Leyi pfuxetiweke hi xiCAPS

Giredi ya 1





Vutivi swa vutomi hi XITSONGA

Buku ya 1
Tikotara ta 1 na 2





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Rainbow WORKBOOKS

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Leswi nga endzeni

Kotara ya 1	Pheji
1 Mayelana na mina	2
2 Mihlovo no cina	4
3 Hinkwerhu hi hlawulekile	6
4 Hinkwerhu ha hambana	8
5 Yimbelela risimu	10
6 Ndzi tinyungubyisa hi xikolo xa hina	12
7 Tindhawu to hambana	14
8 Tlilasi ya hina	16
9 Mafambelo yo ya exikolweni	18
10 Ndzi tshama ndzi basile	20
11 Mikhuva yin'wana leyinene	22
12 Ndzi basile	24
13 Mikhuva leyinene	26
14 Ku basa na vukheta	28
15 Maxelo lawa ndzi wa tsakelaka	30
16 Maxelo	32

Kotara ya 2	Pheji
17 Ndyangu wa ka hina	34
18 Ndyangu wa ka hina	36
19 Ha hlayisana	37
20 Ku kombisa leswaku wa hlayisa	38
21 Vuhlayiseki ekaya na le kusuhi (1)	40
22 Vuhlayiseki ekaya na le kusuhi (2)	42
23 Vuhlayiseki ekaya loko ndzi ri ndzexe	44
24 Swin'wana leswi u faneleke ku swi tsundzuka	46
25 Miri wa mina	48
26 Switwi swa mina	50
27 Ku fambafambisa miri wa mina	52
28 Ku ehleketa hi vuhlayiseki	54
29 Ku hlayiseka	56
30 Ku hlayisa miri wa mina wu tshama wu hanye kahle	58
31 Ku hlayisa miri wa mina wu tshama wu hanye kahle	60
32 Ku kambisisa	62













Manana Angie Motshekga, Holobye wa Dyondzo ya Masungulo



Nkulukumba Enver Surty, Xandla xa Holobye wa Dyondzo ya Masungulo

Tibuku leti to tirhela ti endleriwe vana va Afrika-Dzonga ehansi ka vurhangeri bya Holobye wa Dyondzo ya Masungulo, Manana Angie Motshega na Xandla xa Holobye wa Dyondzo ya Masungulo, Nkulukumba Enver Surty.

Tibuku to tirhela ta Rainbow ti vumba xiyenge xin'wana xa ntlawa wa migingiriko ya Ndzawulo ya Dyondzo ya Masungulo leyi kongomisiweke eka ku antswisa matirhelo ya vadyondzi va Vaafrika-Dzonga eka tigiredi ta ntsevu to sungula. Tanihi xin'wana xa swilo leswi nga swirhangana eka nkunguhato wa matirhelo ya mfumo, phurojeke leyi yi humelerile hi ku seketeriwa hi timali hi Nkwama wa Timali ta Tiko. Leswi swi endlile leswaku Ndzawulo yi swi kota ku endla leswaku tibuku leti to tirhela, ti kumeka hi tindzimi hinkwato ta ximfumo handle ko hakeleriwa.

Hi tshemba leswaku tibuku leti ti ta pfuna vadyondzisi eka migingiriko ya vona yo dyondzisa ya masiku hinkwawo no tiyisisa leswaku vadyondzi va vona va kota ku heta kharikhulamu. Hi tiyisise leswaku hi letela mudyondzisi eka nghingiriko wun'wana na wun'wana hi ku katsa mifungho leyi kombisaka leswi mudyondzi a faneleke ku endla swona.

Hi ni ntshembo wa leswaku vana va ta tiphina no tsakela ku tirha migingiriko leyi nga ebukwini loko va ri karhi va ya emahlweni no dyondza, na leswaku wena, mudyondzisi, u ta tsaka swin'we na vona.

Hi mi navelela ku humelela, wena na vadyondzi va wena eku tirhiseni tibuku leti to tirhela.

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Giredi ya 1



Swikili swa vutomi hi XITSONGA

Buku ya I



Buku leyi i ya:

1

Mayelana na mina

A hi endleni

Damarheta xifaniso xa wena kumbe u tidirowa laha.



Vito ra mina i _____.

Xivongo xa mina i _____.

Ndzi na _____ wa malembe.

Ku na _____ wa swirho endyangwini wa ka hina.

Nomboro ya riqingho ra ka hina i: _____



Adirese ya hina i:

_____

_____

_____

Ndzi tiva leswaku siku ra mina ra ku velekiwa ri rini.

Siku: .....

ina	ndza kanakana	e-e

A hi diroweni






Joe i xitlangi xa bolo ya milenge.	Dirowa nchumu lowu u kotaka ku wu endla kahle.
	






Hlamusela vanghana va wena hi swilo leswi u kotaka ku swi endla kahle. Kutani khalara nyeleti ebokisini leri faneleke ku kombisa vuswikoti bya wena.

A hi vulavuleni



 Ndzi kota ku hlaya.	 Ndzi kota ku tiambexa.	 Ndzi kota ku tsala vito ra mina.
 Ndzi kota ku cina.	 Ndzi kota ku endla tiyi.	 Ndzi kota ku buracha meno ya mina.



2

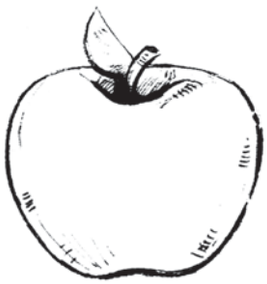
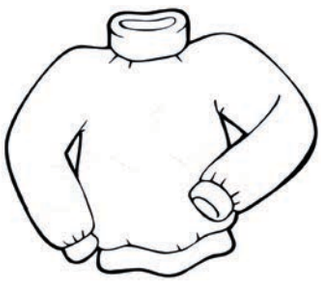
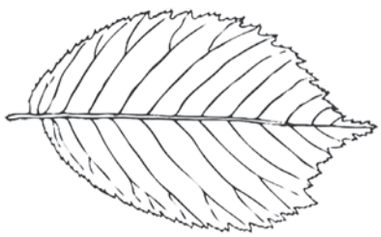
Mihlovo no cina

A hi endleni

Xana u tiva mihlovo leyi? Byela munghana wa wena mavito ya yona.



Sweswi khalara xifaniso xin'wana na xin'wana hi muhlovo lowu faneleke.

 Banana ra xitshopana	 Apula ro tshwuka	 Jesi ra wasi
 Xambhulela xa mihlovohlovo	 Lamula ra xilamula	 Tluka ra rihlaza

A hi tiololeni

Mi nga si endla nghingiriko ehandle, ololoxani swirho tanihi ximanga. Leswi swi ta olovisela mimiri ya n'wina ku kota ku fambafamba. Tlhela u ololoxa swirho endzhaku ka nghingiriko leswaku u kota ku wisa. Leswi swi ta pfuna leswaku u nga twi ku vava emisiheni ya wena. Sweswi endla leswi vana lava va swi endlaka.



Yimbelelani "Nhloko, makatla" loko mi ri karhi mi:

- endla wonge u ba xigubu.
- endla wonge u chaya katara.

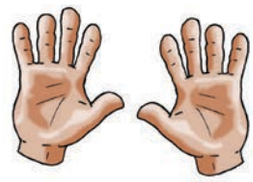




Siku: .....



A hi hungaseni Phokotela mavoko eka tipatironi leti.





Phokotela Phokotela Phokotela Phokotela

Phokotela Phokotela Phokotela

Phokotela Phokotela Phokotela Phokotela

Phokotela Phokotela Phokotela Phokotela Phokotela



A hi endleni Xana u nga swi kota ku endla swilo leswi? Kombisa vanghana va wena.

Ndzi nga tsutsumela ematlhelo yo hambana handle ko chayisana na un'wana.	☺	😐	☹
Ndzi nga tlula khadi.	☺	😐	☹
Ndzi nga khunguluxela munghana wa mina bolo leyikulu.	☺	😐	☹



3

Hinkwerhu hi hlawulekile



Languta xifaniso kutani u hlamusela munghana wa wena ku hambana exikarhi ka vana lava.







Lavakulu na lavatsongo

Van'wana hi lavakulu, van'wana va hina hi lavatsongo.

Van'wana va lehile, van'wana va hina va komile.

Hinkwerhu hi nga swi kota ku endla xanchumu kahle.

I yini lexi u kotaka ku xi endla kahle?





Hlamusela vanghana va wena hi leswi u titwiseke xiswona hi siku ro sungula exikolweni.

A wu tsakile	A wu rila	A wu nyanyukile	A wu hlundzukile	A wu ri na tingana
				



Dirowa xifaniso ku kombisa leswi u titwisaka xiswona loko munhu un'wana a ku nyikile xitlangiso lexintshwa. Tsala vito ra nyanyuko eka xivandla lexi nga ehansi ka xifaniso.

Siku: .....

A hi vulavuleni

Hlamusela munghana wa wena hi leswi humelelaka exifanisweni xin'wana na xin'wana. Vula leswaku a wu ta titwa njhani loko swilo leswi a swi humelela eka wena. Gwajula xikandza lexi faneleke.

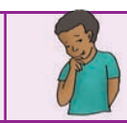


Mufana lonkulu u teka swilo swa wena.			
	u tsakile	u nyanyukile	wa rila

Wena na munghana wa wena mi tlanga swin'we.			
	u hlundzukile	u tsakile	wa chava





U pfula nyiko.			
	wa chava	u nyanyukile	wa nyuma

Buti kumbe sesi wa wena u tshova xitlangiso xa wena lexi u xi rhandzaka swinene.			
	wa nyuma	u tsakile	u hlundzukile



A hi endleni

Gandlisa rintiho ra wena ebokisi ro sungula kutani u kombela mudyondzikuloni a gandlisa ra yena eka bokisi leri landzelaka.

Xana wa swi tiva leswaku a ku na munhu loyi a nga na nsalelo wa tintiho wo fana na wa wena? Hi wena u ri wexe emisaveni hinkwayo, hikwalaho u hlawulekile. Hambi mahahlwa a va na nkandziyiso wa tintiho letif anaka.

Xana wa swi kota ku vona leswaku nkandziyiso ya tintiho ya hambana?

Teacher:
Sign:
Date:

4 Hinkwerhu ha hambana

A hi vulavuleni

Languta vana lava.
Xana va fana hi ndlela yihi?
Xana va hambana hi ndlela yihi?





A hi endleni

Languta xifaniso kutani u anakanya loko swivulwa leswi swi ri ntiyiso kumbe vunwa.

Khalara swivulwa leswi nga ntiyiso hi muhlovo wa rihlaza.

Khalara swivulwa leswi nga riki swa ntiyiso hi muhlovo wo tshwuka.



Hinkwavo va na 2 wa mavoko na 2 wa milenge.

Hinkwavo i vanhwanyana.

Hinkwavo va ambarile tintanghu.

Hinkwavo va ambarile maburuku.

Hinkwavo i vana.

Hinkwavo va na misisi yo leha.

Siku: .....



A hi diroweni

Dirowa xifaniso xa wena exivandleni xo sungula. Kutani dirowa xifaniso xa munghana wa wena wa xiviri. Loko u endlile sweswo, languta swifaniso kutani u vula leswaku u hambana njhani na munghana wa wena.



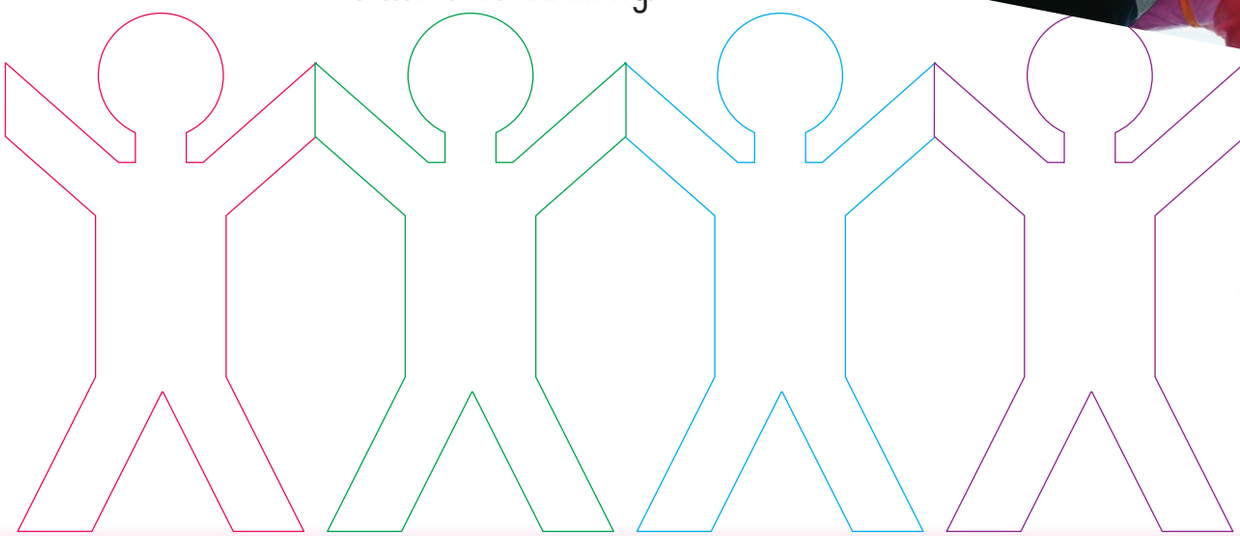
Mina	Munghana wa mina



A hi endleni

Khalara nketani ya vunghana ku kombisa leswaku munhu un'wana na un'wana u hambana na van'wana. Loko u endlile sweswo, u nga tsema u tlhela u sasekisa nketani ya vunghana eka xiyenge xa switsemiwa swa buku leyi.







