

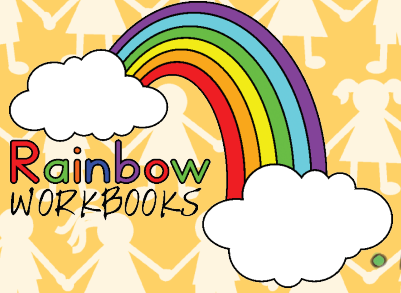


Ihlaziywe yaze
yalungelelaniswa
neCAPS

Ibanga loku-



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LIFESKILLS IN ISIXHOSA
GRADE 1 – BOOK 1
TERMS 1 & 2
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ngesiXHOSA
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Ikota 1 & 2



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Iklasi:



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Basic Education
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UNksk. Angie Motshekga,
uMphathiswa weMfundo
esisiSeko



UMnu. Enver Surty,
uSekela Mphathiswa
weMfundo esisiSeko

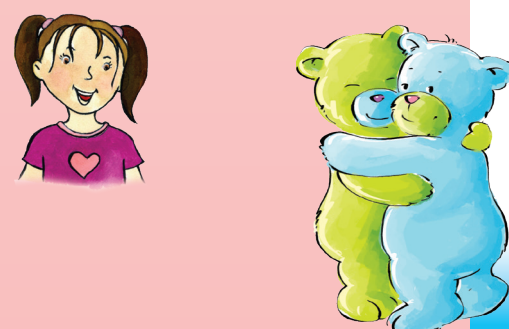
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Sinethemba lokwenene lokuba abantwana baya kukonwabela ukusebenza kwezi ncwadi ekukhuleni nasekufundeni kwabo, kwanokuba nawe titshala uya kwabelana nabo kolu yolo.

Sinqwenela ukuba nibe nempumelelo ekusebenziseni ezi ncwadi.



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Ibanga loku-

1



Izakhono zoBomi
NGESIXHOSA
Incwadi yoku-I



Le ncwadi yeka:





Malunga nam

Ikota yoku-1 – Iveki yoku-1 – Iphepha lomsebenzi loku-

1



Masenze

Ncamathelisa ifoto yakho okanye zizobe apha.



Igama lam ndingu



_____.

Ifani yam ngu

_____.

Ndineminyaka e _____
ubudala.

Siba _____ ekhaya.

Inombolo yefowuni
yasekhaya ngu:

_____.

Idilesi yasekhaya:



Ndiyilwazi usuku lwam lokuzalwa.

ewe

andiqinisekanga

hayi

2

Umhla:





UJoe uyincutshe kwibhola ekhatywayo.

Zoba into oyincutshe kuyo.



Xelela abahlobo bakho ukuba uyincutshe kweyiphi into.
Emva koko fakela umbala kwinkwenkwezi ekwibhokisi
echanekileyo ubonise into okwaziyo ukuyenza.

Masithethe



Ndiyakwazi ukufunda.



Ndiyakwazi ukuzinxibisa.



Ndiyakwazi ukubhala
igama lam.



Ndiyakwazi ukudanisa.



Ndiyakwazi ukwenza iti.



Ndiyakwazi ukuxukuxa
amazinyo am.

Ututshala:
Sayina:
Umhla:



Imibala nokudanisa



Masenze

Uyayazi le mibala?
Xeleta umhlobo wakho amagama
ale mibala.



Fakela umbala ochanekileyo kumfanekiso ngamnye.



Ibhanana emthubi



Iapile elibomvu



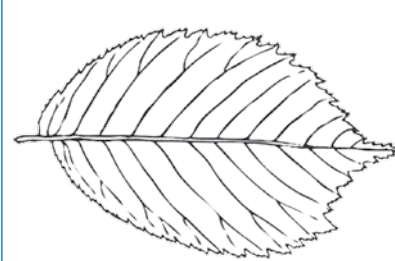
Ijezi ezuba



Iambrela emibalabala



Iorenji elio renji



Igqabi eliluhlaza



Masishukume

Phambi kokuba nenze umsebenzi phandle, zoluleni okwekati. Oku kuza kwenza ukuba imizimba yenu ishukume lula. Kufuneka nizolule kwakhona emva komsebenzi ukuze nizipholise nomzimba ukhululeke. Oku kuya kunceda umzimba wakho ungabi namikhinkqi. Linganisa aba bantwana ke ngoku.



Cula ingoma ethi "Intloko namagxa" ngeli xa:

- wenza ngathi udlala igubu.
- wenza ngathi udlala ikatari.





Masonwabe

Qhwaba izandla kwezi patheni.



Qhwaba Qhwaba Qhwaba Qhwaba



Qhwaba Qhwaba Qhwaba



Qhwaba Qhwaba Qhwaba Qhwaba

Qhwaba

Qhwaba

Qhwaba



Masenze

Uyakwazi ukwenza ezi zinto? Bonisa abahlobo bakho.

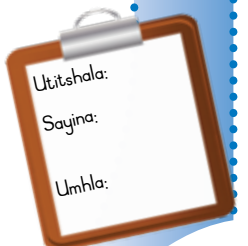
Ndiyakwazi ukubaleka ndiye kumacala
ahlukeneyo ndingakhange ndigile mntu.



Ndiyakwazi ukutsiba ugqaphu.



Ndiyakwazi ukuqengqela umhlobo
wam ibhola enkulu.



Sonke sibalulekile



Masithethe

Jonga umfanekiso uze uxelele umhlobo wakho malunga nomahluko ophakathi kwaba bantwana.



Enkulu nencinci

Abanye bethu bakhulu, abanye bethu bancinci.

Abanye bethu bade, abanye bafutshane.

Abanye bethu bayakwazi ukutsiba abanye bayakwazi ukucula.

Sonke kukho into esikwazi ukuyenza kakuhle.

Yintoni okwazi ukuyenza kakuhle?



Masithethe

Xelela abahlobo bakho wakho ukuba waziva njani ngosuku lwakho lokuqala esikolweni.

wawonwabile	wawulusizi	wawuchwayitile	wawunomsindo	wawuneentloni



Masizobe

Zoba umfanekiso ubonise **indlela onokuziva ngayo** xa umntu ekupha into yokudlala entsha. Bhala indlela oziva ngayo kwisithuba esingezantsi.



Masithethe

Xelela umhlobo wakho okwenzeka kumfanekiso ngamnye.

Chaza ukuba ubunokuziva njani ukuba ezi zinto bezinokwenzeka kuwe?

Phawula ubuso obuchanekileyo.



Intombazana endala
ithatha izinto zakho.



wonwabile



uchwayitile



ulusizi

Wena nomhlobo wakho
nidlala kunye.



unomsindo



wonwabile



uyoyika



Uvula isipho.



uyoyika



uchwayitile



uneentloni

Umnakwenu okanye
udade wenu waphula
into yakho yokudlala
oyithandayo.



uneentloni



uyavuya



unomsindo



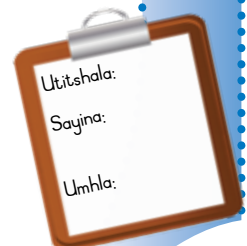
Masenze

Gximfiza umnwe wakho kwibhokisi yokuqala, yitsho kumhlobo wakho
agximfize owakhe umnwe kwenye ibhokisi.

Ubusazi ukuba akukho namnye ehlabathini
onomnwe ofana nowakho? Ubaluleke
kangangokuba mnye kuphela **uwena**
ehlabathini. Namawele akanaminwe ifanayo.



Uyabona ukuba imigximfizo
yeminwe yahlukile?



Ututshala:

Sayina:

Umhla:





Masithethe

Sonke sahlukile

Jonga aba bantwana.
Bafana njani?
Bahluke njani?



Masenze

Jonga umfanekiso uze ucinge ngokuba ezi ngxelo ziyinyani na okanye aziyonyani.
Izivakalisi eziyinyani zifake umbala oluhlaza.
Izivakalisi ezingeyonyani zifake umbala obomvu.



Bonke baneengalo ezi-2
nemilenze emi-2.



Bonke
ngamantombazana.

Bonke banxibe izihlangu.



Bonke banxibe iibhulukhwe.

Bonke ngabantwana.



Bonke baneenwele ezinde.



Masizobe

Zizobe kwisikhewu sokuqala. Zoba umhlobo wakho osenyongweni. Wakugqiba jonga imifanekiso uze uchaze ukuba wahluke njani kumhlobo wakho.

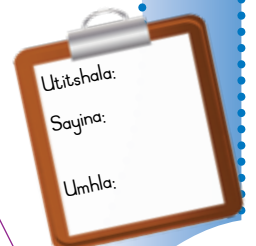
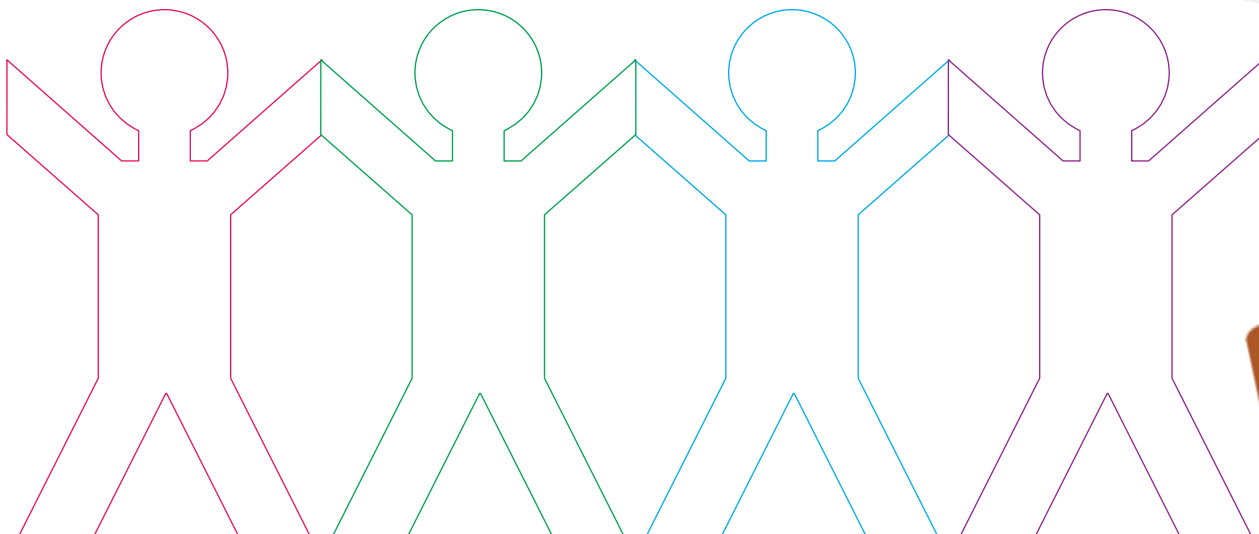


Mna	Umhlobo wam



Masenze

Jonga umfanekiso uchaze ukuba wena nomhlobo wakho nifana njani kwaye nahluke njani. Faka imibala kweli tyathanga lobuhlobo ubonise ukuba umntu ngamnye wahlukile. Wakugqiba ungalisika eli tyathanga kwicandelo lemisiko elikule ncwadi uze ulihombise.



Ututshala:
Sayina:
Umhla:



Masicengceleze

Masenze

Phambi kokuba wenze isicengcelezo, yenza le mithambo.
Bizela umphefumlo kakhulu uze uwukhuphe kancinci. Yenza
ngathi uvuthela amakhandlela ekeyiki yosuku lokuzalwa kwakho.
Yenza ngathi uyagodola, uze uthi "Brrrrrrrrrrrr"



Inkawana ezintlanu

Iinkawu ezintlanu zakhwel' ebhedini,
Yawa enye yathi ngqu ngentloko,
Mama biz' ugqirha, wathi ugqirha
"Hay' hay' hayi, iinkawu azikhwel' ebhedini!"

Iinkawu ezine zakhwel' ebhedini,
Yawa enye yathi ngqu ngentloko,
Mama biz' ugqirha, wathi ugqirha,
"Hay' hay' hayi, iinkawu azikhwel' ebhedini!"

