

STAND A CHANCE TO WIN A R2 000 VOUCHER FOR BRICKLAD

KIDS SUPERCLUB

SUPER COMEBACK
The Incredibles return to make the world a better place

TOP-SECRET POWER SMOOTHIE RECIPE p10

PREHISTORIC ART

How did our ancestors express themselves creatively?

HOW CAVE ART WAS MADE
Ground up powder from coloured rocks and minerals were mixed with water, yolk, animal fat, vegetable juice and even animal blood, and used as a paint. The most common colours were red, yellow and brown because that is the colour of the rocks and clay that was used. Barossa paint breaks as we know them didn't exist, cavemen used their fingers, pig's ovens and horsehair to paint on cave walls.

BRONZE AGE
Bronze was used to make beautiful jewellery. When the bronze was new, it was shiny and used to decorate art objects such as plectrums for the rich people of the time. Most of the people in the Bronze Age were farmers, and were expensive artwork was mainly for rich people to enjoy. Having objects in a home associated with bronze in fancy designs was a way for the rich to show off just how much money and power they had. Apart from luxury goods, weapons such as swords and spears, as well as helmets were decorated with bronze and served a functional purpose for Bronze Age warriors.

WHERE IT CAN BE FOUND
The best places to find Bronze Age art is in modern-day Iran. Long ago it was called Mesopotamia, a name that ancient and modern artists still use today. In the Bronze Age, artists were even inspired by the art of the Stone Age and made clay pots, pieces of pottery and stone ovens that people used to cook with. To make the pots look even prettier, artists used bronze and red to decorate them.

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POWER UP

Start your morning off right with this easy-to-make power smoothie

WHAT YOU WILL NEED

- 1 cup strawberries, stemmed
- 1 cup blueberries
- 1 cup water
- 1 banana, peeled
- 1 banana, peeled and frozen
- 1/2 cup mango, sliced
- 1/2 cup frozen fruit
- 1/2 cup plain yogurt
- 1/2 cup honey
- 1/2 cup granola (optional)

HOW TO DO IT

1. For the red bowl, blend the strawberries and water together until smooth.
2. For the yellow bowl, blend the banana, mango, ice and yogurt together until smooth.
3. Fill a glass halfway with the yellow smoothie.
4. Add the strawberry pulp, and then the remaining yellow smoothie.
5. Top with granola pulp and serve.

TIP
Peel, cut and freeze the fruit in freezer-safe containers the night before, and only take out when needed.

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STAND THE CHANCE TO WIN AN AWESOME OTIUM 50 GPS SAFETY WATCH p38!

KIDS SUPERCLUB

PETER RABBIT
is sneaking into vegetable gardens and stealing honey.

GO GREEN
and help save the planet by learning how to recycle

FREE POSTER
inside

MINI CHEESECAKE NESTS RECIPE FOR EASTER p18

KIDS SUPERCLUB

Explore a fantasy world of fairies, mermaids and unicorns

KIDS SUPERCLUB

GNOMEO **PARIS**

MISSING
We need to save our friends, let's call...

SHERLOCK GNOMES

YUMMY OWL RICE-CAKES RECIPE p10

SUPER SAVINGS

Being a hero sure is expensive! This piggy bank will help make saving easy and fun

STEP 1 Search the kitchen for your favourite superhero's badge. Print it out. (You may want to print it on cardstock.)

STEP 2 Ask a parent to help you cut a circle the size of the pig.

STEP 3 Now cut the pig and the lid on a cent of newspaper, and paint them with the craft paint you have chosen. Leave them to dry completely.

STEP 4 If you can cut all the way through the paint, grab another coin and wait for a lucky day.

STEP 5 Cut each your superhero's badge and glue it on to the pig.

WHAT YOU WILL NEED

- Superhero badge
- Jar with a lid
- Scissors
- Newspaper
- Craft paint
- Paintbrush
- Glue

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ACTIVITY POSTER

Can you find the clever Incredibles badges?

Colour in the character below.

Help Mom get the baby from the ledge.

Spot five differences between the two traffic lights.

Solutions on page 36.

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WIN UP TO R5 000 WORTH OF HOT WHEELS TOYS!

KIDS SUPERCLUB

EARLY MAN
Be the first in SA! Win tickets to the exclusive VIP movie screening p28

STONE AGE VERSUS BRONZE AGE
Who will be champion?

MAKE YOUR OWN STONE AGE AXE p17

8 TO 12

Kids SuperClub (also available at selected retail outlets) is an interactive magazine aimed at 5 - 12-year-olds. It's filled with fun and educational activities, projects, stories to read with your children and loads of cool giveaways. Budz and Pinkles, the SuperClub characters, guide children through the magazine and provide plenty of entertainment.

PRINT CIRCULATION ABC 120 630 (Q1 2018)	*COVER PRICE R19.95 <small>*Price for TFG subscribers</small>
READER AGE 5-12 years	RETAIL PRICE R20.00
READER GENDER 50% female and 50% male	BLACK READERS 69%

ADVERT SPECIFICATIONS

FULL PAGE SPREAD

BLEED
5mm all around (NB)

TRIM
275mm (H) X 210mm (W)

TYPE
255mm (H) X 190mm (W)

DOUBLE PAGE SPREAD

BLEED
5mm all around (NB)

TRIM
275mm (H) X 420mm (W)

TYPE
255mm (H) X 400mm (W)

ADVERTISING RATES

FULL COLOUR

Full page _____	R18 950
Half page _____	R10 950
Inside back cover _____	R20 950
Inside front cover _____	R22 950
Outside back cover _____	R24 950
Double page spread _____	R32 950
Advertorial _____	R27 513

ISSUE	PRINT DATE
August 2018	4 June 2018
September 2018	2 July 2018
October 2018	6 August 2018
November 2018	2 September 2018
December 2018	1 October 2018

All rates exclude VAT. Full technical specifications will be provided by the HM Ad Traffic Department. Cancellation policy or T&Cs on the HM website



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Published by Highbury Media for The Foschini Group

© Highbury Media (Pty) Ltd 2004/031056/07

V.A.T Registration No: 458 022 2752

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HIGHBURY
MEDIA

Printed by
paarlmedia
A Division of News Holdings

Made of paper awarded the EU Ecological
reg. no. 13/11/001, supplied by UFM.

