Ukubuyekeza, ihlaliswe ngokwesiTatimende seKharukhyulamu nomThethomgomo wokuhlola

IGreyidi 2



AmaKghono wepilo ngesiNdebele

Incwadi 1 – Ithemu 1&2



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UKkz. Angie Motshekga, nguNqqongqotjhe weFundo-Sisekelo



UNom. Enver Surty, liSekela lakaNqqongqotjhe weFundo-Sisekelo

Iincwadi lezi zenzelwe abentwana beSewula Afrika ngaphasi koburholi bakaNqqongqotjhe wezeFundo-Sisekelo, uMma u-Angie Motshekga kanye neSekela lakaNqqongqotjhe wezeFundo-Sisekelo, uNom. Enver Surty.

Iincwadi zokuSebenzela zakwaRainbow ziyingcenye yeendlela ezinengi zomNyango wezeFundo-Sisekelo wokungenelela 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 abotitjhere komunye nomunye umsebenzi ngokusebenzisa iinthombe ezitjengisako bona ngikuphi umfundi amele akwenze.

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

Sinifisela ipumelelo ekusebenziseni iincwadi lezi.

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IGreyidi 2



AmaKghono wePilo
ngesiNdebele
Incwadi yoku-1



Incwadi le ngeyaka:

1

Sidinga ukudla okunepilo ukuze siphile

Asifunde

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



Ilanga: .....

Asenzeni lokhu

Khuluma nomngani kobana ngikuphi ukudla okunepilo kilokhu. Kundulungele.



Asitlole

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

Irhelo lezinto ezizokuthengwa









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2 Amanzi asinikela ipilo

Asikhulume

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



Asenzeni lokhu

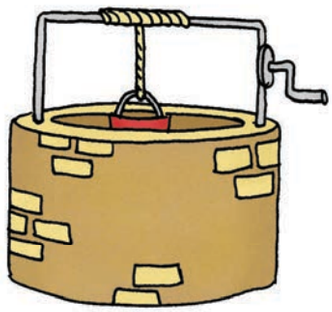
Qobe lilanga sisebenzisa amanzi emakhaya. Tjela umngani wakho kobana amanzi siwasebenzisela ukwenza ini? Bala izinto ezahlukahlukeneko. Emva kwalapho gwala iinthombe ezine ukutjengisa kobana amanzi asetjenziselwa ini. Tlola isihlokwana ngehla kwaleso naleso isithombe ukuhlathulula kobana simayelana nani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

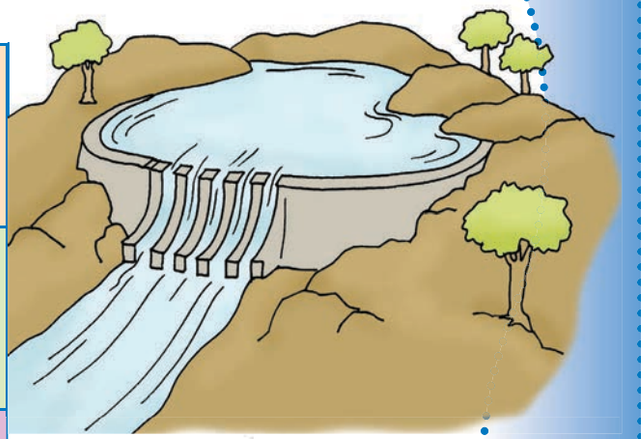
Ilanga: .....

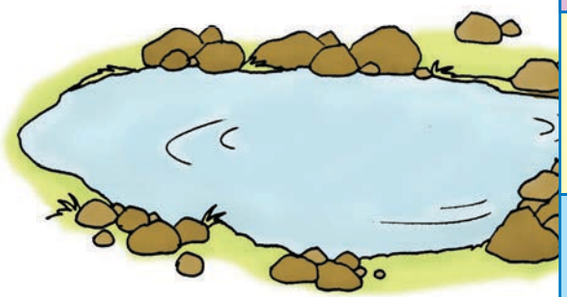
Asitlole

Amanzi siwathola kuphi? Dweba umuda ukumadanisa isithombe nebamba elinembako.











Ithwasahlobo

Isiphehlammoya

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



Asikhulume

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





Asitlole

Tlola imibono emibili esingonga ngayo amanzi esikhaleni esingenzasi.

1. _____

_____

2. _____

_____



Asenzeni lokhu

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



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 ukugijjimisa abentwana. Kumele ugijime ubaleke ngaphambi kobana ikubambe.



Kwanje tholani iwulahubhu nidlale 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.

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4

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, qedelelani iinkhala ezisemitjhweni elandelako:

Ngidinga ummoya ohlanzekileko/ohlwengileko ngombana

_____

Lokha ummoya nawusilapheleko

_____

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 isezeso esikhandela ilanga kobana lilimaze isikhumba sakho.

Asitlole

Qedelela ngokutlola eenkhaleni ezingenzasi.

Ngingaphepha ukuhlalela ilanga elitjhisa khulu ngoku-

1. _____

2. _____

3. _____

Asivumeni

Vumani ingoma elandelako bese niwahlela igido layo.

Ukukhanya kwami
Ukukhanya kwami ngingedwa.
Uyangithabisa
Lokha umkayi nawusamlotha.
Angekhe wazi, wena othandekako,
Kobana ngikuthanda kangangani.
Ungathoma hle ususe ukukhanya kwami.

Kumele usebenzise isezeso esikhandela ilanga kobana lilimaze isikhumba sakho.





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Sign:
Date:

5

Mina nabanye


Asikhulume

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




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 ekondlweni 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 ukukghabisa ifreyimi yesithombe sakho. Nasele ukwenzile lokho, khulumani ngemibala epholileko kanye nemibala etjhisako oyisebenzisileko esithombeni sakho.