5

Yimbelela risimu



A hi vulavuleni

U nga si yimbelela, endla vutiolori lebyi:
Hefemulela endzeni swinene na le handle hi ku nonoka.
Endla wonge u huhutela moya wo tima makhandhlele
ekhekheni ra siku ra wena ra ku velekiwa, kutani vula
"Brrrrrrrrrrrr".





Swimfenhana swa ntlhanu

Swimfenhana swa ntlhanu swi tlulatlula emubedweni.
Xin'we xi wela ehansi xi tivavisa nhloko.
Manana u vitanile dokodela kutani dokodela u te:
"Ku nga ha vi na timfenhe leti tlulatlulaka emubedweni!"
Swimfenhana swa mune swi tlulatlula emubedweni.
Xin'we xi wela ehansi xi tivavisa nhloko
Manana u vitanile dokodela kutani dokodela u te:
"Ku nga ha vi na timfenhe leti tlulatlulaka emubedweni!"
Swimfenhana swinharhu swi tlulatlula emubedweni.
Xin'we xi wela ehansi xi tivavisa nhloko.
Manana u vitanile dokodela kutani dokodela u te:
"Ku nga ha vi na timfenhe leti tlulatlulaka emubedweni!"
Swimfenhana swimbirhi swi tlulatlula emubedweni.
Xin'we xi wela ehansi xi tivavisa nhloko
Manana u vitanile dokodela kutani dokodela u te:
"Ku nga ha vi na timfenhe leti tlulatlulaka emubedweni!"
Ximfenhana xin'we xi tlulatlula emubedweni.
Xi wela ehansi xi tivavisa nhloko
Manana u vitanile dokodela kutani dokodela u te:
"Ku nga ha vi na timfenhe leti tlulatlulaka
emubedweni!"











Siku: .....

A hi diroweni

Dirowa xikandza xa wena.
Kombisa mahlo ya wena, tindleve, nhompfu, nomo na misisi.
Byela vanghana va wena hi leswi u langutekisaka xiswona.

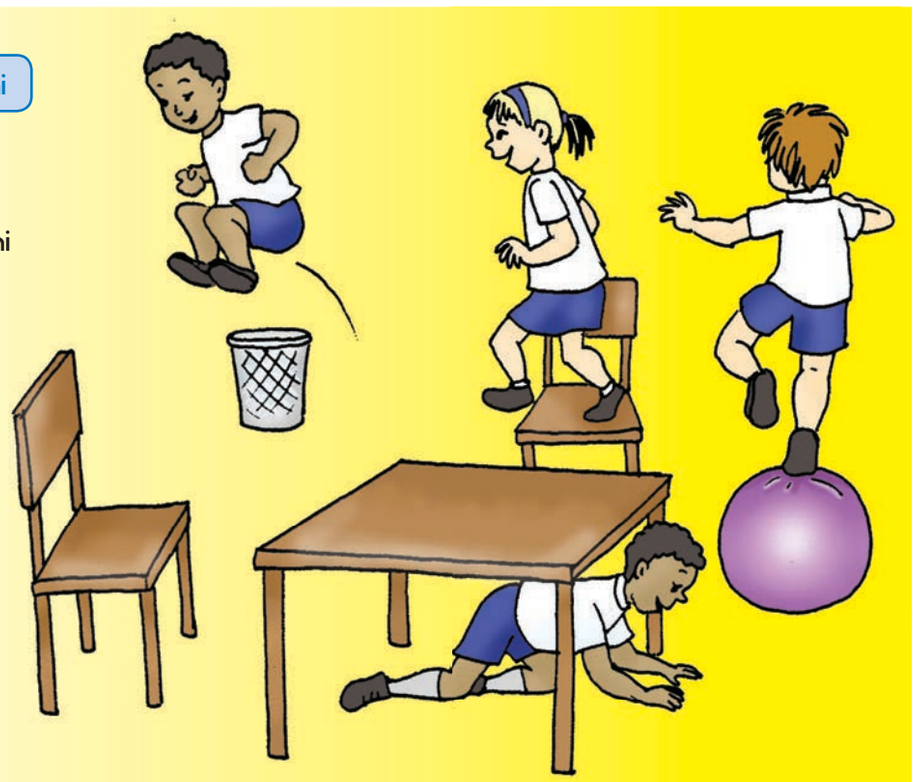


A hi tiololeni

Tumbuluxani swirhalaganyi etlilasini ya n'wina swo tanihi leswi.

Tlulani ku suka eka xitulu xin'we mi ya eka xin'wana.

Kasani ehansi ka matafula.



Teacher:

Sign:

Date:

6

Ndzi tinyungubyisa hi xikolo xa hina



A hi endleni

Dirowa xifaniso xa wena u ambale yunifomo ya xikolo. Kutani tata tinhlamulo leti siyiweke.



Ndzi nghena exikolweni xa

_____.

Vito ra mudyondzisi wa mina i

_____.

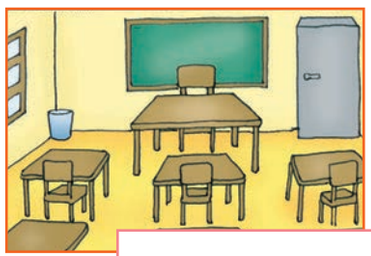
Nhloko ya xikolo i

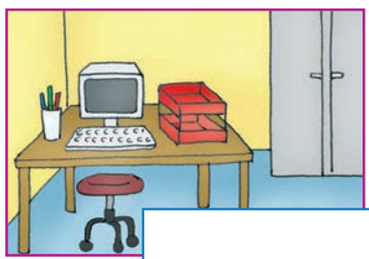
_____.



A hi tsaleni

Languta swifaniso leswi. Kutani tsema rito leri faneleke ra xifaniso xin'wana na xin'wana kutani u ri namarheta ekusuhi na xifaniso.











rivala ra mitlangu | tlilasi | hofisi | matsalana | swihambukelo



A hi tsaleni

Ku na vanhu vo tala exikolweni. Vula leswaku i vamani. Kutani tsema rito ehansi ephejini kutani u ri namarheta ekusuhi na xifaniso xin'wana na xin'wana. Tirhisa marito lama landzelaka ku byela munghana wa wena leswaku va endla yini exikolweni. Hlamusela munghana wa wena leswi ku fambisiwaka xiswona ku ya ehofisi ya nhloko ya xikolo, eswihambukelweni na le rivaleni ra mintlangu.



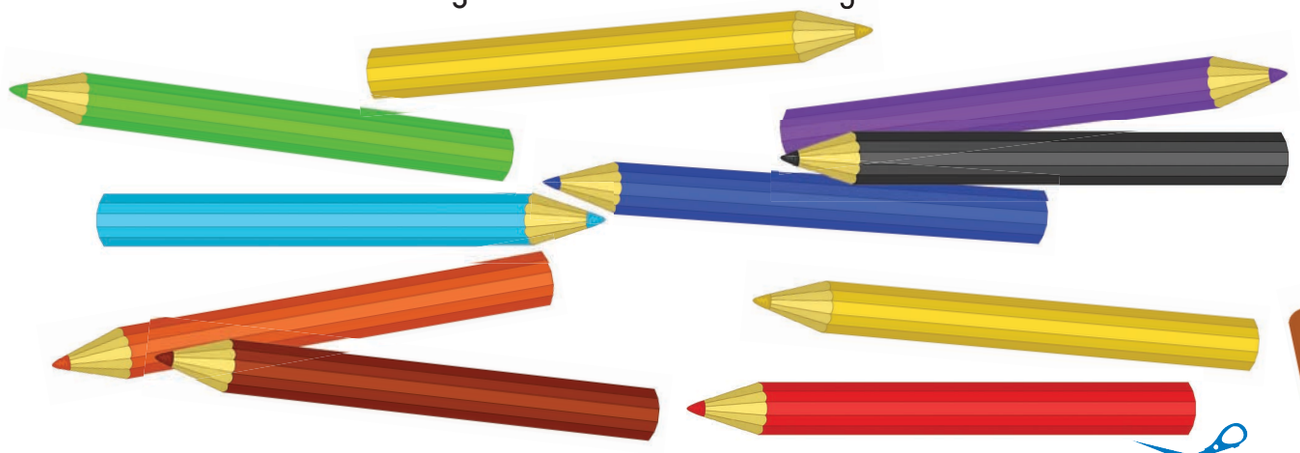






A hi hungaseni

Bokisi ra John ra tipensele ri wile. Hlayela leswaku u na tikhirayoni tingani kutani u tsala nhlayo ebokisini. Kutani, exiphephanini xin'wana, dirowa xifaniso u tirhisa mihlovo leyi kokaka mahlo ku kombisa leswi wena na munghana wa wena mi tlangisaka xiswona. Dirowa fureme yi rhendzela xifaniso.



vana | mubasisi | mudyondzisi | nhloko ya xikolo

Teacher:

Sign:

Date:

7 Tindhawu to hambana

A hi endleni

Kombisa munghana wa wena leswaku u nga swi kota ku:

Tumbela ehansi ka xanchumu.



Ndzi tumbela ehansi ka tafula.



Tumbela endzhaku ka xanchumu.





Yima etlhelo ka xanchumu.

Yima ehenhla ka xanchumu.

A hi tiololeni

Tirhisa bolo kumbe nkwama wa tinyawa. Yi hoxele ehenhla kutani u yi khoma. Sweswi dzenengela nkwama wa tinyawa enhlokweni ya wena kutani u famba hi ku nonoka. Sweswi dzenengela nkwama wa tinyawa loko u ri karhi u famba ehenhla ka mhandze leyi nga ehansi kumbe ntila lowu nga ehansi.

Ndzi nga hoxa.			
Ndzi nga khoma.			
Ndzi nga dzenengela nkwama wa tinyawa enhlokweni ya mina.			

Siku: .....



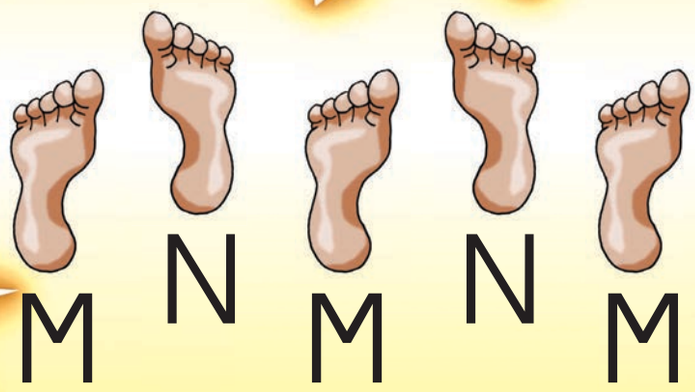
A hi tiololeni

Gandlisa mikondzo eka tipatironi leti.

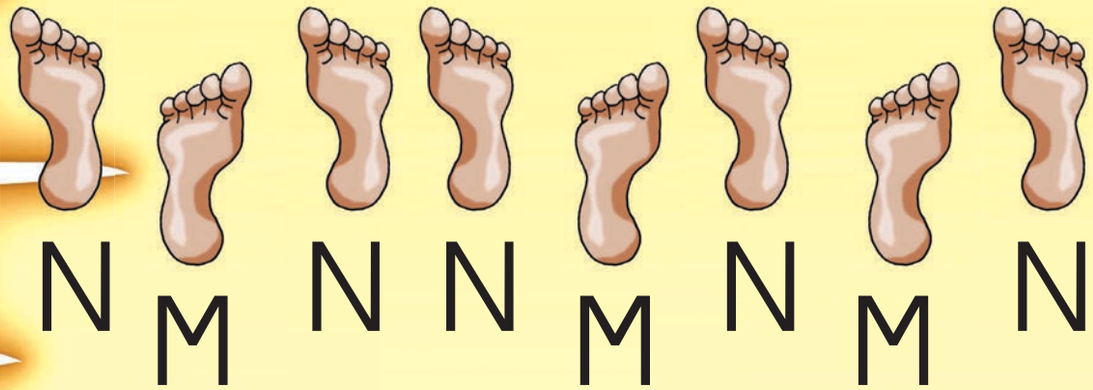


M = Ximatsi 

N = Xinene 



M N M N M



N M N N M N M N



M M N M M N M N

Teacher:

Sign:

Date:

8

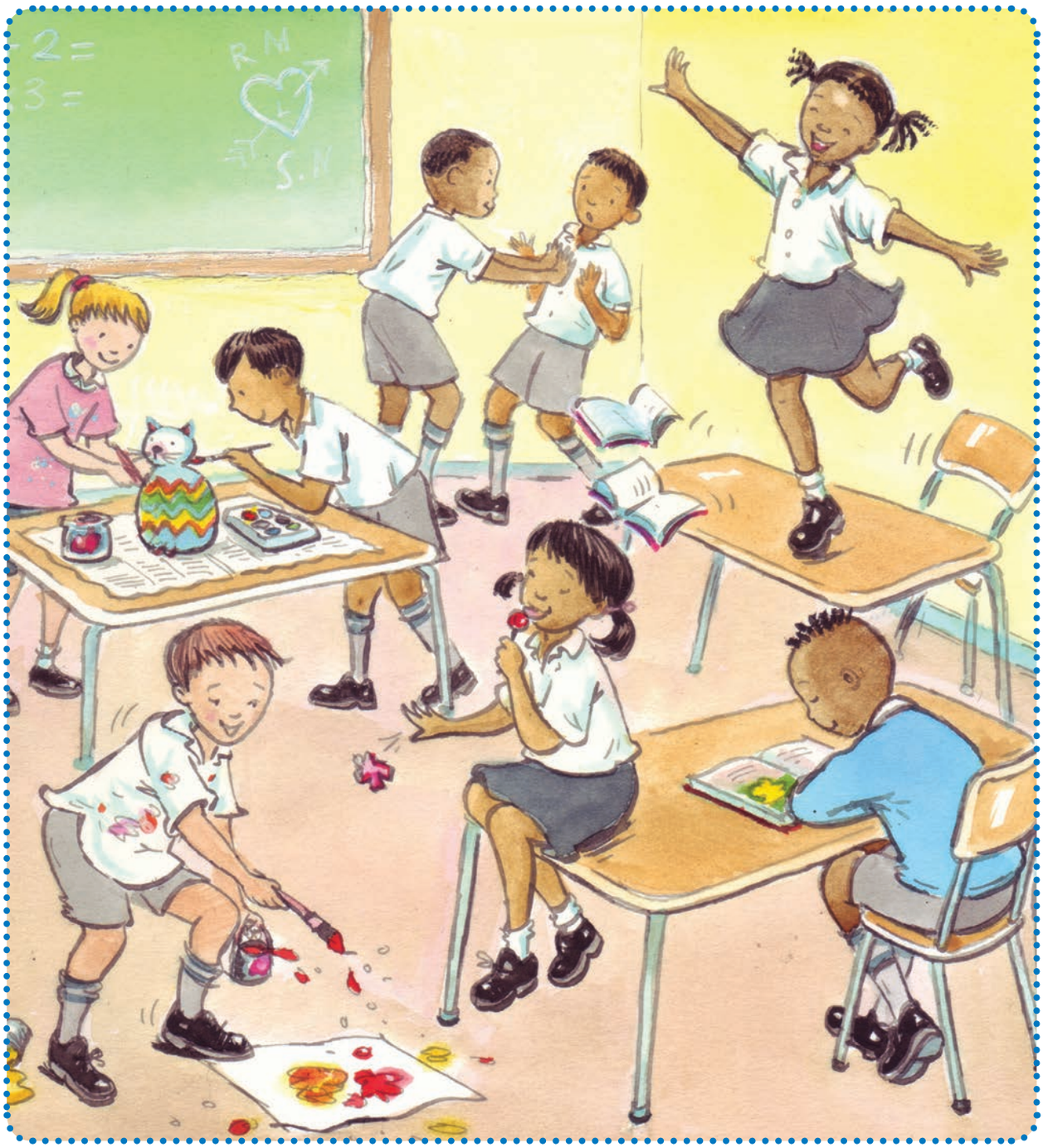
Tlilasi ya hina

A hi vulavuleni

Languta xifaniso lexi hi vuxiyaxiya kutani u vulavula hi leswi u swi vonaka eka xona.

Hi yihi mikhuva leyinene leyi u yi vonaka?

Hi yihi mikhuva yo biha leyi u yi vonaka?



Siku: .....

A hi vulavuleni

Gwajula ✔ mikhuva hinkwayo leyinene u tlhela u ba xihambano ✘ ekusuhi na mikhuva yo biha leyi nga humelelaka exikolweni.









Teacher:

Sign:

Date:

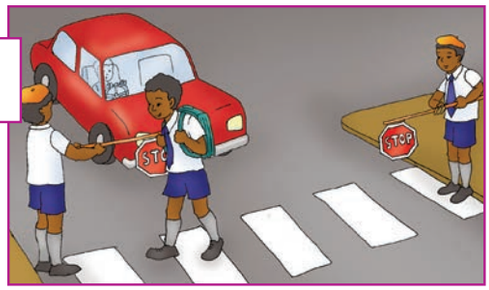
9

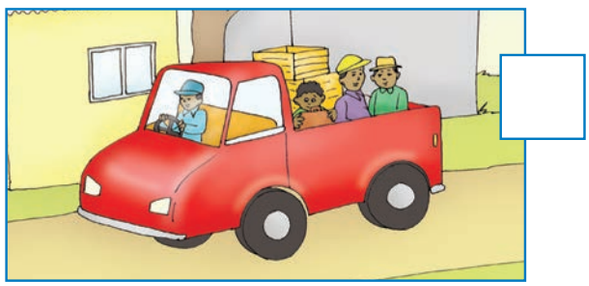
Mafambelo yo ya exikolweni

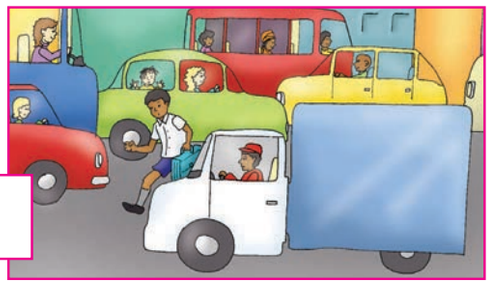
A hi vulavuleni

Xana u famba njhani ku ya exikolweni masiku hinkwawo? Xana u hlayisekile? Xana ku na tindlela leti nga na khombo leti u ti tivaka? Vulavula na munghana wa wena hi leswi vana lava va fambisaka xiswona ku ya exikolweni. Gwajula ✔ tindlela to ya exikolweni leti nga riki na khombo. Bana xihambano ✘ eka leti nga na khombo.









Xana u ya njhani exikolweni nimpundzu? _____

A hi endleni

Sweswi vutisa 5 wa vanghana leswaku va fambisa ku yini ku ya exikolweni siku rin'wana na rin'wana. Va gwajule echatini leyi.

Mavito ya vanghana	1	2	3	4	5
hi milenge					
hi bazi					
hi movha/xibebe					

A hi tiololeni

Ndzi kota ku tsutsuma hi ku jikajika.

Ina	E-e

Ndzi nga cinca matlhelo loko ndzi ri karhi ndzi tsutsuma loko mudyondzisi a ndzi lerisa ku endla sweswo.

Siku: .....

A hi endleni

Dirowa xifaniso ku kombisa leswi u tisaka xiswona exikolweni.

A hi tiololeni

Yingisela vuyimbeleri lebyi mudyondzisi wa wena a nga ta ku tlangela byona.



Fambisa miri wa wena ku ya hi mpfumawulo wa risimu.

Petsa matsolo ya wena kutani u ololoxa milenge ya wena.

Fambisa makatla ya wena ku ya ehenhla na le hansi.

Rhendzelekisa mahlakala ku ya eximatsini kutani u rhendzelekisela exineneni.

A hi tiololeni

Wena na munghana wa wena mi fanele ku hoxa bolo mi tlhela mi yi khoma. Tirhisa voko ro pfumala matimba ku hoxa bolo.

Xana ndzi swi kotile ku hoxa bolo hi voko ra mina ro pfumala matimba?	☺	☹

A hi tiololeni

Encisani mafambelo ya ngholovhani wena na mudyondzikuloni.



Teacher:

Sign:

Date:

10

Ndzi tshama ndzi basile

A hi vulavuleni

I mhaka ya nkoka ku dyondza mahanyelo lamanene loko wa ha ri lontsongo. Leswi hi swin'wana swa swilo leswi u faneleke ku swi endla leswaku u kota ku tshama u basile no kumeka u hanye kahle. Vulavula hi xifaniso xin'wana na xin'wana.

Ndzi fanele ku



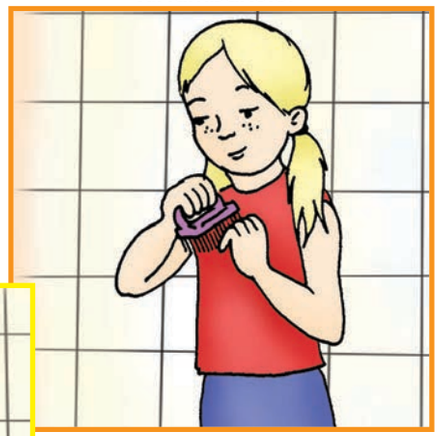
Buracha meno ya mina.



Hlamba mavoko endzhaku ko tirhisa xihambukelo.



Hlamba nkarhi na nkarhi.



Hlayisa min'wala ya mina yi tshama yi basile.



Hlantswa mihandzu ndzi nga si yi dya.



Tirhisa xihambukelo.



Tirhisa xidukwana loko ndzi entshemula kumbe loko ndzi rhimila.

Siku: .....

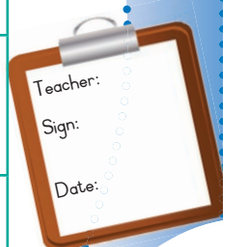


A hi tsaleni

Hi swihi swilo leswi lavekaka ku endla leswaku u tshama u basile?
Khalara tinyeleti ku kombisa swilo leswi u swi tirhisaka leswaku u kumeka u basile.
Tlhela u vula leswaku u swi tirhisa njhani leswaku u tshama u basile.



Gwajula loko u swi kota ku endla swilo leswi landzelaka:	ina	e-e
Ndzi nga khandziya lerhi eka jangili jimi.		
Ndzi nga tirhisa swikhomo ku kota ku famba ndzi ya emahlweni.		
Ndzi nga kasa ndzi hundza eka jangili jimi.		



11

Mikhuva yin'wana leyinene



A hi hlayeni

Mikhuva yin'wana yo tirhisa xihambukelo hi mfanelo.



Tsundzuka

Ku pfala rivanti nkarhi hinkwawo loko u tirhisa xiyindlwana xa xihambukelo.



Loko u thyakisa exihambukelweni, tsundzuka ku basisa.



U nga tirhisi phepha ra xihambukelo ro tala.



Tsundzuka ku gwedhla xihambukelo.



Hlamba mavoko nkarhi hinkwawo endzhaku ko tirhisa xihambukelo.

Siku: .....

A hi tsaleni

Bana xirhendzevutana eka marito lama hi byelaka leswaku hi fanele ku endla kangani swilo leswi landzelaka.

Ku hlamba misisi ya wena.



masiku hinkwawo | nimixo na nimadyambu

kambirhi hi vhiki | kan'we hi vhiki

Ku buracha meno.



masiku hinkwawo | nimixo na nimadyambu

kambirhi hi vhiki | kan'we hi vhiki

Ku hlamba miri.



masiku hinkwawo | nimixo na nimadyambu

kambirhi hi vhiki | kan'we hi vhiki

Ku hlamba xikandza.



masiku hinkwawo | nimixo na nimadyambu

kambirhi hi vhiki | kan'we hi vhiki

Teacher:

Sign:

Date:

12

Ndzi basile

A hi tiololeni

Tlangani ntlangu wa "Simon u ri" na mudyondzisi wa wena. Kuma ndhawu ya wena kutani u famba handle ko chayisana na van'wana. Simon u ri "Khoma nhloko ya wena."

A hi kombiseni

Kombisa munghana wa wena maendlelo yo ...

hlamba mavoko ya wena





sula mavoko



buracha misisi ya wena





buracha meno ya wena

hlamba xikandza xa wena





Siku: .....

A hi tiololeni

Encisa xinsin'wana lexi.

Ndzi nga phokotela mavoko

No hima ehansi hi milenge ya mina

Ndzi nga pfumela hi nhloko

Ndzi wachuta mavoko

Ndzi rhendzeleka hi swikunwana

no khumba nhompfu ya mina.



Teacher:

Sign:

Date:

13

Mikhuva leyinene

A hi hlayeni

Leswi hi faneleke ku va na swona leswaku hi tshama hi hanye kahle.

Swakudya leswinene





Vutiolori byo ringanela

Ku tshama hi basile





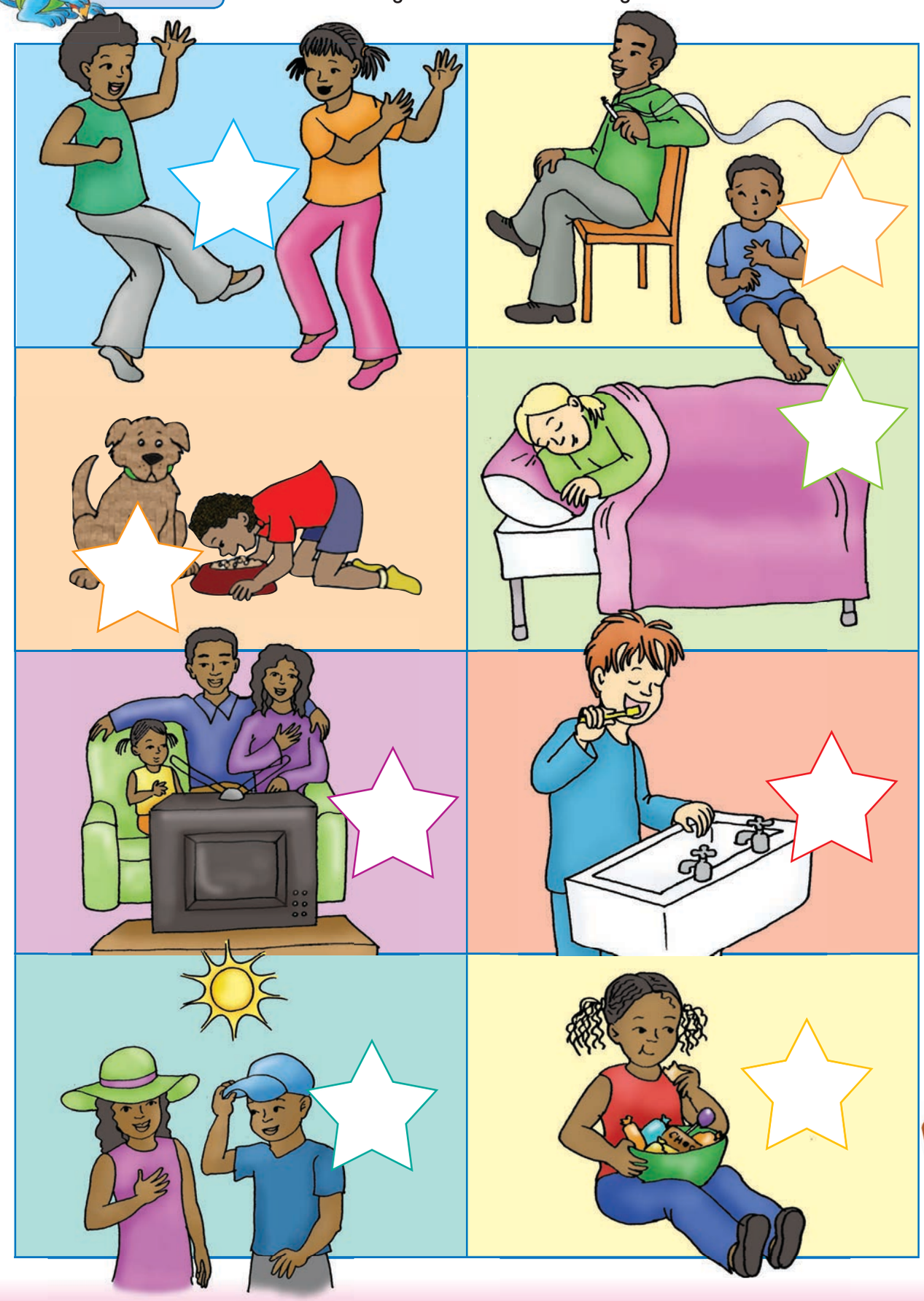
Ku va eka moya wo tenga

Ku etlela ko ringanela naswona u nga languti thelevhixini ngopfu!



