



UNkk Angie Motsekga,
uNgqongqoshe weMfundu
eyiSesekelo



UMnu Enver Surty,
iSekela loMnyango
weMfundu eyiSesekelo

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

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

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

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

Sifisela wena nomfundu omfundisayo impumelelo ngenkathi usebenzisa lezi zincwadi.



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

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NOT BE SOLD.**

Ibuyekeziwe –
Ihambisana
ne-CAPS

Ibanga loku-

Amakhono Empilo NGESIZULU

Incwadi yoku-l Ithemu 1&2



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(Ngezilimi zonke ezisemthethweni)
- Izibalo Amabanga 1–3
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- Izibalo Amabanga 4–9
(NgesiNgisi nesiBhunu)
- Amakhono Empilo Amabanga 1–3
(Ngezilimi zonke ezisemthethweni)

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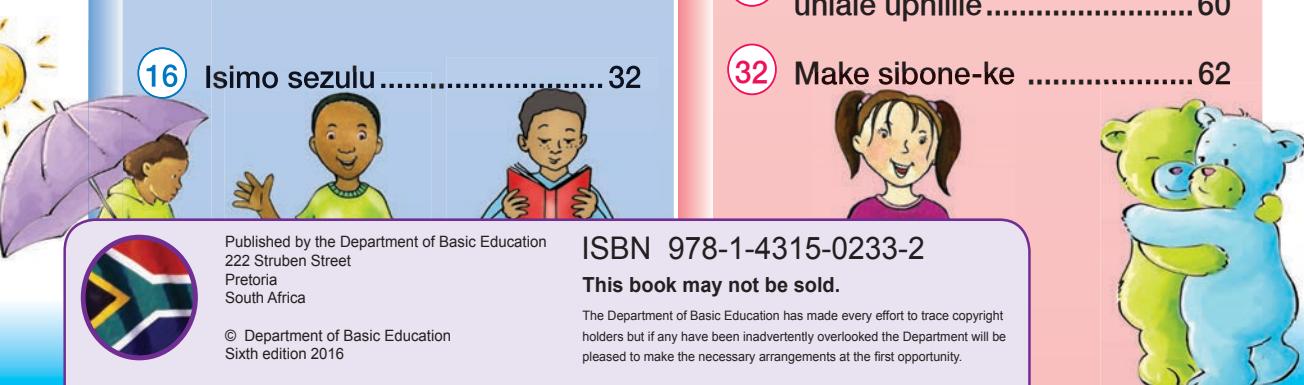
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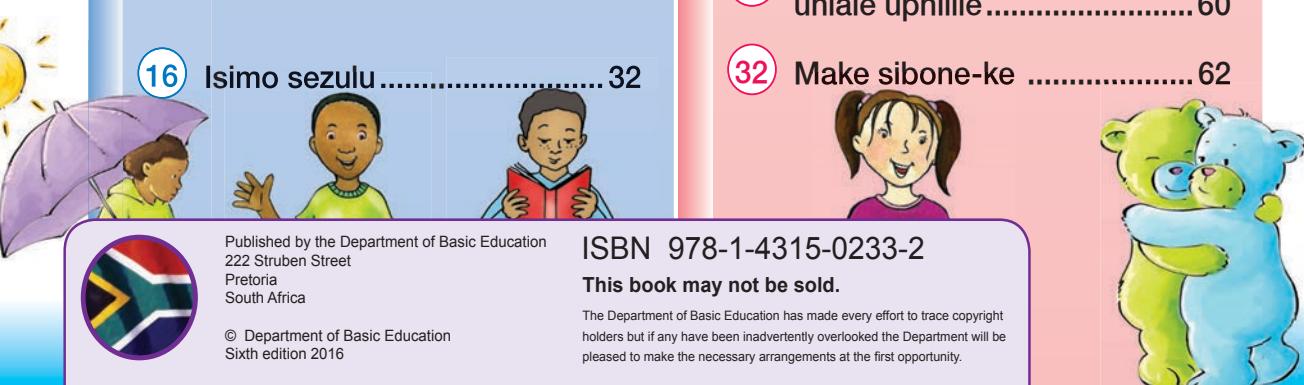
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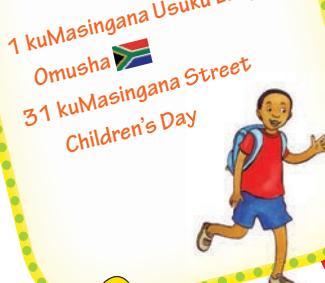
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uJanuwari

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



uFebhuwari

2 kuNhlanja World Wetlands 14 kuNhlanja Usuku LweValentine



uMashi

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

uJuni

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

uAgasti

9 KuNcwaba Usuku Lomama  13 KuNcwaba Usuku Lwamanxele Emhlabenii Wonke Jikelele



uSepthemba

13-15 KuMandulo Usuku LweRosh Hashanah  21 KuMandulo Lokuthula Usuku Lokuthula eMhlabenii Wonke Jikelele  23 KuMfumfu Usuku LweYom Kippur  24 KuMandulo Usuku Lwamasiko 

uOkthoba

2 KuMfumfu Usuku Lokulwa Nokuhlunkunyeza eMhlabenii Wonke Jikelele  5 KuMfumfu Usuku Lothisha eMhlabenii Wonke Jikelele 

11 KuMfumfu Usuku Lwabantwana Bamantombazane eMhlabenii Wonke Jikelele  14 KuMfumfu Usuku Lwe-Al-Hijira (Unyaka Omusha wama-Islamic) 

15 KuMfumfu Usuku Lwamakhosikazi Asemakhaya eMhlabenii Wonke Jikelele  16 KuMfumfu Usuku Lukudla eMhlabenii Wonke Jikelele 

uNovembra

11 KuMfumfu Usuku LweDeepavali (Diwali)  12 KuMfumfu Usuku LweVikram (Unyaka Omusha we-2072)

20 kuLwezi Usuku Lwabantwana eMhlabenii Wonke Jikelele 

uDisemba

1 KuZibandlela Usuku LweSandulela Ngulazi eMhlabenii Wonke Jikelele  3 KuZibandlela Usuku Lwabakhubazekile eMhlabenii Wonke Jikelele  5-14 KuZibandlela Usuku Lukubuyisana  16 KuZibandlela Usuku Lukakhismuzi  25 KuZibandlela Usuku Lwesivumelwano 



ibanga loku-

1

Amakhono Empilo
NGESIZULU
Incwadi yoku-I

Le ncwadi ngeka –



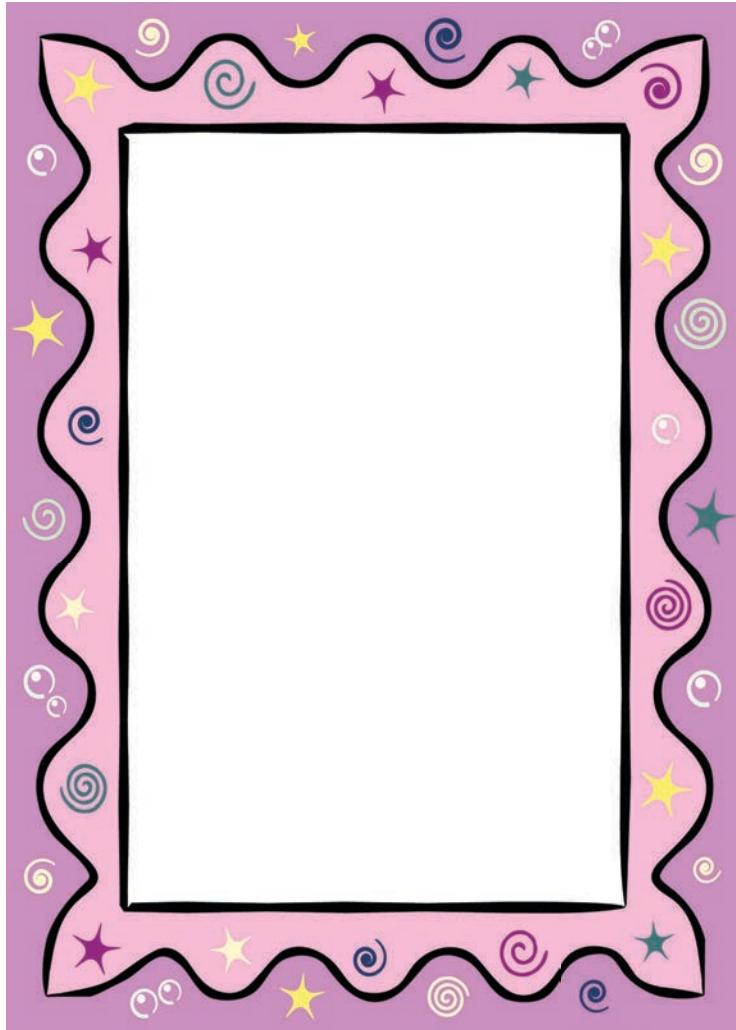
Mina

IThemu I – ISonto I – Ikhasi lokusebenza



Masenze lokhu

Namathisela isithombe sakho
kumbe uziphebe wena lapha.



Ikheli lethu lithi:

Ngiyalwazi usuku lwami
lokuzalwa.

yebo

angazi
kahle

cha



Igama lami ngingu

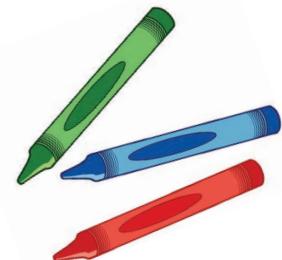


Isibongo sami ngingu

Ngineminyaka e _____
ubudala.

Umndeni wami unamalungu a

Inombolo yethu yocingo ithi:





Masidwebe



UJJoe ulidlala kahle ibhola lezinyawo.

Dweba into okwazi ukuyenza kahle.



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

Masikhulume



Ngiyakwazi ukufunda.



Ngiyakwazi ukuzigqokisa.



Ngiyakwazi ukubhala igama lami.



Ngiyakwazi ukudansa.



Ngiyakwazi ukwenza itiye.



Ngiyakwazi ukuxubha amazinyo ami.



Imibala nomdanso

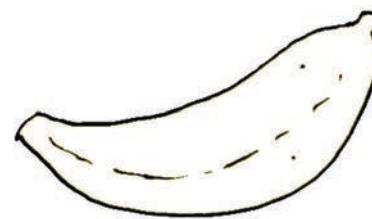


Masenze lokhu

Uuyazi le mibala? Tshela abangane bakho amagama emibala.



Faka umbala ofanele esithombeni ngasinye.



Ubhanana ophuzi



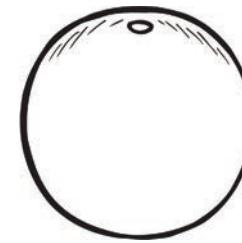
I-apula elibomvu



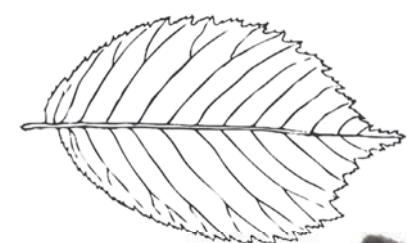
Ijezi elisasibhakabhaka



Isambulela esimibalabala



Iwolintshi elinombala wewolintshi



Icembe eliluhlaza



Masiqhubeke

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



Cula iculo elithi "ikhanda namahlombe" ngenkathi:

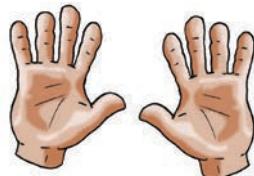
- wenza sengathi udlala isigubhu.
- wenza sengathi udlala isicingci.





Masizjabulise

Shayani izandla ngendlela
elandelayo.



Khwehle Khwehle Khwehle Khwehle



Khwehle Khwehle Khwehle



Khwehle Khwehle Khwehle Khwehle

Khwehle Khwehle Khwehle Khwehle Khwehle



Masenze lokhu

Ungakwazi ukwenza lezi zinto? Khombisa abangane bakho.

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



Sonke sehlukile



Masikhulume

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



Kukhulu kuncane

Abanye bethu bakhulu, abanye bancane.

