



UKKz. Angie Motshekga,
nguNqgonqgotjhe
weFundu-Sisekelo



UNom. Enver Surty,
nguSekela
kaNqgonqgotjhe
weFundu-Sisekelo

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

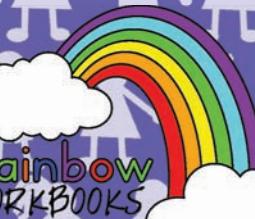
Iincwadi zokuSebenzela zakwaRainbow ziyingceny yeendlela ezinengi zomNyango wezeFundu-Sisekelo wokungelela onqophe ukuthuthukisa ukusebenza ngcono kwabafundi beSewula Afrika kumagreyidi wokuthoma asithandathu. Njengamanye wamaHlelo womBuso aphuma phambili, iprojekthi le isekelwe ngeemali ezibuya esikhwameni 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 ukuhlala abotitjhore komunye nomunye umsebenzi ngokusebenzisa iinthombe ezitjengjisako bona ngikuphi umfundu amele akwenze.

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

Sinifisela ipumelelo ekusebenziseni iincwadi lezi.

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

ISBN 978-1-4315-0234-9

THIS BOOK MAY
NOT BE SOLD.

Ukubuyeza,
ihlalise
ngokwesiTatimende
sekharukhyulamu
nomThethomgom
wokuhlol

iGreyidi



AmaKghono wezePilo NGESINdebele

Incwadi 1
Ithemu 1&2



Iincwadi zokusebenzela zikhona ngemilandelande le:

- Ilitheresi / Ilimi lekhaya iGreydi 1 – 6
(Ngamalimi woke asemthethweni)
- limbalo iGreydi 1 – 3
(Ngamalimi woke asemthethweni)
- limbalo iGreydi 4 – 9
(Ngelimi lesiNgisi nelimi lesi bhunu)
- UbuKghoni bePilo iGreydi 1 – 3
(Ngamalimi woke asemthethweni)

Ibizo:

Itlasi:



basic education

Department:
Basic Education
REPUBLIC OF SOUTH AFRICA



Okumumethweko

Ithemu 1

- | | | |
|----|---|----|
| 1 | Mina..... | 2 |
| 2 | Imibala nokudansa | 4 |
| 3 | Soke siqakathekile..... | 6 |
| 4 | Soke sehlukile begodu asifani ... | 8 |
| 5 | Vuma ingoma..... | 10 |
| 6 | Ngiyazikhakhazisa ngesikolo sami..... | 12 |
| 7 | lindawo ezihlukuneko | 14 |
| 8 | Itlasi lami..... | 16 |
| 9 | Indlela esikhamba ngayo nasiya esikolweni | 18 |
| 10 | Ngihlala ngiwlwengkile | 20 |
| 11 | Imikghwa elungileko | 22 |
| 12 | Ngiyazihlwengisa | 24 |
| 13 | Imikghwa emihle yepilo..... | 26 |
| 14 | Ukuhlwengisa nokubutha | 28 |
| 15 | Ubujamo bezulu engibuthandako | 30 |
| 16 | Ubujamo bezulu..... | 32 |



1



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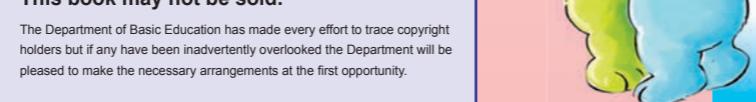
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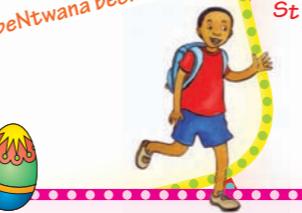


Amalanga aqakathekileko 2015

UJanabari

Mhla li-1 kuTjhirkwenu lilanga
lomNyaka omuTjha

Mhla ama-31kuTjhirkwenu
liLanga labeNtwana beenTradeni



UFeberbari

Mhla ama-2 kuMhloланja liLanga
lePhasi lamaChaphozi

Mhla ali-14 kuMhloланja, liLanga le-
St Valentine



U-Apreli

Mhla ali-3 kuSihlabantangana, liLanga
leGudi

Mhla ali-4 kufika mhla ama-11
kuSihlabantangana, leleNyuko

Mhla ali-5 kuSihlabantangana, lilanga lomkhosi
wokuVukav

Mhla ali-6 kuSihlabantangana, liLanga
lomNdeni

Mhla ali-7 kuSihlabantangana, liLanga lePhasi
lezePilo

Mhla ama-22 kuSihlabantangana, liLanga
leenTjhabetjhaba laboMma emHlabeni

Mhla ama-27 kuSihlabantangana, liLanga
leKuleku



Umeyji

Mhla li-1 kuMrhayili, liLanga
lezabaSebenzi

Mhla ali-10 kuMrhayili, liLanga
laboMma

Mhla ali-15 kuMrhayili, liLanga
leenTjhabetjhaba lezemiNdeni



UMatjhi

Mhla ali-5 kuNtaka, lilanga lePurim

Mhla ama-21kuNtaka, liLanga lamaLungelo wobuNtu

Mhla ama-21 kuNtaka, liLanga leeNtjhabetjhaba lamaHlathi
kanye nemithi

Mhla ama-20-21 kuNtaka, liLanga *

IomNyaka omutjha wamaBahá'í

Mhla ama-22 kuNtaka, liLanga lePhasi laManzi

Mhla ama-28 kuNtaka: li-Iri leHlabathi
(20:30-21:30 (ngesikhathi sendawo yekhethu))

UJuni

Mhla li-01 kuMgwengweni, liLanga labaBelethi
IPhasiloke

Mhla ali-4 kuMrhayili, liLanga leentjhabetjhaba
labeNtwana abaLahlekako

Mhla ama-5 kuMgwengweni, liLanga lePhasiloke
lezeBhoduluko

Mhla abu-8 kuMgwengweni, liLanga lePhasiloke
lamaLwandlekazi

Mhla ali-12 kuMgwengweni, liLanga lePhasiloke
lokungaSetjenzieswa kwebaNtwana kabuDisi

Mhla ali-16 kuMgwengweni, liLanga leluTjha
Mhla ama-18 kuMgwengweni, kuthoma kwamaLanga
weRamadan

Mhla ali-21 kuMgwengweni, liLanga laboBaba

USeptemba

Mhla ali-13 bekube mhla ali-15
kuKhukhulamungu, lilanga leRosh Hashanah

Mhla ama-21 kuKhukhulamungu, liLanga
leenTjhabetjhaba lokuThula

Mhla ama-23 bekube malanga
Mhla ama-24 kuKhukhulamungu, liLanga
lezamaGugu



UJulayi

Mhla ama-17 kuVelabahlinze,
yi-Eid-Ul-Fitr (kuphela
kwamalanga weRamadan)

Mhla ali-18 kuVelabahlinze, liLanga
leenTjhabetjhaba lakaNelson
Mandela

Mhla ama-30 kuVelabahlinze,
lobuNgani



UAgosti

Mhla ali-9 kuKhoboyi, liLanga
laboMma

Mhla ali-13 kuKhoboyi,
liLanga leenTjhabetjhaba
abantu abasebenzia izandla
zangesinceleni



UOktoba

Mhla ama-2 kuSewula, liLanga leenTjhabetjhaba
IokuNgabineturhu

Mhla ama-5 kuSewula, liLanga lePhasiloke
laboTitjhhere

Mhla ali-11 kuSewula, liLanga leenTjhabetjhaba
IomNtwana womNtzazana

Mhla ali-14 kuSewula, liLanga le-Al-Hijira
(umNyaka omuTjha wama-Islamu)

Mhla ali-15 kuSewula, liLanga
leenTjhabetjhaba laboMma
bezAbelweni

16: World Food Day



UNovemba

Mhla ali-11 kuSewula, lilanga
leDeepavali (iDiwali)

Mhla ali-12 kuSewula, lilanga
leVikram (UmNyaka omuTjha
we-2072)

Mhla ama-20 kuSikinyikha,
liLanga Zombelele



UDisemba

Mhla li-01 kunObayeni, lilanga
lePhasiloke leNtumbantonga

Mhla ama-3 kuNobayeni, liLanga
leenTjhabetjhaba labantu abaphila
nokuKhubazeka

Mhla ali-5 kufika mhla ali-14 kuNobayeni
lilanga leChanukah

Mhla ali-16 kuNobayeni, liLanga
IokuBuysiana

Mhla ama-25 kuNobayeni, liLanga
lakaKresimusi

Mhla ama-26 kuNobayeni, liLanga
Iokulibalelana



AmaHolideyi weLizweloke weSewula Afrika:

Ilanga eliqakathekileko lesikhumbuzo samaJuda:

Ilanga eliqakathekileko lesikhumbuzo sama-Islamu:

Ilanga eliqakathekileko lesikhumbuzo sakaBahá'í: *

AmaLanga weenTjhaba eziBumbenecho: *



IGreyidi

1

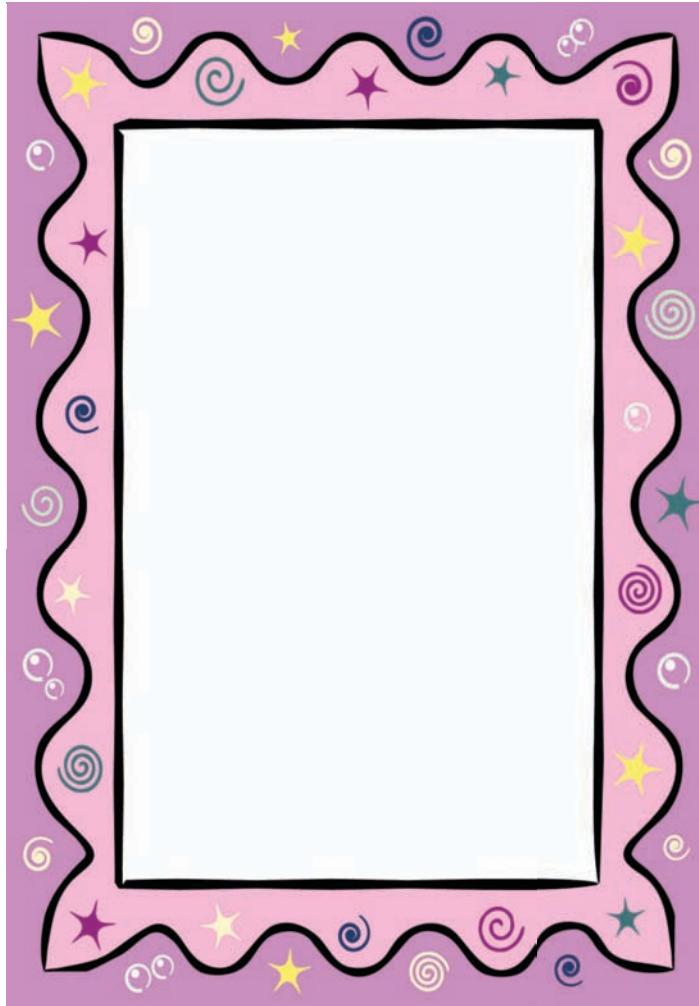
AmaKghono wezePilo
NGESINdebele
Incwadi yoku-I

Incwadi le ngeyaka:

Ithemu - I - Iweke - I - Iphepha lokusebenza

Asenzeni lokhu

Namathisela isithombe sakho
nanyana gwala isithombe
sakho lapha.



Ikheli lakwethu lithi:

Ngiyazi kobana ilanga lami
lamabeletho linini.

Ilanga:

iye

anginasiqiseko

awa



Ibizo lami ngingu



Isibongo sami ngesa kwa

Ngineminyaka e _____
ubudala.

Amalunga womndeni
wekhethu si

Inomboro ye khaya
yomtato ithi:





Asigwaleni



Gwala okuthileko ozaziko kobana ukwenza kuhle.



Cocela abangani bakho kobana yini ongakghona ukuyenza kuhle. Khalara ngaphakathi kwekwekwezi engebhoksini ukukhombisa kobana yini ongayenza kuhle.

Asikhulume



Ngiyakwazi ukufunda.



Ngiyakwazi ukuzembathisa.



Ngiyakwazi ukutlola.



Ngiyakwazi ukudansa.



Ngiyakwazi ukwenza itiye.



Ngiyakwazi ukutlubha nokuhlamba amazinyo wami.



Imibala nokudansa

Ithemu - I - I'veke - I - Iphephə
lokusebenza



Asenzeni lokhu

Uyayazi imibala elandelako? Tjela umngani wakho kobanyana ibizwani imibala elandelako le.



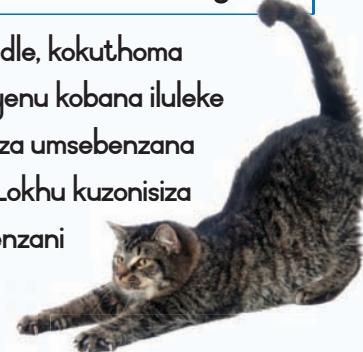
Kwanjesi khalara isithombe ngasinye ngombala ofaneleko.

Ibhanana elisarulani	I-apula elibomvu	Ijeresi ehlaza kwesibhakabhaka
Isambrela semibalabala	Ilamune eli-orentji	Ikari elihlaza kotjani



Asithuthuke

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 bemsipha. Kwanje yenzani lokhu abentwana laba abakwenzako.



Vuma "Ihloko namahlombe" lokha nawu:

- yenza sengathi udlala ipiyano.
- yenza sengathi udlala igatara.





Ukuzithabisa

Betha izandla zakho ngendlela elandelako.



Ukubetha



Ukubetha



Ukubetha

Ukubetha



Ukubetha



Ukubetha



Ukubetha



Ukubetha

Ukubetha



Ukubetha

Ukubetha

Ukubetha Ukubetha Ukubetha Ukubetha Ukubetha



Asenzeni lokhu

Uyakwazi ukwenza izinto lezi ezilandelako? Tjengisa abangani bakho.

Ngiyakwazi ukugijimela mahlangothi woke ngingatjhayisani nomuntu.



Ngiyakwazi ukweqa intambo yomdlalo weqathulo.



Ngiyakwazi ukugeda ibholo ekulu ngiyigedele kumngani wami.



Soke siqakathekile

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



Asikhulume

Qala isithombe bese ucocela
abangani bakho ngomehluko
owubonako ngabentwana laba.



Okukhulu nokuncani

Abanye bethu bakhulu, abanye sibancani.

Abanye bethu bade, abanye bafitjhani.

Abanye bethu bayakwazi ukweqa, abanye bethu
bakwazi ukuvuma.

Kukhona okuthileko sisoke esingakwenza
kuhle khulu?

Ngikuphi ongakwenza ngcono?



Asikhulume

Cocela abangani bakho kobanyana
wazizwa njani ngelanga lakho
lokuthoma esokolweni.

uthabile	udanile	uthabe khulu	uthukuthele	unamahloni



Gwala isithombe utjengise kbana **ungazizwa njani** lokha omunye
nakangakupha thoyi. Tlola imizwa leyo esikhalieni esingenzasi.



Asikhulumo

Tjela umngani wakho kobana kwenzekani esithombeni ngasinye.
Yitjho kobana ungazizwa njani lokha lokhu nange kungenzeka kuwe.
Thika ipendulo enembako.

