

quaran*Times* FREE COPY

ichomi yakho ngelockdown

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CONVENIENTLY COLOUR CODED

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

PRE-SCHOOL

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

KIDS

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

PRE-TEENS

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

TEENS

brought to you by Andiswe Mbelekane (Learn4Life! facilitator) and Zolisa Mcaciso, 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 Njadayi (Arts Teacher)

Welcome to the second edition of quaranTimes, the activity newspaper for young adults, teens and children during lockdown – brought to you by the Masifunde Team in Walmer Township!

South Africa and her people have been through more than two difficult months of lockdown. From one day to the next, life changed for all of us and caught most of us totally unprepared. Now, finally, we can see the light at the end of the tunnel. Restrictions are relaxing, the first group of learners will go back to schools and some of the adults are returning to work.

However, the phasing out of the lockdown does not mean that the corona virus has disappeared.

Actually, the threat of being infected is bigger than ever, and the number of infected people is rising daily.

That's why the phase-out of the lockdown does not mean that we will be back to normal over night.

Our politicians talk about a 'New Normal' which all of us have to get used to. We will continue to wear masks in public, practice social distancing and high standards of hygiene by regularly washing our hands. We do that to protect ourselves and to protect those around us, the ones we love – wearing is caring!

This 'New Normal' still sees many of us struggle, short of income, with little access to groceries or challenging home situations. That's why we celebrate 'Lockdown Heroes', those who look out for others in these difficult times. Those of us who unleash new strengths to pull through without giving up!

This activity newspaper is for all of us and in particular YOU and the superhero within you. It cheers you up and helps you to stay active and positive.

Stay healthy, happy and strong!

Your Masifunde-team



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LEARNER DEVELOPMENT



PENS*DOWN!*



As part of their termly outreach, Masifunde's Learn4Life! grade 11 learners held a youth dialogue about alcohol and drug abuse on the 20th of March 2020, right before the lockdown. The learners are teenagers between the ages of 15-17 years old and the dialogue invitation was extended to their peers, about 30 teenagers were present. The idea of hosting the dialogue came about when they researched and learnt about the different effects of substance abuse and the general reasons why teenagers abuse alcohol.

"The dialogue was for teenagers to engage in honest conversations amongst themselves about alcohol and drug abuse," said the event MC, Azola Ndondlo. Azola added and said "We are not here merely to talk about drinking alcohol, but the misuse of alcohol by teenagers, given that we are still underage to even buy and drink alcohol. Yet teenagers do, and do it irresponsibly."
- Sisipho Veto, Grade 10, Walmer High School

The first question that was discussed was, 'Is what we see on alcohol commercials and adverts on media the real life scenario?'. From the discussion it was safe to conclude that the youngsters agreed that their reality was nothing like the elegant, fancy and full of composure lifestyle that they saw on alcohol adverts. Given that most of them are from a disadvantage township – Walmer – and alcohol is mostly consumed irresponsibly and that is the condition they grow up under. "Instead of being the man of the hour, you get into trouble with your parents or worse, a fight on the streets and subsequently you begin to be behind with your-school work." – Luyolo Lukwe.

The big debate was around what is called Pens Down Party. A Pens Down Party is when high school learners [even primary school learners] host a party or gather around on the first weekend after they all have finished writing the school exams. In these parties, teenagers are most likely to drink alcohol unsupervised. "There is nothing wrong with rewarding yourself after studying hard and celebrating when you've done well, but let us try and change the narrative of the pens down party. Why can't we enjoy and celebrate without the use alcohol as teenagers that are still in school?" said Inam Nojilana as she posed the question to the crowd. Few days after the dialogue, the country was on a national lockdown and the sale of alcohol was banned. I went on and messaged few of the Grade 11s that hosted the youth dialogue and asked how do they feel about the ban of alcohol sale and what difference do they think it made? Here is what some of them said:

"In my opinion the ban was a great move to combat teenage abuse during the covid-19 crisis."
- Sonwabile

"There are less crime incidents, were teenagers would have been victims because of alcohol. As teenagers tend to make a lot mistakes when they are intoxicated."
- Tanatswa

"Many conflicts were scarce in families, for example, teenagers stayed at home and did not consume alcohol, as alcohol is not good for young people's bodies and minds."
- Yonela





PRE-SCHOOL SECTION Brought to you by: (left to right)
Priscilla Machini, Nolubabalo Ntamo and Nandipha Mabi (Montessori educators)



NUMBER FUN

FOR PRE-SCHOOL CHILDREN

1	2	3
4	5	6
7	8	9
10	11	12

- 1. Touch Count** - Count touching the numbers 1-12, then have your child count while touching the numbers 1-12 and saying the numbers out loud
- 2. Using Play Dough** - Give the child one large ball of playdough. Point to number 1 and ask what number it is. Child should answer 1. Then ask the child to roll 1 piece of play dough and place it on number one, followed by number two with two small balls and so on.
- 3. Tracing** - Ask your child to trace the numbers with their fingers while saying the numbers out loud.



KEEP ACTIVE AT HOME

Throwing and catching a ball or bean bag

Use a ball or bean bag and throw up and attempt to catch it with both hands. If it's too easy, your child can try to throw and catch with one hand, or standing on one leg.

Bounce and catch

Bounce the ball on the floor and attempt to catch it with both hands. If it's too easy, your child can try to throw and catch with one hand, or standing on one leg.

