



E tlhabolotswe e  
bile e tsamaelana  
le CAPS

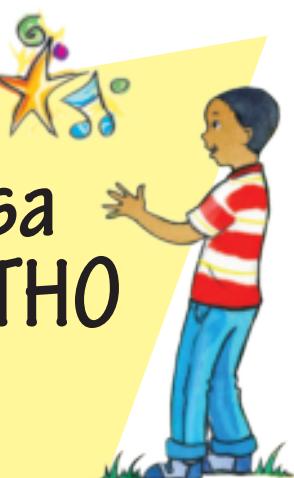
# Sehlopha sa

# 2



## Bokgoni ho tsa Bophelo SESOTHO

Buka ya 1  
kotara ya 1&2



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**SESOTHO LIFE SKILLS**  
**GRADE 2 – BOOK 1**  
**TERMS 1&2**  
**ISBN 978-1-4315-0258-5**  
**7th Edition**  
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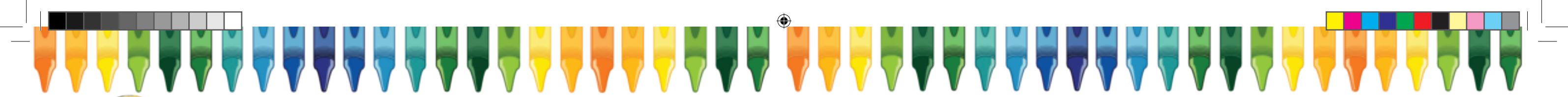
- Puo ya Pele ya Tlatsetso Sehlopha 1 – 3  
(Ka dipuo tsohle tsa semmuso)
- Puo ya Pele ya Tlatsetso Sehlopha 4 – 6  
(Ka Senyesemane)
- Ho bala le ho ngola sehlopha 1 – 6  
(Ka dipuo tsohle tsa semmuso)
- Mmetse Sehlopha 1 – 3  
(Ka dipuo tsohle tsa semmuso)
- Mmetse Sehlopha 4 – 9  
(Ka Senyesemane le seAfrikaan)
- Thuto ya tsa bophelo Sehlopha 1 – 3  
(Ka dipuo tsohle tsa semmuso)

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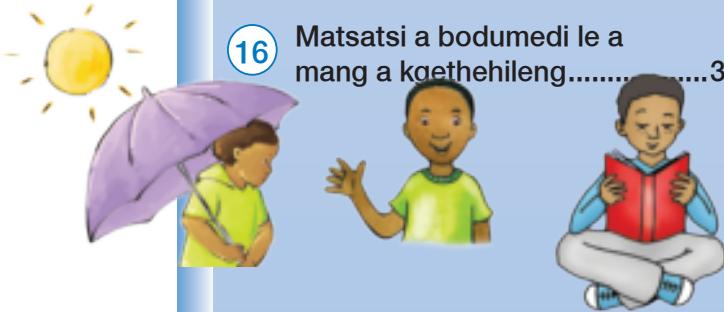
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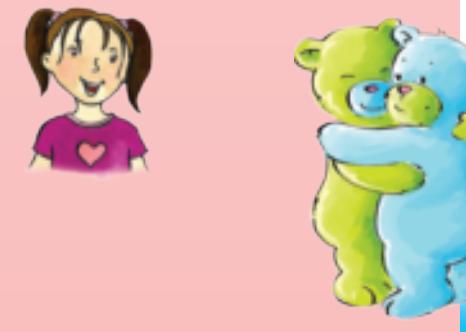
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Mofumahadi Angie  
Motshikga, letona  
la Lafapha la Thuto  
ya Motheo



Mong. Enver Surty,  
Motlatsi wa Letona la  
Thuto ya Motheo

Dibuka tsena tsa tshebetso di etseditswe bana ba Afrika Borwa tlasa boetapele ba Letona la Thuto ya Motheo, Mof. Angie Motshikga, mmoho le Motlatsa Letona la Thuto ya Motheo, Mong. Enver Surty.

Dibuka tsa tshebetso tsa Rainbow di bopa karolo ya Lefapha la Thuto ya Motheo, ya thuso e reretsweng ho netefatsa tshebetso ya baithuti ba Afrika borwa dikereiting tse qalang tse tsheletseng. Jwaleka e nngwe ya dintlhla tsa boholoka tsa Moralo wa Tshebetso ya Mmuso, projeke ena e etsahetse ka tshehetso ya letlole la Polokelo la Setjhaba. Sena se entse hore Lefapha le etse dibuka tsena tsa tshebetso ka dipuo tsohle tsa semmuso, ntle le tefello ya letho.

Re tshepa hore, matitjhere a tla fumana dibuka tsa tshebetso di le boholoka mosebetsing wa bona wa letsatsi le letsatsi, le ho etsa bonnate ba hore baithuti ba bona ba etsa kharikhulamo yohle. Re nkile boikarabelo ba ho tataisa titjhere mosebetsing ka enngwe le enngwe ya mesebetsi, ka ho kenyelletsa motshwao a bontshang hore na seo barutwana ba tshwanelang ho se etsa ke sefe.

Re a kgolwa hore bona ba tla natefelwa ke ho sebetsa ka buka ena ha ba ntse ba hola le ho ithuta, le hore wena titjhere, o tla natefelwa mmoho le bana.

Re le lakalletsa katleho ho sebediseng dibuka tsena tsa tshebetso.



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# Sehlopha sa 2

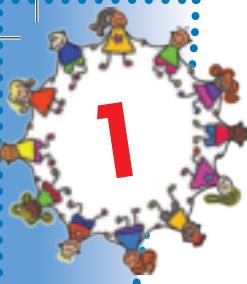


Bokgoni ho tsa  
Bophelo ka SESOTHO  
Buka ya !



Buka ena ke ya:





# Re hloka dijo tse tlisang bophelo bo bottle hore re phele



Ha re baleng

Mmele ya rona e hloka dijo tsohle tsa bophelo bo bottle hore re tsebe ho hola. Re lokela ho ja dijo tse hlahang dihlopheng tsa dijo kamehla. Re lokela ho ja dijo tsohle tsa bophelo bo bottle hore re be le matla a ho etsa tsohle tseo re lokelang ho di etsa. Ha re sa je dijo tse tlisang bophelo bo bottle re ka kula haholo.

## Dihlopha tse hlano tsa dijo

Koro le dijo-thollo  
tsa yona



Meroho le  
ditholwana



Batho ba bang ke  
ba jang meroho feela.  
Sena se bolela hore ha  
be je nama ho hang.  
Ba ja haholo ho hlahan  
dihlopheng tse ding  
tse 4.

Nama, hlapi,  
kgoho, matokomane  
le dinawa

Letsatsi: .....

Mafura le dioli

Dijo tse etswang  
ka lebese



Ha re etseng

Bua le motswalle wa hao, hore na ke dijo di  
feng tse loketseng mmele.

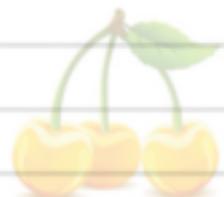


Ha re ngoleng

Etsa e ka o ya  
lebenkeleng le mme wa  
hao ho reka dijo tsa  
mantsiboya. Etsa lenane  
la dijо tsohle tseo o tlаng  
ho di reka, tse loketseng  
ba lapa la heno.



## LENANE LA DINTHO TSEO KE TLA DI REKA



Teacher:  
Sign:  
Date:

# Metsi a re fa bophelo

Kotara ya-! – Beka ya-! – Leqephé la mosebetsi

Hare bueng

Hobaneng re hloka metsi?  
Batho, dimela le diphoofolo di  
hloka metsi hore di phele. Metsi  
a tsamaisa dijo tseo re di jang  
dithong tse fapaneng tsa mmele  
ya rona. A thusa hape le ho  
ntsha ditshila mmeleng ya rona.



Hare etseng

Tsatsing le leng le le leng re sebedisa metsi malapeng a rona. Bolella motswalle  
wa hao ka tsohle tseo o ka di nahanang tseo re di sebedisetsang metsi.  
Jwale etsa ditshwantsho tse nne o bontsha ka moo re sebedisang metsi ka  
teng. Ngola sehlaho ka hodima setshwantsho se seng le se seng ho hlalosa  
hore setshwantsho se bua kang.

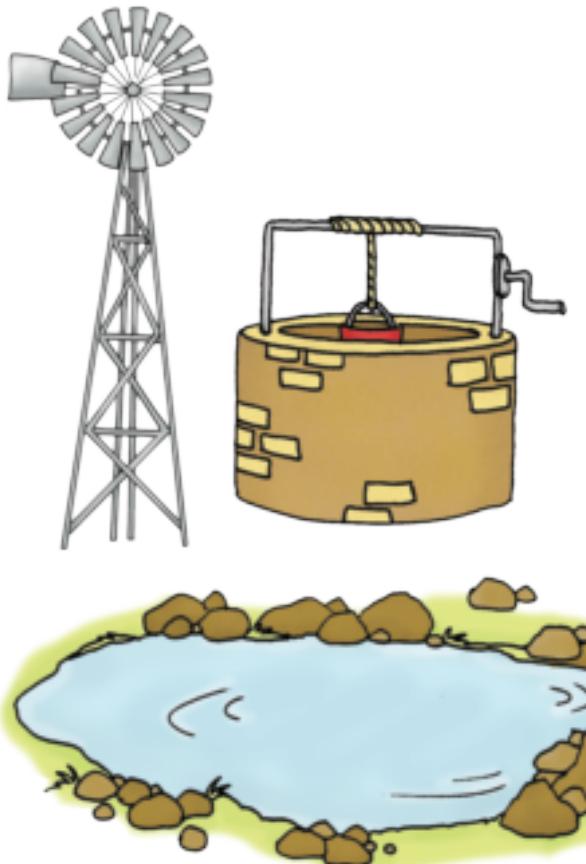




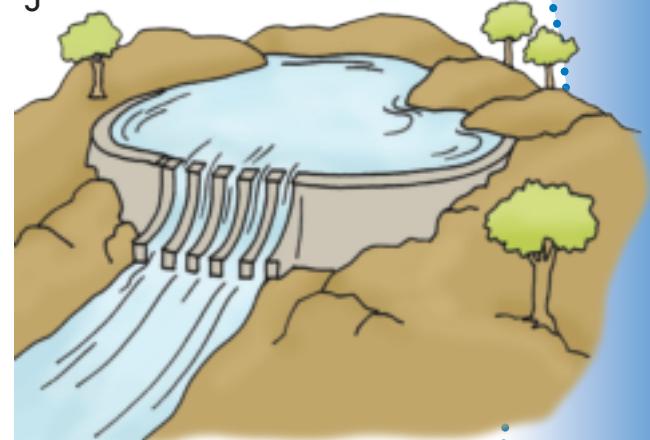


## Ha re ngoleng

Re fumana metsi kae? Etsa mola ho bapisa setshwantsho  
se seng le se seng le lentswe le nepahetseng.



letangwana
sefhlametsi
Noka
Letamo
Sediba



## Ha re ithapolleng

Pele o etsa eng kapa eng kantle , ikotlolle jwaloka ka katse. Sena se tla etsa ho be bonolo hore mmele wa hao o tsitsinyeho. Ikotlolle hape ha o se o qetile ho kokobetsa mmele le ho o phodisa. Sena se tla thusa mesifa ya hao hore e se be bohloko.

- Tlolajwalo ka senqanqane. Etsa medumo ya dinqanqane.
- Lahlela bolo kapa mokotlana wa dinawa, ho e mong le e mong. E mong le e mong a e kape/tshware.
- Jwale akgela bolo kapa mokotla wa dinawa hodimo mme o o kape.
- Bapalang papadi ya lebelo le motswalle wa hao.

Bona hore o ka nka nako e kae mokotlana o sa we hlohong ya hao.



Teacher:  
Sign:  
Date:

3

# Re baballa metsi

Kotara ya-! - Beka ya-2 - Legphe la mosebetsi



Ha re bueng

Metsi ke ntho ya bohlokwa, ha re ya tshwanela ho a senya. Bua le motswalle wa hao ka mekgwa e fapaneng ya ho boloka metsi.



Ha re ngoleng

Ngola mehopolo e mmedi ka moo re ka bolokang metsi ka teng dibakeng tse ka tlase.



1.

---

---

2.

---

---



Ha re etseng

Sebedisa dikerayone ho etsa phousetara e kgabisitsweng ka mmala ka ho boloka metsi. Phousetara ya hao e lokela ho kgothalletsa batho ba bang ho boloka metsi. Ha o se o entse phousetara ya hao e bontshe metswalle ya hao.

6

Letsatsi: .....





Ha re ithapolleng

A re bapaleng papadi ya  
"Ke nako mang, Mong Phiri".

E mong wa lona o lokela ho ba Phiri.

Nehanang sebaka ho botsa "Ke nako mang,  
Mong. Phiri"?

Kgetlo le leng le leng ha o botsa, Phiri e lokela  
ho bolela hore nako ke mang.

Empa ha Phiri e re "Dijo tsa motsheare" e tla  
qala ho o lelekisa. O tla tlameha ho baleha hore  
e seke ya ho tshwara.

Jwale batla hulahupu eo le tlo bapalang  
ka yona.

Wena le motswalle wa hao le fane sebaka  
ka ho tlola hulahupu, pele ka maoto ebe  
le latela ka matsoho. Jwale tsepamisa  
hulahupu ha motswalle wa hao a kgasa  
ka hara yona. Nehanang sebaka ho  
etsa sena.

