



Ibuyekeziwe –
Ihambisana
ne-CAPS

Ibanga lesi-

3

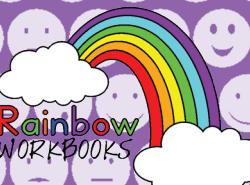


Amakhono Empilo ISIZULU

Inawadi yoku-
lithemu 1 & 2



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**LIFE SKILLS IN ISIZULU
GRADE 3 – BOOK 1
TERMS 1 & 2
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THIS BOOK MAY NOT BE SOLD.
11th Edition**

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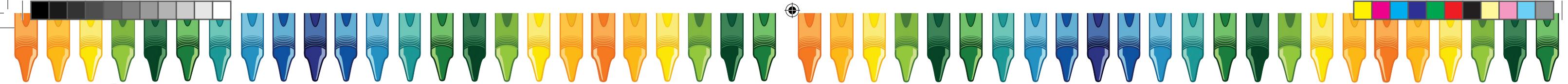
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UNkk Angie Motshekga,
uNgqongqoshe weMfundu
Eyisisekelo



UDkt Reginah Mhaule,
iSekela loMnyango
weMfundu Eyisisekelo

Lezi zincwadi zokusebenzela zenzelwe abantwana baseNingizimu Afrika ngaphansi kwesandla sikaNgqongqoshe weMfundu Eyisisekelo, uNkk Angie Motshekga, neSekela likaNgqongqoshe weMfundu Eyisisekelo, uDkt Reginah Mhaule.

Lezi zincwadi ezibizwa ngeRainbow Workbooks ziyingxene yoMnyango weMfundu Eyisisekelo lapho uMnyango uzama khona ukungenelela ukuze kuthuthukiswe imfundu yabantwana bamabanga asuka kwelokujala kuya kwelesithupha eNingizimu Afrika. UMnyango weZimali uxhase lo mkhankaso kaHulumeni njengento yokuqala uHulumeni azibekele yona ukuthi ayisukumele. Uxhaso loMnyango weZimali lusize uMnyango wezeMfundu 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 alinndeletek ukuyenza.

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

Sifisela wena nomfundi omfundisayo impumelelo ngenkathi usebenzisa lezi zincwadi.



Ibanga lesi-

3



Amakhono Empilo
NGESIZULU
Incwadi yoku-l



Le ncwadi ngeka-





1

IThemu I – ISonto I – Ikhasi Lokusebenzela

Impilo yami

Sonke sehlukile komunye nomunye futhi sibalulekile.
Gcwalisa lo mazisi ngempilo yakho. Zakhele isitembu sakho sikamazisi.
Uma usukwenzile lokhu bese utshengisa umngani wakho ikhadi lakho.

Yikuphi okufanayo futhi yikuphi owehluke
ngakho kumngani wakho?

Masibhale



Umazisi

Igama:

Iminyaka yokuzalwa:

Usuku lokuzalwa:

unyaka inyanga usuku

Indawo owazalelwu kuyo:

Intombazana noma umfana:

Ulimi lwasekhaya:

Umbala wezinwele:

Ubude: _____ cm

Umbala wamehlo:

Ukusayina

2

Usuku:



Dweba isithombe sakho.



Masixoxe

Cabanga ngempilo yakho
yonke kuze kube manje.

Ukhumbula ukufike kaphi?

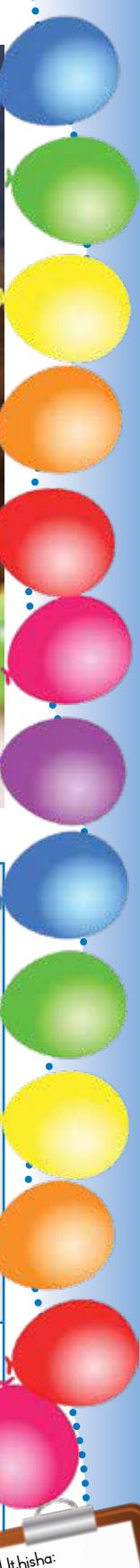
Ingabe uyalukhumbula yini usuku
lwakho lokuzalwa lonyaka wesibili?

Usakhumbula usaqala isikole?



Masibhale

Gewalisa lo mlando wempilo
yakho.



Ngazalelwa e-

inyanga

Ngaqala
ukukhuluma ngo-

20 _____

Ngaqala isikole
e-

20 _____

Ngaqala ibanga
lesibili -3

20 _____



Uthisha:
Sayina:
Usuku:



2

Isikole sami

IThemu I – ISonto I – Ikhasi Lokusebenzela

Masenze loku

Uthisha wakho uzokusiza ukudweba umlando wesikole sakho .
Sikuqalele. Uthisha wakho uzokutshela ngezinye zezehlakalo
ezisemqoka angazengeza.

Savulwa ngamuphi unyaka isikole sakho?	Wafika ngamuphi unyaka uthishomkhulu wakho?		

Masibhale

Uthini umlando wesikole sakho? Thola izimpendulo zemibuzo ebuziwe bese
uzibhala ezikhaleni kukholamu yokuqala. Dweba isithombe ukhombise umlando.

Savulwa ngamuphi unyaka isikole sakho? _____	Dweba isithombe sesikole sakho.
Kwakungubani uthishomkhulu wokuqala? _____	

4

Usuku:



Sasithini isiqubulo sesikole?
Ngabe sisenjalo namanje?

Dweba ibheji lesikole.

Yisho okuthile okukhethekile
ngesikole. (Mhlawumbe
kwakunomfundi noma impumelelo
ekhethile.)

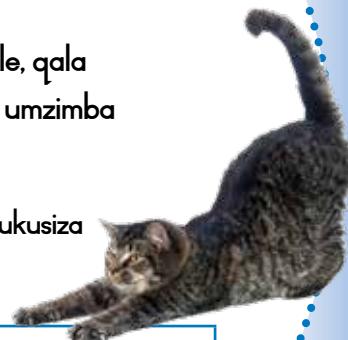
Dweba isithombe ukhombise okukodwa
okukhethekile ngesikole.



Masiphumele ngaphandle

Ngaphambi kokwenza noma yini ngaphandle, qala
ngokuzelula njengetati. Lokhu kuzokwenza umzimba
unyakaze kalula.

Zelule nangemva kokwenza okuthile ngokuthi uphumule uphole. Lokhu khona kukusiza
ukuthi ungabi nobuhlungu bezicubu. Yenza-ke manje lokhu okwensiwa yilezi zingane.



Uthisha wakho uzobiza igama lakho bese
ejikijela ibhola kuwena. Nqaka ibhola
ngaphambi kokuba liwe.



Manje zama ukunqaka ibhola ngesikhwama
uma umngani wakho eliphonsa.

Phonsela umngani wakho ibhola bese
ubheka ukuthi angalinqaka yini
ngesikhwama.



Zinwebe njengetati ukuze ukhululeke.





3

Konke ngami

IThemu 1 – ISonto 2 – Ikhasi \ okusebenza

Masixoxe

Cabanga ngento ejabulisayo eyake yakwehlela ngaphambilini.
Xoxela umngani wakho ukuze akwazi kangcono.

Ngenkathi
ngineminyaka emi-5
ngavakashela olwandle.

Ngenkathi ngineminyaka
emi-4 ngawa
odongeni.



Tshela umngani wakho ukuthi lo muntu ushntshe kanjani esuka ebuntwaneni eba yinkosikazi endala.

6

Usuku:



Masicule



Akhani iqembu bese nisebenza. Qambani iculo nidanse.
Egenjini lakho, bhala amagama eculo esikhaleni esingezansi.
Khombisa ikilasi lakho ukuthi ulicula kanjani iculo ngenkathi udansa.

Uthisha:
Sayina:
Usuku:





4

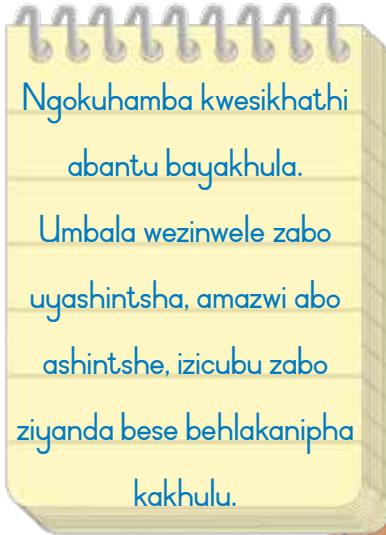
Okukhulu nokudala

IThemu 1 – ISonto 2 – Ikhasi Lokusebenzela



Masixoxe

Xoxa ngokuthi abantwana abadala nabantu abadala bahluke kanjani kuwena?



Masibhale

Bashintsha kanjani abantu ngenkathi bekhula.



Yikuphi kokulandelayo okwenza ngendlela
eyahlukile kuleyo abazali bakho abakwenza
ngayo (✓).

	Mina	Abazali bami
Ukugijima ngaphandle kokukhathala		
Gxuma		
Funda iphephandaba		
Shayela imoto		
Dlala esihlahleni		

Usuku:



Masicule

Masizilungisele ukucula.
Yenza imisindo elandelayo.



Umsindo osheshayo we-ambulense.

Umsindo onensayo njengeculo lokulalisa umntwana.

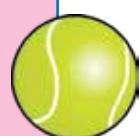
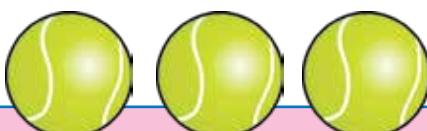
Umsindo ophakeme njengenyoni icula.

Umsindo ophansi njengebhubesi livungama.



Masiphumele ngaphandle

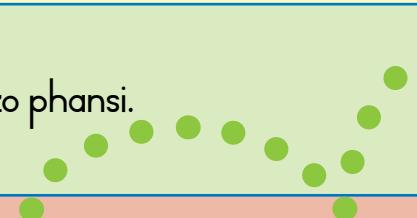
Ungalinqaka ibhola?



Phosa ibhola lomphebezo emoyeni uphinde ulinqake ngezandla zombili.



Liphose phezulu bese ushaya izandla zakho ngaphambi kokuba
ulinqake ibhola.



Shaya ibhola lomphebezo phansi.



Manje yakha induku yokushaya ibhola usebenzise iphepha eligoqiwe
noma ucezu lokhuni. Sebenzisa le nduku ukushaya ibhola phansi.



