

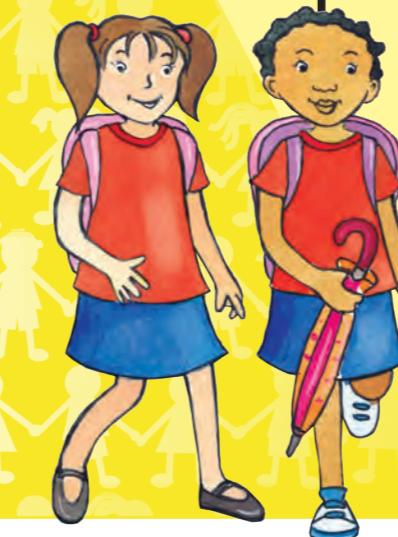


E thabolotswe e
bile e tsamaelana
le KPKT

Mophato



1 Dikgono tsa Botshelo
ka SETSWANA
Buka 2
Kgweditharo 3 & 4

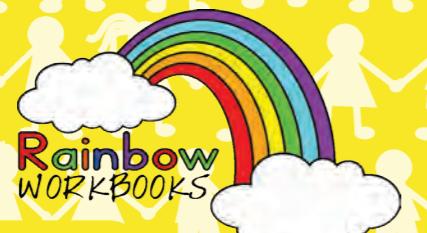


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ISBN 978-1-4315-0248-6



LIFE SKILLS IN SETSWANA
GRADE 1 – BOOK 2
TERMS 3 & 4

ISBN 978-1-4315-0248-6

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Mme Angie Motshekga,
Tona ya Lefapha la
Thutotheo



Ng. Reginah Mhaule,
Motlatsatona wa
Lefapha la Thutotheo

Dibukatiro tse di kwaletswe bana ba Aforikaborwa ka fa tlase ga boeteledipele jwa Tona ya Lefapha la Thutotheo. Mme Angie Motshekga le Motlatsatona wa Lefapha la Thutotheo. Ng. Reginah Mhaule.

Dibukatiro tsa Rainbow ke phitlhelelo nngwe ya Lefapha la Thutotheo e e lebisitsweng mo go tokafatseng bokgoni jwa barutwana ba Aforikaborwa ba mephato e merataro ya ntsha jaaka e le maikaelelomagolo a Lenaneotiro la Puso. Porojeke e. e etleeditswe ke Lefapha la matlotlo la Bosetshaba. Keteletso e. e kgontshitse Lefapha go kwala le go rebola dibukatiro tse mo dipuong tsotlhe tsa semmuso kwa ntle go tuelo epe.

Re sololeta gore dibukatiro tse di tlaa tswela barutabana mosola mo go ruteng ga bona ga letsatsi le letsatsi, le mo go netefatseng gore barutwana ba digela kharikhulamo ya bona. Re netefaditse gore re kaela morutabana sentle mo tirong nngwe le nngwe ka go tsenyeletsa mesupatsela go bontsha gore ke eng se morutwana a tshwanetseng go se dira.

Re sololeta gore bana ba tlaa itumelela go dira mo bukeng e ba ntse ba gola e bile ba ithuta, le gore wena jaaka morutabana, o tlaa abelana le bona boitumelo jwa bona o tlaa e itumelela mmogo le bona.

Re go eleletsa katlego e kgolo mo tirisong ya dibukatiro tse, wena le barutwana ba gago.

Published by the Department of Basic Education
222 Struben Street
Pretoria
South Africa

© Department of Basic Education
Eleventh edition 2021

ISBN 978-1-4315-0248-6

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Mophato

1



Dikgono tsa Botshelo
ka SETSWANA
Buka 2



Buka e ke ya ga:





A re buiseng

Akanya ka ga batho
ba o ba boneng le go
bua le bona letsatsi
lengwe le lengwe –
batho ba ke morafe
wa gaeno. Ba ka
nna batho ba ba mo
mebileng kgotsa ba
ba tshelang gaufi le
fa o nnang teng. Ba
ka nna batho ba ba
kwa kerekeng le kwa
sekolong sa gago,
maphodisa a a mo
tikologong ya gaeno,
dingaka, jalojalo.

A re bueng

Bua le tsala ya gago ka ga setshwantsho se se mo ditsebeng tse pedi tse.
Ke mafelo afe a a mo setshwantshong a o a lemogang?
Batho ba kgobokana kgotsa ba kopana kwa mafelong afe mo go a?





Letlha:



A re direng

Ke afe a mafelo a a mo setshwantshong se se fa tlase a o a etetseng? Gatisa bokwantle jwa ona ka kheraeyone.



A re bueng

Tlotlela tsala ya gago gore a o ne wa etela mafelo a, le mongwe kgotsa o ne o le esi. Ke goreng o ne o a etela? A o akanya gore mafelo a o a etetseng ke mafelo a batho ba ba bogole ba ka a fitlhelelang bonolo, ba a etela?



Morutabana:

Saenafa:

Letlha:



34



3 - Bekel

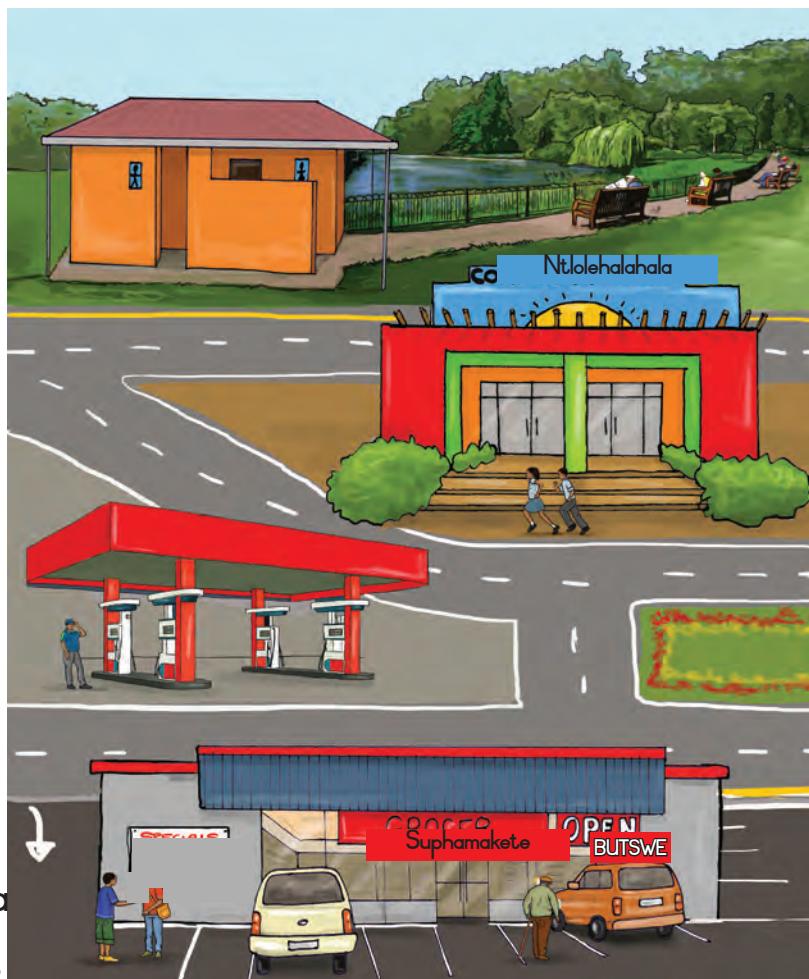
Kgweditharo

Go tlhokomela didiriswa mo motseng



A re bueng

Mafelo a a mo metseng
ya rona a na le mefuta
e e farologaneng ya
didiriswa tse mongwe le
mongwe a ka di dirisang.
Ditleliniki, dikolo, mabala
a metshameko le dikokelo
tsotlhe ke mafelo a
rotlhe re a dirisang. Re
tshwanetse go tlhokomela
mafelo otlhе mo motseng
wa rona. Gape re
tshwanetse go tshola
tikologo ya rona e le phepa
gore e natefele mongwe le
mongwe.



A re bueng

Bua le tsala ya gago ka ga setshwantsho.

- A o akanya gore batho ba rata go tshela fa?
- Ke goreng o akanya jalo?
- Motse le tikologo tsa gaeno di ka tokafadiwa jang?



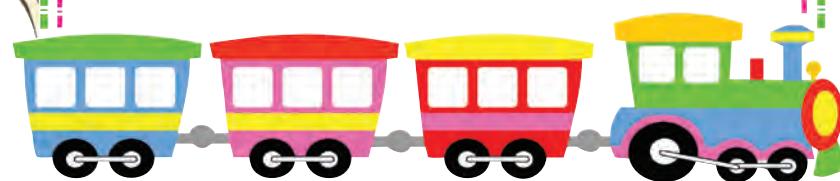
A re direng

Itirele setshwantsho sa
mebalabala o dirisa mofuta
mongwe wa sepalangwa
sa botlhe, se tshwana le
terene, bese kgotsa thekesi.
Bontsha batho ba bogolo
jo bo farologaneng ba na
le wena - bangwe ba dutse
ba tlhamalatse, bangwe ba
inametse kwa pele kgotsa
ba robaletse kwa morago,
bangwe ba le bagolo mme
bangwe ba le banny.

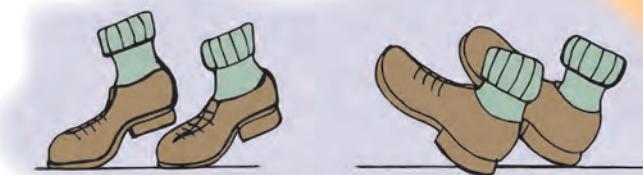


A re tsamayeng

Ikatise



- Ikatise ka go tsamaela kwa pele ka menwana ya maoto.
- Jaanong tsamaela kwa morago ka direthe tsa gago.
- Tsamaela kwa pele ka direthe tsa gago.
- Tsamaela kwa morago ka menwana ya maoto a gago.



Bopa ditlhaka

Dirang ka bobedi. Dirisang mebele ya lona go bopa
ditlhaka. O ka nna wa ema o itshegeditse ka
lebota kgotsa o robetse. Bona gore a wena
le tsala ya gago le ka bopa tlhaka e e ka se
kang ya bopiwa ke ope.



Letlha:



35

A e siame kgotsa nnyaya?



Bekē 2

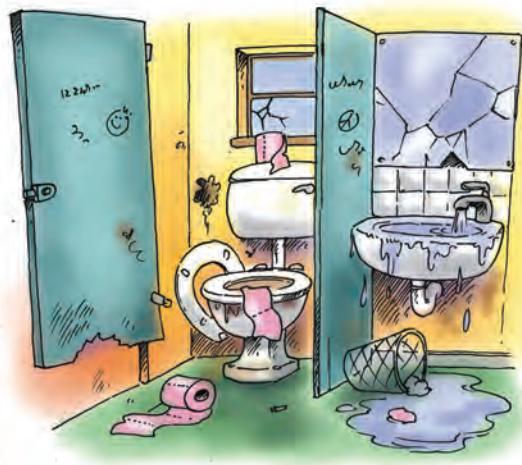
Kgweditharo 3



A re bueng

Lebelela ditshwantsho tse.

Mafelo otlhe a, kana didiriswa tsotlhe tse, ke eng? Tlotlela tsala ya gago mokgwa o o nepagetseng wa go dirisa lefelo kana sedirisiwa sengwe le sengwe.





Letlha:



A re direng

Aga mmotlolo wa kago
o dirisa didiriswa tse di
kileng tsa diriswa. O ka nna
wa aga tleiniki, laeborari
kgotsa kago efe kapa efe e
mo motseng. Ka dithlopha.
Kgabisa kago ya gago go
bontsha sentle gore ke
kago efe e o e agileng.



A re diragatseng

- Emisa ditaere o di beye ka lenaneo.
- Gagaba ka fa tlase ga ditaere.
- Robatsa ditaere fa fatshe.
- Ema ka maoto a mabedi mo taereng.
- Jaanong tsetsepela ka leoto le le lengwe mo taereng.
- Dirisa taere mo metshamekong e mengwe ya motsamao.

Ela tlhoko gore o se ka wa ikgobatsa.



Batho mo setshabeng sa rona

Kgweditharo 3 – Beke 2



Lebelela ditshwantsho tse. Ci tsxa mo mabokosong a a ka fa mojeng, tlhopha leina le le siameng la setshwantsho sengwe le sengwe. Le kwale ka fa tlase ga setshwantsho seo.



Motshelaleokwane

Mmamabolomo

Mooki



Mokgweetsi wa thekesi

Rapharakano

Ngaka



Morekisi wa maungo

Rasetimamolelo

Lepodisi



Lebelela ditshwantsho tse o di fileng maina mme o bue le tsala ya gago ka tsona.

A o bona batho ba mo motseng wa gaeno?

Ke bomang gape ba o ba bonang mo motseng wa gaeno?

A batho ba mo motseng wa gaeno ba a thusana? Ba dira eng?



A re kwaleng

Letlha:



Thala mola go tswa mo tshimologong ya polelo nngwe le nngwe ka fa molemeng go ya kwa mafokong a a golaganang ka fa mojeng.

Rasetimamolelo

Tokololo ya Tirelo ya Sepodisi sa Aforikaborwa

Ngaka

Morekisi wa maungo

Motshelaleokwane

tshwara disenyi

tshela leukwane (Peterolo) mo dijanageng

rekisa maungo

timi molelo

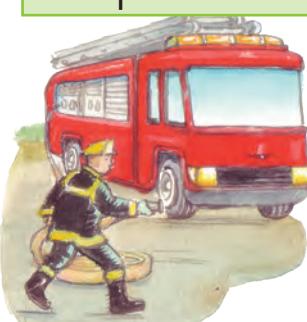
o a re fodisa



Setsha sa go aga



Karatše ya go tshela peterolo



Kokelo kana sepetlele



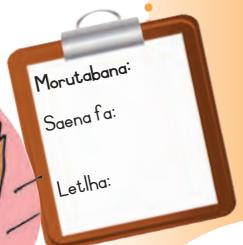
Seteišene sa mapodisi



A re opeleleng

Opa diatla go ya ka moribo o o o utlwang .

- Reetsa sentle fa moribo o fetoga.
- Dira se ka mefuta e e farologaneng ya mmino, go tloga ka tlelsiki go fitlha ka phopo.
- Opa diatla ka bonako kgotsa ka iketlo go tshola moribo sentle.



q

Diphologolo tse re di ruang jaaka diotlwana



A re buiseng

Bontsi jwa rona bo na le diotlwana. Seotlwana sa gago ke tsala ya gago ya phologolo. O a e tlhokomela e bile e nna gaufi thata le wena — gongwe e nna le wena mo ntlong e o nnang mo go yona kgotsa mo ntlwaneng ya yona mo segotlong.



A re bueng

Lebelela setshwantsho. Bua le tsala ya gago ka ga setshwantsho. Dirisa kherayone go sekeletsa diotlwana tsotlhe tse o kgonang go di bona. Ke diotlwana di le kae tse o kgonang go di bala? Bolelela morutabana wa gago.