Asitlole

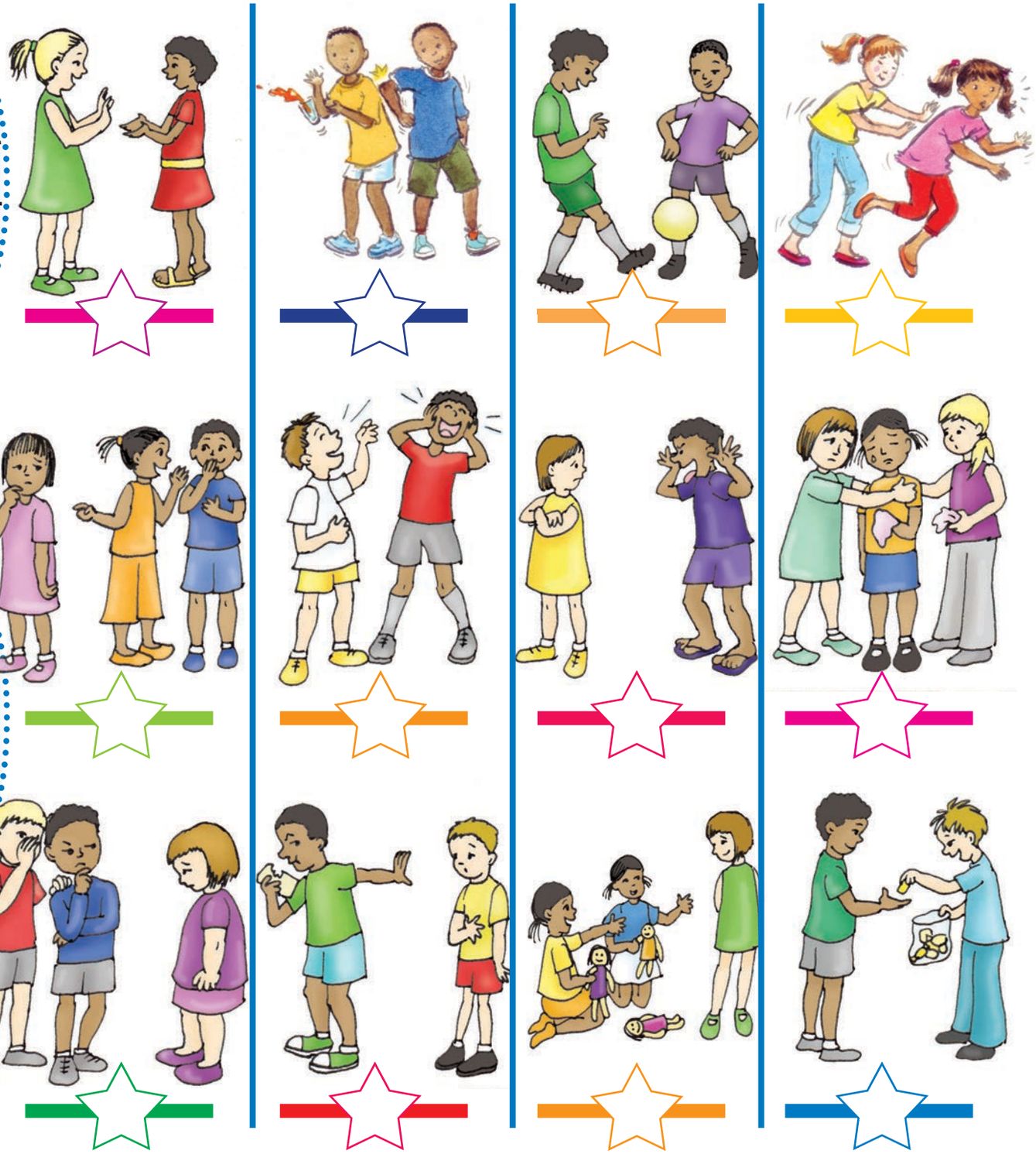
Tlola imtjho emibili ngesithombe.



6 Abantu abaseduze kwethu

Asikhulume

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.



Ilanga: .....

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.



Teacher:
Sign:
Date:

7

Akusekho ukuthelisa

Asitlole Qalani esinye nesinye isithombe.

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







Ilanga: .....



Asenzeni lokhu

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





Asiphumele ngaphandle

Zihleleni ngeenqhema 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.



8

Soke sikhethekile

Asikhulume

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

















Ilanga: .....



Asifunde

Dlalani umdlalo olandelako ngeenqhema. 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.



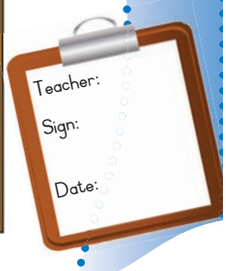
Asigwaleni

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



Uyazi nje kobana ephasini loke akekho umuntu onegadangiso lemino elifanako? Nguwe wedwa begodu ukhethekile!





9

Sizizwa njani

Asikhulume

Cocisanani kobana nizizwa njani lokha nanivelelwe yinto ehle nekarisako. Ngemva kwalapho cocisanani ngokuthi nizizwa njani lokha nanivelelwe ngokumbi. Lokhu sikubiza ngokuphakama kwemizwa.









Asitlole

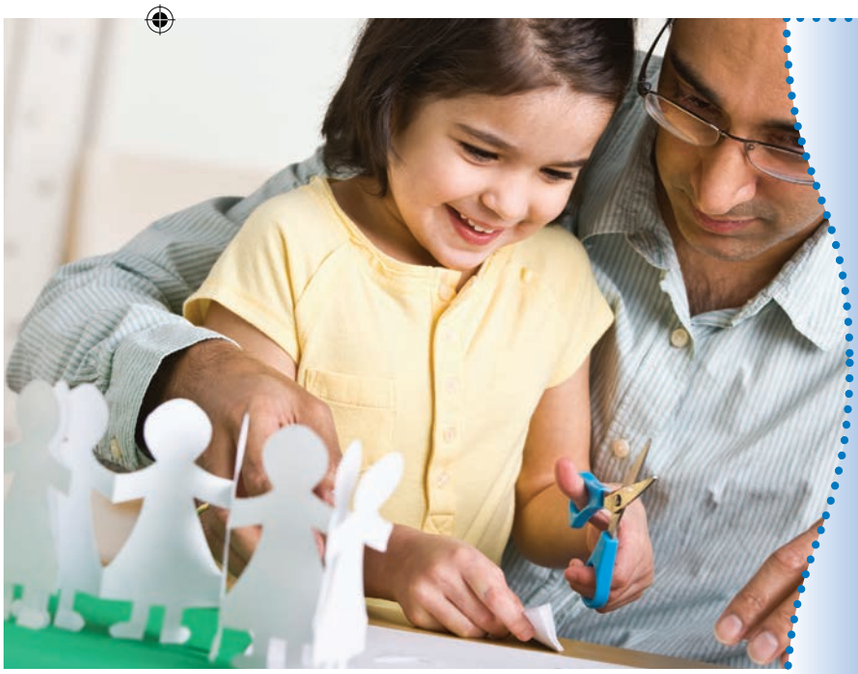
Tlola iimpendulo zemibuzo engenzasi.

Ngikuphi okungithabisako?
Ngikuphi okungenza ngidane?
Ngikuphi okungenza ngithuke?
Ngikuphi okungenza ngithabe?

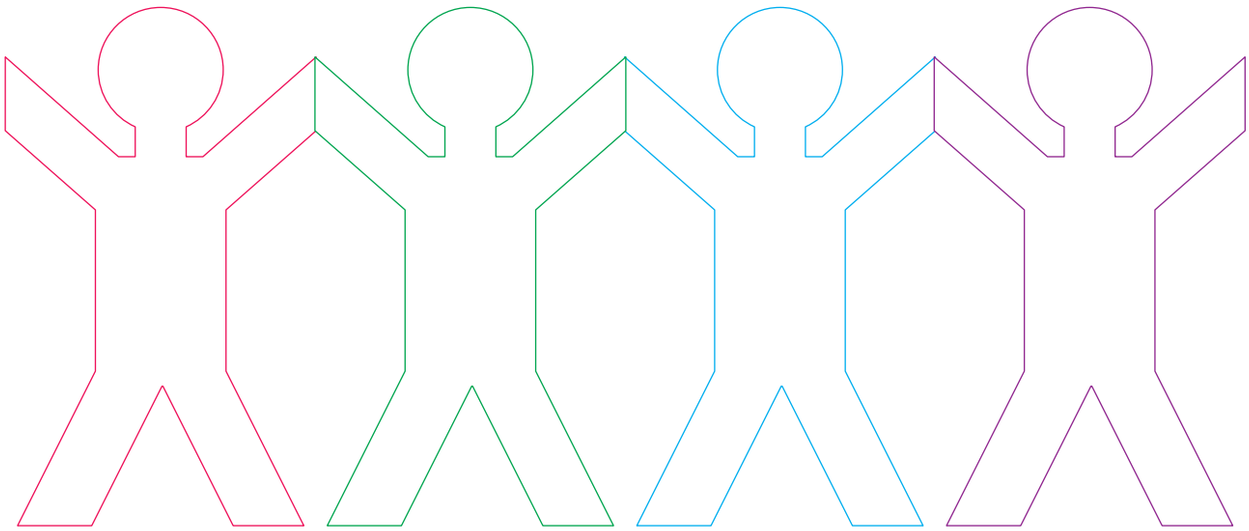
Ilanga: .....



