, laat jy hulle verstaan dat hulle belangrik genoeg is dat jy vir hulle wil tyd maak.
- ★ Stories help om hul verbeelding en kreatiwiteit aan te wakker.
- ★ Stories help ook om kinders se taal en denke te ontwikkel, veral wanneer hulle stories in hul huistale hoor of lees.
- ★ Stories gee dikwels vir kinders voorbeelde van hoe mense die uitdagings waarvoor hulle te staan kom, hanteer.



Improve confidence and learning

Encourage your children's attempts to read and write by making positive comments without focusing on mistakes. By giving them lots of support, you will develop their confidence and improve their learning.



Content for COVID-19 Edition 169 is adapted from *Supporting learners from home – a guide for caregivers*, developed by the Covid-19 ECD and Schooling Group, a working group of Covid-19 People's Coalition



www.c19peoplescoalition.org.za

Verbeter selfvertroue en leer

Moedig jou kinders se pogings om te lees en skryf aan deur positiewe opmerkings te maak, sonder om op hul foute te fokus. As jy vir hulle baie ondersteuning gee, sal hulle beter leer en meer selfvertroue hê.



Inhoud vir COVID-19 Uitgawe 169 is aangepas uit *Ondersteuning vir tuisstudie – 'n gids vir versorgers*, ontwikkel deur die Covid-19 ECD and Schooling Group, 'n werkgroep van Covid-19 People's Coalition

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Drive your
imagination



IT STARTS WITH
A STORY.
DIT BEGIN MET
'N STORIE.

Get creative!

In this special **Get creative!** there are reading and writing activities for all age groups! Everyone at home has a role to play in developing children's reading and writing, as well as their understanding of how to protect themselves and others from COVID-19. Doing this together can be an enjoyable part of everyday family life. Create a story routine by setting aside a time that works best for all of you.



Make special storytelling times

Create storytelling times that the whole family can enjoy together.

- Tell stories, sing songs and recite poems you know. This stimulates children's imaginations and develops their language.
- Have story suppers! Once a week, let a family member tell a story during supper time. You could also create a story together by letting one person tell the beginning of a story and then letting everyone else add a bit to the story until it is complete.
- Deepen your children's understanding of the stories they hear by asking open-ended questions. For example, "How would you feel if ...?", "If you were him, what would you have done?", "Why do you think she did that?", "What does that remind you of?"
- Let your children ask questions too! Answer them and discuss relevant parts of the story.



Read and write for information

To help children remember information better, let them read it or listen to it and then write it down. As a family, make a "Golden rules" poster about COVID-19. Then, at different times during the day, ask your children questions like, "What is the golden rule about coughing and sneezing?"

There are **six golden rules** that we should all follow.

1. Wash your hands with soap and water for at least 20 seconds as often as you can.
2. Do not touch your face with unwashed hands.
3. Cough and sneeze into a tissue or your elbow. Safely throw away your used tissue.
4. When you are outside your home, stay at least 1,5 m away from others.
5. Wear a mask when you leave your home or if you are caring for someone at home who is sick.
6. Stay home if you are sick. In an emergency, contact the National COVID-19 hotline on **0800 029 999** or WhatsApp: **0600 123456**, or contact your healthcare worker.



Wees kreatief!



In hierdie spesiale **Wees kreatief!** is daar lees- en skryfaktiwiteite vir alle ouderdomsgroepe! Elkeen by die huis het 'n rol om te speel om kinders se lees- en skryfvaardighede te ontwikkel, en om hulle te help om te verstaan hoe om hulself en ander teen COVID-19 te beskerm. Om dit saam te doen, kan 'n genotvolle deel van die daaglikse gesinslewe wees. Skep 'n storieroutine deur 'n storietyd te maak wat die beste vir almal van julle werk.



Skep spesiale storieverteltye

Skep storieverteltye wat die hele gesin saam kan geniet.

- Vertel stories, sing liedjies en sê gedigte op wat julle ken. Dit stimuleer kinders se verbeelding en ontwikkel hul taal.
- Hou storie-etes! Laat verskillende gesinslede een keer per week tydens aandete 'n storie vertel. Julle kan ook saam 'n storie skep deur een persoon te laat begin, en dan voeg al die ander 'n stukkie by totdat die storie voltooi is.
- Verdiep jou kinders se begrip van die stories wat hulle hoor deur vrae met oop eindes te vra. Byvoorbeeld: "Hoe sou jy voel as ...?", "Wat sou jy gedoen het as jy hy was?", "Hoekom dink jy het sy dit gedoen?", "Waaraan herinner dit jou?"
- Laat jou kinders ook vrae vra! Antwoord die vrae en bespreek toepaslike dele van die storie.



Lees en skryf vir inligting

Om kinders te help om inligting beter te onthou, laat hulle dit lees of daarna luister, en dit dan neerskryf. Maak as 'n gesin 'n plakkaat met "Goue reëls" oor COVID-19. Vra dan op verskillende tye van die dag vir jou kinders vrae soos: "Wat is die goue reël oor hoes en nies?"

Daar is **ses goue reëls** wat ons almal moet volg.

1. Was so dikwels moontlik jou hande met seep en water vir minstens 20 sekondes.
2. Moenie met ongewaste hande aan jou gesig vat nie.
3. Hoes en nies in 'n snesie of in jou elmboog. Gooi jou gebruikte snesie veilig weg.
4. Wanneer jy buite jou huis is, bly minstens 1,5 m weg van ander mense.
5. Dra 'n masker wanneer jy jou huis verlaat of as jy iemand wat siek is by die huis versorg.
6. Bly by die huis as jy siek is. Kontak in 'n noodgeval die Nasionale COVID-19-noodlyn by **0800 029 999**, stuur 'n WhatsApp aan: **0600 123456**, of kontak jou gesondheidsorgwerker.



Drive your
imagination



Role play

Children don't always know how to respond when they hear someone say something that is not true. By doing role play, you can help your children practise this skill. Let everyone share ideas about how you could respond to false information about COVID-19. Ask your children to act out how they would respond if someone made the following false statements. Remind them to be honest and respectful.

- Only rich people get COVID-19.
- COVID-19 is a sickness of white people or Chinese people.
- The coronavirus cannot survive in hot areas.
- Drinking ginger, garlic and lemon will cure COVID-19.



Rolspel

Kinders weet nie altyd hoe om te reageer wanneer hulle iemand iets hoor sê wat nie waar is nie. Deur rolspel te doen, kan jy jou kinders help om hierdie vaardigheid te oefen. Laat almal idees deel oor hoe julle op vals inligting oor COVID-19 kan reageer. Vra jou kinders om met rolspel te wys hoe hulle sal reageer indien iemand die volgende valse stellings maak. Herinner hulle om eerlik te wees en respek te toon.

- Net ryk mense kry COVID-19.
- COVID-19 is 'n siekte wat wit mense of Chinese mense kry.
- Die koronavirus kan nie in warm areas oorleef nie.
- 'n Mens kan COVID-19 genees deur gemmer, knoffel en suurlemoensap te drink.



Make audio stories

Record your own audio stories with your children!

- Find a story with different voices that your children will enjoy.
- Let your children choose a character and then try out different voices for their character.
- You can read the part of the narrator. Let your children read or tell the story as the different characters.
- Let someone make sound effects, like footsteps or animal sounds.
- Practise reading or telling the story with sound effects until everyone is comfortable with their part.
- Use a cellphone to record your story and then enjoy listening to it!



Maak oudioverhale

Neem jul eie oudioverhale saam met jou kinders op!

- Vind 'n storie met verskillende stemme wat jou kinders sal geniet.
- Laat jou kinders 'n karakter kies en dan verskillende stemme vir hul karakter uittoets.
- Jy kan die verteller se teks lees. Laat jou kinders die storie as die verskillende karakters lees of vertel.
- Laat iemand klankeffekte maak, soos voetstappe of dieregeluide.
- Oefen om die storie met klankeffekte te lees of te vertel totdat almal gemaklik is met hul deel.
- Neem jul storie met 'n selfoon op en geniet dit om daarna te luister!



Write together

Show your children how you use writing in your daily life, for example, when you write a shopping list. Then do some writing activities together.

Make sure you have paper, crayons, pens and pencils in a place that is easy for your children to reach. Let them write thank you notes, messages, or letters to friends and family who live far away. Encourage your children to keep journals in which they can write about anything they like. You can also make books by stapling blank sheets of paper together and writing stories with your children. Younger children can draw the pictures and you can write the words they tell you. Allow older children to draw and write on their own.



Skryf saam

Wys vir jou kinders hoe jy in jou daaglikse lewe skryf, byvoorbeeld wanneer jy 'n inkopielys skryf. Doen dan 'n paar skryfaktiwiteite saam.

Maak seker jy het papier, kryte, penne en potlode op 'n plek wat maklik is vir jou kinders om by te kom. Laat hulle dankie-sê-briefies, boodskappe, of briewe aan vriende en familie skryf wat ver weg woon. Moedig jou kinders aan om dagboeke te hou waarin hulle kan skryf oor enigiets wat hulle wil. Julle kan ook boeke maak deur velle blanko papier aan mekaar vas te kram en dan saam stories te skryf. Jonger kinders kan die prente teken en jy kan die woorde wat hulle vir jou sê neerskryf. Laat ouer kinders op hul eie teken en skryf.