Ya ho qetela,  
ka dihlopha tsa 4,  
kwetlisang le ho  
nehelana ka tantshe  
ya Afrika Borwa.



Teacher:
Sign:
Date:

# Moya o hlwekileng o re neha matla



Ha re baleng

Moya oo re o phefomolohang o na le oxisigini. Ha re hema moyo o ditshila,mmele ya rona ha e sebetse hantle.



Ha re ngoleng

Dula le motswalle wa hao. Mmoho tlatsang dikgeo tse latelang:

Ke hloka moyo o hlwekileng

---

Ha moyo o le ditshila

---

Moya o silafala ha o

---

Seo re ka se etsang ho boloka moyo o hlwekile:

1.

---

2.

---



### Ha re baleng

Batho ba hloka kganya ya letsatsi hore ba thabe le ho phela hantle. E thusa mmele ya rona ho etsa vitamin ya D. Re e hokela ho bopa masapo a matla. Mahlasedi a letsatsi ha a feta tekanyo a mabe. Re ka tjha habohloko. O tshwanelo ho sebedisa setlolo sa tshireletso ya letsatsi kapa katiba ya letsatsi ho itshireletsa letsatsing.



### Ha re ngoleng

Tlatsa dikgeo tse latelang:

1.

2.

3.



### Ha re bueng

Bina pina ena mme o  
ope morethetho.



**O kganya ya ka ya letsatsi**

**Kganya ya letsatsi ke wena feela.**

**O a nthabisa**

**Ha mahodimo a le maputswa.**

**O keke wa tseba moratuwa hore  
ke o rata hakae.**

**Ka kopo se tlose kganya ya  
ka ya letsatsi.**

O tshwanelo ho sebedisa  
setlolo sa tshireletso ya  
letsatsi kapa katiba ya  
letsatsi ho itshireletsa  
letsatsing.



# Nna le ba bang

Kaofela ha rona re rata ho ba  
le metswalle e lokileng. O tseba  
jwang ha motho e mong e le  
motswalle ya lokileng?

**Ha re bueng**



**Ha re ngoleng**

Sekgeong se latelang, etsa lenane la dintho tse  
etsang hore motho e mong e be motswalle ya lokileng.



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_



**Ha re ngoleng**

Nahana ka dipotso tsena, o nto ngola dikarabo tsa hao.

O na le metswalle e mekae?

Lebitso la e mong wa metswalle ya hao ke mang?

Le bile metswalle nako e kae?

Ke eng se ikgethileng ka motswalle eo?

Letsatsi: .....



Ha re bueng

Dula le motswalle wa hao o bue ka dintlhha tseña. Kenya letshwao (✓) ha e le nnete le (✗) ha e se nnete.

## Nnetefatso ya lenane la Setswalle

Motswalle wa ka o a nkgathalla.	Tlatsa ✓ okapa ✗
Motswalle wa ka o a nthusa.	
Motswalle wa ka o arolelana dintho le nna.	
Motswalle wa ka ha a ntwantsho.	



Ha re etseng

Nahana ka  
seo o ka se etsang hore  
motswalle wa hao a ikutlwę e  
le motho wa bohlokwa. Jwale  
etsa setshwantsho sa sena  
foreiming. Hopola ho kgabisa  
foreimi ya setshwantsho.  
Ha o entse sena, bua  
ka mebala e kgahlang e  
mofuthu eo o e sebedisitseng  
setshwantshong.



Ha re ngoleng

Ngola dipolelo tse pedi ka setshwantsho sa hao.

Tlatsa ✓ okapa ✗



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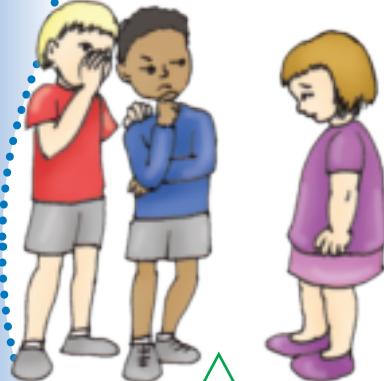
# Batho hara rona

Kotara ya-! – Beka ya-3 – Leqephé la mosebetsi



Ha re bueng

Sheba ditshwantsho. Nahana ka seo metswalle ya nnete e se etsang, bua ka sena sehlotswaneng sa lona. Jwale nahana ka seo metswalle e mebe e se etsang. Kenya letshwao (✓) setshwantshong se seng le se seng ho bontsha setswalle se setle, le letshwao (✗) ho bontsha setswalle se sebe.



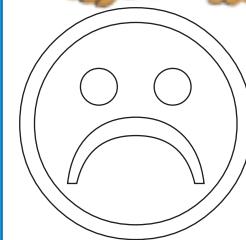
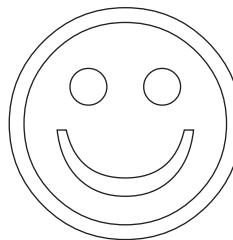


Ha re baleng

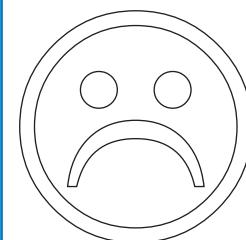
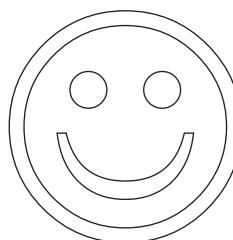
Bala polelo e nngwe le e nngwe mme e be o kgabisa ka mmala  
sefahleho se dumellanang le se sa dumellaneng 😊 😞



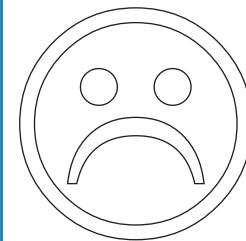
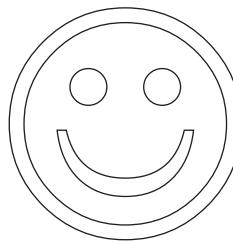
Ke motswalle wa bohlokwa.



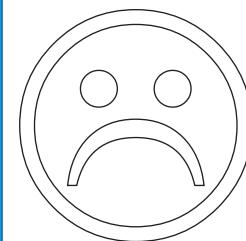
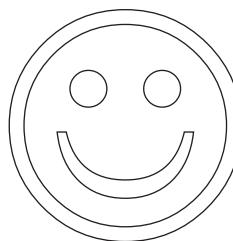
Ke hlokomela  
metswalle ya ka.



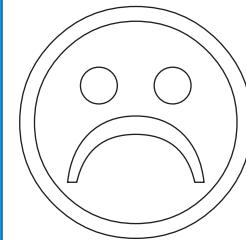
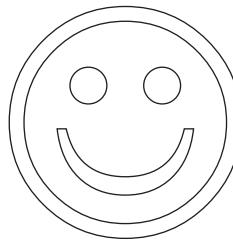
Ke tshwara barutwana ba sehlopha sa ka  
hantle.



Barutwana ba sehlopa sa ka ba ntshwre  
hantle.



Ke na le botho bathong  
bao ke phelang le bona.



Ha re ithapolleng

A re bapaleng "ema seriting sa ka"

Wena le metswalle ya hao le leke ho ema hodima  
seriti sa e mong le e mong. Nehelanang sebaka mme  
le leke ho bona hore le ka kgona ho hata hodima diriti  
tse kae. O ka nna wa ya kwana le kwana ho thibela  
motswalle wa hao ho hata hodima seriti sa hao.



Teacher:  
Sign:  
Date:

# O se ke wa hlekefetsa ba bang

Kotara ya-! – Bekaya - Leqephé la mosebetsi



**Ha re ngoleng**

Sheba se seng le se seng sa ditshwantsho.

O ne o tla etsa eng haeba o ne o le e mong wa bana ba hlekefetswang?  
Pela setshwantsho se seng le se seng, ngola polelo e le nngwe ka hore  
na re ka tshwara batho ba bang jwang.




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Letsatsi: .....



### Ha re etseng

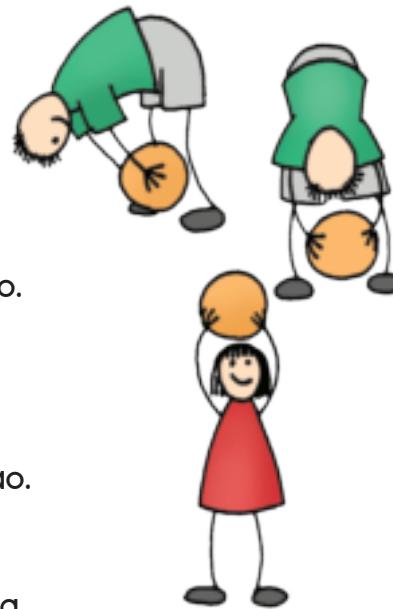
Etsa tshwantshiso le motswalle wa hao ka ngwana ya hlekefetsang ngwana e mong. Bolela hore re ka etsa eng ho fedisa tlhekefetso.



### Ha re ithapolleng

Ikaroleng ka dihlotschwana tsa bahlano.

Jwale etsang mola le nto akgelana bolo hona moleng mona. Sheba hore ke sehlopha sefeng se ka akgelanang bolo ka nako e kgutshwanyane ho moo mola o fellang. Ha le entse sena akgelanang dibolo ka mekgwa e fapaneng.



- Fetisa bolo pakeng tsa maoto a hao ho ya bo morutwana wa sehlopha sa hao ya ka mora hao.
- Fetisa bolo ka hodima hlooho ya hao ho ya bo morutwana wa sehlopha sa hao ya ka mora hao.
- Fetisa bolo ka letsohong la hao le letshehadi ya ho ho morutwana wa sehlopha sa hao ya ka mora hao.
- Akgela bolo ka letsohong la hao le letona ho ya ho morutwana wa sehlopha sa hao ya ka mora hao.
- Jwale akgellanang bolo ho motho ka mong mme o bone hore o ka e kapa makgetlo a makae.



# Kaofela re kgethehile

Kotara ya-! - Bekaya ya-4 - Leqephé la mosebetsi



Ha re bueng

Shebang ditshwantsho le bolele hore bana bana ba tshwana jwang. Bolela hore ba fapane jwang.





### Ha re baleng

Etsang mosebetsi dihlotswaneng tsa lona. Sheba bana bohole ka phaposing ya hao. Jwale bala e nngwe le e nngwe ya ditaodiso tse latelang. Ha taodiso e le nnete tlatsa (✓) ka lebokoseng le ka letsohong le letona, ha taodiso e fosahetse tlatsa (✗).

Kenya a ✓ kapa a ✗

Na bashemanle banana ba a tshwana?

Na meriri ya bona e a tshwana ka mmala?

Na mahlo a bona a tshwana ka mmala?

Na matsoho a bona bohole a lekana ka boholo?

Na barutwana bohole ka phaposing ba lekana ka bolelele?



### Ha re bueng

Na o a bona hore bohole re fapan? O a bona le hore hape re a tshwana? Bolela hore re tshwana jwang.



### Ha re ngoleng

Etsa setshwantsho sa hao. Jwale sebedisa setlotsamolomo ho etsa kgatiso ya menwana pela setshwantsho se foreimeng.



Na o a tseba hore ha ho mang kapa mang lefatsheng ya nang le kgatiso ya menwana e tshwanang le ya hao. O motho wa bohlokwa ya kgethehileng.

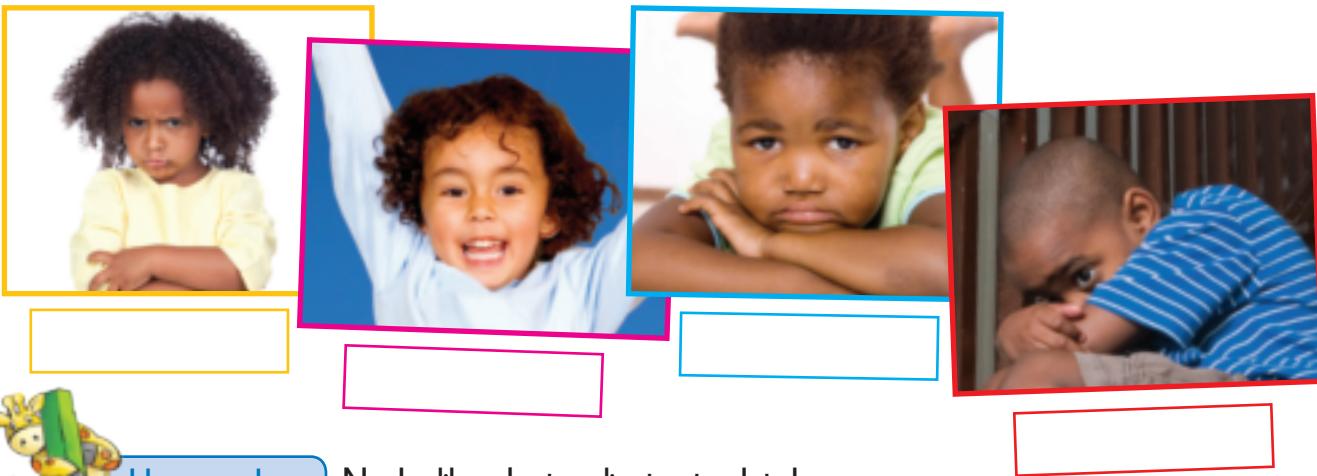


# Ka moo re ikutlwang ka teng



Ha re bueng

Buisanang ka moo le ikutlwang ka teng ha ho etsahala ntho e ntle. Jwale bua ka moo o ikutlwang ka teng ha ho etsahala ntho e mpe ho wena. Re bitsa sena maikutlo. Tlatsa ka moo ba ikutlwang ka teng.



