



Ukubuyekeza,
ihlaliswe
ngokwesiTatimende
seKharukhulamu
nomThethomgomu
wokuhlola

iGreyidi



Amakghono wepilo NGESINdebele

Incwadi 1
Ithemu 1 & 2



Itlasi:

Ibizo:



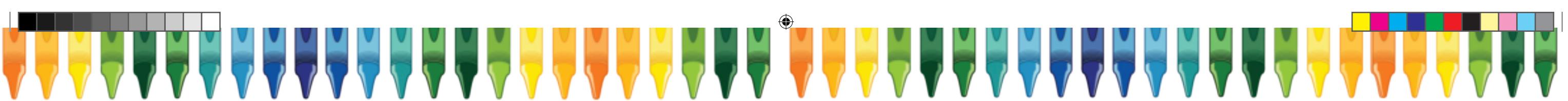
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LIFE SKILLS IN ISINDEBELE
GRADE 1 – BOOK 1
TERMS 1 & 2
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UKkz. Angie Motshekga,
nguNgqongqotjhe
weFundu-Sisekelo



UNom. Enver Surty,
iSekela lakaNgqongqotjhe
weFundu-Sisekelo

Iincwadi lezi zenzelwe abentwana beSewula Afrika ngaphasi koburholi bakaNqgonqotjhe wezeFundu-Sisekelo, uMma u-Angie Motshekga kanye neSekela lakaNgqonqotjhe wezeFundu-Sisekelo, uNom. Enver Surty.

Iincwadi zokuSebenzela zakwaRainbow ziyingceny yeendlela ezinengi zomNyango wezeFundu-Sisekelo wokungelela onqophe ukuthuthukisa ukusebenza ngcono kwabafundi beSewula Afrika kumagreyidi wokuthoma asithandathu. Njengamanye 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 umfundu amele akwenze.

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

Sinifisela ipumelelo ekusebenziseni iincwadi lezi.



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IGreyidi

1

AmaKghono wePilo
NGESINdebele
Incwadi yoku-l



Incwadi le ngeyaka:



Mina

1

Ithemu - I'veke - I - Iphepha lokusebenza



Namathisela isithombe sakho
nanyana gwala isithombe
sakho lapha.



Isiphande sakwethu sithi::

Ngiyazi kobana ilanga lami
lamabeletho linini.

Ilanga:

iye	anginasiqiniseko	awa
-----	------------------	-----

2



Ibizo lami ngingu



Isibongo sami ngesa kwa

Ngineminyaka e _____
ubudala.

Amalunga womndeni
wekhethu si

Inomboro ye khaya
yomtato ithi:





Asigwaleni



USabelo udlala kuhle ibholo erarhwako.

Gwala okuthileko ozaziko kobana ukwenza kuhle.



Cocela abangani bakho kobana yini ongakghona ukuyenza kuhle. Penda ngaphakathi kwekwewkwezi engebhoksini ukukhombisa kobana yini ongayenza kuhle.

Asikhulume



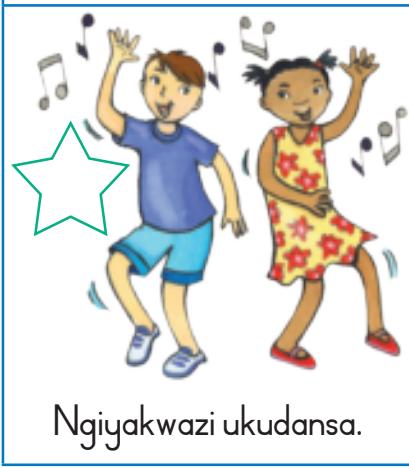
Ngiyakwazi ukufunda.



Ngiyakwazi ukuzembathisa.



Ngiyakwazi ukutlola.



Ngiyakwazi ukudansa.



Ngiyakwazi ukwenza itiye.



Ngiyakwazi ukutlubha nokuhlamba amazinyo wami.



Teacher:
Sign:
Date:

Imibala nokudansa

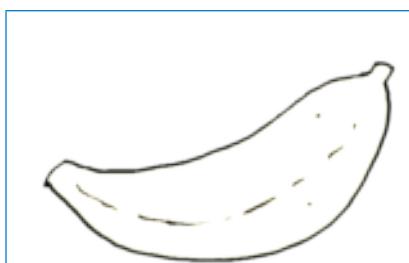
Ithemu - I - I'veke - I - Iphepha lokusebenzela



Asenzeni lokhu

Uyayazi imibala elandelako? Tjela umngani wakho kobanyana ibizwani imibala elandelako le.

Kwanjesi Penda isithombe ngasinye ngombala ofaneleko.



Ibhanana elisarulani



I-abhula elibomvu



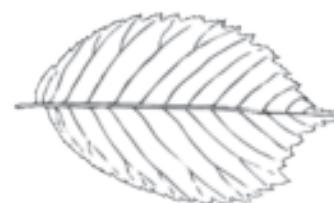
Ijersi ehlaza kwesibhakabhabka



Isambreli semibalabala



Ilamune eli-orientji

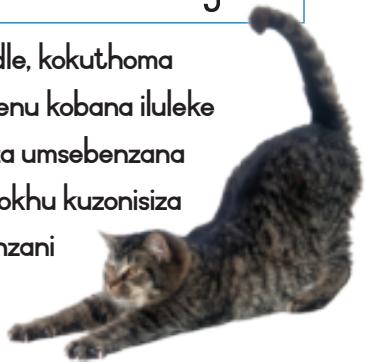


Ikari elihlaza kotjani



Asithuthuke

Ngaphambi kobana nenzé umsebenzana ngaphandle, kokuthoma ziluleni njengokatsu. Lokhu kuzokwenza imizimba yenu kobana iluleke beyinyakaze kuhle. Begodu nasele niqedile ukwenza umsebenzana lowo, zeluleni ukuze niledlhé benipholise imizimba. Lokhu kuzonisiza kobana ningezwa ubuhlungu bemisipha. Kwanje yenzani lokhu abentwana laba abakwenzako.



Vuma "Ihloko namahlombe" lokha nawu:

- yenza sengathi udlala ipiyano.
- yenza sengathi udlala igatara.





Ukuzithabisa

Betha izandla zakho ngendlela elandelako.



Ukubetha



Ukubetha



Ukubetha



Ukubetha



Ukubetha



Ukubetha



Ukubetha



Ukubetha



Ukubetha



Ukubetha



Ukubetha

Ukubetha Ukubetha Ukubetha Ukubetha Ukubetha



Asenzeni lokhu

Uyakwazi ukwenza izinto lezi ezilandelako? Tjengisa abangani bakho.

Ngiyakwazi ukugijimela mahlangothi woke
ngingatjhayisani nomuntu.



Ngiyakwazi ukweqa intambo yomdlalo
weqathulo.



Ngiyakwazi ukugeda ibholo ekulu ngiyigedele
kumngani wami.



Soke siqakathekile



Asikhulume

Qala isithombe bese uccocela
abangani bakho ngomehluko
owubonako ngabentwana laba.



Okukhulu nokuncani

Abanye bethu bakhulu, abanye sibancani.

Abanye bethu bade, abanye bafitjhani.

Abanye bethu bayakwazi ukweqa, abanye bethu
bakwazi ukuvuma.

Kukhona okuthileko sisoke esingakwenza
kuhle khulu?

Ngikuphi ongakwenza ngcono?



Asikhulume

Cocela abangani bakho kobanyana
wazizwa njani ngelanga lakho
lokuthoma esokolweni.

uthabile	udanile	uthabe khulu	usilingekile	unamahloni



Gwala isithombe utjengise kobana **ungazizwa njani** lokha omunye
nakangakupha ithoyi. Tlola imizwa leyo esikhalieni esingenzasi.



Tjela umngani wakho kobana kwenzekani esithombeni ngasinye.
Yitjho kobana ungazizwa njani lokha lokhu nange kungenzeka kuwe.
tshwaya ipendulo enembako.



Umsana omkhulu
ukwemuka izinto.

uthabile	uthabe khulu	udanile

Wena nomngani wakho
nidlala ndawonye.

usilingekile	uthabile	uthukile



Uvula isipho.

uthukile	uthabe khulu	unamahloni

Umntwana wakwenu
wephule isidlalisi sakho
osithandako.

unamahloni	uthabile	usilingekile



Asenzeni lokhu

Gadangisa umuno wakho phezu kwebhoksi lokuthoma, bese ubawa
umngani wakho kobana naye agadangise umuno wakhe phezu
kwebhoksi lesibili eliseduze.

Uthi bewazi kobana akunamuntu
ofana nawe nemino egadangisiweko?
Uqakathekile ngombana uwedwa tere
ephasini mazombe. Namawele akanayo
imino egadangisiweko efanako.

--	--

Ungakwazi ukubona bonyana
imino egadangisiweko ayifani?



4

Soke sehlukile begodu asifani

Ithemu-1 – Iweke-2 – Iphepha lokusebenza



Qala abentwana laba.
Bafana ngani?
Bahluke ngani?



Qala isithombe lesi bese uyatjho kobana isitatimende lesi **siliqiriso**
nanyana **simamala** na.

Penda imitjho eliqiniso ngokuhlaza satjani.
Penda imitjho emamala ngokubomvu.



Boke banemikhono emi-2 nemilenze
emi-2.



Boke bentazana.



Boke bambethe
amanyathelo.

Boke bambethe amabhrugu.



Boke basese bentwana.

Boke banenhluthu ezide.



Asigwale ni

Gwala isithombe sakho esikhali sokuthoma. Kwanjesi gwala isithombe somngani wakho omkhulu. Nasele ukwenzile lokho, qala eenthombeni ukuze ubone bonyana wehluke kangangani kunomngani wakho.

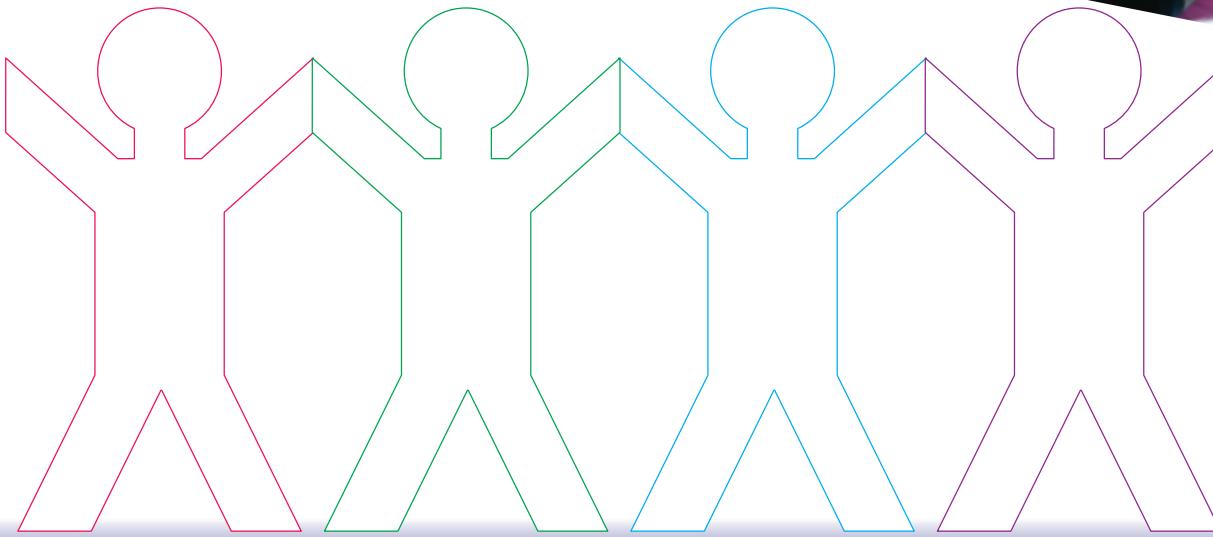


Mina	Umngani wami



Asenzeni lokhu

Penda ngaphakathi kwetjheyini le yobungani utjengise kobana omunye nomunye wehlukile kunomunye. Nasele ukwenzile lokhu, ungasika ukhuphe iketani yobungani kibosika encwadin le.