Try stand on one leg, arms stretched out and eye closed

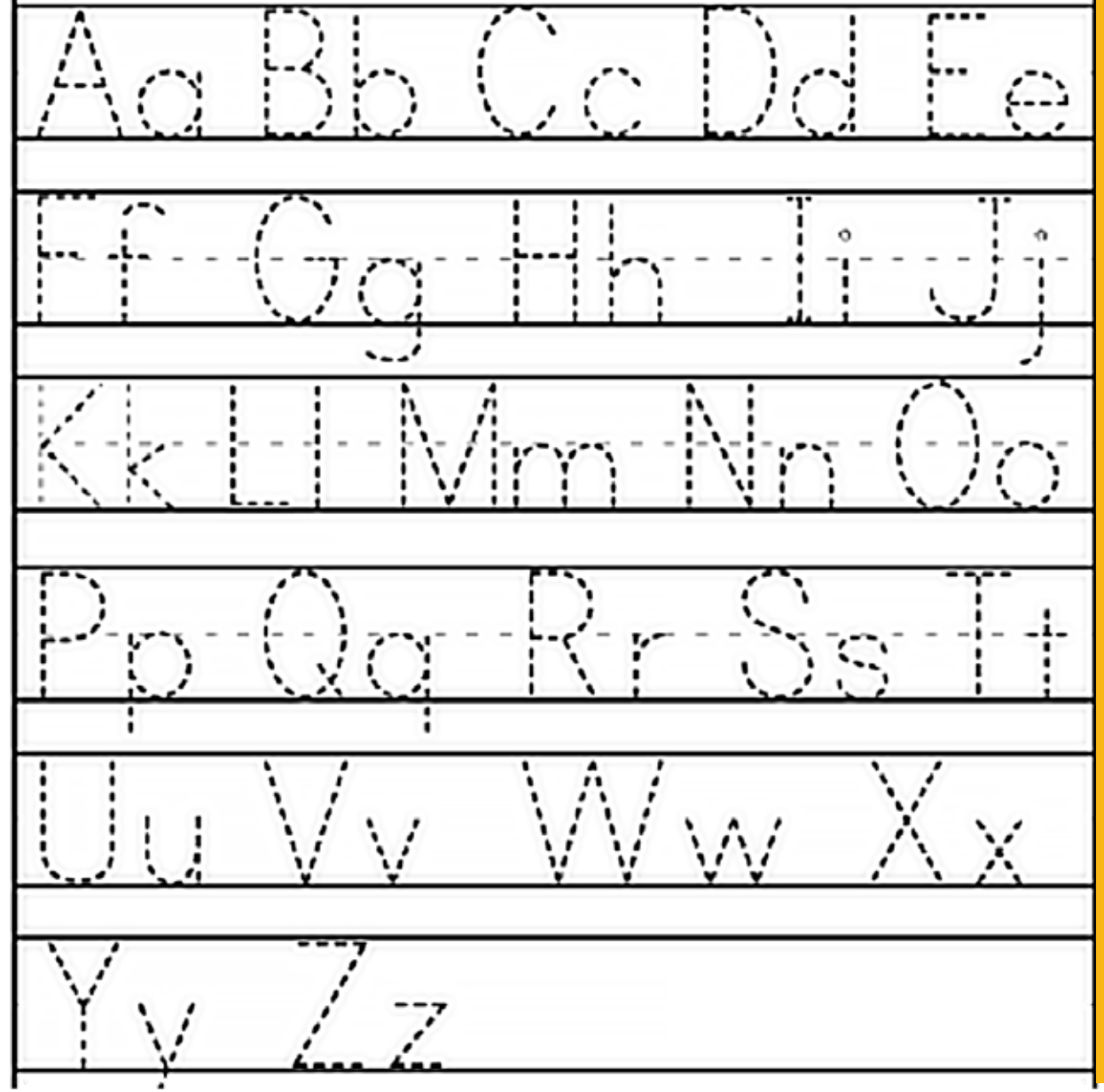
Once your child masters this exercise, you can try and distract her/him, i.e. by making a noise. They must try keep their balance on one leg at all times.

Skipping rope

Alone or with siblings.



TRACE THE LETTERS



CAN YOU WRITE YOUR NAME?



SAND TRACING



What you need:

- A tray, sand box, lid of a shoe box, or plate
- Sand or salt



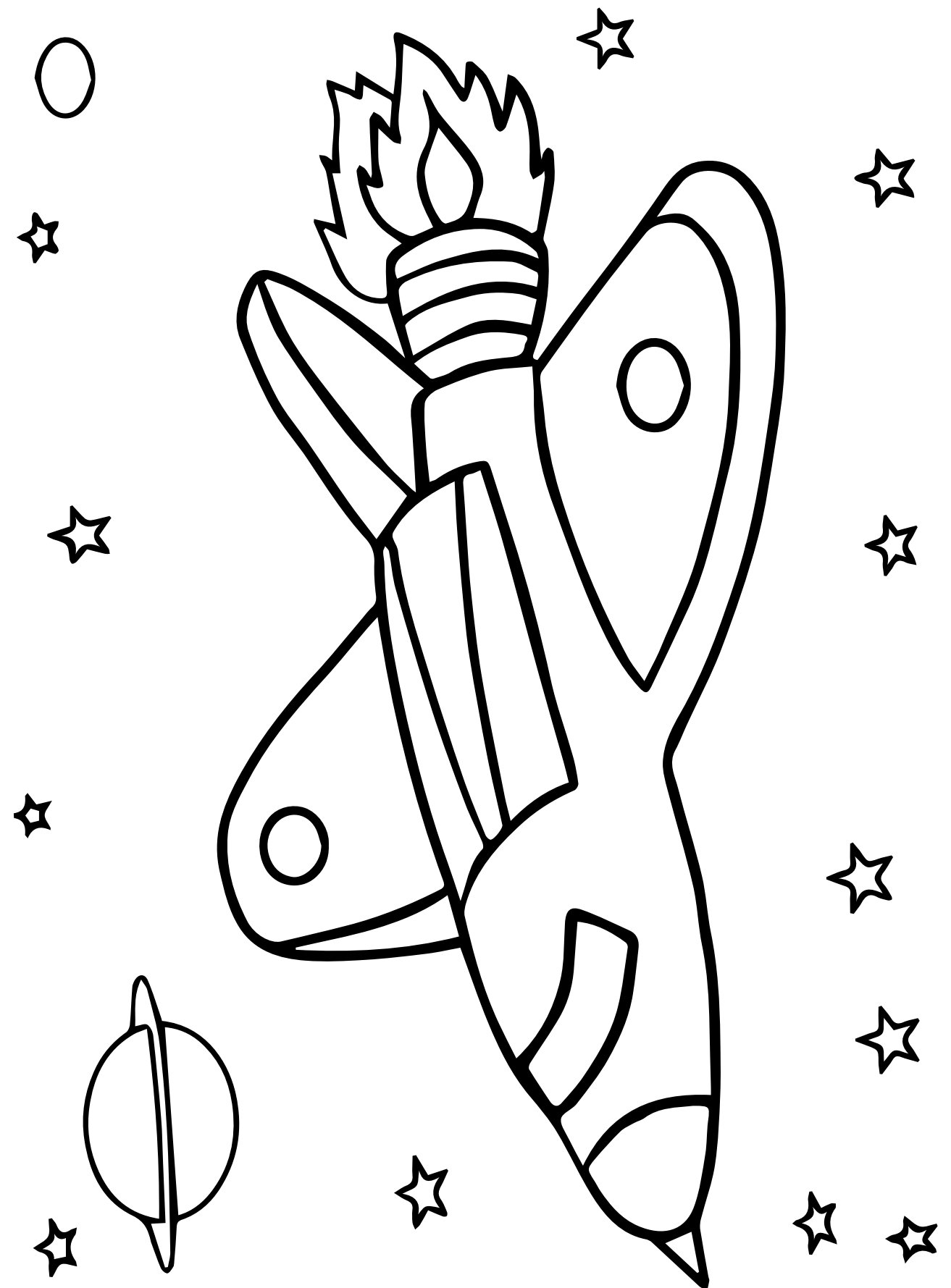
Instructions:

- Pour sand on a flat surface, like a tray or a big plate
- Show the child a sound/letter, number or shape (eg. in a book or magazine, or write it out on a piece of paper)
- Ask the child to repeat the sound or number and write the letter in the sand with their fingers

Once your child has mastered their letters, they can start 3 letter words, like cat, dog, hat, mum,



CAN YOU DRAW A PICTURE OF YOUR FAMILY?





