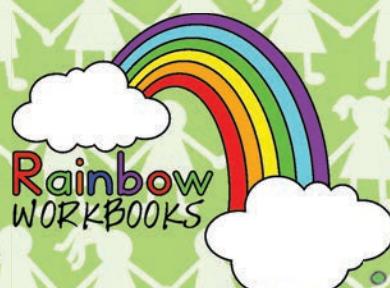




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LIFE SKILLS IN SESOTHO

GRADE 1 – BOOK 1

TERMS 1 & 2

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Bokgoni ho tsa Bophelo ka SESOTHO

Buka ya 1
kotara ya 1&2



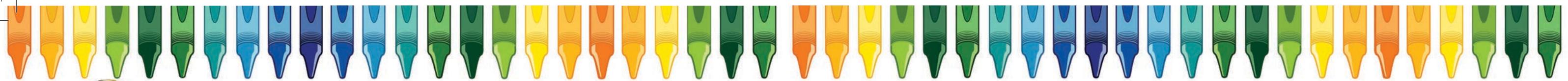
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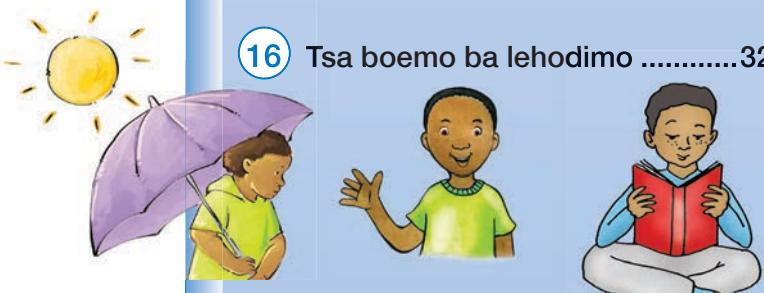


lenaneo

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Mofumahadi Angie
Motsekga, letona
la Lafapha la Thuto
ya Motheo



Mong. Enver Surty,
Motlatso wa Letona la
Thuto ya Motheo

Dibuka tsena tsa tshebetso di etseditswe bana ba Afrika Borwa tlasa boetapele ba Letona la Thuto ya Motheo, Mof. Angie Motsekga, mmoho le Motlatso Letona la Thuto ya Motheo, Mong. Enver Surty.

Dibuka tsa tshebetso tsa Rainbow di bopa karolo ya Lefapha la Thuto ya Motheo, ya thuso e reretsweng ho netefatsa tshebetso ya baithuti ba Afrika borwa dikereiting tse qalang tse tsheletseng. Jwaleka e nngwe ya dintlha tsa bohlokwa tsa Moralo wa Tshebetso ya Mmuso, projeke ena e etsahetse ka tshehetso ya letlole la Polokelo la Setjhaba. Sena se entse hore Lefapha le etse dibuka tsena tsa tshebetso ka dipuo tsohle tsa semmuso, ntle le tefello ya letho.

Re tshepa hore, matitjhere a tla fumana dibuka tsa tshebetso di le bohlokwa mosebetsing wa bona wa letsatsi le letsatsi, le ho etsa bonnete ba hore baithuti ba bona ba etsa kharikhulamo yohle. Re nkile boikarabelo ba ho tataisa titjhere mosebetsing ka enngwe le enngwe ya mesebetsi, ka ho kenyelletsa motshwao a bontshang hore na seo barutwana ba tshwanelang ho se etsa ke sefe.

Re a kgolwa hore bona ba tla natefelwa ke ho sebetsa ka buka ena ha ba ntse ba hola le ho ithuta, le hore wena titjhere, o tla natefelwa mmoho le bana.

Re le lakalletsa katleho ho sebediseng dibuka tsena tsa tshebetso.



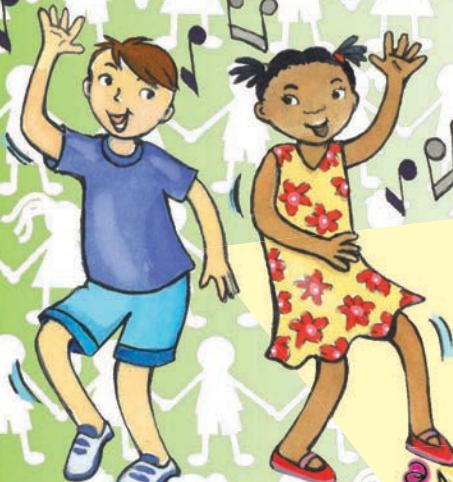
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Kereiti

1



Bokgoni ho tsa
Bophelo ka SESOTHO
Buka ya I



Buka ena ke ya:



Ditaba ka nna

Kotara ya I – Bekē ya I – Leqephē la mosebetsi



Kgomaretsa senepe sa hao
kapa o etse setshwantsho sa
senepe seo.



Aterese ya heso ke:

Ke tseba letsatsi la ka la tswalo.

ee	ha ke na bonnete	tjhe
----	---------------------	------



Lebitso la ka ke

Fane ya ka ke

Ke dilemo di _____.

Lapeng leso re _____ ka
palo.

Nomoro ya mohala
wa heso ke:





Ha re etseng ditshwantsho



Tshepo o tseba ho bapala bolo.



Etsa setshwantsho sa ntho eo o e etsang hantle.



Bolella motswalle wa hao ka seo o ka se etsang hantle. Jwale kgabisa naledi ka lebokoseng le nepahetseng ho bontsha hore o ka etsang.

Ha re bueng



Ke tseba ho bala.



Ke tseba ho ikapesa.



Nka ngola lebitso la ka.



Ke tseba ho qoqopela.



Ke tseba ho etsa tee.



Nka hlatswa meno a ka.



Mebala le meqoqopelo



Ha re etseng

Na o tseba mebala ena?
Bolella motswalle wa hao
mabitso a mebala ena.



Kgabisa setshwantsho se seng le se seng ka mmala o nepahetseng.

Panana e tshehla	Apole e kgubedu	Jeresi e bolou
Sekgele se mebalabala	Lamunu e mmala wa lamunu	Lehlaku le letala



Ha re ithapolleng

Pele o etsa eng kapa eng kantle , ikotlolle jwaloka ka katse. Sena se tla etsa ho be bonolo hore mmele wa hao o tsitsinyeho. Ikotlolle hape ha o se o qetile ho kokobetsa mmele le ho o phodisa. Sena se tla thusa mesifa ya hao hore e se be bohloko. Jwale etsa se etswang ke bana bana.



Bina "Hloho le mahetla" ha o ntse o:

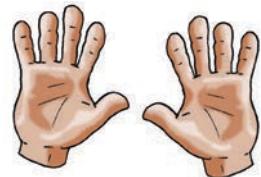
- etsa e ka o bapala meropa.
- etsa e ka o bapala katara.





Tlotlontswe

Opa diatla dipateroneng
tse latelang.



Opa Opa Opa Opa

Opa Opa Opa Opa

Opa Opa Opa Opa

Opa Opa Opa Opa Opa



Ha re etseng

Na o ka etsa dintho tsena? Bontsha metswalle ya hao.

Nka matha ka nqa tse fapaneng ke sa thule motho.			
Nka tlola kgati.			
Nka thetela motswalle wa ka bolo e kgolo.			



Re kgethehile kaofela

Kotdara ya | – Beke ya 2 – Leqephé la mosebetsi



Sheba setshwantsho o bolelle
motswalle wa hao phapang
pakeng tsa bana bana.



Kgolo le nyenyane

Ba bang ba baholo, ba bang ba rona ba banyenyane.

Ba bang ba rona ba balelele, ba bang ba
bakgutshwanyane.

Ba bang ba rona ba ka tlola, ba bang ba ka bina.

Bohle re na le bokgoni ba ho etsa dintho tse ntle.

Ke eng seo o ka se etsang hantle?



Bolella motswalle wa hao hore o ikutlwile
jwang tsatsing la hao la pele sekolong.

thabile	lla	thabile haholo	halefile	dihlong



Taka setshwantsho ho **bontsha hore o ka ikutlwia jwang** ha e mong a ka o neha
sebapadiswa se setjha. Ngola maikutlo ao sekgeong se ka tlaase ho setshwantsho.



Bolella motswalle wa hao hore ho etsahalang setshwantshong se seng le se seng. Bolela hore o ka ikutlwajwang ha dintho tseña di etsahala ho wena. Taka sefahleho se nepahetseng.



Moshanyana e moholo o nka dintho tsa hao.

thabile	thabile haholo	lla

Wena le motswalle wa hao le bapala mmoho.

halefile	thabile	tshohile



O bula mpho.

O emisa e mong	thabile haholo	dihlong

Abuti wa hao kapa ausi wa hao o tjhwatla ntho ya hao ya ho bapala eo o e ratang haholo.

dihlong	thabile	halefile



Etsa Kgatiso ya monwana lebokoseng la pele, kopá motswalle wa hao hore a etse kgatiso ya monwana lebokoseng le latelang.

Na o a tseba hore ha ho motho lefatsheng ya nang le kgatiso ya monwana e tshwanang le ya hao? O kgethehile hoo e leng **wena** fela lefatsheng, le mawelana le ona ha a na kgatiso ya menwana e tshwanang.

--	--

Na o a bona hore dikgatiso tsa menwana di fapané?



Bohle re fapane



Ha re bueng

Sheba bana bana.
Ba tshwana jwang?
Ba fapane jwang?



Ha re etseng

Sheba ditshwantsho mme o bolele hore dipolelo tsena ke nnete
kapa tjhe.
Tlotsa dipolelwana tse nepahetseng ka mmala o motala.
Tlotsa polelwana tse seng nnete ka mmala o mokgubedu.



Kaofela ha bona ba na le matsoho a
mabedi le maoto a mabedi.



Ke banana kaofela.

Ba rwetse dieta kaofela.



Ba apere marikgwe kaofela.

Ke bana kaofela.



Ba na le moriri o molelele kaofela.



Ha re etseng ditshwantsho

Etsa setshwantsho sa hao sebakeng sa pele, ebe o etsa setshwantsho sa motswalle wa hao wa hloho ya kgomo. Ha o qeta ho etsajwalo sheba ditshwantsho o bolele hore o fapane jwang le motswalle wa hao.

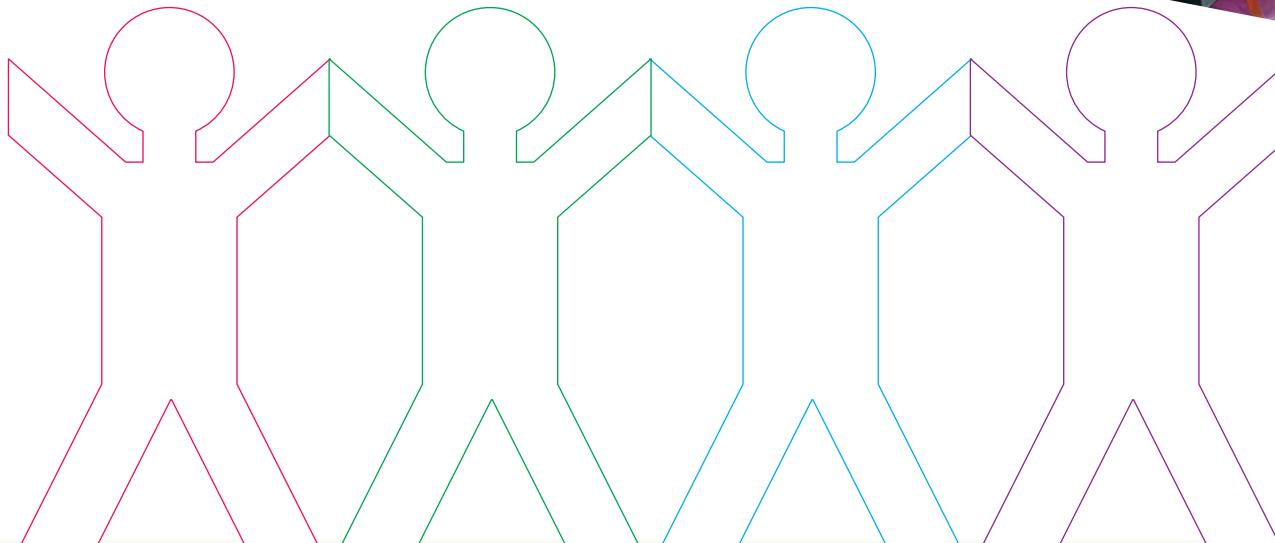


Nna	Motswalle wa ka



Ha re ithapolleng

Khalara ketane ena ya setswalle ho bontsha hore bohole ba fapane. Ha o qetile sena seha ketane ena ya setswalle mme wa e kgabisa e karolong ya disehwa bukeng ena.



Bina pina



Hare bueng

Pele o bina, ithapolle ka mokgwa o latelang.
Hemela ka hare le ka ntle butle. Etsa e ka o budula
dikere se kukung ya hao ya tsatsi la tswalo. Etsa e ka o
hatsetse, e be o re "Brrrrrrrrrrrrrrrrrrrrrrrrrr".



