

Mophato **1**

# Bukakgolo ya dikgang tse dikhutshwane

**SETSWANA**



**basic education**

Department:  
Basic Education  
REPUBLIC OF SOUTH AFRICA

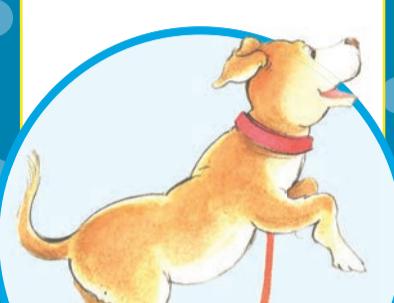
*Buka*

**5**

# Ka moo o ka dirisang Bukakgolo:



## Dikgang tse di mo bukeng e:



## 1 Ben o iponela tsala e ntshwa



## 2 Pitse e tilodi e bone methaladi jang?

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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 bolelelapapele 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 kcona 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 dintlhanyana go dikologa lefoko gore le tswele kwa ntle kgotsa o ka nna wa dira 'lethhabaphefo 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 matho mo go natefeleweng le go 'leba' sekwala la ntlha, mmogo le bana o araba sekwalwa.

- Phetla kgang e ba tlaa e buisang. Bua ka ga ditshwantsho.
- Kopa barutwana go bolelelapapele 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 dithhaka 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 dithhaka 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 tlota dikarolo tsa kgang gape ka mafoko a bona.

### Sebaka sa bobedi sa puiso e e amoganwang

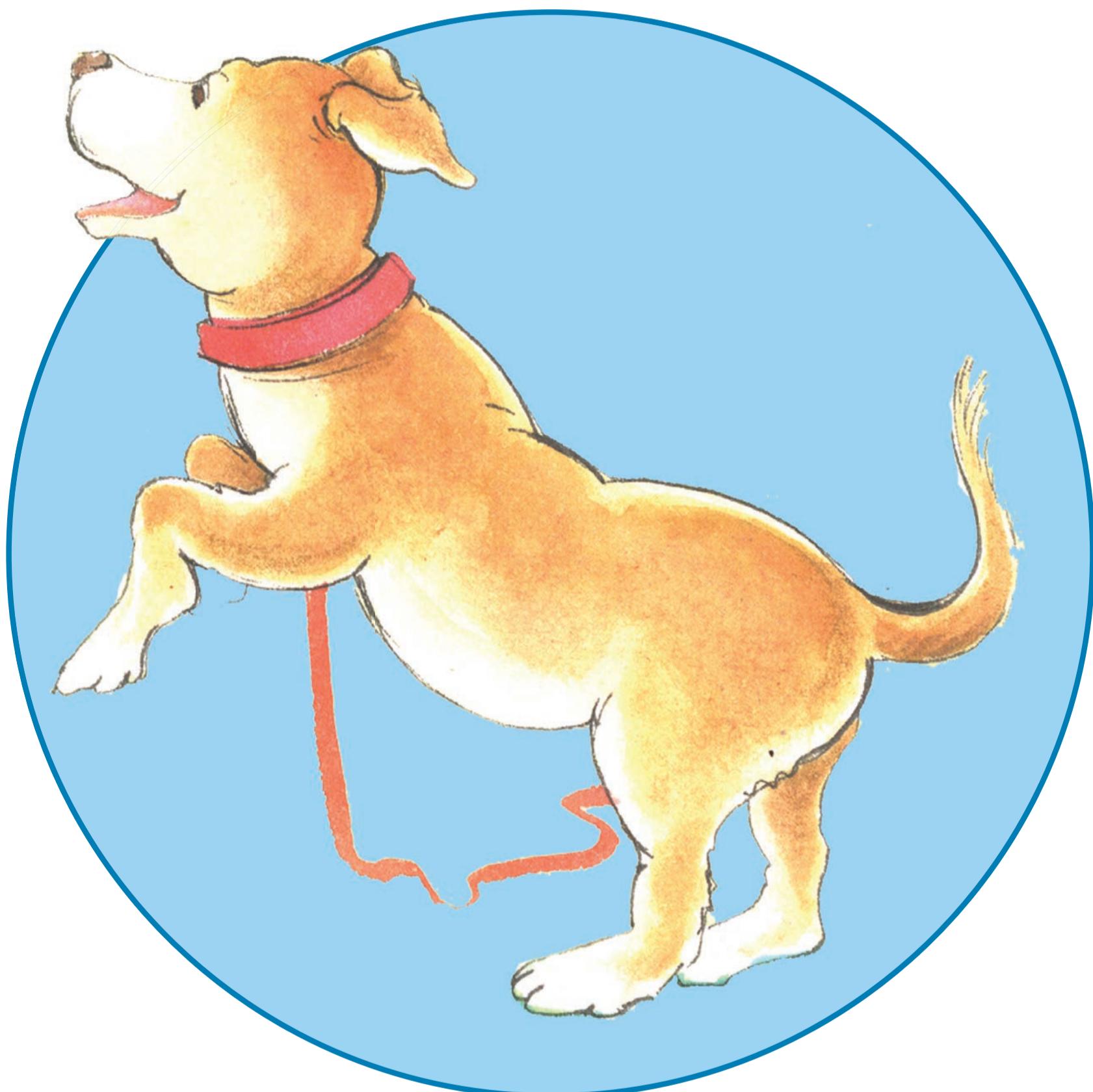
- Mo sebakeng sa bobedi temana e e tshwanang e a dirisiwa mme leithlo le tsepamisiwa mo go nneng le seabe mo puisong le morutabana o dirisa metlotlo e e diragalang go godisa tlolofoko ya go tlhaloganya, dikgono tsa go bona bokao le dipopego tsa sekwalwa (thutapuo, matshwaopiso, jalojalo).
- Go tswa mo 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 tlamaletseng, tsa thulaganyosešwa, phopholetso, tshekatsheko le tsa go itumelela setlhangwa).

### 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 tlama fa morutabana a nna mokaedi le mokwadi wa dintlhakgolo. Tsamaiso e ya tshedimosetso e thusa go baakanyetsa barutwana ditiro te ba di kwalang.

1

# Ben o iponela tsala e ntšhwa



Pamela, Lebo le Ben ntšwa,  
ba phutholola dinao tsa bona.

