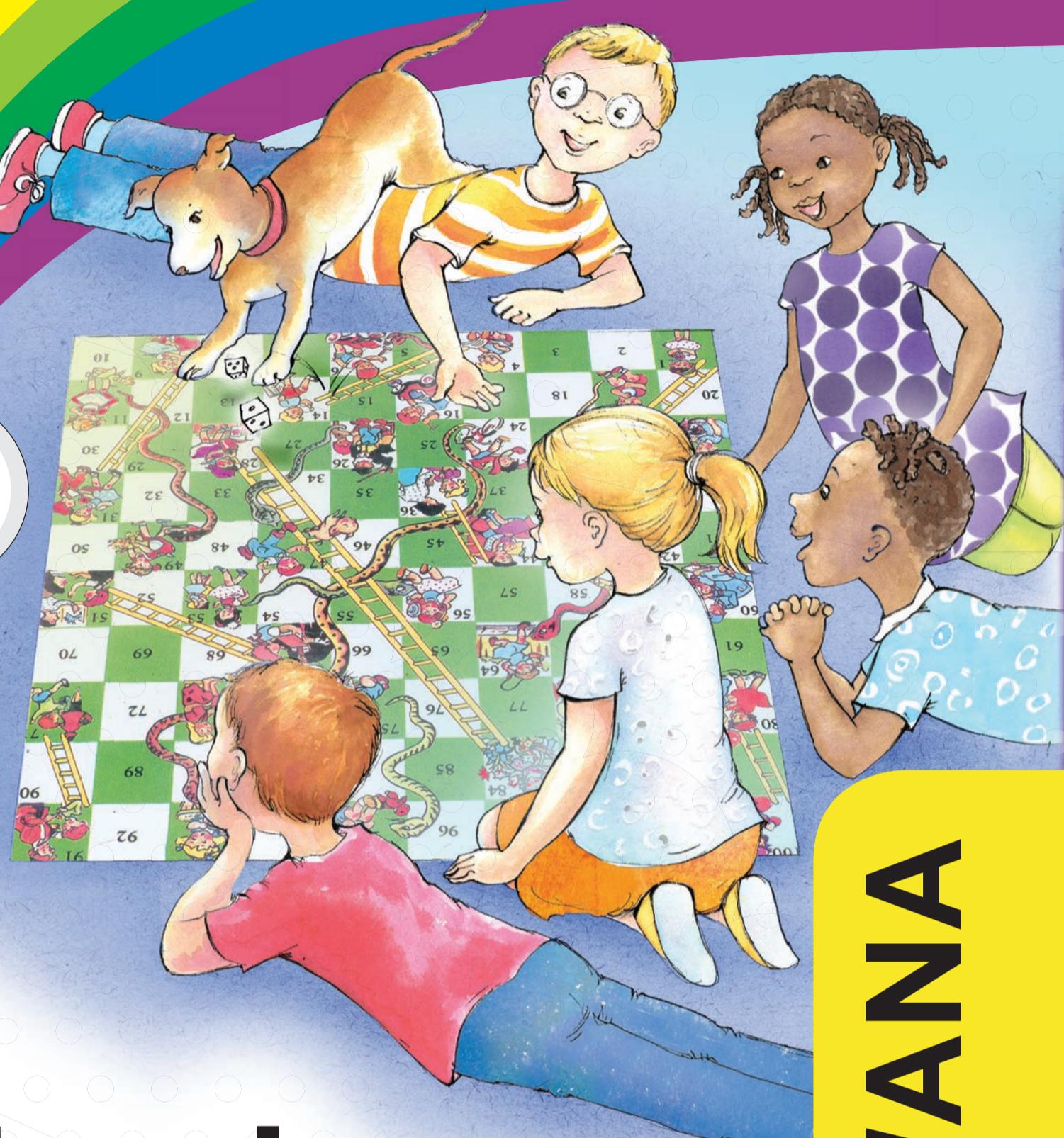


Mophato 1



Bukakgolo ya dikgang tse dikhutshwane

SETSWANA



basic education

Department:
Basic Education
REPUBLIC OF SOUTH AFRICA

Buka

1

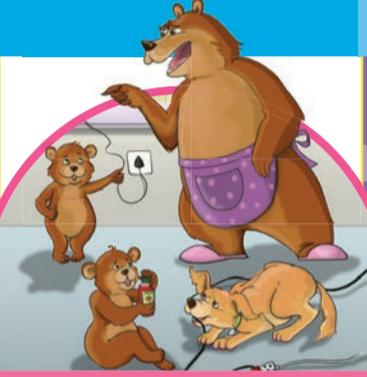
Ka moo o ka dirisang Bukakgolo:



