

Mophato **1**

Bukakgolo ya dikgang tse dikhutshwane

SETSWANA



basic education

Department:
Basic Education
REPUBLIC OF SOUTH AFRICA

Buka

2

Ka moo o ka dirisang Bukakgolo:



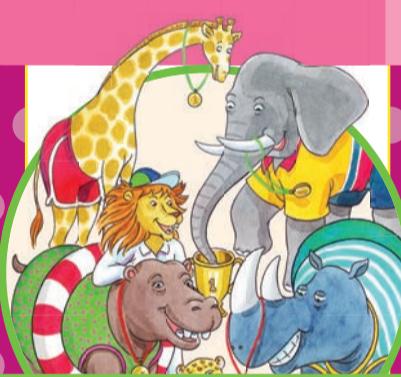
Dikgang tse di mo bukeng e:



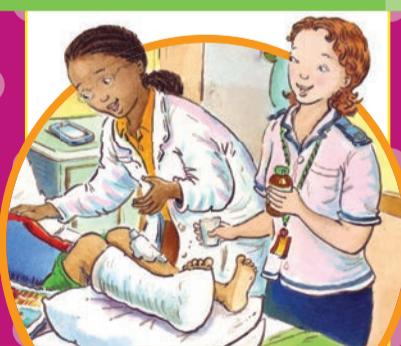
1 Letsatsi le le mogote thata



2 Re rata go tshameka



3 Letsatsi la metshameko la diphologolo



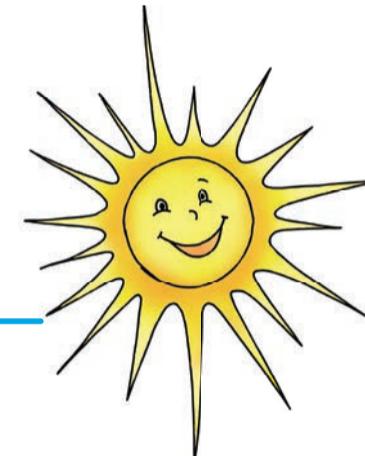
4 Batho ba ba re thusang



Jaaka morutabana, o tlaa 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 phaposiborutelang, 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 kgona go bona buka. Fa phaposiborutelo ya gago e le kgolo thata, botoka o dire le setlhophya se sennyane.
- Go tlaa 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 dintlhananyana go dikologa lefoko gore le tswele kwa ntle kgotsa o ka nna wa dira 'lethhabaphefe 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' sekwalwa la ntlha, mmogo le bana o araba sekwalwa.

- Phetla kgang e ba tlaa 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 tlotlofoko e ntšhwatse.
- Buisa kgang, o dirisa ditshupetso e bile o farologanya lenseswe, lebelo le segalo sa lenseswe 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 nyalyane modumo le ditlhaka mo tsebeng. Se se tlaa 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 ipoeletsang (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 fitlhha gararo go naya barutwana tshono ya go opela dipolelwana tsa puo, go diragatsa ditirwana tsa metshameko kgotsa go tlotla 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 tlotlofoko ya go tlhaloganya, dikgono tsa go bona bokao le dipopego tsa sekwalwa (thutapuo, matshwaopuso, 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).

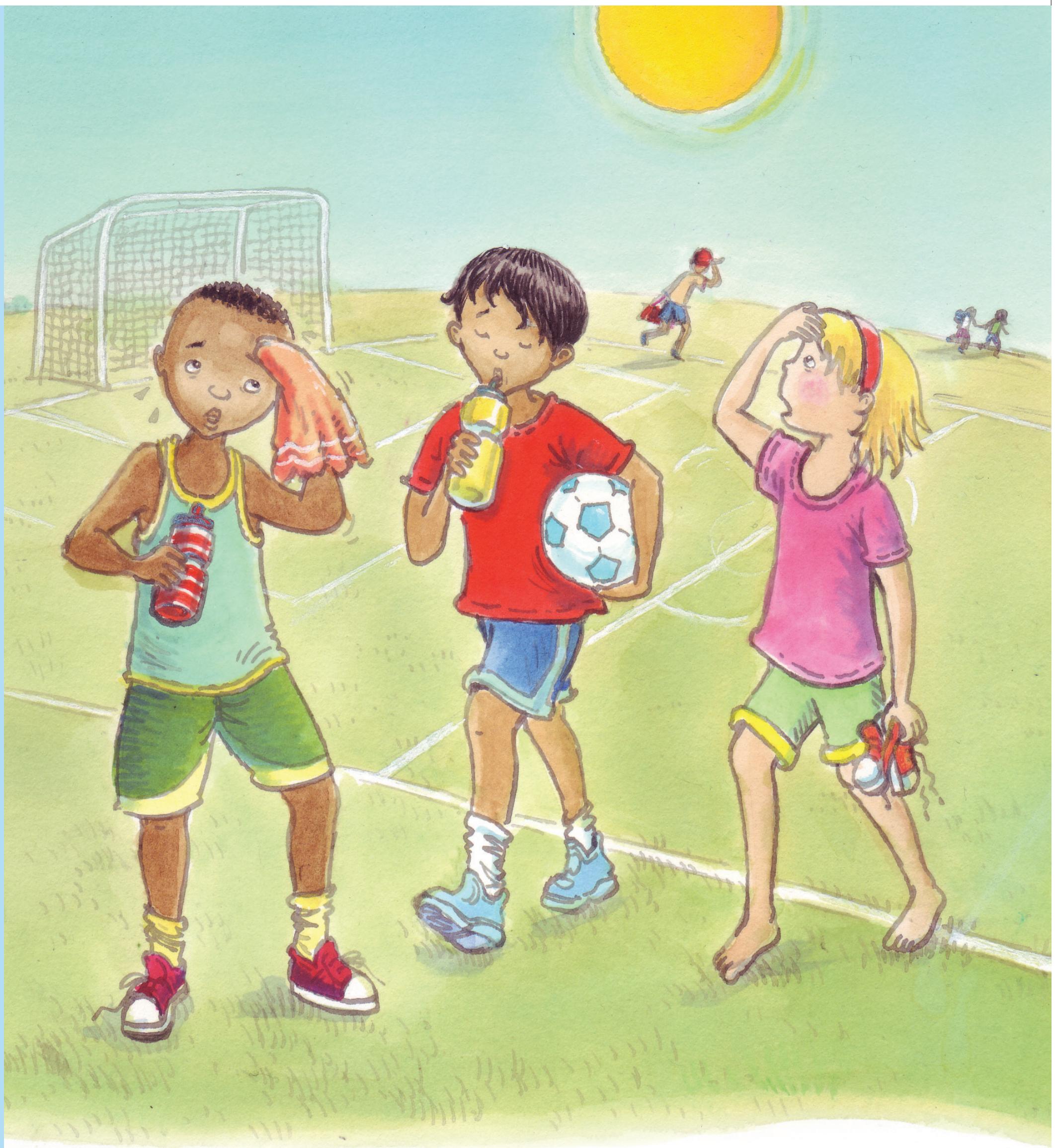
Sebaka sa boraro sa puiso e e amoganwang

