

Ukubuyekeza,
ihlaliswe
ngokwesi Tatimende
seKharukhulamu
nom Thethomgomu
wokuhlola

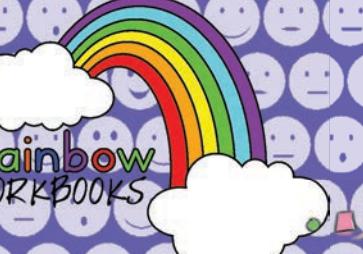
iGreyidi

3

AmaKghono wepilo ngesiNdebele

Incwadi
Ithemu 1 & 2

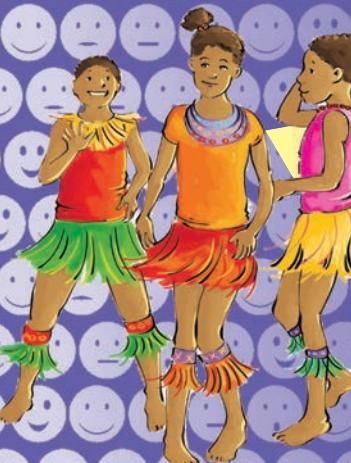
ISBN 978-1-4315-0278-3



LIFE SKILLS IN ISINDEBELE
GRADE 3 – BOOK 1
TERMS 1 & 2
ISBN 978-1-4315-0278-3
8th Edition
THIS BOOK MAY NOT BE SOLD.

Incwadi zokuSebenzela zikhona ngemilandelande le:

- llitheresi/llimi lekhaya iGreyidi 1 – 6
(Ngamalimi woke asemthethweni)
- limbalo iGreyidi 1 – 3
(Ngamalimi woke asemthethweni)
- limbalo iGreyidi 4 – 9
(Ngelimi lesi Ngisi nelimi lesi bhunu)
- Amakghona bePilo iGreyidi 1 – 3
(Ngamalimi woke asemthethweni)



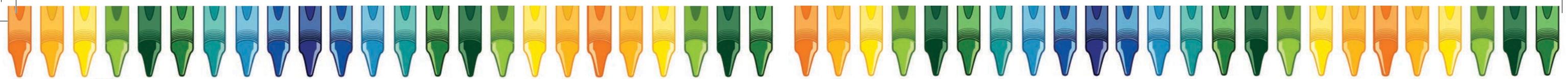
Ibizo:

Itlasi:



basic education

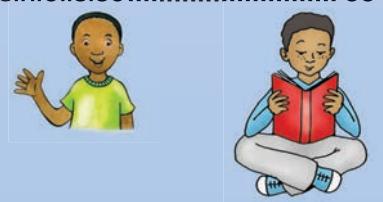
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Basic Education
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UKkz. Angie Motshekga,
nguNgqongqotjhe
weFundo-Sisekelo



UNom. Enver Surty,
liSekela lakaNgqongqotjhe
weFundo-Sisekelo

lincwadi lezi zenzelwe abentwana beSewula Afrika ngaphasi koburholi bakaNqgonqotjhe wezeFundo-Sisekelo, uMma u-Angie Motshekga kanye neSekela lakaNgqongqotjhe wezeFundo-Sisekelo, uNom. Enver Surty.

lincwadi zokuSebenzela zakwaRainbow ziyingceny yeendlela ezinengi zomNyango wezeFundo-Sisekelo wokungelela onqophe ukuthuthukisa ukusebenza ngcono kwabafundi beSewula Afrika kumagreyidi wokuthoma asithandathu. Njengamany wamaHlelo womBuso aphuma phambili, iphrojekthi le isekelwe ngeemali ezibuya esikhwameni seeMali seLizweloke. Lokhu kusize umNyango ukukhupha iincwadi zokusebenzela lezi ngawo woke amalimi asemthethweni ngaphandle kweendleko. Siyathemba kobana nizokufunyana iincwadi zokusebenzela lezi zilisizo khulu ekufundiseni kwenu kwangamalanga kanye nokuqinisekisa kobana abafundi benu bayayiqeda ikharihyulamu.

Sitjheje khudlwana ukuhlahla abotitjhore komunye nomunye umsebenzi ngokusebenzisa iinthombe ezitjengisako bona ngikuphi umfundsi ameles akwenze.

Siyathemba kobana abentwana bazokuthabela ukusebenzisa iincwadi lezi njengombana bakhula bebefunda nje begodu wena titjhore uzokwabelana nabo ithabo lokufunda.

Sinifisela ipumelelo ekusebenziseni iincwadi lezi.



Published by the Department of Basic Education
222 Struben Street
Pretoria
South Africa
© Department of Basic Education
Eighth edition 2018

ISBN 978-1-4315-0278-3

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IGreyidi

3

AmaKghono wePilo
ngesiNdebele
Incwadi-I



Incwadi le ngeyaka:



Mayelana nami

Ithemu - I - I'veke - I - Iphepha lokusebenzela



Asitbole

Soke nasinje sehlukile begodu siqakathekile

Qedelela incwadi yokuzazisa le emayelana nave. Yenza istempe sakamazisi.

Nasele ukwenzile lokho, tjengisa umngani wakho ikarada.

Yini okufanako begodu yini umehluko hlangana
nawe kanye nomngani wakho?



Ukuzazisa

Ibizo:

Iminyaka: _____

Ilanga lamabeletho:

umnyaka inyanga ilanga

Indawo lapho wabelethelwa khona:

Umntazana nanyana umsana:

Ilimi lekhaya:

Umbala weenhluthu:

Ubude: _____ cm

Umbala wamehlo:

Ukulikitla

Ilanga:



Gwala isithombe sakho.



Asikhulume

Kwanje cabanga ngepilo
yakho bekube nje.

Ungakhumbula bekufike kuphi?

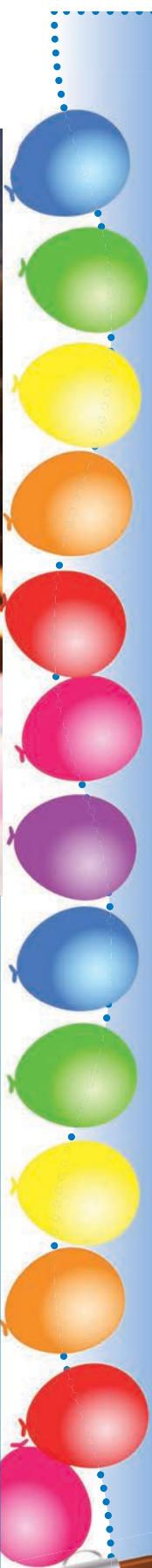
Ungakwazi ukukhumbula isikhathi lapho bewugidinga
khona kwesibili ilanga lakho lamabeletho.

Uyakhumbula lokha nawusathomha ukungena isikolo?



Asitlole

Zalisa ngeenkhathi
ezimayelana nawe.



Ngabelethwa
ngomnyaka ka-

inyanga

20 _____

Ngathoma
ukukhuluma
ngomnyaka ka-

20 _____

Ngithome isikolo
ngomnyaka ka-

Ngithome
ukufunda igreyidi
3 ngomnyaka ka-

umnyaka

20 _____

20 _____



Isikolo sethu

Ithemu - I - I'veke - I - Iphepha lokusebenzela



Asenzeni lokhu

Utitjhere wenu uzonisiza kobana nitlole iinkhathi zesikolo senu.

Sele sikuthomele lokho enizokuthoma ngakho.

Utitjhere wenu uzonitjela ezinye izehlakalo ekumele ningezelele ngazo.

Isikolo senu sathoma ngamuphi umnyaka?	Principali wenu wafika ngamuphi umnyaka esikolweni lesi?		



Asitlole

Uthini umlando wesikolo sakho? Thola iimpendulo zemibuzo bese uzitlola esikhalieni ngaphakathi kwekholumu lokuthoma. Gwala isithombe utjengise umlando.

Isikolo sakho savulwa ngawuphi umnyaka?	Gwala isithombe sesikolo sakho.
Kwabe kungubani prinsipali wokuthoma?	
Ilanga:	

<p>Yini isiqubulo sesikolo senu? Ingabe isese ngiso leso?</p> <hr/> <hr/>	<p>Gwala ibheji yesikolo senu.</p>
<p>Bala okhunye okuqakathekileko ngesikolo senu. (Mhlamunye njengomfundu okhethekileko manyana owafunyana unongorwana okhethekileko)</p> <hr/> <hr/> <hr/>	<p>Gwala isithombe ukutjengisa okhunye okuthileko okuqakathekileko ngesikolo senu.</p>



Asiphumele ngaphandle

Ngaphambi kobana nenze umsebenzana ngaphandle, kokuthoma zilulen i njengokatsu. Lokhu kuzokwenza imizimba yenu kobana iluleke bejinyakaze kuhle. Begodu nasele niqedile ukwenza umsebenzana lowo, zeluleni ukuze niledlhe benipholise imizimba. Lokhu kuzonisiza kobana ningezwa ubuhlungu bemisipha. Kwanje yenzani lokhu abentwana laba abakwenzako.

Utitjhore wakho uzokubiza ibizo lakho bese uphosela ibholo phezulu. Wena kumele uyibambe ngaphambi kobana iwele phasi.

Kwanje linga ukubamba ibholo ngesikhwama lokha umngani wakho nakayiphosela kuwe.

Phosela umngani wakho ibholo ingesikhwameni ubone kobana uzoyibamba ngesikhwama na.

Zelule njengokatsu ubuye uledlhe.





Asikhulume

Koke ngami

Cabanga ngokuthileko okukarisako okwakuvelela kade bese utjela umngani wakho ukuze akwazi ngcono.

Lokha nangineminyaka
emihlanu, ngaya
elwandle.

Lokha nangineminyaka
e-4 ngawa eboden.



Asikhulume

Cocela umngani wakho kobana umuntu lo utjhuguluke njani ukusuka
esaneni bewaba silukazi esilupheleko.



isana



umntwana



umntwana wesikolo



udade



umuntu omdala



umuntu olupheleko



Asivumeni



Sebenzani ngesiqhema. Zitlameleni ingoma bese niyagida.

Eenqhemeni zenu, tlolani phasi amagama wengoma esikhali esilandelako.

Ngemva kwalapho, tjalani itlasi kobana ingoma ivunywa njani bese niyagida.



Large empty rectangular box for writing or drawing.



Okukhulu kanye nokudala

Ithemu - I – I'veke - 2 – Iphepha lokusebenzela

Asikhulumo

Khulumanzi ngomehluko wobudala okhona
ebantwaneni kanye nabanye abantu abadala.

Ekukhambeni kwasikhathi,
abantu bayakhula. Umbala
wenhluthu zabo uyatjhuguluka,
iphimbo labo liyatjhuguluka,
bathola amandla angezelelwelo
begodu babanelwazi nelemuko.



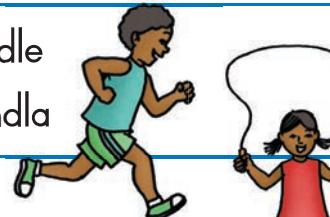
Asitlole

Abantu batjhuguluka njani lokha nabakhulako?



Ngiziphi izinto oenza ngokwehlukileko kubabelethi
bakho kilezi ezingenzasi.

Gijima ngaphandle
kokuphela amandla



Yeqa intambo



Funda iphephandaba



Tjhayela
ikoloyi



Khwelani emthini

Mina	Ababelethi bami

Ilanga:



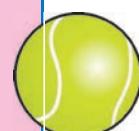
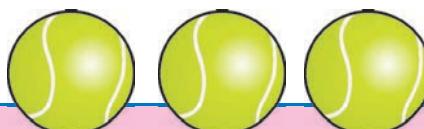
Asivumeni

Asilungeleni ukuvuma.
Lingisa amatjhada alandelako.



Asiphumele ngaphandle

Ungauyigame ibholo?



Phosela ibholo yetenisi phezulu bese uyibambe ngezandla zombili.

Phosela ibholo yetenisi phezulu bese uphaphatha izandla ngaphambi kobana uyibambe.

Betha ibholo yetenisi phasi.



Kwanje ibhethi/isigodo sokubetha usebenzisa amaphepha asongiweko nanyana isiqtjhana sesigodo. Isebenzise ukubhambhisa ibholo phasi.

Kwanje zelule njengokatsu.



5

Imizwa

Ithemu - I – I'veke - 3 – Iphepha lokusebenza

Asikhulume

Qala iinthombe ezilandelako bese uyatjho kobana abentwana bazizwa njani. Ingabe nave khewazizwa unjalo? Zalisa utjho kobana umntwana ngamunye uzizwa njani. Sebenzisa amagama alandelako azokusiza.

dana

thaba

zisole

yesaba

zikhakhazise

silingeka



Asiphumele ngaphandle

Dlala umdlalo wokuzijayeza umdlalo wetenisi,
nemijikijelo yangemuva.





Asikhulumo

Yini lokho okukuthabisako?

Yini lokho okukwenza udane?



Asitlole

Yini lokho okukwenza wesabe?

Yini lokho okukwenza uthukuthele?



Tlola idayari yelanga mhlana owabe uthabile. Hlathulula kobana kwenzeka ini.

Dayari ethandekako

Tlola idayari yelanga mhlana owabe udanile. Hlathulula kobana kwenzeka ini.

