



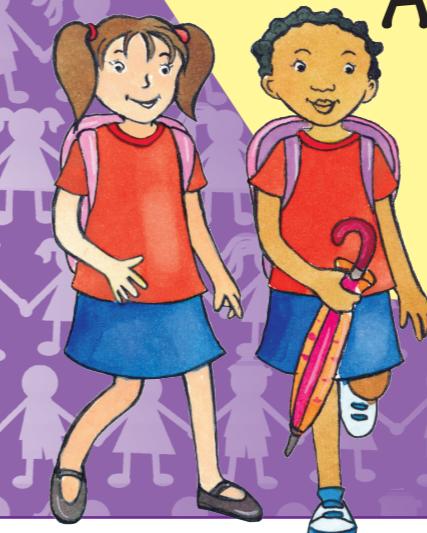
Ibuyekeziwe-  
Ihambisana  
ne-CAPS

Ibanga loku-



## Amakhono Empilo ngesiZULU

Incwadi yesi-2  
Ithemu 3 & 4



ISBN 978-1-4315-0244-8



**LIFE SKILLS IN ISIZULU  
GRADE 1 – BOOK 2**

**TERMS 3 & 4**

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UNkk Angie Motshekga,  
uNgqongqoshe weMfundu  
Eyisisekelo



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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 ziyingxenye yoMnyango weMfundu Eyisisekelo lapho uMnyango uzama khona ukungelela ukuze kuthuthukiswe imfundu yabantwana bamabanga asuka kwelokuqala 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 (am-icon) emisebenzini yokwenziwa ukuze uthisha akuthole kulula ukuyilandela nokuqonda ukuthi umfundi yini alindeleke 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 nomfundiso impumelelo ngenkathi usebenzisa lezi zincwadi.

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# Ibanga loku-

1



Amakhono Empilo  
**NGESIZULU**  
Incwadi yesi-2



Le ncwadi ngeka-:



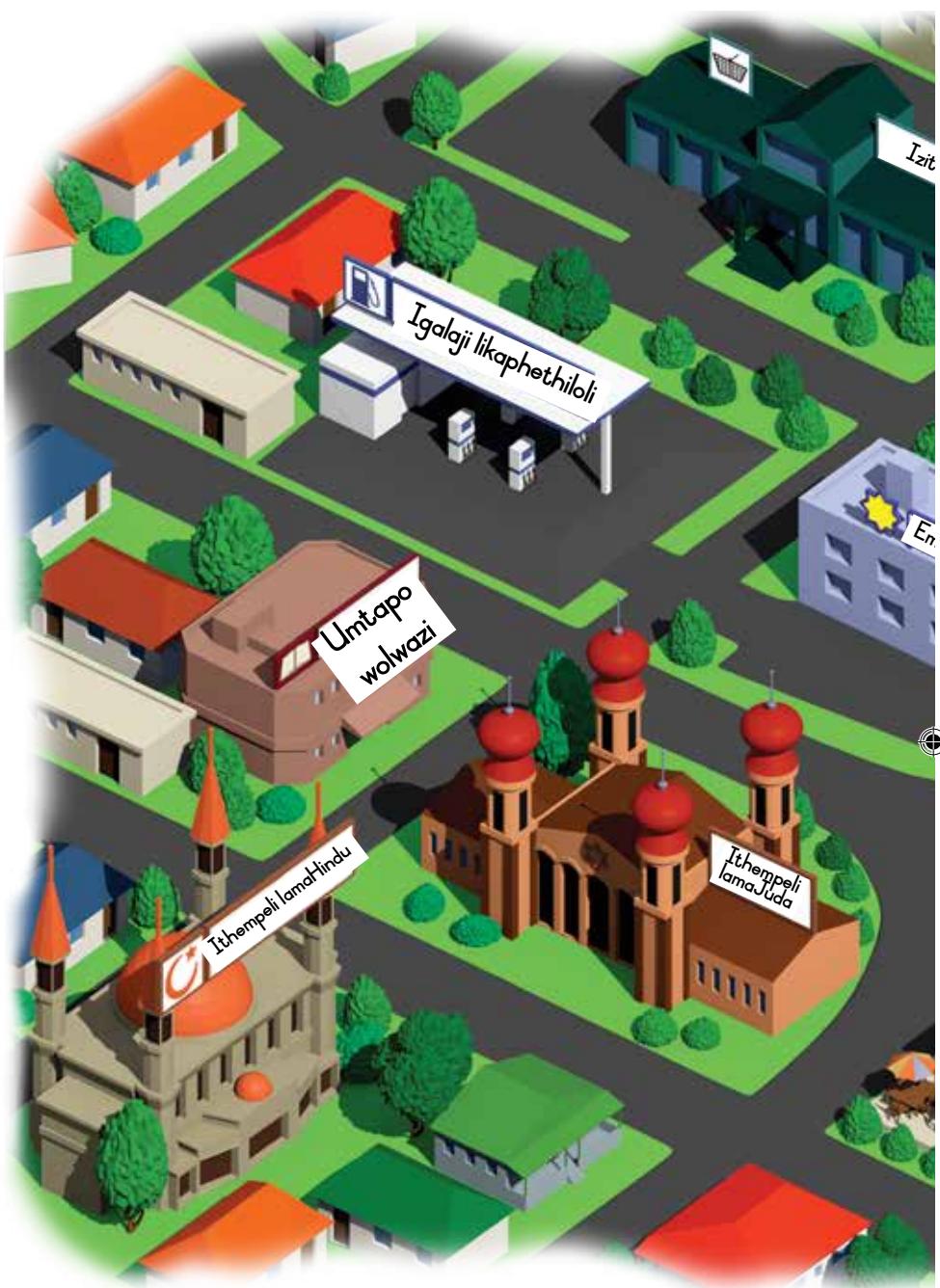
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# Izindawo zomphakathi wakithi

IThemu 3 – Amasondo /



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.



Xoxa nomngani wakho ngesithombe esikulawa makhasi amabili.

Yiziphi izindawo ozaziyo kulezi zindawo ezisesithombeni?

abantu bahlanganelu kuphi kulezi zindawo ezisesithombeni?



Usuku: .....



Masenzeni lokhu

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



Masikhulume

Xoxela umngani wakho ukuthi wawundobani nagenkathi uvakashela lezi zindawo usho ukuthi ngabe wawuwedwa yini. Shono ukuthi kungani wazivakashela.

Ingabe ucabanga ukuthi izindawo ozivakashele abantu abakhubazekile bayakwazi ukufinyelela kuzo?





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# Ukunakekelwa kwezinto zomphakathi

IThemba 3 - Amasondo /

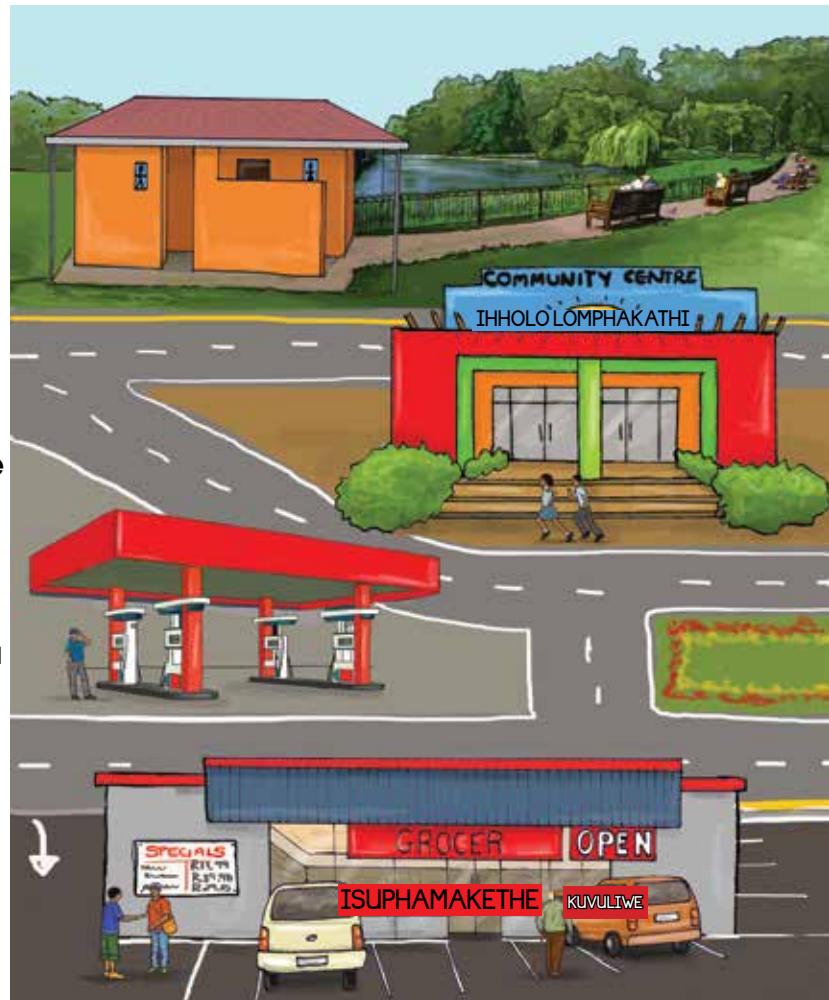


Masikhulume

Izindawo ezisemiphakathini yethu zinezinsiza ezingasetshenziswa yibo bonke abantu. Imitholampilo, izikole, izinkundla zezemidlalo kanye nezibhellela 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?
- Ukcatshangiswa yini lokho?
- Yini engenziwa ukuze umphakathi wakini nendawo yangakini kube ngcono?



Usuku: .....



### Masenzeni lokhu

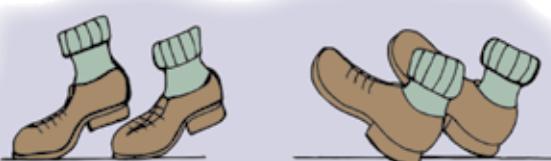
Dweba isithombe sakho  
esimibalabala esiveza wena  
usebenzisa izinto zokuthutha  
umphakathi njengesitimela,  
ibhasi noma itekisi. Veza  
ukuhlukahlukana kwabantu  
onabo kuleso sithuthi –  
abanye bahlezi phansi, abanye  
bagobile, basemqgeni noma  
balele phansi, abanye babheke  
emuva, abanye bakhulu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

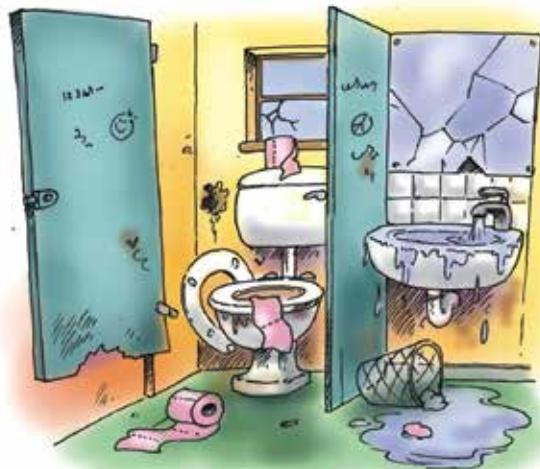
IThemba 3 - Amasonto 2



Masikhulume

Buka lezi zithombe.