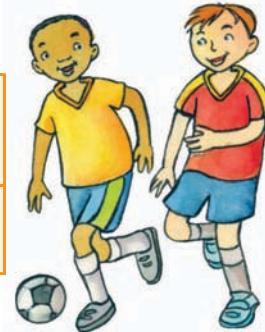


Umsana omkhulu
ukwemuka izinto.

uthabile	uthabe khulu	udanile

Wena nomngani wakho
nidlala ndawonye.

usilingekile	uthabile	uthukile



Uvula isipho.

uthukile	uthabe khulu	unamahloni

Umntwana wakwenu
wephule isidlalisi sakho
osithandako.

unamahloni	uthabile	uthukuthele



Asenzeni lokhu

Gadangisa umuno wakho phezu kwebhoksi lokuthoma, bese ubawa
umngani wakho kobana naye agadangise umuno wakhe phezu
kwebhoksi lesibili eliseduze.

Uthi bewazi kobana akunamuntu
ofana nawe nemino egadangisiweko?
Uqakathekile ngombana uwedwa zwi
ephasini mazombe. Namawele akanayo
imino egadangisiweko efanako.

--	--

Ungakwazi ukubona bonyana
imino egadangisiweko ayifani?



Soke sehlukile begodu asifani

Ithemu - I - I've - 2 - Iphetha lokusebenzela



Asikhulume

Qala abentwana laba.

Bafana ngani?

Behluké ngani?



Asenzeni lokhu

Qala isithombe lesi bese uyatjho kobana isitativende lesi siliqiniso
nanyana simamala na.

Khalara imitjho eliqiniso ngokuhlaza satjani.

Khalara imitjho emamala ngokubomvu.



Boke banemikhono emi-2 nemilenze
emi-2.



Boke bentazana.

Boke bambethe
amanyathelo.



Boke bambethe amabhrugu.

Boke basese bentwana.

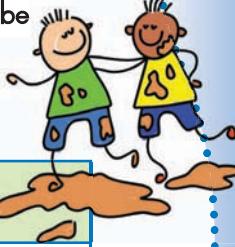


Boke baneenhluthu ezide.



Asigwaleni

Gwala isithombe sakho esikhaleni sokuthoma. Kwanjesi gwala isithombe somngani wakho omkhulu. Nasele ukwenzile lokho, qala eenthombeni ukuze ubone bonyana wehluke kangangani kunomngani wakho.

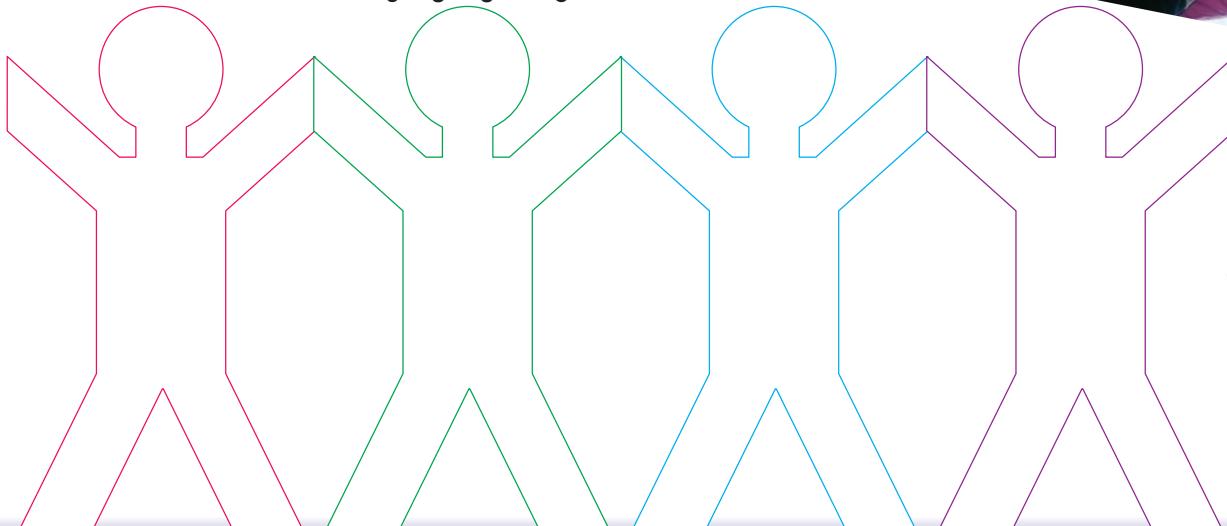


Mina	Umngani wami



Asenzeni lokhu

Khalara ngaphakathi kwetjheyini le yobungani utjengise kobana omunye nomunye wehlukile kunomunye. Nasele ukwenzile lokhu, ungasika ukhuphe itjheyini yobungani kibosika encwadini le.



Teacher:
Sign:
Date:

Vuma ingoma

Ngaphambi kokuthi uvume yenza lokhu. Dosela umoya khulu ngaphakathi bese uyawukhipha kancani kancani. Yenza sengathi uvuthela ikeresi yekhekhe ngelanga lakho lamabeletho. Yenza sengathi uzwa amakhaza uthi, "Brrrrrrrrrrrrrrr".



Ithemu - I - I'veke - 3 - Iphepha lokusebenzela



Imfenyana ezihlanu

Imfenyana ezihlanu, zeqayeqa embhedeni.

Enye yawa, yalimal 'ehloko.
Unina wabiz' udonhodera.



Udonhodera wathi, "Akungasabi nefenyana ezokweqayeqa embhedeni!"

Imfenyana ezine, zeqayeqa embhedeni.

Enye yawa, yalimal 'ehloko.
Unina wabiz' udonhodera.

Udonhodera wathi, "Akungasabi nefenyana ezokweqayeqa embhedeni!"

Imfenyana ezintathu, zeqayeqa embhedeni.

Enye yawa, yalimal 'ehloko.
Unina wabiz' udonhodera.

Udonhodera wathi, "Akungasabi nefenyana ezokweqayeqa embhedeni!"



Imfenyana ezimbili, zeqayeqa embhedeni.

Enye yawa, yalimal 'ehloko.
Unina wabiz' udonhodera.

Udonhodera wathi, "Akungasabi nefenyana ezokweqayeqa embhedeni!"

Ifenyana eyodwa, yeqayeqa embhedeni.

Yase iyawa, yalimal 'ehloko.
Unina wabiz' udonhodera.

Udonhodera wathi, "Akungasabi nefenyana ezokweqayeqa embhedeni!"



Khumbulani mfenyana kobana udonhodera utheni.

"Akungasabi nefenyana ezokweqayeqa embhedeni!"





Asigwaleni

Gwala ubuso bakho.
Tjengisa amehlo wakho.
Tjela abangani bakho kobanyana uqaleka njani.

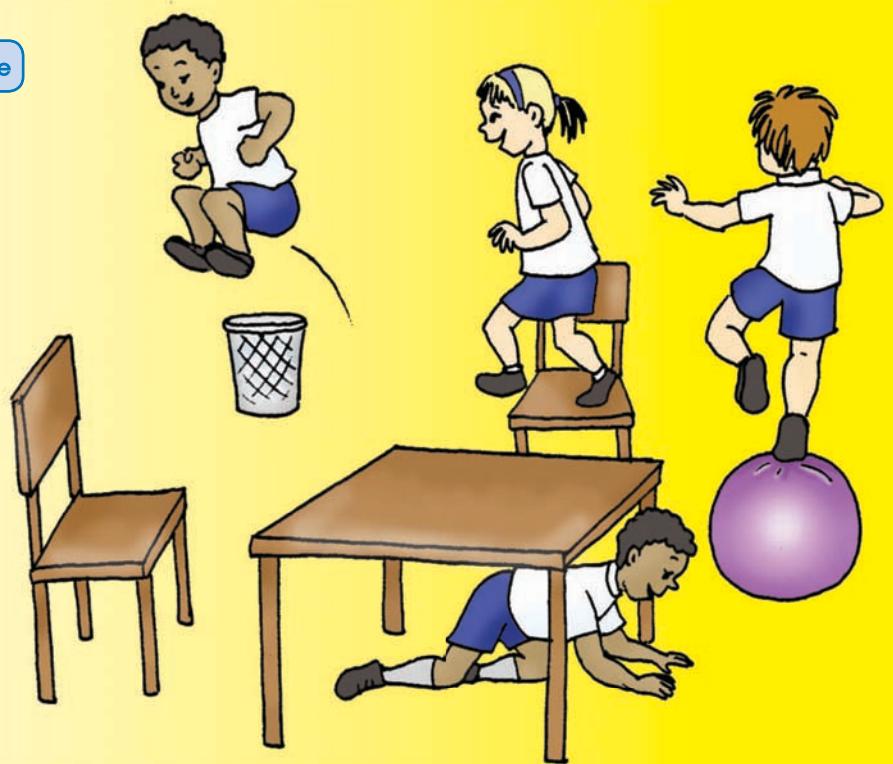


Asithuthuke

Yenzani isiqabo
ngaphandle kwetlasi
njengalesi nisizana
notitjhhere.

Khwela phezu kwesihlalo
weqelete phezu kwesinye.

Khasa ngamadolo
ngaphasi kwetafula.



Teacher:
Sign:
Date:

Ngiyazikhakhazisa ngesikolo sami



Asenzeni lokhu

Gwala isithombe sakho lapho wembethe khona ijinifomu yakho wesikolo. Zaliselela ngependulo eenkhaleni.



Ngiya esikolweni nge

_____.

Isibongo sakatitjhere wami

_____.

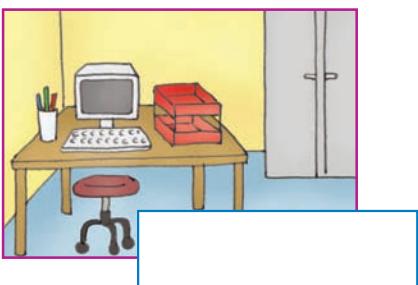
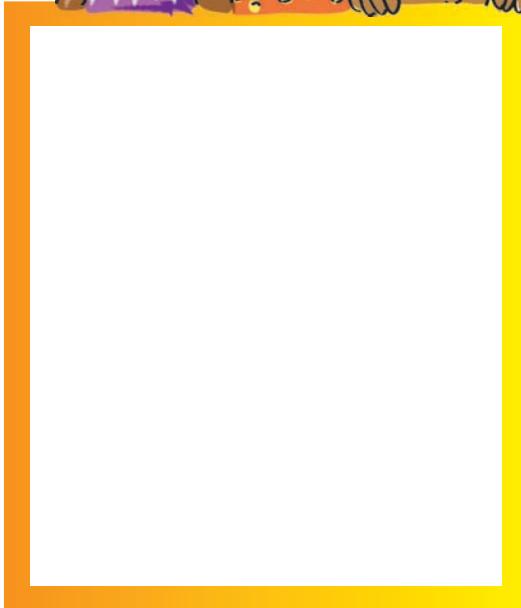
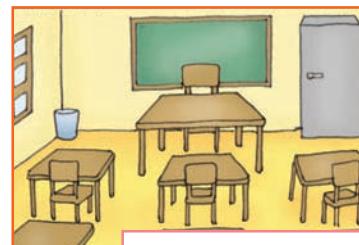
Isibongo sakaphrinsipala wami

_____.



Asitlole

Qalisisa iinthombe.
Ngemva kwalapho sika igama elinembakko ulinamathisele eduze kwesithombe.



ikamera
lokulondoloza
ipahla
yeemvakatjhi

itlasi

i-ofisi

umabhalana

itatawu
lokudlala



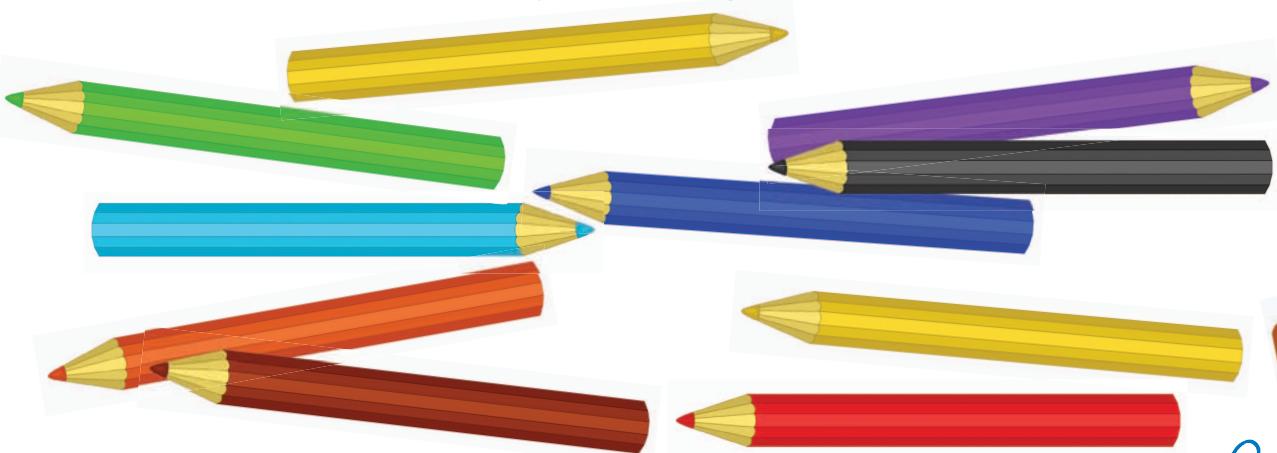
Asitlole

Bobaniabantu abahlukeneko abasebenza esikolweni? Qalisisani isithombe bese nicocisana ngokuthi bobani nokuthi benza miphi imisebenzi. Ngemva kwalapho, sikani iinthombe ezinembako bese nizinamathisela eduze kwsithombe esinembako. Hlathululela mnGANI wakho kobana ukhamba njani nawuya e-ofisini yakaprinsipala, endlini yokuzithumela kanye nebaleni lokudlala.



Ukuzithabisa

Isikhwama saka Jabu seempensela siwile. Bala kobanyana unamakhrayoni amangaki, bese utlolola inomboro enembako ngebhoksini. Esiqetjhaneni sephepha, gwala isithombe usebenzise iimbala ekhanyako. Utjengise kobana wena nomngani wakho nidlala njani. Gwala ifreyimu izombeleze isithombe.



abentwana

ohlwengisako

utitjhhere

uphrinsipala



lindawo ezihlukeneko

Ithemu-1 – Iweke-4 – Iphepha lokusebenzela



Asenzeni lokhu

Tjengisa abangani bakho kobana
uyakghona.



Sithela ngemuva
kwento ethileko.



Zifihle ngaphasi
kwento ethileko.



Jama eqadi kwento ethileko.



Jama phezulu kwento ethileko.



Asithuthuke

- Sebenzisa ibholo nanyana umgodlana onamatjana.
- Yiphosele phezulu bese uayigenda.
- Kwanjesi thwala umgodlana onamatjana ehloko bese ukhamba phezulu komuda othaliweko.

Ngiyakwazi ukuphosa.



Ngiyakwazi ukugeda.



Ngiyakwazi ukuthwala
umgodlana onamatjana ehloko.





