



E hlophisitswe ho
latela lenane thuto
la CAPS

Kereiti



Bokgoni ho tsa
Bophelo ka **SESOTHO**
Buka ya 1
Kotara ya 1 & 2



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LIFE SKILLS IN SESOTHO
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Mofumahadi Angie Motshekga, letona la Lafapha la Thuto ya Motheo



Ngaka Reginah Mhaule, Motlatsi wa Letona la Thuto ya Motheo

Dibuka tsena tsa tshebetso di etseditswe bana ba Afrika Borwa tlasa boetapele ba Letona la Thuto ya Motheo, Mof. Angie Motshekga, mmoho le Motlatsa Letona la Thuto ya Motheo, Ngaka Reginah Mhaule.

Dibuka tsa tshebetso tsa Rainbow di bopa karolo ya Lefapha la Thuto ya Motheo, ya thuso e reretsweng ho netefatsa tshebetso ya baithuti ba Afrika borwa dikereiting tse qalang tse tsheletseng. Jwaleka e nngwe ya dintlha tsa bohlokwa tsa Moralo wa Tshebetso ya Mmuso, projeke ena e etsahetse ka tshehetso ya letlole la Polokelo la Setjhaba. Sena se entse hore Lefapha le etse dibuka tsena tsa tshebetso ka dipuo tsohle tsa semmuso, ntle le tefello ya letho.

Re tshepa hore, matitjhere a tla fumana dibuka tsa tshebetso di le bohlokwa mosebetsing wa bona wa letsatsi le letsatsi, le ho etsa bonnete ba hore baithuti ba bona ba etsa kharikhulamo yohle. Re nkile boikarabelo ba ho tataisa titjhere mosebetsing ka enngwe le enngwe ya mesebetsi, ka ho kenyelletsa motshwao a bontshang hore na seo barutwana ba tshwanelang ho se etsa ke sefe.

Re a kgolwa hore bana ba tla natefelwa ke ho sebetse ka buka ena ha ba ntse ba hola le ho ithuta, le hore wena titjhere, o tla natefelwa mmoho le bana.

Re le lakalletsa katleho ho sebediseng dibuka tsena tsa tshebetso.

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Kereiti

1

Bokgoni ho tsa
Bophelo ka **SESOTHO**
Buka ya I



Buka ena ke ya:





Kotara ya I – Beke ya I – Leqephe la mosebetsi



Ha re etseng

Kgomaretsa senepe sa hao
kapa o taaka setshwantsho sa
senepe seo.



Lebitso la ka ke



_____.

Sefane sa ka ke

_____.

Ke na le dilemo tse

_____.

Lapeng leso re _____ ka
palo.

Nomoro ya
mohala wa heso ke:

_____.

Aterese ya heso ke:



Ke tseba letsatsi la ka
la tswalo.

ee

ha ke na bonnete

tjhe





Ha re taakeng ditshwantsho



Tshepo o tseba ho bapala bolo.

Taaka setshwantsho sa ntho eo o e etsang hantle.



Bolella motswalle wa hao ka seo o ka se etsang hantle.
Jwale kgabisa naledi e lebokoseng le nepahetseng ho
bontsha hore o ka etsang.

Ha re bueng



Ke tseba ho bala.



Ke tseba ho ikapesa.



Ke tseba ho ngola lebitso la ka.



Ke tseba ho qoqopela.



Ke tseba ho etsa tee.



Ke tseba ho hlatswa meno a ka.

Titjhare:
Mosaeno:
Mohla:



Mebala le meqoqopelo

Kotara ya l – Beke ya l – Leqephe la mosebetsi



Ha re etseng

Na o tseba mebala ena?
Bolella motswalle wa hao
mabitso a mebala ena.



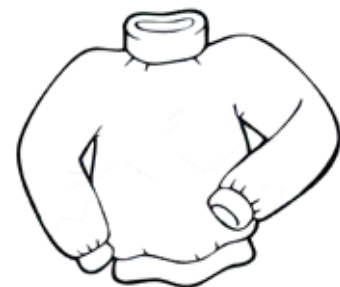
Kgabisa setshwantsho se seng le se seng ka mmala o nepahetseng.



Panana e tshehla



Apole e kgubedu



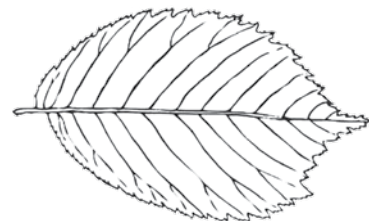
Jeresi e bolou



Sekgele se mebalabala



Lamunu e mmala wa
lamunu



Lehlaku le letala

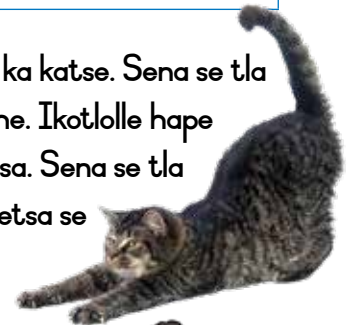


Ha re ithapolleng

Pele o etsa eng kapa eng kantle, ikotlolle jwaloka ka katse. Sena se tla etsa ho be bonolo hore mmele wa hao o tsitsinyehe. Ikotlolle hape ha o se o qetile ho kokobetsa mmele le ho o phodisa. Sena se tla thusa mesifa ya hao hore e se be bohloko. Jwale etsa se etswang ke bana bana.

Bina pina "Hloho le mahetla" ha o ntse o:

- etsa e ka o bapala meropa.
- etsa e ka o bapala katara.



Letsatsi:



Tlotlontswe

Opa diatla dipateroneng
tse latelang.



Ha re etseng

Na o ka etsa dintho tsena? Bontsha metswalle ya hao.

Nka matha ka nqa tse fapaneng ke sa thule motho.	 ee	 ha ke ne bonnete	 tjhe
Nka tlola kgati.	 ee	 ha ke ne bonnete	 tjhe
Nka thetela motswalle wa ka bolo e kgolo.	 ee	 ha ke ne bonnete	 tjhe



Re kgethehile kaofela



Ha re bueng

Sheba setshwantsho o bolelle
motswalle wa hao phapang pakeng
tsa bana bana.



Kgolo le nyenyane

Ba bang ba baholo, ba bang ba rona ba banyenyane.
Ba bang ba rona ba balelele, ba bang ba bakgutshwanyane.
Ba bang ba rona ba ka tlola, ba bang ba ka bina.
Bohle re na le bokgoni ba ho etsa dintho tse ntle.
Ke eng seo o ka se etsang hantle?



Ha re bueng

Bolella motswalle wa hao hore o ikutlwile
jwang tsatsing la hao la pele sekolong.

thabile	lla	thabile haholo	halefile	dihlong
				



Ha re etseng
ditshwantsho

Taaka setshwantsho ho **bontsha hore o ka ikutlwajwang** ha e mong a ka
o neha sebapadiswa se setjha. Ngola maikutlo ao sekgeong se ka tlaase
ho setshwantsho.

Letsatsi:.....



Ha re bueng

Bolella motswalle wa hao hore ho etsahalang setshwantshong se seng le se seng. Bolela hore o ka ikutlwa jwang ha dintho tsena di etsahala ho wena. Taaka sefahleho se nepahetseng.



Ngwanana e moholo o nka dintho tsa hao.



thabile



thabile
haholo



lla

Wena le motswalle wa hao le bapala mmoho.



halefile



thabile



tshohile



O bula mpho.



O emisa e
mong



thabile
haholo



dihlong

Abuti wa hao kapa ausi wa hao o tjiwatla ntho ya hao ya ho bapala eo o e ratang haholo.



dihlong



thabile



halefile



Ha re etseng

Etsa kgatiso ya monwana lebokoseng la pele, kopa motswalle wa hao hore a etse kgatiso ya monwana lebokoseng le latelang.

Na o a tseba hore ha ho motho lefatsheng ya nang le kgatiso ya menwana e tshwanang le ya hao? O kgethehile hoo e leng **wena** fela lefatsheng, le mafahlana le ona ha a na kgatiso ya menwana e tshwanang.



Na o a bona hore dikgatiso tsa menwana di fapane?



Titjhere:
Mosaeno:
Mohla:





Ha re bueng

Sheba bana bana.
Ba tshwana jwang?
Ba fapane jwang?



Ha re etseng

Sheba ditshwantsho mme o bolele hore dipolelo tsena ke nnete kapa tjihe.
Tlotsa dipolelwana tse nepahetseng ka mmala o motala.
Tlotsa polelwana tse seng nnete ka mmala o mokgubedu.



Kaofela ha bona ba na le matsoho a
mabedi le maoto a mabedi.



Ke banana kaofela.

Ba rwetse dieta kaofela.



Ba apere marikgwe kaofela.

Ke bana kaofela.



Ba na le moriri o molelele kaofela.

Letsatsi:.....



Ha re etseng ditshwantsho

Taaka setshwantsho sa hao sebakeng sa pele, ebe o taaka setshwantsho sa motswalle wa hao wa hloho ya kgomo. Ha o geta ho etsa jwalo sheba ditshwantsho o bolele hore o fapane jwang le motswalle wa hao.

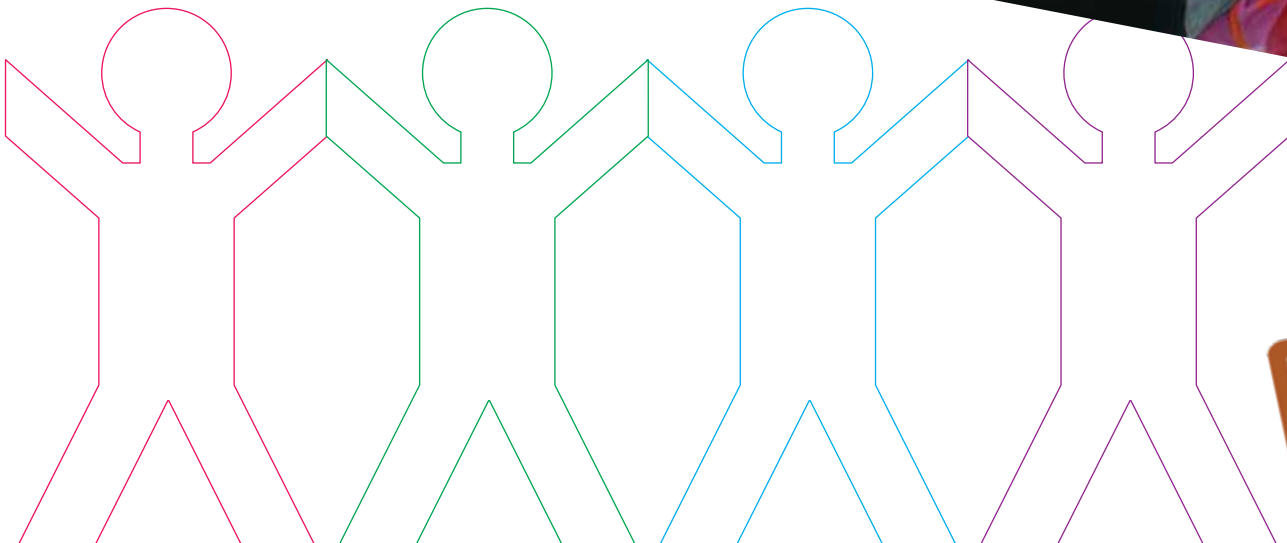


Nna	Motswalle wa ka



Ha re ithapolleng

Khalara ketane ena ya setswalle ho bontsha hore bohle ba fapane.





