E tlhlabolotswe e bile e tsamaelana le diCAPS

Sehlopha sa 1





Bokgoni ho tsa Bophelo ka SESOTHO

Buka ya 1
Kotara ya 1&2





ISBN 978-1-4315-0236-3

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- *Mmetse Sehlopa 1 – 3 (Ka dipuo tsohle tsa semmuso)*
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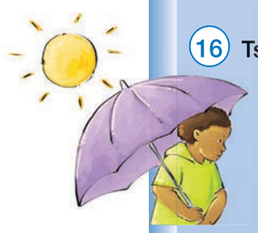
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Mofumahadi Angie Motshekga, letona la Lafapha la Thuto ya Motheo



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

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

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

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

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

Re le lakalletsa katleho ho sebediseng dibuka tsena tsa tshebetso.

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Sehlopa sa 1



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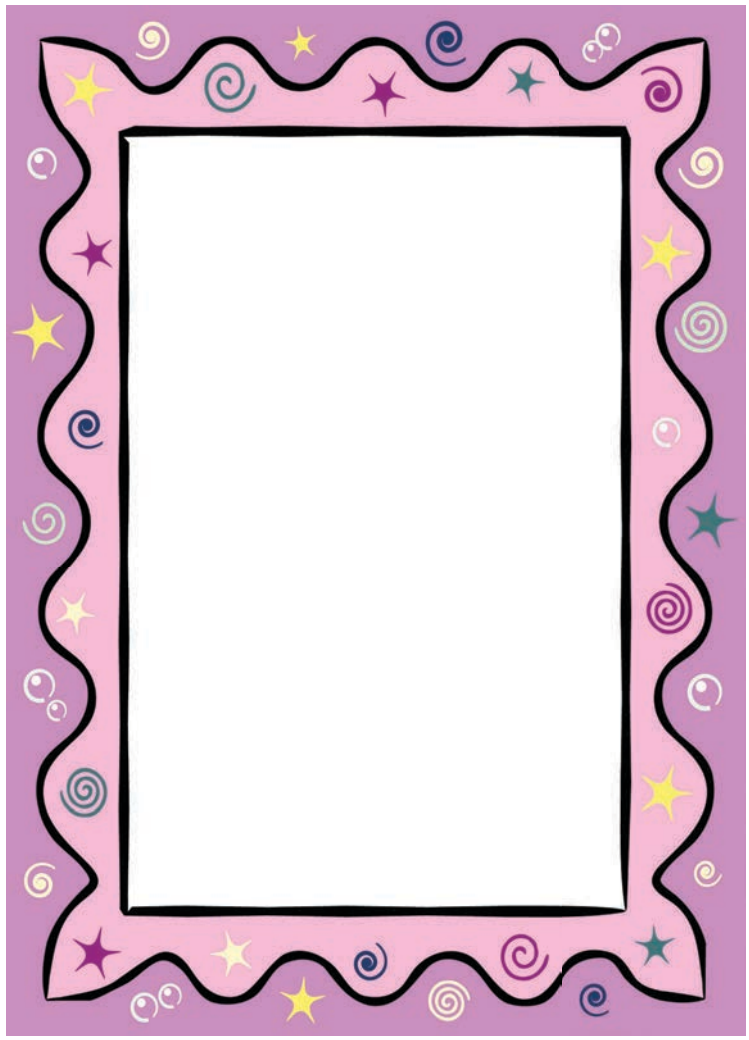


Buka ena ke ya:

Ditaba ka nna



Kgomaretsa senepe sa hao kapa o etse setshwantsho sa senepe seo.





Lebitso la ka ke _____.

Fane ya ka ke _____.

Ke dilemo di _____.

Lapeng leso re _____ ka palo.

Nomoro ya mohala wa heso ke: _____

Aterese ya heso ke:

_____

_____

_____



Ke tseba letsatsi la ka la tswalo.

ee	ha ke na bonnete	tjhe

Letsatsi: .....

Ha re etseng ditshwantsho

Tshepo o tseba ho bapala bolo.	Etsa setshwantsho sa ntho eo o e etsang hantle.
	

Bolella motswalle wa hao ka seo o ka se etsang hantle. Jwale kgabisa naledi ka lebokoseng le nepahetseng ho bontsha hore o ka etsang.

Ha re bueng

 Ke tseba ho bala.	 Ke tseba ho ikapesa.	 Nka ngola lebitso la ka.
 Ke tseba ho qoqopela.	 Ke tseba ho etsa tee.	 Nka hlatswa meno a ka.

Teacher:

Sign:

Date:

2 Mebala le meqoqopelo

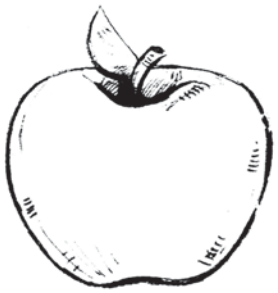
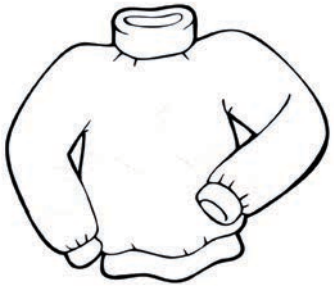
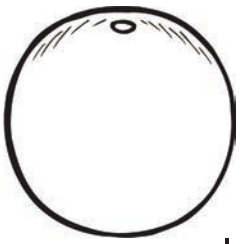
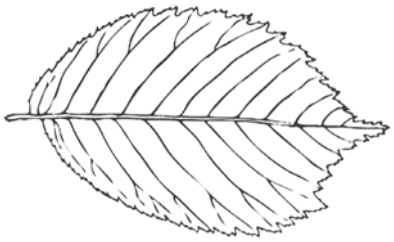


Ha re etseng

Na o tseba mebala ena? Bolella motswalle wa hao mabitso a mebala ena.



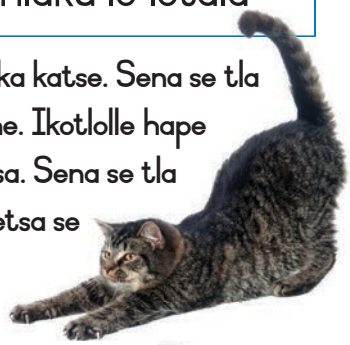
Kgabisa setshwantsho se seng le se seng ka mmala o nepahetseng.

 Panana e tshehla	 Apole e kgubedu	 Jeresi e bolou
 Sekgele se mebalabala	 Lamunu e mmala wa lamunu	 Lehlaku le letala



Ha re ithapolleng

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



Bina " Hloho le mahetla" ha o ntse o:

- etsa e ka o bapala meropa.
- etsa e ka o bapala katara.

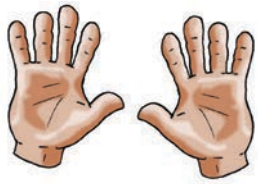




Letsatsi:.....



Tlotlontswe Opa diatla dipateroneng tse latelang.





Opa Opa Opa Opa

Opa Opa Opa

Opa Opa Opa Opa

Opa Opa Opa Opa Opa



Ha re etseng Na o ka etsa dintho tsena? Bontsha metswalle ya hao.

Nka matha ka nqa tse fapaneng ke sa thule motho.			
Nka tlola kgati.			
Nka thetela motswalle wa ka bolo e kgolo.			

Teacher:

Sign:

Date:

3 Re kgethehile kaofela



Sheba setshwantsho o bolelle motswalle wa hao phapang pakeng tsa bana bana.







Kgolo le nyenyane

Ba bang ba baholo, ba bang ba rona ba banyenyane.

Ba bang ba rona ba balelele, ba bang ba bakgutshwanyane.

Ba bang ba rona ba ka tlola, ba bang ba ka bina.

Bohle re na le bokgoni ba ho etsa dintho tse ntle.

Ke eng seo o ka se etsang hantle?





Bolella motswalle wa hao hore o ikutlwile jwang tsatsing la hao la pele sekolong.

thabile	lla	thabile haholo	halefile	dihlong
				



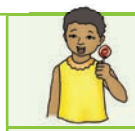
Taka setshwantsho ho bontsha hore o ka ikutlwa jwang ha e mong a ka o neha sebapadiswa se setjha. Ngola maikutlo ao sekgeong se ka tlaase ho setshwantsho.

Letsatsi:.....

Ha re bueng

Bolella motswalle wa hao hore ho etsahalang setshwantshong se seng le se seng. Bolela hore o ka ikutlwa jwang ha dintho tsena di etsahala ho wena. Taka sefahleho se nepahetseng.



Moshanyana e moholo o nka dintho tsa hao.	 thabile	 thabile haholo	 lla

Wena le motswalle wa hao le bapala mmoho.	 halefile	 thabile	 tshohile





O bula mpho.	 O emisa e mong	 thabile haholo	 dihlong

Abuti wa hao kapa ausi wa hao o tjhwatla ntho ya hao ya ho bapala eo o e ratang haholo.	 dihlong	 thabile	 halefile



Ha re etseng

Etsa Kgatiso ya monwana lebokoseng la pele, kopa motswalle wa hao hore a etse kgatiso ya monwana lebokoseng le latelang.

Na o a tseba hore ha ho motho lefatsheng ya nang le kgatiso ya monwana e tshwanang le ya hao? O kgethehile hoo e leng wena fela lefatsheng, le mawelana le ona ha a na kgatiso ya menwana e tshwanang.

Na o a bona hore dikgatiso tsa menwana di fapane?

Teacher:
Sign:
Date:

4

Bohle re fapane

Ha re bueng

Sheba bana bana.
Ba tshwana jwang?
Ba fapane jwang?



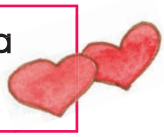


Ha re etseng

Sheba ditshwantsho mme o bolele hore dipolelo tsena ke nnete kapa tjhe.
Tlotsa dipolelwana tse nepahetseng ka mmala o motala.
Tlotsa polelwana tse seng nnete ka mmala o mokgubedu.



Kaofela ha bona ba na le matsoho a mabedi le maoto a mabedi.



Ke banana kaofela.

Ba rwetse dieta kaofela.



Ba apere marikgwe kaofela.

Ke bana kaofela.



Ba na le moriri o molelele kaofela.

Letsatsi:.....



Ha re etseng ditshwantsho

Etsa setshwantsho sa hao sebakeng sa pele, ebe o etsa setshwantsho sa motswalle wa hao wa hloho ya kgomo. Ha o qeta ho etsa jwalo sheba ditshwantsho o bolele hore o fapane jwang le motswalle wa hao.



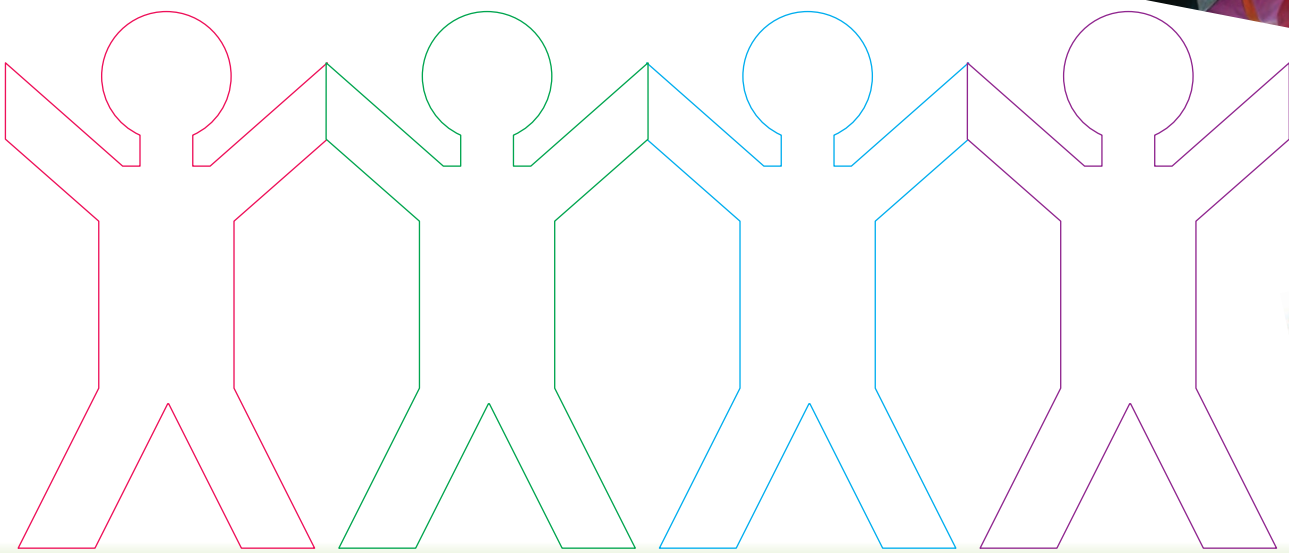
Nna	Motswalle wa ka



Ha re ithapolleng

Khalara ketane ena ya setswalle ho bontsha hore bohle ba fapane. Ha o qetile sena seha ketane ena ya setswalle mme wa e kgabisa e karolong ya disehwa bukeng ena.