Asenzeni lokhu



Gwala bese ufaka 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.







10

Abantu abaphila nokukhubazeka

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 akakwazi ukukhamba.
Usebenzisa _____
ukukhambakhamba.



isihlalo mavilo



USelephi akaboni kanti
usebenzisa _____
ukuthola lapha akhamba khona.



inja ekurholako

Ilanga: .....

isisetjenziswa esisiza ukuzwa





UBangani akezwa.

Usebenzisa _____

ukumsiza kobana ezwe.



ukukhuluma ngelimi lamatshwayo

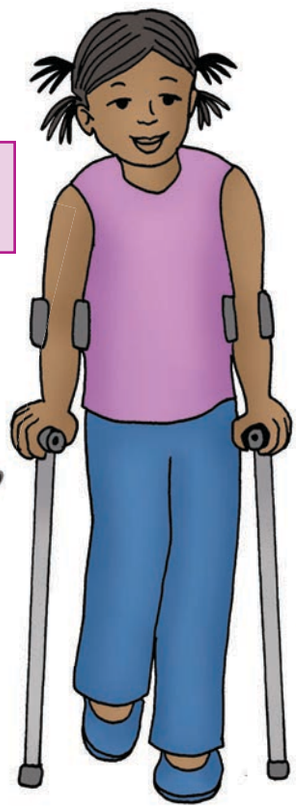
UJabu akakhulumi/simumu.

Usebenzisa _____

ukukhuluma.



iingodo (ekukhanjwa ngazo nawulimeleko)



UNomusa usebenzisa

_____ ukukhamba.



Asenzeni lokhu

Sebenzisani umdaka nanyana ihlama yokudlala ukwenza ivasi nanyana ibhigiri.





11

Boke abentwana baligugu bebakhethekile

Asikhulume

Abentwana abalandelako laba bahluke ngani kuwe?

Bafana njani nawe?



Asifunde

Ephasini loke abantu bagidinga amalanga akhethekileko.



Sithanda ukudlala nokuvuma.

Soke sifuna ukudlala 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 miphi ekhethekileko 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
iinhlambi ezimbalwa
elwandle. Faka inarha
umbala ozotho.







Teacher:
Sign:
Date:

Ikutani yami

Asikhulume

Ingabe bakhona abafundi abaphila nokukhubazeka esikolweni senu? Khulumani ngalokho.

Isikolo singenza ini ukubasiza nabasesikolweni? Ingabe abantu 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 iinsetjenziswa zomvumo. Kukhona omunye umuntu ophopheleko omaziko?
- Abantu abaphopheleko abatlola iingoma. Ungacabanga ngomunye umuntu osibonelo kilokhu?



Ilanga: .....



Asitlole

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

Ikutani yami:

Gwala isithombe somuntu omthatha njengekutani 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

Teacher:

Sign:

Date:

13

Ukuhlanza amanzi

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, ungagula khulu. Kanengi kumele siqinisekise kobana amanzi esiwaselako ahlanzekile.

Asikhulume Khulumani ngalokho ekungenzeka lokha nasisela amanzi angakahlwengeki. Kwanje qalani iinthombe ezingenzasi. Cocisana nomngani wakho ngeendlela ezahlukeneko zokuhlanza nanyana zokucwengisa amanzi.



Faka ipilisi letlorini ngemanzini.



Bilisa amanzi imizuzu emi-5.



Faka amakhemikhali.





Sefa amanzi.

Ilanga: .....

Asikhulume

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

Amanzi womlambo

Amanzi wepompo

Amanzi welwandle

Amanzi aphuma ebhorweni.

Amanzi athengiweko angebhodlelweni.

Amanzi angeketleleni abilisiweko.

Asenzeni lokhu

Sebenzani ngeenqhema bese nenza isisefo samanzi ukuze nihlwengise amanzi. Lalelisisani 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 esefeke 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.



Teacher:
Sign:
Date:



14 Indlela yokuphila ekungiyo



Asifunde

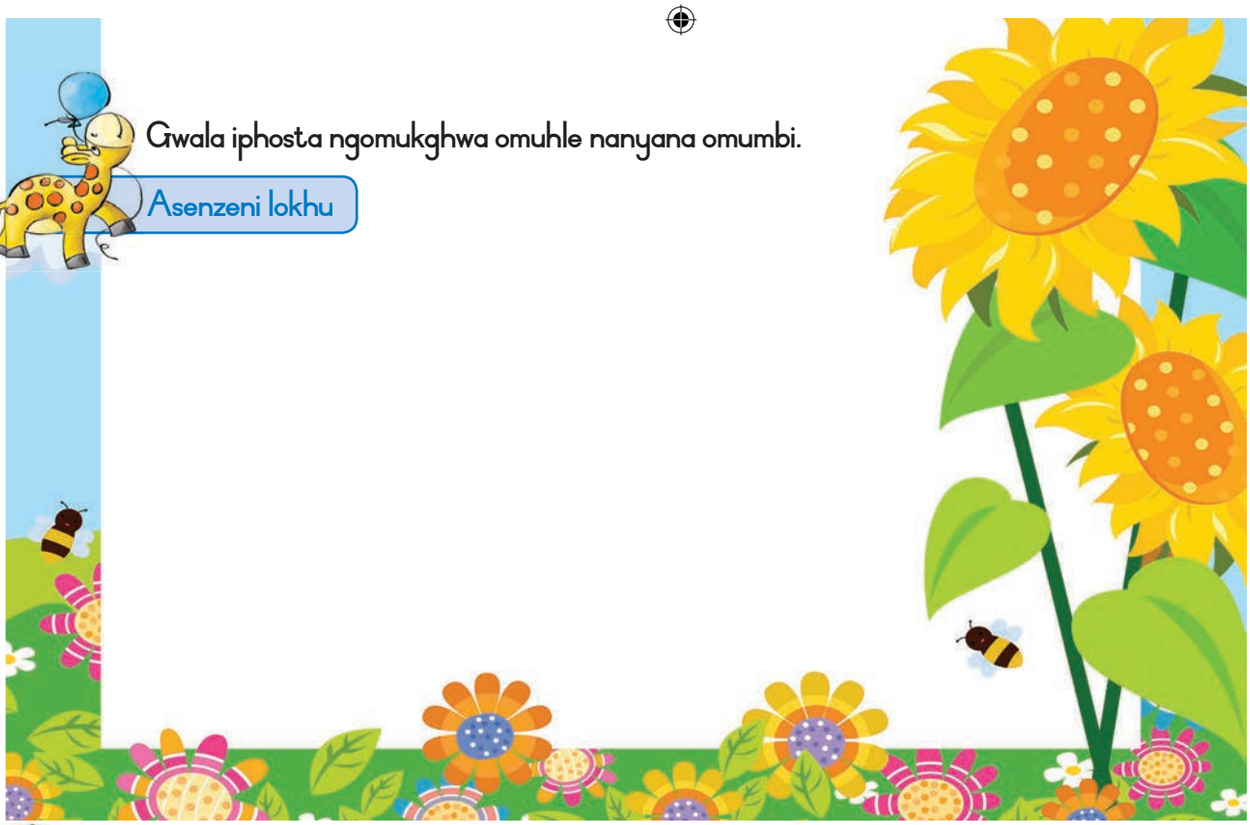
Funda yoke imikghwa elandelako, ingaba mihle nanyana ibe ngemimbi. Nangabe ucabanga kobana mumukghwa omuhle, tlola itshwayo (✔), eduze komutjho lowo. Nangabe ucabanga kobana mumukghwa omumbi, tlola isiphambano (✘) eduze komutjho lowo.

