



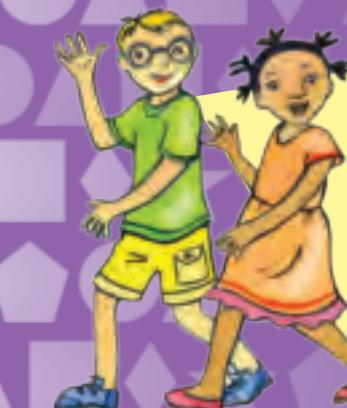
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Ihambisana
ne-CAPS

Ibangalesi-

2

Amakhono Empilo ISIZULU

Incwadi yoku-1
Ithemu 1&2



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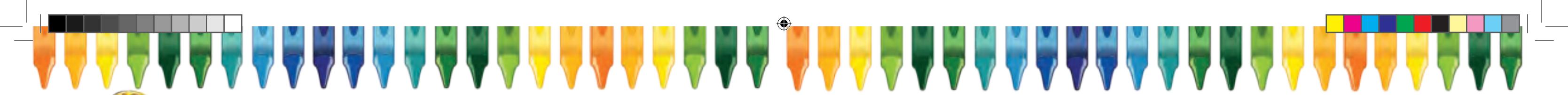
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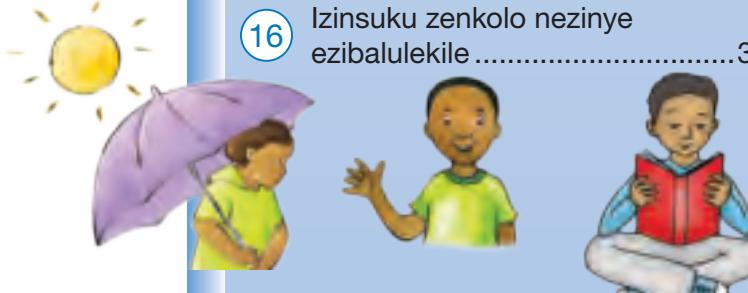
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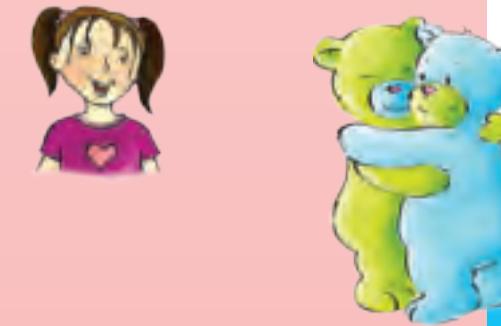
Ithemu 1 ikhasi

- 1 Sidinga ukudla okunempilo ukuze siphile 2
- 2 Amanzi asinika impilo 4
- 3 Songa amanzi 6
- 4 Umoya ohlanzekile usinika amandla 8
- 5 Mina kanye nabanye 10
- 6 Abantu esiphila nabo 12
- 7 Akuphele ukuhlukumezana 14
- 8 Wonke umuntu ubalulekile 16
- 9 Indlela esizizwa ngayo 18
- 10 Abantu abakhubazekile 20
- 11 Bonke abantwana babalulekile 22
- 12 Amaqhawe ami 24
- 13 ukuhlanzwa kwamanzi 26
- 14 Ukuhlala uphilile 28
- 15 Ukudla okusheshayo nokungasheshi ukubola 30
- 16 Izinsuku zenkolo nezinye ezibalulekile 32



Ithemu 2 ikhasi

- 17 Izikhathi zonyaka 34
- 18 Izikhathi ezine zonyaka 36
- 19 Izikhathi zonyaka 38
- 20 Ukuggokela isimo sezulu 40
- 21 Imithelela yezikhathi zonyaka 42
- 22 Ukuhala ubhontshisi 44
- 23 Izilwane zasepulazini 46
- 24 Epulazini 48
- 25 Izilwane zasendle 50
- 26 Zicasha kanjani izilwane 52
- 27 Izilwane zasemanzini 54
- 28 Izilwane zasekujuleni kwamanzi 55
- 29 Ulwazi ngezilwane zasemanzini 56
- 30 Izilwane ezhamba nezindlu zazo 58
- 31 Izilwane ezizakhela indawo yokuhlla 60
- 32 Isichazamazwi sami 62



UNkk Angie Motshekga,
uNgqongqoshe weMfundu
Eyisisekelo



UDkt Reginah Mhaule,
iSekela loMnyango
weMfundu Eyisisekelo

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

Lezi zincwadi ezibizwa ngeRainbow Workbooks ziyingxenye yoMnyango weMfundu Eyisisekelo lapho uMnyango uzama khona ukungenelela 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 wezMfundu ukuthi ukwazi ukukhiqiza uphinde usabalalise ngaphandle kwenkokhelo lezi zincwadi zokusebenzela ngazo zonke izilimi zaseNingizimu Afrika ezisemthethweni.

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

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Sifisela wena nomfundi omfundisayo impumelelo ngenkathi usebenzisa lezi zincwadi.

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iBanga lesi- 2



Amakhono Empilo
ISIZULU
Incwadi yoku-I



Le ncwadi ngeka-





1

Sidinga ukudla okunempilo ukuze siphile



Masifunde

Ithemu I – ISonto I – Ikhasi Lokusebenzela

Imizimba yethu idinga ukudla okunempilo ukuze sikhule. Kumele sidle ukudla okunempilo okuvela ezinhlotsheni ezinhlanuzokudla zonke izinsuku. Sidinga ukudla ukudla okunempilo ukuze sikwazi ukuba namandla okwenza zonke izinto esidinga ukuzenza. Uma singadli ukudla okunempilo, singagula.

Izhinhlobo ezinhlanu zokudla

Imikhiqizo yokusanhlamvu

Abanye abantu badla izitshalo kuphela. Lokhu kusho ukuthi abayidli inyama. Badla kakhulu kwizinhlobo ezine zokudla.

Inyama,
inhlanzi, inkukhu,
amantongomane
kanye nobhontshisi

Imifino nezithelo

Okusamafutha

Imikhiqizo yobisi

Usuku:.....

2



Masenzeni lokhu

Xoxa nomngane wakho mayelana nokuthi
yikuphi kwalokhu kudla okunempilo.
Kukokelezele.



Bhala

Enza sengathi uya
esuphamakethe
nomama wakho,
niyothenga ukudla
okuzodliwa ntambama.
Enza uhla lwezinto
ezizothengwa
eziuhlobo lokudla
okunempilo emndenini.



UHLA LWEZINTO EZIZOTHENGWA



Uthisha:
Sayina:
Usuku:



2

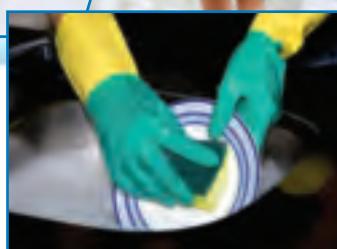
Amanzi asinika impilo

Ithemul – ISonto I – Ikhasi Lokusebenza



Masikhulume

Yini eyenza siwadinge amanzi?
 Abantu, izitshalo kanye nezilwane
 kuyawadinga amanzi. Abantu, izitshalo
 kanye nezilwane kuyawadinga amanzi ukuze
 kuhlale kuphilile. Amanzi yiwo azungelezisa
 ukudla esikudlayo kuye ezingxenyeni
 ezahlukene zemizimba yethu, yiwo futhi
 asiza umzimba ukuthi ukwazi ukukhipha
 izinto ezingadingeki emzimbeni.



Masenzeni lokhu

Zonke izinsuku siyawasebenzisa amanzi emakhaya. Xoxela umngane wakho
 ngezinto zonke ongazicabanga esisebenzisa amanzi kuzo. Emva kwalokho
 udwebe izithombe ezi-4 ukukhombisa ukuthi siwasebenzisa kanjani amanzi
 kulezo zinto. Bhala isihloko sesithombe ukuchaza ukuthi simayelana nani.

4

Usuku:.....

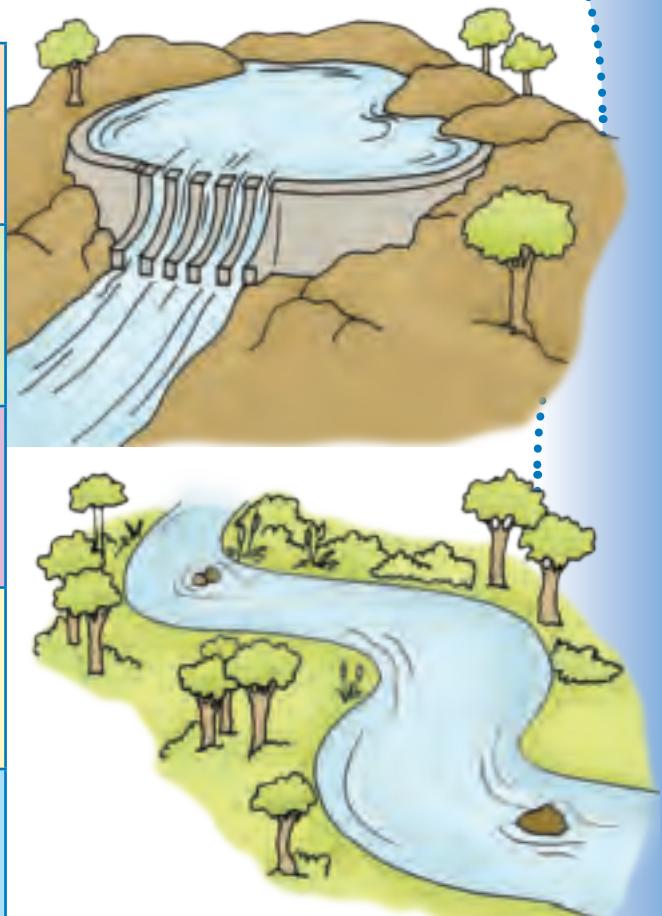


Bhala

Siwathola kuphi amanzi? Dweba umugqa uqondanise igama ngalinye nesithombe esifanele.



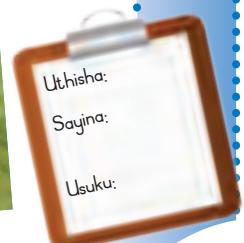
lsiphethu
iwindimili
umfula
idamu
umthombo wamanzi



Masiphumele ngaphandle

Ngaphambi kokwenza noma yini ngaphandle, qala ngokuzelula njengekati. Lokhu kuzokwenza umzimba unyakaze kalula. Zelule nangemva kokwenza okuthile ngokuthi uphumule upholé. Lokhu khona kukusiza ukuthi ungabi nobuhlungu bezicubu.

- Gxuma njengesele. Yenza umsindo wamasele.
- Nqakisanani ngebhola noma ngesaka likabhontshisi. Libambeni.
- Manje phonsa ibhola noma isikhwama sikabhontshisi phezulu bese usinqaka.
- Thwala isaka likabhontshisi ugijjimisane nomngane nithwele. Bheka ukuthi uzohamba ibanga elingakanani lingawile isaka olithwele.





3

Songa amanzi



Masikhulume

Ithemu 1 – ISonto 2 – Ikhasi Lokusebenzela

Amanzi ayinto ebalulekile, kumele siwonge.
Xoxa nomngane wakho ngezindlela ezahlukene
esingazisebenzisa ukonga amanzi.



Bhala

Bhala ezikhaleni izindlela ezimbili esizisebenzisa
ukonga amanzi.



1.

2.



Masenzeni lokhu

Sebenzisa amakhilayoni
nopende wenze iphosta
enemibala ekhuluma
ngokongiwa kwamanzi.
Iphosta yakho kumele
igquqquzele abanye
ukuthi bonge amanzi.
Uma sewujqedile khombisa
abangane bakho.

6

Usuku:.....





Masiphumele ngaphandle

Masidlaleni umdlalo othi "Sikhathi sini,
Mnu Mpungushe?"

Oyedwa wenu makabe yimpungushe.

Buzani ngamunye nithi "Sikhathi sini,
Mnu Mpungushe?"

Impungushe kumele isisho isikhathi uma ibuzwa.

Kodwa uma ithi "yilantshi!" izosuka ngejubane
inijahe. Kumele niyibalekele ingalinge inibambe.



Dlalani umdlalo wehulahuphi noma wentambo
eyindilinga.

Wena nomngane wakho kumele nishintshane
ngokuhamba phezu kwendilinga, nihambe
ngezinyawo kuqala bese nihamba ngezandla.

Ningayibamba indilinga yenu eyintambo
niyiphakamise, umngane achushe kuyo.
Shintshanani ngokwenza lokhu.



Okokugcina,
emaqoqweni
anabantu aba-4,
zilungiseleleni
ukwethula umdanso
waseNingizimu
Afrika.

Uthisha:
Sayina:
Usuku:

Umoya ohlanzekile usinika amandla

IThemu 1 – ISonto 2 – Ikhasi Lokusebenza



Masifunde

Umoya esiwuphefumulayo une-oksijini. Usisiza ukuthi imizimba yethu ikwazi ukusebenzisa ukudla esikudlayo. Sibe sesithola amandla siphile. Uma siphefumula umoya ongcolile, imizimba yethu iyehluleka ukusebenza.



Bhala

Hlala nomngane wakho. Gcwalisani izikhala ezingezansi nobabili

Ngidinga umoya ohlanzekile ngoba _____

Uma umoya ungcilile _____

Umoya uyangcola uma _____

Izinto esingazenza ukugcina umoya uhlanzekile:

1. _____

2. _____

Usuku:.....