Ha re ngoleng

Ngola dikarabo tsa dipotso tse latelang.

Ke eng se o thabisang?

Ke eng se o hlomolang?

Ke eng se o tshosang?

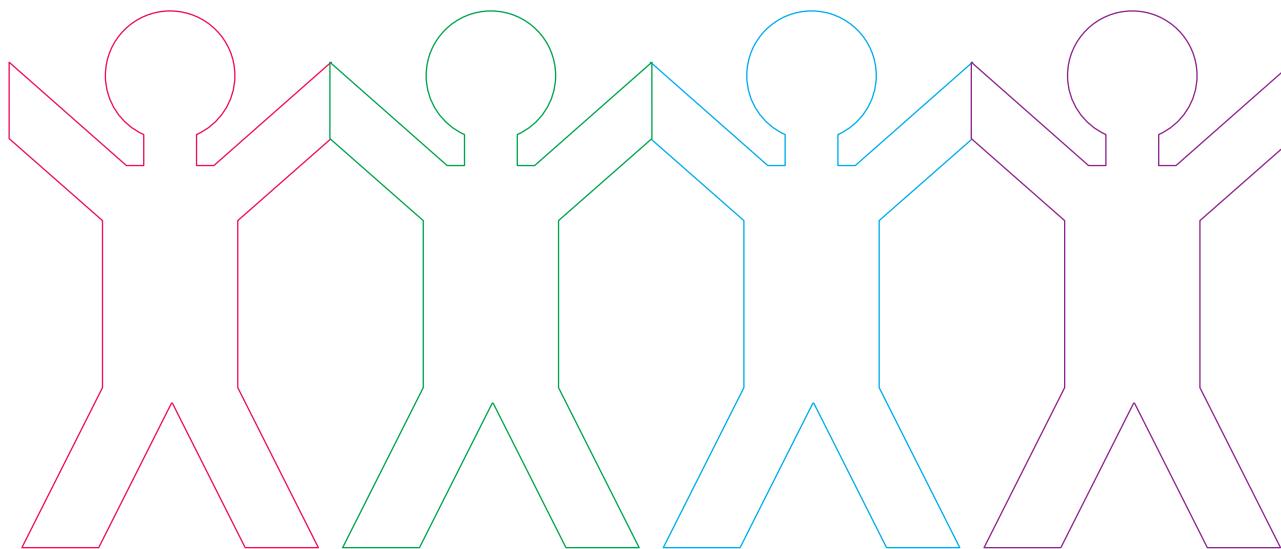
Ke eng se o halefisang?

Letsatsi: .....



### Ha re etseng

Etsa setshwantsho mme o kgabise ketane ena ya setswalla ka mmala. Etsa hore popi e nngwe le e nngwe e shebehale e fapane le e nngwe, ho bontsha hore re fapane re kgethehile. Ha o se o entse sena o ka seha ketane ya setswalla ho hlaha leqepheng la disehwa mahareng a buka ena. Etsa popi e nngwe le e nngwe e fapane mme o di emise desekeng ya hao o hopotsa hore bohle re fapane.



### Ha re ithapolleng

Etsa hore mmele wa hao o be moholo ka mokgwa oo o ka kgonang ho o etsa ka teng.

Jwale o etse bolelele ka moo o ka kgonang ka teng. O qetelle ka ho o etsa hore o be mokgutshwanyane ka moo o ka kgonang ka teng.



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# Batho ba sa itekanelang

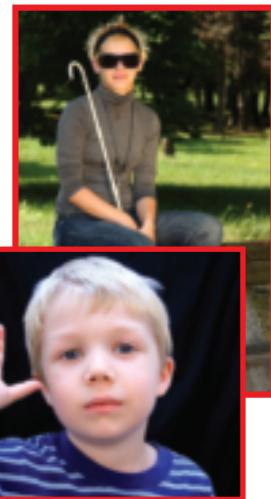
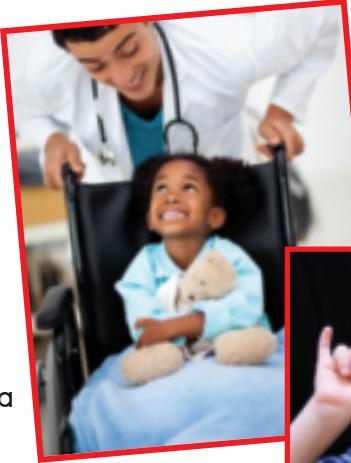
Kotara ya - I - Beka ya - 5 - Leqephé la mosebetsi



Ha re bueng

Sheba ditshwantsho.

- O bona mefuta e mekae ya batho ba sa itekanelang?
- Bana bana ba etsa eng ho ithusa?
- O nahana hore bana ba na le mefuta efe ya mathata maphelong a bona ka mehla?
- Bua ka hore re ka ba thusajwang.



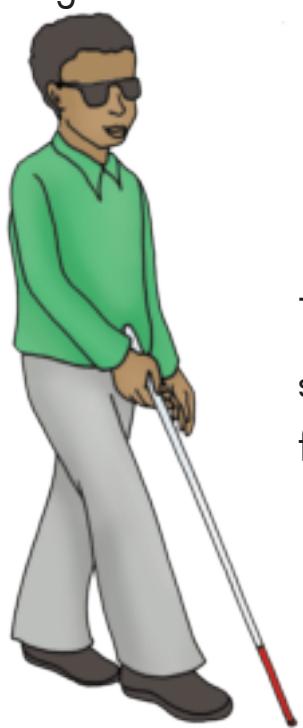
Ha re ngoleng

Sheba ditshwantsho tse ka tlase. Qetella dipolelo.

Rosemary ha a tsebe ho tsamaya

O sebedisa \_\_\_\_\_

ho tsamaya.



Letsatsi: .....



setulo sa mabidi

Thabo ke sefov, o  
sebedisa \_\_\_\_\_ ho  
fumana tsela ya hae.



ntja e tataisang sefov

dithusa kutlo

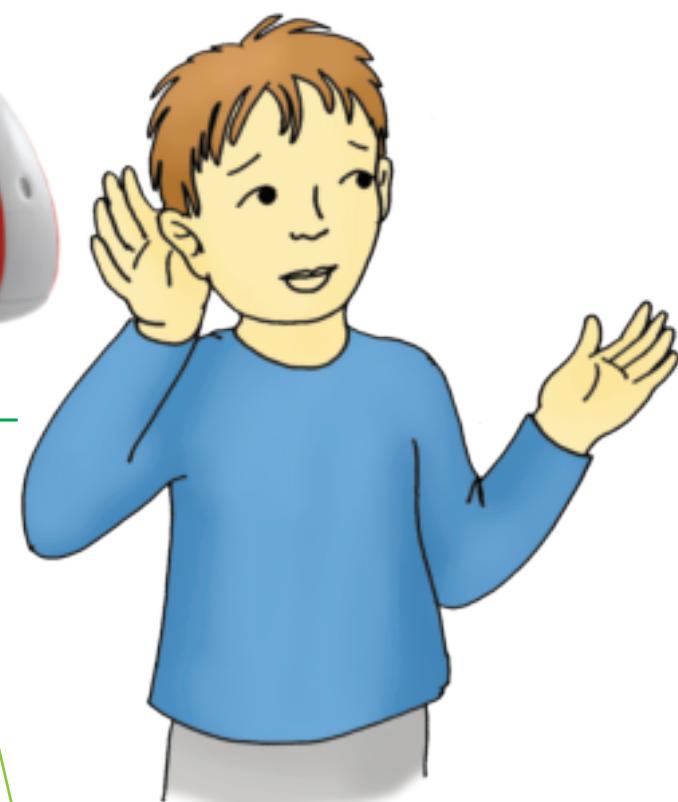


Peter ke setholo,

O sebedisa \_\_\_\_\_

ho mo thusa ho utlwa.

puo ya matsoho



Jabu ha a tsebe ho bua,

O sebedisa \_\_\_\_\_ ho bua.



Nomsa o sebedisa \_\_\_\_\_

ho mo thusa ho tsamaya.



Sebedisa letsopa kapa hlama e  
bapalang ho etsa mohope kapa kopi.





Ha re bueng

# Bana bohle ba kgethehile

Bana ba na ba fapana jwang le wena?

Bana ba tshwana ka eng?



Ha re baleng

Batho lefatsheng lohle ba keteka matsatsi a phomolo a kgethehileng.

**Re rata ho bapala le ho bina kaofela ha rona.**

**Kaofela ha rona re hloka dijo ho ja.**

**Re tlameha ho ya sekolong kaofela ha rona.**

**Ha re kula re tshwanela ho ya ngakeng**

**Re tlameha ho hlweka le ho ba makgethe.**

**Ha re a tshwanela ho fumana mosebetsi.**

**Re bana kaofela.**



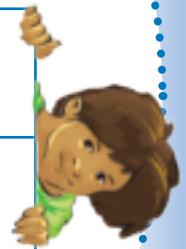
Letsatsi: .....



## Ha re ngoleng

Botsa metswalle e meraro dipotso tse latelang. Tlatsa dikarabo tsa bona dibakeng tse latelang.

Tlatsa mabitso a motswalle wa hao			
Tumelo ya hao ke efe?			
Le na le mekete e e ikgethileng?			
Le ja eng?			
Ke diaparo dife tse ikgethileng tseo o di aparang?			
Le keteka ka eng?			



## Ha re etseng

Sheba ditshwantsho.  
Ke mmapa wa lefatshe  
la rona. Le a bona  
hore lefatshe la  
rona le na le naha  
le lewatle. Tlatsa  
lewatle ka mmala o  
bolou. Ha lefatshe  
lona o ka le etsa hore  
le be lesotho. Etsa  
setshwantsho sa  
ditlhapi tse  
mmallwa lewatleng.



# Mohale wa ka

Kotara ya-! - Beka ya-b - Leqephé la mosebetsi



Ha re bueng

Bolela hore na ho na le bana ba sa itekanelang sekolong sa hao.

Na sekolo se ka etsang ho ba thusa ha ba le sekolong?

Na batho ba sa itekanelang e ka ba bomampodi.



Ha re baleng

Bahale ba bang ha ba itekanelala. Ke mehlala ho rona ho latela seo ba se etsang. Afrika Borwa ho na le bomampodi ba bangata ba sa itekanelang. Na ho na le batho ba sa itekanelang bao o ba tsebang ba hlwahlwa dipapading?

Natalie o lahlehetswe ke leoto la hae le letshehadi kotsing ya baesekele. O tsamaya ka leoto leo e seng la nnete. O sesa a sebedisa leoto le le leng.



Ha re bueng

Bua ka batho ba sa itekanelang ba etsang dintho tse makatsang. Nahana ka:

- Difofu di bapala diletswa. Na o tseba e mong?
- Ditholo di ngola dipina. Na o ka nahana ka mohlala?



Letsatsi: .....



Ha re ngoleng

Sebakeng se latelang, fana ka ditaba ka botlalo ka mohale kapa  
motho eo o lakatsang ho ba yena.

## Mohale wa ka kapa motho eo ke lakatsang ho ba yena ke:

Taka setshwantsho sa mohale wa hao. Thoko ho setshwantsho ngola mantswe a mo hhalosang  
hantle. Mohlala: o rata batho, o thusa batho, o sebete, o na le lerato.

O ka ba mohale jwang? Buisana le motswalle wa hao ka sena.

Jwale ngola pale ya moo o bileng mohale. Tlatsa tse latelang:

Ka tsatsi le leng

Ka nka qeto ya ho

Ka

Ke kamoo ke bileng mohale kateng

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# Tlhwekiso ya metsi

Kotara ya - I - Beka ya - 7 - Leqephela mosebetsi



Ha re baleng

Sheba kgalase ya metsi.

Na o bona ho hong ka hara yona? E tshetse ho hong Na o a tseba hore ka nako e nngwe ho na le dikokwanahloko ka hara metsi? Dikokwanahloko tsena di nnyane mme o ke ke wa di bona ka mahlo. Ha o ka nwa metsi o sa leka ho tlosa di kokwanahloko pele, o ka kula haholo. Re lokela ho etsa bonnete ba hore metsi ao re a nwang a hlwekile.



Ha re bueng

Bua ka hore ho ka etsahalang ha re ka nwa metsi a ditshila. Jwale sheba ditshwantsho tse latelang: Bua le motswalle wa hao ka tsela tse fapaneng tsa ho hlwekisa metsi.



Kenya dipilisi tsa "klorine" ka metsing.



Bedisa metsi  
metsotso e mehlano.



Tshela dikhemikhale.



Sefa metsi.



Ha re bueng

Ke metsi a feng ao o nahangan hore a bolokehile hore a ka nowa?  
Tshasa lerothodi laona ka mmala o bolou, ha o nahana hore a ka nowa.

Metsi a noka



Metsi a sediba se tjhekilweng



Metsi a pompo



Metsi a rekiweng ka botlolo



Metsi a lewatle



Metsi a bedisitsweng ka ketlele



Ha re etseng

Sebetsang ka dihlotshwana, le etse sefe e ka hlwekisang metsi. Mamelang ka hloko ha titjhere a hhalosa seo le tshwaneleng ho se etsa.



Ha re ngoleng

Ngola mehato ya ho etsa sefe ya metsi ka tatelano e nepahetseng.



