



Leyi
pfuxetiweke hi
xiCAPS

Giredi ya

2



Swikili swa vutomi hi XITSONGA

Buku ya 1 - Tikotara ta 1 na 2



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LIFESKILLS IN XITSONGA

GRADE 2 – BOOK 1

TERMS 1&2

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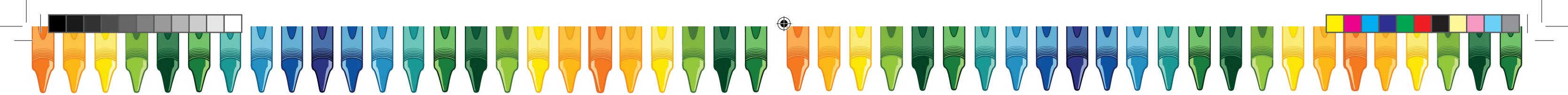
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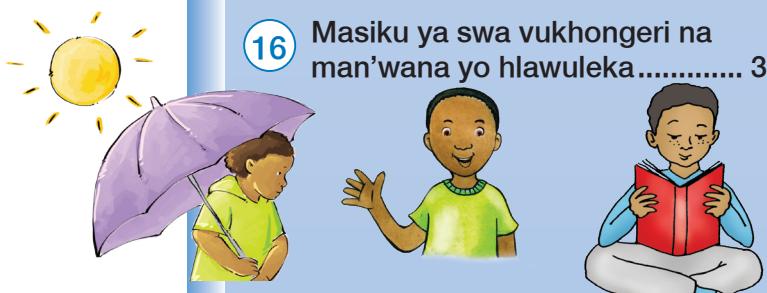
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Manana Angie
Motshekga, Holobye wa
Dyondzo ya Masungulo



Nkulukumba Enver Surty,
Xandla xa Holobye wa
Dyondzo ya Masungulo

Tibuku leti to tirkela ti endleriwe vana va Afrika-Dzonga ehansi ka vurhangeni bya Holobye wa Dyondzo ya Masungulo. Manana Angie Motshekga na Xandla xa Holobye wa Dyondzo ya Masungulo. Nkulukumba Enver Surty.

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

Hi tshemba leswaku tibuku leti ti ta pfuna vadyondzisi eka mingiriko ya vona yo dyondzisa ya masiku hinkwavo 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 mingiriko 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 tirkela.



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Giredi ya

2



Swikili swa vutomi
hi **XITSONGA**
Buku ya I



Buku leyi i ya:





1



Hi fanele ku dya swakudya leswinene leswaku hi kota ku hanya kahle

Kotara ya I – Vhiki ra I – Phephā ro tīrhela ra



A hi hlayeni

Miri wa hina wu lava swakudya leswi wu lulameleke leswaku hi ta kota ku kula. Hi fanele ku dya swakudya swo huma eka ntlawa wun'wana na wun'wana masiku hinkwawo. Hi fanele ku dya swakudya leswinene leswaku hi ta va na matimba yo endla swilo hinkwaswo leswi hi faneleke ku endla swona. Loko hi nga dyi swakudya leswi faneleke, hi ta ngheniwa hi mavabyi.

Mintlawa ya ntlhanu ya swakudya

Tindzoho na
swiendliwa swa
tindzoho



Vanhu van'wana
va dya matsavu ntsena.
Leswi swi vula leswaku a
va dyi nyama yihi kumbe
yihi. Va dya ntsena
swakudya swo huma
eka 4 wa mintlawa ya
swakudya.

Nyama,
nhlampfi, huku,
timanga na tinyawa

Siku:

Matsavu na
mihandzu



Mafurha na tioyili

Swiendliwa
swa masi



A hi endleni

Bula na munghana wa wena hi swakudya
leswi faneleke eka leswi landzelaka. Bana
xirhendzeyutana eka swona.



A hi tsaleni

Titeke wonge u ya
esupamakete na mana
wa wena ku ya xava
swakudya swo lalela.
Endla nxaxameto
wa swakudya leswi
faneleke leswi nga ta
fanelia ku dyiwa hi
vandyangu.





2



Kotara ya I – Vhiki ra I – Phephə ro tīrhela ra



A hi vulavuleni

Hikwalaho ka yini hi lava mati?

Vanhu, swimilana na swiharhi swi lava mati leswaku swi ta kota ku hanya.

Mati ya fambisa swakudya leswi hi swi dyaka ku ya eka swirho swo hambana swa miri wa hina. Ya tlhela ya pfuna miri wa hina ku susa leswi nga ha lavekiki.



A hi endleni

Siku rin'wana na rin'wana hi tirhisa mati emakaya ya hina. Hlamusela munghana wa wena hi swilo hinkwaswo leswi u tirhisaka mati eka swona. Kutani dirowa swifaniso swa mune ku kombisa matirhisele ya hina ya mati. Tsala nhlokomhaka ehenhla ka xifaniso xin'wana na xin'wana ku hlamusela leswi xi vulavulaka hi swona.



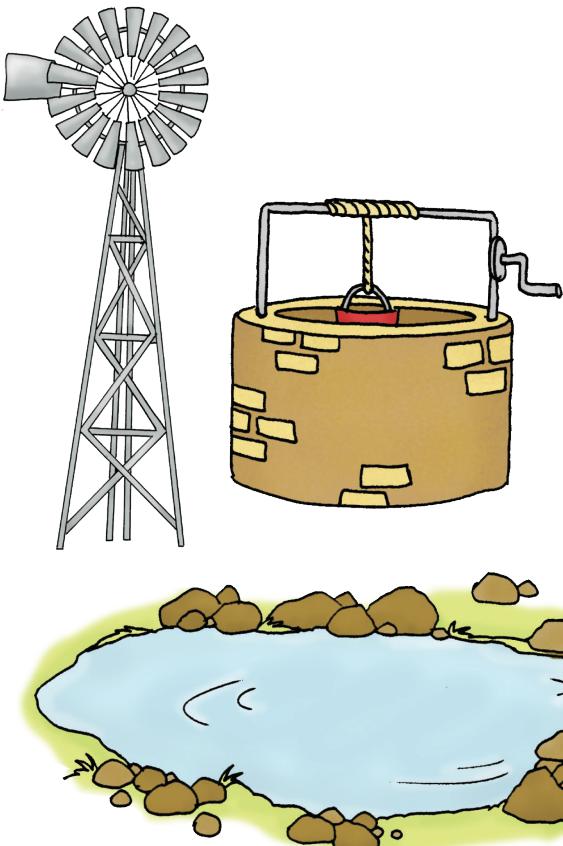
Siku:

4

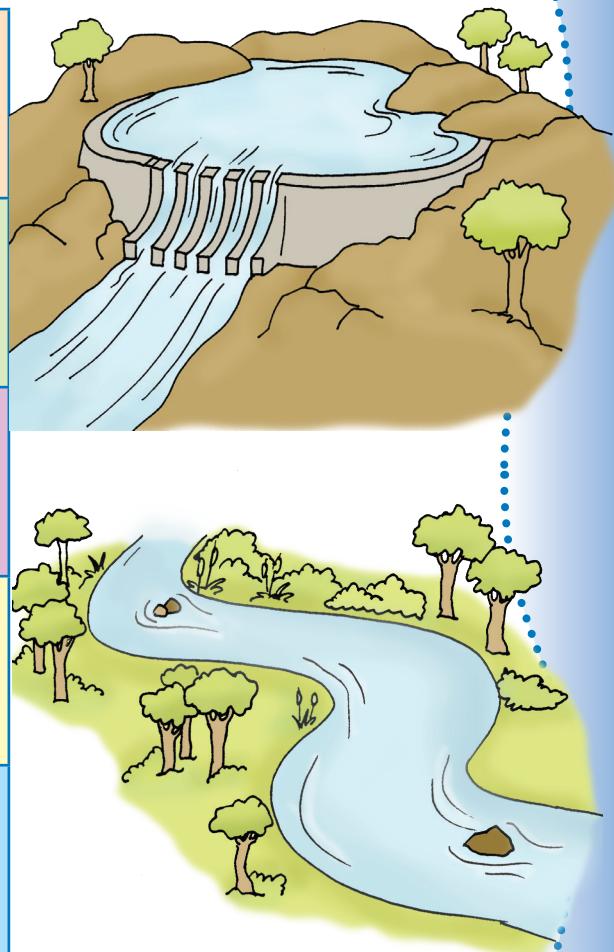


A hi tsaleni

Xana mati ya kumeka kwihi? Dirowa ntila ku hlanganisa rito rin'wana na rin'wana na xifaniso lexi faneleke.



xiseluselu
xipelupelu
nambu
damu
xihlovo



Humelani ehandle

Mi nga si endla nghingiriko ehandle, ololoxani swirho tanihi ximanga. Leswi swi ta olovisele miri wa 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.



- Tlula tanihi hi chela. Endla mipfumawulo ya machela.
- Hoxelanani bolo kumbe nkama wa tinyawa. N'wana un'wana na un'wana u fanele ku yi khoma.
- Kutani hoxela bolo kumbe xinkwamana xa tinyawa ehenhla u tlhela u xi qhavulela.
- Ringanisa nkama wa tinyawa enhlokweni ya wena kutani wena na munghana wa wena mi va na mphikizano wa ku kahlula. Xiya ku leha ka nkarhi wo ndzenengela nkama.



Mudyondzisi:
Nsajino:
Siku:

Hi hlayisa mati

Kotara ya I – Vhiki ra 2 – Phephə ro tinhela ra



A hi vulavleni

Mati ya na nkoka swinene kutani a hi
fanlangi ku tlanga hi wona.

Bula na munghana wa wena hi
tindlela to hambana to hlayisa mati.



A hi tsaleni

Tsala mavonele mambirhi yo hlayisa mati eswivandleni leswi nga laha hansi.

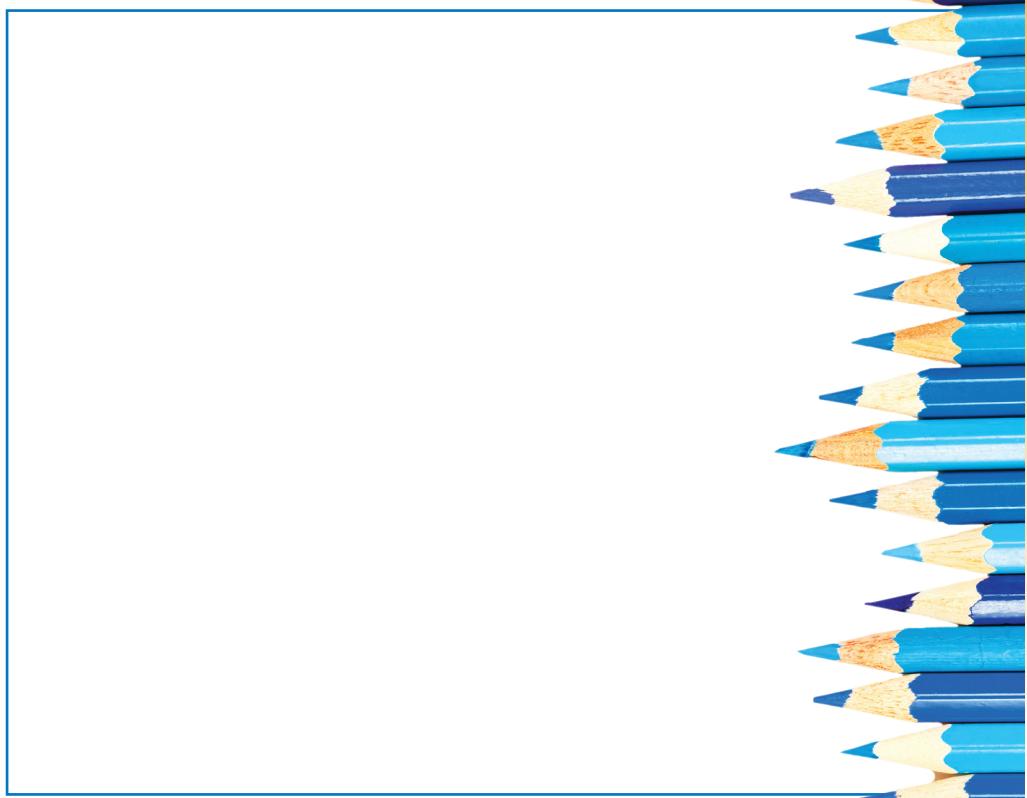
1.

2.



A hi endleni

Tirhisa tikhirayoni
ku endla phositara
ya mihlovo hlovo hi
mahlayisele ya mati.
Phositara ya wena
yi fanele ku kucetela
van'wana leswaku va
hlayisa mati. Loko
u endlile phositara
ya wena, yi kombise
vanghana va wena.



Siku:



Humelani ehandle

A hi tlangeri ntlangu wa
"I nkarhi muni, N'wamhisi?"

Un'wana wa n'wina u fanele ku va mhisi.

Nyiketanani ku vutisa xivutiso xa "I nkarhi muni
N'wamhisi?"

Nkarhi wun'wana na wun'wana loko u vutisa, mhisi
yi fanele ku hlamula yi hlamusela leswi nkarhi wu
vulaka swona.

Kambe loko mhisi yi hlamula leswaku "I nkarhi
wa swakudya swa nihlekani", yi ta sungula ku
tsutsumisa. U fanele u tsutsuma yi nga si ku
khoma.

