



# Zone

## 2020



DOCUMENTS YOU NEED

HIGHER AND HIGHER



AND THE WINNER IS...





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**Buddyz make a difference**



**TB story**



**Golden Goals in 2020**



**Put on a puppet show**



# WELCOME TO YOUR ZONE FOR 2020



**Welcome!** Half the year is gone. Club zone magazine is finally in your hands to keep you company. Inside, there's lots of goodies to read and have fun with. Enjoy!

Remember to send us your projects and activities. We love to see what you get up to!

**This zone** is divided into four sections, one for each Term. We hope you enjoy working through each Term with your Buddyz in your club. Remember to send us your projects and activities. We love to see what you are busy with!

- Love, the Zone team



## Earn points for your club

Club Registration form.....	50 points
Meeting attendance register.....	50 points (send your register every month)
Monthly report.....	50 points (send your register every month)
Club Zone activity.....	100 points
Unit guide activities.....	250 points
Unit guide project.....	350 points
Special project.....	200 points (Optional 1x Per Quarter)

## You must always give this information when you send something to the Zone team:

★ Bronze: 50 - 499	* School (or Library's name)
★ Silver: 500 - 999	* Club's name
★ Gold: 1 000 - 2 999	* Facilitator's name
★ Platinum: 3 000 - 4 999*	* Province
★ Diamond: 5 000 and higher	

The provincial teams will visit each club at least once a month to collect all correspondence - no need to post anymore.



# It was all a dream!




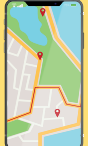
## How technology has changed the world in 20 years

If you said to someone 20 years ago that cars would drive themselves in the near future, they could have said, "Psh! You ate too much sugar!" Yet, today this is a reality. Technology has brought a lot of changes into our world.

Draw a line to match the items on the left with the ones that replaced them on the right in the past 20 years. What do you think they were used for?



If I could, the technology I would create to make life better is \_\_\_\_\_

<b>A</b> 	<b>1</b> 
<b>B</b> 	<b>2</b> 
<b>C</b> 	<b>3</b> 
<b>D</b> 	<b>4</b> 
<b>E</b> 	<b>5</b> 

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What do you think are the advantages and disadvantages of technology?

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# Jobs of the future



**Did you know?** In the next 20 years, many jobs will no longer be done by people but by computers and robots. Jobs like cashiers, telemarketers and factory workers will soon be gone. Which other jobs do you think will be replaced by technology in the future? Here are some jobs of the future:

## Organ creator

Scientists want to solve the problem of the shortage of organs for transplants. They are already doing research on how they can use stem cells to create body parts.

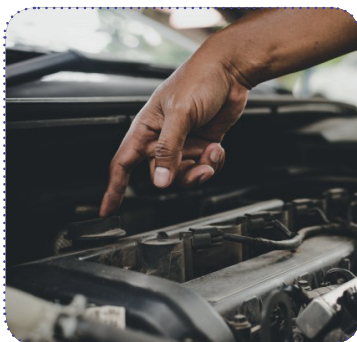


Cool  Not Cool

Why \_\_\_\_\_

## Self-driving car mechanic

In the coming years, there will be more self-driving cars on the roads. They will need mechanics just like the normal cars we are used to.



Cool  Not Cool

Why \_\_\_\_\_

## Drone Managers

Drones are already popular. They are used for photography, deliveries and research even in places that humans could not get to before. Companies will have many drones that would need a team of people to manage them and others to maintain them.



Cool  Not Cool

Why \_\_\_\_\_



## What do you like?

You might enjoy working with people, with animals or computers. They say if you do what you love, you will never work a day in your life.

Which careers do you think would be fun for you?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_





# Golden goals

The year lies ahead of you, shining like gold! Follow these steps to make yourself a golden goals disk for 2020.

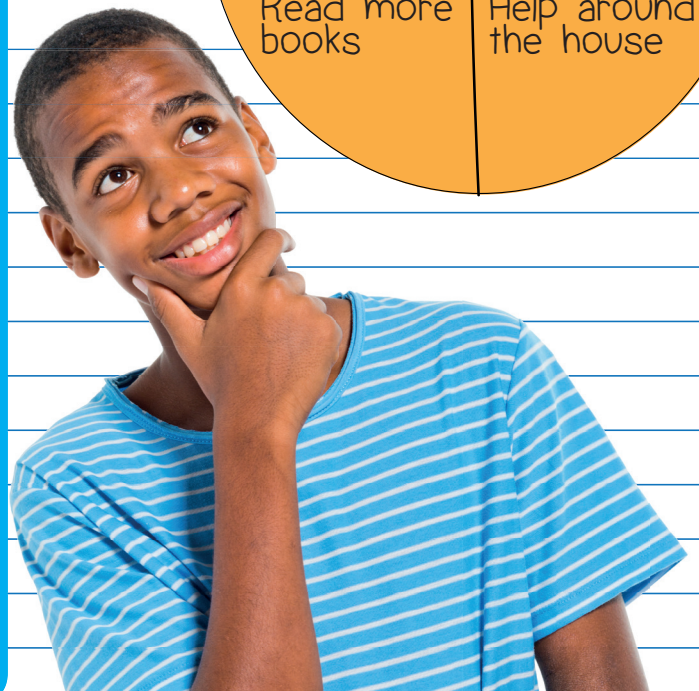
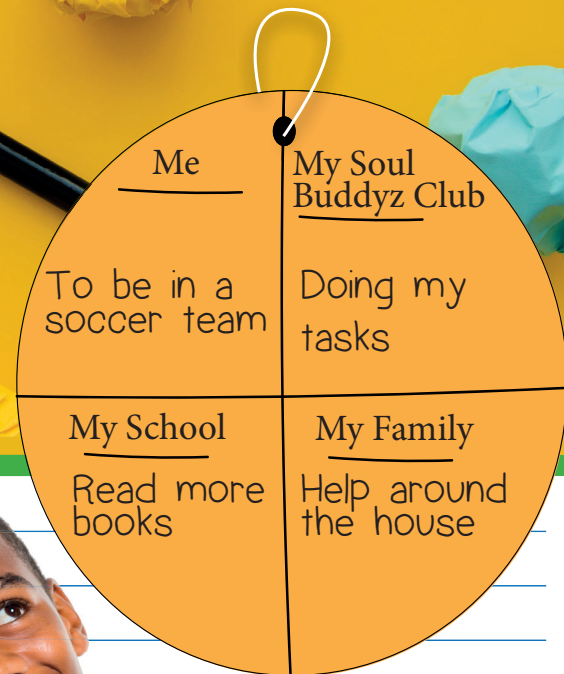
## You will need:

- ★ A cardboard disc (circle), about 20 centimeters in diameter
- ★ A string
- ★ Pens, pencils, paint and other things to decorate the back of your disc



## How to make your golden goals disk

1. Divide the disc or circle into four quarters.
2. Write these words in the four different quarters of the disc: Me, My Soul Buddyz Club, My school, My Family.
3. Write or draw your own goals in the different quarters of the disc.
4. Decorate the back side of your disc, and write your name on it.
5. Make a small hole at the top and put a string through it and tie a knot.
6. Find something to your disc at home to remind you of your goals.
7. Tell your family and friends about your goals so that they can support you.





# Have you got the team spirit?

Say what you think must happen to help a team be a winning one. Have you noticed how, when a team doesn't do well, people often blame the coach? When the team does well, they congratulate the goal scorers? Who, or what, really makes a winning team? What does a winning team mean? Get together with some friends and debate it.

Say what you think must happen to help a team be a winning one.

In a losing team	In a winning Team
Some team members are treated as being more important than others	
Your fellow players shout at you when you make a mistake	
The players are only in the team to win prizes and gain fame	
Some team members only come to practice when they feel like it	
The captain doesn't consult with his or her team members to get their ideas and views	
Team members don't listen to the captain	
Team members don't play by the rules	
Members don't congratulate the winning team. Instead they are rude, or sulk	



**Your Soul Buddyz Club is also a team. Is it a winning team? Yes or No? Why? Write down what you think in the space below.** **How to make your team a winning team:**

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-  Play to have fun
-  Make sure everyone has something to do
-  Talk about things
-  Treat each other with respect
-  Say how you feel about things



# TB can be cured!

## What have you heard about TB?

Read Manisha's story of how she beat TB and answer the questions afterwards.



In 2013, Manisha was diagnosed with TB. She was 24 years old. Finding out that she had TB was a shock, because she ate healthy food and did lots of exercise. Her illness began with a cough that would not go away.

She was given many antibiotics, because the doctor thought she had a chest infection. But in a short time she lost a lot of weight, and after three months a chest X-ray showed that she had TB.

She was allowed to stop work for two weeks, and was given medicine to take for six months. It was hard to explain to some people that she couldn't give them TB once she was on treatment. The treatment was tough in the beginning – it made her very sleepy. But over time her coughing stopped and her body got used to the medicine.

Before the TB, she used to run, swim and cycle, but she had to stop doing these things when she got ill. It was frustrating at times, but she knew it would end soon.

It was a big relief when the doctor told her she was better! She has now been clear of TB for five months, and is very careful with her health. She's looking forward to getting active again, and travelling the world.

From her experience, Manisha has this to say, 'Don't be afraid if you have TB. If it is found early, you can easily be cured. When I shared my story and other people shared their stories with me, I realized that TB is more common than I thought. A positive attitude, healthy diet, strong will and good support will help you to get through this. At the end, you will see that it is a great achievement that you got through it. Be proud!'



Manisha

## Talk about these questions in small groups:

- What was the first sign that Manisha had TB?  
**Clue:** It has to do with a cough.
- What was the next sign? It has to do with weight.
- What activities did she used to do before she had TB?
- What did Manisha do for her TB to be cured?
- For how long did Manisha have to take treatment?
- How is Manisha's health now?