- 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 tlhamaletseng, tsa thulaganyosešwa, phopholetso, tshekatsheko le tsa go itumelela setlhawngwa. Tsamaiso e ya tshedimosetso e thusa go baakanyetsa barutwana ditiro te ba di kwalang.

Letsatsi le le mogote thata



Ke letsatsi le le mogote thata.
Go mogote thata go ka tshameka.

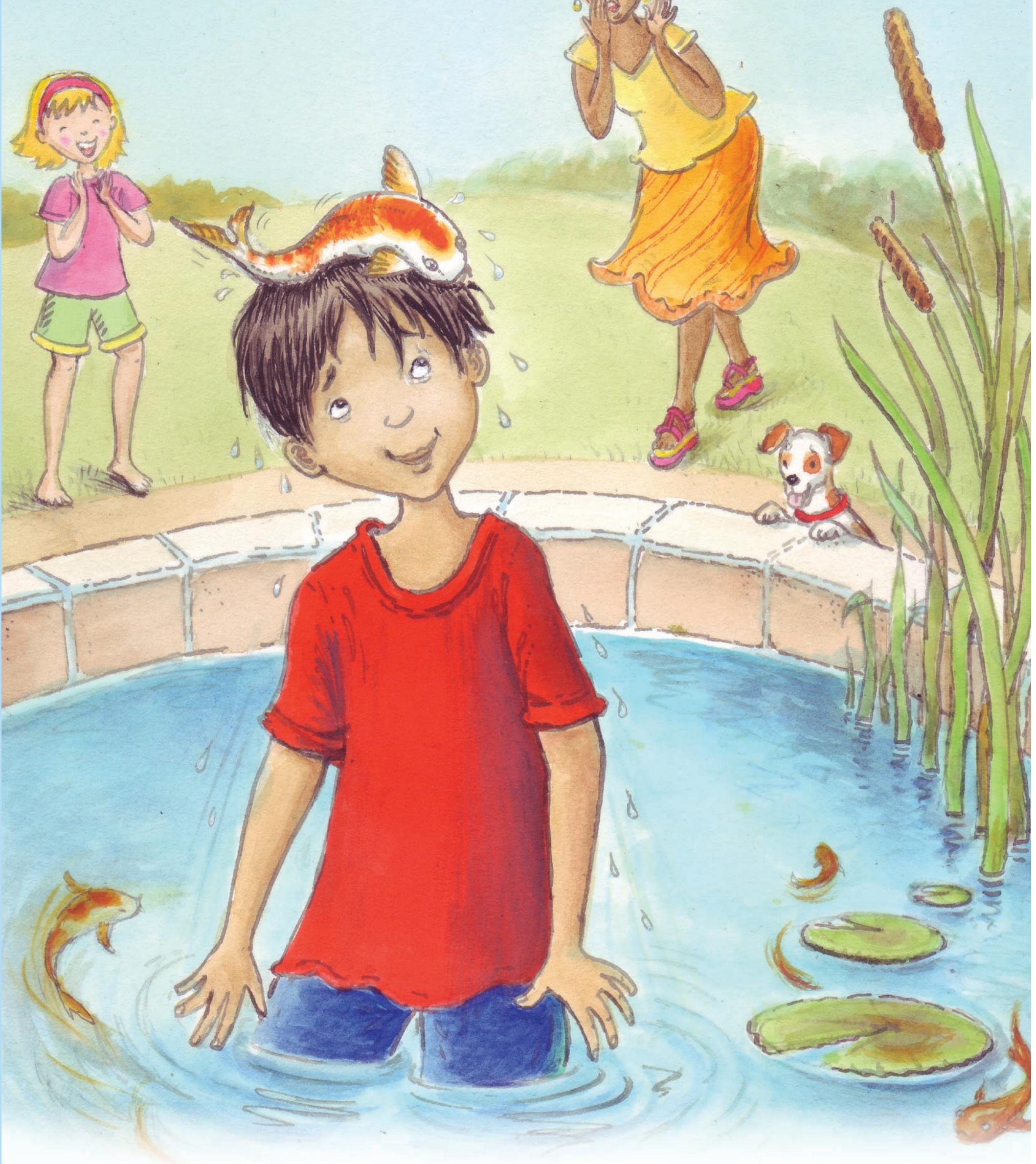


Ke letsatsi le le mogote thata.
Go mogote thata go ka tshameka
kgwele ya dinao.



Ke letsatsi le le mogote thata.
A re tloleleng mo letamong.

Nnyaya tlhe!



Go monate e bile go tsiditsana.

