

quaran**Ti**MES

ichomi yakho ngelockdown

FREE COPY

Edition 1 • 15 - 31 MAY 2020 E-PAPER available: www.masifunde.org

CONVENIENTLY COLOUR CODED

THIS NEWSPAPER IS CONVENIENTLY
COLOUR-CODED TO IDENTIFY THE
RESPECTIVE AGE GROUPS!

PRE-SCHOOL

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

KIDS

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

PRE-TEENS

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

TEENS

brought to you by Andisiwe Mbelekane (Learn4Life! facilitator) and Zolisa Mcaiso, 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 Zwani (Drama Teacher), Sivuyile Scott (Music Teacher) and Banele Njadayi (Arts Teacher)

#InThisTogether

Welcome to quaranTimes, the activity newspaper for children, youth and young adults during lockdown - brought to you by the Masifunde Team in Walmer Township.

What crazy times we are living in: The world got hit by the corona virus pandemic without any preparation. From one day to the next we were asked to be indoors and avoid physical contact with our friends and neighbours. People started wearing masks to reduce the risk of spreading or catching the virus. While scientists all over the world try to find reliable answers about the dangers of the virus and how we can fight it successfully, we remain at home, trusting our government under the great leadership of Cyril Ramaphosa, to guide us through this challenging phase.

Schools are closed and so is our economy. Many of us feel the consequences of a shut-down economy, some struggle to generate much needed income to buy food for ourselves and our loved ones. Government, churches, companies and organisations like Masifunde are trying their best to reach those in real need of food, and while some of us had a smile on our faces when we heard that schools are closed, we are by now all missing it: our friends, our teachers, our daily routine and our old life the way we used to live it!

quaranTimes is a newspaper of hope. It reminds you that you are not alone in the current crisis; not alone in your township, your city or your country. In fact, people are af-

ected and feel similar restrictions all over the world. quaranTimes brings you some activities to cheer you up, keep your mind busy, and keep you active and positive!

Since all of us are in this together, quaranTimes delivers content for everyone: pre-school children, primary- and high school learners, and out-of-school youth - all of it is in this newspaper together!

Enjoy!
Your Masifunde team

masifunde

LEARNER DEVELOPMENT



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
Gender-based Violence Command Centre: 080 428 428 or *120*7867# (free)
Childline: 0800 055 555
South African Police Service: 08600 10111



WHY MUST I USE A CLOTH MASK WHEN GOING OUT IN PUBLIC?

The main benefit of wearing a face mask is to reduce the amount of Corona Virus droplets being spread. Since some infected people may not have symptoms or may not know they have the virus, everyone should behave as if they were infected and wear a mask!

- Your mask should cover your mouth and nose completely
- Your mask must not be lowered when speaking, singing, laughing, coughing or sneezing
- Your mask should not be touched by hands
- Your hands should get washed after removing your mask
- Your mask should get washed every day with soapy water and ironed when dry
- You should at least have two masks so that one is available when the other one is being washed



How to apply for COVID-19 R350 Social Relief Grant

- 1. WHO CAN APPLY?**
An unemployed person
Must be over 18 years old
Not receiving social grants, UIF, or NSFAS stipend
- 2. WHAT YOU NEED?**
Identity Document
Banking Details
Contact number – cellphone number
Proof of residential address
- 3. APPLY VIA**
WhatsApp: Send message to 082 046 8553
USSD Code: *134*7737#
Email: srd@sassa.gov.za

Source: https://www.sassa.gov.za/Pages/COVID-19_SRD_Grant.aspx

masifunde
LEARNER DEVELOPMENT

Masifunde Learner Development NPC
12 8th Avenue, Walmer 6070, Nelson Mandela Bay
Email: info@masifunde.org
Web: www.masifunde.org
Facebook: Masifunde
Instagram: Masifundeld
Design/Layout: Variis Marketing (082 091 7918)

quaranTIMES FREE COPY
ichomi yakho nge lockdown

Edition 1 • 15 - 31 MAY 2020 E-PAPER available: www.masifunde.org

CONVENIENTLY COLOUR CODED

THIS NEWSPAPER IS CONVENIENTLY COLOUR-CODED TO IDENTIFY THE RESPECTIVE AGE GROUPS!

- PRE-SCHOOL**
brought to you by Priscilla Machini, Nalubabala Ntamo and Nandipha Mabi (Montessori educators)
- KIDS**
brought to you by Sive Sifora (Learn4Life! facilitator) and Zalisa Mcaiso (coordinator for academic programmes)
- PRE-TEENS**
brought to you by Sinovuyo Xongo (Learn4Life! facilitator) and Zalisa Mcaiso (coordinator for academic programmes)
- TEENS**
brought to you by Andisiwe Mbelekeane (Learn4Life! facilitator) and Zalisa Mcaiso, coordinator for academic programmes
- YOUNG ADULTS**
brought to you by Fundile Makhosi (Learn4Life! coordinator and facilitator) and Nosikhumbuzo Ngawu (social worker)
- CREATIVE ARTS**
brought to you by Xabiso Zweni (Drama Teacher), Sivuyile Scott (Music Teacher) and Banele Njadayi (Arts Teacher)

#InThisTogether

Welcome to quaranTimes, the activity newspaper for children, youth and young adults during lockdown - brought to you by the Masifunde Team in Walmer Township.

What crazy times we are living in: The world got hit by the corona virus pandemic without any preparation. From one day to the next we were asked to be indoors and avoid physical contact with our friends and neighbours. People started wearing masks to reduce the risk of spreading or catching the virus. While scientists all over the world try to find reliable answers about the dangers of the virus and how we can fight it successfully, we remain at home, trusting our government under the great leadership of Cyril Ramaphosa, to guide us through this challenging phase.

Schools are closed and so is our economy. Many of us feel the consequences of a shut-down economy, some struggle to generate much needed income to buy food for ourselves and our loved ones. Government, churches, companies and organisations like Masifunde are trying their best to reach those in real need of food, and while some of us had a smile on our faces when we heard that schools are closed, we are by now all missing it: our friends, our teachers, our daily routine and our old life the way we used to live it!

quaranTimes is a newspaper of hope. It reminds you that you are not alone in the current crisis; not alone in your township, your city or your country. In fact, people are af-

