

quaran*Ti*MES

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 Ntamo 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 Andisiwe Mbelekeane (Learn4Life! facilitator) and Zolisa Mcaciso, coordinator for academic programmes

YOUNG ADULTS

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

CREATIVE ARTS

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

Time flies ... you are holding already the fourth edition of quaranTimes in your hands - your activity newspaper for the whole family. Once again, your masifunde team from Walmer Township has put together some great content to keep you busy and activated during lockdown.

Yes, we are still in lockdown even though some days feel a bit more like in the good old days. In fact, the corona crisis is getting more serious by the day, numbers are rising and most of us have heard of a friend or family member who has been infected, tested positive, fell sick, or sadly maybe even passed away.

So, let's have a quick look at what the experts today say about how we can protect ourselves:

They advise to do things outdoors – whatever you can. Even a small breeze disperses the particles which carry the virus. That's why it is not so safe to be with people in a closed, poorly ventilated room. Whenever possible, have windows and doors open so that fresh air can come in. This is also important in a car, for example the windows of a taxi should ideally be open – so don't forget to dress warm!

Still an important rule is to keep ideally two metres distance to people. Whether in the streets, the supermarket, at school or at work. In addition to keeping a distance it remains important to wear a mask. This reduces the spread of the particles which carry the virus. By wearing a mask, you protect yourself AND those around you.

It is generally advised to avoid groups of people and especially crowded places. Should you have no other choice but entering a crowded place, make sure you wear your mask and you are very quick. The longer you expose yourself to the virus the higher the chance that you catch it and that you get severely ill.

Lastly, the rule which we are all so very used to by now, remains still very important: Keep your hands clean by washing or sanitizing them regularly.

Keep it clean, keep it safe, keep it 100%!
Your Masifunde team

masifunde

LEARNER DEVELOPMENT



TEENS: Social Media p13

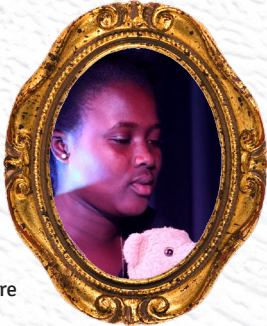


Creative Arts: Why Us p14



Lockdown Heroes: p27

Poems by Masifunde's Drama Seniors



TIME

*You are so rare
But mis-used
People think they control you
But you are the controller.

You make days, weeks, months even years
Pass-by so fast
Having you
Is so special.
Time without you the is no life
- by Musa Franisi



YOU MADE US SUFFER

you came here, changed our dreams
made us sad
forced us to stay at home
you don't even care
you made us suffer

you ruined our lives, took our loved ones
you took over the world
you made us victims
you made us suffer

we feel pain
we cry every day
you infect every second
you kill every day
you made us suffer

we can't even go to funerals 'cause we're
scared
we feel cold because of you
why don't you stop just for a second or two
you made us suffer
- by Kholosa Pita



TIME

Time
They say time is money
Faster than feisty
And slower than heisty
Oh time, time, time
I say time is everything
Time is years, months, weeks, days,
hours, minutes and also seconds
It teaches us to be fast and patient
Tik tok, Tik tok
Time is going by
And some will be left behind
- by Anathi Tshanga



CLICK CLOCK

Click clock, tick tock
the time goes fast like it's on the run.
I think I'm late for school, it's almost 5
minutes left for the school bell to ring.

Unluckily I can't replace time wasted.
Click clock, tick tock
time is not on my side.
- by Yibanathi Pitoli

UNTOLD STORY

Behind those eyes
there's a lot of hidden tears.
Behind those lips there's a lot to share.
Behind that warm heart there's always
an untold story.
- by Yibanathi Pitoli



TIME

You're a thing that cannot be described
Runs so fast in a day
Everything happens by time

If you were not existing in our live how
things would they be in the world
You're wasted by people
You're a thing that never ends
Every second it counts
- by Hlonela Ndlovu

CRYING

soft, sweet tears
running nose
red eyes

sniffles and hiccups
heavy breathing
quite sobbing

tired eyes
sad face
frowning lips
- by Hlonela Ndlovu



Roses aren't always red
& violets aren't exactly blue,
the society that we live in
never seems to speak the truth.

Smiles aren't always happy
& frowns aren't always upset;
people judge too quickly
& our feelings are what they forget.
- by Khanyisa Singaphi



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



STORY TIME!



**CAN YOU TELL
WHAT'S HAPPENING
IN THIS PICTURE?**

► Who is in the picture? ► What are they doing? ► How are they feeling?

How to stay **ACTIVE AT HOME**

1

Hide & Seek

Play hide a seek indoors

2

Balancing Beam

Place bricks on both ends and plank on top. Let the child walk from one end to another.

3

Leg Lifts

Lie on a side and lift one leg upright 5 times, then change to other side.

4

Bowling

Place 15 empty water bottles in a triangular shape. Now take turns to bowl the bottles over.



5

Hopscotch





ART FUN

MAKING A NECKLACE



THE THINGS YOU NEED

- Pasta or Straws cut in pieces
- Different Paint or food coloring
- String
- A Bowl

TODAY WE ARE GOING TO MAKE OUR OWN JEWELRY OUT OF COLORFUL PASTA!

1. Paint uncooked pasta with paint, food coloring or glitter glue.
2. Let it dry.
3. Thread pasta along string.
4. Cut the string and tie the ends once your necklace is long enough.



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

WATER CONSERVATION



WATER COMES IN DIFFERENT FORMS



VAPOUR

Clouds, mist
and steam



FLUIDS

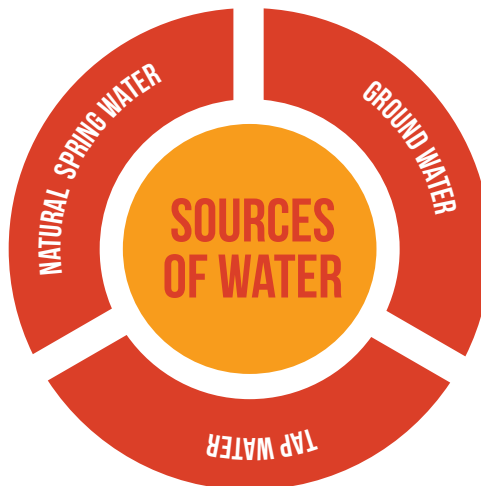
Rain, streams, lakes,
dams, wetlands and sea



SOLIDS

Glacier, hail, snow
and frost

Humans need water in their everyday life. We get it from the tap, from the ground (through a bore hole) or from a natural spring.



DID YOU KNOW?

Your body contains 75% of water



EVAPORATION

Heat from the Sun causes water on Earth (in oceans, lakes etc) to evaporate (turn from liquid into gas) and rise into the sky. This water vapour collects in the sky in the form of clouds.