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 ngemgqonyini 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.		

Ilanga: .....

Gwala iphosta ngomukghwa omuhle nanyana omumbi.

Asenzeni lokhu



Asitlole

Qalisisa iphosta yakho. Funda isitatimende ngasinye bese ufake 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.



Imikhiqizo eyonakalako naleyo engonakaliko



Asikhulume



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



Ilanga: .....

















Asikhulume

Khulumani ngeendlela esingakhandela ngazo kobana abotjhontjhwani neempukani zingahlali phezu kokudla kwethu.

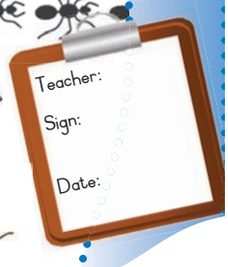












linkolo namalanga akhethekileko

Asifunde

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



Ngelanga lakaKresimusi sifunyana izipho. Begodu sipha abangani bethu namanye amalunga wemindeni 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 bese sibe namakerekere.

Ilanga: .....



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.



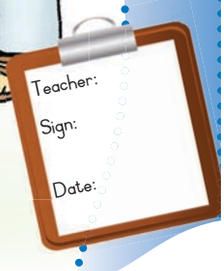




Asivumeni

Vuma iingoma ozaziko ezivunywa ngamalanga alandelanako aqakathekileko.





17

linkhathi zomnyaka

Asikhulume

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



Ngisiphi isikhathi somnyaka osithanda khulu? _____

_____

Kubayini uthanda isikhathi lesi somnyaka? _____

_____

Ilanga lakho lamabeletho lingasiphi isikhathi somnyaka? _____

_____

Ilanga: .....



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:

18 linkhathi ezine zomnyaka



Asenzeni lokhu

Sika iinthombe zeenkhathi zomnyaka kibosika abangemuva encwadini yakho. Namathisela isithombe ngasinye eduze kwesikhathi esifaneleko somnyaka.



ubusika

UJuni

UJulayi

U-Arhostesi

ithwasahlobo

USeptemba

U-Oktoba

UNovemba



Ilanga: .....



ihlobo

UDisemba

UJanabari

UFeberbari

isiruthwana

Umatjhi

U-Apreli

UMeyi

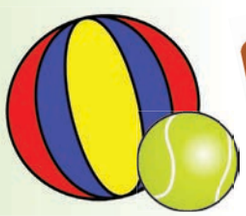




Asiphumele ngaphandle

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







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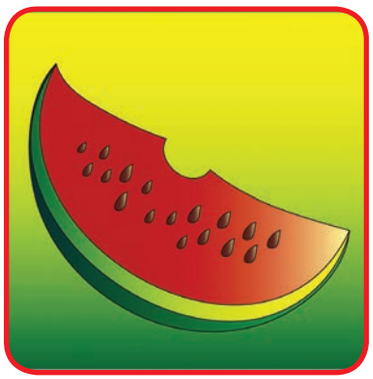
linkhathi zomnyaka

Asifunde



Ihlobo

Ubujamo bezulu buyatjhisa bufuthumele.

Imini yide kanti ubusuku bufitjhani.

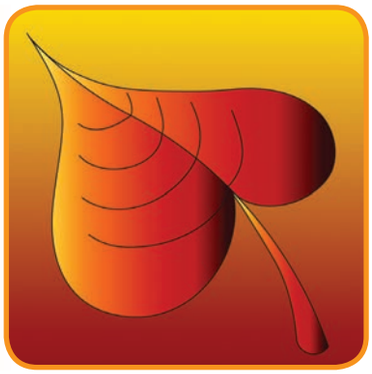
Singaphola ngokobanyana sidude nanyana sihlale emthunzini.

Isiruthwana

Ubujamo bezulu buyaphola.

Amakari athoma ukutjhugulula umbala ube sagolide bese ayawa emthini.

Iinyoni ziphaphela 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 bezibekele amaqanda.



Ilanga: .....



Asikhulume

Ukudla okuhlukahlukeneko kutholakala ngeenkhathi zomnyaka ezihlukeneko. Qalisisa ukudla okulandelako lokhu kwehlobo nokwebusika. Tjela umngani wakho kobana uthanda ukudla kuphi nakutjhisako nalokha nakumakhaza.



Ihlobo

Ukudla kwesinye nesinye isikhathi somnyaka

Ubusika



Teacher:

Sign:

Date:

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Ukwembatha ngendlela ubujamo bezulu bungakho



Asigwaleni

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

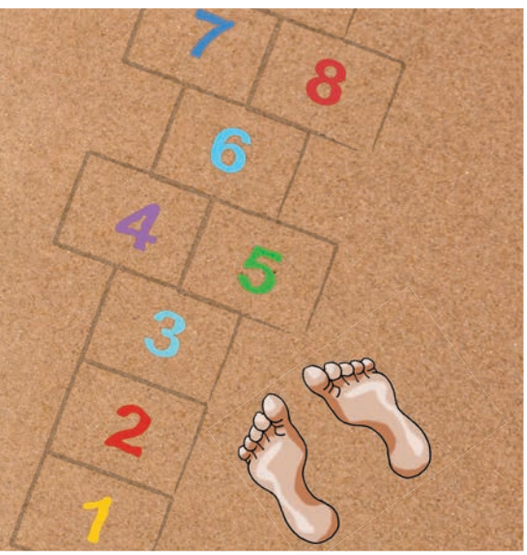


Umsana	Umntazana



Asiphumele ngaphandle

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



Ilanga: .....

Asikhulume

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.



Teacher:

Sign:

Date:

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Imithelela yeenkhathi zomnyaka







Ithwasahlobo

Ngethwasahlobo imithi ithoma ukumila amakari.

Sibona iinyoni, iinyosi, amathuthumbo kunye namakari ahlazana.

Iinyoni zakha iindleke bezibekele amaqanda.

Abosomaplasi bona basika uboya bezimvu.

Ihlobo

Ehlobo abosomaplasi bavuna iinthelo. Amakonyana weenyamazana abamajadu.

Kezinye iindawo izulu lina khulu line ngamawuruwuru nombani.

Utjani, amahlathi namathuthumbo kumila ngamandla. Imithi yona ibamide.



Ilanga: .....



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? _____

_____



22

Ukutjala isitjalo ngebhlegeni

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	Ilanga	Ilanga	Ilanga

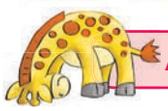
Ilanga: .....



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.

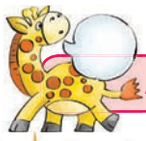




Teacher:
Sign:
Date:

23

linlwana: linlwana zemaplasini



Asikhulume

Qala iinthombe bese ukhuluma ngeenlwana zemaplasini ozibonako.
Ngisiphi isilwana osithandako?
Sithola ini kesinye nesinye isilwana kilezi ezilandelako?



Ilanga: .....



Asitlole

Qedelela 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

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!



Ilanga: .....

Asivumeni

Ragela phambili uvume ingoma. Jamiselela imida yekomo ngeenlwana lezi.