Asithuthuke

Gadangisa iinyawo zakho
ngephetheni le elandelako.

Nc = Ngesinceleni



Si = Ngesidleni



Nc Si

Nc

Si

Nc



Si Nc

Si Si

Nc

Si Nc

Si



Nc Nc

Si

Nc

Nc

Si

Nc

Si



Itlasi lami



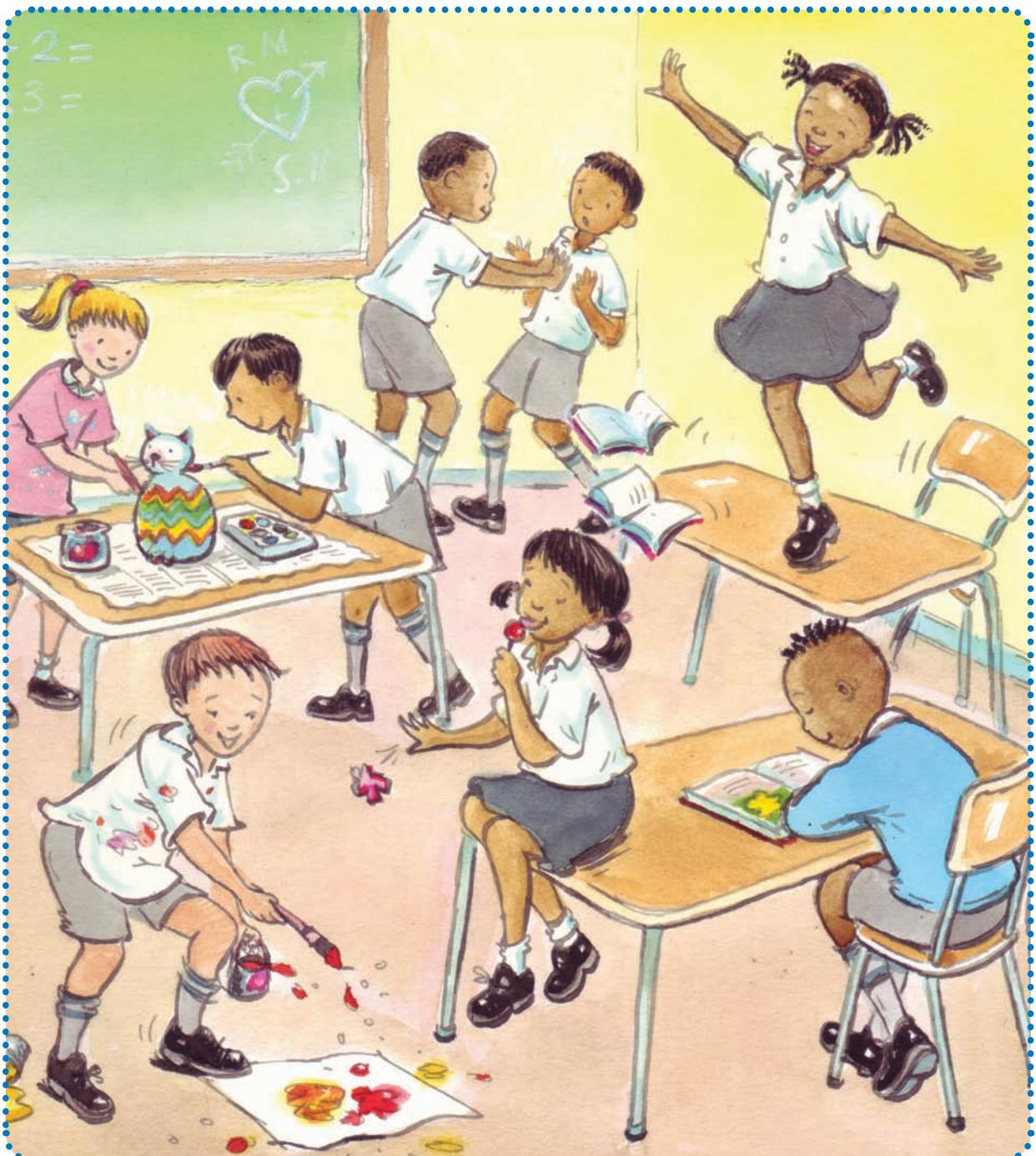
Asikhulume

Qalisia isithombe lesi bese ucoca ngalokho okubonako.

Itthemu- | - I'veke- 5 - Iphephä lokusebenzela

Ngetlasini leli izinto ezimbi nezihle ziyenzeka.

Ubona muphi umukghwa omuhle? Ubona muphi umukghwa omumbi?

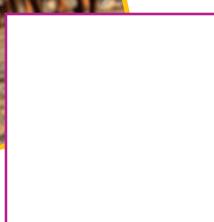
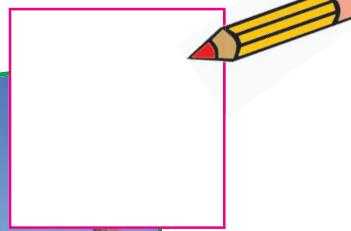




Asikhulume

Gwala ithiki

eduze kwayo yoke imikghwa elungileko bese utlole isiphambano
eduze kwayo yoke imikghwa emimbi engenzeka esikolweni.

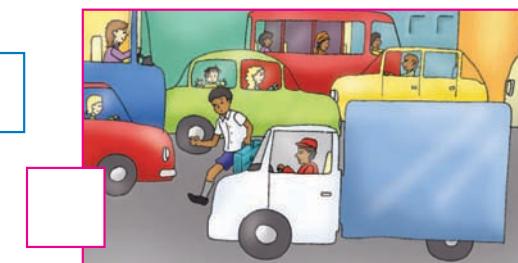
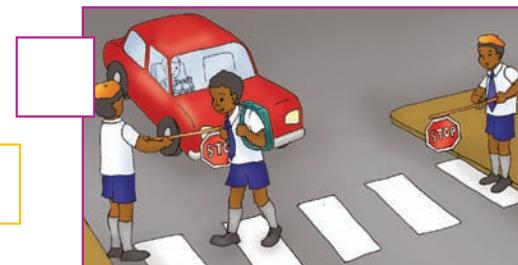


Indlela esikhamba ngayo nasiya esikolweni



Asikhulumo

Uya njani esikolweni kwelinye nelinye ilanga? Uphephile na? Kukhona iindlela ozaziko ezingakaphephi? Coca nabangani bakho kobana abentwana laba bakhamba njani nabaya esikolweni. ✓ Thika iindlela lezo eziphephileko eziya esikolweni. Beka isiphambano eendleni lezo ezingakaphephi ✗.



Ukhamba ngani nawuya esikolweni ekuseni? _____



Asenzeni lokhu

Kwanjesi buza abangani bakho babebahlau kobana baya ngani esikolweni. Tshwaya iindlela abazisebenzisako ekhadini elingenzi.

ngeenyawo



ngebhesi



ngekoloyi/ngeveni



Amabizo wabangani



1	2	3	4	5

Asithuthuke

Ngingagijima umjikelezo wezig zeg.

Iye

Awa

Nangigijimako, ngingakghona ukutjhugulukela ngemahlangothini lapho utitjhhere angilayela ngakhona.



Asenzeni lokhu

Gwala isithombe ukutjengisa kobana ukhamba njani nawuza esikolweni.



Asithuthuke

Lalela umvumo utitjhore wakho azokudlalela wona.

Tjhideza umzimba wakho emdumeni womvumo.

Goba amadolo bese welula iinyawo zakho.

Sikinya amahlombe wakho aye phasi naphezulu.

Sikinya idini lakho liye ngesidleni liye nangesincqeleni.



Asithuthuke

Wena nomngani wakho phosani benigede ibholo.

Sebenzisani isandla senu eningakavamisi ukusisebenzisa niphose ngaso ibholo.

Ngikwazile ukuphosa ibholo ngesandla sami
esingakavami ukusebenza?



Asithuthuke

Wena nomngani wakho lingisani
ingolovana nayikhambako.



Ngihlala ngihlwengekile



Ingabe kuqakathekile na kobana ufunde imikghwa kabancani.
Lezi ngezinye zezinto ongazenza kobana uhlale uhlwengile begodu hlale
uphilile. Coca ngesinye nesinye isithombe.

Ithemu - I - I'veke - 6 - Iphepha lokusebenza



Ngitlubhe amazinyo.



Ngihlambe izandla zami.



Ngihlambe umzimba wami
njalonjalo.

**Kufanele
ngi-**



Ngihlante isithelo
ngaphambi kokusidla.



Ngisebenzie ithitjhlu lokha nagingendlwaneni
yokuzithumela.



Ngigcine iinzipho zami
zihlanzekile.

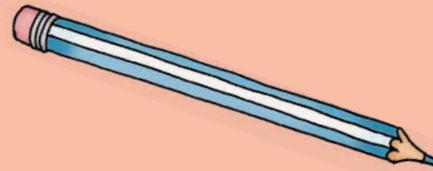
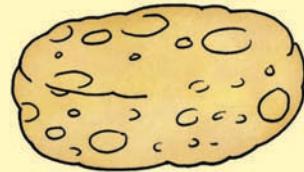
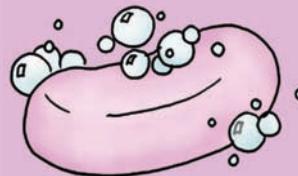


Sebenzise ithitjhlu lokha
nangifinyako nanyana ngithimula.



Asitlole

Ngikuphi okutlhogako kilokhu okulandelako ukuze uhlale uhlwengile?
Khalara ngaphakathi kwekwekwezi ukutjengisa into oyisebenzisa ko
ukuze uhlale uhlwengile? Yitjho nokobana uyisebenzisa njani into leyo
ukuze uhlale uhlwengile?



Thika utjengise kobana ungakghona ukwenza lokhu:	iye	awa
Ngingakhwelela isitepisi ejimini yejangele.		
Ngingsebenzisa izandla zami ukutjhidela phambili.		
Ngingakhosa ngaphasi kwejimini yejangela.		



Imikghwa elungileko

Ithemu - I - I'veke - b - Iphepha lokusebenzela



Asifunde

Imikghwa elungileko
yokusebenzisa indlwana
yokuzithumela.

Khumbula



Nangabe ungcolisile, yihlanze
ungayitjhiyi ingcolile.



Khumbula ukupula
nanyana ukudosa ngemva
kokusebenzisa indlwana
yokuzithumela.



Vala umnyango njalo
nawungendwaneni yokuzithumela.



Ungasebenzisi ithitjhu
enengi khulu.



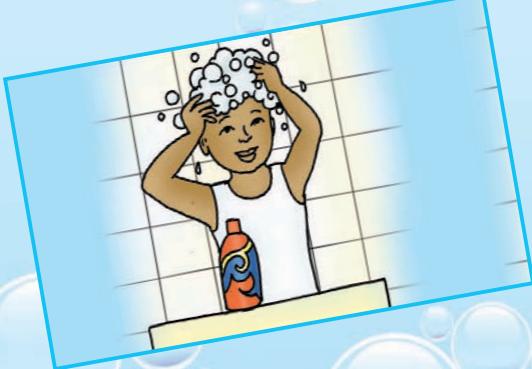
Hlamba izandla zakho njalo njalo ngemva
kokusebenzisa indlwana yokuzithumela.



Asitlole

Ndulungela igama elisitjela kobana sifanele ukusebenzisa nini izinto
lezi ezilandelako.

Ukuhlamba iinhluthu zakho.



malanga woke

ekuseni nantambama

kabili ngeveke

kanye ngeveke

Ukuhlamba amazinyo.



malanga woke

ekuseni nantambama

kabili ngeveke

kanye ngeveke

Ukuhlamba umzimba.



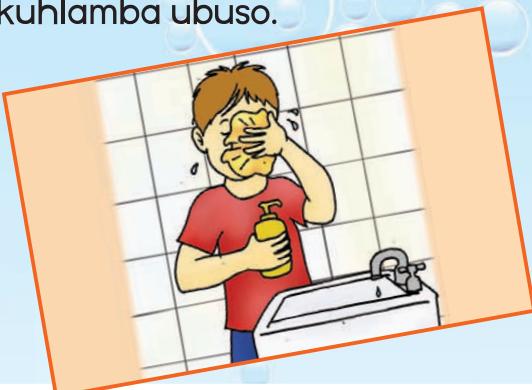
malanga woke

ekuseni nantambama

kabili ngeveke

kanye ngeveke

Ukuhlamba ubuso.



malanga woke

ekuseni nantambama

kabili ngeveke

kanye ngeveke



Ngiyazihlwengisa

Ithemu - I - Ivuke - 6 - Iphepha lokusebenzela



Asithuthuke

Dlalani nilingise "uSimon uthi" notitjhhere wakho.

Funyana indawo yakho ephophileko ukuze unga tjhayisani nabanye.
USimon uthi "**thinta ihloko yakho**".



Asitjengiseni

Tjengisa umngani wakho kobana
ukwenza njani lokhu...

Hlamba izandla zakho.



Kama iinhluthu zakho.

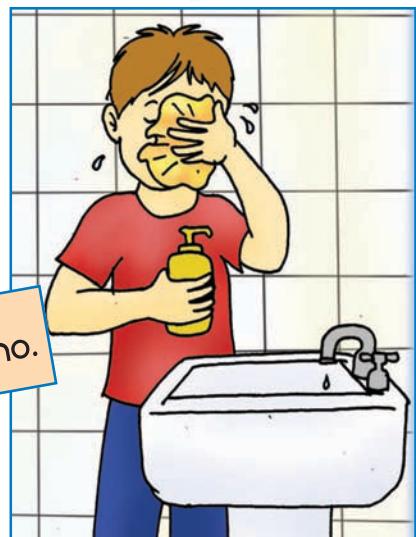


Sula izandla zakho.



Hlamba amazinyo wakho.

Hlamba ubuso bakho.





Asithuthuke

Lingisa umdumo olandelako.

Ngiyakwazi ukuwahla izandla zami

Begodu nokubeka inyawo lami

Ngiyakwazi ukusikinya ihloko yami

Nokujuguja imikhono yami

Ngiyakwazi ukujama ngamazwani

Bengithinte ipumulo yami.



Imikghwa emihle yepilo

Itħemu - I - I'veke - 7 - Iphepha lokusebenza



Asifunde

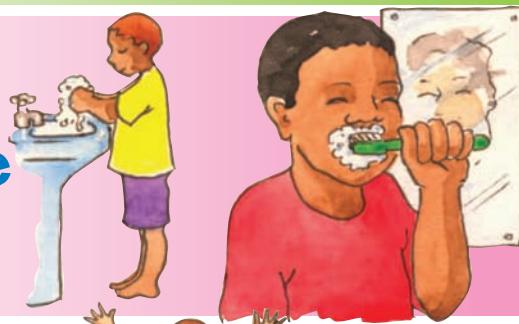
Khuyini esikutlhogako ukuze sihlale siphilille!

