



Bukakgolo ya dikgang tse dikhutshwane

SETSWANA

8

Buka



basic education

Department:
Basic Education
REPUBLIC OF SOUTH AFRICA

Ka moo o ka dirisang Bukakgolo:



Dikgang tse di mo bukeng e:



1 Mmutla le Khudu

1



2 Wendy Leruarua o boloka botshelo

q

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 'lethhabaphefо 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 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 bolelapele 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 tlotlofoko 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 fitlha gararo go naya barutwana tshono ya go opela dipolelwana tsa puo, go diragatsa ditirwana tsa metshameko kgotsa go tlotla 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 tlotlofoko 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

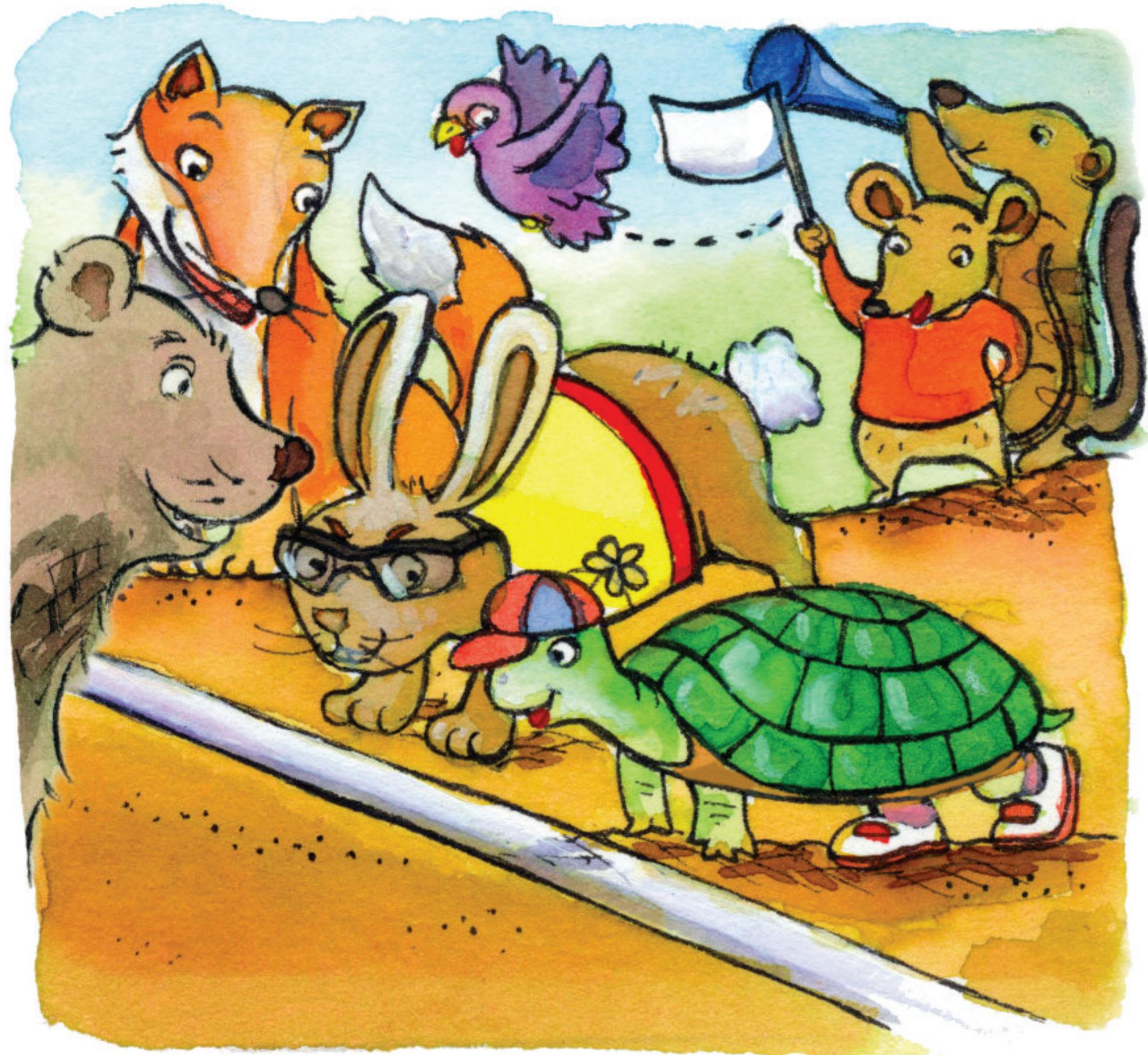
- Mo sebakeng sa boraro sa puiso e e amoganwang, bana ba tshwanetse go buisa sekwalwa ka bobona mme ba arabele ditirwana tse di ikaegileng ka sekwalwa tsa molomo, tiragatso le tse di kwadiwang.
- Fa go kgonega, sekwalwa sa Puiso e e Amoganwang se tshwanetse go sedimosa. Kwalo e e Amoganwang moo morutabana a bontshang ka moo sekwalwa se kwadiwang ka teng mme barutwana ba tshwaragana le go tlhamfa morutabana a nna mokaedi le mokwadi wa dintlhakgolo. Tsamaiso e ya tshedimosetso e thusa go baakanyetsa barutwana ditiro te ba di kwalang.