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

DISABILITIES DIFFERENT, BUT EQUAL!

A disability is a physical or mental problem that makes it difficult or impossible for a person to walk, see, hear, speak, learn, or do other important things. Some disabilities are permanent, or last forever. Others are temporary, or last for only a short time. A disability can be something a person was born with. Or it can be the result of an illness or an accident.

TYPES OF DISABILITIES

There are different kinds of disabilities:

Circa 3 Million people are disabled in this South Africa, that means its 7.5% of the country's population.



VISUAL



AUDIO



PHYSICAL



LEARNING



AUTISM



EMOTIONAL



SPEECH/
LANGUAGE

Tick if you think the statements below are true or false.

	TRUE	FALSE
We should feel sorry for people with disabilities	☐	☐
We should treat people living with disabilities like we do other people.	☐	☐
Making fun of disabled people is okay if they don't hear us.	☐	☐
People with disabilities need our help sometimes.	☐	☐
Disabilities are always physical.	☐	☐
We should stop others from bullying kids with disabilities.	☐	☐

Do you know anyone with a disability? What challenges are they facing in their daily life?

Think of what YOU could do to support people with disabilities in your community.



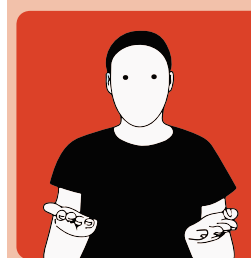
Learn South African SIGN LANGUAGE

A sign language is a way of communicating by using the hands and other parts of the body and shouldn't be confused with body language. Sign languages are an important way for deaf people to communicate.

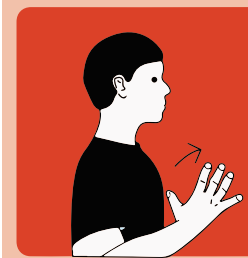
Here are some basics to start a conversation:



Hello!



How are you?



I'm fine, thank you!

Create a Poster: **SAY NO TO BULLYING #WEAREONE**

In the space provided, create a poster encouraging others to protect kids living with disabilities from bullies.

Words Can Hurt



Look at the words on the left. Sometimes we use them when referring to people with disability. However, they are not nice to say. Rather use the ones on the right side.

INSTEAD OF SAYING

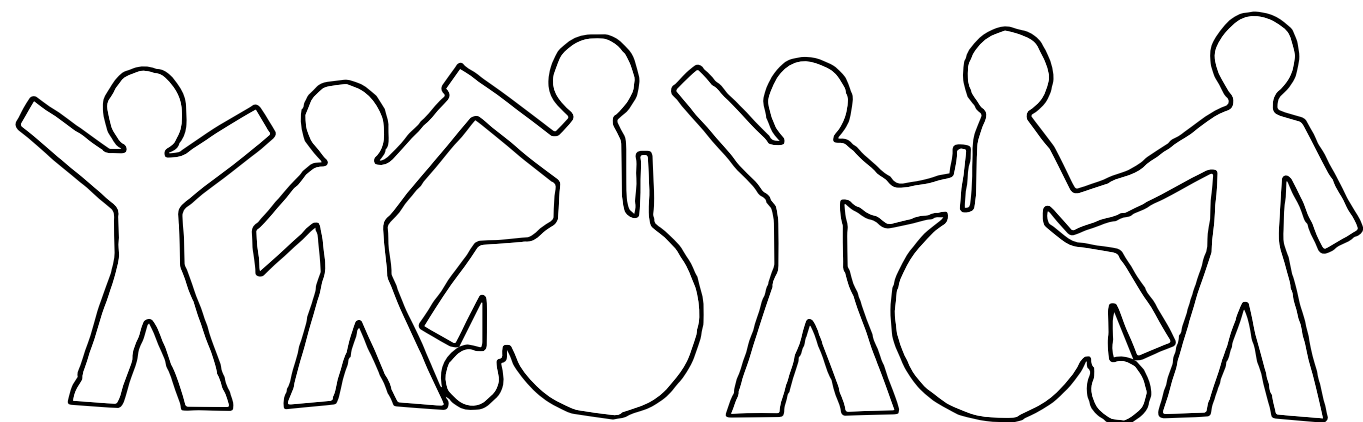
Normal
Weird
Retarded
Midget
Four-eyed

RATHER SAY

Typical
Different
Delayed
Short Person
Partially Sighted



COLOUR + CUT!



THE MAZE



Lufezo does not want the virus to catch him. He has to find a facemask and a hand soap to help him escape the virus.

Use a pencil or a crayon to help Lufezo get to the mask and hand soap!



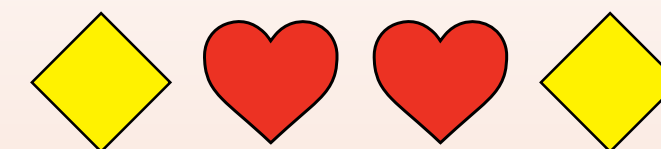
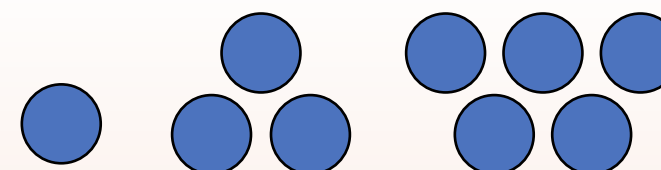
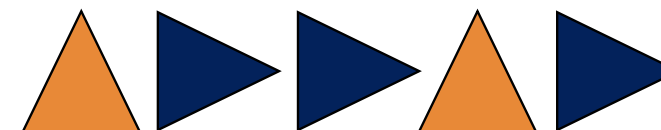
Have you ever had a cold or flu? _____ How did you make yourself feel better? _____

What other remedies can you use at home for colds and flu? _____

What other viruses do you know? _____

GROWING & REPEATING PATTERNS

Draw the shape that appears next in the pattern!



Now create your own pattern in the box below:



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

EducationalGARDEN

Making good food choices – *a healthy mind lives in a healthy body!*

Fruits and vegetables contain important nutrients (vitamins, minerals and plant chemicals), as well as fibre. There are many varieties of fruit and vegetables available and many ways to prepare cook and serve.