Sweswi kuma hupu leyi u nga ta tlanga
hi yona. Nyiketanani na munghana wa
wena ku tsemakanya hupu, ro sungula
hi milenge ya n'wina kutani endzhaku hi
mavoko ya n'wina.

Kutani khoma hupu yi ku thwi, loko
munghana wa wena a kasa a hundza eka
yona. Nyiketanani ku endla leswi.

Xo hetelela,
hi mintlawa ya 4,
endlani switlovetō mi
cina ncino wa
xiAfrika-Dzonga.



Mudyondzisi:
Nsajino:
Siku:



4

Moya wo tenga wu hi nyika matimba

Kotara ya I – Vhiki ra 2 – Phephra ro tirthela ra



A hi hluyeni

Moya lowu hi wu hefemulaka wu na okisijeni. Leswi swi pfuni miri wa hina leswaku yi kota ku tirhisa swakudya leswi hi swi dyaka, kutani hi kuma matimba leswaku hi kota ku hanya. Loko hi hefemula moya wo thyaka, miri wa hina a yi nga swi koti ku tirha kahle.



A hi tsaleni

Tshama na munghana wa wena. Tatisani swivandla leswi nga laha hansi kun'we na munghana wa wena. Tatisani swivandla leswi nga laha hansi

Ndzi fanele ku kuma moya wo tenga hikuva

Loko moya wu thyakile

Moya wu thyaka loko

Leswi hi nga endlaka swona leswaku moya wu tshama wu ri wo tenga:

1.

2.

Siku:



A hi hlayeni

Vanhu va fanele ku kuma masana leswaku va ta kota ku tsaka no hanya kahle. Masana ya pfuna miri wa hina ku endla vhitamini ya D. Hi fanele ku kuma vhitamini leyi hikuva yi tiyisa marhambu. Masana yo tala ngopfu na wona ya onha. Hi nga twa ku vava hikwalaho ko hisiwa hi dyambu. Loko se hi kurile hi nga va na mavabyi ya mfukuzana.



A hi tsaleni

Tatisa swivandla leswi nga laha hansi:

1.

2.

3.



A hi yimbeleleni

Yimbelelani risimu leri mi tlhela mi phokotelela biti.



**Masana ya mina
Rivoningo ra mina.
Wa ndzi tsakisa
Loko ndzi weriwa hi papa
ra ntima,
Ndzi tshembile wena.
Ndzi ku rhandza ngopfu
U nga ndzi fularheli.**



U fanele ku tirhisa mafurha yo sivelu ku hisiwa hi dyambu kumbe xigqhoko xa mumu ku sirhelela nhlonge ya wena eka ku hisiwa hi dyambu.



q



Kotara ya I – Vhiki ra 3 – Phephra ro tinhlamulo ta wena

5

Mina na vanghana va mina



A hi vulavuleni



A hi tsaleni

Hinkwerhu hi tsakela ku va na vanghana lavanene. Xana u swi tivisa ku yini leswaku munhu i munghana lonene?



Exivandleni lexi nyikiweke laha hansi, endla nxaxameto wa swilo leswi endlaka munhu a va munghana lonene.

1.

2.

3.

4.



A hi tsaleni

Anakanya hi swivutiso leswi kutani u tsala tinhlamulo ta wena.

Xana u na vanghana vangani?

Vito ra munghana wa wena wa xiviri i mani?

Xana mi vile vanghana nkarhi wo tanahi kwih?

Hi xihi xo hlawuleka hi munghana loyi wa wena?

Siku:



A hi vulavuleni

Tshama na munghana wa wena kutani mi bula hi tinhlamuselo leti.
Engetela mfungho wo gwajula (✓) ebokisini loko swi ri swona, mfungho
wa xihambano loko swi nga ri swona (✗).

Nongonoko wo kambisia vunghana

Engetela ✓ kumbe ✗

Munghana wa mina wa ndzi hlayisa.	
Munghana wa mina wa ndzi pfuna.	
Munghana wa mina u ndzi hlamusela mahungu ya yena.	
Munghana wa mina a nga lwi na mina.	



A hi endleni

Anakanya hi nchumu lowu
u nga wu endlaka ku endla
leswaku munghana wa
wena a titwa a hlawulekile.
Kutani dirowa xifaniso hi
wona endzeni ka fureme.
Tsundzuka ku khavisa
fureme ya xifaniso. Loko u
hetile ku endla leswi, vulavula
hi mihlovo leyi u yi tirhiseke
eka xifaniso xa wena.



A hi tsaleni

Tsala 2 wa swivulwa hi xifaniso xa wena.





6

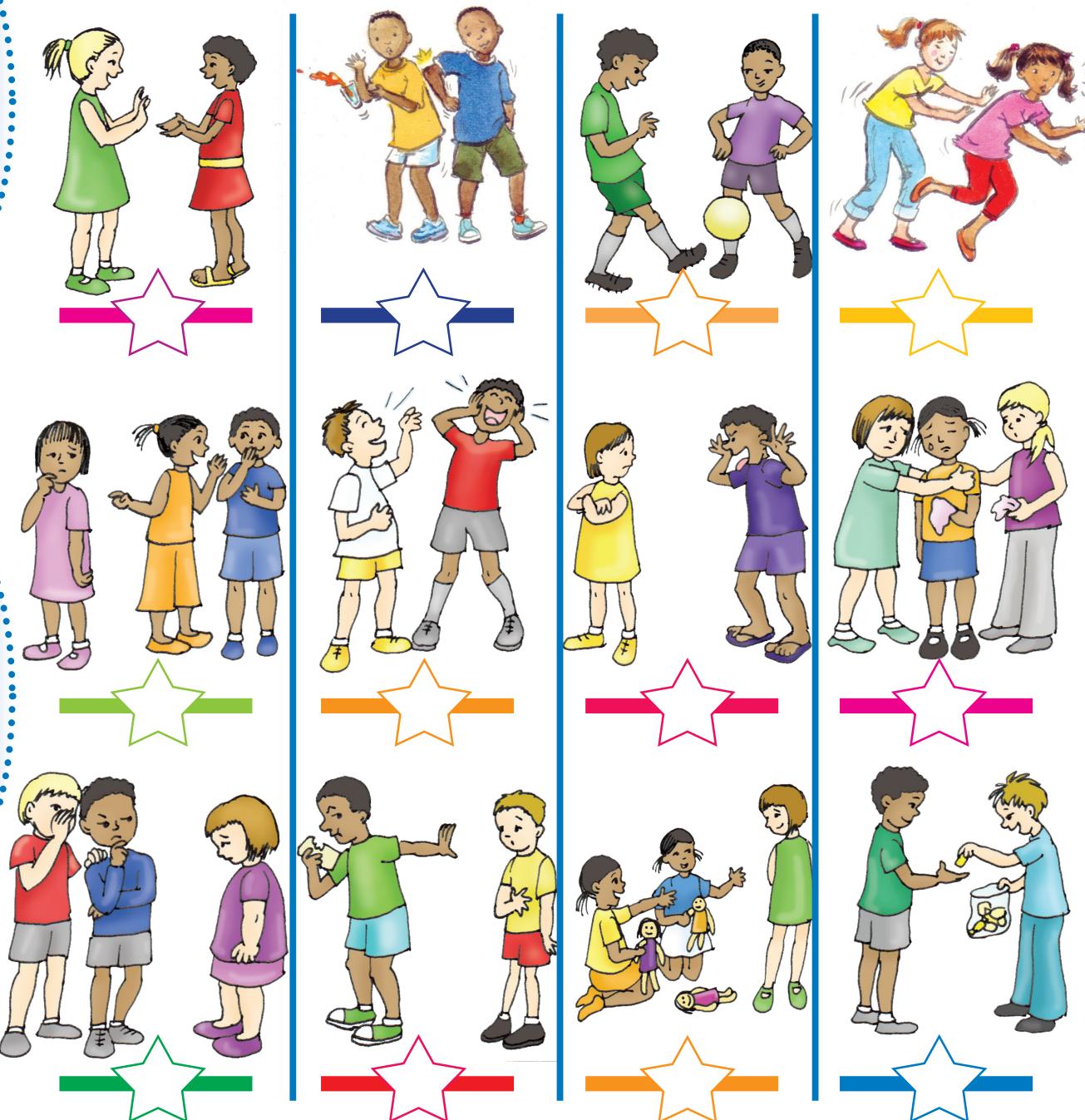
Vanhu lava hi hanyaka na vona

Kotara ya I – Vhiki ra 3 – Phephā ro tīrhēla ra



A hi vulavuleni

Xiya swifaniso. Anakanya hi leswi vanghana lavanene va swi endlaka kutani mi bula hi swona emintlaweni ya n'wina. Sweswi anakanyani hi leswi vanghana vo homboloka va endlaka swona. Engetela mfungho wo gwajula (✓) eka xifaniso xin'wana na xin'wana lexi kombisaka vunghana lebyinene, xihambano (✗) eka leswi kombisaka vunghana byo homboloka.



Siku:

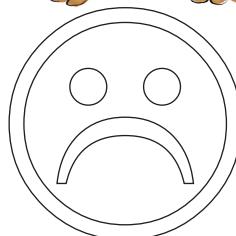
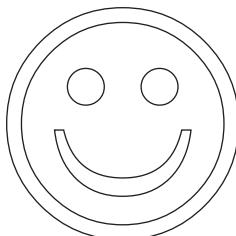


A hi hlayeni

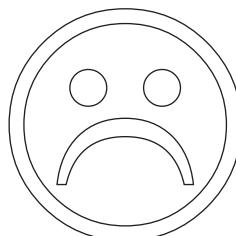
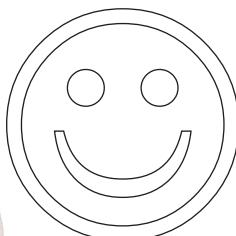
Hlaya xivulwa xin'wana na xin'wana kutani u khalara
xikandza xa ku pfumela xa Ina 😊 kumbe xikandza
xo kaneta xa E-e 😞.



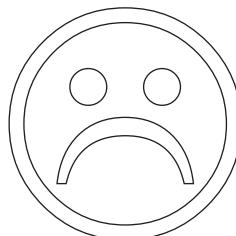
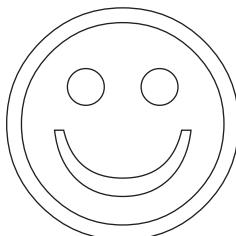
Ndzi munghana lonene.



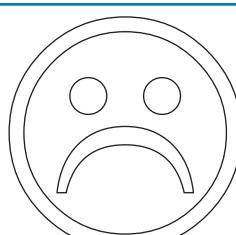
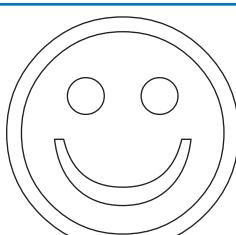
Ndzi hlayisa
vanghana va mina.



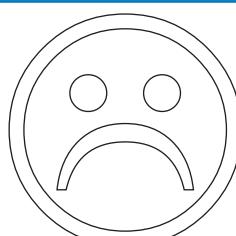
Ndzi kahle eka vadyondzikolorhi.



Vadyondzikolorhi va kahle eka mina.



Ndza titsongahata
eka vanhu lava ndzi
nga na vona.



Humelani ehandle

A hi tlangeni "Yima
endzhutini wa mina".

Wena na vanghana wa wena mi fanele mi ringeta
ku kandziya mindzhuti ya van'wana. Nyiketanani
ku vona nhlayo ya mindzhuti leyi mi koteke ku
kandziya eka yona. U nga fambafamba ku sivela
munghana wa wena leswaku a nga swi koti ku
yima endzhutini wa wena.



Mudyondzisi:
Nsajino:
Siku:



7



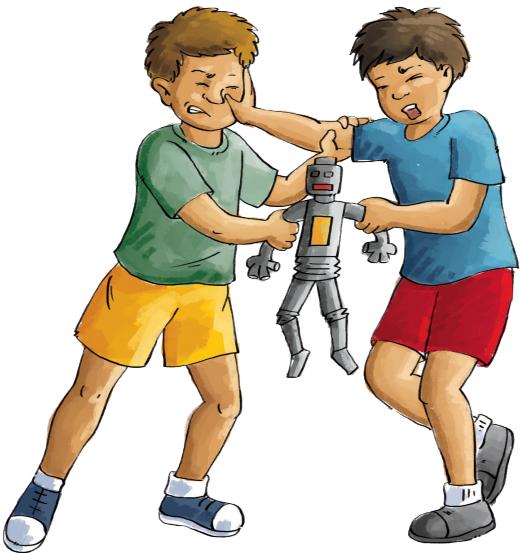
Kotara ya I – Vhiki ra 4 – Phephra ro tirkhela ra



A hi tsaleni

Languta xin'wana na xin'wana xa swifaniso leswi.

Xana a wu ta endla yini loko a wu ri n'wana loyi a karhatiwaka hi van'wana? Etlhelo ka xifaniso xin'wana na xin'wana, tsala xivulwa hi ndlela leyi hi faneleke ku khoma vanhu van'wana ha yona.







Siku:



A hi endleni

Tumbuluxani xintlangwana na munghana wa wena hi n'wana loyi a chaviselaka n'wana un'wana.

