



Mophato

2

Bukakgolo ya dikgang tse dikhutshwane

SETSWANA



basic education

Department:
Basic Education
REPUBLIC OF SOUTH AFRICA

Buka





Ka moo o ka dirisang Bukakgolo:

Dikgang tse di mo bukeng e:



1 Duma le ditsala tsa gagwe ba a lathega



2 Jabu o kgotlopanya mae

13

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 'lethhabaphefo 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 ntšhwa.
- 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, 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 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

Duma le ditsala tsa gagwe ba a latlhega



Mmaagwe Duma o ne a kopa Duma
go isetsa Malomaagwe e leng Harry
phasele ka kwa moseja wa noka.

“Tsamaya gona jaanong,” a bua.

“O tshwanetse go tloga ka bonako
gore o tle o boele gae
letsatsi le sa ntse le
tthabile.”

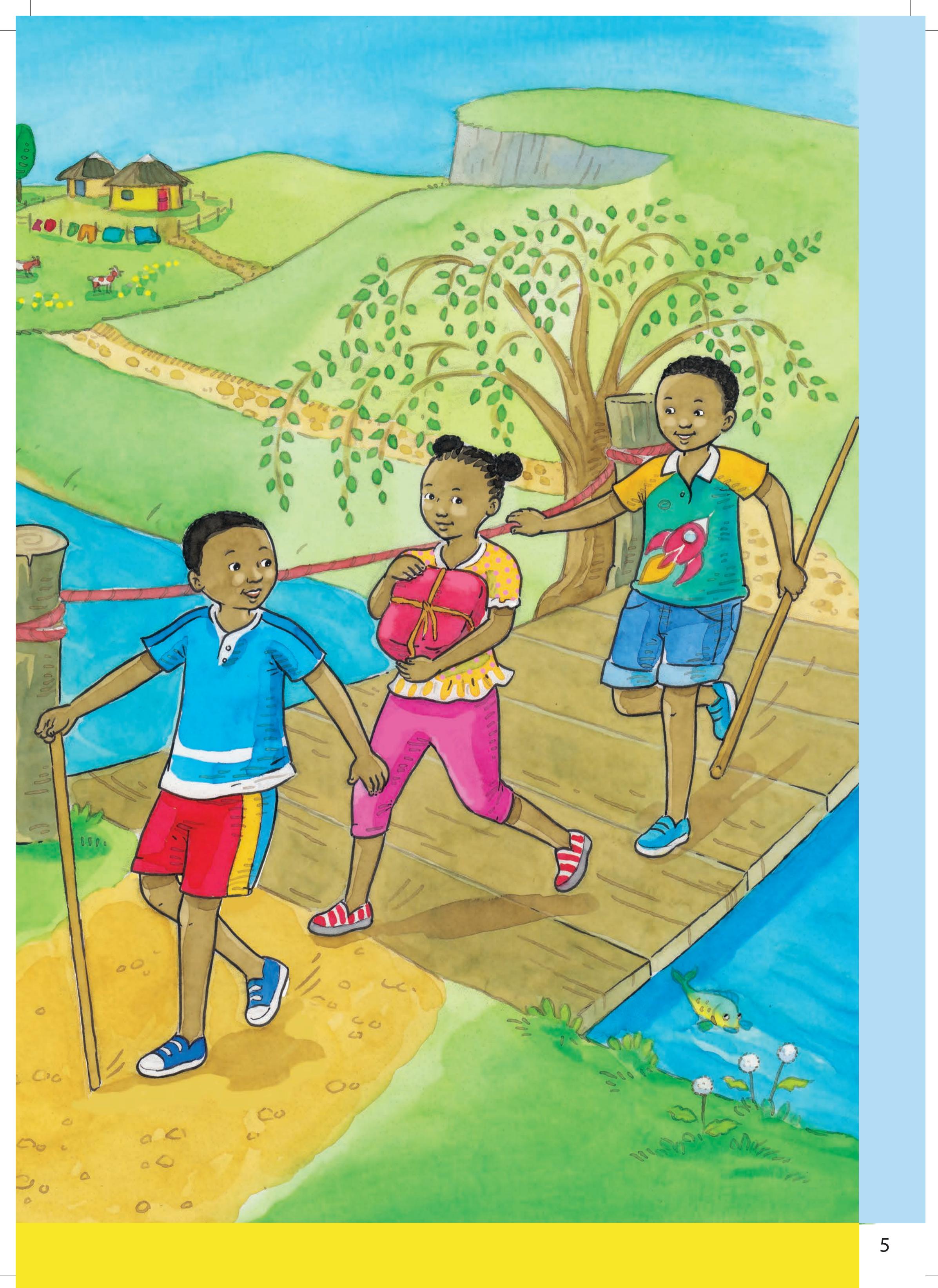
Mme Duma
le ditsala tsa
gagwe, Ikaneng
le Themba, ba
ne ba tshameka
kgwele ya dinao,
mme ba tloga go
setse go le thari.





