

Top Vibe

Kids Magazine

ONLINE
APRIL 2022 ISSUE 45

Happy Easter

WHY PETS ARE GOOD FOR KIDS

Some Hobbies for your Kids

**WAAR KRUIP EK
WEG?**



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Top Vibe

ONLINE Kids Magazine

COMMENTS:

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We just love to have fun. Join us.

3.

WHY PETS ARE GOOD FOR KIDS:

Find out why having a pet can be good for your child

4.

EASTER COMPITITION:

Find the hiding bunny.

WAAR KRUIP EK WEG?



REGULARS

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Charmaine Britz CEO - MEDIA HOUSE
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Glamour Talk Magazine and 50+ Magazine/ Tydskrif.

2. AMBASSADORS 04

Top Vibe Kids Ambassadors: Meet our Ambassadors for 2022.
Dyne Mulder, Meagan Rielander & Tanita de Gouveia.

3. IT'S FUN TIME 08

We at Top Vibe Kids Magazine try to keep you busy with fun things to do. Hope you enjoy!

4. MODEL COVER PAGE 01

Easter Bunny

5. MODEL BACK PAGE 20

Back page: Easter Bunny



Photographer: Albertus Kriel
Venue: Turn 'n Tender - Vaal mall

REDAKTEURS NOTA

Liewe maats,

Jis, die tyd hardloop gou verby.

Ons deel graag 'n paar goedjies met julle. Soos hoe om ons tydskrif in die hande te kry, vra maar mamma of pappa se hulp met 5 maklike stappe. Daar is nog maatjies wat dit nie reg kry nie, so vra hulp.

Ons volgende uitgawe is ons Paasfees uitgawe en ons gaan 'n hassie weg steek iewers, jy moet vir ons se waar die hassie is om 'n paashaas te kan wen gaan kyk op ons Facebook blad vir die kompetisie reëls.

Facebook: <https://www.facebook.com/vibekids.britz>

Pas julle mooi op tot volgende maand. Liefde

Charms

MEDIA HOUSE:
TOP VIBE MAGAZINE
TOP VIBE KIDS MAGAZINE
GLAMOUR TALK MAGAZINE
50+ MAGAZINE / TYDSKRIF



Tanita

Dear readers,

This month, light it up blue for Autism!

Autism refers to a broad range of conditions challenges with social skills, repetitive behaviours, speech and nonverbal communication.

World autism day is on 2nd April.

We celebrate awareness day to highlight the need to help improve the quality of the life of those with autism, so they can lead full and meaningful lives as an integral part of society.

This year to raise awareness I am selling blue scrunchies and all proceeds will be donated to an autistic school.

Lots of Love

Tanita



Meagan

Hello julle,

Dis Meagan hier

Maart is n vooruitsig vir die vakansie. Wat beteken eksamen en toetreeks en leer is vir nou verby!

Maart is ook my gunsteling maand want, dis my

VERJAARSDAG! En die seisoene draai amper so dit

beteken... GEEN muskiete en GEEN vliee nie!

In Maart vier ons ook Menseregtedag op 21 Maart

⇒ Op Menseregtedag word Suid-Afrikaners gevra om oor

hul regte te besin, om hul regte en die regte van alle

mense teen skending te beskerm, ongeag ras, geslag,

godsdienst, seksuele oriëntasie, of hulle 'n buitelanders is

of nie – menseregte geld aan almal, gelyk.

Geniet Maart, tot ons weer gesels

Meagan R

Goeie dag, Maats

WoW! Kan julle glo ons is al klaar in die 4de maand van die jaar April, so dit beteken lekker skool vakansie, Paasfees.

Binne kort moet ek die regte besluit maak na watse Hoërskool ek toe gaan wat eintlik "Scary maar Excited".

Moet nie vergeet nie oor 8 maande is dit Kersfees 🙌 Julle al julle lysies begin.

Ek is ook so opgewonde om met julle binne kort te deel oor my passie vir swem en wat ek die naweek van die 11-13 Maart 2022 bereik het op SA Regional / National Championships.

Vandag wil ek graag iets interresant met julle deel oor ons Sonnestelsel wat ek onlangs self geleer het en wat my aandag nogal baie trek en moes self 'n taak daarvoor maak.

Ons Sonnestelsel bestaan uit 8 Planete naamlik die volgende in volgorde van hulle afstand van die Son af: 1. Mercurius, 2. Venus, 3. Aarde, 4. Mars, 5. Jupiter, 6. Saturnus, 7. Uranus, 8. Neptunus. Hulle se mos "Men are from Mars and Woman are from Venus" 😂 funny ne LOL.

My gunsteling Planeet is Jupiter want hy is die grootste en ek het my taak ook oor hom gemaak en somer baie goeie punte gekry. Planete bestaan uit rotsagtige en minerale en het 'n hoe smeltpunt. Jupiter bestaan uit Waterstof en Hulium.

