

2

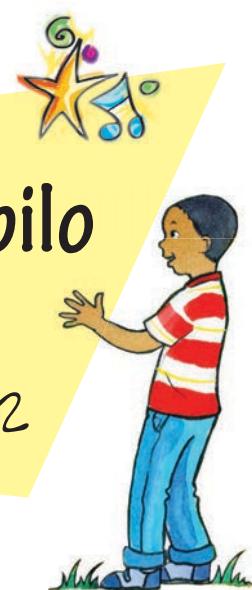
iGreyidi

Ukubuyekeza,
ihlaliswe
ngokwesiTatimende
seKharukhulamu
nomThethomgomu
wokuhlola



AmaKghono wepilo ngesiNdebele

Incwadi 1 - Itemu 1&2



ISBN 978-1-4315-0256-1



LIFE SKILLS IN ISINDEBELE
GRADE 2 – BOOK 1

TERMS 1&2

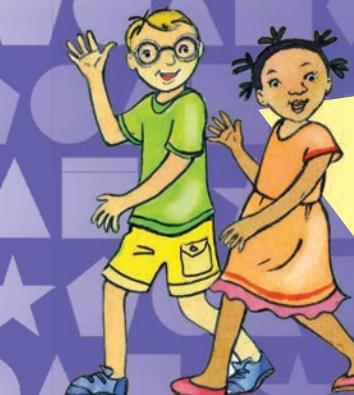
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8th Edition

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Incwadi zokusebenzela zikhona ngemilandelande le:

- ILimi lokuThoma lokungezelela iGreydi 1 – 6
(Ngamalimi woke asemthethweni)
- ILimi lokuThoma lokungezelela iGreydi 4 – 6
(NgesiNgisi)
- ILimi lekhaya iGreydi 1 – 6
(Ngamalimi woke asemthethweni)
- limbalo iGreydi 1 – 3
(Ngamalimi woke asemthethweni)
- limbalo iGreydi 4 – 9
(Ngelimi lesiNgisi nelimi lesi bhunu)
- UbuKghoni bePilo iGreydi 1 – 3
(Ngamalimi woke asemthethweni)



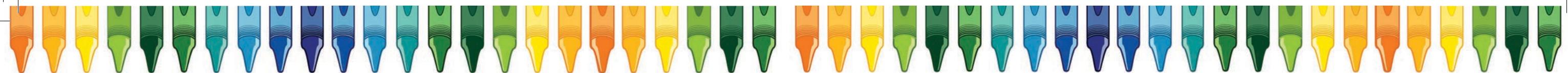
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UKkz. Angie Motshekga
nguNgqongqotjhe
weFundu-Sisekelo



UNom. Enver Surty,
liSekela lakaNgqongqotjhe
weFundo-Sisekelo

Iincwadi lezi zenzelwe abentwana beSewula Afrika ngaphasi koburholi bakaNqgonqgotjhe wezeFundu-Sisekelo, uMma u-Angie Motshhekga kanye neSekela lakaNqgonqgotjhe wezeFundu-Sisekelo, uNom. Enver Surti.

Iincwadi zokuSebenzela zakwaRainbow ziyingceny yeendlela
ezinengi zomNyango wezeFundo-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 ikharikhyulamu.

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

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

Sinifisela ipumelelo ekusebenziseni iincwadi lezi.



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iGreyidi

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AmaKghono wePilo
ngesiNdebele
Incwadi yoku-l



Incwadi le ngeyaka:



Sidinga ukudla okunepilo ukuze siphile



Asifunde

Ithemu - I - Iweke - I - Iphepha lokusebenzela

Imizimba yethu itlhoga ukudla ukuze ikhule. Kumele sidle ukudla okubuya emikhakheni yoke yokudla qobe lilanga. Kumele sidle ukudla okunepilo ukuze sibe namandla aneleko ukwenza lokho esifuna ukukwenza. Nangabe asikudli ukudla okunepilo, singagula.

Imikhakha yokudla emihlanu

Iinthoro kanye
nemikhiqizo
yeenthoro



Abanye abantu
badla imirorho
kwaphela. Lokho kutjho
kobana abayidli inyama.
Badla kwaphela ukudla
okusemabuthelelwani
amane kwaphela.

Inyama,
ihlambi,
inyama yefuyo
enamaphiko, amantongomani
kanye neembhontjisi



Imirorho kanye
neenthelo



Amafutha kanye
ne-oli

Imikhiqizo
yederi

Ilanga:



Asenzeni lokhu

Khuluma nomngani kobana ngikuphi ukudla
okunepilo kilokhu. Kundulungele.

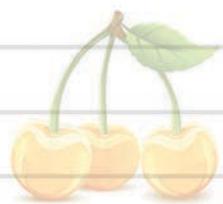
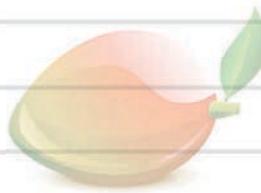
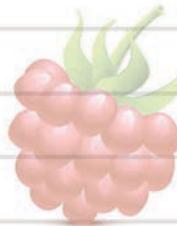


Asitlole

Yenza kwangathi
uye esitolo
esiujisuphamakethe
nomamakho
ukuyokuthenga
ukudla kwakusihlwa.
Yenza irhelo lokudla
oyokuthenga okunepilo
ekuyokudliwa mndeni
wakwenu.



Irhelo lezinto ezizokuthengwa



Amanzi asinikela ipilo

Ithemu - I - Iweke - I - Iphepha lokusebenzela

Asikhulume

Kubayini sitlhoga amanzi?
abantu, iintjalo neenlwana
zitlhoga amanzi ukuze ziphile.
Amanzi athatha ukudla
esikudlako akuse eengcenyeni
zoke zomzimba. Amanzi asiza
ukukhupha okungasathhogwa
mizimba yethu.



Asenzeni lokhu



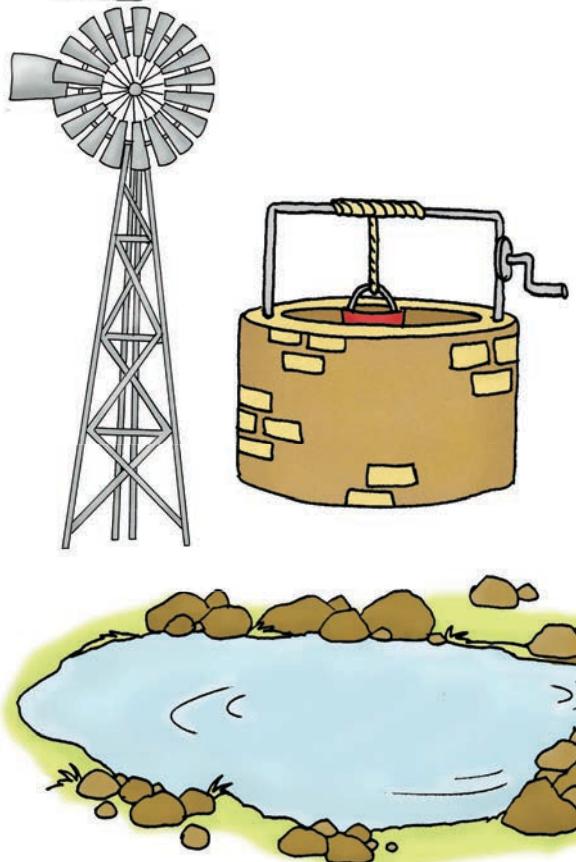
Qobe lilanga sisebenzisa amanzi emakhaya. Tjela umngani wakho kobana amanzi siwasebenzisela ukwenza ini? Bala izinto ezahlukahlukeneko. Emva kwalapho gwala iinthombe ezine ukutjengisa kobana amanzi asejenziselwa ini. Tlola isihlokwana ngehla kwaleso naleso isithombe ukuhlathulula kobana simayelana nani isithombe.

Ilanga:

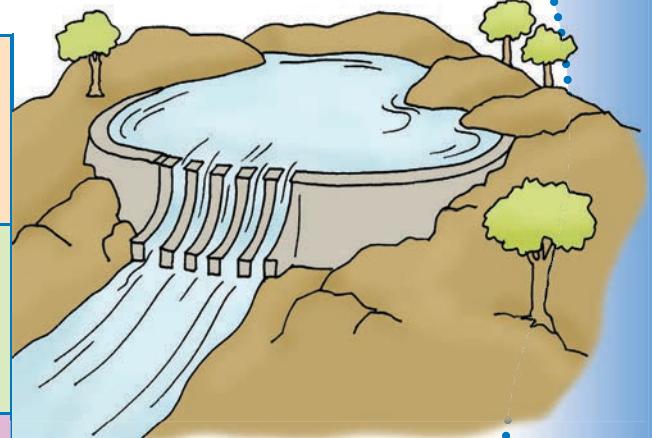


Asitlole

Amanzi siwathola kuphi? Dweba umuda ukumadanisa
isithombe nebamba elinembako.



Ithwasahlobo
Isiphehlaammoya
Umlambo
Idamu
Ipetsi



Asiphumele ngaphandle

Ngaphambi kobana nenze umsebenzana ngaphandle, kokuthoma ziluleni njengokatsu. Lokhu kuzokwenza imizimba yenu kobana iluleke beyinyakaze kuhle. Begodu nasele niqedile ukwenza umsebenzana lowo, zeluleni ukuze niledlhe benipholise imizimba. Lokhu kuzonisiza kobana ningezwa ubuhlungu bemisipha.



- Yeqa njengesirhwarhwa. Banga itjhada elenziwa sirhwarhwa.
- Phoselanani ibholo nanyana umgodlana oneembhontjisi ngaphakathi omunye awubambe.
- Ngemva kwalapho phosela ibholo nanyana umgodlana onamatjana phezulu bese uyawubambe godu.
- Beka umgodlana oneembhontjisi ehloko yakho unzinze bese ukhamba msinya. Phalisana nomngani wakho. Qalani kobana nizokukhamba ibanga elide kangangani ngaphambi kobana umgodlana lowo uwe.



3

Ukongiwa kwamanzi

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



Asikhulume

Amanzi aqakatheke khulu, kumele singawoni.
Khuluma nomgani wakho ngeendlela ezihlangu
ezahlukeneko esingonga ngazo amanzi.



Asitlole

Tlola imibono emibili esingonga ngayo
amanzi esikhaleni esingenzasi.

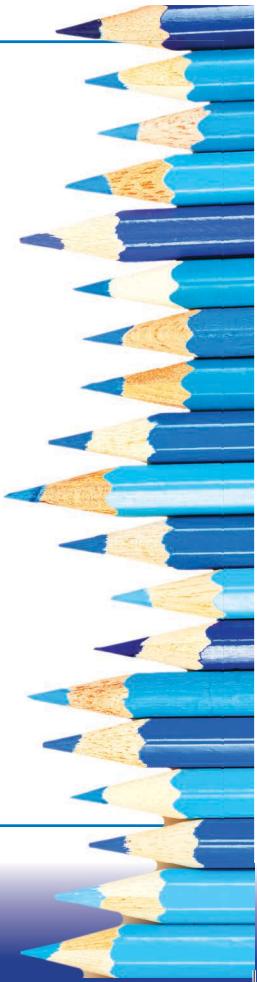
1.

2.



Asenzeni lokhu

Sebenzisa
amakhayoni kanye
nephewha ukwenza
iphosta enemibalabala
ngokonga amanzi.
Iphosta yakho imele
ikhuthaze abanye
kobana bonge amanzi.
Nasele uqedile
ukwenza iphosta
yakho, yitjengise
umngani wakho.



6

Ilanga:



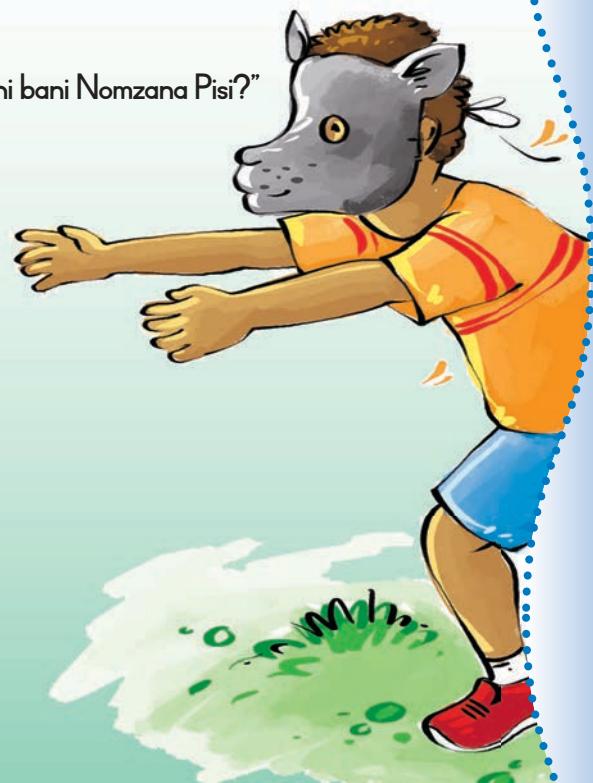
Asiphumele ngaphandle

Asidlaleni umdlalo "Sikhathi bani Nomzana Pisi?"

Omunye wenu kumele abe yipisi.
Dlheganani ngokubuza umbuzo othi,
"Sikhathi bani
Nomzana Pisi?" Njalo nawubuza umbuzo,
ipisi imele itjho kobana sikhathi bani.
Kodwana lokha ipisi nayithi "sikhathi
sokudla," ipisi izokuthoma ukugijimisa
abentwana. Kumele ugijime ubaleke
ngaphambi kobana ikubambe.

Kwanje tholani iwulahubhu nidiale
ngayo. Wena nomngani wakho kumele
nidlhegane ukukhamba nizombe phezu
kwewulahubhu, kokuthoma ukhamba
ngeenyawo ulamanise ngokukhamba
ngezandla. Ngemva kwalapho bamba
kwewulahubhu ngezandla zakho lokha
abangani bakho bakhasa ngaphasi kwayo.
Dlheganani ukwenza lokhu.

Kokugcina,
ngeenqhema
zanga-4 zijayezeni
ukwethula umgido
weSewula
Afrika.



Ummoya ohlanzekileko/ ohlwengileko usipha amandla



Asifundeni

Ummoya esiwuphefumulako une-oksijini. I-oksijini isiza imizimba yethu ukusebenzisa ukudla esikudlako. Ngemva kwalapho, sithola amandla. Lokha nasiphefumula ummoya ongakahlanzeki, imizimba yethu ayikwazi ukusebenza kuhle nangefanelo.



Asitlole

Hlala nomngani wakho. Nobabili, qedeletani iinkhala ezisemitjhweni elandelako:

Ngidinga ummoya ohlanzekileko/ohlwengileko ngombana

Lokha ummoya nawusilaphelko

Ummoya uyasilaphala lokha

Singenza ini ukugcina ummoya uhlanzekile?

1.

2.

