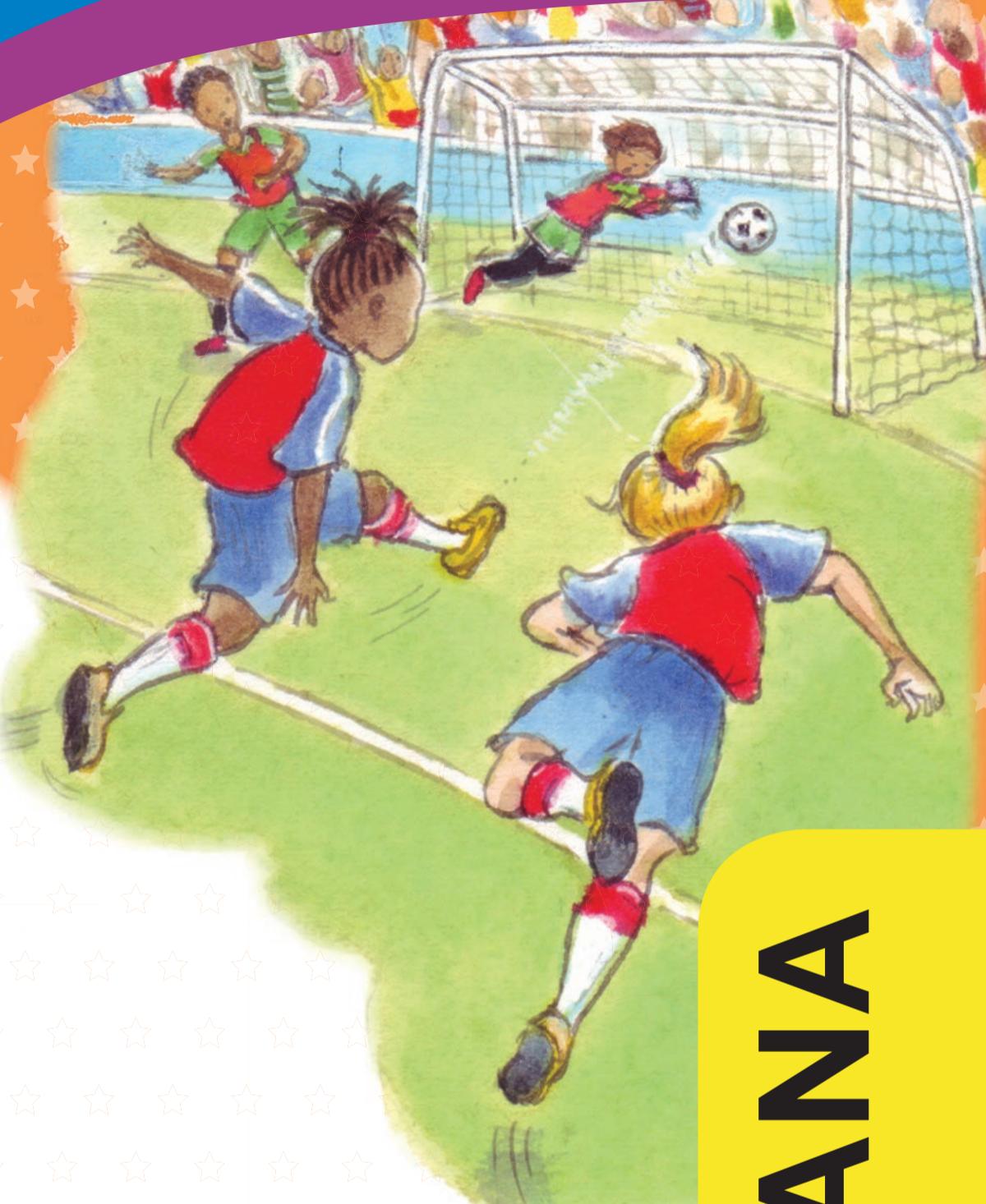




Mophato
3



Bukakgolo ya dikgang tse dikhutshwane

SETSWANA



basic education

Department:
Basic Education
REPUBLIC OF SOUTH AFRICA

Buka

4

Ka moo o ka dirisang Bukakgolo:

Dikgang tse di
mo bukeng e:



1 Go tshameka motshameko

1



2 Go ngweega go gogolo

q



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 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 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).

