Kubuyeketiwe futsi kwahlelenjiswa ngekwema-CAPS

Libanga 1





Emakhono eMphilo nge SISWATI

Incwadzi 1
Emathemu 1&2





ISBN 978-1-4315-0238-7

Rainbow WORKBOOKS

Workbooks available in this series:

- *Grade R (in all official Languages);*
- *Literacy/Home Language Grades 1 to 6 (in all 11 official Languages);*
- *Mathematics Grades 1 to 3 (in all 11 official Languages);*
- *Mathematics Grades 4 to 9 (in Afrikaans and English);*
- *Life Skills Grades 1 to 3 (in all 11 official Languages); and*
- *Grades 1 to 6 English First Additional Language.*

LIFE SKILLS IN SISWATI
GRADE 1 – BOOK 1
TERMS 1 & 2
ISBN 978-1-4315-0238-7
9th Edition
THIS BOOK MAY NOT BE SOLD.



Ligama:

Liklasi:

basic education
Department:
Basic Education
REPUBLIC OF SOUTH AFRICA

Lokucuketfwe

Ithemu 1		likhasi
1	Sikhuluma ngami	2
2	Imibala nekudansa	4
3	Sikhetsekile	6
4	Sehlukene sonkhe	8
5	Ngiyahlabelela	10
6	Ngiyatigcabha ngesikolo sami	12
7	Tindzawo letehlukene	14
8	Liklasi lami	16
9	Sifika kanjani esikolweni	18
10	Ngitigcina ngihlobile	20
11	Imikhuba lemihle	22
12	Umtimba wami	24
13	Imikhuba lenemphilo	26
14	Kuhloba nebunaka	28
15	Simo selitulu	30
16	Simo selitulu	32

Ithemu 2		likhasi
17	Umndeni wami	34
18	Umndeni wami	36
19	Siyanakekelana	37
20	Kukhombisa kutsi uyakhatsalela	38
21	Kuphepha ekhaya nemaphetselo	40
22	Kuphepha ekhaya nemaphetselo	42
23	Kuphepha nangingedvwa ekhaya	44
24	Lokunye kwekukhunjulwa	46
25	Umtimba wami	48
26	Imivo yami	50
27	Kunyakatisa umtimba wami	52
28	Kutigcina ngiphephile	54
29	Kutigcina ngiphephile	56
30	Kugcina umtimba wami uphilile	58
31	Kugcina umtimba wami uphilile	60
32	Ase utihlole bo	62













Nkhskt. Angie Motshekga, iNdvuna yeMfundvo yeSisekelo



UMnu. Enver Surty, liphini leNdvuna yeMfundvo yeSisekelo

Letincwadzi tekusebentela tikhicitelwe bantfwana baseNingizimu Afrika ngekuholwa yiNdvuna yeTemfundvo yeSisekelo. Nkhskt Angie Motshekga akanye neLiphini lakhe uMnu Enver Surty.

LeTincwadzi Tekusebentela takaRainbow tiyincenye yemitamo yaleLitiko leTemfundvo yeSisekelo yekutfutfukisa bafundzi baseNingizimu Afrika emabangeni ekucala lasitfupha ekufundza. Njengalomunye wemigomo lehamba embili eLuhlelweni lweKusebenta lwaHulumende, lomsebenti ukhokhelwe ngesihle Silulu seTimali saVelonkhe. Ngenca yalokusekelwa ngetimali, leLitiko leTemfundvo liphumelele kwakha letincwadzi ngato tonkhe letilwimi letisemtsetfweni kulelive.

Siyetsemba kutsi bothishela batatitfola tilusito kakhulu letincwadzi tekusebentela basafundzisa malanga onkhe kute bafundzi bakhone kucedza luhlelo lwabo lwekufundza. Setame, ngekucophelela lokukhulu, kusita thishela kuleyo naleyo ncenye yemsebenti, ngekusebentisa timphawu letitifombe kukhombisa umfundzi loko lokumele akwente.

Siyetsemba bantfwana nabo batakujabulela kusebentisa letincwadzi basachubeka nekukhula nekufundza; nekutsi bothishela batawutfokota kanye nabo.

Sifisela bothishela nebafundzi imphumelelo basachubeka nekusebentisa letincwadzi tekusebentela.

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

© Department of Basic Education

Ninth edition 2019

ISBN 978-1-4315-0238-7

This book may not be sold.

The Department of Basic Education has made every effort to trace copyright holders but if any have been inadvertently overlooked the Department will be pleased to make the necessary arrangements at the first opportunity.

Libanga 1



Emakhono eMphilo
SISWATI
Incwadzi I



Lencwadzi ya:

1

Sikhuluma ngami





Asente loku

Nameka sitfombe sakho noma utidvwebe lapha.

Ligama lami ngu _____.

Sibongo ngiwaka _____.

Nginemiyaka le _____ budzala.

Emalunga emndeni wakitsi _____.

Lucingo lwasekhaya lutsi: _____

Likheli lakitsi litsi:

_____

_____

_____



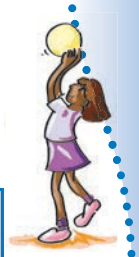
Ngiyalwati kutsi lunini lusuku lwami lwekutalwa.

yebo	angati kahle	cha

Lusuku:.....

Asidvwebe



Jabu usihlabani ebholeni.	Dvweba loko losihlabani kuko.
	






Cocela bangani bakho ngaloko losihlabani kuko.
Chubeka, ufake umbala enkhanyetini ebhokisini lelingilo kukhombisa kutsi ukhona kwenta ini.

Asikhulume



 Ngiyakhona kufundza.	 Ngiyakhona kutigcokisa.	 Ngiyakhona kubhala ligama lami.
 Ngiyakhona kudansa.	 Ngiyakhona kwenta litiya.	 Ngiyakhona kuucubha ematinyo ami.



2

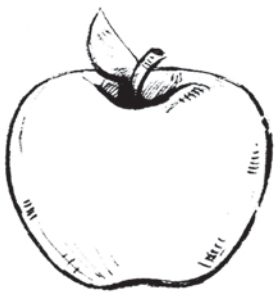
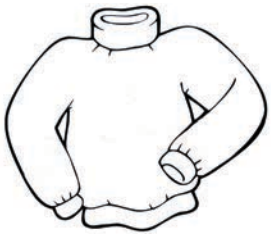
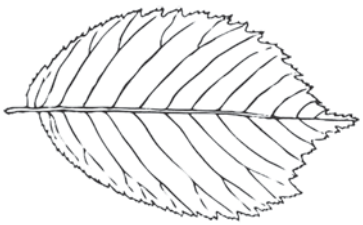
Imibala nekudansa

Asente loku

Uyayati lemibala? Tjela umngani wakho emagama alemibala.



Nyalo-ke faka umbala lofanele esitfombeni ngasinye.

 Bhanana lomtfubi	 Lihhabhula lelibovu	 Leluhlata sasibhakabhaka Asinyakate
 Sambulelo semibalabala	 Liwolintji leliliphuti	 Licembe lelilubhlata

Asinyakate

Embi kwekutsi wente noma ngukuphi kushukuma kwemtimba umshukumo wemtimba ngaphandle, cale utelule njengelikati. Loku kutakwenta kube
lula kutsi umtimba wakho unyakate. Phindza utenwebe emva kwekushukuma kuphotisa umtimba uthulele.
Loku kutakusita kutsi ungahlaselwa buhlungu bemisipha. Nyalo-ke yenta loku lokwentiwa ngulabantfwana.



Hlabela ingoma "Inhloko nemahlombe" usenta loku:

- yenta shengatsi udlala sigubhu.
- yenta shengatsi ushaya lugatali.

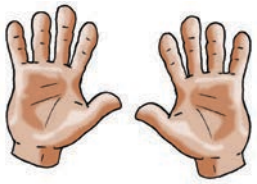


Lusuku:.....



Asitijabulise

Shaya tandla takho ngalendlela.





Shaya Shaya Shaya Shaya

Shaya Shaya Shaya

Shaya Shaya Shaya Shaya

Shaya Shaya Shaya



Asente loku

Ungakwenta loku? Khombisa bangani bakho.

Ngiyakhona kugijima ngiye etindzaweni letehlukene ngingashayisani namuntfu.	☺	😐	☹
Ngiyakhona kuzuba ngishaye incatfu.	☺	😐	☹
Ngiyakhona kugicitela kumngani wami ibhola lenkhulu.	☺	😐	☹

Teacher:

Sign:

Date:

3

Sikhetsekile

Asikhulume

Buka lesitfombe bese ucocela umngani wakho ngemehluko lokhona emkhatsini walabantfwana.



Lokukhulu nalokuncane

Labanye betfu bakhulu, labanye bancane.

Labanye betfu badze, labanye bafisha.

Labanye betfu bangazuba, labanye bangahlabela.

Sonkhe kukhona lesingakwenta kahle.

Wena yini lokhona kuyenta kahle?



Asikhulume

Cocela bangani bakho kutsi wativa njani ngelilanga lakho lekucala esikolweni.

ujabulile	udvumele	utsakasile	utfukutsele	unemahloni
				

Asidvwebe

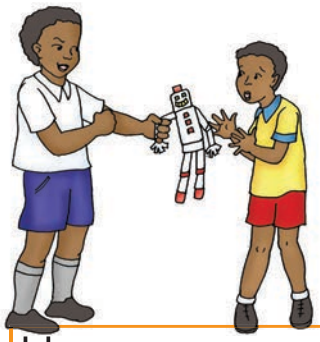
Dvweba sitfombe kukhombisa kutsi ungativa njani uma kukhona lokupha lithoyisi lelisha? Bhala ligama lemuvo esikhaleni lesingentasi.

Lusuku:.....



Asikhulume

Cocela umngani wakho kutsi kwentekani kulesitfombe. Shano kutsi ungativa njani uma loku bekungenteka kuwe? Faka luphawu (✓) ebusweni lobufanele.



Sikhwahla semfana lomkhulu sikwemuka tintfo takho, ungativa.



ujabula	utsakasa	udvumala

Uma wena nemngani wakho nidlala ndzawonye, ungativa:



utfukutsele	ujabulile	wesaba





Uma uvula sipho, ungativa:



wetfukile	utsakasile	unemahloni

Umnakenu kumbe dzadzewenu wephula lithoyisi lakho lolitsandza kakhulu, ungativa:



unemahloni	ujabulile	utfukutsele





Asente loku

Takhele sakakho sitfombe semigca yeminwe ebhokisini lekucala, bese ucela lenifundza naye ekilasini kutsi yena akhe seminwe yakhe ebhokisini lelilandzelako.

Bewati nje kutsi kute namunye umuntfu emhlabeni lonemidvwa-minwe lefanana neyakho? Ukhetsekile, munye vo umuntfu longuwe lapha emhlabeni. Ngisho nemaphahla lombala, ate imidvwa-minwe lefananako.

Uyabona nje kutsi imidvwa-minwe kayifanani?



4

Sehlukene sonkhe

Asikhulume

Ase ubuke labantfwana.
Bafana ngani?
Behlukene ngani?





Asente loku

Buka lesitfombe bese uyasho kutsi ngabe lemisho lena iliciniso yini noma ngemanga.
Faka umbala loluhlata emishweni leliciniso.
Faka umbala lobovu emishweni lengasilo liciniso.



Bonkhe banemikhono lemi-2 kanye nemilente lemi-2.

Bonkhe bangemantfombatana.

Bonkhe bagcoke ticatfulo.



Bonkhe bagcoke emabhuluko.

Bonkhe babantfwana.



Bonkhe banetinwele letindze.

Lusuku:.....



Asidvwebe

Dvweba sitfombe sakho esikhaleni sekucala. Chubeka udvwebe sitfombe semngani wakho lomkhulu. Nase ukwentile loku, bukisisa lomdvwebo bese uyasho kutsi wena wehluke ngani kumngani wakho.