1

Mmutla le Khudu



Ga twe bogologolo Mmutla le Khudu
ba ne ba nna mo sekgweng se setala.
Khudu e khunou e ne e tsamaya ka
iketlo thata mme Mmutla ona o ne
o aga o e tshega. Letsatsi lengwe
Mmutla wa raya Khudu wa re, "Tlaya
re bone gore ke mang yo o lebelo go
gaisa." Khudu ya dumela mme Mmutla
wa tshegela kwa godimo. Diphologolo
tsotlhe tsa tla go bogela lebelo.



Mmutla wa taboga ka lebelo mme ka bonako ke fa o setse o le kwa pele ga Khudu. Wa lebelela kwa morago mme o sa kgone go bona Khudu gonne e ne e le kwa morago thata.



"Khudu e bonya thata," ga akanya Mmutla. "E tlaa tsaya nako e telele go tla fa. Ke ya go ikhutsa mme fa ke bona Khudu a tla, ke tlaa taboga ka lebelo gore ke fenyelabelo."

Mmutla wa kanama mme wa tshwarwa ke boroko.



Fa o ntse o robetse wa utlwa diphologolo tse dingwe di goeleditse ka boitumelo. O ne wa akanya gore o a lora. Mme ya re fa o tsoga wa lemoga gore Khudu o gaufi le mola wa phenyo.

Mmutla wa taboga ka lebelo le le gaisang mme wa se ka wa kgonna go tshwara Khudu. Khudu a bo a setse a fentse lebelo.



2

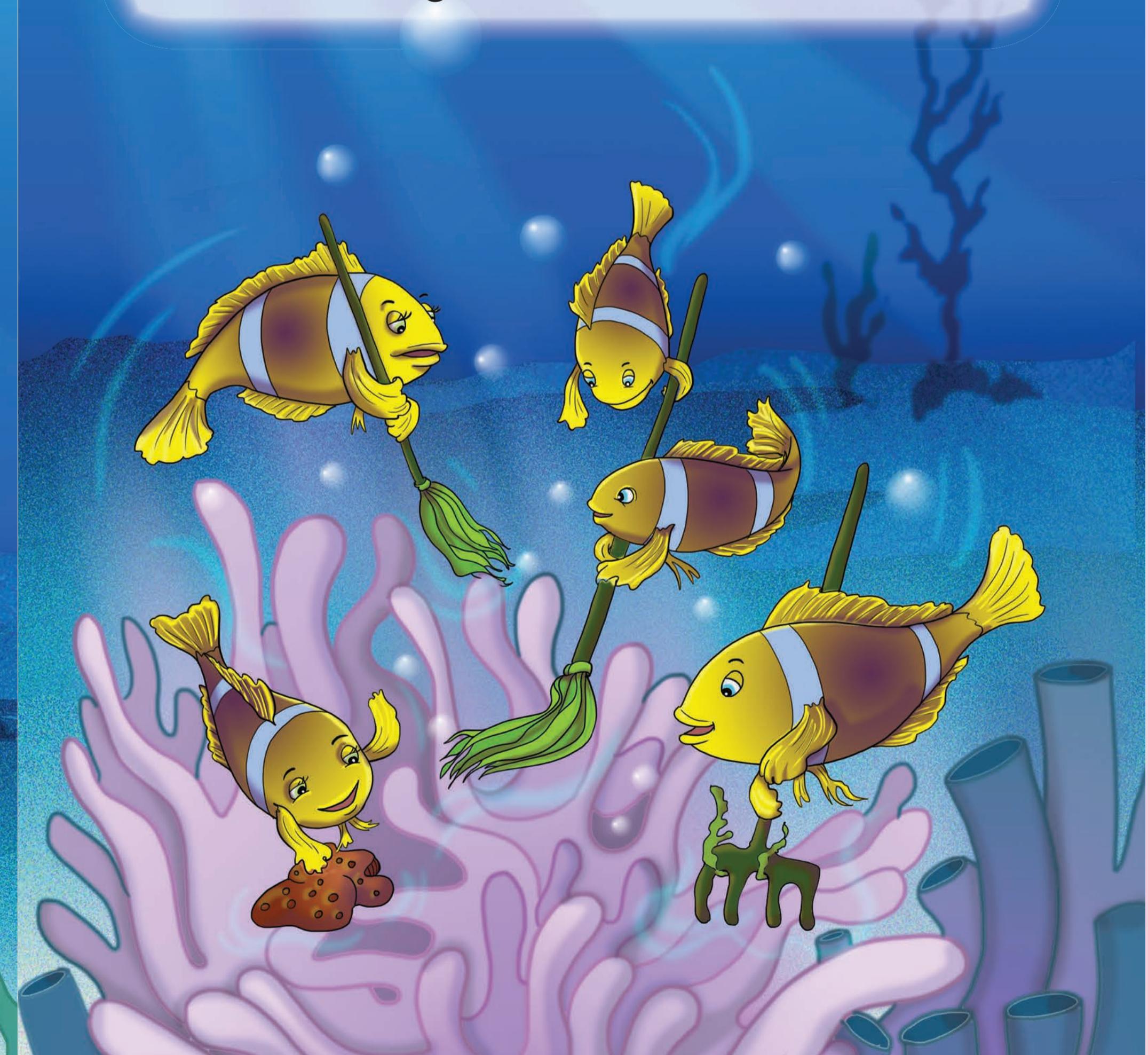
Wendy Leruarua o boloka botshelo



Bogologolotala lelapa la ga
Tlhaphimetlae - le le neng le bopiwa
ke mme, rre le bana ba bararo ba
bannyé - le ne le nna kwa botennyé
jwa lewatle le le botala jwa legodimo.