Bana ba bararo ba ne ba
kgabaganya borogo ba ya kwa
ntlong ya ga Malome Harry.
E ne e le motsila o moleele go
tswa gae.





Fa ba le mo tseleng ya go boela
gae, bana ba utlwa go ratha go go
kwa godimo ga legadima. Go ne go
tla pula ya magadima.

"A re khutshwafatse tsela ka go
kgabaganya ka sekgwa," ga bua
Duma.



Fa ba le mo tseleng ya go boela gae,
bana ba utlwa go ratha go go kwa
godimo ga legadima. Go ne go tla pula
ya magadima.

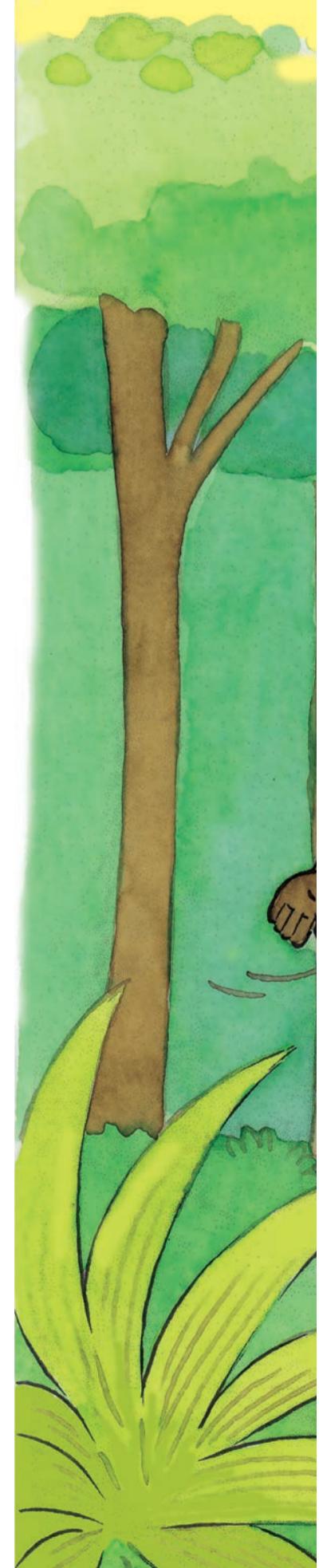
"A re khutshwafatse tsela ka go
kgabaganya ka sekgwa," ga bua Duma.