# Protect Yourself and others

We can stop TB being passed on



1

Wash your hands often



2

Cough into your elbow, not onto your hand



3

Keep windows open, so germs can blow away



4

Avoid shaking hands if you can

## The Cheka Impilo Campaign

If you have adults at home, tell them about the Cheka Impilo National Wellness Campaign that encourages people to be tested for TB, HIV, STIs and other diseases. They must:

- Visit the clinic to check their health
- Once they know their health status, whether negative or positive, they can take action like living a healthier lifestyle
- They can change unhealthy habits like smoking and drinking too much alcohol.



## Corona going around!

By now we all are aware of the Corona Virus (COVID 19). It has already taken over a million of lives all around the world. It has disturbed education, businesses and life in general. How has it affected your life personally? Write your thoughts:

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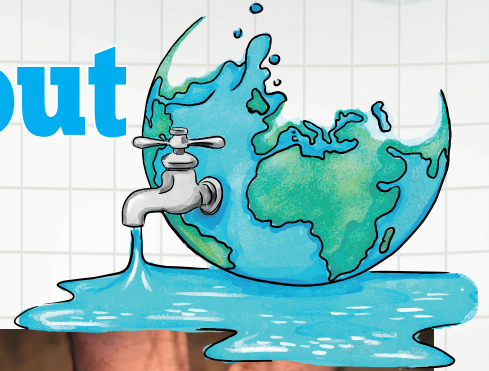
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# Drip, drop, without water it's a flop.



It's so amazing! You can live without food for almost a month. But guess how many days you can live for without water? Not more than 10 days! That is how important clean water is for our bodies. Even though water is so important, the whole South Africa is running short of it.



If the country went dry, chat about what you think would happen to:



## It almost happened in Cape Town!

Day Zero is when the taps would have run completely dry. To prevent this, the City of Cape Town introduced a plan to limit the amount of water that people could use per day. For some time, people had to collect water from emergency collection points. This saved some of their water. But the problem is not completely gone. It also showed that water shortage is not a problem only for areas in the countryside but the cities as well. It is everyone's problem!



## Roll back Day Zero for S.A

Talk about the different ways that people can save water in both the countryside areas and the city.



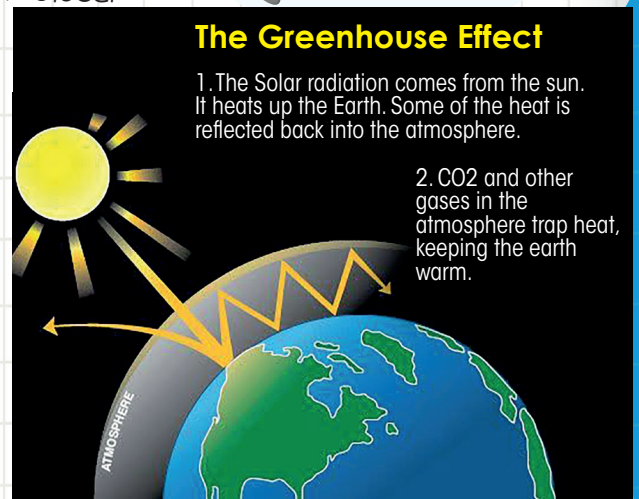
# Global warming is real

## How can you help?

Global warming is caused by the greenhouse gases we add to the atmosphere. Carbon dioxide (CO<sub>2</sub>) and methane are examples of greenhouse gases. The more greenhouse gases we give off from Earth, the more we cause global warming.

Global warming causes changes in climate that affect us badly. For example, our deserts are growing – and you can't plant crops in a desert very easily, can you? Global warming causes the seas' level to rise because it's melting the ice caps. We can't live under the sea, can we? Global warming also causes natural disasters, like floods, to be worse.

People on Earth use a lot of energy that comes from fossil fuels, like coal. For example, coal is burnt in power stations to produce electricity. We are using more and more electricity, so we are burning more and more coal. This gives off gases that add to global warming.



Put a tick in the column that best describes what you and your family and friends do. Do this checklist again in a week's time – and try to make sure that you have all the **Always** row ticked!

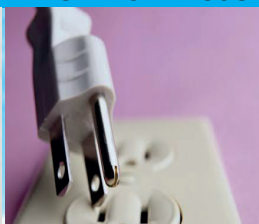
Turn off lights

Turn off appliances and pull out plugs when not in use

Boil only the water you need in the kettle

Reuse or recycle paper, tins and glass

Walk instead of using a taxi or bus



Always

Sometimes

Never



# Higher and higher! a chat with a pilot



When she was a Grade 10 learner, Boitumelo Katsi visited the airport. She had no idea that she would return home itching to be a pilot. Her family didn't have money for her to study Aviation studies in the aircraft industry. So, she knocked on doors. Some were slammed in her face, but some opened. Since then, she walked in and never looked back. Today, Boitumelo is a qualified commercial pilot, a flight instructor trainee, and an award winner for Outstanding Contribution to Aviation 2019. We had a chat with her to hear about her life as a pilot.



## What is it like to fly a plane?

Flying for the first time was out of this world. There are no words to describe the feeling. But it was also scary. I wondered if I could really do it because there is so much that goes into flying a plane.

It is exciting because every flight is different. Even if you are flying to the same destination as before. The weather is never the same.

## What are the challenges?

When you are a pilot the studying never stops. If you work for an airline you have to take a test every six months and you have to pass it. Every year you go for medical check up to make sure you are still fit to be a pilot. So your health is very important.

## What kind of a personality do you need to have?

You must be a team player and always be willing to learn. Things are always changing in the industry. You also must be decisive. If you experience engine failure and you decide that 'this is where I am going to land' go there. You don't have time to second-guess your decision because the plane doesn't have power at the time.





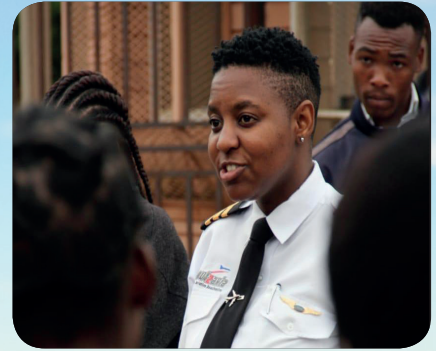
### How do people respond to you as a female pilot?

Some people still can't believe that women fly aircrafts. Some don't want to fly with a female pilot at all. They just don't trust us. But there is a lot more positive feedback. People get excited to be flown by a young woman of colour. They can see that the world is changing. They are very proud. I have set an example for other children out there that think it's impossible. They can become a pilot or anything they dream of.



### What else do you do when you are not flying planes?

I do community work as a chairperson and co-founder of Aviation Development Africa, a registered Non-Profit Organisation (NPO). We expose youth to aviation; some of them have never even seen a plane or a pilot. We show them different careers beyond being a pilot in the aviation industry. They shouldn't be shocked. Who knows, the next Astronaut might come from Tembisa or Limpopo.



### What advice would you give to Buddyz?

Find your purpose in life. Be passionate. Nothing great in the world was ever achieved without passion. Whatever you go into, make sure it is something that you really want. Don't get into it because you want to please someone else or because of peer pressure. Despite your background, you can be anything.



*What's your dream?*

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# Meet The Team

Meet our amazing team that keeps our programmes running smoothly.



**Programme Officers for all 9 Provinces**



**Gauteng Team**



**Western Cape Team**



**KwaZulu Natal Team**



**Limpopo Team**



**Mpumalanga Team**



**Freestate Team**



**Eastern Cape Team**



**Northern Cape Team**



**North West Team**

**The provincial teams will visit each club at least once a month to collect all correspondence. No need to post anymore.**

Gauteng	Limpopo	Mpumalanga	Kwazulu Natal	Eastern Cape	Western Cape	Free State	Northern Cape	North West
Contact Person: Nondumiso Khethwa	Contact Person: July Ndima	Contact Person: Sibonisiwe Mbhense	Contact Person: Asanda Khumalo	Contact Person: Avela Cetywayo	Contact Person: Pamela Mankayi	Contact Person: Joyce Maelamo	Contact Person: Brenda Khabele	Contact Person: Confidence Marumo
Contact Numbers: 0712180524	Contact Numbers: 0737140948	Contact Numbers: 0797353836	Contact Numbers: 0823685707	Contact Numbers: 0719716649	Contact Numbers: 0823528604	Contact Numbers: 0827639783	Contact Numbers: 0733602966	Contact Numbers: 0732474163

# Welcome to Term 2

It's a new Term for new goals. What are your goals this Term? What steps will you take to achieve them?

## Goal

Do more to protect the environment

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## Steps to achieve this goal

Organize a clean-up campaign with the Buddyz

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## Date for achieving the goal

End April

## Special Days in Term 2



### 22 April: Earth Hour

Making electricity pollutes the environment. People all over the world stop using electricity for one hour on this day. Other people plant trees or clean up a river. Will your club do something for Earth Hour?



### 23 April: International Book Day

What is your favourite book? Bring it along on this day and share what it is about with other Buddyz. Reading helps improve your grammar. Make reading your super power.



### 27 April: Freedom Day

On Freedom Day we remember our country's freedom struggle and those who sacrificed their lives to end apartheid.



### 10 May: World Move for Health Day

Get up and get moving. Play some fun and active games and don't stop until you sweat.



# Documents you need



## 0-4 years

Your birth certificate is a very important piece of paper. You will need it for many things, including to:

- enroll at school
- apply for a child support grant at a South African Social Security Agency (SASSA)
- get a passport so that you can travel to other countries
- get your identity document (ID).
- Your birth certificate has your own special identity number on it. Ask to see your birth certificate.