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



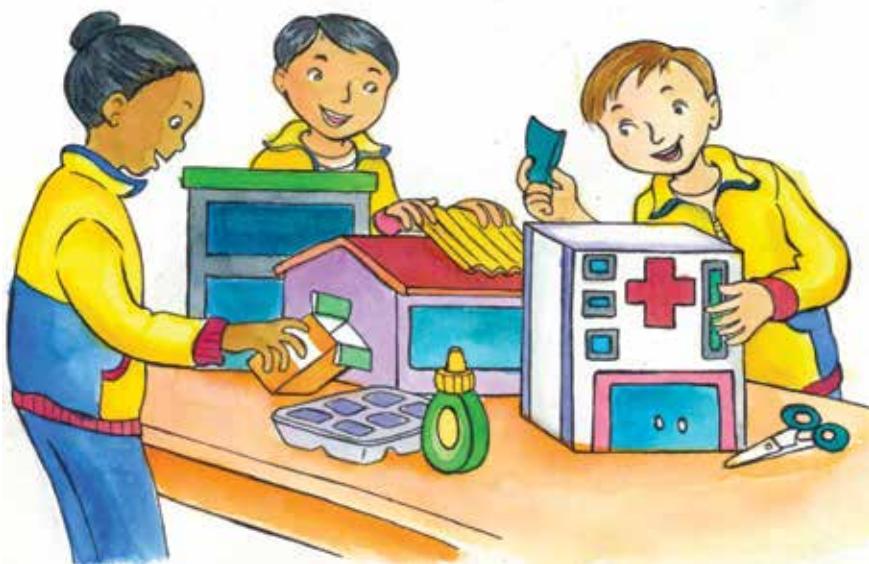


Usuku: .....



### Masenzeni lokhu

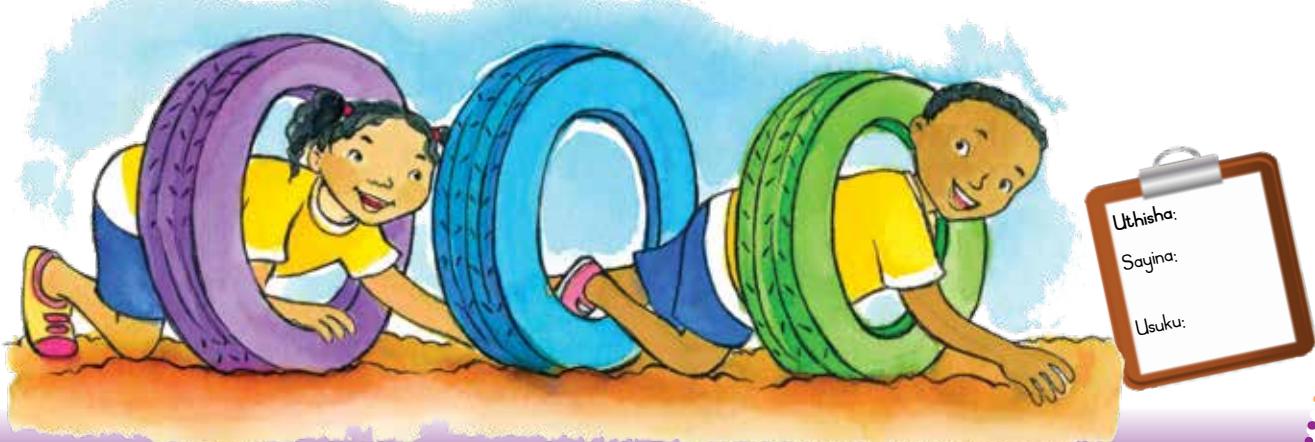
Yenza umfanekiso wesakhiwo ongasakha ngokusebenzisa izinto esezike zasebenza. Ungakha umtholampilo, umtapo wezincwadi noma isakhiwo nje somphakathi wangakini. Hlobisa isakhiwo sakho ngendlela ezokhombisa ukuthi luhlobo luni lwesakhiwo lolu olwakhile. Ningasebenza ngamaqembu.



### Masiphumele ngaphandle

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

Qaphela ungalimali.



Uthisha:

Sajina:

Usuku:



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# Abantu emphakathini wakithi

IThemu 3 - Amasondo 2



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



Umuntu osiza ukuthela uphethiloli

Umthengisi wezimbali

Umhlengikazi



Umshayeli wetekisi

Iphoyisa lomgwaqo

Udokotela



Umthengisi wezithelo

Umcishimlilo

Iphoyisa



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.

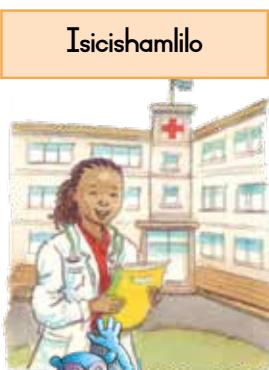
ucisha umlilo.

uyaselapha.



Masibhale

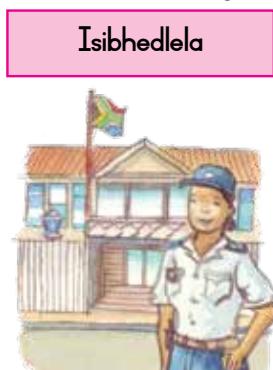
Buka lezi zithombe. Emagameni angezansi khetha igama elifanele  
isithombe ngasinye. Bhala incazelo ngezansi kwegama elifanele.  
Qhathanisa izimpendulo zakho nezomngani wakho.



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.





# Izilwane ezingabangani bethu



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



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.



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

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Usuku: .....



Masenzeni lokhu



Dweba noma yisiphi  
isilwane esingumngani.



Sebenzisa ubumba  
ukwenza lesi silwane.



Masiphumele ngaphandle



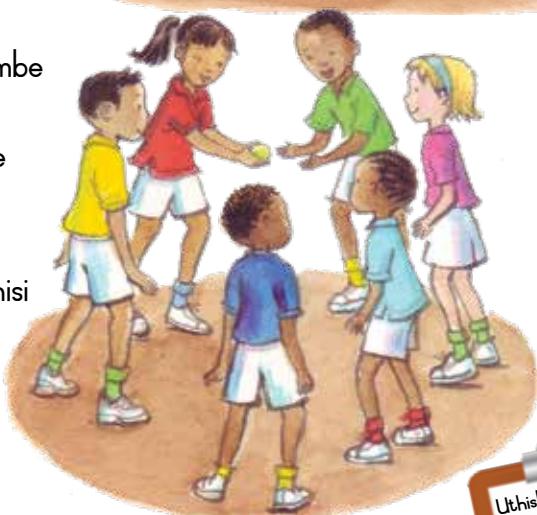
### Uthi bewazi?

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



Zijwayeze ukuphonsa uphinde unqake ibhola.

- Jikijela phezulu ibhola lethensi ngazo zombili izandla. Phinda ulibambe ngazo zombili izandla uma libuya.
- Manje jikijela ibhola lethensi ngesinye isandla liye emoyeni ulibambe ngesandla olifikijele ngaso.
- Jikijela ibhola lethensi ngesinye owejwayele ukusisebenzisa liye emoyeni ulibambe ngesandla olifikijele ngaso.
- Bhampisa ibhola lethensi 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 lethensi ngezandla zombili lisuke kuwe liye koseduze kwakho.
- Lidlulise lisuke kuwe liye komunye umuntu ngesandla esisodwa.
- Sebenzisa esinye isandla ukudlulisa ibhola liye kumuntu okulandelayo okolunye uhlangothi.



Uthisha:

Sayina:

Usuku:

# 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 izintoocabanga ukuthi ungazidina. 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

Udkotela 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
		_____
		_____
		_____



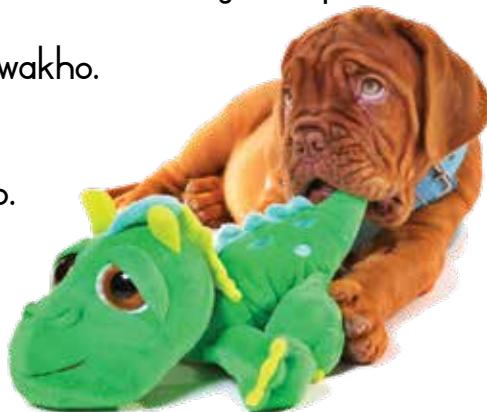
Usuku: .....



### Masenzeni lokhu

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

- Uma uthola isilwane esisha esizoba ngumngani wakho.
- Uma kulahleke ikti.
- Uma inju yakho ilume ithoyisi lakho olithandayo.
- Uma umngani wakho egcona inju yakho.
- Uma ubona inju ivalelwem emotweni evalwe yonke iminyango namafasitela.



### Masiphumele ngaphandle

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

Uma umculo ushesha,  
gijima njengehhashi.



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. Uma inju ineminyaka emi-3, ilingana  
nomuntu oneminyaka engama-21.



### Dlala

"Dlala umdlalo wekati negundane". Uthisha wakho uzoshu ukuthi ngubani okumele abe yikati, ngubani okumele abe yigundane. Shintshanani kube ngabanye ababa yilezi zilwane emva kwesikhashana. Abanye mabame isiyangi babambane ngezandla.





# Ukuziphatha kanye nezibopho (1)



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.

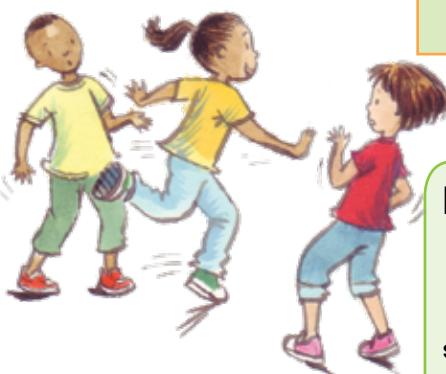


Usuku: .....



Masikhulumé

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



Linda kufike isikhathi sakho.

Ngiyaxolisa, Mama, bengithi ngibuka isitsha sakho sezimbalu ngasiwisa. Sifile!

Yethembeka sonke isikhathi.



Sawubona, Mashu, ngithole isikhwama sakho sisele emnyango. Ngethemba ukuthi akukho muntu ontshontshe amakhilayoni akho.

Lalela bonke abantu uma bekhuluma nawe.



Hlonipha abanye abantu.

Bingelela abantu obaziyo nalabo ongabazi.

Hlonipha izinto zabanye abantu.





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# Ukuziphatha kanye nezibopho (2)

IThemba 3 - Amasonto 4



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  
umndeni wami ukuthi  
ngiyawuthanda.

Ngidlala kahle ngamathoyisi  
abangani bami.

Ngiyazinakekela mina  
kanye nezinto zami.

Ngisiza ukwendlala itafula.



Usuku: .....



### Masidhaleni

Dlalani umdlalo okhombisa ukuziphata ukuphatha abanye ngenhlonipho nokwazisa izibopho ngokuthi:

- nibingelete abantu enibaziyo neningabazi
- noma nilinde ukunikwa ithuba nani
- noma nilalele kahle uma umuntu ekhulumu 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.

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

Lalelisa uma uthisha ekutshela ukuthi gxuma, gjijima noma gaqa.

Uthisha uzoshaya impempe ngaphambi kokukhipha umyalelo ngamunye.

Nyakaza masinya noma kancane njengokusho kukathisha.



### Masidhaleni

Dlala ugxa ngomlenze ongavamile ukwenza izinto ngawo.

Yiziphi izindlela zokuzihlonipha ezibalulekile uma udlala ugxa?