- A o na le seotlwana? Fa o na le sona, tlottlela tsala ya gago ka ga sona.
- Fa o se na sona, tlottlela tsala ya gago gore o ka rata go nna le seotlwana sa mofuta ofe kgotsa goreng o sa batle seotlwana.



A re kwaleng

Dirang lenaneo la mofuta yotlhé ya diotlwana tse o sa di boneng mo setshwantshong. Kopololela se morutabana wa gago a se kwalang mo botong fa.





Letlha:



A re kwaleng

Thala setshwantsho
seotlwana sengwe le sengwe
se o se ratang.



A re ikatiseng

Ikatise go latlhela le go tswara kgwele
• Latlhela bolo ya thenese mo moweng.

A o ne o itse?

Bontsi jwa diphologolo bo rata go tshameka ka bolo. Mme gona o tshwanetse go nna bonako thata gonne dintšwa di rata go tshwara bolo le go tshaba ka yona.



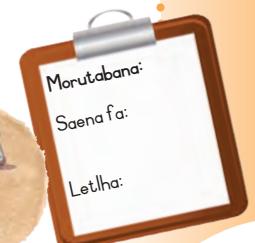
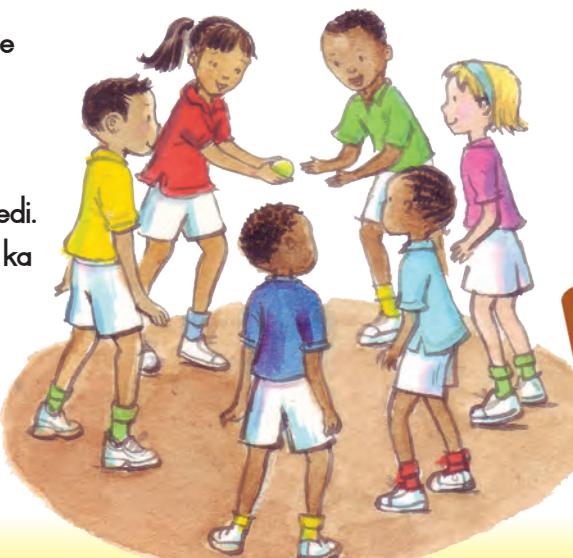
E tshware ka diatla tse pedi.

- Jaanong e latlhela mo moweng ka letsogo le le lengwe mme o e tshware gape ka seatla le le lengwe.
- Jaanong latlhela bolo ya thenese ka seatla sa gago se le sengwe mo moweng o bo o e tshware gape ka seatla seo.



Betsabetsa bolo ya thenese fa fatshe ka diatla tse pedi o bo o e tshware ka diatla tse pedi

- Betsabetsa bolo ya thenese fa fatshe ka matsogo a mabedi mme o e tshware gape ka matsogo a mabedi.
- E betsabetsa ka letsogo le le lengwe mme o e tshware gape ka lona letsogo leo.
- E betsabetsa ka letsogo le lengwe mme o e tshware gape ka letsogo leo.
- Emang tshekeletsa mme o fetisetse bolo kwa mothong yo o fa thoko ga gago ka matsogo a mabedi.
- Fetisetse bolo kwa mothong yo o fa thoko ga gago ka letsogo le le lengwe.
- Dirisa letsogo le lengwe la gago mme o fetisetse bolo kwa mothong yo o fa thoko ga gago ka fa letlhakoreng le le lengwe.



II

Ka moo o tshwanetseng go tlhokomela diotlwana ka teng

3 - Beke 3

Kgweditharo



A re bueng

Go botlhokwa go tlhokomela diotlwana tsa rona.

Bua le tsala ya gago ka ga gore diotlwana di batla eng. Akanya o le a seotlwana se tsala ya gago e se thadileng mo tsebeng ya 2. Akanya ka gore o ka tlhoka eng. O ka akanya ka ga dilo di tshwana le dijo le gore o ya go robala kwa kae. Jaanong bolelela tsala ya gago. Gape bua ka ga gore o tshwanetse go dira eng fa o ka lwala.



A re kwaleng

Tshwaya (✓) fa thoko ga selo sengwe le sengwe se seotlwana se se tlhokang.

Dijo

Metsi

Sesepa sa meno

Lefelo le le bothitho, le le
omileng la go robala
Ngaka ya diphologolo fa e
lwala

Letsatsi la boikhutso



A re kwaleng

Thala dintlo tse diphologolo tse di di tlhokang. Morago o kwale leina le re
le nayang bana ba tsona.

Phologolo	Ntlo	Leina la ngwana wa phologolo



Letlha:



A re direng

Buisa polelo nngwe le nngwe mme o akanye ka moo o ka ikutlwang ka teng le gore o ka dira eng wa bo wa bua eng. Morutabana wa gago o tlaa go bolelela se o tshwanetseng go se dira.

- O tshola seotlwana se sešwa.
- Katse ya gago e timetse.
- Ntšwa ya gago e jele setshamekisi sa gago se o se ratang.
- Tsala ya gago e rumola ntšwa.
- O bona ntšwa e tswaletswe mo koloing e e lotletsweng.



A re diragatseng

Reetsa meribo e e farologaneng e morutabana wa gago a tlaa e tshamekang. Itire o ka re o phologolo e e tsamayang go ya ka moribo wa mmino.



Fa mmino o le bonako potokela jaaka pitse.

Fa mmino o le bonolo, fofa jaaka serurubele.



Fa mmino o le kwa godimo, tsamaya jaaka tlou.

Fa mmino o le bonya, tsamaya jaaka khudu.



A re bueng

Bolelela tsala ya gago ka se se kgatlhisang mo ditshwantshong tse di fa tlase.



Mmutla ke sekokoni. Meno a dikokoni ga a emise go gola.

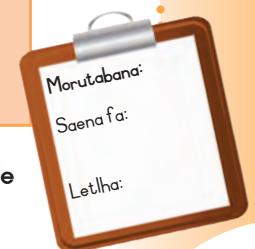
Ngwaga o le mongwe wa motho o lekana le dingwaga tsa ntšwa di le 7. Fa ntšwa e na le dingwaga di le 3, e lekana le dingwaga tsa motho di le 21.

Fa katse e itumetse, e a ngaola.



Boithabiso

"Katse le Peba". Morutabana wa gago o tlaa le bolelela gore ke mang katse le gore ke mang peba. Refosanang morago ga sebakanyana.



Maitseo le maikarabelo



A re buiseng



Mafoko a a bontsha maitseo a a siameng. Maitseo a rona ke mokgwā oo re tsholang batho ba bangwe ka teng. Maitseo a rona a bontsha ka moo re tlötlang ba bangwe ka teng.

Re itumelela go bua le mongwe yo o nang le maitseo a a siameng. Gape go a itumedisā go nna botsalano le mongwe yo o nang le maitseo a a siameng.

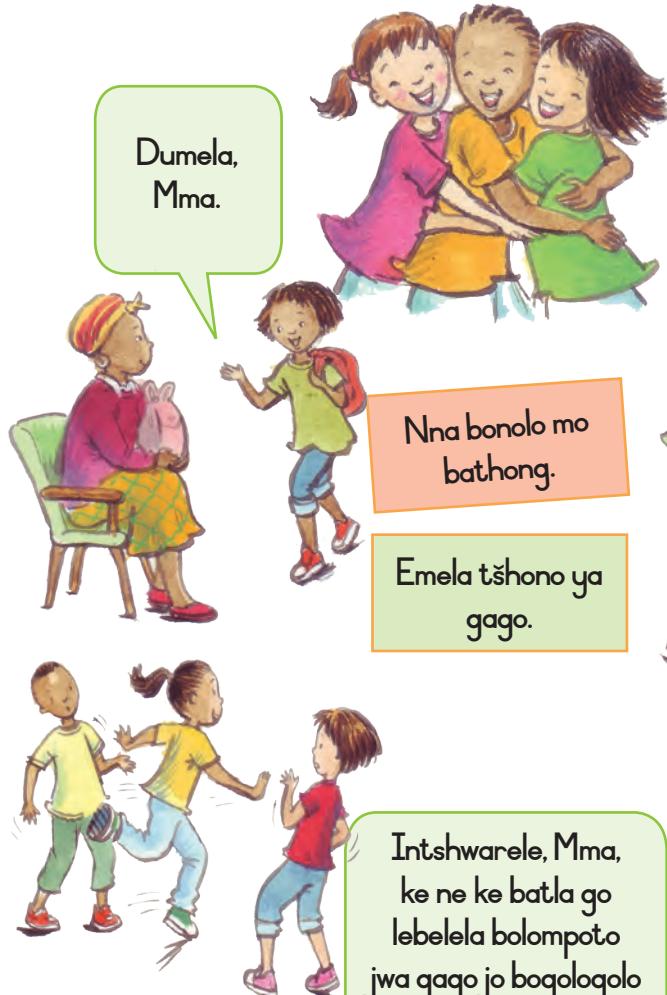
Re na le maikarabelo a go aga re tshola batho ba bangwe sentle. Ke ka moo mongwe le mongwe wa rona a tshwanetseng go itshola sentle.



Letlha:



Lebelela ditshwantsho. Gape buisa mafoko a a mo mabokosong. Bua le tsala ya gago ka ga ditshwantsho. Bua ka ga maitsholo a a siameng kgotsa a a sa siamang a bana ba a bontshang.



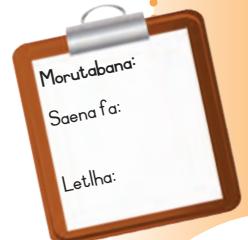
Intshwarele, Mma,
ke ne ke batla go
lebelela bolompoto
jwa gago jo bogologolo
mme morago ke ne ka
bo diga. Jaanong bo
thubegile!

Dumela Mosidi, ke
fitlhetsa kgetsana ya
gago e wetse kwa ntle.
Ke solo fela gore ga
go ope yo o tsereng
dikherayone tsa gago.



Dumedisa batho ba o ba itseng gammogo le
ba o sa ba itseng.

Tlotla dilo tsa batho ba bangwe.





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Kgweditharo 3 - Beke 4



Maikarabelo a mantsinyana

Lebelela ditshwantsho tse o bo o buisa dipolelo tse di mo mabokosong. Thala mola go ya kwa maikarabelong a a tsamaelanang le setshwantsho sengwe le sengwe.



Ke thusa go tshola ntlo ya gaetsho e le phepa.

Ke tsala ya botlhokwa e bile ke thusa batho ba bangwe.

Ke bontsha balelapa la gaetsho gore ke a ba rata.

Ke tshameka sentle ka ditshamekisi tsa tsala ya me.

Ke a itlhokomela e bile ke tlhokomela dilo tsa me.

Ke thusa ntate go teke tafole.



Letlha:



A re diragatseng

Dira tiragatso ka ga maitsholo a mantle le
maikarabelo a mo go ona o:

- dumedisang batho ba o ba itseng le ba o sa ba itseng
- O emelang tshono ya gago
- O reetsang motho mongwe ka tlhoafalo
- O araganang sengwe le mongwe
- nna botsalano go mongwe
- nna boikanyego ka ga sengwe
- O tlotlang dithoto tsa bangwe
- O tlotlang bangwe.

Ka ditlhopheng, diragatsang maitsholo a
mantle le maikarabelo mabapi le:

- Lelapa la gago
- Tiro ya sekolo sa gago
- Ditiro tsa kwa gae
- Dijo tse o di amogelang letsatsi
lengwe le lengwe
- Diaparo tse o di aparang
- Ditshamekisi tsa gago
- Ditsala tsa gago



A re kwaleng

Thala
setshwantsho sa
gago o le botsalano
mo bathong ba
bangwe.



A re ikatiseng

Reetsa fa morutabana wa gago a re, tlola, taboga kgotsa gagaba.

O tlaa letsa phala pele ga taelo nngwe le nngwe e ntshwa.

Tsamaela ka bonakonyana kgotsa ka iketlo fa morutabana wa gago a go laela
jalo.



A re tshamekeng

Tshameka hoposekotšhe ka leoto la gago le le bokoa. Ke maitseo
afe a a leng botlhokwa fa o tshameka hoposekotšhe?



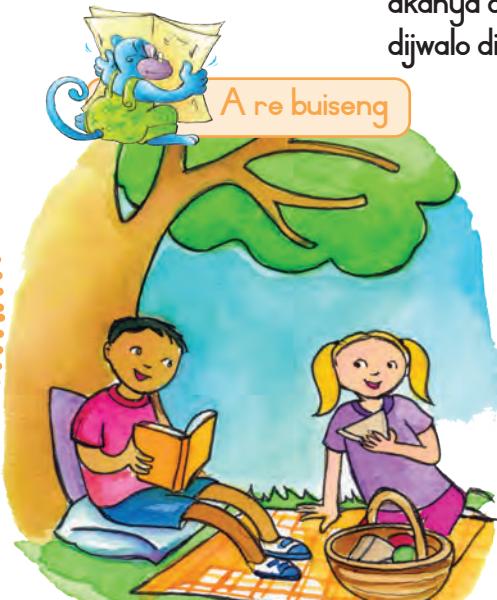
Morutabana:
Saena fa:
Letlha:



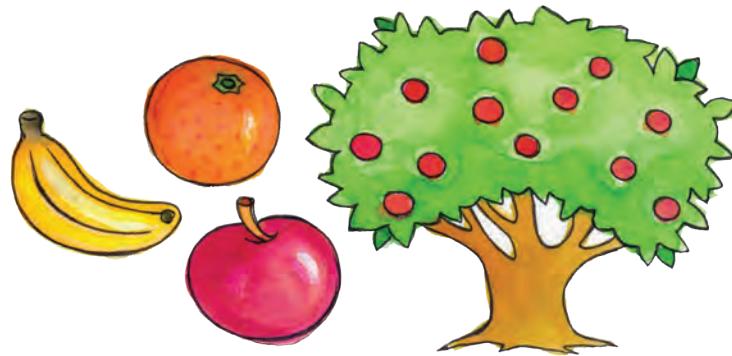
Ke goreng re tlhoka dijwalo?



A re bueng



A re buiseng



Dijwalo le ditlhare dingwe di
sireletsa diphologolo.

Dijwalo dingwe di re naya
matute le dijо

Dijwalo le ditlhare dingwe
di re naya moriti.



Dijwalo dingwe di re naya ditshese
kana malomo go kgabisa magae.





Letlha:



Re tlhoka tlhaga mo mabaleng a
metshameko.



Re dirisa letseta go
dira diaparo.



Re dirisa matlhaka go dira dimmanki le
marulelo.



Re dirisa magong a ditlhare go dira
fenitshara.



A re bueng

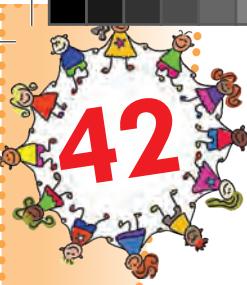
Wena le tsala ya gago, tlhophang mekgwa ya botlhokwa e
meraro e dijalo di ka dirisiwang ka yona.

A re ka go bolaya dijwalo fa re di dirisa thata?