Ideas for 0- to 3-year-olds

When children feel happy and secure, it helps them develop properly. Here are some things you can do to help your children feel happy and secure.

- Make time for them every day.
- Play their favourite games.
- Talk to them often.
- Really listen to them.
- Tell them why you enjoy spending time with them.

Babies and toddlers learn by doing different activities with you and their older siblings. They enjoy singing songs, playing games, saying rhymes, listening to stories, telling stories, drawing and pretending to read and write.

Share songs, games and rhymes

Can you remember the games you played when you were a child? Do you remember the fun you had, and what you learnt without even realising it? Which songs and rhymes did you love to sing and say? Share these games, songs and rhymes with your children.

- They will help develop children's language skills.
- They help to build trust and strengthen the bond between adults and children.
- They build confidence and self-esteem and help children to relax.
- Children learn easily through play and having fun.



Idees vir 0- tot 3-jariges

Wanneer kinders gelukkig en veilig voel, help dit hulle om na behore te ontwikkel. Hier volg 'n paar dinge wat jy kan doen om jou kinders te help om gelukkig en veilig te voel.

- Maak elke dag tyd vir hulle.
- Speel hul gunstelingspeletjies.
- Gesels gereeld met hulle.
- Luister regtig na hulle.
- Sê vir hulle waarom jy dit geniet om tyd saam met hulle deur te bring.

Babas en kleuters leer deur verskillende aktiwiteite saam met jou en hul ouer broers en susters te doen. Hulle geniet dit om liedjies te sing, speletjies te speel, rympies op te sê, na stories te luister, stories te vertel, te teken en te maak of hulle lees en skryf.

Deel liedjies, speletjies en rympies

Kan jy die speletjies onthou wat jy as kind gespeel het? Onthou jy die pret wat jy gehad het, en wat jy geleer het sonder dat jy dit eens beseft het? Watter liedjies en rympies het jy graag gesing en opgesê? Deel hierdie speletjies, liedjies en rympies met jou kinders.

- Dit sal help om kinders se taalvaardighede te ontwikkel.
- Dit help om vertroue te bou en versterk die band tussen grootmense en kinders.
- Dit bou selfvertroue en selfagting en help kinders om te ontspan.
- Kinders leer maklik deur te speel en pret te hê.

Share books

- Until babies can sit by themselves, it is easiest to put them on your lap with their back against you and to hold the book in front of them.
- Books that have simple pictures or photographs of babies' faces work well for young babies.
- Point and name different objects in the books. Talk about what you both see in the pictures. Doing this helps your young children learn words and learn about the world around them.



Deel boeke

- Totdat babas self kan sit, is dit die maklikste om hulle op jou skoot te sit met hul rug teen jou, en om die boek voor hulle te hou.
- Boeke met eenvoudige prente of foto's van babas se gesigte werk goed vir jong babas.
- Wys na en benoem verskillende voorwerpe in die boeke. Praat oor dit wat julle albei in die prente sien. Dit sal jou jong kinders help om woorde te leer en om van die wêreld om hulle te leer.

Make time to talk

Having conversations with your children is important. You might find that they often ask lots of "why" questions. Be patient and encourage them by explaining how things work. Doing this will build your children's vocabulary and their understanding of the world.

Never be afraid to tell your children that you do not know the answer to a question. Tell them you will find out and let them know the answer later. This helps them understand that adults are still learning too.



Maak tyd om te gesels

Dit is belangrik om met jou kinders te gesels. Jy mag dalk vind dat hulle dikwels baie "hoekom"-vrae vra. Wees geduldig en moedig hulle aan deur te verduidelik hoe dinge werk. Deur dit te doen, sal jy jou kinders se woordeskat en hul begrip van die wêreld verbreed.

Moet nooit bang wees om vir jou kinders te sê dat jy nie die antwoord op 'n vraag ken nie. Vertel vir hulle dat jy sal uitvind en later vir hulle die antwoord sal gee. Dit help hulle beseft dat grootmense ook steeds leer.



Drive your imagination

Ideas for 3- to 6-year-olds

Children learn a lot through their everyday experiences. By doing enjoyable activities with your children, you can help grow their vocabulary and their understanding of the world.



Songs and rhymes build language skills

Sing or say songs and rhymes in your children's home language and in an additional language too. Write out the words of a song or rhyme and then point to the words as you sing or say them. Even if your children cannot read or write yet, seeing written words being used helps them to understand that what we say, can be written down and read, again and again.



Idees vir 3- tot 6-jariges

Kinders leer baie deur hul alledaagse ervarings. Deur genotvolle aktiwiteite saam met jou kinders te doen, kan jy help om hulle woordeskat en begrip van die wêreld uit te brei.



Liedjies en rympies bou taalvaardighede

Sing liedjies en sê rympies op in jou kinders se huistale en in 'n addisionele taal. Skryf die woorde van 'n liedjie of rympie uit en wys dan na die woorde terwyl julle dit sing of opsê. Selfs al kan jou kinders nog nie lees of skryf nie, help dit hulle om te verstaan dat dit wat ons sê, neergeskryf kan word en dan weer en weer gelees kan word.



Gebruik jou sintuie

Laat jou kinders hul sintuie gebruik om te verken!

- ♥ **Reuksintuig:** Speel 'n raaispeletjie met jou kinders. Laat jou kinders hulself blinddoek. Plaas dan 'n paar kossoorte wat sterk ruik in klein bakkes, byvoorbeeld, asyn, piesangs, kerriepoeier en koffie. Vra jou kinders om te raai wat in elke bakkie is deur bloot daaraan te ruik.
- ♥ **Tassintuig:** Laat jou kinders hulself weer blinddoek. Plaas 'n paar klein, nie-breekbare voorwerpe, soos 'n lepel en 'n tandeborsel, in 'n kussingsloop. Vra jou kinders om 'n voorwerp uit die kussingsloop te haal. Kan hulle raai wat die voorwerp is deur bloot daaraan te vat?
- ♥ **Gehoorsintuig:** Vul klein houers met verskillende dinge, soos sand, klippies, krale of bottelproppies. Vra jou kinders om hul oë toe te maak en te luister terwyl jy elke houer skud. Vra: "Het dit 'n harde of sagte geluid gemaak? Waarom dink julle het dit 'n harde of 'n sagte geluid gemaak?"



Learn about your body

Play these games to help your children learn about their bodies.

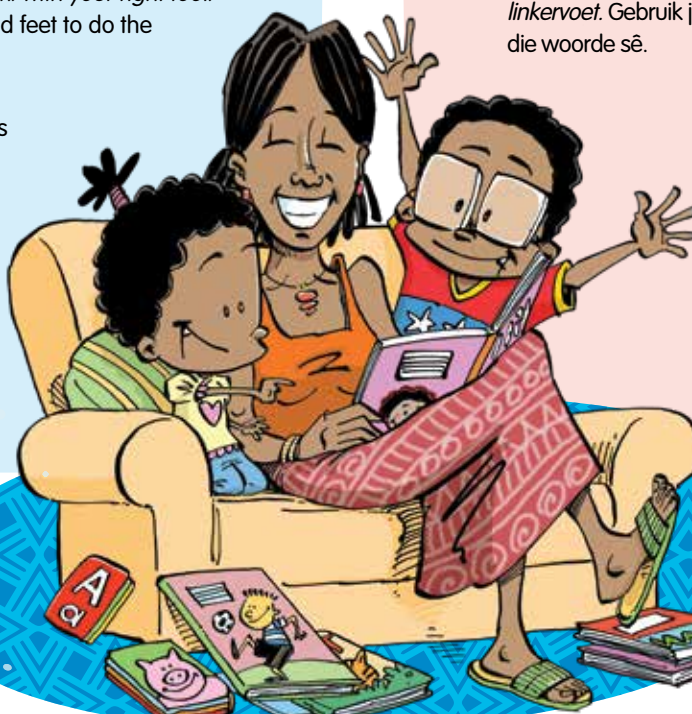
- ♥ Play call-out games, like this one: *Lizzy, Lizzy, stir the porridge ... with your right arm/with your left arm/with your right foot/with your left foot.* Use your arms and feet to do the actions as you say the words.
- ♥ Have fun playing a game in which you take turns calling out instructions to "stick" two different parts of your bodies together. For example, if one of you says, "Elbow to knee!", then everyone needs to touch one of their knees with one of their elbows, and stay like that for a few seconds!



Leer van jou liggaam

Speel hierdie speletjies om jou kinders te help om van hul liggame te leer.

- ♥ Speel roepspeletjies, soos hierdie een: *Lizzy, Lizzy, roer die pap ... met jou regterarm/met jou linkerarm/met jou regtervoet/met jou linkervoet.* Gebruik jou arms en voete om die aksies uit te voer terwyl jy die woorde sê.
- ♥ Geniet dit om 'n speletjie te speel waarin julle beurtneem om instruksies uit te roep om twee verskillende liggaamsdele aan mekaar "vas te plak". Byvoorbeeld, as een van julle sê: "Elmboog teen knie!", dan raak almal met een van hul elmboë aan een van hul knieë, en bly vir 'n paar sekondes so!



