Ukubuyekeza, ihlaliswe ngokwesiTatimende seKharukhyulamu nomThethomgomo wokuhlola

IGreyidi 1





AmaKghono wepilo ngesiNdebele

Incwadi 1
Ithemu 1&2



Ibizo:

Itlasi:

ISBN 978-1-4315-0234-9

Iincwadi zokusebenzela zikhona ngemilandelande le:

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

Rainbow WORKBOOKS

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TERMS 1 & 2
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Okumumethweko

Ithemu 1		Ikhasi
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	Iindawo ezihlukuneko	14
8	Itlasi lami	16
9	Indlela esikhamba ngayo nasiya esikolweni	18
10	Ngihlala ngihlwengekile	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

Ithemu 2		Ikhasi
17	Umndeni wakwethu	34
18	Umndeni wakwethu	36
19	Sitlhogomela abanye	37
20	Tjengisa itjhejo onalo	38
21	Ukuphepha ngaphakathi nangaphandle ekhaya (1)	40
22	Ukuphepha ngaphakathi nangaphandle ekhaya (2)	42
23	Ukuphepha lokha nangingedwa ekhaya	44
24	Into ongayikhumbula	46
25	Umzimba wami	48
26	Imizwa yami	50
27	Ukuthabulula umzimba wami	52
28	Ukucabanga ngokuhpepha	54
29	Ukuhlala uphephile	56
30	Ukugcina umzimba wami uphilile	58
31	Ukugcina umzimba wami uphilile	60
32	Ukubuyelela sihlolisise	62







IGreyidi 1



AmaKghono wePilo

NGESINdebele

Incwadi yoku-1



Incwadi le ngeyaka:

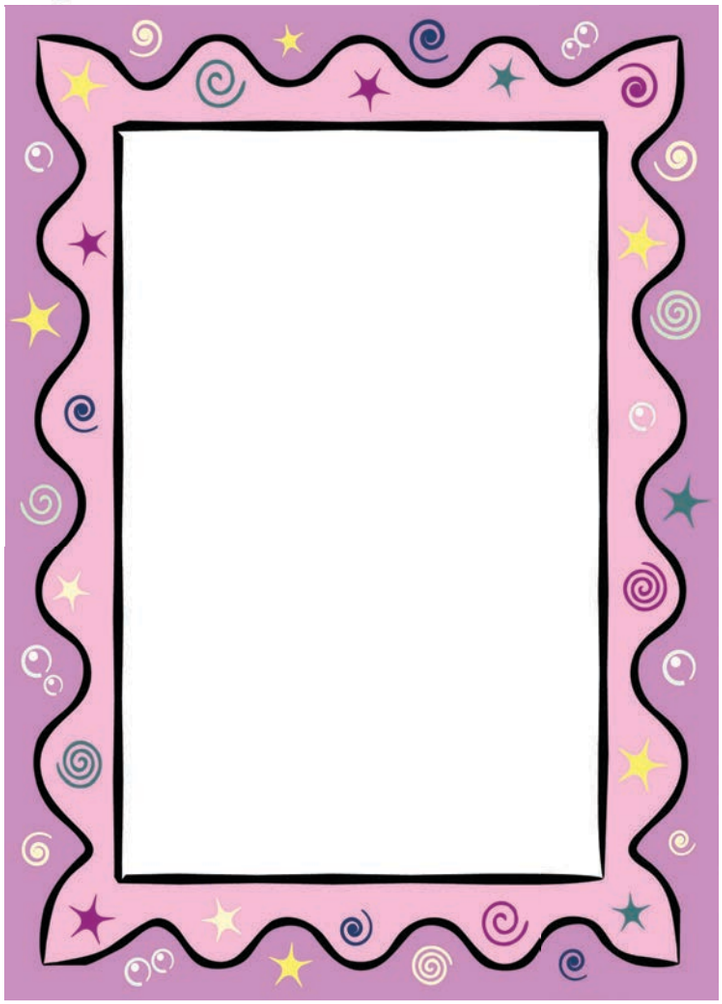
1

Mina



Asenzeni lokhu

Namathisela isithombe sakho nanyana gwala isithombe sakho lapha.





Ibizo lami ngingu 

_____.

Isibongo sami ngesa kwa

_____.

Nginemiyaka e_____ ubudala.

Amalunga womndeni wekhethu si

_____.

Inomboro ye khaya yomtato ithi:

_____

Isiphande sakwethu sithi;:

_____

_____

_____



Ngiyazi kobana ilanga lami lamabeletho linini.

iye	anginasiqiniseko	awa

Ilanga: .....



Asigwaleni













USabelo udlala kuhle ibholo erarhwako.	Gwala okuthileko ozaziko kobana ukwenza kuhle.
	



Cocela abangani bakho kobana yini ongakghona ukuyenza kuhle. Penda 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.



2

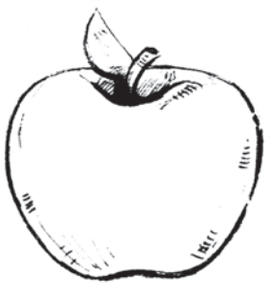
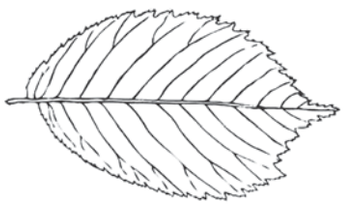
Imibala nokudansa

Asenzeni lokhu



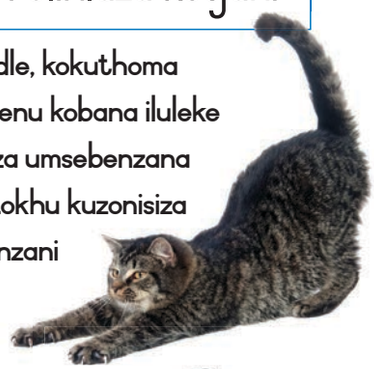
Uyayazi imibala elandelako? Tjela umngani wakho kobanyana ibizwani imibala elandelako le.

Kwanjesi Penda isithombe ngasinye ngombala ofaneleko.

 Ibhanana elisarulani	 I-abhula elibomvu	 Ijersi ehlaza kwesibhakabhaka
 Isambreli 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 bemisipha. Kwanje yenzani lokhu abentwana laba abakwenzako.



Vuma "Ihloko namahlombe" lokha nawu:

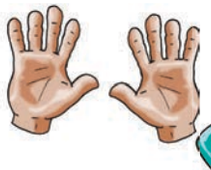


- yenza sengathi udlala ipiyano.
- yenza sengathi udlala igatara.

Ilanga: .....



Ukuzithabisa Betha izandla zakho ngendlela elandelako.





Ukubetha Ukubetha Ukubetha Ukubetha

Ukubetha Ukubetha Ukubetha

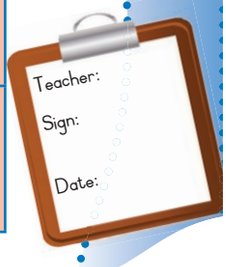
Ukubetha Ukubetha Ukubetha Ukubetha

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.	☺	😐	☹



3

Soke siqakathekile



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?





Cocela abangani bakho kobanyana wazizwa njani ngelanga lakho lokuthoma esokolweni.

uthabile	udanile	uthabe khulu	usilingekile	unamahloni
				

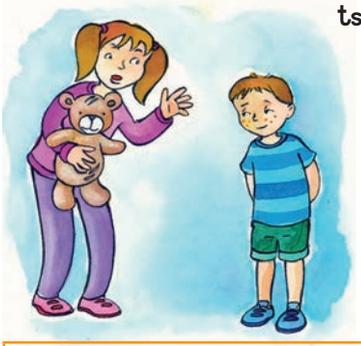


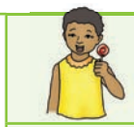
Gwala isithombe utjengise kobana ungazizwa njani lokha omunye nakangakupha ithoyi. Tlola imizwa leyo esikhaleni esingenzasi.

Ilanga: .....

Asikhulume

Tjela umngani wakho kobana kwenzekani esithombeni ngasinye.
Yitjho kobana ungazizwa njani lokha lokhu nange kungenzeka kuwe.
tshwaya 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	usilingekile



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 tere ephasini mazombe. Namawele akanayo imino egadangisiweko efanako.

Ungakwazi ukubona bonyana imino egadangisiweko ayifani?

Teacher:
Sign:
Date:

4

Soke sehlukile begodu asifani



Qala abentwana laba.
Bafana ngani?
Bahluke ngani?







Qala isithombe lesi bese uyatjho kobana isitatimende lesi siliqiniso nanyana simamala na.
Penda imitjho eliqiniso ngokuhlaza satjani.
Penda imitjho emamala ngokubomvu.



Boke banemikhono emi-2 nemilenze emi-2.



Boke bentazana.

Boke bambethe amanyathelo.



Boke bambethe amabhrugu.

Boke basese bentwana.



Boke baneenhluthu ezide.

Ilanga: .....



Asigwaleni

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



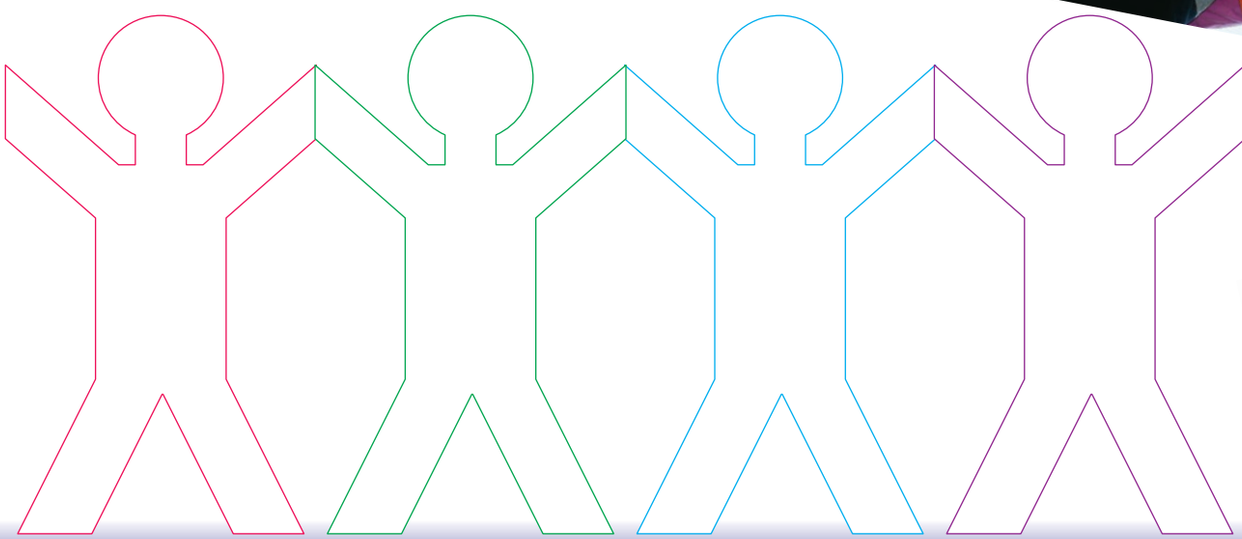
Mina	Umngani wami



Asenzeni lokhu

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









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, "Brrrrrrrrrrrr".







