



Mophato

2

Bukakgolo ya dikgang tse dikhutshwane

SETSWANA



basic education

Department:
Basic Education
REPUBLIC OF SOUTH AFRICA

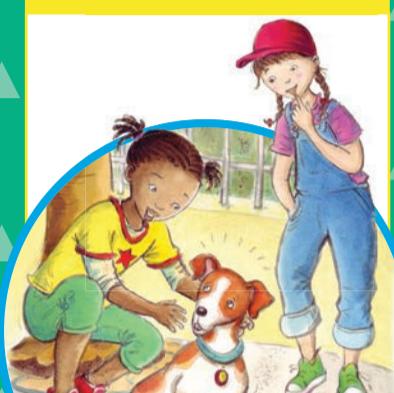
Buka

3

Ka moo o ka dirisang Bukakgolo:

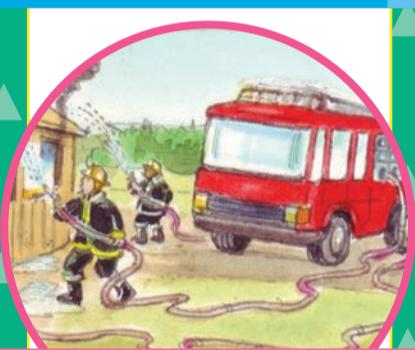


Dikgang tse di mo bukeng e:



1 Ke botshelo jwa ntšwa

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2 Leobo la sekolo le a šwa

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3 Lesea le le wa

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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 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 methlolo'. 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 ntšhwat.
- 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.

Ke botshelo jwa ntšwa



Gompieno Abia le Lebo ba palame bese.
Ben wa searamo ga a kgona go palama
bese.

“Nnyaya Ben, o ka se kgone go palama!”
ga bua Lebo. “Dintšwa ga di a letlelew!”

Gompieno Abia le Lebo ba tsene mo phaposiborutelong. Ben wa searamo ga a kgona go tsena mo phaposiborutelong.

“Nnyaya Ben, o ka se kgone go tsena!”
ga bua Abia. “Dintšwa ga di a letlelew!”





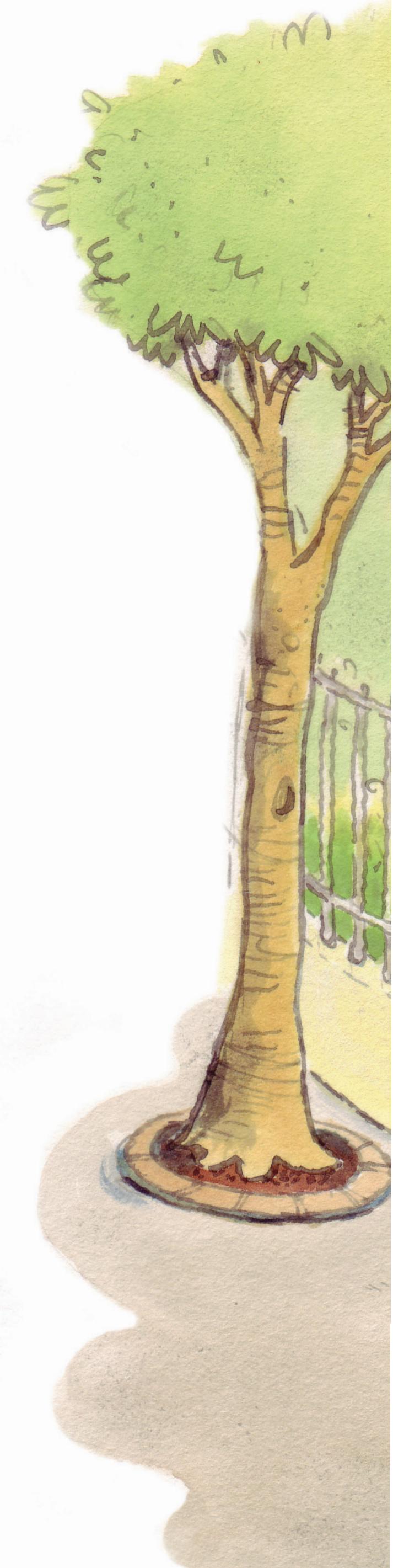
Gompieno Abia le Lebo ba tsene mo
metsing a lebopo. Ben wa searamo ga a
kgona go tsena mo metsing a lebopo.