Ideas for 6- to 9-year-olds

Writing and reading go hand in hand. Writing helps children to learn that words can be written down and then read again and again.



Write and draw

After your children have listened to a story, let them try some of these writing and drawing activities.

- 1. Together, write and sing an original song that tells the story.
- 2. Let them draw a picture that shows the setting of the story.
- 3. Ask them to draw a character from the story. Then let them make a list of all the things the character does in the story. Ask them, "Why do you think the character did these things?" Let them write a sentence explaining how they feel about the character.



Make your own storybook

Follow these steps to work together as a family to create a storybook.

- 1. Together decide what the story will be about. Think about: where the story happens, who the main characters are, what the problem in the story is and how this problem is solved.
- 2. Make a blank book by folding a few sheets of paper in half.
- 3. Let different family members write down a part of the story on each page of the blank book.
- 4. Let everyone take turns drawing pictures for the story.
- 5. Enjoy reading your book together!



Listen to stories

As a family, listen to stories on the radio. You can visit our website at www.nalibali.org to find the broadcasting schedule for the Nalibali radio stories. You can also listen to audio stories by clicking on the link in the "Story resources" section on our website.



Luister na stories

Luister as 'n gesin na stories op die radio. Jy kan ons webwerf besoek by www.nalibali.org om die uitsaaiskedule vir die Nalibali-radiostories te vind. Jy kan ook na radiostories luister deur op die skakel in die "Story resources"-afdeling op ons webwerf te klik.

Idees vir 6- tot 9-jariges

Lees en skryf gaan hand aan hand. Skryf help kinders om te leer dat die woorde wat neergeskryf word, dan weer en weer gelees kan word.



Skryf en teken

Laat jou kinders van hierdie skryf- en tekenaktiwiteite probeer nadat hulle na 'n storie geluister het.

- 1. Skryf en sing saam 'n oorspronklike liedjie wat die storie vertel.
- 2. Laat hulle 'n prent teken van die plek waar die storie afspeel.
- 3. Vra hulle om 'n karakter in die storie te teken. Laat hulle dan 'n lys maak van al die dinge wat die karakter in die storie doen. Vra vir hulle: "Waarom dink julle het die karakter hierdie dinge gedoen?" Laat hulle 'n sin skryf om te verduidelik hoe hulle oor die karakter voel.



Maak jou eie storieboek

Volg hierdie stappe om as 'n gesin saam te werk om 'n storieboek te maak.

- 1. Besluit saam waaroor die storie sal gaan. Dink oor: waar die storie afspeel, wie die hoofkarakters is, wat die probleem in die storie sal wees en hoe hierdie probleem opgelos gaan word.
- 2. Maak 'n blanko boek deur 'n paar velle papier in die helfte te vou.
- 3. Laat verskillende gesinslede 'n deel van die storie op elke bladsy van die blanko boek skryf.
- 4. Laat almal beurte maak om prente vir die storie te teken.
- 5. Geniet dit om jul boek saam te lees!

Create ONE cut-out-and-keep book

1. Take out pages 7 to 10 of this supplement.
2. Use this sheet to make a book. Follow the instructions below to make the book.
 - a) Fold the sheet in half along the black dotted line.
 - b) Fold it in half again along the green dotted line.
 - c) Cut along the red dotted lines.

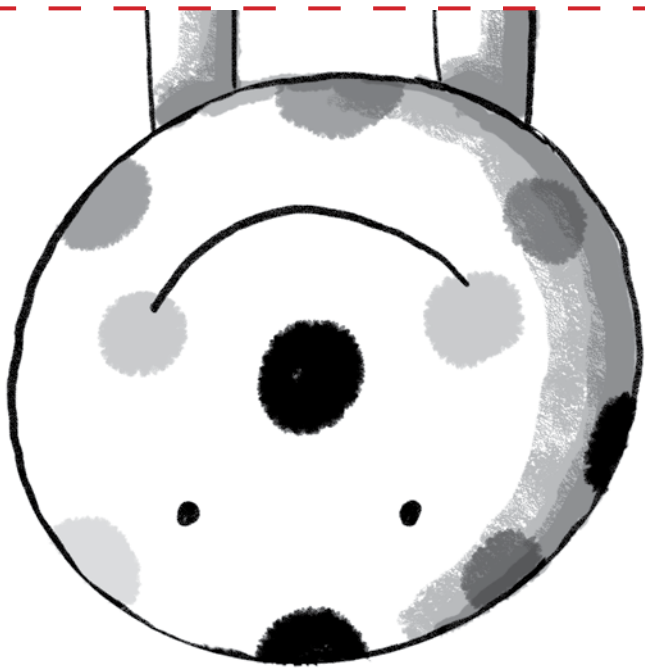


Maak EEN knip-uit-en-bêreboekie

1. Haal bladsye 7 tot 10 van hierdie bylae uit.
2. Gebruik hierdie vel om 'n boek te maak. Volg die instruksies hieronder om die boek te maak.
 - a) Vou die vel in die helfte op die swart stippellyn.
 - b) Vou dit weer in die helfte op die groen stippellyn.
 - c) Knip uit op die rooi stippellyne.

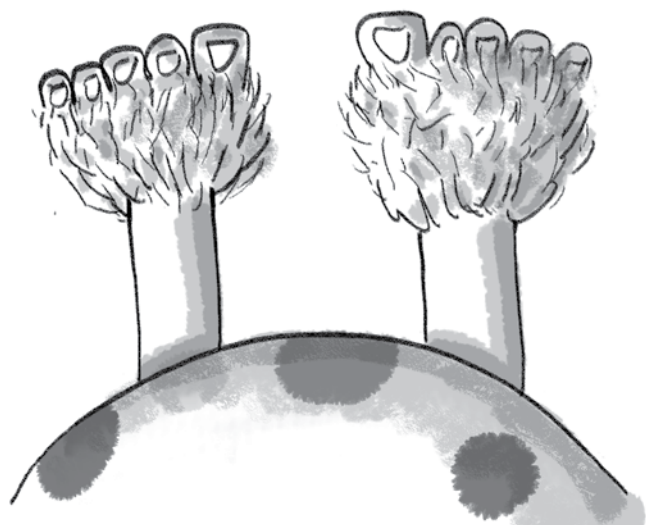


Drive your
imagination



"It's very round and covered in polka dots,"
whispered Mama.
"Like my dressing gown," said Thoko.
"What else?"
"Dis koeëlronde en bedek met polkakolle,"
fluister Mama.
"Soos my kamerjas," se Thoko. "Wat nog?"

"What does it look like?" whispered Thoko.
"It has big fluffy pink feet," whispered Mama.
"Like my slippers," said Thoko. "What else?"
"Hoe lyk dit?" fluister Thoko.
"Dit het groot pienk, wollerige pote,"
fluister Mama.
"Soos my pantoffels," se Thoko. "Wat nog?"



We publish what we like

This is an adapted version of "Thoko's scary night" from the collection *What's up! Thoko* published by Jacana Media and available in bookstores and online from www.jacana.co.za. This story is available in English, Afrikaans, isiXhosa and isiZulu. Jacana publishes books for young readers in all eleven official South African languages. To find out more about Jacana titles go to www.jacana.co.za.

Hierdie is 'n aangepaste weergawe van "Thoko se angswekkende nag" uit die storieversameling *Hoesit! Thoko* uitgegee deur Jacana Media en beskikbaar in boekwinkels en aanlyn by www.jacana.co.za. Hierdie storie is beskikbaar in Afrikaans, Engels, isiXhosa en isiZulu. Jacana publiseer boeke vir jong lesers in al elf amptelike Suid-Afrikaanse tale. Om meer uit te vind oor Jacana-titels, gaan na www.jacana.co.za.

