



Children's Book Network

PUTTING CHILDREN AND BOOKS ON THE SAME PAGE

POSTCARDS OF ME AND OTHER ACTIVITIES



1. POSTCARDS OF ME

We are all having to stay at home while we look after ourselves and our fellow South Africans during the COVID-19 virus outbreak. Here are a few activities for you to do while you are at home.

Write to a pen friend, telling them who you are, where you come from and what life is like at home.

WHAT IS A PEN FRIEND?

- A penfriend is someone you write to – by letter, email or by social media.
- They usually live in another country, and you may not ever have met them in person.
- Writing to someone in another country is fun. You can exchange ideas and information.

WHAT TO INCLUDE IN A POSTCARD

- Postcards have a picture on the front and space for writing on the back.
- Your message goes on the left hand of the writing side.
- The address of your friend goes on the right-hand side.





1. THIS IS WHAT I LOOK LIKE

You will need:

- Postcard template (look at page 5)
- Pens, pencils, crayons
- A mirror

Instructions:

1. Look very carefully at yourself in the mirror.
2. Now draw yourself on the picture side of your postcard.
3. Then write a description of yourself on the writing side of your postcard.
4. Use as many describing words (adjectives) as you can.

2. THIS IS MY HOUSE

You will need:

- Postcard template (look at page 6)
- Pens, pencils, crayons

Instructions:

1. On the picture side of your postcard, draw your house.
2. Be sure to include all of your favourite things about your house in your drawing – perhaps you have a favourite tree or spot in your garden, or maybe your favourite window to sit at while you read.
3. On the back of your postcard, write a short description of your house:
 - a. How does it look?
 - b. What are your favourite things about your house?
 - c. What makes your house special to you?

3. MY MAP TO SCHOOL

You will need:

- Postcard template (look at page 7)
- Pens, pencils, crayons

Instructions:

1. On the picture side of your postcard, draw your route to school.



2. Be sure to include all the landmarks you might pass on your way. These are things that stand out and help you figure out where you are – shops, big trees, robots, signs, shopping centres, parks, and so on.
3. Use what you know about drawing a map. Perhaps you would like to make a key so that you can easily show landmarks and roads on your map.
4. On the writing side of your postcard, be sure to write a description to your pen friend of what your route to school is like. How long does it take you? What landmarks do you pass on your way that you visit often?



4. THIS IS MY FAMILY

You will need:

- Postcard template (look at page 8)
- Pens, pencils, crayons

Instructions:

1. On the picture side of your postcard, draw your family.



2. Since your pen friend has never met them, be sure to write your family member's name underneath their picture.
3. Do you have any special family members that need mentioning – perhaps a dog or a cat, or even your pet goldfish?
4. On the writing side of your postcard, write all about your family. What makes each family member special? What are their interests or hobbies?

5. THIS IS MY STORY

You will need:

- A piece of lined paper (look at page 9)
- Pen / pencil

Instructions:

1. Now, tie your story together. Write to your pen friend telling them all about you. Here are a few ideas of what you might like to include:
 - a. Your hobbies and interests
 - b. Your favourite subjects at school
 - c. Your friends and family
 - d. Your favourite sports
 - e. Books you have loved to read
 - f. All about your country – what makes South Africa special? What is your weather like? Where are some special places to visit?
2. Try to write them a full page all about yourself.
3. Can you imagine how wonderful it would be to send these letters off to someone on the other side of the world to read? Or how interesting it would be to learn about your pen friend and their way of life in the country they are from? Be as creative as possible and don't leave any detail out!



THIS IS WHAT I LOOK LIKE

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THIS IS MY HOUSE



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MY MAP TO SCHOOL

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THIS IS MY FAMILY



THIS IS MY STORY

Lined area for writing the story.



2. STORIES TO READ

How to be a superhero (English)

Timo lived in a small village surrounded by mountains, green fields and beautiful forests, but his favourite place was the park. He loved it there because he felt like a superhero when he ran around, climbed on the jungle gym and spun on the merry-go-round.

Every day when Timo came home from school, he would get changed out of his school uniform and eat the delicious sandwich that his grandmother had made for him. Then he would do his homework and, when it was done, he would rush outside shouting, “Granny, Granny, it’s playtime!”

And Granny would call after him, “Timo, wait! Don’t you want me to read you a story?” “No, Granny, I need to play and explore,” Timo would reply, already on his way to meet his friends who were waiting for him at the gate.