### Write your ID number here:

See if you can remember it

You will get your immunisation record card when you are born. The health worker will sign your card when you have the immunisations.

Tick ✓ for yes and x for no:

- Do I have a birth certificate?
- Do I have an immunisation card?
- Are all my documents kept in a safe place?

## 5-6 years

Register for Grade 1 the year before you start school. Most Grade 1 learners should turn seven years old by 30 June of the year they start Grade 1:



## 7-15 years

Join a library and other clubs. Bring a copy of your birth certificate to register.



0-4 Years

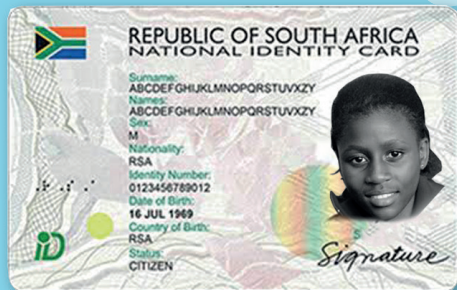
5-6 Years

7-15 Years

## 16-17 years

You can apply for an ID book when you are 16 years old. You need your ID book for many things, including to:

- Get a learner's licence at 17
- Write your Grade 12 exam
- Apply to colleges, TVETs and universities



## 18 years

At 18 you can:

- study hard and get a good Grade 12 certificate
- study further
- register as a voter
- get your driver's licence
- travel the world



16-17 Years



18 Years



# Make a lekker winter warmer

## What you need:

- ✦ a cup and a teaspoon
- ✦ 2 lemons
- ✦ a small piece of ginger
- ✦ 2 teaspoons of sugar
- ✦ 1 cup of hot water



1. Cut the lemons into halves. Be careful to cut safely.



2. Squeeze all the juice from the lemons into your cup or glass. Take out the pips.



3. Slice the ginger into small pieces



4. Add the ginger into the glass that has lemon juice. Add the sugar. Stir until the sugar has dissolved.



5. Add the hot water and stir again. Wait until it cools down a bit. Enjoy your delicious drink!

# Memory challenge

This is a memory challenge game for your club to get the best score it can. The more you play it, the more you will improve your power of concentration and your memory.

## What do you need?

- ★ a tray
  - ★ a piece of paper and a pen or pencil for each person
  - ★ a clock or watch
  - ★ a cloth that will cover the tray
- ten different small items



## How to play

1. Put items on a tray for the memory game. Cover the tray with a cloth.
2. Choose someone to be your leader. Your leader must privately choose which ten items to put on the tray. Then she or he must cover them with a cloth.
3. You all sit around the tray in a circle. You each need a pen or pencil and a piece of paper.
4. Your leader takes off the cloth and gives you two minutes to study all the items.
5. When the time is up, your leader will cover up the tray. Write down all the items you remember. Your leader will tell you when to stop. She or he should let you try to remember for about three minutes.
6. Your leader will go around your circle asking you to say an item that you remember. You only need to add an item that hasn't been said already, if you have one.
7. Your leader will take off the cloth. Give your group a score out of ten for how many of the items you remembered together.
8. You can check your own list to tick off the items you remembered and to make a note of those you didn't remember.
9. Make the game more challenging and keep trying to improve your score!

## You can make the game more challenging if you:

- ★ Put more items on your tray.
- ★ Give yourselves less time to look at the tray.
- ★ Make groups and challenge each other to the memory game challenge







# Gogo Johanna gets to school at last!



Dumelang, Gogo. I am Elias from Butterfly Soul Buddyz at Kwa Mocha Primary. Can you tell me about your life?

I am 91 years old. I was born in Potgietersrus.

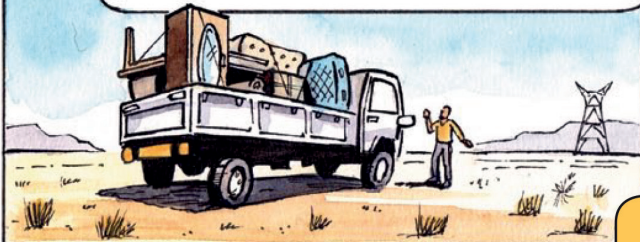
I was a clever girl and I wanted to go to school but my father would not allow it.



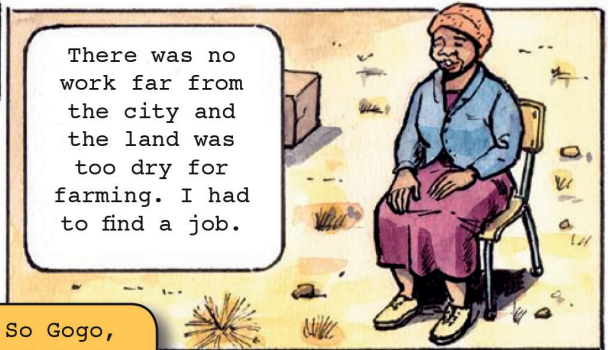
When I was a young woman I married and moved to Lady Selborne in Pretoria. It was a happy place. We all lived together there - Indian, white, coloured, Chinese.



But in 1961 the apartheid government made a law that black people could not live there. They brought us here to Maubane village.



There was no work far from the city and the land was too dry for farming. I had to find a job.



Kwa Mocha Primary was built over the road from my house and I became the caretaker. I was the caretaker for 24 years.



So Gogo, at last you got to go to school!



He heh heh yes.

## Xoxa!

1. Why do you think Gogo Johanna was not allowed by her father to go to school?
2. Why was she moved by the government from Lady Selbourne?

3. What do you think is similar about these two experiences?
4. Why is it important for all children to go to school?



# What did they say?

## You decide!

Penny and Stich are friends and neighbours. They don't seem to agree on what Stich thinks. Look at the pictures. Imagine what they could be thinking or saying to each other. Then write those words in the empty speech bubbles. You can write in any language. Have a ball- have fun!





# Buddyz make a difference

Buddyz made posters about issues they care about. If there is an issue that bothers you and your club, you can take a stand like these buddyz did. Rise up!



It was all red and white at Katlego Primary School when they remembered World Aids Day. People can live much longer now because they continue to take ARVs every day.

On Mandela Day, Shadrack Mbambo collected clothes, books, shoes and food to give to children in need.





# A plant that heals

Some plants have been used in Africa to heal wounds for many, many years! This still happens even today. Some of these plants are even used to make medicines that you find in pharmacies. The Aloe Vera is one of these plants. It doesn't look friendly but it is very helpful. It can help a cut, a burn or a rash.



## How to use it

1. Tear off an Aloe Vera leaf.
2. Split it open downwards.
3. Squeeze the leaf to get out gel that is inside it.
4. Rub it on your skin where there is a cut, burn or rash. The gel will cover the sore and protect it from infection.

## How to grow Aloe Vera

1. It is easy to grow.
2. It can live in a dry, sandy soil.
3. It must be in the sun all day long.
4. It makes its own new plants - so you can grow new ones and give them away as gifts!



# Should we be taught about sex at school?

We asked a few buddyz who were at the Soul Buddyz Congress 2019 what they thought. This is what they had to say:



"I think that we should learn about sex so that we can have more knowledge about it now and in the future. We should learn about it from our parents and our teachers especially."

"The reason why we should learn about sex is for us to be guided through life and make better choices because once you have unprotected sex, you will have a child which you will not be ready for and the responsibility to take care of the child and you won't have a job because you will still be too young"

"We should learn about sex at school because parents at home are afraid to speak to their children about sex and they think it is wrong. So it is better for teachers to speak to the children so that the children have knowledge. Also our parents are not scared. We already do talk about it."

"They might end up learning from friends who are our peers. They are all at the same level and they all don't have the correct information. So they would be all leading each other the wrong way since they don't know anything and they would be giving each other wrong advice."

## Your thoughts

- What questions do you have about sex?
- What is a better way to talk to adults about sex?

# Sabelo's problem



Hi, my name is Sabelo. I am 12 years old and I have a problem that I'd like to tell you about. Most of my friends at school have girlfriends. I don't. My friends call girls for me to go out with. But honestly, I don't want a girlfriend yet. I go along with their plans even though I don't want to.

I'm scared to tell them this. They might not listen. They might tease me. Or they might not want me to be their friend anymore. I love my friends. I want to hang out with them. But I don't know how to tell them how I feel. I just want them to let me be free to be me. I want to wait until I am ready to start to date. Hey thanks for listening. I feel better now that I have talked about it.

- Do you find it easy to talk to people about important things?

YES  NO

- Can you tell your friends how you really feel?

YES  NO

- Do your friends help you after you have talked?

YES  NO

- Are you able to listen to what your friends tell you?

