

## HET SCHERMVRIJE DAGRITUEEL

# Het 30-Minuten Rustuurtje

Pediatrisch gevalideerde schermvrije methode die kleurplaten, doolhoven en tekenen verbindt met Marokkaanse audioverhalen.

### ★ Ontmoet je Verhaalvriendjes



**Het Slimme Vosje**  
Atlas Forest Explorer



**Joha & zijn Vriendelijke Ezel**  
Medina Humor & Wisdom



**Vrienden uit de Hoge Atlas**  
Desert Camel & Mountain Kid



#### 1. Kies een Vast Rustmoment

Anchor this kit to a daily daytime rhythm: post-lunch quiet time, transition after kindergarten/school, or Saturday morning creative hour.



#### 2. Print in 1 Klik

Print this 7-sheet packet once a week. Set out crayons, colored pencils, and a child-safe eraser. Zero screen setup required.



#### 3. Scan en Luister Mee

Scan the audio QR code on each activity sheet. Place your phone face down on a shelf across the room. Let the Moroccan Darija audio narrative guide their hands.



#### 4. Stempel het Paspoort

When the 30-minute quiet session ends, celebrate! Color in today's golden star on Page 7 and display their completed artwork on the fridge.



#### Qisati Daytime Audio Companion

Scan to access all 40+ Moroccan audio stories on your dashboard: <https://qisati.ma/dashboard/>