Iimfenyana ezihlanu

Iimfenyana ezihlanu, zeqayeqa embhedeni.
Enye yawa, yalimal 'ehloko.
Unina wabiz' udorhodera.
Udorhodera wathi, "Akungasabi nefenyana ezokweqayeqa embhedeni!"





Iimfenyana ezine, zeqayeqa embhedeni.
Enye yawa, yalimal 'ehloko.
Unina wabiz' udorhodera.
Udorhodera wathi, "Akungasabi nefenyana ezokweqayeqa embhedeni!"

Iimfenyana ezintathu, zeqayeqa embhedeni.
Enye yawa, yalimal 'ehloko.
Unina wabiz' udorhodera.
Udorhodera wathi, "Akungasabi nefenyana ezokweqayeqa embhedeni!"



Iimfenyana ezimbili, zeqayeqa embhedeni.
Enye yawa, yalimal 'ehloko.
Unina wabiz' udorhodera.
Udorhodera wathi, "Akungasabi nefenyana ezokweqayeqa embhedeni!"



Ifenyana eyodwa, yeqayeqa embhedeni.
Yase iyawa, yalimal 'ehloko.
Unina wabiz' udorhodera.
Udorhodera wathi, "Akungasabi nefenyana ezokweqayeqa embhedeni!"



Khumbulani mfenyana kobana udorhodera utheni.
"Akungasabi nefenyana ezokweqayeqa embhedeni!"



Ilanga: .....

Asigwaleni

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

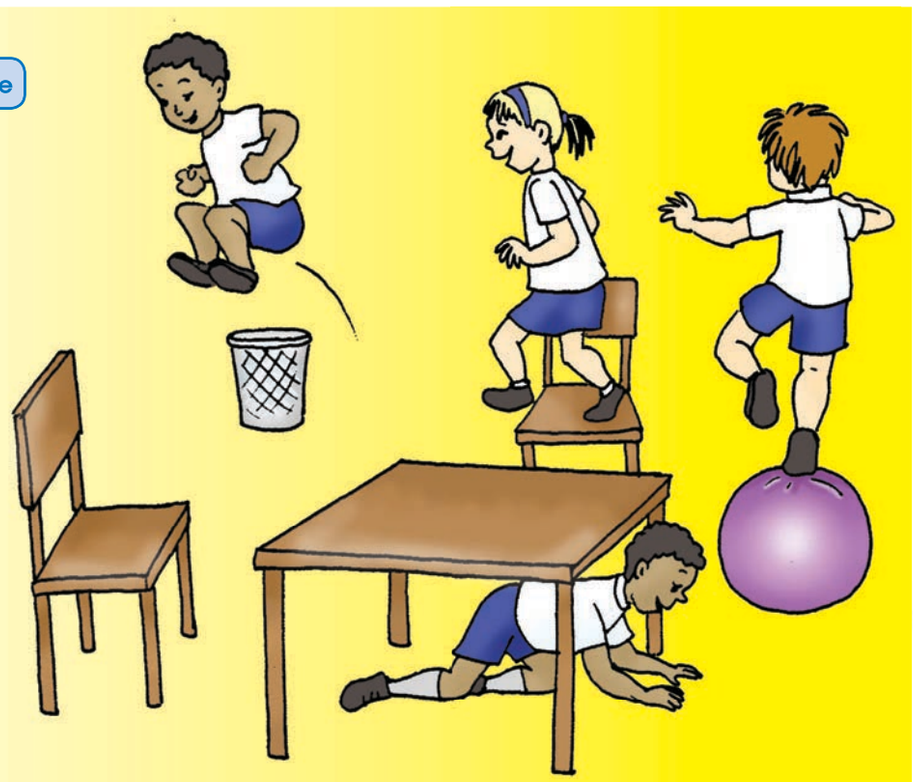


Asithuthuke

Yenzani isiqabo ngaphandle kwetlasi njengalesi nisizana notitjhere.

Khwela phezu kwesihlalo weqele phezu kwesinye.

Khasa ngamadolo ngaphasi kwetafula.



Teacher:
Sign:
Date:

6 Ngiyazikhakhazisa ngesikolo sami

Asenzeni lokhu

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



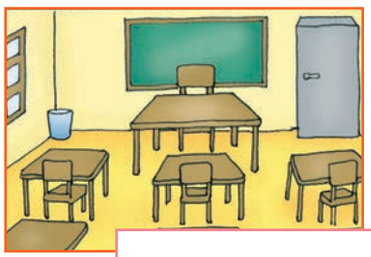
Ngiya esikolweni nge _____.

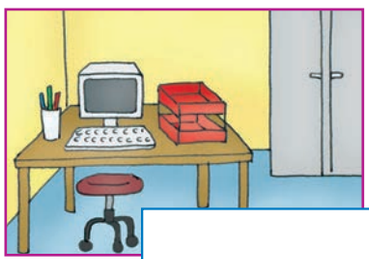
Isibongo sakatitjhere wami _____.

Isibongo uprinsipali wami _____.

Asitlole

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











ikamera | lokulondoloza ipahla yeemvakatjhi | itlasi | i-ofisi | umabhalana | itatawu lokudlala

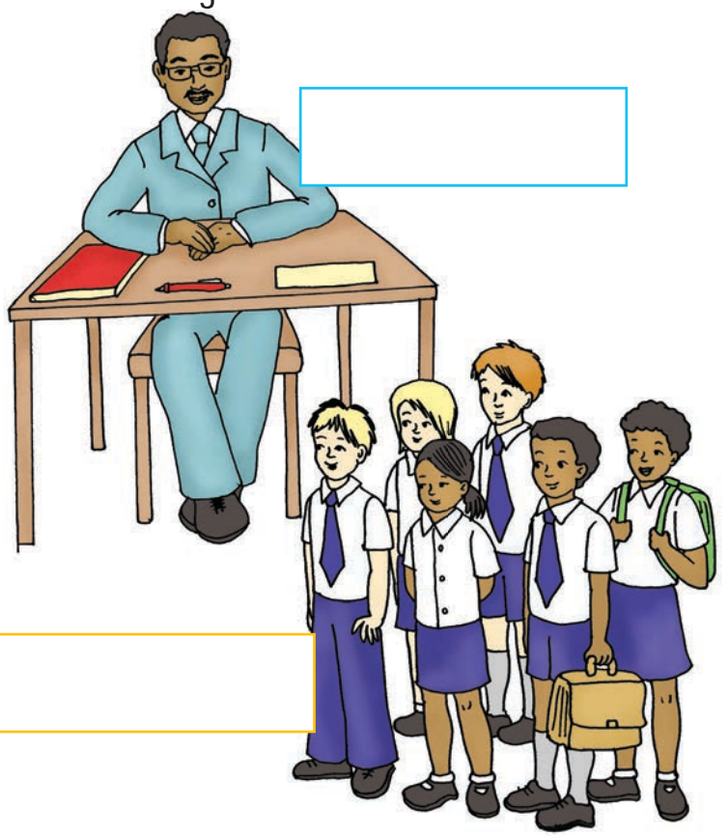


Asitlole

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



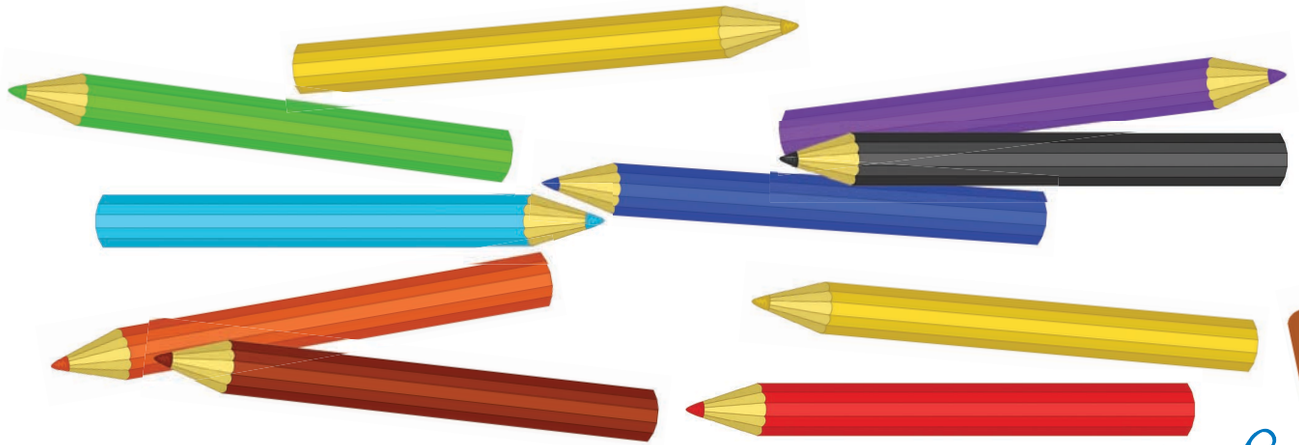






Ukuzithabisa

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



abentwana | ohlwengisako | utitjhere | uprinsipali

Teacher:

Sign:

Date:

7

lindawo ezihlukeneko

Asenzeni lokhu

Tjengisa abangani bakho kobana uyakghona.

Ngizifihle ngaphasi kwetafula.