Ilanga:



Asifundeni

abantu batlhoga ukuhlala elangeni ukuze bathabe bebazizwe baphole tswe. Ilanga lisiza imizimba yethu ukwakha iVithamini D. IVithamini D yakha amathambo aqinileko. Nawuhlala elangeni khulu nakhona akukalungi. Ilanga lingasitjhisa sisale sinamabala wokutjha esikhunjeni. Kumele usebenzise isezenso esikhandela ilanga kobana lilimaze isikhumba sakho.



Asitlone

Qedelela ngokutlola eenkhaleni ezingenzasi.

Ngingaphepha ukuhlalela ilanga elitjhisa khulu ngoku-

1. _____
2. _____
3. _____



Asivumeni

Vumani ingoma elandelako
bese niwahlela igido layo.



Kumele usebenzise
isezenso esikhandela
ilanga kobana lilimaze
isikhumba sakho.



Ukukhanya kwami



Ukukhanya kwami ngingedwa.

Uyangithabisu

Lokha umkayi nawusamlotha.

Angekhe wazi, wena othandekako,

Kobana ngikuthanda kangangani.

Ungathoma hle ususe ukukhanya kwami.



Mina nabanye

Soke siyathanda ukuba
nabangani abalungileko.
Wazi njani kobana umngani
wakho ulungile?



Asikhulume



Asitlole

Esikhaleni esingenzasi, tlola izinto ezenza kobana
omunye umntwana sithi umngani olungileko.



1. _____
2. _____
3. _____
4. _____



Asitlole

Cabanga ngemibuzo elandelako bese utlola
phasi iimpendulo zakho.

Bangaki abangani bakho?

Ngubani ibizo lomunye wabangani bakho abakhulu?

Sikhathi esingangani nibangani?

Yini okukhethekileko ngomngani ekukhulunywa ngaye ekondlwani engehla?

Ilanga:



Asikhulume

Hlala nomngani wakho bese nikhuluma ngeentatimende ezilandelako.
Tlola itshwayo (✓) ngebhoksini nangabe liqiniso, kanye nesiphambano (✗)
nangabe akusilo iqiniso.

Irhelo lokuhlola ubungani

	Iye ✓ Awa ✗
Umngani wami unetjhejo.	
Umngani wami uyangisiza.	
Umngani wami wabelana nami.	
Umngani wami akalwi nami.	



Asenzeni lokhu

Cabanga ongakwenza ukuze
umngani wakho azizwe
akhethekile. Ngemva kwalapho
gwala isithombe ngento
leyo bese usenzele nefremu.
Khumbula ukukghabis
ifreyimi yesithombe sakho.
Nasele ukwenzile lokho,
khulumani ngemibala epholileko
kanye nemibala etjhisa
oyisebenzisileko esithombeni
sakho.



Asitlole

Tlola imtjho emibili ngesithombe.



6

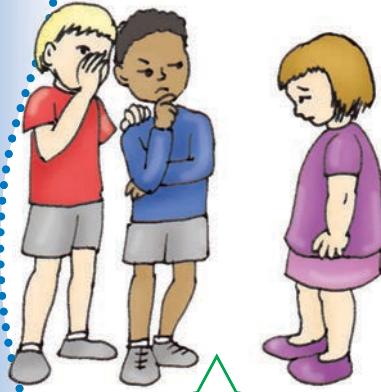
Abantu abaseduze kwethu

Ithemu - I - Iweke - 3 - Iphepha lokusebenzela



Asikhulumo

Qala iinthombe. Cabangani ngezinto ezihle ezenziwa bangani bese nicoca ngazo eenqhemeni zenu. Ngemva kwalapho cabangani kobana abangani abambi benzani. Tshwaya (✓) esithombeni ngasinye esitjengisa ubungani obuhle bese utshwaye isiphambano (✗) esithombeni esitjengisa ubungani obumbi.



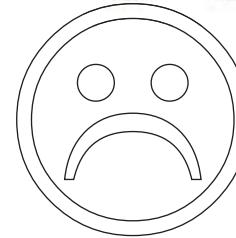
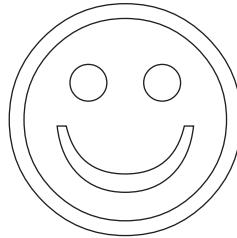


Asifunde

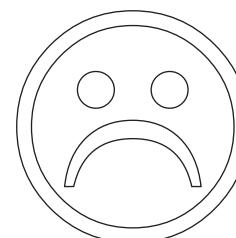
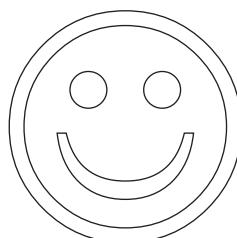
Funda omunye nomunye umutjho bese ufaka umbala ipendulo
Iye 😊 nanyana Awa ebusweni obunembako 😞.



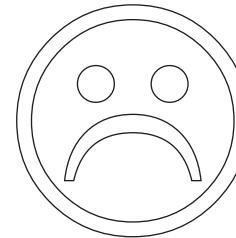
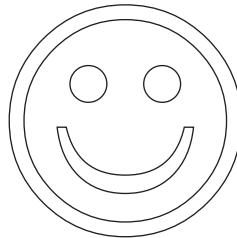
Ngimngani olungileko.



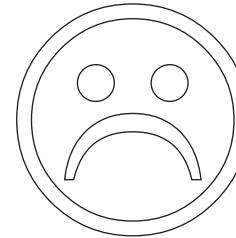
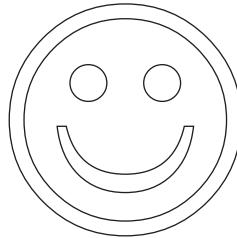
Nginetjhejo
kumngani wami.



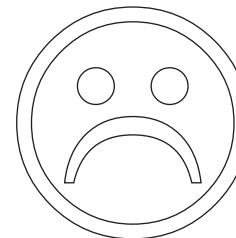
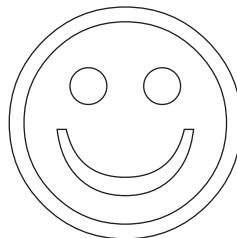
Ngibalungele abafundi engifunda nabo
ngetlasini.



Abafundi engifunda nabo ngetlasini nabo
bangilungele bebanomusa kimi.



Nginommoya ophasi
ebantwini ebatjhidelene
nami.



Asithuthuke

Asidlaleni "Jama emthunzini wami".

Wena nabangani bakho kumele nilinge ukugadanga
iinthunzi zenu. Dlheganani nibone kobana
ningagadanga phezu kweenthunzi ezingaki. Ungalokhu
ukhamba ukukhandela umngani wakho kobana
angajami emthumzini wakho.



Akusekho ukuthelisa

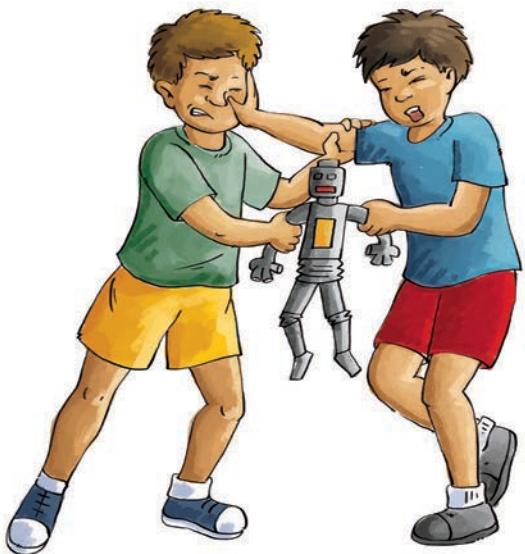
Ithemu-1 – I'veke-4 – Iphepha lokusebenzela



Asitlole

Qalani esinye nesinye isithombe.

Ungenza ini nangabe umntwana otheliswako? Eduze kesinye nesinye isithombe tlola umutjho munye ngokuthi kumele sibaphathe njani abantu.









Asenzeni lokhu

Wena nomngani wakho lingisani
umntwana othelisa omunye.
Yitjhoni-ke kobana kungenziwa ini
ukukhandela ukutheliswa kwabanye
abentwana.



Asiphumele ngaphandle

Zihleleni ngeenqhemha zaba-5.

Kwanje jamani umjeje bese nidlulisela ibholo phambili ngokuyiphoselana. Qalani kobana ngisiphi isiqhema esingaphoselana ibholo begodu ingawi beyiyokufika ekugcineni ngesikhathi esifitjhani. Nasele niqedile ngalokho, lingani ukuphoselana ibholo ngenye indlela eyahlukileko:

- Phosela omunye umfundi ibholo ojame ngemva kwakho, kodwana ibholo kumele uyiphose bese idlula hlangana nemilenze yakho.
- Phosela omunye umfundi ojame ngemva kwakho, kodwana ibholo kumele uyiphose bese idlula ngaphezu kwehloko yakho.
- Phosa ibholo ngesinceleni bese idlulela komunye umfundi ojame ngemva kwakho.
- Phosa ibholo ngesidleni bese idlulela komunye umfundi ojame ngemva kwakho.
- Kwanje phoselanani ibholo bese niyabala kobana ningayigama kangaki.



Soke sikhethekile

Ithemu-1 – I'veke-4 – Iphepha lokusebenzela



Qalani iinthombe bese niyatjho kobana abafundi abalandelako bafana ngani. Yitjhoni nokobana bahluke njani.





Asifunde

Dlalani umdlalo olandelako ngeenqhemu. Qalani boke abafundi ngetlasini yenu. Ngemva kwalapho fundani iintatimende ezilandelako. Nangabe isitatimende siliqiniso, tshwaya (✓) ngebhoksini elingesandleni sokudla, begodu nangabe isitatimende simamala, tshwaya isiphambano (✗).

Iye ✓ Awa ✗

Ingabe abentazana nabesana babonakala bafana?

Ingabe iinhluthu zabo boke abafundi ngetlasini zinombala ofanako?

Ingabe boke abafundi banamehlo afanako?

Ingabe izandla zabo boke abafundi ziyalingana?

Ingabe boke abafundi betlasi bayalingana ngobude?



Asikhulume

Ingabe uyabona kobana asifani? Begodu uyabona kobana siyafana ngezinye izinto? Cocani ngalokho esifana ngakho.



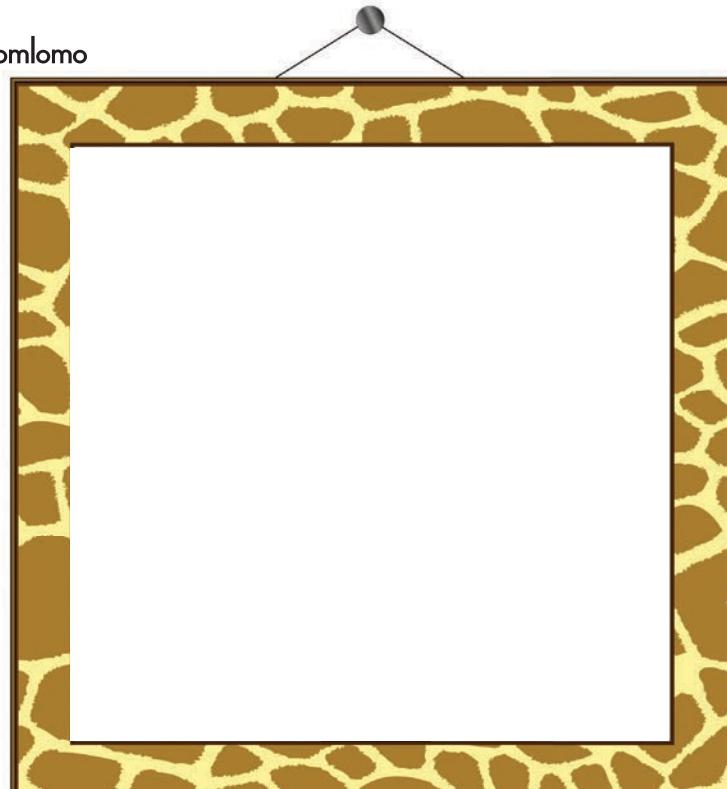
Asigwaleni

Gwala isithombe sakho. Sebenzisa isezeno somlomo ukwenza ukugadangisa umuno wakho eduze kwefreyimu yesithombe.



Uyazi nje kobana ephasini loke akekho umuntu onegadangiso lemino elifanako?

Nguwe wedwa begodu ukhethekile!

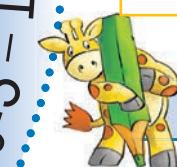


Sizizwa njani

Cocisanani kobana nizizwa njani lokha nanivelelwe yinto ehle nekarisako.

Ngemva kwalapho cocisanani ngokuthi nizizwa njani lokha nanivelelwe ngokumbi. Lokhu sikubiza ngokuphakama kwemizwa.

Ithemu - I - Ivake - 5 - Iphepha lokusebenzela



Asitole

Tlola iimpendulo zemibuzo engenzasi.



Ngikuphi okungithabisako?

Ngikuphi okungenza ngidane?

Ngikuphi okungenza ngithuke?

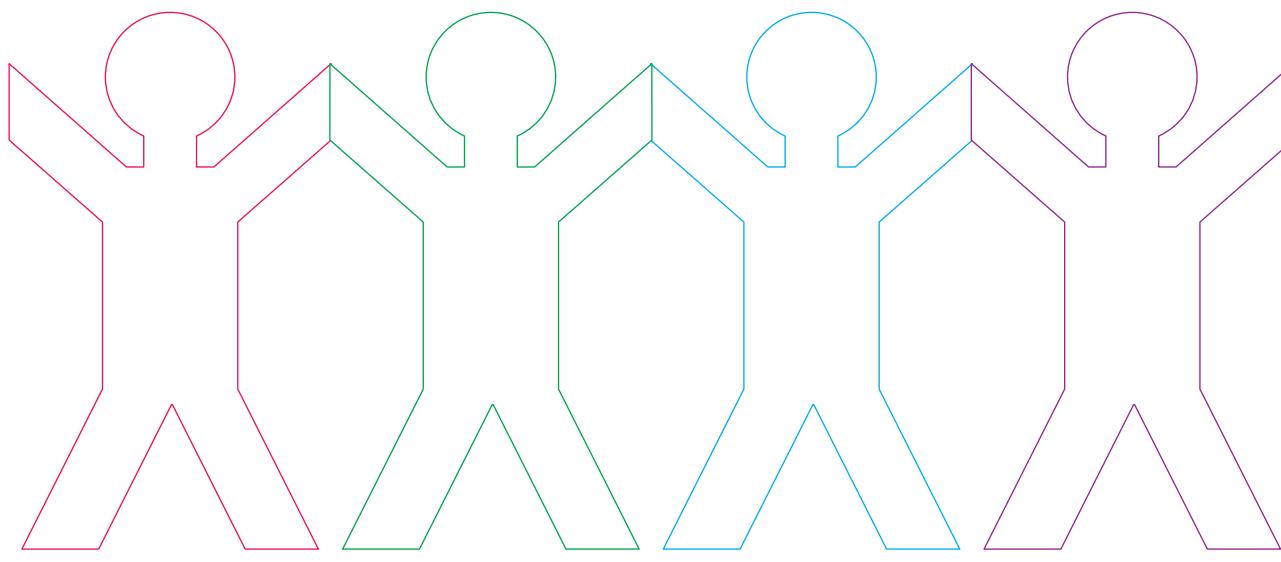
Ngikuphi okungenza ngithabe?