Teacher:
Sign:
Date:

q

Vuma ingoma

Ngaphambi kokuthi uvume yenza lokhu. Dosela umoya khulu ngaphakathi bese uyawukhipha kancani kancani. Yenza sengathi uvuthela ikeresi yekhekhe ngelanga lakho lamabeletho. Yenza sengathi uzwa amakhaza uthi, "Brrrrrrrrrrrrrrr".



Itthemu - I – I'veke - 3 – Iphepha lokusebenzela

Asivumeni



Imfenyana ezihlalu

Imfenyana ezihlalu, zeqayeqa embhedeni.

Enye yawa, yalimal 'ehloko.

Unina wabiz' udorhodera.



Udorhodera wathi, "Akungasabi nefenyana ezokweqayeqa embhedeni!"

Imfenyana ezine, zeqayeqa embhedeni.

Enye yawa, yalimal 'ehloko.

Unina wabiz' udorhodera.



Udorhodera wathi, "Akungasabi nefenyana ezokweqayeqa embhedeni!"

Imfenyana ezintathu, zeqayeqa embhedeni.

Enye yawa, yalimal 'ehloko.

Unina wabiz' udorhodera.



Udorhodera wathi, "Akungasabi nefenyana ezokweqayeqa embhedeni!"

Imfenyana ezimbili, zeqayeqa embhedeni.

Enye yawa, yalimal 'ehloko.

Unina wabiz' udorhodera.



Udorhodera wathi, "Akungasabi nefenyana ezokweqayeqa embhedeni!"

Ifenyana eyodwa, yeqayeqa embhedeni.

Yase iyawa, yalimal 'ehloko.

Unina wabiz' udorhodera.



Udorhodera wathi, "Akungasabi nefenyana ezokweqayeqa embhedeni!"

Khumbulani mfenyana kobana udorhodera utheni.

"Akungasabi nefenyana ezokweqayeqa embhedeni!"





Asigwaleni

Gwala ubuso bakho.
Tjengisa amehlo wakho.
Tjela abangani bakho kobanyana uqaleka njani.



Asithuthuke

Yenzani isiqabo
ngaphandle kwetlasi
njengalesi nisizana
notitjhhere.

Khwela phezu kwesihlalo
weqelete phezu kwesinye.

Khasa ngamadolo
ngaphasi kwetafula.



Teacher:
Sign:
Date:

6

Ngiyazikhakhazisa ngesikolo sami

Ithemu-1 – Iweke-4 – 5 – Iphepha lokusebenza



Asenzeni lokhu

Gwala isithombe sakho lapho wembethe khona ijinifomu yakho wesikolo. Zaliselela ngependulo eenkhaleni.

Ngiya esikolweni nge _____.

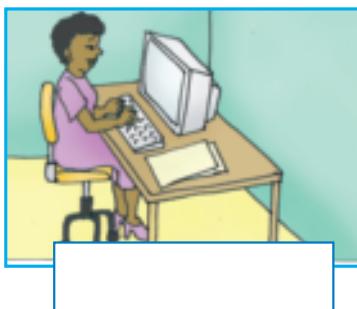
Isibongo sakatitjhere wami _____.

Isibongo uprinsipali wami _____.



Asitlole

Qalisisa iinthombe. Ngemva kwalapho sika igama elinemba ulinamathisele eduze kwesithombe.



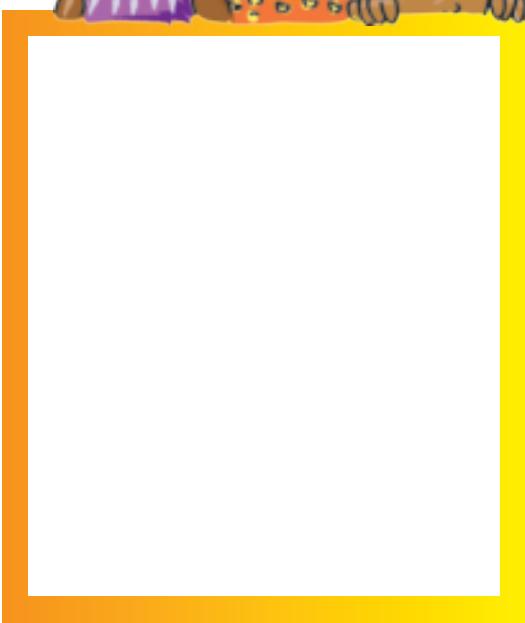
ikamera
lokulondoloza
ipahla
yeemvakatjhi

itlasi

i-ofisi

umabhalana

itatawu
lokudlala





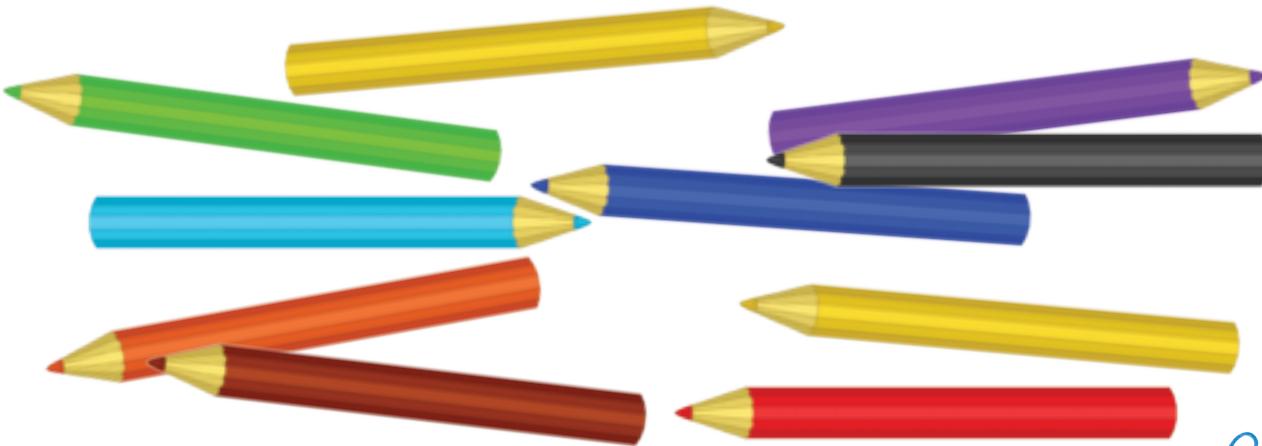
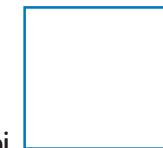
Asitbole

Bobaniabantu abahlukeneko abasebenza esikolweni? Qalisansi isithombe bese nicocisana ngokuthi bobani nokuthi benza miphimisebenzi. Ngemva kwalapho, sikani iinthombe ezinembako bese nizinamathisela eduze kthesithombe esinembako. Hlathululela mngani wakho kobana ukhamba njani nawuya e-ofisini yakaprinsipala, endlini yokuzithumela kanye nebaleni lokudlala.



Ukuzithabisa

Isikhwama saka Jabu seempensela siwile. Bala kobanya unamakhrayoni amangaki, bese utlolola inomboro enembako ngebhoksini. Esiqetjhaneni sephepha, gwala isithombe usebenzise iimbala ekhanyako. Utjengise kobana wena nomngani wakho nidlala njani. Gwala ifreyimu izombeleze isithombe.



abentwana

ohlwengisako

utitjhhere

uprinsipali



lindawo ezihlukeneko

Ithemu-1 – Iweke-4 – Iphepha lokusebenza

Asenzeni lokhu

Tjengisa abangani bakho kobana
uyakghona.

Ngizifihle ngaphasi
kwetafula.

Zifihle ngaphasi
kwento ethileko.



Sithela ngemuva
kwento ethileko.



Jama eqadi kwento ethileko.



Jama phezulu kwento ethileko.

Asithuthuke

- Sebenzisa ibholo nanyana umgodlana onamatjana.
- Yiphosele phezulu bese uyayigenda.
- Kwanjesi thwala umgodlana onamatjana ehloko bese ukhamba phezulu komuda othaliweko.

Ngiyakwazi ukuphosa.



Ngiyakwazi ukugeda.
Ngiyakwazi ukuthwala
umgodlana onamatjana ehloko.



Asithuthuke

Gadangisa iinyawo zakho
ngephetheni le elandelako.

Nc = Ngesincele ni



Si = Ngesidleni



Nc Si

Nc Si Nc

Si Nc

Si Si Nc

Si Nc

Si

Nc Nc

Si Nc

Nc Nc

Si Nc

Si Nc

Si Nc

Si Nc

Teacher:
Sign:
Date:

Itlasi lami

Itthemu - I - I'veke - 5 - Iphepha lokusebenza

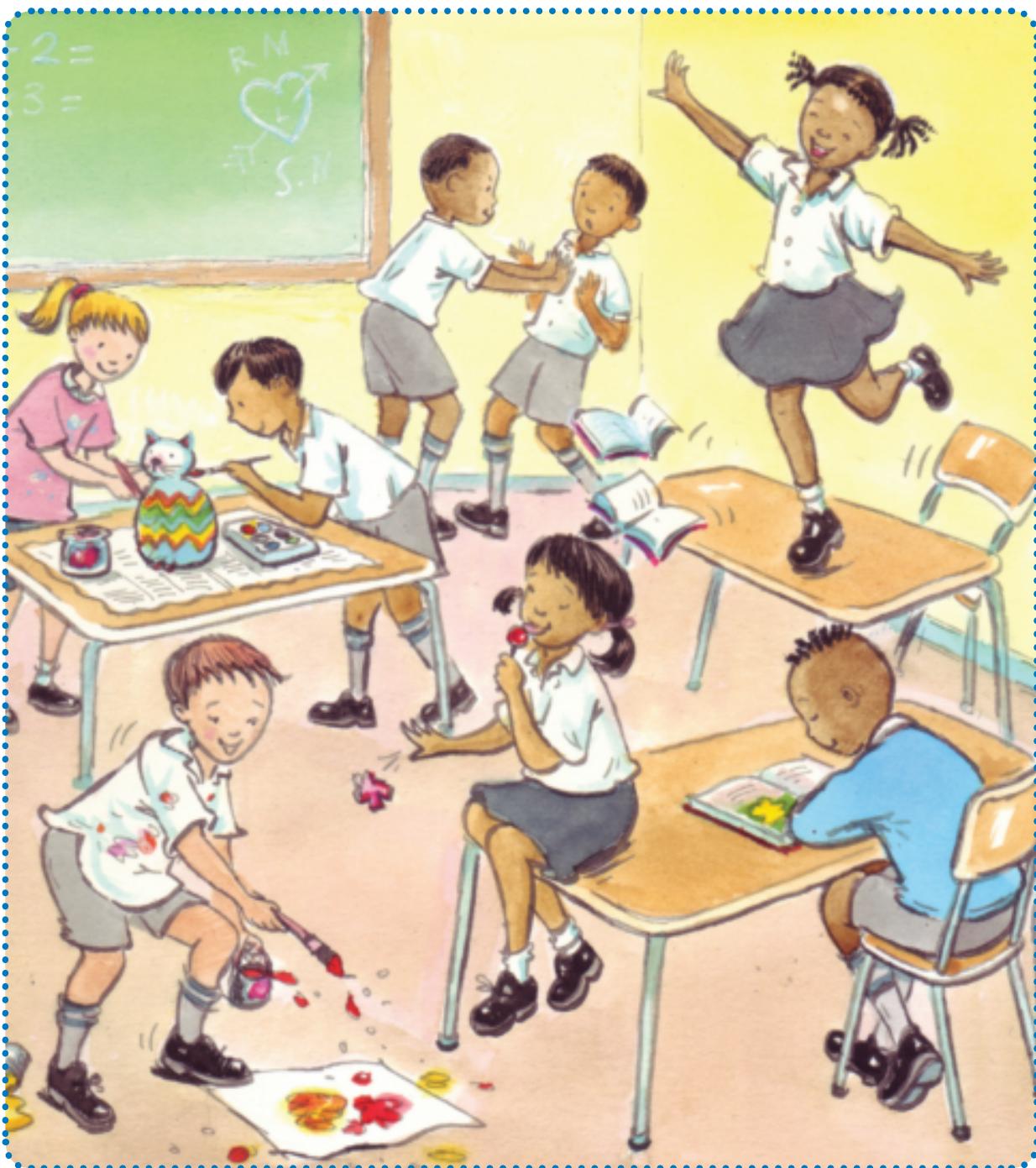


Asikhulumo

Qalisisa isithombe lesi bese ucoca ngalokho okubonako.