YES  NO

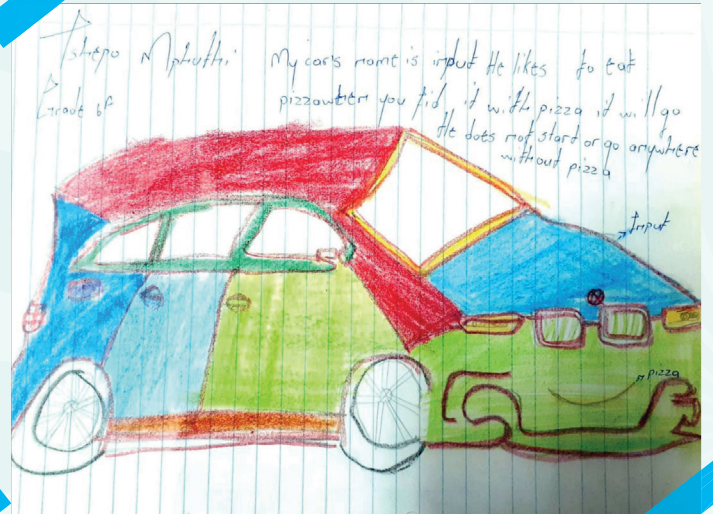
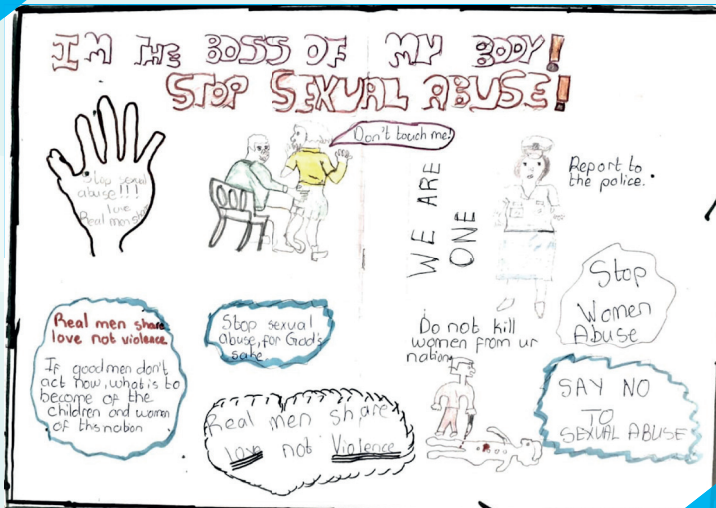
- Do you try to help your friends to make better choices?

YES  NO



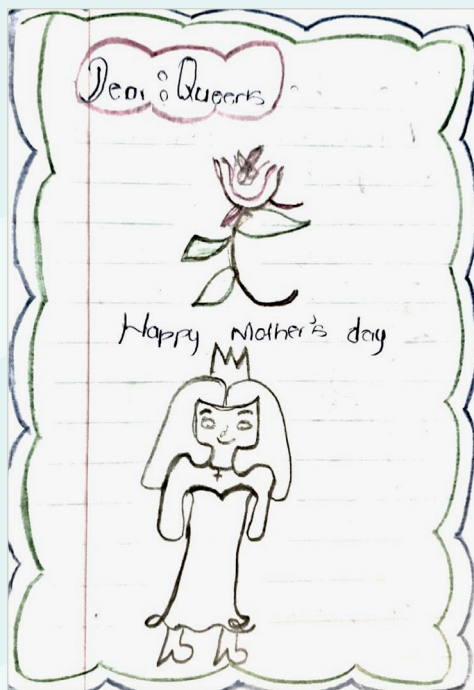
# Talents maningi!

How do you say 'so much talent!' in your language? These Buddyz chose to say it through their art and writing. Check it out!



Generations the Legacy Soul buddyz Club from Redumetsi Primary School (province) created this poster to say, 'enough is enough!'

This colourful ride was drawn and sent in by Tshepo Mphuti



Mom, happy mother's day

Today the world woke up to your day  
 But does the world enjoy it?  
 Does the world know how far you have travelled?  
 Does the world know the favour she owes you?  
 Does the world ever recognize how beautiful you have made it to be?  
 The world knows  
 The world wants to celebrate this day with you  
 That's why as a representative of the world I send you happiness  
 So that you enjoy this day to the fullest  
 Happy mother's day

# Welcome to Term 3

Final exams are just around the corner. There are many things that disturbed schooling. What's your plan for catching up? Use the table below to draw a revision plan for your subjects.

Subject	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Setswana	10 minutes	None (soccer practice finishes late)	10 minutes	10 minutes	20 minutes	15 minutes

Be realistic with your times. If you set an unrealistic goal, you may get upset and disappointed with yourself when you don't achieve the goal.

## Then and now



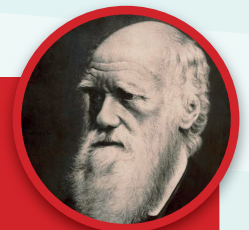
### 1 May: Workers Day

Let's celebrate members of our community who work hard to build the economy of our country.



### 09 August 1956

In the 1950s most South African women were very fed up. They hated the government's apartheid laws. Black men already had to carry passes everywhere they went. Then the government said that black women had to carry passes as well. Enough was enough! 20 000 women marched to the Union Buildings in Pretoria to protest. The women sang a song, 'Whathint' abafazi, wathint' imbokodo,' which means, 'You touch a woman, you touch a rock!' What do you think women most wanted to protest about in the 21st century, like now?



### 1 July 1838

Charles Darwin was a scientist. On this day, all these year ago, he presented his theory of evolution to the world. The theory says that all things evolve slowly from one form into another.

Living things do this so that they can survive new circumstances, like when the climate changes and places turn from forests to veld.

Darwin's theory caused a lot of discussion and debate. Some people didn't believe the theory and were angry. Nowadays, it is accepted that we evolved from apes. And we're probably evolving still into something new!



# 2019! And the winner is...



When Miss. South Africa Zozibini Tunzi went to enter Ms. Universe 2019, people suggested that she should wear a wig and she said 'No!' She went on to win Miss Universe 2019 and gave goose bumps to the whole world. When she was asked, "What is the most important thing that we should be teaching young girls today?" She said:

"I think the most important thing we should be teaching young girls today is leadership. It's something that has been lacking in young girls and women for a very long time, not because we don't want to, but because of what society has labelled women to be. I think we are the most powerful beings in the world and that we should be given every opportunity. We should be teaching young girls to take up space. Nothing is as important as taking up space in society and cementing yourself."  
Zozibini Tunzi, Miss Universe



Phumelela Mapukata used what other see as a disability as a way to conquer the world. Competing with people from all around many international countries, he won Mr. Deaf World 2019. No wonder, his name Phumelela means 'Win' in English!



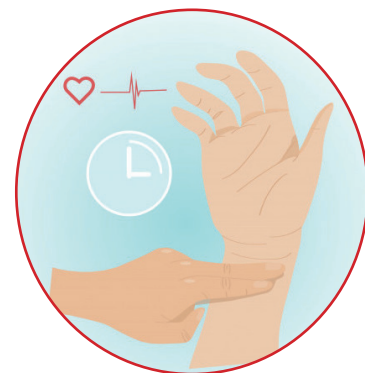
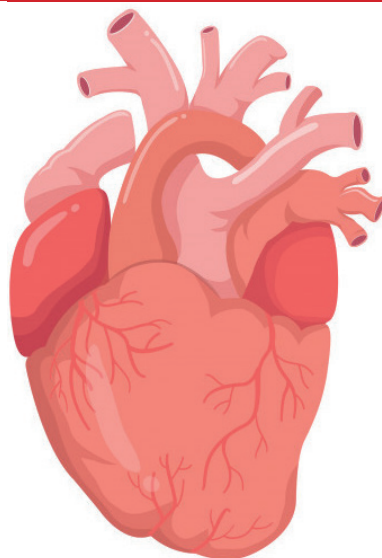
Amabokoko won the Rugby World Cup 2019 and united everyone in celebration and song. They were being led by Captain Siya Kolisi when they beat England 32-12. Whoop!







# Happy Heart



## Did you know?

- ♥ Your heart is a pump that moves blood around your body.
- ♥ Your heart is about the same size as your fist.
- ♥ The number of times your heart beats in 60 seconds (which is a minute) is called your heart rate, measured in beats per minute (BPM).
- ♥ A new-born baby's BPM is about 100.
- ♥ A buddy's heart rate is about 84 BPM (if you are 8 to 14 years old) Some children might be a bit faster or slower.
- ♥ Adult heart rates are around 70BPM. The fitter you are the slower the heart beats.
- ♥ If you are overweight or you smoke, beware! You have a much bigger chance of having heart attack or stroke.

## Work out your BPM

1. Put your fingers exactly where the picture shows you to.
2. Move your fingers until you can feel the pulse.
3. Press lightly on your pulse.
4. Count the number of beats for ten seconds exactly. Multiply the number by 6 to get your BPM.

Write your BPM

here: \_\_\_\_\_

### Example

Step 1: Siya felt his pulse and counted 15 beats in 10 seconds.

Step 2: He multiplied 15 by 6  
( $15 \times 6 = 90$ )

Siya multiplied his beats by 6 seconds because 10 seconds  $\times 6 = 60$  seconds.  
60 seconds = 1 minute.

His BPM is 90

# Express yourself

Can you choose the correct word for each expression?

Mouth

gold

soul

lion

home



1. Xitshembiso is so brave she has the heart of a \_\_\_\_\_.

2. David is kind to everyone. He has a heart of \_\_\_\_\_.

3. \_\_\_\_\_ is where the heart is.



4. Rasika puts her heart and \_\_\_\_\_ into everything she does.

5. Themba was so nervous, his heart was in his \_\_\_\_\_.



## Idioms

These expressions are also called idioms. All languages have idioms.

When we say Xitshembiso has a heart of a lion we do not mean that she has a lion's heart in her chest. We mean that she is very brave and strong, like a lion. We use our imagination to make a connection between the bravery of a lion and the bravery of a person.

## Idioms you know

What idioms can you think of in the different languages you speak?

Answers to Express Yourself

1	Lion
2	Gold
3	Home
4	Soul
5	Mouth





# Make a puppet

Buddyz from Siyatendela Soul Buddyz Club, Ekuffokoteni Primary School, Mpumalanga made these beautiful puppets.

## What you need



• Toilet roll



• Scraps of fabric



• Wool



• Buttons



• Clothes pegs



• Coloured pencils



• Pair of scissors



• Glue

### Step 1

Think about your puppet. For example, will it be an animal, a person, a superhero or something else? Look at the things you already have that you can use to make your puppets with.



