



WhatsApp support  
(now available in isiXhosa):  
Say “Hi” to 0600 123 456

#### CALL FOR ASSISTANCE

Emergency Number: 0800 029 999

NMBM Call Centre: 0800 20 50 50

GBV Command Centre: 0800 428 428 or \*120\*7867# (free)

Childline: 0800 055 555

South African Police Service: 08600 10111



## COVID CONNECT



SIKHABA  
iCOVID-19

### Can you tell us what COVIDConnect is?

It's an interactive self-help service that is easy to use on any cell phone, via SMS or Whatsapp

- 1 You can complete a **simple screening questionnaire** to see if you have COVID-related symptoms. Based on your answers, it will tell you whether you need to be tested.
- 2 If you've tested **positive** for COVID, it helps you to notify your contacts anonymously and tells you how to look after yourself.
- 3 **If you do have the virus**, it will send an alert to all your close contacts that you've seen recently so they can get tested and be supported.



Dial **\*134\*832#** or Send **“Check”** to **060 012 3456** on **Whatsapp**.



COVIDConnect is a digital system from the Department of Health.



Monday to Friday, 8.30 AM and 5.30 PM  
Saturday, 9.30 AM  
on **MPumaKapa TV** (Bay TV, channel 260)



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**masifunde**  
LEARNER DEVELOPMENT

# quaran**Ti**MES FREE COPY

ichomi yakho nge lockdown

Edition 6 • 1 - 15 AUGUST 2020

E-PAPER available: [www.masifunde.org](http://www.masifunde.org)

## CONVENIENTLY COLOUR CODED

### PRE-SCHOOL

brought to you by Priscilla Machini, Nelubabala Ntamo and Nandipha Mabi (Montessori educators)

### KIDS

brought to you by Sive Sifora (Learn4Life! facilitator) and Zolisa Mcasiso (coordinator for academic programmes)

### PRE-TEENS

brought to you by Sinovuyo Xongo (Learn4Life! facilitator) and Zolisa Mcasiso (coordinator for academic programmes)

### TEENS

brought to you by Andisiwe Mbelekeane (Learn4Life! facilitator) and Zolisa Mcasiso, coordinator for academic programmes

### YOUNG ADULTS

brought to you by Fundile Makhosi (Learn4Life! coordinator and facilitator) and Nosikhumbuzo Ngewu (social worker)

### CREATIVE ARTS

brought to you by Xabiso Zweni (Drama Teacher), Sivuyile Scott (Music Teacher) and Banele Njdayi (Arts Teacher)

**M**olweni and welcome to the sixth edition of quaranTimes, your entertaining activity newspaper during lockdown - proudly brought to you by the Masifunde Team in Walmer Township.

Today the music of my neighbour's stereo woke me up, the song's lyrics went like:

*“I'm gonna make a change  
for once I'm my life.  
It's gonna feel real good,  
going to make a difference,  
going to make it right!”*

The song and the lyrics were encouraging. “Yes!!”, I thought, “today is another beautiful day to make a change in my life. Another brilliant opportunity to change whatever might be going wrong in my life to ensure I achieve my goals and objectives.”

Ultimately, the only thing which is in my power to change is myself and my actions. So, why lean back and wait for things to change by themselves? Why wait for

someone else to change their behavior or to fix whatever is broken? The waiting will not get me anywhere in life. My life is in my hands and the change in my life might even have a positive effect on the lives of others.

The song that woke me up was obviously Michael Jackson's “Man in the mirror”, and the chorus went like this:

*“I'm starting with  
the man in the mirror,  
I'm asking him to  
change his ways;  
And no message could  
have been any clearer  
If you want to make the  
world a better place  
Take a look at yourself, and then  
make a change!”*

**If you are searching for that  
one person that will change  
your life, look in the mirror.”**

**Change  
starts within  
you!**



**masifunde**  
LEARNER DEVELOPMENT



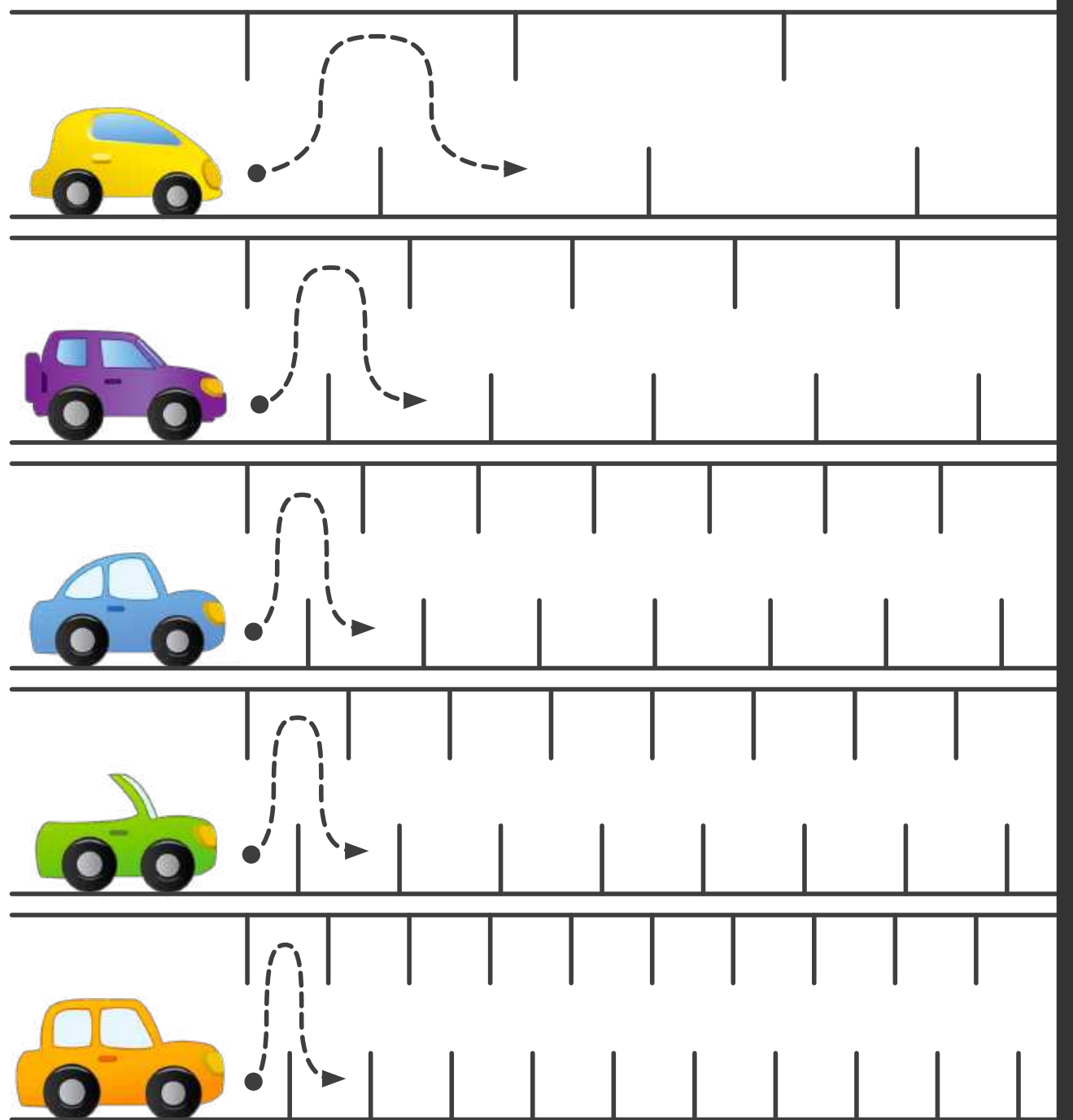




# OBSTACLE COURSE

## RACING

For each car, draw a line from the start to the finish line, but **BE CAREFUL...** Stay within the given path!