Mo maitseboeng, morago ga
sekolo bana ba bararo ba ne
ba thusa batsadi ba bona go
phepafatsa legae la bona mo
marulelong a dikhорale.



Lelapa la Tlhapimetlae le ne le
tshela ka boitumelo mo lewatleng.
Balelapa ba ne baja mpa mpolae
mo marulelong mme ba babalesegile
thata.

Go fitlha ka letsatsi lengwe ...



... fa lelapa la ga Tlhapimetlae le utlwa
mongwe a goa ka lentswe le le kwa
godimo.

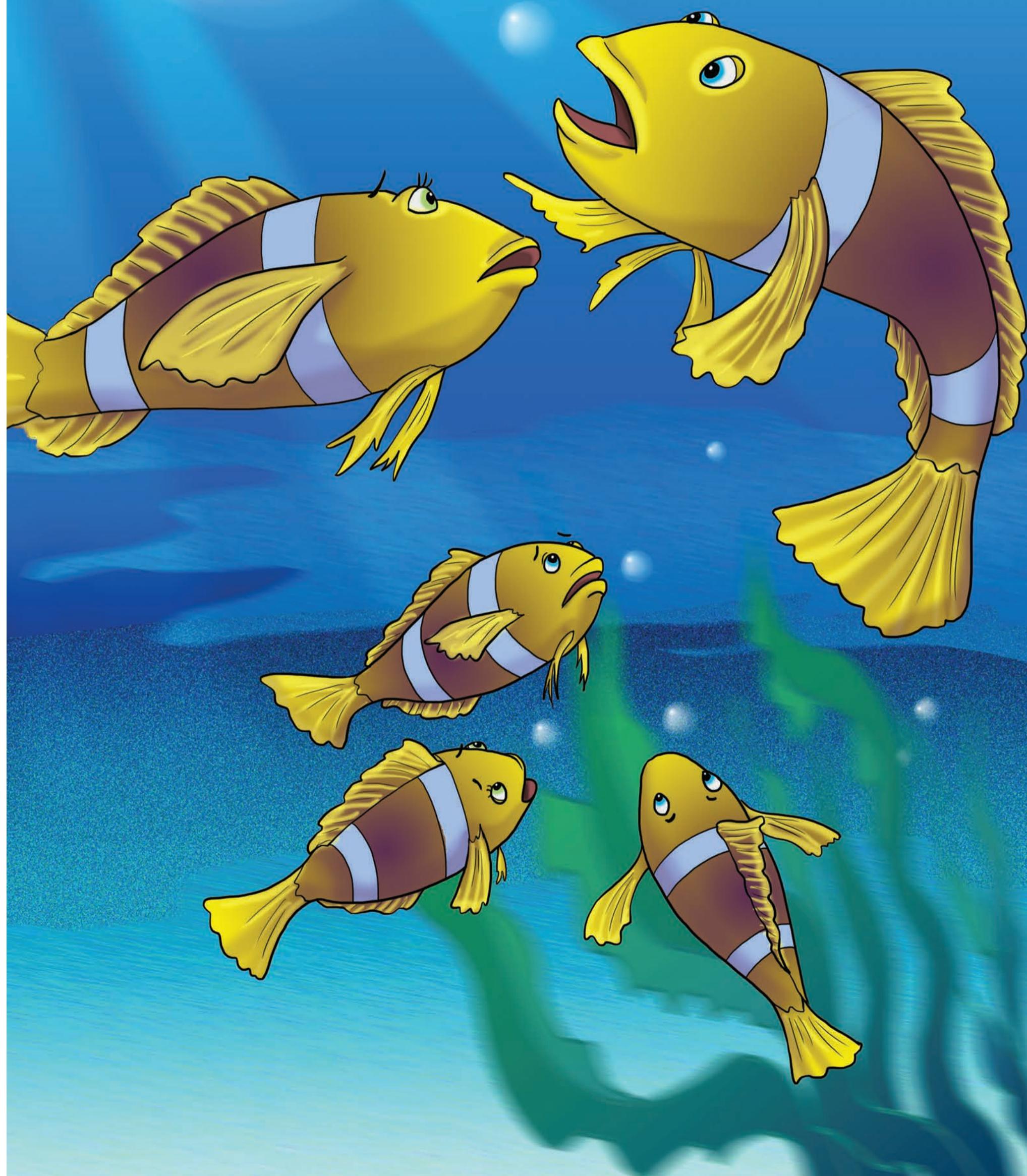
“Thusang! Thusang! Thusang!”

