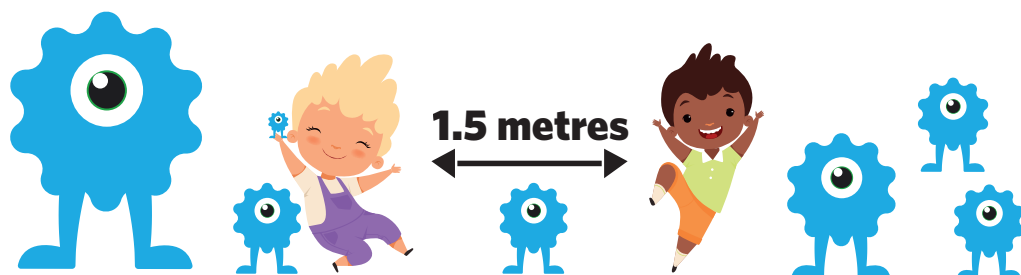


# Ondondo 2 / 3: Otjivike 6



Otjiherero

## Ozongoramambo



1

2

3

4

5

Lesson Number

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**Printing: Newsprint Namibia**

## Ondondo 2

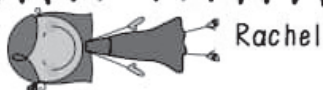
1

Omatakavarisiro wo 2, 3, 5 no 10  
Twamo ozonomora nde heripo.

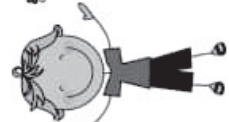
Vara mo 2	Vara mo 3	Vara mo 5	Vara mo 10
2	3	5	10
4	6	10	20

## Ondondo 3

## Ondeto yozonomora



Rachel



Mark



Liz



Ryan



Lexi



Ben



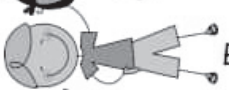
Mary



Jim



Suzi



Eric



Lou



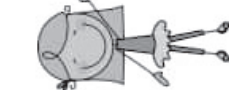
Randy



Mindy



Tom



Toni

**Tara koruteto rovanatje mbu mavenyanda “kongera omunane”.  
Omunane o Rachela.**

1. Omutja murongo oune?  
.....
2. Tom uriporuveze orutjangapi?  
.....
3. Omundu omusenina moruteto uri po ruveze orutjangapi?  
.....
4. Rachel tjai komaandero woruteto okutja Lexi makara poruveze orutjangapi?  
.....
5. Randy tjarundurukire komurungu wa Eric okutja makara poruveze orutjangapi? .....
6. Jim na Lou tjivapiti moruteto okutja Mindy makara poruveze orutjangapi?  
.....
7. Rachel tjiapiti mehore okutja Ben marire omutjangapi?  
.....
8. Randy na Mindy tjivapiti moruteto nu ingwi Tony arire omunene okutja ingwi omusenina moruteto omutjangapi?  
.....



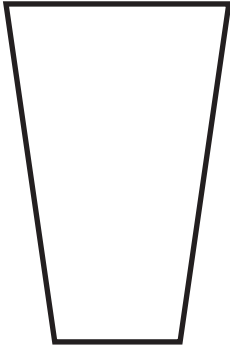


## Ondondo 2

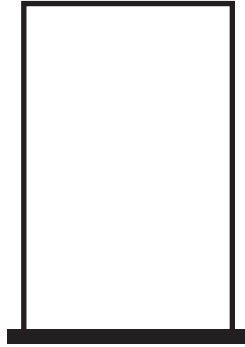
1

### Ondengu

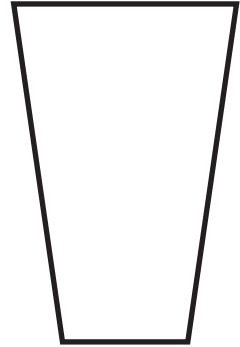
Perenda kutja ovinuwa viṭapi motjitjuma atjihe.



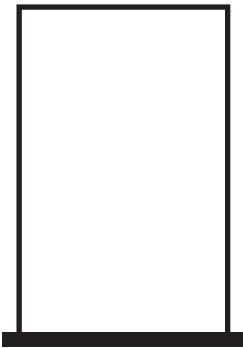
**Ohinga kokuura**



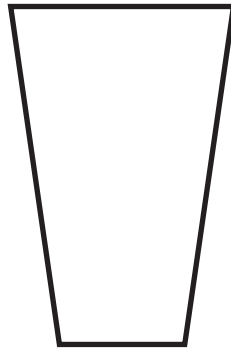
**okuura**



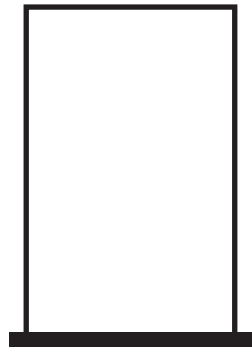
**muri uriri**



**okuura**

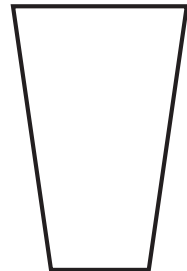
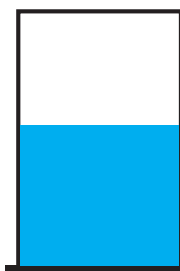
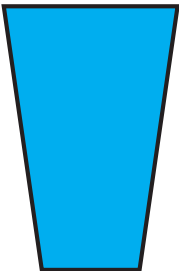