2

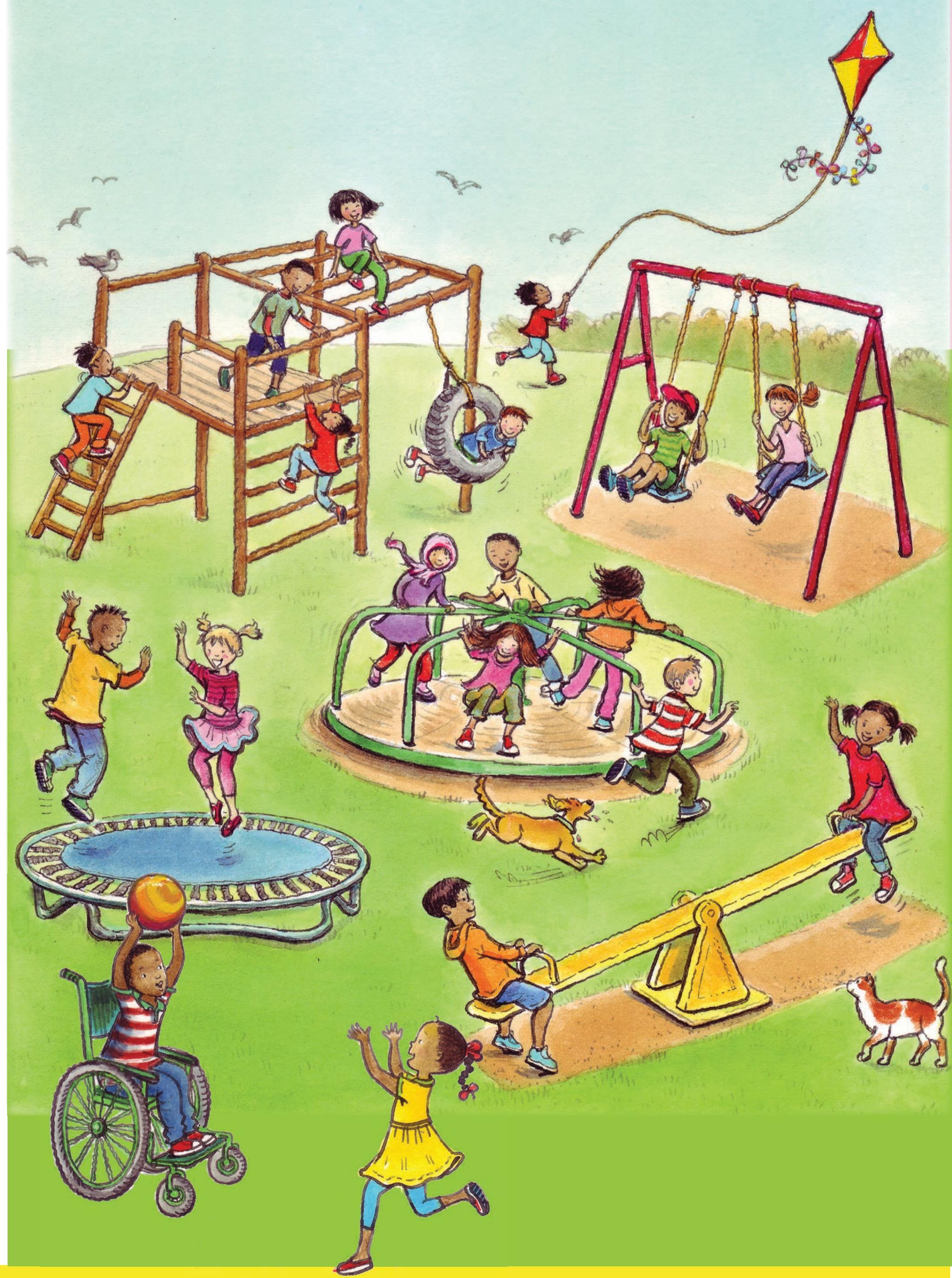
Re rata go tshameka



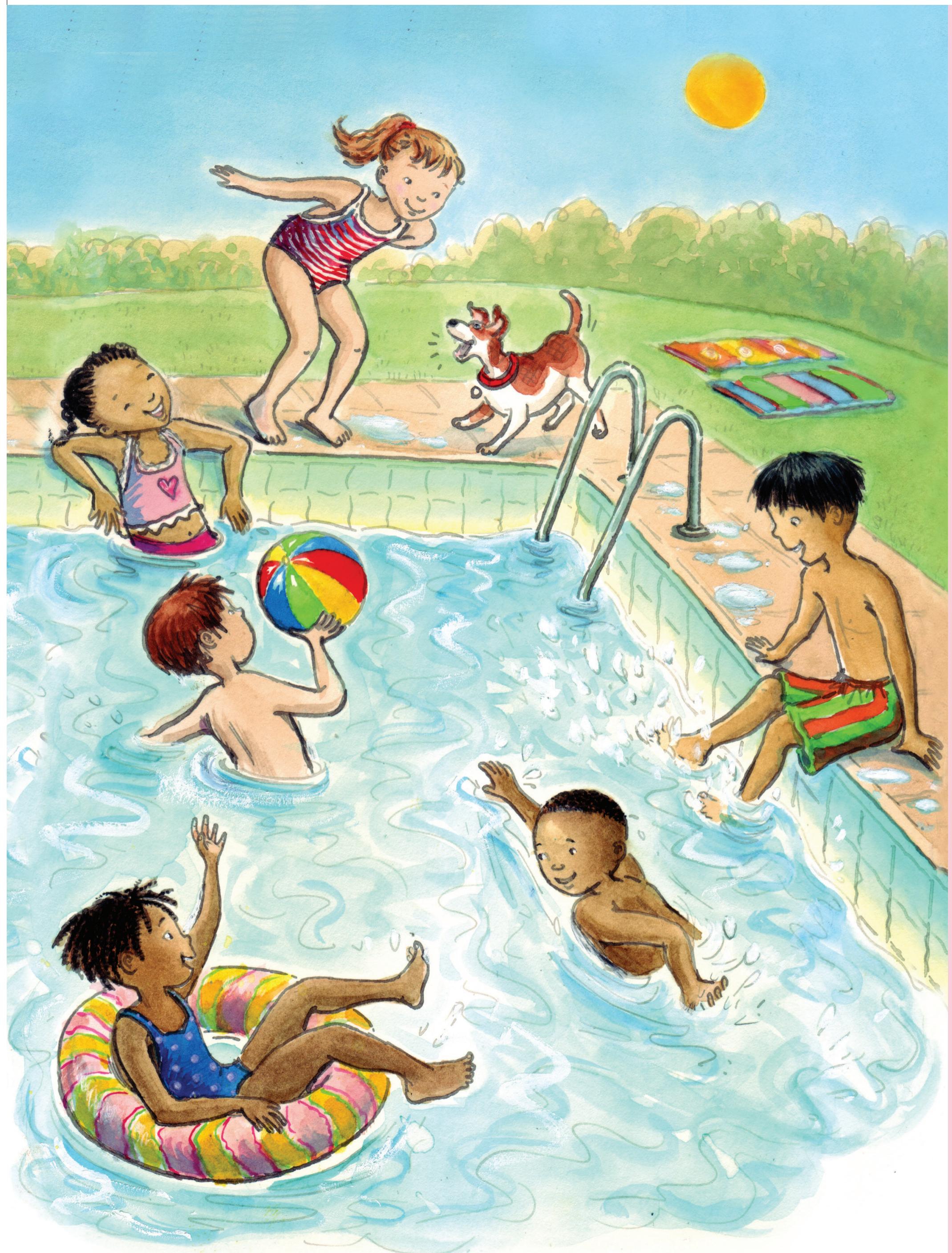
Rotlhe re rata go tshameka.
O rata go tshameka eng?

Ke rata go swinka.
Amo o rata go tlola.
Vuyo o rata go tshameka kgwele.
John o rata go palama
sekomporomai.
Leila o rata dikologa.
Sefiso o rata go fofisa khaete.

O rata go dira eng?



Gompieno ke letsatsi le le mogote.
Rotlhe re ya go thuma.
Go a itumedisa go thuma mo
metsing a a botala jwa legodimo.
Re rata go tshameka mo metsing.
A o rata go thuma?



3

Letsatsi la metshameko la diphologolo



Gompieno diphologolo
di na le letsatsi la
tsona la metshameko.