CONDENSATION

As water vapour in the clouds cools down it becomes water again, this process is called condensation.



PRECIPITATION

Water falls from the sky in the form of rain, snow, hail, or sleet, this process is called precipitation.



COLLECTION

Oceans and lakes collect water that has fallen. Water evaporates into the sky again and the cycle continues.

WATER POLLUTION

Water gets polluted when things like plastics, chemicals and oils get into the ocean, rivers and lakes.
This all comes from people who don't throw away their waste properly.



Plastic

From our garbage if we litter instead of using bins.



Chemicals

From factories that dump their waste into rivers and dams.



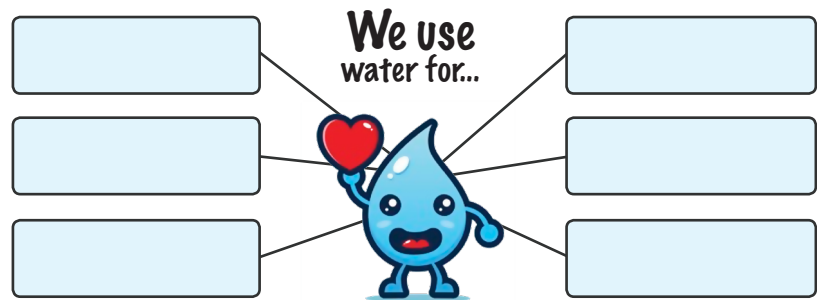
Oil

From Companies that drill oil from the earth's core in the ocean, if this is not done properly it can cause an oil spill.

THINK OF ALL THE THINGS YOU USE WATER FOR AND HOW YOU CAN HELP TO CONSERVE WATER!

WAYS TO BE WATER WISE!

1. Respect water and all life
2. Do not waste water
3. Re use water to water your garden
4. Do not litter
5. Stop others from misusing water
6. Always make sure the tap is properly closed



WATER CONSERVATION WORD SEARCH

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

CHEMICALS	CONDENSATION	FROST	GLACIER	HAIL	HYDROGEN
LIFE	LIQUIDS	OCEAN	OXYGEN	PLASTIC	POLLUTION
RIVER	SAVE	SEA	SNOW	SOLID	STEAM



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



DAILY ILLNESSES

Let us continue to discuss daily illnesses and small tips and tricks that you can try before seeing a doctor.

BLISTERS

A blister, which is also called a vesicle by medical professionals, is a raised portion of skin that is filled with fluid.



CAUSES:

There are many temporary causes of blisters

- Friction which occurs when something rubs against your skin for a prolonged period of time.
- Most commonly on hands and feet.
- Burns, if severe enough, can produce blistering. This includes burns from heat, chemicals, and sunburns.

PREVENTION

For the most common of blisters—those caused by friction on the skin of your feet—you can practice basic preventive measures. Always wear comfortable, well-fitting shoes. If you will be walking for a long period of time, use thickly cushioned socks to reduce friction. As you walk, you may feel a blister beginning to form. Stop and protect this area of skin with a bandage to prevent further friction.

SEE A DOCTOR

See a doctor when you think the blisters are infected – an infected blister will be filled with yellow or green pus and may be painful, red and hot; when they are very painful; when they keep coming back or when they are in unusual places, such as on your eyelids or inside your mouth.

OPEN WOUNDS

An open wound is an injury involving an external or internal break in body tissue, usually involving the skin.



TREATMENT:

Because most open wounds are minor, they can be treated at home by doing the following:

- Wash and disinfect the wound to removing all dirt and debris
- Use direct pressure and elevation to control bleeding and swelling
- Bandage the wound with a sterile dressing or bandage (very minor wounds may heal fine without a bandage)
- Apply ice if there is bruising or swelling.
 - Do not pick at scabs.

SEE A DOCTOR IF

- The open wound is deeper than a half inch.
- The bleeding does not stop with direct pressure and lasts for longer than 20 minutes.
- The bleeding is the result of a serious accident.
- You think the wound might be infected.

BURNS

Burns are characterized by severe skin damage in which many of the affected cells die. Depending on the cause and degree of injury, most people can recover from burns without serious health consequences.



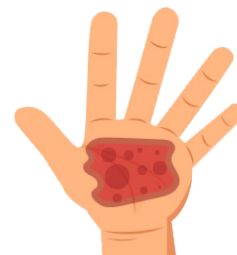
FIRST-DEGREE

burns cause minimal skin damage. They are also called “superficial burns” because they affect the outermost layer of skin. Signs of a first-degree burn include redness, minor swelling and pain. To treat this type, you can soak the wound in cool (not ice) water for five minutes or longer and apply aloe vera gel or cream to soothe the skin.



SECOND-DEGREE

burns are more serious because the damage extends beyond the top layer of skin. This type of major damage causes the skin to blister and become extremely red and sore. Some blisters pop open, giving the burn a wet appearance. You can generally treat a mild second-degree burn by running the skin under cool water for 15 minutes or longer and applying antibiotic cream to blisters. Do seek medical assistance!