**muri uriri**



**Ohinga kokuura**

Tjanga embo ndapwire otja komurya mekopi arihe.



## Ondondo 2

## Okumuno o 10

Ungurisa o 10 okukuvatera momazengururiro wondjemeno.

$$6 + 4 + 8 = \square$$

10

$$7 + 3 + 2 = \square$$

$$4 + 6 + 4 = \square$$

$$9 + 1 + 4 = \square$$

$$1 + 8 + 2 = \square$$

$$5 + 5 + 3 = \square$$

$$5 + 5 + 5 = \square$$

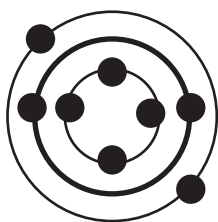
$$8 + 2 + 3 = \square$$

$$1 + 7 + 3 = \square$$

$$6 + 4 + 2 = \square$$

$$9 + 1 + 7 = \square$$

$$7 + 3 + 4 = \square$$



1

7

Ondondo 2 nondondo 3

Okutwa oviraro kumwe

$$\begin{array}{r} 65 \\ + 9 \\ \hline \end{array}$$

$$\begin{array}{r} 18 \\ + 5 \\ \hline \end{array}$$

$$\begin{array}{r} 47 \\ + 4 \\ \hline \end{array}$$

$$\begin{array}{r} 17 \\ + 1 \\ \hline \end{array}$$

$$\begin{array}{r} 15 \\ + 3 \\ \hline \end{array}$$

$$\begin{array}{r} 25 \\ + 8 \\ \hline \end{array}$$

$$\begin{array}{r} 11 \\ + 4 \\ \hline \end{array}$$

$$\begin{array}{r} 36 \\ + 6 \\ \hline \end{array}$$

$$\begin{array}{r} 28 \\ + 1 \\ \hline \end{array}$$

$$\begin{array}{r} 88 \\ + 1 \\ \hline \end{array}$$

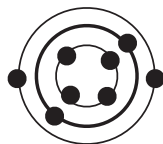
$$\begin{array}{r} 73 \\ + 1 \\ \hline \end{array}$$

$$\begin{array}{r} 44 \\ + 9 \\ \hline \end{array}$$

$$\begin{array}{r} 86 \\ + 6 \\ \hline \end{array}$$

$$\begin{array}{r} 13 \\ + 8 \\ \hline \end{array}$$

$$\begin{array}{r} 77 \\ + 1 \\ \hline \end{array}$$



Okurisako oviraro

$$\begin{array}{r} 6 \\ - 5 \\ \hline \end{array}$$

$$\begin{array}{r} 19 \\ - 11 \\ \hline \end{array}$$

$$\begin{array}{r} 10 \\ - 8 \\ \hline \end{array}$$

$$\begin{array}{r} 13 \\ - 11 \\ \hline \end{array}$$

$$\begin{array}{r} 19 \\ - 19 \\ \hline \end{array}$$

$$\begin{array}{r} 12 \\ - 5 \\ \hline \end{array}$$

$$\begin{array}{r} 18 \\ - 12 \\ \hline \end{array}$$

$$\begin{array}{r} 7 \\ - 2 \\ \hline \end{array}$$

$$\begin{array}{r} 11 \\ - 7 \\ \hline \end{array}$$

$$\begin{array}{r} 14 \\ - 14 \\ \hline \end{array}$$

$$\begin{array}{r} 8 \\ - 7 \\ \hline \end{array}$$

$$\begin{array}{r} 16 \\ - 3 \\ \hline \end{array}$$

$$\begin{array}{r} 20 \\ - 8 \\ \hline \end{array}$$

$$\begin{array}{r} 17 \\ - 17 \\ \hline \end{array}$$

$$\begin{array}{r} 15 \\ - 1 \\ \hline \end{array}$$

## Ondondo 2

### Omazengururiro wozondjemeno

**Resa omihewo vyovivarero nu uzire omapuriro potuveze tuturi kehi mba.**

1. Oritjatatu wamunine ourapi 12 komuti umwe no kamuna 7 komuti wanwe.  
**Ourapi uungapi mbuwamunu ahe kumwe?**

---

2. Epanga roye wekupe oukoki pena 12 nambano ove una 19.  
**Ove wari naungapi ngunda epanga rope ehiye kupa imbwi 12?**

---

3 . Ove wa nikora ozongara 8 epanga roye wanikora ozongara 17.  
**Epanga roye wa nikora ozongara ngapi kombanda yoye?**

