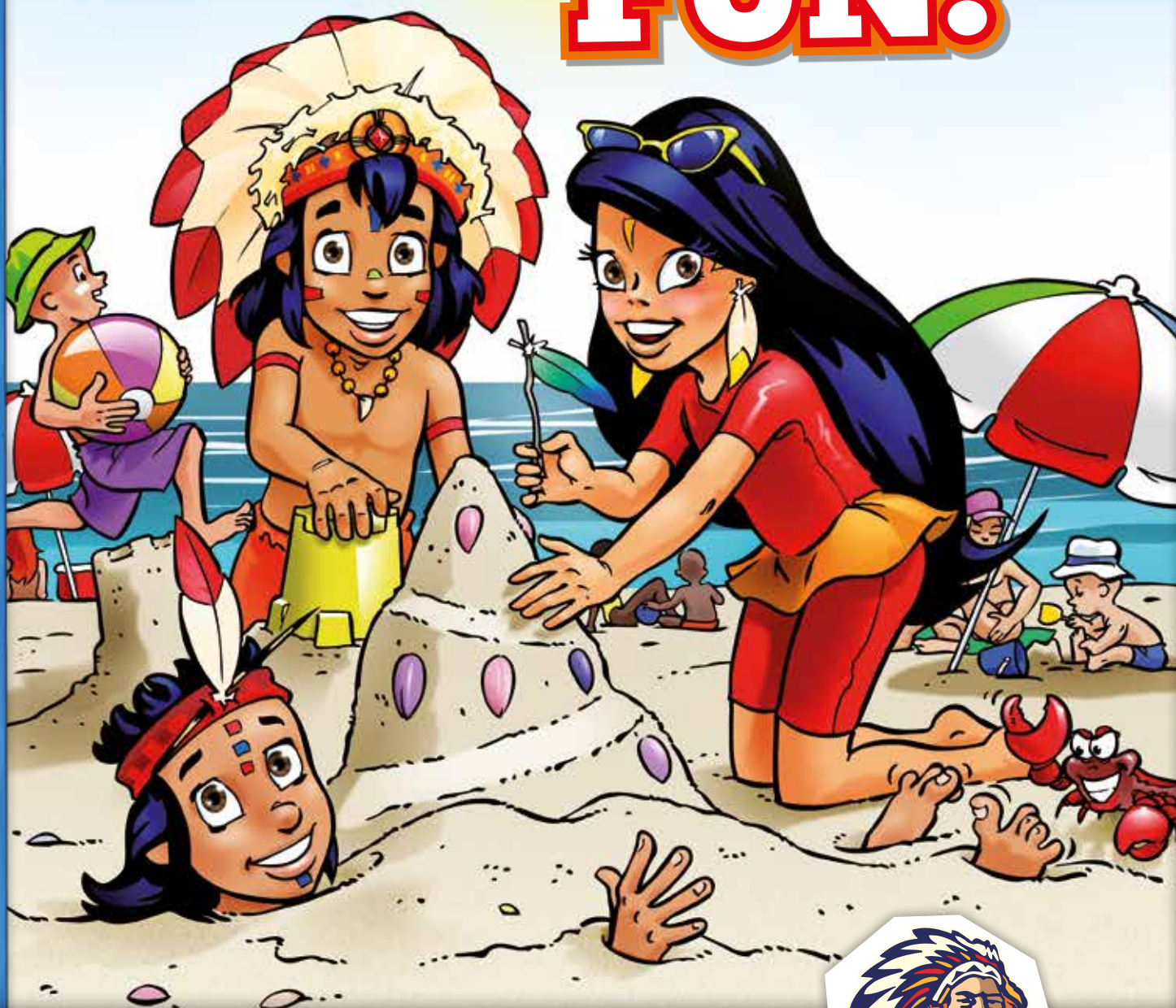


**SPECIAL
HOLIDAY
GUIDE**

Spur[®] **SUMMER FUN!**



- ☀️ **Make a bird feeder** ☀️ **Holiday calendar**
- ☀️ **Learn about South African birds**
- ☀️ **Tips to be safe** ☀️ **Make a sailboat**

Spur[®]
**Steak
Ranches**
A taste for life

Make your own Holiday Calendar



DAY 1
Get some friends together and have an art exhibition.