Manje zelule njengetati.



Uthisha:
Sayina:
Usuku:

q



5

IThemu 1 – ISonto 3 – Ikhasi Lokusebenzela

Imizwa

Bheka lezi zithombe bese usho ukuthi izingane ziphatheke kanjani.
Wake waphatheka kanje? Bhala usho ukuthi ingane ngayinye iphatheke
kanjani. Sebenzisa amagama alandelayo ukuze akusize.



Masixoxe

ujabhlile

ujabulile

uyakhala

uyesaba

uyaziqhenya

ucasukile



Masiphumele ngaphandle

Dlala umdlalo webhola
lomphebezo ulolonge ikhono
lakho lokuphebeza ibhola
isandla sibheke phambili futhi
sibheke nangemuva.





Masixoxe

Yini ekujabulisayo?

Yini ekujabhisayo?



Masibhale

Yini ekwenza wesabe?

Yini ekucasulayo?



Bhala kudayari mayelana nosuku ozizwe ngalo ujabulile. Chaza ukuthi kwenzekeni.

Dayari ethandekayo

Bhala kwidayari ngosuku ozizwe ngalo ujabbile. Chaza ukuthi yini ekwenze wajabha.

Dayari ethandekayo



Izinto engizithandayo

Masibale

Tshela iqembu lakho ukuthi yimuphi umsebenzi ojabulela kakhulu ukuwenza,
bese ubhala amagama emisebenzi ezikheleni ozinikiwe.





ENGIJABULELA UKUKWENZA







Masibhale

Manje sebenzisa amagama owabhale ezikhali ukubhala isigaba ngalokho ojabulela ukukwenza nokuthi kungani ukujabulela ukwenza le misebenzi.

Engijabula kakhulu uma ngikwenza



Masenze loku

Sebenzisa inhlama yokudlala ukubumba ubuso obujabulile nobuso obudangele.



Masixoxe

Buza abangani bakho aba-5 ngalokho abathanda ukukwenza. Hlikihla ngombala esikhali esifanele ngaso sonke isikhathi lapho besho umsebenzi abawuthandayo.



5					
4					
3					
2					
1					
	Ukucula	Ukufunda	Ukupenda	Umdlalo	Izibalo



Yimuphi umsebenzi othandwa kakhulu?



7

Imizwa

IThemu I – ISonto 4 – Ikhasi Lokusebenza

Masixoxe

Bheka lezi zithombe bese usho ukuthi ungazisiza kanjani lezi zingane ukuthi zenze into efanele. Beka uphawu (✓) eduze kwempendulo efanele.

	Awukwazi yini ukubheka lapho uya khona? O! Nxese! Awuthi ngikusize ukucosha lokhu!
	Ohho! Nanti ibhola lakho! Hamba uyodlalela kwenye indawo!
	Okwami lokhu futhi ngeke ngikuphe. Woza khona sizohlukaniselana ngoshokoledi.



Masibhale

Benzani abangani abalungile?



Uma ngenza
okungalungile,
ngiyaxolisa.

Uma ngibona
abangani bami
bexakekile,
ngiyabasiza.



Usuku:

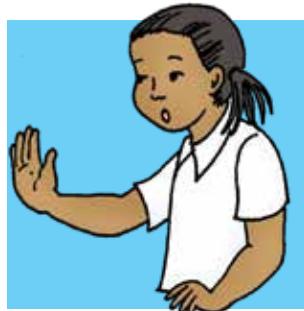


Bhala okunye oku-4 abangani abalungile abakwenzayo.



Masixoxe

Buka lezi zithombe. Khuluma ngalokho okubona esithombeni ngasinye.
Khetha sibe sinye usidlale njengomdlalo ukhombise okwenzekayo.



Manje bhala umdlalo ngesithombe osikhethile. Gcwalisa amagama abalingiswa kwikholamu lokuqala.



Masiphumele ngaphandle

Zama ukwenza okulandelayo.

- Gijima uzungeze inkundla. Uma uthisha wakho ethi "shintsha", jika bese ujijima ubheke ngakolunye uhlangothi.
- Manje shaya ibhola phansi futhi uhambe ubheke phambili.

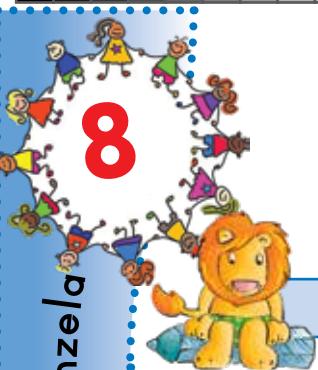




8

Ithemu I – ISonto 4 – Ikhasi Lokusebenzela

Ngiyazihlola



Beka uphawu (✓) noma (✗) eduze kwempendulo efanele.

Yisho ukuthi wena unjani

Ngingumngani olungile.

Ngiyabakhathalela abangani bami.

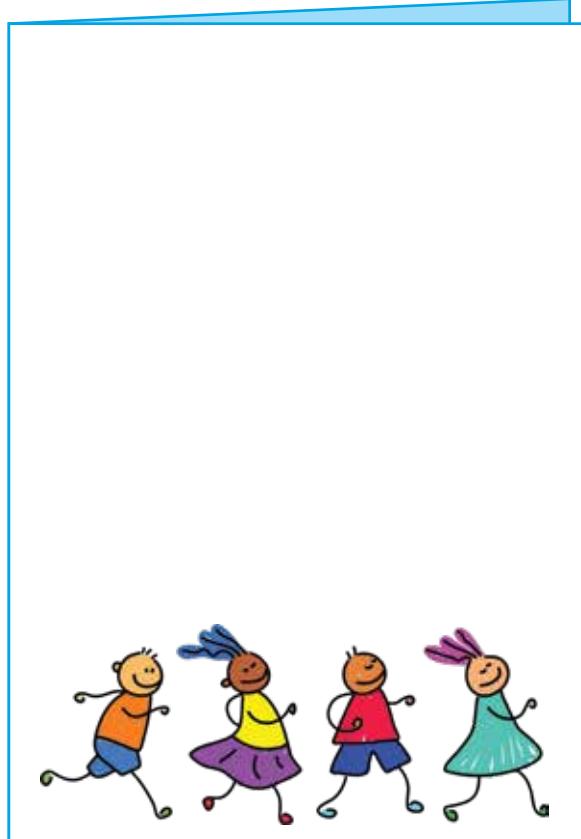
Nginobungani ezinganeni engifunda nazo.

Izingane eziningi ekilasini lami ziyangithanda.

Ngikhuluma kahle nabanyeabantu.



Yenzela umuntu omthandayo ikhadi. Dweba isithombe ngemuva kwekhadi bese ubhala umyalezo ngaphakathi.



Usuku:

16



Masibhale

Dweba isithombe sabangani bakho noma sikathisha noma selungu lomndeni elibalulekile kuwena. Bhala amagama abo.



★ Abantu ababalulekile empilweni yami

(Handwriting practice area)



(Handwriting practice area)



Manje bhala incazelo yala bantu nokuthi kungani ucabanga ukuthi bakhethekile.

(Handwriting practice area)

(Handwriting practice area)





9

Ezempilo nosizo lokuqala

11hemu 1 – IS onto 5 – Ikhasi Lokusebenzela

Masixoxe

Xoxa ngalokho okwenzeka kulesi sithombe.



Wake waba nomongozima?
Kufanele wenzeni uma uqala ukuphuma umongozima?

Okufanele ukwenze uma uphuma umongozima

1

Hlalela maphambili ugobise ikhanda.

2

Vala amakhala akho imizuzu emibili bese uphefumula ngomlomo.

3

Beka into ebandayo ngemuva emqaleni wakho njengethawula elimanzi noma iqhwa elembozwe ngethawula.

4

Ungafinyi uma umongozima usumile ukuphuma.

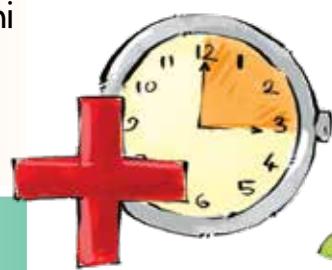
5

Uma ukopha kunganqamuki emizuzwini eyi-15, kufanele ubone udukotela noma umhlengikazi.

Ingabe uyalazi ukuthi lihlala kuphi ibhokisi lesikole sakho losizo lokuqala? Yisho ukuthi lihlala kuphi. Lihlala

Yehlisa umoya.

Asikho isidingo sokutatazela.
Ukhumbule ukuthi akufanele uthinte igazi lomunye umuntu.





Ukusikeka



Masifunde

Asikwazi ukuwabona amagciwane kodwa wona agcwele yonke indawo. Uma kwenzeka sizisika kufanele sigcine isilonda sihlanzekile ukuze singangenwa amagciwane.



Masixoxe

Chazela abangani bakho ukuthi ihlanzia kanjani ingozi yokusikeka. Batshengise ukuthi kwenziwa kanjani.



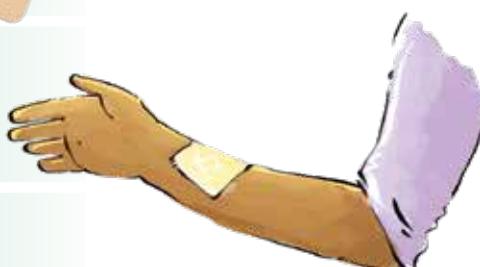
Indlela okuvinjelwa ngayo ukopha kolimele

Ungalingi uthinte igazi lomunye umuntu.

Uma usiza umuntu olimele ubohlala njalo ufake amaglavu.



Nqamula ukopha ngokuphakamisa ingalo ibe ngenhla kwenhlizayo.



Zama ukumisa ukopha ngokubopha inxeba ngebhandishi elihlanzekile.

Uma inxeba lijulile futhi liqhubeka nokopha, kufanele ubone udokotela noma uye emtholampi.

Bheka ukuthi iyiphi inombolo yocingo oluphuthumayo ongayishayela.

Inombolo yocingo: _____





10

Ithemu I – ISonto 5 – Ikhäsl Lokusebenza

Ukusha



Uma uthinta into eshisayo, uzokusha.

Kufanele wenzeni uma kuba khona umuntu oshayo?

Masifunde



Vulela amanzi abandayo lapho eshe khona imizuzu engaba yi-10.
Lokhu kusiza ukupholisa isikhumba.