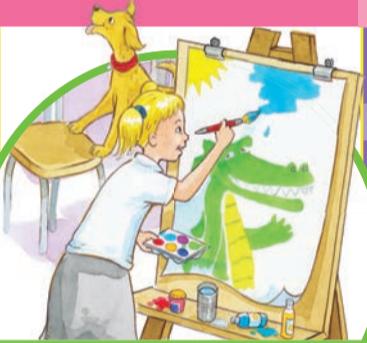
Dikgang tse di mo bukeng e:



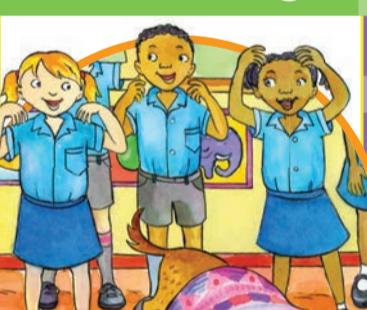
Ke kgonan go buisa



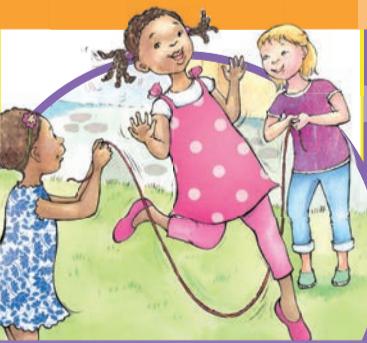
Pabalesego pele



Boitumediso mo phaposiborutelong



Go simolola sekolo



Balelapa le ditsala tsa ga Bongi



Jaaka morutabana, o tlala rulaganya le go ipaakanyetsa go dira tirwana ya puiso e e amoganwang le bana ba phaposiborutelo ya gago. Go le gantsi fa morutabana a dira puiso e e amoganwang, o dira le bana botlhe mo phaposiborutelong, le gale, fa phaposiborutelo ya gago e le kgolo thata, go ka go tswela mosola go dira le setlhophya kgotsa karolo ya phaposiborutelo.

Ka nako ya puiso e e amoganwang ya Bukakgolo ngwana o ithuta ka moo buka e tshwarwang ka teng, o tshwara buka e lebile kwa godimo sentle, o phetla ditsebe ka nepagalo. E ruta mareo a botlhokwa a buka, sephuthelo, sefatla (lepele), lemorago le setlhogo. Gape e ruta ka moo tsamaiso ya puiso e diragalang ka teng e bile e tlhabolola dikgono tsa bana tsa go reetsa, go bua, go buisa, go nagana, go akanya le go kwala jaaka go batliwa ke CAPS:

- godisa dikgono tsa go reetsa le go bua.
- godisa dikgono tse di tlhogang tsa go buisa.
- araba dipotso ka ga kgang.
- nna le seabe mo metlotlong, ba fana sebaka sa go bua.
- thala le go diragatsa kgang.
- dirisa ditshwantsho go bolelelapale gore kgang e ka ga eng.
- dirisa puiso e e amoganwang jaaka motheo wa go kwala go go amoganwang.



Go ipaakanyetsa sebaka sa go buisa Bukakgolo

- Neefatsa gore ba botlhe ba kgonan go bona buka. Fa phaposiborutelo ya gago e le kgolo thata, botoka o dire le setlhophya se sennyane.
- Go tlala nna mosola gore o dire setene sa buka gore o se ka wa tshwara buka ka letsogo fa o buisa. (Bona ditaelo tsa go dira setene sa buka kwa morago ga buka.)
- Dirisa rulara kgotsa sesupi go supa le go sala mafoko morago fa o buisa.
- Fa o batla go totobatsa mafoko, o ka nna wa kgomaretsa dintlhanyana go dikologa lefoko gore le tswele kwa ntle kgotsa o ka nna wa dira 'letlhhabaphef la metlholo'. Dirisa pampitshana e e khutlonnetsepa le khutlonnetsepa e nnyanenyana e e segilweng ka bogare mme o beye khutlonnetsepa mo godimo ga sekwalwa (temana) gore go bonale lefoko le le lengwe fela.

