

Mophato **1**

# Bukakgolo ya dikgang tse dikhutshwane

**SETSWANA**



**basic education**

Department:  
Basic Education  
REPUBLIC OF SOUTH AFRICA

**Buka**

**3**

# Ka moo o ka dirisang Bukakgolo:



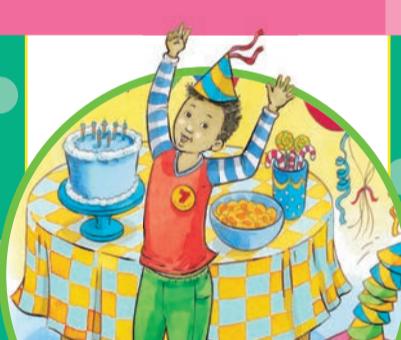
## Dikgang tse di mo bukeng e:



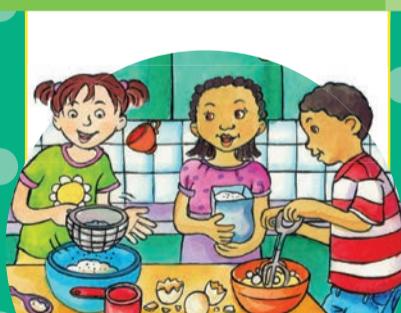
## Llori ya Matipatipane



## 2 Leeto la kwa polaseng



## 3 Moletlo o o itumedisang wa letsatsi la botsalo



## 4 Re baka kuku ya ga Lebo



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 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 bolelapele 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 dintlhanyanya go dikologa lefoko gore le tswele kwa ntlae kgotsa o ka nna wa dira 'lethabaphefо 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 mathho 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 bolelapele 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 ntshwa.
- 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 nyalanye 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 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 fitlhha 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 leithlo 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, matshwaopuso, jalojalo).
- Go tswa mo go wena, morutabana, go tsepamisa matlhao 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.

# Llori ya Matipatipane



Matipatipane e ne e le llori e nnye  
e e serolwana e e tipang dilo. E ne e  
eletsa gore e ka bo e le kgolo.

Letsatsi le lengwe Matipatipane a  
lebelela setimela se se botala jwa  
legodimo se feta ka lebelo le legolo.

"Ke eletsa o ka re ke ka bo ke le  
setimela sa botala jwa legodimo se se  
lebelo," ga bua Matipatipane.

Morago a bona bese e kgolo ya mmala  
wa namune.

"Ke eletsa o ka re ke ka bo ke le bese e  
kgolo ya mmala wa namune," ga bua  
Matipatipane.



Moragonyana, Matipatipane a bona  
sefofane se segolo se se sweu se se  
phatsimang se fofela kwa godimo mo  
lefaufaung.