5

Bina pina

Ha re bueng

Pele o bina, ithapolle ka mokgwa o latelang.
Hemela ka hare le ka ntle butle. Etsa e ka o budula dikerese kukung ya hao ya tsatsi la tswalo. Etsa e ka o hatsetse, e be o re "Brrrrrrrrrrrrrrrrrr".

Ditshwenyane tse nyenyane tse hlano

Ditshwenyane tse tse hlano di tlola tlola hodima bethe
E le nngwe ya wa ya otlanya hlooho fatshe
Mme a bitsa ngaka, ngaka ya re
"Ha ho sa na ditshwenyane tse tla tlola tlola hodima bethe"

Ditshwenyane tse tse nne di tlola tlola hodima bethe
E le nngwe ya wa, ya otlanya hlooho fatshe
Mme a bitsa ngaka, ngaka ya re
"Ha ho sa na ditshwenyane tse tla tlola tlola hodima bethe"

Tshwenyane tse tse tharo di tlola tlola hodima bethe
E le nngwe ya wa ya otlanya hlooho fatshe
Mme a bitsa ngaka, ngaka ya re
"Ha ho sa na ditshwenyane tse tla tlola tlola hodima bethe"

Ditshwenyane tse tse pedi di tlola tlola hodima bethe
E le nngwe ya wa, ya otlanya hlooho fatshe
Mme a bitsa ngaka, ngaka ya re,
"Ha ho sa na ditshwenyane tse tla tlola tlola hodima bethe"

Tshwenyane e tlola tlola e le nngwe hodima bethe
Ya wa ya otlanya hlooho fatshe
Mme a bitsa ngaka, ngaka ya re,
"Ha ho sa na tshwenyane e tla tlola tlola hodima bethe"

Letsatsi:.....

Ha re etseng ditshwantsho

Taka sefahleho sa hao.
Bontsha mahlo a hao, ditsebe, nko, molomo le moriri.
Bolella metswalle ya hao hore o shebahala jwang.



Ha re ithapolleng

Etsang tselana e tshireletsang kantle ho tlelase ya lona jwaloka ena le thuswa ke titjhere ya lona.

Tlola ho tloha setulong sena ho ya ho se seng.

Kgasa ka tlasa tafole.



Teacher:
Sign:
Date:

6 Ke motlotlo ka sekolo sa heso



Ha re etseng

Etsa setshwantsho sa hao o apere diaparo tsa sekolo. Tlatsa dikgeo ka dikarabo.



Ke kena sekolo _____.

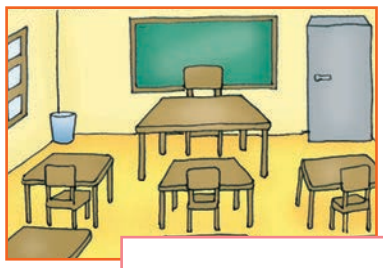
Lebitso la titjhere ya ka ke _____.

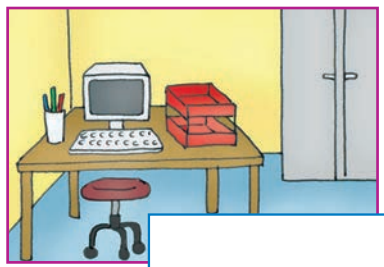
Mosuwehlooho wa sekolo ke _____.



Ha re ngoleng

Tadima ditshwantsho. Jwale seha lentswe le nepahetseng bakeng sa setshwantsho ka seng mme o se mamarisetse thoko ho setshwantsho.







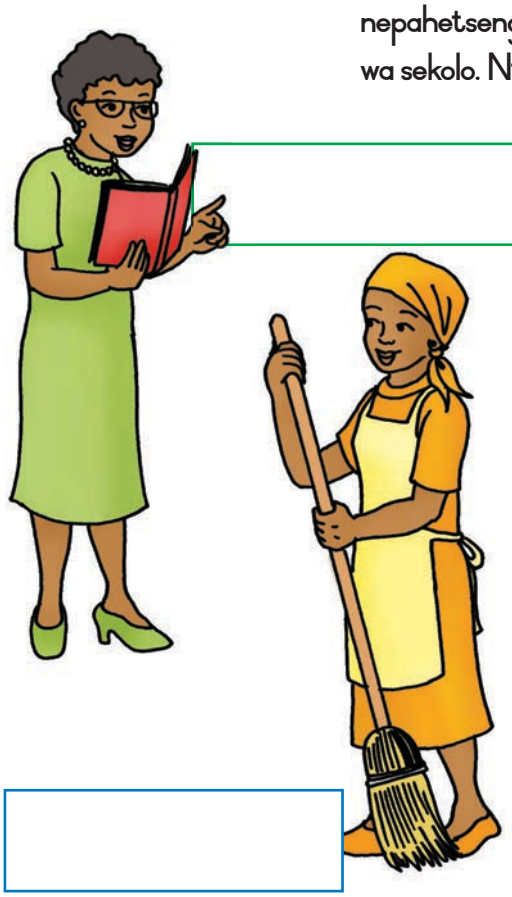


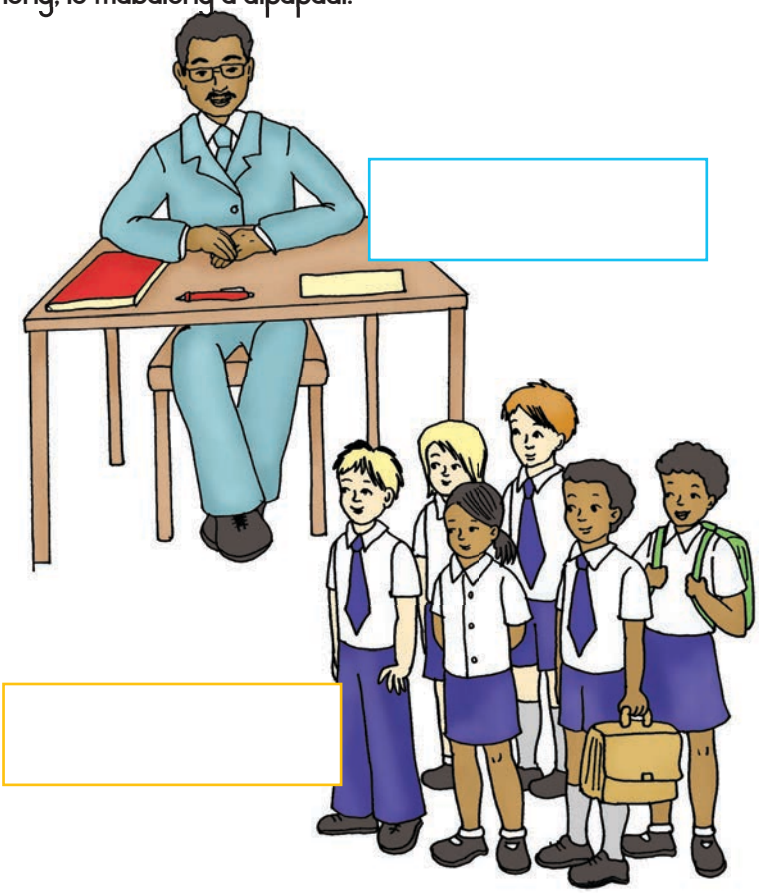


lebaleng la dipapadi | tlelaseng | phaposi ya mosebetsi | mothusi wa mosuwehlooho | phaposi ya ho apara

Ha re ngoleng

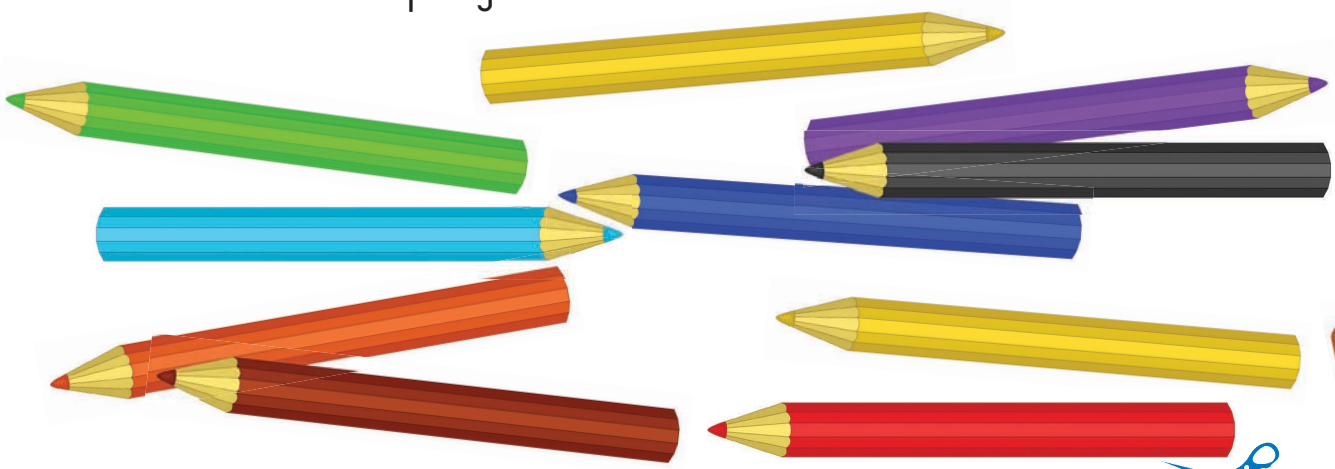
Ke batho bafe ba fapaneng sekolong? Tadima setshwantsho mme o bue ka hore ke bo mang mme ba etsang. Jwale seha lentswe le nepahetseng qetellong ya leqephe mme o se mamarisetse thoko ho setshwantsho se nepahetseng. Hlalosetsa motswalle wa ha oho fihla ofising ya mosuwe hlooho wa sekolo. Ntlwaneng, le mabaleng a dipapadi.





Tlotlontswe

Pensele ya Thabo e wetse fatshe. Bala hore na o na le dikerayone tsa dipensele tse kae, ebe o ngola nomoro lebokoseng. Jwale, pampiring e nngwe, taka setshwantsho o sebedisa mebala e kganyang, ho bontsha kamoo wena le motswalle wa hao le bapalang mmoho.



bana | motho ya hlwekisang | titjhere | mosuwehlooho

Teacher:
Sign:
Date:

7

Dibaka tse fapaneng

Ha re etseng

Bontsha motswalle wa hao hore o ho kae.

Ipata tlasa ntho e nngwe.



Ke ipatile tlasa tafole.



Ipata ka mora ntho e nngwe.



Ema hodima ntho e nngwe.



Ema pela ntho e nngwe.

Ha re ithapolleng

- Sebedisa bolo. E lahlele hodimo ebe o a e tshwara.
- Tsepamisa mokotlana wa dinawa hlohong ya hao o tsamaye butle.
- Jwale rwala mokotlana wa dinawa, o ntse o tsamaya hodima balaka e tsepaneng fatshe kapa mola o fatshe.

Nka lahlela bolo.			
Nka kapa bolo.			
Nka tsepamisa mokotlana wa dinawa hlohong ya ka.			







Letsatsi: .....



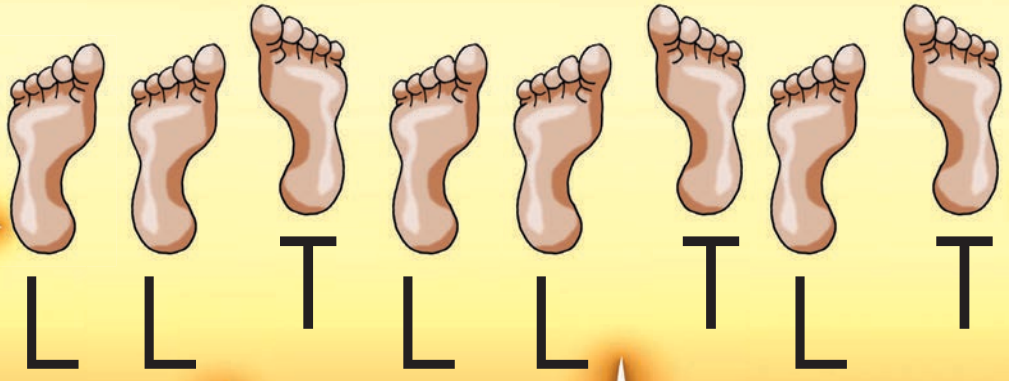
Ha re ithapolleng Hata ka maoto ho latela.