Ngetlasini leli izinto ezimbi nezihle ziyanze ka.

Ubona muphi umukghwa omuhle? Ubona muphi umukghwa omumbi?

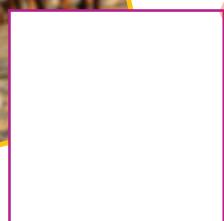
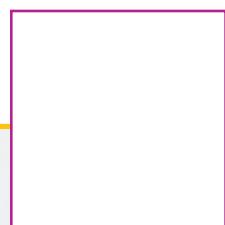
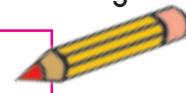




Asikhulume

Gwala ithiki

eduze kwayo yoke imikghwa elungileko bese utlole isiphambano
eduze kwayo yoke imikghwa emimbi engenzeka esikolweni.



9

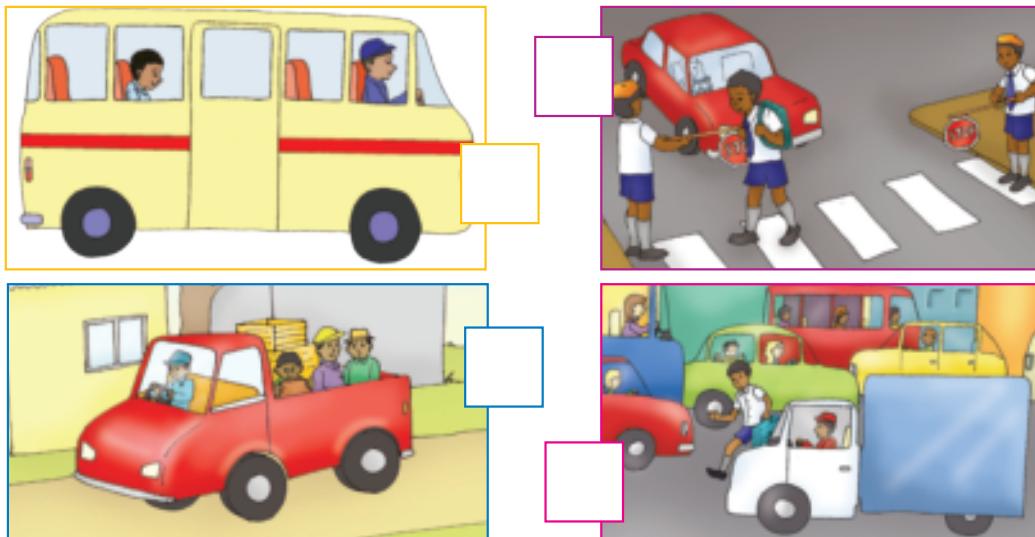
Indlela esikhamba ngayo nasiya esikolweni

Ithemu-1 – Iweke-5 – Iphepha lokusebenzela



Asikhulume

Uya njani esikolweni kwelinye nelinye ilanga? Uphephile na? Kukhona iindlela ozaziko ezingakaphophi? Coca nabangani bakho kobana abentwana laba bakhamba njani nabaya esikolweni. ✓ Thika iindlela lezo eziphephileko eziya esikolweni. Beka isiphambano eendleni lezo ezingakaphophi X.



Ukhamba ngani nawuya esikolweni ekuseni? _____



Asenzeni lokhu

Kwanjesi buza abangani bakho babebahlanu kobana baya ngani esikolweni. Tshwaya iindlela abazisebenzisako ekhadini elingenzasi.

ngeenyawo					
ngebhesi					
ngekoloyi/ngeveni					

Amabizo wabangani



1	2	3	4	5

Asithuthuke

Ngingagijima umjikelezo wezig zeg.

Iye

Awa

Nangijimako, ngingakghona ukutjhugulukela ngemahlangothini lapho utitjhore angilayela ngakhona.

Ilanga:



Asenzeni lokhu

Cwala isithombe ukutjengisa kobana ukhamba njani nawuza esikolweni.



Asithuthuke

Lalela umvumo utitjhore wakho azokudlalela wona.



Tjhideza umzimba wakho emdumeni womvumo.

Goba amadolo bese welula iinyawo zakho.

Sikinya amahlombe wakho aye phasi naphezulu.

Sikinya idini lakho liye ngesidleni liye nangesincqeleni.



Asithuthuke

Wena nomngani wakho phosani benigede ibholo.

Sebenzisani isandla senu eningakavamisi ukusisebenzisa niphose ngaso ibholo.

Ngikwazile ukuphosa ibholo ngesandla sami
esingakavami ukusebenza?



Asithuthuke

Wena nomngani wakho lingisani
ingolovana nayikhambako.



10

Ngihlala ngihlwengekile

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



Asikhulume

Ingabe kuqakathekile na kobana ufunde imikghwa kabancani.
Lezi ngezinye zezinto ongazenza kobana uhlale uhlwengile begodu hlale
uphilile. Coca ngesinye nesinye isithombe.



Ngitlubhe amazinyo.



Ngihlambe izandla zami.

Ngihlambe umzimba wami
njalonjalo.Ngigcine iinziphlo zami
zihlanzekile.Ngisebenzie ithitjhlu lokha
nangingendlwani yokuzithumela.

Kufanele
ngi-

Ngihlanze isithelo
ngaphambi kokusidla.Sebenzise ithitjhlu lokha
nangifinyako nanyana ngithimula.



Asitlole

Ngikuphi okutlhogako kilokhu okulandelako ukuze uhlale uhlwengile?
Penda ngaphakathi kwekwekwezi ukutjengisa into oyisebenzisa ko
ukuze uhlale uhlwengile? Yitjho nokobana uyisebenzisa njani into leyo
ukuze uhlale uhlwengile?



Tshwaya utjengise kobana ungakghona ukwenza lokhu:	iyē	awa
Ngingakhwelela isitepisi ejimini yejangele.		
Ngingsebenzisa izandla zami ukutjhidela phambili.		
Ngingakhosa ngaphasi kwejimini yejangela.		



Imikghwa elungileko

Ithemu - I – I'veke - 6 – Iphepha lokusebenza



Asifunde

Imikghwa elungileko
yokusebenza indlwana
yokuzithumela.

Khumbula



Nangabe uncolisile, yihlanze
ungayitjhiyi ingcolile.



Khumbula ukupula
nanyana ukudosa ngemva
kokusebenza indlwana
yokuzithumela.



Vala umnyango njalo
nawungendlwaneni yokuzithumela.



Ungasebenzisi ithitjhu
enengi khulu.



Hlamba izandla zakho njalo njalo ngemva
kokusebenza indlwana yokuzithumela.



Asitlole

Ndulungela igama elisitjela kobana sifanele ukusebenzisa nini izinto
lezi ezilandelako.

Ukuhlamba iinhluthu zakho.



malanga woke	ekuseni nantambama
kabili ngeveke	kanye ngeveke

Ukuhlamba amazinyo.



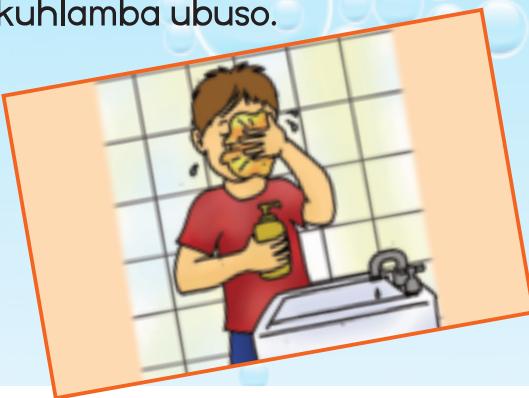
malanga woke	ekuseni nantambama
kabili ngeveke	kanye ngeveke

Ukuhlamba umzimba.



malanga woke	ekuseni nantambama
kabili ngeveke	kanye ngeveke

Ukuhlamba ubuso.



malanga woke	ekuseni nantambama
kabili ngeveke	kanye ngeveke



Teacher:
Sign:
Date:

Ngiyazihlwengisa

Ithemu - I - Iweke - b - Iphepha lokusebenzela

Asithuthuke

Dlalani nilingise "uSimon uthi" notitjhhere wakho.

Funyana indawo yakho ephephileko ukuze ungtjhayisani nabanye.
USimon uthi "**thinta ihloko yakho**".

Asitjengiseni

Tjengisa umngani wakho kobana
ukwenza njani lokhu...



Hlamba izandla zakho.



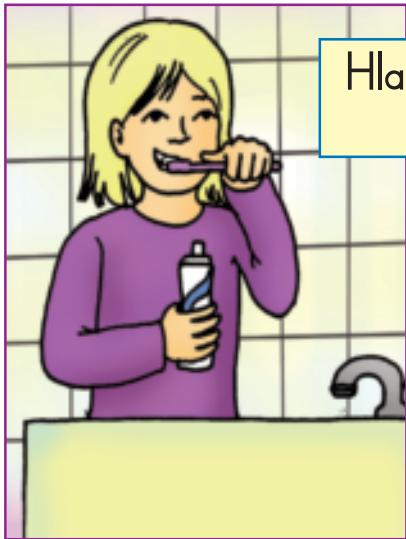
Kama iinhluthu zakho.



Sula izandla zakho.



Hlamba amazinyo wakho.



Hlamba ubuso bakho.



Ilanga:



Asithuthuke

Lingisa umdumo olandelako.

Ngiyakwazi ukuwahla izandla zami

Begodu nokubeka inyawo lami

Ngiyakwazi ukusikinya ihloko yami

Nokujuguja imikhono yami

Ngiyakwazi ukujama ngamazwani

Bengithinte ipumulo yami.



13

Imikghwa emihle yepilo

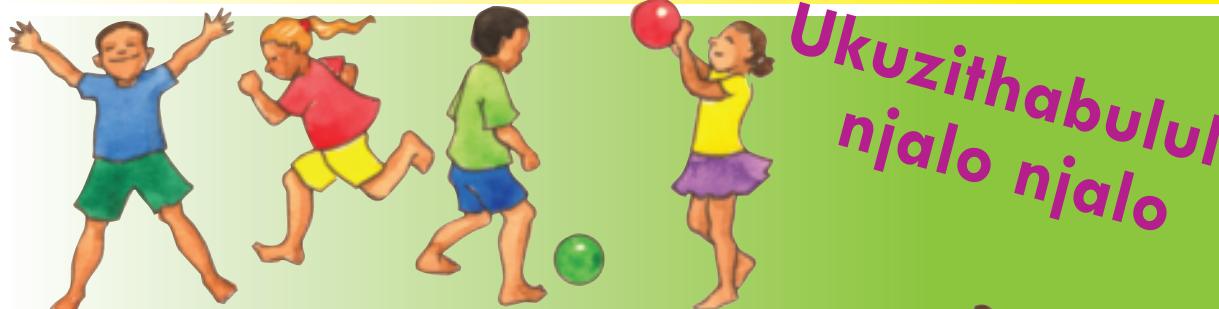
Ithemu - I – Iweke - 7 – Iphepha lokusebenzela



Asifunde

Khuyini esikutlhogako ukuze sihlale siphilille!