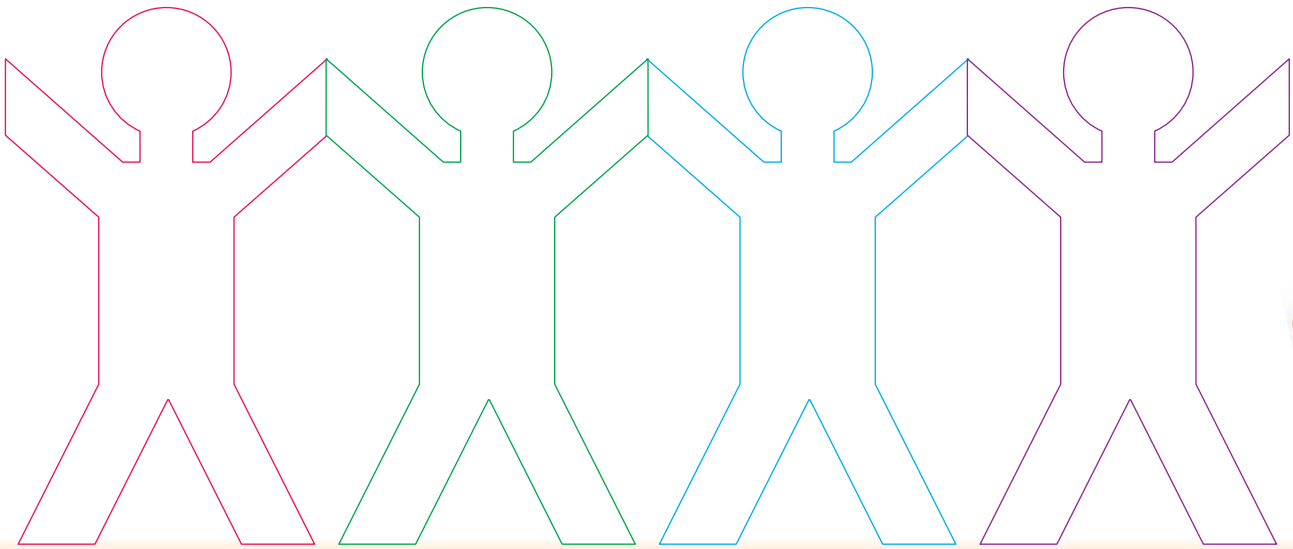
Mine	Umngani wami



Asente loku

Faka umbala kuloluchunge lwebangani kukhombisa kutsi wonkhe umuntfu wehlukile. Nase ukwentile loku sewungasika kahle futsi uhlobise luchunge lwakho lwebungani esikhaleni salokusikiwe ngemuva kulencwadzi.





Teacher:

Sign:

Date:

5

Ngiyahlabelela

Asente loku

Ungakahlabeli, tishukumise kanjena:
Dvonsa umoya kakhulu ubese uyawukhipha kancane-kancane. Yenta shengatsi ucima emakhandlela elikhekhe lekutalwa. Yenta shengatsi uva emakhata, bese utsi "Brrrrrrrrrrrr".





Sihlanu setingobiyane letincane

Sihlanu setingobiyane letincane,
tizubazuba embhedzeni.
Yinye yawa, gunklu inhlokwana.
Make watsintsa dokotela, dokotela watsi,
"Akuphele kutsi nya, kuzubazuba embhedzeni!"
Tine tingobiyane letincane, tizubazuba embhedzeni.
Yinye yawa, gunklu inhlokwana.
Make watsintsa dokotela, dokotela watsi,
"Akuphele kutsi nya, kuzubazuba embhedzeni!"
Tintsatfu tingobiyane letincane,
tizubazuba embhedzeni.
Yinye yawa, gunklu inhlokwana.
Make watsintsa dokotela, dokotela watsi,
"Akuphele kutsi nya, kuzubazuba embhedzeni!"
Timbili tingobiyane letincane, tizubazuba embhedzeni.
Yinye yawa, gunklu inhlokwana.
Make watsintsa dokotela, dokotela watsi,
"Akuphele kutsi nya, kuzubazuba embhedzeni!"
Yinye ingobiyane lencane izubazuba embhedzeni.
Yavele yawa, gunklu inhlokwana.
Make watsintsa dokotela, dokotela watsi,
"Akuphele kutsi nya,
kuzubazuba embhedzeni!"















Lusuku:.....

Asidvwebe

Dvweba buso bakho.
Khombisa emehlo, tindlebe, imphumulo, umlomo netinwele takho.
Cocela bangani bakho kutsi wena ubukeka njani.

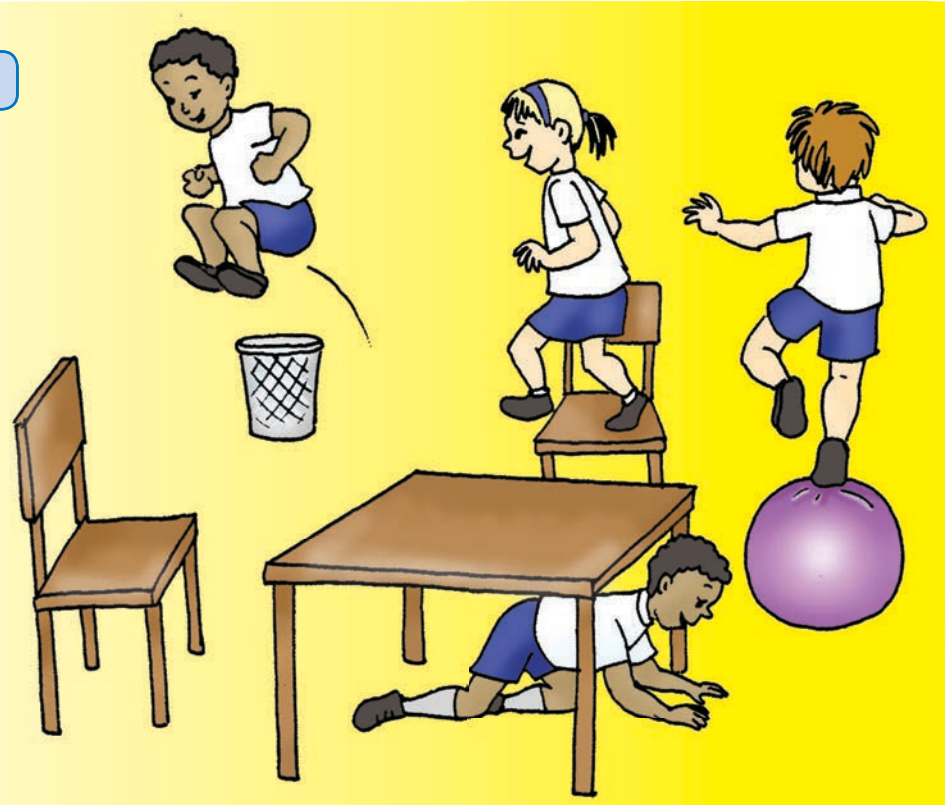


Asinyakate

Yentani titsiyo
Ngaphandle kweliklasi
tibe njengaleti. Thishela
wenu utanisita.

Gcuma kusuka
esitulweni sinye kuye
kulesilandzelako.

Khasa ngaphansi
kwematafula.



Teacher:
Sign:
Date:

6 Ngiyatigcabha ngesikolo sami



Asente loku

Dvweba sitfombe sakho ugcoke tembatfo tesikolo. Chubeka ugcwalise timphendvulo letishiyiwe.



Sikolo sami _____.

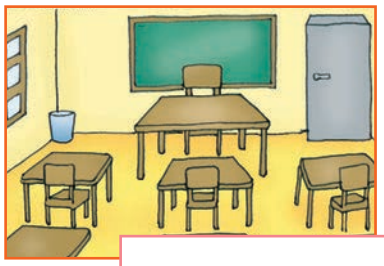
Ligama lathishela wami ngu _____.

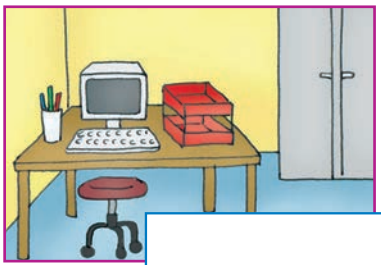
Umphatsisikolo ngu _____.



Asibhale

Bukisisa letitfombe. Chubeka usike emagama lefanele sitfombe ngasinye bese uwanamatsisela edvute naleso sitfombe.









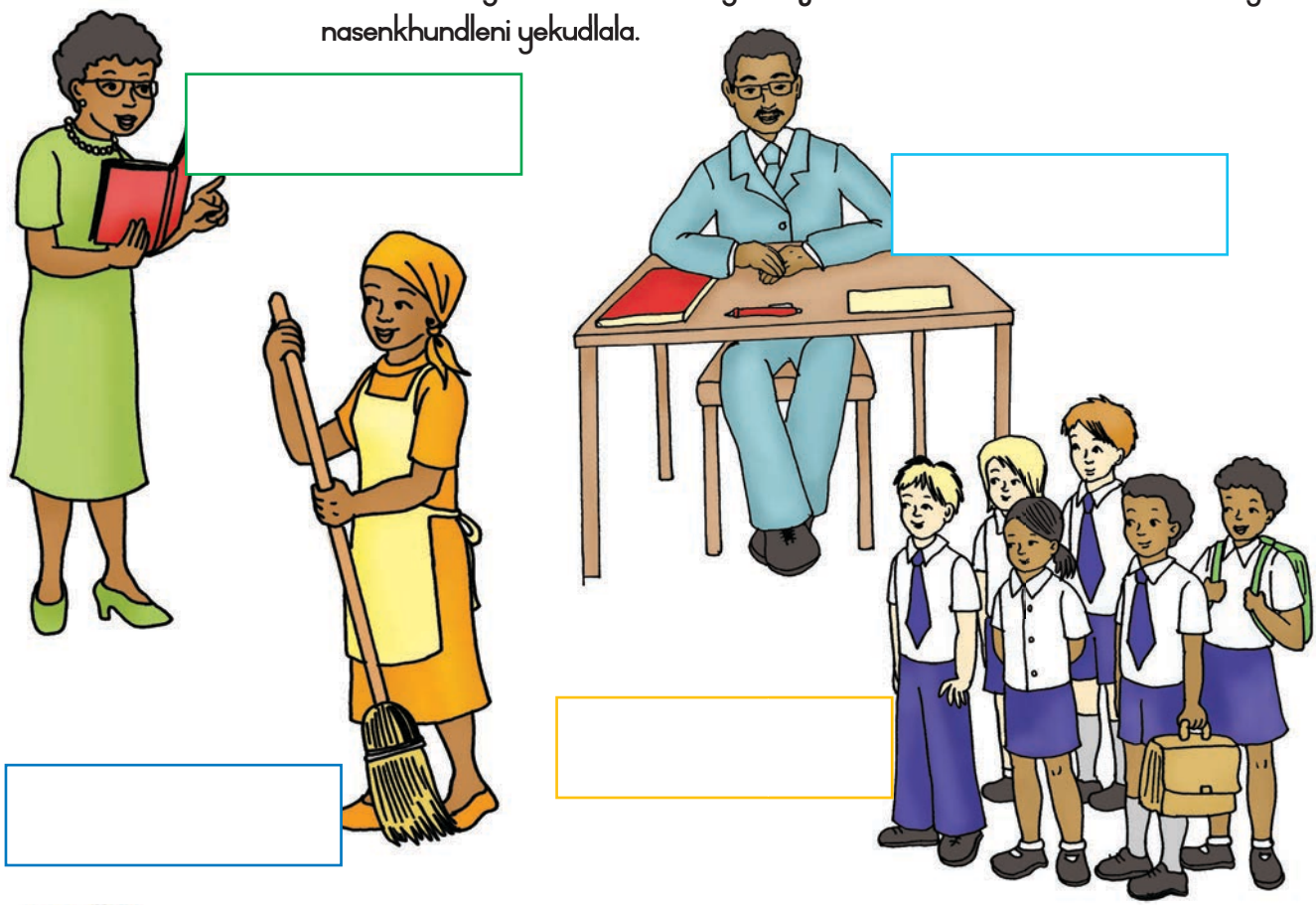


libala lekudlala | Liklasi | lihhovisi | mabhalane | umthoyi



Asibhale

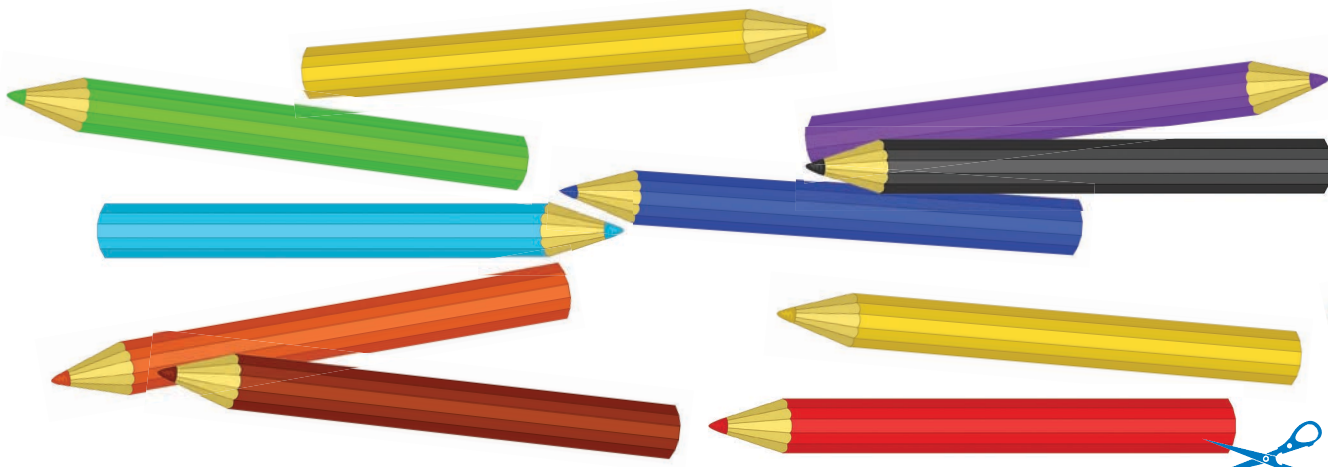
Bobani labantfu labehlukene esikolweni? Bukisisa lesitfombe bese ucoca ngekutsi babobani nekutsi bentani. Chubeka usike ligama lelifanele entasi emaphetselweni alelikhasi bese ulinamatsisela eceleni kwesitfombe lesifanele. Chazela umngani wakho kutsi angfika njani ehhovisi lathishelanhloko, emthoyi nasenkhundleni yekudlala.