"Nhyaya Ben, o ka se kgone go tsena!"
ga bua Abia. "Dintšwa ga di a letlelw!

Gompieno Abia le Lebo
ba ile go tshameka kwa
phakeng. Ben wa searamo
ga a kgona go tsena mo
phakeng.

"Nnyaya Ben, o ka se kgone
go tsena!" ga bua Abia.

"Dintšwa ga di a
letlelelwa!"





Ben wa searamo o ne a dula
ka fa tlase ga setlhare kwa
hekeng. O ne a ema a bo a
ema.

Morago Ben a ithobalela.

ZZZZ! Mme moragonyana a
simolola go lora.





Ben o lorile eng?



Ben o lorile a le mo beseng.

"Ke tlaa dula mo setulong se se kwa pele
sa bese," ga bua Ben.

Ben o ne a lebelela kwa ntle ga bese ka
letlhhabaphefo.

Ben a lora a le mo phaposiborutelong.
Ben o ne a dutse kwa pele mo
phaposiborutelong.

“Nka se kgone go emela nako ya
dijotshegare,” a bua.



Ben o ne a lora a le kwa lebopong. A
epa mo motlhabeng, gape a sefa mo
godimo ga metsi a lewatle.

Ben o ne a itumetse thata.

“Botshelo bo monate e le ruri!”

Ben a goa.





Morago Ben o ne a lora a le kwa
phakeng a na le dintšwa tse dintsifela.
Dintšwa tse dikgolo le tse dinnye le
Dintšwa tse dileele le tse dikhutshwane.
Ben o ne a tlolela mo moswinking.
"A nna a swinka, a swinka!" a ntse a
opela.



Ben o ne a nna a dikologa gantsi mo malekoroneng.

O ne a nna a ya kwa godimo le kwa tlase mo sereleding. Morago Ben o ne a epa mosima mo motlhabeng.

O ne a itumetse thatathata.

Mme morago ga foo ...

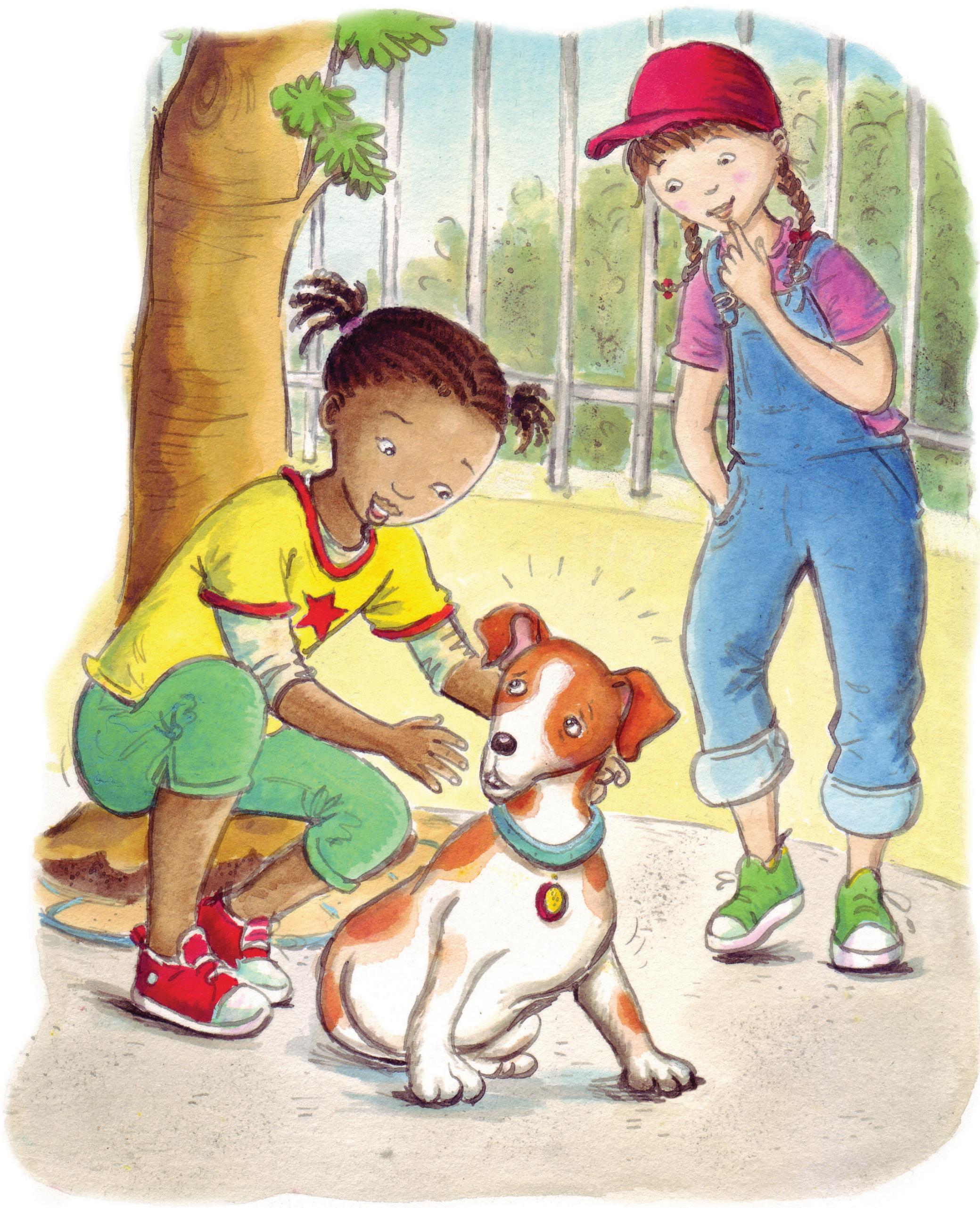
Lebo le Abia ba tla mo hekeng.