Qaqha amabhandishi abophe isilonda sokusha. Uma indwangu
inamathele esikhumbeni, ungayisusi.



Kuyeke ukusha kuvulekile uqaphele ukuthi akubi sesimweni esibi.



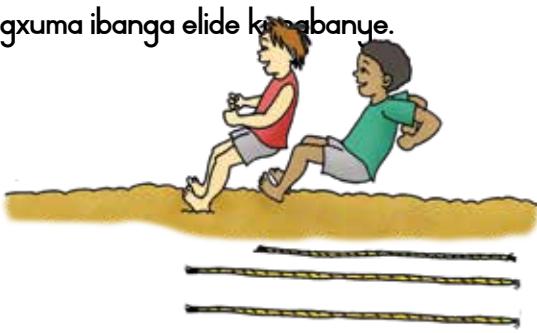
Uma isilonda sokusha sijule noma sisikhulu ukudlula intende yesandla
sakho kumele ubonane nodokotela masinyane.



Masiphumele ngaphandle

Gxumela phambili ibanga elide. Thatha izinti ezintathu
noma izintambo ezintathu. Emva kokugxuma phakathi
kwazo, vula izikhala ezibanzi wenzeli ukuzehlukanisa
ukubona ukuthi ubani ogxuma ibanga elide kienabanye.

Beka uphawu lokuthi ujomba
ubude obungakanani.



Bheka ukuthi angakwazi
yini umngani wakho
ukujomba akudlule.



Masiphumele ngaphandle



Yenza ibhala.

Shintshanana nomngani
wakho ngokuba yibhala.



Shintshanana ngokushwiba
ingqathu ukuze abangane
bakho nabo bagxume.



Masixoxe

Kwenzekani kulesi sithombe?

Yikuphi okunye okungenza ukuba abantu bashe?

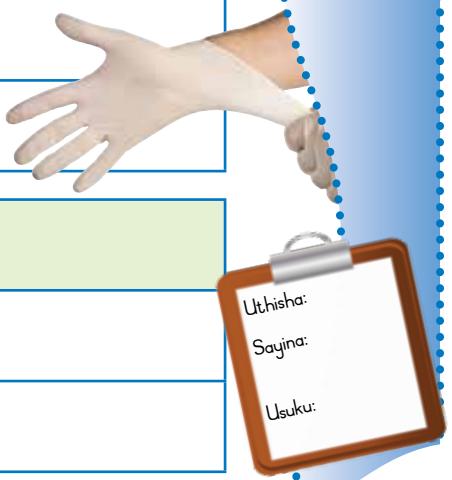


Bhala phansi imithetho ebalulekile uma kufanele usize:

Ukopha kwamakhala / Umongozima

Ukusikeka

Ukusha





11

Ukugcina umzimba uphephile

IThemu I – ISonto 6 – Ikhasi Lokusebenza



Masixoxe

Kufanele sinakekele imizimba yethu.

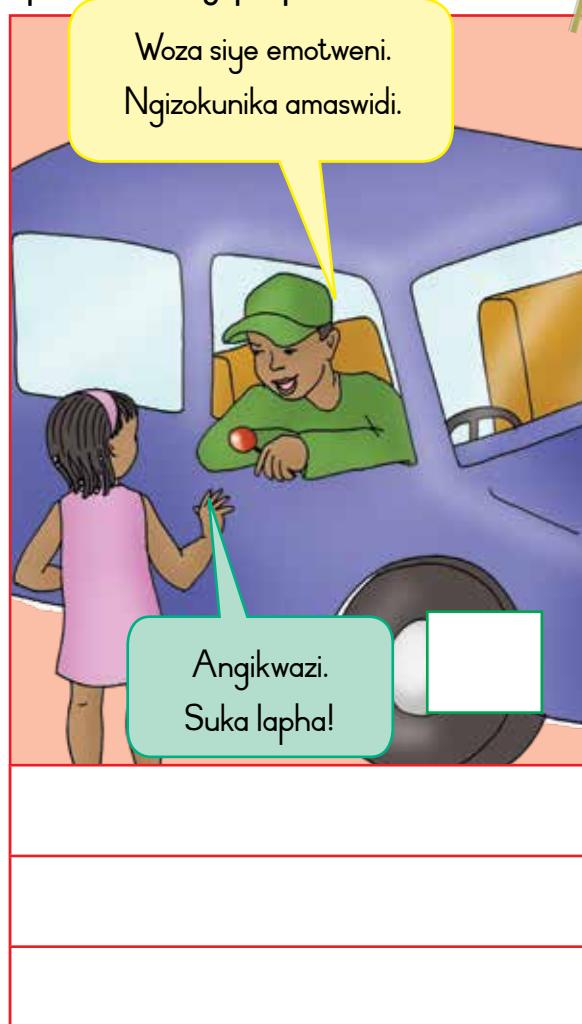
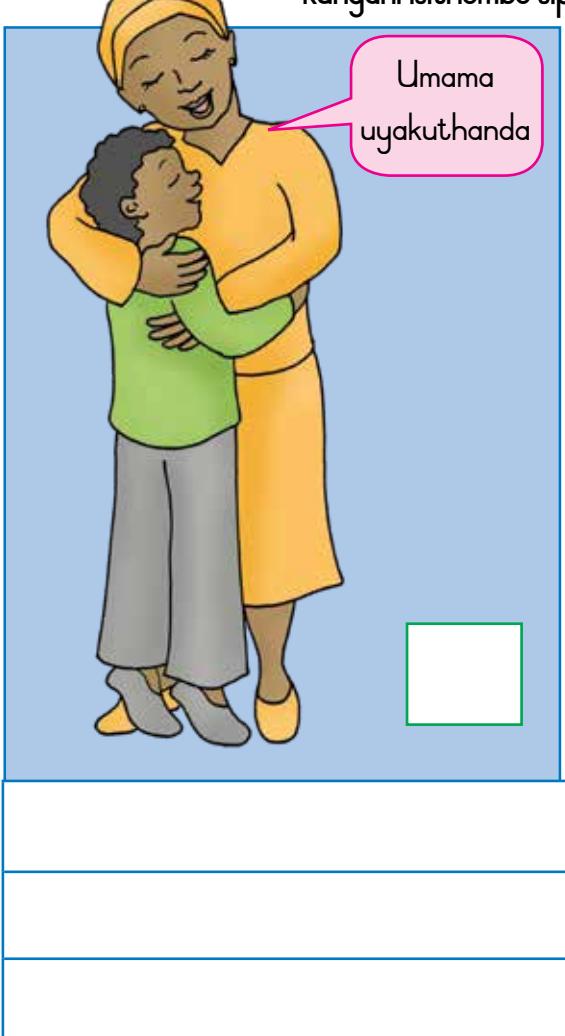
Siba nomuzwa wokuvuma uma sithanda
okuthile futhi sifuna kuqhubeke.

Bese siba nomuzwa wokunqaba uma okuthile
kungasijabulisi futhi sifuna kume kungaqhubeke.



Masibhale

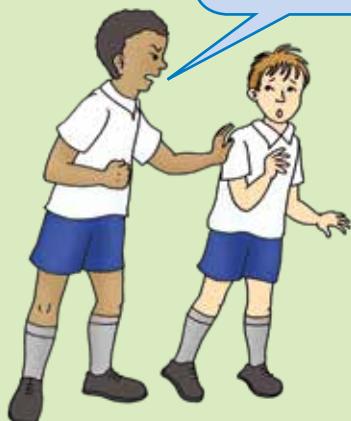
Beka uphawu ✓ uma isithombe sibonisa umsebenzi wezokuphepha noma
ubeke uphawu ✗ uma isithombe sibonisa umsebenzi ongenakuphepha.
Manje bhala umusho ngezansi kwesithombe ngasinye ukusho ukuthi
kungani isithombe siphephile noma singaphephile.



Usuku:



Angikuthandi.



Manje sewumuhle.



Ukuthi cha

Akuvamile ukuba lula ukuthi cha. Kodwa kufanele uthi cha uma omunye umuntu ekwenza ungakhululeki.

Uma kukhona umuntu owenza ube nomuzwa wokunqaba futhi ekwenza ungakhululeki, khulumisana nomuntu omdala omethembayo ngalokhu.



Masibhale

Khetha abantu aba-3 obathembayo bese uchaza ukuthi kungani ubathemba.



Bhala phansi uchaze ukuthi ungambikela kanjani umuntu omethembayo ngento embi ekwehlele.



Ukuzinakekela

Bhekisa lezi zithombe. Bheka ukuthi ungakwazi yini ukuxoxa ngendaba ekulesi sithombe. Cewalisa ibhamuza lokugcina lenkulumo.

Masixoxe

Woza, ngizokuyisa esitolo.



.....
.....
.....
.....
.....
.....
.....



Chaza ukuthi intombazana yaphatheka kanjani, yenzani, nokuthi ungenzanjani uma ungaba sesimweni esifanayo.

Usuku:



Masibhale

Bhala imithetho emihlanu yokuphepha,
iqale yonke ngokuthi:

Abantwana akumele nakanye ...



Masenze loku

Yenza imaski ukutshengisa imizwa yakho.

Uthanda ukuthi imaski yakho ikhombise miphini imizwa?

Dweba ephepheni.

Sika.

Sika amehlo.

Hlobisa ngephepha elimibalabala.



Masiphule ngaphandle

Zilungiselele umjaho.

Guqa endaweni efanele yokuqala.

Lalela uma uthisa ethi:

"Guqani! Lindani! Sukani-ke!"

Bese ubeka into ezophazamisa endleleni.



Uthisha:
Sayina:
Usuku:



13

Ukugcina umzimba wami uphilile

IThemeu I – ISonto 7 – Ikhasi Lokusebenza



Masixoxe

Sonke sifanele ukugcina imizimba yethu iphile kahle.

Yini eyenziwa yilezi zingane ukugcina imizimba yazo isesimweni esifanele?



Yiziphi ezinye zezinto ezingenampilo ezenziwa ngabantu?

Uthi bewazi nje ukuthi ukubhema kuyinto embi emizimbeni yethu?

Uthi bewazi ukuthi uma umuntu ebhema kwakho nawe akuwulungele umzimba wakho?

Kujilimaza kanjani imizimba yethu ukubhema?