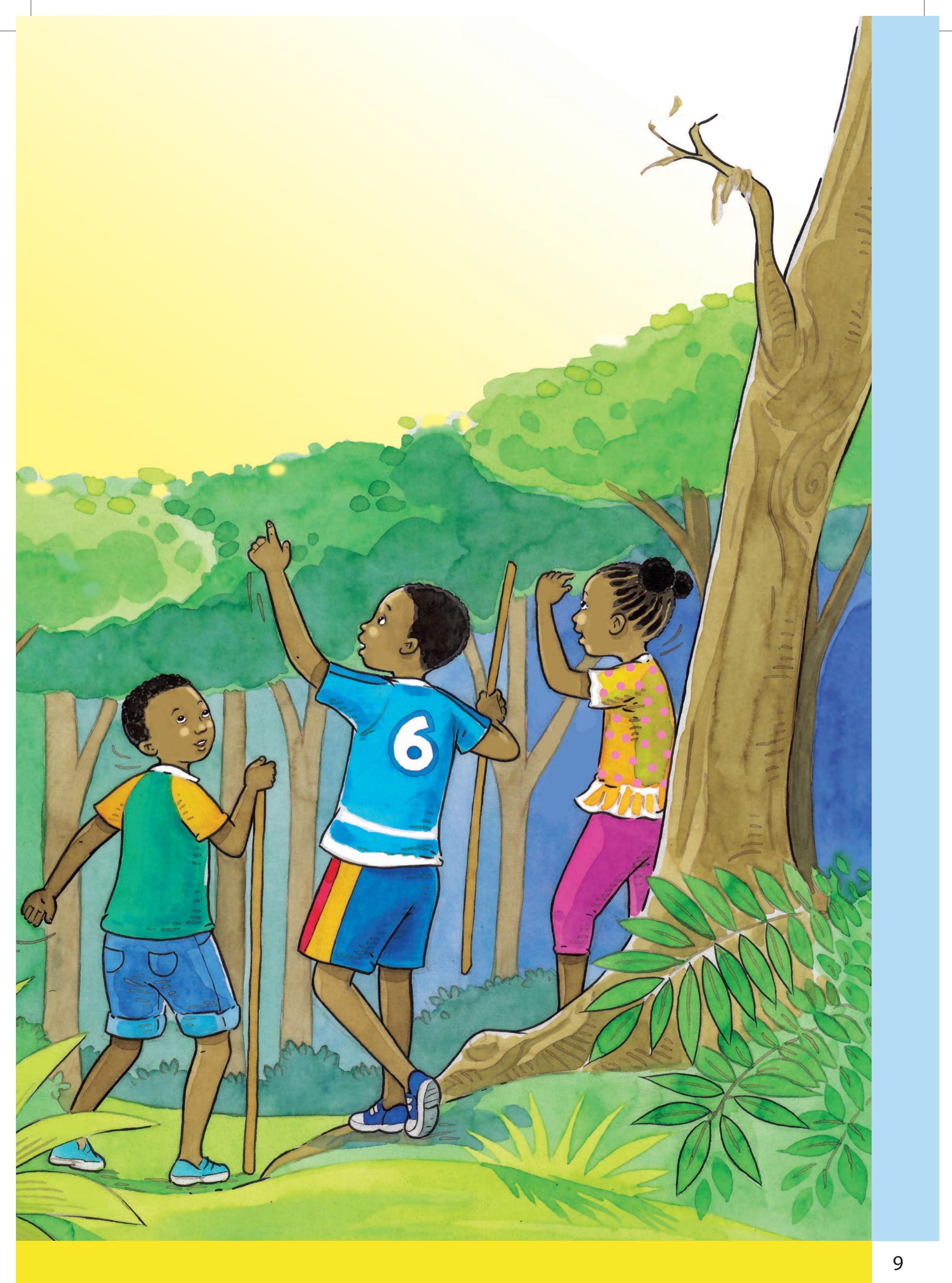


Ga nna lefifi mme bana ba
latlhega.

"Ke batla go ya kwa gae," ga bua
Ikaneng.