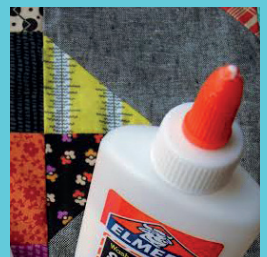
### Step 2

Start with the top of your puppet. Make the face and hair (if your puppet has hair). Make clothes for your puppet. You can tie the clothes on, or glue them on. You might like to make a hat for your puppet.



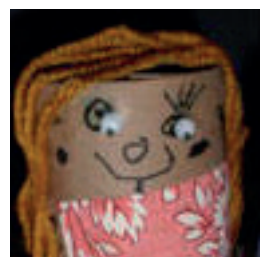
### Step 3

If you use glue, make sure you find a way to press it and to let the glue set overnight. You can use a clothes peg to help the glue stick nicely. Let it dry for a few hours.



### Step 4

Once you have made your puppet, give it a funky name that will be easy to remember. Make a voice. Make up habits for your puppet. For example maybe your puppet's character often falls asleep while talking, or laughs in a loud and funny way, or likes to play tricks on people.







# Put on a puppet show

Before you put on a puppet show, you need to write a script.

## What is a script?

A script is written for actors to perform a story. In a puppet show, the actors are your puppets. Your puppets act as certain characters. The script has two parts:

## What do you need to think about when you write a script?

Here are some important things to think about when you write a script for a puppet show.

- Who is the main character? The main character is the one the story is about.
- Who are the other characters?
- What does your main character want or need? And the other characters?
- Where is the story happening?
- What challenges do your characters face?
- How do your characters overcome their challenges?
- Do your characters get what they want or need in the end?

Your story must have a beginning, a middle and an end.

Here is an example of a script

### *My missing Cat*

Lwazi is alone, crying. There is a lot of knocking on the door. Tebogo enters.

Tebogo: Hawu, Lwazi. I've been knocking for a long time. What's wrong?

Lwazi: I've lost my cat, Philly. Have you seen him?

Tebogo: No. But I can help you look for him.

The two look around for Philly the cat. They can't find him.

Tebogo: Where could he be?

Suddenly Rat appears. He is humming a song.

Lwazi: Hey look! Here comes rat. Let's ask him if he has seen Philly.

Tebogo: Hey Rat, we're looking for Philly the cat. Have you seen him?





# I can't wait

Let us go! I can't wait any longer', said Sipho to his friends Leila and Emmanuel. They were standing outside Emmanuel's house. It was Sunday afternoon. They always played together – and went on adventures – on Sunday afternoons.

'Wait. Have you got a bag?' Leila asked Emmanuel. He pulled out a yellow plastic bag from his pocket.

They chatted as they went. When they reached the top of the hill, they stopped, puffing a bit.

'Race to our tree?' said Emmanuel. They nodded. 'Take your marks, get set, go!' shouted Sipho. They raced down the hill to the mango tree in the valley below.

They ran through the long grass as fast as they could. The last one to the mango tree had to carry the packet of mangoes home. They splish-splashed across the stream and Leila won! Emmanuel would be carrying the bag home.

Panting but happy, they looked up at their favourite hideaway tree with big hungry eyes. Yes! It was bursting with mangoes! Sure, many of the mangoes were still a bit green, but some were nice and ripe. When they got back, they would sprinkle masala on mango slices at Leila's house and eat them that way with their families. But they couldn't wait to start eating. Now. They skinned and munched, and munched and chatted, without a care in the world. Mango juice dripped down their chins and onto their clothes.

'Yummy,' said Sipho. The other two couldn't reply – their mouths were full of mango. Later, they climbed down the tree and walked slowly back home. Their tummies were full. Too full.

'I feel sick,' said Leila.  
'Me too,' said Sipho and Emmanuel.

That night, they all groaned in bed. They couldn't sleep. They had the worst tummy aches of their lives.

'If only I had eaten fewer mangoes,' was in each of their thoughts.



Think about it

Sometimes when we have money we want to spend it straight away, instead of being patient and saving.

Think of what these children could have done with some of the mangoes they ate to earn some money to save.



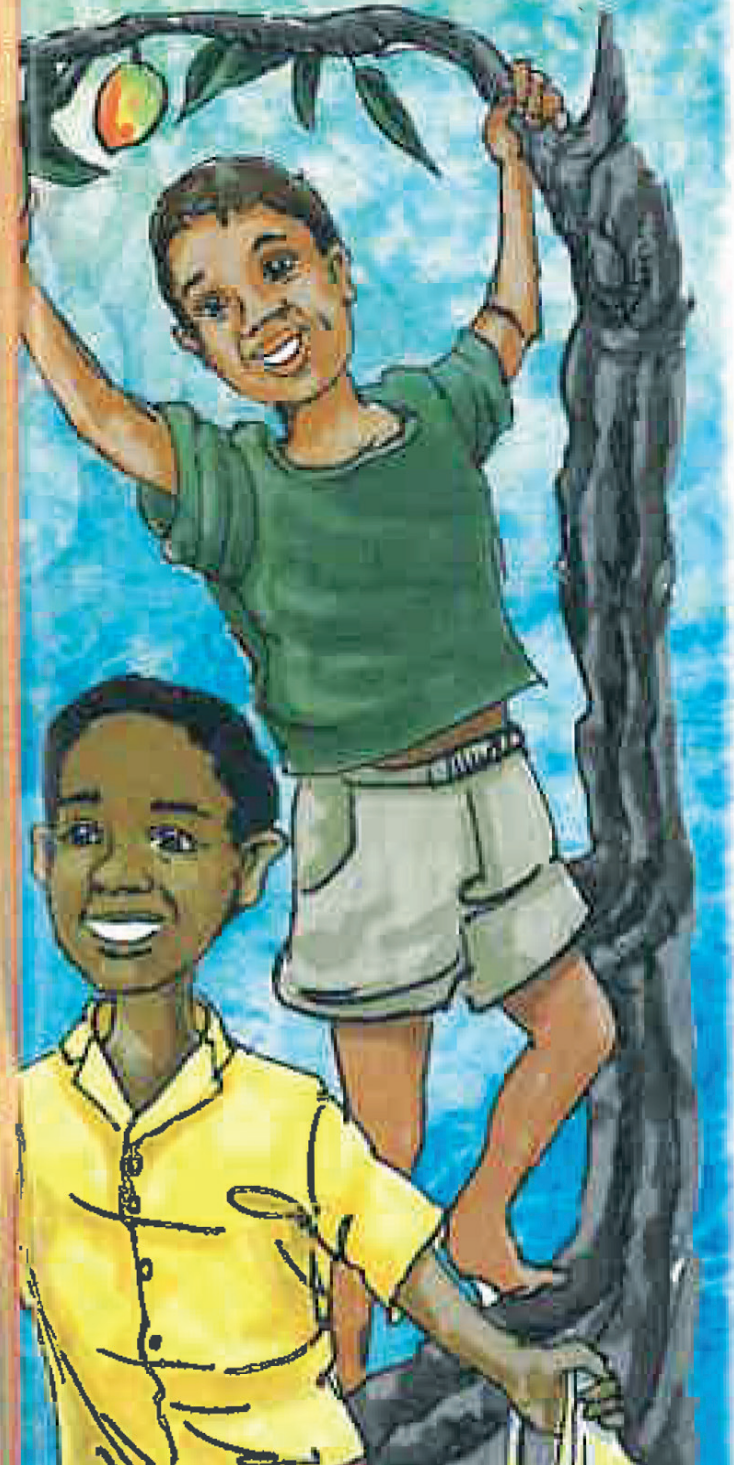
## Do you have a story to tell?

Have you ever eaten too much, or done something straight away, because you couldn't wait? Were you sorry about it afterwards?

1. Tell a friend about it.
2. Say what a lesson you learnt.
3. How would you do things differently next time?

My name is .....

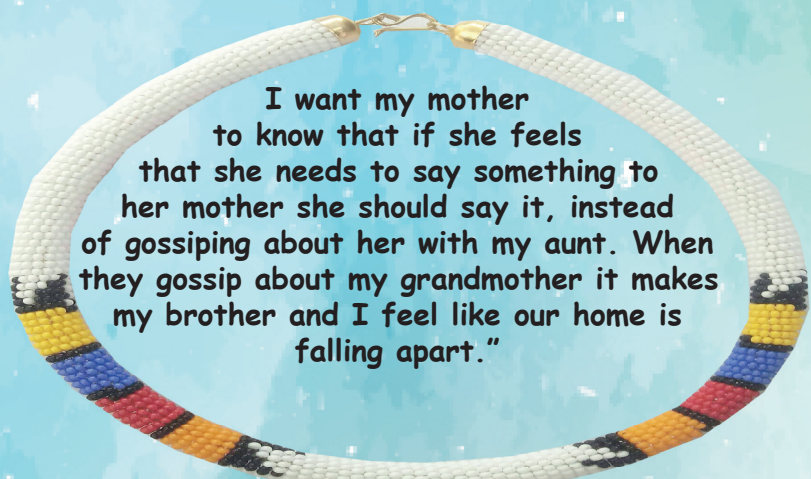
Here is my story (you can write or draw it):



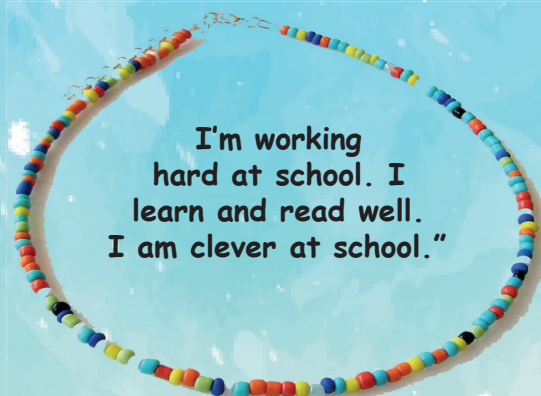


# I want my family to know...

**Buddyz from Peacemakers Soul Buddyz Club said that they want their parents and guardians to know that:**



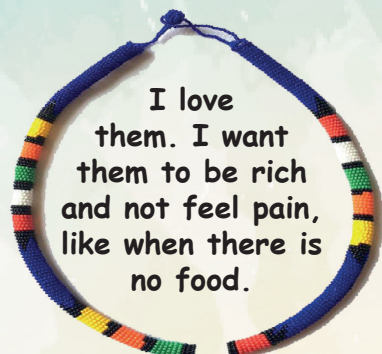
I want my mother to know that if she feels that she needs to say something to her mother she should say it, instead of gossiping about her with my aunt. When they gossip about my grandmother it makes my brother and I feel like our home is falling apart."