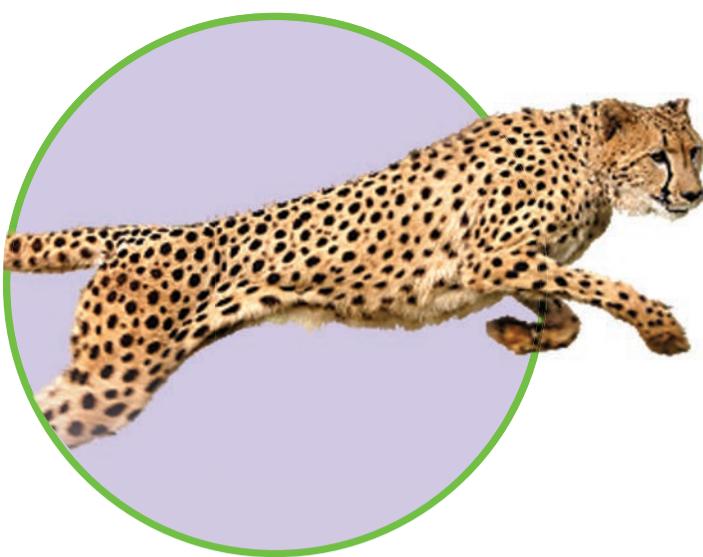


Ke kgona go
tlola.

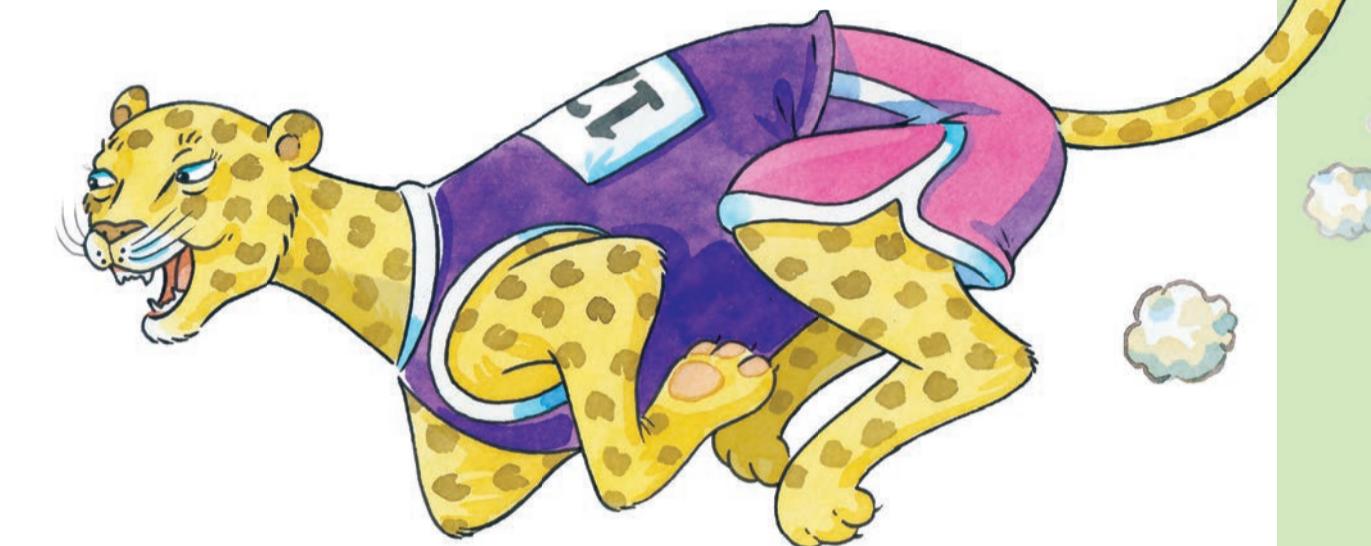
Ke kgona go tlolela
kwa godimodimo.

A wena o ka kgona?

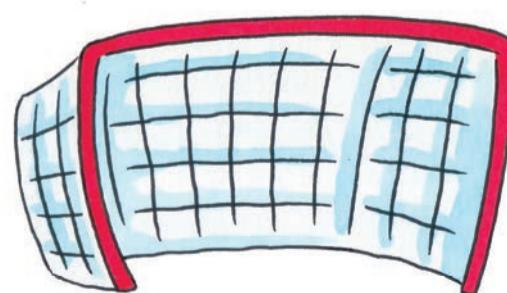




Ke kgona go **taboga**.
Ke kgona go taboga ka
bonakonako.
A wena o ka kgona?



Ke kgona go **raga**.
Ke kgona go raga ka maatla.
A wena o
ka kgona?





Ke kgona go **latlhela**.
Ke kgona go latlhela kwa
kgakala thata.
A wena o ka kgona?



Ke kgona go **kapa**.
Ke kgona go kapa sentle
thata. A wena o ka kgona?



Ke kgona go **otla**.

Ke kgona go otla ka maatla.

A wena o ka kgona?