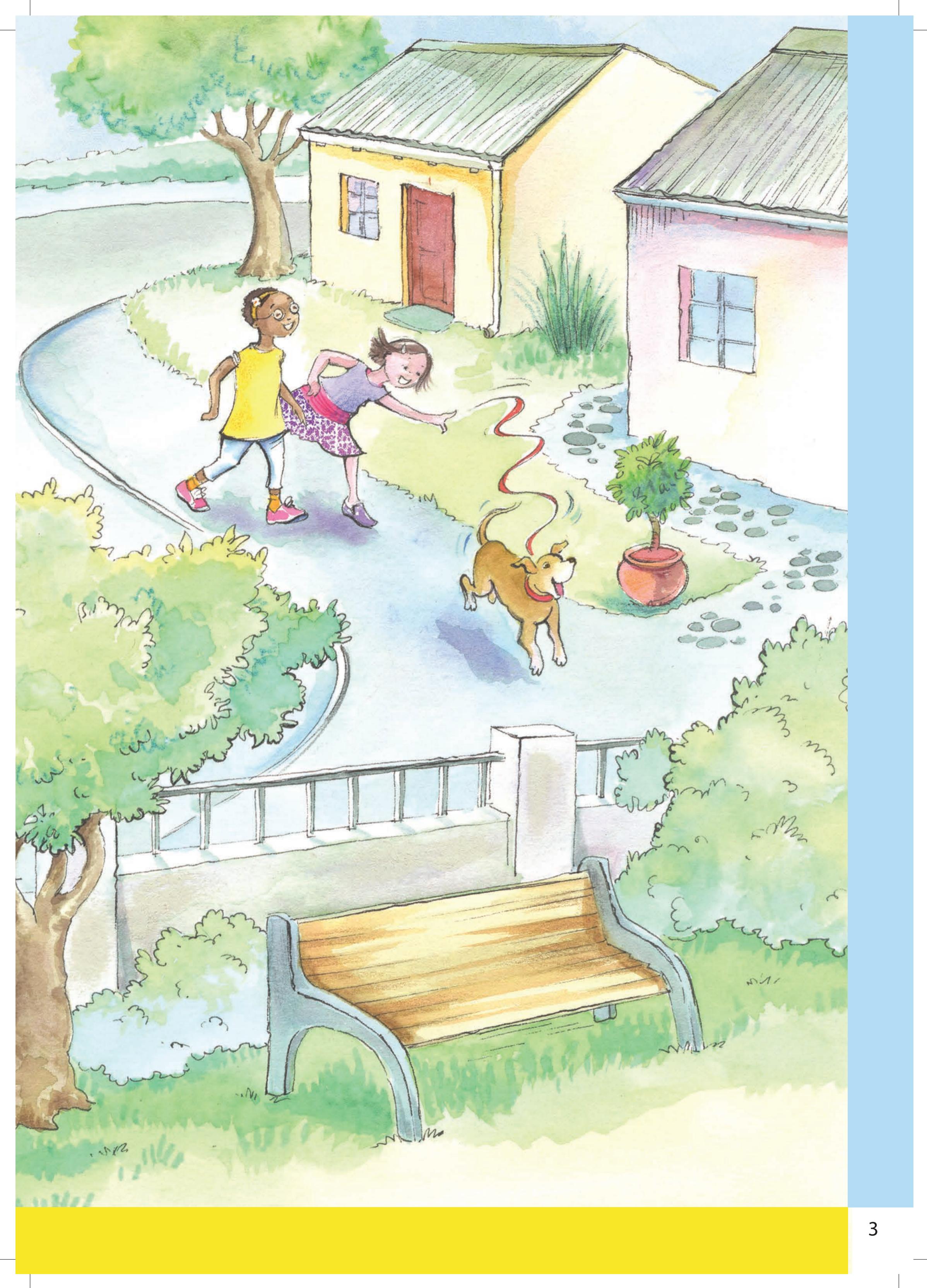
Gompieno Ben o a tshwenya.

O a tshaba.

Pamela le Lebo ba a mo  
tebela.

"Boa koo Ben!" go  
bitsa Lebo.







Ben o tabogela kwa leboteng kwa phakeng. Ben o nkgankgelela lebota.

Ke eng se a se nkgankgelelang kwa leboteng?

A ke kgwele ya mmala o mohibidu le botala jwa legodimo?

Hou! Hou! Hou!



Pamela a botsa, "O bone eng, Ben?"

A ke lerapo le legolo?

A e ka nna khounu?

Hou! Hou! Hou!

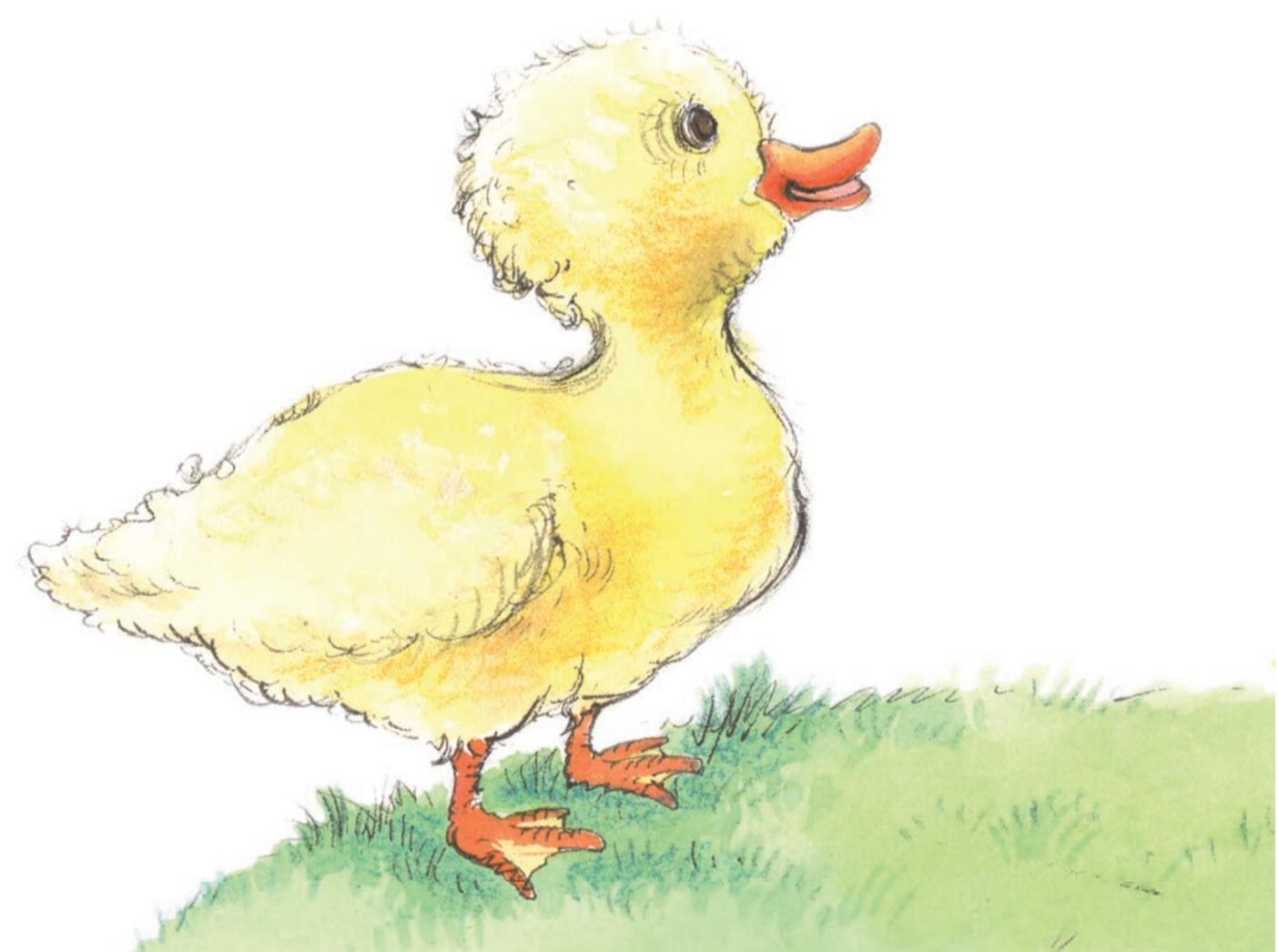
Pamela le Lebo ba sala Ben morago go  
tsena mo phakeng.