Ukudla
okunepilo



Ukuzithabulula
njalo njalo

Ukuhlala
sihlwengile



Ukubasendaweni
ebetha ummoya



Ukulala okwaneleko
ingasikho
ukubukela khulu
umabonwakude!





✓ Khetha okukhambisana nemikghwa emihle yepilo ehle bese ukhetha okukhambisana nemikghwa emimbi yepilo embi. ✗



Teacher:
Sign:
Date:

14

Ukuhlwengisa nokubutha



Asenzeni lokhu

Khombisa kobana uzisebenzisa
njani izinto ezilandelako.

Ithemu - I veke - 7 - Iphepha lokusebenzela



ibhratjhi yamazinyo

isibha



isizeso sezandla



itjhampu



ikama



ibhratjhi



ibhratjhi yamazipho



itlibhara yamazipho

Ilanga:



Asithuthuke

Bambanani ngezandla nenze isiyungi esikhulu.

Kwanjesi dluliselanani ibholo esiyingini enikiso.

Ngezelani ngenye ibholo nayo niyidluliselelane.

Ngezelani ngebholo yesithathu nayo niyidluliselelane.



Asikhulume

⊕ Yini eyenza indlu le isilaphazeke?

Yini ekufanele uyenze ukuze uhlwengise indlu le?

Abentwana benzani? Bafanele kobana benze ini ?



Teacher:
Sign:
Date:

Ubujamo bezulu engibuthandako

Asikhulume

Qala ebujameni bezulu obuhlukahlukeneko bese ucocela umngani wakho kobana ngibuphi ubujamo bezulu obuthandako.

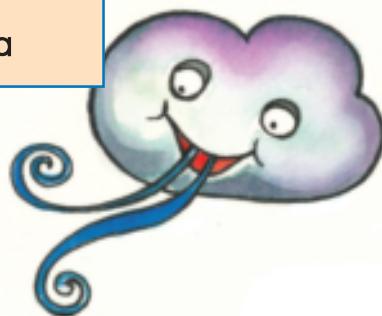
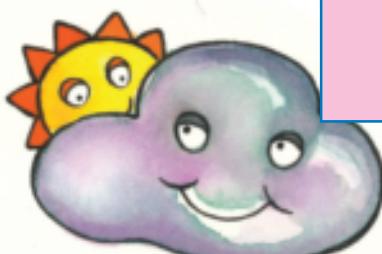
kunommoya

kunelanga

liyana

kunamafu
bekumakhaza

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



Kezinye iindawo zephasi lekhethu ngezinye
iinkhathi kubamakhaza belikhithike.

Kesinye isikhathi kubanommoya, ummoya
onamandla, lokhu kubizwa ngokuthiwa
yi-harikheyini.



Asenzeni lokhu

Gwala isithombe sakho unethwa lizulu nanyana lokha nalikhithikako.

Gwala isithombe sakho phezu kwephephä elikhulu, usebenzise amakhrayoni wewax.

Hlanganisa umbala ohlaza kwesibhakabhaka wokupenda ukudla bese upenda phezu kwekhasi loke.

Thintithela ipende emhlophe phezu kwesthombe.

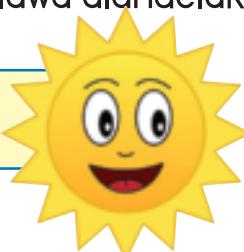
Ilanga:



Asifunde

Sisebenzisa itjhadi yokutjengisa ubujamo bezulu kobana bunjani. Sisebenzisa amatshwayo ukuyelelisa kobana ubujamo bezulu obuhlukahlukeneko bujani. Amatshwayo esiwasebenzisa ngilawa alandelako.

liyatjhisa



linamafu

liyakhithika



Asikhulume



Asenzeni lokhu

Tjela umngani wakho kobana wembatha umhlobo onjani wezambatho ebujameni obunye nobunye bezulu.

Gwala amatshwayo wobujamo bezulu ukuze wenze yakho itjhadi yobujamo bezulu beveke.

NgoMvulo

NgeLesibili

NgeLesithathu

NgeLesine

NgeLesihlanu



Asitlole

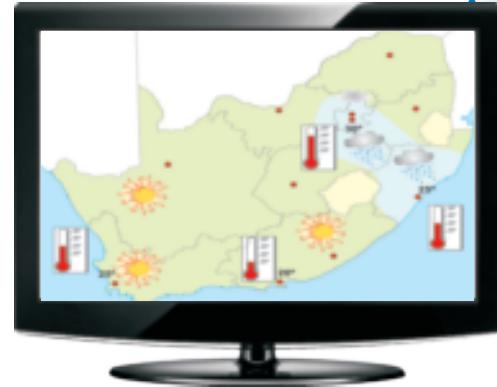
Ubujamo bezulu be bunjani iveke le?

Qedelela ngamagama atlhayelako.

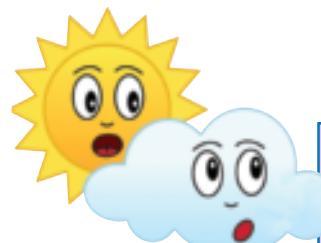
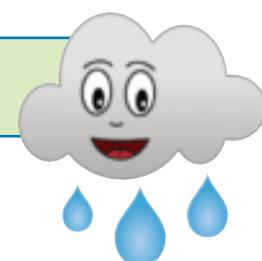
Namhlanje ku _____.

Izolo beku _____.

Nginethemba lokobana kusasa kuzabe _____.

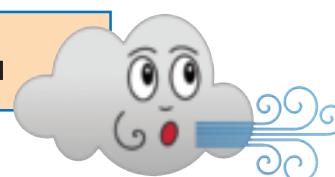


liyana



lithe phara-phara
ngamafu

kunomoya



Teacher:

Sign:

Date:

Ubujamo bezulu

Ithemu - I - Iweke - 8 - Iphepha lokusebenzela



Asenzeni lokhu

Lingisa ubujamo bezulu obuhlukahlukeneko.



Lula izandla zakho uzelulele ngehla kwehloko yakho wenze sengathi ulilifu elikhulu.



Unesambrela ukuze uzivikele elangeni.



Sikinyeka njengomuthi lokha nawuphephulwa mumoya.



Bamba isambrela sakho ngamandla ukuze singaphephulwa mumoya onamandla.



Ilanga:

Lingisa amathosi
wezulu lokha
nakathontela phezulu
kwamasenge.

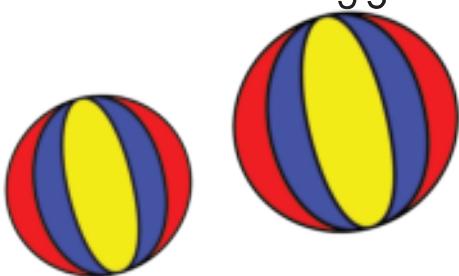




Asithuthuke

Bambanani ngezandla ukuze nenze
isiyngi esikhulu.

Phoselanani ibholo beniyigende.



Cabanga iindlela ezahlukeneko
zokukhambisa ibhimu ngendalela
efaneleko. Linga ukusebenzisa indlela
ehlukileko kinaleyoy esetjenziswa
ngabanye abafundi.



Asithuthuke

- Tjela umngani wakho kobana weqa njani lokha
nawudlala umdlalo wokweqa intambo.
- Utitjhere wakho uzokutjengisa kobana udlala njani imidlalo yakadeni.



Teacher:
Sign:
Date:

Umndeni wakwethu

Asikhulumo

Uthi bewusazi kobana imindenि eminengi ayifani?

Itthemu-2 – Iweke-/-Iphepha lokusebenzela

Eminye imindenि mikhulu eminye mincani.

Eminye imindenि inabo abomma nabobaba eminye ayinabo.

Eminye imindenि ihlala nabogogo, abomkhulu, abomalume, abokghari nabomzala.

• •

Qala iiinthombe ezilandelako bese ucocela umngani wakho kobana umehluko okhona esithombeni ngasinye ngimuphi. Sebenzisa amagama la angebhoksini.

umma

ubaba

udade

umkhulu

umfowethu

umntwana

ugogo

umndeni





Asitlole

Ngubani ohlala nani kwenu?



Nihlala nobani emndenini wakwenu?

Emndenini wekhethu kunabantu _____.

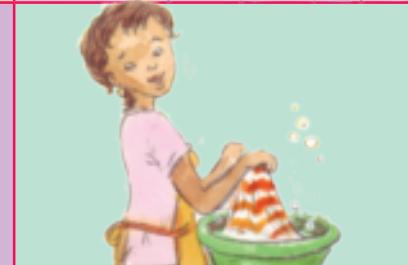
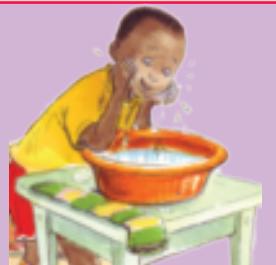
Ngubani ongomncani emndenini wekhenu? _____

Ngubani omdala kwenu? _____



Asikhulume

Soke sinemisebenzi yethu esiyenzako emakhaya. Qala isithombe bese unikela ibizo laloyo owenza umsebenzi lo ekhaya.



Ngisiza ngani ekhaya.



Umndeni wakwethu

Ithemu-2 – I'veke-/-Iphethe-
lokusebenzela



Ukuzithabisa

Gwala isithombe salokho enikwenza ninoke kwenu. Yitjho kobana ibizo lakhe ngubani. Sebenzisa amagama alandelako azokusiza.

umma

ubaba

udade

umkhulu

umfowethu

isana

ugogo

umndeni



Umndeni wakwethu

Sitlhogomela abanye



Asifunde

Amalunga womndeni kufanele atlhogomelane bekasizane ngaso soke iskhathi. Sikhombisa ithando ngokubambana signone besisize ukutjengisa ithando netjhejo.

- sisize omunye nakatlhoa isizo.
- senze imisebenzi yethu ngesikhathi.
- sibrenomoya ophasi besithobelane khulu ebantwini abadala.
- sithembeke.



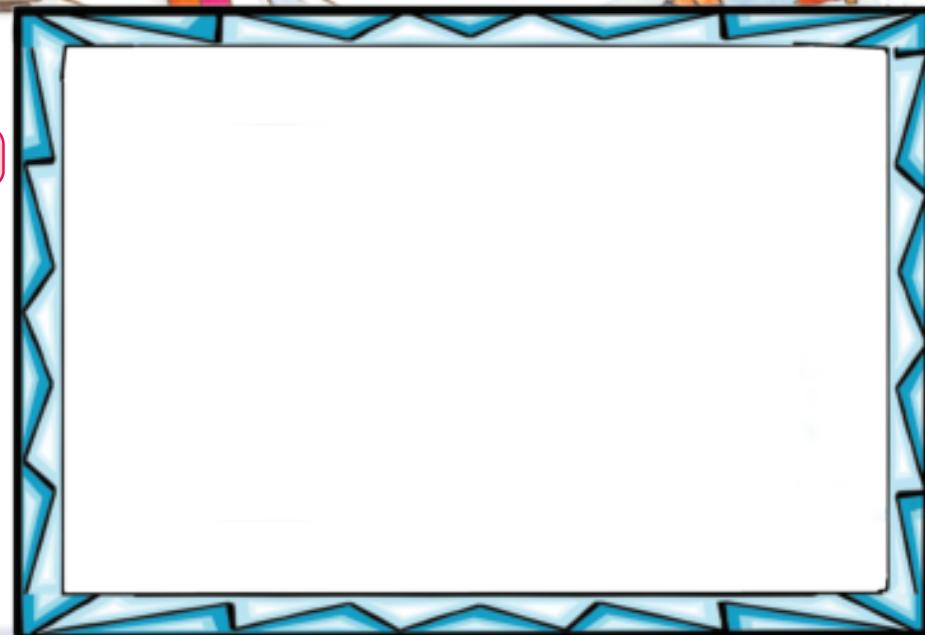
Asikhulume

Qala iinthombe ezilandelako bese uyatjho kobana abentwana laba batjengisa njani ithando netjhejo abanalo emindenini yabo. Bese nenza umdlalo nilingise kobana kwenzekani esithombeni ngasinye.