**Ukudla
okunepilo**



**Ukuzithabulula
njalo njalo**

**Ukuhlala
sihlwengile**



**Ukubasendaweni
ebetha ummoya**

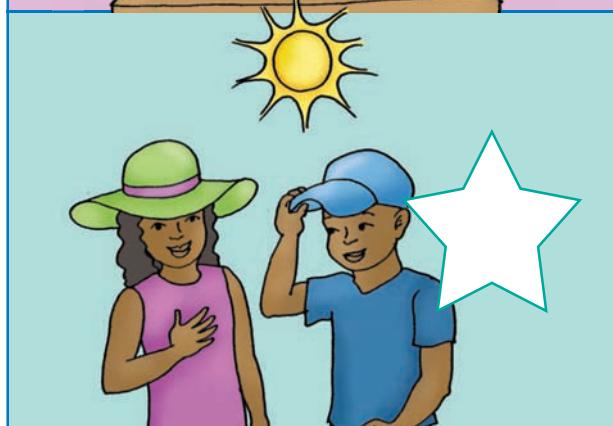
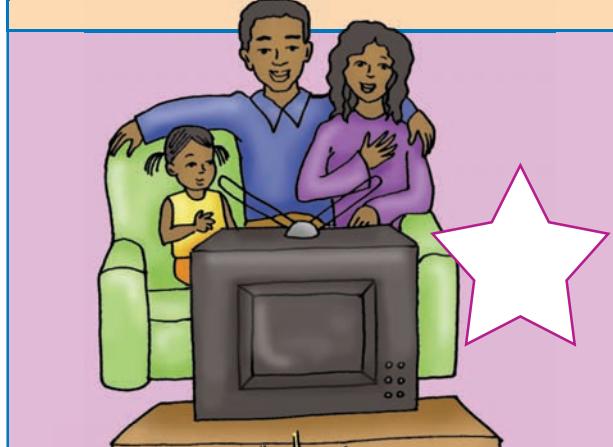
**Ukulala okwaneleko
ingasikho ukubukela
khulu ithelevitjhini!**





Asitlole

✓ Khetha okukhambisana nemikghwa emihle yepilo ehle bese ukhetha
okukhambisana nemikghwa emimbi yepilo embi. X



Teacher:
Sign:
Date:

14 Ukuhlwengisa nokubutha

Itthemu-1 – Ivake-7 – Iphepha lokusebenzela



Asenzeni lokhu

Khombisa kobana uzi sebenzisa
njani izinto ezilandelako.



ibhratjhi yamazinyo



isibha



isizeso sezandla



itjhampu



ikama



ibhratjhi



ibhratjhi yamazipho



itlibhara yamazipho



Asithuthuke

Bambanani ngezandla nenze isiyingi esikhulu.

Kwanjesi dluliselanani ibholo esiyingini enikiso.

Ngezelani ngenye ibholo nayo niyidluliselelane.

Ngezelani ngebholo yesithathu nayo niyidluliselelane.



Asikhulume

Yini eyenza indlu le isilaphazeke?

Yini ekufanele uyenze ukuze uhlwengise indlu le?

Abentwana benzani? Bafanele kobana benze ini ?

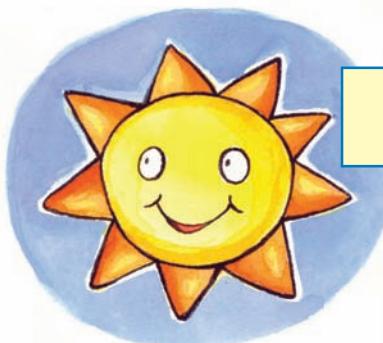


Teacher:
Sign:
Date:

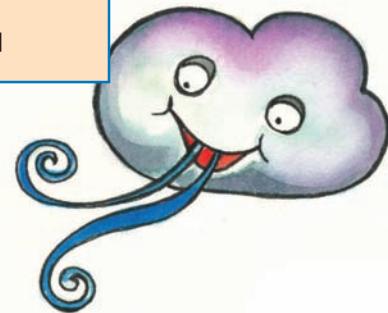
Ubujamo bezulu engibuthandako



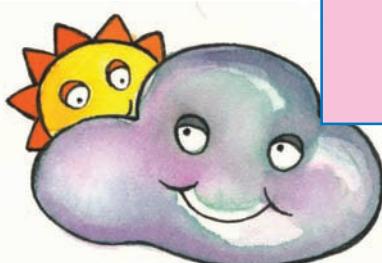
Qala ebujameni bezulu obuhlukahlukeneko bese ucocela umngani wakho kobana ngibuphi ubujamo bezulu obuthandako.



kunomoya



kunelanga



kunamafu
bekumakhaza



liyana

Kezinye iindawo zephasi lekhethu ngezinye
iinkhathi kubamakhaza belikhithike.

Kesinye isikhathi kubanomoya, umoya
onamandla, lokhu kubizwa ngokuthiwa
yi-harikheyini.



Asenzeni lokhu

Gwala isithombe sakho unethwa lizulu nanyana lokha nalikhithikako.

Gwala isithombe sakho phezu kwephepha elikhulu, usebenzise amakhrayoni wewax.

Hlanganisa umbala ohlaza kwesibhakabhaka wokukhalara ukudla bese upenda phezu
kwekhasi loke.

Thintithela ipende emhlophe phezu kwesithombe.

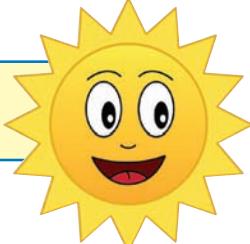
Ilanga:



Asifunde

Sisebenzisa itjhadi yokutjengisa ubujamo bezulu kobana bunjani. Sisebenzisa amatshwayo ukuyelelisa kobana ubujamo bezulu obuhlukahlukene ko bujani. Amatshwayo esiwasebenzisa ngilawa alandelako.

liyatjhisa



linamafu

liyakhithika



Asikhulume



Asenzeni lokhu

Tjela umngani wakho kobana wembatha umhlobo onjani wezambatho ebujameni obunye nobunye bezulu.

Gwala amatshwayo wobujamo bezulu ukuze wenze yakho itjhadi yobujamo bezulu beveke.

NgoMvulo

NgeLesibili

NgeLesithathu

NgeLesine

NgeLesihlanu



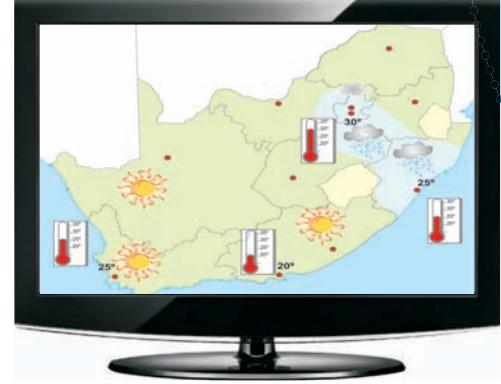
Asitlolle

Ubujamo bezulu bebunjani iveke le?
Qedelela ngamagama atlhayelako.

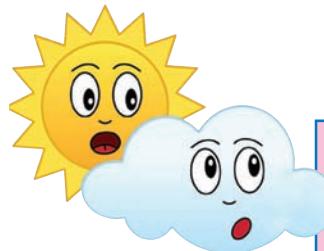
Namhlanje ku _____

Izolo beku _____

Nginethemba lokobana kusasa kuzabe _____

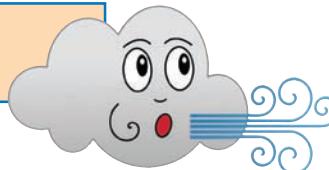


liyana



lithe phara-phara
ngamafu

kunomoya



Ubujamo bezulu

Ithemu - I - Iweke - 8 - Iphepha lokusebenzela



Asenzeni lokhu

Lingisa ubujamo bezulu obuhlukahlukeneko.



Lula izandla zakho uzelulele ngehla kwehloko yakho wenze sengathi ulilifu elikhulu.



Unesambhrela ukuze uzivikele elangeni.



Sikinyeka njengomuthi lokha nawuphephulwa mumoya.



Bamba isambrela sakho ngamandla ukuze singaphephulwa mumoya onamandla.



Lingisa amathosi wezulu lokha nakathontela phezulu kwamasenge.

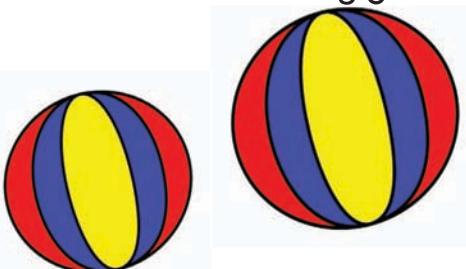




Asithuthuke

Bambanani ngezandla ukuze nenze
isiydingi esikhulu.

Phoselanani ibholo beniyigende.



Cabanga iindlela ezahlukeneko zokukhambisa ibhimu ngendlela efaneleko. Linga ukusebenzisa indlela ehlukileko kinaleyoy esetjenziswa ngabanye abafundi.



Ukuzithabisa

Dlalani umdlalo wehopskotjhi.

Gwalani amabhlogo neendulunga phasi esanden.



Asithuthuke

- Tjela umngani wakho kobana weqa njani lokha nawudlala umdlalo wokweqa intambo.
- Utitjhore wakho uzokutjengisa kobana udlala njani imidlalo yakadeni.



Umndeni wakwethu

Asikhulume

Uthi bewusazi kobana imindenि eminengi ayifani?

Eminye imindenि mikhulu eminye mincani.

Eminye imindenि inabo abomma nabobaba eminye ayinabo.

Eminye imindenि ihlala nabogogo, abomkhulu, abomalume, abokghari nabomzala.

Qala iinthombe ezilandelako bese ucocela umngani wakho kobana umehluko okhona esithombeni ngasinye njimuphi. Sebenzisa amagama la angebhoksini.

umma

ubaba

udade

umkhulu

umfowethu

umntwana

ugogo

umndeni





Asitlole Ngubani ohlala nani kwenu?

Nihlala nobani emndenini wakwenu?



Emndenini wekhethu kunabantu _____.

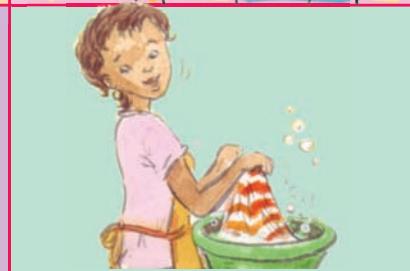
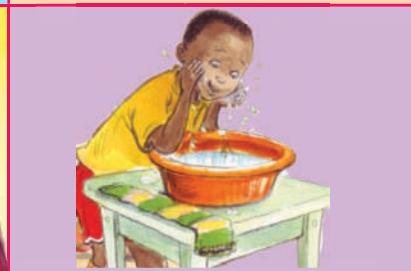
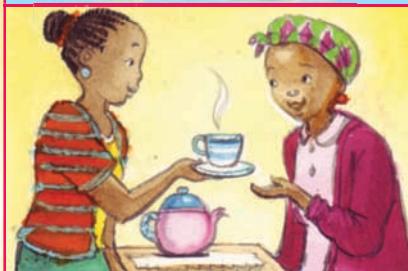
Ngubani ongomncani emndenini wekhenu? _____

Ngubani omdala kwenu? _____



Asikhulumbe

Soke sinemisebenzi yethu esiyenzako emakhaya. Qala isithombe bese unikela ibizo laloyo owenza umsebenzi lo ekhaya.



Ngisiza ngani ekhaya.

Teacher:
Sign:
Date:

Umndeni wakwethu



Ukuzithabisa

Gwala isithombe salokho enikwenza ninoke kwenu. Yitjho kobana ibizo lakhe ngubani. Sebenzisa amagama alandelako azokusiza.

umma

ubaba

udade

umkhulu

umfowethu

isana

ugogo

umndeni



Umndeni wakwethu

Sitlhogomela abanye



Asifunde

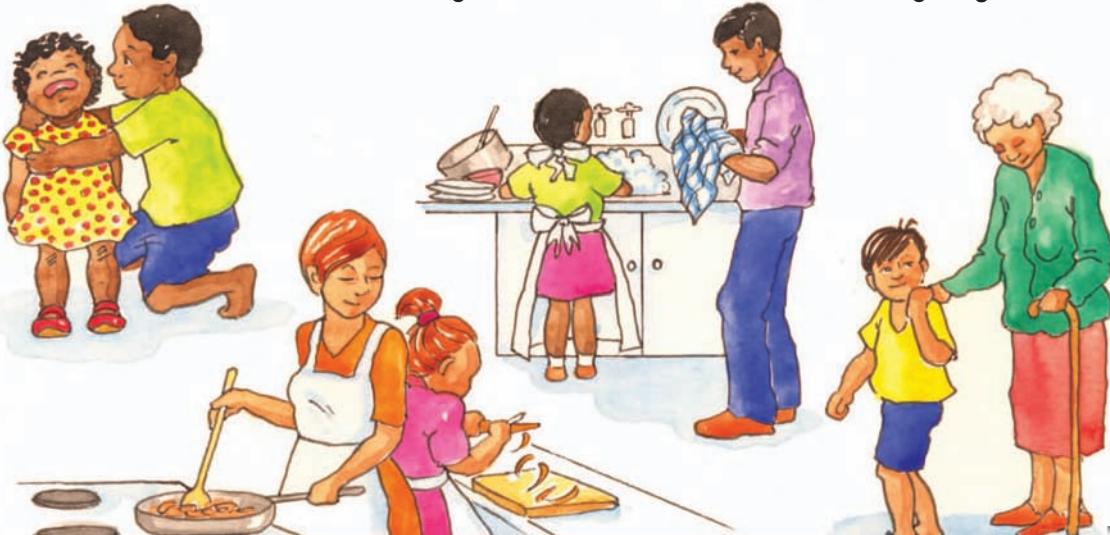
Amalunga womndeni kufanele atlhogomelane bekasizane ngaso soke isikhathi. Sikhombisa ithando ngokubambana sionane besisize ukutjengisa ithando netjhejo.

- sisize omunye nakatlhoga isizo.
- sibenomoya ophasi besithobelane khulu ebantwini abadala.
- senze imisebenzi yethu ngesikhathi.
- sithembeke.



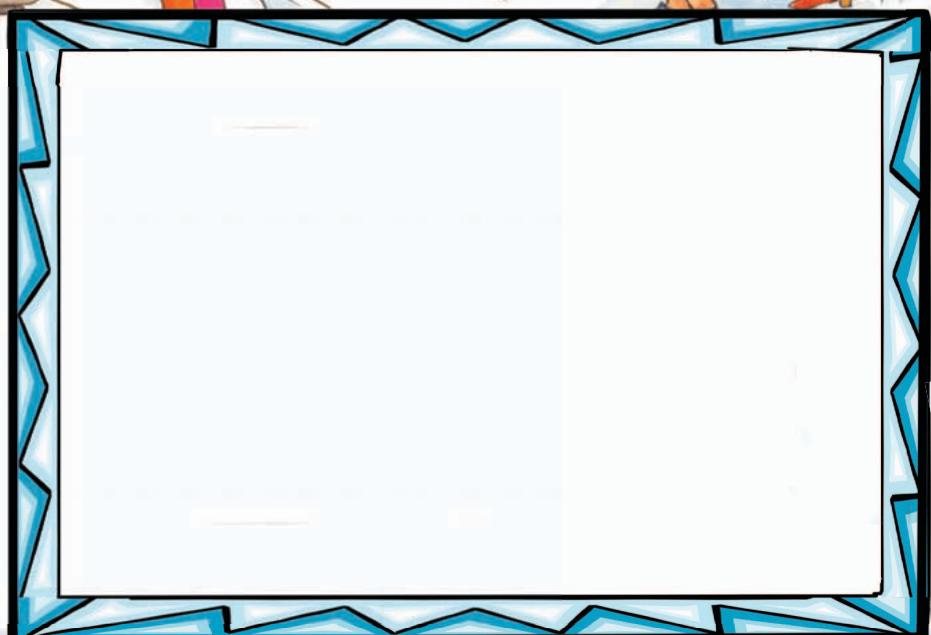
Asikhulume

Qala iinthombe ezilandelako bese uyatjho kobana abentwana laba batjengisa njani ithando netjhejo abanalo emindenini yabo. Bese nenza umdlalo nilingise kobana kwenzekani esithombeni ngasinye.