Sebaka sa ntlha sa puiso e e amoganwang

Sebaka sa ntlha sa puiso e e amoganwang se tsepamisa matlho mo go natefeleweng le go 'leba' sekwala la ntlha, mmogo le bana o araba sekwalwa.

- Phetla kgang e ba tlala e buisang. Bua ka ga ditshwantsho.
- Kopa barutwana go bolelelapale kgang ba ikaegile ka setlhogo le ditshwantsho.
- Itsise bana mafoko a mašwa le a a thata pele barutwana ba buisa kgang.
- Dira dikarata tsa mafoko go itsise tlolofoko e ntšhwla.
- Buisa kgang, o dirisa ditshupetso e bile o farologanya lentswe, lebelo le segalo sa lentswe la gago. Dirisa ditshupetso tsa matsogo le sefatlhego.
- Sala morago ditlhaka fa o ntse o buisa ka go supa mafoko ka thobane kgotsa rulara gore bana ba bone se o se buisang gore ba nyalanye modumo le ditlhaka mo tsebeng. Se se tlala ba thusa go bona tsamaiso ya puiso go tswa kwa molemeng go ya kwa mojeng le go tloga kwa godimo go ya kwa tlase.
- Dirisa se jaaka tshono ya go itsise 'puo ya buka' jaaka: mafoko, polelo, tsebe, mokwadi, setlhogo, jalojalo.
- Letla barutwana go nna le seabe mo kgannyeng ka go kopanya polelwana e e ipoletsang (sk. "taboga, taboga, taboga ka bonako jo o bo kgonang, ga o kitla o ntshwara - ke monna wa sengwe sa gemere!").
- Kgang e e tshwanang e tshwanetse go buisiwa gabedi go fitllha gararo go naya barutwana tshono ya go opela dipolelwana tsa puo, go diragatsa ditirwana tsa metshameko kgotsa go tlota dikarolo tsa kgang gape ka mafoko a bona.

Sebaka sa bobedi sa puiso e e amoganwang

- Mo sebakeng sa bobedi temana e e tshwanang e a dirisiwa mme leitlho le tsepamisiwa mo go nneng le seabe mo puisong le morutabana o dirisa metlotlo e e diragalang go godisa tlolofoko ya go tlhaloganya, dikgono tsa go bona bokao le dipopego tsa sekwalwa (thutapuo, matshwaopuiso, jalojalo).
- Go tswa mo go wena, morutabana, go tsepamisa matlho a barutwana mo go ithuteng go go lebeletseng tse di latelang: mareo a mokwalo, diponagalo tsa sekwalwa, medumopuo, dipaterone tsa puo, mekgwa ya temogo ya mafoko le go tlhaloganya mo maemong a a farologaneng (dipotso tse di tlhamaletseng, tsa thulaganyosešwa, phopholetso, tshekatsheko le tsa go itumelela setlhawngwa).

Sebaka sa boraro sa puiso e e amoganwang

- Mo sebakeng sa boraro sa puiso e e amoganwang, bana ba tshwanetse go buisa sekwalwa ka bobona mme ba arabele ditirwana tse di ikaegileng ka sekwalwa tsa molomo, tiragatso le tse di kwadiwang.
- Fa go kgonega, sekwalwa sa Puiso e e Amoganwang se tshwanetse go sedimosa. Kwalo e e Amoganwang moo morutabana a bontshang ka moo sekwalwa se kwadiwang ka teng mme barutwana ba tshwaragana le go tlhama fa morutabana a nna mokaedi le mokwadi wa dintlhakgolo. Tsamaiso e ya tshedimosetso e thusa go baakanyetsa barutwana ditiro te ba di kwalang.

1

Ke kgona go buisa

Hutshe ya me.

Ntšwa ya me.

Katse ya me.





Kopi ya me.

Kepese ya me.

Kgetsana ya me.



Mme wa me.



Rre wa me.



Nkoko wa me.



Founu ya me.



Seipone sa me.

Kettlele ya me.



Lengena la me.



Topo ya me.

Ke a taboga.

Nnyaya tlhe!
Tloga kota!



2

Pabalesego pele



O se ka wa tshameka ka motlakase.
O seke wa tshameka ka molelo.