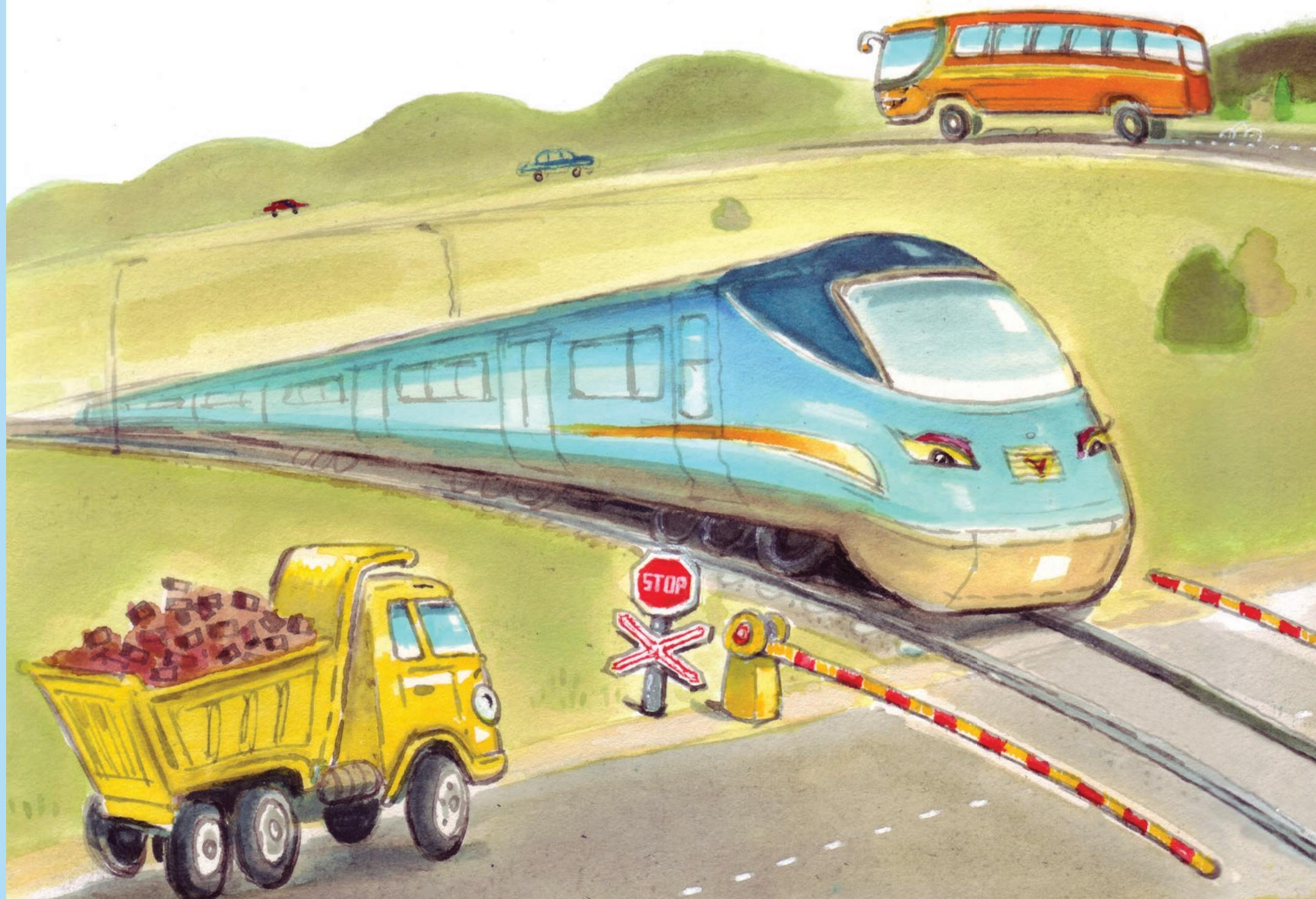
"Ke eletsa o ka re ke ka bo ke le  
sefofane se se sweu se se phatsimang,"  
ga bua Matipatipane.



Matipatipane o ne a tlhontse fa a bona llori e kgolo e khividu.