Het julle al Hulium probeer in 'n ballon dit maak jou stem funny 😂. Ons Sonnestelsel is in die Melkweg gelee soos ons hom ken die "Die Milky Way". Ons kan nie 100% se waar eindig die Sonnestelsel nie. Die Aarde bestaan uit 71% water en die Son is 400 keer grootter as die Maan 🤯.

Ek hoop julle het die stukkie geniet om te lees. Ek deel binne kort weer iets lekkers met julle wie weet dalk 'n raaisel of lekker maklike respek of dalk net 'n paar "Funny Jokes" wie weet...

Tot volgende keer.

Dyne



Dyne



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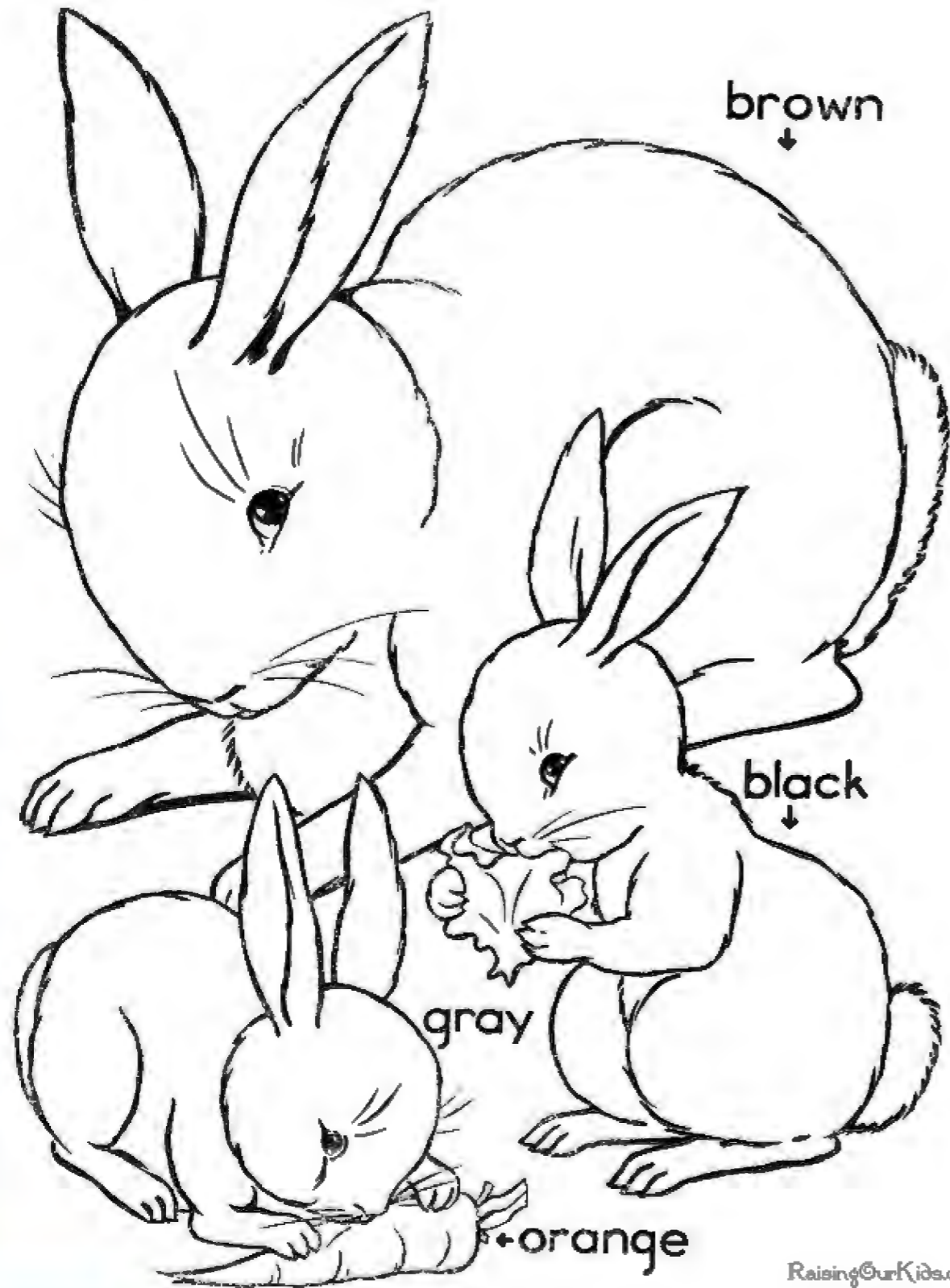
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Let's have fun....



