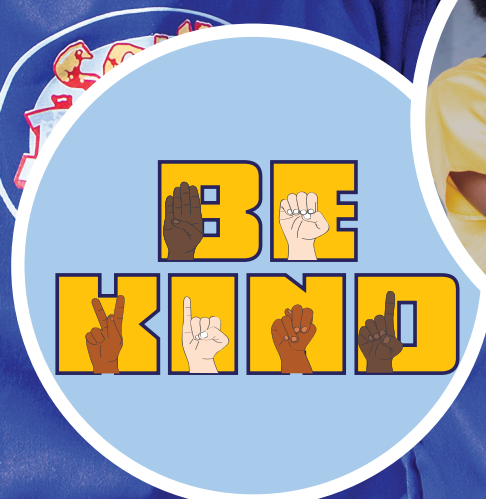




# Home





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## ACKNOWLEDGEMENTS

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Design: Leseli Creative



# Dear buddyz

Welcome to Soul Buddyz Zone magazine 2021! We have said a big "goodbye" to 2020, and a sweet "hello" to this year. This 2021 edition of Zone magazine is filled with stories, fun activities, and lots and lots of goodies. We've divided it into four sections, one for each term. Enjoy working through each term with Buddyz in your club. Don't forget to send us your projects and activities - we love to see what you are busy with!

Love, the Zone team

Here's the Soul Buddyz Song for you and your club to sing. Put some spice to it by adding more languages and a rap or poetry verse. Cool, right?

## JIKELELE BUDDYZ ANTHEM



Soul Buddyz Siyayithanda  
Iqeqesha abantwana  
Umhlaba wonke  
Jikelele  
X2

Jikelele  
Jikelele  
Jikelele  
Jikelele  
X2

Soul Buddyz rae rata  
E bile rae hloka  
Lefatsheng kaofela  
Jikelele  
X2

-|-

Remember to turn around slowly with your hand in the air when you sing the word Jikelele.





# A silent language

This is how you say Be Kind in South African Sign language. Give it a try.



- Sign language is not the same in different parts of the world. There are between 138 and 300 different types of sign language used worldwide.
- Knowing Sign Language alphabet does not mean you know Sign Language. It's like how you can know the spoken A-Z but not the full words spoken in the language.
- A deaf person will not always understand everything just because you spell it in Sign Language. They could be knowing a different type of sign language. Besides, imagine listening to a person who spells each word to make a sentence!
- Most people who sell the Sign Language Alphabet cards are hearing people pretending to be deaf. If you want to help the Deaf community, support events by and for deaf people or donate to Deaf schools.



Try to spell these words using the South African Sign language below. Try your name too.



Thanks to Real South African Sign Language for the drawing and the information on this page. <https://www.realsasl.com/learn-south-african-sign-language/144-south-african-sign-language-alphabet-abc>

LOVE  
PEACE  
HELP HAPPY  
FRIENDSHIP

# What is Artificial Intelligence?



Artificial Intelligence is like a copy of human intelligence put into an object made by humans, so that the object can operate itself when you click a button. For example, when a car can drive itself, when the internet can make suggestions of what you are looking for based on the first word you type, or when an electric kettle switches itself off when water is ready.

Which items below use AI? (circle the item)



1. Bicycle



2. Cellphone



3. A tree



4. Thermometer



5. bucket



6. A pillow

Artificial Intelligence affects all parts of our lives. Many jobs that used to be done by people are now done by machines. What does this mean for the future? Will it make life easier or harder? How?



## SA learner enters AI competition

Tsakane Koko is a high school learner Curro School in Pretoria. She took part in the "Olympics of Technology" called the Imagine Cup Junior Virtual Artificial Intelligence Hackathon girls edition, competing with 21 world countries.

They developed AI methods to pick up any sign in the wild dog's behaviour that could indicate illness or other threats. It also covered making sure that the wild dogs are protected from disasters like droughts, floods and human activity. Tsakane's team came 2nd in the competition. Halala to Tsakane and team!

The aim of the competition was for the teams to try and create real solutions for real world problems using Artificial Intelligence (AI). wKoko and her team's presentation focused on tracking wild dogs.





# School and Lockdown

What has it been like going to school in 2020 and 2021? And sometimes not going? What has it been like learning from home? And sometimes not learning?

We spoke to **Shadrack Mbambo Soul Buddyz Club**, from Etwata, Gauteng, about their experience of being a learner during the time of Covid-19.

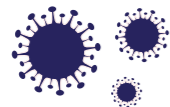


"It was difficult learning during lockdown. We heard about Covid every day, in every class. I worry if this is the way school is going to be even when I get to other grades and to matric."  
**Kamogelo Sibanyoni**

"It was very stressful going to school at first. You must sanitize everything. It was difficult to keep our social distancing. We had to be wearing our mask all the time. You feel like you are suffocating."  
**Gontse Mhlanga**



"Things were hard during lockdown. We were not able to even celebrate our birthdays. We couldn't see our family members and enjoy special days together."  
**Thandolwethu Mlangeni**



"I couldn't hug my friend."  
**Refiloe Dlamini**



"It was difficult learning during Covid because there was schoolwork that you didn't understand. You would need a teacher to explain to you, but you would be alone. I also had no one to share my secrets with because I couldn't see my friend".  
**Palesa Lushaba**



"Sometimes you had to learn fast as school was often short. We were under pressure. When you got home, you didn't understand what you learned. But when you return to school the next day you would get in trouble for not understanding."  
**Musa Ditshaba**



"Teachers couldn't cover all that they needed to teach us because we came to school in groups. We didn't understand everything. So, when exam time came, many learners didn't do well because we were not taught everything properly."  
**Naledi Mamaile**



"What bored me the most was learning from home. Instead of schoolwork, you end up doing more house chores. Even when you are bored you can't go out and play with your friends."  
**Thandolwethu Mlangeni**

## WHAT ABOUT YOU?

Write your own experience of what it has been like being a learner during the time of Covid-19.

.....

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# Maths

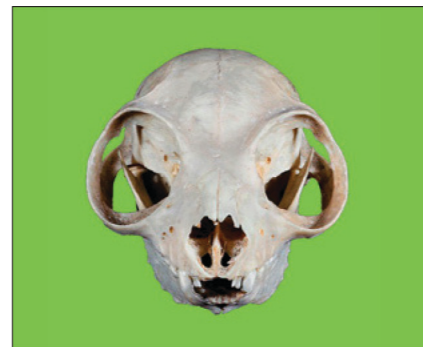
## Science & Fun

### Symmetry

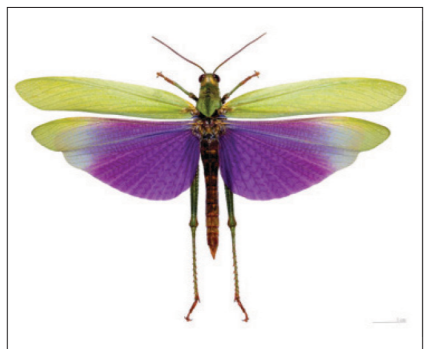
Draw a line down the centre of each of these pictures.  
What do you notice?



Squid (An animal that lives in the sea)



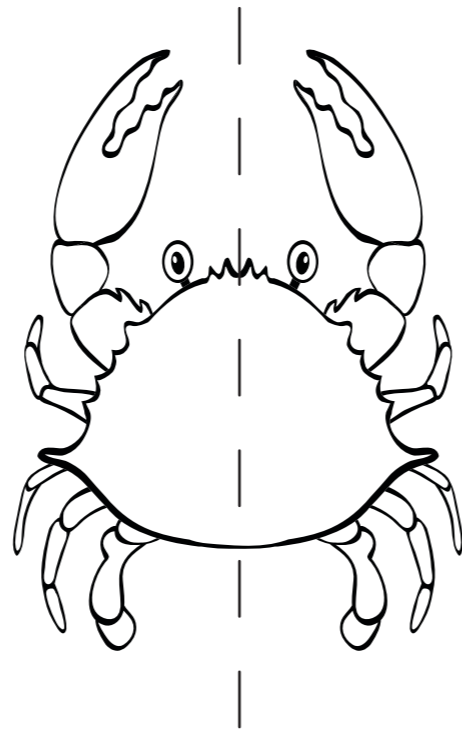
Lemur skull



Grasshopper



Cathedral (a big church)



The grasshopper, the squid, the skull and the cathedral all show symmetry. The kind of symmetry they have is line symmetry. If you draw a line down the middle, the left side and the right side are the same, or nearly the same.

Think about your body. Stand in front of a long mirror. Your body is symmetrical if you are looking at it from the front. The left side and the right side are almost the same.