Ha re bueng



Bina pina

Pele o bina, ithapolle ka mokgwa o latelang.
Hemela ka hare le ka ntle butle. Etsa e ka o budula
dikereso kukung ya hao ya tsatsi la tswalo. Etsa e ka o
hatsetse, e be o re “Brrrrrrrrrrrrrrrrrrrrrrr”.

Ditshwenyane tse nyenyane tse hlano

Ditshwenyane tse tse hlano di tlola tlola hodima bethe

E le nngwe ya wa otlanya ka hlooho fatshe

Mme a bitsa ngaka, ngaka ya re

“Ha ho sa na ditshwenyane tse tla tloatlola hodima bethe”

Ditshwenyane tse tse nne di tlola tlola hodima bethe

E le nngwe ya wa, ya otlanya ka hlooho fatshe

Mme a bitsa ngaka, ngaka ya re

“Ha ho sa na ditshwenyane tse tla tlolatlola hodima bethe”

Tshwenyane tse tse tharo di tlola tlola hodima bethe

E le nngwe ya wa otlanya ka hlooho fatshe

Mme a bitsa ngaka, ngaka ya re

"Ha ho sa na ditshwenyane tse tla tlolatlola hodima bethe"

Ditshwenyane tse tse pedi di tlola tlola hodima bethe

E le nngwe ya wa, ya otlanya ka hlooho fatshe

Mme a bitsa ngaka, ngaka ya re,

“Ha ho sa na ditshwenyane tse tla tlolatlola hodima bethe”

Tshwenyane e tlola tlola e le nngwe hodima bethe

Ya wa ya otlanya ka hlooho fatshe

Mme a bitsa ngaka, ngaka ya re,

"Ha ho sa na tshwenyane e tla tlolatlola hodima bethe."





Ha re etseng ditshwantsho

Taaka sefahleho sa hao.

Bontsha mahlo a hao, ditsebe, nko, molomo le moriri.

Bolella metswalle ya hao hore o shebahala jwang.



Ha re ithapolleng

Etsang tselana e
tshireletsang kantle ho
tlelase ya lona jwaloka ena le
thuswa ke titjhere ya lona.

Tlola ho tloha setulong
sena ho ya ho se seng.

Kgasa ka tlasa tafole.





6

Kotara ya 1 – Beke ya 4 – Leqephe la mosebetsi

Ke motlotlo ka sekolo sa heso



Ha re etseng

Taaka setshwantsho sa hao o apere diaparo tsa sekolo. Tlatsa dikgeo ka dikarabo.



Ke kena sekolo

_____.

Lebitso la titjhene ya ka ke

_____.

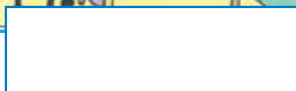
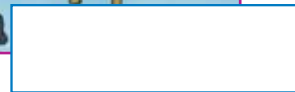
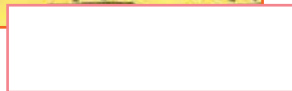
Mosuwelhoohe wa sekolo ke

_____.



Ha re ngoleng

Tadima ditshwantsho. Jwale seha lentswe le nepahetseng bakeng sa setshwantsho ka seng mme o se mamarisetse thoko ho setshwantsho.



lebaleng la dipapadi

tlelaseng

phaposi ya mosebetsi

mothusi wa mosuwelhoohe

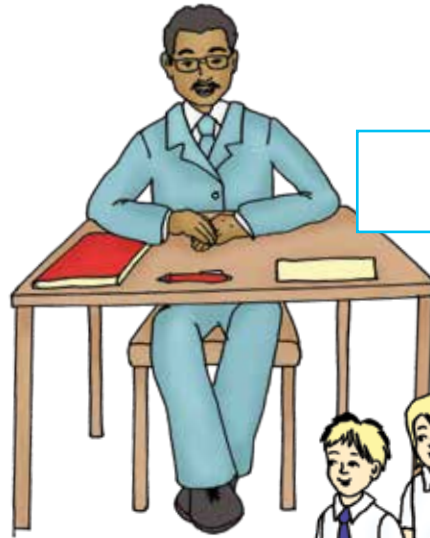
phaposi ya ho ithusa





Ha re ngoleng

Ke batho bafe ba fapaneng sekolong? Tadima setshwantsho mme o bue ka hore ke bo mang mme ba etsang. Jwale seha lentswe le nepahetseng qetellong ya leqephe mme o se mamarisetse thoko ho setshwantsho se nepahetseng. Hlalosetsa motswalle wa ha oho fihla ofisisng ya mosuwe hlooho wa sekolo. Ntlwaneng, le mabaleng a dipapadi.



Tlotlontswe

Pensele ya Thabo e wetse fatshe. Bala hore na o na le dikerayone tsa dipensele tse kae, ebe o ngola nomoro lebokoseng. Jwale, pampiring e nngwe, taaka setshwantsho o sebedisa mebala e kganyang, ho bontsha kamoo wena le motswalle wa hao le bapalang mmoho.



bana ba sekolo

motho ya hlwekising

titjhere

mosuwehlooho



Dibaka tse fapaneng

Kotara ya I – Beke ya 4 – 5 – Leqephe la mosebetsi



Ha re etseng

Bontsha motswalle wa hao hore o ho kae.

Ipata ka tlasa ntho e nngwe.



Ke ipatile ka tlasa tafole.



Ipata ka mora ntho e nngwe.



Ema hodima ntho e nngwe.



Ema pela ntho e nngwe.



Ha re ithapolleng

- Sebedisa bolo. E lahlele hodimo ebe o a e tshwara.
- Tsepamisa mokotlana wa dinawa hlohong ya hao o tsamaye butle.
- Jwale rwala mokotlana wa dinawa, o ntse o tsamaya hodima balaka e tsepaneng fatshe kapa mola o fatshe.

Nka lahlela bolo.				
		ee	ha ke ne bonnete	tjhe
Nka kapa bolo.				
		ee	ha ke ne bonnete	tjhe
Nka tsepamisa mokotlana wa dinawa hlohong ya ka.				
		ee	ha ke ne bonnete	tjhe

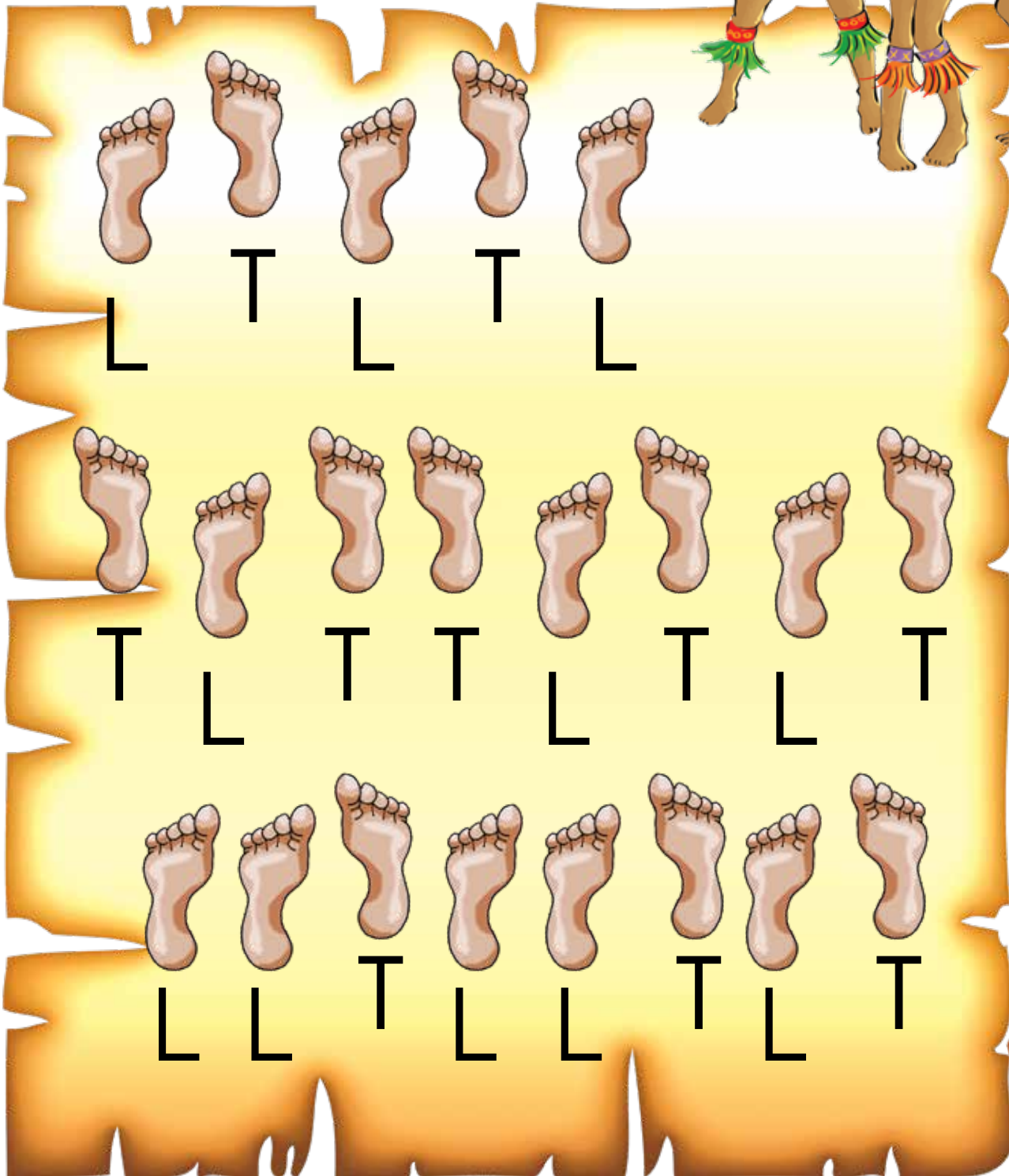
Letsatsi:



Ha re ithapolleng

Hata ka maoto ho latela.