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Drive your
imagination

Thoko's scary night

Thoko se angswekkende nag

Niki Daly
Marlise Joubert



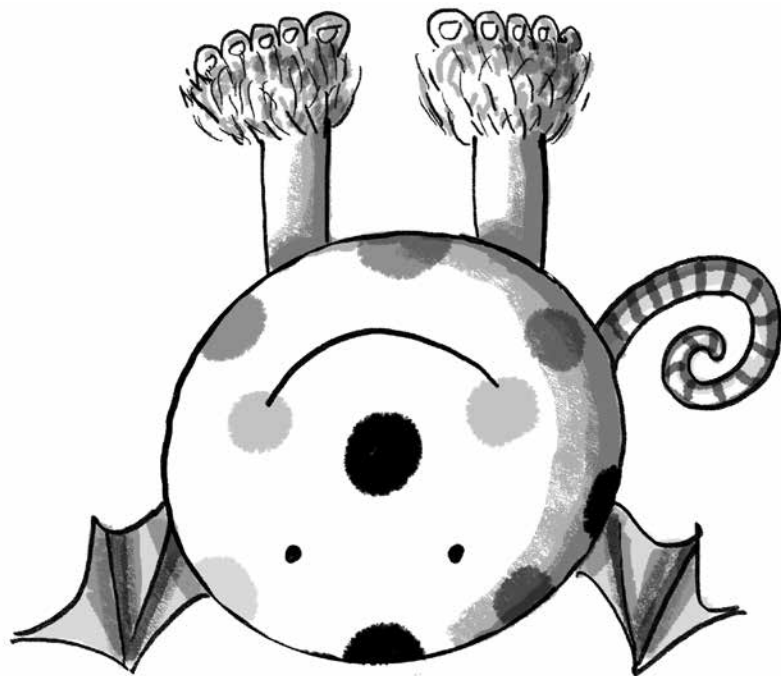


“Dis maar net die wind wat daar buite deur die
elektreiese draade waai,” fluister Mamma.
“Nee, nie dit nie!” fluister Thoko. “Dis *rêrig* ’n
angswekkende geluid – soos ’n monster.”
“Wel, dan moet jy maar lewer saam met my in die
bed klim,” fluister Mamma. “Hoe het dit geklink?”
Thoko fluister: “*Gôrr-Gôrr-Hooooaah-Boehoeeee!*”
“Dis die geluid wat die gawe *Gôrr-Gôrr-Hooooaah-*
Boehoeeee-monster maak om die bouse monsters mee
weg te jaag,” verduidelik Mamma.

One dark windy night, Thoko woke up to a scary
sound. It went, “*Ghorra-Ghorra!*”



Een donker, winderige nag word Thoko wakker van ’n
vreeslike geluid. Dit maak so: “*Gôrr-Gôrr!*”



“It has a puff-ball nose, bat wings and a curly-
whirly tail,” whispered Mama. “It’s really sweet.”
Then Thoko knew that Mama was making it all
up! But she was already starting to fall asleep, so she
didn’t argue.

Outside, the wind dropped.
At last, all was quiet and Gogo, Mama and Thoko slept – as
snug as three bugs in a rug.



Buite hou die wind op met waai.
Uiteindelik is alles stil en Ouma, Mamma en Thoko slaap –
al drie so knus soos ’n vlooi in ’n kooi.

“Gôrr-Gôrr! Hooaaaah! Boehoeeee!”
Mamma wakker.
Dié keer maak die vreemde geluid vir
“Gôrr-Gôrr-Hooaaaah-Boehoeeee!”
Mamma se arms om haar. Toe gebeur dit weer ...
Alle is stil – dis net die wind wat deur die
elektreiese drade waai. Thoko slaap rustig met
“Ghorra-Ghorra! Hooaaaah! Bwoooooo!”
This time the strange sound woke Mama.
Ghorra! Hooaaaah! Bwoooooo!”
her. Then it happened again ... “Ghorra-
with Mama’s arms wrapped around
through the wires. Thoko slept
only the wind blowing
All was quiet –



It was Gogo – snoring her head off!
Mama pulled Thoko close to her and giggled.
“It’s not the Ghorra-Ghorra-Hooaaaah-Bwoooooo-
Monster,” whispered Mama. “It’s the Snoring-Gogo-Monster!”
They both giggled until the bed shook. Gogo stirred and
immediately stopped snoring.

Dit is Ouma – wat vir die vale snork!
Mamma trek Thoko styf teen haar vas en begin giggel.
“Dis nie die Gôrr-Gôrr-Hooaaaah-Boehoeeee-monster
nie,” fluister Mamma. “Dis die Snorkende-Ouma-monster!”
Hulle lag totdat die bed begin skud. Ouma roer en hou
onmiddellik op met snork.



“It’s only the wind blowing through the wires
outside,” whispered Mama.
“No, not that!” whispered Thoko. “A really scary
sound – like a monster.”
“Well, you’d better climb into bed with me,”
whispered Mama. “What did it sound like?”
Thoko went, “Ghorra-Ghorra! Hooaaaah! Bwoooooo!”
“That’s the sound the nice Ghorra-Ghorra-
Hooaaaah-Bwoooooo-Monster makes to chase away
really bad monsters,” said Mama.



Then it stopped and went, “Hooaaaah! Bwoooooo!” like
some big scary monster breathing down your neck.

Thoko’s room was dark except for streaky shapes that
shivered against the bedroom wall from a street light.
Thoko pulled her duvet over her head. But she could still
hear the sound – deeper and scarier this time, “Ghorra-
Ghorra! Hooaaaah! Bwoooooo!”

Dan hou dit op en maak so: “Hooaaaah! Boehoeeee!”
Net soos ’n skrikwekkende monster wat in jou nek blaas.

Thoko se kamer is donker, behalwe vir die straatlig
wat strepe flikker teen die slaapkamer se muur. Thoko
trek haar duvet oor haar kop. Maar sy hoor nog steeds
die geluid – dieper en meer angswekkend as voorheen:
“Gôrr-Gôrr! Hooaaaah! Boehoeeee!”



Thoko trek haastig haar pantoffels en kameras aan en hardloop na Mamma se slaapkamer.
“Mamma! Mamma!” fluister Thoko. “Word wakker!”
“Wat’s fout, Thoko?” vra Mamma deur die slaap.
“Luister!” sê Thoko. “Daar’s ’n aaklige geluid wat hier iewers vandaan kom.”
Mamma skakel haar bedlampie aan en luister.

Quickly, Thoko put on her slippers and dressing gown and ran to Mama’s bedroom.
“Mama! Mama!” whispered Thoko. “Wake up!”
“What’s the matter, Thoko?” asked Mama sleepily.
“Listen!” said Thoko. “There’s a scary sound coming from somewhere.”
Mama switched on her bedside lamp and listened.



Mamma probeer regop sit. Maar haar een arm is lam van Thoko wat daarop lê.



Mama tried sitting up. But her one arm had gone dead from Thoko lying on it.

“Thoko! Thoko!” whispered Mama. “Wake up. This bed’s too small for the two of us.” Mama got Thoko out of bed and they tiptoed to Gogo’s room.
“Climb in!” whispered Mama.
Thoko got in beside Gogo, leaving space for Mama to join her. No sooner had they settled down when ...
“Ghorra-Ghorra! Hooooaaah! Bwoooooo!”



“Thoko! Thoko!” fluister Mamma. “Word wakker. Dié bed is te klein vir albei van ons.” Mamma kry Thoko uit die bed en hulle loop saggies na Ouma se kamer toe.
“Klim in!” fluister Mamma.
Thoko klim langs Ouma in en los ’n plekkie oop vir Mamma om ook in te klim. Hulle het skaars tot rus gekom, toe ... “Gôrr-Gôrr! Hooooaaah! Boehoeeee!”

Get story active!

Here are some activities for you to try. They are based on the stories in this edition of the Nal'ibali Supplement: *Thoko's scary night* (pages 7 to 10) and *Morongwa's surprise* (page 12).

Thoko's scary night

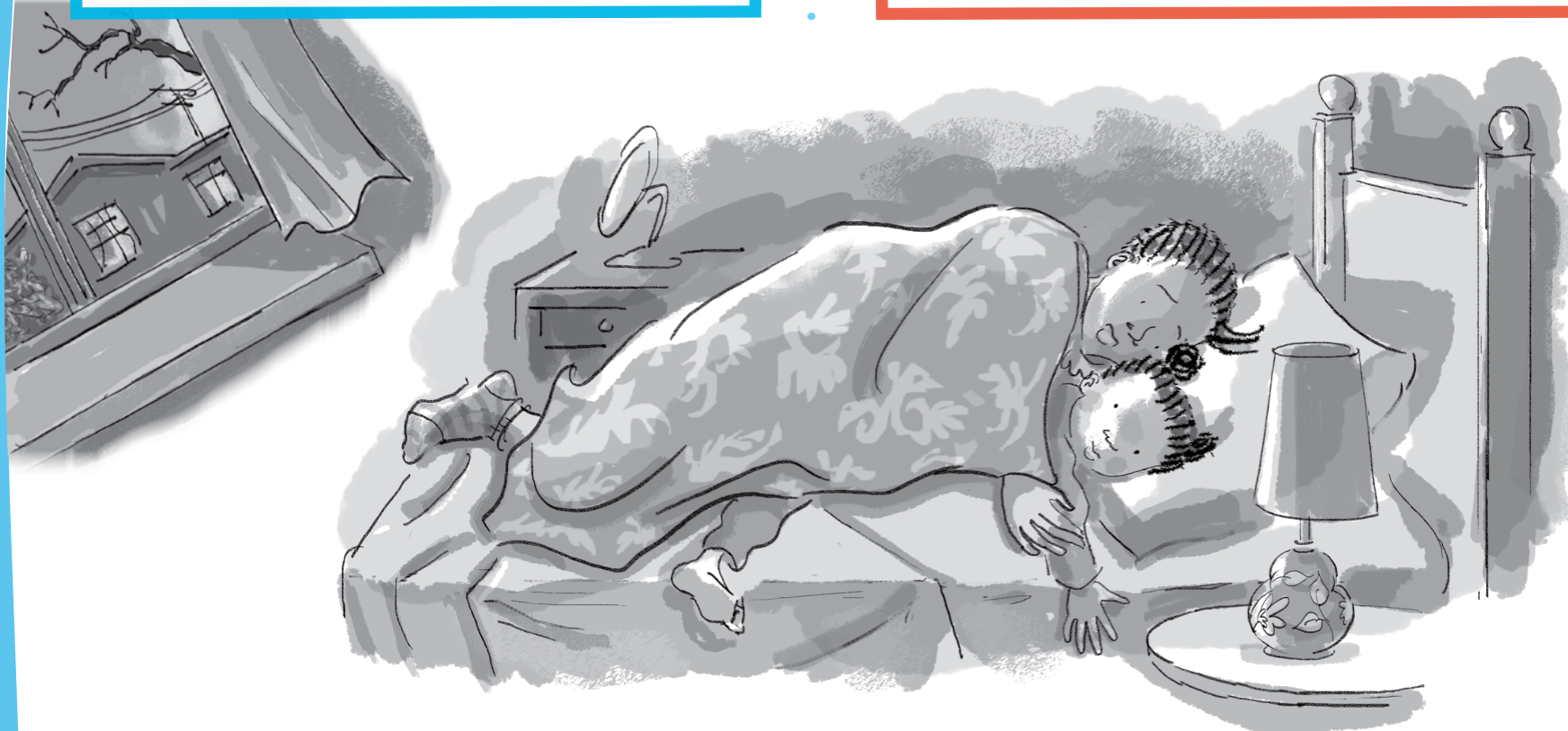
- ★ Do you know someone who snores loudly? What does it sound like? Try to write the sound using letters of the alphabet.
- ★ What kind of monster does this snoring noise remind you of? Draw a picture of the monster and then write a few sentences about it.
- ★ Have you ever woken up at night and felt scared? What made you feel scared? Tell or write your story. Use interesting words to say what you heard, saw and how you felt. Draw a picture of your scary night.

