

Ibuyekeziwe –
lhambisana
ne-CAPS

Ibanga loku-



Amakhono Empilo
ngesiZULU
Incwadi yesi-2
Ithemu 3 & 4



Igama:

Iklasi:



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LIFE SKILLS IN ISIZULU
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UNK Angie Motshekga,
uNgqongqoshe weMfundo
eyiSesekelo.



UMnu Enver Surty,
iSekela loMnyango
weMfundo eyiSesekelo.

Lezi zincwadi zokusebenzela zenzelwe abantwana baseNingizimu Afrika ngaphansi kwesandla sikaNgqongqoshe weMfundo eyiSesekelo, uNkk Angie Motshekga, neSekela likaNgqongqoshe weMfundo eyiSesekelo, uMnu Enver Surty.

Lezi zincwadi ezibizwa ngeRainbow Workbooks ziyinxenye yoMnyango weMfundo eyiSesekelo lapho uMnyango uzama khona ukungenelela ukuze kuthuthukiswe imfundo yabantwana bamabanga asuka kwelokuqala kuya kwelesithupha eNingizimu Afrika. UMnyango weZimali uxhase lo mkhankaso kaHulumeni njengento yokuqala uHulumeni azibekela yona ukuthi ayisukumele. Uxhaso loMnyango weZimali lusize uMnyango wezeMfundo ukuthi ukwazi ukukhiqiza uphinde usabalalise ngaphandle kwenkokhelo lezi zincwadi zokusebenzela ngazo zonke izilimi zaseNingizimu Afrika ezisemthethweni.

Sinethemba lokuthi othisha bazozithanda basebenze kangcono ngazo lezi zincwadi ekufundiseni kwabo kwansuku zonke, baphinde bathole futhi isiqiniseko sokuthi abafundi babo bafundiswa konke abamelwe ukufundiswa khona njengoba kuvela kusilabhasi yabo. Sizamile ukuqiniseka ukuthi sifaka izithonjana (ama-icon) emisebenzini yokwenziwa ukuze uthisha akuthole kulula ukuyilandela nokuqonda ukuthi umfundi yini alindeleke ukuyenza.

Sinethemba futhi lokuthi abantwana uqobo lwabo bazokujabulela ukusebenzisa lezi zincwadi ekukhuleni kwabo bakhule nolwazi eziluqukethe, bese kuthi wena njengothisha wabo uthokoze kanye nabo ekugcineni.

Sifisela wena nomfundi omfundisayo impumelelo ngenkathi usebenzisa lezi zincwadi.



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Ibanga loku-

1

Amakhono Empilo
NGESIZULU
Incwadi yesi-2

Le ncwadi ngeka-:



33

IThemu 3 – Amasonto 1

Izindawo zomphakathi wakithi



Masifunde

Cabanga ngabo bonke abantu obabonayo futhi okhuluma nabo zonke izinsuku – laba bantu bangumphakathi wakho. Kungaba abantu abasemgwaqweni noma abantu abangomakhelwane bakho. Kungaba abantu basesontweni lakho noma ofunda nabo, amaphoyisa alapho uhlala khona, odokotela kanye nabanye abaningi.



Masikhulume

Xoxa nomngani wakho ngesithombe esikulawa makhasi amabili.
Yiziphi izindawo ozaziyo kulezi zindawo ezisesithombeni?
Abantu bahlanganela kuphi kulezi zindawo ezisesithombeni?





Masenzeni lokhu

Usuku:

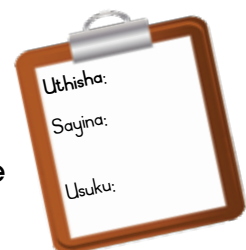
Yiziphi izindawo oke wazivakashela kulezi zindawo ezisesithombeni? Dweba ngekhrayoni uzungeze imingcele yazo.



Masikhulume

Xoxela umngani wakho ukuthi wawunobani ngenkathi uvakashela lezi zindawo usho ukuthi ngabe wawuwedwa yini. Shono ukuthi kungani wazivakashela.

Ingabe ucabanga ukuthi izindawo ozivakashele abantu abakhubazekile bayakwazi ukufinyelela kuzo?



Ukunakekelwa kwezinto zomphakathi

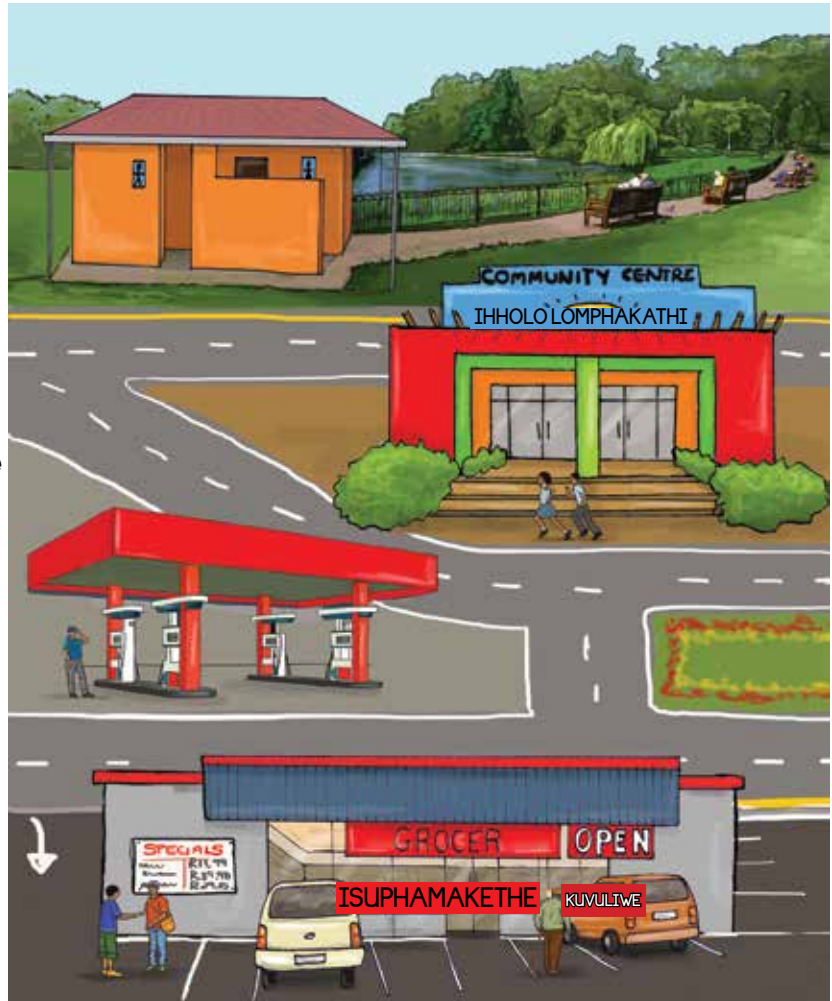


Masikhulume

Izindawo ezisemiphakathini yethu zinezinsiza ezingasetshenziswa yibo bonke abantu. Imitholampilo, izikole, izinkundla zezemidlalo kanye nezibhedlela yizindawo esizisebenzisayo.

Kumele sizinakekele kakhulu lezi zindawo zemiphakathi yakithi.

Sidinga ukugcina izindawo zethu zihlanzekile ukuze kuthokoze wonke umuntu ngazo.



Masikhulume

Xoxa nomngani wakho ngalesi sithombe.

- Ngokwakho abantu bayathanda yini ukuhlala kule ndawo?
- Ukucatshangiswa yini lokho?
- Yini engenziwa ukuze umphakathi wakini nendawo yangakini kube ngcono?



Usuku:



Masenzeni lokhu

Dweba isithombe sakho esimibalabala esiveza wena usebenzisa izinto zokuthutha umphakathi njengesitimela, ibhasi noma itekisi. Veza ukuhlukahlukana kwabantu onabo kuleso sithuthi – abanye bahlezi phansi, abanye bagobile, basemgqeni noma balele phansi, abanye babheke emuva, abanye bakhulu abanye bancane.



Masiphumele ngaphandle

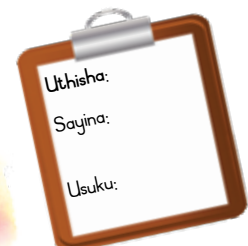
Ukuzifudumeza

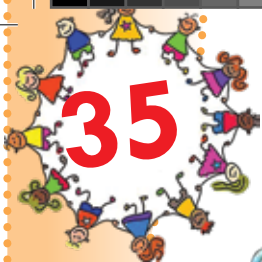
- Ungazifudumeza ngokuhamba uye phambili ngamazonzwane.
- Hamba uhlehle unyathela ngezithende.
- Hamba uye phambili ngamazonzwane.
- Hamba uhlehle ngamazonzwane.



Yakha izinhlamvu

Sebenzisani imizimba yenu ukwakha izinhlamvu. Yima uncike ngodonga noma ulale phansi. Thola ukuthi wena nomngani wakho niyakwazi yini ukwakha uhlamvu abangakakwazi abanye ukulwakha.





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IThemu 3 – Amasonto 2

Kulungile noma cha



Masikhulume

Buka lezi zithombe.

Yiziphi lezi zindawo? Chazela umngani wakho ukuthi iyiphi indlela efanele yokusebenzisa lokhu ngakunye.





Masenzeni lokhu

Yenza umfanekiso wesakhiwo ongasakha ngokusebenzisa izinto esezike zasebenza. Ungakha umtholampilo, umtapo wezincwadi noma isakhiwo nje somphakathi wangakini. Hlobisa isakhiwo sakho ngendlela ezokhombisa ukuthi luhlobo luni lwesakhiwo lolu olwakhile. Ningasebenza ngamaqembu.



Usuku:

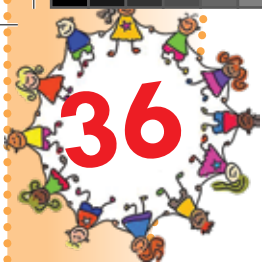


Masiphumele ngaphandle

- Hlela amathayi ame enze umugqa.
- Gaqa ngamadolo uphume phakathi kwawo wonke.
- Wabeke phansi uwalalise.
- Yima ngezinyawo zombili phezulu kwethayi.
- Yima ngomlenze owodwa-ke phezu kwethayi ungawi.
- Sebenzisa amathayi wenze eminye imidlalo yokunyakaza ngawo.

Qaphela ungalimali.





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IThemu 3 – Amasonto 2

Abantu emphakathini wakithi



Masibhale

Buka lezi zithombe. Emabhokisini angakwesokudla, khetha igama elifanele isithombe ngasinye. Libhale phansi ngezansi kwesithombe ngasinye.



Umuntu osiza ukuthela uphethiloli

Umthengisi wezimbali

Umhlangikazi



Umshayeli wetekisi

Iphoyisa lomgwaqo

Udokotela



Umthengisi wezithelo

Umcishimlilo

Iphoyisa



Masikhulume

Buka lezi zithombe uzinike amagama bese uxoxa nomngani ngazo.

Ingabe uke ubabone laba bantu emphakathini wakini?

Ngubani omunye oye umbone emphakathini ngaphandle kwalaba?

Bayasizana yini abantu emphakathini wangakini? Basizana ngokwenzani?





Usuku:



Masibhale

Dweba umugqa usuke ekuqaleni komusho ngamunye
ngakwesokunxele uwuqondanise namagama avela ngakwesokudla.



Umcishimlilo

Iphoyisa lomthetho

Udokotela

Umthengisi wezithelo

Osiza ukuthela uphethiloli

libamba izigebengu.

uthengisa izithelo.

uthela uphethiloli.

ucisha umlilo.

uyaselapha.



Masibhale

Buka lezi zithombe. Emagameni angezansi khetha igama elifanele
isithombe ngasinye. Bhala incazelo ngezansi kwegama elifanele.
Qhathanisa izimpendulo zakho nezomngani wakho.

Isicishamlilo



Igalaji likaphethiloli



Isibhedlela



Isiteshi samaphoyisa



Masiphumele ngaphandle

Shaya izandla uhambisane nesigqi osizwayo.

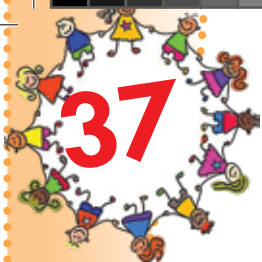
- Lalela uzwe uma isigqi sesiguquka.
- Kwenze lokhu ulandele izinhlobo ezingafani zomculo, usuke emculweni wamakhwaya uye kowomdanso.
- Shaya izandla masinyane noma ngokunensa uma kudingeka, kodwa ukhumbule ukulandela isigqi.

Lalela umculo nesigqi okudlalwa nguthisha.



Uthisha:
Sayina:
Usuku:





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IThemu 3 – Amasonto 3

Izilwane ezingabangani bethu



Masifunde

Abanye bethu banezilwane ezingabangani. Lesi silwane usinakekela ngaphezu kwezinye usihlalise eduze kwakho njalo – kwesinye isikhathi size sihlale endlini noma endaweni oyakhele sona.



Masikhulume

Buka lesi sithombe. Xoxa nomngani wakho ngaso. Kokelezela zonke izilwane eziyaye zibe ngabangani babantu ngekhilayoni. Zingaki izilwane ozibonayo? Tshela uthisha wakho ngazo.

- Unaso isilwane esingumngani wakho? Uma unaso, xoxela umngani wakho ngaso.
- Uma ungenaso, tshela umngani wakho ukuthi yisiphi isilwane ongathanda ukuthi sibe ngumngani wakho.
- Noma usho ukuthi kungani ungasithandi isilwane esingumngani.