O dule kgakala le dilo tse di bolelo.
O se ka wa di tshwara.
O se ka wa tshameka ka mokgwaro le
ditshubi.
O se ka wa tshameka ka molelo.

Ke dilo dife tse di mogote?

Ke dife tse di mogote nako nngwe?

Ke dife tse di seng mogote?



3

Boitumediso mo phaposiborutelong

Jabu o rata go thala.



Amo o rata go penta.

Bongi o rata go buisa.



Dan o rata diboloko.

Ato o rata go
kwala.



Maria o rata go sega.

Kenny o rata go tshameka ka mmopa.
Nomsa o rata diphazele.



Mme Billy ena o rata sengwe le sengwe!



4

Go simolola sekolo

Jabu

Amo

Bongi



Dan

Kenny

Ke Bongi.

Bano ke Amo, Dan, Kenny le Jabu.

Yono ke Ben, ntšwa ya sekolo.

Ben ke ntšwa e gakgamatsang.

Go a itumedisa go tshameka mo
letsatsing. Re rata go taboga le go
tlolatlola.





Re taboga le go tshameka
mo letsatsing.

Re rata letsatsi le le mogote.

Ben o rata go taboga mo letsatsing.



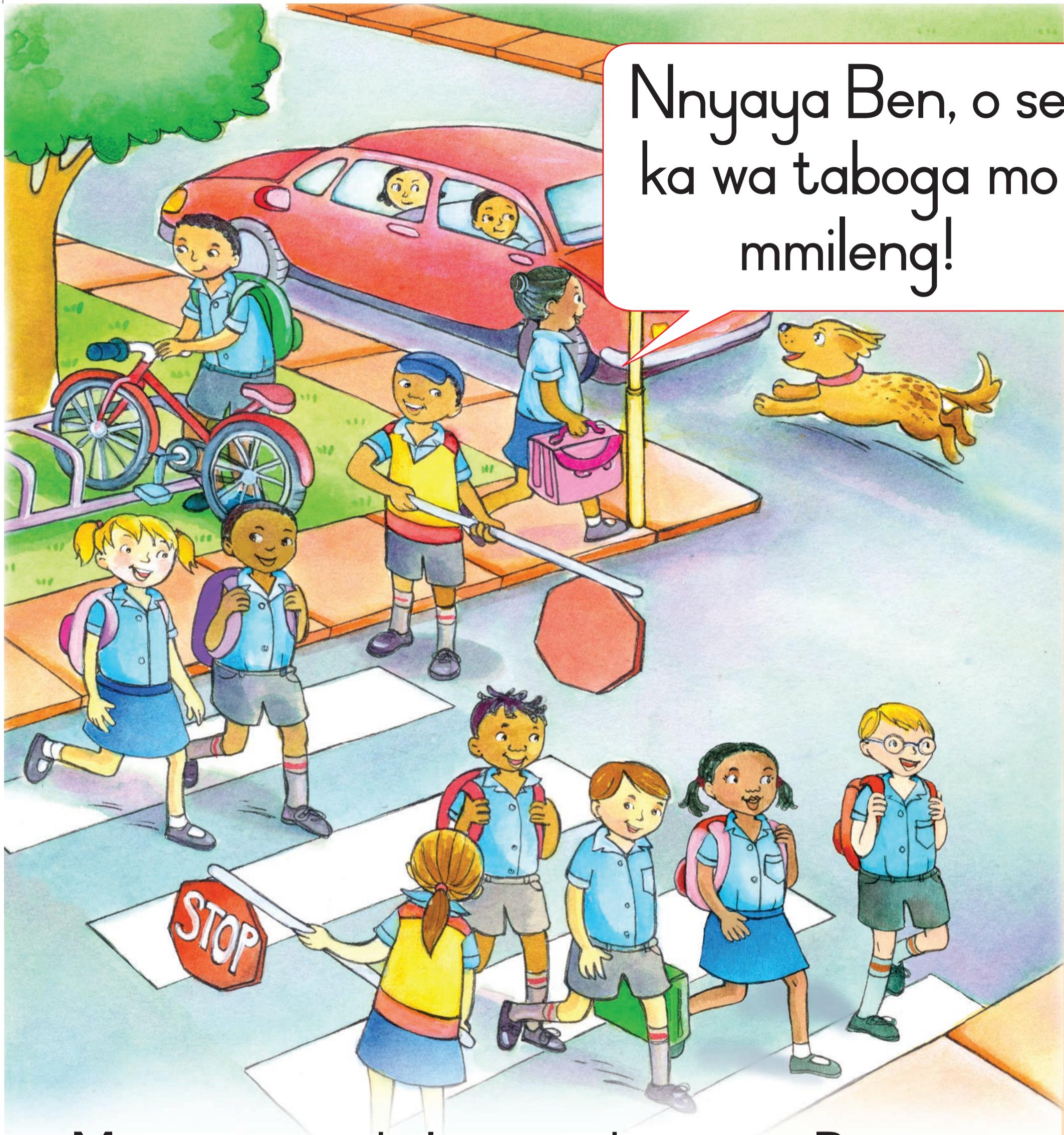
Ijooo, ijooo, ijooo.