Uthisha:

Sayina:

Usuku:



41

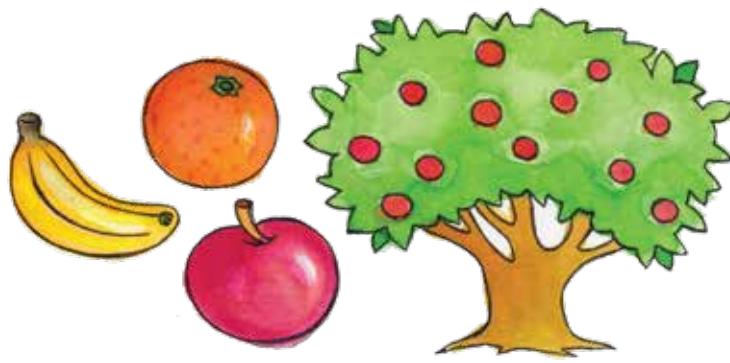
IThemba 3 - Amasonto 4

# Kungani sizidingga izitshalo?



Ezinye izitshalo nezihlahla zisinika umthunzi.

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



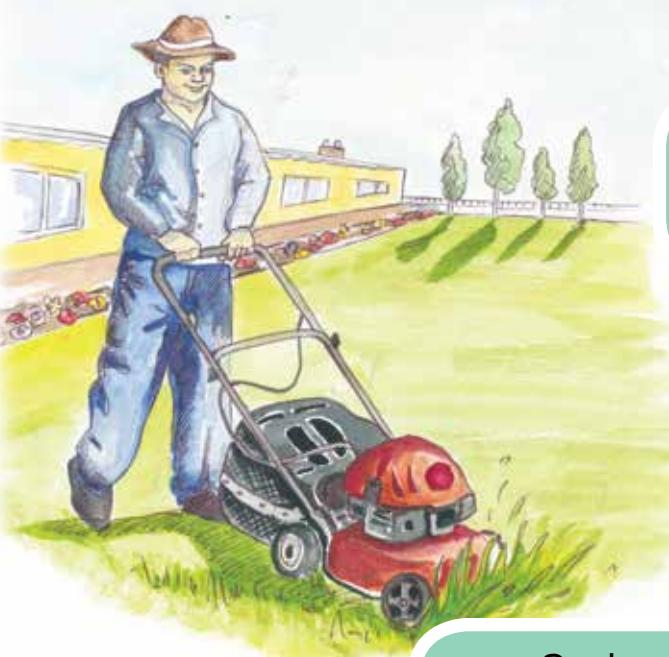
Ezinye izitshalo zisinika ijusi nokudla.



Ezinye izitshalo nezihlahla zinika izilwane umthunzi.



Ezinye izitshalo zisinika izimbali esihlobisa ngazo emakhaya.



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 - Amasono 5



# Zibukeka kanjani izitshalo?

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

izimpande

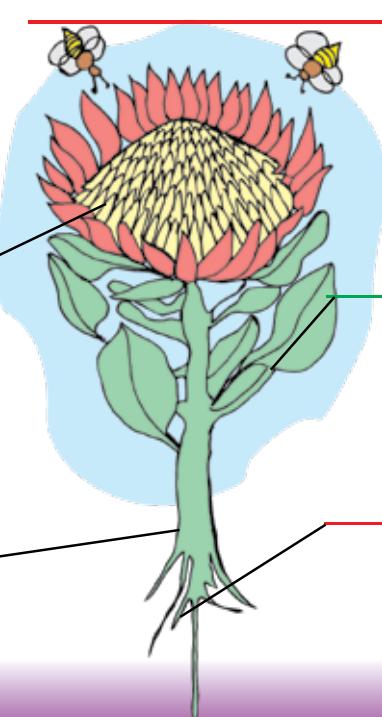
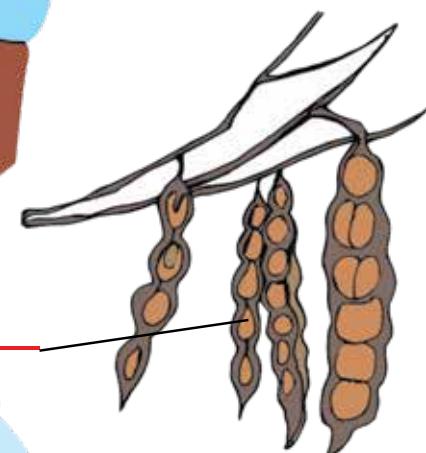
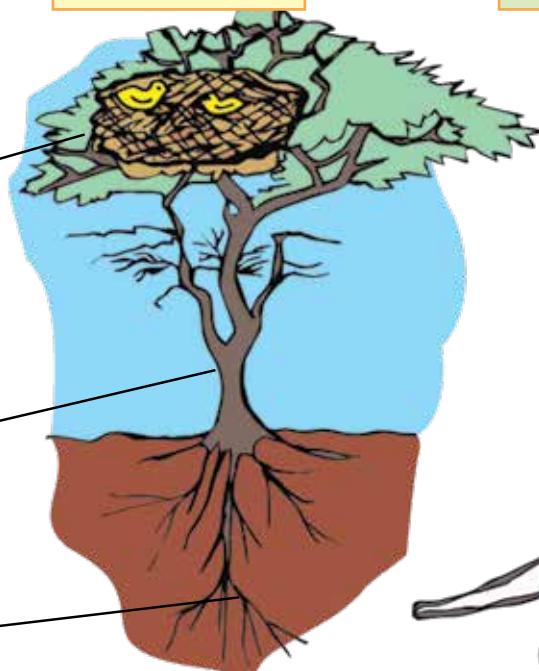
imbali

isiqu somuthi

umdumba

ikhasi

isiqu sembalu



20



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.



### Masiddaleni

Dlalani umacashelana.

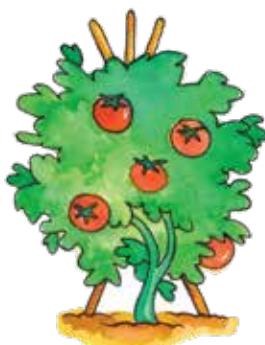


Amabhungezi acashe ngaphansi noma ngemva kwezitshalo bese kuthi  
abasebenzi bazame ukuwathola ngaphambi kokuthi adle zonke izitshalo.



### Masikhulume

Izitshalo ezaahlukahlukene 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.



Uthisha:

Sayina:

Usuku:

# Imbewu nalapho ivela khona

Amasondo 6  
Ithemba 3



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 ingxenyenye 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 ufunu ukuzitshalela izitshalo zakho ngembewu ungasebenzisa imbewu esengadini. Kokunye uyithenge esitolo bese ujitshala.





Usuku: .....



### Masikhulumé

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 imbaleni enhle seyifile.



Ungakukhaleli lokho, ungakhathazeki  
Bheka, akukho lutho lwemvelo olukhalayo,  
Lalela, nanku umlingo wenzeka;  
imbaleni iyafa, bese ichitha isakaza  
nasothini olufile namakhasi ansundu.  
Imbewu ephilayo iyalinda enhlabathini!



### 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  
siddale kuso.

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



Okumele ukwensiwa  
nguthisha:  
Sebenzisa indophi  
noma intambo.



Uthisha:  
Sayina:

Usuku:

# Okudingwa yizitshalo ukuze zikhule

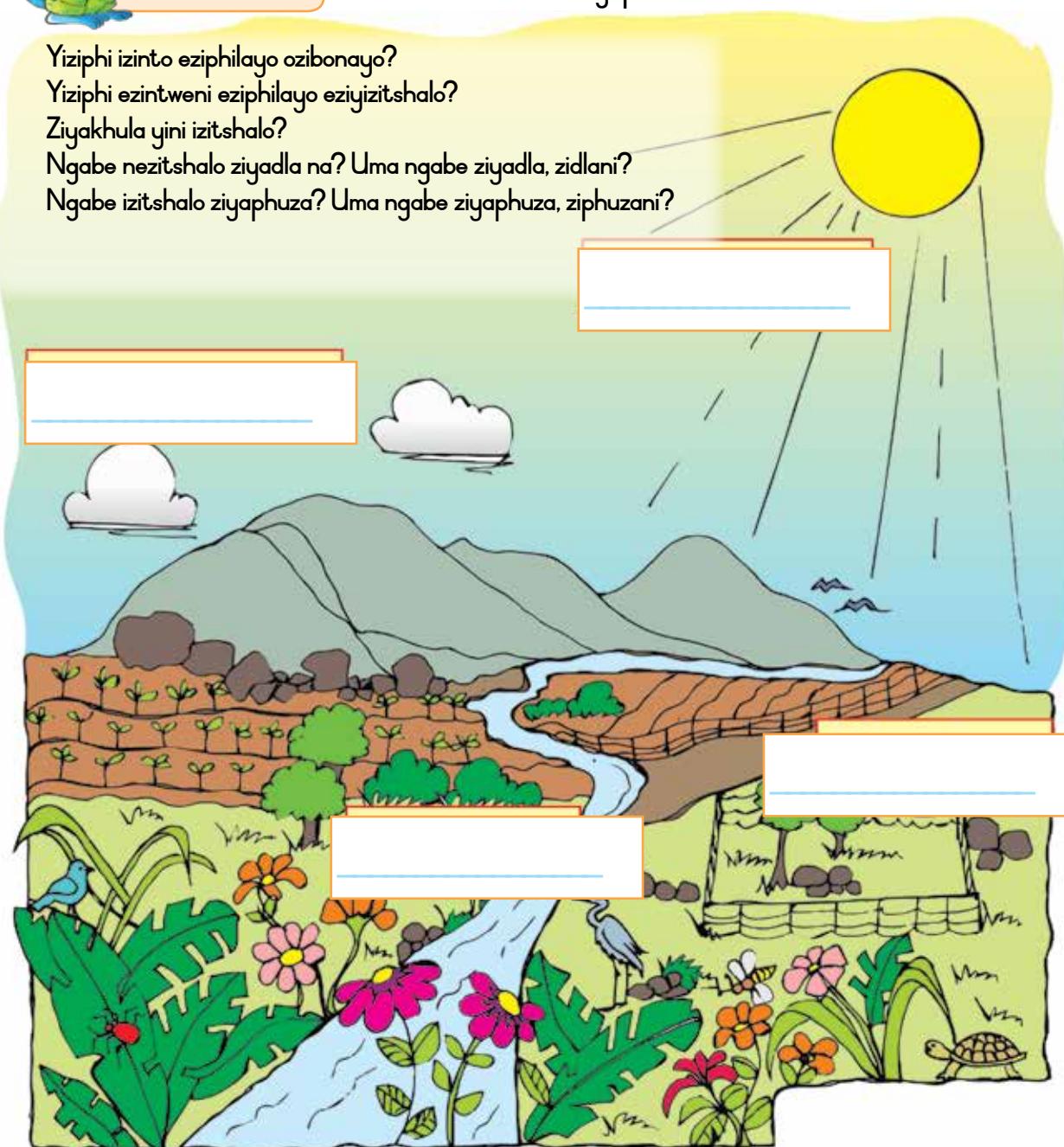
IThemba 3 - Amasonto 6



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

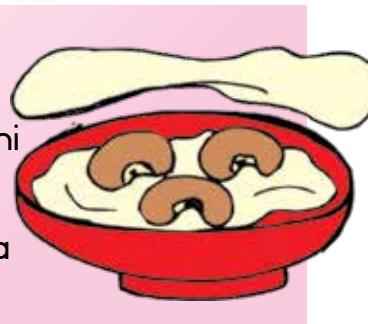
Kulula ukutshala ezakho izitshalo.  
Uzotshala ubhontshisi-ke manje.

Izinto ozozidanga:

Funda nazi izinyathelo ongazilandela:

Isinyathelo soku-1:

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



amanzi

isitsha

uvolu

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 uvolu.

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.

# Ukudla esikudlayo

Amasondo 7  
Ithemu 3



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 kusisize 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 ezingenhlala.