Dayari ethandekako



6

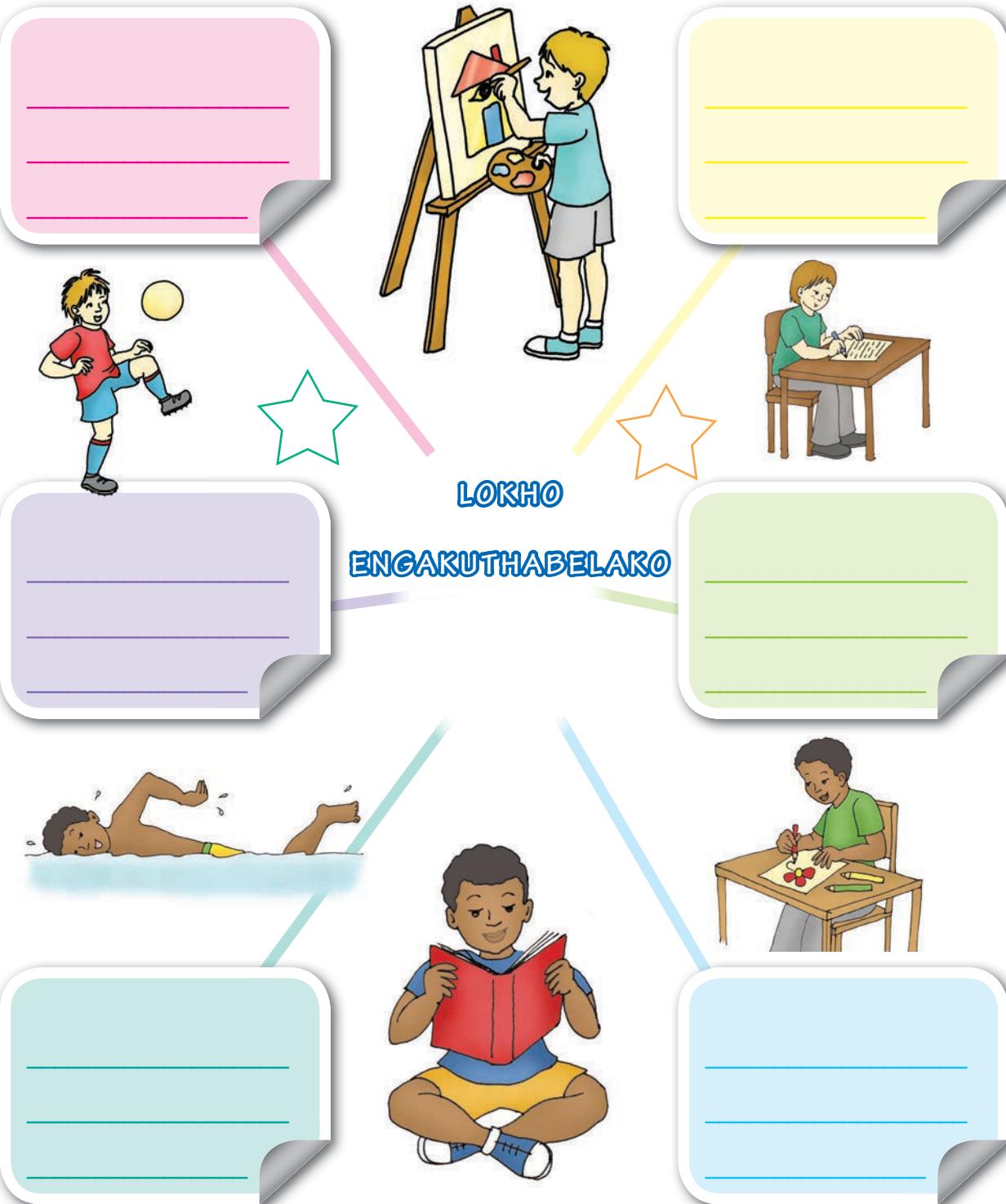
Izinto engizithandako

Ithemu - I – Iweke - 3 – Iphepha lokusebenza



Asitlole

Kwanje sebenzisa umebhenqgondo ukutlolola isigatjana ngemisebenzi
owayithabelako nokobana kungani wayithabela.





Asigwaleni

Kwanjesi sebenzisa umebhengcondo wakho utlole indinyana ngalokho okuthabelako begodu utjho kobana kubayini uyithabela imisebenzi le.

Engikuthabelako



Asenzeni lokhu

Sebenzisa idaka lakho ubumbe ubuso obuthabileko nobuso obudanileko.



Asikhulume

Zalisa ngemisebenzi ehlukahlukeneko emudenin ongenzasi. Buza abangani aba-5 ngalokho abathanda ukwenza. Penda ibhlogo ngalinye lomsebenzi abawuthandako.



5					
4					
3					
2					
1					
	Ukuvuma	Ukufunda	Ukupenda	Umdlalo	Timbalo

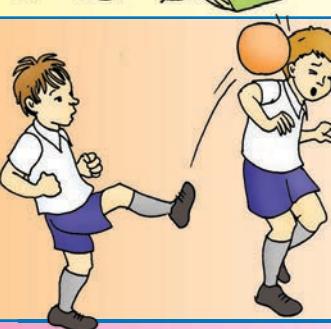
Ngimuphi umsebenzi othandwa khulu?



Imizwa

Qala esinye nesinye isithombe kezilandelako bese ukhuluma kobana ungabasiza njani abentwana ukwenza okufaneleko. Tshwaya ipendulo ekungiyo.

Asikhulume

	<p>Angekhe wabona lapha unephoso khona!</p> <p>Awa, ngiyancancabeza! Ithi ngikusize sidobhe lokhu.</p>	
	<p>Ngilibalela! Nasi ibholo yakho.</p> <p>Ngilibalela! Khamba uyokudlalela engcenye!</p>	
	<p>Ngeyami begodu angekhe ngikunikele.</p> <p>Yiza, asabelane itjhokoledi.</p>	



Asitlole

Ingabe abangani abazwanako benza ini?



Nangabe kunelitho elimbi engilenzileko, ngiyancancabeza.

Nangabe ngibona umngani wami atlhaga ngokuthileko, ngiyamsiza.



Ilanga:

Tlola ezinye izinto 4 abangani abazwanako abazenza ndawonye.



Qala iinthombe ezilandelako. Khulumani ngalokho enikubonako esithombeni ngasinye. Thathani isithombe esisodwa bese niyalinganisa. Nikelani isithombe senu isiphetho esinembako.



Tlola umdlalo wokulingisa. Zalisa amabizo wabalingisi ngaphakathi kwekholumu yokuthoma.



Linga ukwenza izinto ezilandelako.

- Gijigijima ekundleni yezemidlalo. Utijhere wenu nakathi "tjhugulukani" kumele niphenduke bese nigijima niqale ngakelinye ihlangothi.
- Kwanje betha phasi ibholo bese uya phambili.



Siyahlolisia

Ithemu - I - I'veke - 4 - Iphepha lokusebenzela



Asitlole

Zihlole

Ngimngani omuhle.



Ngiyabatlhogomela abangani bami.

Nginobuntu begodu ngimngani wabentwana boke ngetlasini yami.

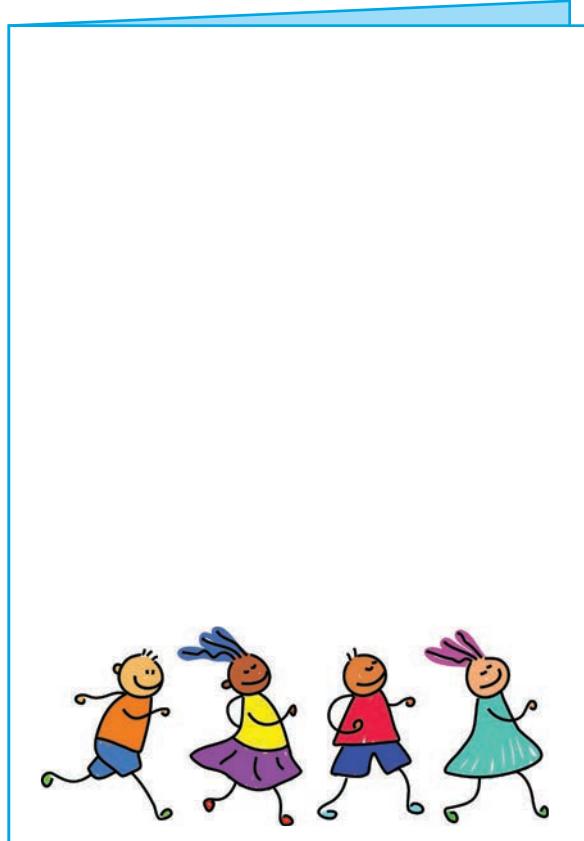
Inengi labentwana ngetlasini yami bayangithanda.

Ngiyazithoba kibo boke abantu.



Asiphumele ngaphandle

Yenzela omunye umuntu ikanada. Gwala isithombe ngaphambili ekanadeni bese utlola umlayezo okhethekileko ngaphakathi.



Ilanga:

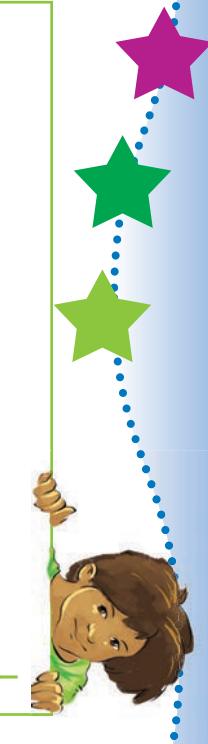


Asitlolle

Gwala isithombe sabangani bakho nanyana sakatitjhore
wakho nanyana samalunga womndenu wakwenu
owathandako. Tlola amabizo wakho.



Abantu engibathandako nabakhethekileko epilweni yami



Kwanje tlola ihlathululo yabantu abalandelako nokobana kungani bakhethetheke kangako.



Zepilo nesizo lokuthoma

Ithemu - I - Iweke - 5 - Iphepha lokusebenzela



Asikhulume

Khulumani ngalokho
ekwenzeka esithombeni.



Ingabe khewaphuma umongola nanyana
ukhe waphophoza?

Ngikuphi ekumele ukwenze nawuthoma
ukuphuma umongola?

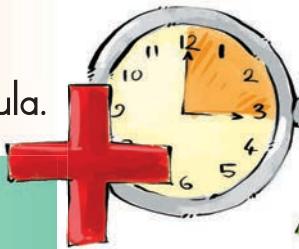
Ofanele ukukwenza nawuphophozako/nawuphuma umongola



1 Hlala phasi bese welulela ihloko yakho
phambili uqale phasi.



2 Vala ipumulo ephuma umongola imizuzu
emibili bese uphefumula ngomlomo.



3 Beka okuthileko okumakhaza ngemuva
kwentamo okufana nethawula emanzi
nanyana ama-ayisi aphuthelwe ngethawula.



4 Ungafinyi ngemva kokuphuma umongola.

Uthi uyazi kobana ibhoksi lakho
lesikolo lesizo lokuthoma likuphi?
Yitjho kobana likuphi. Lise

Hlala uthuliseke. Akusilo ibanga
lokuthi ungahlangahlangana.
Khumbula ungathinti iingazi
zomunye umuntu.

Ukuphathwa kwamanceba



Asifunde



Asikwazi ukuyibona imilwana kodwana ikhona nanyana kukuphi.

Nangabe ulimele, kumele ugcine isilonda sakho sihlanzekile
ukuze singangeni imilwana.



Asikhulume

Hlathululela abangani bakho kobana isilonda
sihlanzwa nanyana siphathwa njani. Tjengisa
lokho okufanele ukwenze.

Ungaqeda njani ukuphuma kweengazi encebeni lokusikwa

Ungathom iuthinte iingazi zomunye umuntu.

Nangabe usiza omunye umuntu, kuhle kobana
wembathe amadlhavu ngaso soke isikhathi.

Yenza kobana inceba lingasophi iingazi
ngokuliphakamisela ngehla kweleveli yehliziyi.

Linga ukuqed ummongo ngokuthi ugandelele itjhila
elihlanzekileko phezu kwenceba.

Nangabe inceba likhulu, vakatjhela udonhodere
nanyana uvakatjhele itlinigi.

Thola kobana ngiziphi iinomboro zomtato ezirhabako
ongazidosela. Umtato: _____



Ukutjha

Nangabe uthinta into etjhisa, uzokutjha.

Kumele wenze ini nangabe omunye uyatjha?

Ithemu - I - I'veke - 5 - Iphephä lokusebenzela

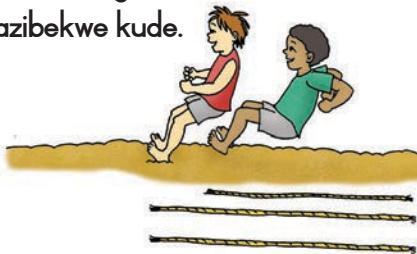


- 1** Faka isitho esitjhileko somzimba ngemanzini imizuzu engaba li-IO. Lokho kwenzelwa ukupholisa isikhumba.
- 2** Nangabe itjhila linamathele esikhunjjeni sakho, ungalisusi ngamandla.
- 3** Bethisa inceba lokutjha ngommoya uyelele kobana alirageli phambili.
- 4** Nangabe inceba lokutjha liyatjhingga nanyana likhulu ukudlula intende yesandla sakho, bonana nodorhodera msinya.



Asiphumele ngaphandle

Yeqani ibanga elide. Thatha amaswazi amathathu nanyana iinqetjhana ezintathu zerobho. Ngemva kokweqa hlangana nazo, zisuse uzibeke kelinje ibanga elibanzi ngokwehlukana ukubona kobana ngubani ongeqa nazibekwe kude.



Meda kobana ungeqa ufike kude kangangani.

Ingabe umngani wakho yena angeqa afike kude kangangani?



Asiphumele ngaphandle



Lingisani ukuba yikirivayi.

Dlheganani nomngani wakho ngokuba yikirivayi.



Dlheganani ukujuguja intambo ukuze umngani wakho akwazi ukweqa entanjeni.



Asikhulume

Kwenzeka ini eenthombeni ezilandelako?
abantu bangatjha ngaziphi iindlela?



