



Kry jou kinders aan die skryf!

Ons skryf om dinge gedoen te kry en met mekaar te kommunikeer. Dit is soos om kos te maak – hoe meer jy dit doen, hoe beter doen jy dit en hoe makliker raak dit vir jou! As ouers en versorgers moet ons vir ons kinders die voorbeeld stel om te wys hoe belangrik skryf in ons daaglikse lewe is en hoekom ons dit doen.



Get your children writing!

We write to get things done and to communicate with one another. It is like cooking – the more you do it, the better you become at it and the easier it becomes for you! As parents and caregivers, we need to lead by example to show the power and purpose of writing in our daily lives with our children.

Begin vroeg

- ★ Wanneer kinders teken, is dit dikwels die eerste stap om te leer skryf. Wys dat jy in hul tekeninge belangstel deur aanmoedigende opmerkings te maak en hulle oor hulle prente uit te vra. Jy kan vra: "Dit lyk soos 'n interessante huis om in te woon. Wie woon daar?"
- ★ Hou papier, vetkryt, penne en potlode byderhand in jou huis. Bêre dit op 'n plek waar kinders dit maklik self kan bykom sodat hulle kan teken wanneer hulle ook al wil.

Get an early start

- ★ Drawing is often a child's first step towards writing. Show an interest in their drawings by making encouraging comments and asking them about their pictures. You could ask, "That looks like an interesting house to live in. Who lives there?"
- ★ Have paper, crayons, pens and pencils on hand at home. Keep them in a place that is easy for your children to reach on their own, so that they can draw whenever they want to.



Skryf by die huis

- ★ Gee vir jou kinders die geleentheid om hul lewens te organiseer deur te skryf. Vra byvoorbeeld vir hulle om 'n inkopielysie vir jou te maak of om 'n lys te maak van die dinge wat hulle skool toe moet vat.
- ★ Skep geleenthede vir jou kinders om met ander te kommunikeer deur te skryf. Laat hulle hul name op groetekaartjies skryf of laat hulle dankiesê-kaartjies en boodskappe vir familieleden en maats skryf.
- ★ Kinders hou baie daarvan om in dagboeke te skryf. Moedig jou kinders aan om oor enigiets in hul dagboeke te skryf (en te teken) – hul gedagtes, gevoelens, idees, of iets wat hulle geniet het om te doen. (Maak seker hulle weet dat wat hulle skryf, vertroulik is, tensy hulle kies om dit met ander te deel.) Jy kan 'n gewone notaboek as dagboek gebruik deur net die datum boaan elke bladsy te skryf.

Get writing at home

- ★ Give your children the opportunity to use writing to organise their lives. For example, ask them to write a shopping list for you or to write a list of things that they need to take to school.
- ★ Find opportunities for your children to use writing to communicate with others. Let them write their names on greeting cards or write thank-you notes and messages to family members and friends.
- ★ Children love writing in diaries. Encourage your children to write (and draw) in their diaries about absolutely anything – their thoughts, feelings, ideas or what they enjoyed doing. (Make sure that they know that what they write is private unless they choose to share it with others.) You can use a basic notebook as a diary, just add the date at the top of each page.

Skryf as 'n gesin saam

- ★ Skryf stories saam met jou kinders op skoon velle papier en maak boeke daarvan deur die velle papier aan mekaar vas te kram.
- ★ Jonger kinders kan die prente teken. Bied aan om die woorde wat hulle vir jou sê, neer te skryf, maar moedig hulle aan om self te probeer skryf.
- ★ Laat ouer kinders op hul eie teken en skryf.
- ★ Moet nooit hul spelfoute kritiseer nie. Bied eerder aan om hul spelfoute vir hulle reg te maak!



Write together as a family

- ★ Write stories with your children on blank sheets of paper and make books by stapling the sheets of paper together.
- ★ Younger children can draw the pictures. Offer to write the words they tell you, but also encourage them to try to write themselves.
- ★ Allow older children to draw and write on their own.
- ★ Never criticise spelling errors. Rather, offer to correct the spelling instead!



Drive your
imagination



IT STARTS WITH
A STORY.
DIT BEGIN MET
'N STORIE.



Geletterdheidsaadjies!

Dit begin met VERBEELDING!

Literacy Seeds!

It starts with IMAGINATION!



Beste ouers en versorgers van jong kinders, wanneer 'n mens lees, is **verbeelding** nodig om die woorde op die bladsy lewendig te maak. Wanneer ons byvoorbeeld lees van 'n reus wat in die straat af stap, behoort ons 'n "video" in ons gedagtes te kan skep van daardie reus wat stap: die manier waarop sy arms, sy bene en kop beweeg, die vorm van sy rug, die ritme van sy treë. Dit maak die reus lewendig in ons verbeelding. Lank voordat ons kinders kan lees, behoort hulle al hul verbeelding te ontwikkel sodat hulle met begrip en genot kan lees!

Dear parents and caregivers of young children, reading needs **imagination** to lift the words off the page and give them life. For example, when we read about a giant walking down the street, we should be able to create a "video" in our minds of that giant walking along: the way his legs, arms and head move, the shape of his back, the rhythm of his steps. This brings the giant to life in our imaginations. So, long before our children can read, they should be developing their imaginations so that they can read with understanding and enjoyment!

5 maniere om ons kinders te help om hulle verbeelding te stimuleer

Kinders hou daarvan om hul liggame te beweeg, om interaksie te hê met die dinge in hulle omgewing, liedjies te sing, speletjies te speel, rympies op te sê, na stories te luister en stories te vertel, te teken en om te maak of hulle lees en skryf. Speel soveel moontlik met jou kinders, en gee vir hulle tyd en die geleentheid om alleen en/of met ander kinders te speel. Dit sal hulle gelukkig laat voel en hulle help om 'n gesonde selfbeeld te bou. Hier is 'n paar dinge wat jy kan doen om jou kinders te help:



5 ways to help our little ones grow their imaginations

Children love to move their bodies, interact with the things around them, sing songs, play games, say rhymes, listen to and tell stories, draw and pretend to read and write. Spend as much time as you can playing with your children, and give them the time and space to play alone and/or with other children. This will make them feel happy and help them develop healthy self-esteem. Here are some things you can do to help your children:

- 1. Lees, vertel en gesels oor stories.** Gesels deur die dag met jou kind. Gesels oor wat julle doen, vertel of lees 'n storie en gesels ook daaroor.
- 2. Maak tyd vir vryspel.** Moenie al jou kinders se aktiwiteite beplan nie. Laat hulle toe om met hul eie idees vorendag te kom oor wat hulle in hul speeltyd wil doen.
- 3. Maak 'n boks vol eenvoudige speelgoed.** Maak 'n boks vol dinge waarin kinders sal belangstel en wat veilig is om mee te speel. Dit kan ou klere, speeldeeg, stukkies droë pasta, afvalpapier, vetkryt, afvallappies en wol wees ... enigiets wat 'n kind se verbeelding sal aanwakker.
- 4. Skakel toestelle af wanneer dit speeltyd is.** Om op die televisie, 'n rekenaar of 'n foon na programme te kyk, kan 'n kind se verbeelding beperk. Kinders sal byvoorbeeld hoor wat iemand anders se idee is van hoe 'n dinosaurus klink in plaas daarvan om self hul verbeelding te gebruik om aan die geluid te dink wat 'n dinosaurus maak.
- 5. Gee hulle die kans om self dinge uit te toets.** Ons weet dalk van 'n makliker, vinniger of beter manier om iets te doen, maar as ons kinders die kans gee om maniere te vind om 'n probleem op te los, ontwikkel dit hul kreatiwiteit, redeneervermoë, selfvertroue en verbeelding.

