



UNkk Angie Motshekga,
uNgqongqoshe weMfundu
eyiSesekelo



UMnu Enver Surty,
iSekela loMnyango
weMfundu eyiSesekelo

Lezi zincwadi zokusebenzela zenzelwe abantwana baseNingizimu Afrika ngaphansi kwesandla sikaNgqongqoshe weMfundu eyiSesekelo, uNkk Angie Motshekga, neSekela likaNgqongqoshe weMfundu eyiSesekelo, uMnu Enver Surty.

Lezi zincwadi ezibizwa ngeRainbow Workbooks ziyingxene yoMnyango weMfundu eyiSesekelo lapho uMnyango uzama khona ukungenelela ukuze kuthuthukiswe imfundu yabantwana bamabanga asuka kwelokuqala kuya kwelesithupha eNingizimu Afrika. UMnyango weZimali uxhase lo mkhankaso kaHulumeni njengento yokuqala uHulumeni azibekele yona ukuthi ayisukumele. Uxhaso loMnyango weZimali lusize uMnyango wezeMfundu ukuthi ukwazi ukukhiqiza uphinde usabalalise ngaphandle kwenkokhelo lezi zincwadi zokusebenzela ngazo zonke izilimi zaseNingizimu Afrika ezisemthethweni.

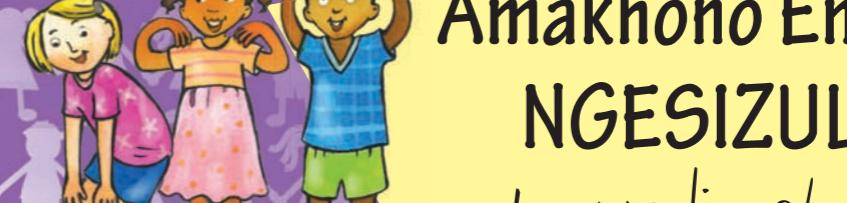
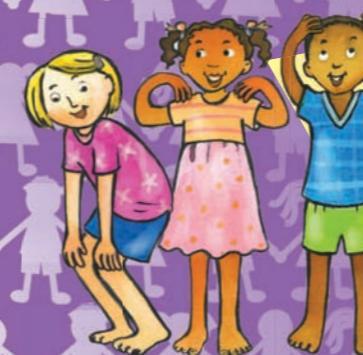
Sinethemba lokuthi othisha bazozithanda basebenze kangcono ngazo lezi zincwadi ekufundiseni kwabo kwansuku zonke, baphinde bathole futhi isiqiniseko sokuthi abafundi babo bafundiswa konke abamelwe ukufundiswa khona njengoba kuvela kusilabhasi yabo. Sizamile ukuqiniseka ukuthi sifaka izithonjana (ama-icon) emisebenzini yokwensiwa ukuze uthisha akuthole kulula ukuyilandela nokuqonda ukuthi umfundi yini alindeleke ukuyenza.

Sinethemba futhi lokuthi abantwana uqobo lwabo bazokujabulela ukusebenzisa lezi zincwadi ekukhuleni kwabo bakhule nolwazi eziluqukethe, bese kuthi wena njengothisha wabo uthokoze kanye nabo ekugcineni.

Sifisela wena nomfundi omfundisayo impumelelo ngenkathi usebenzisa lezi zincwadi.

Ibuyekeziwe -
lhambisana
ne-CAPS

Ibanga loku-



Amakhono Empilo NGESIZULU

Incwadi yoku-
lithemu 1&2



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Iklasi:

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LIFE SKILLS IN ISIZULU
GRADE 1 – BOOK 1
TERMS 1 & 2

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basic education

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Izinsuku ezibalulekile kowe - 2015

uJanuwari

- 1 kuMasingana Usuku Lonyaka Omusha
- 31 kuMasingana Street Children's Day

uFebhuwari

- 2 kuNhlanja World Wetlands
- 14 kuNhlanja Usuku LweValentine



uMashi

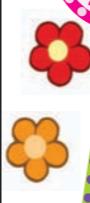
- 5 kuNdasa Usuku LwePurim
- 21 KuNdasa Usuku Lwamalungelo
- 21 KuNdasa Usuku Lomhlaba Wonke Jikelele Lwamahlathi Nezihlahlha
- 20-21 KuNdasa Usuku LwNaw-Rúz (Unyaka Omusha We-Bahá'í) *
- 22 KuNdasa Usuku Lwamanzi eMhlabenji Jikelele
- 28 KuNdasa 20:30-21:30 (isikhathini sakuleli) Ihora Lomhlaba

uJuni

- 1 KuNhlangulana Usuku eMhlabenji Wonke Jikelele
- 4 KuNhlabi Usuku Lomhlaba Wonke Lwabantwana Abalahlekile
- 5 KuNhlangulana Usuku Lwe World Environment Day
- 8 KuNhlangulana Usuku Lwe World Oceans Day
- 12 KuNhlangulana Usuku Lwe World Day Against Child Labour
- 16 KuNhlangulana Usuku Lwentsha
- 18 KuNhlangulana Usuku LweRamadan (iyaqala)
- 21 KuNhlangulana Usuku Lobaba

uMeyi

- 1 KuNhlabi Usuku Lwabasebenzi
- 10 KuNhlabi Usuku Lwawomama
- 15 KuNhlabi Usuku Lomhlaba Wonke Lweminden



uAgasti

- 9 KuNcwaba Usuku Lomama
- 13 KuNcwaba Usuku Lwamanxele Emhlabenji Wonke Jikelele



uOkthoba

- 2 KuMfumfu Usuku Lokulwa Nokuhlukunyeza eMhlabenji Wonke Jikelele
- 5 KuMfumfu Usuku Lothisha eMhlabenji Wonke Jikelele
- 11 KuMfumfu Usuku Lwabantwana Bamantombazane eMhlabenji Wonke Jikelele
- 14 KuMfumfu Usuku Lwe-Al-Hijira (Unyaka Omusha wama-Islamic)
- 15 KuMfumfu Usuku Lwamakhosikazi Asemakhaya eMhlabenji Wonke Jikelele
- 16 KuMfumfu Usuku Lukudla eMhlabenji Wonke Jikelele

- 11 KuMfumfu Usuku LweDeepavali (Diwali)
- 12 KuMfumfu Usuku LweVikram (Unyaka Omusha we-2072)
- 20 kuLwezi Usuku Lwabantwana eMhlabenji Wonke Jikelele



uDisemba

- 1 KuZibandlela Usuku LweSandulela Ngulazi eMhlabenji Wonke Jikelele
- 3 KuZibandlela Usuku Lwabakhubazekile eMhlabenji Wonke Jikelele
- 5-14 KuZibandlela Usuku Lokubujisana
- 16 KuZibandlela Usuku Lukakhismuzi
- 25 KuZibandlela Usuku Lwesivumelwano
- 26 KuZibandlela Usuku Lwesivumelwano



Iholide Lesizwe ENingizimu Afrika:

Usuku Olubalulekile Oluyisikhumbuzo Samajuda:



Usuku Olubalulekile Oluyisikhumbuzo Sama-Islam:



Usuku Olubalulekile Oluyisikhumbuzo Samabahá'i: *



Izinsuku Zomhlaba Jikelele Ngokwenhlangano Yezizwe:



Ibanga loku-1

Amakhono Empilo
NGESIZULU
Incwadi yoku-I

Le ncwadi ngeka –

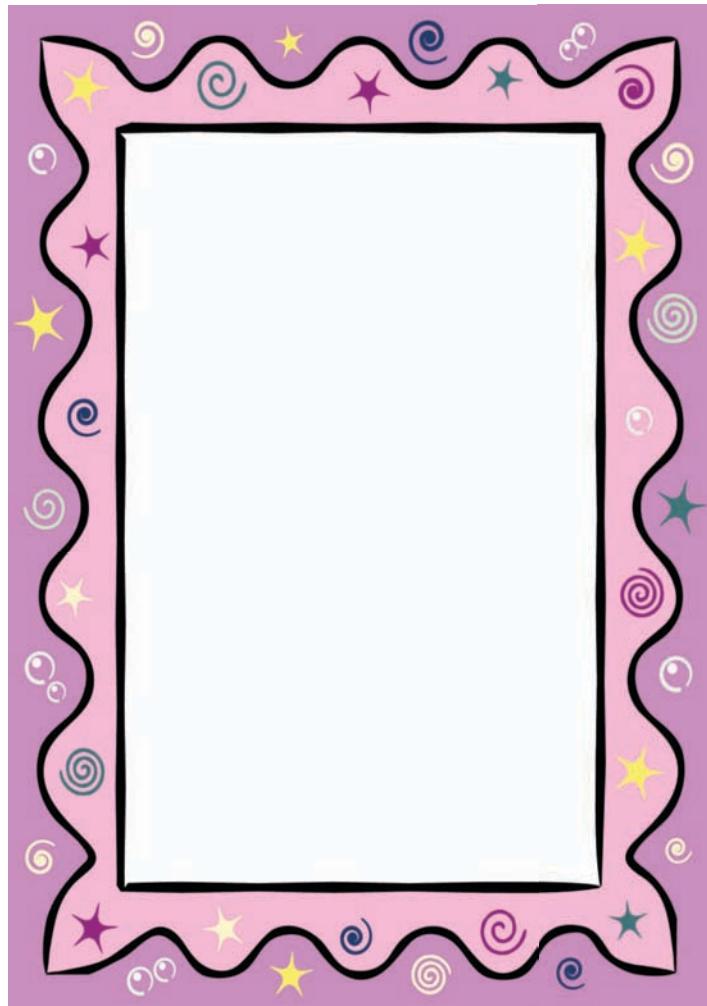
Mina

IThemu I – ISonto I – Ikhasi lokusebenzela



Masenze lokhu

Namathisela isithombe sakho
kumbe uziphebe wena lapha.



Ikhetli lethu lithi:

Niyalwazi usuku lwami lokuzalwa.

yebo

angazi
kahle

cha



Igama lami ngingu

Isibongo sami ngingu

Ngineminyaka e _____
ubudala.

Umndeni wami unamalungu a _____.

Inombolo yethu yocingo ithi:





Masidwebe



UJoo ulidlala kahle ibhola lezinyawo.



Dweba into okwazi ukuyenza kahle.



Tshela abangane bakho ukuthi yini okwazi ukuyenza kahle. Landelisa ngokufaka umbala enkanyezini ukukhombisa ukuthi yini okwazi ukuyenza.

Masikhulumu



Ngiyakwazi ukufunda.



Ngiyakwazi ukuzigqokisa.



Ngiyakwazi ukubhala igama lami.



Ngiyakwazi ukudansa.



Ngiyakwazi ukwenza itiye.



Ngiyakwazi ukuxubha amazinyo ami.



Imibala nomdanso

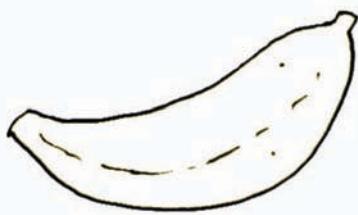


Masenze lokhu

Uyayazi le mibala? Tshela abangane bakho amagama emibala.



Faka umbala ofanele esithombeni ngasinye.



Ubhanana ophuzi



I-apula elibomvu



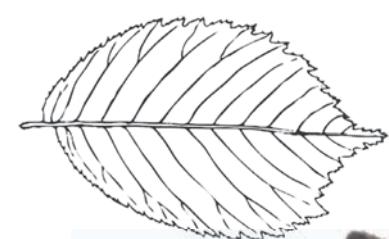
Ijezi elisasibhakabhaka



Isambulela esimibalabala



Iwolintshi elinombala wewolintshi



Icembe eliluhlaza



Masiqhubeke

Ngaphambi kokwenza noma yini ngaphandle, qala ngokuzelula njengekati. Lokhu kuzokwenza umzimba unyakaze kalula. Zelule nangemva kokwenza okuthile ngokuthi uphumule uphole. Lokhu khona kukusiza ukuthi ungabi nobuhlungu bezicubu zomzimba. Enza-ke manje lokhu okwenziwa yilezi zingane.



Cula iculo elithi "ikhanda namahlombe" ngenkathi:

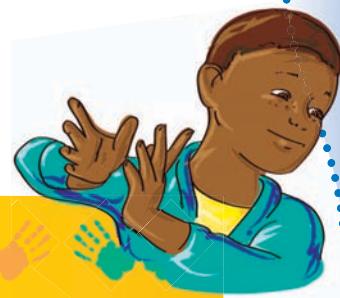
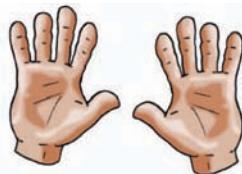
- wenza sengathi udlala isigubhu.
- wenza sengathi udlala isicingci.





Masizjabulise

Shayani izandla ngendlela
elandelayo.



Khwehle Khwehle Khwehle Khwehle



Khwehle Khwehle Khwehle



Khwehle Khwehle Khwehle Khwehle

Khwehle Khwehle Khwehle Khwehle Khwehle



Masenze lokhu

Ungakwazi ukwenza lezi zinto? Khombisa abangane bakho.

Ngiyakwazi ukugijima ngiye le nale nale ngingashayisani namuntu.			
Ngiyakwazi ukudlala ingqathu.			
Ngiyakwazi ukugingqela ibhola elikhulu kumngane wami.			



Sonke sehlukile



Masikhulumo

Buka isithombe utshele umngane
wakho ukuthi laba bantwana
behlukene ngani nani.



Kukhulu kuncane

Abanye bethu bakhulu, abanye bancane.

Abanye bethu bafushane kanti abanye bade.

Abanye bakwazi ukugxuma, abanye bakwazi ukucula.

Sonke sinento esikwazi ukuyenza kahle.

Yini wena okwazi ukuyenza kahle?



Masikhulumo

Tshela abangane bakho ukuthi kube
njani ngenkathi uqala esikoleni esisha.

ujabulile	ukhathazekile	weneme	uthukuthele	unamahloni



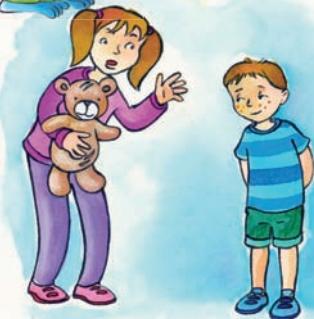
Dweba

Dweba isithombe usho ukuthi **ungaba njani** uma uphiwa ithoyizi elisha. Bhala igama elifanele esikhali ngezansi bese udweba uveze ukuthi ungaba njani uma kwenzeka lokhu.

Usuku:



Masikhulume



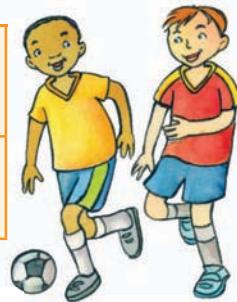
Tshela umngane wakho ukuthi kwenzekani esithombeni ngasinye. Yisho ukuthi ungaba njani uma lezi zinto zingenze ka kuwe. Beka uphawu ebusweni obufanele.