DAY 2
Post a handwritten letter to someone special who lives very far away.

DAY 3
Spread a blanket under a tree and read your favourite book.



DAY 4
Pack snacks, a hat and sunscreen. Head to the beach or park with your friends.

DAY 5
Ask your mum for some biscuits or sweets and hide them in the garden. Then invite your friends over for a treasure hunt.

DAY 6
Make freshly squeezed orange juice. Halve six oranges and squish them until all the liquid is out. Add ice cubes and enjoy!

DAY 7
Tidy your room and put anything you don't use in a box to give to charity.



DAY 8
Take your crayons and paints outside and draw the animals that you see.

DAY 9
Collect cold drink cans. Place one on top of the other to create a funky totem pole. Remember to recycle them afterwards.

DAY 10
Pitch a tent in your yard and camp under the stars on a warm, clear night.



DAY 11
Ask a friend to help you make a vegetable patch and plant things like lettuce, carrots and tomatoes.

DAY 12
Suggest to your parents that you all go out somewhere for a picnic.



DAY 13
Grab your brother, sister or friend and play a game of noughts and crosses.

DAY 14
Pick a lovely bunch of flowers or branches for the house.



DAY 15
Make some gift tags and think about which friends and family you'd like to give them each to.

DAY 16
Think about your New Year's resolutions. Start a list and keep it somewhere safe.

DAY 17
Make sailboats out of recycled materials and challenge a friend to a boat race. See page 27.

DAY 18
Offer to clean the windows in your home (you may be given a nice reward).



DAY 19
Draw eyes onto pebbles to create creatures. Pack them into a painted egg box. Tie it with a pretty ribbon to make a lovely gift.

DAY 20
Make your own unique wrapping paper for the festive season.



DAY 21
Ask if you can use an ice tray. Pour in juice instead of water. Place in freezer overnight for icy treats!

DAY 22
Bake gingerbread men and invite your granny or friend around for tea.



DAY 23
Collect old magazines. Cut out and create your own picture stories using elements such as cars, people, fashion, food and colours.

DAY 24
Phone friends or family you haven't seen for a while.



DAY 25
Play a game of hopscotch.



DAY 26
Make a fort under the dining room table. Invite your brother, sister or dog inside and read them a story.

DAY 27
Half-fill a glass with a fizzy drink. Carefully drop a scoop of vanilla ice cream into the glass. Sprinkle with hundreds and thousands and enjoy!

DAY 28
Ask your mum to help you make jelly, then eat it in the shade outside.

DAY 29
Play a game of snap with someone in your family.

DAY 30
Fly a kite with friends.



DAY 31
Look at your list of New Year's resolutions again and change them or add a few more.

Water-saving tips

1. Use the water left over from boiling veggies to water your plants – just let it cool down first.
2. Close taps properly.
3. Wash the car using a bucket.
4. Don't play with water.
5. Take quick showers.
6. Close the tap while brushing your teeth.



FUN IN THE SUN!

Stay safe on the beach with these tips from the Secret Tribe.



1. Watch the water

Never turn your back on the sea – a wave you don't see could knock you over and push you under. The sea can be very strong during high tide and sometimes there are underwater currents. Never swim alone and always tell your mum or dad when you go swimming so that they can watch you.

2. Protect yourself

The sun is very strong and can burn you, even if you have dark skin. Always use sun protection lotion with a SPF (sun protection factor) of 50 and reapply it after you have been swimming. Stay out of the very hot sun from 10 a.m. to 3 p.m. and wear a hat or cap. Tell your mum or dad if you feel dizzy and drink lots of water to stay hydrated.

3. Keep clean

Take all your litter home with you. If you leave it on the beach, it could get washed into the sea, where sea animals like dolphins or turtles could eat it and be very badly injured.

4. Don't feed the birds

Human food isn't good for sea birds, so don't offer them your chips or ice cream – share them with your friends instead!

5. Stay safe when you swim

Don't swim at sunrise or sunset when it is getting dark. Don't swim at night or if the water is very dirty or rough. Wait 20 minutes after eating to allow your food to settle before going into the water.