Ilanga:



Asenzeni lokhu

Gwala bese ufa nombala iketani yobungani. Linga ukwenza unodoli omunye nomunye ahluke komunye ukutjengisa kobana asifani begodu sikhethekile. Nasele nikwenzile lokho, ningasika iketani yobungani kibosika abaphakathi nencwadi le. Yenza unopopi ngamunye aqaleke ngendlela eyahlukileko bese niyabatjela kobana ajame phezu kwedeski lakho ukuze akukhumbuze kobana soke asifani begodu sehlukile komunye.



Asiphumele ngaphandle

Yenza umzimba wakho ube mkhulu ngendlela ongakghona ngayo. Linga ukwenza umzimba wakho ube mncani ngendlela ongakghona ngayo.

Linga ukwenza umzimba wakho ube mude ngendlela ongakghona ngayo. Kokugcina, linga ukuwenza ube mfitjhani ngendlela ongakghona ngayo.



Abantu abaphila nokukhubazeka

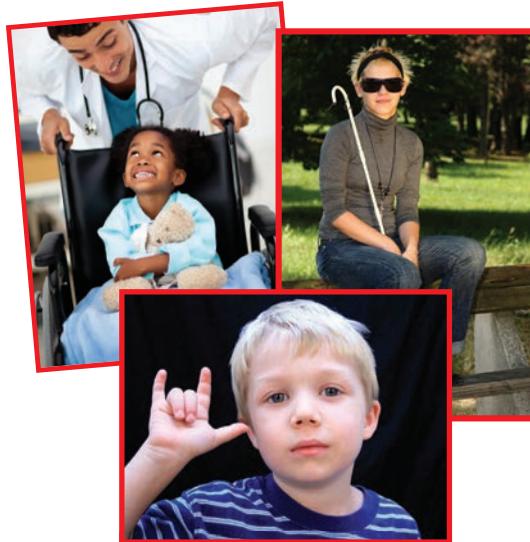
Ithemu-1 – Iweke-5 – Iphepha lokusebenzela



Asikhulume

Qalani iinthombe ezilandelako.

- Ubona ukukhubazeka okwehlukileko okumihlobo emingaki?
- Omunye nomunye umntwana usebenzisa ini ukuzisiza?
- Ucabanga kobana omunye nomunye umntwana qobe lilanga uhlangabezana namiphi imiraro epilweni yakhe?
- Khulumani ngesingakwenza ukubasiza.



Asitlole

Qalani iinthombe ezilandelako.

UBathabile akawazi ukukhamba.

Usebenzisa _____

ukukhambakhamba.



Ilanga:



isihlalo mavilo

USelephi akaboni kanti

usebenzisa _____

ukuthola lapha akhamba khona.

inja ekurholako



isisetjenziswa esisiza

ukuzwa



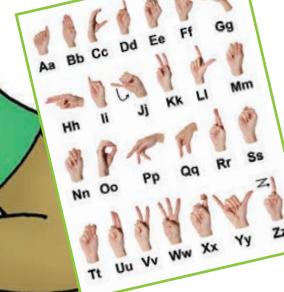
UBangani akezwa.

Usebenzisa _____

ukumsiza kobana ezwe.



ukukhuluma ngelimi
lamatshwayo



UJabu akakhulumi/simumu.

Usebenzisa _____
ukukhuluma.



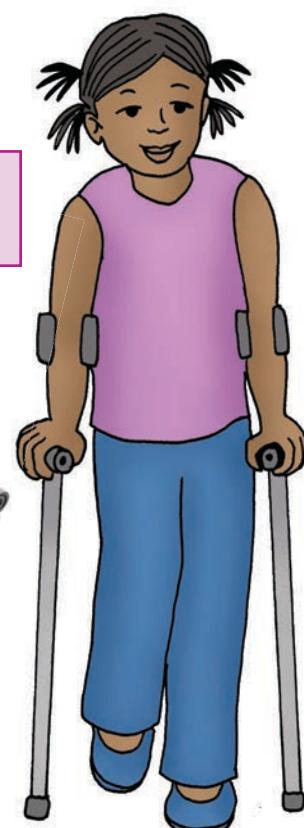
UNomusa usebenzisa

_____ ukukhamba.



Asenzeni lokhu

Sebenzisani umdaka nanyana
ihlama yokudlala ukwenza ivasi
nanyana ibhigiri.



Boke abentwana baligugu bebakhethekile

Ithemu-1 – Iweke-6 – Iphepha lokusebenzela



Asikhulume

Abentwana abalandlako laba bahluke ngani kuwe?

Bafana njani nawe?



Asifunde

Ephasini loke abantu bagidinga amalanga akhethekileko.

Sithanda ukudlala nokuvuma.

Soke sifuna ukudla sidle.

Soke kumele siye esikolweni.

Nasigulako, soke kumele sibonane nodorhodera.

Soke kumele sihlanzeke besizigcine sihlanzekile.

Akukafaneli kobana sisetjenziswe kabudisi.

Sibentwana.



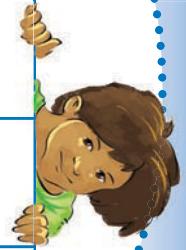
Ilanga:



Asitlole

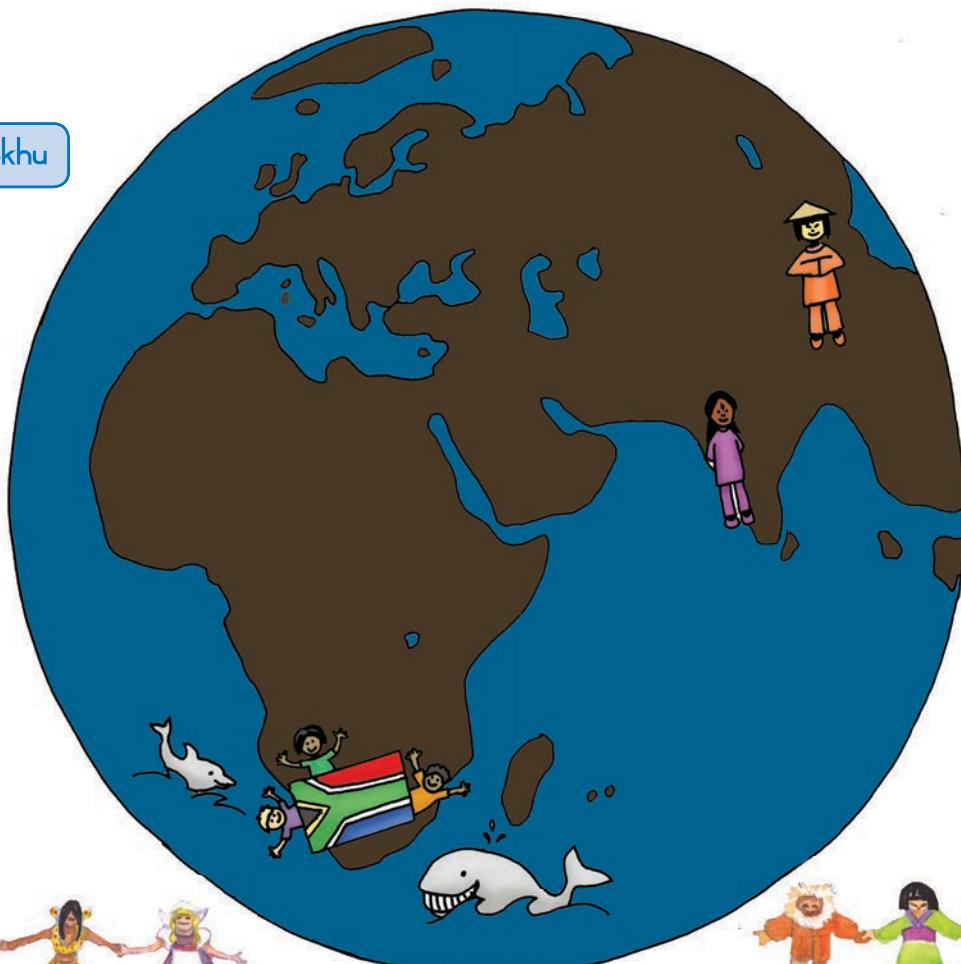
Buza abangani bakho aba-3 imibuzo elandelako. Tlola iimpendulo zemibuzo yabo eenkhaleni ezingenzasi.

Qedelela ngokutlola ibizo lomngani wakho.			
Ngiyiphi ikolo yakho?			
Migidingo miph iekhetekileko kuwe enalokhu?			
Udla ini?			
Wena ngiziphi izambatho ezikhethekileko ozembathako?			
Ugidinga ini ngalokhu:			



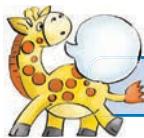
Asenzeni lokhu

Qala isithombe.
Mumebhe wephasi.
Uyabona
kobana ephasini
kunamalwandle kanye
namalwandlekazi.
Amalwandle afake
umbala ohlaza
sasibhakabhaka. Gwala
iinhlabi ezimbalwa
elwandle. Faka inarha
umbala ozotho.



Ikutani yami

Ithemu-1 - I'veke-6 - Iphephä lokusebenzela



Asikhulume

Ingabe bakhona abafundi abaphila nokukhubazeka esikolweni senu?
Khulumani ngalokho.

Isikolo singenza ini ukubasiza nabasesikolweni? Ingabeabantu
abaphila nokukhubazeka bangaba ziinkutani?



Asifunde

Ezinye iinkutani ziphila nokukhubazeka.
Siqalelela kizo. Kukhona

omunye umuntu ophila nokukhubazeka
begodu ophuma phambili emidlalweni?
UNatalie du Toit waquntwa inyawo
langesinceleni ngemva kokufunyana
ingozi yebhayisigili. Ukhamba
ngenyawo lokwenziwa
kodwana nakadudako, usebenzisa
umlenze owodwa.



Asikhulume

Khulumani ngabantu abaphila
nokukhubazeka abenza izinto ezimangazako.
Cabangani ngalokhu:

- Abantu abaphopheleko
abadlala iisetjenziswa
zomvumo. Kukhona omunye
umuntu ophopheleko omaziko?
- Abantu abaphopheleko
abatlola iingoma. Ungacabanga
ngomunye umuntu osibonelo
kilokhu?





Asitlole

Esikhalieni esingenzasi, tlola imininingwana nekutani yakho nanyana umuntu oqalelele kuye.

Ikutani yami:

Gwala isithombe somuntu omthatha njengetani yakho nanyana umuntu oqalelele kuye. Tlola amagama eduze kwesithombe sakho ukuhlathulula umuntu loyo. Isibonelo, unethando, unesithunzi, unomusa, uyakwazi ukukhuthaza abanye, njll.

Ungaba yikutani ngaziphi iindlela? Wena nomngani wakho khulumisanani ngemibono eningayiveza/eningayicabanga. Kwanje tlola indatjana ngokuthi kungani waba yikutani. Qedelela imitjho engenzasi:

Ngelinye ilanga

Ngaqunta

Ngangifuna/Ngacabanga

Ngikho nje ngaba yikutani



Ukuhlanza amanzi

Ithemu-1 - I'veke-7 - Iphetha lokusebenzela



Asifunde

Qala irhalasi enamanzi.

Kukhona into oyibona ngaphakathi?

Awa, angekhe wabona litho. Kodwana uyazi nje kobana ngesinye isikhathi ungafunyana imilwana ngaphakathi kwamanzi? Imilwana le mincani khulu begodu angekhe wayibona ngamehlo wenyama. Nawuzakusela amanzi lawo ngaphambi kokubulala imilwana leyo, untagula khulu. Kanengi kumele siqinisekise kobana amanzi esiwaselako ahlanzekile.



Asikhulumo

Khulumanu ngalokho ekungenzeka lokha nasisela amanzi angakahlwengeki. Kwanje qalani iinthombe ezingenzasi. Cocosana nomngani wakho ngeendlela ezahlukeneko zokuhlanza nanyana zokucwengisa amanzi.



Faka ipilisi letlorini ngemanzini.



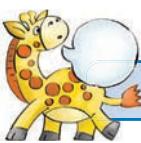
Bilisa amanzi
imizuzu emi-5.



Faka amakhemikhali.



Sefa amanzi.



Asikhulume

Ngimaphi amanziocabanga kobana aphephile ukuwasela?
Penda amanzi lawo ngombala ohlaza sasibhakabhaka nawucabanga
kobana aphephile begodu angaselwa.

Amanzi womlambo



Amanzi aphuma ebhorweni.

Amanzi wepompo



Amanzi athengiwewo angebhodlelweni.

Amanzi welwandle



Amanzi angeketleleni abilisiweko.



Asenzeni lokhu

Sebenzani ngeenqhemha bese nenza isisefo samanzi ukuze nihlwengise
amanzi. Lalelisansi lokha utitjhere nakanihlathululelako ngalokho
enimele nikwenze.



Uzokutlhoga okulandelako:

Ibhodlelo leplastiki eliyi-2 litha

Isanda emarhororhoro/

emakaritjha

Amatje amancani

Isikere

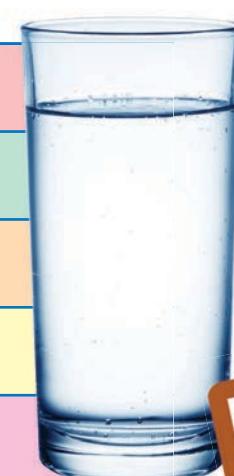
Ivolo yekoteni



Asitlole

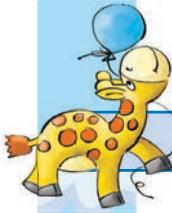
Nombora iindlela zokusefa amanzi ngendlela efaneleko.

	Thela isanda esefefe yaba lula ngaphezu kwevdo yekoteni.
	Phendula ibhodlelo liqale phasi.
	Thela isanda emakaritjha.
	Ngokuyelela okukhulu sika ilingenzasi lebhodlelo leplastiki.
	Thela amanzi anedaka ngaphakathi.
	Wisela amatjana amancani nanyana ikhethe ngaphakathi kwebhodlelo.



Funda yoke imikghwa elandelako, ingaba mihle nanyana ibe ngemimbi. Nangabe ucabanga kobana mumukghwa omuhle, tlola itshwayo (✓), eduze komutjho lowo. Nangabe ucabanga kobana mumukghwa omumbi, tlola isiphambano (✗) eduze komutjho lowo.