Re a opela.

Ben o ka fa tlase ga mmetshe.

Ben o ja monate.

Nnyaya Ben, o se
ka wa taboga mo
mmileng!

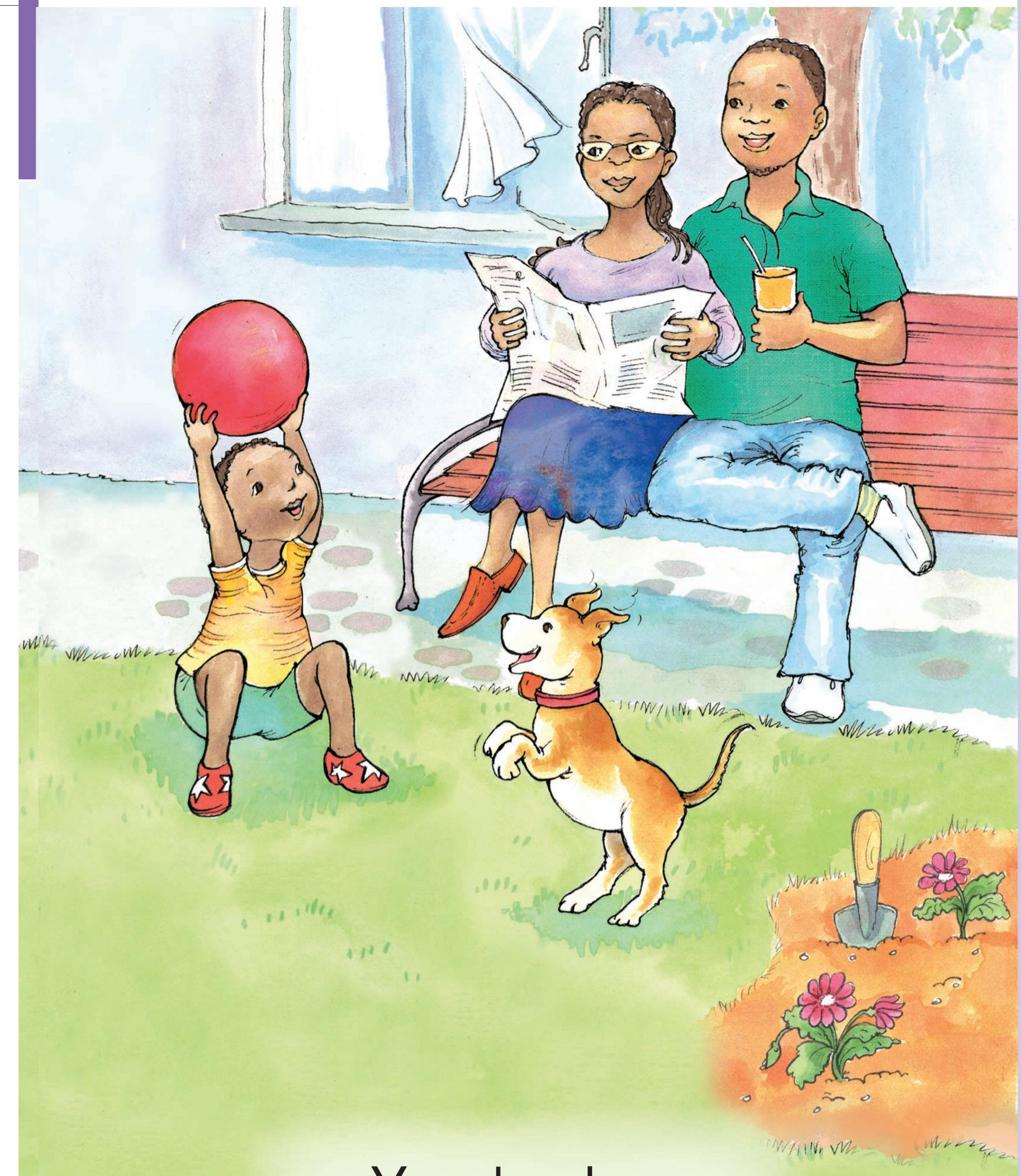


Morago ga sekolo re ya kwa gae. Re
lebelela kwa mojeng le kwa molemeng
le kwa mojeng gape. Morago re a
kgabaganya. Re ema fa roboto e le khividu.
Go a itumedisa go ya kwa sekolong.