Uma umfana
omkhulu kunawe
ethatha izinto
zakho.

ningajabula	ningabangothakasile	ningakhathazeka

Uma wena nomngane
wakho nihlala phansi
nidlale.

ningathukuthela	ningajabula	ningethuka



Uma uqaqa isipho.

ningethuka	ningabangothakasile	ningabannamahloni

Uma umfowenu noma
udadewenu ephula
ithoyizi olithandayo.

ningabannamahloni	ningathokoza	ningathukuthela



Masenze lokhu

Ngcolisa umunwe wakho ngopende, bese uthinta iphepha
ngalowo munwe. Cela umngane wakho enze njalo naye.
Kuzosalela iminwe ephepheni.

Uthi bewazi ukuthi akekho umuntu
oneminwe enjeneyakho emhlaben?
Ungokhethekileyo, nguwe kuphela oyilo
muntu **onguye** emhlaben wonke. Ngisho
amawele awanayo iminwe efanayo.

--	--

Uyabona ukuthi iminwe
kayifani?



Asifani sonke singabantu



Masikhulume

Buka laba bantwana.
Ubona sengathi bayafana?
Bahlukene ngani?



Masenze lokhu

Buka lesi sithombe bese ubheka ukuthi okushiwoyo **kuliqiniso**
noma **akulona yini**.
Faka umbala osatshani emishweni eliqiniso.
Faka umbala obomvu emishweni engesilo iqiniso.



Bonke banezingalo ezimbili
nemilenze emibili.

Bonke bangamantombazane.

Bonke bagqoke izicathulo.



Bonke bagqoke
amabhulukwe.

Bonke bayizingane.



Bonke banezinwele ezinde.



Masidwebe

Dweba isithombe sakho esikhaleni sokuqala. Bese udweba isithombe somngane wakho omkhulu. Emva kwalokho ubuke izithombe zombili ubheke ukuthi yini eningafani ngayo ninomngane wakho.

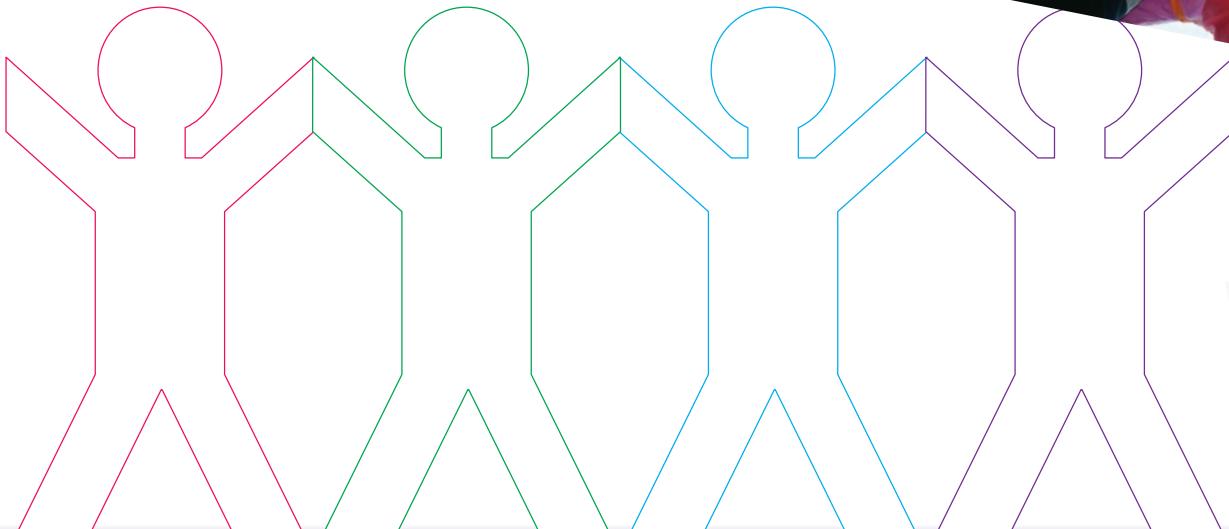


Mina	Umngane wami



Masenze lokhu

Faka umbala kuleli ketanga lobungani ukukhombisa ukuthi abantu abafani. Uma sewuqedile ulisike iketanga uhlobise ngalo indawo okusikwa kuyo kule ncwadi.



Teacher: _____
 Sign: _____
 Date: _____

Cula iculo

IThemu I – ISonto 3 – Ikhasi lokusebenzela



Masicule

Ngaphambi kokuthi ucale, zivocavoce karje:
Donsa umoya kakhulu uwuphefumule ngokuwuyeka
kancane kancane.

Enza sengathi ucisha amakhandlela ekhekheni losuku
lwakho lokuzalwa. "hl-hl-hl-hl-hl".



Izinkawana ezincane ezinhlanu

Zagxumagxuma phezu kombhede.

Eyodwa yawa yalimala ikhanda.

Umama wabiza udkotela, udkotela wathi,

"Zinkawana akume nsi ukugxuma phezu kombhede!"

Izinkawana ezincane ezine

Zagxumagxuma phezu kombhede.

Eyodwa yawa yalimala ikhanda.

Umama wabiza udkotela, udkotela wathi,

"Zinkawana akume nsi ukugxuma phezu kombhede!"

Izinkawana ezincane ezintathu

Zagxumagxuma phezu kombhede.

Eyodwa yawa yalimala ikhanda.

Umama wabiza udkotela, udkotela wathi,

"Zinkawana akume nsi ukugxuma phezu kombhede!"

Izinkawana ezincane ezimbili

Zagxumagxuma phezu kombhede.

Eyodwa yawa yalimala ikhanda.

Umama wabiza udkotela, udkotela wathi,

"Zinkawana akume nsi ukugxuma phezu kombhede!"

Inkawana encane eyodwa

Yagxumagxuma phezu kombhede.

Yona yodwa yawa yalimala ikhanda.

Umama wabiza udkotela, udkotela wathi,

"Nkawana akume nsi
ukugxuma phezu kombhede!"





Masidwebe

Dweba ubuso bakho.

Budwebe bube namehlo, izindlebe, umlomo nezinwele.

Tshela abangane bakho ukuthi ubukeka kanjani.



Masiqhubeke

Beka izinto
ezithikamezayo
ngaphandle kweklasi
ezifana nalezi. Uzokusiza
uthisha wakho.

Eqa usuke esihlalweni
uye kwesinye.

Gaqa ngamadolo uphume
ngaphansi kwamatafula.



Ngiyaziqhenya ngesikole sami

Masenze lokhu

Dweba isithombe sakho ugqoke izingubo zesikole. Emva kwalokho ugcwalise izimpendulo lapho kufanele khona.
Ngiya esikoleni

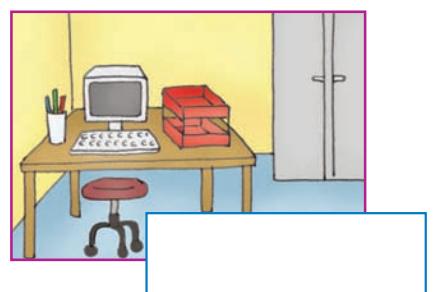
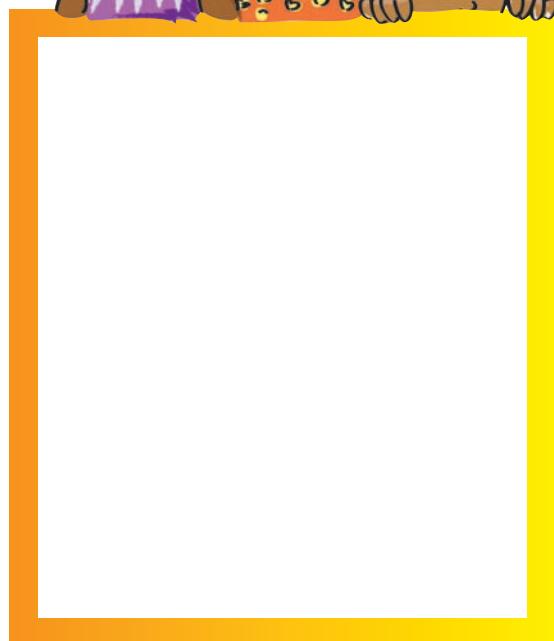
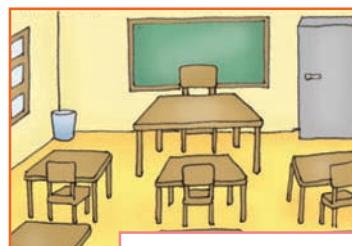
Isibongo sikathisha wami ngu –

Isibongo sikathishomkhulu ngu –



Bhala

Bheka izithombe. Sika igama elihambisana nesithombe ulinamathisele eceleni kwesithombe.



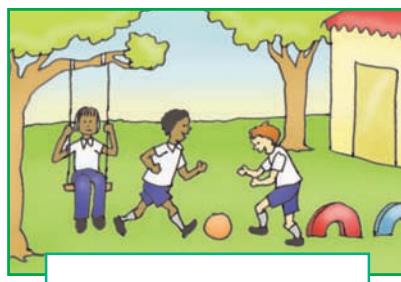
inkundla yebhola

iklasi

ihhovisi

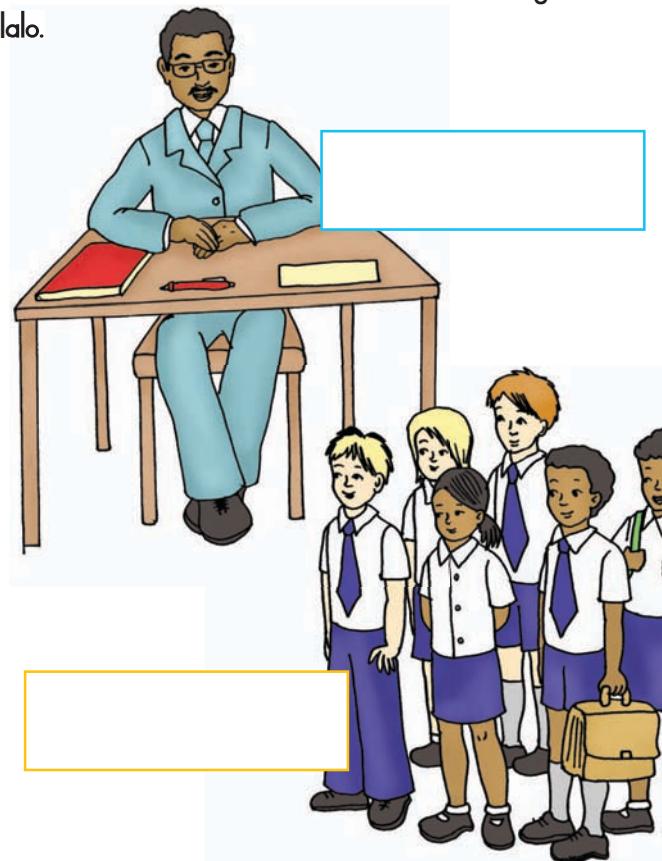
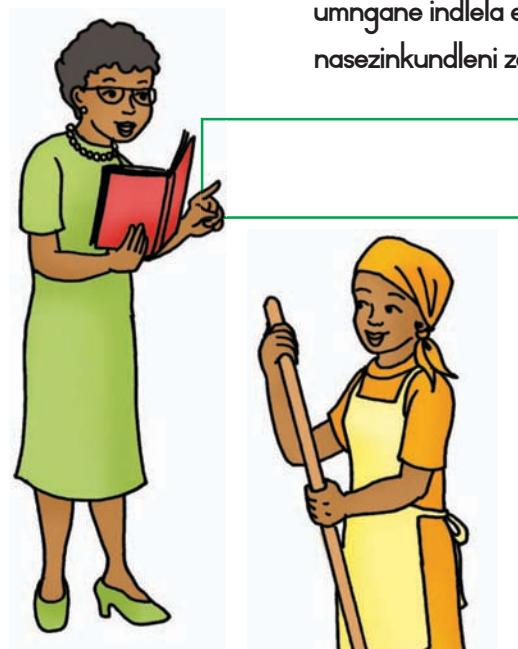
umabhalane

indlu encane

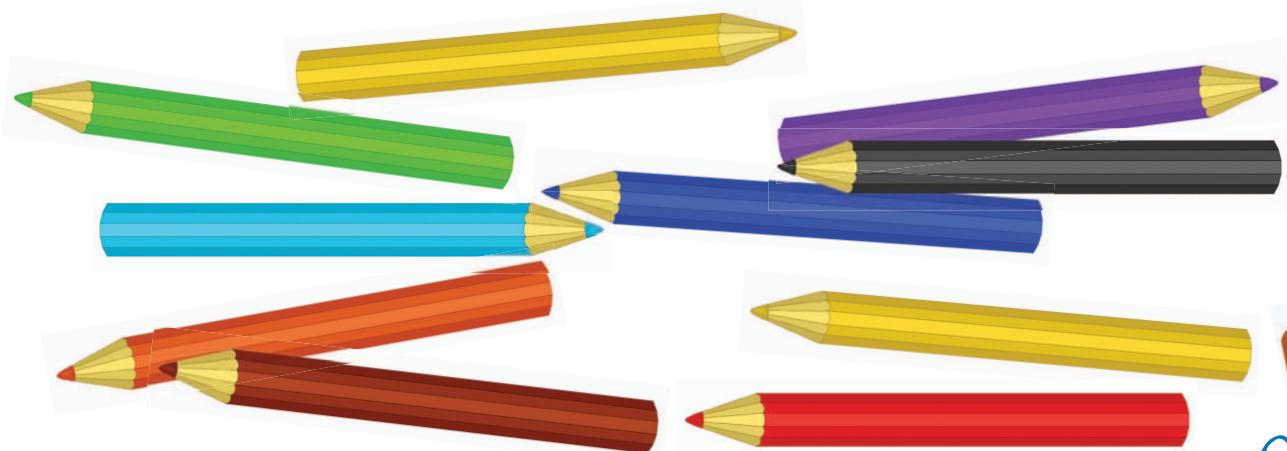




Ngobani la bantu abahlukahlukene abasesikoleni? Buka isithombe ukhulume ngokuthi bangobani nokuthi benzani laba bantu. Sika igama elifanele emagameni angezansi kuleli khasi ulinamathisele eceleni kwesithombe esifanele. Yalela umngane indlela eya ehhovisi likathisha omkhulu, endlini encane kanye nasezinkundleni zemidlalo.