Ditshwenyane tse nyenyane tse hlano



Ditshwenyane tse tse hlano di tlola tlola hodima bethe

E le nngwe ya wa ya otlanya hlooho fatshe

Mme a bitsa ngaka, ngaka ya re

"Ha ho sa na ditshwenyane tse tla tlola tlola hodima bethe"



Ditshwenyane tse tse nne di tlola tlola hodima bethe

E le nngwe ya wa, ya otlanya hlooho fatshe

Mme a bitsa ngaka, ngaka ya re

"Ha ho sa na ditshwenyane tse tla tlola tlola hodima bethe"



Tshwenyane tse tse tharo di tlola tlola hodima bethe

E le nngwe ya wa ya otlanya hlooho fatshe

Mme a bitsa ngaka, ngaka ya re

"Ha ho sa na ditshwenyane tse tla tlola tlola hodima bethe"



Ditshwenyane tse tse pedi di tlola tlola hodima bethe

E le nngwe ya wa, ya otlanya hlooho fatshe

Mme a bitsa ngaka, ngaka ya re,

"Ha ho sa na ditshwenyane tse tla tlola tlola hodima bethe"



Tshwenyane e tlola tlola e le nngwe hodima bethe

Ya wa ya otlanya hlooho fatshe

Mme a bitsa ngaka, ngaka ya re,

"Ha ho sa na tshwenyane e tla tlola tlola hodima bethe"





Ha re etseng ditshwantsho

Taka sefahleho sa hao.

Bontsha mahlo a hao, ditsebe, nko, molomo le moriri.

Borella metswalle ya hao hore o shebahala jwang.



Ha re ithapolleng

Etsang tselana e
tshireletsang kantle ho
tletlase ya lona jwaloka ena le
thuswa ke titjhore ya lona.

Tlola ho tlaha setulong sena
ho ya ho se seng.

Kgasa ka tlasa tafole.



Ke motlotlo ka sekolo sa heso

Kotara ya 1 – Beké ya 4 – Leqephé la mosebetsi



Ha re etseng

Etsa setshwantsho sa hao
o apere diaparo tsa sekolo.
Tlatsa dikgeo ka dikarabo.

Ke kena sekolo

_____.

Lebitso la titjhere ya ka ke

_____.

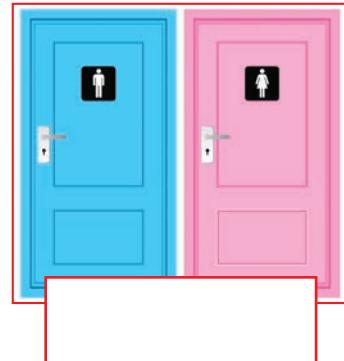
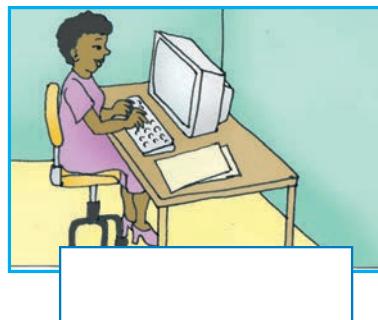
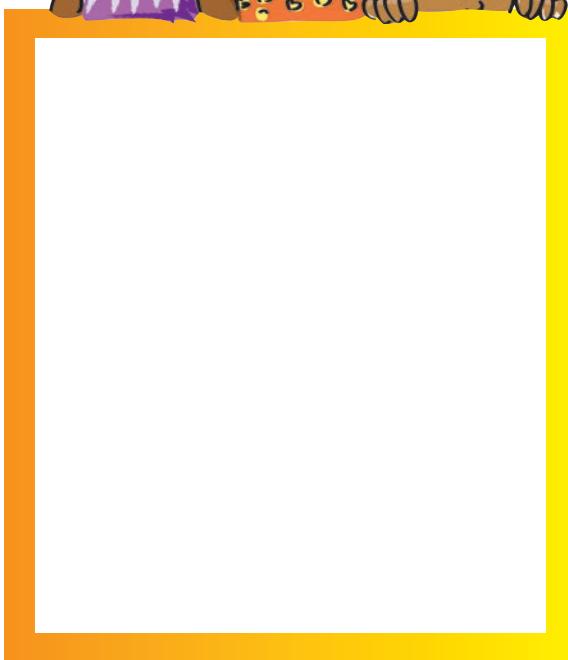
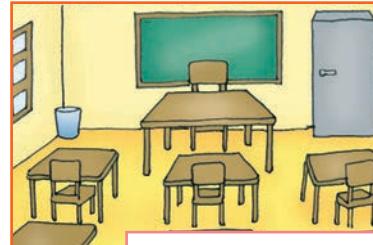
Mosuwehlooho wa sekolo ke

_____.



Ha re ngoleng

Tadima ditshwantsho.
Jwale seha lentswe le
nepahetseng bakeng sa
setshwantsho ka seng
mme o se mamarisetse
thoko ho setshwantsho.



lebaleng la
dipapadi

tlelaseng

phaposi ya
mosebetsi

mothusi wa
mosuwehlooho

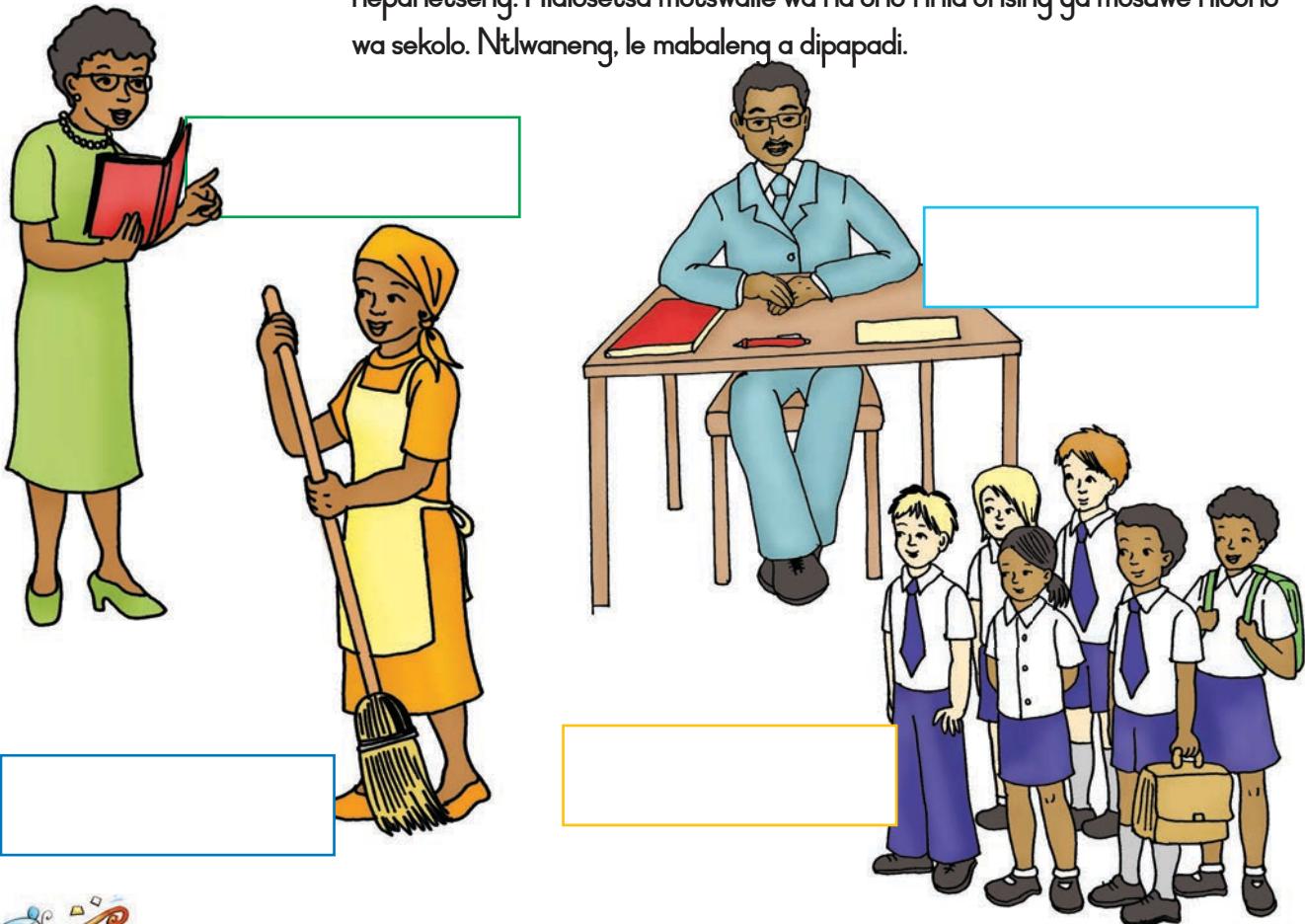
phaposi ya ho
apara





Ha re ngoleng

Ke batho bafe ba fapaneng sekolong? Tadima setshwantsho mme o bue ka hore ke bo mang mme ba etsang. Jwale seha lentswe le nepahetseng qetellong ya leqephe mme o se mamari setse thoko ho setshwantsho se nepahetseng. Hhalosetsa motswalle wa ha oho fihla ofising ya mosuwe hlooho wa sekolo. Ntlwaneng, le mabaleng a dipapadi.



Tlotlontswe

Pensele ya Thabo e wetse fatshe. Bala hore na o na le dikerayone tsa dipensele tse kae, ebe o ngola nomoro lebokoseng. Jwale, pampiring e nngwe, taka setshwantsho o sebedisa mebala e kganyang, ho bontsha kamoo wena le motswalle wa hao le bapalang mmoho.



bana

motho ya hlwekisang

titjhhere

mosuwehlooho



Dibaka tse fapaneng

Kotara ya 1 – Bekə ya 4 – 5 – Leqephə lə mosebetsi

Ha re etseng

Bontsha motswalle wa hao hore o ho kae.

Ipat a tlasa ntho e nngwe.



Ipat a ka mora ntho e nngwe.



Ke ipat ile tlasa tafole.



Ema hodima ntho e nngwe.



Ema pela ntho e nngwe.

Ha re ithapolleng

- Sebedisa bolo. E lahlele hodimo ebe o a e tshwara.
- Tsepamisa mokotlana wa dinawa hlohong ya hao o tsamaye butle.
- Jwale rwala mokotlana wa dinawa, o ntse o tsamaya hodima balaka e tsepaneng fatshe kapa mola o fatshe.

Nka lahlela bolo.



Nka kapa bolo.



Nka tsepamisa mokotlana wa dinawa hlohong ya ka.





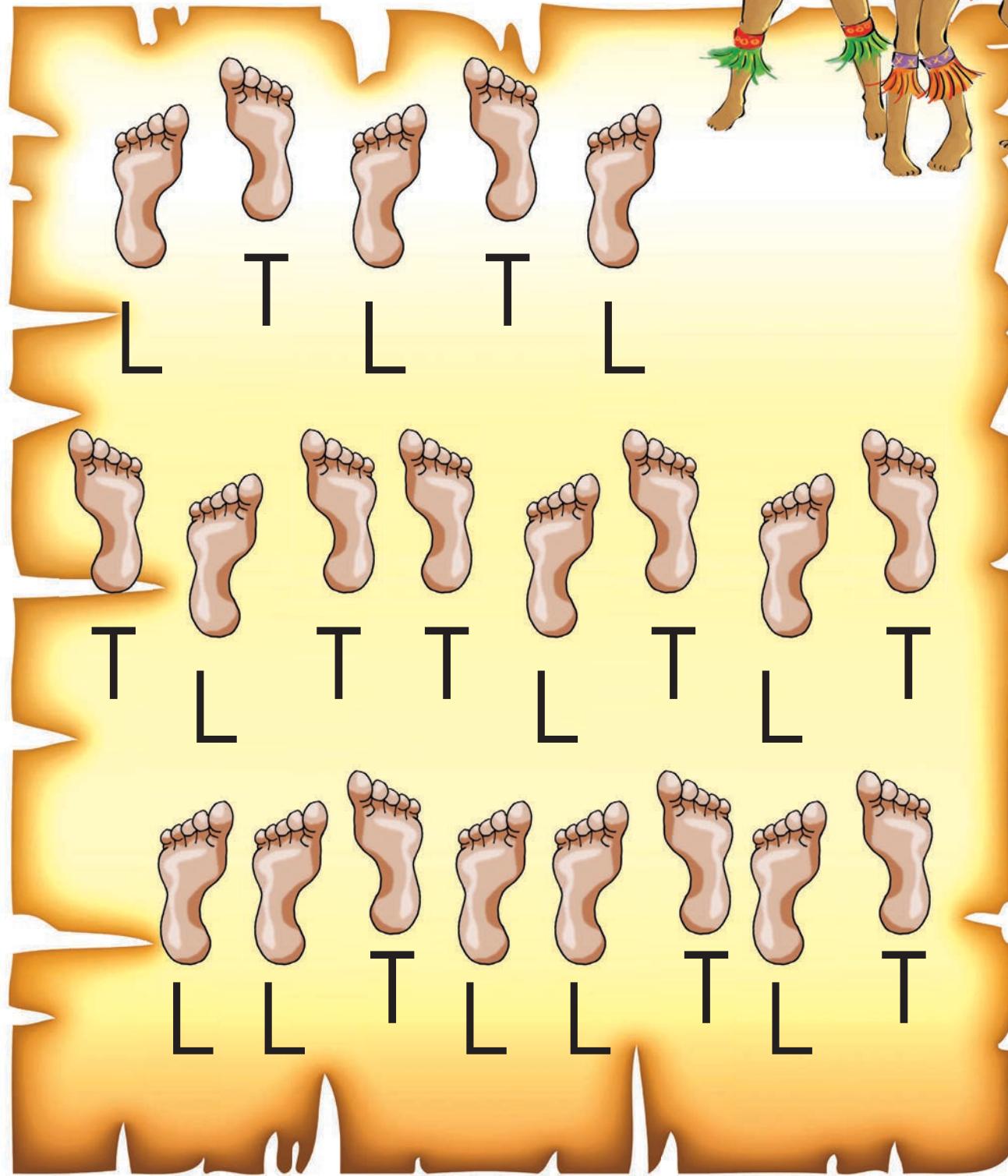
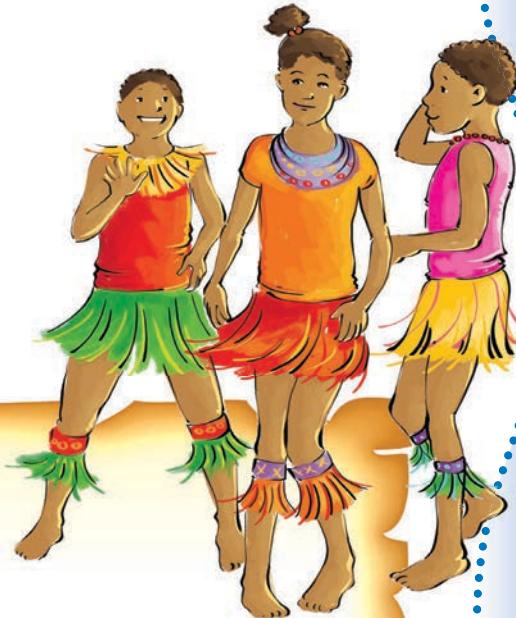
Ha re ithapolleng

Hata ka maoto ho latela.

