

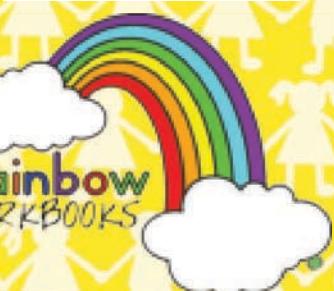


E thabolotswe e  
bile e tsamaelana  
le PPKT

# Mophato



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LIFE SKILLS IN SETSWANA

GRADE 1 – BOOK 1

TERMS 1 & 2

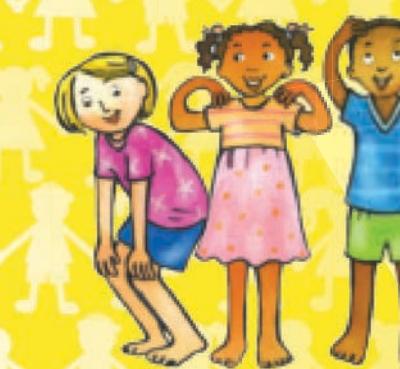
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## Dikgono tsa Botshelo ka SETSWANA

Buka 1

Kgwedit haro 1&2



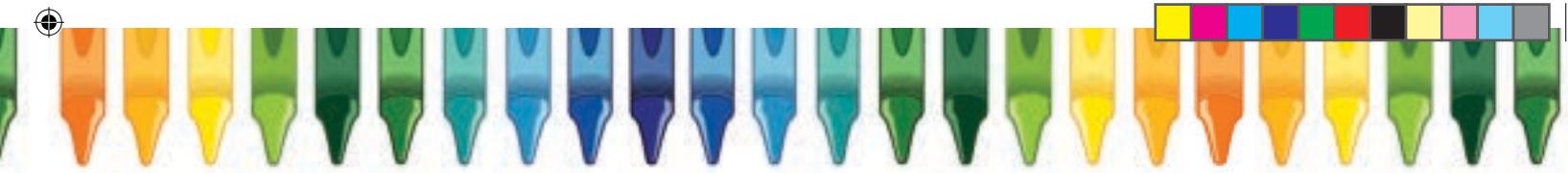
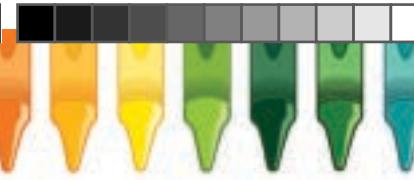
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Mme Angie Motshekga,  
Tona ya Lefapha la  
Thutotheo



Ng. Reginah Mhaule,  
Motlatsatona wa Lefapha  
la Thutotheo

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

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

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

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

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

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# Mophato

1



Dikgono tsa Botshelo  
ka **Setswana**  
Buka I



Buka e ke ya ga:





1

Kgweditharo | - Beke | - Papet|anatiro



A re kwaleng

# Ka ga me

Kgomaretsa senepe sa gago  
kgotsa thala setshwantsho sa  
gago fa.



Leina la me ke



Sefane sa me ke

Ke na le dingwaga di le

Go na le batho ba le  
mo lelapeng la  
gaetsho.

Mogala wa rona ke:

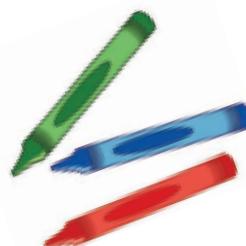


Aterese ya rona ke:

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---

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Ke itse gore letsatsi la me  
la botsalo le leng.

ee	ga ke netefatse	nnyaya
----	-----------------	--------

Letlha: .....

2



A re kwaleng



Joe o itse go tshameka kgwele ya dinao.

Thala sengwe se o se kgonang thata.



Bolelela ditsala tsa gago gore ke eng se o se kgonang thata. Morago  
o tshase mmala mo naleding e e mo lebokosong le le nepagetseng go  
bontsha gore o ka dira eng.

A re bueng



Ke kgona go buisa.



Ke kgona go ikapesa.



Ke kgona go kwala.



Ke kgona go bina.



Ke kgona go dira tee.



Ke kgona go tlhapa  
meno a me.





2

# Mebala le go ikatsa

Kgwəditharo | – Beke | – Papetlanatiro



A re kwaleng

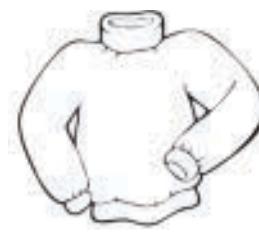
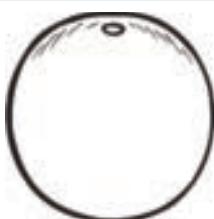
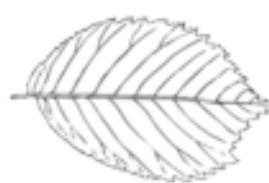
A o itse mebala e? Bolelela  
tsala ya gago maina a mebala e.  
Jaanong khalara setshwantsho sengwe  
le sengwe ka mmala o o siameng.



Panana e e serolwana



Apole e e khibidu

Jeresi e e botalajwa  
legodimoMokgele wa  
mebalabalaNamune e e mmala wa  
namune

Letlhare le le tala



A re ikatiseng

Pele o ka dira tirwana kwa ntla, ikotlolole jaaka katse. Seno se tla  
kgontsha mmele wa gago go tshikinyega. Gape, o ikotlolole  
morago ga tirwana go repisa le go ikhutsisa mmele wa  
gago. Seno se tla go thusa gore o se nne le mesifa e  
e botlhoko. Jaanong dira se bana ba, ba se dirang.



Opela "motlheng ke phaphama ke tla lela jaaka katara,  
motlheng ke phaphama ke tla lela jaaka piano" fa o ntse  
o:

- itire e kete o tshameka piano kgotsa moropa.
- itire e kete o tshameka katara.



Letlha: .....



Boithabiso

Dirisang paterone e e latelang  
go opa diatla.



Opa Opa Opa Opa  
Opa Opa Opa Opa  
Opa Opa Opa Opa  
Opa Opa Opa Opa Opa



A re direng

A o ka dira dilo tse? Bontsha ditsala tsa gago.

Ke kgonà go tabogela kwa matlhakoreng otlhé ke sa thule ope.			
Ke kgonà go tlola kgati.			
Ke kgonà go kgokolosetsa bolo e kgolo kwa tsaleng ya me.			





3

Kgweditlharo I – Béke 2 – Papetlanatiro

# Rotlhe re kgethegile



Lebelela setshwantsho mme o tlotlele  
tsala ya gago ka ga pharologano fa gare  
ga bana ba.



## Bogolo le bonnye

Bangwe ba bagolo, mme bangwe ba rona ba bannye.

Bangwe ba rona re bakhutswane fa bangwe ba rona  
re le baleele.

Bangwe ba rona ba kgona go tlola, mme bangwe  
ba kgona go opela.

Rotlhe re kgona go dira sengwe ka manontlholtlho.

Ke eng se o kgonang go se dira ka manontlholtlho?



Tlotlela ditsala tsa gago gore o ne wa ikutlwa  
jang ka letsatsi la gago la ntlha kwa sekolong.

itumetse	lela	itumetse thata	tenegile	ikgogona



Thala setshwantsho go bontsha ka moo o **ka ikutlwang ka teng**  
fa motho a go naya setshamekisi se sentshwa. Kwala maikutlo mo  
phatlheng e e fa tlase.

Letlha: .....



A re bueng

Tlotlela tsala ya gago gore go diragala eng mo setshwantshong sengwe le sengwe. Bua gore o ka ikutlwajang fa dilo tse di ka go diragalela. Tshwaya sefatlhego se se nepagetseng.



Mosetsana yo mogolo  
o tsaya dilo tsa gago.

itumetse	itumetse thata	lela

Wena le tsala ya gago  
le tshameka mmogo.

tenegile	itumetse	tshogile



O bulu mpho.

tshogile	itumetse thata	ikgogona



Ausi kgotsa abuti  
wa gago o senya  
setshamekisi sa gago.

ikgogona	thabile	tenegile



A re direng

Gatisa monwana wa gago mo lebokosong la ntlha, mme o botse  
moithuti-ka-wena go gatisa monwana wa gagwe mo lebokosong la  
bobedi.

A o ntse o itse gore ga go ope mo lefatsheng  
yo o nang le setshwantsho sa menwana se se  
tshwanang le sa gago?

O kgethegile thata, gonno o na le dikgatiso  
tsa menwana tse di tshwanang di le nosi.

Le mawelana tota, ditshwantsho  
tsa menwana ya bona ga di tshwane.



A o kgona go bona gore ditshwantsho  
tsa menwana ga di tshwane?



Morutabana:  
Saenfa:  
Letlha:



4

# Rotlhe re a farologana

Kgweditsharo I – Béke 2 – Papetlanatiro



A re bueng

Lebelela bana ba.  
Ba tshwana ka eng?  
Ba farologana ka eng?



A re direng

Lebelela setshwantsho mme morago o akanye gore a ditlhagiso tse  
ke **nnete** kgotsa **ga se nnete**. Khalara dipolelo tsa **nnete** ka botala  
jwa tlhaga. Khalara dipolelo tse e seng **nnete** ka bohibidu.



Botlhe ba na le matsogo a le 2  
le maoto a le 2.



Botlhe ke basetsana.



Botlhe ba rwele ditlhako.

Botlhe ba apere marokgwe a  
makhutshwane.



Botlhe ke bana.

Botlhe ba na le meriri e melelee.

Letlha: .....



### A re thaleng

Thala setshwantsho sa gago mo phatlheng ya ntlha. Morago o thale setshwantsho sa tsala ya gago ya botlhokwa. Morago ga go dira jalo, lebelela setshwantsho mme o bue gore o farologana jang le tsala ya gago.



Nna	Tsala ya me

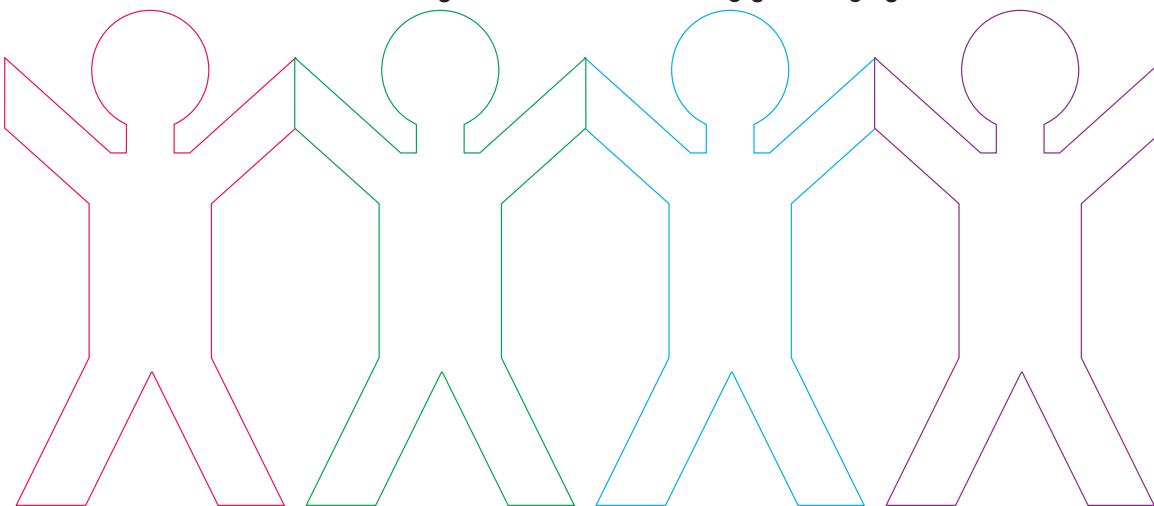


### A re direng

Lebelela setshwantsho mme o bue ka moo wena le tsala ya gago le tshwanang ka teng le ka moo le farologanang ka teng.



Khalara keetane e ya botsalano go bontsha gore mongwe le mongwe o a farologana. Fa o sena go dira se o ka nna wa sega o bo o kgabisa keetane ya botsalano mo karolong ya mesego ya buka e.



q



5

Kgweditharo I – Beke 3 – Papetlanatiro

# A re opeleng



Pele o opela, dira dithutiso tse.

Hemela kwa teng thata le kwa ntle ka iketlo. Itire o kare o tima  
dikerese tsa kuku ya gago ya botsalo. Itire o kare o gatsetse, mme  
o re "Brrrrrrrrrrrrrrr".

## Dikgabo di le tlhano

Dikgabo di le tlhano di tlolatlola mo bolaong.

E nngwe ya wela fatshe, ya wa ka tlhogo.

Mme a bitsa ngaka mme yona ya re,

"Dikgabo ga di tlolatlole mo bolaong!"

Dikgabo di le nne di tlolatlola mo bolaong.

E nngwe ya wela fatshe, ya wa ka tlhogo.

Mme a bitsa ngaka mme yona ya re,

"Dikgabo ga di tlolatlole mo bolaong!"

Dikgabo di le tharo di tlolatlola mo bolaong.

E nngwe ya wela fatshe, ya wa ka tlhogo.

Mme a bitsa ngaka mme yona ya re,

"Dikgabo ga di tlolatlole mo bolaong!"

Dikgabo di le pedi di tlolatlola mo bolaong.

E nngwe ya wela fatshe, ya wa ka tlhogo.

Mme a bitsa ngaka mme yona ya re,

"Dikgabo ga di tlolatlole mo bolaong!"