One topic that we study in Maths is shapes. There are many different shapes. Some have symmetry and some don't. Look at your body sideways in the mirror. Is it symmetrical? Is the front half symmetrical to the back half? Is this shell symmetrical from the side?

### Something to do

1. Fold a piece of paper in half.
2. Open it and place a drop of ink or paint on the centre line. Use drops of different colours if you like.
3. Fold the paper again and press it together where the paint is.
4. Open it gently and look at your beautiful artwork.



You have created a symmetrical pattern. The picture on one side of the fold looks almost exactly the same as the picture on the other side.

### Belonging together

We put things into groups because they have something similar to each other, for example all birds have wings and all insects have 6 legs. Numbers are also organised into groups.



Organise these things into 4 groups:

- Birds ○
- Mammals □
- Insects ▼
- Reptiles ×

### Recognising groups of numbers will help you be better at Maths.

These numbers belong to each other because they all have 2 in them.

They are even numbers. 2 4 6 8 10

These are odd numbers, they also belong together 1 3 5 7 9

These are part of the four family 4 8 12 16 24

1. What do you notice about the even number family and the four family?
2. What family of numbers is this? 3 6 9 12 15
3. What family of numbers is this? 6 12 18 24 30



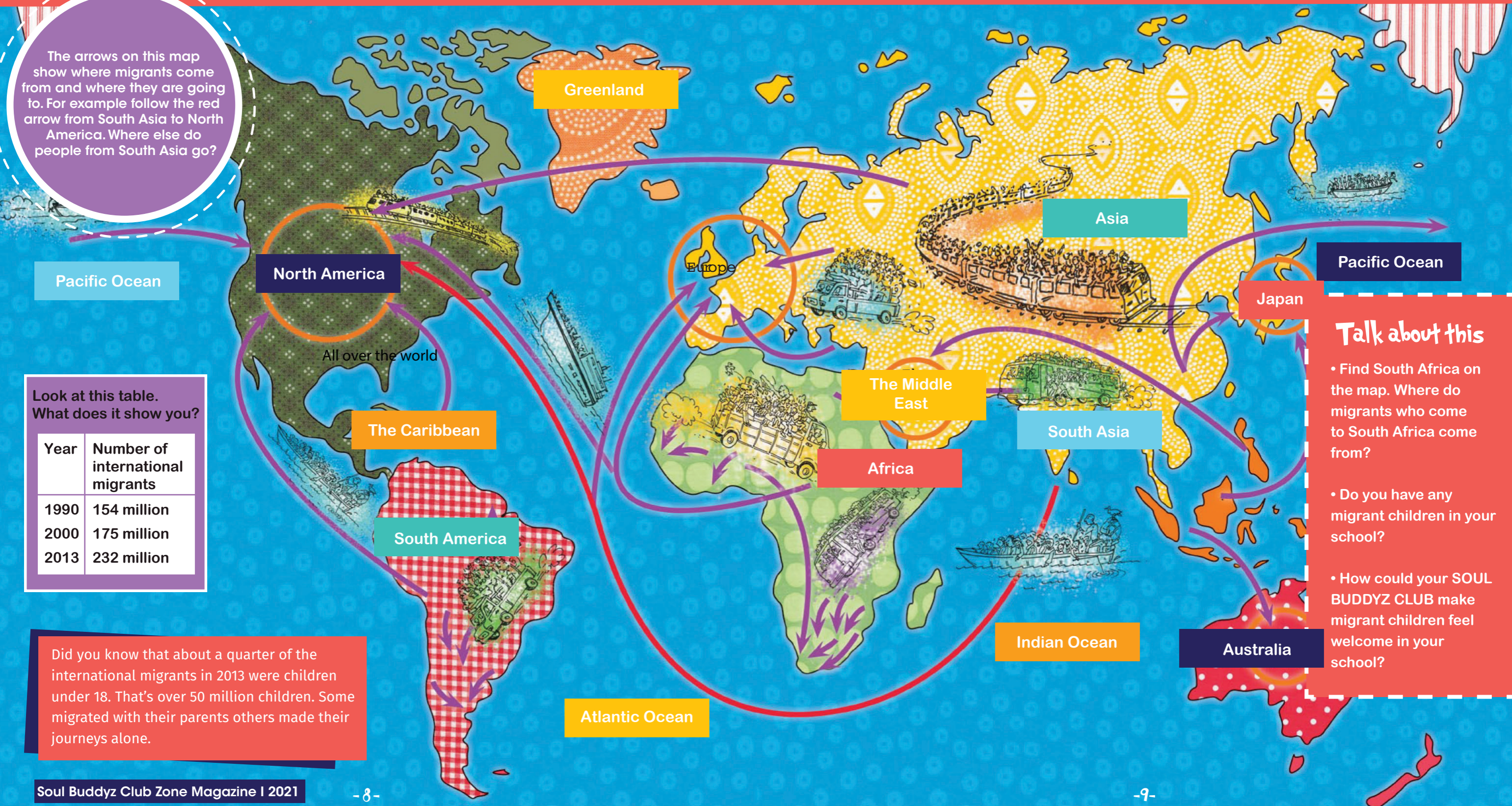


# All over the world children are moving!

Many people in the world today are international migrants. This means they have left their home country and have gone to live in another country. Many travel over mountains, the sea and the desert to get to a new country.

People usually migrate because they want to improve their lives and the lives of their families. They go to find jobs or start businesses in their new countries. Some people migrate to escape war or persecution in their countries, we call these people refugees.

The arrows on this map show where migrants come from and where they are going to. For example follow the red arrow from South Asia to North America. Where else do people from South Asia go?



Look at this table. What does it show you?

Year	Number of international migrants
1990	154 million
2000	175 million
2013	232 million

Did you know that about a quarter of the international migrants in 2013 were children under 18. That's over 50 million children. Some migrated with their parents others made their journeys alone.

## Talk about this

- Find South Africa on the map. Where do migrants who come to South Africa come from?
- Do you have any migrant children in your school?
- How could your SOUL BUDDYZ CLUB make migrant children feel welcome in your school?



# Have fun... while social distancing

Social distancing does not have to be lonely and boring. We can all still have fun without touching or coming too close to each other. Here are some ideas for you to try alone or with others. Have fun!



# Welcome to Term 2

Buddyz, you can make a difference. As you remember special days this term, think about project ideas of issues that bother you, your school or community.

An issue that bothers me, my school or community is:

.....

.....

.....

What my club and I can do is:

.....

.....

.....



## Special days in Term 2

23 April International Book Day

25 May Africa Day

16 June Youth Day

Bullying is big problem in most of our schools. Soul Buddyz clubs from Job Maseko Primary School in Springs chose to speak out against it. They made these posters about bullying.



## Remember!

Bullying is unacceptable. You must always report it. Do not stand by and watch or take videos while someone else is being bullied. Tell the teacher or another adult you can trust. You are important. You are special.



# Be free

When you hear the word **Freedom**, what comes to your mind?

Freedom means different things to different people. 27 April is Freedom Day in South Africa. On this day we celebrate and remember the fight for freedom against the apartheid government that denied people their human rights

**"I think we should celebrate Freedom Day because we are thankful to the people who fought for our freedom and equal rights."** Naledi Mamaile, Living thoughts Buddyz

## Think about it

If apartheid was still the law:

1. What things would you not be allowed to do?
2. Which places would you not be able to go to?
3. Who would you not be allowed to have relationships with?
4. How would you feel and what would you do?

### Ask about it

Speak to an adult who was alive before 1994. Ask them to tell you how things were back then and what has changed.



## Freedom now

More than 20 years have passed since people voted in 1994 and achieved their goal – freedom from apartheid. What do you think people need freedom from now? Write or draw your thoughts.

We asked Living Thoughts Buddyz, Lindokuhle Primary School in Etwatwa, Gauteng, the same question. This is what they had to say...