Ukudla engikuthandayo

Ukudla engingakuthandi



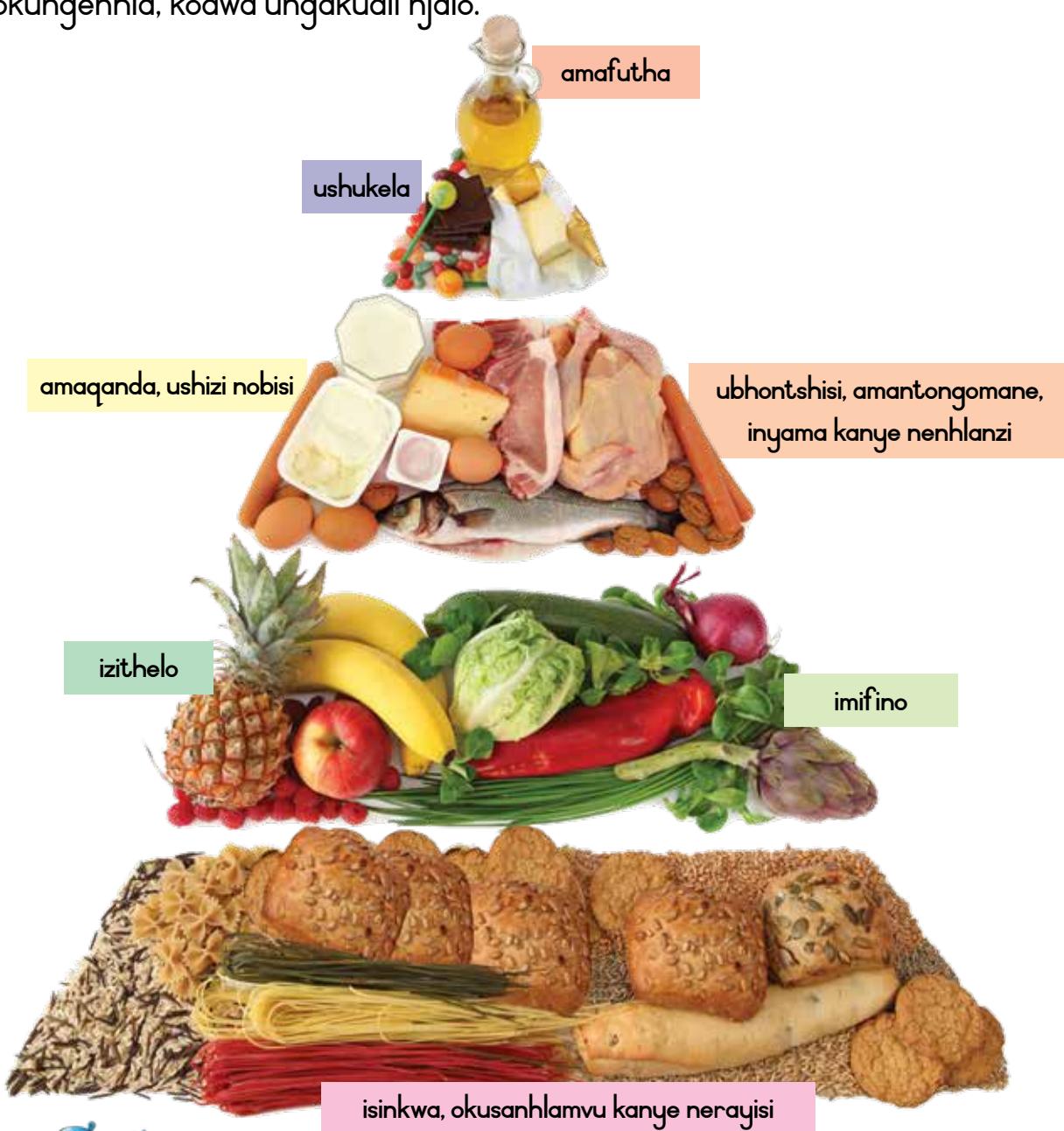
Usuku: .....



Masifunde

Singakuhlukanisa amaqoqo 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?

Uthisha:
Sajina:
Usuku:



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IThemba 3  
Amasonto 7

# Kuvelaphi ukudla okwahlukahlukene?



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.



Usuku:



Uju luvela ezinyosini.



Ushukela wenziwa ngomoba.



Sithola ihemu nobhekeni ezingulubeni.



Sikwazi ukutshala izitshalo engadini.



Culani leli culo  
kanye nothisha.

Ama-aphula, uwawa, ubhana,

Ubbontshisi, uphizi, namazambane.

Konke lokhu kwenza imizimba yethu iqine.

Kusenza silungele ukusebenza.

Ngidla kuphela ukudla okunempilo!

Kungenza ngibe namandla, ngibe  
qatha.





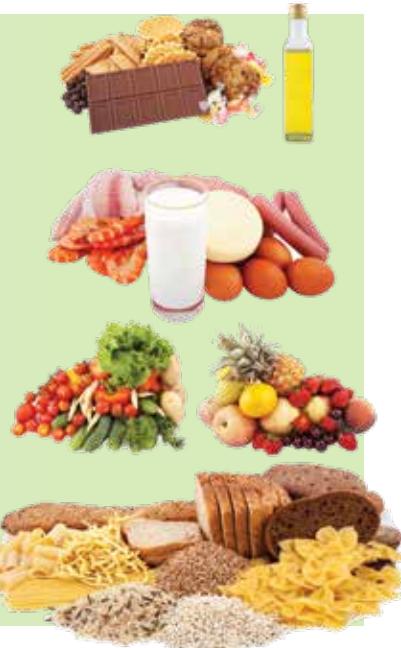
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# Ukudla okunempilo nokungenayo

Amasonto 8  
Ithemu 3

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 kuhle 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 emaphephabhuwini 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

Kwakushlw



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 ukuthokozole.



Uthisha:  
Sayina:

Usuku:

# Ukugcina ukudla

I themu 3 - Amasondo 9



Masifunde

Buka lezi zithombe.



IKHALENDA 2015

SEPTEMBA

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 ukubuna kubole. Inyama, inhlanzi kanye nemikhiqizo yobisi kuyonakala. Emva kwalokho asikwazi ukukudla. Kumele senzeni ukugcina ukudla kusebenziseka? Indawo ephephile enhle yokugcina ukudla yisigandisi. 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 ezahlukene 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

Ukuqandisa





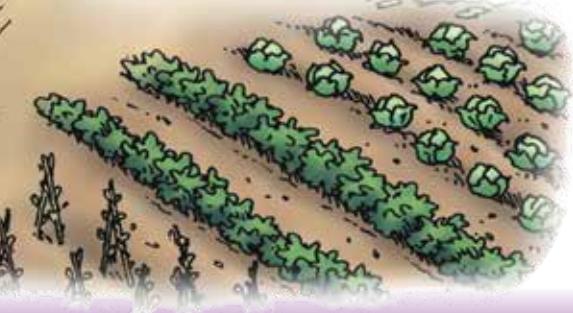
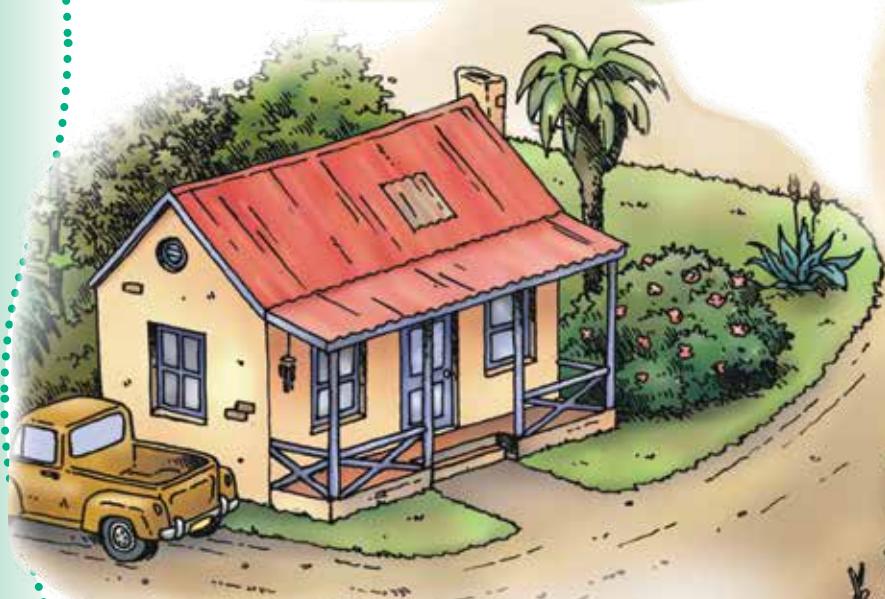
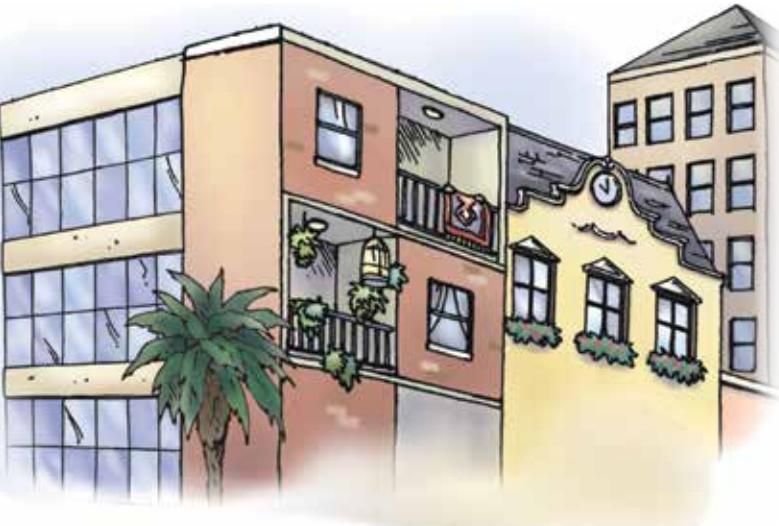
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# Izinhlobo zamakhaya (1)

Amasonto /  
Ithemu 4



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



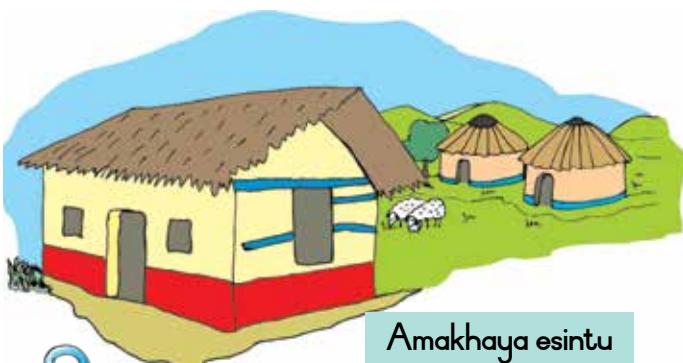
Izindlu ezinezitezi ezimbili



Amakharavani namatende



Izindlu zasemijondolo



Amakhaya esintu



Masenzeni lokhu



Izindlu ezinezitezi esisodwa

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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# Izinhlobo zamakhaya (2)

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



Okumele ukwensiwa nguthisha:  
Uthisha wenu uzonilalela uma  
nethula imibono.

Uma ikhaya lakkhiwe 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.