Kgabo e le nngwe e tlolatlola mo bolaong.

Ya wela fatshe, ya wa ka tlhogo.

Mme a bitsa ngaka mme yona ya re,

"Dikgabo ga di tlolatlole mo bolaong!"

Letlha: .....

10



## A re thaleng

Thala sefatlhego sa gago.

Bontsha matlho a gago, ditsebe, nko, molomo le moriri.

Bolelela ditsala tsa gago gore o rata eng.



## A re ikatiseng

Bay a dikgoreletsi kwa ntle  
ga phaposiborutelo ya  
gago le le tshwanang le le,  
o thusiwa ke morutabana  
wa gago.

Tlola go tswa mo  
tafoleng e nngwe go ya  
kwa go e nngwe.

Gagaba ka fa tlase  
ga ditafole.





6

# Ke ikgantsha ka sekolo sa me

Kgweditharo I – Beko 4 – Papetlanatiro



A re kwaleng

Thala setshwantsho sa gago o apere  
diaparo tsa sekolo. Morago o tlatsa  
ka mafoko a a tlogetsweng.



Ke tsena sekolo sa

\_\_\_\_\_.

Leina la morutabana wa me ke

\_\_\_\_\_.

Mogokgo wa sekolo ke

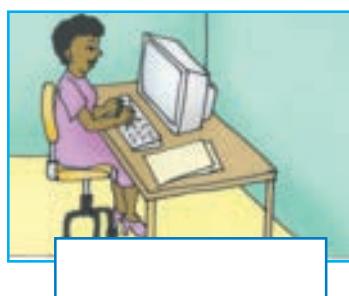
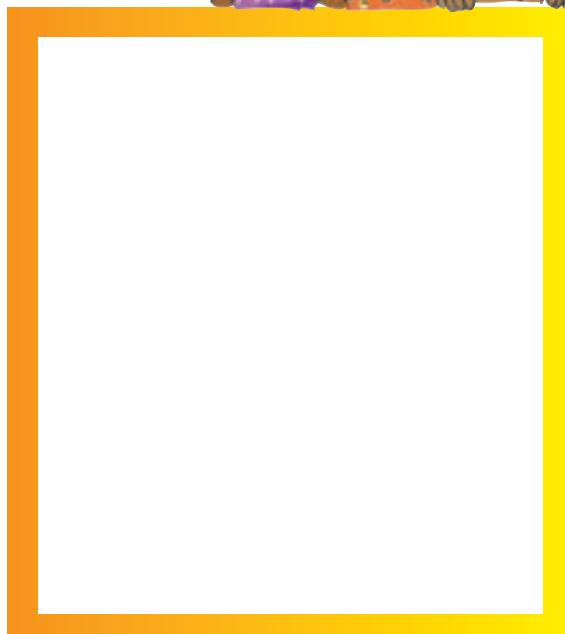
\_\_\_\_\_.



A re kwaleng

Lebelela ditshwantsho.

Morago o sege lefoko le le  
nepagetseng la setshwantsho  
sengwe le sengwe mme o le  
kgomaretse mo phatlheng e e  
fa tlase ga setshwantsho seo.

lepatlelo la  
metshameko

phaposiborutelo

ofisi

mokwaledi

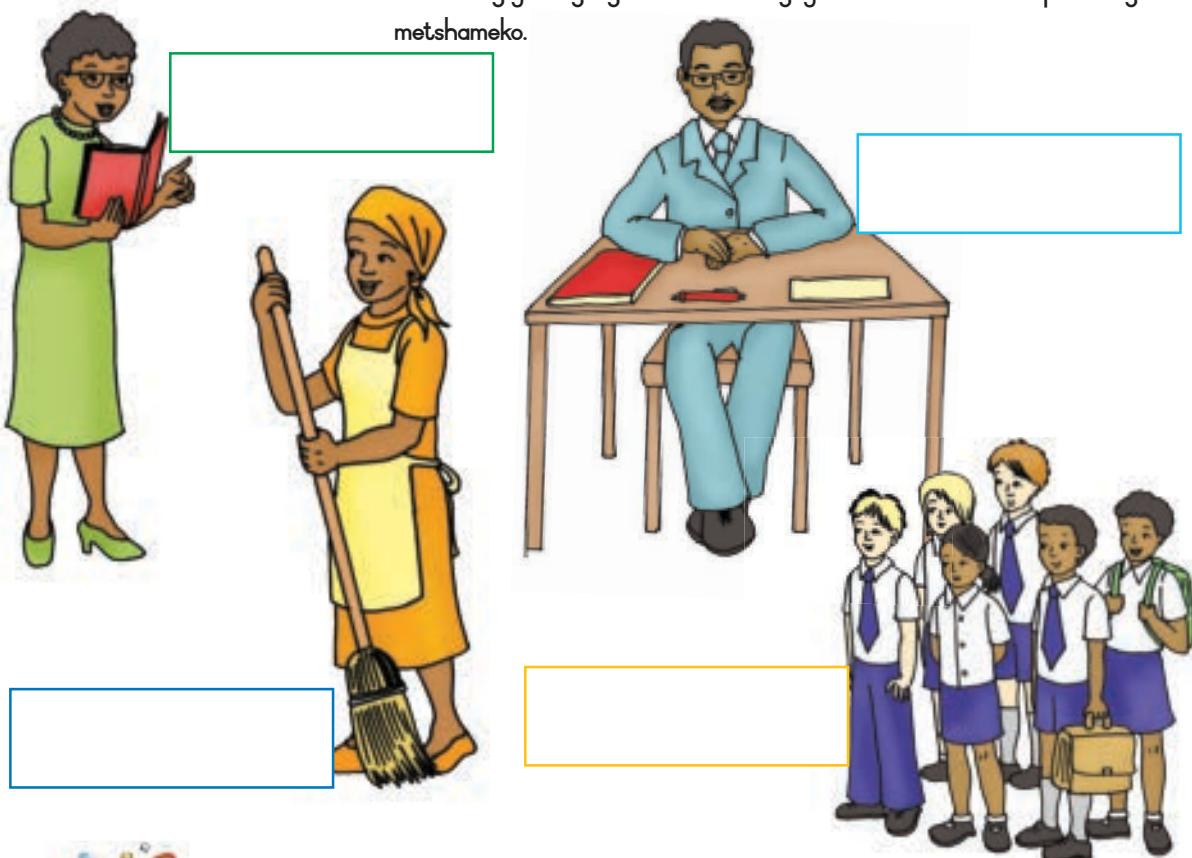
ntlwabanabothusetso





## A re kwaleng

Batho ba ba farologaneng kwa sekolong ke bomang? Lebelela ditshwantsho mme o bue gore ke bomang le gore ba dira eng. Morago o sege lefoko le le nepagetseng go tswa kwa tlase mo tsebeng o be o le kgomaretsa fa thoko ga setshwantsho se se nepagetseng. Tilhalosetsa tsala ya gago gore o ya jang kwa ofising ya mogokgo, kwa ntwaneng ya boithusetso le kwa lepatlelong la metshameko.



## Boitumediso

Lebokoso la diphensele la ga John le wele. Bala gore o na le dikherayone tse kae, mme o kwale palo mo lebokosong. Morago kwa thoko mo lenathwaneng la pampiri, thala setshwantsho o dirisa mebal e e bonagalang go bontsha ka moo wena le tsala ya gago le tshamekang mmogo ka teng. Direla setshwantsho foreimi.



bana

mophepafatsi

morutabana

mogokgo



Morutabana:  
Saena fa:  
Letlha:

# Mafelo a a farologaneng

A re diragatseng

Iphitlha ka fa tlase  
ga sengwe.



Iphitlha ka fa morago ga  
lebati.



Ke iphitlha ka  
fa tlase ga tafole.



Ema fa thoko ga sengwe.



Ema fa godimo ga setilo.

Dirisa bolo kgotsa kgetsana ya dinawa. E latlhele kwa godimo  
mme o e kape. Tshegetsa kgetsana ya dinawa mo tlhogong ya  
gago mme o tsamayetsamaye ka iketlo.

Jaanong tshegetsa kgetsana ya dinawa mo tlhogong o ntse o  
tsamaya mo godimo ga thobane ya go tshegetsa kgotsa mo  
godimo ga mola fa fatshe.



A re ikatiseng

Ke kgona go latlhela.



Ke kgona go kapa.



Ke kgona go tshegetsa kgetsana  
ya dinawa mo tlhogong ya me.



Letlha: .....



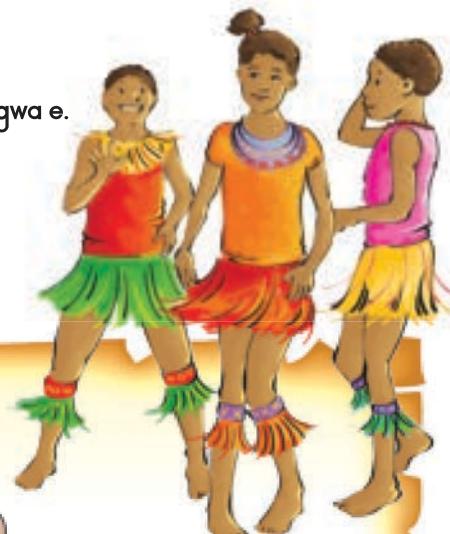
A re ikatiseng

Kiba maoto a gago ka mekgwa e.

Mol = Molema



Moj = Moja



Mol

Moj

Mol

Moj

Mol



Moj

Mol

Moj

Moj

Mol

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Mol

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Moj

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Mol

Moj

Mol

Moj





8

# Phaposiborutelo ya me

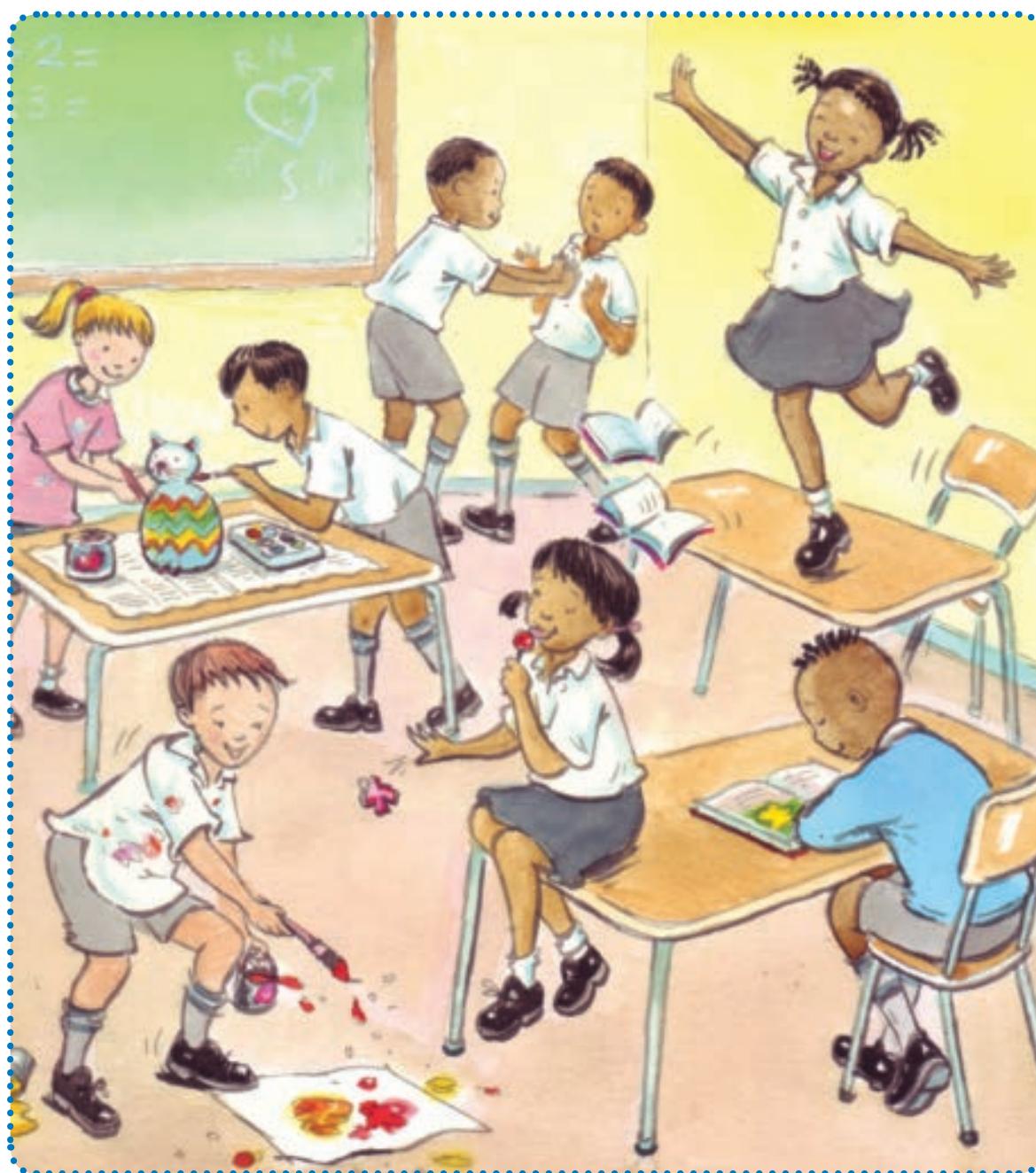
Kgweditharo | – Bekè 5 – Papetlanatiro



A re bueng

Lebelela setshwantsho se ka kelotlhoko. O bona eng?