Masif unde

abantu badinga ukukhanya kwelanga ukuze baphile. Kusiza imizimba yethu ukuthi yakhe uVithamini D. Wona-ke siwudingela ukuba namathambo aqinile.

Ilanga uma selikhanya kakhulu libuye libe yinkinga. Liletha izinhlungu zokushiswa yilanga. Kufanele ugcobe ukhilimu wokuvikela ilanga, noma isigqoko selanga ukuvikela isikhumba sakho.



Bhala

Gcwalisa lezi zikhala ezingezansi:

Ngingavikeleka elangeni uma:

1. _____
2. _____
3. _____



Masicule

Cula leli culo futhi ushaye izandla zihambisane nalo.

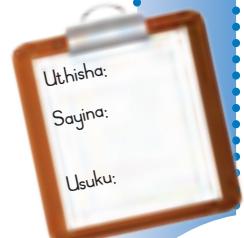


Gcoba ukhilimu wokuvikela ilanga noma isigqoko selanga ukuze uzivikele emisebeni yelanga.



Wena ungukhanya kwelanga lami ukuphela kokukhanya kwelanga lami.

**Uyangijabulisa kakhulu
uma isibhakabhaka semboze ngamafu.
Awusoze wakwazi lokhu, sithandwa,
Ukuthi ngikuthanda kangakanani.
Ngiyakucela, ungangiphuci imisebe
yami yelanga.**



q

Mina kanye nabanye



Masikhulume

Sonke siyathanda ukuba
nabangane beqiniso.
Umbona kanjani
umngane weqiniso?



Bhala

Bhala ezikhalieni ezingezansi uhla lwezinto
ezenza umuntu abe ngumngane weqiniso.



1. _____
2. _____
3. _____
4. _____



Bhala

Bhekisa le mibuzo bese ubhala izimpendulo zayo phansi.

Bangaki abangane onabo?

Ngubani igama lomngane wakho weqiniso?

Seninesikhathi esingakanani ningabangane?

Yini oyithanda kakhulu ngomngane wakho?

Usuku:.....



Masikhulume

Yiya kumngane wakho nihlale phansi nikhulume ngalawa mazwi.
Faka uphawu (✓) ebhokisini uma kuyiqiniso, ufake uphawu (✗) uma kuliphutha.

Uhla lokuhlola ubungane

Bhala u ✓ noma i ✗

Umngane wami uyanginakekela.

Umngane wami uyangisiza.

Umngane wami uhlanganyela nami izinto eziningi.

Umngane wami akalwi nakancane nami.



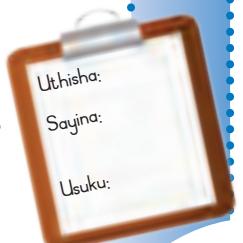
Masenzeni lokhu

Yini ongayenza uma ufuna
ukukhombisa umngane
wakho ukuthi ubalulekile
kuwe? Dweba manje
isithombe esiveza lokhu
esikhaleni. Ubokhumbula
ukuhlobisa ifreyimi
yesithombe sakho. Uma
usukwenzile lokhu, khuluma
ngemibala ezothile kanye
nehehayo oyisebenzisile
kulesi sithombe.



Bhala

Bhala imisho emibili ngesithombe sakho.



Uthisha:
Sayina:
Usuku:

Abantu esiphila nabo

Ithemu I – ISonto 3 – Ikhasi Lokusebenzela



Masikhulume

Buka izithombe. Zama ukukhumbula ukuthi abangane beqiniso bayaye benzeni. Xoxa neqembu lakho ngalokhu. Zama ukukhumbula ukuthi abangane ababi bayaye benzeni. Beka uphawu (✓) esithombeni ngasinye ukukhombisa ubungane, nophawu (✗) kulabo abaveza ubungane obungalungile.



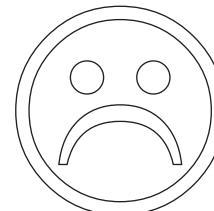
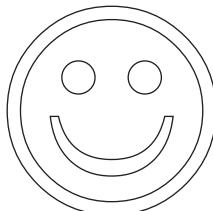


Masifunde

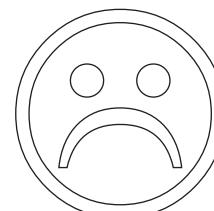
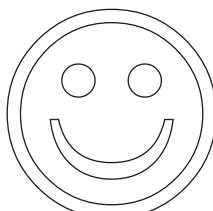
Funda umusho ngamunye bese ufaka umbala ebusweni
obuthi Yebo 😊 noma ebusweni obuthi Cha 😞.



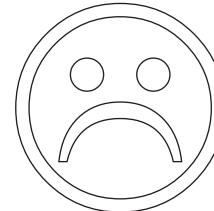
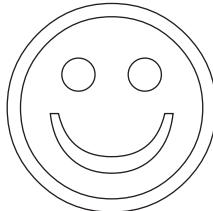
Ngingumngane weqiniso.



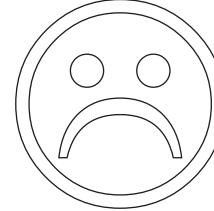
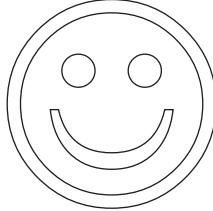
Ngiyabanakekela
abangane bami.



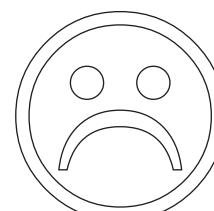
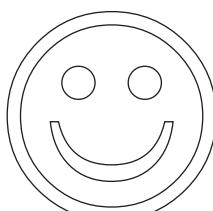
Nginomusa kubafundi enginabo ekilasini.



Abafundi enginabo ekilasini banomusa kimi.



Ngiyabahlonipha abantu
engiphila kanye nabo.



Masiphumele ngaphandle

Masidllaleni "Yima esithunzini sami".

Wena nabangane bakho zamani ukuma esithunzini
somunye nomunye. Shintshanani nthole ukuthi
zingaki izithunzi enikwazi ukuma kahle kuzo.

Ningalokhu nigudlukelana ukuze ubalekele
abangane bakho ukuthi bangami esithunzini sakho.





Akuphele ukuhlukumezana esikoleni



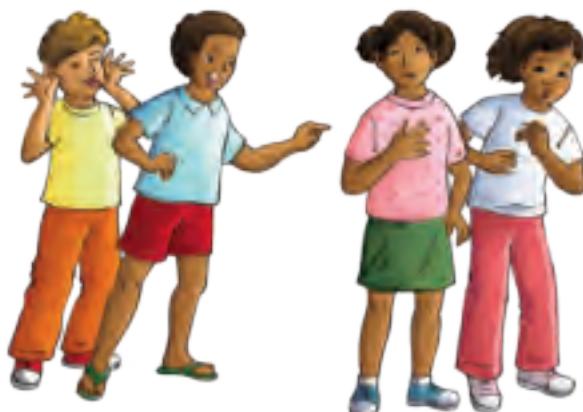
Bhala

Buka isithombe ngasinye.

Yini ongayenza uma abanye abantwana bekuhlukumeza? Bhala umusho owodwa eduze kwesithombe usho ukuthi kumele abantu baphathane kanjani.









Masenzeni lokhu

Wena nomngane wakho dlalani
ukuba yingane ehlukumeza
enye. Emva kwalokho yishoni
ukuthi yini engenziwa ukuvimbela
ukuhlukumezana kwezingane.

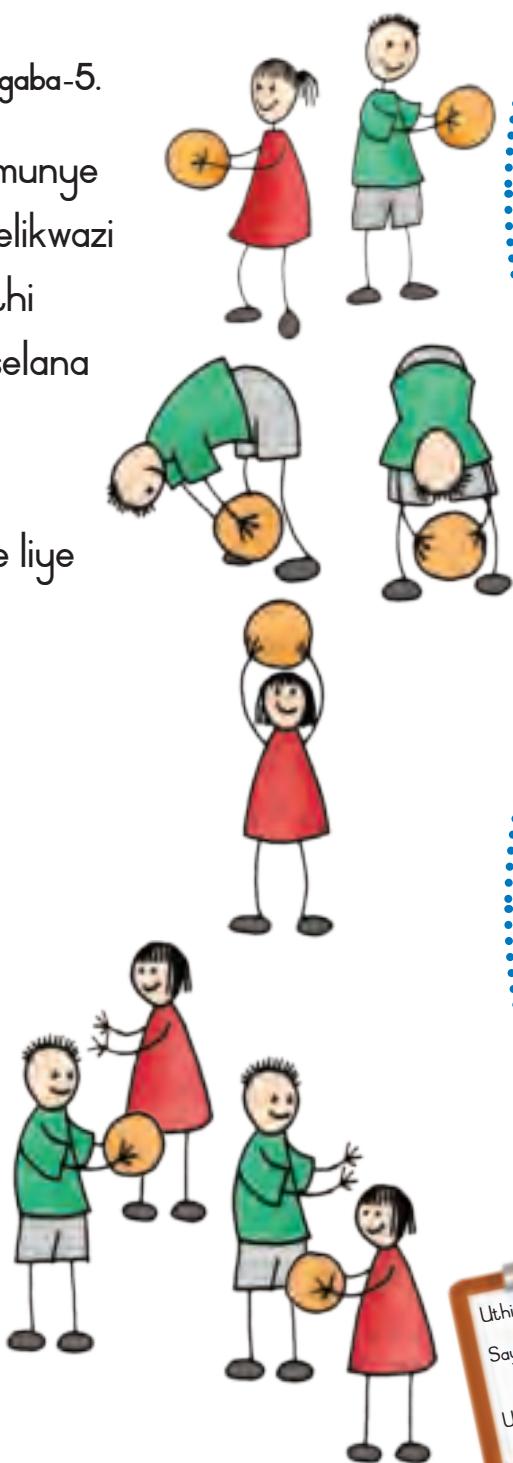


Masiphumele ngaphandle

Manini amaqoqo ahamba ngaba-5.

Yimani umugqa ninikezane ibhola ngamunye ngamunye nilandele umugqa. Bhekani ukuthi yiliphi iqembu elikwazi ukudlulisa ibhola lize liyofika ekugcineni ngesikhathi esifushane kakhulu. Uma niqedo, zamani ukudluliselana ibhola ngezindlela ezahlukahlukene.

- Dlulisani ibhola nilikhipe phakathi kwemilenze liye kumngani ongemuva kwakho.
- Dlulisa ibhola ulegise ikhanda liye kumngane ongemuva kwakho.
- Dlulisa ibhola liye kwesokunxele somngane ongemuva kwakho.
- Dlulisa ibhola liye kwesokunxele somngane ongemuva kwakho.
- Manje phonselanani ibhola bese nibheka ukuthi ningalinqaka kangaki.



Uthisha:
Sayina:
Usuku:

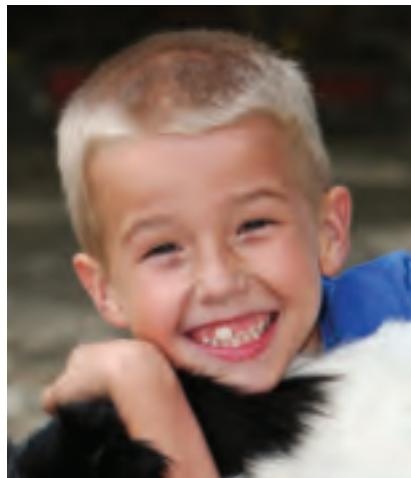
8
IThemu I – ISonto 4 – Ikhasi Lokusebenzela



Masikhulume

Wonke umuntu ubalulekile

Buka izithombe usho ukuthi zifana ngani lezi zingane. Yisho futhi ukuthi zihlukene ngani.



Usuku:.....

16



Masifunde

Yenzani lokhu eqenjini lenu. Bukan bonke abantwana abakhona eklasini lenu. Bese nifunda la mazwi alandelayo. Uma okushiwoyo emazwini kuliqiniso faka uphawu (✓) ebhokisini elikwesokudla, uma amazwi eliphutha, faka uphawu (✗).

Beka u ✓ Noma i ✗

Kungabe abafana bayafana namantombazane?	
Kungabe izinwele zabo bonke zinombala ofanayo?	
Kungabe bonke banombala ofanayo wamehlo?	
Kungabe bonke banezandla ezilinganayo?	
Kungabe bonke abantwana bade ngokulinganayo?	

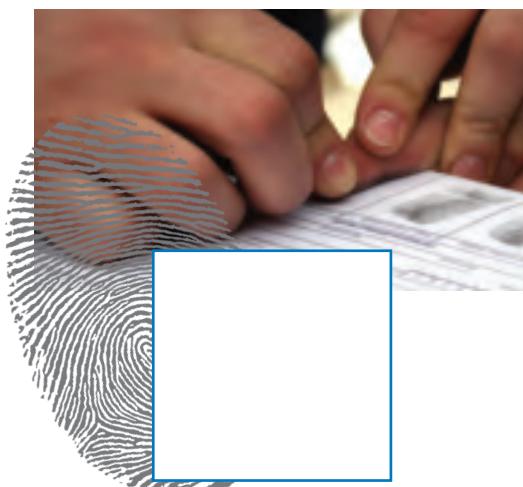


Bhala

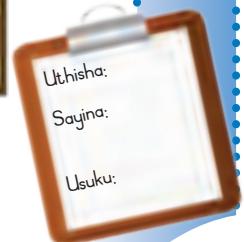


Masikhulume

Dweba isithombe sakho. Sebenzisa upende womlomo ukwenza imidwebo eseminweni yakho ingafani neyabanye abantwana. Beka umunwe wakho eduze kwesithombe esisesikhaleni.