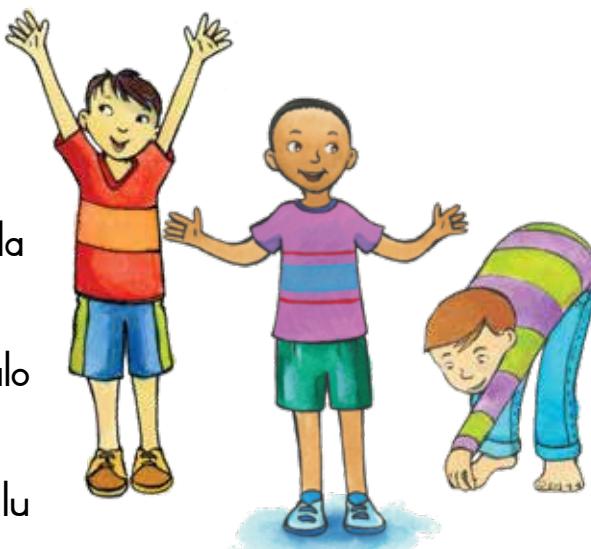


Usuku: .....



### 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
- Shaneli phansi ngomshanelo omude.
- Hlanza amafasitela ngendwangu.



Okumele ukuqashelwa nguthisha:

Lalela isigqi sesigubhu esidlalwa nguthisha wenu. Hambisana nesigqi. Uma uthisha eguqula isigqi, guqula i jubane lendlela onyakaza ngayo. Lalelisa!



Uthisha:
Sajina:
Usuku:



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.





Usuku: .....



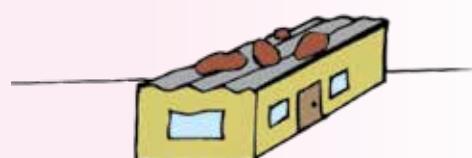
Masenzeni lokhu

Dweba umugqa usuke endlini  
ngayinye uye entweni eyakhiwe  
ngayo.

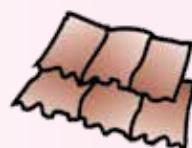
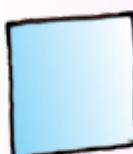
Okumele ukwenziwa nguthisha:  
Uthisha wenu uzothatha izincwadi  
eniphendulele kuzo azihlole.



Uhlobo lwendlu



Izinto zokwakha





Masifunde

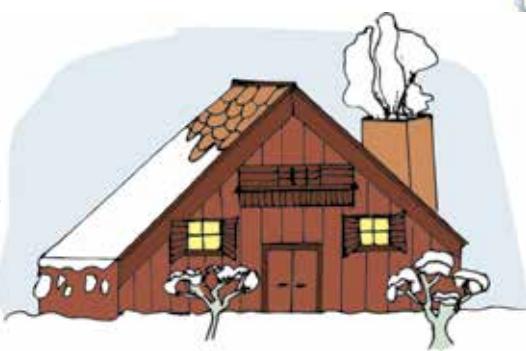
Amakhaya avikelaabantu ezimeni ezahlukene zezulu. Asivikela elangeni elishisayo. Asivikela emakhazeni, emoyeni kanye nasemvuleni.



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

Eqenjini lenu dlalani umdlalo wokukhombisa ukuthi  
ningayakha kanjani indlu.

Khethani ukuthi luhlubo luni lwendlu enizolwakha.

Iziphi izinto enizozisebenzisa?

amafulethi

izindlu zesintu

Ubani ozokwenzani?

izindlu ezinesitezi esisodwa

izindlu zamapulangwe

Yini enizoqala ngayo?

noma ezimbili

Niyogcina ngani? Sebenzisa lawa magama alandelayo:

izitini

udonga

upende

isivalo

uphahla

ushimula

ifasitela

usimende



Masifunde

Yisho le nkondlo ibe  
yingxene yomdlalo wenu:



Yakha, yakha indlu yakho entsha sha!

Letha izitini, kala lolo donga

Shayela isipikili, phendula isikulufu –

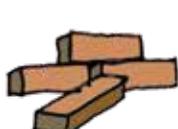
Yenza umpheme wokuvimba ilanga.

Yakha, yakha indlu yakho entsha sha!

Letha isihlabathi nezivalo namathayili

Letha amanzi, xova usimende –

Yenza umpheme wokuvimba imvula.



Uthisha:

Sayina:

Usuku:



# 53 Sizithola kanjani izindawo nezinto? (1)

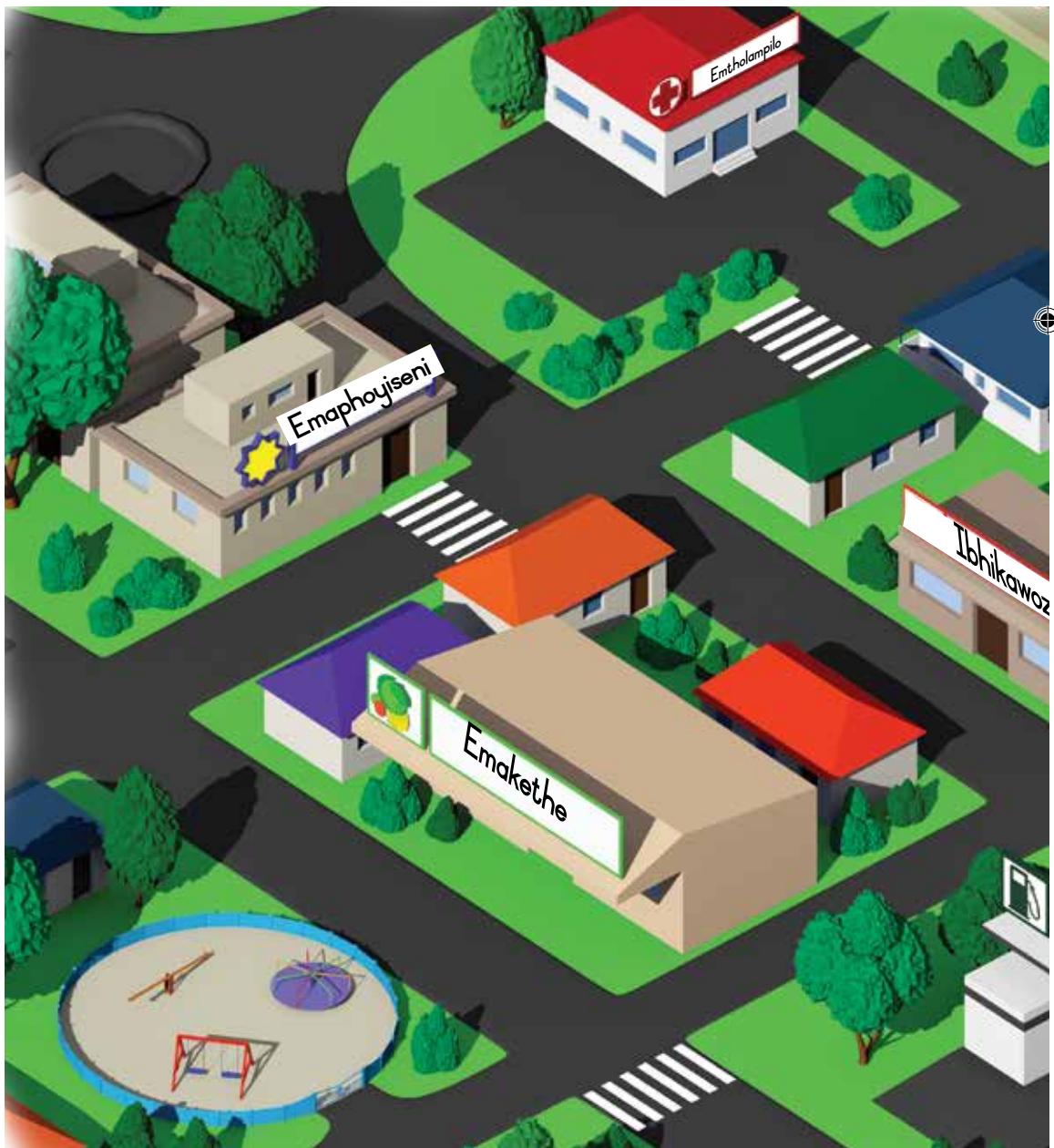
Amasonto 3  
Amasonto 4 - IThemu



Kunezinhlobo ezahlukene zamabalazwe. Ukukhetha ibalazwe elifanele kumele wazi ukuthi kungani ufunu 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?

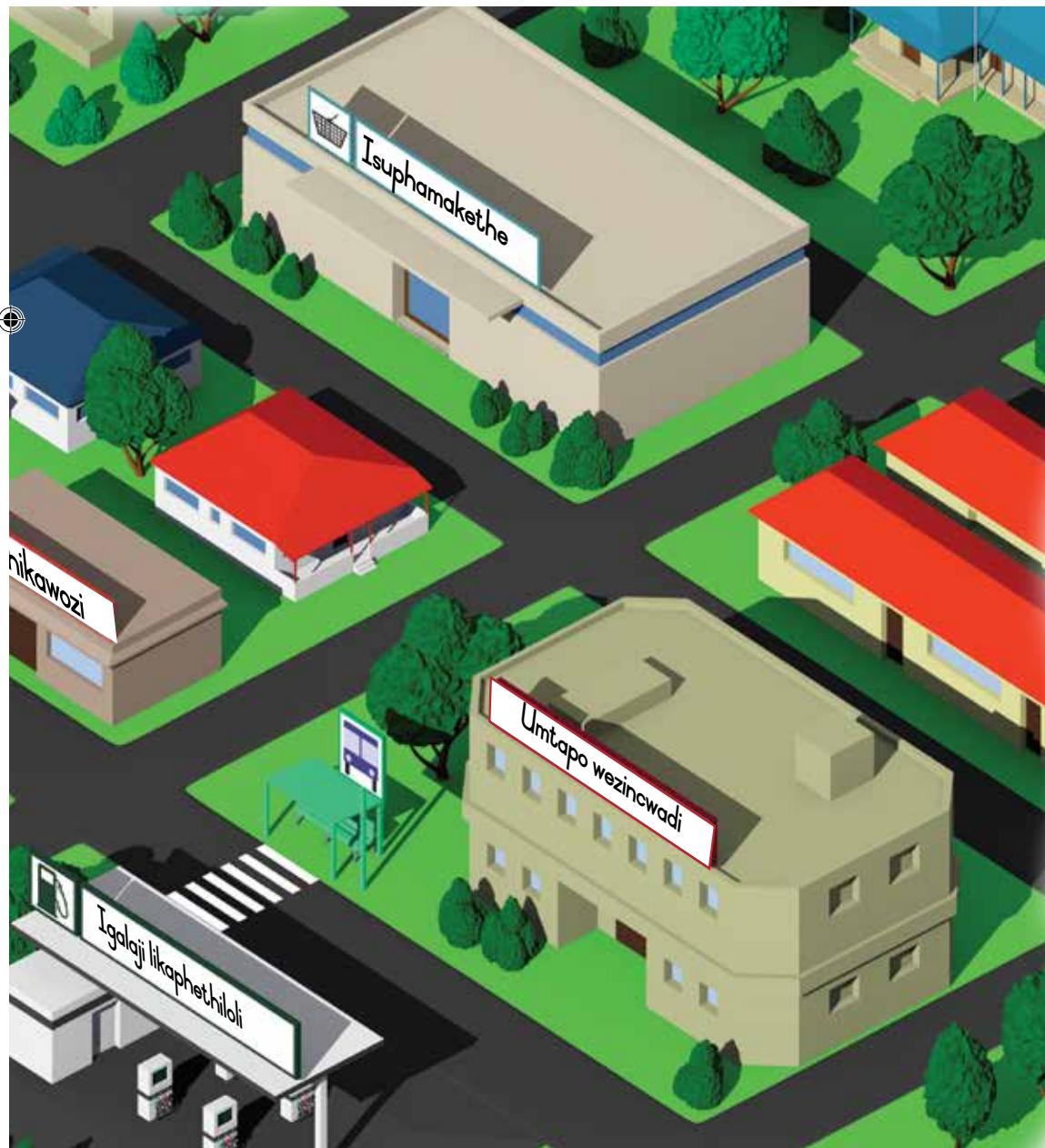
Ungaya kuphi uma ugula?

