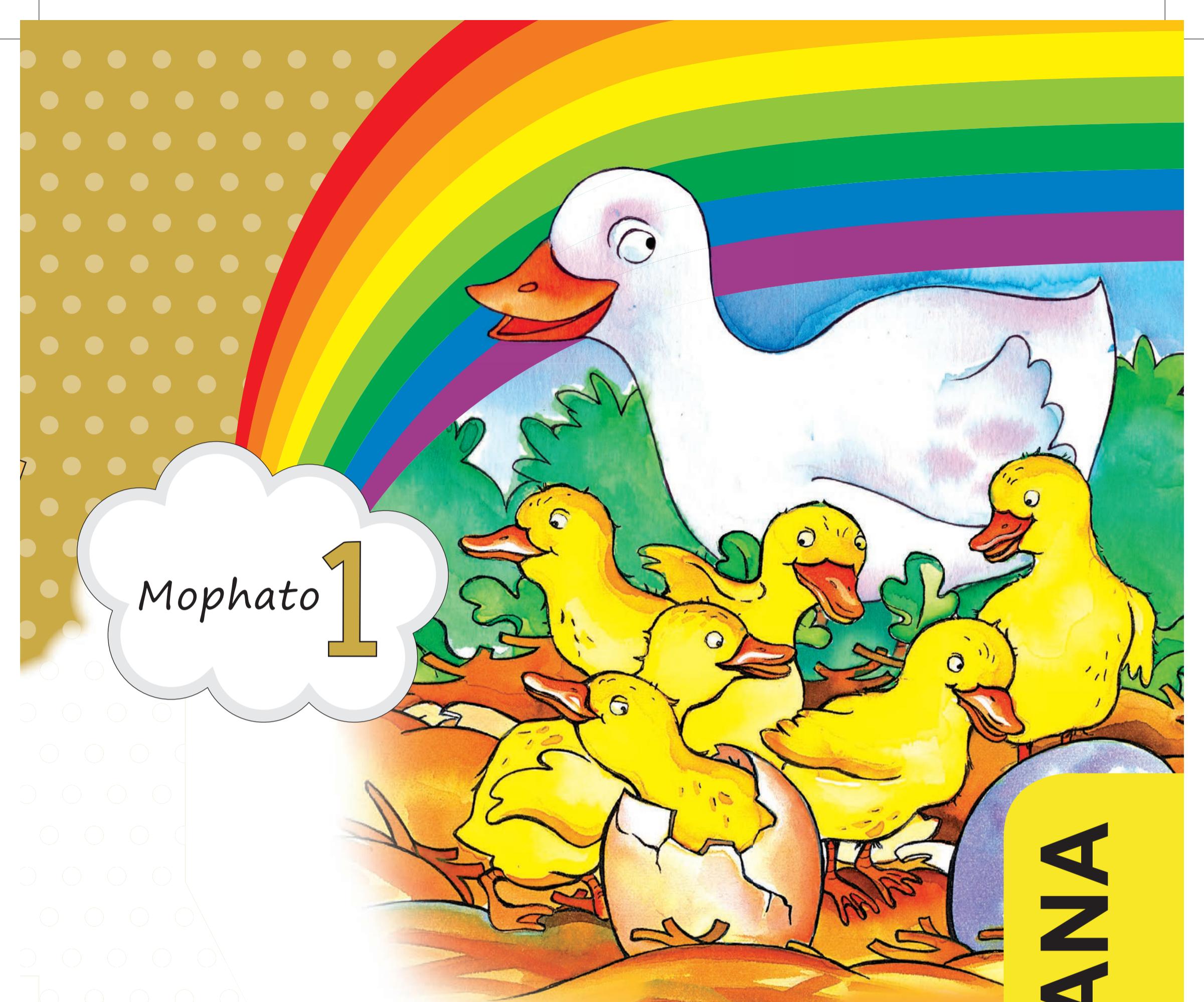




Mophato 1



Bukakgolo ya dikgang tse dikhutshwane

SETSWANA



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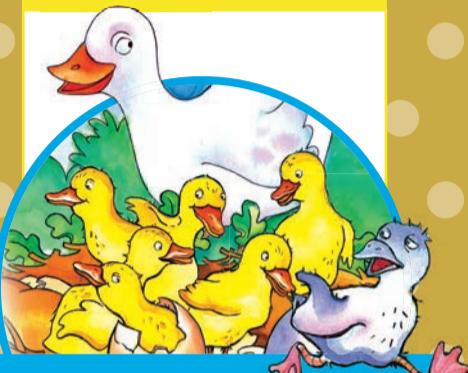
7

Buka

Ka moo o ka dirisang Bukakgolo:

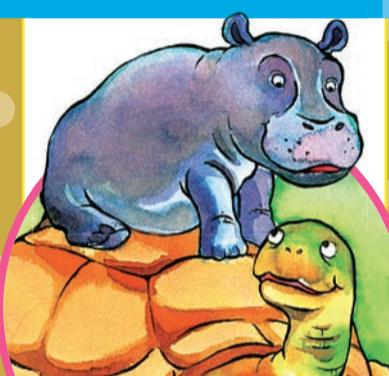


Dikgang tse di mo bukeng e:



1 Pidipidi e e maswe

1



2 Kubu le Khudu

11



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 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 dintlhanyana go dikologa lefoko gore le tswele kwa ntle kgotsa o ka nna wa dira 'lethhabaphefо la methhlo'. 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' 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

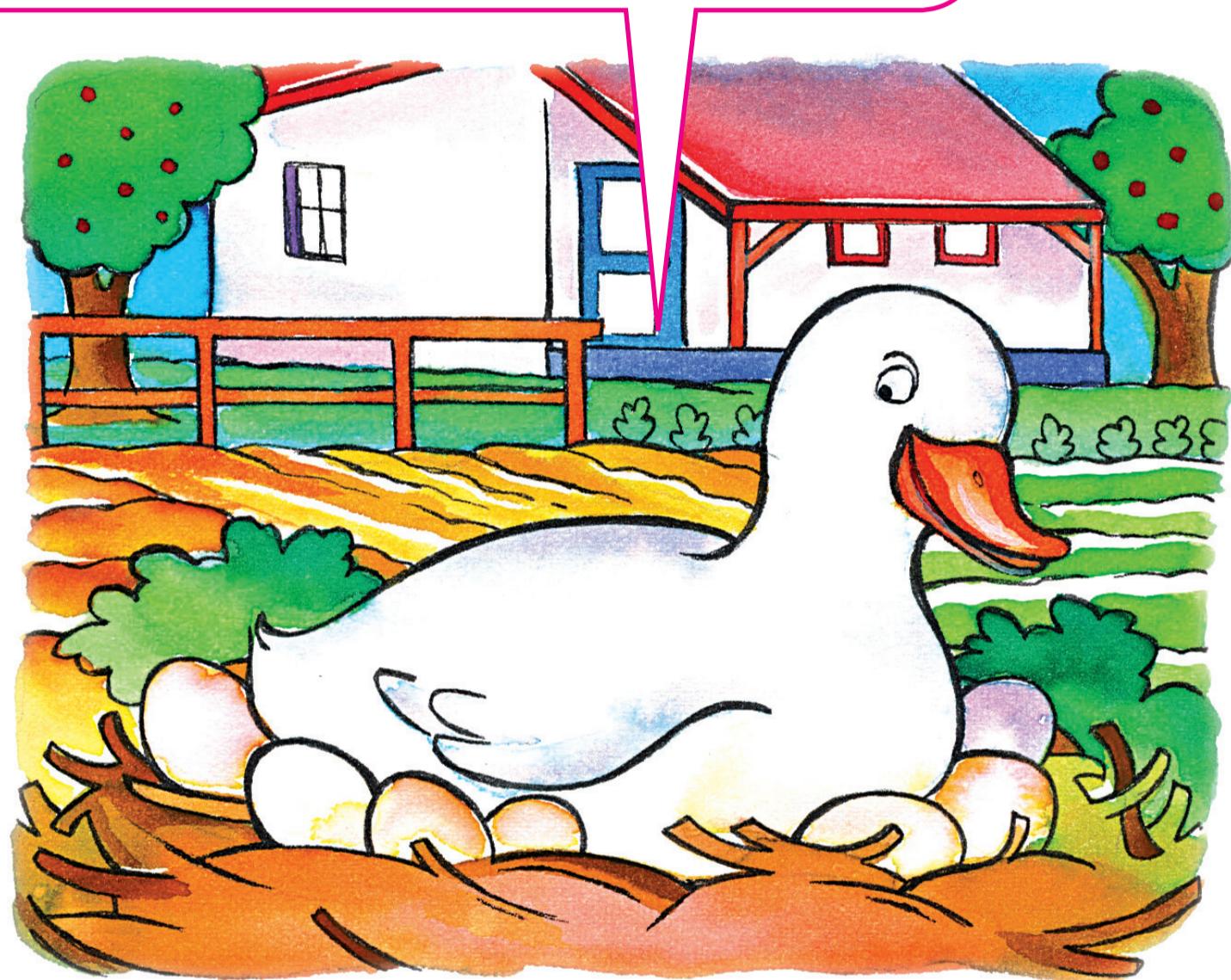
- Mo sebakeng sa bobedi temana e e tshwanang e a dirisiwa mme leithlo le tsepamisiwa mo go nneng le seabe mo puisong le morutabana o dirisa metlotlo e e diragalang go godisa tlolofoko ya go tlhaloganya, dikgono tsa go bona bokao le dipopego tsa sekwalwa (thutapuo, matshwaopiso, jalojalo).
- Go tswa mo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