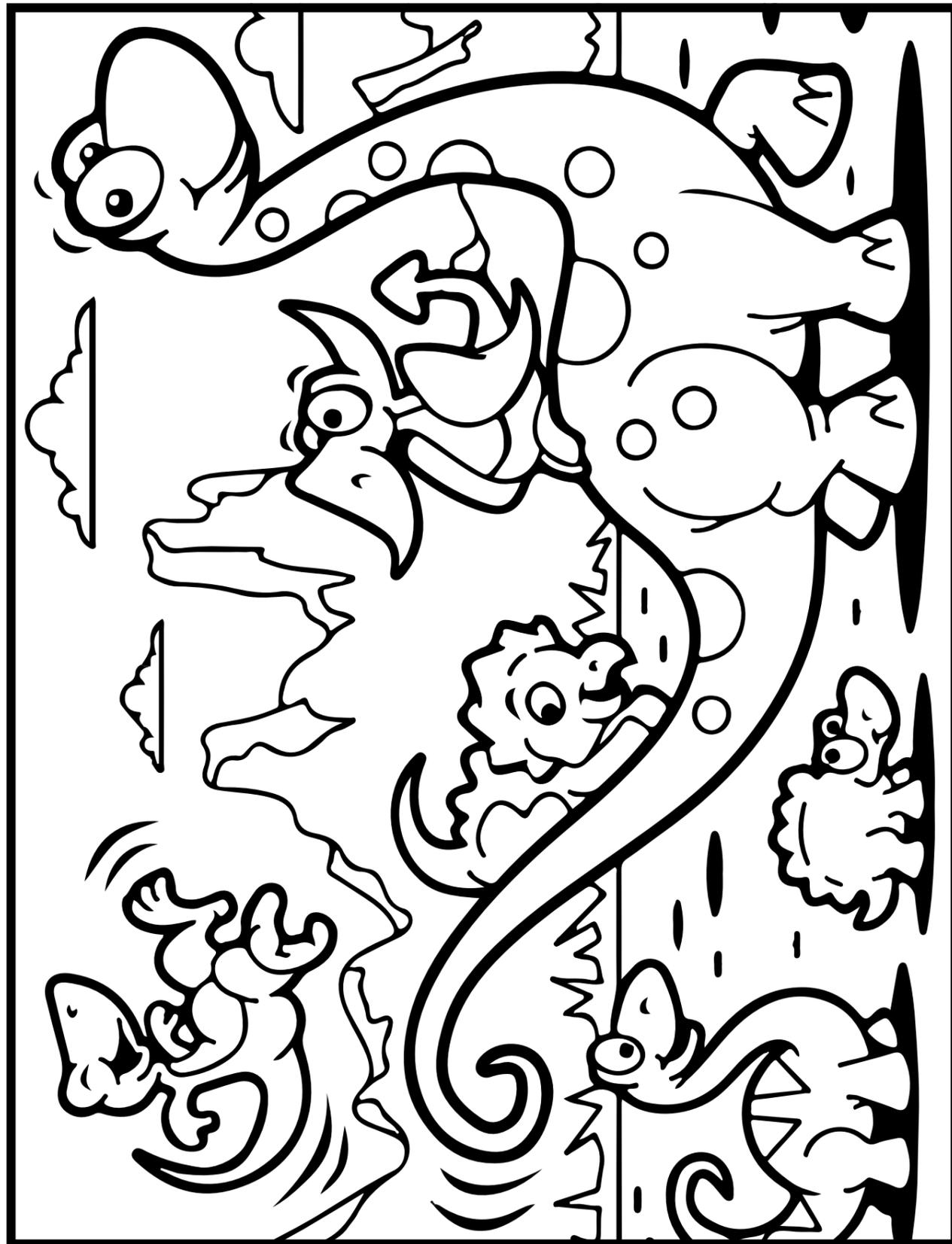
ected and feel similar restrictions all over the world. quaranTimes brings you some activities to cheer you up, keep your mind busy, and keep you active and positive!

Since all of us are in this together, quaranTimes delivers content for everyone: pre-school children, primary- and high school learners, and out-of-school youth - all of it is in this newspaper together!

Enjoy!
Your Masifunde team

masifunde
LEARNER DEVELOPMENT





FUN IDEAS TO KEEP SMALL KIDS ACTIVE AT HOME



CRAWLING UNDERNEATH A TABLE OR CHAIR

1. Place two or more chairs in a row
2. Tell the child to crawl underneath the chairs and come out on the other side

JUMPING OVER A ROPE OR PILLOW

1. Draw straight lines or place a pillow on the floor
2. Name one side River and the other Bank
3. Show the child to jump using both feet, let him repeat after you while naming the sides

STAR JUMPS

1. Tell the child to place the feet and arms apart
2. Jump while also pulling your legs and arms closer
3. Repeat this about 10 times

WALK ON THE LINE

1. Walking in a line at different speeds and directions following instructions such as Stop, fast and slow



ROLLING A BALL ON A LINE

1. Draw two parallel line on the floor. Place the ball and roll it in between the lines

DEVELOPING LANGUAGE THROUGH I-SPY

BENEFITS OF I-SPY

Your child:

- Learns more objects.
- Helps the child to listen to sounds

What you need:

- Table or Mat to work on
- Objects with different starting sounds or picture
- Common household items

HOW TO PLAY I-SPY

1. Place objects that you have found e.g. peg, car, dog, fruit
2. Name the objects on the mat
3. You then say "I spy with my little eyes something that begins with (p)"
4. The child points and calls out the peg
5. You then confirm by saying "Yes, (p) for peg!"
6. You repeat the other object on the mat or the table till all named.





SPINDLE BOX

[INTRODUCING COUNTING]

How to create your own home made spindle box:

- You will need 6 recyclable toilet paper rolls which you can cut in half
- 55 sticks (not to big or small).
- Write the numbers 0 to 10 outside of each container.

INSTRUCTIONS

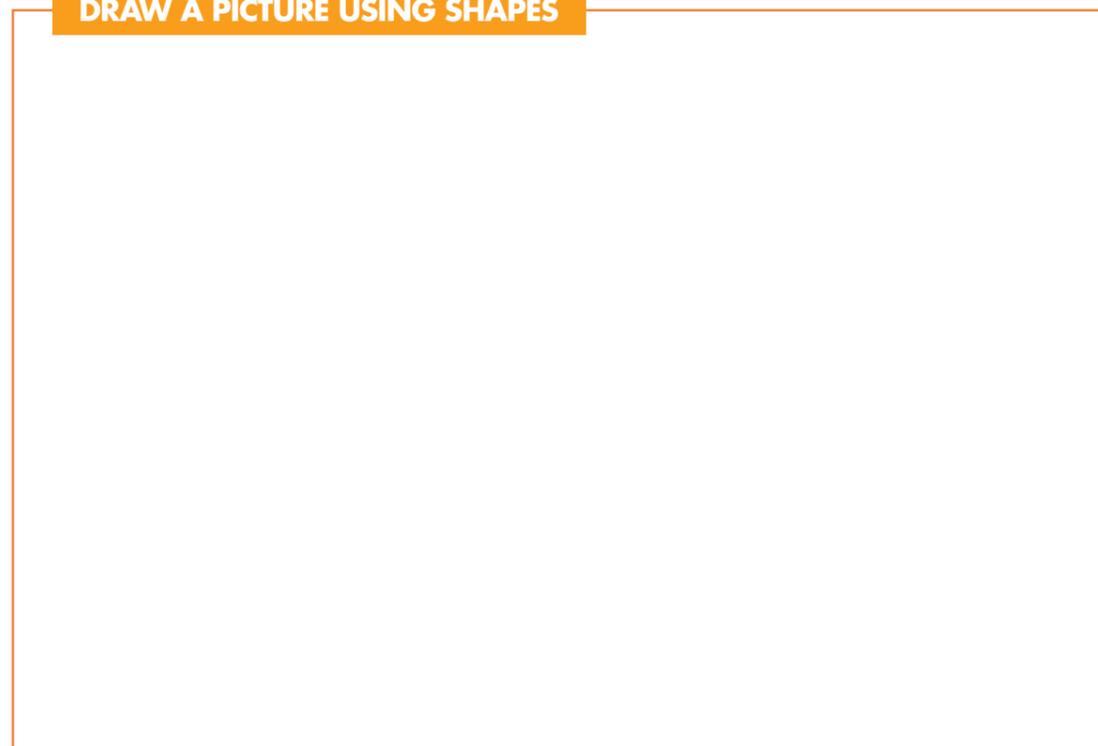


1. **Insert the right amount of spindles** (sticks) into their containers.
2. **Ask the child to point to number '1'** then ask them to say 'one', then remove the spindle (stick) that's in the number '1' container. Then return the spindle back to the container.
3. **Ask the child to point to number '2'** then ask them to say 'two', then remove 2 spindles from the number 2 container,
4. **You will continue doing this up to number 10** (asking the child to point out the number, then ask them to say the number, then remove the amount of the number of spindles (sticks) from the containers and place them back. The child can also do this by themselves once they get the hang of knowing the numbers then instead of you asking the numbers they will tell you the number and remove spindle (sticks) and place it back.