Masibhale

Beka uphawu ✓ eduze kwesitatemende ukutshengisa ukuthi yikuphi okuyiqiniso nophawu ✗ ukutshengisa ukuthi yikuphi okungesilo iqiniso.

	Ugwayi unambitheka kamnandi
	Uma ngihlala eduze komuntu obhemayo lokhu kungalimaza umzimba wami.
	Ukubhema kungenza amazinyo akho abe phuzi.
	Ukubhema kudala izifo zomlomo.
	Ungazithola unokukhwehlela okubi uma ubhema.
	Ukubhema kudala isifo somdlavuza.



Imithetho yezempilo

Kufanele ngixubhe amazinyo ami emva kokudla nangaphambili kokuba ngilale. Kufanele ngikame izinwele zami ngaphambi kokuya esikoleni.



Kumele ngigcine izinziphlo zami zimfushane futhi zihlanzekile. Kufanele ngigeze izandla emva kokuya endlini encane nangaphambili kokuthinta ukudla. Kufanele ngilahle amathishu angcolile emgqonyeni wezibi.



Ukuzijabulisa

Kufanele bagqokeni ukuzivikela? Qondanisa izithombe ngokudweba umugqa usuke ezithombeni ezisohlwini olungenhla uye ezithombeni ezifanele ohlwini lwezithombe ezingezansi.

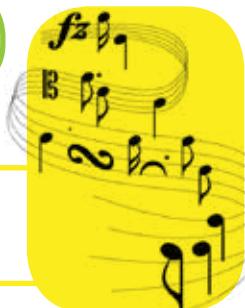


Ukuzijabulisa



Yiba nomdlandla udlale umdlalo wekhilikithi.

Uthisha wakho uzodlala umculo. Wulalele bese ngemva kwalokho udlala isiqqi somculo ngomunwe edeskini lakho.



Uthisha:
Sayina:
Usuku:



14

IThemu I – ISonto 7 – Ikhasi Lokusebenza

Amalungelo kanye nokulindeleke kimi



Masifunde

Ngesinye isikhathi izingane kufanele zisize iminden i yazo emisebenzini yasekhaya.

Kodwa akufanele ukuba izingane zisebenze kanzima njengabantu abadala.

Izingane kufanele zibe nesikhathi sokudlala nokuya esikoleni.



Buka lezi zithombe. Beka uphawu ✓ emisebenzi elungele izingane.

Bhala umusho ngezansi kwesithombe ngasinye bese usho ukuthi kungani ucabanga ukuthi umsebenzi uzelungele noma awuzelungele izingane.



UZinhle udayisa izitshalo usuku lonke,
akakwazi ukuya esikoleni.



ULungi uchelela ingadi yezitshalo
ngemuva kwesikole.



UThemba uthwala izitini ngoba
usebenzela umakhi.

UJabu noBongi basiza
ngokugeza izitsha.



Masixoxe

Yimiphi imisebenzi oyenza ekhaya?

Yiziphi izinto ozenza esikoleni ukusiza uthisha wakho?



Masiphumele ngaphandle

Yenza umdlalo wokulingisa ngaphandle
kokukhuluma kube wumdlalo olingisa ukwenza
imisebenzi eyehlukahlukene. Iqembu lakho kumele
liqagele ukuthi wenza msebenzi muni.

Hlanganansi
imilenze
ngentambo,
bese nigijima.



Zilolonge ngokukhahlela
ibhola lezinyawo. Bheka
ukuthi ungalikhahlela
ibanga elingakanani
ibhola.



Amalungelo kanye nokulindeleke kimi

IThemu 1 – ISonto 8 – Ikhasi Lokusebenzela



Masixoxe

Tshela umngani wakho ukuthi lezi zingane zephula miphi imithetho.

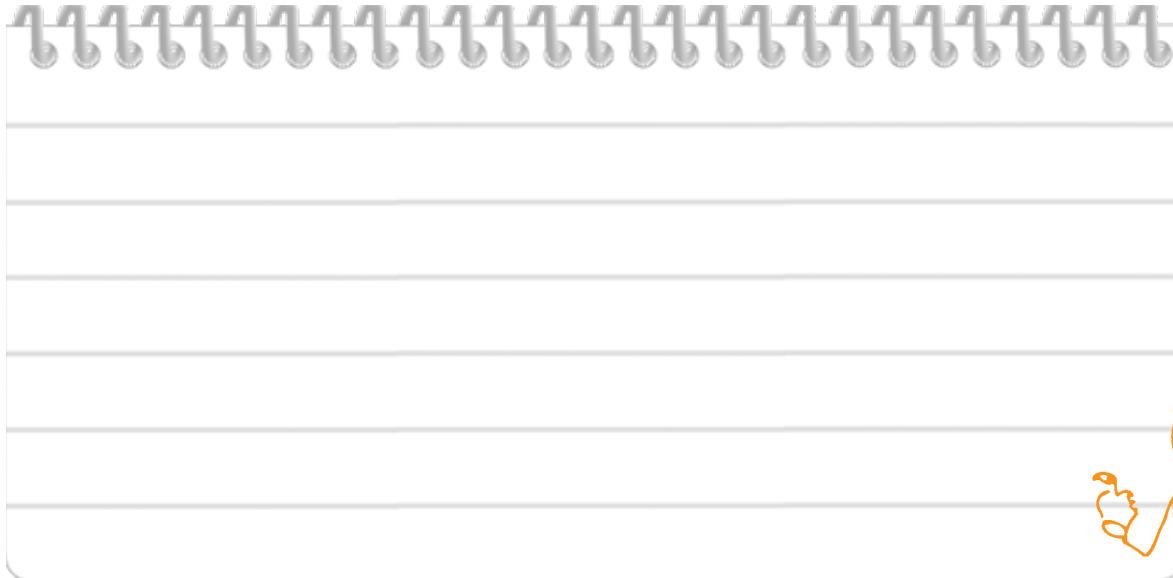


Zonke izikole zinemithetho
ukuze zihambise ngendlela
efanele. Igumbi
lokufundela ngalinye
linemithetho okufanele
ilandelwe.



Masibhale

Bhala imithetho emine yekilasi lakho.



Masixoxe

Funda lawa malungelo nokulindekile bese uxoxa nomngani wakho ukuthi kusho ukuthini ngakunye.

AMALUNGELO KANYE NOKULINDELEKILE ENTSHENI

YASENINGIZIMU AFRIKA

Ilungelo lokulingana Phatha bonke abantu ngokufanayo nangokwamukeleko. Ungacwasi.	Isithunzi sobuntu Kumele uhloniphe wonke umuntu. Yiba nomusa ube nokunakekela.	Ilungelo lokuphila Impilo ibalulekile. Hlonipha konke okuphilayo.	Umndeni Hlonipha abazali abakho. Yiba nomusa wethembeke emalungwini omndeni.
Imfundu Iya esikoleni ufunde futhi, usebenze kanzima ekufundeni kwakho. Hlonipha imithetho yesikole.	Ilungelo lokusebenza Siza umndeni wakho ekhaya ngayo yonke imisebenzi. Abantwana kumele bavikeleko ekusethenzisweni bebancane.	Ilungelo lokukhululeka nokuvikeleka Ungalimazi, ungahlukumezi kumbe wesabise abanye abantu, ungabavumeli nabanye abantu ukuthi bakwenze lokhu. Xazulula ingxabano ngokuthula.	Ilungelo lobunini-mpahla Hlonipha impahla yabanye abantu. Ungalimazi impahla futhi ungantshontshi.
Ilungelo leNkolo, ukuKhola wa neMibono Hlonipha inkolo nemibono yabanye abantu.	Ukuphepha Vikela umhlaba. Ungasaphazi amanzi umoshe ugesi. Vikela izilwane nezithalo. Gcina ikhaya lakho namakhaya omphakathi ehlanzekile futhi ephephile.	Ilungelo lokuba yisakhamuzi Yiba yisakhamuzi saseNingizimu Afrika esethembekile. Hlonipha imithetho, uqiniseke ukuthi nabanye abantu benza kanjalo.	Ukukhuluma ngokukhululeka Ungawandisi amanga nenzondo. Qiniseka ukuthi abanye bantu abedelelwaa, ayilinyazwa futhi imizwa yabo.
			<p>Uthisha: Sayina: Usuku:</p>

Izinsuku zenkolo nezinye ezibalulekile

IThemba – ISonto 8 – Ikhasi Lokusebenzela



Masixoxe

Khetha eyodwa yezinkolo ezintathu. Thola ulwazi olwanele ngayo. Lungisa ingxoxo ozoyenza eklasini. Uzame futhi nokuletha izincwadi noma izithombe ukuchaza ingxoxo yakho.



amaHindu



ama-Islamu



Inkolo yobuJuda



amaKhrestu

Kufanele sihloniphe abantu bezinkolo ezahlukahlukene.

Iyiphi inkolo yakho?

Iyiphi inkolo yomngani wakho omkhulu?

Usuku:



16b



Masibhale

Ngiyazihlola



Gcwalisa lolu qwembe ngawe.

Ithemu I – Isonto 8 – Ikhassi Lokusebenzela

Igama lami

Isibongo sami

Usuku lwami lokuzalwa

Ibanga lami lesikole

Isikole sami

Inombolo yami yocingo

Ikheli lami

Inombolo ephuthumayo

Umdlalo engiwuthandayo

Umbala engiwuthandayo

Umngani wami omkhulu

Okungijabulisayo

Okungijabhisayo

Okungicasulayo

Engikwazi ukukwenza kahle

Uthisha:
Sayina:
Usuku:



Masixoxe

Ukudla ngendlela enempilo

Buka ukudla ngakunye kula maqoqo bese ukhuluma nomngani wakho ngalokhu okulandelayo:
Yikuphi ukudla okuseqoqweni ngalinye?
Kungani iqoqo ngalinye lokudla liyimpilo kithi?

Amaphrotheni

Amaphrotheni akha izicubu zomzimba yethu ukuze imizimba yethu ikhule.



Amavithamini

Amavithamini kanye namaminerali kusiza imizimba yethu ukuthi ilwe nezifo futhi ihlale iphilile.



Masiphumele ngaphandle

Cela uthisha wakho ukuthi akukhombise ukudlala umdlalo wokudlulisa umlayezo (broken telephone)

Emva kwalokhu zilolonge ngokuphonsa ibhola.



Amakhabhohayidrethi

Lezi zinhlobo zokudla
zisinika amandla.