Pidipidi e e maswe

Ke nako ya gore mae a me a thuthuge. Ke batla go bona dipidipidinyana tsa me tse 7.

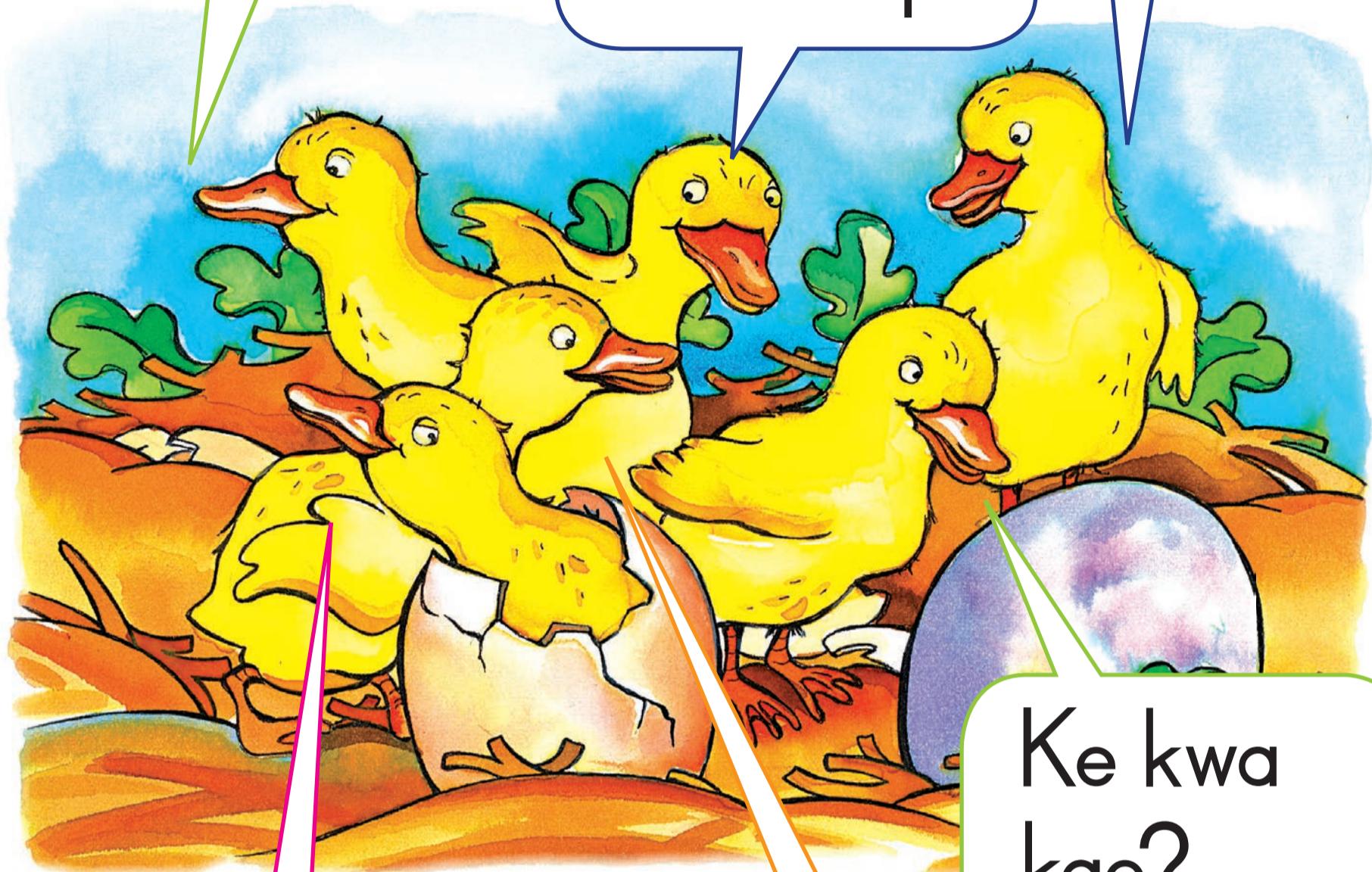


Ga twe go kile ga bo go le Mme Pidipidi a nna le balelapa la gagwe mo polaseng. Mme Pidipidi o ne a elame mae a le 7. O ne a emetse gore a thuthuge.

Dumelang. Nna
ke Diphofa.

Ke Zaza.

Ke Tshepo.



Ke kwa
kae?

Ke Mosetsanagape.

Ke Niki.

Morago, ka bongwe ka bongwe mae
otlhe a thuthuga.

Otlhe fela ntle le le lengwe.

Le ne le le legolo.

Ke fa kae?
Leina la me ke mang?

