

Rainbow WORKBOOKS

SESOTHO
GRADE R – BOOK 3
TERM 3
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Sesotho Lit GrR Book 3 Cover.indd 3

E hlopisitswe ho latela lenane thuto la CAPS

Kereiti R

# BUKA YA 3

Lebitso:

Sehlopha:

basic education
Department:
Basic Education
REPUBLIC OF SOUTH AFRICA

BUKA YA SESOTHO

Buka ya 3

Kotara 3

2013-12-20 06:59:05 AM



Mofumahadi Angie Motshekga, letonaa Laapha a Thuto ya Motheo



Mong. Enver Surty, Motatsiwa Letona la Thuto ya Motheo

*Selemong sena sa Kamohelo sa (Sehlopha sa R) Dibuka tsa Mookodi tsa Mosebetsi ke karolo ya matsapa a Lefapha la Thuto ya Motheo ho thusa le ho tshehetsa mosebetsi wa ngwana wa Moaforika. Diphuputso di bontshitse hore selemong se seng le se seng bana ba fumana mesebetsi e ba phephetsang pele ho Sehlopha sa 1, ba sebetsa hantle dithutong tsa bona dilemong tse latelang, dilemong tsa poraemari le nakong ya dithuto tsa sekontari. Ke ka hoo ba tshwanelang ho rutwa haholwanyane ha ba le Sehlopheng sa R.*

*Thutong ya Motheo kharikhulamo e lebeletse hore ngwana wa Sehlopha sa R a fumane monyetla wa ho ntshetsa pele ho bala, ho ngola le bokgoni ba ho sebetsa dipalo, ke hona mona moo ba hlokang ho tshehetswa haholo hore ba fumane motheo wa thuto hore ba tle ba fumane ho le bonolo ha ba fihla Sehlopheng sa R 1 le ho fetela dihlopheng tse ka hodimo.*

*Dibuka tsa Sehlopha sa R ka hoo maikemisetso a tsona ke ho thusa bana ho ntshetsa pele bokgoni bona le ho tseba dintlha tse ding tseo e leng motheo wa dithuto tsa bona. Ba na le menyetla e mengata eo ka yona bana ba ka ntshetsang le ho ikwetlisetsa bokgoni ba bona ho itokisetsa bakeng sa dikereiti tse latelang.*

*Pele bana ba ka ihuta ho bala ba tshwanela ho tseba hore ba tshwara buka jwang le ho phetla maqephe, le ho tseba hore buka e sebediswa jwang. Ba tshwanela ho utlwisisa kamano e teng dipakeng tsa mantswe le ditshwantsho tse hare ho buka le ho hlokomela hore mantswe a ka bukeng a bopilwe ka medumo e itseng mme a na le moelelo. Ho sa le jwalo, pele bana ba ihuta ho ngola, ba tshwanela ho ntshetsa pele bokgoni ba ho ngola le ho tshwara pene, ho bopa mantswe le dibopeho le ho tsamaisa pene meleng ho tereisa medumo. Bona ke bokgoni bo fumanwang ka hare ho dibuka tsena.*

*Re a tseba hore bana ha ba bale le ho utlwisisa ka ho tshwana. Dibuka tsa Sehlopha sa R di thusa matitjhere le bana ho sebetsa ka mokgwa o ikgethang oo ngwana ka mong a ka sebetsang ka sekgahla sa hae haeba ho hlokeha hore a etse jwalo, le ha ho hlokahala hore titjhere a ka kgutlela morao ho thusa ngwana moo a sa utlwisisang hantle ho latela maemo a kutlwisiso ya ngwana. Mesebetsi e tla thusa ngwana le titjhere ho bona moo ho nang le dikgwaello e le hore titjhere e tle e kgone ho thusa ho kwala dikgaello tseo pele ngwana a fetela dikereiting tse ka pele.*

*Dibuka tse kenyeletsang thuto ya ho tseba ho bala le ho ngola, thuto ya dipalo le bokgoni ho tsa bophelo tseo kaofela ha tsona ho nang le mokotaba e ka bang 20 e sebedisang mekgwa e fapaneng ya ho hohela maikutlo a moithuti. Re a tshepa hore baithuti ba tla thabela le ho ananela ho sebedisa mesebetsi e fumanwang ka hare ho dibuka tsa mofuta ona ha ba ntse ba tswela pele ka dithuto tsa bona, le hore wena jwalo ka titjhere o tla natefelwa le bona ho sebediseng dibuka tsena.*

## Ha re bineng









Nkosi sikelel' iAfrika
Maluphakanyisw' uphondo lwayo,
Yizwa imithandazo yethu,
Nkosi sikelela, thina lusapho lwayo.

Morena boloka setjhaba sa heso,
O fedise dintwa le matshwenyeho,
O se boloke, O se boloke setjhaba sa heso,
Setjhaba sa South Afrika — South Afrika.

Uit die blou van onse hemel,
Uit die diepte van ons see,
Oor ons ewige gebergtes,
Waar die kranse antwoord gee,

Sounds the call to come together,
And united we shall stand,
Let us live and strive for freedom,
In South Africa our land.

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Kereiti

# R

**TSE KOPANENG**

- Ho bala le ho ngola
- Dipalo
- Bokgoni ho tsa bophelo

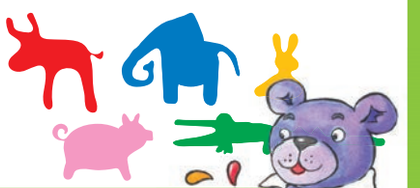



## ya SESOTHO


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Ditaelo tsa disehwa di qetellong ya buka.





Buka ena ke ya:

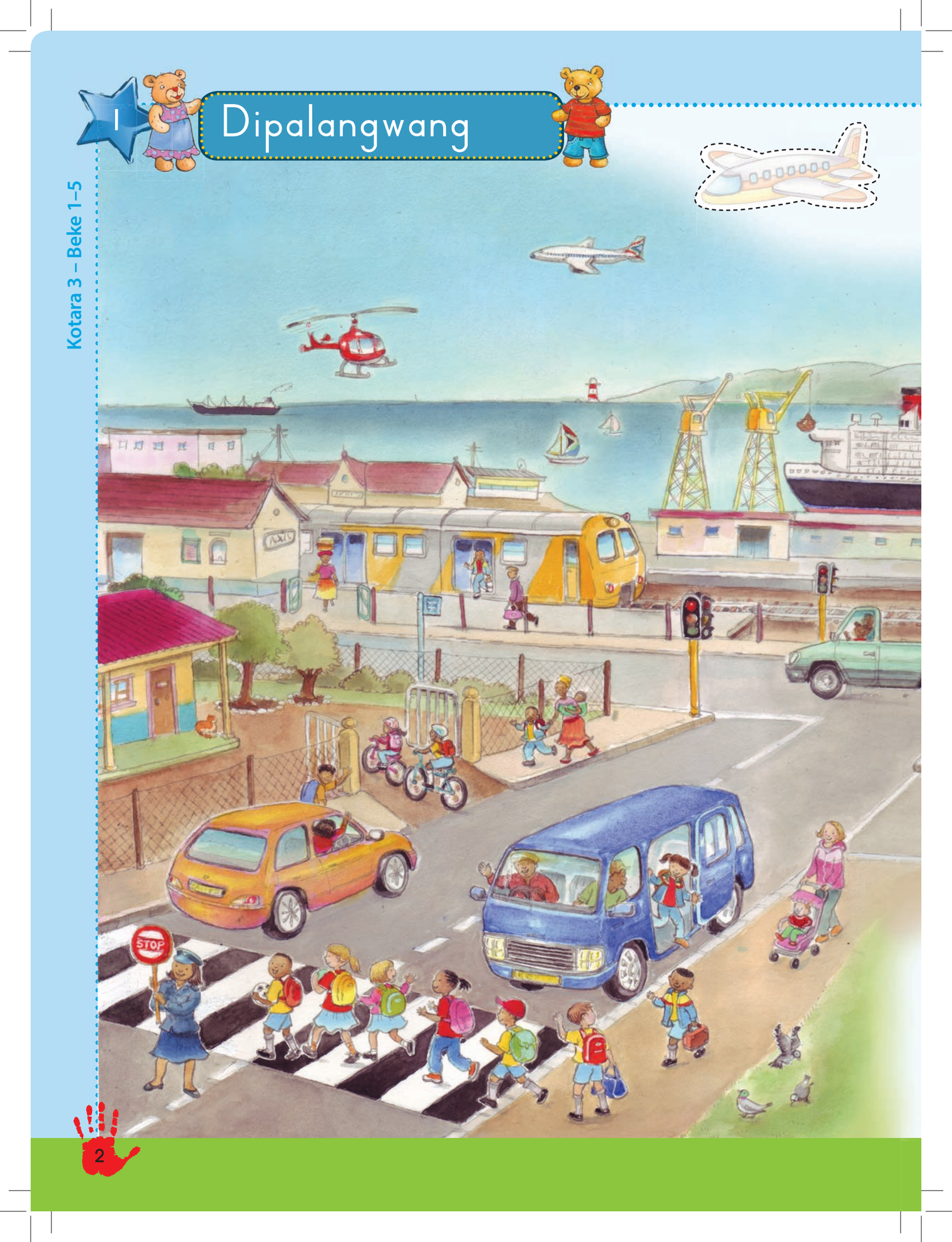


SESOTHO

Buka 3

Kotara 3

# 1 Dipalangwang

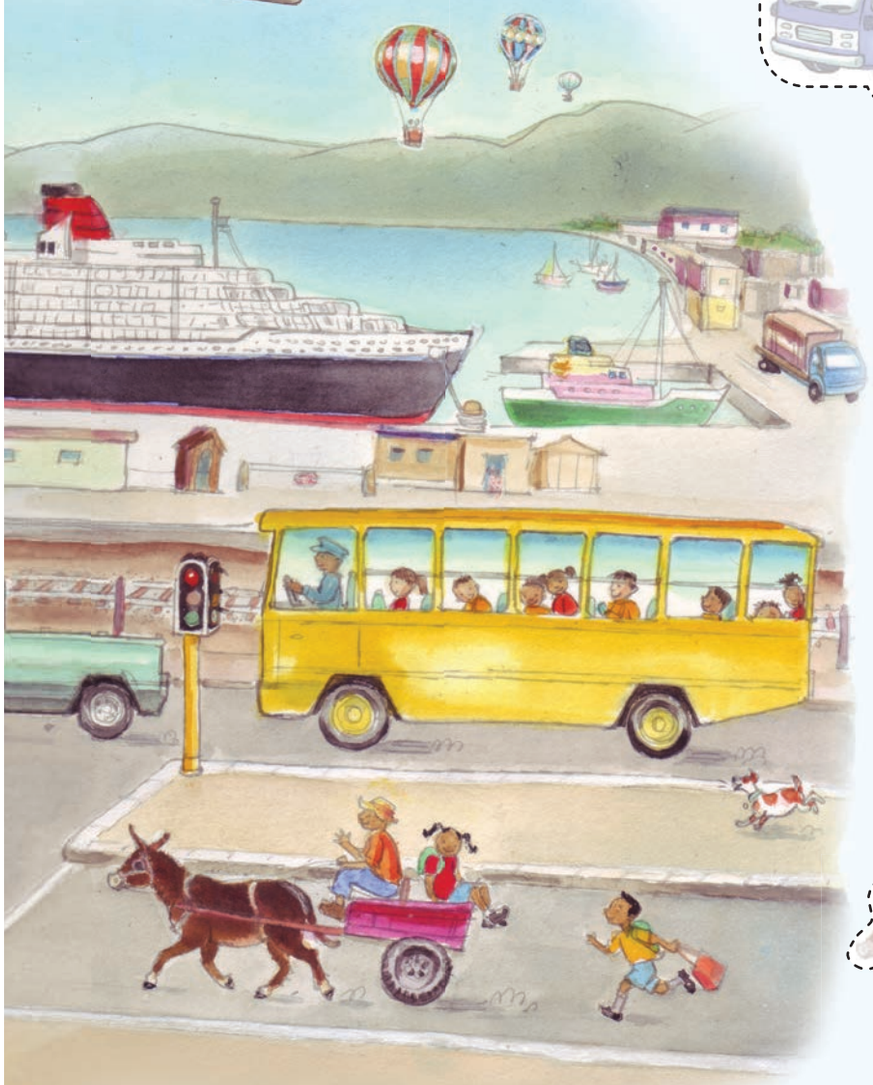


Mamarisetsa ditikara dibakeng tse nepahetseng.

## Ha re etseng

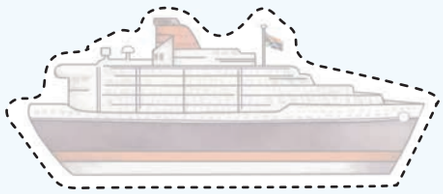
Etsetsa ditshwantsho sedikadikwe ka mmala o nepahetseng.

- Ke sepalangwang sefe se tsamayang lefatsheng?
- Ke sefe se tsamayang metsing?
- Ke sefe se fofang moyeng?







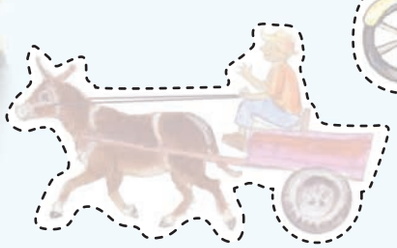














## Ha re bueng

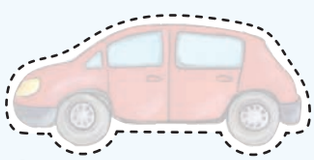
Tadima ditshwantsho mme o bue ka seo o se boneng.

O bona mefuta e mekae ya dipalangwang?

Ke bana ba bakae ba tshelang metserong?

O sebedisa sepalangwang sefe ho tla sekolong?

Ke bana ba bakae tlelaseng ya hao ba tlang ka maoto sekolong?



TEACHER: Sign _____ Date _____

1.1

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

Ke ya sekolong ka:

1.2



Lebitso la ka ke:



Ha re baleng

Tadima ditshwantsho ka hloko mme o bolelle motswalle wa hao hore ho etsahala eng setshantshong ka seng. Jwale nahana ka se tlang ho etsahala qetellong mme o take setshwantsho sa ho qetela.

## Ntja ya Nomsa e batla ho ya sekolong le yena mme e a mo latela.

1



2



3



4

1.3



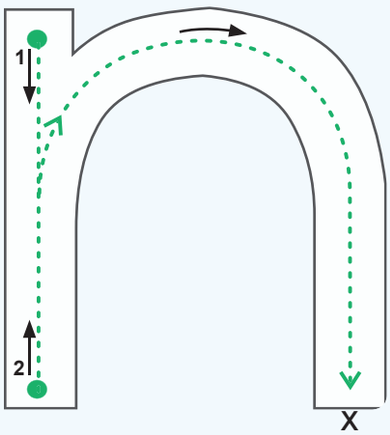
Ha re ngoleng

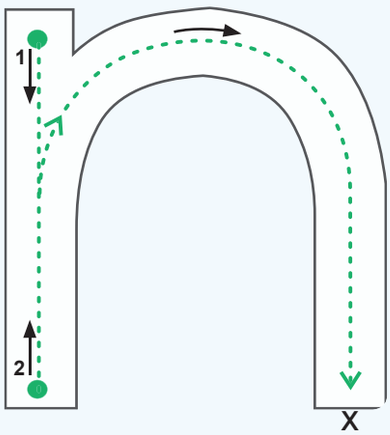
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ntja

Tereisa tlhaku ka monwana mme ka phensele.
Qala lethebeng.



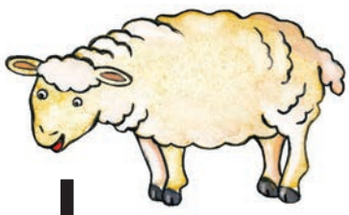




Tereisa tlhaku.

n n n n n

1.4

Ha re ngoleng Tlatsa tlhaku mme o mamele modumo ha o bitsa mantswe haholo.



n ku



n tlo



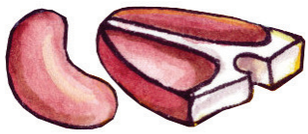
n kgono



n kgo



n tja



n ama

Ngola lebitso la hao mme o mamarisetse setikara bakeng sa mosebetsi omotle.