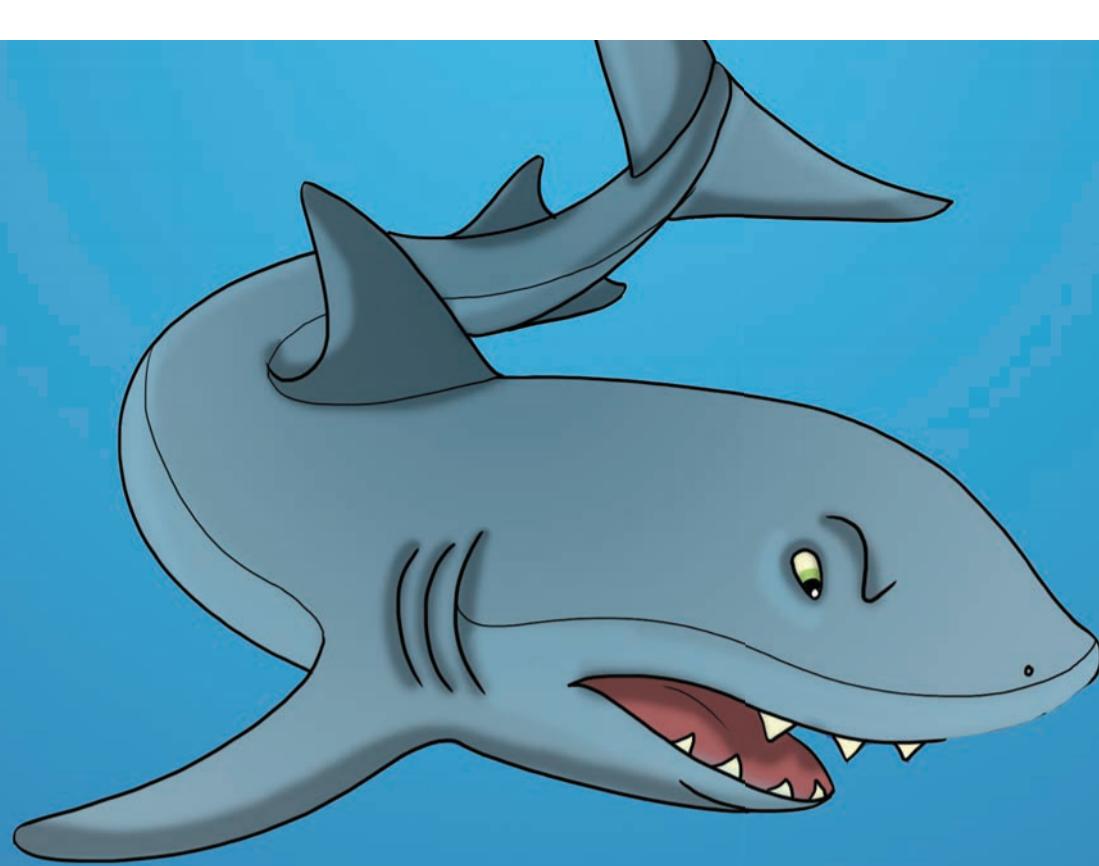
“Ke mang yo o goang jaana?” ga botsa
Mohumagadi Tlhapimetlae.

“Ke a gakgamala gore go ka tswa
go diragala eng?” ga botsa Rre
Tlhapimetlae.

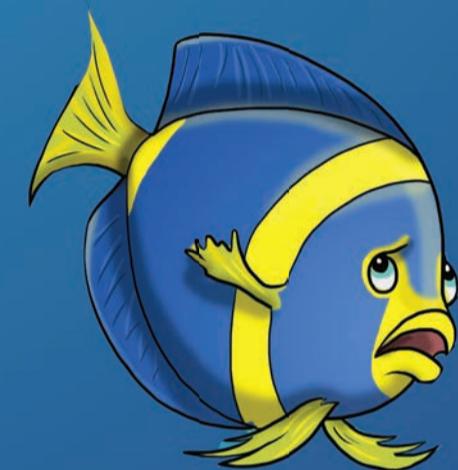
“Re tshogile!” ga lela ditlhapi tse tharo
tse dinnye.

Thusang!





Morago kotsi ya diragala. Ba bona
Šaka Makakaba a tebetse Angie
Tlhapimoengele wa batho.



Angie Moenengele wa batho o ne a
tshogile thata gore a bo a thumele
kwa botennyetennye
jwa lewatle gore a
tshabele Šaka
Makakaba.