HEALTHIEST BEVERAGES
Water, Rooibos Tea
and Green Tea

Healthy fats are essential for myelin, which insulates your nerve cells making your brain healthier and more able to deal with stress.

Low sugar and low starch diets are the most effective and healthiest



**CLEAN STARCH
(RICE, OATS, MALTABELA)
MODERATE AMOUNTS OF FRUIT**

(Apples, Pears and Berries are best, remember fruit has fruit sugar in it, so it can make you fat. Remember fruit juice can also have the same fattening effect)

YOU NEED GOOD QUALITY PROTEIN

Meat, Fish, Chicken and Dairy. Free range, especially game, wild Fish. Some legumes/ beans.

**YOU NEED LOTS OF VEGETABLES
AND GOOD FATS**

The fats help you absorb the nutrients from the vegetables, always add fat like butter, olive oil or coconut oil

Vegetables contain special plant nutrients called phytonutrients which give the vegetables their colour. The phytonutrients are anti-cancer, anti-inflammatory and anti-oxidant and keep us healthy. Eat a rainbow of colours as often as possible

Without a doubt eating Pizza, KFC or any other fast food from restaurants on a regular basis is very nice but people tend to forget that food rich in calorie and carbohydrates affect the body negatively while eating healthy food takes time to cook but offers good benefits e.g.:

- **MAINTAINING BODY WEIGHT**
- **HEALTHY IMMUNE SYSTEM**
- **LIVE LONGER**

**WHICH
FRUITS AND
VEGETABLES
GROW IN THE
SEASONS?**

AUTUMN



apples / pears /
sweet potatoes /
carrots / cabbage /
beetroot

WINTER



spinach / garlic /
broccoli / cauliflower

SPRING



kiwi / avocados /
grapefruit /
strawberries / peas

SUMMER



peppers / squash /
tomatoes / mangoes /
grapes / peaches

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LEARNER DEVELOPMENT

WHO IS THE FRUIT EXPERT?



This is a game you can either play individually or with your family. List all the letters of the alphabet (A-Z) on a sheet. Now try and find fruits and vegetables starting with each of the letter – as many as you can, e.g. A: Apple, Avocado etc.. If you play with a friend, you can see who knows the most vegetables. can time each other while writing on the sheet.

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



**Fruit
salad**

Can you find 20 fruits and vegetables in this letter scramble?

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

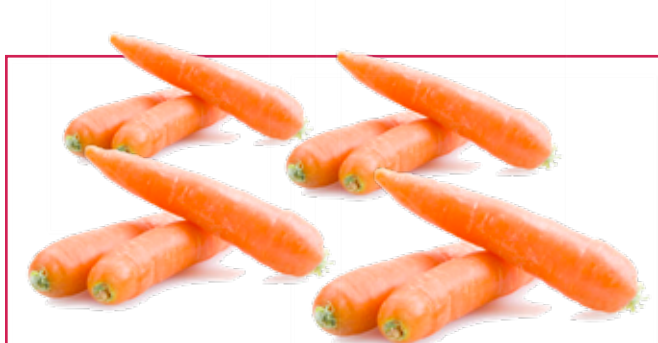
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LEARNER DEVELOPMENT

Grouping the Garden



There are 3 packs of apples. 2 apples fit in each pack. How many apples do we have in total?

3 packs of 2 apples each is 6
2+2+2= 6



1. There are 4 baskets of carrots. 3 carrots in each basket.

4 Baskets of 3 carrots each is



2. There are 20 tomatoes in total. Each basket fits 4 tomatoes. How many baskets do we need?



3. Bhut' Zola needs 3 buckets of water every day to water his garden. Each bucket contains 5 litres of water. How many litres does he need in total every day?

4. How many litres does he need per week?

Lonwabo's Recipes

by Mhlali Khumalo, Sarah Rose De Villiers
& Zandile Maxet Makina

Lonwabo was a ten-year-old boy. He lived with his mother and grandmother.

Lonwabo's grandmother had the most beautiful and rich vegetable garden. He enjoyed helping his grandmother weed the garden and water the vegetables.

He had to fetch water from the river. He was not a lazy boy. He would walk down the hill and up again.

He would pass his friends playing soccer and they would laugh out loud and say to him, "Lonwabo, why do you do that? That is a girl's job, we would never do that."

Lonwabo laughed them off and continued with his journey. He would think about all the happy times with his grandmother in the garden.

These thoughts made him forget about the long journey and about his friends' comments. He liked guessing how many carrots would be in each bunch before his grandmother pulled them out of the ground.

Lonwabo's grandmother always prepared lunch for him, while he was at school and his mother was at work. Every day he came home to find his food already prepared and left out on the table for him.

Immediately after taking off his school uniform, he washed his hands, sat at the table, said a little prayer and began to eat. His grandmother prepared all kinds of meals for their lunches. He loved his grandmother's tasty meals.

When he finished eating, he would wash his dish, take a book and pencil and go and sit next to his grandmother.

He asked his about the ingredients in the meal he had just eaten and carefully wrote down every little detail. He told himself that when grows up, he is going to open his own restaurant.

He will name the restaurant after his grandmother and make all the meals that his grandmother makes for him.

1. What did Lonwabo enjoy most?

2. Why did Lonwabo's friends laugh at him?

3. Draw a picture of Lonwabo and his grandmother's vegetable Garden.



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

WELLNESS

When someone asks you “Are you good?” or “Are you well?”, on normal basis, you probably respond and say “I am good.” or “I am well.”, unless you are sick. In this case, are only responding from the physical state of being well - wellness is more than being free from illnesses.

Wellness is the optimal state of health and an evolving process of achieving your full potential physically, emotionally, intellectually, socially, spiritually, environmentally, and financially.

Everything we do and every emotion we feel relates to our well-being. In turn, our well-being directly affects our actions and emotions. It's an ongoing circle. Therefore, it is important that we try to achieve optimal wellness in order to subdue stress, reduce the risk of illness and ensure positive interactions and attitudes - even during lockdown.



INTELLECTUAL WELLNESS

- Refers to engaging in creative and mentally-stimulating activities.
- Intellectual wellness encourages learning, stimulates curiosity and inspires exploration

FINANCIAL WELLNESS

- Learn how to manage finances effectively.
- Learning how to maximize your financial wellness now will help you feel prepared to handle stressful financial situations in the future.

SPIRITUAL WELLNESS

- Allows us to be in tune with our spiritual selves.
- Allows us to seek meaning and purpose in human existence, but it also
- Allows us to appreciate our life experiences for what they are.