“There are many places that you can explore in storybooks, Timo,” Granny would say. “Books can teach you lots of things and take you to places that you have never been.” Timo would giggle and say, “Granny, books can’t take me anywhere. Only cars can do that!” Then he would run off down the road to the park with his friends. One afternoon, Timo’s best friend, Ben, was waiting for him at the gate. “Hey, Timo, are you ready to play?” asked Ben.



“I’m always ready,” said Timo racing down the street with his best friend. They both wanted to get to the park first. When they got there, Timo’s other friends were waiting for them. Pamela was sitting on the swing crying, while Noma and Siya were standing next to her. They looked worried.

Timo moved closer to find out what was going on. “What happened to Pamela?” he asked.

“She was on the swing and Siya accidentally pushed it too hard. Pamela fell off the swing and now her knee is bleeding,” explained Noma. “Oh no! What are we going to do?” asked Ben. “It’s okay, I know what to do,” said Noma reaching for her backpack and taking out a small bag.

“What is that?” Timo asked.

“It’s a first aid kit. I will clean Pamela’s knee and then put on this plaster so that it feels better,” said Noma.

The friends were surprised that Noma knew exactly what to do. Once the plaster was on, Pamela said she felt much better and she wanted to play again. All the friends felt happy and relieved and they thanked Noma. All the friends raced over to the jungle gym – except Timo. He was wondering how Noma had known what to do. He wanted to know where you could learn these kinds of things because superheroes are supposed to know how to help people!

Timo walked over to where Noma was climbing and asked, “Noma, how did you know what to do?” Noma smiled and said, “I read it in a storybook.”

“You learnt all of that from reading a storybook?” asked Timo. He wasn’t sure he could believe what Noma had said. “Yes, Timo. I want to be a doctor when I grow up so that I can help people. When I read storybooks, I learn about how doctors help people,” said Noma.

Timo was amazed! “I want to be a superhero and help people too. Do you think storybooks could help me do that?” he asked. “Yes, of course!” said Noma. “Storybooks can teach you lots of things. Just get them from the library and start reading.”

The next day, when he got home from school, Timo changed out of his school uniform and ate the delicious sandwich that his grandmother had made for him. Then he did his homework. He had just finished when Granny called him. “Timo, your friends are here. They are waiting for you to go to the park with them.”

“Please tell them I will join them later, Granny,” answered Timo.



Granny could not believe her ears! Timo was always in a hurry to go to the park. “Why aren’t you going right now?” she asked. “I’d like you to read me a story before I go, please,” said Timo. Granny smiled happily. “That’s new! Why do you want me to read you a story today?” she asked.

“Because Noma says stories can teach me how to be a superhero and help my friends,” Timo said as he jumped up and down excitedly.

“That’s my boy!” said Granny as she picked up a storybook. So, Granny and Timo sat down together and read that storybook – and another, and another. And every afternoon after that, before Timo went to play in the park, he asked Granny to read to him.



Story from: <https://nalibali.org/story-library/multilingual-stories/how-to-be-superhero>



Wenza njani ukuze ube liqhawe elibalaseleyo (isiXhosa)

UTimo wayehlala kwidolophana erhanqwe ziintaba, amasimi aluhlaza namahlathi amahle, kodwa eyona ndawo wayeyithanda kakhulu yayiyipaka. Wayekuthanda phaya kuba wayeziva eliqhawe elibalaseleyo xa ebaleka ejikeleza, ekhwela kwiqonga elijikelezayo lokudlala, ubhubhubhu ngamanye amagama.

Yonke imihla xa uTimo wayebuya esikolweni, wayekhulula iyunifomu yakhe aze atye amaqebengwane ahlohlileyo amnandi awayemenzele wona uninakhulu. Emva koko wayesenza umsebenzi wesikolo wasekhaya aze, akugqiba, abaleke aphume ekhwaza, “Khulu, Khulu, lixesha lokudlala!”

UMakhulu wayemkhwaza, “Timo, yima! Awufuni ndikufunde ibali?”

“Hayi Khulu, ndidinga ukudlala kwaye ndihlole iindawo,” uTimo wayephendula, sele esendleleni eyokudibana neetshomi zakhe ezazimlinde esangweni.



“Zininzi iindawo ongazihlola kwiincwadi zamabali, Timo,” uKhulu wayesakutsho. “Iincwadi zingakufundisa izinto ezininzi zikuse kwiindawo ongazange uye kuzo.”