Abanye bethu bafushane kanti abanye bade.

Abanye bakwazi ukugxuma, abanye bakwazi ukucula.

Sonke sinento esikwazi ukuyenza kahle.

Yini wena okwazi ukuyenza kahle?



Masikhulume

Tshela abangane bakho ukuthi kube
njani ngenkathi uqala esikoleni esisha.



ujabulile	ukhathazekile	weneme	uthukuthele	unamahloni



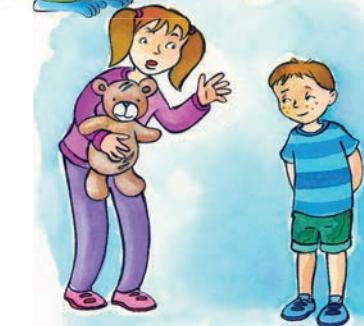
Dweba

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



Masikhulume

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



Uma umfana
omkhulu kunawe
ethathha izinto
zakho.



ngingajabula

ngingaba
ngothakasile

ngingakhathazeka

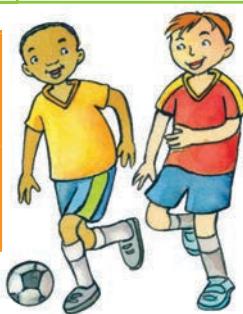
Uma wena nomngane
wakho nihlala phansi
nidlale.



ngingathukuthela

ngingajabula

ngingethuka



Uma uqaqa isipho.



ngingethuka

ngingaba
ngothakasile

ngingaba
namahloni

Uma umfowenu noma
udadewenu ephula
ithoyizi olithandayo.



ngingaba
namahloni

ngingathokoza

ngingathukuthela

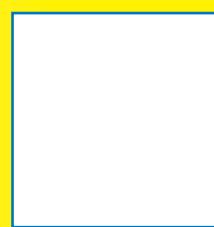
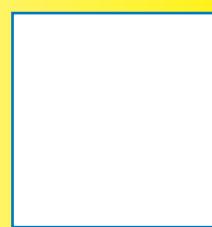


Masenze lokhu

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

Uthi bewazi ukuthi akekho umuntu
oneminwe enjeneyakho emhlaben?

Ungokhethekileyo, nguwe kuphela oyilo
muntu **onguye** emhlaben wonke. Ngisho
amawele awanayo iminwe efanayo.



Uyabona ukuthi iminwe
kayifani?



Asifani sonke singabantu



Masikhulume

Buka laba bantwana.
Ubona sengathi bayafana?
Bahlukene ngani?



Masenze lokhu

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



Bonke banezingalo ezimbili
nemilenze emibili.



Bonke bangamantombazane.



Bonke bagqoke izicathulo.

Bonke bagqoke
amabhulukwe.



Bonke bayizingane.

Bonke banezinwele ezinde.



Masidwebe

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

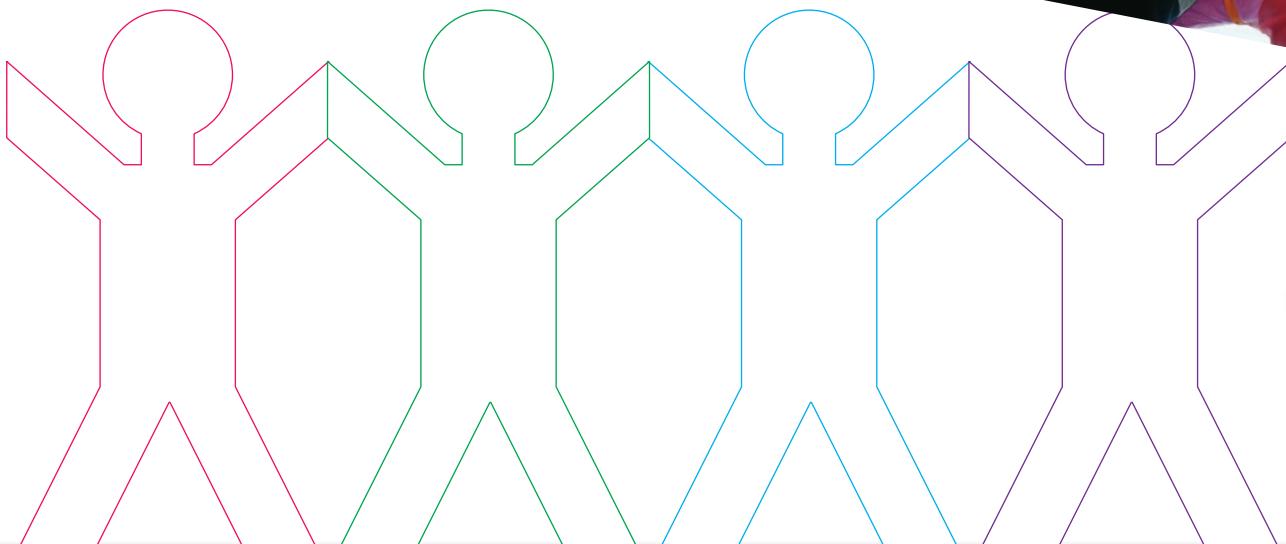


Mina	Umngane wami



Masenze lokhu

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



Teacher:
Sign:
Date:

Cula iculo

IThemu I – ISonto 3 – Ikhasi lokusebenzela

Masicule

Ngaphambi kokuthi ucule, zivocavoce kanje:
Donsa umoya kakhulu uwuphefumule ngokuwuyeka
kancane kancane.

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



Izinkawana ezincane ezinhlanu

Zagxumagxuma phezu kombhede.
Eyodwa yawa yalimala ikhanda.

Umama wabiza udkotela, udkotela wathi,

"Zinkawana akume nsi ukugxuma phezu kombhede!"

Izinkawana ezincane ezine
Zagxumagxuma phezu kombhede.
Eyodwa yawa yalimala ikhanda.

Umama wabiza udkotela, udkotela wathi,

"Zinkawana akume nsi ukugxuma phezu kombhede!"

Izinkawana ezincane ezintathu
Zagxumagxuma phezu kombhede.
Eyodwa yawa yalimala ikhanda.

Umama wabiza udkotela, udkotela wathi,

"Zinkawana akume nsi ukugxuma phezu kombhede!"

Izinkawana ezincane ezimbili
Zagxumagxuma phezu kombhede.
Eyodwa yawa yalimala ikhanda.

Umama wabiza udkotela, udkotela wathi,

"Zinkawana akume nsi ukugxuma phezu kombhede!"

Inkawana encane eyodwa

Yagxumagxuma phezu kombhede.

Yona yodwa yawa yalimala ikhanda.

Umama wabiza udkotela, udkotela wathi,

"Nkawana akume nsi
ukugxuma phezu kombhede!"





Masidwebe

Dweba ubuso bakho.

Budwebe bube namehlo, izindlebe, umlomo nezinwele.

Tshela abangane bakho ukuthi ubukeka kanjani.



Masiqhubeke

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

Eqa usuke esihlalweni
uye kwesinye.

Gaqa ngamadolo uphume
ngaphansi kwamatafula.



Teacher:
Sign:
Date:

Ngiyaziqhenya ngesikole sami

Masenze lokhu

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



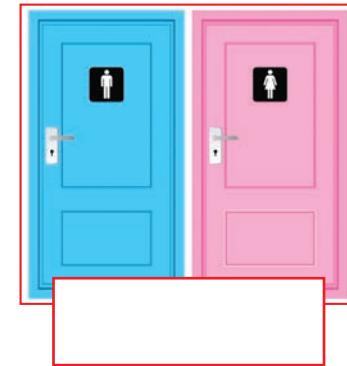
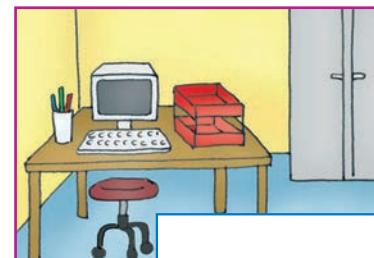
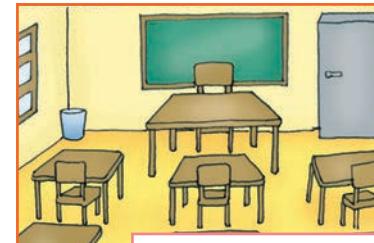
Isibongo sikathisha wami ngu –

Isibongo sikathishomkhulu ngu –



Bhala

Bheka izithombe. Sika igama elihambisana nesithombe ulinamathisele eceleni kwesithombe.



inkundla yebhola

iklasi

ihhovisi

umabhalane

indlu encane

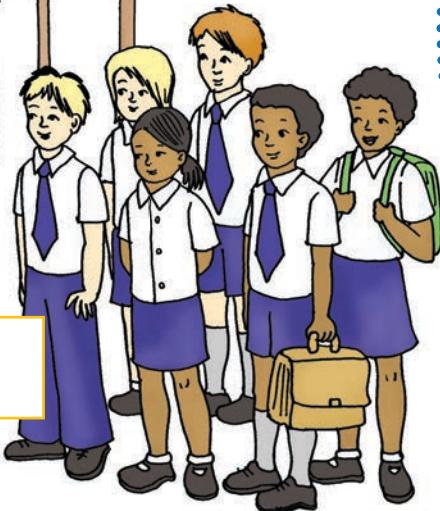
Usuku:





Bhala

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



Masizjabulise

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



abantwana

umhlanzi
wendlu

uthisha

uthishomkhulu



Izindawo ezahlukahlukene

Masenze lokhu

Khombisa umngane wakho ukuthi wena uyakwazi.

Ukucasha ngaphansi kwento ethile.



Casha ngemva kwento ethile.



Ngicashe ngaphansi kwetafula.



Yima eduze kwento ethile.



Yima phezu kwento ethile.

Masiqhubeke

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

Ngiyakwazi ukujikijela.



Ngiyakwazi ukunqaka.



Ngiyakwazi ukuthwala isaka likabhontshisi ngiliyekelile.





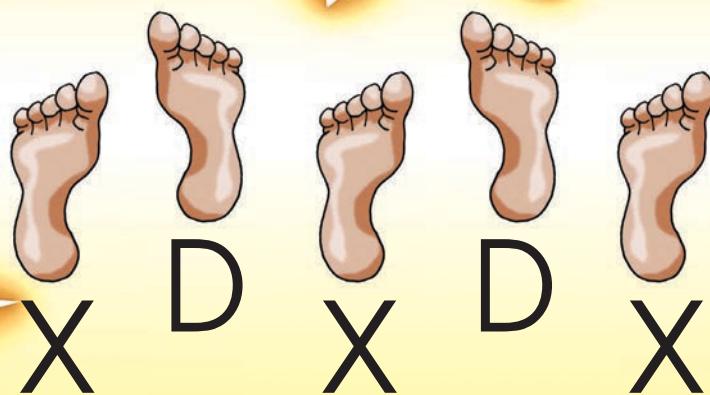
Masiqhubeke

Shaya phansi ngezinyawo kanje.