## SOCK MATCHING

Sock matching and sock folding is the perfect Montessori activity for children who want to help out around the house. This Practical Life Activity teaches children about visual discrimination, matching.



1. Put different pairs of socks on the floor.

2. Ask the child to match them correctly. You may help the child with the first one for the child to understand the concept.

3. Older children may also be asked to fold the socks and put them in the drawer

Colour in





GET ACTIVE DURING LOCKDOWN

# BALLOON TENNIS



## ALL YOU NEED

- 2 or more paper plates
- 2 or more ice cream sticks
- Glue or sticky tape
- A balloon

# BUTTON NUMBER MATCH



## YOU'LL NEED:

- A large egg box
- 12 or more old buttons
- A khaki pen

## INSTRUCTIONS

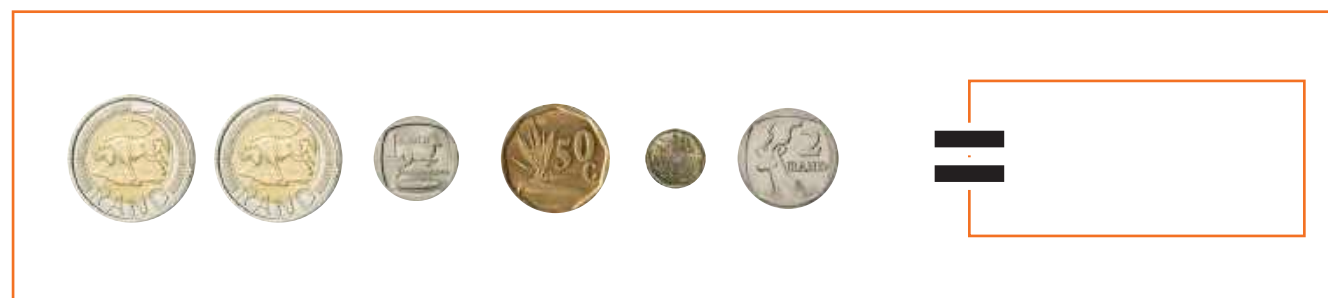
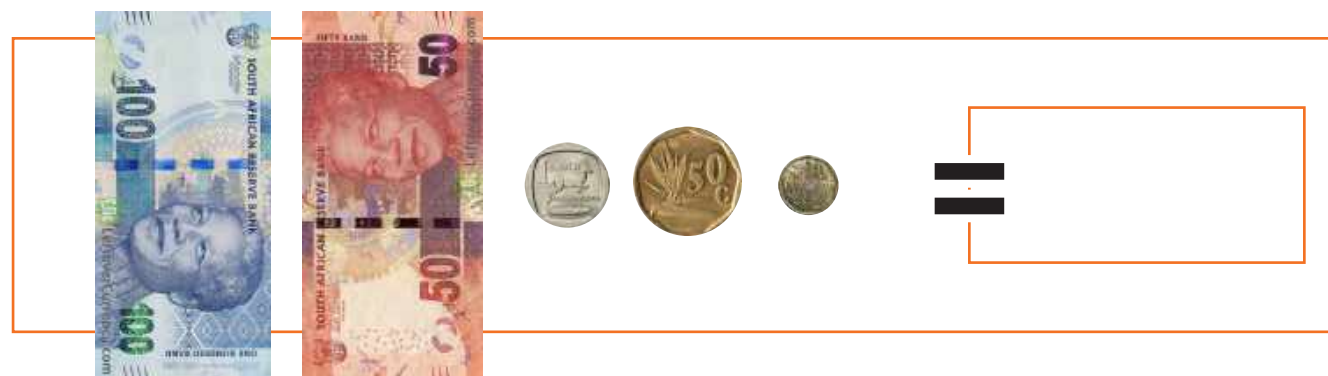
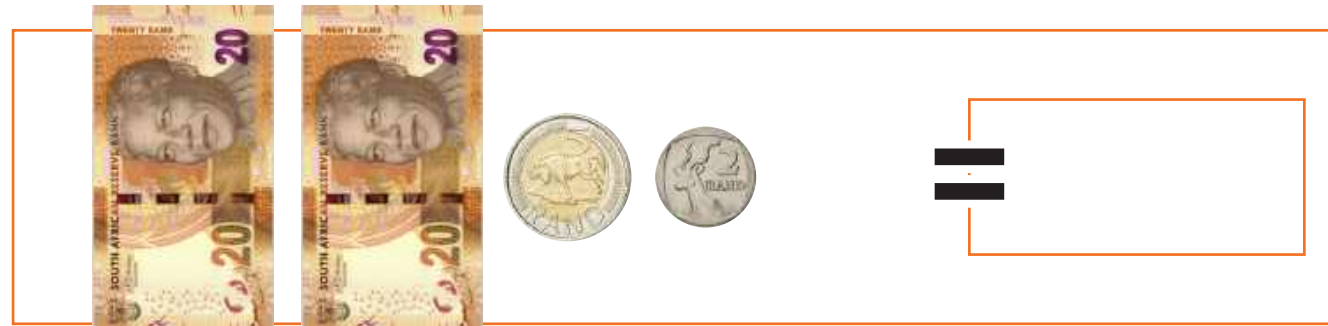
- Write 1 to 12 on each of the bases of the egg box, using a black khaki.
- Ask your child to match the amount of buttons to the number on the base of the egg box, just like in the picture below.

**Example:** if the base has the number 1, the child will count out 1 button and place it in the number 1 box.



# COUNTING MONEY

Esihle helps her mother make vetkoeks to sell at their spaza shop. When Esihle helps her mother, she gets some pocket money each day. Can you count how much money Esihle makes each day?



KIDS SECTION Brought to you by: (left to right)  
Sive Sifora (Learn4Life! facilitator) and Zolisa Mcciso (coordinator for academic programmes)



## WHAT IS A COMPUTER?

A computer is a machine that is able to take information (input), do some work on or make changes to the information (process), to make new information (output).

### DID YOU KNOW

The first phone was invented by Alexander Graham Bell in 1876 in the United States?