L = Letshehadi  T = Tona 



Titjhere:
Mosaeno:
Mohla:





8

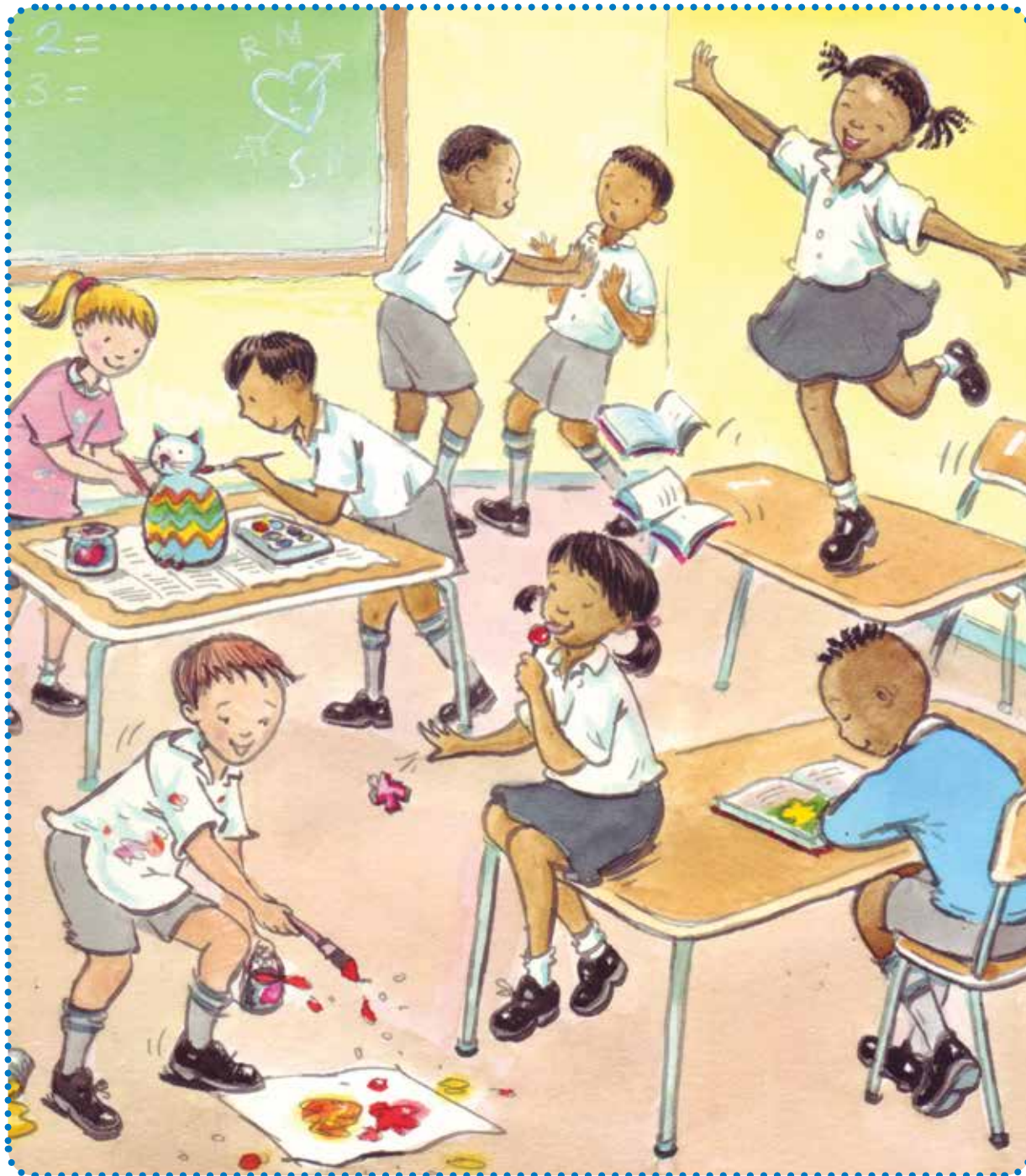
Kotara ya 1 – Beke ya 5 – Leqephe la mosebetsi



Ha re bueng

Sheba setshwantsho ka hloko o bolele hore o bona eng.

Tlelaseng ena, ntho tse mpe le tse ntle di a etsahala. Ke tlwaelo efe e ntle eo o e bonang? Ke tlwaelo efe e mpe eo o e bonang?





Etsa letshwao ✓ la nepo thoko ho ditlwaelo tsohle tse ntle le le
letshwao ✗ la sefapano thoko ho ditlwaelo tsohle tse mpe tse ka
etsahalang sekolong.





Ha re bueng

O ya jwang sekolong tsatsi le leng le le leng? Na o bolokelehile?
 O tseba tsela tse sa lokang? Bua le motswalle wa hao hore bana bana
 ba ya jwang sekolong. Etsa letshwao ✓ tseleng tse bolokehileng ho ya
 sekolong. Etsa letshwao ✗ tseleng tse sa bolekehlang.



O ya jwang sekolong hoseng? _____



Ha re etseng

Botsa metswalle ya hao e mehlano hore
 ba ya jwang sekolong ka mehla. Taaka
 tjhateng e latelang.

ka maoto

ka bese

ka koloi/teraka



Mabitso a metswalle

1	2	3	4	5
			Ee	Tjhe



Ha re ithapolleng

Nka matha matswedintsweke.
 Nka fetola moo ke lebileng ke
 matha ha titjhere a mpoella jwalo.



Ha re etseng

Taaka setshwantsho ho bontsha hore o tla jwang sekolong.



Ha re ithapolleng

Mamela mmino oo titjhere a tlang ho le bapalla ona.

Tsitsinya mmele ho latela morethetho wa mmino.

Koba mangwele mme o otlolle maoto.

Tsamaisa mahetla a hao hodimo le tlase.

Tsamaisa setsu sa hao hodimo le tlase.



Ha re ithapolleng

Wena le motswalle wa hao le tlameha ho akgela le ho tshwara bolo.
Sebedisa letsoho le letona le le letshehadi ho akgela bolo morao.

Na ke ile ka kgona ho akgela bolo ka letsoho la ka
le letona le le letshehadi?



ee



tjhe



Ha re ithapolleng

Tsamaya jwale ka kiribae le
motswalle wa hao.



Ke dula ke hlwekile

Kotara ya 1 – Beke ya 6 – Leqephe la mosebetsi



Ha re bueng

Ho bohlokwa ho ithuta mekgwa e nepahetseng.
Ena ke mekgwa ya ho dula o hlwekile o phela hantle.
Bua ka setshwantsho se seng le se seng.



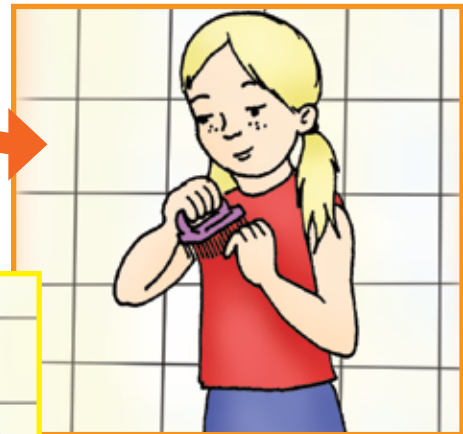
Ho hlatswa meno.



Ho hlatswa matsoho a ka ha ke
qeta ho sebedisa ntlwana ya ho ithusa.



Ho itlhatswa ka mehla.



Ho boloka manala a ka a hlwekile.



Ho hlatswa ditholwana
pele ke di ja.



Ho sebedisa ntlwana ya ho ithusa.



Ho sebedisa sakatuka ha ke
thimola kapa ke mina.

Letsatsi:



Ha re ngoleng

Ke ntho dife tse latelang tse etsang hore o dule o hlwekile? Kgabisa ka dinaledi ho bontsha hore ke dintho di fe tseo o di sebedisang hore o dule o hlwekile. Bolela hore o sebedisa jwang ntho e nngwe le e nngwe hore o dule o hlwekile.



Tshwaya hore na o ka etsa tse latelang:	ee	tjhe
Nka hlwella leri hodima jankel jimi.		
Nka sebedisa boitshwareletso ba matsoho ho leba pele.		
Nka kgasa hara jankel jimi.		





11

Boitshwaro bo molemo

Kotara ya I – Beke ya b – Leqephe la mosebetsi



Ha re baleng

E meng ya mekgwa e metle ya
ho sebedisa ntlwana hantle.

Hopola



Ha o silafatsa ntlwana ya
ho ithusa, hopola ho e hlwekisa.



Hopola ho bulela metsi ha o
qeta ho sebedisa ntlwana ya
ho ithusa.



Dula o kwetse ntlwana ya ho
ithusa ka mehla.



Se sebedise pampiri ya ho
itlhakola e ngata.



Hlatswa matsoho a hao ka mehla ha o
qeta ho sebedisa ntlwana ya ho ithusa.





Ha re ngoleng

Etsetsa mantswe a nepahetseng masakana, a re bolellang hore re hloka ho etsa dintho tse latelang ha kae.

Ho hlatswa moriri wa hao.



tsatsi le leng le le
leng

hoseng le bosiu

habedi ka beke

ha nngwe ka beke

Hlatswa meno.



tsatsi le leng le le
leng

hoseng le bosiu

habedi ka beke

ha nngwe ka beke

Hlatswa mmele.



tsatsi le leng le le
leng

hoseng le bosiu

habedi ka beke

ha nngwe ka beke

Hlatswa sefahleho.



tsatsi le leng le le
leng

hoseng le bosiu

habedi ka beke

ha nngwe ka beke



Ke hlwekile

Bapala "Simon o re" le titjhene ya hao.
Iphumanele sebakana sa hao o tsamaye o sa thule motho.
Simon o re "tshwara hlooho ya hao."

Ha re ithapolleng

Ha re bontsheng

Bontsha motswalle wa hao
hore o ...

Hlapa matsoho.



Omisa matsoho.

Kama moriri.



Hlatswa meno.



Hlatswa sefahleho sa hao.





Ha re ithapolleng

Etsa papadi ka thothokiso ena.

**Nka opa diatla, le hona ho hata
ka maoto**

**Nka tsitsinya hlooho, le hona ho
tsamaisa matsoho a ka**

**Nka tsamaisa menwana
ya ka ya maoto,**

le hona ho tshwara nko ya ka.



Tlwaelo tsa bophelo bo botle



Ha re baleng

Re hloka eng ho dula re phetse hantle!