---

4. Meyuva roye rongwaterno wapewa oviyandjewa 17. Oviyandjewa 9 vyazu komuhoko woye nu imbi ovarwe vyazu komapanga woye.  
**Oviyandjewa vingapi mbiwapewa iyo mapanga woye?**

---

5. Ove wapwike ovimariva ovikukutu 20 nu omuṭena koye wapwike 8.  
**Ove wapwike vingapi kombanda yaimbi vyomuṭena koye?**

---

6. Omayuva ndino i 4 eyuva roye rongwaterno o 21 kukambundu.  
**Kuno mayuva yengapi okukavaza keyuva rongwaterno yoye?**

---

7. Metuwo reṅu nomahangero mwari ovahongwa 18 mbeya psikore.  
**Ivengapi mbehari po?**

---

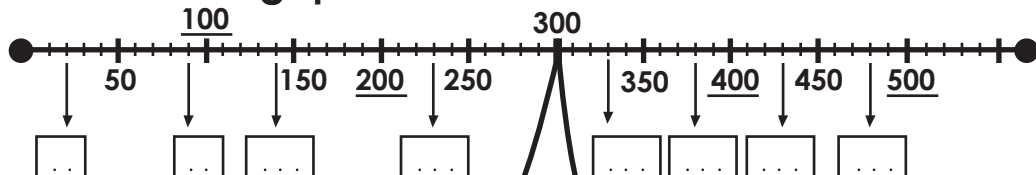
8. Omapanga woye 8 veno umbaisikera wo marama yevari.  
**Omarama yengapi aehe kumwe?**

---

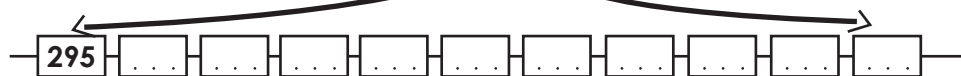


## Ondondo 3

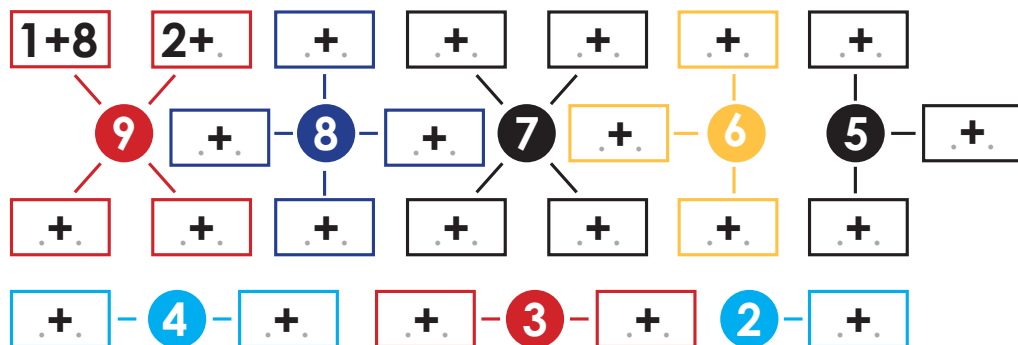
Onomora ongapi?



Twamo ozonomora



Haṅa ozonomora



Ririsa ozonomora ozengi nu haṅe mohinga.