UTimo wayegigitheka aze athi, “Khulu, iincwadi azinakundisa ndawo. Ziimoto kuphela ezinokukwenza oko!” Wayesitsho abaleke ehlise umgaqo esiya epakini nabahlobo bakhe. Ngenye injikalanga, oyena mhlobo kaTimo osenyongweni, uBen wayemlinde esangweni.



“Hee Timo, ukulungele ukudlala?” wabuza uBen. “Ndisoloko ndilungile,” watsho uTimo ehliisa umgaqo nomhlobo wakhe osenyongweni. Bobabini babefuna ukuya kufika kuqala epakini.

Bathi bakufika apho, abanye abahlobo bakaTimo babebalindile. UPamela wayehleli kujingi elila, logama uNoma noSiya babemi ecaleni kwakhe. Babebonakala bekhathazekile. UTimo wasondela ukuya kufumanisa ukuba kwakuqhubeka ntoni. “Kwenzeke ntoni kuPamela?” wabuza. “Ubekujingi waza uSiya wamtyhala ngamandla ngempazamo. UPamela wawa kujingi yaye ngoku idololo lakhe liyopha,” wachaza uNoma. “Owu hayi! Siza kuthini?” wabuza uBen.

“Kulungile, ndiyazi ukuba ndenze ntoni,” watsho uNoma evula kubhaka wakhe ekhupha ingxowana encinane.

“Yintoni leyo?” wabuza uTimo.

“Yikiti yoncedo lokuqala. Ndiza kucoca idololo likaPamela ndize ndibeke le plasta ukuze azive engcono,” watsho uNoma.

Abahlobo babemangele kuba uNoma wayeyazi ncam into amakayenze. Isakuba iplasta ifakiwe, uPamela wathi uziva ngcono kakhulu waye wafuna ukuphinda adlale kwakhona. Bonke abahlobo baziva bonwabbile yaye bekhululekile baza bambulela uNoma.

Bonke abahlobo babaleka baya kwiqonga lokudlala – ngaphandle koTimo. Wayezibuza ukuba uNoma waze njani into amakayenze. Wayefuna ukwazi ukuba ezi zinto zinje wawunokuzifundela phi kuba amaqhawe abalaseleyo amelwe kukwazi indlela yokunceda abantu! UTimo wasondela apho kuNoma waza wambuza, “Noma, waze njani ukuba mawenze ntoni?”

UNoma wancuma waza wathi, “Ndafunda kwincwadi yamabali.” “Wakufunda konke oku ngokufunda incwadi yamabali?” wabuza uTimo. Wayengaqinisekanga ukuba angakholelwa kule nto yayithethwa nguNoma.

“Ewe, Timo. Ndifuna ukuba ngugqirha xa ndimdala ukuze ndincele abantu. Xa ndifunda iincwadi zamabali, ndifunda ngendlela oogqirha abanceda ngayo abantu,” watsho uNoma. UTimo wayemangalisiwe! “Ndifuna ukuba liqhawe elibalaseleyo nam ndincele abantu. Ucinga ukuba iincwadi zamabali zingandincele ukuba ndikwenze oko?” wabuza.

“Ewe, kunjalo!” watsho uNoma. “Iincwadi zamabali zingakufundisa izinto ezininzi. Zithathe nje kwiithala leencwadi uze uqalise ukufunda.”



Ngosuku olulandelayo, esakubuya esikolweni, uTimo watshintsha iyunifomu yesikolo waza watya amaqebengwane ahlohliweyo amnandi awayewalungiselelwe nguninakhulu. Wandula wenza umsebenzi wesikolo wasekhaya.

Wayesandula ukugqiba xa uKhulu emkhwaza. “Timo, abahlobo bakho sebefikile. Bakulindile ukuba uye epakini nabo.”

“Nceda, Khulu, baxebele ukuba ndiza kuba nabo emzuzwini,” waphendula uTimo.

UKhulu zange abe nako ukukukholelwa oko wayekuva! UTimo wayesoloko engxamele ukuya epakini. “Kutheni ungahambi ngoku?” wabuza. “Ndingathanda ukuba undifundele ibali phambi kokuba ndihambe, ndiyacela,”

watsho uTimo.

UKhulu wancuma onwabile. “Yantsha ke leyo! Kutheni ufuna ukuba ndikufundele ibali namhlanje?” wabuza. “Kuba uNoma uthi amabali angandifundisa ukuba ndingaliqhawe elibalaseleyo ndize ndincede abahlobo bam,” watsho uTimo etsibatsiba yimincili.