Uthi bewazi ukuthi akekho umuntu emhlabenzi onemidwebo eseminweni efana neyomunye? Wena nje wehlukile kwabanyeabantu futhi ubalulekile kakhlulu!



Indlela esizizwa ngayo



Masikhulume

Xoxani ngokuthi niphatheka kanjani uma kwenzenza into enhle. Bese nikhuluma ngokuthi niphatheka kanjani uma kwenzenza into embi. Lokhu sikubiza ngemizwa yomuntu. Bhala usho ukuthi baphatheke kanjani laba.



Bhala

Bhala izimpendulo zemibuzo elandelayo.

Yini ekwenza ujabule?

Yini ekwenza ukhathazeke?

Yini ekwenza wesabe?

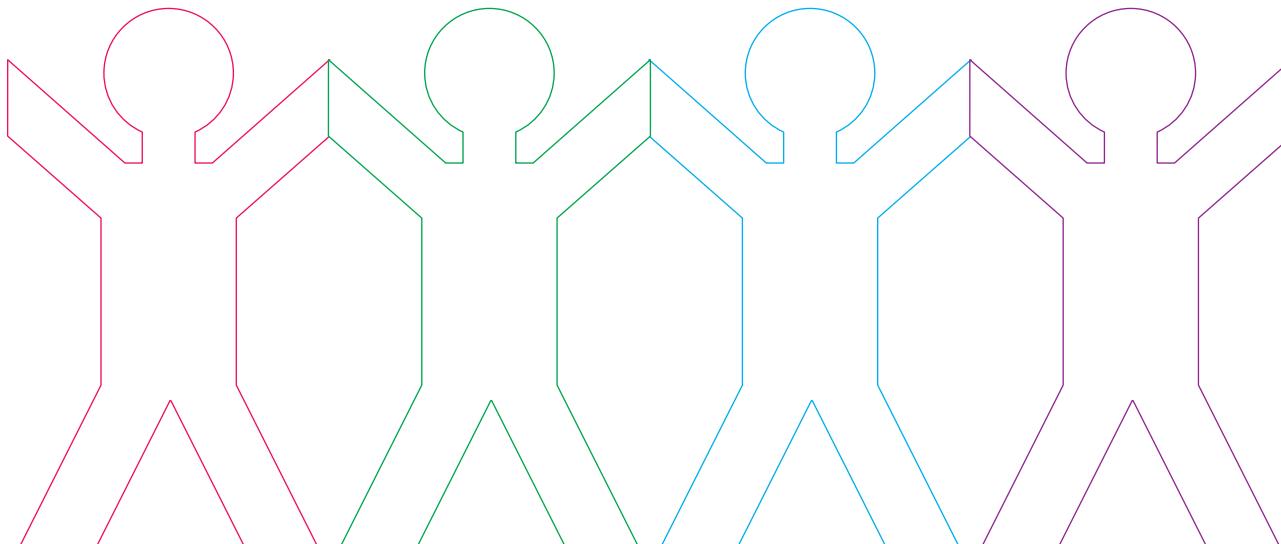
Yini ekwenza udinwe?

Usuku:.....



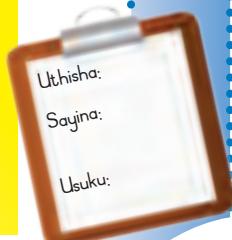
Masenzeni lokhu

Dweba bese ufaka umbala iketanga lobungane. Zama ukwenza unodoli ngamunye abukeke ngendlela ehlukile ukukhombisa ukuthiabantu abafani. Uma usukwenzile lokhu ungasika iketanga lobungane ekhasini lokusika eliphakathi nendawo kuleli bhuku. Yenza unodoli ngamunye ehluke, benze bame phezu kwetafula lakho ukuze bakukhumbuze ukuthi sonke singabantu sihlukile komunye nomunye.



Masiphumele ngaphandle

Khulisa umzimba wakho ube mkhulu impela.
Wunciphise ube mncane kakhulu.
Welule ube mude kakhulu.
Wenze ube mfushane kakhulu.



10

Abantu abakhubazekile

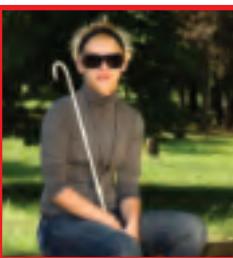
IThemu | – ISonto 5 – Ikhasi Lokusebenzela



Masikhulume

Buka izithombe.

- Yiziphi izinhlobo zokukhubazeka ozibonayo?
- Zisebenzisani lezi zingane ozibonayo ukuze zisizakale?
- Yiziphi zini zezinga ezinazo nsuku zonke lezi zingane empilweni yazo?
- Yisho ukuthi singazisiza ngani.



Bhala

Buka izithombe
Qedela le misho.

URosemary akawazi ukuhamba.

Usebenzisa _____
ukuya le nale.



Usuku:.....



isihlalo Sabakhubazekile

UThabo uyimpumputhe
usebenzisa _____
ukuthola lapho eya khona.

inja ehola abantu





izinsizakuzwa



UPele akezwa ezindlebeni

Usebenzisa _____

ukuze akwazi ukuzwa.

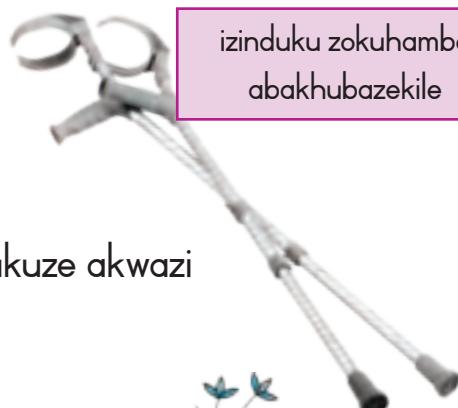
ulimi lwabangakhulumi



UJabu ujismungulu.

Usebenzisa _____ ukuze
akwazi ukuxhumana nabantu.

izinduku zokuhamba
abakhubazekile



UNomsa usebenzisa

_____ ukuze akwazi

ukuzihambela.



Masenzeni lokhu

Sebenzisa ubumba noma inhlama
yokudlala ukubumba ivasi noma inkomishi.



Uthisha:
Sayina:
Usuku:

Bonke abantwana babalulekile



Masikhulume

Bahluke ngani laba bantwana kuwe?
Bafana ngani nawe?



Masifunde

abantu emhlabenji kelele banamaholide athile abalulekile.

Sonke siyathanda ukudlala nokucula.

Sonke sidinga ukudla esizokudla.

Kumele sonke siye esikoleni.

Uma sigula sidinga ukuya kudokotela.

Kumele sonke sihlanzeke.

Akumele siqashwe.

Sonke singabantwana.



Usuku:.....



Bhala

Buza abangane aba-3 le mibuzo. Gicwalisa izimpendulo
ezikhalieni ezingezansi.

Bhala amagama abangane bakho.			
Ukhonza kuphi?			
Yiziphi izinsuku ezibalulekile enizibungazayo?			
Udlani?			
Yiziphi izimpahla ezikhethekile ozigqokayo?			
Ngubani enihlanganyela naye uma nibungaza?			



Masenzeni lokhu

Buka isithombe.
Yibalazwe lomhlaba
wethu. Umhlaba
wethu unezwe kanye
nolwandle. Faka umbala
osasibhakabhaka
olwandle. Faka umbala
onsundu ezweni.
Dweba izinhlanzi
ezimbalwa olwandle.



Amaqhawe ami



Masikhulume

Yisho ukuthi bakhona yini abantwana abakhubazekile esikoleni sakho.

Yini engenziwa yisikole ukubasiza esikoleni?

Bayakwazi ukuba ngompetha ezintweni ezithile abantu abakhubazekile?



Masifunde

Kunamaqhawe akhubazekile esiphila nawo. Lolu hlobo lwabantu luyisibonelo kithina. ENingizimu Afrika Kunamaqhawe ezemidlalo akhubazekile emzimbeni. Bakhona abantu obaziyo abanekhono kwezemidlalo?

UNatalie du Toit wanqamuka umlenze wesokunxele engozini yesithuthuthu. Uhamba ngomlenze wokwakhiwa kodwa uma ebhukuda usebenzisa umlenze owodwa.



Masikhulume

Xoxa ngabantu abakhubazekile abenza izinto ezimangalisayo.

Cabanga ngalokhu.

- Abantu abayizimpumputhe abadlala izinsimbi zomculo. Ukhona onjalo omaziyo?
- Abantu abangezwa ababhala umculo kahle. Unaso isibonelo somuntu onjalo?

Usuku:.....



Bhala

Esikhaleni esilandelayo, nikeza imininingwane yeqhawe lakho noma
umuntu ongathanda ukumlandela.

Iqhawe lami noma umuntu engithanda ukumlandela ngu:

Dweba isithombe seqhawe lakho noma umuntu ongathanda ukumlandela. Bhala amagama
eduze nesithombe sakho amchazayo. Izibonelo: unobungane, uwusizo, unesibindi, unothando.

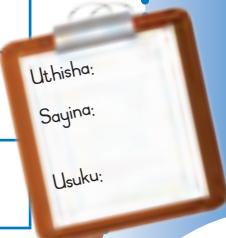
Ungaba kanjani yiqhawe? Xoxisana nomngane wakho ngalokhu.
Bhala indaba lapho uzovela khona njengeqhawe. Gcwalisa ngezansi:

Ngolunye usuku

Ngakhetha

Nga

Ngaba yiqhawe ngaleylo ndlela-ke.





13

Ukuhlanzwa kwamanzi

IThemu I – ISonto 7 – Ikhasi Lokusebenzela



Masifunde

Buka ingilazi yamanzi.

Ikhona into oyibonayo ngaphakathi kuyo?

Cha, awuboni lutho. Kodwa uyazi ukuthi kwenye inkathi kuba namagciwane emanzini? Lawa magciwane ayizinto ezincane ezingabonakali ngeso elejwayelekile. Uma ungake uphuze amanzi ngaphandle kokususa amagciwane, ungahle ugule. Sidinga ukuqiniseka ukuthi amanzi esiwaphuzayo ahlanzekile, awanalutho olubi kuwo.



Masikhulume

Xoxa ngokuthi yini engenzeka uma singaphuza amanzi angahlanzekile. Buka izithombe ezingezansi. Xoxa nomngane wakho ngezindlela ezahlukene esingazisebenzisa ukuhlanza amanzi.



Faka amaphilisi ekilorini emanzini.



Bilisa amanzi
isikhathi
esingangemizuzu
emi-5



Faka amakhemikhali.



Hluza amanzi.



Usuku:.....



Masikhulumu

Yimaphi amanziocabanga ukuthi kuphephile ukuwaphuza? Faka umbala osasibhakabhaka econsini lamanzi uma ucabanga ukuthi liphephile.

Amanzi omfula



Amanzi adonswa phansi

Amanzi asempompini



Amanzi athengwe esebhodleleni

Amanzi olwandle



Amanzi abiliswe ngeketela



Masenzeni lokhu

Sebenzani ngamaqembu bese nakha into yokusefa amanzi ukuze ahlanzeke. Lalelani ngokucophelela uma uthisha wenu echaza ukuthi nidinga ukwenzani nani.



Nazi izinto enizozidinga:

Ibhodlela leplastiki elingamalitha ama-2

Isihlabathi esicolisekile

Isihlabathi esimahhadlahhadla

Amatshana amancane awuhlwayi

Izikelo

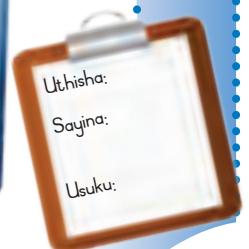
Uvolo



Bhala

Nikeza lezi zinyathelo izinombolo ukuze kulandelane kahle ukwakhwa kwesisefo samanzi.

	Thela isihlabathi esicolisekile phezulu kukavolo.
	Phendula ibhodlela ulibhekise phansi.
	Faka isihlabathi esimahhadlahhadla.
	Sika ngokuqaphelisa isinqe sebhodlela leplastiki.
	Thela amanzi anodaka phakathi.
	Faka amatshana awuhlwayi ebhodleleni.



Ukuhlala upholile



Masifunde

Funda ubone lezi zinto eziyimikhuba emihle nemibi. Uma ucabanga ukuthi wumkhuba omuhle, faka uphawu (✓), Uma ucabanga ukuthi wumkhuba omubi, faka uphawu (✗).