Dijo tse nepahetseng



Boikwetliso bo lekaneng

Ho dula re hlwekile



Ho ba moyeng o hlwekileng



Ho robala ho lekaneng ka ntle le ho shebella TV haholo!

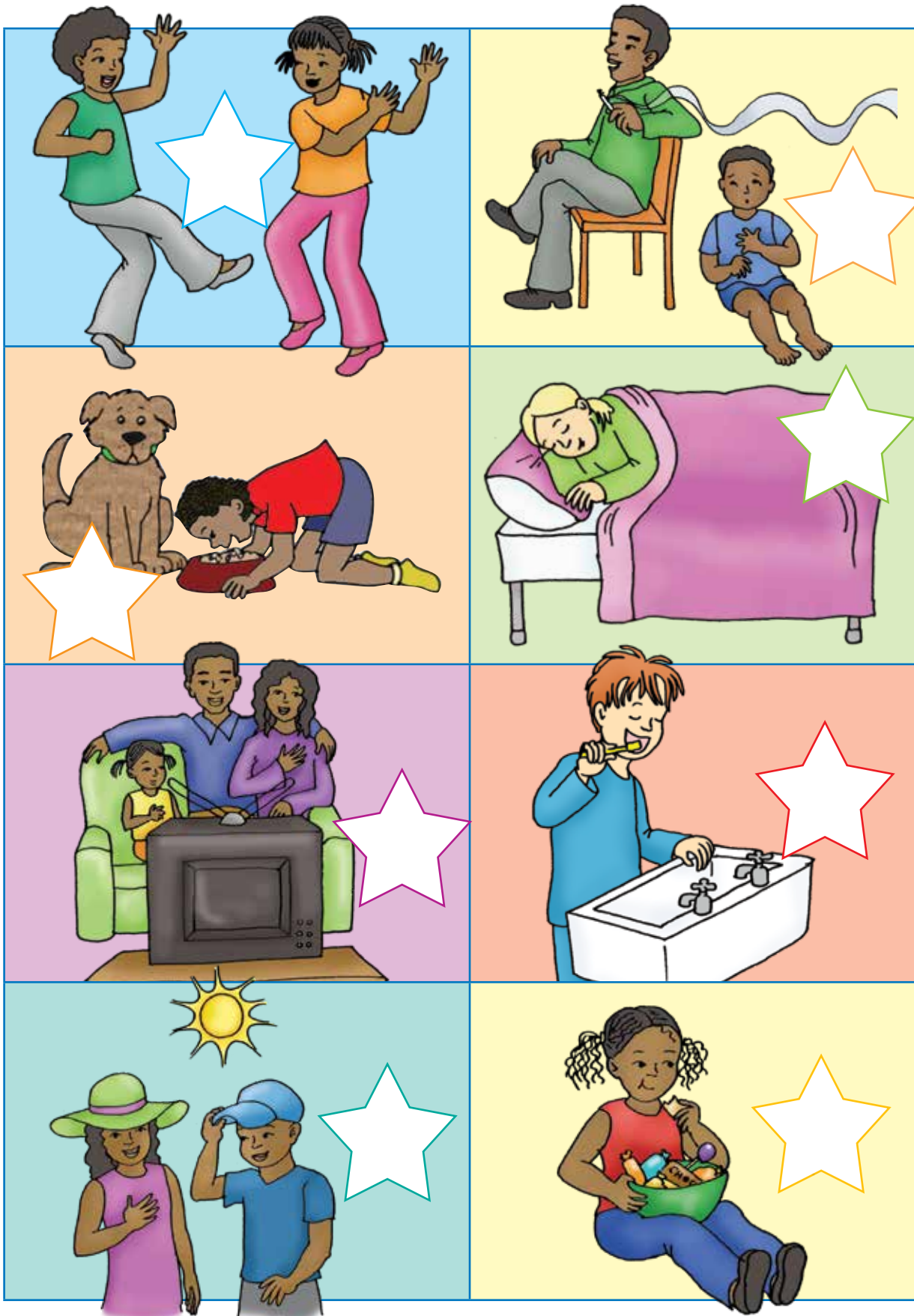


Letsatsi:



Ha re ngoleng

Etsa letshwao ✓ ho tlwaelo ya bophelo bo botle le letshwao ✗ ho tlwaelo ya bophelo bo seng botle.





Ha re etseng

Bontsha hore o sebedisa
dintho tse na jwang.



sesepa sa meno



borashe ba meno

sesepa sa mmele



sesepa sa matsoho



sesepa sa moriri

kama



borashe ba moriri



borashe ba manala



motjhini o kutang manala



Ha re ithapolleng

Tshwaranang ka matsoho le etse sedikadikwe.

Jwale akgela bolo ho e mong le e mong ka
sedikadikweng.

Eketsang ka bolo e nngwe le e lahleleng.

Eketsang ka bolo ya boraro le e lahleleng.



Ha re bueng

Ke eng se bohlaswa phaposing ena?

O tshwanela ho etsa eng hore o hlwekise phaposi ena?

Bana ba etsa eng? Ba tshwanela ho etsa eng?



Titjhere:
Mosaeno:
Mohla:



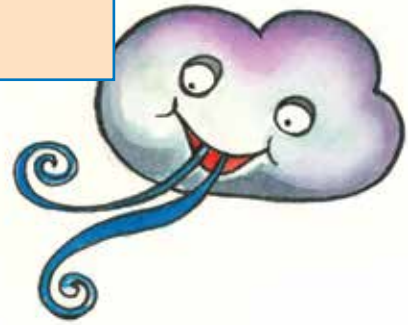
Boemo ba lehodimo boo ke bo ratang



Ha re bueng

Sheba boemo ba lehodimo ka ho fapana. Bolella motswalle wa hao hore o rata boemo bofeng haholo.

moya



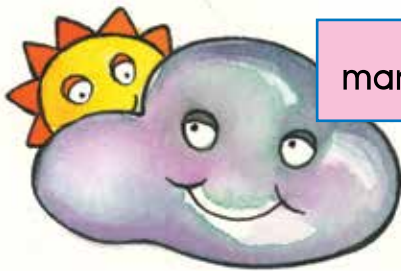
letsatsi



pula e a na



maru a thibile ho a bata



Karolong tse ding tsa naha ya bo rona,
ho bata haholo hoo ho kgethehang lehlwa.
Ka nako e nngwe ho ba le sefefa.
Moya o matla haholo o bitswa sefefa.



Ha re etseng

Taaka setshwantsho sa hao o le puleng kapa lehlweng.
Taaka setshwantsho sa hao pampering e kgolo, o sebedisa wekese le dikerayone.
Kopanya daye ya dijo e bolou le metsi mme o pente leqephe lohle.
Hasanya pente e tshweu hodima leqephe.



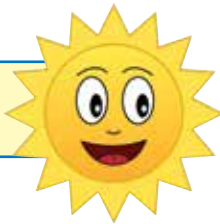


Ha re baleng

Re sebedisa tjhate ya tsa boemo ba lehodimo ho bontsha hore boemo ba lehodimo bo jwang.
Re sebedisa matshwao ho bontsha phapang pakeng tsa maemo a fapaneng a lehodimo.
A mang a matshwao ke a na a latelang.



letsatsi



pula



maru

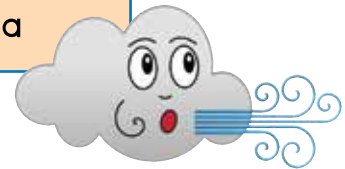


maru a thibile
mona le mane

lehlwa



moya



Ha re bueng

Boella motswalle wa hao diaparo tseo o di aparang boemong bo bong le bo bong ba lehodimo.



Ha re etseng

Etsa matshwao a bontshang boemo ba lehodimo ho qetela tjhate ya boemo ba lehodimo.

Mantaha

Labobedi

Laboraro

Labone

Labohlano



Ha re ngoleng

Boemo ba lehodimo bo bile jwang bekeng ena?
Tlatsa dikgeo ka mantswe.

Tsatsing lena ke _____.

Maobane ho ne ho _____.

Ke tshepa hore hosane ho tla _____.



Tjhate:
Mosaeno:
Mohla:





Ha re ithapolleng

Etsisa maemo a fapaneng a boemo ba lehodimo.



Otlolla matsoho, a otlolele ka hodima
hloho o etse e ka o leru le lehlo.



O na le sekgele ho o tshireletsa letsatsing.



Etsa matsoho jwalo ka sefate se fokang moyeng.



Tshwara sekgele o se tiise hore se se
fefolwe ke moya.



Thopo thopo
marothodi a pula
hodima ntlo.



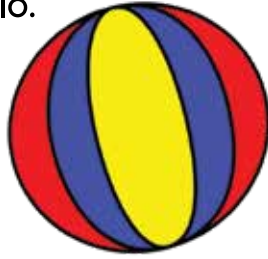
Letsatsi:.....



Ha re ithapolleng

Tshwaranang ka matsoho ho etsa
sedikadikwe se seholo.

Lahlelanang dibolo.



Nahanang mekgwa e fapaneng ya ho
tsamaya hodima balaka e tsepameng
kapa hodima kgwele. Bona na o ka
nahana ka tsela ya ho tsamaya e
fapaneng ho ya ho barutwana ba bang.



Tlotlontswe

Bapala sekotjhe.
Etsa mabokose le
didikadikwe lehlabatheng.



Ha re ithapolleng

- Bontsha motswalle wa hao kamoo o ka sebedisang kgati.
- Titjhere o tla o bontsha kamoo o ka bapalang tse ding tsa dipapadi tsa setso.



Lapa leso

Ha re bueng

Na o a tseba hore malapa ha a tshwane?

Malapa a mang a mannyane a mang a maholo.
Bana ba bang ba na le bontate le bomme ha ba bang ba se na bona.
Malapeng a mang ho na le bonkgono, ntatemoholo, malome,
mangwane le bomotswala.

Sheba ditshwantsho o bolelle motswalle wa hao hore malapa ana a fapane jwang.
Sebedisa mantswe a tswang mabokoseng a latelang.

mme

ntate

kgaitsemi

ntatemoholo

moreso

ngwana

ntatemoholo

lelapa



Letsatsi:.....



Ha re ngoleng

O dula le mang?

Ke mang eo o dulang le yena?



Lapeng leso ho na le batho ba

Ke mang e monnyane ho feta batho bohle lapeng leno?

Ke mang e moholo ho feta batho bohle lapeng leno?



Ha re bueng

Bohle re na le mesebetsi eo re e etsang hae. Tadima ditshwantsho tsena mme o bolele batho ba etsang mesebetsi ena lapeng.