Asitijabulise

Libhokisi lemapeniseli aJohani liwile. Bala kutsi mangakhi emakhirayoni lanawo, bese ubhala inombolo ebhokisini. Bese-ke, ephepheni lelisha, udvwebe sitfombe ngemibala legcamile lekhangako, kukhombisa kutsi wena nemngani wakho nidlala njani ninobabili. Dvweba umgega-sitfombe ugegelete umdvwebo wakho.



bantfwana

lokolobhako

thishela

umphatsisikolo

Teacher:

Sign:

Date:

7

Tindzawo letehlukene

Asente loku

Khombisa umngani wakho kutsi wena ungakhona ku …

bhaca ngaphansi kwanobe yini.



Ngibhace ngephansi kwelitafula.







Mani edvute kwanobe yini.

Bhaca emva kwanobe yini.

Mani etu kwanobe yini.

Asinyakate

Sebentisa ibhola noma sikhwama-bhontjisi lesikhulu sekuhlala. Kujike etulu ukugendze. Nyalo-ke simamisa kahle lesikhwama-bhontjisi enhloko yakho uhambahambe kancane. Nyalo-ke simamisa lesikhwama-bhontjisi enhloko yakho usahamba emkhondvweni wemushi wekukhanya nobe wemugca nje esiyilweni.







Ngiyakhona kujika.	☺	😐	☹
Ngiyakhona kugendza.	☺	😐	☹
Ngiyakhona kusimamisa sikhwama-bhontjisi enhloko yami.	☺	😐	☹

Lusuku:.....

Asinyakate

Gidzisa tinyawo takho ulandzele loluhlelo.



Snc = Sancele  Skdl = Sekudla 



Snc Skdl Snc Skdl Snc



Skdl Snc Skdl Skdl Snc Skdl Snc Skdl



Snc Snc Skdl Snc Snc Skdl Snc Skdl

Teacher:

Sign:

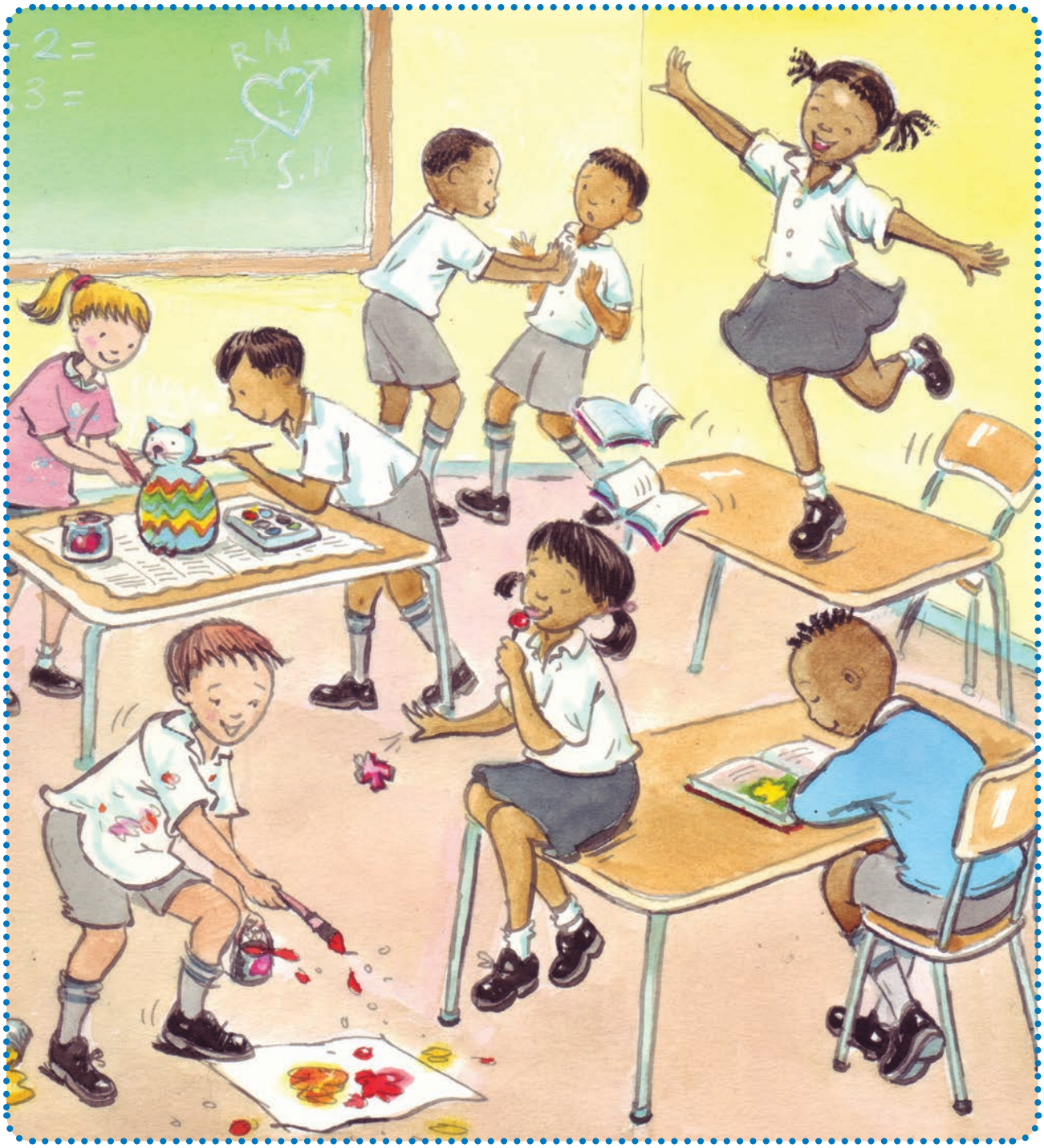
Date:

8

Liklasi lami

Asikhulume Bukisisa lesitfombe bese ukhuluma ngalokubonako.

Kuleliklasi, tintfo letimbi naletinhle tiyenteka. Ubona yiphi indlela lenhle yekutiphatsa? Ubona yiphi indlela lembi yekutiphatsa?



Lusuku:.....

Asikhulume

Faka ✔ eceleni kwekutiphatsa kahle bese ufaka siphambano ✘ eceleni kwato tonkhe tindlela tekutiphatsa kabi letingenteka esikolweni.









Teacher:

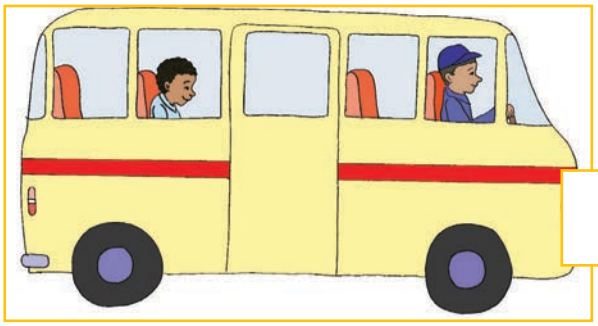
Sign:

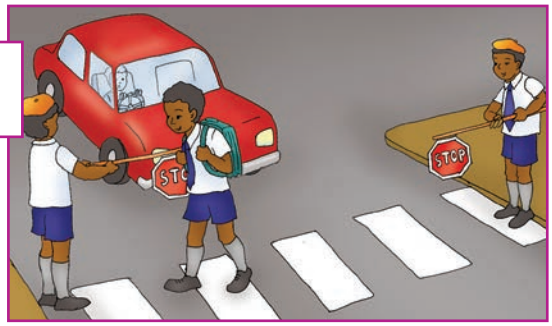
Date:

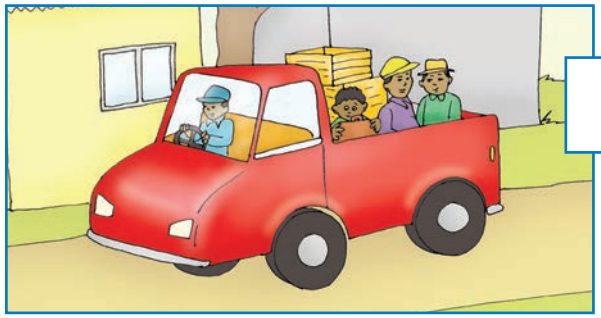
9 Sifika kanjani esikolweni

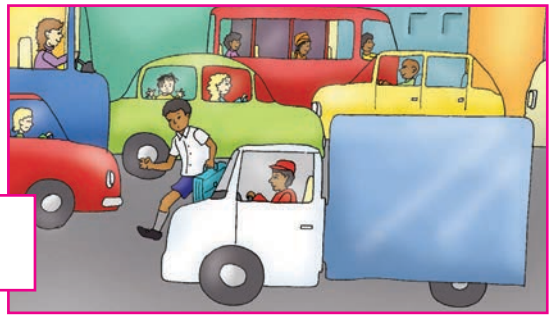
Asikhulume

Ufika njani esikolweni emalanga onkhe? Uphephile? Uyatati tindlela letingakaphephi? Coca nemngani wakho ngekutsi bantfwana baya njani esikolweni. Faka luphawu ✔ kuleto tindlela letiphephile kuya esikolweni. Faka ✘ kuleto letingakaphephi.









Ufika njani esikolweni ekuseni? _____

Asente loku



Nyalo-ke bita-5 sebangani bakho kutsi befika njani esikolweni emalanga onkhe Faka luphawu (✔) kulelishadi.

Emagama ebangani	1	2	3	4	5
ngelunyawo 					
ngebhasi 					
ngemoto/ngebhakhi 					

Asinyakate

	Yebo	Cha
Ngingagijima gwinji gwenje.		

Nagigijima, ngiyakhona kugucula umkhondvo lapho thishela wami angitjela kutsi ngente loko.

Lusuku:.....

Asente loku

Dvweba sitfombe kukhombisa kutsi uta kanjani esikolweni.

Asinyakate

Lalela lengoma thishela wenu latanidlalela yona.

Shukumisa umtimba wakho ulandzele sigci sengoma.

Goba emadvolo akho uchubeke welule imilente yakho.

Gungubalisa emahlombe ehle enyuke.

Shwila emacakala akho aye ngesencele abuye aye ngesekudla.



Asinyakate

Wena nemngani wakho kufute nijikelane nibuye nigendze ibhola.
Sebentisa umkhono wakho lobutsakatsaka kujika ibhola ibuyele emuva.

Ngikhonile yini kujika ibhola ngesandla sami lesibutsakatsaka?





Asinyakate

Yenta kuhamba njengelibhala nemlingani wakho lomunye eklasini.



Teacher:

Sign:

Date:

10

Ngitigcina ngihlobile

Asikhulume

Kumcoka kufundza imikhuba lemihle kusukela ebuncaneni.
Nati letinye tintfo lokufute utente kuhlala uhlobile futsi uphilile.
Khuluma ngesitfombe ngasinye.

Kufute ngi



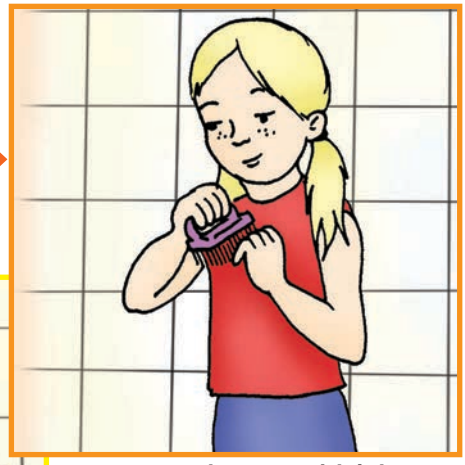
cubhe ematinyo ami.



geze tandla tami emva kwekusebentisa umthoyi.



geze kanyentana.



gcine tingalo tami tihlobile.



geze sitselo ngingakasidli.



sebentise umthoyi.



sebentise ithishu nangitsimula noma ngifinya.

Lusuku:.....



Asibhale

Ngutiphi kuletintfo lotidzingako kutigcina uhlobile? Faka umbala kuletinkhanyeti kukhombisa kutsi ngutiphi tintfo lotisebentisako kuhlala uhlobile. Phindza usho kutsi uyisebentisa njani intfo ngayinye kutigcina uhlobile.



Faka luphawu ✔ nawukhona kwenta loku lokulandzelako:	yebo	cha
Ngiyakhona kucanca liladi endzaweni esakhiweni sekudlala.		
Ngiyakhona kunkonkoshela ngeminwe ngiye embili.		
Ngiyakhona kukhasa ngiphumele ngale kwesakhiwo sekudlala.		