L = Leqele



T = Tona



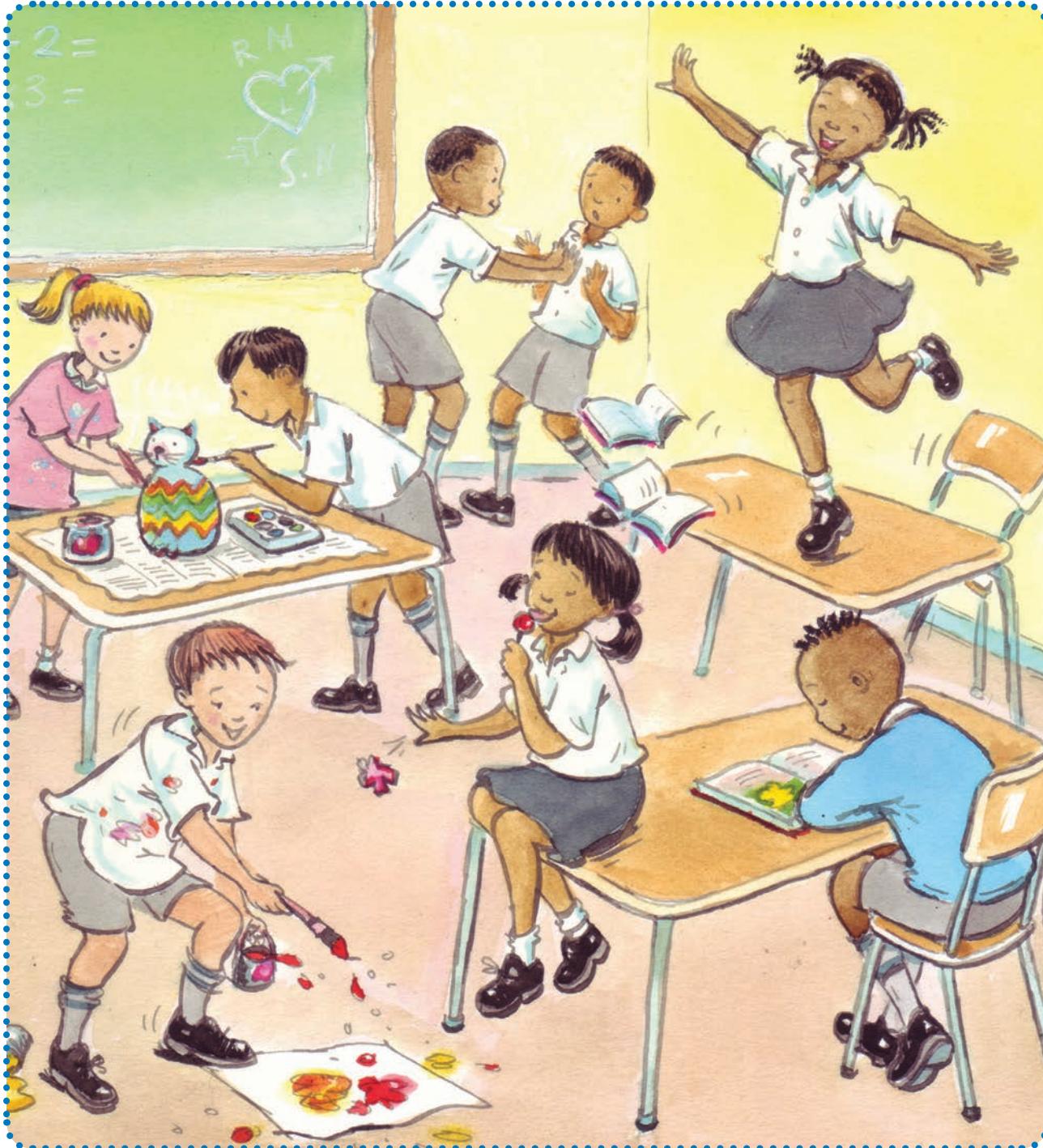
Phaposi ya heso



Ha re bueng

Sheba setshwantsho ka hloko o bolele hore o bona eng.

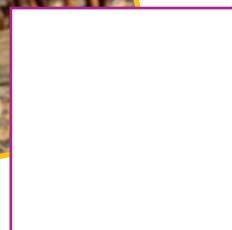
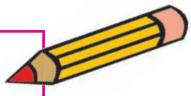
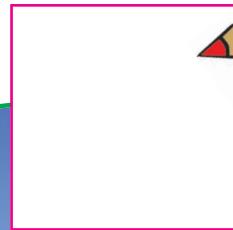
Tlelaseng ena, ntho tse mpe le tse ntle di a etsahala. Ke tlwaelo efe e ntle eo o e bonang? Ke tlwaelo efe e mpe eo o e bonang?





Ha re bueng

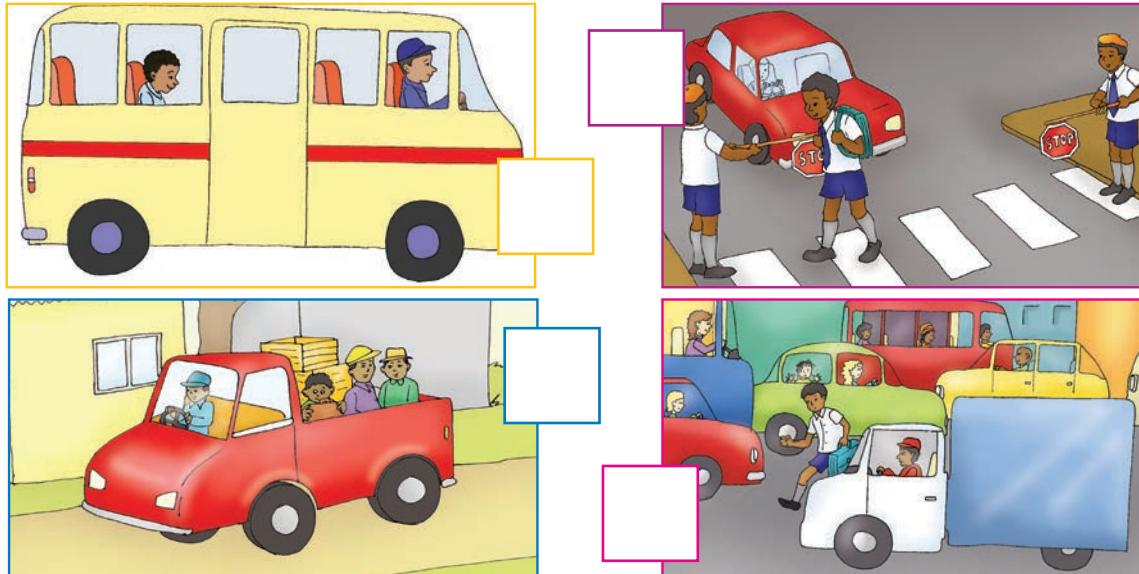
Etsa letshwao ✓ la nepo thoko ho ditlwaelo tsohle tse ntle le le
letshwao ✗ la sefapano thoko ho ditlwaelo tsohle tse mpe tse ka
etsahalang sekolong.



Ka moo re yang sekolong ka teng



O ya jwang sekolong tsatsi le leng le leng? Na o bolokelehole?
O tseba tsela tse sa lokang? Bua le motswalle wa hao hore bana bana
ba ya jwang sekolong. Etsa letshwao ✓ tseleng tse bolokehileng ho ya
sekolong. Etsa letshwao ✗ tseleng tse sa bolekehang.



O ya jwang sekolong hoseng?



Botsa metswalle ya hao e mehlano hore
ba ya jwang sekolong ka mehla. Taka
tjhateng e latelang.

Mabitso a metswalle



	1	2	3	4	5
ka maoto					
ka bese					
ka koloi/teraka					



Nka matha matswedintsweke.

Ee Tjhe

Nka fetola moo ke lebileng ke
matha ha titjhere a mpolella jwalo.



Ha re etseng

Taka setshwantsho ho bontsha hore o tla jwang sekolong.



Ha re ithapolleng

Mamela mmino oo titjhere a tlang ho le bapalla ona.

Tsitsinya mmele ho latela morethetho wa mmino.

Koba mangwele mme o otlolle maoto.

Tsamaisa mahetla a hao hodimo le tlase.

Tsamaisa setsu sa hao hodimo le tlase.

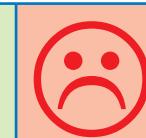


Ha re ithapolleng

Wena le motswalle wa hao le tlameha ho akgela le ho tshwara bolo.

Sebedisa letsoho le letona le le letshehadi ho akgela bolo morao.

Na ke ile ka kgonna ho akgela bolo ka letsoho la ka
le letona le le letshehadi?



Ha re ithapolleng

Tsamaya jwale ka kiribae le
motswalle wa hao.



Ke dula ke hlwekile

Kotara ya | – Beke ya 6 – Leqephé la mosebetsi



Ho bohlokwa ho ithuta mekgwa e nepahetseng.
Ena ke mekgwa ya ho dula o hlwekile o phela hantle.
Bua ka setshwantsho se seng le se seng.



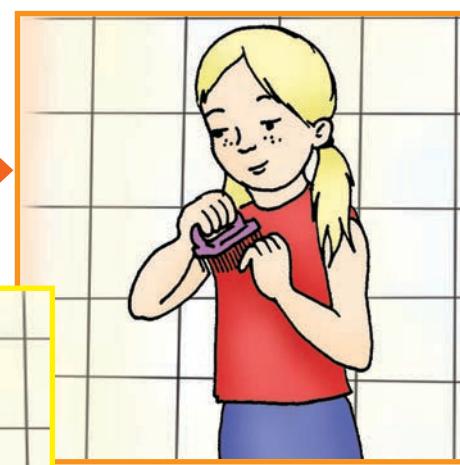
Ho hlatswa meno.



Ho hlatswa matsoho a ka ha ke
qeta ho sebedisa ntlwana ya ho ithusa.



Ho itlhatswa ka mehla.



Ho boloka manala a ka a hlwekile.



Ho sebedisa ntlwana ya ho ithusa.



•
Ho hlatswa ditholwana
pele ke di ja.



Ho sebedisa sakatuka ha ke
thimola kapa ke mina.

Ke tlamehile



Ha re ngoleng

Ke ntho dife tse latelang tse etsang hore o dule o hlwekile? Kgabisa ka dinaledi ho bontsha hore ke dintho di fe tseo o di sebedisang hore o dule o hlwekile. Bolela hore o sebedisa jwang ntho e nngwe le e nngwe hore o dule o hlwekile.



Tshwaya hore na o ka etsa tse latelang:	ee	tjhe
Nka hlwella lere hodima jankel jimi.		
Nka sebedisa boitshwareletso ba matsoho ho leba pele.		
Nka kgasa hara jankel jimi.		





Ha re baleng

E meng ya mekgwa e metle ya
ho sebedisa ntlwana hantle.

Hopola



Ha o silafatsa ntlwana ya
ho ithusa, hopola ho e hlwekisa.



Hopola ho bulela metsi ha o
qeta ho sebedisa ntlwana ya
ho ithusa.



Dula o kwetse ntlwana ya ho
ithusa ka mehla.



Se sebedise pampiri ya ho
itlhakola e ngata.



Hlatswa matsoho a hao ka mehla ha o
qeta ho sebedisa ntlwana ya ho ithusa.



Ha re ngoleng

Etsetsa mantswe a nepahetseng masakana, a re bolellang hore re
hloka ho etsa dintho tse latelang ha kae.

Ho hlatswa moriri wa hao.



tsatsi le leng le le
leng

hoseng le bosiu

habedi ka beke

ha nngwe ka beke

Hlatswa meno.



tsatsi le leng le le
leng

hoseng le bosiu

habedi ka beke

ha nngwe ka beke

Hlatswa mmele.