Lebitso la ka ke:

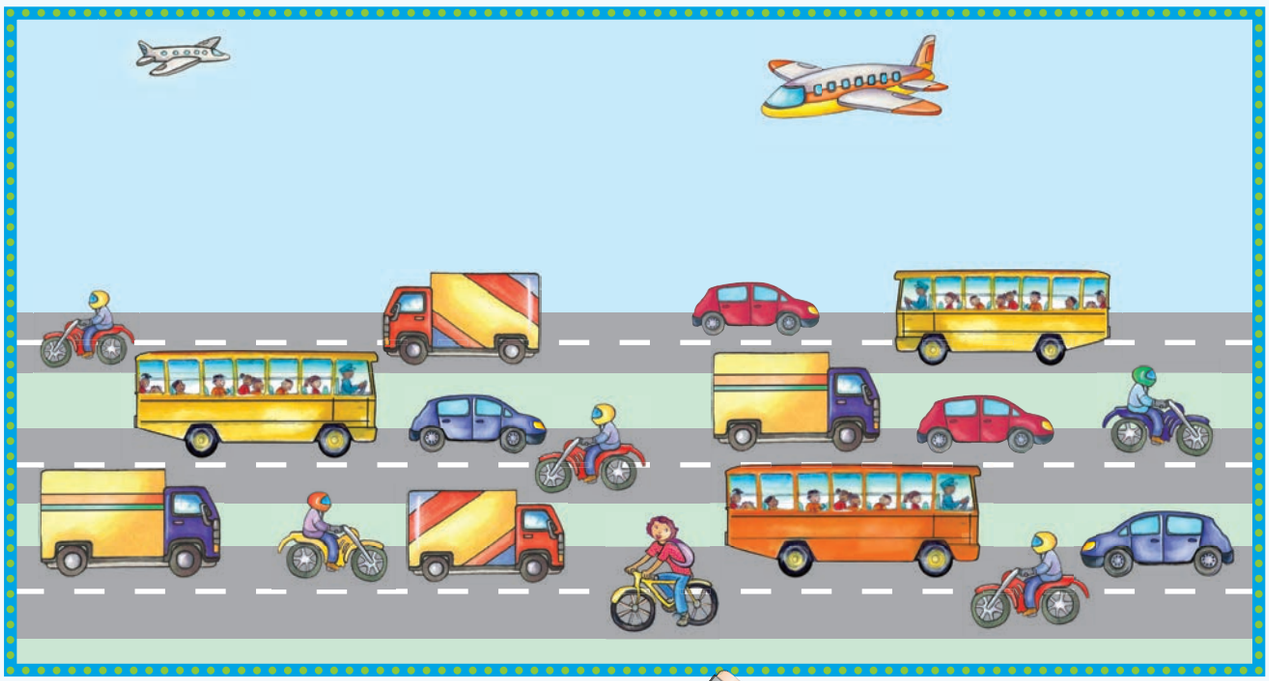
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1.5



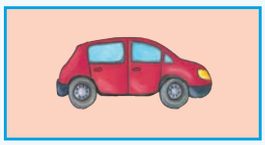
## Ha re baleng dipalo

Tadima setshwantsho mme o bone hore difofane, dikoloi, dilori, dibaesekele, dithuthuthu ledibese di kae ka palo.





1 2 3 4 5



1 2 3 4 5



1 2 3 4 5



1 2 3 4 5



1 2 3 4 5



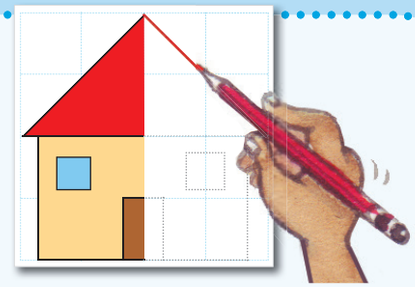
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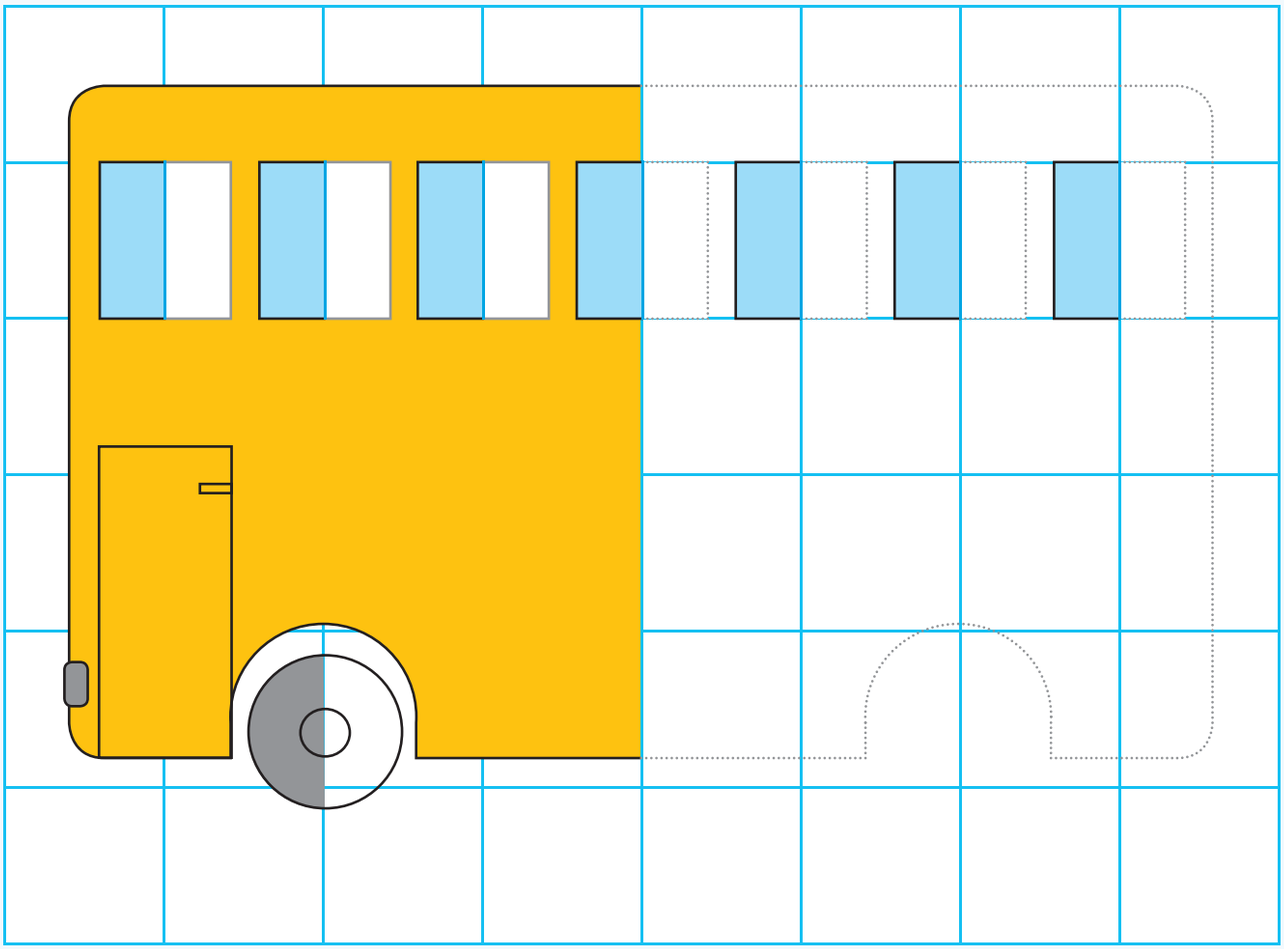
1.6



Ha re etseng

Phethela ho taka bese, mme o e khalare.





Ngola lebitso la hao mme o mamarisetse setikara bakeng sa mosebetsi omotle.



Lebitso la ka ke:

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1.7

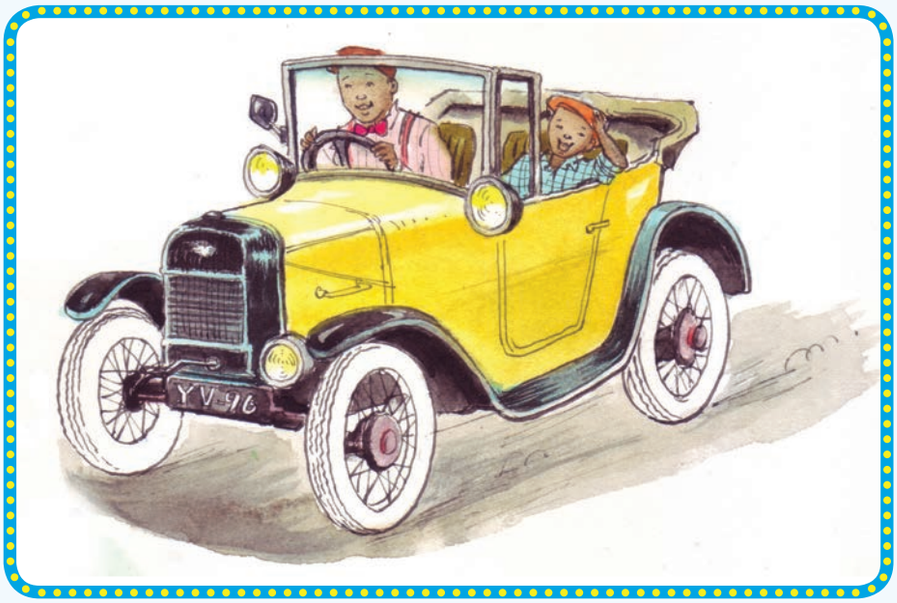


## Ha re bueng

Tadima ditshwantsho mme o bue ka seo o se bonang.
Dipalangwang tsena di fetohile jwang ho tsa mehla e fetileng?
Ke dipalangwang dife tse sebediswang lefatsheng, metsing le moyeng?
Ke dipalangwang dife tse nang le mabidi?
Tereisa mme o khalare mabidi.

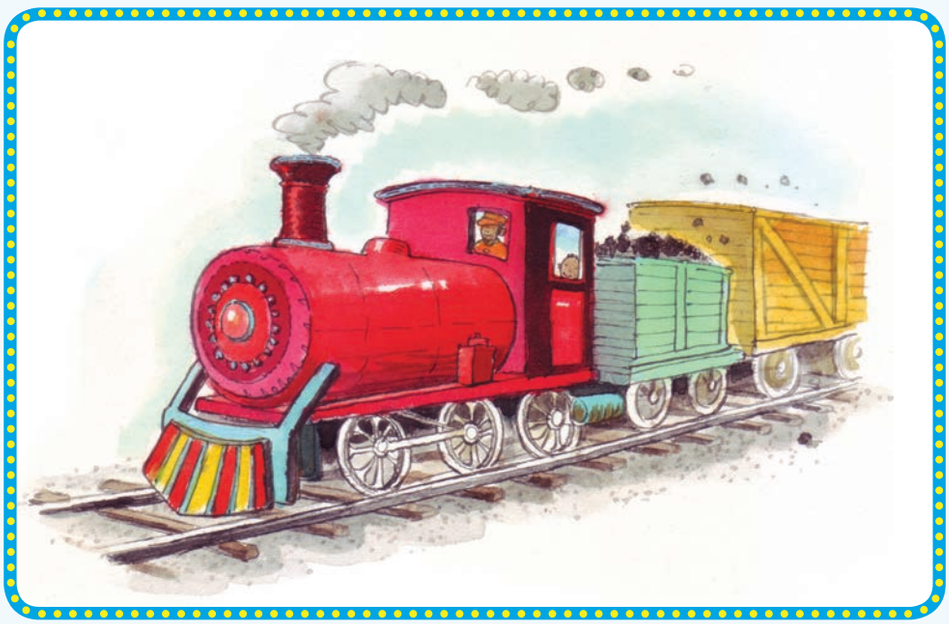


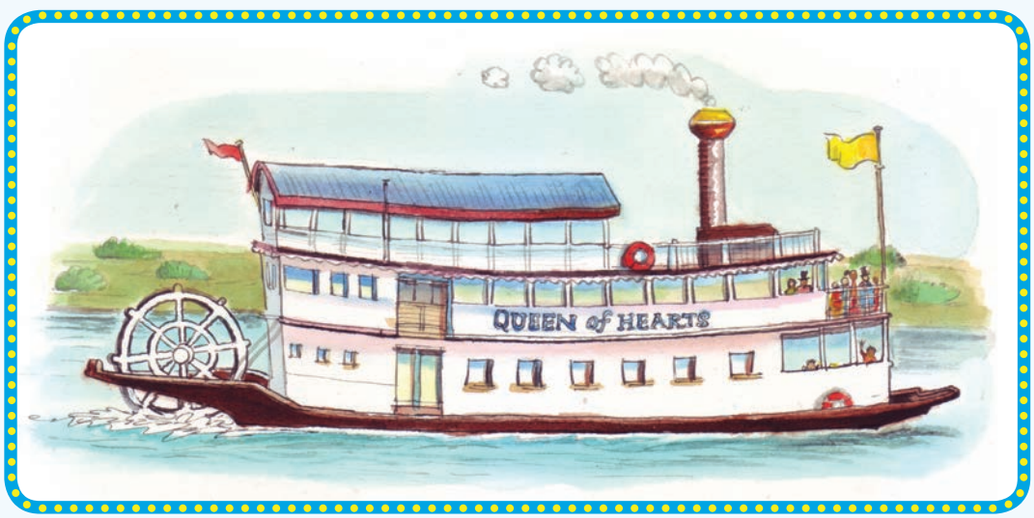








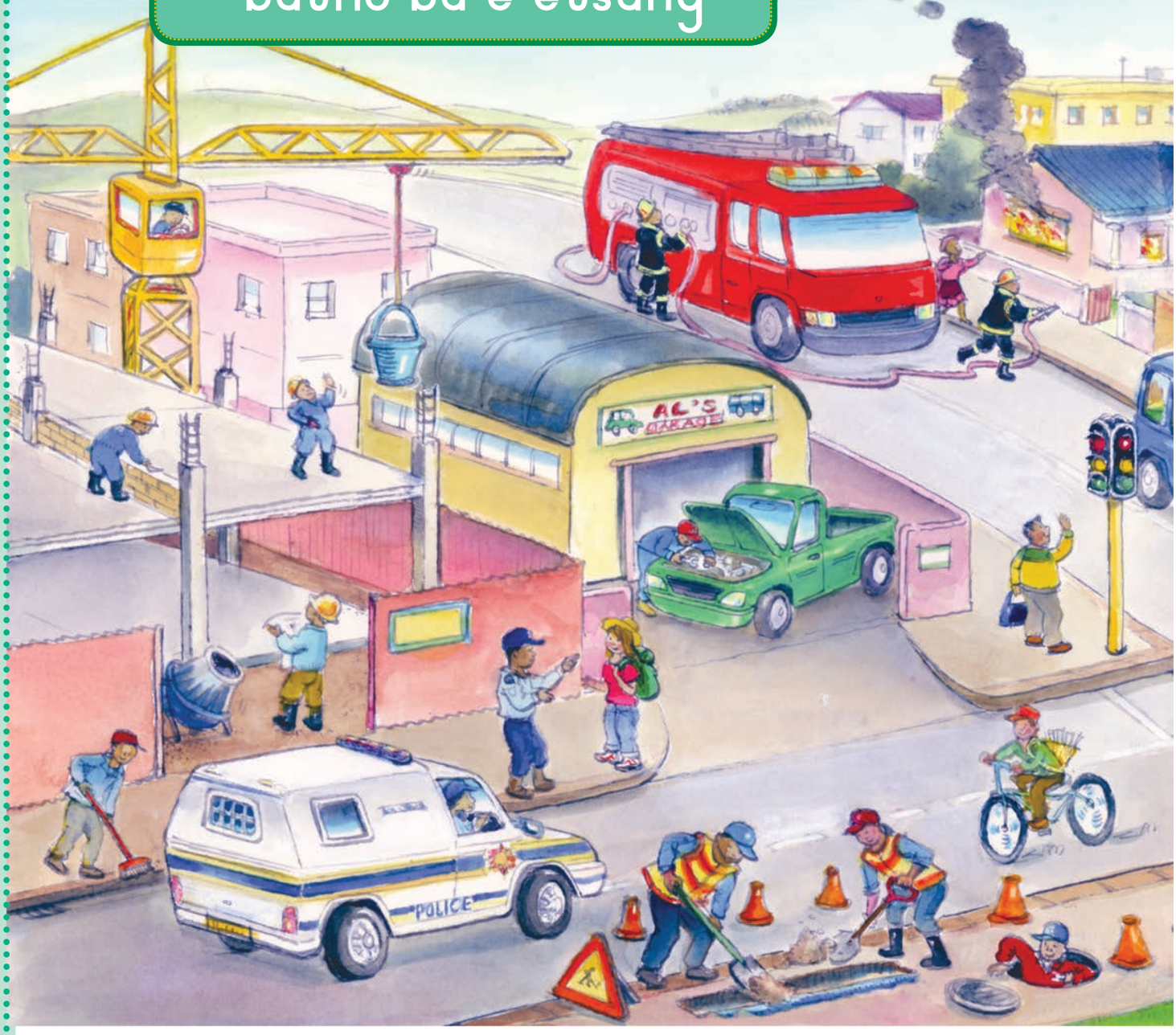





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2

# Mesebetsi eo batho ba e etsang






boraditimamollo



mokganni wa tekesi



ngaka le mooki



makheniki

Mamarisetsa ditikara dibakeng tse nepahetseng.



basebetsi ba tseleng



Ha re bueng

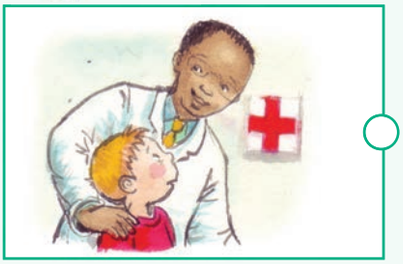
Tadima setshwantsho se seholo mme o qolla batho bohle ba re thusang.
Bolela hore ba etsang ho re thusa.
O ka tshela tsela kae?
Ke sepalangwang sefe seo o ka se bonang setshwantshong?