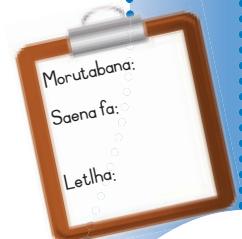
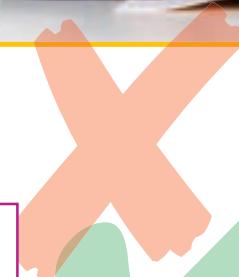
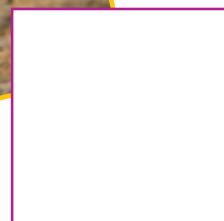
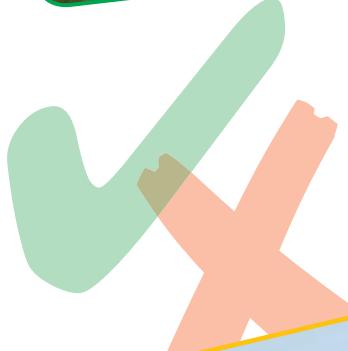
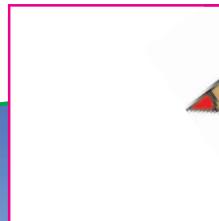
Mo phaposiborutelong e, go diragala dilo tse di siameng le tse di sa siamang. O kgora go bona maitsholo afe a a siameng? O kgora go bona maitsholo afe a a sa siamang?





A re bueng

Bolelela tsala ya gago gore go diragala eng ka setshwantshong  
sengwe le sengwe. Tshwaya ✓ fa thoko ga maitsholo otlhe a a  
siameng mme o tshwaye ✗ fa thoko ga maitsholo otlhe a a sa siamang  
.a a ka diragalang kwa sekolong.





9

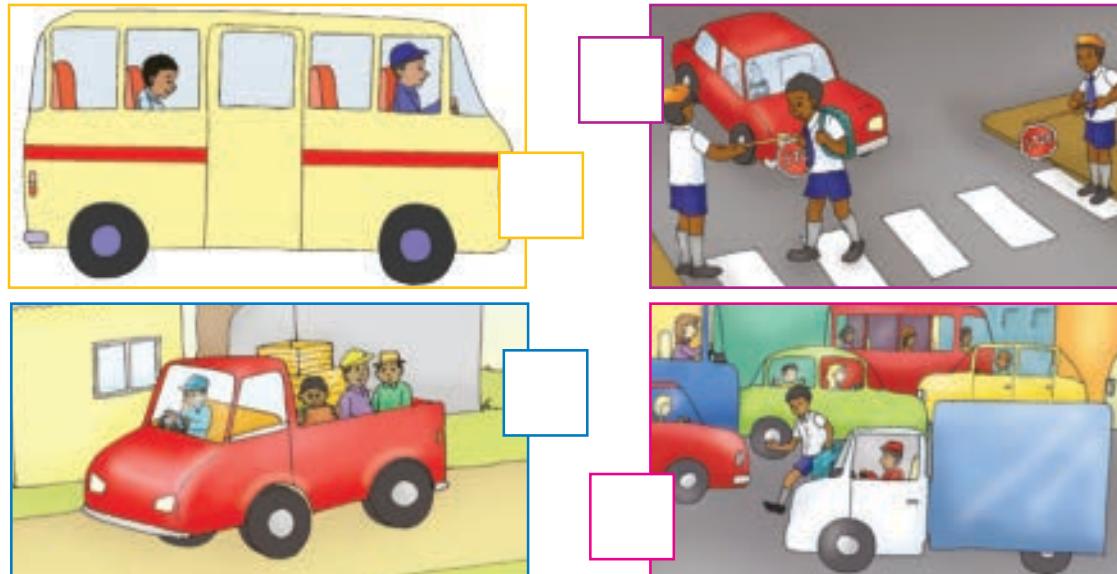
# Re ya jang kwa sekolong?

Kgweditharo I – Beko 5 – Papetlanatiro



A re bueng

O ya jang kwa sekolong? A o babalesegile? A o itse mekgwa e e sa babalesegang? Bua le tsala ya gago gore bana ba ya jang sekolong. Tshwaya ✓ mo mekgweng e e babalesegileng ya go ya kwa sekolong. Tshwaya ✗ mo go e e sa babalesegang.



O ya kwa sekolong jang mo mosong? \_\_\_\_\_



A re direng

Jaanong botsa ditsala di le 5 ka moo ba yang kwa sekolong ka teng letsatsi le letsatsi. Tshwaya dintlha tsa bona mo tshateng e.

Maina a ditsala				
1	2	3	4	5
ka maoto				
ka bese				
ka koloi/vene				



A re ikatiseng

Ke kgon a go taboga ke nyokanyokela.

Ee Nnyaya

Fa ke taboga, ke kgon a go tabogela kwa ntlheng nngwe le nngwe e morutabana a ntaelang kwa go yone.

Letlha: .....



A re kwaleng

Thala setshwantsho go bontsha gore o ya jang kwa sekolong.



A re ikatiseng

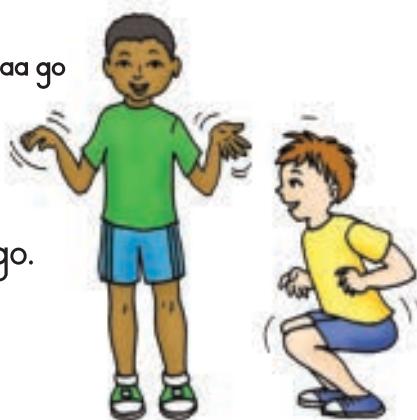
Reetsa mmino o morutabana a tlao go tshamekelang ona.

Bina go tsamaelana le morethetho wa mmino.

Koba mangole a gago mme o phutholole maoto a gago.

Kuka o bo o dige magetla a gago.

Dikolosa mangwejana a matsogo a gago go ya kwa molemeng le go ya kwa mojeng.



A re ikatiseng

Wena le tsala ya gago le tshwanetse go latlhela le go kapa bolo.  
Dirisa letsogo la gago le le bokoa go latlhela bolo.

A ke ne ka kgona go latlhela bolo ka letsogo la me  
la moja?



A re ikatiseng

Tshwara tsala ya gago, o mo  
dire e kete ke keribana.



# Ke itshola ke le phepa



A re bueng

Go botlhokwa go ithuta mekgwa e e siameng go tloga bonnyaneng jwa gago. Dilo dingwe tse o tshwanetseng go di dira go itshola o le phepa e bile o itekanetse, ke tse di latelang. Bua ka ga setshwantsho sengwe le sengwe.

Kgweditharo I – Bekə b – Papetlanatiro



Tlhaba meno a me.



Tlhaba diatla tsa me morago ga go dirisa ntlwanabothusetso.

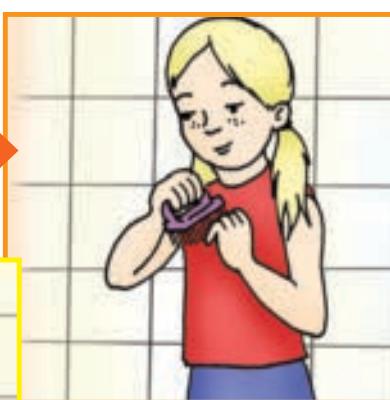


Tlhaba ka metlha.

Ke  
tshwanetse  
go



Tlhatswa maungo ka gale  
pele o ke a ja.



Tshola dinala tsa me di le phepa.



Dirisa ntlwanabothusetso.



Dirisa thišu fa ke ethimola  
kgotsa ke mina.

Letlha: .....



A re thaleng

Ke dife tsa dilo, tse o di tlhokang go itshola o le phepa?  
Khalara dinaledi go bontsha gore ke dilwana dife tse o di dirisang  
go itshola o le phepa. Bolelela tsala ya gago gore o dirisa jang  
dilwana tsa go itshola o le phepa.



Tshwaya ✓ go bontsha gore o kgon a go dira dilo tse di latelang:	ee	nnyaya
Ke kgon a go ema ka leeto le le lengwe.		
Ke kgon a go tsetsepela ka diatla, ke tsamaela kwa pele.		
Ke kgon a go gagaba.		





# Mekgwa mengwe e e siameng



A re buiseng

Mekgwa e e siameng ya go  
dirisa ntlwanaboithusetso.

**Gakologelwa**



Fa o ka kgotlhela ntlwanaboithusetso,  
o gakologelwe go e phepfatsa.



Gakologelwa go tsamaisa  
maswe fa o sena go dirisa  
ntlwanaboithusetso.

Letlha: .....



Ka dinako tsotlhe tswala lebati la  
ntlwana boithusetso fa o e dirisa.



O seke wa dirisa pampiri e ntsi ya  
ntlwanaboithusetso.



Gakologelwa go tlhapa diatla morago  
ga go dirisa ntlwanaboithusetso ka  
dinako tsotlhe.



## A re kwaleng

Sekeletsa mafoko a a nepagetseng a a re bolelelang gore re tshwanetse go dirisa dilo tse di latelang ga kae.

### Go tlhapa moriri.



letsatsi lengwe le  
lengwe

mo mosong le bosigo

gabedi ka beke

gangwe ka beke

### Go tlhapa meno.



letsatsi lengwe le  
lengwe

mo mosong le bosigo

gabedi ka beke

gangwe ka beke

### Go tlhapa mmele.



letsatsi lengwe le  
lengwe

mo mosong le bosigo

gabedi ka beke

gangwe ka beke

### Go tlhapa sefatlhego.



letsatsi lengwe le  
lengwe

mo mosong le bosigo

gabedi ka beke

gangwe ka beke



Morutabana:

Saena fa:

Letlha:



12

Kgwenditharo | -Bekē b - Papetlanatiro

# Ke phepa

Tshameka "Phaladi a re" le morutabana wa gago.

Ipatlele sebaka sa go tsamayatsamaya o sa kgope ope.

Phaladi a re, "tshwara tlhogo ya gago".



Supetsa tsala ya gago ka moo o...



kamang moriri wa gago  
ka teng.



tlhapang meno a gago  
ka teng.





A re ikatiseng

Diragatsang leboko le.

**Ke kgona go opa diatla**

**le go kiba ka maoto**

**Ke kgona go tshikinya tlhogo**

**le go dikolosa matsogo**

**Ke kgona go ema ka ditsetsekwane**

**le go opela.**



# Mekgwa e e itekanetseng

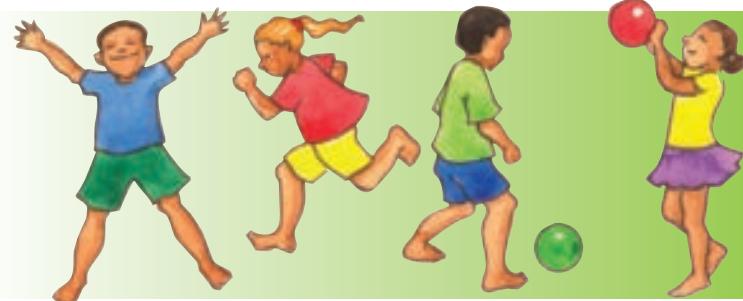
Kgweditharo | – Beke 7 – Papetlanatiro



A re buiseng

Re tlhoka eng go nna re itekanetse!

Dijo tse di  
itekanetseng



Ikatiso e e  
lekaneng

Go itshola  
re le phepa



Go fitlhelela  
mowa o o phepa



Boroko jo bo lekaneng  
mme e seng go bogela  
thelevišene thata!



Letlha: .....



A re kwaleng

Tshwaya ✓ mo mekgweng e e itekanetseng mme o tshwaye ✗  
mo e e sa itekanelang.



Morutabana:  
Saenafa:  
Letlha:



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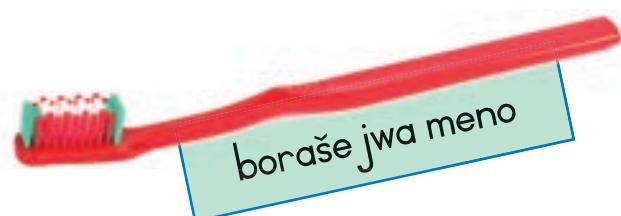
Kgweditharo | – Beke 7 – Papetlanatiro

# Bophepa



A re diragatseng

Bontsha ka moo o dirisang dilwana tse.



boraše jwa meno



sesepa sa meno



sesepa



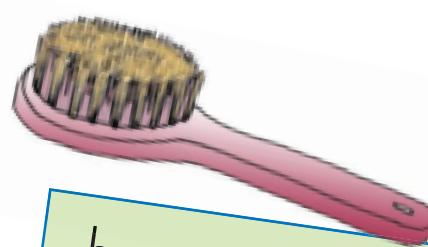
setlolo sa matsogo



šampu



kamo



boraše jwa moriri



boraše jwa dinala



tlelipara ya dinala

Letlha: .....



## A re ikatisenq

Tshwaraqananq qo dira mosako o moqolo.

Latlhelela mongwe le mongwe bolo mo mosakong.

Jaanong tlisang bolo e nngwe mme le e fetise.

Jaanong tlisang bolo e nngwe mme le leke go fetisa dibolo di le 3.



## Are buenq

# Ke eng se se phoso mo phaposinq e?

O tshwanetse go dira eng go phefafatsa phaposi?