Balelapa le ditsala tsa ga Bongi

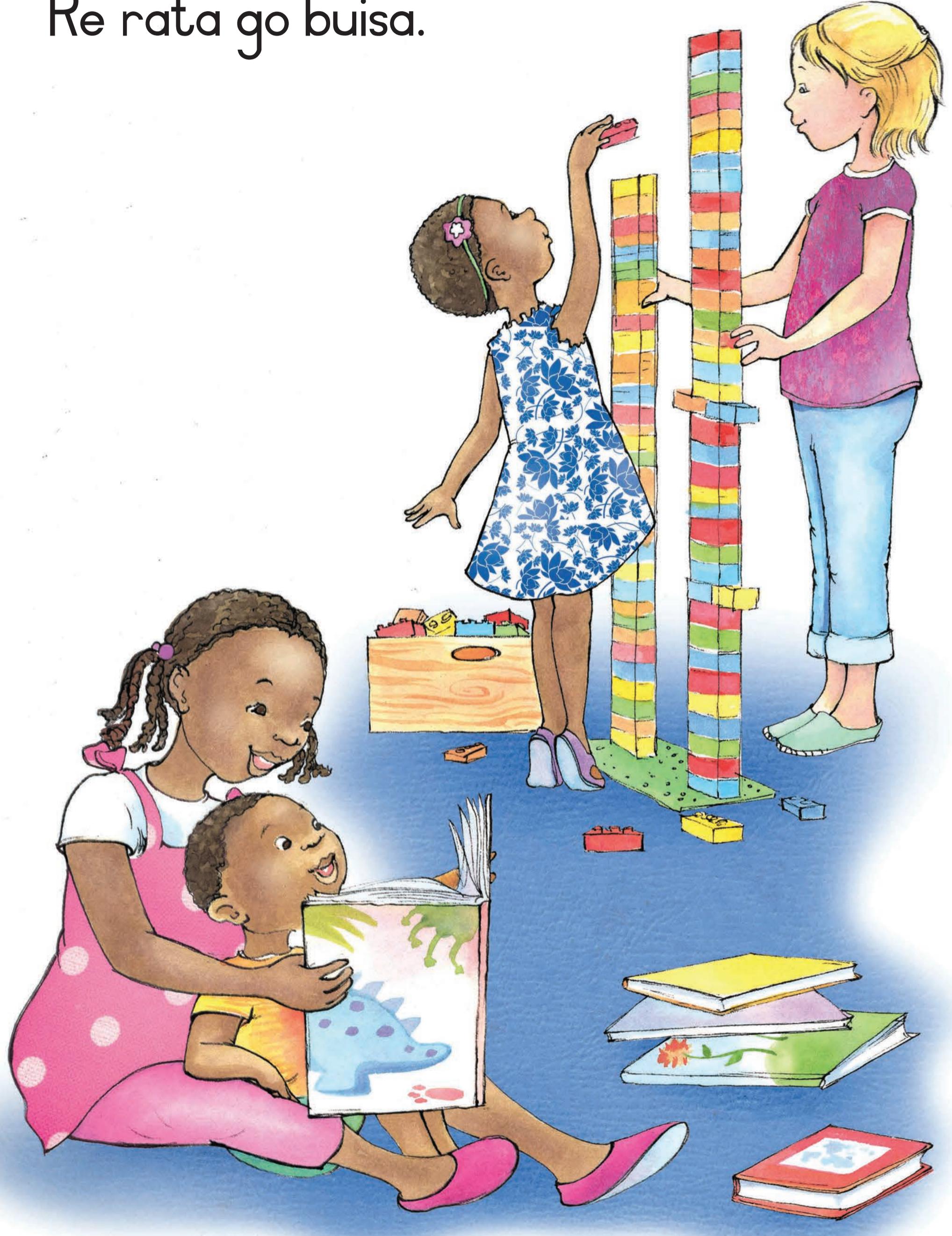


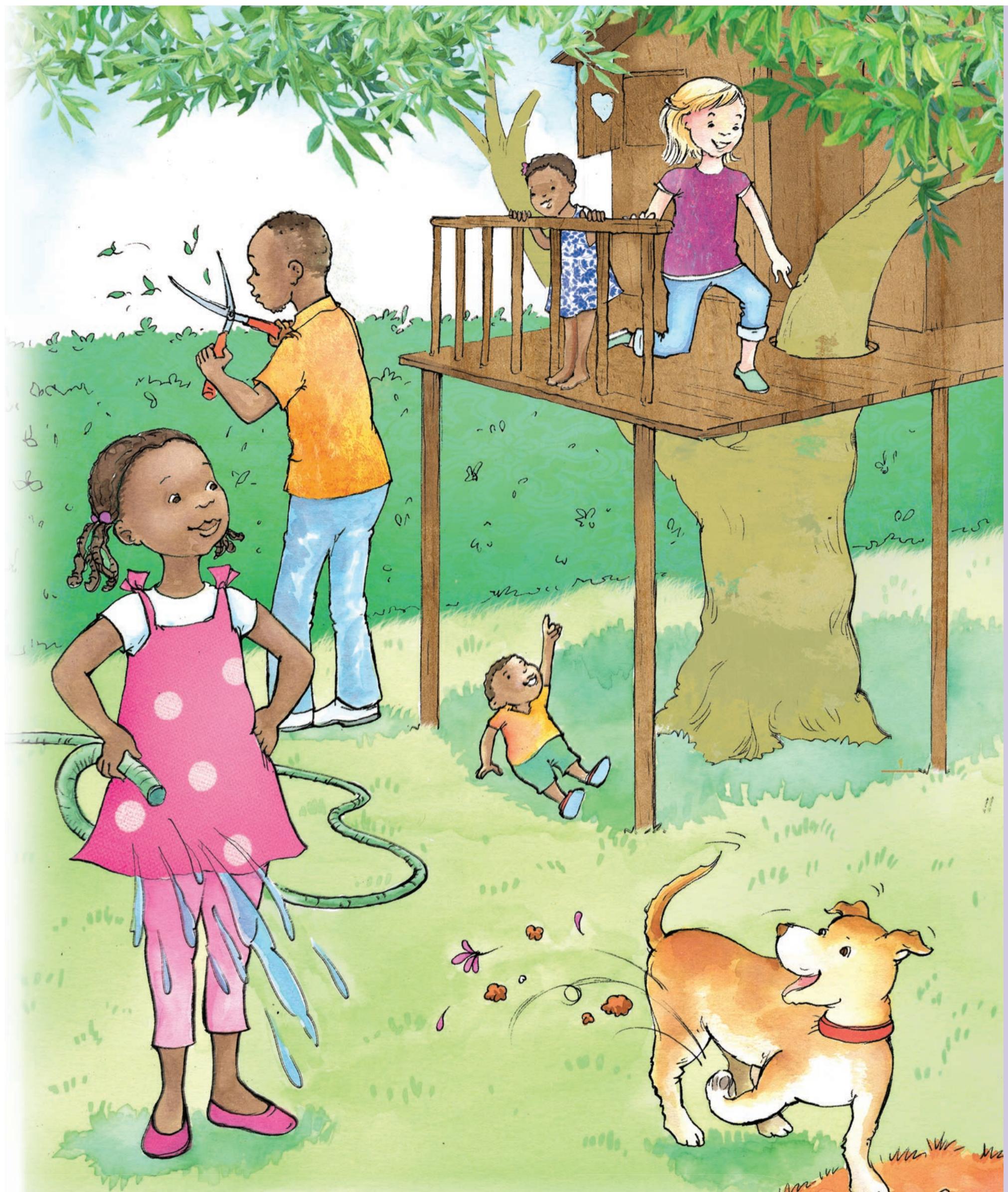
Ke nna Bongi. Ke na le dingwaga di le 7.
Yono ke ausi. Yono ke tsala ya me, Amo.