Ungakuthenga kuphi ukudla

Ungalimela kuphi ibhasi?

Ungawuwela kuphi umgwaqo lapho kuphephe khona?

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



Uthisha:

Sayina:

Usuku:



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# Sizithola kanjani izindawo nezinto? (2)



Masikhulumene

Buka indlela elandelwa uThabani esuka ekhaya lakhe eya esikoleni.

Amasondo 3  
IThemba 4

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

phezulu

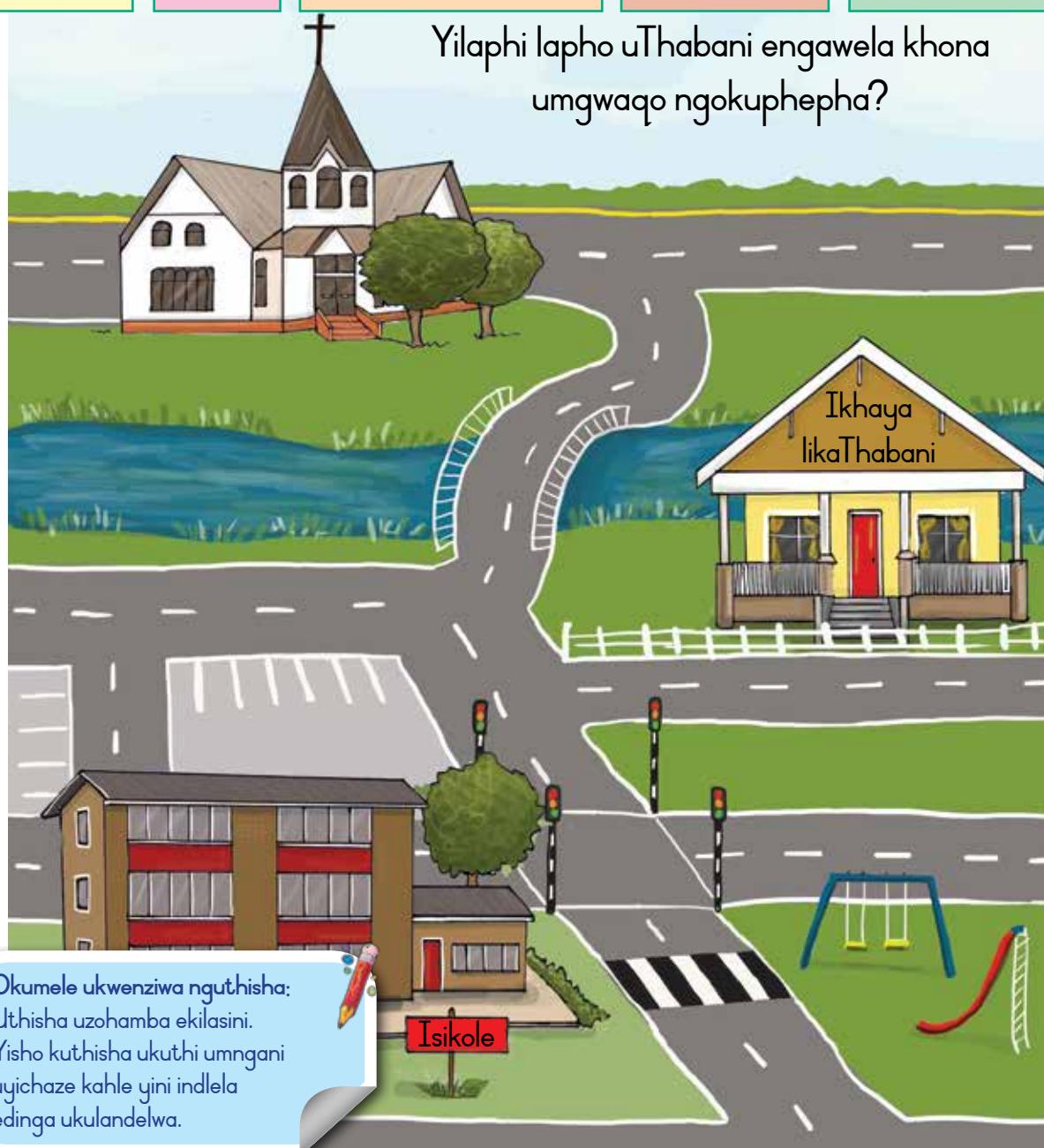
udlule

ukuhamba njalo

ngaleya

ngaphansi

Yilaphi lapho uThabani engawela khona  
umgwaqo ngokuphepha?





Usuku: .....



### 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 ezinqlwini.



### 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 ngiye ngihlehle ngilandela intambo ngibeke izandla ngemuva.			
Ngikwazile ukuhamba ngiye ngapha nangapha ngilandela intambo ngibeke izandla ezinqlwini.			



# Ukuthola indlela

Masibhale

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



Phendula le mibuzo. Ungamcela nomngani wakho akusize.

Yenza isiydingi 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 sikubhalala  
kanje: 1 km.

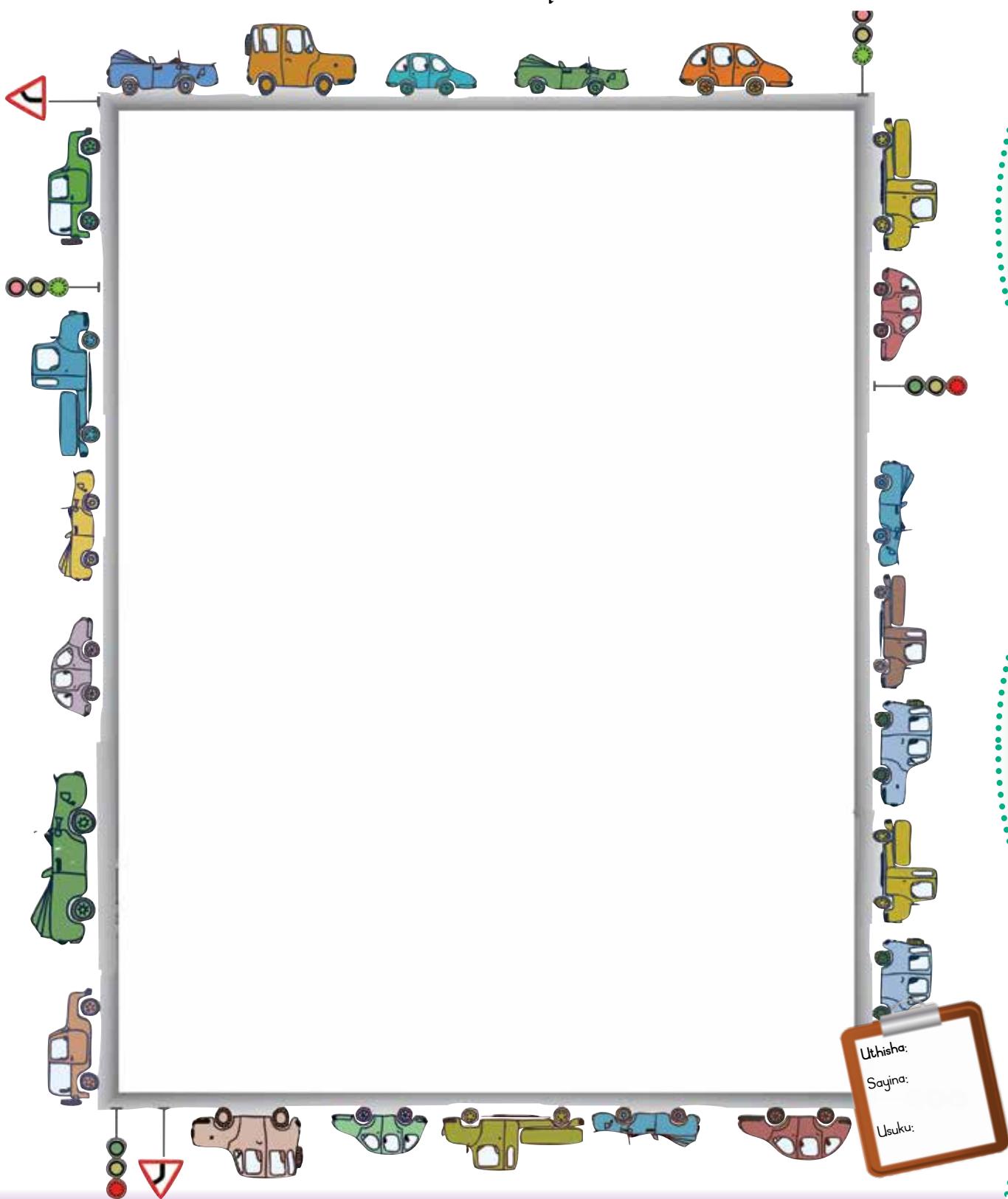


Usuku: .....

Dweba isithombe sakho sebalazwe sendlela ephakathi kwezindawo ezimbili.

Khetha 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.