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Hallo Maats,

Kom ons maak Crunchies

250g botter

50ml stroop

10ml koeksoda

250ml suiker

250ml koekmeel

500ml hawermout

250ml klapper

Knypie sout.

Smelt die botter en gouestroop, voeg koeksoda by en meng.

Meng die droë bestanddele en roer bottermengsel saam.

Druk in 'n gesmeerde bakplaat bak by 160c tot goudbruin vir 20 minute. Laat afkoel en sny in blokkies



Kom bak en brou saam met my!

Jokes

What do you get from a pampered cow?
Spoiled milk!

What did the acorn say when she grew up?
Geometry!

How did the phone propose to his girlfriend?
He gave her a ring!

Why are frogs so happy?
They eat whatever bugs them!

How do cats bake cookies?
From scratch!

What was the kitten's favorite color?
Purrr-ple!

What did the big bucket say to the smaller bucket?
You're looking a little pail!



Some Hobbies for your Kids

Hobbies are skill-building activities that relax and inspire you on the regular. In fact, a good one is downright therapeutic for kids and adults alike. If the young person in your life is spending too much of their free time sitting passively in front of a screen, a new interest is likely the only intervention they need. Of course, you can't pick a hobby for another human, since the ones that really stick are those that speak to a person's individual interests, but chances are you know your child pretty well. If you're hoping to give your kid a gentle push in the right direction (i.e., away from Roblox), plant the seed by suggesting one of these unique and stimulating hobbies for kids.

GARDENING

Aside from the obvious appeal of a hobby that allows kids to get their hands dirty, gardening is also an excellent activity for mindfulness, so it will calm your kid down while providing a physical workout to boot. Bonus: You don't even need to have an outdoor space of your own for your child to put their green thumb to work, because time spent at a community garden can be equally rewarding.

VOLUNTEERING

Regular volunteer work is a crash course in compassion that teaches kids the importance of giving back to the community. It's also a fun way for kids to make new friends and meet interesting people from all walks of life. Plus, given the huge variety of volunteer opportunities available, this hobby will never get old.

CHESS

This classic game of strategy provides a stimulating challenge at every level of play. The critical thinking involved in chess also has major brain-boosting benefits and kids can join chess clubs and compete in tournaments for some friendly competition as their skill-level increases.

YOGA

Yoga is a well-known and widely practiced activity that strengthens muscles, improves physical fitness and calms the mind—and it's not just for grown-ups. Yoga classes for kids are an excellent option for young people who want a hobby that involves physical activity, without the competitive component of most other sports.

PHOTOGRAPHY

Older kids can nourish their creativity with photography as a hobby. Of course, you'll have to provide the camera and your child will need to put some effort into learning the skills that go into getting a good shot, but the process of exploring their surroundings in search of new subjects is sure to inspire budding artists.

SCRAPBOOKING

Any kid who's old enough to work with a pair of scissors can take up scrapbooking—a hobby that encourages self-expression and creativity, while producing pieces of art that will continue to inspire pride any time your child decides to take a walk down memory lane

BIRDWATCHING

With birdwatching for a hobby, your kid will regularly be one with nature, which is never a bad thing. Plus, birdwatching is also a particularly low-key and quiet activity, so it's an excellent choice for any child who could benefit from some chill time in their extracurricular routine.

COOKING

Remember those tender toddler years when you first noticed your child was interested in what went on in the kitchen? Well, if you do, it will come as no surprise that cooking can be an engaging hobby for older kids (i.e., ones that can reach the kitchen counter). This hands-on activity is lots of

fun for picky eaters and budding gourmands alike—and because cooking requires a degree of adult supervision, it's an excellent bonding opportunity to boot.

ORIGAMI

Origami, the Japanese art of paper folding, is a unique and creative hobby for kids that helps hone both fine motor and critical thinking skills. It's also particularly budget-friendly since there is a wealth of free tutorials and resources available online, which kids can use to teach themselves the craft. (Also, a quick Google image search will confirm that origami is seriously cool.)

SCULPTING

Sculpting is often neglected in standard art curriculum, but a kid who tries their hand at it might just discover a new passion. This art form is a hands-on hobby that allows kids to bring their imagination to life with 3D models—a decidedly rewarding fine motor activity that encourages creativity (and can yield pretty impressive results).

KNITTING

Kids as young as five can learn how to knit pieces of wearable art that inspire pride and a sense of accomplishment. This relaxing hobby engages both sides of the brain and comes with some impressive benefits: Knitting promotes mindfulness and improves dexterity, attention span, reading skills and pattern recognition. Oh, and it builds positive self-esteem, too.

MARTIAL ARTS

Martial arts are an excellent outlet for kids who've got energy to burn, but don't dig the competitive vibe of team sports. Aside from the obvious physical benefits (balance, coordination, strength and overall fitness), this hobby also promotes individual growth in other areas—including discipline, goal setting, focus and even basic respect for others.