Masibhale

Yenza uhlu lwakho konke ukudla okudle izolo. Ohlwini lokugcina, shono ukuthi ukudla kungabe kungamaprotheni, amakhabhohayidrethi, izithelo noma izitshalo.

Imikhiqizo yobisi

Imikhiqizo yobisi yenza amathambo ethu aqine ikakhulukazi uma sisebancane amathambo ethu esakhula.

Ukudla engikudle izolo

Ukudla engikudle izolo	Uhlobo lokudla



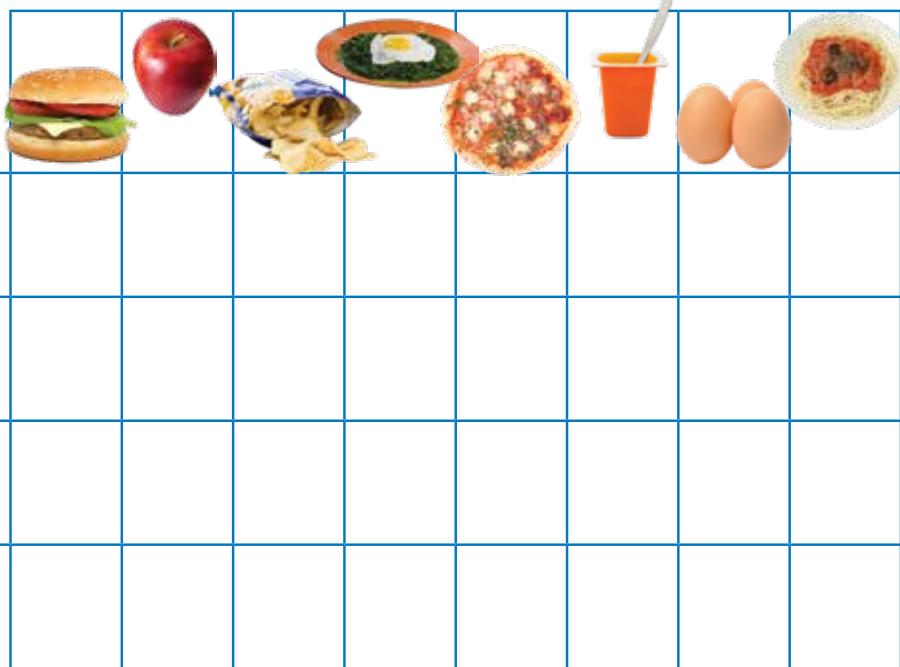
Izindlela esidla ngazo



Masixoxe

Buza abangani bakho ukuthi badlani. Kubuke lokho kudla okwehlukahlukene bese ubeka uphawu (✓) kulokho okuthandayo, ubeka uphawu (✗) kulokho kudla ongakuthandi.

Gcwalisa amagama
amalungu eqembu
labangani bakho.



Masibhale

Buka ithebula oligcwalisile bese uphendula imibuzo elandelayo.

Yikuphi ukudla abangakuthandi kahle abangani bakho?

Ucabanga ukuthi abangani bakho badla ngendlela enempilo?

Ukusho ngani lokho?

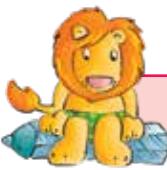


Masizijabulise

Cela uthisha wakho ukuba akubonise ukuthi ungawudlala kanjani umdlalo wokudlulisa umyalezo (broken telephone)

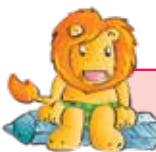


Usuku:



Masibhale

Yenza uhla lwezinhlubo zokudla okumele
sikudle nsuku zonke.



Masibhale

Bhala indlela yokupheka ukudla
okuthanda kakhulu.

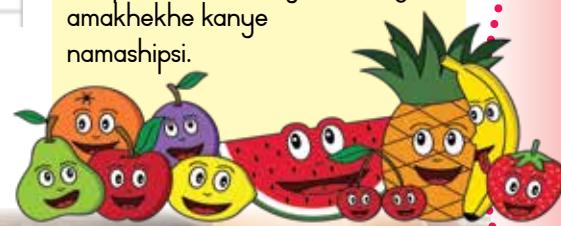
Yini esifanele ukuyigwema?

Usawoti omningi ngoba ungenza
ukuba sibe nokuphakama
komfutho wegazi uma sesibadala.

Ushukela omningi ngoba
ungasibangela isifo sikashukela
uma sesibadala.

Ushukela omningi wenza futhi
ukuba umuntu abe nesisindo
somzimba eseqile kwesifanele.

Ukuphuza unemenayidi omningi,
amakhekhe kanye
namashipsi.



Indlela yokupheka _____

Ngidingga ziphi izithako?

Kufanele ngilandeleyiphi indlela?



Uthisha:
Sayina:
Usuku:

Ukudla ngendlela enempilo

UThabo noNomsa bayo esitolo sokudla esibizwa nge-Sunshine. Badinga ukudla abazokupheka ntambama. Basize bakhe uhlu lokudla okunempilo.



Masiphumele ngaphandle

Shintshanani ngokushwiba
ingqathu ukuze abangani
bakho nabo bagxume.





Masibhale

Bhala into ngayinye ulandelise ngenani lentengo yayo ohlwini lwezinto zokuthengwa ngezansi. Bakukhokhele malini oThabo beno Nomsa ukudla abakuthengile?

UHLU LWEZINTO EZIZOTHENGWA

AMANANI



Masibhale

Kunempilo kangakanani ukudla okudlayo? Faka umbala ebusweni ngabunye obunokudla okunempilo.

Indlela engidla ngayo mina

Yebo	Cha
------	-----

Ngivame ukudlela phambi kweTV.



Ngithanda izithelo nemifino.



Ngithanda ukudla okunamafutha njengamashiphi.



Angiwathandi amanzi, ngithanda iziphuzo ezibandayo.



Angithandi ukudla imifino.



Ngikuhlafuna ngendlela efanele ukudla.



Ngidla isidlo sasekuseni ngaphambi kokuya esikoleni.



Bala imidwebo yobuso obuhlekayo obufake imibala.



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Ukudla ngendlela efanele

Lokusebenzela

IThemu 2 – ISonto 2 – Ikhasi Lokusebenzela

Usuku:

Dweba noma unamathisele izithombe zokudla lapha
ukukhombisa ukuthi yikuphi ukudla okunempilo.



Masifunde

Imithetho yokudla kahle

Hlanza izandla njalo ngaphambi kokuthinta ukudla.

Ungalingi ushiye ukudla kungamboziwe.

Akufanele udle ukudla okudala noma okubolile. Sebenzisa amakhasi emifino ukwakha imvundela yesivande.

Tshala imifino yakho.



Masenze loku

Dweba isithombe ukhombise owo dwa wemithetho.

Uthisha:
Sayina:
Usuku:

Izinambuzane



Masixoxe

Khuluma ngezingxenyé ezahlukene zomzimba wezinambuzane.

Izinambuzane zinezingxenyé ezintathu emizimbeni yazo:
ikhanda, ingenhla lomzimba kanye nengezansi lomzimba.

Zinemilenze eyisithupha kanye
nezimpondo ezimbili.



Masenze loku

Dweba umugqa usuke
kulebuli uye engxenyené
efanele yomzimba
wesinambuzane.



Ingezansi lomzimba

Umlenze

Ingenhla lomzimba

Ikhanda

Ihlo

Uphondo



Masiphumele ngaphandle

Yenza umsindo ofana nowenyosi, ndiza njengovemvane bese
ugxuma njengentothoviyane. Manje usuwulungele umdlalo
webhola lezinyawo!

Usuku:



Masibhale

Dweba umugqa ukuqondanisa igama ngalinye nesinambuzane esifanele.
Yisho ukuthi yiziphi izinambuzane eziyingozi neziwusizo.



Inyosi



Umiyane



Impukane



Intuthwane

Intethe

Uvemvane

Ibhungane

Ibhу



Masibhale

Gewalisa izikhala ngamagama
ezinambuzane ezingenhla.

zakha uju.

zidlulisa imbewu ezimbalini.

zandisa umalaleveva.

zandisa izifo.

zidla izitshalo.



Okunye ngezinambuzane



Masixoxe

Buka lezi zithombe bese uxoxela umngani wakho ukuthi kungani izinyosi ziwsizo kithina.



Izinyosi zidulisa imbewu ezimbalini. Lokhu kusiza izithelo ukuthi zikwazi ukukhula.

Izinyosi zakha uju.



Masibhale

Bhala igama lesinambuzane ngasinye esikhali esibekiwe.



Lokhu _____
kumunca inektha embalini.

_____ inemilenze yangemuva
eqinile eyenza ukuba ikwazi ukugxuma.

Usuku:



zisebenzisa

izimpondo ukudlulisa umlayezo.



luhambisa imbewu ezitshalweni.

yandisa amagciwane.



Masenze loku

Akha isinambuzane esinyakazayo.

- Sika izinambuzane
ekhasini lezinto
ezisikwayo ngemuva
encwadini.
- Kulengise lokhu
ehengeni yezingubo.