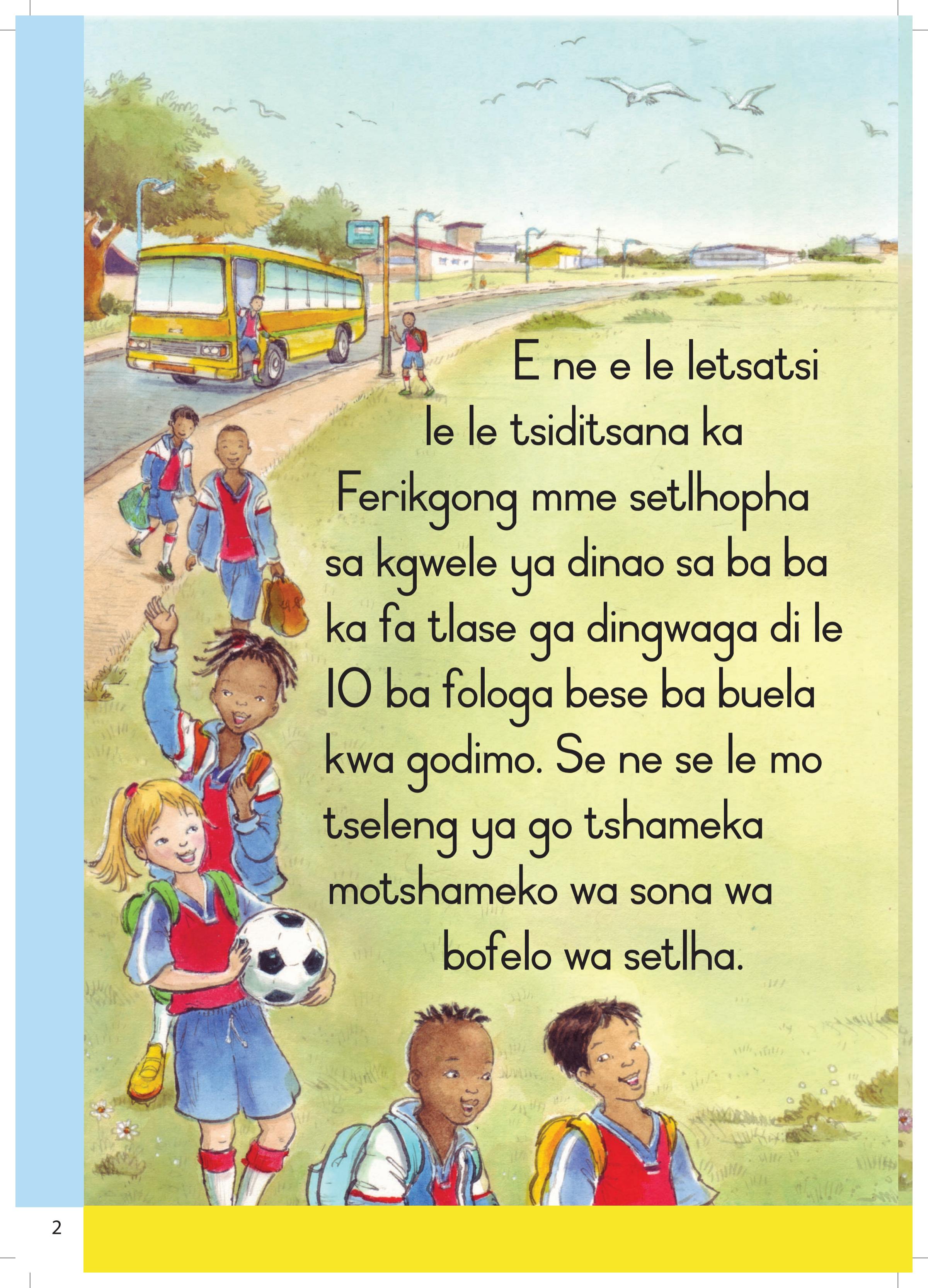
Sebaka sa boraro sa puiso e e amoganwang

- 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.