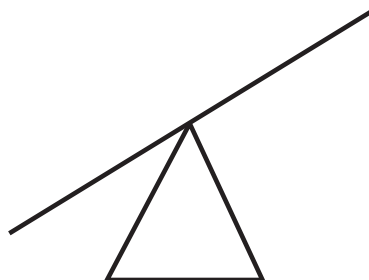
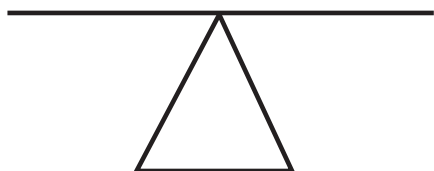
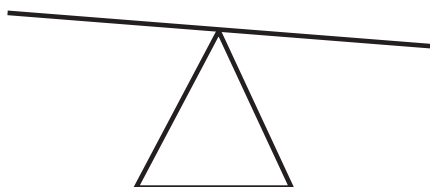
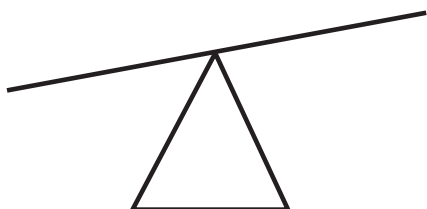
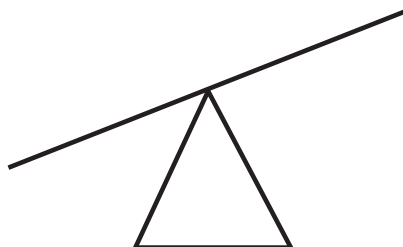
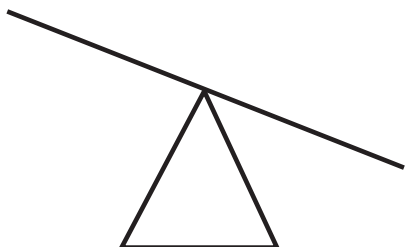
$42 = 40 + 2$ ohinga ↓ ↓ ohinga $20 + 1$ ohinga 42 o 21	$68 = . + .$ ohinga ↓ ↓ ohinga $.. + .$ ohinga 42 o ..	$26 = .. + .$ ohinga ↓ ↓ ohinga $.. + .$ ohinga 26 o ..	$88 = .. + .$ ohinga ↓ ↓ ohinga $.. + .$ ohinga 88 is ..
$36 = 20 + 16$ ohinga ↓ ↓ ohinga $10 + 8$ Ohinga 36 o 18	$52 = .0 + 1.$ ohinga ↓ ↓ ohinga $.. + .$ ohinga 52 o ..	$74 = .. + .$ ohinga ↓ ↓ ohinga $.. + ..$ ohinga 74 o ..	$98 = .. + .$ ohinga ↓ ↓ ohinga $.. + .$ ohinga 98 o ..
$27 = 20 + 7$ ohinga ↓ ↓ ohinga $10 + 3r1$ ohinga 27 o 13 otjihupe 1	$43 = .0 + .$ ohinga ↓ ↓ ohinga $.. + .r.$ ohinga 43 o .... otjihupe...	$65 = .. + .$ ohinga ↓ ↓ ohinga $.. + .r.$ ohinga 65 o .. otjihupe...	$89 = .. + .$ ohinga ↓ ↓ ohinga $.. + .r.$ ohinga 89 0... otjihupe....



## Ondondo 2

# Ohaveha: Okutwamongongorasanero nokusaaneka

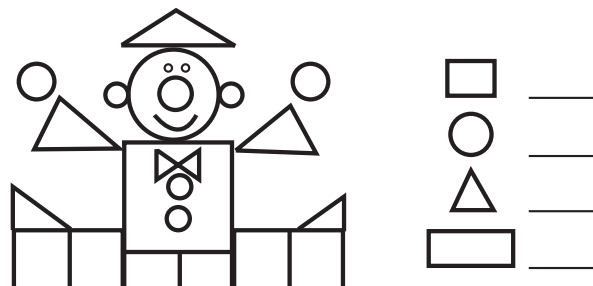
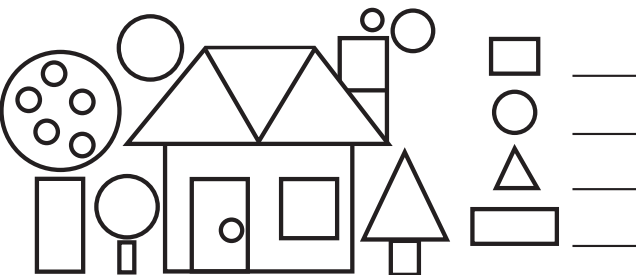
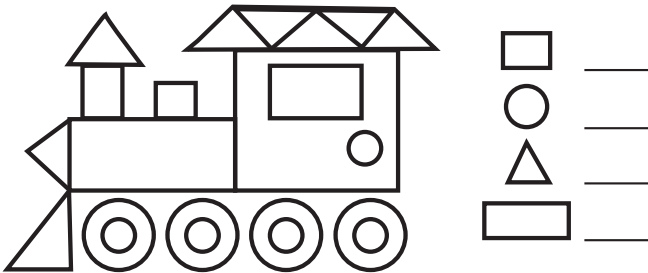
Otjihorerwa: Perenda otjiperendero okusasaneka  
ohaveha yoviṇa.



## Ondondo 2

## Omarorero: omihapo vyapevari

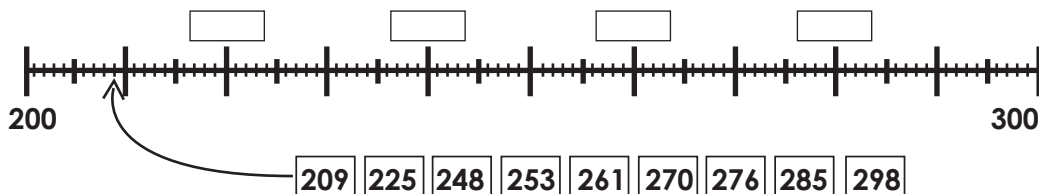
1. Vara omihapo utjange onomora potjiperendero atjihe.
2. Ungura otjiperendero tjingetjo amo ungurisa omihapo vyapevari mbiwapewa.