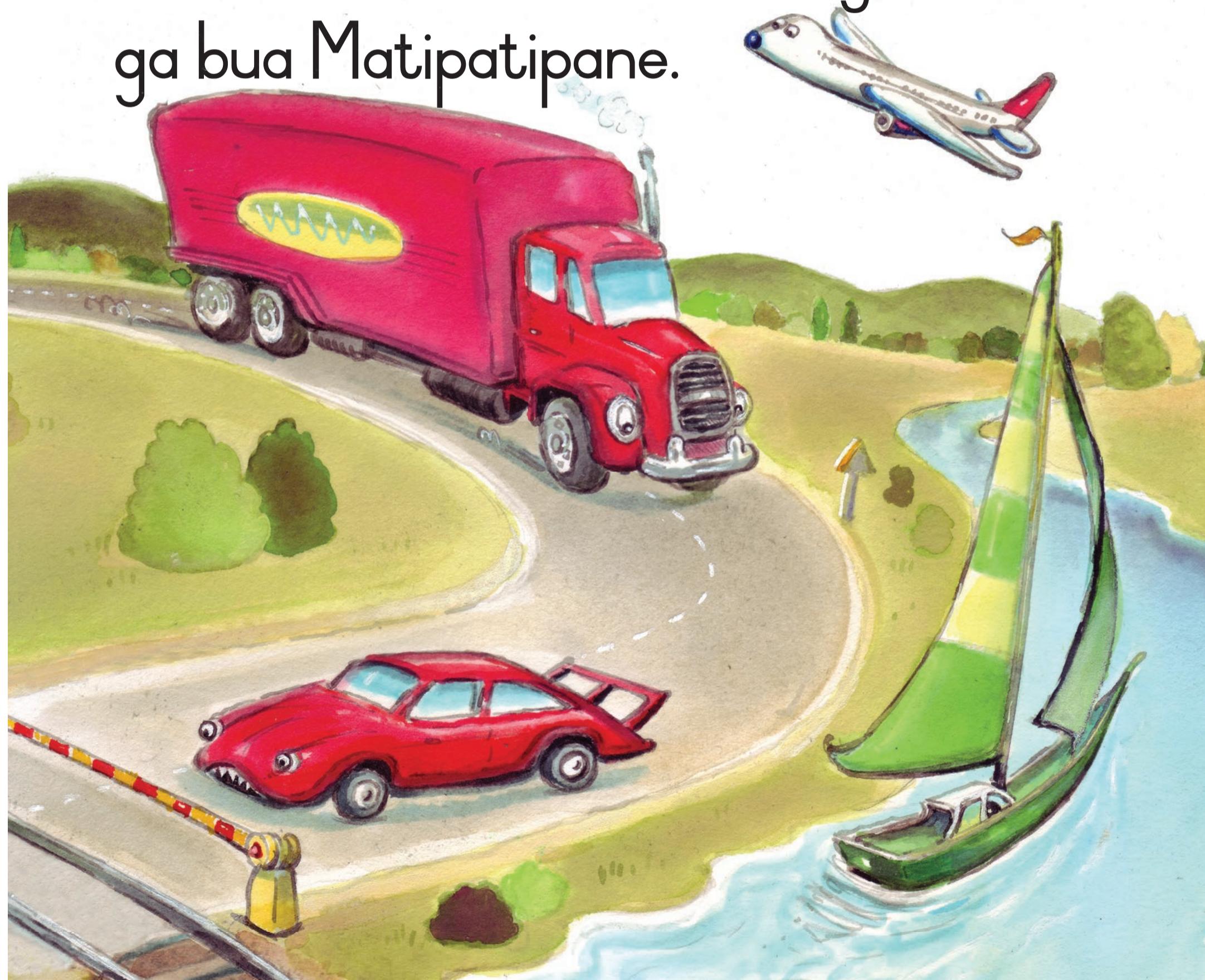
"Waitse, ke eletsa o ka re ke ka bo ke le llori e kgolo e khividu," ga bua Matipatipane.

Mo maitseboeng ao, fa Matipatipane a ntse a ikhuditse kwa nokeng, a bona mokoro o motala o o phatsimang.



"Ke eletsa o ka re ke ka bo ke le mokoro o motala o o phatsimang," ga bua Matipatipane.

Moragonyana ga foo, Matipatipane a bona koloi e e bofefo e khividu ya mabelo. "Ke eletsa o ka re ke ka bo ke le koloi e e bofefo e khividu ya mabelo", ga bua Matipatipane.



Ka tshoganyetso, Matipatipane a bona mosimane yo monnye a wela mo nokeng.

"Thusang!" ga goa mosimane. "Ke mang yo o tlaa nthusang?"

"E seng nna," ga bua setimela. "Nka se kgone go ema."

"E seng nna," ga bua bese. "Ke ema fela kwa boemelabeseng."

"Re ka se kgone," ga bua llori le koloi ya mabelo. "Re ka se kgone go tsena mo metsing."

"E seng nna," ga bua sefofane. "Ke kwa godimodimo."

"Nka se kgone," ga bua mokoro.  
"Phefo e tsubutla ka maatla thata.  
Nka se kgone go retologa."



Thusang!

"Mme nna ke tlaa go thusa!" ga bua llori e nnye ya segatlhame lamasi.

Ya tipela matlapa a e neng e a rwele fa fatshe mme ya digela tipara ya yona mo metsing gore mosimane a kgone go palama.