1

Go tshameka motshameko

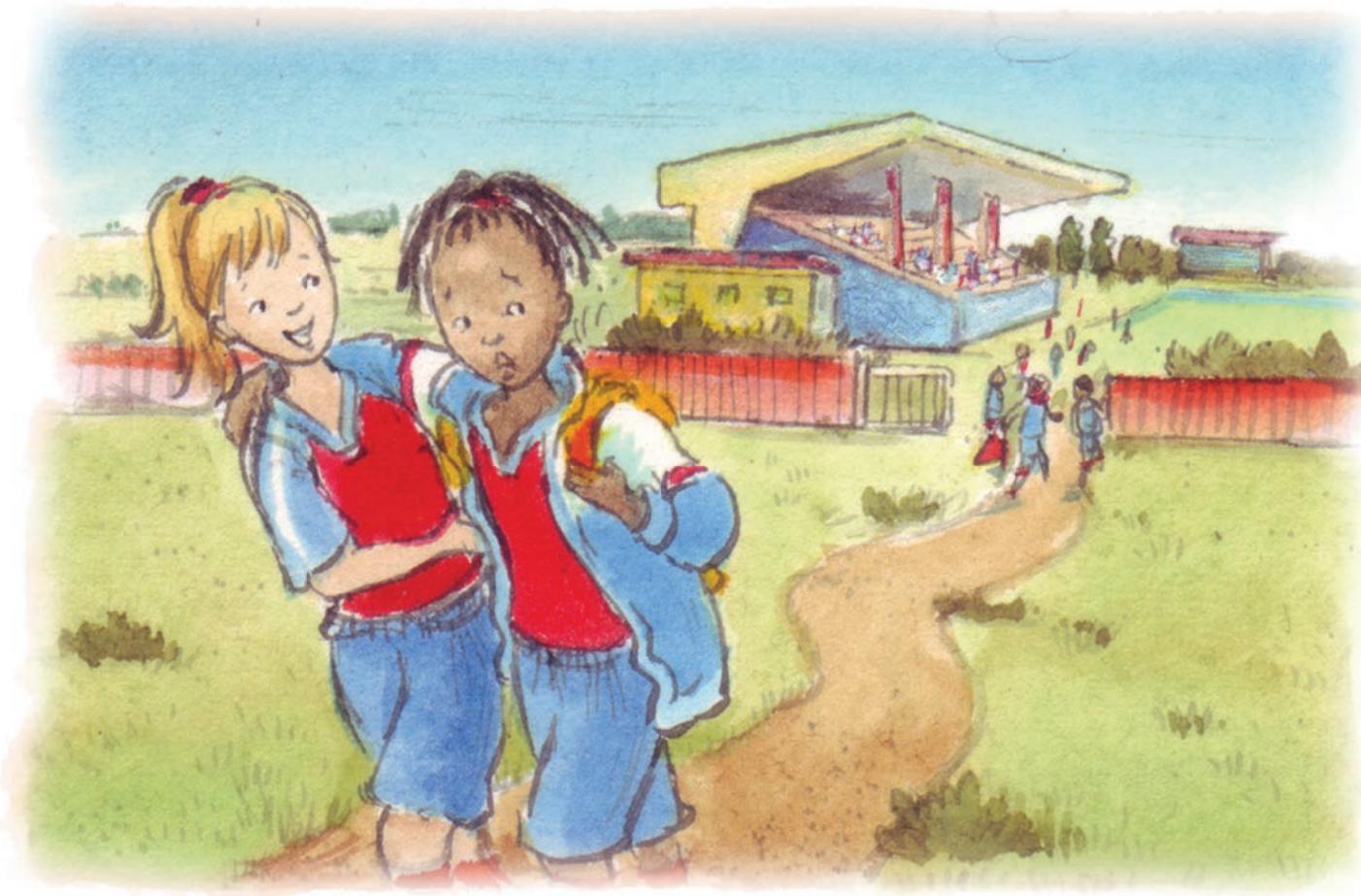




E ne e le letsatsi
le le tsiditsana ka
Ferikgong mme setlhophha
sa kgwele ya dinao sa ba ba
ka fa tlase ga dingwaga di le
IO ba fologa bese ba buela
kwa godimo. Se ne se le mo
tseleng ya go tshameka
motshameko wa sona wa
bofelo wa setlha.

Mongwe le mongwe o ne a itumeletse motshameko wa bofelo magareng ga sekolo sa New Town le Sekolopotlana sa Sea View. Anna le Mandu e ne e le bona fela basetsana mo setlhopheng sa New Town. Ba ne ba solo fela gore ba tlaa fekeetsa Sekolopotlana sa Sea View mme ba se fanya.

Anna le Mandu ba ne ba akanya ka moo setlhophha sa bona se ka fenyang sekgele ka teng. Mandu wa dingwaga di le 10 o ne a itumetse thata. O ne a ka bo a setse a nositse nno ya go fanya ka dikhokho tsa gagwe tse di serolwana. Ka tshoganyetso a goelets a jaaka a wela mo mosimeng.