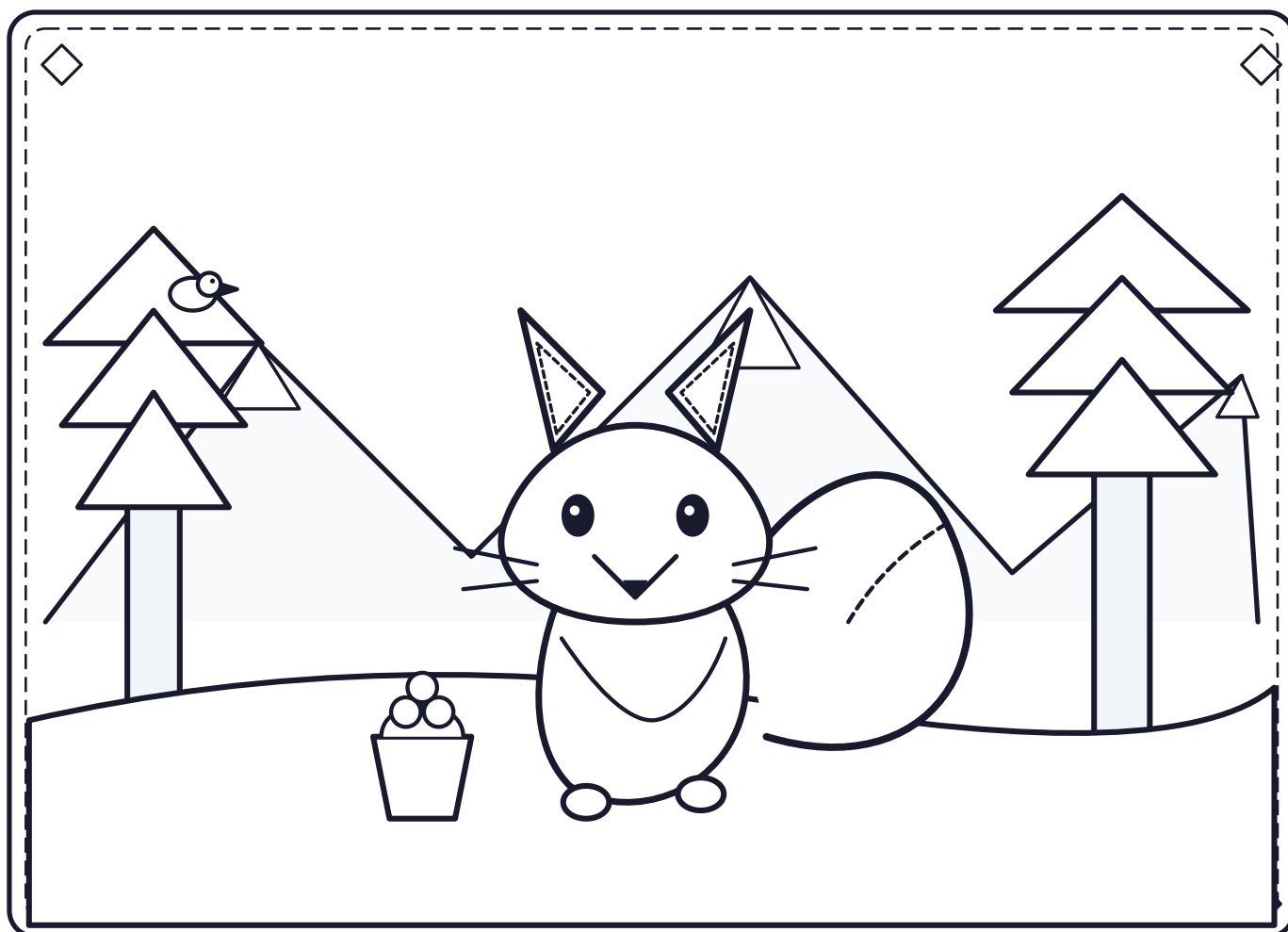


## Het Vosje in het Cederbos van Ifrane

Audio Listen-Along

**Creatieve Opdracht:** Thaaloub the clever little fox picked sweet grapes under the cedar trees of Ifrane. Color his fluffy tail warm orange, the cedar branches forest green, and spot the secret hidden bird!

**Luistertip:** As you listen to the story, pause your coloring when the Wolf speaks, and count how many grapes Thaaloub saved in his basket!



**Listen While Coloring: "The Clever Fox & Greedy Wolf" (بالدارجة)**

Scan with any phone to hear the authentic story in Moroccan Darija: <https://qisati.ma/story/fox-wolf/>

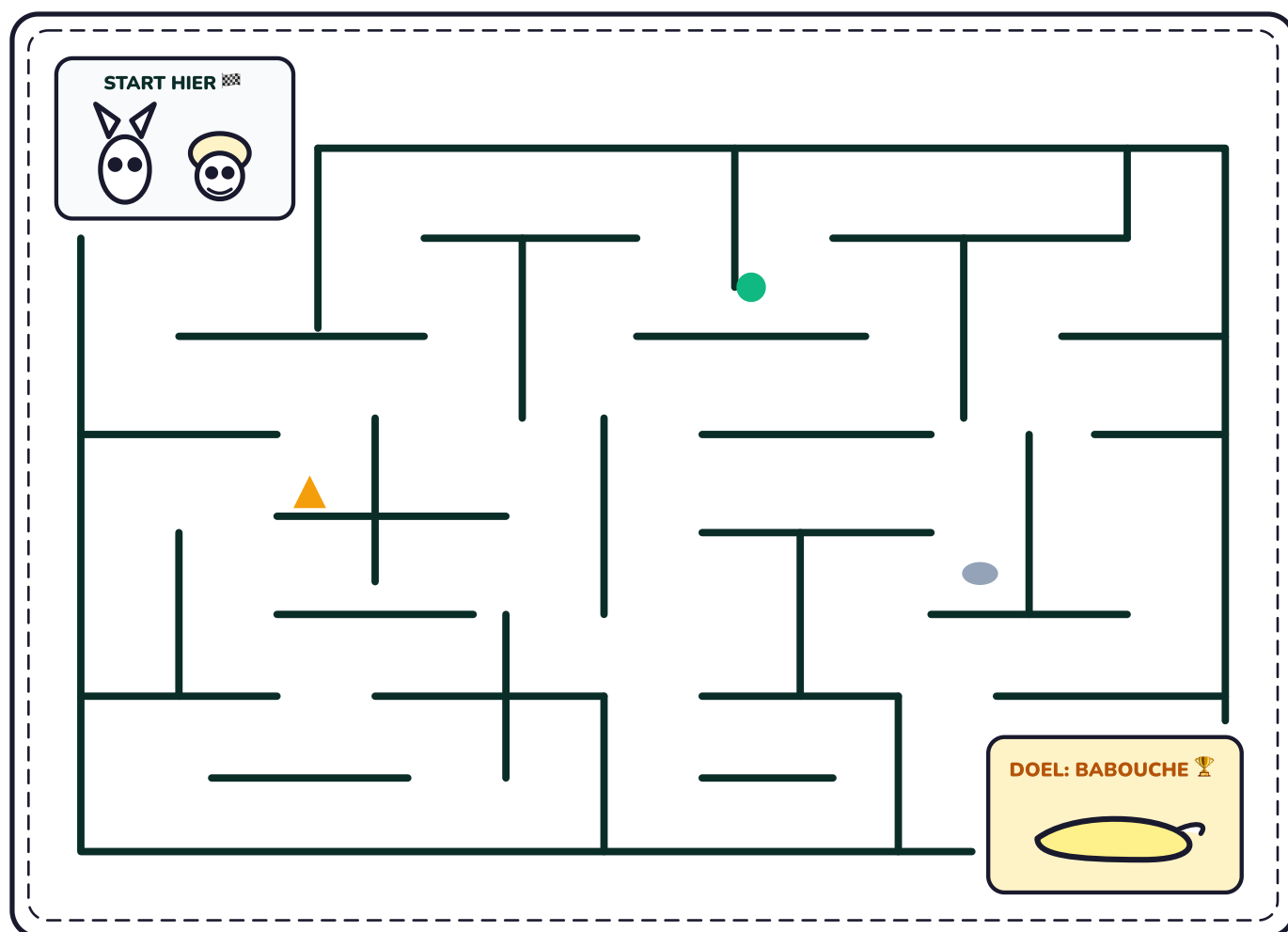


## Joha & zijn Ezel: Het Doolhof van de Gele Babouche

Kumon Pathfinding

**Logische Uitdaging:** Joha was riding his gentle donkey through the Fez souk when he lost his yellow babouche (Belgha)! Guide Joha through the alleys without bumping into the tea carts or spice pyramids.