X = Ngesokunxele



D = Ngesokudla



Teacher:
Sign:
Date:

Iklasi lami

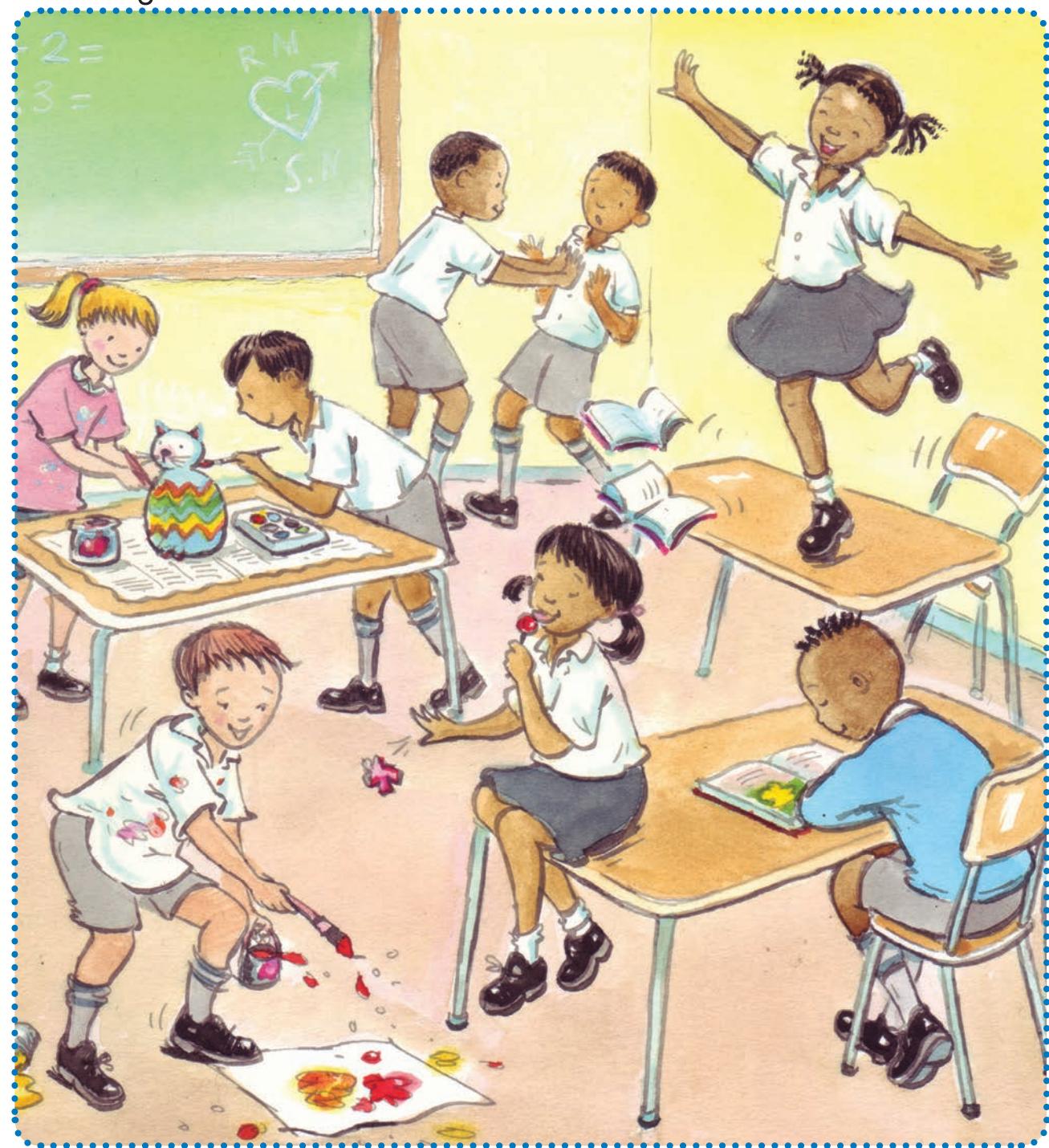


Masikhulume

Bukisia lesi sithombe bese ukhuluma ngalokho okubonayo.

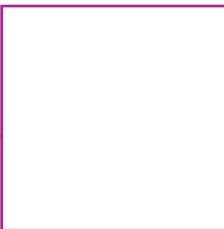
Kuleli klasi kwenzeka izinto ezimbi nezinhle.

Ubona kuphi ukuziphatha okuhle? Yikuphi ukuziphatha okubi okubonayo?





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



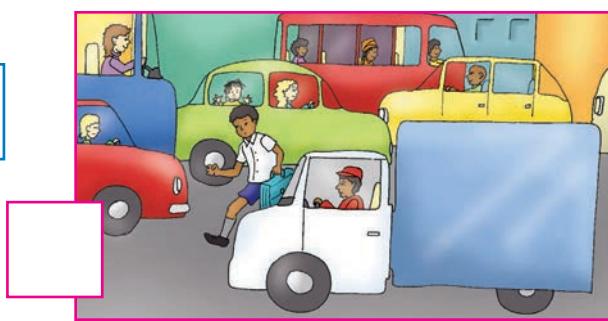
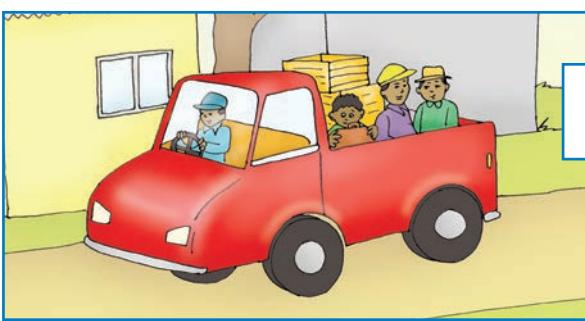
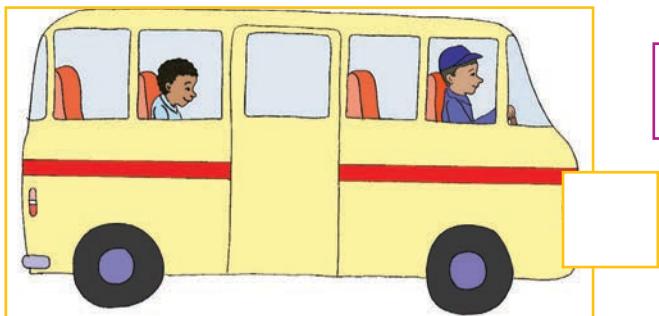
Teacher:	○ ○ ○ ○ ○ ○ ○ ○ ○ ○
Sign:	○ ○ ○ ○ ○ ○ ○ ○ ○ ○
Date:	○ ○ ○ ○ ○ ○ ○ ○ ○ ○

Siya kanjani esikoleni?



Masikhulume

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



Uya kanjani esikoleni ekuseni?



Masenze lokhu

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

ngezinyawo



ngebhasi



ngemoto/ngeveni



Amagama abangane

1	2	3	4	5



Masiqhubeke

Ngiyakwazi ukugwingciza uma ngigijima.

Yebo Cha

Ngiyakwazi ukushintsha izindlela uma ngigijima ngoba ngitshelwe nguthisha wami.



Masenze lokhu

Dweba isithombe esikhombisa ukuthi uhamba kanjani uma uya esikoleni.



Masiqhubeke

Lalela umculo ozoddlalwa nguthisha wakho.

Wudansele umculo lowo.

Grobisa amadolo welule imilenze yakho.

Dlalisa amahlombe uwehlise uwaphakamise.

Yisa izihlakala kwesokunxele ubuye uziyise kwesokudla.

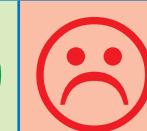


Masiqhubeke

Nqakisanani ngebhola wena nomngane wakho.

Sebenzisa ingalo ongajwayele ukuyisebenzisa ukujikijela ibhola ulibuyisele emuva.

Kungabe ngikwazile ukujikijela ibhola ngilibuyisele
emuva ngengalo engingajwayele ukuyisebenzisa?



Masiqhubeke

Qhuba umngane wakho
sengathi uqhuba ibhala.



Ngihlala ngihlanzekile



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



Ngixubha amazinyo ami.



Ngihlante izandla zami njalo uma kade ngisendlini encane.



Ngigeze njalo nje.

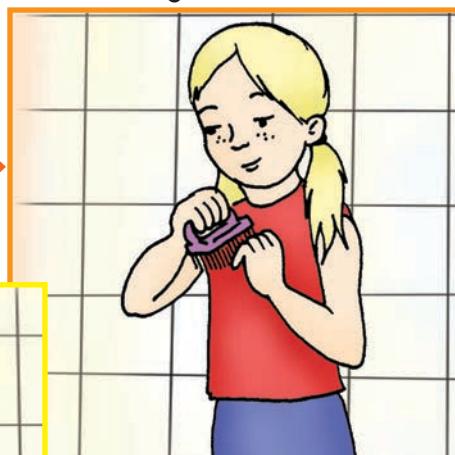


Ngisebenzise indlu encane.

Mina kumele



Ngihlante izithelo njalo ngaphambi kokuzidla.



Ngihlante izinzipho njalo.



Ngisebenzise iduku uma ngithimula, ngikhwehlela noma ngisula ikhala.



Bhala

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



Thikha ukhombise ukuthi ungakwenza yini okulandelayo:	yebo	cha
Ngiyakwazi ukugibela isikhwelo sejangele -jimu.		
Ngiyakwazi ukuhamba ngokubambelela ngezandla kujangele -jimu.		
Ngiyakwazi ukugaqa ngamadolo kujangele -jimu.		





Masifunde

Omunye umkhuba omuhle
wokusebenzisa indlu encane
ngendlela efanele.

Khumbula



Uma kwenzeka ungcilisa
endlini encane, hlikihla.



Khumbula ukuvulela amanzi
uma kade usendlini encane.



Vala umnyango uma usendlini
encane.



Ungalimoshi iphepha lasendlini
encane.



Hlanza izandla njalo uma ukade
usendlini encane.



Bhala

Kokelezela amagama asitshela ukuthi kumele sizenze kangaki lezi zinto.

Ukugeza izinwele.



nsuku zonke

ekuseni nantambama

kabili ngesonto

kanye ngesonto

Ukuxubha amazinyo.



nsuku zonke

ekuseni nantambama

kabili ngesonto

kanye ngesonto

Ukugeza umzimba.



nsuku zonke

ekuseni nantambama

kabili ngesonto

kanye ngesonto

Ukugeza ubuso.



nsuku zonke

ekuseni nantambama

kabili ngesonto

kanye ngesonto

Teacher:
Sign:
Date:

Ngihlanzekile



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



Khombisa umngane wakho ukuthi
ukwenza kanjani lokhu.

Geza izingalo zakho.



kama izinwele.



sula izandla



xubha amazinyo.

geza ubuso.





Masiqhubeke

Dlalani nisho lawa mazwi asankondlo.

Ngiyakwazi shaya izandla

nokushaya ngezinyawo phansi

Ngiyakwazi ukunqekuzisa ikhanda

nokushwibha izingalo

ngithinte ikhala lami.



Izenzo ezinempilo



Masifunde

Sidingani ukuze sihlale siphilile?

**Ukudla
okunempilo**



**Ukuzivocavoca
ngokwanele**

**Ukuhlala
sihlanzekile**



**Ukuba lapho
kunomoya
ohlanzekile khona**

**Ukulala
ngokwanele
nokungabuki iTV
njalo!**





Bhala

Beka uphawu ✓ emikhuben emihle kanye ne ✗ kwemibi.



Teacher:
Sign:
Date:

Ukuhlanzekwa



Masenze lokhu

Izinto esizisebenzisayo
ukusigcina sihlanzekile.



isixubho



umuthi wokuxubha



insipho



ukhilimu wezandla



ishampu



ikama



ibhulashi



ibhulashi lezinzipho



umshini wokunquma izinziphlo



Masiqhubeke

Bambanani ngezandla nime indilinga.

Nikezelanani ngebhola ngokujikijevelana.

Engezani ngebhola njalo nje ngenkathi ninikezelana.

Engezani ibhola lesithathu niqhubeke nokunikezelana.



Masikhulume

Yini engaqeqekile egunjini lokulala?

Kumele wenzeni ukuze kuqoqeke egunjini lokulala?

Zenzani izingane? Yini okumele ziyanze empeleni?



Teacher:
Sign:
Date:

Isimo sezulu engisithandayo



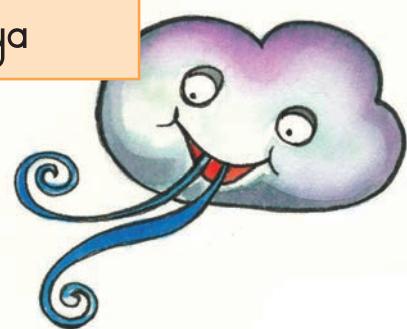
Masikhulume

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

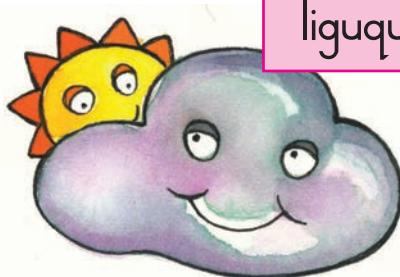
kunomoya



libalele



imvula



liguqubele kuyabanda



Kwezinye izingxenye zezwe kuyaye
kubande ngendlela yokuthi ligcine likhithika.