- 1. Read, tell and talk about stories.** Talk to your child during the day. Talk about what you're doing, tell or read a story and talk about that too.
- 2. Make time for free play.** Do not plan all your children's activities. Allow them to come up with their own ideas of how to spend their play time.
- 3. Keep a box of simple playthings.** Keep a box or bag of things that could interest children and are safe to play with. There could be old clothes, play dough, pieces of dried pasta, scrap paper, crayons, scraps of fabric and wool ... anything that could spark a child's imagination.
- 4. Turn off devices during playtime.** Watching programmes on television, a computer or phone can limit children's imagination. For example, children will hear someone else's idea of what a dinosaur sounds like instead of trying to imagine the sound themselves.
- 5. Give them time to try things on their own.** While we may know an easier, faster or better way to do something, giving children time to find ways to solve a problem develops their creativity, reasoning, confidence and imagination.

Onthou: Wanneer kinders fokus op wat hulle doen wanneer hulle speel, sal hulle en die plek waar hulle speel vuil, deurmekaar en raserig word. Hou hulle van 'n afstand goed dop om seker te maak dat almal veilig is. En wanneer speeltyd amper verby is, laat die laaste speletjie insluit dat hulle die plek en hulself skoon en netjies maak.

Remember: When children become focused in play, they and the space that they are in will get dirty, untidy and loud. Watch carefully from a distance to make sure that everyone is safe. And when the playing draws to a close, try to make the last game include cleaning up the space and themselves.



Drive your
imagination

Gebruik speel om verbeelding aan te wakker

Wanneer kinders aangemoedig word om te speel sonder dat hulle reëls hoef te volg, kry hulle kans om hul besluitnemings- en sosiale vaardighede te oefen. Hierdie soort spel staan bekend as verbeeldingspel of voorgeespel. Tydens verbeeldingspel kan kinders:

- maak of hulle iemand anders, 'n dier of voorwerp is. Hierdie persoon, dier of voorwerp kan werklik wees of iets wat hulle uitdink, soos 'n pratende hond wat van Mars af kom of net 'n gewone hond!
- hulle verbeel dat die dinge in die regte wêreld iets anders is. 'n Boks in hul slaapkamer kan byvoorbeeld 'n ruimteskip op die maan word.
- maak of hulle op 'n ander plek is. Die speelgrond kan byvoorbeeld 'n piramide in Egipte word.
- 'n storie opmaak wat hulle opvoer.



Build imagination through play

Encouraging children to play without having to follow rules allows them to practice their decision-making and social skills. This kind of play is known as imaginative play or pretend play. During imaginative play children might:

- pretend to be another person, creature or object. This person, creature or object could be real or fantasy, like a talking dog from Mars or just a regular dog!
- imagine that the things in the real world are something else. For example, a box in their bedroom might be a spaceship on the moon.
- pretend that the place that they are in is somewhere else. For example, the playground might be a pyramid in Egypt.
- make up a story that they act out.

Die voordele van verbeeldingspel:

- * Kinders ontwikkel sosiale vaardighede deur te leer om saam die storie op te maak.
- * Hulle leer om eenvoudige aanwysings te volg.
- * Hulle stem in om deel te wees van die kinders om hulle se verbeeldingswêreld.
- * Hulle leer om hul emosies te beheer deur hul gedrag by verskillende situasies aan te pas.
- * Hulle ontwikkel 'n begrip van hoe hul eie gedrag iemand anders beïnvloed.
- * Hulle leer empatie deur te maak of hulle iemand anders is.
- * Hulle leer om hul gedagtes en gevoelens uit te druk – ook denkbeeldige gedagtes en gevoelens.

The benefits of imaginative play:

- * Children develop social skills by learning to share in building a story together.
- * They learn how to follow simple directions.
- * They agree to share in the imagination of others around them.
- * They learn to manage their emotions by adapting their behaviour to different situations.
- * They develop an understanding of how their own behaviour affects someone else.
- * They learn empathy by pretending to be someone else.
- * They learn how to express their thoughts and feelings – and imaginary ones.

Die belangrikheid van verbeeldingspel:

Verbeeldingspel help kinders om belangrike lewensvaardighede te ontwikkel wat hulle deur hul hele lewe sal gebruik.

- ⚙️ **Kreatiwiteit:** Kinders moet hul verbeelding uitdaag en soveel as moontlik gebruik, want dit laat hulle toe om met sosiale en emosionele rolle in die lewe te eksperimenteer.
- ⚙️ **Onafhanklikheid:** Kinders kan tydens samewerkende speel hul eie speletjies en reëls opmaak. Dit help hulle om belangstelling te toon in die aktiviteit en die ander kinders wat daarby betrokke is.
- ⚙️ **Probleemoplossing:** Kinders gebruik baie vorme van probleemoplossing om iets uit gewone huishoudelike materiaal te skep. Hulle kan byvoorbeeld 'n leë koffieblik as 'n trom gebruik. Hierdie vaardighede ontwikkel ook tydens argumente wat tydens speletyd kan ontstaan wanneer twee maats uiteenlopende idees het oor hoe 'n speletjie gespeel behoort te word. Om verskille uit die weg te ruim, te leer om beurte te maak en verantwoordelikhede te deel, is waardevolle lewensvaardighede.

The importance of imaginative play:

Imaginative play helps children to develop important life skills that they will use forever.

- ⚙️ **Creativity:** Children need to challenge and stretch their imaginations as far as they can go, which allows them to experiment with life's social and emotional roles.
- ⚙️ **Independence:** Children can make up their own games and rules through cooperative play. This helps them develop an interest in the activity and in the other children involved.
- ⚙️ **Problem-solving:** Children use many forms of problem-solving to create something from regular household materials. For example, they could use an empty coffee tin as a drum. These skills also develop during arguments that can arise during playtime when two playmates have different ideas about how a game should be played. Working out their own differences, learning to take turns and sharing responsibility are valuable life skills.

Vir al die spesiale vroue!



For all the special women!

Augustus is Vrouemaand!
August is Women's Month!

Vroue versorg, ondersteun en koester hul gesinne. Dink aan al die spesiale vroue in jou lewe. Dit kan jou ma of ouma wees of enige vrou wat lief was vir jou en jou versorg het. Om vir hulle te wys hoeveel jy alles wat hulle vir jou gedoen het, waardeer, kan jy vir elke vrou 'n fles vol gunsies maak om Vrouemaand te vier.



Women provide care, support and nurturing to their families. Think of all the special women in your life. It could be your mother or grandmother or any woman who has loved and cared for you. To show how much you appreciate all they have done for you, why not make a jar of favours for each woman to celebrate Women's Month?

Wat jy sal nodig kry:

- ♥ 'n Skoon fles met 'n deksel.
- ♥ Klein strokies of stukkie gekleurde papier en 'n pen.
- ♥ 'n Skêr en gom.
- ♥ Versierings vir jou fles: papier, verf, gom, lint, materiaal, knope, ens.