### Le tla hloka ntho tse latelang

Botlolo ya polasetiki ya dilitara  
tse pedi

Metsi a ditshila a seretse

Lehlabathe le lesesane

Lehlabathe la majwana

Majwe a manyane/kerabole

Sekere

Boya bo hlwekileng

Tshela lehlabathe le lesesane hodima khothono wulu.

Tonamisa kanolo eka hedimo o e kenyé ka hara botlolo e sehilureng.

Tshela lehlabathe la majwana.

Seha botlaase ba botlolo ya polasetiki ka hloko.

Tshela metsi a seretse.

Kenya majwe a manyenyane ka hara botlolo.



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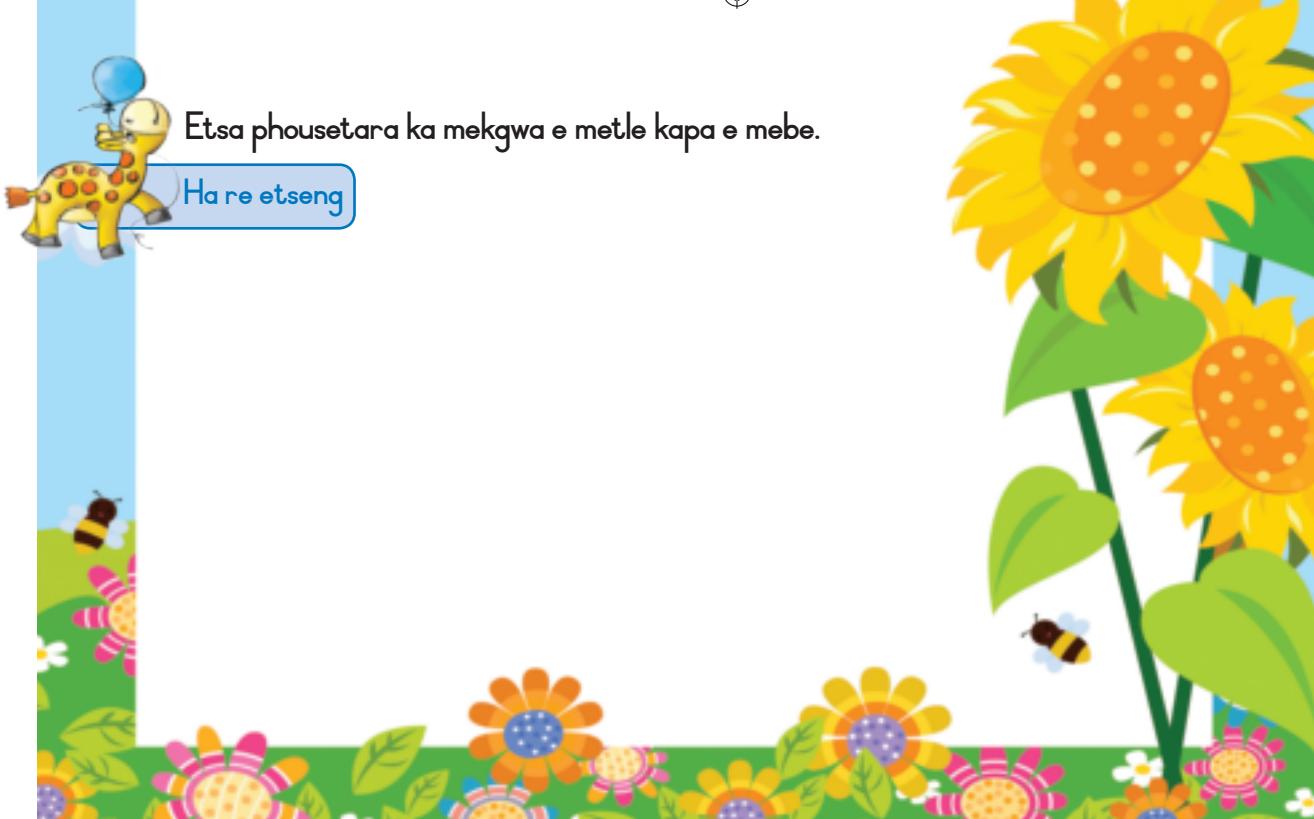


# Mokgwa o motle wa bophelo

Bala ka mekgwa ena e metle le e fosahetseng. Haeba o nahana hore ke mekgwa e nepahetseng, kenya letshwao lena (✓), ha o nahana hore ke mokgwa o fosahetseng etsa letshwao lena (✗).

Mekgwa Titjhore o thusa bana ka ho bala	Ntle o nepahetseng ✓	O fosahetseng ✗
Ke ja dijo tsa bophelo bo bottle.		
Ke lahla ditshila tse tswang koloing kapa tekesing ka ntle ka fensetere.		
Ke hlatswa moriri kgafetsa.		
Ke ja dipompong tse ngata.		
Ke boloka manala le ditsebe tsa ka di hlwekile.		
Ke hlatswa meno a ka hang ka kgwedi.		
Ke thonaka ditshila ke di lahlele ka moqomong wa dithole.		
Ke hlatswa matsoho a ka ha ke tswa ntwaneng.		
Ha ke kgohlela kapa ke thimola, ke beha letsoho la ka molomong.		
Ke ikwetlisa ka mehla.		
Ke hlatswa matsoho pele ke ja.		
Ke dula ka pela TV nako e ngata.		
Ke dula le batho ba baholo ba tsubang.		

Letsatsi: .....



Etsa phousetara ka mekgwa e metle kapa e mebe.

**Ha re etseng**



**Ha re ngoleng**

Hlahloba phousetara ya hao. Bala taodiso, mme o kenyé sefahleho se bonyang haeba taodiso e le nnete, o kenyé sefahleho se hlomohileng haeba taodiso e se nnete.



Ee	Tjhe

Phousetara ya ka e mebalabala ebile e makgethe.

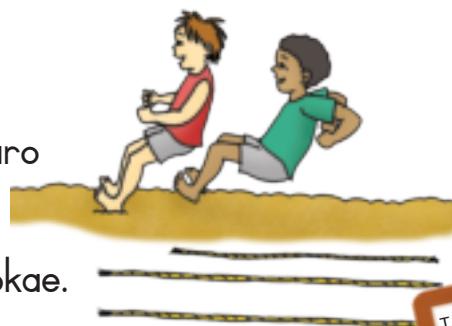
Ke natefetswe ke ho etsa phousetara ya ka.

Ke fumane ho le thata ho etsa phousetara ya ka.



**Ha re ithapolleng**

- O ka tlola bohole bo bkae? Sebedisa dikoto tse tharo tsa ropo. Di tlole. O nne o di arohanye haholwanyane ho bona hore o ka tlola bohole bo bokae.
- Jwale, kopa metswalle ya hao e mmedi ho bidikolohisa ropo hore o tlole.
- Nehanang monyetla ho tlola.



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# Dintho tse bolang le tse sa boleng

Kotara ya-! - Beka ya-8 - Leqephé la mossebetsi



Letsatsi: .....

Ha re bueng



Bua ka dijo tse lokelang ho  
bolokwa di phodile ho di thibela  
hore di se bole. Nahana hore  
ke dijo di feng tse sa lokelang  
ho bolokwa di phodile empa di  
ka bolokwa ka rakeng. Seha  
ditshwantsho tse tshwanang le  
tse ka tlase ho tswa leqhepheng  
mme o di kgomaretse hodima  
sehatsetsi kapa rakeng.





Ha re bueng

Bua ka mekgwa eo re ka bolokang dijo ka yona, re di  
thibela ho dikokonyana tse kang ditshintshi le bohlwa.



Teacher:  
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# Matsatsi a bodumedi le a mang a ikgethileng



Ha re baleng

Batho lefatsheng lohle ba keteka matsatsi a phomolo a ikgethileng.  
Ke matsatsi a phomolo afe ao o tla a keteka?



Ka nako ya keresemese re fumana dimpho. Re fa metswallle le ba malapa a rona dimpho. Re ba le sefate sa keresemese ka tlung.

Re bea dimpho ka tlasa sefate.

Re kgabisa sefate, re nto bea naledi ka hodimo. Ka nako ya keresemese re ja dijo tse ngata.



Re fela pelo ya ho fihla ha Diwali. Ena ke nako eo re fumanang dipompong le dimpho tse ngata. Re paka dipompong tse monate le dikuku ka mabokoseng ebe re fa batho ba re tjhakelang. Re kgantsha mabone a manyenyane ebe re a bea ho potoloha ntlo.



Re fela pelo ya ho fihla ha Hanukkah.  
Re tla ba le dijo tse monate tseo re  
tlang ho di ja. Re rata ho ja dipanekuku  
le matokomane re rata le ho fuwa  
dimpho. Bomotswala ba a re tjhakela.  
Re thusa ka ho etsa dijo mme re  
kgantsha le dikerese ka tlung.



Haufinyane e tla ba Eid. Re tla  
fumana dimpho tse ntle. Re tla  
fa metswalle ya rona dimpho. Re  
tla ba le dipompong tse ngata le  
dikuku tseo re tla di ja. Re kgona  
ho bona hore ke Eid ka ho sheba  
sebopeho sa kgwedi. E ka letsatsi  
le fapaneng selemo se seng le  
se seng.



Ha re bueng



Bina pina eo o e tsebang  
bakeng sa le leng la  
matsatsi ana a ikgethileng.



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# Dihla tsa selemo

Kotara ya-2 – Beka ya-l – Leqephé la mosebetsi



Ha re bueng

Sheba dintshwantsho tsa nako tsa selemo tse nne. Bolella motswalle wa hao hore o bona eng setshwantshong se seng le se seng. Bolela hore nako tsena tse nne tsa selemo di fapané jwang.



Ke nako e fe ya selemo eo o e ratang haholo?

Hobaneng o rata nako eo ya selemo?

Letsatsi la hao la tswalo le ka nako e fe ya selemo?

Letsatsi: .....



Ha re bueng

**Dumela, ntate Letsatsi  
Tsatsi la hao le qadile  
Ke rata ho bona sefahleho  
sa hao se benyang  
Dumela, ntate letsatsi.**



**Pula, pula tsamaya  
Bana ba banyenyane ba rata ho bapala  
Etlo ka letsatsi le leng  
Se ka ba teng letsatsi le le leng feela.**



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# Dihla tsa selemo tse nne

Kotara ya-2 – Beka ya-l – Leqephé la mosebetsi



Ha re etseng

Seha ditshwantsho tsa nako tse nne tsa selemo leqepheng le sehilweng ka morao ho buka. Kgomaretsa setshwantsho se seng le se seng pela nako ya selemo e nepahetseng.



Phupjane

Phupu

Phato

mdriha



Lwetse

Mphalane

Pudungwane

selemo



Letsatsi: .....

# lehlbulq

Tshitwe

Pherekong

Hlakola



Hlakubele

Mmesa

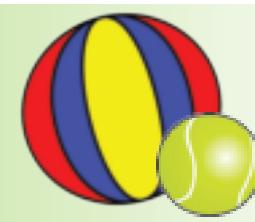
Motsheanong

# hwetlq



Ha re ithapolleng

Ithapolleleng bokgoni ba ho bapala bolo.  
Tlolatlodisa bolo mabapi le lebota.  
Matha hodima sebaka ha o ntse o qhomisa bolo.  
Jwale matha ebe o lahlela bolo ho etsa mokolokotwane.



Kotara ya-2 – Bekə ya-2 – Leqephə la mosebetsi



Ha re baleng



## Lehlabula

Letsatsi le tjhabile ho futhumetse.

Matsatsi a malelele ha masiu a le makgutshwahyane.

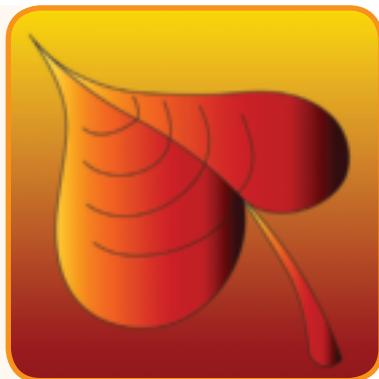
Re ka dula re phodile ka ho sesa kapa ho dula moriting.

## Hwetla

Ho qala ho phola.

Mahlaku a difate a qala ho ba mmala wa gauta, le hona ho hlohlereha difateng.

Dinonyana di fofela bakeng tse tjhesang.



## Mariha

Ho a bata.

Dibakeng tse ding ho na le lehlwa le mohodi.

Matsatsi a makgutshwanyane ha masiu a le malelele.

Diphooftolo tse ding di robala mariha ohle (di a falla ka nako ena).

## Selemo

Ho futhumetse.

Dijalo di qala ho hola mme dipalesa di a thunya difateng.

Dinonyana di qala ho haha dihlaha tsa ho behela mahe.





Ha re bueng

Dijo tse fapaneng di mela ka dinako tsa selemo tse fapaneng. Tadima dijo tsena tsa lehlabula le mariha. Bolella motswalle hore o rata ho ja eng ha ho tjhesa le ha ho bata.



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# Ho aparela boemo ba lehodimo

Kotara ya-2 - Beka ya-2 - Leqephé la mosebetsi



Ha re etseng ditshwantsho

Etsa setshwantsho sa ngwanana le moshemane.

Moshemane o tlameha ho apara diaparo tsa mariha tse futhumetseng ha ngwanana a tlamehile ho apara diaparo tsa lehlabula tse phodileng.