Zifihle ngaphasi kwento ethileko.





Sithela ngemuva kwento ethileko.



Jama phezulu kwento ethileko.



Jama eqadi kwento ethileko.

Asithuthuke

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

Ngiyakwazi ukuphosa.	☺	😐	☹
Ngiyakwazi ukugeda.	☺	😐	☹
Ngiyakwazi ukuthwala umgodlana onamatjana ehloko.	☺	😐	☹







Ilanga: .....



Asithuthuke

Gadangisa iinyawo zakho ngephetheni le elandelako.



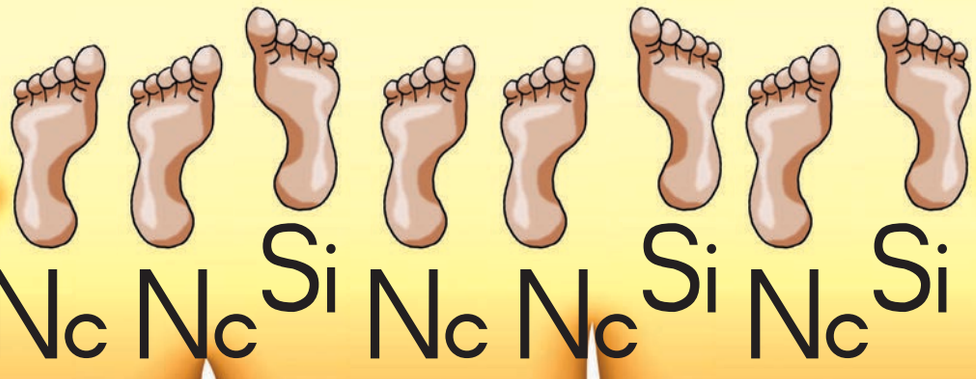
Nc = Ngesinceleni  Si = Ngesidleni 



Nc Si Nc Si Nc



Si Nc Si Si Nc Si Nc Si



Nc Nc Si Nc Nc Si Nc Si

Teacher:

Sign:

Date:

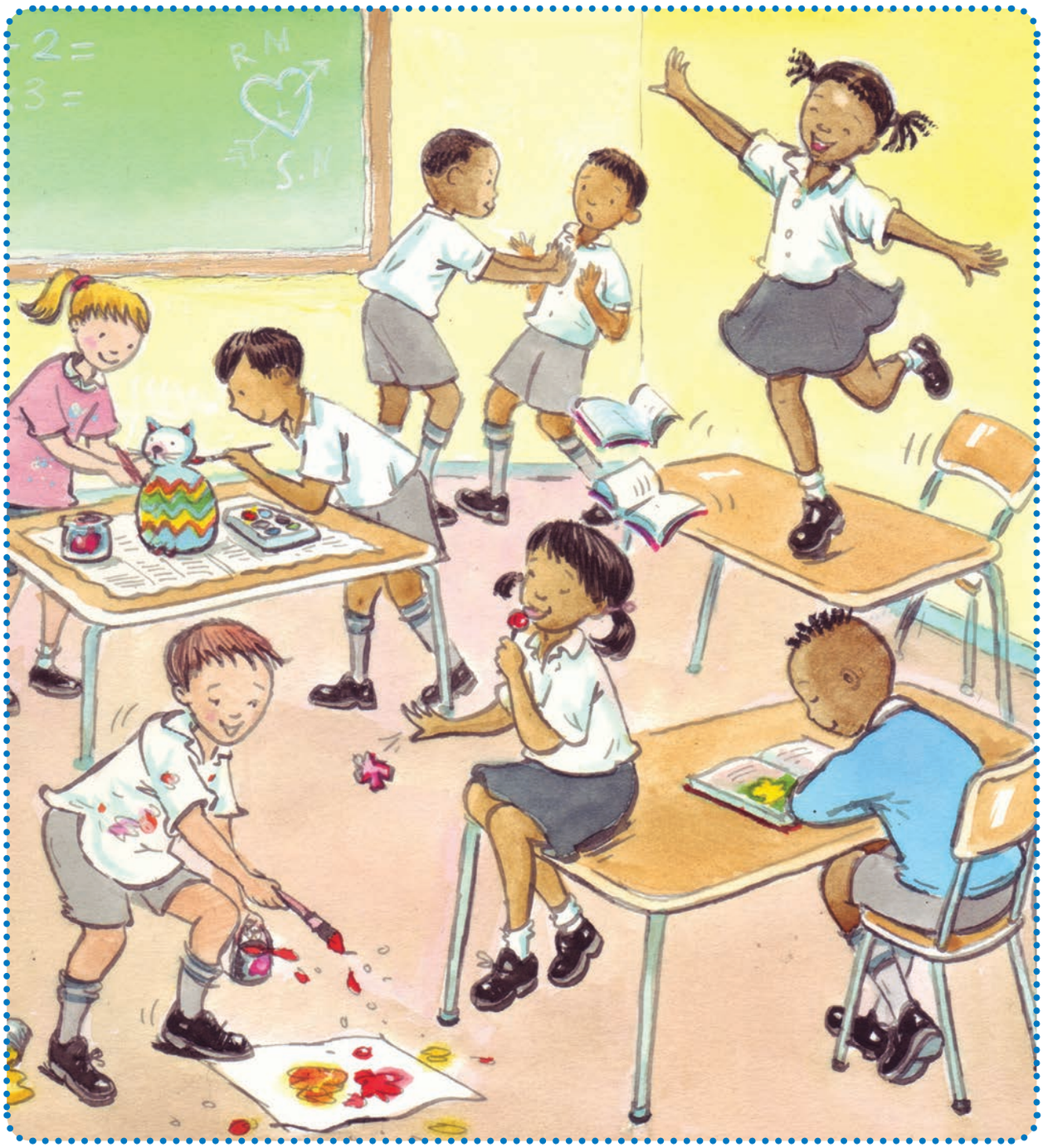
8

Itlasi lami

Asikhulume Qalisisa isithombe lesi bese ucoca ngalokho okubonako.

Ngetlasini leli izinto ezimbi nezihle ziyenzeka.

Ubona muphi umukghwa omuhle? Ubona muphi umukghwa omumbi?



Ilanga: .....

Asikhulume

Gwala ithiki

eduze kwayo yoke imikghwa elungileko bese utlole isiphambano

eduze kwayo yoke imikghwa emimbi engenzeka esikolweni.









Teacher:

Sign:

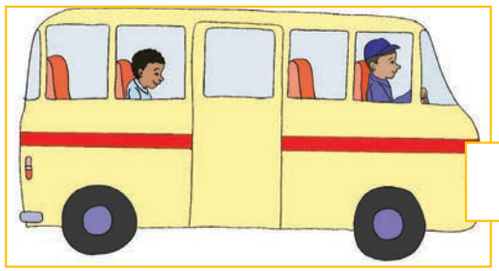
Date:

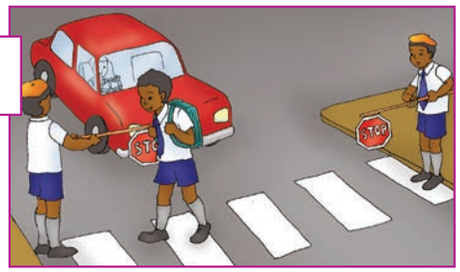
9

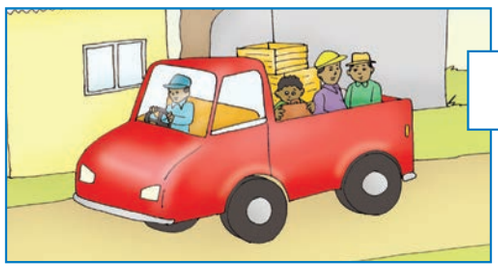
Indlela esikhamba ngayo nasiya esikolweni

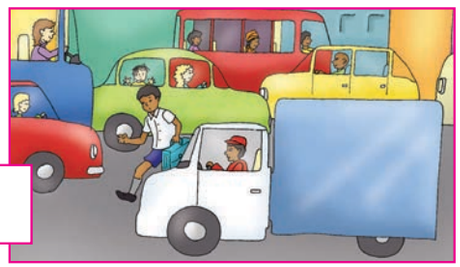
Asikhulume

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 ✘.





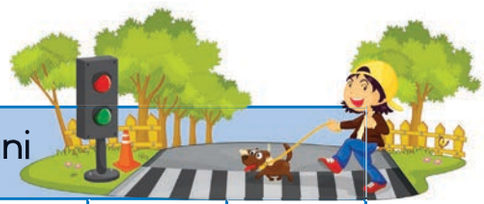




Ukhamba ngani nawuya esikolweni ekuseni? _____

Asenzeni lokhu

Kwanjesi buza abangani bakho babebahlanu kobana baya ngani esikolweni. Tshwaya iindlela abazisebenzisako ekhadini elingenzasi.



Amabizo wabangani	1	2	3	4	5
ngeenyawo					
ngebhesi					
ngekoloyi/ngeveni					

Asithuthuke

Ngingagijima umjikelezo wezig zeg.	Iye	Awa

Nangigijimako, ngingakghona ukutjhugulukela ngemahlangothini lapho utitjhere angilayela ngakhona.

Ilanga: .....

Asenzeni lokhu Gwala isithombe ukutjengisa kobana ukhamba njani nawuza esikolweni.

Asithuthuke Lalela umvumo utitjhere 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.



Teacher:

Sign:

Date:

10

Ngihlala ngihlwengekile

Asikhulume

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

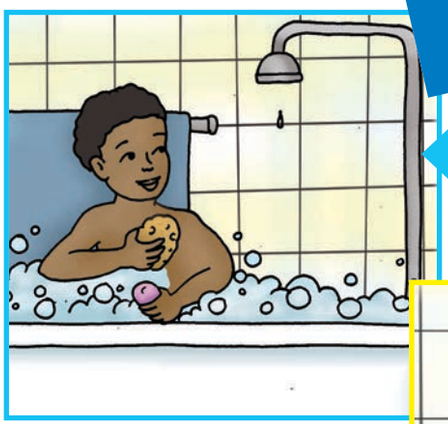


Ngitlubhe amazinyo.