Raak doenig met stories!

Hier volg 'n paar aktiwiteite wat julle kan probeer. Dit is op die stories in hierdie uitgawe van die Nal'ibali-bylae gebaseer: *Thoko se angswekkende nag* (bladsye 7 tot 10) en *Morongwa se verrassing* (bladsy 13).

Thoko se angswekkende nag

- ★ Ken jy iemand wat hard snork? Hoe klink dit? Probeer die geluid neerskryf deur letters van die alfabet te gebruik.
- ★ Aan watter soort monster herinner hierdie snorkgeluid jou? Teken 'n prent van die monster en skryf dan 'n paar sinne daaroor.
- ★ Het jy al ooit in die nag wakker geword en bang gevoel? Wat het jou laat bang voel? Vertel of skryf jou storie. Gebruik interessante woorde om te sê wat jy gehoor en gesien het en hoe jy gevoel het. Teken 'n prent van jou angswekkende nag.



Morongwa's surprise

- ★ Make a picture story about your own family. Think of a story about your family. Use colour pens or pencils to write the words of the story. Look for pictures in old magazines. Cut them out and use them to illustrate your story.
- ★ Remind others to keep safe. Find bits of paper or cardboard and write reminders like these on them: "Wash your hands with soap and water for 20 seconds", "Remember to wear your face mask" and "Practice social distancing". Make up some of your own reminders too. Decorate the reminders and paste them where people can see them. For example, paste the reminder about wearing a mask on the inside of the front door so that people will see it before they leave the house.
- ★ Morongwa and her brothers use sign language to speak to Mama Maduo. What languages do you know? Practise using all the languages you know to tell others to stay safe.

Morongwa se verrassing

- ★ Maak 'n prentestorie oor jou eie familie. Dink aan 'n storie oor jou familie. Gebruik kleurpenne of -potlode om die woorde van die storie te skryf. Kyk in ou tydskrifte vir prente. Knip dit uit en gebruik dit om jou storie te illustreer.
- ★ Herinner ander daaraan om veilig te bly. Skryf boodskappe op stukkies papier of karton soos: "Was jou hande vir 20 sekondes met seep en water", "Onthou om jou gesigsmasker te dra" en "Onthou om jou afstand van ander mense te hou". Maak ook van jou eie boodskappe op. Versier die boodskappe en plak dit op waar mense dit kan sien. Plak byvoorbeeld die boodskap oor die dra van 'n masker aan die binnekant van die voordeur sodat mense dit sal sien voordat hulle die huis verlaat.
- ★ Morongwa en haar broers gebruik gebaretaal om met Mama Maduo te praat. Watter tale ken jy? Oefen om al die tale wat jy ken te gebruik om vir ander te sê om veilig te bly.





Morongwa's surprise

By Lorato Trok ■ Illustration by Magriet Brink and Leo Daly



On the last day of school, just before the start of the holidays, Morongwa sat quietly at her desk listening to her teacher, Mrs Nchwe, tell the class about a new germ that had been found. It was called the coronavirus and was making many people all over the world very sick.

As she listened, Morongwa didn't know what to feel. The germ sounded really scary, but on the other hand, the president had announced that all schools would close earlier for the holidays. The country was going into lockdown to keep people safe. This meant a very long break from school, and that sounded good! But Morongwa wasn't sure what a lockdown was.

During the next lesson, Morongwa sat quietly at her desk thinking about what Mrs Nchwe had told them. She felt confused and worried. Although her teacher had told them about the virus and the lockdown, Morongwa didn't really understand everything. It all sounded very serious.

After a while, Morongwa raised her hand. "Yes, Morongwa," said her teacher.

"Mrs Nchwe," Morongwa began, "I understand that there is a new virus that can make us all very sick and that is why schools are closing today. But can you please explain more about the virus? How does it make you sick?"

"That's a good question, Morongwa," said Mrs Nchwe. "Let me help you understand better."

Mrs Nchwe put up a poster. "First of all, if the coronavirus gets into your body, it may cause an illness called COVID-19. The coronavirus can get inside your body when someone who has the virus sneezes or coughs near you. The virus comes out of their mouth in small drops of water. These drops can get onto your hands. If you then touch your mouth, nose or eyes, the virus can get into your body and make you sick," Mrs Nchwe explained.

"So how can we stop ourselves from getting the virus?" asked Morongwa.

"You have to wash your hands with water and soap as often as you can. Slowly count to twenty while you wash to make sure your hands are clean. You also have to stay at home. You should stay away from everyone outside your home. If you have to go outside, you must wear a mask," said Mrs Nchwe.

Morongwa had more questions for her teacher. She raised her hand again. "Can my dog get sick, or could I make my dog sick?" she asked.

"Luckily, we can't get the coronavirus from our pets, nor give it to our pets," smiled Mrs Nchwe.

Then she explained that the virus is passed from person to person. "Anyone can get it from anyone, and anyone can give it to anyone," she said. "That is why the country is going into a lockdown. Everyone must stay home and away from other people so that no one can make anyone else sick."

Just as Morongwa was starting to worry about how she was going to remember all these facts so that she could tell her mama and younger brothers, Mrs Nchwe handed out booklets to everyone. "You can take these little books home to remind you about the important information we have shared today," she said.

Morongwa was putting her booklet safely into her school bag when the school bell rang.

The first thing Morongwa did when she got home was to wash her hands with soap and water. "Ofentse, Lesedi, come join me," Morongwa said when she saw her younger brothers watching her. "Slowly count to twenty while you wash." She signed to Mama Maduo to wash her hands too.

"Why do we have to wash our hands, Morongwa?" Ofentse asked, his hands up in the air.

"Let's just all wash our hands. I will explain why later," Morongwa said.

Mama Maduo was surprised by Morongwa's change in attitude. If there was one of her children who always had to be reminded to wash her hands, it was Morongwa. It was good to see this change in her. Mama Maduo smiled, but she was also a little confused about this change.

That night Morongwa read the booklet that her teacher had given her to her family and explained to them what COVID-19 is. Then she gave Mama Maduo the booklet to read.

A few days later Morongwa saw that her two brothers were a bit bored because of the lockdown. "Hey, you two, I've got a plan! Do you want to have fun?" asked Morongwa.

Morongwa did not wait for their answer. Instead she went straight to the corner of their small bedroom where Mama Maduo kept her magazines. Morongwa chose a few magazines and laid them on the floor. Next, she took out the scissors, crayons, glue and sheets of paper that their uncle had bought for them at the beginning of the school year. As Lesedi watched his big sister, his eyes grew wide with excitement.

For the next few afternoons Morongwa, Ofentse and Lesedi locked themselves in their bedroom and had lots of fun cutting out pictures from magazines. There was a lot of cutting and a lot of laughing!

"This is fun!" said a giggling Lesedi.

"Remember that it's a surprise, Lesedi. This is our holiday surprise mission," said Morongwa, tickling Lesedi's legs.

Then, one evening after dinner, Mama Maduo was surprised to see her children lining up next to her. Ofentse and Lesedi were each holding a sheet of paper and Morongwa was holding a book. "What are those?" signed Mama Maduo.



"It is our holiday surprise for you!" the children all signed together. "Can we show you?" Mama Maduo nodded.