Tlola imithetho okufanele uyikhumbole lokha nakufanele usize ngalokhu okulandelako:

Ipumulo ephuma iingazi

Ukusikeka

Ukutjha



Ukugcina umzimba wami uphephile



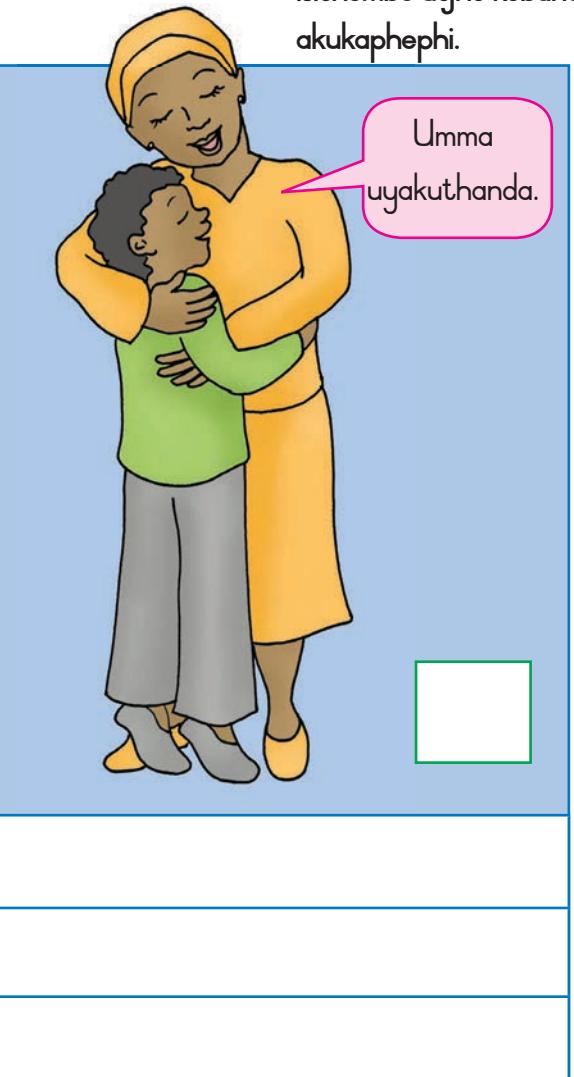
Asikhulume

Kumele siyitlhogomele imizimba yethu. Sifunyana umuzwa wokobana "kuhle" lokha nasithanda okuthileko begodu sizizwa kwangathi singaragela phambili. Sifunyana umuzwa wokobana "awa" lokha nasithola okuthileko okungasiphathi kuhle begodu sizizwa kwangathi singalisa ukuragela phambili.

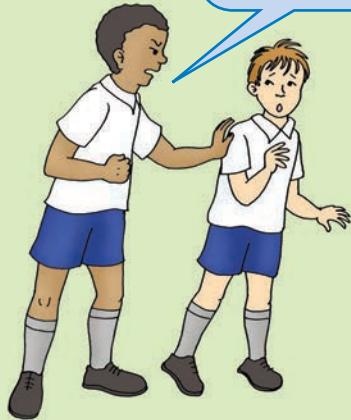


Asitlole

Zalisa ngetshwayo lokha ✓ nangabe isithombe sitjengisa ukuphepha nanyana nge ✗ lokha isithombe nasitjengisa okungakaphephi. Tlola umutjho ngaphasi kesinye nesinye isithombe utjho kobana kubajini uthi kuphephile nanyana akukaphephi.



Angikuthandi



Kwanje ubonakala

umuhle.



Ukwala uthi angifuni

Kanengi akusilula ukuthi awa, kodwana kumele utjho kobana awa nangabe
into ayikuphathi kuhle.

Nangabe omunye umuntu ukunikela umuzwa othi "awa" bese wena uzizwa
ungakaphatheki kuhle, coca nomuntu omdala ngalokho.



Asitlole

Khetha abantu babebatathu obathembako bewutjho kobana kubayini ubathemba.



Tlola kobana ungambikela njani umuntu omthembako ngelemuko onalo ngokuthileko okungakalungi.



Ukuzitjheja/ Ukuzinakekela

Asikhulume

Qalani iinthombe ezilandelako ngokuyeleta okukhulu. Ingabe unga coca indatjana ngazo? Qedeleta amabhamuza wekulomo.

Yiza. Ngizokuphekelela esitolo.



Kwenzeke ini?



Answer the question:

Asikhulume

Hlathulula kobana umntazinyana wazizwa njani, wenzani nokuthi wena nabekunguwe uqalene nobujamo obunjje, bewungenzani?

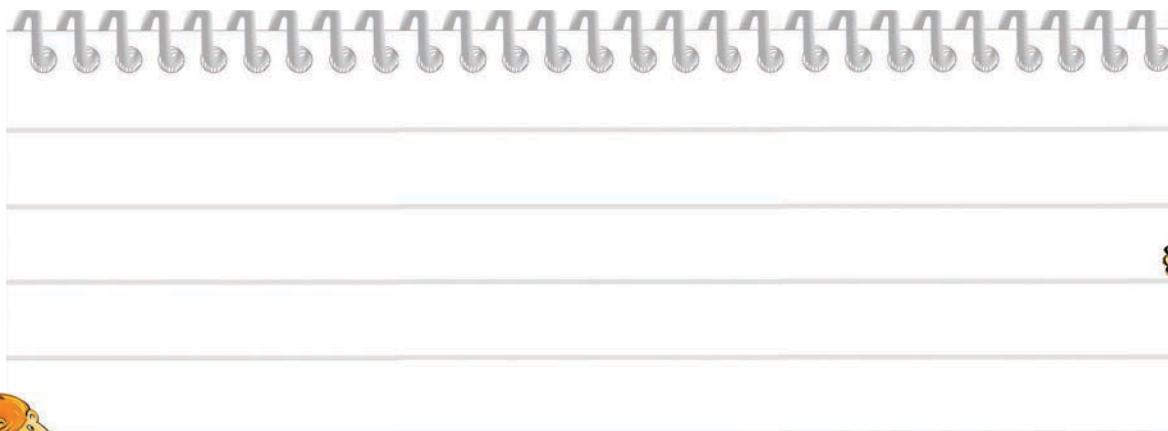
Ilanga:



Asitlole

Tlola phasi imithetho emihlanu emayelana nokuphepha.

Abentwana abakafaneli uku-



Asiphumele ngaphandle

Yenza imaski ukutjengisa ukuphakama kwemizwa.

Quanta kobana kuphakama kwemizwa okunjani ongathanda kobana imaski yakho ikutjengise.

Gwala ukuphakama komuzwa lowo utlhathlhabeje ephepheni.

Sika.

Sika amehlo.

Kghabiso ngephepha elinombala.



Asiphumele ngaphandle

Zilungiselele umgijimo.

Guqa endaweni yokuthoma efaneleko.

Lalela utitjhere wakho nakathi:

"Emuden! Zilungisele! Gijima!"

Yenza isiqabo.





Ukugcina umzimba wami uphephile

Ithemu - I - I've ke - 7 - I phephä lokusebenzela



Asikhulume

Soke sinesibopho sokugcina imizimba yethu inepilo.

Abentwana abalandelako benza ini ukugcina imizimba yabo kobana ihlale inepilo?



Ngiziphi ezinye izinto ezinganapilo abanye abantu abazenzako?

Ingabe bewazi kobana ukubhema akuyifaneli imizimba yethu?

Ingabe bewazi kobana umuntu nakabhemela eduze kwakho, lokho kuyingozi?

Ingabe ukubhema kuyona njani imizimba yethu?



Asitlole

Tshwaya esinye nesinye isitatimende ngethiki nanyana ngesiphambano ukutjho kobana **siliqiniso** nanyana **simamala**.

	Isegerede sizwakala simnandi.
	Nangabe ngihlezi eqadi komunye obhemako, lokho kungalimaza oseduze kwakho.
	Ukubhema kungatjhugulula amazinyo wakhe abe sarulani.
	Ukubhema kungakubangela amalwele womlomo.
	Ukubhema kungenza kobana ukhohlele kumbi.
	Ukubhema kungakubangela ubulwele bekankere.

Ilanga:



Imithetho emayelana nezepilo.

Kufanele ngihlambe amazinyo wami ngemva kokudla nangaphambili kokuyokulala. Kumele ngikame iinhluthu zami ngaphambi kobana ngiye esikolweni. Ngifanele ngibulunge iinzipho zami zihlale ziquntiwe begodu zihlwengekile. Ngifanele ngihlambe izandla zami ngemuva kokusebenzisa indlu yokuzithumela nangaphambili kokuthi ngingathinta ukudla.



Ngimele ngifake amathitjhu ebengifinya ngawo ngemqgonyini weenzibi.



Ukuzithabisa

Umele wembathe ini ukuze uphephe? Madanisa iinthombe ngokuthala umuda osuka esithombeni esisereyini elingehla uye esithombeni esisereyini elingenzasi.



Ukuzithabisa

Zibandakanye udlale umdlalo wekhrikhethe.



Utitjhore wakho uzokudlala umvumo. Lalelisisa bese ngemva kwalapho ubethe ngesandla sakho igido elikhambisana nomvumo phezu kwedeske lakho.



Amalungelo kanye neembopho



Asifunde

Ngesinye isikhathi abentwana bafanele ukusiza ababelethi babo ngomsebenzi.

Kodwana abentwana akukameli kobana basebenze khulu njengabantu abadala.

Abentwana kumele babe nesikhathi sokudlala kanye nesikhathi sokuya esikolweni.



Qala iiinthombe ezilandelako. Tshwaya imisebenzi elungele ukwenziwa bentwana.

Bese utlola umutjho ngaphasi kwesithombe ngasinye utjho kobana kubayini uthi umsebenzi lo ulungele abentwana nanyana kubayini uthi awukalungeli abentwana.



UNomakhuwa uthengisa imirorho ilanga loke begodu akakwazi ukuya esikolweni.



Ngemva kokuphuma kwesikolo, uSandile uthellelela esivandeni.



UDumi uthwala iintina ngombana
usebenza nomakhi.

UJabu noBongi basiza
ukuhlanza izembatho ezivaswako.



Asikhulume

Ngiyiphi imisebenzi oyenza ekhaya?

Ngiyiphi imisebenzi oyenza esikolweni ukusiza utitjhore
wakho?



Asiphumele ngaphandle

Bophelela inyawo
lakho komunye
bese niyagijima.



Lingisa imisebenzi ehlukahlukeneko.
Isiqhema sakho asiqagele kobana wenza
muphi umsebenzi.



Zijayeye ukukhahlela
ibholo bese uyabona
kobana ungayikhahlelela
kude kangangani.



Amalungelo kanye neembopho

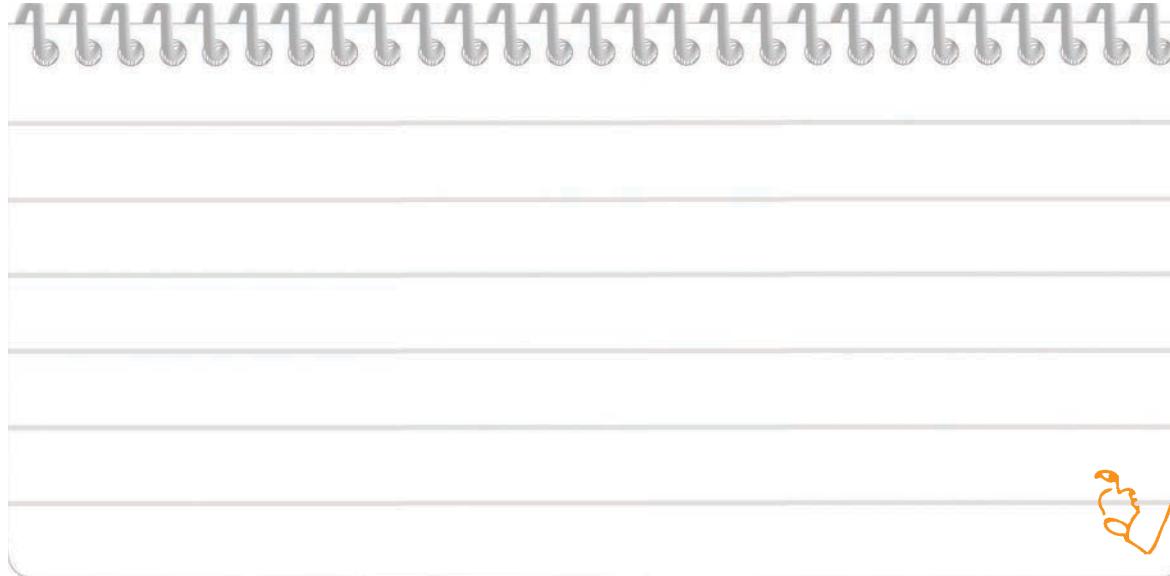
Ithemu - I - I'veke - 8 - Iphepha lokusebenzela





Asitlole

Tlola imithetho emine
yangetlasini lenu.

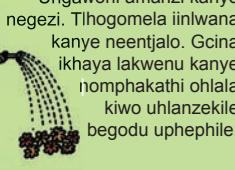


Asikhulume

Funda amalungelo neembopho ezilandelako bese ucoca nomngani
wakho kobana isibopho nelungelo ngalinye litjho ukuthini.