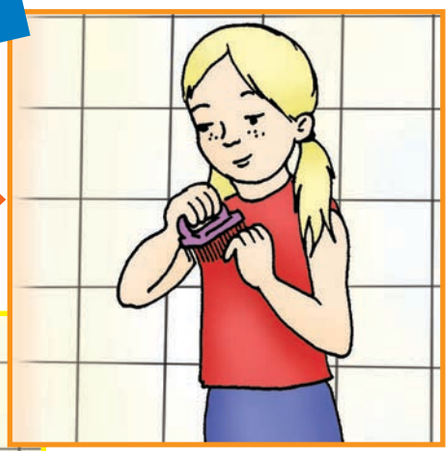


Ngihlambe izandla zami.

Kufanele ngi-



Ngihlambe umzimba wami njalonjalo.



Ngigcine iinzipho zami zihlanzekile.



Ngihlanze isithelo ngaphambi kokusidla.



Ngisebenzie ithitjhu lokha nangingendlwaneni yokuzithumela.



Sebenzise ithitjhu lokha nangifinyako nanyana ngithimula.

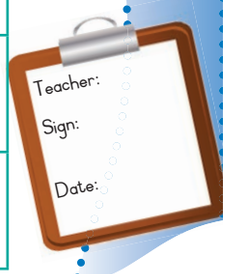
Ilanga: .....



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



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



11

Imikghwa elungileko



Asifunde

Imikghwa elungileko yokusebenzisa indlwana yokuzithumela.

Khumbula



Vala umnyango njalo nawungendlwaneni yokuzithumela.



Nangabe ungcolisile, yihlanze ungayitjhiyi ingcolile.



Ungasebenzisi ithitjhu enengi khulu.



Khumbula ukupula nanyana ukudosa ngemva kokusebenzisa indlwana yokuzithumela.



Hlamba izandla zakho njalo njalo ngemva kokusebenzisa indlwana yokuzithumela.

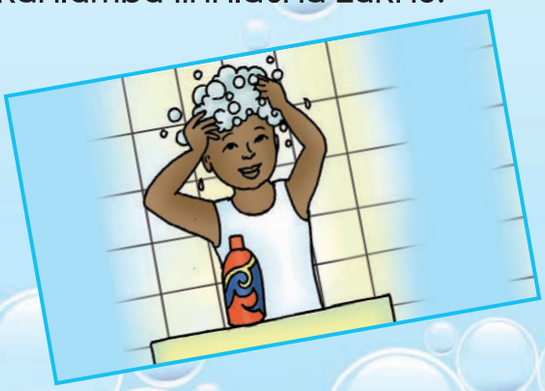
Ilanga: .....



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

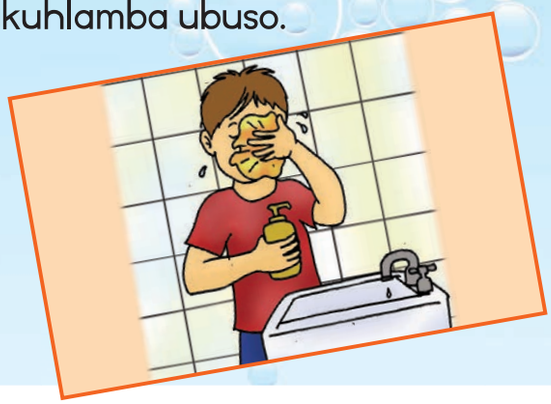
Ukuhlamba umzimba.



malanga woke | ekuseni nantambama

kabili ngeveke | kanye ngeveke

Ukuhlamba ubuso.



malanga woke | ekuseni nantambama

kabili ngeveke | kanye ngeveke

Teacher:

Sign:

Date:

12

Ngiyazihlwengisa

Asithuthuke

Dlalani nilingise "uSimon uthi" notitjhere wakho.
Funyana indawo yakho ephephileko ukuze ungatjhayisani nabanye.
USimon uthi "thinta ihloko yakho".

Asitjengiseni

Tjengisa umngani wakho kobana ukwenza njani lokhu...

Hlamba izandla zakho.





Sula izandla zakho.



Kama iinhluthu zakho.





Hlamba amazinyo wakho.



Hlamba ubuso bakho.



Ilanga: .....



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.



Teacher:

Sign:

Date:

13

Imikghwa emihle yepilo

Asifunde Khuyini esikutlhogako ukuze sihlale siphililе!

Ukudla okunepilo





Ukuzithabulula njalo njalo

Ukuhlala sihlwengile





Ukubasendaweni ebetha ummoya

Ukulala okwaneleko ingasikho ukubukela khulu umabonwakude!



Ilanga: .....

Asitlole

✔ Khetha okukhambisana nemikghwa emihle yepilo ehle bese ukhetha okukhambisana nemikghwa emimbi yepilo embi. ✘



Teacher:

Sign:

Date:

14

Ukuhlwengisa nokubutha



Asenzeni lokhu

Khombisa kobana uzisebenzisa njani izinto ezilandelako.



isitlubho samazinyo



ibhratjhi yamazinyo

isibha





itjhampu



isizeso sezandla



ibhratjhi



ikama



ibhratjhi yamazipho



itlibhara yamazipho

Ilanga: .....

Asithuthuke

Bambanani ngezandla nenze isiyingi esikhulu.

Kwanjesi dluliselanani ibholo esiyingini enikiso.

Ngezelelani ngenye ibholo nayo niyidluliselelane.

Ngezelelani 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:

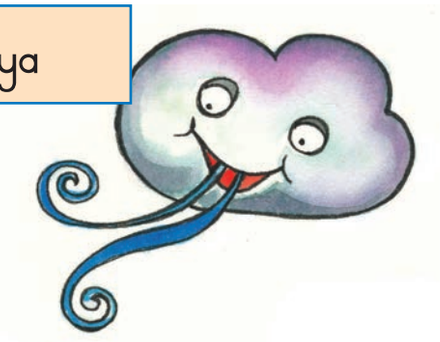
Date:

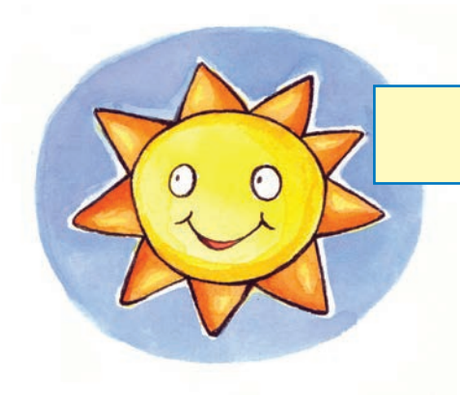
Ubujamo bezulu engibuthandako

Asikhulume

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

kunommoya



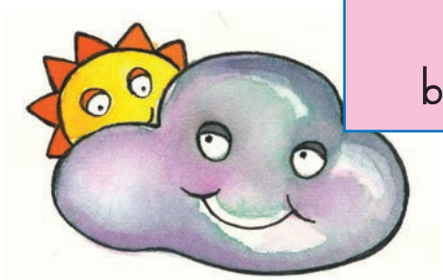


kunelanga

liyana



kunamafu bekumakhaza



Kezinye iindawo zephasi lekhethu ngezinye iinkhathi kubamakhaza belikhithike. Kesinye isikhathi kubanommoya, ummoya onamandla, lokhu kubizwa ngokuthiwa yi-harikheyini.



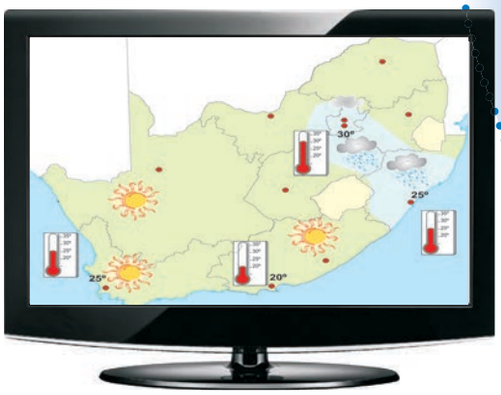
Asenzeni lokhu

Gwala isithombe sakho unethwa lizulu nanyana lokha nalikhithikako.
Gwala isithombe sakho phezu kwephepha elikhulu, usebenzise amakhrayoni wewax.
Hlanganisa umbala ohlaza kwesibhakabhaka wokupenda ukudla bese upenda phezu kwekhasi loke.
Thintithela ipende emhlophe phezu kwesithombe.

Ilanga: .....



Asifunde



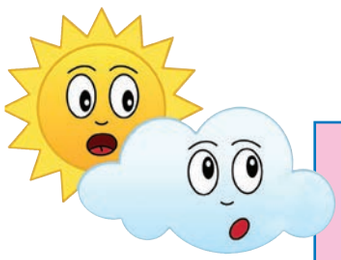
Sisebenzisa itjhadi yokutjengisa ubujamo bezulu kobana bunjani. Sisebenzisa amatshwayo ukuyelelisa kobana ubujamo bezulu obuhlukahlukeneko bujani. Amatshwayo esiwasebenzisa ngilawa alandelako.

liyana



liyatjhisa





lithe phara-phara ngamafu

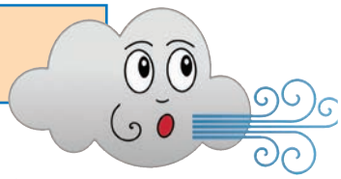


linamafu

liyakhithika



kunomoya





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

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

NgoMvulo	NgeLesibili	NgeLesithathu	NgeLesine	NgeLesihlanu



Asitlole Ubujamo bezulu bebunjani iveke le? Qedelela ngamagama atlhayelako.

Namhlanje ku _____.

Izolo beku _____.

Nginethemba lokobana kusasa kuzabe _____

_____.

Teacher:

Sign:

Date:

Ubujamo bezulu

Asenzeni lokhu Lingisa ubujamo bezulu obuhlukahlukeneko.