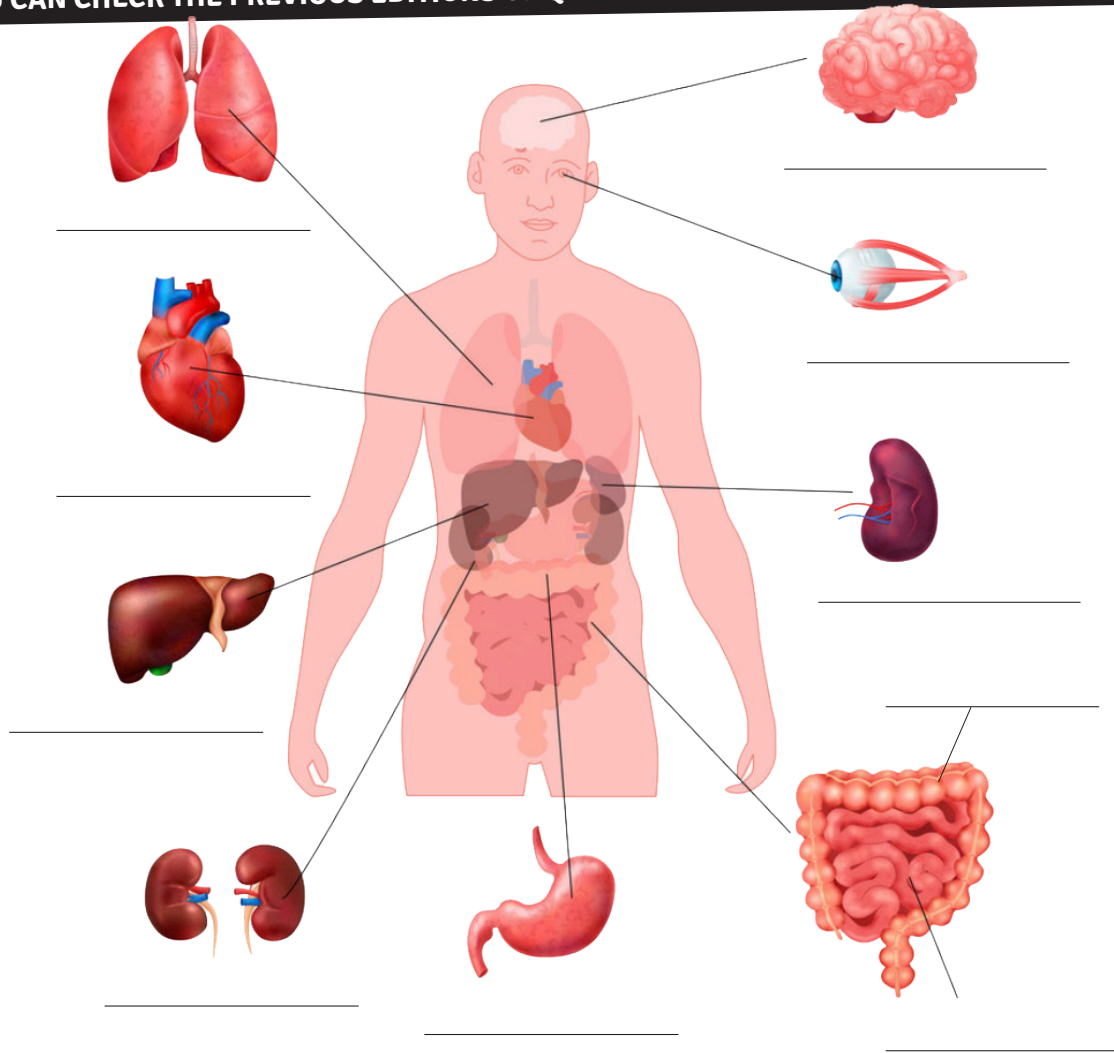
THIRD-DEGREE

burns are the worst burns. They cause the most damage, extending through every layer of skin. The damage can even reach the bloodstream, major organs, and bones, which can lead to death. Never attempt to self-treat a third-degree burn. Third-degree burns carry the most risk for worst cases, such as infections, blood loss, and shock. Seek a doctor immediately!



TEST YOUR KNOWLEDGE ON DAILY ILLNESSES

YOU CAN CHECK THE PREVIOUS EDITIONS OF QUARANTINES TO HELP YOU WITH SOME ANSWERS.



1. Can you name all the organs on the spaces provided above?
2. Name three things you should do when experiencing a nose bleed _____

3. Name one thing you should do when you have a headache _____
4. What must you do to prevent toothache? _____
5. How many burn degrees are there? _____
6. Name the burn degrees. _____

7. How do you treat an open wound? _____

8. What is a blister? _____



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



SOCIAL MEDIA FOR CHANGE

Hi Changemakers,
you might be bored not doing all the things you like to do as the changemaker that you are. Although you cannot do most of the physical activities you would do to learn and share what you learnt with others, you can still share what you know on social media as it allows you to reach a broader audience than you would normally have at an event or workshop at MCA.

HERE ARE SOME FAMOUS PLATFORMS TO CONSIDER:



Normally it is your close friends, family members and cool school mates who are your contacts on WhatsApp. Use the status message update feature to share the important stuff you have learnt in Learn4Life!, Drama, Choir or Arts lessons. You can even make videos and share with your contacts.

facebook

As most of teens have Facebook accounts, this can be a platform you can use to share with a larger audience than your whatsapp contacts. As your posts can reach a wide demographic.



Twitter and Instagram: Twitter caters for those who would show interest in short blasts of information and capturing hashtag trends, while Instagram would be for those who would like to share pretty images and short call to action.

LET US BEGIN TO USE SOCIAL MEDIA FOR SOCIAL CHANGE CHANGEMAKERS



Practise your writing skills



Show your photography work



Use your page as an educational information resource for your social media friends



Inspire and encourage others



Repost what you care about

BE CAREFUL IN THESE SOCIAL MEDIA STREETS!

- Be careful not to share fake news – always check the credibility of your sources.
- Be aware of cyber bullying.
- Do not post photos and videos that could damage your or anyone else's reputation.
- Do not put personal information like your home address or constantly checking-in locations.
- Think before you post.
- Limit your time as it may increase procrastination.
- Balance social skills and social media interactions.

PAGES YOU CAN LIKE ON FACEBOOK:

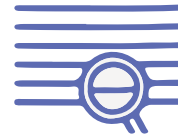
- **MASIFUNDE LEARNER DEVELOPMENT** – Stay connected
- **I INITIATE-YOUTH UNITING AGAINST GBV** – See and learn how other young people are taking a stand against Gender based violence
- **SOUTH AFRICAN GOVERNMENT** – To get updates about what is happening in the country and information about Covid-19

HOW TO SPOT FAKE NEWS



CONSIDER THE SOURCE

Click away from the story to investigate the site, its mission and its contact info.



READ BEYOND

Headlines can be outrageous in an effort to get clicks. What's the whole story?



CHECK THE AUTHOR

Do a quick search on the author. Are they credible? Are they real?



SUPPORTING SOURCES?

Click on those links. Determine if the info given actually supports the story.



CHECK THE DATE

Reposting old news stories doesn't mean they're relevant to current events.



IS IT A JOKE?

If it is too outlandish, it might be satire. Research the site and author to be sure.



CHECK YOUR BIASES

Consider if your own beliefs could affect your judgement.



ASK THE EXPERTS

Ask a librarian, or consult a fact-checking site.

IFLA

International Federation of Library Associations and Institutions

YOUR TASK: Think about something positive, useful you would like to share with the world. Something interesting you learned at Learn4Life!, a poem you wrote, a drawing you did, a short video clip of your beautiful singing something that can make someone's day! Use the #change-makers so we hopefully all get to see your contribution!



SUBSTANCE ABUSE

Substance abuse refers to the harmful or hazardous use of psychoactive substances, including alcohol and illegal drugs. Psychoactive substance use can lead to addiction/dependence syndrome - a cluster of behavioural, cognitive, and physiological phenomena that develop after repeated substance use and that typically include a strong desire to take the drug, difficulties in controlling its use, persisting in its use despite harmful consequences, a higher priority given to drug use than to other activities and obligations, increased tolerance, and sometimes a physical withdrawal state.

WARNING!

Warning signs of teenage drug or alcohol abuse may include:

- a drop in school performance,
- a change in groups of friends,
- delinquent behavior, and
- Deterioration in family relationships.
- Red eyes
- A persistent cough
- Change in eating and sleeping habits.
- Blackouts

What is the difference between a habit and an addiction?