Siku: .....

A hi tsaleni ✔ eka mikhuva leyinene na ✘ eka mikhuva yo biha.



Teacher:

Sign:

Date:

Ku basa na vukheta



A hi endleni

Kombisa leswaku u swi tirhisa njhani swilo leswi.



xisibi xa meno



burachi ya meno

xisibi





xisibi xa misisi



khirimi ya mavoko



xikamu



burachi



burachi ya min'wala



xikero xa min'wala

Siku: .....

A hi tiololeni

Khomanani hi mavoko ku endla xirhendzevutana lexikulu.

Sweswi hoxelanani bolo eka xirhendzevutana xa n'wina.
Kutani engetelani bolo yin'wana yi hoxeriwa van'wana.
Engetelani bolo yin'wana kutani mi ringeta ku
hoxa 3 wa tibolo.



A hi vulavuleni

I yini lexi nga vekiwa hi ndlela ya futa ekamareni leri?

Xana u fanele ku endla yini ku kota ku basisa kamara?

Xana vana va endla yini? Xana va fanele ku endla yini?



Teacher:

Sign:

Date:

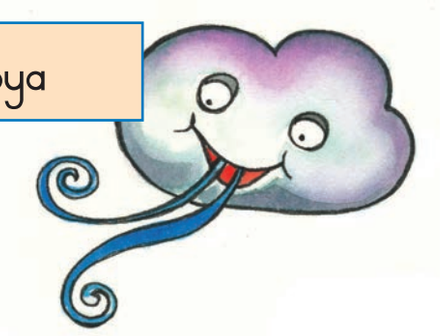
15

Maxelo lawa ndzi wa tsakelaka

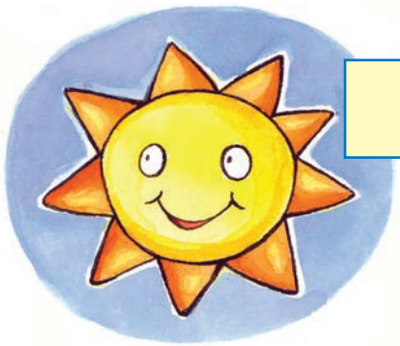
A hi vulavuleni

Xiya tinxaka ta maxelo kutani u byela munghana wa wena leswaku hi wahi maxelo lama u ya rhandzaka swinene.

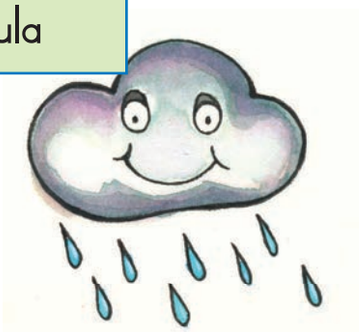
ku ba moya



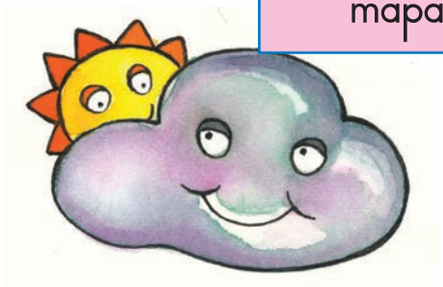
ka hisa



ku na mpfula



mapapa na xirhami



Etindhawini tin'wana ta laha tikweni ra hina,
nkarhi wun'wana ku titimela ngopfu lero
ku kala ku wa na gamboko.
Nkarhi wun'wana ku va na bubutsa.
Moya wa matimba swinene wu vitaniwa
bubutsa kumbe xidzedze.



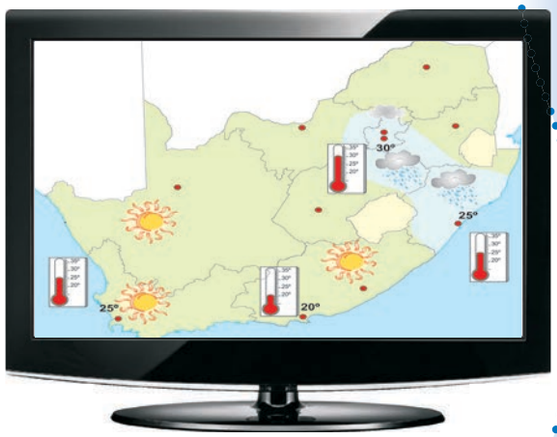
A hi endleni

Dirowa xifaniso xa wena u ri empfuleni kumbe egambokweni.
Dirowa xifaniso xa wena ephepheni lerikulu u tirhisa tikhirayoni ta mafurha.
Hlanganisa swo penda swakudya swa wasi na mati kutani u penda pheji hinkwaro.
Haxa pende yo basa ehenhla ka xifaniso.

Siku: .....

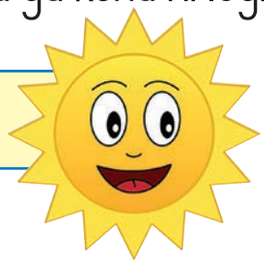


A hi hlayeni



Hi tirhisa chati ya maxelo ku kombisa leswi maxelo ya nga xiswona. Hi tirhisa mimfungho ku kombisa tinxaka to hambana ta maxelo. Mifungho yin'wana ya kona hi leyi:

ka hisa

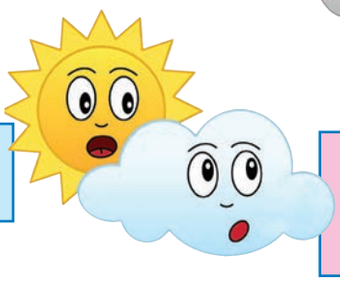


ku na mpfula





ku na mapapa

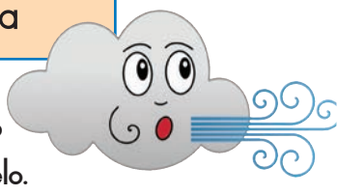


ku na mapapa laha na lahaya

gamboko



ku ba moya





A hi vulavuleni

Byela munghana wa wena leswaku u ambala swiambalo swa njhani eka muxaka wun'wana na wun'wana ra maxelo.



A hi endleni

Dirowa mifungho ya maxelo ku hetisa chati ya wena ya maxelo ya vhiki.

Musumbhunuku	Ravumbirhi	Ravunharhu	Ravumune	Ravuntlhanu



A hi tsaleni

Xana maxelo a ya ri njhani vhiki leri?
Tata marito lama siyiweke.

Namuntlha _____.

Tolo a ku _____.

Mundzuku ku ta _____.



Maxelo

A hi endleni Encenyeta maxelo yo hambana.



Ololoxa mavoko ya wena swinene ehenhla ka nhloko u tiendla papa lerikulu.



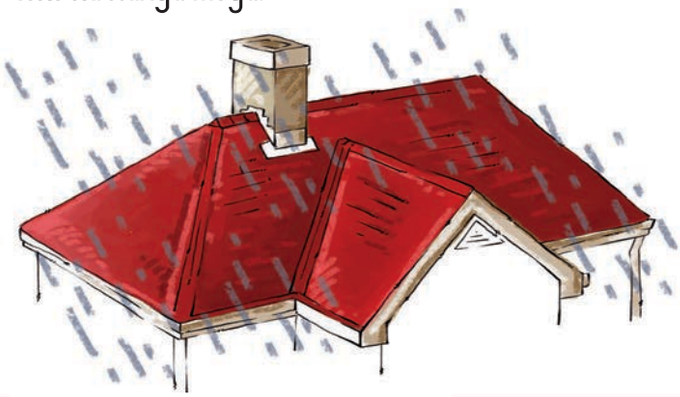
U na xambhulela xo ku sirhelela edyambyini.



Voyamela eka matlhelo hinkwawo tanihi murhi loko ku hunga moya.



Khoma xambhulela swinene ku sivela leswaku xi nga hahisiwi hi moya wa matimba lowu hungaka.



Bana magoza tani mathonsi ya mpfula elwangwini.

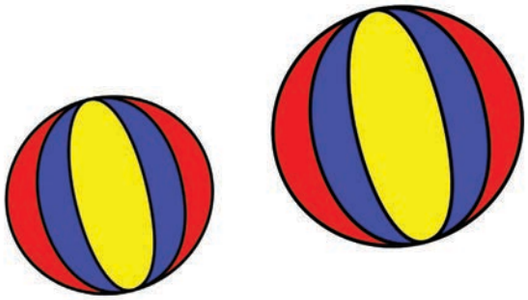


Siku: .....

A hi tiololeni

Khomanani hi mavoko mi endla xirhendzevutana lexikulu swinene.

Hoxelanani tibolo mi tlhela mi ti khoma.



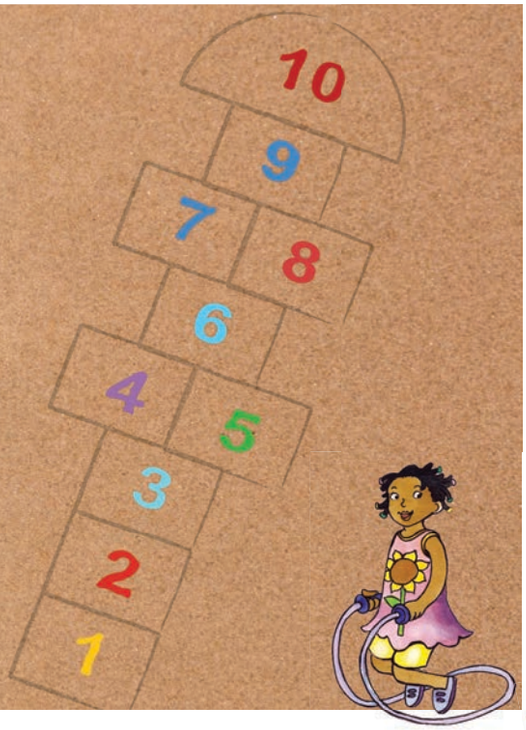


Ehleketa hi tindlela to hambana to famba ehenhla ka mhandze leyi ringanelaka kumbe ehenhla ka ntambhu. Kambisisa loko u nga swi kota ku ehleketa hi mafambelo yo hambana yo ya eka vadyondzikuloni.

A hi hungaseni

Tlangani xikoci. Dirowa tibuloko na swirhendzevutana esaveni.





A hi tiololeni

- Kombeta munghana wa wena leswi khadi u nga yi tirhisisaka xiswona.
- Mudyondzisi wa n'wina u ta mi kombeta matlangele ya mintlangu yin'wana ya khale.

Teacher:
Sign:
Date:

17

Ndyangu wa ka hina

A hi vulavuleni

Xana wa swi tiva leswaku mindyangu ya hambana?

Mindyangu yin'wana hi leyitsongo kasi yin'wana hi leyikulu.
Yin'wana yi na manana na tatana kasi yin'wana yi hava.
Mindyangu yin'wana yi tshama na vakokwana, vamalume,
vahahani na vakhazi va yona.

Languta swifaniso leswi kutani u byela munghana wa wena leswi mindyangu leyi yi hambanisaka xiswona. Tirhisa marito yo huma emabokisini lama.

manana	tatana	sesi
kokwana wa xinuna	buti	n'wana
kokwana wa xisati	ndyangu	







Siku: .....

A hi tsaleni

I mani a tshamaka na wena ekaya ka n'wina?



I mani a tshamaka na wena ekaya ka n'wina?

_____.

Ekaya ka hina ku na vanhu _____.

I mani lontsongo swinene ekaya ka n'wina? _____.

I mani lonkulu swinene ekaya ka n'wina? _____.

A hi vulavuleni

Hinkwerhu hi na mintirho leyi hi yi endlaka emakaya ya hina. Languta swifaniso leswi landzelaka kutani u vula munhu loyi a tirhaka mintirho leyi ekaya ka n'wina.



Tsala xivulwa xin'we hi ntirho lowu u wu endleke tolo.