Teacher:

Sign:

Date:

11

Imikhuba lemihle



Asifundze

Leminye imikhuba lemihle yekusebentisa kahle umthoyi.

Khumbula



Njalo nje vala sivalo semthoyi nawusebentisa umthoyi.



Nawungcolisile emthoyi, khumbula kuwugeza uhlobe.



Musa kusebentisa liphepha lemthoyi lelinyenti kakhulu.



Khumbula kufulasha umthoyi.



Njalo-nje geza tandla takho emva kwekusebentisa umthoyi.

Lusuku:.....

Asibhale

Kipilitela emagama langiwo lasitjela kutsi sidzinga kutenta emahlandla lamangakhi letintfo letilandzelako.

Kugeza tinwele takho.



onkhe emalanga | ekuseni nakusihlwa

kabili ngeliviki | kanye ngeliviki

Kucubha ematinyo akho.



onkhe emalanga | ekuseni nakusihlwa

kabili ngeliviki | kanye ngeliviki

Kugeza umtimba wakho.



onkhe emalanga | ekuseni nakusihlwa

kabili ngeliviki | kanye ngeliviki

Kugeza buso bakho.



onkhe emalanga | ekuseni nakusihlwa

kabili ngeliviki | kanye ngeliviki

Teacher:

Sign:

Date:

12

Umtimba wami

Asinyakate

Dlalani "Simoni utsi" nathishela wenu.
Tfola indzawo yakakho wetame kuhamba ungashayisi labanye.
Simoni utsi "tsintsa inhloko yakho."

Ase sikhombise

Khombisa umngani wakho
kutsi ukwenta njani loku:

Kugeza tandla takho.

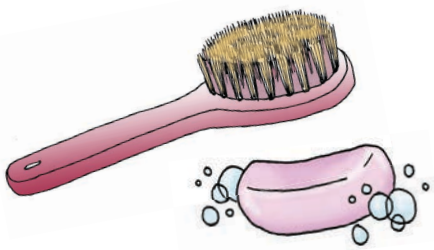




Kwesula tandla takho.



Kukama tinwele takho.





Kucubha ematinyo akho.

Kugeza buso bakho.





Lusuku:.....



Asinyakate

Khombisa lesilandzelo ngemnyakato.

Ngiyakhona kushaya tandla tami

ngigidze ngetinyawo tami

Ngiyakhona kuvuma
ngenhloko yami

ngijikitise imikhono yami

Ngiyakhona kushwilana
ngetintwane tami

ngitsintse imphumulo yami.



Teacher:

Sign:

Date:

13

Imikhuba lenemphilo

Asifundze Sidzingani kuhlala siphilile!

Luhlelo-kudla lolunemphilo



Kushukuma kwemtimba lokwenele



Kutigcina sihlobile



Kuba ngephandle emoyeni lohlobile



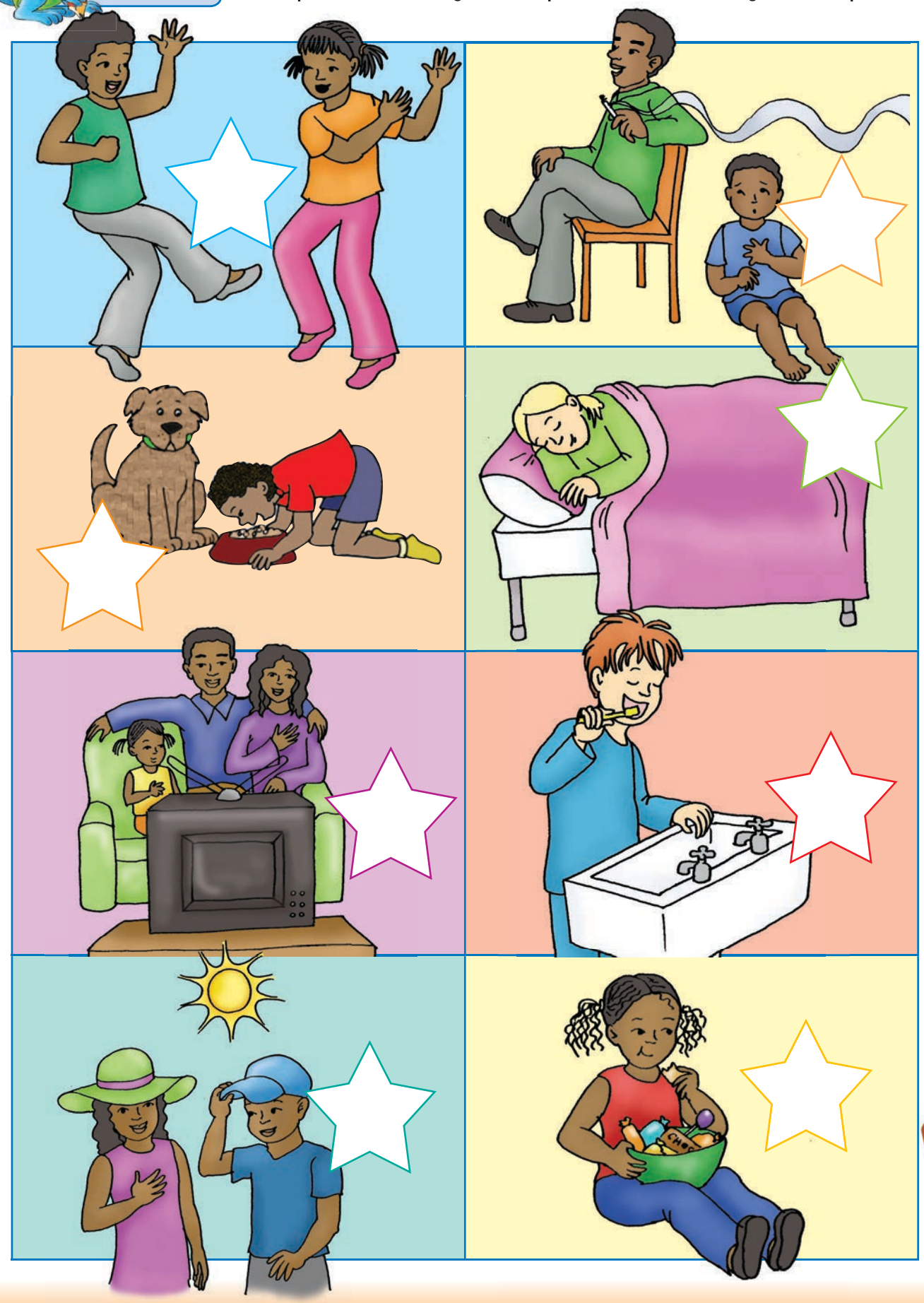
Kulala ngalokwenele singabukeli mabonakudze ngalokwecile!



Lusuku:.....

Asibhale

Faka luphawu ✔ emikhutjeni lenemphilo ubhale ✘ emikhutjeni lete imphilo.



Teacher:

Sign:

Date:

14

Kuhloba nebunaka

Asente loku

Khombisa kutsi utisebentisa njani letintfo.



inhlama yekucubha



sicubho

insipho





ishampu



emafutsa etandla



likamo



libhulashi



libhulashi letingalo



kwekujuba tingalo

Lusuku:.....

Asinyakate

Bambanani ngetandla kwakha indilinga lenkhulu.

Nyalo-ke jikelanani ibhola lomunye kulomunye kulendilinga.

Chubekani nengete lenye ibhola nayo nijikelane ngayo futsi.

Chubekani nengete lenye futsi ibhola netame kujikelana lawo mabhola lamatsatfu (3).



Asikhulume

Yiniletse hlikilili kulendlu?

Yini lokufute uyente kute indlu ihlobe?

Bentani labantfwana? Yini lokufute bayente?



Teacher:

Sign:

Date:

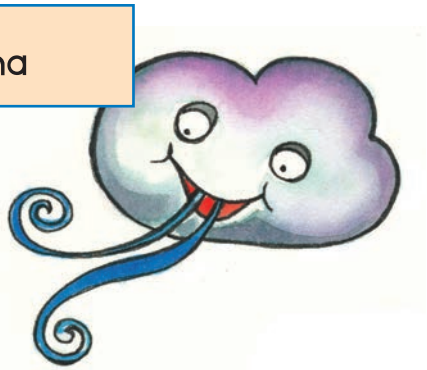
15

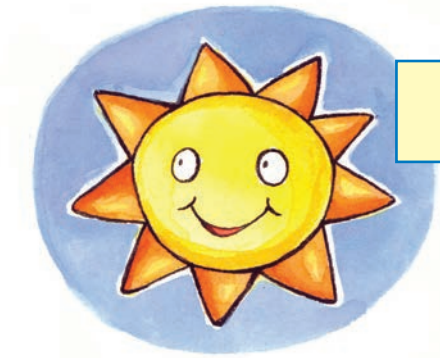
Simo selitulu

Asikhulume

Ase ubuke letinhlobo letehlukene tesimo selitulu bese ucocela umngani wakho kutsi utsandza luphi luhlobo kakhulu kuto tonkhe.

liyahhusha

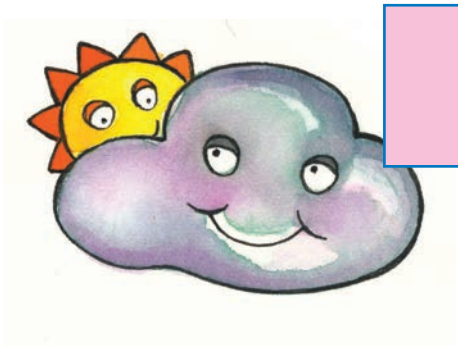




libalele

liyana





lisibekele futsi liyabandza



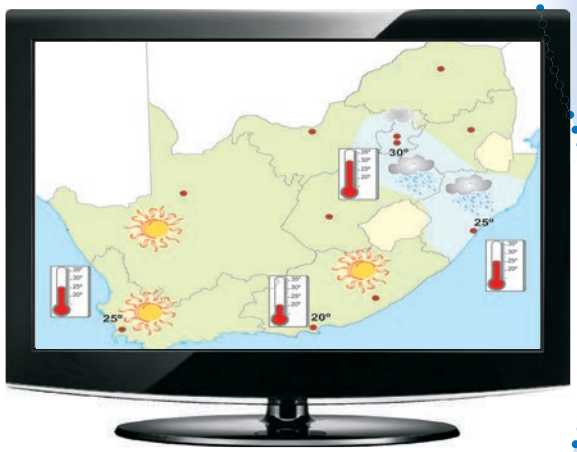
Kuletinye tincenye telive letfu, kulesinye sikhatsi kuyabandza kangangoba kukhitsika lichwa lambayiyane. Kulokunye simo selitulu siba netimvula.

Umoya lonemandla, kutsiwa sishingishane.

Asente loku

Tidvwebe sitfombe sakho usemvuleni noma echweni.
Tidvwebe sitfombe sakho ephepheni lelikhulukati, usebentisa emakilayoni lamakhulu.
Didiyela umphendvuli-mbala lolinganane emantini upende likhasi lonkhe.
Fafata pendi lomhlophe esitfombeni sonkhe.

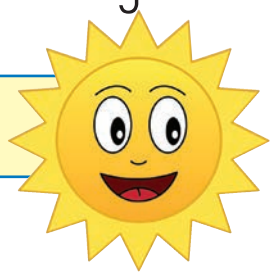
Lusuku:.....



Asifundze

Sisebentisa lishadi lesimo selitulu kukhombisa kutsi simo selitulu sinjani. Sisebentisa timphawu kukhomba tinhlobo letehlukene tesimo selitulu. Nati letinye taletimphawu.

libalele

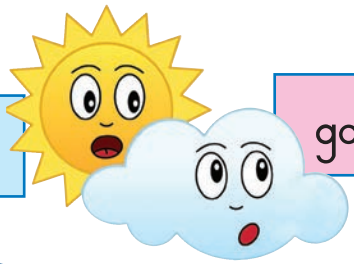


liyana





lisibekele

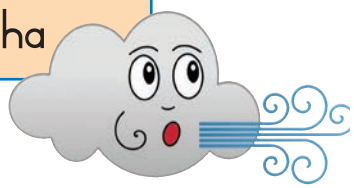


gcwa-gcwa emafu

mbayiyane



liyahhusha



Asikhulume

Cocela umngani wakho kutsi ugcoka tembatfo tini esimeni selitulu ngasinye.

Asente loku

Dvweba timphawu tesimo selitulu kucedzela lishadi lakho lesimo selitulu saleliviki.

uMsombuluko	Lesibili	Lesitsatfu	Lesine	Lesihlanu

Asibhale

Besinjani simo selitulu kuleliviki? Gcwalisa emagama lashiyiwe.

Lamuhla li _____.

Itolo beli _____.

Ngiyetsemba kusasa litakube li _____.

Teacher:
Sign:
Date:

Simo selitulu

Asente loku

Lingisela ngeminyakato timo letehlukene telitulu.