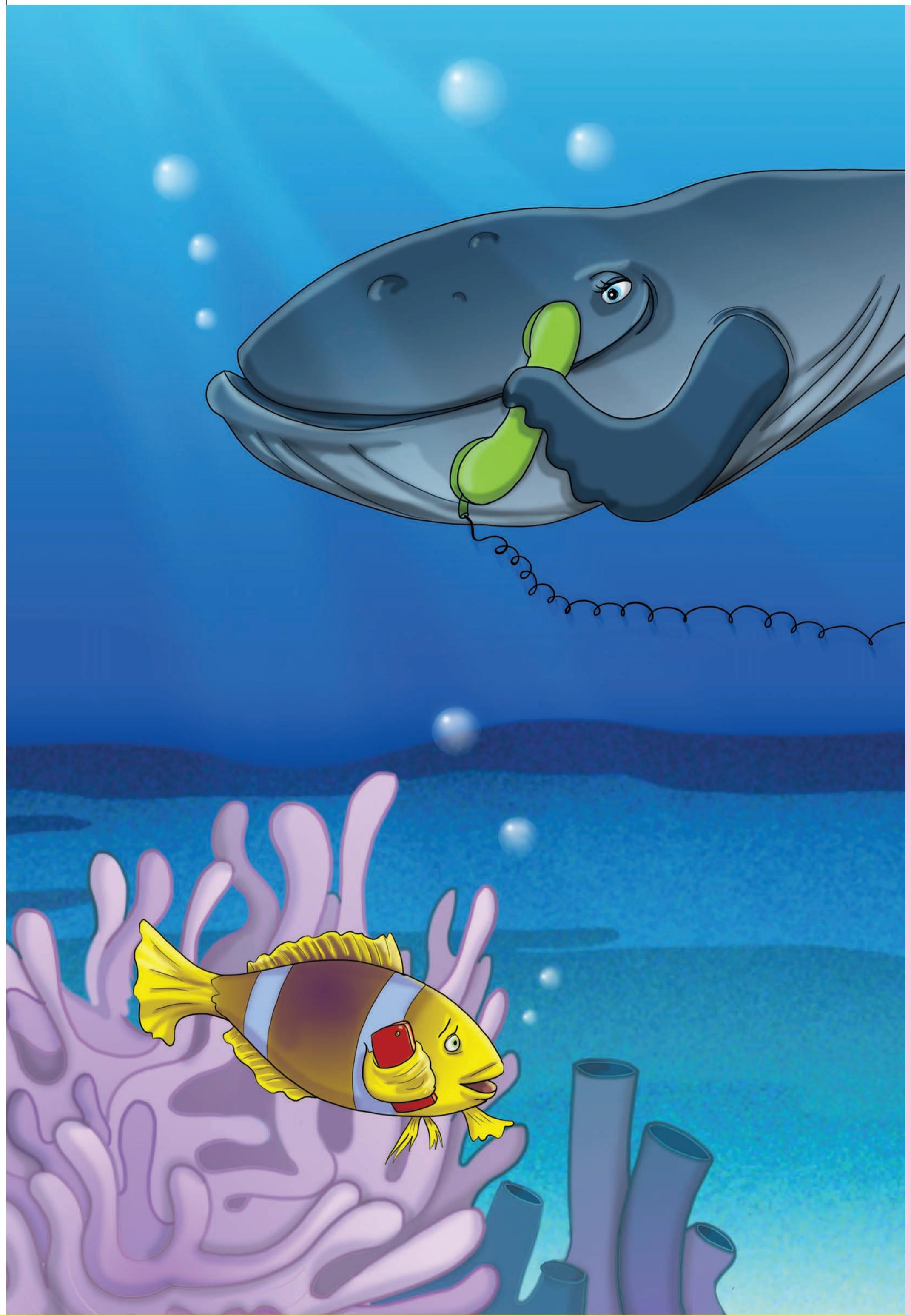


Lelapa la ga Tlhapimetlae le ne la thusana go akanya. Ba thusa Mme Angie Tlhapimoengele jang?

Ba ne ba itse gore ke tlhapi e le nngwe fela e e neng e sa tshabe Šaka Makakaba.