What you'll need:

- ♥ A clean empty jar with a lid.
- ♥ Small strips or squares of coloured paper and a pen.
- ♥ A pair of scissors and glue.
- ♥ Things to decorate your jar: paper, paint, glue, ribbon, material, buttons, etc.

1. Maak seker die fles en sy deksel is skoon.
2. Versier die deksel met verf, knope, 'n lint of enigiets waarvan jy hou.
3. Maak 'n etiket vir die fles wat sê wat binne-in is, byvoorbeeld, *Fles vol gunsies* of *Dankie vir al jou liefde*.
4. Skryf gunsies neer wat jy kan doen vir 'n vrou in jou lewe wat jou inspireer of wat jy regtig waardeer.
5. Knip die gekleurde papier op in 10 blanko kaartjies van sowat 10 cm x 4 cm. Skryf op elke kaartjie 'n ander gunsie neer. ('n Guns kan iets wees soos: **Maak 'n week lank elke oggend 'n koppie tee**, of **Gee 'n voetmassering**, of enigiets wat sy sal geniet! Voeg een of twee by wat sê: **Kies jou eie gunsie**.)
6. Vou die kaartjies toe en sit dit in die fles.
7. Gee die fles met gunsies vir die vrou wat jy gekies het sodat sy hierdie gunsies tydens Vrouemaand kan geniet.



1. Make sure that the jar and its lid are clean.
2. Decorate the lid of the jar with paint, buttons, a ribbon or anything that you like.
3. Make a label for the jar that says what's inside, for example, *Favour jar* or *Thank you for your love*.
4. Write down favours to do for a woman in your life who inspires you or who you really appreciate.
5. Cut up the coloured paper to make 10 blank cards that are about 10 cm x 4 cm big. Write a different favour on each card. (A favour can be something like: **Make a cup of tea every morning for a week**, or **Give a foot massage**, or anything she will enjoy! Add one or two that say **Choose your own favour**.)
6. Fold the cards and put them in the jar.
7. Give the jar of favours to the woman you chose so that she can enjoy these favours during Women's Month.



Bou jou eie biblioteek. Maak TWEE knip-uit-en-bêreboekies

1. Haal bladsye 5 tot 12 van hierdie bylae uit.
2. Die vel met bladsye 5, 6, 11 en 12 daarop maak een boek. Die vel met bladsye 7, 8, 9 en 10 daarop maak die ander boek.
3. Gebruik elk van die velle om 'n boek te maak. Volg die instruksies hier onder om elke boek te maak.
 - a) Vou die vel in die helfte op die swart stippellyn.
 - b) Vou dit weer in die helfte op die groen stippellyn.
 - c) Knip op die rooi stippellyne.



Grow your own library. Create TWO cut-out-and-keep books

1. Take out pages 5 to 12 of this supplement.
2. The sheet with pages 5, 6, 11 and 12 on it makes up one book. The sheet with pages 7, 8, 9 and 10 on it makes up the other book.
3. Use each of the sheets to make a book. Follow the instructions below to make each book.
 - a) Fold the sheet in half along the black dotted line.
 - b) Fold it in half again along the green dotted line.
 - c) Cut along the red dotted lines.



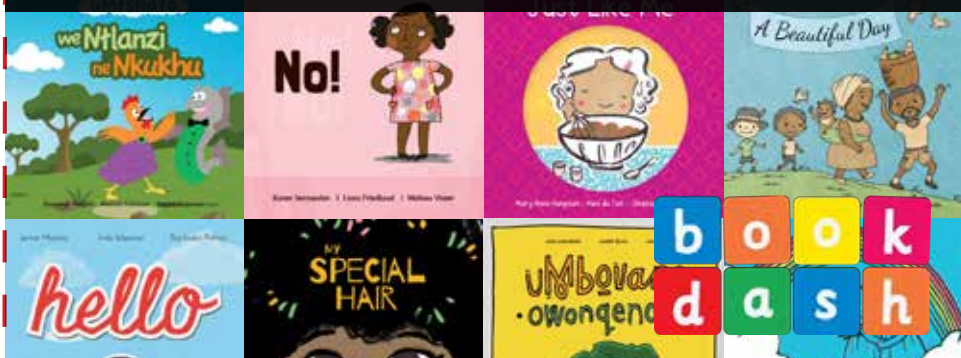
Drive your
imagination

“Jy is darem ‘n regte makop!”
sê Oupa. “Wat’s volgende?”



“What a crazy, cool kid you are!” says
Grandpa. “What’s next?”

Lots more free books at bookdash.org



Get story active!

- ★ Draw a picture of you and your best friend doing your favourite fun activity together. Undereath your picture or on a separate page, write what you and your friend are doing. Also write why it is your favourite activity. If you cannot write all the words you want to, ask someone to help you write down what you want to say on the page.
- ★ Read the story again. Make a list of all the things that Fatima and her grandpa did together.

Raak doenig met stories!

- ★ Teken ‘n prent van jou en jou beste maat wat die prettige aktiwiteit waarvan jy die meeste hou, saam doen. Skryf onderaan die prent of op ‘n afsonderlike bladsy wat jy en jou maat doen. Skryf ook hoekom dit jul gunstelingaktiwiteit is. As jy nie al die woorde kan skryf nie, vra iemand om jou te help om wat jy wil sê op die bladsy neer te skryf.
- ★ Lees die storie weer. Maak ‘n lys van al die dinge wat Fatima en haar oupa saam gedoen het.

Nalibali is a national reading-for-enjoyment campaign to spark and embed a culture of reading across South Africa. For more information, visit www.nalibali.org or www.nalibali.mobi



Nalibali is ‘n nasionale lees-vir-genotveldtog. Dit wil ‘n leeskuil regoor Suid-Afrika laat vlamvat en vaslê. Vir meer inligting, besoek www.nalibali.org of www.nalibali.mobi



Drive your
imagination

“Great stuff! Now you can
see all the flowers. What’s
next?” asks Grandpa.
“Goeie plan! Nou kan ons
al die blomme sien. Wat’s
volgende?” vra Oupa.



What’s next?



Wat’s volgende?

Clyde Beech • Rayhaanah Williams •
Jacqui Botha

Ideas to talk about: When you look at the picture and read the story’s title, what do you think this story is about? Is there someone that you like to do fun things with? What are your favourite things to do with your best friend?

Idees om oor te praat: Waaroor dink jy gaan hierdie storie wanneer jy na die prent kyk en die titel van die storie lees? Is daar iemand saam met wie jy graag prettige dinge doen? Wat doen jy die graagste saam met jou beste maat?



“I have an idea! Let's play superheroes and pick up the litter,” says Fatima.

“Ek het 'n plan! Kom ons maak of ons superhelde is en dan tel ons die rommel op,” sê Fatima.



“How about something cold and delicious?” says Fatima.

“Wat van iets wat koud en lekker is?” sê Fatima.

Fatima is always busy!
She loves to run and play.



Fatima is altyd besig!
Sy hou daarvan om te hardloop en te speel.

Fatima hurries to bed. She is excited for her next adventure with her best friend, Grandpa.



Fatima spring in die bed. Sy kan nie wag vir haar volgende avontuur saam met haar beste maat, Oupa, nie.