L = Leqele  T = Tona 







Teacher:

Sign:

Date:

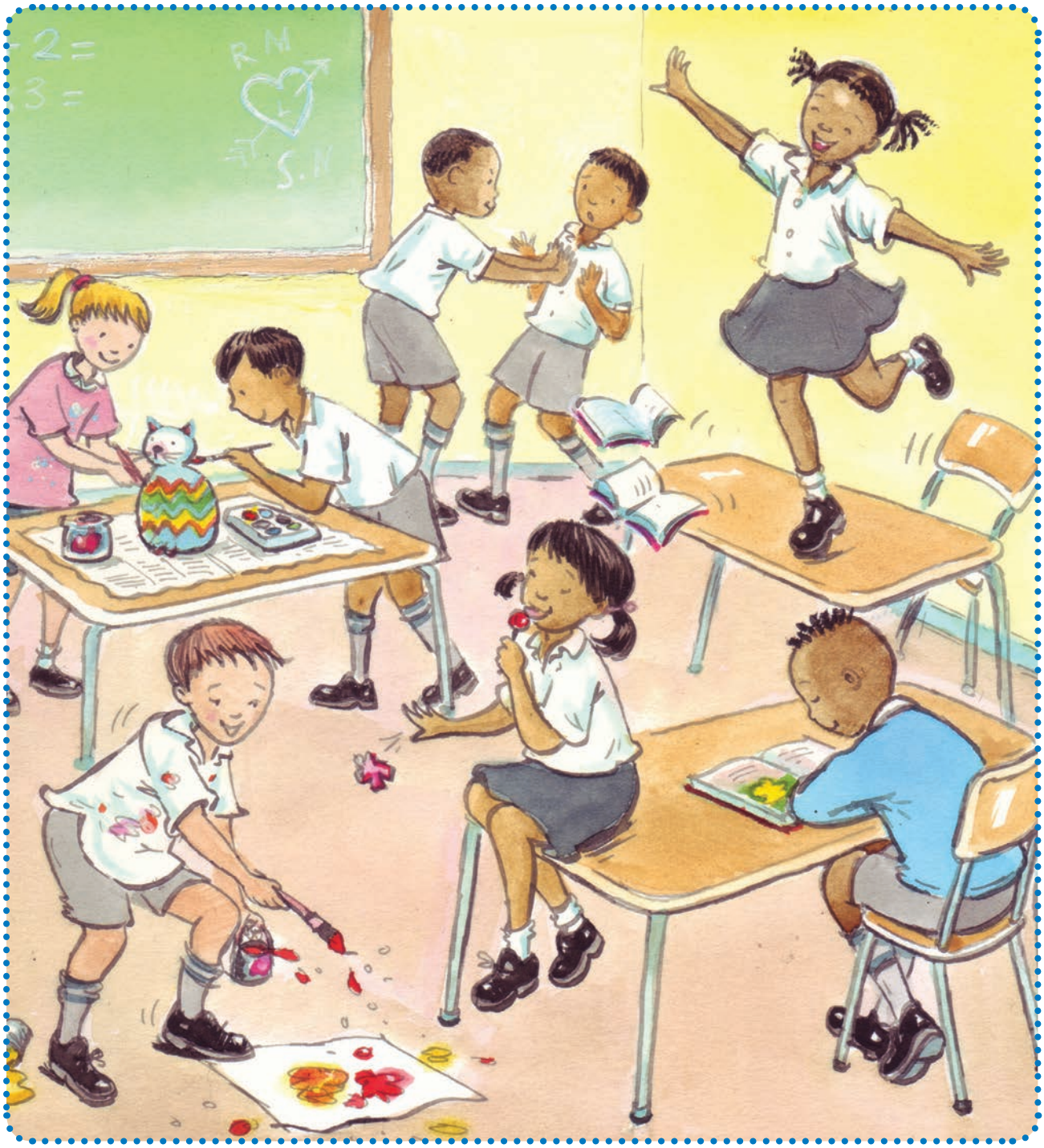
8

Phaposi ya heso

Ha re bueng

Sheba setshwantsho ka hloko o bolele hore o bona eng.

Tlelaseng ena, ntho tse mpe le tse ntle di a etsahala. Ke tlwaelo efe e ntle eo o e bonang? Ke tlwaelo efe e mpe eo o e bonang?



Letsatsi:.....

Ha re bueng

Etsa letshwao ✔ la nepo thoko ho ditlwaelo tsohle tse ntle le le letshwao ✘ la sefapano thoko ho ditlwaelo tsohle tse mpe tse ka etsahalang sekolong.









Teacher:

Sign:

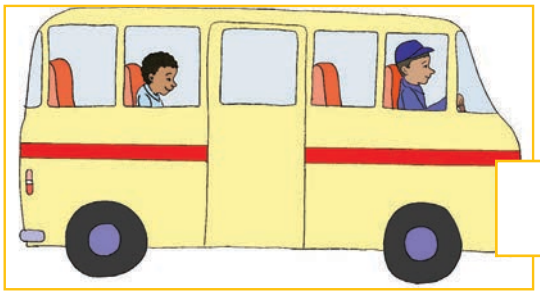
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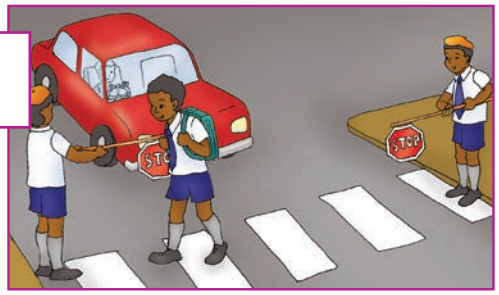
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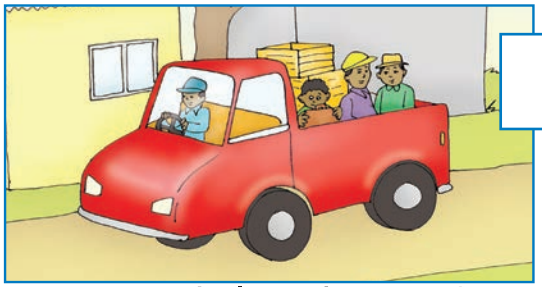
Ka moo re yang sekolong ka teng

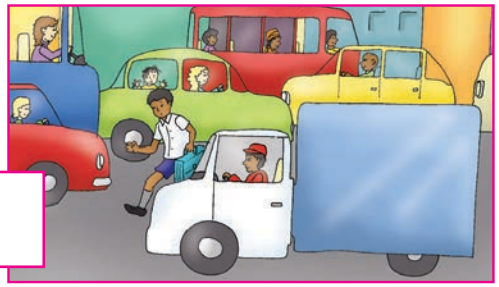
Ha re bueng

O ya jwang sekolong tsatsi le leng le le leng? Na o bolokelehile? O tseba tsela tse sa lokang? Bua le motswalle wa hao hore bana bana ba ya jwang sekolong. Etsa letshwao ✔ tseleng tse bolokehileng ho ya sekolong. Etsa letshwao ✘ tseleng tse sa bolekehang.









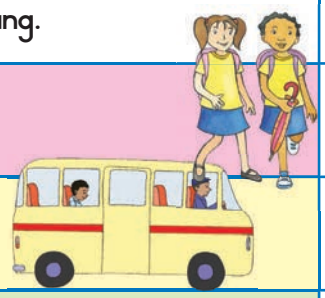
O ya jwang sekolong hoseng? _____

Ha re etseng

Botsa metswalle ya hao e mehlano hore ba ya jwang sekolong ka mehla. Taka tjhateng e latelang.



Mabitso a metswalle	1	2	3	4	5
ka maoto					
ka bese					
ka koloi/teraka					





Ha re ithapolleng

	Ee	Tjhe
Nka matha matswedintsweke.		

Nka fetola moo ke lebileng ke matha ha titjhere a mpolella jwalo.

Letsatsi: .....



Ha re etseng Taka setshwantsho ho bontsha hore o tla jwang sekolong.



Ha re ithapolleng Mamela mmino oo titjhere a tlang ho le bapalla ona.



Tsitsinya mmele ho latela morethetho wa mmino.

Koba mangwele mme o otlolle maoto.

Tsamaisa mahetla a hao hodimo le tlase.

Tsamaisa setsu sa hao hodimo le tlase.



Ha re ithapolleng Wena le motswalle wa hao le tlameha ho akgela le ho tshwara bolo. Sebedisa letsoho le letona le le letshehadi ho akgela bolo morao.

Na ke ile ka kgona ho akgela bolo ka letsoho la ka le letona le le letshehadi?





Ha re ithapolleng

Tsamaya jwale ka kiribae le motswalle wa hao.



Teacher:

Sign:

Date:

10

Ke dula ke hlwekile

Ha re bueng

Ho bohlokwa ho ithuta mekgwa e nepahetseng.
Ena ke mekgwa ya ho dula o hlwekile o phela hantle.
Bua ka setshwantsho se seng le se seng.

Ke tlamehile



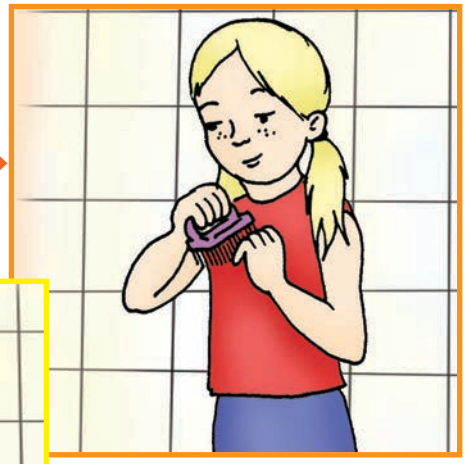
Ho hlatswa meno.



Ho hlatswa matsoho a ka ha ke qeta ho sebedisa ntlwana ya ho ithusa.



Ho itlhatswa ka mehla.



Ho boloka manala a ka a hlwekile.



Ho hlatswa ditholwana pele ke di ja.



Ho sebedisa ntlwana ya ho ithusa.



Ho sebedisa sakatuka ha ke thimola kapa ke mina.

Letsatsi:.....

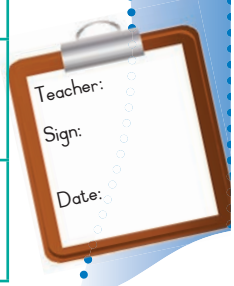


Ha re ngoleng

Ke ntho dife tse latelang tse etsang hore o dule o hlwekile? Kgabisa ka dinaledi ho bontsha hore ke dintho di fe tseo o di sebedisang hore o dule o hlwekile. Bolela hore o sebedisa jwang ntho e nngwe le e nngwe hore o dule o hlwekile.



Tshwaya hore na o ka etsa tse latelang:	ee	tjhe
Nka hlwella lere hodima jankel jimi.		
Nka sebedisa boitshwareletso ba matsoho ho leba pele.		
Nka kgasa hara jankel jimi.		



11 Boitshwaro bo molemo



Ha re baleng

E meng ya mekgwa e metle ya ho sebedisa ntlwana hantle.



Hopola



Dula o kwetse ntlwana ya ho ithusa ka mehla.

Ha o silafatsa ntlwana ya ho ithusa, hopola ho e hlwekisa.



Se sebedise pampiri ya ho itlhakola e ngata.



Hopola ho bulela metsi ha o qeta ho sebedisa ntlwana ya ho ithusa.



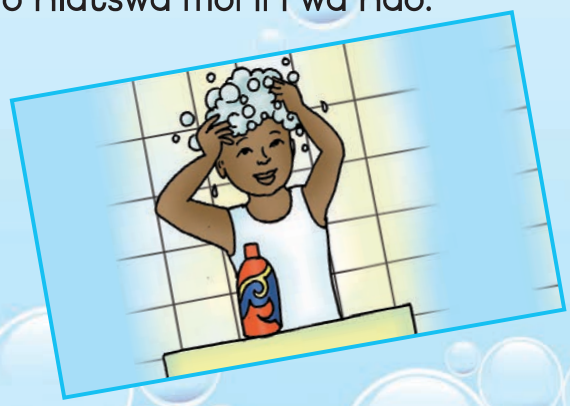
Hlatswa matsoho a hao ka mehla ha o qeta ho sebedisa ntlwana ya ho ithusa.