TRACE THE SHAPES WITH A PEN, PENCIL OR CRAYON



DRAW A PICTURE USING SHAPES



COLOUR BOX

INTRODUCING COLOURS

ALL YOU NEED IS THREE DIFFERENT COLOUR T-SHIRTS, THESE T-SHIRTS CAN BE RED, YELLOW AND BLUE



INSTRUCTIONS

1. Take 1 T-shirt (Blue), then tell the child that this is 'blue'.
2. Introduce all these colors 1 by 1. "This is blue", "This is Red", and "This is Yellow".
3. Then ask the child to show you the colors, "show me Blue", then the child must show the t-shirt that is blue. You do this with all three of the colors.
4. You will then ask the child "what is this?", then they much tell you the color of the t-shirt.
5. Once child masters the colors add more colors.

Funded by:
Grassridge Winds of Change



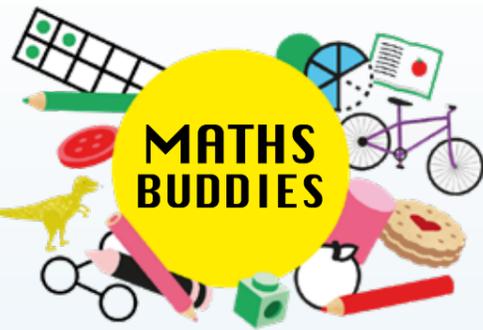
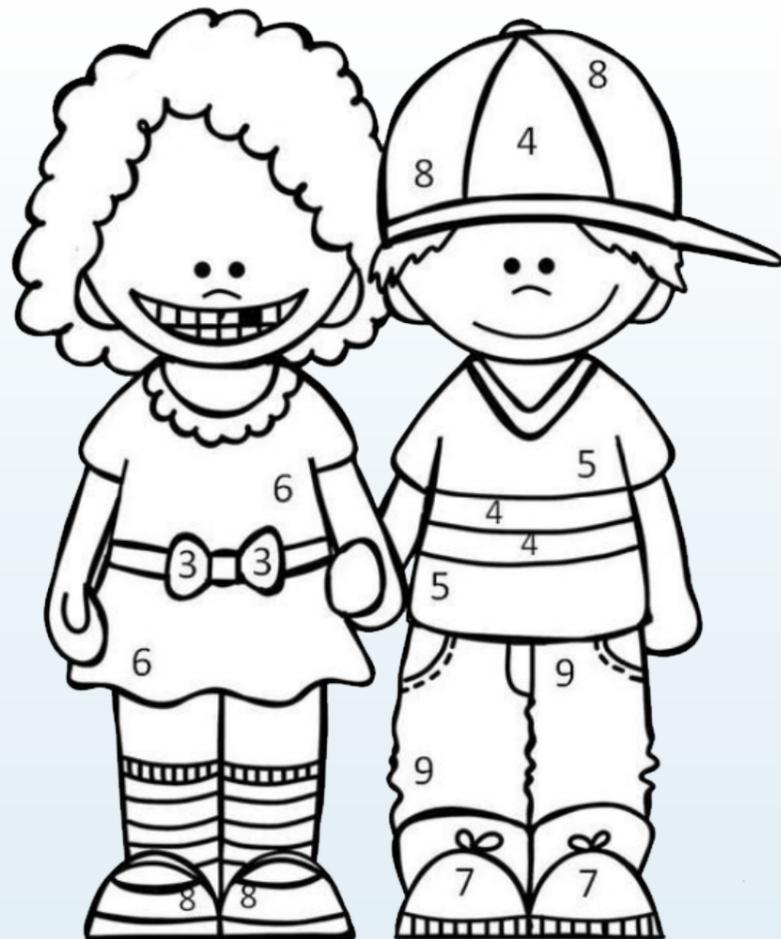
NOW IT'S TIME TO TALK ABOUT YOU AND YOUR BEST FRIEND!



What's your best friend's name? _____

What do you like most about your best friend? _____

What makes you a good friend? _____



Colour in those two buddies below. To find out which colours to use, solve the maths quiz first:

- 4-1 = _____ = PINK
- 2+5 = _____ = ORANGE
- 7+2 = _____ = PURPLE
- 10-6 = _____ = BLUE
- 14-8 = _____ = RED
- 8-0 = _____ = GREEN
- 10-5 = _____ = YELLOW



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

HYGIENE



HYGIENE REFERS HABITS NECESSARY FOR HEALTH AND PREVENT THE SPREAD OF DISEASES.



ORAL (MOUTH) HYGIENE

Clean teeth and gums can prevent everything from bad breath to cavities to heart disease later in life. You should be brushing and flossing at least twice a day, if not after every meal



BODY HYGIENE

Hand washing is very important part of good hygiene. Washing before and after meals, after playing in the dirt, or with pets, and after being in contact with someone who is sick is the best way to eliminate germs. Most of the infections we get are caught when our hands get germs on them, and then we put them in our mouths. We can also pick up some illnesses when other people's dirty hands touch the food we eat.



HOUSEHOLD HYGIENE

Cleaning your room and in your house is very important. Dusty and dirty places can carry germs that can give you diseases. They can also attract bugs and small animals that can spread and carry germs as well.

Animals

Many pets carry germs and parasites that are easily passed on to us through handling and play. Ringworm, Lyme disease, food poisoning and Toxoplasmosis are just a few of the nasty conditions that animals may spread.

brush your teeth

- Use a soft tooth brush
- Put on a pea sized amount of toothpaste
- Brush gently, making small circles
- Brush the inside of your gums and teeth
- Brush the tops of your teeth
- Remember to always brush your tongue.
- Rinse out using cold water
- Always use a cup when brushing your teeth.

wash your hands

- Wet your hands and apply liquid or bar
- Rub hands together vigorously to make a lather and scrub all surfaces
- Continue for 20 seconds! It takes that long for the soap and scrubbing action to dislodge and remove stubborn germs
- Rinse hands well under running water
- Dry your hands using a towel or air dryer

clean your home

- Clean your house by sweeping the floors.
- Mopping the floor with water and disinfectant.
- Remove dust from surfaces like the t.v, tables, using a wet cloth and thereafter a dry cloth.
- Change and wash your bedding regularly.
- Add disinfectant when washing the dishes and cleaning, using water



WORD SEARCH

There are twelve words related to hygiene hidden in this word scramble. Can you find them?

S A N I T I Z E R F K N B P S
 Q S F D E U S A F C M M H O F
 A A V D D Y R W A T E R Y I E
 S C D F S O T Y C X I J U K B
 S F Q W A L P T E Z U M I H X
 O G W A Q L O R M D J B F A F
 A H X S W T M Y A F H A G N H
 P H Z H E G N H S G T C N D U
 T B D F R F H V K H R T U S V
 D I S I N F E C T J E E K O C
 H Y G I E N E G C I T R F U K
 Y W S D F V I R U S T I V I B
 G R W E F G T Y C R A A F G B
 V R G E R M S R F F C V B N N
 S O C I A L D I S T A N C E M

MATCH THE COLUMNS

THERE ARE PAIRS IN COLUMN A AND COLUMN B. CAN YOU MATCH THEM?

COLUMN A

- Oral Hygiene 1
- Face Mask 2
- Utensils (cups, forks, knives, etc.) 3
- Host 4
- Hand Sanitizer 5
- 20 seconds 6

COLUMN B

- A Viruses cannot survive long if they don't live in a This can be the body of a human or an animal.
- B Brush teeth and gums two times a day to prevent bad breath and cavities.
- C When in public, you should always wear a to make sure you don't spread your germs.
- D Don't share ... to avoid spreading germs and viruses.
- E Wash your hands for .. using soap and water.
- F You can use this if you don't have soap and water to clean your hands.