Imikghwa Utitjhere usiza umfundi ukufunda.	Omumbi ✓	Omuhle ✗
Ngidla ukudla okunepilo.		
Ngiphosa izinto ezingafunekiko ngefesidiri lebhesi nanyana leteksi.		
Ngihlamba iinhluthu zami njalo.		
Ngidla amaswidi amanengi.		
Ngigcina amazipho neendlebe zami zihlanzekile.		
Ngihlamba amazinyo wami nomlomo kanye ngelanga.		
Ngidobha iinzibi ngiziphosele ngemqqonyini weenzibi.		
Ngihlamba izandla zami njalo ngemva kokuya ngendlini yokuzithumela.		
Lokha nangithimulako/nangikhohlelako, ngivala umlomo wami ngesandla.		
Ngithabulula umzimba njalo.		
Ngihlamba izandla zami njalo ngaphambi kokudla.		
Ngibhambalala ngaphambi kwe-TV ama-iri amanengi.		
Ngihlala nabantu abadala nabakhokako.		



Gwala iphosta ngomukghwa omuhle nanyana omumbi.

Asenzeni lokhu



Asitlole

Qalisisa iphosta yakho. Funda isitatimende ngasinye bese ufade ubuso obuhlekako nangabe isitatimende siliqiniso. Faka ubuso obudanileko nangabe isitatimende asisilo iqiniso.



Iye	Awa

Iphosta yami yihle, inemibala ekhangako.

Ngikuthabele ukwenza iphosta le.

Ngikubone kulikhuni ukwenza iphosta le.



Asiphumele ngaphandle

- Ungeqela kude kangangani? Sebenzisa iinrobho ezintathu. Yeqa ngaphezu kwazo. Ngemva kokweqa, zibeke godu maqalanga ubone kobana ungeqela kude kangangani.
- Ngemva kwalapho-ke bawa abangani bakho ababili babethe iqathulo wena bese uyayeqa.
- Dlheganani ngokweqa iqathulo.



15

Imikhiqizo eyonakalako naleyo engonakaliko

Ithemu - I - Iweke - 8 - Iphepha lokusebenzela



Asikhulume



Cocani ngokudla okumele kugcinwe kumakhaza ukukhandela kobana kungaboli. Quntani kobana ngikuphi ukudla okungatlhogi kobana kubekwe endaweni emakhaza, kodwana okungafakwa ngemakasini/ngemakhabeteni. Sika iinthombe ekhasini labosika bese uzinamathisela ngekhabeteni/ngekasini nanyana ngesiqandisini.





Asikhulume

Khulumanि ngeendlela esingakhandela ngazo kobana
abotjhontjhwaní neempukani zingahlali phezu kokudla
kwethu.



linkolo namalanga akhethekileko

Ithemu-1 - I'veke-8 - Iphepha lokusebenzela



Asifunde

Kilo loke iphasi abantu bagidinga amalanga
wamaholideyi akhethekileko.
Ungagidinga maphi
amaholideyi?

Ngelanga lakaKresimusi sifunyana
izipho. Begodu sipha abangani bethu
namanye amalunga weminden
yemakhaya izipho. Siba nomuthi
wakaKresimusi emakhaya. Sibeka
izipho zethu ngaphasi komuthi lowo.
Siyawukghabisa umuthi bese sibeke
neenkwekwezi phezulu. Ngelanga
lakaKresimusi sidle ukudla
okunengi, nokumnandi.



Sesilinde ilanga leDiwali ngamehlo
abovu. Leso sikhathi lapha sifunyana
khona amaswidi amanengi kanye
nezipho ezinengi tle. Sipaka amaswidi
amnandi kanye namakhekhe
ngamabhoksi silungiselela iimvakatjhi
zemakhaya. Sikhanyisa amalampa
amancani bese siwabeka abhode
umuzi. Sikghabisa izindlu zemakhaya
besi sibe namakerekere.



Sesilindele ilanga leHanukkah khulu. Sizokuba nokudla okunengi esizokudla. Sithanda ukudla amakhekhe abhagwe ngepani kanye negwinya elinetjhukela enengi khulu. Begodu ngelangelo, silindele ukuthola izipho. Abomzala bayeza bazosivakatjhela. Soke siyasiza ukupheka ukudla kwelanga begodu emakhaya sikhanyisa namakhandlela.

Kungasikade kuzokuba lilanga le-Eid. Ngiyathemba kobana uzokufunyana isipho esihle. Nathi sizokupha abangani bethu izipho. Kuzokuba namakhekhe amanengi kanye namaswidi esizowadla. Sibona ngendlela ejame ngayo kobana sekusikhathi se-Eid. Qobe minyanga ilanga leli liba ngelanga elahlukileko.



Vuma iingoma ozaziko ezivunywa ngamalanga alandelanako aqakathekileko.



linkhathi zomnyaka

Ithemu-2 – Iweke-/ – Iphepha lokusebenzela



Asikhulume

Qala iinthombe ezimayelana neenkathi zomnyaka. Cocela umngani wakho kobana ubona ini esithombeni ngasinye. Mcocela kobana iinkathi ezine zomnyaka zehlukene njani.



Ngisiphi isikhathi somnyaka osithanda khulu? _____

Kubayini uthanda isikhathi lesi somnyaka? _____

Ilanga lakho lamabeletho lingasiphi isikhathi somnyaka? _____



Asivumeni

Lotjha nomzana Langa!

Ilanga lakho lisanda ukuthoma.

Ngiyathanda ukubona ubuso bakho

obumanyazelako. Lotjha nomzana

Langa.



Zulu! Zulu tjhabala!

Abentwanyana bafuna ukudlala.

Uzakubuya ngelinye ilanga.

Ungabikhona ilanga libe linye tere.



Teacher:	Sign:
Date:	Sign:

18

linkhathi ezine zomnyaka

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



Asenzeni lokhu

Sika iinthombe zeenkathi zomnyaka kibosika abangemuva encwadini yakho. Namathisela isithombe ngasinye eduze kxesikhathi esifaneleko somnyaka.



UJuni

UJulayi

U-Arhostesi

ubusika

USeptemba

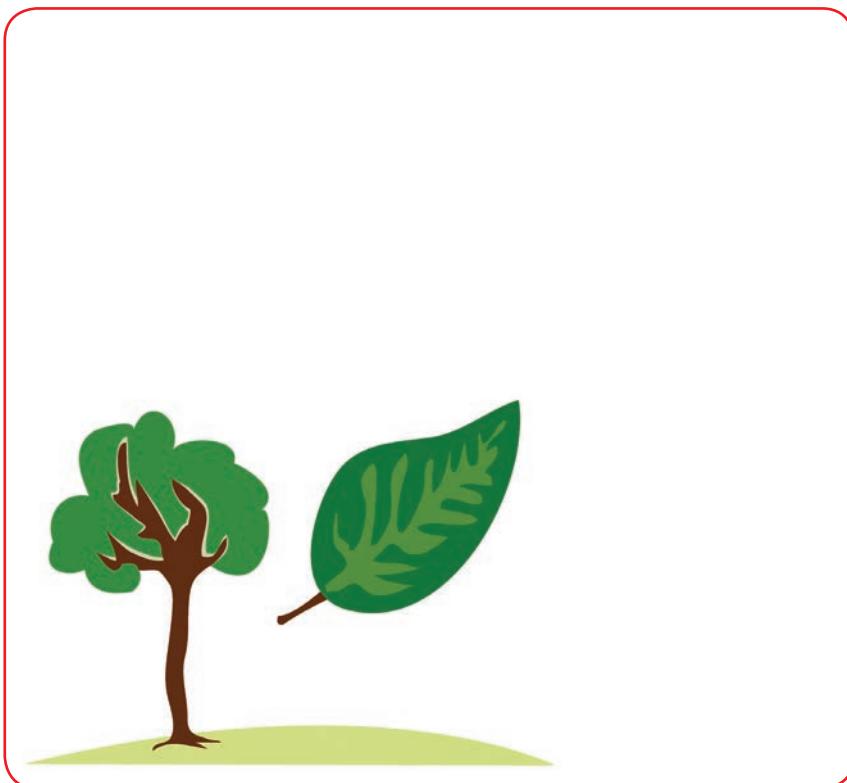
U-Oktoba

UNovemba

ithwadsahlollo



Ilanga:



UDisemba

UJanabari

UFeberbari

ihlobo



Umatjhi

U-Apreli

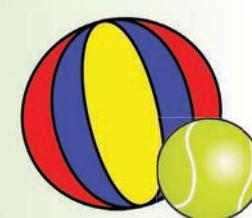
UMeyi

isiruthwana



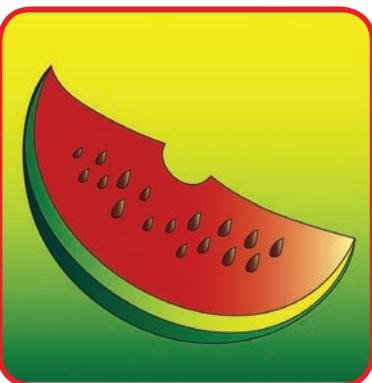
Asiphumele ngaphandle

Zjayeze ikghono lakho lebholo.
Phosela ibholo phezulu kweboda.
Gadanga ndawonye lokha nawubetha phasi ibholo.
Kwanjesi gjima uphose ibholo ujikeleze isigodo.



linkhathi zomnyaka

Ithemu-2 – Iweke-2 – Iphepha lokusebenzela



Asifunde

Ihlobo

Ubujamo bezulu buyatjhisa bufuthumele.

Imini yide kanti ubusuku bufitjhani.

Singaphola ngokobanyana sidude nanyana sihlale emthunzini.



Isiruthwana

Ubujamo bezulu buyaphola.

Amakari athoma ukutjhugulula umbala ube sagolide bese ayawa emthini.

Iinyoni zipaphphela eendaweni ezifuthumeleko.



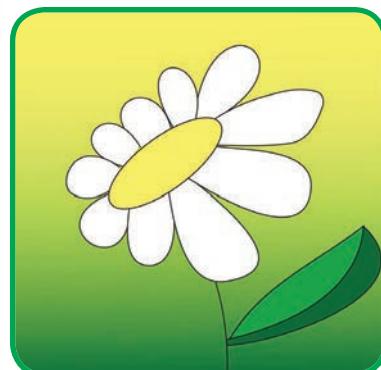
Ubusika

Ubujamo bezulu bumakhaza.

Kezinye iindawo kulala ilothe.

Ubusuku bude kanti imini ifitjhani.

Ezinye iinyamazana ziyahluba ebusika.



Ithwasahlobo

Ubujamo bezulu buyatjhisa.

Iintjalo zithoma ukumila begodu kubanamathuthumbo phezu kwezinye iintjalo.

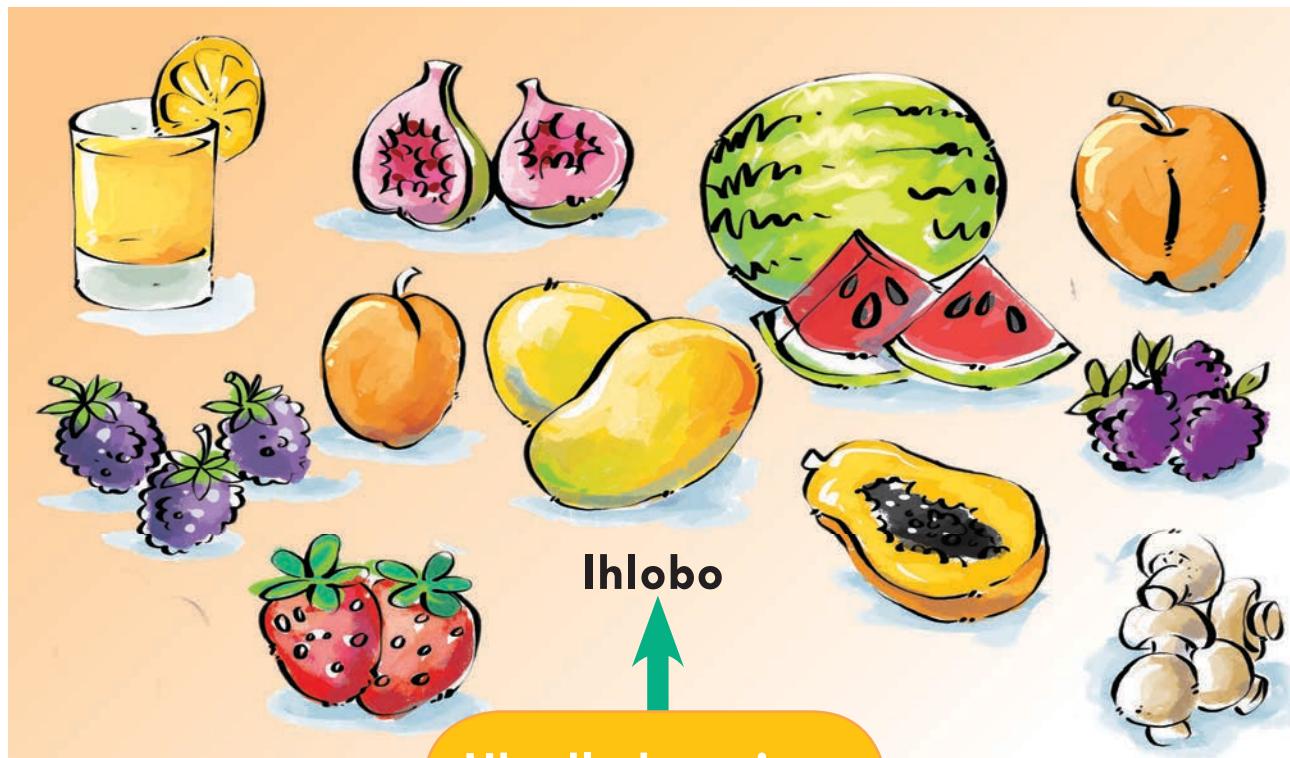
Iinyoni zithoma ukwakha iindlheke bezibekela amaqanda.