Letsatsi:.....

Ha re ngoleng

Etsetsa mantswe a nepahetseng masakana, a re bolellang hore re hloka ho etsa dintho tse latelang ha kae.

Ho hlatswa moriri wa hao.



tsatsi le leng le le leng	hoseng le bosiu
habedi ka beke	ha nngwe ka beke

Hlatswa meno.



tsatsi le leng le le leng	hoseng le bosiu
habedi ka beke	ha nngwe ka beke

Hlatswa mmele.



tsatsi le leng le le leng	hoseng le bosiu
habedi ka beke	ha nngwe ka beke

Hlatswa sefahleho.



tsatsi le leng le le leng	hoseng le bosiu
habedi ka beke	ha nngwe ka beke

Teacher:

Sign:

Date:

Ke hlwekile

Ha re ithapolleng

Bapala "Simon o re" le titjhere ya hao.
Iphumanele sebakana sa hao o tsamaye o sa thule motho.
Simon o re "tshwara hlooho ya hao."

Ha re bontsheng

Bontsha motswalle wa hao hore o ...

Hlapa matsoho.





Omisa matsoho.



Kama moriri.





Hlatswa meno.

Hlatswa sefahleho sa hao.





Letsatsi:.....

Ha re ithapolleng Etsa papadi ka thothokiso ena.

Nka opa diatla, le hona ho hata ka maoto

Nka tsitsinya hlooho, le hona ho

tsamaisa matsoho a ka

Nka tsamaisa menwana

ya ka ya maoto,

le hona ho tshwara nko ya ka.



Teacher:

Sign:

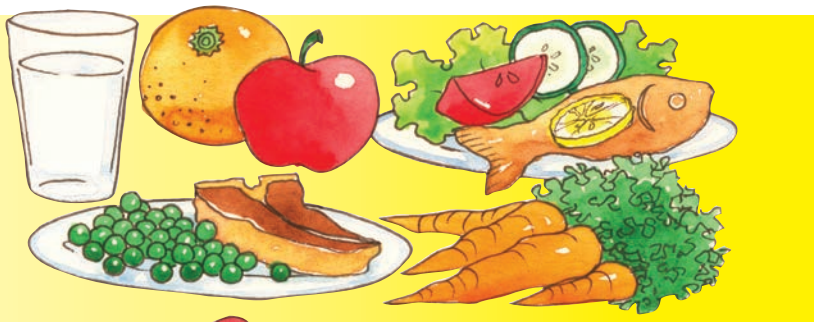
Date:

Tlwaelo tsa bophelo bo botle

Ha re baleng

Re hloka eng ho dula re phetse hantle!

Dijo tse nepahetseng



Boikwetliso bo lekaneng



Ho dula re hlwekile



Ho ba moyeng o hlwekileng



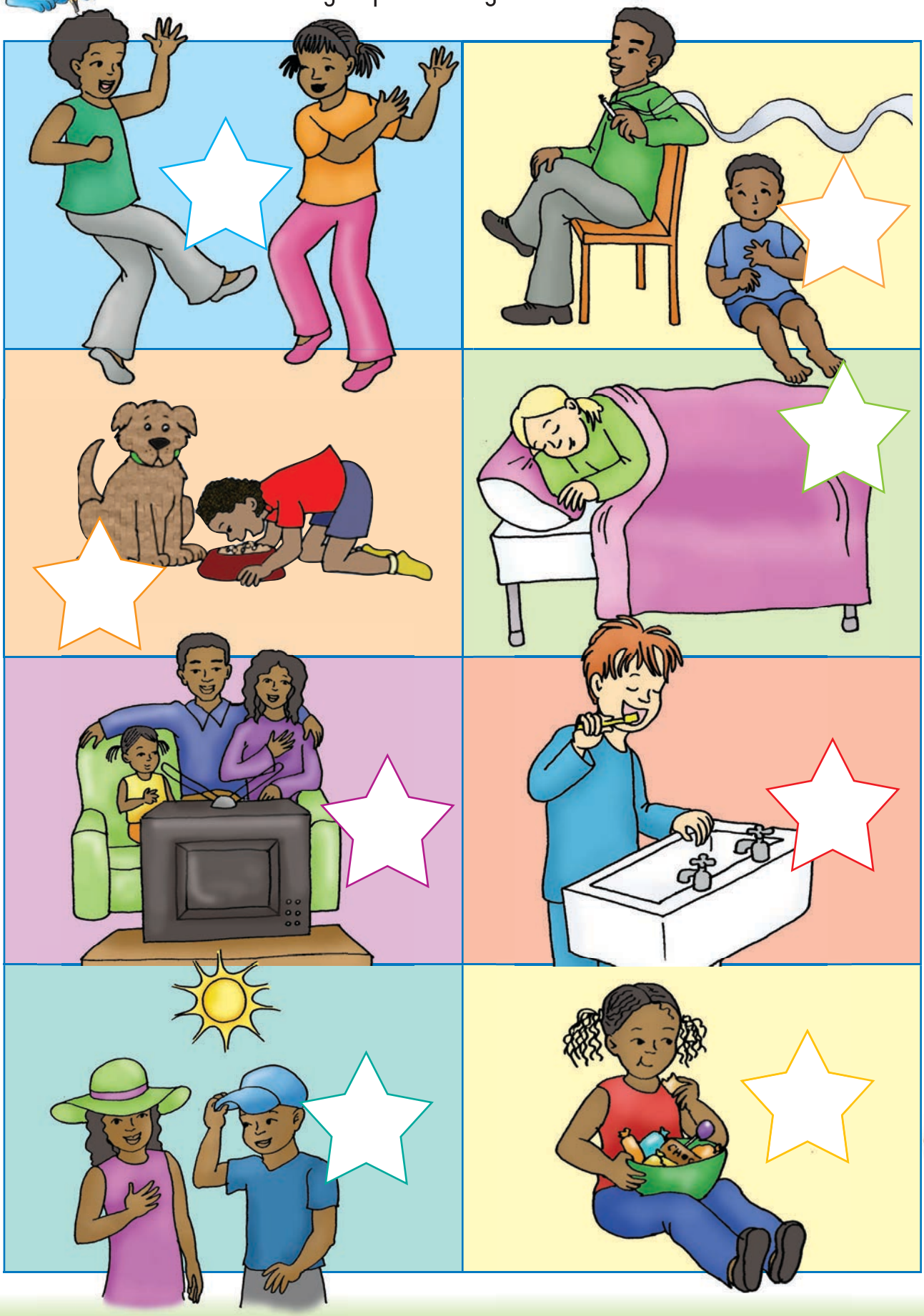
Ho robala ho lekaneng ka ntle le ho shebella TV haholo!



Letsatsi:.....

Ha re ngoleng

Etsa letshwao ✔ ho tlwaelo ya bophelo bo botle le letshwao ✘ ho tlwaelo ya bophelo bo seng botle.



Teacher:

Sign:

Date:

14

Bohlweki le makgethe

Ha re etseng

Bontsha hore o sebedisa dintho tsena jwang.



sesepa sa meno



borashe ba meno

sesepa





sesepa sa moriri



sesepa sa matsoho



kama



borashe



borashe ba manala



ntho e kutang manala

Letsatsi:.....

Ha re ithapolleng

Tshwaranang ka matsoho le etse sedikadikwe.

Jwale akgela bolo ho e mong le e mong ka sedikadikweng.

Eketsang ka bolo e nngwe le e lahleleng.

Eketsang ka bolo ya boraro le e lahleleng.



Ha re bueng

Ke eng se bohlaswa phaposing ena?

O tshwanela ho etsa eng hore o hlwekise phaposi ena?

Bana ba etsa eng? Ba tshwanela ho etsa eng?



Teacher:

Sign:

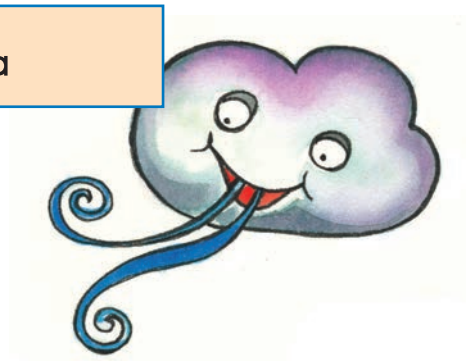
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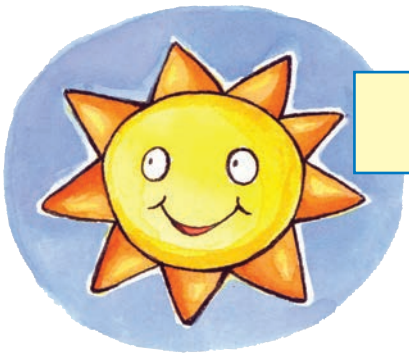
Boemo ba lehodimo boo ke bo ratang

Ha re bueng

Sheba boemo ba lehodimo ka ho fapana. Bolella motswalle wa hao hore o rata boemo bo feng haholo.

moya

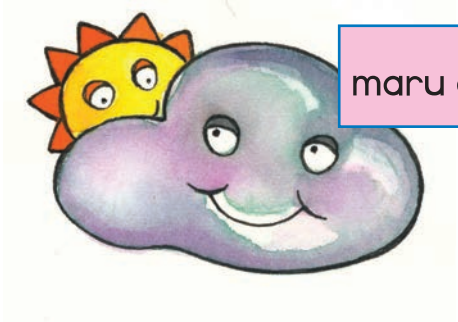




letsatsi

pula e ya na





maru a thibile ho a bata

Karolong tse ding tsa naha ya bo rona,
ho bata haholo hoo ho kgethehang lehlwa.
Ka nako e nngwe ho ba le sefefo.
Moya o matla haholo o bitswa sefefo.



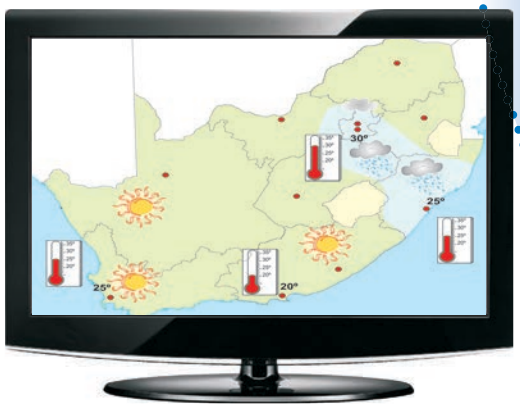
Ha re etseng

Taka setshwantsho sa hao o le puleng kapa lehlweng.
Taka setshwantsho sa hao pampering e kgolo, o sebedisa wekese le dikerayone.
Kopanya daye ya dijo e bolou le metsi mme o pente leqephe lohle.
Hasanya pente e tshweu hodima leqephe.

Letsatsi:.....

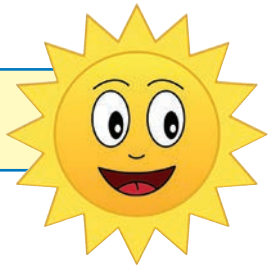


Ha re baleng

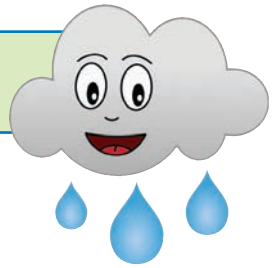


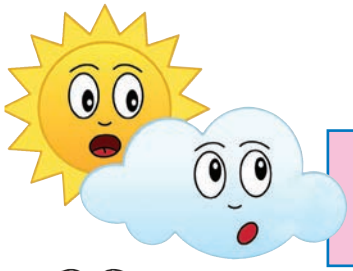
Re sebedisa tjhate ya tsa boemo ba lehodimo ho bontsha hore boemo ba lehodimo bo jwang.
Re sebedisa matshwao ho bontsha phapang pakeng tsa maemo a fapaneng a lehodimo.
A mang a matshwao ke a na a latelang.

letsatsi



pula





maru a thibile mona le mane

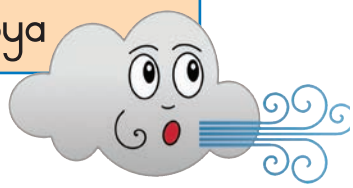


maru

lehlwa



moya





Ha re bueng

Bolella motswalle wa hao diaparo tseo o di aparang boemong bo bong le bo bong ba lehodimo.