Kwesinye isikhathi kuba nesichotho.

Imimoya evunguza ngamandla ibizwa ngesiphepho.



Masenze lokhu

Dweba isithombe sakho usemvuleneni noma eqhweni.

Dweba isithombe sakho ephepheni elikhulu usebenzise amakhrayoni eweksi.

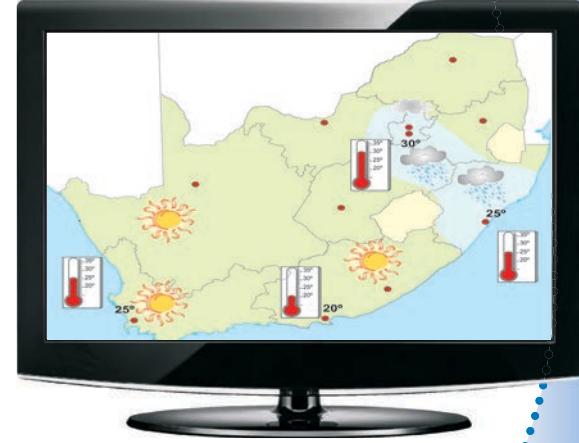
Xuba amanzi nokokuguqula umbala wokudla nopende ekhasini lonke.

Thela upende omhlophe phezu kwesithombe.

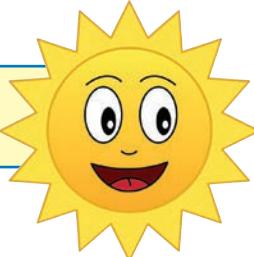


Masifunde

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



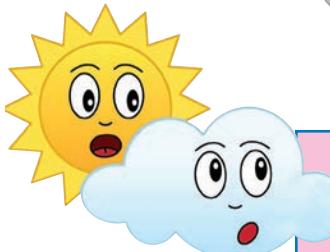
libalele



liyana

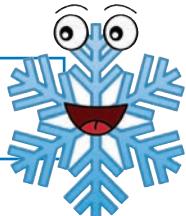


liguqubele



lithe gqwa-gqwa
ngamafu

kuneqhwa



linomoya



Masikhulume

Tshela abangane bakho ukuthi uggoka luhlobo luni
lwezimpahla esimweni ngasinye sezulu.



Masenze lokhu

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

uMsombuluko

uLwesibili

uLwesithathu

uLwesine

uLweshlanu



Bhala

Belinjani izulu kuleli sonto?
Gewalisa amagama adingekayo.

Namuhla li-

_____.

Izolo beli-

_____.

Ngethemba ukuthi kusasa lizobe li-

_____.

Teacher:	Sign:
Date:	

Isimo sezulu



Masenze lokhu

Lingisa izimo ezahlukene zezulu.



Vula izingalo uziphakamisele ngaphezu kwekhanda wenze isimo sefu elikhulu.



Sebenzisa isambulela ukuzivikela elangeni.



Sebenzisa izandla ukulingisa umoya omkhulu.



Phakamisa isambulela ukhombise ukuvika ukududulwa wumoya omkhulu.



Lingisa amaconsi emvula enkulu asuka ophahleni.

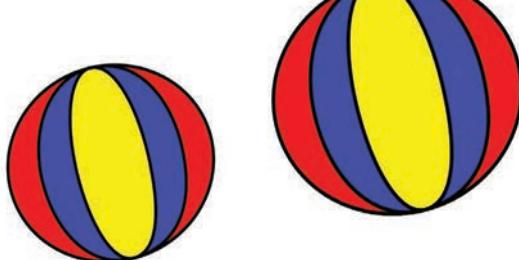




Masiqhubeke

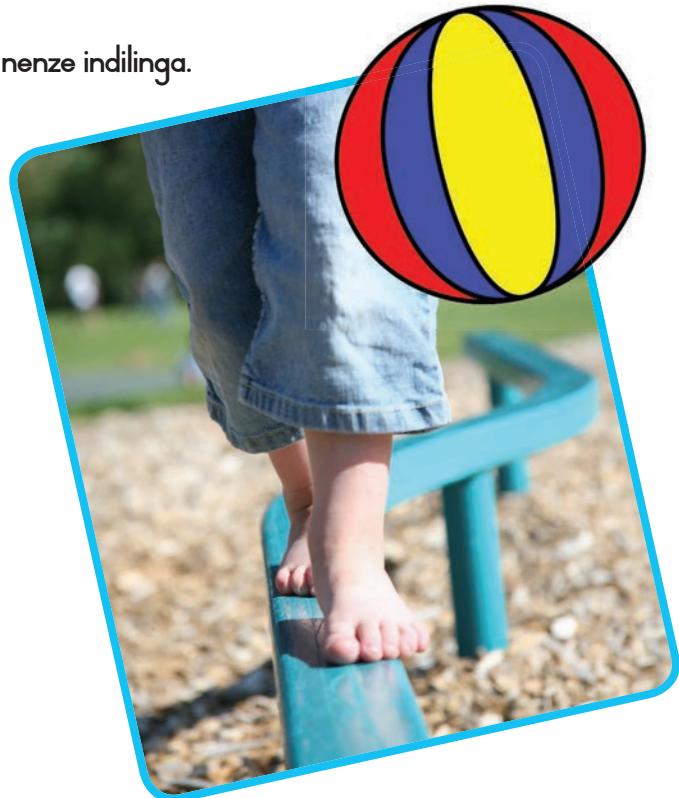
Bambanani ngezandla nenze indilinga.

Phonselanani ngebhola.



Thola izindlela eziningi zokuzama
ukuhamba entanjeni ungawi ingawi.

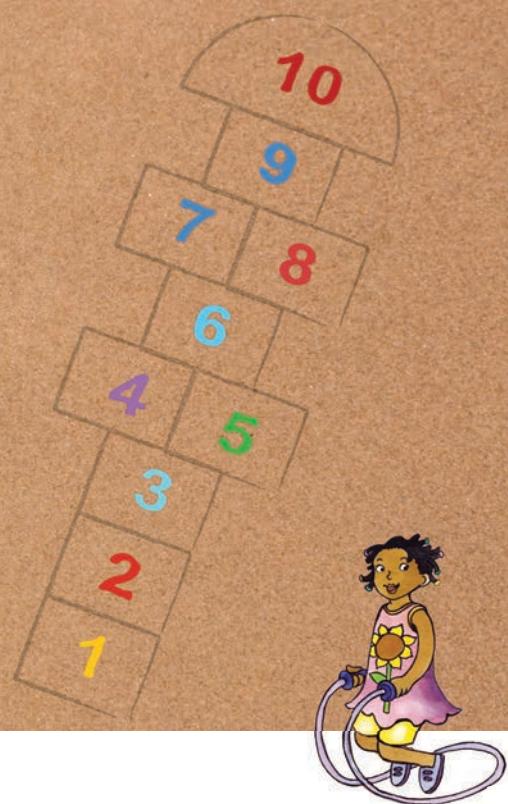
Thola izindlela ongazisebenzisa
ezahlukene zokuhambahamba uya
kubangane ofunda nabo.



Masizijabulise

Dlala u-gxa.

Dweba izikwele neziyingi
enhlabathini.



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

Teacher:
Sign: _____
Date: _____

Umndeni wami



Masikhulumo

Uthi bewazi ukuthi imndeni ayifani?

Eminye imndeni mikhulu eminye mincane.

Eminye inawomama nawobaba kanti eminye kayinabo.

Eminye imndeni ihlala nawogogo nawomkhulu, nawomalume, nawomamncane kanye nabazala.

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

umama

ubaba

udadewethu

umkhulu

umfowethu

umntwana

ugogo

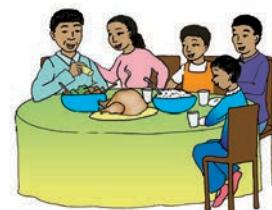
umndeni





Bhala

Uhlala nobani ekhaya lakho?



Uhlala nobani ekhaya?

Ekhaya kunabantu aba-

Ngubani omncane kunabo bonke abantu ekhaya?

Ngubani omdala kunabo bonke?



Masikhulume

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



Bhala umusho owodwa ngomsebenzi owenze izolo ekhaya.

Teacher:
Sign:

Date:

Umndeni wami

Masizjabulise

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

umama

ubaba

udadewethu

umkhulu

umfowethu

umntwana

ugogo

umndeni



Umndeni wami

Siyanakekelana



Masifunde

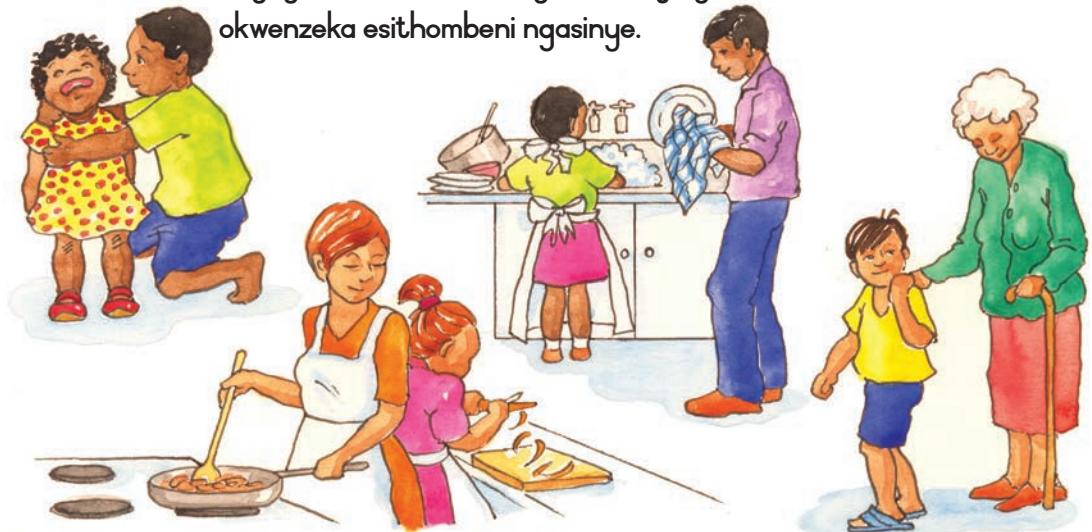
Iminden i kumele ithandane inakekelana. Siyakhombisa ukuthi siyathandana, sikhombisa ngokubambana ngothando/ngokuhagana kanye nokusizana nokuhloniphana. Sidinga ukwenza lokhu ...

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



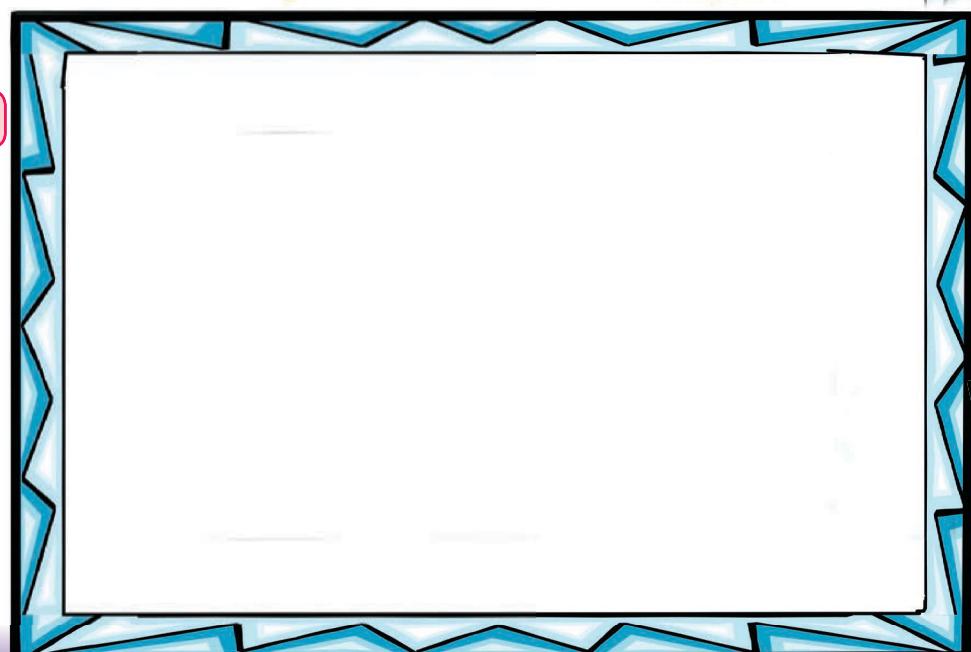
Masikhulume

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



Masenze lokhu

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



Teacher:
Sign:
Date:

20 Ukukhombisa inkathalo



Masikhulume

Xoxa ngokuthi anakekelana kanjani lawa malungu omndeni. Nikeza izithombe izinombolo usukele koku-1 uye kowé-4 ukukhombisa ukulandelana kwezinto.