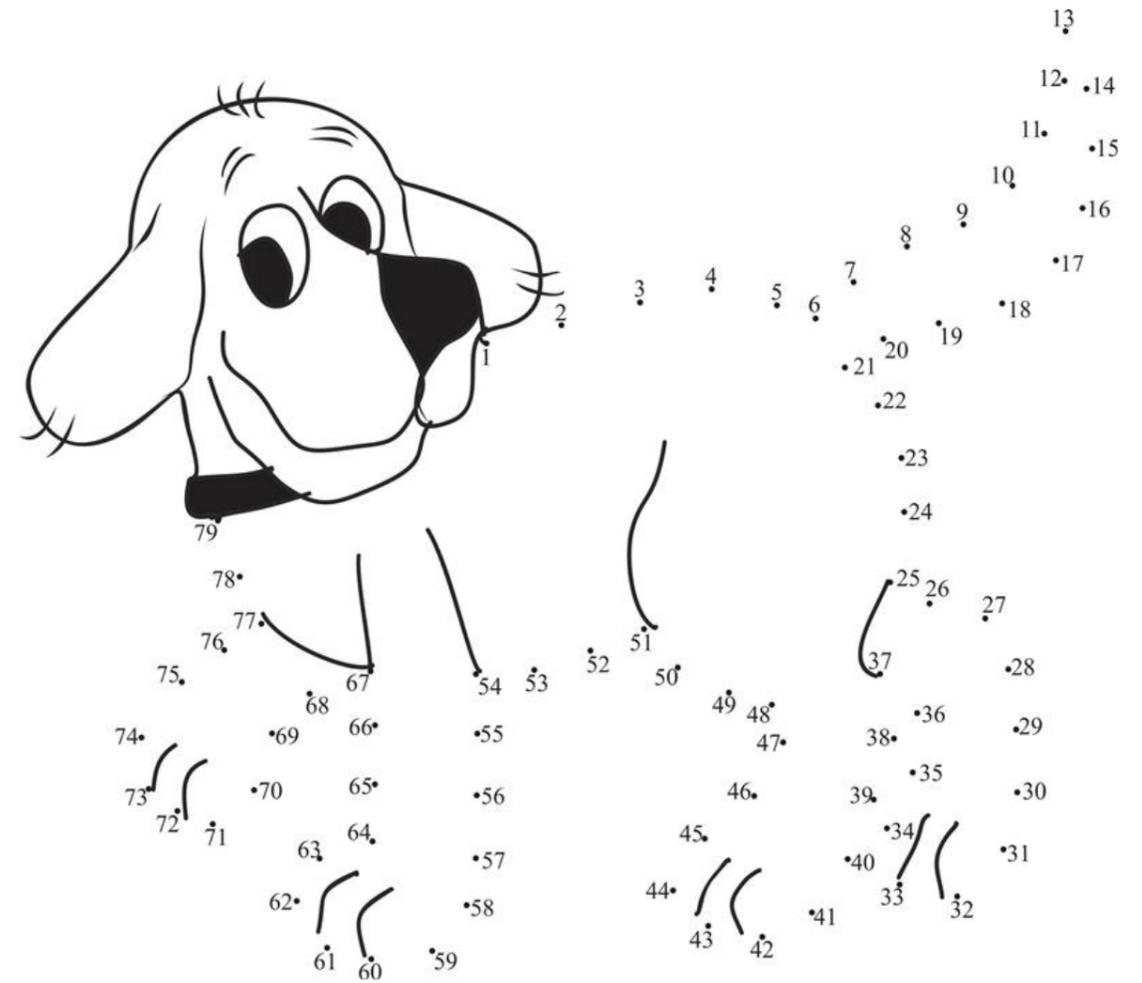
Use a green colored pencil to circle the good hygiene habits and a red colored pencil to circle the bad habits.

- 1. Washing your hands before you eat .
- 2. Using bleach when cleaning your home.
- 3. Wearing your mask when you are outside.
- 4. Touching your face with dirty hands.
- 5. Leaving your food uncovered after eating.
- 6. Skipping 3 days between baths.
- 7. Washing your hands for 20 seconds.
- 8. Brushing your teeth twice a day.
- 9. Wearing clean clothes everyday after bathing.
- 10. Separating clean/dirty clothes.

BEST FRIENDS



This is Liyema's best friend. Can you see who it is by connecting the dots in the correct order?



It's a
 Its name is
 His fur's colour is

Do you have a pet at home? If you have a pet what is it and if you don't, which pet would you like to have?

SAME BUT DIFFERENT!?



Look at the two pictures. Circle as many differences as you can and then write the differences below.

- | | |
|---------|---------|
| 1 _____ | 5 _____ |
| 2 _____ | 6 _____ |
| 3 _____ | 7 _____ |
| 4 _____ | |

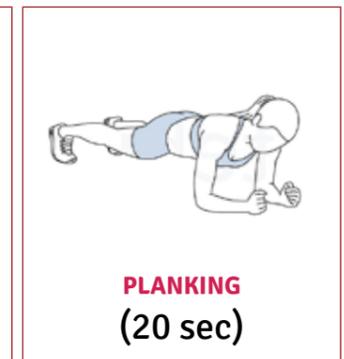
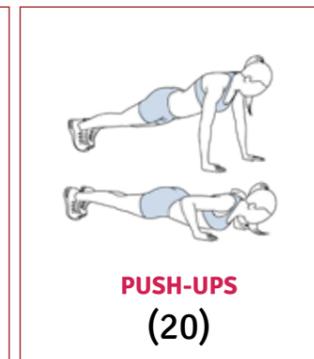
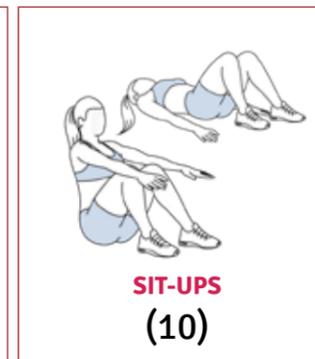
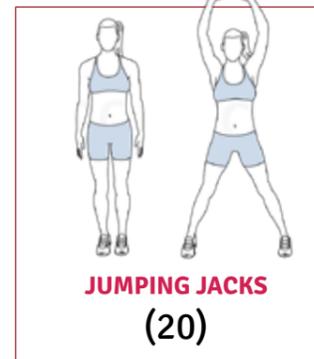


PRE-TEENS SECTION Brought to you by: (left to right)
Sinovuyo Xongo (Learn4Life! facilitator) and Zolisa Mcaciso (coordinator for academic programmes)

EDUCATIONAL GARDEN

Let's exercise together – a healthy mind lives in a healthy body!

Before we start with our session on healthy nutrition, we need to first do a few exercises to help keep our body and mind fit, healthy and strong! Try to do some exercises every day. You don't need much space for these activities. And don't forget to always drink water while exercising.



Not just during the lockdown it is very important to remain healthy and to keep our bodies and minds strong and energized. This helps to strengthen our immune systems and mental health.

Humans need plants (fruit and vegetables) as part of a wholesome nutrition.



Ask an adult to start your own little garden where you can grow your own food!

Things you need to get started:

- A spot that is ready for your garden
- Started plants (tomatoes, peppers, etc.) or seeds (flowers, squash, pumpkins, watermelon)
 - Gardening tools (a small spade)
 - Watering can

Plant life on earth (Gardening)

- The sun supplies heat which is necessary for plants to grow. More importantly, the sun rays enable photosynthesis to take place.
- Water is also essential for plants, which is absorbed by their roots and through their leaves.
- Plants breathe in carbon dioxide through their leaves and breathe out oxygen.
- Soil is vital for plant growth, as the roots absorb minerals and nutrients, which the plant passes on as food to animals, birds, insects and humans. All living things on the planet depend on plants absorbing nutrients and minerals from the soil.