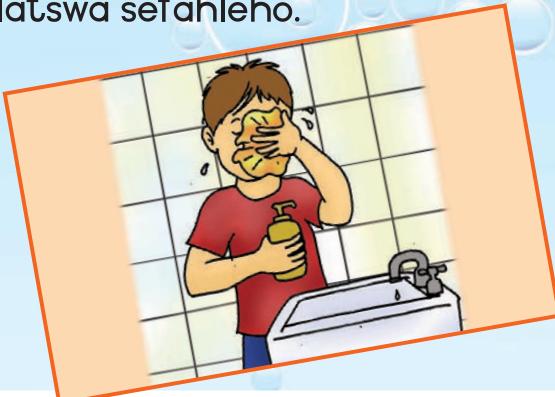
tsatsi le leng le le
leng

hoseng le bosiu

habedi ka beke

ha nngwe ka beke

Hlatswa sefahleho.



tsatsi le leng le le
leng

hoseng le bosiu

habedi ka beke

ha nngwe ka beke



Ke hlwekile

Kotara ya | – Beke ya b – Leqephé
la mosebetsi



Ha re ithapolleng

Bapala "Simon o re" le titjhere ya hao.

Iphumanele sebakana sa hao o tsamaye o sa thule motho.

Simon o re "tshwara hlooho ya hao."



Kama moriri.



Omisa matsoho.



Hlatswa meno.

Hlatswa sefahleho sa hao.





Ha re ithapolleng

Etsa papadi ka thothokiso ena.

**Nka opa diatla, le hona ho hata
ka maoto**

Nka tsitsinya hlooho, le hona ho

tsamaisa matsoho a ka

Nka tsamaisa menwana

ya ka ya maoto,

le hona ho tshwara nko ya ka.



Tlwaelo tsa bophelo bo bottle

Kotara ya | – Beke ya 7 – Leqephé | a mosebetsi



Ha re baleng

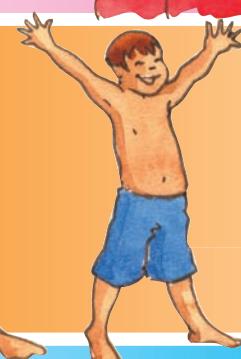
Re hloka eng ho dula re phetse hantle!

Dijo tse
nepahetseng



Boikwetliso
bo lekaneng

Ho dula re
hlwekile



Ho ba
moyeng o
hlwekileng

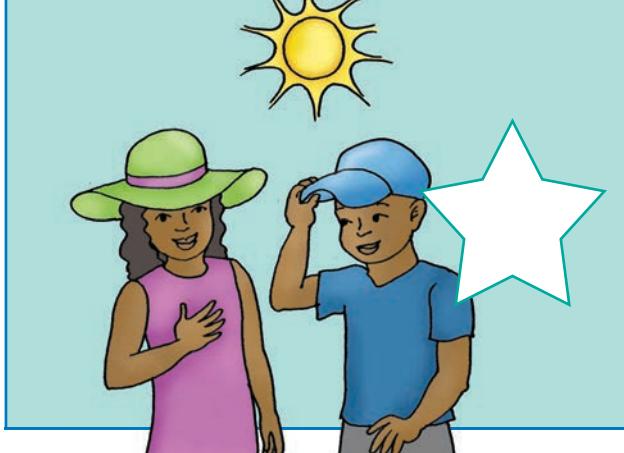
Ho robala ho
lekaneng ka ntle
le ho shebella TV
haholo!





Ha re ngoleng

Etsa letshwao ✓ ho tlwaelo ya bophelo bo botle le letshwao ✗ ho tlwaelo ya bophelo bo seng botle.



Teacher:
Sign:
Date:

Bohlweki le makgethe

Kotara ya | – Beke ya 7 – Leqephé | a mosebetsi



Ha re etseng

Bontsha hore o sebedisa
dintho tsena jwang.



borashe ba meno



sesepa sa meno



sesepa



sesepa sa matsoho



sesepa sa moriri



kama



borashe



borashe ba manala



ntho e kutang manala



Ha re ithapolleng

Tshwaranang ka matsoho le etse sedikadikwe.

Jwale akgela bolo ho e mong le e mong ka
sedikadikweng.

Eketsang ka bolo e nngwe le e lahleleng.

Eketsang ka bolo ya boraro le e lahleleng.



Ha re bueng

Ke eng se bohlaswa phaposing ena?

O tshwanelo ho etsa eng hore o hlwekise phaposi ena?

Bana ba etsa eng? Ba tshwanelo ho etsa eng?



Teacher:

Sign:

Date:

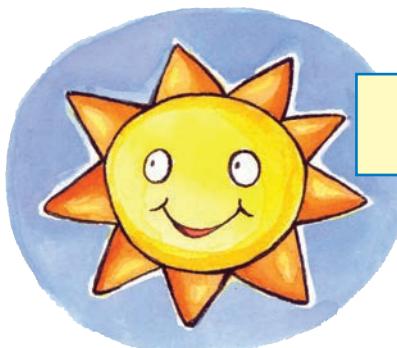
Boemo ba lehodimo boo ke bo ratang

Kotara ya | – Beke ya 8 – Leqephé | a mosebetsi

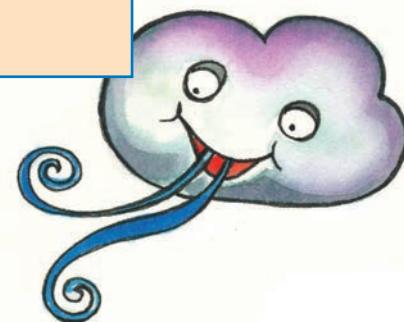


Sheba boemo ba lehodimo ka ho fapano. Bolella motswalle
wa hao hore o rata boemo bo feng haholo.

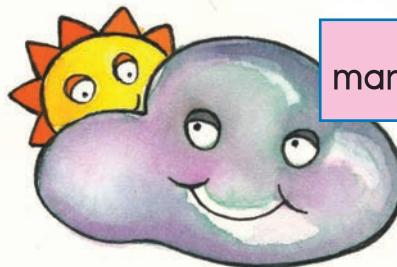
moya



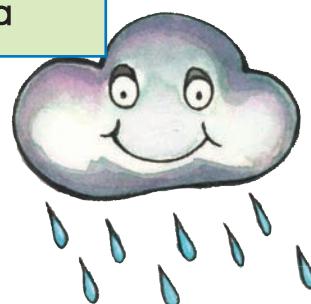
letsatsi



pula e ya na



maru a thibile ho a bata



Karolong tse ding tsa na ha ya bo rona,
ho bata haholo hoo ho kgethehang lehlwa.
Ka nako e nngwe ho ba le sefeso.
Moya o matla haholo o bitswa sefeso.



Taka setshwantsho sa hao o le puleng kapa lehlweng.
Taka setshwantsho sa hao pampering e kgolo, o sebedisa wekese le dikerayone.
Kopanya daye ya dijo e bolou le metsi mme o pente leqephé lohle.
Hasanya pente e tshweu hodima leqephé.

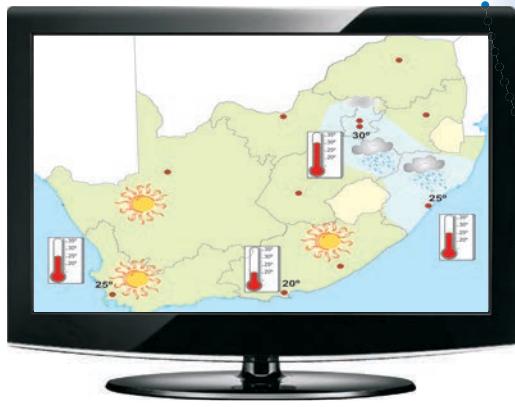


Ha re baleng

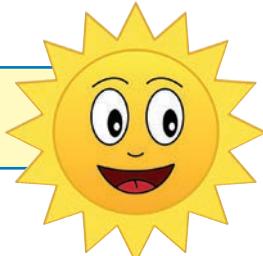
Re sebedisa tjhate ya tsa boemo ba lehodimo ho bontsha hore boemo ba lehodimo bo jwang.

Re sebedisa matshwao ho bontsha phapang pakeng tsa maemo a fapaneng a lehodimo.

A mang a matshwao ke a na a latelang.



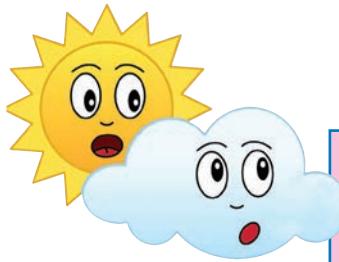
letsatsi



pula

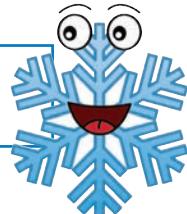


maru



maru a thibile
mona le mane

lehlwa



moya



Ha re bueng

Borella motswalle wa hao diaparo tseo o di aparang boemong bo bong le bo bong ba lehodimo.



Ha re etseng

Etsa matshwao a bontshang boemo ba lehodimo ho qetela tjhate ya boemo ba lehodimo.

Mantaha

Labobedi

Laboraro

Labone

Labohlano



Ha re ngoleng

Boemo ba lehodimo bo bile jwang bekeng ena?
Tlatsa dikgeo ka mantswe.

Tsatsing lena ke _____.

Maobane ho ne ho _____.

Ke tshepa hore hosane ho tla _____.



16 Tsa boemo ba lehodimo

Kotara ya | – Beke ya 8 – Leqephé la mosebetsi



Ha re ithapolleng

Etsisa maemo a fapaneng a boemo ba lehodimo.



Otlolla matsoho, a otlollele ka hodima
hloho o etse e ka o lero le leholo.



O na le sekgele ho o tshireletsa letsatsing.



Etsa matsoho jwalo ka sefate se fokang moyeng.



Tshwara sekgele o se tiise hore se se
fefolwe ke moyea.



Thopo thopo
marothodi a pula
hodima ntlo.





Ha re ithapolleng

Tshwaranang ka matsoho ho etsa sedikadikwe se seholo.

Lahlelanang dibolo.



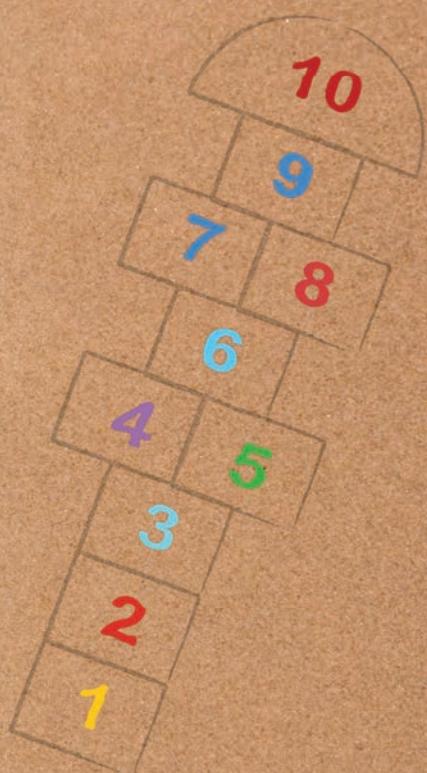
Nahanang mekgwa e fapaneng ya ho tsamaya hodima balaka e tsepameng kapa hodima kgwele. Bona na o ka nahana ka tsela ya ho tsamaya e fapaneng ho ya ho barutwana ba bang.



Tlotlontswe

Bapala sekotjhe.

Etsa mabokose le didikadikwe lehlabatheng.



Ha re ithapolleng

- Bontsha motswalle wa hao kamoo o ka sebedisang kgati.
- Titjhere o tla o bontsha kamoo o ka bapalang tse ding tsa dipapadi tsa setso.



Lapa leso



Ha re bueng

Na o a tseba hore malapa ha a tshwane?

Malapa a mang a mannyane a mang a maholo.

Bana ba bang ba na le bontate le bomme ha ba bang ba se na bona.

Malapeng a mang ho na le bonkongo, ntatemoholo, malome, mangwane le bomotswala.

• •

Sheba ditshwantsho o bolelle motswalle wa hao hore malapa ana a fapanne jwang.

Sebedisa mantswe a tswang mabokoseng a latelang.

mme

ntate

kgait sedi

ntatemoholo

moreso

ngwana

ntatemoholo

lelapa





Ha re ngoleng

O dula le mang?

Ke mang eo o dulang le yena?



Lapeng leso ho na le batho ba _____.

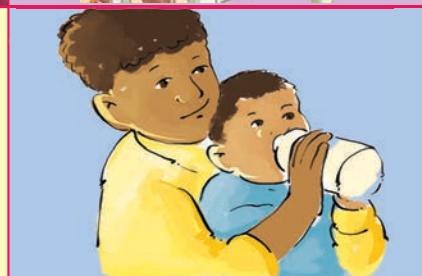
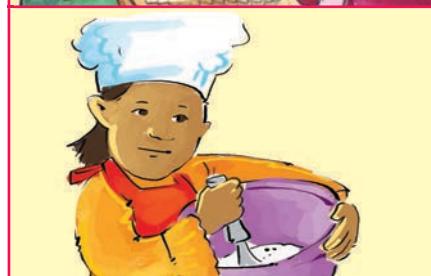
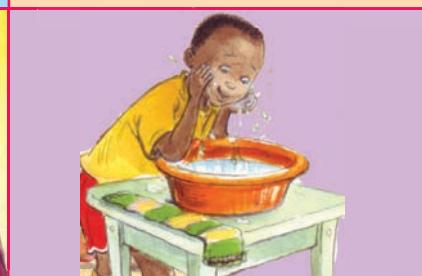
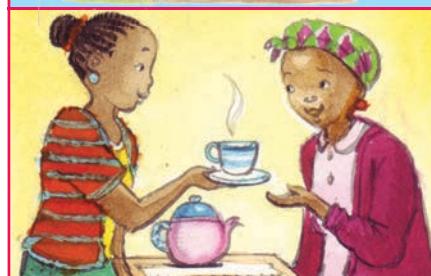
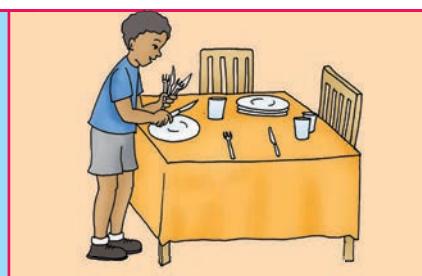
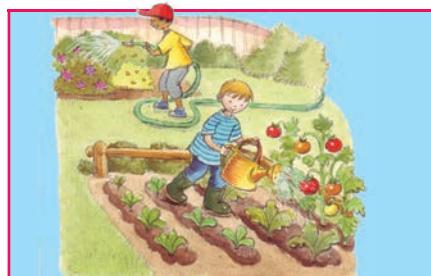
Ke mang e monnyane ho feta batho bohle lapeng leno?