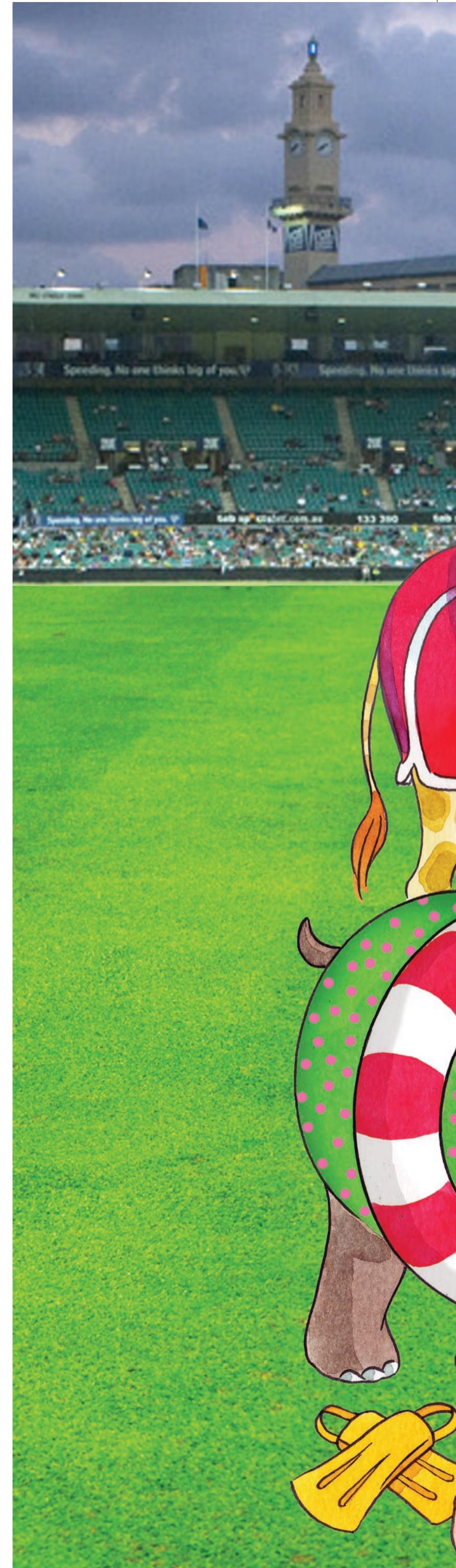
Ke kgona go **thuma**.

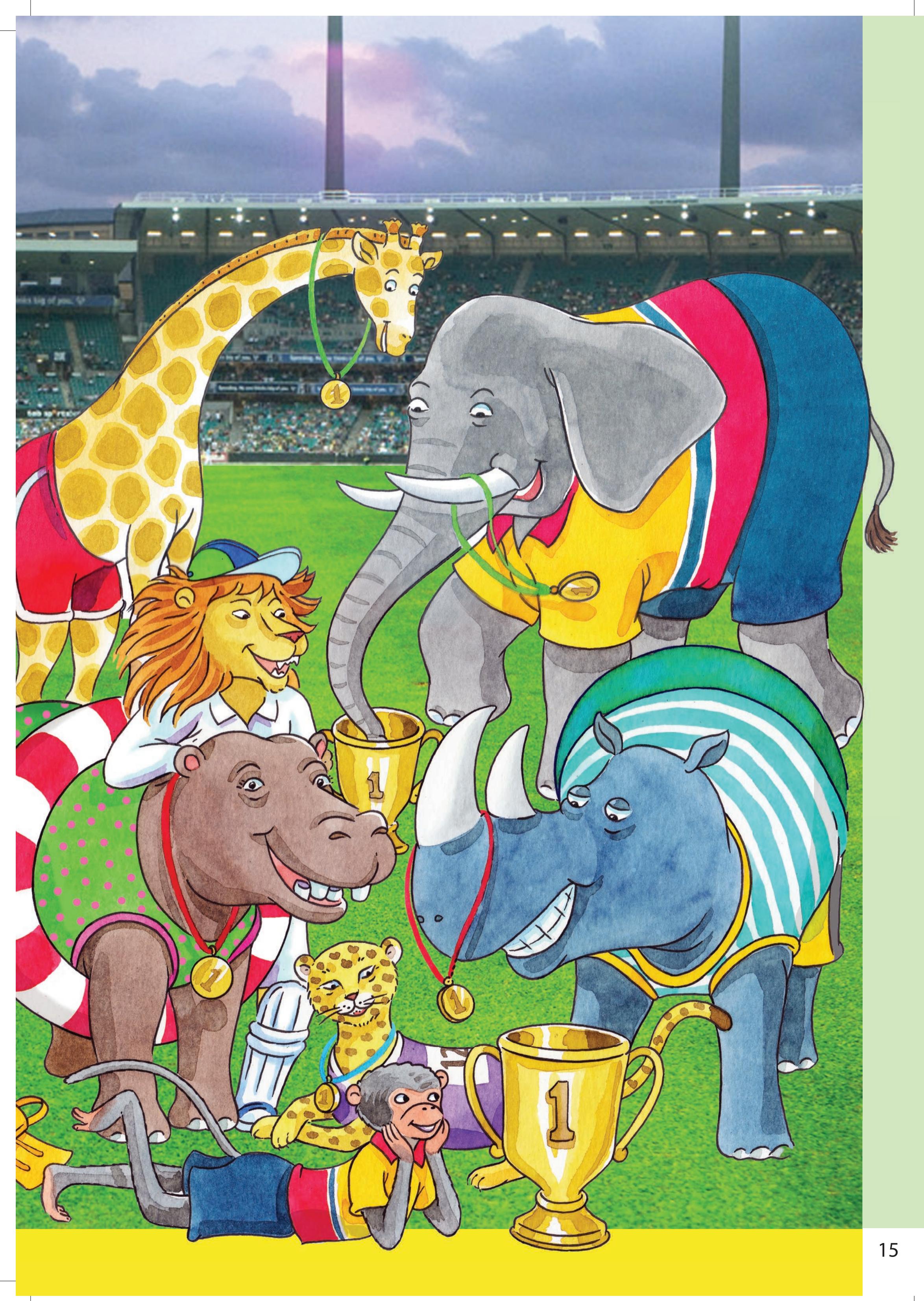
Ke kgona go thuma ka
bonakonako. A wena o
ka kgona?