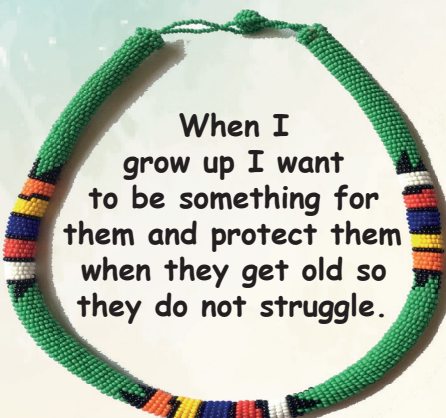
I'm working hard at school. I learn and read well. I am clever at school."



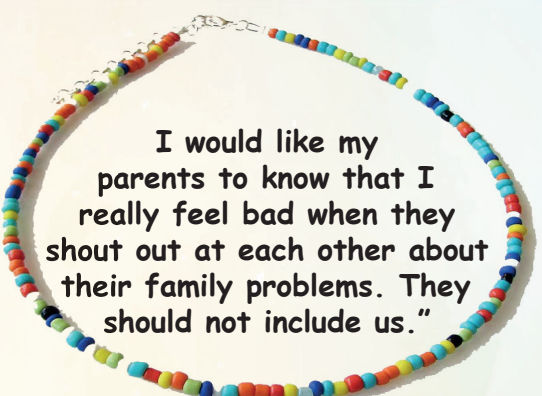
I am in love with someone.



I love them. I want them to be rich and not feel pain, like when there is no food.



When I grow up I want to be something for them and protect them when they get old so they do not struggle.



I would like my parents to know that I really feel bad when they shout out at each other about their family problems. They should not include us."

## And you?

Write down something you would like to tell your family, parents or guardians. If you are shy or scared to tell them, ask another adult you trust to help you. It is good to let your feelings and thoughts out. Talking about your feelings can make you feel better and sometimes adults will not know how we feel until we let them know.

Thanks to the Buddyz who shared their thoughts with us. We hope they find the courage to let their families know how they feel. We hope you do the same.

# Tell, tell, tell!



DR. Shaheda Omar works at The Teddy Bear Clinic where children who have been abused get help. She wants children to know that they must report abuse to a trusted adult so that they can get help.

'When you report abuse, you can be protected from the abuser,' says DR. Shaheda Omar. Also, you could be protecting other children from being abused by the same person.'

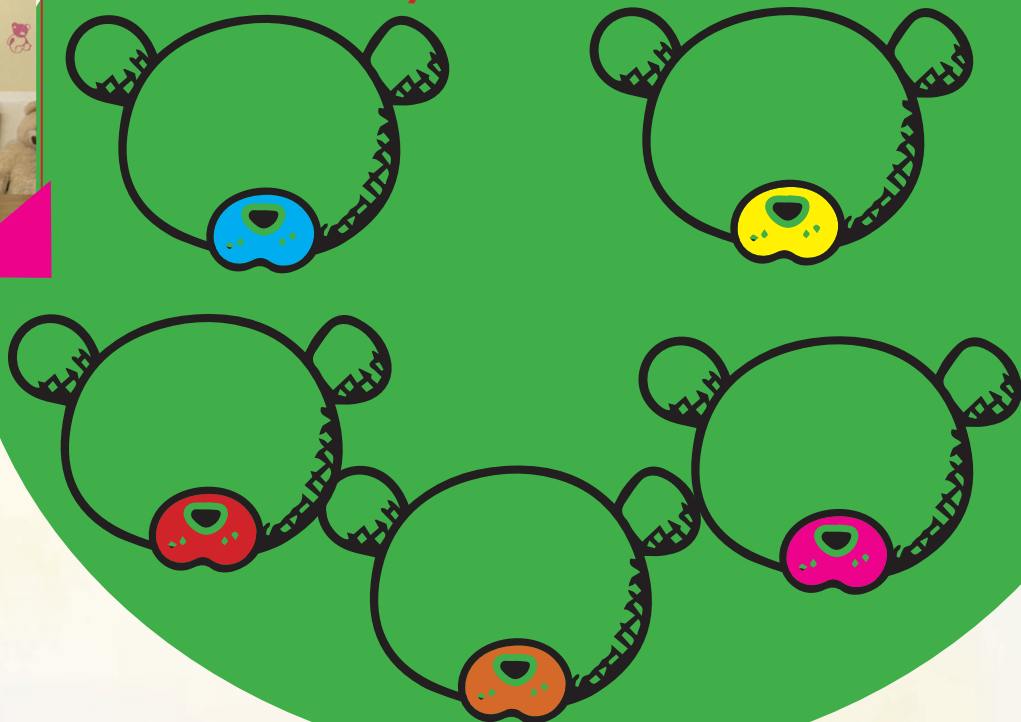
Some children worry about reporting abuse, especially when the abuser is someone who earns money for the family. But this must not stop you from reporting abuse.'

'You have the right to be protected. You are special and important,' says DR. Shaheda Omar. 'You should not take the blame if the abuser gets in trouble for doing something wrong. It is not your fault.'



Who are your trusted adults? Think of five adults that you trust. A trusted adult will listen to you, believe you and act in your best interest.

## My trusted adults



teddy bear  
foundation



childline

South Africa

☎ 08000 55 555





# Welcome to Term 4

It's the last quarter of the year. The festive season is getting closer. Yay! Make sure you stay safe as you have fun. Watch out for peer pressure. Stay true to yourself.

Have you achieved the goals that you set for yourself at the beginning of the year? Well done if you have! And if you haven't, what can you change so that you can still achieve the goal, or part of it?



## Then and now



### Protector gear in the sun

Let's keep our skin happy and safe on sunny and cloudy days. Ultra violet (UV) radiation from the sun travels straight through clouds, and burns our skin. If you have too much sun, and burn your skin often, you can get skin cancer, no matter what colour your skin is.

Make an umbrella and long sleeved shirt for your fashion statement this summer. You'll look trendy and help to keep your skin safe.

Stay out of direct sunlight from **11h00 to 14h00**. That's when the sun rays are strongest and most harmful. Find a shady tree to chill, read and play games under.

Umbrella's have been used for thousands of years. In the olden days, they were made out of cotton, or paper made from the bark of trees, and bamboo. Before waterproof fabric was invented, the Chinese put wax on umbrellas to make them waterproof.



### 21 October 1879

On this day, Thomas Edison showed off his bright invention. The electric light bulb! He was not the only inventor to make a light bulb. But the others' ideas did not work as well and cost too much money. Edison's electric bulb lasted longer. It lasted **13** hours and was less expensive. Since then, light bulbs have turned green. No, nit in colour! In saving electricity.

Energy saving bulbs, like this, are called compact fluorescent lamps (CFL). They use less power and last longer than the older types of light bulbs.



### 16 December is Reconciliation Day in South Africa

It's a day of peace, forgiveness, healing and national unity. Is there a friend, or someone else, that you had a fight with that you are sorry about? Well, this would be the perfect day to talk about it, shake hands and say, 'Let's put it behind us.'



# Forget the talk, do the walk!

Get those legs of yours up and walking.

Why? Because walking:

- Makes your bones stronger
- Helps to release stress and keeps you fit
- Makes you less at risk of having heart disease
- Helps you to lala kahle/sleep nicely at night!



## How to make walking fun

- Whistle and sing while you walk
- Carry drinking water with you
- Go on walks with your friends and family (remember, it's safer to walk in a group)
- Walk in safe places and on paths
- Ask your school to help you organize a big fun walk. It could be for fun, and even to raise funds
- Start a walk club

## Walking words

1. This is another word for slow running: j\_g\_i\_g.
2. In road safety, a person who walks is called a p\_d\_e\_t\_i\_n.
3. The first person to walk in the moon was Neil A\_m\_t\_o\_g.
4. When a person is sleeping and walking at the same time it is called SL\_ \_PW\_ \_K\_ NG

### Drink Water

When you do exercise your body sweats. You lose fluid. Your body dehydrates. So, make sure that you drink water to make up for it.






# Turn waste into **WOW!**

You can make new things out of old things. Good for the environment and good for you!



## Make a handy wall hanging:




### You need:

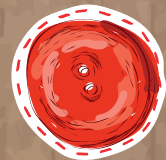
-  Cotton and a needle (you could sew by hand, or you could use a sewing machine if you have an adult to help you)
-  Cloth to cut up into squares that are about 20cm by 20cm
-  A fairly straight twig

### How to make it:

1. Choose some fabric. Cut it into squares.
2. Sew them together in a line.
3. Make a loop in the top square.
4. Gently push a twig through the loop.
5. Make a loop in the bottom square.
6. Tie some wool or string on either end.
7. Knock a nail into the wall. Hang up your work of art!