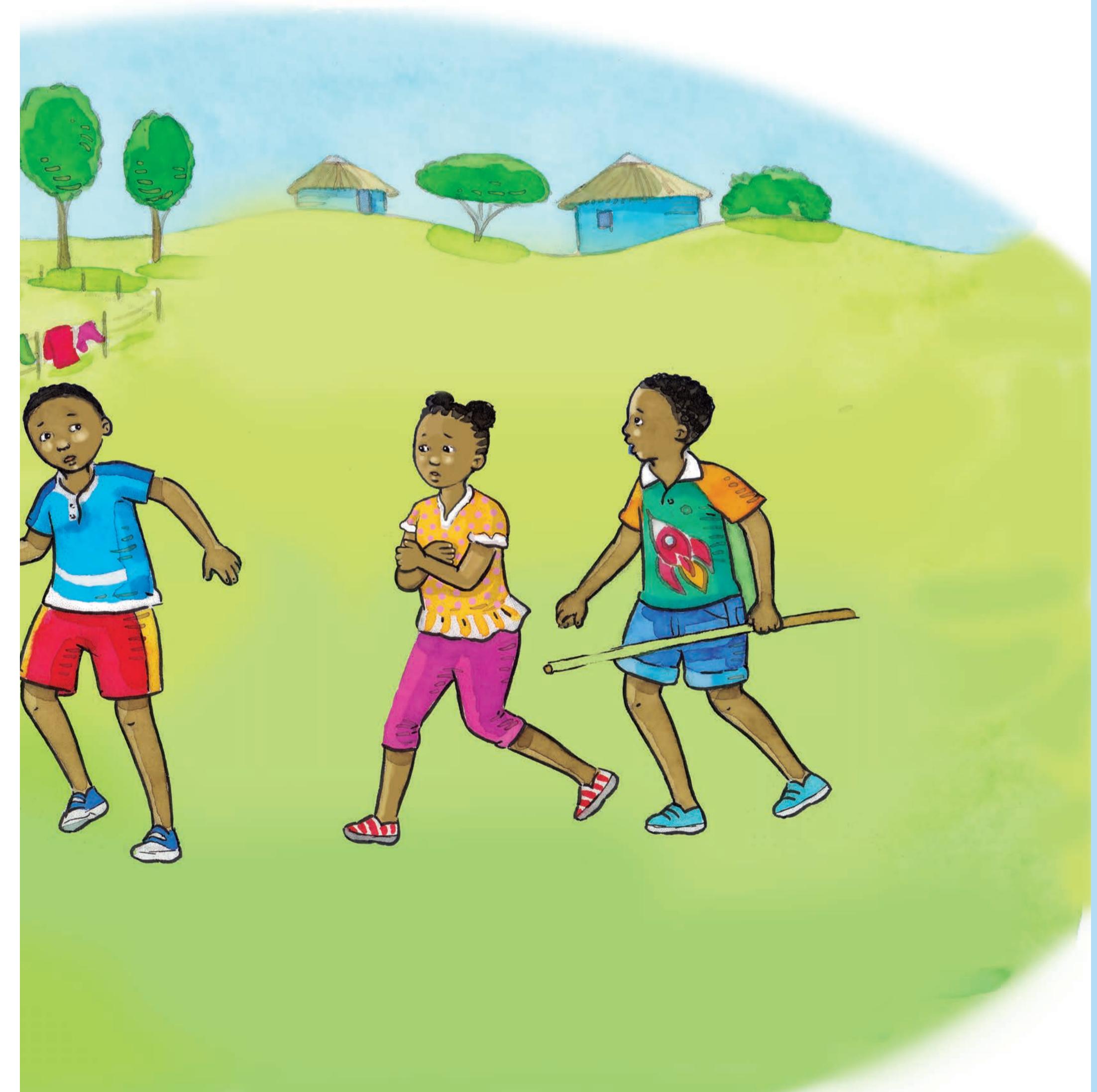
"Re tshwanetse go ema go fitlhah
letsatsi le tlhaba," Themba a
bolelela ausiagwe.





Kwa bokhutlong ba ne ba
goroga kwa gae. Ba ne ba
gatsetse e bile ba kolobile.
Motse otlhe o ne o ntse o
ba batla.





"Intshwarele Mma!" ga bua Duma.

"Re tlogile thari mme morago ra latlhega mo lefifing."



2

Jabu o kgotlopanya mae



"Jabu, a o ka se ka wa ya kwa khefing go ya go reka dosene ya mae le lebotlolo la mašwi," ga bua mme jaaka a naya Jabu lenaneo la dilwana tsa go rekwa.

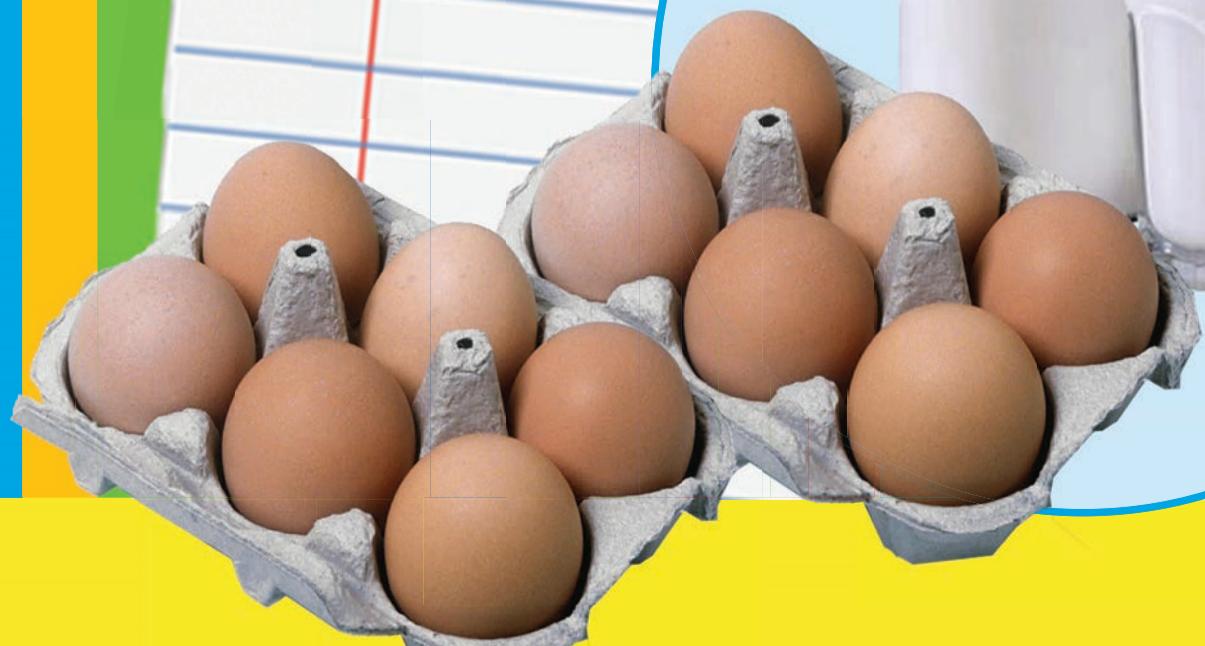
"Ao Mma, ke batla go tshameka kgwele ya dinao le Ati le Joe," ga araba Jabu.