Masifunde

Imisebenzi yantambama

Umama upheka ukudla.

Ubaba ugeza izitsha.

Umfowethu nami sisiza umama nobaba.

Sisiza kakhulu.

Sisusa ubisi nesinkwa siyakukhweza.

Sesilungele ukuyolala.

Sixoxele izindaba zakusihlwa!





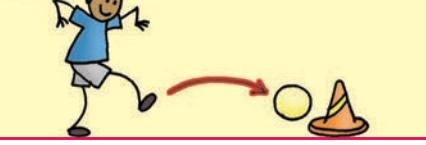
Masenze lokhu

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



Masenze lokhu

Ungakwenza yini okulandelayo?

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



Ukuphepha ekhaya kanye nasezindaweni ezizungezile (1)

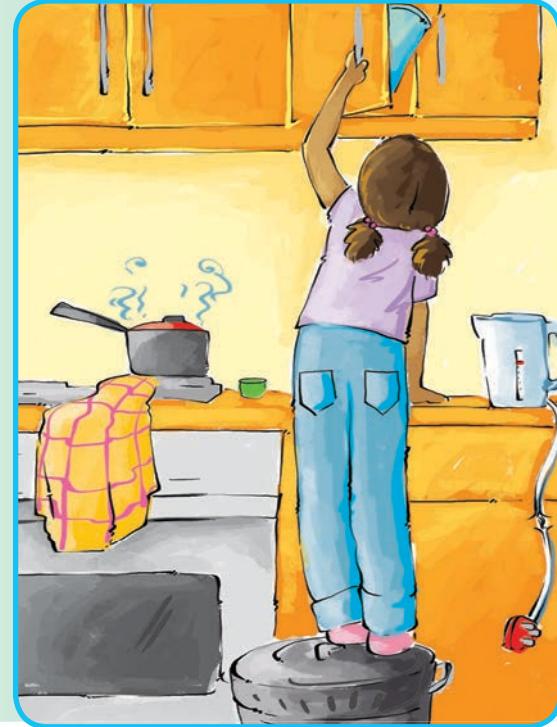


Masikhulumo

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

Ekhishini

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



Ekamelweni lokugezelə

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



Ukuduma kwezulu, umbani nogesi.

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

Ngaphandle

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



Ekhaya ngaphakathi

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



22 Ukuphepha ngaphakathi nangaphandle kwekhaya (2)



Keeping safe

Buka lezi zithombe usho ukuthi yisiphi esinokuphepha yisiphi esingenakho. Beka uphawu (✓) kulezo ezinokuphepha ubeke uphawu lwasiphambano (✗) kulezo ezingenakho ukuphepha. Yisha ukuthi kungani kuphephile noma kungaphephile.





Masikhulume

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



Masinyakaze

Uthisha wakho uzokudlalela umculo aelele.

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

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



Ukuphepha uma ngisele ngedwa ekhaya



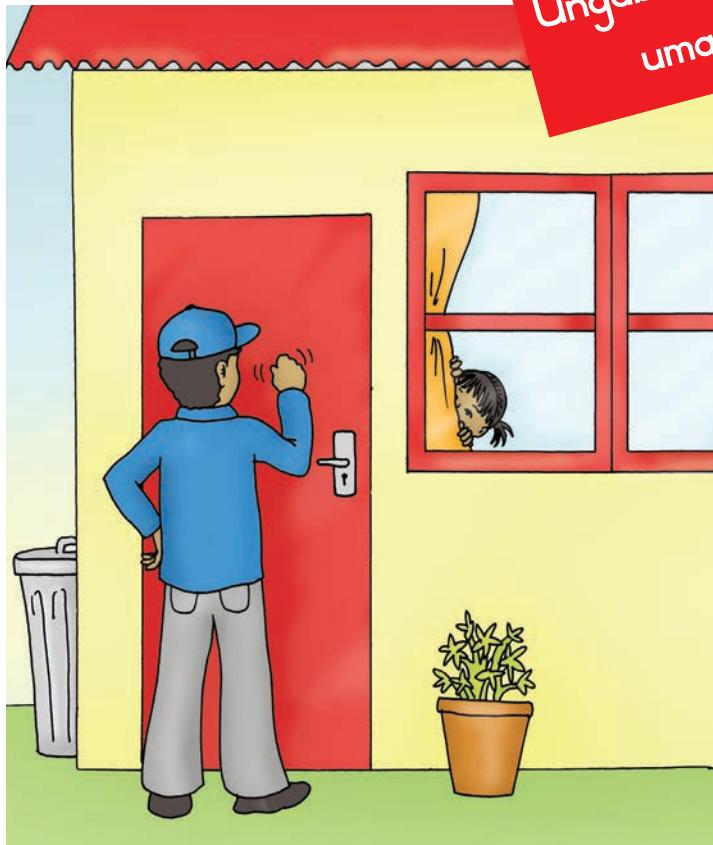
Masikhulume

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

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



Ungabavuleli abantu ongabazi
uma bengqongqoza.



Khiya zonke izicabha
ezinkulu.



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



Bhala

Zakhele uhla lwakho lwezinombolo ezibalulekile.

Eyamaphoyisa:



Eye-ambulense:



Eyabacishimlilo:



Ekamakhalekhukhwini
wamama:

Ekamakhalekhukhwini
wababa:

Ngubani omunye ongamshayela uma udinga usizo?





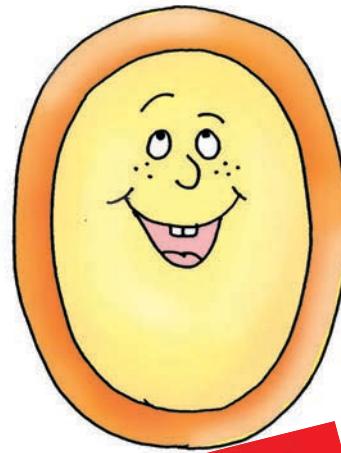
Okunye ofanele ukukhumbule



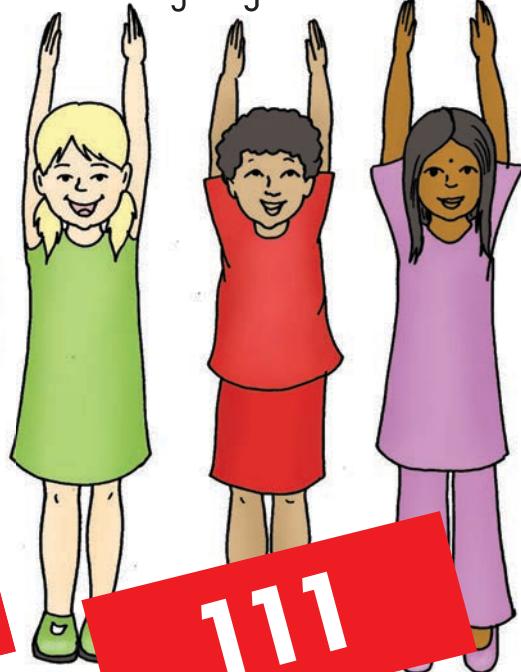
Nansi indlela elula yokukhumbula inombolo yamaphiyisa. Buka isithombe utshele umngane wakho ukuthi izithombe ozibonayo zikusiza kanjani ukukhumbula izinombolo zocingo. U-10111 yinombolo yamaphoyisa. Yisho izikhathi eziningana kulandelana uze uyazi ngekhanda.



1



0



111



Khombisa ukuthi ungenzani uma uyingane ubona lezi zithombe.



Ungenzani uma ulandelwa noma usukelwa wumuntu ongamazi?



Ungenzani uma uzama ukusiza umama ukuthi axove inhlama yokubhaka amakhlekhe?



Ungenzani uma uzithole unyathela ibhodlela elifile?



Masenze lokhu

Bheka ukuthi ungakwazi yini ukuzakhela indlu yakho.

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



Masiqhubeke

Phonsa isaka noma ibhola phezulu ukunqake ngesandla ongavamile ukusisebenzisa.

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

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

Zama ukuma ngonyawo olulodwa phezulu kwesihlalo.



Teacher:
Sign:
Date:



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Umzimba wami

Ithemu 2 – ISonto 5 – Ikhasi lokusebenza



Bhala

Bhala amagama ezikheleni ezifanele.

umlenze

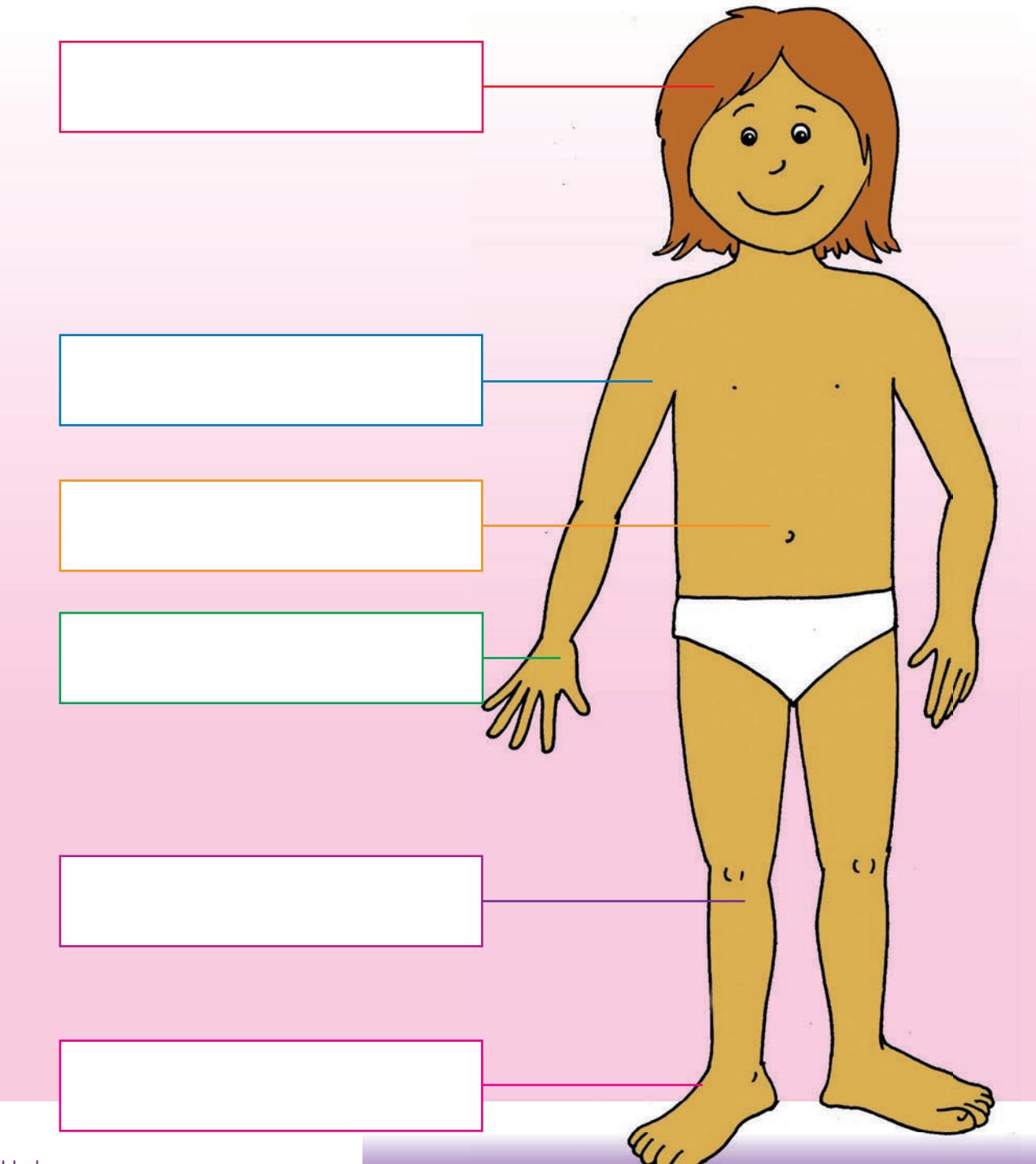
isandla

ikhanda

isisu

unyawo

ingalo





Masidwebe

Qedela lo mdwebo wobuso.