Kutani vulani leswi hi nga swi endlaka ku sivela ku chaviseriwa.

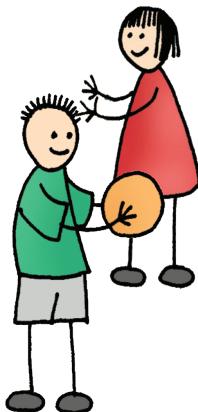
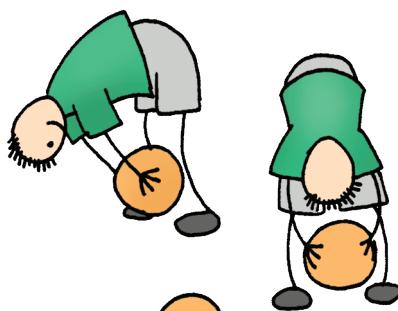


Humelani ehandle

Tilulamiseni eka mintlawa ya 5 wa vana.

Kutani vumbani ntila kutani mi hoxelana bolo ku ya hi ntila wa n'wina. Vonani leswaku i ntawla wihi lowu hoxelanaka bolo ku ya fika emakumu ka wona hi nkarhi lowutsongo swinene. Loko mi endlile sweswo, ringetani ku hoxa bolo hi tindlela to hambana.

- Hoxela mudyondzikuloni loyi a nga endzhaku ka wena bolo yi hundza hi le xikarhi ka milenge ya wena.
- Hoxela mudyondzikuloni loyi a nga endzhaku ka wena bolo yi hundza hi le henhla ka nhloko ya wena.
- Hoxela bolo eka mudyondzikuloni loyi a nga endzhaku ka wena eximatsini.
- Hoxela bolo eka mudyondzikuloni loyi a nga endzhaku ka wena exineneni.
- Sweswi hoxelelanani bolo kutani mi vona leswaku mi kota ku yi qhavulela kangani.



Kotara ya | – Vhiki ra 4 – Phephā ro tīrhela ra

8



Hinkwerhu hi hlawulekile



A hi vulavleni

Languta swifaniso leswi kutani u hlamusela ndlela
leyi vana lava va fanaka hi yona. Vula leswi va
hambanisaka xiswona.



Siku:

16



A hi hlayeni

Endlani nghingiriko lowu landzelaka hi ntlawa. Langutani vana hinkwavo etilasini ya n'wina. Kutani hlayani xinwana na xinwana xa swivutiso leswi landzelaka. Loko nhlamulo yi ri ntuyiso, engetelani mfungho wo gwajula (✓) ebokisini leri nga exinenenèni, kasi loko nhlamulo yi hoxekile, vekela xihambano (✗).

Vekala ✓ kumbe ✗

Xana vafana na vanhwanyana va fana?	
Xana vanhu hinkwavo va na muhlovo wun'we wa misisi?	
Xana vanhu hinkwavo va na muhlovo wun'we wa mahlo?	
Xana vanhu hinkwavo va na mavoko lama ringanaka?	
Xana vadyondzi va tlilasi yin'we va ringana hi ku leha?	

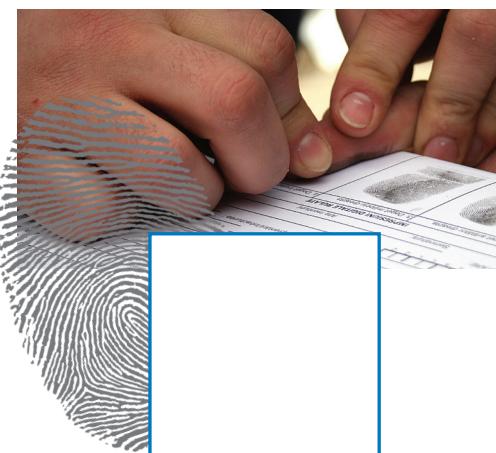


A hi vulavuleni



A hi diroweni

Dirowa xifa niso xa wena, kutani tirhisa xitotamilomo ku endla kandziyiso wa rintiho wa fana woxe etlhelo ka fureme ya xifaniso.



Xana a wu swi tiva leswaku ku hava munhu loyi a nga na nsalelo wa rintiho wo fana na wa wena? U n'waswakwe naswona u hlawulekile

Xana wa swi vona leswaku hinkwerhu ha hambana?

Xana u tlhela u swi vona leswaku hinkwerhu ha fana?

Vulavula hi tindlela leti hi fanaka hi tona.



Leswi hi titwisaka xiswona

A hi vulavulen

Bulani hi leswi mi titwisaka xiswona loko ku humelela nchumu wa kahle eka n'wina. Sweswi bulani hi leswi mi titwisaka xiswona loko mi humelela hi swo biha. Hi vitana matitwelo lawa leyi minyanyuko. Tata leswi va titwisaka xiswona.



A hi tsalen

Tsala tinhlamulo ta swivutiso leswi nga laha hansi.

Xana i yini lexi ku tsakisaka?

Xana i yini lexi ku hlundzukisaka?

Xana i yini lexi ku chavisiwa?

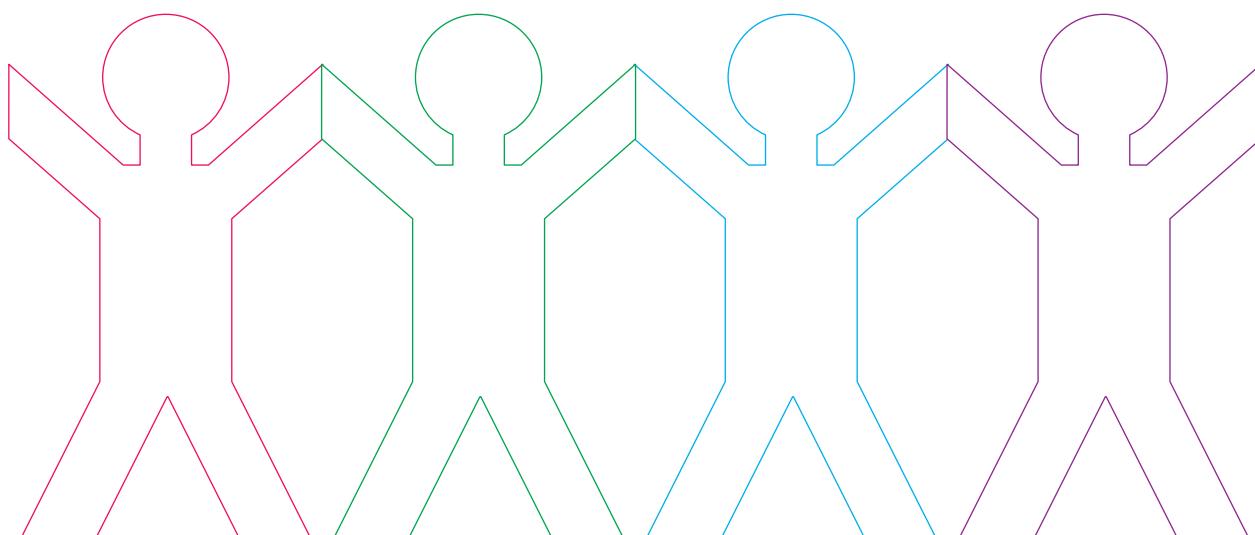
Xana i yini lexi ku nyikaka ntsako?

Siku:



A hi vulavuleni

Dirowa u tlhela u khalara nketani ya xinghana. Ringeta ku endla leswaku xipopana xin'wana na xin'wana xi languteka hi ndlela yo hambana, ku kombisa leswaku ha hambana na leswaku un'wana na un'wana u fana swakwe. Loko u endlile leswi u nga tsema nketani ya vunghana eka pheji ra switsemiwa exikarhi ka buku leyi. Endla xipopana xin'wana na xin'wana xi languteka hi ndlela yo hambana kutani u swi yimisa ehenhla ka desika ra wena ku ku tsundzuxa leswaku ha hambana.



Humelani ehandle

Endla miri wa wena wu va lowukulu hilaha u nga swi kotaka ha kona.

Kutani ringeta ku endla miri wa wena wu va lowutsongo hilaha u nga swi kotaka ha kona. Sweswi wu endle wo leha hilaha u nga swi kotaka ha kona.

Xo hetelela wu endle wu va wo koma swinene.



Mudyondzisi:
Nsayino:
Siku:



Vatsoniwa



A hi vulavuleni

Languta swifaniso.

- Xana u vona tinxaka ta vutsoniwa bya njhani?
- Xana un'wana na un'wana wa vana lava u tirhisa yini ku tipfuna?
- Hi ku vona ka wena xana vana lava va na swiphiqo swa njhani evuton'wini bya vona bya masiku hinkwawo?
- Vulavula hi leswi hi nga va pfunisaka xiswona.



A hi tsaleni

Languta swifaniso leswi nga laha hansi.
Hetisa swivilwa.

Rosemary a nga swi koti ku famba.

U tirhisa _____ ku
kota ku fambafamba.



Siku:



xitulu xa mavhilwa

Thabo i bofu kutani u tirhisa

ku kota ku kuma ndlela ya yena.

mbyana leyi letelaka



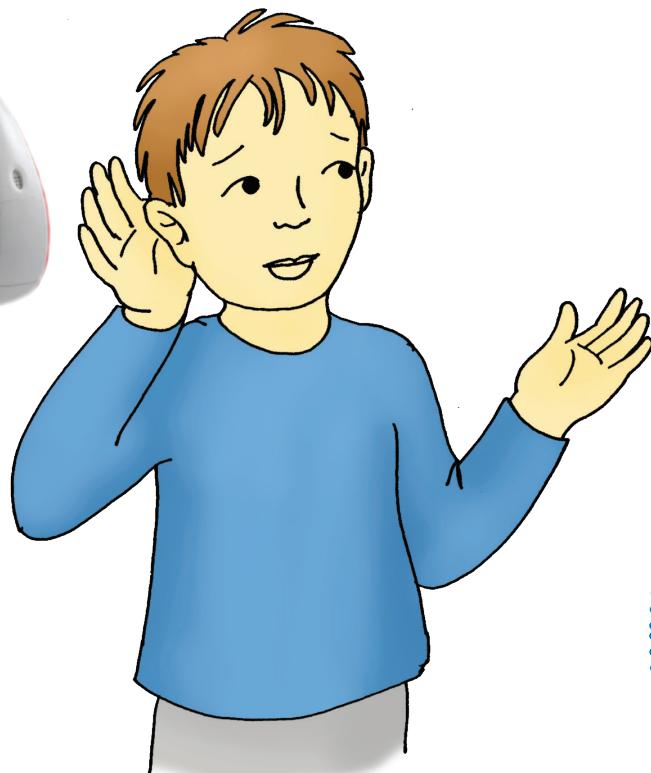


xipfuna-ku-twa



Peter i mbheveve.

U tirhisa _____
ku n'wi pfuna leswaku a kota ku twa.



swikoweto

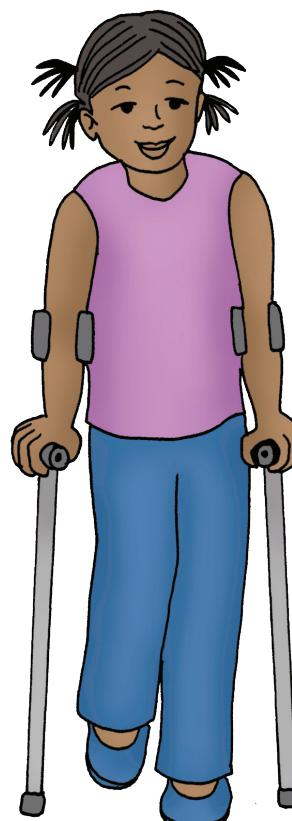


Nomsa u tirhisa

ku n'wi pfuna
leswaku a kota ku famba.



tikhirachisi



A hi endleni

Tirhisa vumba kumbe dowu yo tlangisa
ku endla vhasi kumbe khapu.





Kotara ya I – Vhiki ra b – Phephə ro tinhela ra



A hi vulavuleni

Vana hinkwavo va hlawulekile

Xana vana lava va hambana na wena hi ndlela yihi?

Xana va fana hi ndlela yihi?



A hi hlayeni

Vanhu emisaveni hinkwayo va tlenga tiholideyi to hlawuleka.

Hinkwerhu hi rhandza ku tlanga no yimbelela.

Hinkwerhu hi lava swakudya leswaku hi ta kota ku dya.

Hinkwerhu hi fanele ku ya exikolweni.

Loko hi vabya hi fanele ku vona dokodela.

Hi fanele ku tshama hi basile.

A hi fanelangi hi boheka ku kuma ntirho.

Hinkwerhu hi vana.