Iinkawu ezintathu zakhwel' ebhedini,
Yawa enye yathi ngqu ngentloko,
Mama biz' ugqirha, wathi ugqirha,
"Hay' hay' hayi, iinkawu azikhwel' ebhedini!"

Iinkawu ezimbini zakhwel' ebhedini,
Yawa enye yathi ngqu ngentloko,
Mama biz' ugqirha, wathi ugqirha
"Hay' hay' hayi, iinkawu azikhwel' ebhedini!"

Iinkawu enye yakhwel' ebhedini,
Yaw' ebhedini yathi ngqu ngentloko,
Mama biz' ugqirha, wathi ugqirha,
"Hay' hay' hayi, iinkawu azikhwel' ebhedini!"





Masizobe

Zoba ubuso bakho.

Bonisa amehlo, iindlebe, impumlo, umlomo kunye neenwele.

Xelela umhlobo wakho indlela okhangeleka ngayo.

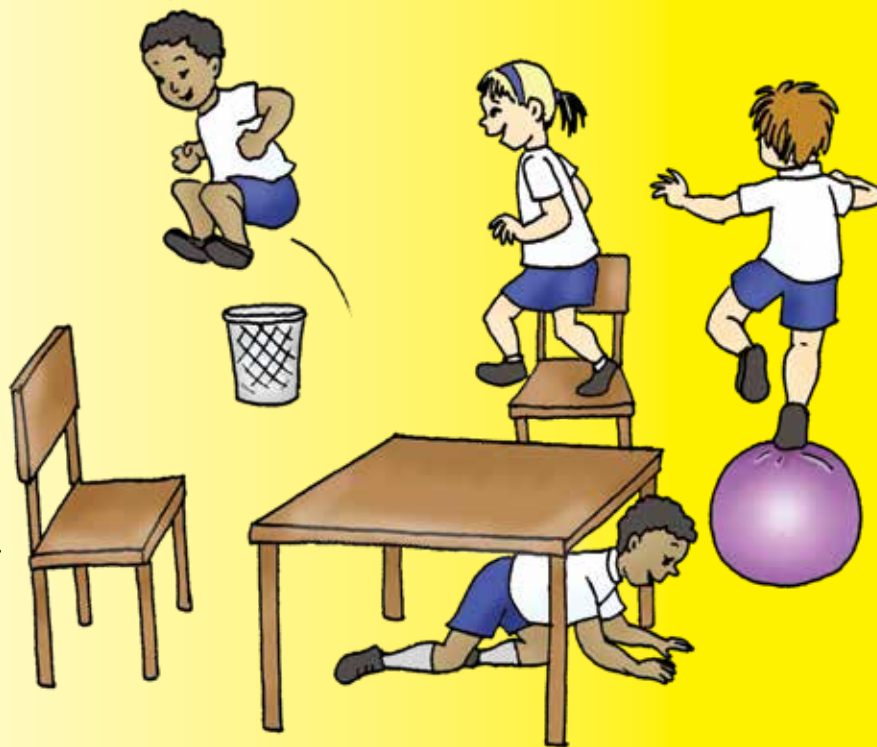


Masishukume

Yenza ibala lemiqobo
elifana neli ngaphandle
eklasini yakho uncediswa
ngutishala.

Tsiba usuke esitulweni
uye kwesinye.

Khasa phantsi kweetafile.



Ututshala:
Sayina:
Umhla:



Ndiyazingca ngesikolo sam



Masenze

Zizobe unxibe iyunifomu yesikolo. Bhala iimpendulo ezishiyiweyo.

Ndifunda kwisikolo

i _____.

Igama likatitshala wam
ngu _____.

Inqununu yesikolo
ngu _____.



Masibhale

Jonga le mifanekiso.
Sika ke ngoku igama
elichanekileyo
lomfanekiso ngamnye
uze ulincamathelise
ecaleni komfanekiso.











igumbi
langasese

ibala lokudlala

iklasi

iofisi

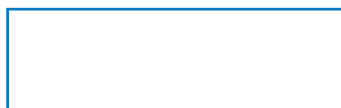
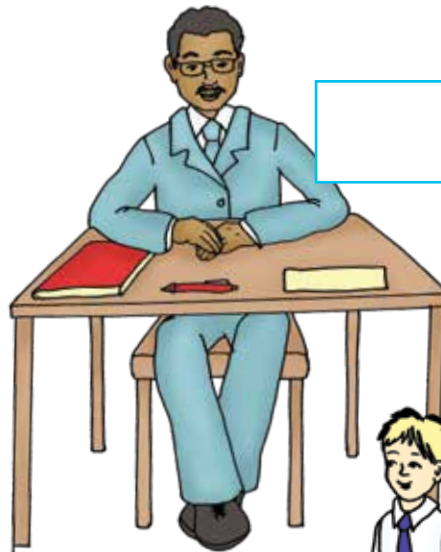
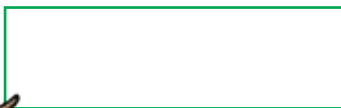
unobhala





Masibhale

Ngoobani abantu abohlukeneyo abakhoyo esikolweni? Jonga emfanekisweni uze uthethe malunga nokuba bangoobani na nokuba benza ntoni na. Wakugqiba sika igama elichanekileyo elisezantsi ephepheni uze ulincamathelise ecaleni komfanekiso ngamnye. Chazela umhlobo wakho indlela eya kwiofisi yenqununu, kwigumbi langasese nakwibala lemidlalo.



Masonwabe

Isingxobo seepenisile zikaJohn siwile. Bala ukuba uneekhrayoni ezingaphi, uze ubhale elo nani ebhokisini. Kwiphepha elilodwa, zoba umfanekiso usebenzise imibala eqaqambileyo, ubonise indlela enidlala ngayo nomhlobo wakho. Yenza isakhelo esijikeleze umfanekiso.



abantwana

umcoci

utitshala

inqununu

Utitshala:
Sayina:
Umhla:





7

Iindawo ezahlukeneyo

Ikota yoku-1 – Iveki yesi-4 – Iphepha lomsebenzi lesi-



Masenze

Bonisa umhlobo wakho ukuba uyakwazi:

Ukuzimela phantsi kwento.



Ndizimele phantsi kwetafile.



Ukuzimela emva kwento.



Ukuma phezu kwento.



Ukuma ecaleni kwento.



Masishukume

Sebenzisa ibhola okanye ingxowa yeembotyi. Yiphose phezulu uyigange. Beka ingxowa yeembotyi entloko uyingcekelele uhambe kancinci. Ngcekelela ingxowa yeembotyi uhambe phezu kwepali okanye emgceci ophantsi.

Ndiyakwazi ukuphosa.



Ndiyakwazi ukuganga.



Ndiyakwazi ukungcekelela ingxowa yeembotyi entloko.





Masishukume

Ngqisha ngeenyawo usebenzisa ezi patheni.



Ekhohlo

Ekunene

Ekhohlo

Ekunene

Ekhohlo



Ekunene

Ekhohlo

Ekunene

Ekunene

Ekhohlo

Ekunene

Ekhohlo

Ekunene



Ekhohlo Ekhohlo

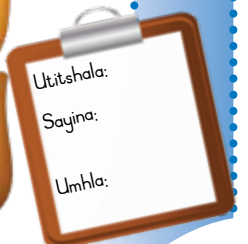
Ekunene

Ekhohlo Ekhohlo

Ekunene

Ekhohlo

Ekunene

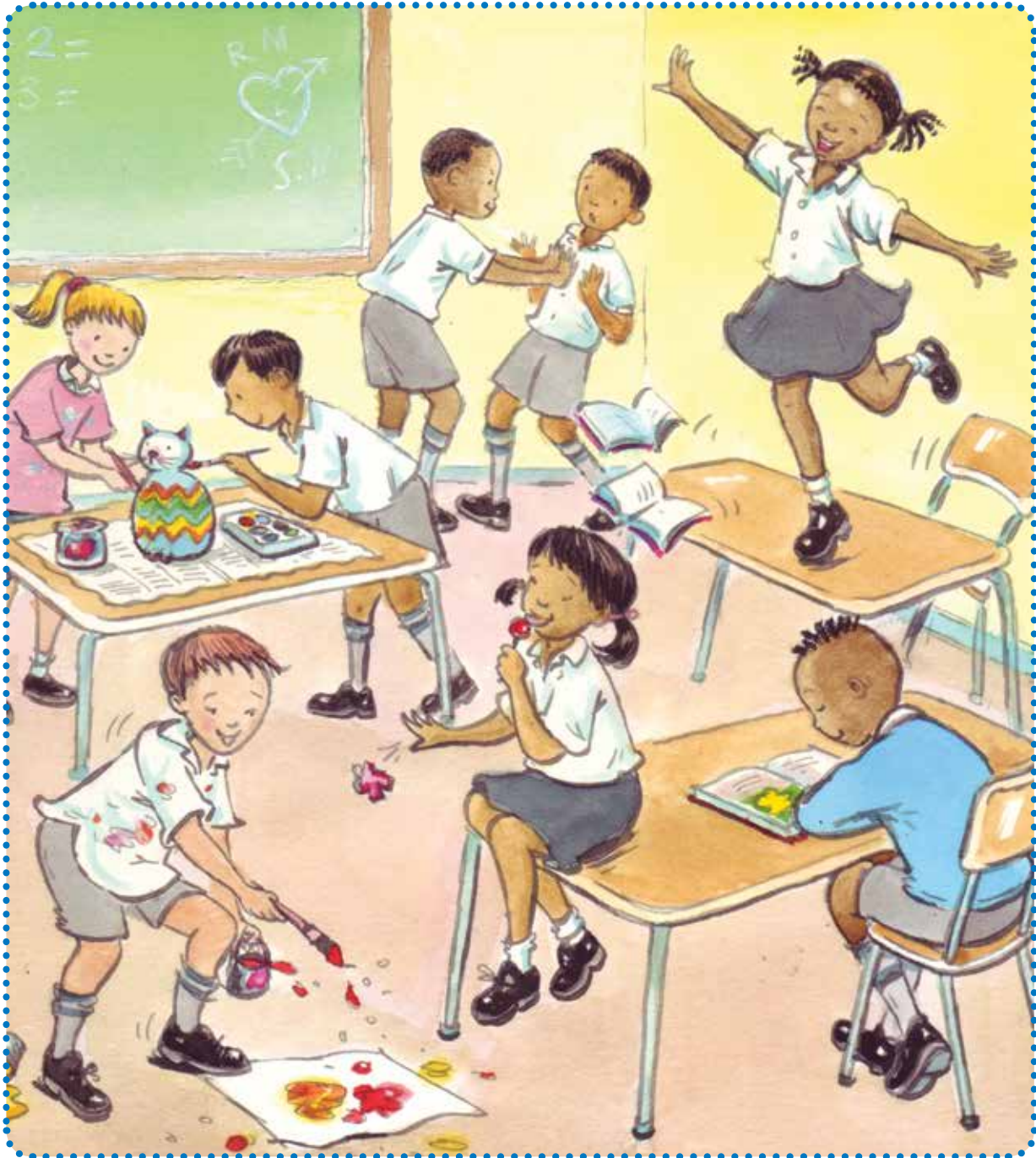




Masithethe

Jongisisa lo mfanekiso uze uthethe ngokubonayo.

Kule klasi kwenzeka izinto ezintle nezimbi. Ngowuphi umkhwa olungileyo owubonayo? Ngowuphi umkhwa ombi okanye ongalunganga owubonayo?



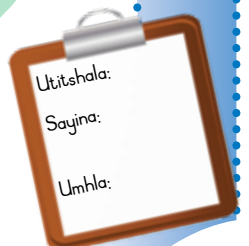


Xelela umhlobo wakho okwenzeke kumfanekiso ngamnye.



Masithethe

Yenza uphawu ✓ ecaleni kwayo yonke imikhwa elungileyo no-✗
ecaleni kwaleyo ingalunganga esenokwenzeka esikolweni.