Masibhale

Sebenzisanani nonke eklasini nibhale phansi uhla lwezilwane ezingaba ngabangani babantu ezingaveli esithombeni. Zikopisheni lapha ngenkathi uthisha ezibhala ebhodini.





Usuku:



Masenzeni lokhu

Dweba noma yisiphi
isilwane esingumngani.

Sebenzisa ubumba
ukwenza lesi silwane.



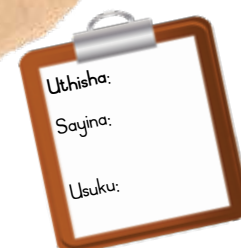
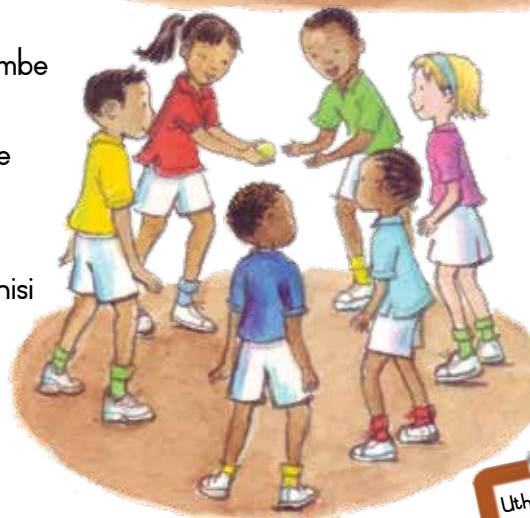
Masiphumele ngaphandle

Uthi bewazi?

Cishe zonke izinja ziyathanda ukudlala ngebhola. Kodwa zidinga umuntu ogijimayo ngoba ziyathanda ukubaleka nalo ziliphethe ngomlomo.

Zijwayeze ukuphonsa uphinde unqake ibhola.

- Jikijela phezulu ibhola letheni ngazo zombili izandla. Phinda ulibambe ngazo zombili izandla uma libuya.
- Manje jikijela ibhola letheni ngesinye isandla liye emoyeni ulibambe ngesandla oljikijele ngaso.
- Jikijela ibhola letheni ngesinye owejwayele ukusisebenzisa liye emoyeni ulibambe ngesandla oljikijele ngaso.
- Bhampisa ibhola letheni phansi ngazo zombili izandla uphinde ulibambe ngazo zombili futhi.
- Libhampise ngesandla esisodwa uphinde ulibambe ngaso.
- Libhampise ngesinye isandla uphinde ulibambe ngaso.
- Yimani isiyingi wena bese udlulisa ibhola letheni ngezandla zombili lisuke kuwe liye koseduze kwakho.
- Lidlulise lisuke kuwe liye komunye umuntu ngesandla esisodwa.
- Sebenzisa esinye isandla ukudlulisa ibhola liye kumuntu okulandelayo okulunye uhlangothi.

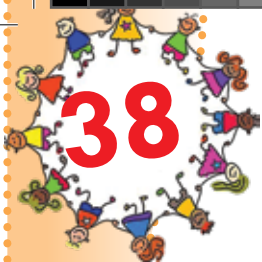


Uthisha:

Sayina:

Usuku:





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IThemu 3 – Amasonto 3

Sizinakekela kanjani izilwane ezingabangani



Masikhulume

Kubalulekile ukunakekela izilwane ezingabangani bethu.

Xoxa nomngani wakho mayelana nezidingo zezilwane ezingabangani. Ake uthathe sengathi nguwe lesi silwane esidwetshwe ekhasini le-II. Yisho izinto ocabanga ukuthi ungazidinga. Yisho ukudla ongakuthanda kanye nokuthi ungathanda ukulala kuphi. Tshela umngani wakho ngakho konke lokho. Xoxa futhi ngokuthi kumele umngani enzeni uma isilwane esingumngani wakhe sigula.



Masibhale

Beka uphawu (✓) eduze kwazo zonke izinto ezidingwa yisilwane esingumngani wabantu.

Ukudla

☐

Amanzi

☐

Umuthi wokuxubha

☐

Indawo yokulala efudumele eyomileyo

☐

Udokotela wezilwane

☐

Iholide

☐

Masenzeni lokhu

Dweba zonke izindawo zokuhlala ezidingwa yizilwane ezingabangani babantu. Bese ubhala igama esilisebenzisa uma sibhekise ebantwaneni baleso silwane.

Isilwane	Indawo yokuhlala	Igama lomntwana wesilwane
		
		
		





Usuku:



Masenzeni lokhu

Funda umusho ngamunye bese ucabanga ukuthi ungaphatheka kanjani nokuthi ufuna ukuthini uphinde wenzeni emva kwalokho. Manje khombisa iklasi lakho. Uthisha uzokutshela ukuthi yenza kuphi.

- Uma uthola isilwane esisha esizoba ngumngani wakho.
- Uma kulahleke ikati.
- Umainja yakho ilume ithoyisi lakho olithandayo.
- Uma umngani wakho egcona injayakho.
- Uma ubonajinja ivalelwe emotweni evalwe yonke iminyango namafasitela.



Masiphumele ngaphandle

Lalela isigqi esinhlobonhlobo esidlalwa nguthisha wakho. Yenza sengathi uyisilwane esidansela lesosigqi somculo.

Uma umculo ushesha, gijima njengehashi.



Uma umculo usholo phansi, ndiza njengovemvane.

Uma umculo uphakeme, hamba njengendlovu.



Uma umculo uhamba kancane, hamba njengofudu.



Masikhulume

Funda okubhalwe ngaphansi kwemifanekiso emibili yokuqala. Bese utshela umngani wakho okuthile okuphawulekayo ngamakati.



Unogwaja uwuhlobo lwegundane. Amazinyo egundane awayeki ukukhula.



Unyaka owodwa wobudala bomuntu ulingana neminyaka eyisikhombisa yobudala benja. Umainja ineminyaka emi-3, ilingana nomuntu oneminyaka engama-21.



Dlala

"Dlala umdlalo wekati negundane". Uthisha wakho uzosho ukuthi ngubani okumele abeyikati, ngubani okumele abeyigundane. Shintshanani kube ngabanye ababayilezi zilwane emva kwesikhashana. Abanye mabame isiyingi babambane ngezandla.





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IThemu 3 – Amasonto 4



Masifunde

Ukuziphatha kanye nezibopho (1)



Sawubona Jabu.
Kodwa usaphila?

Sawubona thisha.
Ngiyabonga ngiyaphila.

La mazwi akhombisa ukuziphatha ngenhlonipho. Indlela esiziphatha ngayo yile esiyikhombisa uma sikhuluma nabanye abantu. Yiyo ekhombisa ukuthi sibahlonipha kangakanani abanye abantu.

Kumnandi ukukhuluma nomuntu onenhlonipho. Kumnandi futhi ukuba ngumngani womuntu onenhlonipho.

Yisibopho sethu ukuhlonipha nokuphatha abanye abantu kahle. Yikho sonke ngamunye ngamunye kumele siziphathe ngenhlonipho.





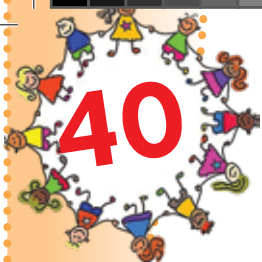
Usuku:



Masikhulume

Buka izithombe. Manje funda amagama asemabhokisini. Xoxa nomngani wakho ngalezi zithombe. Khuluma ngokuziphatha okuhle nokubi okukhonjiswa abantwana.





Ukuziphatha kanye nezibopho (2)



Masibhale

Buka lezi zithombe bese ufunda imisho esemabhokisini. Dweba umugqa usuke entweni eyisibopho ehambisana nesithombe.



Mina ngelekelela ekhaya
ukuhlanza indlu.



Ngingumngani omuhle osiza
bonke abantu.

Ngiyawukhombisa
umndeneni wami ukuthi
ngiyawuthanda.



Ngidlala kahle ngamathoyisi
abangani bami.



Ngiyazinakekela mina
kanye nezinto zami.

Ngisiza ukwendlala itafula.





Masidlaleni

Dlalani umdlalo okhombisa ukuziphatha ukuphatha abanye ngenhlonipho nokwazisa izibopho ngokuthi:

- nibingelele abantu enibaziyo neningabazi
- noma nilinde ukunikwa ithuba nani
- noma nilalele kahle uma umuntu ekhuluma nani
- noma wena wabelane nabanye abantu
- noma wena ube nomusa kwabanye abantu
- noma wethembeke ngakho konke
- noma ukhombise ukuhlonipha izinto zabanye abantu
- noma uhloniphe abanye abantu.

Usuku:

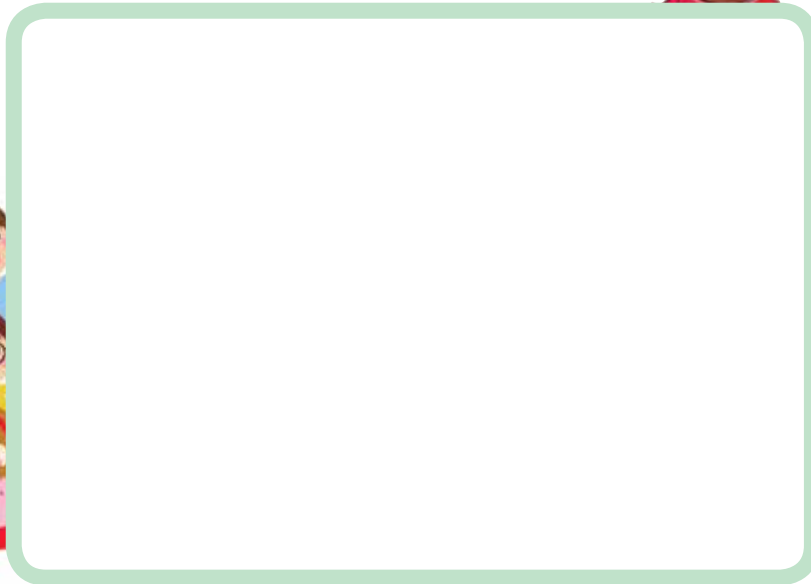
Dlalani ngamaqembu umdlalo okhombisa ukuziphatha ngenhlonipho nokwazisa izibopho kulokhu okulandelayo:

- emndenini
- emsebenzini wesikole
- emisebenzini yasekhaya
- ngokudla okunikwa zonke izinsuku
- izingubo ozigqokayo
- amathoyisi akho
- abangani bakho



Masenzeni lokhu

Dweba isithombe sakho ubonakala ukhombisa ubungani kwabanye abantu.



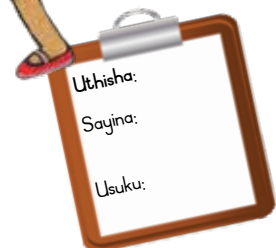
Masiphumele ngaphandle

Lalelisisa uma uthisha ekutshela ukuthi gxuma, gijima noma gaqa. Uthisha uzoshaya impempe ngaphambi kokukhipha umyalelo ngamunye. Nyakaza masinya noma kancane njengokusho kukathisha.



Masidlaleni

Dlala ugxa ngomlenze ongavamile ukwenza izinto ngawo. Yiziphi izindlela zokuzihlonipha ezibalulekile uma udlala ugxa?



Kungani sizidinga izitshalo?



Masikhulume

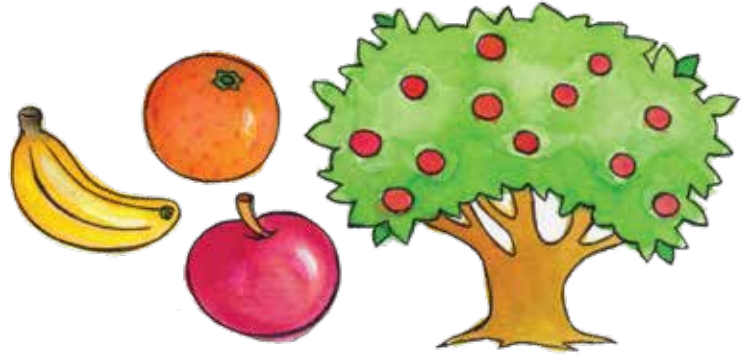
Buka izinto eziseduze kwakho. Yizini ozibonayo ezivela ezitshalweni? Xoxa nomngani wakho uthole ukuthi nicabanga ezingaki. Tshela uthisha wakho ukuthi yiziphi ezinye izitshalo enizicabangile.



Masifunde



Ezinye izitshalo nezihlahla zisinika umthunzi.



Ezinye izitshalo zisinika ijusi nokudla.