_____.

Teacher:

Sign:

Date:

18

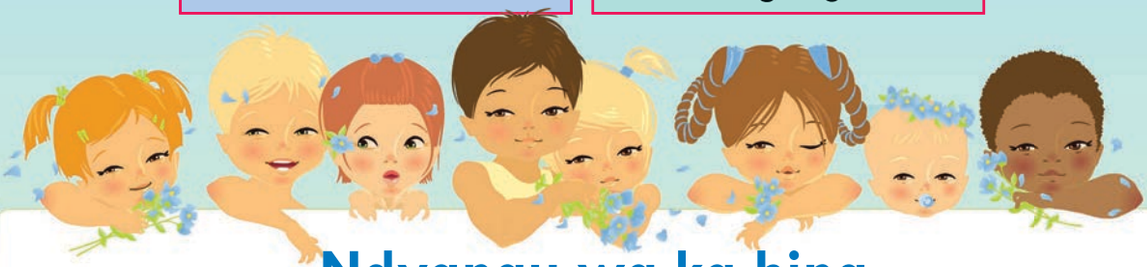
Ndyangu wa ka hina



A hi hungaseni

Dirowa xifaniso xa nchumu lowu wena na ndyangu wa ka n'wina mi wu endlaka swin'we. Vula leswaku munhu yoloye i mani. Tirhisa marito lama ku ku pfuna.

manana	tatana	sesi
kokwana wa xinuna	buti	n'wana
kokwana wa xisati	ndyangu	



Ndyangu wa ka hina

Siku: .....

Ha hlayisana



A hi hlayeni

Swirho swa ndyangu swi fanele ku rhandzana no hlayisana. Hi kombisa rirhandzu hi ku vukarhana, ku pfunana na ku xiximana. Hi fanele ku …

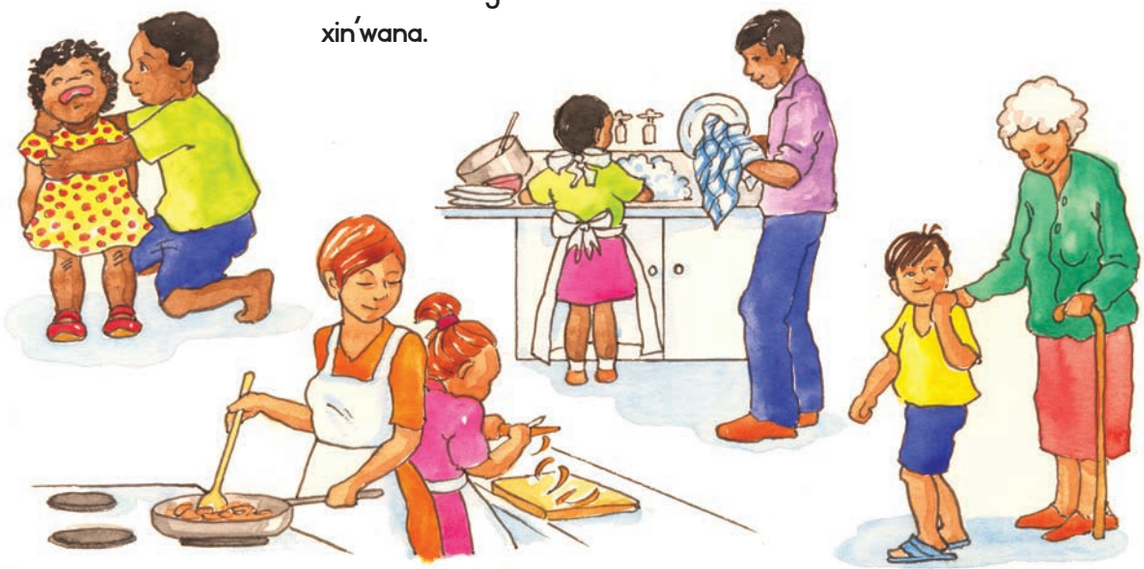
- pfunana.
- titsongahata (ngopfungopfu eka vadyuhari).
- endla mitirho ya hina hi nkarhi.
- va na vutihlamuleri.





A hi vulavuleni

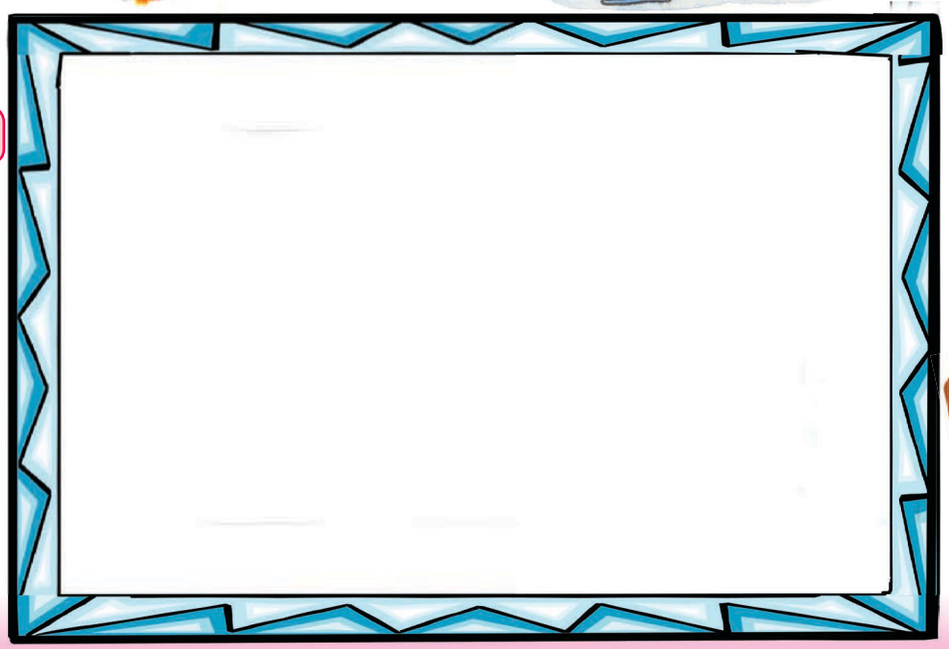
Languta swifaniso leswi kutani u vula leswi vana lava va kombisisaka xiswona mindyangu ya vona leswaku va na vukheta no kota ku hlayisa. Kutani encenyeta ku kombisa leswi humelelaka eka xifaniso xin'wana na xin'wana.





A hi endleni

Dirowa xifaniso xa swilo leswi u swi endlaka ku kombisa ndyangu wa ka n'wina leswaku u na vutihlamuleri. Hlamusela munghana wa wena hi leswi u swi diroweke.



Teacher:
Sign:
Date:

20

Ku kombisa leswaku wa hlayisa

A hi vulavuleni

Vulavulani hi ndlela leyi swirho swa ndyangu lowu swi pfunanaka hayona. Nambara swifaniso ku suka eka 1 ku fika eka 4 ku kombisa nongonoko lowu faneleke.



A hi hlayeni

Mitirho ya hina ya nimadyambu



Manana u sweka swakudya.

Tatana u hlantswa mapoto.

Mina na buti hi pfuna manana na tatana

Hi pfuna swinene.

Hi veka masi na xinkwa.

Kutani hi tilulamisela ku etlela.

Hi kombela ku hlayeriwa xitori.

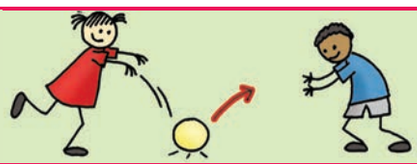
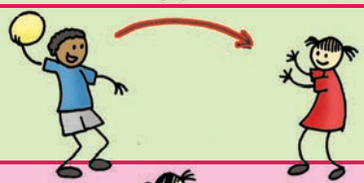
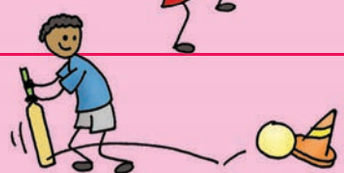
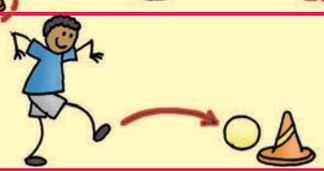
Siku: .....

A hi endleni

Endlela munhu loyi u n'wi rhandzaka khadi. Dirowa xifaniso u tlhela u tsala vito ra yena.

A hi endleni

Xana u nga swi kota ku endla leswi landzelaka?

	kota ku hoxa bolo hi ku yi bambisela munghana wa wena.	ina	e-e
	kota ku hoxela munghana bolo yi hundza ehenhla ka nhloko.	ina	e-e
	kota ku bambisa bolo hi matsolo.	ina	e-e
	kota ku ba bolo yi ya eka khoni.	ina	e-e
	kota ku dirivula bolo exikarhi ka vamaki.	ina	e-e
	kota ku raha bolo yi ya eka xanchumu yi fika yi xi ba.	ina	e-e

Teacher:

Sign:

Date:

Vuhlayiseki ekaya na le kusuhi (1)



Hi fanele ku titwa hi hlayisekile nkarhi hinkwawo loko hi ri ekaya. Kambe ku na makhombo yo tala ekaya na le kusuhi na le kaya. Languta xifaniso kutani u vulavula na munghana wa wena hi man'wana ya makhombo lama.

Ekhichini

- Jikisela swikhomo swa mapoto na tipani etlhelweni ra makumu ya xitofu.
- U nga tshiki mikwana yo kariha kun'wana na kun'wana.
- Khiyelela pharafini na mirhi endhawini leyi nga hlayiseka.
- U nga siyi switlangiso swi hangalakile na ndhawu.





Exihlambelweni

- U nga tirhisi swilo swa gezi ekusuhi na mati.
- U nga swi siyi etlhelo ka mati.
- Veka swikero na swin'wana swo kariha endzeni ka khabodo.
- U nga lombisani burachi ya wena ya meno na munhu un'wana.

Siku: .....

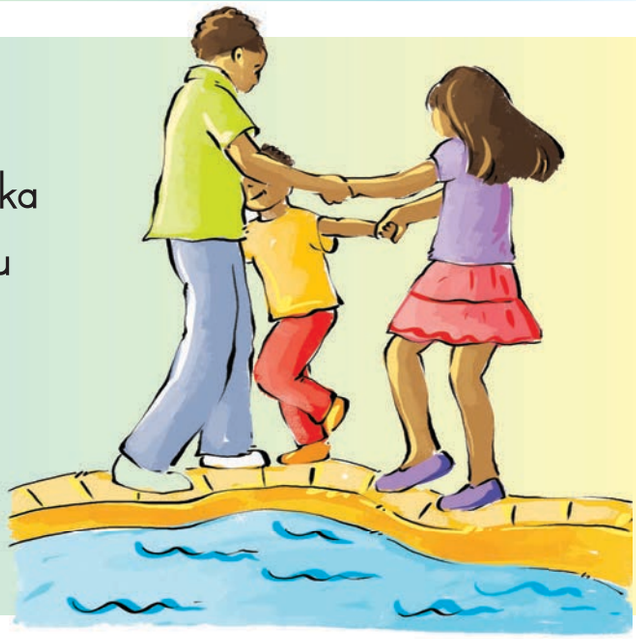


Mabubutsa, rihati na gezi

- U nga tshuki u yima ehansi ka murhi loko tilo ri dzindza.
- U nga nghenisi nchumu eka pulaga ya le khumbini. Kombela munhu lonkulu leswaku a ku pfuna.

Ehandle ka le kaya

- Rholela swilo leswi nga ku vavisaka swo tanihi tinghilazi to fayeka, u swi chela ethinini ra thyaka.
- U nga tlangi ekusuhi na xidan'wana xo hlambela handle ka loko ku ri na munhu lonkulu.





Endzeni ka yindlu

- U nga siyi switlangiso na swin'wana swilo swi hangalakile.
- U nga tlangi hi pharafini na swibasisi leswi nga na chefu.
- Loko u lemuka leswaku ntambhu ya ayini kumbe ketlele yi tlhantlhekile, kombela manana kumbe tatana wa wena leswaku a yi lunghisa.



22

Vuhlayiseki ekaya na le kusuhi (2)

A hi vulavuleni

Ku hlayiseka

Languta swifaniso kutani u vula leswaku swifaniso leswi kombisaka swiyimo swo hlayiseka hi swihi na leswi kombisaka ku va na khombo. Gwajula ✔ leswi kombisaka xiyimo lexi nga hlayiseka no ba xihambano ✘ eka swa khombo. Vula leswaku hikwalaho ka yini u ehleketa leswaku swi hlayisekile kumbe swi na khombo.













Siku: .....



A hi vulavuleni

Ku na swilo leswi nga vangaka khombo ekaya ka n'wina? Xana u nga endla yini hi swona? Chefu, mirhi na swihalaki swo basisa leswi nga na nghozi. U nga tshuki u nwa nchumu lowu u nga wu tiviki.





Mifungho leyi yi vula leswaku ku na nchumu lowu nga na chefu endzeni ka bodhlela, bokisi kumbe thini. Xana u tshama u vona mifungho leyi?



A hi tiololeni

Mudyondzisi wa wena u ta ku chayela vuyimbeleri.



- Famba na mpfumawulo wa vuyimbeleri.
- Hlawulani murhangeri. Murhangeri u fanele ku famba na mpfumawulo wa vuyimbeleri. Un'wana na un'wana u fanele ku encisa murhangeri kutani a famba hi ndlela leyi fanaka.
- Yima u ringanela hi nenge wun'we.
- Sweswi balansa hi nenge lowun'wana.
- Hi wihi nenge lowu nga na matimba?
- Veka ngoti yo leha ehansi kutani u dirowa ntila. Famba etlhelo ka ngoti kumbe entileni, u hlayisa ku yima loku ringanelaka wena.
- Sweswi cinca xivumbeko xa ngoti kumbe ntila kutani u famba etlhelo ka wona u ri karhi u hlayisa ku balansa ka wena.