Thobeka antwoord nie. Ben ry laggend weg. Gewoonlik ignoreer Thobeka vir Ben wanneer hy haar terg. Maar vandag huil sy. Daardie aand, toe Phumeza regmaak om te gaan slaap, vryf sy oor Beertjie se kaal kop. “Arme Beertjie, jou hare sal nooit weer groei nie,” sê sy.

Thobeka voel verskriklik. Sy gaan bêre Gogo se skêr weer in die kombuiskas. Toe hardloop sy na die verste hoekie van die tuin en kruip in die klein hoenderhok in. Sy kruip die res van die dag daar weg. Sy is te ontsteld om uit te kom. Phumeza se broer ry op sy fiets verby. “Haai, Thobeka! Waar is jy?” roep Ben. “Ek hoor jy sny vandag hare. Sal jy my hare ook sny?”

Thobeka felt horrible. She put Gogo’s scissors back in the kitchen cupboard. Then she ran to the bottom of the garden and crept into the little henhouse. There she hid for the rest of the day, too upset to come out. Phumeza’s brother rode past on his bicycle. “Hey, Thobeka! Where are you?” Ben yelled. “I hear you’re cutting hair today. Will you cut my hair too?”

Thobeka didn’t answer. Ben rode away, laughing. Usually Thobeka ignored Ben when he teased her. That night, as Phumeza got ready for bed, she patted Bear’s bald head. “Poor Bear, your hair will never grow again,” she said.

HEARTLINES
The Centre for Values Promotion



Vir meer inligting, stuur ‘n e-pos aan info@heartlines.org.za of skakel (011) 771 2540.

For more information, please email info@heartlines.org.za or phone (011) 771 2540.

Get story active!

- ★ Why do you think Phumeza was so cross when she saw how Thobeka had cut Bear’s hair?
- ★ What do you think it means to forgive someone? Can you think of a time you’ve forgiven someone?
- ★ Do you think Phumeza was right to forgive Thobeka? Why or why not?
- ★ Do you think we should always forgive people who do things that make us angry or hurt us? Why or why not?

Raak doenig met stories!

- ★ Hoekom dink jy was Phumeza so kwaard toe sy gesien het hoe Thobeka Beertjie se hare gesny het?
- ★ Wat dink jy beteken dit om iemand te vergewe? Kan jy dink aan ‘n keer toe jy iemand vergewe het?
- ★ Dink jy Phumeza was reg om Thobeka te vergewe? Hoekom of hoekom nie?
- ★ Dink jy ons moet mense wat dinge doen wat ons kwaad maak of seermaak, altyd vergewe? Hoekom of hoekom nie?

Nal’ibali is a national reading-for-enjoyment campaign to spark and embed a culture of reading across South Africa. For more information, visit www.nalibali.org or www.nalibali.mobi



Drive your
imagination

Nal’ibali is ‘n nasionale lees-vir-genotveldtog. Dit wil ‘n leeskuil regoor Suid-Afrika laat vlamvat en vaslê. Vir meer inligting, besoek www.nalibali.org of www.nalibali.mobi

Bear’s Haircut: A story about forgiveness

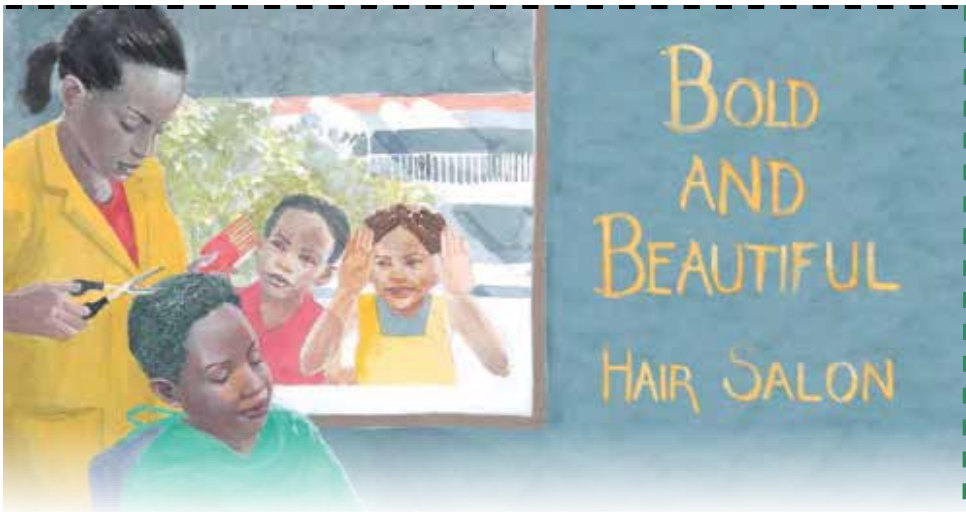


Beertjie se haarsny: ’n Storie oor vergifnis

Nola Turkington • Joseph Mugisha

Ideas to talk about: Have you ever done something that made someone else cross, even though you didn’t mean to? Share the story of what happened.

Idees om oor te praat: Het jy al iets gedoen wat iemand anders kwaad gemaak het, al het jy dit nie bedoel nie? Deel die storie van wat gebeur het.



On Phumeza’s sixth birthday, Mama gave her a toy bear. Bear had bright eyes, golden brown hair, a small black nose and a smiley mouth. On the front of his red vest in big letters was written: I LOVE YOU. PLEASE LOVE ME.

Everywhere Phumeza went, Bear went with her. She loved Bear almost as much as she loved Thobeka. Thobeka was her five-year-old next-door neighbour and her best friend.

One afternoon, Mama had an appointment at the salon. Phumeza and Thobeka watched through the salon window as the hairdresser cut Mama’s hair. Thobeka was especially interested. She watched carefully how the hairdresser snipped off the hair with razor-sharp scissors. It looked so easy and so much fun.

Later, Phumeza, Thobeka and Bear played in the yard. After a while, Thobeka ran inside. She came back carefully carrying her grandmother’s scissors. “Can I cut your hair?” she asked Phumeza.

“Not today,” replied Phumeza. “I want to go home now.”



“’n Rooi wolmus, die een wat Gogo vir my vir die winter gebrei het. Dit sal Beertjie se kop toemaak en ook by sy rooi frokkie pas.”

En dit het.



Phumeza couldn’t sleep. She was sad about Bear’s hair, but even more, her heart felt heavy and sore when she remembered Thobeka’s face. She tossed and turned and buried her face in her pillow. “I shouldn’t have shouted at Thobeka. I could see she was upset already. I said such nasty things.”

Phumeza thought about the day Mama gave her two pieces of cake, one for her and one for Thobeka. In front of her best friend, she ate both pieces. Thobeka forgave her and didn’t tell Mama how greedy Phumeza had been. Phumeza thought about the prayer her family often said, asking God to forgive them. She felt ashamed. It wasn’t a good feeling.



Net toe kom Phumeza aangehardloop om vir Beertjie te kom haal. Sy gly oor die gras en kom tot stilstand.

“Wat doen jy? O, NEE! Jy het Beertjie se hare gesny! Kyk wat het jy aangevang! Wat ’n gemors!”

Voor Thobeka ’n woord kan uitkry, gryp Phumeza vir Beertjie aan een been en skree: “Ek sal jou nooit vergeewe nie. Jy is NIE meer my beste maat nie!”

En sy hardloop woedend weg.