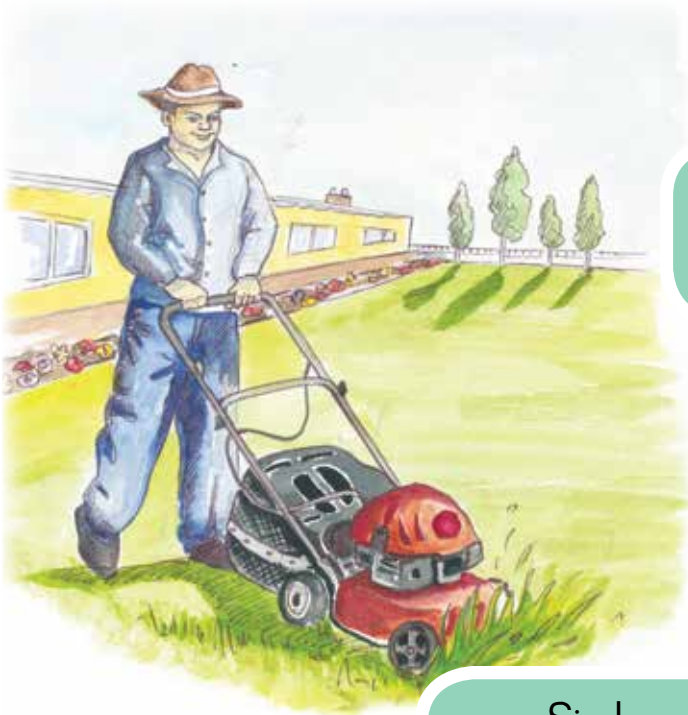
Ezinye izitshalo zisinika izimbali esihlobisa ngazo emakhaya.



Ezinye izitshalo nezihlahla zinika izilwane umthunzi.



Usuku:



Siyabudinga utshani
ezinkundleni zemidlalo.

Sisebenzisa ukotini
ukwenza izingubo.



Sisebenzisa umhlanga ukwenza
obhasikidi nokufulela uphahla.

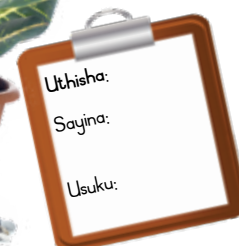
Sisebenzisa ukhuni oluvela
emithini ukwenza ifenisha.



Masikhulume

Wena nomngani wakho khethani izindlela
ezintathu ezibaluleke kunazo zonke esisebenzisa ngazo
izitshalo.

Kungenzeka yini sizishabalalise izitshalo uma sizisebenzisa
kakhulu? Xoxani ekilasini ngalokhu.





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IThemu 3 – Amasonto 5



Masibhale

Zibukeka kanjani izitshalo?

Izitshalo zakheke zaba nezingxenye ezahlukene. Sebenzisa amagama asemabhokisini ukukusiza ukuthi ulebule izitshalo. Qhathanisa okushiwo nguwe nokushiwo ngumngani wakho.

izimpande

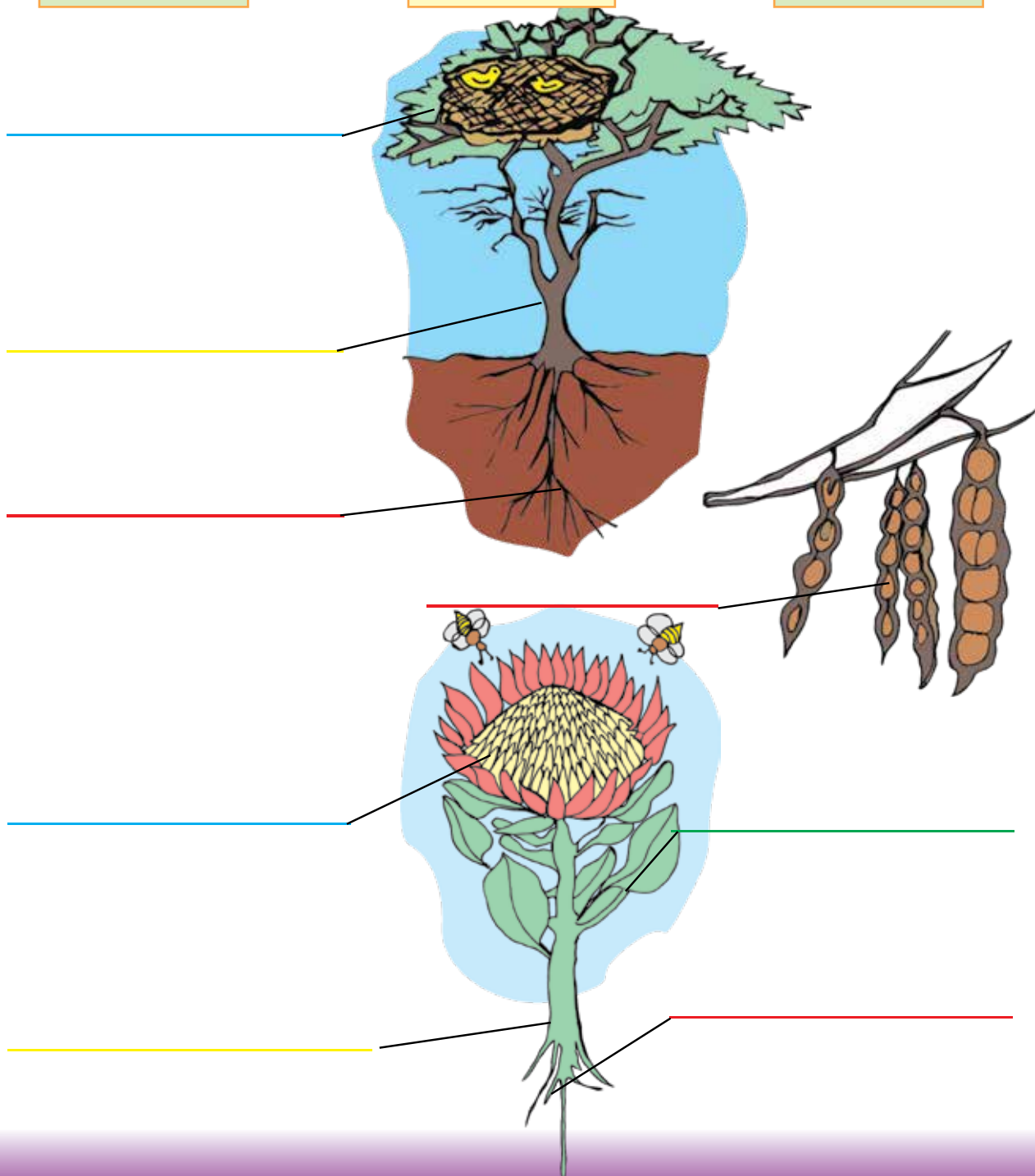
isiqu somuthi

ikhasi

imbali

umdumba

isiqu sembali





Usuku:



Masiphumele ngaphandle

Hlukanisa ekilasini libe ngamabhungezi asengadini kanye nabasebenzi basengadini.

- Abasebenzi basengadini mabazame ukubamba amabhungezi ahlupha engadini.
- Shintshanani emva kwemizuzu emi-2.
- Phindaphindani nidlale lo mdlalo izikhashana ezimbalwa.



Masidlaleni

Dlalani umacashelana.



Amabhungezi acashe ngaphansi noma ngemva kwezitshalo bese kuthi abasebenzi bazame ukuwathola ngaphambi kokuthi adle zonke izitshalo.



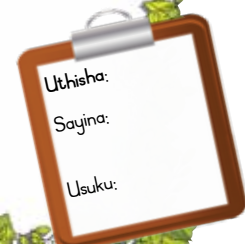
Masikhulume

Izitshalo ezahlukahlukene azibukeki ngokufana. Kodwa zinokufana ngezindlela eziningi. Buka lezi zithombe. Xoxa nomngani wakho ngezitshalo. Yini efanayo, yini engafaniyo?



Masenzeni lokhu

Dweba noma upende isinambuzane noma isilwane esifuna ukudla ubhontshisi. Akudingeki ukuthi kube yisinambuzane noma isilwane sangempela. Cabanga noma yisiphi isilwane. Dweba noma usidwebe ngemigqa ecacile naso ukuze usicacise impela.





Imbewu nalapho ivela khona



Masifunde

Ezinye izitshalo zinembewu ecashe ezimbalini noma ezithelweni. Siyakwazi ukuyitshala enye yale mbewu ukuthola izitshalo ezintsha.

Imbewu kumele iwe ezitshalweni ukuze imile ibe yizitshalo ezintsha. Enye imbewu isakazwa wumoya noma ngabantu, izinambuzane kanye nezilwane. Enye imbewu idliwa yizinyoni bese kuthi ingxenye yayo elukhuni iphume nendle. Imbewu esakazeka ngale ndlela iwela kwezinye izindawo imile khona.



Masikhulume

Isabalala kanjani imbewu esithombeni ngasinye? Ukuze isabalale ngale ndlela imbewu ngayinye kumele ibe njani? Xoxa nomngani wakho.



Uma ufuna ukuzitshalela izitshalo zakho ngembewu ungasebenzisa imbewu esengadini. Kokunye uyithenge esitolo bese uyitshala.





Usuku:



Masikhulume

Funda le nkondlo neminyakazo.

Impilo yesitshalo

Lena yimbewu encane:
masiyitshaleni masinya enhlabathini!
Imila ibe nesiqu kanye nembali
ikhipha iphunga elimnandi njalo.
Izinyosi ziphuma zingena kuyo
Masinya imbali enhle seyifile.



Masiphumele ngaphandle

Khombisa ukuyijabulela le
minyakazo

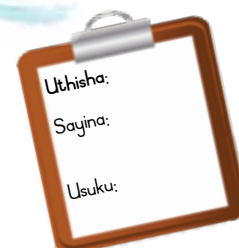
Bamba okusantambo noma
iribhini ngesandla osisebenzisa
njalo. Nyakazisa ingalo wenze
amaphethini ahlukeni emoyeni
noma phansi ngentambo noma
ngeribhini.

Uma kunesihlahla endaweni
enhle, bheka ukuthi ngeke yini
sidlale kuso.

Bambelela entanjeni eboshelwe kuso ujikele. Qala
ngokubambelela ngezandla zombili, bese kuba yisandla ovame
ukusisebezisa, kugcine ongavamile ukusisebenzisa.



Okumele ukwenziwa
nguthisha:
Sebenzisa indophi
noma intambo.



Uthisha:
Sayina:
Usuku:





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IThemu 3 – Amasonto 6

Okudingwa yizitshalo ukuze zikhule



Masikhulume

Buka lesi sithombe. Kuyaphila konke okukuso?

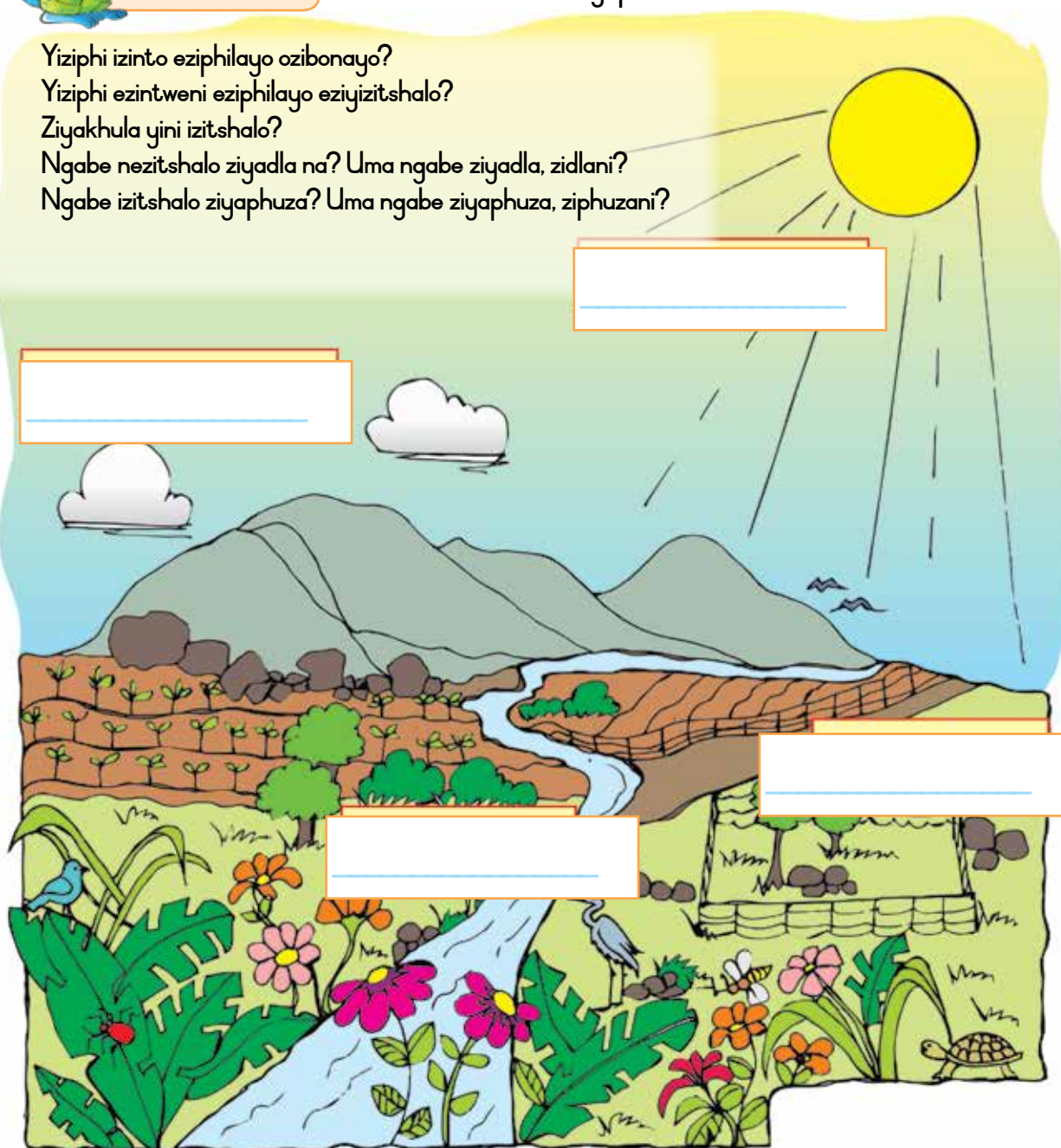
Yiziphi izinto eziphilayo ozibonayo?