## WHAT CAN YOU USE YOUR COMPUTER FOR?



### PLAY

Play computer games



### WORK

Do your school research



### LISTEN

Listen to music, create music or music CDs



### LOOK

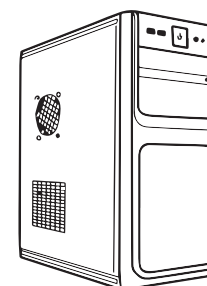
Look at pictures, scan pictures, import pictures, and create pictures



### WATCH

Watch videos, create movies, or watch TV

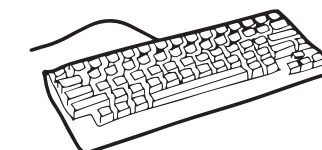
## Match the pictures with the words below



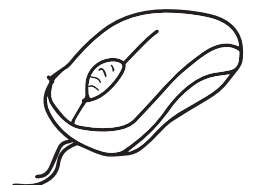
MONITOR



MOUSE

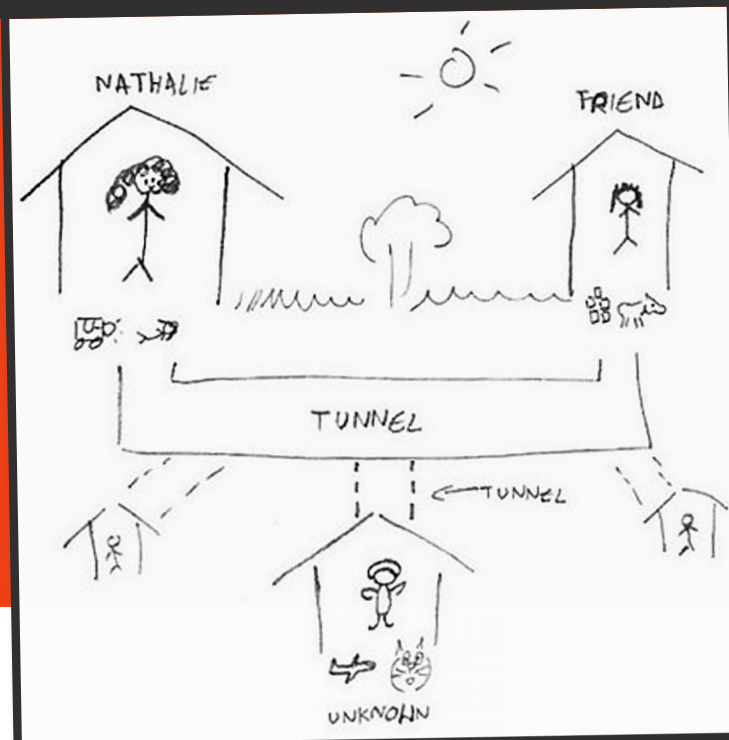
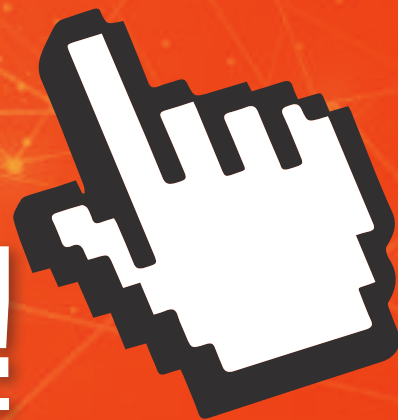


SYSTEM UNIT



KEYBOARD

# WHAT IS THE INTERNET?!



Imagine that Owam wants to play with the wooden horse of her friend Malu, who lives 45 minutes away from her, and that there is a underground tunnel that she can use to get to her friend's house quickly. She will only have to enter the tunnel and she will almost instantly in Malu's house to play with the horse, then she will be able to come back at any time.

Now let's imagine the houses of all the children around the world connected through this tunnel, allowing us to enjoy the toys of every kid at any time, as long as the kid allows it, of course. Each kid will be able to decide whether he wants to share or not his toys at the tunnel's entrance, or indicate which ones he wants to share and which one's not.

This is – simply said – how the internet works: it connects people from all over the world.

## HOW CAN WE USE THE INTERNET TO HELP US?

- The internet connects us to our families, friends and teachers
- We can get help translating other languages
- We can also use it to learn more and helps us with assignments

THE INTERNET CAN ALSO BE DANGEROUS PLACE, THAT'S WHY WE ALWAYS HAVE TO BE **SMART** WHEN USING IT:

**S**

SAFE

Keep safe by being careful not to give out personal information – such as your full name, email address, phone number, home address, photos or school name – to people you are chatting with online.

**M**

MEETING

Meeting someone you have only be in touch with online can be dangerous. Only do so with your parent's or guardian's permission and even then only when they can be present.

**A**

ACCEPTING

Accepting emails, messages or opening files, pictures or texts from strangers can lead to problems, they may contain viruses or nasty messages.

**R**

RELIABLE

Information you find on the internet may not be true, or someone online may be lying about who they are.

**T**

TELL

Tell your parent, teacher or a trusted adult of someone or something makes you feel uncomfortable or worried, or if you or someone you know is being bullied online.

## INTERNET SAFETY PLEDGE

ONLINE, I PROMISE TO:

- **NOT SHARE** my personal information
- **NOT TO TEXT** strangers
- **NOT TO SEND** videos or photos to people I don't know
- **NOT POST** anything rude or hurtful to others
- **TELL MY PARENTS** if I see something hurtful about another person
- **TELL MY PARENTS** If someone I do not know asks me to meet them
- **TELL MY PARENTS** if someone or something makes me feel uncomfortable

Signed: \_\_\_\_\_

# PREPOSITIONS

## PREPOSITIONS

are words that show a position or direction.

Where is the cup? **e.g.** The cup is **on** the table.



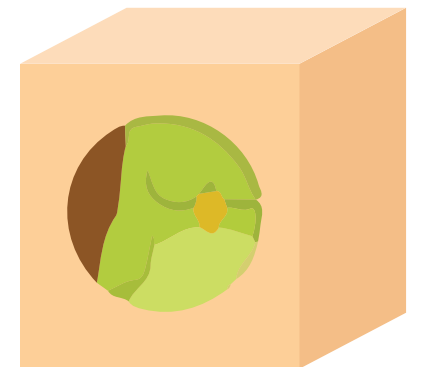
The owl is

the box.



The owl is

the box.



The owl is

the box.



The owl is

the box.



The owl is

the box.



The owl is

the box.

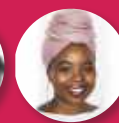
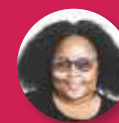


# FALSE FRIENDS!?

HOMOPHONES ARE WORDS THAT SOUND ALIKE BUT HAVE DIFFERENT SPELLINGS AND MEANINGS.

Read the following sentences below. Can you fill in the right word in the gap?

My uncle and brother went to the _____ to fish for the braai on Heritage day.	<b>see / sea</b>
I don't know _____ dress to buy for the cultural festival.	<b>witch / which</b>
My grandmother makes pretty beads and she likes to _____ them at the taxi rank.	<b>cell / sell</b>
Did you _____ the vuvuzela at the soccer match on Saturday?	<b>hear / here</b>
When we are done with the My culture presentations, we will take thirty minutes _____.	<b>brake / break</b>
Prof uses _____ to bake amagwinya that he sells at Village Foods.	<b>flour / flower</b>
When we went on family vacation, we used the map to find the best _____ to go to the villages.	<b>route / root</b>
What are you going to _____ on Saturday for umgidi?	<b>wear / where</b>



PRE-TEENS SECTION Brought to you by: (left to right)  
Sinovuyo Xongo (Learn4Life! facilitator) and Zolisa Mcaciso (coordinator for academic programmes)

# DIVERSITY



## Roll the DICE

LET'S START WITH AN ICE BREAKER

You can play this with a friend, your brother or sister, your gran, mum, dad All you need is a dice: roll the dice and then see on which number it stands on. Down below are the questions you can ask, depending on the number your dice stands on:



1. What's your favourite television show is?
2. What's your favourite place?
3. What do you like most about yourself?
4. What's your favourite song?
5. What do you miss most during lockdown?
6. What have you learned during lockdown?
7. What's the funniest thing that ever happened to you?
8. What's your favourite book?
9. What's your dream job?
10. What's the most important thing in your life?
11. If you could travel anywhere in the world, where would you want to go to?
12. What does your name mean?