Asenzeni lokhu

Gwala isithombe utjengise kobana yini oyenzako etjengisako kobana unethando lomndeni wakho. Cocela umngani wakho ngalokho okugwalileko.



Tjengisa itjhejo onalo



Asikhulume

Coca ngokuthi amalunga la womndeni asiza njani emindenini.

Nikela iiinthombe ezilandelako iinomboro kusukela kwyeo-l ukufika kwyeo-4 ukutjengisa indlela ezilandelana ngayo.

Ithemu-2 – Ivake-2 – Iphepha lokusebenza



Asifunde

Imisebenzi yethu yangantambama

Umma upheka ukudla.

Ubaba uhlanza iimpoto.

Mina nomnakwethu sisiza ubaba nomma.

Siyalekelela.

Sibutha sibeke ibisi noburotho.

Ngemva kwalokho bese silungela ukuyokulala.

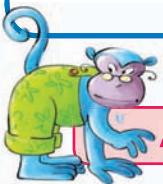
Sibawa usicocele inolwana yebusuku!





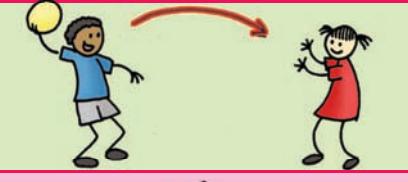
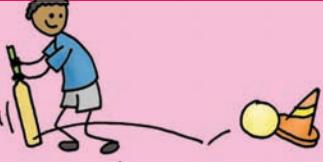
Asenzeni lokhu

Gwalela umuntu okutlhogomelako. Gwala isithombe bese utlole nebizo lomuntu loyo.



Asenzeni lokhu

Ungakwenza lokhu okulandelako?

	uyakghona ukudlulisela ibholo kiloyo odlala naye ngokuyiqhula.	iye	awa
	uyakghona ukwəqisa ibholo kiloyo odlala naye.	iye	awa
	uyakghona ukuqhula ibholo isuke emlotheni.	iye	awa
	uyakghona ukuqhula ibholo ibe iyokungena emgodini.	iye	awa
	uyakghona ukudlulisa ibholo hlangana neengodo ezibadlali.	iye	awa
	ungakghona ukurarhela kude ibholo.	iye	awa



Ukuphepha ngaphakathi nangaphandle ekhaya (1)



Asikhulume

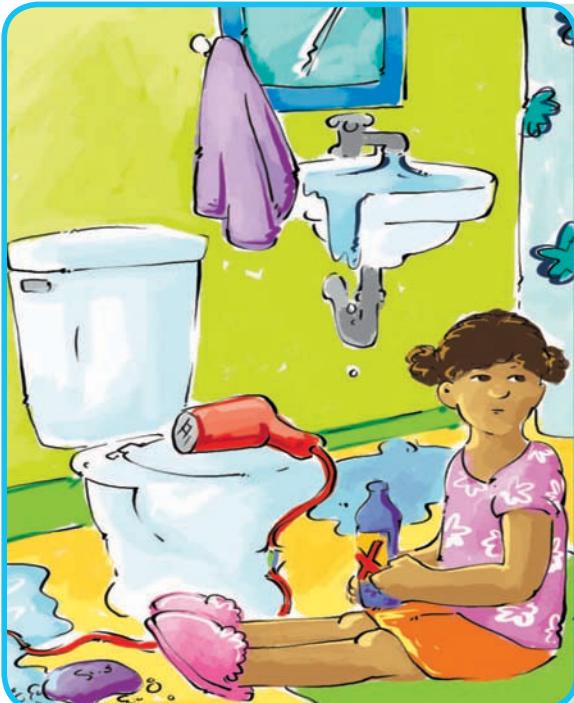
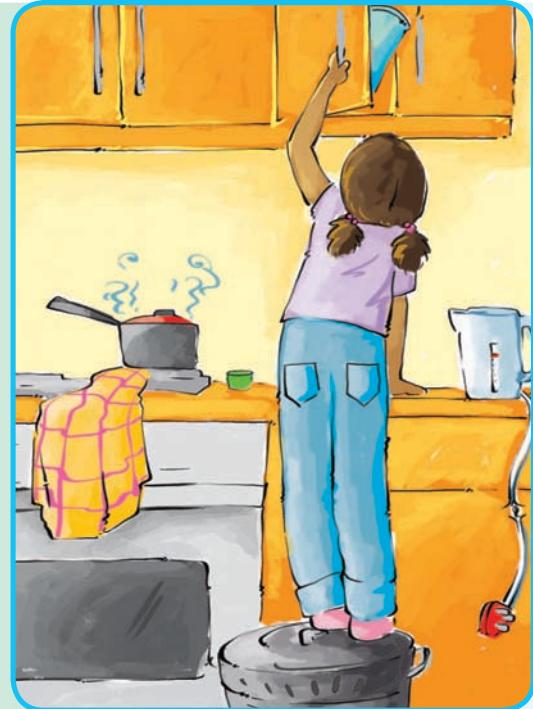
Kufanele sizizwe siphephile ngaso soke isikhathi nasisekhaya.

Sinelemuko lokabana zikhona iingozi ezingenzeka ekhaya.

Qalani iinthombe bese nicoca ngezinye zeengozi nabangani bakho.

Ngekumbeni yokuphekela

- Ngasosoke isikhathi jikisa imikhono yeempoto namapani iye ngemuva kwesitofu.
- Ungatjhiyi imikhwa ebukhali nanyana kukuphi.
- Ukubeka ipharafini neenhlahla endaweni ephephileko.
- Ungatjhiyi izinto zokudlala nanyana kukuphi.



Ngaphakathi kwekumba yokuhlambela

- Ungasebenzisi izinto ezisebenzisa igezi eduze namanzi.
- Izinto ezisebenza ngegezi ungazibeki eduze namanzi.
- Beka iinkere nemikhwa endaweni ephephileko ngekasini.
- Ungabolekani ibhratjhi yamazinyo nabanye abantu.



Amawuruwuru, ukuphazima negezi

- Ungajami ngaphasi komuthi nakunamawuruwuru.
- Ungafaki izinto ngaphakathi kweplaga elisebodeni. Bawa umuntu omdala ukusize.

Ngaphandle kwendlu

- Butha yoke into engakulimaza, njengamarhalasi aphukileko uwalahlele ngemqonyini weenzibi.
- Ungadlaleli eduze kwendawo yokududa enamanzi kungekho umuntu omdala eduze kwakho.



Ngaphakathi ngendlini

- Ungatjhiyi izinto zokudlala nokhunye ngaphandle.
- Ungadlali ngepharafini nanyana enye nenye into enetjhefu.
- Lokha nangabe intambo yeketlela nanyana ye-ayini ilimele, bawa umuntu omdala njengomma nanyana ubaba kobana ayilungise.





Itthemu - 2 - Iweke - 3 - Iphepha lokusebenzela

42

Ukuphepha ngaphakathi nangaphandle ekhaya (2)



Asikhulume

Qalani iinthombe bese niyatjho kobana ngiziphi iinthombe ezitjengisa iindlela ephephileko nalezo ezitjengisa iindlela engakaphephi. Thika ✓ lezo ezinokuphepha bese kuthi lezo ezinganakho ukuphepha ubeke isiphambano ✗.



Ilanga:



Asikhulume

Ingabe zikhona izinto ezingaphephi ekhaya lakho?
 Khuyini ongakwenza ngalokhu? Iphoyizeni, iinhlahla kunya
 namakhemikhali wokuhlwendisa kuyingozi khulu. Ungaseli
 nanyana yini nangabe unaso isiqiseko sobana khuyini.



Itshwayo leli litjho kobana kunento
 enetjhefu ngaphakathi kwebhodlelo,
 ibhoksi nanyana ibhlege. Ukhe walibona
 itshwayo leli ngaphambilini?



Asithuthuke

Utitjhore wakho uzokudlalela umvumo.

- Khambisana negido lomvumo.
- Khetha umdosi phambili. Umdosi phambili kufanele akhambisane negido lomvumo.
 Omunye nomunye kufanele alingise umdosi phambili nikhambisane kanye kanye.
- Dzimelela ngenyawo elilodwa.
- Kwanje dzimelela ngelinye inyawo elilodwa.
- Ngiliphi inyawo eliqinileko?
- Beka intambo ede nanyana nithale umuda omude phasi. Khamba phezulu kwentambo nanyana phezu komuda ulinge ukudzimelela ngawo.
- Kwanjesi tjhugulula intambo leyo nanyana umuda loyo ube sebujameni obunye bese uyadzimelela ukhambe phezulu kwayo ungawi.





Ukuphepha lokha nangingedwa ekhaya



Ufundile ngezinto
ezingakulimaza ngaphakathi
nangaphandle kwenu.
Ungenzani ukuze uhlale
uphephile lokha nangabe
uwedwa ekhaya?

Lokha nawuwedwa
ekhaya, ungenza lokhu
okulandelako ukuze uhlale
uphephile.



**Ungavuleli abantu
ongabaziko umnyango.**



**Lodlhela iminyako yoke
ephumela ngaphandle.**



- Qinisekisa kobana uyzazazi iinomboro zomtato zababelethi bakho kanye nabantu abahlala eduze nakwenu.
- Tlola phasi irhelo leenomboro eziqakathekileko, wenzele lokha nangabe kukhona into engakalungi.



Asitlole

Yenza irhelo lakho leenomboro eziqakathekileko.

Zamapholisa:



Ze-ambulensi:



Besicimamlilo:



Inomboro kamma yakamaliledinini:

Inomboro kababa yakamaliledinini:

Ngubani omunye ongamosela lokha nawutlhoga isizo?

Teacher:
Sign:
Date:

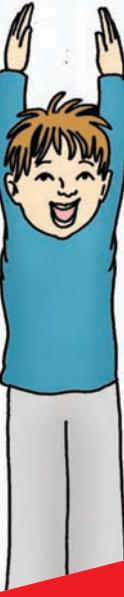
Into ongayikhumbula

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

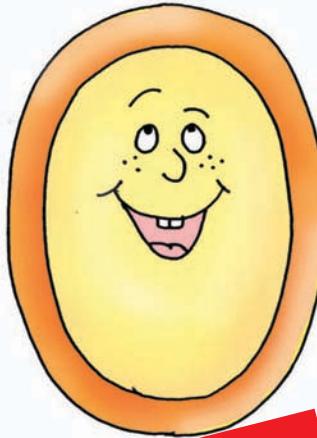


Asikhulume

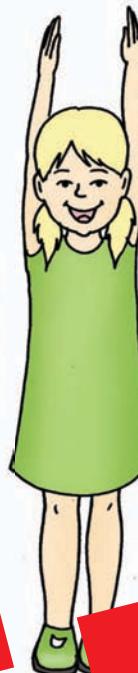
Le yindlela elula yokukhumbula inomboro yamapholisa. Qala isithombe bese utjela umngani wakho kobana isithombe sikukhumbuza njani iinomboro. Inomboro yamapholisa yi-10111. Ibuyelele kanengana ukuze uyibambe ngehloko.



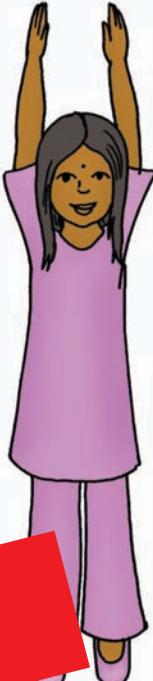
1



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111



Asithuthuke

Khombisa kobana bewungenzani lokha nabe kunguwe umntwana kesinye nesinye isithombe kilezi ezilandelako.



Bewungenzani lokha umuntu ongamaziko akugijimisa?



Bewungenzani lokha nawusiza ummakho ukuhlanganisa iintlabagelo zokubhaga ikhekhe?



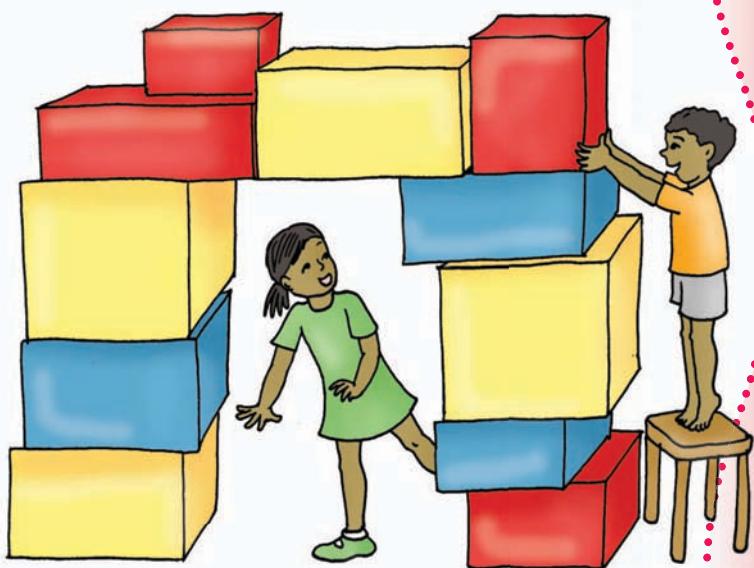
Bewungenzani lokha nawuzibona ujame phezu kwerhalasi elephukileko?



Asenzeni lokhu

Akhe ubona kobana ungakghona ukuzakhela indlu engeyakho.

- Funyana amakhabbhoksi amadala bewakhe amaboda wendlu bewuyifulele ngawo.
- Unganamithisela amabhoksi ndawonye. Indlu nasele iphelileko, ungayipenda.
- Lokha nawehlulekako ukuthola amakhabbhoksi, linga uthole okuthileko ongakusebenzisa kodwana ungasebenzisi amarhalasi nanyana into engakulimaza.