"Ke batla go baka dikuku mme ke tlhoka mae. O tlaa ya go tshameka morago ga moo. Tsweetsee o ele tlhoko gore o se ka wa thuba mae ao," ga bua Mme.



mašwi

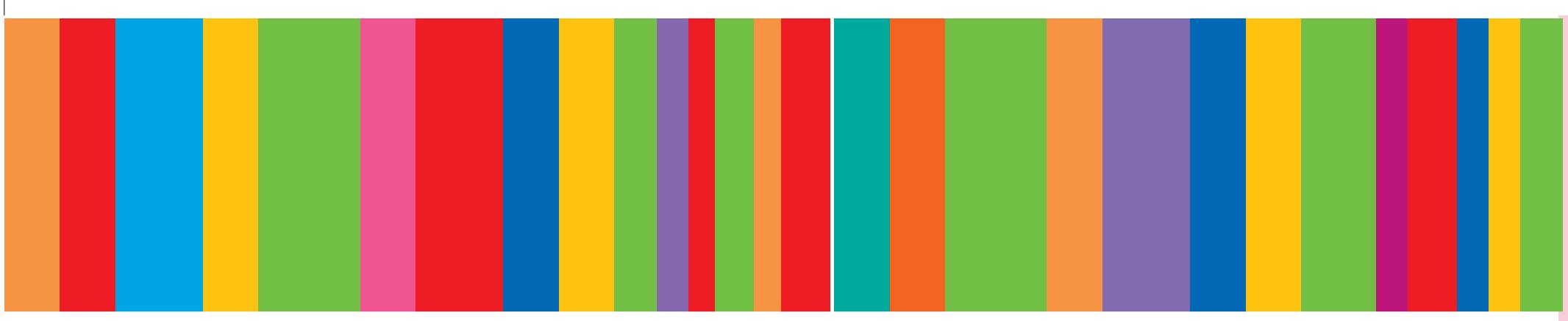
mae



“Ke kopa dosene ya mae le dilitara tse pedi tsa mašwi tsweetsee,” ga kopa Jabu.

“O di tshware ka kelothoko gore o se ka wa thuba mae,” ga bua ralebenkele.

“O se ka wa tshwenyega Rre Gago, ke aga ke le kelothoko thata,” Jabu a araba a neela ralebenkele madi.



Jabu o ne a tsamaya a letsa molodi fa a ya kwa gae. "Fela fa ke sena go baya mae le mašwi, ke tlaa bo ke tabogela go tshameka kgwele ya dinao le Ati le Joe," ga bua Jabu.

O ne a tsamaela kwa gaabo ka kelotlhoko gore a se ka a thuba mae.