Tlotang ka ga potso e mo phaposing .



b1



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Kgweditharo 3 - Beke 5

Ka moo dijwalo di lebegang ka teng



A re kwaleng

Dijwalo di bopiwa ke dikarolo tse di farologaneng. Dirisa mafoko a a mo mabokosong go naya dijwalo tse maina. Bapisa mafoko a gago le a tsala ya gago.

medi

kutu

letlhare

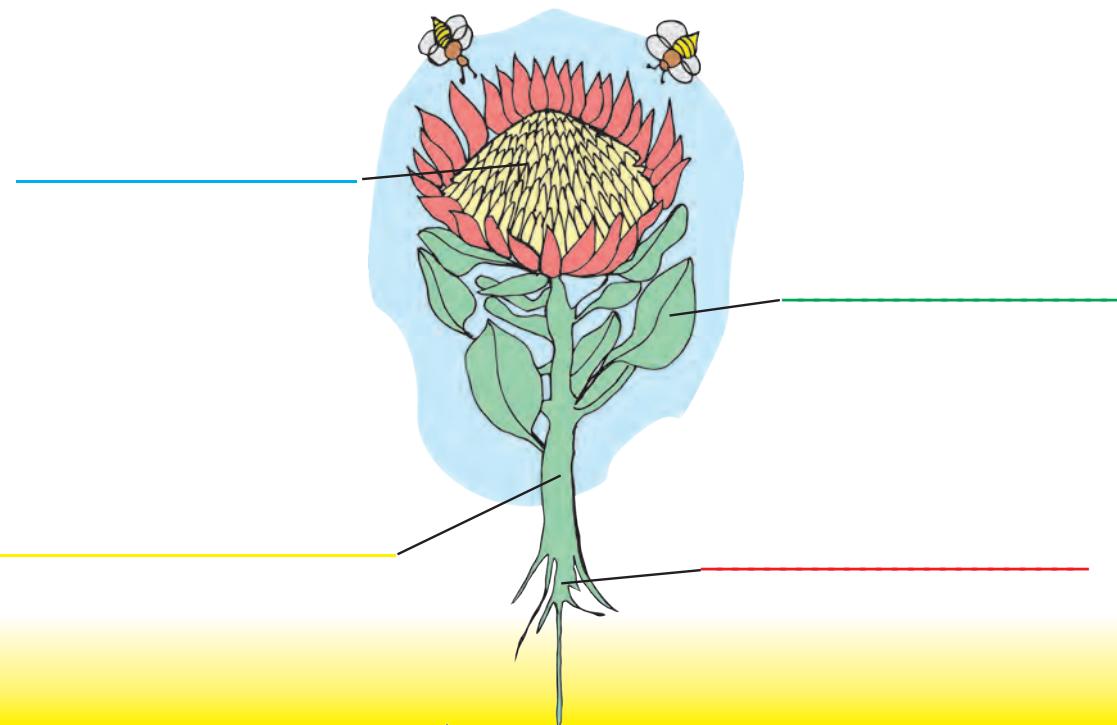
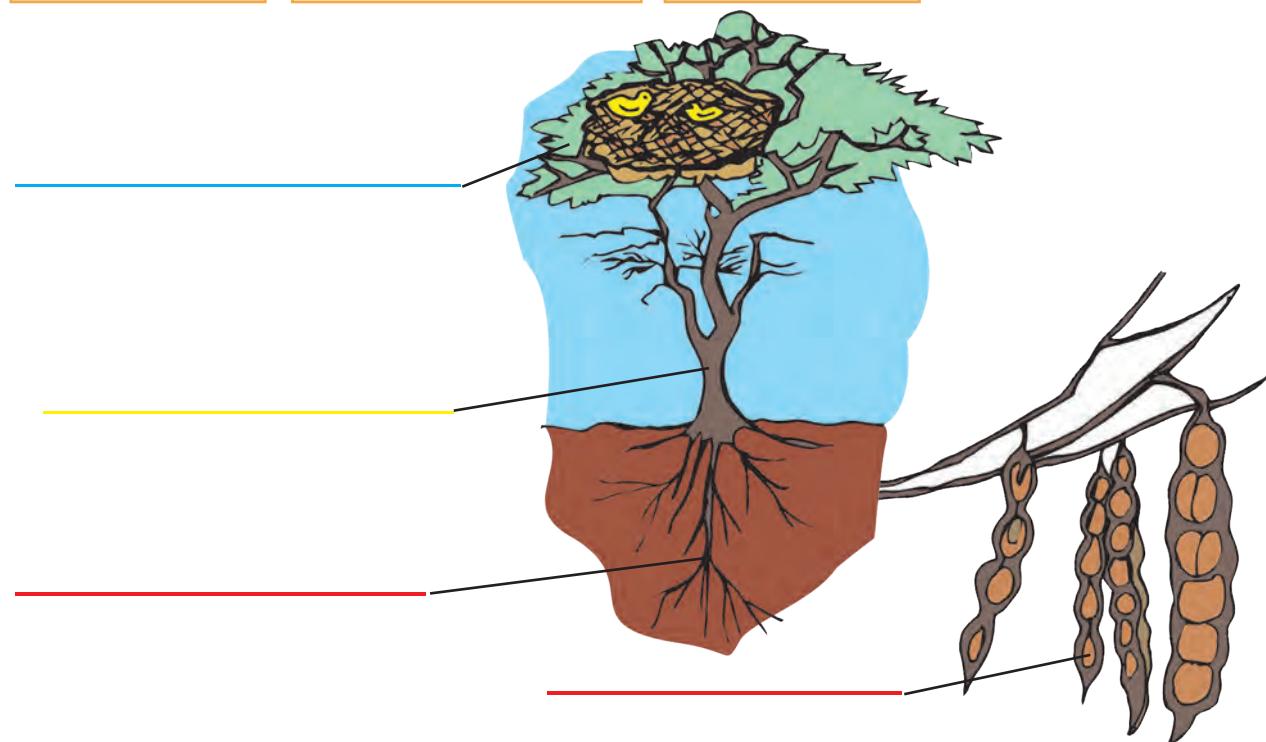
sentlhaga

lelomo

Letangwana la dipeo

modi

peo





Letlha:



A re diragatseng

Kgaoganya barutwana go ya ka dikhukhwane tsa tshingwana le badiri ba tshingwana.

- Badiri ba tshingwana ba tshwanetse go emisa kgotsa go tshwara dikhukhwane.
- Refosanang ditiro morago ga metsotso e le 2.
- Boeletsang se makgetlo a le mantsinyana.



A re tshamekeng

Tshamekang maiphitlhaphitlhwane.

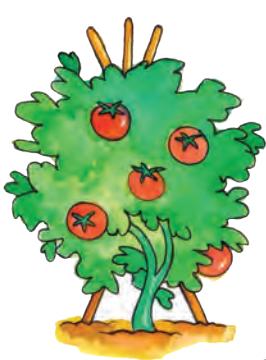


Dikhukhwane di iphitlhile ka fa tlase kgotsa ka fa morago ga dijwalo mme badiratshingwaneng ba tshwanetse go di batla pele di ja dijwalo tsotlhe.



A re bueng

Mefuta e e farologaneng ya dijwalo e bonala e farologana. e bile e tshwana ka mekgwa e mentsi. Lebelela ditshwantsho tse. Bua le tsala ya gago ka ga dijwalo. Di tshwana ka eng? Di farologana ka eng?



A re kwaleng

Thala kgotsa o pente
tshenekegi kgotsa
phologolo se se batlang go
ja sejwalo sa gago sa nawa.
Ga go tlhoege gore e
nne tshenekegi ya nnete.
Dirisa boikakanyetsi
jwa gago. Thala kgotsa
o pente ka mela e e
bonalang, e e maatlal le ka
dibopego tse di bonalang.



Morutabana:
Saena fa:
Letlha:

Dipeo le kwa di tswang teng



A re buiseng

Dijwalo dingwe di na le dipeo e e fitlhilweng mo malomong kgotsa mo maungong a tsona. Gape re ka nna ra jwala dipeo tse gore e nne dijwalo tse dintshwa. Dipeo di tlhotlhorega go tswa mo dijwalong go simolola dijwalo tse dintshwa. Dipeo dingwe di phatlaladiwa ke phefо kgotsa batho, ditshenekegi le diphologolo tse dingwe. Matlapi a dipeo dingwe a jewa ke dinonyane mme matlapi a a thata a salela mo mantleng a tsona. Dipeo tse di latlhelwa gongwe mme di simolole go mela koo.



A re bueng

Dipeo di phasladiwa jang mo setshwantshong sengwe le sengwe sa tse?
Peo nngwe le nngwe e tshwanetse go nnajang go phasladiwa jaana?
Tlotla le tsala ya gago.



Fa o batla go jwala dijwalo tsa
gago go tswa mo dipeong, o ka
dirisa dipeo tsa dijwalo tse di mo
tshingwaneng ya gago. Kgotsa
o ka reka dipeo go tswa kwa
mabenkeleng.





A re bueng

Se ke peo e nnyennyane:
A re e jwale ka bonako fa fatshe!
E gola kutu le lelomo
Ka monko o o monate gotlhe.
Dinotshe di bobora go dikologa lelomo –
Mme ka bonako lelomo le lentle le a swa.
Mme tsweetswee o se tshwenyege, o se lele



Ithute leboko le le metsamao

Botshelo morago ga sejwalo

Letlha:

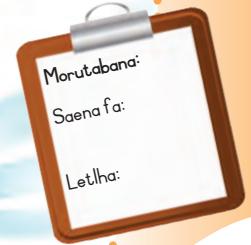
Bona, ga go sepe mo tlhagong se se lelang.
Lebelela sentle, bona, dikgakgamatsso di a diragala:
Lelomo le sule, mme, le a atisa
Kutu ya lona e e suleng le matlhare a borokwa:
Dipeo tse di tshelang di ntse mo mmung!



A re tshamekeng

Itumelele metshameko e.
Tshwara tsamaisa dipaterone tse di farologaneng mo
mowing kgotsa fa fatshe ka ribone ka seatla sa gago se
segolo. O ntse o
tsamaisa letsogo la gago, bopa diphethene
tse di farologaneng mo moweng kgotsa
fa fatshe ka lesela kgotsa ribone ya gago.
La ntsha dirisa seatla sa gago se segolo
mme morago o dirise seatla se se bokoa.
O ka nna wa dira se go ya ka lebelo la mmino.
Fa go le setlhare se se gaufi, bona gore le ka se dirisa
jang go tshameka. Ikakge ka mogala o o bofetsweng
sentle mo setlhareng. La ntsha dira jalo ka diatla tse pedi,
mme morago ka seatla sa moja mme morago ka seatla sa
molema.

Kitsiso ya morutabana.
Dirisa mogala, le ribone





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Kgweditharo 3 - Beke 6

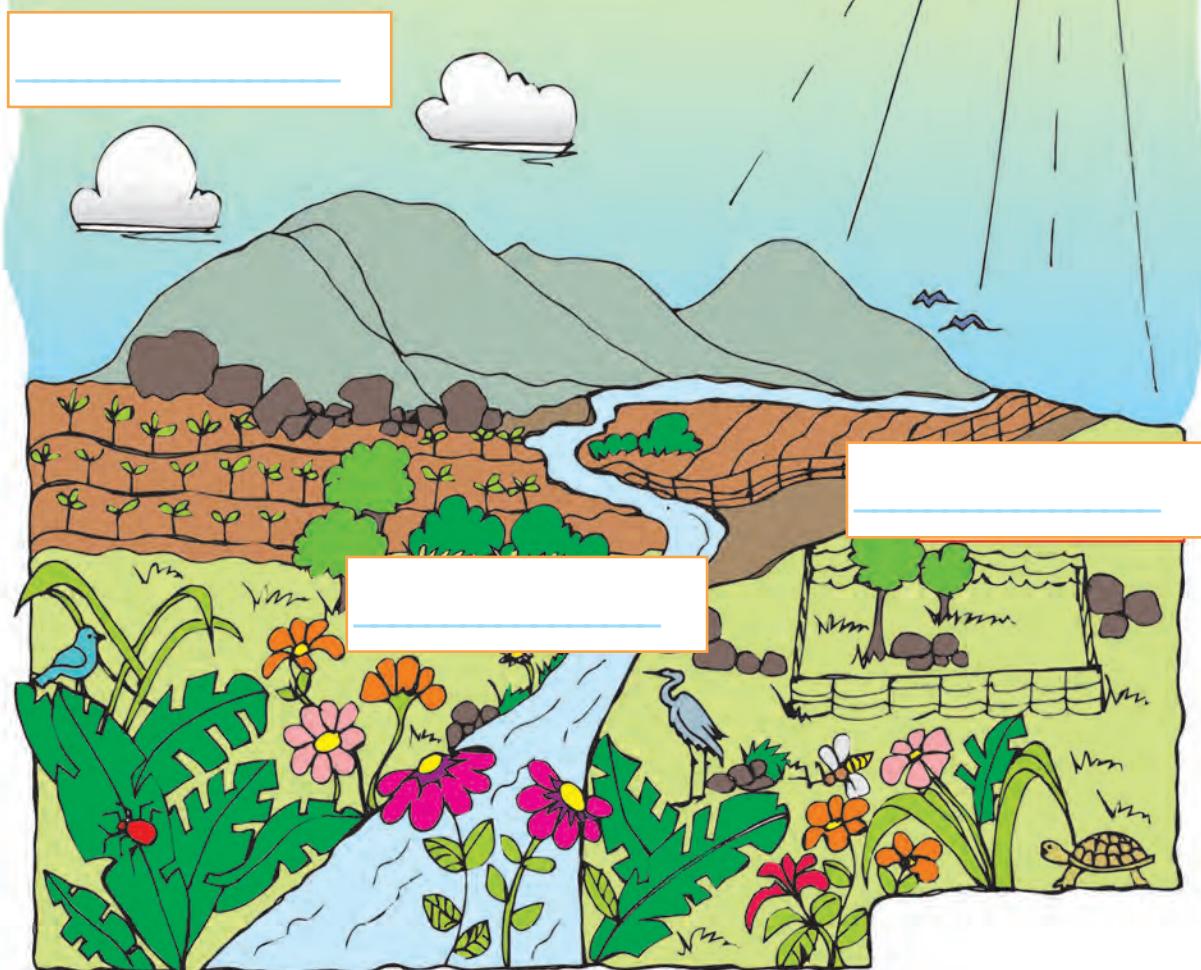
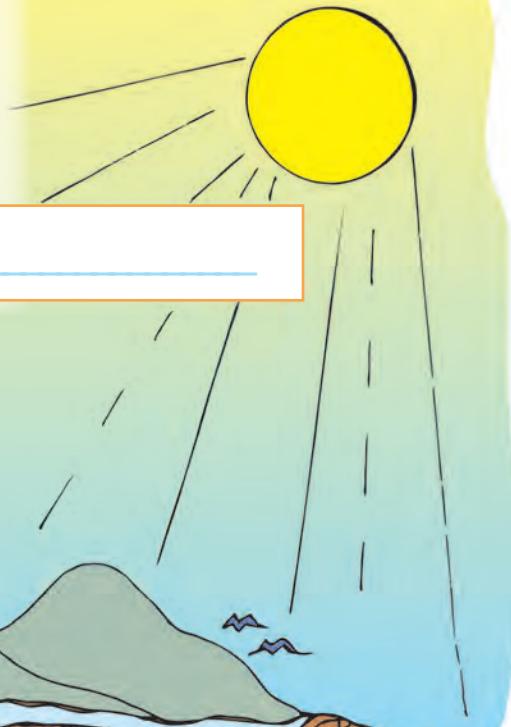
Ke dijwalo dife tse di tshwanetseng go tlhoga?