## Ondondo 3

Tjanga ozonomora okuza ko 200 nga 300 nu utwepo outooto nouku.



Isako onomora indji osupi ngai isakewe.

$\begin{array}{r} 50 \\ - 17 \\ \hline 40 \\ \text{ousupi } 7 \\ \hline 33 \end{array}$	$\begin{array}{r} 80 \\ - 36 \\ \hline .0 \\ \text{ousupi } . \\ \hline . . \end{array}$	$\begin{array}{r} 40 \\ - 28 \\ \hline .0 \\ \text{ousupi } . \\ \hline . . \end{array}$	$\begin{array}{r} 90 \\ - 73 \\ \hline .0 \\ \text{ousupi } . \\ \hline . . \end{array}$	$\begin{array}{r} 60 \\ - 42 \\ \hline .0 \\ \text{ousupi } . \\ \hline . . \end{array}$	$\begin{array}{r} 30 \\ - 15 \\ \hline .0 \\ \text{ousupi } . \\ \hline . . \end{array}$
$\begin{array}{r} 60 \\ - 35 \\ \hline . . \\ \text{ousupi } . \\ \hline . . \end{array}$	$\begin{array}{r} 30 \\ - 16 \\ \hline . . \\ \text{ousupi } . \\ \hline . . \end{array}$	$\begin{array}{r} 70 \\ - 49 \\ \hline . . \\ \text{ousupi } . \\ \hline . . \end{array}$	$\begin{array}{r} 80 \\ - 55 \\ \hline . . \\ \text{ousupi } . \\ \hline . . \end{array}$	$\begin{array}{r} 90 \\ - 38 \\ \hline . . \\ \text{ousupi } . \\ \hline . . \end{array}$	$\begin{array}{r} 60 \\ - 23 \\ \hline . . \\ \text{ousupi } . \\ \hline . . \end{array}$
$\begin{array}{r} 70 \\ - 25 \\ \hline . . \\ \text{ousupi } . \\ \hline . . \end{array}$	$\begin{array}{r} 90 \\ - 62 \\ \hline . . \\ \text{ousupi } . \\ \hline . . \end{array}$	$\begin{array}{r} 70 \\ - 44 \\ \hline . . \\ \text{ousupi } . \\ \hline . . \end{array}$	$\begin{array}{r} 90 \\ - 71 \\ \hline . . \\ \text{ousupi } . \\ \hline . . \end{array}$	$\begin{array}{r} 90 \\ - 28 \\ \hline . . \\ \text{ousupi } . \\ \hline . . \end{array}$	$\begin{array}{r} 60 \\ - 38 \\ \hline . . \\ \text{ousupi } . \\ \hline . . \end{array}$

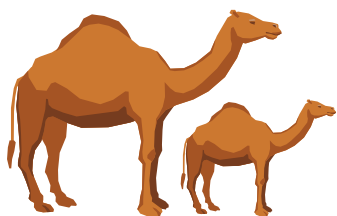
Nana omukoka kovinana varo.

83 68 41 87 42 56 33 95 78 27 20 75 81 52 63

Nana omukoka koviha nana varo.

83 68 41 87 42 56 33 95 78 27 20 75 81 52 63

## Ondondo 3



Kombando tjivanda kunozongamero 103. Ozongamero 20 aze kaenda. Kwasewa ozongamero ngapi kotjivanda?



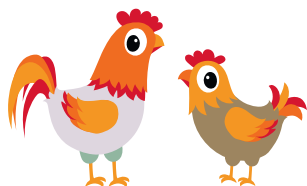
Rita uno ungwini 120. Eye ayandja oungwini 62. Rita wesewa nounge ngapi?



Jemma uno vimariva ovikukutu 74. Eye a ungurisa 20 mehore no tjimbere. Nambano wasewa novimariva ovikukutu vingapi?



Mwari ozoskepi 200 moMarina. Ozo skepi 30 aze hingwa Pasewa ozoskepi ngapi pehi.



Ohunguriva yamunu ozondwi 142 pehi. Oyo airi ozondwi o 40. Nai pasewa ozondwi ngapi?



Greg waongo oukarata 149, James waongo oukarata 75. Oukarata ungapi Greg mbaongo kombanda ya James?



Mbino ukarata 123 mondjatu yomamuho, noukarata 41 mondjatu yomanene. Mbino ukarata ungapi mondjatu yomamuho kombanda yaindji yomanene.

