



More fun and inclusive educational activities for children and parents during lockdown

Eminye imidlalo eyonwabisayo yabantwana nabazali ukuyenza ekhaya ngeli xesha loqelelwano

- ✓ Get children involved in preparing and dishing meals – counting, measuring, carrying, stirring etc.
- ✓ Abantwana bangancedisa ukupheka nokulungiselela izidlo – ngokubala, baqinisekise imilinganiselo, bakhangele, bazamise njalo njalo...
- ✓ Put 10 items in an empty pillowcase and ask your child to reach in and pick out / name the items.
- ✓ Faka izinto ozithandayo kwisingxobo somqamelelo ze umntwana afake isandla abize izinto ezingaphakathi kuso engazikhuphanga azijonge.
- ✓ Form a band using household items as instruments e.g. a pot and spoon drum while singing your favourite songs.
- ✓ Yakhani iqela lomculo nisebenzisa izixhobo zasekhaya ezifana neembiza namacebe ukwenza amagubu nicule iingoma enizithandayo.
- ✓ Search for circles / rectangles / squares / ovals in the house.
- ✓ Khangela iimilo kwizinto zasendlini - iqanda/isangqa, umbhoxo-buxande okanye isikwere njalo njalo...
- ✓ Make puzzles by cutting the sides of empty cardboard boxes into 2 / 4 / 8 / 16 pieces.
- ✓ Yenza iiphazile ngokusika iibhokisi zibengamacala amabini/ne/sibhozo njalo njalo...

- ✓ Count how many of each body part your child has and then add up the number of body parts for the whole family.
- ✓ Balani amalungu omzimba nidibanise inani lomntu ngamnye nawabanye. Umzekelo: Mna ndineendlebe ezimbini, xa sidibanisa ezikamama zine, xa sidibanisa ezika tata zintandathu njalo njalo...
- ✓ Discuss / draw / write stories about what makes you happy, sad, angry and scared.
- ✓ Thetha / Zoba / Bhala amabali ngezinto ezikonwabisayo, ezikukhathazayo, ezikwenza umsindo, nezikoyikisayo.
- ✓ Play “5 stones” (throw a stone up while trying to move others).
- ✓ Dlalani upuca, niqale kumanani aphantsi ninyukele kwaphezulu.
- ✓ See if you can grow a plant from a dried bean by putting it in a tissue / cotton wool and giving it water and sunlight for 10 days.
- ✓ Zama ukukhulisa izityalo, ungasongela imbotyi ngephepha okanye iwulu esunguliweyo (tissue paper/cotton wool) ulimanzise/ulinkcenkceshele umana ulibeka elangeni iintsuku ezilishumi ukuze ikhule.
- ✓ Take 10 breathes in through your nose and out through your mouth, then tighten and relax each part of your body to destress.
- ✓ Phefumlani kalishumi nifake umoya ngeempumlo niwukhuphe ngomlomo, ze niqinise niphinde nithambise amalungu omzimba ukuzama ukuzikhulula kuxinzelelo lwengqondo nomzimba.

Please share these extra ideas with any teachers and parents who might find them helpful. Stay safe during this challenging time.

Nceda wabelane ngazo nezi iibono nabo bonke abazali nabafundisi-ntsapho abanokuzisebenzisa. Uzigcine ukhuselekile ngeli xesha lesi sifo linzima.

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May 2020

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