Bana ba dira eng? Ba tshwanetse go dira eng?



A clipboard with a brown cover and a silver clip, containing a white sheet of paper with three names written in blue ink: Morutabana, Sæna fa, and Lettha.



15

Kgweditharo I – Beke 8 – Papetlanatiro

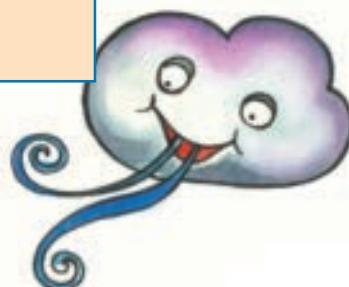
# Maemo a bosa a ke a ratang



Lebelela mafuta e e farologaneng ya maemo a bosa mme o bolelele tsala ya gago gore o rata maemo a a ntseng jang a bosa.



go phefo



go letsatsi



pula e a ana



go maru e bile go tsididi

Mo dikarolong tse dingwe tsa lefatshe la rona, go nna tsididi thata gore segagane se bo se we. Nako nngwe maemo a bosa a tlala diphefo.

Diphefo tse di maatla, di bidiwa matlakadibe.



Dirisa pampiri e kgolo le dikherayone tsa mafura go thala setshwantsho sa gago o le mo puleng kgotsa mo segaganeng.

Tswakanya pente ya dijo e e botala jwa legodimo le metsi, mme o pente mo pampiring yotlhe, gasaganya pente e tshweu mo setshwantshong.

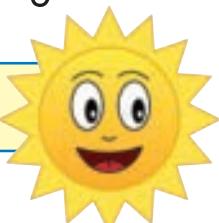


A re buiseng

Re dirisa karata ya maemo a bosa go bontsha  
gore bosa bo eme jang. Re dirisa matshwao  
go bontsha mefuta e e farologaneng ya bosa.  
Matshwao a mangwe ke a.



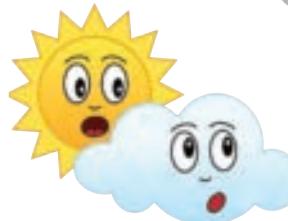
go letsatsi



pula e a na



go maru



go maru fale le fale

go wa segagane



go phefo



A re bueng

Bolelela tsala ya gago gore o apara mefuta efe ya diaparo  
mo maemong a a farologaneng a bosa mo bekeng.



A re kwaleng

Thala matshwao a maemo a bosa go feleletsa karata ya bosa ya  
beke.

Mosupologo

Labobedi

Laboraro

Labone

Labotlhano



A re thaleng

Maemo a bosa a ne a ntse jang, mo bekeng. Tlatsa ka mafoko  
a a tlogetwena.

Gompieno go \_\_\_\_\_.

Maabane go ne go le \_\_\_\_\_.

Ke solofela gore ka moso go tlaa nna \_\_\_\_\_.



Morutabana:

Saena fa:

Letlha:



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# Maemo a bosa

Kgweditharo | – Beke 8 – Papet|anatiro



A re diragatseng

Diragatsa ka mmele



Phuthololelang matsogo a lona mo godimo ga ditlhogo tsa lona mme le dire jaaka e kete ke maru a magolo.



O na le mokgele go itshireletsa kgatlhanong le letsatsi.



Tshikinyega jaaka setlhare se fokiwa ke phefo.



Tshwara mokgele wa gago ka maatla gore o se ka wa phepheulwa ke phefo e e maatla.



Letlha: .....



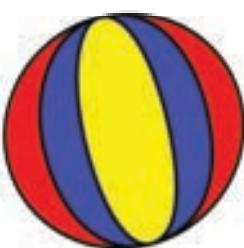
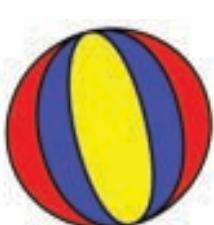
Go rotharotha jaaka marothodi a pula a wela mo maruelong.



A re ikatiseng

Tshwaranang ka matsogo go dira mosako o mogolo.

Latlhelenang dibolo le bo le di kape.

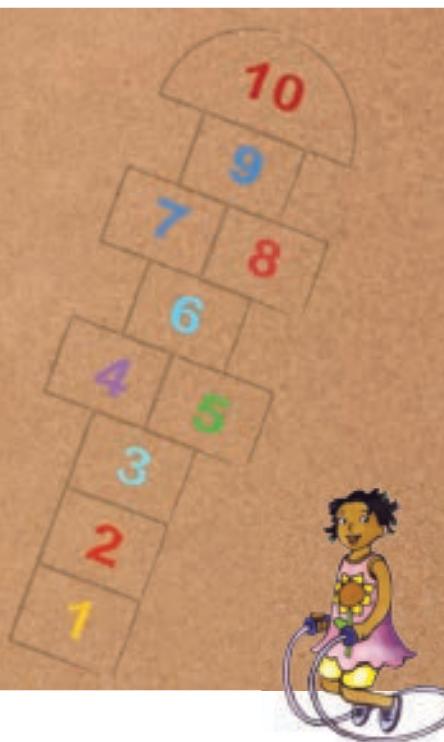


Akanya ka ga mekgwa e e farologaneng ya go tsamaya mo godimo ga kota e e tshegeditsweng kgotsa mo godimo ga mogala. Bona gore a o ka akanya ka mokgwa o o ka tsamayang ka one go farologana le barutwana ba bangwe.



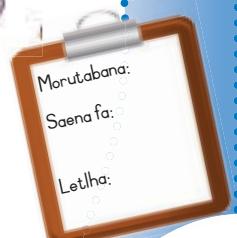
Boitumediso

Tshamekang sekotšhe sa go tlolatlola. Thala diboloko dingwe le dihalofo tsa ditshekeletsa fa fatshe.



A re ikatiseng

- Bontsha tsala ya gago ka moo o tlolang kgati ka teng.
- Morutabana wa gago o tlaa go supetsa ka moo o ka tshamekang metshameko ya setso ka teng.





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# Lelapa la gaetsho



A re bueng

A o ne o itse gore malapa otlhhe ga a tshwane?

Malapa mangwe a magolo mme a mangwe a mannye. Mangwe a na le bomme le borre mme a mangwe ga a na ope. Malapa mangwe a na le bonkoko le bontatemogolo, bomalome, bommangwane, borakgadi le bontsala.



Lebelela ditshwantsho tse mme o bolelele tsala ya gago ka moo malapa a a farologanang ka teng. Dirisa mafoko go tswa mo mabokosong a a fa tlase.

mme

rre

ausi

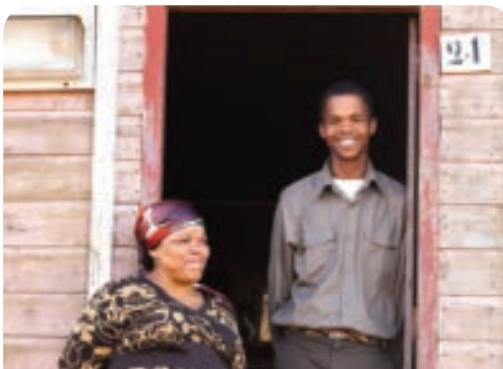
ntatemogolo

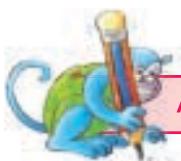
abuti

lesea

nkoko

lelapa





A re kwaleng

O nna le mang kwa gae?



O nna le mang kwa gae?

Mo gae go na le batho ba le \_\_\_\_\_.

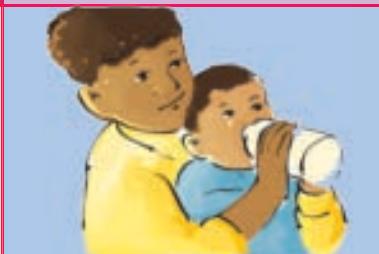
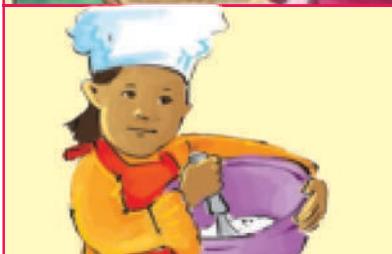
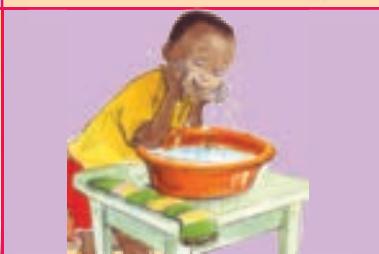
Ke mang yo monnye mo lelapeng la gaeno? \_\_\_\_\_.

Ke mang yo mogolo mo lelapeng la gaeno? \_\_\_\_\_.



A re bueng

Rotlhe re na le ditiro tse re di dirang mo magaeng a rona. Lebelela  
ditshwantsho tse, mme fa thoko ga sengwe le sengwe kwala leina la  
motho yo o dirang tiro e kwa gaeno.



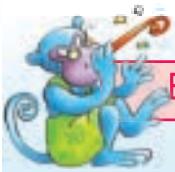
Kwala polelo e le nngwe ka tiro e o e dirileng maabane kwa gae.





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# Lelapa la gaetsho



Boitumediso

Thala setshwantsho sa selo se wena le balelapa la gaeno le se dirang mmogo. Bua gore batho bao ke bomang. Dirisa mafoko a , go go thusa.

mme

rre

ausi

ntatemogolo

abuti

lesea

nkoko

lelapa





# Re a tlhokomelana



A re buiseng

Balelapa ba tshwanetse go ratana le go tlhokomelana. Re supa go ratana ka go tlamparelana le ka go thusana le go tlotlana.  
Re tshwanetse go...



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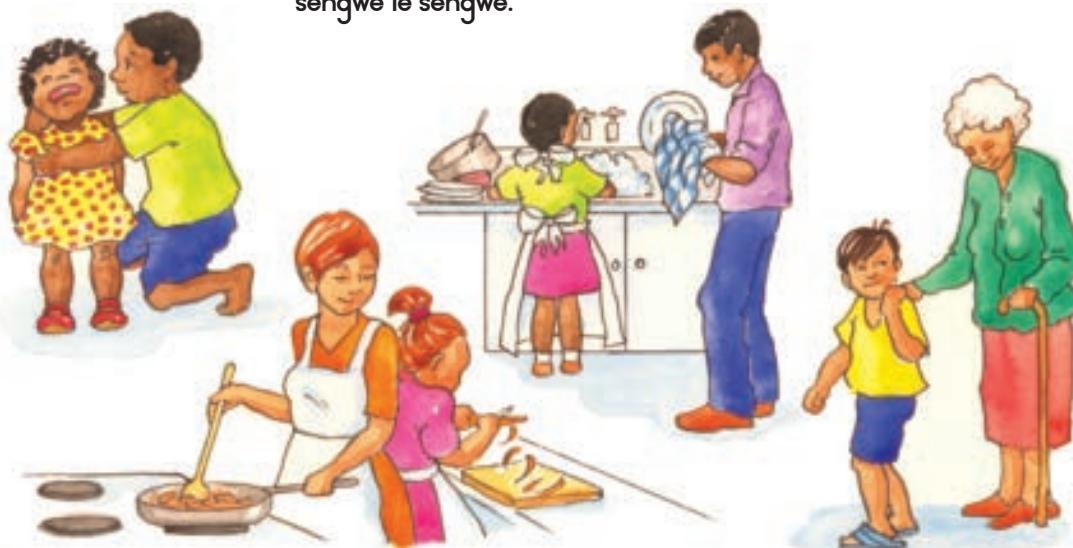
- thusana.
- ikokobeletsana (bogolosegolo mo bagolong).

- dira ditiro tsa rona ka nako.
- re nne le maikarabelo.



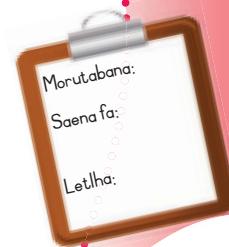
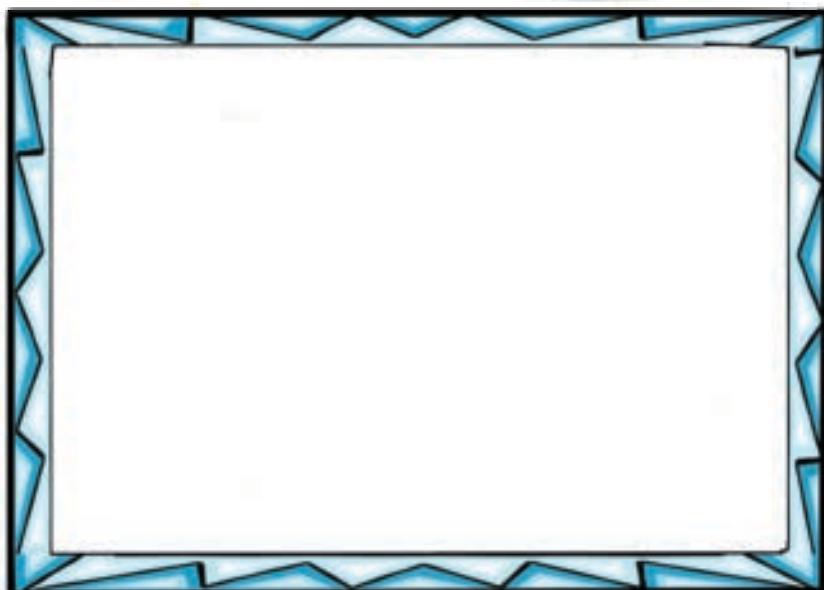
A re bueng

Lebelela ditshwantsho tse mme o bue gore bana ba, ba bontsha jang ka fao ba tlhokomelang malapa a bone ka teng. Morago o diragatse go bontsha gore go diragala eng mo setshwantshong sengwe le sengwe.