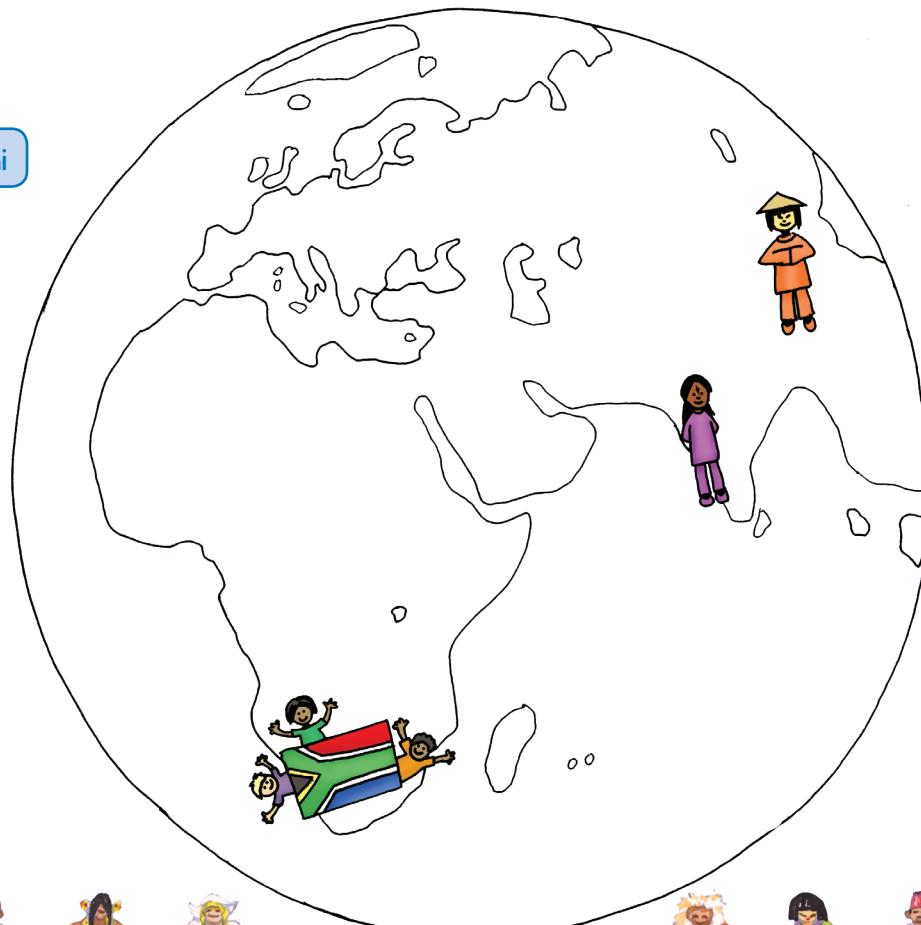
A hi tsaleni

Vutisa 3 wa vanghana swivutiso leswi. Tata tinhlamulo ta vona eswivandleni leswi nga laha hansi.

Tata mavito ya vanghana va wena.			
Xana vukhongeri bya wena hi byihi?			
Xana hi kwihi ku tlangela ko hlawuleka loku u vaka na kona?			
Xana u dya yini?			
Swiambalo swo hlawuleka leswi u swi ambalaka hi swihi?			
Xana u tlangela na mani?			



Languta xifaniso.
I mepe wa misava
ya hina. U kota ku
swi vona leswaku
misava ya hina yi na
matiko na malwandle.
Khalara malwandle
hi muhlovo wa wasi.
Khalara matiko hi
muhlovo wa buraweni.
Dirowa tinhlampfi to
hlayanyana endzeni
ka lwandle.





Nghwazi ya mina



A hi vulavuleni

Bulani hi loko ku ri na vana va vatsoniwa exikolweni xa n'wina.

Xana xikolo xi nga endla yini ku va pfuna loko va ri exikolweni?

Xana vatsoniwa va nga va tinghwazi?



A hi hlayeni

Tinghwazi tin'wana i vatsoniwa. I vanhu va swikombiso lava hi nga va

landzelelaka. EAfrika-Dzonga ku na tinghwazi to tala ta swa mitlangu leti nga vatsoniwa. Xana u tiva vatsoniwa van'wana lava nga na vuswikoti eka swa mitlangu?

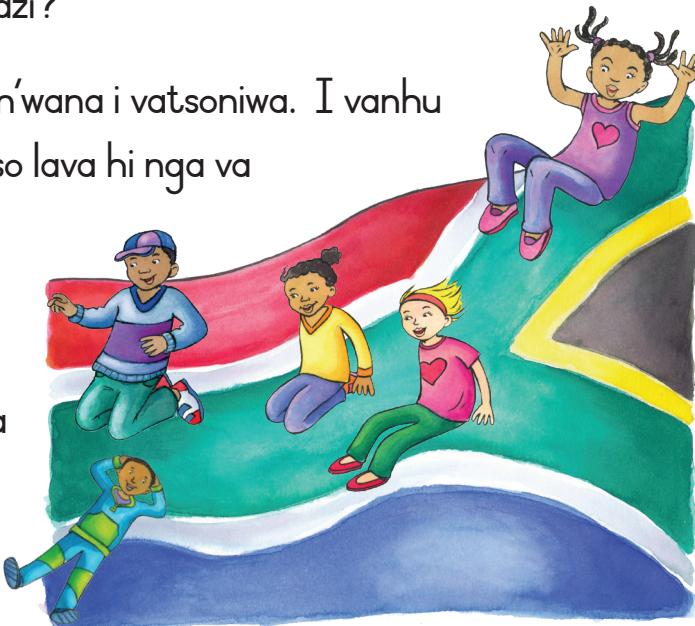
Natalie du Toit u lahlekeriwe hi xiphemu xa le hansi xa nenge wa yena wa ximatsi eka ngodzi ya xithuthuthu. U famba hi nenge wo endliya kambe u hlambela hi nenge wun'we.



A hi vulavuleni

Vulavula hi vatsoniwa lava endlaka swilo swo hlamarisa. Anakanya hi:

- Mabofu ya chaya swichayachayana swa vuyimbeleri. Xana ku na un'wana loyi u n'wi tivaka?
- Timbheveve leti tsalaka tinsimu. Ku na loyi u n'wi ehleketa tanihi xikombiso?





A hi tsaleni

Eswivandleni leswi nga laha hansi, nyika vuxokoxoko hi nghwazi ya wena kumbe munhu wa xikombiso eka wena.

Nghwazi ya mina kumbe munhu wa xikombiso eka mina i:

Dirowa xifaniso xa munhu loyi a nga nghwazi ya wena kumbe munhu wa xikombiso eka wena. Tsala marito lama n'wi hlamuselaka ekusuhi na xifaniso. Xikombiso: vunghana, ku pfuna van'wana, ku tiyisela, ku rhandza vanhu

Xana u nga va nghwazi hi ndlela yihi? Bula hi mavonele na munghana wa wena. Sweswi tsala xitshuriwa lexi eka xona u hundzukaka nghwazi. Tatisa eka leswi landzelaka laha hansi;

Siku rin'wana ndzi

Ndzi tekile xiboho xo

Ndzi

Leyi hi yona ndlela leyi ndzi veke nghwazi ha yona.



Ku tengisa mati

Kotara ya I – Vhiki ra 7 – Phepha ro tirhela ra



A hi hlayeni

Languta nghanzi ya mati.

Xana u vona xanchumu endzeni ka yona?

E-e, u nge voni nchumu. Xana a wu swi tiva leswaku nkarhi wun'wana ku na switsongwatsongwana ematini? Switsongwatsogwana hi leswitsongo swinene naswona u nge swi voni hi mahlo ya wena. Loko wo nwa mati handle ko rhanga hi ku susa switsongwatsongwana, u nga vabya swinene. Hi fanele ku tiyisisa nkarhi hinkwawo leswaku mati lawa hi ya nwaka ya basile no va ya tengile.

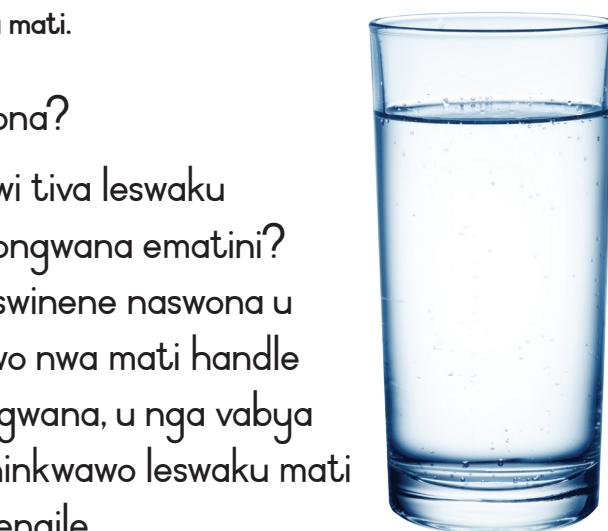


A hi vulavuleni

Vulavula hi leswi nga hume loka loko hi nwa mati ya thyaka. Sweswi languta swifaniso leswi nga laha hansi. Bula na munghana wa wena hi tindlela to hambana leti hi nga ti tirhisaka ku tengisa mati.



Chela mapilisi ya tlorini ematini.



Virisa mati

5 wa timinete.



Chela tikkhemikhali



Sefa mati



A hi vulavuleni

Hi wahi mati lawa u vonaka leswaku ya lulamile ku nga nwiwa?
Khalara thonsi ra mati hi muhlovo wa wasi loko u ehleketa leswaku ya lulamile leswaku ya nga nwiwa.

Mati ya nambu



mati ya pitsi

Mati ya pompi



mati lama cheriweke ebodhleleni

Mati ya lwandle



mati lama virisiweke eketleleni



A hi endleni

Tirhani hi mintlawa mi endla sefo yo tengisa mati. Yingiselani hi vukheta loko mudyondzisi wa n'wina a hlamusela leswi mi faneleke ku endla swona.



Mi ta fanela ku va na leswi landzelaka:

Bodhlela ra pulasitiki ra 2 wa tilitara

Mati ya ndzhope

Sava leritsongo

Sava ro khwaxa

Xikero

Vutiyi



A hi tsaleni

Nambara magoza yo endla sefo ya mati hi nongonoko lowu faneleke.

	Chela sava ehenhla ka vutiyi.
	Hundzuluxa bodhlela ehenhla ku ya ehansi.
	Chela sava ro khwaxa.
	Hi vukheta tsema tshaku ra pulasitiki.
	Chela mati ya ndzhope.
	Chela swiribyana endzeni ka bodhlela.





Mahanyele lamanene



A hi hlayeni

Hlaya hi yin'wana na yin'wana ya mikhuva lejinene na yo biha. Loko u vona wu ri mukhuva lowunene, vekela mfungho wo gwajula (✓) kasi loko u vona wu ri mukhuva wo biha, vekela xihambano (✗).

Mukhuva Mudyondzisi u pfuna vana ku hlaya.	Lowunene	Wo biha
Ndzi dya swakudya leswinene.	✓	✗
Ndzi cukumeta thyaka hi fasitere ra movha kumbe ra thekisi.		
Ndzi hlamba misisi ya mina nkarhi hinkwawo.		
Ndzi dya swiwitsi swo tala.		
Ndzi hlayisa min'wala na tindleve ta mina swi tshama swi basile.		
Ndzi buracha meno ya mina kan'we hi n'hweti.		
Ndzi rholela thyaka ndzi ri cukumeta ethinini ro chela thyaka.		
Ndzi hlamba mavoko endzhaku ko ya exihambukelweni.		
Loko ndzi khohlola kumbe loko ndzi entshemula, ndzi pfala nomo hi voko.		
Ndzi endla vutiori nkarhi hinkwawo.		
Ndzi hlamba mavoko ndzi nga si dya.		
Ndzi tshama ndzi languta TV tiawara to tala.		
Ndzi tshama na vanhu lavakulu lava dzahaka.		

Siku:



A hi vulavuleni

Endla phositara hi mayelana na mukhuva
lowunene kumbe mukhuva wo biha.



A hi tsaleni

Kambisia phositara ya wena. Hlaya nhlamuselo
yin'wana na yin'wana kutani u dirowa xikandza lexi
n'wayitelaka loko nhlamuselo yi ri yona kumbe u dirowa
xikandza lexi tsaneke eka
nhlamuselo leyi nga riki yona.



Ina	E-e

Phositara ya mina i ya mihlovo hlovo naswona yi endliwile
hi vukhetu.

Ndzi tiphinile hi ku endla phositara ya mina.

A swi ndzi tikela ku endla phositara ya mina.



Humelani ehandle

- Xana u nga tlula ku fika kwihi? Tirhisa tingoti tinharu.
Ti tlule. Tshama u ri karhi u ti hambarisa leswaku u
kota ku vona ku u nga tlula ku fika kwihi.
- Endzhaku ka sweswo, kombela vanghana va wena vambirhi leswaku va
ba khadi leswaku u kota ku tlula.
- Nyiketanani.



Mudyondzisi:

Nsayino:

Siku:



15

Swilo leswi onhakaka na leswi nga onhakeki

Kotara ya! – Vhiki ra 8 – Phephə ro tirthela ra



Siku:

A hi vulavulen!



Vulavula hi swakudya leswi faneleke ku hlayisiwa swi tshama swi ri karhi swi titimela ku sivela leswaku swi nga onheki. Hlawula leswaku i swakudya swihi leswi nga laviki ku hlayisiwa endhawini leyti titimelaka kambe swi nga vekiwaka endzeni ka khabodo. Tsema swifaniso eka pheji ra switsemiwa kutani u swi damarheta exigwitsirisini kumbe ekhabodweni.

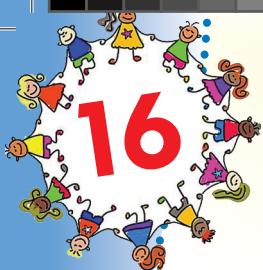




A hi vulavleni

Vulavula hi tindlela to sirhelela swakudya eka
switsotso swo fana na tinhongana na vusokoti.