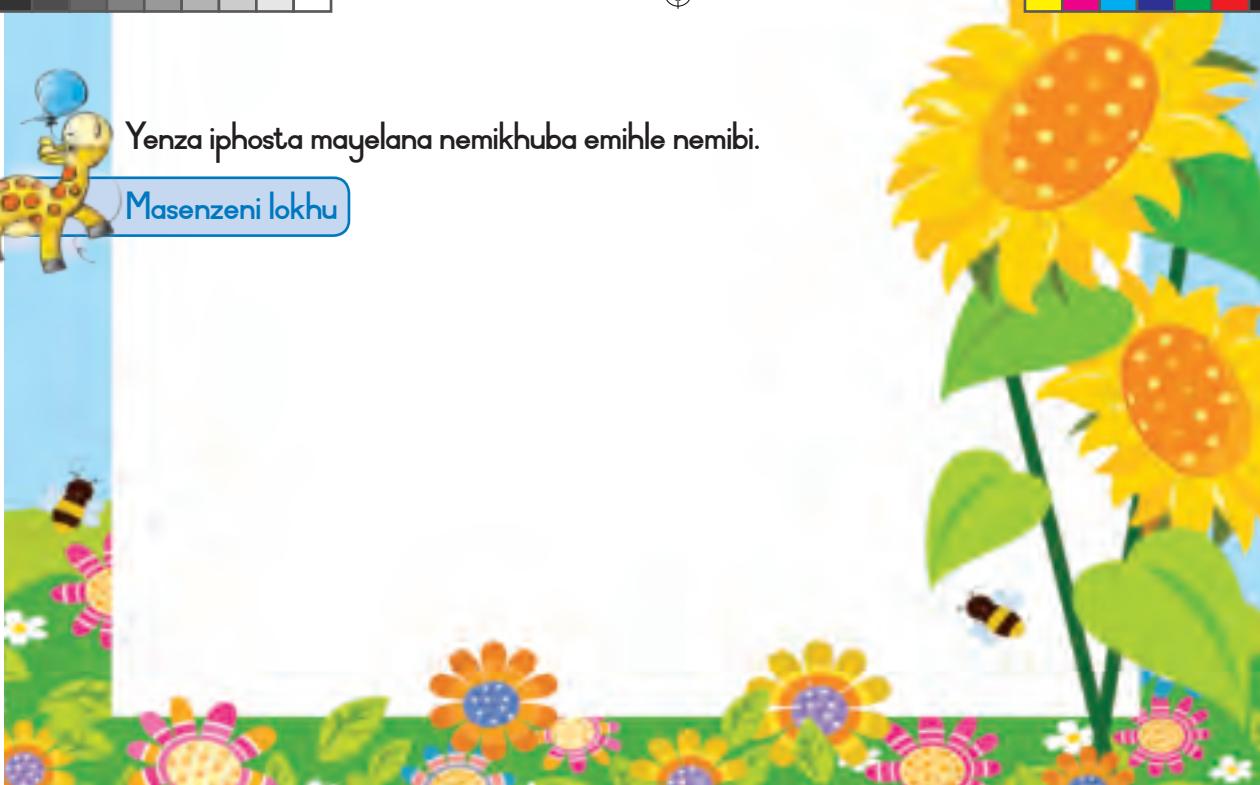
Imikhuba	Kuhle	Kubi
Uthisha usiza abantwana ukuthi bakwazi ukufunda.	✓	✗
Ngidla ukudla okunempilo.		
Ngilahla udoti ngefasitela lemoto noma letekisi.		
Ngigeza izinwele njalo.		
Ngidla amaswidi amaningi.		
Ngihlanza izinzipho nezindlebe.		
Ngixubha amazinyo kanye ngenyanga.		
Ngicosha udoti ngiwujikijele emgqonyeni wawo.		
Ngihlanza izandla njalo uma ngibuya endlini encane.		
Uma ngikhwehlela noma ngithimula ngibeka izandla emlonyeni.		
Ngiyazivocavoca njalo.		
Ngihlanza izandla ngaphambi kokuthi ngidle.		
Ngilala phambi kwethelevishini isikhathini eside.		
Ngihlala nabantu ababhemo.		

Usuku:.....



Yenza iphosta mayelana nemikhuba emihle nemibi.

Masenzeni lokhu



Bhala

Yihlole iphosta yakho. Funda okushilo bese ubeka ubuso obumamathekayo eduze kwako uma kuyiqiniso, noma ubuso obuphatheke kabi uma lokho kungelona iqiniso.



Yebo	Cha

Iphosta yami inemibala futhi ihlanzekile.

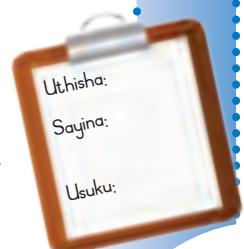
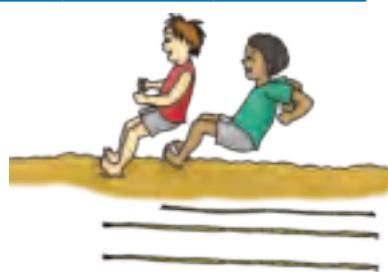
Ngikuthandile ukwenza iphosta

Ngikuthole kunzima ukwenza iphosta



Masiphumele ngaphandle

- Ucabanga ukuthi ungagxuma ufile kuphi?
Sebenzisa imicwi emithathu yezintambo.
Bese ujjomba. Ungalokhu uyigqagqanisa ukuze ubone ukuthi ungakwazi ukujomba ufile kuphi.
- Manje cela abangane bakho ababili ukuba bashwibe intambo ukuze ujjombe.
- Shintshanani ngokujomba intambo.



Uthisha:
Sayina:
Usuku:



30

Usuku:.....

Ukudla okusheshayo nokungasheshi ukubola

Masikhulume



Khuluma ngokudla okudinga ukubekwa esiqandisini ukuze kungonakali. Khetha ukuthi yikuphi okungadingi ukubekwa endaweni ebandayo, okungahlala nasekhabheni nje. Sika izithombe ekhasini lezinto ezisikwayo uzinamathisele esiqandisini noma ekhabheni.





Masikhulume

Khuluma ngezindlela esingazisebenzisa ukuvikela ukudla
ezinambuzaneni ezifana nezimpukane nezintuthwane.





16

Izinsuku zenkolo nezinye ezibalulekile

Ithemu I – ISonto 8 – Ikhasi Lokusebenza



Masifunde

abantu emhlabeni wonke jikelele banezinsuku abazigubhayo. Yimaphi amaholide ozowagubha?

NgoKhisimuzi sithola izipho. Nathi siphya abantu izipho. Siphya namalungu omndeni izipho. Siyaye sibe nesihlahla sikaKhisimuzi ekhaya. Izipho sizibeka ngaphansi kwesihlahla sikaKhisimuzi. Siyasihlobia isihlahla, sibeke inkanyezi phezu kwaso. NgoKhisimuzi sidla ukudla okuningi okumnandi.

Ngokhisimuzi sichitha isikhathi esiningi nalabo esibathandayo.



Silinde ngabomvu uDiwali. Yisikhathi lesi lapho sithola khona amaswidi amaningi nezipho. Siyaye siphathe ukudla okumnandi namaswidi sikufake emabhokisini siphe abantu abasivakasheleyo. Sikhanyisa amalambu amancane siwabeke eduze kwezindlu ekhaya.

Usuku:.....



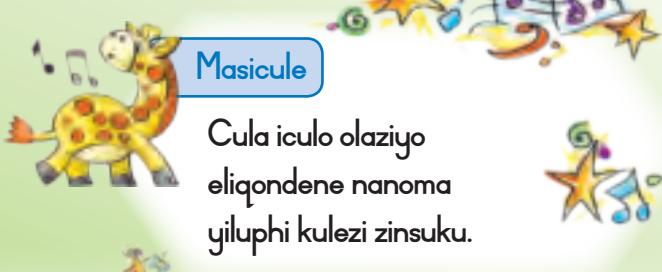
Silinde ngabomvu iHanukkah.
Siyaye siphathe ukudla okumnandi.
Sidla amakhekhe namadonathi.
Siphiwa nezipho. Abazala bethu
bayaye beze basivakashele.
Siyaye sisizane sonke senze
ukudla bese sikhanyisa amakhandlela
endlini esikuyo.



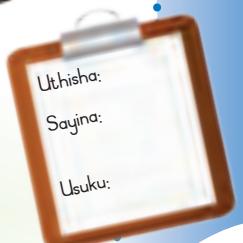
Kuzofika futhi isikhathi se-Eid.
Nalapho ngethemba ukuthi
sizophiwa izipho. Sizonika abangane
bethu izipho nathi. Sizoba
namakhekhe amaningi namaswidi,
sidle. Sazi ukuthi u-Eid uma inyanga
iyisimo esithile. Lokhu kwenzeka
ngezikhathi ezingafani onyakeni.



Masicule



Cula iculo olaziyo
eliqondene nanoma
yiluphi kulezi zinsuku.



Uthisha:
Sayina:
Usuku:

Izikhathi zonyaka

IThemu 2 – ISonto I – Ikhasi Lokusebenzela



Masikhulume

Buka izithombe zezikhathi ezine zonyaka. Tshela umngani wakho ukuthi ubonani esithombeni. Yisho ukuthi zehluka kanjani Izikhathi ezine zonyaka.



Yisiphi isikhathi sonyaka osithanda kakhulu? _____

Kungani usithanda lesi sikhathi sonyaka? _____

Lungasiphi isikhathi sonyaka usuku lwakho lokuzalwa? _____

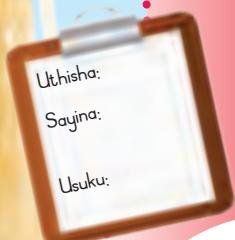


Masicule

**Sawubona mnumzane Langa!
Usuku lwakho lusanda kuqala.
Ngithanda ukubona ubuso bakho
obukhazimulayo.
Sawubona mnumzane Langa!**



**Mvula mvula, hamba!
Abantwana abancane
bafuna ukudlala.
Buya ngelinye ilanga.
Hamba nje usuku olulodwa.**



Izikhathi ezine zonyaka

IThemu 2 – ISonto I – Ikhasi Lokusebenzela



Masenzeni lokhu

Sika izithombe zezikhathi zonyaka ekhasini elingemuva kwencwadi. Bese unamathisela isithombe ngasinye eceleni kwegama lesikhathi sonyaka.

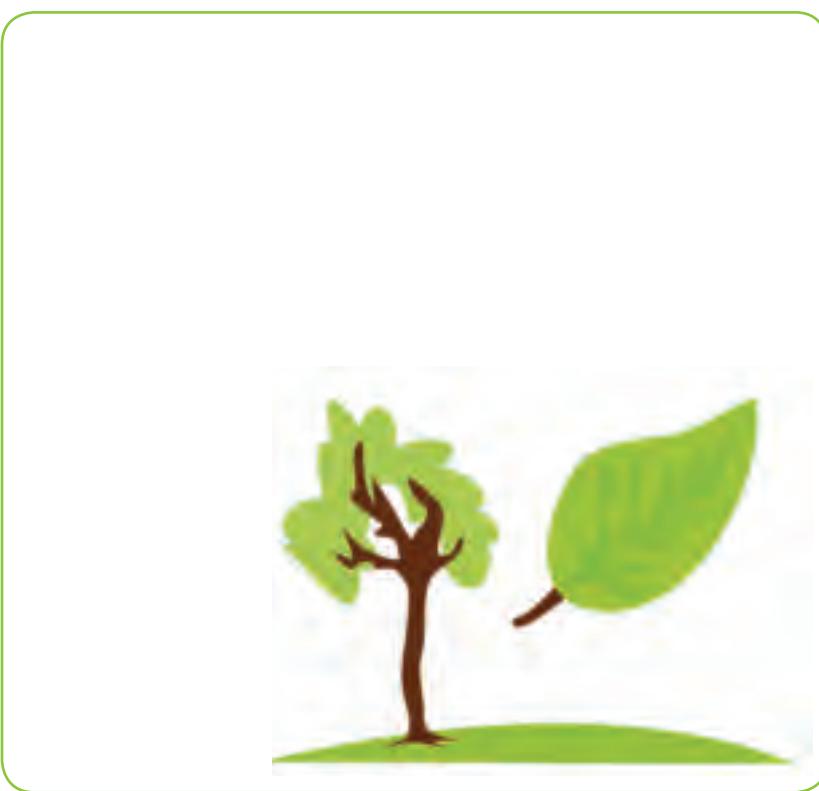


uNhlangulana

uNtulikazi

uNcwaba

ubusika





uZibandlela

uMasingana

uNhlanja

ibholo

uNdasa

uMbaso

uNhlabo

Ukwindla



Masiphumele ngaphandle

Lolonga ikhono lakho lokudlala ibhola.

Shaya ibhola odongeni.

Masha endaweni eyodwa ngenkathi ushaya ibhola phansi.

Manje gjijima ugqome ibhola ube uzungeza.





Masifunde



Ihlobo

Izulu liyabalela futhi lifudumale.

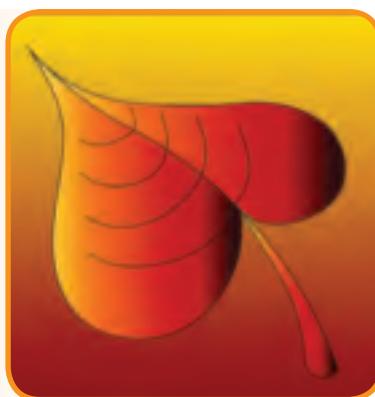
Izinsuku ziba zinde bese ubusuku buba bufushane.

Ikwindla

Isimo sezulu siyaphola.

Amahlamuqajika umbala abesagolide bese evuthuka ezihlahleni.

Izinyoni zindizela ezindaweni ezifudumele.



Ubusika

Isimo sezulu siyabanda.

Kwezinye izindawo kuba neqhwa noma isithwathwa.

Izinsuku zibamfushane bese ubusuku buba bude.

Ezinye zezilwane ziycasha ubusika bonke.



Intwasahlobo

Isimo sezulu sifudumele.

Izitshalo ziqlala ukukhula nezihlahla ziqlala ukuqhakaza.

Izinyoni ziqlala ukwakha izidleke nokubeka amaqanda.



Usuku:.....



Masikhulume

Izinhlobo ezahlukahlukene zokudla zimila ngezikhathi ezahlukene zonyaka. Bheka lokhu kudla kwasehlobo nokwasebusika. Xoxela umngani wakho ukuthi uthanda ukudlani uma kushisa noma kubanda.