"Nthusang!" a lela. Anna, Peter le Jabu ba tabogela kwa morago go mo thusa. "Nnyaya tlhe!" a lela, jaaka a kotsepela ka leoto le le lengwe. "Ga ke kgone go ema ka maoto a me!" o ne a dula mo tlhageng. "Ke solo fela gore ga ke a robega lengenana," a bua a tshologa dikeledi.

"Fa Mandu a sa tshameke, go raya gore nka se ka ka tshameka. Ke tshwanetse go mo isa kwa tleliniking".

Anna o ne a hemela kwa godimo.

"O se ka wa tshwenyega Mandu,"
a bua. "Ke tlāa go isa kwa ngakeng."

"Nnyaya, Anna, nnyaya! O ka se ka
wa dira seo. Ke tlāa ema fa go fitlha
morago ga motshameko."

"Ga o a tshwanelo go nna fa o le esi,
Mandu," ga araba Anna.

Setlhophha sotlhe se ne sa ya go
tshameka. Anna o ne a tshegetsa
Mandu fa ba
boela kwa beseng,
mme ba ya kwa
tleliniking mmogo.
Ngaka e ne ya





tlhatlhoba leoto la ga Mandu. O ne a mo tsaya X-rei, a le lebelela mme a nyenya. O ne a ba bolelela gore leoto la ga Mandu le tlaa siama. O ne a le tlama mme a bolelela Mandu gore a ka nna a tshameka kgwele ya dinao gape fela fa a tokafala.

“Fa o rata,” ga bua ngaka, “ke ka nna ka kgweeletsa kwa setediamong. Ke na le sebaka ke sa bogele motshameko wa kgwele ya dinao.”

Dino di ne di le maleka New Town 2 le Sea View 2. Fa motshameko o simolola



gape, basetsana ba babedi ba tsena
mo lepatlelong.

Anna ka bonako a nosa nno ya boraro
ya New Town, mme pele ga phala ya
bofelo, Mandu a nosa nno ya bone
Babogedi ba duduetsa ba rotloetsa, le
divuvuzela tsa utlwala bokgakaleng jwa
motse o o gaufi.

Basetsana ba babedi ba ne ba
itumetse thata fa setlhophha se ne se
ya go amogela sekgele sa sekolo sa
bona.



2

Go ngweega go gogolo



Ka phirimane nngwe e e bothitho ya selemo, motlhokomedi wa serapa sa diphologolo o ne a lebelela mo dihokong tsa diphologolo tsotlhе pele a tloga a ya kwa gae. "Le lаe gentle, ke tlаa boa ka moso," a bua mme a lebelela mo hokong ya ditshwene.

"O lаe gentle," ga araba Rre Tshwene, a goga dinotlolo go tswa mo go motlhokomedi wa serapa.

"Ke lapile tota," ga bua motlhokomedi wa serapa sa diphologolo. "Ke itumeletse gobo e le nako ya go ya kwa gae. Ke tshwerwe ke tlala e bile ke fela pelo gore ke ja leng dilalelo tsa me le balelapa la me."



Ya re fela jaaka motlhokomedi wa serapa
sa diphologolo a tswa a ya kwa gae, Rre
Tshwene a tsamaya le dihoko tsotlhe a
ntse a notlolola diheke tsa tsona.

"Dumela, Ntate Kubu," a bua, "Tswaya
ka foo, ke nako ya moletlo!"