Eplasini bekanezinja.

Eplasini abuye abenamadada.

Eplasini abuye abeneempere.

Asiphumele ngaphandle

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



Teacher:

Sign:

Date:

25

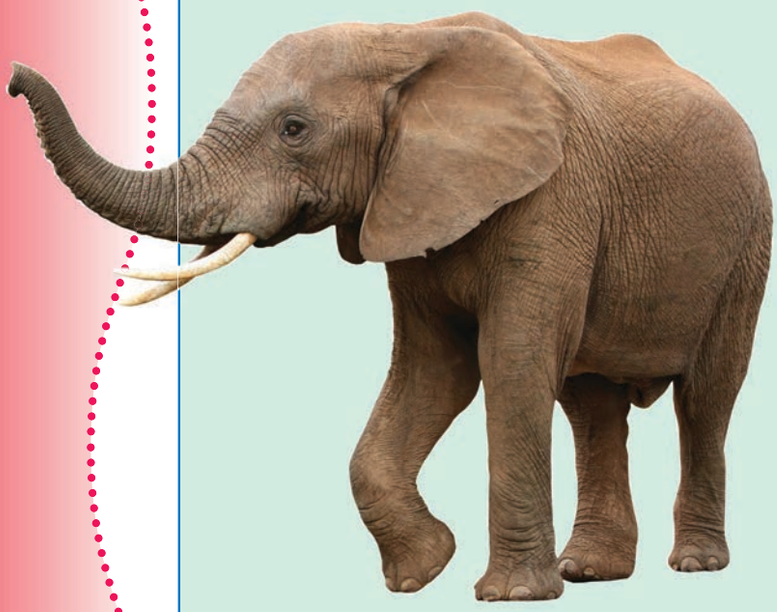
Iinlwana zemangweni

Asifunde





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

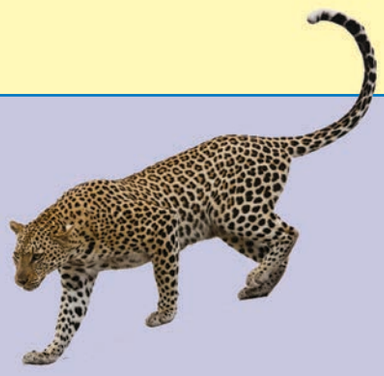


Iindlovu ziinlwana ekungezikulu kilezo ezimunyisako ephasini. Iindlovu zivamise ukuba sengozini esikhathini esinengi ziyazunywa ngebanga lomsebenzi weempondo zazo. Iindlovu zikhula ipilo yazo yoke. Iindlovu zisebenzisa imiboko yazo ukufaka imirabhu, iinthelo kanye namanzi ngemloyeni lokha nazidlako.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

Ilanga: .....



Kukhona imihlobo 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 zeenkomo zommango zikhula zibe nokuphakama okungaba limitha eli-1,7.





26

Iinlwana zizifihla njani

Asifunde





Ezinye iinlwana zizivikela ngokutjhugulula imibala yazo ifane nendawo lapho zikhona ukuze zivikeleke. Inwabu litjhugulula umbala walo ufane 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 umbala nokunye.













Efitjhani

Utitjhere wenu uzanitjengisa kobana umvumo obethwa ngeenhlalo unjani.



Ilanga: .....

Asenzeni lokhu

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



27

Iinlwana zangemanzini

Asenzeni lokhu

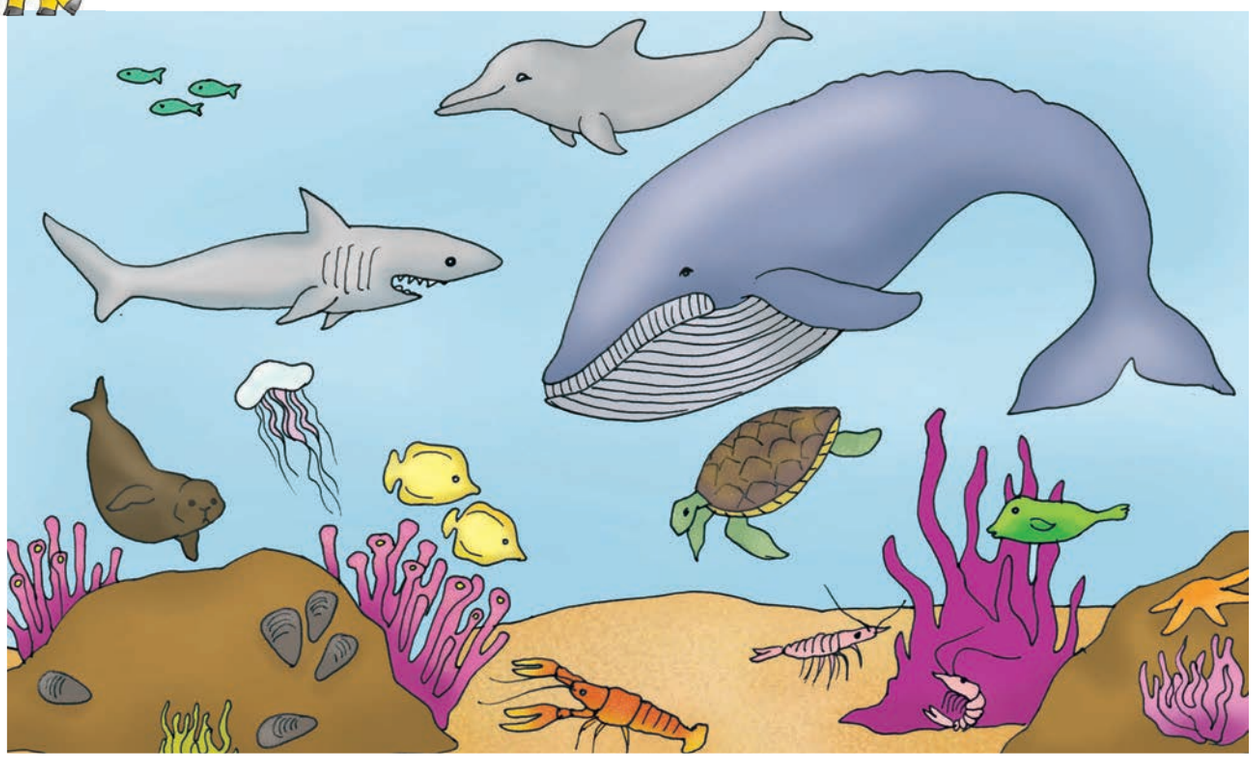
Qedelela isithombe ngokuthi ungezelele umgwalo nanyana iinthombe zeenlwana eziphila ngemanzini.