A re direng

Thala setshwantsho  
sa gore o dira eng  
go bontsha lelapa  
la gaeno gore o a le  
tlhokomela. Tlotlela  
tsala ya gago gore o  
thadile eng.



Morutabana:  
Saena fa:  
Letlhha:

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# Go bontsha gore o a kgathala



A re bueng

Bua ka moo batho ba lelapa ba thusanang ka teng. Rulaganya ditshwantsho ka go latelana go tloga ka l go fitlha 4.



A re buiseng

Ditiro tsa rona tsa maitseboa

Mme o apaya dijo.

Rre o tlhatswa dipitsa.

Nna le abuti re thusa mme le rre.

Re thusa thata.

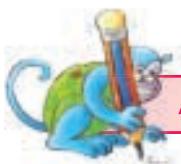
Re baya mašwi le senkgwe.

Mme morago re ipaakanyetsa go ya go robala.

Re tlotlele dinaane tsa nako ya go robala,  
tsweetswee!



Letlha: .....



### A re kwaleng

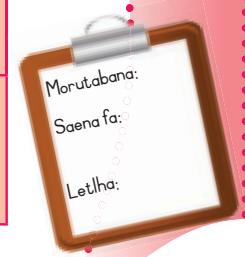
Direla mongwe yo o go kgathalelang karata. Thala setshwantsho mme o kwale leina la motho yoo.



### A re direng

A o kgonna go dira tse di latelang?

	Latlhelela bolo kwa molekaneng wa gago ka go e beletsfa fa fatshe.	ee	nnyaya
	Latlhelela bolo kwa molekaneng wa gago.	ee	nnyaya
	Ka go e raga ka lengole.	ee	nnyaya
	Beletsfa bolo kwa khounung.	ee	nnyaya
	Teribola bolo fa gare ga dikhoune.	ee	nnyaya
	Ragela bolo kwa khounung go e diga.	ee	nnyaya



Morutabana:  
○ ○ ○ ○ ○  
Saena fa:  
○ ○ ○ ○ ○  
Letlha:  
○ ○ ○ ○ ○

# Pabalesego ka fa gare le ka kwa ntle ga legae (1)

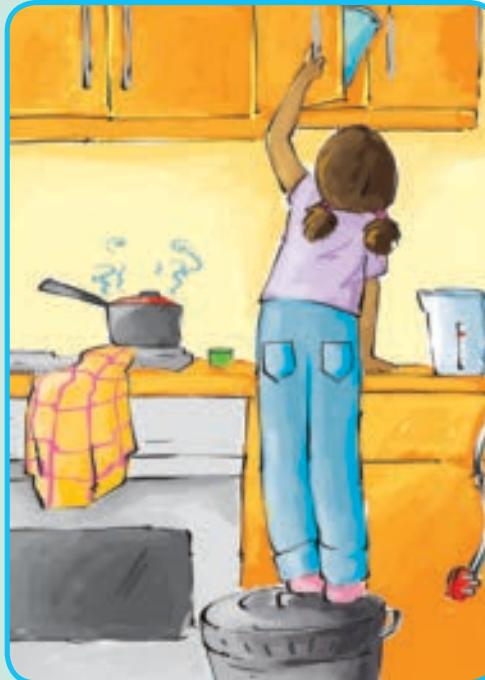


A re bueng

Re tshwanetse go aga re ikutlwa re babalesegile fa re le kwa gae. Mme go na le dikotsi tse dintsi mo magaeng le go dikologa magae a rona. Lebelela ditshwantsho, mme o bue ka ga dikotsi dingwe le tsala ya gago.

## Mo phaposi boapeelong

- Dira gore matshwaro a dipitsa a lebe kwa morago mo setofong.
- O se ka wa tlogela dithipa tse di bogale gongwe le gongwe.
- Lotlelela parafene le melemo mo lefelong le le babalesegileng.
- O se ka wa tlogela ditshamekisi gongwe le gongwe.



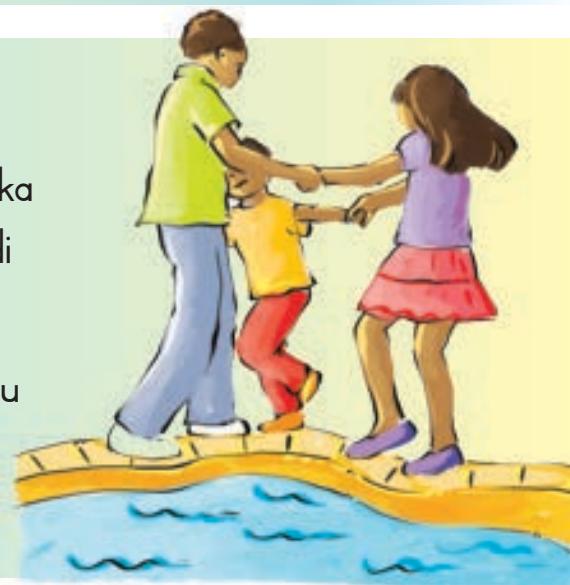
## Mo phaposibotlhapelong

- O se ka wa dirisa dilo tsa motlakase gaufi le metsi.
- O se ka wa di tlogela gaufi le metsi.
- Baya dikere le dilo tse di bogale mo rakeng.
- O se ka wa amogana boratshe jwa meno le motho yo mongwe.



## Dipula tsa matlakadibe, magadima le motlakase

- O se ka wa ema ka fa tlase ga setlhare fa go na pula ya matlakadibe.
- O se ka wa tsenya sepe mo phathlaneng ya motlakase e e mo leboteng. Kopa mongwe yo mogolo go go thusa.



## Kwa ntle ga legae

- Sela dilo tse di ka go gobatsang, jaaka digalase tse di thubegileng, mme o di tsenye mo kgamelong ya matlakala.
- O se ka wa tshamekela gaufi le phulu fa go se na motho yo mogolo gaufi.



## Ka mo gare ga legae

- O se ka wa tlogela ditshamekisi le dilo tse dingwe gongwe le gongwe.
- O se ka wa tshameka ka parafene kgotsa diphepafatsi tse di bottlhole.
- Fa o bona gore mogala o o yang kwa aeneng kgotsa ketleleng o senyegile kopa Mmaago kana Rraago go o baakanya.





22

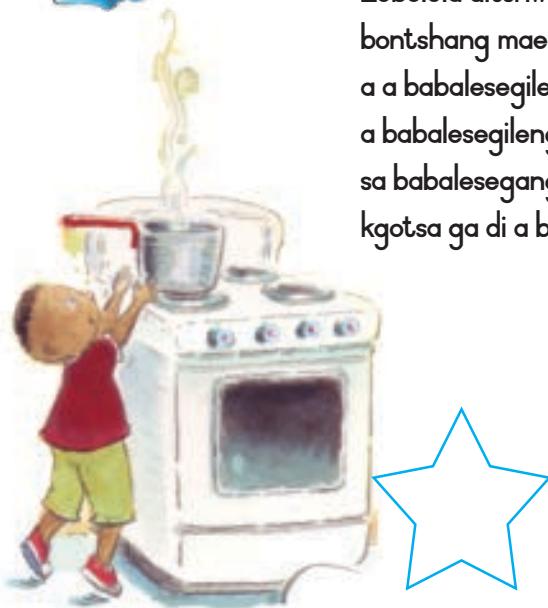
# Pabalesego ka mo gare le ka kwa ntle ga legae (2)

Kgweditharo 2 – Bekè 3 – Papetlanatiro



Go nna o babalesegile

Lebelela ditshwantsho mme o bue gore ke ditshwantsho dife tse di bontshang maemo a a babalesegileng le tse di sa bontsheng maemo a a babalesegileng. Tshwaya ✓ mo go tse di bontshang maemo a a babalesegileng mme o thale mo go tse di bontshang maemo a a sa babalesegang. Bua gore ke eng o akanya gore di babalesegile kgotsa ga di a babalesega.



Letlha: .....



A re bueng

A go na le dilo tse di sa babalesegang kwa gaeno? O ka dira eng ka seno? Botlhole (tshefu), melemo le diedi dingwe tse di phefafatsang di kotsi thata. Ga o a tshwanela go nwa sepe se o sa netefatsang gore ke eng.



Matshwao a, a supa gore go na le sengwe se se bothole mo lebotlolong, lebokosong kgotsa mo thining.

A o setse o kile wa bona matshwao a?



A re ikatiseng

Morutabana wa gago o tlaa go tshamekela mmino.



- Tsamaya go ya ka morethetho wa mmino.
- Tlhophang moeteledipele. Moeteledipele o tshwanetse go tsamaelana le morethetho wa mmino. Mongwe le mongwe a dire jaaka moeteledipele, a tsamaelana le ene.



- Ema ka leoto le lengwe.
- Jaanong ema ka leoto le lengwe
- Ke leoto lefe le le maatla go gaisa?
- Baya mogala o moleele fa fatshe kgotsa o thale mola.
- Tsamaya go bapa le mogala kgotsa mola, mme o ema o tshegeditse mmele.
- Jaanong fetola sebolefa sa mogala kgotsa mola mme o tsamaye go bapa le ona o ntse o itshegeditse.



# Pabalesego fa ke le esi kwa gae



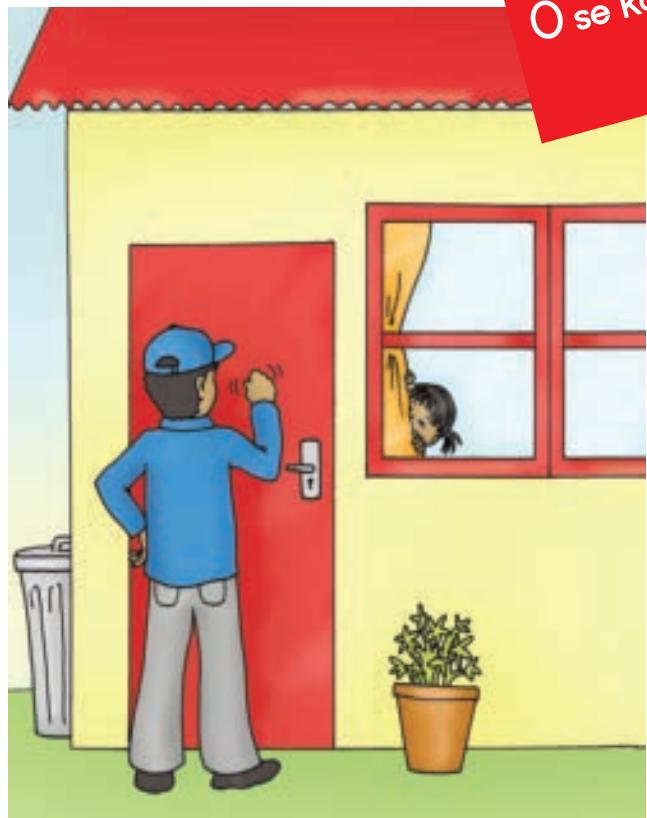
A re bueng

O ithutile ka ga dilo tse di kgonang go go gobatса kwa gae le go dikologa legae la gaeno. O ka itshola o babalesegile jang fa o le kwa gae o le esi?

Fa o le kwa gae o le esi, o ka dira dilo tse di latelang go nna o babalesegile.



O se ka wa bulela batho ba o sa ba itseng.

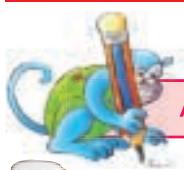


Lotlela mabati otlhe a a tswelang kwa ntle.





- Netefatsa gore o itse dinomore tsa mogala tsa batsadi ba gago le tsa baagisani ba lona.
- Dira lenaneo la dinomore tsa botlhokwa, fa sengwe se ka senyega kana sa nna phoso.



A re kwaleng

Itirele lenaneo la dinomore tsa botlhokwa.