Phumeza kan nie slaap nie. Sy is hartseer oor Beertjie se hare, maar haar hart voel swaar en seer as sy terugdink aan Thobeka se gesig. Sy rol rond en druk haar gesig in haar kussing. “Ek moes nie op Thobeka geskree het nie. Ek kon sien sy was klaar ontsteld. Ek het sulke nare goed gesê.”

Phumeza dink aan die dag toe Mamma vir haar twee stukkie koek gegee het, een vir haar en een vir Thobeka. Sy het albei stukkie koek voor haar beste maat opgeëet. Thobeka het haar vergewe en nie vir Mamma vertel hoe gulsig Phumeza was nie.

Phumeza dink aan hoe haar gesin dikwels bid en vra dat God hulle moet vergewe.

Sy voel skaam. Dis nie ’n lekker gevoel nie.

Phumeza hugged her best friend through the burglar bars.

“I’ve forgiven you already, and I’m very sorry I shouted at you and said mean things.”

The girls talked until Thobeka couldn’t hold onto the bars any longer.

“Before I go,” said Thobeka, “I’ve brought Bear a present.”

“What is it?”

“A red woollen cap, the one Gogo knitted me for winter. It’ll cover Bear’s head and match his red vest.”

And it did.

Phumeza gee haar beste maat ’n stywe drukkies deur die diefwering.

“Ek het jou klaar vergewe, en ek is baie jammer dat ek op jou geskree het en nare goed gesê het.”

Die meisies gesels totdat Thobeka nie meer aan die diefwering kan vashou nie.

“Voor ek gaan,” sê Thobeka, “ek het vir Beertjie ’n geskenk saamgebring.”

“Wat is dit?”

Thobeka tel vir Beertjie op haar skoot. Knip, knip, knip, maak die skêr. ’n Groot klos goudbruin hare sweef grond toe.

Sy leun terug om te kyk. Ai, jai-jai! Daar is ’n groot bles kol bo-op Beertjie se kop. Nou is Thobeka bekommerd. “Dit lyk sleg,” dink sy. “Baie sleg. Wat gaan Phumeza sê?”



Thobeka put Bear on her lap. Snip, snip, snip, went the scissors. A large clump of golden brown hair floated to the ground.

She leant back to look. Oh, oh! There was a big bald patch on the top of Bear’s head. Now Thobeka was worried. “That looks bad,” she thought. “Very bad. What will Phumeza think?”

Op Phumeza se sesde verjaardag gee Mamma vir haar ’n speelgoedbeertjie. Beertjie het blink ogies, goudbruin hare, ’n klein swart snoetjie en ’n glimlag op sy mond. Op die voorkant van sy rooi frokkie staan in groot letters: EK IS LIEF VIR JOU. WEES LIEF VIR MY.

Beertjie gaan oral saam met Phumeza. Sy is byna so lief vir Beertjie as wat sy vir Thobeka is. Thobeka is vyf jaar oud, woon langsaan en is haar beste maat.

Een middag het Mamma ’n afspraak by die haarsalon. Phumeza en Thobeka kyk deur die salon se venster terwyl die haarkapper Mamma se hare sny. Veral Thobeka is baie geïnteresseerd. Sy kyk goed hoe die haarkapper die hare met ’n vlymskerp skêr knip. Dit lyk asof dit so maklik en soveel pret is.

Later speel Phumeza, Thobeka en Beertjie buite. Ná ’n rukkie hardloop Thobeka binnetoe. Sy kom terug en dra haar ouma se skêr versigtig. “Kan ek jou hare sny?” vra sy vir Phumeza.

“Nie vandag nie,” antwoord Phumeza. “Ek wil nou huis toe gaan.”



Buite begin Lotto die hond blaf.
Thobeka waai Gogo se skêr rond en stap met die
trappies af na hom toe. Lotto gee die skêr een kyk en
hardloop met sy stert tussen sy bene in die straat af.
Net Beertjie bly oor, waar hy teen die heining sit.

Outside, Lotto the dog started barking.
Waving Gogo's scissors, Thobeka walked down the
back steps towards him. Lotto took one look at the
scissors and ran down the road with his tail between his
legs.
Only Bear was left, propped against the garden fence..



“Then I’ll cut my granny’s,”
said Thobeka, and she ran off
to find Gogo.

So, Phumeza climbed over
the fence and went home ...
without noticing that she had
left Bear sitting by the fence.

When Thobeka went into the
house, Gogo was on her cell
phone, so Thobeka left her alone.

Thobeka’s brother was asleep and she was frightened to
wake him.

“Whose hair CAN I cut?” Thobeka wondered.

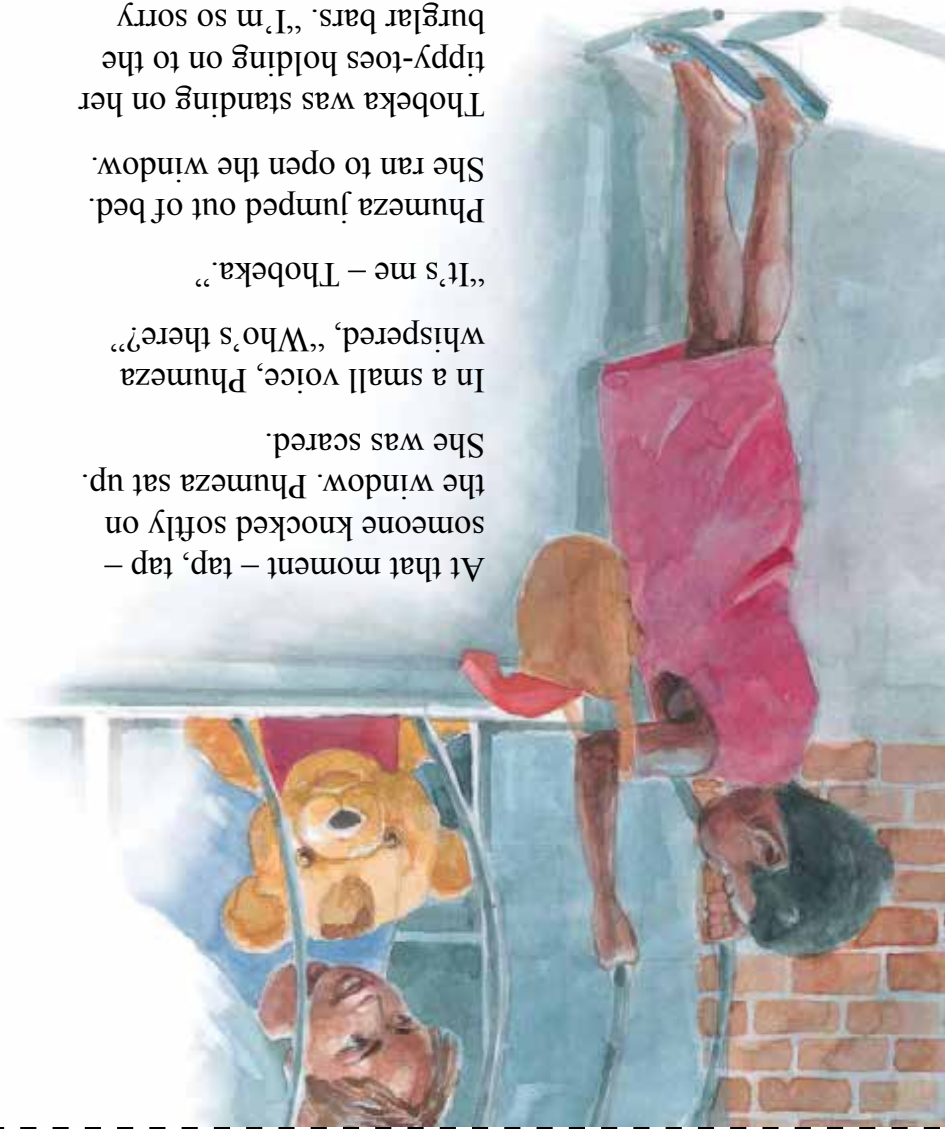
“Dan sal ek my ouma se hare sny,” sê Thobeka, en hardloop
om vir Gogo te gaan soek.