Yiziphi ezintweni eziphilayo eziyizitshalo?

Ziyakhula yini izitshalo?

Ngabe nezitshalo ziyadla na? Uma ngabe ziyadla, zidlani?

Ngabe izitshalo ziyaphuza? Uma ngabe ziyaphuza, ziphuzani?



Masibhale

Bhala lawa magama-ke manje emabhokisini angenalutho esithombeni esingenhla ukukhombisa okudingwa yizitshalo ukuze zikhule. Khombisa uthisha okubhalile.

ukukhanya kwelanga

amanzi

umsoco

umoya





Usuku:



Masenzeni lokhu

Kulula ukutshala ezakho izitshalo.
Uzotshala ubhontshisi-ke manje.

Izinto ozozidinga:

Funda nazi izinyathelo ongazilandela:

Isinyathelo soku-1:

Uzokwemboza izinhlamvu ezi-3 zikabhontshisi phakathi kuvolo ababili. Zibeke esosweni elingenalutho noma esitsheni.



amanzi



isitsha



uvolo

Isinyathelo sesi-2:

Uzothela amanzi kuvolo uqiniseke ukuthi uba manzi.



Isinyathelo sesi-3:

Beka isoso noma isitsha onqenqemeni lwewindi noma endaweni lapho kunelanga elanele khona.



Isinyathelo sesi-4:

Emva kwezinsuku ezimbalwa bheka ukuthi sikhula kanjani isitshalo sakho. Sinisele kanye ngesonto ukuze ube nomswakama uvolo.

Usuku 1



Usuku 2



Usuku 3



Usuku 4



Isinyathelo sesi-5:

Uma kuvela izimpande esitshalweni sakho namakhasi amabili sewungasisusa uyositshala enhlabathini ethambile.



Isinyathelo sesi-6:

Nisela isitshalo sakho njalo ukuze inhlabathi ihlale iswakeme. Emva kwamasonto ambalwa uzobe sewukwazi ukuvuna ubhontshisi wakho.





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IThemu 3 – Amasonto 7

Ukudla esikudlayo



Masifunde

Ukudla okuhle kwenza sibe namandla okwenza zonke izinto, njengoba nophethiloli unika imoto Amandla.

Sidinga ukudla okunempilo ukuze sikwazi ukwenza kahle izinto esidinga ukuzenza. Ukudla okunempilo kusinika amandla kusize ukuze sikhule.



Masibhale

Buka lezi zithombe. Bhala igama lokudla ngakunye ngezansi kwesithombe ngasinye.



Masibhale

Yini othanda kakhulu ukuyidla? Yikuphi ukudla ongakuthandisi kahle? Bhala phansi uhla lwalezi zinto ngaphansi kwesihloko esifanele. Khetha ezithombeni ezingenhla.

Ukudla engikuthandayo	Ukudla engingakuthandi





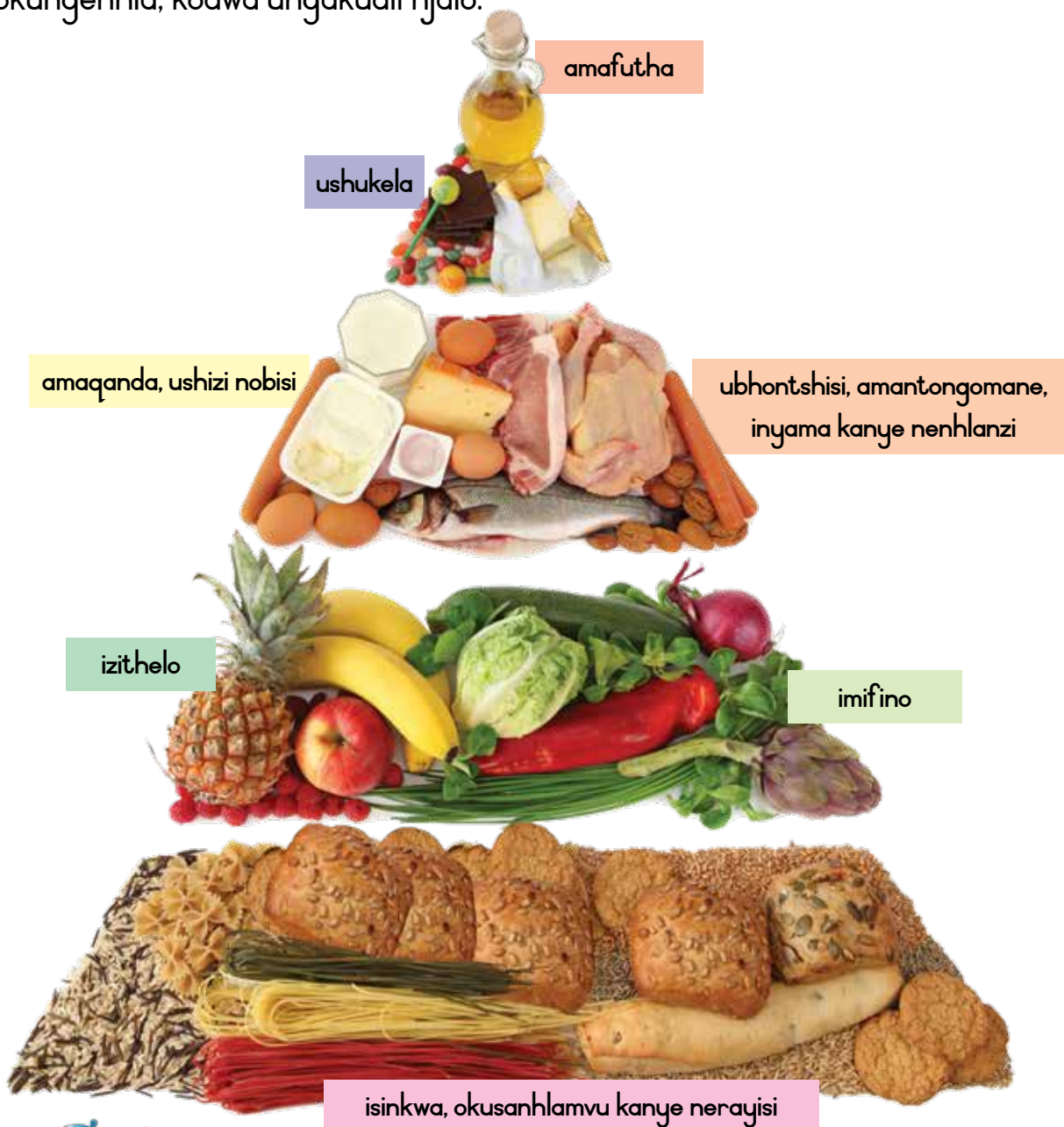
Usuku:



Masifunde

Singakuhlukanisa amaqopo ayisi-7 lokhu kudla.

Kumele udle ukudla okusezansi nesithombe njalo nje. Ungakudla nalokho okungenhla, kodwa ungakudli njalo.



Masikhulume

Xoxani njengekilasi.

Kungani sifanele ukudla kancane ukudla okusesithombeni esingenhla futhi sidle kakhulu ekudleni okungezansi kwesithombe?





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Amasonto 7
IThemu 3

Kuvelaphi ukudla okwahlukahlukenene?

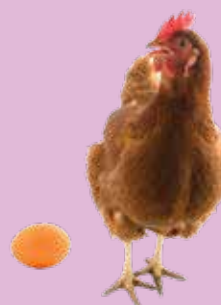


Masifunde

Abalimi batshala izitshalo bafuye izilwane ukuze sithole ukudla.
Singakupheka lokhu kudla. Singazixuba futhi izinhlobo ezahlukene zokudla.



Isinkwa namasiriyeli kuvela kukolweni.



Sithola amaqanda ezinkukhwini.



Izithelo zimila ezihlahleni kanye nasezitshalweni.



Sithola ubisi kanye nenyama ezinkomeni.

Senza iyogathi noshizi ngobisi.



Sisebenzisa ummbila ukwenza impuphu.





Uju luvela ezinyosini.

Usuku:



Ushukela wenziwa ngomoba.



Sithola ihemu nobhekeni ezingulubeni.



Sikwazi ukutshala izitshalo engadini.

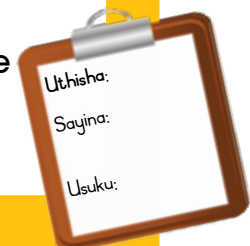


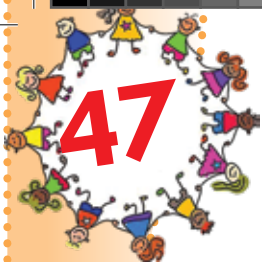
Masenzeni lokhu

Culani leli culo
kanye nothisha.



Ama-aphula, ugwava, ubhanana,
Ubhontshisi, uphizi, namazambane.
Konke lokhu kwenza imizimba yethu iqine.
Kusenza silungele ukusebenza.
Ngidla kuphela ukudla okunempilo!
Kungenza ngibe namandla, ngibe
qatha.





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IThemu 3 – Amasonto 8

Ukudla okunempilo nokungenayo



Masifunde

Ukudla esikuthandayo akuvamile ukuthi konke kube nempilo. Ngesinye isikhathi singakuthanda ukudla kodwa kungabi nayo impilo. Kwesinye isikhathi futhi siyaye singakuthandi ukudla kutholakale ukuthi kunempilo lokho kudla.

Kodwa ukudla okuningi kakhulu kohlobo olulodwa akuvamile ukuthi kube kule empilweni yethu.

Akulungile ukukudla kakhulu. Idla uze usuthe.

Ungaqhubeki nokudla noma ususuthi ngoba lokho kudla ukuthanda.



Masenzeni lokhu

Sika izithombe zokudla okunempilo kanye nokudla okungenayo impilo emaphephabhukwini ukunamathisele emathinini afanele. Uma ungazitholi izithombe ozidingayo vele ukudwebe lokho kudla.



Ukudla okunempilo



Ukudla okungenayo impilo





Usuku:



Masibhale

Sebenzisa izinto ozifundile ngokudla ukubhala uhla lwakho lokudla.

Kwasekuseni

Kwasemini

Kwakusihlwa



Masenzeni lokhu

Manje ake senzeni isaladi yezithelo. Landela le miyalelo engezansi.

Uzodinga lokhu:

- Izithelo eziyizinhlobo ezahlukene
- Ummese nesipunu
- Indishi enkulu

Landela lezi zinyathelo:



- Hlanza izithelo.
- Susa isikhumba sesithelo (njengamawolintshi).
- Sika isithelo sibe yizingcezu ezincane. (Cela umuntu omdala akusize).
- Hlanganisa izithelo endishini.
- Kudle kunjalo ukuthokozele.





IThemu 3 – Amasonto 9

Ukugcina ukudla



Masifunde

Buka lezi zithombe.



IKHALENDI 2015

SEPTEMBER

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
	16	17	18	19	20	
23	24	25	26	27		



Masikhulume

Yini oyiphawulayo ngalezi zinsuku?
 Uthi sisengakudla lokhu kudla?
 Ucabanga ukuthi kwenzekeni kulokhu kudla?



Masifunde

Ukudla akuhlali kulungele ukudliwa ngaso sonke isikhathi.. Ezinye izithelo nemifino kuyaye kuqale ukubona kubole. Inyama, inhlanzi kanye nemikhiqizo yobisi kuyonakala. Emva kwalokho asikwazi ukukudla. Kumele senzeni ukugcina ukudla kusebenziseka? Indawo ephephile enhle yokugcina ukudla yisiqandisi. Kodwa ukudla kuyonakala uma kubekwe esiqandisini isikhathi eside. Zikhona ezinye izindlela zokugcina ukudla kusebenziseka.





Usuku:



Masikhulume

Buka lezi zithombe.

Xoxisana nomngani wakho ngazo. Yiziphi izindlela ezahlukeni zokugcina ukudla kusesimeni esilungele ukusetshenziswa?

Zikhona ezinye izindlela ozicabangayo? Xoxa nomngani wakho ngalokhu.

Chazela ikilasi ngezibonelo onazo.



Masibhale

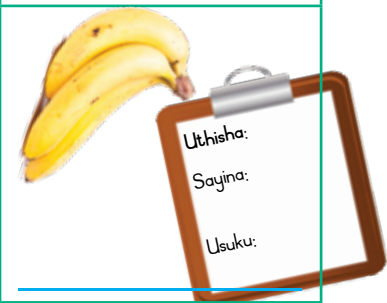
Buka izithombe ezingezansi bese ufunda amagama asemabhokisini. Manje bhala elilodwa lalawa magama ngezansi kwesithombe ngasinye esihambisana negama.