EMOTIONAL WELLNESS

- Allows us to accept how we are feeling. Once we accept our feelings, we can begin to understand why we are feeling that way, and decide how we would like to act in response to those feelings.
- Inspires self-care, relaxation, stress reduction and the development of inner strength.

PHYSICAL WELLNESS

- Properly taking care of our bodies and minds for optimal health and functioning.
- Overall physical wellness encourages the balance of physical activity, nutrition and mental well-being to keep your body in top condition.

SOCIAL WELLNESS

- Refers to the relationships we have and how we interact with others. Our relationships can offer support during difficult times.
- The aim is to build healthy relationships with others.

ENVIRONMENTAL WELLNESS

- Inspires us to live a lifestyle that is respectful of our surroundings.
- Encourages us to live in harmony with the Earth by taking action to protect it and promotes interaction with nature and our personal environments.

The Seven Dimensions of Wellness

How well are you?

Tick YES to the statements that you agree with and tick NO if you disagree.



PHYSICALLY

- I engage in physical activities for at least 30 minutes daily.
- I maintain a regular sleep schedule and get between 7-8 hours of sleep each night.
- I eat a variety of healthy food / do not eat excessive junk food and I control my portions.



EMOTIONALLY

- I remind myself to stay positive and optimistic.
- I seek or accept help and support from others when needed.
- I talk when there is something that is bothering me or when something makes me unhappy.



ENVIRONMENTAL

- I recycle.
- I do not litter.



SOCIALLY

- I take time to communicate and I respect the people around me.
- I practise active listening.



FINANCIALLY

- I budget when I have money
- I practise saving up money when I have it.



INTELLECTUALLY

- I read at least 20 minutes daily.
- I am open minded.
- I play stimulating and educational games.



SPIRITUALLY

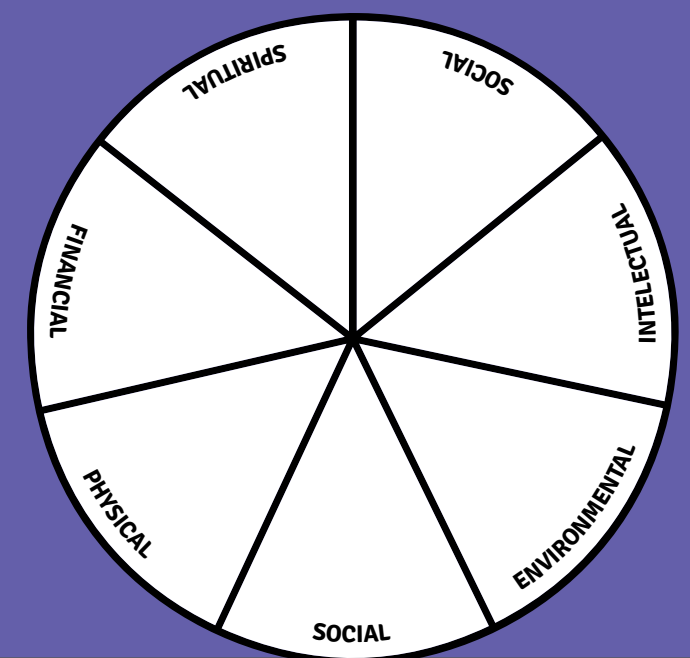
- I practice acceptance, gratitude and keeping a positive attitude.
- I take time to meditate or practice mindful relaxation.

If you have answered 'YES' to most of the statements, you are likely to have a balanced well-being. Great job, keep it up!
If you have answered 'NO' to many of the statements, do not stress about it - there still time to achieve a balanced wellness. You can try to use the statements as your guidelines to wellness. E.g. If you have answered no to "I maintain a regular sleep schedule and get between 7-8 hours of sleep each night" then try to have a sleeping routine and get enough sleep during the night.

Wellness WHEEL

Colour in Green the dimension/s of wellness on the wheel that you feel you are doing good on and colour with Orange the dimension/s of wellness that you should still work on.

1. Which colour is dominating on your wellness wheel, and what does that mean for you?
2. Are you happy with the dominating colour?
3. Will you change any of your habits so that you can achieve a balanced wellness? How can you do that?



FUN SUDOKU

CAN YOU SOLVE THESE?

- INSTRUCTIONS**
- Each row (**across/horizontal line**) must have **ONE and only ONE** of each number from 1 to 6.
 - Each column (**down/vertical line**) must have **ONE and only ONE** of each number from 1 to 6.
 - Each 3 x3 box must have **ONE and only ONE** of each number from 1 to 6.

EXAMPLE

		1	
4			
	2		
3			1

ANSWER

2	3	1	4
4	1	3	2
1	2	4	3
3	4	2	1

Now try these on your own, use a pencil to complete the following Sudoku puzzles

1					5
		2		6	
2					
			4		
	2			5	

2			6		
		4		1	
				3	
			3		
4					5

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

- | | | | | |
|-------------------|----------------|--------------|----------------|-----------|
| stress | copng | activities | responsibility | physical |
| reliable | occupational | intellectual | spiritual | balance |
| give back | mental | swimming | hydrate | biking |
| yoga | eating healthy | no smoking | emotional | debt free |
| financial savings | laugh | volunteer | walking | exercise |
| hygiene | therapy | church | wellness | pray |
| goals | prescriptions | social | | |



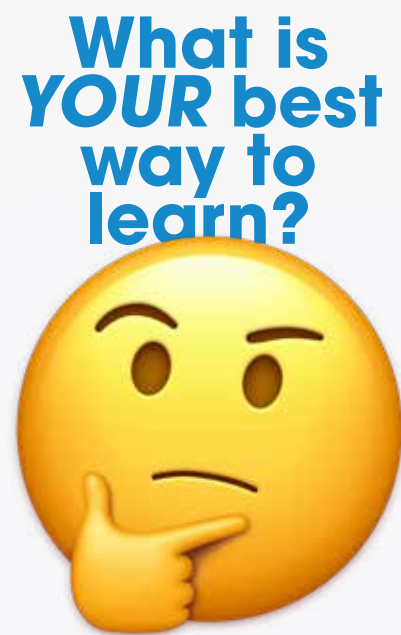
My Wellness Search

Can you find all these words related to Wellness?



Study Skills & Learning Styles

Learning, like many other activities, involves a complex set of skills that require practice - just like a soccer player practices his skills or a piano player plays his instruments over and over again to become really good at what they do.