- **Addiction** - there is a psychological/physical component; the person is unable to control the aspects of the addiction without help because of the mental or physical conditions involved.
- **Habit** - it is done by choice. The person with the habit can choose to stop, and will subsequently stop successfully if they want to. The psychological/physical component is not an issue as it is with an addiction. However, this is a tricky part: Many addicts believe that they are always able to stop whenever they want, even though they might not be.



What are the reasons teenagers use/take substances?

- Parents are using substances.
- Peer pressure.
- Not being able to say NO!
- Seeing the use of substance as a way of rebelling and showing independence.
- Seeing how "cool" it's made to be to use substances on advertising or movies.

Effects of Substance Abuse

- Aggressive and irrational behavior
- Memory Loss
- Depression
- Cancer of Throat
- Liver damage
- Weight loss
- Weakness of Heart muscles
- Diarrhea
- Hallucinations
- Blurred vision
- Sweating

Alcohol and Drug Abuse Prevention

Don't Be Afraid to Say No: Sometimes, our fear of negative reaction from our friends, or others we don't even know, keeps us from doing what we know is right. Don't let someone else make your decisions for you. If someone is pressuring you to do something that's not right for you, you have the right to say no.

Avoid Negative Peer Pressure: Pay attention to who you are hanging out with. If you are hanging out with a group in which the majority of kids are drinking alcohol or using drugs to get high, you may want to think about making some new friends. You may be headed toward an alcohol and drug problem.

Make Connections with Your Parents or Other Adults: As you grow up, having people you can rely on, people you can talk to about life, life's challenges and your decisions about alcohol and drugs is very important. The opportunity to benefit from someone else's life experiences can help put things in perspective and can be invaluable.

Enjoy Life and Do What You Love: Learn how to enjoy life and the people in your life, without adding alcohol or drugs. Alcohol and drugs can change who you are, limit your potential and complicate your life. Too often, "I'm bored" is just an excuse. Get out and get active in school and community activities such as music, sports or arts. Giving back as a volunteer is a great way to gain perspective on life.



Grassridge Winds of Change
Community Trust
Ubuntu, Empowerment, Legacy



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

masifunde
LEARNER DEVELOPMENT

WHERE CAN ONE GET HELP FOR SUBSTANCE ABUSE?



NAME OF THE ORGANISATION	ADDRESS	CONTACT DETAILS
Alcoholics Anonymous	St Martin Depores, Kobus Road, Gelvandale, Port Elizabeth.	041 452 7328
Step Away Treatment Centre	24 Old Seaview Road, Chelsea, Port Elizabeth.	041 379 1097
Ernest Malgas Treatment Centre	Bky Road, New Brighton 2, Ibhayi.	041 454 0058
Shepherds Field Rehabilitation Centre	Nooitgedacht Road, St Alban, Port Elizabeth.	041 110 0540

Time for an Activity... Now let's recap by finishing off the following sentences.

1. *We can define Substance Abuse as*

2. *The difference between a habit and an addiction is that a habit is*

And an Addiction is

3. *Give two possible warning signs of teenage drug and alcohol abuse*

4. *What effects does Substance abuse have on the human body?*

5. *Give one thing that you personally will do to prevent from Substance abuse?*



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

THESPIRE Theatre to Inspire



POOR THEATRE

The term is associated with Jerzy Grotowski and the influential Laboratory Theatre. He called his theatre 'poor' because it dispensed with theatrical trappings and the technological resources of 'rich' theatre. Grotowski made the actor's voice and body central to the performance.

Grotowski coined the term 'poor theatre', defining a performance style that rid itself of the excesses of theatre, such as lavish costumes and detailed sets (hence 'poor'). Poor Theatre pieces centre on the skill of the actor and are often performed with only a handful of props.



“

The theatre is so endlessly fascinating because it's so accidental. It's so much like life.

– Arthur Miller

Theatre Lingo

Word of the Week:

CASTING (verb) – The process of selecting and fitting actors, dancers or singers to the roles they'll be playing in a show.

FFF

Forgotten Fun Fact:

Building the Garrick Theatre in England was especially difficult as it had an underground river running beneath it.

WHY US?

We Africans,
Referring to black women and men.
Why are we always sad?
If not, we are mad.
Why, why us?
It is because we are carrying a pain.
Why, is it because we are black?
Tata Madiba once said,
'Never and ever again'
Yes, it will never be the same because we
believe every word.
Where should we go in this world?

We become enemies with our fathers,
We kill each other,
We rape each other,
We disrespect our mothers.

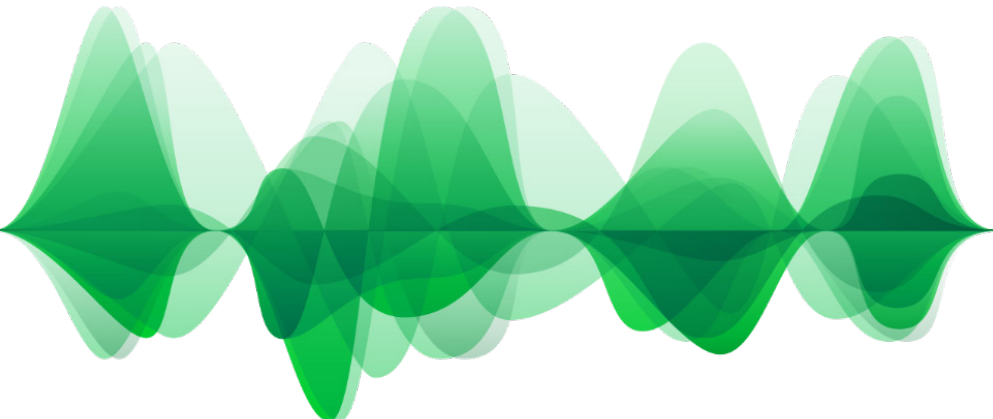
We grew up with poor food,
Only few of us are living good,
We are seen as fools,
While we think we are cool,
We become dropouts at school,

Why, why us?
Beyond that, the truth must be said,
We are bright, brilliant and articulate,
We are proud of being black



More than 40 years after the Sowetho Uprising, Anathi Tshanga, a Grade 9 learner at Khumbulani High School and member of Masifunde's senior drama group, reflects on today's legacy of those who fought for freedom in 1976 with his poem 'Why us?'.