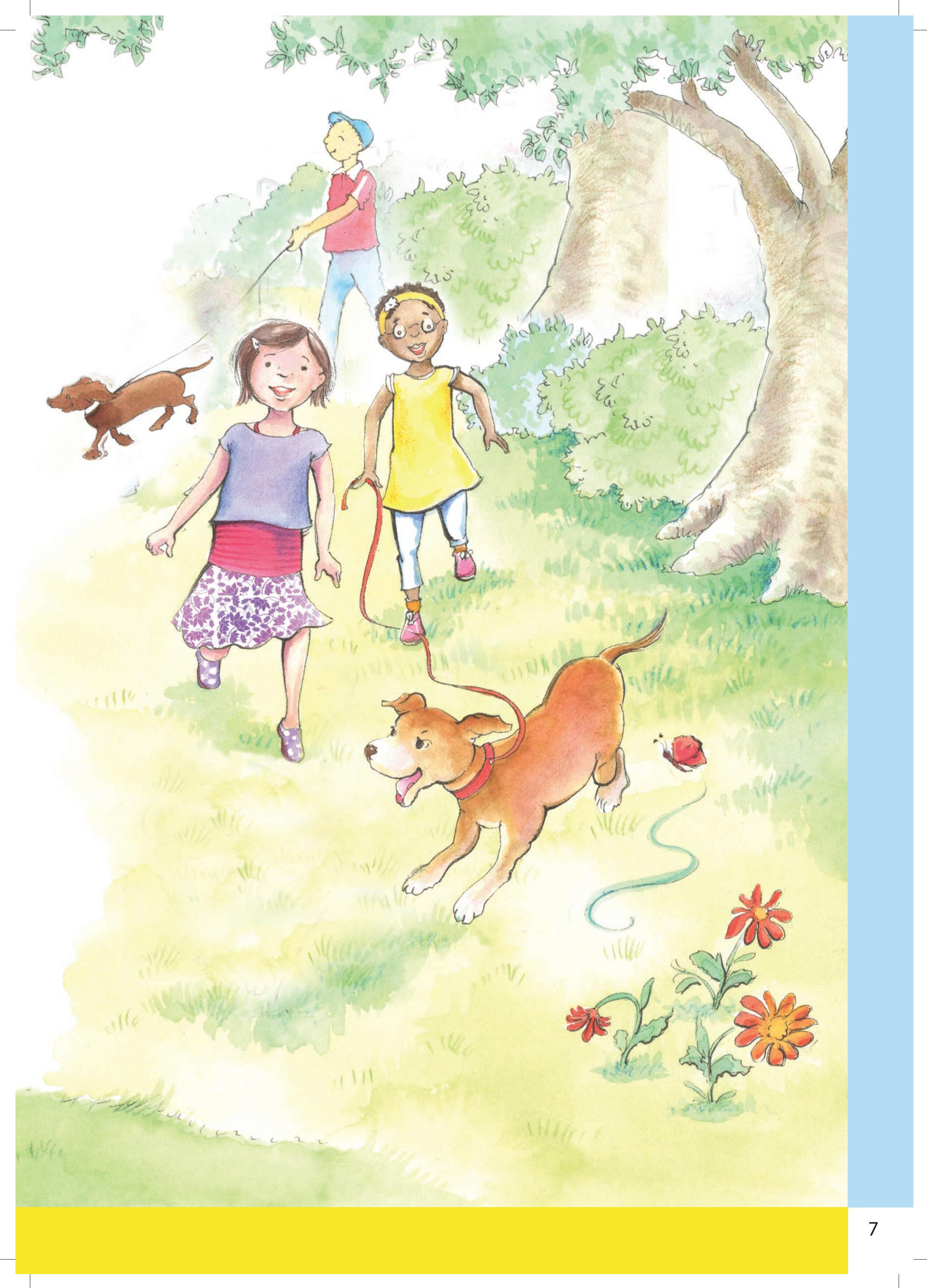
Kwaak! Kwaak! Kwaak!

Ooo! Ke pidipidinyana e e serolwana.

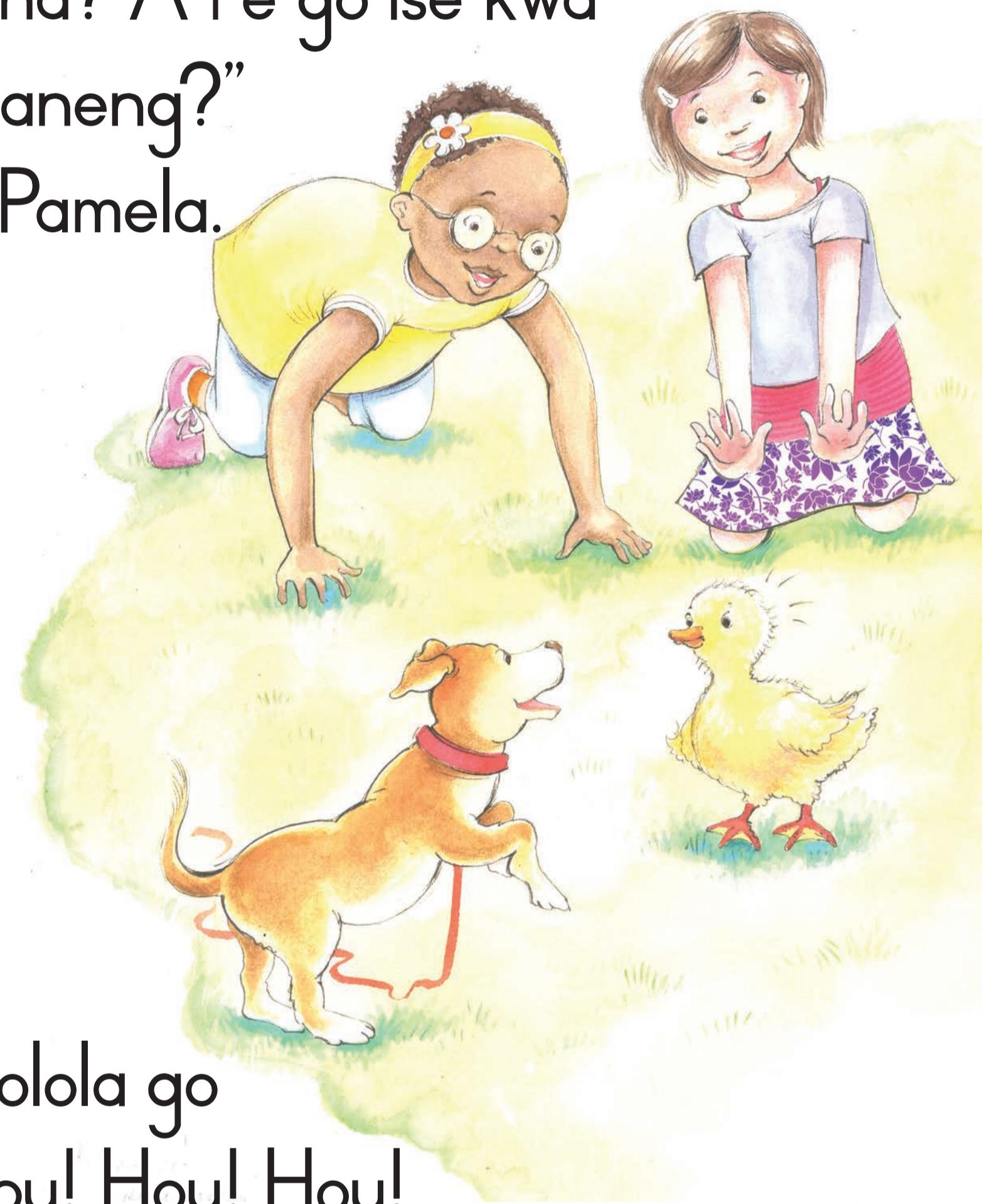
Pidipidi e nnye e latlhegile.