### Other ideas:

-  Sew pockets onto your wall hanging, and keep letter and notices, or other special things in them.
-  Use special pieces of fabric that have good memories for you.
-  Sew buttons, shells, beads and other things on to decorate your wall hanging.





# On the decks with Dj Barkzz

Lloyd Babedi, also known to his fans as Dj Barkzz. Luckily, we were fans loooooong before he became famous. When he was in high school in 2006, Lloyd appeared with his classmates on the cover of a Soul Buddyz Club guide unit. We caught up with him to find out what he's up to these days.

After I left school I opened up an events company. I work as a Dj, a motivational speaker, and I have a clothing label. When I Dj I enjoy playing deep house music but I also play what is popular for people, like amapiano. The highlights of my playing music is that I have shared stages with some of the biggest Djs in the country.

I believe that in life you are what you say you are. You make into reality what you believe. Most of the time when we have challenges we focus too much on them. I know that for every challenge there is always a solution. You just need to keep an open mind. When you get criticized, learn from it. Whatever people say can build you, depending on how you take it.

I overcome by not giving up. I have always had the mind that if you keep knocking on doors and no one opens you can always look at other options like knocking on the window and try to get another way to get in.

There was always a bigger purpose for my life. I experienced life as an able-bodied person but then at certain age I had to cross over and be on a wheelchair and then walk on crutches. I saw it as a learning curve and a chance to grow. It's all about how you look at life.

In 2014 I started a Thesau foundation where we help people to get wheelchairs, crutches and get to school. The foundation has assisted almost 200 people with disabilities throughout the country.

My next big moves are that I am working on my first music album. Watch the space. I also want to open a multipurpose centre for people with disabilities where they can get qualifications and learn the necessary skills to be able to contribute as members in society.



# Let the music Play

The letters of each musical instrument are all messed up. Write out their names correctly on the line underneath each photograph.



naipo

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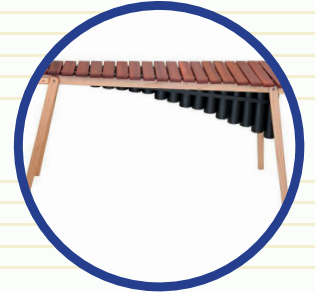
gtarui

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Niloiv

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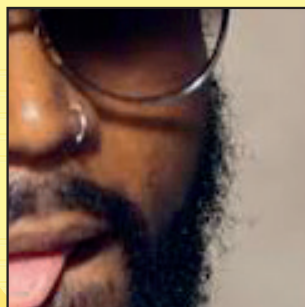
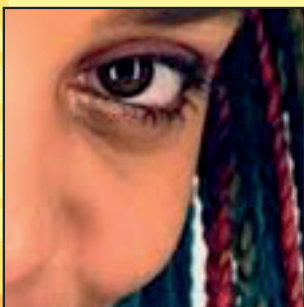
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tufle

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## Who are the musicians?



## Write your song

Shoo ba doo, shoo ba doo!

It's a \_\_\_\_\_ today

I feel like \_\_\_\_\_

My friends and I

\_\_\_\_\_

Let's party, let's \_\_\_\_\_

Shoo ba doo, shoo ba doo!

Today I feel \_\_\_\_\_



# Play a game of 'Box the tins'

## What you need

1. An empty crate or a box
2. Empty tins



## How you play

1. Spread out the tins around the outside of the box.



2. Try to pick up each tin using only your feet. Then try to throw it into the box with your feet.



3. Keep going until you've got all the tins in the box.



4. The next time you play, move the tins or bottles a bit further away from the box to make it more difficult.



5. You can also add more tins, and time yourself to see how fast you can get them all into the box.



You can also play this game with a friend, or a group of friends. The choice is yours. As long as you're having fun!

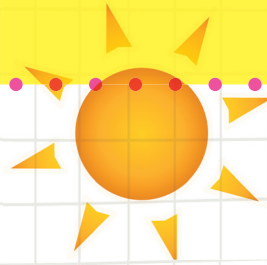
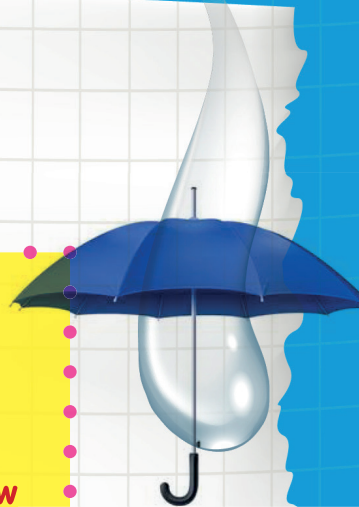
## THIS GAME IS GOOD FOR:

- a challenge
- concentration
- getting your eyes, feet and muscles to work together
- FUN!



# BRAINTEASERS

1. Three large people try to get under a small umbrella. They don't all get fully covered but nobody gets wet. How can this be?
2. What has wheels and flies, but is not an aeroplane?
3. I am the only thing that always tells the truth. I show off everything that I see. I come in all shapes and sizes. So tell me, what am I?
4. What is  $\frac{1}{2}$  of 2 plus 2?



## KNOCK, KNOCK JOKES



Knock, knock!  
Who's there?  
Figs!  
Figs who?  
Figs (fix) the doorbell, it's broken.



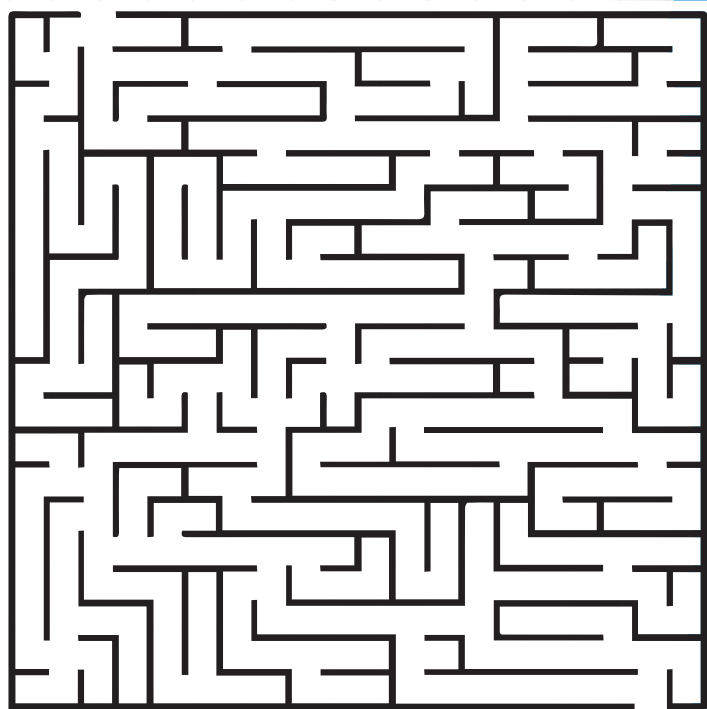
Knock, knock!  
Who's there?  
Four eggs!  
Four eggs who?  
Four eggs ample! (for example)



Knock, knock!  
Who's there  
Hoo.  
Hoo who?  
You talk like an owl!



## Solve The Maze puzzle

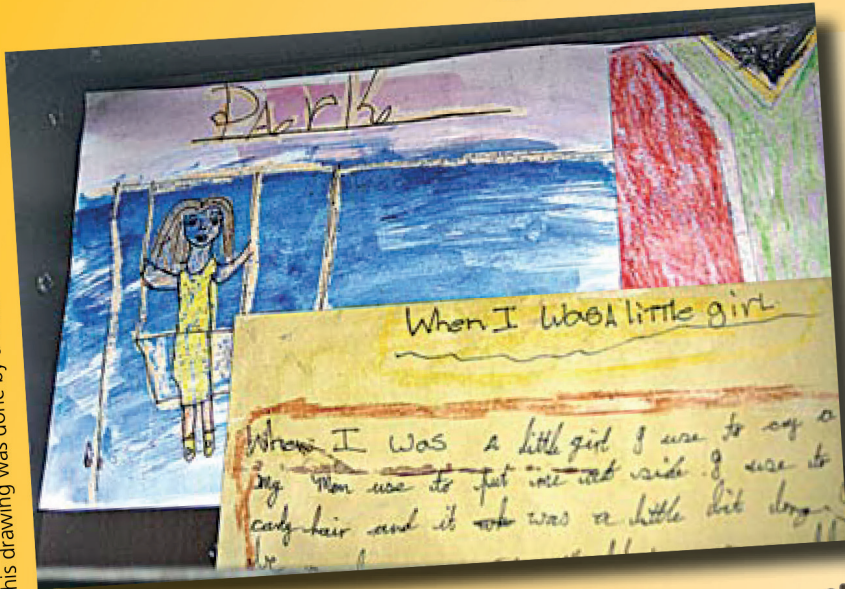


**Brainteaser Answers**  
1. It's not raining  
2. A garbage truck  
3. mirror  
4. Three



# Buddyz from all

This drawing was done by a member of the Suitcase Project.



When I was a little girl I used to cry a lot. This was when I lived in Congo. My mom used to put me outside. I used to sit on my swing. I used to watch the stars come out. We had to leave that house and run away because of the war. I miss that tree.

## Talk about this

How does this girl feel when she remembers the swing at her old house?

Have you ever had to move away from a place you know and love? Did you miss anything or anyone that you left behind?

We have Buddyz from other countries in our clubs. They had to leave their homes and grandparents and friends behind.

Therese, Margaret, Cecilia, Letishia and Mutayla are from Zambia, Democratic Republic of Congo and Zimbabwe. They are all friends and members of the Enviro Kids Soul Buddyz Club at St Agnes School. They tell us about being a girl from another country.