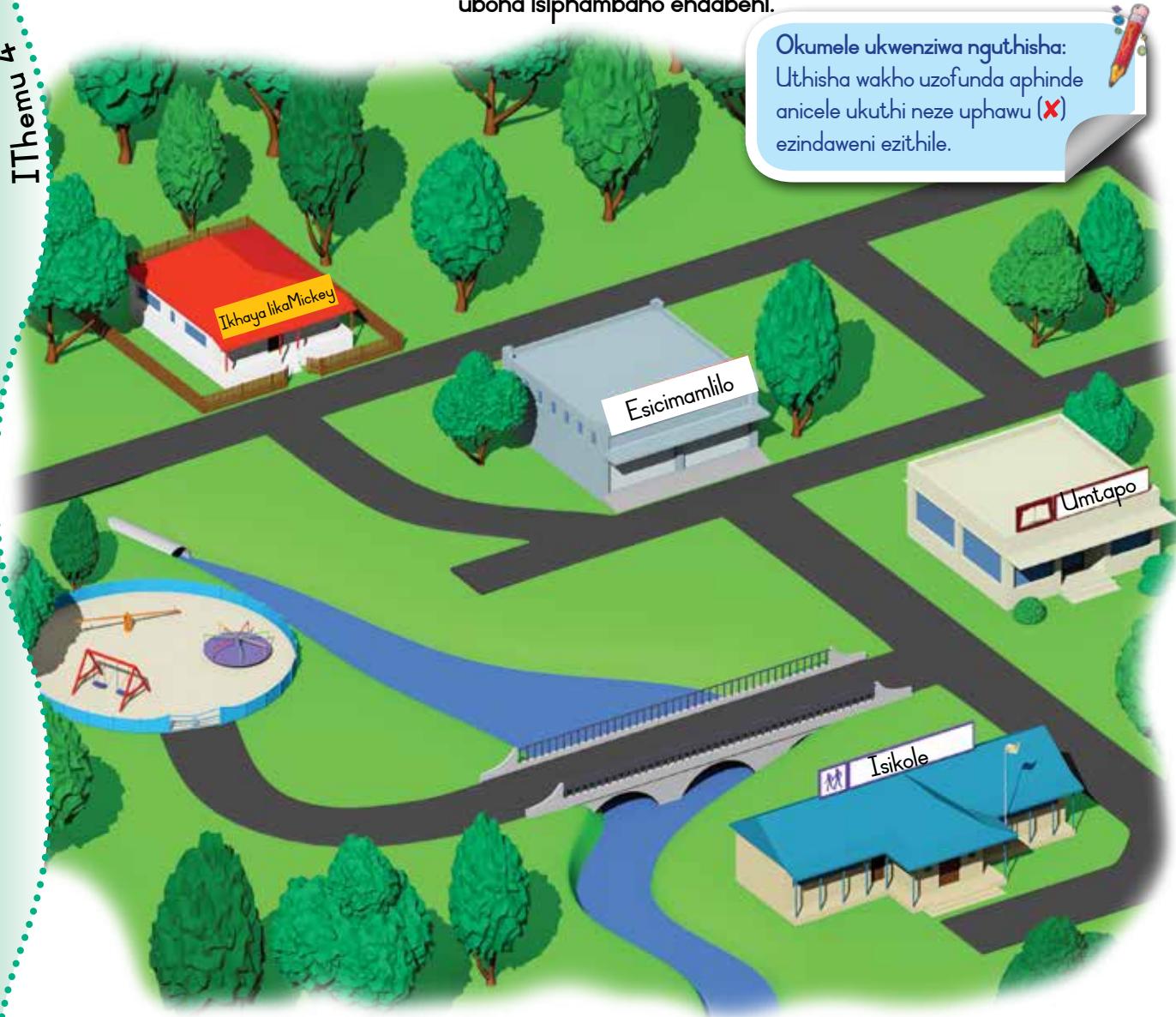
### Masenzeni lokhu



# Ukuthola izehlakalo endabeni

Uthisha wakho uzofunda indaba ekhulumo ngoMicky.  
Lalelisisa. Landela indlela esebalazweni elisencwadini yakho.  
Bese uzifundela wena indaba. Beka uphawo lwasiphambano  
endaweni efanele ebalazweni uma  
ubona isiphambano endabeni.

Masenzeni lokhu



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. Ikhulumu 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 wokuqhadelana.

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



Uthisha:
Sayina:
Usuku:



# Idlela esisebenzisa ngayo amanzi emakhaya nasesikoleni

Amanzi 5  
Ithemu 4 - Amanzi

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

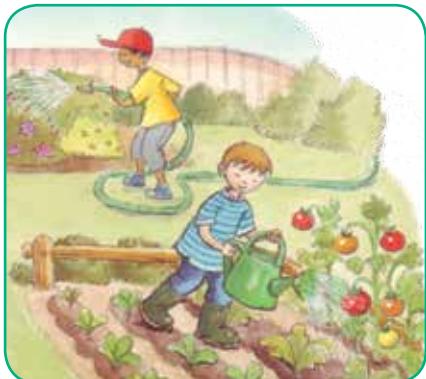
Ukucisha umlilo

Ukuzigiza thina

Ukusiza izitshalo zikwazi  
ukukhula

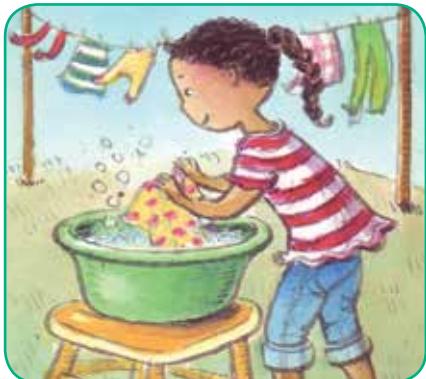
Ukuhlanza izingubo nezitsha

Ukupheka ukudla



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Usuku: .....



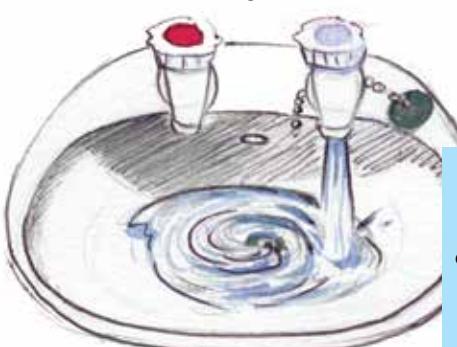
### Masikhulume

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.



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



### Masiddaleni

- Dlalani umdlalo othi "Amabhakede namaconsi amanzi".

Umfula uyagobhoza  
emadwaleni wedlulela  
endaweni enesihlabathi.



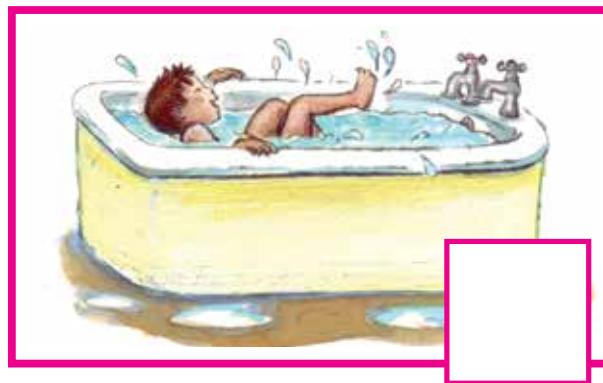
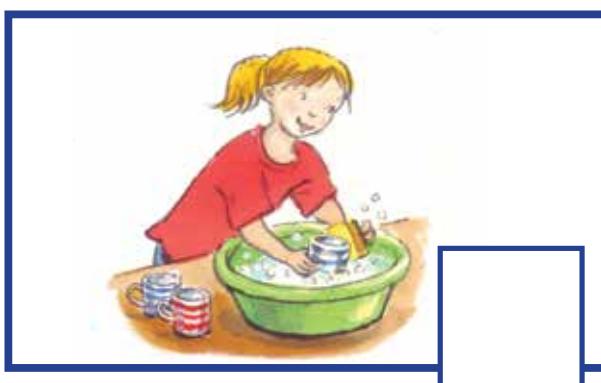
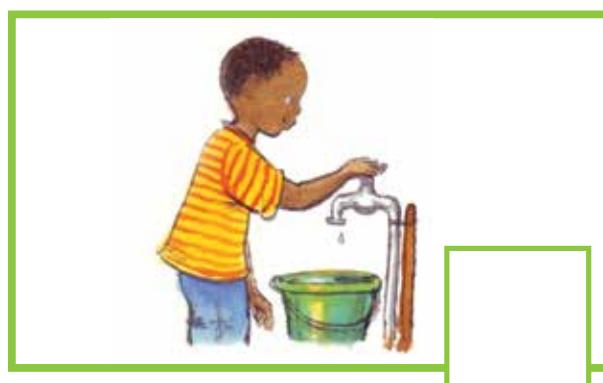
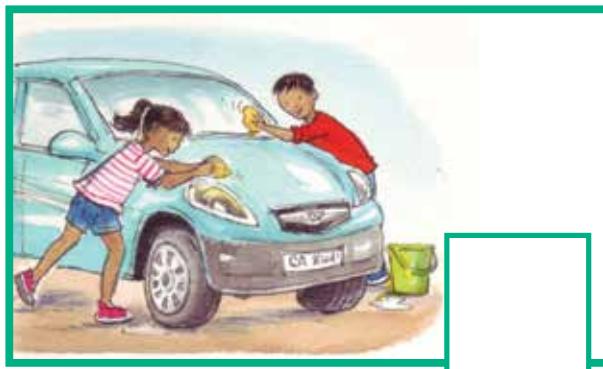


# 58 Indlela amanzi amosheka ngayo

IThemba 4 - Amazonto 5



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





Usuku: .....



Masikhulume

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, ufade uphawu (✗) esenzweni ngasinye esingukumosha amanzi.



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



Uthisha:  
Sayina:  
Usuku:



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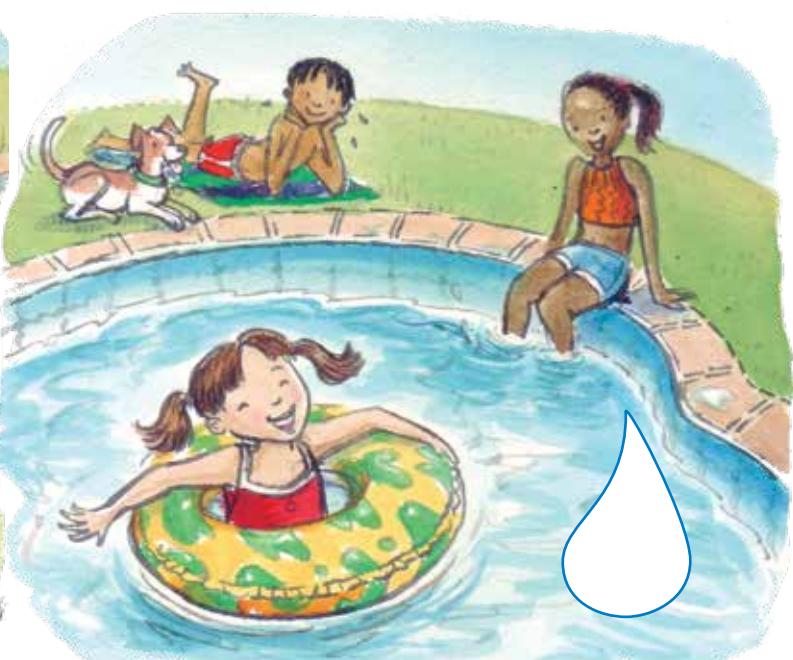
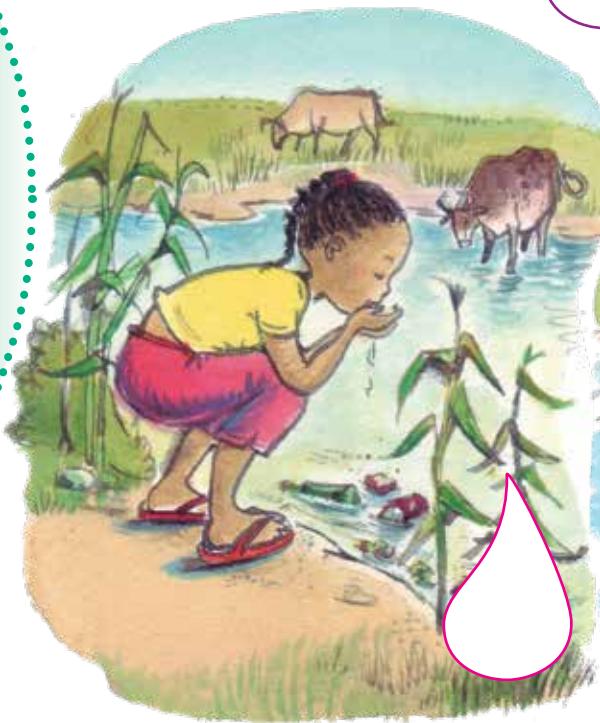
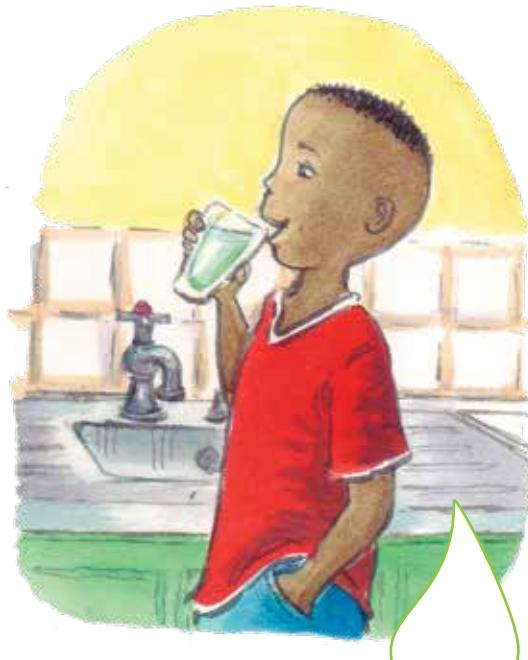
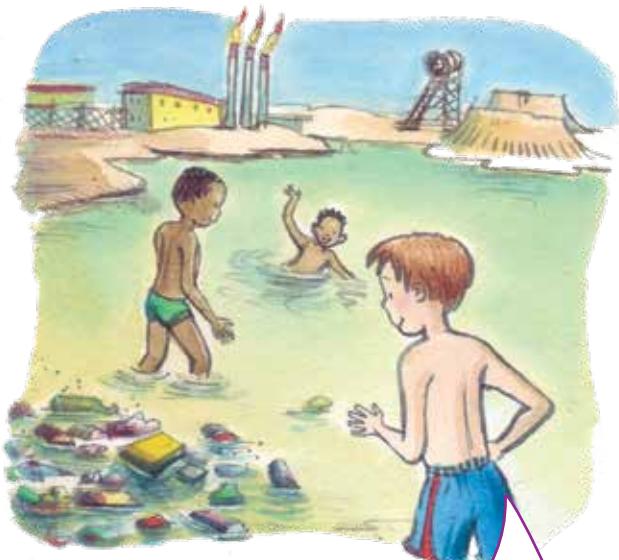
# Amanzi okuphuza aphephile nangaphephile

IThemu 4 - Amanzi 6



Masibhale

Buka lezi zithombe. Beka uphawu (✓) eduze kwestithombe esiveza ukwenza izinto eziphephile. Beka uphawu (✗) eduze kwestithombe 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 \_\_\_\_\_.