DID YOU KNOW?

HERE'S SOME HANDY INFORMATION ON FRUITS, VEGETABLES AND LEGUMES - ENJOY :)



TOMATOES

The tomato comes from Central and South America. The most supermarkets sell red tomatoes, but you will also find white, yellow, orange, pink, green and black tomatoes. The biggest producer of tomatoes is China, the USA and Turkey.



SPINACH

Spinach comes from South West Asia. It has different functions. It is used as medical plant and it is used as colorant to green e.g. pasta. In the kitchen you can use it as ingredient in salads.



CHILLIES & PEPPERS

Chili and peppers are the same category, but completely different. Chili and peppers come from Central and South America. Christopher Columbus was the first sailor who brought chili and peppers to Europe. After Europe Africa, Asia and Australia imported them, too.



STRAWBERRIES

The strawberry plant was seen in America the first time. In the 18th century where Europeans crossed two strawberry plants to get the nowadays most known garden strawberry. The garden strawberry is high in vitamin C. It has more vitamin C than oranges and lemons. It is very important to find a sunny and wind protected place, if you want to plant strawberries in your garden.



AVOCADO

The avocado's country of origin is Mexico, but avocado trees grow everywhere nowadays. You just need to take the avocado pip with two matches into a glass of water. Finally, you can take the pip into the soil, if the first root is growing out of the pip. Attention: An avocado tree can become 15m high and it takes round about seven years until you have



CARROTS

Carrots come from Asia, but they are popular in the whole world. There are different ways to prepare a carrot. You can eat it raw. You can make a juice out of it or you cook it. The most known carrots are orange, but you will also find red, white and violet carrots. Carotene and vitamin C are the biggest nutrients, which support your immune system and the production of blood and the growth of teeth. This is the reason why we have got a lot of carrot in baby food.



WATERMELONS

The watermelon comes from Central Africa. The pulp is white, red or yellow. The nickname of the yellow watermelon is pineapple melon. It can get 100kg in the wild. You will also find the breeding of cubic watermelons in Japan.



BROCCOLI

Broccoli is an Asian vegetable that is planted in Italia nowadays. It is full of mineral nutrients that prevent cancer. You can cook it, but you can also eat it rawly. It is very important that you do not cook it too long, because the broccoli loses its minerals while you cook it.



PEAS

Peas are used as a worldwide side dish, but they are also used in animal food. Originally they come from Turkey.



BEANS

Beans come from Latin America. They are full of protein. We have got more than 100 different types of beans. The most known beans are the white beans and the kidney beans. It is very important to cook the beans. Raw beans include poison.



LETTUCE

We have got different types of lettuce. The most lettuces are served as a side dish. Leaf lettuce, red oak leaf lettuce, iceberg lettuce, radicchio and rocket are just a part of a big range of lettuces.



ONIONS

The onions' country of origin is unknown and the onion is just a cultivated plant nowadays. Very interesting is the onions' history. It is used as a medical plant since 5000 years ago. You can cook them, but you can also eat them raw. But do not take them into the fridge after you peeled them. All the other vegetable will get the onion's taste.



Nomvula didn't know what to send her grandma and grandpa during the lockdown as they are too old to stand in queues during this pandemic. Her grandpa just turned 88 and it was Mother's Day for granny not so long ago. "It has always been a struggle to buy presents for Abom'khulu", said Nomvula. She knew they would never complain because they didn't need much, and it was very hard for Nomvula to be creative. One year she sent a big wooden cow because her grandparents loves cows, back home they have a herd of cows. It sat on the counter for a very long time then it disappeared probably

into a closet somewhere. Another year she sent handmade soaps with nice smells but they probably weren't as good as the famous 'SUNLIGHT'. Last year she sent lots and lots of pictures of herself so that her grandparents could see how much she has grown since it is always a drag going down to Lusikisiki for regular visits, but the house was not so big for granny to hang up all the photos. This year she went bigger and better, she decided on vegetables and fruits so one day she went to the stores and brought lots and lots of fruits and vegetables and a few goodies for grandma and grandpa. Nomvula carefully packed them in a box with tissue papers to keep them safe from smashing, she then couriered them via a taxi from the rank that was going to Lusikisiki and wrote down the address. She felt proud that she did something

very good for her grandparents and believed that this year's gift is the utmost best. The next day Nomvula sat next to her cellphone ready to receive a call from Ma'Mpinga (the grandma). The phone rang, "It's Khulu!" she said, Khulu thanked her grandchild for the lovely fruits and vegetables and the very nice treats she sent them. They said it was healthy, tasty and a very thoughtful gift and that they won't have to worry about going to the stores anytime soon. Nomvula was very happy.

QUESTIONS:

1. Do you guys think Nomvula did the right thing? Why?
2. If you were Nomvula, were you going to be as happy as she is? Why?
3. Why are fruits and vegetable important in our lives?
4. What have you learnt from Nomvula's story?

FACTOR FUN

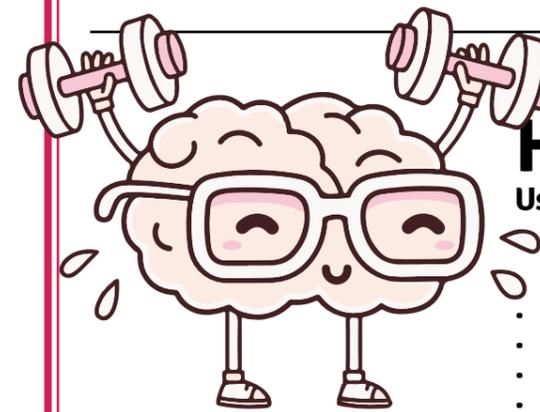
Write all the factors for the numbers below (the first one is done for you):

- 6: 1 2 3 6
 8: _____
 10: _____
 16: _____
 20: _____
 21: _____
 32: _____

Fill in the missing factors below:

- 12: 1 2 _____ 4 _____ 12
 18: 1 _____ 3 _____
 30: 1 2 _____ 5 _____ 15 _____
 40: 1 _____ 4 5 _____ _____ 40
 63: _____ 3 _____ _____ 63
 80: _____ 2 _____ _____ 8 _____ 16 _____ _____ 80

[BRAIN TRAINING]



HOW OLD IS ELAM?

Using this list of facts, work out how old Elam is

- Sipho was four when Elam was born.
- Olwethu was six when Elam was born.
- Yonela was ten when Elam was born.
- Last year Olwethu was 4/5 the age of Elam.
- Next year Elam will be 1/4 the age of Mum.
- Mum is above the age of 38 and below the age of 60.
- Last year Elam was 1/2 the age of Yonela.

How old is Elam? _____



Hint: Always look for the relevant information. The ages of Sipho and Olwethu are not going to help but the ages of Mum and Yonela are critical. Begin by writing down the ages that are possible then cross out the ages that do not fit with the rest of the information provided.

Positive Qualities and Values determine if you are good leader



A quality is a characteristic of a person and can be equated with the way you behave, while a value might be conscience driven and relate to your beliefs and principles.
Some Qualities of a Good Leader

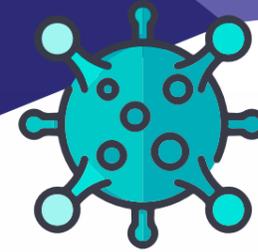
- Courageous
- Visionary
- Change Agent
- Decisive
- Positive attitude
- Confident
- Self-discipline
- Honest
- Creativity
- Responsible

Values - Get to know your top values : "The most important thing in life is to decide what is important."