**IIMBOPHO ZELUTJHA
LESEWULA AFRIKA**

Ukulalingalingana  Phatha omunye nomunye umuntu ngokulalingalingana begodu ngendlela efanelelo. Ungambandulululi.	Isithunzi somuntu  Hlonipha nanyana ngubani. Yiba nomusa bewuthogomele.	Ipilo  Enye nenyi ipilo illigugu. Phatha ipilo ngehlonipho.	Umndeni  Yazisa bewuhloniphe ababelethi bakho. Yiba nomusa bewuthembeke emndenini wakwenu.
Ifundo  Iya esikolweni, funda bewusebenze ngamandla. Namathela emithethweni yesikolo.	Sebenza  Siza ekhaya lokha nakwenziwa eminye imisebenzi ekhaya. Abentwana akukameli kobana bakatelelwu ukufunyana umsebenzi.	Ikululeko kanye nokuphepha  Ungalimazi, uthelise nanyana wethusele abanye begodu ungavumeli abanye kobana bakwenze lokho. Rarululani ukungavumelani ngendlela enokuthula.	Ipahla  Hlonipha ipahla yomunye umuntu. Ugangoni ipahla begodu ungebi.
Ikolo, ikolelo kanye nombono  Hlonipha ikolelo kanye nombono wabanye abantu.	Ukuphepha  Tlhogomela iphasi/inarha. Ungawoni amanzi kanye negezi. Tlhogomela iinlwana kanye neentjalo. Gcina ikhaya lakwenu kanye nomphakathi ohlala kiwo uhlanzekile begodu uphephile.	Ubulunga belizwe  Yiba sisakhamuzi esihle nesihlobileko seSewula Afrika. Lalela imithetho bese uqinisekisa nokobana abanye bayayilandela.	Ikululeko yokuveza umbono  Ungakhambi urhatjha amala kanye nezondo. Qinisekisa kobana abanye abathukwa nanyana abalimali imizwa.



16a

linkolo kanye namanye amalanga akhethekileko

Ithemu - I – I'veke - 8 – Iphephä lokusebenzela



Asikhulume

Khetha enye yekolo kilezi ezilandelako. Funyana elinye ilwazi elingezelelweko ngekolo leyo. Lungiselela kobana ilwazi olifunyeneko uzo lethulela njani abafundi betlasi yakho. Linga ukufunyana iinthombe nanyana iincwadi ukutjengisa ilwazi olifunyeneko.



yesiHindu



yesi-Islam



yesiJuda



yesiKrestu

Sifanele sihloniphe abantu beenkolo eza lukaneko.

Ukholelwa kiyiphi ikolo?

Ngiyiphi ikolo yeqiniso?

Ilanga:



Akhe sihlolisise



Asitlole

Qedelela ikarada elilandelako mayelana nawe.

Ibizo lami	_____
Isibongo sami	_____
Ilanga lami lamabeletho	_____
Igreyidi engilifundako	_____
Isikolo sami	_____
Inomboro yawkwethu yomtato	_____
Isiphande	_____

Inomboro yobujamo oburhabekileko	_____
Umdlalo engiwuthandako	_____
Umbala engiwuthandako	_____
Umngani wami omkhulu.	_____
Ngikuphi okungithabisako	_____
Ngikuphi okungenza ngidane	_____
Ngikuphi okungithukuthelisako	_____
Ngenza ini kwanje	_____

Ithemu-1 - Iweke-8 - Iphepha lokusebenza





Asikhulume

Imikghwa emihle yokudla

Qalani imikhakha yokudla okulandelako bese wena nomngani

wakho nikhulume ngayo:

Kukudla okunjani okusemkhakheni ngamunye?

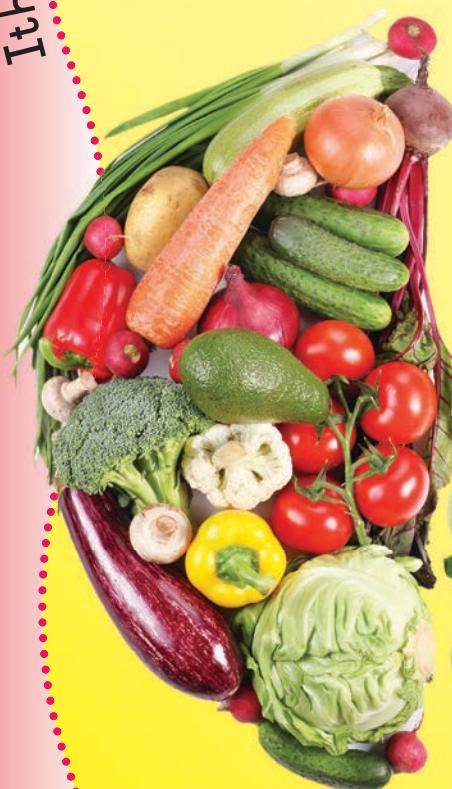
Kungani umkhakha ngamunye ulungele

umzimba wakho?



Amaphrotheyini

Amaphrotheyini akha amaseli
amatjha ukuze imizimba
yethu ikhule.



Amavithamini

Amavithamini namaminirali
asiza imizimba yethu kobana
ikwazi ukulwa nokutshwayeleka
ngamalwelwe bese sihlala siphilile.



Asiphumele ngaphandle

Bawa utitjhere wakho kobana ungdlla njani
umdlalo "womtato ophukileko".

Ngemva kwalapho zjayeze ukuphosa ibholo.

Amakhabohayidredi

Ukudla lokhu kusinikela amandla nomfutho.



Asitlole

Yenza irhelo lokudla okudle ngayizolo. Ngekholomeni yokugcina, yitjho kobana ukudla kumaphrotheyini, amakhabohayidredi, iinthelo nanyana imirorho.



Idayari

Ukudla kwemikhqizo yebisi kuqinisa amathambo wethu, ikakhulu lokha nasisebancani namathambo wethu asakhula.

Ukudla engikudle izolo

Umhlobo wokudla



18

Imikghwa yethu yokudla

Ithemu -2 – I'veke -I – Iphepha lokusebenzela



Asikhulume

Qedeleta ngokuzalisa
amabizo wabangani
bakho

Buza abangani abane kobana bathanda ukudla ini. Qala ukudla
okwahlukeneko bese ubeka itshwayo (✓) nangabe uyakuthanda ukudla lokho
begodu ubeke isiphambano (✗) nangabe awukuthandi ukudla lokho.



Asitlole

Qala amatheyibula owazalisileko bese uphendula imibuzo elandelako.

Ngikuphi ukudla abangani bakho abakuthande kancani?

Ucabanga kobana abangani bakho balandela imikghwa emihle yokudla?

Kungani ucabanga njalo?



Ukuzithabisa

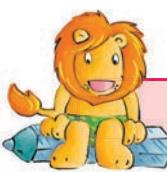
Bawa utitjhere wakho akutjengise kobana
ungadlala njani umdlalo womtato ophukileko.





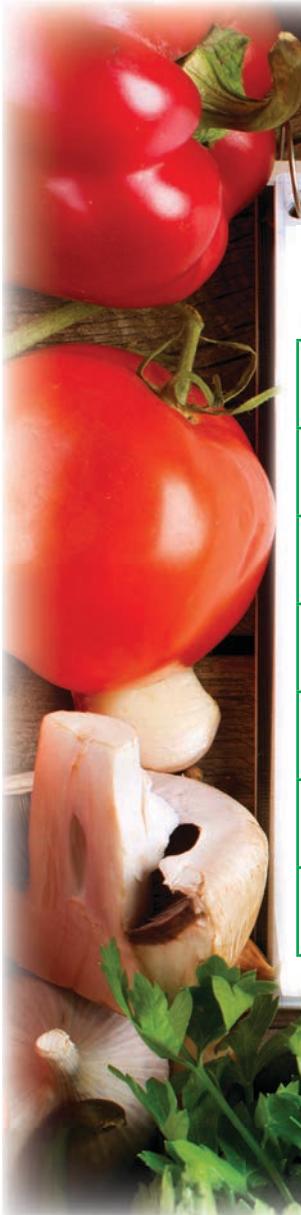
Asitlole

Tlola irhelo lomhlobo wokudla ekufanele
siwudle qobe lilanga.



Asitlole

Tlola iresephi yokudla okuthandako.



Iresephi _____

Ngitlhoga iintlabaqelo ziphi?

Ngiziphi iindlela ekufanele ngizilande?



Ngikuphi ekufanele sikukhandele?

Itswayi elinengi ngombana
lingasibangela ukugula
kweengazi nasele sikhulileko.
Itjhukela enengi ngombana
ingasibangela ukugula
kwetjhukela nasele sikhulileko.
Itjhukela enengi ibanga
ukukhuluphala. Iinselo
ezimakhaza ezinetjhukela
namakhekhe kanye
namatjhipsi.





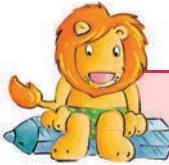
Imikghwa emihle yokudla

UThabo kanye noNomusa bay eKhefini lakwa Sunshine. Kumele bathenge ukudla abazokupheka ngesidlo santambama. Basize ukuze bapheke ukudla okunepilo nokufaneleko.



Dlheganani ukujuguja intambo ukuze umngani akwazi ukweqa entanjeni.





Asitlole

Tlola izinto abafanele bazithenge kanye nenani lazo erhelweni lezinto eziyokuthengwa elingenzasi. UThabo noNomusa basebenzise imali engangani ezintweni abazithengileko?

IRHELO LEZINTO EZIYOKUTHENGWA INANI



Asitlole

Ingabe ulandela imikhuba yokudla efaneleko kangangani? Penda/Faka umbala ubuso obuthabileko emukghweni ngamunye ofaneleko.

Imikghwa yami yokudla

Iye	Awa
-----	-----

Ngivame ukudla ngibukele i-umabonwakude.



Ngithanda iinthelo kanye nemirorho.



Ngithanda ukudla okunamafutha okufana namatjhipsí.



Angiwathandi amanzi, ngithanda iinselo ezimakhaza.



Angiyidli imirorho.



Ngiyakuhlaufunyisisa ukudla kwami.



Ngidla ukudla kwekuseni ngaphambi kokuya esikolweni.



Bala kobana ukhalare ubuso obuthabileko obungaki.

20

Ukudla ngefanelo

Ithemu-2 - I'veke-2 - Iphepha lokusebenza

Asenzeni lokhu

Gwala nanyana unamathisele iinthombe
zokudla evilini ukutjengisa ukudla okunepilo.



Asifunde

Imithetho yokudla okufaneleko

Vama ukuhlamba izandla zakho ngaphambi
kokuthinta ukudla.

Ungatjhiyi ukudla kungakasibekelwa.
Ungadli ukudla okudala nanyana okubolileko.

Sebenzisa amakari wemirorho ukwenza
ivundiso.

Tjala yakho imirorho.



Asenzeni lokhu

Gwala isithombe ukutjengisa owodwa wemithetho elandelako.



linunwana

Asikhulume

Khulumani ngeengceny eza hlukeneko zomzimba weenunwana.

Iinunwana zineengceny ezi ntathu: ihloko,
umzimba wangaphezulu nowangaphasi.

Begodu iinunwana zinemilenze esithandathu
kanye neempondo ezimbili.



Asenzeni lokhu

Leyibula inunwana.
Gwala umuda osuka
eleyibulen ngayinye
ukuya engcenyeni
ekungiyo yenunwana.

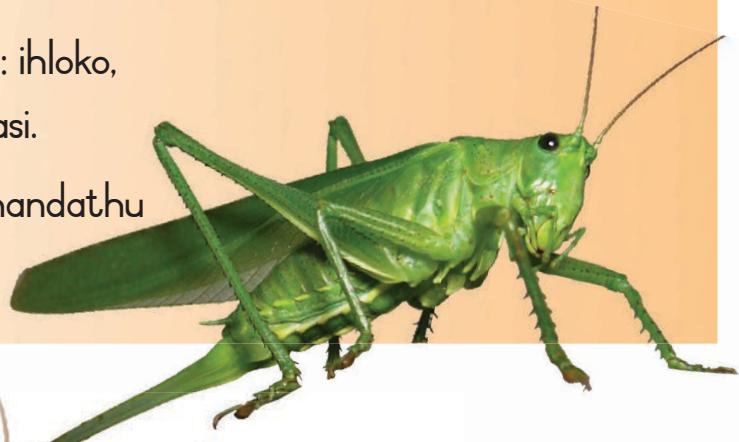
Ihloko

**Umzimba
wangaphezulu**

Inyawo



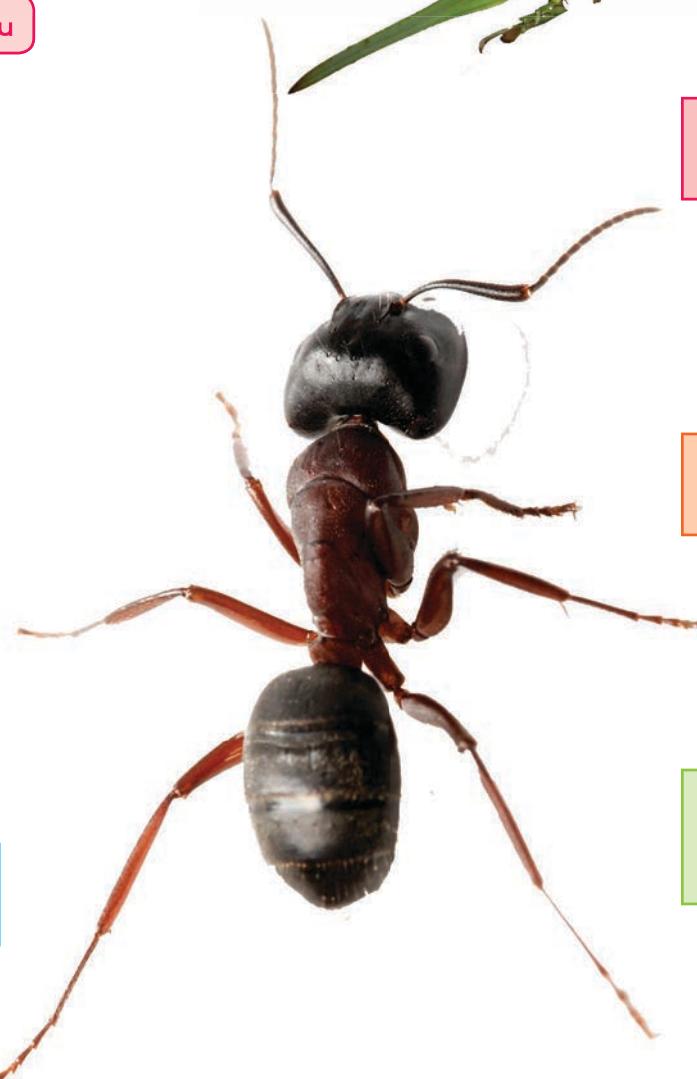
Asiphumele ngaphandle



Iphondo

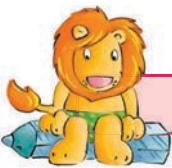
Ilihlo

**Umzimba
wangaphasi**



Lila njengenyosi, phapha njengeviyaviyani bese weqa
njengentethe. Kwanje sele ulungele umdlalo webholo erarhwako!