Basetsana ba tsamaya ka iketlo go ya  
kwa pidipiding e nnye e e serolwana.





"A o latlhegile pidipidi e nnye e  
e serolwana? A re go ise kwa  
letamonyaneng?"  
ga botsa Pamela.



Ben o simolola go  
bogola. Hou! Hou! Hou!

"Nnyaya Ben! O se ka wa bogola pidipidi  
e nnye e e serolwana," ga bua Lebo.  
"Pidipidi e nnye e e serolwana e a boifa."

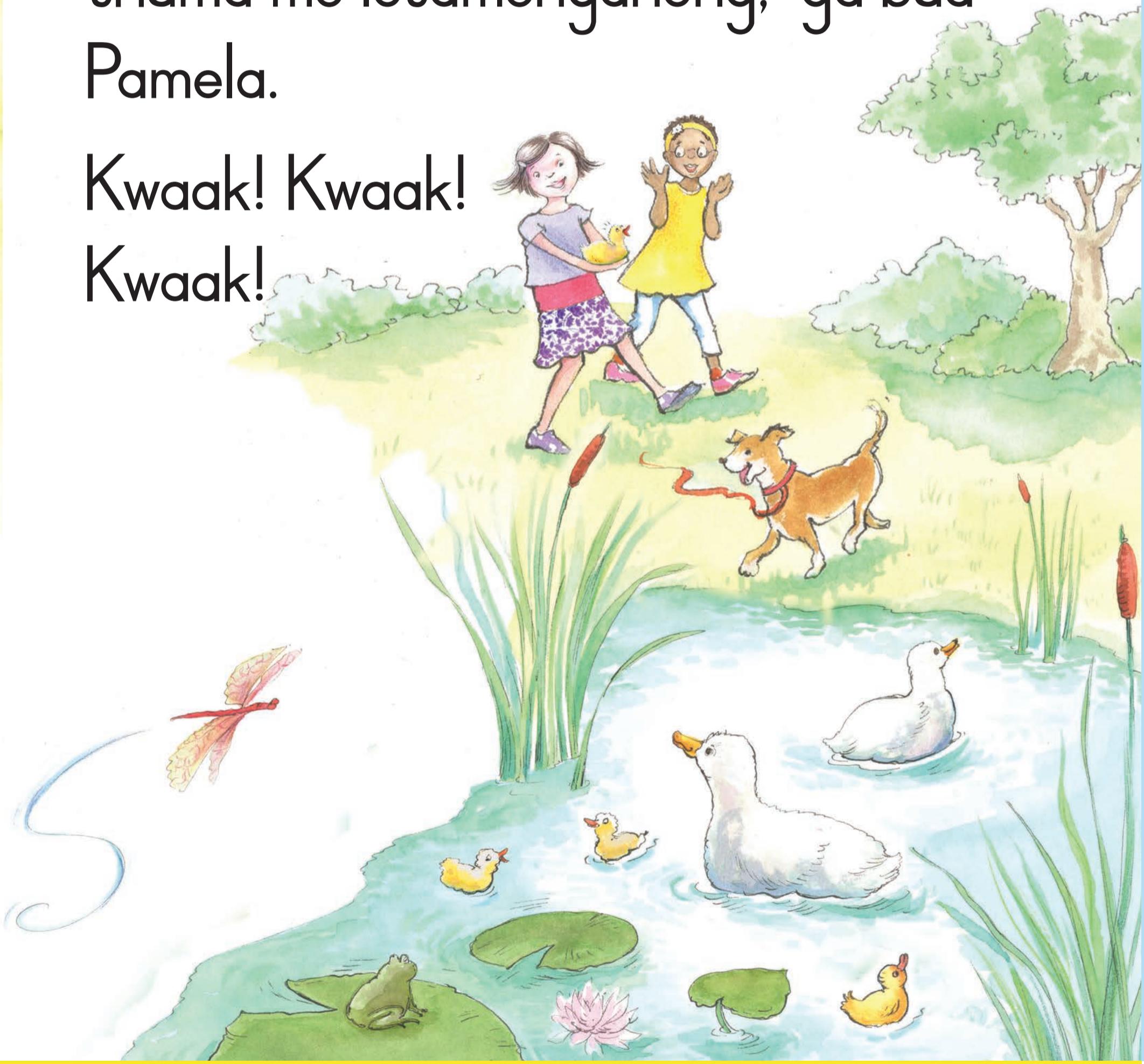
Pamela le Lebo ba isa pidipidi e nnye  
kwa letamonyaneng.

"Mmaago le rraago ke ba.

Bona boausiago le boabutiago ba  
thuma mo letamonyaneng," ga bua  
Pamela.

Kwaak! Kwaak!

Kwaak!



"Ke eletsa o ka re re ka isa pidipidinyana kwa gae," ga bua Pamela.

Pidipidi e nnye e e serolwana e thumela kwa kgakala.

"Ke akanya gore pidipidinyana e batla go nna le balelapa la yona," ga bua Lebo.