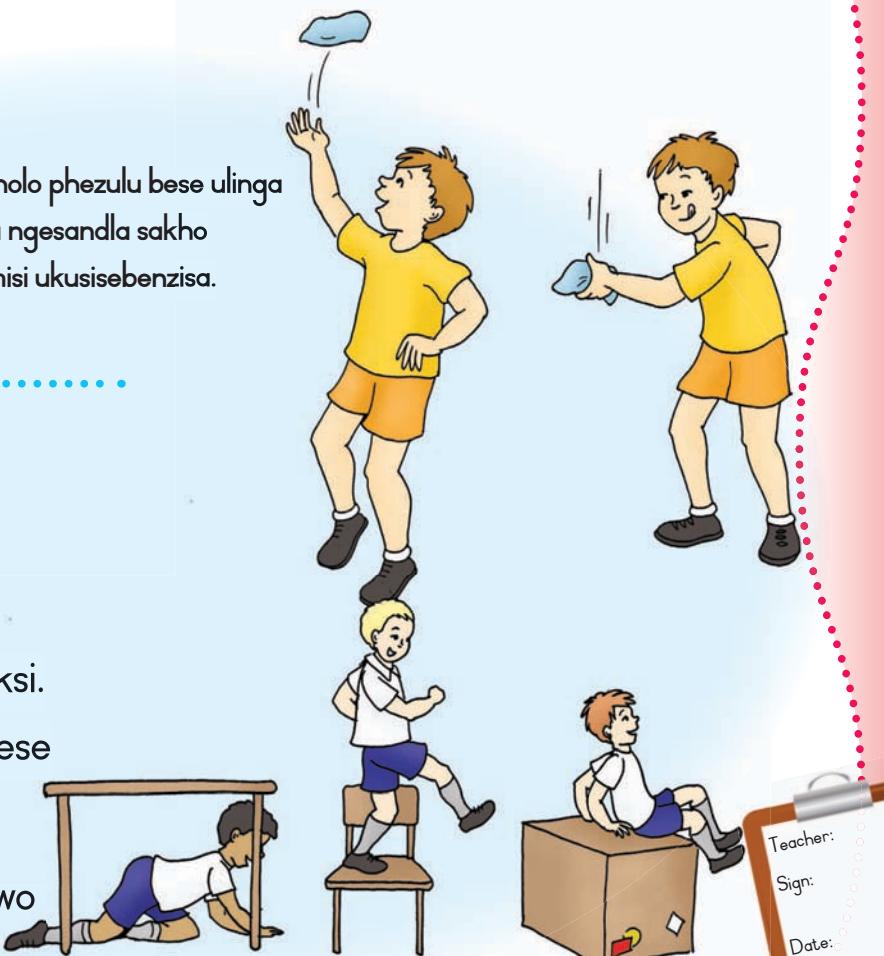
Asithuthuke

Phosela ibholo phezulu bese ulinga ukuyigama ngesandla sakho ongakavamisi ukusisebenzisa.

Siza utitjhore wakho ukutjhidisa iinhlalo, amatafula namabhoksi.

Khwela phezulu kweenhlalo, amatafula nanyana amabhoksi. Khasa ngaphasi kwetafula bese ulinga ukweqa.

Linga ukudzimelela ngenyawo elilodwa phezulu kwesitulo.





25

Umzimba wami

Ithemu-2 – Iweke-5 – Iphepha lokusebenza



Asitlole

Tlola amagama anembako eenkhaleni.

inyawo

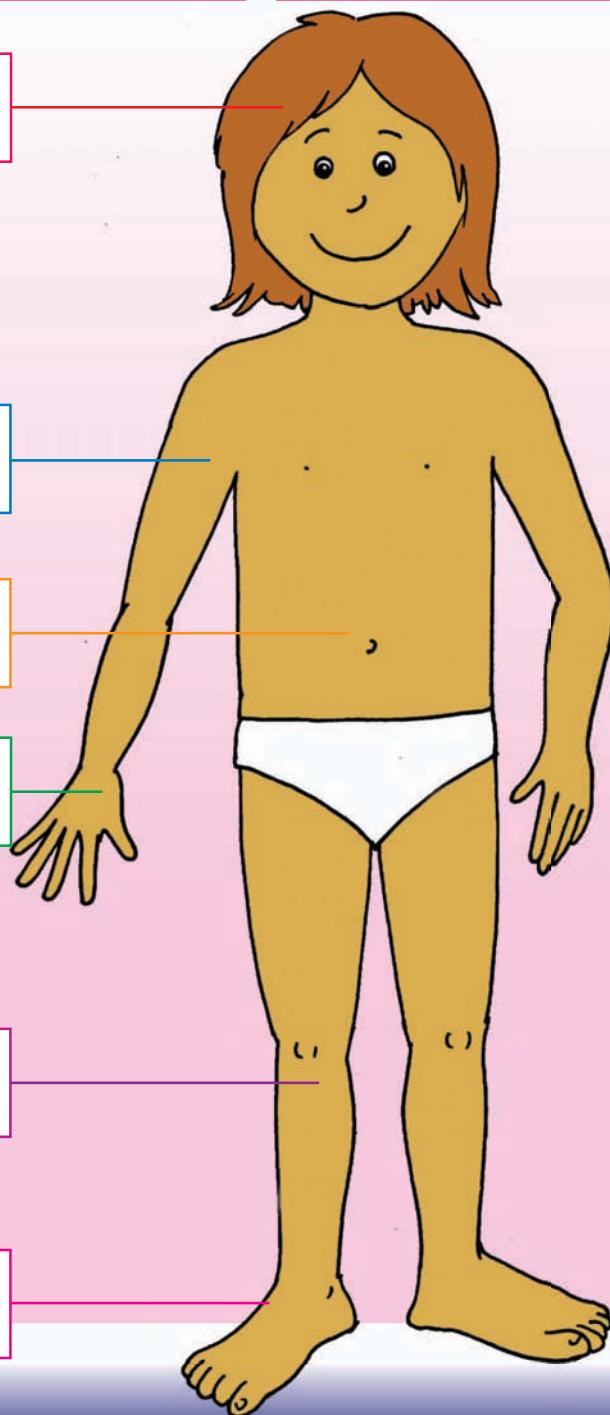
isandla

ihloko

amathumbu

inyawo

umkhono



Ilanga:



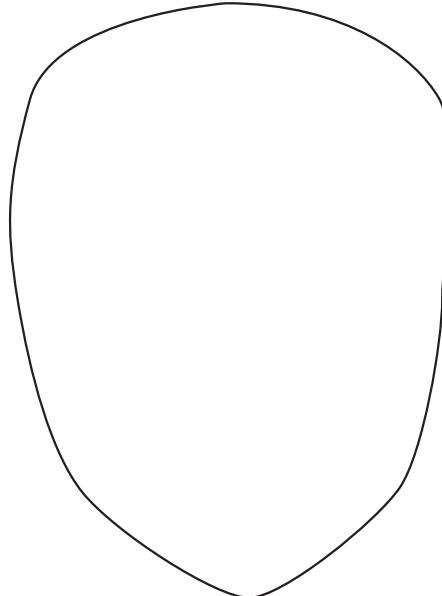
Asigwaleni

Qedeleta umgwalo lo wobuso.

Gwala iinhluthu. Linga ukukopulula
bakho ubuso. Nangabe unamehlo
abomvu, gwala amehlo abomvu.

Nangabe uneenhluthu ezinzima,
gwala inhluthu ezinzima.

Gwala amatjhiya wakho, ipumulo
kanye nomlomo.



Ubuso busisitho esiqakathekileko somzimba.

Soke sinamehlo ama-2.

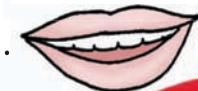


Soke sineendlebe ezi-2.



Soke sinepumulo eyo-l.

Soke sinomlomo owo-l.



Asivumeni

Vumani ingoma elandelako. Thinta isitho somzimba lokha
nawuvuma ngaso.

Ihloko namahlombe

Ihloko namahlombe

**Ihloko namahlombe, amadolo namazwani, amadolo
namazwani**

Ihloko namahlombe, amadolo namazwani

**Ihloko namahlombe, amadolo namazwani, amadolo namazwani,
amadolo namazwani**



Asithuthuke

Dlala umdlalo othi 'USimoni uthi'....

Teacher:
Sign:
Date:

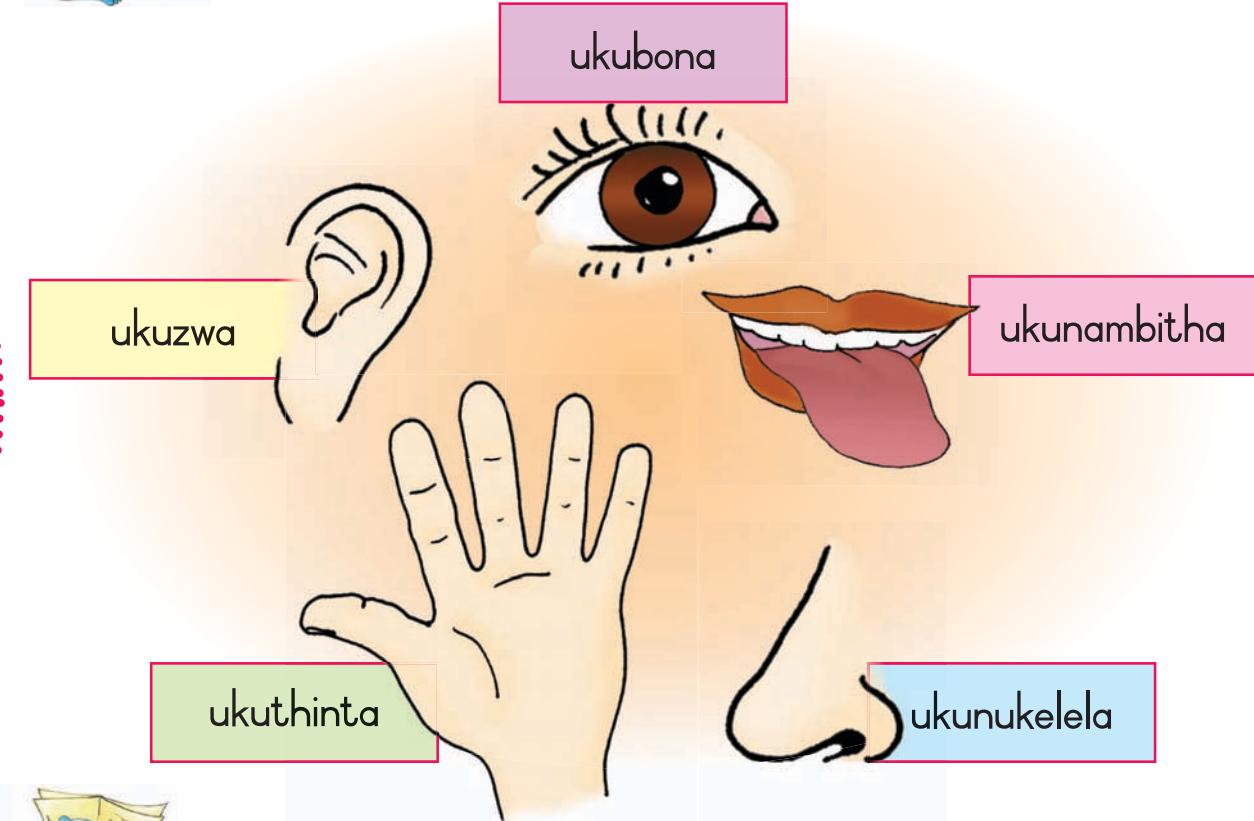
Imizwa yami



Asikhulume

Qala imizwa eyahlukahlukeneko bese uyatjho kobana siyisebenzisa nini.

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



Asifunde

Sisebenzisa imizwa yethu malanga woke.

Sinukelela besinambithe ukudla kwethu. Siykwazi ukuthinta sizwe kobana isiba lithambe kangangani. Siykwazi ukubona kobana isibhakabhaka sihle kangangani ehlobo.

Siykwazi ukulalela umvumo. Imizwa yethu iyakwazi ukusiphephisa. Siykwazi ukunukelela lokha nakunomlilo.

Siykwazi ukuthinta kobana iplada lesitofu litjhisa kangangani. Siykwazi ukubona kobana akukaphephi ukweqa indlela. Siykwazi ukulalela lokha i-alamu nayililako.





Asenzeni lokhu

Ukutlhogomela amehlo
neendlebe zethu.

Kufanele kobana sitlhogomele imizwa yethu.
Lezi ziindlela ezimbili ongakwazi ukutlhogomela
ngazo amehlo neendlebe zakho.



Asitlole

Qala itheyibula engenzasi, kenyenye itheyibula tshwaya ✓ imizwa
esingayisebenzisa. Ungatshwaya owodwa nangaphezulu.

Tlhogomela iindlebe zakho
ngokungalaleli umvumo
odumela phezulu.

Tlhogomela amehlo wakho
ngokwembatha ingwani nanyana
wembathe amarhalasi wamehlo
ungaliqali ilanga.



	ukunukelela		ukunambitha		ukubona		ukuzwa		ukuthinta
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27
Ithemu-2 – Ivuke-6 – Iphepha lokusebenza

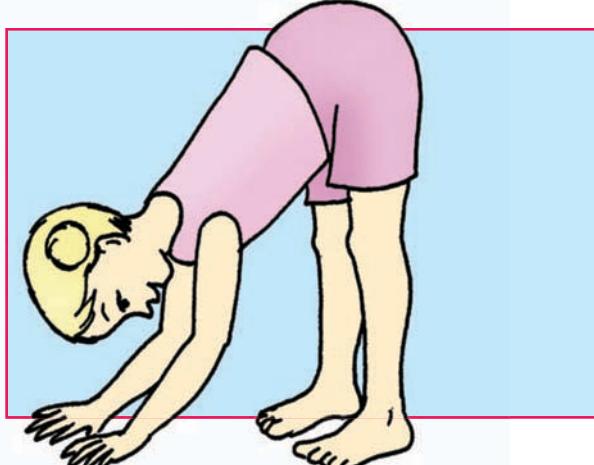
Ukuthabulula umzimba wami



Asikhulume

Qala iinthombe. Kesinye nesinye isithombe yitjho isitho somzimba nokobana singakusiza njani.

Sisebenzisa imizimba yethu ukukhamba.



Asitlole

Phendula imibuzo elandelako usizane nomngani wakho. Tlolela iimpendulo ngencwadini yakho ngaphasi komunye nomunye umbuzo.

Ngiziphi izitho zomzimba ozisebenzisa lokha nawukhambako?



Ngisiphi isitho somzimba ozisebenzisako lokha nawudobha okuthileko?



Asithuthuke

Utitjhere akho uzokutjengisa kobana ningadlala njani 'ukatsu nekhondlo'.