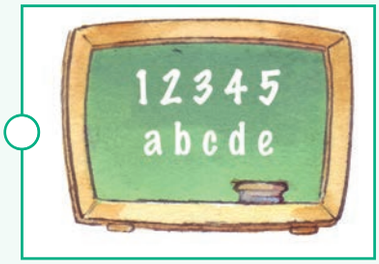
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2.1

Ha re etseng

Tadima setshwantsho mme o bue ka seo o se bonang.
Jwale taka mola ho bontsha seo motho ka mong a se etsang.
Batho baa ba re thusa jwang?













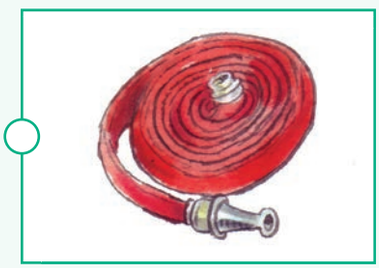










2.2

Mamarisetsa ditikara dibakeng tse nepahetseng.

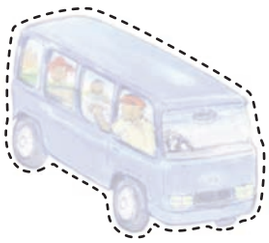


Ha re bueng

Ke bafe bathong ba

- ba sebetsang ka dipalangwang?
- ba sebetsang ka ho aha kapa ho lokisa?
- hlokometseng bophelo ba rona?
- ba sebetsang ka dijo?

## Dipalangwang


## Mesebetsi





## Bophelo bo botle






## Dijo

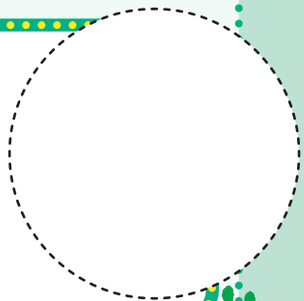




Ngola lebitso la hao mme o iphe naledi bakeng sa mosebetsi o motle.



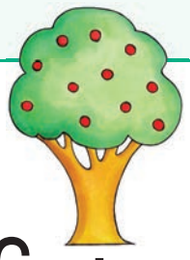
Lebitso la ka ke:



2.3

Ha re baleng Tereisa tlhaku ya pele mme o bale mantswe.

s


sefate


seeta

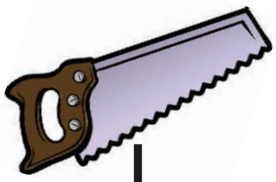


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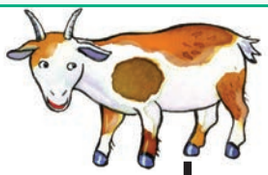
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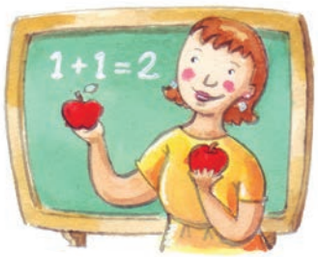

pane

2.4

Ha re baleng

Tadima setshwantsho kholomong ya pele mme o bolelle motswalle hore bothata ke bofe ho se seng ka seng.Jwale taka mola ho bontsha hore ke mang ya ka thusang ka bothata batho ba setshwantshong ka seng.






















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2.5

Ha re baleng dipalo

Tshwaya diboloko tse nang le dintho tse **6**.



Kwetlisa palo **6**.



2.6

Lebitso la ka ke:

Ha re etseng Opela mantswe ana diatla.



ngaka

| nga | ka |
|---|---|

rapolasi

| ra | po | la | si |
|---|---|---|---|



ambulanse

| a | m | bu | la | n | se |
|---|---|---|---|---|---|



seahi

| se | a | hi |
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mapentane

| ma | pe | n | ta | ne |
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2.7



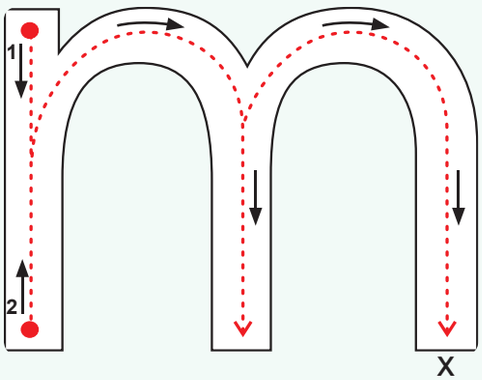
Ha re ngoleng

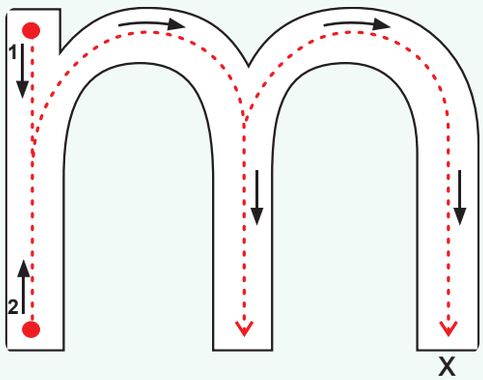
# m



meno

Tereisa lentswe ka monwana wa hao mme ka phensele. Qala lethebeng.




Tereisa tlhaku.



m m m m m

2.8

Ha re ngoleng

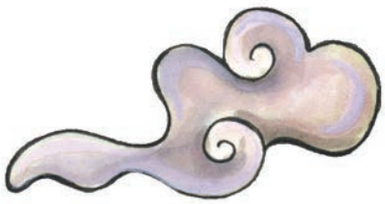
Tlatsa tlhaku mme o mamele modumo ha o bitsa lentswe haholo.



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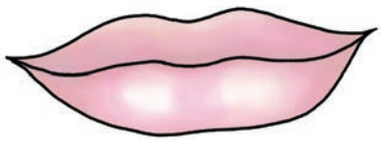
_m_etsi



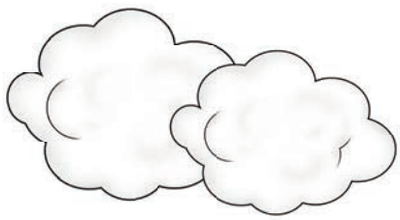
_m_usi

_m_onna





_m_olomo



_m_ose

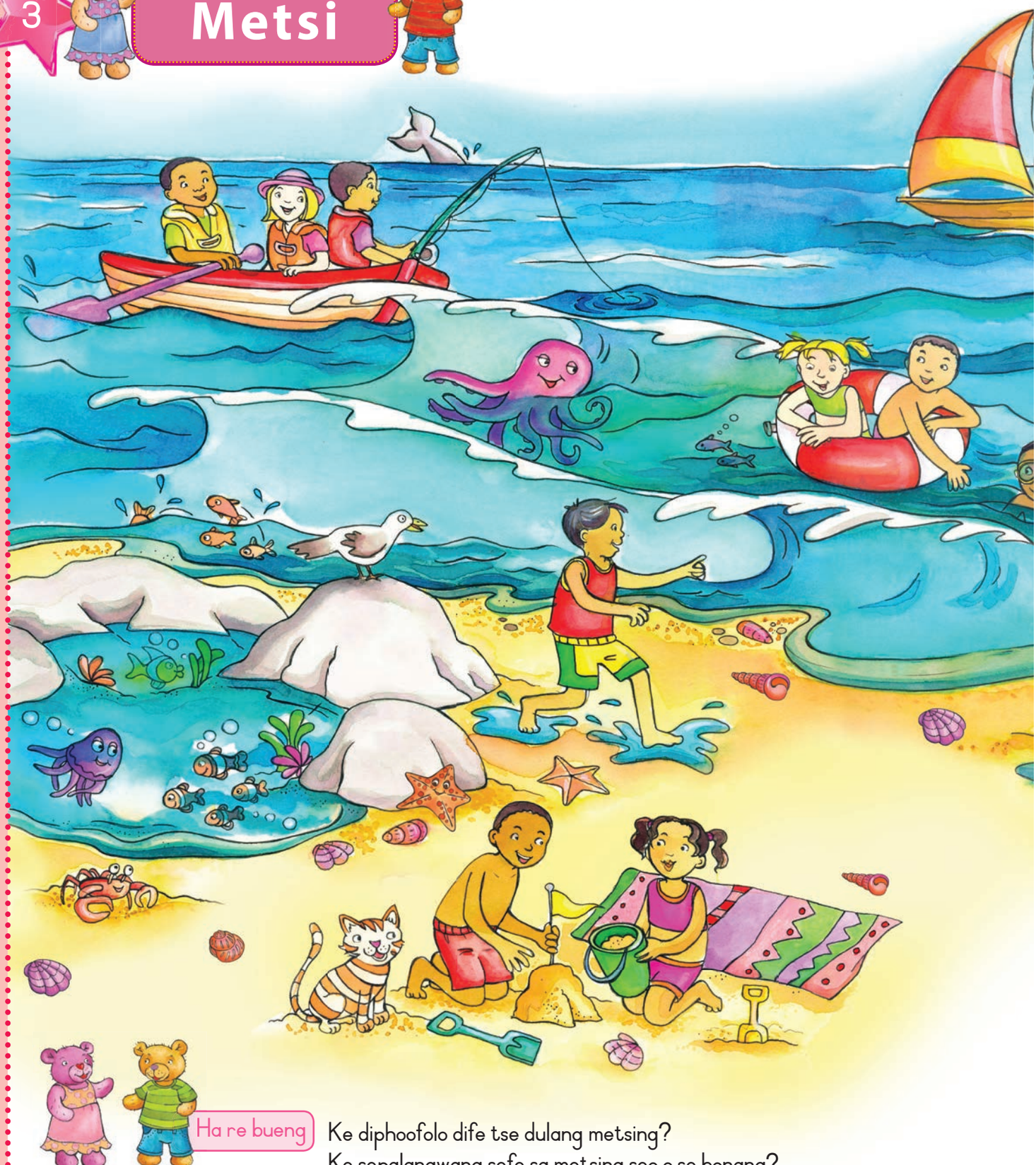
Ngola lebitso la hao mme o mamarisetse setikara bakeng sa mosebetsi o motle.

Lebitso la ka ke:

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3

# Metsi



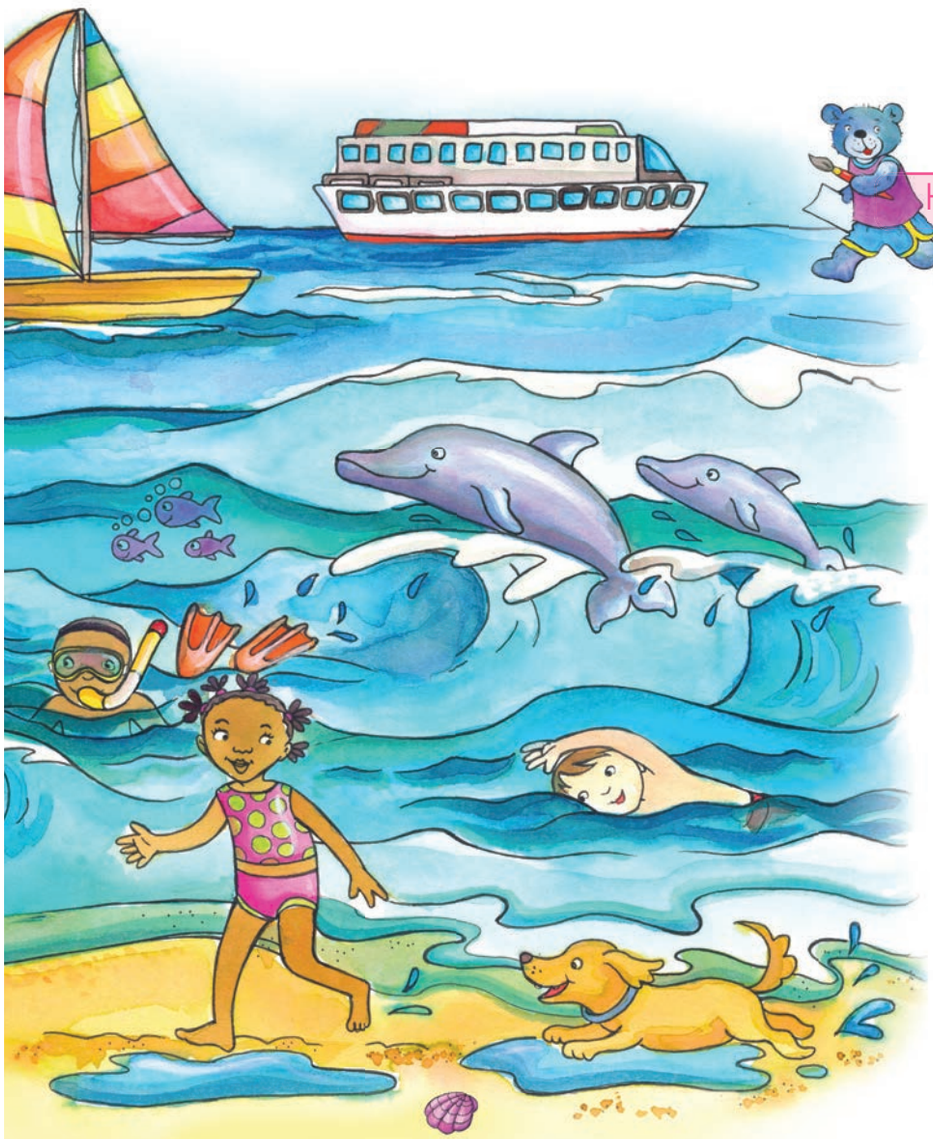
Ha re bueng

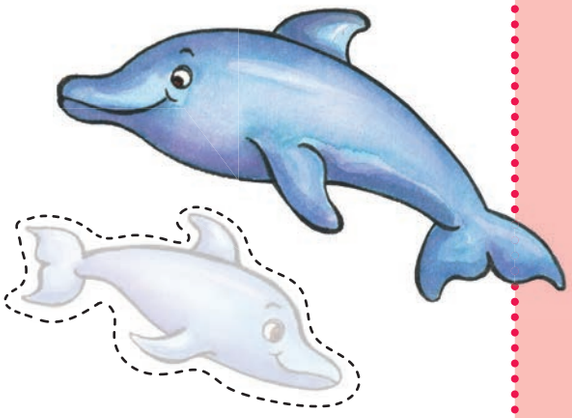
Ke diphoofolo dife tse dulang metsing?
Ke sepalangwang sefe sa metsing seo o se bonang?
Bana ba sebedisa eng ho phaphalla?
Ke dintho dife tseo o di tsebang tse phaphallang?
Ke dintho dife tse ke keng tsa phaphalla?

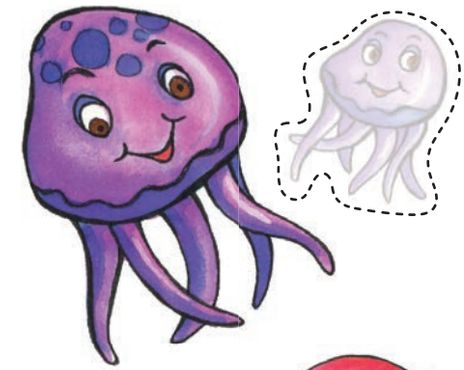
Mamarisetsa ditikara dibakeng tse nepahetseng.

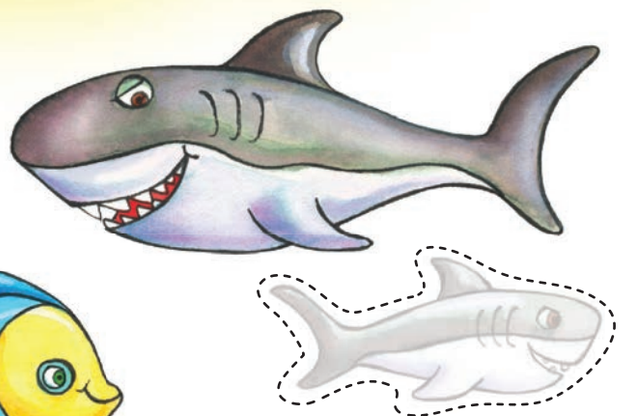
Ha re etseng

Sebedisa ditikara ho mamarisetsa bana thoko ho bo mme ba bona.