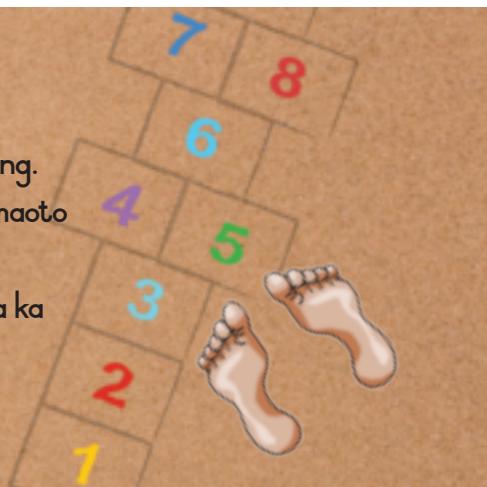
Moshemane

Ngwanana



Ha re ithapolleng

- Beha dihulahupu fatshe kapa o etse masakana lehlabatheng.
- Ha titjhere ya hao a re o tlole, o tlolele ka lesakaneng ka maoto a mabedi.
- Ha titjhere ya hao a re o tlole, o tlolele ka ntle ho lesakana ka leoto le leng.
- Bapala sekotjhe.
- Sebedisa tjhoko ho etsa masakana le sekwere fatshe.





Ha re bueng

Borella motswalle wa hao hore re apara diaparo tse jwang nakong tse fapaneng tsa selemo. O rata ho apara diaparo dife?

Etsa mola o tlolahang tlhalosong ya diaparo tseo re di aparang nakong ya boemo ba lehodimo bo hhalositswe ho setshwantsho sa diaparo tse bontshitsereng.

Ha re ngoleng



## Ho aparela boemo ba lehodimo

Ha ho na le letsatsi re lokela ho rwala dikatiba ho itshireletsa letsatsing.



Ha ho bata re lokela ho apara diaparo tse futhumetseng.



Llo futhumetse re kgonna le ho kga dipalesa tse ntle.



Nako eo pula e nang re hloka ho apara jase ya pula le hona ho nka sekgele.



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# Ditlamorao tsa dinako tsa selemo

Kotara ya-2 – Bekə ya-3 – Leqephə la mosebetsi



Ha re baleng

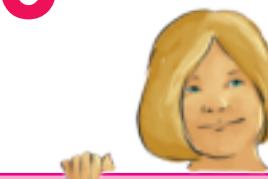


## Lehlabula

Ka nako ya Lehlabula borapolasi ba kotula ditholwana. Diphoofolo tse nyenyane di matjato ka nako ena.

Dibakeng tse ngata pula e na haholo mme ho na le lehadima le letolo.

Jwang, dipalesa di hola di ba kgolo, ha difate di ba telele.



Selemo

Ka nako ya selemo difate di qala ho hlomela.

Re bona dinonyana, dinotshi, dipalesa le mahlaku a matjha.

Dinonyana di etsa dihlaha di qhotsa le mahe.

Borapolasi ba kuta dinku.



Letsatsi: .....



## Hwetla

Diphoofto tse ding di boloka dijo ha  
di itokisetsa ho robala mariha ohle.

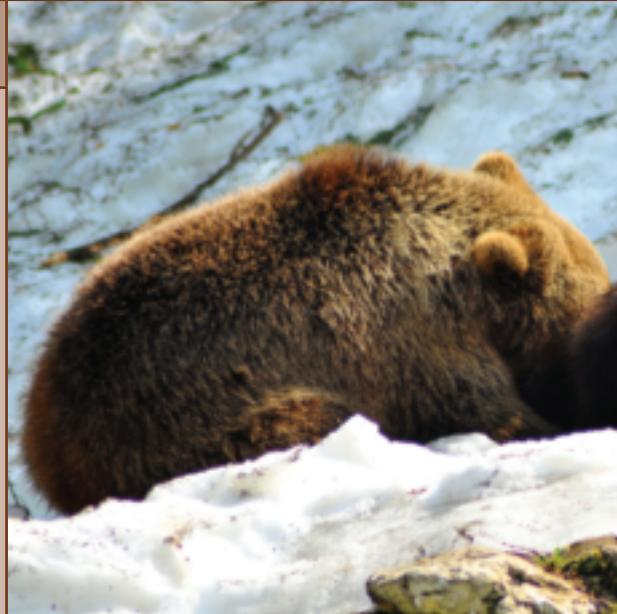
Mahlaku a difate a qala ho ba  
masehla, sootho, kgubedu le  
lebala la namunu.

Jwang bo qala ho ba sootho.



## Mariha

Diphoofto tse ding di robala  
mariha ohle. Re re di a falla. Di dula  
di futhumetse hobane matlalo a  
tsona a na le boyo bo ba bongata.



Ha re ngoleng

Diphoofto tse ding di etsang mariha? \_\_\_\_\_

Diphoofto tse ding di itshireletsa jwang serameng? \_\_\_\_\_

Dinonyana di kgutlela neng dinaheng tse futhumetseng, le hona ho qala ho  
etsa dihlaha? \_\_\_\_\_





Ha re etseng

# Ho jala sajalo sa nawa

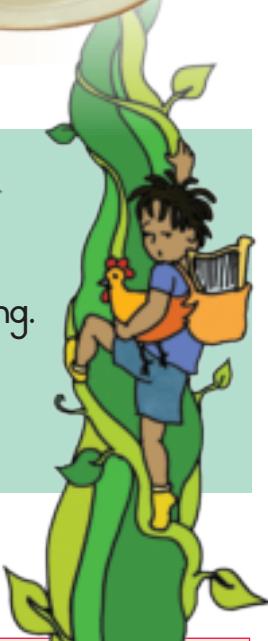
## Ohloka

- Dinawa tse hlano
- Boya bo hlwekilig
- Perinki
- Metsi

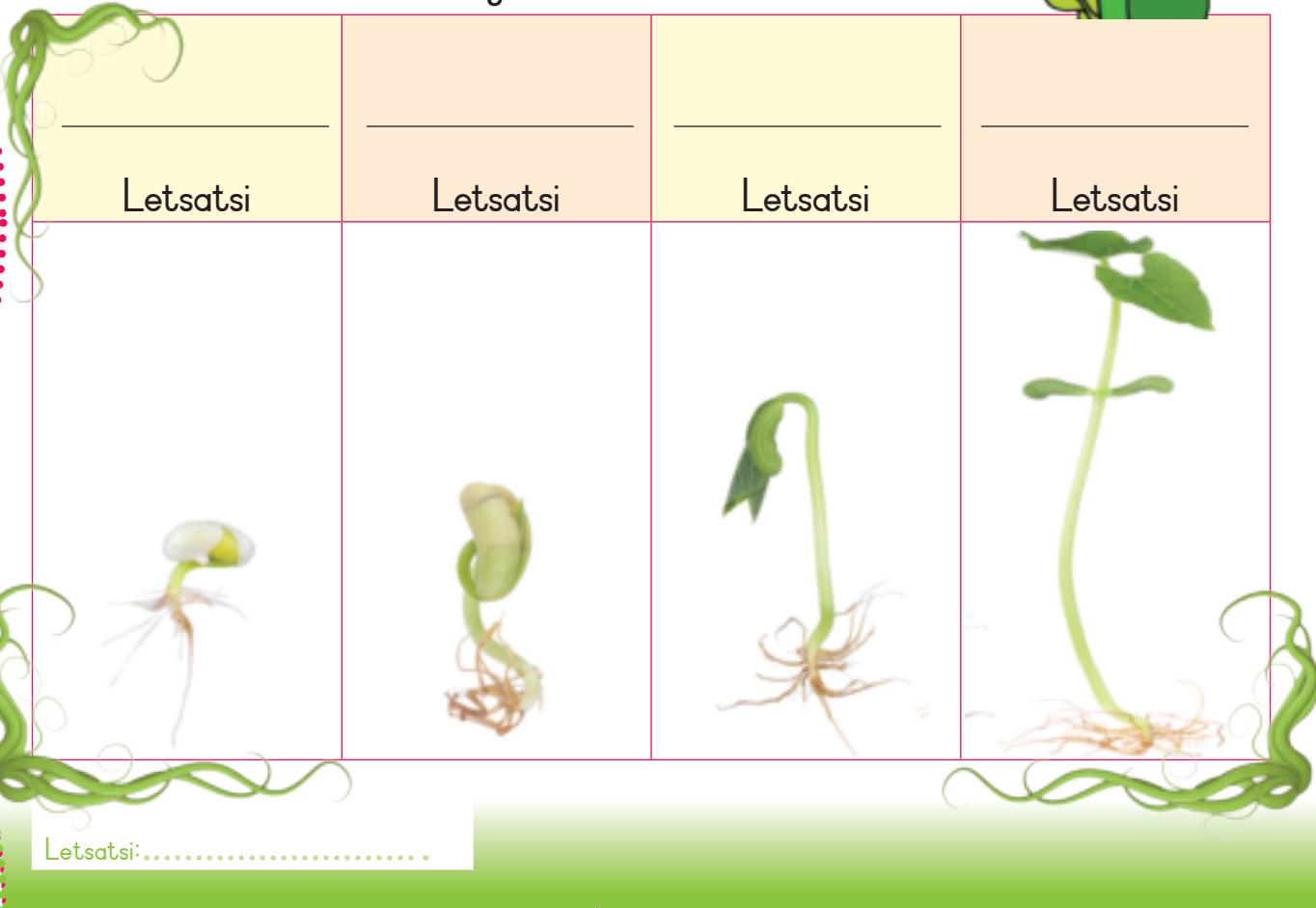


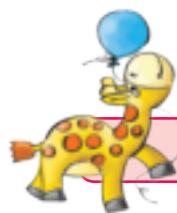
## Seo o ka se etsang

Kenya dinawa ka hara boy a ka perinking.  
E boloke e le metsi. Beha perinki hodima motheo wa fensetere letsatsing.  
Hlokoma dinawa bekeng tse pedi tse latelang.  
Hlokoma hore e hola jwang.



Sheba setshwantsho sa semela sena sa nawa  
Ha semela sa hao se boheha tjena tlatsa letsatsi





Ha re etseng

Etsa papadi ka phoofolo.

O ka bontsha bere kapa noko e bokella le ho boloka dijo bakeng sa mariha.



Ha re ithapolleng

Etsisa noha e hahaha fatshe e batla  
sebaka se setle ho fallela teng.



Etsisa lefokotsane le  
fofela sebakeng se  
mofuthu.



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# Diphooftolo: Diphooftolo tsa polasing

Kotara ya-2 – Beka ya-4 – Leqephé la mosebetsi



Ha re bueng

Sheba ditshwantsho o bue ka diphooftolo tse fapaneng tsa polasi tseo o di bonang.  
Ke phooftolo e fe eo o e ratang haholo?  
Re fumana eng phooftolong e nngwe le e nngwe?





Ha re ngoleng

Ngola dikarabo tse nepahetseng tafoleng e latelang.  
Re o etseditse ya pele.

	Tona	Ramo
	Tshehadi	Pheleu/nku e tshehadi
	Ngwana	konyana
	Modumo	Lerata
	Tshireletso	Iesaka

	Tona	
	Tshehadi	
	Ngwana	
	Modumo	
	Tshireletso	

	Tona	
	Tshehadi	
	Ngwana	
	Modumo	
	Tshireletso	

	Tona	
	Tshehadi	
	Ngwana	
	Modumo	
	Tshireletso	



# Polasing

Kotara ya-2 - Beka ya-4 - Leqephé la mosebetsi

Ha re bueng  
 Monnamoholo MacDonald o na le Polasi  
 Hee hi hee hi jo jo  
 Polasing o ne a ena le dikgomo  
 Di re muu muu muu mona le muu mane  
 Mona le mane muu muu muu  
 Monnamoholo MacDonald  
 o ne a ena le polasi  
 Hee hi hee hi ho





**Ha re bueng**

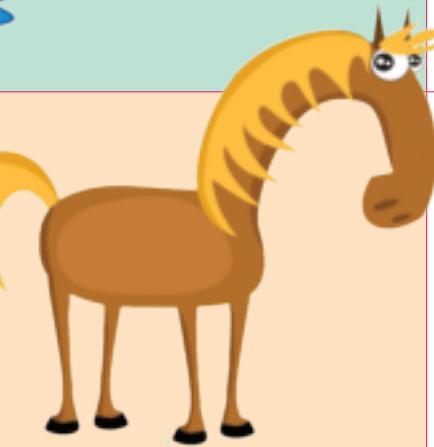
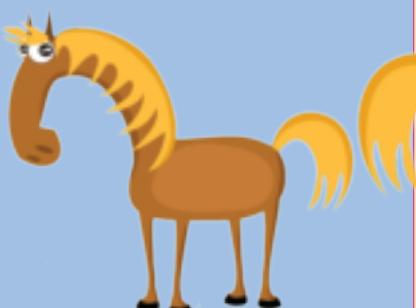
Tswela pele ho bina pina. Sebakeng sa kgomo meleng e latelang sebedisa diphoofolo tsena.



**Polasing o ne a  
ena le dintja hape.**



**Polasing o ne a  
ena le matata.**



**Polasing o ne a  
ena le dipere.**



**Ha re ithapolleng**

- Tsamaya hodima balaka o sa we.
- Lahlela bolo hodimo moeng o e tshware e se wele fatshe.
- Jwale matha jwalo ka pere.
- Tsamaya jwale ka letata.
- Tsamaya jwale ka roboto.