16

Masiku ya swa vukhongeri na man'wana yo hlawuleka

Kotara ya | – Vhiki ra 8 – Phephə ro tħħela ra



A hi hløyen!

Vanhu emisaveni hinkwayo va tlangela tiholideyi to hlawuleka. Xana u ta tlangela tiholideyi tihi?

Hi nkarhi wa Khisimusi hi amukela tinyiko. Hi tlħela hi nyika vangħana na va mindyangu ya hina tinyiko. Hi na nsinya wa Khisimusi endlwini ya ka hina. Hi veka tinyiko ehansi ka wona. Hi sasekisa nsinya lowu hi tlħela hi veka nyeleti ehenhla. Hi Khisimusi hi dya swakudya leswinene swo tala swinene.



Hi jahele siku ra Diwali. Lowu i nkarhi wo amukela swiħitsi swo tala swinene na tinyiko to tala swinene. Hi paka makhekhe na swiħitsi swo tsokombela emabokisini kutani hi swi nyika vanhu lava hi endzelaka. Hi lumeka swimbonana kutani hi swi veka hinkwako endlwini. Hi sasekisa yindlu ya hina naswona hi va na tikhirkete.



Hijahele siku ra Hanukkah. Hi ta va na swakudya leswinene swo tala ngopfu. Hi rhandza ku dya khekhe ra panekuku na tidonati. Hi tsakela no amukela tinyiko. Vakhazi va hina va hi endzela. Hinkwerhu hi pfuneta ku lulamisa swakudya naswona hi lumeka makhandhlela endlwini ya hina.



Ku nga ri khale ku ta va Eid. Ndzi tshemba leswaku hi ta amukela tinyiko ta kahle. Hi ta nyika na vanghana va hina. Hi ta va na swiwitsi na makhekhe yo tala swinene. Hi tiva leswaku i Eid hikwalaho ka xivumbeko xa n'weti. Yi va kona hi masiku yo hambana lembe rin'wana na rin'wana.



Mudyondzisi:
Nsajino:
Siku:



A hi yimbeleleni



Yimbelela risimu leri u
ri tivaka ra masiku lama
yo hlawuleka.





Kotara ya 2 – Vhiki ra I – Phephra ro tirkela ra



A hi vulavuleni

Tinguva

Languta swifaniso swa tinguva ta mune. Hlamusela munghana wa wena leswi u swi vonaka eka xifaniso xin'wana na xin'wana. Vula leswi tinguva ta mune ti hambanisaka xiswona.



Hi yihi nguva leyi u yi rhandzaka swinene?

Hikwalaho ka yini u rhandza nguva leyi?

Xana siku ra wena ra ku velekwa ri hi nguva yihi?

Siku:



A hi yimbeleleni

**Vonani dyambu ra huma
Hlambani tinhloko vafana
Twanani nsimbhi ya rila
Tsutsumelani xikolweni**



**Mpfula ya na thothotho!
Hi ta dya matimba thothotho!
Mpfula ya na thothotho!
Hi ta dya timanga thothotho!**





18

Tinguva ta mune

Kotara ya 2 – Vhiki ra I – Phepha ro tinhela ra



Tsema swifaniso swa tinguva ta mune ku suka eka phepha ra switsemiwa. Damarheta xifaniso xin'wana na xin'wana etlhelo ka vito ra nguva leyi faneleke.

Khotavuxika
Mawuwani
Mhawuri

xixika

Ndzhati
Nhlangula
Hukuri

ximun'wana



N'wendzamhala

Sunguti

Nyenyenyani

ximumu

Nyenankulu

Dzivamisoko

Mudyaxihi

xixikana



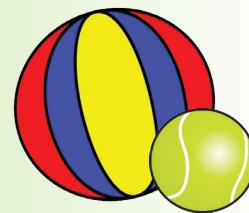
Humelani ehandle

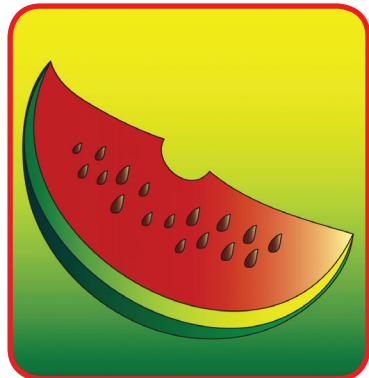
Titolovete matlangelo ya bolo.

Bambisa bolo ekhumbini.

Famba endhawini u ri karhi u bambisa bolo.

Sweswi tsutsuma u bambisa bolo ekusuhi na tipakani.





Ximumu

Maxelo ya hisa no kufumela.

Nhlekanhi wu lehile kasi vusiku byi komile.

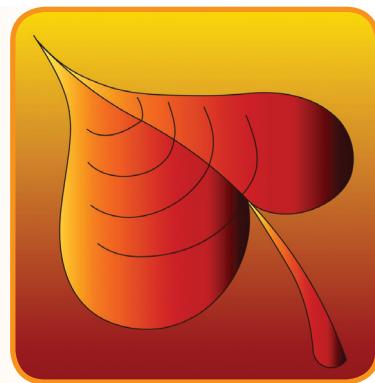
Hi nga endla miri wa hina wu tshama wu horile hi ku khida kumbe ku tshama endzhutini.

Xixikana

Maxelo ya sungula ku titimela.

Matluka ya sungula ku hundzuka ya va ya nsuku no tshanelia ehansi.

Swinyenyana swi hahela etindhawini leti kufumelaka.



Xixika

Maxelo ya titimela.

Etindhawini tin'wana ku wa gamboko.

Nhlekanhi wu komile kasi vusiku byi lehile.

Swiharhi swin'wana swi tumbela vuxika hinkwabyo (swi nghena emiceleni).



Ximun'wana

Swimila swi sungula ku hluka naswona mirhi ya rhumbuka.

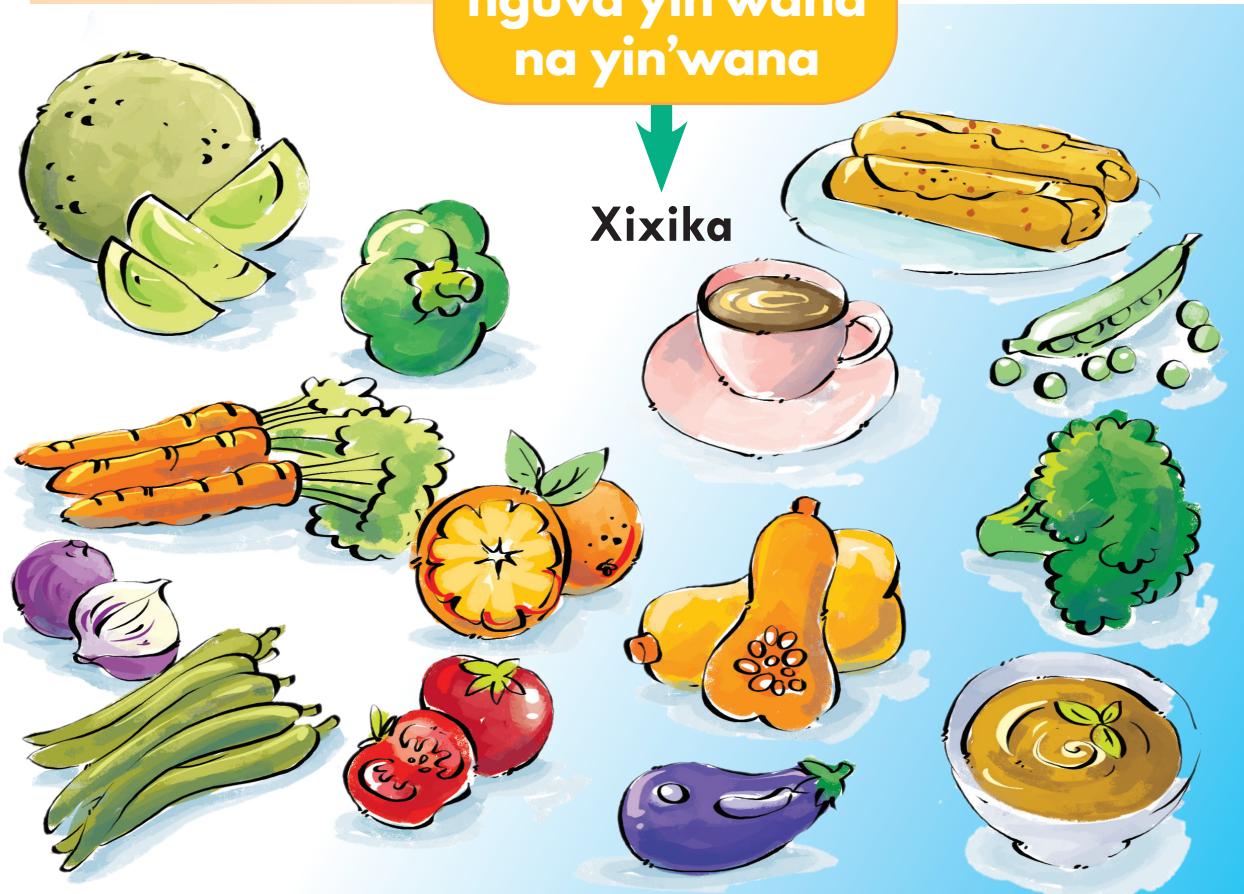
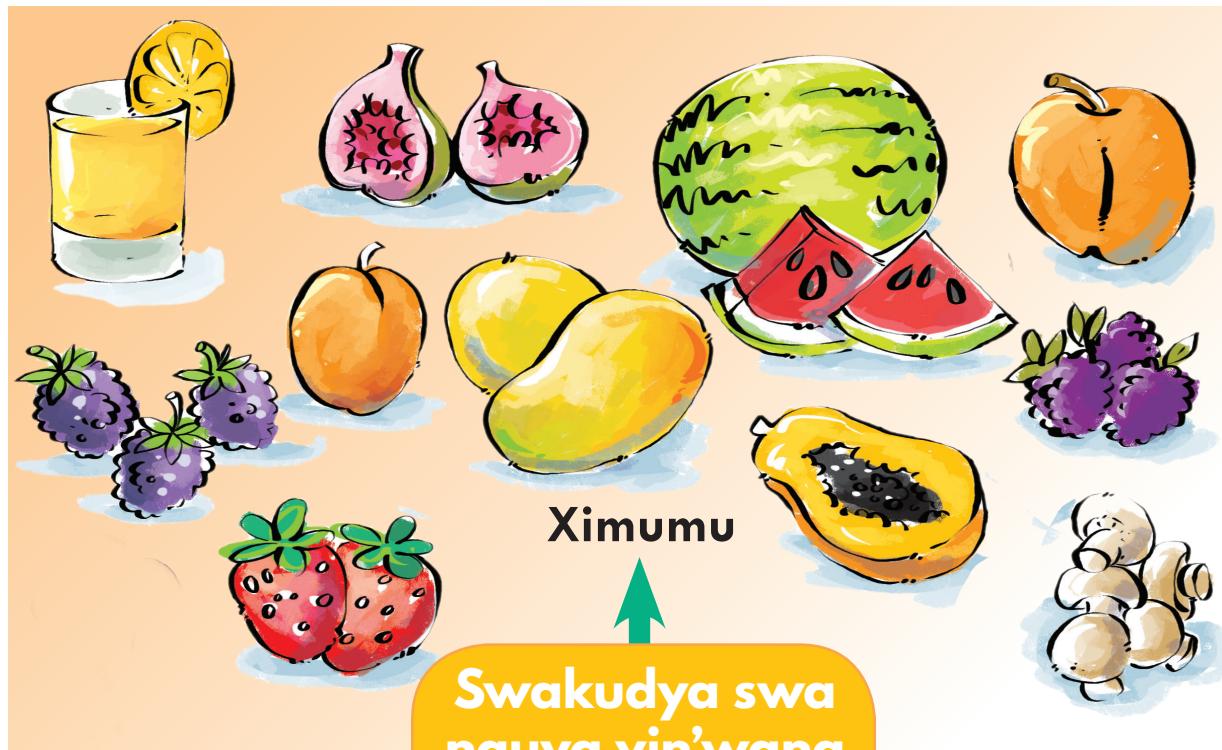
Swinyenyana swi sungula ku aka swisaka no tshikela matandza.





A hi vulavuleni

Swakudya swo hambana swi kumeka hi tinguva to hambana. Languta swakudya leswi swa nkarhi wa ximumu na swa nkarhi wa xixika. Byela munghana wa wena leswaku hi swihi swakudya leswi u tsakelaka ku swi dya loko ku hisa na leswaku hi swihi leswi u tsakelaka ku swi dya loko ku titimela.





20

Ku ambala ku ya hi maxelo

Kotara ya 2 – Vhiki ra 2 – Phephə ro tirthela ra



A hi diroweni

Dirowa mufana na nhwanyana. Mufana u fanele ku ambala swiambalo swo kufumela swa vuxika kasi nhwanyana u fanele ku ambala swiambalo swo hola swa ximumu.