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



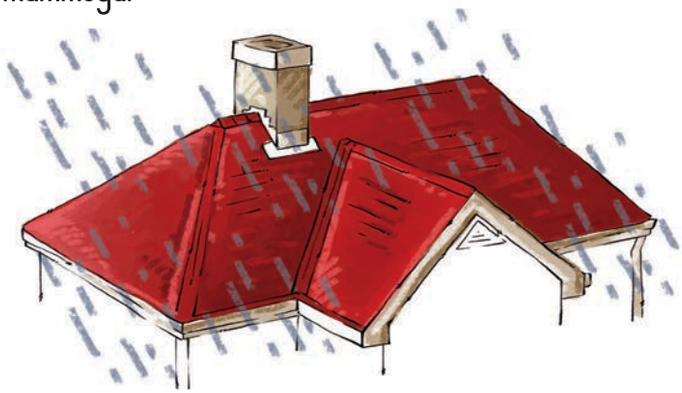
Unesambreli ukuze uzivikele elangeni.



Sikinyeka njengomuthi lokha nawuphephulwa mummoya.



Bamba isambrela sakho ngamandla ukuze singaphephulwa mumoya onamandla.



Lingisa amathosi wezulu lokha nakathontela phezulu kwamasenge.

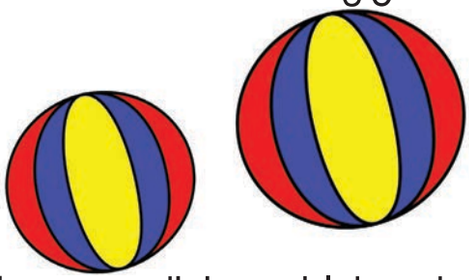


Ilanga: .....

Asithuthuke

Bambanani ngezandla ukuze nenze isiyingi esikhulu.

Phoselanani ibholo beniyigende.





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

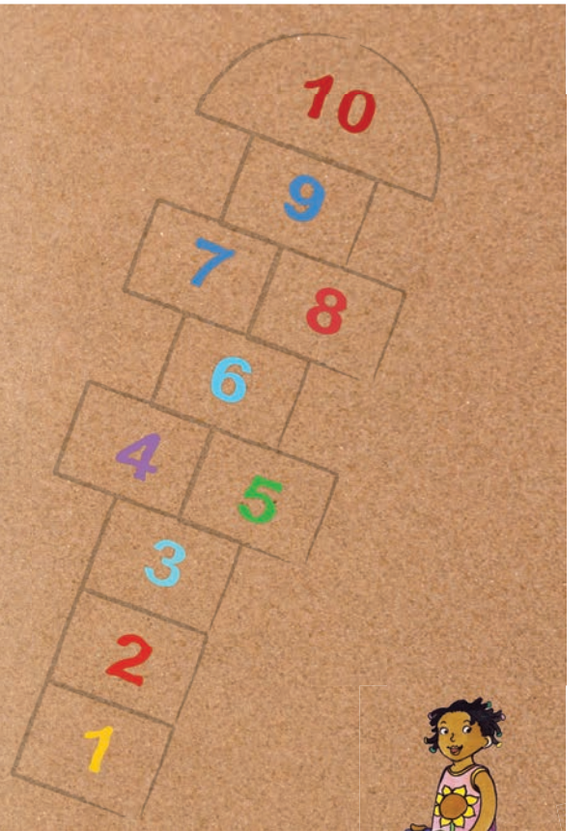
Ukuzithabisa

Dlalani umdlalo wehopskotjhi.

Gwalani amabhlogo neendulungu phasi esandeni.







Asithuthuke

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



Teacher:
Sign:
Date:

17

Umndeni wakwethu

Asikhulume Uthi bewusazi kobana imindeni eminengi ayifani?

Eminye imindeni mikhulu eminye mincani.

Eminye imindeni inabo abomma nabobaba eminye ayinabo.

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

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

umma	ubaba	udade
umkhulu	umfowethu	umntwana
ugogo	umndeni	







Ilanga: .....

Asitlole Ngubani ohlala nani kwenu?



Nihlala nobani emndenini wakwenu?

_____.

Emndenini wekhethu kunabantu _____.

Ngubani ongomncani emndenini wekhenu? _____

Ngubani omdala kwenu? _____

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



Ngisiza ngani ekhaya.

_____.

Teacher:

Sign:

Date:

18

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

Ilanga: .....

Sitlhogomela abanye



Asifunde

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

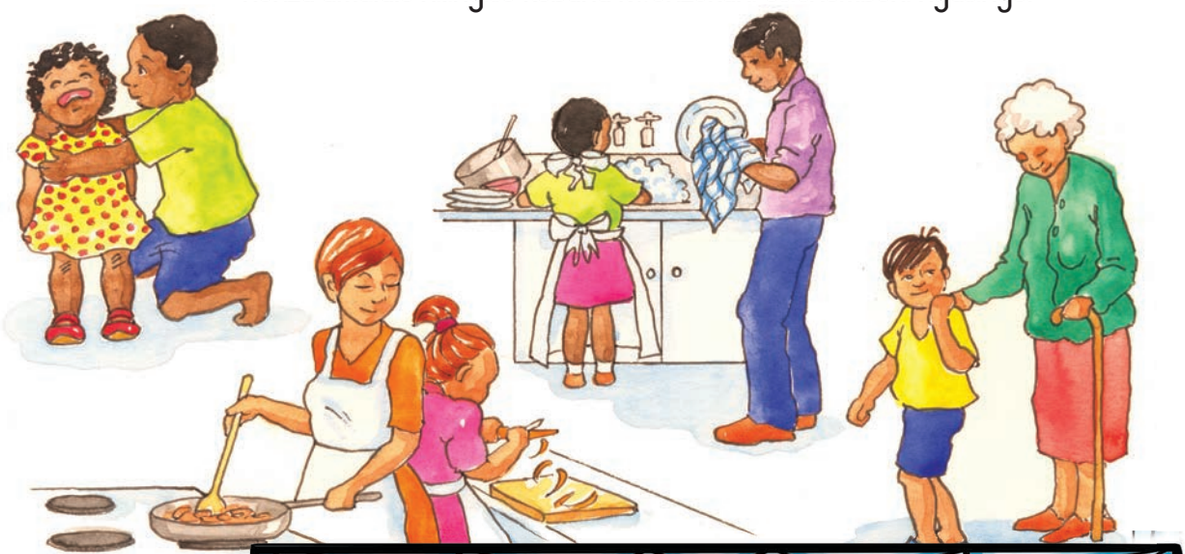
- sisize omunye nakatlhoga isizo.
- sibenomoya ophasi besithobelane khulu ebantwini abadala.
- senze imisebenzi yethu ngesikhathi.
- sithembeke.





Asikhulume

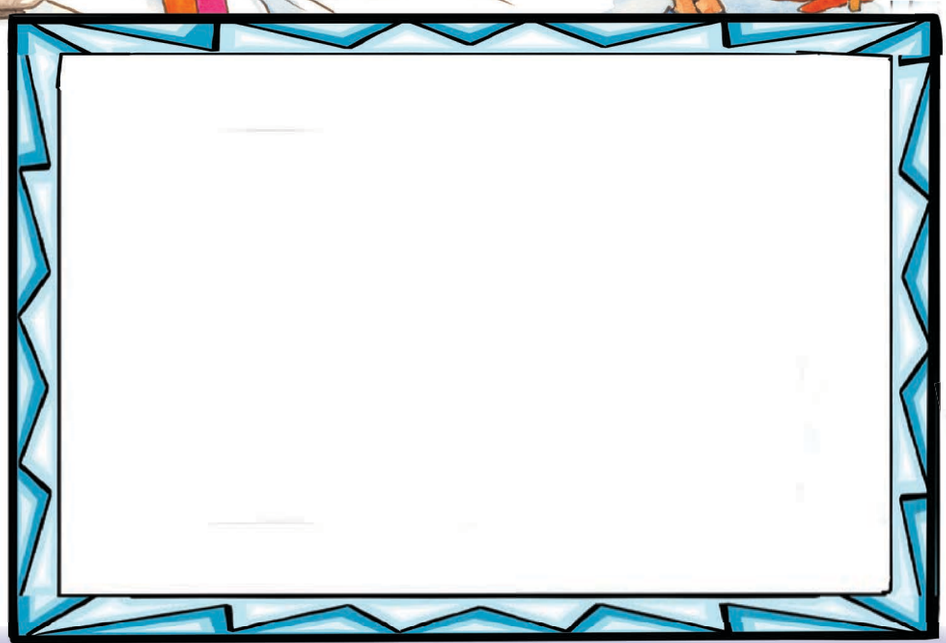
Qala iinthombe ezilandelako bese uyatjho kobana abentwana laba batjengisa njani ithando netjhejo abanalo emindenini yabo. Bese nenza umdlalo nilingise kobana kwenzekani esithombeni ngasinye.





Asenzeni lokhu

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



Teacher:

Sign:

Date:

20

Tjengisa itjhejo onalo

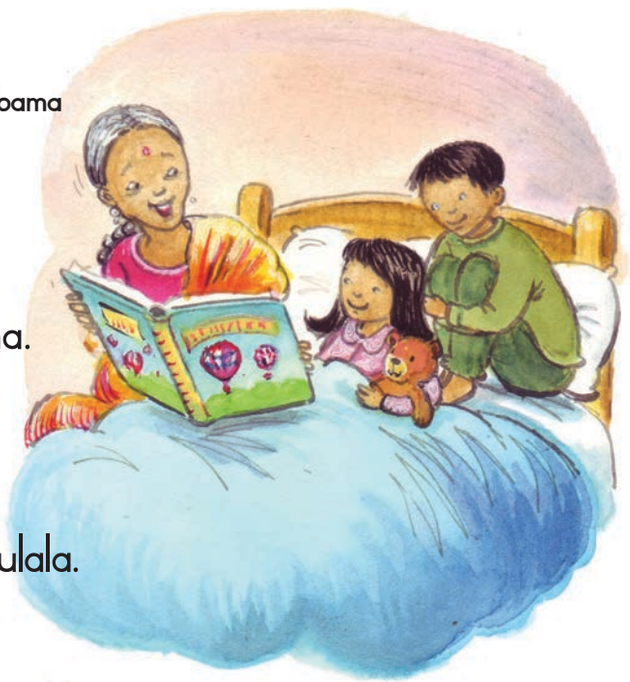
Asikhulume

Coca ngokuthi amalunga la womndeni asiza njani emindenini.
Nikela iinthombe ezilandelako iinomboro kusukela kweyo-1 ukufika kweye-4 ukutjengisa indlela ezilandelana ngayo.