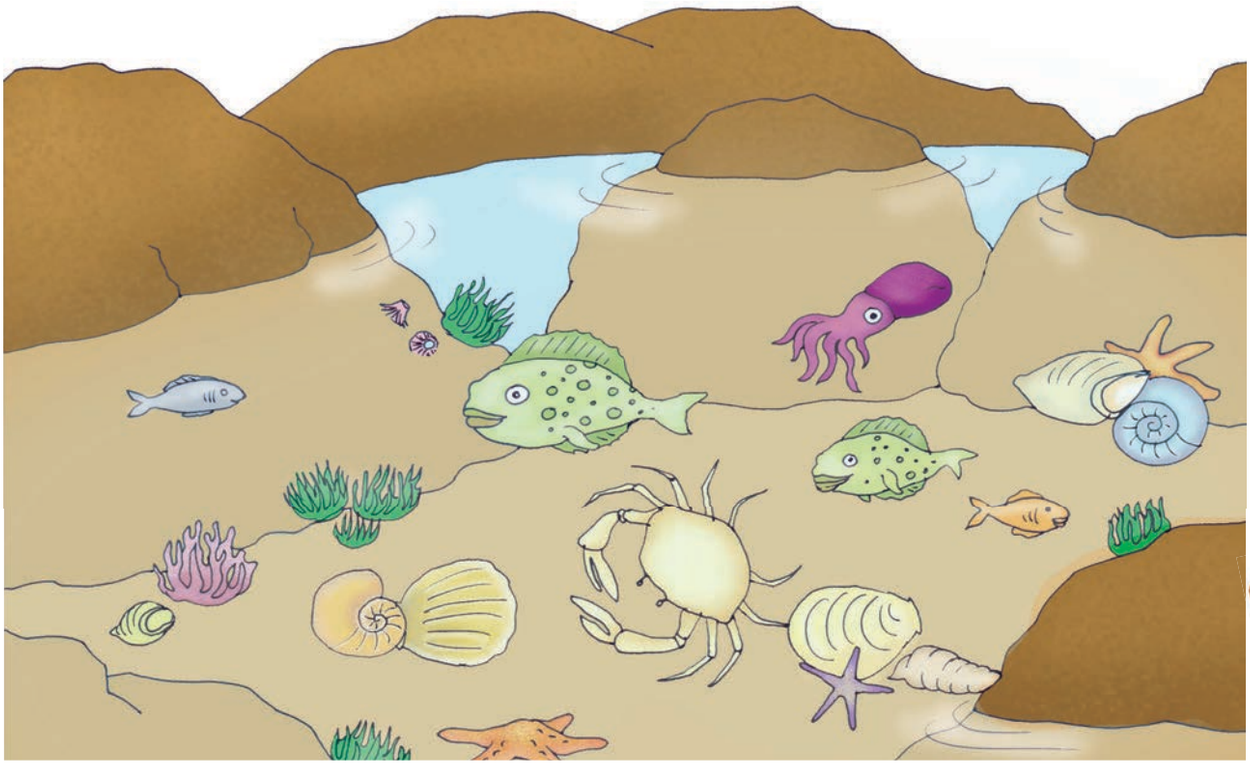
Ilanga: .....

Iinlwanyana eziphila ngaphasi kwamanzi

Asikhulume Akhe siqale zoke iinlwanyana eziphila ngaphasi kwehlabathi.



Kukhona neenlwanyana ezincani eziphila hlangana namatje ngaphasi kwamanzi.



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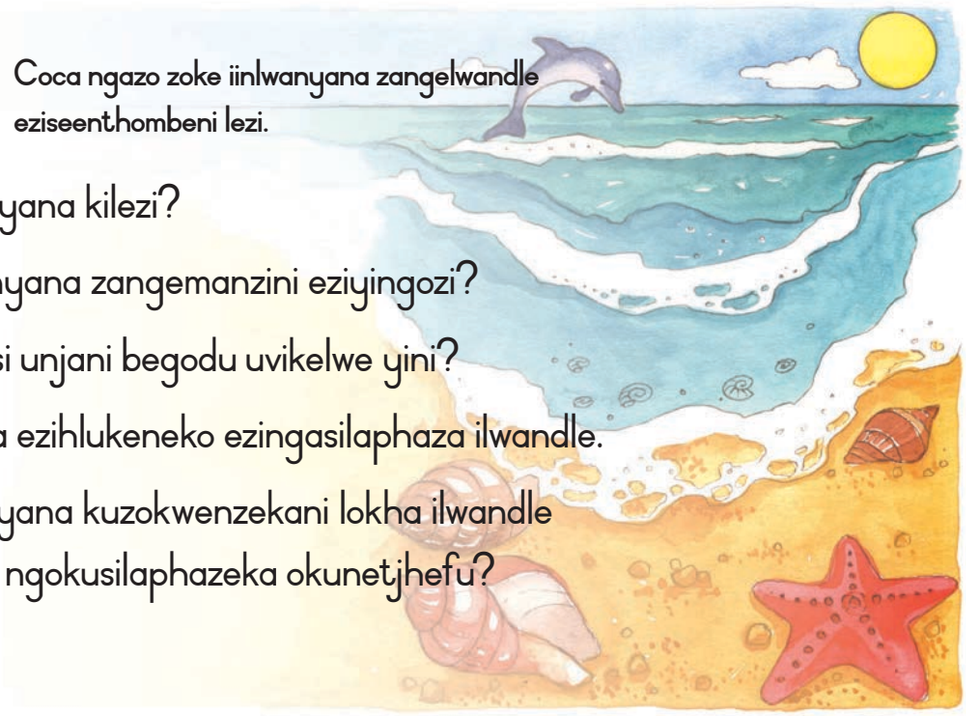
Ubukghwari beenlwana



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.

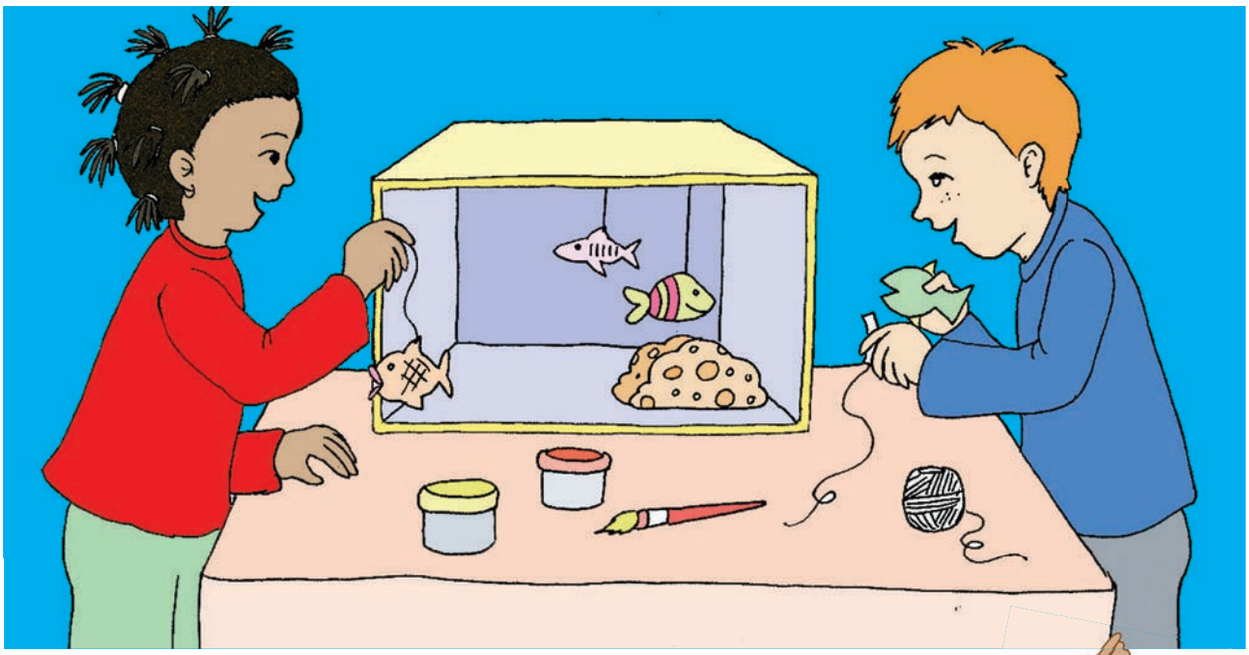
Emlanjeni	Elwandle	Edamini

Ilanga: .....