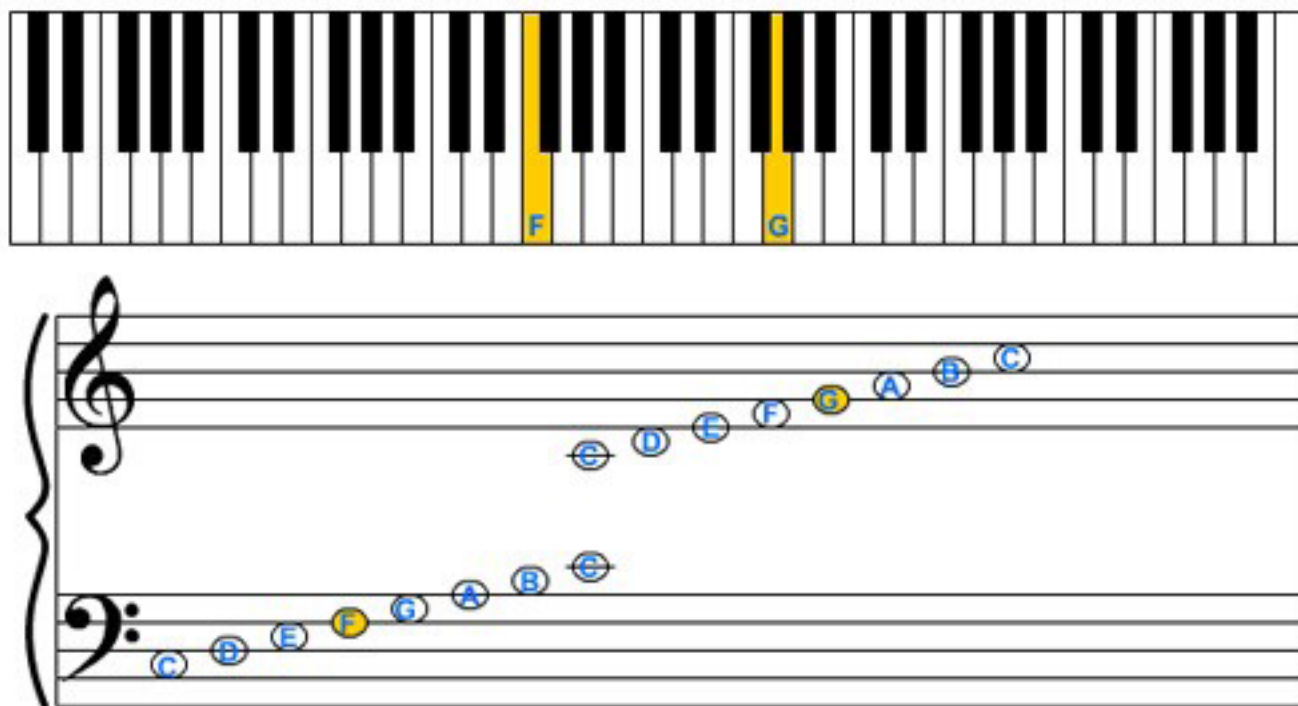




Understanding the Clefs & Staff: Easy Music Theory

The lines of the Staff and Clefs look a lot more daunting than they really are. They are just a way to express whether the notes are high or low or in the middle. They are of course part of the language of music. At first it seems foreign – but once they are familiar you just accept them as quite normal.

Each line and space relate to a note on the keyboard. One step (semitone) up or down on the Staff is one step up or down on the keyboard.



The Staff is the five lines which the notes are written on and between these five lines there are four spaces. There are two Staves (known as The Grand Staff) one above the other. The top one has a Treble Clef, which indicates that all the notes are above middle C (right hand on piano). The lower one has the Bass Clef, indicating all the notes are lower than middle C (left hand on the piano).

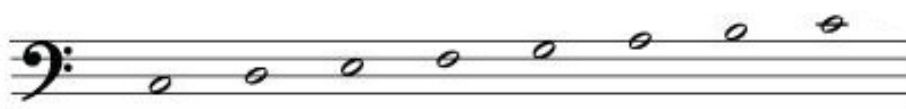
There are also three notes that belong in between the two Staves. Middle C (which has its own little line through it), the D which lies above it, and the B which lies below. These three notes can be written either at the top of the bass clef staff, or the bottom of the treble clef staff, depending which hand should be playing the note.

TOP SECRET

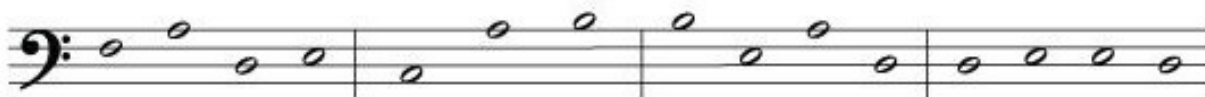
CODEBREAKER

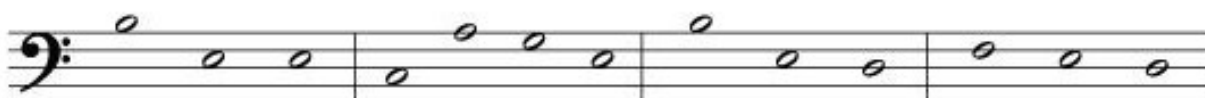


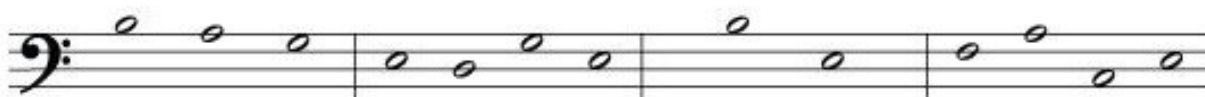
Correctly name each note and then write its alphabet letter name on the blank below. The code is broken when the alphabet letters reveal the secret word.

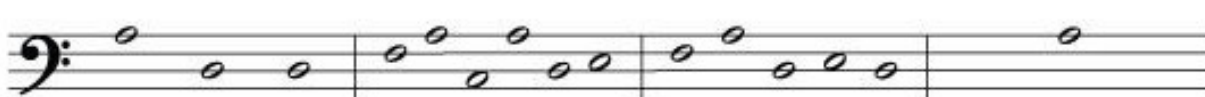


C D E F G A B C











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

Self CONFIDENCE and Assertiveness

Self-confidence plays an important role in our everyday lives. Being confident allows us to set and reach our goals. It provides stability when we are faced with a challenge; it gives us that push that helps us overcome difficulties. Self-confidence is necessary in our personal, school, and professional lives, as without it one would not be successful. It gives us the ability to stand up to face our challenges and to pick ourselves up when we fall.

Have you ever been in a situation where you needed to speak your mind but for some reason you could not? Example: think of a situation where you wanted to say no to a friend inviting you to a party you did not want to go to. What did you do? Did you manage to speak your mind?

Assertiveness is a healthy way of communicating. An assertive person is confident and direct in dealing with others. Assertive communications promote fairness and equality in human interactions, based on a positive sense of respect for self and others. It is the direct communication of a person's needs, wants, and opinions without punishing, threatening, or putting down another person. Basically, assertiveness is the ability to speak up for you self in a way that is honest and respectful. Being assertive can you do the things that you want to do.

Assertive behaviour includes the ability to stand up for a person's legitimate rights, without violating the rights of others or being overly fearful in the process. A skill that can be learned, assertive behaviour is situational specific; meaning different types of assertive behaviour can be used in different situations.