6. Listen to the lifesavers

Make sure you can see the lifesavers and they can see you. If they tell you to get out the water, listen to them! They get lots of training to keep you safe. If you don't know how deep the water is, don't dive or jump in – you could get hurt – ouch!

7. Protect the dunes

It's fun to climb dunes and slide down on big pieces of cardboard but never remove plants growing on the dunes. The dunes need the plants to stay stable.

If you find live crabs or fish, don't tease them – they get very scared! You look like a massive giant to them. Rather watch them and learn how they live on the beach. If you find a shell with a creature inside, leave it on the beach – the shell is its home and you might hurt it if you take it out of its shell.



BIRD FEEDER!

Make your garden or balcony bird friendly with your own bird feeder – and learn about our feathered friends!

- You'll need:**
1. One empty plastic cold drink bottle
 2. A pair of scissors or a box cutter
 3. Strong string or wire
 4. Old wooden spoons
 5. Bird seed
 6. Optional: paint or stickers
 7. Funnel

Always ask an adult to help you when using scissors or a cutter.

Take out a bird book from your library to see how many birds you can recognise as they come to eat yummy seeds and fruit.

STEP 1

Wash and dry the bottle. Remove any labels or stickers.

STEP 2



Cut matching holes on opposite sides of the bottle. One hole must be slightly higher than the other so the spoon will lie at a slight angle and the food will slide onto it.

STEP 3



Cut as many pairs of holes as you have spoons. Push the spoons through the holes as far as they will go.

STEP 4



If you want to paint or decorate the bottle, do that now and leave it to dry.

STEP 5



Pour some bird food into the bottle using a small funnel.

STEP 6



Knot a piece of string or tie a piece of thin wire around the neck of the bottle. Now you can hang your feeder.

Fill in and cut out this pledge, then stick it on your wall.

PLEDGE TO MOTHER EARTH

on _____, I promised to look after nature.

Food for birds

You can also put small pieces of fruit on the spoons – experiment and see which birds like what kinds of fruit. But don't feed them bread because it does not have the nutrients they need. Also, don't feed them nuts with salt on. Too much salt is very bad for our feathered friends.

BIRD IS THE WORD!

'South Africa is home to loads of beautiful birds, but we don't think you'll have time to discover them ALL this summer! So here are a few for you to look out for in different parts of the country. Get ready for an awesome bird-spotting adventure!'

GAUTENG

It's the commercial and economic hub of our country. There are around 350 known bird species in and around Johannesburg and Pretoria.

SPOT THESE BIRDS!



BLACK-COLLARED BARBET

OTHER BIRDS TO GOOGLE: HADEDA IBIS, SPECKLED PIGEON, BOKMAKIERIE, GREEN WOODHOOPUE, AND GREY LOERIE.

MPUMALANGA

Mpumalanga is home to the Lowveld, a low-lying tropical region that is taken up largely by the Kruger National Park, with the Drakensberg escarpment on the border.



MARTIAL EAGLE

SPOT THESE BIRDS!

OTHER BIRDS TO GOOGLE: BROWN SNAKE EAGLE, AFRICAN HAWK EAGLE, TAWNY EAGLE, WALHBERG'S EAGLE AND THE STEPPE EAGLE.

KWAZULU-NATAL

The lush greenery and tropical abundance in the north-east of KwaZulu-Natal is alive with beautiful birds.



KNYSNA TURACO

SPOT THESE BIRDS!

OTHER BIRDS TO GOOGLE: PALMNUT VULTURE, NEERGAARD'S SUNBIRD, RUDD'S APALIS, AFRICAN BROADBILL AND WOODWARD'S BARBET.

WESTERN CAPE

This province with all its natural beauty is the perfect home for lots of fauna and flora. It's one of the best bird-watching destinations in South Africa.

OTHER BIRDS TO GOOGLE: CAPE SISKIN, PROTEA SEEDEATER, CAPE SUGARBIRD AND CAPE ROCKJUMPER.

SPOT THESE BIRDS!



ORANGE-BREASTED SUNBIRD

SUMMER FRUITS

Here are a few of South Africa's summer fruits. Which ones are your favourites?

What could be better than some juicy fruit as a delicious snack on a hot summer's day? Eat them plain on their own, in a fruit salad, blend a few together for a refreshing smoothie, or get creative and make some fun fruit kebabs – perfect for a healthy dessert!