Sepodisi:

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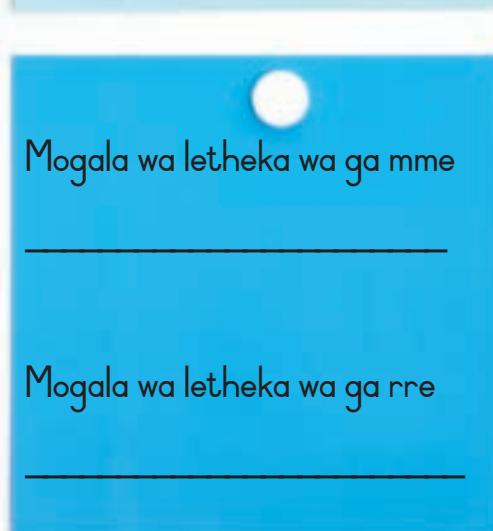
Koloi ya balwetse:

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Setimamolelo:

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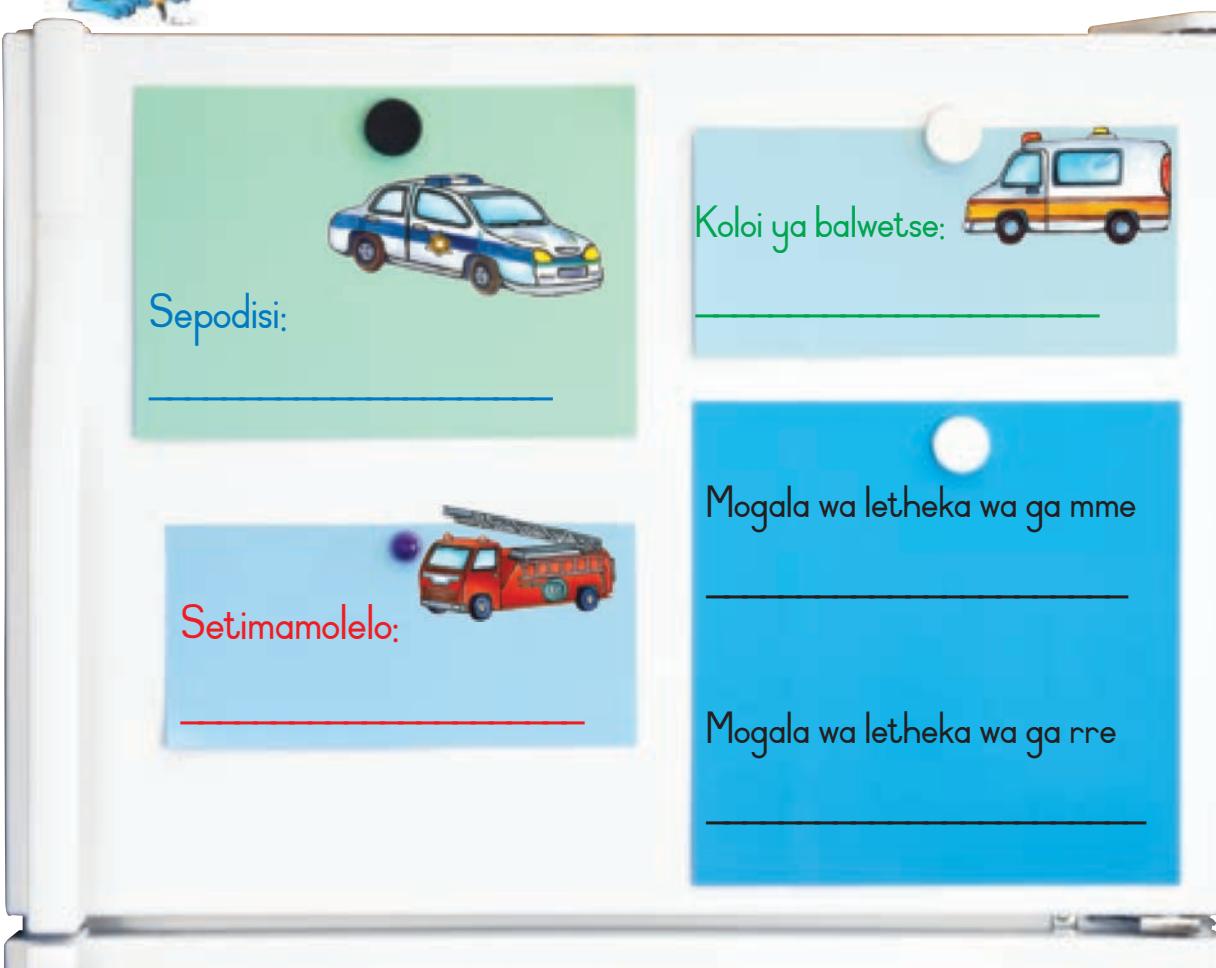


Mogala wa letheka wa ga mme

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Mogala wa letheka wa ga rre

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Ke mang gape yo o ka mo leletsang fa o tlhoka thuso?

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# Se sengwe se o ka se gakologelwang

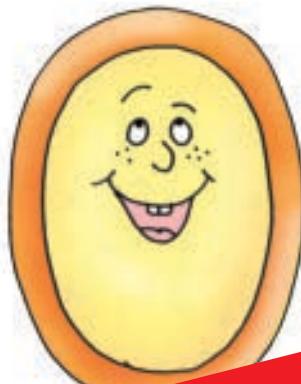


A re bueng

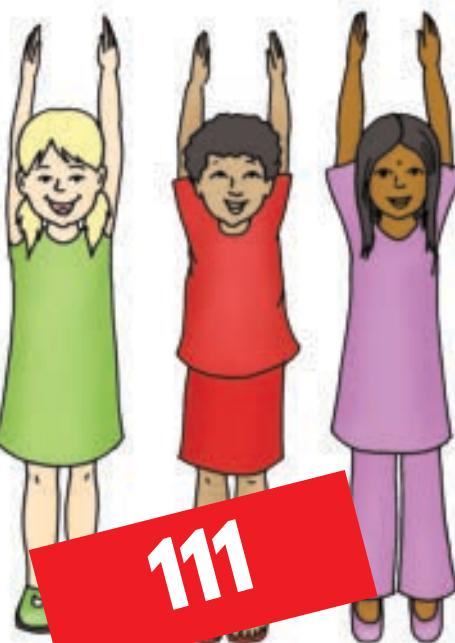
Mokgwa o o bonolo wa go gakologelwa dinomore tsa mogala tsa sepodisi ke o. Lebelela setshwantsho mme o bolelele tsala ya gago ka moo ditshwantsho di go thusang go gakologelwa dinomore ka teng. 10111 ke nomore ya sepodisi. E bue makgetlo a le mmalwa go fitlha e nna mo tlhogong ya gago.



1



0



111



A re ikatiseng

Bontsha ka moo o ne o ka tsamaya ka teng fa o ne o le ngwana yo o mo go sengwe le sengwe sa ditshwantsho tse.



O ne o ka tsamaya jang fa o ne o lelekesiwa ke motho yo o sa mo itseng?



O ne o ka tsamaya jang fa o ne o thusa mmaago go duba kuku?



O ne o ka tsamaya jang fa o ne o eme fa godimo ga galase e e thubegileng?

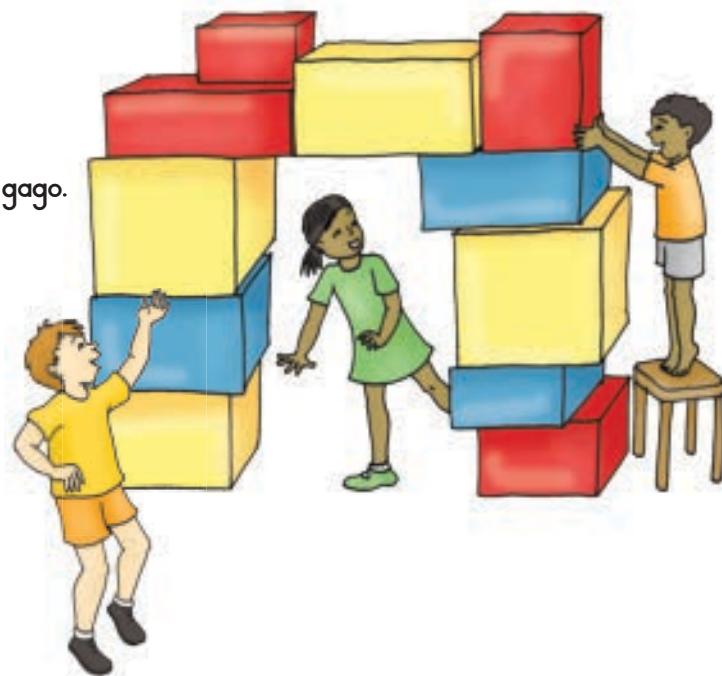
Letlha: .....



### A re direng

Bona gore a o ka kgon a go aga ntlo ya gago.

- Batla dikhateboto tsa bogologolo mme o age mabota le marulelo.
- O ka nna wa kgomaretsa mabokoso mmogo. Fa ntlo e fedile, o ka nna wa e penta.
- Fa o sa kgon a go bona khateboto, dirisa sengwe fela, mme o se ka wa dirisa galase kgotsa thini kgotsa sengwe fela se se ka go gobatsang.



### A re ikatiseng

Latlhela kgetsana ya dinawa kgotsa bolo mo moweng mme o e kape ka letsogo la gago le le bokoa.



Thusa morutabana wa gago go ntshetsa ditilo, ditafole le dibokoso kwa nt le ga phaposi.

Palama mo godimo ga ditulo,  
ditafole le mabokoso, gogoba ka  
fa tlase ga tsona morago o tlolele  
fa fatshe go tswa mo go tsona.

Leka go itshegetsa ka leoto le  
le lengwe mo setulong.





# 25

# Mmele wa me



A re kwaleng

Kwala mafoko mo diphatlheng tse di nepagetseng.

Kgweditharo 2 – Bekè 5 – Papetlanatiro

leoto

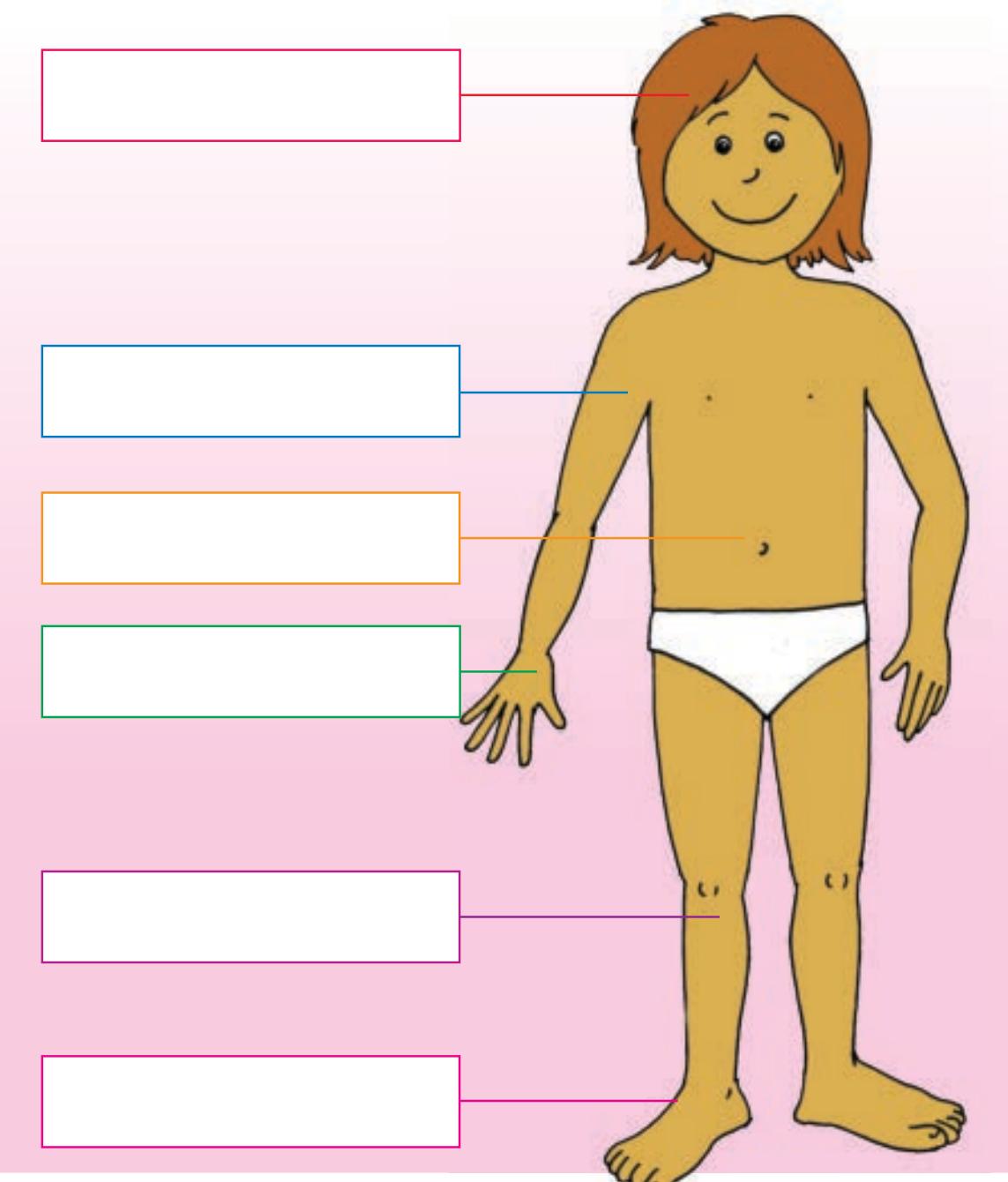
seatla

tlhogo

dimpa

leoto

letsogo



Letlha: .....

48



### A re kwaleng

Feleletsa setshwantsho se sa sefatlhogo.

Thala moriri. Leka go kopisa  
sefatlhogo sa gago. Fa o na le matlho  
a a borokwa, thala matlho a a  
borokwa. Fa o na le moriri o montsho,  
thala moriri o montsho.

Thala dintshi tsa gago, nko ya gago le  
molomo wa gago.

Sefatlhego sa gago ke karolo ya botlhokwa ya mmele wa gago.

Mongwe le mongwe  
o na le matlho a 2.



Mongwe le mongwe  
o na le ditsebe tse 2.



Mongwe le mongwe  
o na le nko e le l.



Mongwe le mongwe  
o na le molomo.



### A re opeleng

Opela pina e. Tshwara karolo ya mmele fa o ntse o opela  
leina la yona.