**“**  
*It is never too late to learn about your culture. A wise man once said “Cultural differences should not separate us from each other, but rather cultural diversity brings a collective strength that can benefit all of humanity.”*  
-Robert Alan  
**”**

# Rainbow Nation of Diversity

South Africa is often called the 'Rainbow Nation', a term which was coined by the former Archbishop Desmond Tutu, and neatly describes the country's multicultural diversity.

## SOUTH AFRICAN CULTURAL TRAITS

Art, dance, music  
Black African culture is most known for its art, dance and music. Today, songs reflect a number of different styles such as gospel, jazz and rock, but often have a strong local flavour. Styles such as kwaito, mbube/maskandi (Zulu/Xhosa vocal) and Kwela (jazzy street music often with a penny whistle). Art is also becoming a fusion of traditional and modern. Artists draw inspiration from the masks, statues and figurines of tribal culture, but also employ Western techniques and mediums. Art forms such as dancing and textiles perhaps retain the strongest links to traditional black culture, because they express identity and shared history. Gumboot dancing was born in the mines of South Africa. This occurred when black Africans were given Wellingtons (boots) to protect their feet and communicated in the dark by slapping and thudding their boots.

## TRIBAL CULTURES

Among black South Africans, there are many different cultural groups and nine officially-recognised local languages. The Zulu and Xhosa speakers are the two largest groups – accounting for nearly 40% of the population – with Pedi, Sotho, Tswana, Tsonga, Swati/Swazi, Venda and Ndebele speakers making up the rest. The various tribal cultures have rich oral traditions. Stories, poems and epics were learnt by heart and recited out loud. Slowly, these stories are working their way into written literature. South Africa's culture is one of the most diverse in the world and has given rise to the term "Rainbow Nation". With 11 official languages and 8 other recognised languages, the rich culture of each of these groups brings its own vibrancy to our diversity.

## SOUTH AFRICAN CULTURAL GROUPS

The original originals peoples living here were the KhoiKhoi and San. They were joined by two main migrations – that of the Bantu peoples from the north in Africa and the Europeans from the south, all bringing their own cultures, skills, arts and farming methods with them. The indigenous KhoiKhoi and San were the early artists of South Africa as can be seen in the wonderful rock art across the country. The San, known as "Bushmen" were extraordinary hunters and trackers, and their tracking skills are still invaluable in the fight against poachers.

## ZULU CULTURE IN SOUTH AFRICA

The Zulu traditional culture was well known for the brutality of its shield bearing warriors, especially under Shaka; for its beadwork and basketry and the beehive grass huts that pepper the KwaZulu-Natal hills. Zulu beliefs are based on the presence of ancestral spirits, which often appear in dreams, and a supreme being who is seldom involved in the affairs of mortals. Magic is used and many cases of illness for bad luck are considered to be caused by an evil spirit. A spiritualist will communicate with the spirits or use natural herbs and prayers to get rid of the problem.

## XHOSA CULTURE IN SOUTH AFRICA

The Xhosa culture is well known for the complex dress code that indicates a person's social standing. How senior they are, if they are married or single, if they are the new wife or have had a baby – all shown in the headdress and dress of the wearer. A combination of a long skirt with no slit in front, together with a marriage bib and two beaded aprons means the wearer is a widow. The more elaborate the hat, the more senior the wearer. Only young girls may go around bare-breasted. The pipe smoking of Xhosa women is also well known and a huge variety of beaded pipes abound. Traditionalists were described as 'Red' because of their practice of daubing (ukuqaba) red clay on their faces and bodies. Women and men also use cosmetic white clay on their faces. The Xhosas have a strong oral tradition with many stories of ancestral heroes. Ancestor worship rituals as well as the initiation ceremony for young men are still practised, even though many young men die or are cut up by the circumcision. Stick fighting is a common pastime for men, whose day time job is looking after the cattle. Women tend the crops, and do much of the other work around the home. It was Xhosa leaders who initiated the fight against apartheid and founded the ANC. Among these were two of our modern day heroes, Nelson Mandela and Desmond Tutu.

## Take time to know your culture;

ask your parents or grandparents about the cultural activities that they have encountered. Learn about your own culture, learn about your praises (ukwazi ukuzithutha) and about the origin of your name as they create cultural confidence.

My name is: \_\_\_\_\_

It means: \_\_\_\_\_

I was given the name because: \_\_\_\_\_

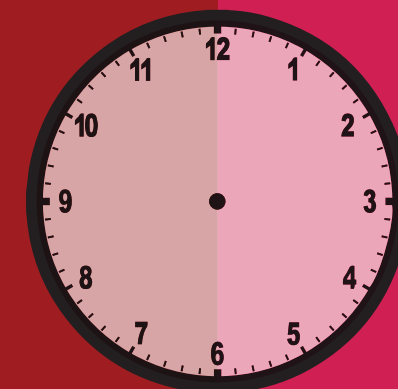
# What TIME is it?

Telling time can be difficult! Can you tell what time it is?

Remember when THE LONG CLOCK ARM is on

	DIGITAL		WORDS
12	00	or	o'clock
3	15	or	Quarter Past
6	30	or	Half Past
9	45	or	Quarter To

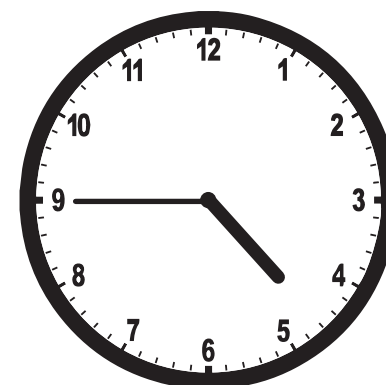
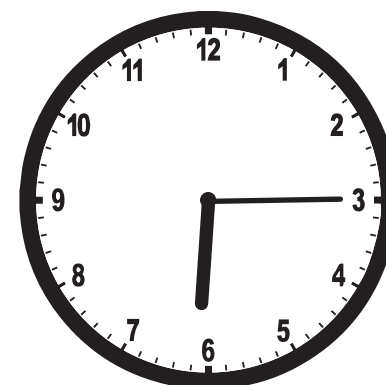
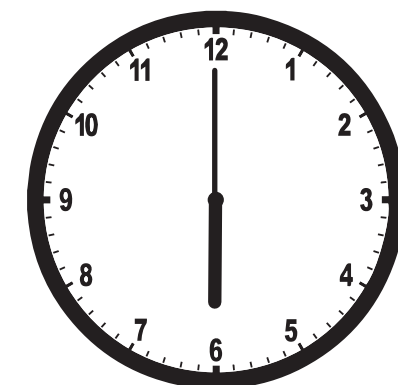
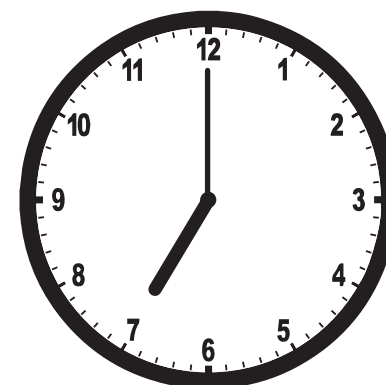
TO PAST



Write down the following times in WORDS in the boxes below!