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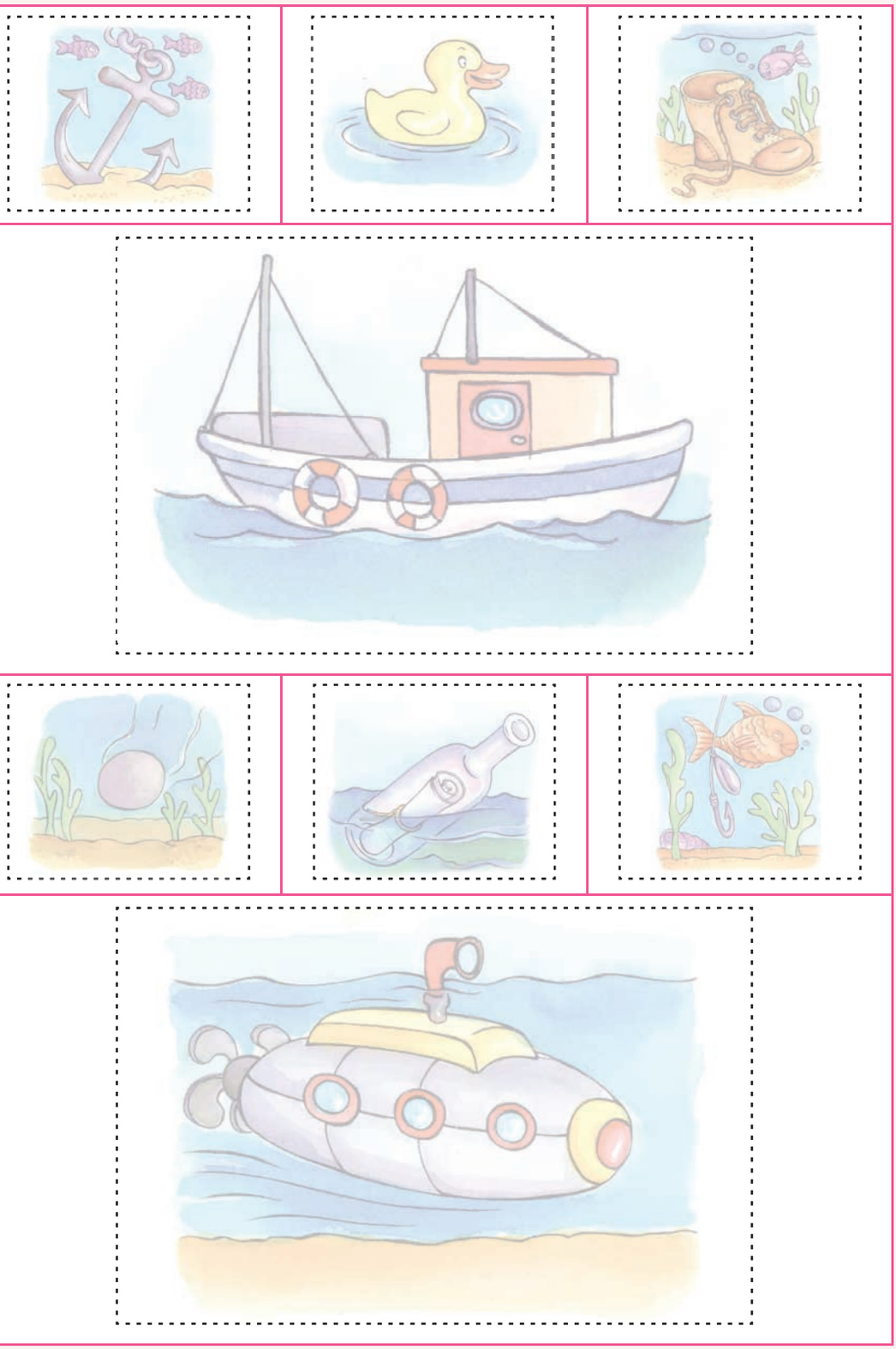
3.1

Mamarisetsa ditikara dibakeng tse nepahetseng.



Ha re ngoleng

Mamarisetsa ditikara dibakeng tse nepahetseng.
Jwale bolela hore e a teba kapa e a phaphalla.



3.2



Ha re etseng

Taka setshwantsho sa hao o sesa, o tola, o qhoba seketswana kapa o ithabisa pela metsi?

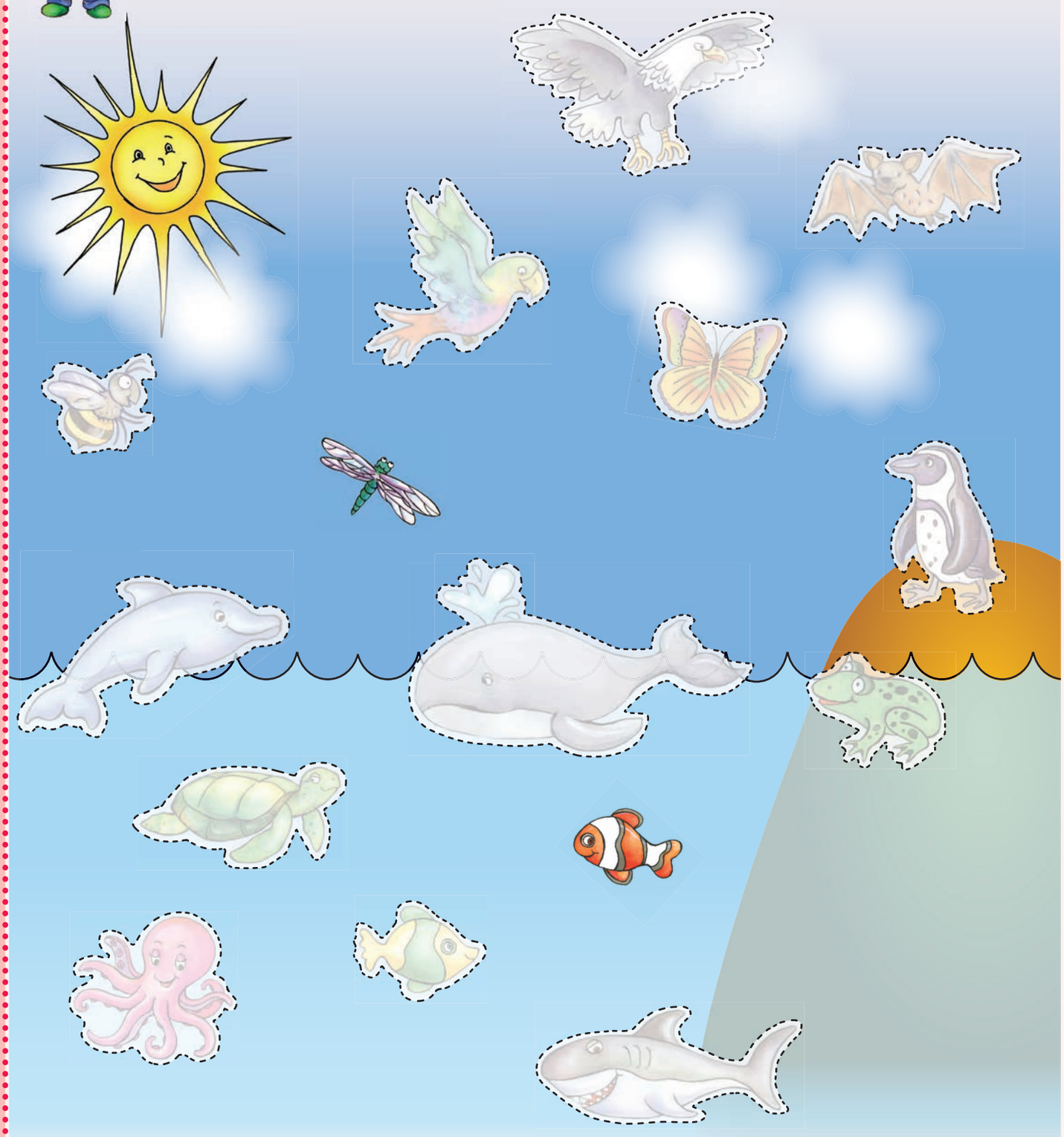


Lebitso la ka ke:

Mamarisetsa ditikara dibakeng tse nepahetseng.

Ha re baleng

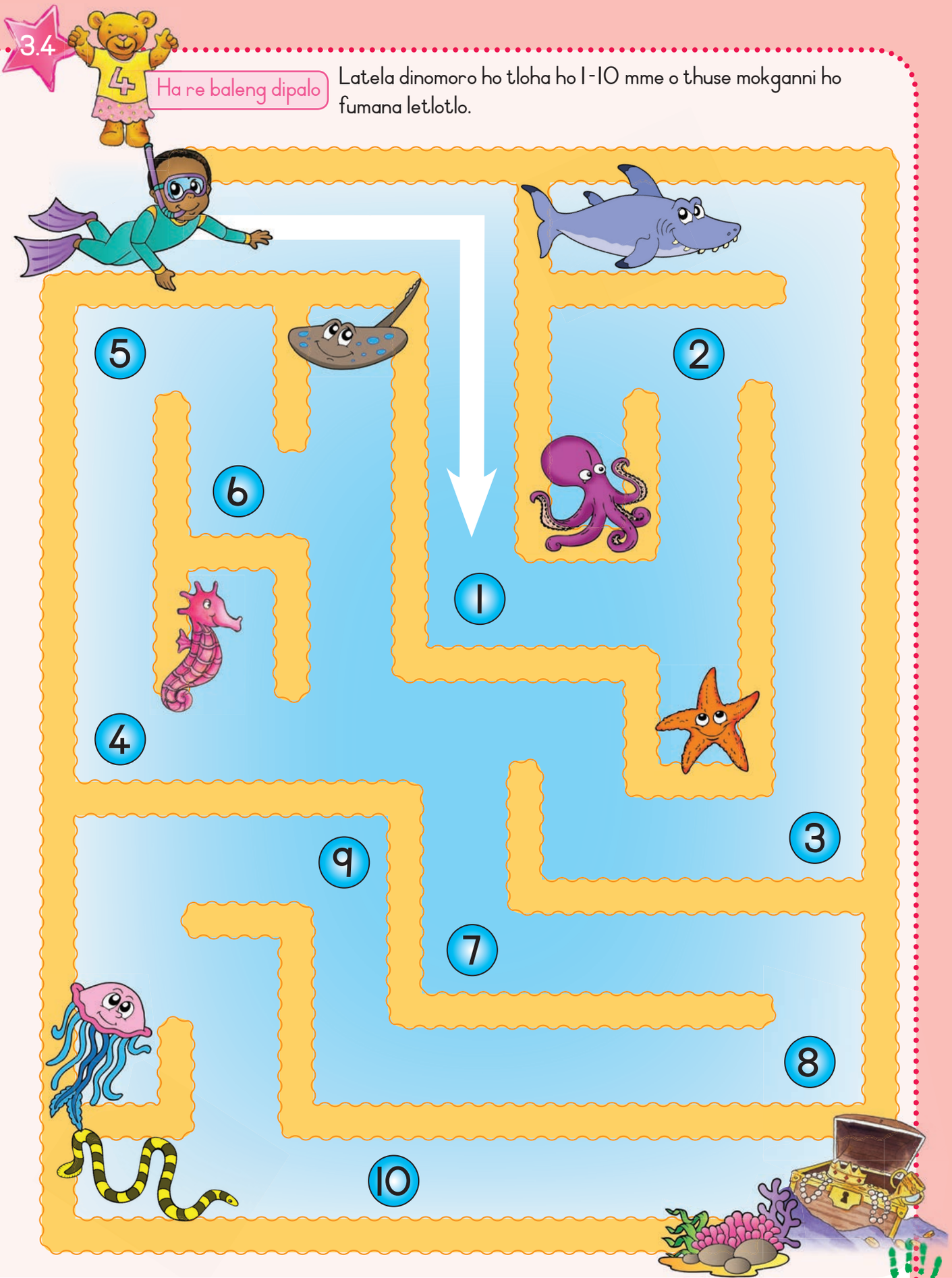
Ke efe ya diphoofolo tsena e ka sesang mme ke efe e ka fofang? Mamarisetsa setikara ho bontsha hore ke phoofolo efe e ka sesang mme ke efe e ka fofang moyeng.



3.4

Ha re baleng dipalo

Latela dinomoro ho tloha ho 1-10 mme o thuse mokganni ho fumana letlotlo.




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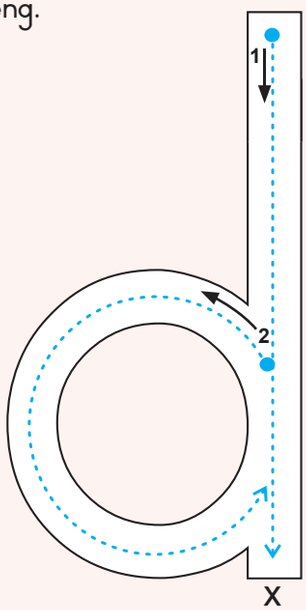


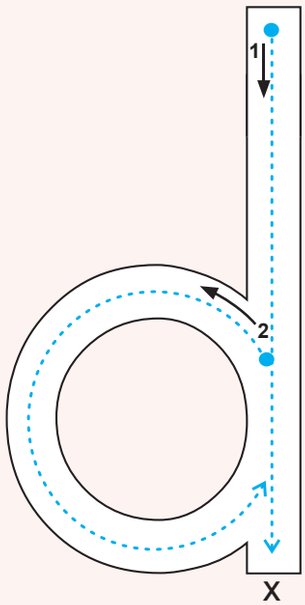
Ha re ngoleng

# d




Tereisa tlhaku ka monwana mme ka phensele.
Qala mathebeng.




Tereisa tlhaku.



3.6

Ha re ngoleng Tlatsa tlhaku mme o mamele modumo ha o bitsa lentswe haholo.



_d_ipalesa



_di_tsebe



_d_ieta



_d_inawa



_d_ierekisi



_d_iborele

Ngola lebitso la hao mme o mamarisetse setikara bakeng sa mosebetsi o motle.

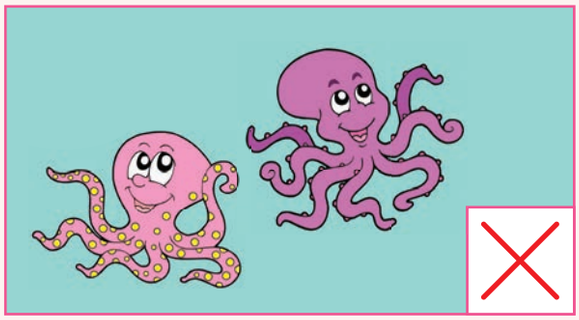
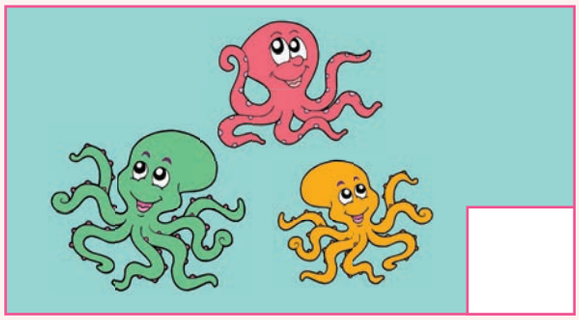
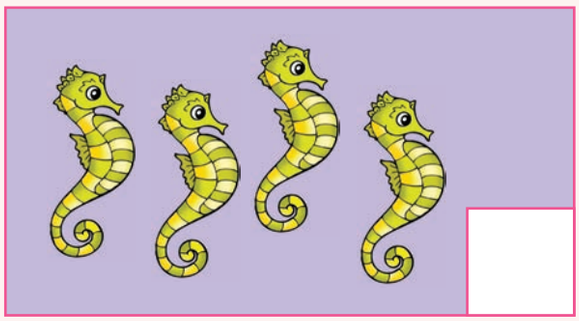
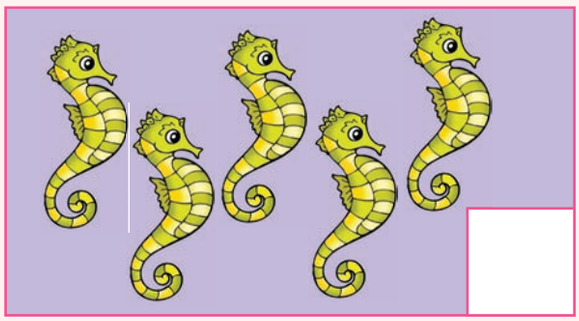
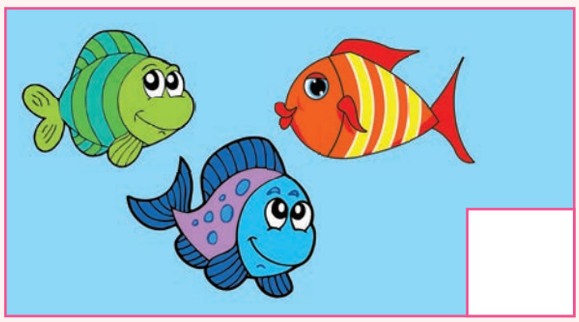
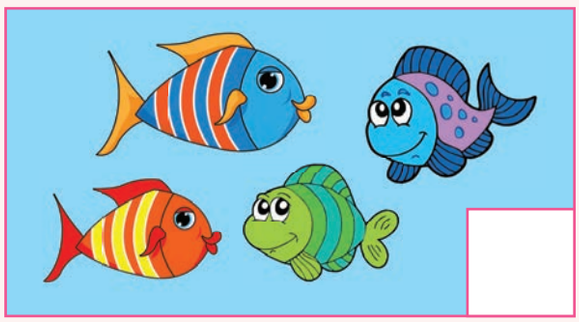
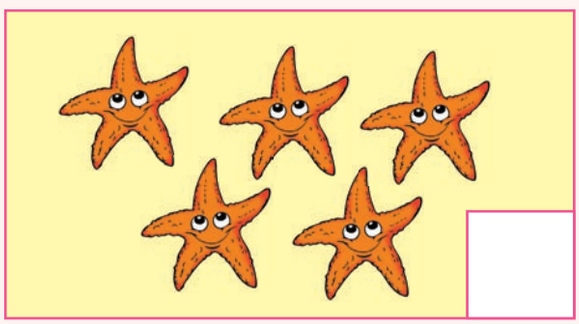
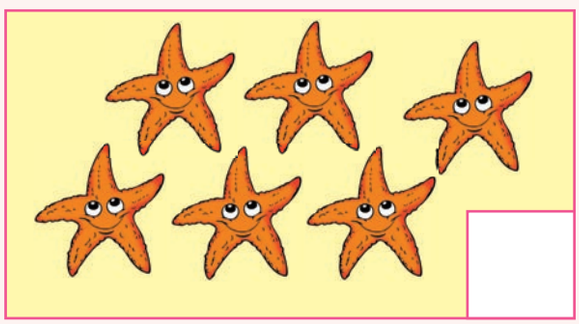
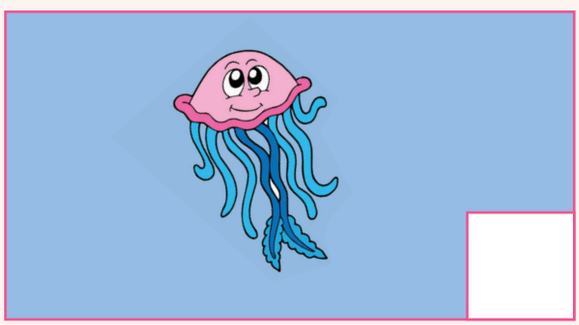
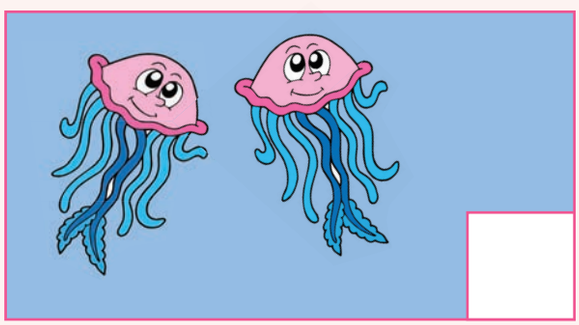
Lebitso la ka ke:

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3.7

Ha re baleng dipalo

Moleng ka mong taka X lebokoseng le nang le palo e tlaase ya dintho.

## Ha re baleng dipalo

Tshwaya jeke e nang le lebese le lengata.





Tshwaya kopi e nang le lebese le lengata.





Tshwaya botlolo e nang le oli e nnyane.





Khalara di botlolwana tsena ho di etsa di tlale.



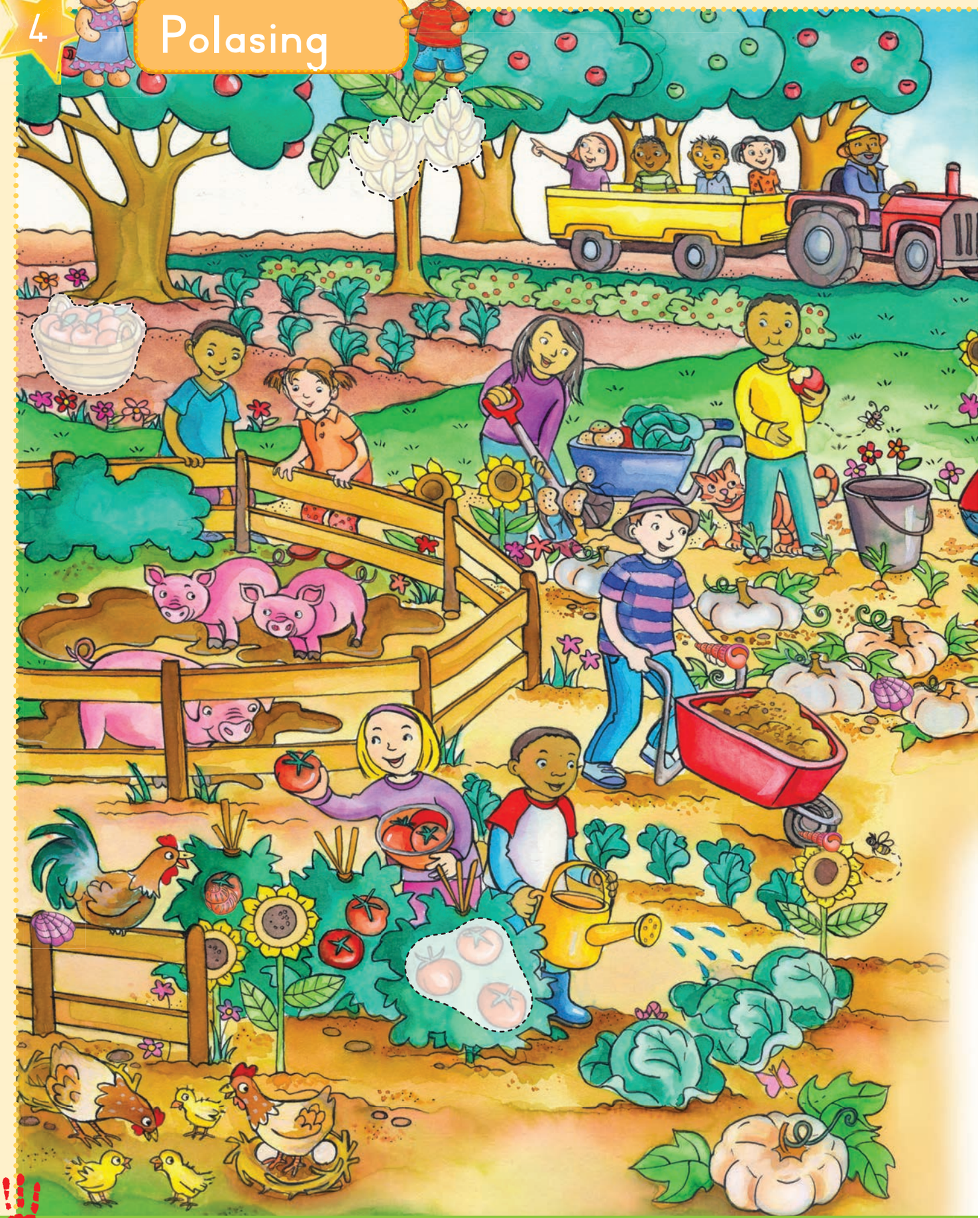




| | | |
|---|---|---|
| tletse | halofo | letho |

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# 4 Polasing



Mamarisetsa ditikara dibakeng tse nepahetseng.





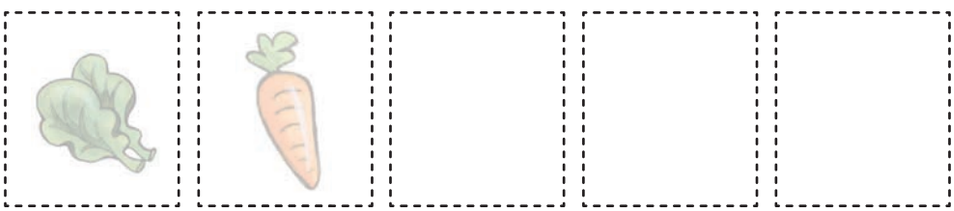
**Ha re bueng**

Tadima setshwantsho mme o bue ka seo o se bonang.
Na o kile wa ya polasing?
O bona tholwana efe setshwantshong?
O bona moroho ofe setshwantshong?
Na o jala meroho lapeng?
Ngwana ka mong o etsang?



**Ha re etseng** Sebedisa ditikara tsa hao ho phethela paterone.





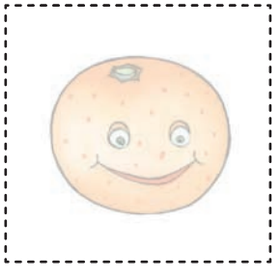
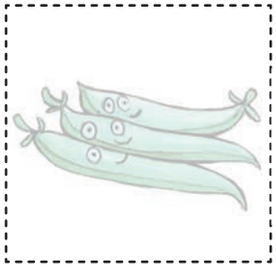
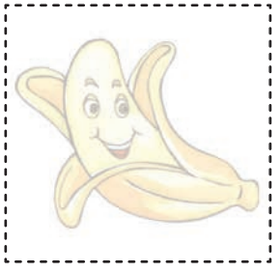
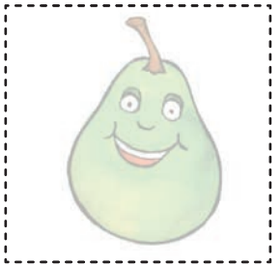
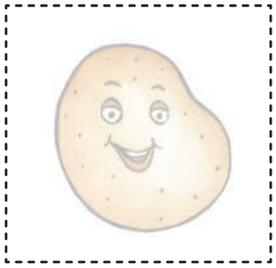
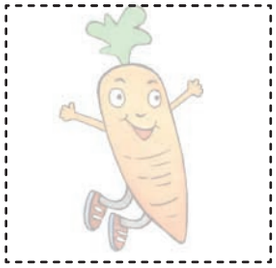
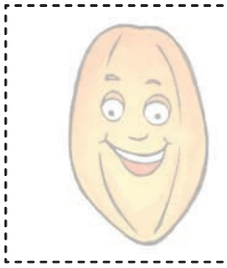
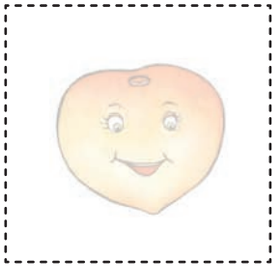
4.1



Ha re etseng

Mamarisetsa ditholwana le meroho kholomong enepahetseng. Bua kamoo tholwana le moroho ka mong o latswehang le ho tshwareha. Bolela mabitso a tsona mme o a opele diatla (kha/be/she) > khabeshe.

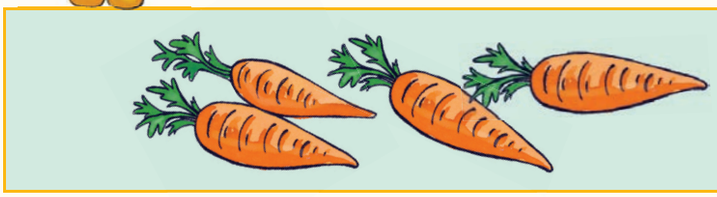
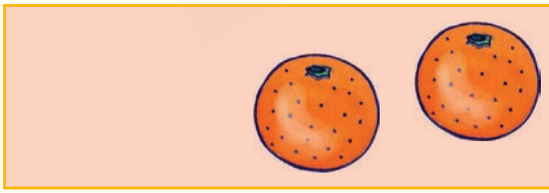
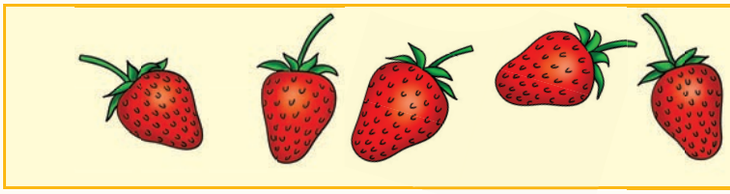
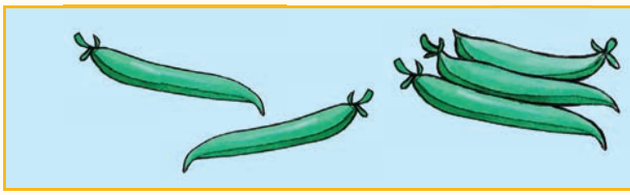
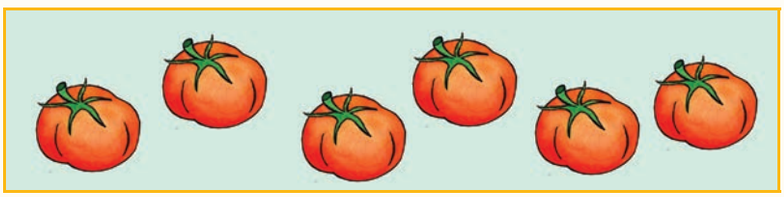
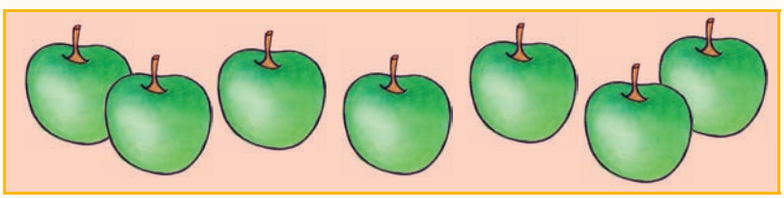
Mamarisetsa ditikara dibakeng tse nepahetseng.

| ditholwana | | meroho | |
|---|---|---|---|
|  |  |  |  |
| apole | lamunu | dinawa | khabeshe |
|  |  |  |  |
| morara | panana | dierekisi | sepenishe |
|  |  |  |  |
| peniapole | pere | tapole | dihwete |
|  |  |  |  |
| popo | perekisi | poone | mokopu |

4.2

Ha re baleng dipalo

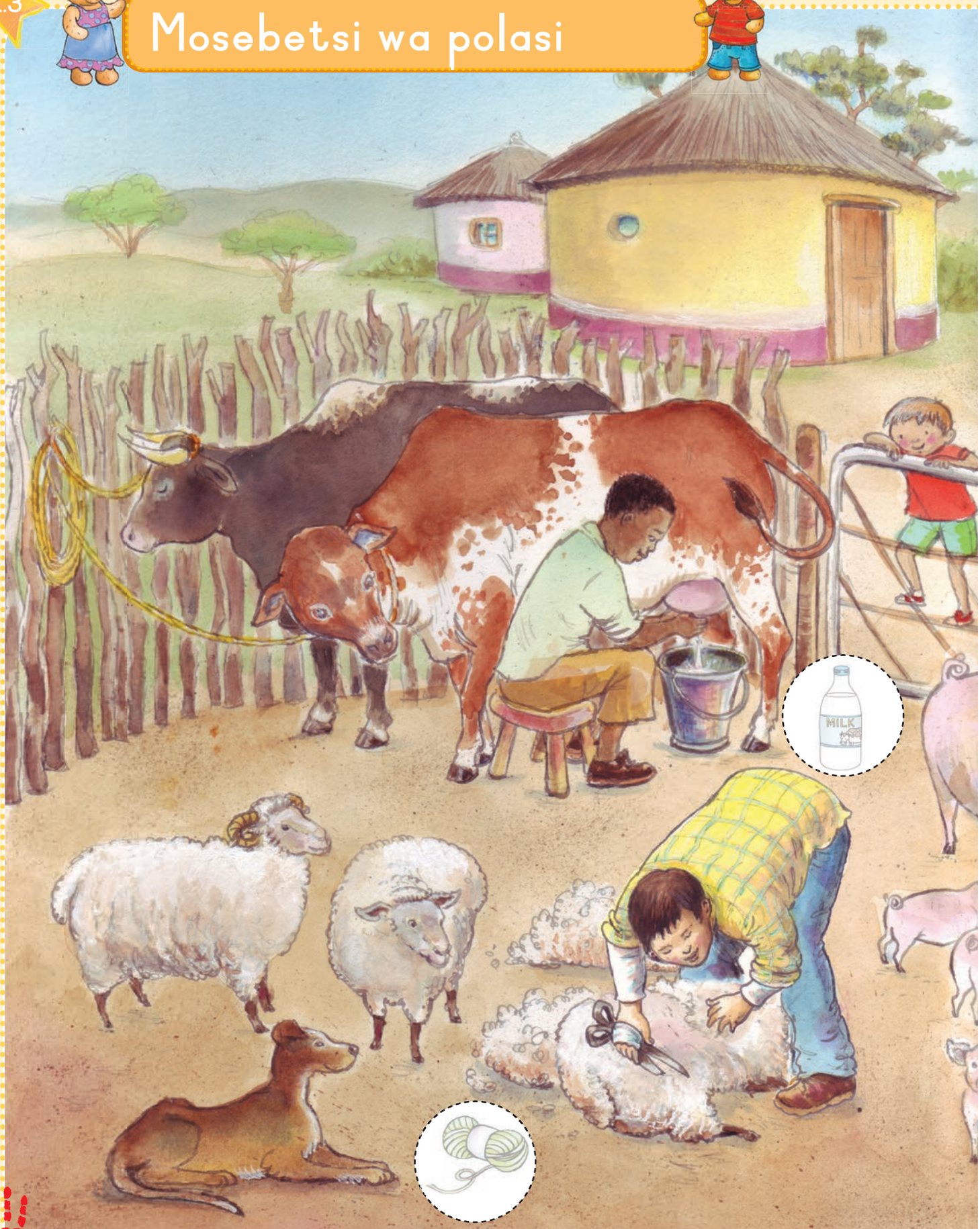
Bala palo ya ditholwana le meroho ena mme o tereise palo e nepahetseng.

| | | |
|---|---|---|
|  | 3 | 4 |
|  | 1 | 2 |
|  | 5 | 3 |
|  | 4 | 5 |
|  | 2 | 1 |
|  | 4 | 6 |
|  | 7 | 6 |
|  | 6 | 7 |

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4.3

# Mosebetsi wa polasi



4.4

Mamarisetsa ditikara dibakeng tse nepahetseng.













