

## Even more fun and inclusive educational activities for children and parents during lockdown

### Nantsi eminye imidlalo eyonwabisayo yabantwana nabazali ukuyenza ekhaya ngeli xesha loqelelwano

- ✓ Encourage jumping games like hopscotch, skipping rope and jumping jacks.
- ✓ Ququzelela imidlalo exhumayo efana nogqaphu, unomgcana, nokuxhuma esekileni ezotywe imingqa.



- ✓ Decorate your house with paper chains by cutting strips and linking them together.
- ✓ Hombisa ikhaya lakho ngetsheyini lamaphepha ahonjisiweyo aze adityaniswa.



- ✓ Treat each other to a shoulder, hand or foot massage.
- ✓ Yonwabisanani ngokutshintshana nisolula izandla neenyawo.



- ✓ Look for numbers on food containers and see how many your child can read.
- ✓ Khangelani amanani kwizigcini-kutya ze umntwana azame ukufunda amanani namagama akuzo.



- ✓ Send a letter, picture, photo or voice note to someone who is lonely.
- ✓ Nikela ngothando uthumele ileta, umfanekiso, umqhafazo okanye ilizwi kumntu oyedwa.



- ✓ Ask children to match cards or use cards to play the memory game where you take turns to see who can find the most pairs.
- ✓ Cela abantwana baqhathanise imifanekiso kumdlalo wokukhumbula betshinsthiselana ngamathuba okudlala ngokulinganayo.



- ✓ Let children dress up and tell a story or put on a concert that you watch and record for them.
- ✓ Abantwana banganxiba kakuhle bazenzele ikonsathi nomdlalo weqonga ze abazali babukele abanye babancede/babancedise.

*Please share these extra ideas with any teachers and parents who might find them helpful. Keep strong and well.*

*Nceda wabelane ngezi mbono nabo bonke abazali nabafundisi-ntsapho abanokuzisebenzisa. Uzigcine ukhuselekile ngeli xesha lesi sifo linzima.*

The Chaeli Campaign Inclusive Education Team, June 2020

[therapy@chaelicampaign.co.za](mailto:therapy@chaelicampaign.co.za)