Ke mang e moholo ho feta batho bohle lapeng leno? _____.



Ha re bueng

Bohle re na le mesebetsi eo re e etsang hae. Tadima ditshwantsho tsena mme o bolele batho ba etsang mesebetsi ena lapeng.



Ngola polelo e le nngwe ka mosebetsi oo o o entseng maobane.





Tlotlontswe

Lapa leso

Etsa setshwantsho sa seo wena le ba lapa leno le se etsang mmoho.
Bolela hore motho eo ke mang. Sebedisa mantswe a na ho o thusa.

mme

ntate

kgaitseidi

ntatemoholo

moreso

ngwana

nkgonon

lelapa



Lapa leso



Re a hlokomelana



Ha re baleng

Batho ba malapa ba tlamehile ho ratana, le ho hlokomelana. Re bontsha hore
re a ratana ka ho hakana, le hona ho hlompha e mong le e mong.
Re hloka ho ...

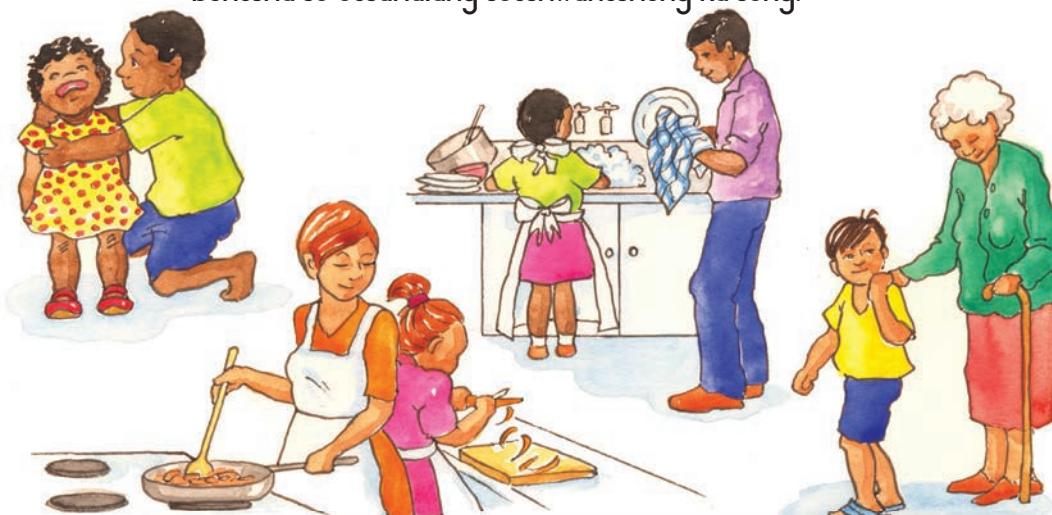
- thusana.
- ba mosa ho motho e mong le e
mong
(haholo holo batho ba baholo).

- etsa mesebetsi
ya rona ka nako.
- ba le boikarabelo.



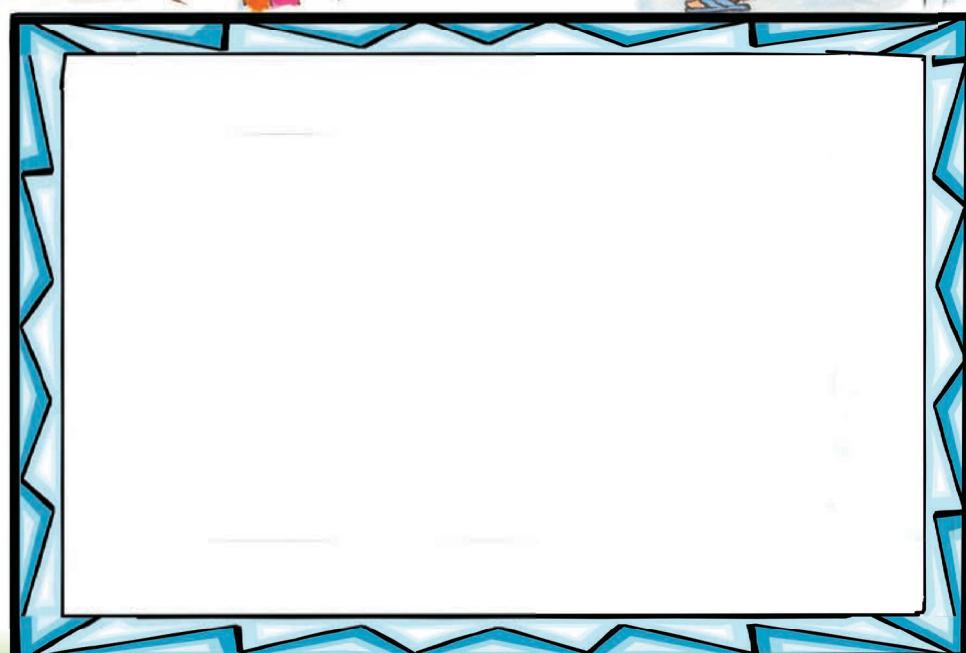
Ha re bueng

Sheba ditshwantsho tse latelang o bolele hore bana bana ba bontsha
jwang ba malapa a bona hore ba tsotellana. Jwale tshwantshisa ho
bontsha se etsahalang setshwantshong ka seng.



Ha re etseng

Etsa setshwantsho
ka seo o se etsang ho
bontsha ba lapa leno
hore o a ba tsotella.
Borella motswalle wa
hao ka setshwantsho
seo o se entseng.



Kotara ya 2 – Beke ya 2 – Leqephé / a mosebetsi

Ho bontsha hore o a tsotella



Bolela ka moo ba lapa lena ba thusanang ka teng. Nomora ditshwantsho ho tloha ho l ho isa ho 4 ho bontsha tatellano e nepahetseng.



Mesebetsi ya rona ya bosiu.

Mme o pheha dijo.

Ntate o hlatswa dijana.

Moreso le nna re thusa mme le ntate.

Re thusa haholo.

Re hleka lebese le borotho.

Ka mora moo re a robala.

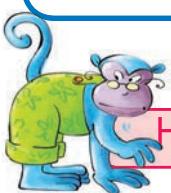
A ko re qoqele tshomo!





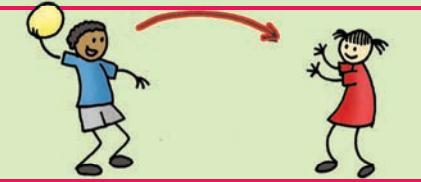
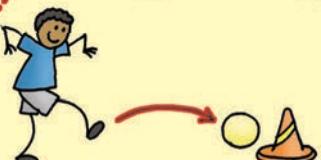
Ha re ithapolleng

Etsetsa motho ya o tsotellang haholo karete.



Ha re ithapolleng

Na o ka etsa tse latelang?

	o ka fetisa bolo ka ho e akgela motswalle wa hao.	ee	tjhe
	o ka fetisa bolo ka ho e lahlela matsohong ho ya ho motswalle wa hao.	ee	tjhe
	o ka tlodisetsa bolo mangweleng.	ee	tjhe
	o ka otla bolo ho ya khounung.	ee	tjhe
	o ka thinthintsha bolo pakeng tsa bathibedi ba bolo.	ee	tjhe
	o ka rahela bolo ho lebana le ntho e nngwe, ebe o a e raha.	ee	tjhe

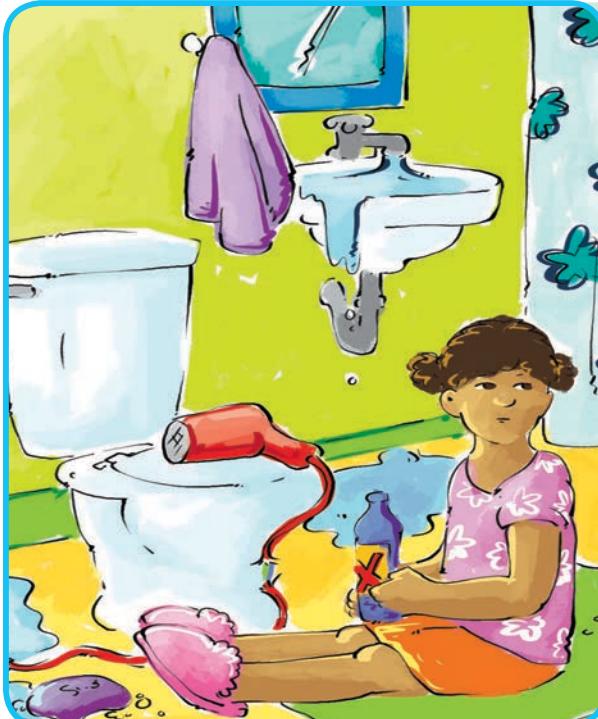
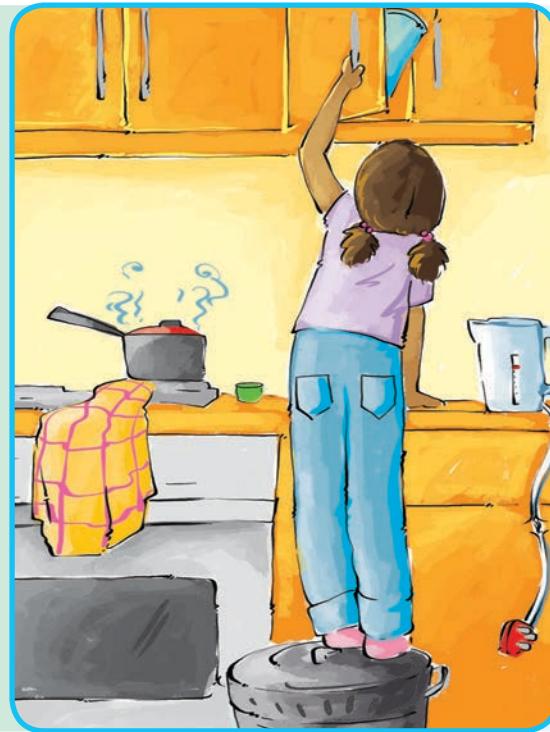




Re tshwanelo re ikutlwé re baballehile ha re le malapeng a bo rona. Ho na le dikotsi tse ngata malapeng a bo rona. Shebang ditshwantsho le buisaneng ka dikotsi le motswalle wa hao.

Phaposing ya ho pheha

- Shebisa mehwéle ya dipitsa hore e furalle setofo.
- Se siye thipa tse bohale di dutse feela.
- Notlella parafini le meriana sebakeng se bolokehileng.
- Se siye dibapadiswa di dutse hohle.



Phaposing ya ho hlapa

- Se sebedise thepa tsa motlakase pela metsi. Se sebedise dintho tse sebedisang motlakase pela metsi.
- O se di siye pela metsi.
- Boloka disebediswa tsohle tse bohale ka rakeng.
- Se sebedise borosolo ba hao ba meno le motho e mong.



Matolo, mahadima le motlakase

- Se eme tlasa sefate ha ho na le lehadima.
- Se kenyé letho masobeng a kenyang disebediswa tsa motlakase. Kopa motho e moholo ho o thusa.

Ka ntle

- Phutha tsohle tse ka o ntshang kotsi, jwalo ka dikgalase. Di behe ka moqomong wa dithole.
- Se bapalle pela letamo la ho sesa ntle le ha ho na le motho moholo.



Ka hara ntlo

- Se siye dibapadiswa le ntho tse ding di dutse hohle.
- Se bapale ka tjhefu.
- Ha o bona hore mohala wa ketlele kapa wa aene o petsohile kopa mme kapa ntate wa hao hore a o lokise.



Boipaballo ka hare le ka ntle ho malapa (2)

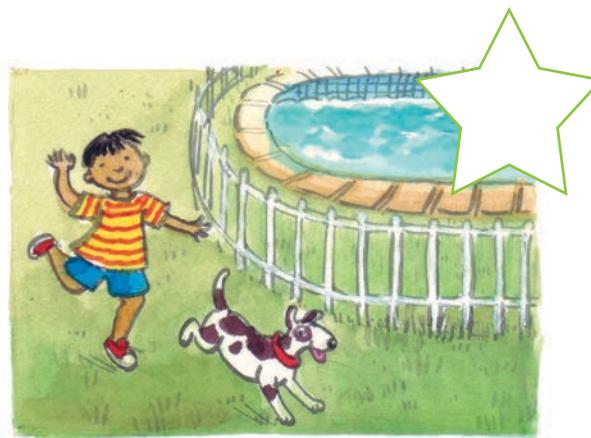
Kotara ya 2 – Beke ya 3 – Leqephé | a mosebetsi



Ha re bueng

Ho bolokeha

Sheba ditshwantsho o bolele hore ke tshwantsho di feng tse bontshang boemo polokeho kapa boemo bo kotsi. Etsa letshwao ✓ ho bontsha maemo a bolokehileng le letshwao ✗ ho bontsha maemo a sa bolokehang kapa a kotsi. Bolela hore hobaneng o re ba bolokehile kapa ha ba a bolokeha.