“

**Unemployment**  
Our parents need to be free from unemployment." Kamogelo Sibanyoni



“

**Sexual abuse**  
"We need to be free from rape and sexual harassment."  
Siphesihle Mdluli



“

**Crime**  
"There is a girl I know who was kidnapped last year, but up until today her case has not been investigated. It looks like people always have to toyi-toyi to the police station before police can do something." Refiloe Dlamini



“

**Corruption**  
"Political leaders take money that belongs to poor people and spend it on themselves. Many people in the country are poor and homeless. They are not getting the help they need because some leaders steal it."  
Gontse Mhlanga

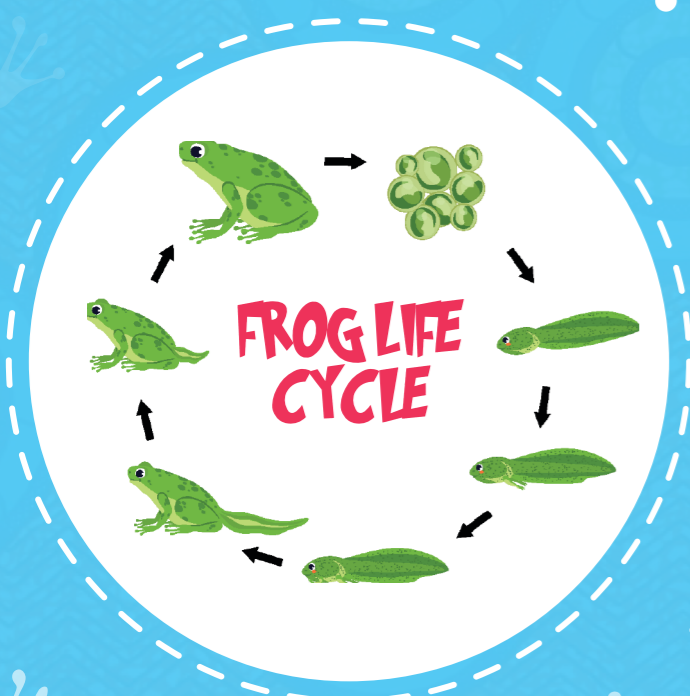




# FROG

## FUN FACT

Frogs are amazing!



### Frogs breathe in water!

People breathe air through their noses and mouths. But a frog can breathe through its skin and its nostrils! When a frog is under the water it takes in all the air it needs through its skin.

### Frogs can juuuuuump!

Frogs have very powerful back legs that help them jump. Some frogs can jump up to twenty times their own body length in a single jump.

### Frogs drink through their skin!

Frogs are amphibians. This means they can live both on land and in water. They must be near water because they will die if their skin dries out. This is because frogs don't drink – they soak water into their bodies through their skin.

### Frogs are important!

Frogs are an important part of our environment. Imagine how many mosquitoes there would be if there were no frogs! Because towns and villages are increasing in size people are building houses and changing natural areas like streams and wetlands. This means there are fewer places for frogs to live. There are not so many frogs as there used to be. It is important to keep spaces near to rivers and streams free of buildings and agriculture.

### Frogs catch food with their tongues!

Frogs eat mostly insects such as flies, mosquitoes, moths and grasshoppers. A frog's tongue is attached to the front of its mouth. It throws its sticky tongue out of its mouth and wraps it around its prey. Then it pulls its tongue back and throws the insect down its throat.



Some people are afraid of frogs and when they see them they squash them.



What do you think about frogs?

.....

.....

.....

.....

What is frog in your own language?

.....

.....

.....

.....



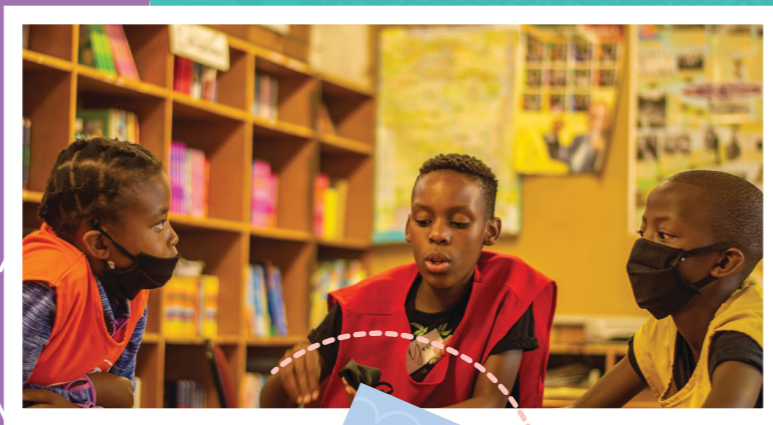
## Find the frog!





# Here for YOU

Make cards to give to someone to help them during a sad and difficult time. Look at these ideas.



# Kholosa on The News

I am Kholosa Lubisi, a 25-year-old TV presenter for Kids News on SABC 1. I'm on your screen at 6am, Monday to Thursday. Come see how I do my work.



## Where I'm from

I was born and grew up in KwaBhaca, previously known as Mount Frere, in the Eastern Cape. I have always been a lively and confident child. In 2016, I attended the first open auditions for being a presenter on Kids News. I didn't make it. So, I went back to audition again in 2018 and here we are. I got my biggest jump.



## How I do my work

I start my day with meditation and Yoga before I go to work. This sets the tone for my entire day, helps me to feel content, focused and keeps me vibrating at a higher frequency 😊

Our bulletin editor sources child friendly stories from around the world to make news for the day. I translate the stories into isiXhosa, in a way that children would understand, and in a way that shows them as victors rather than victims.

## Research, prepare, action!

Research is important when writing a News story. I must ensure that all the details in my intro are factual. After writing my intros, my bulletin editor proofreads them. To lessen the stress of going live, preparation is key. I check my pronunciation and rehearse my script. When I finish my intros, I go for makeup, say a little prayer and then... it's lights, camera, action!





# RIDDLES

This is a riddle. A riddle is like a word puzzle, it is a puzzling question with a surprising answer. You will find some more on this page. See how quickly your friends solve them.

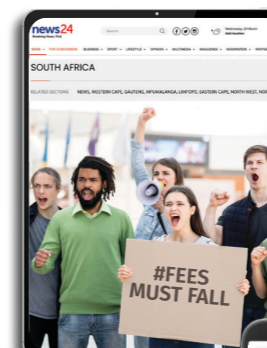
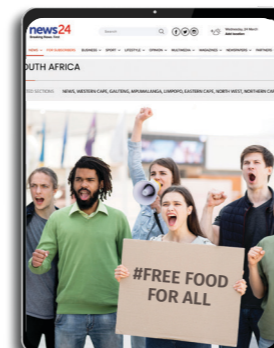


1. What has a face and two hands but no arms or legs?
2. What five-letter word becomes shorter when you add two letters to it?
3. What has a neck but no head?
4. What gets wetter as it dries?
5. Which letter of the alphabet has the most water?
6. What has to be broken before you can use it?
7. If you're running in a race and you pass the person in the second place, what place are you in?
8. What begins with T, ends with T and has T in it?
9. How many letters are there in the English alphabet?
10. Which month has 28 days?

Riddles are important in African languages. Ask old people you know to tell you a riddle in your home language.

# Spot Fake News

Fake news is created to mislead people by showing information that appears to be true but is not. It is news stories that are not based on facts. **Which of the two reports below do you believe? Why?**



“ Social media allows people to publish their thoughts or share stories to the world. The trouble is, most people don't check the source of the material they view online before they share it, which can lead to fake news going viral. This can cause fear and panic. It can also fuel bullying and violence. *Kholosa Lubisi, SABC journalist* ”



## Real or fake? How to tell

1. Check if the story appears in other reliable News platforms, especially if you see it on Social Media. A real story would be found in more than one reliable News source.
2. The website address or URL must look standard. For example, **soulbuddyznews.com** instead of **soulbuddyznews.com.co**. If after the domain (**com, co.za, org.gov, ac.za**) there are additions, verify the site.
3. Read the section "About Us". This should tell you whether the website is legitimate or not.
4. A credible story usually has direct quotes, proper grammar and does not hide who is behind it.

What false news have you come across since Covid-19 started? How were you able to tell that it was false?



# I recovered from COVID-19

At 13-years-old, Andile never thought he could test positive for COVID 19. It was a thing of older people. That's what he thought. Read his story to see what he thought after.

**"I didn't want to die because I wouldn't be able to do the things I've always wanted to do."**

In December 2020, my family and I went on a road trip to Kwa-Zulu Natal to visit our family members. On our way back we sat in at some restaurants to eat with other people.

We arrived back home safely, but later I started to feel sick. I felt weak and nauseous. I thought it would pass but it got worse at night because I couldn't breathe and everything in my body was sore. I was taken to the hospital where I was tested for Covid. The rest of my family was not tested because they were not showing any symptoms, like sneezing, a sore throat and shortness of breath.

An hour after testing, I was told my results were positive for Covid-19. I was surprised because I thought I just had the flu or tonsils. I had always seen Covid-19 on television, but I never thought I would get it. After a few hours I was then sent home to quarantine with my family for 14 days.

The next few days the sickness got better but on the last four days of quarantine I developed chest pains. I became so scared and worried. I didn't want to die because I wouldn't be able to do the things I've always wanted to do. I had to isolate myself from my siblings and avoid exercise because it was hard to breath. I really love exercise, so it was hard giving that up.

Now I avoid crowded areas, I stay at home most of the time, I wear my mask every time I go to the shops and I always keep my hands sanitized or washed. I would advise everyone to stick to S.M.S: Sanitize. Mask. Social Distance. Educate yourself about it so you don't get it or pass it on to the people around you.