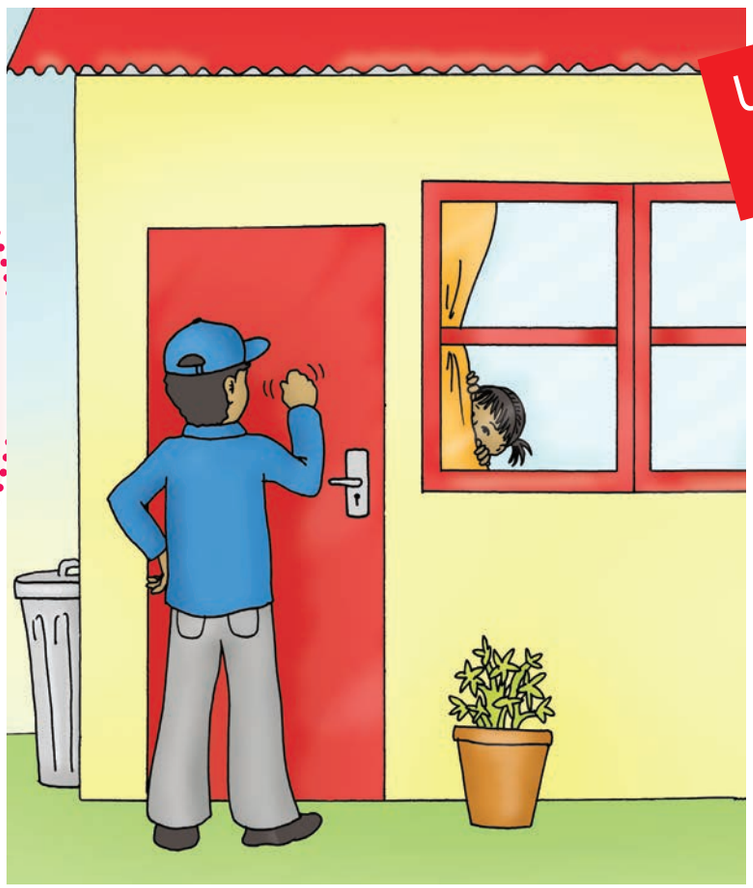
23 Vuhlayiseki ekaya loko ndzi ri ndzexe

A hi vulavuleni

U dyondzile hi swilo leswi nga ku vavisaka ekaya na le kusuhi na le kaya. Xana u nga tihlayisa hi ndlela yihi loko u ri wexe ekaya?



Loko u ri wexe ekaya, u nga endla swilo leswi leswaku u kumeka u hlayisekile.



U nga pfuleli vanhu lava u nga va tiviki.

Khiyela mavanti hinkwawo lama humelaka ehandle.



Siku: .....

- Tiyisisa leswaku u tiva tinomboro ta tinqingho ta vatswari va wena na ta vaakelani van'wana.
- Endla nxaxameto wa tinomboro ta nkoka loko ko tshuka ku humelela swin'wana leswi nga riki kahle.



A hi tsaleni

Endla nxaxameto wa wena wa tinomboro ta nkoka.

Maphorisa:



Ambulense:



Vatimela-ndzilo:



Riqhingo ra le nyongeni ya manana:

Riqhingo ra le nyongeni ya tatana:

I mani loyi u nga n'wi vitanaka loko u lava ku pfuniwa?

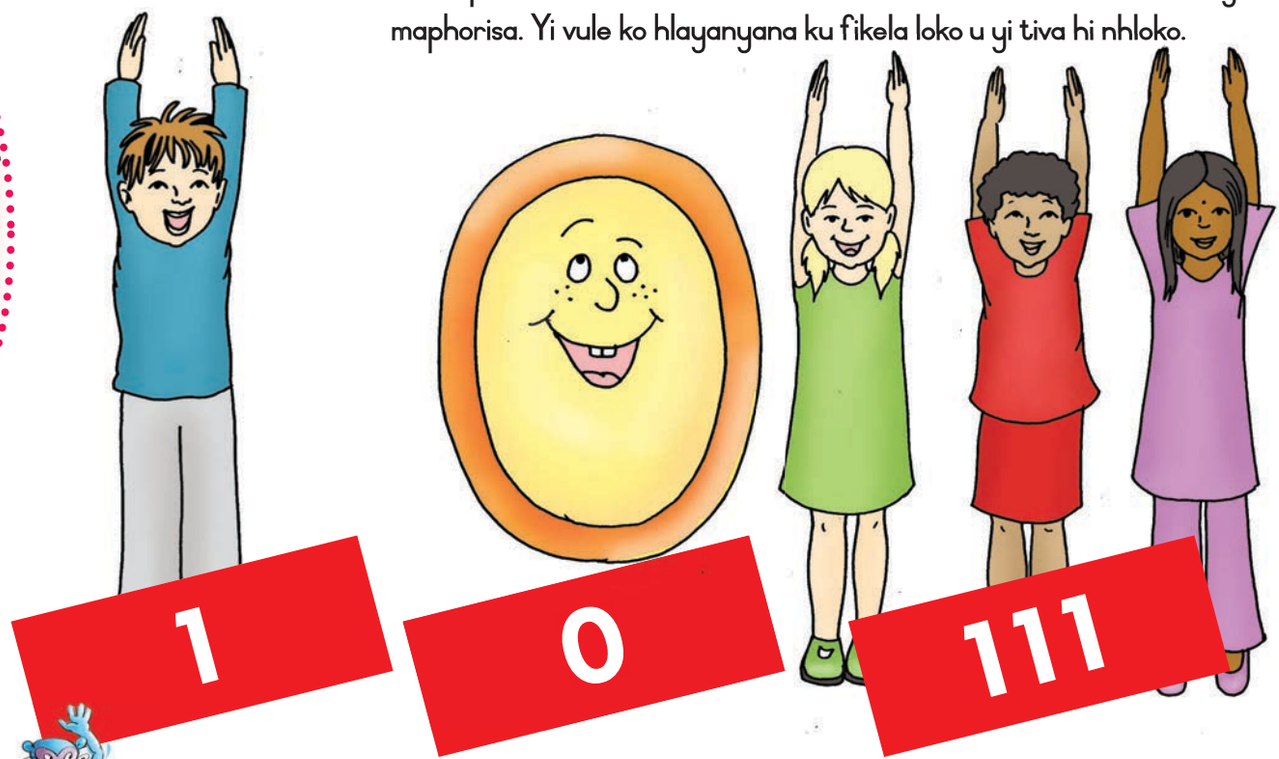
Teacher:
Sign:
Date:

24

Swin'wana leswi u faneleke ku swi tsundzuka

A hi vulavuleni

Hi leyi ndlela yo olova yo tsundzuka nomboro ya riqingho ra maphorisa. Languta xifaniso kutani u hlamusela munghana wa wena leswi swifaniso swi ku pfuniseke xiswona ku tsundzuka tinomboro. 10111 i nomboro ya maphorisa. Yi vule ko hlayanyana ku fikela loko u yi tiva hi nhloko.



A hi tiololeni

Kombisa leswi a wu ta fambisa xiswona loko a wo va n'wana eka xin'wana na xin'wana xa swifaniso leswi.



Xana a wu ta famba njhani loko a wu hlongorisiwa hi munhu loyi u nga n'wi tiviki?

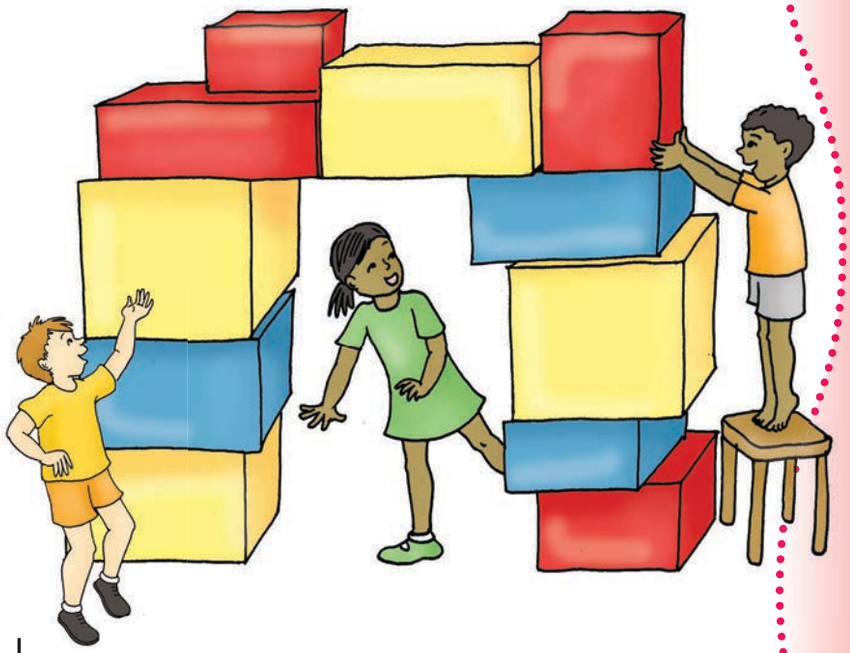
Xana a wu ta famba njhani loko a wu pfuna mana wa wena ku hlanganisa swichelachelana swo baka khekhe?

Xana a wu ta famba njhani loko a wu yimile ehenhla ka manghilazi yo fayeka?

Siku: .....

A hi endleni

Vona loko u nga swi kota ku aka yindlu ya wena.



- Lava mabokisi ya khadibodo ya khale kutani u aka makhumbi na lwangu.
- U nga namarheta mabokisi kun'we. Loko yindlu yi herile, u nga yi penda.
- Loko u nga kumi khadibodo, tirhisa swin'wana kambe u nga tirhisi nghilazi kumbe nchumu lowu nga ku vavisaka.

A hi tiololeni

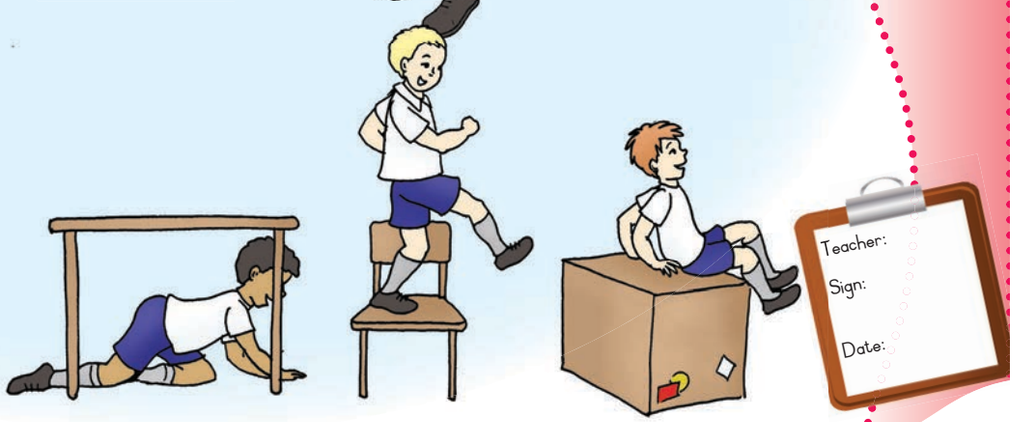
Hoxela bolo kumbe nkwama wa tinyawa emoyeni kutani u wu khoma hi voko ra wena ro pfumala matimba.



Pfuna mudyondzisi wa wena ku susa switulu, matafula na mabokisi ehandle ka tlilasi.

Khandziya switulu, matafula na mabokisi. Kasa ehansi ka swona u tlhela u tlulela ehansi ku suka eka swona.

Ringeta ku yima hi nenge wun'we exitulwini.



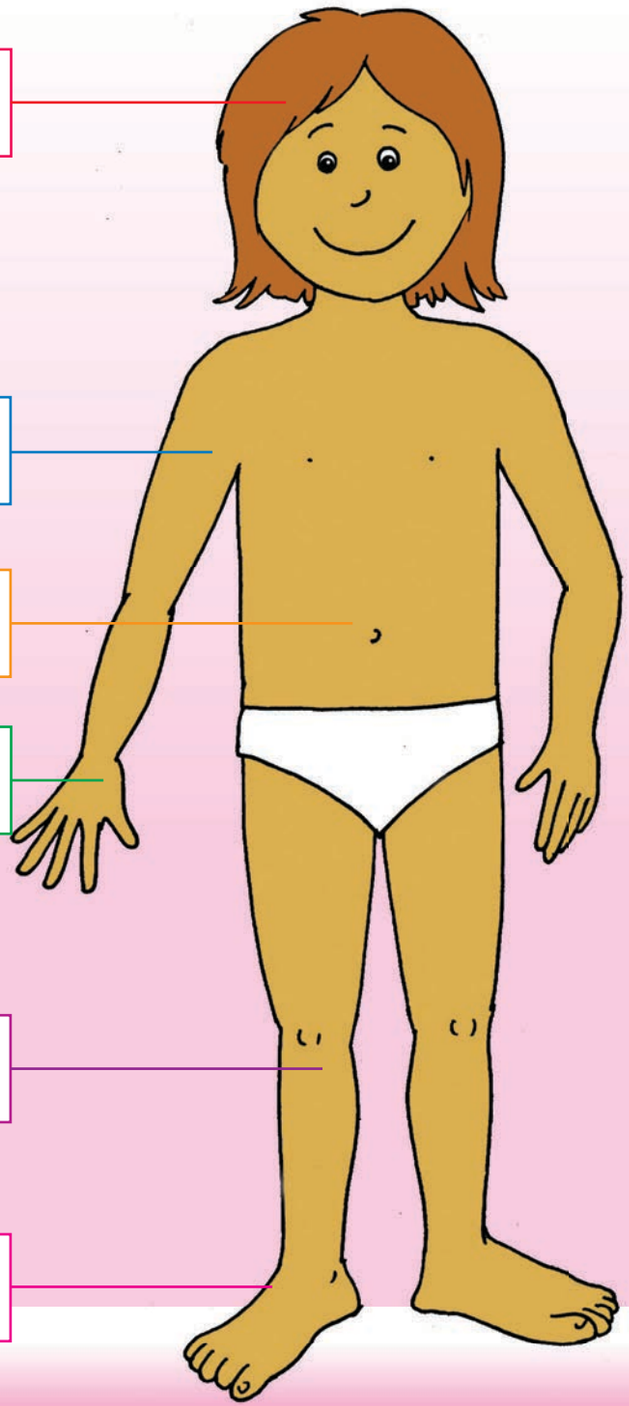
25

Miri wa mina

A hi tsaleni

Tsala marito eswivandleni leswi faneleke.

nenge	xandla	nhloko
khwiri	nkondzo	voko



Siku: .....