Ha re bueng

Na ho na le dintho tse kotsi lapeng leno? O ka etsang ka seo?
Tjhefu, meriana le mekedikedi e hlwekisang di kotsi haholo.
O se ke wa nwa seo o se nang bonnete ba hore ke eng.



Letshwao lena le bolela hore ho na le tjhefu
ka hara botlolo, lebokose le lekotikoti.
Na o kile wa bona letshwao lena?



Ha re ithapolleng

Titjhere ya hao o tlo o bapalla mmimo.



- O itsikinye ho latela morethetho wa pina.
- Kgetha mookamedi. Mookamedi o tlamehile ho qoqopela ho latela morethetho wa pina. Kaofela le tlameha ho etsa se etswang ke mookamedi.
- O leke ho itshehetse ka leoto le le leng.
- Jwale itshehetse ka leoto le leng.
- Ke leoto le feng le matla?
- Beha kgwele e telele fatshe kapa o etse mola. Tsamaya hodima kgwele kapa mola, mme o tsepame.
- Jwale tjhentjha sebopeho sa kgwele kapa mola mme o tsamaye mabapi le yona, o tsepame.



Polokeho ha ke le mong lapeng



Ha re bueng

O ithutile ka dintho tse ka o ntshang kotsi lapeng leno.
O ka ipoloka o bolokehile jwang ha ole mong lapeng?



Ha o le hae o le mong,
o ka etsa dintho tsena
tse latelang hore o
dule o bolokehile.



Se bulele batho bao o
sa ba tsebeng lemati.

Notlela menyako
yohle e tswelang
kantle.



- Eba le bonnete ba hore o tseba dinomoro tsa mehala tsa batswadi ba hao, le batho ba dulang pela lapeng leno.
- Etsa lenane la dinomoro tsa bohlakwa, hore ha ho ka etsahala phoso.



Ha re ngoleng

Iketsetse lenane la dinomoro tsa bohlakwa.



Mapolesa:



Koloi ya setimamollo:

Ambulense:



Nomoro ya mohala ya mme, mohala wa thekeng kapa selefounu:

Nomoro ya mohala ya ntate, mohala wa thekeng kapa selefounu:

Ke mang e mong eo o ka mo letsetsang ha o le mathateng?



Se seng hape ho hopolwa

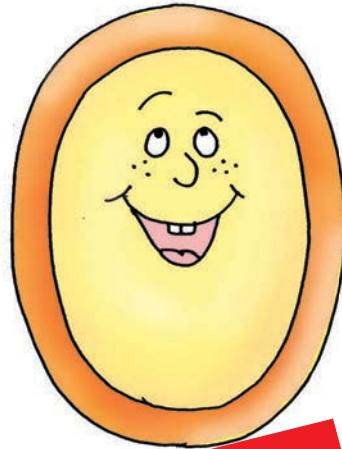
Kotara ya 2 – Beke ya 4 – Leqephé la mosebetsi



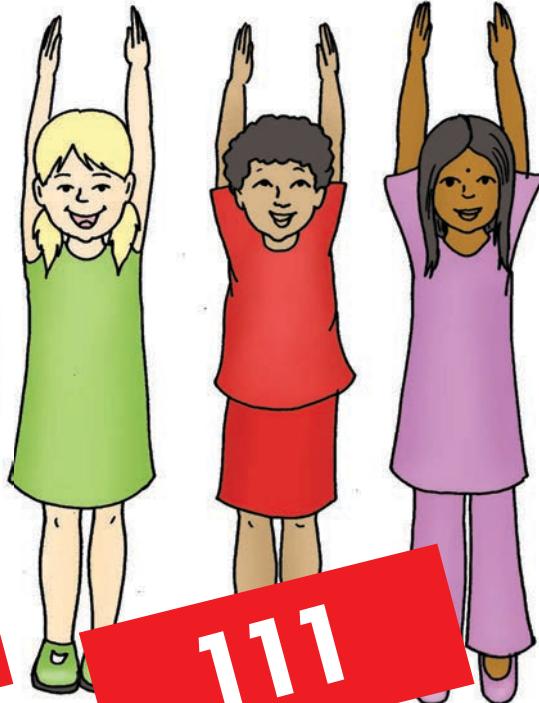
Tsela e bonolo ya ho hopola mohala wa mapolesa. Sheba setshwantsho o bolelle motswalle wa hao hore ditshwantsho di o thusa jwang ho hopola dinomoro. 10111 ke nomoro ya mapolesa. E bitse hangata ho fihlela o e tseba ka hloho.



1



0



111



Bontsha ka moo o neng o ka etsa ka teng ha o ne o le ngwana ditshwantshong tse latelang.



O ne o tla etsa jwang ha motho eo o sa mo tsebeng a ne a o lelekisa?



O ne o tla etsa eng ho thusa mme wa hao ho etsa dikuku?



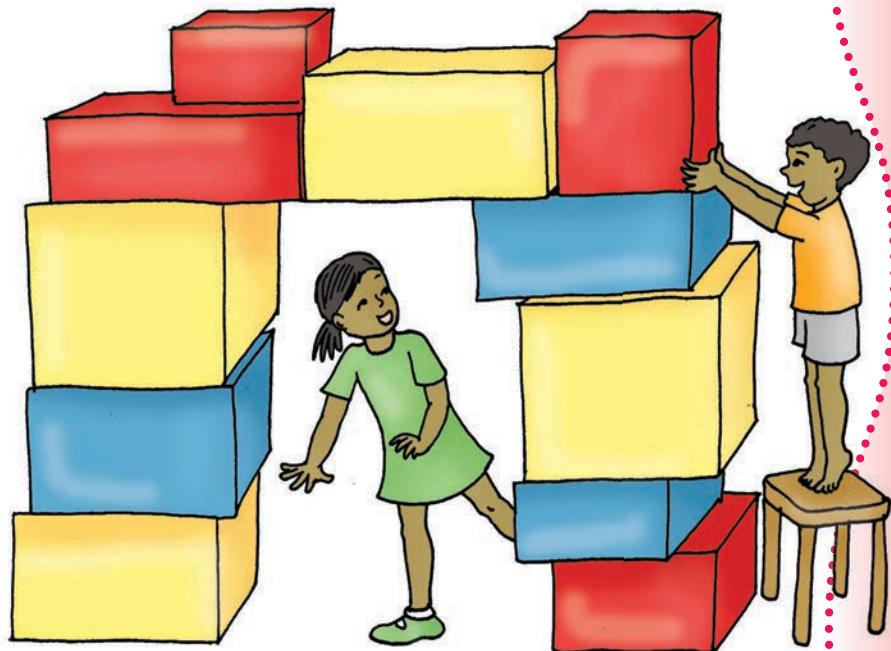
O ne o tla etsa eng ha o eme pela kgalase e tjhwatlehileng?



Ha re etseng

Bona na o ka aha ntlo ya hao.

- Fumana mabokose a kgale ebe o haha mabota le marulelo.
- O ka kgomaretsa mabokose mmoho. Ha ntlo e fedile, o ka e penta.
- Ha o sa fumane mabokose, sebedisa ntho e nngwe le e nngwe. Empa se sebedise galase kapa makotikoti kapa ntho e ka o ntshang kotsi.



Ha re ithapolleng

Lahlela bolo moeng ebe o e tshwara ka letsoho la hao le fokolang.

Thusa titjhere ya hao ho suthisetsa ditulo, ditafole le mabokose kantle.

Hlwella hodima ditulo, ditafole, le mabokose. Kgasa ka tlasa ona, mme o tlolele fatshe ho tloha ho ona.

Leka ho itshehetsa leotong le leng la setulo.



Mmele wa ka

Kotara ya 2 – Beke ya 5 – Leqephé | a mosebetsi



Ha re ngoleng

Ngola mantswe sebakeng se nepahetseng.

leoto

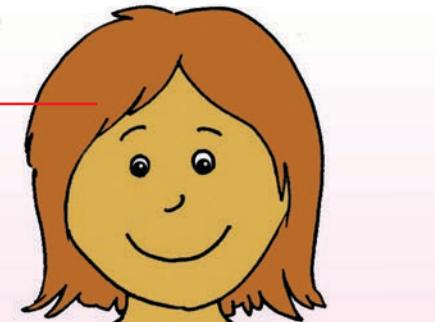
letsoho

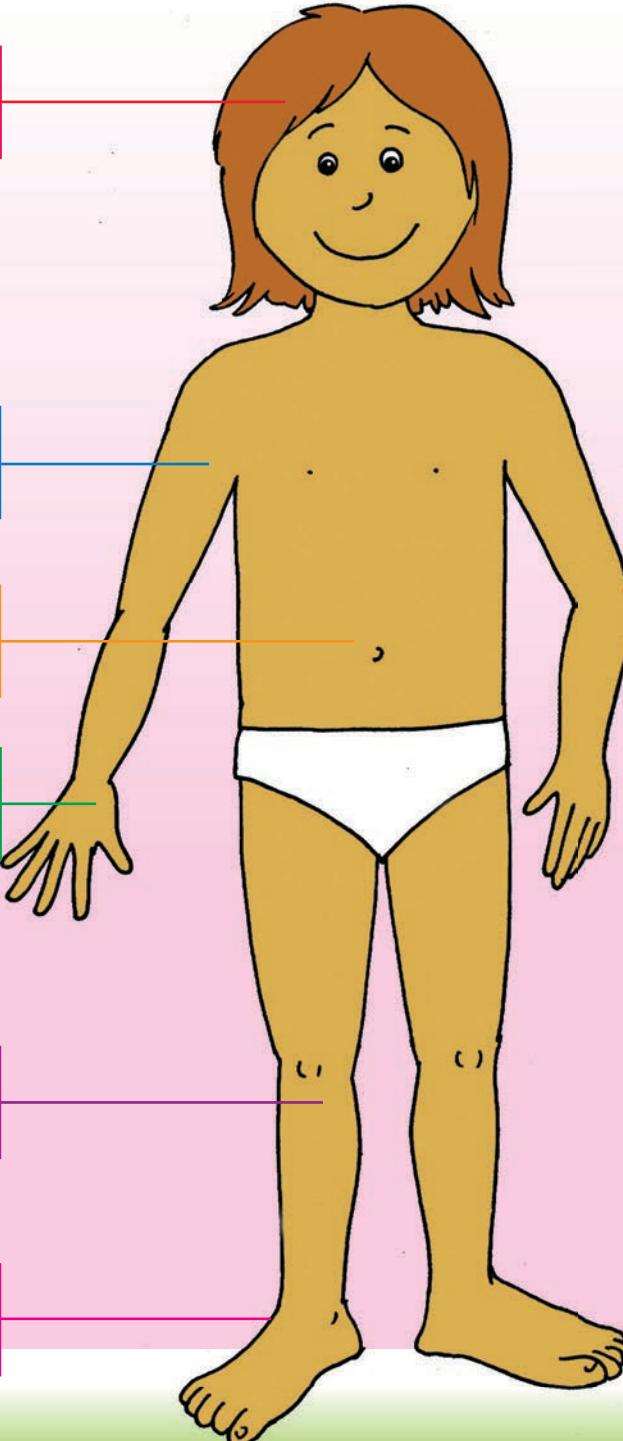
hlooho

mpa

lengwele

seatla







Ha re etseng ditshwantsho

Qetella setshwantsho sena sa sefahleho.

Etsa setshwantsho sa moriri. Leka ho
etsa sefahleho sa hao. Ha o na le mahlo
a maputswa, etsa mahlo a maputswa.
Ha moriri wa hao o le motsho etsa
setshwantsho sa moriri o motsho.

Etsa setshwantsho sa dintshi, nko ya
hao le molomo wa hao.

Sefahleho sa hao ke setho sa bohlokwa dithong tsa hao tsa mmele.

Re na le mahlo a mabedi.



Re na le tsebe tse pedi.



Re na le nko e le nngwe.

Re na le molomo.



Ha re bineng

Binang pina ena. Tshwara setho se seng le se seng sa mmele ha
o bina ka sona.

Hlooho mahetla

**Hlooho mahetla, mangwele le menwana,
mangwele le menwana**

Hlooho mahetla, mangwele le menwana

Jwaloka ka hodimo



Ha re ithapolleng

Bapala "Simon o re..."