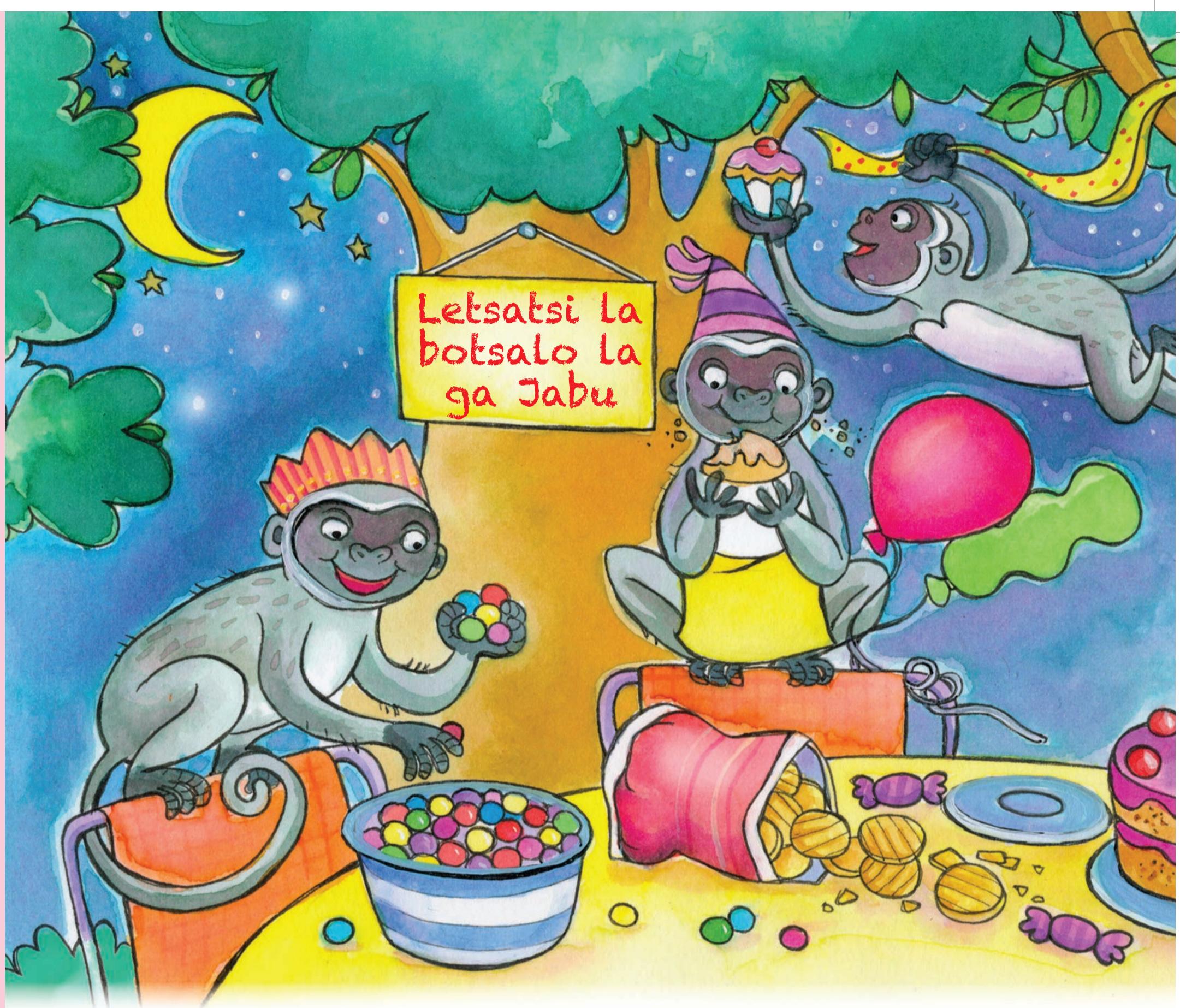
"Madume, Rre Tau," ga bua Tshwene.

"Tswaya ka foo, a re ketekeng moletlo!"

Diphologolo tsa bua ka boitumelo ka ga
go tswa mo serapeng sa diphologolo.

Dikgabo tsa nna tsa ntsha go ngweega.
Tsotlhe tse di masomeamabeditharo
tsa palama mo godimo ga segotlo sa
serapa sa diphologolo mme tsa ya kwa
phakeng.





Dikgabo di ne di itumetse thata fa
di fitlhela tafole e baakanyeditswe
moletlo wa letsatsi la botsalo o o neng
o tlaa tshwarwa mo letsatsing le le
latelang. Dikgabo tsa ja dijo tsotlhе tsa
moletlo.



Ya re teng fela foo, motlhokomedi wa phaka a tsoga mo borokong jwa gagwe. O ne a gakgametse thata fa a bona dikgabo di le masomeamabeditharo di tshameka mo phakeng. "A se e ka tswa tota e le nnete?" a ipotsa.

Hilda Kubu o ne a swetsa go tswa
mo serapeng sa diphologolo mme a
kgarakgatshegela kwa tlase le tsela.
O ne a makaditswe ke modumo wa
pharakano. Go ne go le modumo
thata! O ne a swetsa go robala mo
letangwaneng le
le kwa ntle ga
holo ya toropo,
mme a nna a
thantshiwa
ke modumo
wa dihutara
le dialamo
tsa dikoloi tsa
tshoganyetso.





Lee Tau o ne a kokoroga mo mmileng.

O ne a ntse a nkgelela dijo A ka ja
eng?

O ne a okomela mo suphamaketeng.

“Thusang! Thusang!” ga goa bareki.