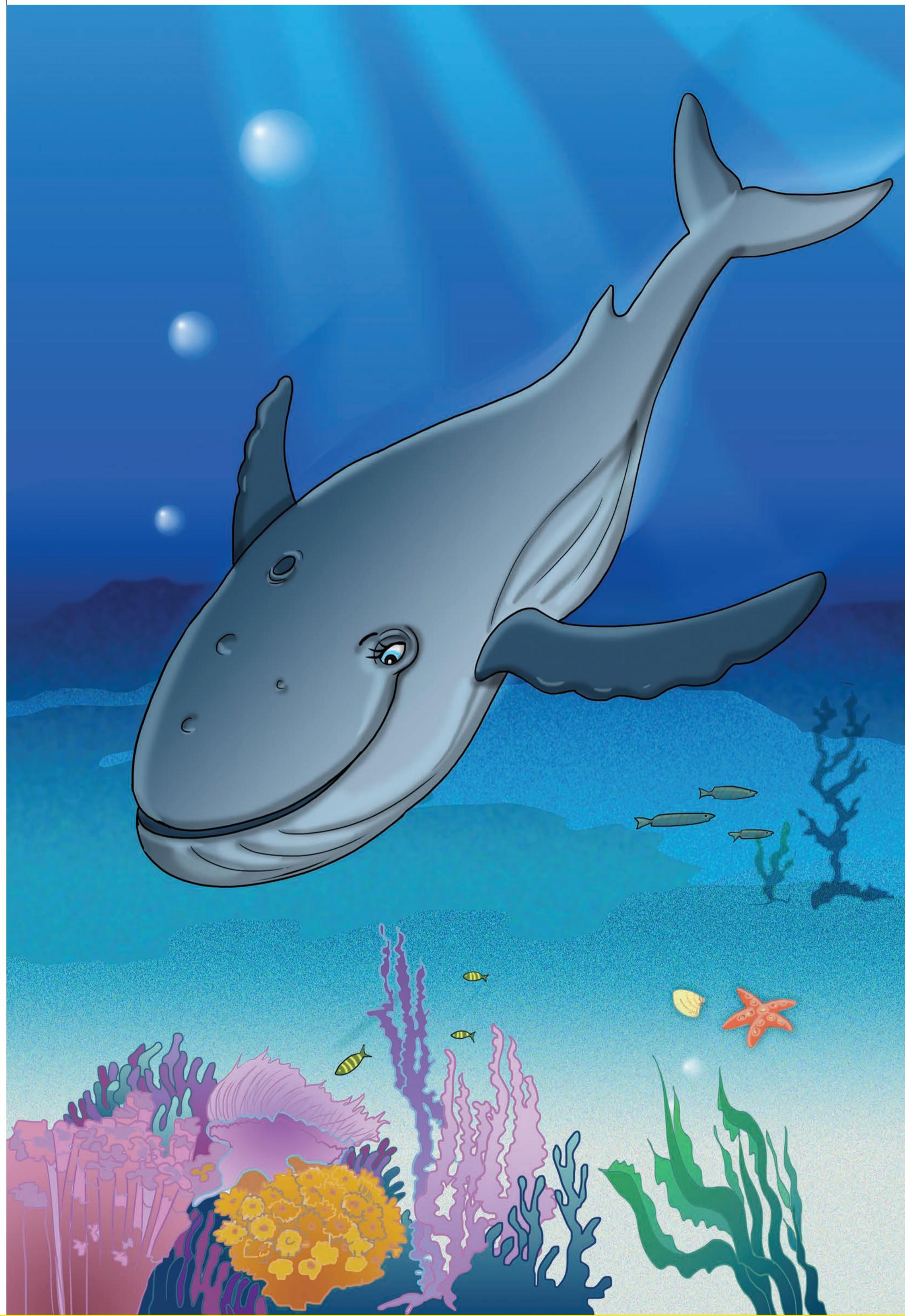
Rre Tlhapimetlae o ne a leletsa
Wendy Leruarua.

“Thusa! Wendy, thusa! Šaka
Makakaba o batla go ja Mme Angie
Tlhapimoengele. O mo kotsing e e
seng kana ka sepe”.