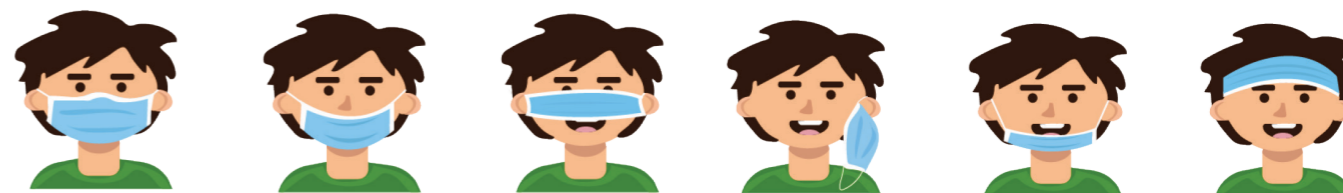
## Try the quiz

Match the definition on the left with the correct answer on the right. Two extra words have been added to make it more exciting. Some of the words can be found in Andile's story on the previous page.

- Epidemic
- Pandemic
- Vaccinate
- Quarantine
- Nauseous
- Symptoms
- Isolate
- Sanitize
- Variant
- Mutate

1. Example: Keep someone who is sick or tested positive for COVID-19 away from family and friends, to prevent the possible spread of COVID-19. (g) i s o l a t e.
2. A disease that affects more than one country or continent at the same time but not the whole world. \_ \_ \_ \_ e \_ \_ c.
3. Make your hands clean and free of germs using soap and water or a sanitiser. \_ \_ n \_ \_ \_ \_ e.
4. A disease that affects the whole world at the same time. \_ \_ \_ d \_ \_ \_ c.
5. Keeping away from others and not going out in public for several days if you have been in close contact with someone like a brother or sister who has COVID-19. \_ \_ a r \_ \_ \_ \_ e.
6. Things you can see in a person, in how they speak or behave that show that the person is sick. For example, shortness of breath, a sore throat and high temperature. S \_ \_ t \_ \_ \_.
7. Feeling sick in your stomach, and sometimes dizzy like you want to vomit. \_ \_ u \_ \_ o \_ \_.
8. Use medication to make the body immune to a disease. \_ a \_ c \_ \_ \_ \_ \_.

**Circle the picture that shows the correct way to wear a mask.**





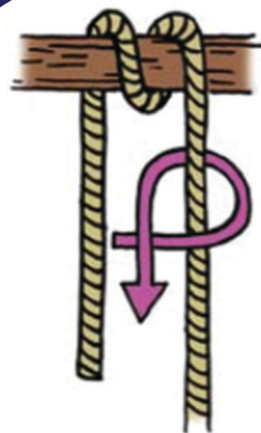
# Make A rope swing

Tie one end of a long rope to the branch of a tree or other high place. You need to use a knot that is called a 'round turn and two half hitches'. This drawing shows you how to make the knot.



This picture shows the rope loose, so you can see it clearly. Of course, you need to pull it tight. You should also keep an eye on the knot so it stays tight.

Tie a strong stick on to the other end of the rope. Tie it so you can sit on it. If you can put it in a place where there is a slope to swing from you won't need a pusher. You can also tie the stick higher off the ground so you can hang from it like a monkey.





# Welcome to Term 3

Think about your subjects and draw up a revision plan. If you revise a bit of work every day, you'll be prepared when the exam period starts. You won't panic and have to remember all your work in a short time.

## Revision plan

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



## Buddyz Mail and Drawings

## Answers to Riddles:

- (1) A dock
- (2) Short
- (3) A shirt
- (4) A Towel because it becomes wet when you use it to dry yourself or wipe water
- (5) The letter C
- (6) Egg
- (7) Second place
- (8) Teapot
- (9) 26
- (10) February, and it is 29 days on a leap year

## Special days in Term 3

### 18 July Mandela Day

People spend 67 minutes helping their community to remember the 67 years that Tata Madiba gave to serve his country. What will your club do for Mandela Day this year?

### 9 August Women's Day

Think about all that the women in your life do for you, and say thank you to them on this day (and on other days too, of course).



### 24 September Heritage Day

Kajeno ke letsatsi le letle - Today is a great day! Did you read the first line in SeSotho? Or you just jumped to the easy part? Celebrate Heritage Day, write the sentence in your own language : Today is a great day!





# Children talk about their experience of **abuse**

It can feel uncomfortable to talk about these things, but if we don't talk, they will never stop.

**Bubble #1**  
The boys in our school touch our breasts and other private parts. They touch without our permission.

**Bubble #2**  
The taxi drivers call out 'look at that sexy ass'. I hate it.

**Bubble #3**  
The boys from the high school say, 'Will you be my girlfriend? I love you.' Then they force you to kiss

**Bubble #4**  
Rape can make you feel very, very bad. (Girls and boys can be raped.)

**Bubble #5**  
The older girls say bad things to us, like 'You don't have a girlfriend because you are such a thin boy.'

**Bubble #6**  
This teacher touched my penis when I stood at his desk.

- What experiences do you know of from yourself or others?
- How can abuse be stopped?
- Who should do what for it to stop?

## Information for you

No one has the right to hurt you or say bad things to you about your body. This is abuse. Parents, guardians, other family members, caregivers, teachers, and principals all need to respect our bodies. Children must also respect other children's bodies. Abuse to or about our bodies harms us and affects how we grow up. If anyone abuses you or your body by the things they do or say, tell a trusted adult and keep telling until you get help.



# Help! help! **HELP!**

Sexual abuse is a very big problem in our country. Those who commit it need to stop! If you have been raped, it is important to tell someone. Here is some useful information to keep you informed and to share with others.



- A person who has been raped needs to be given medication to stop them getting HIV or other STIs.
- The person must be given medicine within 72 hours of being raped.
- The clothes they were wearing must not be washed and should be kept as they might be used evidence in court.

If there is no trusted person to talk to:

Call the police on 10111

Call Childline 08000 55 555 free call from a landline or a Vodacom mobile phone.

Go to a Thuthuzela Care Centre, they are trained to treat rape survivors with kindness.

To find out where your nearest centre is, call 012 845 6136.

Talk to a nurse at the clinic.

If you experience violence because of your gender, for example forced marriage or abuse, you need to report this. Report what is happening to a teacher you trust. If there is no adult that you trust call Childline 08000 55 555

You have a right to be safe from sexual and gender-based violence at school. It is the responsibility of the educators and principal to protect you. Report violence to them. If they do not do anything you can phone Childline on 08000 55 555

If you experience sexual violence or any other kind of abuse, tell a trusted adult and keep telling until you get help

It is never your fault if you are raped or abused. Do not let anyone blame you for what has happened.

Sexual and gender-based violence is a kind of abuse and all abuse is harmful and against the law.

Boys can get raped too. It is important for boys to get treatment



# BATS



Bats can fly but they are not birds. Bats look like mice but they have wings. Bats find their way in the dark by making a high sound with their mouth or nose. When the sound waves hit an object, an echo is created. Bats can know where food or a threat is. This is called echolocation.

## Echo Location

Find a large, empty room. Clap once and listen. What happens? Why?

Sound travels through air in sound waves. When you clap inside an empty room the sound bounces off the walls and makes an echo. Bats find their way in the dark by making a high sound that bounces off objects. These echoes tell the bats where things are so that they do not crash into them. Bats have very large ears so they can hear the echoes clearly. In experiments bats have flown safely around a room that has pieces of string hanging down from the ceiling.

Bats can hear the echo and avoid the string, even in a dark room!

## We need bats!

One insect-eating bat can catch around 1,200 mosquito-size insects in one hour. If there were no bats imagine the millions of tiny insects that would be flying around! To protect their crops from being eaten by insects, farmers can encourage bats instead of using chemical pesticides. Pesticides can pollute the soil and water and make people sick.

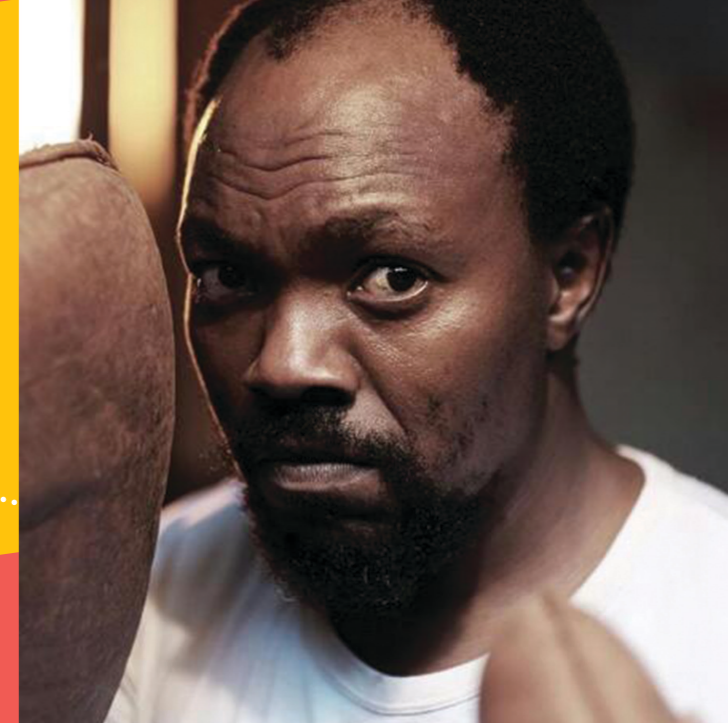
A bat has five fingers just like you do. The bat's fingers are joined with skin to make its wings.