Asenzeni lokhu

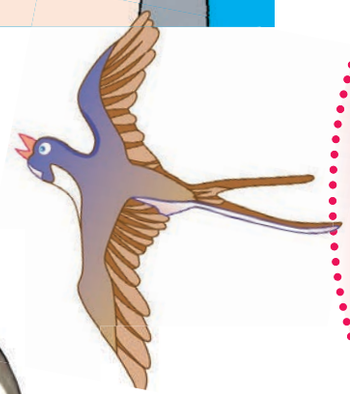
Zakhele yakho isiziba seemfesi.

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



Asiphumele ngaphandle

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

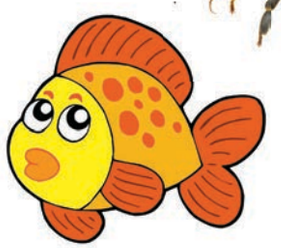








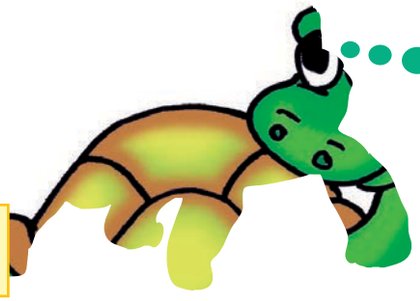






30 linlwanyana ezithwala imizi yazo ngaso soke isikhathi

Asifunde



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

Ikghuru

Ikghuru ingenye yeenlwana ezirhurhuba ngamathumbu begodu inemilenze evulekileko nentamo kunye nehloko.

Zihlala kuphi?

		
Ithathila: Ngihlala elwandle.	**Itheraphina:** Ngihlala endaweni esemanzini, endaweni ezithambileko.	**Nekghuru:** Ngihlala ehlabathini.

Asitlole **Phendula imibuzo elandelako ngekghuru ehlala ehlabathini.**

Indlwana yekghuru ithambile nanyana iqinile? _____

Indlwana yekghuru iyivikela ini, kuphi? _____

_____

Ikghuru yenzani lokha nayithukweko? _____

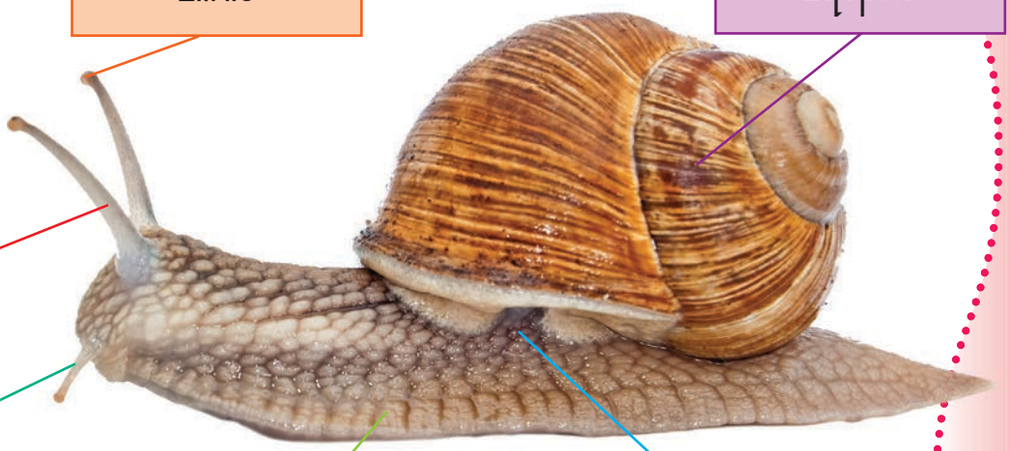
Iinkghuru zidla ini? _____

_____

Ilanga: .....

Umnenke

Qala iqephe lomnenke.



Umnenke ukhamba njani? _____

Ukhe wafunyana iqephe lilodwa? Ucabanga bonyana kwenzekeni ngomnenke loyo? _____

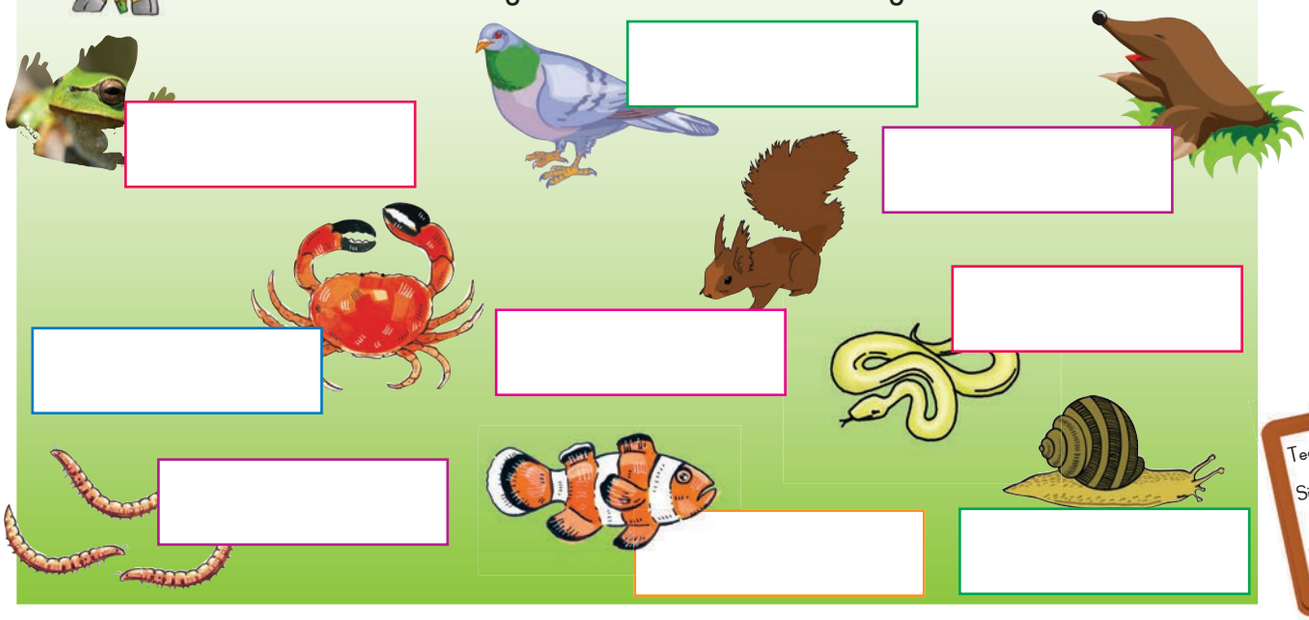
Amaqephe weminenke anombala onjani? _____

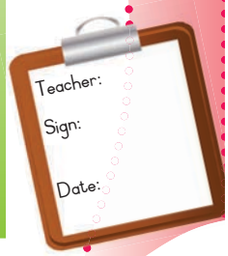
Kubayini ucabanga kobanyana iminenke inamaqephe? _____



Asitlole

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





31 Iinlwana ezizakhela izundlu zona ngokwazo

Asenzeni lokhu

Hlanganisa iinthombe zeenlwana lezi neenthombe zezindlu zazo.