Teacher:  
Sign:  
Date:

# Diphoofolo tse hlaha

Kotara ya-2 – Beka ya-5 – Leqephé la mosebetsi



Ha re baleng



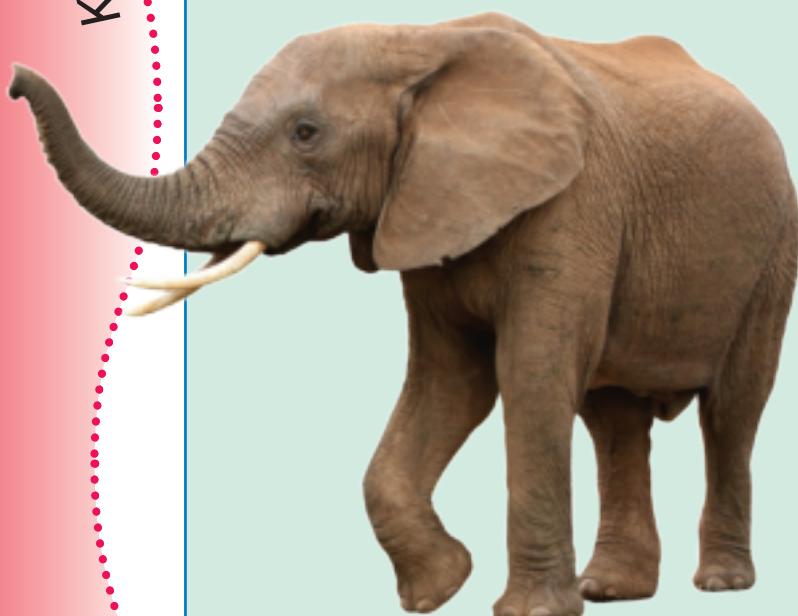
Ditau ke tsa le lapa la dikatse.

Tau ke morena wa mmuso  
wa diphoofolo.

Di bolaya le hona ho tsoma di  
kgama le diqwaha. Tse tshehadi ke  
tsona tse tsomang haholo.

Di tsoma bosiu ka dihlotschwana.

Ditau di rata ho phela masimong  
moo ho nang le jwang. Ditau di ka  
rora di etse lerata haholo.

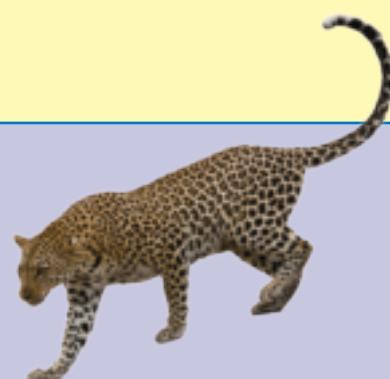
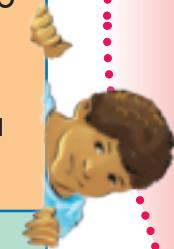


Ditlou ke di antshi tse kgolo ho  
feta phoofolo tsohle lefatsheng.

Di kotsing ka mehla hobane di  
tsomelwa manaka a tsona. Manaka  
a tlou a dula a hola ka nako tsohle  
tsa ho phela ha tsona. Ditlou di  
sebedisa manaka ho tlisa metso,  
ditholwana le metsi melomong ya  
tsona. Di ja dijo tsa boima ba  
200 kg ka letsatsi mme di nwe  
dilithara tse 190 tsa metsi.



Ho na le mefuta e mmmedi ya ditshukudu, tshukudu e tshweu le e ntsho. Tshukudu ha e bone hantle, empa di kgona ho nkgella dintho hantle. Ditshukudu di kgolo haholo, mme di na le boima ba 2 500 kilogerama. Tshukudi di tsongwa kamehla ke batsomi ba batla manaka a tsona. Re lokela ho sireletsa ditshukudu ho batsumi ba tlang ho di bolaya ka lebaka la manaka a tsona.



Lengau le seng le hodile le kgona ho hola bolelele ba dimetara tse pedi. Letlalo la yona le lesootho le botsho bo nang le matheba a etsang sedikadikwe. Lengau le tseba ho hlwa ha le na le bothata ba ho tsoma difateng.



Dinare di dula ka dihlotswhana. Ha ho na le monyengetsi wa kotsi dinare le manamane di bokellana bohareng ba sehlotswhana sa tsona, mme di potapotuwa ke dipoho ho di tshireletsa. Nare e ka hola ho fihlela dimetara tse 1,7.

Teacher:
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Date:

# Mokgwa oo diphooftolo di ipatang ka ona

Kotara ya-2 – Beka ya-5 – Leqephé la mosebetsi

Ha re baleng



Metsero ya diqwaha e etsa hore ho be thata  
ho bona qwaha morung.

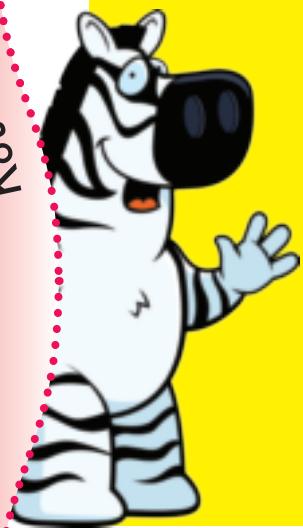
Diphooftolo tse ding di itshireletsa ka ho fetola  
mokgwa oo di shebahalang ka yona hore di  
tshwane le tikoloho ya tsona.

Lempetje le kcona ho fetola mmala hore le  
tshwane le difate tseo le di hlwang.

Matlalo le masiba a phooftolo tse ding a entswe  
ka mokgwa oo ho leng boima hore mang kapa  
mang a ka di bona.

Re bitsa sena ho ikgakanya.

Nahana ka diphooftolo tse ding tse etsang sena  
ho ikgakanya.



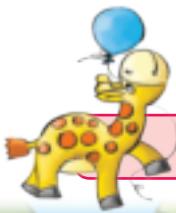
Ha re etseng



Titjhere ya hao e tla o bontsha ho  
bapala ditulo tsa mmino.



Letsatsi: .....



Etsa setshwantsho sa phoofolo e hlaha.

Bolella motswalle wa hao hore phoofolo ena e ikgakanya jwang.

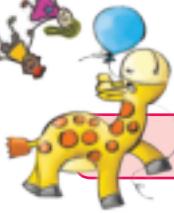


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# Diphoofolo tsa metsing

Kotara ya-2 – Beka ya-b – Leqephé la mosebetsi



Ha re etseng

Qetella setshwantsho ka ho kanya ditshwantsho tsa diphoofolo  
tse phelang ka metsing.



# Dibopuwa tsa botebong ba lewatle

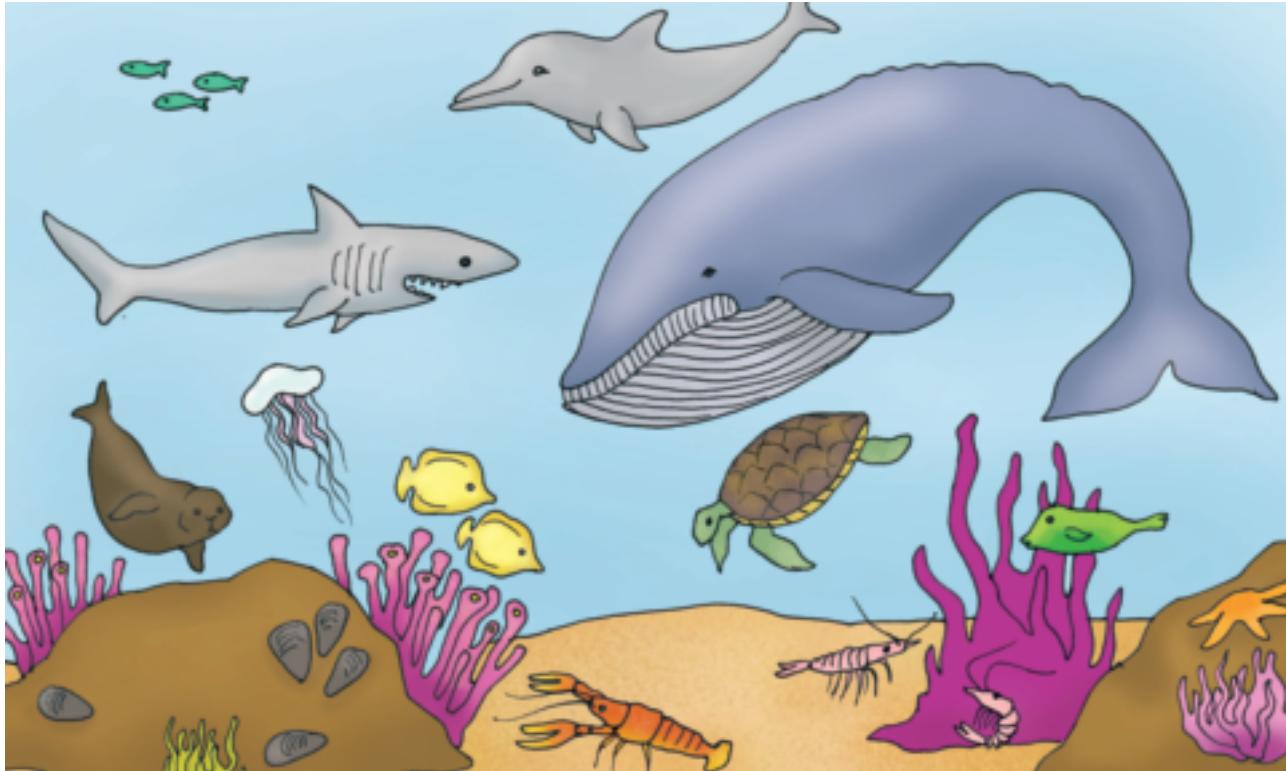


Ha re bueng

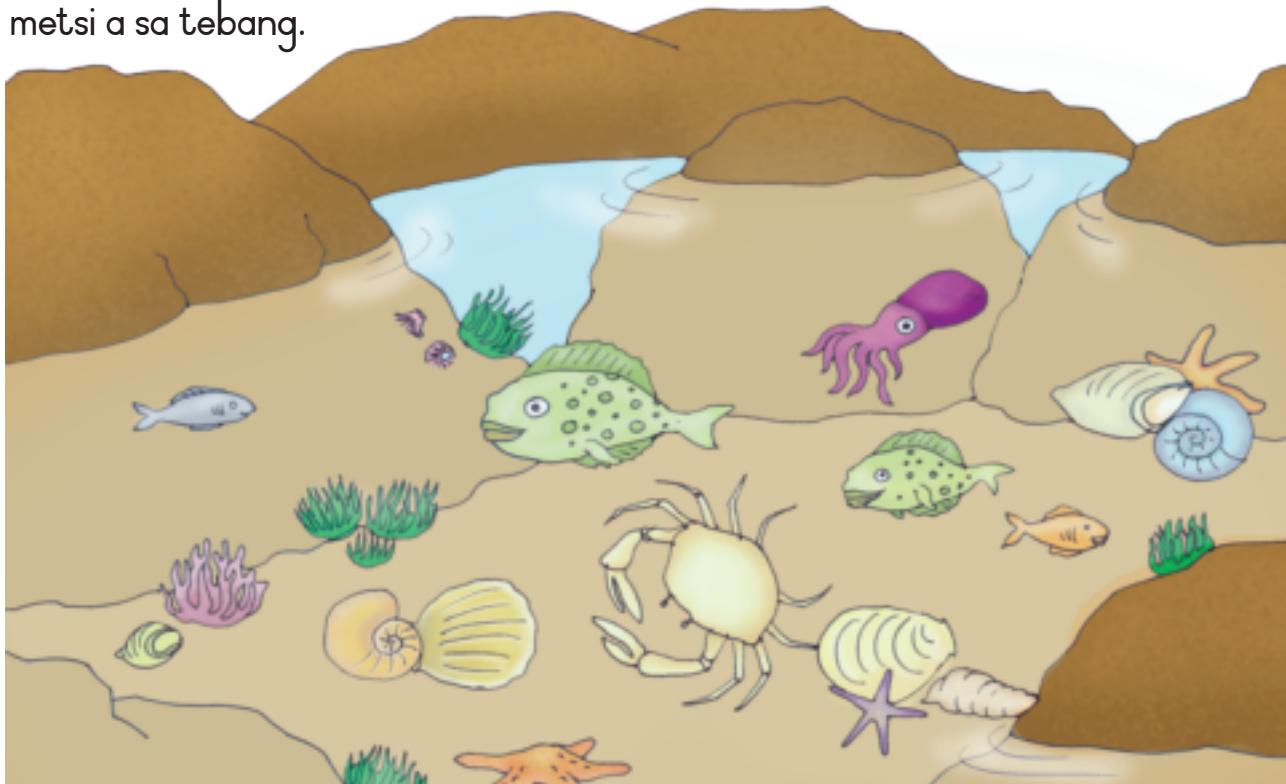
Ha re shebang diphoofolo tse fapaneng tse phelang metsing a letsweai.

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Kotara ya-2 - Beka ya-b - Leqephé la mosebetsi



Ho na le diphoofolo tse nyenyane, tse phelang matsheng a nang le majwe moo metsi a sa tebang.



Teacher:
Sign:
Date:

# Botsebi ba diphoofolo

Kotara ya-2 – Beka ya-7 – Leqephé la mosebetsi



Ha re bueng

Bua ka diphoofolo tsohle tsa  
lewatle ditshwantshong tse latelang.