9

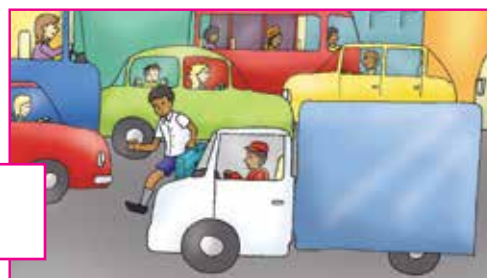
Indlela esiya ngayo esikolweni

Ikota yoku-1 – Iveki yesi-5 – Iphepha lomsebenzi le-



Masithethe

Uya njani esikolweni ngosuku ngalunye? Ingaba ukhuselekile? Zikhona iindlela ezingakhuselekanga ozaziyo? Ncokola nomhlobo wakho malunga nendlela abaya ngayo esikolweni aba bantwana. Phawula ezo zikhuselekileyo nge ✓ ezingakhuselekanga ngo X.



Uya njani esikolweni kusasa? _____



Masenze

Buza abahlobo bakho aba-5 ukuba baya njani esikolweni ngosuku ngalunye. Phawula kule tshathi.

Amagama abahlobo



	1	2	3	4	5
ngeenyawo 					
ngebhasi 					
ngemoto 					
				Ewe	Hayi



Masishukume

Ndiyakwazi ukubaleka goso-goso.

Ndiyakwazi ukutshintsha indlela xa ndibaleka xa ndiyalelwa ngutitshala ukuba ndenze njalo.





Masenze

Zoba umfanekiso obonisa ukuba uya njani esikolweni.



Masishukume

Mamela umculo oza kuwudlalelwa ngutitshala.

Shukumisa umzimba uhambelane nesingqi somculo.

Goba amadolo uze wolule imilenze.

Goba amagxa uwahlise uwanyusa.

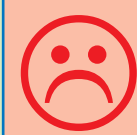
Jikelezisa izihlahla ziye ekhohlo nasekunene.



Masishukume

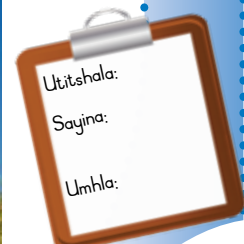
Wena nomhlobo wakho phosani ibhola niyigange. Sebenzisa ingalo yakho ebuthathaka xa uphosa ibhola.

Ingaba ndikwazile na ukuphosa ibhola ngengalo yam ebuthathaka?



Masishukume

Dlalani ukuba yikiriva neqabane lakho ofunda nalo.



Ututshala:

Sayina:

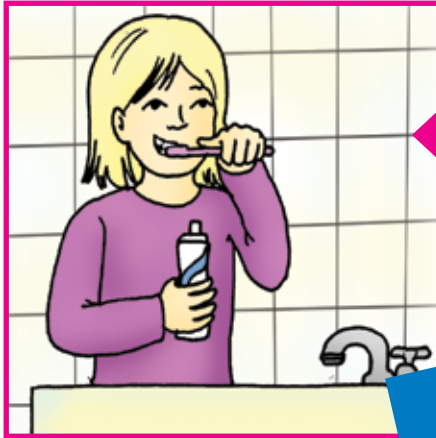
Umhla:



Ndizigcina ndicocekile

Masithethe

Kubalulekile ukufunda imikhwa elungileyo usemncinci. Nazi ezinye izinto ekufuneka uzenze ukuze uzigcine ucocekile kwaye usempilweni. Thetha ngomfanekiso ngamnye.



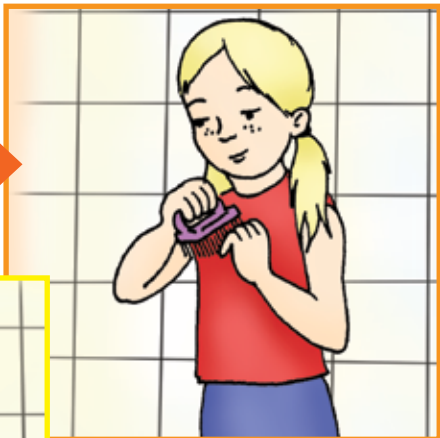
Ndixukuxe.



Ndihlambe izandla emva kokusebenzisa indlu yangasese.



Ndihlambe rhoqo.



Ndicoce iinzipho.



Ndosule emva kokusebenzisa indlu yangasese.



Ndihlambe iziqhamo phambi kokuzitya.



Ndisebenzise itshefu xa ndithimla okanye ndifinya.

Kufuneka

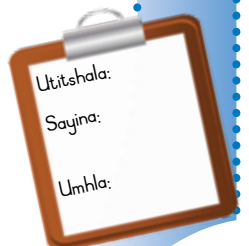


Masibhale

Zeziphi kwezi zinto ezifunekayo ukuze uzigcine ucocekile? Fakela umbala kwiinkwenkwezi ubonise izinto ozisebenzisayo ukuze uzigcine ucocekile. Xela ukuba uyisebenzisa njani into nganye ukuze uzigcine ucocekile.



Phawula nge ✓ ubonise ukuba uyakwazi ukwenza ezi zinto:	ewe	hayi
Ndiyakwazi ukukhwela ileli ekwibala lokudlala.		
Ndiyakwazi ukusebenzisa iindawo zokubambelela ukuze ndiye phambili.		
Ndiyakwazi ukukhasa kwibala lokudlala.		



Imikhwa elungileyo



Masifunde

Imikhwa elungileyo yokusebenzisa indlu yangasese.

Khumbula



Ukuba uyingcolisile indlu yangasese, khumbula ukuba uyicoco.



Khumbula ukugungxula wakugqiba.



Luvale ucango ngalo lonke ixesha usendlwini yangasese.



Musa ukusebenzisa iphepha elininzi.



Hlamba izandla zakho rhoqo emva kokusebenzisa indlu yangasese.



Masibhale

Biyela ngesangqa amagama achanekileyo asixelela ukuba kufuneka sizenze kangaphi ezi zinto zilandelayo.

Ukuhlamba iinwele zakho.



yonke imihla

kusasa nasebusuku

kabini ngeveki

kanye ngeveki

Ukuxukuxa.



yonke imihla

kusasa nasebusuku

kabini ngeveki

kanye ngeveki

Ukuhlamba umzimba wakho.



yonke imihla

kusasa nasebusuku

kabini ngeveki

kanye ngeveki

Ukuhlamba ubuso bakho.



yonke imihla

kusasa nasebusuku

kabini ngeveki

kanye ngeveki

Ututshala:
Sayina:
Umhla:



Masishukume



Masibonise

Bonisa umhlobo wakho indlela ...

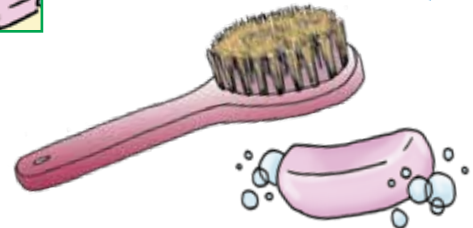
Yokuhlamba izandla zakho.



Ozikama ngayo iinwele.



Owosula ngayo izandla zakho.



Oxukuxa ngayo.

Ohlamba ngayo ubuso.





Masishukume

Linganisa esi singqi.

Ndiyakwazi ukuqhwaba izandla

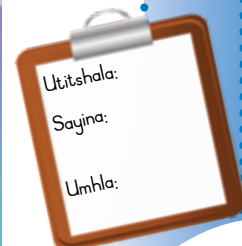
ndize ndingqishe ngeenyawo

**Ndiyakwazi ukunqwala
intloko yam**

ndize ndijiwuzise iingalo

**Ndiyakwazi ukushukumisa
iinzwane zam**

**kwaye ndibambe
impumlo yam.**



Imikhwa enempilo

Ikota yoku-1 – Iveki yesi-7 – Iphepha lomsebenzi le-



Masifunde

Sifuna ntoni ukuze sikhale siphilile!

**Ukutya
okunempilo**



**Imithambo
eyaneleyo**

**Ukuzigcina
sicocekile**



**Ukuba
semoyeni
omtsha**



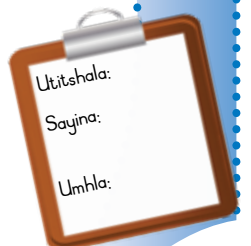
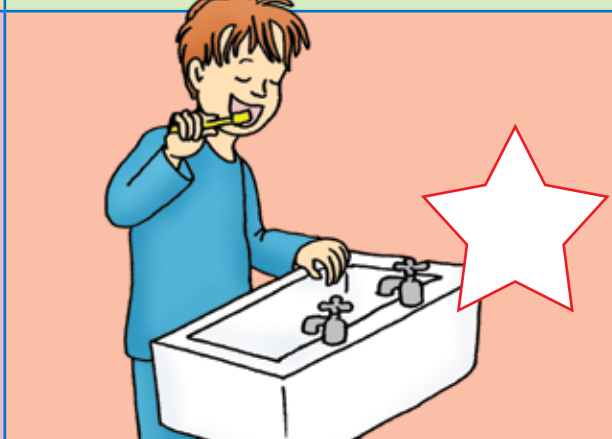
**Ukulala okwaneleyo
nokungabukeli
kakhulu umabonakude!**





Masibhale

Phawula nge ✓ imikhwa enempilo nango ✗ engenampilo.



Ututshala:
Sayina:
Umhla:





14

Ukucoceka

Ikota yoku-1 – Iveki yesi-7 – Iphepha lomsebenzi le-



Masenze

Bonisa indlela ozisebenzisa
ngayo ezi zinto.



intlama yamazinyo



ibrashi yamazinyo

isepha



amafutha ezandla



ishampu



ikama



ibrashi



ibrashi yeenzipho



iklipa yeenzipho





Masishukume

Bambanani ngezandla nenze isangqa esikhulu.

Phoselanani ngebhola esangqeni.

Yongeza enye ibhola niyiphose nayo.

Yongeza enye ibhola kwakhona niphoselane ngebhola ezintathu.



Masithethe

Yintoni engacocekanga kweli gumbi?

Kufuneka wenze ntoni ukucoca igumbi?

Benza ntoni abantwana? Kufuneka benze ntoni?



Ututshala:
Sayina:
Umhla:

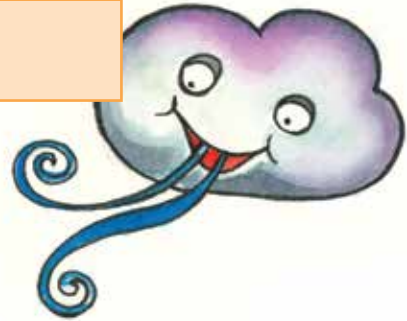


Masithethe

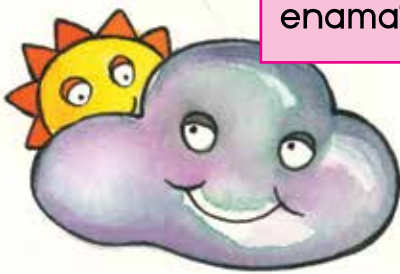
Jonga iintlobo ezahlukeneyo zemozulu uze uchazele umhlobo wakho ukuba yeyiphi eyona mozulu uyithandayo.



enelanga



enomoya



enamafu nebandayo



enemvula

Kwezinye iindawo kwilizwe lethu kubanda kakhulu kude kuwe ikhephu.

Maxa wambi kubakho umoya omkhulu.

Umoya onamandla kakhulu kuthiwa yinkanyamba.



Masenze

Zizobe usemvuleni okanye ekhephini.

Zizobe kwiphepha elikhulu ngeekhrayoni zamafutha.

Xuba into yokujika umbala wokutya ezuba namanzi uze ulipeyinte lonke iphepha.

Chithela ipeyinti emhlophe phezu komfanekiso.



Masifunde

Sisebenzisa itshathi yemozulu ukubonisa ukuba injani na imozulu. Sisebenzisa iimpawu ezithile xa sibonisa iindidi ezahlukeneyo zemozulu. Nazi ezingye zezo mpawu.



enelanga



enemvula



enamafu



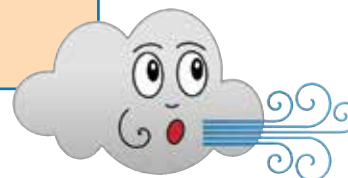
enamafu kwiindawo ezithile



enekhephu



enomoya



Masithethe

Xelela umhlobo wakho ukuba unxiba iimpahla ezinjani kuhlobo ngalunye lwemozulu.