A re bueng

Lebelela setshwantsho se. A sengwe le sengwe mo go sona se a tshela?

Ke dilo dife tse di tshelang tse o kgonang go di bona?
Ke dife tsa dilo tse di tshelang tse, tse e leng dijwalo?
A dijwalo di a tlhoga?
A dijwalo le tsona di a ja? Fa go ntse jalo, di ja eng?
A dijwalo le tsona di a nwa?
Fa go ntse jalo, di nwa eng?



A re kwaleng

Jaanong kwala lengwe le lengwe la mafoko a, mo setshwantshong se se fa godimo go bontsha gore ke dijwalo dife tse di tlhokang go tlhoga.

marang a
letsatsi

metsi

dijo tse di nontshang

mowa



Letlha:



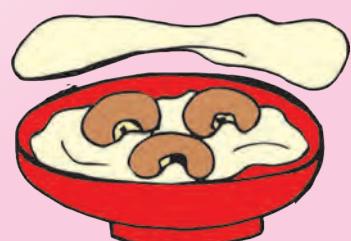
A re direng

Go bonolo go jwala sejwalo sa gago.
Jaanong o ya go jwala sejwalo sa nawa.

Sala morago dikgato tse:

Kgato ya 1:

Khurumetsa dinawa di le 3 fa gare ga manathwana
a mabedi a letseta. A beye
mo porinking kgota mo
sejaneng se se lolea.



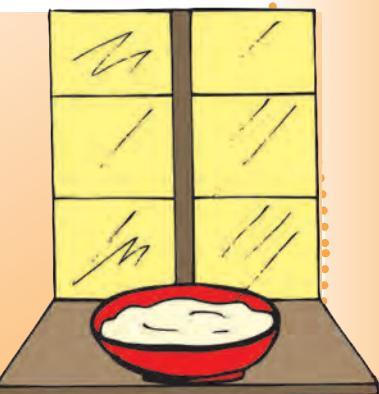
Kgato ya 2:

Tshela metsi mo
godimo ga letseta
ya katunu mme o
netefatse gore le
metsi gotlhelele



Kgato ya 3:

Bay a porinki kgotsa
sejana mo pankeng ya
letlhobaphefo kgotsa
mo lefelong le marang
a letsatsi a leng
mantis.



Kgato ya 4:

Morago ga malatsi a
le mmalwa bona gore
sejwalo sa gago se
tlhoga jang. Tshela
metsi gangwe ka beke
gore letseta le nne le
kolobile.

Letsatsi 1



Letsatsi 2



Letsatsi 3

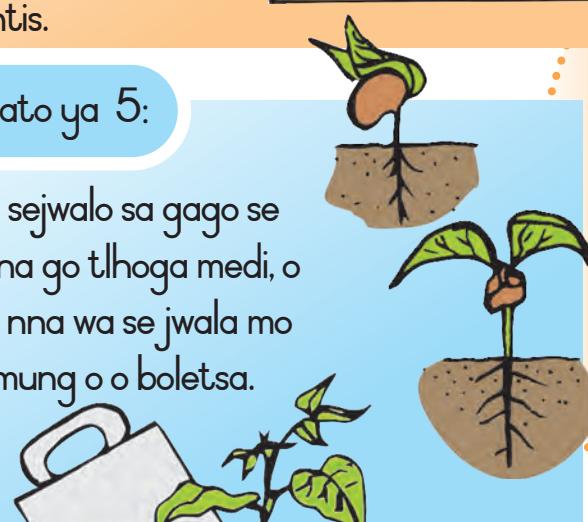


Letsatsi 4



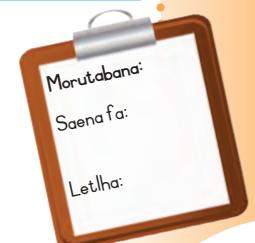
Kgato ya 5:

Fa sejwalo sa gago se
sena go tlhoga medi, o
ka nna wa se jwala mo
mmung o o boletsa.



Kgato ya 6:

Nosetsa sejwalo sa gago
kgabetsakgabetsa. Morago ga
dibeke di le mmalwa, o tlaa kgon a go
kotula dinawa tsa gago.





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Kgueditharo 3 – Beke 7

Dijo tse re di jang



A re buiseng

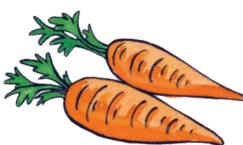
Dijo tse di siameng di re dira gore re tsamaye jaaka leekwane le dira gore dikoloi di tsamaye. Re tlhoka dijo tse di itekanetseng gore re kgone go dira dilo tse di siameng letsatsi le letsatsi. Dijo tse di itekanetseng di re naya maikatlapelo e bile di re thusa go gola.



A re kwaleng



Lebelela ditshwantsho tse. Kwala leina la mofuta mongwe le mongwe wa dijo fa tlase ga setshwantsho.



A re kwaleng

O rata go ja dijo dife? Ke dijo dife tse o sa rateng go di ja? Di kwale ka fa tlase ga ditlhogo tse di nepagetseng. Tlhophha go tswa mo ditshwantshong tse di fa godimo.

Dijo tse ke di ratang

Dijo tse ke sa di rateng



Letlha:



A re buiseng

Re kgora go kgaoanya dijo ka ditlhophha di le 7.

O tshwanetse go ja dijo tse di kwa tlase kgapetsakgapetsa. Gape o ka nna wa ja dijo tse di kwa godimo, mme e seng gantsi.



A re bueng

Tlotlang mo phaposing .

Go reng re tshwanetse go ja dijo tse dinnye go tswa kwa godimo mo setshwantshong le tse dintsi go tswa kwa tlase?



Dijo tse di farologaneng di tswa kae?



Balemerui ba lema dijwalo le go rua diphologolotse di re nayang ijo. Re ka apaya dijo tse , kgotsa ra di tlhakanya le mefuta e mengwe ya dijo.



Borotho le disirele
di tswa mo korong.

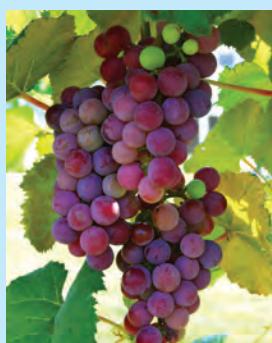


Re bona mae go
tswa mo dikgogong.



Re bona maši le nama
go tswa mo dikgomong.

Re dira yokate le tšisi ka maši.



Maungo a tlhoga mo ditlhareng
le mo dijwalong.



Re dirisa mmidi go dira setampa
kana bopi.



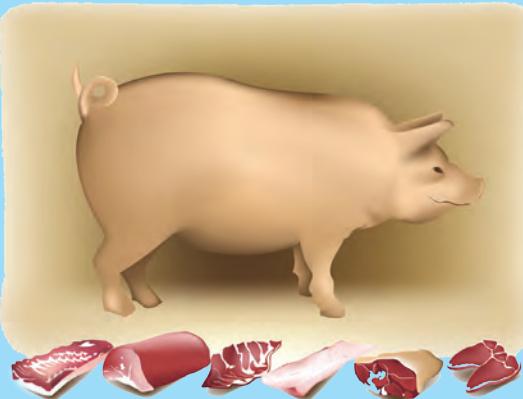
Letlha:



Tswina e tswa mo dinotsheng.



Sukiri e dirwa go tswa mo mmobeng.



Re bona nama le beikhone go
tswa mo dikolobeng.



Re kgora go jwala merogo mo
ditshingwaneng tsa rona.



Opela pina e le
morutabana wa
gago.

Diapole, dikwaba, dipanana

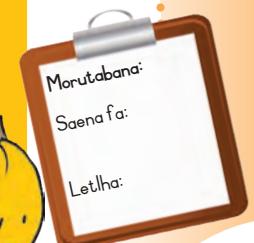
Dinawa , le ditapole

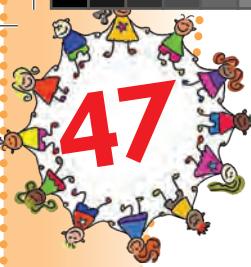
Tsotlhhe di godisa le go tiisa mebele ya rona.

Di re dira gore re itekanele go dira

Ke ja fela dijo tse di itekanetseng!

Di ntshola ke itekanetse ke le maatla.





Dijo tse di itekanetseng le tse di sa itekanelang



A re buiseng

Dijo tse re di ratang go le gantsi ga di a re siamela. Nako nngwe re rata dijo tse di sa re siamelang.

Gape nako nngwe ga re rate dijo tse di re siametseng. Mme le gale bontsi jwa dijo dingwe le dingwe ga bo a re siamela. Nako nngwe ga go a itekanelo go ja bontsi jwa dijo dingwe le dingwe. Ja fela go fitlha o kgora. O se ka wa tswelela go ja fela ka ntlha ya gore o rata sengwe.



A re kwaleng

Sega ditshwantsho tsa dijo tse di itekanetseng le tse di sa itekanelang go tswa mo dimakasining mme o di kgomaretse mo dithining tse di siameng. Fa o sa kgone go bona ditshwantsho tse di maleba, thala dijo.



Dijo tse di itekanetseng



Dijo tse di sa itekanelang



A re kwaleng

Difitlholo

Djotshegaré

Letlhá:

Dirisa se o se ithutileng ka ga dijo go kwala lenaneo la gago la dijo (menyu) la gago.

Dilalelo



A re direng

Re ya go dira salate ya maungo.
Wena sala morago ditaelo tse di fa tlase.

O tlaa tlhoka:

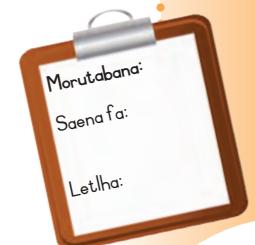
- Mefuta e e farologaneng ya maungo
- Thipa le leswana
- Sejana se segolo



Sala dikgato tse morago:



- Tlhatswa maungo.
- A obole fa go tlhokega (jaaka dinamune).
- A sege dikarolwana tse dinnye (kopa mogolo go go thusa).
- Tswakanya maungo mo sejaneng.
- A je monate o, a itumelele lebebe.



Go baya dijo

Kgweditharo 3 - Belke 9



A re buiseng

Lebelela ditshwantsho tse



A re bueng



KHALENTARA 2015							
LWETSE							
M	Ldi	Lro	Lne	Lno	Lto	Lpi	
	1	2	3	4	5	6	
7	8	9	10	11	12	13	
14	15	16	17	18	19	20	
22	23	23	24	25	26	27	

O lemoga eng ka ga matlhā? A re sa ntse re kgona go ja dijo?

O akanya gore go diragetse eng ka ga dijo tse?



A re buiseng

Dijo tse di sa tswang go dirwa ga di nnele di itekanetse lobaka lolo lee. Maungo mangwe le merogo mengwe di bola ka bonako. Nama, tlhapi le dikuno dingwe tsa maši di a senyega kgotsa di a bola. Morago ga re kgone go di ja. Re ka dira eng go tshola dijo di itekanetse sebaka se seleele? Lefelo le le siameng la go tshola dijo ke setsidifatsi.

Mme dijo dingwe di kgona go senyega fa di ka bewa sebaka se seleele mo setsidifatsing. Go na le mekgwa e mengwe ya go tshola dijo di itekanetse.



A re bueng

Lebelela ditshwantsho tse. Bua le tsala ya gago ka ga tsona. Ke mekgwa efe e farologaneng e dijo di ka bolokiwang ka yona?
 A o kgona go akanya ka mekgwa e mengwe e dijo di ka bolokiwang ka yona gore di se ka tsa bola?
 Bua le tsala ya gago ka ga yona . O neele dikao.



A re kwaleng

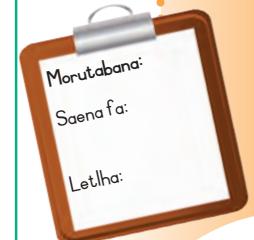
Lebelela ditshwantsho tse di fa tlase o bo o buisa mafoko a a mo mabokosong.
 Morago o kwale lengwe la mafoko a a fa tlase go lebagana le setshwantsho sengwe le sengwe se se nyalanang le lefoko.

Itekanetseng

Mo thining

Omisitswe

Gatseditswe





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Mefuta ya magae (1)

4 - Beke I
Kgueditharo



Legae la gago ke lefelo le
o nnang mo go lona.

Batho ba Aforikaborwa ba
nna mo magaeng a mefuta
e e farologaneng. O ka bona
lengwe le lengwe la magae
a kwa kae?



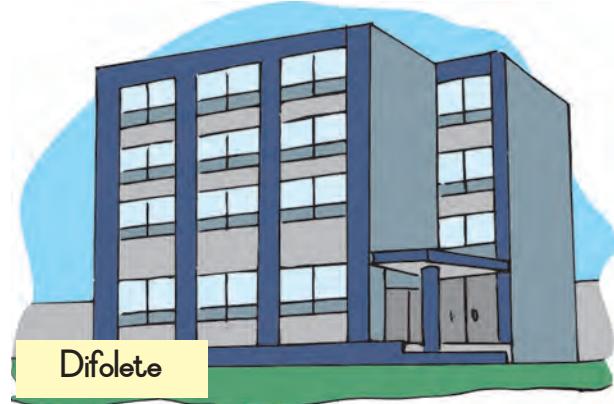


Letlha:



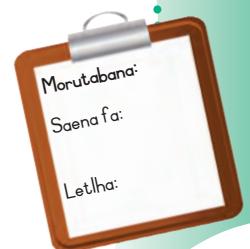
A re bueng

Lebelela ditshwantsho tse di fa tlase. Bua le tsala ya gago ka ga dilo tse di tshwanang mo magaeng otlhe. Morago o bue ka ga dilo tse di farologanang. Ke dife tse dintsinyana: A ke dilo tse di tshwanang kgotsa tse di farologanang?



A re direng

Dirang ka ditlhophha. Batlang lebokoso la ditlhako kgotsa mofuta mongwe wa lebokoso. Le pente gore le tshwane le ntlo. Bopa setshwantsho sa gago ka mmopa kgotsa tege ya go tshameka o dira sengwe kwa ntle ga ntlo.



Morutabana:

Saenafa:

Letlha:



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Mefuta ya magae (2)

Kgweditharo 4 - Beke I



Akanya ka ga magae a a farologaneng a o a boneng.
Thala ditshwantsho tsa mefuta e mebedi ya magae a o a boneng.



Fa re le mo ntlong e e siameng e e agegileng ga re gatsele e bile ga
re še. Ga re nelwe ke pula e bile ga re utlwalelwé ke phefo. Batho
ba bantsi ga ba a sirelediwa jaana.

Kitsiso ya morutabana:
Morutabana wa gago o
tlaa reetsa dikakanyo
tsa gago.