Have you ever wondered what it means to "eat seasonally"? It means to eat fruit and vegetables that are grown at the same time of year that you eat them. Seasonal fruits are more readily available, cost less and they don't have to be flown from halfway across the world. They also taste better because they've been ripened naturally by the weather conditions that suit them best.



MAKE YOUR OWN ICE LOLLIES

- You'll need:
1. Fresh fruit juice (apple, orange, mango or whatever you have in the fridge)
 2. Water
 3. Ice lolly moulds



Mix equal amounts of fruit juice and water.



Pour into ice lolly moulds. Freeze. Wait for a really hot day and enjoy!

Mix 'n' match

You can make a multi-coloured lolly by filling the mould halfway with one juice, letting it freeze and then adding another juice before putting it back into the freezer. Have fun experimenting!



FRUIT: FREEPIK.COM

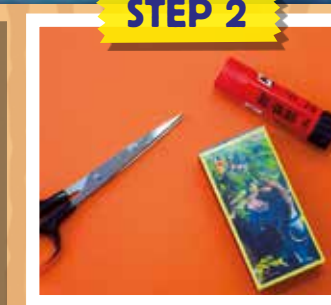
SAIL AWAY!

Soaring Eagle and Buffalo Brave have made a sailboat out of a juice carton. Follow these simple steps and you can make one, too.

- You'll need:
1. Empty milk or juice carton (washed and dried)
 2. Small box (such as a matchbox)
 3. Paper or scrap of fabric
 4. Kokis, paint and stickers
 5. A thin straw or long stick
 6. Sellotape



STEP 1
Cut the carton in half lengthwise. Pinch both ends with your fingers to make each end pointy.



STEP 2
Paint the smaller box. This will go inside the carton to hold the sail. Punch a hole in the middle of the box with a sharp pencil. Glue the box onto the centre of the carton.



STEP 3
Cut out a square piece of paper or fabric about three quarters of the length of the straw. This will be the sail. Decorate the sail with paint, markers and stickers.



STEP 4
Punch a hole at the top and bottom of the sail and weave the straw or stick through the holes. Wrap string around the top of the straw and tape each end of the string to each end of the boat. Now your boat is ready to race!

EASY TIPS ON HOW TO STAY SAFE

- 1 Regardless of whether you are at the mall or the beach ALWAYS let your parents or guardian know where you're going.
- 2 Stick to your group of friends or family and keep an eye on one another.
- 3 If you do get lost, ask for security, the information kiosk or the police – NEVER accept help from a stranger.
- 4 The sea can be dangerous. Always make sure you swim in the safety area marked out by the lifeguards.
- 5 Always wear sunscreen and a peak cap or sunhat when you're outside.
- 6 Drink lots of water when you are playing outside.

DO YOU KNOW?

You can rack up as much as 80 percent of your lifetime sun exposure before you turn 18, so it's important to be protected.

BE SAFE!

CALL CHILDLINE FOR HELP ANYTIME ON 0800 055 555 (it's free)



IT'S GOOD TO MEMORISE YOUR MUM OR DAD'S CELLPHONE NUMBER!

Spur®

It's party time at Spur!



Register for the Secret Tribe Club at www.spurtribe.co.za to receive a birthday meal voucher every year on your birthday! Ts & Cs apply.

Spur is the perfect place to host an awesome birthday party! The Play Canyon is a fun and safe area that will keep kids entertained for hours and there are loads of great activities to enjoy, such as:

- A very special Spur birthday song
- Spur activity sheets and headdresses
- A delicious Spur Birthday Combo Meal, which includes a selected meal from the Kids' Menu, a fizzy drink, soft serve and Spur gift!

Planning a magical birthday party is just a mouse click away! Let us roll out the theme and birthday meals. Simply ask your parents to call your favourite Spur and make a booking! Then have fun creating and sending out our cool online invitations.

<http://www.spurtribe.co.za/birthdays/make-your-own-birthday-invite/>



Spur®
Steak
Ranches
A taste for life

Customer Care: 0860007787



You can create a very special birthday song, yourself! Download Spur's exciting Birthday Jam App from www.spurtribe.co.za