Ngola polelo e le nngwe ka mosebetsi oo o o entseng maobane.

Titjhere:
Mosaeno:
Mohla:





Tlotlontswe

Etsa setshwantsho sa seo wena le ba lapa leno le se etsang mmoho.
Bolela hore motho eo ke mang. Sebedisa mantswe a na ho o thusa.

mme	ntate	kgaitsemi
ntatemoholo	moreso	ngwana
nkgono	lelapa	

Lapa leso

Blank area for drawing or writing.



Re a hlokomelana

19



Ha re baleng

Batho ba malapa ba tlamehile ho ratana, le ho hlokomelana. Re bontsha hore re a ratana ka ho hakana, le hona ho hlomphe e mong le e mong. Re hloka ho ...

- thusana.
- ba mosa ho motho e mong le e mong (haholo holo batho ba baholo).
- etsa mesebetsi ya rona ka nako.
- ba le boikarabelo.



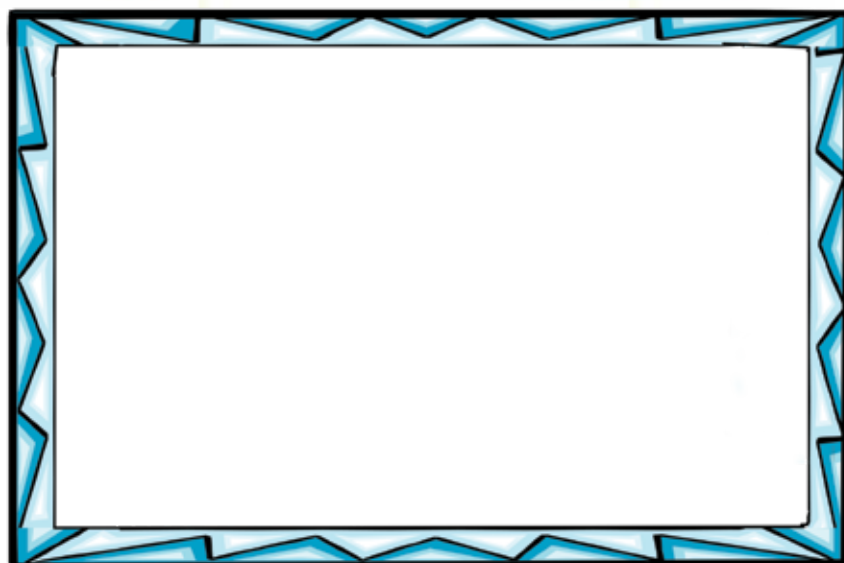
Ha re bueng

Sheba ditshwantsho tse latelang o bolele hore bana bana ba bontsha jwang ba malapa a bona hore ba tsotellana. Jwale tshwantshisa ho bontsha se etsahalang setshwantshong ka seng.



Ha re etseng

Etsa setshwantsho ka seo o se etsang ho bontsha ba lapa leno hore o a ba tsotella. Bolella motswalle wa hao ka setshwantsho seo o se entseng.



Titjhere:
Mosaeno:
Mohla:

Kotara ya 2 – Beke ya 2 – Leqephe la mosebetsi



Ha re bueng

Ho bontsha hore o a tsotella

Bolela ka moo ba lapa lena ba thusanang ka teng. Nomora ditshwantsho ho tloha ho 1 ho isa ho 4 ho bontsha tatellano e nepahetseng.



Ha re baleng

Mosebetsi ya rona ya bosiu.

Mme o pheha dijo.
Ntate o hlatswa dijana.
Moreso le nna re thusa mme le ntate.
Re thusa haholo.
Re hleka lebese le borotho.
Ka mora moo re a robala.
A ko re qoqele tshomo!



Letsatsi:.....



Ha re ithapolleng

Etsetsa motho ya o tsotellang haholo karete.



Ha re ithapolleng

Na o ka etsa tse latelang?

	o ka fetisa bolo ka ho e akgela motswalle wa hao.	ee	tjhe
	o ka fetisa bolo ka ho e lahlela matsohong ho ya ho motswalle wa hao.	ee	tjhe
	o ka tlodisetsa bolo mangweleng.	ee	tjhe
	o ka otlala bolo ho ya khounung.	ee	tjhe
	o ka thinthintsha bolo pakeng tsa bathibedi ba bolo.	ee	tjhe
	o ka rahela bolo ho lebana le ntho e nngwe, ebe o a e raha.	ee	tjhe



Titjhere:
Mosaeno:
Mohla:



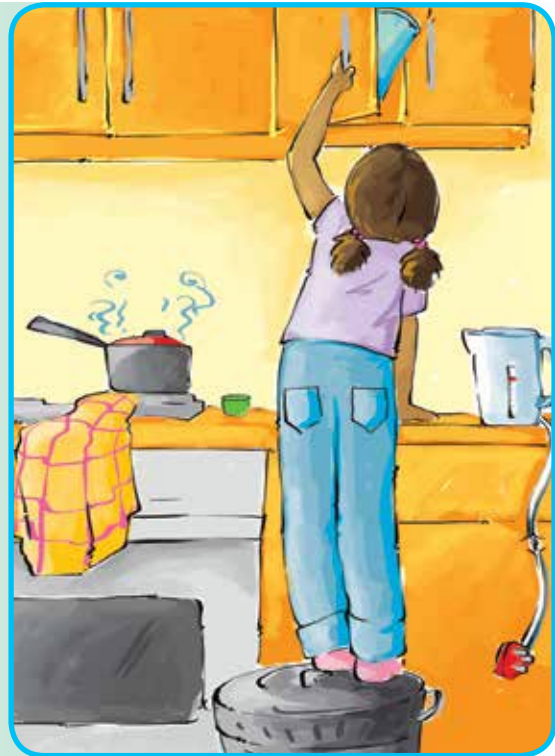


Ha re bueng

Re tshwanela re ikutlwe re baballehile ha re le malapeng a bo rona. Ho na le dikotsi tse ngata malapeng a bo rona. Shebang ditshwantsho le buisaneng ka dikotsi le motswalle wa hao.

Phaposing ya ho pheha

- Shebisa mehwele ya dipitsa hore e furalle setofo.
- Se siye thipa tse bohale di dutse feela.
- Notlella parafini le meriana sebakeng se bolokehileng.
- Se siye dibapadiswa di dutse hohle.



Phaposing ya ho hlapa

- Se sebedise thepa tsa motlakase pela metsi. Se sebedise dintho tse sebedisang motlakase pela metsi.
- O se di siye pela metsi.
- Boloka disebediswa tsohle tse bohale ka rakeng.
- Se sebedise borosolo ba hao ba meno le motho e mong.

Letsatsi:



Matolo, mahadima le motlakase

- Se eme tlasa sefate ha ho na le lehadima.
- Se kenye letho masobeng a kenyang disebediswa tsa motlakase. Kopa motho e moholo ho o thusa.

Ka ntle

- Phutha tsohle tse ka o ntshang kotsi, jwalo ka dikgalase. Di behe ka moqomong wa dithole.
- Se bapalle pela letamo la ho sesa ntle le ha ho na le motho moholo.



Ka hara ntlo

- Se siye dibapadiswa le ntho tse ding di dutse hohle.
- Se bapale ka tjhefu.
- Ha o bona hore mohala wa ketlele kapa wa aene o petsohile kopa mme kapa ntate wa hao hore a o lokise.





Boipaballo ka hare le ka ntle ho malapa (2)



Ha re bueng

Ho bolokeha

Sheba ditshwantsho o bolele hore ke tshwantsho di feng tse bontshang boemo bo bolokehileng kapa boemo bo kotsi. Etsa letshwao ✓ ho bontsha maemo a bolokehileng le letshwao ✗ ho bontsha maemo a sa bolokehang kapa a kotsi. Bolela hore hobaneng o re bo bolokehile kapa ha bo a bolokeha.





Ha re bueng

Na ho na le dintho tse kotsi lapeng leno? O ka etsang ka seo?
Tjhefu, meriana le mekedikedi e hlwekising di kotsi haholo.
O se ke wa nwa seo o se nang bonnete ba hore ke eng.



Letshwao lena le bolela hore ho na le tjhefu
ka hara botlolo, lebokose le lekotikoti.
Na o kile wa bona letshwao lena?



Ha re ithapolleng

Titjhere ya hao o tlo o bapalla mmno.

- O itsikinye ho latela morethetho wa pina.
- Kgetha mookamedi. Mookamedi o tlamehile
ho qoqopela ho latela morethetho wa pina.
Kaofela le tlameha ho etsa se etswang ke mookamedi.
- O leke ho itshehetsa ka leoto le le leng.
- Jwale itshehetse ka leoto le leng.
- Ke leoto le feng le matla?
- Beha kgwele e telele fatshe kapa o etse
mola. Tsamaya hodima kgwele kapa mola,
mme o tsepame.
- Jwale tjhentyjha sebopeliso sa kgwele kapa
mola mme o tsamaye mabapi le yona, o
tsepame.



Polokeho ha ke le mong lapeng



Ha re bueng

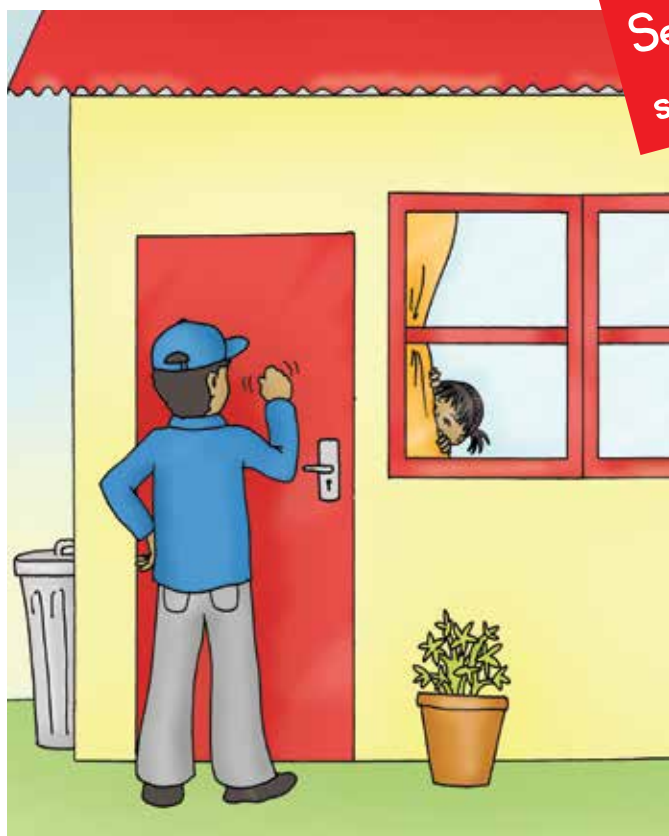
O ithutile ka dintho tse ka o ntshang kotsi lapeng leno.
O ka ipoloka o bolokehile jwang ha o le mong lapeng?