Yono ke abuti.
Yono ke mme le rre.
Eno ke ntšwa ya me.

Re rata go tshameka.
Re rata go buisa.





Re thusa mo tshingwaneng.
Re tshameka mo ntlong
e e mo setlhareng.
Ntšwa e rata go epa.

Re lelapa le legolo le le
itumetseng.

Yono ke ntatemogolo.

Yono ke nkoko.

Yono ke malome.

Yono ke mmangwane.



Dan, Kenny, Amo le Jabu ke ditsala
tsa me.



Re rata go tshameka.
Go siame go nna le ditsala.
Go monate go nna le ntšwa.

O amogetswe mo Motseletseng wa Dibukakgolo. Bukakgolo e e bopa karolo ya Mtselsetsele e megolwane ya Rainbow e e akaretsang dibukatiro, ngatana ya dikgang, dipadiso tsa mephato le diphousetara. Re solo fela gore o tlaa fitlhela mefuta e e farologaneng ya dikgang e e tsenyeliditsweng mo Dibukakgolong tse robedi tsa mophato o, di le mosola mo go ruteng ga gago le gore barutwana ba gago ba tlaa itumelela maitemogelo a puiso e e amoganwang.

Kemo ya Pholisi ya Kharikhulamo ya Tlhatlhobo (CAPS) ya Maemotheo e gatelela Puiso e e Amoganwang jaaka nngwe ya dikarolwana tsa botlhokwa tsa mekgwa ya puiso. Puiso e e Amoganwang gantsi e diragala magareng ga malatsi a mabedi le a mane a beke mo ngwana mongwe le mongwe a bonang tshono ya go buisa temana e e tshwanang. Dibukatiro le dipadiso tsa mephato di lebane maikaelelo a.

Le gale, fa o ruta puiso e e amoganwang ka Bukakgolo ya mokwalo o mogolo o dirisa mokgwa o o matsetseleko wa ga ruta puiso e e amoganwang gonne bana ba kgona go bona mafoko le ditshwantsho, sentle, le go go sala morago fa o buisa ka mokgwa o bana ba tlotelewang dinaane ka ona. Go botlhokwa gore bana ba dule ba dikaganyeditse Bukakgolo, gore bana bottle ba kgone go bona le go buisa temana. Mokwalo o mogolo wa dibukakgolo o go kgontsha go buisetsa bana ba le mimalwa kwa godimo ka nako e le nngwe o repile e bile o sa tshose barutwana.

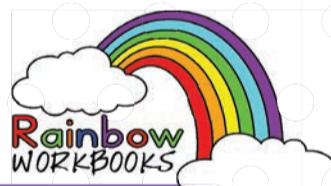
Dibukakgolo mo metselseteng e di tlaa itsise barutwana ba gago ka ga mefuta ya dikgang, maboko, dipina le metshameko gammogo le dikwalo tsa tshedimosetso le tsa dikerafo.

Ke tiro ya gago, go dira gore dikgang di tshele le go natefela bana le go dira gore barutwana ba itumele ba bo ba je monate. Fa o dirisa Dibukakgolo o kgona go motlela maitemogelo a puiso ka mokgwa o o nateflang wena le barutwana ba gago. Re solo fela gore buka e e tlaa go thusa go dira se.

Dikakanyo tse dingwe tsa go dirisa Bukakgolo

- Dirisa tsebe ya polasetiki mme o e beye mo godimo ga Bukakgolo. Go ka nna mosola gore bana le morutabana ba kwale mo polasetiking.
- Kwala mo polasetiking ka kheraeyone ya metsi e e phimolegang.
- Dirisa tlelipi e kgolo go tshwaraganya polasetiki le bukagolo.

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Author: V McKay



Itirele setene sa gago sa Bukakgolo

O tlaa tlhoka:

1. Khateboto ya bophara jo bo tshwanang le Bukakgolo e e bulegileng (594 mm) ka bolele jo bo gararo (1360 mm).
2. Masekintheipi
3. Ditlelipi tse pedi kgotsa dipekeso go tshwaraganya khateboto.

Dirisa masekintheipi go tshwaraganya manathwana a khateboto.

Mena khateboto go dira Foreimi mme o tlanye marago le lepele go nna mmogo jaaka go bontshiwa mo setshwantshong se se fa tlase.