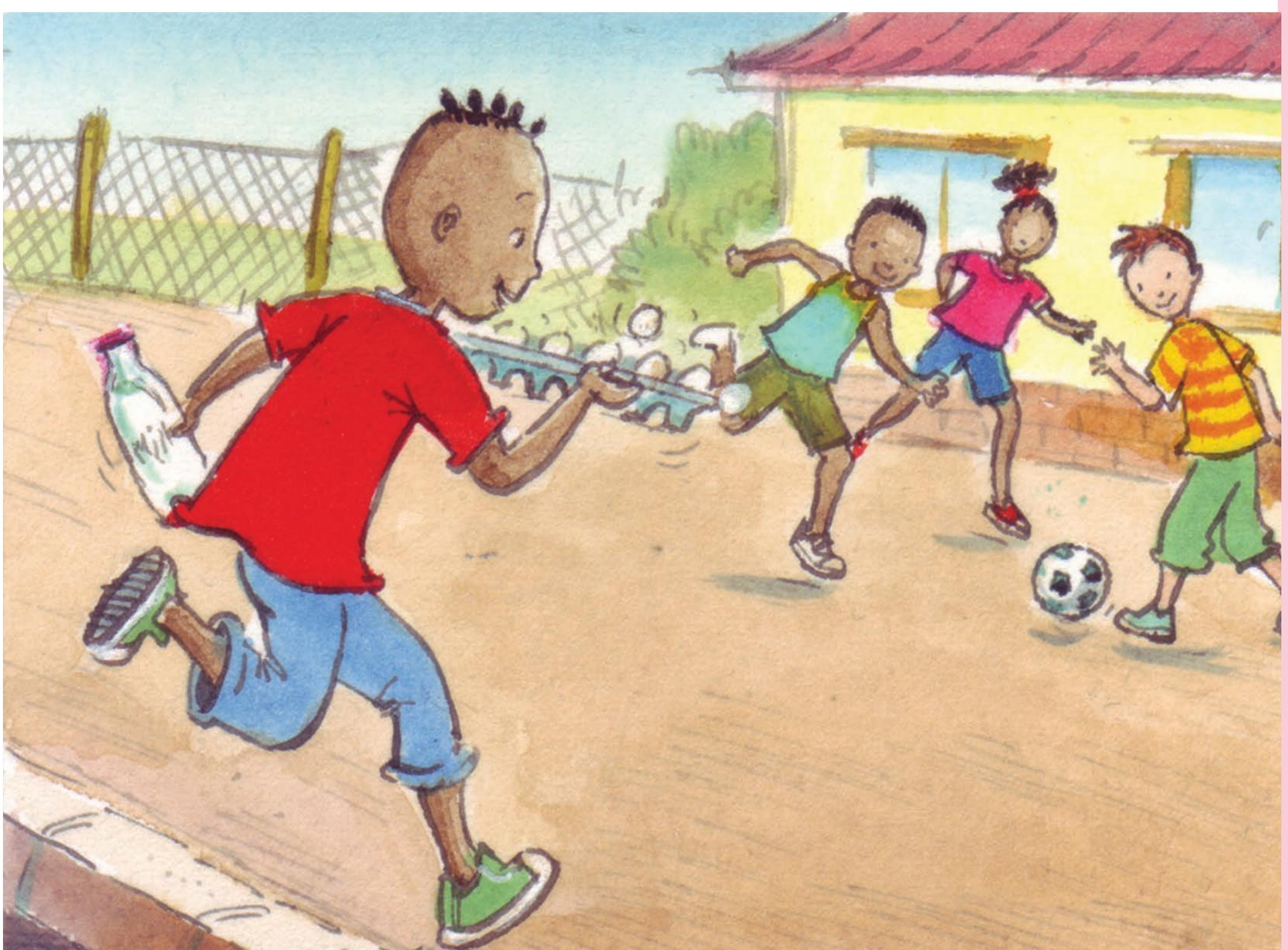
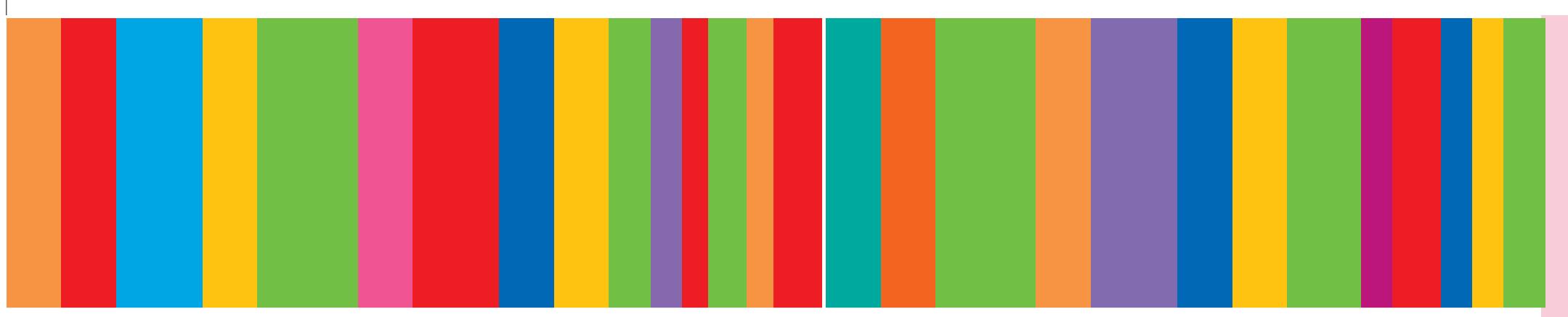
Mme Jabu a itebala.