Ha re etseng

Etsa matshwao a bontshang boemo ba lehodimo ho qetela tjhate ya boemo ba lehodimo.

Mantaha	Labobedi	Laboraro	Labone	Labohlano



Ha re ngoleng

Boemo ba lehodimo bo bile jwang bekeng ena?
Tlatsa dikgeo ka mantswe.

Tsatsing lena ke _____.

Maobane ho ne ho _____.

Ke tshepa hore hosane ho tla _____.

Teacher:
Sign:
Date:

16 Tsa boemo ba lehodimo

Ha re ithapolleng Etsisa maemo a fapaneng a boemo ba lehodimo.



Otlolla matsoho, a otlollele ka hodima hloho o etse e ka o leru le leholo.



O na le sekgele ho o tshireletsa letsatsing.



Etsa matsoho jwalo ka sefate se fokang moyeng.



Tshwara sekgele o se tiise hore se se fefolwe ke moya.



Thopo thopo marothodi a pula hodima ntlo.



Letsatsi:.....

Ha re ithapolleng

Tshwaranang ka matsoho ho etsa sedikadikwe se seholo.

Lahlelanang dibolo.







Nahanang mekgwa e fapaneng ya ho tsamaya hodima balaka e tsepameng kapa hodima kgwele. Bona na o ka nahana ka tsela ya ho tsamaya e fapaneng ho ya ho barutwana ba bang.

Tlotlontswe

Bapala sekotjhe.
Etsa mabokose le didikadikwe lehlabatheng.







Ha re ithapolleng

- Bontsha motswalle wa hao kamoo o ka sebedisang kgati.
- Titjhere o tla o bontsha kamoo o ka bapalang tse ding tsa dipapadi tsa setso.





Lapa leso

Ha re bueng

Na o a tseba hore malapa ha a tshwane?

Malapa a mang a mannyane a mang a maholo.
Bana ba bang ba na le bontate le bomme ha ba bang ba se na bona.
Malapeng a mang ho na le bonkgono, ntatemoholo, malome, mangwane le bomotswala.

Sheba ditshwantsho o bolelle motswalle wa hao hore malapa ana a fapane jwang.
Sebedisa mantswe a tswang mabokoseng a latelang.

mme	ntate	kgaitsedi
ntatemoholo	moreso	ngwana
ntatemoholo	lelapa	







Letsatsi:.....



Ha re ngoleng O dula le mang?



Ke mang eo o dulang le yena? _____.

Lapeng leso ho na le batho ba _____.

Ke mang e monnyane ho feta batho bohle lapeng leno?

_____.

Ke mang e moholo ho feta batho bohle lapeng leno? _____.



Ha re bueng Bohle re na le mesebetsi eo re e etsang hae. Tadima ditshwantsho tsena mme o bolele batho ba etsang mesebetsi ena lapeng.



Ngola polelo e le nngwe ka mosebetsi oo o o entseng maobane.

_____.

Teacher:

Sign:

Date:

Lapa leso



Tlotlontswe

Etsa setshwantsho sa seo wena le ba lapa leno le se etsang mmoho.
Bolela hore motho eo ke mang. Sebedisa mantswe a na ho o thusa.

mme	ntate	kgaitsedi
ntatemoholo	moreso	ngwana
nkgono	lelapa	



Lapa leso

Letsatsi: .....

Re a hlokomelana



Ha re baleng

Batho ba malapa ba tlamehile ho ratana, le ho hlokomelana. Re bontsha hore re a ratana ka ho hakana, le hona ho hlompha e mong le e mong.
Re hloka ho ...

- thusana.
- ba mosa ho motho e mong le e mong (haholo holo batho ba baholo).
- etsa mesebetsi ya rona ka nako.
- ba le boikarabelo.





Ha re bueng

Sheba ditshwantsho tse latelang o bolele hore bana bana ba bontsha jwang ba malapa a bona hore ba tsotellana. Jwale tshwantshisa ho bontsha se etsahalang setshwantshong ka seng.





Ha re etseng

Etsa setshwantsho ka seo o se etsang ho bontsha ba lapa leno hore o a ba tsotella. Bolella motswalle wa hao ka setshwantsho seo o se entseng.

Teacher:
Sign:
Date:

Ho bontsha hore o a tsotella

Ha re bueng

Bolela ka moo ba lapa lena ba thusanang ka teng. Nomora ditshwantsho ho tloha ho 1 ho isa ho 4 ho bontsha tatellano e nepahetseng.



Ha re baleng

Mesebetsi ya rona ya bosiu.

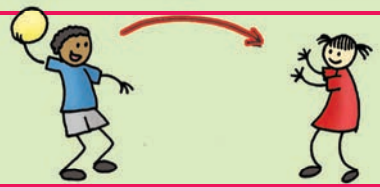
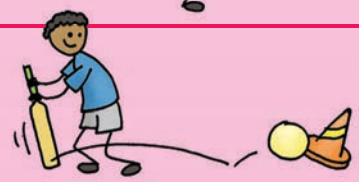
Mme o pheha dijo.
Ntate o hlatswa dijana.
Moreso le nna re thusa mme le ntate.
Re thusa haholo.
Re hleka lebese le borotho.
Ka mora moo re a robala.
A ko re qoqele tshomo!



Letsatsi:.....

Ha re ithapolleng Etsetsa motho ya o tsotellang haholo karete.

Ha re ithapolleng Na o ka etsa tse latelang?

	o ka fetisa bolo ka ho e akgela motswalle wa hao.	ee	tjhe
	o ka fetisa bolo ka ho e lahlela matsohong ho ya ho motswalle wa hao.	ee	tjhe
	o ka tlodisetsa bolo mangweleng.	ee	tjhe
	o ka otla bolo ho ya khounung.	ee	tjhe
	o ka thinthintsha bolo pakeng tsa bathibedi ba bolo.	ee	tjhe
	o ka rahela bolo ho lebana le ntho e nngwe, ebe o a e raha.	ee	tjhe

Teacher:
Sign:
Date:

21 Boipaballo malapeng (1)



Ha re bueng

Re tshwanela re ikutlwe re baballehile ha re le malapeng a bo rona. Ho na le dikotsi tse ngata malapeng a bo rona. Shebang ditshwantsho le buisaneng ka dikotsi le motswalle wa hao.

Phaposing ya ho pheha

- Shebisa mehwele ya dipitsa hore e furalle setofo.
- Se siye thipa tse bohale di dutse feela.
- Notlella parafini le meriana sebakeng se bolokehileng.
- Se siye dibapadiswa di dutse hohle.





Phaposing ya ho hlapa

- Se sebedise thepa tsa motlakase pela metsi. Se sebedise dintho tse sebedisang motlakase pela metsi.
- O se di siye pela metsi.
- Boloka disebediswa tsohle tse bohale ka rakeng.
- Se sebedise borosolo ba hao ba meno le motho e mong.

Letsatsi:.....



Matolo, mahadima le motlakase

- Se eme tlasa sefate ha ho na le lehadima.
- Se kenye letho masobeng a kenyang disebediswa tsa motlakase. Kopa motho e moholo ho o thusa.

Ka ntle

- Phutha tsohle tse ka o ntshang kotsi, jwalo ka dikgalase. Di behe ka moqomong wa dithole.
- Se bapalle pela letamo la ho sesa ntle le ha ho na le motho moholo.





Ka hara ntlo

- Se siye dibapadiswa le ntho tse ding di dutse hohle.
- Se bapale ka tjhefu.
- Ha o bona hore mohala wa ketlele kapa wa aene o petsohile kopa mme kapa ntate wa hao hore a o lokise.



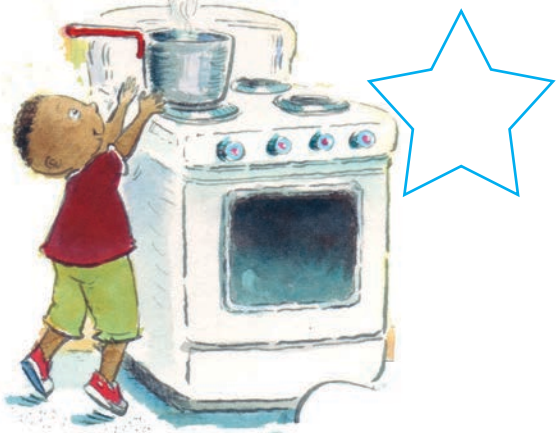
22

Boipaballo ka hare le ka ntle ho malapa (2)

Ha re bueng

Ho bolokeha

Sheba ditshwantsho o bolele hore ke tshwantsho di feng tse bontshang boemo polokeho kapa boemo bo kotsi. Etsa letshwao ✔ ho bontsha maemo a bolokehileng le letshwao ✘ ho bontsha maemo a sa bolokehang kapa a kotsi. Bolela hore hobaneng o re ba bolokehile kapa ha ba a bolokeha.













Letsatsi:.....

Ha re bueng

Na ho na le dintho tse kotsi lapeng leno? O ka etsang ka seo?
Tjhefu, meriana le mekedikedi e hlwekisang di kotsi haholo.
O se ke wa nwa seo o se nang bonnete ba hore ke eng.





Letshwao lena le bolela hore ho na le tjhefu ka hara botlolo, lebokose le lekotikoti.
Na o kile wa bona letshwao lena?

Ha re ithapolleng

Titjhere ya hao o tlo o bapalla mmino.



- O itsikinye ho latela morethetho wa pina.
- Kgetha mookamedi. Mookamedi o tlamehile ho qoqopela ho latela morethetho wa pina. Kaofela le tlameha ho etsa se etswang ke mookamedi.
- O leke ho itshehetsa ka leoto le le leng.
- Jwale itshehetse ka leoto le leng.
- Ke leoto le feng le matla?
- Beha kgwele e telele fatshe kapa o etse mola. Tsamaya hodima kgwele kapa mola, mme o tsepame.
- Jwale tjhentjha sebopeho sa kgwele kapa mola mme o tsamaye mabapi le yona, o tsepame.



Teacher:
Sign:
Date:

Polokeho ha ke le mong lapeng



Ha re bueng

O ithutile ka dintho tse ka o ntshang kotsi lapeng leno. O ka ipoloka o bolokehile jwang ha ole mong lapeng?



Ha o le hae o le mong, o ka etsa dintho tsena tse latelang hore o dule o bolokehile.



Se bulele batho bao o sa ba tsebeng lemati.

Notlela menyako yohle e tswelang kantle.



Letsatsi:.....

- Eba le bonnete ba hore o tseba dinomoro tsa mehala tsa batswadi ba hao, le batho ba dulang pela lapeng leno.
- Etsa lenane la dinomoro tsa bohlokwa, hore ha ho ka etsahala phoso.



Ha re ngoleng Iketsetse lenane la dinomoro tsa bohlokwa.



Mapolesa: _____

Ambulense: _____



Koloi ya setimamollo: _____

Nomoro ya mohala ya mme, mohala wa thekeng kapa selefounu: _____

Nomoro ya mohala ya ntate, mohala wa thekeng kapa selefounu: _____

Ke mang e mong eo o ka mo letsetsang ha o le mathateng?

