Top Vibe

Online KIDS Magazine

Issue 10

Always be kind to one another



Micayla van der Walt bl 3

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Top Vibe Kids Magazine

Happy Mothers Day
12 May 2019



Redakteurs Nota Charms

Hallo maatjies,

Terug by die skool na 'n lekker lang naweek.
Paashaas het toe by Tjokkerland 2 kleuterskool gaan kuier.
Die maatjies daar het dit vreeslik baie geniet. Die juffrouens het ook paaseiers gekry. Die pompoms het vir paashaas gedans, hulle is te oulik.

Maatjies die winter is op ons, julle moet nou warm bly en oppas vir siek word.
Al julle kossies opeet en doen soos mamma sê. Onthou 'n soet kind is 'n mooi kind.
Ons het weer lekker inkleur prentjies vir julle om julle besig te hou.

Soet wees! Sien julle volgende maand.

Tannie
Charms





Sub-Redakteurs Nota-Stella

Hallo julle mooi klein mensies,

Ek is bietjie baie besig en probeer om by alles uit te kom.
Maatjies julle moet nou soet wees en skouer aan die wiel sit ons is amper in die helfte van die jaar. Ek het 'n voëltjie hoor vluit dat "Lollos" wil graag by jou kleuterskool kom kuier.
Vra vir mamma om jou skool se naam vir ons te stuur na admin@topvibe.co.za

Ek is opgewonde ons gaan weer die program aanbied vir boelies. Lees binnekort daaroor.

As julle my wil kontak hier is my kontak besonderhede. Kom kuier so bietjie by my, daar is altyd iets prettigs om te doen.

Stella 060 771 9407
E pos: admin@stellasplaytherapy.co.za

Totsiens tot volgende maand weer.

Tannie **S**tella

Top Vibe
Online KIDS Magazine

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Website: www.topvibe.co.za
Call: Charmaine 072 768 8582/ Stella 060 771 9407

Comments:
Please write to us or contact us to share your opinion, ideas & comments. Charms P. O. Box 60130 Vaalpark 1948 or by E-mail: admin@topvibe.co.za

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Micayla van der Walt Voorblad nooi.



Hierdie pragtige rooikop nooi, blom voor die kamera se lens. Sy geniet elke oomblik daar van.
Hou Micayla dop sy gaan nog die mode wêreld laat



gons. Micayla is nie jou gewone rooikop meisie nie.
Micayla onthou Top Vibe Magazine as jy beroemd word!







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Ek stuur 'n pryslys en bestelvorm.

give me colour / kleur my in



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Always be kind to one another

You don't need a reason to help people. Let's remember to be kind to one another, as it isn't always apparent on the outside what the struggles we may be facing are on the inside. After all, when this is all over, all that will really matter is how we treated each other.

When we enter this world, our Kindness IQ is intact. We can keep it that way through our actions. Kindness is like a muscle; it gets stronger the more you use it, or atrophies if you don't.
You don't need a reason to be kind to people. Instead, here are 25 suggestions and ideas of ways to be kind.

1. Smile and make someone's day a little sweeter.

2. Look for ways you can promote peace.

3. Just listen.

4. Offer a hug or embrace.

5. Invite someone new into your friend tribe.

6. Send out a kind email or card.

7. Give someone a genuine compliment.

8. Help clean up, without being asked, help someone out in a practical way.

9. Hold open the door for the person behind you.

10. Encourage a friend or family member when they are uncertain or unmotivated.

11. Make peace with someone that has hurt you.

12. Strike up a conversation with a stranger.

13. Let someone into your lane while driving.

14. Pay for the person behind you in line.

15. Give your time to a friend or someone who needs it.

16. Say Thank You and Please everyday without fail.

17. Meditate on loving kindness: "May you be happy, healthy, peaceful, and free from suffering, and may my actions in some way contribute to the happiness, health, peace, and freedom for all.

18. Say "I love you" a little more often to your family and friends.

19. Pause before you speak, and choose words with positive intention.

20. Help someone get some rest (watch their kids, run an errand, bring them dinner, etc).

21. Pick up litter you see thrown about even if its not yours.

22. Remove complaints and curses for one week.

23. Gift something meaningful to someone: loan a book, bring flowers, drop off cookies, whatever suits your fancy.

24. Make a donation.

25. Give up your seat, or for that matter, move your yoga mat in class, with positive intent.

I am dedicating myself to inspire everyone to bring kindness to the forefront. Let's be more active in our efforts not because we have to, but because we want to. And not even because others have been kind to us but because being nice is the way of the heart.

Kindness is always a choice. The more conditioned we are to respond with kindness, the more natural it becomes. It is on purpose with purpose. Today, join me in starting a kindness movement, and together we can raise our global Kindness IQ!

Which ways do you try to show kindness every day?

Share your tips and tricks with us
send us an e mail to admin@topvibe.co.za

Lear shapes


triangle
circle
rectangle
heart
square
oval
star
diamond
octagon

Children learn what they live



Children Learn What They Live is a poem I became aware of as a young mother in the early 80's. I used to keep a copy of it on my refrigerator, refer to it from time to time, let it guide me. In my 20's I believed its messages were true. Now, in my 50's, life experience has proven them so. Here's a copy for you. Read it, let it motivate and teach you; copy it and pass it on:

Children Learn What They Live

If children live with criticism, they learn to condemn.
If children live with hostility, they learn to fight.
If children live with fear, they learn to be apprehensive.
If children live with pity, they learn to feel sorry for themselves.
If children live with ridicule, they learn to feel shy.
If children live with jealousy, they learn to feel envy.
If children live with shame, they learn to feel guilty.
If children live with encouragement, they learn confidence.
If children live with tolerance, they learn patience.
If children live with praise, they learn appreciation.
If children live with acceptance, they learn to love.
If children live with approval, they learn to like themselves.
If children live with recognition, they learn it is good to have a goal.
If children live with sharing, they learn generosity.
If children live with honesty, they learn truthfulness.
If children live with fairness, they learn justice.
If children live with kindness and consideration, they learn respect.
If children live with security, they learn to have faith in themselves and in those about them.
If children live with friendliness, they learn the world is a nice place in which to live.