Ibhokisi likaJona alithandayo liwile. Yisho ukuthi unamakhrayoni amangaki, bese ubhala inani lawo ebhokisini. Dweba isithombe esinemibala ekhanyayo kwelinye iphepha, ukhombise ukuthi wena nomngani wakho nidlala kanjani. Dweba ifulemu izungeze isithombe.



abantwana

umhlanzi
wendlu

uthisha

uthishomkhulu



Izindawo ezahlukahlukene



Masenze lokhu

Khombisa umngane wakho ukuthi wena uyakwazi.

Ukucasha ngaphansi kwento ethile.



Casha ngemva kwento ethile.



Ngicashe ngaphansi kwetafula.



Yima eduze kwento ethile.



Yima phezu kwento ethile.



Masiqhubeke

Sebenzisa ibhola kumbe isaka likabhontshisi. Lijikijele phezulu bese ulinqaka. Lithwale isaka uliyekelélé ekhanda bese uzulazula nalo kancane. Lithwale-ke manje uliyekelélé bese uhambahamba phezu kwento ethile kumbe phezu kwentambo encane ebekwe phansi enhlabathini.

Ngiyakwazi ukujikijela.



Ngiyakwazi ukunqaka.



Ngiyakwazi ukuthwala isaka likabhontshisi ngiliyekelélé.





Masiqhubeke

Shaya phansi ngezinyawo kanje.

X = Ngesokunxele



D = Ngesokudlla



X

D

X

D

X



D

X

D

D

X

D

X

D



X

X

D

X

X

D

X

D

Teacher: _____
Sign: _____
Date: _____

Iklasi lami

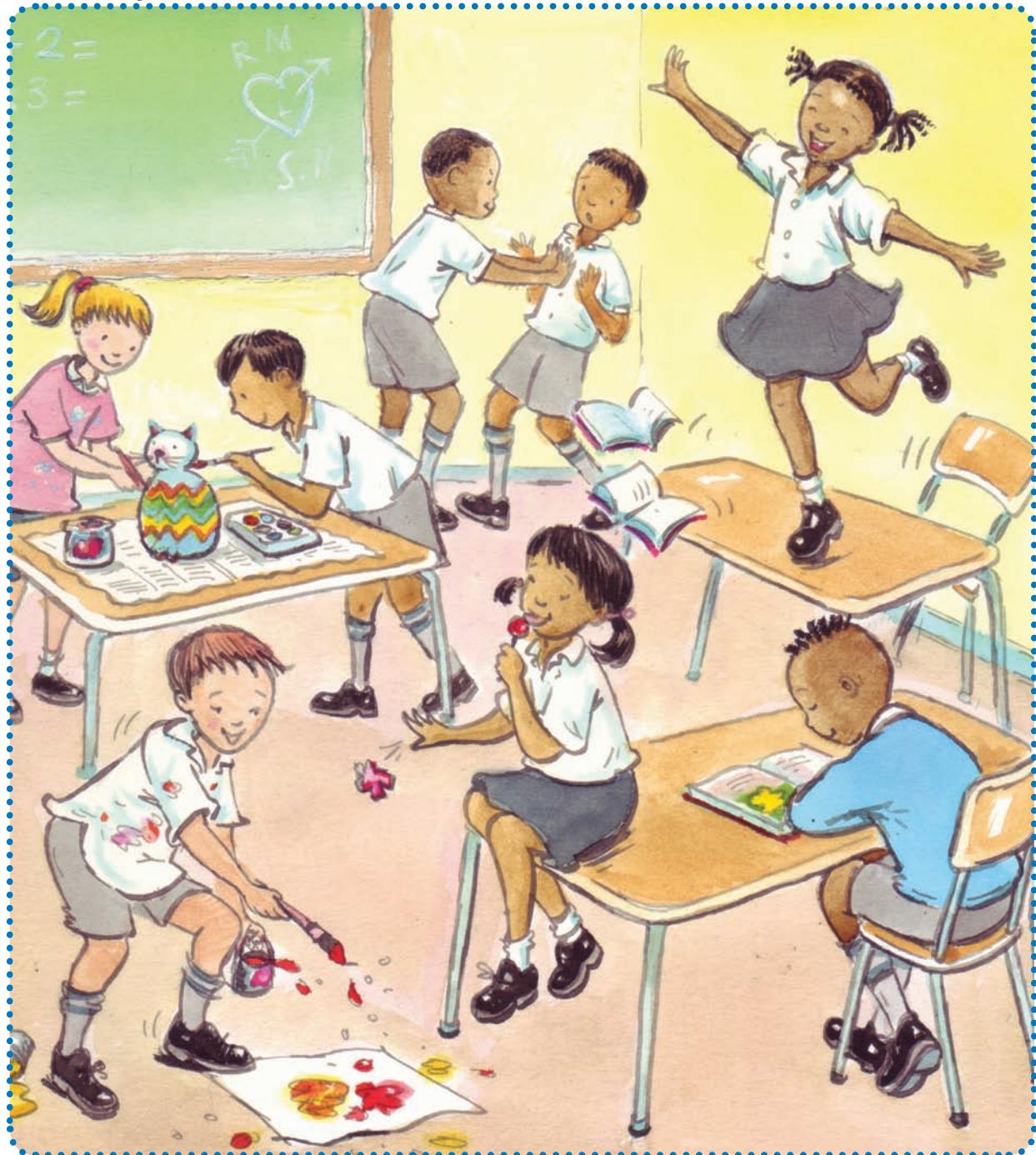


Masikhulume

Bukisisa lesi sithombe bese ukhuluma ngalokho okubonayo.

Kuleli klasi kwenzeka izinto ezimbi nezinhle.

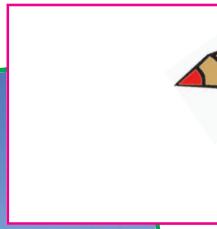
Ubona kuphi ukuziphatha okuhle? Yikuphi ukuziphatha okubi okubonayo?





Masikhulume

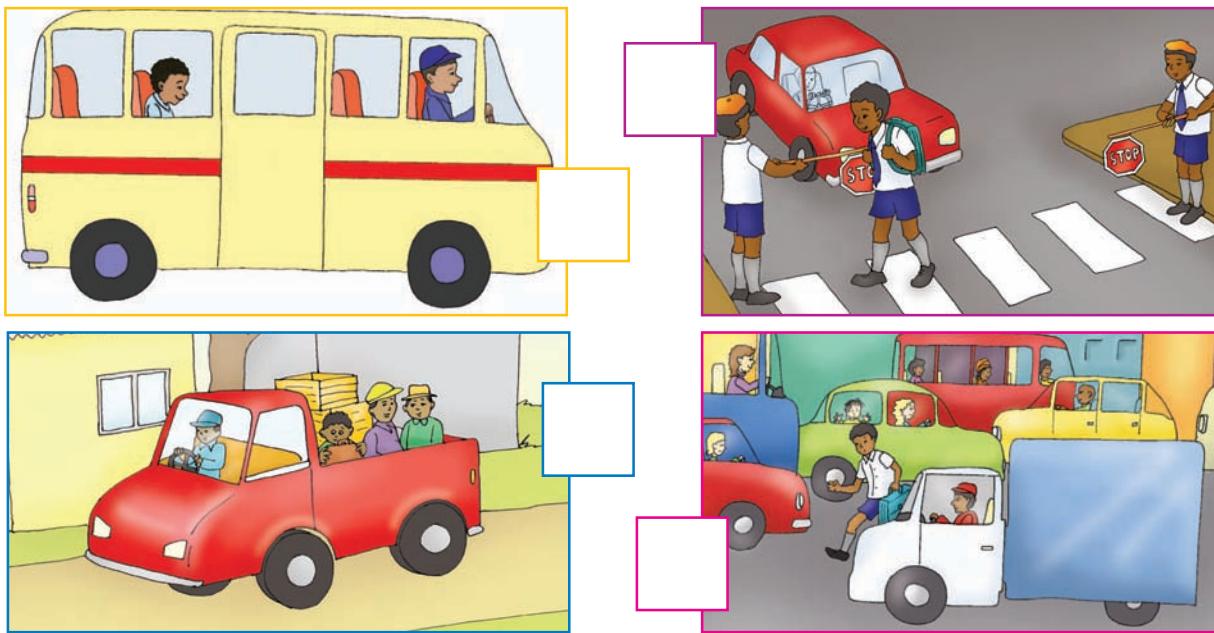
Thikha ✓ eceleni kwakho konke ukuziphatha okuhle bese ubeka
isiphambano ✗ eceleni kwakho konke ukuziphatha okubi.



Siya kanjani esikoleni?



Uya kanjani esikoleni nsuku zonke? Uphephile? Zikhona izindlela zokuya esikoleni ezingaphephile? Xoxa nomngane wakho nisho ukuthi lezi zingane ziya kanjani esikoleni. Beka uphawu ✓ kwizindlela eziphephile zokuya esikoleni. Beka uphawu ✗ kulezo ezingaphephile.



Uya kanjani esikoleni ekuseni?



Buza abangane bakho aba-5 ukuthi baya kanjani esikoleni nsuku zonke. Beka uphawu kuleli shadi elenzelwe bona.

ngezinyawo



ngebhasi



ngemoto/ngeveni



Amagama abangane

1

2

3

4

5



Ngiyakwazi ukugwingciza uma ngiqijima.

Yebo Cha



Ngiyakwazi ukushintsha izindlela uma ngiqijima ngoba ngitshelwe nguthisha wami.

Usuku:



Masenze lokhu

Dweba isithombe esikhombisa ukuthi uhamba kanjani uma uya esikoleni.



Masiqhubeke

Lalela umculo ozoddlalwa nguthisha wakho.

Wudansele umculo lowo.

Gobisa amadolo welule imilenze yakho.

Dlalisa amahlombe uwehlise uwaphakamise.

Yisa izihlakala kwesokunxele ubuye uziyise kwesokudla.



Masiqhubeke

Nqakisanani ngebhola wena nomngane wakho.

Sebenzisa ingalo ongajwayele ukuyisebenzisa ukujikijela ibhola ulibuyisele emuva.

Kungabe ngikwazile ukujikijela ibhola ngilibuyisele
emuva ngengalo engingajwayele ukuyisebenzisa?



Masiqhubeke

Qhuba umngane wakho
sengathi uqhuba ibhala.



10 Ngihlala ngihlanzekile

IThemu I – ISonto b – Ikhasi lokusebenzela



Kubalulekile ukujwayela imikhuba emihle usemncane.
Nazi izinto ongazenza ukuhlala uhlanzekile.
Xoxa ngesithombe ngasinye.



Ngixubha amazinyo ami.



Ngihlanze izandla zami njalo uma
kade ngisendlini encane.

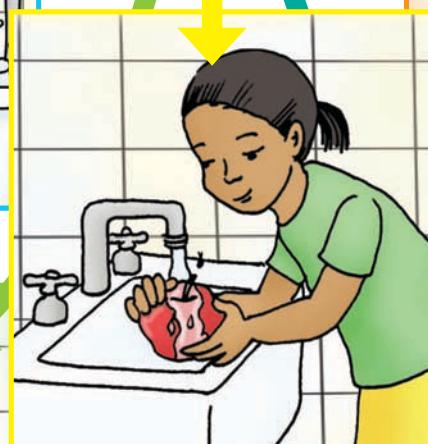


Ngigeze njalo nje.

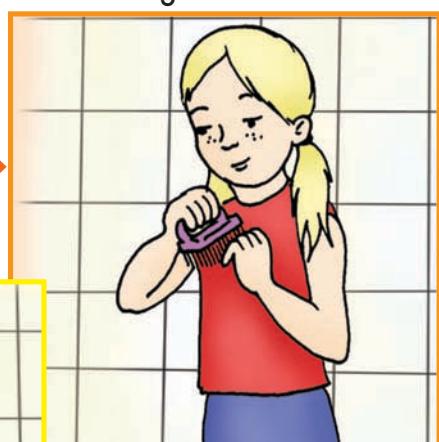


Ngisebenzise indlu encane.

Mina kumele



Ngihlanze izithelo njalo
ngaphambi kokuzidla.



Ngihlanze izinzipho njalo.

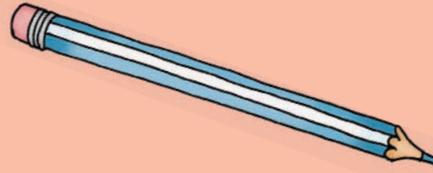
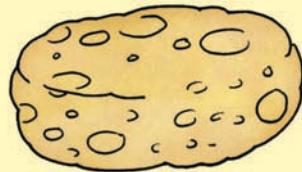
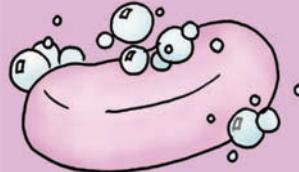
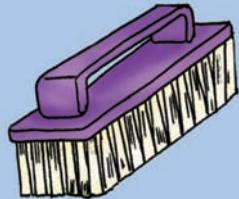


Ngisebenzise iduku uma ngithimula,
ngikhwehlala noma ngisula ikhala.



Bhala

Yiziphi izinto okumele uzisebenzisa ukuze uhlale uhlanzekile ngazo?
 Faka umbala enkanyezini ukhombise ukuthi usebenzisani ukuzigcina
 uhlanzekile. Usho futhi ukuthi uzisebenzisa kanjani ukuzihlanza wena ngazo.



Thikha ukhombise ukuthi ungakwenza yini okulandelayo:	yebo	cha
---	------	-----

Ngiyakwazi ukugibela isikhwelo sejangele -jimu.		
---	--	--

Ngiyakwazi ukuhamba ngokubambelela ngezandla kujangele -jimu.		
---	--	--

Ngiyakwazi ukugaqa ngamadolo kujangele -jimu.		
---	--	--



Eminye yemikhuba Emile



Masifunde

Omunye umkhuba omuhle wokusebenzisa indlu encane ngendlela efanele.

Khumbula



Uma kwenzeka ungcilisa endlini encane, hlikihla.



Khumbula ukuvulela amanzi uma kade usendlini encane.



Vala umnyango uma usendlini encane.



Ungalimoshi iphepha lasendlini encane.



Hlanza izandla njalo uma ukade usendlini encane.



Bhala

Kokelezela amagama asitshela ukuthi kumele sizenze kangaki lezi zinto.

Ukugeza izinwele.



nsuku zonke

ekuseni nantambama

kabili ngesonto

kanye ngesonto

Ukuxubha amazinyo.



nsuku zonke

ekuseni nantambama

kabili ngesonto

kanye ngesonto

Ukugeza umzimba.