_____

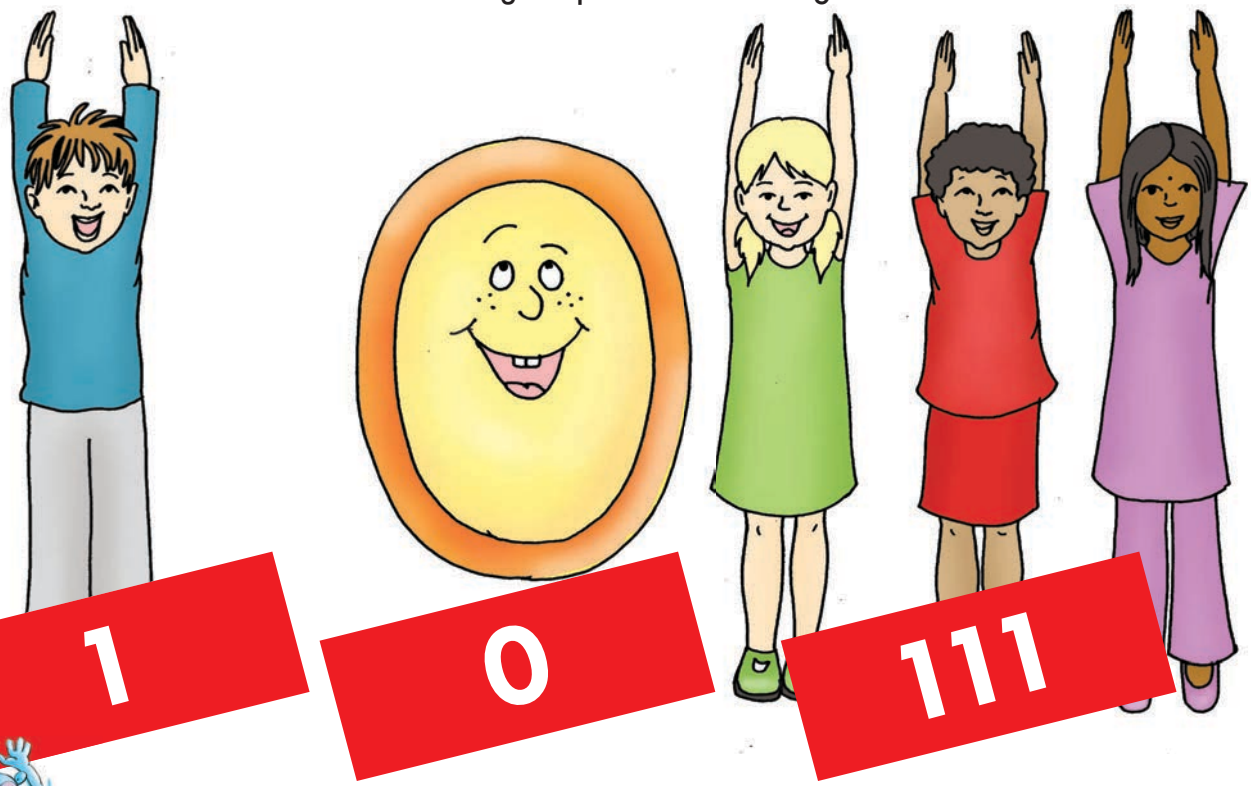
Teacher:
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Date:

Se seng hape ho hopolwa



Ha re bueng

Tsela e bonolo ya ho hopola mohala wa mapolesa. Sheba setshwantsho o bolelle motswalle wa hao hore ditshwantsho di o thusa jwang ho hopola dinomoro. **10111** ke nomoro ya mapolesa. E bitse hangata ho fihlela o e tseba ka hloho.





Ha re ithapolleng

Bontsha ka moo o neng o ka etsa ka teng ha o ne o le ngwana ditshwantshong tse latelang.



O ne o tla etsa jwang ha motho eo o sa mo tsebeng a ne a o lelekisa?



O ne o tla etsa eng ho thusa mme wa hao ho etsa dikuku?



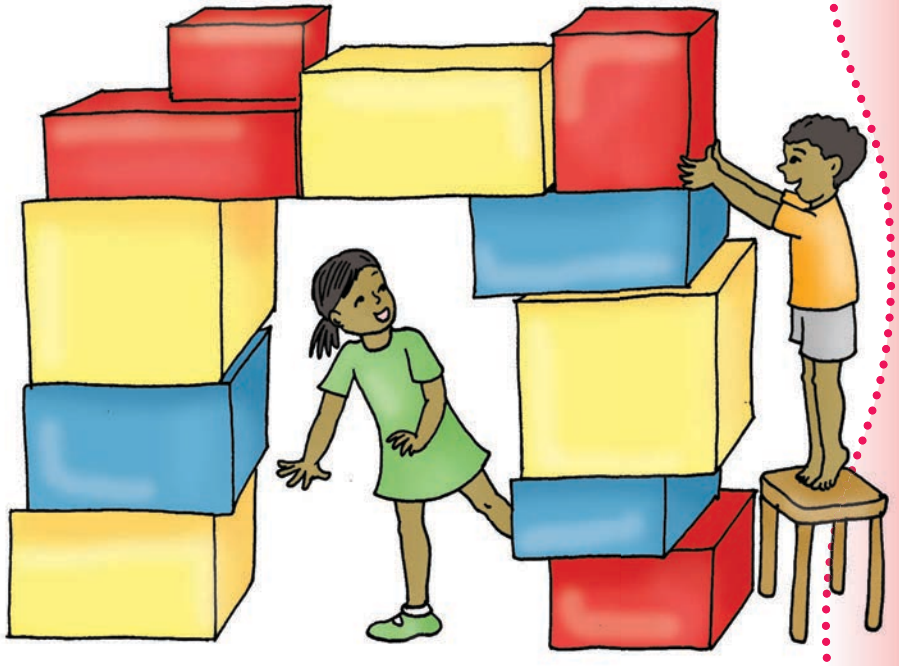
O ne o tla etsa eng ha o eme pela kgalase e tjhwatlehileng?

Letsatsi:.....



Ha re etseng

Bona na o ka aha ntlo ya hao.



- Fumana mabokose a kgale ebe o haha mabota le marulelo.
- O ka kgomaretsa mabokose mmoho. Ha ntlo e fedile, o ka e penta.
- Ha o sa fumane mabokose, sebedisa ntho e nngwe le e nngwe. Empa se sebedise galase kapa makotikoti kapa ntho e ka o ntshang kotsi.



Ha re ithapolleng

Lahlela bolo moeng ebe o e tshwara ka letsoho la hao le fokolang.



Thusa titjhere ya hao ho suthisetsa ditulo, ditafole le mabokose kantle.

Hlwella hodima ditulo, ditafole, le mabokose. Kgasa ka tlasa ona, mme o tlolele fatshe ho tloha ho ona.

Leka ho itshehetsa leotong le leng la setulo.



Teacher:

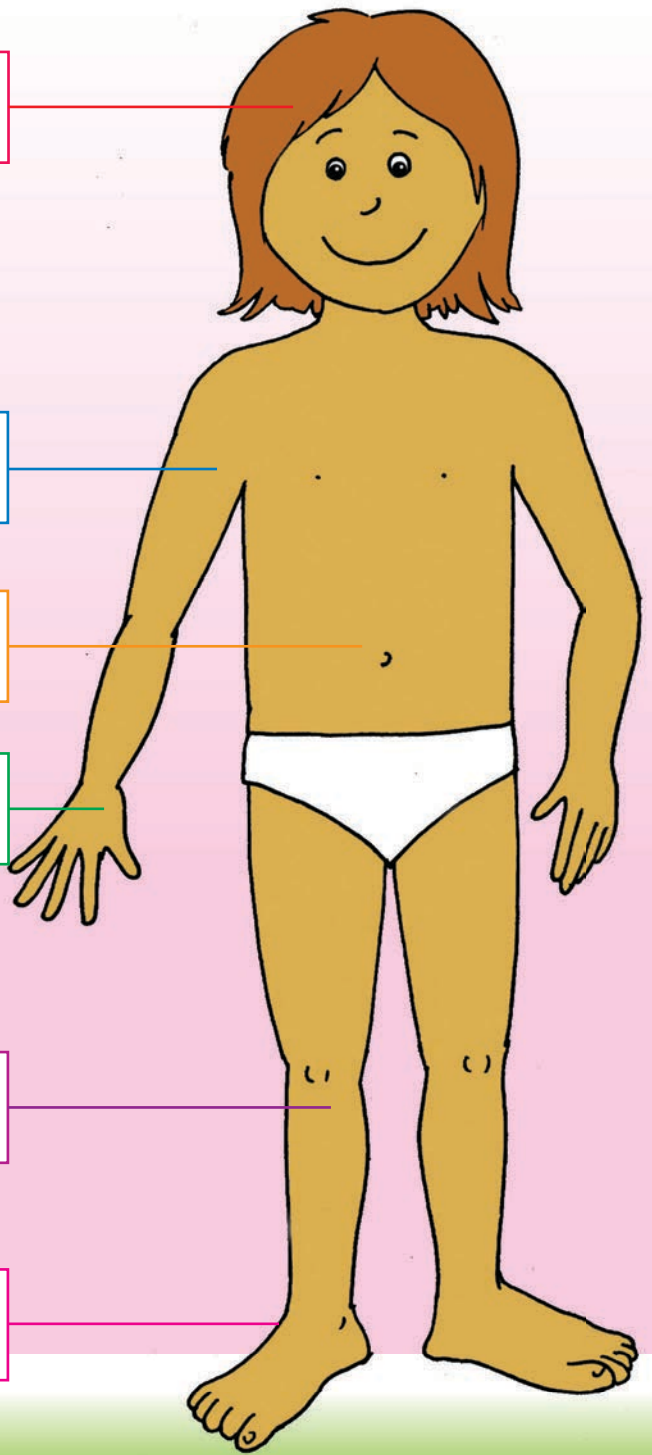
Sign:

Date:

Mmele wa ka

Ha re ngoleng Ngola mantswe sebakeng se nepahetseng.

leoto	letsoho	hlooho
mpa	lengwele	seatla



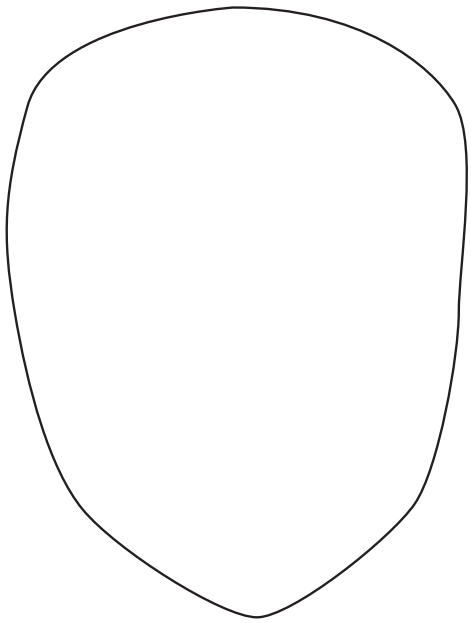
Letsatsi:.....

Ha re etseng ditshwantsho

Qetella setshwantsho sena sa sefahleho.

Etsa setshwantsho sa moriri. Leka ho etsa sefahleho sa hao. Ha o na le mahlo a maputswa, etsa mahlo a maputswa. Ha moriri wa hao o le motsho etsa setshwantsho sa moriri o motsho.

Etsa setshwantsho sa dintshi, nko ya hao le molomo wa hao.



Sefahleho sa hao ke setho sa bohlokwa dithong tsa hao tsa mmele.

Re na le mahlo a mabedi. 

Re na le tsebe tse pedi. 

Re na le nko e le nngwe. 

Re na le molomo. 

Ha re bineng

Binang pina ena. Tshwara setho se seng le se seng sa mmele ha o bina ka sona.



Hlooho mahetla

Hlooho mahetla, mangwele le menwana,

mangwele le menwana

Hlooho mahetla, mangwele le menwana

Jwaloka ka hodimo

Ha re ithapolleng

Bapala "Simon o re..."