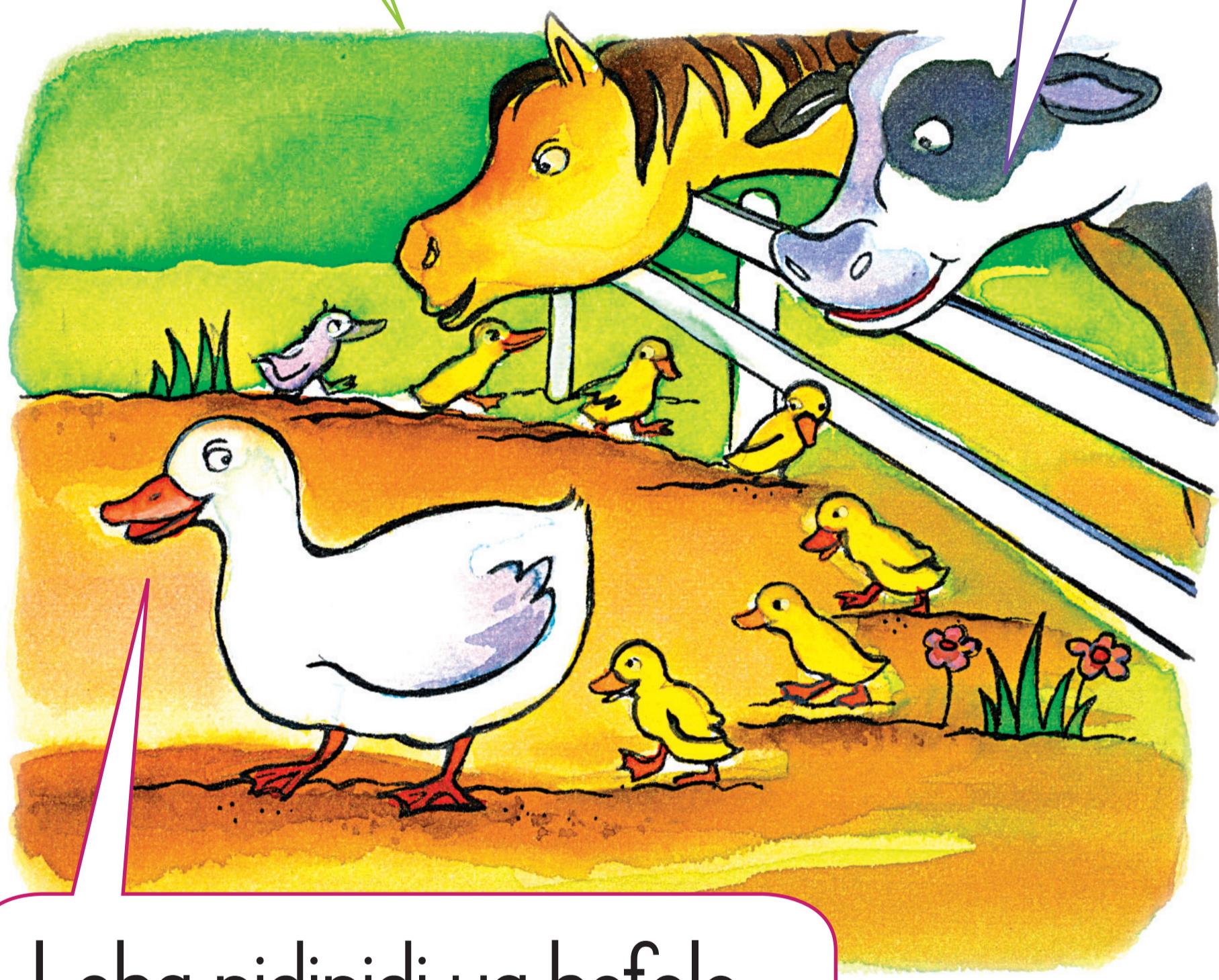


Mme Pidipidi a dula a bo a dula mo
leeng le legolo. La bofelo la bo la
tshetsherebana mme la bulega.

Pidipidinyana ya tlolatlola. E bonala
e le kgolo e bile e le maatla. Ke
pidipidinyana e e maswe thata.

Ha ha ha! E tota e le
pidipidi e e makatsang.

Bona, pidipidi
e e ntse jang
tota?



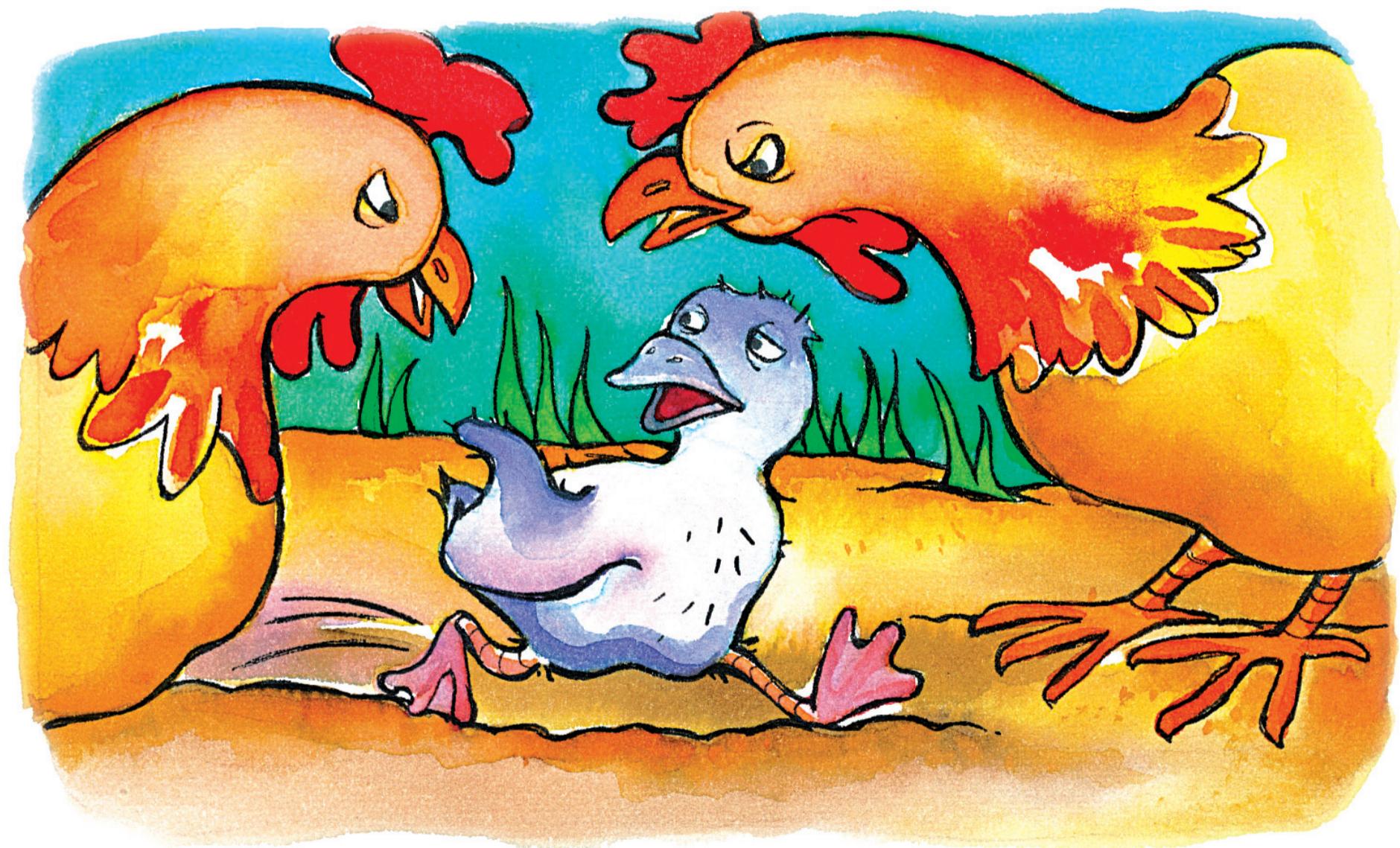
Leba pidipidi ya bofelo.

Mme Pidipidi a tsaya lesea la gagwe a
le isa kwa letamonyaneng.

Dipidipidi tsotlhe tsa tlolela mo metsing. Tsotlhe tsa thuma di ntse di tshameka mmogo. Pidipidinyana e e maswe e thuma botoka go gaisa dipidipidinyana tse dingwe tsotlhe.



Morago ba ya kwa polaseng.
Diphologolo tse dingwe di ne di le
bosula thata mo go pidipidinyana e
e maswe. Dikgogo di e kobota mme
dintšwa tsona di e bogola.