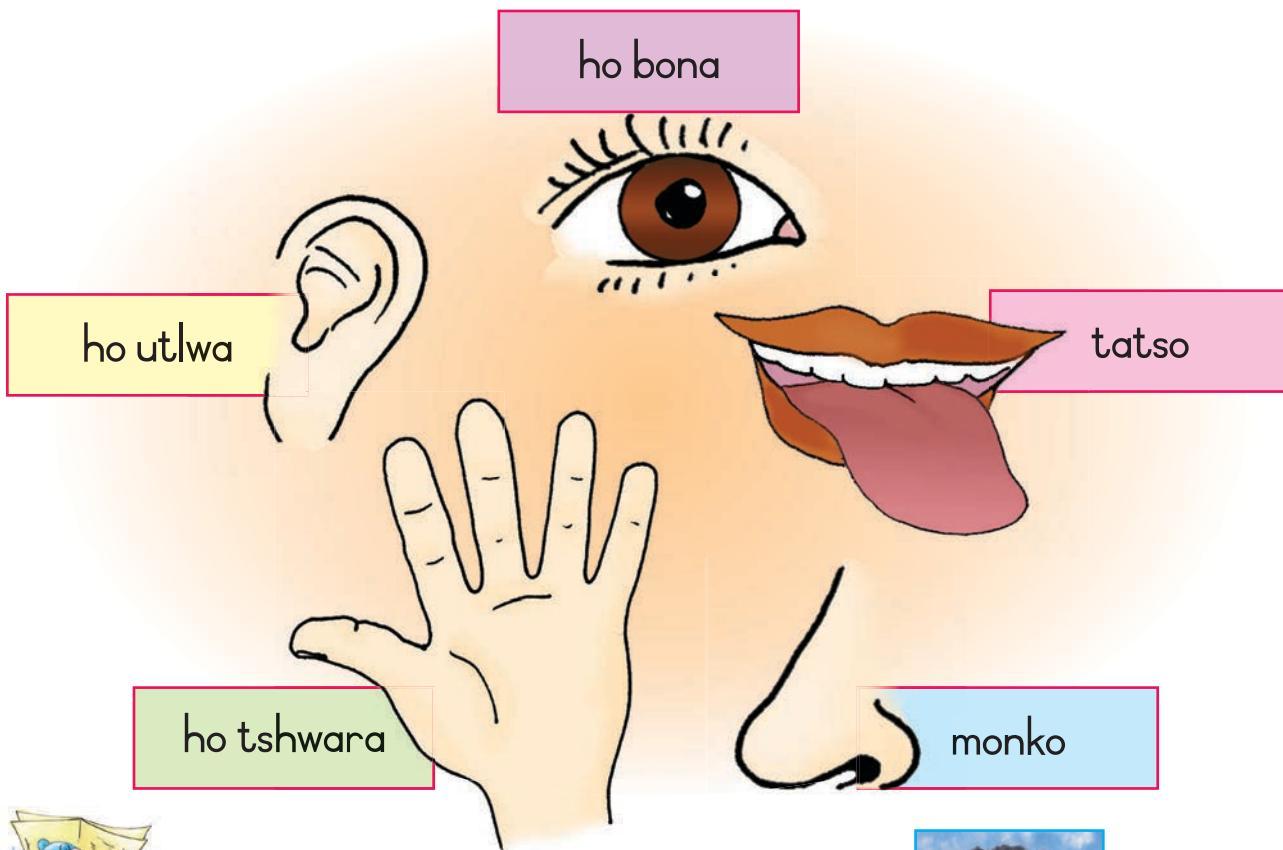
Ditho tsa kutlo tsa ka

Kotara ya 2 - Beke ya b - Leqephé la mosebetsi



Ha re bueng

Sheba dikutlo tse fapaneng o bue hore re di sebedisetsa eng.



Ha re baleng

Re sebedisa ditho tsa kutlo tsa rona ka mehla.
Re nkga le ho utlwa tatso ya dijo. Re ka utlwa
hore lesiba le bobebo bo bokae. Re bona hore
lehodimo le leputswa hakae lehlabula. Re utlwa
mmino.

Dikutlo tsa rona di re thusa hore re bolokehe.
Re ka kgona ho nkga ha ho na le mollo.
Re ka kgona ho utlwa ha setofo se tjhesa haholo.
Re kgona ho bona ha ho le kotsi ho tshela mmila.
Re kgona ho utlwa modumo wa alamo.





Ha re etseng

Tlhokomelo ya mahlo, le ditsebe.

Re hloka ho hlokomela ditho tsa kutlo tsa rona. Ena ke mekgwa e mmedi ya ho hlokomela mahlo le ditsebe tsa rona.



Hlokomela ditsebe tsa
hao ka ho se mamele
mmino o lerata.

Hlokomela mahlo a hao ka ho
rwala kepisi le dikgalase tsa
letsatsi. Se shebe letsatsi.



Ha re ngoleng

Sheba tafole e ka tlase, moleng o mong le o mong bontsha hore o ka
sebedisa kutlo e feng, o ka tshwaya tse fetang bonngwe.

	nkga	tatso	ho bona	ho utlwa	ho tshwara



Ho tsitsinya mmele

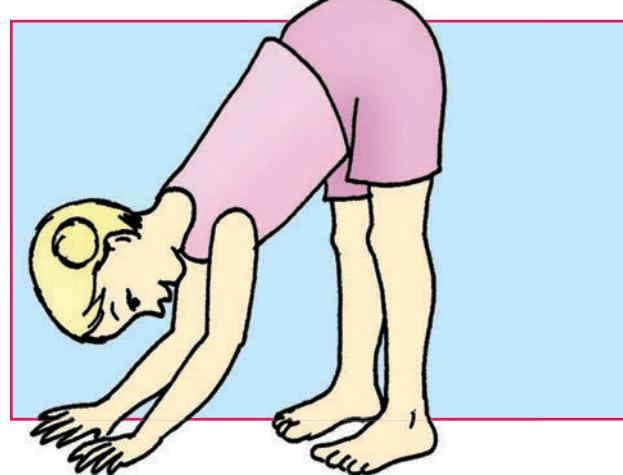
Kotdara ya 2 - Beke ya b - Leqephé la mosebetsi



Ha re bueng

Sheba setshwantsho. Setshwantshong se seng le se seng bolela hore ke setho se fe sa mmele, se o thusa ka eng.

Re sebedisa mmele ya rona ho tsamaya.



Ha re ngoleng

Araba dipotso tsena le motswalle wa hao. Ngola dikarabo bukeng ya hao, ka tlasa dipotso tse latelang.

O sebedisa ditho di fe tsa mmele ho tsamaya?



Ke dikarolo dife tsa mmele tseo o di sebedisang ho phahamisa seng?



Ha re ithapolleng

Tityhere o tla o bontsha ho bapala "katse le tweba".

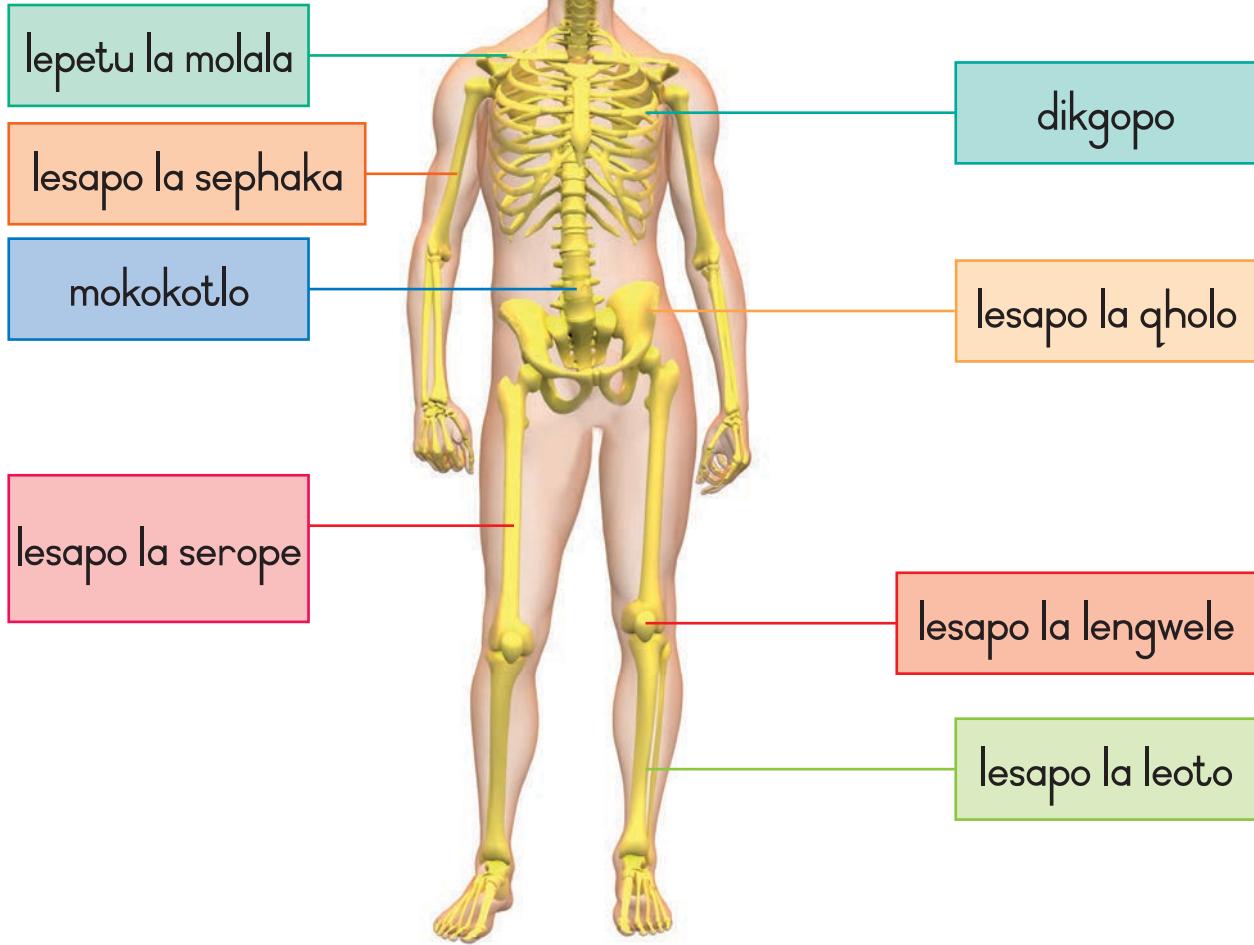




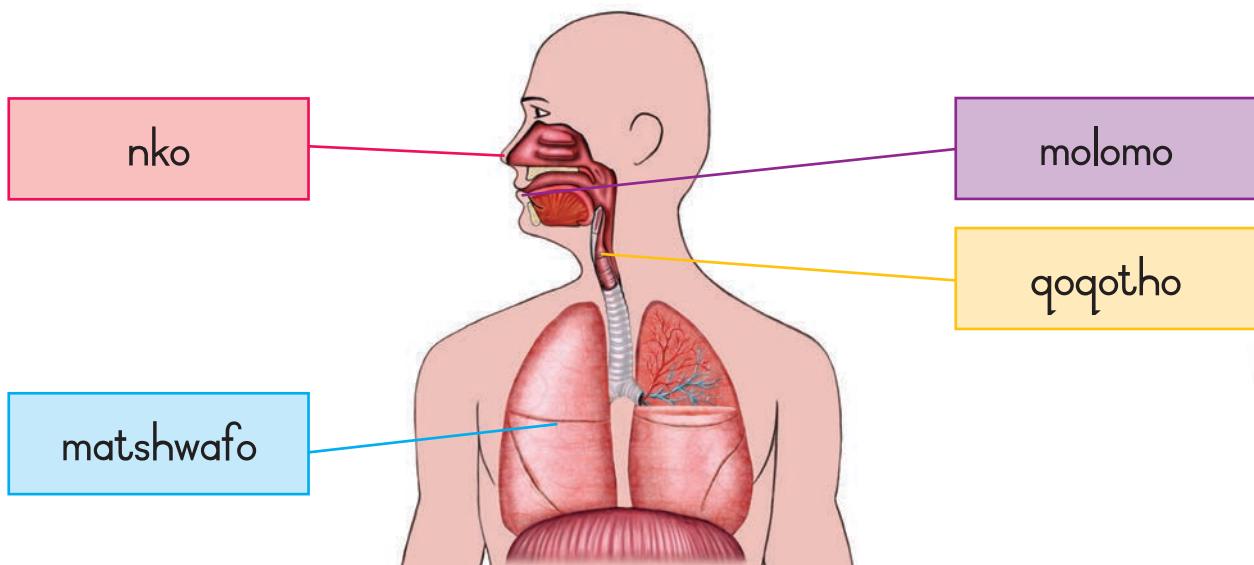
Ha re baleng

Ho na le ditho tse ding tsa mmele tseo o ke keng wa di bona.
Di sebetsa mmoho ho o phedisa.