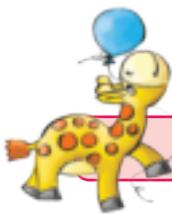
- Ke diphoofolo dife tse ka jwang ke batho?
- Ke diphoofolo dife tsa lewatle tse kotsi?
- Mmele wa tlhapi o kwahetse le ho tshireletswa ke eng?
- O nahana hore ho ka etsahalang ha lewatle  
le ka tlala ditshila kapa dintho tse tjhefu?
- Lewatle le ka silafala ka mekgwa e fapaneng e jwang?



Ha re ngoleng

Ngola mabitso a diphoofolo tsohle tseo o ka nahangan ka tsona tse  
dulang dinokaneng, matamong kapa lewatleng, dikholomong tse tharo  
tsa tafole e latelang.

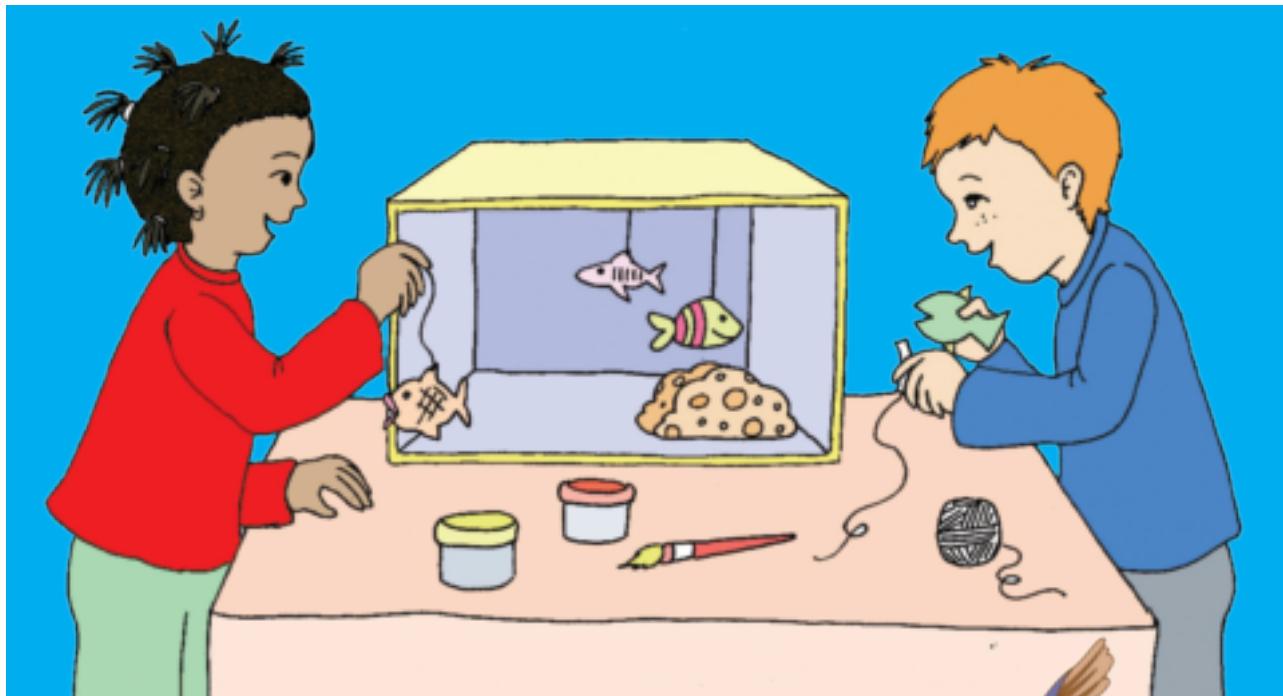
Noka	Lewatle	Letamo



Ha re etseng

Etsa tanka ya ho boloka ditlhapi.

- Penta bohare ba lebokose la dieta bolou - botala, mme o fetolele lebokose.
- Jwale seha tlhapi ka morao ho buka.
- Tshwarisa tlhapi ka hodimo lebokoseng ka semamaretsi le kgwele.



Ha re ithapolleng

- Fofajwalo-ka nonyana ka lebolo le leholo le ka ho iketla
- Tsamaya jwalo-ka nonyanalewatle
- Fofajwalo ka notshi
- Tsamaya jwalo-ka lekgala
- Sesa jwalo-ka tlhapi
- Tlola/qothoma jwalo ka senqanqane
- Bapala latella-moetapele
- Bapala katse-le-tweba



Teacher: \_\_\_\_\_  
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Date: \_\_\_\_\_

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# Diphoofofolo tse jarang mahae a tsona ha di tsamaya

Kotara ya-2 – Beka ya-7 – Leqephé la mosebetsi



Ha re baleng

## Kgudu



Na o a tseba hore ke fellahantle  
kgaketlaneng ya ka, ha e ke be e be  
nnyane ho nna.

Kgudu ke sehababi se nang le maotwana a mane le molala o temekang le hlooho.  
E tsamaya butle e pepile kgaketlana ya yona.

Ba dula kae?



Ha re ngoleng

Araba dipotso tse latelang ka kgudu e dulang naheng.

Kgaketlana ya kgudu e bonolo kapa e thata? \_\_\_\_\_

Kgaketlana ya kgudu e itshireletsa ho eng? \_\_\_\_\_

Kgudu e etsa eng ha e tshohile? \_\_\_\_\_

Dikgudu di ja eng? \_\_\_\_\_

Letsatsi: .....

# Kgofu

Leihlo

Kgaketlana

Sheba kgaketlana ya kgofu.

manaka a  
matelele

manaka a  
makgutshwanyane

Maoto

Lesoba bakeng sa ho hema

Kgofu e tsamaya jwang?

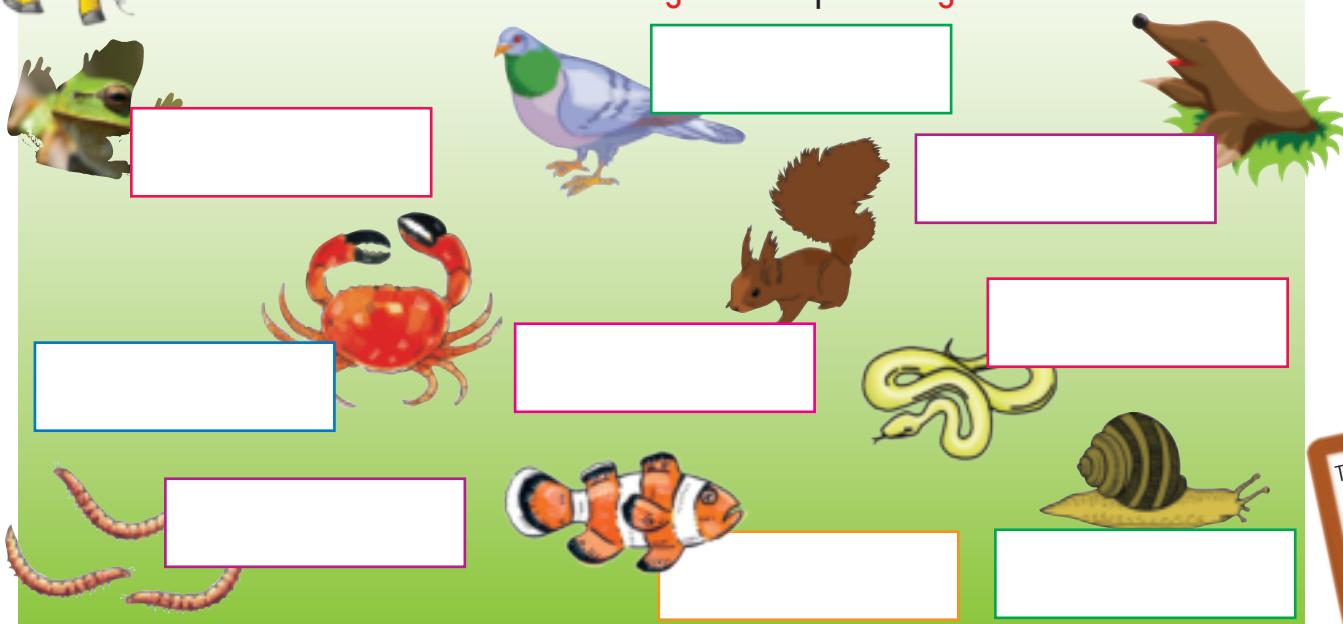
Na o kile wa fumana kgaketlana e se nang letho ya kgofu?

Dikgaketla tsa dikgofu di mmala o jwang?

Hobaneng dikgofu di na le dikgaketlana?



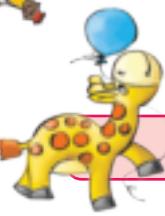
O nahana hore ke dula kae? Pela setshwantsho sa ka, bolela hore na nka  
etsa lehae la ka **sefateng, fatshe kapa metsing** na.



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# Diphoofto tse ikahelang moo di itshireletsang

Kotara ya-2 – Bekə ya-8 – Leqephə la mosebetsi



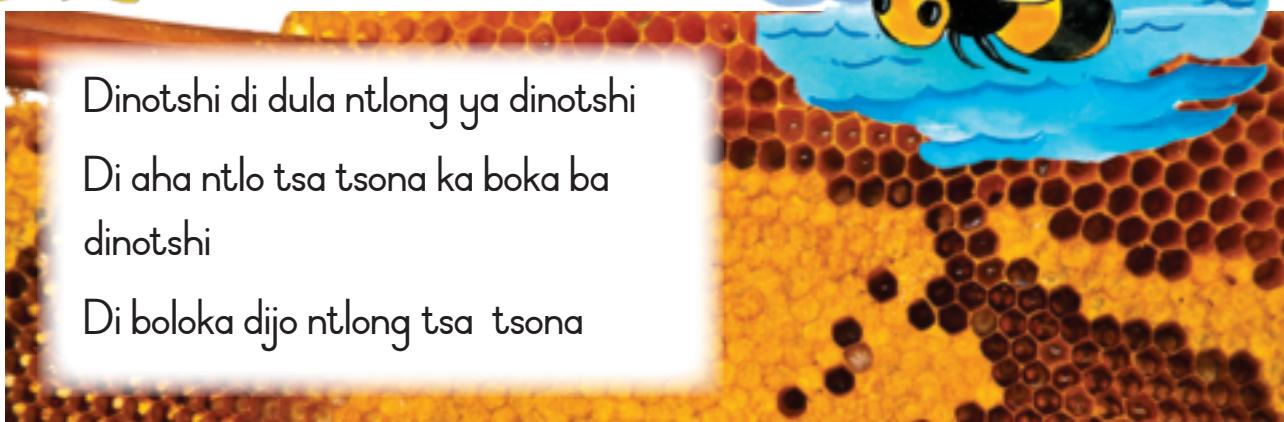
Ha re etseng

Kopanya ditshwantsho tsa diphoofto le ditshwantsho tsa malapa a tsona.



Ha re baleng

## Dinotshi



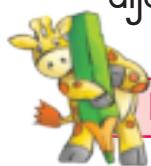
Dinotshi di dula ntlong ya dinotshi  
Di aha ntlo tsa tsona ka boka ba  
dinotshi  
Di boloka dijo ntlong tsa tsona

60 Letsatsi: .....

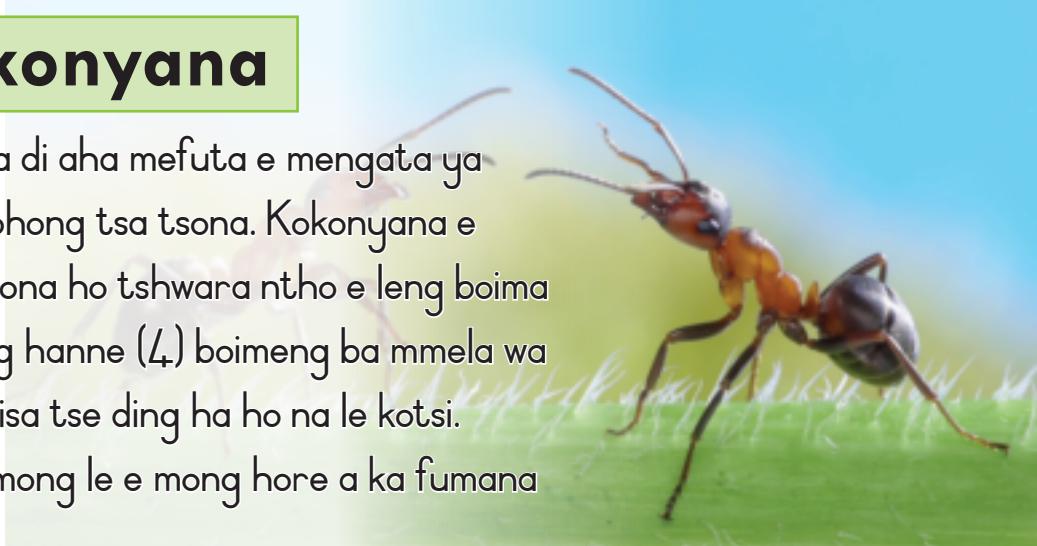
## Dikokonyana

Dikokonyana di aha mefuta e mengata ya meaho tikolohong tsa tsona. Kokonyana e nnyane e kgon a ho tshwara ntho e leng boima bo ka kenang hanne (4) boimeng ba mmela wa bona. Di rerisa tse ding ha ho na le kotsi.

Di borella e mong le e mong hore a ka fumana dijo kae.