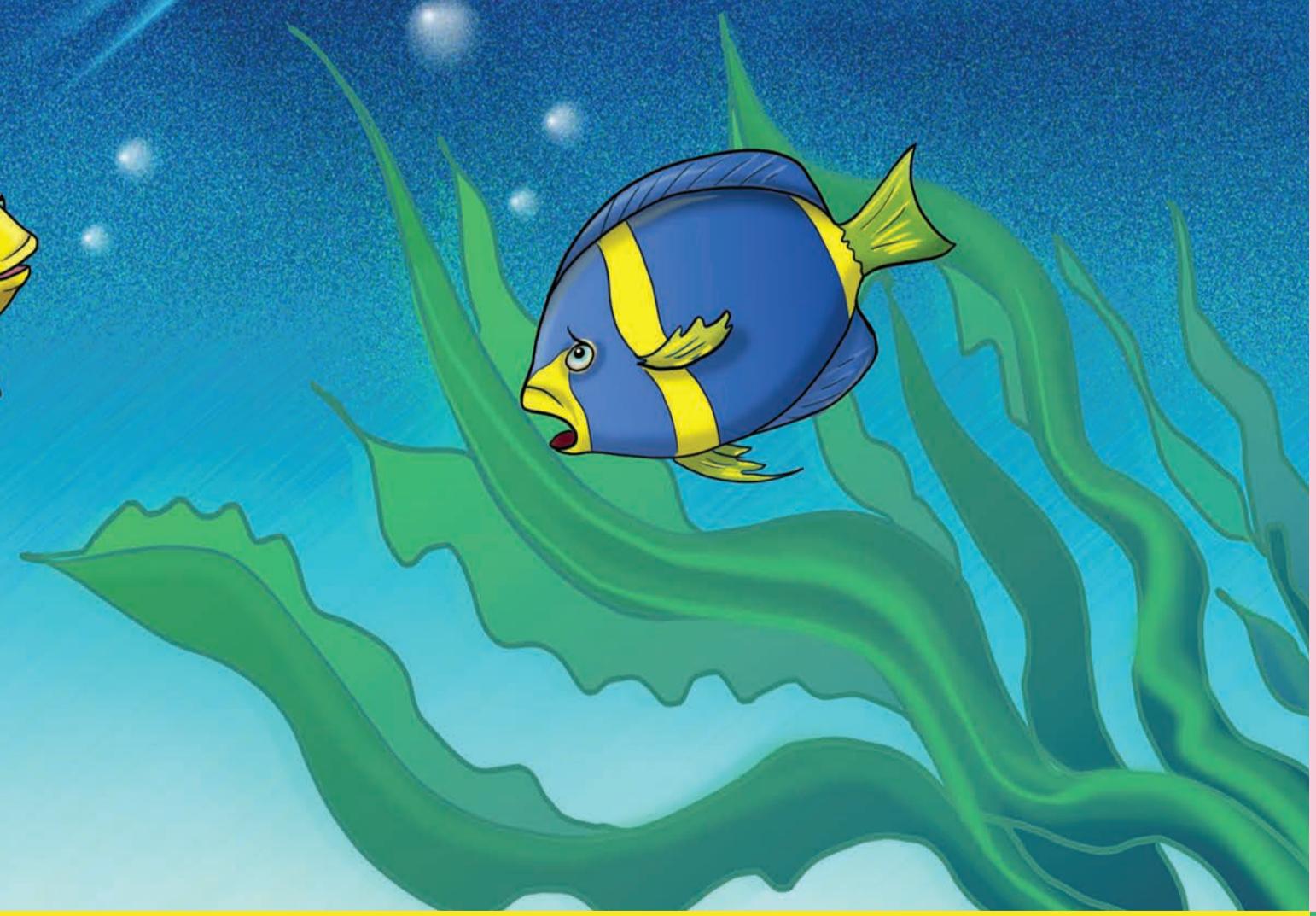
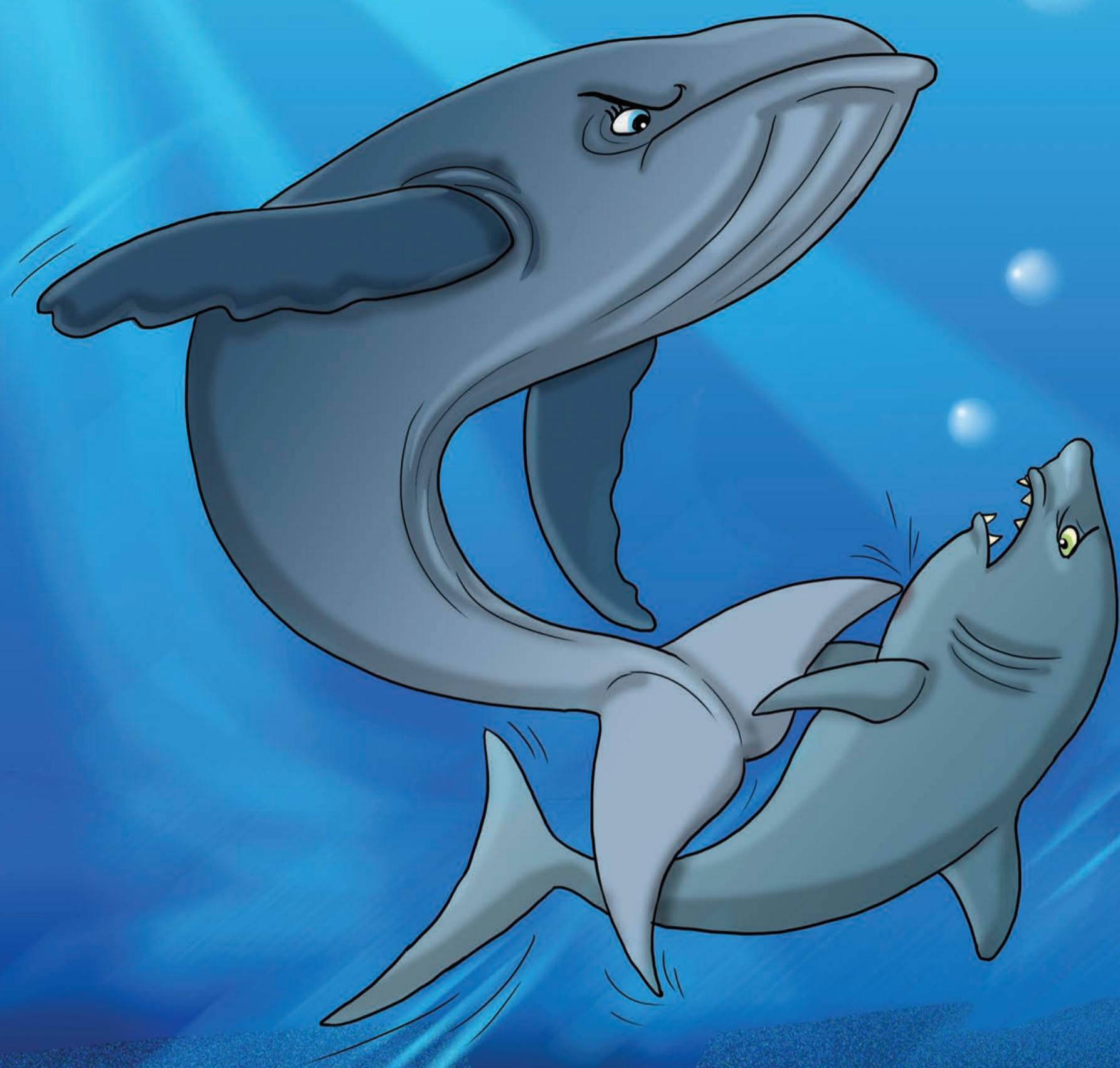
Wendy Leruarua o ne a thumela go ya kwa legaeng la ga Thlapimetlae.

“Tlaya ke thuse Mme Angie Thlapimoengele,” ga bua Wendy Leruarua. “Ke mogolo e bile ke maatla. Ga ke tshabe Šaka Makakaba”.