Asenzeni lokhu

Gwala isithombe utjengise kobana yini oyenzako etjengisako kobana unethando lomndeni wakho. Cocela umngani wakho ngalokho okugwalileko.



Teacher:	
Sign:	
Date:	

Ithemu-2 - Ivake-2 - Iphepha lokusebenza

Tjengisa itjhejo onalo

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



Asikhulume

Coca ngokuthi amalunga la womndeni asiza njani emindenini.

Nikela iinthombe ezilandelako iinomboro kusukela kwego-l ukufika kweye-4 ukutjengisa indlela ezilandelana ngayo.



Asifunde

Imisebenzi yethu yangantambama

Umma upheka ukudla.

Ubaba uhlanza iimpoto.

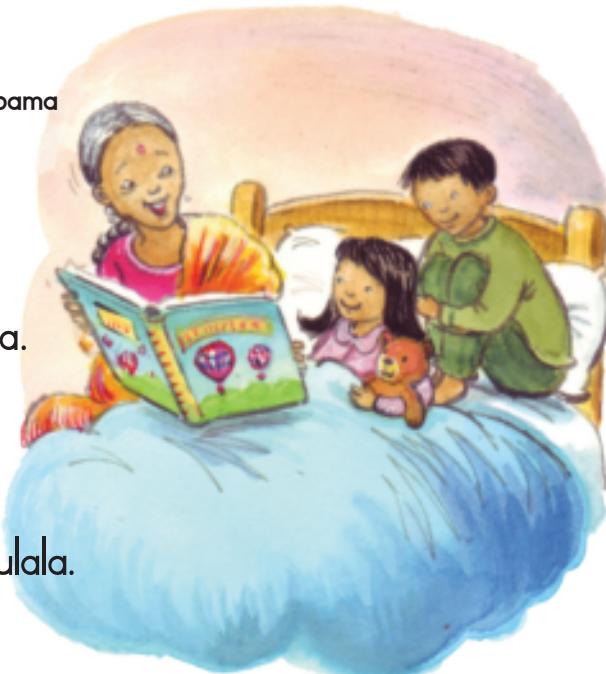
Mina nomnakwethu sisiza ubaba nomma.

Siyalekelela.

Sibutha sibeke ibisi noburotho.

Ngemva kwalokho bese silungela ukuyokulala.

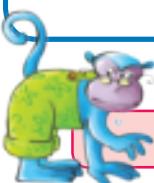
Sibawa usicocele inolwana yebusuku!





Asenzeni lokhu

Gwalela umuntu okutlhogomelako. Gwala isithombe bese utole nebizo lomuntu loyo.



Asenzeni lokhu

Ungakwenza lokhu okulandelako?

	uyakghona ukudlulisela ibholo kiloyo odlala naye ngokuyiqhula.	iye	awa
	uyakghona ukweqisa ibholo kiloyo odlala naye.	iye	awa
	uyakghona ukuqhula ibholo isuke emlotheni.	iye	awa
	uyakghona ukuqhula ibholo ibe iyokungena emgodini.	iye	awa
	uyakghona ukudlulisa ibholo hlangana neengodo ezibadlali.	iye	awa
	ungakghona ukurarhela kude ibholo.	iye	awa



Teacher:
Sign:
Date:

Ukuphepha ngaphakathi nangaphandle ekhaya (1)



Asikhulume

Kufanele sizizwe siphephile ngaso soke isikhathi nasisekhaya.

Sinelemuko lokabana zikhona iingozi ezingenzeka ekhaya.

Qalani iinthombe bese nicoca ngezinye zeengozi nabangani bakho.

Ngekumbeni yokuphekela

- Ngasosoke isikhathi jikisa imikhono yeempoto namapani iye ngemuva kwesitofu.
- Ungatjhiyi imikhwa ebukhali nanyana kukuphi.
- Ukubeka ipharafini neenhlahla endaweni ephephileko.
- Ungatjhiyi izinto zokudlala nanyana kukuphi.



Ngaphakathi kwekumba yokuhlambela

- Ungasebenzisi izinto ezisebenzisa igezi eduze namanzi.
- Izinto ezisebenza ngegezi ungazibeki eduze namanzi.
- Beka iinkere nemikhwa endaweni ephephileko ngekasini.
- Ungabolekani ibhratjhi yamazinyo nabanye abantu.



Amawuruwuru, ukuphazima negezi

- Ungajami ngaphasi komuthi nakunamawuruwuru.
- Ungafaki izinto ngaphakathi kweplaga elisebodeni. Bawa umuntu omdala ukusize.

Ngaphandle kwendlu

- Butha yoke into engakulimaza, njengamarhalasi aphukileko uwalahlele ngemqqonyini weenzibi.
- Ungadlaleli eduze kwendawo yokududa enamanzi kungekho umuntu omdala eduze kwakho.



Ngaphakathi ngendlini

- Ungatjhiyi izinto zokudlala nokhunye ngaphandle.
- Ungadlali ngepharafini nanyana enye nenyе into enetjhefu.
- Lokha nangabe intambo yeketlela nanyana ye-ayini ilimele, bawa umuntu omdala njengomma nanyana ubaba kobana ayilungise.



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Ukuphepha ngaphakathi nangaphandle ekhaya (2)

Ithemu - 2 – I'veke - 3 – Iphepha lokusebenzela



Asikhulume

Qalani iinthombe bese niyatjho kobana ngiziphi iinthombe ezitjengisa iindlela ephephileko nalezo ezitjengisa iindlela engakaphephi. Tshwya ✓ lezo ezinokuphepha bese kuthi lezo ezinganakho ukuphepha ubeke isiphambano ✗.





Ingabe zikhona izinto ezingaphephi ekhaya lako? Khuyini ongakwenza ngalokhu? Iphoyizeni, iinhlahla kunye namakhemikhali wokuhlwengisa kuyingozi khulu. Ungaseli nanyana yini nangabe unaso isiqiseko sobana khuyini.



Itshwayo leli litjho kobana kunento enetjhefu ngaphakathi kwebhodlelo, ibhoksi nanyana ibhlege. Ukhe walibona itshwayo leli ngaphambilini?



Utitjhere wakho uzokudlalela umvumo.



- Khambisana negido lomvumo.
- Khetha umdosi phambili. Umdosi phambili kufanele akhambisane negido lomvumo.
- Omunye nomunye kufanele alingise umdosi phambili nikhambisane kanye kanye.
- Dzimelela ngenyawo elilodwa.
- Kwanje dzimelela ngelinye inyawo elilodwa.
- Ngiliphi inyawo eliqinileko?
- Beka intambo ede nanyana nidwebe umuda omude phasi. Khamba phezulu kwentambo nanyana phezu komuda ulinge ukudzimelela ngawo.
- Kwanjesi tjhugulula intambo leyo nanyana umuda loyo ube sebujameni obunye bese uyadzimelela ukhambe phezulu kwayo ungawi.



Ukuphepha lokha nangingedwa ekhaya

Ithemu - 2 – I've ke-4 – Iphetha lokusebenza



Asikhulume

Ufundile ngezinto
ezingakulimaza ngaphakathi
nangaphandle kwenu.
Ungenzani ukuze uhlale
uphephile lokha nangabe
uwedwa ekhaya?

Lokha nawuwedwa
ekhaya, ungenza lokhu
okulandelako ukuze uhlale
uphephile.



Ungavuleli abantu
ongabaziko umnyango.



Lodlhela iminyako yoke
ephumela ngaphandle.



- Qinisekisa kobana uyzazizi iinomboro zomtato zababelethi bakho kanye nabantu abahlala eduze nakwenu.
- Tlola phasi irhelo leenomboro eziqakathekileko, wenzele lokha nangabe kukhona into engakalungi.



Asitlole

Yenza irhelo lakho leenomboro eziqakathekileko.

Zamapholisa:



Besicimamlilo:



Ze-ambulensi:



Inomboro kamma yakamaliledinini:

Inomboro kababa yakamaliledinini:

Ngubani omunye ongamosela lokha nawutlhoga isizo?

Teacher:
Sign:
Date:

Into ongayikhumbula

Ithemu-2 – I'veke-4 – Iphepha lokusebenza

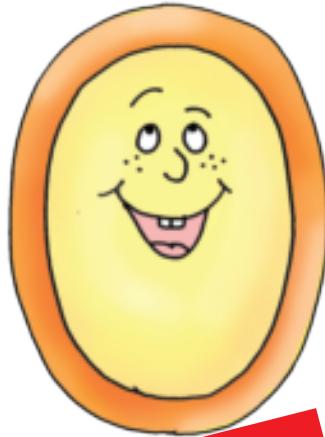


Asikhulume

Le yindlela elula yokukhumbula inomboro yamapholisa. Qala isithombe bese utjela umngani wakho kobana isithombe sikukhumbuza njani iinomboro. Inomboro yamapholisa yi-10111. Ibuyelele kanengana ukuze uyibambe ngehloko.



1



0



111



Asithuthuke

Khombisa kobana bewungenzani lokha nabe kunguwe umntwana kesinye nesinye isithombe kilezi ezilandelako.



Bewungenzani lokha umuntu ongamaziko akugijimisa?



Bewungenzani lokha nawusiza ummakho ukuhlanganisa iintlabagelo zokubhaga ikhekhe?



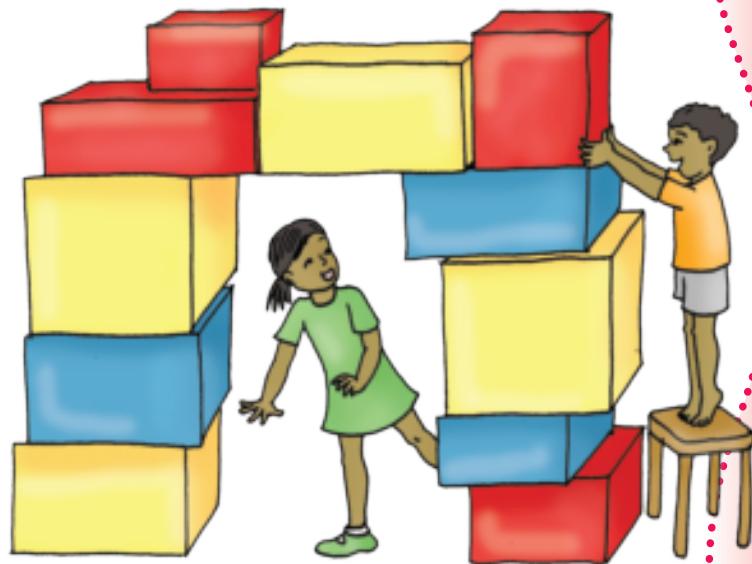
Bewungenzani lokha nawuzibona ujame phezu kwerhalasi elephukileko?



Asenzeni lokhu

Akhe ubone kobana ungakghona ukuzakhela
indlu engeyakho.

- Funyana
amakhabbhoksi amadala
bewakhe amaboda wendlu
bewuyifulele ngawo.
- Unganamithisela amabhoksi
ndawonye. Indlu nasele iphelileko, ungayipenda.
- Lokha nawehlulekako ukuthola amakhabbhoksi, linga uthole okuthileko
ongakusebenzisa kodwana ungasebenzisi amarhalasi nanyana into
engakulimaza.



Asithuthuke

Phosela ibholo phezulu bese ulinga
ukuyibamba ngesandla sakho
ongakavamisi ukusisebenzisa.

Siza utitjhere wakho
ukutjhidisa iinhlalo, amatafula
namabhoksi.

Khwela phezulu kweenhlalo,
amatafula nanyana amabhoksi.
Khasa ngaphasi kwetafula bese
ulinga ukweqa.

Linga ukudzimelela ngenyawo
elilodwa phezulu kwesitulo.