Truth	Peace	Persistence	Resources	Excitement	Justice	Responsiveness
Efficiency	Sincerity	Dependability	Recognition	Honour	Fulfilment	Love
Initiative	Fun	Trust	Friendship	Originality	Respect	Spirituality
Environmentalism	Relationships	Excellence	Creativity	Quality	Purposefulness	Self-control
Power	Wisdom	Teamwork	Learning	innovation	Fairness	Support
Control	Flexibility	Service	Influence	Hard work	Strength	Loyalty
Courage	Perspective	Profitability	Happiness	Obedience	Integrity	Security
Competition	Commitment	Freedom	Honesty	Prosperity	Order	Success
Adventure	Humour	Cleverness	Clarity	Faith	Education	Faith
Freedom	Co-operation	Humour	Collaboration	Health	Stewardship	Happiness

QUESTIONS

- As a leader, tick your top 10 values from the list above!
- As a friend, what are you top 3 values?
- Is there something you can think about that is not on the list but you value it so much? For example, Family, Resilience, Productivity etc.
- Choose one value as your core-value.



COVID-19 BRAIN TEASER

Can you find all the answers?

ACROSS

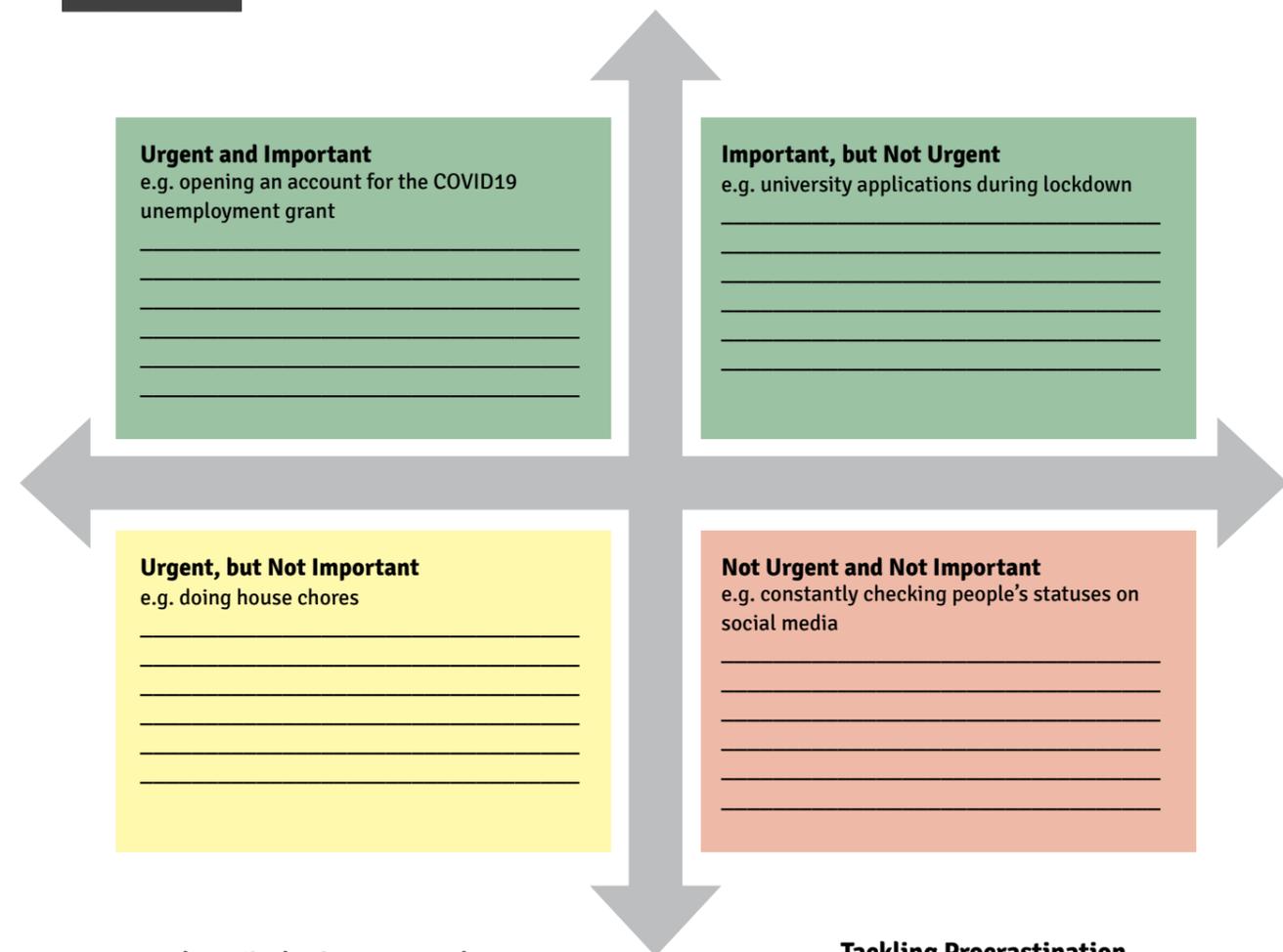
- If someone is ill give them their own _____ if possible.
- stay _____ meter apart.
- Limit _____ sharing
- Do not shake _____.
- People with COVID feel pressure in the _____
- _____ your hands frequently.
- Wear your _____ all the time
- always cover your _____ to cough or sneeze

DOWN

- Avoid large _____ of people
- An important sign of COVID 19 is shortness of _____
- Disinfect all surfaces like tables, desks and _____
- Try not to touch your _____
- Stay _____ if you are sick.
- Open _____ to increase ventilation



Now that you understand how the matrix works, it is time to start practicing prioritizing your time using the urgent/important matrix. Think of tasks that you have to do and list them down in the matrix. The tasks you come up with can be anything from doing your school work, researching about university applications, cleaning the yard, to reading more information on how to prevent the spread of Covid-19.



Urgent and Important
e.g. opening an account for the COVID19 unemployment grant

Important, but Not Urgent
e.g. university applications during lockdown

Urgent, but Not Important
e.g. doing house chores

Not Urgent and Not Important
e.g. constantly checking people's statuses on social media

Plan Wisely, Stay Focused!

The key of successful time management is being consistently productive each day. One of the best ways to do this is to create a daily plan as motivation. Having a daily plan and committing to it can help you stay focused on the priorities of that particular day.



Creating A Productivity Journal

- Use a notebook or a diary
- Write down tasks and associated steps
- Prioritize tasks (Importance and Urgency)
 - Cross off completed items
 - Carry over unfinished tasks

Maximizing the power of your productivity journal you must do the following:

- Plan the night before
- Remove tasks postponed three times

Tackling Procrastination

Have you ever been in a situation where you delay doing a task that should be a priority? You know, that situation where you keep on telling yourself "I will do it tomorrow". This is what procrastination is all about. So what are some of the reasons why you procrastinate? What do you do to overcome procrastination? Please take time to think about them.



Ways to overcome Procrastination

- Do it. Once you start do not stop until you finish your task.
- Ask for advice if you are not sure how to do the task.
- Chop up overwhelming tasks into small manageable chunks.
 - Set yourself a clear and realistic deadline
 - Reward yourself after doing the tasks.
- Remove distractions. Put your phone down! Do not work in front of your TV.



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

GOALsetting



WHAT ARE GOALS?

A goal is something that you hope to achieve in a short term or long term. A short-term goal is something you want to do in the near future. The near future can mean today, this week, this month, or even this year. A short-term goal is something you want to accomplish soon. Something that will take you a long time to accomplish is called a long-term goal. Both long- and short-term goals can help you in your career. Short-term goals help you think about what you can do right away. Short-term goals can help you manage your time. Short-term goals might seem small, but completing them can lead to big accomplishments in your life and career.