Masenze

Zoba iimpawu zemozulu uzenzele eyakho itshathi yemozulu yeveki.

Mvulo

Lwesibini

Lwesithathu

Lwesine

Lwesihlanu



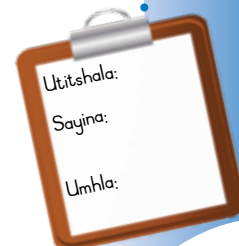
Masibhale

Ibinjani imozulu kule veki?
Fakela amagama angekhoyo.

Namhlanje ku _____.

Izolo beku _____.

Ndiyathemba ngomso kuza _____.



Ututshala:
Sayina:
Umhla:





Masenze

Linganisa iimeko zemozulu ezahlukeneyo.



Vula iingalo zakho phezu kwentloko wenze ngathi ulilifu elikhulu.



Uneambrela yokukhusela elangeni.



Wangawangisa okomthi uvuthuzwa ngumoya.



Bamba iammbrela yakho uyiqinise ukuze ingemki nomoya ovuthuzayo.



Yenza ingxolo yamachaphaza emvula esiwa phezu kwendlu.

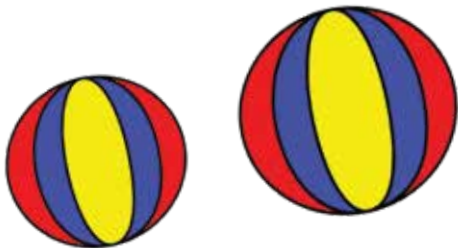




Masishukume

Bambanani ngezandla nenze isangqa esikhulu.

Phoselanani ngeebhola nizigange.



Cinga ngeendlela ezahlukeyo zokuhamba phezu kwepali okanye ecingweni. Khawubone ukuba ungahamba ngendlela eyahlukeyo na kunaleyo yabanye abantwana.



Masonwabe

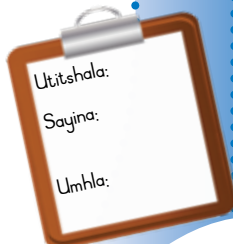
Dlalani unochesi.

Zoba iibloko kunye nezangqa emhlabeni.



Masishukume

- Bonisa umhlobo wakho indlela otsiba ngayo ugqaphu.
- Utitshala wakho uza kukubonisa indlela ekudlalwa ngayo imidlalo yemveli.



Usapho lwasekhaya

Masithethe

Ubusazi na ukuba iintsapho zahlukile?

Ezinye iintsapho zinkulu ezinye zincinci. Ezinye zinoomama nootata ezinye azinabo. Ezinye iintsapho zihlala noomakhulu nootatomkhulu, oomalume, oomalumekazi kunye nabazala.

Jonga le mifanekiso uze uchazele umhlobo wakho indlela ezahluke ngayo ezi ntsapho. Sebenzisa amagama asebhokisini.

umama

utata

udade

utatomkhulu

umnakwethu

usana

umakhulu

usapho





Masibhale

Uhlala nabani kokwenu?

Uhlala nabani kokwenu?

_____.

Ekhaya kukho abantu aba _____.

Ngubani oyena mncinci kokwenu? _____.

Ngubani oyena mdala kokwenu? _____.



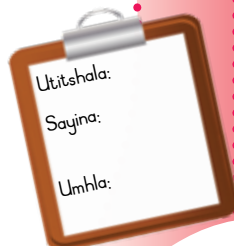
Masithethe

Sonke sinemisebenzi esiyezayo emakhaya. Jonga le mifanekiso uze uxele ukuba ngubani owenza le misebenzi kokwenu.



Bhala isivakalisi sibe sinye ngomsebenzi owenze izolo.

_____.





18

Usapho lwasekhaya

Ikota yesi-2 – Iveki yoku-1 – Iphepha lomsebenzi le-



Masonwabe

Zoba umfanekiso wento eniyenza kunye nilusapho. Xela ukuba ngubani na lowo. Sebenzisa la magama akuncede.

umama

utata

udade wethu

utatomkhulu

umnakwethu

usana

umakhulu

usapho



Usapho lwasekhaya



Siyakhathalelana

19



Masifunde

Abantu bekhaya elinye bafanele ukuthandana bakhathalelane. Ukuthandana sikubonisa ngokwangana, ngokuncedana nangokuhlonelana. Kufuneka ...

- sincedane.
- sihloniphane (abantu abancinci nabadala).
- senze imisebenzi yethu ngexesha.
- sithembeke.



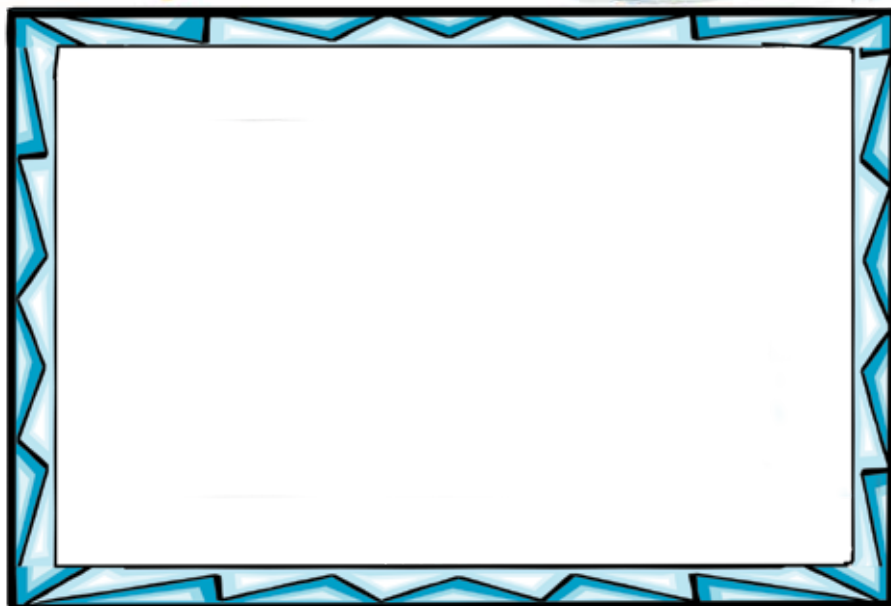
Masithethe

Jonga le mifanekiso uze uxele ukuba aba bantwana bababonisa njani abantu bakwamawabo ukuba babakhathalele. Yenza umdlalo ubonise ukuba kwenzeka ntoni kumfanekiso ngamnye.



Masenze

Zoba umfanekiso obonisa ukuba ulukhathalele usapho lwakho. Chazela umhlobo wakho into oyizobileyo.



Ikota yesi-2 – Iveki yoku-1 – Iphepha lomsebenzi le-

Utitsala:
Sayina:
Umhla:

Masithethe

Ncokola ngendlela oluncedana ngayo olu sapho. Nombola imifanekiso uqale ku-1 uye ku-4 ubonise ukulandelelana kwayo.



Masifunde

Imisebenzi yethu yangokuhlwa.

Umama upheka ukutya.

Utata uhlamba izitya.

Mna nomnakwethu sincedisa umama notata.

Sincedisa kakhulu.

Siqoqosha ubisi nesonka.

Emva koko silungela ukuya kulala.

Umama usibalisela ibali lokulala!





Masenze

Yenzela umntu okukhathalelayo ikhadi. Zoba umfanekiso uze ubhale igama laloo mntu.



Masenze

Ungakwenza oku?

	uyakwazi ukuphosa ibhola ngokuyigqampisela kwiqabane lakho.	ewe	hayi
	uyakwazi ukuphosela iqabane lakho ngesandla.	ewe	hayi
	uyakwazi ukugqampisa ibhola ngamadolo.	ewe	hayi
	uyakwazi ukubetha ibhola iye ngakwibhakana.	ewe	hayi
	ungayikhaba ibhola ubaleka phakathi kwezinto ezibekiweyo.	ewe	hayi
	ungayikhabela kwibhakana ibhola iyibethe.	ewe	hayi

Ututshala:
Sayina:
Umhla:





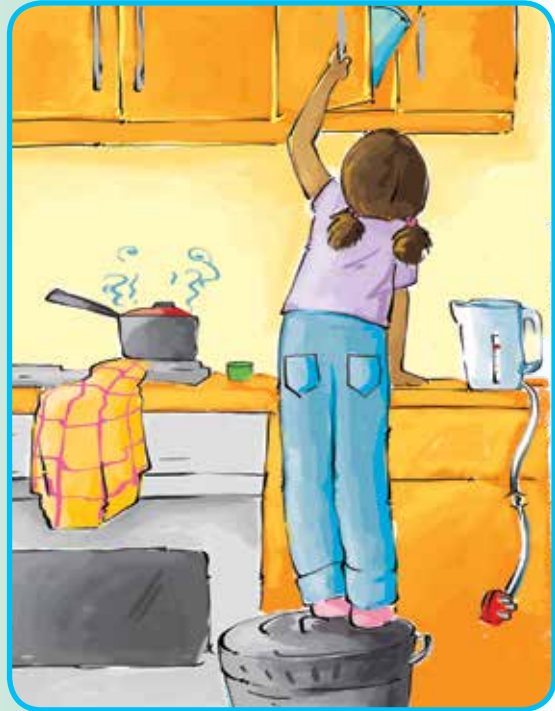
Masithethe

Ukhuseleko ngaphakathi nangaphandle ekhaya (1)

Kufuneka sizive sikhuselekile ngalo lonke ixesha sisekhaya. Kodwa kukho iingozi ezininzi emakhayeni nakwiindawo eziwangqongileyo. Jonga imifanekiso, uze uncokole nomhlobo wakho ngezinye zeengozi.

Ekhitshini

- Jika imiphambo yeembiza ijonge ngemva esitovini.
- Musa ukushiya iimela ezibukhali zithe saa.
- Tshixela ipalafini namayeza kwindawo ekhuselekileyo.
- Musa ukushiya izinto zokudlala zithe saa.



Kwigumbi lokuhlambela

- Musa ukusebenzisa izinto zombane ecaleni kwamanzi.
- Musa ukuzishiya kufutshane namanzi.
- Izikere nezinye izinto ezibukhali zifake ekhabhathini.
- Sukusebenzisa ibrashhi yakho yamazinyo kunye nomnye umntu.



Isichotho nombane

- Ungaze ume phantsi komthi xa kukho isichotho.
- Ungaze ufake nto kwimingxuma yombane eseludongeni. Cela umntu omdala akuncede.

Ngaphandle kwekhaya

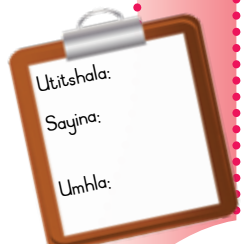
- Izinto ezinobungozi ezifana neengceba zebhotile zilahle emgqomeni.
- Musa ukudlala kufutshane nedama lamanzi ngaphandle kokuba kukho umntu omdala okufutshane nawe.



Ngaphakathi ekhaya



- Musa ukushiya izinto zokudlala kunye nezinye izinto zithe saa.
- Musa ukudlala ngeparafini okanye ngezinto zokucoca ezinetyhefu.
- Ukuba uqaphele ukuba intambo yeayini okanye yeketile ityekile, cela umama okanye utata wakho ayilungise.



Ukhuseleko ngaphakathi nangaphandle ekhaya (2)



Masithethe

Ukuzigcina ukhuselekile.

Jonga imifanekiso uze uxele ukuba yeyiphi ebonisa iimeko ezikhuselekileyo iyeyiphi engazibonisiyo. Phawula nge ✓ ezo zibonisa imeko ekhuselekileyo uze uphawule ngo ✗ ezo zibonisa imeko engakhuselekanga. Chaza ukuba kutheni ucinga ukuba bakhuselekile okanye abakhuselekanga.