Teacher:	Sign:
Date:	

Umzimba wami

Ithemu-2 – Iweke-5 – Iphepha lokusebenza



Asitlole

Tlola amagama anembako eenkhaleni.

inyawo

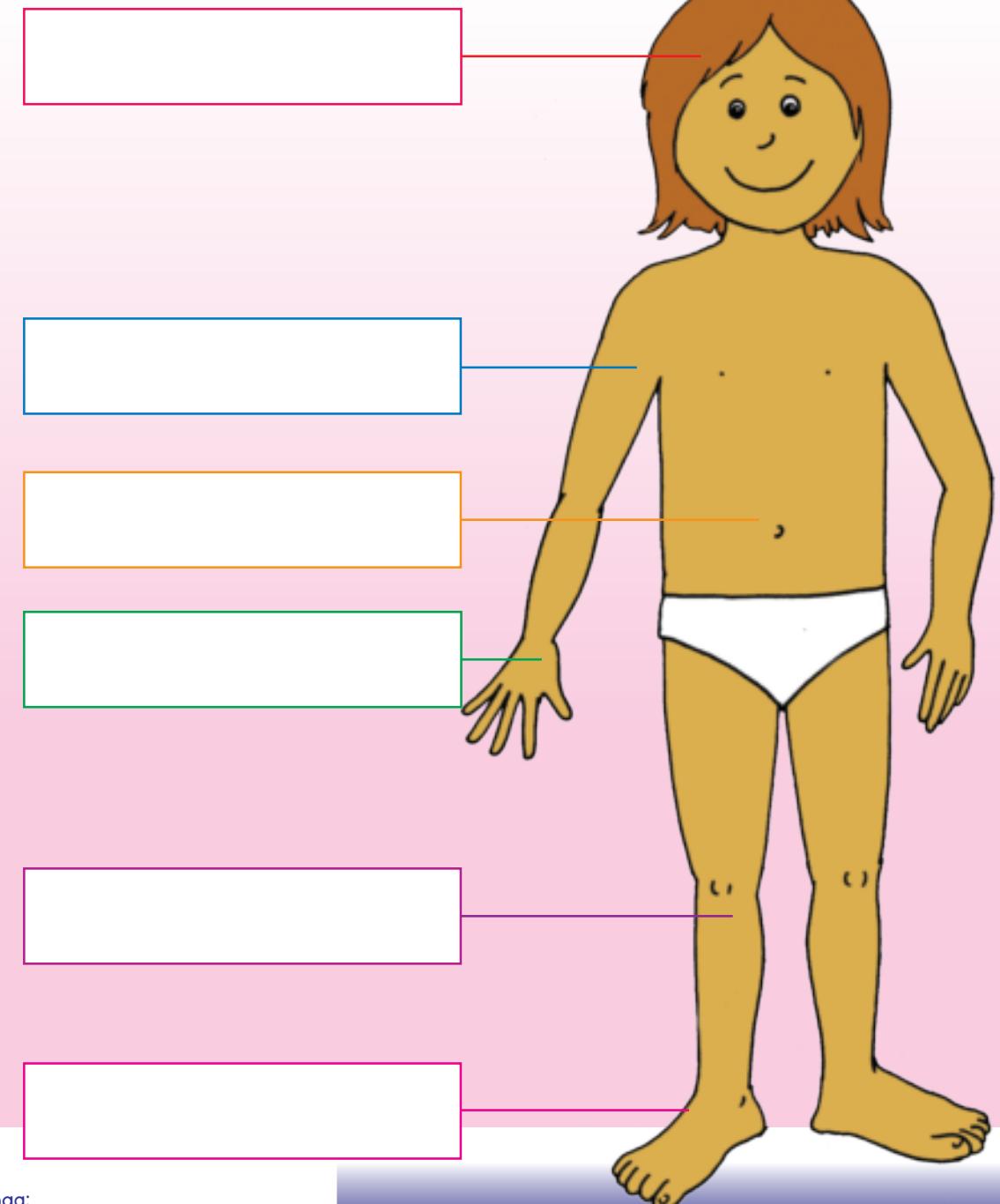
isandla

ihloko

amathumbu

inyawo

umkhono



Ilanga:



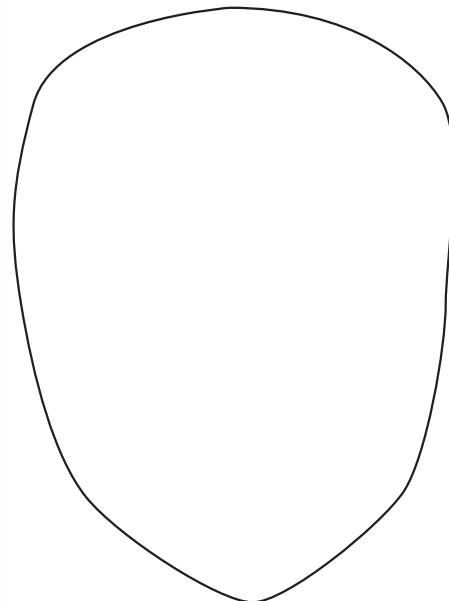
Asigwaleni

Qedelela umgwalo lo wobuso.

Gwala iinhluthu. Linga ukukopulula bakho ubuso. Nangabe unamehlo abomvu, gwala amehlo abomvu.

Nangabe uneenhluthu ezinzima, gwala inhluthu ezinzima.

Gwala amatjhiya wakho, ipumulo kanye nomlomo.



Ubuso busisitho esiqakathekileko somzimba.

Soke sinamehlo ama-2.



Soke sineendlebe ezi-2.



Soke sinepumulo eyo-l.

Soke sinomlomo owo-l.



Asivumeni

Vumanu ingoma elandelako. Thinta isitho somzimba lokha nawuvuma ngaso.

Ihloko namahlombe

Ihloko namahlombe

Ihloko namahlombe, amadolo namazwani, amadolo namazwani

Ihloko namahlombe, amadolo namazwani

Ihloko namahlombe, amadolo namazwani, amadolo namazwani, amadolo namazwani



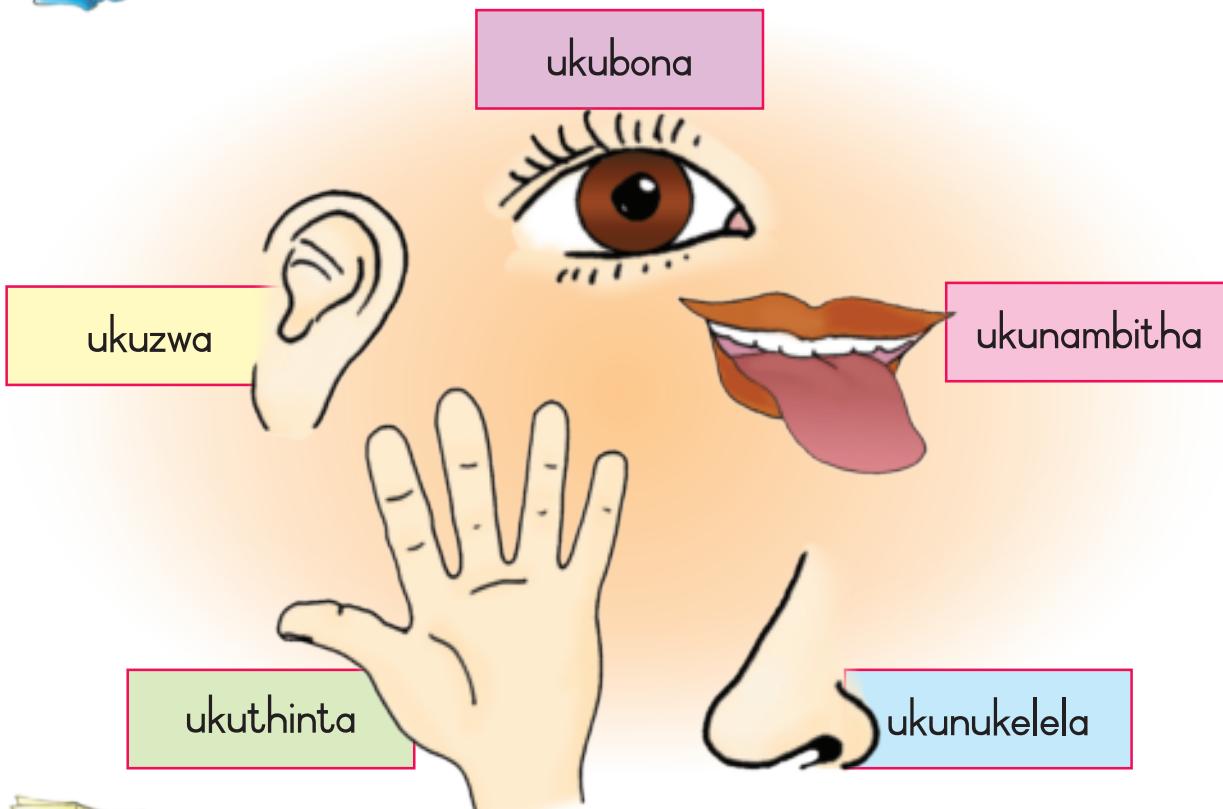
Asithuthuke

Dlala umdlalo othi 'USimoni uthi'....



Imizwa yami

Qala imizwa eyahlukahlukeneko bese uyatjho kobana siyisebenzisa nini.



Asifunde

Sisebenzisa imizwa yethu malanga woke.

Sinukelela besinambithe ukudla kwethu. Siyakwazi ukuthinta sizwe kobana isiba lithambe kangangani.

Siyakwazi ukubona kobana isibhakabhaka sihle kangangani ehlobo.

Siyakwazi ukulalela umvumo. Imizwa yethu iyakwazi ukusiphephisa. Siyakwazi ukunukelela lokha nakunomlilo.

Siyakwazi ukuthinta kobana ipuleyidi lesitofu litjhisa kangangani. Siyakwazi ukubona kobana akukaphephi ukweqa indlela. Siyakwazi ukulalela lokha i-alamu nayililako.





Asenzeni lokhu

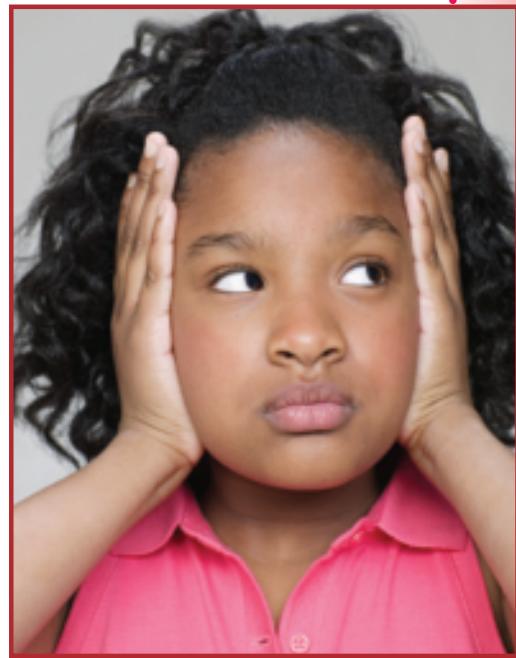
Ukutlhogomela amehlo
neendlebe zethu.

Kufanele kobana sitlhogomele imizwa yethu.
Lezi ziindlela ezimbili ongakwazi ukutlhogomela
ngazo amehlo neendlebe zakho.



Tlhogomela iindlebe zakho
ngokungalaleti umvumo
odumela phezulu.

Tlhogomela amehlo wakho
ngokwembatha ingwani nanyana
wembathe amarhalasi wamehlo
ungaliqali ilanga.