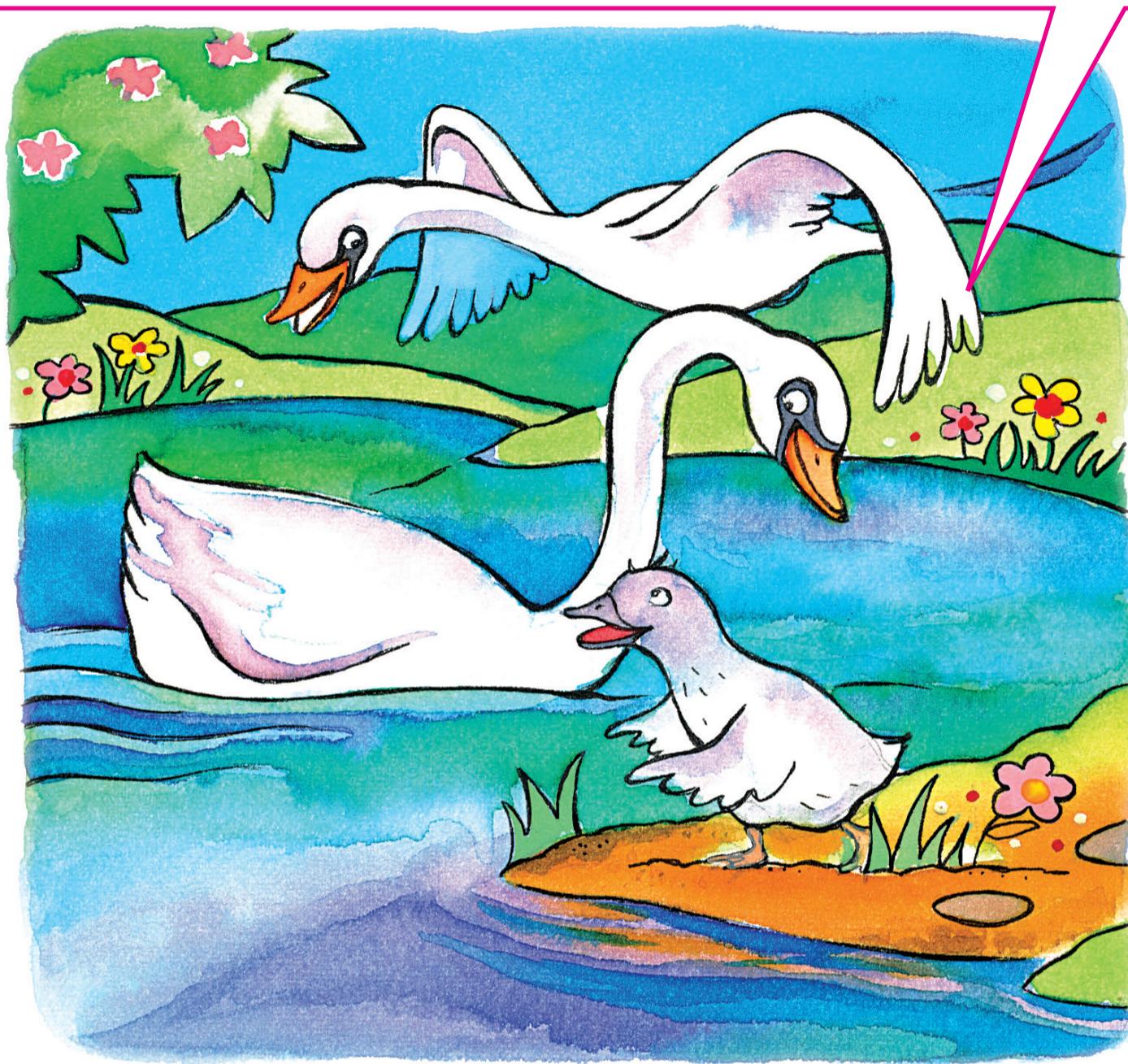


Mongwe le mongwe o
bosula thata mo go nna.
Ke tlaa mpa ke ngweege.



Letsatsi lengwe pidipidinyana e e
maswe ya swetsa go ngweega.

Ke eletsa o ka re ke ka tshameka le bona. Ba bantle thata. Nna ke maswe.



Letsatsi lengwe pidipidinyana e e maswe ya ngweega. Ya tshabela kwa nokeng. Kwa teng ya bona dinonyane tse dintsi tse dikgolo di thuma mo nokeng. Mafofa a tsona a ne a le borethe thata. Di na le melala e meleele. Diphuka tsa tsona di le dintel thata.



Mme letsatsi lengwe mariga a simolola.
Go ne go wele segagane gotlhe. Noka
ya fetoga serame. Pidipidi e e maswe
ya gatsela ya nna e tlhontse.



Mme morago ga tla Dikgakologo.

Letsatsi la phatsima gape le ditlhare
tsa ntšhwafala tsa bo tsa talafala.

Moso mongwe pidipidi e e maswe ya
bona diganse tse dintle gape.

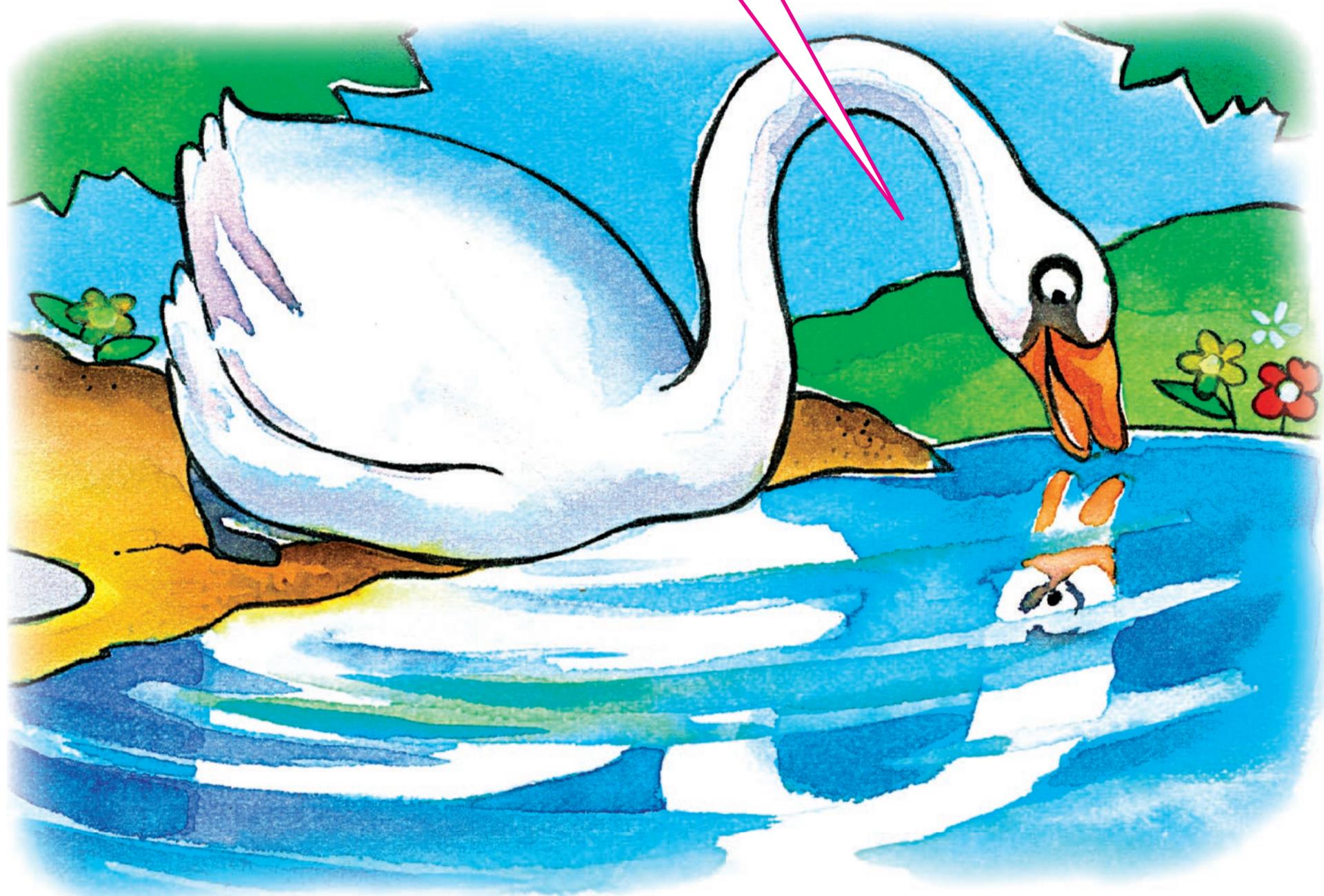
Pidipidinyana ya nna e tlhontse thata.