Mufana	Nhwanyana



A hi tiololeni

- Veka tihupu ehansi kumbe u dirowa swirhendzevutana esaveni.
- Loko mudyondzisi a lerisa leswaku u tlula, tlulela endzeni ka xirhendzevutana hi milenge hinkwayo.
- Loko mudyondzisi a lerisa leswaku u tlula, tlulela ehandle ka xirhendzevutana hi nenge wun'we.
- Tlanga xikoci.
- Tirthisa choko ku dirowa swirhendzevutana na swikwere ehansi.





A hi vulavuleni

Hlamusela munghana wa wena hi swiambalo leswi ambariwaka
eka nguva yin'wana na yin'wana. Hi swihi swiambalo leswi u
tsakelaka ku swi ambala?

Dirowa ntila ku suka eka nhlamuselo ku ya eka
swiambalo leswi hi swi ambalaka eka maxelo lama.

A hi tsalen'i



Ku ambalela maxelo

Loko ku hisa hi fanele ku
ambala swigq'hoko leswaku swi
hi sirhelela eka dyambu.

Loko ku kufumela hi fanele ku
ambala swiambalo swo hola.

Loko ku titimela hi fanele
ku ambala swiambalo swo
kufumela swa wulu.

Hi masiku ya mpfula hi fanele
ku va na jazi ra mpfula
na xambhulela.

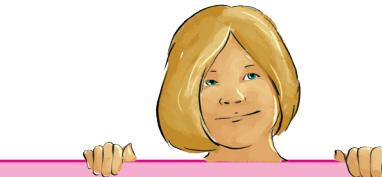




Mbuyelo bya tinguva



A hi hlayeni



Ximun'wana

Hi ximun'wana mirhi yi
sungula ku hluka.

Hi vona swinyenyana swo tala,
tinyoxi na swiluva.

Swinyenyana swi aka swisaka no
tshikela matandza.

Vafuwi va kera tinyimpfu.

Ximumu

Hi ximumu varimi va kha mihandzu.

Vana va swiharhi va
gingirika swinene.

Etindhawini to tala mpfula yi na
ngopfu, ku dzindza tilo ku
tlhela ku va na rihati.

Byanyi, nhova na swiluva swi mila
hi ku hatlisa. Mirhi ya kula
yi va yo leha.





Xixikana

Swiharhi swin'wana swi hlayisa
swakudya tanihi leswi swi lulamiselaka
ku tumbela vuxika hinkwabyo.

Matluka ya mirhi ya sungula ku
hundzuka ya va ya xitshopana,
buraweni, yo tshwuka na xilamula.

Byanyi byi sungula ku hundzuka byi va
bya buraweni.



Xixika

Swin'wana swiharhi swa tumbela hi
xixika. Swa kufumela hikuva voya
bya swona byi sungula ku tala.



A hi tsaleni

Xana swin'wana swiharhi swi endla yini hi vuxika? _____

Xana swin'wana swiharhi swi tisirhelela hi ndlela yih eka xirhami? _____

Xana swinyenyana swi tlhelela rini ematikweni lama kufumelaka no sungula
ku tshama eswisakeni? _____



Ku byala ximilana xa nyawa

Kotara ya 2 – Vhiki ra 3 – Phepha ro tirthela ra



A hi endleni

Ufanela ku va na:

- tinyawa
- sosara
- vutiyi
- mati



Leswi faneleke ku endliliwa

Veka tinyawa endzeni ka vutiyi esosareni. Swi fanele ku tshama swi ri karhi swi tsakama. Veka sosara efasitereni laha ku nga na masana. Xiya tinyawa eka mavhiki mambirhi lama landzelaka. Vona leswi ti kurisaka xiswona.

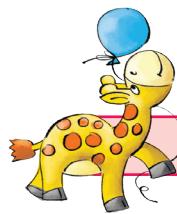


Languta xifaniso xa ximilana xa nyawa.

Loko ximilana xa wena xi languteka tanihi lexi, tsala siku.

Siku	Siku	Siku	Siku

Siku:



A hi endleni

Endla ntlangu wa xiharhi

U nga kombisa bere kumbe maxindyana xi ri karhi xi
hlengeleta no hlayisa swa nkarhi wa vuxika.



Humelani ehandle

Haha tanihi mbewulani
leyi yaka endhawini
leyi kufumelaka.



Kokova ehansi tanihi nyoka
leyi lavaka ndhawu leyi yi nga
nghenaka eka yona
yi tumbela.



Mudyondzisi:
Nsayino:
Siku:

Swifuwo swa le purasini

Kotara ya 2 – Vhiki ra 4 – Phepha ro tirthela ra



A hi vulavulen!

Languta xifaniso kutani u vulavula hi swifuwo swo hambana leswi u swi vonaka.

Hi xihi xiharhi lexi u xi tsakelaka swinene?

Hi kuma yini eka xin'wana na xin'wana xa swiharhi leswi?





A hi tsaleni

Tatisa nhlamulo leyi faneleke eka matafula lama landzelaka. Hi ku endlele yo sungula.



Xinuna

Xiphongo

Xisati

Thokazi

N'wana

Ximbutana

Mpfumawulo

Mee!

Vutshamo

Tshanga



Xinuna

Xisati

N'wana

Mpfumawulo

Vutshamo



Xinuna

Xisati

N'wana

Mpfumawulo

Vutshamo



Xinuna

Xisati

N'wana

Mpfumawulo

Vutshamo



Mudyondzisi:
Nsajino:
Siku:

Epurasini

Kotara ya 2 – Vhiki ra 4 – Phepha ro tirthela ra

A hi yimbeleleni

Macdonald u na purasi
Hiya hiya ho

Epurasini ku na tihomu
Ku twala mho mho, mho, mho!

Mho laha, mho le,
mho hinkwako

Macdonald u
na purasi
Hiya hiya ho





A hi yimbeleleni

Yanani emahlweni no yimbelela risimu. Sivani rito tihomu hi swiharhi leswi.



Epurasini ku na timbyana.

Epurasini ku na masekwa.

Epurasini ku na tihanci.



Humelani ehandle

- Famba ehenhla ka mhandze handle ko wa.
- Hoxa bolo empfhukeni kutani u yi khoma handle ko wa.
- Kutani tsutsuma tanahi hanci.
- Famba tanahi sekwa.
- Famba tanahi rhoboto.

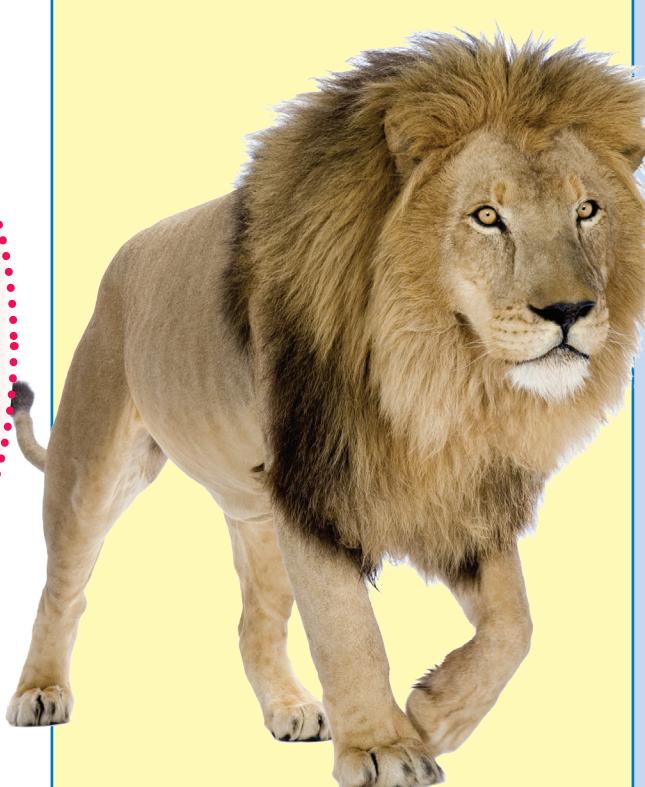




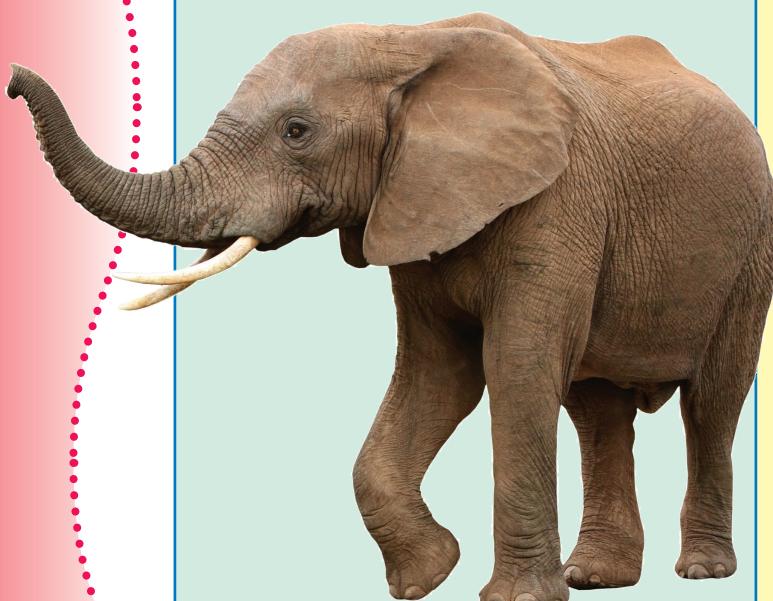
Swiharhi swa nhova



A hi hlayeni



Tinghala ti wela eka ndyangu wa swimanga. Nghala yi tekiwa tanihi hosi ya swiharhi. Ti hlotra no dlaya swiharhi swo tanihi timhala na timangwa. Tinghala ta xisati hi tona ti hlotaka swinene. Ti hlotra nivusiku hi mintlawa. Tinghala ti rhandza ku tshama etindhawini leti pfulekeke leti nga na byanyi. Tinghala ti bonga hi rito lerikulu.



Tindlopfu i swian'wisi leswikulu ngopfu etikweni. Ti le khombyeni masiku hinkwawo hikuva vahloti va tindlopfu va lava matino ya tona. Tindlopfu ti tshama ti ri karhi ti kula vutomi bya tona hinkwabyo. Tindlopfu ti tirthisa mixakwa ya tona ku rholeta timitsu, mihandzu na mati ti nghanisa emilon'wini ya tona.



Ku na tinxaka timbirhi ta timhelembe – ta ntima na to basa. Timhelembe a ti voni kahle, kambe ti kota ku nuhetela swinene. Timhelembe i tikulu swinene naswona ti na ntiko wo fika eka 2 500 kg. Timhelembe ti hloteriwa timhondzo ta tona hi vahloti. Hi fanele ku sirhelela timhelembe eka vahloti lava ti dlayaka hi xikongomelo xo kuma timhondzo ta tona.



Yingwe leyikulu yi nga kula ku fika eka 2 m. Voya bya yona i bya buraweni na mavala ya swirhendzевutana. Yingwe yi kota ku khandziya kahle naswona a yi tikeriwi hi ku hlota emirhini.



Tinyarhi ti hanya hi mitlhambi. Loko ku ri na khombo tinyarhi ta xisati na swirhodyana swi hlengeletana exikarhi ka ntlhambi naswona ti rhendzeriwa hi tinyarhi ta xinuna leswaku ti ti sirhelela. Tinyarhi tin'wana ti nga kula ku fika eka ku leha ka 1,7 m.



Leswi swiharhi swi tumberisaka xiswona

Kotara ya 2 – Vhiki ra 5 – Phephra ro tirthela ra

A hi hlayeni



A hi hungaseni



Mudyondzisi wa n'wina u ta mi kombu ku tlengisa switulu swa vuyimbeleri.

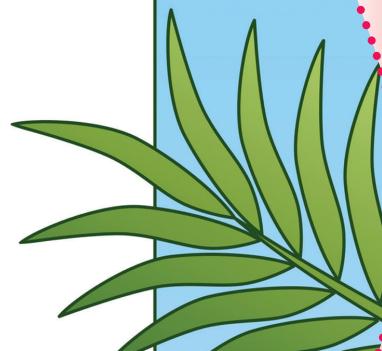
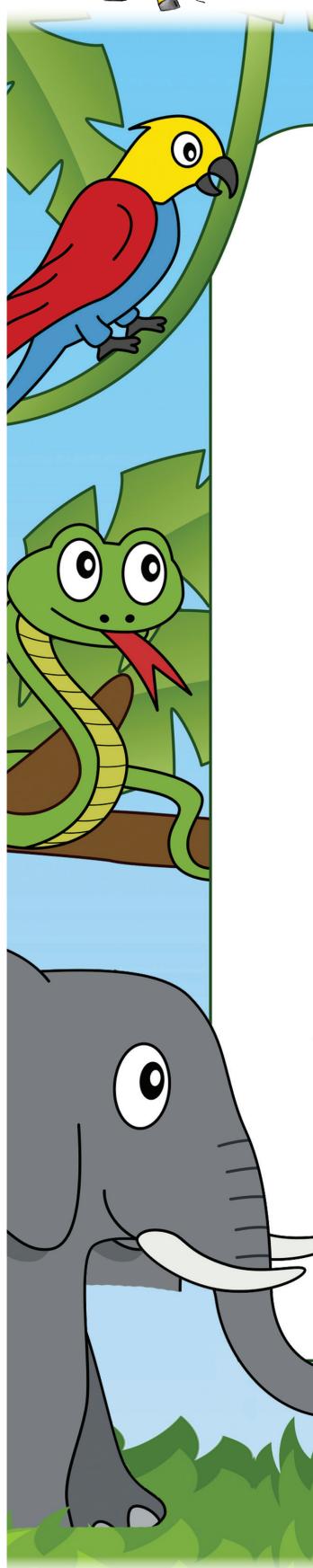




A hi endleni

Dirowa xiharhi xa nhova.