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OP SOEK NA
verjaarsdag OUERS
vir kinders in kinderhuise



Wat is 'n verjaarsdag ouer?
1. Dit is ouers wat vir 'n kind 'n verjaarsdag geskenk en koek koop.
2. So 'n ouer kan een of twee kinders se verjaarsdag ouer word.

Kontak:
Charmaine by 072 768 8582



Mother's Day
12 May 2019



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Tanya
078 381 5629

Happy Mother's Day
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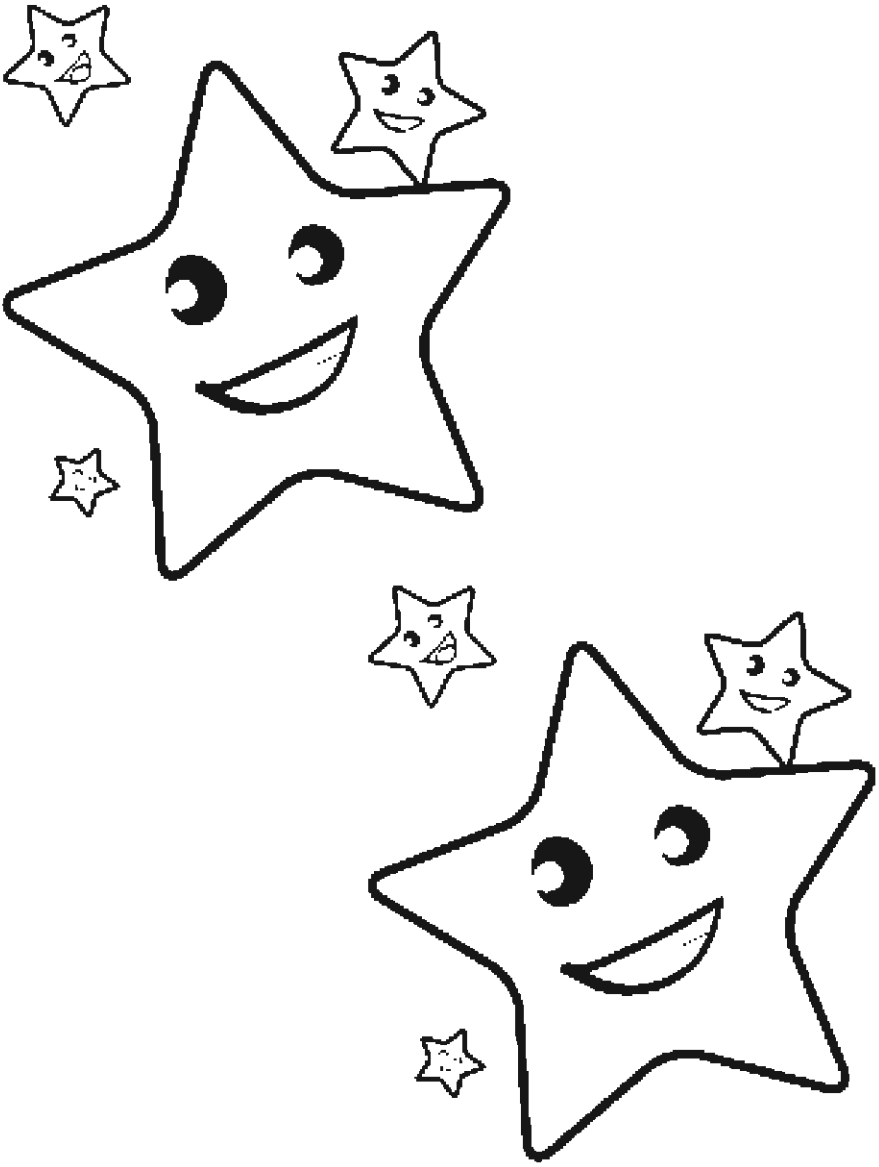


Dit was lekker pret gewees....



Dankie Ocean Basket, Glitz & Glam Costumes en Top Vibe Kids Magazine

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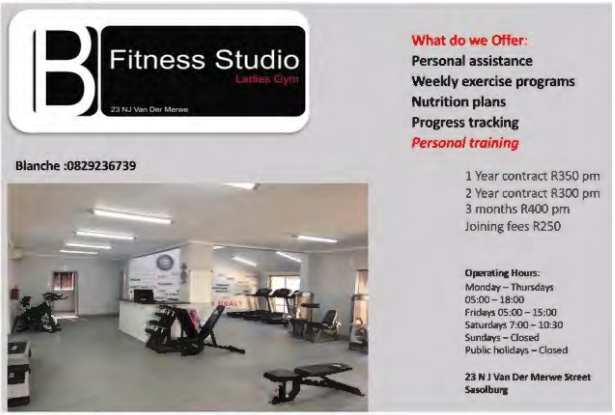




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- Complimentary tasting glass to enjoy over 200 wines.
- Live music, side attractions and interesting food stalls.

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Gates close at 16h00 please ensure you are through the gates before they close.

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RIVERSIDE SUN



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Would you like to know more about the magazine? Please contact us we would like to know about what service or products you have to offer for children.

Editor Charmaine 072 768 8582
E-mail admin@topvibe.co.za



Dear friend,

Please tell us what you have to offer for children we would like to tell everybody about your business.

Call us today.

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