It is well known that people have different leaning styles that work best for them. It is helpful as a student to understand your leaning style – the earlier the better!
Most people fall into one of the following learning styles:

1. **VISUAL** These people prefer to use pictures, images, diagrams, colours, and mind maps.
2. **PHYSICAL:** These are the ‘learn by doing’ people that use their body to assist in their learning. Drawing diagrams, using physical objects, or role playing are all strategies of the physical learner.
3. **AURAL:** People who prefer using sounds, rhythms, music, recordings, clever rhymes, and so on.
4. **VERBAL:** The verbal learner is someone who prefers using words, both in speech and in writing to assist in their learning. They make the most of word based techniques, scripting, and reading content aloud.
5. **LOGICAL:** The people who prefer using logic, reasoning, and systems to explain or understand concepts. They aim to understand the reasons behind the learning, and have a good ability to understand the bigger picture.
6. **SOCIAL:** These people are the ones who enjoy learning in groups or with other people, and aim to work with others as much as possible.
7. **SOLITARY:** The solitary learner prefers to learn alone and through self-study.

Some topics lend themselves better to select styles, and a combination of multiple styles helps to solidify the learning that takes place.

If you notice you are struggling to study, why not try a new method? It might be very helpful!

INTRODUCING THE SQ3R METHOD OF STUDY

The SQ3R Studying / Reading system is a technique that was developed by Francis P. Robinson, an American education philosopher, which might help students with reading comprehension and grasp new information more efficiently. This system consists of 5 steps (Survey, Question, Read, Recite, and Review) and promote an active attitude toward learning. When students clear their mind for the task of studying, they are alert and centred. They make themselves ready to learn and remember.



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

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SQ3R READING METHOD

BEFORE READING



S SURVEY

Survey titles, subheadings, images and charts



Q QUESTION

Turn headings and subheadings into questions using the words
HOW, WHAT, WHERE, WHY & WHEN

WHILE READING



R¹ READ

Read each section with the aim of answering the questions you’ve just posed



R² RECITE

Recite aloud in your own words the answer to each question. Make notes on your answer in your own words



R³ REVIEW

Review your answers periodically without using your notes. If you get stuck, review your notes and try again

Getting ready for exams? Create your own Study Timetable!

Remember to keep it realistic and include sufficient breaks to relax and get some exercise, too. Make sure you have plenty of water and healthy snacks ready to keep your brain going.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast						
MORNING						
Lunch						
AFTERNOON						
Dinner						
EVENING						

Did you try different learning styles this week? Which one(s) worked best for you? Which one(s) didn’t work at all?

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



Coping with Stressful Situations

We currently live in difficult, trying times due to the effects of the Covid-19 pandemic. There is a lot of uncertainty caused by this pandemic. Will the students go back to school? Will the learners be able to catch up on the school they have missed? What will happen to people's jobs now

that most businesses are not operating at full capacity? These are some of the situations that are causing a lot of people to stress. Now more than ever it is important to have the necessary tools that will help you deal with stressful situations. Stress can be difficult to pin down because it is

a very individual thing. For some, public speaking is very stressful – but for others it may be one of their great joys in life. Something to always keep in mind though: since stress is different for everyone, how we approach is personalized, too.

HOW STRESSED ARE YOU?

1. On a scale of 1 to 10, rate your current stress level. (1 is no stress at all, 5 is moderately stressed, and 10 is on the verge of a nervous breakdown.)

2. Where would you like your stress level to be?

3. What are the major stressors in your life?

4. What do you see as the major challenges to resolving your stress?

5. What are you currently doing to manage and reduce stress?



Stress is defined as, "physical, mental, or emotional strain or tension," and, "a situation, occurrence, or factor causing this."

CAN STRESS BE POSITIVE?

Stress is not always negative, there are stressful situation that results in positive effects. For example think of the emotional strain caused by these positive events:

- Winning a race
- Passing your final year exams
- Riding a rollercoaster
- Passing your final exams

Can you think of any stresses in your life that have a positive effect?

Dealing with Stress: The Triple A Approach

Identifying your stressors will enable you to select an approach that is best suited for the situation. According to the "Triple A Approach", when faced with a stressful situation, you can choose to:

Alter

- Change the way you approach the situation
- Think positively and having a positive attitude
- Improving specific skills needed to deal with the situatuon differently
- Do not use if it means you transfer stress to another

Avoid

- Take power over stressful situations: by avoiding them entirely.
 - Identify potential stressors
 - Remove them
- Do not use if:
- More stress in the long term
 - Transfer stress to another
 - Health or safety impacted

Accept

- Helps us cope with things we cannot change
 - Be as positive as possible
 - If it needs to be done accept it.
- Accepting is inappropriate when:
- Done just to please others
 - Avoiding or altering it would reduce your stress more than accepting it
 - Feel like you have no choice

Dealing with Stress: The Triple A Approach

Now let us see how you would apply this approach to some situations you may be experiencing in your life. Would you alter, avoid, or accept the situations? Or will you use a combination of these approaches? Once you decide, please list possible actions you would take for each situation.

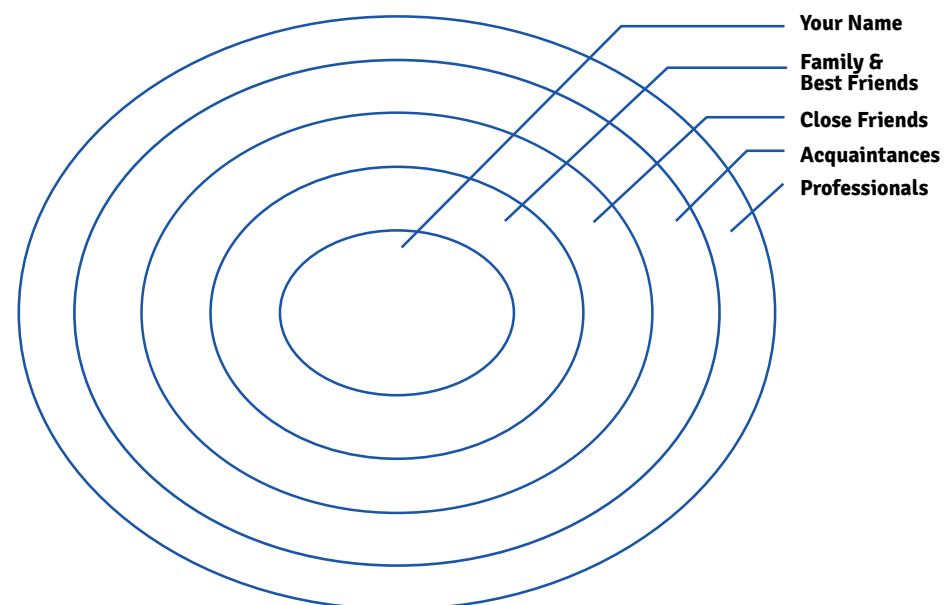
Scenario	Alter?	Avoid?	Accept?	Action Plan
Staying in your house during lockdown is stressing you.				
You do not enjoy going through social media anymore. You find the stories and comments people share very stressful.				
You live in an area that experiences frequent protest actions. You find these events very unnerving and hard to deal with.				
There has not been any money coming in your family since the lockdown started. You stressed because you cannot afford basic necessities.				
You do not seem to get along with your friends anymore. You are stressed because they treating you like an outsider.				
You have realised the evening news make you anxious. You stress about the things you hear on the news.				