Re kgona go fanya.
Re bafenyi.

A wena o
kgona go
fanya?





Batho ba ba re thusang



Gompieno e ne e le letsatsi la me la botsalo. Raposo o ne atla ka kgetse e kgolo e tshetlhana. O ne a ntlisetsa mpho.



Gompieno ntlo ya ga Amo e thubilwe.
Mapodisi a ne a tla ka koloi ya mebala
ya botala jwa legodimo le bosweu. Ba
ne ba tshwara legodu.



Gompieno Jimi o bone kotsi. Jimi o ile
kwa bookelong ka emelense e kgolo
e tshweu. Ngaka le mooki ba ne ba
thusa Jimi.

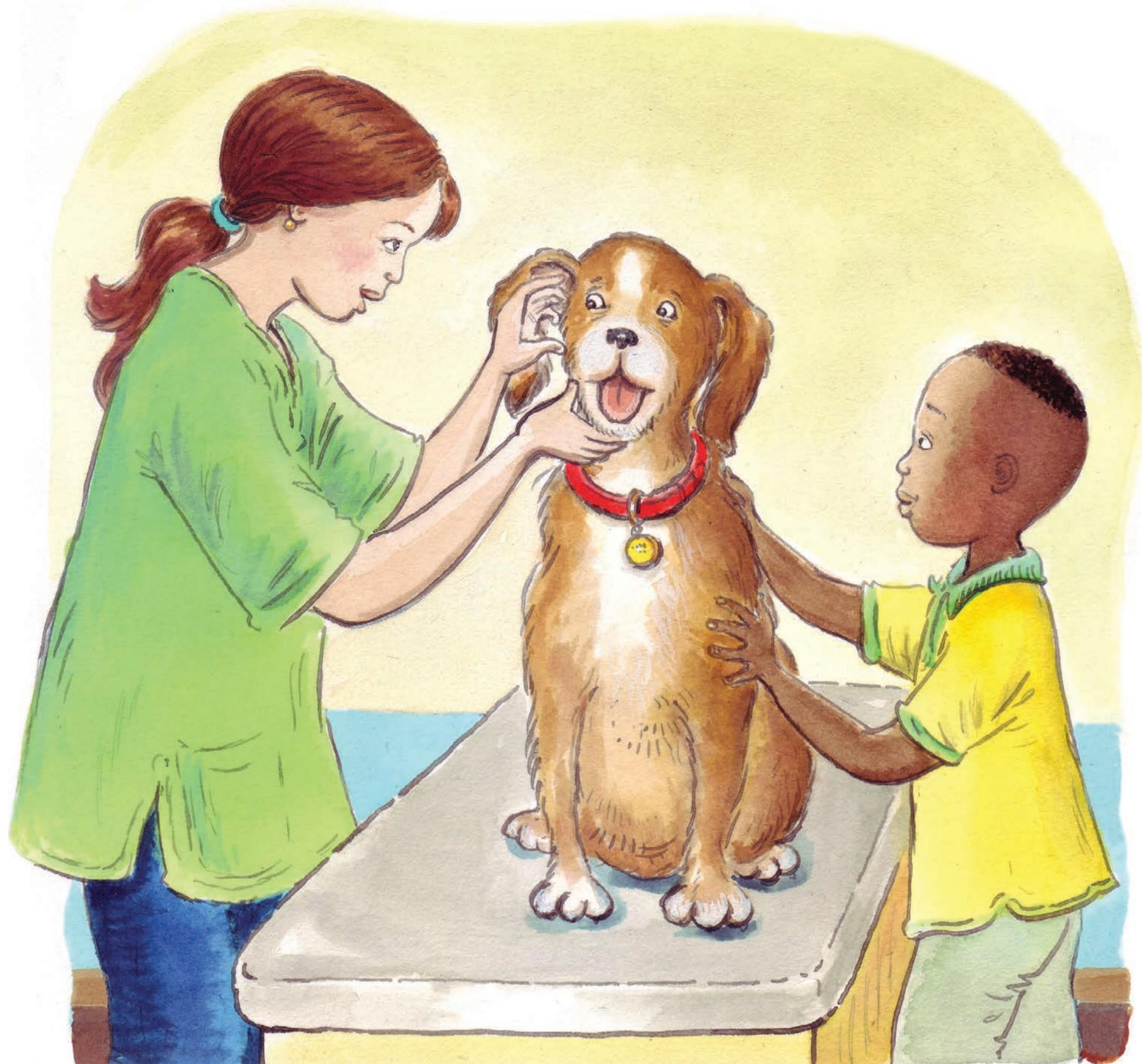




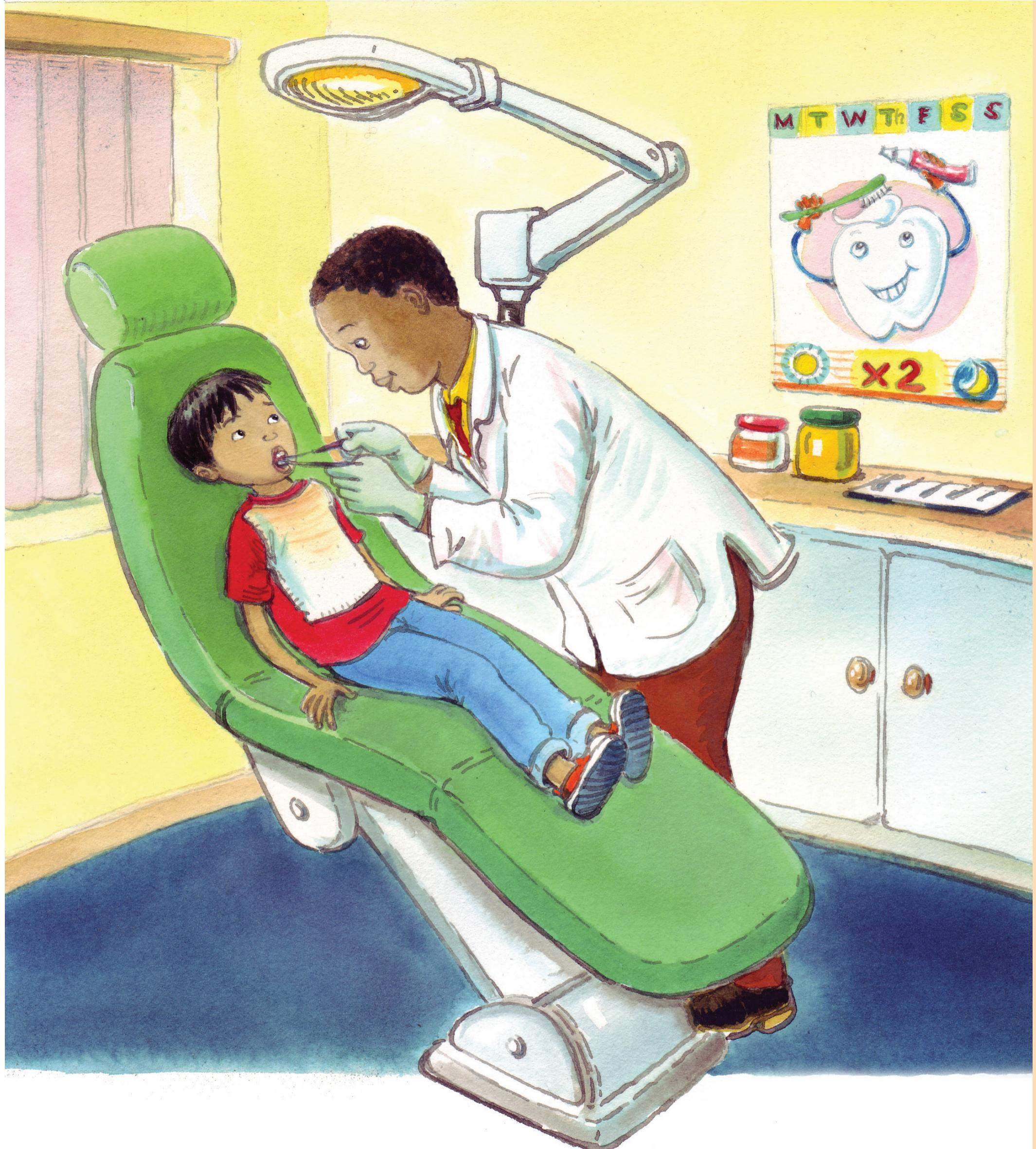
Gompieno ntlo ya ga Mmapula e ne
e tlhasetstswe ke molelo. Batimamolelo
ba ne ba tla ka koloi e e phatsimang e
khibidu ya molelo mme ba tima molelo.



Gape ba ne ba thusa go folosa
katse e e neng e le mo setlhareng.



Ntšwa ya ga Josefa e a lwala. O e
isitse kwa ngakeng ya diphologolo.
Ke solo fela gore ntšwa e tlaa fola ka
bonako.



Ati o opiwa ke leino. O ya kwa
ngakeng ya meno. Ke solo fela gore
Ati o tlaa nyenya mo bogaufing.



Mmaagwe Sebego ke mmapolasa. O
kgweetsa terekere. Ojala merogo
gore re je rotlhe.



Re rata morutabana wa rona. O re
ruta go buisa le go kwala. O re ruta
go penta le go thala. A o ka rata go
nna morutabana?

O amogetswe mo Motseletseleng wa Dibukakgolo. Bukakgolo e e bopa karolo ya Metselsetsele 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 tsenyeleditweng 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 tlotelelwang 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.

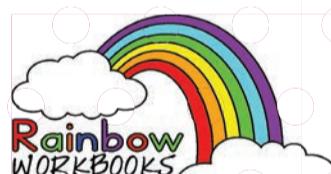
Dibukakgolo mo metseletseleng e di tlaa itsise barutwana ba gago ka ga mefuta ya dikgang, maboko, dipina le metshameko gammogo le dikwalo tsa tshedimosetso le tsa dikerafo.

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.