Masapo a hao



Ditho tsa mmele tse o thusang ho hema



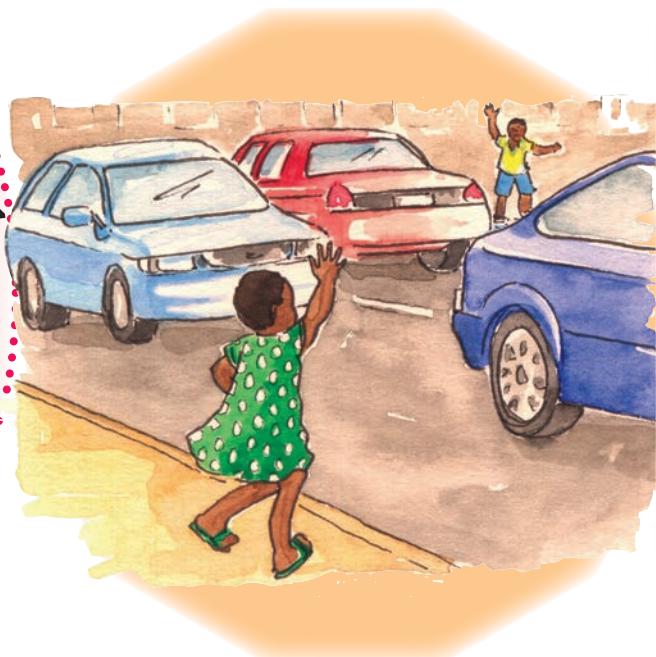
Ho nahana ka polokeyo

Kotara ya 2 – Beke ya b – Leqephé la mosebetsi



Ha re bueng

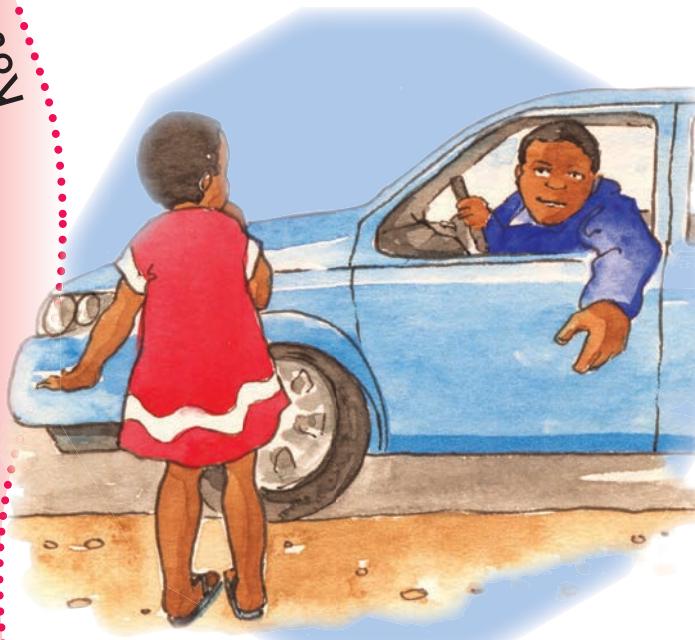
Sheba setshwantsho se latelang o bue ka sona le motswalle wa hao hore o bona eng. Setshwantshong se seng le se seng bontsha hore o ka dula o bolokehile jwang.



O bona motswalle wa hao ka nqane ho mmila.



O setse o le mong moo ho palangwang ditekesi.

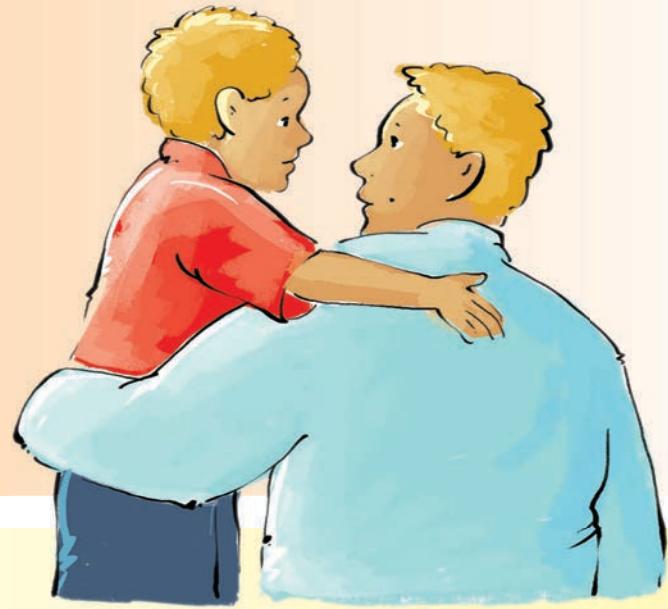


Motho eo o sa mo tsebeng o o kopa ho ya le
yena kae kae.



O lahlehile setsing sa mabenkele.

Re na le maikutlo a reng "ee"
ha motho a re haka ka tsela e
nepahetseng. Ho monate ho hakuwa
ke motho eo o mo ratang ka tsela e
nepahetseng ya setswalle.



Ha **re na** maikutlo ha motho e
mong a re thetsa ka tsela e re
tshosang kapa e sa re thabiseng.
Ha re sa thaba kapa re ikutlwa re
sa bolokeha ha **re na** maikutlo.

**Mmele wa hao ke ntho ya bohlokwa, mme ke wa hao
feela. O ka re "ee" ha o dumela ho tshwarwa ke motho
kapa "tjhe" ha o sa batle.**



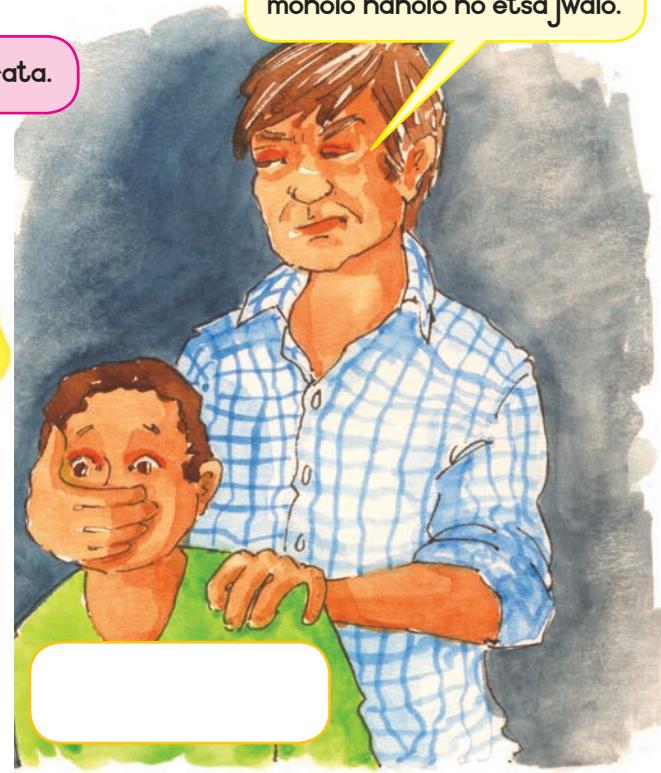
Ho bolokeha

Ha re ngoleng

Sheba ditshwantsho tse latelang o ngole ee moo o dumelang le tjhe
moo o sa dumeleng.

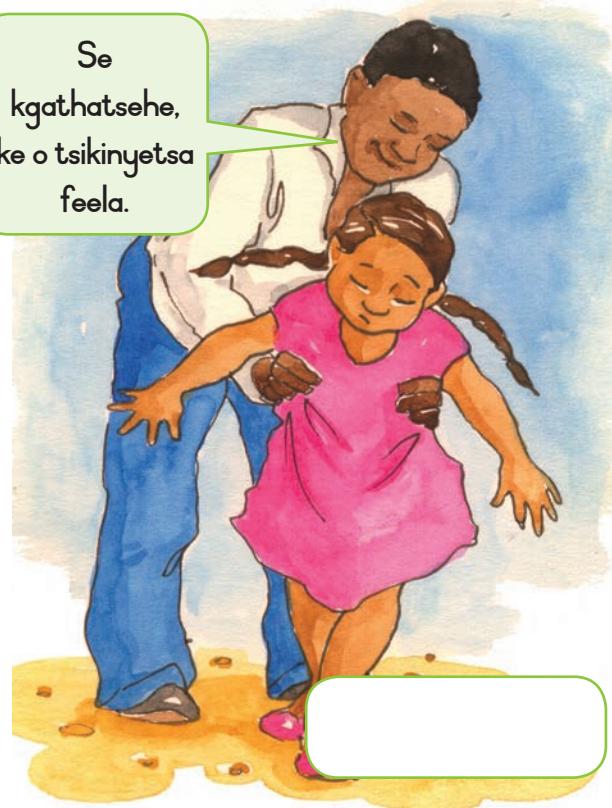
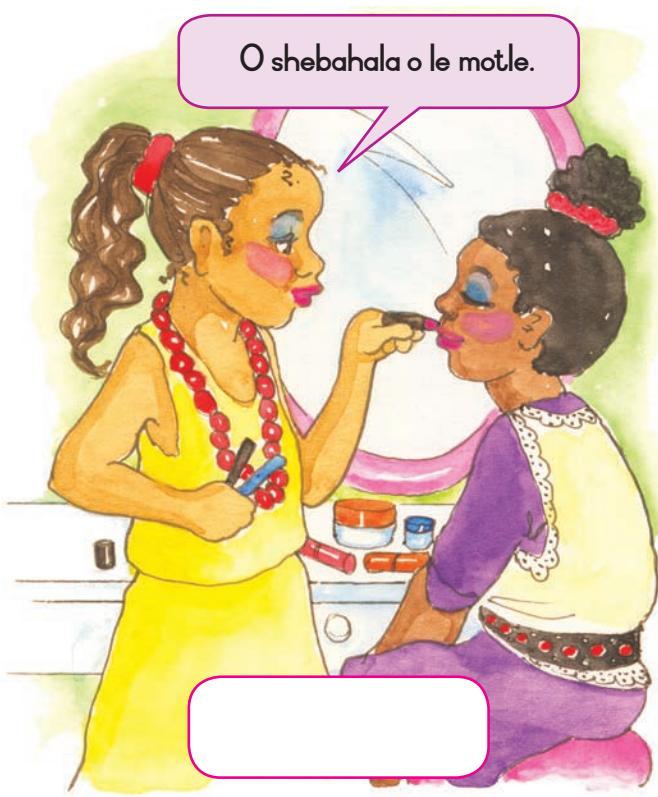
Emisa ho etsa lerata! O
moholo haholo ho etsa jwalo.

Ke ya o rata.



O shebahala o le motle.

Se
kgathatsehe,
ke o tsikinyetsa
feela.





Ha re etseng

Ithute hore "tjhe".

Etsa papadi moo motho osele a rerang ho nka ngwana ka koloi ya hae kapa a batla ho tshwara ngwana. Karabo ya ngwana ke "tjhe".



Ha re bueng

Bana ba bang ba dula malapeng a sa ba hlokomeleng. Sheba ditshwantsho. Bolela hore o ne o ka ikutlwajwang ha o ne o le ngwana ya ditshwantshong. Bolela hore o ne o ka etsa eng.



Ha re ithapolleng

Bapala papadi ya ho "hwama".

Tsamaya, o nke tsela e fe kapa e fe eo o e ratang, ha titjhere ya hao a letsa phala, o eme tsi! boemong boo o tla beng o le ho bona. O tlamehile hore o se tsitsinyeho fihlela titjhere e o dumella ho tsitsinyeha. O ka kgonha ho tsepama?

Ho tsamaya balakeng e tsepameng kapa kgweleng e telele e beilweng fatshe.



Ho boloka mmele wa ka o phetse hantle



Ha re baleng



Ho na le mekgwa e mengata eo re ka kulang ka yona. Hangata re kudiswa ke dikokwanahloko le baketheria. Di nyenyane haholo, hoo re ke keng ra di bona. Di kena mmeleng ya rona, di re kudise. Di ka kena mmeleng ya rona mme tsa re kudisa.



Ha re bueng

Bana ba ditshwantshong ba etsajwang hore ba phele hantle?

Ho ka etsahalang ha ba ne ba sa etse dintho tsena?





Ha re bueng

Jwale bua ka ditshwantsho tseña. Etsa ✓ ho bontsha hore o ka dula
o phetse hantle. Kenya letshwao ✗ ditshwantshong tse ka etsang
hore o kule.



Ho boloka mmele wa ka o phetse hantle



Ha se batho ke disebediswa tsa ho hlwekisa metsi?

Ke mokgwa wa ho hlwekisa metsi?

Kotdara ya 2 – Beke ya 8 – Leqephé | a mosebetsi

Na o a tseba hore metsi a mang a hlwekile ha a mang a le ditshila? O ka etsa eng ho boloka metsi a hlwekile a le matle hore a kgone ho nowa?

O ka bedisa metsi ka ketlele ho bolaya dikokwana mahloko.



O ka sefa ditshila.
Titjhhere a ka o bontsha jwang.

O ka kenya kgaba e nyenyane e le nngwe ya Jiki ho diemere tse mashome a mabedi a metsi a nokeng.

Kwala emere hore ditshintshi di se kene. Tlohela metsi dihora tse 28 pele o ka a nwa.





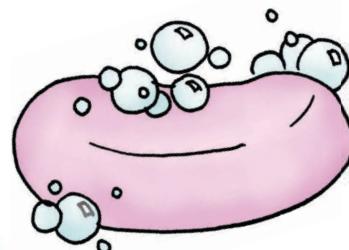
Ha re bueng

Sheba ditshwantsho tse latelang, o bolele hore bana bana ba etsang hore ba dule ba phetse hantle.

Tshela pampiri e tshesane ka ntwaneng ya ho ithusa kapa moo ho kenywang matlakala.



Hlatswa matsoho pele o ja.



Hlatswa matsoho a hao ha o qeta ho sebedisa ntwanana ya ho ithusa.



Ha o etsa ditshila ka ntwaneng ya ho ithusa, hlwekisa moo o sentseng o ntano hlatswa matsoho a hao.



Kwahela molomo ha o thimola kapa hona ho kgohlela.



Re a hlahloba



Ha re bueng



Buisana ka seo o ithutileng sona
dikotareng tse pedi tse fetileng.

Nka bua ka lelapa leso.		
Nka tsamaya thapong e tshesane.		
Ke tseba nomoro ya mapolesa.		
Ke tseba ka maikutlo a "tjhe" le "ee".		
Nka kapa bolo.		
Nka dula ke bolokehile lapeng.		
Nka itlhokomela.		
Ke thusa lapa leso.		
Ke tseba hohle sekolong.		
Ke tseba ho dula ke phetse hantle.		
Ke tseba hore nka etsa eng ka dintho tsohle tse ka mokotlaneng wa ka.		
Ke tseba ka malapa a fapaneng.		
Ke ithutile ntho tse ngata thutong ya bokgoni ba bophelo.		

Bukantswe ya ka

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Bukantswe ya ka

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