“Yinkwenkwana yam ke leyo!” watsho uKhulu njengoko wayethatha incwadi yamabali.

Ngoko ke, uKhulu noTimo bahlala phantsi kunye baza bafunda loo ncwadi yamabali – nenye, nenye. Ngazo zonke iinjikalanga emva koko, phambi kokuba uTimo aye kudlala epakini, wayecela uKhulu ukuba amfundele.



Story from: <https://nalibali.org/story-library/multilingual-stories/wenza-njani-ukuze-ube-liqhawe-elibalaseleyo>



3. THINGS TO COLOUR IN





Faka imibala kulo mfanekiso

ICORONA VAYIRASI

(elinye igama layo yiCovid 19)

INWENWA

kwizinto zokulayita nokucima
kwii-handles
kwiifoni

IINDABA EZIMNANDI

ISEPHA
IYAYIBULALA INTSHOLONGWANE YE CORONA
Ityaniso: nayiphi isepha isegqibhela imvelu yamatutha engqongile le vayira yaye iwe tyitshabalalisa!

Isepha ibulala iivayiras phambi kokuba zingene ngaphakathi kumzimba wakho.

limitha eziyi-1,5

Ungazicebula kubantu abathimlayo nabakhohlelayo ukwenzela ungasuleleki.

Ungazenza ii-exercises, usele amanzi amaninzi, utye iveg nefruit eninzi ukuze womelele.



Ivayirasi luhlobo lwentsholongwane lincinci kakhulu yona kwaye ingakugulisa xa ingene emzimbeni wakho

Uza kuba RAYITHI!

38°C

be a
Hero in my Hood

Ingakwenza ube nefiva ukhohlele uxakwe naku-kuphefumla.

YHUU! IMBI!

amathontsi
(Kumkhunyu nesikhohlela esichaphazelekileyo)

kwimali
kwizihlangu
kwii-toys

engena kuwe
empumleni
emlonyeni

(Ifika kuzo zonke izinto ezibanjwa ngabantu, xa abantu bekhotha, bekhohlela, bethimla, bephefumla naxa betshica!)

Hlamba zonke izinto. Sula yonke imigangatho.

Le vayirasi ihlala kwizinto ngezinto ithuba elide kodwa yoyisakala xa kufike isephu kuqala

Wena ungaba liQhawe ngokuthintela intsholongwane ukuba ingasasazeki ingagulisi abantu

Ungazicebula ukuba kunye nabantu abaninzi kuba ungayazi ukuba ngowuphi ogulayo kubo.

(ukuthi qelele komnye nomnye)

Ungahlamba izandla zakho rhoqo ngeSEPHA. Zihlamba izandla imizuzwana eyi-20 - ngakumbi xa ungena endlini, phambi kokuba utye naxa usand' ukuya etoyilethi (nasemveni kokuba ufake ummwe wakho phakathi empumleni)

Uninzi lwabantu luzophila kodwa abantu abadala nabantu abaneengxaki zempilo bona bangagula kakhulu!

Masilumke ukukhusela bona.