“Tsoga Ben! Re ya gae jaanong,”
ga bua Lebo.

“Mmmh! Tsoga!” ga bua Ben.

“A lo raya gore ke ntse ke lora?”

“Nnyaya tlhe! Ke botshelo jwa
ntšwa! Re gopolwa fa go iwa gae!”
ga araba Ben.



Leobo la sekolo le a šwa



Gompieno fa re ne re le mo
phaposiborutelong re ne ra nkgelela
mosi.

Ntšwa ya rona, Ben, ya simolola go
nkgankgelela.

Go ne go nkga eng?

Morago ra bona leobo le šwa.

Re ne ra ikutlwa re boifa.

Morutabana a leletsa |O|77.

Re ne ra tshwanelo go ema mmogo mo
moleng ka fa tlase ga ditlhare.





Boraditimamolelo ba le barataro ba tla go tima molelo. Ba ne ba tshotse mabanta a magolo le dilepe e bile ba rwele dimaseke.

Ba tla ba palame llori e khividu ya molelo e e phatsimang. Ba dirisa lethompo le le kima mme ba tima molelo. Leobo la rona la sirelediwa.



Lesea le lešwa

Gompieno mmaagwe Bobby o mmoleletse gore o ya go tshola lesea.

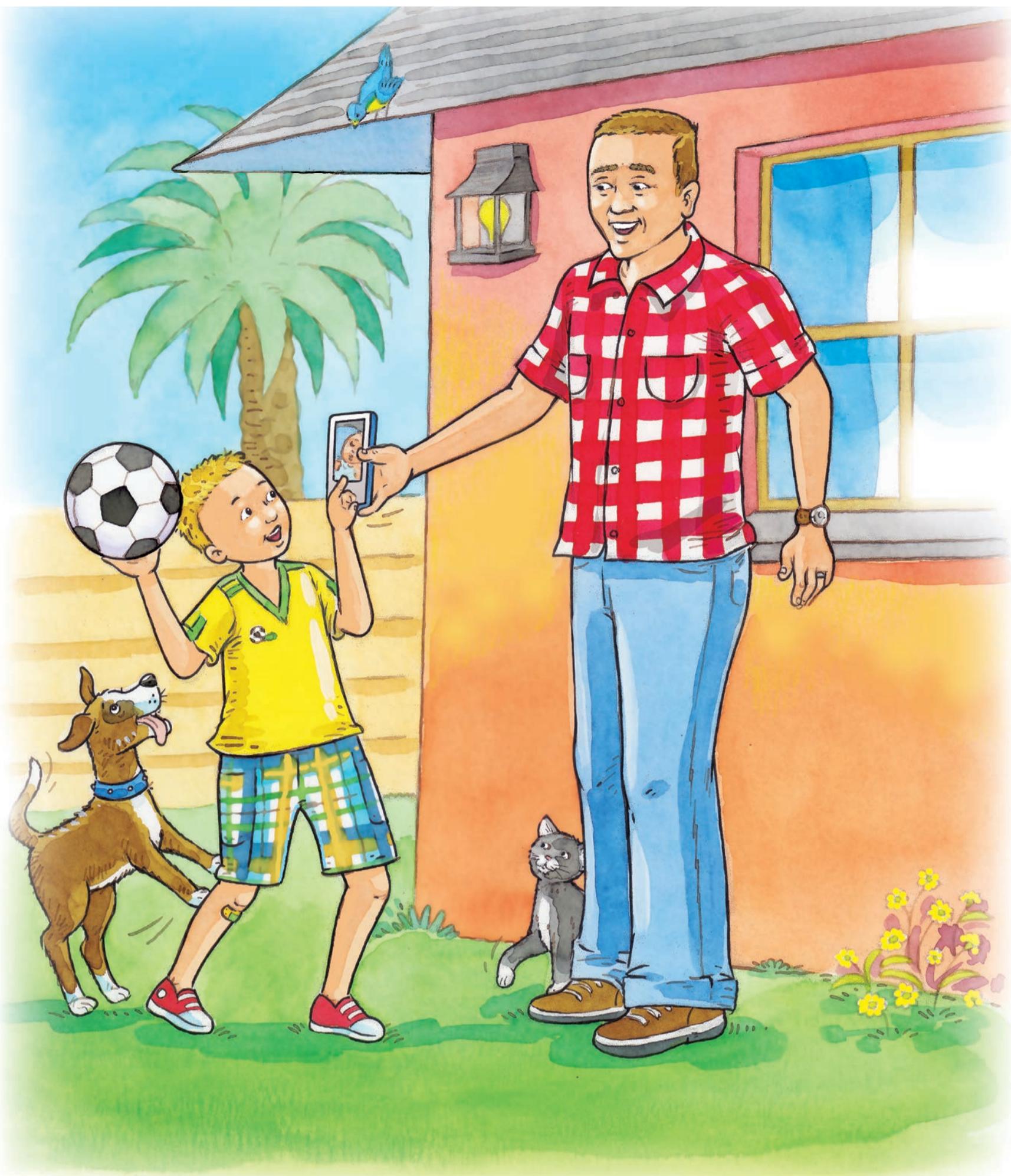
“Fa ke le mo bookelong, nkoko o tlaa go tlhokomela,” a rialo.

“Mme ga ke batle lesea,” ga ngongorega Bobby.

“Nka tshameka jang le lesea?”

“Ke batla abuti yo mogolo,” a rialo.





Morago ga malatsi a le mmalwa mme a ya kwa bookelong. Rre o ne a bolelala Bobby gore lesea le tsetswe.