Ya simolola go lela.

Ke maswe thata. Nna ke aga
ke le nosi. Ga ke na ditsala.



A ke nna yole?



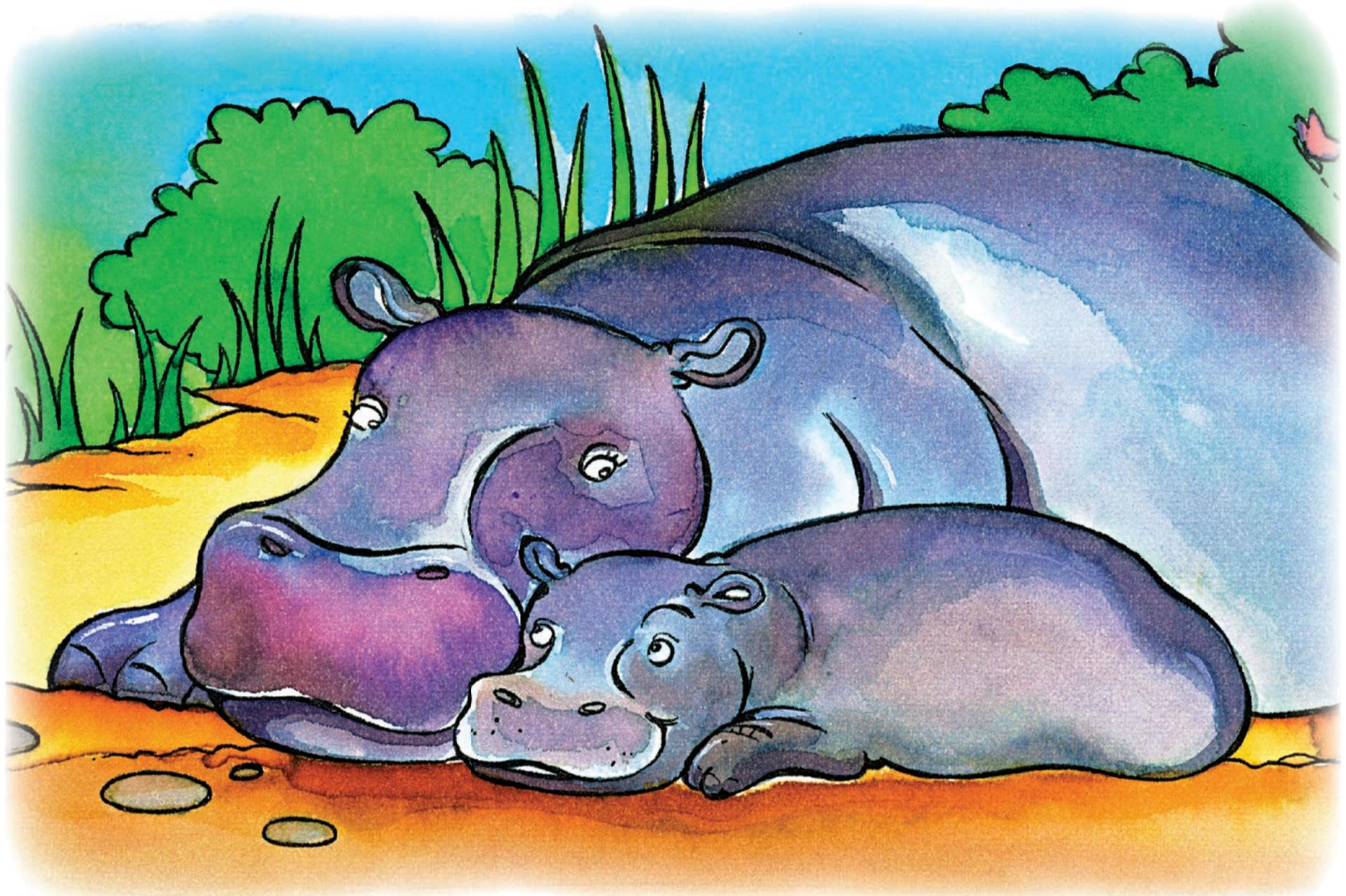
Fa e ntse e lela ya leba kwa tlase fa
gare ga dikeledi tsa yona. Ya bona
moriti wa yona. Ke ganse e ntle
thata.

Tlaya o thume le rona. O ganse fela jaaka rona. O ganse e ntle go gaisa diganse tsotlhe.



Ka yona nako eo, diganse dingwe tsa thuma fa pele ga yona. Tsa bitsa pidipidi e e maswe go tla go thuma le tsona. Pidipidi e e maswe ya tlolela mo metsing. Ya ikutlwa e itumetse thata.

Kubu le Khudu



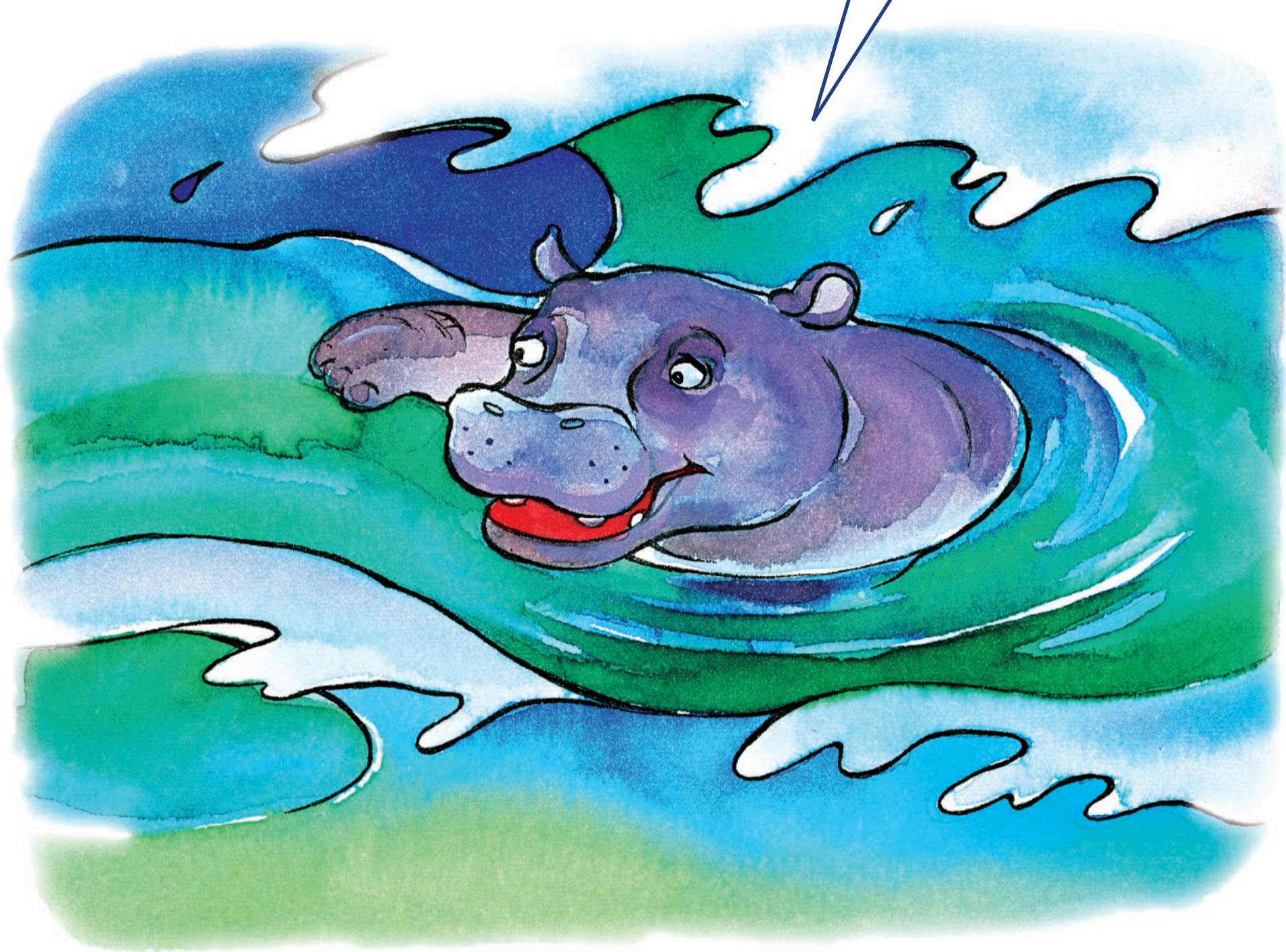
Ngwana wa kubu o ne a nna ka
boitumelo le mmaagwe.