**Luistertip:** Listen for Joha cheering in Darija: "*Zid a hmar, zid!*" Reach the golden babouche before the story reaches its funny moral!



**Listen While Solving: "Joha and His Gentle Donkey" (حكاية جحا وحماره)**  
Laugh along with Joha's wit in authentic Moroccan Darija: <https://qisati.ma/story/joha-donkey/>



## Atlas Dieren: 5 Verborgen Schatten

Highlights Method

**Speurtocht:** Look closely at the High Atlas mountain meadow! Can you find all 5 hidden Moroccan cultural treasures tucked into the trees and rocks? Circle them as you spot them!



**Berrad (براد)**  
Mint Teapot



**Fnar (فنار)**  
Brass Lantern



**Belgha (بلغة)**  
Babouche Slipper



**Snawbar (صنوبر)**  
Atlas Pinecone



**Sarout (ساروت)**  
Magic Key



**Listen While Hunting: "The Sleepy Atlas Mountain Kid" (عنزة جبال الأطلس)**

Hear the soothing mountain wind and gentle Darija storytelling: <https://qisati.ma/story/mountain-goat/>

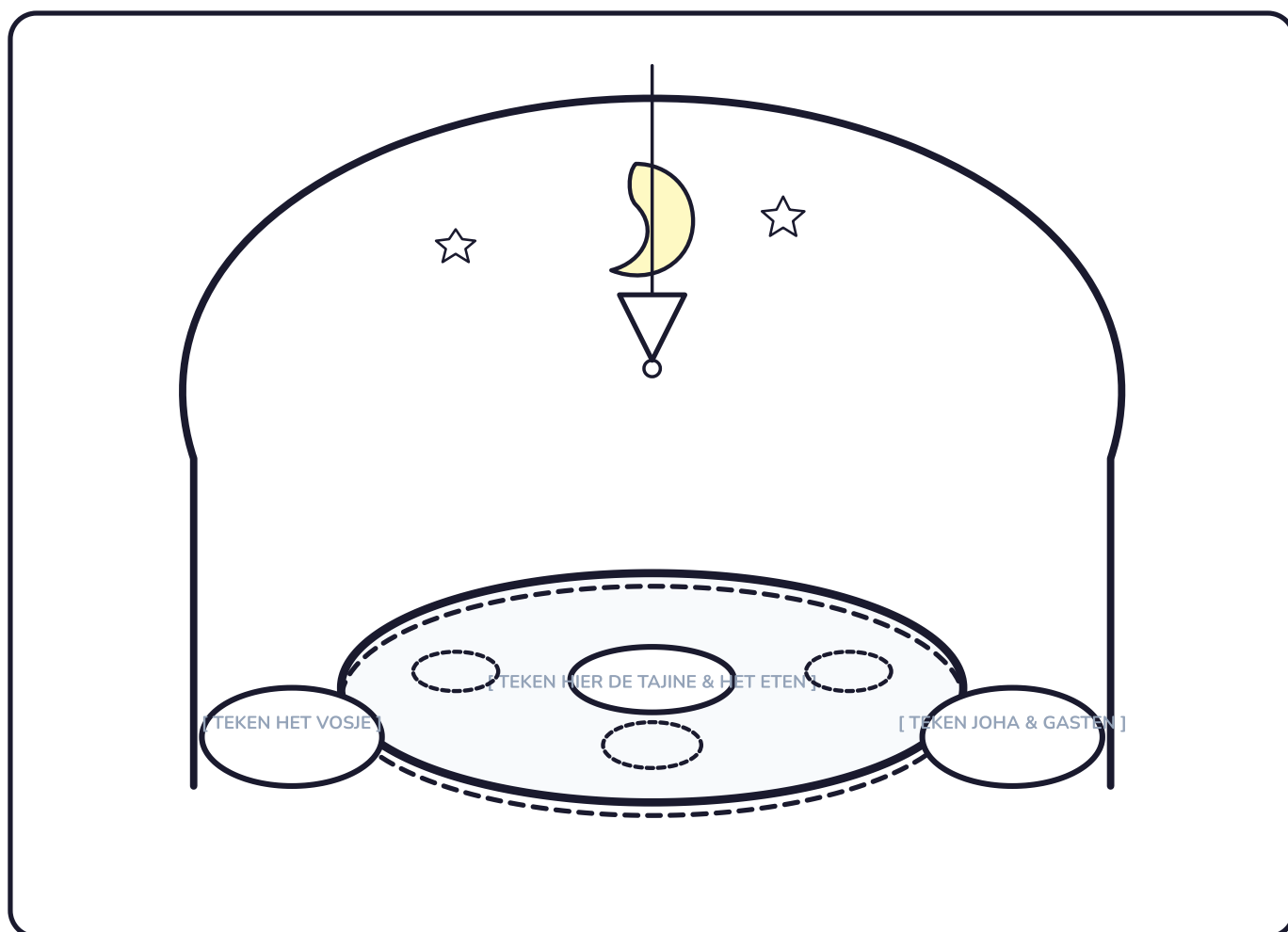


## Maak de Tekening Af: Het Grote Atlas Feest

Creative Agency

**Creatieve Vrijheid:** Little Fox and Joha have set up a round Moroccan dining table (Mida) under the starry sky, but the party is just beginning! **Draw what is on the plates** (couscous, sweet dates, fresh bread?), and **draw who came to sit on the cushions!**

**Luistertip:** While listening to the tea pouring sounds in the audio, draw steam rising from the central teapot (Berrad) and draw yourself sitting on the cushions next to Joha!



**Listen While Imagining: "The Hospitality of Mint Tea" (حكاية الضيافة وبرد آتاي)**

Immerse in the warm sounds of tea pouring and celebration: <https://qisati.ma/story/mint-tea-guest/>



## Hoe Teken je het Vosje & de Ezel

Geometric Anatomy

**Tekentechniek:** Break down complex animals into simple circles and triangles! Follow the 4 steps, then use the drawing box below to create your very own characters.

### DEEL 1: TEKEN HET VOSJE (4 STAPPEN)

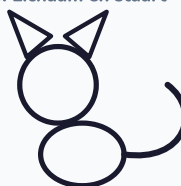
1. Cirkel en snuit



2. Grote vossenoren



3. Lichaam en staart

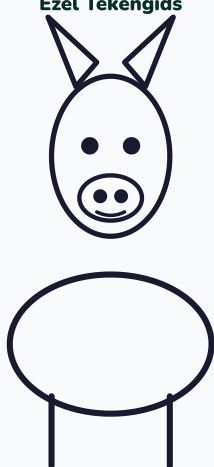