Asifunde

Iinyosi



Iinyosi zihlala ngaphakathi kwesihlaka seliju.

Zakha isihlaka ngesinamathelisi esithileko.

Zifihla ukudla ngaphakathi kwesihlaka sazo.

Ilanga: .....

Abotjhontjhwani



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



Asitlole

Kubayini ucabanga kobana ubutjhontjhwani bakha iindlwana zabo?

_____

Ngubani isitha sobutshontshwani? _____

_____

Ubutjhontjhwani busebenzisa ini lokha nabakha iindlwana zabo? _____

_____



Asifunde

Iinyoni

Iinyoni zakha isidleke lapho zizokwazi ukubekela amaqanda wazo khona. Ubukhulu besidleke bulawulwa bukhulu benyoni?

_____

Ngiyiphi inyamazana esisitha senyoni?

_____



Teacher:

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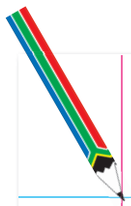

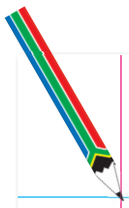

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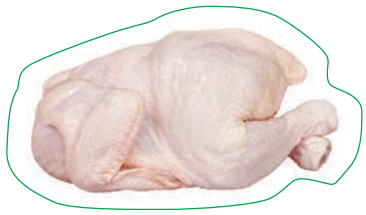
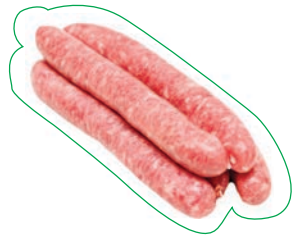

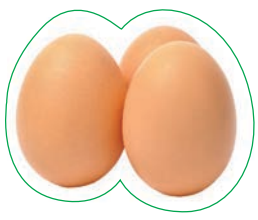
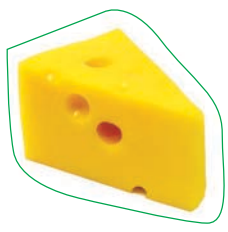




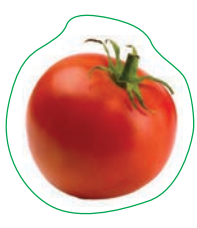








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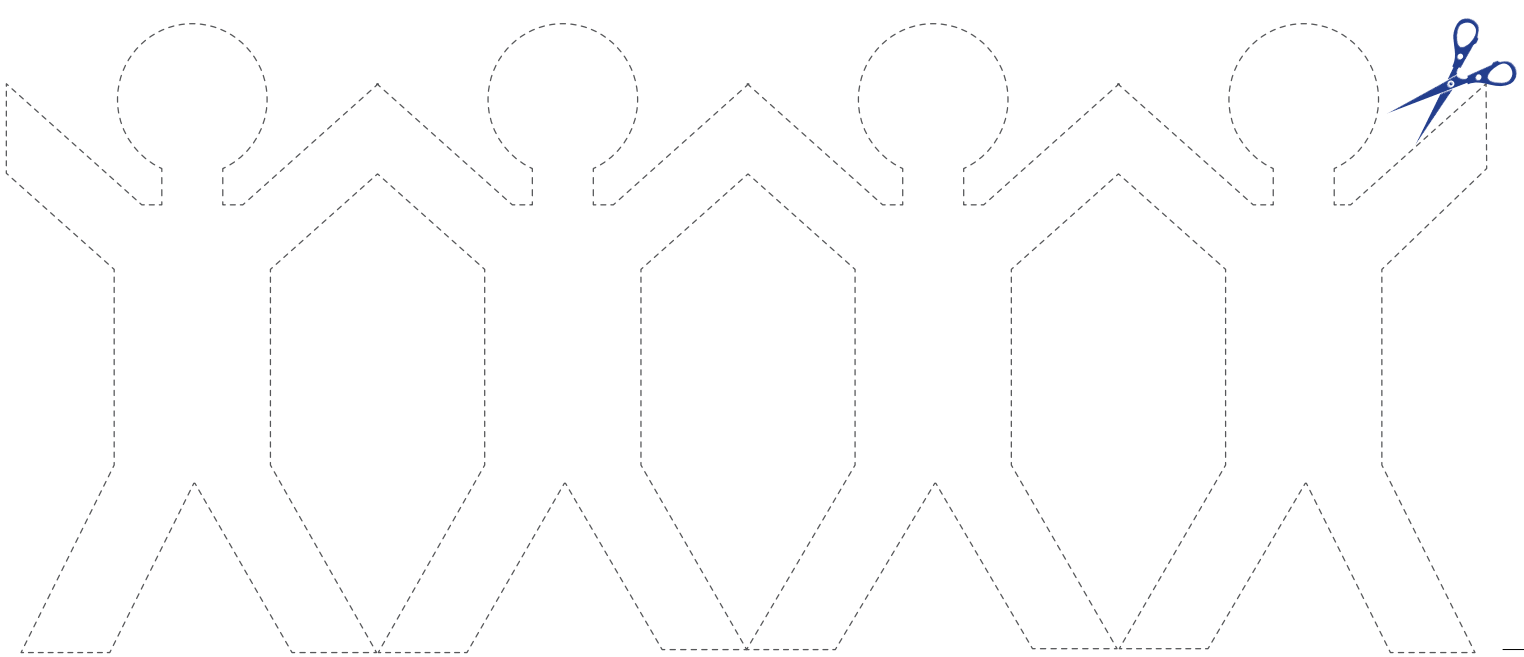

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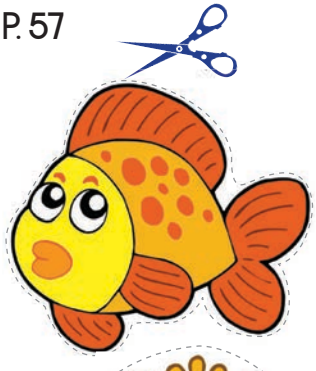

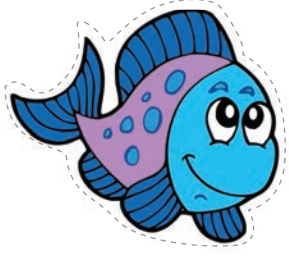

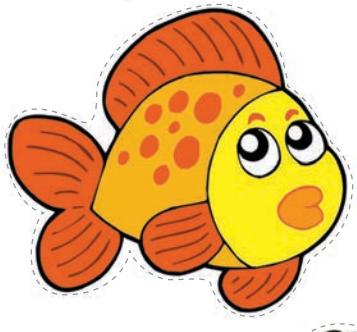

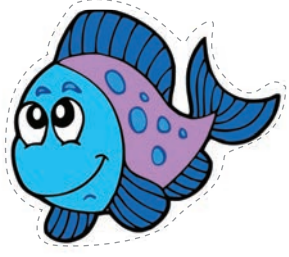



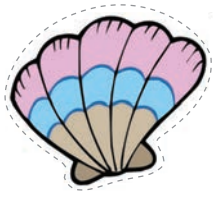



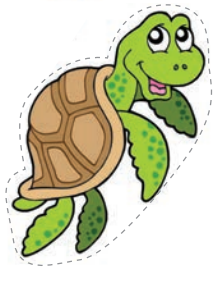

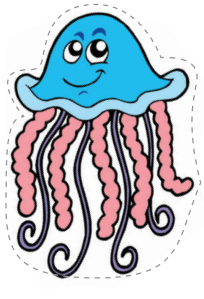

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