WHAT IS THE IMPORTANCE OF GOALS?

Setting your goals gives you clarity on what you ultimately want. It makes you crystallize and articulate the desires floating in your mind. It ensures that you are channelling your time, energy and efforts into things that really matter to you. It makes you live more consciously. Your goals are a representation of your inner desires; desires which motivate you in life. The point when you set goals marks one of the points when you are most connected with your source of motivation. It is when your motivation is at its peak. Having goals at your side serve as constant reminders of your motivational sources. Goals give you a single focal point to place your attention in. Whereas your pur-

pose gives you a broad, directional focus to move your life in, goals gives you laser focus on what exactly to spend your time and energy on. Having goals makes you accountable. Rather than just talking about what you want all the time and not do anything concrete about them, you are now obligated to take action. Setting a specific goal gives you clarity on whether you are living up against what you committed yourself to do when you first set your goal. Goals help you achieve your highest potential. Without goals, you subject yourself to the natural, default set of actions that keep you feel safe and comfortable every day. But this familiarity is the nemesis of growth. It prevents you from growing. It does not enable you to become the best person you can be. It denies you from tapping into all that potential inside of you.

THE GOAL SETTING PROCESS



The first step in setting personal goals is to consider what you want to achieve in your lifetime (or at least, by a significant and distant age in the future). Setting lifetime goals gives you the overall perspective that shapes all other aspects of your decision making. To give a broad, balanced coverage of all important areas in your life, try to set goals in some of the following categories (or in other categories of your own, where these are important to you):

- **Career** – What level do you want to reach in your career, or what do you want to achieve?
- **Financial** – How much do you want to earn, by what stage? How is this related to your career goals?
- **Education** – Is there any knowledge you want to acquire in particular? What information and skills will you need to have in order to achieve other goals?
- **Family** – Do you want to be a parent? If so, how are you going to be a good parent? How do you want to be seen by a partner or by members of your extended family?
- **Artistic** – Do you want to achieve any artistic goals?
- **Attitude** – Is any part of your mindset holding you back? Is there any part of the way that you behave that upsets you? (If so, set a goal to improve your behaviour or find a solution to the problem.)
- **Physical** – Are there any athletic goals that you want to achieve, or do you want good health deep into old age? What steps are you going to take to achieve this?
- **Pleasure** – How do you want to enjoy yourself? (You should ensure that some of your life is for you!)
- **Public Service** – Do you want to make the world a better place? If so, how?

SMART

SMART Goals

A useful way of making goals more powerful is to use the SMART acronym. While there are plenty of variants, SMART usually stands for: S – Specific (or Significant), M – Measurable (or Meaningful), A – Achievable (or Action-Oriented), R – Realistic (or Rewarding), T – Time-bound (or Trackable).



<p>SPECIFIC</p> <ul style="list-style-type: none"> • Well defined • Clear to anyone that has a basic knowledge of the project 	<p>MEASURABLE</p> <ul style="list-style-type: none"> • Know if the goal is obtainable and how far away completion is • Know when it has been achieved 	<p>ACHIEVABLE</p> <ul style="list-style-type: none"> • Is it possible to accomplish, attain the set goals? 	<p>REALISTIC</p> <ul style="list-style-type: none"> • Within the availability of resources, knowledge and time 	<p>TIME-BOUND</p> <ul style="list-style-type: none"> • Enough time to achieve the goal • Not too much time, which can affect project performance
--	--	--	--	---

For example, instead of having "to travel around South Africa" as a goal, it's more powerful to say "To have completed my trip around South Africa by December 31, 2020." Obviously, this will only be attainable if a lot of preparation has been completed beforehand!

How can You achieve your Goals?

Be precise: Set precise goals, putting in dates, times and amounts so that you can measure achievement. If you do this, you'll know exactly when you have achieved the goal, and can take complete satisfaction from having achieved it.

Set priorities: When you have several goals, give each a priority. This helps you to avoid feeling overwhelmed by having too many goals, and helps to direct your attention to the most important ones.

Write goals down: This crystallizes them and gives them more force.

Keep operational goals small: Keep the low-level goals that you're working towards small and achievable. If a goal is too large, then it can seem that you are not making progress towards it. Keeping goals small and incremental gives more opportunities for reward.

Set performance goals, not outcome goals: You should take care to set goals over which you have as much control as possible. It can be quite dispiriting to fail to achieve a personal goal for reasons beyond your control.



The goal of this activity is for you to set your own goals and identify the steps to reach those goals. Fill out the following chart to start working on your goals.

MY GOALS

Short term (this month)	Medium (This year)	Long term (next 5 years)

WHAT DO I NEED TO KNOW IN ORDER TO ACHIEVE MY GOALS e.g. scholarships, bursaries?

THINGS I NEED TO WORK ON IN ORDER TO ACHIEVE MY GOALS e.g. time management



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



Effective Time Management Skills

Time management is about more than just managing our time; it is about managing ourselves in relation to time. It means being willing to experiment with different methods and ideas to enable you to find the best way to make maximum use of time. There is no secret, no one-size-fits-all solution, and no magic button. You must explore different methods and, through trial and error, find the solutions that work for you.

Before we go any further with the tips you can use to manage your time better, we would like you to take time to reflect on what you currently doing to manage your time. Please answer the following worksheet.

What are your time wasters?

What are you doing to manage your time?

What could you do better?

Prioritize!

Time wasters are things that do not add much value to your life or your goals. Once identified you need to think of ways to minimize time you invest on those things. One of those ways is learn to prioritize your time.

Managing time effectively, and achieving the things that you want to achieve, means spending your time on things that are important and not just urgent. To do this, you need to distinguish clearly between what is urgent and what is important:

- **Important:** These are activities that lead to achieving your goals and have the greatest impact on your life.
- **Urgent:** These activities demand immediate attention, but are often associated with someone else's goals rather than our own.

Urgent/Important Matrix

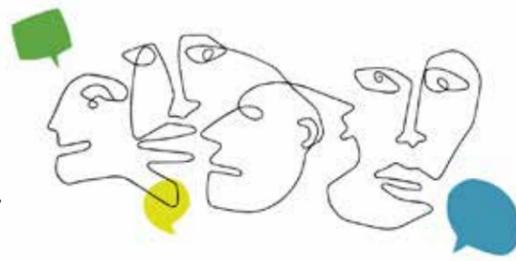
Funded by:
Grassridge Winds of Change



- **Urgent and Important:** Activities in this area relate to dealing with critical issues as they arise and meeting significant commitments. These are types of duties you have to perform immediately. Example: opening a bank account for the Covid-19 unemployment benefit.
- **Important, But Not That Urgent:** These success-oriented tasks are critical to achieving goals. Plan to do these tasks next. Example: application to university or college during the national lockdown.
- **Urgent, But Not That Important:** These chores do not move you forward toward your own goals. Manage by delaying them, cutting them short, and rejecting requests from others. These are tasks you can postpone. For example, doing house chores.
- **Not That Urgent and Not That Important:** These trivial interruptions are just a distraction, and should be avoided if possible. Avoid these distractions altogether. Example constantly checking people's statuses on social media.

Self Drawing

- Now draw a portrait of yourself using the same rules as the previous page.
- You can add your clothes, hair, and accessories and can colour in anything you would like.