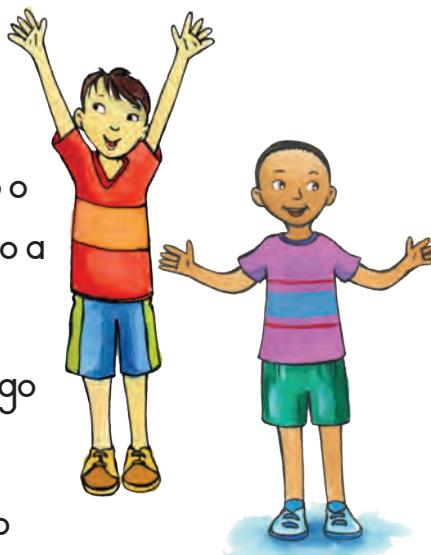
Bua le tsala ya gago ka moo batho ba itshireletsang ka teng fa ba
sa tshele mo dintlong.



A re kwaleng

Letlha:

- Otlololela matsogo la gago kwa bogodimong jo o ka bo kgonang gore o kgone go penta marulelo a ntlo ya gaeno.
- Khubama ka mangole fa fatshe gore o kgone go jwala dijwalo mo tshingwaneng ya gaeno.
- Phutholola matsogo a gago ka bophara gore o kgone go buka matlhhabaphefo a ntlo ya gaeno. Morago o tswale matlhhabaphefo otlhe a ntlo.
- Inamela kwa tlase gore o ntshe mofero mo tshingwaneng ya gaeno.
- Feel a lebala ka lefeelo le lelele.
- Tlhatswa matlhhabaphefo ka lesela.



Kitsiso ya morutabana:

Reetsa moribo o morutabana wa gago a o tshamekang mo moropeng. Tsamaisa mmele wa gago go ya ka morethetho. Fa morutabana wa gago a fetola morethetho, le wena o fetole lebelo la metsamao ya gago. Reetsa ka tlhwaafalo!



Morutabana:
Saena fa:
Letlha:



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Kgweditharo 4 - Beke 2



Are bueng



Re dirisa dimateriale tse di farologaneng go aga dintlo.
Lebelela ditshwantsho tse di fa tlase.



ditena



dithaele



disenke



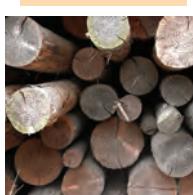
samente



matlhaka



galase



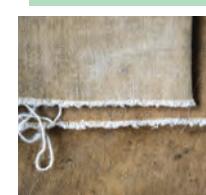
dikota



legong



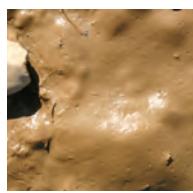
matlapa



khanvase



polasetiki



mmopa/seretse



ditshipi



matlalo



motlhaba



Bua le tsala ya gago ka ga dimateriale tse di farologaneng

Ke dife tse di tswang kwa madirelong?

Tse dingwe tsona di tswa kwa kae?

Tlotlela phaposi gore dintlo tse o di bonang fa o tla sekolong di agilwe ka eng.

Kitsiso ya morutabana:
Morutabana wa gago a
ka nna a dira lenaneo
mo letlapakwalelong.





Are kwaleng

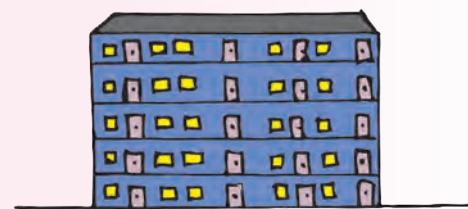
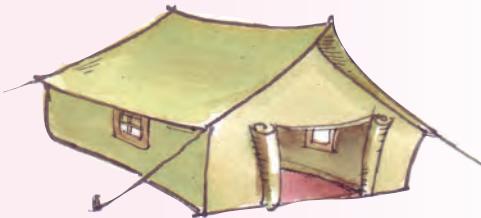
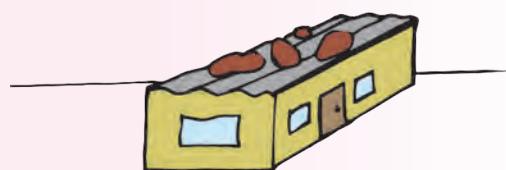
Thala mola go tloga mo mofuteng
wa ntlo go ya kwa materialeng e e
dirisitsweng go e aga.

Letlha:

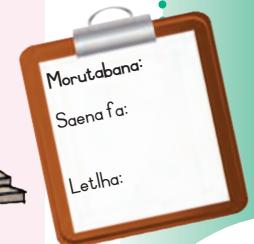
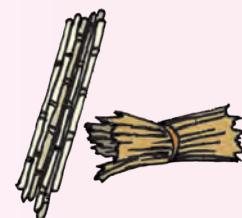
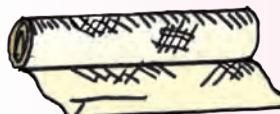
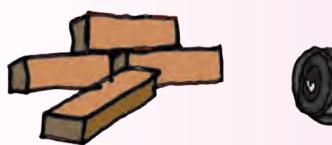
Kitsiso ya morutabana:
Morutabana wa gago o tlaa
tsaya dibukatiro tsa lona go
di lebelela



Mofuta wa ntlo



Dimateriale tsa go aga



Morutabana:

Saena fa:

Letlha:



Magae le maemo a bosa



A re buiseng

Magae a sireletsa batho kgatlhanong le maemo a a farologaneng a bosa. A re sireletsa kgathlanong le marang a a mogote a letsatsi. Gape a kcona go re sireleletsa kgatlhanong le serame, diphefo le pula.



A o a itse gore batho ba kwa mafatsheng a a tsididi ba tshwanetse go aga mefuta e e kgethegileng ya magae go tshwana le legae le le fa tlase? Magae a, a tshwanetse go ba thutafatsa ka nako ya semathana.

Se ke mmepe wa Greenland, lefatshe le le tsididitsididi.



Seno ke
ikeluu



Bangwe ba batho ba Mainuiti ba ba nnang kwa dikgaolong tsa Arctic tsa segagane le kgapetlana e ntsi ba aga matlo a bona a mariga ka diboloko tsa kgapetlana. Dikgapetla di tshola serame se le kwa ntle. Dintlo tse di bidiwa diikeluu.





A re diragatseng

Ka ditlhophpha diragatsang ka moo le ka agang
ntlo ka teng.

Letlhā:

Swetsang gore e tlaa nna ntlo ya mofuta ofe?

lebati

dintlo tsa mekhukhu

Le ya go dirisa dimateriale dife?

Ke mang yo o tlaa dirang eng?

dintlo tsa setso

O tlaa dira eng pele?

Dirisang mangwe a mafoko a.

dintlo tsa dipolanka

O tlaa dira eng kwa bofelong?

ditena

lebota

pente

difolete

marulelo

tšhemele

lefensetere/
letlhhabaphefo

samente

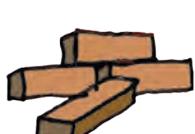


A re buiseng

Bua leboko le jaaka karolo
ya tiragatso ya lona.



Aga, aga ntlo ya gago e ntšhwa!
Tlisa ditena, lekanyetsa lebota leo
Kokotela sepekere, kurufelela-
Aga ntlo go itshireletsa mo letsatsing
Aga, aga ntlo ya gago e ntšhwa!
Tlisa motlhaba le mabati le dithaele
Tlisa metsi, duba samente
Aga ntlo go itshireletsa mo puleng





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Bekē 3

Kgwedithharo

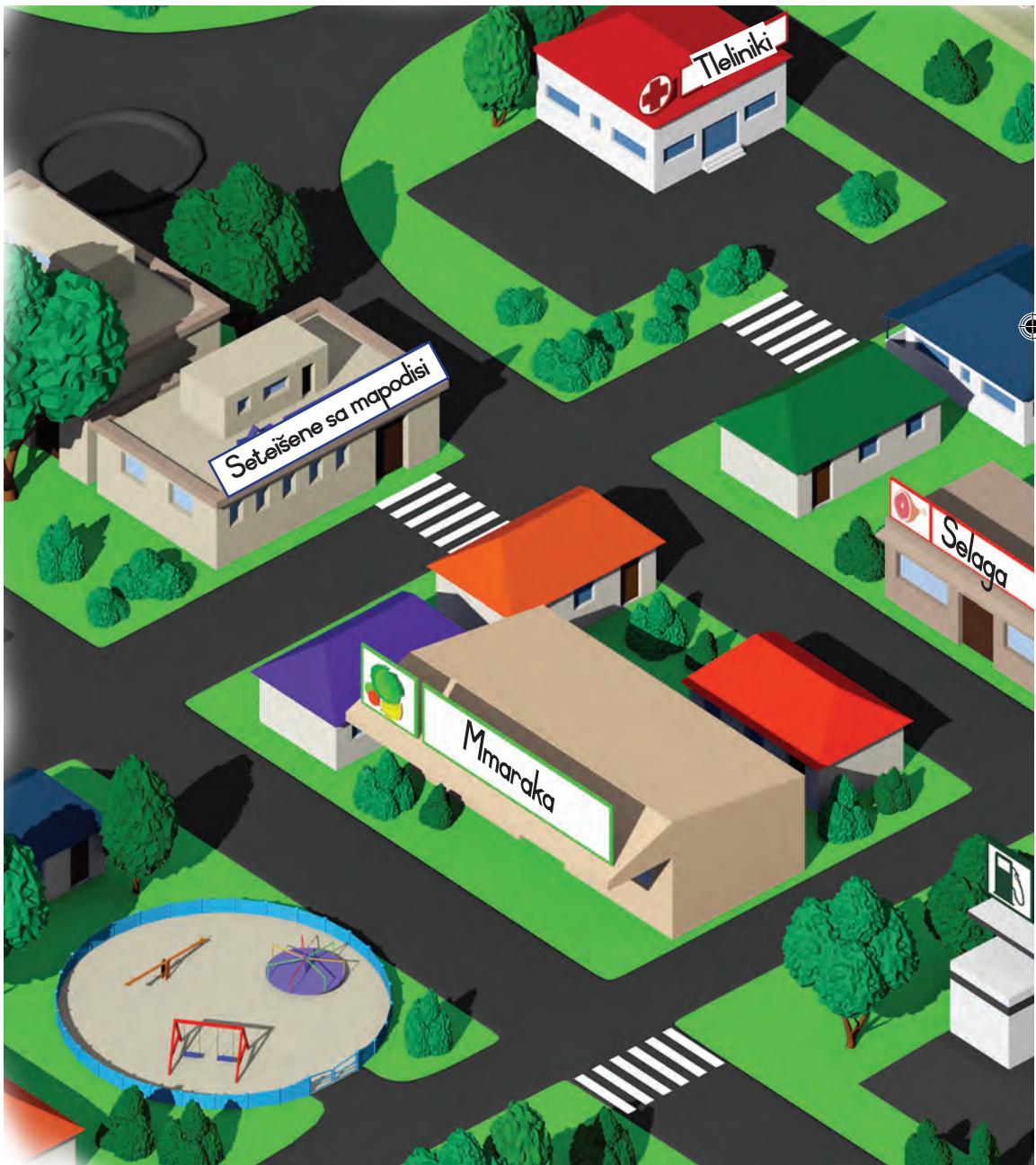
Go batla mafelo le dilo (1)



A re buiseng

Go na le mefuta e e farologaneng ya dimmepe. Gore re tlhophe mmepe o o nepagetseng re tshwanetse go itse gore ke eng se re se batlang mo mmepeng.

Dimmepe di re thusa go batla mebila kana le mafelo mo toropong le mo ditoropokgolong. Borapolase ba rata dimmepe tse di bontshang dilo di tshwana le matamo, dinoka le dithaba.





Letlha:



Wena le tsala ya gago tlolang ka ga dipotso tse. Thalang sediko go dikologa mafelo
a a mo setshwantshong mo ditsebeng tse pedi tse.

O fitlhela dibuka tse di buisiwang kwa kae?

O ya go bega bogodu kwa kae?

O ka ya kwa kae fa o lwala?

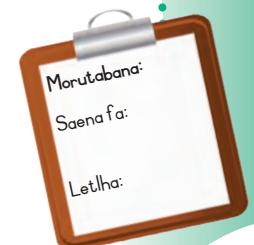
O ka kgona go reka dijo kwa kae?

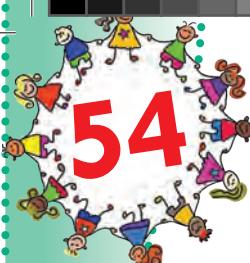
O ka kgona go emela bese kwa kae?

O ka kgona go kgabaganya mmila ka pabalesego fa kae?

Kitsiso ya morutabana:

Morutabana wa gago o tlaa di
buisa ka bongwe ka bongwe, mme
morago o ka bona karabo.





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Bekē 3

Kgweditharo 4

Go batla mafelo le dilo (2)



A re bueng

Lebelela tsela e Jason a e salang morago go tloga kwa ntlong ya gaabo go ya kwa sekolong.

Tlhalosetsa tsala ya gago gore Jason o sala tsela efe morago. Dirisa mangwe a mafoko a:

kwa godimo

fetile

go bapa

mo godimo ga

fa tlase

Jason a ka kgabaganya mmila ka pabalesego fa kae?



Kitsiso ya morutabana:

Morutabana wa gago o tlaa
tsamayatsamaya mo phoposiborutelong.
Bolelela morutabana wa gago fa o
akanya gore tsala ya gago e
tlhalositse tsela sentle.

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A re ikatiseng

- Rulaganyang mogala o moleele fa fatshe.
- O ya go tsamaya fa godimo ga mogala o.
- Tsamaela kwa pele, kwa morago le kwa matlhakoreng o bapile le mogala.
- Tsamaela kwa pele go bapa le mogala ka diatla tsa gago di le mo godimo ga tlhogo ya gago.
- Tsamaela kwa morago go bapa le mogala o beile diatla tsa gago kwa morago.
- Tsamaela kwa matlhakoreng go bapa le mogala ka diatla tsa gago di le mo dinokeng tsa gago.



A re buiseng

O dirile jang? Fa o kgonne go dira metsamao yotlhé sentle, khala ra sefatlhego se se tshegang. Fa o sa kgona go dira metsamao gotlhèle, khala ra sefatlhego se se tlhontseng. Mme fa o kgonne go dira metsamao mengwe fela, khala ra sefatlhego se se fa gare.

Ke ne ke kgona go tsamaela kwa pele le kwa morago go bapa le mogala.			
Ke ne ke kgona go tsamaela kwa matlhakoreng go bapa le mogala.			
Ke ne ke kgona go tsamaela kwa pele go bapa le mogala ke beile diatla mo tlhogong ya me.			
Ke ne ke kgona go tsamaela kwa morago go bapa le mogala ke beile diatla tsa me kwa morago.			
Ke ne ke kgona go tsamaela kwa matlhakoreng go bapa le mogala ke beile diatla mo dinokeng tsa me.			

Letlhá:



Morutabana:

Saena fa:

Letlhá:



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Kgweditħar 4 - Beke 4

Go batla tsela



Dimmepe tsa ya ditshwantsho di re thusa go bona gore mafelo a atologane go le go kae? Lebelela mmepe o.



Araba dipotso tse. Ka kopa tsala ya gago go go thusa.