Ilanga:



Asitlole

Gwala umuda ukumadanisa elinye nelinye igama nenunwana.
Yitjho kobana ngiziphi iinunwana eziyingozi begodu ngiziphi
iinunwana ezilisizo kithi.



Inyosi



Unompopoloza



Ipuhani



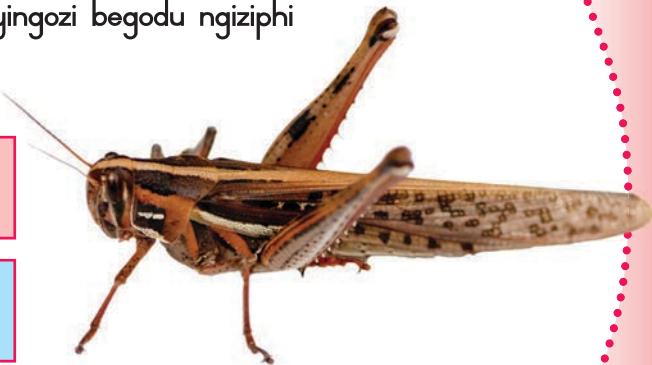
Ubutjhontjhwni

Intethe

Iviyaviyani

Unomabhonjwana

Iviyaviyani
eliphapha
ebusuku



Asitlole

Kwanje zalisa iinkhala ngamagama atlhayelako.

yenza iliju.

yenza ipholeni yamathuthumbo.

bandisa imalariya.

yandisa amalwele.

idla iintjalo zabalimi.



Okhunye okunengi ngeenunwana

Ithemu-2 - I'veke-3 - Iphepha lokusebenza



Asikhulume

Qalani iinthombe ezilandelako bese ukhuluma nomngani wakho utjho kobana iinyosi zilisizo njani ebantwini.



Iinyosi zirhatjha ipholeni. Lokhu kunomphumela omuhle eenthelweni ukuze zikhule.

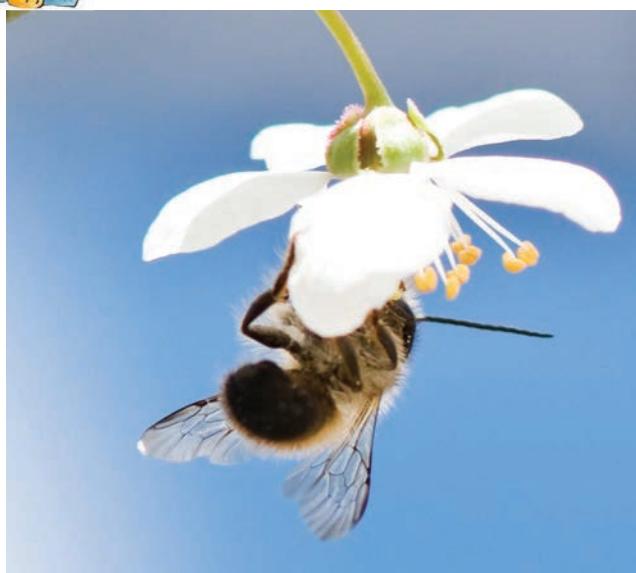


Asitlole

Tlola elinye nelinye ibizo lenunwana esikhali esitjhiyiweko ukuze umutjho unembe.



Iinyosi zikhiqiza iliju.



imunya
amanzana aneswigirana ethuthumbeni.

Ilanga:.....



inemilenze
eqinileko yangemva enza kobana yeqe ngepumelelo.



zisebenzisa iimpondo
zazo ukukhulumisana nezinye iinunwana.



irhatjha ipholeni ukusuka
kesinye isitjalo kuyiwe kesinye.

irhatjha imilwana.



Asenzeni lokhu

Yenza kobana inunwana
yakho ikwazi ukukhamba.

- Sika iinunwana
ekhasini labosika
ekugcineni kwencwadi
yakho.
- Zibeke ehangereni
yejası.

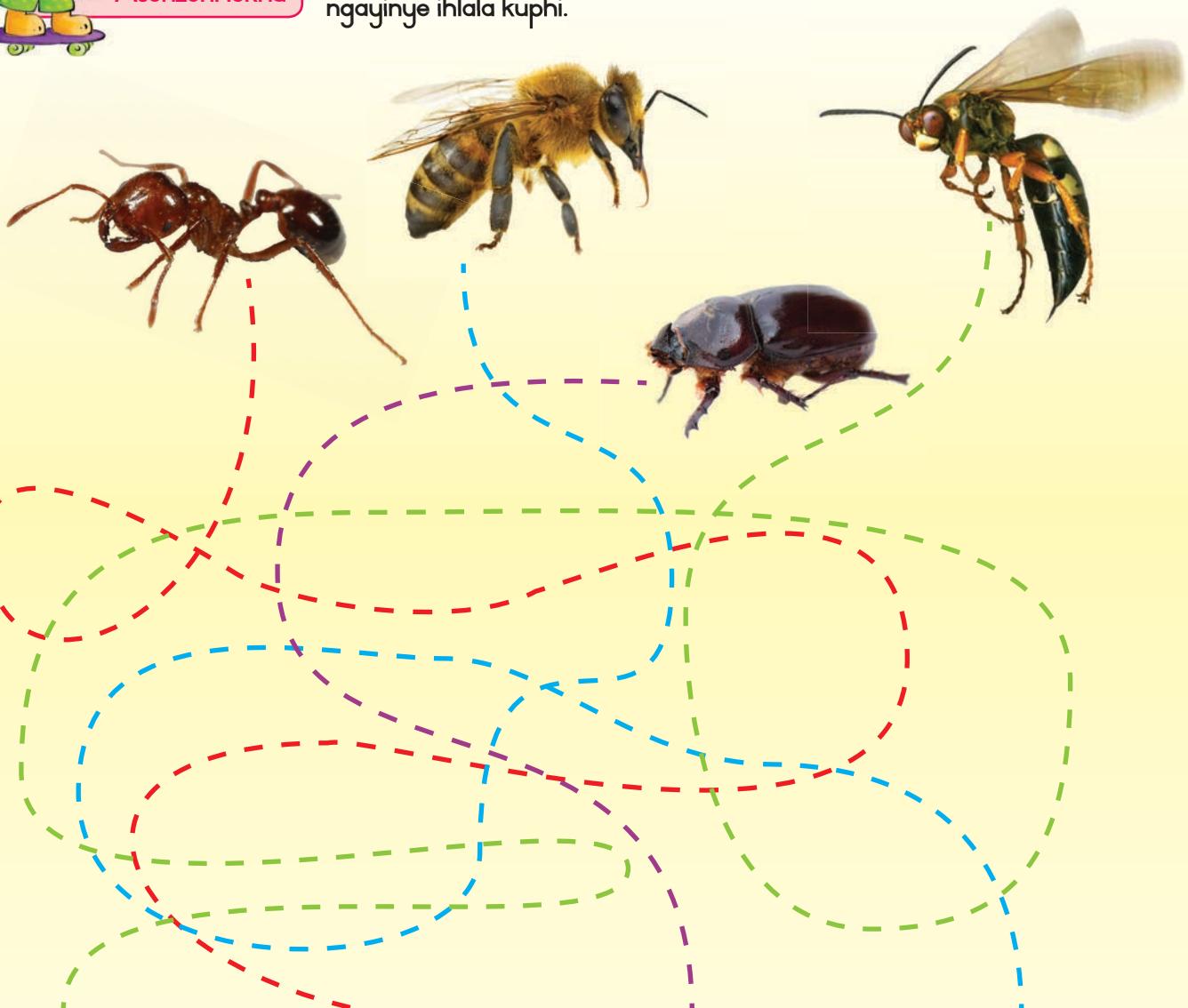


23 Amakhaya weenunwana

Ithemu-2 - Iweke-4 - Iphepha lokusebenza



Gadangisa phezu komletlana ubone kobana inunwana
ngayinye ihlala kuphi.





Asenzeni lokhu



Asitbole

Khambakhambani ngejaradeni lesikolo ukubona
kobana nizokufunyana iinunwana ezingaki.



Ubune iinunwana ziphi ngaphandle? Khetha inunwana eyodwa bese utlola
ibizo layo ngenzasi lapha.



Inunwana le idla ukudla okunjani?



Ingabe inunwana yakho iyakhambisa nanyana ikhamba kabuthaka?

Ingabe inunwana yakho ilisizo? Kubayini utjho njalo?

Ngiziphi iindlela ngathi inunwana yakho iyingozi? Ungenzani nangabe ikulimaza?



Ukuzithabisa



Kwanje dezayina

inunwana

engeyakho bese

uyinikela ibizo.



Tjengisa ngobukghwari bakho



Asenzeni lokhu

Gwala lakho iviyaviyani

Uzokutlhoga okulandelako:

Iphepha eliji-A4.

Amakhrayoni wamafutha

Isikere

Idlu

Iphayiphi lokuhlwendisa

Irolo engenalitho yephepha
elisetjenziswa ethoyilede



Gwala iviyaviyani elitjengisa umzimba walo omude, omatsikani begodu neempiko zalo ezimbili. Kghabisa iimpiko zeviyaviyani ngamaphetheni anemibala eyahlukene.

Qinisekisa kobana iimpiko zombili ziyafana. Sika iviyaviyani. Namathisela umzimba weviyaviyani phezu kwerolo yephepha elingenalitho elisetjenziswa ngethoyilede. Kwanje yenza iimpondo usebenzisa iphayiphi lokuhlwendisa elibhincwe kibili. Linamathisele ehloko yeviyaviyani.





Asiphumele ngaphandle

Linga imidlalo elandelako.



Isitetjhi 1:

Umdlalo webhasketbholo:

Betha phasi ibholo lokha nawugijima ngephetheni mazombezombe.



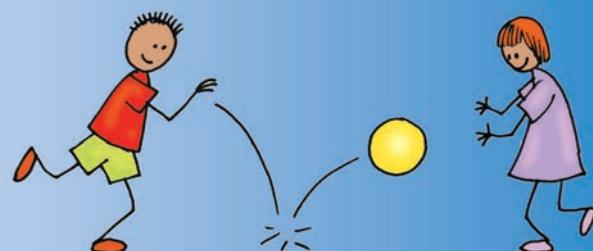
Isitetjhi 2:

Ihokhi: Sebenzisa isigojwana sokudlala ihokhi ukusunduzela ibholo emapaleni.



Isitetjhi 3:

Inetbholo: Betha phasi ibholo iye kumngani wakho lokha wena nawugijimako.



Isitetjhi 4:

Iragbhi: Gijima nebholo bese uyidluliselwa phambili.



Isitetjhi 5:

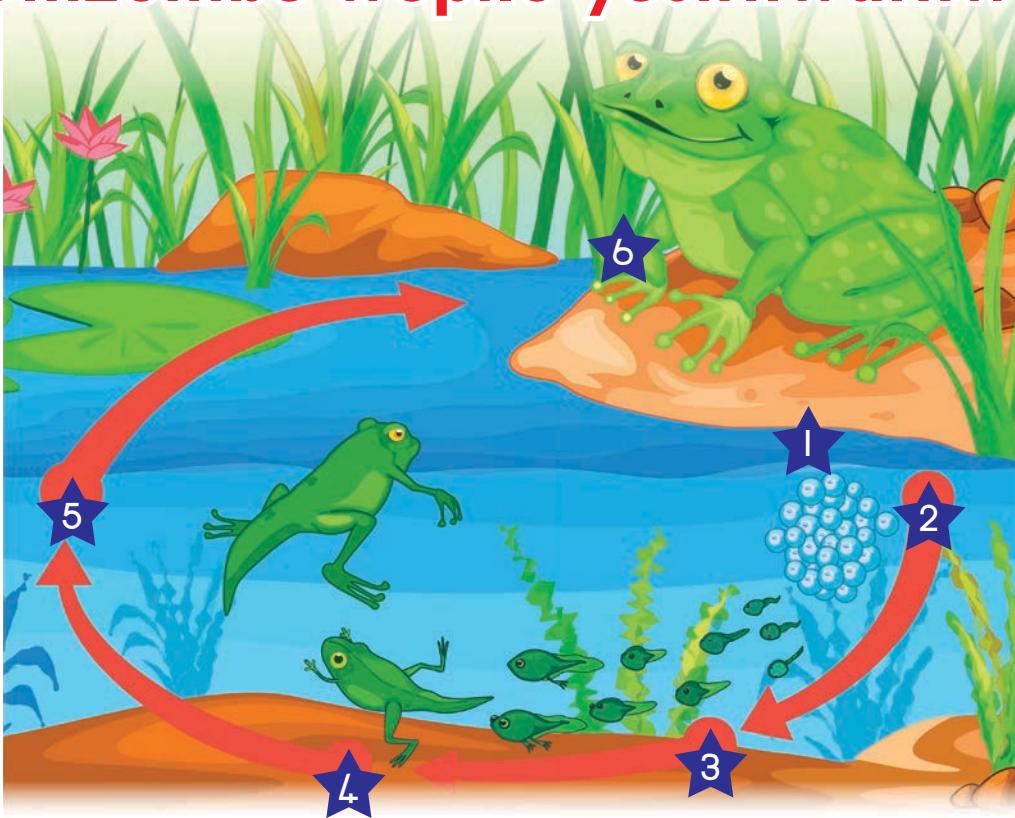
Ibholo erarhwako: Dribula ibholo iye emapaleni.