"Falo! ke falotse" ga goa mosimane yo monnye.





**"Ke bolokesegile!"**

**"Ke a leboga llori e e serolwana e e  
pelokgale!" ga bua mosimane.**

**Ga o tlhoke go nna mogolo go nna  
pelokgale.**

## Leeto la kwa polaseng

Re ya rotlhe kwa polaseng. Re bona eng?

Ke kgona go bona terekere e kgolo e  
khibidu.

Ke kgona go bona mmidi o motala.

Ke kgona go bona diphologolo tse dintsi.



Ke kgona go bona Ben, ntšwa e e  
makatsang.

Ke kgona go bona konyana e nnye. E  
utlwala e le ntle e le boleta.

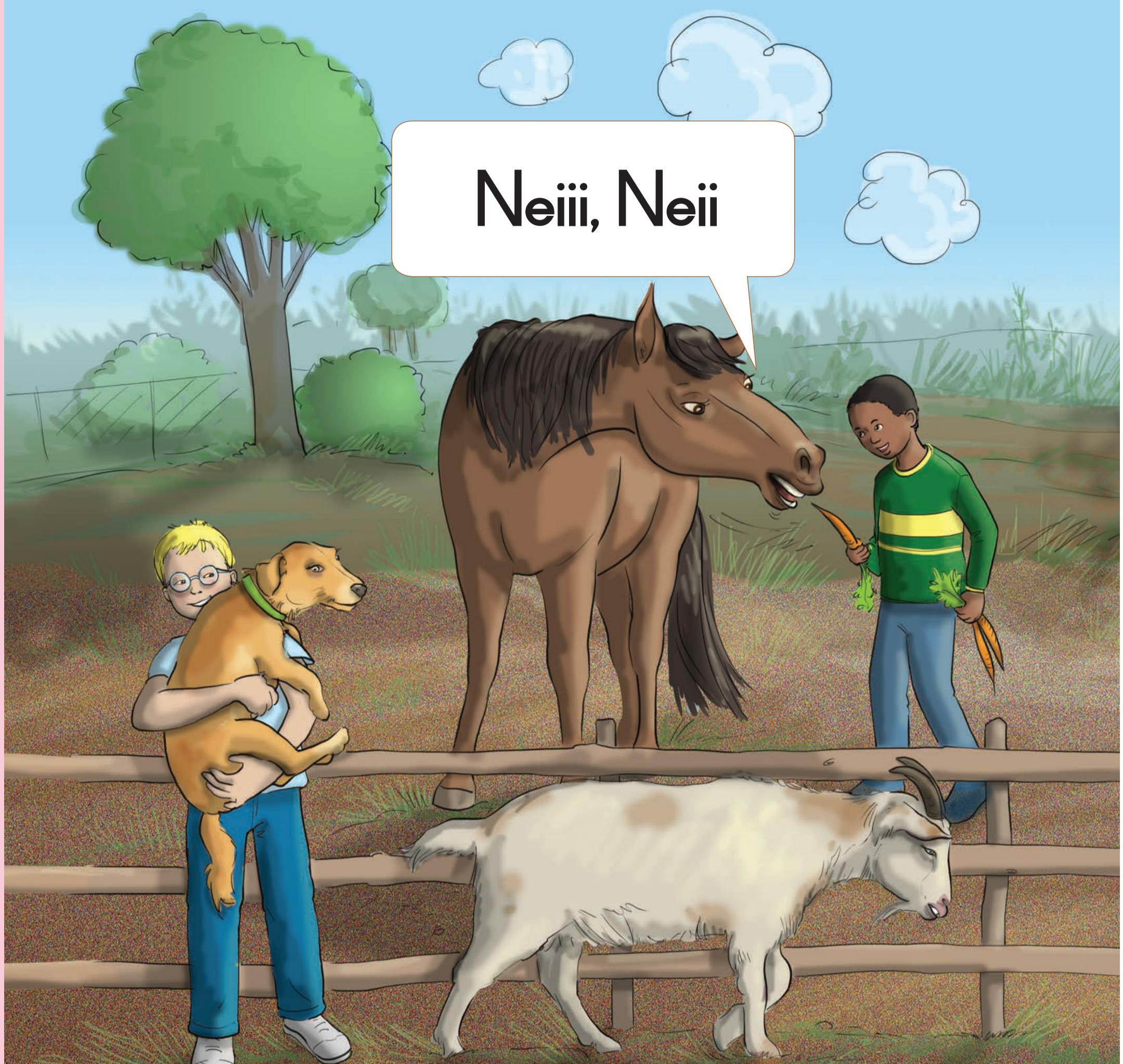
Ke kgona go bona kolobe e nnye. E a ja.