Masithethe

Zikhona izinto eziyingozi kokwenu? Ungenza ntoni ngaloo nto? Iityhefu, amayeza nezinto zokucoca ziyingozi kakhulu. Ungaze usele nantoni xa ungaqinisekanga ukubu yintoni na.



Olu phawu luthetha ukuba kukho into enetyhefu phakathi ebhotileni, ebhokisini okanye etotini. Wakhe walubona olu phawu ngaphambili?



Masishukume

Utitshala wakho uza kukudlalela umculo.



- Shukuma ngokwesingqi somculo.
- Khetha inkokheli. Le nkokheli kufuneka ishukume ngokwesingqi somculo. Abanye mabalinganise le nto yenziwa yinkokheli.
- Yima ngomlenze omnye.
- Yima ngomnye umlenze.
- Ngowuphi umlenze owomeleleyo.
- Beka intambo ende emgangathweni okanye ukrwele umgca. Hamba phezu kwale ntambo okanye emgceni ungaphumi endleleni.
- Tshintsha ke ngoku ukumila kwentambo okanye umgca uze uhambe ecaleni kwawo ungaphumi endleleni.



Ukhuseleko xa ndindedwa ekhaya



Masithethe

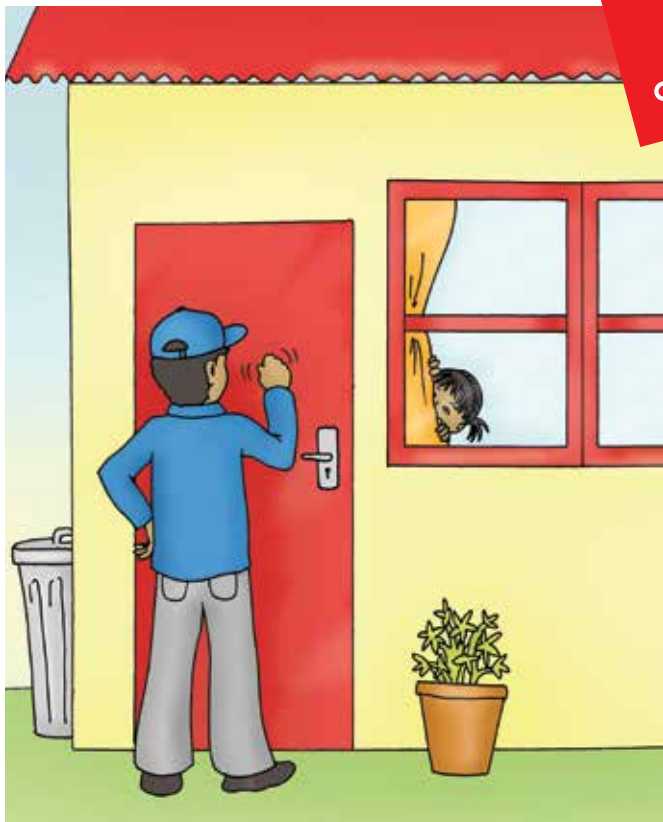
Ufunde ngezinto ezinokwenzakalisa ekhaya nakwindawo ekufuphi. Ungazigcina njani ukhuselekile xa uwedwa ekhaya?

Xa uwedwa ekhaya ungenza ezi zinto ukuze uhlale ukhuselekile.



Musa ukuvulela abantu ongabaziyo.

Tshixa zonke iingcango eziphumela ngaphandle.





- Qinisekisa ukuba uyazazi iinombolo zefowuni zabazali bakho kunye nabantu abahlala kufuphi nani.
- Bhala iinombolo ezibalulekileyo ulungiselele umhla ngengxaki.

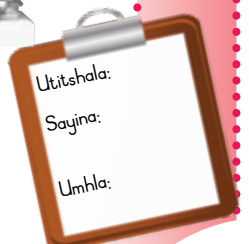


Masibhale

Zenzele olwakho uluhlu lweenombolo ezibalulekileyo.

 Amapolisa:	 I-ambulensi:
 Isicima-mlilo:	Inombolo yeselula kamama: Inombolo yeselula katata:

Ngubani omnye umntu onokumfowunela xa ufuna uncedo?

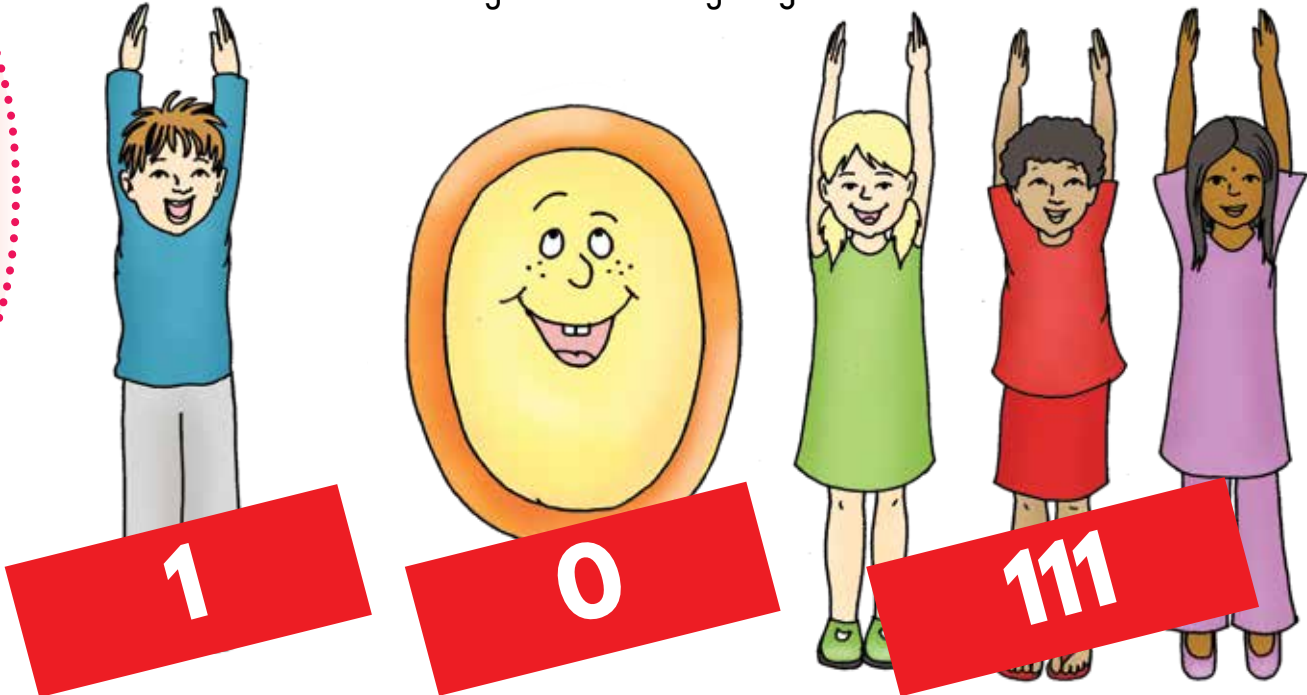




Masithethe

Enye into onokuyikhumbula

Nantsi indlela elula yokukhumbula inombolo yefowuni yamapolisa. Jonga umfanekiso uze uxelele umhlobo wakho ukuba ikunceda njani imifanekiso ekukhumbuleni inombolo. 10111 yinombolo yamapolisa. Yibize amatyeli ambalwa de uyazi ngentloko.



Masishukume

Bonisa ukuba ubuya kuthini ukuba ubungumntwana okule mifanekiso.



Ubuya kwenza ntoni ukuba ubuleqwa ngumntu ongamaziyi?



Ubungathini ukuba ubuncedisa umama wakho ukwenza ikeyiki?



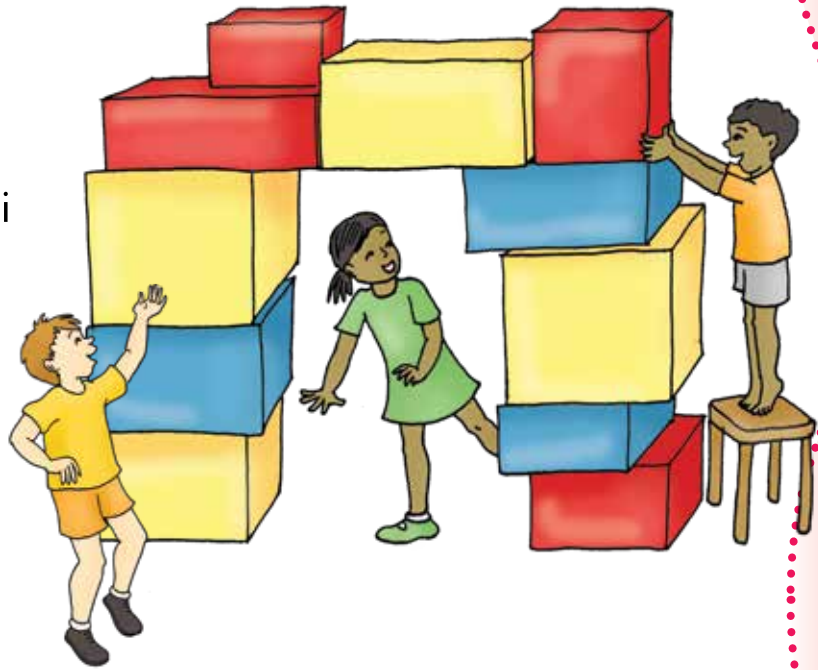
Ubuya kuthini ukuba ubumi phezu kweglasi eyaphukileyo?



Masenze

Zama ukuzakhela
eyakho indlu.

- Funa iibhokisi zekhadibhodi ezindala uze uzakhele iindonga kunye nophahla.
- Dibanisa iibhokisi ngesincamat helisi. Wakube uyigqibile indlu yakho, yipeyinte.
- Ukuba akuyifumani ikhadibhodi, sebenzisa enye into kodwa ungasebenzisi iglasi okanye itoti okanye nantoni na enokukwenzakalisa.



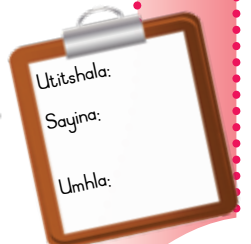
Masishukume

Phosa ibhola emoyeni
uze uyibambe ngesandla
sakho esibuthathaka.

Ncedisa utitshala wakho
nikhuphele ngaphandle kweklasi
izitulo, iitafile kunye neebhokisi.

Khwela ezitulweni, ezitafileni
nasezibhokisini, khasa
ngaphantsi kwazo uphinde
utsibe phezu kwazo.

Khawuzame ukuma ngonyawo
olunye esitulweni.