Imizombe yepilo

Umzombe wepilo utjengisa iingaba ezahlukeneko zokukhula. Tingaba zilamana ngendlela ethileko. Qala umzombe wepilo yesirhwarhwa neweviyaviyani bese nicoca ngeengaba lezi ezhhlukeneko.

Umzombe wepilo yesirhwarhwa



Asikhulume

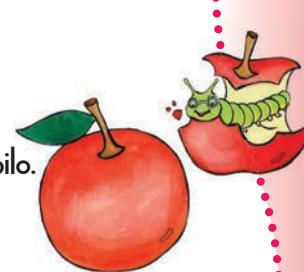
Qala iinthombe bese utjela umngani wakho kobana isirhwarhwa sitjhuguluke njani emzombeni waso wepilo.

- 1 Iinrhwarhwa ezimbili ziyahlangana ukunothisa amaqanda.
- 2 Isirhwarhwa esisikazi sibekela amaqanda.
- 3 Ikolobejani encani enezitho zokuphefumula ezingaphandle nomsila osasigwedlo.
- 4 Ikolobejani ikhula imilenzana.
- 5 Umsila uyanyamalala.
- 6 Isirhwarhwa esikhulileko siba namaphaphu namajili amanengi.

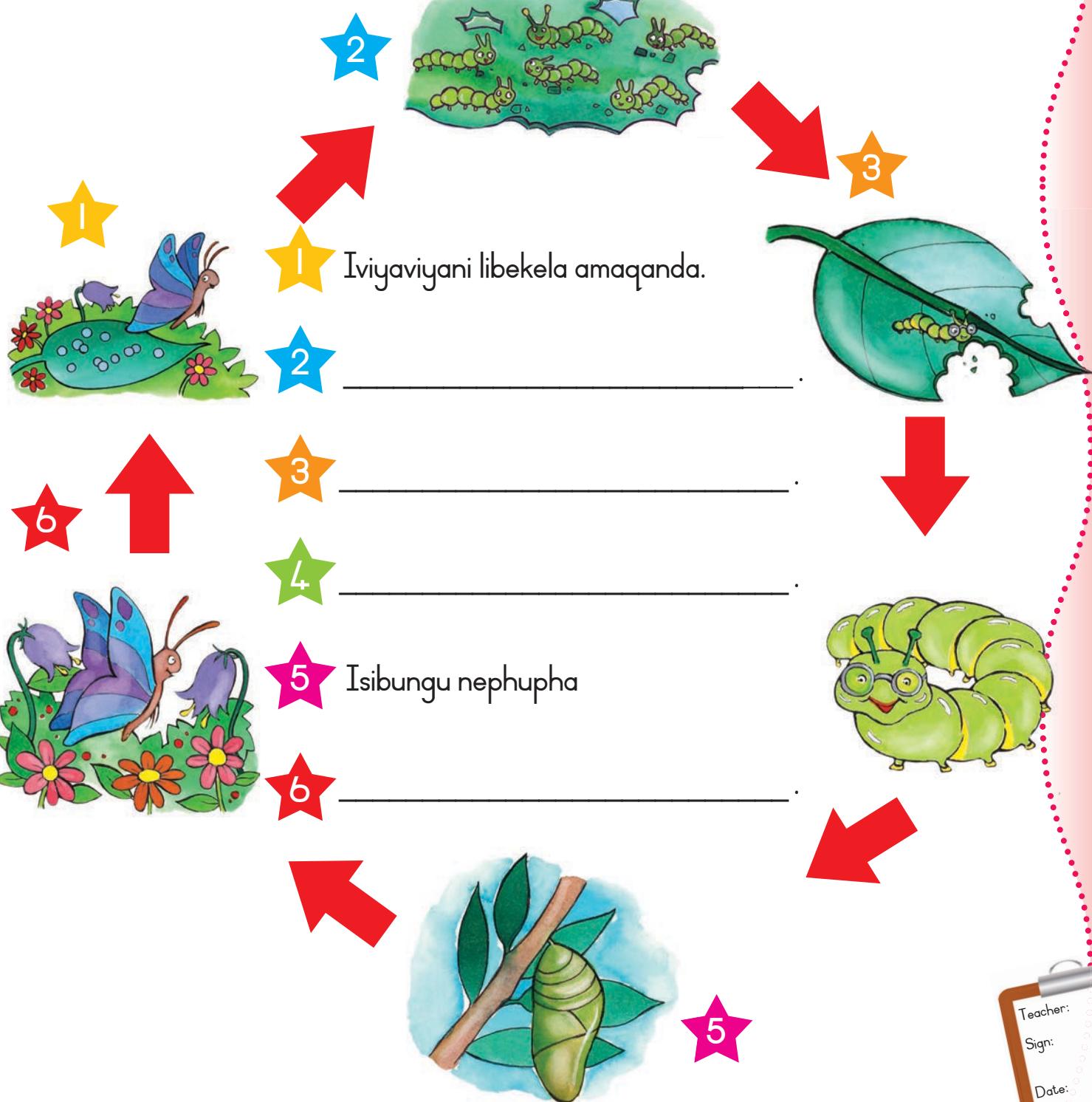


Asenzeni lokhu

Kwanje qalisisa umzombe weviyaviyani
Qedelela kobana kwenzeka ini emgwaweni womzombe wepilo.
Sesikusizile ngeengaba ezimbili.



Umzombe wepilo weviyaviyani



Imizombe yepilo

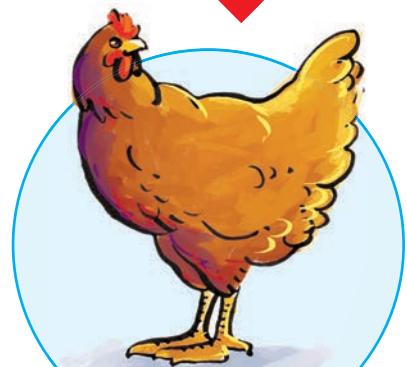
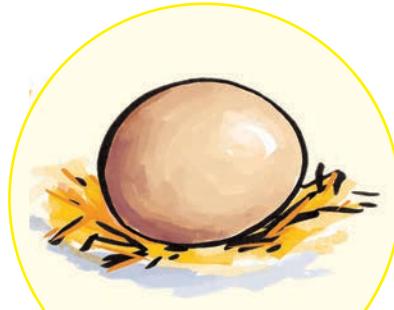
Ithemu - 2 - I'veke - 5 - Iphepha lokusebenzela



Asikhulume

Qalani iinthombe bese ukhuluma nomngani wakho ngomzombe wekukhu. Ngemva kwalapho tlola kobana kwenzekwa ini esigabeni ngasinye.

Umzombe wepilo yekukhu





Asenzeni lokhu

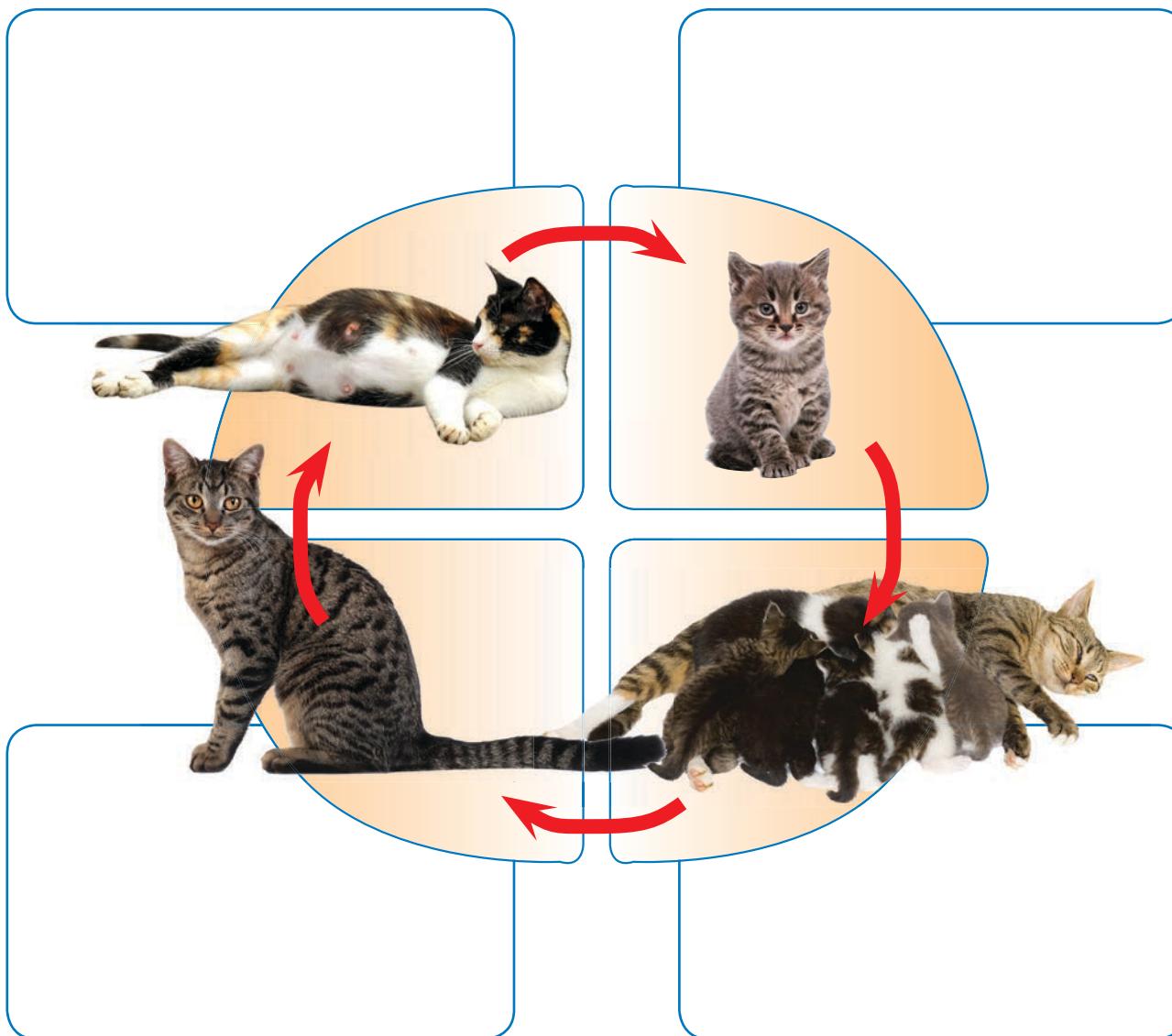
Kwanje zenzele wakho umzombe wepilo.

Leyibula esinye nesinye isithombe endatjaneni esevelini elingenzasi ukutjengisa umzombe wepilo wakakatsu. Sebenzisa iinhlokwana ezingenzasi zizokusiza.

Nombora iingaba kusuka ku-1 kuye ku-4 bese uzisebenzisa endatjaneni yakho yevili.

	Ukatswana uyabelethwa		Ukatswana okhulileko
	Umma, unina lakakatswana uba sidisi iimveke ezibunane (9)		Unina labokatswana akhotha abokatswana bakhe.

Umzombe wepilo wakakatsu



Teacher:
Sign:
Date:

Ifuyosithandwa yami

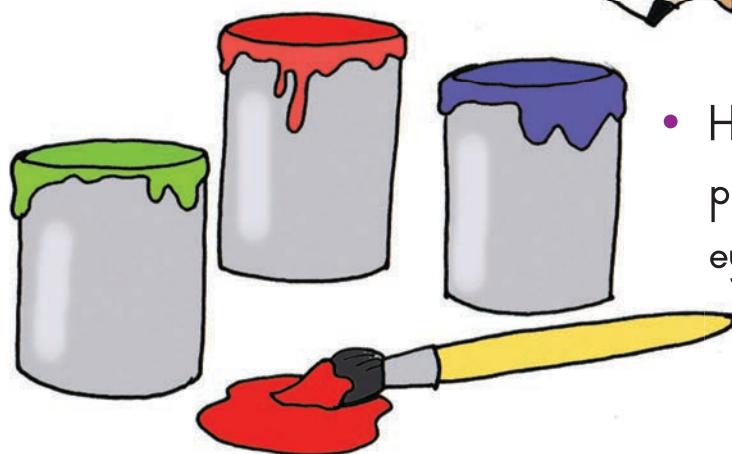
Ithemu - 2 - I'veke - 6 - Iphepha lokusebenzela



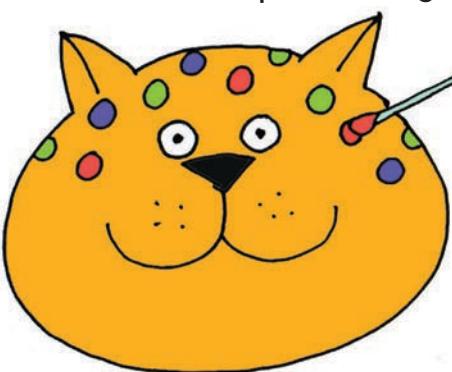
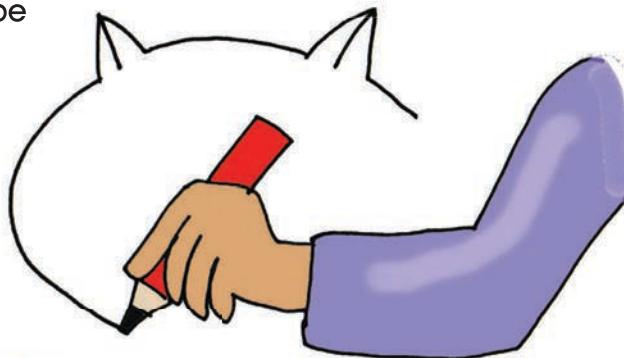
Asenzeni lokhu

Yenza imaski yefuyosithandwa.