Phumeza klim oor die heining en gaan huis toe ... maar sy
besef nie dat sy Beertjie teen die heining los nie.

Toe Thobeka by die huis instap, praat Gogo op haar selfoon en
Thobeka los haar in vrede.

Thobeka se broer slaap en sy is bang om hom wakker te maak.

“Wie se hare KAN ek sny?” wonder Thobeka.



At that moment – tap, tap –
someone knocked softly on
the window. Phumeza sat up.
She was scared.
In a small voice, Phumeza
whispered, “Who’s there?”
“It’s me – Thobeka.”
Phumeza jumped out of bed.
She ran to open the window.
Thobeka was standing on her
tippy-toes holding on to the
burglar bars. “I’m so sorry
I cut Bear’s hair. I wasn’t
thinking properly. Please,
please forgive me.”

Op daardie oomblik – tok, tok – klop iemand
saggies aan die venster. Phumeza sit regop.
Sy is bang.

“Wie’s daar?” fluister Phumeza in ’n klein
stemmetjie.

“Dis ek – Thobeka.”

Phumeza spring uit die bed. Sy hardloop na
die oop venster toe.

Thobeka staan op haar tone en hou aan die
diefwering vas. “Ek is so jammer ek het
Beertjie se hare gesny. Ek het nie mooi gedink
nie. Vergewe my, asseblief tog.”



“What’s next, kiddo?”
asks Grandpa.
Fatima yawns. “Let’s
go home.”
“Wat’s volgende, hartjie?”
vra Oupa.
Fatima gaap. “Kom ons
gaan huis toe.”



“What should we do tomorrow?” asks Fatima.
“Wat gaan ons môre doen?” vra Fatima.

Her favourite part of the day is
when Grandpa arrives.
“How should we spend our day,
Fatima?” asks Grandpa.



Die beste deel van haar dag
is wanneer Oupa kom kuier.
“Wat moet ons vandag doen,
Fatima?” vra Oupa.



“Ek kan die hele wêreld van hier bo af sien,” roep Fatima.

“I can see the whole world from up here,” Fatima shouts.



“I know!” says Fatima.
“Let’s go to the park.”

“Ek weet!” sê Fatima.
“Kom ons gaan parkie toe.”



“Hello, Fatima,” says Mum. “What did you and Grandpa do today?”
“Hallo, Fatima,” sê Mamma. “Wat het jy en Oupa vandag gedoen?”



“Not much!” they both say.
“Nie veel nie!” sê hulle al twee.

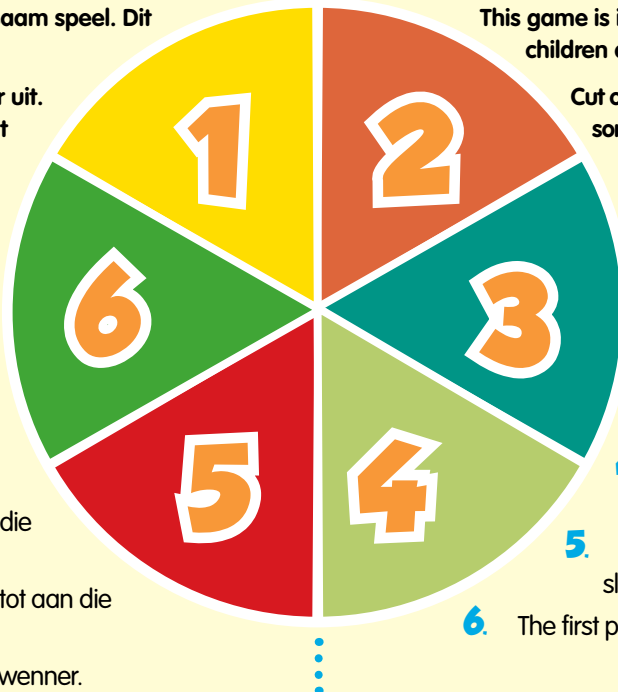
Slangetjies en leertjies! Snakes and ladders!

Hierdie speletjie is ideaal vir vier of vyf mense wat saam speel. Dit is die beste vir kinders tussen 7 en 12 jaar.

Knip die speletjiesbord en die getalwiel hier onder uit. Plak dit op karton en trek dit met plastiek oor om dit skoon te hou.

Hoe om te speel:

1. Elke speler moet 'n muntstuk of klein klippie op die getal 6 van die wiel gooi om te begin.
2. Maak nou beurte om die muntstuk of klippie op die wiel te gooi. Skuif jou knoop daardie getal blokkies.
3. Volg die aanwysings in die blokkie waarop jy land.
4. As jou knoop onderaan 'n leer land, kan jy na die bopunt van die leer klim.
5. As jou knoop op 'n slang se kop land, moet jy tot aan die slang se onderpunt afgly.
6. Die eerste speler wat **Die einde!** bereik, is die wenner.