Knowing When to Seek Help

It is important to note however that despite your best efforts, some situations are just too stressful to handle on your own.

It is never a bad idea to ask for professional (eg. a psychologist, a social worker or a pastor) help with stress. Having an objective third party to talk to and get feedback from can be an important part of your support system.

Now work on your circle of support. Think for a moment of people who are part of your circle of support and fill in the following worksheet. Write the names of people or organisations inside the inner circles using the following guidelines.



CREATING A STRESS REDUCING LIFESTYLE

Living a stress reducing lifestyle is made up of three building blocks:

EATING HEALTHY

- Set eating health goals and celebrating healthy choices

PHYSICAL EXERCISE

- Makes you resilient to stress
- Clears your mind
- Helps you think it through

SLEEPING WELL

- Use bed for sleeping, no work no TV
- Sleep at the same time each day
- Have a routine before you go to bed



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

Why do we need **CREATIVE ARTS?**

Art has the power to influence our culture, politics, and even the economy, because of the following reasons, among others:

ART ENABLES EDUCATION about almost any topic. It creates awareness and presents information in a way that can be absorbed by many easily. In a community where there are those who may not have access to good education, art makes education an even greater equalizer of society.

ART PROMOTES CULTURAL APPRECIATION among a generation that may be preoccupied with their technology. If it weren't for art, our history, culture, and traditions might be in more danger of being forgotten than they already are.

ART BREAKS CULTURAL, SOCIAL, AND ECONOMIC BARRIERS. While art can't solve poverty or promote social justice on its own, it can be used as a levelled playing field for discourse and expression. The reason why everyone can relate to art is that everyone has emotions and personal experiences. Therefore, anyone can learn to appreciate art regardless of their social background, economic standing, or political affiliation.

ART ACCESSES HIGHER ORDERS OF THINKING. Art doesn't just make you absorb information. It rather makes you think about current ideas and inspire you to make your own. This is why creativity is a form of intelligence – it is a special ability that unlocks the potentials of the human mind. In fact, studies have shown that exposure to art can make you better in other fields of knowledge, too.



THE SPIRE¹ Theatre to Inspire

¹ 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'



Theater is one of our favourite art forms.
"We must all do theatre, to find out who we are, and to discover who we could become."
– Augusto Boal

(FFF) FORGOTTEN FUN FACT

The longest continuous dramatic performance was 23 hrs 33 min 54 sec long, achieved by the 27 O'Clock Players in New Jersey, USA, on July 27, 2010.

Theatre Lingo Word of the Week:

AUDITION: A short performance by an actor in front of the director, casting director and producers to show their talent for a role. Performers sing, dance, do a solo performance of a piece or read from provided sides with another actor.

Funded by the National Arts Council of South Africa

National Arts Council 
an Agency of the Department of Arts & Culture

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TIME [by Lang Leav]

You were the one
I wanted most
to stay.
But time could not
be kept at bay.
The more it goes,
the more it's gone,
the more it takes away.

After reading the poem by Lang Leav above, try and answer the following questions:

1. What – in your opinion – is the message of this poem?
2. What could be the reason the author wrote this poem? What was she feeling?
3. What about you? How do you feel about time? What does 'use your time wisely' mean to you – especially during lockdown?

Now try and write your own poem about 'time'.

If you want, you can share it with us by messaging Masifunde on Facebook!

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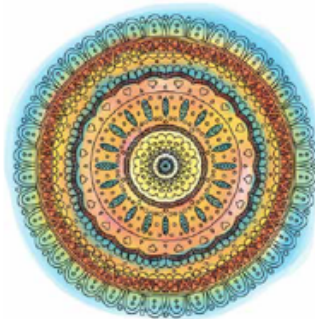
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Circles of *Balance*

‘Mandala’ is the Sanskrit word for ‘circle’ and is a form of art that comes from the Buddhist and Hindu traditions. Mandalas were often used for focusing attention, establishing a sacred space, or to aid meditation.

To create a mandala can be thought of as an active art meditation.



How do you feel when looking at these Mandalas?

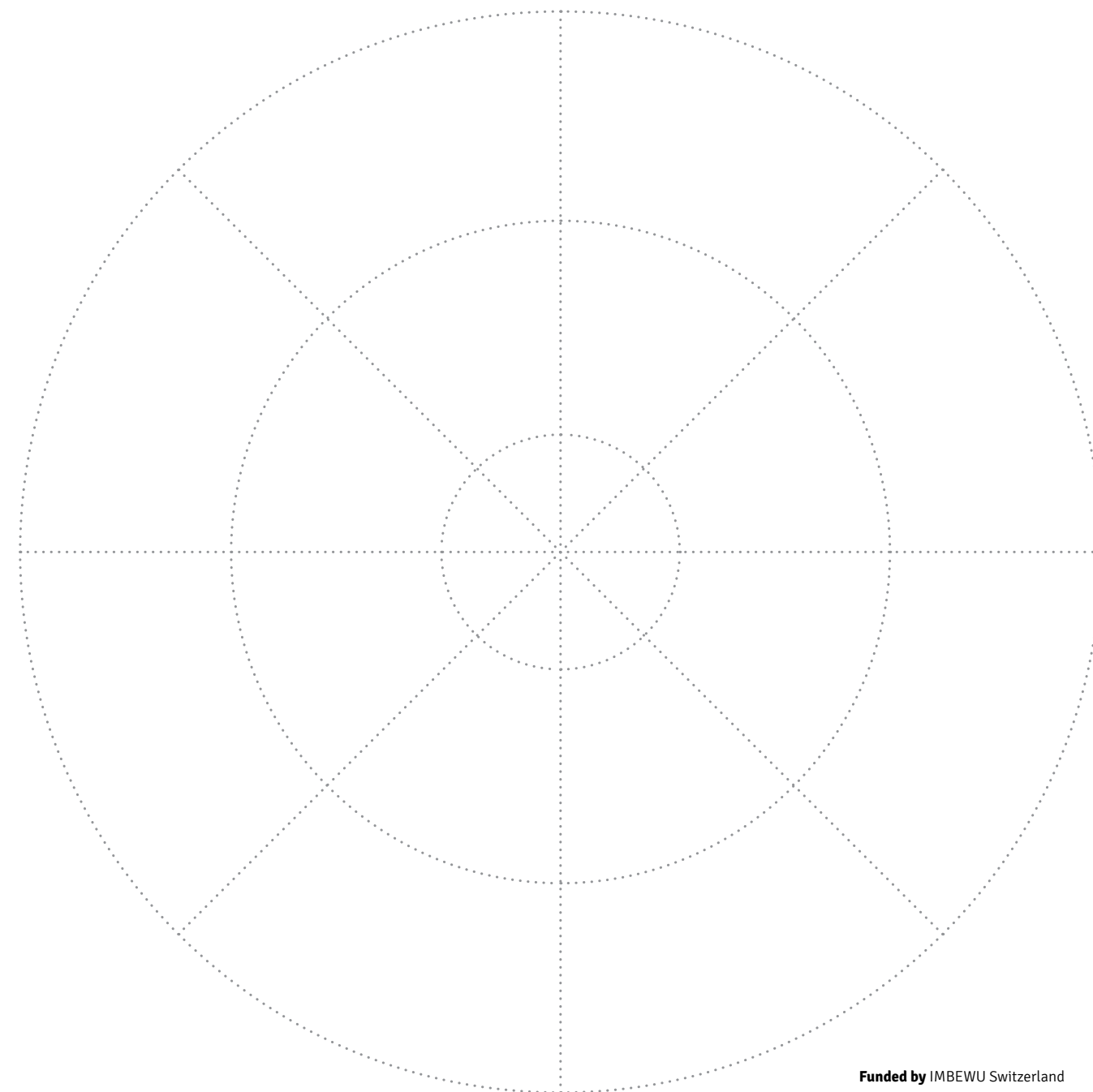
What do you notice that all of these Mandalas have in common?