Thala sediko kwa o bonang **km**.

O na le didiko di le kae?

Dafita o tswa kwa sekolong o ya kwa laeboraring.

O bona eng fa thoko ga laeborari?

O bone letshwao lefe mo tseleng?

Dafita o tsamaile sekgala se se kae?

Ke kago efe e Dafita a kgonang go e bona go tswa mo lebating le le kwa pele la laeborari? Dafita o tshwerwe ke tlala. O batla go ya kwa gae. Batla tsela e khutshwakhutshwane go tswa kwa laeboraring go ya kwa gaabo.

A lebala la kgwele ya dinao ke lefelo le le gaufigaufi le legae la gaabo?

Kitsiso ya morutabana:
Morutabana wa gago
o tlaa go bolelela gore
kilomitara e le l e bokgakala
jo bo kanakang go tloga mo
sekolong sa gago. Re bo kwala
jaana: 1 km.



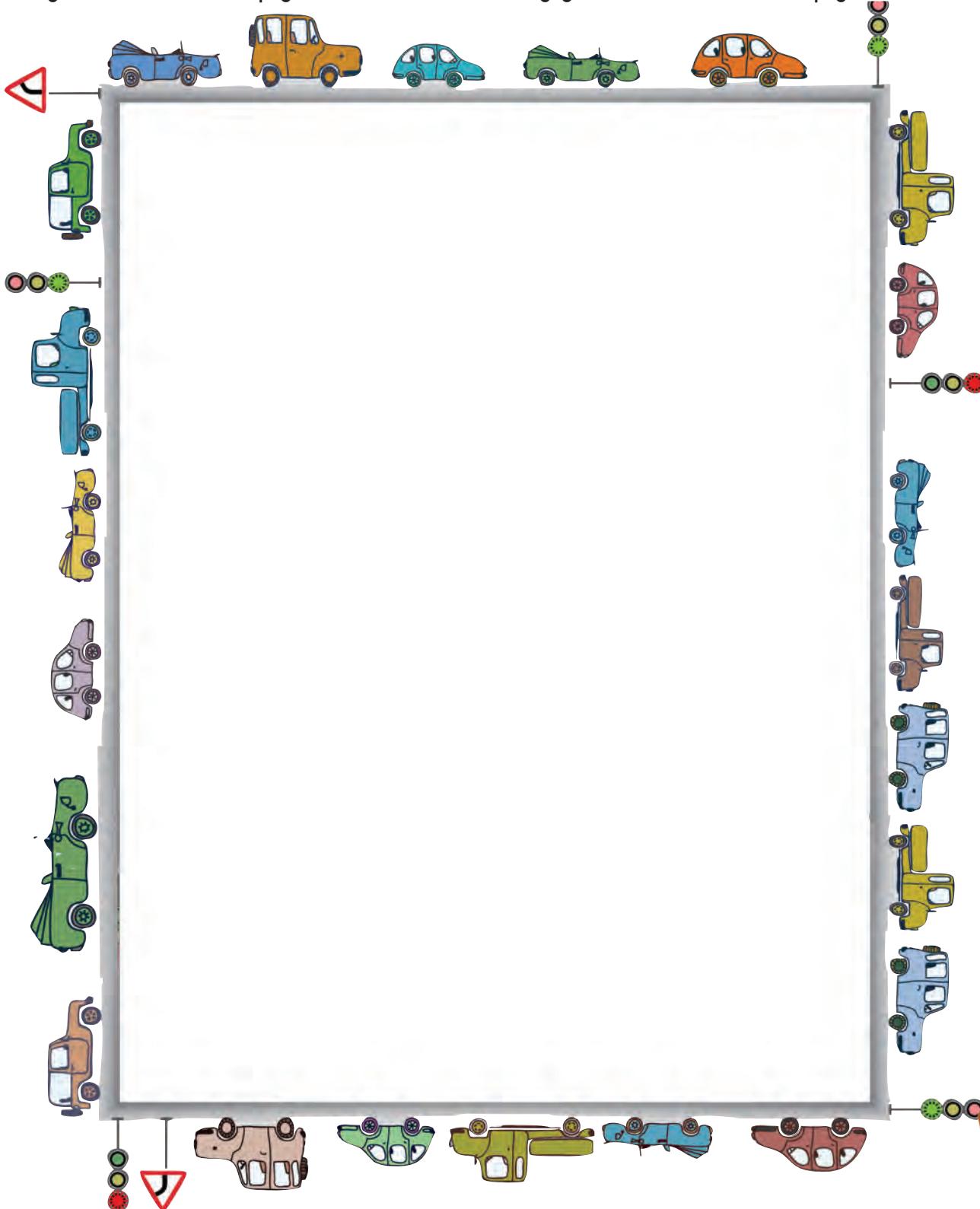


Letlha:



A re kwaleng

Thala mmepe wa ditshwantsho wa gago wa tsela e o e salang morago magareng ga mafelo a 2. O ka tlhopha mafelo afe kapa afe a 2. Fa o fetsa, bontsha tsala tsa gago mmepe wa gago. Mo letle go tlhalosa tsela ya gago. Bona gore a o e tlhalosa ka nepagalo. Bolelela morutabana wa gago fa tsala e tlhalositse ka nepagalo.





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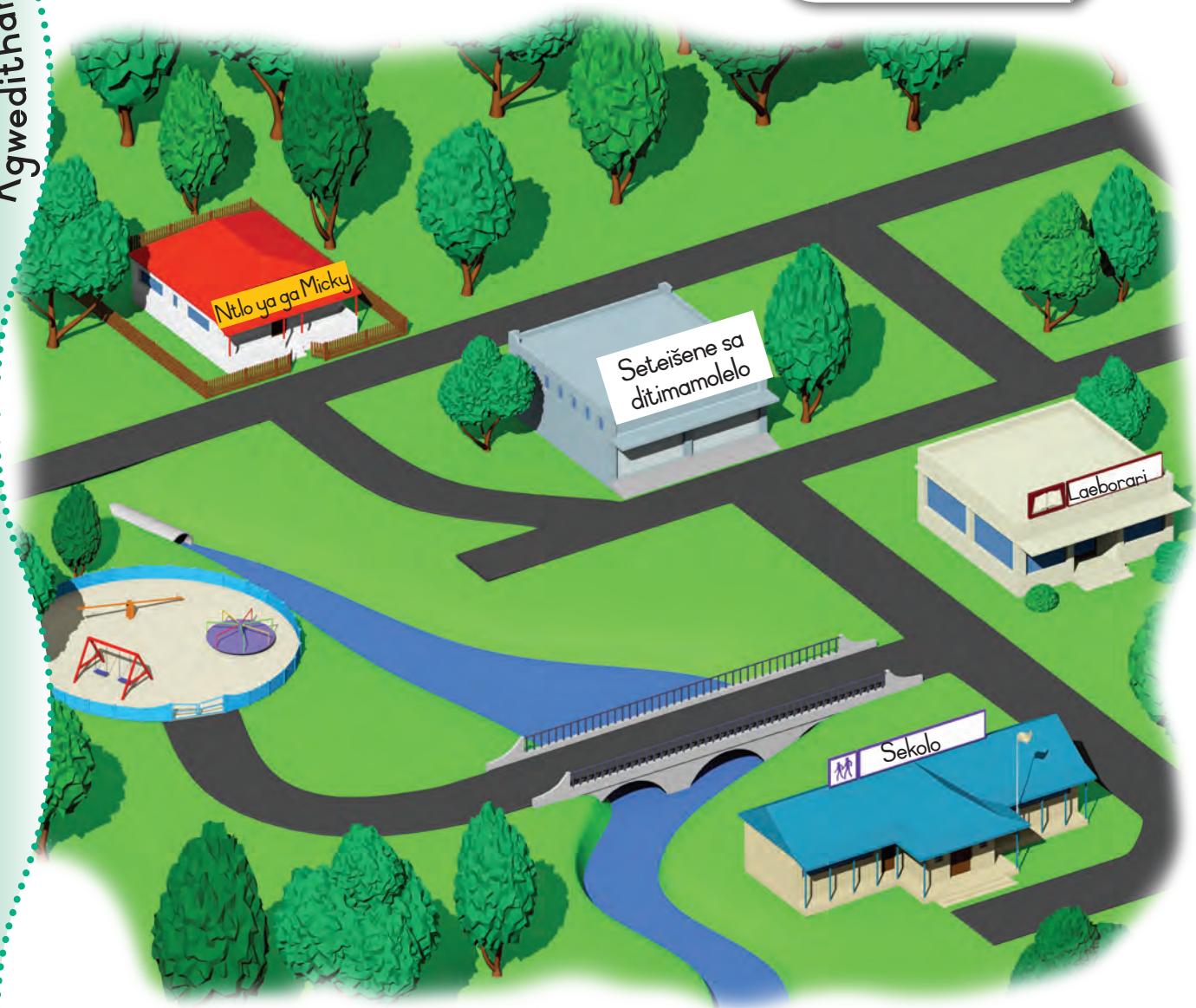
Go batla ditiragalo mo kgannyeng

Kgwenditharo 4 - Beke 4



Morutabana wa gago o tlaa go buisetsa kgang ka ga Micky. Reetsa ka tlhwaafalo. Sala motlhala wa gagwe morago mo mmepepeng mo bukeng ya gago. Jaanong buisa kgang ka bowena.

Kitsiso ya morutabana:
Morutabana wa gago o tlaa e buisa gape mme a go kopa go tshwaya (X) mo mafelong.



Ka boLamatlhato Mickey o tshameka le ditsala tsa gagwe kwa phakeng (X).

Phakela wa moso mongwe mmaagwe a re: "Nkoko o a lwala. Tsheetswee, ke kopa o mo isetse dijo tse." Mickey o isa kgetse e kgolo ya dijo. Mme fa a tswa ka heke (X)



Letlhah:

o kopana le monna mongwe. A bua ka lentswe le le magwerefere: "Oo, ke a bona o rwele dijo. O di isetsa nkokoago, a ke re?"

Se sa tshosa Mickey thata. A kgokologa ka tsela ka bonako go ya kwa setešeneng sa ditimamolelo. Fa a fitlhah teng a fapogela kwa molemeng (X).

Mme ya re fa a gadima kwa morago, a bona monna a ntse a mo setse morago.

Mmiki o swetsa go batla thuso mo ditsaleng tsa gagwe kwa phakeng. Fa a goroga kwa laeboraring, o ya kwa mojeng mme a bo a tswelela pele (X).

Ka fa molemeng a bona sekolo mme a se feta (X).

Mebila e ne e didimetse. Mickey jaanong a tabogela bonako go bapa le tsela (X)

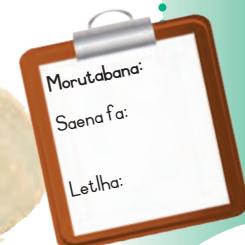
La bofelo a kgora go bona phaka. A tsamaya mo godimo ga borogo (X) go ya go kopana le ditsala tsa gagwe kwa hekeng!



A re tshamekeng

Jaanong re ya go tshameka mabelo a go neelletsana dithobane kana rilei.

- Baya setulo sa gago mo sedikong kana sekelen. Tshameka "mmino wa ditulo" o tshwanetse go batla tsela e khutshwakhutshwane ya go ya kwa setulong.





Tiriso ya metsi: kwa gae le kwa sekolong



Re dirisa metsi letsatsi le letsatsi. Lebelela mekgwa e e farologaneng e re dirisang metsi ka yona. Fa tlase ga setshwantsho sengwe le sengwe, kwala gore metsi a dirisediwa eng. Dirisa ditlhogo tse.

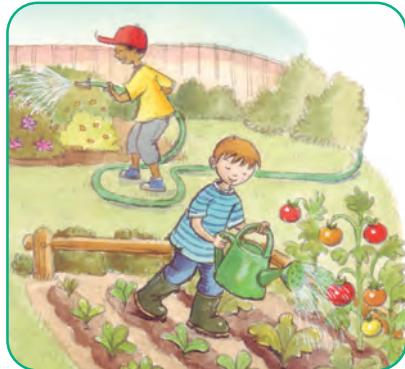
Go tima melelo

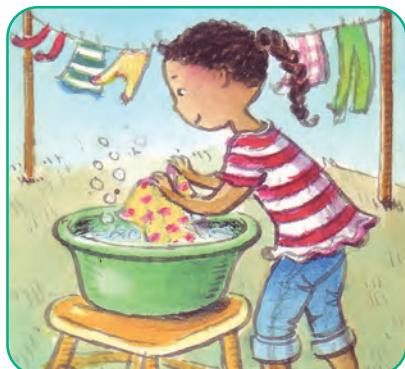
Go tlhapa

Go thusa dijwalo go gola

Go tlhatswa diaparo kgotsa dijana

Go apaya dijo









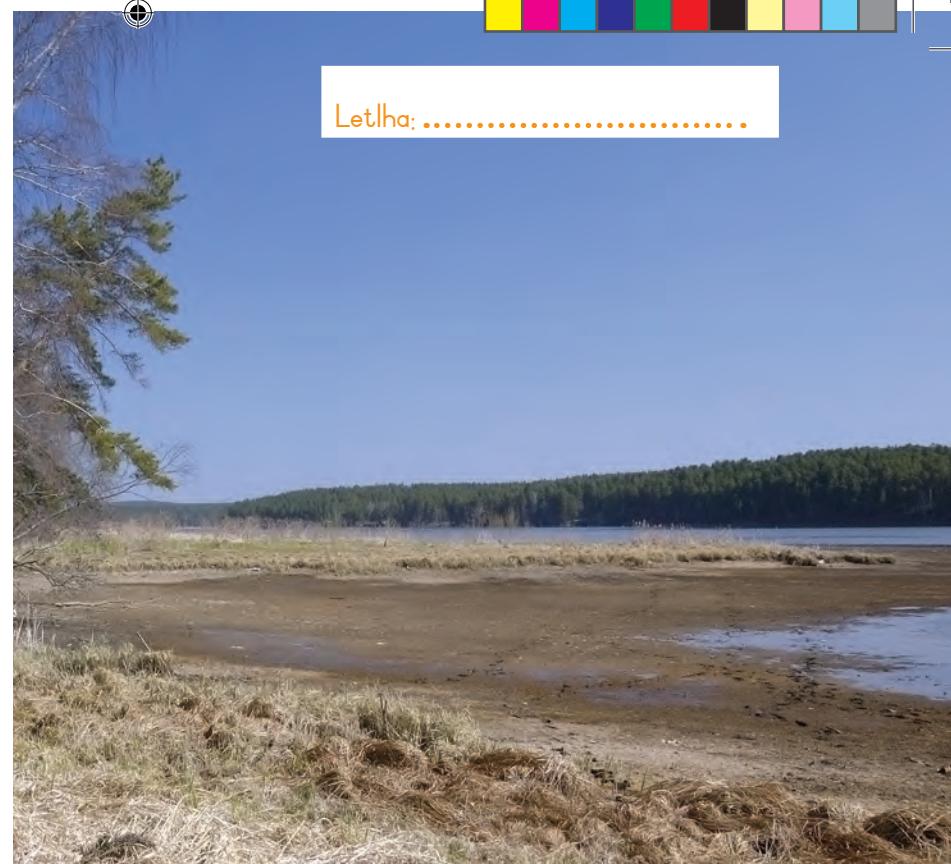




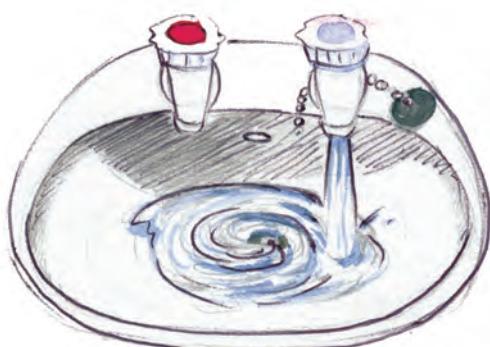
A re bueng

Bua ka ga mekgwa e mengwe e re ka
dirisang metsi ka yona.