A bona ditsala tsa gagwe



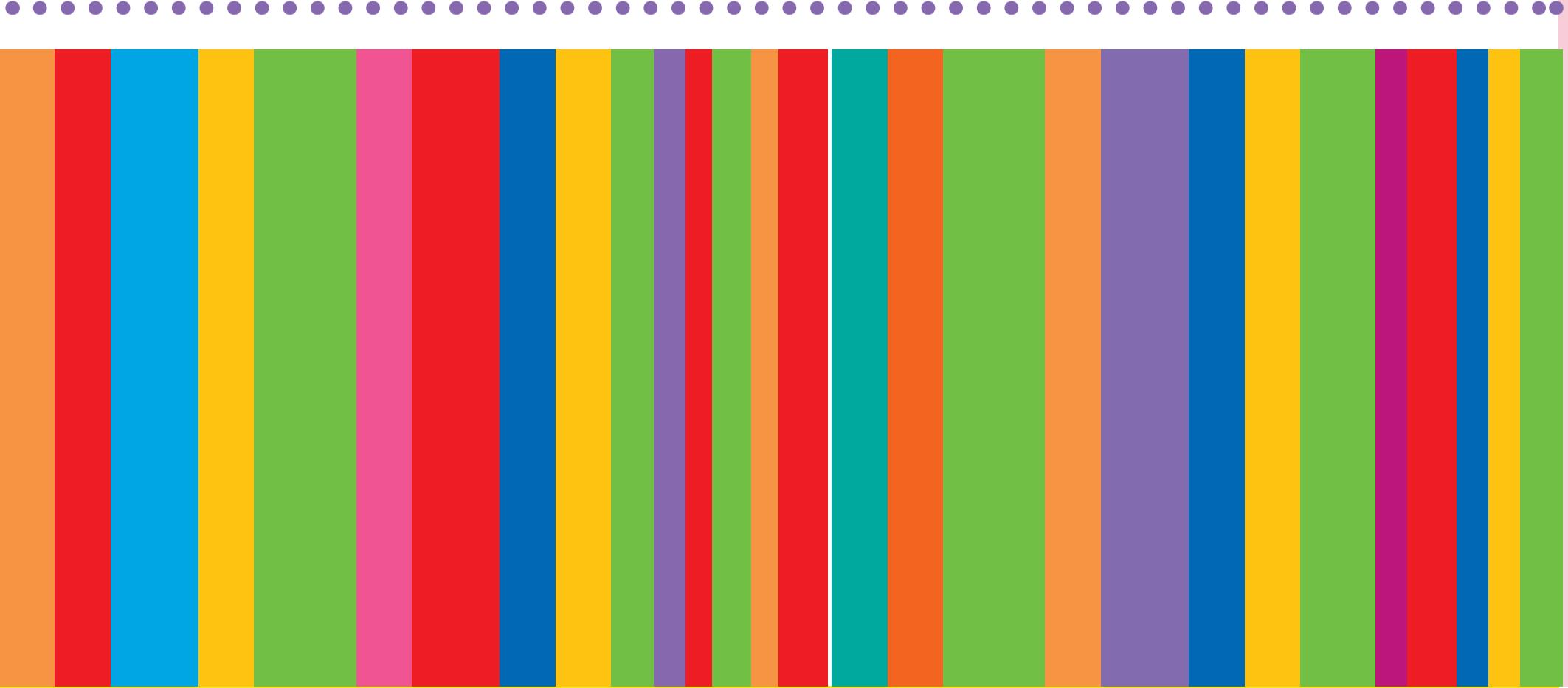
“Heela, Ati le Joe. Ke tlaa tla go
tshameka fela fa ke sena go naya
Mme mae,” ga goa Jabu.