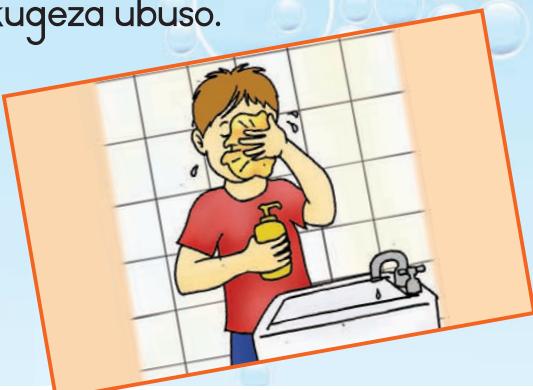
nsuku zonke

ekuseni nantambama

kabili ngesonto

kanye ngesonto

Ukugeza ubuso.



nsuku zonke

ekuseni nantambama

kabili ngesonto

kanye ngesonto



Ngihlanzekile



Masiqhubeke

Dlala umdlalo othi "USimoni uthi" uwudlale nothisha.
Hambahambani eklasini ningashayisani nakancane.
USimoni uthi "**thinta ikhanda lakho.**"



Khombisa lokhu

Geza izingalo zakho.



kama izinwele.



sula izandla



xubha amazinyo.

geza ubuso.





Masiqhubeke

Dlalani nisho lawa mazwi asankondlo.

Ngiyakwazi ukukhwahla izandla

nokushaya ngezinyawo phansi

**Ngiyakwazi ukunqekuzisa
ikhanda**

nokushwibha izingalo

**Ngiyakwazi ukuhamba
ngamazonzwane**

ngithinte ikhala lami.



Teacher:
Sign:
Date:

Izenzo ezinempilo

I themu I – ISonto 7 – Ikhasi lokusebenzela



Masifunde

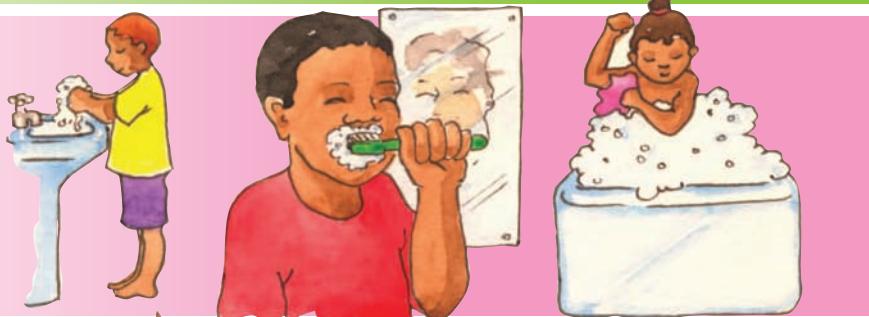
Sidingani ukuze sihlale siphilile?

**Ukudla
okunempilo**



**Ukuzivocavoca
ngokwanele**

**Ukuhlala
sihlanzekile**



**Ukuba lapho
kunomoya
ohlanzekile khona**

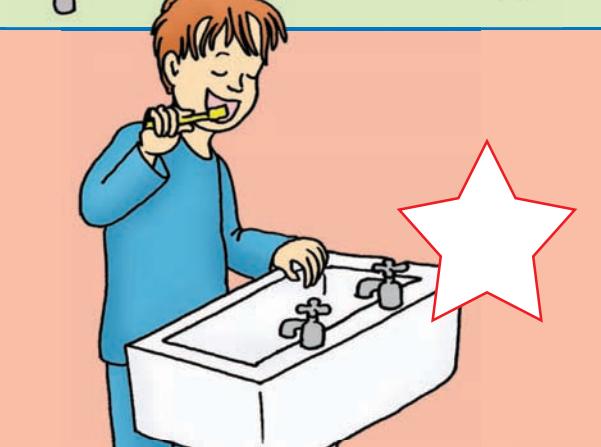
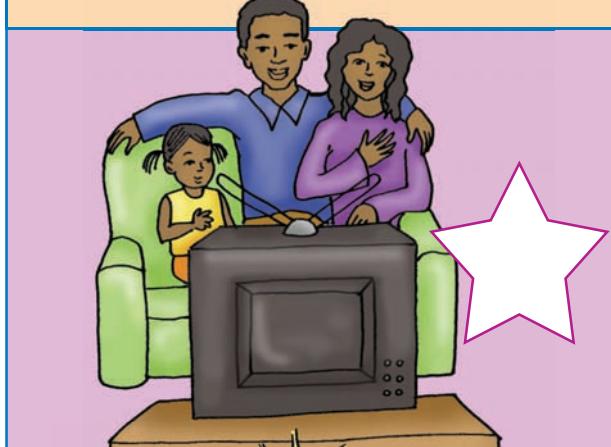
**Ukulala
ngokwanele
nokungabuki iTV
njalo!**





Bhala

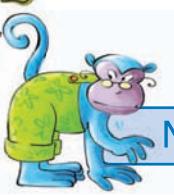
Beka uphawu ✓ emikhubenemihle kanye ne ✗ kwemibi.



Teacher:
Sign:
Date:

Ukuhlanzekä

IThemu I – ISonto 7 – Ikhasi lokusebenzela



Masenze lokhu

Izinto esizisebenzisayo
ukusigcina sihlanzekile.



isixubho



umuthi wokuxubha



insipho



ukhilitmu wezandla



ishampu



ikama



ibhulashi



ibhulashi lezinzipho



umshini wokunquma izinzipho



Masiqhubeke

Bambanani ngezandla nime indilinga.

Nikezelanani ngebhola ngokujikijelelana.

Engezani ngebhola njalo nje ngenkathi ninikezelana.

Engezani ibhola lesithathu niqhubeke nokunikezelana.



Masikhulume

Yini engaqeqekile egunjini lokulala?

Kumele wenzeni ukuze kuqoqeke egunjini lokulala?

Zenzani izingane? Yini okumele ziyanze empeleni?



Teacher:
Sign:
Date:

Isimo sezulu engisithandayo



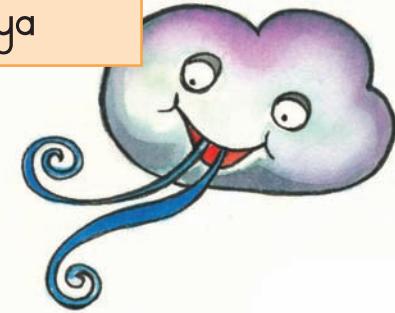
Masikhulume

Buka izimo ezahlukene zezulu utshele umngane wakho ukuthi yisiphi isimo osithanda kakhulu.

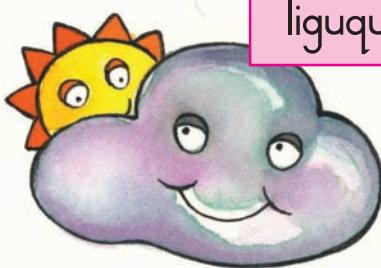
kunomoya



libalele



imvula



liguqubele kuyabanda



Kwezinye izingxenyenye zezwe kuyaye
kubande ngendlela yokuthi ligcine likhithika.

Kwesinye isikhathi kuba nesichotha.

Imimoya evunguza ngamandla ibizwa ngesiphepho.



Masenze lokhu

Dweba isithombe sakho usemvuleni noma eqhwensi.

Dweba isithombe sakho ephepheni elikhulu usebenzise amakhayoni eweksi.

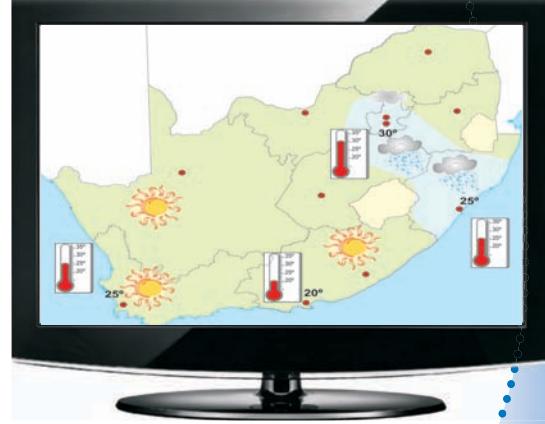
Xuba amanzi nokokuguqula umbala wokudla nopende ekhasini lonke.

Thela upende omhlophe phezu kwesithombe.



Masifunde

Sisebenzisa ishadi lesimo sezulu ukusho ukuthi izulu linjani. Sisebenzisa izimpawu ukukhombisa izinhlobo ezahlukene zesimo sezulu.



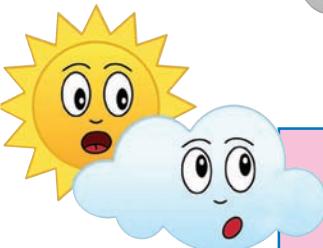
libalele



liyana



liguqubele

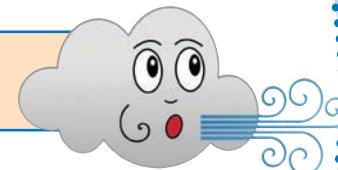


lithe gqwa-gqwa ngamafu

kuneqhwa



linomoya



Masikhulumu

Tshela abangane bakho ukuthi ugqoka luhlobo luni iwezimpahla esimweni ngasinye sezulu.



Masenze lokhu

Dweba izimpawu zesimo sezulu wenze ishadi lakho eliveza isimo sezulu sesonto lonke.

uMsombuluko

uLwesibili

uLwesithathu

uLwesine

uLwesihlanu



Belinjani izulu kuleli sonto?

Gcwalisa amagama adingekayo.

Namuhla li-

Izolo beli-

Ngethemba ukuthi kusasa lizobe li-



Isimo sezulu



Masenze lokhu

Lingisa izimo ezahlukene zezulu.



Vula izingalo uziphakamisele ngaphezu kwekhanda wenze isimo sefu elikhulu.



Sebenzisa isambulela ukuzivikela elangeni.



Sebenzisa izandla ukulingisa umoya omkhulu.



Phakamisa isambulela ukhombise ukuvika ukududulwa wumoya omkhulu.



Lingisa amaconsi emvula enkulu asuka ophahleni.

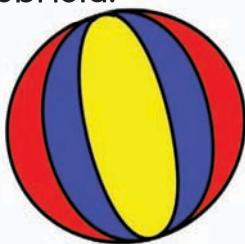
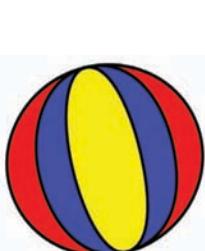




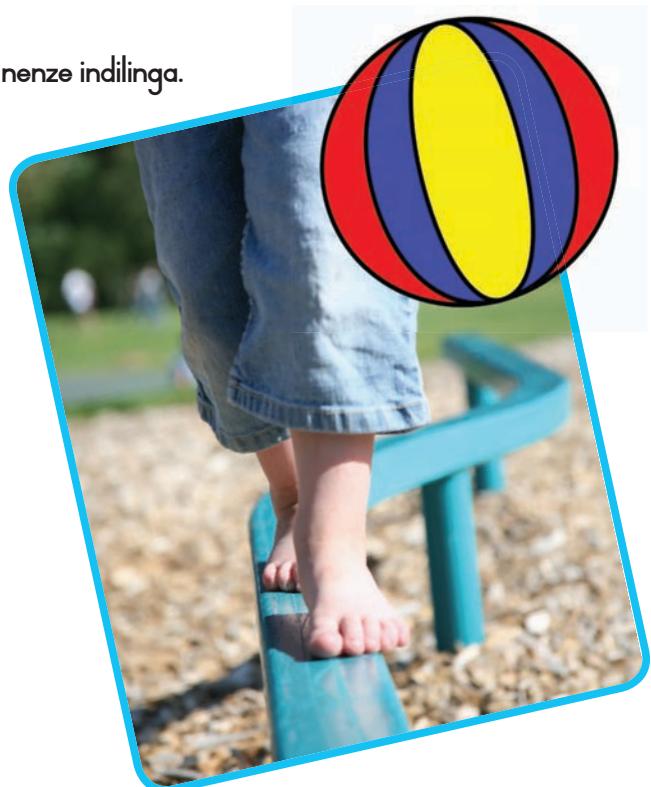
Masiqhubeka

Bambanani ngezandla nenze indilinga.

Phonselanani ngebhola.



Thola izindlela eziningi zokuzama
ukuhamba entanjeni ungawi ingawi.
Thola izindlela ongazisebenzisa
ezahlukene zokuhambahamba uya
kubangane ofunda nabo.



Masizijabulise

Dlala u-gxa.

Dweba izikwele neziyingga
enhlabathini.



Masiqhubeka

- Tshengisa umgani wakho ukuthi ungayisebenzisa kanjani ingqathu.
- Uthisha wakho uzokukhombisa ukuthi idlalwa kanjani imidlalo yesintu.



Umndeni wami



Masikhulume

Uthi bewazi ukuthi imindenayifani?

Eminye imindenimikhulu eminyemincane.

Eminye inawomama nawobaba kanti eminyekayinabo.

Eminye imindenihlala nawogogo nawomkhulu, nawomalume,
nawomamncane kanye nabazala.

• •

Buka lezi zithombe utshele umngane wakho ukuthi le mindenihlukene ngani omunye komunye.
Sebenzisa amagama akuleli bhokisi.

umama

ubaba

udadewethu

umkhulu

umfowethu

umntwana

ugogo

umndeni

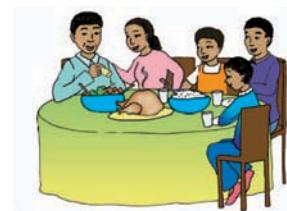




Bhala

Uhlala nobani ekhaya lakho?

Uhlala nobani ekhaya?



Ekhaya kunabantu aba-

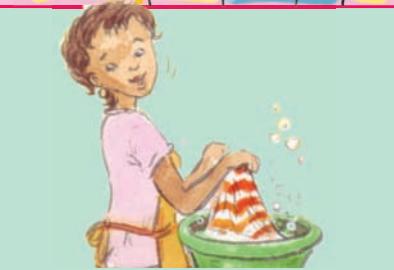
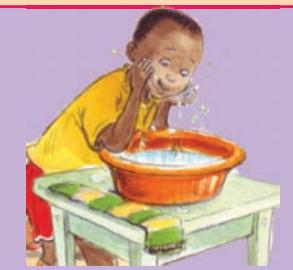
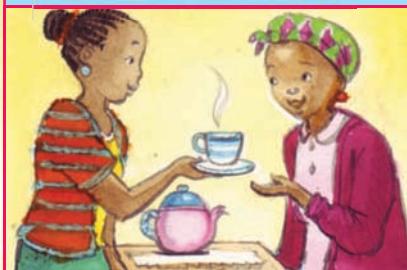
Ngubani omncane kunabo bonke abantu ekhaya?

Ngubani omdala kunabo bonke?



Masikhulume

Sonke sinemisebenzi esiyenzayo emakhaya ethu. Bheka izithombe ezingezansi, bese usho ukuthi ngubani owenza le misebenzi ekhaya kini.



Bhala umusho owodwa ngomsebenzi owenze izolo ekhaya.