Ha o le hae o le mong, o ka etsa dintho tsena tse latelang hore o dule o bolokehile.



Se bulele batho bao o sa ba tsebeng lemati.

Notlela menyako yohle e tswelang kantle.

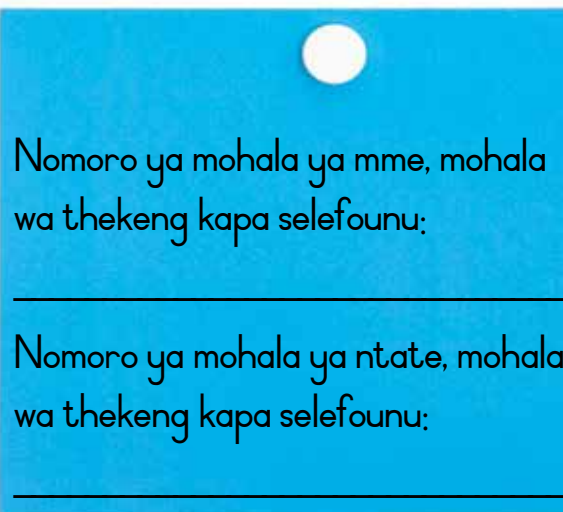
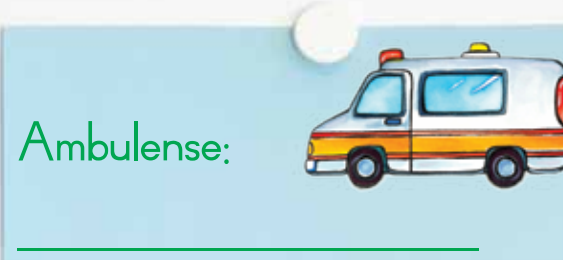
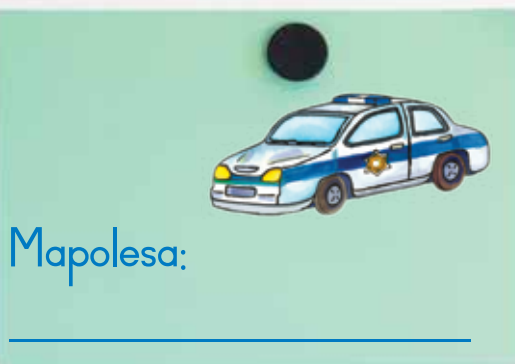


- Eba le bonnete ba hore o tseba dinomoro tsa mehala tsa batswadi ba hao, le batho ba dulang pela lapeng leno.
- Etsa lenane la dinomoro tsa bohlokwa, hore ha ho ka etsahala phoso.



Ha re ngoleng

Iketsetse lenane la dinomoro tsa bohlokwa.



Ke mang e mong eo o ka mo letsetsang ha o le mathateng?





Kotara ya 2 – Beke ya 4 – Leqephe la mosebetsi

24

Se seng hape ho hopolwa

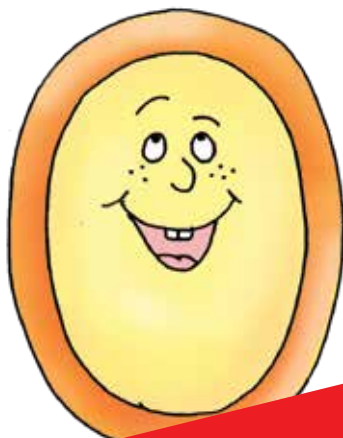


Ha re bueng

Tsela e bonolo ya ho hopola mohala wa mapolesa. Sheba setshwantsho o bolelle motswalle wa hao hore ditshwantsho di o thusa jwang ho hopola dinomoro. 10111 ke nomoro ya mapolesa. E bitse hangata ho fihlela o e tseba ka hloho.



1



0



111



Ha re ithapolleng

Bontsha ka moo o neng o ka etsa ka teng ha o ne o le ngwana ditshwantshong tse latelang.



O ne o tla etsa jwang ha motho eo o sa mo tsebeng a ne a o lelekisa?



O ne o tla etsa eng ho thusa mme wa hao ho etsa dikuku?



O ne o tla etsa eng ha o eme pela kgalase e tjhwatlehileng?

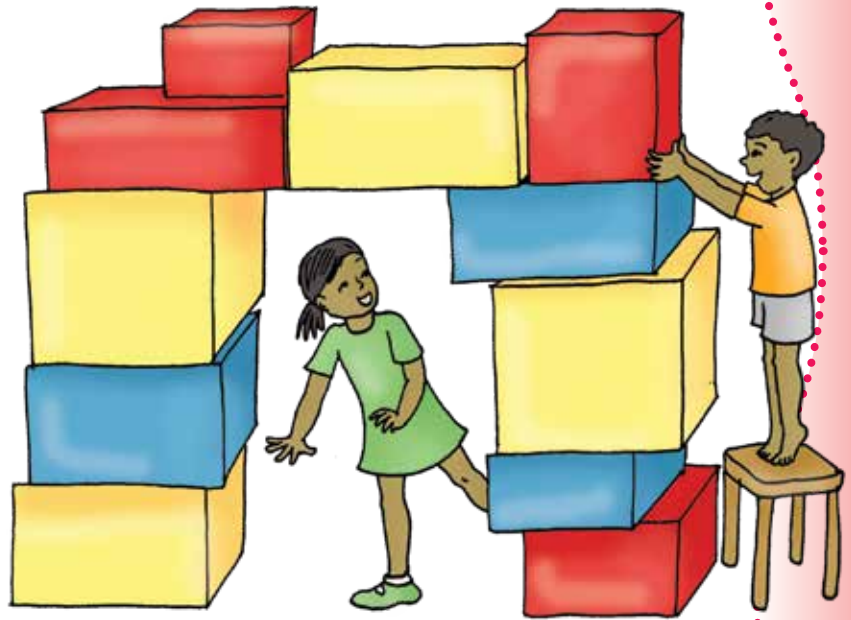




Ha re etseng

Bona na o ka aha ntlo ya hao.

- Fumana mabokose a kgale ebe o haha mabota le marulelo.
- O ka kgomaretsa mabokose mmoho. Ha ntlo e fedile, o ka e penta.
- Ha o sa fumane mabokose, sebedisa ntho e nngwe le e nngwe. Empa se sebedise galase kapa makotikoti kapa ntho e ka o ntshang kotsi.



Ha re ithapolleng

Lahlela bolo moyeng ebe o e tshwara ka letsoho la hao la leqele.

.....

Thusa titjhere ya hao ho suthisetsa ditulo, ditafole le mabokose kantle.

Hlwella hodima ditulo, ditafole, le mabokose. Kgasa ka tlasa ona, mme o tlolele fatshe ho tloha ho ona.

Leka ho itshehetsa leotong le leng la setulo.





25

Kotara ya 2 – Beke ya 5 – Leqephe la mosebetsi



Ha re ngoleng

Ngola mantswe sebakeng se nepahetseng.

leoto

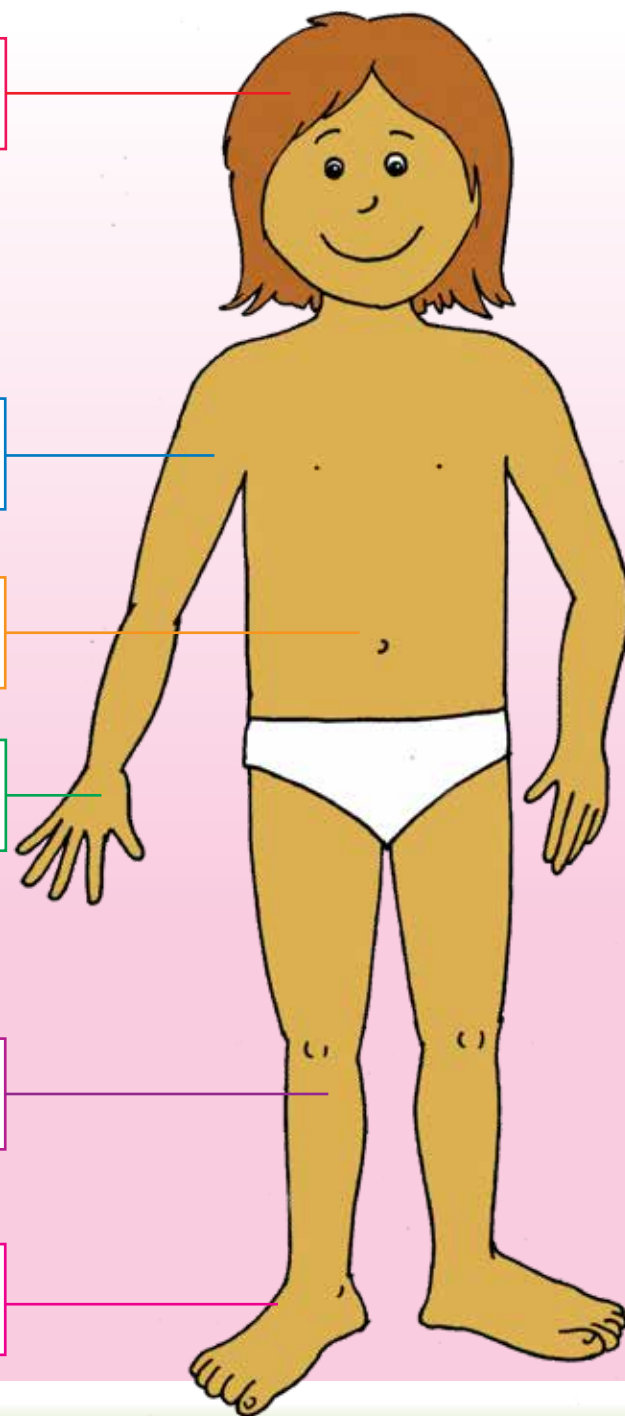
letsoho

hlooho

mpa

lengwele

letsoho





Ha re etseng ditshwantsho

Qetella setshwantsho sena sa sefahleho.

Etsa setshwantsho sa moriri. Leka ho etsa sefahleho sa hao. Ha o na le mahlo a maputswa, etsa mahlo a maputswa. Ha moriri wa hao o le motsho etsa setshwantsho sa moriri o motsho.

Etsa setshwantsho sa dintshi, nko ya hao le molomo wa hao.