2 o'clock





# CREATIVE

Have you ever wanted to have what you saw from an advert, on social media or even from a friend, newspaper or magazine?

Have you ever heard of the word influencer?

That is the effect of advertising. Advertising is used to *persuade* you to get a certain product or service and to also give off *information about it*.

Use the space below to create an advertisement for a school event you are planning. Try to be as convincing as possible because you want all your peers to attend the event! The event can be about anything. Make sure your poster includes details about: the name of event, time, theme, venue/place, a slogan, a picture, and any other important information!

ANSWERS TO PREVIOUS RIDDLES FROM EDITION 5

1.

What has to be broken before you can use it? **Answer: an egg**
2.

I'm tall when I'm young, and I'm short when I'm old. What am I? **Answer: a candle.**
3.

What month in the year has 28 days? **Answer: All months have 28 days.**
4.

What goes up but never comes down? **Answer: age**
5.

What gets bigger when more is taken away? **Answer: A hole**
6.

What has one eye, but can't see? **Answer: a needle**

Maths Riddles

7.

I am an odd number. Take away a letter and I become even. What number am I? **Answer: Seven**
8.

Sis' Ncesh has four daughters and each daughter has a brother. How many children does Sis'Ncesh have? **Answer: 5 Children (4 daughters with one brother) they all share the same brother.**
9.

Two fathers and two sons are in a car, yet there are only three people in the car. How? **Answer: They are a grandfather, father and son.**
10.

The day before yesterday I was 21, and next year I will be 24. When is my birthday? **Answer: if today is 1st January and if my birthday is on 31st December then it is possible. Because day before yesterday that is 30th December, I was 21 years old. Yesterday, that is 31st December I became 22. On this year's 31st December I will become 23 and in the next year's 31st December I will be 24.**



TEENS SECTION Brought to you by: (left to right)  
Andisiwe Mbelekane (Learn4Life! facilitator) and Zolisa Mcaciso (coordinator for academic programmes)



### WHAT IS PEER PRESSURE?

Peer pressure is the influence to do or not do something because all your friends are doing it. It happens because at times we want to fit in and be liked, so we may find ourselves acting differently to get our friends' approval.

### HANDLING PEER PRESSURE

Your peers — your friends — are people your age or close to it who have experiences and interests similar as yours. You and your friends make decisions and you influence each other's choices and behaviors. This can be positive or negative, it's human nature to listen to and learn from other people in your age group.

## HOW DO YOU HANDLE IT?

#### CHOOSE FRIENDS WITH SIMILAR VALUES

Hang out with people who share the same interests and values as you to avoid constantly having to explain yourself. For example, if you don't drink or smoke, try to avoid being friends with people who are heavy drinkers or who smoke. Your friends play a huge role in your life, so it's important to surround yourself with people who bring out the best in you.

#### PRACTICE SAYING NO

Saying no can be difficult since you never know how a person will react. So, it's important to get used to the idea of saying no and not always needing to explain yourself. You can do this by saying it more often in easier situations, like saying no to a requested time to meet and suggest another time. Make a habit of having an opinion and sharing it, you don't have to agree with everything people say.

#### BE AWARE OF YOUR FEELINGS

Pay attention to how you feel when you're around your friends and how their behaviour makes you feel. If they make you feel like you have to compromise on your values, beliefs and interests, then you need to reconsider your friendship. Healthy friendships don't make you feel like you need to change who you are to fit in.

#### BE CLEAR ON YOUR BOUNDARIES

Be clear about what you're willing to do and what you definitely won't do. It's important to set clear boundaries with friends, and if these boundaries are crossed, talk to them about it. Friendships are when we are truthful about our feelings and have mutual respect for boundaries.

#### ASK FOR ADVICE

Peer pressure can be quite tricky to deal with. Some situations make it really hard for you to say no, especially if you're being bullied into doing something. Rather speak to your guardians, facilitator, or older sibling for advice on how to handle situations where you feel like you're being forced to act a certain way.

You should always do things because you really want to, and not because your friends, boyfriend or girlfriend will be upset with you if you don't.





# PEER PRESSURE

is not always negative...  
Peers are able to influence  
you *positively* as well.

GOOD?



OR



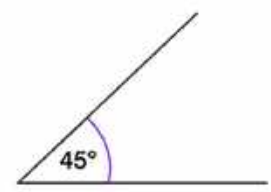
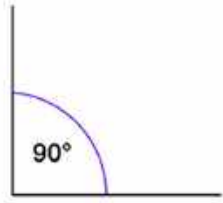
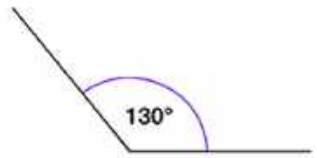
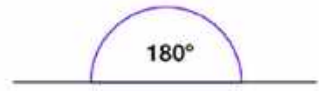
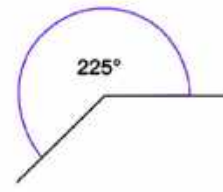
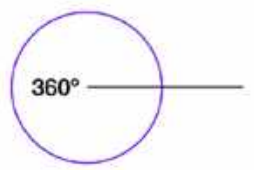
BAD?

From the list of statements below, colour-in the spaces with positive peer pressure in green, the negative in red.




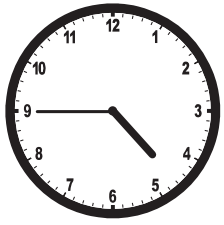

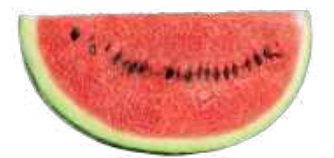
Encourage you to be honest	Inspires you to be kind and respectful towards others	Pressure to have sex, either by a partner or friends
Cheating on tests, copying assignments or letting others copy your work	Avoiding Alcohol and drugs	Pressure to engage in risky behaviour online or via social media
Exercise (together)	Pressure to dress a certain way that doesn't feel comfortable	Ditching school for the day to do something else with friends
Study hard and do better at school	Encourage you to try out new experience e.g. sport, educational or religious clubs.	Pressure to not be friends with certain people or to ignore or not include certain people in social situations

# Angles

## TYPES OF ANGLES

<b>ACUTE ANGLE</b> An angle less than 90° 	<b>RIGHT ANGLE</b> An angle that is exactly 90° 	<b>OBTUSE ANGLE</b> An angle that measures between 90° and 180° 
<b>STRAIGHT ANGLE</b> An angle that is exactly 180° 	<b>REFLEX ANGLE</b> An angle that measures between 180° and 360° 	<b>FULL ANGLE</b> An angle that is exactly 360° 

### Can you identify the following angles from these pictures?

 <input type="text"/>	 <input type="text"/>	 <input type="text"/>
 <input type="text"/>	 <input type="text"/>	 <input type="text"/>





# So, WHY NETWORK?

Meeting new people and establish mutually beneficial relationship is not as easy it sounds. It involves a lot of energy and time. It is possible to run into obstacles when you network. However, when you are aware of the common obstacles ahead of time, you are more likely to avoid them or address them correctly. Some of obstacles include the fear of saying the wrong thing or fear of rejection.