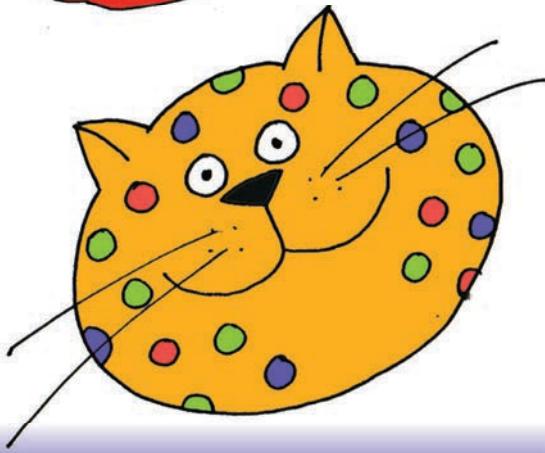
Ozokuthhoga ngilokhu:
Iphepha elinobukhulu obuyi-A4
Ipensela
Ipende eyipuyere namanzi
Lingojwana zokukotakota iindlebe



- Gwala umqoqo wobuso bakakatsu ephepheni.



- Sebenzisa isigojwana sokuzikotakota ependeni ngayinye.





Asikhulume

Cocela umngani wakho ngefuyosithandwa
yakho nanyana yomunye umuntu omaziko.
Yitjho kobana uzoyitlhogomela njani.



Asenzeni lokhu

Gwala izinto ezi-4 ozozitlhoga ukutjheja
ifuyosithandwa yakho. Bese utlola ihlathululo
ngaphasi kwesinye nesinye isihlokwana.



Ukutlhogomela ibhoduluko

Ithemu-2 – I'veke-6 – Iphepha lokusebenzela



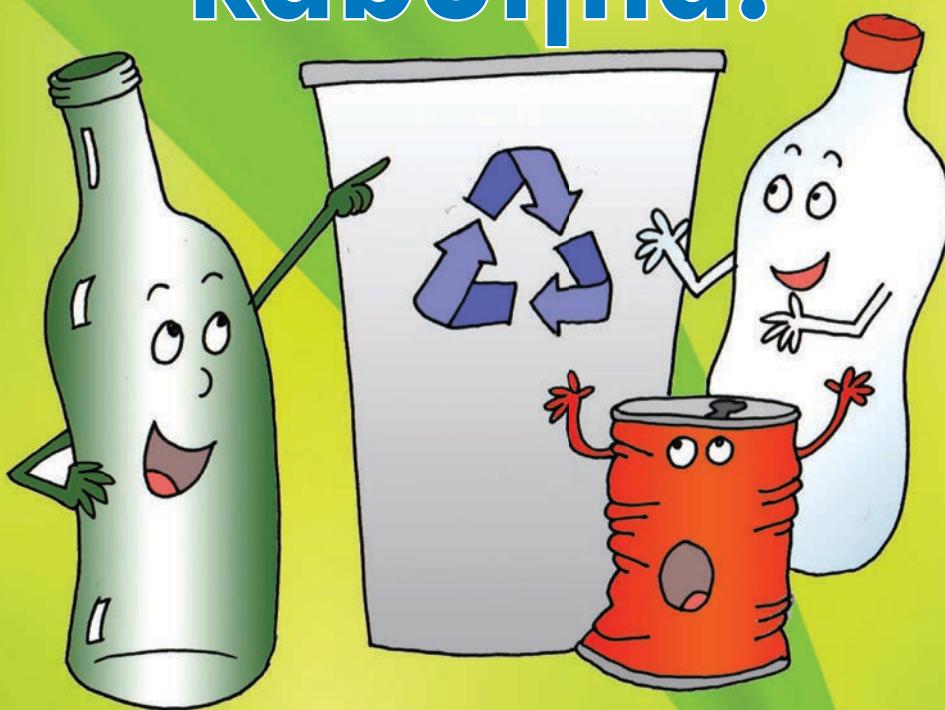
Asikhulume

Qala amaphosta alandelako bese ucoca
nomngani wakho kobana amaphosta la
atjho ukuthini.

Qala isiqubulo sokwenza kabutjha.
Ukhe wasibona kuphi isiqubulo esifana nalesi?



Siyakubawa, sisebenzisa kabutjha!



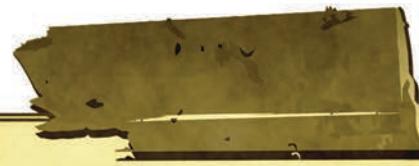
Asiphumele ngaphandle

Ungakghona ukusungula umdanso
usebenzise amahupsi neenribhoni?





Ibhoduluko singaligcina njani lihlanzekile?



Kumele sikhumbule u-**PSS**.



Phungula: Kumele siphungule ukusilaphazeka.

Sebenzisa godu: Sizisebenzise godu izinto kanengi ngaphambi kobana sizilahle.

Sebenzisa kabutjha: Sitlhoga ukufunyana iindlela zokusebenzisa iphepha,

amakotikoti kanye namabhodlelo.



Asitlole

Etheyibuleni elilandelako, tlola amabizo wezinto ezingasetjenziswa kabutjha. Unikelwe erhelweni ngalinye lokho ozokuthoma ngakho.



Sebenzisa kabutjha amarhalasi	Sebenzisa kabutjha amoplastiki	Sebenzisa kabutjha amaphepha	Yenza ivundiso
Amabhodlelo wakade	Imigoddana yamoplastiki	Amaphephandaba	Amakelo wemirorho



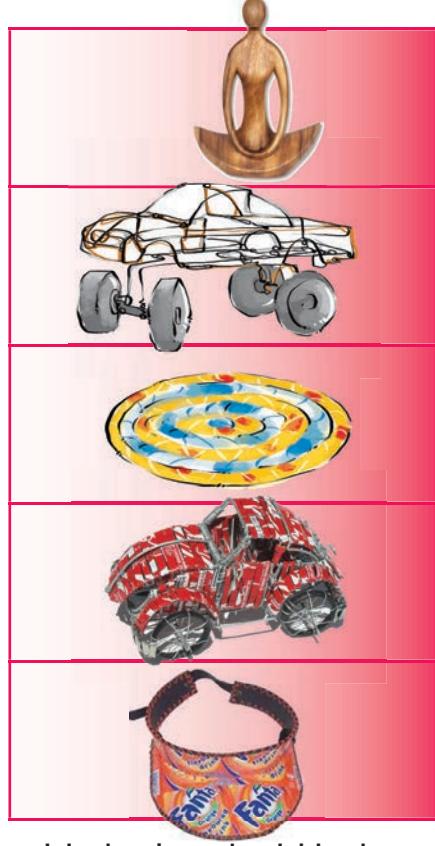
Ukwenza kabutjha

Ithemu - 2 - I'veke - 7 - Iphephä lokusebenzela



Asitlole

Gwala umuda osuka ezintweni ezingesandleni sesincele uye ngesandleni sokudla, ukutjengisa kobana zingasetjenziswa njani ukwenza izinto ezinye ezingasetjenziswa kuhle.



Kwanje dizajina bewuleyibule into ongayenza usebenzise izinto ezibuyeletweko ebegade zilahliweko.

Ibizo lento

Yenziwe

Gwala isithombe sento yakho.



Asitlole

Izinto ezingenza ivundiso ehle. Tlola elinye nelinye igama kalandela ngenzasi endaweni yalo efaneleko ukuqedelela itheyibula. Kumele ucabange nangezinye izinto ozaziko bese uyazihlela uzibeka ngemakholomini afaneleko.

iinkhwanyana zamaplastiki

amakari wemirorho

amazipho

amakotikoti weenselo

amaqephe wamaqanda

Izinto ezingekhe zabola	Izinto ezingabola



Asenzeni lokhu

Gwala iphosta
ubawe abantu
kobana
bangasasilaphaza.
Gwala isithombe
bewutlole nomyalezo.



30

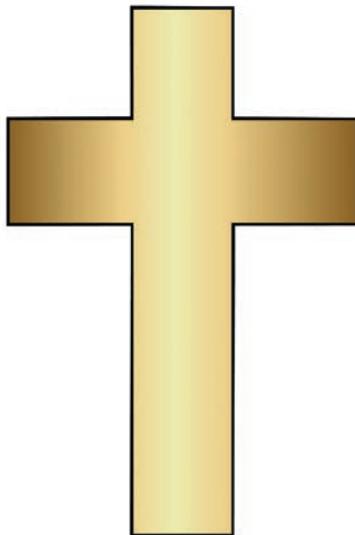
linkolo kanye namanye amalanga akhethekileko

Ithemu - 2 - I'veke - 7 - Iphephä lokusebenzela

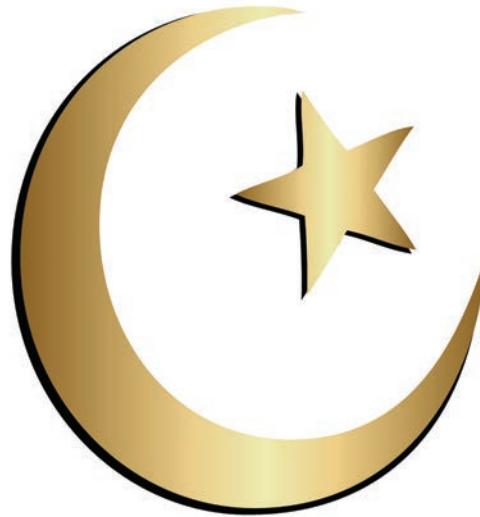


Asikhulume

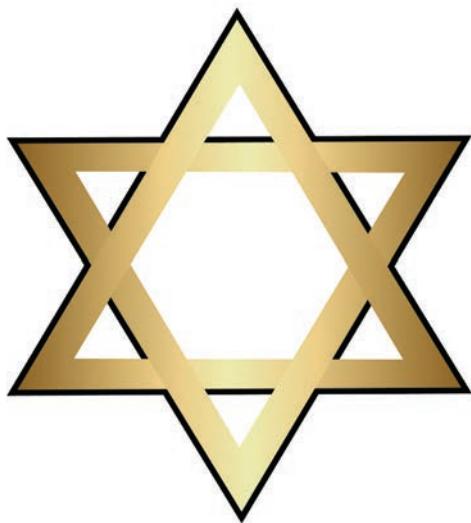
Khuluma nomngani wakho ngamatshwayo wekolo. Yitjho kobana ikolo yakho isebeanza liphi itshwayo. Nawungaliboniko itshwayo lekolo yakho, ligwale ukuze umngani wakho alazi.



Isiphambano litshwayo lamaKrestu.



Inyanya eyihlendla nekwekwezi zakha
itshwayo lama-Islamu.



Itshwayo lamaJuda yiKwekwezi
yakaDavida. IKosi uDavida yabe iyikosi
yama-Israyeli.



Itshwayo lamaHindu litshwayo u-om,
elitolwa ngelimi lamaSanskrit
we-Indiya

lindawo ezahlukeneko lapha kudunyiswa khona



Asenzeni lokhu

Gwala umuda ukuhlanganisa ikolo ngayinje nendawo lapha kuuhlanganyelwa khona nakudunyiswako. Tlola ibizo lomakhiwo ngaphasi kwesthombe ngasinye.

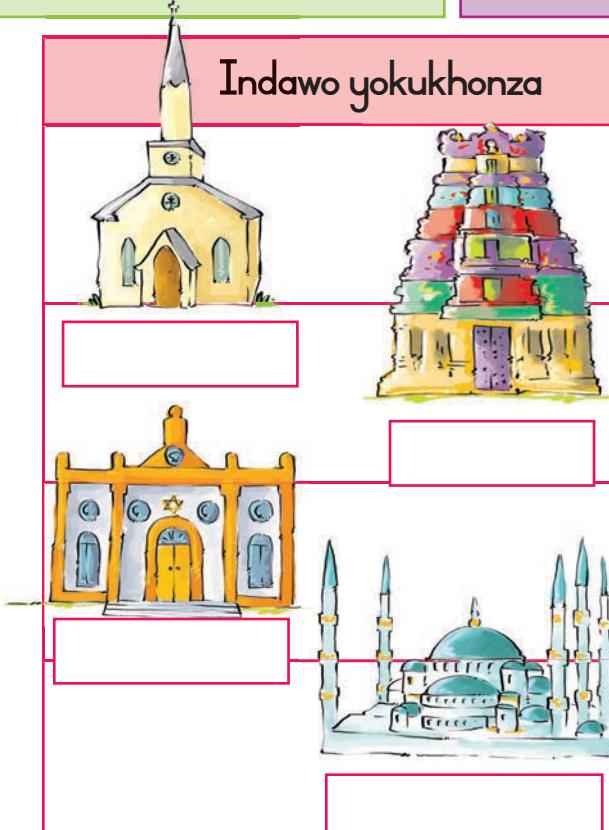
itempeli

isinagogo

indlu yesondo labakholelwa kuMahomedede

isondo

Ikolo
Ama-Islamu
AmaHindu
AmaKrestu
Abakholelwa kuJudyizimu



Asenzeni lokhu

Buza abangani abane (4) kobana ngimaphi amatshwayo atjengisa ikolo yabo. Buyelela utbole amatshwayo lawo eduze kwamabizo wabo.

Ibizo lomngami	Itshwayo labo





ISITIFIKEYIDI

Sokuphumelela iGreyidi lesi-3

AmaKghono wezepilo incwadi yoku-1

sinikelwa u-

Tlola ibizo lakho.