Thusa! Thusa!
Mme o kae?

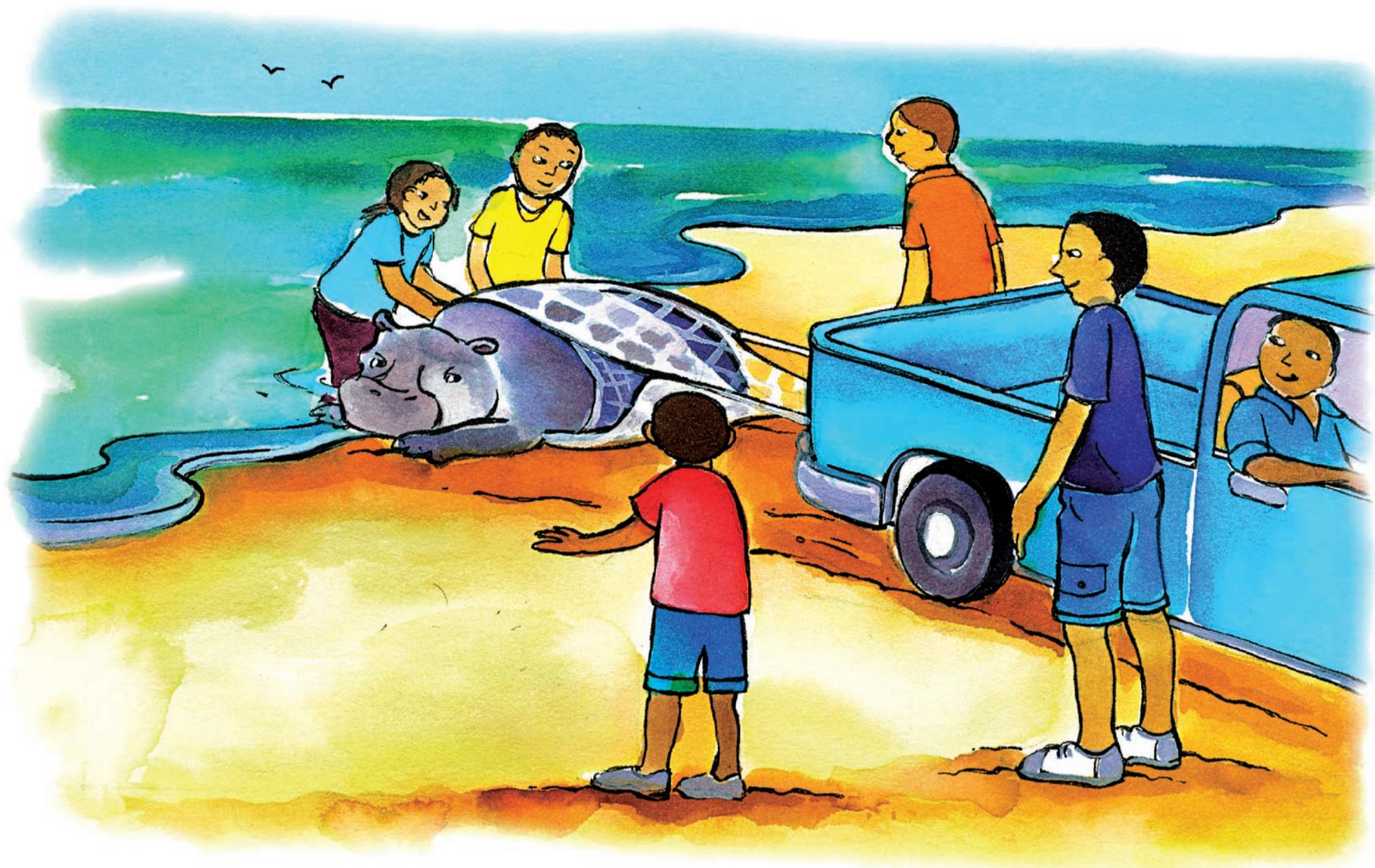


Letsatsi lengwe go ne ga na pula
ya matlakadibe. Pula e ne ya
phepheula ngwana wa kubu go tswa
mo go mmaagwe.

Thusa! Nthuse, tsweetswee!
Ke monnye thata go ka thuma.



Metsi a ne a mo phepheulela kwa tlase
le noka mme a wela mo lewatleng.



Mongwe le mongwe o ne a leka go
thusa kubu go boela mo lefatsheng.

Ba dirisa matloa le dikoloi go mo
gogela kwa ntle ga lewatle.