- You must be prepared before you go to any networking or social event.
- Do your research about who could potentially be in the room at any event.
- You must always treat everyone with respect.
- Be prepared to hear the word “No”
- Be giving, do not expect people to always give.

There are various reasons to network. Networking affects your reputation and your social circle. Engaging in networking can result in jobs, bursary information, partnerships, and support. The benefits include an increase in trust and visibility. The more people trust the more likely they are to share opportunities, do business, and work with you.

Networking can also provide an inside advantage when it comes to your professional and personal life. Networking helps you gain an advantage as your visibility increases. Through networking you stay in the forefront of the decision makers’ minds.

## SPEED NETWORKING

We already established that the fear of saying the wrong thing is one of the barriers that prevent people for building social circle. Networking is a skill; you will get better at it if your practice. So, the next time you are in a situation where you meet new people try using some of the following questions.

1. What do you love most about your job or school?
2. What inspired you to get into your line of work?
3. What did you want to do when you were little? / Is this what you wanted to do when you were a kid?
4. What is your dream job?
5. What do you want to do next in your career?
6. If you could start any kind of company, what would it be?
7. If you could recommend one app that makes everything easier, what would that be?
8. What is the best book you have read in the past year? What book are you reading right now and would you recommend it?
9. What do you do to relax?
10. How do you stay balanced?
11. What are your hobbies?
12. Do you get involved in your community?
13. Do you have a passion project or side hustle?
14. If you were going to be a speaker at an event, what would you want to talk about?
15. What is the best question you have been asked tonight?
16. Do you have a mantra or words of wisdom that you would be willing to share with me?

## Be Visible

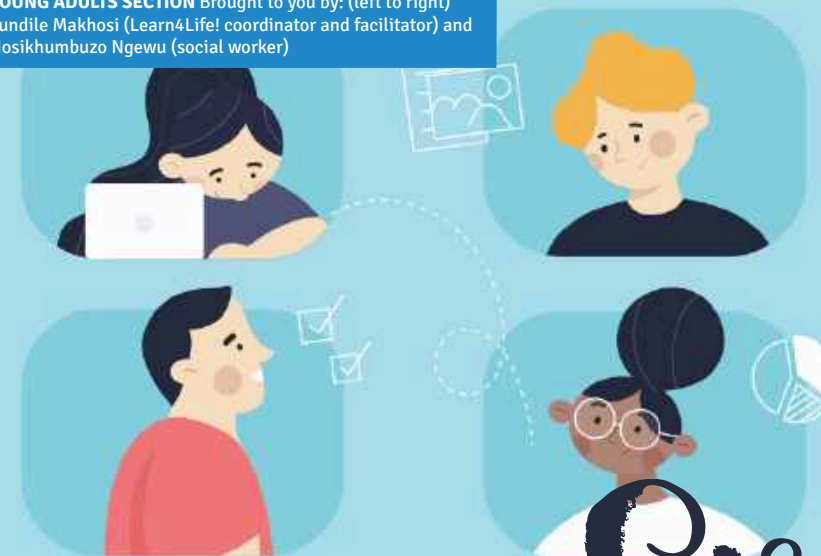
Networking can help increase your visibility in the job market, where it does not hurt to stand out. In this competitive atmosphere, it is essential that you stand out from the rest who may have the same qualifications or skills as you do.

There are a few ways to increase visibility. Your circumstances will determine which actions will be effective for you.

- Volunteer
- Speak at events
- Be active in your community
- Ask questions
- Share news or opportunities (social media, etc.)



**YOUNG ADULTS SECTION** Brought to you by: (left to right) Fundile Makhosi (Learn4Life! coordinator and facilitator) and Nosikhumbuzo Ngewu (social worker)



## [FOUR TYPES OF] COMMUNICATION Styles

Being able to communicate effectively is perhaps one of the most important of all life skills. It is what enables us to pass information to other people, and to understand what is said to us. Every person has a unique communication style, a way in which they interact and exchange information with others. There are four basic communication styles, it is important to understand each communication style, and why individuals use them:

### PASSIVE

Individuals who use the passive communication style often act indifferently, yielding to others. Passive communicators usually fail to express their feelings or needs, allowing others to express themselves. Frequently, a passive communicator’s lack of outward communication can lead to misunderstanding, anger build-up or resentment. At the same time, these communicators can be safer to speak with when a conflict arises, because they most likely will avoid a confrontation or defer to others. Passive communicators often display a lack of eye contact, poor body posture and an inability to say “no.” But passive communicators are also easy to get along with as they follow others and “go with the flow.”

Examples of phrases that those who use a passive communication style would say or may believe include:  
“It really doesn’t matter that much.”  
“I just want to keep the peace”

### AGGRESSIVE

It’s often apparent when someone communicates in an aggressive manner, You’ll hear it, you’ll see it, you may even feel it. The aggressive communication style is emphasized by speaking in a loud and demanding voice, maintaining intense eye contact and dominating or controlling others by blaming, intimidating, criticizing, threatening or attacking them, among other traits. Aggressive communicators often issue commands, ask questions rudely and fail to listen to others.

Examples of phrases that an aggressive communicator would use include:

“I’m right and you’re wrong.”  
“I’ll get my way no matter what.”  
“It’s all your fault.”

### PASSIVE-AGGRESSIVE

Passive-aggressive communication style users appear passive on the surface, but within he or she may feel powerless or stuck, building up a resentment that leads to seething or acting out in subtle, indirect or secret ways. They have difficulty acknowledging their anger, use facial expressions that don’t correlate with how they feel and even deny there is a problem. Passive-aggressive communicators are most likely to communicate with body language or a lack of open communication to another person, such as giving someone the silent treatment or sabotaging others’ efforts. Passive-aggressive communicators may also appear cooperative, but may silently be doing the opposite. Ultimately, passive-aggressive communicators are aware of their needs, but at times struggle to voice them.

Examples of phrases that a passive-aggressive communicator would use include:

“That’s fine with me, but don’t be surprised if someone else gets mad.”  
“Sure, we can do things your way” (then mutters to self that “your way” is stupid).

### ASSERTIVE

Thought to be the most effective form of communication, the assertive communication style features an open communication link while not being overbearing. Assertive communicators can express their own needs, desires, ideas and feelings, while also considering the needs of others. Assertive communicators aim for both sides to win in a situation, balancing one’s rights with the rights of others. One of the keys to assertive communication is using “I” statements, such as “I feel frustrated when you don’t pick up your phone” or, “I don’t like having to explain this over and over.” It indicates ownership of feelings and behaviors without blaming the other person.