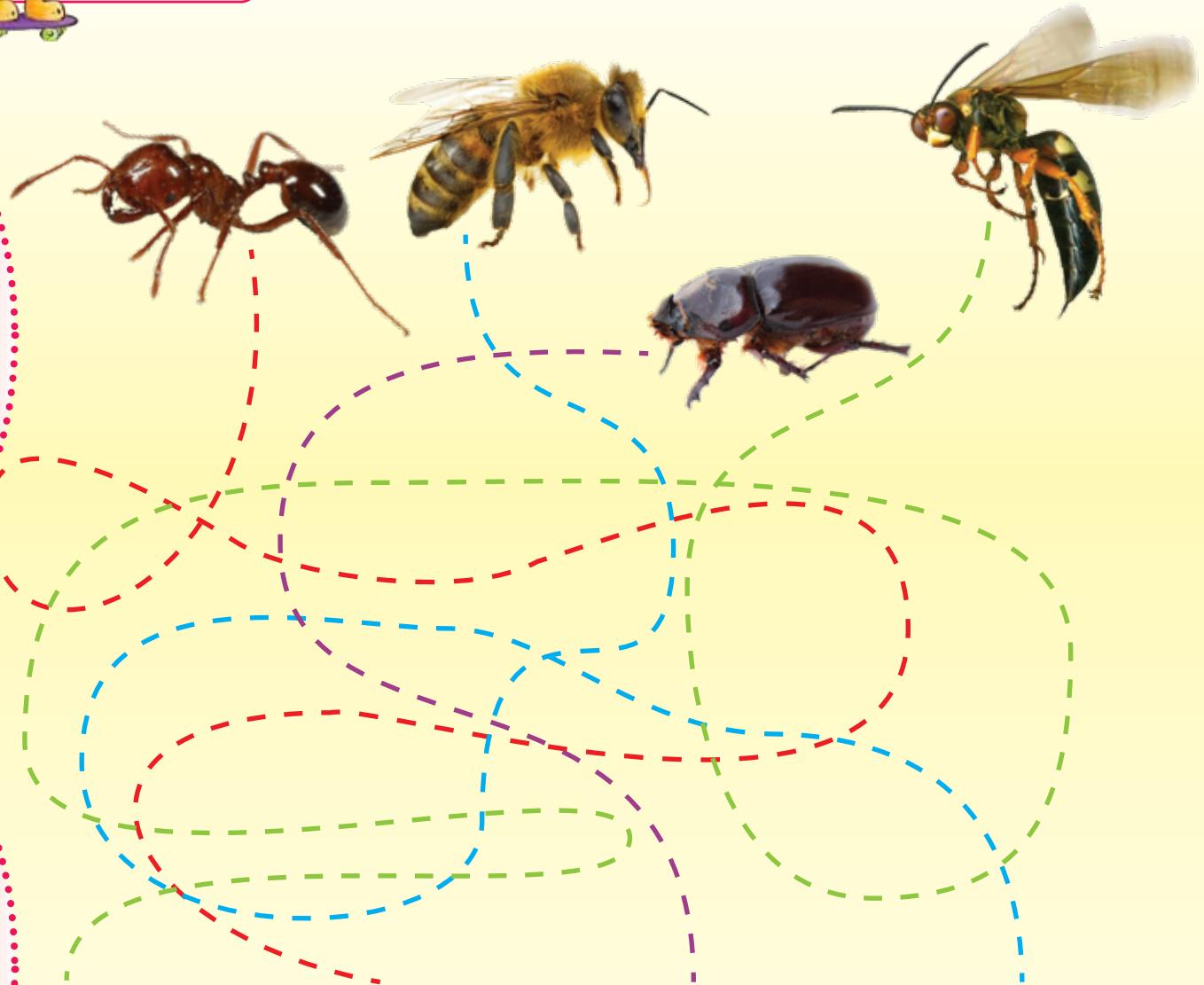
Uthisha:
Sayina:
Usuku:

Amakhaya ezinambuzane

Masenze loku

Landela intambo uze uthole ukuthi isinambuzane ngasinye sihlalaphi.

IThemu 2 – ISonto 4 – Ikhasi Lokusebenza





Masenze loku



Masibhale

Zungeza isikole uthole ukuthi kunezinhlobo
ezingaki zezinambuzane ongazithola.



Yiziphi izinambuzane ozibonile ngaphandle? Khetha esisodwa ubhale
igama laso lapha.



Luhlobo luni lokudla okudliwa yisinambuzane leso?



Kungabe lesi sinambuzane sihamba kancane noma siyashesha?

Ingabe isinambuzane sakho sinosizo na? Kungani usho njalo?

Siyingozi kanjani isinambuzane sakho? Yini ongayenza uma sikulimaza?



Ukuzijabulisa



Manje zakhele

futhi udwebe

isinambuzane

sakho bese usipha

negama.





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Ithemu 2 – ISonto 4 – Ikhasi Lokusebenzeli



Masenze loku

Khombisa izinto ozenzile

Yakha uvemvane lwakho

Uzodinga: iphepha eliwu-A4

.Amakhilayoni anamafutha

Isikele

Okokunamathisela

Okokuhlanza ipayipi

Igobolondo lephepha lasendlini
encane



Dweba uvemvane ukhombise umzimba walo ozacile omude

onezimpiko ezimbili. Hlobisa izimpiko zovemvane lwakho

ngamaphethini emibala engafani. Qiniseka ukuthi zombili
izimpiko zihlobiseke ngendlela efanayo. Sika uvemvane
lwakho ulunamathisela

egobolondweni lwephewha

lasendlini encane. Gobisa

isihlanzi sepayipi wakhe ngaso
izimpondo zovemvane.

Namathisela izimpondo
ekhanda lovemvane.





Masiphumele ngaphandle

Zama ukudlala le midlalo.



Isiteshi soku-1:

Ibhola lomnqakiswano: Gxuma njengebhola ugijime uye le nale.



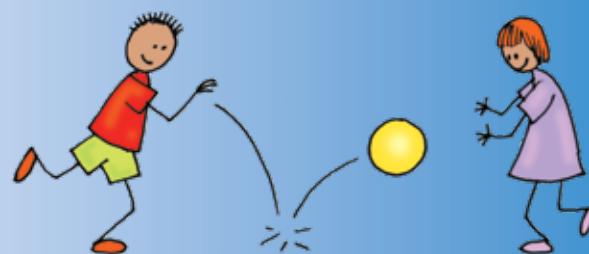
Isiteshi sesi-2:

Ihokhi: Sebenzisa induku yehokhi ukushaya ibhola uye nalo emapalini.



Isiteshi sesi-3:

Ibhola lomnqakiswano: Gxuma njengebhola uye kumngani wakho ugijima.



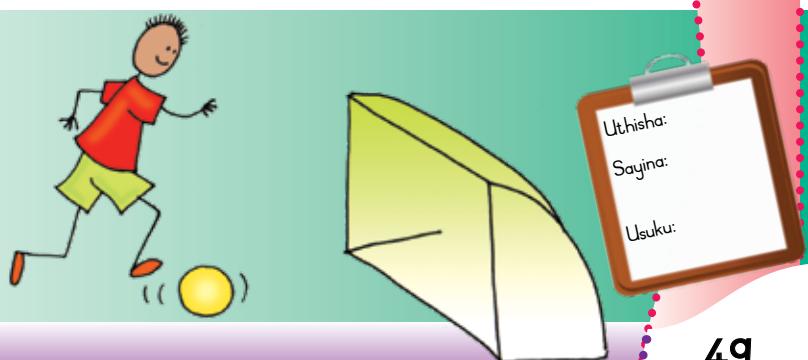
Isiteshi sesi-4:

Ibhola lombhoxo: Gijima nebholo uliphonsele omunye nomunye wenu.



Isiteshi sesi-5:

Ibhola lezinyawo: Enza sengathi udlulisa abadlali uye nebholo emapalini.





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IThemu 2 – ISonto 5 – Ikhasi Lokusebenza

Ukuguquguquka kwempilo

Ukuguquguquka kwempilo kukhombisa izigaba ezahlukene zokukhula. Izigaba zilandela indlela ethile. Buka ukuguquguquka kwempilo yesele novemvane bese ukhuluma ngezigaba ezahlukene impilo edlula kuzo.

Ukuguquguquka kwempilo yesele



Masixoxe

Buka izithombe ezilandelayo bese uxoxela umngani wakho ukuthi isele liguquguquka kanjani empilweni yalo.

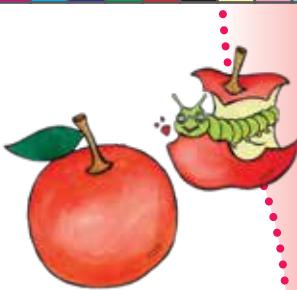
- 1 Amasele amabili ayahlangana ukuze kwakheke amaqanda.
- 2 Isele lesifazane lizalela amaqanda.
- 3 Onoshobishobi bayachanyiselwa. Unoshobishobi uba nezimbobo zokuphefumula kanye nesisila.
- 4 Unoshobishobi umila imilenze.
- 5 Umsila uyaqala ukunyamalala .
- 6 Isele eselikhulile limila amaphaphu zinyamalale nezimbobo zokuphefumula.

Usuku:

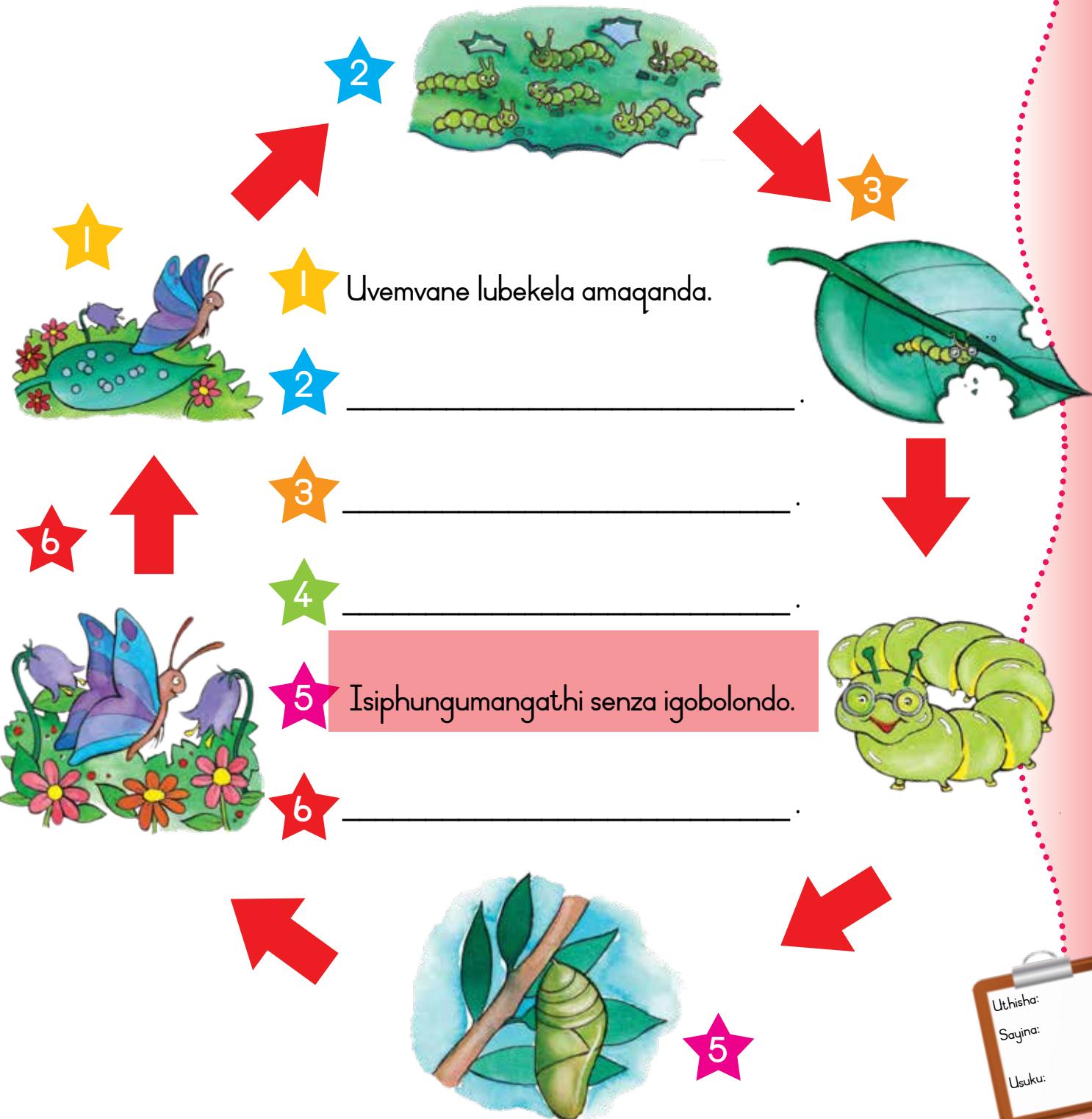


Masenze loku

Buka-ke manje izigaba zokukhula kovemvane.
Gcwalisa lokho okwenzekayo kwisimo ngasinye ezigaben
zokukhula kwayo. Sikunikezile izibonelo zezigaba ezimbili.



Ukuguquguquka kwempilo yovemvane



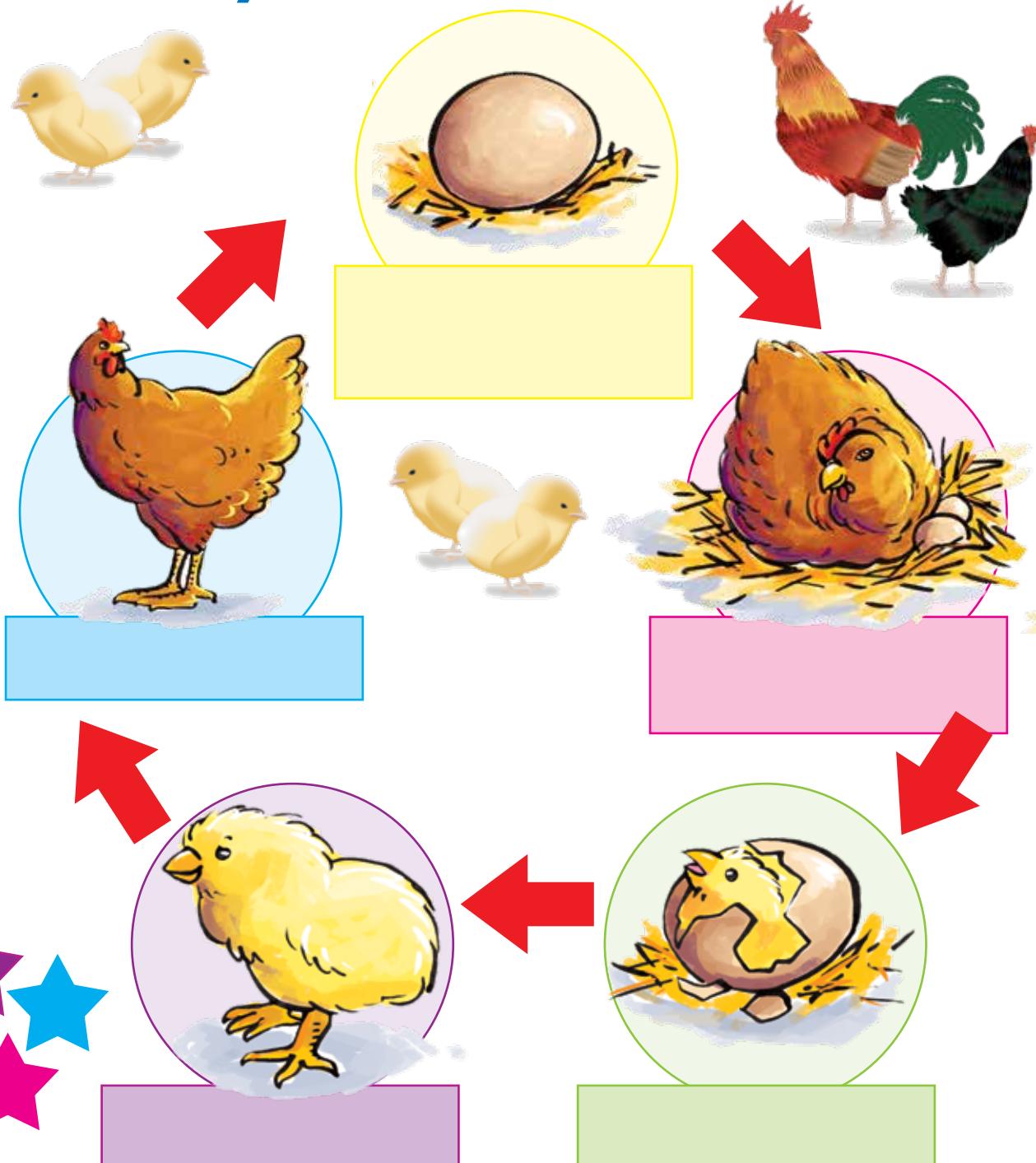


Masixoxe

Ukuguquguquka kwempilo

Buka izithombe ukhulume nomngani wakho mayelana nokuguquguquka kwempilo yechwane lenkukhu. Manje bhala usho ukuthi kwenzekani esigabeni ngasinye.

Ukuguquguquka kwempilo yechwane lenkukhu



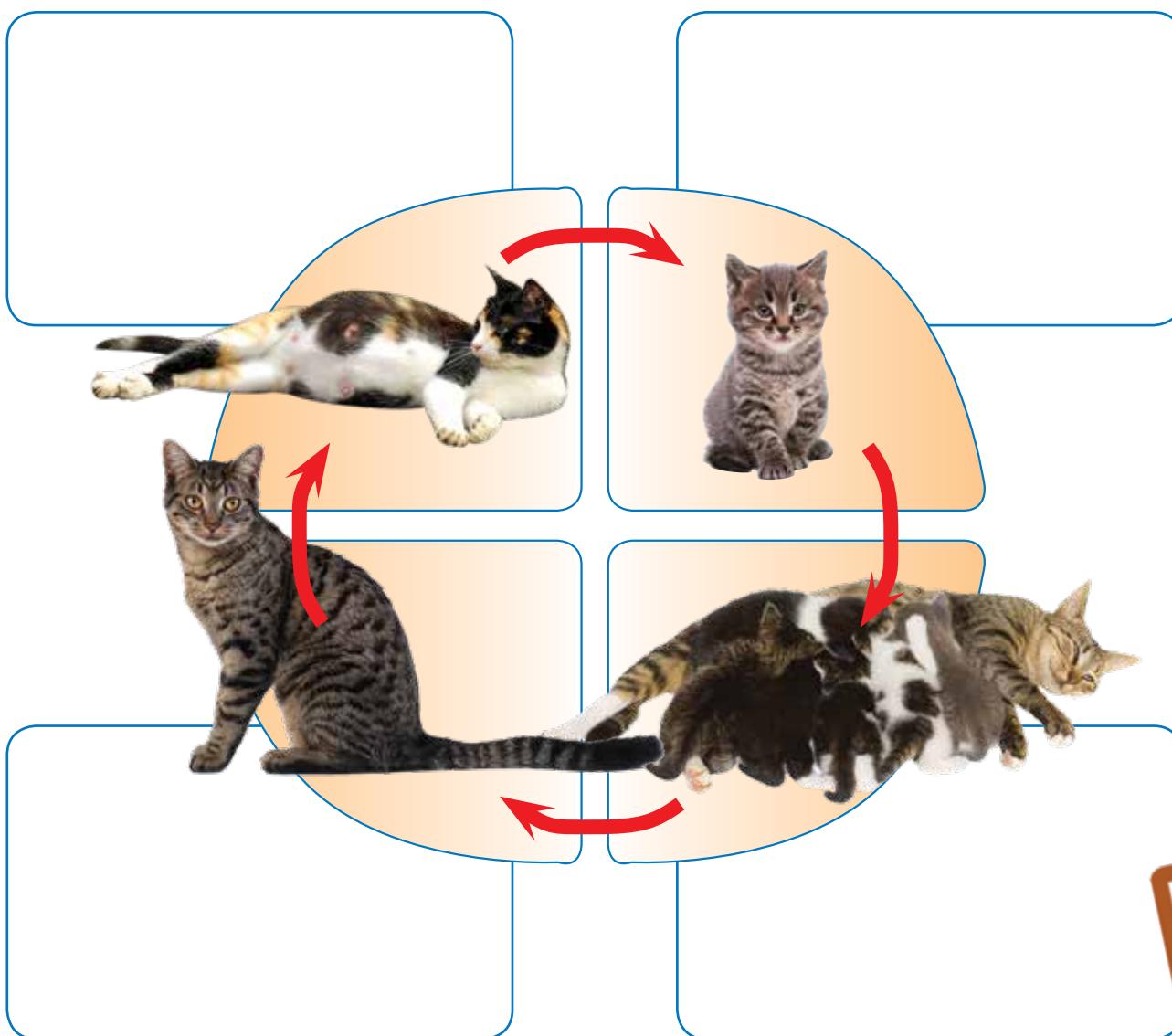


Yenza okwakho ukuguquguquka kwempilo.
Lebula isithombe ngasinye endaben i eyisondo ukuveza ukuguquguquka
kwempilo yekati. Sebenzisa izihloko ezilandelayo.

Nikeza izigaba izinombolo I – 4 bese uzisebenzisa ukwakha isondo lalezi zigaba.

	Kuzalwa ikati elincane.		Ikati elikhulile.
	Umama wekati ukhulelwa amasonto ayisi-9.		Umama wekati uyabancelisa abantwana bakhe.