## Tlhogo, magetla

**Tlhogo, magetla, mangole le menwana, mangole  
le menwana**

**Tlhogo, magetla, mangole le menwana**

**Tlhogo, magetla, mangole le menwana, mangole  
le menwana, mangole le menwana**



### A re ikatiseng

Tshameka 'Phaladi a re ...'





# 26

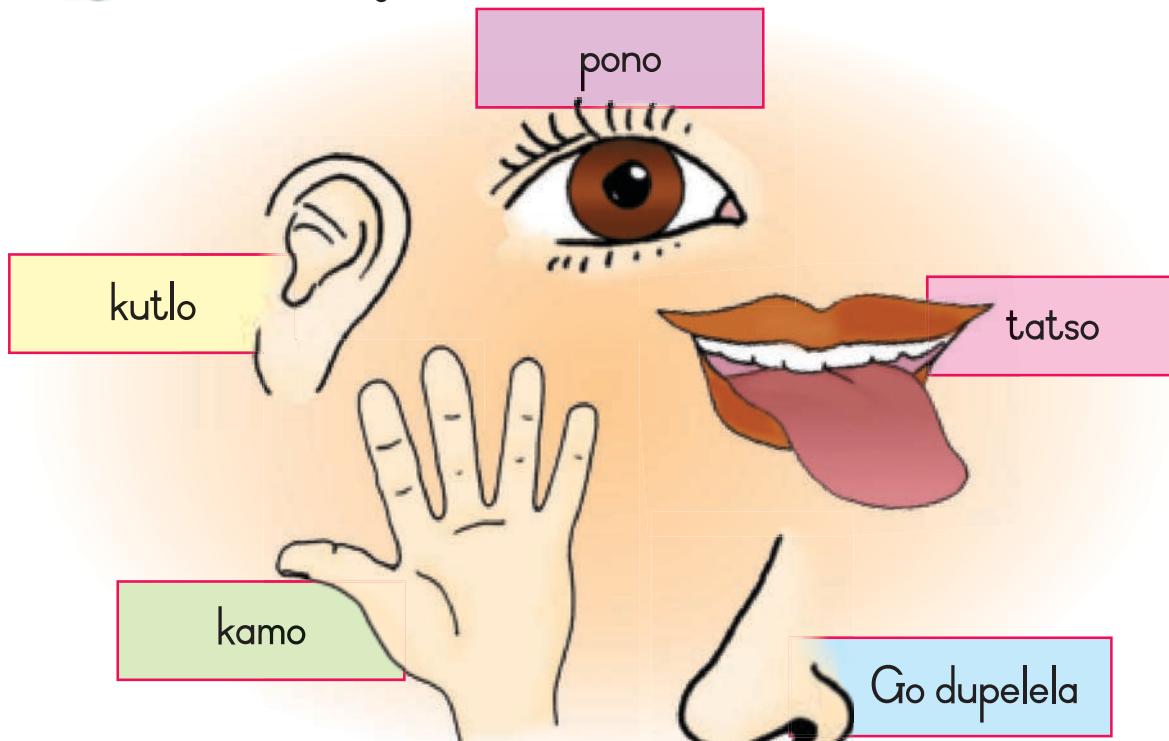
Kgweditharo 2 – Bekè b – Papetlanatiro

## Ditemosi



A re bueng

Lebelela ditemosi tse di farologaneng mme o bue gore di dirisetswa eng.



A re buiseng

- Re dirisa ditemosi tsa rona letsatsi le letsatsi.  
Re nkgelela le go utlwelela tatso ya dijo.  
Re kgona go utlwa ka moo lefofa le leng boleta teng.  
Re bona ka moo legodimo le leng letala ka teng selemo.  
Re ka kgona go reetsa mmino.  
Ditemusi-kutlo tsa rona gape di a re sireletsa.  
Re kgona go nkgelela gore a go na le molelo.  
Re kgona go utlwa fa letsatsi le le mogote thata.  
Re kgona go bona fa go sa babalesegå go kgabaganya tsela.  
Re kgona go utlwa modumo wa alamo.





A re bueng

Go tlhokomela matlho le ditsebe tsa rona.

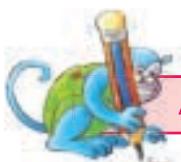
Re tshwanetse go tlhokomela ditemosi tsa rona.  
Mekgwa e mebedi ya go tlhokomela matlho le  
ditsebe ke e:



Tlhokomela ditsebe tsa gago  
ka go se reetse mmino o o  
kwa godimo thata.



Tlhokomela matlho a gago  
ka go rwala hutshe kgotsa  
diporele tsa letsatsi. O se  
ka wa lebelela letsatsi.



A re kwaleng

Lebelela tafole e e fa tlase, mme mo moleng mongwe le mongwe o  
tshwaye ✓ temosi kana ditemosi tse o ka di dirisang . O ka nna wa  
tshwaya go feta bongwe.

	monkgo	tatso	pono	kutlo	kamo



Morutabana:  
Saena fa:  
Letlha:



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Kg weditharo 2 – Bekè b – Papetlanatiro

# Go tsamaisa mmele wa me



A re bueng

Lebelela ditshwantsho. Mo go sengwe le sengwe, bua dikarolo tsa mmele mme o bue gore di go thusa go dira eng.

Re dirisa mebele ya rona go itshikinya.



A re kwaleng

Araba dipotso tse le tsala ya gago. Morago o kwale dikarabo mo bukeng ya gago, ka fa tlase ga dipotso.



Ke dikarolo dife tsa mmele tse o di dirisang go tsamaya?

Ke dikarolo dife tsa mmele wa gago tse o di dirisang go sela sengwe?



A re ikatiseng

Morutabana wa gago o tlaa go bontsha ka moo le ka tshamekang motshameko 'katse le peba' ka teng.

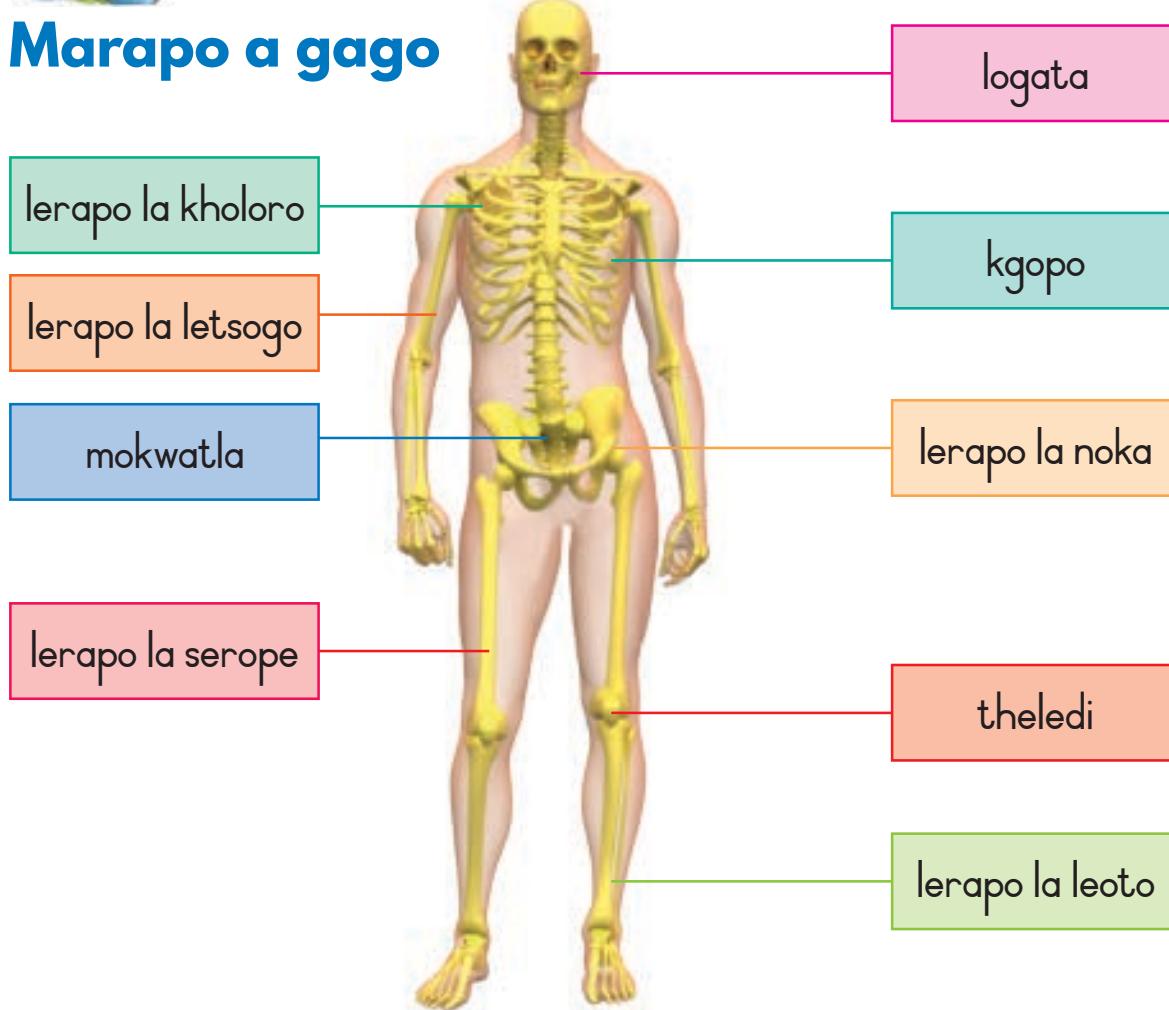
Letlha: .....



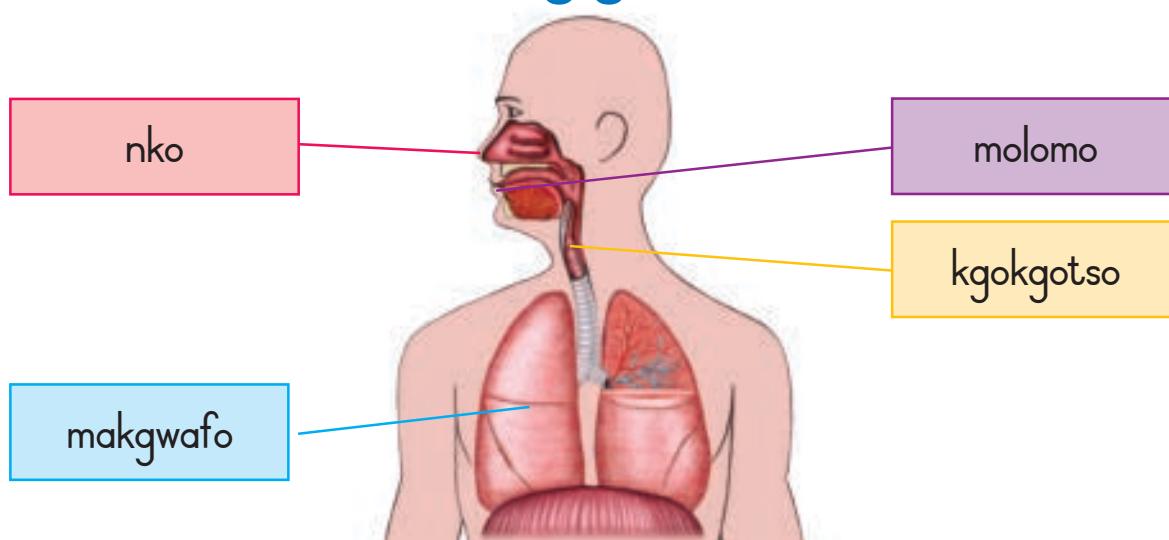
A re buiseng

Go na gape le dikarolo tsa mmele wa gago tse o sa kgoneng go di bona. Tsotlhe di dira mmogo go go tshola o tshela.

## Marapo a gago



## Dikarolo tsa mmele wa gago tse di go thusang go hema

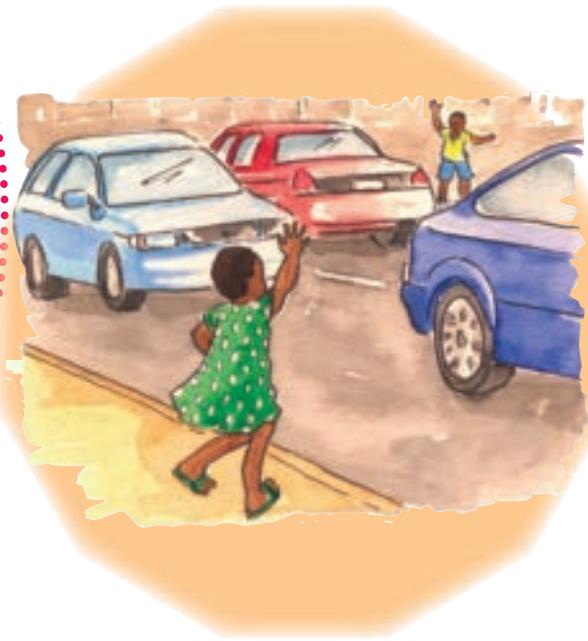


# Go akanya ka ga pabalesego



A re bueng

Lebelela ditshwantsho tse di fa tlase, mme o bue le tsala ya gago ka ga se o se boneng. Mo setshwantshong sengwe le sengwe, bua gore o ka nna o babalesegile jang.



O bona tsala ya gago ka kwa ga mmila.



O eme o le esi kwa boemelabeseng.



Motho yo o sa mo itseng o go kopa go  
tsamaya le ena felo gongwe.