Asifunde

Imisebenzi yethu yangantambama



Umma upheka ukudla.

Ubaba uhlanza iimpoto.

Mina nomnakwethu sisiza ubaba nomma.

Siyalekelela.

Sibutha sibeke ibisi noburotho.

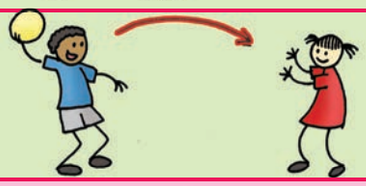
Ngemva kwalokho bese silungela ukuyokulala.

Sibawa usicocele inolwana yebusuku!

Ilanga: .....

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 ukweqisa 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

Teacher:
Sign:
Date:

21

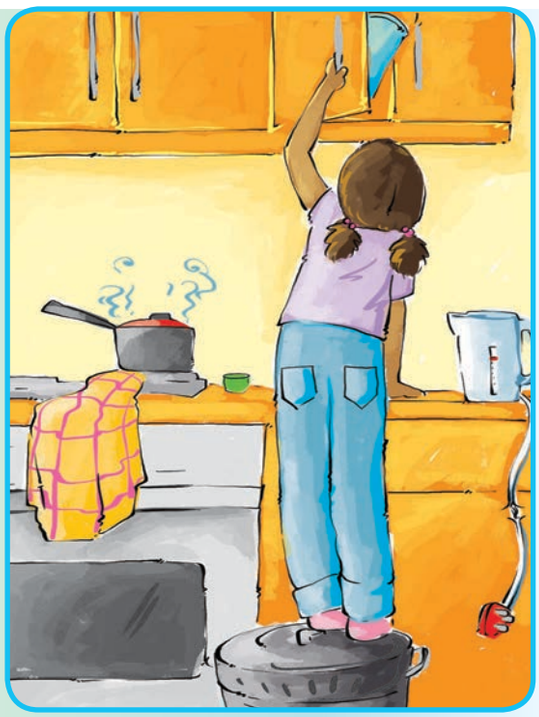
Ukuphepha ngaphakathi nangaphandle ekhaya (1)

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.

Ilanga: .....



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 ngemgqonyini 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.



22

Ukuphepha ngaphakathi nangaphandle ekhaya (2)

Asikhulume

Qalani iinthombe bese niyatjho kobana ngiziphi iinthombe ezitjengisa iindlela ephephileko nalezo ezitjengisa iindlela engakaphephi. Tshwaya ✔ lezo ezinokuphepha bese kuthi lezo ezinganakho ukuphepha ubeke isiphambano ✘.













Ilanga: .....



Ingabe zikhona izinto ezingaphephi ekhaya lakho? Khuyini ongakwenza ngalokhu? Iphoyizeni, iinhlahla kunye namakhemikhali wokuhlwengisa 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?



Utitjhere 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 nidwebe 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

Asikhulume

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.



Ilanga: .....

- Qinisekisa kobana uyazazi 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 ongamdosela lokha nawutlhoga isizo?

Teacher:

Sign:

Date:

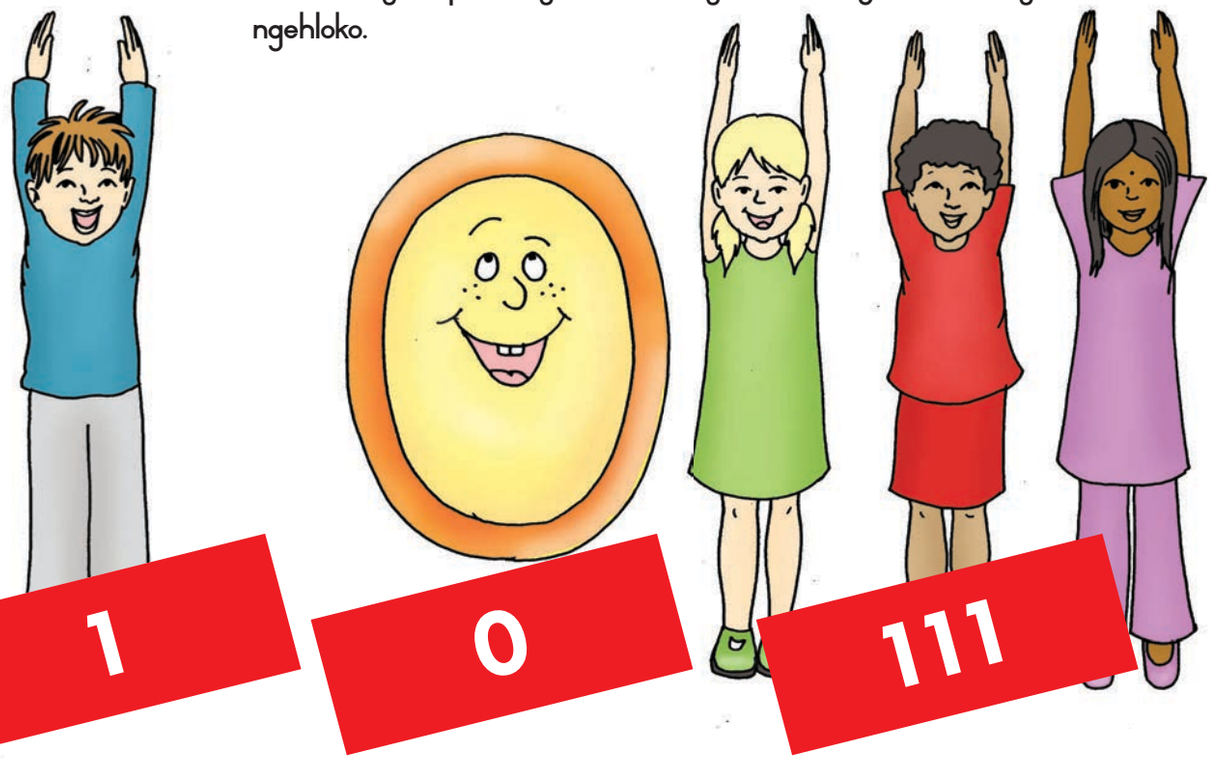
24

Into ongayikhumbula



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.





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?



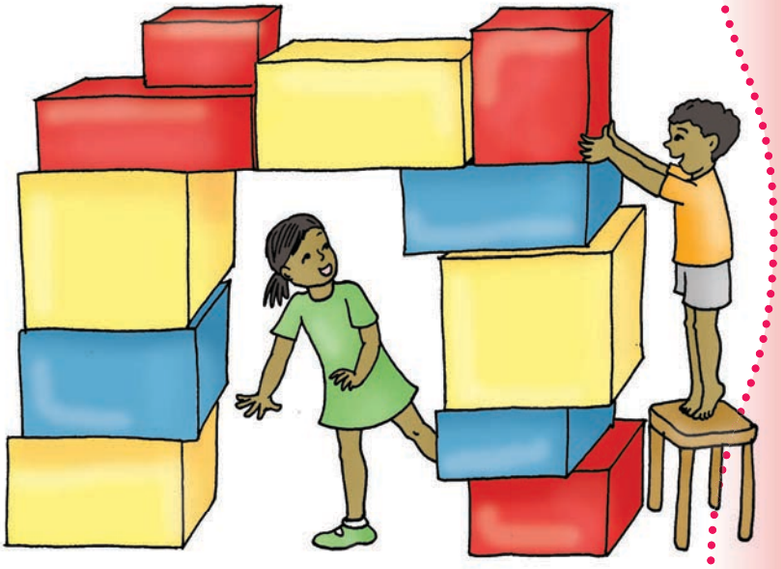
Bewungenzani lokha nawuzibona ujame phezu kwerhalasi elephukileko?

Ilanga: .....



Asenzeni lokhu

Akhe ubone kobana ungakghona ukuzakhela indlu engeyakho.



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



Asithuthuke

Phosela ibholo phezulu bese ulinga ukuyibamba ngesandla sakho ongakavamisi ukusisebenzisa.



Siza utitjhere wakho ukutjhidisa iinhlalo, amatafula namabhoksi.

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

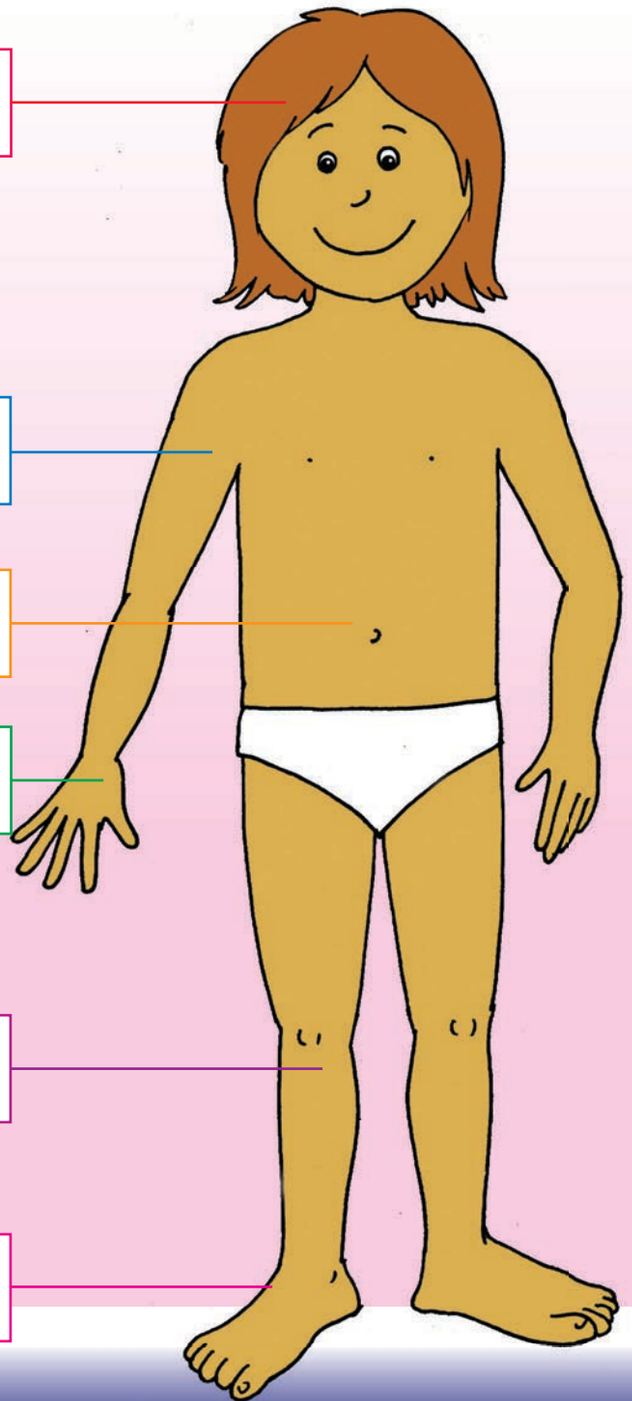
Linga ukudzimelela ngenyawo elilodwa phezulu kwesitulo.