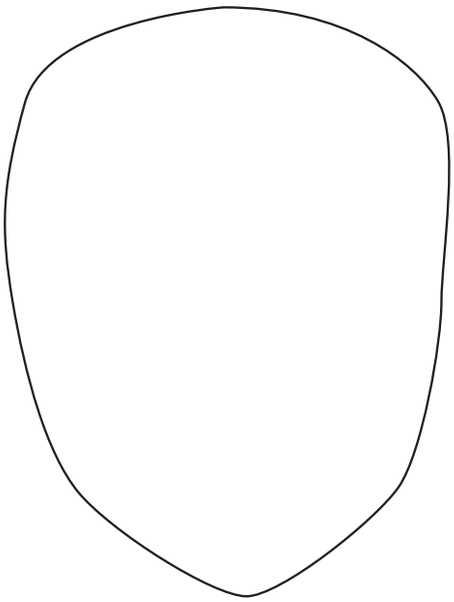


A hi diroweni

Hetisa xifaniso xa xikandza.

Dirowa misisi. Ringeta ku kopunula xikandza xa wena. Loko u ri na mahlo ya buraweni, dirowa mahlo ya buraweni. Loko u ri na misisi ya ntima, dirowa misisi ya ntima.

Dirowa tinxiyi ta wena, nhompfu na nomo wa wena.



Xikandza i xiphemu xa nkoka xa miri wa wena.

Hinkwerhu hi na 2 wa mahlo.  Hinkwerhu hi na 2 wa tindleve. 

Hinkwerhu hi na nhompfu.  Hinkwerhu hi na nomo. 



A hi yimbeleleni

Yimbelelani risimu leri. Khoma xirho xa miri loko u ri karhi u yimbelela u vula vito ra xona.



Nhloko makatla

Nhloko makatla

Xifuva, xisuti

Matsolo, swikunwana

Matsolo, swikunwana



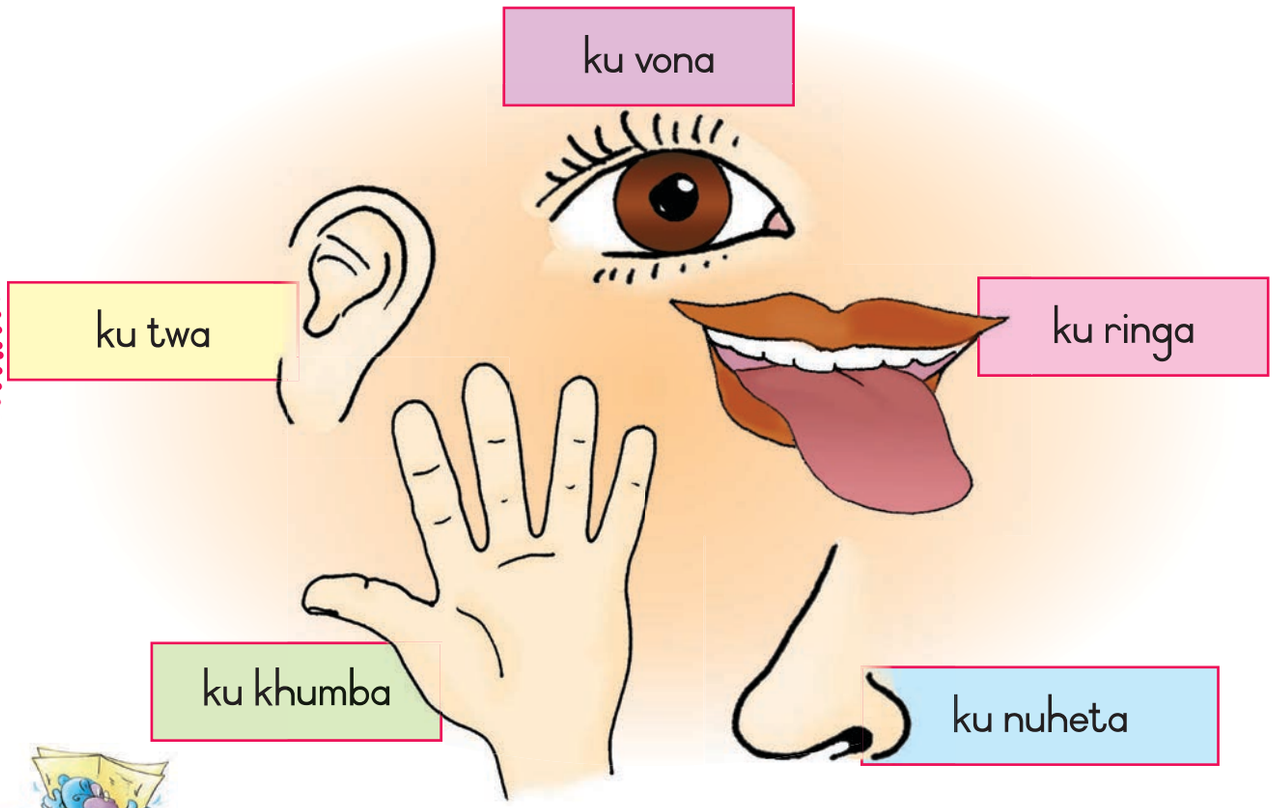


A hi tiololeni

Tlangani 'Simon u ri ...'

26 Switwi swa mina

A hi vulavuleni Languta switwi swo hambana kutani u vula leswi hi swi tirhiselaka swona.



A hi hlayeni

Hi tirhisa switwi swa hina masiku hinkwawo.
Hi nuhetela no ringa swakudya swa hina.
Hi nga twa leswi risiva ri oloviseke xiswona.
Hi nga vona xibakabaka xa wasi hi ximumu.
Hi twa vuyimbeleri.
Switwi swa hina swi hi pfuna ku tshama hi hlayisekile.
Hi nga nuhetela loko ku ri na ku tshwa.
Hi kota ku twa loko puleti ya xitofu yi hisa ngopfu.
Hi kota ku vona loko swi ri na khombo ku tsemakanya patu.
Hi kota ku twa mpfumawulo wa wachi.



Siku: .....



A hi endleni

Mahlayisele ya mahlo na tindleve.



Hi fanele ku hlayisa switwi swa hina.

Tindlela timbirhi to hlayisa mahlo na tindleve hi leti landzelaka.



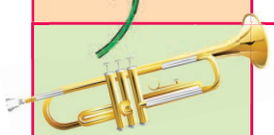
Hlayisa tindleve hi ku yingisela vuyimbeleri lebyi nga riki bya pongo.

Hlayisa mahlo hi ku ambala xigqhoko kumbe manghilazi yo sivela dyambu.
U nga languti dyambu.



A hi tsaleni

Xiya tafula leri nga laha hansi. Eka ntila wun'wana na wun'wana gwajula ✔ xitwi kumbe switwi leswi u nga swi tirhisaka. U nga fungha switwi swo tlula xin'we.

	ku nuheta	ku ringa	ku vona	ku twa	ku khumba
					
					
					
					
					

Teacher:

Sign:

Date:

27 Ku fambafambisa miri wa mina

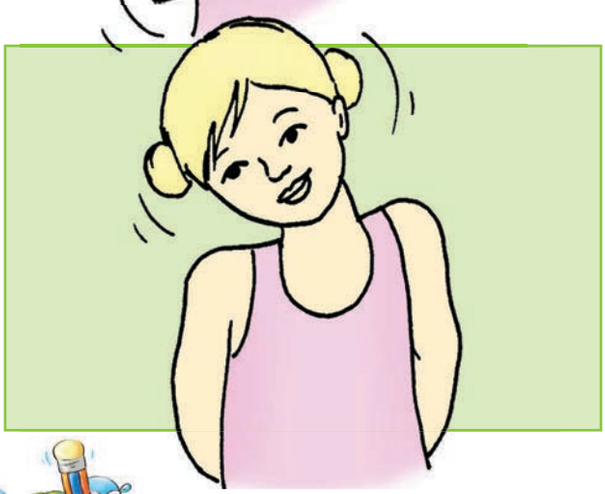
A hi vulavuleni

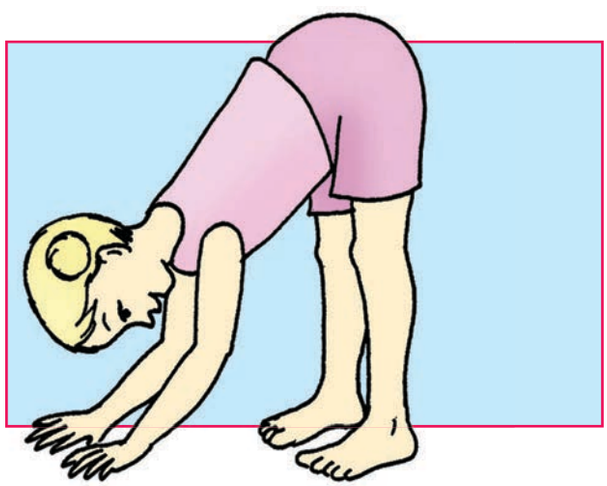
Languta swifaniso. Eka xin'wana na xin'wana, vula mavito ya swirho swa miri u tlhela u vula na leswi swi ku pfunaka ku endla swona.

Hi tirhisa mimiri ya hina leswaku hi kota ku famba.









A hi tsaleni

Hlamula swivutiso leswi na munghana wa wena. Kutani tsala tinhlamulo ebukwini ya wena, ehansi ka swivutiso.



Hi swihi swirho leswi u swi tirhisaka ku kota ku famba?

Hi swihi swirho swa miri wa wena leswi u swi tirhisaka ku rholela swilo?

A hi tiololeni

Mudyondzi wa n'wina u ta mi kombeta matlangele ya ntlangu wa 'ximanga na kondlo'.



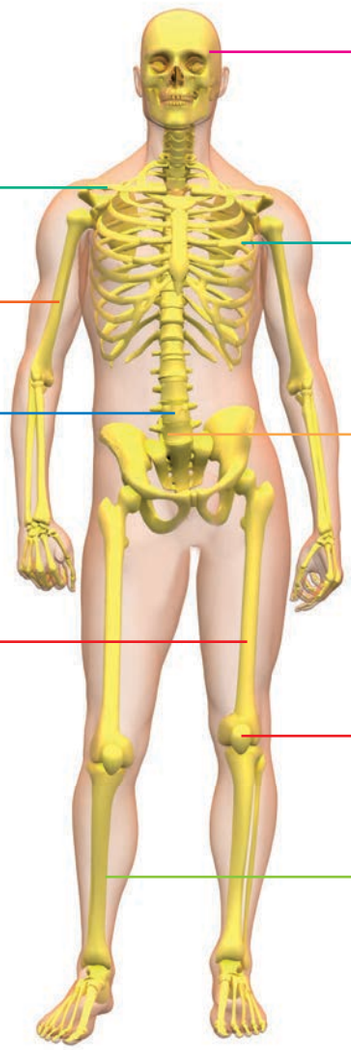
Siku: .....



A hi hlayeni

Ku na swirho swa miri leswi u nga kotiki ku swi vona.
Hinkwaswo swi tirha swin'we leswaku u kota ku hanya.

Marhambu ya wena



xipalapala

xitlhivakatla

timbambu

rhambu ra voko

longo

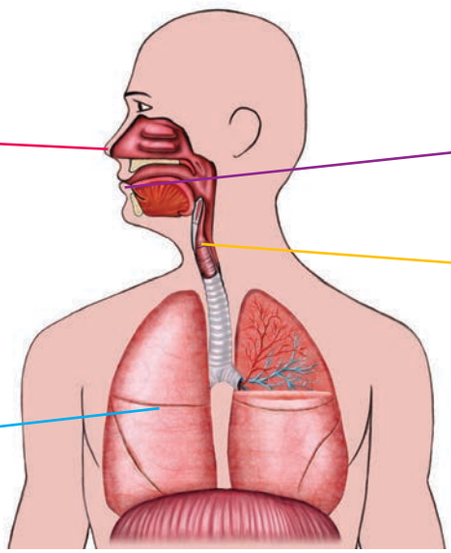
rhambu ra xisuti

rhambu ra ndzhumbi

nhlolo

rhambu ra nenge

Swirho swa miri leswi ku pfunaka ku hefemula



nhompfu

nomo

nkolo

mahahu

Teacher:
Sign:
Date:

Ku ehleketa hi vuhlayiseki

A hi vulavuleni

Languta swifaniso leswi nga laha hansi kutani u vulavula na munghana wa wena hi leswi u swi vonaka eka swona. Eka xifaniso xin'wana na xin'wana, vula ndlela leyi u nga tihlayisaka hayona.



U vona munghana wa wena eka tlhelo lerin'wana ra patu.



U rindzile u ri wexe exitichini xa mabazi.