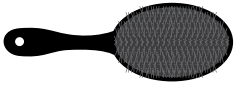
## Ondondo 2

Owingi  
Ovingi

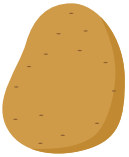
Tjanga owingi womambo nga



Otjiapera .....



Otijkamure .....



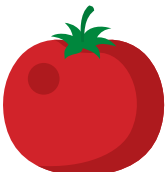
Otjihakautu .....



Oiri .....



Ombinda .....



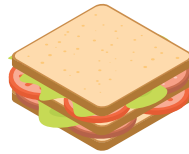
Otjitamate .....



ombungu .....



otjimbere .....



omboroto .....



ekuva .....



ondjiwo .....



onyusi .....



**Conjunctions**

Complete the sentences using the conjunctions from the box. Use each word only once.

and	or	before	
because	but	so	after

1. Let's go to the bakery ..... get a treat.
2. You will need to put your coat on ..... we go.
3. I'll open the door ..... we can go in.
4. Would you prefer a pink ..... blue cupcake.
5. I'm going to get a pink cupcake ..... it's my favorite colour.
6. They both look good, ..... you can only choose one.
7. We can go to the park ..... we finish eating.

## Ondondo 3

## Ombunguriro yomihewo

Tjangurura omihewo mbi momuhingo omusemba.

1. momahina/ rumwe/ Stevena/ koviungura/ uyenda/.

2. ungura/ ovinyandiswa/ Tu/ vyo vanatje avehe/.

3. otjimbere/ venyanda/ mopause/ Cloe na Taylor/.

4. otv ombe / Tate/ weturandere/.

5. omuhoko we/ Mary/ komukandi/ wanaṅga/.

6. koLondona /okakarata/ Samuela / wahindi/.

7. erumbi randje/ wa yatatere / Omuyatete/ omburukova/.

8. omapanga we/ wazikire / ovikurya oviwa/ Eye/.

9. ozombura mbara/ ndji/ Twaranda/ ohauto/ ndakapita/.

10. komuronga/ uHINGA / Eye / momayuva womasuviro/ okuyenda/.

11. mo Wales/ rikara/ ombwa / mondjiwo/ Etundu/retu/.

## Ondondo 2

Tjanga ombuze komundu kangamwa auhe  
ngumovanga youre wo mihewo 8 nga ko 10.

## Diphthongs

When the letters 'e' and 'w' are next to each other in a word, they form the long 'U' sound that you hear in flew and stew.

**Circle the best word to complete each sentence.**

1. There are a _____ light on.	blew      few
2. My brother _____ the ball to me	threw      pew
3. I love to _____ bubble gum.	new      chew
4. Sam _____ it was my birthday	mew      knew
5. The storm _____ my house down.	blew      hew
6. The birds _____ south for the winter.	flew      news
7. My glass has _____ on the outside.	dew      stew
8. I bought a hammer and five _____ .	screws      few
9. Lisa loves diamonds and _____ .	jewels      pews
10. The _____ reported a robbery.	news      chews
11. Phil bought a brand _____ car.	new      few
12. It's time to _____ my subscription.	renew      new
13. My mom made _____ for dinner.	dew      stew
14. The plant _____ to be three meters tall.	grew      hew
15. I _____ a picture of a dog.	blew      drew



## Digraphs

A digraph is a blend of two letters that makes a sound. Say the name of the picture at the beginning of the row. Circle the word that begins with the same sound as the picture.



ship

city

happy

hay



sun

snip

apple

ants



bees

mouse

bows

cans

Say the name of the pictures at the beginning of the row. Circle the word that **begins with the same sound** as the picture.



comb

girl

bunny

key

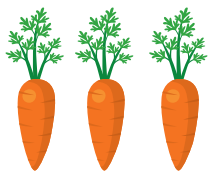


shirt

hard

boy

mail



rabbit

many

cat

white

## Phonics

Find and circle the 'ow' sound words from the list below :

h	a	z	r	t	n	q	g	t	t
m	t	o	w	n	l	n	h	j	o
k	b	c	a	o	n	r	v	x	w
c	s	b	o	w	p	m	c	b	e
l	d	r	w	s	d	e	o	i	r
o	m	o	t	g	p	o	w	h	y
w	h	w	i	f	t	r	c	v	n
n	l	n	p	j	u	g	q	d	k
a	s	h	o	w	e	r	h	z	p
r	y	u	q	m	f	f	o	w	l

cow	bow	fowl	town	row
clown	tower	shower	now	brown



## Homonyms

Choose the correct spelling to complete each sentence

Homonyms are two words that are spelled the same and sound the same but have different meanings.