It turned out that Morongwa had helped her brothers make picture stories for their mama as a surprise. It was now time for show and tell!

Lesedi went first. He told the story about his picture and also used his little hands to do sign language so that Mama could follow his story. And even though Lesedi's story didn't always make sense to Morongwa, it was funny and made everyone laugh.

Next, it was Ofentse's turn. He had cut out pictures of a beautiful mother and also two big bird wings. Then he had glued the wings onto the mother's shoulders. "This is you, Mama," he said pointing at his mother. Then he signed, "You are our special superhero."

When it was Morongwa's turn, she showed Mama the picture book she had made about a protective Mama Bear and her cubs. She wanted to make sure Mama Maduo knew how much they loved her and how proud they were of their real-life Mama Bear.

By this time, Mama Maduo was crying tears of joy and gave all her children a big, happy bear hug.

The children were happy too. They had each made up a different story and told it in their own way. And while they were doing this, they had completely forgotten about the lockdown! "Lockdown? What lockdown?" they all laughed.

For Morongwa and her family the lockdown had become a happy time to discover new things and start new family traditions. Mama Maduo's magazine collection was now more valuable than ever. The family's new-found enjoyment of writing, reading and telling stories had become a fun-filled family adventure.

Over the next few weeks Mama Maduo, Morongwa, Lesedi and Ofentse created, read and told more and more stories. This made Mama wonder whether perhaps the president had been thinking of Morongwa when he started his *Thuma Mina* (send me) Campaign to rebuild South Africa. It seemed like that to Mama! After all, in Setswana Morongwa's name means "the one who is sent".



Drive your
imagination



Morongwa se verrassing

Deur Lorato Trok ■ Illustrasie deur Magriet Brink en Leo Daly



Op die laaste skooldag, net voor die vakansie aanbreek, sit Morongwa stil by haar lessenaar en luister terwyl haar juffrou, mev. Nchwe, vir die klas vertel van 'n nuwe kiem wat ontdek is. Dit word die koronavirus genoem en is besig om talle mense oor die hele wêreld baie siek te maak.

Terwyl sy luister, weet Morongwa nie hoe sy voel nie. Die kiem klink regtig vreesaanjaend, maar aan die ander kant het die president aangekondig dat alle skole vroeër gaan sluit vir die vakansie. Die regering het 'n staat van inperking afgekondig om mense veilig te hou. Dit beteken 'n baie lang tyd weg van die skool af, en dit klink goed! Maar Morongwa is nie seker wat 'n staat van inperking is nie.

Tydens die volgende les sit Morongwa stil by haar lessenaar en dink oor wat mev. Nchwe vir hulle vertel het. Sy voel deurmekaar en bekommerd. Al het haar juffrou vir hulle van die virus en die staat van inperking vertel, verstaan Morongwa nie regtig alles nie. Dit klink alles so ernstig.

Na 'n rukkie steek Morongwa haar hand op. "Ja, Morongwa," sê haar juffrou.

"Juffrou Nchwe," begin Morongwa, "ek verstaan dat daar 'n nuwe virus is wat ons almal baie siek kan maak en dis hoekom die skole vandag sluit. Maar kan Juffrou asseblief vir ons meer van die virus vertel? Hoe maak dit 'n mens siek?"

"Dis 'n goeie vraag, Morongwa," sê mev. Nchwe. "Kom ek help julle om beter te verstaan."

Mev. Nchwe haal 'n plakkaat uit. "As die koronavirus in jou liggaam inkom, kan dit 'n siekte veroorsaak wat ons COVID-19 noem. Die koronavirus kan in jou liggaam inkom wanneer iemand wat die virus het, naby jou nêes of hoes. Die virus kom in klein waterdruppeltjies by hul mond uit. Hierdie druppeltjies kan op jou hande beland. As jy dan aan jou mond, neus of oë raak, kan die virus in jou liggaam ingaan en jou siek maak," verduidelik mev. Nchwe.

"Maar hoe kan ons dan keer dat ons die virus kry?" vra Morongwa.

"Julle moet so gereeld moontlik julle hande met seep en water was. Tel stadig tot by twintig terwyl jy was om seker te maak jou hande is skoon. Julle moet ook by die huis bly. Bly weg van almal buite jul huismense. As jy buit toe moet gaan, moet jy 'n masker dra," sê mev. Nchwe.

Morongwa het nog vrae vir haar juffrou. Sy steek weer haar hand op. "Kan my hond siek word, of kan ek my hond siek maak?" vra sy.

"Gelukkig kan ons nie die koronavirus van ons troeteldiere kry nie en dit ook nie vir hulle gee nie," glimlag mev. Nchwe.

Toe verduidelik sy dat die virus van persoon tot persoon oorgedra word. "Enigiemand kan dit van enigiemand anders kry, en enigiemand kan dit weer vir enigiemand anders gee," sê sy. "Dis hoekom die land in 'n staat van inperking ingaan. Almal moet by die huis bly en wegbly van ander mense sodat niemand enigiemand anders kan siek maak nie."

Net toe Morongwa begin bekommerd raak oor hoe sy al hierdie feite gaan onthou sodat sy dit vir haar ma en jonger boeties kan vertel, deel mev. Nchwe vir almal boekies uit. "Julle kan hierdie boekies huis toe vat om julle te herinner aan die belangrike inligting wat ons vandag gedeel het," sê sy.

Morongwa is besig om haar boekie veilig in haar skooltas te bêre toe die skoolklok lui.

Die eerste ding wat Morongwa doen toe sy by die huis kom, is om haar hande met seep en water te was. "Ofentse, Lesedi, kom gou hier," sê Morongwa toe sy sien hoe haar boeties haar dophou. "Tel stadig tot by twintig terwyl julle jul hande was." Sy sê met gebaretaal vir Mamma Maduo om ook haar hande te was.

"Hoekom moet ons ons hande was, Morongwa?" vra Ofentse met sy hande in die lug.

"Kom ons was net almal ons hande. Ek sal later verduidelik," sê Morongwa.

Mamma Maduo is verbaas oor die verandering in Morongwa se houding. As daar een van haar kinders is wat sy altyd moet herinner om haar hande te was, is dit Morongwa. Dis goed om hierdie verandering in haar te sien. Mamma Maduo glimlag, maar sy is ook effens verward oor die verandering.

Daardie aand lees Morongwa die boekie wat haar juffrou vir haar gegee het vir haar familie en verduidelik vir hulle wat COVID-19 is. Toe gee sy vir Mamma Maduo die boekie om te lees.

'n Paar dae later sien Morongwa dat haar twee jonger boeties bietjie opgeskeep is met hulself weens die inperking. "Haai, julle twee, ek het 'n plan! Is julle lus vir 'n bietjie pret?" vra Morongwa.

Morongwa wag nie vir hul antwoord nie. Sy gaan reguit na die hoek van hul klein slaapkamer waar Mamma Maduo haar tydskrifte hou. Morongwa kies 'n paar tydskrifte en pak dit op die vloer uit. Dan vat sy die skêr, kryte, gom en velle papier wat hulle oom aan die begin van die skooljaar vir hulle gekoop het. Lesedi se oë rek van opgewondenheid terwyl hy sy ousus dophou.

Die volgende paar middae sluit Morongwa, Ofentse en Lesedi hulself in hul slaapkamer toe en geniet hulself gate uit terwyl hulle prente uit tydskrifte knip. Daar word baie geknip en baie gelag!

"Dis pret!" sê 'n giggelende Lesedi.

"Onthou, dis 'n verrassing, Lesedi. Dit is ons vakansieverrassing," sê Morongwa, en kielie Lesedi se bene.

Toe, een aand na ete, is Mamma Maduo verbaas om te sien dat haar kinders in 'n ry langs haar kom staan. Ofentse en Lesedi hou elkeen 'n vel papier vas en Morongwa 'n boek. "Wat is dit?" vra Mamma Maduo met gebare.



"Dit is ons vakansieverrassing vir jou, Mamma!" sê al die kinders saam. "Kan ons vir jou wys?" Mamma Maduo knik.

Morongwa het die hele tyd haar broers gehelp om prentestories as 'n verrassing vir hul ma te maak. Nou is dit tyd vir wys-en-vertel!

Lesedi is eerste aan die beurt. Hy vertel die storie van sy prent en praat ook gebaretaal met sy klein handjies sodat Mamma sy storie kan volg. En selfs al maak Lesedi se storie nie altyd vir Morongwa sin nie, is dit snaaks en laat dit almal lag.

Dan is dit Ofentse se beurt. Hy het prente van 'n pragtige mamma en ook twee groot voëlmerke uitgeknipt. Toe het hy die vlerke op die mamma se skouers vasgeplak. "Dis jy, Mamma," sê hy en wys na sy ma. Toe sê hy met gebare: "Jy is ons spesiale superheld."

Toe dit Morongwa se beurt is, wys sy vir Mamma die prentboek wat sy gemaak het oor 'n beskermende Mamma Beer en haar welpies. Sy wil seker maak Mamma Maduo weet hoe lief hulle vir haar is en hoe trots hulle op hul eie Mamma Beer is.