4. Details & glimlach! ✨



### DEEL 2: TEKENSTUDIO (TEKEN HIER!)

Ezel Tekengids



JOUW CREATIEVE TEKENPAPIER

Draw Little Fox, Joha's Donkey, or your own animal!

**Listen While Sketching: Step-by-Step Drawing Audio** (تعليم الرسم للأطفال)

Follow along with soothing voice guidance: <https://qisati.ma/dashboard/>



# Mijn 7-Dagen Schermvrij Paspoort

Daily Habit Loop


**Het Weekritueel:** Each day you complete your 30-minute screen-free quiet time with a Qisati story, color in that day's golden star! Complete all 7 days to graduate as a Certified Screen-Free Champion!

| Day | Daytime Routine                                         | Audio Story Companion       | Star Stamp ★                                                                          |
|-----|---------------------------------------------------------|-----------------------------|---------------------------------------------------------------------------------------|
| M   | <b>Monday Quiet Time</b><br>30 min coloring             | Little Fox in Cedar Forest  |    |
| T   | <b>Tuesday Puzzle</b><br>Medina Souk Maze               | Joha & His Donkey           |    |
| W   | <b>Wednesday Detective</b><br>5 Hidden Treasures        | Atlas Mountain Animals      |    |
| T   | <b>Thursday Imagination</b><br>Finish The Scene         | The Hospitality of Mint Tea |    |
| F   | <b>Friday Art Studio</b><br>Step-by-Step Drawing        | The Clever Fox Tale         |   |
| S   | <b>Saturday Creative Hour</b><br>Zellige & Free Drawing | The Desert Camel Journey    |  |
| S   | <b>Sunday Family Showcase</b><br>Hang art on fridge!    | Grandparents' Favorite Tale |  |





**OFFICIEEL SCHERMVRIJ KAMPIOEN DIPLOMA**

This certifies that our young explorer has successfully completed 7 days of imaginative, screen-free daytime quiet time with Qisati stories!

\_\_\_\_\_  
 Naam van het Kind

\_\_\_\_\_  
 Week Afgerond

\_\_\_\_\_  
 Handtekening Ouder


**Ready for Next Week's Bundle?**

Get fresh weekly activity drops on Qisati: <https://qisati.ma/dashboard/>