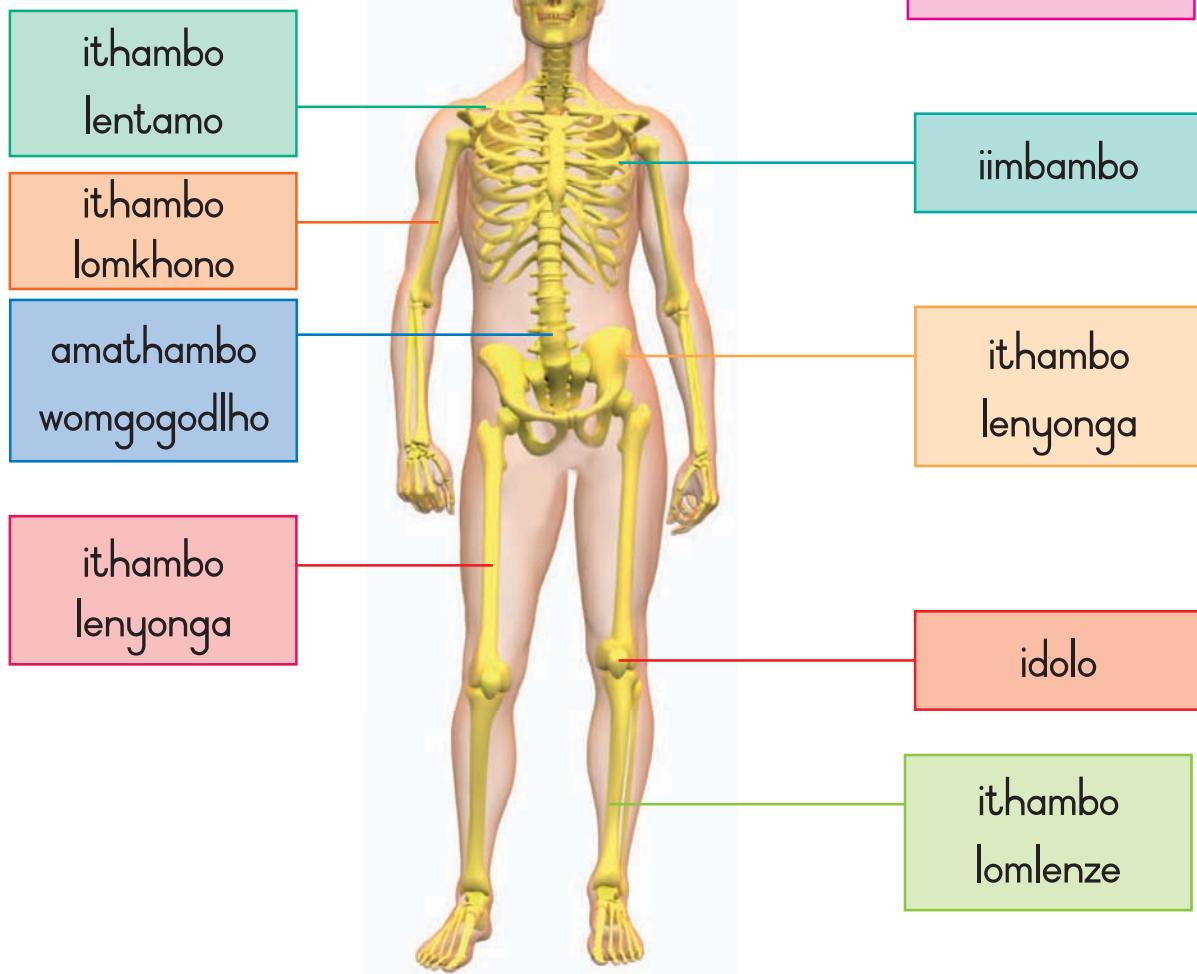




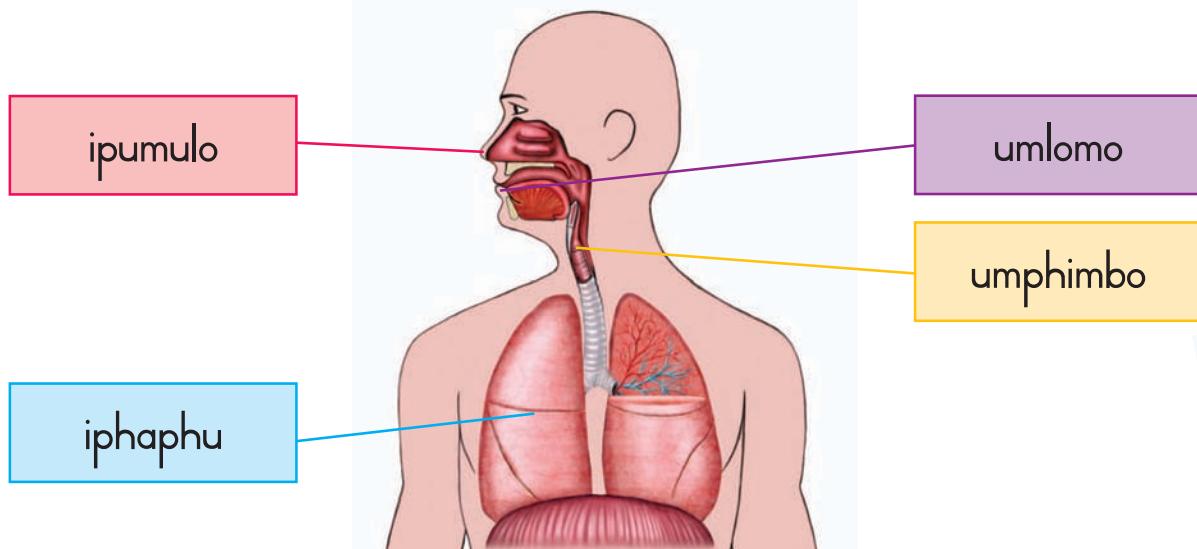
Asifunde

Zikhona izitho zomzimba ongakwazi ukuzibona.
Zizoke ziya sebenzisana ukukubulunga uphilile.

Amathambo wakho



Izitho zomzimba ezikusiza kobana ukwazi ukuphefumula





28

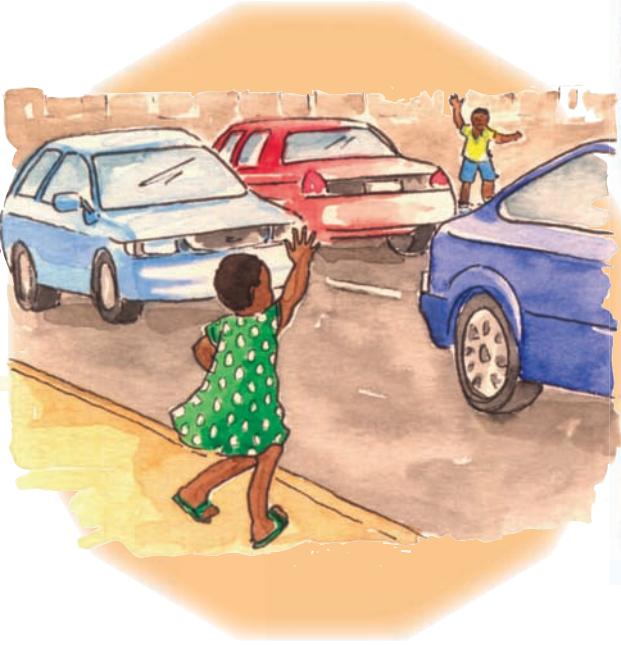
Ukucabanga ngokuhpepha

Ithemu-2 – Iweke-6 – Iphepha lokusebenzela



Asifunde

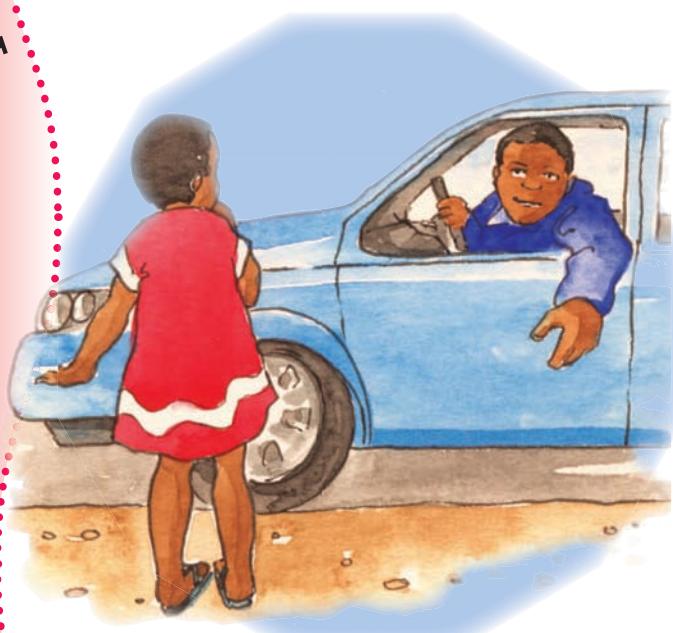
Qala iinthombe ezingenzasi, bese ucoca nomngani wakho kobana ubona ini. Mayelana nesinye nesinye isithombe yitjho kobana ungaahlala njani uphephile.



Ubona umngani wakho ngale kwendlela.



Ulinde esitopeni sebhesi, uwedwa.

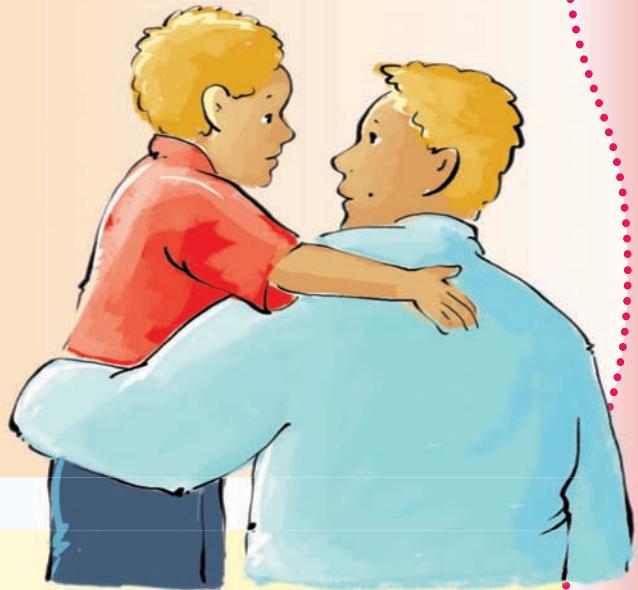


Umuntu ongamaziko ubawa bonyana ukhambe naye.



Ulahlekile esithabathabeni zeentolo

Sibanemizwa "evumako" lokha omunye umuntu nagona ngendlela efaneleko. Kumnandi ukugonwa mumuntu onobungani netjhejo epilweni yakho.



Yewize lapha mntazanyana.
Ngizokupha amaswidi
kodwana ungtjeli umuntu.

Kufanele "singavumi" lokha umuntu nakasithinta ngendlela esenza sesabe nanyana sidineke. Lokha nasizizwa sethukile nanyana sesaba, sisuka sinemizwa engavumiko.

Umzimba wakho uqakathekile begodu ungowakho. Ungatjho uthi "iye" nangabe umuntu akuthinta nanyana uthi "awa" nangabe umuntu akuthinta uzizwa ungakaphephi.



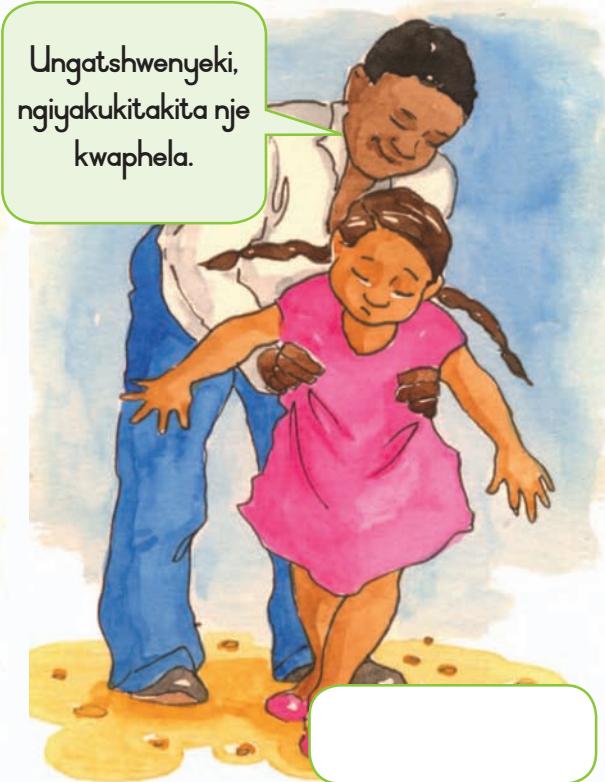
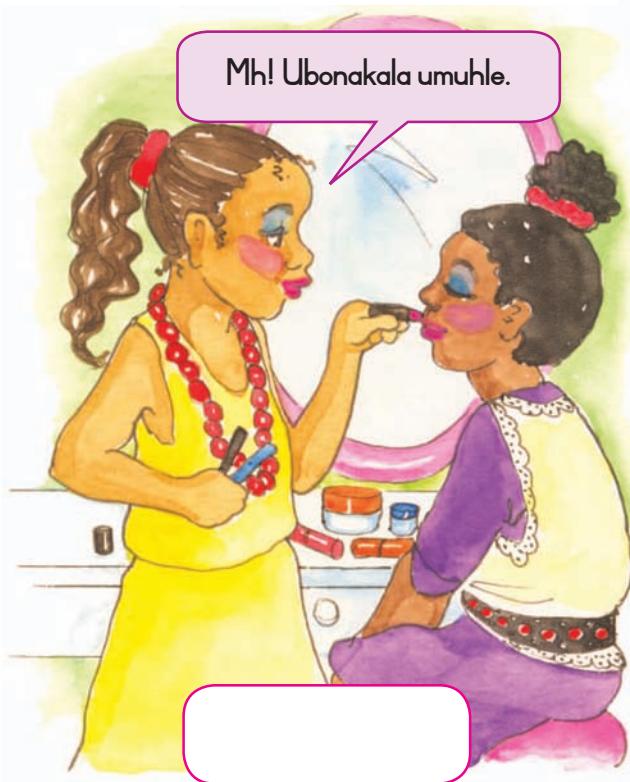
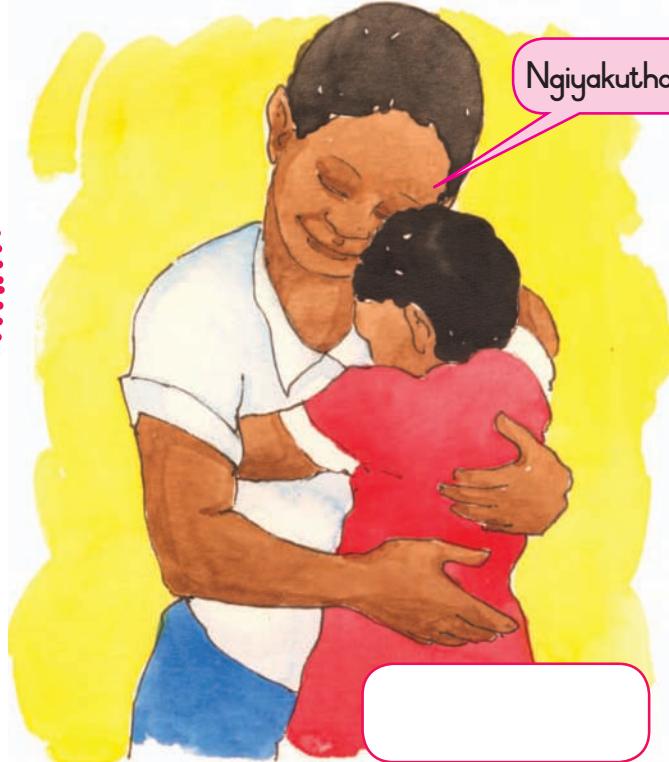
Teacher:
Sign:
Date:



Ukuhlala uphephile



Qala iinthombe lezi ezingenzasi bese utlola u-iye emizweni elungileko nanyana utlole "u-awa" emizweni engakalungi. Emabhlogweni.