Kusesimeni esilungele ukusetshenziswa

Ukukugcina emathinini

Ukukomisa

Ukukuqandisa



Uthisha:
Sayina:
Usuku:



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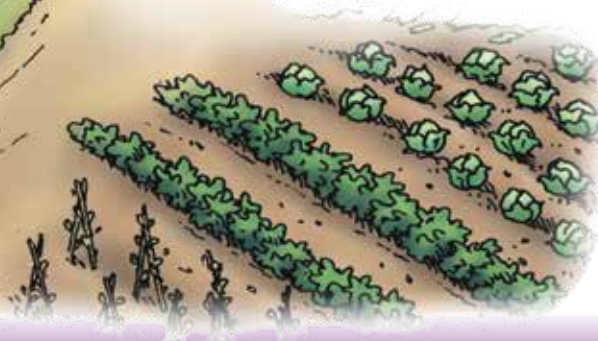
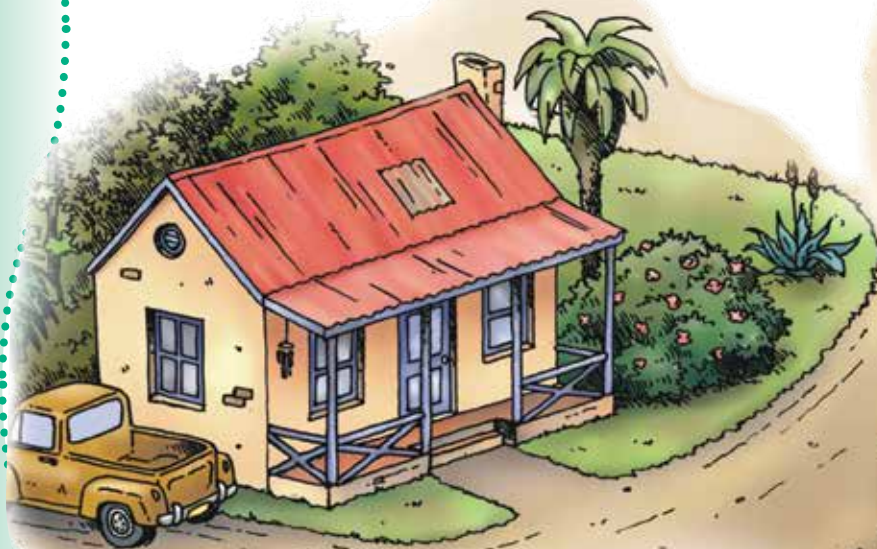
IThemu 4 – Amasonto /

Izinhlobo zamakhaya (1)



Masikhulume

Ikhaya lakho yindawo ohlala kuyo. Abantu baseNingizimu Afrika bahlala ezindaweni eziningi ezingamakhaya ahlukahlukene. Kukuphi lapho ungathola khona la makhaya?





Usu Usuku:.....



Masikhulume

Buka lezi zithombe. Xoxa nomngani wakho ngezinto ezifanayo ezikhona emakhaya amaningi ahlukene. Khuluma futhi ngezinto ezingafani emakhaya. Yikuphi okuningi? Kungabe ngokufanayo noma ngokungafani?



Amafulethi



Izindlu ezinezitezi ezimbili



Amakharavani namatende



Izindlu zasemijondolo



Amakhaya esintu



Izindlu ezinesitezi esisodwa



Masenzeni lokhu

Sebenzani ngamaqembu. Tholani ibhokisi lezicathulo, noma elinye nje ibhokisi. Lipendeni lifane nekhaya. Zibumbe wena ngobumba lokudlala, wenza okuthile ngaphandle kwaleli khaya.





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IThemu 4 – Amasonto 1



Masenzeni lokhu

Ake ucabange amakhaya ahlukahlukene osuke wawabona.
Dweba izithombe zamakhaya amabili angafani oke wawabona.



Masikhulume

Okumele ukwenziwa nguthisha:
Uthisha wenu uzonilalela uma
nethula imibono.

Uma ikhaya lakhiwe kahle asigodoli noma kushise
kakhulu uma sihlezi kulo. Asiyizwa nemvula noma
umoya omkhulu. Akubona bonke abantu abavikeleke
kanjena. Xoxa nomngani wakho mayelana namasu
enziwa abantu ukuzivikela uma bengahlali ezindlini.





Masiphumele ngaphandle

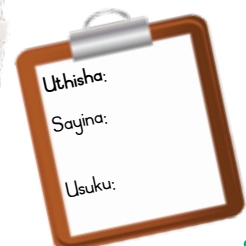
- Yelula izandla uziphakamise ukupenda uphahla lwendlu yakini.
- Guqa enhlabathini ukutshala izitshalo zasengadini.
- Yelula izingalo uvule amafasitela endlu yakho, bese uvala wonke amafasitela.
- Goba ususe ukhula engadini
- Shanela phansi ngomshanelo omude.
- Hlanza amafasitela ngendwangu.

Okumele ukuqashelwa nguthisha:

Lalela isigqi sesigubhu esidlalwa nguthisha wenu. Hambisana nesigqi. Uma uthisha eguqula isigqi, guqula ijubane lendlela onyakaza ngayo. Lalelisisa!



Usuku:



Izinto okwakhiwa ngazo amakhaya ahlukahlukene



Masikhulume

Sisebenzisa izinto ezahlukene ukwakha izindlu.
Bheka izithombe ngezansi.



izitini



amathayili



uthayela



usimende



utshani bokufulela/
umhlanga



ingilazi



izigxobo



ukhuni



amatshe



okokwakha amatende



iplastiki



ubumba/udaka



insimbi



izikhumba



isihlabathi



Xoxa nomngani wakho ngezinto ezahlukene zokwakha izindlu.

Yikuphi okuqhamuka efemini?

Zivelaphi ezinye izinto?

Tshela ikilasi ukuthi izindlu ozibone uza esikoleni zakhiwe ngani.

Okumele ukwenziwa nguthisha:
Uthisha wenu uzokwenza uhlu ebhodini.



Masenzeni lokhu

Dweba umugqa usuke endlini
ngayinye uye entweni eyakhiwe
ngayo.

Usuku:

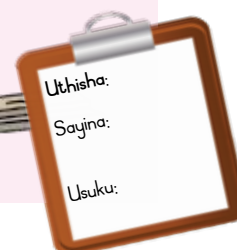
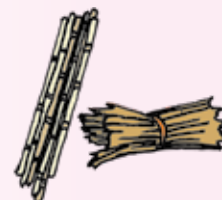
Okumele ukwenziwa nguthisha:
Uthisha wenu uzothatha izincwadi
eniphendulele kuzo azihlole.



Uhlobo lwendlu



Izinto zokwakha





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IThemu 4 – Amasonto 2

Amakhaya nesimo sezulu



Masifunde

Amakhaya avikela abantu ezimeni ezahlukene zezulu. Asivikela elangeni elishisayo. Asivikela emakhazeni, emoyeni kanye nasemvuleni.



Uthi bewazi ukuthi abantu abahlala ezindaweni ezibandayo banendlela engajwayelekile abakha ngayo amakhaya abo? Lezi zindlu zibagcina befudumele uma likhithika.

Leli yibalazwe lezwe laseGreenland, okuyizwe elibanda kakhulu.

Lena
yindlu eyakhiwe
ngeqhwa (igloo)



Abanye babantu ababizwa ngama-Inuit abahlala e-Arctic elineqhwa eliningi bakha izindlu ngalo. Iqhwa livimba amakhaza. Lezi zindlu zibizwa ngama-igloo.





Usuku:



Masenzeni lokhu

Egenjini lenu dlalani umdlalo wokukhombisa ukuthi ningayakha kanjani indlu.

Khethani ukuthi luhlobo luni lwendlu enizolwakha.

Iziphi izinto enizozisebenzisa?

amafulethi

izindlu zesintu

Ubani ozokwenzani?

izindlu ezinesitezi esisodwa
noma ezimbili

izindlu zamapulangwe

Yini enizoqala ngayo?

Niyogcina ngani? Sebenzisa lawa magama alandelayo:

izitini

udonga

upende

isivalo

uphahla

ushimula

ifasitela

usimende



Masifunde

Yisho le nkondlo ibe yingxenye yomdlalo wenu:



Yakha, yakha indlu yakho entsha sha!

Letha izitini, kala lolo donga

Shayela isipikili, phendula isikulufu –

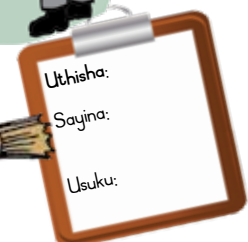
Yenza umpheme wokuvimba ilanga.

Yakha, yakha indlu yakho entsha sha!

Letha isihlabathi nezivalo namathayili

Letha amanzi, xova usimende –

Yenza umpheme wokuvimba imvula.





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Amasonto 3

4

IThemu

Sizithola kanjani izindawo nezinto? (1)

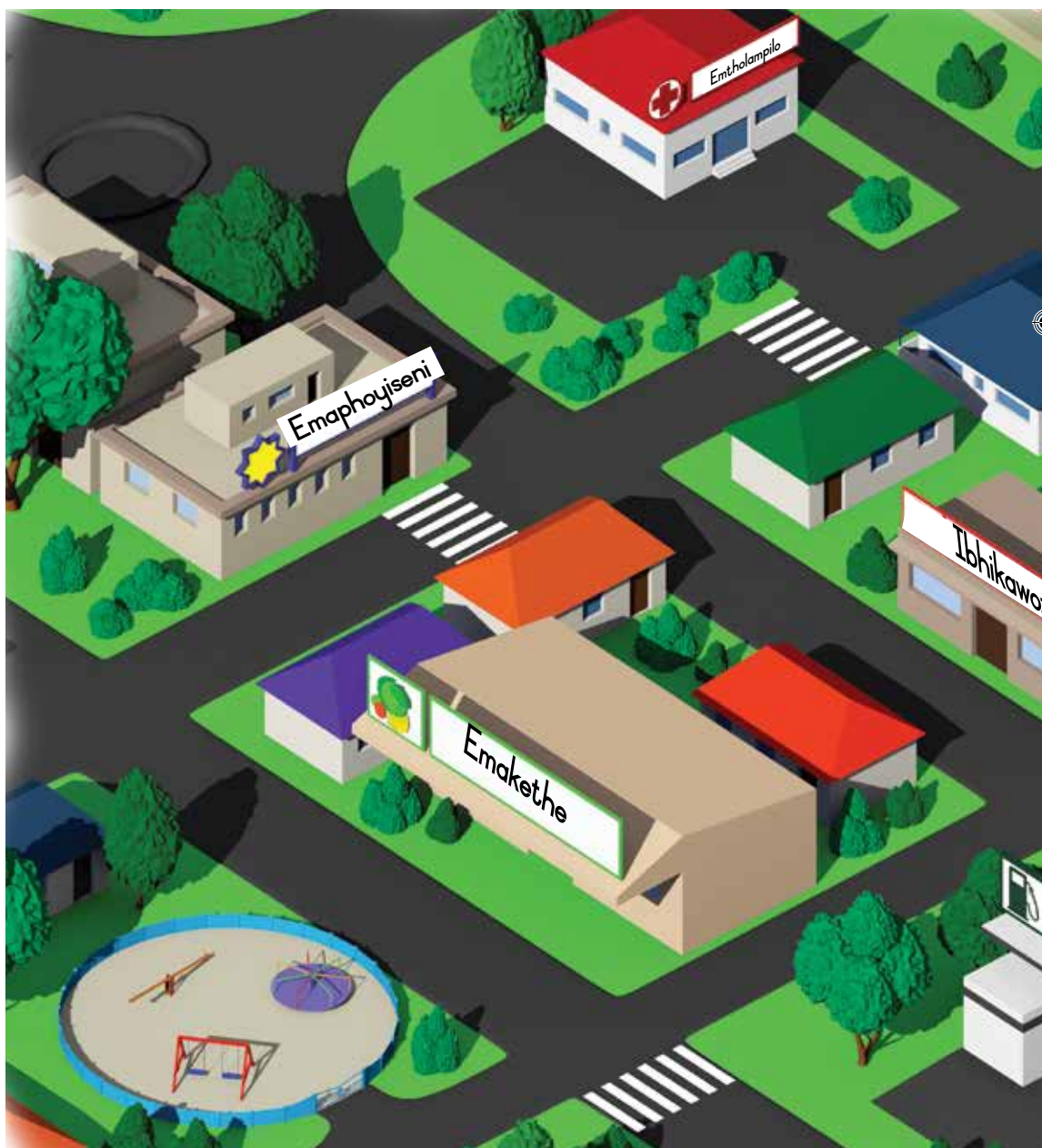


Masifunde

Kunezinhlolo ezahlukene zamabalazwe. Ukukhetha ibalazwe elifanele kumele wazi ukuthi kungani ufuna ukulisebenzisa.

Amabalazwe akhombisa imigwaqo asisiza ukuthola izindawo nemigwaqo emadolobheni.

Abalimi bathanda amabalazwe akhombisa izinto ezinjengamadamu, imifula kanye nezintaba.





Usuku:



Masenzeni lokhu

Xoxa ngale mibuzo nomngani wakho. Kokelezela izindawo ezithile ezisesithombeni emakhasini amabili alandelayo.

Uzozitholaphi izincwadi odinga ukuzifunda?

Uzolubika kuphi udaba lokwebelwa?

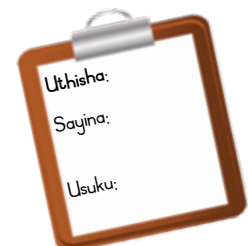
Ungaya kuphi uma ugula?

Ungakuthenga kuphi ukudla

Ungalimela kuphi ibhasi?

Ungawuwela kuphi umgwaqo lapho kuphephe khona?

Okumele ukuqashelwa nguthisha:
Uthisha uzofunda lokhu ngakunye,
wena uzofuna izimpendulo
uzithole.



Sizithola kanjani izindawo nezinto? (2)



Masikhulume

Buka indlela elandelwa uThabani esuka ekhaya lakhe eya esikoleni.