Asitlole

Qala itheyibula engenzasi, kenyenye itheyibula tshwaya ✓ imizwa
esingayisebenzisa. Ungatshwaya owodwa nangaphezulu.

	ukunuukeleta		ukunambitha		ukubona		ukuzwa		ukuthinta
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Ukuthabulula umzimba wami

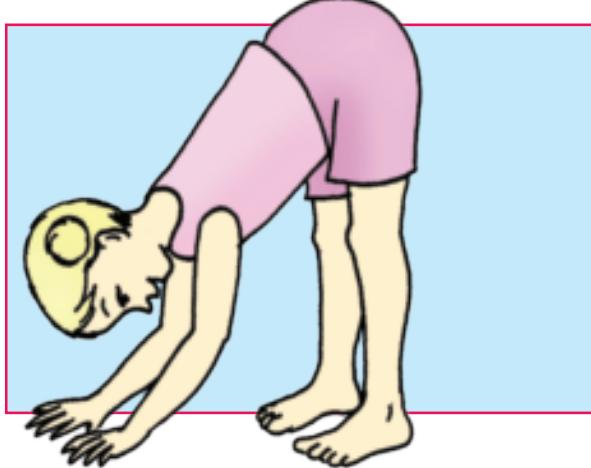
Ithemu - 2 - Iweke - 6 - Iphepha lokusebenzela



Asikhulume

Qala iinthombe. Kesinye nesinye isithombe yitjho isitho somzimba nokobana singakusiza njani.

Sisebenzisa imizimba yethu ukukhamba.



Asitlole

Phendula imibuzo elandelako usizane nomngani wakho. Tlolela iimpendulo ngencwadini yakho ngaphasi komunye nomunye umbuzo.

Ngiziphi izitho zomzimba ozisebenzisa lokha nawukhambako?



Ngisiphi isitho somzimba ozisebenzisako lokha nawudobha okuthileko?



Asithuthuke

Utitjhore akho uzokutjengisa kobana ningadlala njani 'ukatsu nekhondlo'.

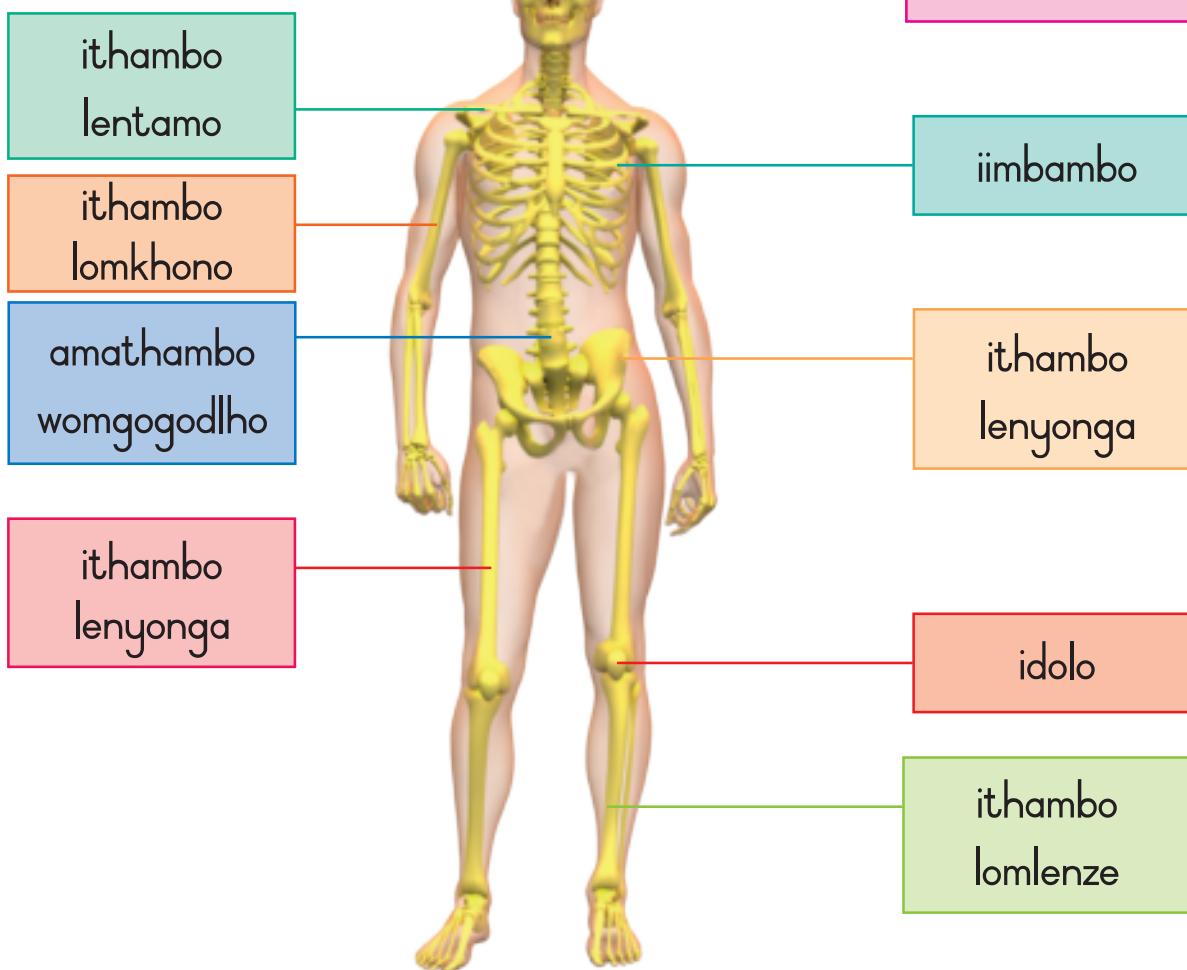




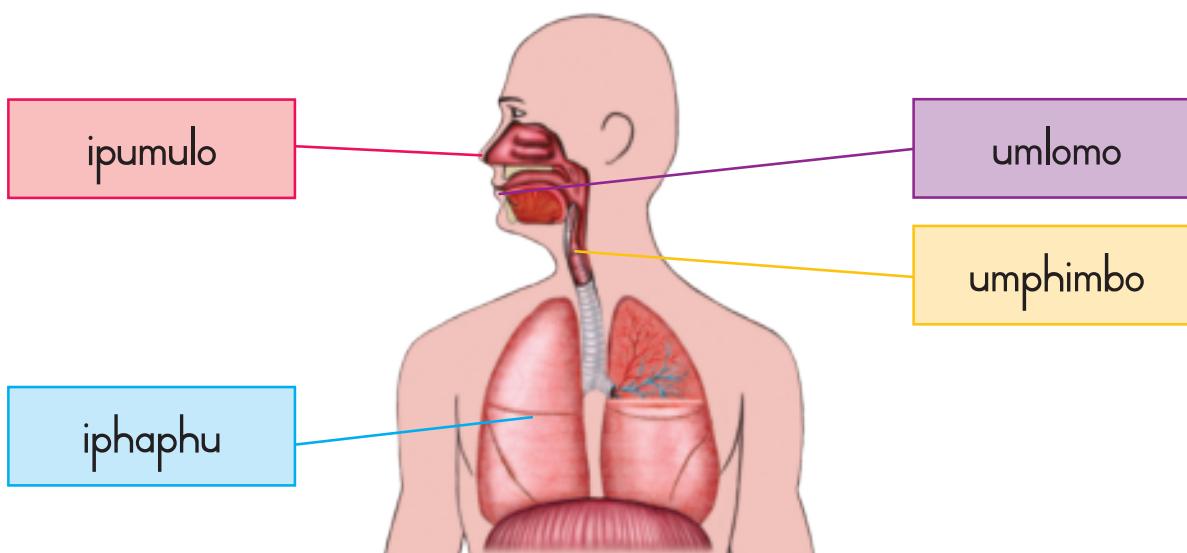
Asifunde

Zikhona izitho zomzimba ongakwazi ukuzibona.
Zizoke ziya sebenzisana ukukubulunga uphilile.

Amathambo wakho



Izitho zomzimba ezikusiza kobana ukwazi ukuphefumula



Teacher:
Sign:
Date:

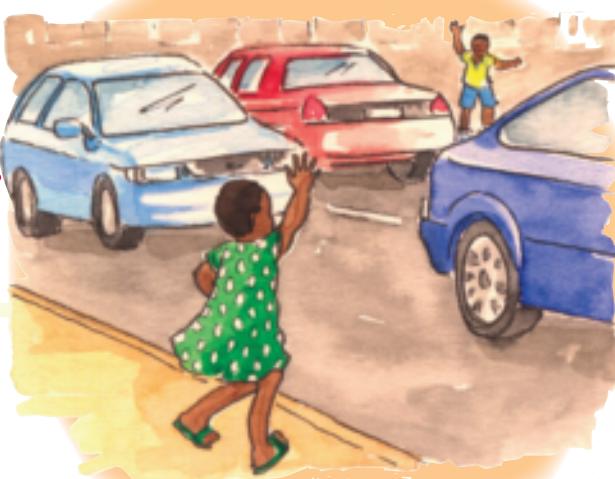
Ukucabanga ngokuphepha

Ithemu-2 – I'veke-6 – Iphephä lokusebenza



Asifunde

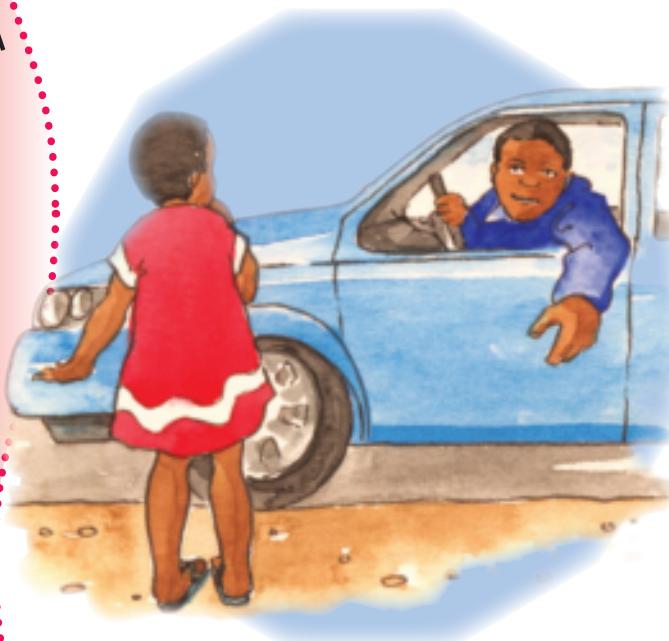
Qala iinthombe ezingenzasi, bese ucoca nomngani wakho kobana ubona ini.
Mayelana nesinye nesinye isithombe yitjho kobana ungahlala njani uphephile.



Ubona umngani wakho ngale kwendlela.



Ulinde esitopeni sebhesi, uwedwa.



Umuntu ongamaziko ubawa bonyana ukhambe naye.



Ulahlekile esithabathabenzi zeentolo

Sibanemizwa "evumako" lokha omunye umuntu nagona ngendlela efaneleko.

Kumnandi ukugonwa mumuntu onobungani netjhejo epilweni yakho.



Yewize lapha mntazanyana.
Ngizokupha amaswidi
kodwana ungtjeli umuntu.

Kufanele "singavumi" lokha umuntu nakasithinta ngendlela esenza sesabe nanyana sidineke. Lokha nasizizwa sethukile nanyana sesaba, sisuka sinemizwa engavumiko.