Metsi a botlhokwa. Bua ka ga
tshenyo ya metsi. Go ne go ka
diragalang fa metsi a ka bo a se
yo? Abelana dikakanyo tsa gago
le barutwana ba bangwe.



A re diragatseng



A re tshamekeng

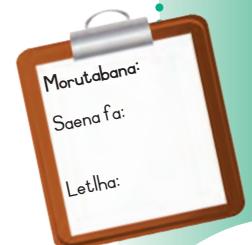
Thepe e rothisetsa
metsi mo sinking.

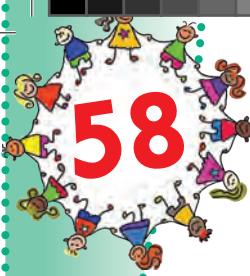
Maru a pula a a ikaga,
a nna magolo mme
pula kwa bokhutlong
e a na le maru a
phatlhalala.



Noka e e elelang ka iketlo
mo godimo ga matlapa mme
morago e elele ka bonolo mo
godimo ga motlhaba.

- Tshameka "dikgamelو le marothodi a metsi".

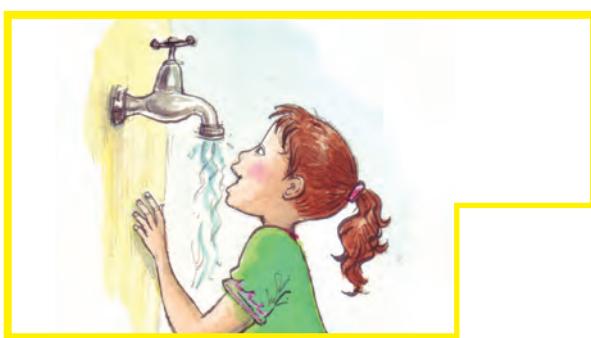
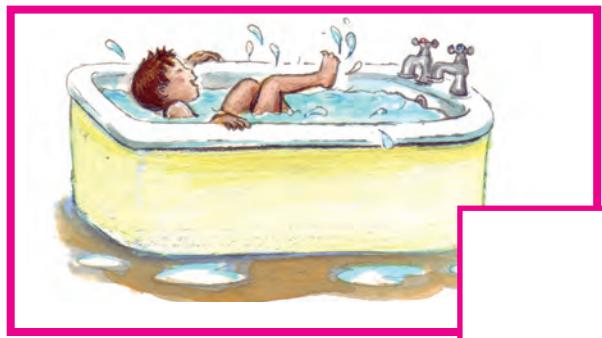
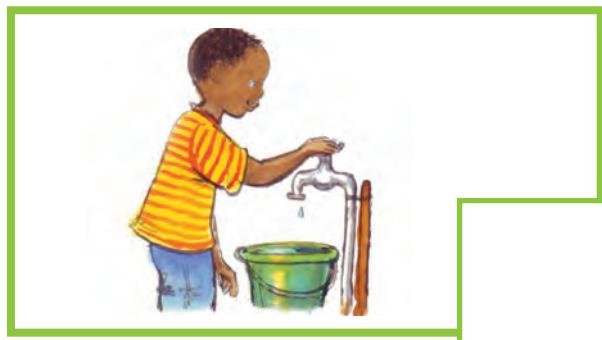




Mekgwa e metsi a senngwang ka yona



Lebelela ditshwantsho tse. Tshwaya (✓) fa thoko ga setshwantsho sengwe le sengwe se mo go sona metsi a somarelwang, mme o tshwaya (✗) fa thoko ga setshwantsho sengwe le sengwe se mo go sona metsi a senngwang.





Letlha:



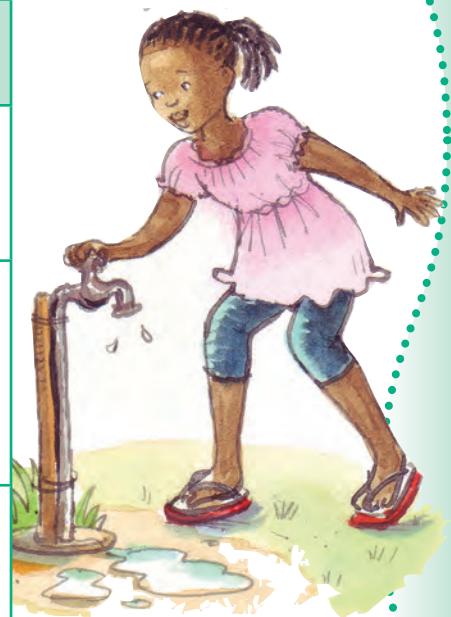
Lebelela ditshwantsho tse mo go tsona o tshwaileng. Tlotlang le barutwana ba bangwe ka ga se batho ba ba mo ditshwantshong ba se dirang. Bua ka moo ba ka somarelang metsi ka teng.



Lebelela ditshwantsho. Buisa dipolelo tse di fa tlase. Tshwaya(✓) mo tirong nngwe le nngwe e e re thusang go somarela metsi, o tshwaye (✗) mo go nngwe le nngwe e e senyang metsi.



	✓	✗
Ke tlogela thepe e tsholola metsi ke ntse ke tlhapa meno.		
Ga ke tsholole metsi a ke tlhapileng ka ona, mme ke a dirisa go nosetsa tshingwana.		
Bosigo bongwe le bongwe ke tlhapa mo bateng ya metsi a a tletseng.		
Fa ke bona thepe e dutla, ke e tswala thata.		
Re tlhatswa dijana ka metsing a a tshologang mo thepeng.		





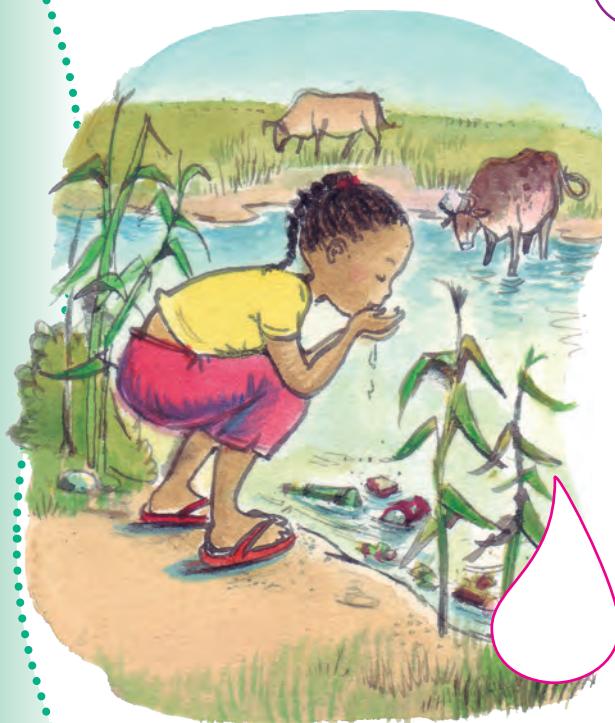
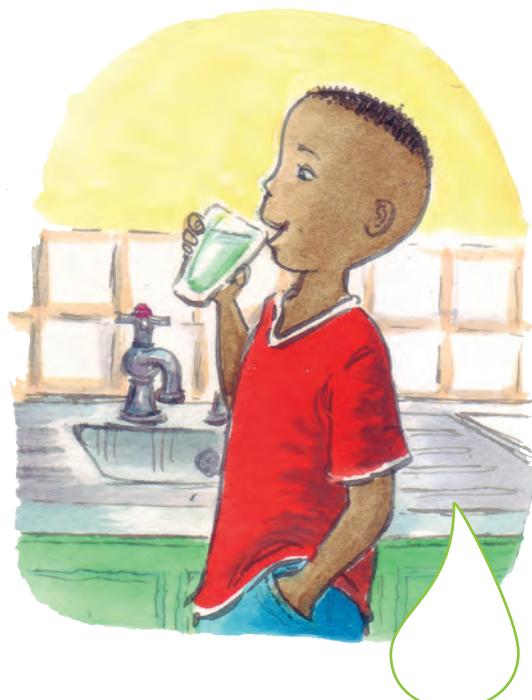
59

Metsi a re a nwang: a a siameng le a a sa siamang

Kgweditharo 4 - Beke 6



Lebelela ditshwantsho tse. Tshwaya (✓) fa thoko ga setshwantsho sengwe le sengwe se se bontshang ditiro tse di babalesegileng. O tshwaye (✗) fa thoko ga setshwantsho sengwe le sengwe se se bontshang ditiro tse di sa babalesegang.





Letlha:



A re kwaleng

Kwala lefoko "go babalesegile" kgotsa "ga go a babalesegä" go feleletsa polelo. Re go diretse ya ntsha.

Go nwa metsi a a leswe ga go a babalesegä.

Go thuma mo metsing a a maswe, _____.

Go nwa metsi a a bedisitsweng, _____.

Go nwa metsi go tswa mo nokeng e e kgotlelegileng, _____.

Go nwa metsi a thepe, _____.



A re tshamekeng



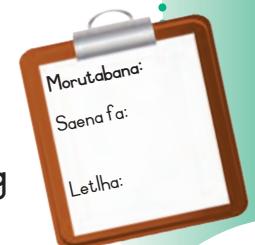
Tshameka le ba bangwe ba babedi.

- Opa diatla tsa gago nako nngwe le nngwe fa marothodi a metsi a rotha:
 - ka iketlo go tswa mo thepeng
 - ka bonako go tswa mo thepeng
 - ka bonakonako go tswa mo thepeng
 - otlhe ka nako e le nngwe
- Tshameka motshameko ofe kapa ofe wa go opa diatla o o o itseng.



A re tsamayeng

- Tlolela kwa ntle ga metsi a a leswefetseng jaaka segwagwa.
- Tlolela mo metsing a a phepa jaaka segwagwa
- Potokela jaaka pitse e e nyorilweng e tabogela kwa metsing a a nowang.
- Taboga ka lebelo le o ka le kgonang go tswa mo puleng e e tshologang.
- Tlola go tswa mo letlapeng go ya go le lengwe go kgabaganya noka. Thusa ba ba sa kgoneng go tsamaya.
- Dikologa mo lefelong le le lengwe jaaka metsi a elela go tswa mo bateng (o le esi gape o na le tsala).
- Morutabana wa gago o tlaa go supetsa (saenela) gore o tshwanetse go fetogela kwa motsamaong o o farologaneng. Reetsa ditshupetso tsa gagwe ka tlhwaafalo.





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Go boloka metsi a a phepa

Kgweditharo 4 - Beké 6



Re tshwanetse go nwa metsi a phepa.



Re ka dirisa mekgwa e e farologaneng go phepfatsa metsi.

Gape re tshwanetse go tshameka le go thuma mo metsing a a phepa.

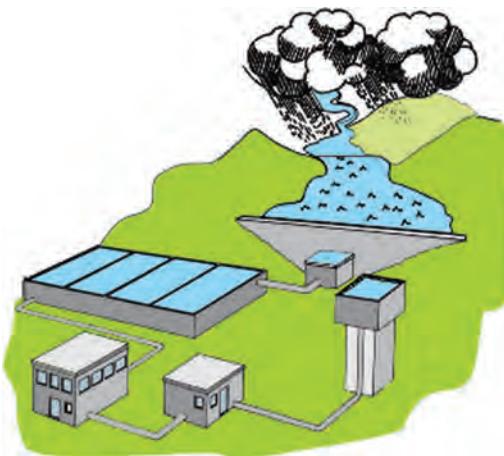
Re tshwanetse go boloka metsi ka mokgwa o o tlaa a dirang gore a nne a le phepa.



Lebelela ditshwantsho. Bua le tsala ya gago ka ga gore metsi a rona a a phepa a tswa kae. Tlotlela barutwana ba bangwe gore o akanya eng. Fa re phepfatsa kgotsa re tlhatswa metsi, re a a phepfatsa gore a siamele go nowa.



Re ka nwa metsi a pula fa e le gore marulelo a rona le ditanka tsa rona di phepa. Fa re phepfatsa metsi re kgona go a nwa a le phepa.



Mmasepala o phepfatsa metsi a rona gore re kgone go a nwa, a le phepa.



Re kgona go bedisa metsi a rona go a phepfatsa. Re kgona go sefa metsi a rona go a phepfatsa.



Letlhha:



A re direng

Kopa morutabana wa gago go go bontsha gore o ka dira sefo ya metsi jang.

O tlaa tlhoka:

Lebotlolo la polasetiki la dilitara di le 2

Motlhaba o o phepa o o boleta

Motlhaba o o phepa, o o matlapatlapana

Matlapa a a phepa a mannye

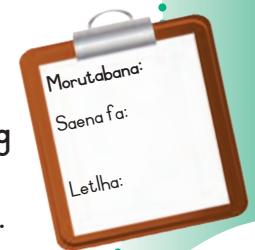
Thipa e e bogale

Letseta le le phepa le galase ya metsi



A re ikatiseng

- Dirisa kgetsana ya dinawa le hupu. Baya hupu fa fatshe mme barutwana ba eme mola o o ka nnang 5m go tswa fa hupung. O ka nna wa dirisa hupu ya bolotloa.
- Morutwana yo mongwe le yo mongwe o bona tshono ya go latlhela kgetsana ya dinawa mo hupung.





Letsatsi le fetoga bosigo



A re buiseng

Letsatsi le bosigo di a farologana.

Di farologana ka tebego, re utlwa medumo e e farologaneng, e bile re dira dilo tse di farologaneng.

Motshegare re bona letsatsi le phatsima. Letsatsi le re fa lesedi le mogote. Batho ba bantsi ba dira motshegare, gape re ya sekolong motshegare.