# The Art Of Acting

WITH LUZUKO NKQETO

Luzuko Nkqeto has acted for many years in local and international productions. Whether it's a pastor, a business man, a boxing coach, a mine worker and more - Luzuko has played them all. He shares with us the art of acting.



**Q: Is acting an easy job?**

**A:** It is not easy for me. I don't know about other people. What you see is just the final product and it looks easy. There is a lot that happens behind. Some of what you do gets edited out.

**Q: What does it feel like to become someone else?**

**A:** It feels great if you can do it. The frustration is always on how to get there. Sometimes it takes time to get to the character. But it is part of my job. My whole life as an actor is about transforming into other people.

**Q: What qualities do I need to be a great actor?**

**A:** Commitment is key. It's like any other job. You need to understand what you are doing. You can't buy talent. You can't study talent. You polish it with education, learning and research.

**Q: Is fame part of the deal?**

**A:** There are many expectations that come with fame, most of them unrealistic. People look at famous people overseas, with mansions and nice cars and expect the same here. Nothing wrong with fame. It's how you handle it. How many fans should you have to be famous?

**Q: Any smart tips for young actors?**

**A:** In life, whatever you pray for, make sure you take care of it. If you want to be an actor, and you get an opportunity to be one, take care of it. If you want to be musician, fine artist. Anything you want. Remember to do more for it.



Luzuko has appeared in TV shows such as Grassroots, Mzali wami, Lingashoni and many more.





# Yellow Bones & "KIWI"

They say I come from the coal bag.

They make a joke to say they only see your white teeth because your skin is so black.

Black Mambazo - they use that to tease you if you are very dark in complexion.

A girl in my class called me "red" I think that is a word for coloureds.

People call me yellow bone because my skin is light.

They say I am black like a polish, like Kiwi polish.



Does this happen at your school?

.....  
 .....

Have you heard anyone calling a child these horrible names? Everyone is a different colour. Ask all the Buddyz in your club to put their hands in a circle like this.

.....  
 .....

Can you see the different colours?

.....  
 .....

Talk about this

## The facts about skin colour

The colour in our skins is mostly from melanin, which is in our skin cells. We probably developed different skin colours as our human ancestors lived in different parts of the earth where there was more or less radiation from the sun.



## What to do if someone bullies you about your skin colour?

- Remember it is not your fault if someone bullies you.
- Tell yourself that everyone has a different colour skin and your skin is beautiful.
- Stand tall and look them in the eye and then walk away.
- Tell someone, a friend or an adult you trust.



We don't have to laugh or tease people because of their colour, I believe we are all human beings. We don't have to make other people feel ashamed about their colour.

## Something to do

Have a discussion in your club about why children bully others about their skin colour. Is it because they hear grown-ups saying bad things about other people? Can we choose to behave differently from adults? Talk about how bullying about our skin colour makes us feel. Make some posters to tell other learners that it is very hurtful to tease someone about their skin colour.





# Antarctica belongs to us all!

Do you know where Antarctica is? Can you find it on a map of the world?

Antarctica is a continent in the Southern Hemisphere. It is very far south so the weather can get very cold there. Antarctica is so far away from other countries that to get there you have to go by ship or catch an aeroplane from New Zealand or South America.



Antarctica belongs to the whole world  
**IN 1959, 12 countries, including South Africa, signed an agreement called the Antarctic Treaty.** The treaty says that Antarctica should be a place only for peace and science. This is to help protect Antarctica from being damaged by people. *Photo: Samuel Blanc*

## Who lives there?

- Scientists, who study the continent and the animals that live there.
- Tourists, who visit in the summer when it's warmer.



..... How many penguins are in the picture?





# Your mighty Brain

The brain looks and feels like a big, wet lump of jelly filling almost all the space inside your head. What's it doing there? How does it work?



In this picture the boy has hurt his finger. The sensory nerves in his hand have sent an electrical signal to the part of the brain that feels pain. The brain has then sent a signal to the motor nerves to tell the boy's arm to move. Follow the signal from the sensory nerves to the brain and from the motor nerves to the arm.



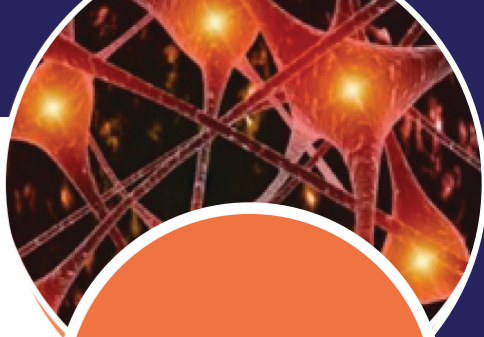
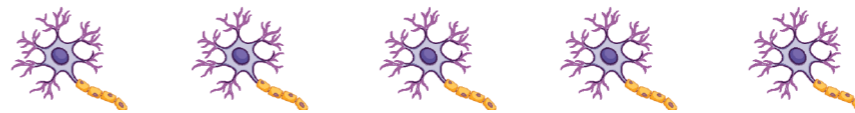
## Neurons in the brain

Although the brain looks and feels like jelly it is actually a very complicated organ. In fact, the human brain is the most complicated thing in the whole universe! The human brain is made up of 100 000 000 000 (that is 100 billion) brain cells. These cells are called 'neurons'. When the brain is working, it is the neurons that are doing the work, passing information to one another very, very quickly. Because every neuron is connected to 7 000 other neurons the brain can process lots and lots of information at the same time.