Jabu wa batho a lebala gore o
tshwere mae mme a tabogela kwa
ditsaleng tsa gagwe.

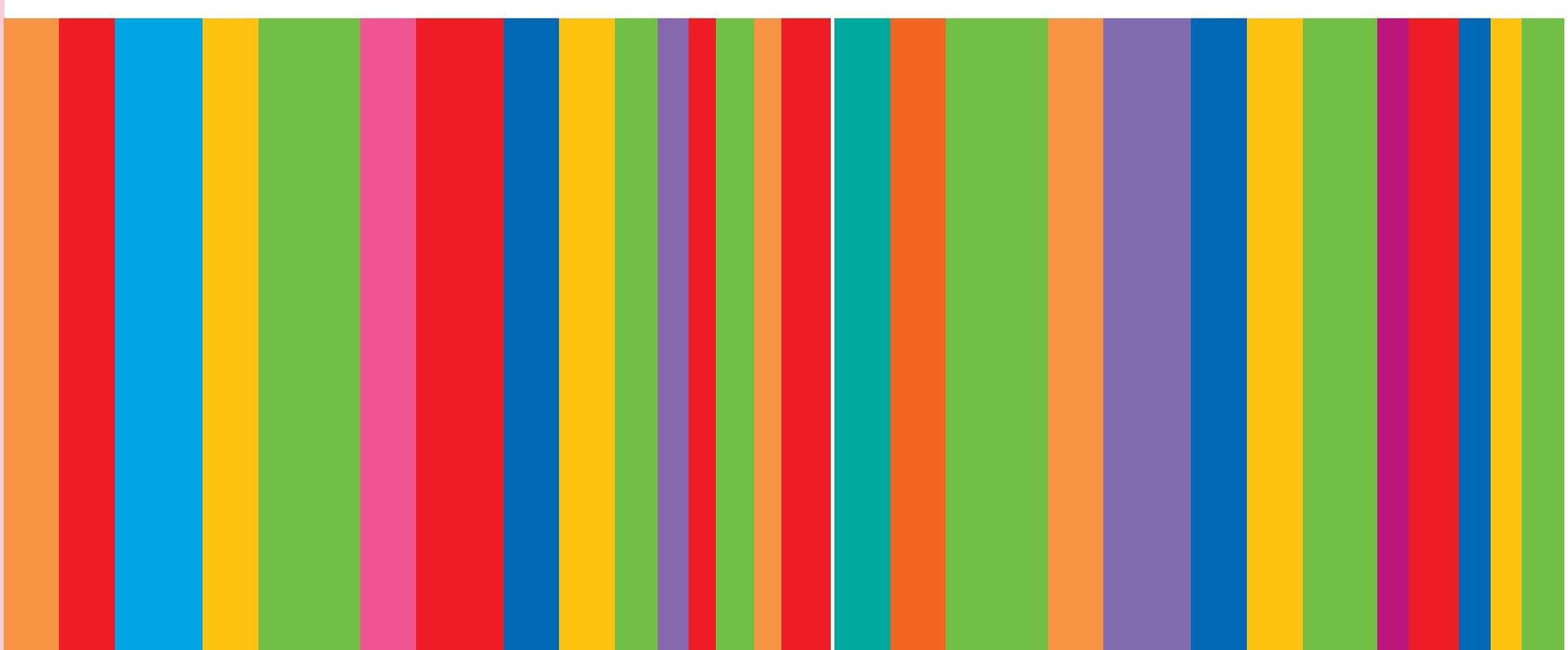


“Aaaagga!” ga goa Jabu.

“Ke kgotlopantse mae!”



"Jaanong ke ya go raya Mme ke reng?"





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.

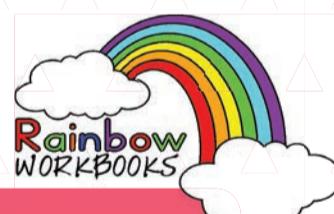
Dibukakgolo mo metseletseng e di tlaa itsise barutwana ba gago ka ga mefuta ya dikgang, maboko, dipina le metshameko gammogo le dikwalo tsa tshedimosetso le tsa dikerafo.

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.

ISBN 978-1-4315-3074-8



ISBN 978-1-4315-3074-8

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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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The Big Books in this series are available in all languages. They were developed by a team of UNISA Language and Education experts as part of their Community Engagement contribution to South Africa's education sector.

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.