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

Dweba amashiya, ikhala nomlomo wakho.

Ubuso yingxenye ebalulekile emzimbeni wakho.

Umuntu ngamunye
unamehlo ama-2.



Umuntu ngamunye
unekhala eli-1.



Umtuntu
ngamunye
unezindlebe ezi-2.
Umuntu ngamunye
unomlomo o-1.



Masicule

Cula leli culo. hinta ingxenye yomzimba obiza igama layo.

Ikhanda namahlombe

**Ikhanda namahlombe, amadolo nezinzwane,
amadolo nezinzwane**

Ikhanda namahlombe, amadolo nezinzwane

**Ikhanda namahlombe, amadolo nezinzwane,
amadolo nezinzwane, amadolo nezinzwane**



Masiqhubeke

Dlala umdlalo othi "uSimoni uthi..."

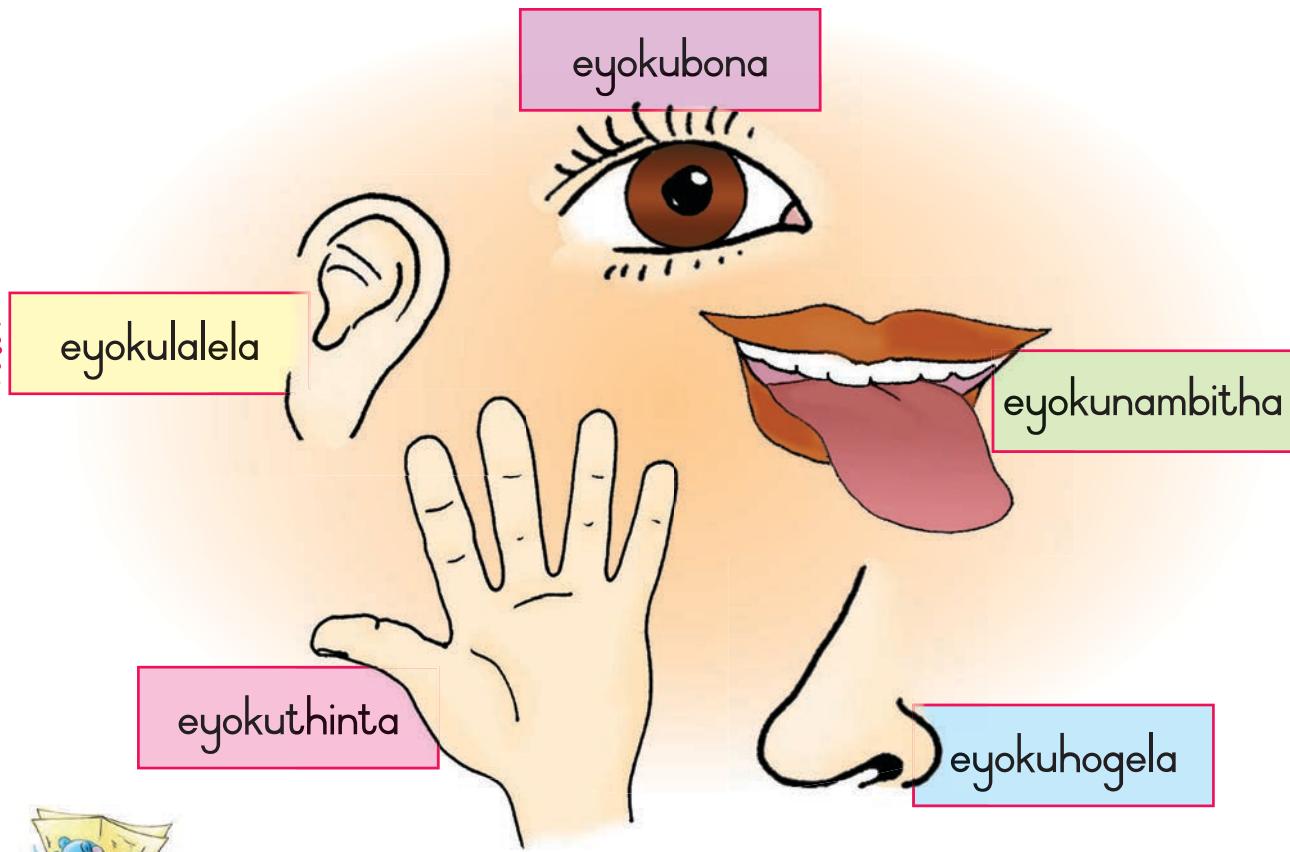




Masikhulume

Izinzwazami

Buka izinhlobo ezahlukene zezinzwazami bese usho ukuthi sizisebenzisela ukuzwa ini.



Masifunde

Sisebenzisa izinzwane zethu nsuku zonke.

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

Siyabona ukuthi isibhakabhaka siluhlaza ehlolo.

Siyawulalela umculo.

Izinzwazami zethu ziyasenza siphephe futhi.

Siyawunuka umlilo uma useduzane.

Siyasithinta isitofu ukuzwa ukuthi siyashisa yini.

Siyabona uma kungaphephile ukuwela umgwaqo.

Siezeza uma kukhala i-alamu esixwayisa ngengozi.





Masenze lokhu

Ukunakekela amehlo nezindlebe.

Sidinga ukuzinakekela izinzwa zethu.

Nazi izindlela zokunakekela amehlo akho nezindlebe.



Nakekela izindlebe
ngokuvika ukulalela
umculo ophakeme.

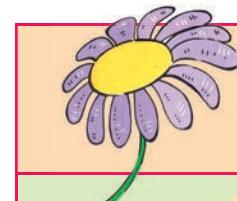
Nakekela amehlo ngokugqoka
ikepisi kumbe izibuko zamehlo.
Ungalibuki ilanga ngqo.



Bhala

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

ukunuka	ukunambitha	ukubona	ukulalela	ukuthinta





27

Ithemu 2 – ISonto 6 – Ikhasi lokusebenzela

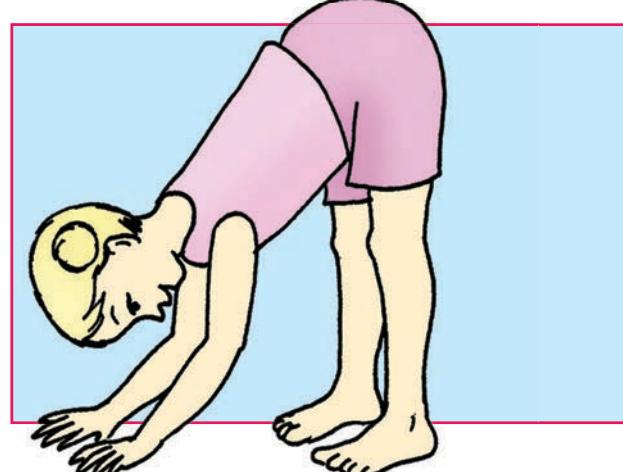
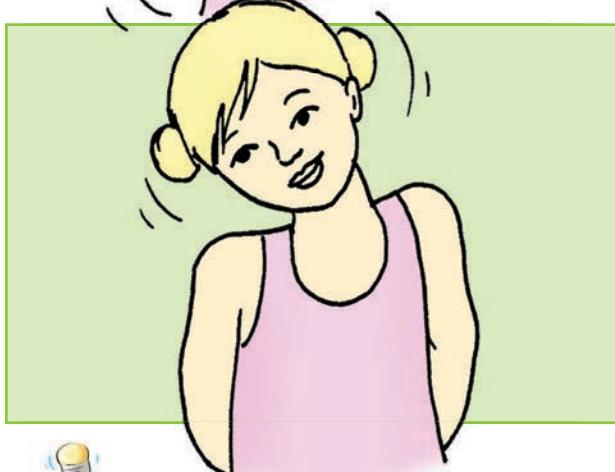
Ukunyakazisa umzimba wami



Masikhulume

Buka lezi zithombe. Yisho ingxenye ngayinye yomzimba ukuthi kuthiya yini futhi ikusiza ukwenzani.

Sisebenzisa imizimba yethu ukuya le nale.



Bhala

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

Iyiphi ingxenye yomzimba oyisebenzisa uma uhamba?



Usebenzisa ziphi izitho zomzimba uma ufunza ukucosha okuthize?



Masiqhubeka

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





Masifunde

Kunezingxenye zomzimba wakho ongeke ukwazi ukuzibona.
Zonke ziya sebenzisana ukwenza ukuthi uphile.

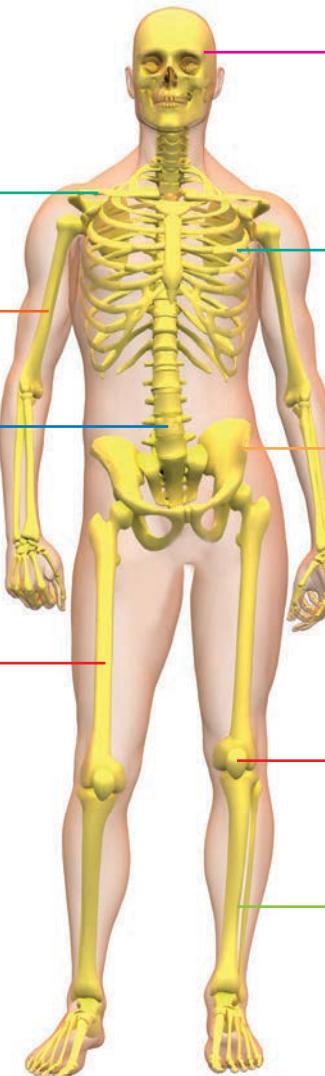
Amathambo

ingqwababa

ithambo lengalo

umqolo

ithambo
lomlenze



ugebhezi

izimbambo

idanda

idolo

ithambo lomlenze

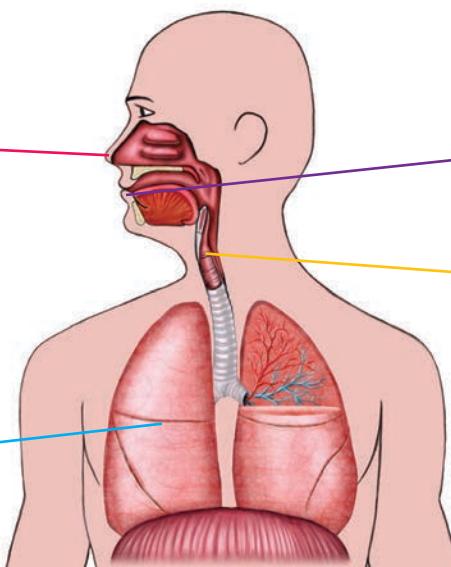
Izingxenye zomzimba ezikusiza ukuthi uphefumule