Teen hierdie tyd huil Mamma Maduo trane van vreugde en gee vir al haar kinders 'n lekker stywe drukkie.

Die kinders is ook gelukkig. Hulle het elkeen 'n ander storie opgemaak en dit op hul eie manier vertel. En terwyl hulle besig was hiermee, het hulle heeltemal vergeet dat hulle ingeperk is! "Inperking? Watter inperking?" lag hulle almal.

Vir Morongwa en haar familie word die staat van inperking 'n gelukkige tyd om nuwe dinge te ontdek en nuwe familietradisies te begin. Mamma Maduo se tydskrifversameling is nou kosbaarder as ooit. Die nuutgevonde plesier wat hulle kry wanneer hulle skryf, lees en stories vertel, word 'n familie-avontuur vol vreugde.

In die volgende paar weke skep, lees en vertel Mamma Maduo, Morongwa, Lesedi en Ofentse meer en meer stories. Dit laat Mamma wonder of die president dalk van Morongwa gepraat het toe hy sy *Thuma Mina* (stuur my) -veldtog begin het om Suid-Afrika te herbou. Dit lyk vir Mamma so! Want in Setswana beteken Morongwa se naam immers "die een wat gestuur is".

Ideas for 10- to 13-year-olds

Children at this age may enjoy learning more about things that they have not been exposed to before. They may also start to question why things are the way they are. Encourage your child to become curious about the world!



Talk about TV and books

Watching TV helps children develop their critical thinking about what they watch, as well as what they read. Ask them questions, not to test them, but to encourage them to express their opinions and thoughts on what they are watching and reading. For example, you could ask:

- Did you enjoy the show/story? Why or why not?
- Which character did you like the most? Why?
- Which character did you dislike the most? Why?
- Do you think the story is believable? Do these kinds of things really happen?



Write for a reason

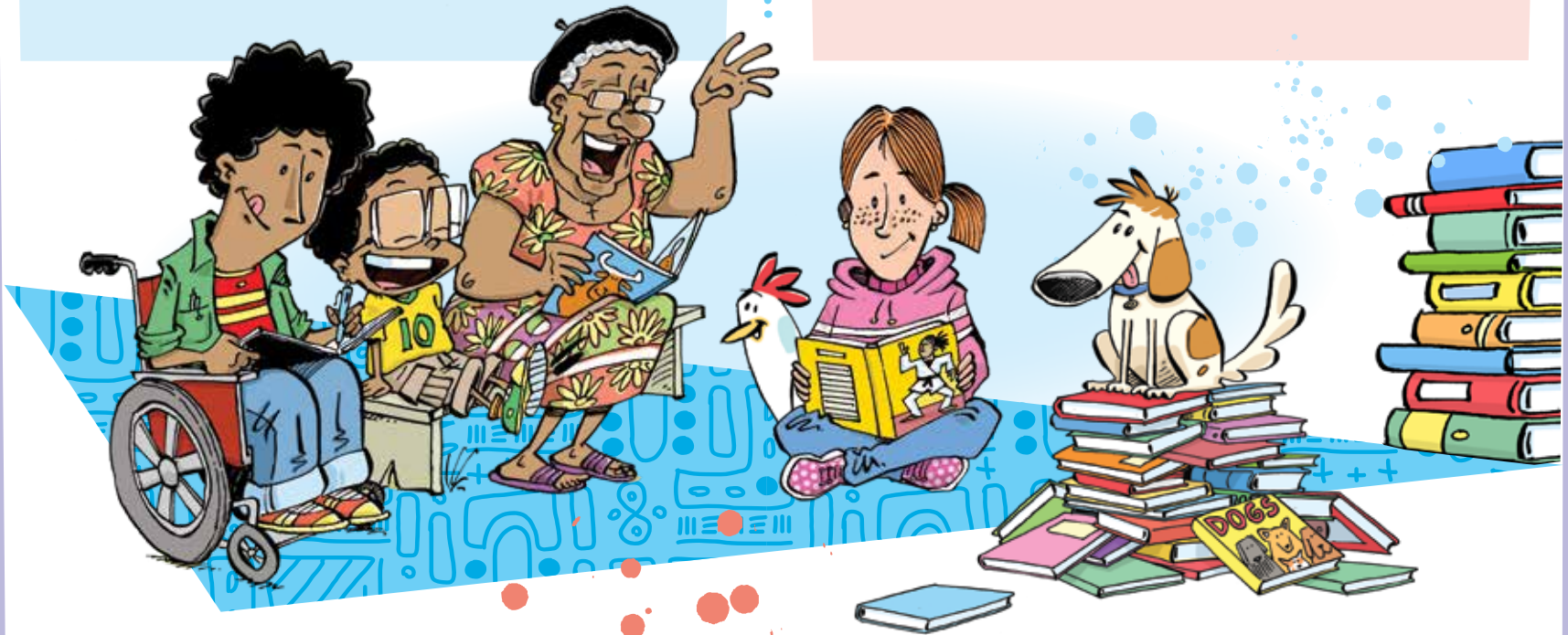
Invite your children to try these writing activities related to a book they have read, a story they have listened to or one of their favourite TV shows.

- Prepare an interview with one of the characters. Write down at least ten questions that would give the character an opportunity to discuss their thoughts and feelings about their role in the story.
- Write a book review. Make sure you provide information about the book's setting and characters, and what the story is about – but don't give away all the details! Remember to also say what you liked and/or didn't like about the book.
- Write a description of three characters from a story you have read. Include these details: what they look like, what feelings they experience and how they relate to other characters. Draw a picture of each character to go with the description.
- Write a short summary of the things you learnt from a story.



Read non-fiction books

As they get older, some children may find that they enjoy non-fiction books as much as storybooks. Non-fiction books will help them discover new places, things, people and events. It will grow their vocabulary about specific topics and teach them practical skills. Non-fiction books can also teach them words that are used specifically in science, mathematics, history and geography.



Idees vir 10- tot 13-jariges

Kinders van hierdie ouderdom mag dit dalk geniet om van dinge te leer waaraan hulle nog nie voorheen blootgestel is nie. Hulle mag ook begin vra hoekom dinge is soos wat dit is. Moedig jou kind aan om nuuskierig te wees oor die wêreld!



Praat oor TV en boeke

Om TV te kyk help kinders om hul kritiese denke oor dit wat hulle kyk te ontwikkel, en ook oor wat hulle lees. Vra vir hulle vrae, nie om hulle te toets nie, maar om hulle aan te moedig om hul menings en gedagtes te lug oor wat hulle kyk en lees. Jy kan byvoorbeeld vra:

- Het jy die program/storie geniet? Hoekom of hoekom nie?
- Van watter karakter het jy die meeste gehou? Hoekom?
- Van watter karakter het jy die minste gehou? Hoekom?
- Dink jy die storie is geloofwaardig? Gebeur hierdie soort dinge regtig?



Skryf vir 'n rede

Nooi jou kinders om hierdie skryfaktiwiteite te probeer wat verband hou met 'n boek wat hulle gelees het, 'n storie waarna hulle geluister het of een van hul gunsteling- TV-programme.

- Berei 'n onderhoud met een van die karakters voor. Skryf minstens tien vrae neer wat die karakter 'n geleentheid sal gee om hul gedagtes en gevoelens oor hul rol in die storie te bespreek.
- Skryf 'n boekresensie. Maak seker jy verskaf inligting oor die agtergrond waarteen die boek afspeel, die karakters en waaroor die storie gaan – maar moenie al die besonderhede verklap nie! Onthou ook om te sê waarvan jy in die boek gehou het/nie van gehou het nie.
- Skryf 'n beskrywing van drie van die karakters in 'n storie wat jy gelees het. Sluit hierdie besonderhede in: hoe hulle lyk, watter gevoelens hulle ervaar en hoe hulle met ander karakters omgaan. Teken 'n prent van elke karakter om by die beskrywing te pas.
- Skryf 'n kort opsomming van die dinge wat jy in 'n storie geleer het.



Lees niefiksie-boeke

Namate hulle ouer word, mag sommige kinders niefiksie-boeke net so baie soos storieboeke geniet. Niefiksie-boeke sal hulle help om nuwe plekke, dinge, mense en gebeure te ontdek. Dit sal hul woordeskat oor spesifieke onderwerpe uitbrei en vir hulle praktiese vaardighede leer. Niefiksie-boeke kan ook vir hulle woorde leer wat spesifiek in wetenskap, wiskunde, geskiedenis en aardrykskunde gebruik word.



Drive your
imagination

Ideas for teenagers

Teenagers enjoy trying new things and being independent. Even though it may not always seem like it, they appreciate it when you spend time with them, encourage them to do challenging activities and show an interest in the things that they enjoy.



Idees vir tieners

Tieners geniet dit om nuwe dinge te probeer en om onafhanklik te wees. Selfs al lyk dit nie altyd so nie, waardeer hulle dit as jy tyd met hulle deurbring, hulle aanmoedig om uitdagende aktiwiteite te doen en 'n belangstelling toon in die dinge wat hulle geniet.