Ukudla
kwesikhathi
ngasinye sonyaka

ubusika



Uthisha:
Sayina:
Usuku:

Ukugqokela isimo sezulu



Masidwebe

Dweba umfana nentombazane. Umfana makagqoke izimpahla zobusika ezifudumele intombazane igqoke izimpahla zasehlobo ezipholile.



Umfana

Intombazane



Masiphumele ngaphandle

- Beka amashubhu ayizindingiliza phansi noma udwebe izindingiliza enhlabathini.
- Uma uthisha wakho ethi gxuma, gxumela ngaphakathi kwendingiliza ngezinyawo zombili.
- Uma uthisha wakho ethi gxuma, gxumela ngaphandle kwendingiliza ngonyawo olulodwa.
- Dlala u-gxa.
- Sebenzisa ushoki ukudweba izindingiliza nezikwele phansi.





Masicule

Xoxela umngani wakho ukuthi siqqoka izimpahla ezinjani ngesikhathi sonyaka ngasinye. Yiziphi izimpahla okhetha ukuziqqoka?



Dweba umugqa usuke encazelweni yezingubo esiziqqoka kulolo hlobo lwasimo sezulu, uya esithombeni sezingubo esihambisana nencazelo.

Ukuqqokela isimo sezulu

Uma ilanga libalele kufanele sigqoke izigqoko ukuzivikela elangeni.



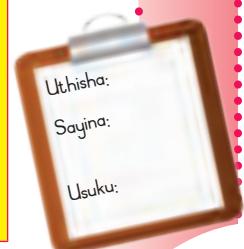
Uma kushisa kufanele siqqoke izimpahla ezilula.



Uma kubanda emnyango kufanele sigqoke izimpahla zewuli ezifudumele.



Uma lina sidinga amajazi emvula nezambulela.



Imithelela yezikhathi zonyaka

IThemu 2 – ISonto 3 – Ikhasi Lokusebenzela



Masifunde



Ihlobo

Ehlobo abalimi bavuna izithelo. Amazinyane ezilwane ayatshakadula/ayajabula.

Ezindaweni eziningi izulu lina kakhulu futhi liyaduma libe nemibani.

Utshani, amahlathi nezimbali kukhula masinyane kucinane, izihlahla zona zikhula zibe zinde.

Usuku:.....



Intwasahlolo

Entwasahlolo imithi iqala ukuqhakaza.

Sibona izinyoni eziningi, izinyosi, izimbali kanye namaqabunga.

Izinyoni zakha izidleke zichamusele namaqanda.

Abalimi bagunda izimvu





Ikwindla

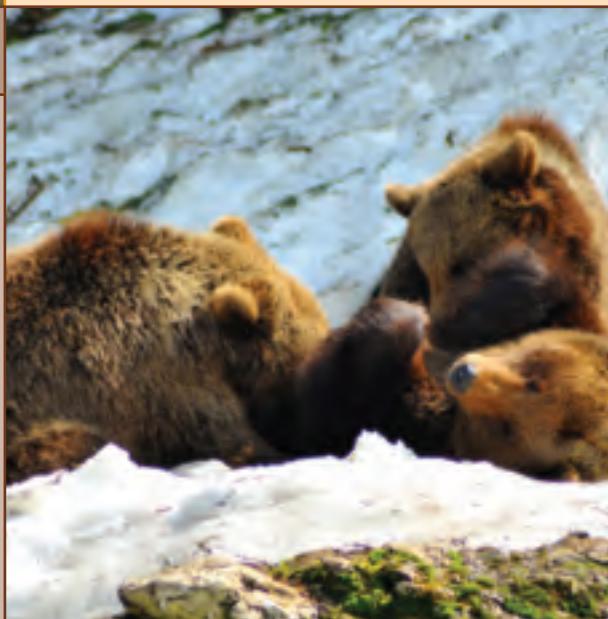
Ezinye zezilwane zisebenza kakhulu
ukuqoqa nokulondoloza ukudla
zilungiselela ubusika.

Amahlamvu emithi aqala ukuba
phuzi sagolide, abe nsundu,
abebomvu noma abe sawolintshi.



Ubusika

Ezinye zezilwane ziyalala bonke
ubusika ezinye izilwane ziyalala
bonke ubusika sithi ziyacasha.
Ziyafudumala ngoba uboya bazo
buyakhula .

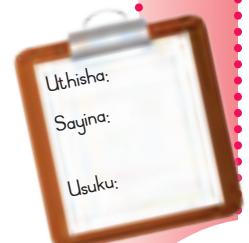


Bhala

Zenzani ezinye zizilwane ebusika? _____

Zizivikela kanjani ezinye zizilwane emakhazeni ebusika? _____

Izinyoni zibuyela nini emazweni afudumele ziyokwakhela? _____





Masenzeni lokhu

Udinga

- obhontshisi abayi-5
- uvolo
- isoso
- amanzi



Okufanele ukwenze

Beka ubhontshisi phezu kukavolo esosweni.

Lokhu kugcine kumanzi bese ubeka isoso ewindini lapho kunokukhanya khona. Hlola ubhontshisi njalo amasondo aze abe mabili. Bheka ukuthi ukhula kanjani.



Bheka lesi sithombe sesithombo sikabhontshisi.

Uma isithombo sakho sibukeka kanje, bhala usuku?

Usuku	Usuku	Usuku	Usuku

Usuku:



Masenzeni lokhu

Yenza umdlalo weshashalazi ngezilwane.

Ungakhombisa ibhele noma isinkwe siqoqa futhi silondoloza ukudla ebusika

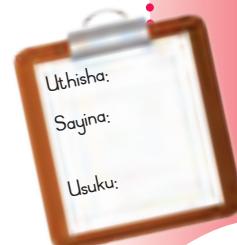


Masiphumele ngaphandle



Ndiza njengelulwane uma
lindizela endaweni efudumele.

Huquzelu njengenyoka
ifuna indawo efanele
ukucashela ubusika.



Uthisha:
Sayina:
Usuku:

Izilwane zase pulazini

IThemu 2 – ISonto 4 – Ikhasi Lokusebenzela



Masicule

Buka isithombe bese uxoxa ngezilwane zase pulazini ezahlukene ozibonayo.

Yisiphi isilwane osithanda kakhulu?

Yini esiyitholayo kulezi zilwane?





Bhala

Faka izimpendulo ezifanele kulawa mathebhula.
Sikwenzele isibonelo.



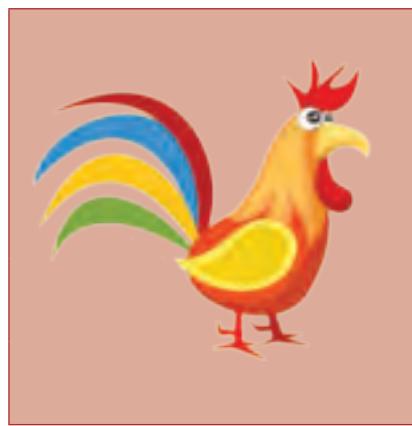
Eyesilisa	Inqama
Eyesifazone	Imvu noma imbuzi yensikazi
Ingane	Imvana
Umsindo	Be...e
Indawo ehlala kuyo	Isibaya



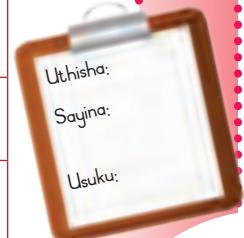
Eyesilisa	
Eyesifazone	
Ingane	
Umsindo	
Indawo ehlala kuyo	



Eyesilisa	
Eyesifazone	
Ingane	
Umsindo	
Indawo ehlala kuyo	



Eyesilisa	
Eyesifazone	
Ingane	
Umsindo	
Indawo ehlala kuyo	



Uthisha:
Sayina:
Usuku:

Epulazini



Umkhulu uMadimadi unepulazi

Hi...! Hi! Hi! Hi!

Epulazini lakhe ubenezinkomo

Mo...o mo...o mo...o mo...o laphaya

Mo...o mo...o mo...o mo...o yonke indawo

Umkhulu uMadimadi

unepulazi

Hi...! Hi! Hi! Hi!





Masicule

Qhubekani nokucula iculo sebenzisani lezi zilwane esikhundleni sezinkomo.



Epulazini lakhe ubenezinja.

Epulazini lakhe ubenamadada.

Epulazini lakhe ubenamahhashi.



Masiphumele ngaphandle

- Hamba phezu kwensimbi ungabambeleli ndawo.
- Phosa ibhola emoyeni uphinde ulibambe ngaphandle ngokuthiliwe.
- Gxuma njengehhashi.
- Hamba njengedada.
- Hamba njengerobhotti



Uthisha:
Sayina:
Usuku:

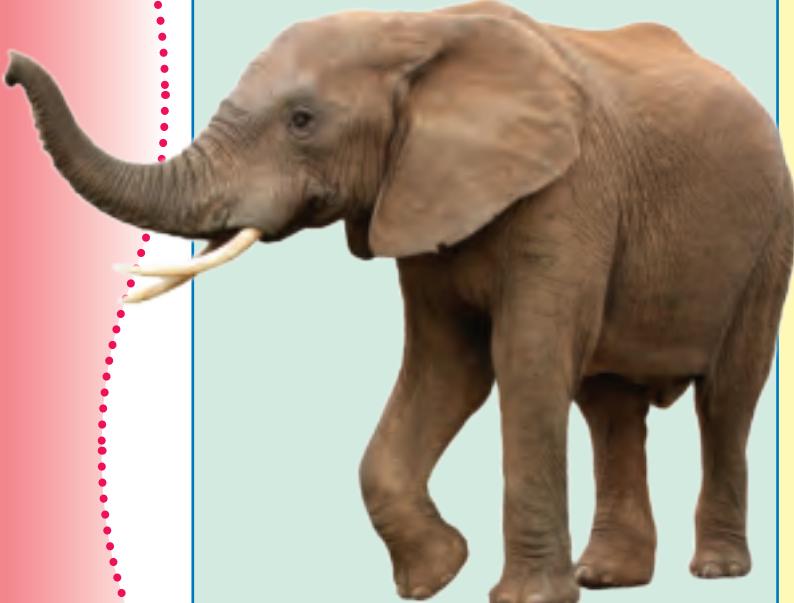


Masifunde



Amabhubesi awumndeni wamakati.

Ibhubesi laziwa njengenkosи
yezilwane. Amabhubesi azingela
futhi abulale izilwane ezifana
nezinyamazane kanye namadube.
Amabhubesi ezinsikazi yiwona avame
ukuzingela. Azingela ebusuku futhi
ahamba ngamaqembu. Amabhubesi
athanda ukuhlala ezigangeni
ezinotshani. Amabhubesi
abhonga kakhulu.

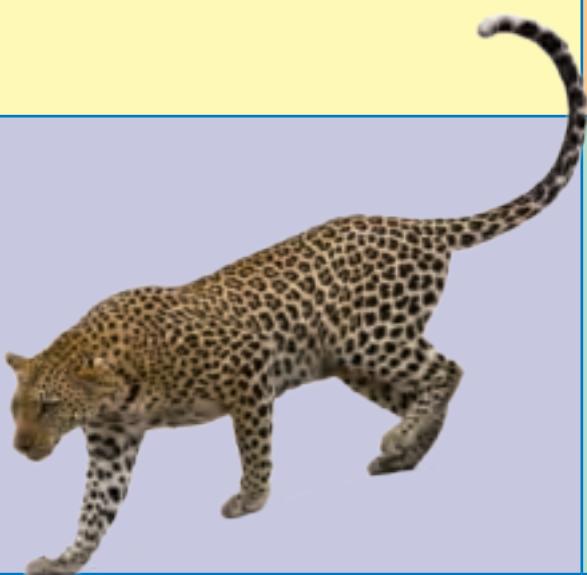


Izindlovу yizilwane ezinkulu ezweni.

Zisengcupheni imihla ngemihla
ngenxa yezigebengu ezifuna
izimondo. Imiboko yezindlovу ikhula
impilo yazo yonke. Zikha ngayo
izithelo futhi ziphuze ngayo amanzi.
Zikwazi ukudla ukudla okuyisisindo
esingamakhilogiremu
angama-200 ngosuku ziphuze
namanzi angamalitha ayi-190.



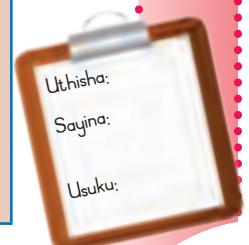
Kunezinhlobo ezimbili zikabhejane – kunobhejane omnyama kanye nomhlophe. Obhejane ababoni kahle, kodwa banemizwa yokunuka ebukhali. Obhejane babanzi futhi bangaba nesisindo samakhilogiрему ayi-2 500. Obhejane bavame ukuzingelwa yizigebengu ezifuna izimpondo zabo. Kufanele sibavikele obhejane ezigebengwini ezifuna izimpondo zabo.



Ingwe ekhulile ingakhula ize ibe ubude obungama mitha ama-2. Isikhumba sayo sinsundu sinamabala amnyama ayizindilinga. Ingwe iyakwazi ukugibela nokuzingela ezihlahleni.



Inyathi ihlala nemihlambi. Uma kuza ingozi, izinyathi namankonyane zibalekela phakathi komhlambi wezinkunzi. Ezinye izinyathi zikhula zize zifike ebuden'i obuyi-1,7 m.



