

Mophato
2



Bukakgolo ya dikgang tse dikhutshwane

SETSWANA

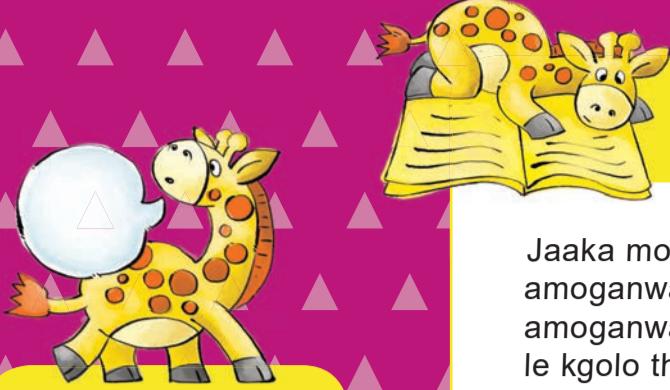


basic education

Department:
Basic Education
REPUBLIC OF SOUTH AFRICA

Buka

2



Ka moo o ka dirisang Bukakgolo:

Dikgang tse di mo bukeng e:



1 Dan ga a monate mo bekeng e



2 Go eta ga balelapa

1

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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 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 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 '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 tlala 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 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 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, matshwaopuso, 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 tlhamaletseng, 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 tlhamla fa morutabana a nna mokaedi le mokwadi wa dintlhakgolo. Tsamaiso e ya tshedimosetso e thusa go baakanyetsa barutwana ditiro te ba di kwalang.

1

Dan ga a monate mo bekeng e





Dan wa batho o na le beke e e
seng monate. O tsogile thari ka
Mosupologo. O siilwe ke bese, mme
o fitlhile thari mo sekolong. "Ke eng o
le thari, Dan?" go botsa morutabana
wa gagwe.



“Ke eng o le thari,
Dan?” go botsa
morutabana wa
gagwe.

Ka **Labobedi** o ile sekolong fela
o tlogetse kgetsana ya gagwe ya
dibuka mo beseng. Fa a fitlha mo
phaposing, o tshwere fela bolo ya
gagwe ya kgwele ya dinao.

“Kgetsana ya gago ya dibuka e kae,
Dan?” go botsa morutabana.



"Kgetsana ya gago
ya dibuka e kae,
Dan?" go botsa
morutabana.

Ka **Laboraro** o tsogile e sa le nako.
O tseña mo beseng. Dan o tsamaya
lobaka lo lolele. Ntekwane Dan o
nametse kana o palame bese e e seng
yona. Bese e mo folosa mo sekolong se
sengwe.

“Dan o kae gompieno?” go botsa
morutabana.



“Dan o kae
gompieno?” go
botsa morutabana.

Ka **Labone** Dan ga a bone yunifomo ya gagwe. Ka jalo, o ya sekolong a apere paka ya gagwe ya go thuma.

“Yunifomo ya gago e kae, Dan?”
go botsa morutabana.



"Yunifomo ya gago
e kae, Dan?" go
botsa morutabana.

Ka **Labotlhano** Dan o tsoga e sa le nako thata. O ya kwa sekolong go santse go le lefifi. O ne a lapile, mme o tshwarwa ke boroko ka mo phaposing.

“Goreng o robala, Dan?” go botsa morutabana wa gagwe.