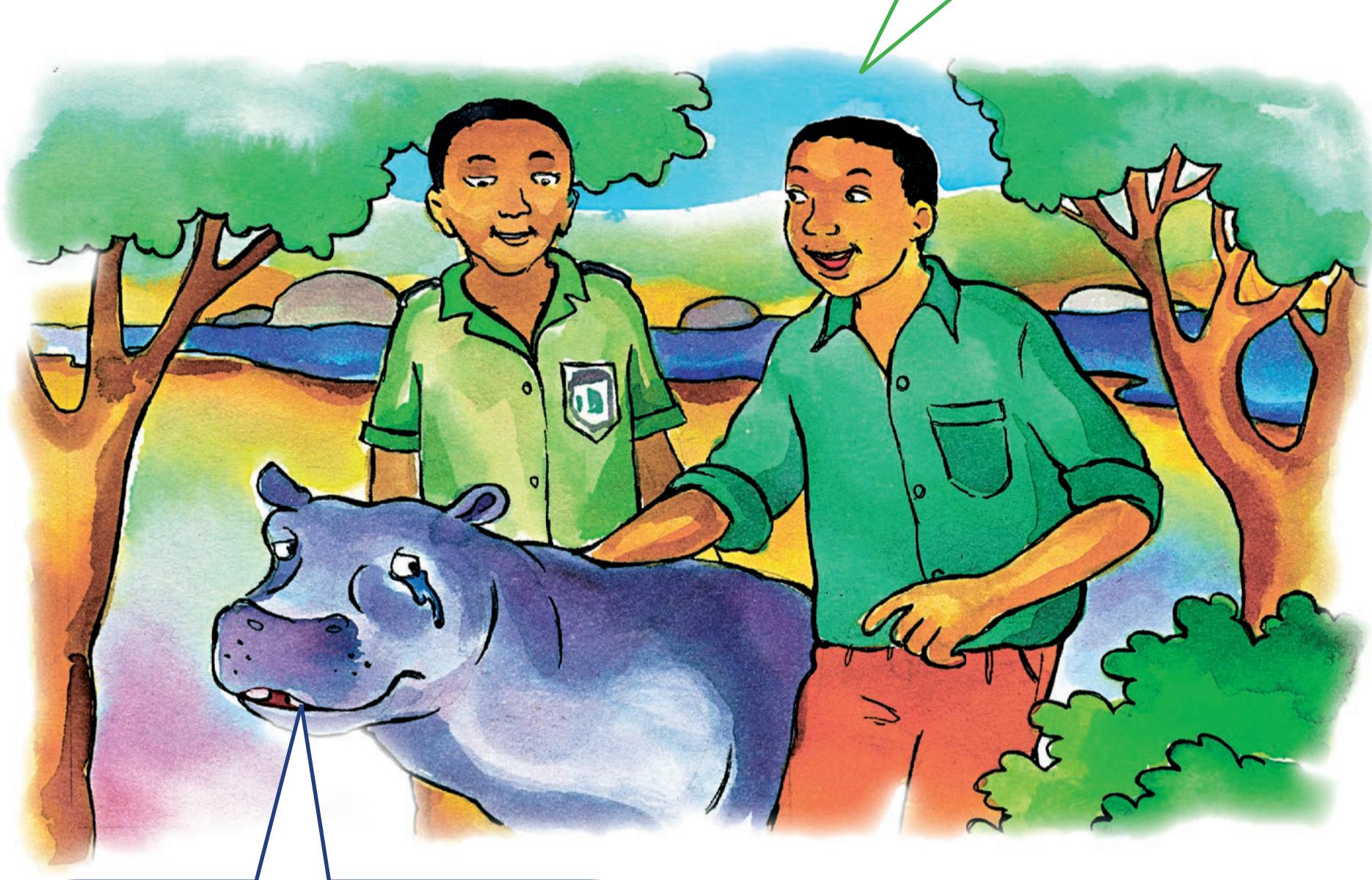
Mo teye leina la me.
Mmitseng Owena.



Ngwana wa kubu o lesego.
A re mo teyeng leina.

Ba gogela ngwana wa kubu kwa
ntle ga lewatle.

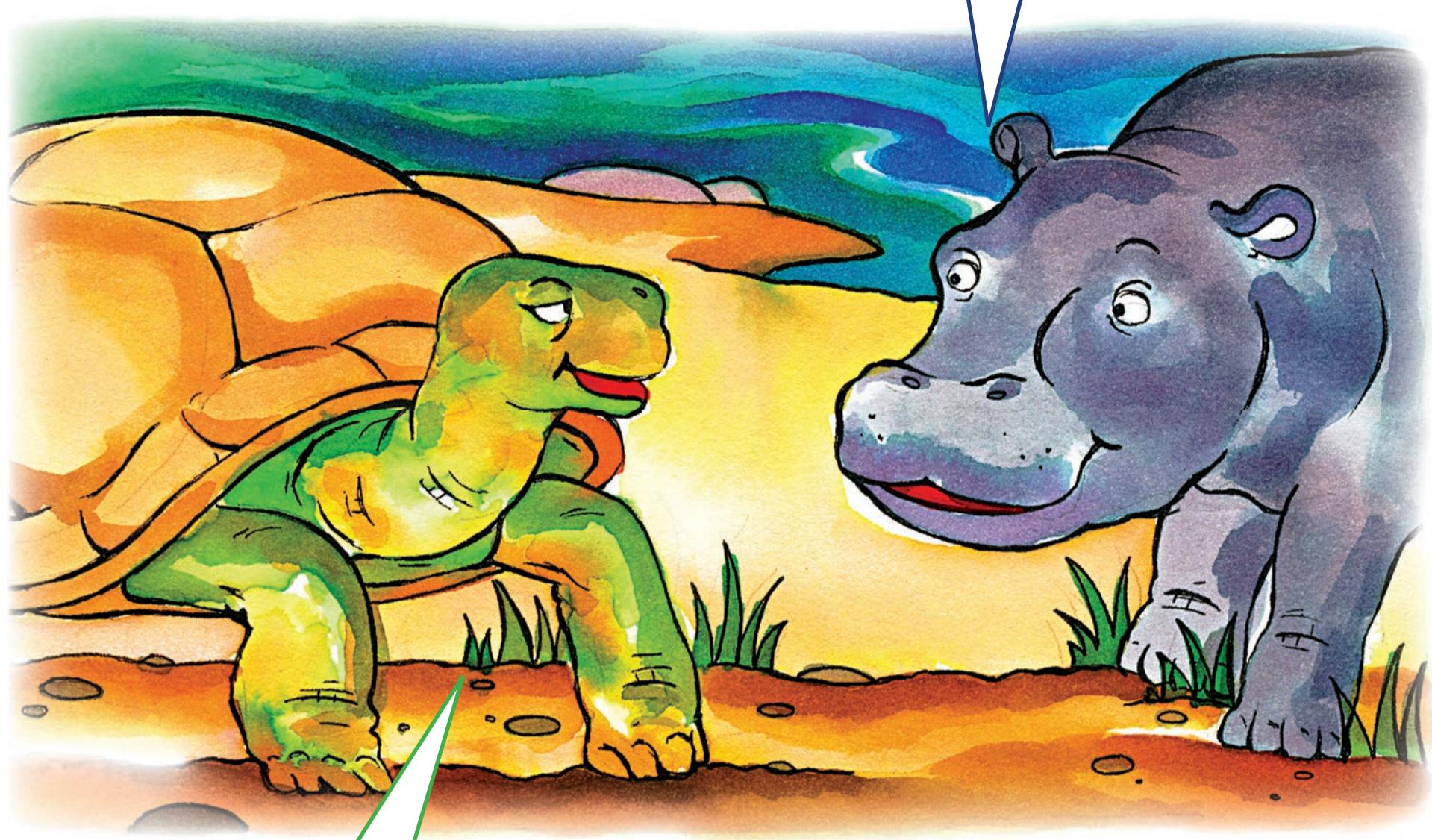
Tlaya, ngwana Owena. Re
tlaa go isa kwa serapeng sa
diphologolo.



Ke batla mme.

Ba tsaya Owena ba mo isa kwa
serapeng sa diphologolo. O ne a
nna mo tshingwaneng e e nang le
letamonyana.