Hlamusela munghana wa wena hi ndlela leyi xiharhi xi tihundzulaka hiyona.



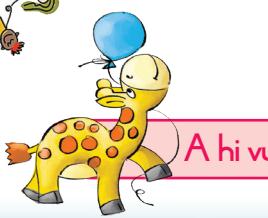
Mudyondzisi:
Nsajino:
Siku:



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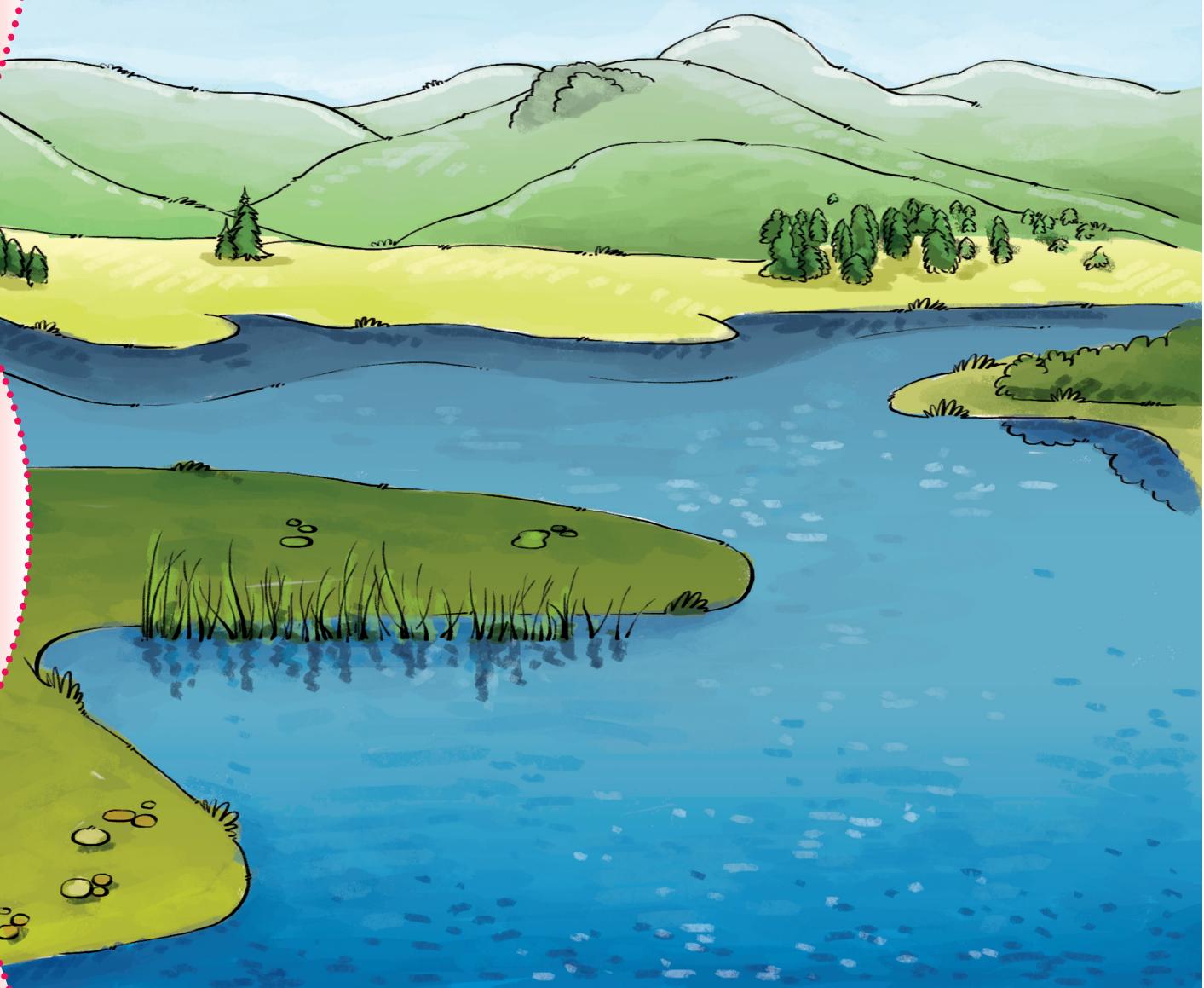
Swiharhi swa le matini

Kotara ya 2 – Vhiki ra b – Phepha ro tirthela ra



A hi vulavuleni

Hetisa xifaniso hi ku engetela swifaniso swa
swiharhi leswi hanyaka enambyeni.



54

Siku:



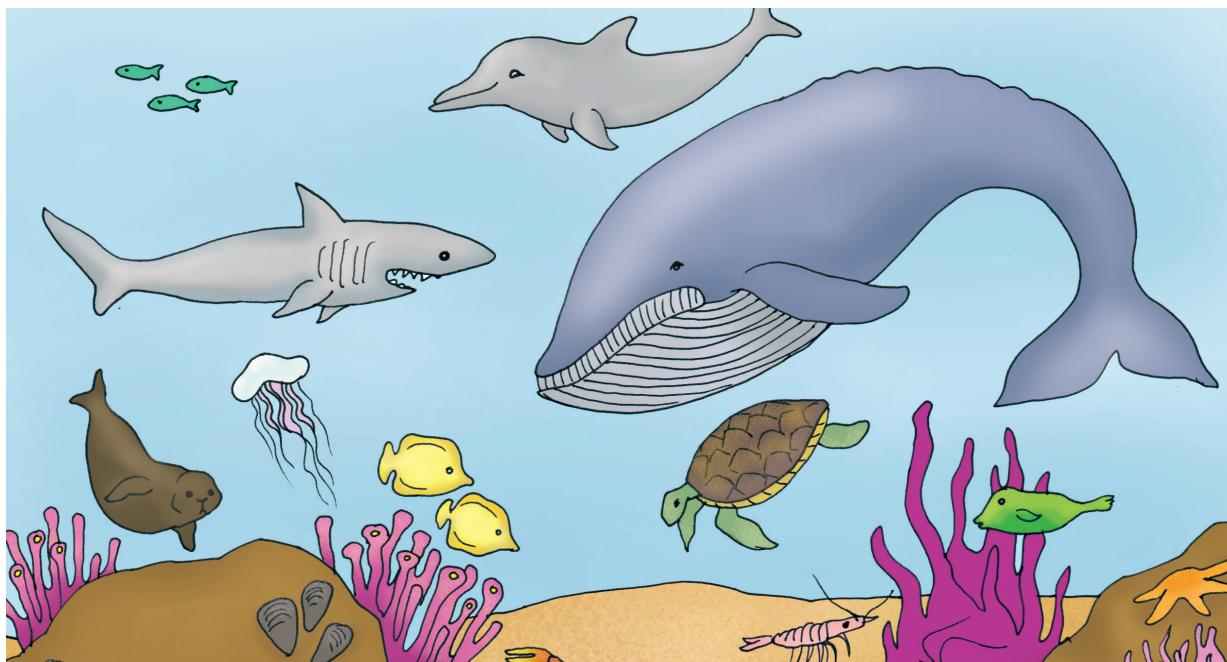
Swivumbiwa swa le Iwandle

28

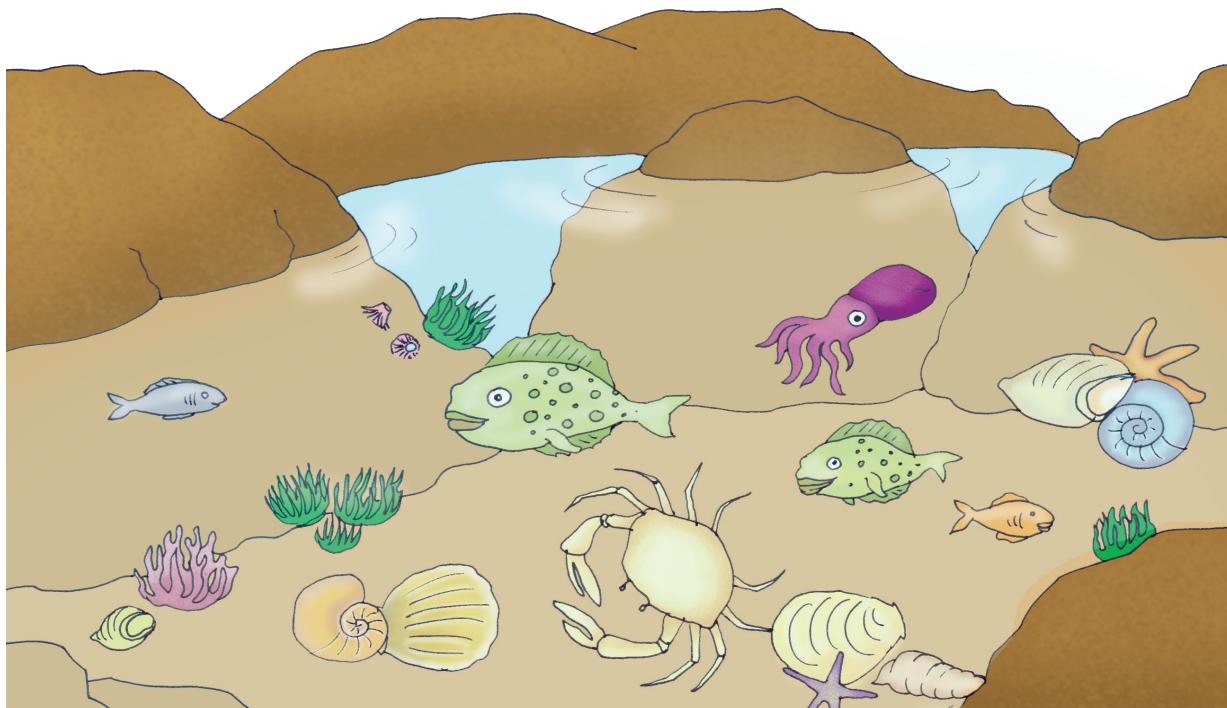


A hi vulavuleni

A hi languteni swiharhi hinkwaswo swo hambana leswi hanyaka
ematini ya munyu.



Ku tlhela ku va na swihadyana, leswi hanyaka eswidan'wanini leswi nga na
maribye ematini lama nga entangiki.



Mudyondzisi:
Nsajino:
Siku:

55

Vutshila bya swiharhi

Kotara ya 2 – Vhiki ra 7 – Phephä ro tihela ra



A hi vulavulen'i

Vulavula hi swiharhi swa le lwandle
hinkwaswo leswi nga eswifanisweni leswi.

- Hi swihi swiharhi swa le lwandle leswi nga dyiwaka hi vanhu?
- Hi swihi swiharhi swa le lwandle leswi nga na khombo?
- Xana miri wa nhlampfi wu phutseriwe no sirheleriwa hi yini?
- Hi ku vona ka wena ku ta humelela yini loko lwandle ro thyakisiwa hi leswi cukumetiwaka endzeni ka rona kumbe hi swilo leswi nga na chefu?
- Xana lwandle ri nga thyakisiwa hi tindlela tihi?



A hi tsaleni

Tsala mavito ya swiharhi leswi u tivaka leswaku swi tshama emilambyeni,
emadañwini kumbe elwandle eka tikholumu tinharu ta tafula.

Nambu	Lwandle	Damu

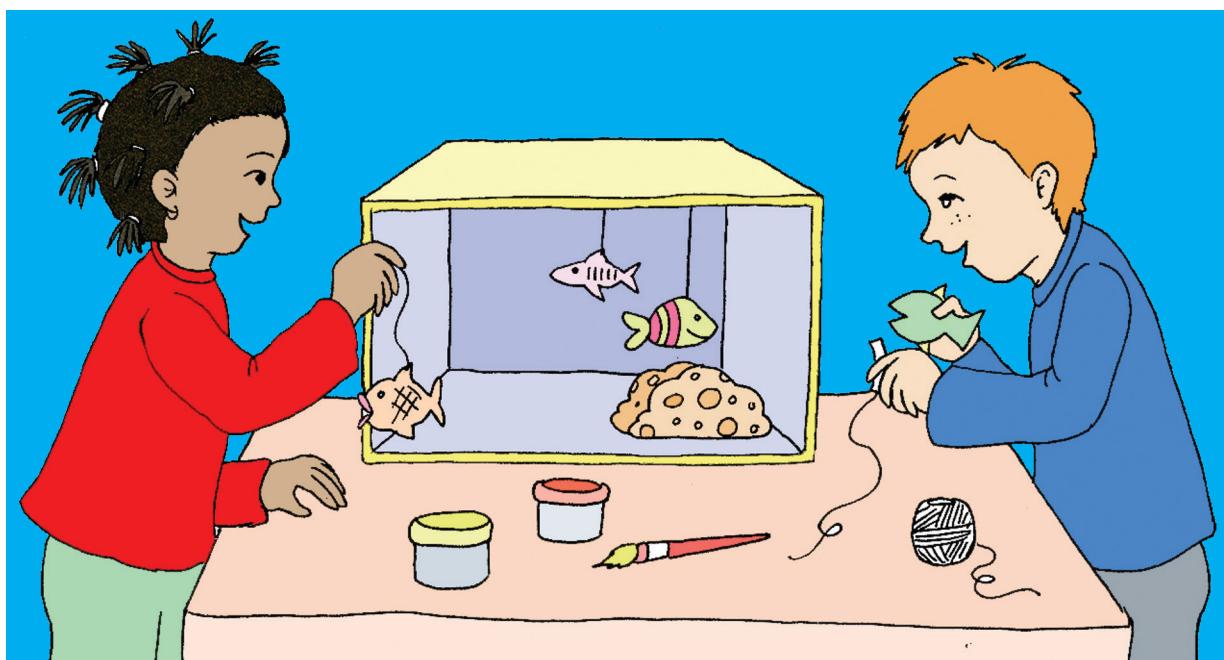
Siku:



A hi endleni

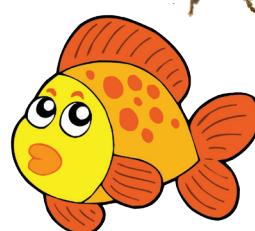
Endla thangi ra wena ra nhlampfi.