ikhala

umlomo

iphaphu

umphimbo

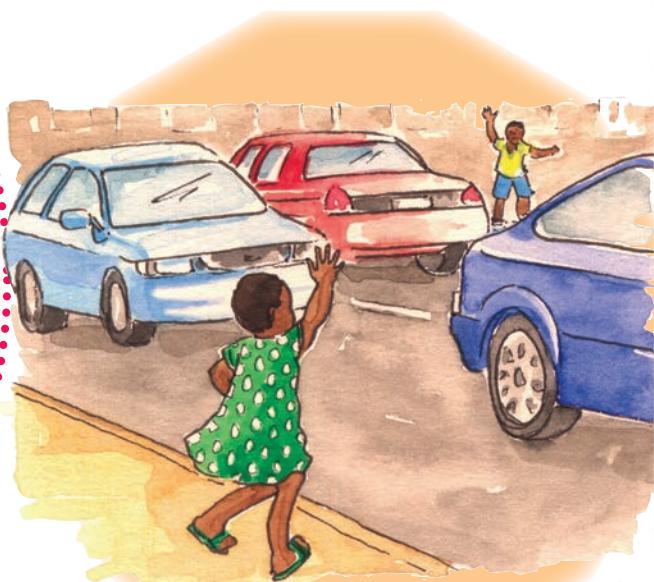


Cabanga ngokushesha

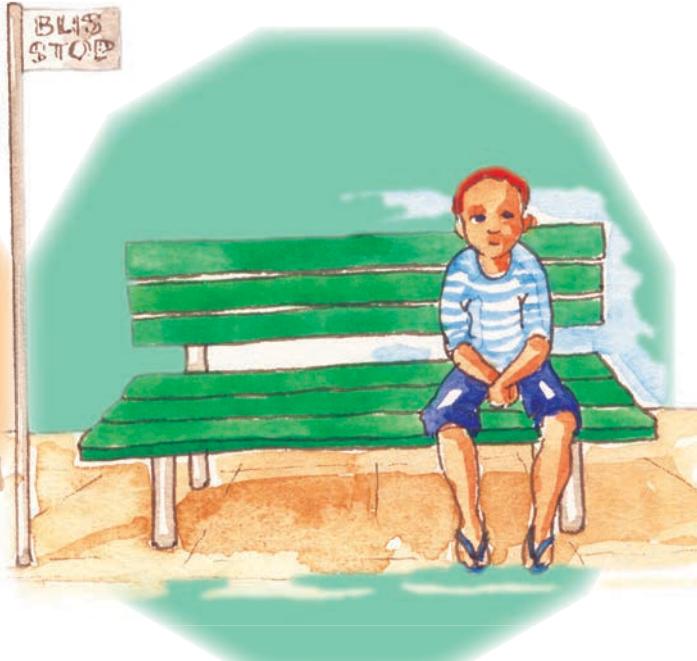


Masikhulume

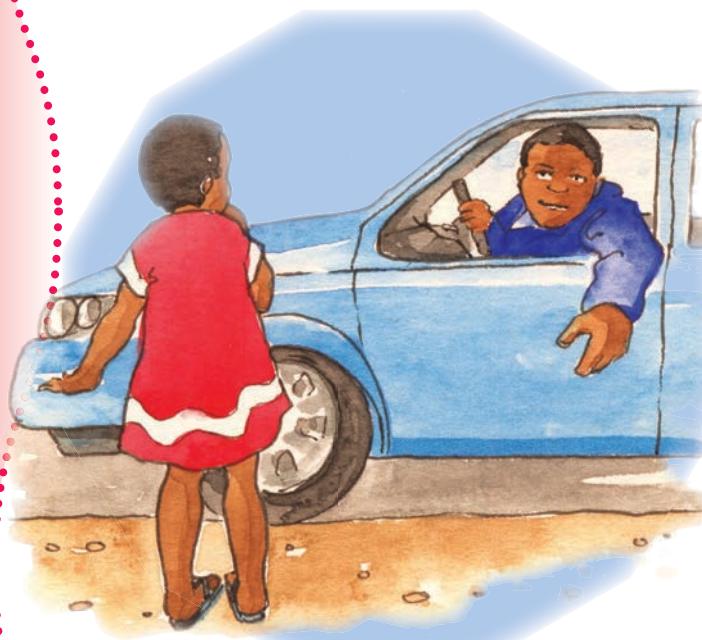
Buka lezi zithombe ezingezansi bese utshela umngane wakho ukuthi ubonani.
Chaza ukuthi isithombe ngasinye sithi ungenzanjani ukuthi uphephe.



Ubona umngane wakho ngaphesheya komgwaqo.



Ulinde ibhasi esitobhini.



Umuntu ongamazi ucela ukuthi uhambe naye.



Ulahlekile ezitolo.

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



Woza lapha ntombazane.
Ngizokuthengela uswidi.

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

Umzimba wakho ubalulekile ngowakho.

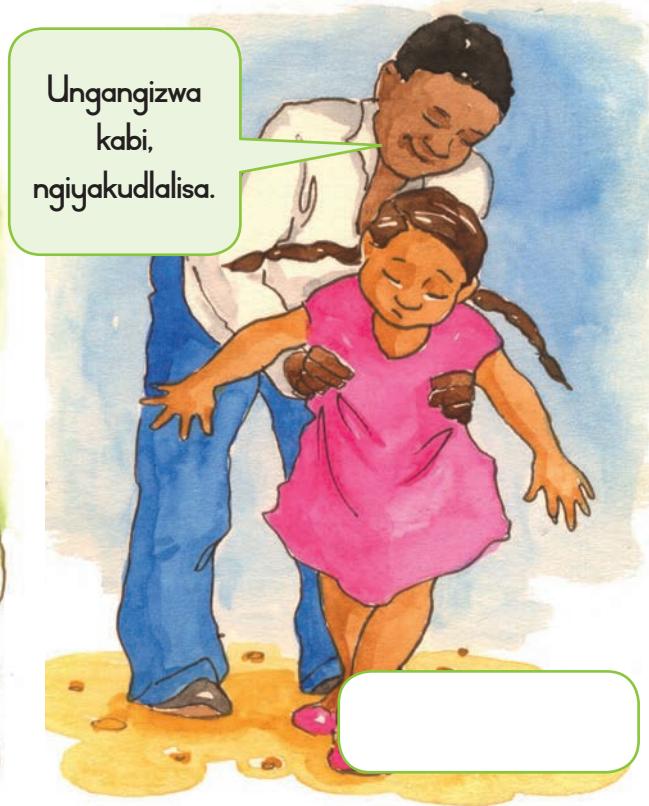
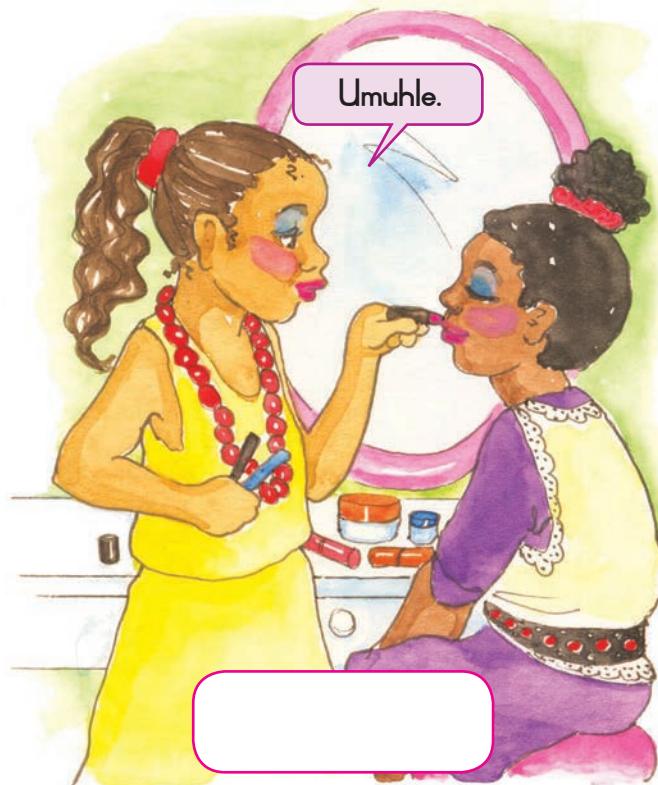
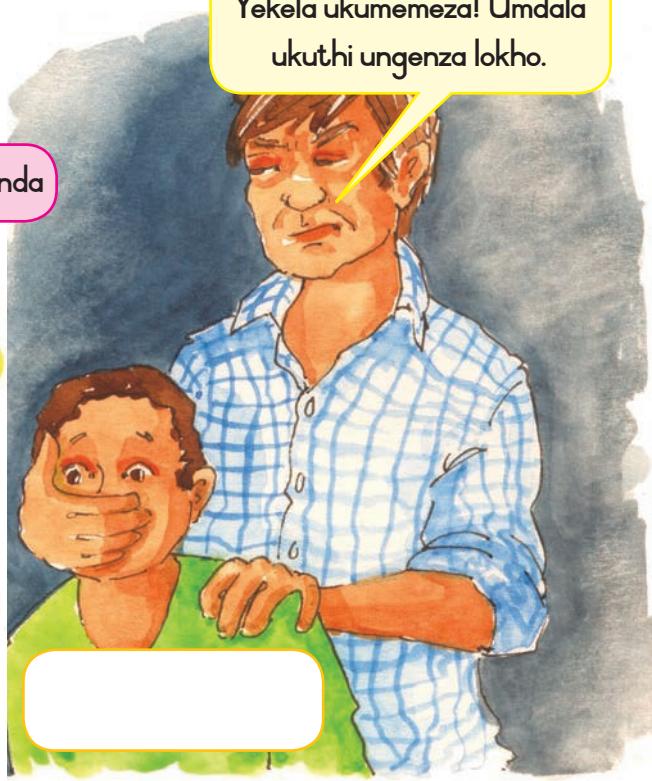
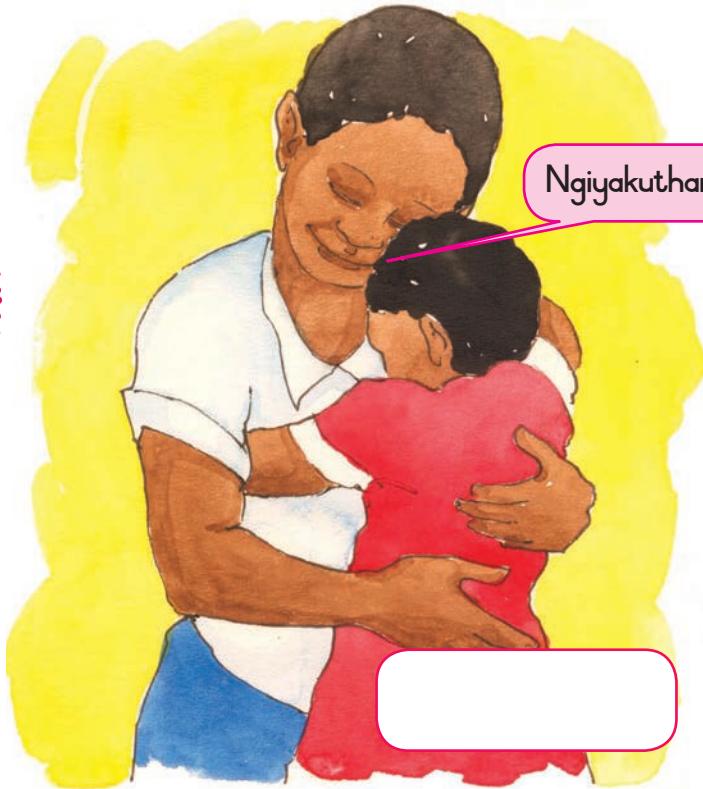
Kumele uthi "**yebo**" kuphela uma **KUKUHLE**
ukuthintwa omunye umuntu, uthi "**cha**" uma
KUNGEKUHLE.



Ukuzigcina uphephile



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





Masenze lokhu

Zijwayeze ukuthi "Cha" ngokusho uphindaphinde.

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



Masikhulume

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

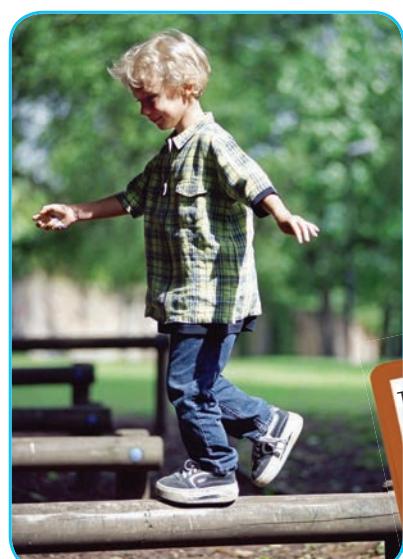


Masiqhubeké

Dlala umdlalo "wokuma unganyakazi".