Ke kgona go bona Ken, Bongi, Amo,  
Jabu le Ati.

**baa baa**

**oink oink**





Neiii, Neii

Ke kgona go bona pitse e kgolo e khunou.

Ke kgona go bona podi e nnye.

Ntšwa le yona e kgona go bona podi e nnye.



Moo, moo.

Baa, baa.

Tswiii, tswiii

Ke kgona go bona kgomo  
e khunwana.

Re na le mašwi a mantsi.

Ke kgona go bona ditsuane di le  
mmalwa. Bona mae otlhe a.

Maria wa searamo o latlhiegile. Ga a  
kgona go bona sepesepe!

Ke mang yo o tlaa thusang go batla  
Maria?

O se ka wa lela Maria. Ntšwa Ben, o  
tlaa go thusa go mmatla.



# Moletlo o o itumedisang wa letsatsi la botsalo

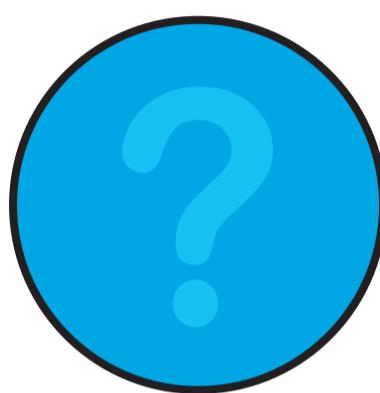


Ka jeno ke letsatsi la  
botsalo la ga Jimi.

Jimi o na le dingwaga di le 7.

Ditsala tsa ga Jimi di aparela moletlo  
wa gagwe.

Amo o apere jaaka mmutlanyana.  
O ttile ka mpho efe?



Jabu o apere jaaka Rabobi.  
O ttile ka mpho efe?





Mikaele  
o apere  
jaaka Seganka.

O tlide ka mpho efe?

Lulu o apara jaaka moengelenyana.

O tlide ka mpho efe?



Ati le Amo ba apere jaaka  
katse le peba.

Ba tlide ka dimpho dife?



Mme ntšwa  
Ben le ena o tlide  
kwa moletlong.  
O tlide ka mpho efe?



A re opeleng letsatsi la botsalo le le  
re itumedisang rotlhe mme morago re  
bone gore mongwe le mongwe o tlide ka  
mpho efe. Ke dimpho dife tse Jimi a di  
amogetseng?

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# Re baka kuku ya ga Lebo



Gompieno ke letsatsi la botsalo la ga  
Lebo.

A re bake kuku.



Re tlhoka mae, botoro, folouru, sukiri.  
Tswakanya, tswakanya, tswakanya.