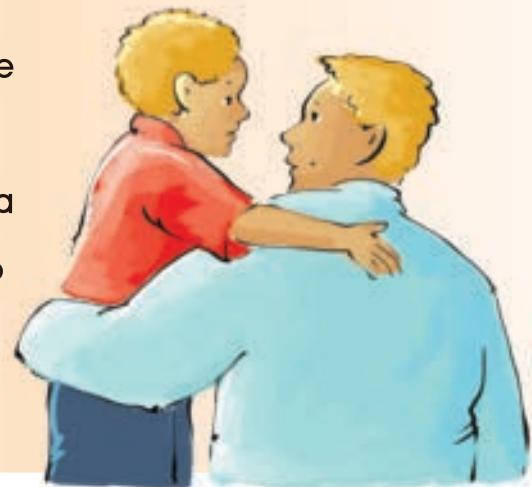


O timetse o le kwa tikwatikweng ya mabenkele.

Letlha: .....



Re na le maikutlo a a siameng fa mongwe  
a re tlamparela ka mokgwa o o re  
itumedisang. Go monate go tlamparelwa  
ka mokgwa o o botsalano le ka mokgwa o  
o tlhokomelwang ka ona ke motho yo o  
mo ratang.



Tlaa kwano mosetsanyana.  
Ke tlaa go naya dimonamone  
mme o se ka wa bolelela ope.

Ga re na maikutlo a a siameng  
fa mongwe a re tlamparela ka  
mokgwa o o re tshosang kgotsa  
o o tenang.

Fa o ikutlwa o tenegile kgotsa  
o sa babalesega ga o nne le  
maikutlo a a siameng.

Mmele wa gago o kgethegile thata. O ka kgona go  
re "Ee" fa go siame gore motho a go ame kana a go  
tshware, gape o ka kgona go re "Nnyaya" fa go sa siama.



# Go nna o babalesegile



A re kwaleng

Lebelela ditshwantsho tse di fa tlase mme o kwale "Ee" mo maikutlong a a siamang le "Nnyana" mo maikutlong a a sa siamang mo dibolokong.

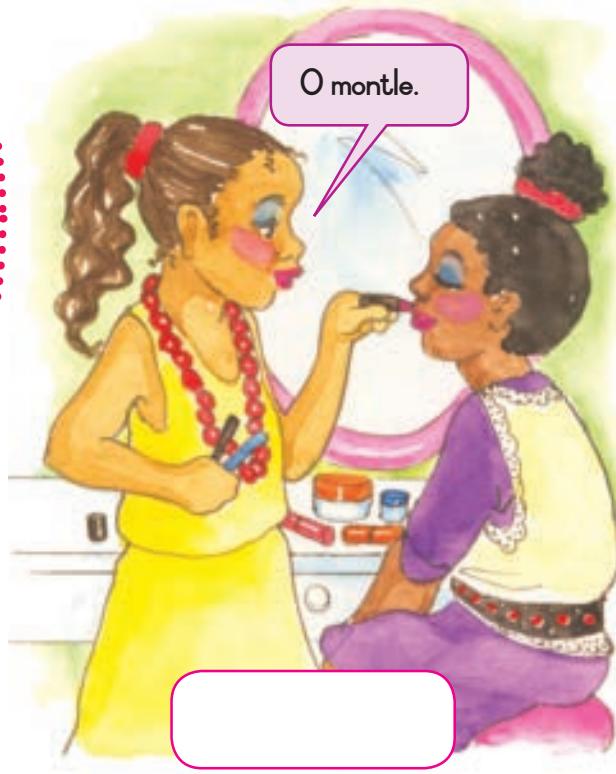
Ke a go rata.

Tlogela go goa!  
O mogolo.



O montle.

O se ka wa  
tshwenyega,  
ke mpa ke go  
tsikinyetsa  
fela.





A re diragetseng

Ithute go re "Nnyaya".

Diragatsang motshameko o mo go ona motho yo o sa mo itseng a batlang go pega ngwana mo koloing ya gagwe kgotsa a batlang go mo ama,mme ngwana a gane a re "Nnyaya".



A re bueng

Bana bangwe ba tshela mo magaeng a ba sa tlhokomelweng mo go ona. Lebelela ditshwantsho. Bua gore o ka ikutlwajang fa o ne o le ngwana yo o mo ditshwantshong. Bua gore o ne o ka dira eng.



A re ikatiseng

Tshameka motshameko wa "go ema".

Tsamaela gongwe le gongwe kwa o batlang, mme fa morutabana wa gago a lets a phala, o "Eme" fa o leng teng.

Ga o a tshwanelo go tsamaya go fitlhha morutabana a re o ka nna wa tsamaya.

A o kcona go itshegetsa sentle?

Tsamaya mo koteng ya go itshegetsa kgotsa mo mogaleng o moleele o o beilweng fa fatshe.





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# Go tshola mmele wa me o itekanetse

Kgweditharo 2 – Beka 7 – Papetlanatiro



A re buiseng

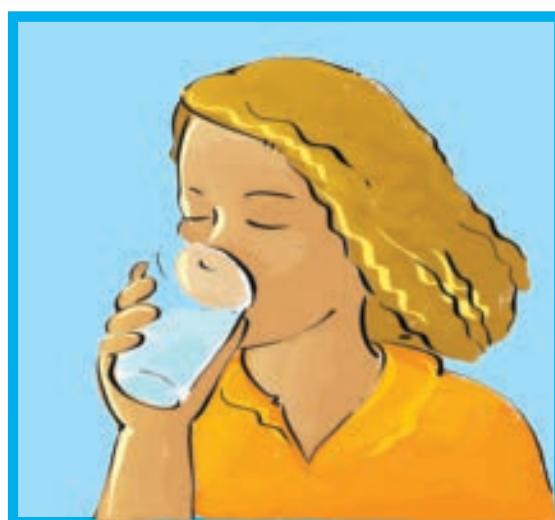
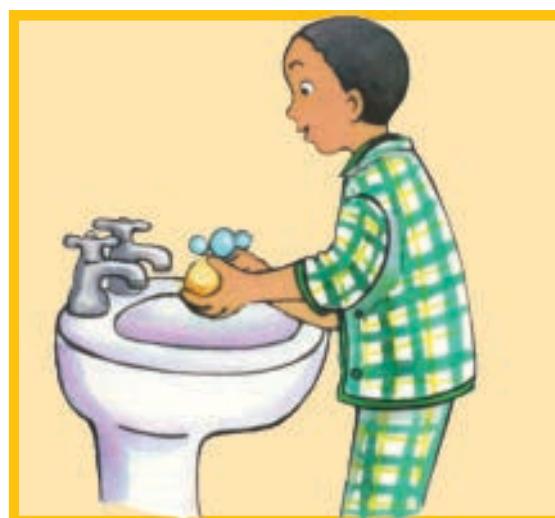


Go na le mekgwa e mentsi e re ka lwalang ka yona. Bontsi jwa nako, re lwala ka ntlha ya megare le dibaketeria. Di dinnye thata mo re sa kgoneng go di bona. Di tsena mo mebeleng ya rona mme di re lwatse.



A re bueng

Bana ba ba mo ditshwantshong ba dira eng go itshola ba itekanetse?  
Go ne go ka diragala eng fa ba ne ba ka se ka ba dira dilo tse?



58

Letlha: .....



Are bueng

Jaanong bua ka ga ditshwantsho tse. Dira ✓ go bontsha ka moo o ka nnang o itekanetse ka teng. Tsenya ✗ mo ditshwantshong tse di ka dirang gore o lwale.





31

Kgweditħaro 2 – Beke 8 – Papetlanatiro

# Go tshola mmele wa me o itekanetse

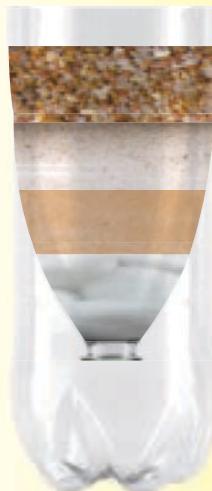


A re bueng

A o itse gore go na le mekgwa e e farologaneng ya go phepafatsa metsi?

A o ne o itse gore metsi a mangwe a phepa fa a mangwe a le leswe? O ka netefatsa jang gore metsi a phepa e bile a siametse go nowa?

O kguna go bedisa metsi a a leswe mo ketleleng go bolaya megare.



O kguna go sefa metsi a leswe.  
Morutabana wa gago o tlaa go supetse.



Dirisa leswana la tee le le lengwe la bolitħhi mo kgamelong ya metsi a noka a dilitara di le 20. Khurumela kgamelo gore dintsi di se ka tsa wela mo metsing. Tlogela metsi sebaka sa diura di le 28 pele o a a nwa.



Letħha: .....

60



A re bueng

Lebelela ditshwantsho tse mme  
o bue ka ga se bana ba se dirang  
go nna ba itekanetse.



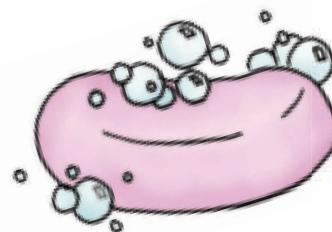
Latlhela dithišu tse di dirisitsweng  
mo nltwanaboithusetsong kgotsa  
mo serotong sa matlakala.



Tlhapa diatla tsa  
gago pele o ja.



Fa o kgotlhetsse ntlwanaboithusetso,  
phimola maswe a gago mme o tlhape  
diatla.



Tlhapa diatla tsa gago morago  
ga go dirisa ntlwanaboithusetso.



Thiba molomo wa gago fa o  
gotlhola kana o ethimola.



# A re itlhatlhobeng



A re bueng

Tlotla ka ga se o se ithutileng mo  
dikgweditharong tse pedi tse di fetileng.



Ke kguna go bua ka ga lelapa la gaetsho.

Ke kguna go tsamaya mo moleng o mosesane.

Ke itse nomore ya mogala ya sepodisi.

Ke itse go dumela le go gana.

Ke kguna go kapa bolo.

Ke kguna go nna ke babalesegile kwa gae.

Ke kguna go itlhokomela fa ke le esi kwa gae.

Ke thusa lelapa la gaetsho.

Ke itse tsela ya me ya go ya kwa sekolong.

Ke itse go itshola ke itekanetse.

Ke itse gore ke tshwanetse go dira eng ka dilo  
tsotlhе tse di mo kgetsaneng ya me ya sekolo.

Ke itse ka ga mefuta e e farologaneng ya malapa.

Ke ithutile go le gontsi ka ga Dikgonon tsa Botshelo.

Letlha: .....



# Thanodi ya me

A  
a

G  
g

B  
b

H  
h

C  
c

I  
i

D  
d

J  
j

E  
e

K  
k

F  
f

L  
l



# Thanodi ya me

M  
m

S  
s

N  
n

T  
t

O  
o

U  
u

P  
p

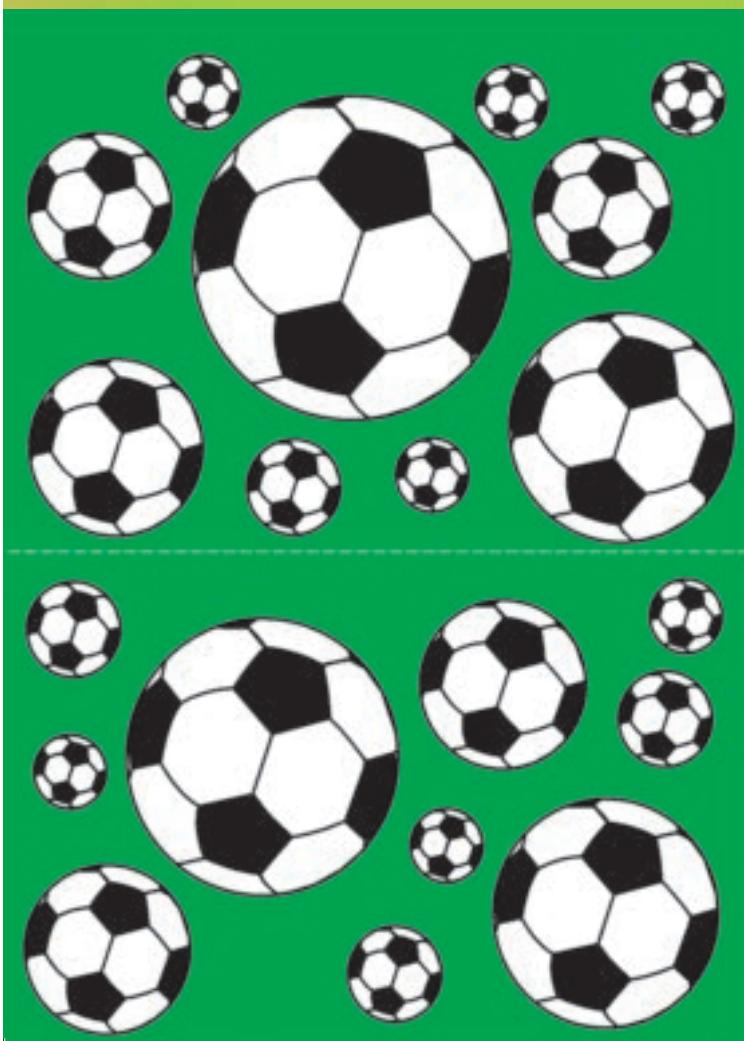
V  
v

Q  
q

W  
w

R  
r

X - Z  
x - z





## Masks

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