Umzimba wami

Asitlole Tlola amagama anembako eenkhaleni.

inyawo	isandla	ihloko
amathumbu	inyawo	umkhono



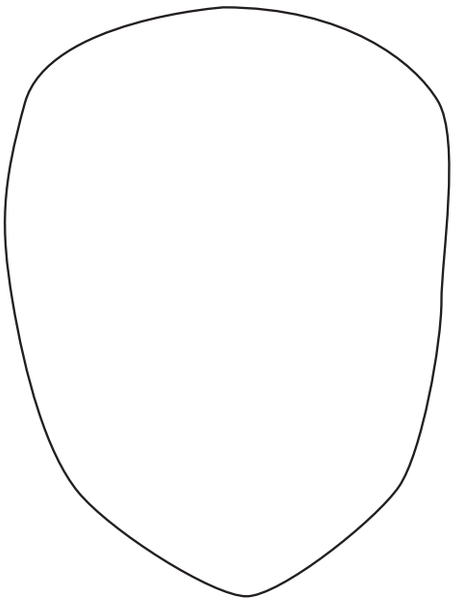
Ilanga: .....

Asigwaleni

Qedelela 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-1. 

Soke sinomlomo owo-1. 

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



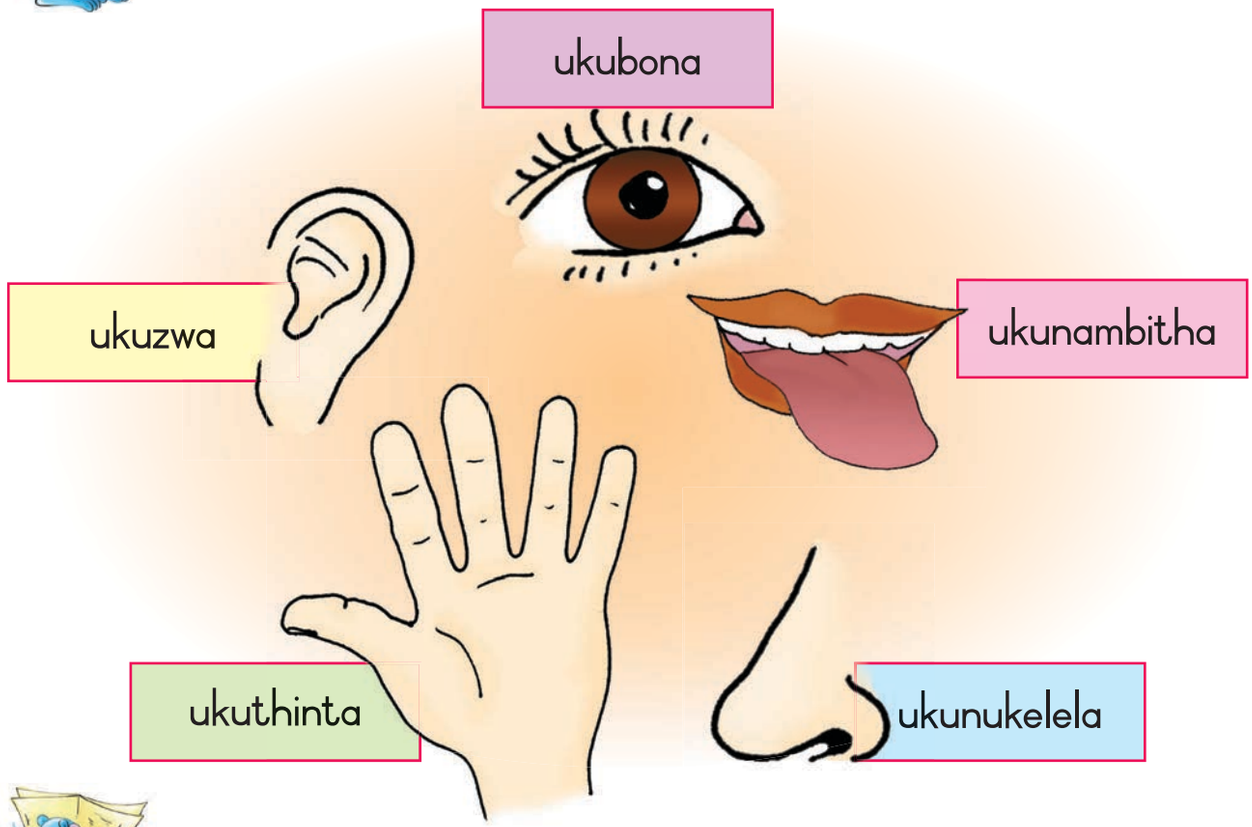
Asithuthuke

Dlala umdlalo othi 'USimoni uthi'....

Imizwa yami

Asikhulume

Qala imizwa eyahlukahlukeneko bese uyatjho kobana siyisebenzisa nini.



Asifunde

Sisebenzisa imizwa yethu malanga woke.

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

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

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



Ilanga: .....

Asenzeni lokhu

Ukutlhogomela amehlo neendlebe zethu.

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



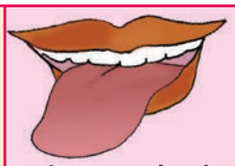
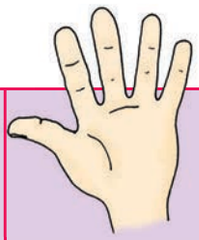
Tlhogomela iindlebe zakho ngokungalaleli umvumo odumela phezulu.

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



Asitlole

Qala itheyibula engenzasi, kenye nenye itheyibula tshwaya ✔ imizwa esingayisebenzisa. Ungatshwaya owodwa nangaphezulu.

	 ukunukelela	 ukunambitha	 ukubona	 ukuzwa	 ukuthinta
					
					
					
					
					



27 Ukuthabulula umzimba wami

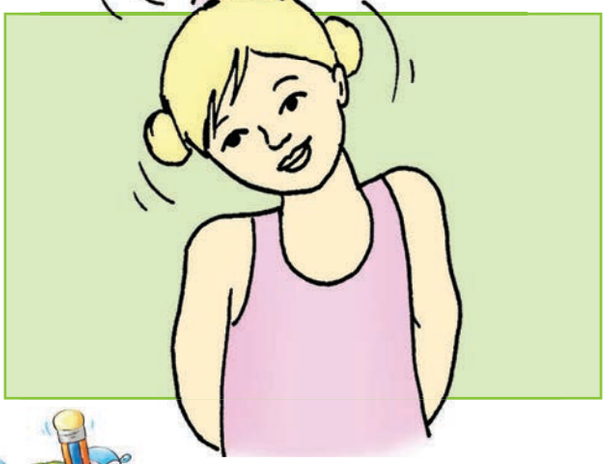
Asikhulume

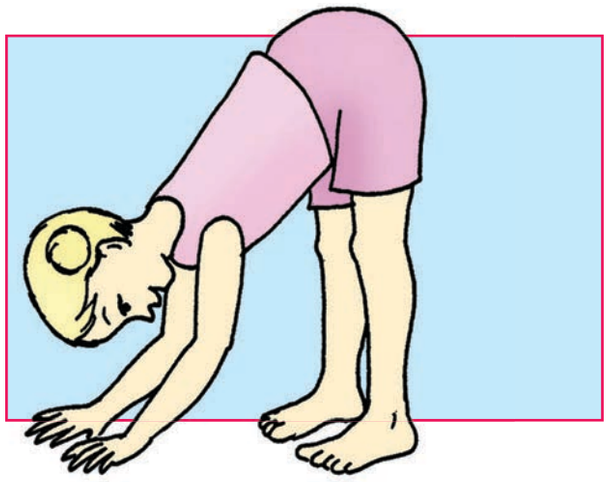
Qala iinthombe. Kesinye nesinye isithombe yitjho isitho somzimba nokobana singakusiza njani.

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'.

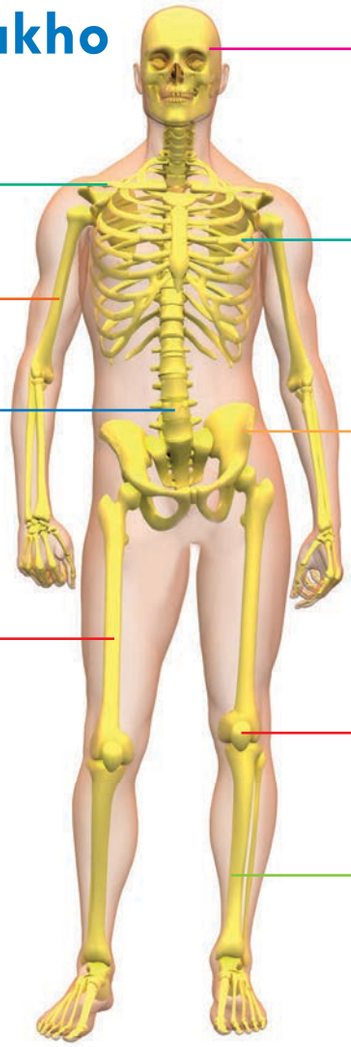


Ilanga: .....