Look for their facilitator on the first page of this Club Zone.

**Therese:** *I was very young when my family moved to South Africa. The most difficult thing was learning a new language. I had to learn English and Xhosa and Afrikaans. I speak French and Lingala at home with my family but I know all these other languages so I can talk to South Africans.*

**Cecilia:** *I love being a Buddy. It is a place for South Africans, Congolese everyone. Even our facilitator is from another country – Zimbabwe!*

**Margaret:** *We had to learn a new life in South Africa because it is different from the places where we came from.*

**Letishia:** *When I see new students arriving at our school I try to make friends with the new student because I know how it can be difficult. I want to make them feel like they belong.*

**Mutayla:** *I was afraid I wouldn't make friends but I was wrong because now I have friends from South Africa and other countries!*



Buddyz

### Earn points for your club

Are people from other countries welcomed in your area or do people say bad things about them? What do you say to children from other countries? Are you kind or do you bully them? How should Buddyz behave towards children from far away places?

Show us what you as Buddyz are doing to welcome other children to your school and area. Draw us pictures of your new friends and what you are doing to help them feel at home. Send them to us and you will earn points for your club.







# Summer swim splash!

## Swim safety checklist

Tick 'yes' or 'no' on the swim safety checklist. Share it with your friends and family.



### Before you go out to swim.



- |   |        |
|---|--------|
| 1. Are you going with other people so that you are not alone? Are you, or any of the people you want to go, with strong swimmers? | YES NO |
| 2. Is there a lifeguard, or an adult, who could save a drowning person at the place where you want to swim?                       | YES NO |
| 3. Are people allowed to swim where you want to swim?   | YES NO |
| 4. Do you know how deep the water is?   | YES NO |
| 5. Do you know if there are rocks or weeds below? Do you know where there are dangerous tides or currents in the sea?             | YES NO |
| 6. Will you be able to stand in the water and have your arms and head above water?  | YES NO |
| 7. Do you know how to swim?   | YES NO |



**So, did you get the 7 yeses? If so, excellent! Full marks! If not, then don't swim until you do get 7 yeses. It's your life. Protect it.**

### Smart Swim tips

- Never swim when you are alone.
- Never push someone into water.
- Don't swim in a fast-flowing river.
- Stay away from rivers when it has rained heavily. Heavy rains cause flash floods that can sweep you away.
- Don't dive into a river unless you know it well. There could be rocks below the water that you can't see.
- Dams may look safe to swim in. But they can be very deep. You could also get caught in water weeds.
- Don't swim at night.
- If you don't know how to swim, don't pretend that you do!
- If someone is drowning, DO NOT jump in to save them. Call an adult to help straight away.

# Party time!!

First there's the fun of planning a party with your friends. Then there's the party!



## Before the party

### Have we:

- Got permission from our parents to have a party?
- Got a safe place for our party?
- Worked out who will bring what food and soft drinks to our party?
- Invited people properly, and told them what time the party will begin, and what time it will end? Do we want to make invitation cards?
- Thought of some games to play at our party?
- Got some music to play?

## At the party

### Have we:

- Made the party venue look nice and fun?
- Got a plan for how to welcome our guests, and make them feel at home?
- Asked some parents to help us make sure that only the people who we've invited come to the party?

## Make up your party rules

Remember to make up rules that everyone know about, like: no smoking, drugs or alcoholic drinks, or fighting at your party. Decide what to do if someone breaks the rules.

## Straight talk

Drop the dop. Nobody needs alcohol to have a good time. Alcohol causes fights and your party to flop. You can have a party in the day time, if that make it safer and nice for everyone.

## How about a party with a theme?



### A mask party.

Everyone makes a mask to wear

### A rainbow party

Everyone wears as many colours as they can.

### A fancy dress party

Everyone comes dressed up as different people



# SNAKES & LADDERS



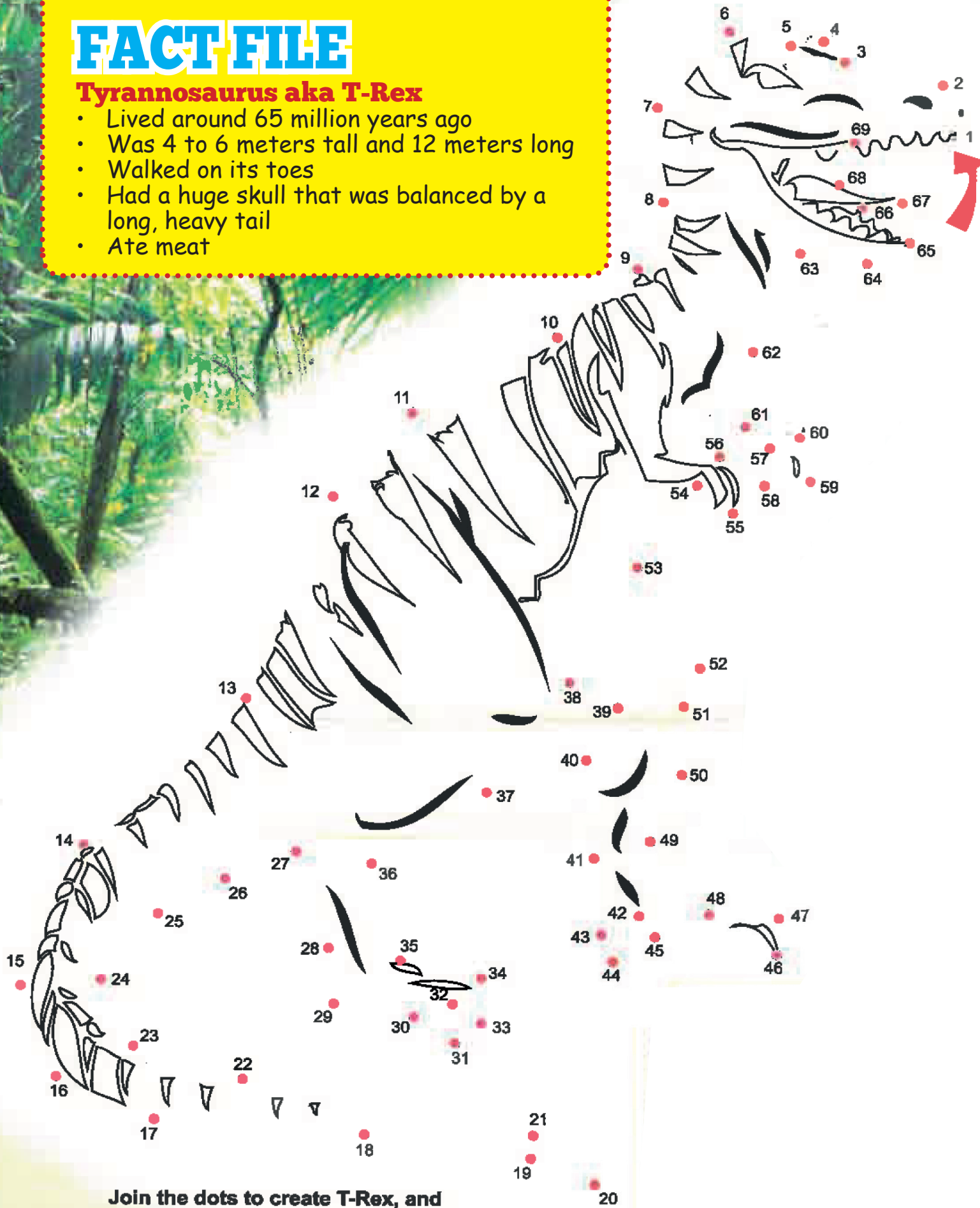
<b>FINISH</b> SOUL BUDDYZ CLUB	35	34	33		31
	26			29	30
	23		21		19
	14			17	
		10	9	8	7
<b>START</b>	2		4	5	



# FACT FILE

## Tyrannosaurus aka T-Rex

- Lived around 65 million years ago
- Was 4 to 6 meters tall and 12 meters long
- Walked on its toes
- Had a huge skull that was balanced by a long, heavy tail
- Ate meat



Join the dots to create T-Rex, and colour her in however you like.



# Help! I need to talk

Organisation	Area of expertise	Webpage address	Contact number
COVID-19 Connect	Emergency Line	<a href="http://www.sacoronavirus.co.za">www.sacoronavirus.co.za</a>	Call 0800 029 999 WhatsApp 0600-123456
Children's Institute	Child rights and law	<a href="http://www.ci.org.za">www.ci.org.za</a>	021 650 1473
Childline South Africa	Child abuse counselling	<a href="http://www.childline.co.za">www.childline.co.za</a>	08000 55 555 021 461 1114
Lifeline	Counselling	<a href="http://www.lifelinesa.co.za">www.lifelinesa.co.za</a>	0861 322 322
Department of Social Development	Suspected abuse reporting	<a href="http://www.dsd.org.za">www.dsd.org.za</a>	0800 428 428
The South African Social Security Agency (SASSA)	Child grants	<a href="http://www.sassa.gov.za">www.sassa.gov.za</a>	012 400 2000 0800 601 011
The South African Depression and Anxiety Group (SADAG)	Toll-free counselling line	<a href="http://www.sadag.co.za">www.sadag.co.za</a>	0800 567 567 (emergency) 0800 12 13 14 (24-hour helpline)
Child Welfare of South Africa	Services for children	<a href="http://www.childwelfarea.org.za">www.childwelfarea.org.za</a>	074 080 8315
AIDS helpline	Information	<a href="http://www.sancac.org.za">www.sancac.org.za</a>	0800 012 322



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**health**

Department:  
Health  
REPUBLIC OF SOUTH AFRICA