A re kwaleng

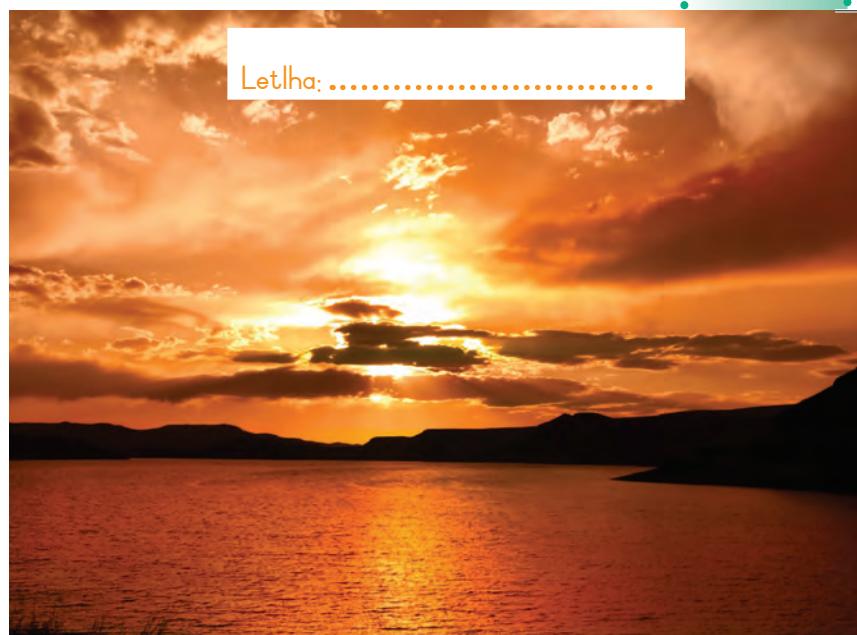
Lebelela ditshwantsho mme o bue le tsala ya gago ka ga tsona. A ke ditshwantsho tsa fa go le motshegare kgotsa go le bosigo. Di farologana jang? Kwala "Motshegare" kgotsa "Bosigo" fa godimo ga setshwantsho sengwe le sengwe.





A re buiseng

Ka thapama letsatsi le a phirima.
Go nna lefifi mme re kgonago
bona ngwedi le dinaledi.
Re tshwanetse go dirisa lesedi go
bona se re se dirang.



Letlha:



A re ikatiseng

- Dirisa dipale tsa dino (kgotsa dibikhone jaaka dikhounu) le bolo.
- Baya dipale tsa dino (kgotsa dibikhone) dimmitara di le mmalwa go tswa mo barutwaneng.
- Dirisa bolo e kgolo jaaka kgwele ya dinao.
- Ragela bolo mo dipaleng tsa dino kgotsa fa gare ga dibikhone.
- La ntsha raga ka leoto la moja mme morago ka leoto la molema.
- O nositse dino tse kae?



Morutabana:
Saena fa:
Letlha:



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Kgweditharo 4 - Bekè 7

Legodimo le ntse jang bosigo?

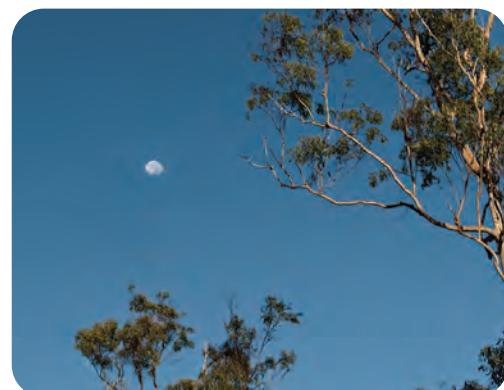


A re buiseng

Mo motshegareng, go le gantsi re kgona go bona loapi lo lo botala jwa legodimo le maru a mangwe. Sa botlhokwa, re bona letsatsi.

Bosigo, re bona ngwedi le dinaledi tse dintsi.

Gape go na le dipolanete tse di lebegang jaaka dinaledi.



A re kwaleng

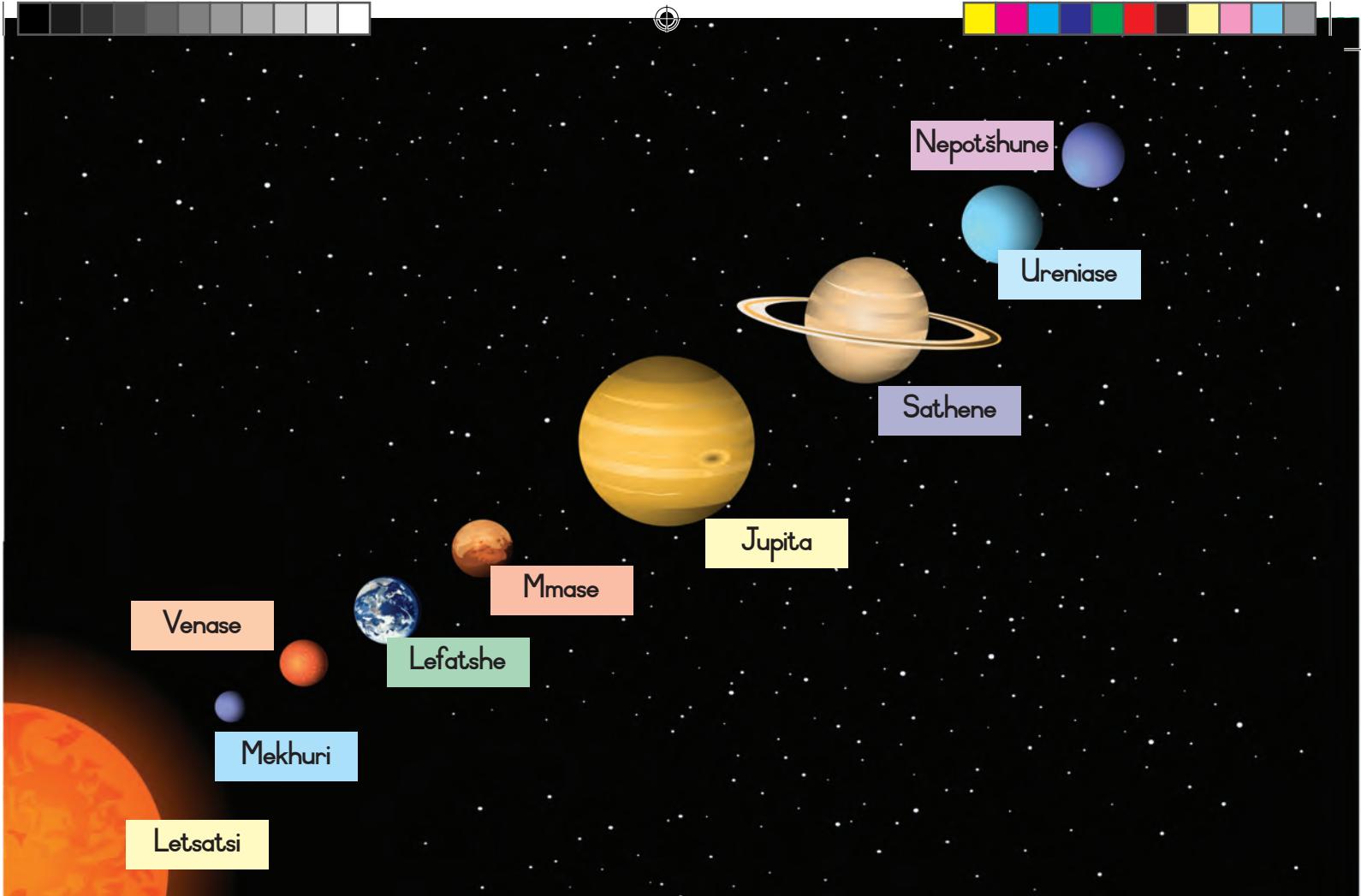
Ngwedi ga o tshwane bosigo bongwe le bongwe.

Bogela ngwedi masigo a a latelang a le 5.

Mo mabokosong a a fa tlase, thala dibopego tse di farologaneng tsa ngwedi tse o di boneng.

Bosigo jwa ntlha	Bosigo jwa boraro	Bosigo jwa botlhano

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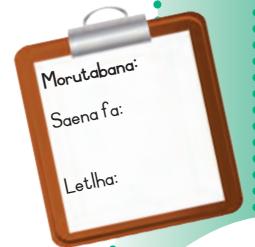
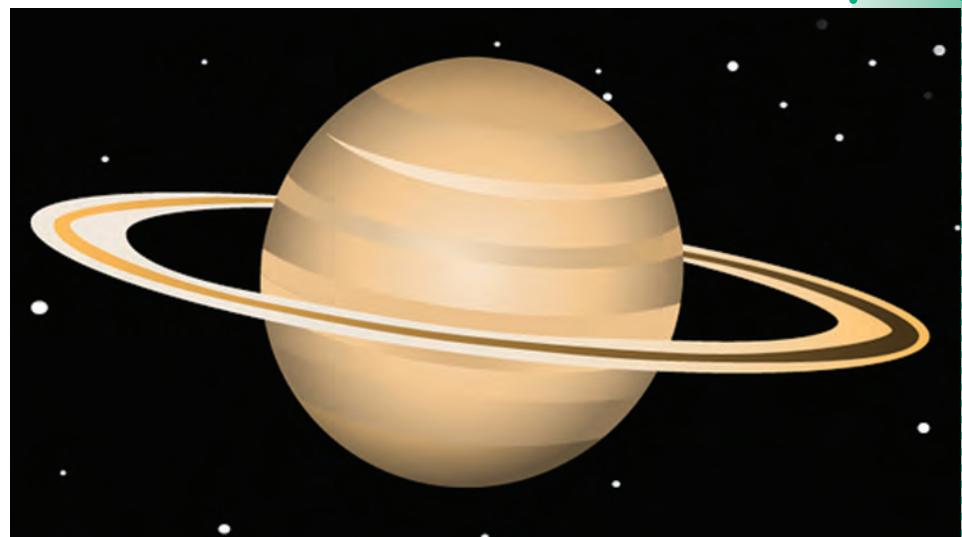
Tse ke letsatsi le dipolanete tse di mo thulganyong ya letsatsi ya rona – ke baagisani ba rona mo lefaufaung. (Letsatsi le dipolanete di thadilwe go tsamaelana le sekale sa dimmepe.)



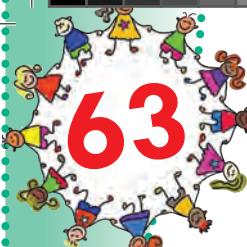
A re bueng

Se ke setshwantsho sa Sathene. E farologana le dipolanete tsotlhe gonne yona e na le direng go e dikologa. A o bona maronthorontho a masweu mo setshwantshong?

O akanya gore ke eng? Lebelela setshwantsho se segolo fa godimo. A Sathene e kgolwane kgotsa e nnye go na le lefatshe? Ke polanete efe e kgolwane go na le Sathene?



Morutabana:
Saena fa:
Letlha:

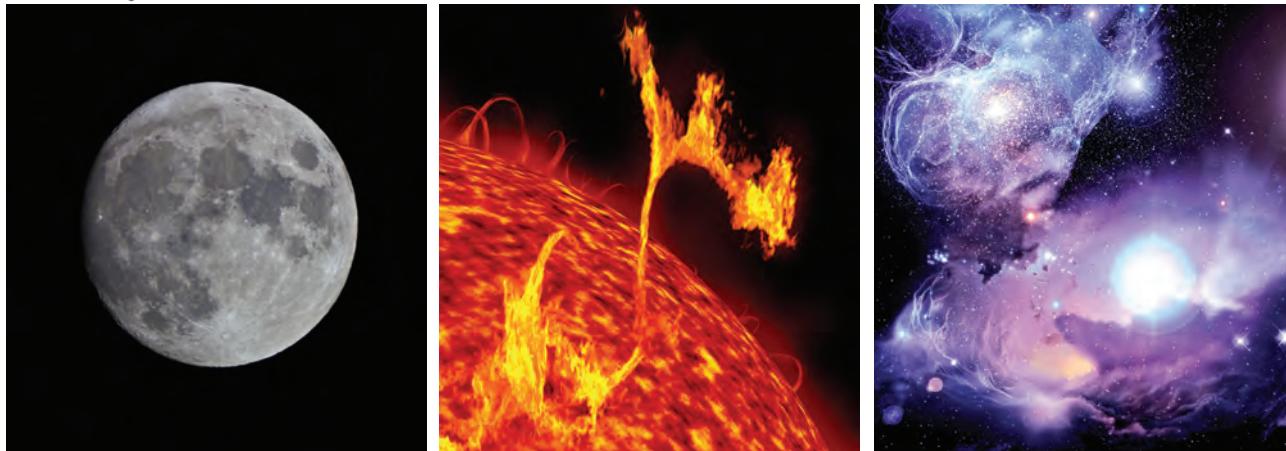


Kgwedit haro 4 - Beké 8

Letsatsi le ngwedi



Lebelela ditshwantsho tse.



Bua le tsala ya gago. Ditshwantsho tse di re bontsha eng? O ka nna wa naya karabo efe kapa efe e e tlāng mo tlhaloganyong ya gago.

Kitsiso ya morutabana:
Morutabana wa gago o tlāa reetsa dikakanyo tsotlhe tsa gago mme morago o tlāa go bolelela gore ke ditshwantsho dife.



Letsatsi ke naledi. Le tshwana le bolo ya molelo e kgolo e e ntshang mogote le lesedi matlhakoreng otlhhe. Letsatsi le legolwane mo lefatsheng gadiketekete.

Ngwedi ke bolo e kgolo ya lefika le lerole e e sa ntsheng mogote. Ngwedi ga o na lesedi la ona. O tshwana le seipone se se busetsang matlhasedi a letsatsi kwa go rona. Ngwedi o monnye thata go na le lefatshe.



Bua le tsala ya gago ka ga ka moo ngwedi o fetogileng ka teng mo masigong a mathhano. Morago o lebelele ditshwantsho tse. A ngwedi wa gago o ne o lebega jaaka mongwe wa tse?





Letlha:

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Dinaledi



Are buiseng

Letsatsi ke naledi e e gaufigaufi le rona. Dinaledi tse dingwe di kgakalakgakala thata le rona. Fa o ka tsamaya ka lebelo thata go sa ntse go ya go go tsaya dingwaga tse dintsintsi go goroga kwa teng.



Are opeleng

Naledi ele ya mariberibe

Ribela kwa tlase

E ye go nwa metsi

Metsi ga a yo, a nolwe ke Kgaupe

Kgaupe ga ke mo rate

Ke rata Masilwane



Are buiseng

Pina e e opetswe dingwaga tse dintsi tse di fetileng. Batho ba ne ba sa itse thata ka ga dinaledi. Gompieno re itse go le gontsi. Disutlhalefaufau di sutlha lefaufau ka dirokete go batlisisa ka ga dinaledi.

Fa disutlhalefaufau di etela lefaufau, di apara disutu tse di kgethegileng tsa lefaufau. Ka ntsha ya bopelokgale jwa disutlhalefaufau le batho ba ba botlhale ba ba tsentseng mo lefaufaung, re ithutile go le gontsi ka ga dinaledi.



Are bueng



A go siame go ithuta go le gontsi ka ga dinaledi? Tlotla le tsala ya gago ka ga se.

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O kgethegile. Mmele wa gago otlhе o kgethegile.



OPE A SE
KAA
TSHWARA
MAPELE A
GAGO.

O tshwanetse go bolelela mongwe fa motho
a tshwara mapele a gago.

O tshwanetse go bolelela mongwe
fa motho a re o dire dilo
tse o sa di batleng.

O ka leletsa mang go
bona thuso:

Child Line: 0800 05 55 55

SAPS Crime Stop: 086 00 10111

SAPS Emergency Number: 10111

Life Line: 0861 322 322

Child Protection Unit: 012 393 2359/2362/2363