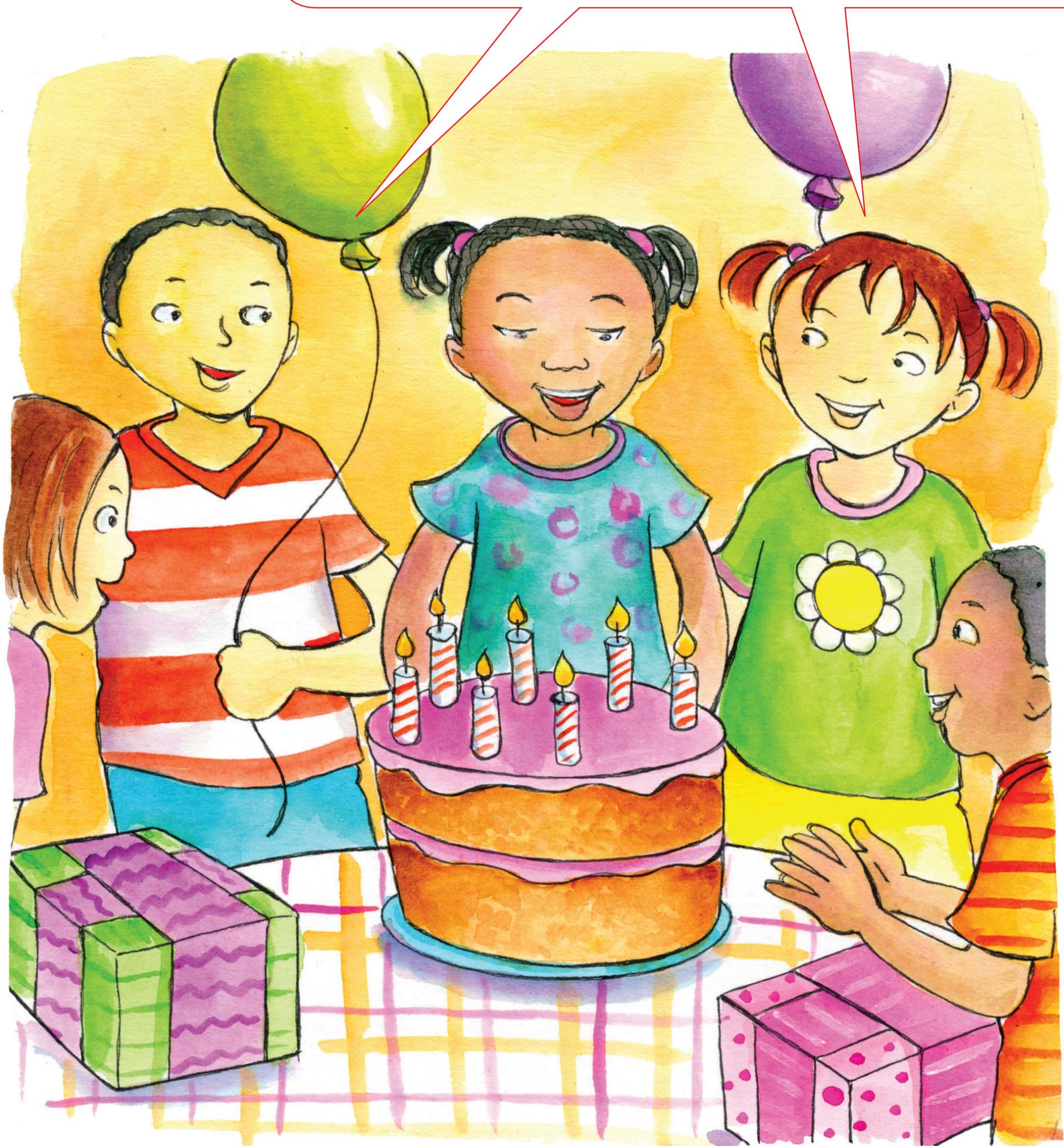
Ati o baya kuku mo oveneng e e  
mogote.

Emela, emela, emela kuku.