Ilanga _____

Utitjhere _____

Isihlathululi-magama sami

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Isihlathululi-magama sami

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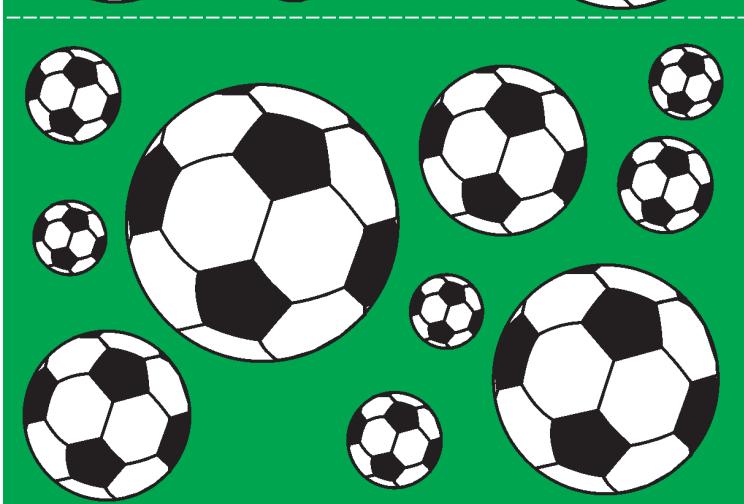
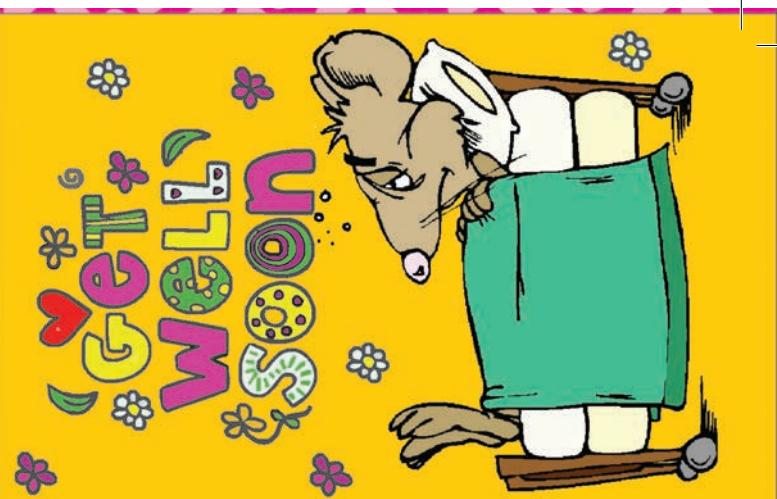
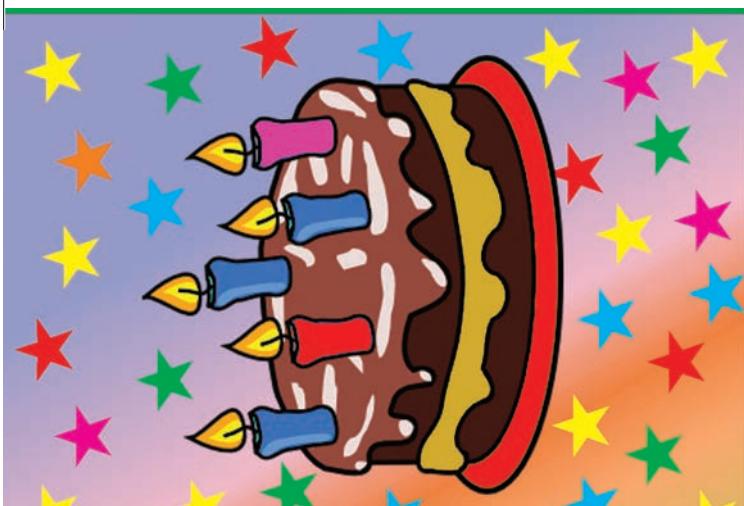
V
v

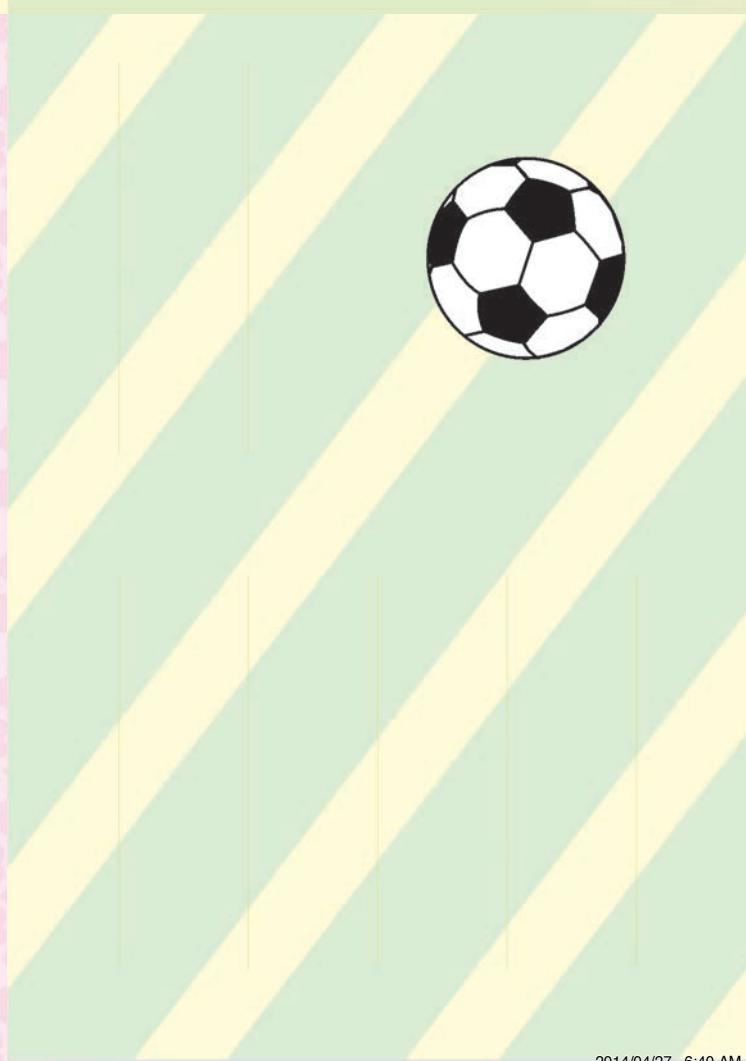
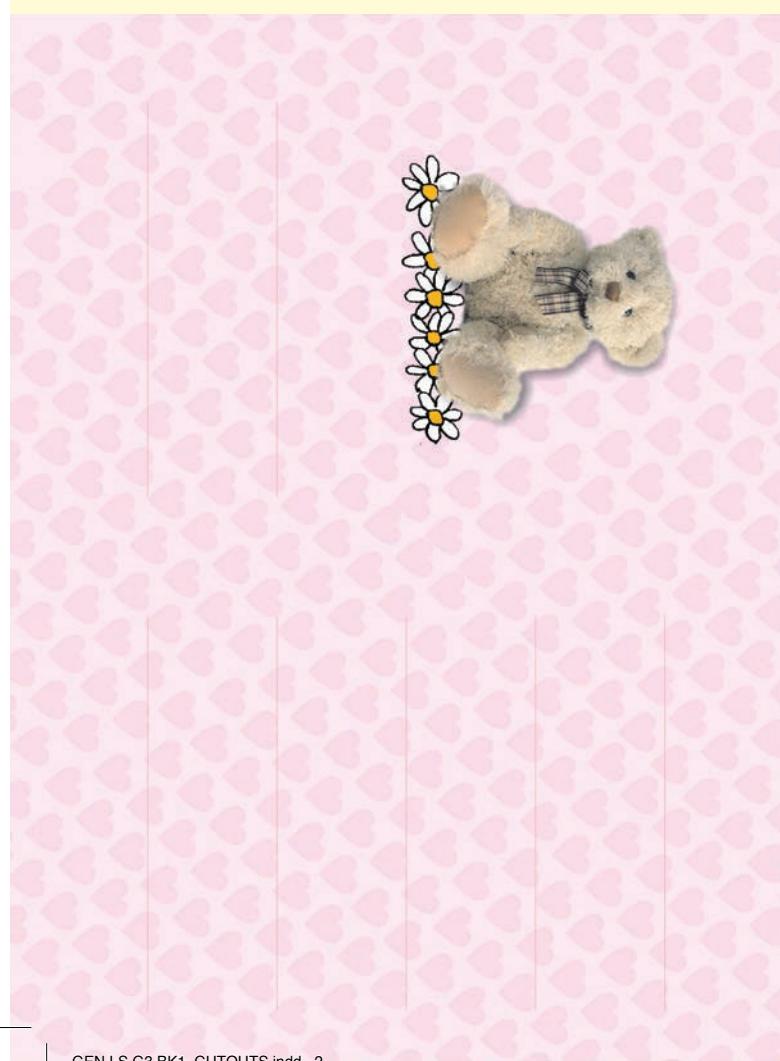
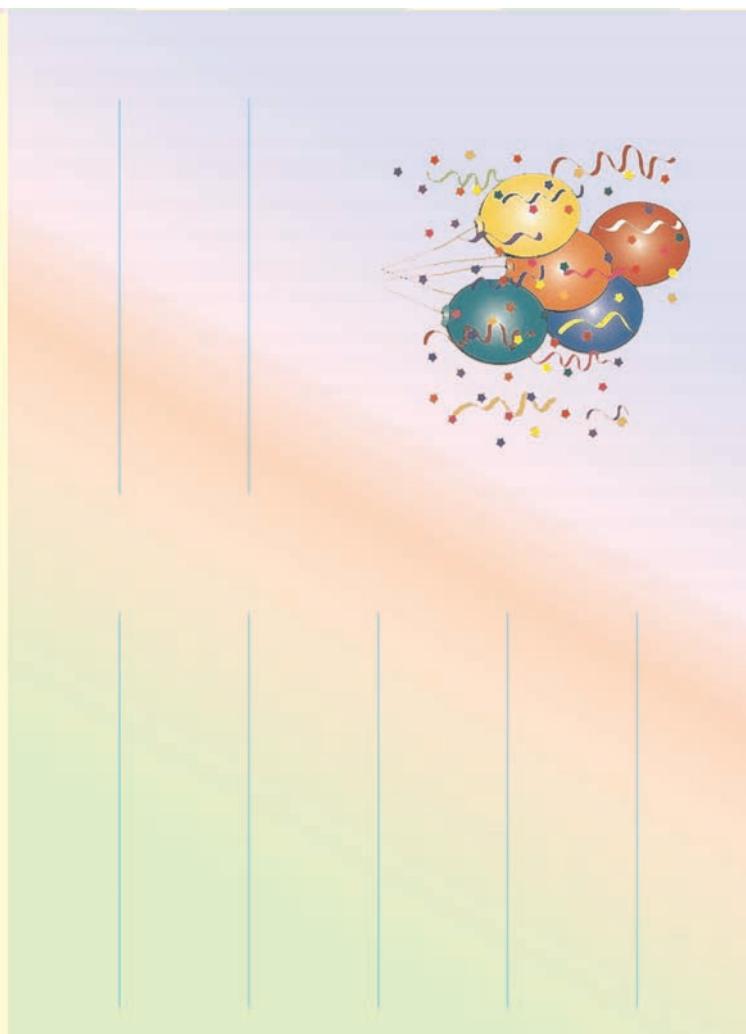
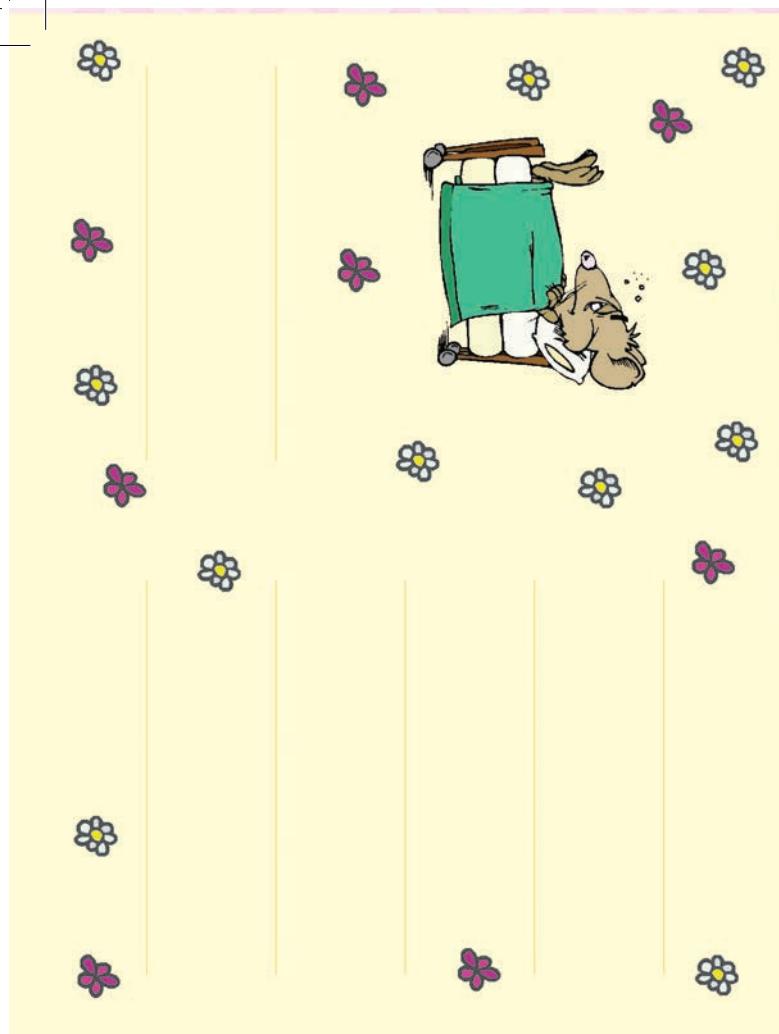
Q
q

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R
r

X - Z
x - z





P.45