Assertive people feel connected to other people. They make statements of needs and feelings clearly, appropriately, and respectfully. Feeling in control of themselves, they speak in calm and clear tones, are good listeners, and maintain good eye contact. They create a respectful environment for others, and do not allow others to abuse or manipulate them. An assertive person uses statements that imply:

- "I am confident about who I am."
- "I cannot control others, but I control myself."
- "I speak clearly, honestly, and to the point."
- "I know I have choices in my life, and I consider my options. I am fully responsible for my own happiness."
- "We are equally entitled to express ourselves respectfully to one another."

WORKSHEET 1:

- Use the space below to draw a self-portrait (Picture of yourself). Please note this not an art contest so do not worry about your drawing skills. Feel free to use any A4 page if you want you
- At bottom or all around your portrait write 10 words you would use to accurately describe yourself. Use the first 10 words that come to mind.

Once you have drawn the portrait and wrote the words, pay attention to how much space the drawing takes up and whether you used positive or negative words were used in the description.

If there are negative words used, do you think you work on yourself to change them into positive words?



BEING MORE *Assertive*

- Pay attention to what you feel, think and want when you are communicating with other people.
- Give your opinion. Your ideas and opinions are just as important as everyone else. You must constantly remind yourself until you believe it.
- If you do not like something say it and state your reasons. Do not let someone else make you do something you do not want to do.
- Learn to value yourself more.

IDENTIFYING YOUR WORTH

Being positive and feeling good about one's self is the key, you must feel the part. Positivity is a leading factor in one's self confidence, it will help you keep a feeling of worth. Staying positive will provide you a great asset in regards to self-talk and recognizing and working with your strengths. Everyone has weaknesses and by being positive you can recognize your weaknesses and then work on them to lesson to remove them all together. People with a sense of self-worth exude confidence in themselves. They feel in change of their own life and are happy.

CREATING POSITIVE SELF TALK

Positive self-talk allows you to recognize, validate, and apply your full potential with respect to all that you are, and do. Also called affirmations (to make something firm), positive self-talk serves as your own personal accomplishment scale. Below are some tips for positive self-talk:

- Use the present tense; deal with what exists today.
- Be positive – rather than affirming what you do not want.
- Remain personal; self-talk must relate to you and you only.
- Keep sentences short and simple.
- Go with your gut. If it “clicks”, then just say it. Self-talk should feel positive, expanding, freeing, and supporting.
- Focus on new things, rather than changing what is.
- Act “as if”; give yourself permission to believe the idea is true right now.

If self-talk is new to you, it is a good idea to first think about the things that are wonderful about you, such as:

- I have someone I love, and we enjoy spending time together
- When I learn something new, I feel proud.
- I am worthwhile because I breathe and feel; I am aware.
- When I feel pain, I love, I try to survive. I am a good person.

THREE DIMENSIONAL shapes

Write down the number of edges, faces and vertices of each 3D shape below and name each 3D shape.

Vertices:

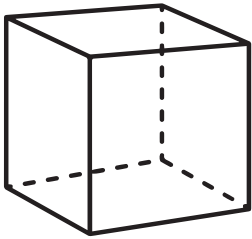
Vertices are also known as corners of the shape.

Edges:

Where two faces meet.

Faces:

The flat surfaces of the shape.

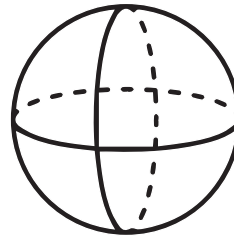


Faces:

Edges:

Vertices:

Name of shape:

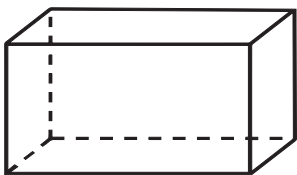


Faces:

Edges:

Vertices:

Name of shape:

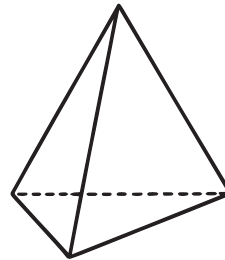


Faces:

Edges:

Vertices:

Name of shape:

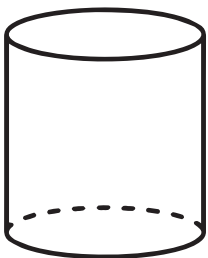


Faces:

Edges:

Vertices:

Name of shape:

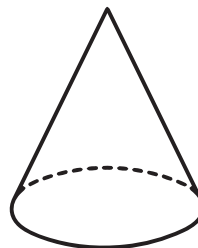


Faces:

Edges:

Vertices:

Name of shape:



Faces:

Edges:

Vertices:

Name of shape:

LIMMERICKS



- limericks are humorous and funny, sometimes rude, poems
- they are very short, only 5 lines
- the first two lines and the fifth line always rhyme at the end and have the same rhythm
- the third and fourth line rhyme and have the same rhythm
- this is called an AABBA rhyme scheme

Now let us look at an example of a limerick:



THE MAN FROM PERU

There once was a man from **Peru** (line 1 - A)
that dreamt he was eating his **shoe** (line 2 - A)
He awoke in the **night** (line 3 - B)
with a terrible **fright** (line 4 - B)
To learn that his dream came **true** (line 5 - A)

Now try creating your own limericks using the space provided. Here are some words that can help you come up with nice Limericks:

goat

hill

come

crown

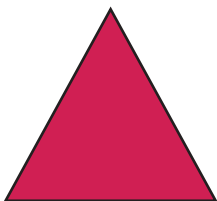
flu

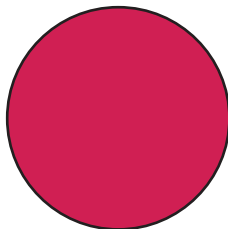
money

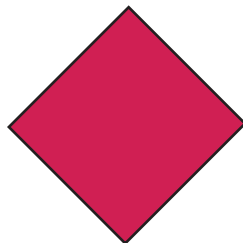
GEOMETRIC Shapes

Can you name these geometric shapes? Use the words from the box below and write them under the correct shape



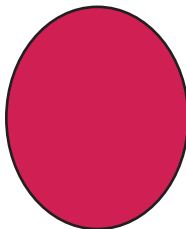


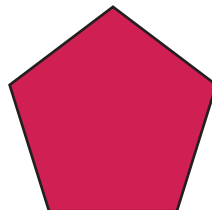


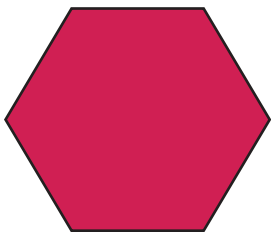


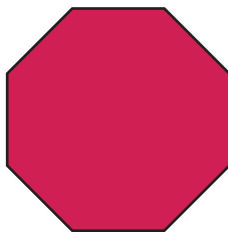












Oval
Triangle

Rectangle
Crescent

Square
Diamond

Octagon
Pentagon

Circle
Heptagon

Can you find at least 10 items/things in the house with these different shapes?		
1.	2.	3.
4.	5.	6.
7.	8.	9.
10.		