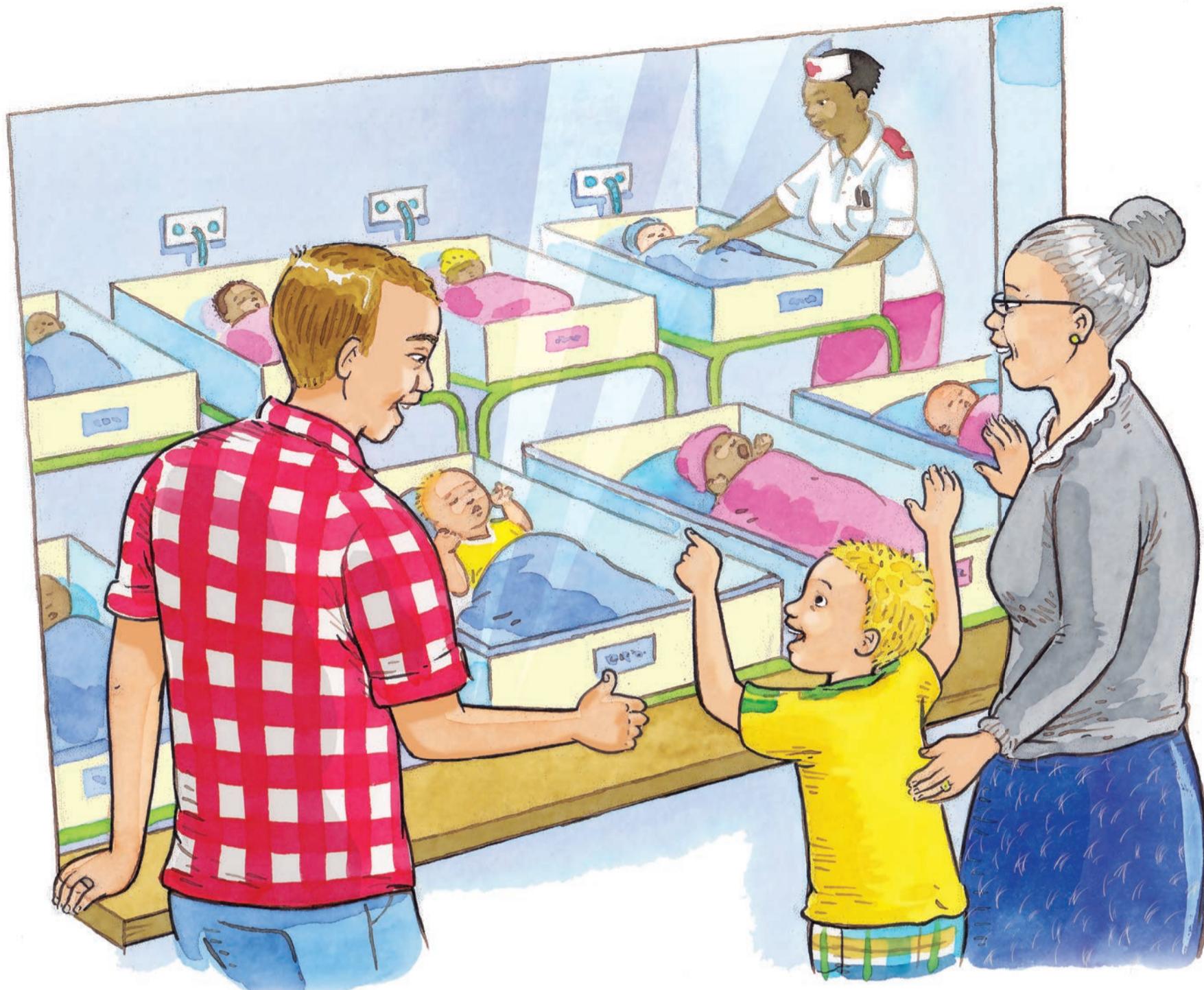
"A ke mosimane kgotsa mosetsana?" ga botsa Bobby.

"Ke mosimane," ga araba rraagwe.

Maitseboa ao, rraagwe, Bobby le nkoko
ba ne ba ya go bona lesea.

Bookelo bo ne bo tlhanasela. Bobby
o ne a bona dingaka le baoki. O ne a
bona emelense e goroga ka monna yo o
lwalang. "Lesea le kae?" ga botsa Bobby.





Morago Bobby o ne a ya kwa phaposing
ya masea ya bookelo. O ne a lebelela
masea.

O ne a simolola ka lesea le le apereng
jeresi ya Bafana.

Bobby o ne a itse gore yo ke monnaawe
wa mosimane.

“O montlenyana. O tshwana le nna,” ga
bua Bobby.

Bobby o ne a lebelela lesea mme a botsa:

A o na le leina?

Ee ke Atang.

A o na le meno?

Nnyaya, ga a ise a tlhoge.

A o kgona go tshameka
kgwele ya dinao?





Atang wa lesea o ne a bula matlho.

O ne a lebelela Bobby.

Morago lesea la emisa letsogo la lona.

"Bona, o mpha botlhano!" ga bua Bobby ka boitumelo.

"O se ka wa tshwenyega nnake. Ke go rata fela jaaka o ntse. Re tlaa tshameka kgwele ya dinao mmogo fa o le mogolwane."

O amogetswe mo Motseletseng wa Dibukakgolo. Bukakgolo e e bopa karolo ya Motsleletseng 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.

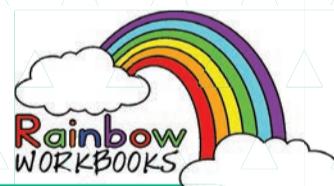
Dibukakgolo mo metseletseng e di tlaa itsise barutwana ba gago ka ga mefuta ya dikgang, maboko, dipina le metshameko gammogo le dikwalo tsa tshedimosetso le tsa dikerafo.

Ke tiro ya gago, go dira gore dikgang di tshele le go 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.