Umndeni wami



Masizjabulise

Dweba isithombe sento eniyenza ndawonye nomndeni wakho. Yisho ukuthi ngubani lo muntu. Sebenzisa lawa magama, azokusiza.

umama

ubaba

udadewethu

umkhulu

umfowethu

umntwana

ugogo

umndeni



Umndeni wami

Siyanakekelana



Masifunde

Iminden i kumel i thandane inakekelana. Siyakhombisa ukuthi siyathandana, sikhombisa ngokubambana ngothando/ngokuhagana kanye nokusizana nokuhloniphana. Sidinga ukwenza lokhu ...

- ukusizana.
- ukuhloniphana (ikakhulu ukuhlonipha abantu abadala).
- ukwenza imisebenzi esiyinikeziwe ngesikhathi.
- ukuzinikela emisebenzini yethu.



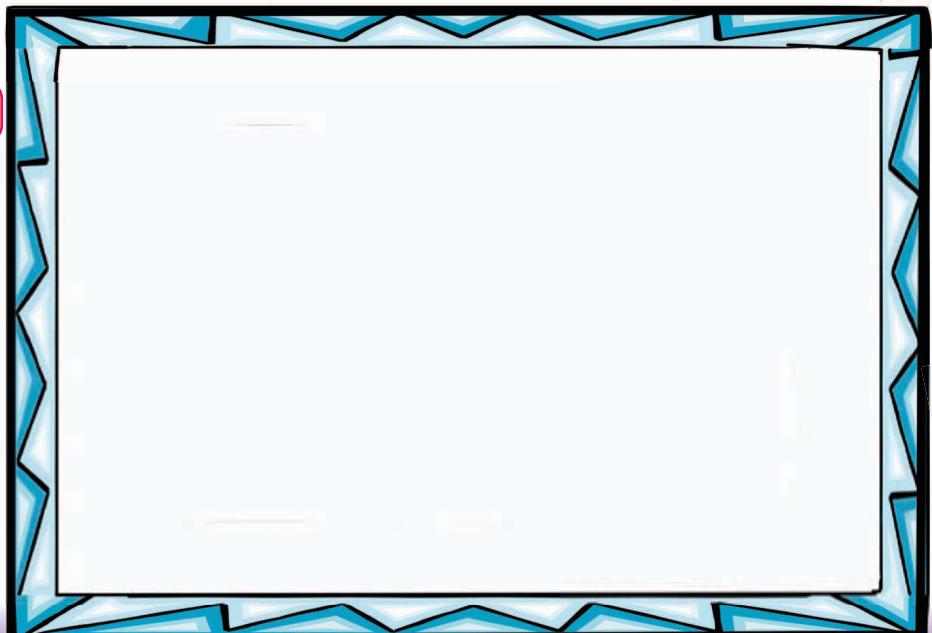
Masikhulume

Buka lezi zithombe bese usho ukuthi laba bantwana bayakhombisa ukuthi bayayinakekela iminden i yabo. Manje yenza umdlalo ukubonisa lokho okwenze ka esithombeni ngasinye.



Masenze lokhu

Dweba isithombe
sento oyenzayo
ukukhombisa ukuthi
uyawunakekela
umndeni wakho. Tshela
umngane wakho ukuthi
udwebeni.



Teacher:
Sign:
Date:



20 Ukukhombisa inkathalo



Masikhulume

Xoxa ngokuthi andekelana kanjani lawa malungu omndeni. Nikeza izithombe izinombolo usukele koku-l uye kowe-4 ukukhombisa ukulandelana kwezinto.



Masifunde

Imisebenzi yantambama

Umama upheka ukudla.

Ubaba ugeza izitsha.

Umfowethu nami sisiza umama nobaba.

Sisiza kakhulu.

Sisusa ubisi nesinkwa siyakukhweza.

Sesilungele ukuyolala.

Sixoxele izindaba zakusihlwa!





Masenze lokhu

Dwebela umuntu okuthandayo ikhadi. Dweba isithombe bese ubhala igama lalowo muntu.



Masenze lokhu

Ungakwenza yini okulandelayo?

	ukudlulisa ibhola ngokulishaya phansi liye kumngane.	yebo	cha
	ukudlulisa ibhola ngokulijikijela lidlulele kumngane.	yebo	cha
	ukushaya ibhola ngamadolo.	yebo	cha
	ukushaya ibhola liye emapalini.	yebo	cha
	ukudlulisa abakuvimbayo.	yebo	cha
	ukukhahlela ibhola lishaye amapali.	yebo	cha



Ukuphepha ekhaya kanye nasezindaweni ezizungezile (1)

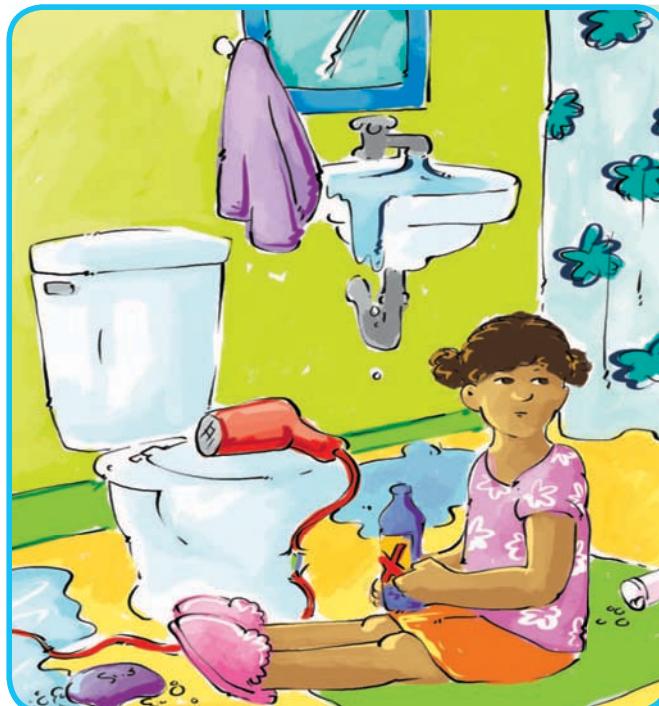


Masikhulumo

Kumele sihlale siphephile njalo uma sisekhaya. Kodwa kunezinto eziningi eziyizingozi emakhaya. Buka lesi sithombe, khuluma nomngane wakho ngezingozi ezingaba khona emakhaya uxoxe ngazo.

Ekhishini

- Phendula izibambo zamabhodwe zibheke emuva esitofini.
- Ungabeki imibese ebukhali noma yikuphi nje.
- Khiyela upharafini nemithi endaweni ephephile.
- Ungabeki amathoyizi noma yikuphi endlini.



Ekamelweni lokugezela

- Ungasebenzisi izinto zikagesi ngoba aziwafuni amanzi.
- Ungazishiyi eduze kwamanzi.
- Foka izikele nezinye izinto ezibukhali ekhabetheni.
- Ungahlanganyeli isixubho sakho nabanye abantu.

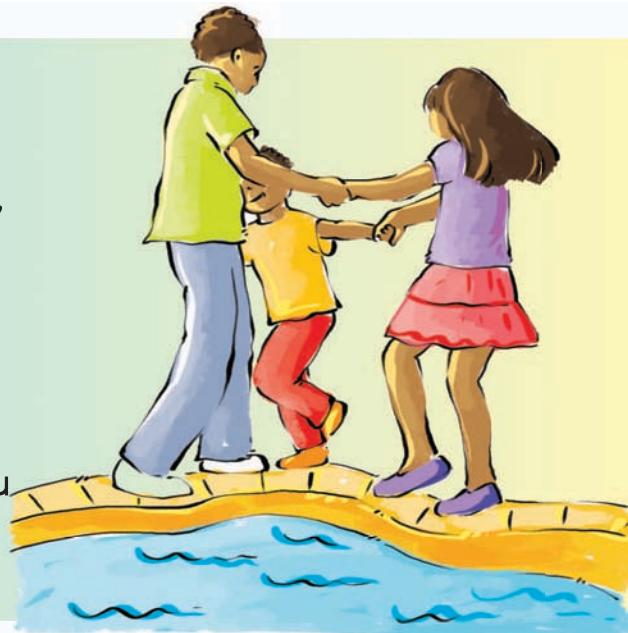


Ukuduma kwezulu, umbani nogesi.

- Uma liduma ungalingi ume ngaphansi kwesihlahla.
- Unga namathiseli lutho kugesi osodongeni. Cela umuntu omdala akusize.

Ngaphandle

- Cosha zonke izinto ezilimazayo, ezifana namabhodlela afile, ukufake emgqonyeni kadoti.
- Ungadlali eduze kwedamu lokubhukuda kungekho umuntu omdala eduze kwakho.



Ekhaya ngaphakathi

- Ungabeki amathoyisi noma kuphi endlini.
- Ungadlali ngopharafini kanye nezinto eziwushevu.
- Uma ubona ukuthi intambo kagesi yeketela kumbe ye-ayini ihlubekile, cela umama noma ubaba ayilungise.



22 Ukuphepha ngaphakathi nangaphandle kwekhaya (2)



Keeping safe

Buka lezi zithombe usho ukuthi yisiphi esinokuphepha yisiphi esingenakho. Beka uphawu (✓) kulezo ezinokuphepha ubeku uphawu lwsiphambano (✗) kulezo ezingenakho ukuphepha. Yisho ukuthi kungani kuphephile noma kungaphephile.





Masikhulume

Ingabe zikhona yini izinto ezingaphephile ekhaya lakho?
Yini ongayenza ngalokho? Ushev, imithi, kanye nezinye
izinto zokuhlanza indlu zingaba nobungozi kakhulu.
Ungalingi uphuze into ongenasiqiniseko sokuthi iyini.



Masinyakaze

Lolu phawu luchaza ukuthi kunento
ewushev u bhodleleni, ebhokisini kumbe
ethinini. Uke walubona lolu phawu
ngelinye ilanga?



Uthisha wakho uzokudlalela umculo aelete.

- Dansa uhambisane nesigqi somculo wakhe.
- Khethani umholi. Lo mholi kumele naye
adanse ahambisane nesigqi somculo. Wonke
umuntu makalandele umholi enze akwenzayo
ngendlela efanayo.
- Yima ngomlenze owodwa.
- Yima ngalona omunye umlenze owodwa futhi.
- Yimuphi umlenze osebenziseka kangcono?
- Beka intambo ende phansi enhlabathini
kumbe udwebe umugqa phansi. Hamba
ulandele intambo kumbe umugqa, uzame
ukungagudluki kuwo.
- Guqla-ke manje indlela intambo emi ngayo
noma umugqa owudwebile, phinda uhambe
phezu kwawo ungagudluki.



Ukuphepha uma ngisele ngedwa ekhaya



Masikhulume

Sewufundile ngezinto
ezingakulimaza ekhaya
kanye nasendaweni ezungeze
ikhaya lakho. Ungazigcina
kanjani uphephile uma usele
wedwa ekhaya.

Uma uwedwa ekhaya,
zama ukwenza lezi
zinto ezilandelayo ukuze
uhlale uphephile.



Ungabavuleli abantu ongabazi
uma bengqongqoza.



Khiya zonke izicabha
ezinkulu.



- Qiniseka ukuthi unocingo nezinombolo zabazali bakho eduze. Yiba nezinombolo zawomakhelwane futhi.
- Yenza uhlu lwezinombolo ezibalulekile, wenzele ukuthi uma udinga usizo.



Bhala

Zakhele uhla lwakho lwezinombolo ezibalulekile.



Eyamaphoyisa:



Eye-ambulense:



Eyabacishimlilo:

Ekamakhalekhukhwini
wamama:

Ekamakhalekhukhwini
wababa:

Ngubani omunye ongamshayela uma udinga usizo?





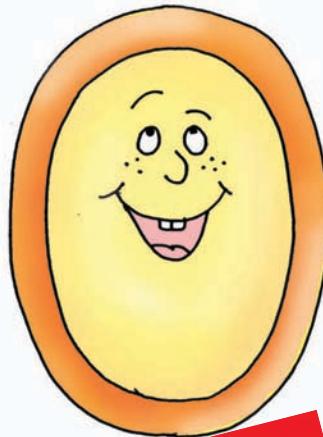
Okunye ofanele ukukhumbule



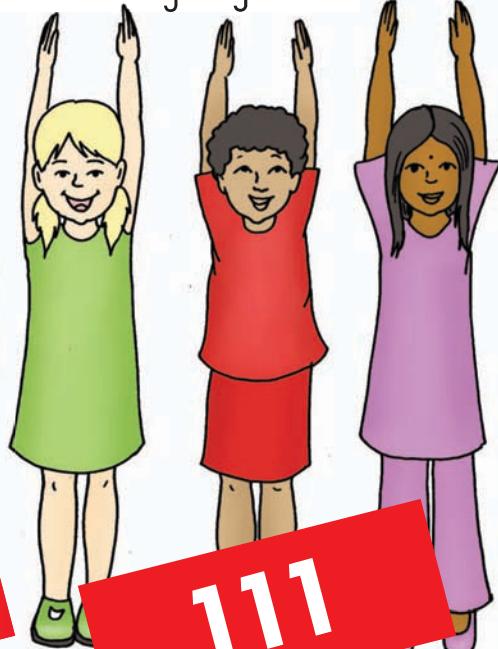
Masikhulume



1



0



111

Masiqbubeke

Khombisa ukuthi ungenzani uma uyingane ubona lezi zithombe.



Ungenzani uma ulandelwa noma usukelwa wumuntu ongamazi?



Ungenzani uma uzama ukusiza umama ukuthi axove inhlama yokubhaka amakhekhe?



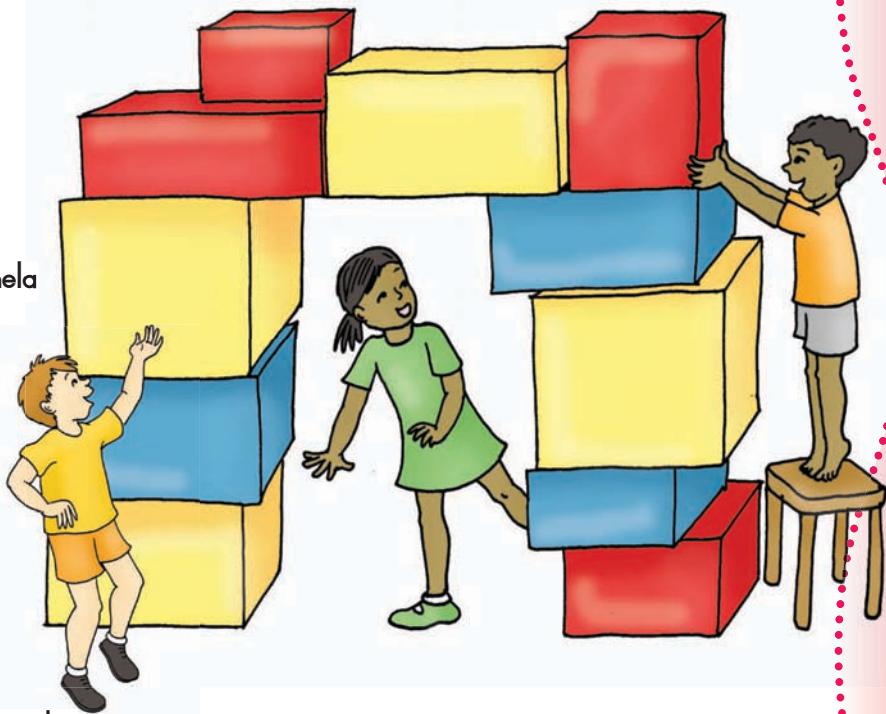
Ungenzani uma uzithole unyathela ibhodlela elifile?