Asenzeni lokhu

Zjayeze ukuthi "awa".

Yenzani umdlalo nilingise lokha umuntu ongaziwako afuna ukweba umntwana ngekoloyi yakhe nanyana afuna ukuthinta umntwana lapha angafuni khona. Umntwana uphendula ngokuthi "awa".



Asikhulume

Abanye abentwana bahlala emakhaya lapho kunabantu ababatjhejako. Qala iinthombe. Coca kobana nangathana osesithombeni bekunguwe bewungaziza njani. Yitjho lokho ongakwenza.



Asithuthuke

Dlalani umdlalo "unganyakazi".

Ungakhamba uye nanyana kungakuphi kodwana lokha utitjhere nakalilisa ifengwana jama lapho ukhona. Unganyakazi kufikela lapho utitjhere athi unganyakaza. Uzokwazi ukudzimelela?

Linga ukukhamba phezu kwentambo ebekwe ehlabathini.





Ukugcina umzimba wami upholile



Asifunde

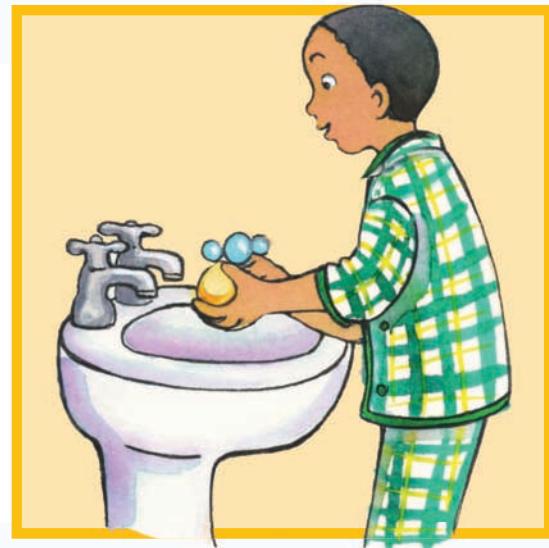


Zinengi iindlela ezingenza kobana singenwe malwele. Esikhathini esinengi, sigula ngebanga lemilwana. Imilwana mincani begodu angekhe sayibona ngamehlo. Imilwana le ingena emizimbeni yethu isenze sigule. They can come into our bodies and make us ill.



Asikhulume

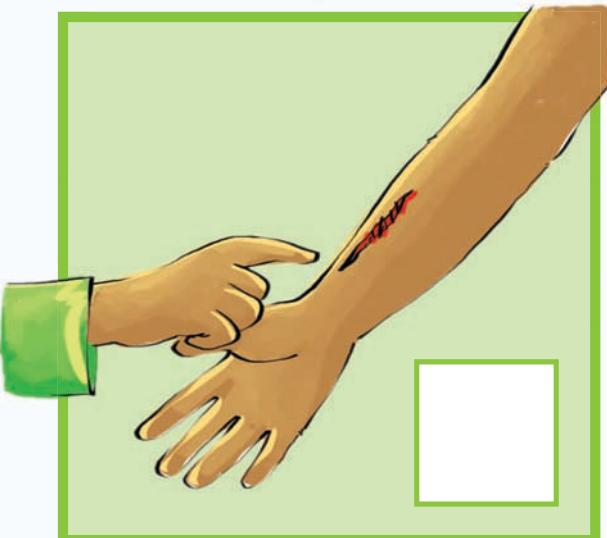
Khuyini ekwenziwa bentwana esithombeni ukuze bahlale baphilile?
Bekuzo kwenzeka ini lokha nabangakakwenzi lokhu?



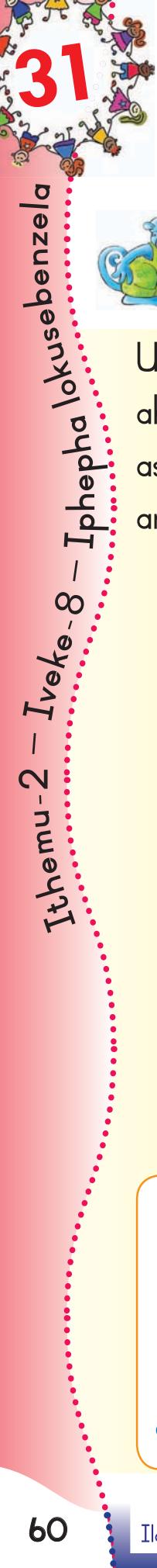


Asikhulume

Coca ngeenthombe ezilandelako. Yenza ithik ✓ utjengise indlela yokuhlala uphilile. Beka isiphambano ✗ eenthombeni lezo ezingakwenza ugule.



Teacher:
Sign:
Date:



Ukugcina umzimba wami upholile



Khuyini okwensiwa bentwana esithombeni ukuze bahlale baphilile?
Bekuzokwenzekani lokha nabangakakwenzi lokhu?

Uthi bewazi kobana amanye amanzi
ahlwengileko begodu amanye
asilaphazekileko? Ungaqinisekisa njani kobana
amanzi ahlanzekile?

Ungabilisa amanzi asilaphazekileko
ukubulala amagciwane.



Ungasefa amanzi asilaphazekileko.
Utitjhore wakho uzokutjengisa kobana
ungakwenza njani lokhu.

Ungathela isigobho sinye
sejigi ngemgqonyini wamanzi
asilaphazekileko. Gubuza ukuze kufe
imilwana. Beka amanzi lawo ama-iri
ama-28 ngaphambili kokuthi uwasele.





Asikhulume

Qala iiinthombe lezi bese ucoca
ngalokho abentwana abakwenzako
ukuze bahlale baphile kuhle.

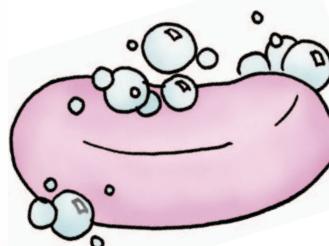
Lahlela ithitjhu esetjenzisweko
ngemgqonyini wezibi.



Hlamba izandla zakho
ngaphambi kokudla.



Lokha nawusilaphaze indlu
yokuzithumela, sula iinsila zakho
bewuhlambe nezandla zakho.



Hlamba izandla zakho ngemva
kokusebenzia indlu yokuzithumela.



Vala umlomo wakho lokha
nawukhohlelako nanyana uthimula.



Ithemu - 2 – Iweke - 8 - Iphepha lokusebenzela	32	Ukubuyelela sihlolisise	
		 Asikhulume	Coca ngalokho okufundileko emathemini amabili adlulileko
	Ngingakhuluma ngomndeni wakwethu.		 
	Ngingakghona ukukhamba phezulu komuda.		
	Ngiyazazi iinomboro zomtato zamapholisa.		
	Nginelwazi ngemizwa "iye" nanyana "awa".		
	Ngiyakwazi ukugeda ibholo.		
	Ngiyakwazi ukuhlala ngiphephe ekhaya.		
	Ngiyakwazi ukuzitlhogomela lokha nangisekhaya ngingedwa.		
	Ngiyawusiza umndeni wakwethu.		
	Ngiyayazi indlela eya esikolweni.		
	Ngiyakwazi ukuhlala ngiphilile.		
	Ngiyakwazi kobana ngizokwenzani ngezinto zoke ezingesikhwameni sami sesikolo.		
	Ngifunde okunengi ngamakghono wezepilo.		

Isihlathululi-magama sami

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Isihlathululi-magama sami

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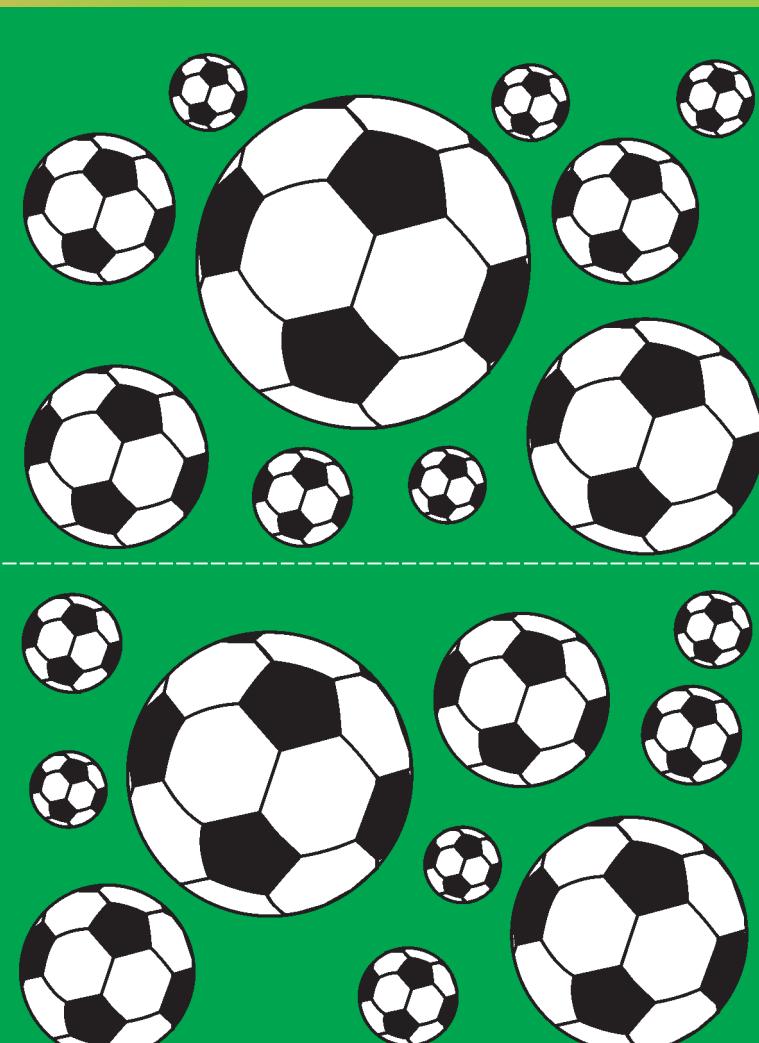
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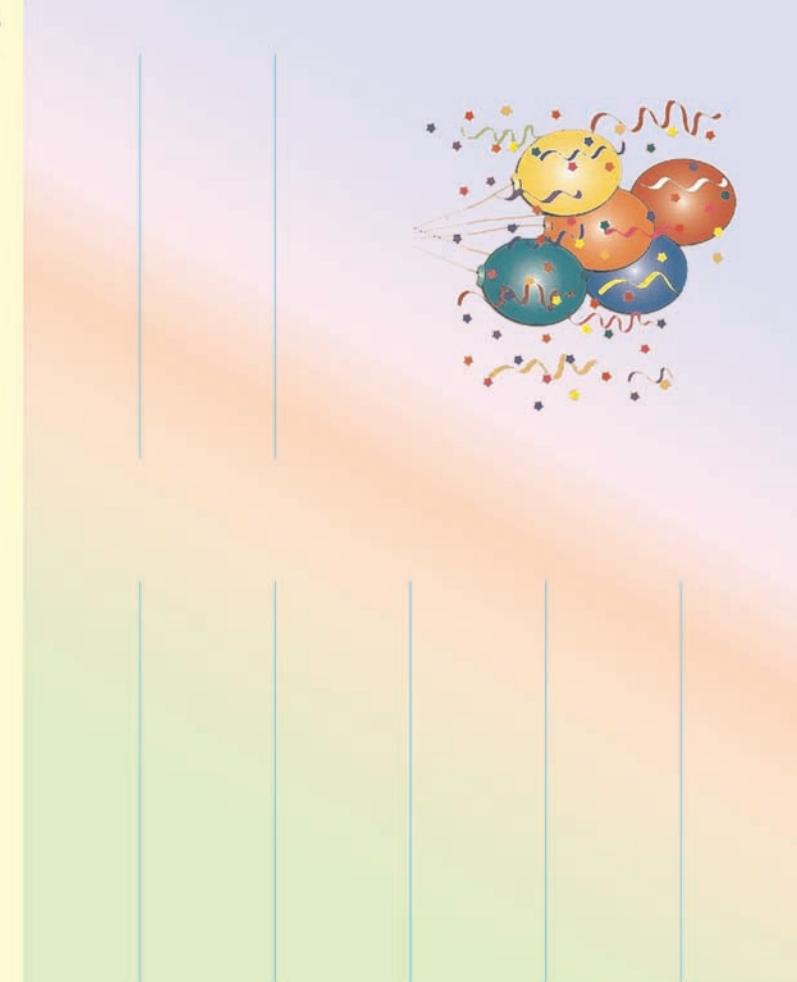
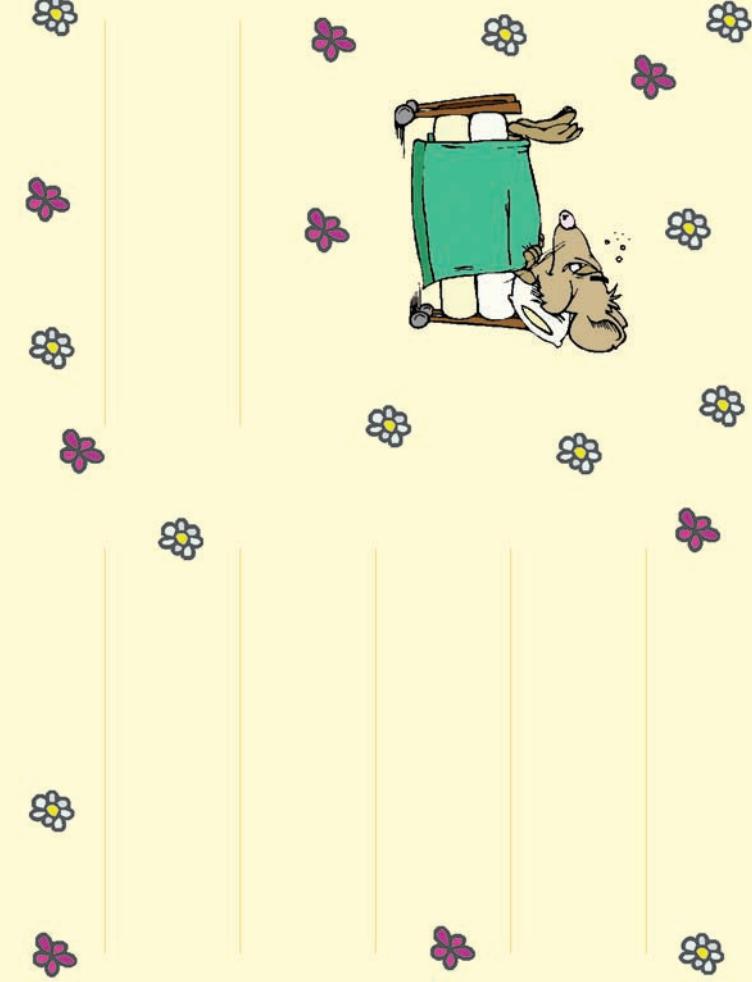
Q
q

W
w

R
r

X - Z
x - z





Masks

Cut out on
the outside
black line.

Tie a string
into the holes
to make a
face mask.