25

Ikota yesi-2 – Iveki yesi-5 – Iphepha lomsebenzi lama-



Masibhale

Bhala amagama kwizikhewu ezichanekileyo.

umlenze

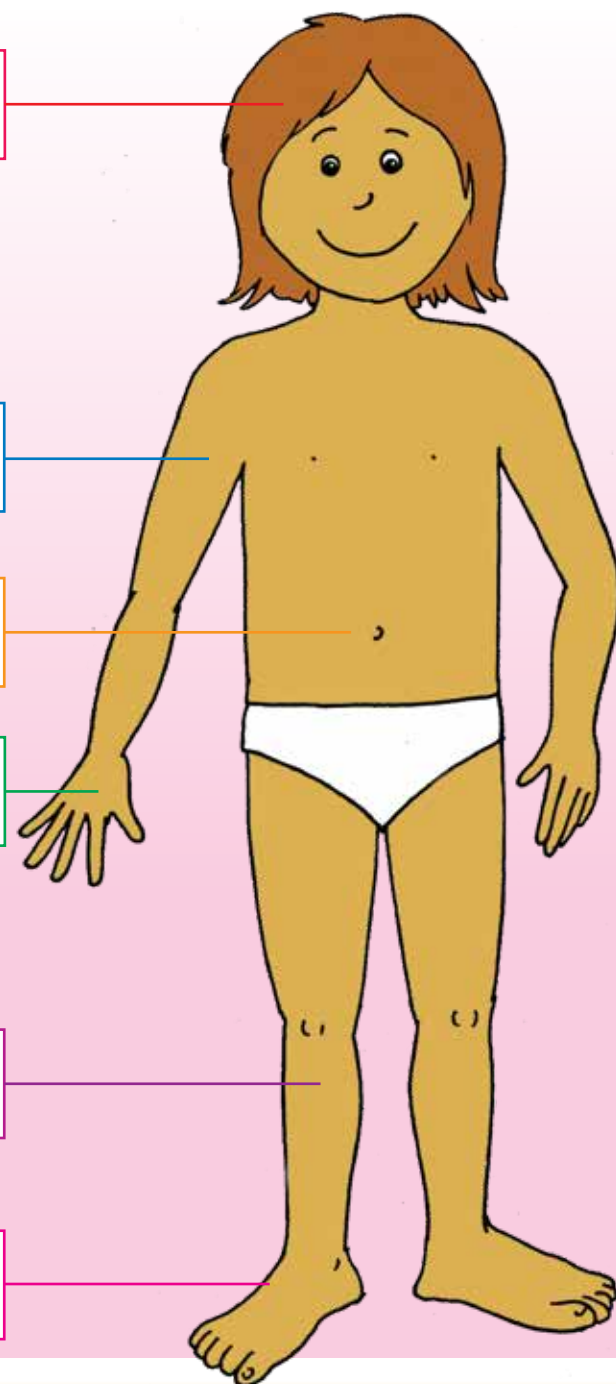
isandla

intloko

isisu

unyawo

ingalo





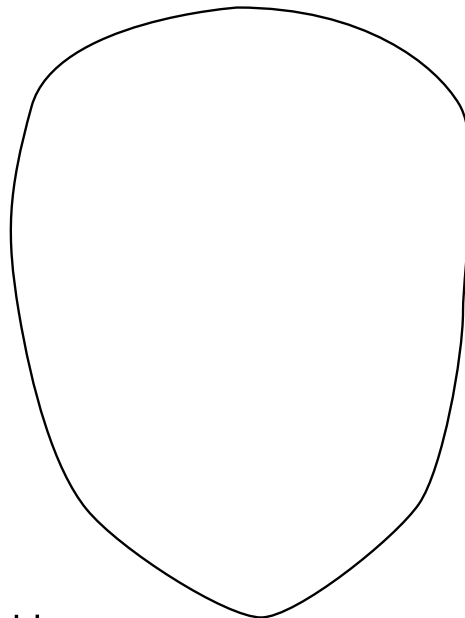
Masizobe

Gqibezela obu buso.

Zoba iinwele. Khuphela obakho ubuso.

Ukuba unamehlo abrawuni, zoba amehlo abrawuni. Ukuba uneenwele ezimnyama zoba iinwele ezimnyama.

Zoba amashiya, impumlo nomlomo.



Ubuso lilungu elibalulekileyo lomzimba wakho.

Sonke sinamehlo ama-2.



Sonke sineendlebe ezi-2.



Sonke sinempumlo e-1.



Sonke sinomlomo.



Masicule

Culani ingoma. Bamba ilungu lomzimba wakho njengokuba nicula igama lalo.

Intloko namagxa

**Intloko namagxa, amadolo neenzwane,
amadolo neenzwane**

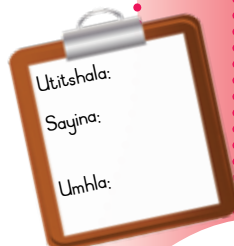
Intloko namagxa, amadolo neenzwane

**Intloko namagxa, amadolo neenzwane, amadolo
neenzwane, amadolo neenzwane.**



Masishukume

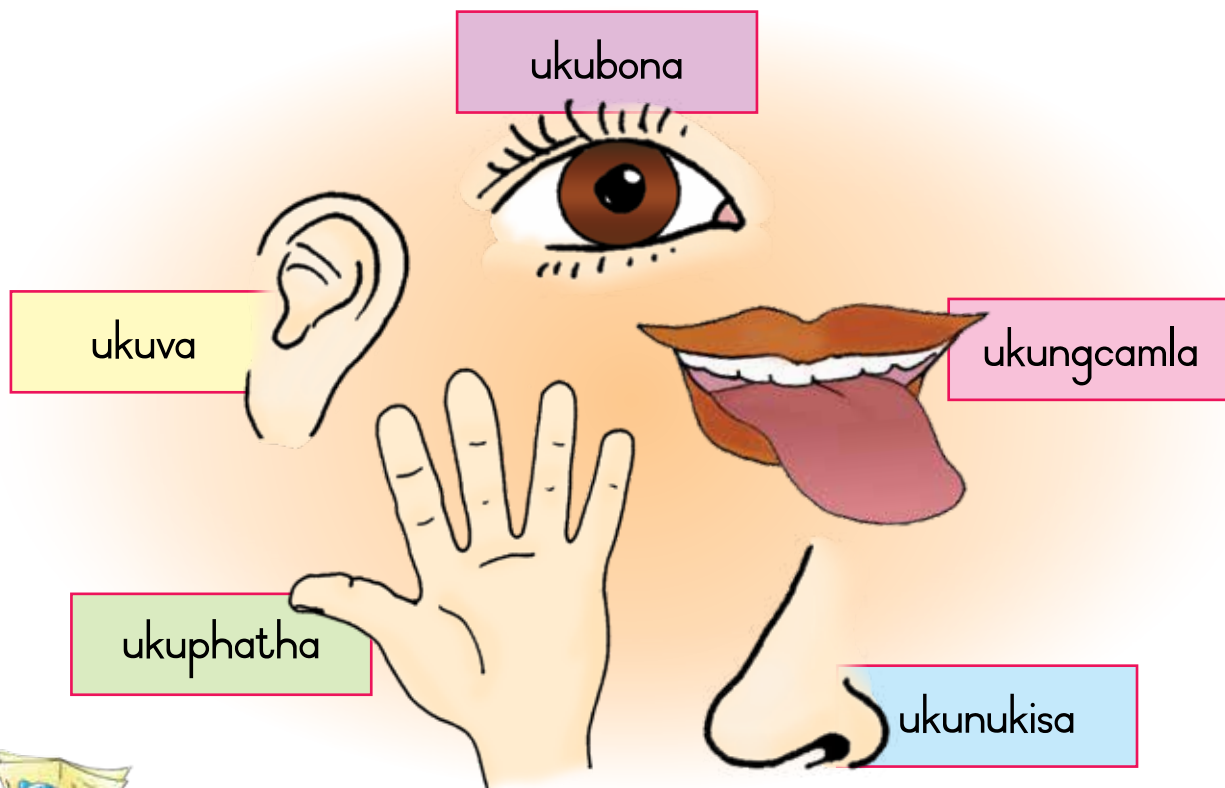
Dlalani umdlalo othi 'USimon uthi...'





Masithethe

Jonga izivo ezahlukeneyo uze uxele ukuba sizisebenzisela ntoni.



Masifunde

Sisebenzisa izivo zethu yonke imihla.

Ukutya siyakunukisa sikungcamle.

Siyakwazi ukuva ukuba luthambe kangakanani usiba. Siyasibona isibhakabhaka esizuba ehlotyeni.

Siphulaphula umculo.

Izivo zethu zisigcina sikhuselekile. Siyeva xa kukho umlilo. Siyeva ukuba isitovu sishushu kakhulu. Siyabona xa kungakhuselekanga ukunqumla indlela. Siyasiva isandi sentsimbi.





Masenze

Ukukhathalela amehlo kunye neendlebe zethu.

Kufuneka sizikhathalele izivo zethu.

Nazi iindlela ezimbini zokukhathalela amehlo kunye neendlebe.



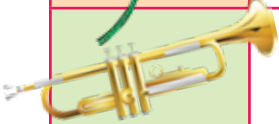
Khathalela amehlo akho ngokunxiba ikepusi okanye iiglaszi zelanga. Musa ukujonga elangeni.

Khathalela iindlebe zakho ngokungamameli umculo ongxolayo.



Masibhale

Jonga itheyibhile engezantsi uze uphawule kumgca ngamnye isivo okanye izivo ozisebenzisayo. Ungaphawula nokuba zingaphi.

	 ukunukisa	 ukungcamla	 ukubona	 ukuva	 ukuphatha
					
					
					
					
					

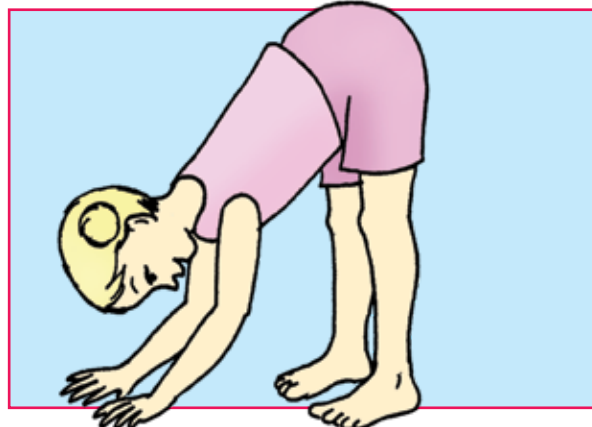
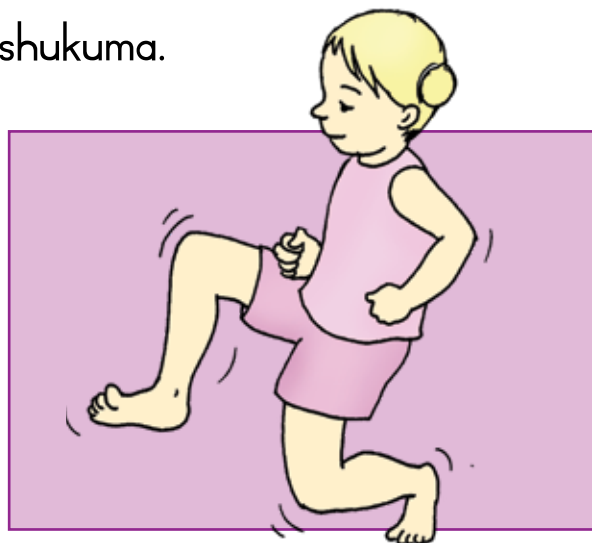




Masithethe

Jonga imifanekiso. Kumfanekiso ngamnye xela ilungu lomzimba nokuba likunceda entweni.

Imizimba yethu siyisebenzisela ukushukuma.



Masibhale

Phendula le mibuzo kunye nomhlobo wakho. Emva koko bhala iimpendulo encwadini yakho phantsi kwemibuzo.

Ngawaphi amalungu omzimba owasebenzisa xa uhamba?

Ngawaphi amalungu omzimba owasebenzisayo xa uchola into?



Masishukume

Utitshala wakho uza kukubonisa ukuba idlalwa njani 'impuku nekati'.