- |  |              |
|--|--------------|
| 1. The cat caught the _____ of a mouse.        | scent / cent |
| 2. A _____ raced with a tortoise.              | hair / hare  |
| 3. The dog had muddy _____ after the walk.     | paws / pause |
| 4. A _____ is a female sheep.                  | ewe / you    |
| 5. Please _____ the birthday present.          | rap / wrap   |
| 6. The cat's _____ is very soft.               | fur / fir    |
| 7. The _____ is a part of an egg.              | yoke / yolk  |
| 8. Sarah likes to _____ her hair.              | dye / die    |
| 9. Ben was _____ out when he got home.         | warn / worn  |
| 10. The _____ used for pancakes is thin.       | doe / dough  |
| 11. _____ stings can be very painful.          | bee / be     |
| 12. I found a _____ of gloves under the chair. | pear / pair  |
| 13. The dog was digging a _____ .              | whole / hole |
| 14. The wind _____ .                           | blue / blew  |

Digraph

Search and tally digraphs

Find and colour the words in the correct colour.

‘sh’ = red ‘ph’ = blue ‘th’ = yellow  
‘ch’ = green ‘wh’ = orange

chop	photos	chill	whale	shin
shine	thank	ship	phonics	cheese
this	shed	which	throw	they
chess	who	check	sheep	phrase
whisper	chin	think	cheek	when
that	phone	shape	there	
shake	cheap	them	shade	
cheap	chant	where	chase	

Tally how many you find in the correct box  
and answer the questions.

sh	ph	th	ch	wh
----	----	----	----	----

Which digraph did you find the most of? .....

Which digraph did you find the least of? .....

Which two had the  
same number of words? .....

**Determines**

Some or Any

Circle some or any to make the sentence correct.

1. There is **some** / **any** milk in the fridge.
2. We don't need **some** / **any** flour.
3. Can I have **some** / **any** water, please?
4. Are there **some** / **any** eggs in the fridge?
5. There are **some** / **any** cats in the garden.
6. Would you like **some** / **any** chocolate?
7. I don't have **some** / **any** money.
8. There aren't **some** / **any** oranges on the table.
9. Have you got **some** / **any** brothers or sisters?
10. I am lonely. I don't have **some** / **any** friends.
11. There are **some** / **any** parrots in the cage.
12. Can I have **some** / **any** more tea, please
13. There is **some** / **any** money in my wallet.
14. We haven't got **some** / **any** bananas.
15. Would you like **some** / **any** sugar in your tea?
16. I have **some** / **any** news for you.

Distinguish between long  
and short vowel sounds

Read each word in the box below.  
Tell if the word has a long vowel sound or short  
vowel sound by writing it on the lines below.



























stop	lad	mud	stain	smile	bone
pie	mule	stay	pray	lid	mug
cat	rule	load	pill	still	bug
bite	sun	pig	boat		

Long vowel

Short vowel

Ondondo 3

Ungurisa ozohako utjange omana pekepeke  
wozongora mambo mutuveze tutwa turapewa.

A	B	C	D	E	F	G	H	I	J
									
K	L	M	N	O	P	Q	R	S	T
									
U	V	W	X	Y	Z				
									

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## Ondondo 2

## Ungurisa omambo no zoretera 2 po 3.

Ungurisa o alphabeta okutjanga omambo woye.

a	b	c	d	e	f	g	h	i	j
k	l	m	n	o	p	q	r	s	t
u	v	w	x	y	z				

## Omambo wozoretera mbari:

Omambo wozoretera ndatu:

[illegible][illegible]



## Ondondo 3

5

27

### Erora mazuviro yokuresa Okangoze okape okaondjezewa

Omukazendu wa Alana wemurandere okangoze okaondjezewa (iphone) meyuva re nongwaterno. Eye watjiti ozombura omirongo vitano. Eye wasuvera okangoze ke okakuru mena rokutja okapupu okuungurisa. Kotjikando otjitema momwinyo we mautu okuungurisa ongoze ndji perenda oviperendero, okuhita motungovi, outara oukarata woye okunyanda omizumbi nokuhinda ozombuze no Whatsapp. Ouzeu mburipo Alana kenakutjiwa okuungurisa ovina mbi ayihe mbiri mongoze ndji o iphone. Eye weripura okutoora okambo kukaende punongoze ye ombe nu a rese ovikando ovingi nokuhina okuzuva kaparukaze. Omukazendu we wemuraere kutja nga pure kovakwao poviungura ve muraere kutja ongoze ndji iungurisiwa vi. Eye kavangere oku pura kovandu varwe ngaamunika mokuhina kutjiwa ovina vyakandino.