Chazela umngani wakho ukuthi uThabani uhamba kanjani. Sebenzisa amanye alawa magama:

phezulu

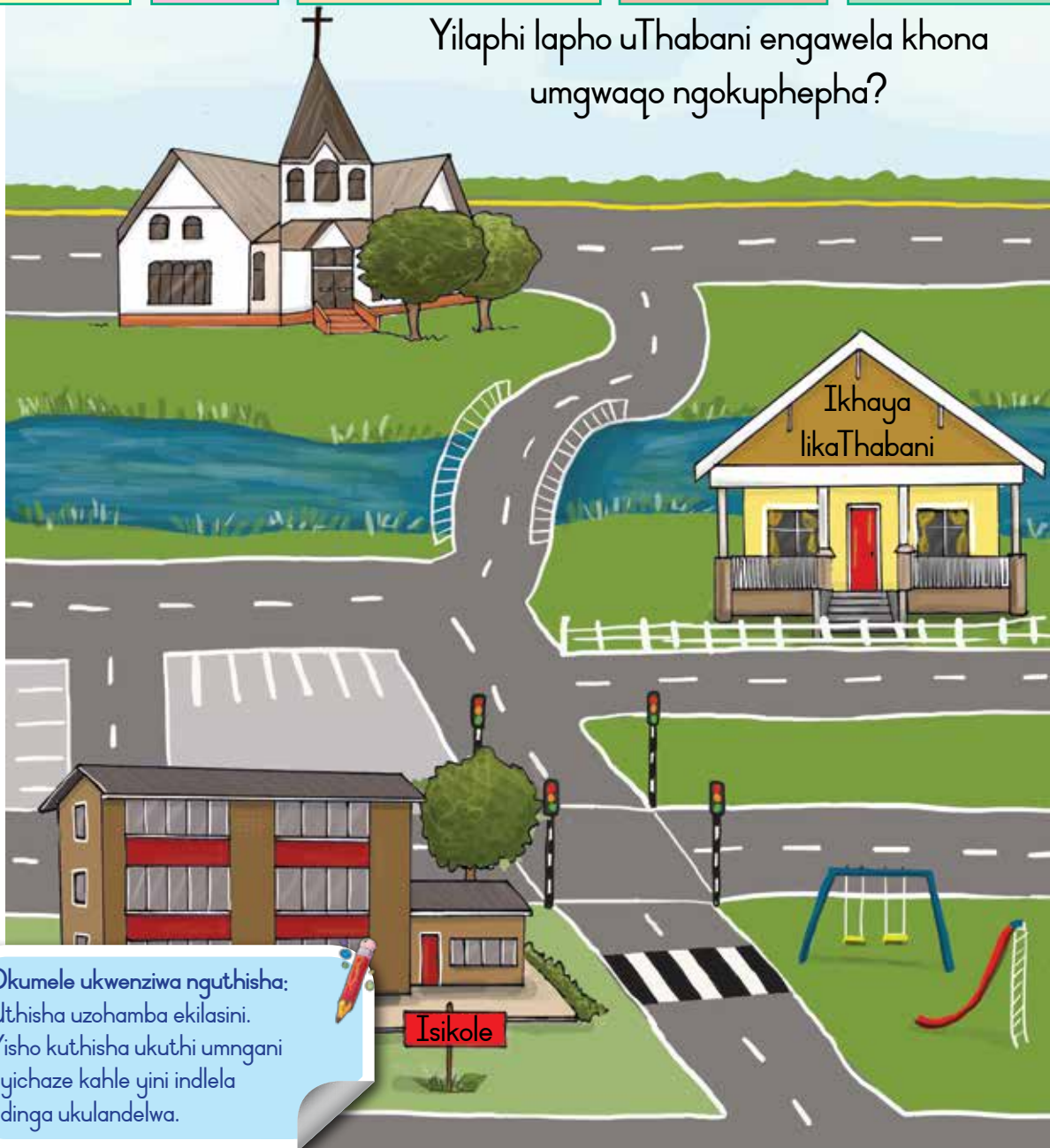
udlule

ukuhamba njalo

ngaleya

ngaphansi

Yilaphi lapho uThabani engawela khona umgwaqo ngokuphepha?



Okumele ukwenziwa nguthisha:
Uthisha uzohamba ekilasini.
Yisho kuthisha ukuthi umngani
uyichaze kahle yini indlela
edinga ukulandelwa.

Isikole



Masiphumele phandle

- Beka intambo ende phansi.
- Uwena ozohamba kule ntambo.
- Hamba uye phambili, uhlehle uphinde uye ngapha nangapha ulandele intambo.
- Hamba uye phambili ulandele intambo izandla uzibeke ekhanda.
- Hamba uhlehle ulandele intambo, izandla uzibeke emhlane wakho.
- Hamba uye le nale ulandele intambo, ubeke izandla ezingqulwini.



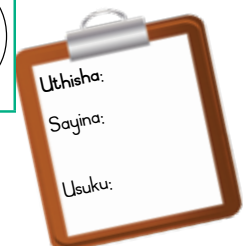
Usuku:



Masifunde

Wenze kahle kanjani? Uma kungukuthi ukwazile ukukwenza konke kahle, faka umbala ebusweni obumamathekayo. Uma kungukuthi awukwazanga ukwenza kahle, faka umbala ebusweni obuswacile. Uma ukwaze ukwenza okumbalwa kahle, faka umbala ebusweni obuphakathi nendawo.

Ngikwazile ukuhamba ngiye emuva naphambili ngilandela intambo.			
Ngikwazile ukuhamba ngiye ngapha nangapha ngilandela intambo.			
Ngikwazile ukuhamba ngiye phambili ngilandela intambo ngibeke izandla ekhanda.			
Ngikwazile ukuhamba ngihlehle ngilandela intambo ngibeke izandla ngemuva.			
Ngikwazile ukuhamba ngiye ngapha nangapha ngilandela intambo ngibeke izandla ezingqulwini.			

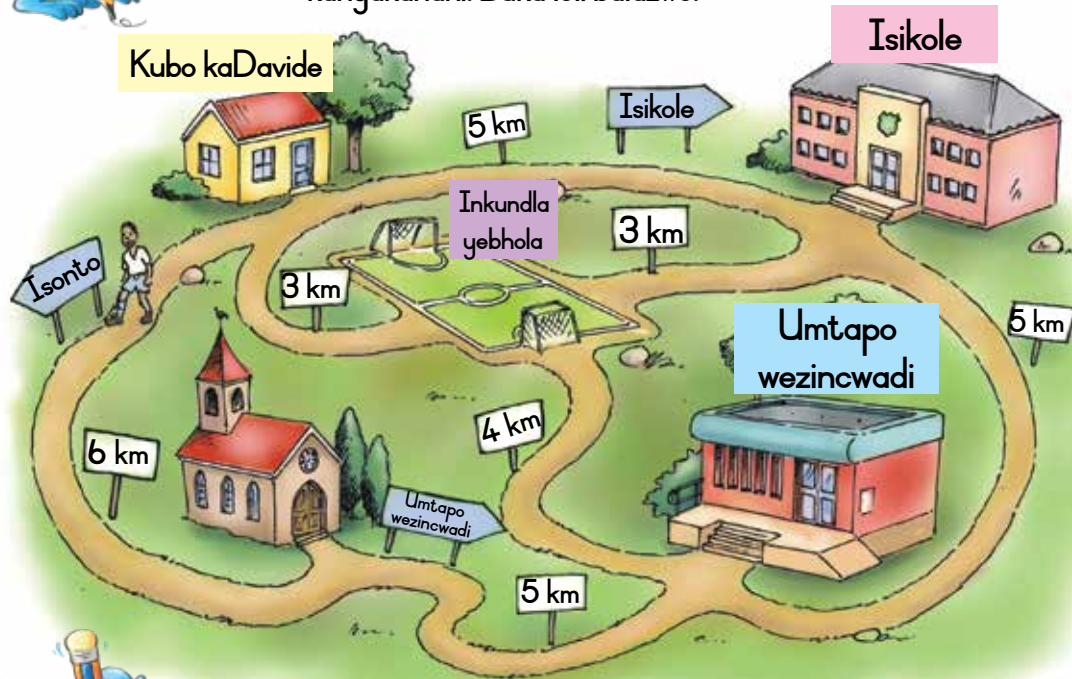


Ukuthola indlela



Masibhale

Amabalazwe anezithombe asisiza ukubona ukuthi izindawo zigqagqene kangakanani. Buka leli balazwe.



Masibhale

Phendula le mibuzo. Ungamcela nomngani wakho akusize.

Yenza isiyingi lapho kukhona khona i-km.

Ugcine uneziyingi ezingaki?

UDavide usuka esikoleni uya emtatsheni wezincwadi.

Yini ayibona eduze komtapo wezincwadi?

Zimpawu zini azibona endleleni?

Uhambe ibanga elingakanani uDavide?

Yisiphi isakhiwo uDavide asibona engaphambi komtapo wezincwadi?

UDavide ulambile. Ufuna ukuya ekhaya. Thola umgwaqo omfushane kunayo yonke osuka emtatsheni wezincwadi oya ekhaya.

Kungabe inkundla yebhola iseduze kwasekhaya lakhe?

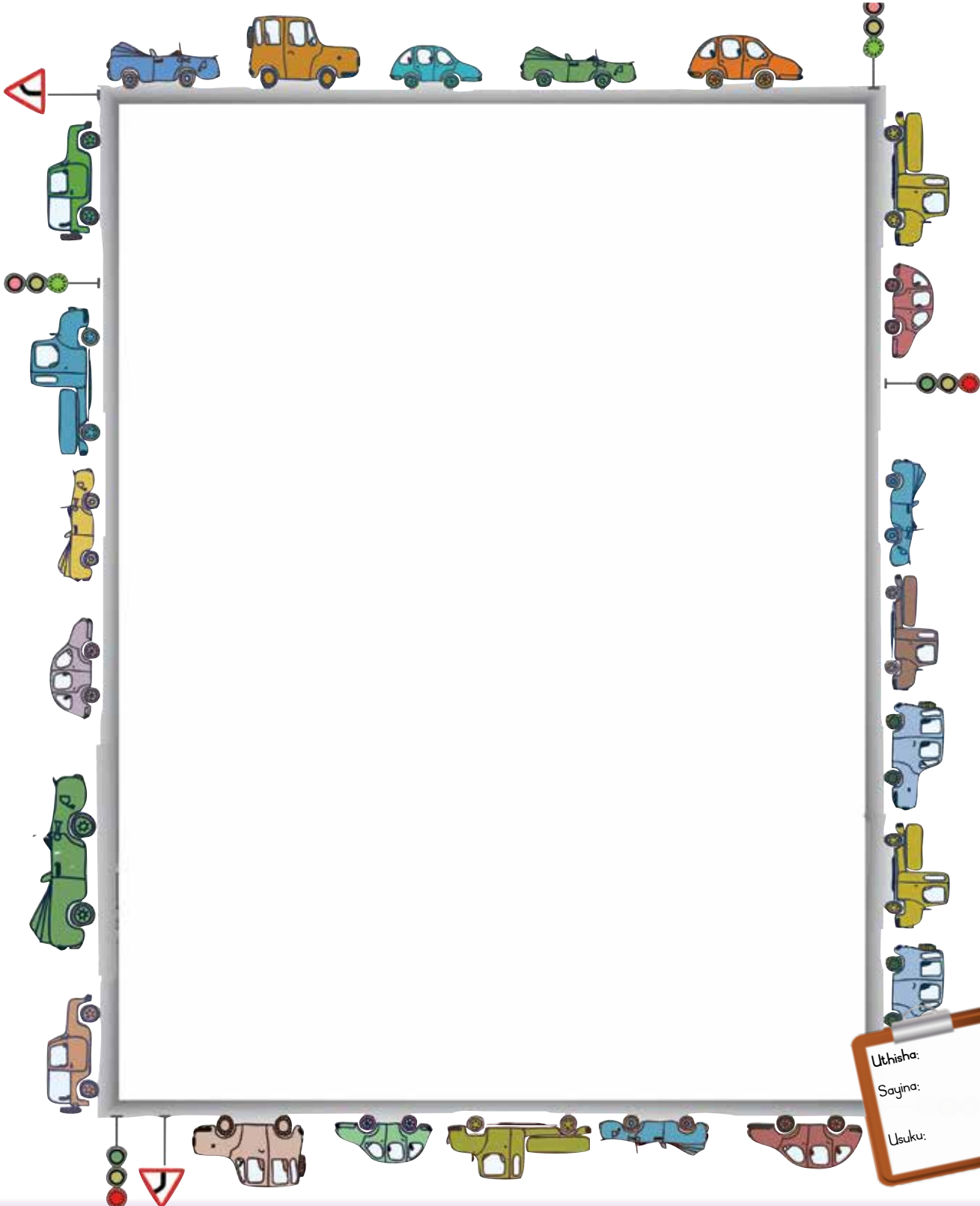
Okumele ukwenziwa nguthisha:
Uthisha uzonitshela ukuthi indawo eyikhilomitha elilodwa iqhelelene kangakakani nesikole. Lokho sikubhala kanje: 1 km.



Masenzeni lokhu

Usuku:

Dweba isithombe sakho sebalazwe sendlela ephakathi kwezindawo ezimbili. Khettha noma yiziphi izindawo ezimbili. Uma sewuqedile, ungakhombisa abangani bakho ibalazwe. Khombisa umngani wakho ibalazwe bese umcela achaze ukuthi uhamba kanjani ngokwebalazwe omkhombise lona. Qiniseka ukuthi ukwenza ngokuyikho ukuchaza kwakhe. Tshela uthisha uma umngani wakho esekwenze kahle waqeda.