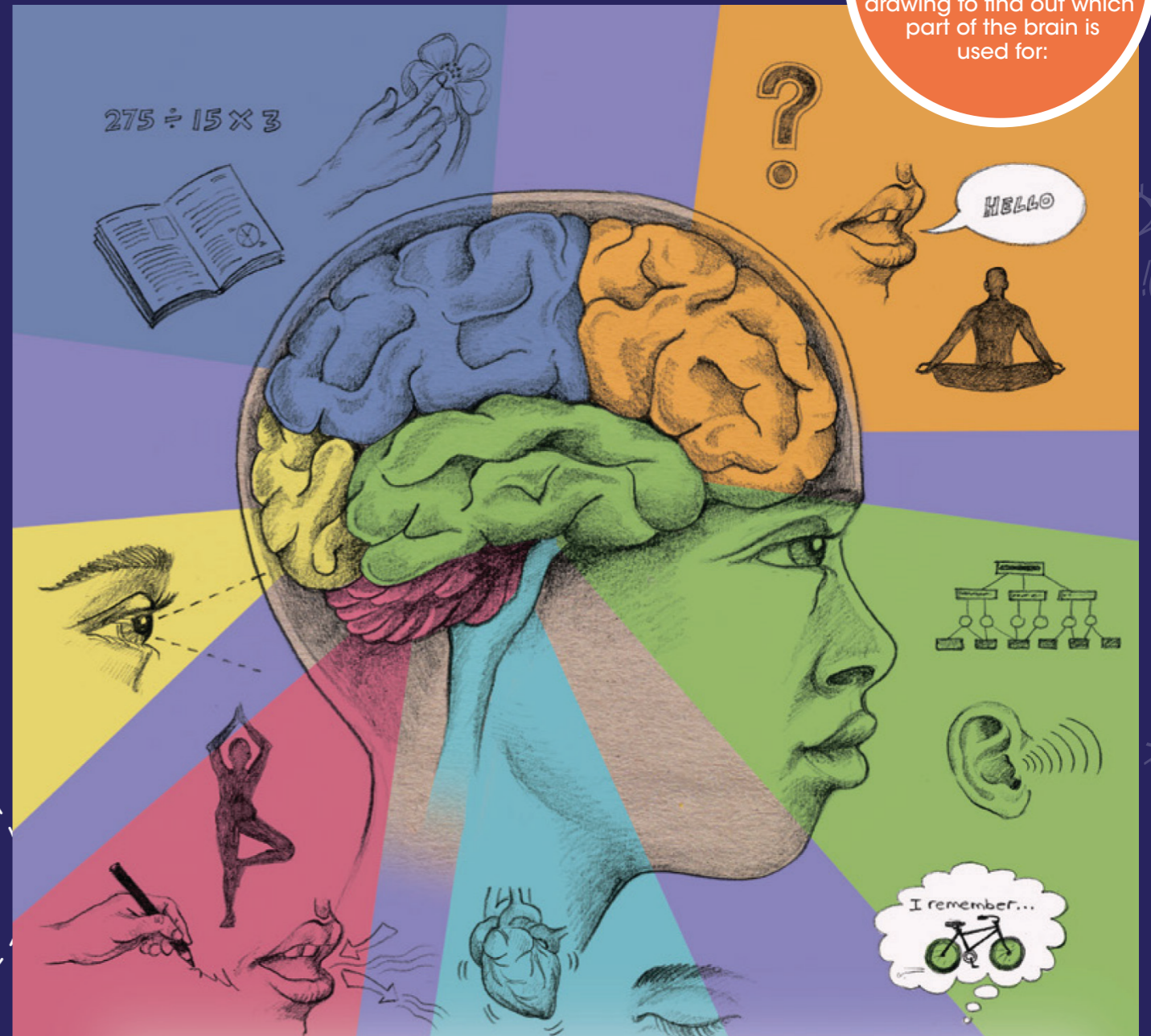
## Nerves carry messages to the brain

We have nerves running through all our body. They are like long electrical cables that travel from every part of the body to the brain. Nerves that carry sensory information from the eyes, ears, tongue, nose and skin to the brain are called 'sensory nerves' (to do with nerves).

Nerves also travel from the brain to every muscle in the body. Our muscles only know what to do because our brain is instructing them by sending electrical signals to them. Our brain controls every single tiny movement that we make. The nerves carrying information to the muscles are called 'motor nerves' because they make the body move.



Different parts of the brain are used for different functions. Look at the drawing to find out which part of the brain is used for:



Our brain also has a part that controls our feelings. It is inside the brain so we can't see it on this drawing. So, our feelings come from our brain too and we can use our brain to control them. For example, if you are feeling very angry and feel as if you may hit someone, you can use

the thinking part of your brain to slow down your anger by counting to 10 and taking a deep breath. If you are feeling very sad, you can use the thinking part of your brain to help you feel better by singing a happy song.



# Eita Buddyz! Eita!

## Say Eita! to Abantwana Soul Buddyz Club,

from Shadrack Mbambo Primary School, in Springs. They are seen here with their facilitator Mr. M. Buthelezi.

## Say Eita, to Living Thoughts Soul Buddyz Club,

from Thembelihle Primary School, in Springs. They are with their facilitator Ms. A. Sepudumo.

Thanks to both these clubs for agreeing to be part of the photographs and some stories in this magazine.

# Welcome to Term 4

Halala! Halala! It is the last term of 2021. Hoping that we're all geared up and ready to end the year with a bang! Good luck with your final exams, hope you are ready!

# WORLD AIDS DAY

1 DECEMBER

## Special days in Term 4

### 5 October Teachers Day

What would the world be without teachers? Doctors, engineers and even astronauts come from the hands of teachers. Write a poem to thank your teachers for all the amazing work they do.

20 November International Children's Day

25 November to 10 December 16 Days of Activism for no Violence against Women and Children

1 December World AIDS Day

3 December International Day of Persons with Disabilities



Positive  
Vibes  
Only





# INTSHE

## the giant running bird!

Intshe is the IsiZulu name for Ostrich. It is the largest bird in the world. Its huge body skeleton size is one of the reasons why it can't fly.



Tick the correct answers below about an Ostrich.

1. How tall does an ostrich grow up to be?

- 1.2mtall
- 2.7mtall

2. How fast can an ostrich run?

- 50km/h
- 70km/h

3. How big are the eggs of an ostrich?

- 500g
- 1kg

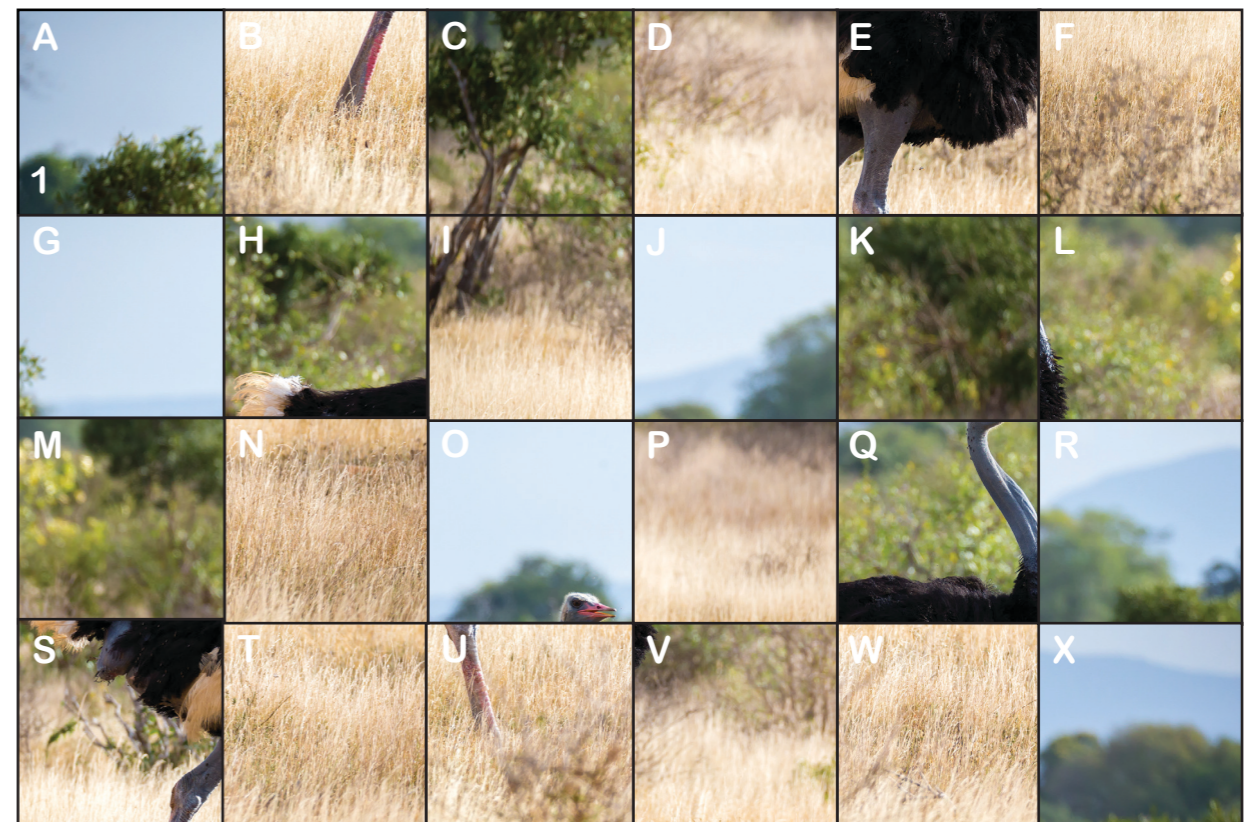
## How tall are you?



# O power!



Put the pieces of the puzzle where they belong to make a complete and perfect picture of the big O.



1. A 2. \_\_\_ 3. \_\_\_ 4. \_\_\_ 5. \_\_\_ 6. \_\_\_ 7. \_\_\_ 8. \_\_\_ 9. \_\_\_ 10. \_\_\_
11. \_\_\_ 12. \_\_\_ 13. \_\_\_ 14. \_\_\_ 15. \_\_\_ 16. \_\_\_ 17. \_\_\_ 18. \_\_\_
19. \_\_\_ 20. \_\_\_ 21. \_\_\_ 22. \_\_\_ 23. \_\_\_ 24. \_\_\_



# My values, My guide

You're walking behind someone. Their smartphone falls from their pocket. Do you let the owner know, or do you take the phone and keep it for yourself? The answer to this question could tell us whether honesty is an important value to us or not.

Values are important principles that we live by. They make us the type of people that we are. Sometimes we know our values beforehand and other times we discover them when we are put in a challenging situation.



Why do values matter? Have a chat with a friend.