Masifunde



Okokuzithokozisa

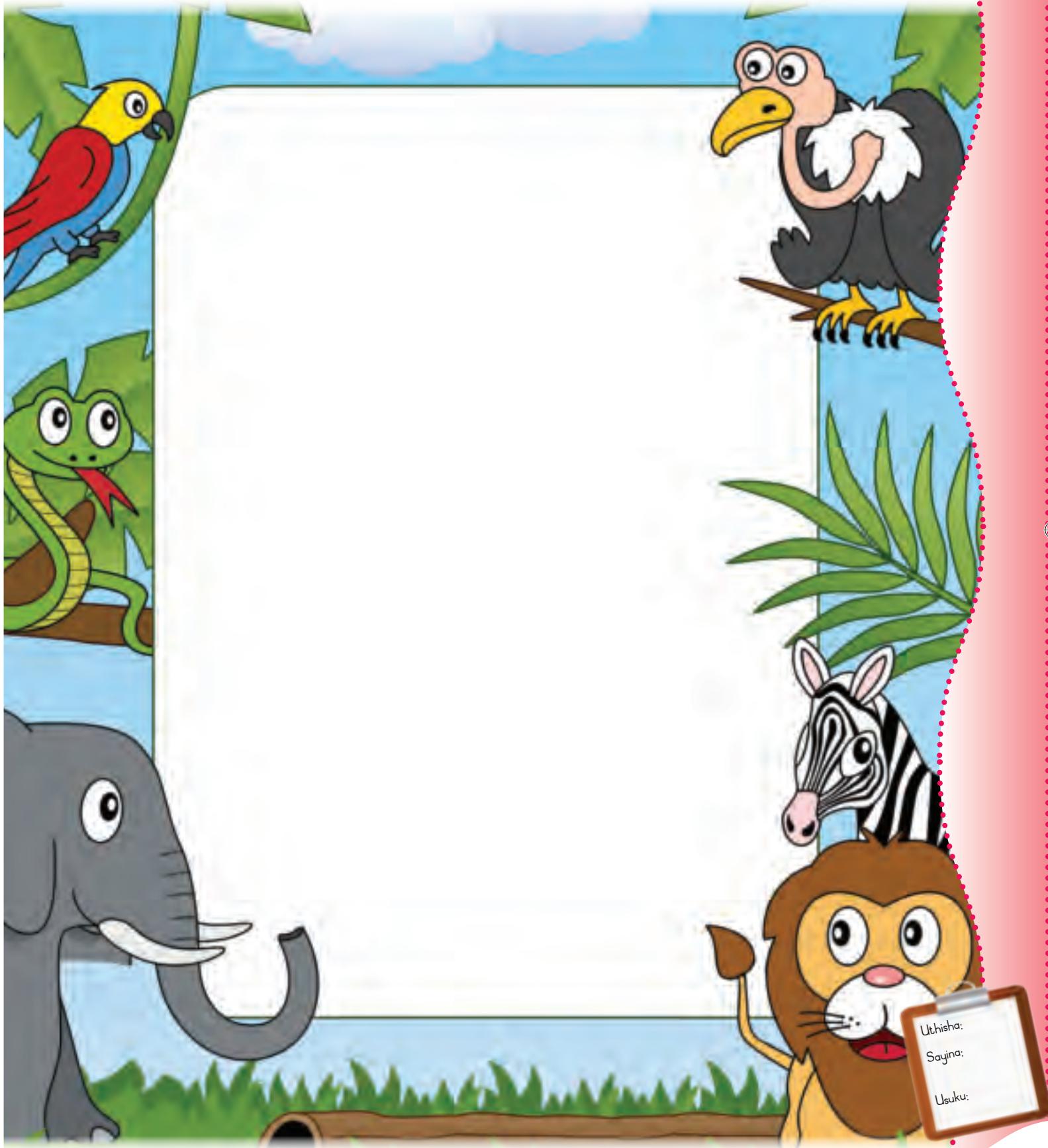
Uthisha wakho uzokufundisa ukudlala
umdlalo wezihlalo zomculo.



Masenzeni lokhu

Dweba isilwane sasendle.

Bese uxoxela umngani wakho ukuthi lesi silwane sizifihla kanjani.



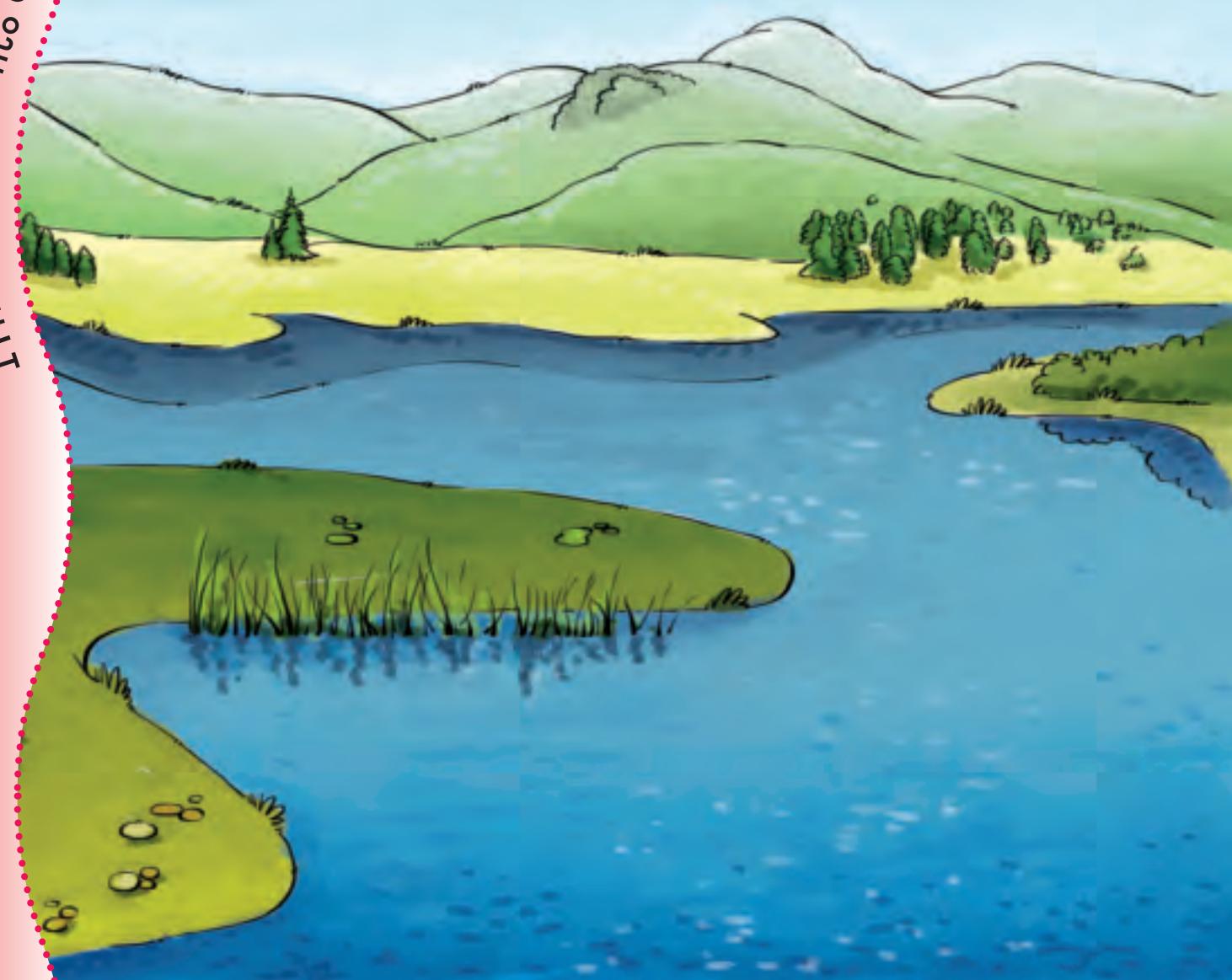
Uthisha:
Sayina:
Usuku:

Izilwane zasemanzini

IThemu 2 – ISonto 6 – Ikhasi Lokusebenzela

Masenzeni lokhu

Qedela isithombe ngokufaka imidwebo noma
izithombe zezilwane ezihlala emfuleni.





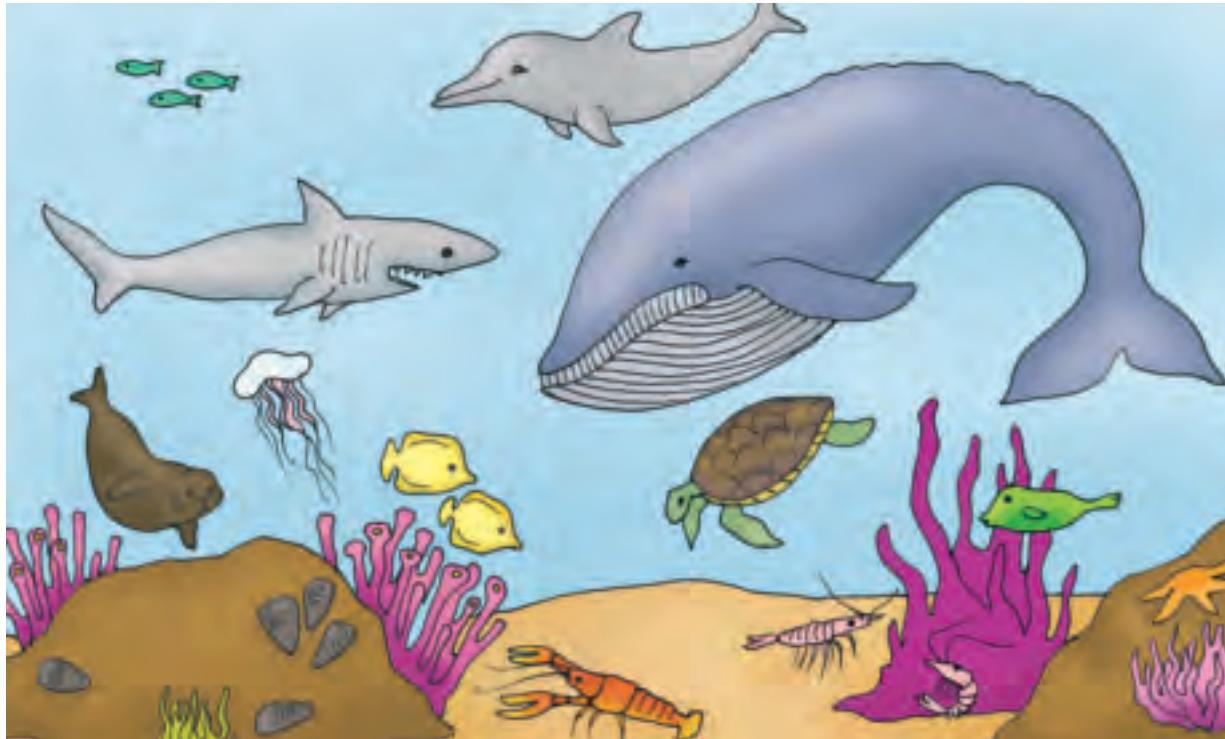
Izilwane zasekujuleni kwamanzi



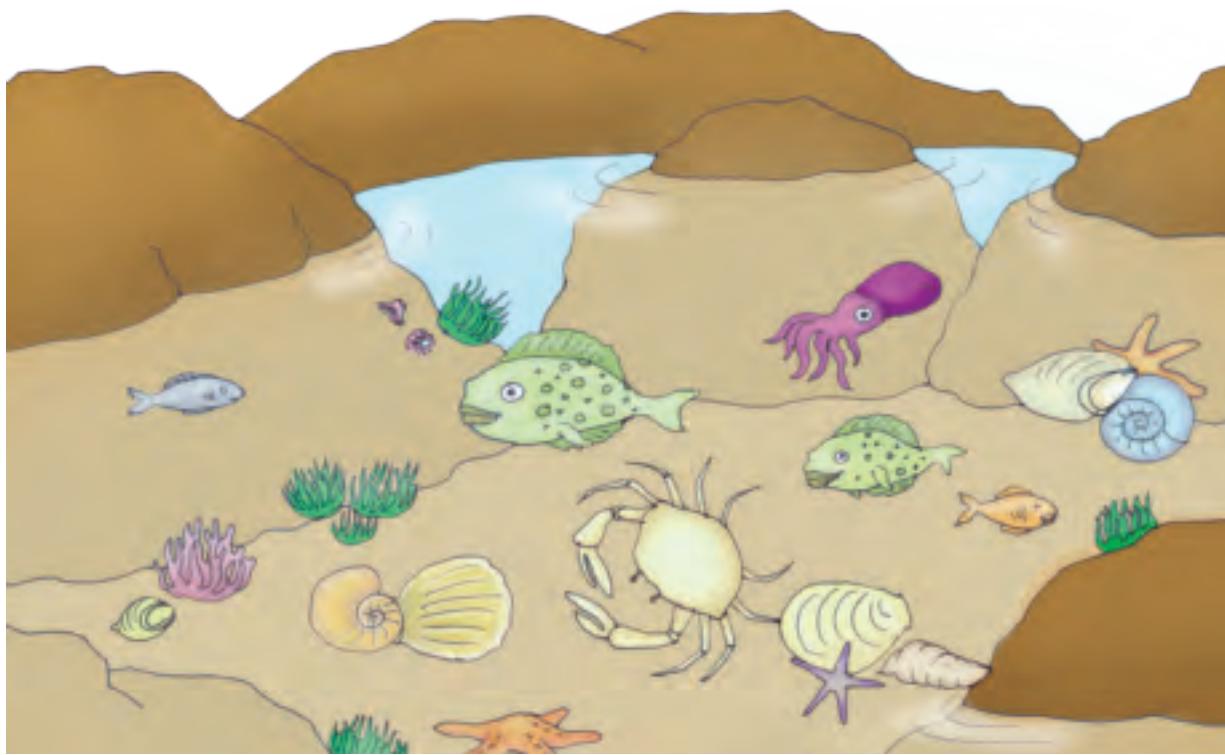
Masicule

Make sibheke zonke izilwane ezahlukahlukene ezihlala emanzini anosawoti.