Ha re ngoleng



O nahana hore hobaneng dikokonyana di ikahela tshireletso \_\_\_\_\_

Sera sa kokonyana ke mang? \_\_\_\_\_

Dikokonyana di sebedisang ho ikahela? \_\_\_\_\_



Ha re baleng

## Dinonyana

Dinonyana di haha dihlaha e le mahae a tsona, le hore di be le moo di ka behelang mahe teng. Boholo ba sehlaha bo laolwa ke hore nonyana e boholo bo bokae.

Dinonyana di sebedisang ho aha dihlaha?

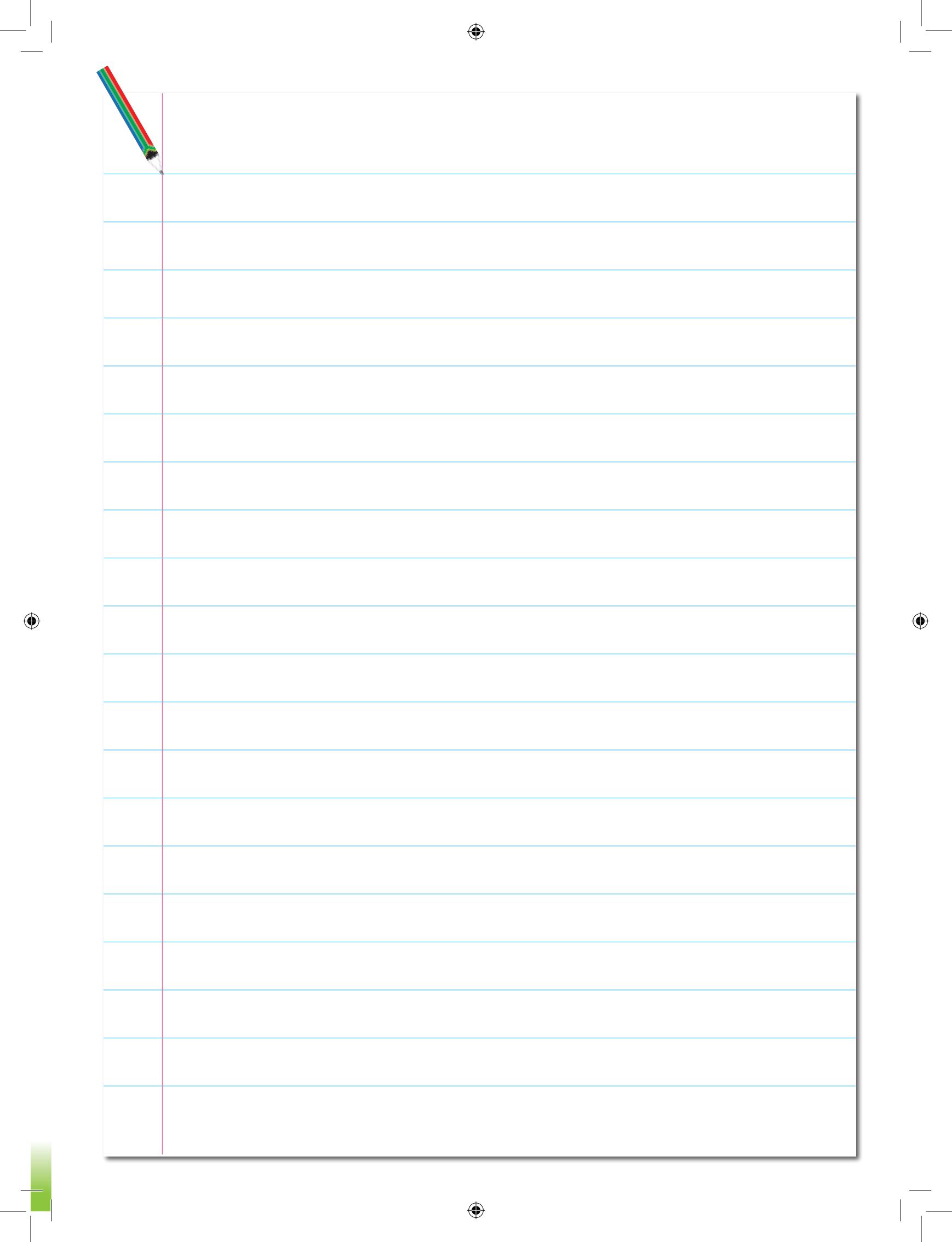
Ke phoofolo efe eo e leng sera sa nonyana?

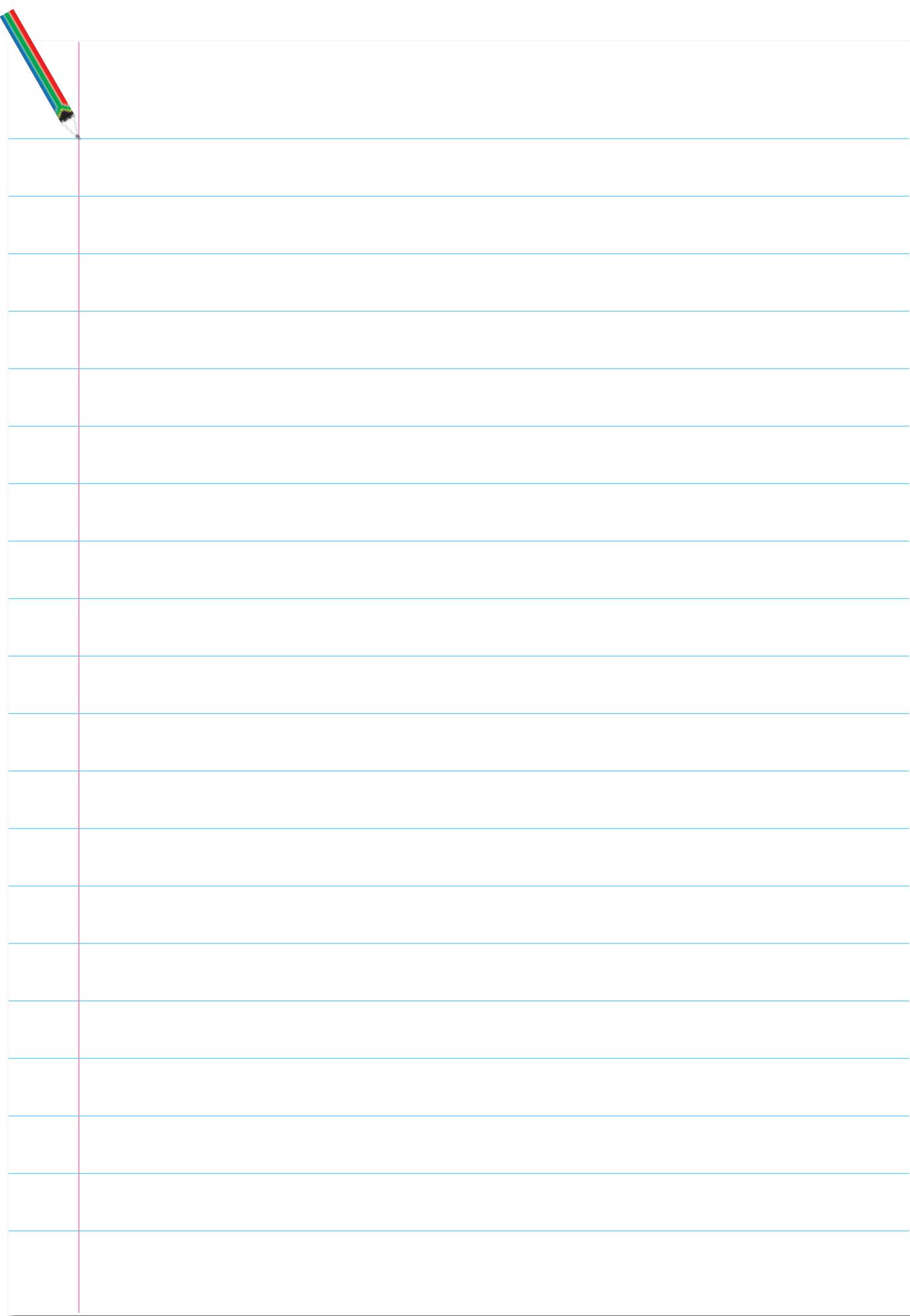


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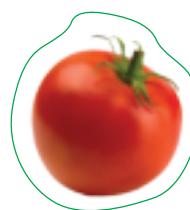
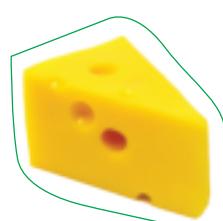
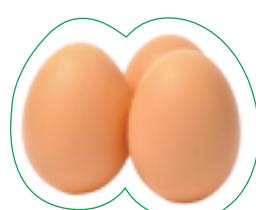
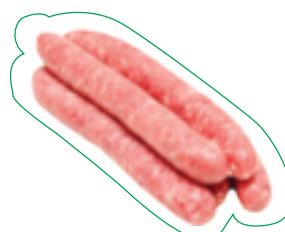
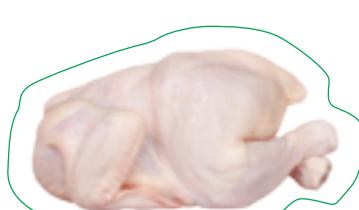
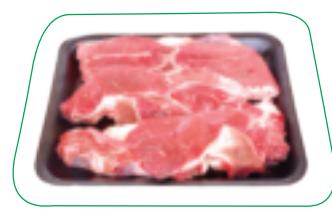
Bukantswe ya ka

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

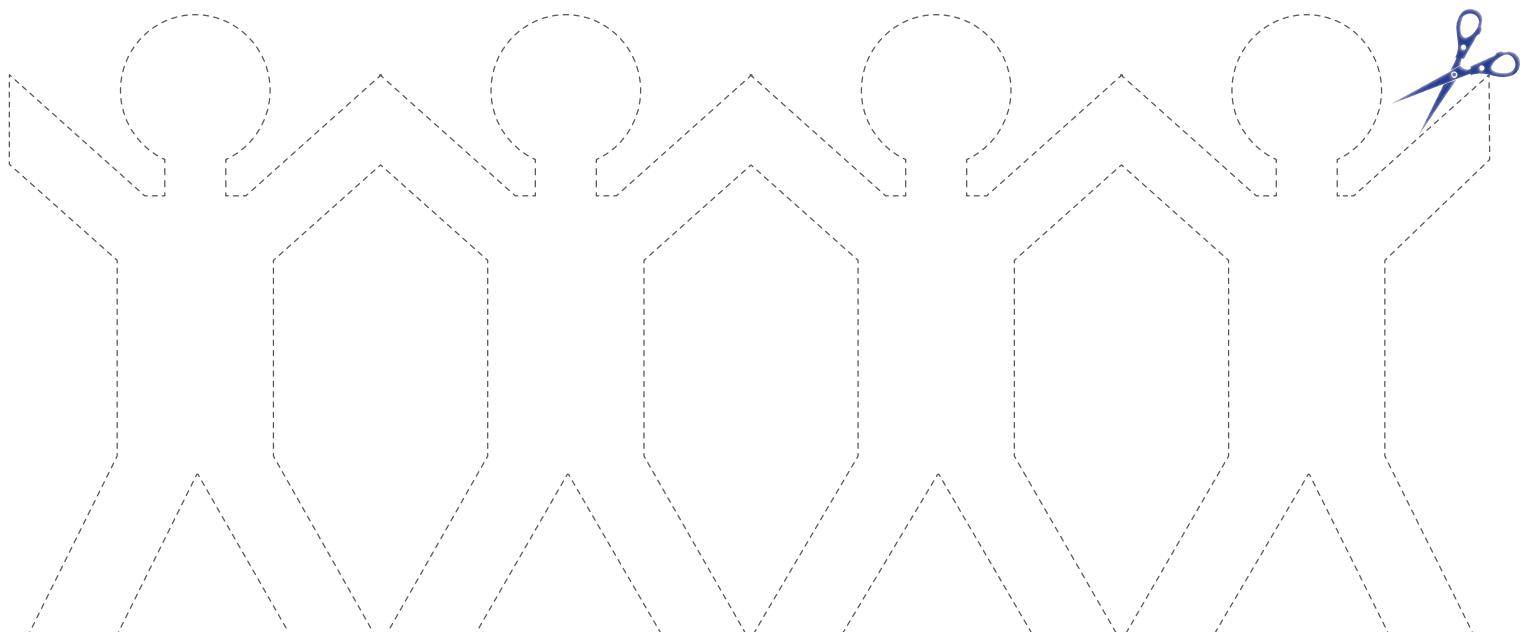




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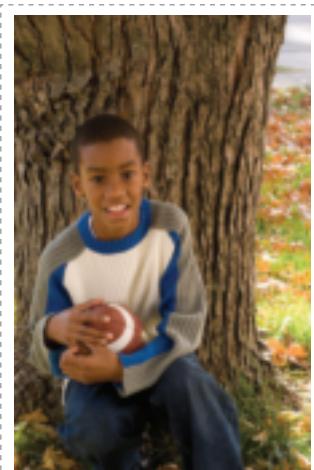
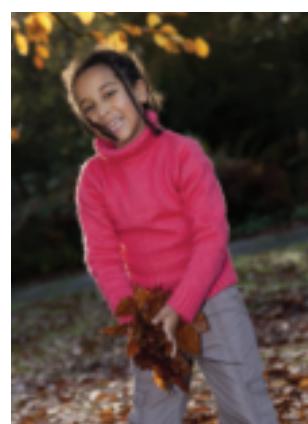


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