Punctuation FUN!

Our Doctor

Capital letters: My mother went to Korsten

You use capital letters at the beginning of a sentence, name of people and places.

Commas: ,

You use commas to combine sentences together or indicate a list of things, eg. "I have a dog, two cats and a goat."

Full stops: .

You use a full stop at the end of a sentence or indicate an abbreviation, eg. Dr. for Doctor or Nr. for Number.



READ THE STORY BELOW AND

Circle all **capital letters** in **BLUE**

Circle all **full stops** in **RED**

Circle all **commas** in **ORANGE**

Our Doctor

Zingisa's father is a doctor. His name is Dr. Olowu. Everyone in our community thinks that he is a great doctor. I think so, too. Whenever I don't feel good, my mother calls Dr. Olowu. When we get to his office, he checks my temperature and asks me what's wrong. He always gives me something that makes me feel much better. It is easy to see that Dr. Olowu really cares about his patients. He always calls later on in the day to make sure that I am feeling better.

Sometimes Zingisa and I talk to Dr. Olowu about his work. He tells us that he had to study for a long time to become a doctor. He says that he is glad that he did it because he loves to make people feel better. Zingisa and I have decided to study hard at school, go to university and also become doctors when we grow up.

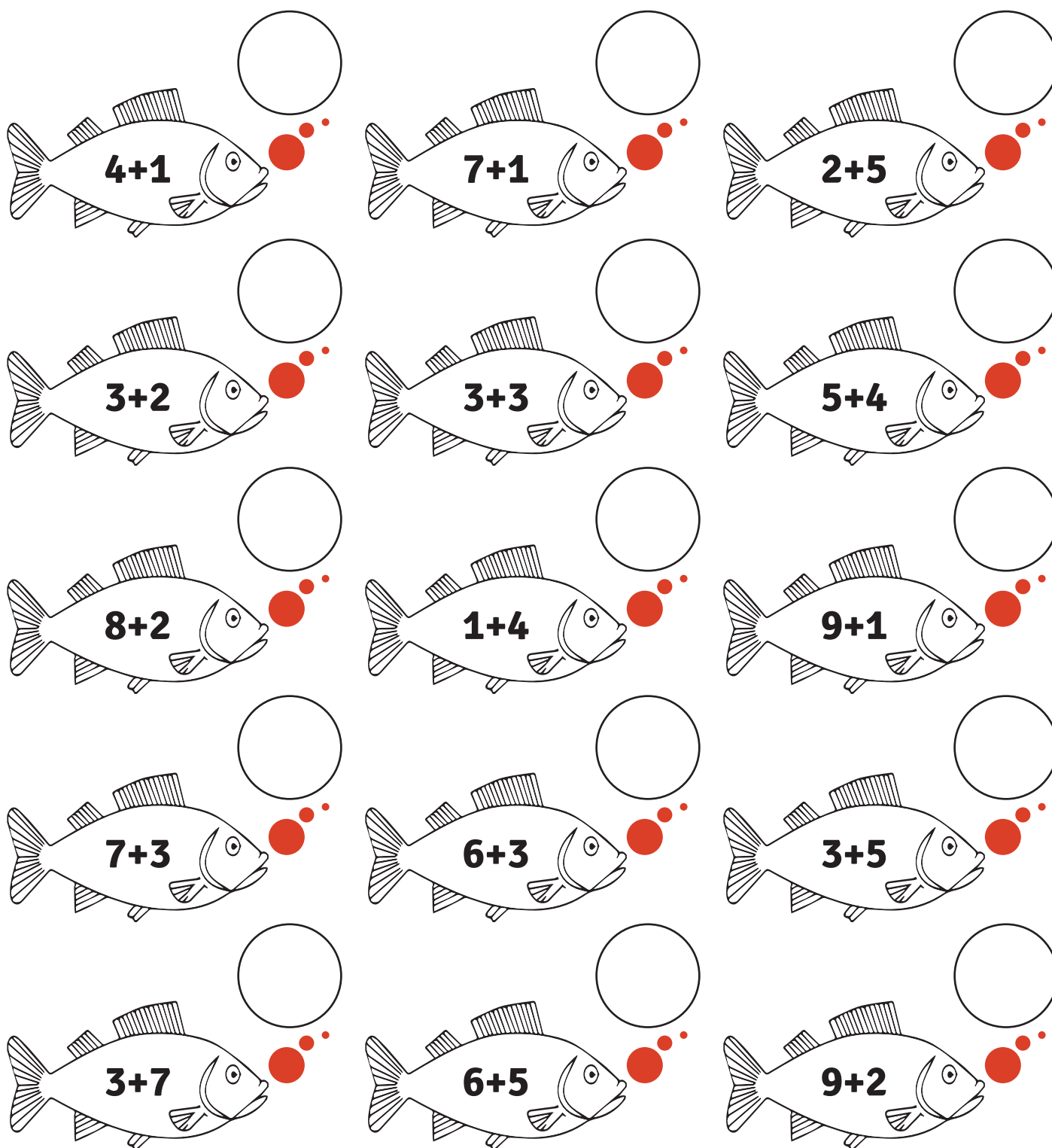
BUBBLE FUN

Write the answers to these addition sums into the water bubbles. Colour-in the bubbles like this -->

Colour-in the answers: 1, 2, 3, 4 or 5 in **GREEN**

Colour-in the answers: 6, 7, 8 or 9 in **ORANGE**

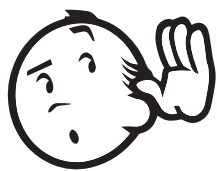
Colour-in the answers: 9, 10 or 11 in **RED**



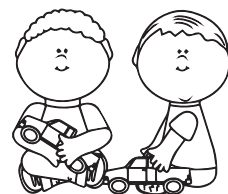
COMPREHENSION READING

- 1. Imnikiwe likes **helping** her mom wash the dishes after supper.
- 2. Matthew wakes up at six o'clock every day and goes to **school**.
- 3. My **name** is _____ and I love my name.
- 4. Esihle likes to **share** her lunch with her friends when they do not have lunch.
- 5. I wash my hands, eat healthy and wear warm clothes so I do not get **sick**.
- 6. Qhawe is very nice to his **friends** and he likes to **play** with them.
- 7. When my cousins speak, I **listen** to them and they listen to me.