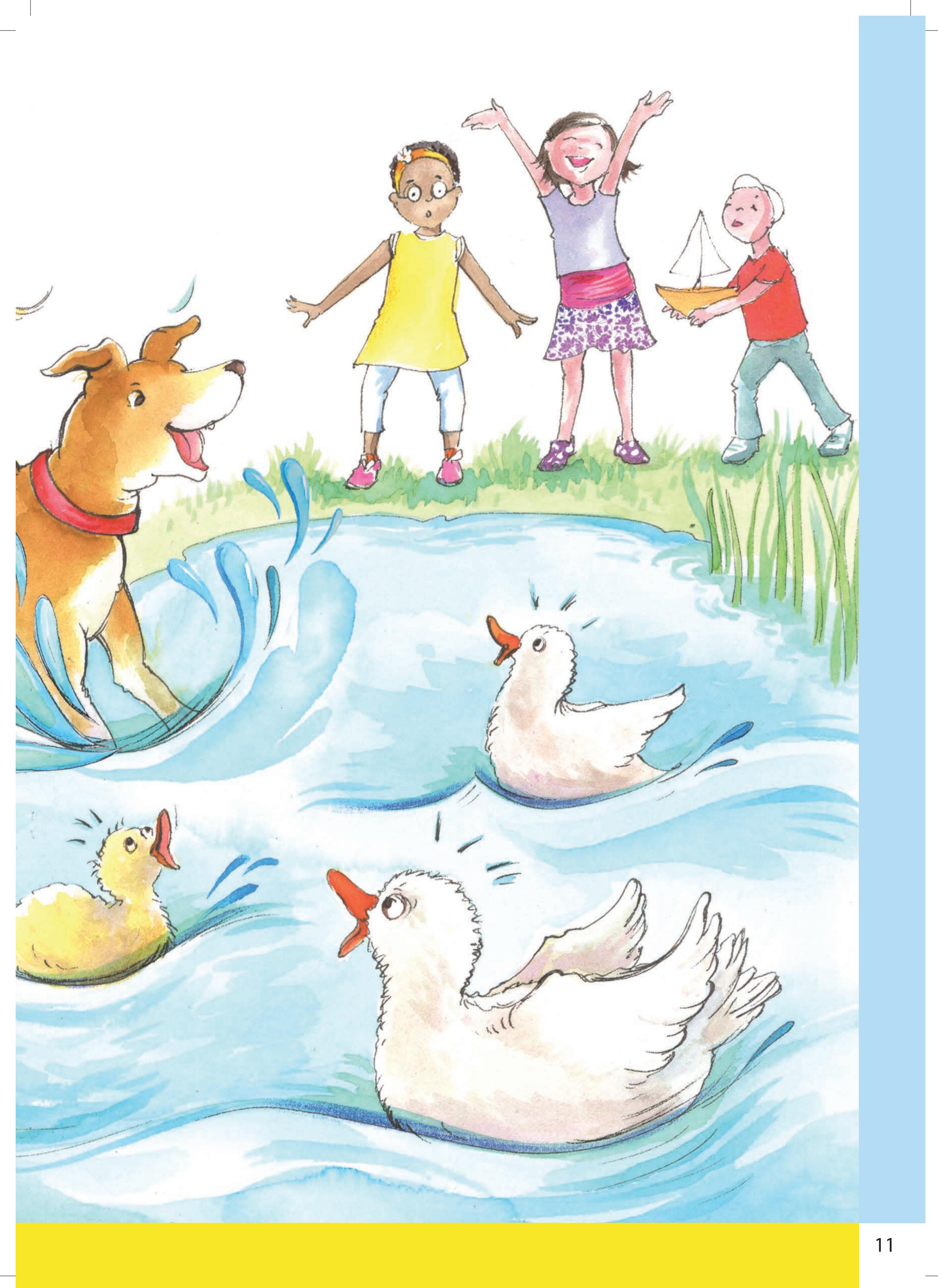
Kwaak! Kwaak! Kwaak!

Ben o bona pidipidi e nnye  
e thuma mo  
letamonyaneng.

Ben le ena a tlolela  
mo letamonyaneng.

Phašaa! Phašaa! Phašaa!





"Nnyaya Ben! O ntšwa e e tshwenyang.

Tswaya!" ga bua Pamela.

Ben o tswa mo letamonyaneng.

O a ithikhitha go ikomisa.

"Nnyaya tlhe, Ben! Jaanong ke kolobile!

A re yeng kwa gae," ga bua Lebo.

Ben a tsamaisa tsala

ya gagwe e ntšhwa  
sentle.

Hou! Hou! Hou!

**Tlhokomela  
diotlwana tsa  
gago!**



2

## Pitse e tilodi e bone methaladi jang?



Bogologolala, dipitse tse ditilodi  
tsotlhe di ne di le ditshweu.



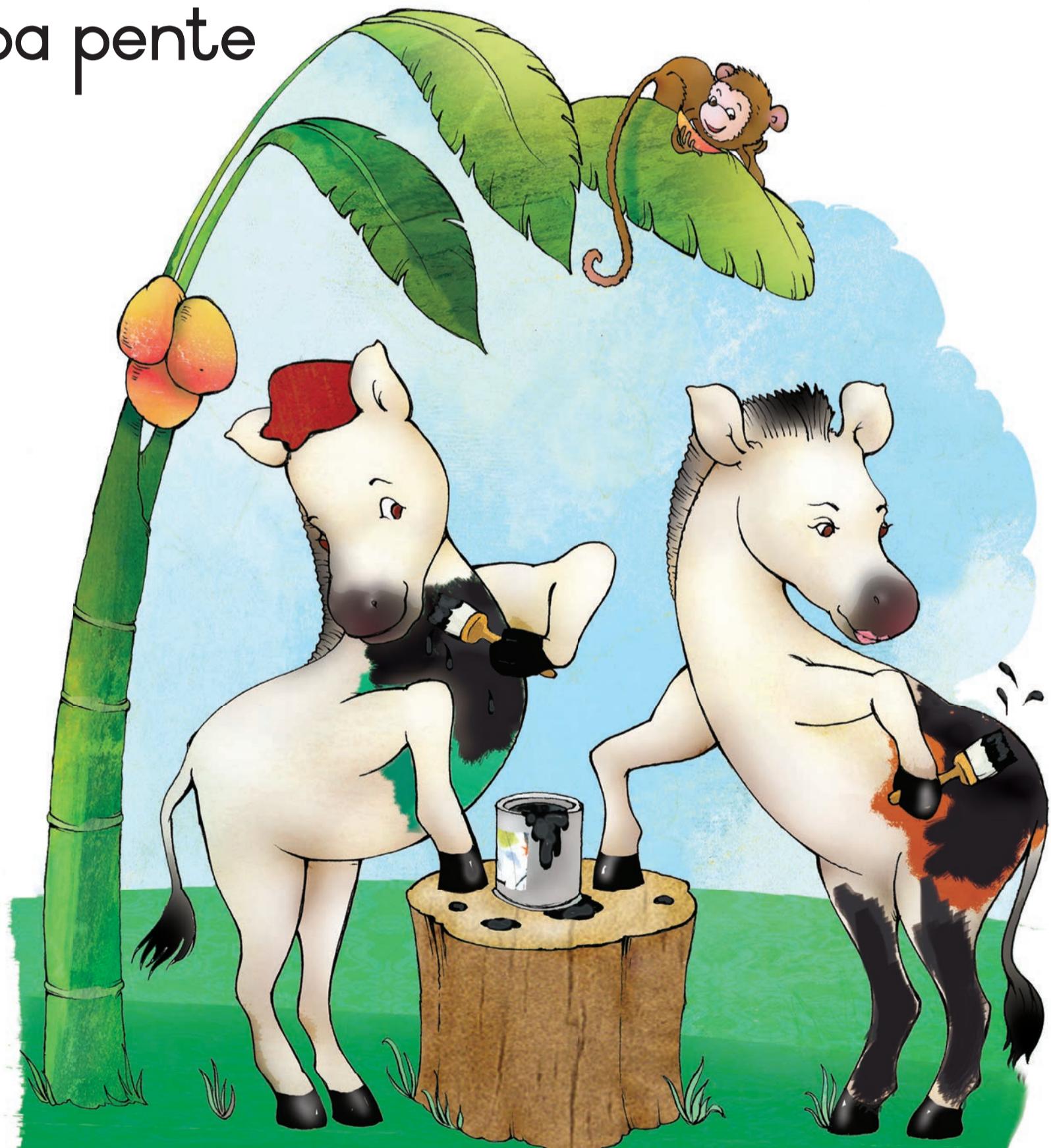
Rre le Mme Pitsetilodi ba ne ba  
lalediwa kwa moletlong. Ba ne ba  
batla go nna bantle thata, mme ba  
ipenta ka mebala e e galalelang.