Ukuthola izehlakalo endabeni



Masenzi lokhu

Uthisha wakho uzofunda indaba ekhuluma ngoMicky. Lalelisa. Landela indlela esebalazweni elisencwadini yakho. Bese uzifundela wena indaba. Beka uphawo lwesiphambano endaweni efanele ebalazweni uma ubona isiphambano endabeni.

Okumele ukwenziwa nguthisha: Uthisha wakho uzofunda apha anicele ukuthi neze uphawu (X) ezindaweni ezithile.



NgeMigqibelo uMicky uyaye adlale nabangani bakhe epaki (X).

Ngelinye ilanga ekuseni unina wathi: "Ugogo uyagula. Ngicela umhambisele ukudla."



Usuku:

UMicky uthatha isikhwama esikhulu sokudla. Kodwa uma eseyophuma ngesango (X) uhlangana nendoda ethile. Ikhuluma ngezwi elimahhadlahhadla ithi, "Awu! Ngiyabona uthwele ukudla kukagogo, angithi?" Kwamethusa uMicky lokhu.

Wahamba washesha ebheke ezansi nomgwaqo ngasesiteshini sabacishimlilo.

Uma efika lapho wajika waya ngakwesokunxele (X). Kuthe uma ebheka emuva emgwaqweni, wabona yona leyo ndoda imlandela.

UMicky unquma ukuyofuna usizo kubangani bakhe epaki.

Uma efika emtatsheni wezincwadi, uya ngakwesokudla bese eqhubekela phambili (X). Kwesokunxele wabona ukuthi kunesikole wasidlula (X).

Kuthulile lapha, emigwaqweni yonke. UMicky washesha manje emgwaqweni (X).

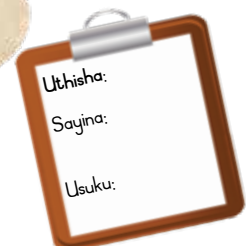
Walibona ipaki ekugcineni. Wawela ibhuloho (X) waya wayofinyelela kubangani bakhe esangweni! (X)



Masiphumele phandle

Sizodlala umdlalo wokuqhudelana.

- Bekani izihlalo zenu zibe yisiyingi. Dlalani umdlalo othi "izihlalo zokucula" – lo mdlalo udinga nithole indlela emfushane kunazo zonke ukufinyelela esihlalweni.



Indlela esisebenzisa ngayo amanzi emakhaya nasesikoleni



Masibhale

Sisebenzisa amanzi zonke izinsuku. Bona izindlela ezahlukene esisebenzisa ngazo amanzi. Bhala ngezansi kwesithombe usho ukuthi amanzi asetshenziselwani. Sebenzisa lezi zihloko.

Ukucisha umlilo

Ukuzigeza thina

Ukusiza izitshalo zikwazi ukukhula

Ukuhlanza izingubo nezitsha

Ukupheka ukudla





Usuku:



Masikhulume

Khuluma ngezindlela eziningi
esisebenzisa ngazo amanzi.

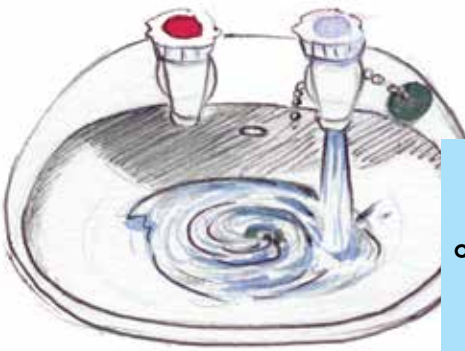
Amanzi ayisidingo. Xoxa
ngokuthi siwamosha kanjani.
Yini engenzeka uma amanzi
engaphela nya?

Yethula imibono yakho ekilasini.



Masiphumele phandle

Lingisa lokhu okulandelayo:



Umpompi ovuliwe,
amanzi ageleza angene
endishini enkulu.



Umfula uyagobhoza
emadwaleni wedlulela
endaweni enesihlabathi.

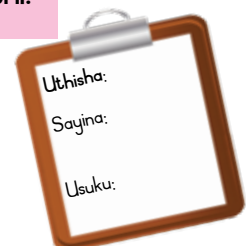


Ifu lemvula liyakhula
libe mnyama, bese
liyana. Emva kwalokho
ifu liyancipha kancane,
kancane.



Masidlaleni

- Dlalani umdlalo othi "Amabhakede namaconsi amanzi".



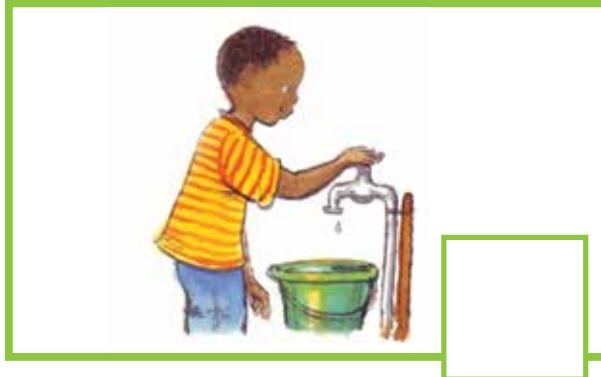
Uthisha:
Sayina:
Usuku:





Masibhale

Buka lezi zithombe. Beka uphawu (✓) eduze kwesithombe esiveza ukugcineka kwamanzi, ubeke uphawu (✗) eduze kwesithombe esiveza ukumosheka kwamanzi.





Masikhulume

Usuku:

Buka izithombe ezinesiphambano. Xoxisana neklasi mayelana nokuthi abantu kulezi zithombe benzani. Xoxa ngokuthi bangawasebenzisa kanjani ngokuwonga amanzi.

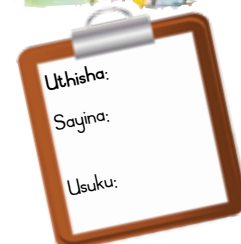


Masibhale

Buka izithombe. Funda imisho engezansi. Faka uphawu (✓) esenzweni ngasinye sokonga amanzi, ufake uphawu (✗) esenzweni ngasinye esingukumosha amanzi.



	✓ noma ✗
Ngidedela amanzi aphume empompini ngenkathi ngixubha amazinyo.	
Angiwachithi amanzi ebengigeza ngawo, kunalokho ngichelela ngawo engadini.	
Ngigeza ngamanzi agcwele ubhavu njalo ebusuku.	
Ngiyawuvalisisa umpompi uma ngiwubona uconsa amanzi.	
Sigeza izitsha ngamanzi aphuma angayeki empompini.	



Uthisha:
Sayina:
Usuku:

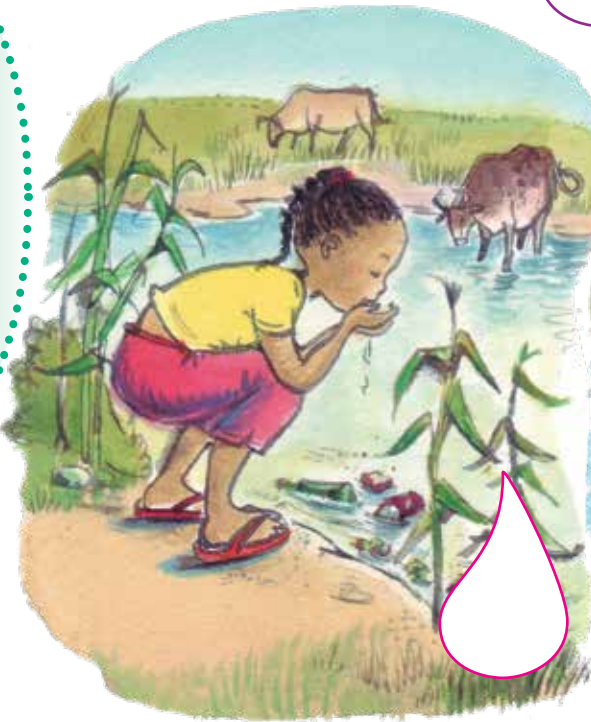
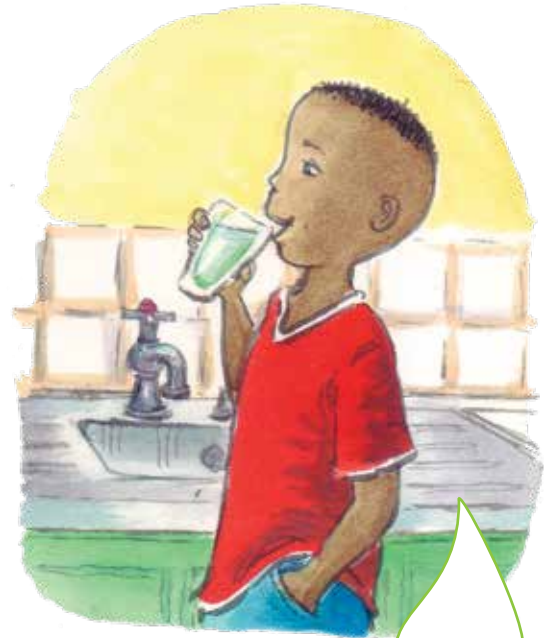


Amanzi okuphuza aphephile nangaphephile



Masibhale

Buka lezi zithombe. Beka uphawu (✓) eduze kwesithombe esiveza ukwenza izinto eziphephile. Beka uphawu (✗) eduze kwesithombe esikhombisa ukwenza izinto ezingaphephile.





Usuku:



Masibhale

Bhala igama "kuphephile" noma "akuphephile".
ukuqedela umusho ngamunye. Sikwenzele okokuqala.

Ukuphuza amanzi angcolile akuphephile.

Ukubhukuda emanzini angcolile _____.

Ukuphuza amanzi abilisiwe _____.

Ukuphuza amanzi aphuma emfuleni ongcolile _____.

Ukuphuza amanzi ahlanzekile aphuma empompini _____.



Masidlaleni

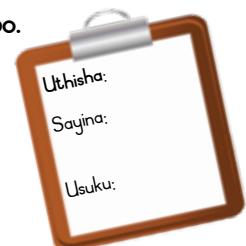
Dlala lo mdlalo nabanye ababili.

- Shayani izandla nilandele isigqi sokuconsa kwamanzi:
 - aconsa kancane empompini
 - aconsa ngokushesha empompini
 - aphuma wonke ngesikhathi esisodwa
 - aconsa ngokushesha okukhulu empompini ngesikhathi esisodwa.
- Dlalani noma yimuphi omunye umdlalo eniwaziyo lapho nizoshaya khona izandla.



Masiphumele phandle

- Gxuma njengesele liphuma emanzini angcolile.
- Gxuma njengesele lingene emanzini ahlanzekile.
- Gijima njengehashi elomile liya emanzini agelezayo liyophuza.
- Gijima kakhulu ubalekele imvula ena ngamandla.
- Gxuma ematsheni uwele umfula. Siza nalabo abangakwazi ukuhamba ukuthi bawele nabo.
- Phenduphenduka endaweni eyodwa ulingise amanzi ephuma ebhavini (ube wedwa noma ube nomngani).
- Uthisha uzosho uma esefuna niguqukele kwenye into.
Lulaleleni uphawu alwenzayo.



Ukugcina amanzi ehlanzekile



Masifunde

Kumele siphuze amanzi ahlanzekile.
Singasebenzisa izindlela ezahlukene ukuhlanza amanzi.

Amanzi ahlanzekile kumele siwagcine ngendlela ezokwenza ahlale ehlanzekile.

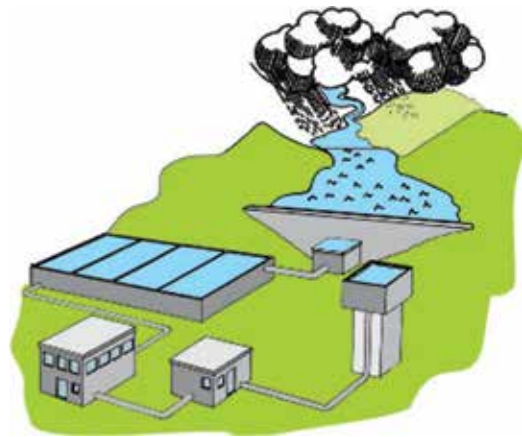


Masikhulume

Buka lezi zithombe. Xoxa nomngani wakho ngokuthi avela kuphi amanzi ahlanzekile. Xoxela ikilasi ngalokho okucabangayo. Ngokuwahlanza siwenza aphephe ukuba angaphuzwa.



Sivumelekile ukuphuza amanzi emvula asuka phezu kwendlu angene ethangeni.



Umasipala uyawahlanza amanzi awagcine enzele ukuthi sikwazi ukuwaphuza.



Singawabilisa amanzi uma sifuna ukuwahlanza.



Singakwazi futhi ukuwasefa ukuze ahlanzeke.



Usuku:



Masenzeni lokhu

Cela uthisha anichazele ukuthi senziwa kanjani isisefo samanzi.