Read, write and learn

- 💡 **Encourage writing.** Suggest that your teenagers keep a lockdown diary or write poetry to express their thoughts and feelings.
- 💡 **Local history.** Let your teenagers do a history project with family members. They can interview you and other adults at home about your early memories of where you grew up, events that happened and how these things affected you. Encourage your teenagers to write down the interviewee's answers or to use a cellphone to record the interview.
- 💡 **Talk about the news.** Teenagers are bombarded with news from radio, television, WhatsApp groups and other social media. As a family, practise being critical about the news so that teenagers can learn to work out what is true and what is false. Here are some questions to ask.
 - ★ From whose perspective is the story being told?
 - ★ Who is speaking? Who is being spoken about?
 - ★ Who has power? How is this power expressed?
 - ★ What is left out and/or taken for granted?
 - ★ Who benefits?
- 💡 **Get reading.** Encourage your teenagers to read on their own and for their own enjoyment. If they don't have access to books, help them find FunDza's online library at: live.fundza.mobi.
- 💡 **Read aloud.** Reading aloud is not only for young children! It can be fun to read a story or script out loud to or with teenagers. Find scripts to enjoy reading aloud on FunDza's mobisite at: live.fundza.mobi/catalogue/?genre=chattalogue.
- 💡 **Managing their studies.** Work out a daily routine with your teenagers so that they can keep to regular study times. Also, encourage them to talk to you about what they are studying. This will help them understand and remember what they have learnt. In fact, one of the best ways of checking if you really understand something is to teach it to someone else. So, ask your teenagers to teach you about a topic – in whatever language they prefer.

Lees, skryf en leer

- 💡 **Moedig hulle aan om te skryf.** Stel voor dat jou tieners 'n inperkingsdagboek hou of gedigte skryf om hul gedagtes en gevoelens uit te druk.
- 💡 **Plaaslike geskiedenis.** Laat jou tieners 'n geskiedenisprojek met familieleden doen. Hulle kan onderhoud met jou en ander grootmense by die huis voer oor jou vroeë herinneringe van waar julle grootgeword het, dinge wat gebeur het en hoe hierdie dinge julle geaffekteer het. Moedig jou tieners aan om die persone met wie onderhoud gevoer word se antwoorde neer te skryf of om 'n selfoon te gebruik om die onderhoud op te neem.
 - ★ Uit wie se perspektief word die storie vertel?
 - ★ Wie praat? Van wie word gepraat?
 - ★ Wie het die mag? Hoe word hierdie mag uitgedruk?
 - ★ Wat is uitgelat en/of as vanselfsprekend aanvaar?
 - ★ Wie trek voordeel?
- 💡 **Begin lees.** Moedig jou tieners aan om op hul eie en vir hul eie genot te lees. As hulle nie toegang tot boeke het nie, help hulle om FunDza se aanlynbiblioteek te vind by: live.fundza.mobi.
- 💡 **Lees hardop.** Hardop lees is nie net vir jong kinders nie! Dit kan pret wees om 'n storie of toneelstuk hardop vir of saam met tieners te lees. Vind toneelstukke wat julle kan geniet om hardop te lees op FunDza se selfoonwerf by: live.fundza.mobi/catalogue/?genre=chattalogue.
- 💡 **Bestuur hul studies.** Stel saam met jou tieners 'n daaglikse roetine op sodat hulle by gereelde studietye kan hou. Moedig hulle ook aan om met jou te praat oor wat hulle leer. Dit sal hulle help om dit wat hulle geleer het beter te verstaan en te onthou. Trouens, een van die beste maniere om vas te stel of jy iets regtig verstaan, is om dit vir iemand anders te leer. Vra daarom jou tieners om vir jou van 'n onderwerp te leer – in die taal wat hulle verkies.

Nal'ibali fun

Nal'ibali-pret



Play this game together!

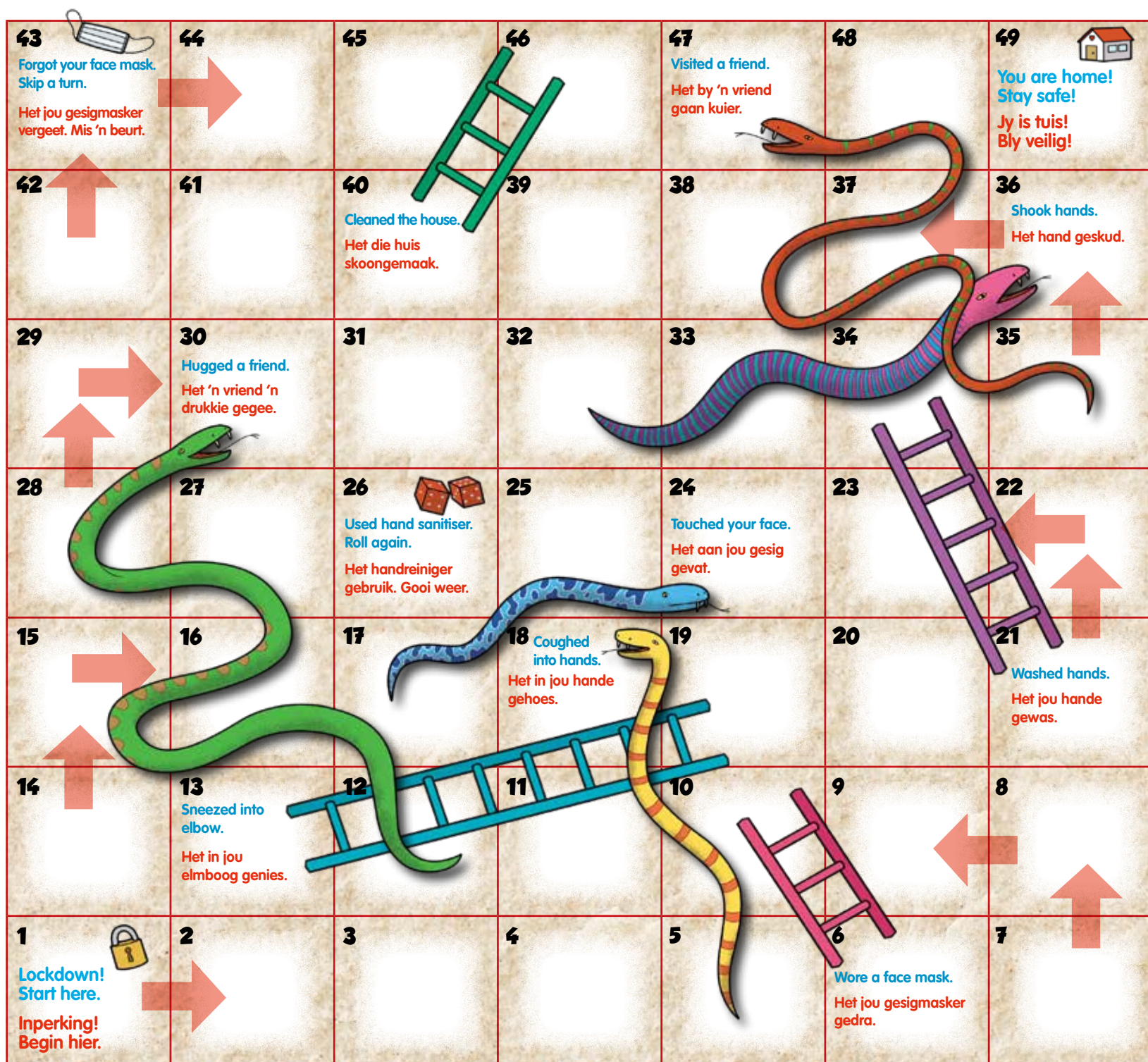
How to play

- Each player puts a button on the block that says: **Lockdown! Start here.**
- Take turns to roll the dice and move your button the number of blocks shown on the dice.
- Follow the instructions in the block you land on.
- If your button lands at the bottom of a ladder, you can move up to the top of the ladder.
- If your button lands on the head of a snake, you must slide down to the bottom of the snake.
- The first player to reach: **You are home! Stay safe!** is the winner.

Speel saam hierdie speletjie!

Hoe om te speel

- Elke speler plaas 'n knoop op die blok wat sê: **Inperking! Begin hier.**
- Maak beurte om 'n dobbelsteen te gooi en skuif jou knoop aan volgens die getal waarop die dobbelsteen val.
- Volg die instruksies in die blok waarop jy land.
- As jou knoop onderaan 'n leer beland, kan jy na die bopunt van die leer skuif.
- As jou knoop op 'n slang se kop beland, moet jy met die slang afgly tot by sy onderpunt.
- Die eerste speler om **Jy is tuis! Bly veilig!** te bereik, is die wenner.



Illustrations/Illustrasies: Magriet Brink and/en Leo Daly

Nal'ibali is here to motivate and support you. **Contact us** by calling our call centre on **02 11 80 40 80**, or in any of these ways:

Nal'ibali is hier om jou te motiveer en te ondersteun. **Skakel ons** inbelsentrum by **02 11 80 40 80**, of kontak ons op een van die volgende maniere:

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The Herald

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IN THE KNOW ON THE MOVE.