Masenze lokhu

Bheka ukuthi ungakwazi yini ukuzakhela indlu yakho.

- Funa amabhokisi wakhe ngawo izindonga nophahla.
- Ungahlanganisa amabhokisi ngeglue. Uma indlu isiphelile, uyipende.
- Uma ungawatholi amabhokisi ongakha ngawo, sebenzisa noma yini enye ngaphandle kwengilazi namathini ngoba kona kungakulimaza.



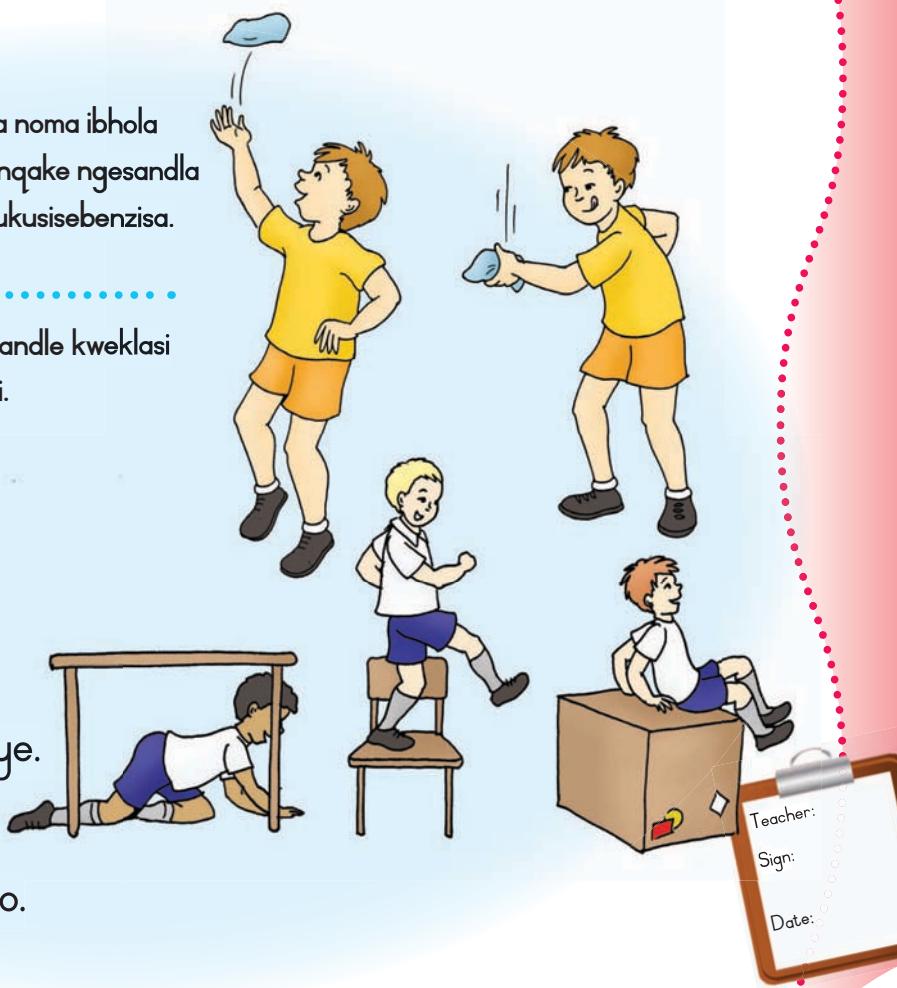
Masiqhubeke

Phonsa isaka noma ibhola phezulu ukunqake ngesandla ongavamile ukusisebenzisa.

Siza uthisha wakho nikhipheli ngaphandle kweklasi izihlalo, amatafula kanye namabhokisi.

Gibela esihlalweni noma etafuleni nasebhokisini, gaqa ngamadolo uphume ngaphansi kwazo, ugxume usuke kokunye uye kokunye.

Zama ukuma ngonyawo olulodwa phezulu kwesihlalo.





25

Umzimba wami



Bhala

Bhala amagama ezikhaleni ezifanele.

Ithemu 2 – ISonto 5 – Ikhosi lokusebenzela

umlenze

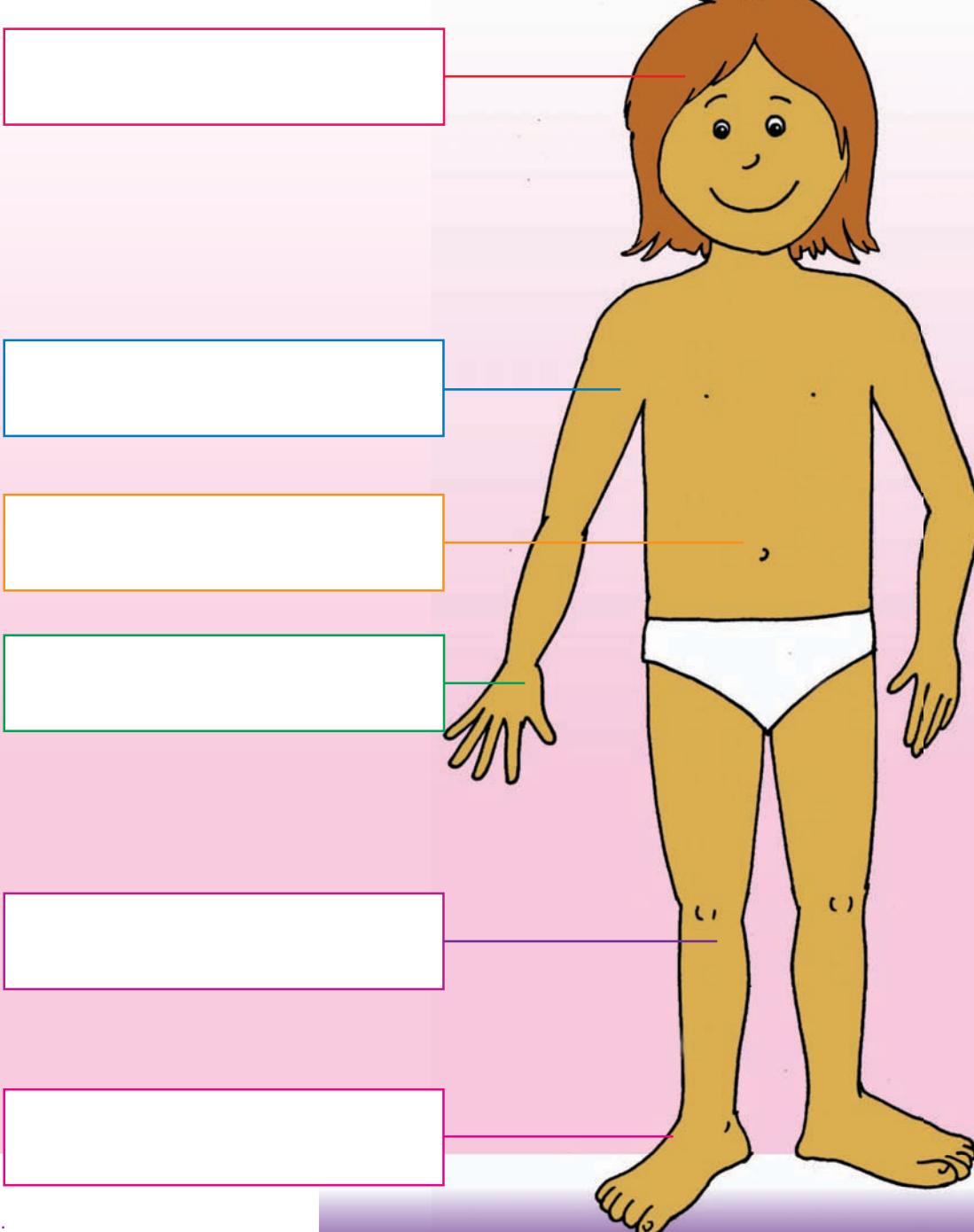
isandla

ikhanda

isisu

unyawo

ingalo



Usuku:



Masidwebe

Qedela lo mdwebo wobuso.

Dweba izinwele. Zama ukukopisha ubuso bakho. Uma unamehlo amnyama, zidwebe unamehlo amnyama. Uma unezinwele ezimnyama, dweba izinwele zibe mnyama.

Dweba amashiya, ikhala nomlomo wakho.

Ubuso yingxenye ebalulekile emzimbeni wakho.

Umantu ngamunye sinamehlo ama-2.



Umantu ngamunye sinezindlebe ezi-2.



Umantu ngamunye sinekhala eli-1.



Umantu ngamunye sinomlomo o-1.



Masicule

Cula leli culo. hinta ingxenye yomzimba obiza igama layo.

Ikhanda namahlombe

Ikhanda namahlombe, amadolo nezinzwane,

amadolo nezinzwane

Ikhanda namahlombe, amadolo nezinzwane

Ikhanda namahlombe, amadolo nezinzwane,

amadolo nezinzwane, amadolo nezinzwane



Masiqhubeke

Dlala umdlalo othi "uSimoni uthi..."



Izinzwa zami

Masikhulume

Buka izinhlobo ezahlukene zezinzwu bese usho ukuthi sizisebenzisela ukuzwa ini.

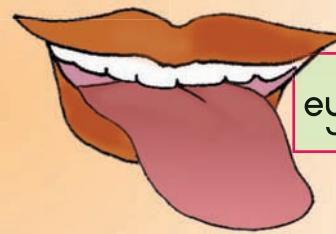


eyokulalela

eyokubona



eyokuthinta



eyokunambitha



eyokuhogela

IThemu 2 – ISonto 6 – Ikhosi lokusebenzela

Masifunde

Sisebenzisa izinzwane zethu nsuku zonke.

Siyakunuka siphinde sikunambithe ukudla. Siyakwazi ukuzwa ukuthi usiba luthambe kangakanani.

Siyabona ukuthi isibhakabhaka siluhlaza ehlolo.

Siyawulalela umculo.

Izinzwa zethu ziyasenza siphephe futhi.

Siyawunuka umlilo uma useduzane.

Siyasithinta isitofu ukuzwa ukuthi siyashisa yini.

Siyabona uma kungaphephile ukuwela umgwaqo.

Siyezwa uma kukhala i-alamu esixwayisa ngengozi.





Masenze lokhu

Ukunakekela amehlo nezindlebe.

Sidinga ukuzinakekela izinzwa zethu.

Nazi izindlela zokunakekela amehlo akho nezindlebe.



Nakekela izindlebe
ngokuvika ukulalela
umculo ophakeme.

Nakekela amehlo ngokugqoka
ikepisi kumbe izibuko zamehlo.
Ungalibuki ilanga ngqo.



Bhala

Buka ithebula elingezi, beka uphawu ✓ kuleyo nzwa kumbe izinzwa
ozisebenzisayo. Ungabeka uphawu ezinzweni eziningi uma uthanda.





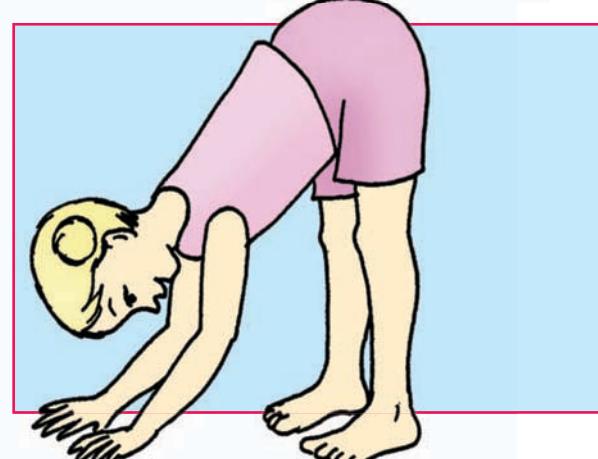
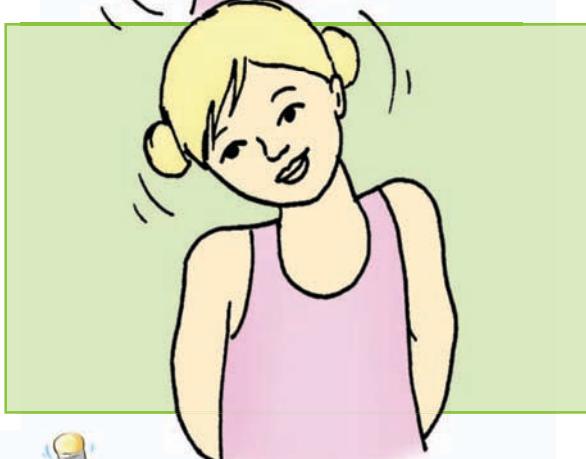
Ukunyakazisa umzimba wami



Masikhulume

Buka lezi zithombe. Yisho ingxenye ngayinje yomzimba ukuthi kuthiwa yini futhi ikusiza ukwenzani.

Sisebenzisa imizimba yethu ukuya le nale.



Bhala

Phendula le mibuzo ndawonye nomngane wakho. Bhala izimpendulo encwadini yakho ngaphansi kwemibuzo.

Iyiphi ingxenye yomzimba oyisebenzisa uma uhamba?



Usebenzisa ziphi izitho zomzimba uma ufunza ukucosha okuthize?



Masiqhubeke

Uthisha wakho uzokutshengisa ukuthi umdlalo "wekati negundane" udlalwa kanjani.





Masifunde

Kunezingxenye zomzimba wakho ongeke ukwazi ukuzibona.

Zonke ziya sebenzisana ukwenza ukuthi uphile.