Ilanga:



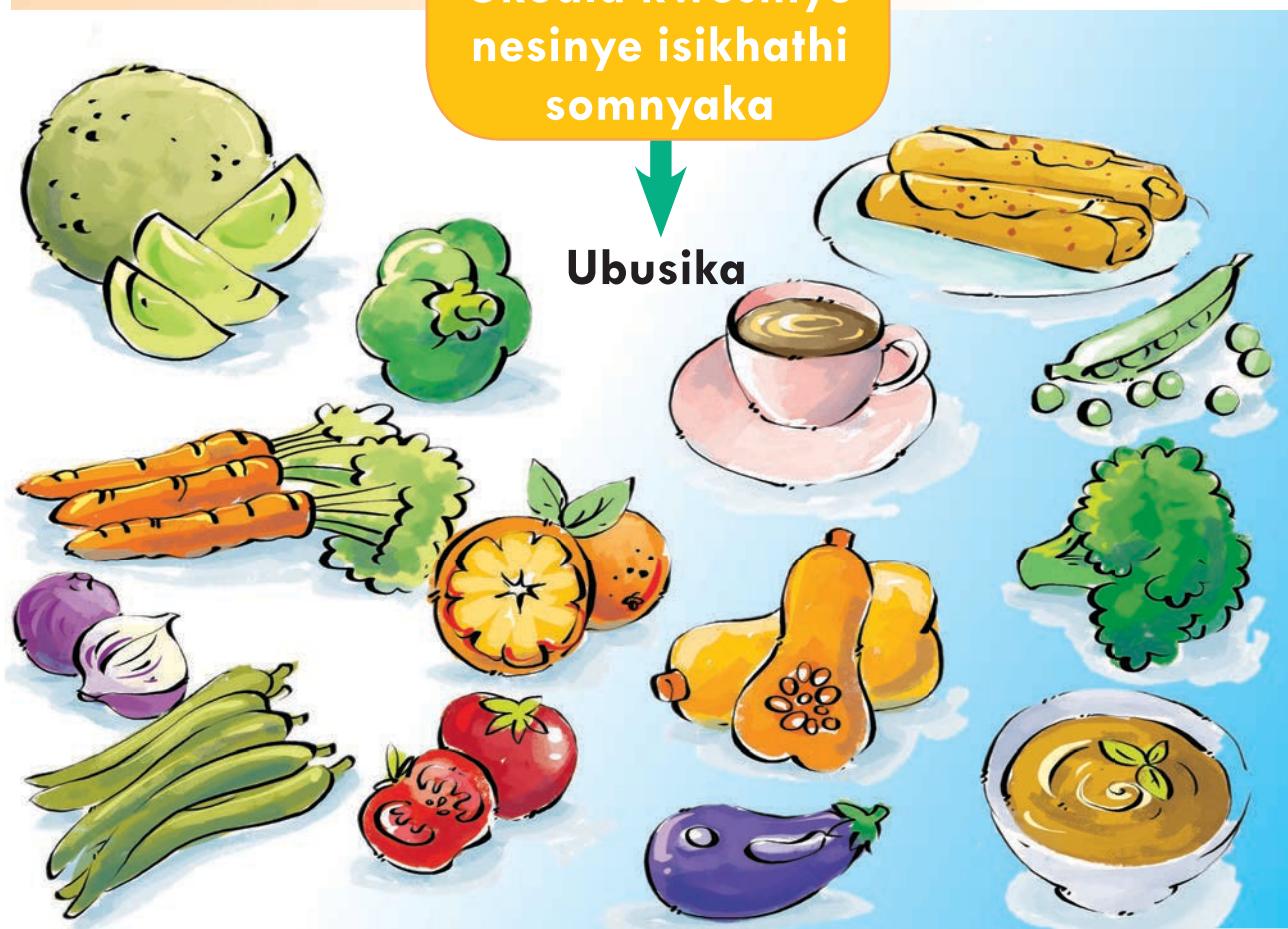
Asikhulume

Ukudla okuhlukahlukeneko kutholakala ngeenkathi zomnyaka ezhlukeneko.
Qalisia ukudla okulandelako lokhu kwehlobo nokwebusika. Tjela umngani
wakho kobana uthanda ukudla kuphi nakutjhisako nalokha nakumakhaza.



Ukudla kwesinye
nesinye isikhathi
somnyaka

Ubusika



Ukwembatha ngendlela ubujamo bezulu bungakho

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



Asigwaleni

Gwala isithombe somsana nomntazana. Umsana kufanele ambathe izembatho ezifuthumeleko zebusika bese kuthi umntazana ambathe izembatho ezipholileko zehlobo.

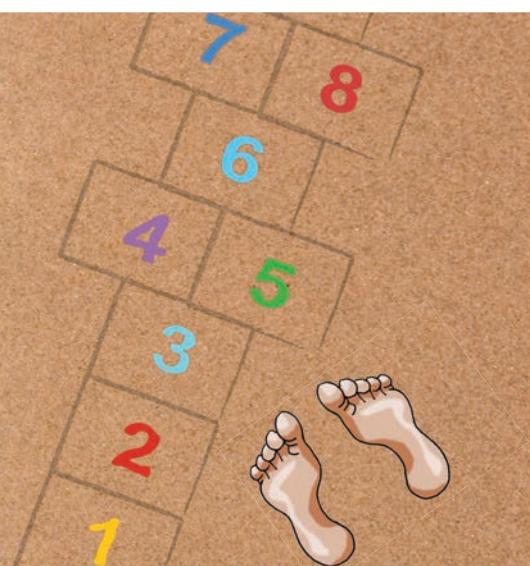


Umsana	Umntazana



Asiphumele ngaphandle

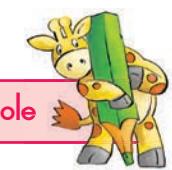
- Yenza amaqbibi wehlabathini.
- Lokha utitjhere wakho nakutjela bonyana weqe, yeqa weqele ngaphakathi kwamaqbibi ngeenyawo zombili.
- Lokha utitjhere wakho nakutjela bonyana weqe, weqe uphume equbini ngenyawo elilodwa.
- Dlala iskomborika.
- Sebenzisa itjhogo ukugwala iindulunga neenkwere ehlabathini.





Asikhulumo

Cocela umngani wakho kobana sembatha ziphi izembatho kesinye nesinye isikhathi somnyaka?



Dweba umuda osuka ehlathululweni yezambatho esizimbatha ngesikhathi somnyaka.

Asitlole

Ukwembatha okukhambisana nobujamo bezulu

Lokha nakunelanga sifanele ukuthwala iingwani ukuze sizivikele elangeni.



Lokha nakufuthumeleko sifanele ukwembatha izembatho ezipholileko.



Lokha nakumakhaza ngaphandle sifanele ukwembatha izembatho zevolo ezifuthumeleko.



Lokha nalinako sifanele ukwembatha irenjasi besiphathe nesambreli.



Imithelela yeenkhathi zomnyaka

Ithemu-2 – Iweke-3 – Iphepha lokusebenzela



Asifunde



Ihlobo

Ehlobo abosomaplesi bavuna
iinthelo. Amakonyana
weenyamazana abamajadu.

Kezinye iindawo izulu lina khulu line
ngamawuruwuru nombani.

Utzjani, amahlathi namathuthumbo
kumila ngamandla. Imithi
yona ibamide.

Ithwasahlobo

Ngethwasahlobo imithi ithoma
ukumila amakari.

Sibona iinyoni, iinyosi,
amatuthumbo kunye
namakari ahlezana.

Iinyoni zakha iindleke
bezibekele amaqanda.

Abosomaplesi bona basika
uboya bezimvu.





Isiruthwana

Ezinye iinlwana zibulunga ukudla
kwazo njengombana zizokutlhoga
ngesikhathi sebusika.

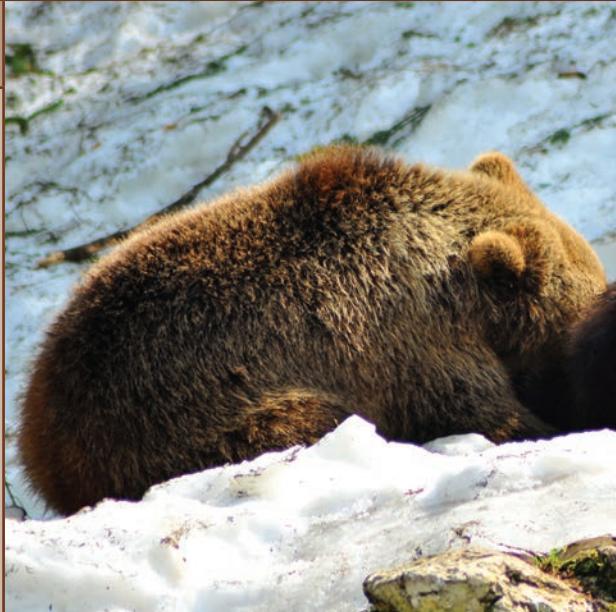
Amakari wemithi athoma
ukubasarulani, abezotho, abebomvu
abuye abesalamune.

Utjani buthoma abezotho.



Ubusika

Ezinye iinlwana ziyahluba ebusika.
Ziyafuthumala ngombana
isikhumba sazo sibamabhombo.



Asitlole

Ezinye iinlwana zenzani ebusika? _____

Ezinye iinlwana zizivikela njani amakhaza? _____

Iinyoni zibuyela nini eendaweni ezifuthumeleko ebezibalekele kizo? _____



Ukutjala isitjalo ngebhlegeni

Ithemu-2 – Iweke-3 – Iphepha lokusebenzela



Asenzeni lokhu

Utlhoga

- Iimbontjisi
- Ivolo
- Isimumathi
- Amanzi

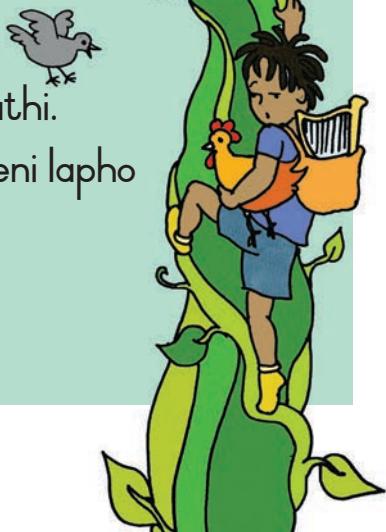


Bese wenzeni

Beka iimbontjisi phezulu kwevolo ngaphakathi kwesimumathi. Silonde njalo sihlale sithambile. Beka isimumathi efesidereni lapho kunomkhanyo khona welanga.

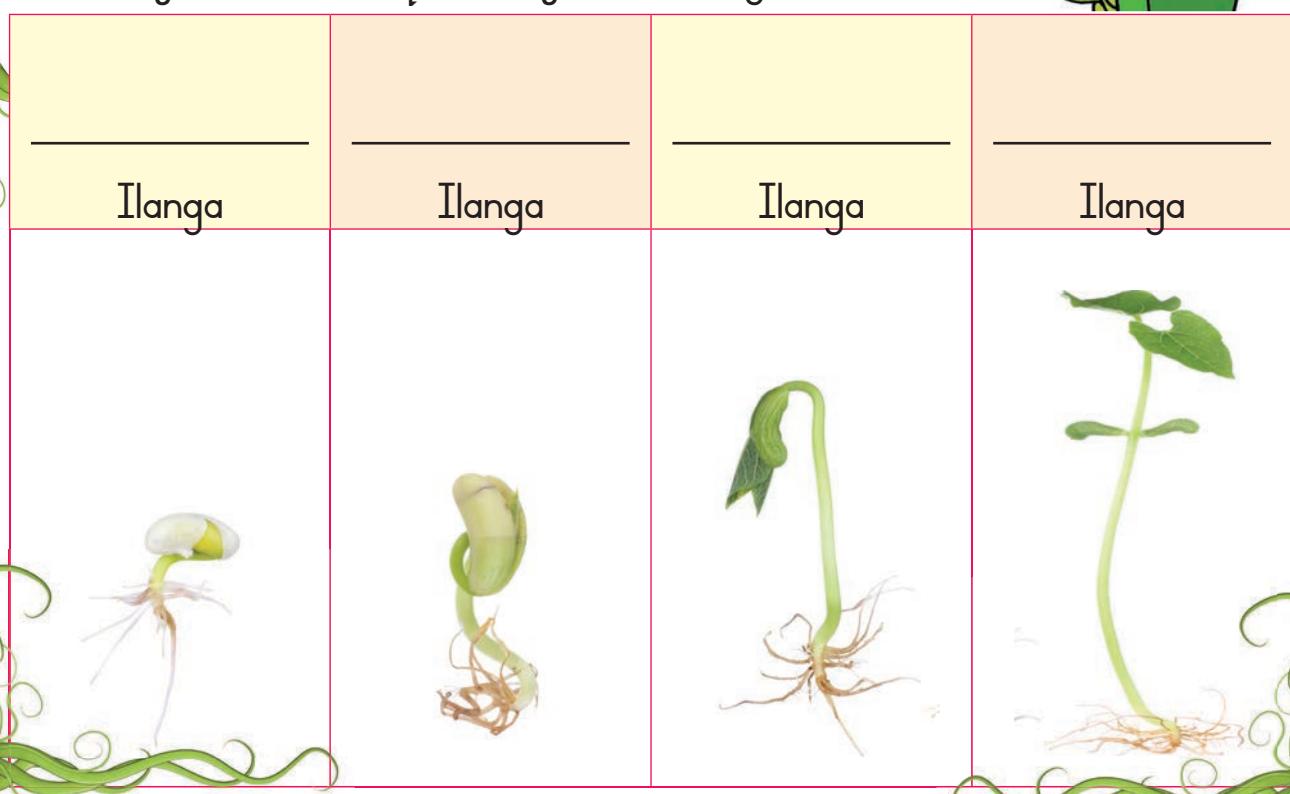
Tjheja isimumathi leso isikhathi esingaba ziimveke ezimbili.

Tjheja kobana kumila njani.



Qala iinthombe zeentjalo lezi ezingesimumathini.

Lokha isitjalo sakho nasiqaleka sinje, zalisa ilanga.



Ilanga:



Asenzeni lokhu

Yenza umdlalo wokulingisa ngesibandana.

Ungatjengisa ibhere nanyana isikwirili esibuthelela ukudla nokugcina ukudla kwebusika.



Asiphumele ngaphandle

Zigede phasi ehlabathini njengenyoka
lokha nayifuna ukuhluba.

Phapha
njengeviyaviyani
liphaphela
endaweni
efuthumeleko.



Teacher:
Sign:
Date:

linlwana: linlwana zemaplasini

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



Asikhulume

Qala iirthombe bese ukhuluma ngeenlwana zemaplasini ozibonako.

Ngisiphi isilwana osithandako?

Sithola ini kesinye nesinye isilwana kilezi ezilandelako?





Asitlole

Qedeleta ngependulo enembako ngaphakathi kwamatheyibula.
Yokuthoma selewenzelwe yona.



Eduna	Iramu
Esikazi	Ikonyana lakadumbana
Ikonyana	Idzinyani lemvu
Itjhada	Baa!
Indawo	Isibaya



Eduna	
Esikazi	
Ikonyana	
Itjhada	
Indawo	



Eduna	
Esikazi	
Ikonyana	
Itjhada	
Indawo	



Eduna	
Esikazi	
Ikonyana	
Itjhada	
Indawo	



Eplasini

Ithemu-2 - Iweke-4 - Iphepha lokusebenzela



Asivumeni

Umkhulu omdala bekaneplasi

Hee-hi-hee-hi-ho!

Eplasini bekaneenkomo

Zithi mu-mu lapha zithi mu-mu laphaya!

Lapha i-mu mu nalapha i-mu-mu!

Yoke indawo kuthi mu-mu-mu!

Umkhulu omdala
bekaneplasi

Hee-hi-hee-ho!





Asivumeni

Ragela phambili uvume ingoma. Jamiselela imida yekomo ngeenlwana lezi.