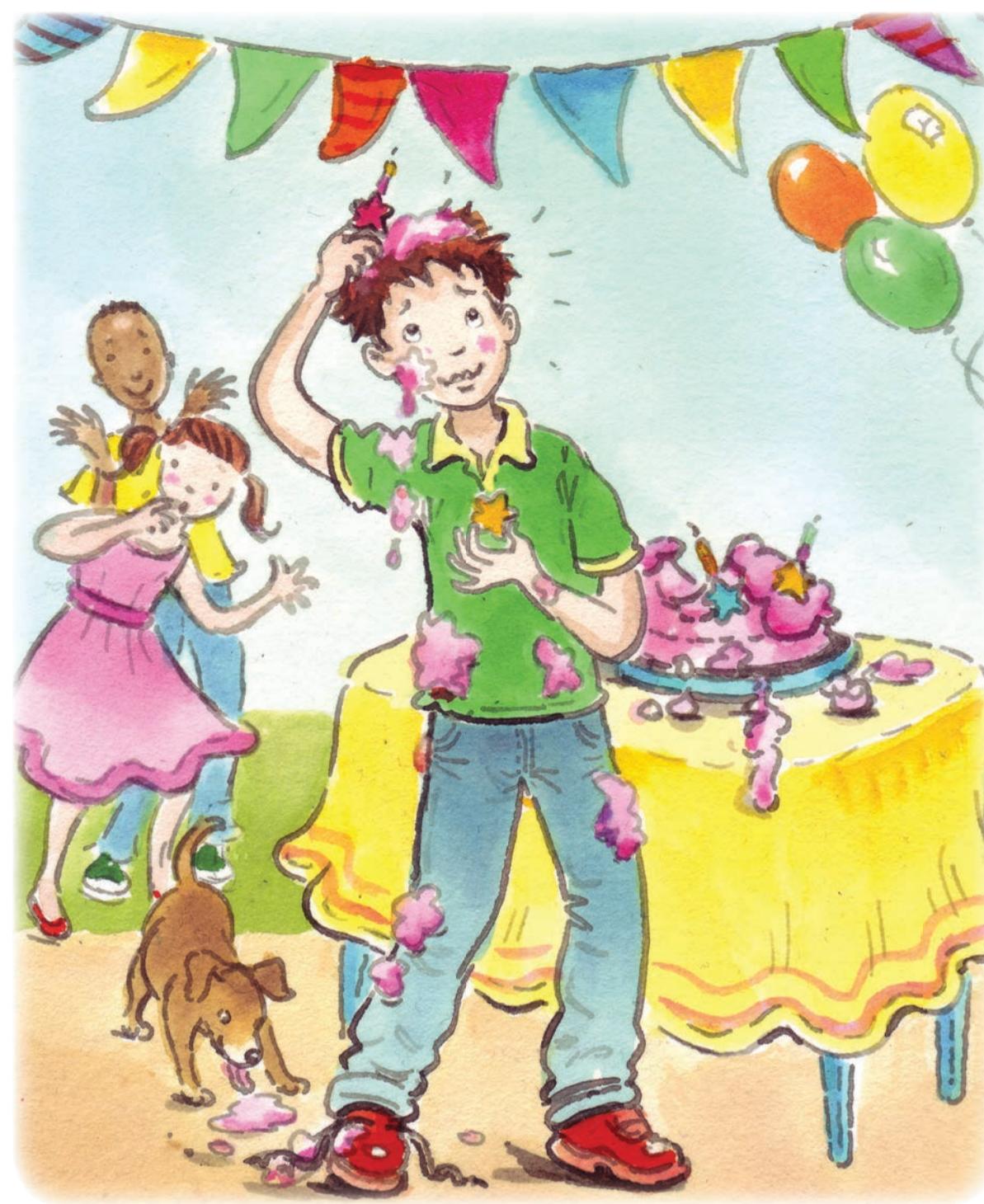
"Goreng o robala,
Dan?" go botsa
morutabana wa
gagwe.

Ka **Lamatlhato** Dan o ya sekolong, mme o fitlhela dikgoro tsa sekolo di notletswe.

Dan wa seeleele! Ga go na sekolo ka Lamatlhato.



Dan wa seeleele! Ga go na sekolo ka
Lamatlhato.



Ka **Latshipi**, Dan o ne a ya kwa moletlong wa letsatsi la botsalo wa ntsalae. O ne a itumetse thata mme a kgopiwa a bo a wela mo kukung.
“Nnyaya tlhe!” ga akanya Dan.
“Ke solo fela gore beke e e tlang e tlaa nna beke e e botoka thata.”

Nnyaya tlhe, e seng gape tlhe!