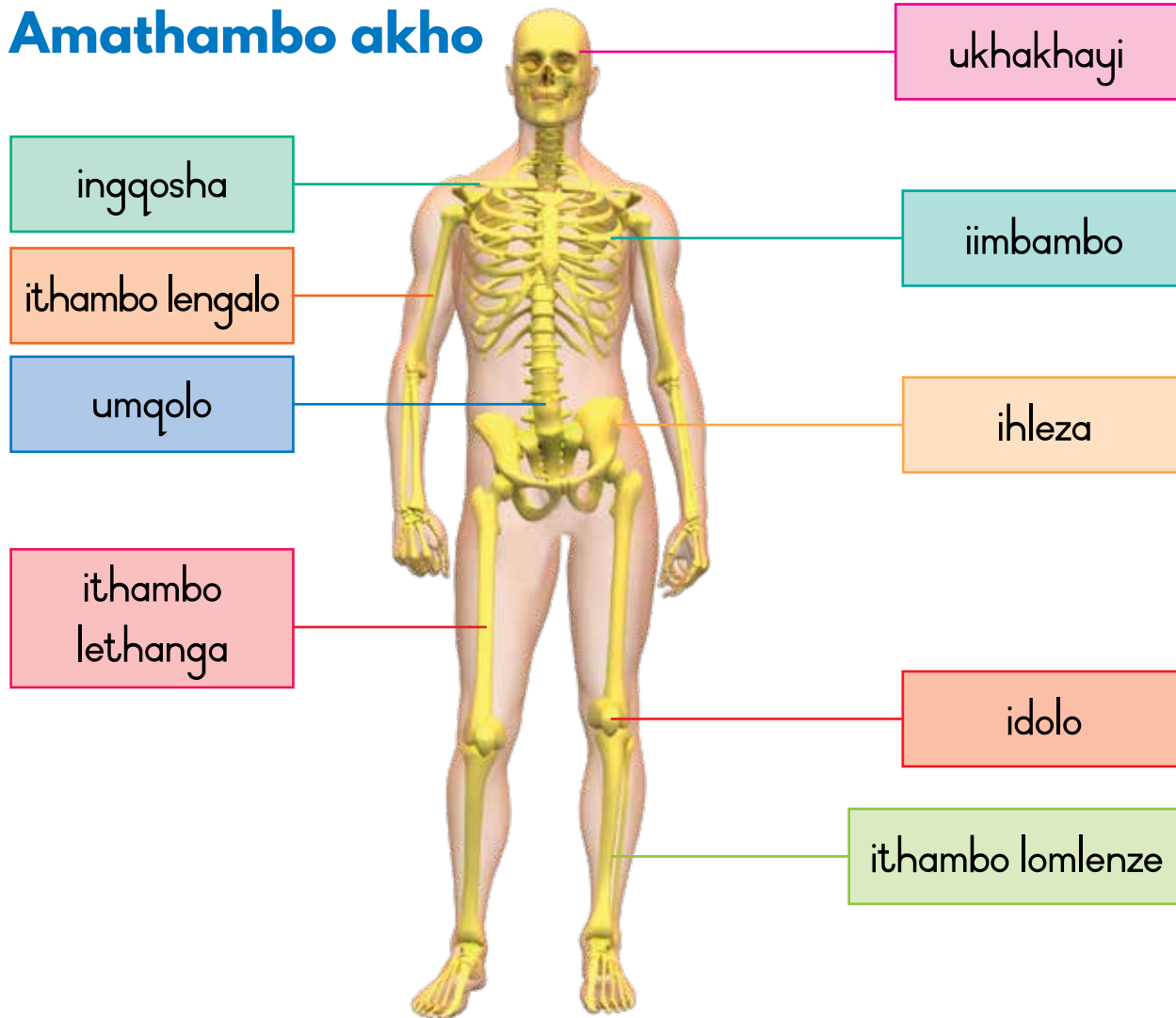




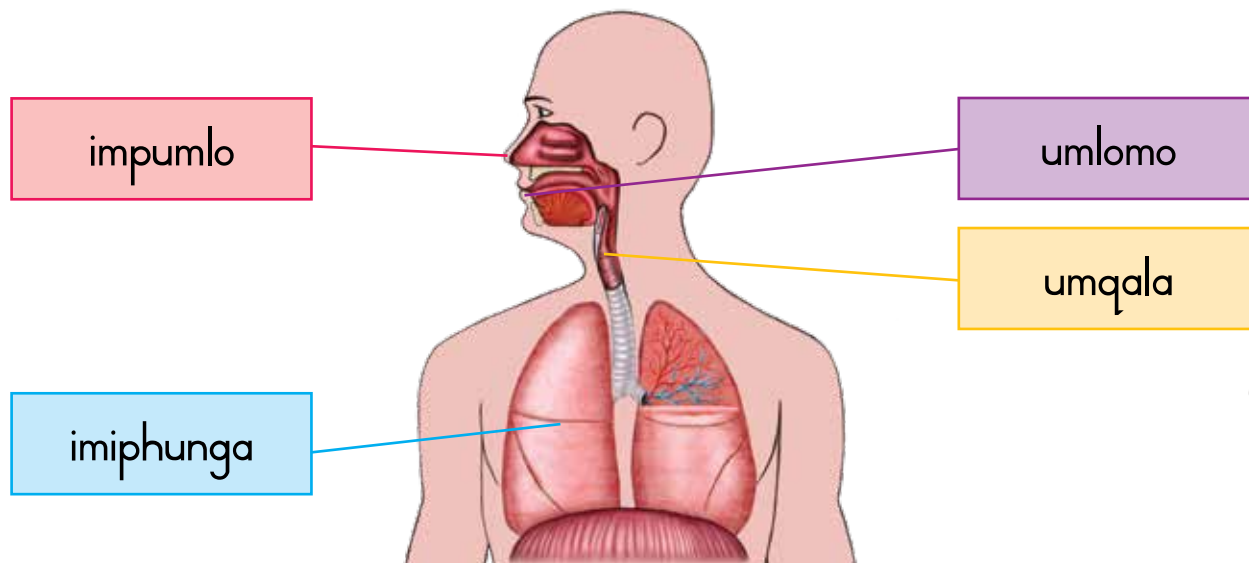
Masifunde

Kukho amalungu omzimba ongakwaziyo ukuwabona.
Onke ayasebenzisana ukukugcina uphilile.

Amathambo akho



Amalungu omzimba akunceda ukuba uphefumle





28

Cinga ngokhuseleko

Ikota yesi-2 – Iveki yesi-6 – Iphepha lomsebenzi lama -

Masithethe

Jonga imifanekiso engezantsi uze uncokole nomhlobo wakho ngenikubonayo. Kumfanekiso ngamnye yitsho ukuba ungahlala njani ukhuselekile.



Ubona umhlobo wakho ngapha kwendlela.



Ulinde wedwa esitophini sebhasi.



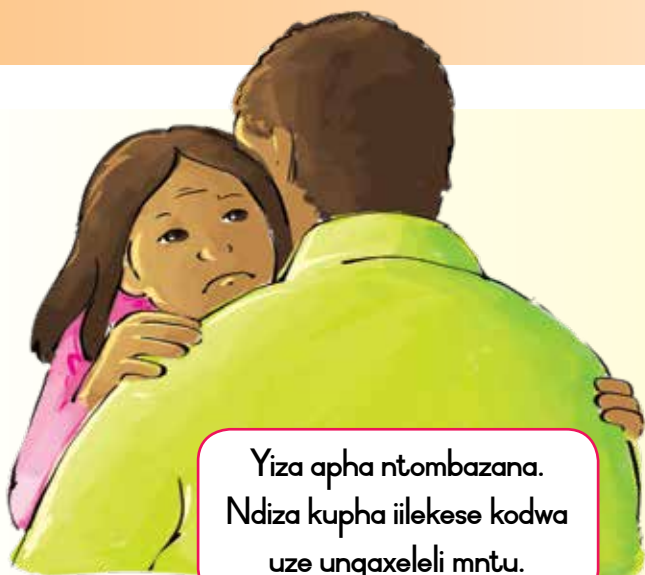
Ucelwa ngumntu ongamaziyo ukuba uhambe naye.



Ulahleka ezivenkileni.

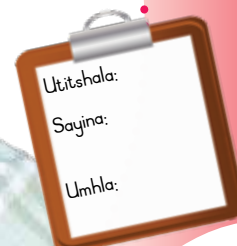


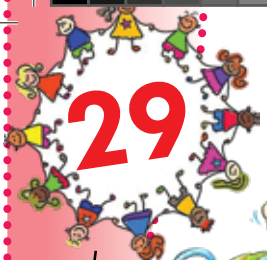
Sineemvakalelo zika "ewe" xa umntu esanga ngendlela elungileyo. Kuba mnandi xa usangiwa ngobubele nangendlela enenkathalo ngumntu omthandayo.



Sibaneemvakalelo zika "hayi" xa umntu esiphatha ngendlela esenza soyike okanye sicaphuke. Xa siziva sikhathazekile okanye singakhuselekanga sineemvakalelo zika "hayi".

Umzimba wakho ubalulekile kwaye ngowakho kuphela. Ungathi "ewe" ukuba KULUNGILE ukuba umntu akuphathe, kwaye ungathi "hayi" ukuba AKULUNGANGA.





Ikota yesi-2 – Iveki yesi-7 – Iphepha lomsebenzi lama -

29

Ukuzigcina ukhuselekile



Masibhale

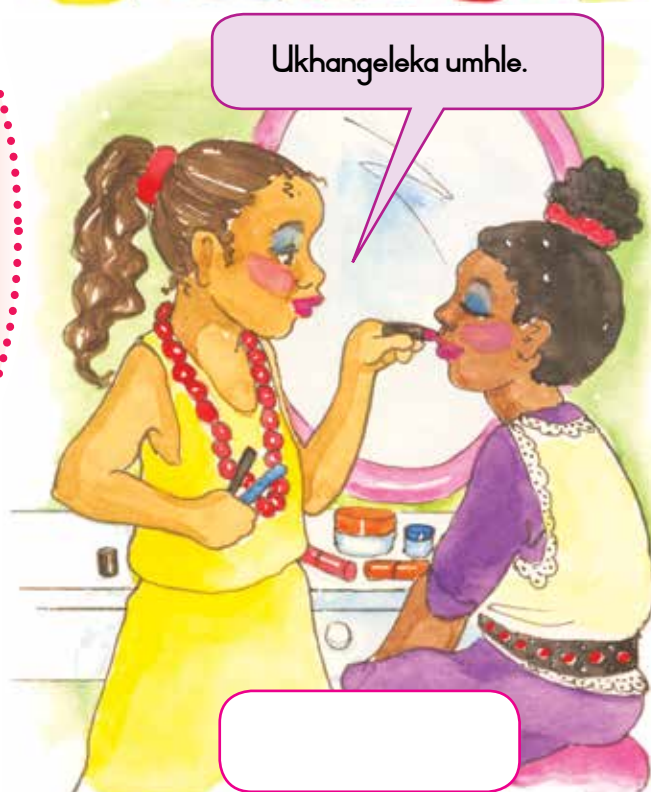
Jonga imifanekiso engezantsi uze ubhale EWE kwimvakalelo ka "ewe" kunye noHayi kwimvakalelo ka "hayi" kwezi bloko.



Ndiyakuthanda



Yeka ukungxola! Umdala
gqitha ukuba ungenza loo nto.



Ukhangeleka umhle.



Ungakhathazeki
ndiyakunyumbaza
nje.





Masenze

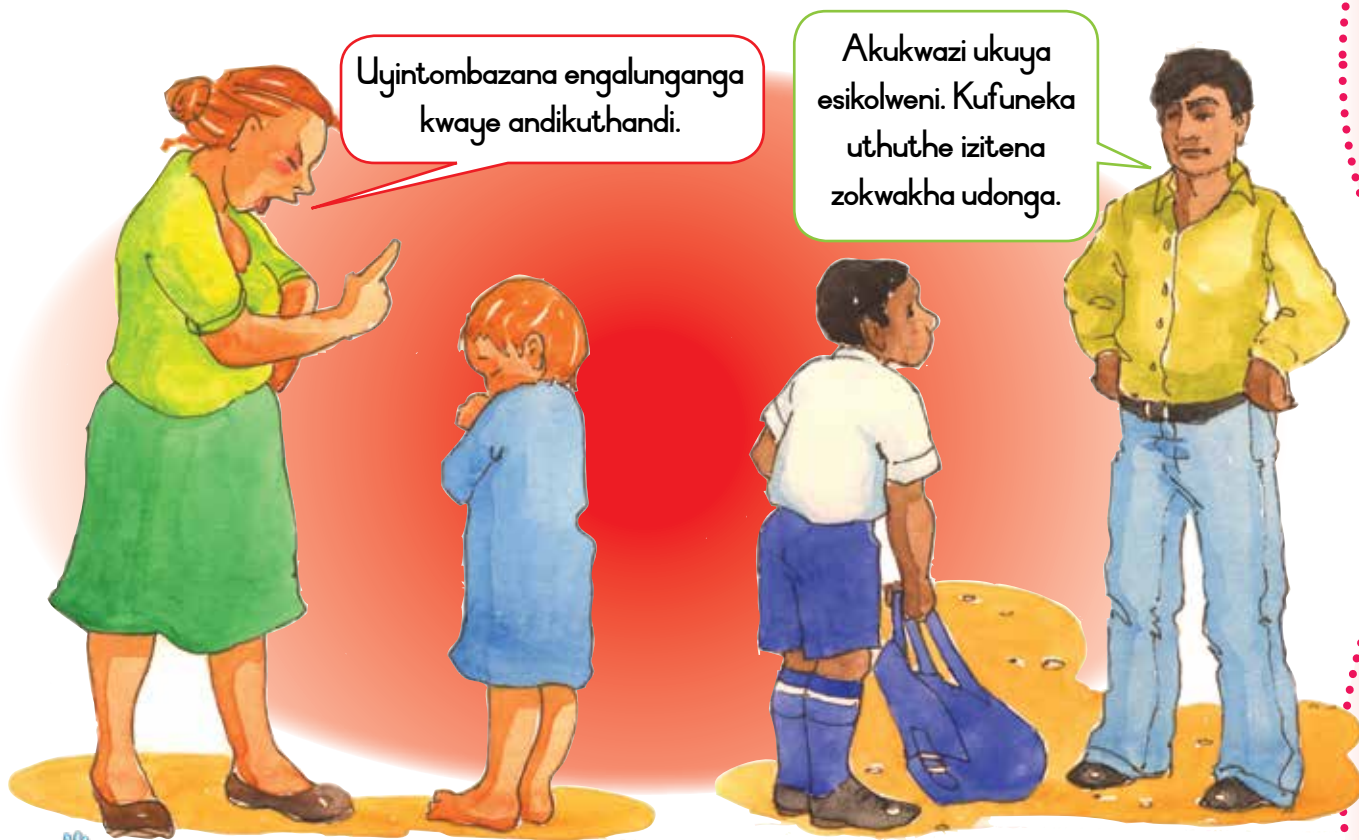
Ziqhelise ukuthi "hayi".