Nazi izinto ozozidinga:

Ibhodlela leplastiki elingamalitha ama-2

Isihlabathi esihlanzekile esicolisekile

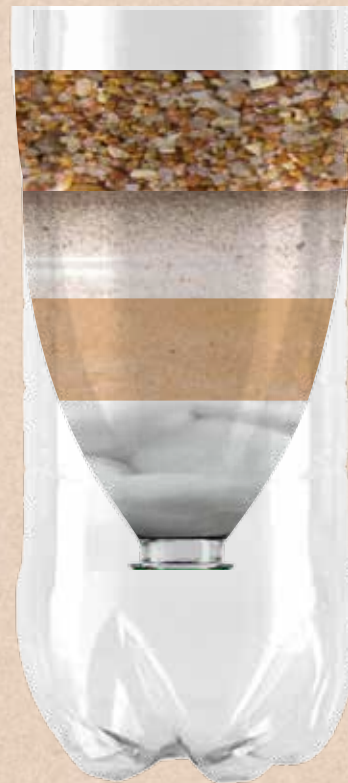
Isihlabathi esihlanzekile esimahhadlahhadla

Amatshana amancane ahlanzekile

Ummese obukhali

Uvolo ohlanzekile

Ingilazi yamanzi



Masiphumele phandle

- Sebenzisa isaka likabhontshisi nensimbi eyindilinga. Beka insimbi eyindilinga phansi ngenkathi abafundi bemi umugqa osemamitheni ama-5 kude nensimbi leyo. Ungasebenzisa ibhola lensimbi lomnqakiswa kulokhu.
- Umfundi ngamunye makathole ithuba lokuphonsa isaka likabhontshisi lingene ensimbini eyindilinga.



Ukushintsha kwemini iba wubusuku



Masifunde

Imini nobusuku kwehlukene.

Kubukeka kwehlukene, akunayo imisindo efanayo, kwenziwa izinto ezingafani kukho kokubili.

Emini kubonakala ukukhanya kwelanga. Ilanga lisinika ukukhanya nokushisa. Bayasebenza abantu abaningi emini, thina bese siya esikoleni.



Masibhale

Buka izithombe bese uxoxa nomngani wakho ngazo. Kungabe yizithombe zemini noma ngezobusuku? Zihlukene ngani? Bhala "Imini" noma "Ubusuku" ngaphezu kwesithombe ngasinye.





Masifunde

Ntambama ilanga liyashona.
Kuba mnyama bese kuphuma
inyanga nezinkanyezi.

Sisebenzisa izibani ukuze sibone
ukuthi senzani.



Usuku:



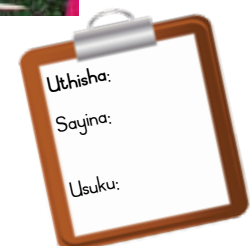
Ebusuku kuyabanda
kunasemini.

Abaningi bethu bayalala
ebusuku, kodwa abanye
bayasebenza noma
kuyisebusuku. Kunezilwane
eziphuma kuphela uma
sekumnyama.



Masiphumele ngaphandle

- Sebenzisa amapali ebhola (noma amakhoni abekwa emgwaqweni uma wakhiwa) nebhola.
- Beka amapali noma amakhoni kube ngamamitha ambalwa kude nabafundi.
- Sebenzisa ibhola elikhulu elilingana nelezinyawo.
- Khahlelela ibhola emapalini lawa owabekile.
- Qala ukhahlele ngonyawo lwesokudla bese ukhahlele ngolwesobunxele.
- Ufake amagoli amangaki?



Indlela isibhakabhaka esibukeka ngayo ebusuku

IThemu 4 – Amasonto 7



Masifunde

Emini sivame ukubona isibhakabhaka esiluhlaza kanye namafu. Okusemqoka, sibona ilanga.



Ebusuku kunenyanga nezinkanyezi eziningi. Kukhona namanye amaplanethi anjengezinkanyezi.



Ngesinye isikhathi inyanga iba sesibhakabhakeni noma kusemini. Asiyiboni kahle ngoba ilanga lisuke lisixhophe. Zama ukuthola ukuthi inyanga ikuphi emini.



Masenzeni lokhu

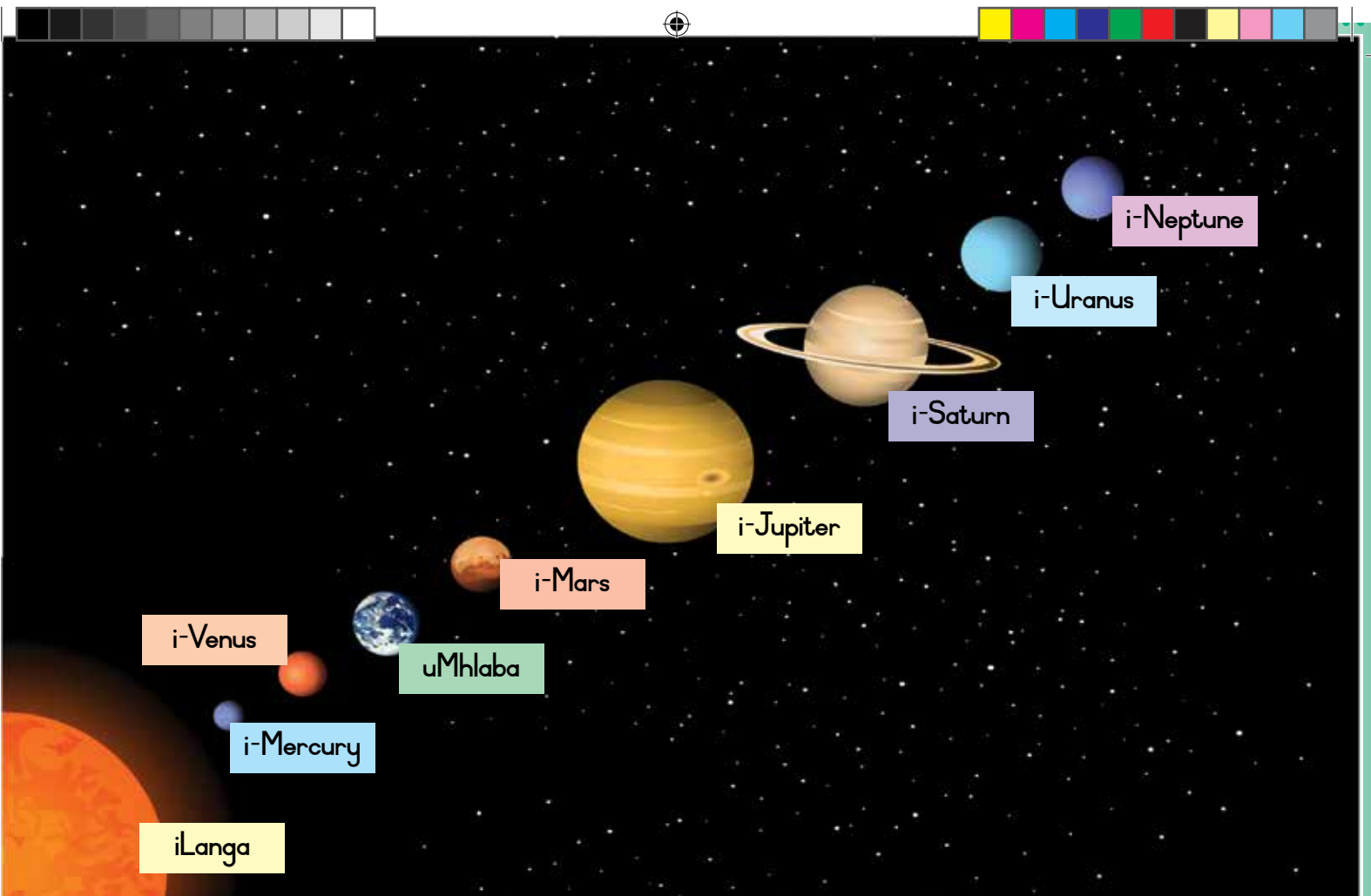
Inyanga ayifani ngalobo nalobo busuku.

Phuma uyibuke ngobusuku obuhlanu lapho izoveza khona izimo ezingafani. Ebhokisini elingezansi dweba izinhlobo zenyanga ozibonile.

Ubusuku bokuqala

Ubusuku besithathu

Ubusuku besihlanu

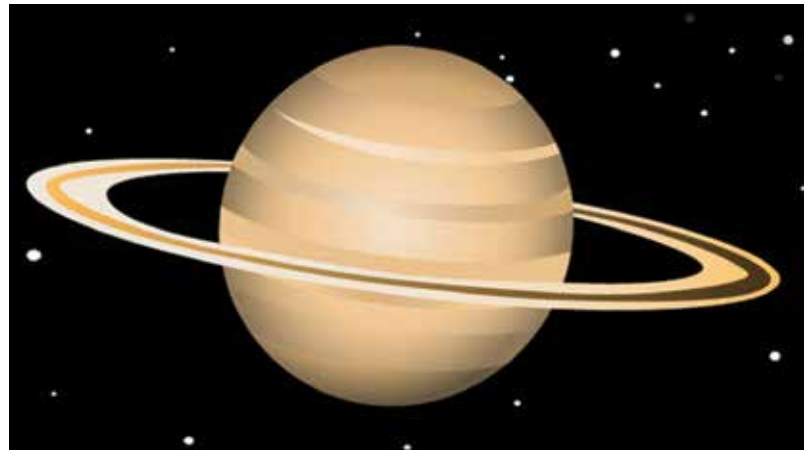


Leli yilanga kanye namaplanethi esemkhathini – ngomakhelwane bethu laba abasemkhathini.
(Ilanga namaplanethi akudwetshiwe ngokulandela ubukhulu bakho bangempela.)



Masikhulume

Lesi yisithombe se-Saturn.
Ihlukile yona kuwo wonke
amaplanethi ngoba
inamaringi ayizungezile.
Uyawabona amabala
amhlophe esithombeni?
Ucabanga ukuthi ayini? Buka isithombe esikhulu esingenhla. Kungabe
i-Saturn yinkulu noma yincane kunomhlaba?
Iyiphi iplanethi enkulu kune-Saturn?

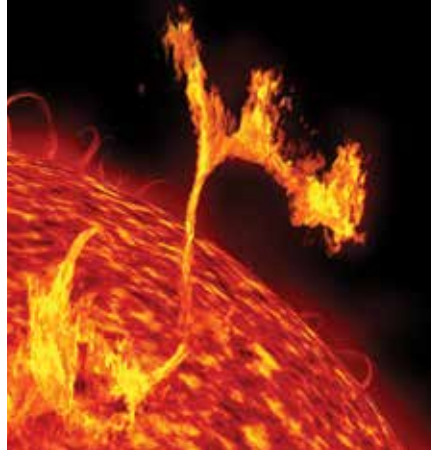


Ilanga nenyanga



Masikhulume

Buka lezi zithombe.



Xoxa nomngani wakho. Izithombe zisikhombisani? Yisho noma yini oyicabangayo.



Masifunde

Ilanga liyinkanyezi. Liyibhola elikhulu lomlilo elithumela ukushisa kanye nokukhanya kuzo zonke izinhlangothi zalo. Ilanga likhulu kakhulu kunomhlaba.

Inyanga iyibhola elikhulu eliyidwala elinothuli elingenakushisa. Inyanga ayikhanyi ngokwayo, ikhanyiswa yimisebe yelanga bese yenza njengesibuko ngokuthumela ukukhanya kithina emhlabeni. Yona yincane kunomhlaba.



Masikhulume

Xoxa nomngani wakho mayelana nokuguquguquka kwenyanga ubusuku obuhlanu. Bese nibuka lezi zithombe.

Inyanga iyafana nalokhu enikubona ezithombeni?



Inyanga igcwele



Inyanga iyisigamu



Inyanga elucezu



Izinkanyezi

Usuku:



Masifunde

Ilanga iyona nkanyezi eseduzane kakhulu kwethu. Ezinye izinkanyezi zikude kakhulu impela.



IThemu 4 – Amasonto 8



Masikhulume

Benye benye benye benye
Inkanyezana encane.

Nasi isimanga
Esabonwa yinkanyezi,
Nasi isimanga esabonwa yinkanyezi,
Inkanyezana encane!



Masifunde

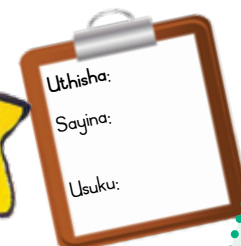
Leli culo labhalwa eminyakeni eminingi eyadlula. Abantu ngaleso sikhathi babengakazi kangako ngezinkanyezi. Namuhla sinolwazi oluningi. Ososayensi sebeye kani emkhathini ngemikhumbimbkhathi bafunda okuningi ngezinkanyezi. Uma beya emkhathini bagqoka amasudi akhiwe ngokwehlukile. Uma ososayensi beya emkhathini bagqoka izingubo ezihlukile.

Ngenxa yabantu abanesibindi futhi abahlakaniphile abakwazi ukuthumela ososayensi emkhathini, sesifunde izinto eziningi ngezinkanyezi.



Masikhulume

Kungabe kuhle yini ukufunda izinto eziningi kangaka ngezinkanyezi? Xoxa nomngani wakho ngalokhu.





**Wena ubalulekile.
Umzimba wakho
wonke ubalulekile.**



Umzimba wakho ungowakho!



**AKEKHO
UMUNTU
okufanele athinte
izitho zakho
zangasese.**

**Kufanele kubekhona umuntu omtshelayo
uma kukhona umuntu othinta izitho zakho
zangasese.**

**Kufanele kubekhona umuntu
omtshelayo uma kukhona umuntu
okwenzisa izinto ongazifuni.**

**Lapho ungashayela khona
ucingo uma udinga usizo:**

Child Line: 0800 05 55 55

SAPS Crime Stop: 086 00 10111

SAPS Emergency Number: 10111

Life Line: 0861 322 322

Child Protection Unit: 012 393 2359/2362/2363