Ba ne ba lebelelana mme Mme  
Pitsetilodi a re, "Totatota ga re  
lebege re le bantle!" Rre Pitsetilodi a  
dumela.



Mme Pitsetilodi a swetsa go penta  
sehuba sa gagwe bontsho, mme Rre  
Pitsetilodi a penta serope sa gagwe ka  
bontsho.

Le fa go le jalo, ba bo ba sa rate  
mokgwa o ba lebegang ka ona, ka jalo  
ba thapa pente  
eo.



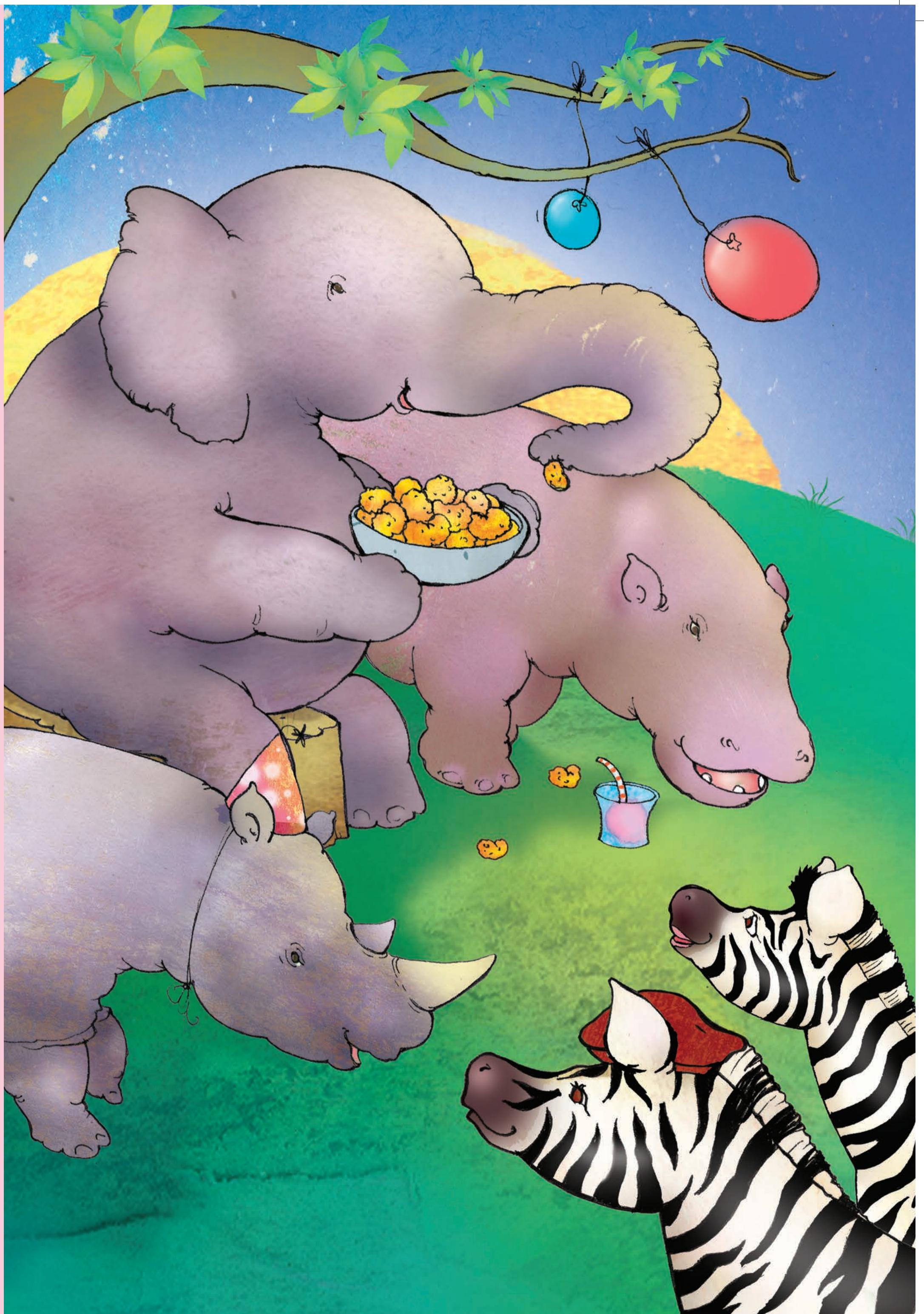


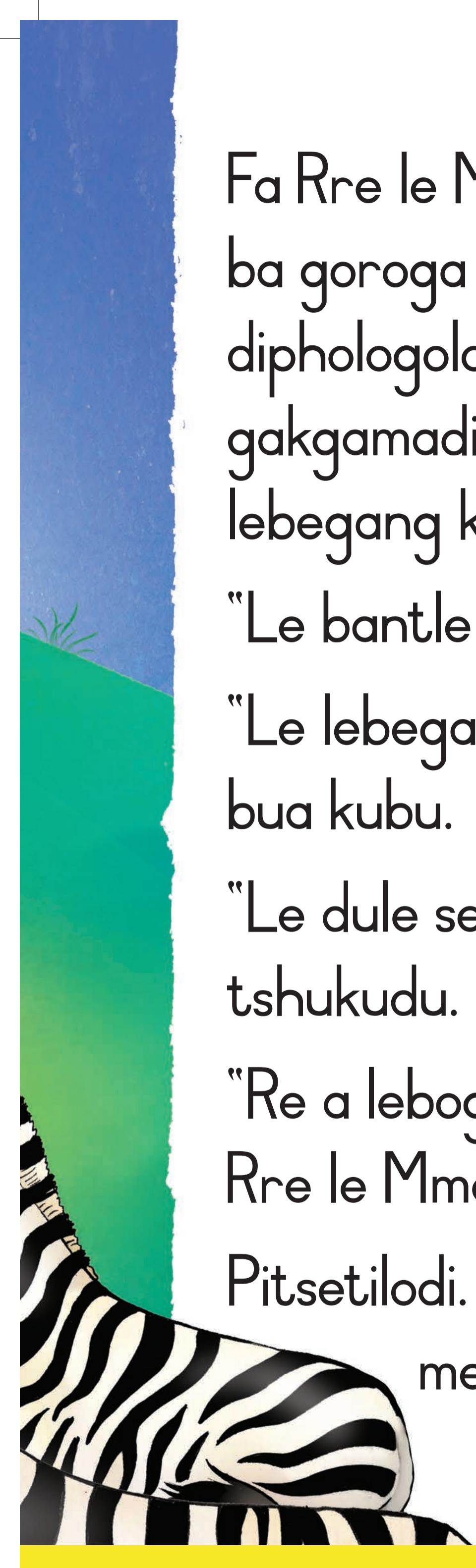
Morago ba swetsa go ipenta  
methaladi.