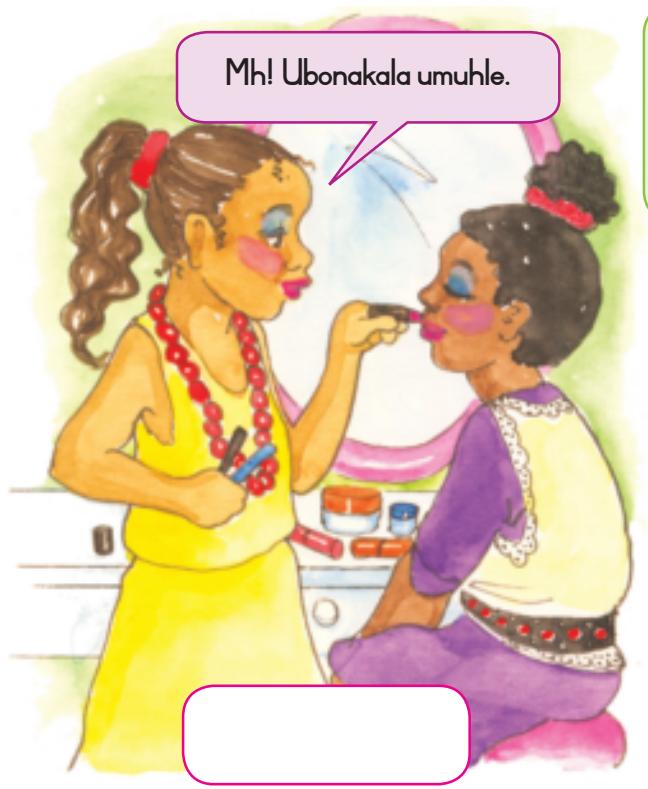
Umzimba wakho uqakathekile begodu ungowakho. **Ungatjho** uthi "**iye**" nangabe umuntu akuthinta nanyana uthi "**awa**" nangabe umuntu akuthinta uzizwa ungakaphephi.





Ukuhlala uphephile

Qala iinthombe lezi ezingenzasi bese utlola u-iye emizweni elungileko nanyana utlole "u-awa" emizweni engakalungi. Emabhlogweni.





Asenzeni lokhu

Zjayeze ukuthi "awa".

Yenzani umdlalo nilingise lokha umuntu ongaziwako afuna ukweba umntwana ngekoloji yakhe nanyana afuna ukuthinta umntwana lapha angafuni khona. Umntwana uphendula ngokuthi "awa".



Asikhulume

Abanye abentwana bahlala emakhaya lapho kunabantu ababatjhejako. Qala iinthombe. Coca kobana nangathana osesithombeni bekunguwe bewungazizwa njani. Yitjho lokho ongakwenza.



Asithuthuke

Dlalani umdlalo "unganyakazi".

Ungakhamba uye nanyana kungakuphi kodwana lokha utitjhore nakalilisa ifengwana jama lapho ukhona. Unganyakazi kufikela lapho utitjhore athi unganyakaza. Uzokwazi ukudzimelela?

Linga ukukhamba phezu kwentambo ebekwe ehlabathini.



Ukugcina umzimba wami upholile

Ithemu-2 – Iweke-7 – Iphepha lokusebenza



Asifunde



Zinengi iindlela ezingenza kobana singenwe malwele. Esikhathini esinengi, sigula ngebanga lemilwana. Imilwana mincani begodu angekhe sayibona ngamehlo. Imilwana le ingena emizimbeni yethu isenze sigule. They can come into our bodies and make us ill.



Asikhulume

Khuyini ekwenziwa bentwana esithombeni ukuze bahlale baphilile?
Bekuzo kwenzeka ini lokha nabangakakwenzi lokhu?





Asikhulume

Coca ngeenthombe ezilandelako. Yenza thika ✓ utjengise indlela yokuhlala uphilile. Beka isiphambano ✗ eenthombeni lezo ezingakwenza ugule.



Teacher:
Sign:
Date:

Ukugcina umzimba wami upholile



Asikhulumo

Khujini okwenziwa bentwana esithombeni ukuze bahlale baphilile?
Bekuzokwenzekani lokha nabangakakwenzi lokhu?

Ithemu-2 – I'veke-8 – Iphetha lokusebenzela

Uthi bewazi kobana amanye amanzi
ahlwengileko begodu amanye
asilaphazekileko? Ungaqinisekisa njani kobana
amanzi ahlanzekile?

**Ungabilisa amanzi asilaphazekileko
ukubulala amagciwane.**



**Ungasefa amanzi asilaphazekileko.
Utitjhore wakho uzokutjengisa kobana
ungakwenza njani lokhu.**

**Ungathela isigobho sinye
sejigi ngemqonyini wamanzi
asilaphazekileko. Gubuza ukuze kufe
imilwana. Beka amanzi lawo ama-iri
ama-28 ngaphambili kokuthi uwasele.**





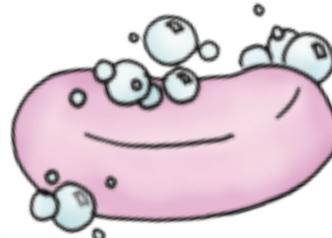
Asikhulume

Qala iinthombe lezi bese ucoca
ngalokho abentwana abakwenzako
ukuze bahlale baphile kuhle.

Lahlela ithitjhu esetjenzisweko
ngemqonyini wezibi.



Hlamba izandla zakho
ngaphambi kokudla.



Lokha nawusilaphaze indlu
yokuzithumela, sula iinsila zakho
bewuhlambe nezandla zakho.



Vala umlomo wakho lokha
nawukhohlelako nanyana uthimula.





Asikhulume

Coca ngalokho
okufundileko emathemini
amabili adlulileko



Ngingakhuluma ngomndeni wakwethu.

Ngingakghona ukukhamba phezulu komuda.

Ngiyazazi iinomboro zomtato zamapholisa.

Nginelwazi ngemizwa "iye" nanyana "awa".

Ngiyakwazi ukugeda ibholo.

Ngiyakwazi ukuhlala ngiphephe ekhaya.

Ngiyakwazi ukuzitlhogomela lokha nangisekhaya
ngingedwa.

Ngiyawusiza umndeni wakwethu.

Ngiyayazi indlela eya esikolweni.

Ngiyakwazi ukuhlala ngiphilile.

Ngiyakwazi kobana ngizokwenzani ngezinto zoke
ezingesikhwameni sami sesikolo.

Ngifunde okunengi ngamakghono wezepilo.

Isihlathululi-magama sami

A
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Isihlathululi-magama sami

M
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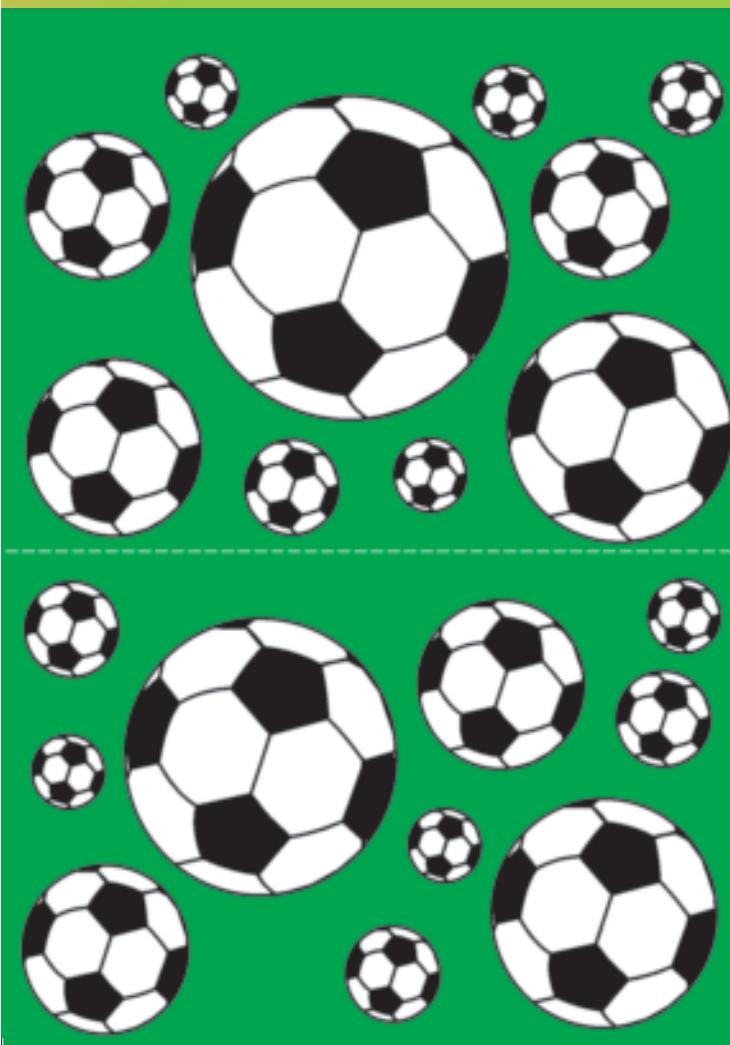
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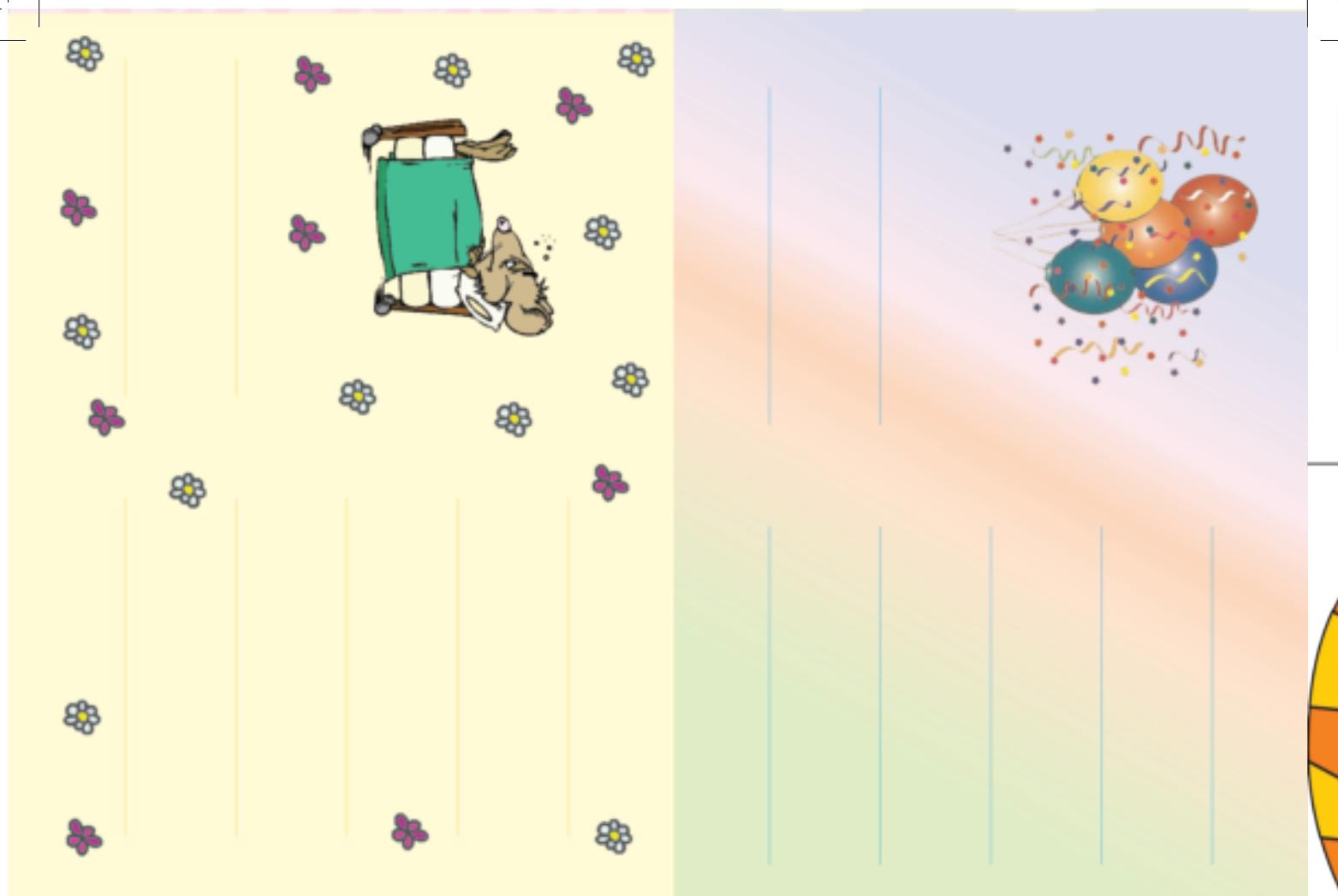
Q
q

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.