Sefahleho sa hao ke setho sa bohlokwa dithong tsa hao tsa mmele.

Ke na le mahlo a mabedi.



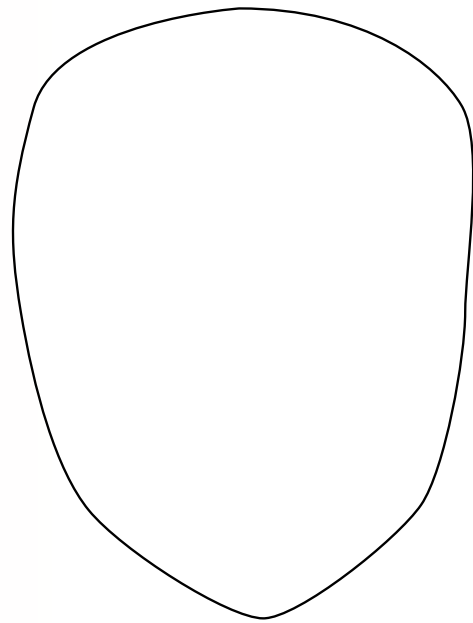
Ke na le tsebe tse pedi.



Ke na le nko e le nngwe.



Ke na le molomo.



Ha re bineng

Binang pina ena. Tshwara setho se seng le se seng sa mmele ha o bina ka sona.

Hlooho mahetla

**Hlooho mahetla, mangwele le menwana,
mangwele le menwana**

Hlooho mahetla, mangwele le menwana

Jwaloka ka hodimo.



Ha re ithapolleng

Bapala "Simon o re..."



Titjhere:
Mosaeno:
Mohla:



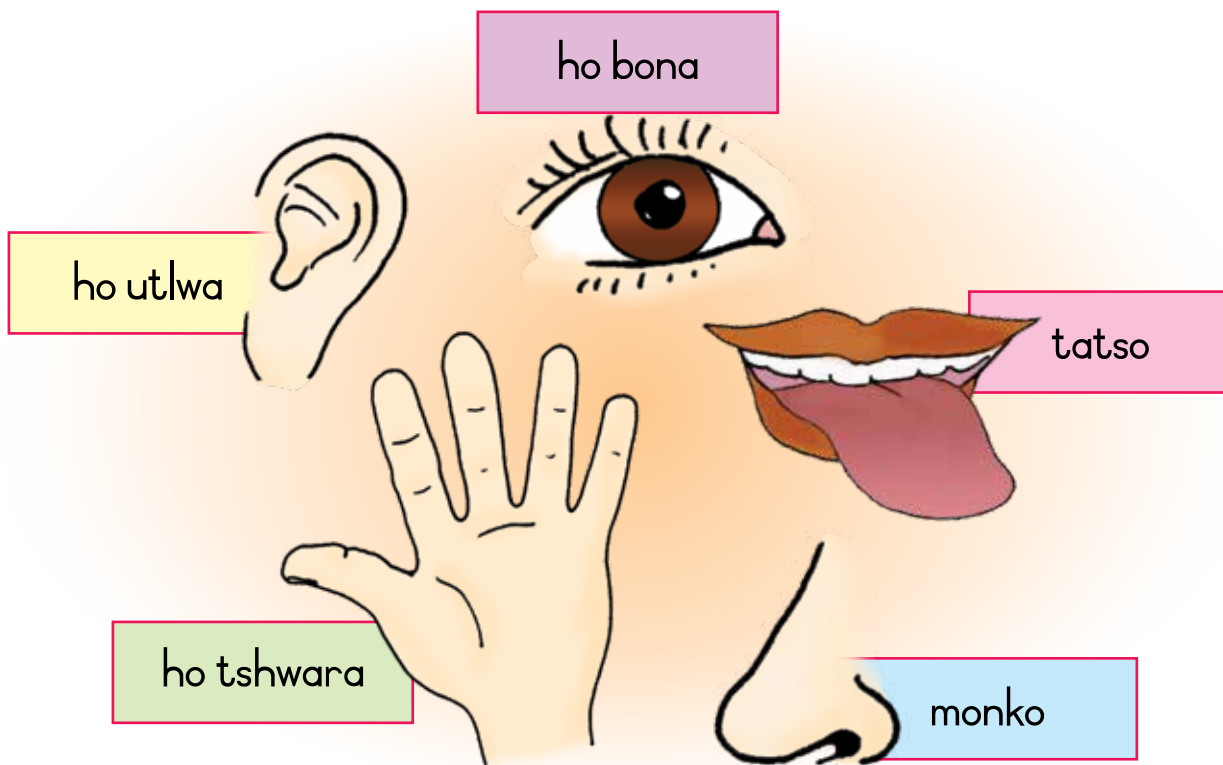


Ditho tsa kutlo tsa ka



Ha re bueng

Sheba dikutlo tse fapaneng o bue hore re di sebedisetsa eng.



Ha re baleng

Re sebedisa ditho tsa kutlo tsa rona ka mehla.
Re nka le ho utlwa tatso ya dijo. Re ka utlwa
hore lesiba le bobabo bo bokae. Re bona hore
lehodimo le leputswa hakae lehlabula. Re utlwa
mmimo.

Dikutlo tsa rona di re thusa hore re bolokehe.
Re ka kgona ho nka ha ho na le mollo.
Re ka kgona ho utlwa ha setofo se tjhesa haholo.
Re kgona ho bona ha ho le kotsi ho tshela mmila.
Re kgona ho utlwa modumo wa alamo.





Ha re etseng

Tlhokomelo ya mahlo, le ditsebe.

Re hloka ho hlokomela ditho tsa kutlo tsa rona. Ena ke mekgwa e mmedi ya ho hlokomela mahlo le ditsebe tsa rona.



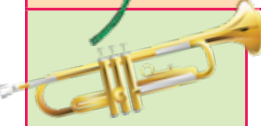
Hlokomela ditsebe tsa hao ka ho se mamele mmino o lerata.

Hlokomela mahlo a hao ka ho rwala kepisi le dikgalase tsa letsatsi. Se shebe letsatsi.

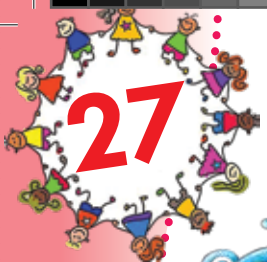


Ha re ngoleng

Sheba tafole e ka tlase, moleng o mong le o mong bontsha hore o ka sebedisa kutlo e feng, o ka tshwaya tse fetang bonngwe.

	 ho nkgā	 ho latswa	 ho bona	 ho utlwa	 ho tshwara
					
					
					
					
					





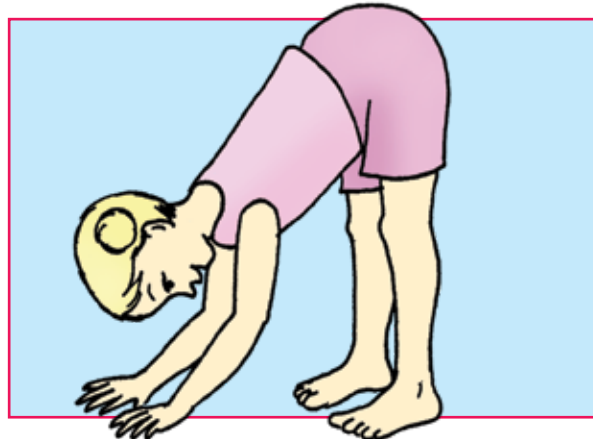
Ho kwetlisa mmele



Ha re bueng

Sheba setshwantsho. Setshwantshong se seng le se seng bolela hore ke setho se fe sa mmele, se o thusa ka eng.

Re sebedisa mmele ya rona ho ikwetlisa.



Ha re ngoleng

Araba dipotso tsena le motswalle wa hao. Ngola dikarabo bukeng ya hao, ka tlasa dipotso tse latelang.

O sebedisa ditho di fe tsa mmele ho tsamaya?



Ke dikarolo dife tsa mmele tseo o di sebedisang ho phahamisa seng?



Ha re ithapolleng

Titjhere o tla o bontsha ho bapala "katse le tweba".





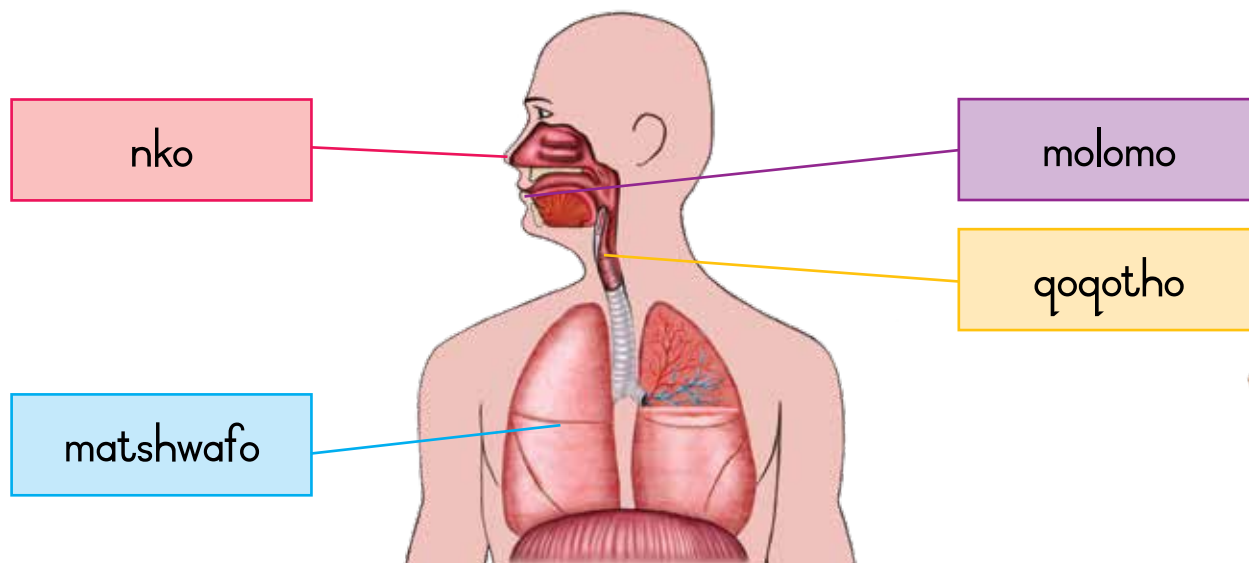
Ha re baleng

Ho na le ditho tse ding tsa mmele tseo o ke keng wa di bona.
Di sebetisa mmoho ho o phedisa.