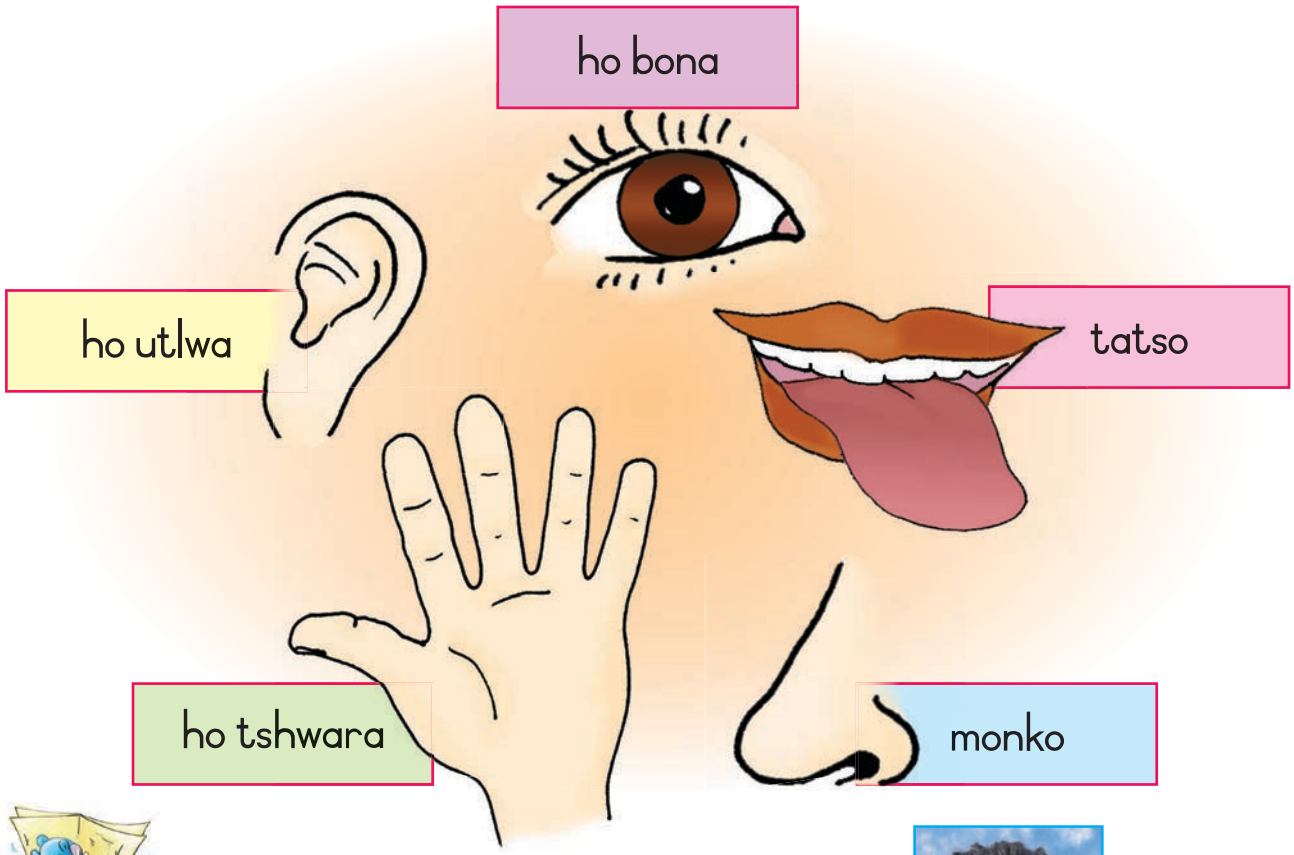
Teacher:

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Date:

26 Ditho tsa kutlo tsa ka

Ha re bueng Sheba dikutlo tse fapaneng o bue hore re di sebedisetsa eng.



Ha re baleng

Re sebedisa ditho tsa kutlo tsa rona ka mehla. Re nkga le ho utlwa tatso ya dijo. Re ka utlwa hore lesiba le bobebo bo bokae. Re bona hore lehodimo le leputswa hakae lehlabula. Re utlwa mmino.



Dikutlo tsa rona di re thusa hore re bolokehe.
Re ka kgona ho nkga ha ho na le mollo.
Re ka kgona ho utlwa ha setofo se tjhesa haholo.
Re kgona ho bona ha ho le kotsi ho tshela mmila.
Re kgona ho utlwa modumo wa alamo.

Letsatsi:.....



Ha re etseng Tlhokomelo ya mahlo, le ditsebe.

Re hloka ho hlokomela ditho tsa kutlo tsa rona. Ena ke mekgwa e mmedi ya ho hlokomela mahlo le ditsebe tsa rona.



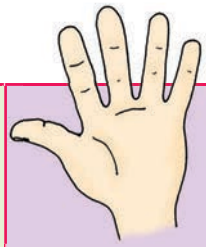
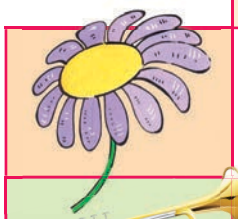
Hlokomela ditsebe tsa hao ka ho se mamele mmino o lerata.

Hlokomela mahlo a hao ka ho rwala kepisi le dikgalase tsa letsatsi. Se shebe letsatsi.





Ha re ngoleng Sheba tafole e ka tlase, moleng o mong le o mong bontsha hore o ka sebedisa kutlo e feng, o ka tshwaya tse fetang bonngwe.

	 nkga	 tatso	 ho bona	 ho utlwa	 ho tshwara
					
					
					
					
					

Teacher:
Sign:
Date:

27 Ho tsitsinya mmele

Ha re bueng

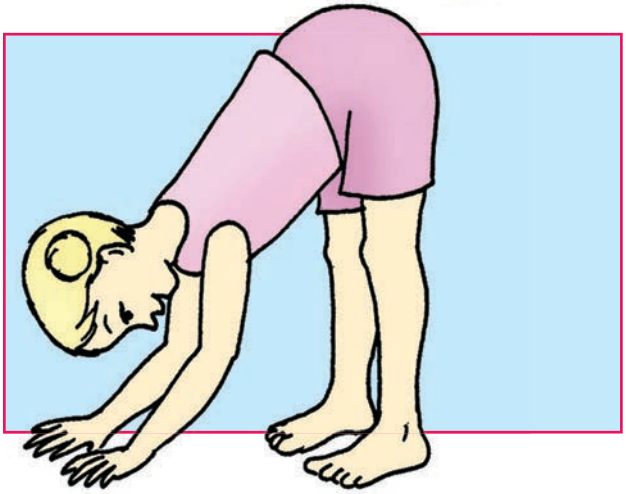
Sheba setshwantsho. Setshwantshong se seng le se seng bolela hore ke setho se fe sa mmele, se o thusa ka eng.

Re sebedisa mmele ya rona ho tsamaya.









Ha re ngoleng

Araba dipotso tsena le motswalle wa hao. Ngola dikarabo bukeng ya hao, ka tlasa dipotso tse latelang.

O sebedisa ditho di fe tsa mmele ho tsamaya?



Ke dikarolo dife tsa mmele tseo o di sebedisang ho phahamisa seng?

Ha re ithapolleng

Titjhere o tla o bontsha ho bapala "katse le tweba".

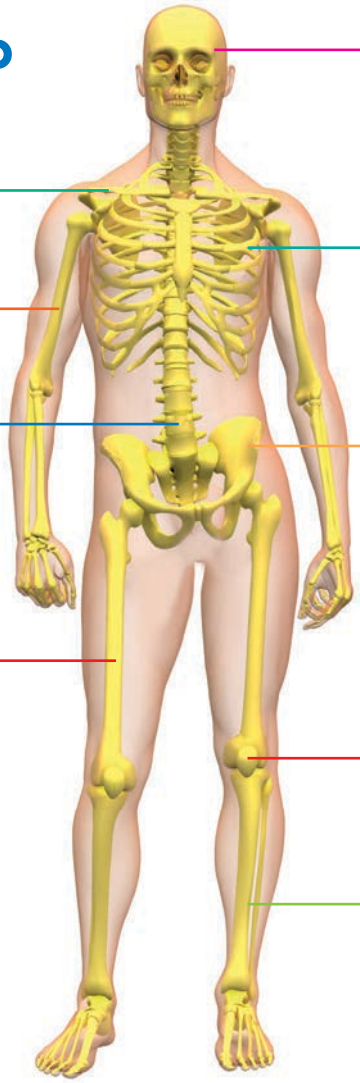


Letsatsi: .....



Ho na le ditho tse ding tsa mmele tseo o ke keng wa di bona.
Di sebetsa mmoho ho o phedisa.

Masapo a hao



lehata

lepetu la molala

dikgopo

lesapo la sephaka

mokokotlo

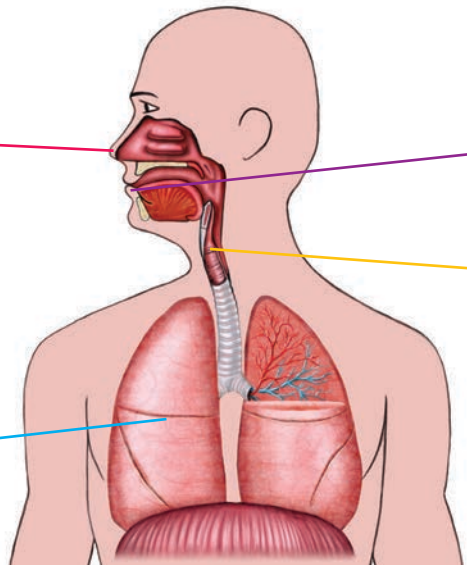
lesapo la qholo

lesapo la serope

lesapo la lengwele

lesapo la leoto

Ditho tsa mmele tse o thusang ho hema



nko

molomo

qoqotho

matshwafo

Teacher:
Sign:
Date:

28 Ho nahana ka polokeho

Ha re bueng

Sheba setshwantsho se latelang o bue ka sona le motswalle wa hao hore o bona eng. Setshwantshong se seng le se seng bontsha hore o ka dula o bolokehile jwang.



O bona motswalle wa hao ka nqane ho mmila.



O setse o le mong moo ho palangwang ditekesi.



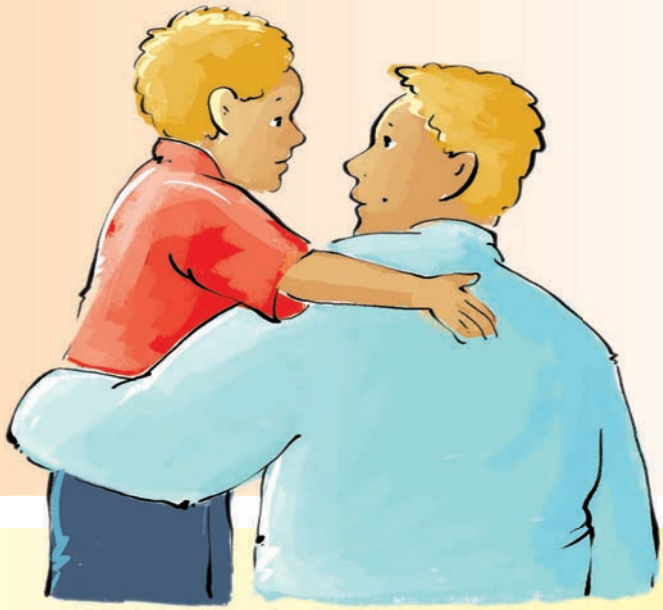
Motho eo o sa mo tsebeng o o kopa ho ya le yena kae kae.

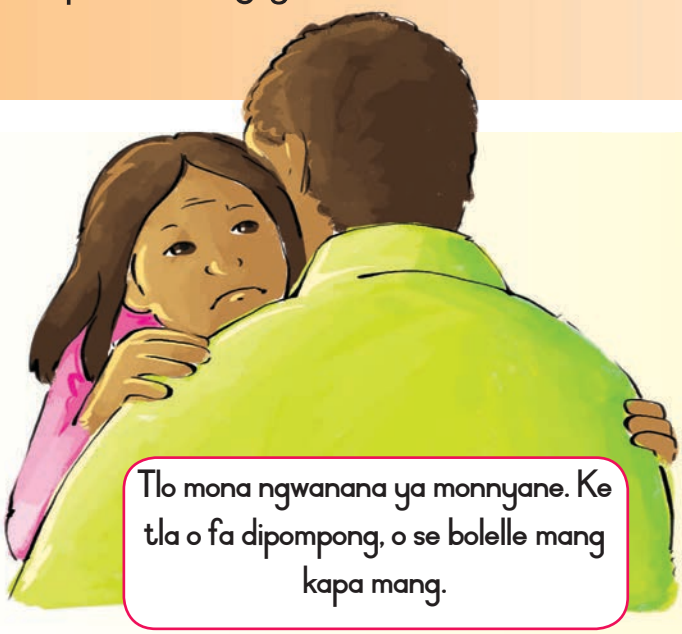


O lahlehile setsing sa mabenkele.

Letsatsi:.....

Re na le maikutlo a reng "ee" ha motho a re haka ka tsela e nepahetseng. Ho monate ho hakuwa ke motho eo o mo ratang ka tsela e nepahetseng ya setswalle.





Tlo mona ngwanana ya monnyane. Ke tla o fa dipompong, o se bolelle mang kapa mang.

Ha re na maikutlo ha motho e mong a re thetsa ka tsela e re tshosang kapa e sa re thabiseng. Ha re sa thaba kapa re ikutlwa re sa bolokeha ha re na maikutlo.

Mmele wa hao ke ntho ya bohlokwa, mme ke wa hao feela. O ka re "ee" ha o dumela ho tshwarwa ke motho kapa "tjhe" ha o sa batle.