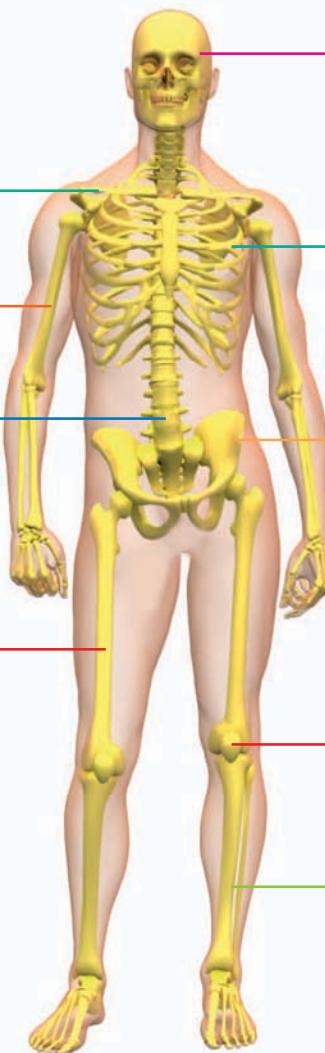
Amathambo

ingqwababa

ithambo lengalo

umqolo

ithambo lomlenze



ugebhezi

izimbambo

idanda

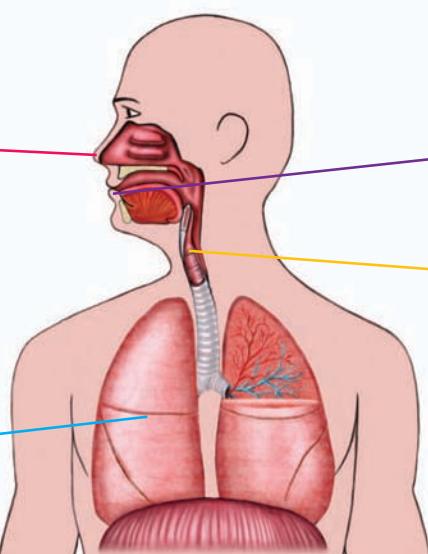
idolo

ithambo lomlenze

Izingxenye zomzimba ezikusiza ukuthi uphefumule

ikhala

iphaphu



umlomo

umphimbo

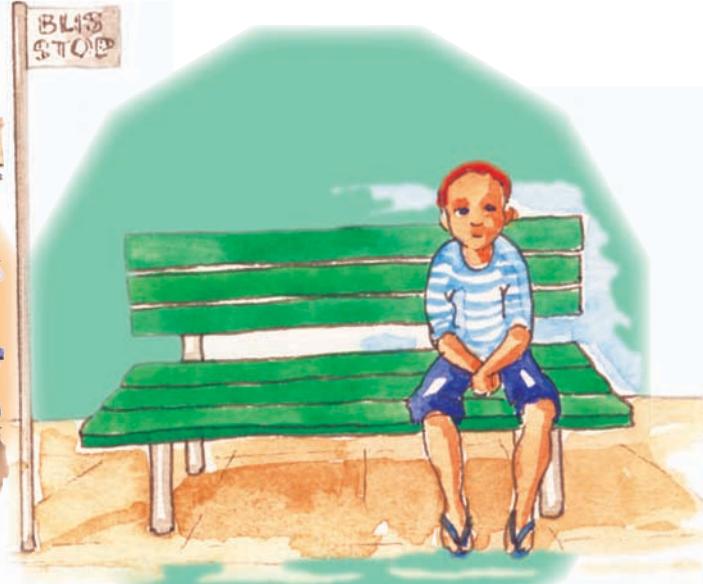
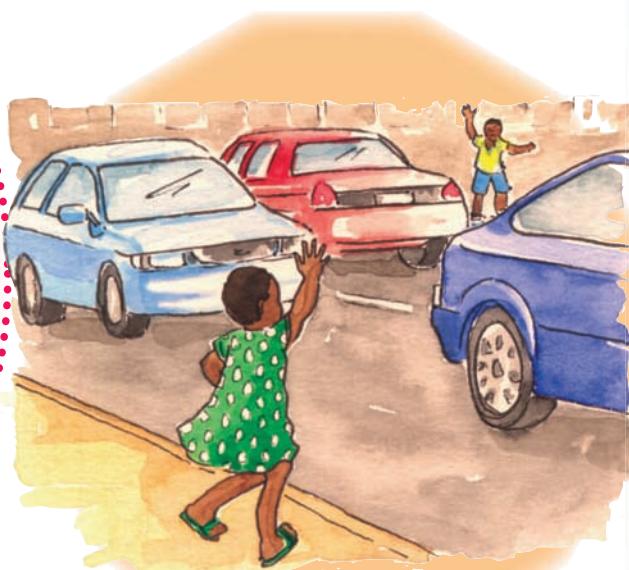
Teacher:
Sign:
Date:

Cabanga ngokushesha



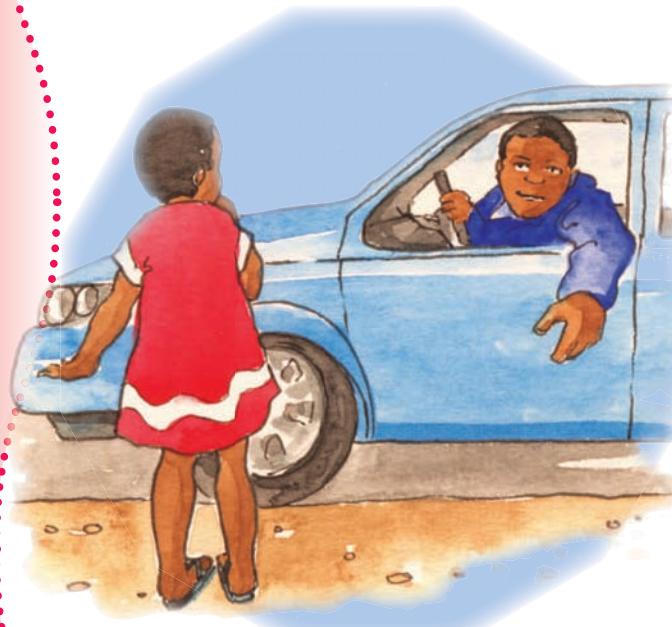
Masikhulume

Buka lezi zithombe ezingezansi bese utshela umngane wakho ukuthi ubonani.
Chaza ukuthi isithombe ngasinye sithi ungenzanjani ukuthi uphephe.



Ubona umngane wakho ngaphesheya komwaqo.

Ulinde ibhasi esitobhini.



Umuntu ongamazi ucela ukuthi uhambe naye.

Ulahlekile ezitolo.

Sizizwa sithi "**yebo**" uma umuntu esigona,
lokhu kuzwakala kulungile. Kumnandi
ukugonwa ngumuntu omthanda
ngendlela enobungani nothando.



Woza lapha ntombazane.
Ngizokuthengela uswidi.

Asibi nemizwa emihle uma umuntu
esithinta ngendlela eyethusayo
neyesabisayo. Uma sethuka noma
sizwa sesaba silahlekelwa yimizwa.

Umzimba wakho ubalulekile ngowakho.

Kumele uthi "**yebo**" kuphela uma **KUKUHLE**
ukuthintwa omunye umuntu, uthi "**cha**" uma
KUNGEKUHLE.

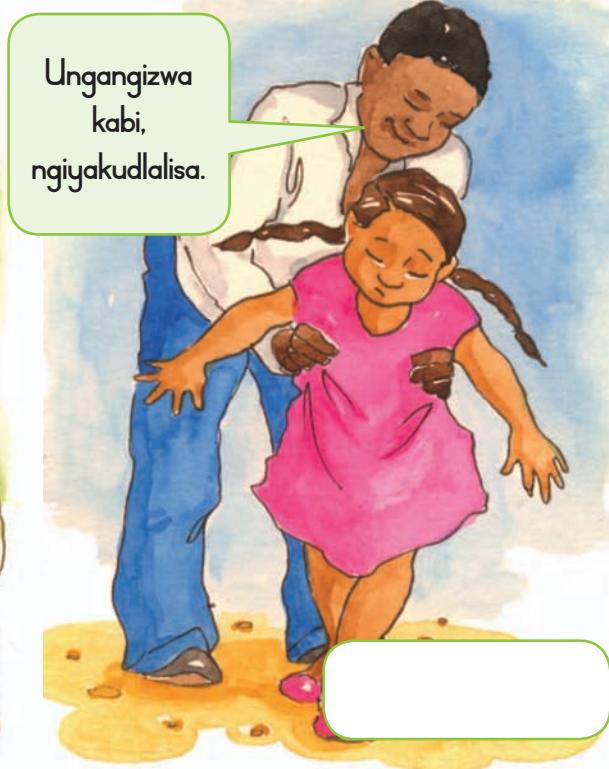
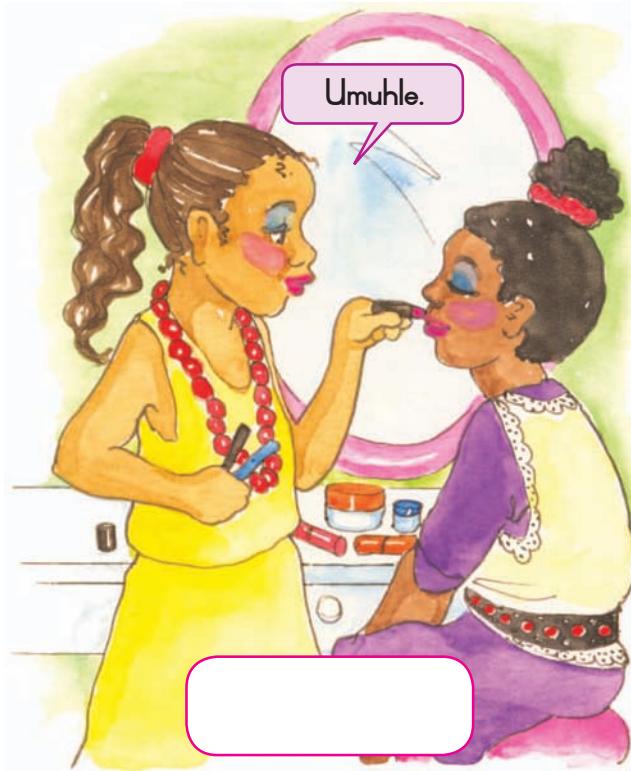
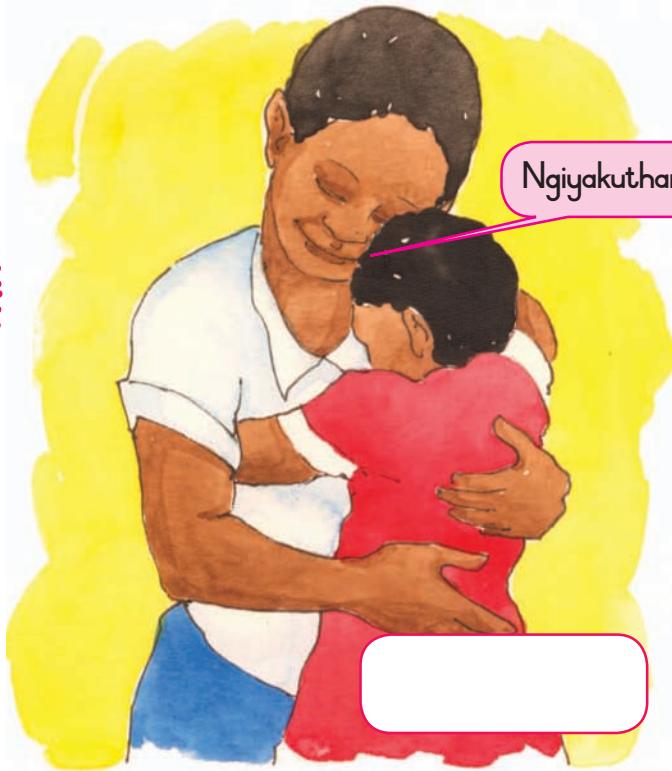


Teacher:
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Date:

Ukuzigcina uphephile



Buka lezi zithombe ezingezansi bese ubhala Yebo uma kufanele uthi "yebo" ngalokho okuzwayo, ubhale "cha" uma kungafanele lokho okuzwayo.





Masenze lokhu

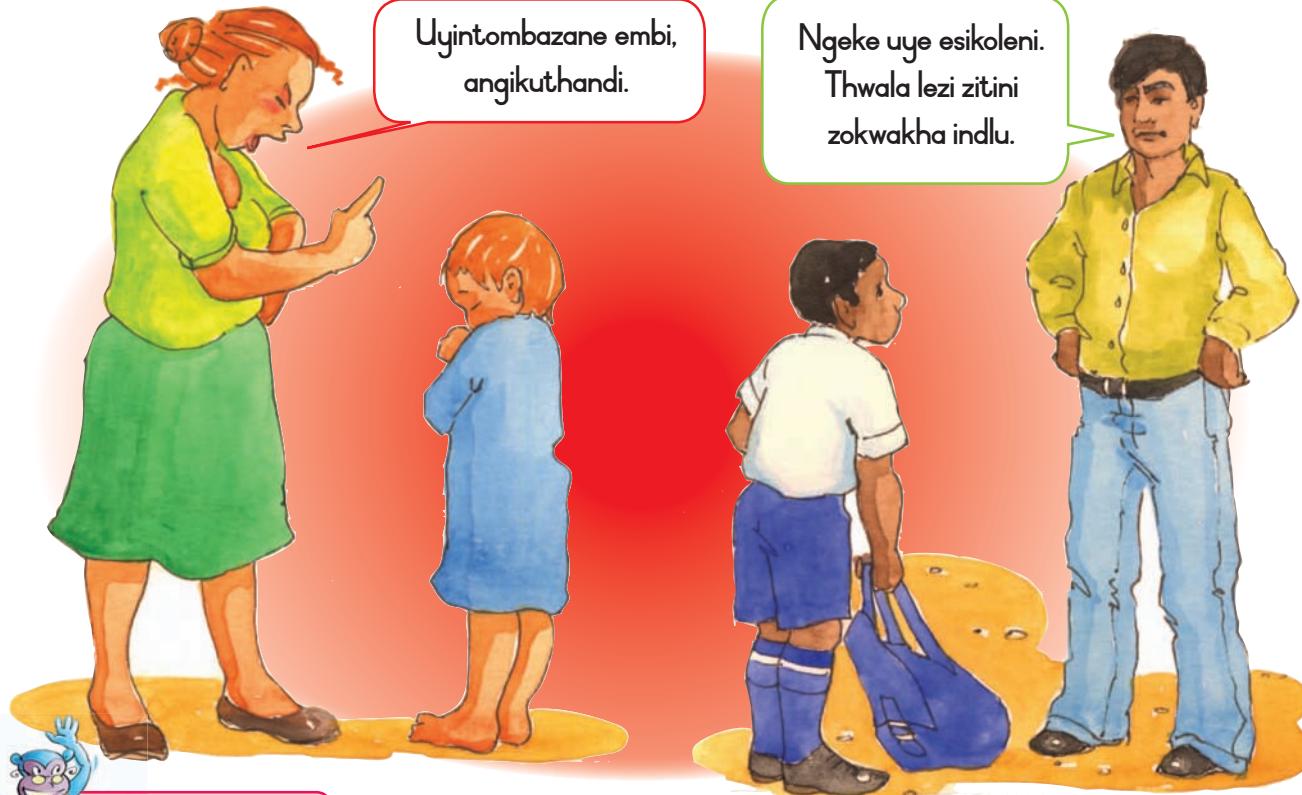
Zijwayeze ukuthi "Cha" ngokusho uphindaphinde.