Masapo a hao



Ditho tsa mmele tse o thusang ho phefumoloha





Ho nahana ka polokeho



Ha re bueng

Sheba setshwantsho se latelang o bue ka sona le motswalle wa hao hore o bona eng. Setshwantshong se seng le se seng bontsha hore o ka dula o bolokehile jwang.



O bona motswalle wa hao ka ngane ho mmila.



O setse o le mong moo ho palangwang ditekisi.



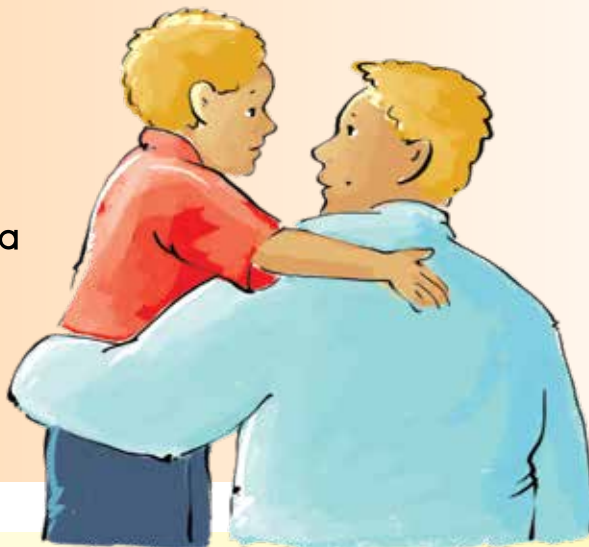
Motho eo o sa mo tsebeng o o kopa ho ya le yena kae kae.



O lahlehile setsing sa mabenkele.



Re na le maikutlo a reng "ee"
ha motho a re haka ka tsela e
nepahetseng. Ho monate ho hakuwa
ke motho eo o mo ratang ka tsela e
nepahetseng ya setswalle.

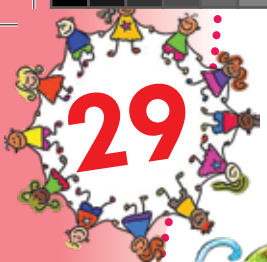


Tlo mona ngwanana ya monnyane.
Ke tla o fa dipompong, o se bolelle
mang kapa mang.

Ha re na maikutlo ha motho e
mong a re thetsa ka tsela e re
tshosang kapa e sa re thabiseng.
Ha re sa thaba kapa re ikutlwa re
sa bolokeha ha re na maikutlo.

Mmele wa hao ke ntho ya bohlokwa, mme ke wa hao
feela. O ka re "ee" ha o dumela ho tshwarwa ke motho
kapa "tjhe" ha o sa batle.





Ho bolokeha



Ha re ngoleng

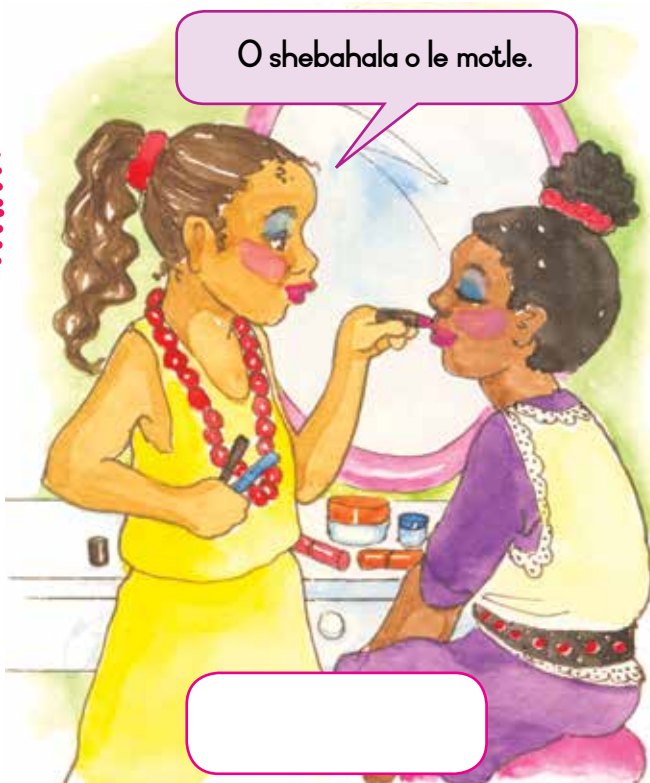
Sheba ditshwantsho tse latelang o ngole ee moo o dumelang le tjhe moo o sa dumeleng.



Ke ya o rata.



Emisa ho etsa lerata!
O moholo haholo ho etsa jwalo.



O shebahala o le motle.



Se
kgathatsehe,
ke o tsikinyetsa
feela.





Ha re etseng

Ithute hore "tjhe".

Etsa papadi moo motho osele a rerang ho nka ngwana ka koloi ya hae kapa a batla ho tshwara ngwana. Karabo ya ngwana ke "tjhe".



Ha re bueng

Bana ba bang ba dula malapeng a sa ba hlokomeleng. Sheba ditshwantsho. Bolela hore o ne o ka ikutlwa jwang ha o ne o le ngwana ya ditshwantshong. Bolela hore o ne o ka etsa eng.



O ngwana ya fosahetseng ha ke o rate.

O ka se ye sekolong. O tlamehile ho jara ditene hore o hahe lebota.



Ha re ithapolleng

Bapala papadi ya ho "hwama".

Tsamaya, o nke tsela efe kapa efe eo o e ratang, ha titjhere ya hao a letsa phala, o eme tsi! boemong boo o tla beng o le ho bona. O tlamehile hore o se tsitsinyehe ho fihlela titjhere e o dumella ho tsitsinyeha. O ka kgona ho tsepama? Ho tsamaya balakeng e tsepameng kapa kgweleng e telele e beilweng fatshe.



Titjhere:
Mosaeno:
Mohl:

Ho boloka mmele wa ka o phetse hantle



Ha re baleng



Ho na le mekgwa e mengata eo re ka kulang ka yona. Hangata re kudiswa ke dikokwanahloko le baketheria. Di nyenyane haholo, hoo re ke keng ra di bona. Di kena mmeleng ya rona, di re kudise. Di ka kena mmeleng ya rona mme tsa re kudisa.



Ha re bueng

Bana ba ditshwantshong ba etsa jwang hore ba phele hantle?
Ho ka etsahalang ha ba ne ba sa etse dintho tsena?



Letsatsi:.....



Ha re bueng

Jwale bua ka ditshwantsho tsena. Etsa ✓ ho bontsha hore o ka dula o phetse hantle. Kenya letshwao ✗ ditshwantshong tse ka etsang hore o kule.



Ho boloka mmele wa ka o phetse hantle



Ha re bueng

Ha se batho ke disebediswa tsa ho hlwekisa metsi?
Ke mkgwa wa ho hlwekisa metsi?

Na o a tseba hore metsi a mang a hlwekile ha a mang a le ditshila? O ka etsa eng ho boloka metsi a hlwekile a le matle hore a kgone ho nowa?

O ka bedisa metsi ka ketele ho bolaya dikokwana mahloko.



O ka sefa ditshila.
Titjhere a ka o bontsha jwang.

O ka kenya kgaba e nyenyane e le nngwe ya Jiki ho diemere tse mashome a mabedi a metsi a nokeng. Kwala emere hore ditshintshi di se kene. Tlohela metsi dihora tse 28 pele o ka a nwa.



Letsatsi:



Ha re bueng

Sheba ditshwantsho tse latelang, o bolele hore bana bana ba etsang hore ba dule ba phetse hantle.

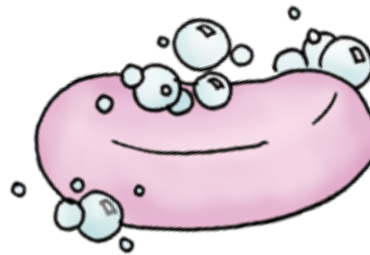
Tshela pampiri e tshesane ka ntlwaneng ya ho ithusa kapa moo ho lahlelwang matlakala.



Hlatswa matsoho pele o ja.



Ha o etsa ditshila ka ntlwaneng ya ho ithusa, hlwekisa moo o sentseng o ntano hlatswa matsoho a hao.



Hlatswa matsoho a hao ha o geta ho sebedisa ntlwana ya ho ithusa.



Kwahela molomo ha o thimola kapa hona ha o kgohlela.





Re a hlahloba



Ha re bueng

Buisana ka seo o ithutileng sona dikotareng tse pedi tse fetileng.



Nka bua ka lelapa leso.

Nka tsamaya thapong e tshesane.

Ke tseba nomoro ya mapolesa.

Ke tseba ka maikutlo a "tjhe" le "ee".

Nka kapa bolo.

Nka dula ke bolokehile lapeng.

Nka itlhokomela.

Ke thusa lapa leso.

Ke tseba hohle sekolong.

Ke tseba ho dula ke phetse hantle.

Ke tseba hore nka etsa eng ka dintho tsohle tse ka mokotlaneng wa ka.

Ke tseba ka malapa a fapaneng.

Ke ithutile ntho tse ngata thutong ya bokgoni ba bophelo.





Bukantswe ya ka

A
a

Handwriting practice lines for uppercase A and lowercase a.

G
g

Handwriting practice lines for uppercase G and lowercase g.

B
b

Handwriting practice lines for uppercase B and lowercase b.

H
h

Handwriting practice lines for uppercase H and lowercase h.

C
c

Handwriting practice lines for uppercase C and lowercase c.

I
i

Handwriting practice lines for uppercase I and lowercase i.

D
d

Handwriting practice lines for uppercase D and lowercase d.

J
j

Handwriting practice lines for uppercase J and lowercase j.

E
e

Handwriting practice lines for uppercase E and lowercase e.

K
k

Handwriting practice lines for uppercase K and lowercase k.

F
f

Handwriting practice lines for uppercase F and lowercase f.

L
l

Handwriting practice lines for uppercase L and lowercase l.





Bukantswe ya ka

M
m

Handwriting practice lines for the letter M/m.

S
s

Handwriting practice lines for the letter S/s.

N
n

Handwriting practice lines for the letter N/n.

T
t

Handwriting practice lines for the letter T/t.

O
o

Handwriting practice lines for the letter O/o.

U
u

Handwriting practice lines for the letter U/u.

P
p

Handwriting practice lines for the letter P/p.

V
v

Handwriting practice lines for the letter V/v.

Q
q

Handwriting practice lines for the letter Q/q.

W
w

Handwriting practice lines for the letter W/w.

R
r

Handwriting practice lines for the letter R/r.

X-Z
x-z

Handwriting practice lines for the letters X, Y, and Z.