28



Kunezinye futhi izilwane ezincane ezihlala, emadwaleni nasemanzini angajulile.



Uthisha:
Sayina:
Usuku:

55



29

Ulwazi ngezilwane zasemanzini

IThemu 2 – ISonto 7 – Ikhasi Lokusebenzela



Masikhulume

Xoxa ngazo zonke izilwane
zasolwandle ezisekhasini lama - 55

- Yiziphi kulezi zilwane zasolwandle ezingadliwa ngabantu?
- Yiziphi izilwane zasolwandle eziyingozi?
- Ingabe umzimba wenhlanzi wembozwe yini futhi uvikelwe yini?
- Yiziphi izindlela ezahlukahlukene ezingangcolisa ulwandle?
- Ucabanga ukuthi kungenzekani uma ulwandle lungangcoliswa wudoti noma ushevu?

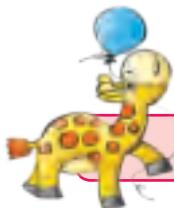


Bhala

Bhala amagama ezilwane ongazicabanga ezihlala emifuleni, emadamini noma olwandle kulamakholamu ethembula.

Umfula	Ulwandle	Idamu

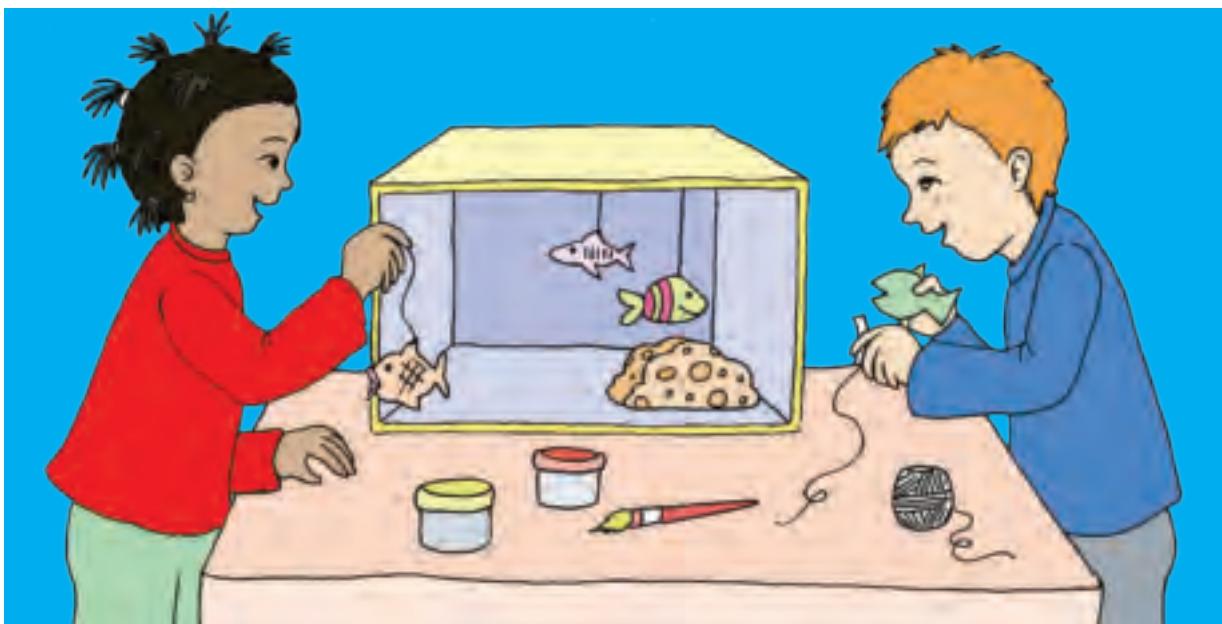
Usuku:.....



Masenzeni lokhu

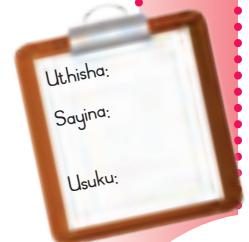
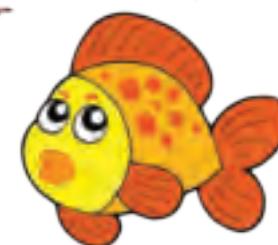
Ake uzenzele elakho ithange lezinhlanzi.

- Penda ingaphakathi lebhokisi lesicathulo ngombala oluahlaza sasibhakabhaka noluahlaza satshani bese uliphendula ngohlangothi lalo.
- Bese usika isithombe senhlanzi ngemuva kuleli bhuku.
- Namathisela ingaphezulu lebhokisi ngethephu enamathelayo kanye nentambo.



Masiphumele ngaphandle

- Ndiza njengenyoni ngesivinini esisheshayo nesihamba kancane.
- Dadlazela njengehlengerthwa.
- Ndiza njengenyosi.
- Hamba njengenkalankala.
- Bhukuda njengenhlanzi.
- Gxuma njengeselesele.
- Dlala umdlalo wokulandela umholi.
- Dlala umdlalo wekati negundane.



Izilwane ezihamba nezindlu zazo



Masifunde



...

Uthi bewazi?

Ngilingana kahle nje egobolondweni
lami elincane. Alikaze libe lincane kimi

Ufudu

Ufudu yisilwane esihuquzelayo esinezinyawo ezine ezimaholoholo kanye nomqala oshwabene kanye nekhana. Luhamba kancane negobolondo eliyindlu yalo emhlane.

Zihlala kuphi lezi zilwane?

Ufudu lwamanzi: Ngihlala olwande	Ufudu oluncane lwamanzi: Ngihlala emaxhaphozini	Ufudu: Ngihlala ezweni



Bhala

Phendula imibuzo elandelayo ngezimfudu ezihlala ezweni.

Ingabe igobolondo lofudu luqinile noma lithambile? _____

Ingabe igobolondo lofudu liluvikela kuziphi izinto? _____

Lwenzanjani ufudu uma lwethukile? _____

Zidla kudla kuni izimfudu? _____

Usuku:.....



Iminenke

Bheka igobolondo lomnenke.

Ihlo

Igobolondo

Izimpondo ezinde

Izimpondo
ezimfushane

Unyawo

Imbobo yokuphefumula

Uhamba kanjani umnenke?

Wake walithola igobolondo lomneke lingenalutho? Ucabanga ukuthi kusuke kwenzekeni ngomnenke?

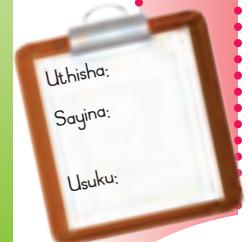
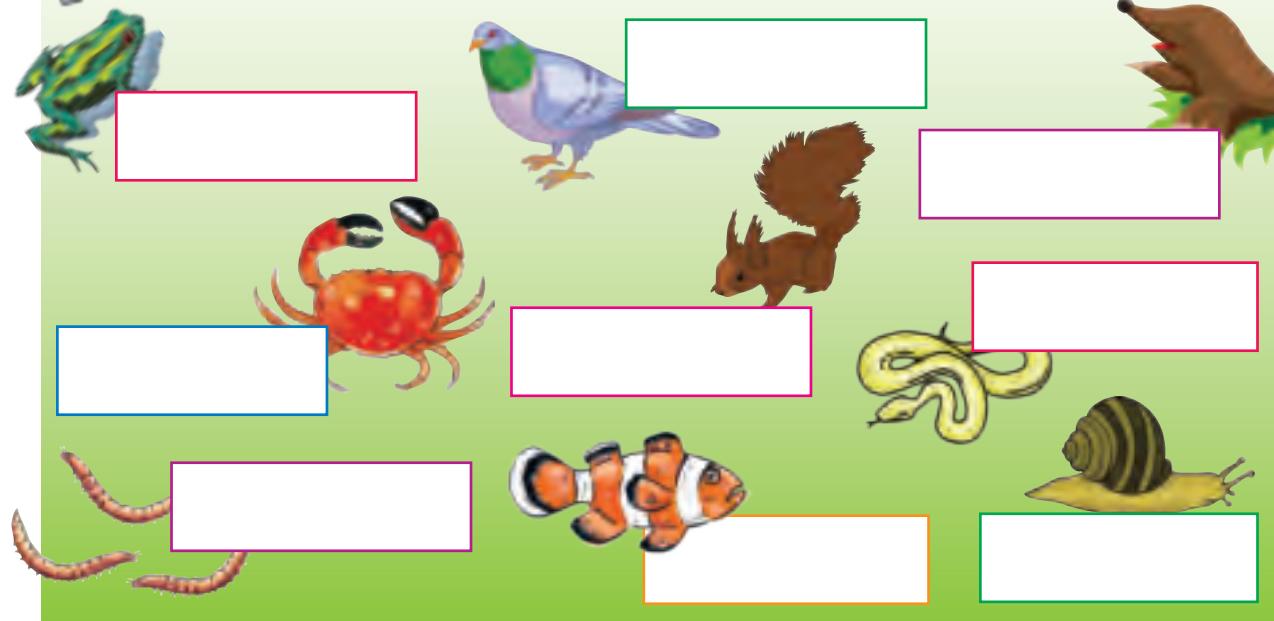
Ambala muni amagobolondo omnenke?

Kungani ucabanga ukuthi iminenke inamagobolondo?



Bhala

Ucabanga ukuthi ngihlala kuphi? Eduze kwesithombe sami, bhala ukuthi ngikwazi ukwenza ikhaya lami esihlahleni, emgodini noma emanzini.



Izilwane ezizakhela indawo yokuhlala

IThemu 2 – ISonto 8 – Ikhasi Lokusebenzela



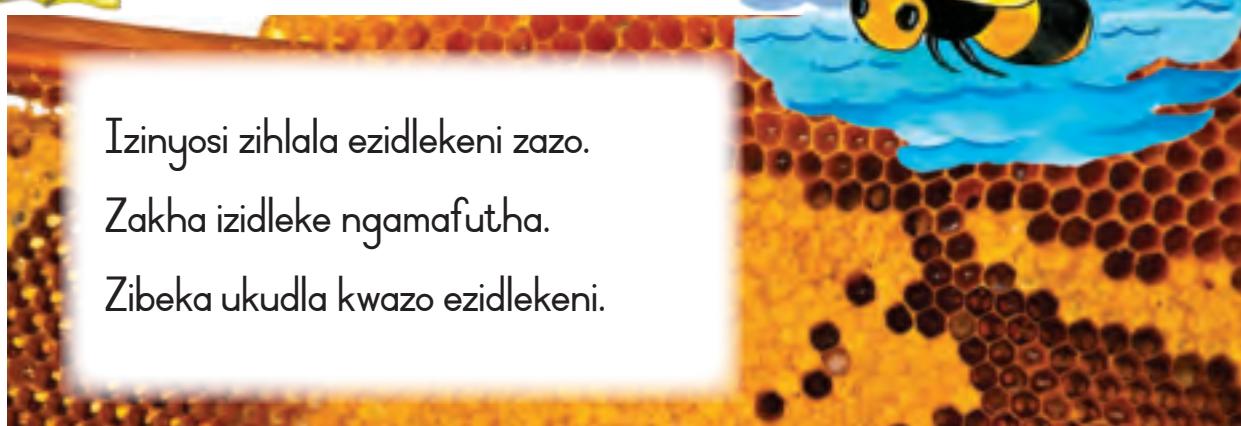
Masenzeni lokhu

Hlanganisa izithombe zezilwane nezithombe zamakhaya azo.



Masifunde

Izinyosi



Izinyosi zihlala ezidlekeni zazo.

Zakha izidleke ngamafutha.

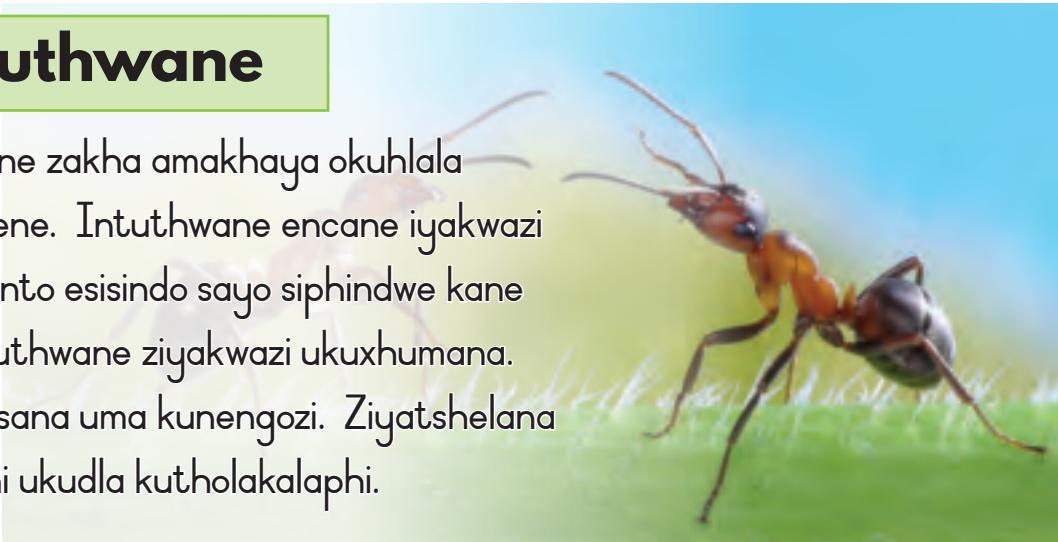
Zibeka ukudla kwazo ezidlekeni.