Once you have finished, answer the following questions around your drawing:



The sky: my dreams



The head: my talents



The heart: what I am passionate about/what I love



The hands: what I love to do



The legs: where I love to go



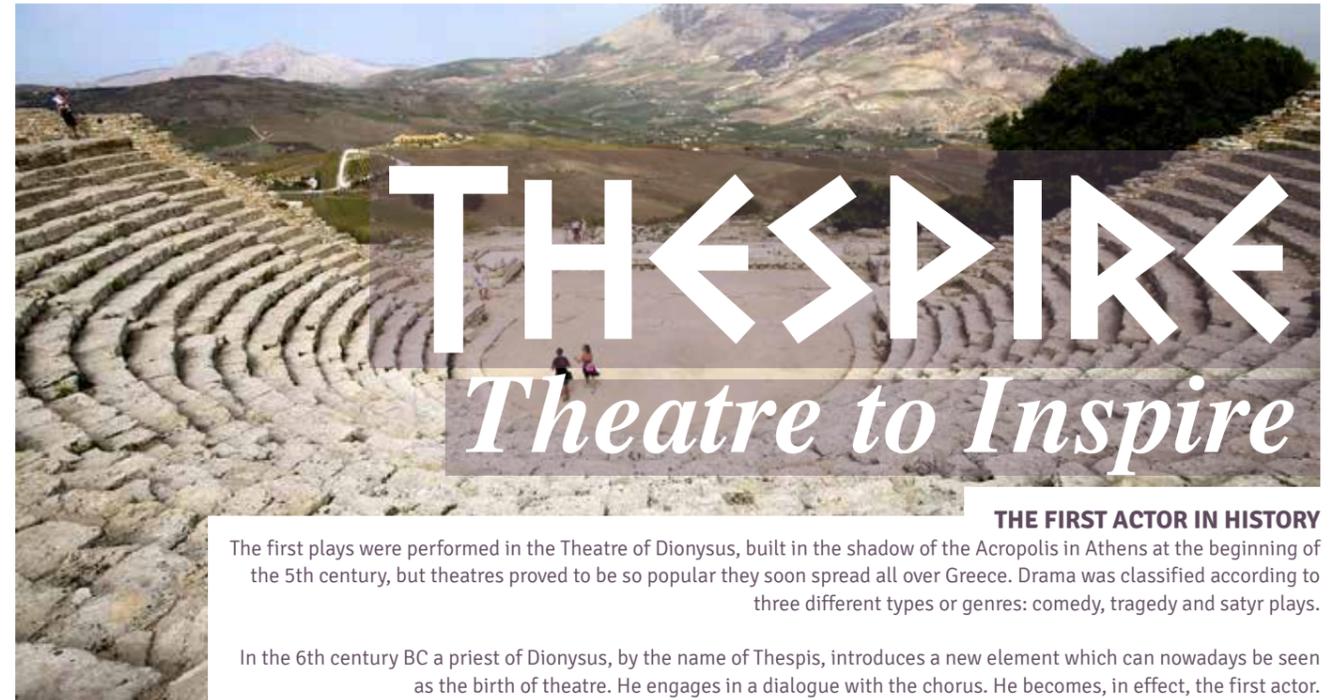
On the ground: what I stand on (my roots)

Funded by IMBEWU Switzerland

IMBEWU



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



THE FIRST ACTOR IN HISTORY

The first plays were performed in the Theatre of Dionysus, built in the shadow of the Acropolis in Athens at the beginning of the 5th century, but theatres proved to be so popular they soon spread all over Greece. Drama was classified according to three different types or genres: comedy, tragedy and satyr plays.

In the 6th century BC a priest of Dionysus, by the name of Thespis, introduces a new element which can nowadays be seen as the birth of theatre. He engages in a dialogue with the chorus. He becomes, in effect, the first actor.

Great theatre work has come from traumatic experiences in Human history:

“The ugliness of the Second World War wrought new theatre movements ranging from Brechtian and absurdist drama to Antonin Artaud’s Theatre of Cruelty, whilst the horrors of the apartheid policy in South Africa birthed renowned playwrights such as Athol Fugard, John Kani and Mbongeni Ngema. Theatre

(and I want to apologise for this) has this stubbornness of making gold out of the social mire.” - Ian Kiyingi Muddu

“Great theatre is about challenging how we think and encouraging us to fantasize about a world we aspire to.” – Willem Dafoe

During this corona pandemic and the national lockdown, theatres are closed. Some people are already calling it pandemic theatre or LONESOME THEATRE as it comprises only of you - no audience - but we are never lonely, we create theatre in our minds and imagine the audience.

Theatre is an intricate part of the human history because it is having the capability to show the best and worst sides of human nature. There is some form of theatre in just about every culture that has ever existed on this planet. It can be educational, entertaining or commenting, leading to self-discovery, expression and empathy.



Bhuti is the Beast, by Masifunde’s Academy of Creativity at the PE Opera House, 2019

(FFF) FORGOTTEN FUN FACT

The queen often made appearances in the Globe Theater just for Shakespeare plays.

Funded by the National Arts Council of South Africa



FREEDOM *in times of* LOCKDOWN

Since 1994, on the 27th of April South Africa commemorates Freedom Day. Many celebrations would happen in the country, as the day is set apart and it is a public holiday. A lot of joyful events would take place and some would even be broadcasted live on national

television. The 27th of April 2020, however, was a totally different scene, as South Africans could not hold any public gathering, as the country was on lockdown due to the uncertainty of the corona-virus pandemic. Masifunde's young writers of Walmer's Own Mag-

azine shared opinion pieces on what freedom means to them and how the lockdown affects their worldview about freedom. It was safe to say "Have a healthy Freedom Day, stay safe and sanitize." Freedom is a state of mind after all.

"Freedom for me means I can express myself in whatever way I want. It means I can be who I am, and be unapologetic about it. I can express myself by the sharing of my thoughts and opinions on issues and topics that are of interest to me. One of the forms of expression I like the most is writing. When I write I am fulfilled. I am stilling learning to express myself through writing, so far it feels like I am a bird soaring high flying. It feels like I am doing what I am supposed to do. It is liberating.

The lockdown for some might have made them feel like birds in a cage. For me, freedom of expression I believe was merely effected because I could not go to school and to Masifunde for my weekly Learn4Life! lessons where I draw inspiration for writing, and engage with my fellow group members and hear their opinions, but at least I could still pick up a pen & paper and write or open the notepad on my phone and start typing."



AZUKILE MOKO
Grade 11
DF Malherbe

"I can't help my imagination from seeing freedom, I see it. I can't help my ears from hearing the cheerful sounds of freedom and right when I hear those sounds I want to move. Yes, I want to move, to dance or maybe move a bit more than dancing. Move from point A to Point B. Move to and from. The Lockdown has limited my freedom of movement. During Freedom Month there were no Arts and Cultural events where young people can showcase their talents to celebrate Freedom Day. No, we could not go to that well-known local political veteran and ask about the importance of this day. No, we could not go visit my other family for our usual annual visit on public holidays.

I am not complaining. I understand the importance of the lockdown during the crisis of this pandemic we are in as a country and I fully support it. These are just my free wavering thoughts on Freedom Month. Freedom."



INAM NOJILANA
Grade 11
Walmer High School

LOCKDOWN HEROES

Lockdown Heroes are ordinary people who try and make the lives of the people in their community a little bit better through small (and big) acts of kindness and service to others.



Do you know a lockdown hero? Are you a lockdown hero yourself? Send us your photo and a lockdown hero story for the next edition to info@masifunde.org or message us on facebook.

QUARANTV

ICHOMI YAKHO NGELOCKDOWN

on Mpuma Kapa TV (Channel 260)
Monday to Friday, 17.30

Tune in for fun and educational content from the arts, sports, the world of books and much more!

Catch our team doing what they do best to keep us all entertained and busy during this lockdown: #QuaranTV on channel 260 - weekdays at 17.30! www.masifunde.org
Missed an episode? Watch them all here: <https://tinyurl.com/wgxr9e>



Sivuyile Scott



Zweni **Njadayi**

719 2 Comments 3 Shares