Yendlala imikhono yakho ivuleke kakhulu ngetulu kwenhloko yakho wente shengatsi ilifu lelikhulukati.



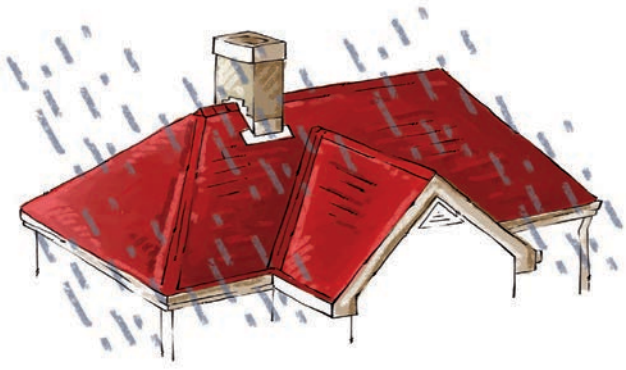
Unesambulelo sekukuvikela elangeni.



Nyakatisa imikhono njengemoya lohhushako.



Bamba sambulelo sakho sicine kusivikela singapheshulwa ngumoya lomkhulu.





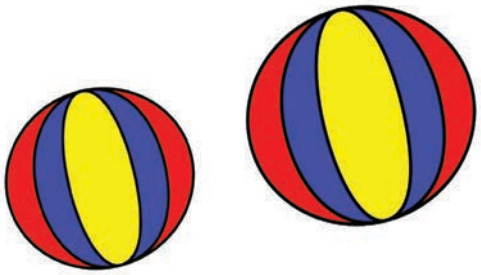
Tsani chapha-chapha njengematfonsi emvula anela etu kweluphahla lwendlu.

Lusuku:.....

Asinyakate

Bambanani ngetandla kwakha indilinga lenkhulu.

Jikelanani nibuye nigendze ibhola.





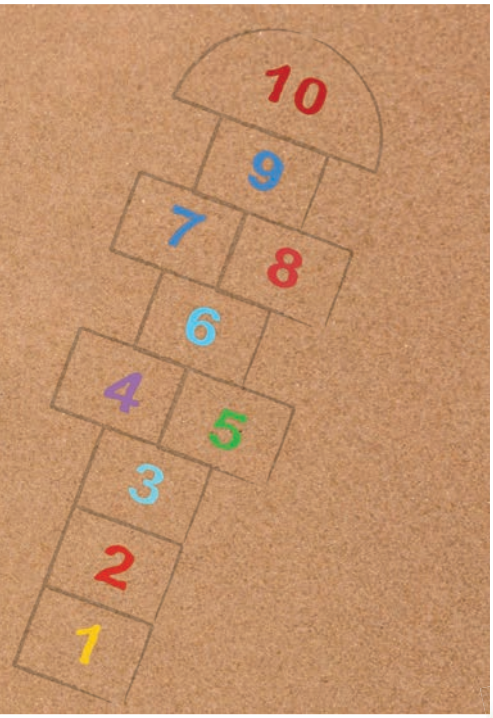
Cabangani ngetindlela letehlukene tekunyakata nekuviya ningawi nanihamba etu kwentsambo. Bona kutsi wena ungacabanga yini ngendlela yekuhamba leyehlukile kubalingani bakho eklasini.

Asitijabulise

Dlalani mkoko. Dvwebani letinye tibaya netindilinga esihlabatsini.







Asinyakate

- Khombisa umngani wakho kutsi wena uzuba njani usebentisa incatfu.
- Thishela wakho utakukhombisa indlela yekudlala leminye imidlalo yedzabuko.



Teacher:
Sign:
Date:

17

Umndeni wami

Asikhulume

Bewati nje kutsi imindeni kayifani yonkhe?

Leminye imindeni mikhulu kantsi leminye mincane. Leminye inabomake nabobabe kantsi leminye ite. Leminye imindeni ihlala nagogo namkhulu, bomalume, bomamncane nabomzala.

Ase ubuke leti titfombe bese ucocela umngani wakho kutsi lemindeni yehluka njani munye kuleminye. Sebentisa lamagama lakusilulumagama.

make	babe	dzadze
mkhulu	umnaketfu	nana
gogo	umndeni	







Lusuku:.....



Asibhale Ngubani lenihlala naye ekhaya kini?



Ngubani lenihlala naye ekhaya kini?

_____.

Ekhaya kini kunebantfu la _____ linani.

Ngubani lomncane kini nonkhe ekhaya kini? _____.

Ngubani lomdzala kini nonkhe ekhaya kini? _____.



Asikhulume Sonkhe sinemisebenti lesiyenta emakhaya etfu. Bukisisa letitfombe bese usho ligama lemuntfu lowenta lemisebenti ekhaya kini.



Bhala umusho munye ngemsebenti lowente itolo.

_____.

Teacher:

Sign:

Date:

18

Umndeni wami

Asitijabulise

Dvweba sitfombe sanobe yini wena nemndeni wakho lenikwenta ndzawonye. Shano kutsi ngubani lowo muntfu. Sebentisa lamagama kukusita.

make	babe	dzadze
mkhulu	umnaketfu	nana
gogo	umndeni	



Umndeni wami

Lusuku:.....

Siyanakekelana

Asifundze

Emalunga emndeni kufute atsandzane futsi anakekelane. Sikhombisa kutsi siyatsandzana ngekubambana tandla nekusitana sibuye sihloniphane. Sidzinga...

- kusitana.
- kuphatsana ngenhlonipho (kakhulu kubantfu labadzala).
- kwenta imisebenti yetfu ngesikhatsi.
- kwetsembeka kulesikwentako.



Asikhulume

Ase ubuke leti titfombe bese uyasho kutsi labantfwana bayikhombisa njani imindeni yabo kutsi bayayikhatsalela. Nyalo-ke yenta silinganiso mdlalo kukhombisa kutsi kwentekani esitfombeni ngasinye.



Asente loku

Dvweba sitfombe saloko lokwentako kukhombisa umndeni wakho kutsi uyawukhatsalela. Cocela umngani wakho ngaloko lokudvwebile.

Teacher:
Sign:
Date:

20

Kukhombisa kutsi uyakhatsalela

Asikhulume

Khuluma ngekutsi uwabona asitana njani lamalunga emindeni. Faka tinombolo kuletitfombe kusuka ku 1 kuya ku 4 kukhombisa kulandzelana ngendlela.



Asifundze

Imisebenti yetfu yakusihlwa.

Make upheka kudla.

Babe ugeza emabhodo.

Mine nemnaketfu sisita make nababe.

Sisita kakhulu.

Sibeka kahle lubisi nesinkhwa.

Bese silungela kuyowulala.

Ase usitekele inganekwane yakusihlwa tsine!



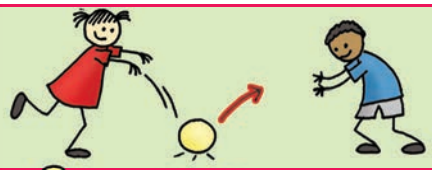
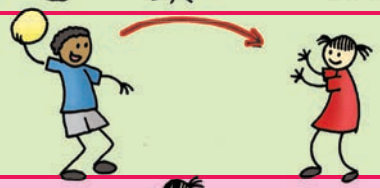
Lusuku:.....

Asente loku

Yenta likhadi wakhele umuntfu lokunakekelako. Dvweba sitfombe ubhale ligama lalomuntfu.

Asente loku

Ungakwenta loku lokulandzelako?

	ungayendlulisa ibhola ngekuyigcumisa phasi iye kumlingani wakho.	yebo	cha
	ungayendlulisa ibhola ngekuyijika ngesandla iye kumlingani wakho.	yebo	cha
	ungayigcumisa ibhola ngemadvolo akho.	yebo	cha
	ungayishaya ibhola iye kukhoni.	yebo	cha
	ungayeyisa ngebhola emkhatsini walabamakako.	yebo	cha
	ungayikhahlela ibhola iye nobe kuphi ubuye uyishaye.	yebo	cha

Teacher:
Sign:
Date:

Kuphepha ekhaya nemaphetselo (1)

Asikhulume

Njalo-nje kufute sitivele siphephile uma sisekhaya. Kodvwa tinyenti tingoti ngekhatsi nasemaphetselweni emakhaya etfu. Ase ubuke lesitfombe, bese ukhuluma ngaletinye tetingoti nemngani wakho.

Ekhishini

- Gucula tibambo temabhodo nemapani tibheke emuva nesitofu.
- Ungashiyi imikhwa lekhaliphile noma kuphi nje.
- Khiyela bopharafini nemitsi endzaweni lephephile.
- Ungashiyi emathoyisi atse citsi saka.





Endlini yekugezela

- Ungasebentisi tintfo letidzinga gezi madvutane nemanti.
- Musa kutishiya madvute nemanti.
- Beka tikelo naletinye tintfo leticijile naletikhaliphile khashane le ekhabetheni.
- Ungabolekisi sicubho sakho kulomunye umuntfu.

Lusuku:.....



Kudvuma, kumanyata nagezi.

- Ungacali ume ngaphansi kwesihlahla nalidvuma.
- Ungase nje uke ufake lutfo embotjeni yagezi eludvongeni. Cela lomunye lomdzala kuwe akusite.

Ngephandle nelikhaya

- Cobonga ugcogce tintfo letingakulimata, njengengilazi leyephukile. Kufake emgconyeni wetibi.
- Musa kudlala madvute nesitiba, ngaphandle nangabe unemuntfu lomdzala.





Ngekhatsi ekhaya

- Musa kushiya emathoyisi naletinye tintfo kutse citsi saka.
- Musa kudlala ngapharafini noma tintfo tekugezisa letinashevu.
- Uma ubona kutsi intsambo yagezi ye-ayini noma yeligedlela seyivitsikile, cela make noma babe wakho ayilungise.



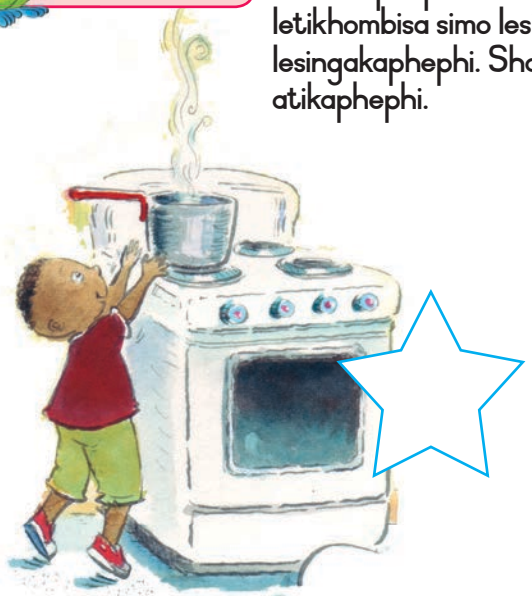
22

Kuphepha ekhaya nemaphetselo (2)

Asikhulume

Kuhlala uphephile

Ase ubuke lesitfombe bese uyasho kutsi ngutiphi titfombe letikhombisa timo letiphephile natiphi letingakukhombi loko. Faka luphawu (✔) kuleto letikhombisa simo lesiphephile ufake siphambano (✘) kuleto letikhombisa simo lesingakaphephi. Shano kutsi kungani ucabanga kutsi letimo tiphephile noma atikaphephi.













Lusuku:.....



Asikhulume

Kukhona tintfo letingakaphephi ekhaya kini? Yini longayenta ngaloku? Boshevu, imitsi netintfo tekugeza lokutsite tiyingoti lembi. Ungacali nje unatse noma yini uma ungati kutsi kuyini.





Loluphawu lusho kutsi nobe yini lengekhatsi kulelibhokisi kumbe sikotela ingushevu.

Uke watibona letimphawu ngaphambilini?



Asente loku

Thishela wenu utanidlalela ingoma letsite.



- Nyakatani ngesigci sengoma.
- Khetsani umholi. Umholi kufute anyakate ngesigci sengoma. Wonkhe-wonkhe kufute ente njengemholi anyakate ngendlela lefana neyakhe.
- Simama ngamlente munye.
- Nyalo-ke simama ngalona lomunye umlente.
- Ngumuphi umlente lonemandla?
- Beka indophi lendze phasi esiyilweni nobe udvwebe umugca. Hamba madvute nelucu nobe umugca, uhlale usimeme.
- Nyalo-ke gucula sakhiwo selucu nobe umugca bese uhamba madvute nawo uhlale usimeme.



Teacher:

Sign:

Date:

Kuphepha nangingedvwa ekhaya

Asikhulume

Sewufundzile ngetintfo letingakulimata ekhaya nemaphetselweni. Ungatigcina kanjani uphephile nawusele wedvwa ekhaya?



Nawusele wedvwa ekhaya, ungenta loku kuhlala uphephile.



Musa kuvulela tihambi sivalo.

Khiya tonkhe tivalo letiphumela ngephandle.



Lusuku:.....