PUZZLES

Spatial task performance, hand-eye coordination and abstract thinking all get a major boost from this classic, boredom-busting activity. As a hobby, puzzles are an ideal way to get kids to kick their afterschool screen time habit in favor of something more stimulating...and it's hard to beat the sense of the satisfaction that comes when a jigsaw is complete.

PLAYING AN INSTRUMENT

Fact: Learning an instrument will make your kid smarter. Research shows that studying music builds confidence, improves math, reading and memory skills and is generally associated with increased cognitive ability. Plus, mastery of an instrument requires dedication, discipline and focus—which is why it's a skill that your kid will be proud and grateful to have acquired. In other words, this is a character-building and brain-boosting hobby that will pay dividends well into your child's future.

JEWELRY MAKING

This craft encourages creativity and self-expression—and, when taken on as a hobby, jewelry making does a bang-up job of improving fine motor skills and concentration in kids. Also, there's something uniquely thrilling about being inside a bead store. (So many tiny treasures!)

CREATIVE WRITING

Kids can put their imaginations to work, explore their emotions and get a leg up on cognitive and language skills by engaging in creative writing as a hobby. With some passion and practice, your offspring might even end up penning the next great American novel one day. (Who knows?)

Vaal Easter
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INFLATABLES | EXHIBITION

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So laai jy die tydskrif af met net 5 maklike stappe



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Stap 3 - Dan sien jy Top Vibe Magazine

Stap 4 - Regs op jou foon skerm is daar 3 strepies kliek daar op.

Stap 5 - dan sal jy sien Welkom en die tydskrifte se name - as jy op die tydskrif kliek wat jy wil aflaai sal dit oopmaak Jy kan of download of van jou skerm af lees.

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WHY PETS ARE GOOD FOR KIDS



So your children want pets? They're begging for a kitten to cuddle, or a rabbit they can feed, but you're not so sure as it's a big commitment. Well, before you make your decision about bringing pets into the family, discover the top ten reasons why having a pet is actually good for your children's health and development to cuddle, or a rabbit they can feed, but you're not so sure as it's a big commitment. Well, before you make your decision about bringing pets into the family, discover the top ten reasons why having a pet is actually good for your children's health and development.

They decrease allergies

Research shows that children who grow up in homes with pets are likely to have a stronger immune system and less likely to develop childhood allergies and asthma. Research carried out by health psychologist Dr June McNicholas of the University of Warwick and drug company Novartis Animal Health tested the saliva of 138 children aged between four and 11-years-old for IgA antibodies—an antibody found in the immune system that helps fight off infection. Results showed that pet-owning children were able to fend off infection such as colds and flu better than those children without pets, thus having less days off school.

Helps with learning

Pets can help children with their learning. Educators have long used animals (mainly dogs) as a form of therapy in schools, using them to help developmentally challenged kids to learn. In particular, animals can help children's reading skills. Research has shown that students who may be reluctant to read out loud at school feel more confident reading to animals as they see them as a non-judgemental pal.

Provides comfort and companionship

Pets offer comfort and companionship to kids. No matter what mood they are in, children find support and security from their animal companion, which often means they are less anxious or withdrawn.

They keeps families talking

Having a pet helps to build family bonds as animals are often the focus of family activities. From walking the dog together to grooming or feeding the pet, these simple but enjoyable tasks allow everyone to slow down, enjoy each other's company and communicate with one another.

Encourages a healthy lifestyle

From walking the dog to playing with the family rabbit in the garden, having a pet helps to prompt a healthy lifestyle for their young owners, encouraging them to be outside and running around.

Lowers blood pressure

Stroking animals can lower blood pressure and in turn decrease anxiety, thus having a pet can help prepare kids when it comes to tackling homework and exams.

Reduces loneliness

Having a pet can help ward off feelings of loneliness and isolation, and keep depression at bay. These health benefits even extend to owning a budgie. Researchers who studied two groups of pensioners, who were given either a pot plant or a budgie to care for, found that after two years the budgie owners were more socially engaged.

Teaches the circle of life

Although most parents want to protect their children from the cruelties of the world, having a pet allows kids to understand and learn about the cycle of life. Dealing with the death of a pet can actually help them cope with other challenging life events.

They're fun!

Most importantly having a pet is fun. Whether it is a dog, cat, bird or ferret, owning an animal brings enjoyment to any household.

COMPETITION TIME!

TAKE A PICTURE OF ME WHERE I'M HIDING (ASK MOM TO HELP)
SEND IT TO 072 768 8582 VIA WHATSAPP OR E MAIL TO admin@topvibe.co.za

SEND IT BEFORE 18 APRIL 2022 THE FIRST CORRECT ANSWER WILL
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me



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EASTER EGGS**



POW!
Super Mom

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