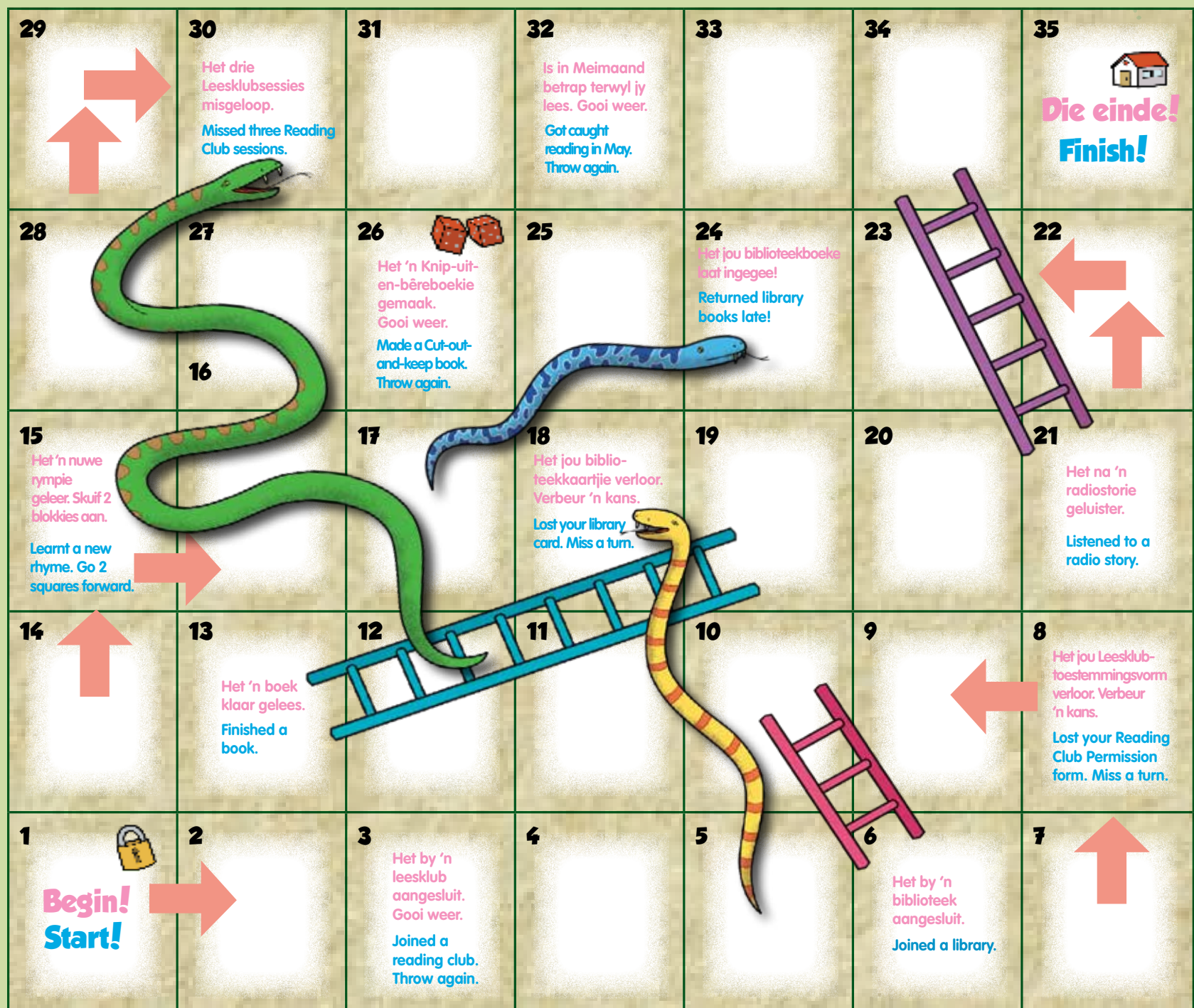


This game is ideal for four or five to play together. It is best for children aged 7 to 12 years old.

Cut out the game board and number wheel below. Paste it on some cardboard and cover it with plastic to keep it clean.

How to play:

1. Each player must toss a coin or small stone onto number 6 of the wheel to start.
2. Then take turns to toss the coin or stone onto the wheel. Move your button that number of squares.
3. Follow the instructions in the square you land on.
4. If your button lands at the bottom of a ladder, you can move up to the top of the ladder.
5. If your button lands on the head of a snake, you must slide down to the bottom of the snake.
6. The first player to reach: **Finish!** is the winner.



Illustrasies / Illustrations: Magriet Brink and/en Leo Daly

Kontak ons op een van die volgende maniere: • Contact us in any of these ways:

www.nalibali.org

www.nalibali.mobi

[f nalibaliSA](https://www.facebook.com/nalibaliSA)

[@nalibaliSA](https://www.instagram.com/nalibaliSA)

[@nalibaliSA](https://www.instagram.com/nalibaliSA)

info@nalibali.org





Atletiekdag by die Insekte-laerskool

Deur Karen Louise Olivier ■ Illustrasies deur Vian Oelofsen



Die oggendson skyn helder waar Lulu op 'n grasspriet op haar skool se sportveld sit. Vandag is atletiekdag by die insekte se laerskool. Lulu is baie opgewonde. Sy neem deel aan hoogspring. "Vlooi kan baie hoog spring!" skree sy toe sy op 'n klip spring, toe op 'n takkie en uiteindelik op 'n boomtak daar naby.

Lulu kyk uit die boom af en sien hoe die ander insekte gereedmaak vir die dag se gebeure. Die insekte voel almal baie selfversekerd, want hulle het hard ge oefen om gereed te wees vir vandag se byeenkoms.



Sprinkaan strek sy agterbene. "My bene is baie sterk. Ek dink ek sal vandag goed vaar in vêrspring," sê hy.

"Ek dink ek sal my resies wen," sê Kakkerlak terwyl sy die laaste happie pannekoek eet en haar mond met haar vlerk afvee.

Naaldekokker, Muskiet, By en Vlieg klap hul vlerke terwyl hulle stry oor wie die hoogste sal kan vlieg. "Die hoogvliegitem is 'n baie spesiale item," sê Naaldekokker. "Nie alle insekte het vlerke nie, maar dié van ons wat het, kan baie hoog vlieg. Ek dink ek gaan vandag die beker wen."

Miskruier weet hy sal die bal met sy sterk agterbene die verste kan stoot. Mier weet haar span sal die aflos wen, want hulle oefen al maande lank om die stokkie vir mekaar aan te gee. En Skoenlapper weet sy sal oor al die hindernisse in die hindernisriesies kan vlieg.

Lulu voel ook selfversekerd. "Ek sal vandag die hoogste spring," sê sy. "Zara dink sy kan my wen, maar ek gaan die beker wen!" En daarmee gee Lulu 'n yslike sprong van die boomtak af en beland ... op iets harigs. "Waar is ek?" roep Lulu verward.

Lulu was besig om te dagdroom en het nie gesien hoe Apie teen die boom opklim nie. Nou sit sy in sy hare vas!

Toe hoor Lulu Juffrou Skilpadbesie se aankondiging: "Goeiemôre, goeiemôre. Welkom aan al die atlete, hul gesinne en ons toeskouers! Maak gereed, want ons is amper reg om te begin. Al die atlete moet asseblief in die middel van die veld bymekaarkom."

Lulu kan die raserige toeskouers hoor lag, hande klap en juig. Maar Lulu en die skare toeskouers weet nie van die paddas wat onder die boomblare op die grond wegkruip nie. Hulle sit net en wag vir die regte oomblik om uit te spring en aan al die heerlike insekte te begin smul!

Lulu probeer intussen om haar uit Apie se hare los te wikkell, maar sy maak dit net erger. Toe skree sy so hard as wat sy kan: "Help! Help! Iemand help my, asseblief!" Maar niemand kan haar piepstemmetjie bo die raserige insekte hoor nie.

Toe hoor Lulu hoe Juffrou Skilpadbesie sê: "Die hoogspring vir meisies sal binnekort begin. Almal wat wil deelneem, moet asseblief na die hoogspringpunt toe gaan."

"Ag, nee," skree Lulu. "Ek gaan my item misloop!" Sy probeer deur Apie se pels beur, maar dis te dik. Lulu begin hui. Sy het so hard ge oefen vir hierdie dag en nou gaan sy nie kans kry om deel te neem nie.

Ná 'n rukkie hoor Lulu hoe Juffrou Skilpadbesie sê: "Die hoogspring vir meisies verloop goed. Dit is Zara se laaste sprong. Die dwarslat is baie hoog. Kom ons kyk of sy dit maak."

Net toe onthou Lulu haar ma se woorde: "Selfs al lyk dinge hopeloos, kan jy altyd 'n plan maak, Lulu."