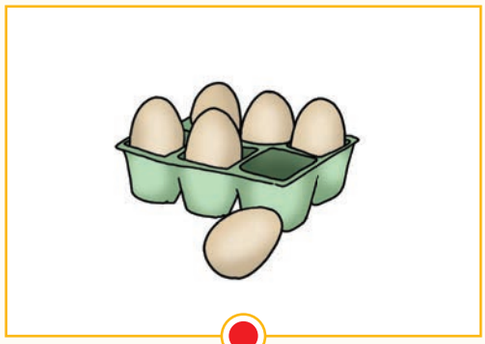
Ha re bueng

Tadima setshwantsho mme o bue ka seo o se bonang.
Batho ba etsang?
Re fumana dihlahiswa dife tse fapaneng polasing ena?
Re fumana lebese kae?
Re ka etsa dijo dife ho hlaha lebeseng?
Re fumana wulu kae?
Re sebedisa wulu bakeng sa eng?
Re fumana mahe kae?
Re fumana manyepe kae?

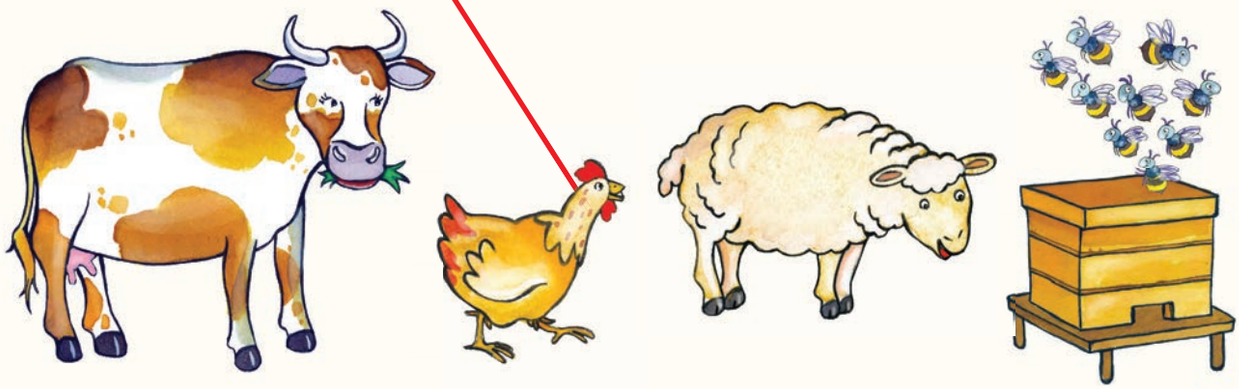
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4.5

Ha re baleng Taka mola ho bontsha seo re se fumanang ho tswa diphoofolong tsena.







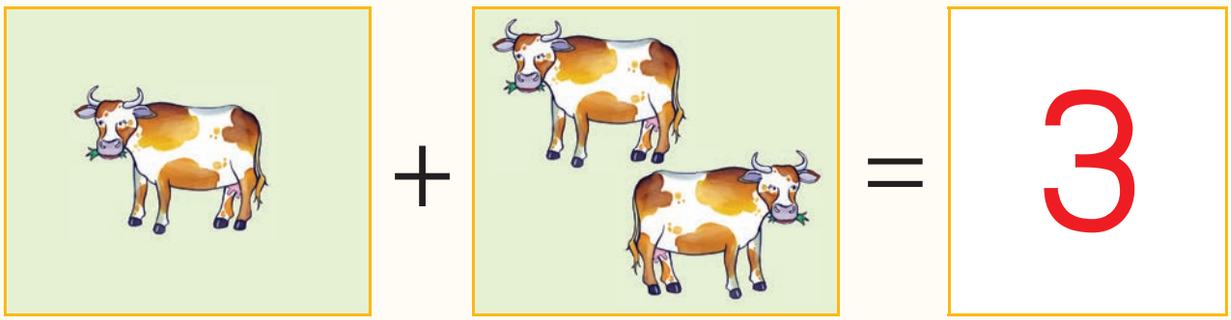


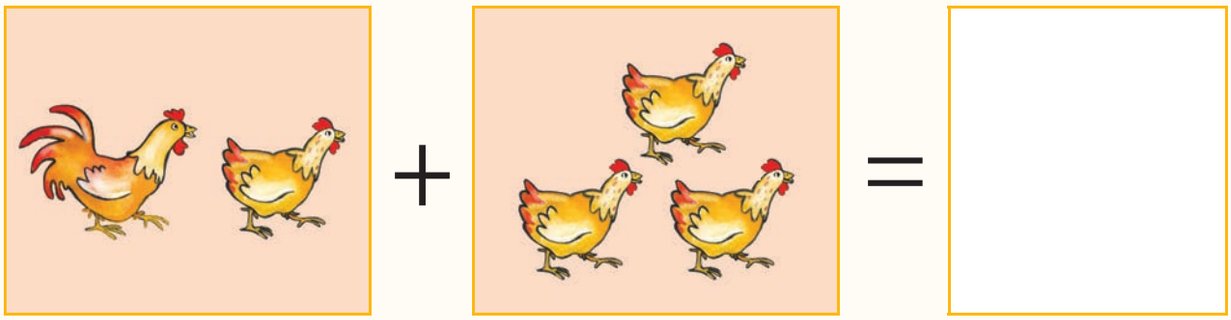
4.6

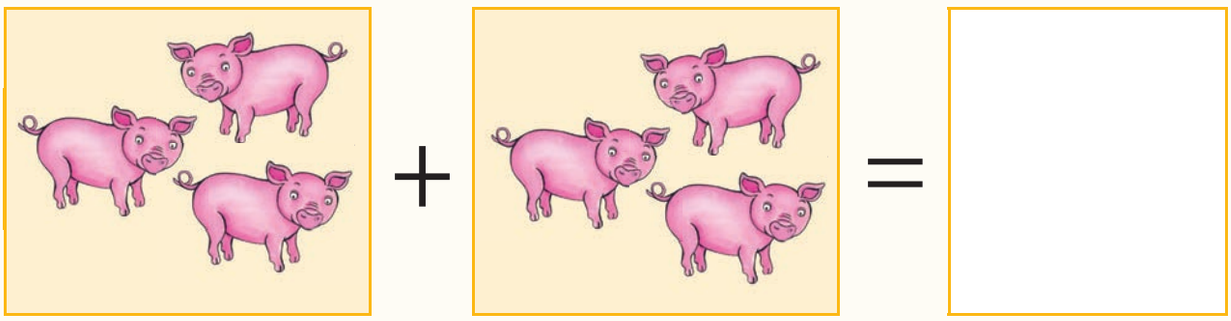


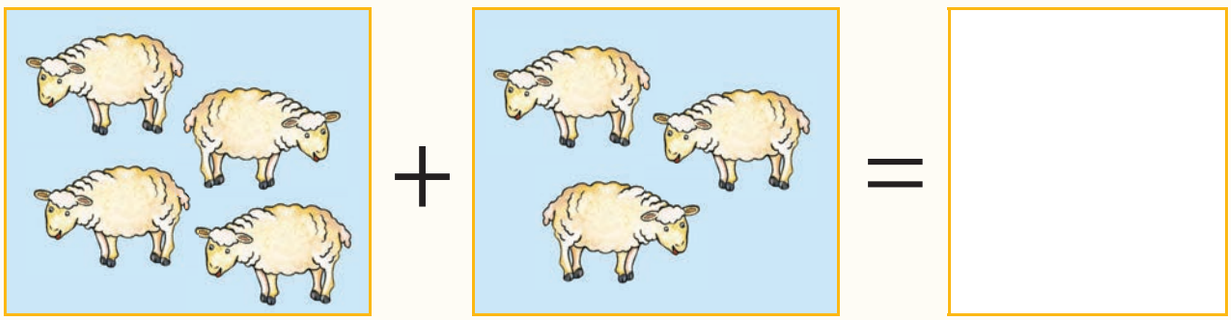
Ha re baleng dipalo

Thusa rapolasi ho bala diphoofolo tsa hae.






Lebitso la ka ke:

TEACHER: Sign Date



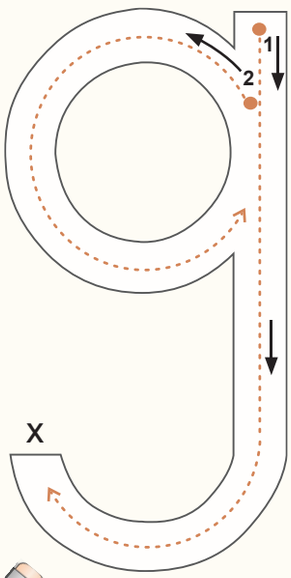
Ha re ngoleng

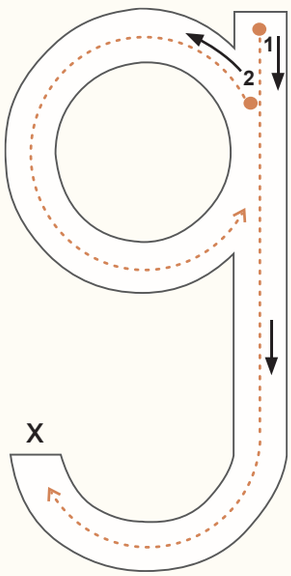
# g



galase

Tereisa tlhaku ka monwana wa hao mme ka phensele.
Qala mathebeng.




Tereisa tlhaku.



g g g g

4.8

Ha re ngoleng

Tlatsa tlhaku g mme o mamele modumo ha o ntse o bitsa mantswe haholo.



gauta



kgomo



kgaba



kgaretene



galase



kgubedu

Ngola lebitso la hao mme o mamarisetse setikara bakeng sa mosebetsi o motle.

Lebitso la ka ke:

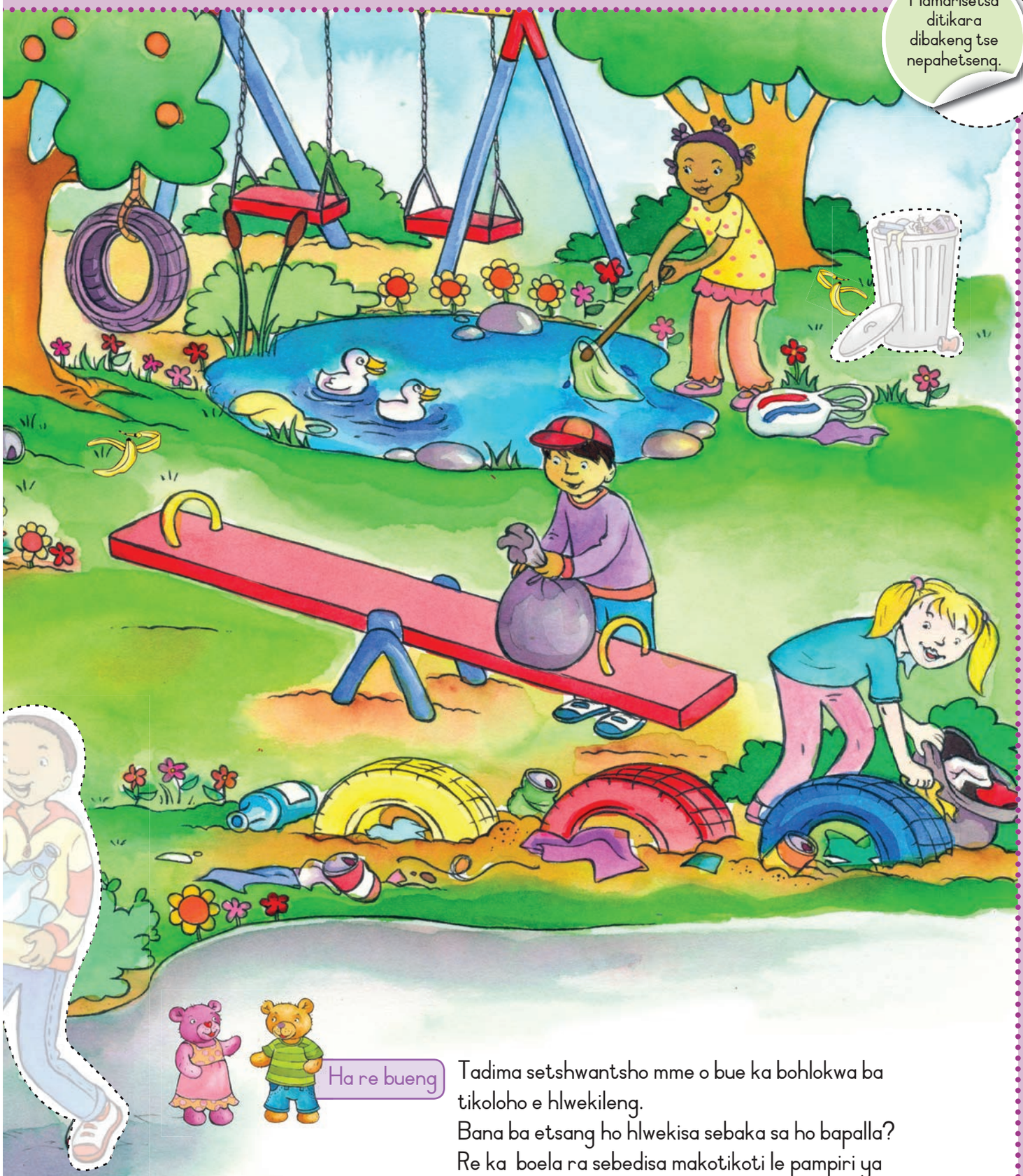
TEACHER: Sign _____ Date _____

5

# Tikoloho e hlwekileng



Mamarisetsa ditikara dibakeng tse nepahetseng.





Ha re bueng

Tadima setshwantsho mme o bue ka bohlokwa ba tikoloho e hlwekileng.
Bana ba etsang ho hlwekisa sebaka sa ho bapalla?
Re ka boela ra sebedisa makotikoti le pampiri ya kgale jwang??

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5.1

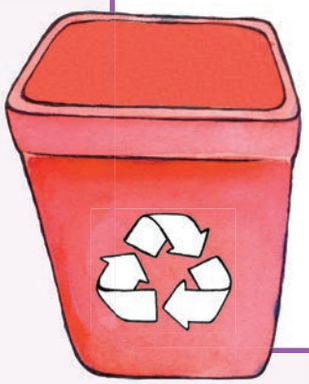


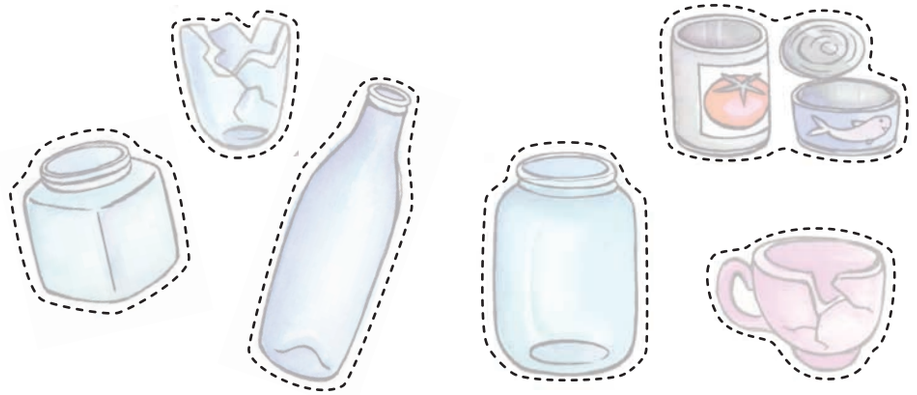
Ha re etseng

Ke dintho dife tseo o ka di etsang ka polasetiki le pampiri ya kgale? Sebedisa ditikara tsa hao ho bontsha kamoo o ka kgethollang pampiri,polasetiki le galase tsa kgale meqomong e fapaneng hore di tle di sebediswe hape.