2

Go eta ga balelapa

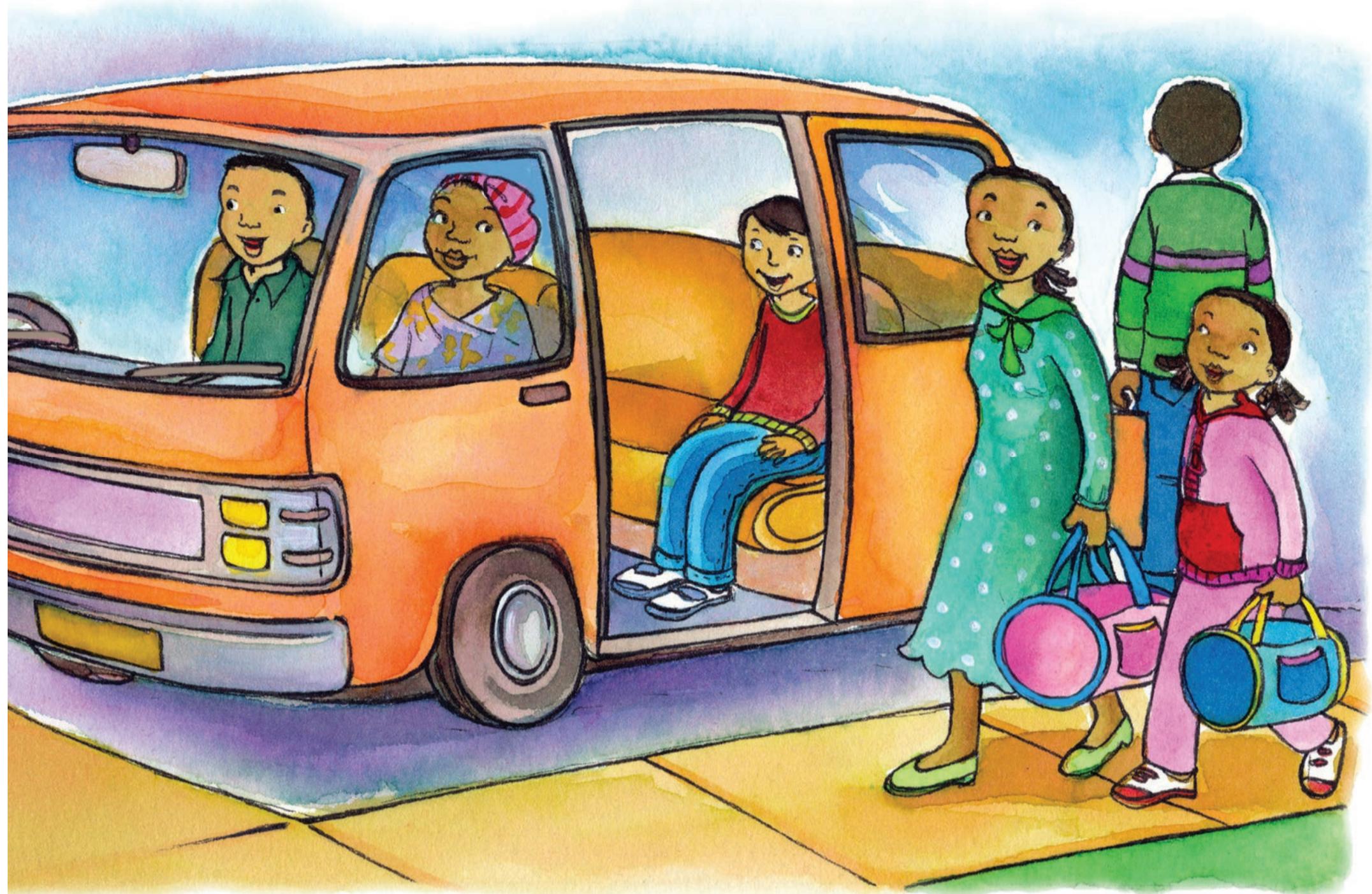


Mmaagwe Dumi o a lwala, ka jalo
Bongi le mmaagwe ba tlaa mo
etela. Ba tlaa tsamaya ka tekesi.

Bongi o itumetse thata gonne o
ya go etela ntsalaagwe, Dumi. Ba
paka diaparo tsa bona.

Bongi o rekela Dumi mpho mme
o dira karata ya go eleletsa
mmaagwe gore a fole. Ba nna koo
malatsi a le mabedi.





Ba tlaa tsamaya ka tekesi. Ba tlaa
tsamaya bosigo fa ngwedi o tlhapile.
Tekesi e na le mabone a a lesedi
thata.

Ka moso Dumi le Bongi ba tlaa
tshameka le bana ba bangwe mo
nokeng mme ba kgetla maungo go ja.

Kwa bokhutlong tekesi ya goroga kwa ntlong ya gaabo Dumi. E ne e setse e le ura ya 8 bosigo. "Kwa bokhutlong re fano." ga bua Bongi, mme a retolola konopo ya lebati.

Bongi o ne a itumetse thata go bona ntsalae.

"Heela Dumi." Bongi a goeletsa.

"Tlaya o bone bana ba digwagwa mo nokeng."

Dumi a goa.

"Nnyaya, nnyaya!" ga bua mmaagwe Dumi,

"Tsweetswee lona ba babedi dulang lo je."



"Ke batla go palama mo ntlong e e
mo setlhareng kwa phakeng." Bongi
a goeletsa.

"Nnyaya, lo ka se palame setlhare
jaanong. Go thari. Lo tshwanetse go
dula lo je," ga bitsa mmaagwe.



Ke ne ke itumetse kwa ntlong ya gaabo Dumi. Dumi o mphile mpho e ntle. O mphile bera ya go tshameka. E ne e le boleta e bile e tshwarega.





Morago ra tsamaya ka tekesi go boela gae. Fa re ntse re tsamaya ka tekesi pula ya simolola go na.

Letsatsi le ne le sa bonale mme go le tsididi. Mme a mphutha ka kobo e e bothitho.



Re ne ra taboga mo puleng go tswa
kwa tekesing go ya kwa ntlong.
Morago ka lemoga gore bera ya me e
timetse.

Ka gopola gore e ne e dutse jang mo tekesing, jaanong e ya gongwe kwa ke sa go itseng. Ka simolola go lela. Ke ne ke batla go boela kwa tekesing go ya go e batla.

Mme morago ra e fitlhela e phuthilwe ka kobo.

E babalesegile, e bile yona e se na mathata.





O amogetswe mo Motseletseng 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 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.

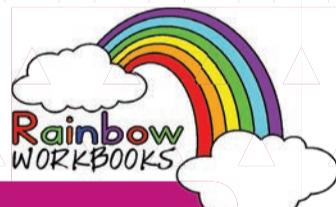
Dibukakgolo mo metseletseng e di tlaa itsise barutwana ba gago ka ga mefuta ya dikgang, maboko, dipina le metshameko gammogo le dikwalo tsa tshedimosetso le tsa dikerafo.

Ke tiro ya gago, go dira gore dikgang di tshele le go nafefela 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 nafeflang 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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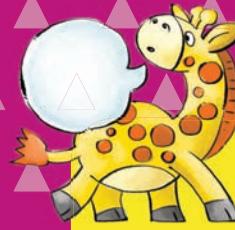
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Author: V McKay



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.