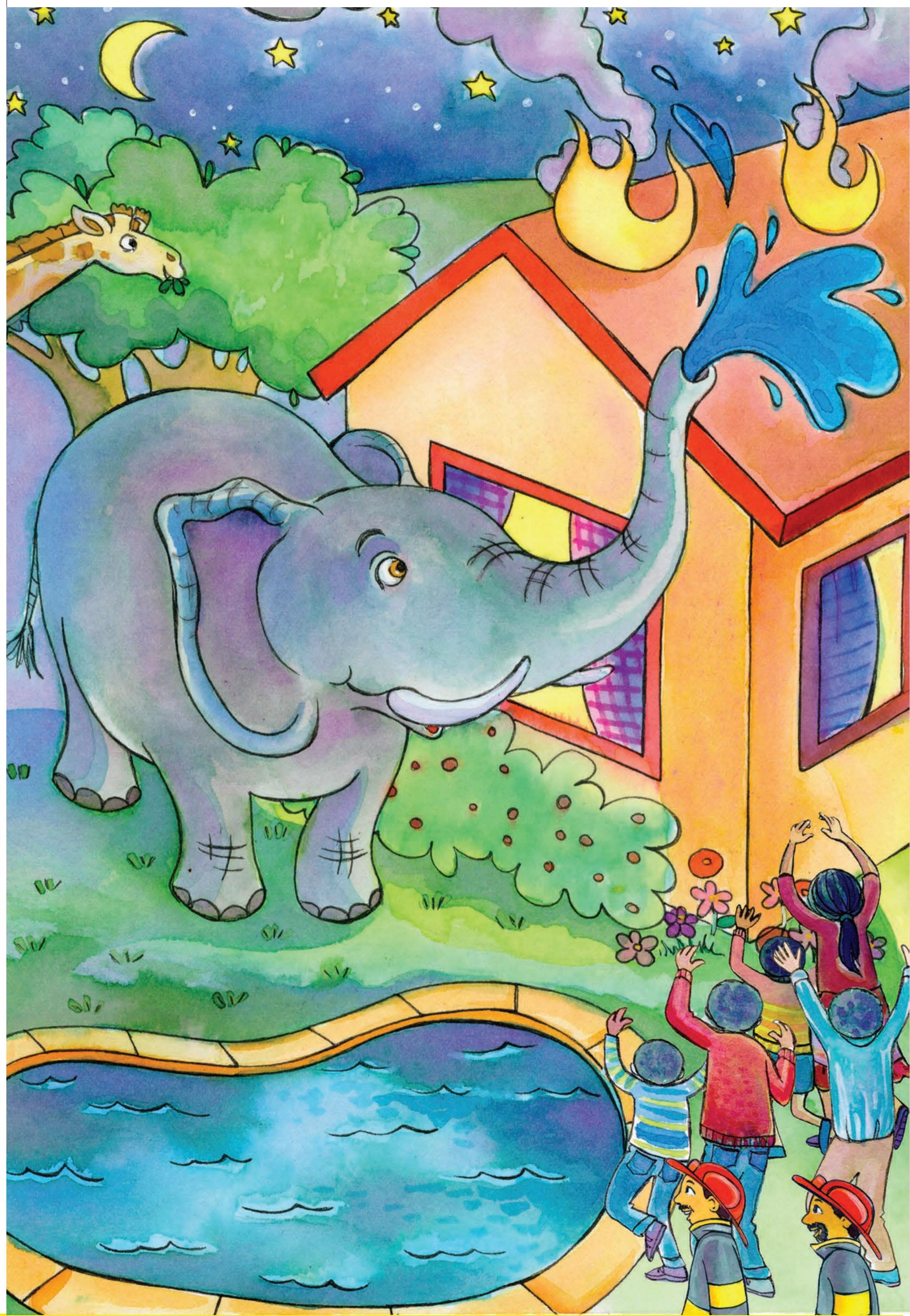
Felix Tlou e ne e le wa bofelo go tswa
kwa serapeng sa diphologolo. O ne a
kgabaganya mo toropong.

Fa a ntse a tsamaya go bapa le mmila,
Felix Tlou a bona ntlo e aparetswe ke
malakabe a molelo.

O ne a tsuntsunyetsa metsi go tswa
mo letamong la go thumela mme a
tshela ntlo. Ka bonako molelo ke fa o
timile.

“O dirile sentle, Rre Tlou!” ga goa
batimamolelo.

“Huree!” ga rotloetsa babogedi.



Felix o ne a tswelela ka mosepele wa gagwe go kgabaganya toropo go ya kwa motseng.