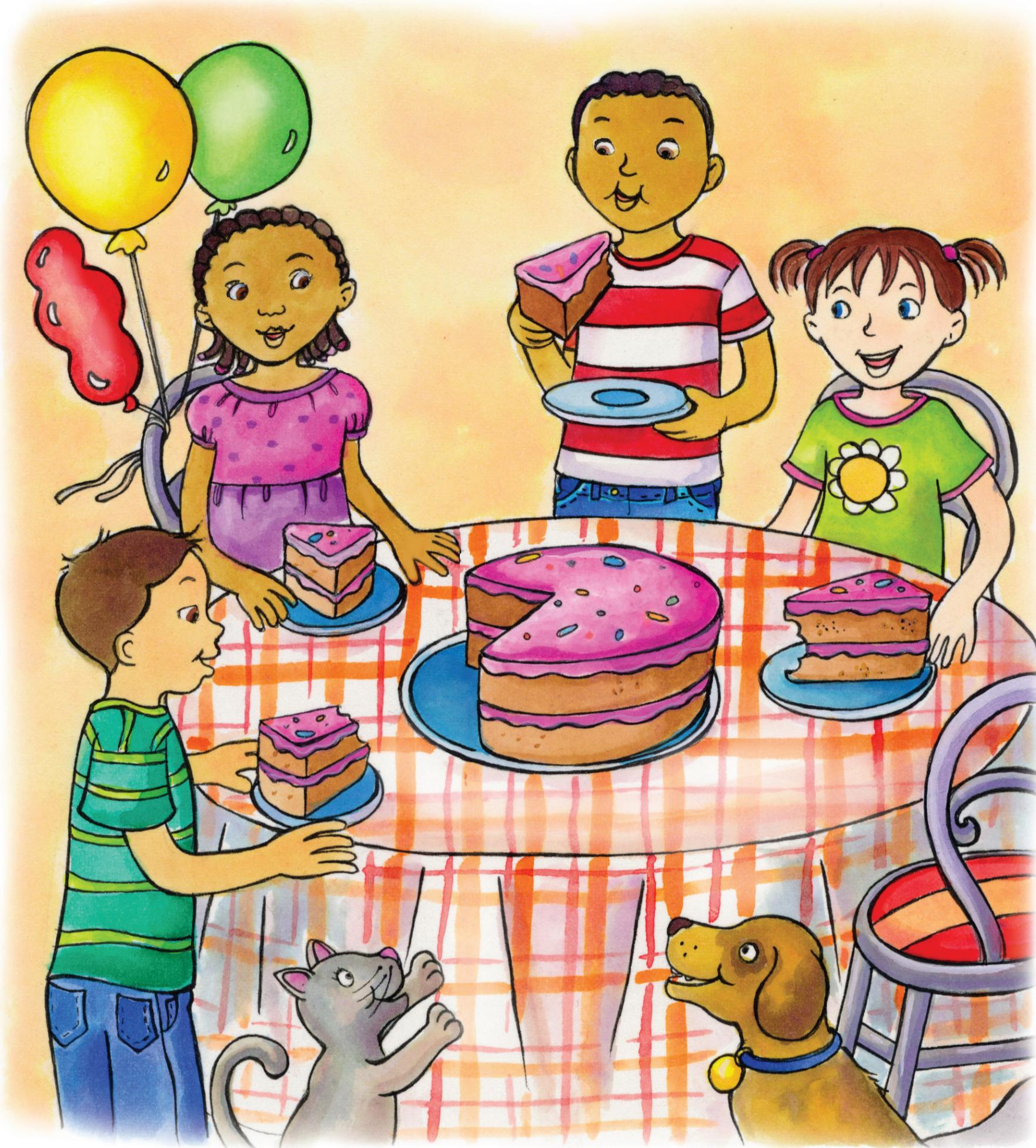
Rotlhe re thusa go dira kuku e ntle.  
Tswakanya, tswakanya, tswakanya.

O gole, gole. O gole, gole.



Lebo o butswela dikerese.

Butswela, butswela, butswela.



Rotlhe re ja kuku.

Tšhotlha, tšhotlha, tšhoma.

O gole, gole, O gole, gole, o lekane le  
tlou.

O amogetswe mo Motseletseleng wa Dibukakgolo. Bukakgolo e e bopa karolo ya Mtsleletsle 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 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.

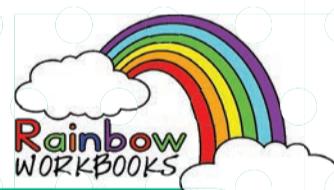
Dibukakgolo mo metseletseleng e di tlaa itsise barutwana ba gago ka ga mefuta ya dikgang, maboko, dipina le metshameko gammogo le dikwalo tsa tshedimosetso le tsa dikerafo.

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.

ISBN 978-1-4315-3063-2



ISBN 978-1-4315-3063-2

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**basic education**

Department:  
Basic Education  
REPUBLIC OF SOUTH AFRICA

Published by the Department of Basic Education  
222 Struben Street, Pretoria  
South Africa

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First edition 2016

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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.