Eplasini bekanezinja.

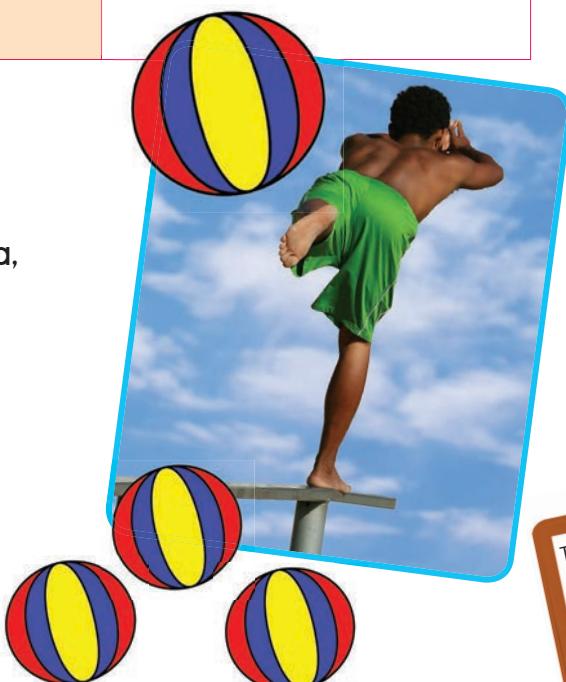
Eplasini abuye
abenamadada.

Eplasini abuye
abeneempere.



Asiphumele ngaphandle

- Bakhamba phezu kwentambonofana umuda, ngaphandle kokuthi bawele phasi.
- Phosa ibholo emoyeni bese uyayigenda, ngaphandle kokuthi uwele phasi.
- Kwanje rholobha njengepera.
- Betha umlulungwani njengenja.
- Khamba njengerobodo.

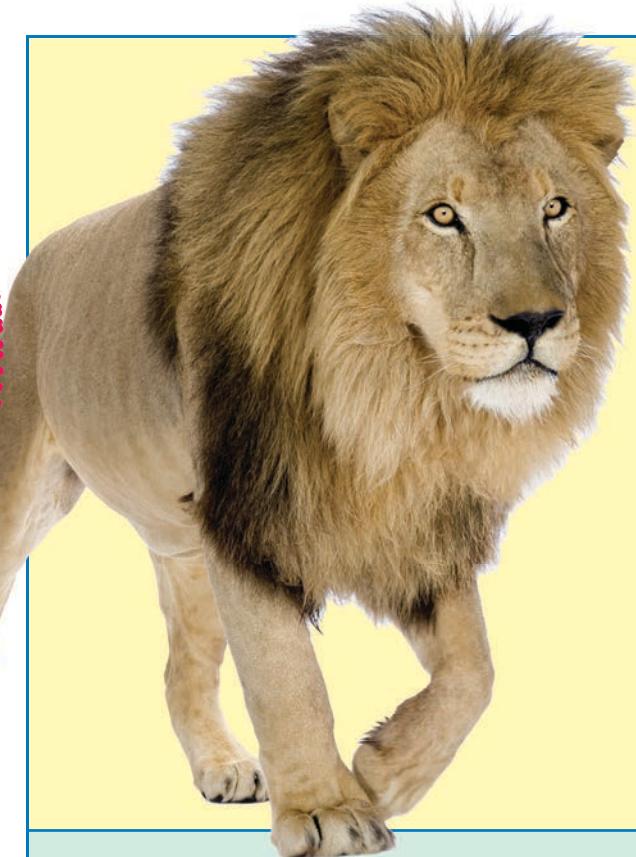


linlwana zemangweni

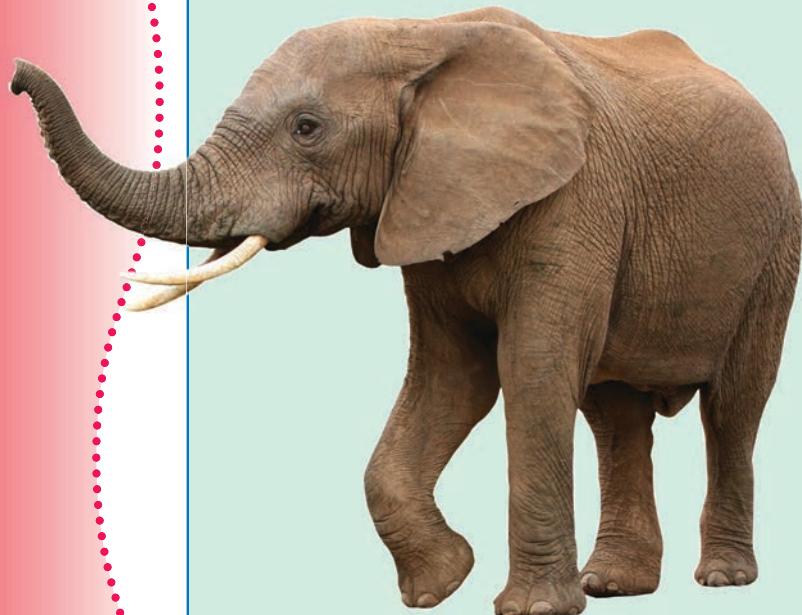
Ithemu-2 – Iweke-5 – Iphepha lokusebenza



Asifunde



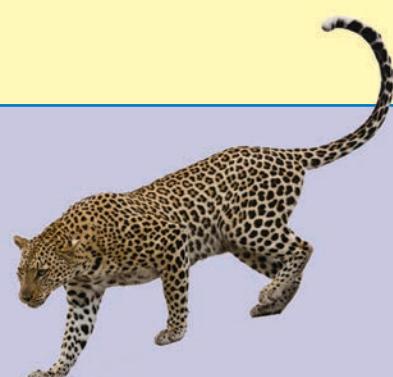
Amabhubezi awela emhlotjaneni wabokatsu. Ibhubesi laziwa njengekosi yeenlwana. Amabhubezi ayazuma abambe bekabulale iinnlwana ezifana neempunzi kunye namadube. Amabhubezi asikazi ngiwo azuma khulu. Amabhubezi avamise ukuzuma ebusuku ngeenqhemha. Amabhubezi athanda ukuhlala endaweni evulekileko enotjani. Amabhubezi avamise ukuzwakalisa isililo sawo khudlwana.



Iindlovu ziinlwana ekungezikulu kilezo ezimunyisako ephasini. Iindlovu zivamise ukuba sengozini esikhathini esinengi ziyazunywa ngebanga lomsebenzi weempondo zazo. Iindlovu zikhula ipilo yazo yoke. Iindlovu zisebenzisa imiboko yazo ukufaka imirabhu, iinthelo kanye namanzi ngemloyeni lokha nazidlako. Zidla ukudla okungaba budisi obumakhiligremu ama-200 ngelanga begodu zisele amalitha wamanzi angaba malitha ali-190.



Kukhona imihlubo emibili yabobhejani, ubhejani omhlophe nonzima. Abobhejani ababoni kuhle kodwana banekghono elihle lokunukelela. Abobhejani bakhulu begodu bangaba nobudisi obungabamakhilogremu azi-2 500. Abobhejani kanengi bayabulawa babulawelwa iimpodo zabo. Kufanele sikhandele besivikele ukubulawa kwabobhejani babulawelwa iimpondo zabo.



Ingwemabala ekulu ingaba mamitha ama-2 ubude. Ibonakala ngamabala abezotho okukhanyako namabala anzima sandulunga. Ingwe inekghono lokukhwela umuthi begodu ayibi nobudisi ukuzuma ikhwele emthini.

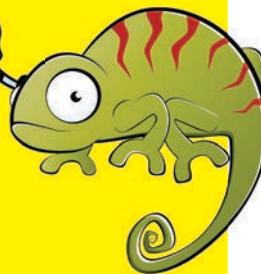


Iinyathi zivamise ukuhlala ngomhlambi. Lokha nakubonakala sengathi kunengozi, amatholekazi namakonyana ajama ngaphakathi kwendulunga ezungelezwe ziinkunzi ukuzivikela. Ezinye zeenkommo zommango zikhula zibe nokuphakama okungaba limitha eli-1,7.



Iinlwana zizifihla njani

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



Ezinye iinlwana zizivikela ngokutjhugulula imibala

yazo ifane nendawo lapho zikhona ukuze zivikeleke.



Inwabu litjhugulula umbala walo ufanе nowomuthi

eliwukhwelako. Imithalo etholakala phezu komzimba



wedube yenza kubebudisi ukubona idube emangweni

nanyana emahlathini. Ezinye iinlwana zineensiba



ezifanako ezenza kungabilula kobanyana zibonakale.



Lokhu sikubiza ngokutjhuguluka kweenlwana.

Akhe ucabange ngezinye iinlwana ezitjhugulula



Efitjhani



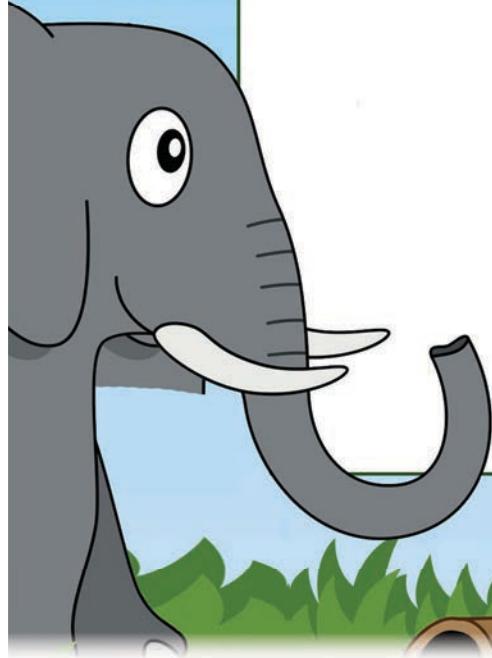
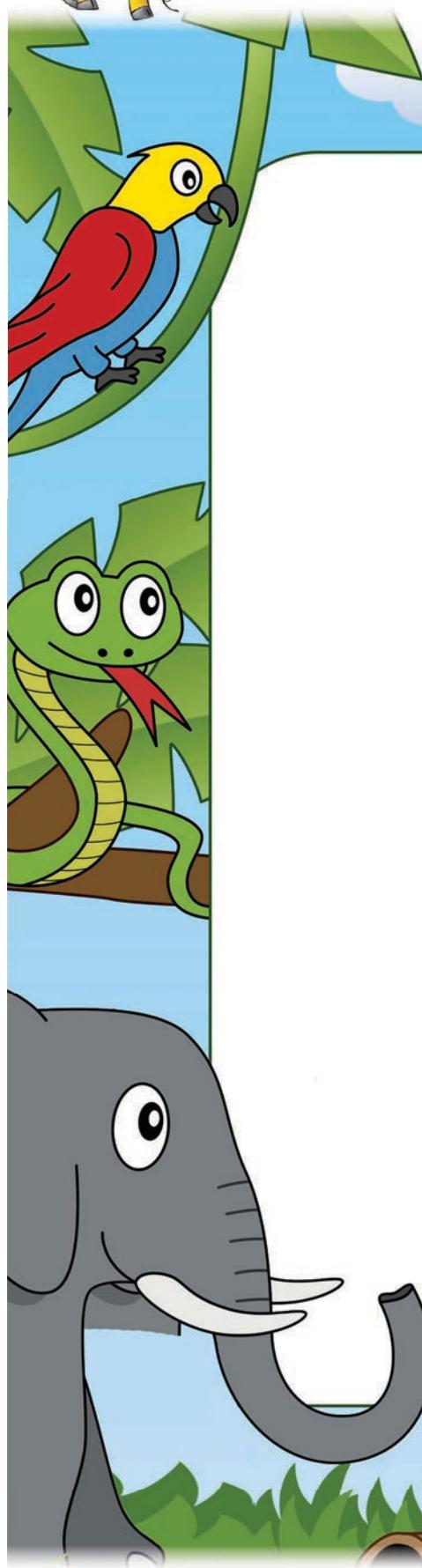
Utitjhene wenu uzanitjengisa
kobana umvumo obethwa
ngeenhlalo unjani.





Asenzeni lokhu

Gwala isilwana semangweni sibe sinye. Bese ucocela umngani wakho
kobanyana isilwana leso sitjhuguluka njani umbala waso.

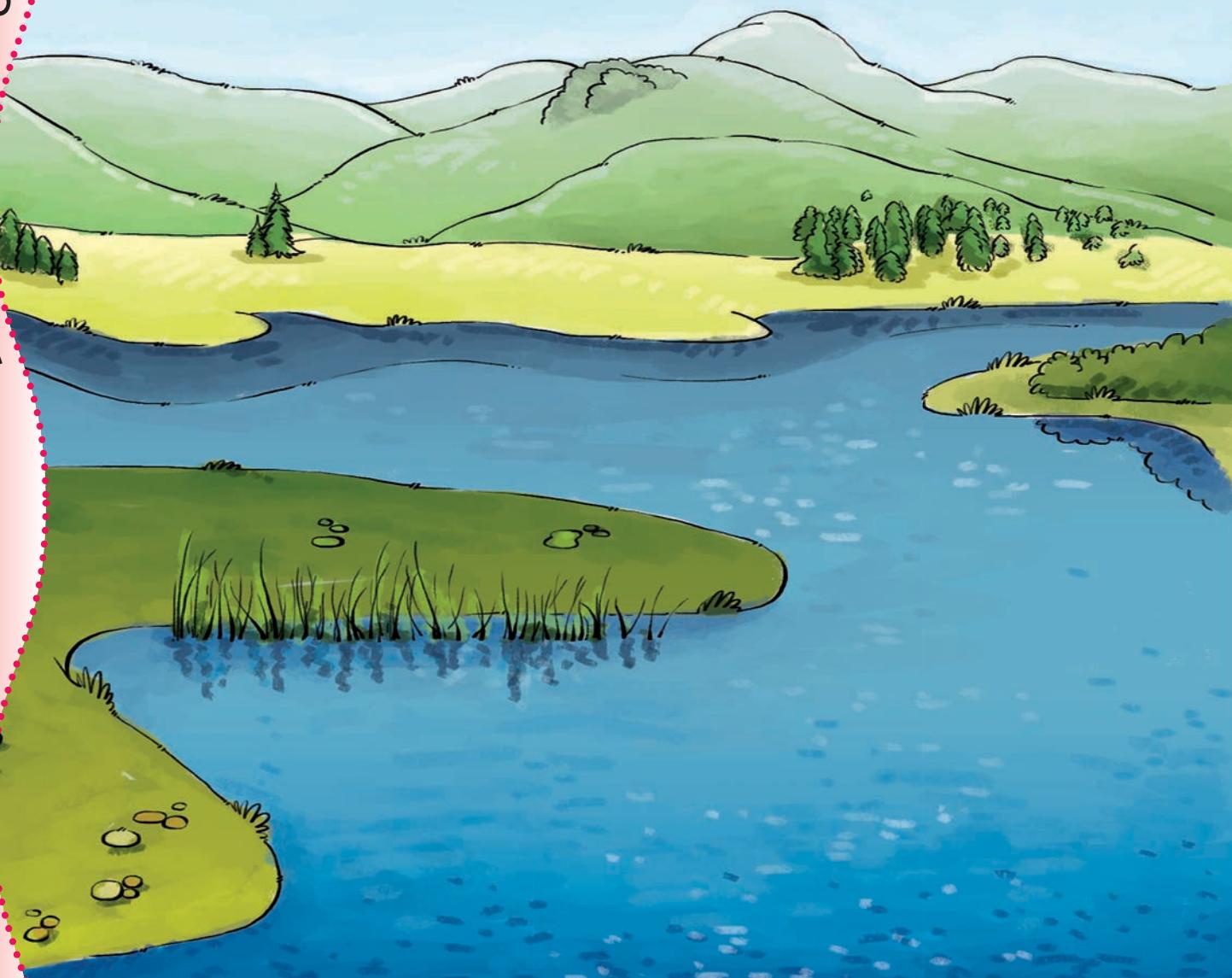


linlwana zangemanzini

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

Asenzeni lokhu

Qedelela isithombe ngokuthi ungezelele umgwalo nanyana iinthombe zeenlwana eziphila ngemanzini.