Why do you think it's important that they are balanced and symmetrical (which means what happens on one side also happens on the other side)?

Lets do a **MANDALA**

Now we are going to practice the ancient art of Mandala and paint our own one. You'll need a pencil and bright colours if you have (water colour, pencil crayons, wax crayons, fibre pens). This is to help you get started:

1. First use your pencil to draw any pattern you like. Remember to keep your Mandala symmetrical by balancing both sides (if they add something on one side, make sure to also add it to the other side).
2. Once you have finished your drawing, you can now at colour. It can be as colourful as you want.



Funded by IMBEWU Switzerland

IMBEWU

LOCKDOWN HEROES

SCHOOLS EDITION

Shout-out to the teachers, principals, the SGB and other staff members of our local schools for working extra hard getting their learners safely through the lockdown and back to school!

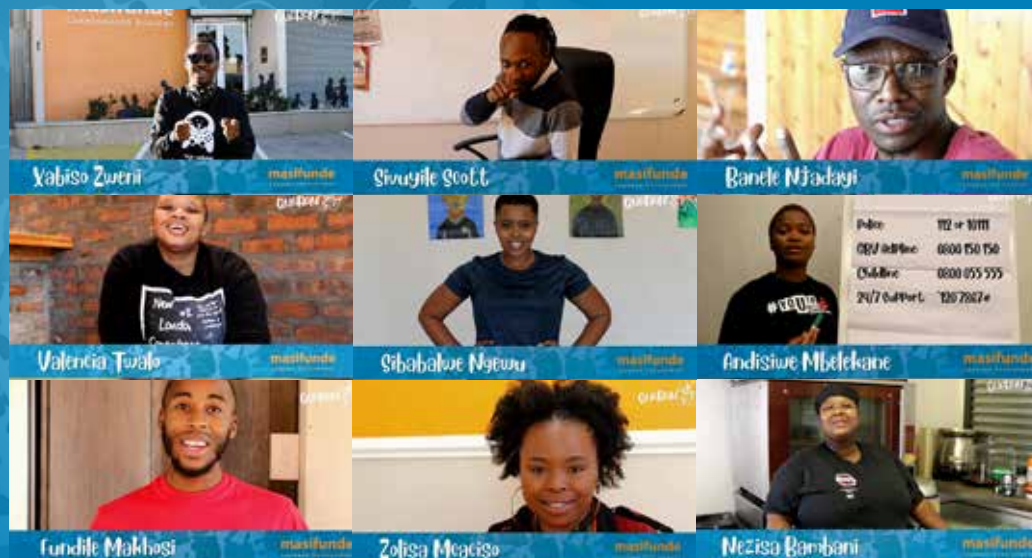


Do you know a lockdown hero? Are you a lockdown hero yourself? Send us your photo and a lockdown hero story for the next edition to info@masifunde.org or message us on facebook.



on MPuma kaPa TV (Channel 260)
Mon - Fri 08h30 & 17.30 // Sat 09h30

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



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

STAY
INFORMED
ON COVID-19

I WAS TESTED POSITIVE FOR COVID-19

Don't panic! Most with COVID-19 only have mild symptoms that last about one week. Stay at home to prevent the spread to others. Everyone in your household must stay home as they might have coronavirus too. If possible, separate yourself from others at home in another room. If not, then you may need to go to a facility where you can stay safely to make sure you get well and avoid spreading virus.

If you can stay separate at home, make sure everyone follows these rules:

- Practice good personal hygiene.
- Clean frequently touched objects and surfaces.
- When together, everyone must wear a fresh mask, open doors and windows.
- Use separate dishes, towels and bedding for the ill person. Wash them well after use. Fabric should be ironed when dry, so that the heat can kill the germs and viruses.
- Look after your mental health.

Visit your health facility urgently if you have these problems:

- Difficulty breathing
- Chest pain or pressure that does not go away
- Confusion
- Unable to wake up

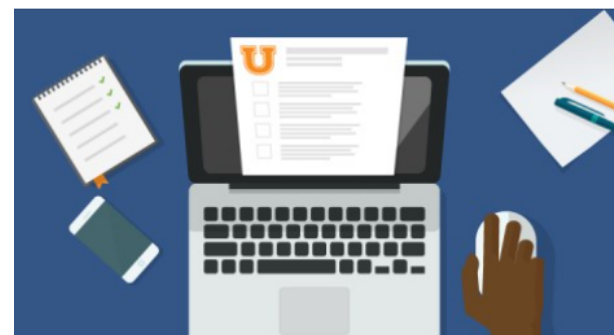
Call ahead and avoid public transport. If needed, use an ambulance.

EVEN IF YOU FEEL WELL, YOU CAN STILL SPREAD CORONAVIRUS TO OTHERS. STOP SEPARATION ONLY 14 DAYS AFTER SYMPTOMS BEGAN.

Visit Masifunde's Facebook page for information on requirements and deadlines for university online applications for 2021!

Masifunde Learner Development

Are you currently in Grade 12 and would like to go to study further? Most universities want you to apply online for the academic year 2021 - make sure you don't miss their deadlines! What do you need to apply? (please check the university requirements as they may differ)... [See More](#)



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