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

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



Teacher:
Sign:
Date:



Ukwenza umzimba wami uhlale upholile



Masifunde

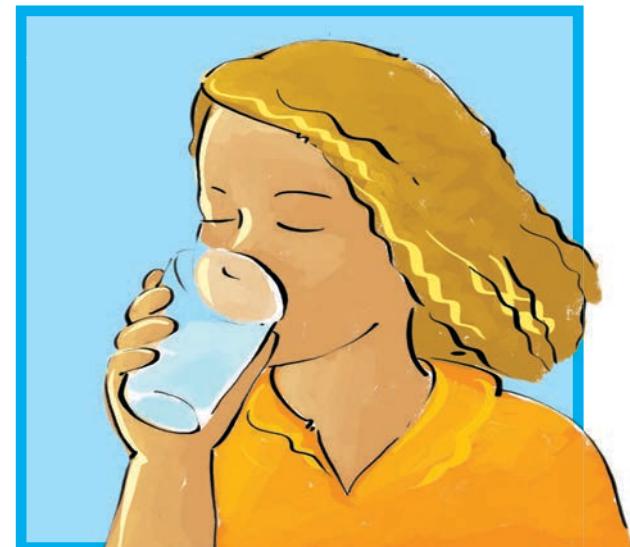
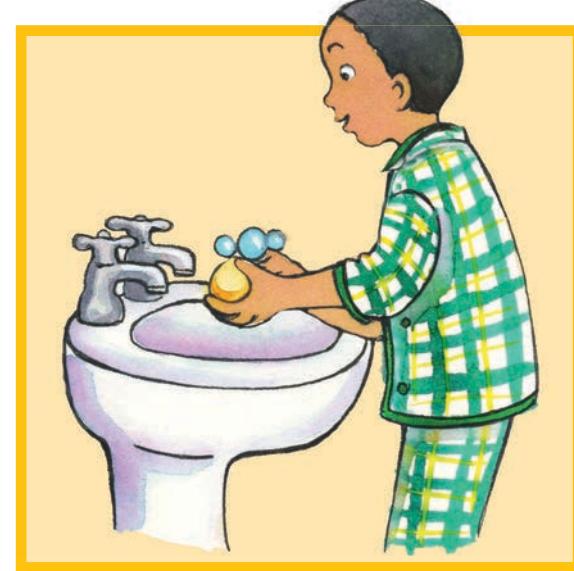


Kunezindlela eziningi esingazithola sesigula ngazo. Ezikhathini eziningi sigula ngoba singenwe ngamagciwane. Amagciwane mancane, asikwazi ukuwabona. Angena emzimbeni asigulise. Kungangena emizimbeni yethu kusigulise.



Masikhulume

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





Masikhulume

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



Teacher: Sign:	Date: / /
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Ukwenza umzimba wami uhlale upholile



Izindlela zokuhlanza amanzi?

Masikhulume

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

Ungabilisa amanzi angcolile ngeketela ukubulala amagciwane.



Ungakucwenga ukungcola. Uthisha wakho angakubonisa ukuthi lokhu kwenziwa kanjani.



Ungafaka ithisipuni lebhlishi (njenjeJik) ebhakedeni elingamalitha angama-20 amanzi. Livale ibhakede ukuze kungangeni izimpukane. Makuphele amahora angama-28 bese uwaphuza-ke lawo manzi.



Masikhulume

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



Geza izandla
ngaphamphi
kokuthi udle.



Uma ungcōlisile endlini encane,
hlikihla bese ugeza izandla.



Lahla amathishu asetshenzisiwe
emgqonyeni kadoti kumbe
endlini encane.



Geza izandla emva kokuya
endlliini encane.



Vala umlomo uma ukhwehlela
noma uthimula.

Make sibone-ke



Chaza ukuthi yini
oyifundile kumathemu
amabili adlulile.



Ngiyakwazi ukukhuluma ngomndeni wami.		
Ngiyakwazi ukuhamba ngilandele intambo encane.		
Ngiyakwazi ukushayela amaphoyisa.		
Ngiyakwazi ukuthi "yebo" noma "cha" uma kufanele.		
Ngiyakwazi ukunqaka ibhola.		
Ngiyakwazi ukuhlala ngiphephile ekhaya.		
Ngiyakwazi ukuzinakekela uma ngingedwa ekhaya.		
Ngiyawusiza umndeni wami.		
Ngiyasazi isikole sami ngaphakathi nangaphandle.		
Ngiyakwazi ukuzigcina ngiphilile.		
Ngiyakwazi ukusebenzisa zonke izinto ezisesikhwameni sami sesikole.		
Ngiyazazi izinhlobo ezikhona ezahlukene zeminden.		
Ngifunde izinto eziningi esifundweni Amakhono Empilo.		

Isichazamazwi sami

A

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G

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B

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H

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C

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I

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D

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J

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E

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K

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F

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L

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Isichazamazwi sami

M
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S
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N
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P
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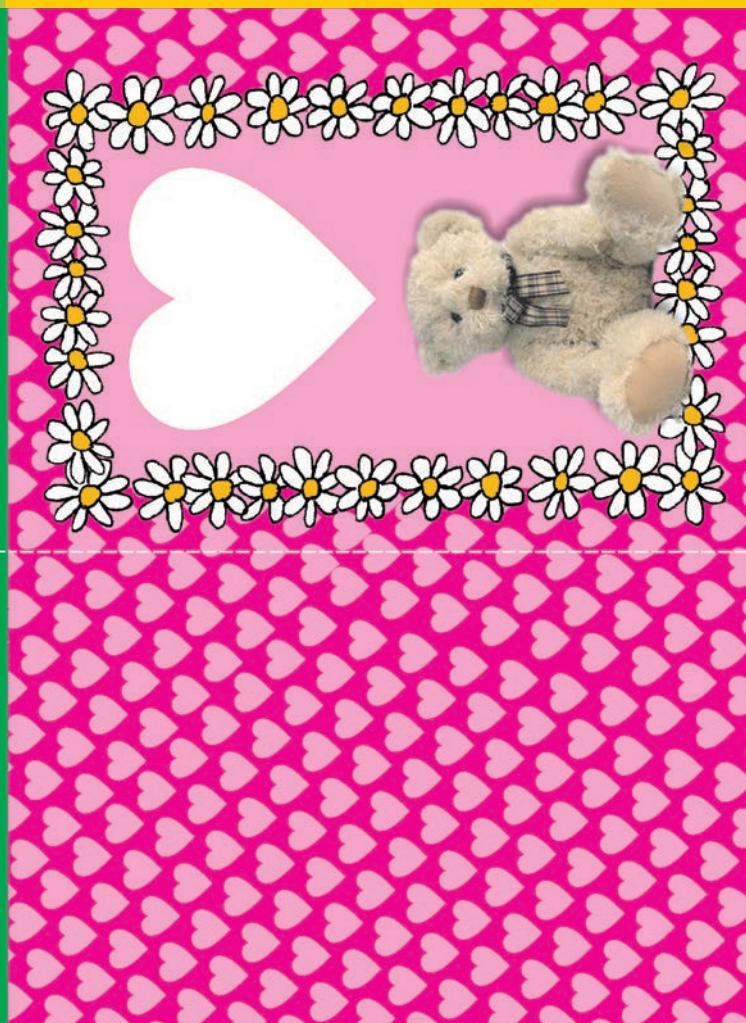
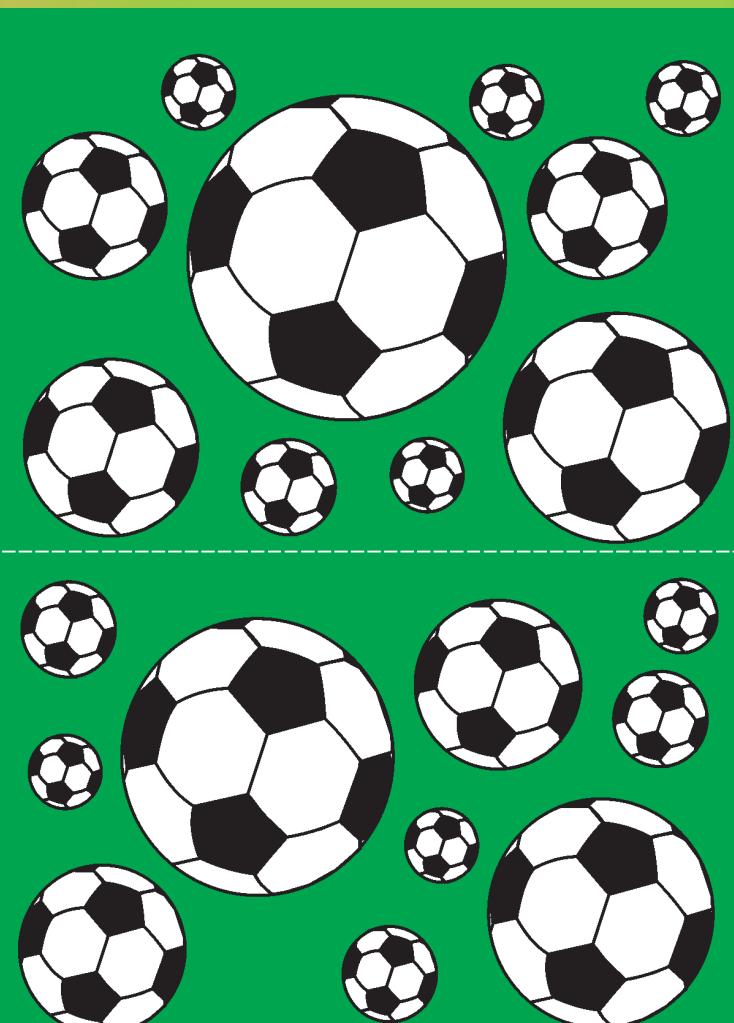
V
v

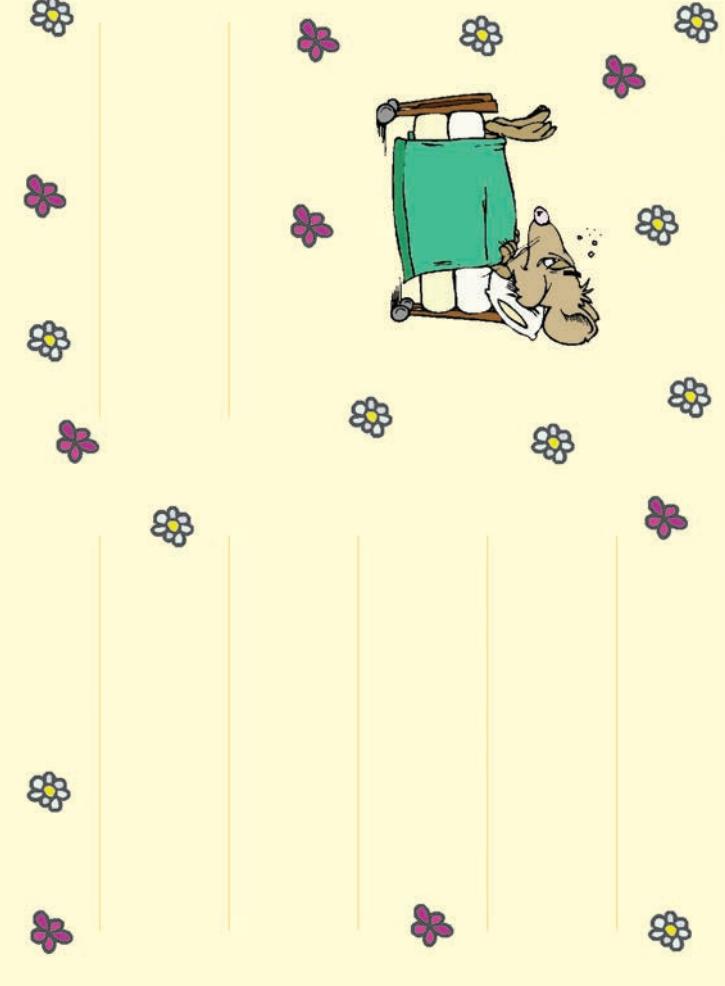
Q
q

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.