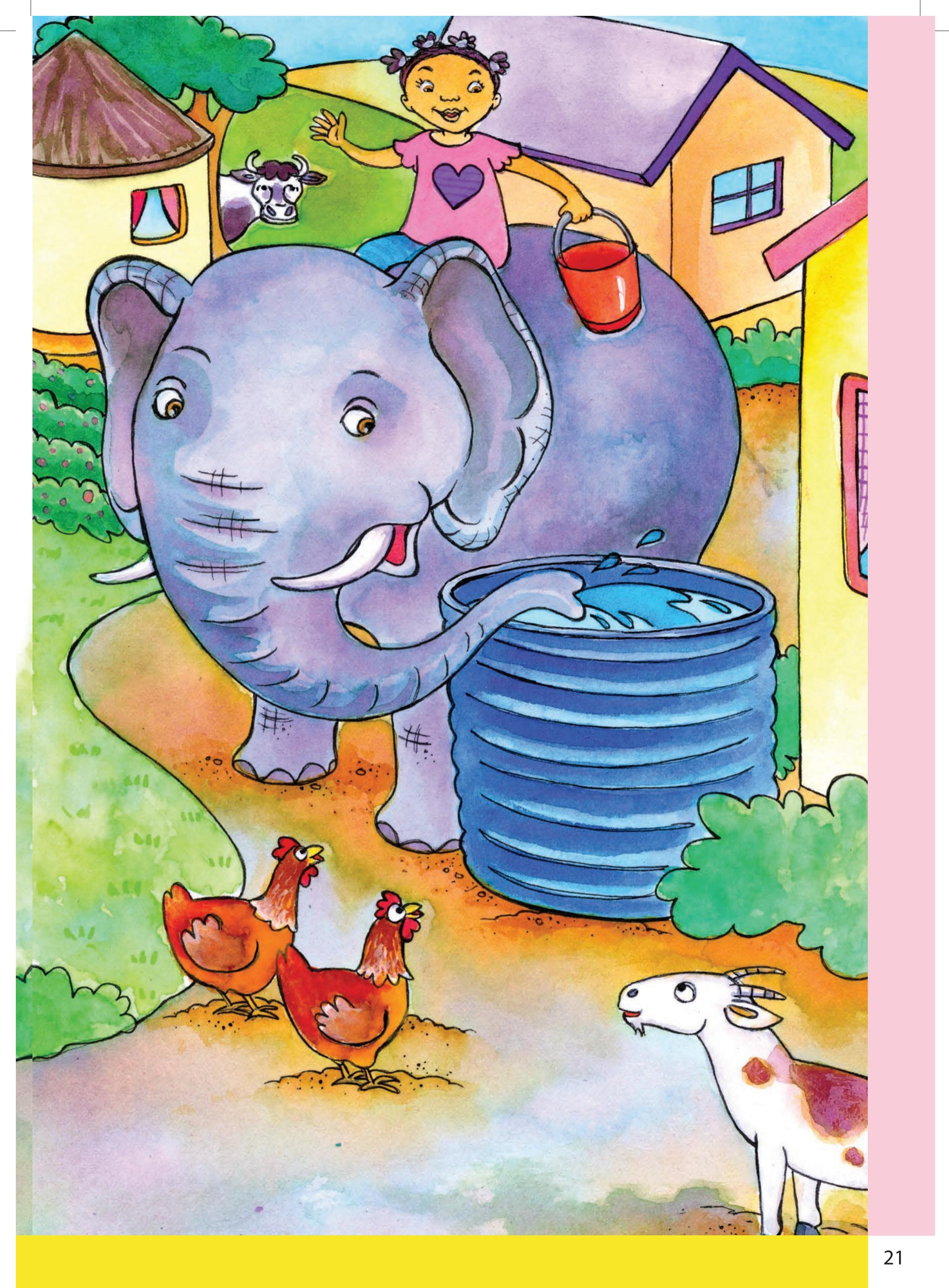
O ne a bona Ntebo a tswa kwa nokeng.

O ne a sokola go rwala kgamelo ya metsi.

"Metsi a tsamaya a tshologa," ga bua Ntebo. "O se ka wa tshwenyega, ke tlaa go thusa go rwala kgamelo ya metsi," ga bua Felix Tlou.

O ne a pepa Ntebo mo mokwatleng wa gagwe mme morago a tsuntsunyetsa metsi a a lekaneng go ka tlatsa tanka ya metsi.