Masidhaleni



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 njengehhashi elomile liya emanzini agelezayo liyophuza.
- Gijima kakħulu ubalekèle 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

Amanzi  
6

Kumele siphuze amanzi ahlanzekile.

Singasebenzisa izindlela ezahlukene ukuhlanza amanzi.

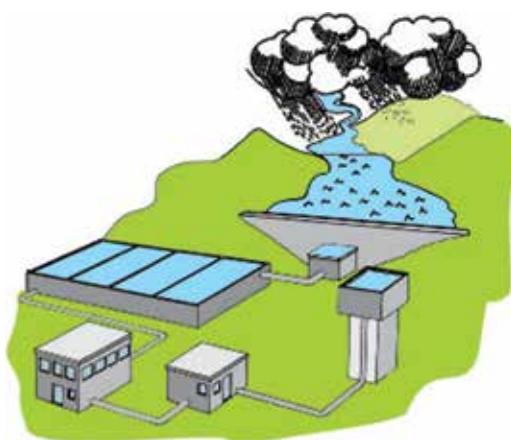
Amanzi ahlanzekile kumele siwagcine ngendlela ezokwenza ahiale  
ehlanzekile.



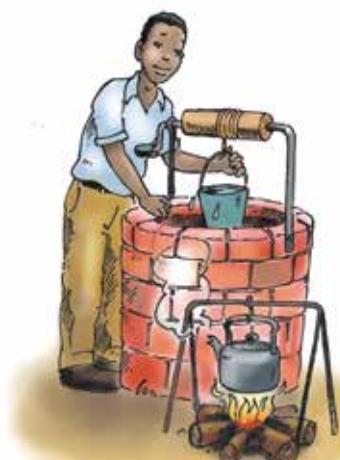
Buka lezi zithombe. Xoxa nomngani wakho ngokuthi avela kuphi  
amanzi ahlanzekile. Xoxela ikilasi ngalokho okucabangayo.  
Ngokuwahlanza siwenza aphophe ukuba angaphuzwa.



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 lomnqakiswano kulokhu.
- Umfundi ngamunye makathole ithuba lokuphonsa isaka likabhontshisi lingene ensimbini eyindilinga.





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# Ukushintsha kwemini iba wubusuku

Amasondo 7  
Ithemu 4 -

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 kwesthombe ngasinye.





Usuku: .....



Masifunde

Ntambama ilanga liyashona.  
Kuba mnyama bese kuphuma  
inyanga nezinkanyezi.  
Sisebenzisa izibani ukuze sibone  
ukuthi senzani.



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 lwasokudla bese ukhahlela ngolwesobunxele.
- Ufake amagoli amangaki?





# 62 Indlela isibhakabhaka esibukeka ngayo ebusuku

Amasondo 7  
IThemu 4



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.

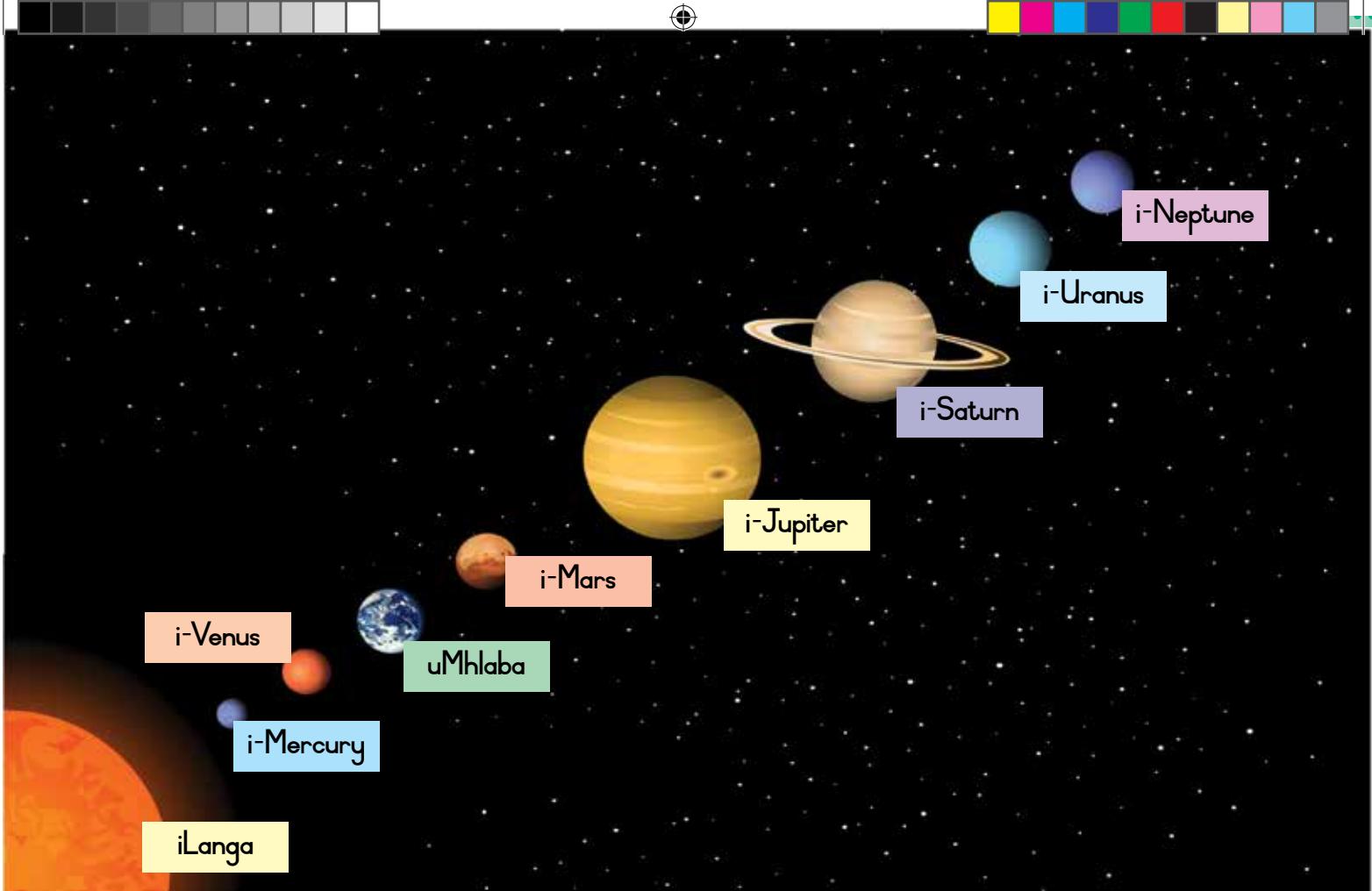


Inyanga ayifani ngalobo nalobo busuku. Phuma uyibuke ngobusuku obuhlanu lapho izoveza khona izimo ezingafani. Ebhokisini elingezaensi dweba izinhlobo zenyanga ozibonile.

Ubusuku bokugala

Ubusuku besithathu

Ubusuku besihlanu



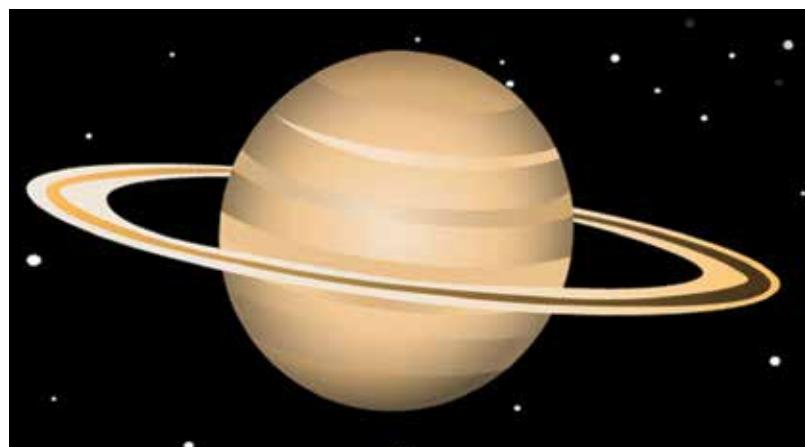
Leli yilanga kanye namaplanethi esemkhathini – ngomakhelwane bethu laba abasemkhathini.  
(Ilanga namaplanethi akudwetshiwe ngokulandela ubukhulu bakho bangempela.)



Masikhulume

Lesi yisithombe se-Saturn.  
Ihlukile yona kuwo wonke  
amaplanethi ngoba  
inamarangi ayizungezile.  
Uyawabona amabala  
amhlophe esithombeni?

Ucabanga ukuthi ayini? Buka isithombe esikhulu esingenhla. Kungabe  
i-Saturn yinkulu noma yincane kunomhlabo?  
Iyiphi iplanethi enkulu kune-Saturn?



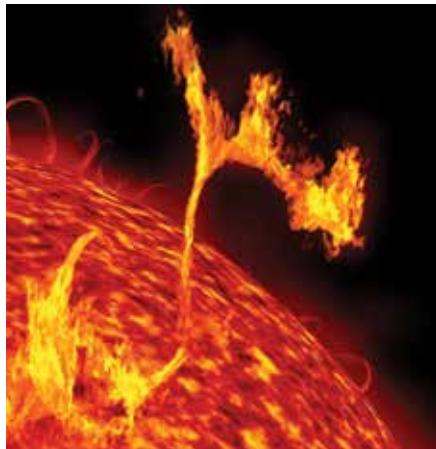
# Ilanga nenyanga

IThenyu 4 - Amasonto 8



Masikhulume

Buka lezi zithombe.



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



Masifunde

Okumele ukwenziwa nguthisha:  
Uthisha wakho uzoyilalela yonke imibono bese esho ukuthi yini eningakhulumanga ngayo.



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:

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Masifunde

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



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 kaningi emkhathini ngemikhumbimkhathi 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.



Uthisha:

Sayina:

Usuku:

IThemu 4 - Amasondo 8

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# 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**