Ba itebelela, ba lebelelana, mme ba  
rata seo ba se bonang.

“Jaanong re lebega re le bantle e le  
ruri,” ba bua jalo.

Ba tswa ba ya kwa moletlong, ba  
ikutlwa sentle gore ba bantle.





Fa Rre le Mme Pitsetilodi  
ba goroga kwa moletlong,  
diphologolo tse dingwe di ne di  
gakgamaditswe ke ka moo ba  
lebegang ka teng.

"Le bantle e le ruri," ga bua tlou.

"Le lebega le kgatlhisatota," ga  
bua kubu.

"Le dule sentle," ga bua  
tshukudu.

"Re a leboga e le ruri," ga bua  
Rre le Mme

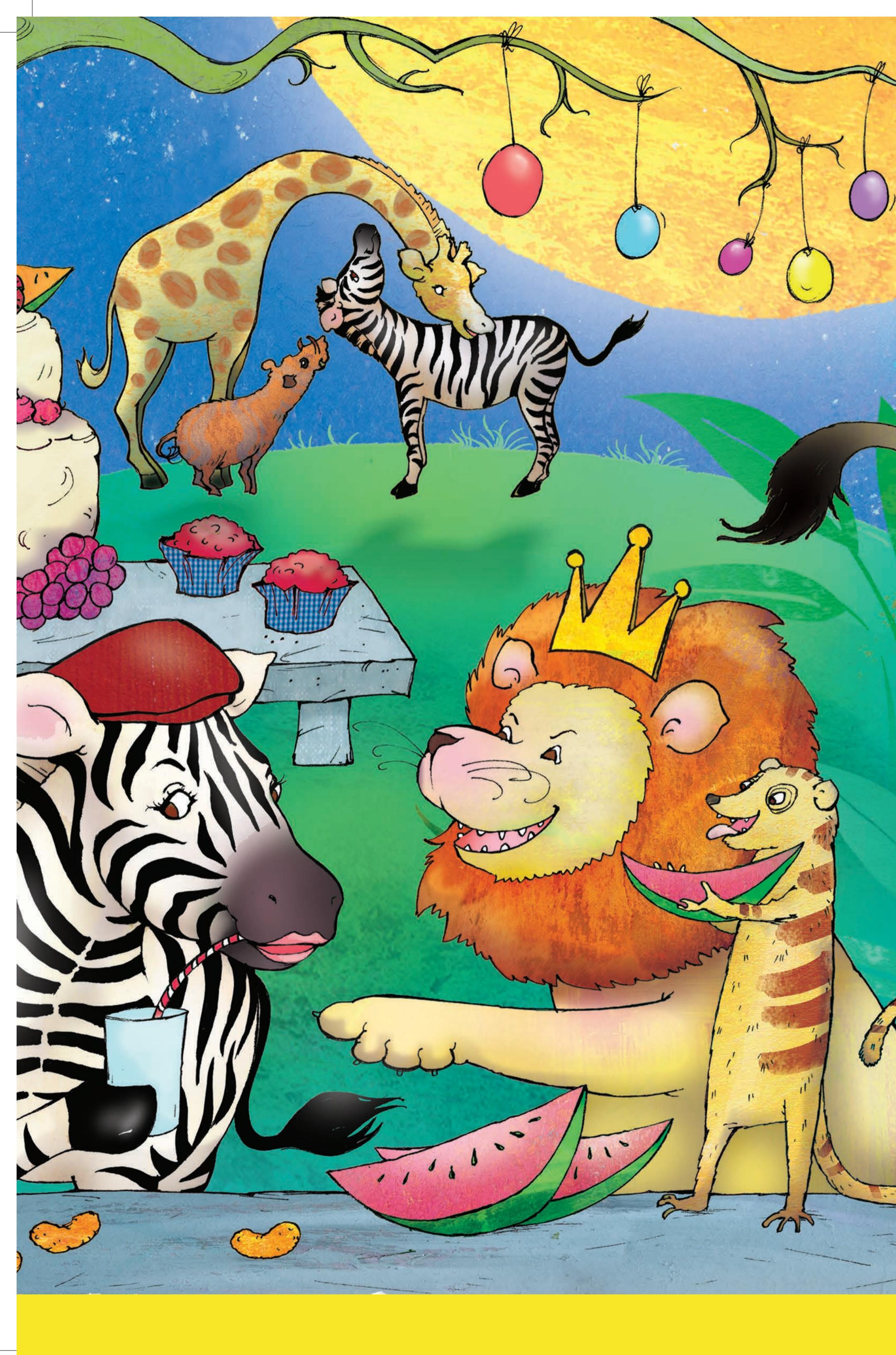
Pitsetilodi. "Le rona re rata  
methaladi ya rona!"

Mongwe le mongwe kwa  
moletlong o ne a rata  
methaladi ya bona.

Mme Thutlwa a bolelela  
Mme Pitsetilodi gore tota  
methaladi ya bona e a ba  
tshwanelo.

Tota le Kgosi Tau o ne a  
ba bolelela ka moo ba leng  
bantle ka teng.