# What defines you?

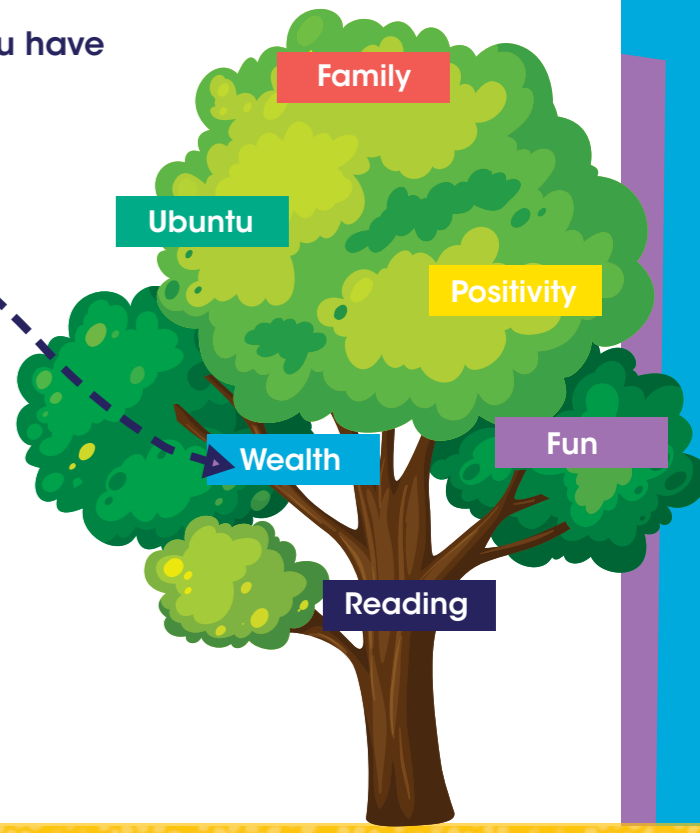


## What defines you?

Choose 3 to 5 status updates that define you.

Draw a line to connect each status update you have chosen with the value they represent.

Me 10:21 Billionaire in the making	Me 10:32 Bookworm
Me 10:30 Blood is thicker than water	Me 10:32 Reduce. Reuse. Recycle.
Me 10:30 Party Animal	Me 10:31 I am because you are



## What about you?

- 1) What are these words in your own language?
- 2) What do they mean to you?

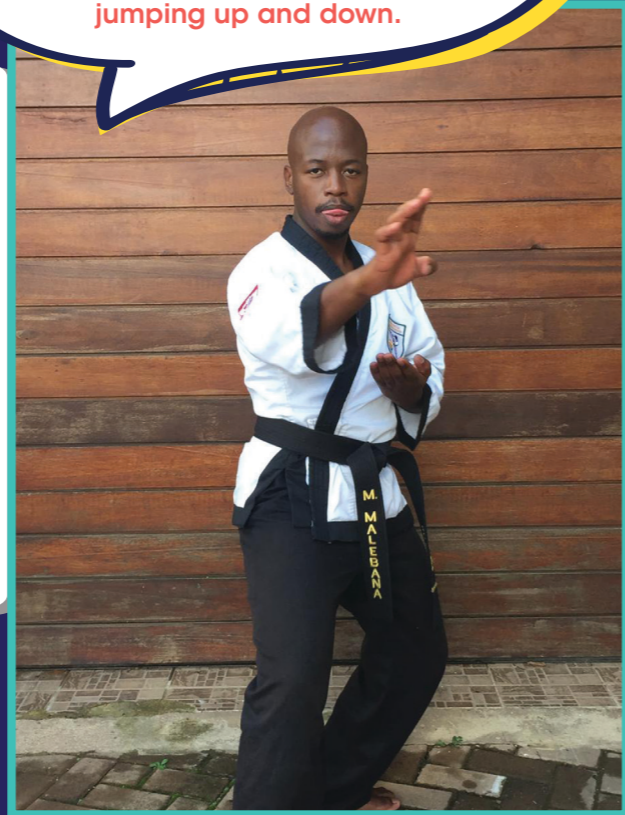




# No limits

**Q:** Why do you like Tang Soo Do?

**A:** Tang Soo Do has helped me to identify my limits and to go beyond them. It also made me to be aware of how I use my brain to control my body and emotions. I also enjoy a lot of cardio work or exercises like kicking or jumping up and down.



Madimetja Mabelana from Lebowakhomo, Limpopo does Tang Soo Do. He started the sport when in 2015 in varsity. Since then he has won over 40 medals and represented South Africa in the World Martial Games. He is also a Tang Soo Do instructor; sometimes he referees in games and judges in tournaments. He has also been picked to represent South Africa again in 2022. Well done to him.

**Q:** How has Tang Soo Do shaped your personality?

**A:** The sport has made me confident. I have confidence not only in myself but also in others. I can see potential in others and be able to show them that they too can achieve what they want. It also made me to keep time.

**Did you know?**

When you bow in Martial Arts, it is to thank the moment that you are alive in at that time. It is to respect life that you have at that present moment.

**What's your take?**

What would you do if the sport you loved very much clashed with your personal beliefs, be it religious or otherwise?

Spot Madimetja in the picture with his teammates



**Q:** What are your wishes or your plans?

**A:** I have always wanted to attain my master level, which means to reach my first degree in black belt one day. I also want to continue training people. My teammates and I already visit orphanages and teach basic moves to children. The children gain the strength to fight back in life as they face difficulties. It brings smiles to their faces. I also assist older girls at my campus who want to gain confidence in themselves and learn self-defence.

# The things I miss

Before March 2020, we knew nothing about Covid-19. People visited many different places. They did many different things. But now, even a hug is not safe. We miss a lot of things and people. Buddyz from Thembelihle Primary School in Etwatwa told us what they missed.



"I miss playing soccer with my friends."  
**Kgotofatso Lethoko**



"I miss seeing my former teachers. I used to visit them at my old school."  
**Khensani Ntuli**



"I miss going to the stadium to watch soccer games live."  
**Prince Kalanga**



"I miss going to places that are faraway, places where I can see animals, like at the Zoo."  
**Tinswalo Makwakwa**



I miss going to the cinema at the mall and watching movies.  
**Boniswa Myeni**

## Tips to deal with change

- a) Know that it is normal to feel scared. Talk to someone about how you feel.
- b) Give yourself time to get used to change.
- c) Keep some good memories from before. Look forward to the future.
- d) Take care of yourself. Living a healthy lifestyle can make you strong mentally.
- e) Look for good things and happy moments found in the present.

In the space below, write what you miss about life before Covid-19:

.....

.....

.....

.....

.....



# Dear Corona



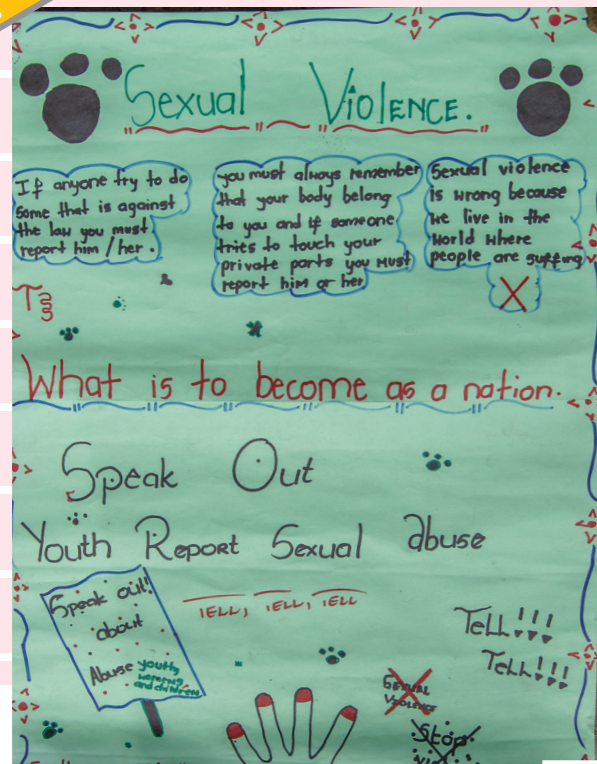
Here is an edited letter written by *Living Thoughts Soul Buddyz Club* from **Thembelihle Primary School, in Brakpan.**

Corona,  
 We no longer go to school every day because of you  
 We are no longer playing sport at school  
 We are no longer hugging our friends  
 At home we no longer got to church  
 Or visiting our families  
 At church they want less numbers  
 Every day we are wearing masks at school  
 We wash our hands with soap and sanitizer  
 We use social distancing  
 We must stay indoors and wear a mask if we go somewhere  
 In a taxi they want few passengers  
 In the class they want a few learners  
 Before you enter class, they check your temperature  
 We must always be wearing masks  
 Please go away, Corona virus.

## Halala! The vaccine can protect us from Covid-19

Scientists all over the world have worked fast to make Covid-19 vaccines. There are different names for some of the vaccines but they all do the same job. They protect us from Covid-19. Scientists have tested the vaccines. They are safe. The rollout of the Covid-19 vaccinations will, in time, help us to be able to play with our friends the way we love to.