- Penda endzeni ka bokisi ra tintanghu hi muhlovo wa wasi na wa rihlaza kutani u ri hundzuluxa eka matlhelo ya rona.
- Kutani tsema nhlampfi emakumu ka buku.
- Khomisa nhlampfi ehenhla ka bokisi hi thepe na ngoti.

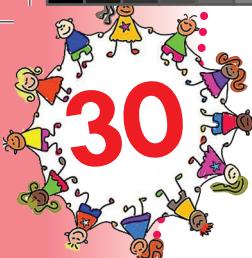


Humelani ehandle

- Haha tanahi nyenyana.
- Famba tanahi phengwini.
- Haha tanahi nyoxi.
- Famba tanahi nkokotso.
- Khida tanahi nhlampfi.
- Tlula tanahi chela.
- Tlangani ntlangu wo landzelela murhangeri.
- Tlangani ntlangu wa ximanga na kondlo.



Mudyondzisi:
Nsajino:
Siku:



A hi hlayeni



• • •

Xana a wu swi tiva? Ndza ringanelā
exiphambatini xa mina, a xi vi
lexitsongo eka mina.

Xibodze

Xibodze i xikokovi lexi nga na milenge leyi nga na mahakatimba.

Xi famba hi ku nonoka na yindlu ya xona ya xiphambati enhlaneni wa xona.

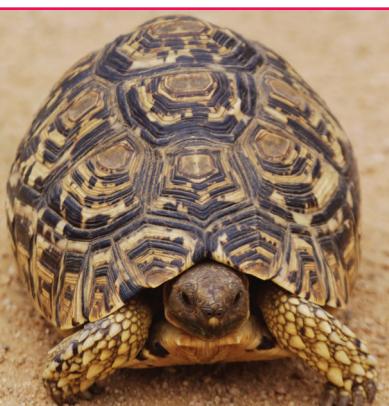
Xana u tshama kwihi?



Mfutsu: Ndzi tshama elwandle.



Therapini: Ndzi tshama
ematini yo tengā etindhawini
leti tsakamaka.



Xibodze: Ndzi hanya
etikweni.



A hi tsaleni

Hlamula swivutiso leswi hi xibodze lexi tshamaka etikweni.

Xana xiphambati xa xibodze xa olova kumbe xa nonoha? _____

Xana xiphambati xa xibodze xi xi sirhelela eka yini? _____

Xana xibodze xi endla yini loko xi chava? _____

Xibodze xi dya swakudya swa njhani? _____

Siku:



Humba

Languta xiphambati
xa humba.

Tihlo

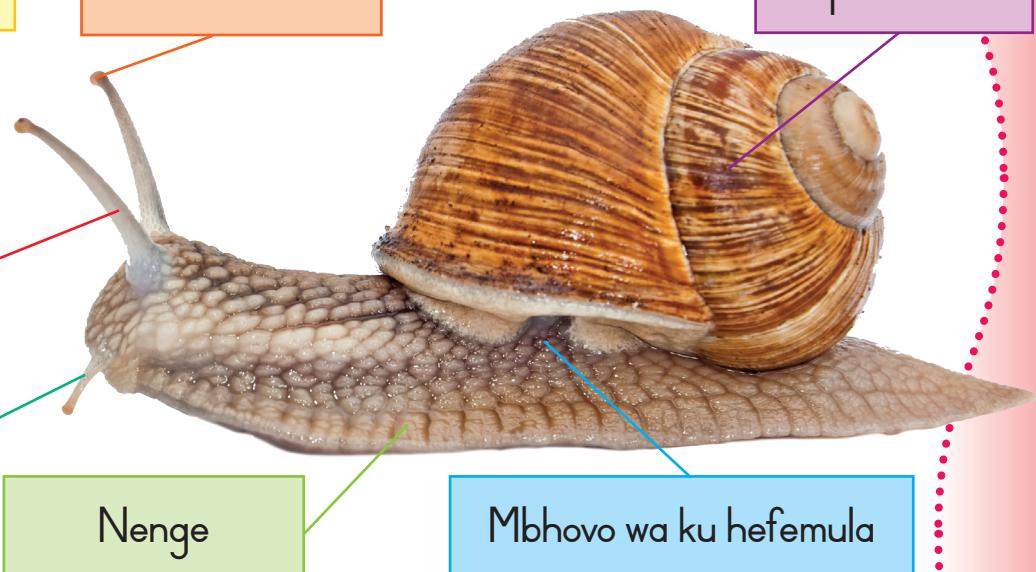
xiphambati

Xiambamberi xo
leha

Xiambamberi xo
koma

Nenge

Mbhovo wa ku hefemula



Xana humba yi famba njhani? _____

Xana u tshama u kuma xiphambati xa humba lexi nga riki na nchumu?

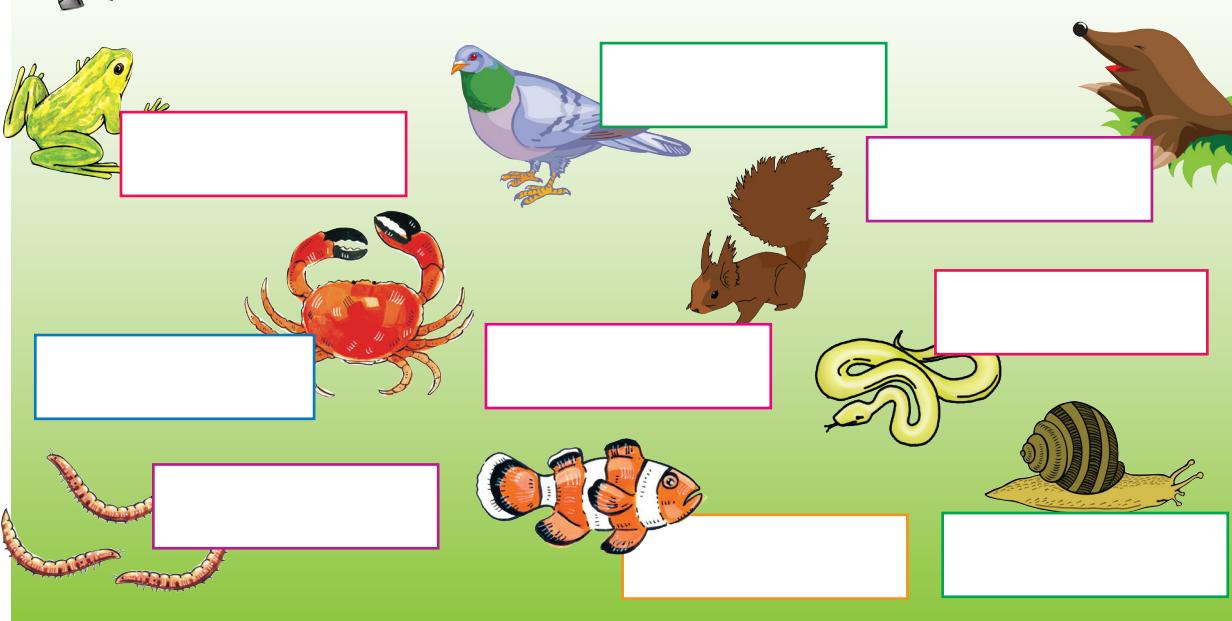
U ehleketa leswaku ku humelele yini eka humba? _____

Xana swiphambati swa tihumba i swa muhlovo muni? _____

Hi ku vona ka wena hikwalaho ka yini tihumba ti ri na swiphambati? _____



Xana ndzi tshama kwih? Etlheloo ka xifaniso xa mina, tsala loko ndzi nga aka kaya ra mina emurhini, ehansi kumbe ematini.



Swiharhi leswi tiakelaka vutshamo

Kotara ya 2 – Vhiki ra 8 – Phepha ro tirthela ra



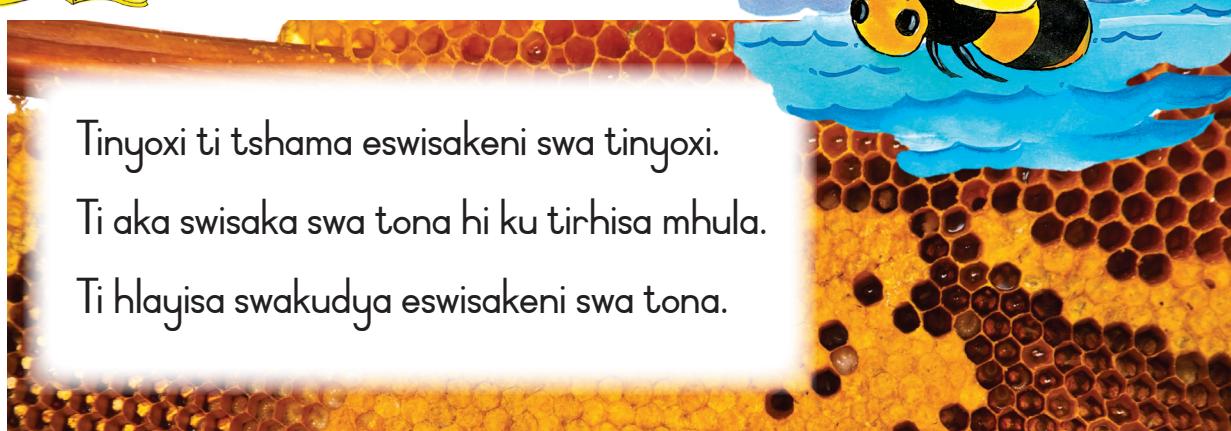
A hi vulavuleni

Hlanganisa swifaniso swa swiharhi leswi na makaya ya swona.



A hi hlayeni

Tinyoxi



Tinyoxi ti tshama eswisakeni swa tinyoxi.

Ti aka swisaka swa tona hi ku tirhisa mhula.

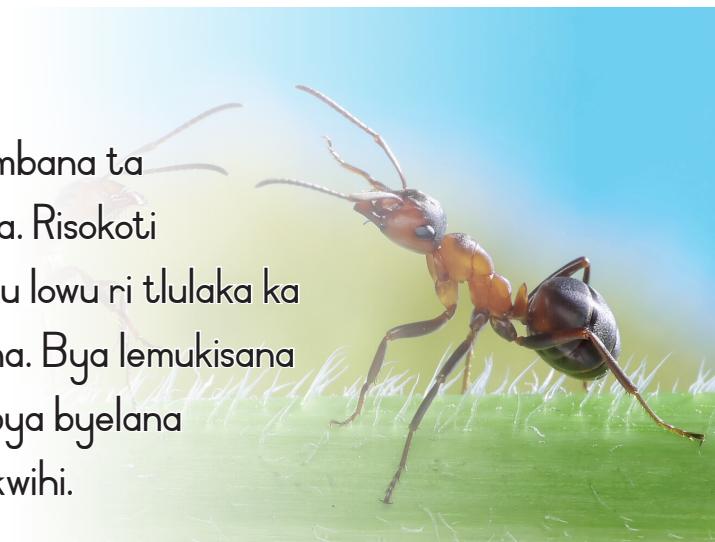
Ti hlayisa swakudya eswisakeni swa tona.

Siku:



Vusokoti

Vusokoti byi aka tinxaka to hambana ta vutshamo embangwini wa byona. Risokoti leritsongo ri nga rhwala nchumu lowu ri tlulaka ka mune. Vusokoti bya vulavurisana. Bya lemukisana loko ku ri na khombo naswona bya byelana leswaku swakudya swi kumeka kwihi.



A hi tsaleni

Hi ku ehleketa ka wena hikwalaho ka yini vusokoti byi tiakela vutshamo bya byona?

Valala va vusokoti i vamani?

Xana vusokoti byi tirhisa yini ku aka vutshamo bya byona?



A hi hlayeni

Swinyenyana

Swinyenyana swi aka swisaka tanihi vutshamo bya swona no kuma ndhawu yo tshikela matandza ya swona. Xana swinyenyana swi tirhisa yini ku aka swisaka swa swona?

Hi xihi xiharhi lexi nga nala wa xinyenyana?



Mudyondzisi:

Nsayino:

Siku:

Dikixinari ya minda

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