

# TURN THAT LOCKDOWN FROWN UPSIDE DOWN

**Rustenburg** – Keeping kids busy during this ‘extended’ holiday can prove to be a challenge. At this stage you have probably watched every movie in your DVD collection, and you are struggling to find ideas to keep the youngsters entertained. *Platinum Weekly* has a few ideas:

## THE SMART CHOICE

For some parents, home schooling can become a daunting task. Here are few creative ways to make learning fun. First things first – set up a learning space where they can study. Try and keep to their usual schedule as much as possible.

- Chess improves logical thinking skills, teach your kids how to play it. If you don’t know how, make it a fun learning activity for the whole family.

- Make videos and take photos of your family time during lockdown. They can learn a new skill by creating a slideshow or video that you can send to other family members.

- Everybody loves getting a letter or an email from a loved one. Let them write a letter that you can send to loved ones, once it is safe to do so or let them type an email to send to friends and family.

- Children should learn how to express themselves. They can up their writing skills by keeping a diary. This will also be an enjoyable memento to reflect on when they get older.

- For the little ones: Let them make letters with items like pipe cleaners, paper, fabric and then use the letters to build words.

## LET THE CREATIVITY FLOW

Motivate your children to be creative. They will not only have loads of fun but will also develop new skills. And who knows, maybe your child will be the next Picasso?

- Promote recycling by using old socks, paper bags and fabric to make puppet. They can even write a play and perform it for the rest of the family.

- Origami is an art form. Check out this website for fun and easy instructions to start your origami journey-<https://www.easypeasyandfun.com/easy-origami-for-kids/>

- Create an exceptional art project or sculpture. Go through the house looking for broken toys or things that need to be thrown away. Use tape and glue to stick them together to make a unique art piece.

## JUST FOR FUN

- Unleash the architect in your child by flattening out a box and drawing a road in marker pens. Add blocks, trucks and other toys for kids to build a city. Or you can build a fort with pillows, blankets and cardboard boxes.

- Boardgames are a great way to keep kids entertained. You can also play cards. Add to the fun by tasking children to make their own playing cards. They might even want to invent

their own board game.

- Set up a treasure hunt. Depending on how many items there are, treasure hunts can keep them busy for a while. Hide a few items in and around the house and let the search begin. This should keep them occupied for a few hours. (If you want to get crafty - add that one thing that you have been looking for, but just can’t seem to find - to the list).

- Make naptime interesting by having your child listen to astronauts reading them stories from space. ‘Storytime From Space’ has NASA astronauts read stories to kids while the world rotates below them. Visit <https://storytimefromspace.com/> for kids to enjoy an out of this world story experience.

- Baking can bring you together. Bake cookies, cakes or chocolate brownies. Baking is a great measuring lesson for kids.



health

Department:  
**Health**  
North West Province  
REPUBLIC OF SOUTH AFRICA



## HOW TO WEAR A MASK SAFELY

Do's →



Find the top side, where the metal piece or stiff edge is



Ensure the colored-side faces outwards



Place the metal piece or stiff edge over your nose



Wash your hands before touching the mask



Inspect the mask for tears or holes



Cover your mouth, nose, and chin



Adjust the mask to your face without leaving gaps on the sides



Avoid touching the mask



Remove the mask from behind the ears or head



Keep the mask away from you and surfaces while removing it



Discard the mask immediately after use preferably into a closed bin



Wash your hands after discarding the mask

Don'ts →



Do not Use a ripped or damp mask



Do not wear the mask only over mouth or nose



Do not wear a loose mask



Do not touch the front of the mask



Do not remove the mask to talk to someone or do other things that would require touching the mask



Do not leave your used mask within the reach of others



Do not re-use the mask

Remember that masks alone cannot protect you from COVID-19. Maintain at least 1 metre distance from others and wash your hands frequently and thoroughly, even while wearing a mask.

Credit: WHO

Travel the world from the comfort of your living room. There are plenty of landmarks like the Great Wall of China, who offer virtual online tours for free. Tour the Louvre, based in Paris or even keep it local by streaming live cams of African animals. For an underwater experience you can watch the beluga whale webcam set up at the Georgia Aquarium, so you can see what your whale friends are up to at any time. Too ‘earthy’ for you? Then take a virtual tour of Mars.

## AND FOR THE TODDLERS...



Play dough can keep kids busy for hours so here is a simple recipe to make your own:

An easy recipe for homemade playdough

- 2 cups all-purpose flour
- 3/4 cup salt
- 4 teaspoons cream of tartar
- 2 cups lukewarm water
- 2 tablespoons of oil
- food colouring, optional
- quart sized bags

The possibilities are endless as they love sorting stuff.

- You can give them different coloured or shaped pasta to sort into groups, toys can be sorted into categories, shoes into pairs – create piles of various items and get them to sort it.
- Give your toddler old CDs or DVDs to stack onto a spindle.
- Take a container and make holes in the lid. Give your young one a few straws and watch them entertain themselves for hours as they push the straws through the holes.

## BOSVELD BIELIES



Venison/ wildsvleis/ nyama ya phologolo biltong, drywors and chilli bites.

Processing of meat, selected carcasses for sale.

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