Yila umdlalo apho umntu ongamaziyo afuna ukuthatha umntwana amfake emotweni yakhe okanye ufuna ukuphatha-phatha umntwana. Umntwana uthi "hayi".



Masithethe

Abanye abantwana bahlala emakhayeni angabakhathalelanga. Jonga imifanekiso. Ncokola ngendlela onokuziva ngayo ukuba ubungumntwana okuloo mifanekiso. Chaza ukuba ubuya kwenza ntoni.



Uyintombazana engalunganga kwaye andikuthandi.

Akukwazi ukuya esikolweni. Kufuneka uthuthe izitena zokwakha udonga.



Masishukume

Dlala umdlalo othi "yima".

Yenza nantoni na, xa utitshala evuthela impempe yima bhunxe ngaloo ndlela kuloo ndawo. Akufuneki ushukume tu de kutsho utitshala. Ungakwazi ukuxhathisa? Hamba phezu kwepali okanye phezu kwentambo ende ebekwe phantsi.



Utitshala:
Sayina:
Umhla:

Ndizigcina ndisempilweni



Masifunde



Zininzi iindlela esinokugula ngazo. Amaxesha amaninzi siguliswa ziintsholongwane. Zincipi kangangokuba asikwazi ukuzibona. Zingangena emizimbeni yethu zisigulise.



Masithethe

Benza ntoni abantwana abasemifanekisweni ukuzigcina besempilweni. Kungenzeka ntoni ukuba abanakuzenza ezi zinto?





Masithethe

Thetha ngale mifanekiso. Yenza u ✓ ukubonisa indlela onokuhlala ngayo usempilweni. Faka u ✗ kwimifanekiso enokubangela ukuba ugule.



Ututshala:
Sayina:
Umhla:



Ndizigcina ndisempilweni



Masithethe

Ubusazi ukuba kukho iindlela ezahlukeneyo zokucoca amanzi?

Ubusazi na ukuba amanye amanzi acocekile amanye amdaka? Ungenza njani ukuqinisekisa ukuba amanzi acocekile kwaye angaselwa?

Ungabilisa amanzi amdaka eketileni ukuze ubulale iintsholongwane.



Ungawahlaza amanzi amdaka. Utitshala wakho uya kukubonisa ukuba wenza njani.

Ungagalela itisipuni yejikhi kwiemele yamanzi omlambo angangeelitha ezingama-20. Yivale iemele ingangenwa ziimpukane. Wayeke amanzi ahlale iiyure ezingama-28 phambi kokuba uwasele.





Masithethe

Jonga imifanekiso uze uthethe ngezinto ezenziwa ngabantwana ukuze bahlale besempilweni.

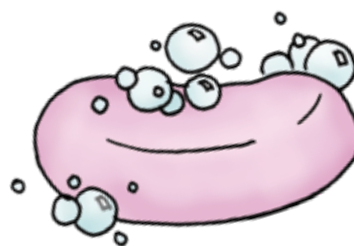
Lahla iphepha lokosula kwindlu yangasese okanye emgqomeni.



Hlamba izandla wakugqiba ukusebenzisa indlu yangasese.



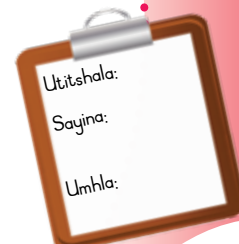
Ukuba ungcolisile kwindlu yangasese, kucoce oko kungcola uze uhlambe izandla emva koko.



Hlamba izandla zakho phambi kokuba utye.



Gquma umlomo xa ukhohlela okanye uthimla.





Ikota yesi-2 – Iveki yesi-8 – Iphepha lomsebenzi lama -

32

Siyaqondisisa



Masithethe

Xoxa ngokufundileyo kwezi
kota zimbini zidlulileyo.



Ndiyakwazi ukuthetha ngosapho lwasekhaya.

Ndiyakwazi ukuhamba emgceni obhityileyo.

Ndiyayazi inombolo yefowuni yamapolisa.

Ndiyazi malunga neemvakalelo zika "ewe" no "hayi".

Ndiyakwazi ukuganga ibhola.

Ndiyakwazi ukuhlala ndikhuselekile ekhaya.

Ndiyakwazi ukuzikhathalela xa ndisele
ndodwa ekhaya.

Ndiyalunceda usapho lwam.

Ndiyakwazi ukuzihambela esikolweni sam.

Ndiyakwazi ukuzigcina ndisempilweni.

Ndiyazi ukuba mandenze ntoni ngazo zonke izinto
ezikwibhegi yam yesikolo.

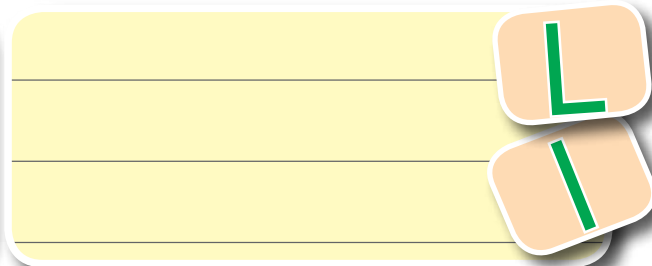
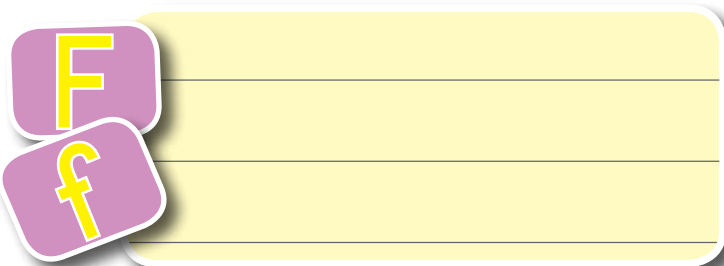
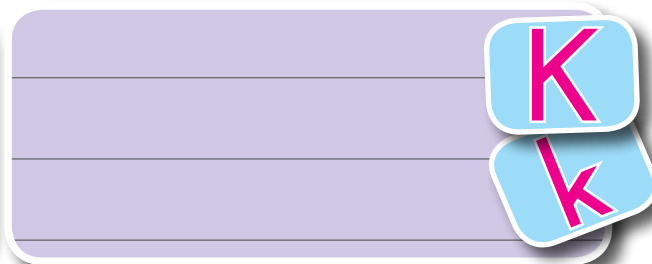
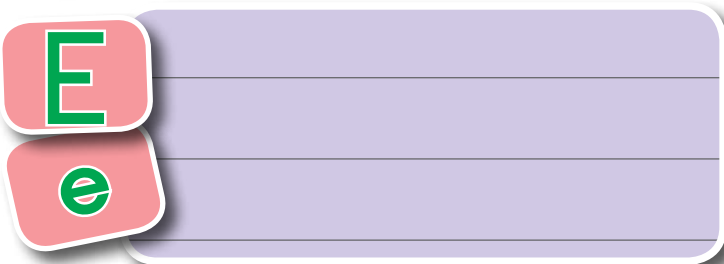
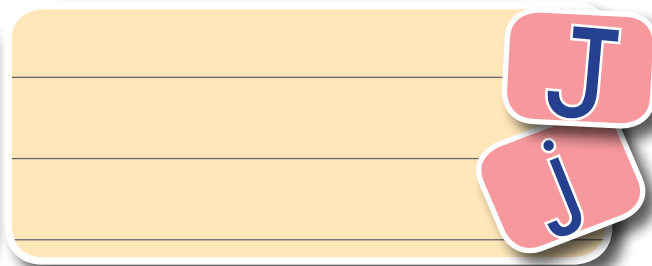
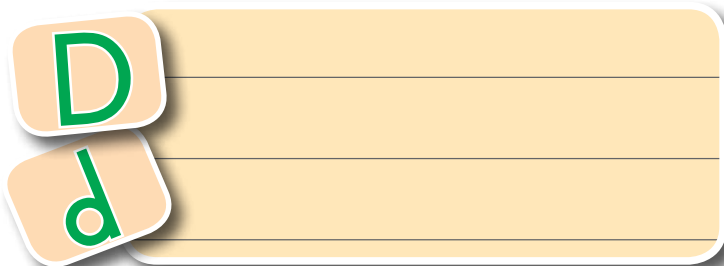
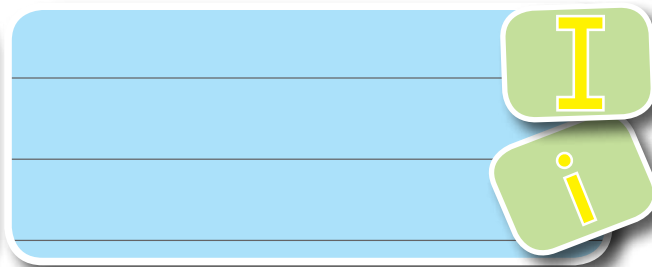
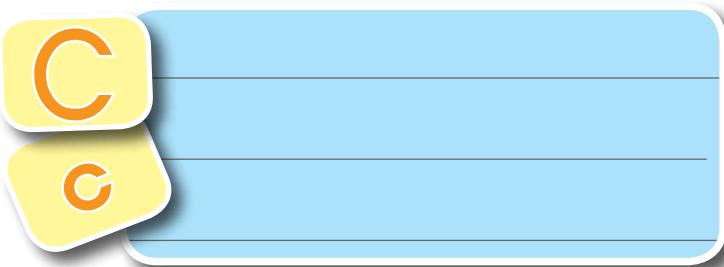
Ndiyazi malunga neentsapho ezahlukeneyo.

Ndifunde lukhulu kwizifundo zeZakhono zoBomi.





Isichazi-magama sam





Isichazi-magama sam

M
m

Handwriting practice lines for the letter M.

S
s

Handwriting practice lines for the letter S.

N
n

Handwriting practice lines for the letter N.

T
t

Handwriting practice lines for the letter T.

O
o

Handwriting practice lines for the letter O.

U
u

Handwriting practice lines for the letter U.

P
p

Handwriting practice lines for the letter P.

V
v

Handwriting practice lines for the letter V.

Q
q

Handwriting practice lines for the letter Q.

W
w

Handwriting practice lines for the letter W.

R
r

Handwriting practice lines for the letter R.

X-Z
x-z

Handwriting practice lines for the letters X, Y, and Z.