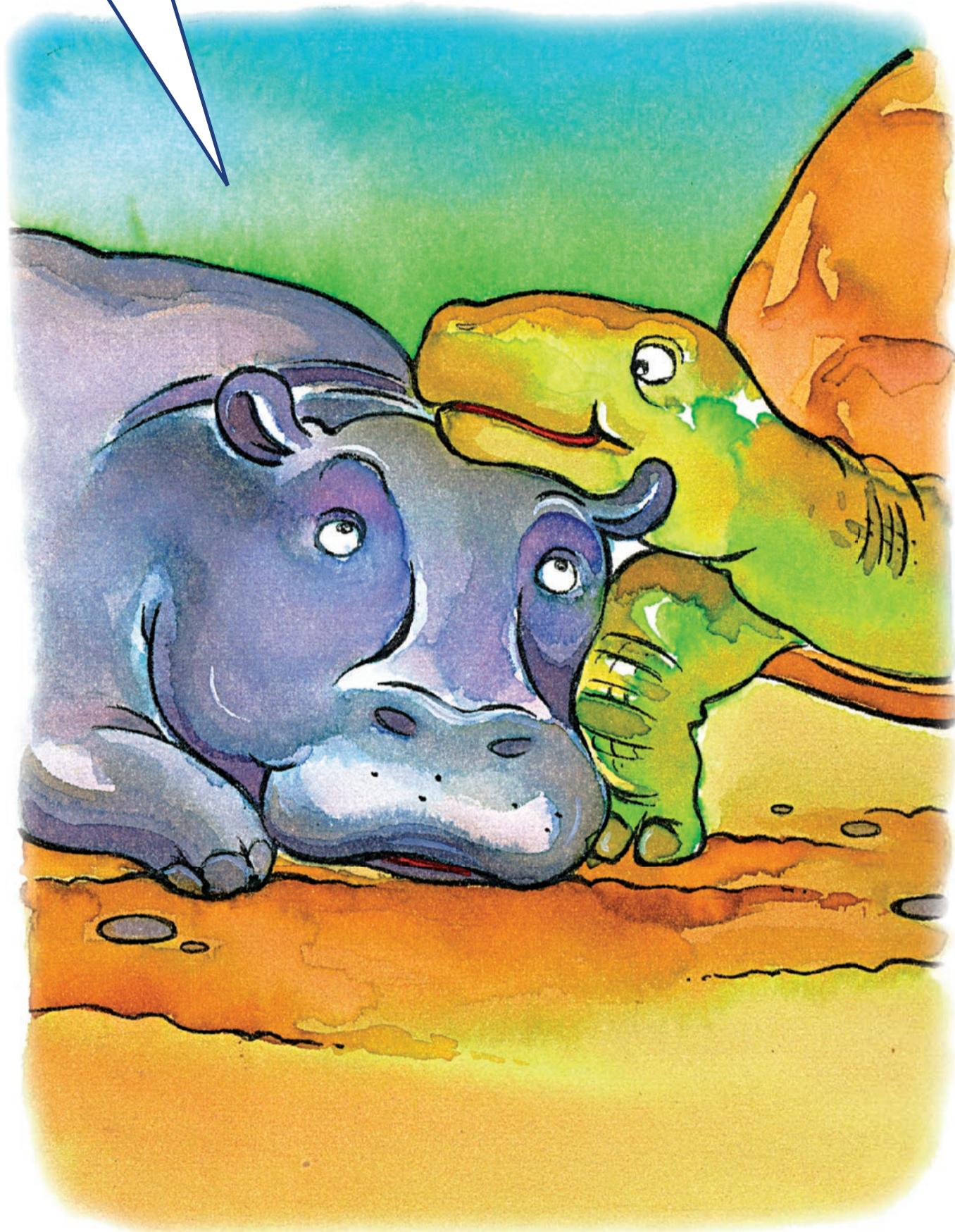
Leina la gago ke mang?



Ke Motsi. Ke na le
dingwaga di le l30.

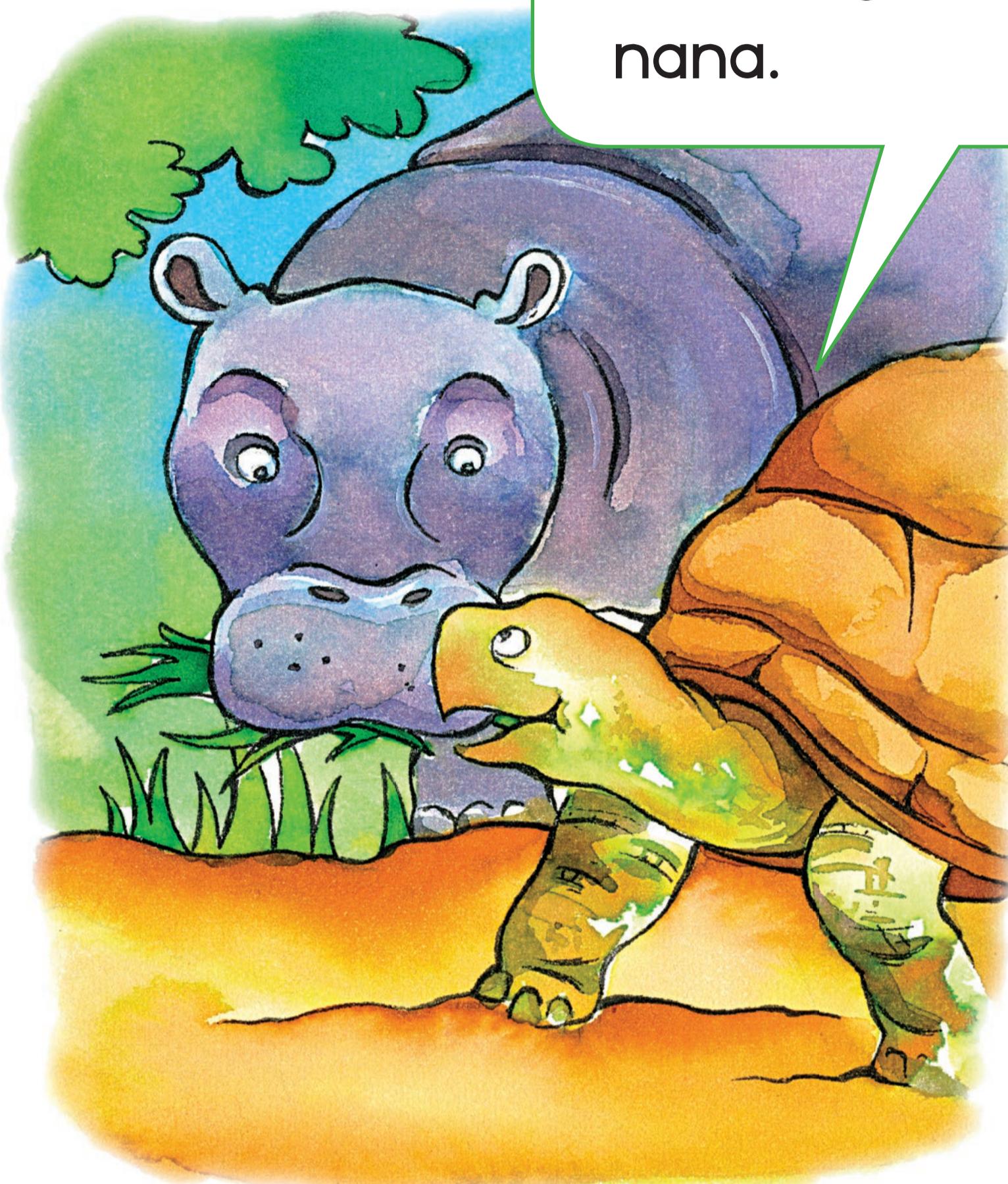
Mo phakeng, o ne a kopana le khudu.

A o tlāa nna mme?
Tsweetsswe?



Ngwana wa kubu o latlhegetswe ke
mmaagwe.

Jaanong reetsa,
nana.



Khudu e ya motsofe e ne e kgona go bona gore Owena ke lesea. E ne ya tshwanelo go tlhokomela Owena le go mmontsha gore a je eng le gore a robale kwa kae.

Ke a go rata, mma.



Kubu le khudu e ne e le ditsala tse
dikgolo. Ba ne ba ja, ba nwa, ba robala,
ba thuma e bile ba tshameka mmogo.



Owena o ne a tshameka le khudu ya
motsofe. O ne a rata go palama mo
mokwatleng wa ga Motsi.



Morago fa Owena a gola o ne a kopana le kubu ya mosetsanyana e bidiwa Cleo. Gompieno o nna ka boitumelo le Cleo.

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.

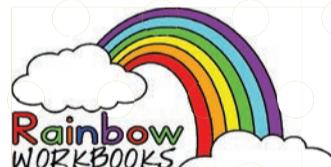
Dibukakgolo mo metselseteng e di tlaa itsise barutwana ba gago ka ga mefuta ya dikgang, maboko, dipina le metshameko gammogo le dikwalo tsa tshedimosetso le tsa dikerafo.

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.

ISBN 978-1-4315-3067-0



ISBN 978-1-4315-3067-0

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basic education

Department:
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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.