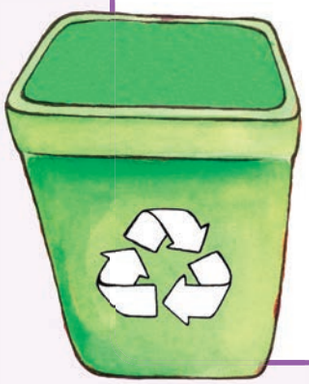
Mamarisetsa ditikara dibakeng tse nepahetseng.

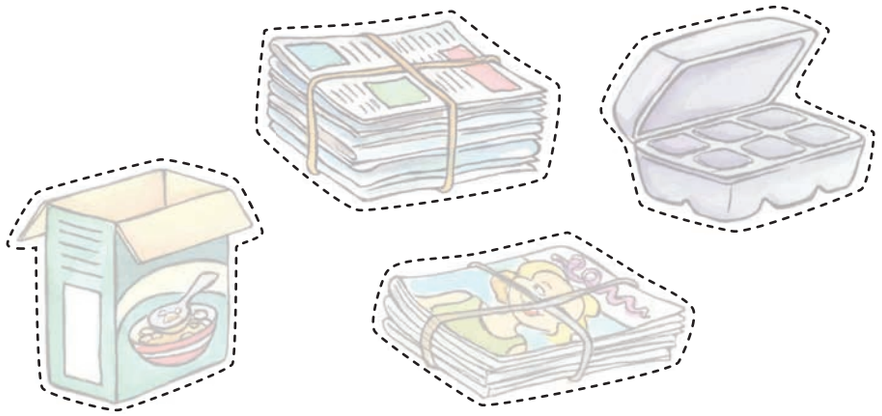
## Galase



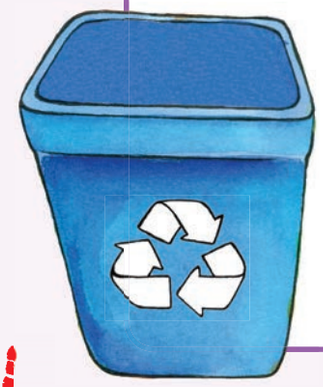


## Pampiri





## Polasetiki



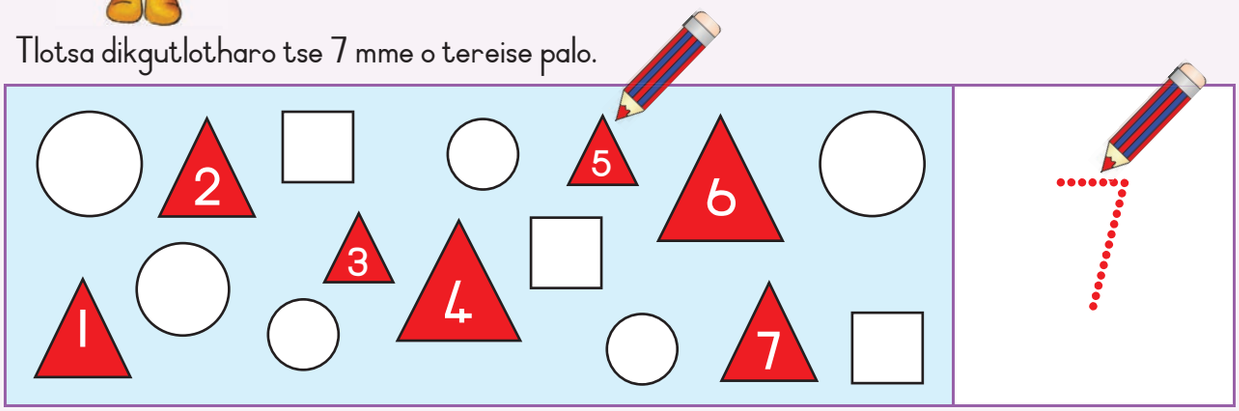


5.2

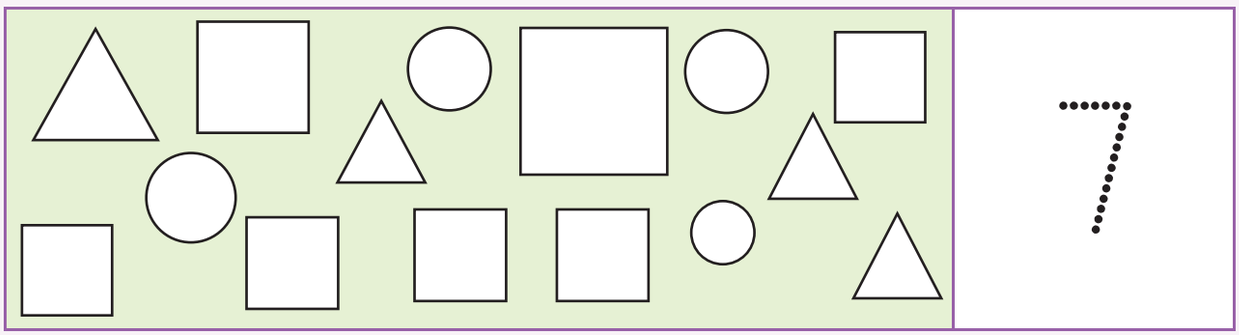


## Ha re baleng dipalo

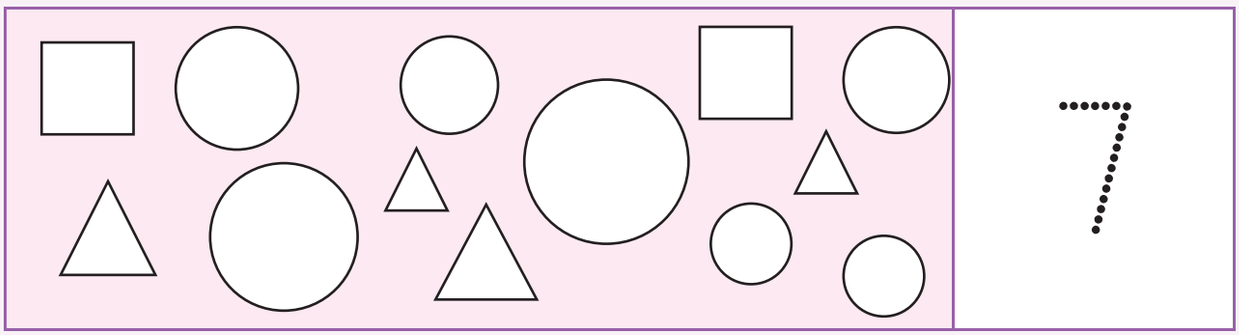
Tlotsa dikgutlotharo tse 7 mme o tereise palo.



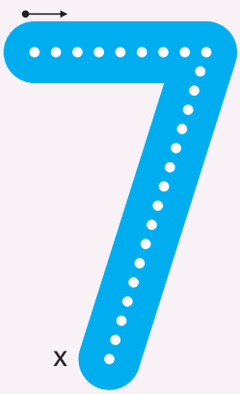

Tlotsa dikwere tse 7 mme o tereise palo.



Tlotsa didikadikwe tse 7 mme o tereise palo.



Kwetlisa palo 7.









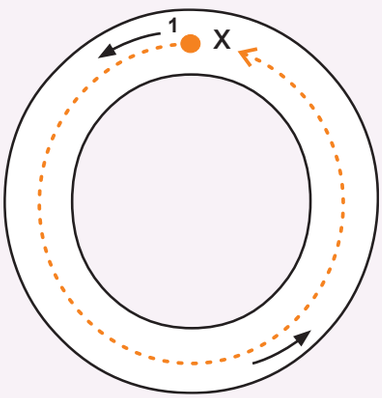
Ha re ngoleng

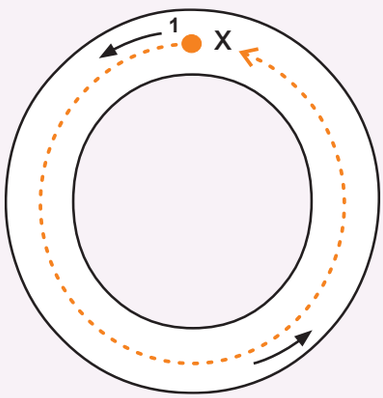
# O o



onfolopo

Tereisa tlhaku ka monwana wa hao.
Qala mathebeng.




Tereisa tlhaku.



O o

5.4

Ha re ngoleng

Tlatsa tlhaku o mme o mamele modumo ha o ntse o bitsa mantswe haholo.



b o lo



t o po



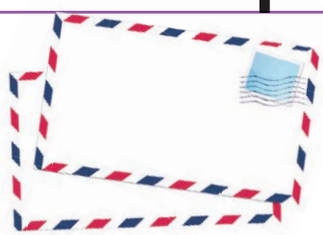
r o t o



o keth o pase



hl o o h o



o nf o l o p o

Ngola lebitso la hao mme o mamarisetse setikara bakeng sa mosebetsi o motle.

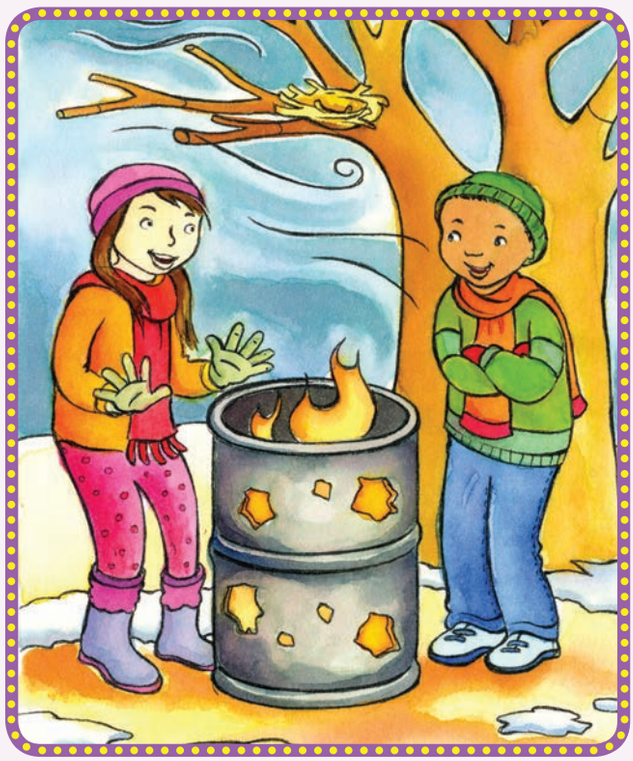
Lebitso la ka ke:

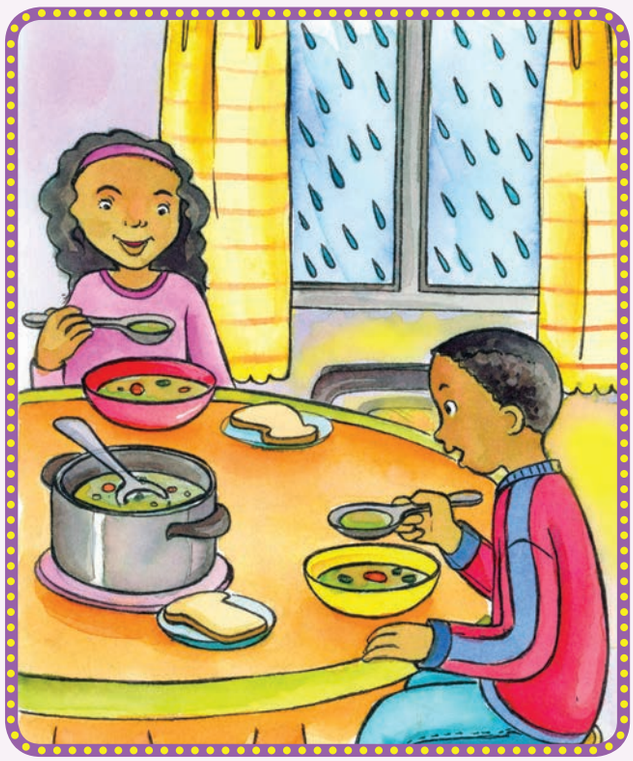
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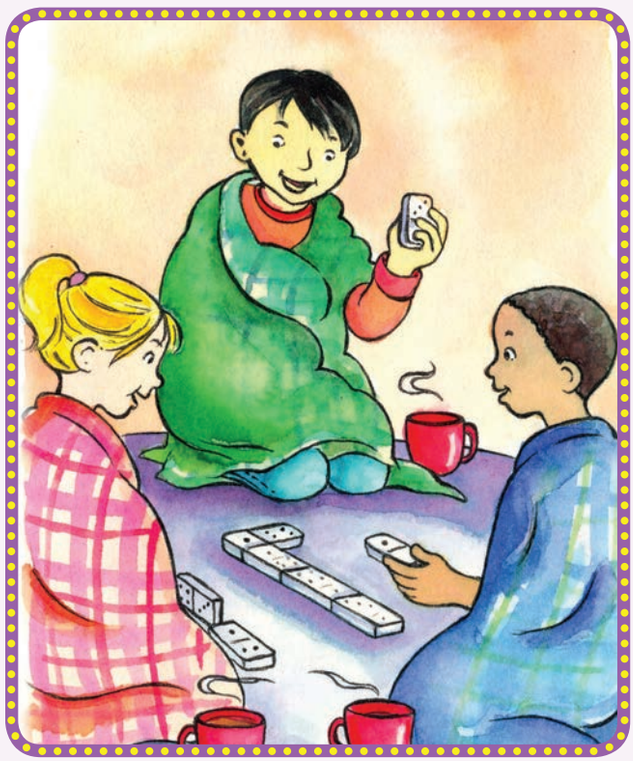


Ha re bueng

Tadima ditshwantsho mme o bue ka se etsahalang mariha.
O etsang ho dula o futhumetse?
Dijalo di angwa jwang ke serame?
Diphoofolo di angwa jwang ke serame?
Re ja eng, re bapala eng le ho apara eng mariha?









5.6

Ha re etseng

Khalara setshwantsho sena.
O tseba jwang hore ke letsatsi la mariha?



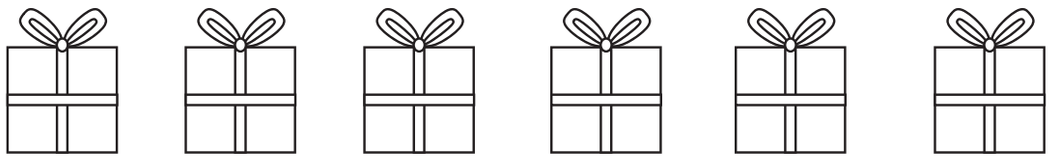
TEACHER: Sign _____ Date _____



Ha re baleng dipalo

Tereisa nomoro.
Jwale khalara palo e nepahetseng ya dintho moleng ka mong.