- Cinisekisa kutsi uyatati tinombolo telucingo lwebatali bakho nebantfu labahlala madvute nawe, bomakhelwane.
- Yenta luhla lwetinombolo letimcoka, nakwenteka kuba khona lokuphutfumako.



Asibhale Yenta lwakakho luhlu lwetinombolo letimcoka.

Emaphoyisa: _____



I-ambulensi: _____



Bosocimamlilo: _____



Makhal'ekhikhini wamake: _____

Makhal'ekhikhini wababe: _____

Ngubani lomunye longamshayela lucingo nawudzinga lusito?

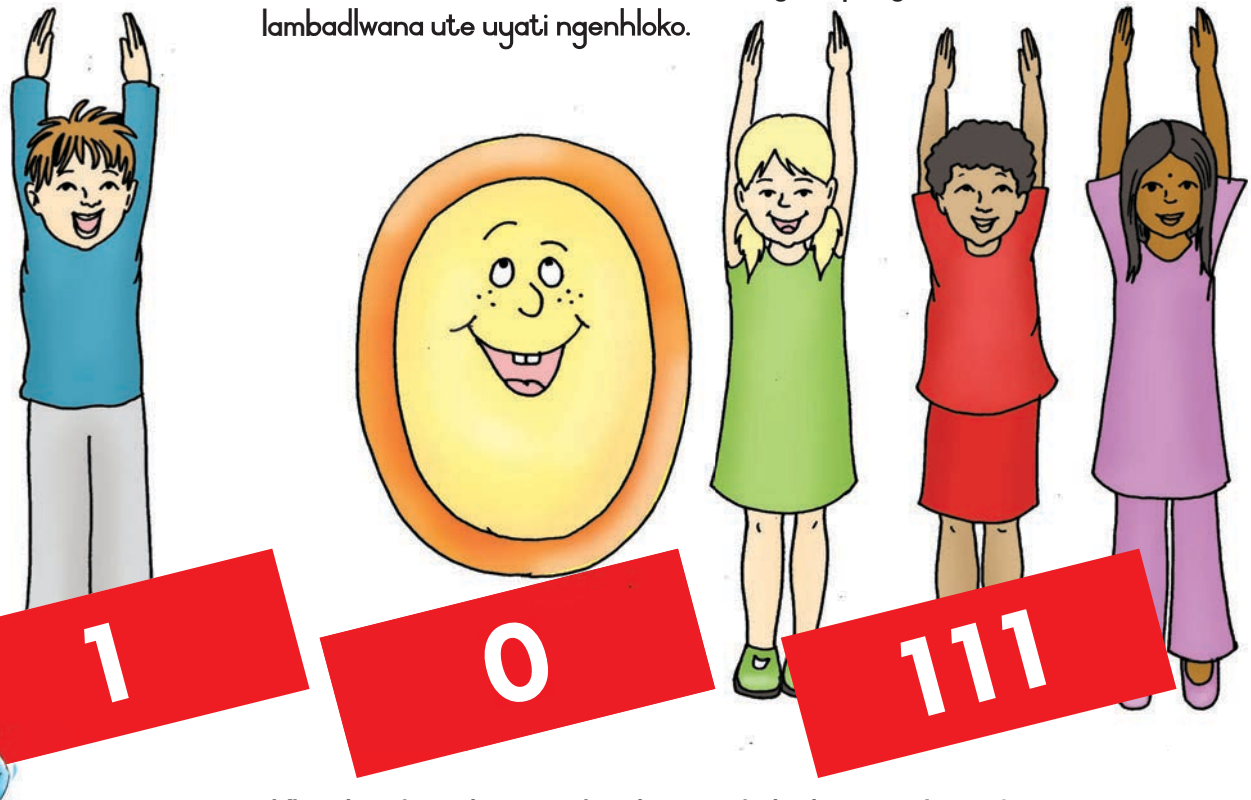
_____

Teacher:
Sign:
Date:

Lokunye kwekukhunjulwa

Asikhulume

Nansi indlela lemalula yekukhumbula inombolo yelucingo yemaphoyisa. Buka letitfombe bese ucocela umngani wakho kutsi letitfombe tikusita njani kukhumbula tinombolo. Inombolo 10111 yemaphoyisa. Yisho emahlandla lambadlwana ute uyati ngenhloko.



1 0 111

Asinyakate

Khombisa kutsi bewungahamba njani kube bewungulomntfwana losesitfombeni ngasinye.



Ungahamba njani nawucoshwa ngumuntfu longamati?



Ungahamba njani nawusita make wakho kubhaka likhekhe?



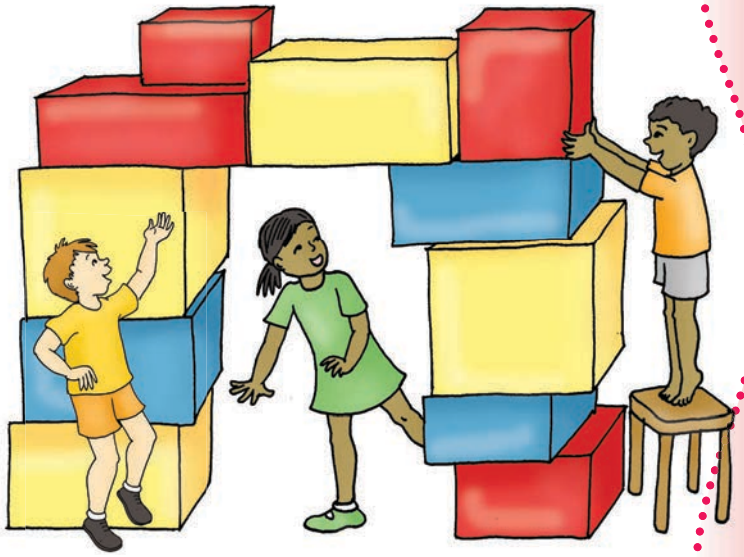
Ungahamba njani uma ungema etu kwemabhodlela lephukile?

Lusuku:.....



Asente loku

Ase ubone kutsi ungayakha yini yakho indlu.



- Tfola emakhadibhodi lamadzala wakhe tindvonga neluphahla.
- Unganamatsisela emabhokisi ndzawonye ngesinamatselisi.
  Nase iphelile indlu, ungabese uyayipenda.
- Nawungalitfoli likhadibhodi, sebentisa nobe yini lenye, kodvwa musa kusebentisa ingilazi nemabhodlela kumbe kumbe loko lokungakulimata.



Asinyakate

Jika sikhwanyana nobe ibhola emoyeni bese uyayigendza ngesandla sakho lesibutsakatsaka.



Sita thishela wakho kukhiphela ngephandle kwelikilasi titulo, ematafula nemabhokisi.

Canca etu kwetitulo, ematafula nemabhokisi, khasa ngaphansi kwematafula uzube wehle kuwo.

Yetama kusimama nganyawo lunye esitulweni.





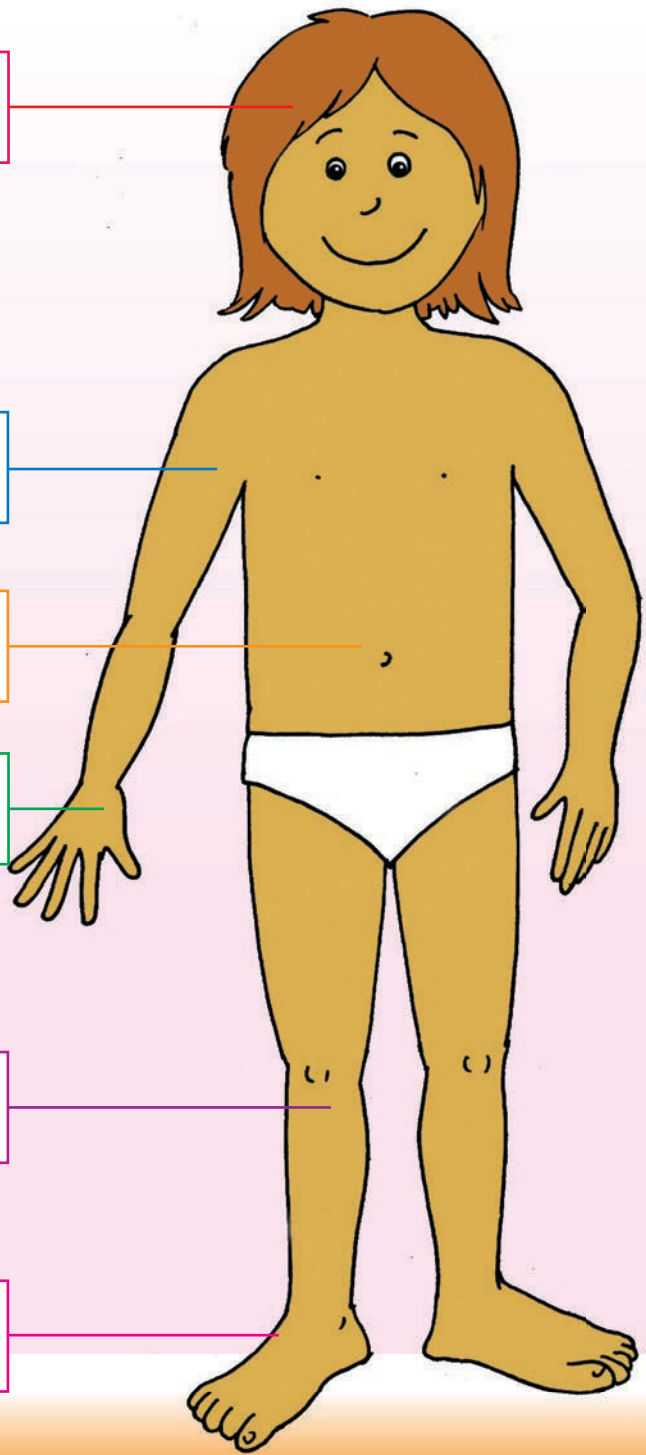
25

Umtimba wami



Asibhale Bhala emagama etikhaleni letifanele.

umlente	sandla	inhloko
sisu	lunyawo	umkhono



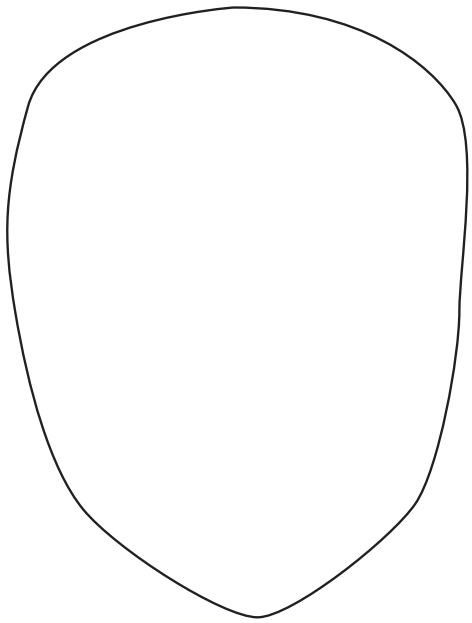
Lusuku:.....

Asidvwebe

Cedzela lomdvwebo webuso.

Dvweba tinwele. Yetama kukopa buso bakho. Uma unemehlo labubendze, dvweba emehlo labubendze. Uma unetinwele letintima, dvweba tinwele letintima.

Dvweba emashiya akho, likhala nemlomo wakho.



Buso bakho buyincenye lemcoka yemtimba wakho.



Ngamunye sinama-2 emehlo.



Ngamunye sinati-2 tindlebe.



Ngamunye sinali-1 likhala.



Ngamunye sinamu-1 umlomo.

Ase sihlabele

Hlabela lengoma. Tsintsa incenye yemtimba wakho usahlabela ligama laleyo ncenye.



Inhloko nemahlombe

Inhloko nemahlombe, sifuba nelukhalo,

emadvolo netintwane, emadvolo netintwane

Inhloko nemahlombe, emadvolo netintwane

Inhloko nemahlombe, madvolo netintwane, emadvolo netintwane,

emadvolo netintwane

Asinyakate

Simon utsi ...