Write the words under the correct picture! Use a pencil or a crayon

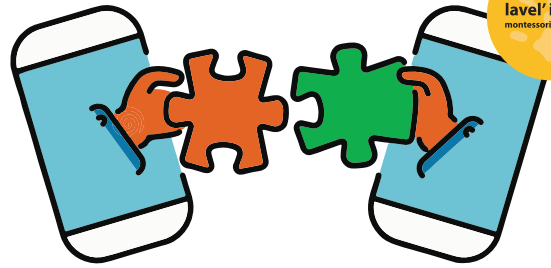


Simamkele



listen	helping	friends	share
names	play	school	sick

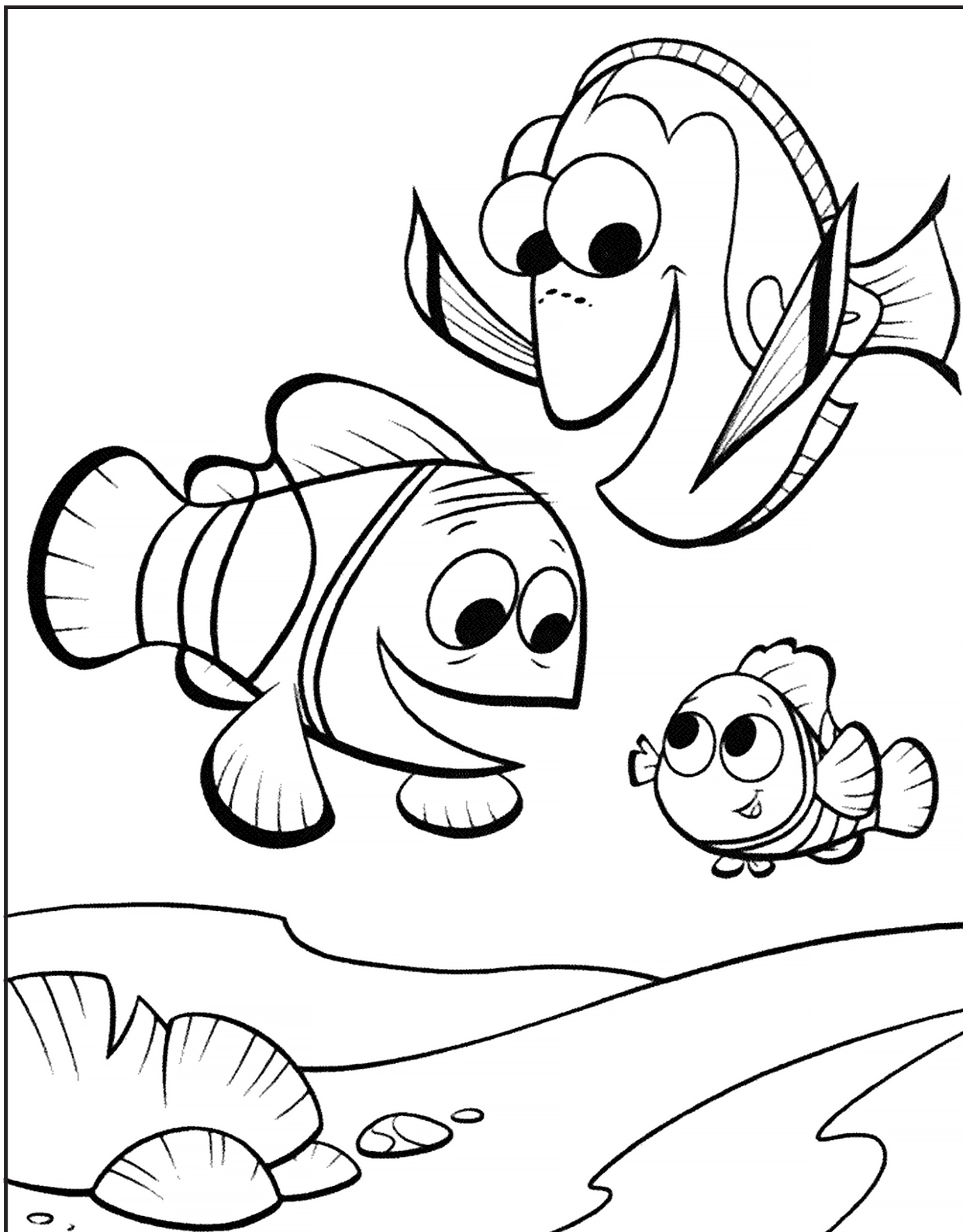
MATCHING WORDS



dog
cow
big
can
tin
sit
hat
pig
cat

cat
can
pig
tin
big
dog
cow
sit
hat

Can you draw a **big cat** with a **hat**?



QUARANTV

ICHOMI YAKHO NGELOCKDOWN

Meet the new hosts of QuarantV – guiding you through edutainment straight from Walm-er Township – Monday – Friday 8.30 AM and 5.30 PM, Saturday at 9.30 AM on MpumaKa-pa TV (BayTV, channel 260).



KHOLOSA & SIHLE



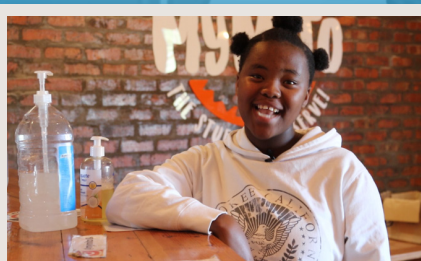
KHANYISA



ANATHI & YIBANATHI



Siliziwe & Anathi



ALIZWA



QTV in TV



SKHUNJULWE



SISIPHO & LIYAHLUMA



SINESIPHO



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

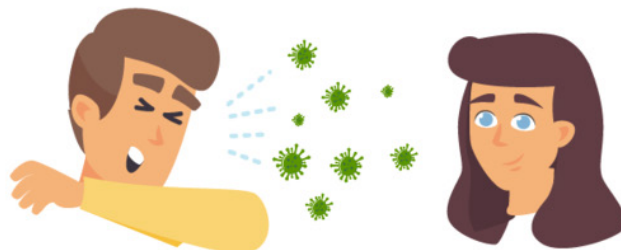


The Risk of COVID-19 Infection

Silent spreader - **NO** mask

Healthy person - **NO** mask

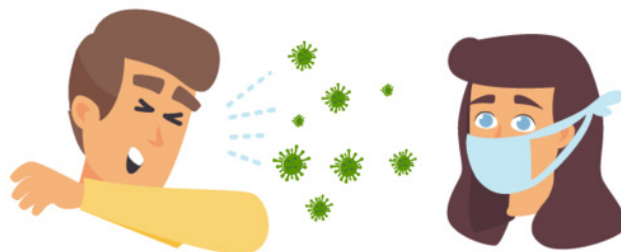
Very High



Silent spreader - **NO** mask

Healthy person - **with** mask

High



Silent spreader - **with** mask

Healthy person - **NO** mask

Medium



Silent spreader - **with** mask

Healthy person - **with** mask

Low