Fa a tla a ntse a thimotsa mogatla wa gagwe, a otla Šaka Makakaba ka go mo thula le ka sebepi sa mogatla. Botshelo jwa Mme Angie Tlhapimoengele bo ne jwa bolokiwa.

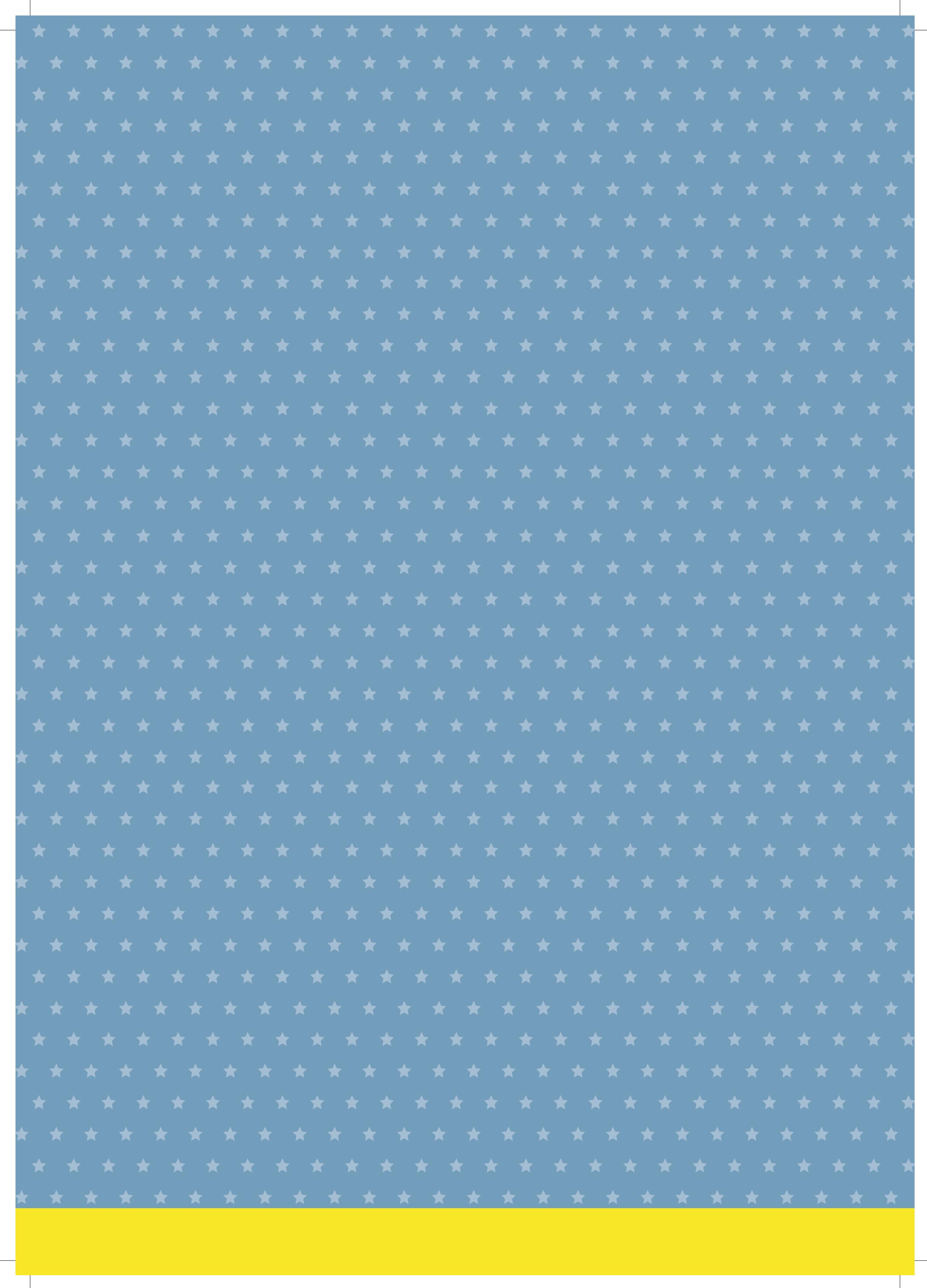
Mme Angie Tlhapimoengele o ne a leboga lelapa la ga Tlhapimetlae mme a simolola go thumela go boela kwa ga gagwe - kgakala, kgakala le Šaka Makakaba.





“Wendy Leruarua o re bolokile
e le ruri!” ga goa balelapa la ga
Tlhapimetlae.

Botsalano ke go tshepana le go
thusana.



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

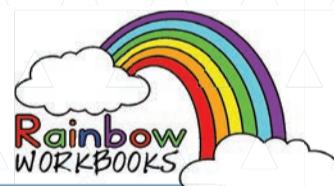
Dibukakgolo mo metselseteng e di tlaa itsise barutwana ba gago ka ga mefuta ya dikgang, maboko, dipina le metshameko gammogo le dikwalo tsa tshedimosetso le tsa dikerafo.

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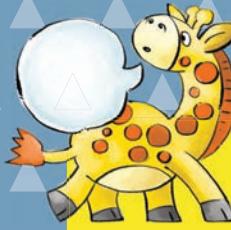
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Author: V McKay



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.