#### Zira omapuriro nga:

1. Alana wapewa iye meyuva re rongwaterno?

2. Eye watjiti ozombura ngapi?

3. Eye wari nouzeu waye?

4. Okambo kongoze kemuvatera poo indee?

5. Alana makapaha ombatero?

6. Otja kouripura woye ounahepero okukara nokongoze  
okaondjezewa?

Look at the picture. Read the words and complete the word puzzle:

TV	Radio	Newspaper
Magazine	Computer	Telephone



## Nouns: Gender

Write the masculine gender of the following nouns



Duck	
Cow	
Widow	
Witch	
hind	
Hostess	
niece	
Ewe	
Doe	

Write the feminine gender of the following nouns



Sir	
Bachelor	
Stallion	
Hero	
Peacock	
Colt	
Monk	
Fox	
nephew	

In each sentence change the masculine noun to the feminine gender.

1. The **proprietor** of the guest house welcomed every guest.

2. A beautiful **peacock** strutted about the garden.

3. The **widower** was lonely and poor.

4. He sent an expensive present to his **nephew**.

5. The **monk** helped to run a school for poor children.

6. The letter began, 'Dear **sir**'.

Complete each sentence by using a noun of the opposite gender to the noun that is in bold type.

1. Mr. Brown keeps ten pigs, two **boars** and eight \_\_\_\_\_.

2. A **drake** swam downstream while the \_\_\_\_\_ waddled along the bank with her ducklings.

3. A high price was paid for the \_\_\_\_\_ and **mare**.

4. The **masseur** and \_\_\_\_\_ massaged clients at the spa.

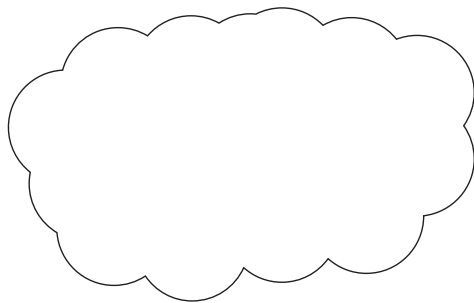
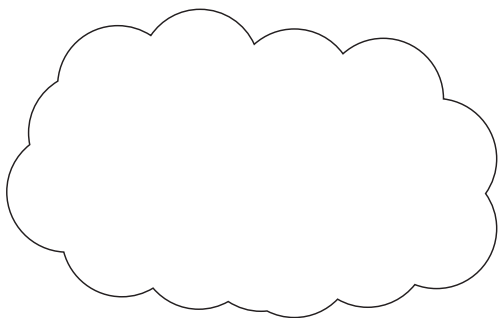
5. The wool on the **ram** was thicker on the \_\_\_\_\_.

6. The deer **stag** has antlers, the \_\_\_\_\_ has none.

### Ondondo 3

Tara kotjiperendero no mambo nu u tjange:

Otjiŋenge tjiŋe tjomahakaenisiro tjiwasuvera tjinene?  
Perenda moukamba mburi kehi mba.



Metuwo roye romara muna otjiŋenge tjiŋe tjomahakaenisiro?



Ami mbina o \_\_\_\_\_ Ami mbina o \_\_\_\_\_

Ami mbina o \_\_\_\_\_ Ami mbina o \_\_\_\_\_

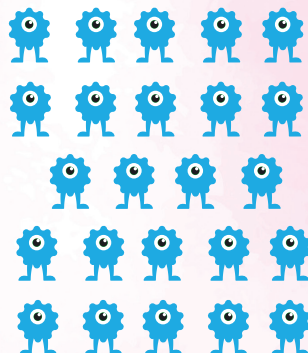
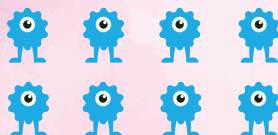
### English lesson

Find the means of communication below:

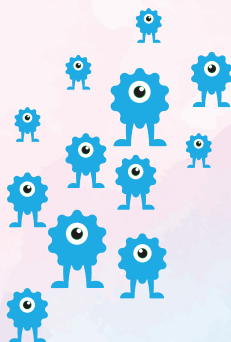
u	i	o	p	d	f	g	m	c	t	v	b	h	i	o	p	i	h	j
d	f	r	a	d	i	o	t	y	b	b	n	c	v	o	p	l	k	l
v	n	c	o	m	p	u	t	e	r	x	m	a	g	a	z	i	n	e
k	l	c	b	m	x	x	r	t	g	n	i	u	y	e	i	n	m	c
x	n	e	w	s	p	a	p	e	r	n	m	v	l	o	e	b	b	n
a	a	t	e	l	e	p	h	o	n	e	c	x	b	m	f	d	s	t
z	x	c	y	b	n	p	u	i	k	k	c	b	n	g	h	c	v	z

# How to teach your child the importance staying active.

Play with family members, stay 1.5m away to practice social distancing.



Stay active and eat healthy so that your body can stay strong.



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PRINT

1

Turn the booklet to landscape.

2

Take a ruler & tear the booklet at the top long fold.

3

Fold the booklet in half.

4

The learning journey can start.



**STEPS**  
HOW TO TEAR & USE  
THE BOOKLET