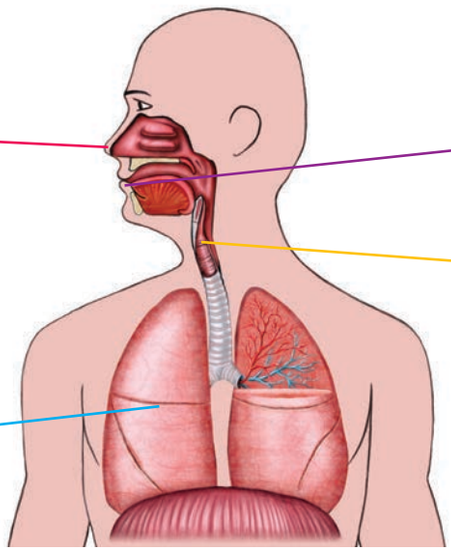
Zikhona izitho zomzimba ongakwazi ukuzibona.
Zizoke ziyasebenzisana ukukubulunga uphilile.

Amathambo wakho



- ithambo lehloko
- ithambo lentamo
- iimbambo
- ithambo lomkhono
- amathambo womgogodlho
- ithambo lenyonga
- ithambo lenyonga
- idolo
- ithambo lomlenze

Izitho zomzimba ezikusiza kobana ukwazi ukuphefumula



- ipumulo
- umlomo
- umphimbo
- iphaphu

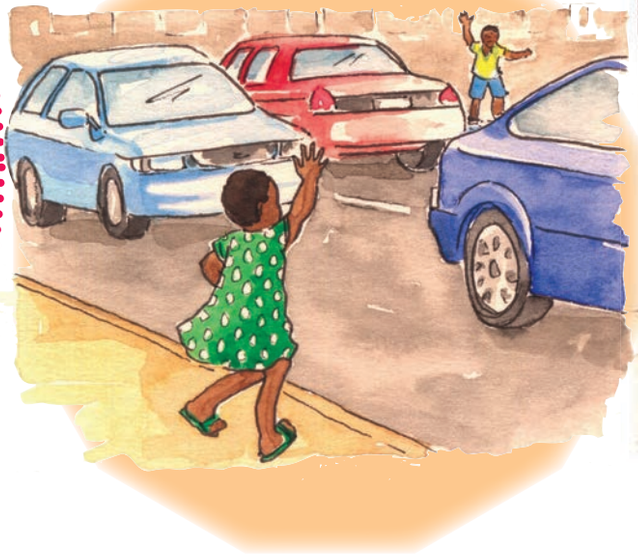


28

Ukucabanga ngokuphepha

Asifunde

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



Ubona umngani wakho ngale kwendlela.



Ulinde esitopeni sebhesi, uwedwa.



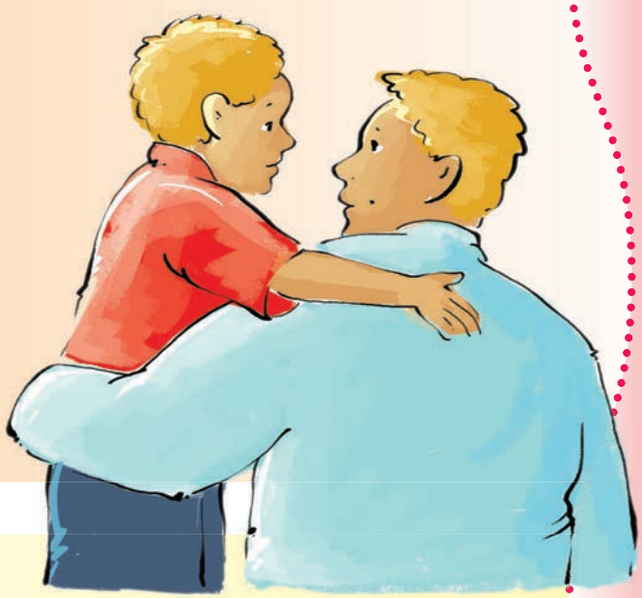
Umuntu ongamaziko ubawa bonyana ukhambe naye.



Ulahlekile esithabathabeni zeentolo

Ilanga: .....

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





Yewize lapha mntazanyana. Ngizokupha amaswidi kodwana ungatjeli 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:

29

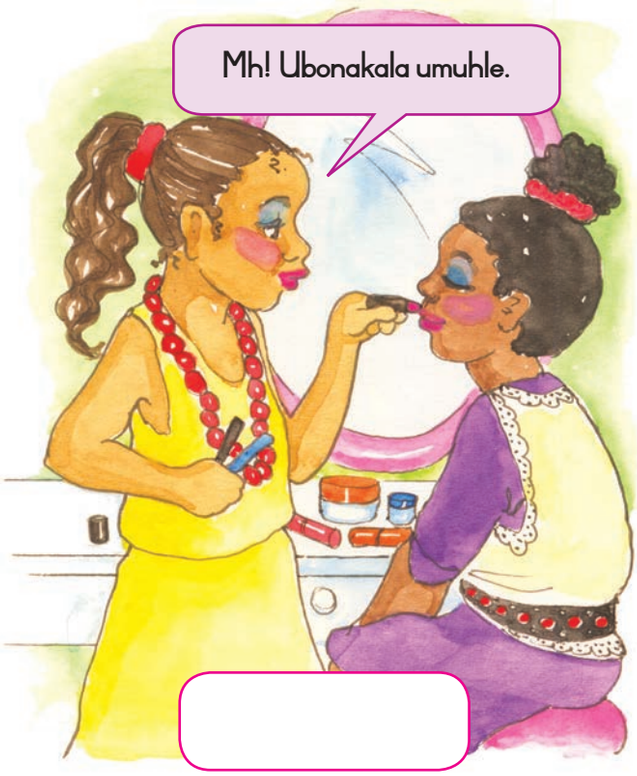
Ukuhlala uphephile

Asitlole

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









Ilanga: .....

Asenzeni lokhu Zijayeze 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 bewungazizwa 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.





30

Ukugcina umzimba wami uphilile



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?









Ilanga: .....

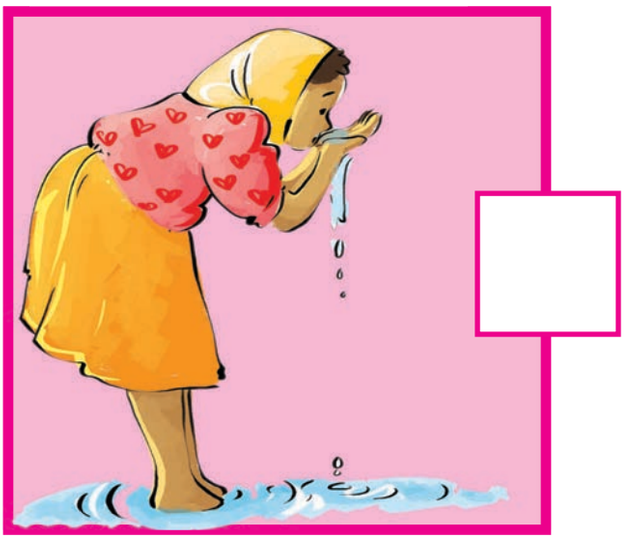
Asikhulume

Coca ngeenthombe ezilandelako. Yenza thika ✔ utjengise indlela yokuhlala uphilile. Beka isiphambano ✘ eenthombeni lezo ezingakwenza ugule.













Teacher:

Sign:

Date:

31

Ukugcina umzimba wami uphilile



Khuyini okwenziwa 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. Utitjhere 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.

Ilanga: .....



Asikhulume

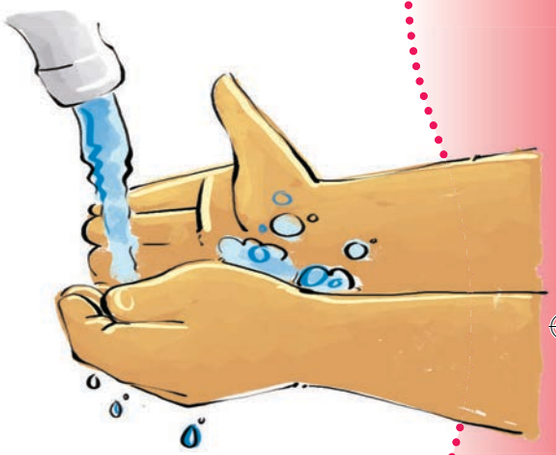
Qala iinthombe lezi bese ucoca ngalokho abentwana abakwenzako ukuze bahlale baphile kuhle.

Lahlela ithitjhu esetjenzisweko ngemgqonyini wezibi.

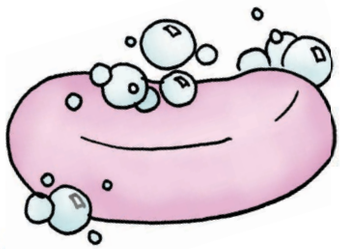




Hlamba izandla zakho ngaphambi kokudla.







Hlamba izandla zakho ngemva kokusebenzisa indlu yokuzithumela.



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



Vala umlomo wakho lokha nawukhohlelako nanyana uthimula.



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.		

Ilanga: .....

Isihlathululi-magama sami

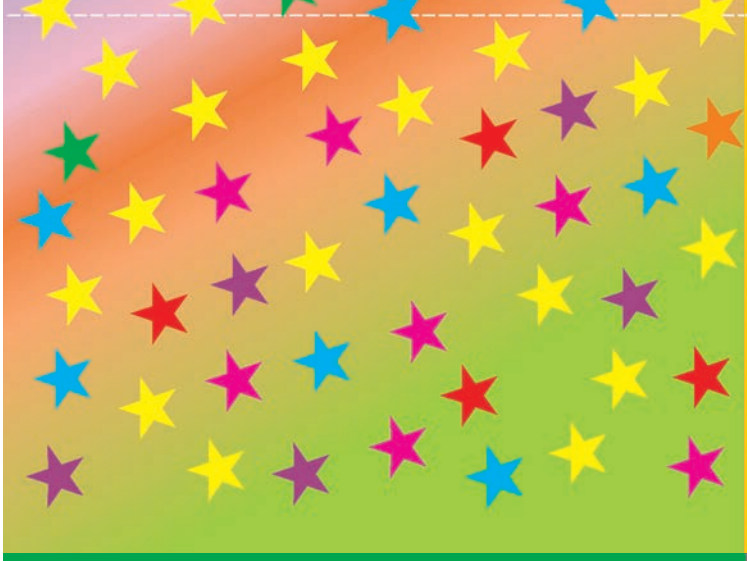


Isihlathululi-magama sami






Get well soon





















Masks

Cut out on the outside black line. Tie a string into the holes to make a face mask.