Thanks to Living Thoughts Soul Buddyz Club and their facilitator Ms. Agnes Sepudumo for this wonderful letter. Let's hope Corona will read it too



## Buddyz Mail and Drawings



# Stories without books!

We can find stories outside of books. You can be a story teller too!

Do you have someone in your family who tells stories? We can find stories outside of books. Grandparents are often good at this.

## Good storytellers use...

- Their face
- Expressive words: SSSSSUddenly!
- Their bodies
- Their voice
- Questions: "What do you think happened next?"
- Eye contact "don't be shy, look your audience in the eye"

## Storytellers can sweep us up into a magic world.

They can hold our attention with their voices and their movements. Here are some tips to help you be that kind of storyteller!

- Start with a story that you know well.
- Choose a simple story to tell. It shouldn't have too many characters and the plot should not be too complicated.
- You can tell your story in any language.

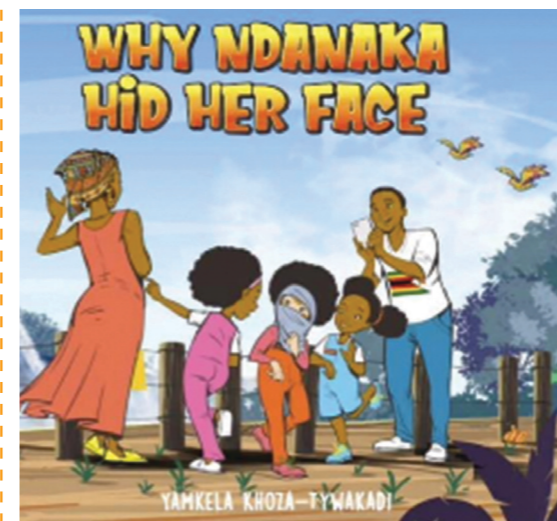
If you are telling a story to a group of children, practice in advance. The best place to practice is in front of a mirror. You'll be able to check your facial expressions, gestures and whether you have used too many 'ums' or 'ahs'! This photo shows Bongani Godide who is a professional storyteller. He is telling a story to Nal'ibali Reading Club members.



The stories on this page come from the Nal'ibali website: [www.nalibali.org](http://www.nalibali.org). You can visit the website or the mobisite on your cellphone ([www.nalibali.mobi](http://www.nalibali.mobi)) for more ideas about storytelling, reading clubs and for stories to tell in a range of South African languages.

# Book Buddyz

When Bontle Met Zuri and Why Ndanaka Hid her face are books written by Yamkela Khoza-Tywakadi. They talk about friendship and family. They are published by Sifiso publishers in partnership with Sibahle Collection.



## Why Ndanaka hid her face...

Ndanaka is always wearing a scarf to hide her face. "I am just not feeling well," is the reason she always gives. However, there is a secret she does not want her friends to know. When a sudden rush of wind blows her scarf away, the secret is revealed. How will she react? How will her friends react?



## When Bontle Met Zuri

Nobuhle and Bontle are excited to be going to Tanzania to meet their new friend, Zuri. Bontle is surprised when she realizes that Zuri is not as brown as she imagined. Will Bontle learn that there is more to people than the colour of their skin?

Write your own fictional story about a topic that you care a lot about.



# Streeeeetch!

Try these stretches for yourself. Remember to always breathe in and out as you do them.

Your favourite song comes on the radio, you get up and dance. Jumping up and down, shaking your shoulders, and shaking your hips. It's all good and cheers until you wake up the next morning with sore legs and stiff upper body. Eish! You remember. You didn't stretch before dancing. Stretching loosens up your muscles. It also helps your body and mind to relax.



# Boardgame

You lose 2 points because you wasted your bath water instead of using it in the garden. Yay! The environmental chat will give you 3 trees as a prize.

Eish! 19 Miss 1 tum because you did not switch off the TV when no one was watching it

Get informed! Move 1 block forward and learn more about the environment!

Lucky you! You can plant a tree and win 2 points

Eight jumps up and down because you left a tap dripping

Well You win 1 point because you signed a petition against a factory causing air pollution.

Lucky you You can plant a tree and win 2 points

Go green! Collect 2 extra trees from the environmental activist because you joined a community clean-up event...

INFO Carbon di oxide (CO2) a gas that adds to global warming Win 1 point for reading to the other players

Win 2 points because 10 you switched off the lights when they didn't points because need to be on so that your family can save electricity

Get informed! Move 3 blocks forward and learn more about the environment

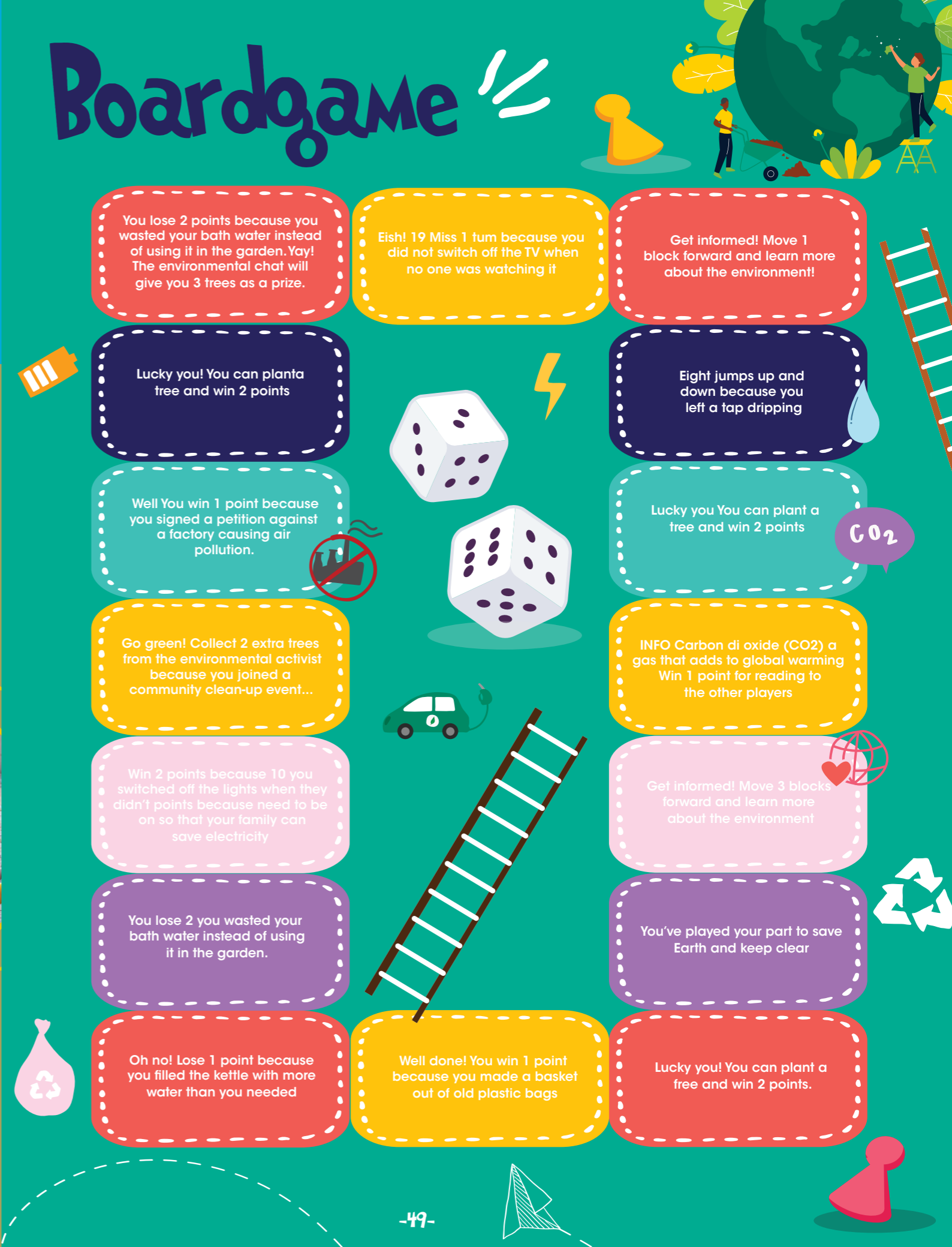
You lose 2 you wasted your bath water instead of using it in the garden.

You've played your part to save Earth and keep clear

Oh no! Lose 1 point because you filled the kettle with more water than you needed

Well done! You win 1 point because you made a basket out of old plastic bags

Lucky you! You can plant a free and win 2 points.







**health**

Department:  
Health  
REPUBLIC OF SOUTH AFRICA



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INSTITUTE**  
FOR SOCIAL JUSTICE

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