Teacher:

Sign:

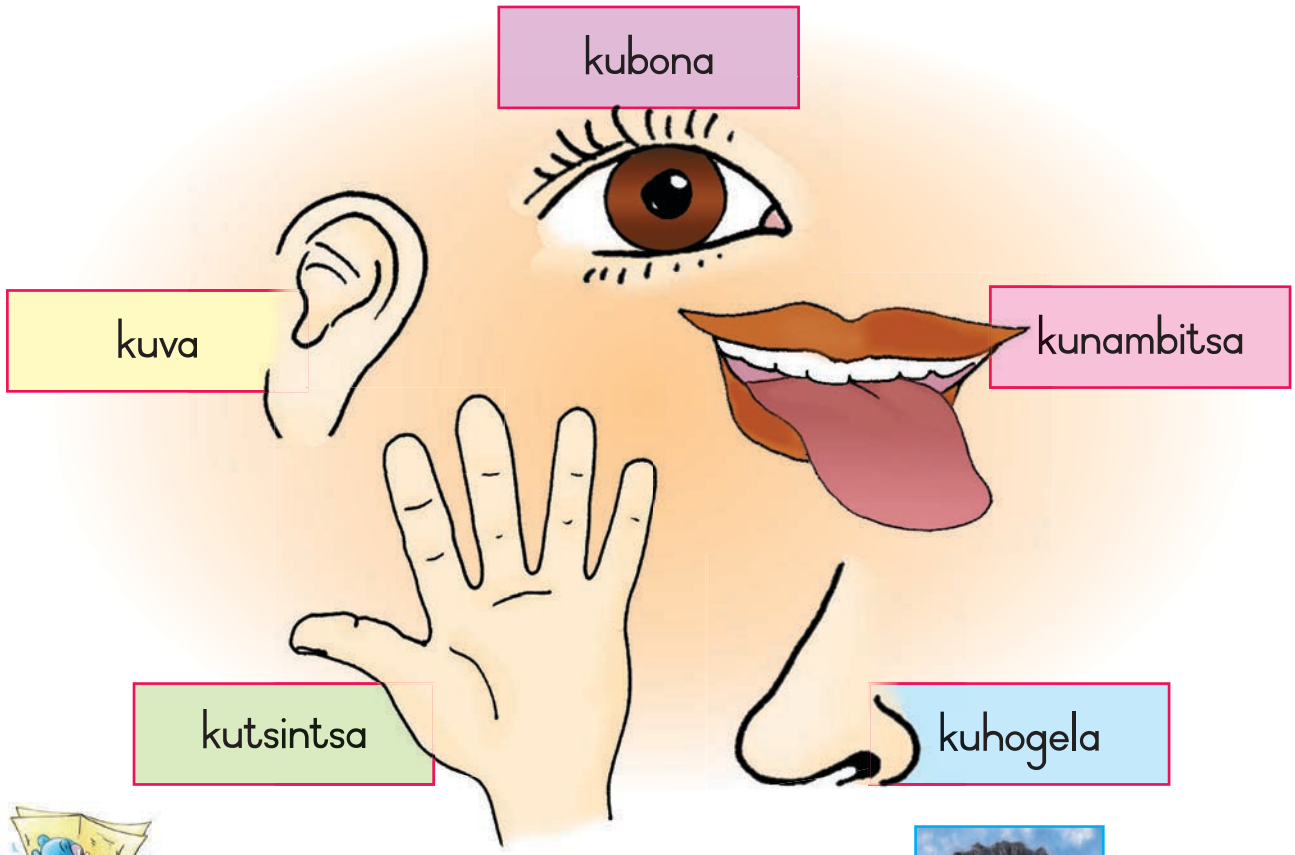
Date:

Imivo yami



Asikhulume

Ase ubuke letinhlobo letehlukene temivo bese uyasho kutsi yini lesiyisebentisela kona.





Asifundze

Sisebentisa imivo yetfu onkhe emalanga. Sihogela sinambitse kudla kwetfu. Singeva kutsi lusiba lufotjotela kanganani. Siyabona kutsi sibhakhabhaka siba luhlata kwani ehlobo. Siyayiva ingoma.

Imivo yetfu isigcina siphephile. Singahogela nakunemlilo. Singasiva sitofu kutsi sishisa kakhulu. Singabona nakungakaphephi kwewela umgwaco. Singawuva umsindvo wesecwayiso.



Lusuku:.....

Asente loku

Kunakekela emehlo netindlebe tetfu.

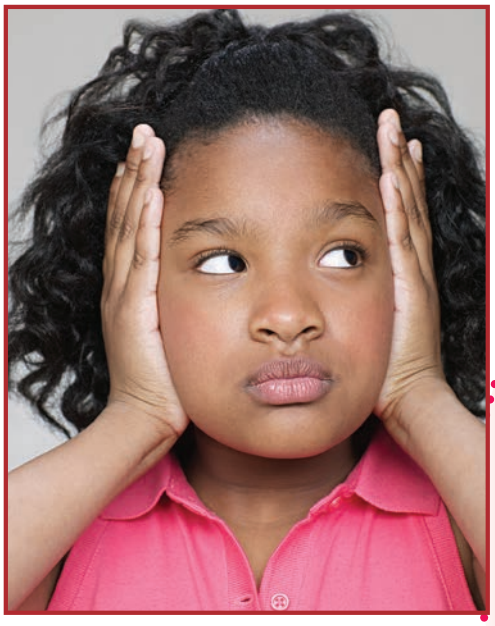
Sidzinga kunakekela imivo yetfu.

Nati tindlela letimbili tekunakekela emehlo akho netindlebe takho.



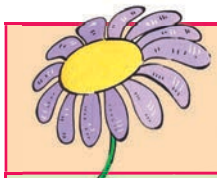
Nakekela tindlebe takho ngekungalaleli umsindvo losetulu kakhulu.

Nakekela emehlo akho ngekugcoka likepisi nobe tibuko telilanga. Musa kubuka ngco lilanga.



Asibhale

Ase ubuke lelithebula lelingentasi, bese emgceni ngamunye ufaka luphawu ✔ kulowo muvo kumbe imivo longayisebentisa. Ungakhomba imivo ibe minyenti.

	kuhogela	kunambitsa	kubona	kuva	kutsintsa
					
					
					
					
					

Teacher:

Sign:

Date:

27

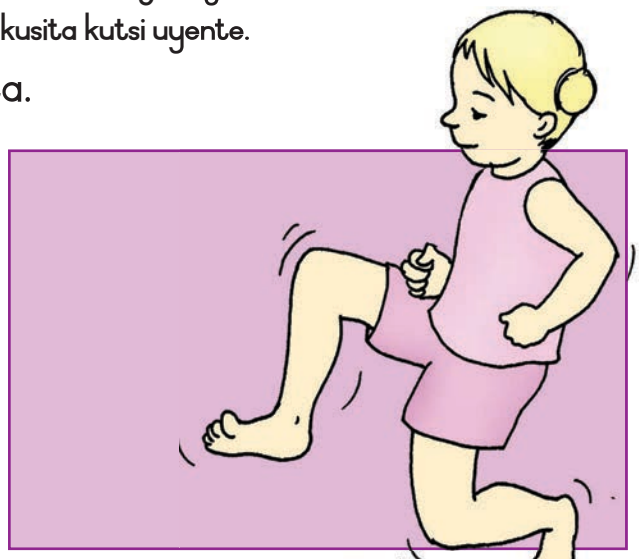
Kunyakatisa umtimba wami

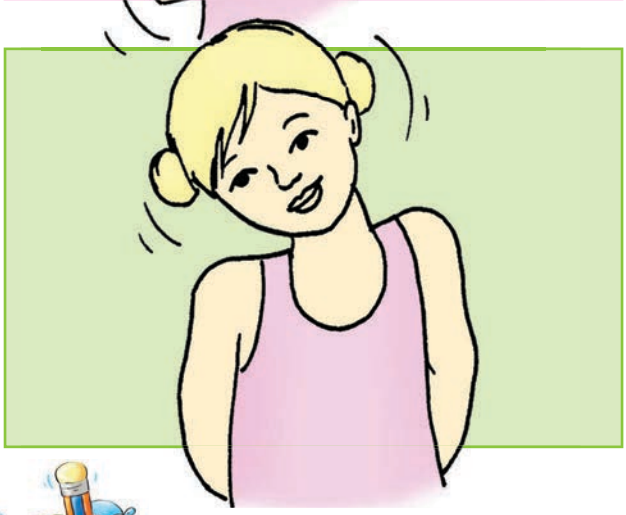
Asikhulume

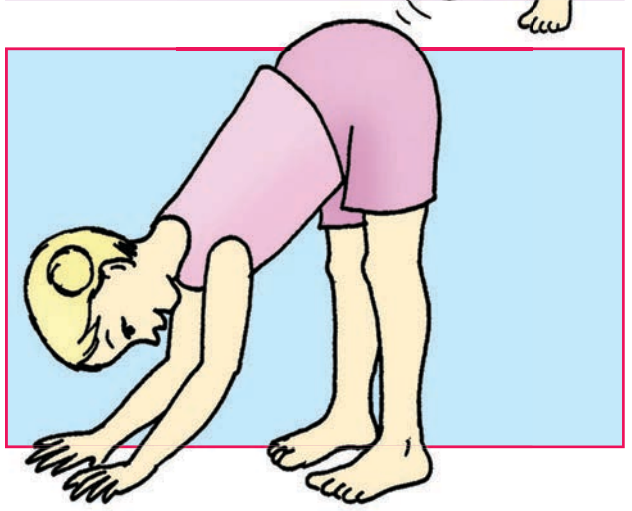
Ase ubuke letitfombe. Esitfombeni ngasinye, shano titfo temtimba bese uyasho kutsi yini letikusita kutsi uyente.

Sisebentisa imitimba yetfu kunyakata.









Asibhale

Phendvula lemibuto nemlingani wakho. Chubeka ubhale timphendvulo encwadzini yakho, ngaphansi kwemibuto.

Ngutiphi titfo temtimba wakho lotisebentisa kuhamba?



Ngutiphi tincenye temtimba wakho lotisebentisako nawucukula intfo?

Asinyakate

Thishela wakho utakukhombisa kudlalwa kwemdlalo lotsi "likati neligundvwane".



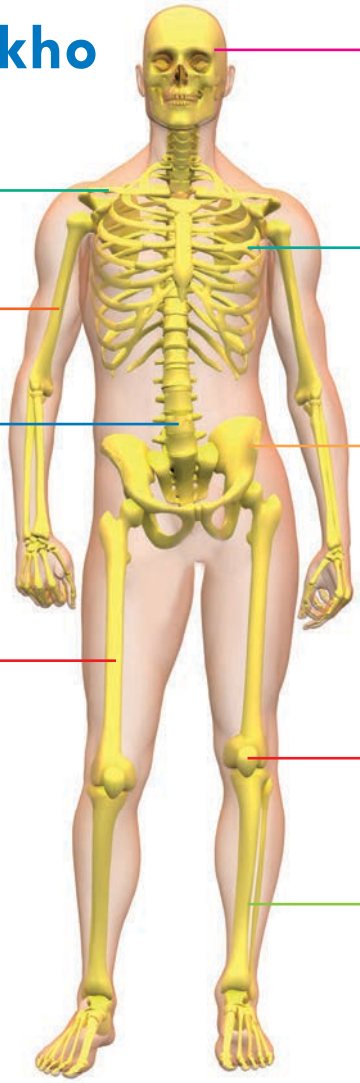
Lusuku:.....



Asifundze

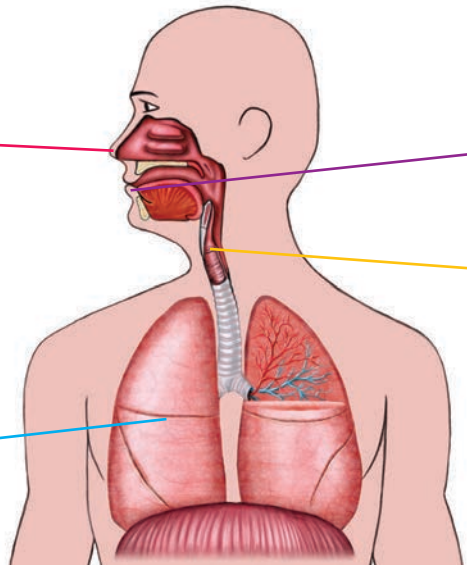
Kubuye kube khona titfo temtimba wakho longatiboni.
Tisebenta kanye kanye kukugcina uphila.

Ematsambo akho



- lukhakhayi
- litsambo lelihlombe
- lubhambo
- litsambo lemkhono
- umgogodla
- ingculu
- litsambo lelitsanga
- livi
- litsambo lemlente

Titfo temtimba wakho letikusita kutsi uphefumule



- imphumulo
- umlomo
- umphimbo
- liphaphu

Teacher:
Sign:
Date:

28 Sicabanga ngekuphepha

Asikhulume

Ase ubuke letitfombe ngentasi, bese ucocisana nemlingani wakho ngaloko lenikubonako. Esitfombeni ngasinye, shano kutsi ungahlala njani uphephile.



Ubona umngani wakho ngesheya kwemgwalo.



Ume wedvwa esiteshini sebhasi.



Sihambi sikucela kutsi uhambe naso niye endzaweni letsite.