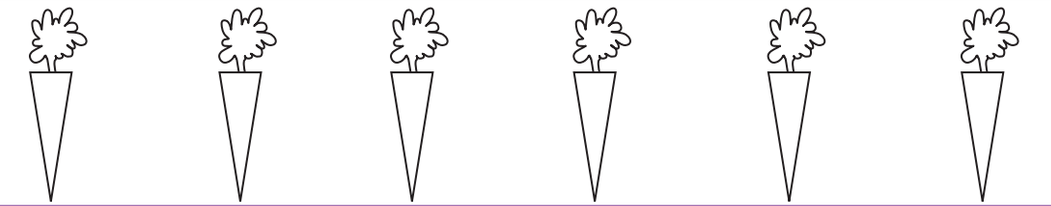
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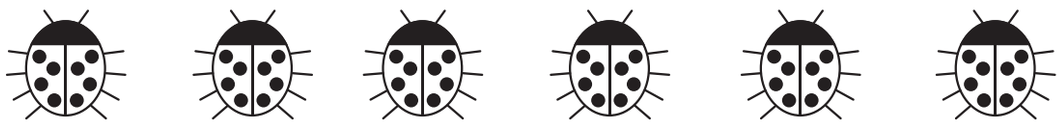
2



3



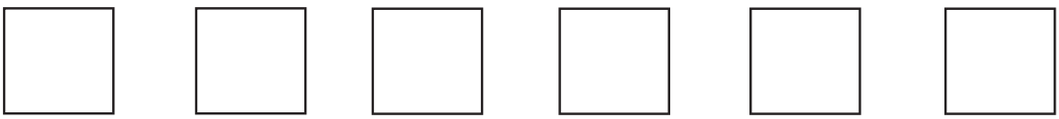
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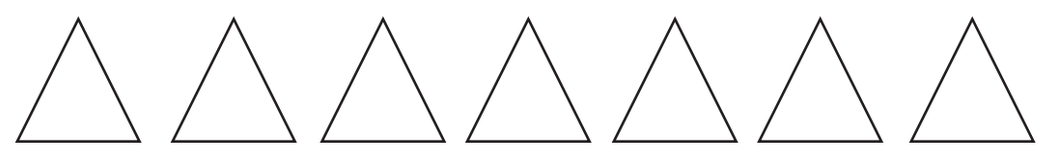
5



6



7

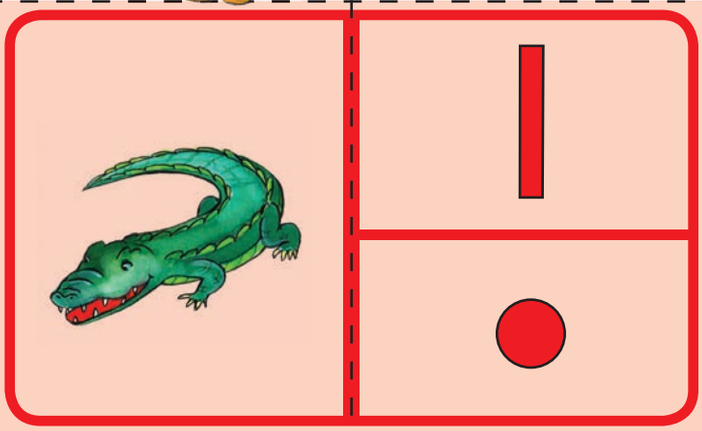


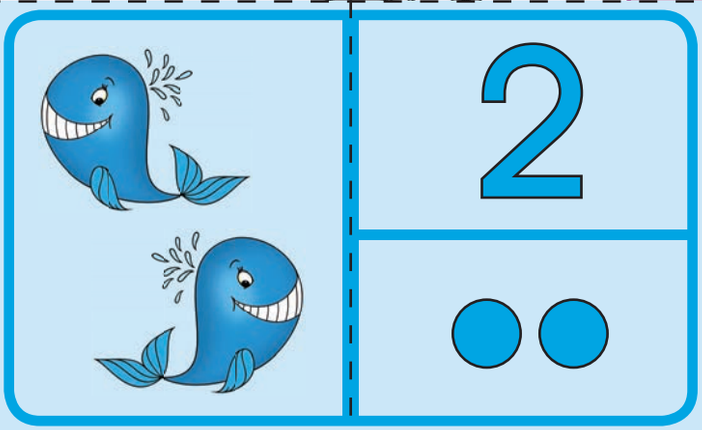


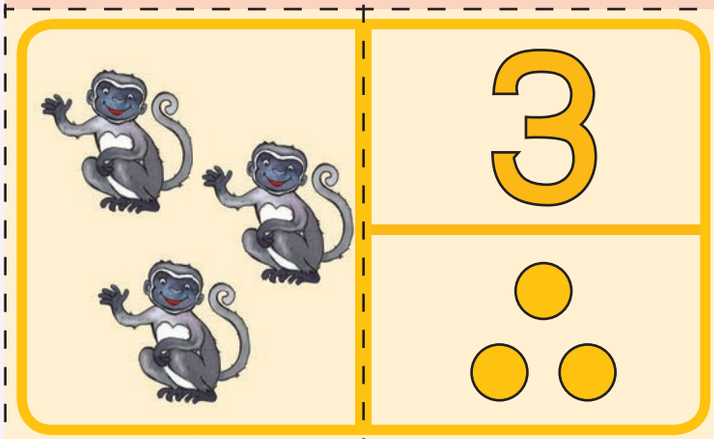

Ha re baleng dipalo

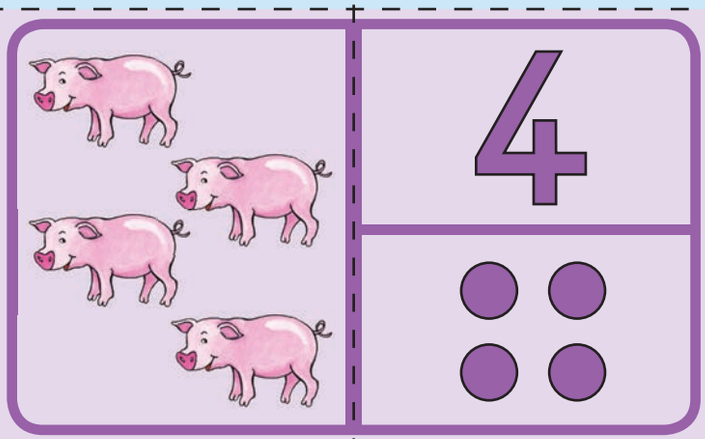
Seha dikarete tsena mathebeng mme o bone hore o ka nyalanya setshwantsho le palo e nepahetseng.

Hlokomela hore dikarete tsena di a fetolelwa.



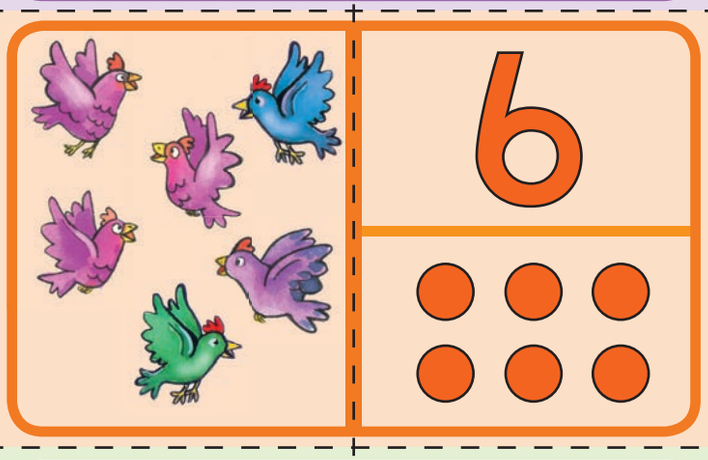



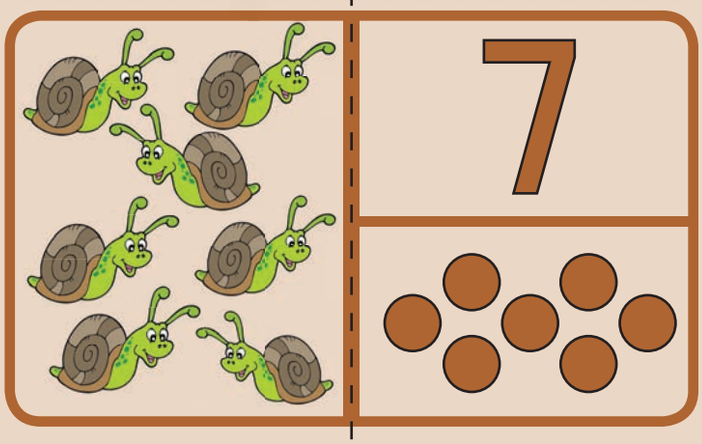



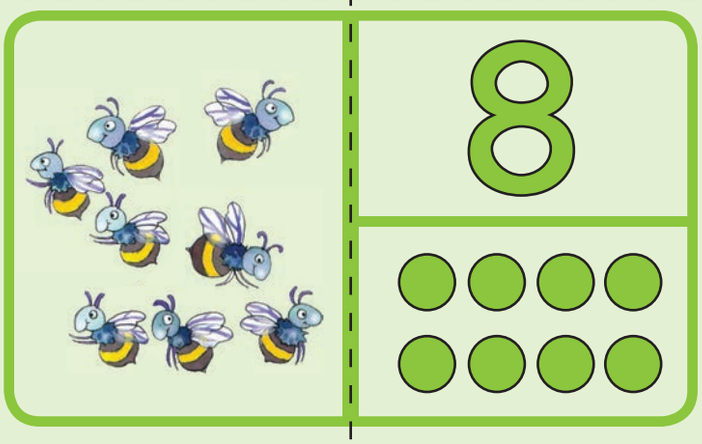











Ha re etseng

Seha dikarete tsena meleng ya ho seha e metsho mme o nyalanye tlhaku le setshwantsho se nepahetseng.



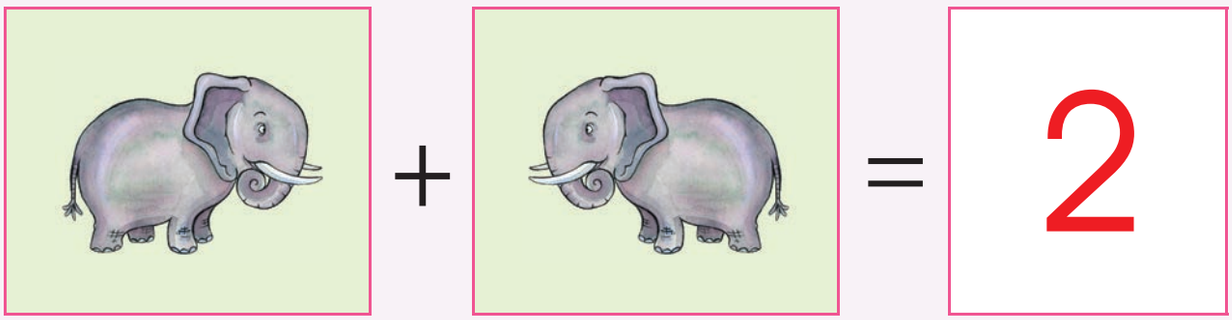
Hlokomela hore dikarete tsena di a fetolelwa.

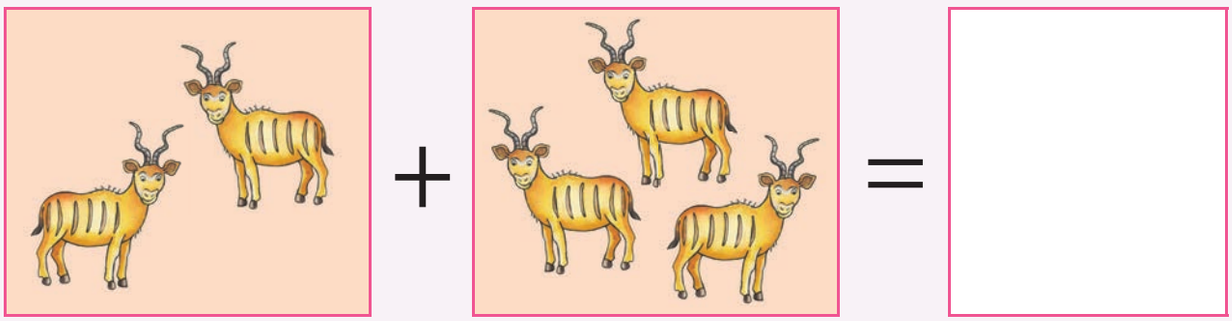
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| d |  dula |
| t |  tae |
| s |  seeta |

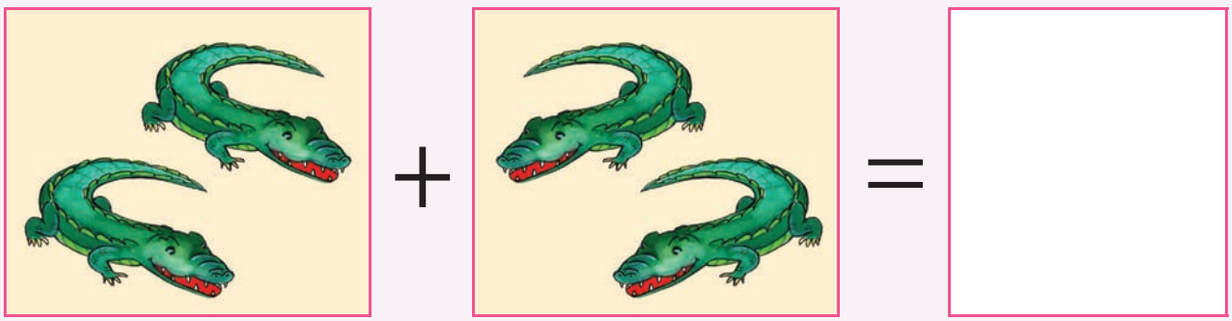
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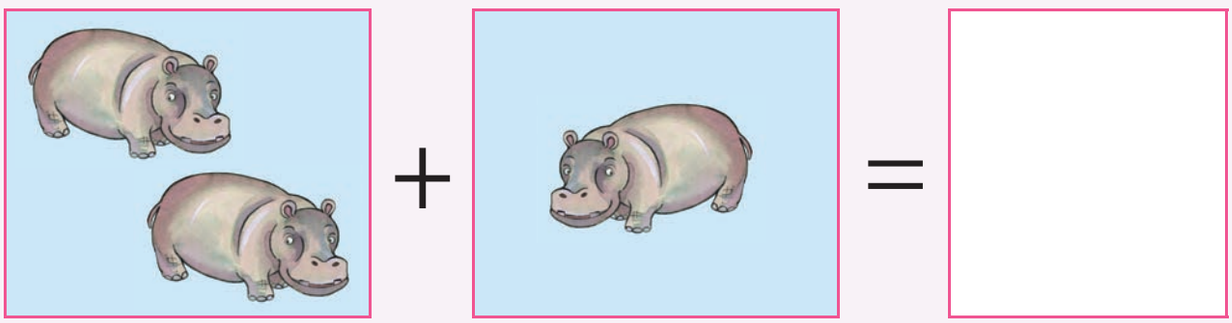
Ha re baleng dipalo

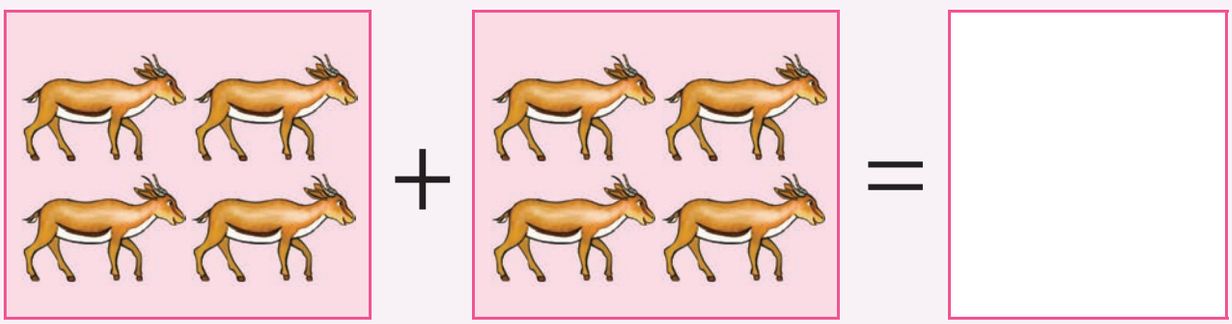
Thusa mohlokomedi wa diphoofolo ho bala palo ya diphoofolo.




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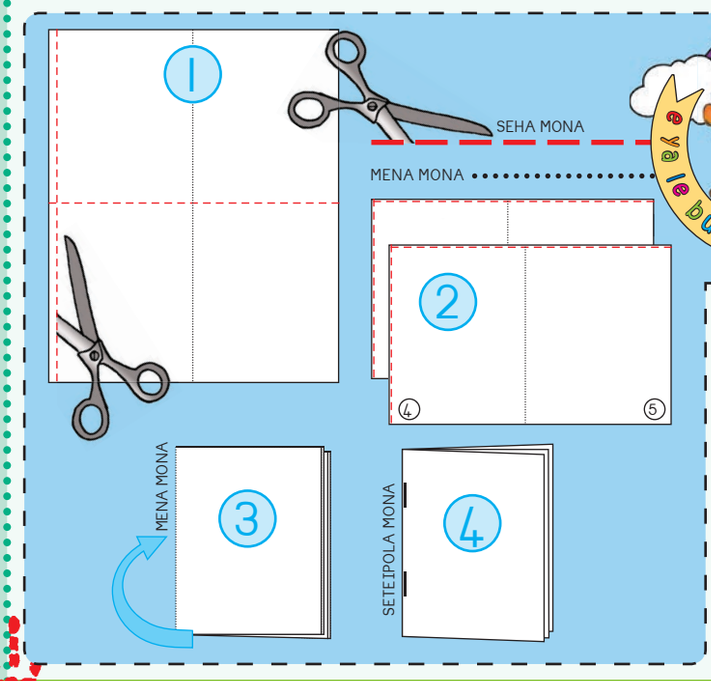
# Disehwa



**Papadi ya boikgopotso:**
Seha dikarete meleng e metsho ya matheba.
Tjhofa dikarete mme o di behe tafoleng di shebile fatshe. Jwale phetla dikarete tse pedi ka nako e le nngwe. Haeba di tshwana o ka di behella ka thoko. Shebang hore ke mang ya ka qetang pele ho bokella dikarete.
Jwale sebedisa dikarete tsa hao tsa boikgopotso mme le bapale le metswalle wa hao.




**Dikarete tsa tatellano:**
Seha dikarete tsena mme o di behe ka tatellano e nepahetseng mme o bolele pale ya se etsahalang tatellanong ka nngwe.




**Buka ya ho bala:**
Latela ditaelo mme o etse buka ena ya disehwa.
E ya le yona lapeng mme o e balle metswalle le lelapa.



# DISEHWA TSA KA



Ha re etseng

Seha leqephe moo ho nang le mola wa matheba mme o manamise leqephe khafareng e ka morao ho etsa phokhotho. Boloka tseo o di sehileng ka mona hore di se ke tsa lahleha.

MANAMISA MONA

MANAMISA MONA

MANAMISA MONA

MANAMISA MONA