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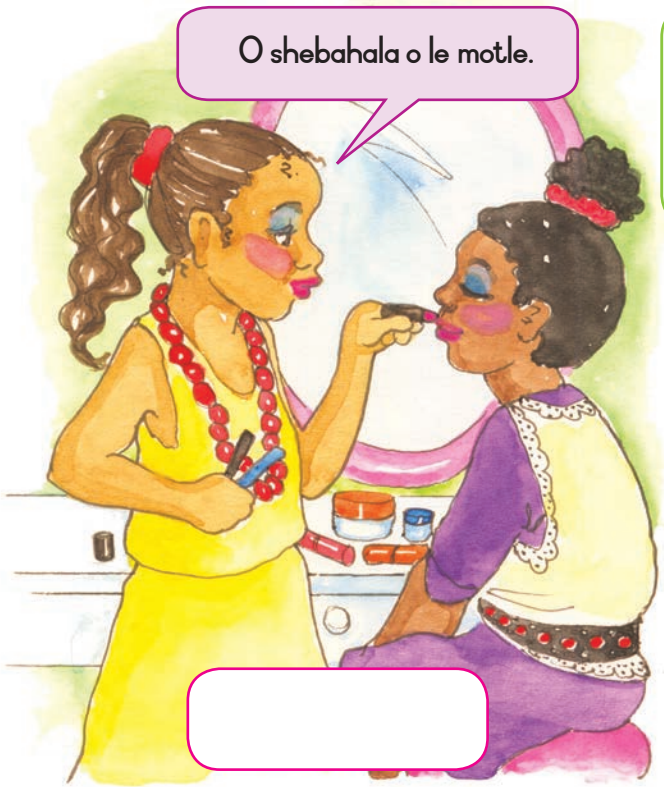
Ho bolokeha

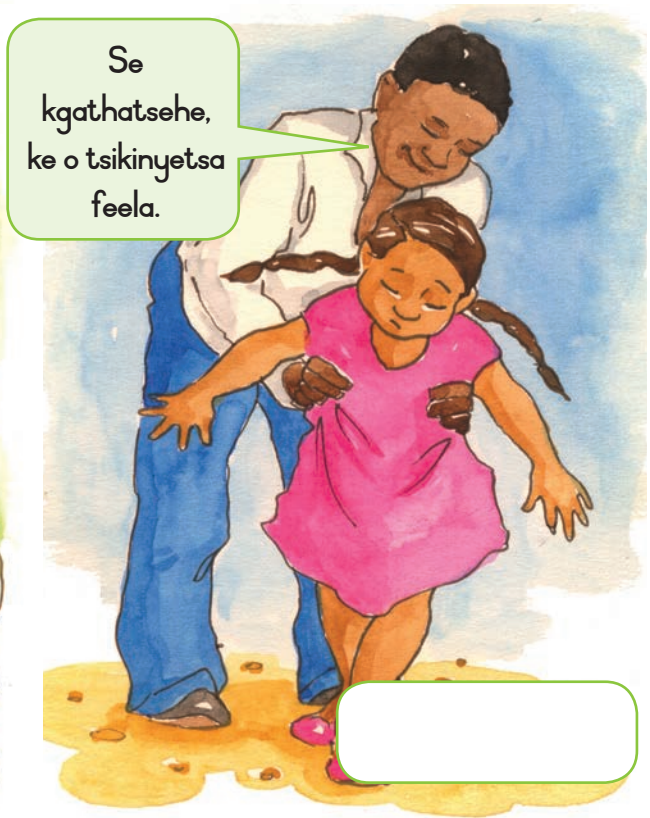
Ha re ngoleng

Sheba ditshwantsho tse latelang o ngole ee moo o dumelang le tjhe moo o sa dumeleng.









Letsatsi:.....

Ha re etseng Ithute hore "tjhe".

Etsa papadi moo motho osele a rerang ho nka ngwana ka koloi ya hae kapa a batla ho tshwara ngwana. Karabo ya ngwana ke "tjhe".

Ha re bueng Bana ba bang ba dula malapeng a sa ba hlokomeleng. Sheba ditshwantsho. Bolela hore o ne o ka ikutlwa jwang ha o ne o le ngwana ya ditshwantshong. Bolela hore o ne o ka etsa eng.



Ha re ithapolleng Bapala papadi ya ho "hwama".

Tsamaya, o nke tsela e fe kapa e fe eo o e ratang, ha titjhere ya hao a letsa phala, o eme tsi! boemong boo o tla beng o le ho bona. O tlamehile hore o se tsitsinyehe ho fihlela titjhere e o dumella ho tsitsinyeha. O ka kgona ho tsepama?

Ho tsamaya balakeng e tsepameng kapa kgweleng e telele e beilweng fatshe.



Teacher:
Sign:
Date:

30

Ho boloka mmele wa ka o phetse hantle



Ha re baleng



Ho na le mekgwa e mengata eo re ka kulang ka yona. Hangata re kudiswa ke dikokwanahloko le baketheria. Di nyenyane haholo, hoo re ke keng ra di bona. Di kena mmeleng ya rona, di re kudise. Di ka kena mmeleng ya rona mme tsa re kudisa.



Ha re bueng

Bana ba ditshwantshong ba etsa jwang hore ba phele hantle?
Ho ka etsahalang ha ba ne ba sa etse dintho tsena?









Letsatsi:.....

Ha re bueng

Jwale bua ka ditshwantsho tsena. Etsa ✔ ho bontsha hore o ka dula o phetse hantle. Kenya letshwao ✘ ditshwantshong tse ka etsang hore o kule.













Teacher:

Sign:

Date:

31

Ho boloka mmele wa ka o phetse hantle



Ha se batho ke disebediswa tsa ho hlwekisa metsi?
Ke mokgwa wa ho hlwekisa metsi?

Na o a tseba hore metsi a mang a hlwekile ha a mang a le ditshila? O ka etsa eng ho boloka metsi a hlwekile a le matle hore a kgone ho nowa?

O ka bedisa metsi ka ketlele ho bolaya dikokwana mahloko.





O ka sefa ditshila.
Titjhere a ka o bontsha jwang.

O ka kenya kgaba e nyenyane e le nngwe ya Jiki ho diemere tse mashome a mabedi a metsi a nokeng. Kwala emere hore ditshintshi di se kene. Tlohela metsi dihora tse 28 pele o ka a nwa.

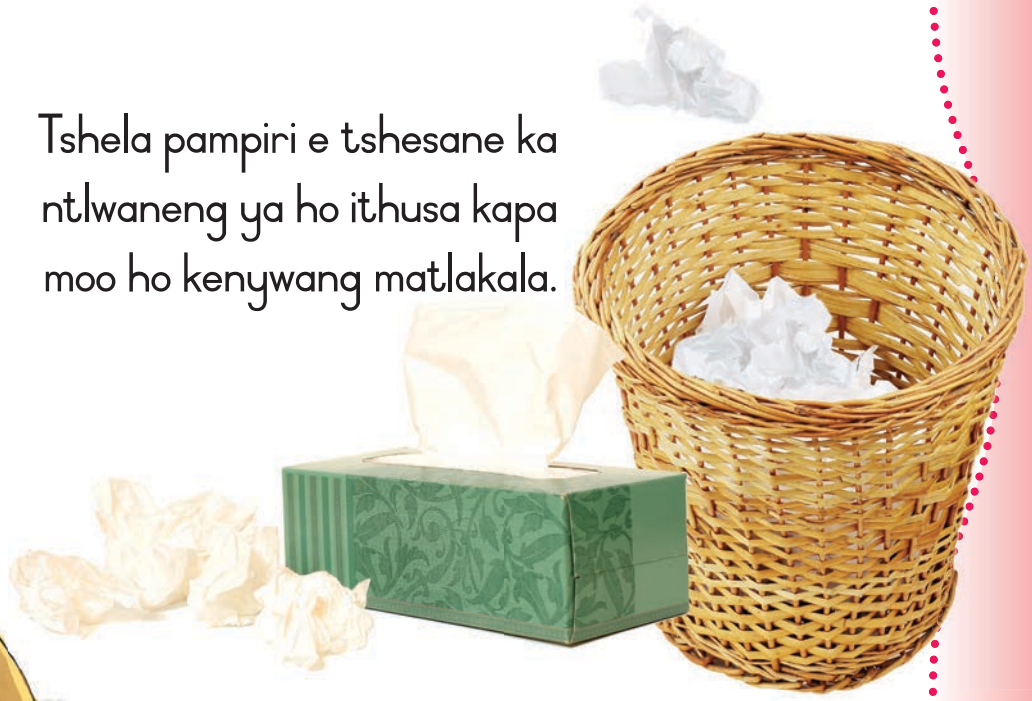


Letsatsi:.....

Ha re bueng

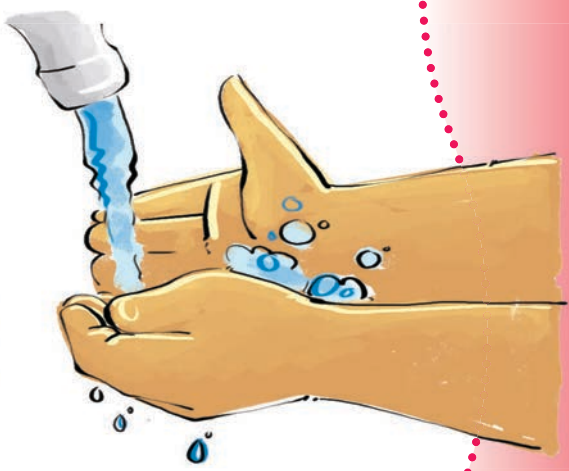
Sheba ditshwantsho tse latelang, o bolele hore bana bana ba etsang hore ba dule ba phetse hantle.

Tshela pampiri e tshesane ka ntlwaneng ya ho ithusa kapa moo ho kenywang matlakala.

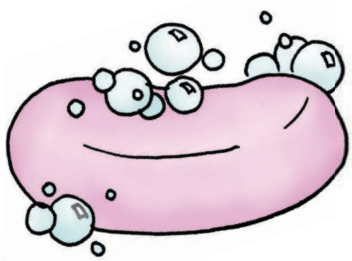




Hlatswa matsoho pele o ja.







Hlatswa matsoho a hao ha o qeta ho sebedisa ntlwana ya ho ithusa.

Ha o etsa ditshila ka ntlwaneng ya ho ithusa, hlwekisa moo o sentseng o ntano hlatswa matsoho a hao.



Kwahela molomo ha o thimola kapa hona ho kgohlela.



Teacher:

Sign:

Date:

32 Re a hlahloba





Ha re bueng

Buisana ka seo o ithutileng sona dikotareng tse pedi tse fetileng.



	✔	✘
Nka bua ka lelapa leso.		
Nka tsamaya thapong e tshesane.		
Ke tseba nomoro ya mapolesa.		
Ke tseba ka maikutlo a "tjhe" le "ee".		
Nka kapa bolo.		
Nka dula ke bolokehile lapeng.		
Nka itlhokomela.		
Ke thusa lapa leso.		
Ke tseba hohle sekolong.		
Ke tseba ho dula ke phetse hantle.		
Ke tseba hore nka etsa eng ka dintho tsohle tse ka mokotlaneng wa ka.		
Ke tseba ka malapa a fapaneng.		
Ke ithutile ntho tse ngata thutong ya bokgoni ba bophelo.		

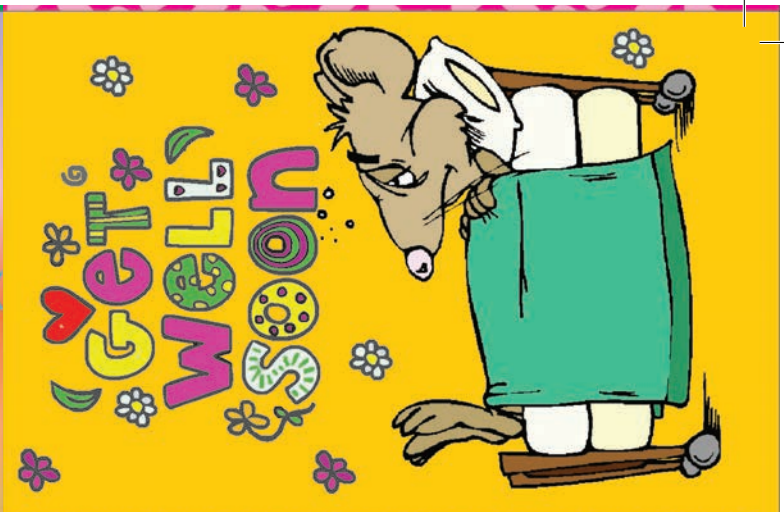
Bukantswe ya ka



Bukantswe ya ka






Get well soon





















Masks

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