Usuku:.....



Izintuthwane

Izintuthwane zakha amakhaya okuhlala
ahlukahlukene. Intuthwane encane iyakwazi
ukuthwala into esisindo sayo siphindwe kane
kuyo. Izintuthwane ziyakwazi ukuxhumana.
Ziyaqwasisana uma kunengozi. Ziyatshelana
futhi ukuthi ukudla kutholakalaphi.



Bhala

Ucabanga ukuthi kungani izintuthwane zizakhela izindawo zokuhlala?

Ubani isitha sentuthwane?

Zisebenzisani izintuthwane uma zakha indawo yokuhlala?



Masifunde

Izinyoni

Izinyoni zakha izidleke njengezindawo
zokuhlala nezokuzalela amaqanda. Ubukhulu
besidleke buncika ekuthini ingakanani inyoni.
Zisebenzisani izinyoni uma zakha isidleke?



Yisiphi isilwane esiyisitha senyoni?



Isichazamazwi sami

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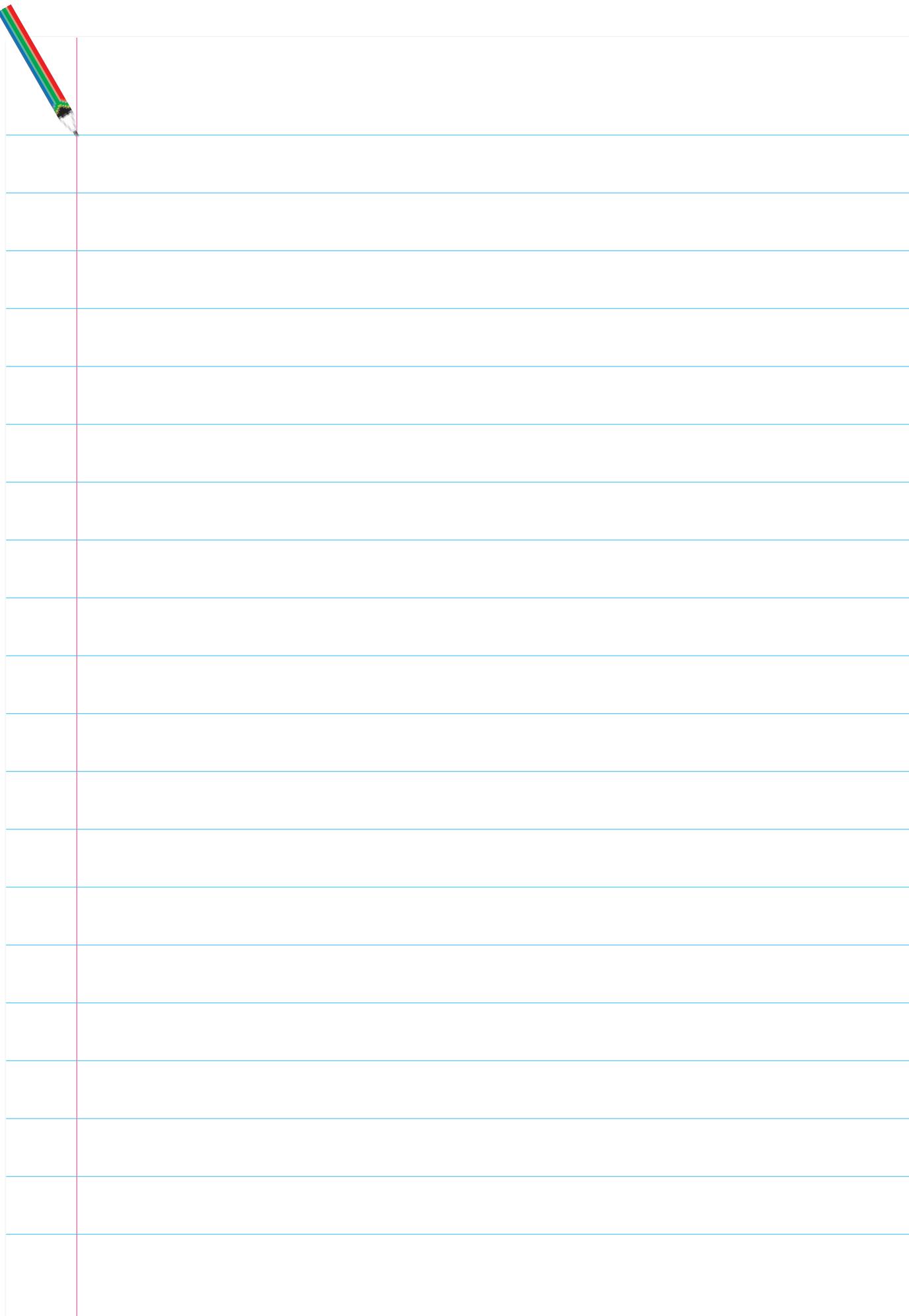
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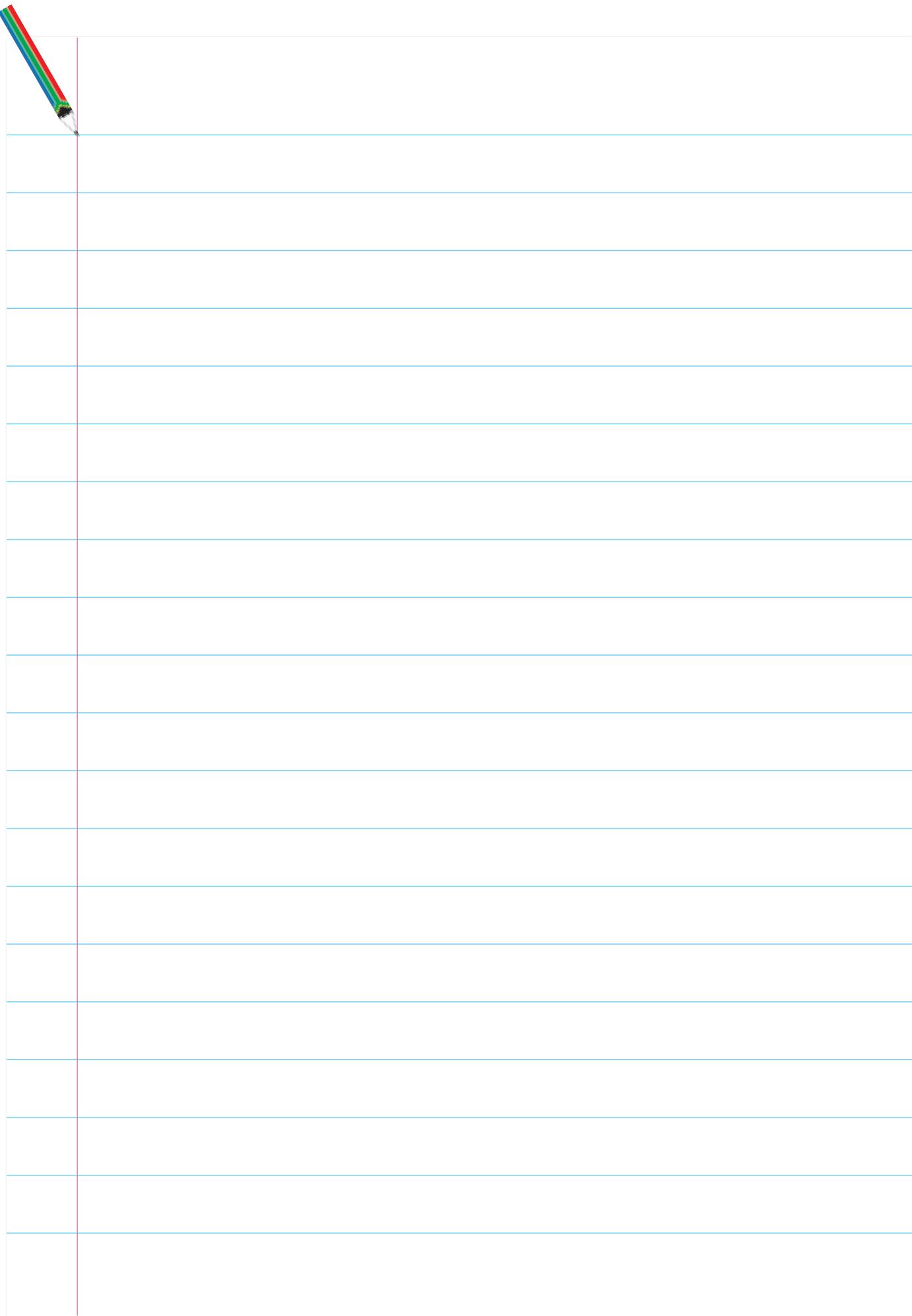
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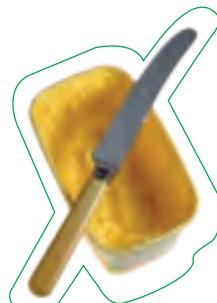
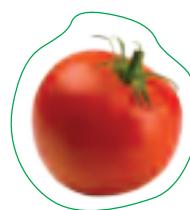
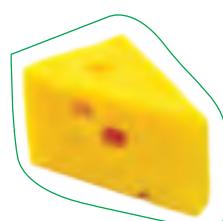
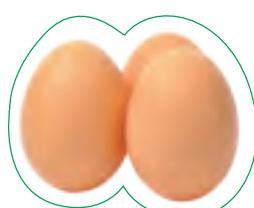
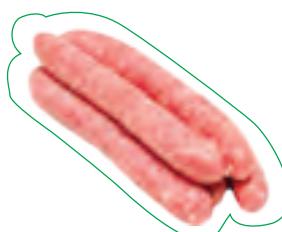
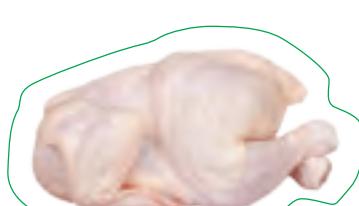
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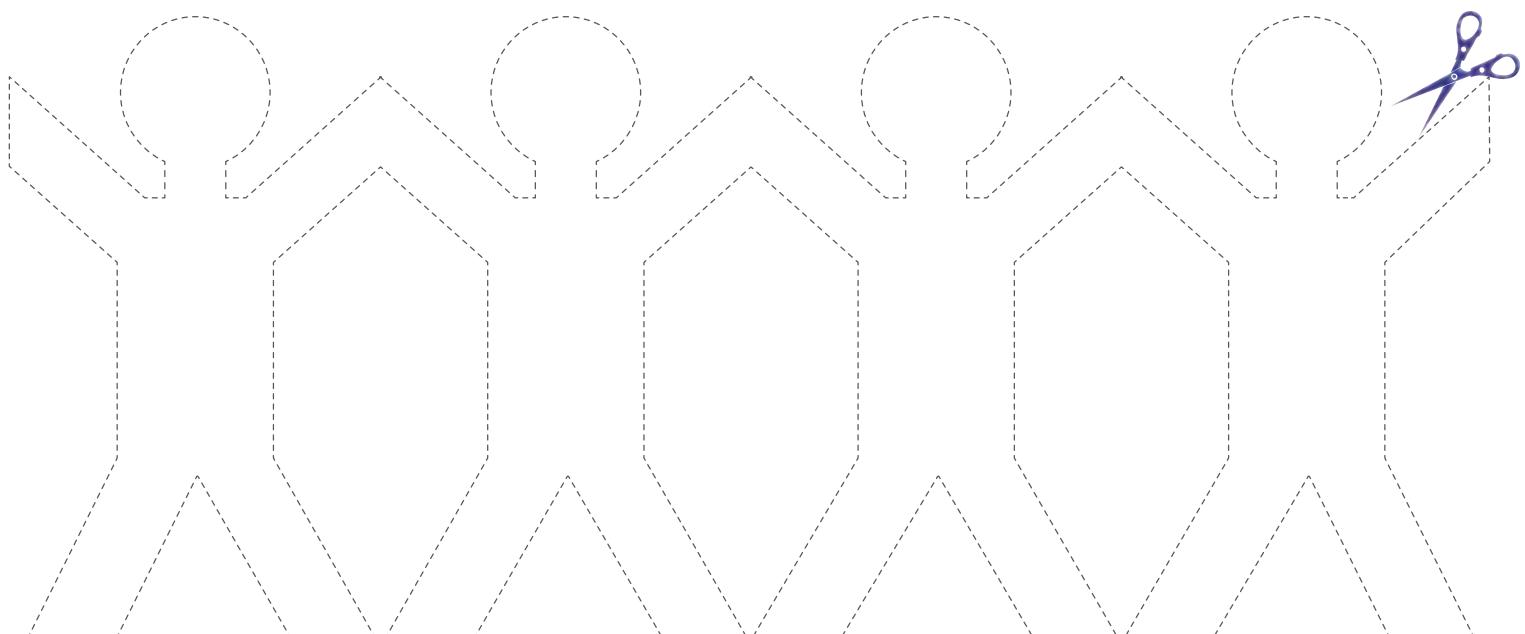




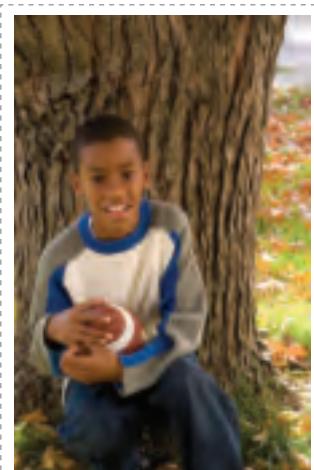
P.2q



P.1q



P.36-37



P.57