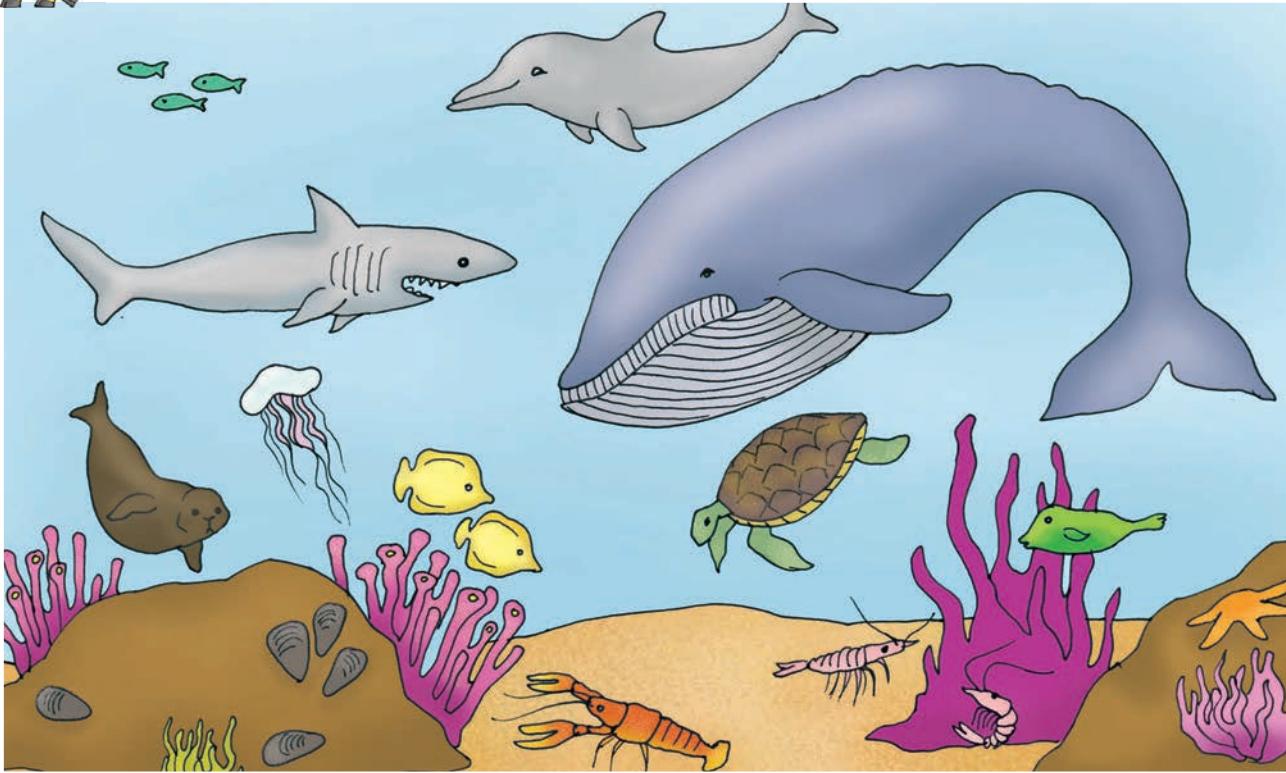


linlwanyana eziphila ngaphasi kwamanzi

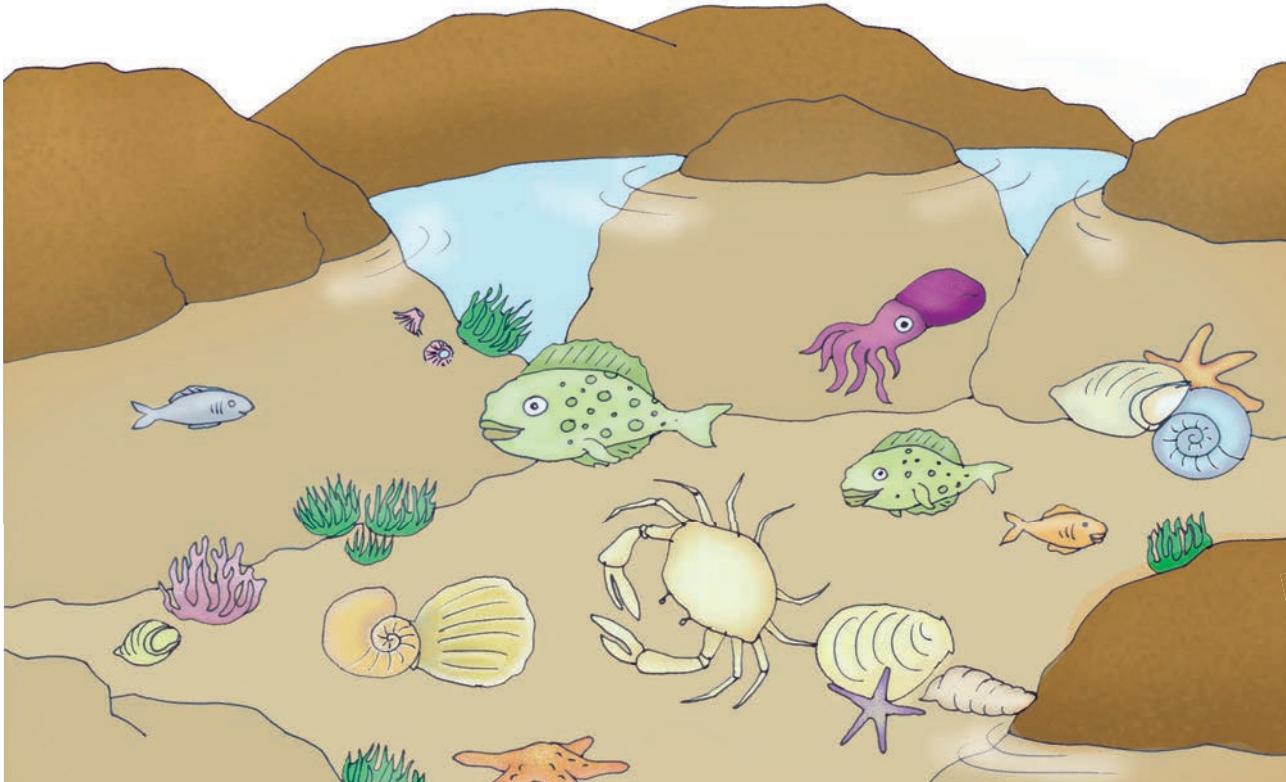


Asikhulume

Akhe siqale zoke iinlwanyana eziphila ngaphasi kwehlabathi.



Kukhona neenlwanyana ezincani eziphila hlangana namatje ngaphasi kwamanzi.



Teacher:
Sign:
Date:

Ubukghwari beenlwana

Ithemu-2 – Iweke-7 – Iphepha lokusebenzela



Asikhulume

Coca ngazo zoke iinlwanyana zangelwandle
eziseenthombeni lezi.

- Ngisiphi isilwanyana kilezi?
- Ngiziphi iinlwanyana zangemanzini eziyingozi?
- Umzimba wefesi unjani begodu uvikelwe yini?
- Ngiziphi iindlela ezihlukeneko ezingasilaphaza ilwandle.
- Uqabanga bonyana kuzokwenzekani lokha ilwandle
nangelingazala ngokusilaphazeka okunetjhefu?



Asitlole

Tlola amabizo weenlwanyana oqabanga bonyana zihlala emilanjeni, emadamini
namtjhana elwandle emakholomini amathathu wetheyibula engengenzasi.

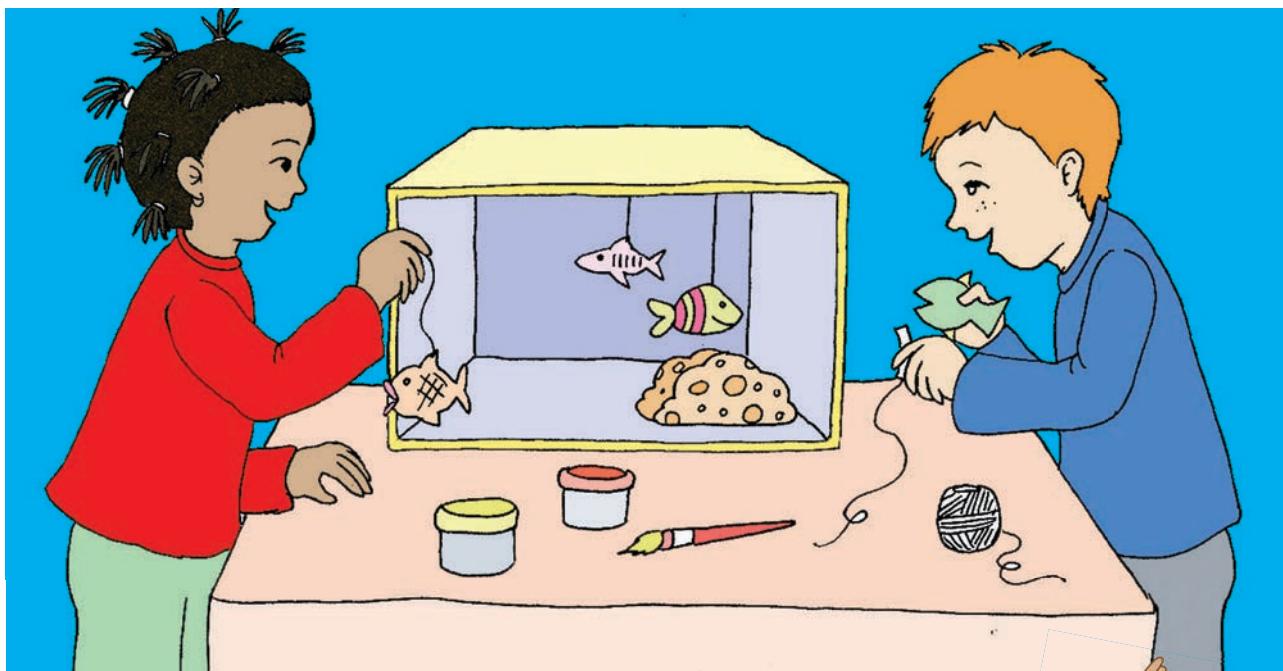
Emlanjeni	Elwandle	Edamini



Asenzeni lokhu

Zakhele yakho isiziba seemfesi.

- Penda ingaphakathi lebhoksi leenyathelo ngokuhlaza kwesibhakabhaka bese ulilala ngehlangothi.
- Sika ukhuphe ifesi/ihlambi ngemva kwencwadi.
- Namathisela ngaphezulu kwebhoksi ngeselotheyibhu nentambo.



Asiphumele ngaphandle

- Phapha njengenyoni ngebelo eliphezulu nebelo elibuthaka.
- Tjuza njengethengwini.
- Phapha njengenyosi.
- Khamba likeke njengekala.
- Duda njengefesi/njengethlambi.
- Yeqa njengesirhwarhwa.
- Dlalani umdlalo wokulandela odosako/ongaphambili.
- Dlalani umdlalo wakakatsu nekhondlo.



30 linlwanyana ezithwala imizi yazo ngaso soke isikhathi

Ithemu-2 – Iweke-7 – Iphepha lokusebenzela



Asifunde



Uthi bewazi? Ngilingana kuhle
ngaphakathi kwecephé lami begodu
akwenzeki kobana libelincani
lingangilingani.

Ikgħuru

Ikgħuru ingenye yeenlwana ezirħurhuba ngamathumbu begodu inemilenze evulekileko nentamo kunye nehloko.

Zihlala kuphi?

		
Ithathila: Ngħħlala elwandle.	Itheraphina: Ngħħlala endaweni esemanzini, endaweni ezithambileko.	Nekħħuru: Ngħħlala eħlabathini.



Asitħole

Phendula imibuzo elandelako ngekħħuru eħħlala eħlabathini.

Indlwana yekħħuru ithambile nanyana iqinile? _____

Indlwana yekħħuru ijjivikela ini, kuphi? _____

Ikgħuru yenzani lokha nayithukweko? _____

Iinkħħuru zidla ini? _____

Ilanga:

Ummenke

Qala iqephe lomnenke.

Ilihlo

Iqephe

Iphondo elide

Iphondo elifitjhani

Inyawo

Umgojana wokuphefumula

Ummenke ukhamba njani?

Ukhe wafunyana iqephe lilodwa? Ucabanga bonyana kwenzekeni ngomnenke loyo?

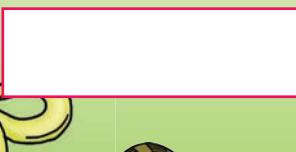
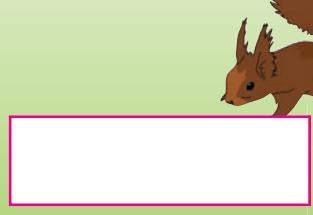
Amaqephe weminenke anombala onjani?

Kubayini ucabanga kobanyana iminenke inamaqephe?



Asitlole

Ucabanga kobanyana ngihlala kuphi? Eduze kwesithombe sami tlola indlwana yami esemthini, ehlabathini nanyana emanzini.



Teacher:
Sign:
Date:

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linlwana ezizakhela izundlu zona ngokwazo

Ithemu-2 – Iweke-8 – Iphepha lokusebenzela



Asenzeni lokhu

Hlanganisa iinthombe zeenlwana lezi neenthombe zezindlu zazo.