Toe maak Lulu sommer 'n blink plan. "Ek is 'n vlooi," sê sy vir haarself. "Ek kan byt. Wanneer ek byt, sal dit aanhou jeuk."

En dis toe presies wat Lulu doen – sy byt vir Apie soveel keer as wat sy kan.

"Waaaaah!" skree Apie. "Iets byt my! Dit jeuk verskriklik." Hy krap so hard dat hy Lulu uit sy pels uit krap en sy trek deur die lug.

"Wieeeee!" skree Lulu toe sy oor die hoogspringpale se dwarslat seil!

Zara kan haar oë nie glo nie. "Waar kom jy vandaan, Lulu?" vra sy verbaas.

Voor Lulu kan antwoord, verloor Apie sy balans en val uit die boom. Hy beland op die paddas, wat so groot skrik dat hulle links en regs spring om weg te kom. Die perdebye swerm om die ander insekte om te keer dat hulle geëet word. En toe jaag hulle al die paddas weg.



In die deurmekaarspul dink almal dat Lulu die hoogspringitem gewen het, maar Lulu sê: "Nee, ek het nie gespring nie. Apie het my oor die dwarslat laat vlieg. Zara het die hoogspring gewen."

Juffrou Skilpadbesie oorhandig die beker aan Zara. "Baie geluk, Zara, ons is trots op jou," sê sy. Toe draai sy na Lulu toe. "Ons is ook trots op jou, Lulu. Jy was eerlik en het seker gemaak Zara kry die beker. Jy het ons ook van daardie aaklige paddas gered! Ek dink jy verdien ook 'n beker." Toe gee sy vir Lulu 'n beker omdat sy eerlik en dapper is. Almal klap hande en Zara gee vir Lulu 'n stywe drukkie.

Aan die einde van die dag stem al die insekte saam dat dit beslis die opwindendste atletiekdag is wat hulle nog ooit gehad het!

Raak doenig met stories!

- ★ Maak 'n lys van al die insekte in die storie. (WENK: Daar is 12 insekte.)
- ★ Teken 'n insek waarvan jy hou en skryf HOU VAN onder die tekening.

- ★ Teken nou 'n insek waarvan jy nie hou nie en skryf HOU NIE VAN NIE onder die tekening.
- ★ Kies enige insek. Maak 'n model van hierdie insek uit klei, wondergom of speeldeeg.



Drive your
imagination



Athletics day at Insect Primary

By Karen Louise Olivier ■ Illustrations by Vian Oelofsen



The morning sun shone brightly as Lulu sat on a blade of grass on her school's sports field. Today was athletics day at Insect Primary. Lulu felt very excited. She was taking part in the high jump. "Fleas can jump very high!" she shouted as she jumped onto a stone, then a twig and then onto the branch of a nearby tree.

Lulu looked down from the tree and saw the other insects getting ready for the day's events. The insects all felt confident because they had been practising hard to get ready for today.



Grasshopper stretched his back legs. "My legs are very strong. I think I'll do well in the long jump today," he said.

"I think I'll win my race," said Cockroach as she ate a last bit of pancake and wiped her mouth on her wing.

Dragonfly, Mosquito, Bee and Fly flapped their wings as they argued about who would be able to fly the highest. "The high fly is a very special event," said Dragonfly. "Not all insects have wings, but those of us who do, can fly very high. I think I'll win the trophy today."

Dung Beetle knew he would be able to push the ball the furthest with his strong back legs. Ant knew her team would win the relay race because they had been practising to pass the stick for months. And Butterfly knew she would be able to fly over all the obstacles in the steeplechase.

Lulu felt confident too. "I will jump the highest today," she said. "Zara thinks she can beat me, but I'm going to win the trophy!" And with that Lulu gave an enormous jump from the tree branch and landed ... on something furry. "Where am I?" Lulu cried in confusion.

Lulu had been daydreaming and had not seen Monkey climbing up the tree trunk. Now she was stuck in his fur!

Then Lulu heard Miss Ladybird announce, "Good morning, good morning. Welcome to all the athletes, their families and our spectators! Get ready because we are about to start. Could all the athletes gather in the middle of the field, please."

Lulu could hear the noisy spectators laughing, clapping and flapping. Little did Lulu and the crowd know that there were frogs hiding under the tree's leaves that had fallen to the ground. They were just waiting for the right time to jump out and start feasting on all the delicious insects!

In the meantime, Lulu tried to wiggle her way out of Monkey's fur, but that seemed to make things worse. Then she shouted as loudly as she could, "Help! Help! Someone please help me!" But no one could hear her tiny voice over the noisy insects.

Then Lulu heard Miss Ladybird say, "The girls' high jump will start soon. Can everybody who wants to take part, please go to the high jump point."

"Oh no," shouted Lulu. "I'm going to miss my event!" She tried to push her way through Monkey's fur, but it was too thick. Lulu started crying. She had practised so hard for this day and now she wouldn't have a chance to compete.

After a while, Lulu heard Miss Ladybird say, "The girls' high jump is going well. This is Zara's last jump. The bar is very high. Let's see if she makes it."

That's when Lulu remembered her mom's words, "Even when things seem hopeless, you can always make a plan, Lulu."

So Lulu came up with a very good plan. "I'm a flea," she told herself. "I can bite. When I bite, it will itch and itch."

And so that's exactly what Lulu did – she bit Monkey as many times as she could.

"Whaaaaa!" shouted Monkey. "Something bit me! It is so itchy." He scratched the itch so hard that he scratched Lulu right out of his fur, and she went flying through the air.

"Wheweeeee!" shouted Lulu as she flew right over the high jump bar!

Zara could not believe her eyes. "Where did you come from, Lulu?" she asked surprised.

Before Lulu could answer, Monkey lost his balance and fell out of the tree. He landed on the frogs who got such a fright that they hopped left and right to get away. The wasps swarmed around the other insects to protect them from being eaten. Then they chased all the frogs away.

Because of the chaos, everyone thought that Lulu had won the high jump, but Lulu spoke up, "No, I didn't jump. Monkey made me fly over the bar. Zara won the high jump."



Miss Ladybird handed the trophy to Zara. "Congratulations, Zara, we are proud of you," she said. Then she turned to Lulu. "We are also proud of you, Lulu. You were honest and made sure that Zara got the trophy. You also saved us from those awful frogs! I think you deserve a trophy too." Then she handed Lulu a trophy for being honest and brave. Everyone clapped, and Zara gave Lulu a big hug.

At the end of the day, all the insects agreed that this was definitely the most eventful athletics day they had ever attended!

Get story active!

- ★ Make a list of all the insects in the story. (HINT: There are 12 insects.)
- ★ Draw an insect that you like and write LIKE underneath the drawing.

- ★ Now draw an insect that you don't like and write DISLIKE underneath the drawing.
- ★ Choose any insect. Use clay, Prestik or playdough to make a model of that insect.



1.

• • • • •

How do you think the women in these pictures are making a difference in the lives of those around them? Write your own sentence about each picture.







2.

[illegible]

Write your own short story about a woman or girl who helped you with a problem you had. You can start your story like this:

“How could I solve my problem? Luckily, I could always ask ...”

Nal'ibali is here to motivate and support you. **Contact us** in any of these ways:



@nalibaliSA

Produced by The Nal'ibali Trust. Translation by Anita van Zyl. Nal'ibali character illustrations by Rico.



Drive your imagination