Ukuguquguquka kwempilo yekati



Isilwane esingumngani wami

IThemu 2 – ISonto 6 – Ikhasi Lokusebenza

Masenze loku

Yenza imaski yesilwane sakho.

Udinga iphepha eliwu-A4

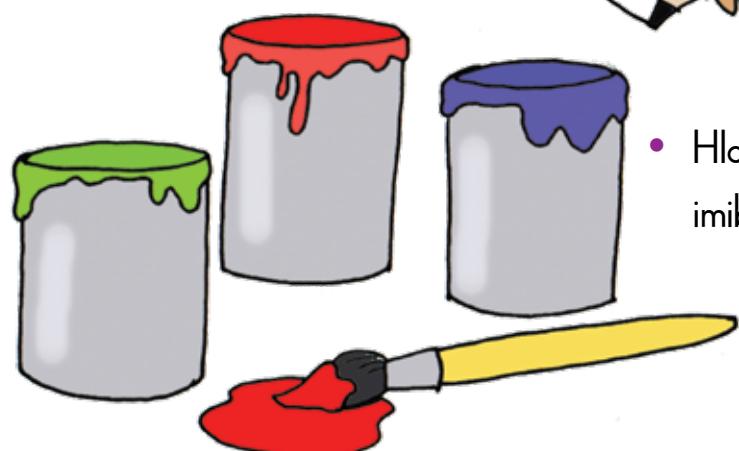
Ipensela

Upende oyimpuphu kanye namanzi

Okokuhlanza izindlebe



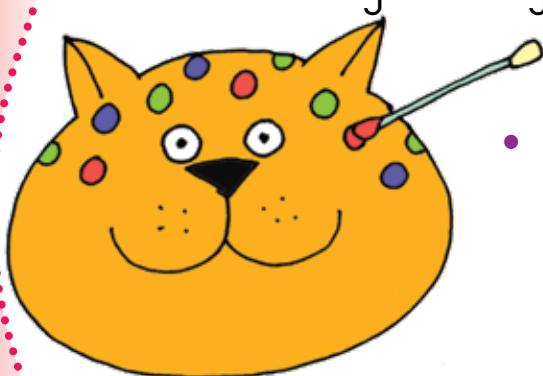
- Dweba ubuso bekati ephepheni.



- Hlanganisa uxube upende ukwenza imibala emithathu ehlukene.



- Sebenzisa lokhu esihlanza ngakho izindlebe ngombala ngamunye.



- Enza amachashazi ukuhlobisa ubuso bekati.





Masixoxe

Chazela umngani wakho ngesilwane esiwumngani
wakho noma esiwumngani womunye umuntu
omaziyo.

Yisho ukuthi udinga ukulinakekela kanjani



Masenze loku

Dweba izinto ezi-4 ozidinga ukunakekela isilwane sakho.
Sewungabhalo isihloko semidwebo yakho ngezansi.





Masixoxe

Ukunakekela izindawo zethu

Buka lawa maphosta ukhulume nabangani bakho ngokuthi amaphosta athini.

Buka ilogo yokusetshenziswa kwezinto kabusha.
Uke wayibona kuphi ilogo efana nalena?



Sicela usisebenzise kabusha!



Yenza lokhu ngaphandle

Ungawuqamba yini umdanso usebenzisa amahuphu namaribhini?





Masif unde

Yini esingayenza ukugcina izindawo zethu zihlanzekile?



Sidinga ukukhumbula izinhlamvu ezi-3 ezibalulekile okungu-**NPS**.



Nciphisa: Kumele sinciphise izinto esizilahlayo.

Phindelela: Kumele sisebenzise ngokuphindelela izinto eziningi ngaphambi kokuthi sizilahle.

Sebenzisa kabusha: Sidinga ukuthola izindlela zokuphinde sisebenzise kabusha amaphepha, amabhodlela kanye namathini / ukwakha izinto ezintsha.



Masibhale

Ethebuleni ngezansi, bhala amagama ezinto ongaphinde uzisebenzise ukwakha izinto ezintsha.

Sikwenzele isiqalo sohlu.



Sebenzisa kabusha ingilazi	Sebenzisa kabusha iplastiki	Sebenzisa kabusha amaphepha	Yenza imvundela / umquba
Amabhodlela amadala	Izikhwama zeplastiki	Amaphephanda	Amakhasi emifino



Ukuphinde usebenzise izinto ukwakha okusha

Masibhale

Dweba umugqa usuke entweni ngayinye kwesokunxele uye entweni ekwesokudla ukukhombisa ukuthi zingasetshenziswa kanjani zibe wusizo.



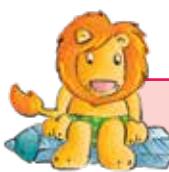
Manje zakhele futhi udwebe okuthile ongakwenza ngezinto esezike zasebenza.

Dweba isithombe sento yakho.

Igama lokuthile / lento

Yenziwe nge

Usuku:



Masibhale

Zama ukukhumbula izinto ezingenza imvundela / umquba. Bhala amagama angezansi ezikhali ukuqedela ithebula. Ungazicabangela ezinye izinto zakho uzilandelanise ngokwezikhala ezenziwe ngezansi.

amabhodlela amadala

izikhwama zeplastiki

izipikili

amathini eziphuzo

amagobolondo amaqanda

Izinto ezingaboli	Izinto ezibolayo



Masenze loku

Yenza iphosta
ukuvimbela
ukungcolisa
ngodoti.
Dweba isithombe
bese ubhala
umlayezo.



Uthisha:

Sajina:

Usuku:

30

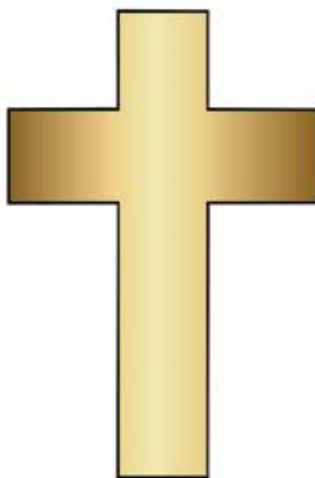
Izinsuku zenkolo nezinye ezibalulekile

Ithemu 2 – ISonto 7 – Ikhasi Lokusebenzo



Masixoxe

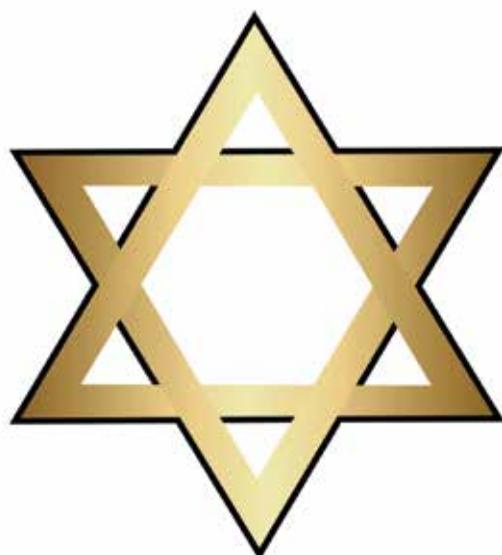
Khuluma nomngani wakho mayelana nezimpawu ezisetshenziswa yizinkolo ezithile. Yisho ukuthi yiluphi uphawu olusetshenziswa yizinkolo ezahlukene. Uma ungaluboni uphawu, ludwebe bese ukhombisa umngani wakho.



Isiphambano ngesama Khrestu.
UKhrestu owasifela ezonweni.



Inyanga ewucezu kanye nenkanyezi
wuphawu Iwama Sulumane.



Uphawu Iwama Juda yiNkanyezi
kaDavide. INkosi uDavide wayebusa
ama-Israyeli.



Olwama Hindu uphawu lubhalwe
ngolimi oludala Iwase Ndiya olwaziwa
nge-Devanagari.

60

Usuku:



Izindawo zokukhonza

31



Masenze loku

Dweba umugqa ukuqondanisa inkolo nendawo yayo yokukhonza. Bhala igama lesakhiwa ngaphansi kwesithombe ngasinye.

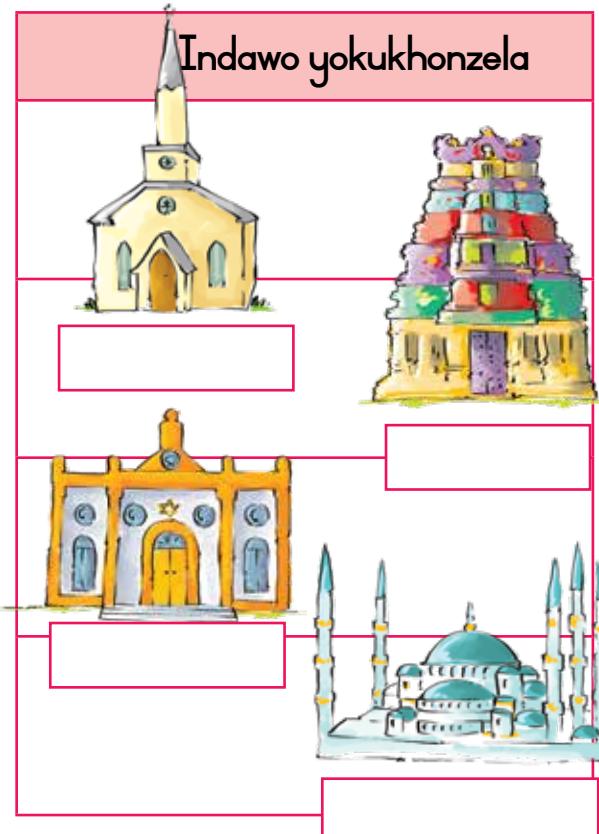
ithempeli

isinagoge

imoskhi

isonto

Inkolo
Ubu-Islamu
UbuHindu
ubuKhrestu
UbuJuda



Masenze loku

Buza abangani bakho aba-4 ukuthi yiluphi uphawu olukhombisa uhlobo lwenkolo yabo. Lubhale eduze kwegama.

Igama lomngani	Uphawu lwenkolo yakhe



Uthisha:
Sayina:
Usuku:

61



ISITIFIKETI

Sokuphothula ibanga lesi-3

Incwadi yoku-1 Amakhono Empilo

siklonyeliswa u-

Gewalisa igama lakho.

Usuku _____

Uthisha _____



Isichazamazwi sami

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Isichazamazwi sami

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x - z