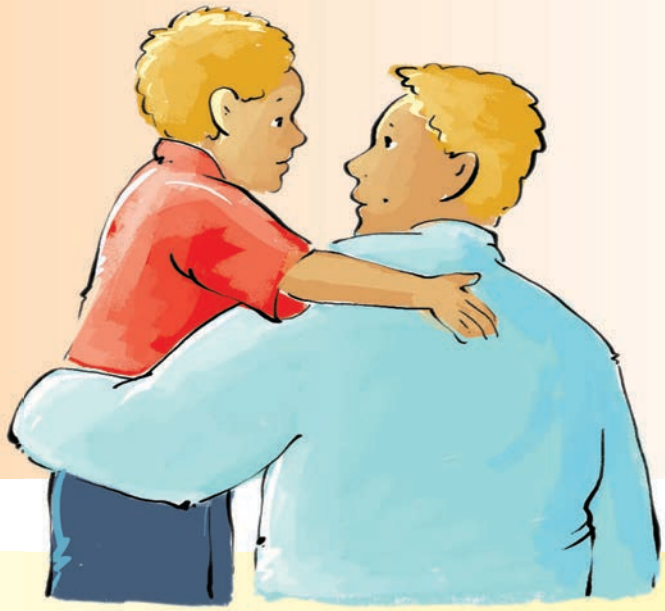


Ulahlekile etitolo.

Lusuku:.....

Sinemivo ya "yebo" uma kukhona losigonako futsi siva kulungile loko.

Kuvakala kulungile kugonwa ngumuntfu lomtsandzako ngendlela lenebungani nalenekunakekela .





Wota lapha sisana. Ngitakupha emaswidi kodvwa ungatjeli muntfu.

Siba nemivo letsi "cha" nakukhona lositsintsa ngendlela lesenta sive sesaba noma sicansuka. Uma siva sicansuka kumbe singakaphephi siba nemivo letsi "cha".

Umtimba wakho ukhetsekile futsi wakho wedvwa. Uvumelekile kutsi "yebo" uma kulungile kutsi umuntfu akutsintse, ubuye utsi "cha" uma kungakalungi.



Teacher:

Sign:

Date:

29

Kuhlala siphephile

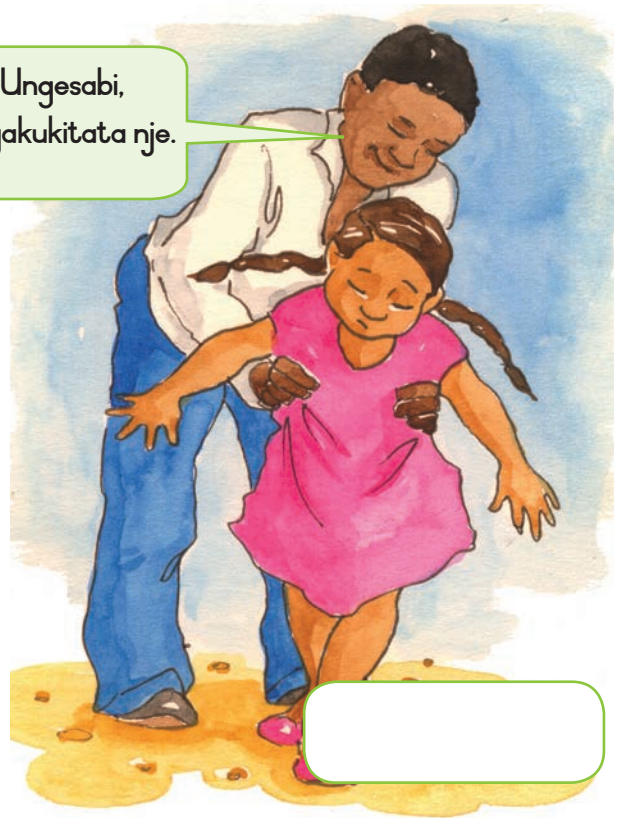
Asibhale

Ase ubuke letitfombe ngentasi bese ubhala Yebo emiveni lengu "yebo" na Cha kuleyo lengu "cha" kuletibaya.







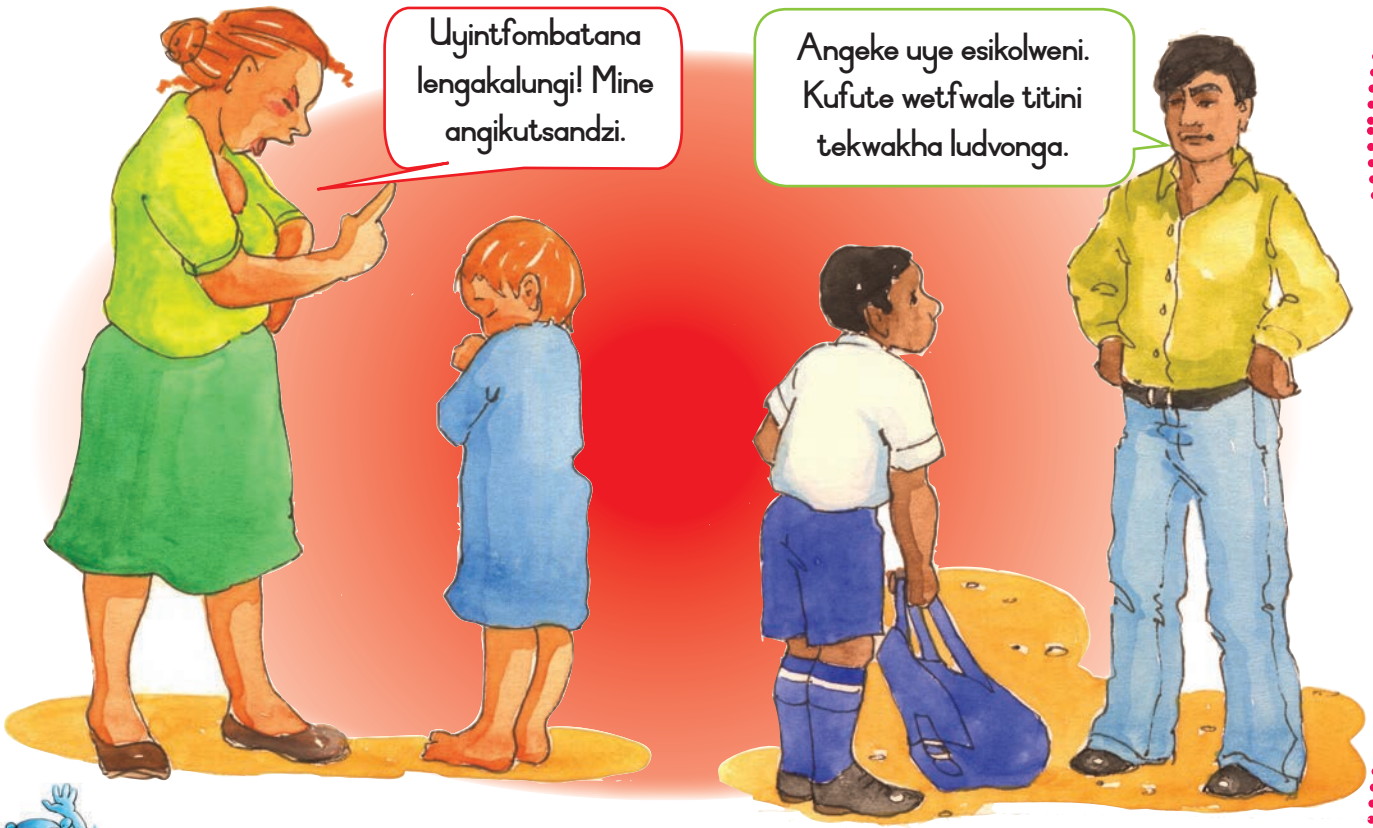


Lusuku:.....

Asente loku Tifundzise kutsi "cha".

Yentani silinganiso semdlalo lapho khona sihambi sifuna kutsatsa umntfwana ngemoto yaso kumbe sifuna kutsintsa umntfwana. Umntfwana utsi "cha".

Asikhulume Labanye bantfwana bahlala emakhaya lapho bangakanakekelwa khona. Ase ubuke letitfombe. Khuluma ngekutsi bewungativa njani kube bewungulomntfwana kuletitfombe. Shano kutsi yini lobewungayenta.



Asinyakate Dlalani umdlalo lotsi "mani-nsi".

Nyakata ngendlela loyitsandzako, uma thishela ashaya indweba, mani-nsi kuleso simo. Kufute unganyakati nakancane ate thishela akutjele kutsi sewunganyakata. Ungakhona nje kusimama? Hamba ngaphansi kwemushi wekukhanya lophansi impela kumbe madvute nelucu lolubekwe phansi esiyilweni.



Teacher:
Sign:
Date:

30

Kugcina umtimba wami uphilile



Asifundze



Tinyenti tindlela lesingatfola ngato kugula. Esikhatsini lesinyenti, siguliswa ngemagciwane netilokatana. Mancane kakhulu singeke sesiwabone emagciwane. Angangena emitimbeni yetfu asibangele kugula.



Asikhulume

Yini labantfwana labasetitfombeni labayentako kutigcina baphephile?
Yini lengenteka uma bangete batenta letintfo?









Lusuku:.....

Asikhulume

Nyalo cocani ngaletitfombe. Faka ✔ kulokukhomba kutsi ningahlala njani niphilile. Bhala ✘ etukwe titfombe letingakugulisa.













Teacher:

Sign:

Date:

31

Kugcina umtimba wami uphilile



Yini labayentako labantfwana labasetitfombeni kutigcina baphephile? Yini lengenteka uma bangete batenta letintfo?

Bewati nje kutsi lamanye emanti ahlobile kantsi lamanye angcolile? Ungacinisekisa kanjani kutsi emanti ahlobile futsi alungele kunatfwa?

Ungawabilisa emanti langcolile ngeligedlela kubulala emagciwane.





Ungacenga emanti langcolile. Thishela wakho utakukhombisa kutsi kanjani.

Ungatsela ithesipuni yi-1 yemhlobisi (njenge Jikhi) ebhakedeni lemanti emfula lelingema-20 emalitha. Mbonya libhakede kuvimbela kungena kwetimphungane. Yekela emanti ahlale ema-awa langema-28 embi kwekuwanatsa.



Lusuku:.....

Asikhulume

Ase ubuke leti titfombe bese ukhuluma ngekutsi yini labantfwana labayentako kuhlala baphilile.

Lahla emathishu lasebentile emthoyi nobe emgconyeni wetibi.

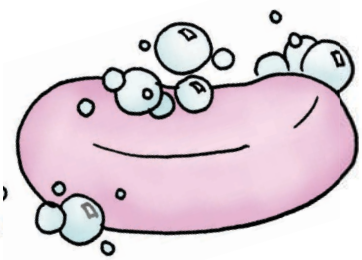




Geza tandla takho emva kwekusebentisa umthoyi.







Geza tandla takho embi kwekudla.



Nawungcolisile emthoyi, susa kungcola kwakho bese ugeza tandla takho.



Vala umlomo wakho nawukhwehlela nobe utsimula.

Teacher:

Sign:

Date:

32

Ase utihlole bo





Asikhulume

Cocani ngaloko lenikufundzile kulamathemu lamabili lengcile.



	✔	✘
Ngiyakhona kukhuluma ngemndeni wami.		
Ngiyakhona kuhamba emgceni lomncane.		
Ngiyayati inombolo yelucingo lwemaphoyisa.		
Ngiyati ngemivo yabo "yebo" na "cha".		
Ngiyakhona kugendza ibhola.		
Ngiyakhona kuhlala ngiphephile ekhaya.		
Ngiyakhona kutinakekela uma ngingedvwa ekhaya.		
Ngisita umndeni wami.		
Ngiyakwati kutihambela ngedvwa esikolweni sami.		
Ngiyakwati kutigcina ngiphilile.		
Ngiyati kufute ngenteni ngato tonkhe tintfo letisesikhwameni sami.		
Ngati ngetinhlobo letehlukene temindeni.		
Ngifundze lokunyenti ngeMakhono eMphilo.		

Lusuku:.....

Sichazamagama sami

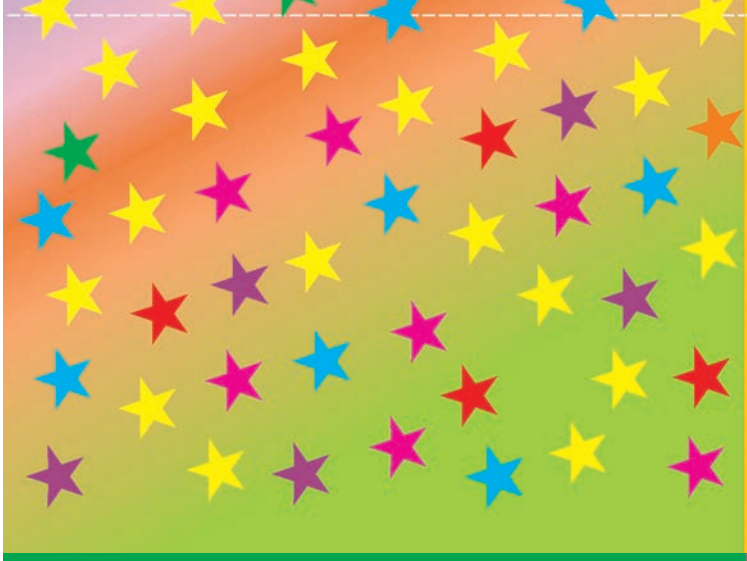


Sichazamagama sami






Get well soon





















Masks

Cut out on the outside black line. Tie a string into the holes to make a face mask.