Examples of phrases an assertive communicator would use include:  
“We are equally entitled to express ourselves respectfully to one another.”

“I realize I have choices in my life, and I consider my options.”  
“I respect the rights of others.”







# Styles

**Identify of the communication styles using the words and actions to determine the communication style being used. You should write Passive, Aggressive, Passive-Aggressive, or Assertive below each scenario.**

6. After Yonela's comments, Kuhle gets up and walks away.

**Funded by:**  
Grassridge Winds of Change



Brought to you by: Linda Zali (Senior Trainer at mCon)

# NETWORKING

A stylized illustration of a diverse group of business professionals in business attire running uphill. They are carrying various items like briefcases, bags, and a megaphone, symbolizing effort and networking. The word 'NETWORKING' is written in large, bold, dark blue capital letters at the top. A large blue arrow points to the right, positioned above the word. The background is a light blue gradient, and the ground is a white and blue wavy line representing a hill.

- **Referrals:** Ask friends, peers, or family to introduce you to like-minded people. You never know who you might meet.
- **Join groups:** youth groups or societies offer numerous opportunities to meet new people and make connections.
- **Attend events:** Networking events can be intimidating, but they are essential. You may not make useful connections at every event, but you will not make any connections staying home.

When you start to create a solid network, you will improve your networking skills and position yourself for success. Creating a solid network requires you to make connections with the right people. People who are likely to develop a professional relationship with you. This requires you to search for connections carefully.

## Worksheet 1

Think of places where you can find possible connections and list below.

[illegible]



# BREATHING TECHNIQUES FOR BETTER *Singing*

Now that you've mastered a few vocal warm-ups and exercises, always remember to maintain good posture and use proper breathing techniques. Two common breathing techniques are singing from your diaphragm and exhaling on a hiss. Keep reading to learn how you can perform these to improve your singing.

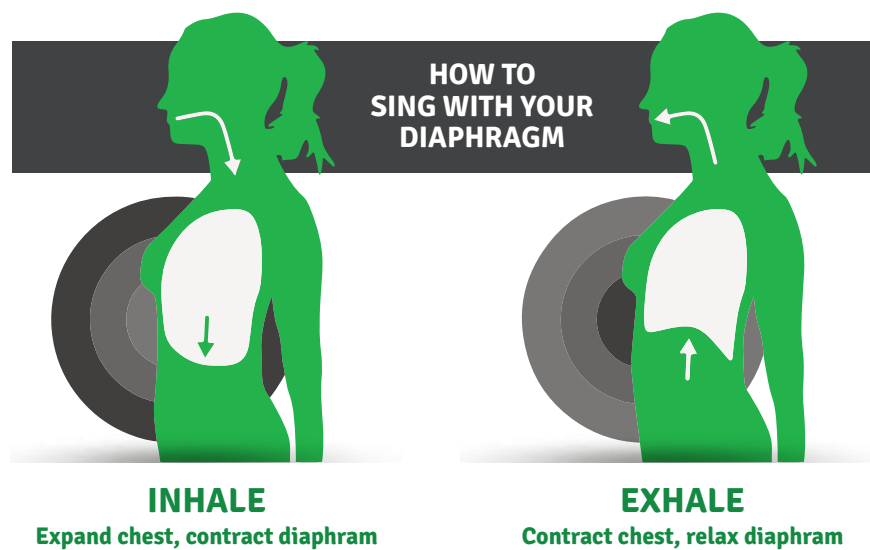
## 1. SING FROM YOUR DIAPHRAGM

When singing, it is vitally important to use proper breathing techniques to avoid hurting your voice. It is most common to breathe from the chest during everyday activities, including speaking, but singing requires breathing from the diaphragm. Proper breathing gives your voice more power, more control and a fuller, more expressive tone. Sing from your diaphragm to avoid straining your voice. Your body should be relaxed and balanced, with your weight slightly forward.

The sound of your voice doesn't actually come from your diaphragm, of course — sound is generated by vibrations of your vocal cords. The vibrations are caused by air being pushed out of your lungs. Your diaphragm is what controls the pushing and is responsible for putting power behind your voice.

## WHAT IS YOUR DIAPHRAGM?

The diaphragm is a muscle between your chest and your belly that governs how much air you inhale and exhale when you breathe. "Singing from your diaphragm" is a phrase for this important breathing technique, which describes the proper way to breathe in and out while singing.



## 2. EXHALE ON A HISS

A hissing breath exercise is a great way to start when learning how to warm up your voice before singing. This technique forces vocalists to sing from their diaphragms and improves breath control. To master the exhale on a hiss breathing technique, it's important to:

### Stand up straight and relax your body.

This will also relax your diaphragm and release any tension that could prevent you from singing incorrectly.

### Breathe in through your mouth and count to five.

As you breathe, bring the air deep into your lungs. A "singer's breath" should not make your chest puff out or your shoulders rise — instead, your belly should expand outward.

### Exhale and count to nine.

While exhaling, make a hissing noise that sounds like the first letter of the word "sizzle." By the time you are done counting, all the air should be expelled from your lungs. Once you build more lung capacity and get comfortable with this exercise, you can breathe in for a seven count and exhale for a 12 count.

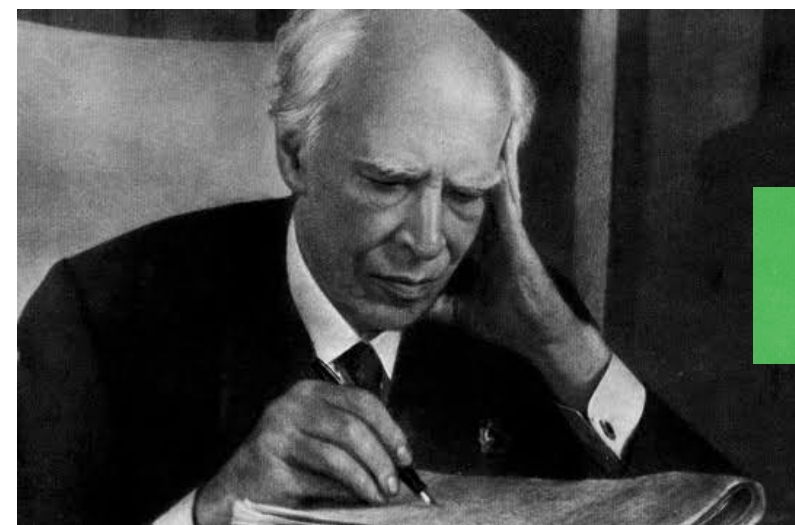
Now that you've warmed up your voice and know how to breathe from your diaphragm and exhale on a hiss, you're ready to sing.



CREATIVE ARTS SECTION Brought to you by: (left to right) Xabiso Zweni (Drama Teacher), Sivuyile Scott (Music Teacher) and Banele Njadayi (Arts Teacher)

**THE SPIRE** *Theatre to Inspire*

\* a portmanteau (a made-up word) coined from the combination of the words 'thespian' (relating to drama and the theatre / an actor or actress) and 'inspire'



## STANISLAVSKI

## ACTING TECHNIQUES

### KONSTANTIN SERGIEVICH STANISLAVSKI

Konstantin Sergeievich Stanislavski was a seminal Russian theatre practitioner. He was widely recognised as an outstanding character actor and the many productions that he directed garnered him a reputation as one of the leading theatre directors of his generation.