Ungaba nobubele, thina sonke sikunye kule meko

Ungaxelela abahlobo bakho

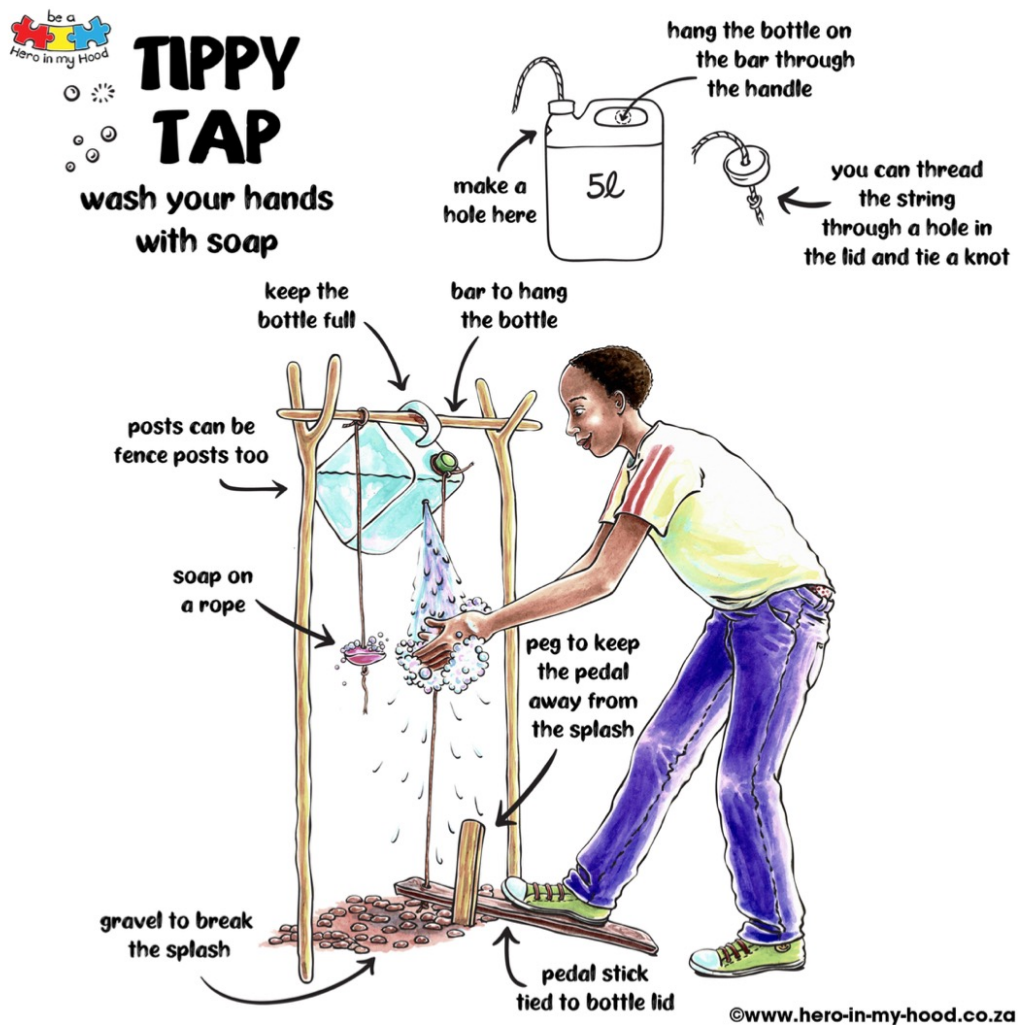
© www.hero-in-my-hood.co.za



4. MAKE A HANDSFREE HANDWASHING STATION

We all know how important it is to wash our hands always, but especially now during the COVID-19 virus outbreak.

You can build a handsfree handwashing station to use at your home! It is called a Tippy Tap.





TIPPY TAP

**Hlamba izandla uze
ubulale intsholongwane**

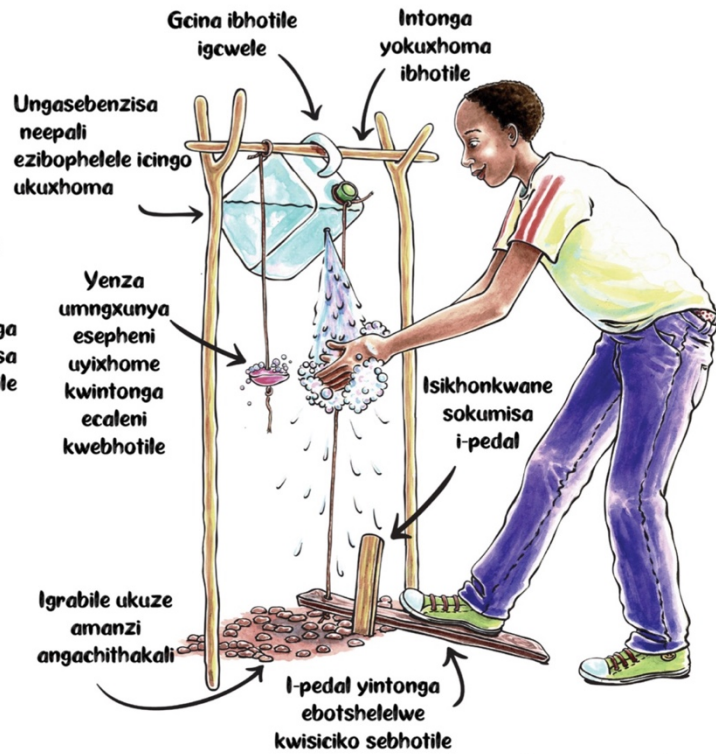
Sukuphatha
ubuso bakho!

Xhoma ibhotile kwintonga
enqamlezayo usebenzisa
ihandle yebhotile



Yenza
umngxunya
apha

Faka umsonto
phakathi emngxunyeni
wesiciko uwubophe



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