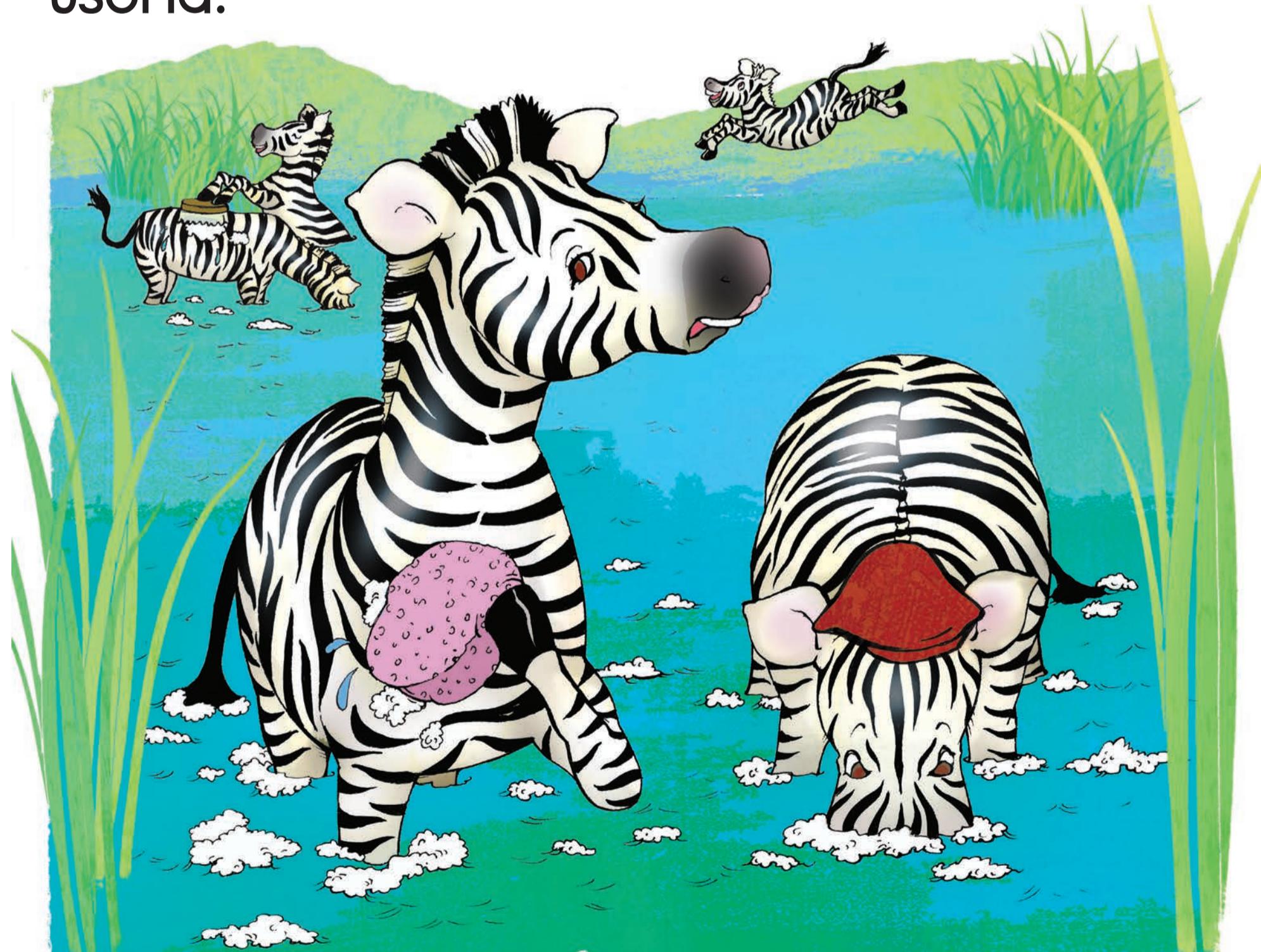


Kgosi Tau a tlhagisa gore dipitse tse ditilodi tsotlhe di ipente ka methaladi e mentsho. Mme ka gobo Tau e ne e le kgosi, dipitse tse ditilodi tsotlhe tsa mo obamela.



Morago ga malatsi a le mmalwa,  
dipitse tse ditilodi di ne tsa ya kwa  
nokeng go tlhatswa methaladi ya  
tsona, mme methaladi ya palelwa ke  
go tlhatswega.

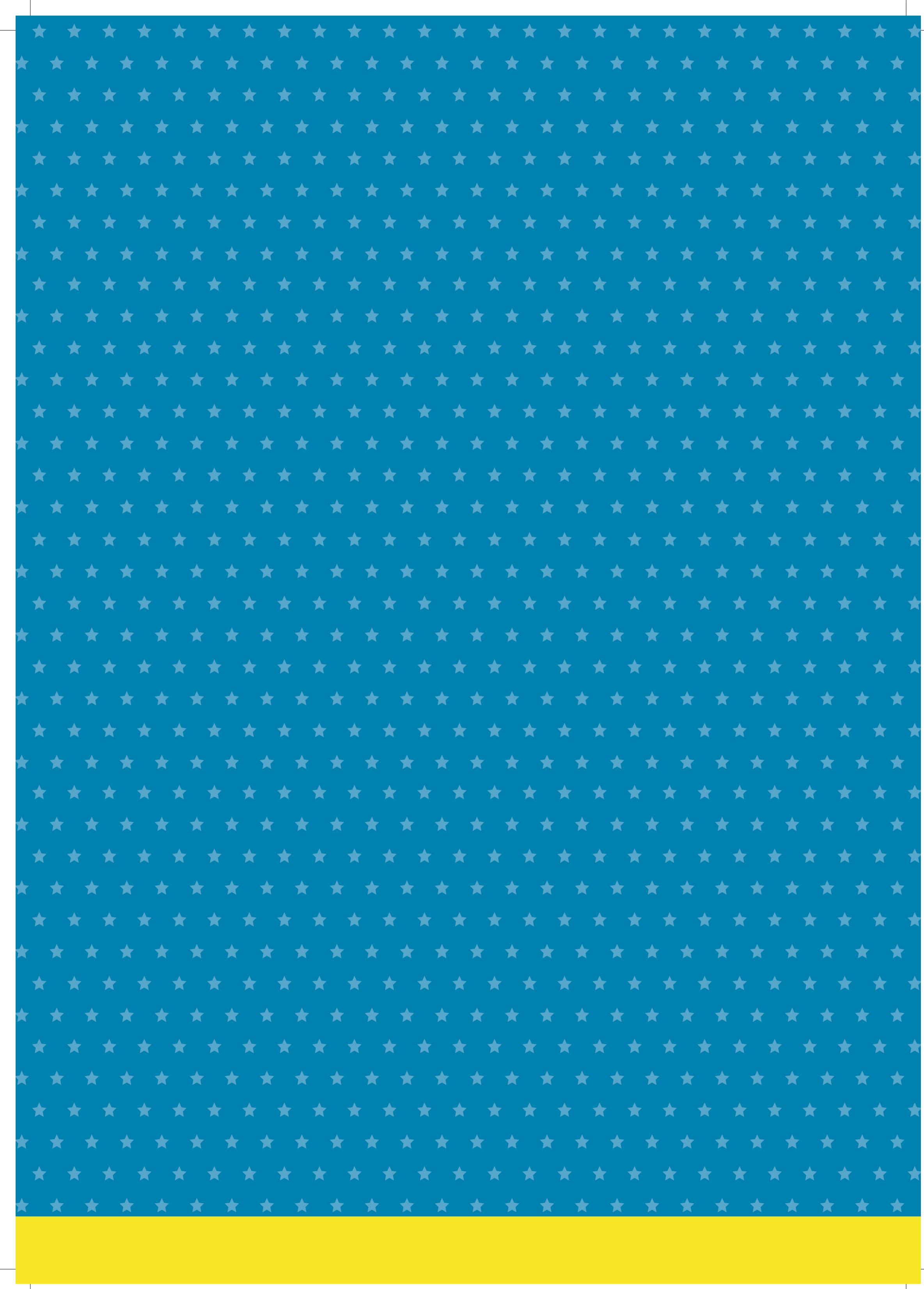
Go diragetse eng? Letsatsi le ne le  
fiseditse methaladi mo mebeleng ya  
tsona.



Le go fitlha gompieno, dipitse tse ditilodi di sa ntse di palelwa ke go tlhatswa methaladi mo mebeleng ya tsona. Ke ka moo dipitse tse ditilodi di nang le methaladi e mentsho.

**Bontle bo mo pelong!**





O amogetswe mo Motseletseleng 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 tsenyeditsweng 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.

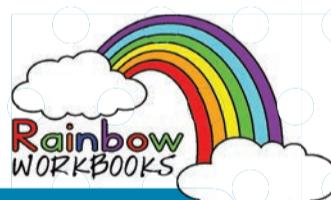
Dibukakgolo mo metseletseleng e di tlaa itsise barutwana ba gago ka ga mefuta ya dikgang, maboko, dipina le metshameko gammogo le dikwalo tsa tshedimosetso le tsa dikerafo.

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.

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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.