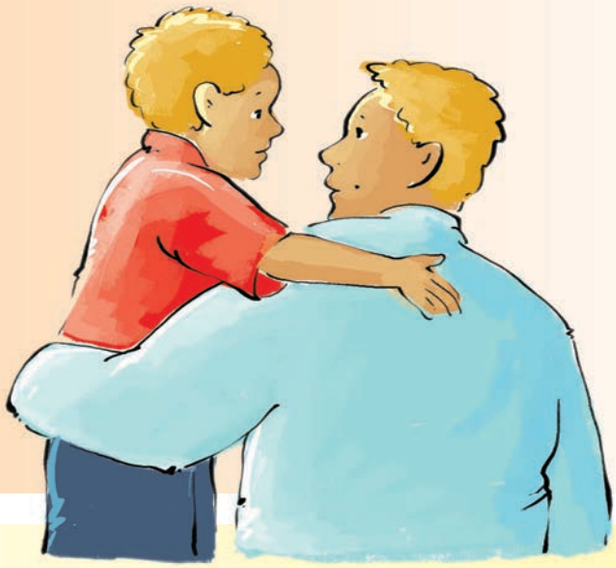
Munhu munhu loyi i nga nwi tiveki u kombela leswaku u famba na yena mi ya kun'wana.

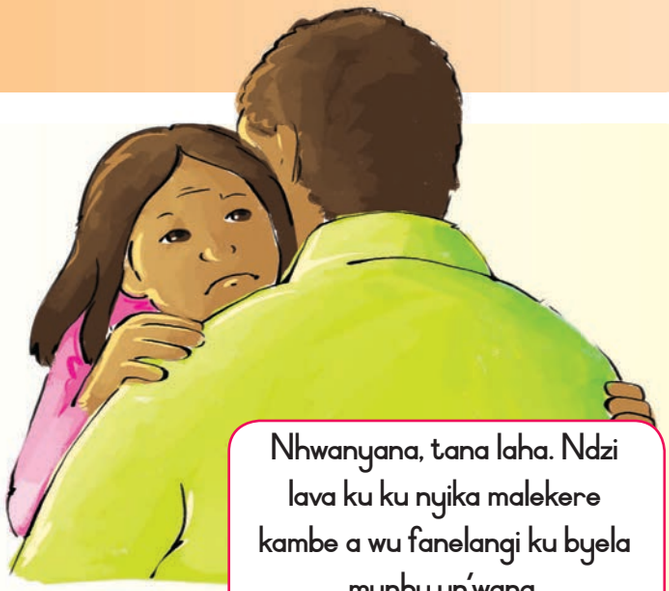


U lahlekile emavhengeleni.

Siku: .....

Hi va na mitwiwo-mbilu ya "ina" loko munhu un'wana a hi vukarha hi mavukarhele ya kahle. Swa tsakisa ku vukarhiwa hi ndlela ya kahle hi munhu loyi u n'wi rhandzaka.





Nhwanyana, tana laha. Ndzi lava ku ku nyika malekere kambe a wu fanelangi ku byela munhu un'wana.

Hi va na mitwiwombilu ya "e-e" loko munhu un'wana a hi khoma hi ndlela leyi yi hi chavisaka kumbe leyi yi hi hlundzukisaka. Loko hi twa hi ri na ku chava kumbe loko hi nga tshamisekangi hi va na mitwimombilu ya "e-e".

Miri wa wena wu hlawulekile naswona i wa wena. U nga vula "ina" loko swi fanerile leswaku munhu a ku khoma. U nga vula "e-e" loko swi nga fanelangi.



Teacher:
Sign:
Date:

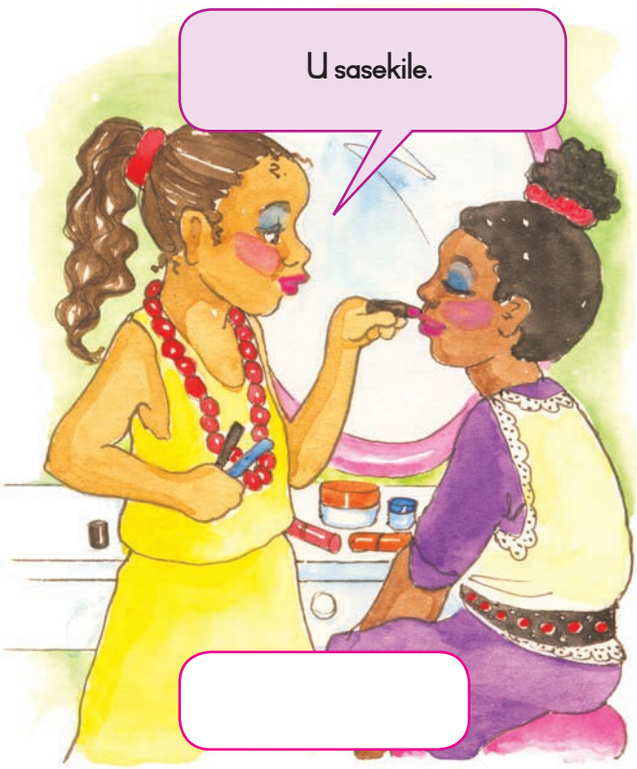
Ku hlayiseka

A hi tsaleni

Languta swifanisa leswi nga laha hansi kutani u tsala etibulokweni "Ina" eka ntwiwombilu wo pfumela na "e-e" eka ntwiwombilu wo kaneta.









Siku: .....

A hi endleni Titolovete ku vula "e-e".

Tumbuluxa ntlangu lowu eka wona munhu loyi a nga tiviwiki a lavaka ku khandziyisa n'wana emovheni wa yena kumbe ku khomakhoma n'wana. N'wana u hlamula "e-e".

A hi vulavuleni Vana van'wana va tshama emakaya laha va kumekaka va nga hlayisekangi. Languta swifaniso. Vula leswaku a wu ta titwa njhani loko a wu ri n'wana loyi a nga exifanisweni. Vula leswi a wu ta endla swona.



A hi tiololeni Tlangani ntlangu wo "yimisa".

Famba hi mukhuva wun'wana na wun'wana lowu u wu tsakelaka. Loko mudyondzisi a ba xitswiriri, yima hi xiyimo lexi u nga eka xona. U fanele ku ka u nga fambi ku fikela loko mudyondzisi a lerisa leswaku u nga famba. Xana u nga ringanela kahle ku fika kwihi? Famba ehenhla ka mhandze leyi nga ehansi kumbe entambhyini yo leha leyi vekiweke ehansi.



Teacher:
Sign:
Date:

Ku hlayisa miri wa mina wu tshama wu hanye kahle



A hi hlayeni



Ku na tindlela to tala leti ti nga hi vabyisaka. Nkarhi wo tala hi vabyisa hi switsongwatsongwana. I swintsanana swinene lero a hi swi koti ku swi vona. Swi nghena emimirini ya hina kutani swi hi vabyisa. Swi nga nghena emimirini ya hina kutani swi hi vabyisa.



A hi vulavuleni

Xana vana lava nga eswifanisweni va endla yini leswaku va tshama va hanye kahle? Xana a ku ta humelela yini loko a va nga swi endlangi swilo leswi?









Siku: .....

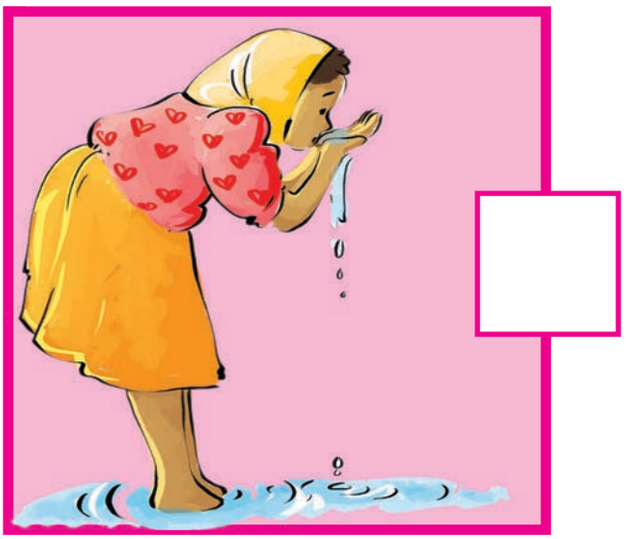
A hi vulavuleni

Sweswi vulavula hi swifaniso leswi. ✔ Kombisa maendlele yo tshama u hanye kahle. Bana xihambano ✘ eka swifaniso leswi nga ku vabyisaka.













Teacher:

Sign:

Date:

31

Ku hlayisa miri wa mina wu tshama wu hanye kahle



Xana vana lava nga eswifanisweni va endla yini leswaku va tshama va hanye kahle? Xana a ku ta humelela yini loko a va nga swi endlangi swilo leswi?

Xana a wu swi tiva leswaku mati yan'wana ya tengile kasi yan'wana ya thyakile? Xana u nga swi tiyisisa njhani leswaku mati ya tengile naswona ya lulamele ku nwiwa?



U nga virisa mati ya thyaka eketleleni ku kota ku dlaya switsongwatsongwana.



U nga sefa thyaka. Mudyondzisi wa wena u ta ku kombeta leswi swi endlisiwaka xiswona.



U nga chela xilepulana xin'we xa bilichi (tanihi Jik) eka thini ra 20 wa tilitara ta mati ya le nambyeni. Pfala thini ku sivela tinhongana. Tshika mati ya tshama 28 wa tiawara u nga si ya nwa.

Siku: .....

A hi vulavuleni

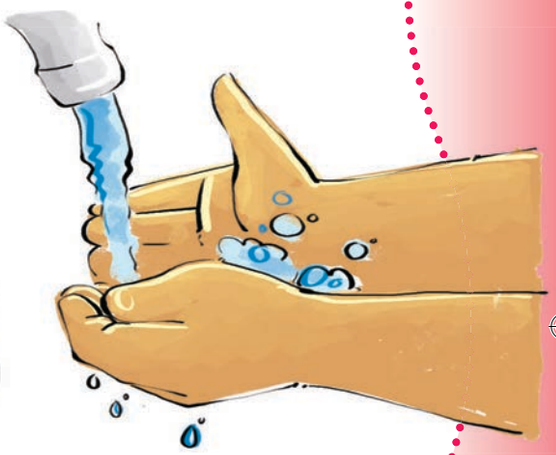
Languta swifaniso leswi kutani u vulavula hi leswi vana lava va swi endlaka leswaku va tshama va hanye kahle.

Cukumeta tithixu leti tirhisiweke exihambukelweni kumbe ethinini ra thyaka.

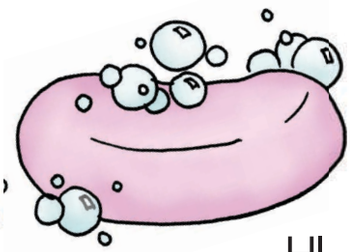




Hlamba mavoko loko u nga si dya.







Hlamba mavoko endzhaku ko tirhisa xihambukelo.



Loko u thyakisa exihambukelweni, basisa kutani u hlamba mavoko.



Pfala nomo loko u khohlola kumbe loko u entshemula.

Teacher:

Sign:

Date:

32

Ku kambisisa





A hi vulavuleni

Bula hi leswi u swi dyondzeke eka tikotara timbirhi leti nga hundza.

	✔	✘
Ndzi nga vulavula hi ndyangu wa ka hina.		
Ndzi nga famba entileni wo khuma.		
Ndzi tiva nomboro ya riqingho ra maphorisa.		
Ndzi tiva hi mitwiwombilu ya "ina" na "e-e".		
Ndzi nga khoma bolo.		
Ndzi nga tshama ndzi hlayisekile ekaya ka hina.		
Ndzi nga tihlayisa loko ndzi ri ndzexe ekaya.		
Ndzi pfuna ndyangu wa ka hina.		
Ndzi tiva ndlela ya mina exikolweni.		
Ndzi tiva ku tihlayisa ndzi tshama ndzi hanye kahle.		
Ndzi tiva leswi ndzi faneleke ku endla swona hi swilo hinkwaswo leswi nga enkwameni wa mina wa xikolo.		
Ndzi tiva tinxaka to hambana ta mindyangu.		
Ndzi dyondze swo tala eka dyondzo ya Ntivo swa vutomi.		

Siku: .....

Dikixinari ya mina

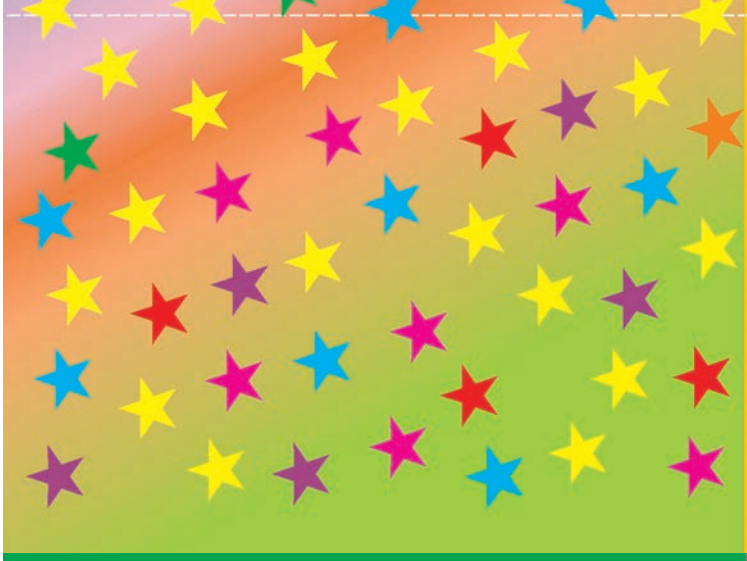


Dikixinari ya mina






Get well soon





















Masks

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