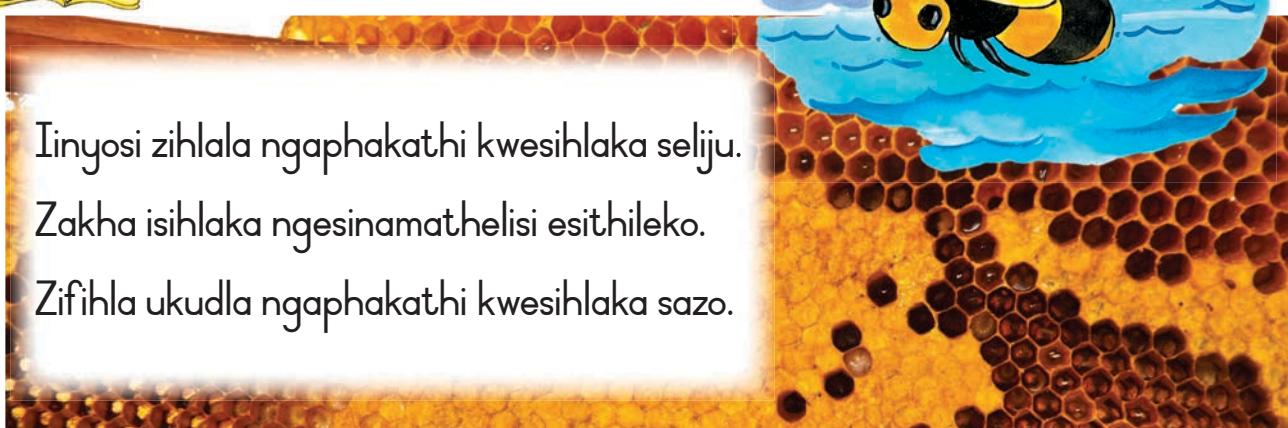
Asifunde

linyosi

Iinyosi zihlala ngaphakathi kwesihlaka seliju.

Zakha isihlaka ngesinamatelisi esithileko.

Zifihla ukudla ngaphakathi kwesihlaka sazo.



Abotjhontjhwani

Abotjhontjhwani bakha izindlu zabo ezihlukeneko ehlabathini. Ubutjhontjhwani obuncani bungathwala okhunye nokhunye okubanobukhulu obubuyeletwe kathathu kunezinga labo. Buyayeletisana nangabe kukhona ingozi nanyana okuthileko okuyingozi.



Asitole



Kubayini ucabanga kobana ubutjhontjhwani bakha iindlwana zabo?

Ngubani isitha sobutshontshwani?

Ubutjhontjhwani busebenzisa ini lokha nabakha iindlwana zabo?



Asifunde

linyoni

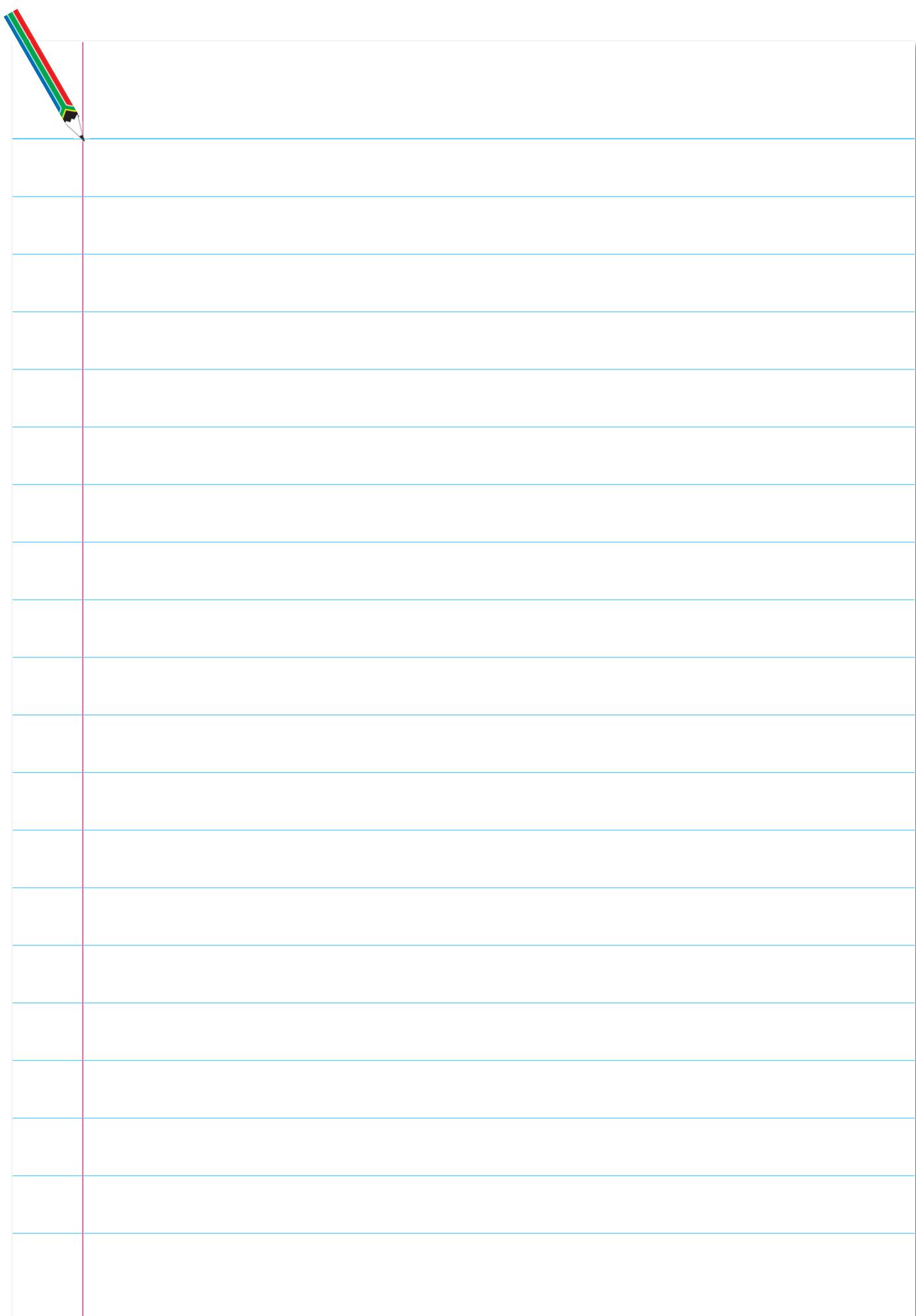
Iinyoni zakha isidleke lapho zizokwazi ukubekela amaqanda wazo khona.

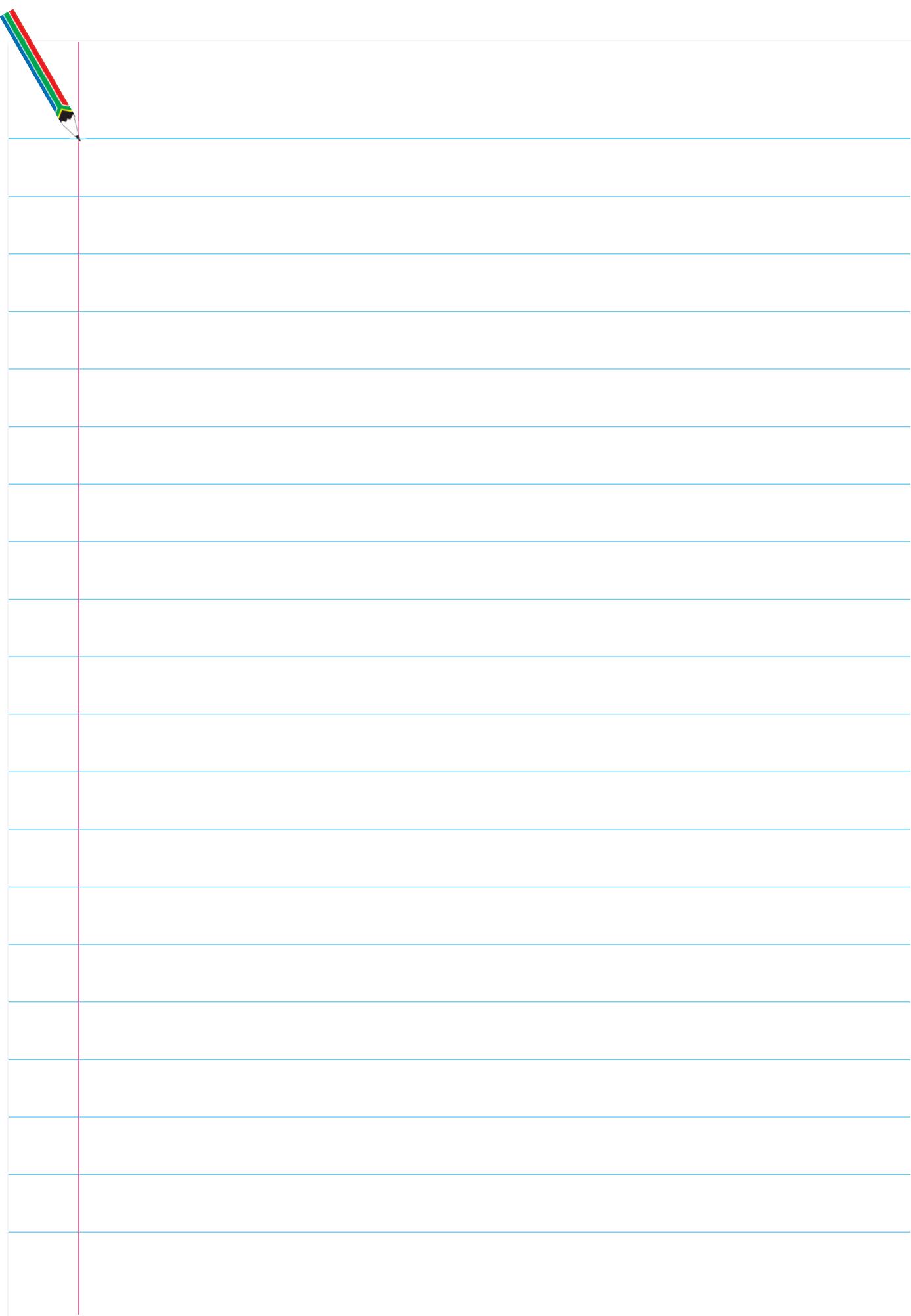
Ubukhulu besidleke bulawulwa bukhulu benyon?

Ngiyiphi inyamazana esisitha senyoni?

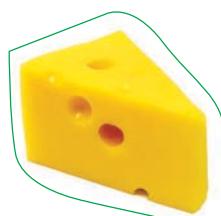
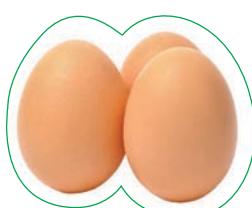
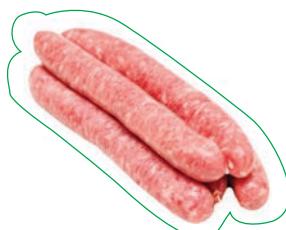
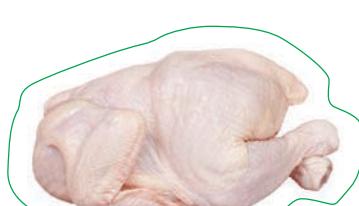


A	M
a	m
B	N
b	n
C	O
c	o
D	P
d	p
E	Q
e	q
F	R
f	r
G	S
g	s
H	T
h	t
I	U
i	u
J	V
j	v
K	W
k	w
L	X-Z
l	x-z

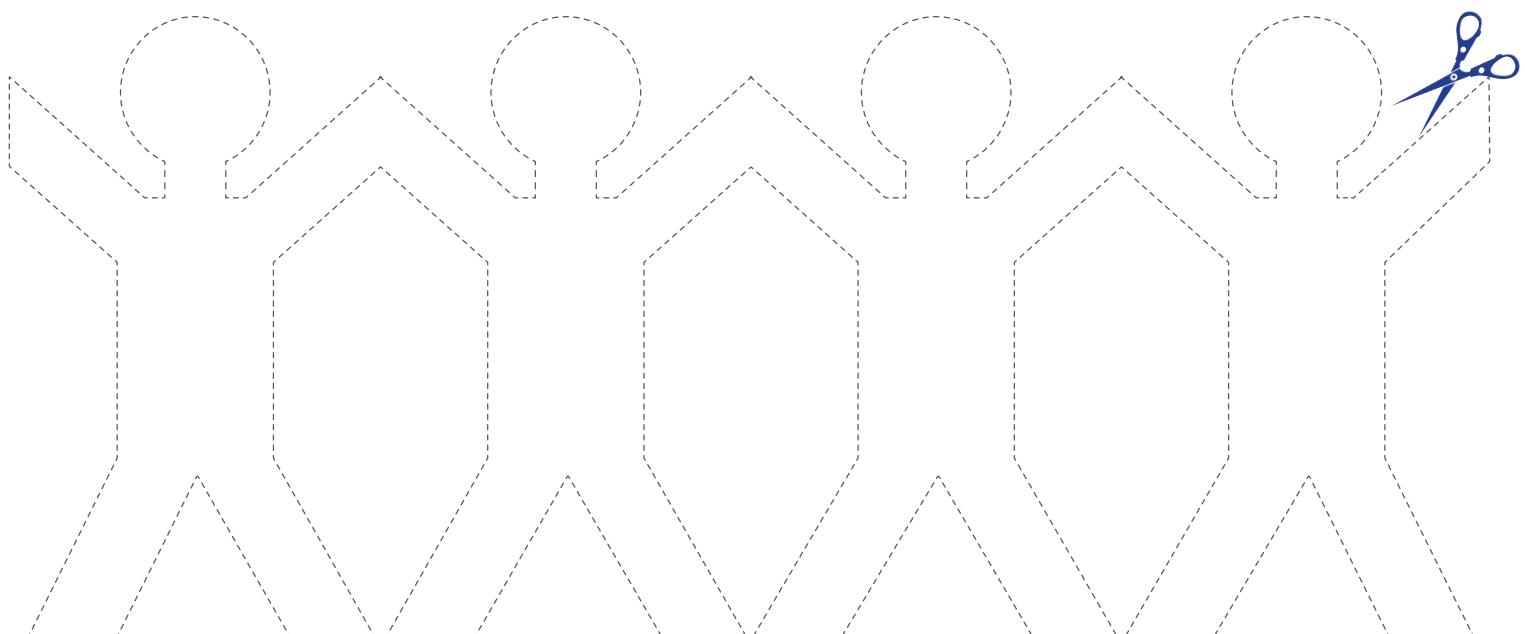




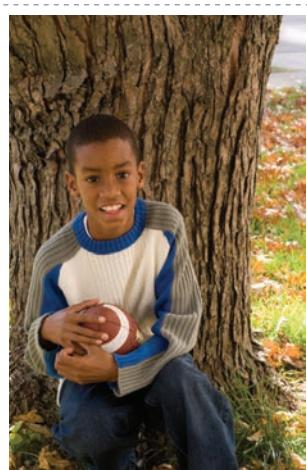
P.29



P.30



P.36-37



P.57