Dlalani umdlalo lapho nizokwenza omunye wenu abe ngumuntu eningamazi khona ofuna ukuthathha umntwana ngemoto. Lowo mntwana makathi "cha".



Masikhulumu

Abanye abantwana banamakhaya abahlala kuwo benganakekelwe muntu. Buka lezi zithombe. Xoxa usho ukuthi ungathini uma uyingane oyibona esithombeni. Yisho ukuthi wena ungenzanjani.



Masiqhubeke

Dlala umdlalo "wokuma unganyakazi".

Nyakaza uye nomu yikuphi, kodwa uma uthisha eshaya impempe, yima unganyakazi. Kumele unganyakazi kuze kusho uthisha ukuthi sewunganyakaza. Uyakwazi ukuma unganyakazi ngempela?

Hamba ulandele intambo ebekwe phansi enhlabathini ubone ukuthi uyakwazi yini ukuyilandela ungaphumi nakancane.





Ukwenza umzimba wami uhlale upholile



Masifunde

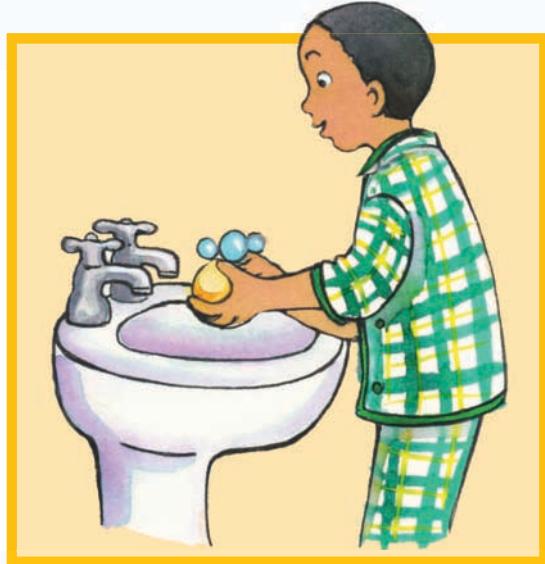


Kunezindlela eziningi esingazithola sesigula ngazo. Ezikhathini eziningi sigula ngoba singenwe ngamagciwane. Amagciwane mancane, asikwazi ukuwabona. Angena emzimbeni asigulise. Kungangena emizimbeni yethu kusigulise.



Masikhulume

Zenzani izingane ozibona esithombeni ukuzigcina ziphilile? Yini engenzeka uma zingayeka ukwenza lokhu ezikwenzayo?



Usuku:



Khuluma ngalezi zithombe. Faka uphawu ✓ azithombeni ezikwenza uhlale uphilile. Faka uphawu ✗ ezithombeni ezikwenza uzipwe ugula.



Teacher:
Sign:
Date:

Ukwenza umzimba wami uhlale upholile



Masikhulume

Izindlela zokuhlanza amanzi?

Uthi bewazi ukuthi kunamanzi angcolile nangangcolile? Ungaqiniseka kanjani ukuthi amanzi owaphuzayo alungile noma awalungile?

Ungabilisa amanzi angcolile ngeketela ukubulala amagciwane.



Ungakucwenga ukungcola. Uthisha wakho angakubonisa ukuthi lokhu kwenziwa kanjani.

Ungafaka ithisipuni lebhlishi (njengeJik) ebhakedeni elingamalitha angama-20 amanzi. Livale ibhakede ukuze kungangeni izimpukane.

Makuphele amahora angama-28 bese uwaphuza-ke lawo manzi.





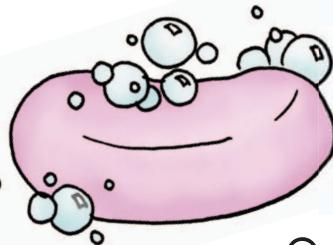
Masikhulumo

Buka lezi zithombe bese
uxoxa ngalokho okubona
kwenziwa yizingane ukuze
zihlale ziphilile.

Lahla amathishu assetshenzisiwe
emgqonyeni kadoti kumbe
endlini encane.



Geza izandla
ngaphambi
kokuthi udle.



Geza izandla emva kokuya
endlini encane.



Uma ungcolisile endlini encane,
hlikihla bese ugeza izandla.



Vala umlomo uma ukhwehlela
noma uthimula.

Teacher:
Sign:
Date:

Make sibone-ke



Masikhulume

Chaza ukuthi yini
oyifundile kumathemu
amabili adlulile.



Ngiyakwazi ukukhuluma ngomndeni wami.

Ngiyakwazi ukuhamba ngilandele intambo encane.

Ngiyakwazi ukushayela amaphoyisa.

Ngiyakwazi ukuthi "yebo" noma "cha" uma kufanele.

Ngiyakwazi ukunqaka ibhola.

Ngiyakwazi ukuhlala ngiphephile ekhaya.

Ngiyakwazi ukuzinakekela uma ngingedwa ekhaya.

Ngiyawusiza umndeni wami.

Ngiyasazi isikole sami ngaphakathi nangaphandle.

Ngiyakwazi ukuzigcina ngiphilile.

Ngiyakwazi ukusebenzisa zonke izinto ezisesikhwameni
sami sesikole.

Ngiyazazi izinhlobo ezikhona ezahlukene zeminden.

Ngifunde izinto eziningi esifundweni Amakhono Empilo.

Isichazamazwi sami

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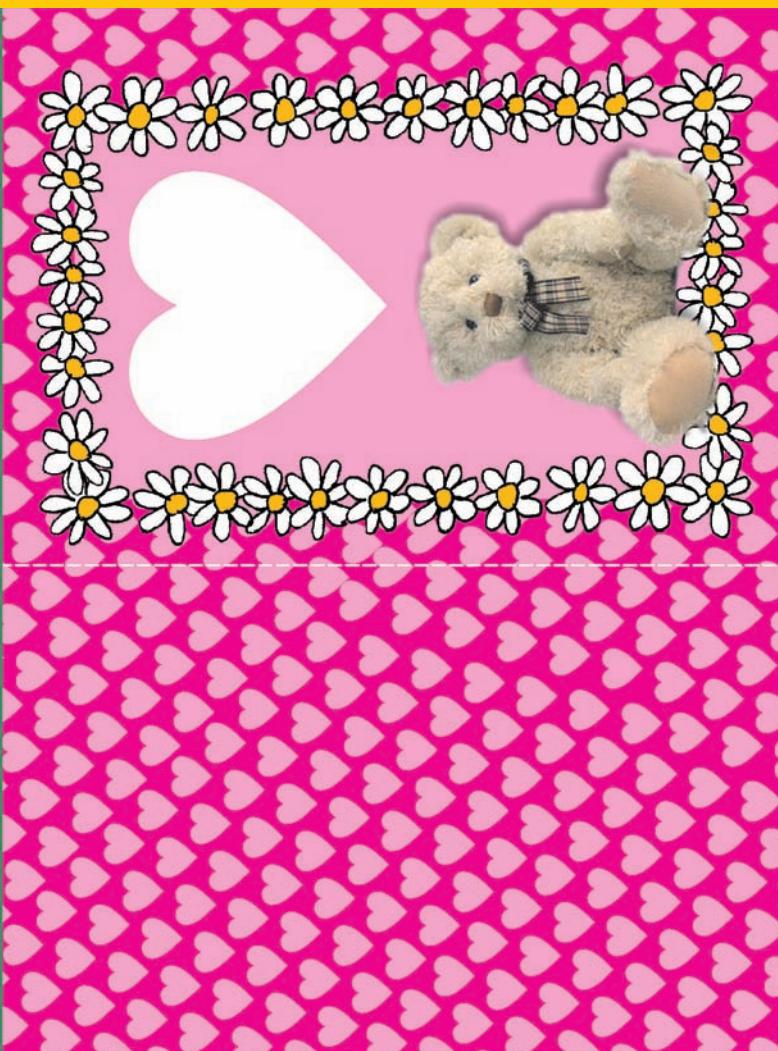
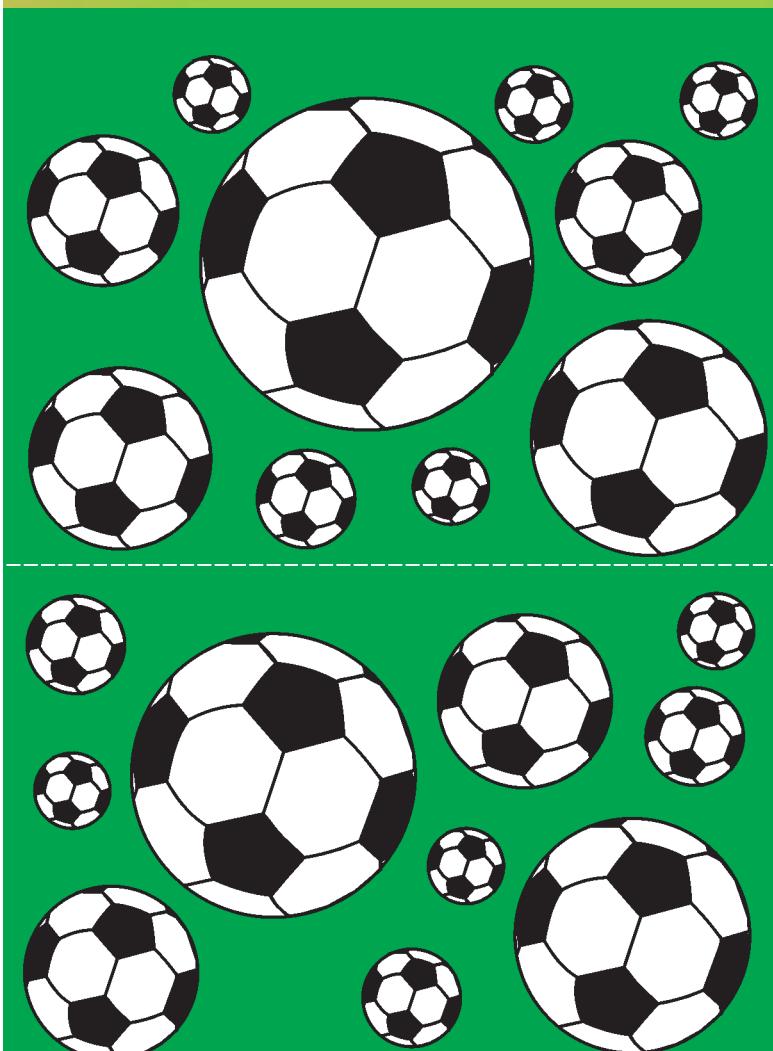
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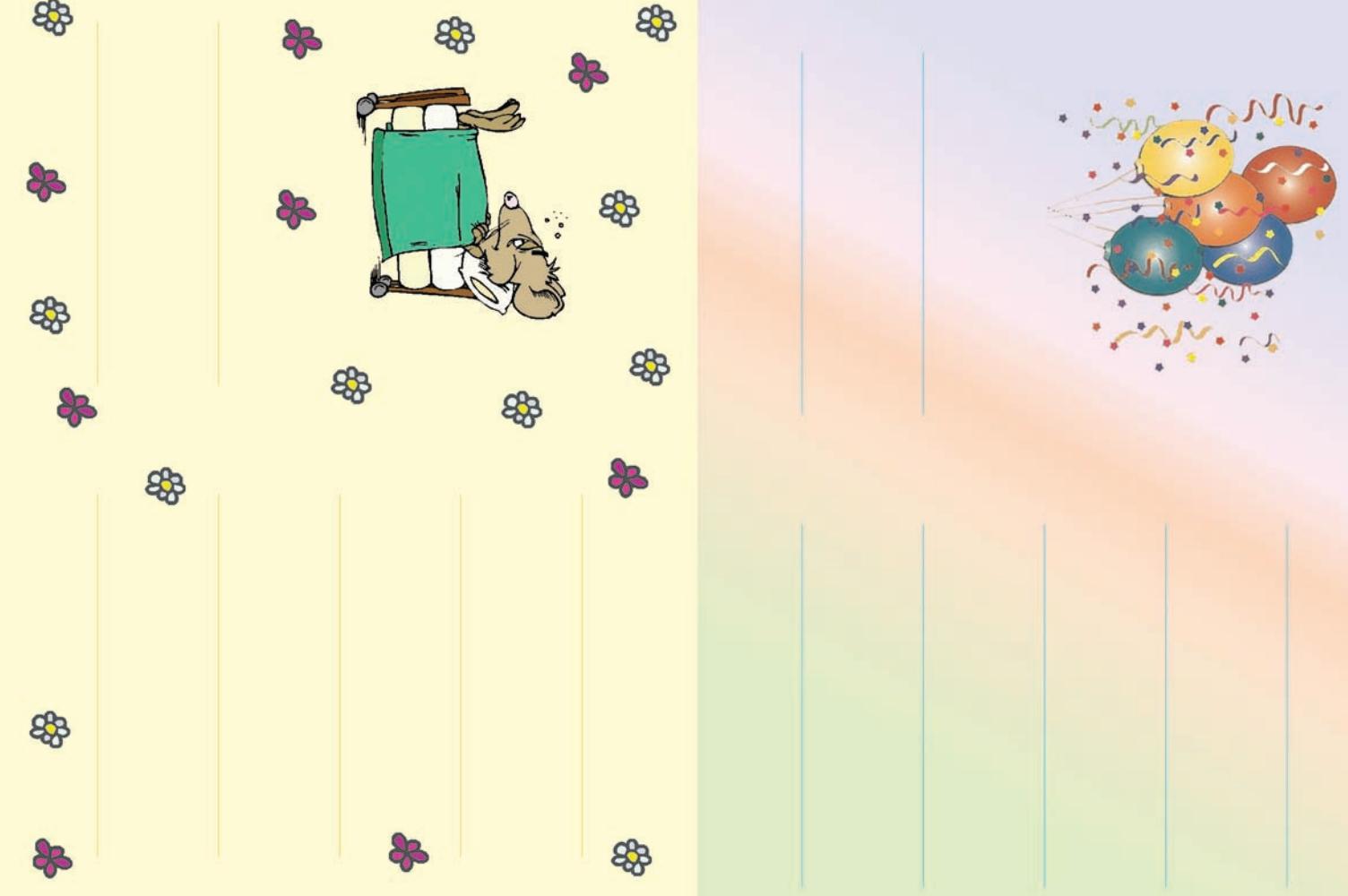
Q
q

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.