**Born:** 17 January 1863, Moscow, Russia | **Died:** 7 August 1938, Moscow, Russia

Stanislavski acting techniques are the most popular acting techniques. In fact, almost all types of acting approaches that actors use in the present era has been derived from Stanislavski's techniques. It is more popularly known as "the method".

### So, what are the 7 pillars of Stanislavski acting techniques?

The Seven Pillars Acting Technique aims to achieve this precious, alchemical state and physical ease by guiding the actor through seven essential concepts: Action, Contact, Circumstance, Meaning, Emotional Life, Objective and Physical Life.

## ACTION

Action simply means doing something. It is easier said than done when it comes to acting. Just try to sit for one second doing nothing in front of an audience, you will realize there is so much tension in every part of your body: both physically and psychologically. You won't be able to move your hand from hips to your head without feeling the tension. Mentally, you might be thinking, what am I doing here? Should I go? Should I stay? So many questions will pop into your mind. You might think, this is because there is nothing to do here as an actor. Audience will think you are a fool sitting on a chair. Well, you are wrong, if you

were really sitting on chair like you do at home or class or restaurant, audience won't think you are fool, they will be curious why you are sitting on a chair alone.

Even in the simplest act of sitting, there is so much to do for an actor. Everything you do must have a purpose. Having a purpose is good way to stay in the moment while playing a character. Purpose of your action will bring out the right emotions in you.

**"All action in theatre must have inner justification, be logical, coherent, and real."**

– Konstantin Stanislavski

Best exercise is to make your action believable is to do simple tasks and creating some story attached to it. Let me give the example from the Stanislavski's book 'An Actor Prepares'. Imagine you are trying to burn wood in a fire place. Do everything you do to build a fire. Make sure

you have arranged enough dry woods, you have something that would help you burn the woods like paper, or fuel and check if you have match box or lighter on you. And Create a simple story, like its cold night, your heater is dead and you need to get a good night sleep in order to wake up early for an audition. This story offers simple motive to your action and makes it truthful.

Action is always a part of a scene. Mastering this Stanislavski acting technique, would give you an ability to make any scene truthful.

In order to understand this Stanislavski's approach to acting, you must know what it consists of. The way I see it, it has 7 basic techniques or pillar that makes the base of the whole Stanislavski approach. Those are like the alphabets that you must master in order to form a meaningful word.

We will continue introducing the other pillars in the next editions.





Themba's Dream

WHY DO PEOPLE TELL ACTORS TO BREAK A LEG?”

The term, of course, means “do well” or “have a great show” and is typically used before a stage performance, a show, or an audition. Like many popular sayings and terms, the origin of “break a leg” is nebulous and disputed. The term to discourage evil spirits from deliberately causing one’s performance to suffer. According to this theory, wishing someone “good luck” would be invoking the “evil eye”. So “good luck” would actually cause bad luck for the actor. Thus, “break a leg”, by this logic, would be a wish for good luck. This is in line with the first documented instance of someone saying “break a leg” in terms of wishing them luck. In an October 1, 1921 edition of the New Statesman, Robert Wilson Lynd is talking about it being unlucky in horse racing to wish someone luck so “you should say something insulting such as, ‘May you break your leg!’” He also mentions that theater people are the second most superstitious group next to those involved in horse racing

Theatre Lingo  
Word of the Week:

**BLOCKING (noun)** – Arrangement and movement of actors on stage. Directors do this to ensure they are creating powerful and meaningful stage pictures. The term originated from the 1960s where directors used mini blocks on the set models to plan their scenes.

 **FORGOTTEN FUN FACT!**

“If you say ‘Macbeth’ in a theatre, you are meant to walk three times in a circle anti-clockwise, then either spit or say a rude word.”

BECOME A BETTER  
Singer



Professional singers know how physically demanding singing can be. It takes a lot of stamina and energy to sing onstage and bring the venue to life. That’s why singing, like any other physical activity, should involve a warm-up, as well as a vocal cool-down.

WHY DO YOU NEED TO WARM UP YOUR VOICE?

We warm up our voices so we can keep them healthy, sound our best and protect against damage. Warming up your voice will allow you to sing better and extend your range comfortably. It is absolutely necessary to always warm up before singing.

9 BEST VOCAL WARM-UPS FOR SINGERS

There are many simple vocal exercises you can use to warm up your voice, so you have a lot of options when it comes to deciding how to warm up your voice.

<p><b>1. YAWN-SIGH TECHNIQUE</b></p> <p>For this quick vocal exercise, simply yawn (take in air) with your mouth closed. Then, exhale through your nose as if you are sighing. This will help relax your voice and improve its range.</p>	<p><b>2. HUMMING WARM-UPS</b></p> <p>Humming is one of the best vocal warm-ups because it doesn’t put a lot of strain on your vocal cords. Place the tip of your tongue behind your bottom front teeth and hum up and down the major scale while keeping your mouth closed. Each note should sound like “hmmm” — including the “h” sound is less taxing on your voice.</p>	<p><b>3. VOCAL STRAW EXERCISE</b></p> <p>To perform the vocal straw exercise (also known as straw phonation), take a straw and hum through it. Start at the bottom of your range and slide up to the top slowly and evenly. Then, hum your favourite song through the straw. You can also place the straw in a partially full glass of liquid and blow controlled bubbles in the glass.</p>
<p><b>4. LIP BUZZ VOCAL WARM-UP</b></p> <p>As far as vocal warm-ups go, lip buzz (or lip trill, as it is sometimes called) is very simple. The goal is to make a motorboat sound by making your lips vibrate as you blow air through your mouth and nose. You can incorporate pitch slides as well.</p>	<p><b>5. TONGUE TRILL EXERCISE</b></p> <p>The tongue trill vocal exercise is difficult for some singers. It involves curling your tongue and rolling your R’s as you go through your range from low to high.</p>	<p><b>6. JAW LOOSENING EXERCISES</b></p> <p>When singing, you want to drop your jaw lower than when you are just talking. With your finger, trace back along your jawline from your chin to your ear. That curved space between your jaw and your ear is where you want to drop your jaw.</p> <p>Pretend you are yawning with your mouth closed and feel where your jaw drops. Avoid just dropping your chin.</p>
<p><b>7. TWO-OCTAVE PITCH GLIDE WARM-UP</b></p> <p>For this easy vocal warm-up, make an “eeee” or “ohhhh” sound and gradually glide through the chromatic notes of a two-octave range.</p> <p>Glide up and then back down. This will transition from your chest voice to your head voice.</p>	<p><b>8. VOCAL SIRENS EXERCISE</b></p> <p>Much like the pitch glide, the siren exercise takes an “oooo” sound and gradually goes from the lowest note of your range to the highest and back down, like a siren for an emergency vehicle. The sound is continuous and covers the tones between the notes.</p>	<p><b>9. VOCAL SLIDES TECHNIQUE</b></p> <p>This technique is also known as a portamento, which is Italian for “the act of carrying.” Much like the siren exercise, you slide from one note to the next in your range, but you don’t sing the in-between notes.</p>