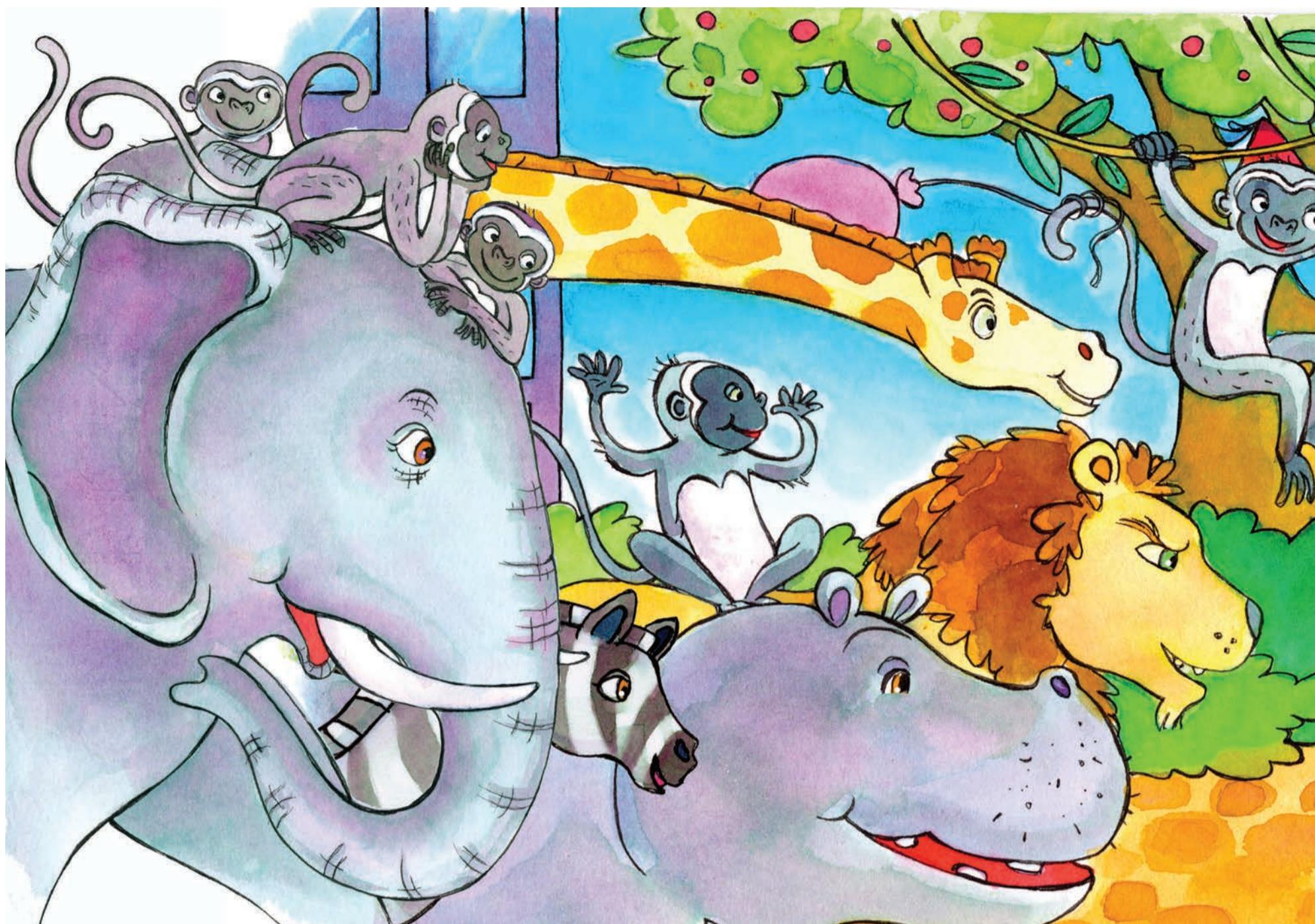






Ka tshoganyetso motlhokomedi wa serapa sa diphologolo le bathusi ba gagwe botlhe ba ne ba phasalala ba batla diphologolo. Mapodisi a ne a tla go ba tlaleletsa.

Ditlhogo tsa makwalodikgang le dipegi tsa dikgang tsa diyalemowa di ne tsa tsibosa batho ka ga tau e e ronokang mo mabenkeleng.



Mme morago, diphologolo tsotlhe
tsa swetsa go boela kwa serapeng sa
diphologolo.

"Ga go bonolo go bona dijo kwa
toropong," ga bua Tau.

"Nka se ka ka robala ka ntlha ya
modumo wa pharakano," ga bua Kubu.

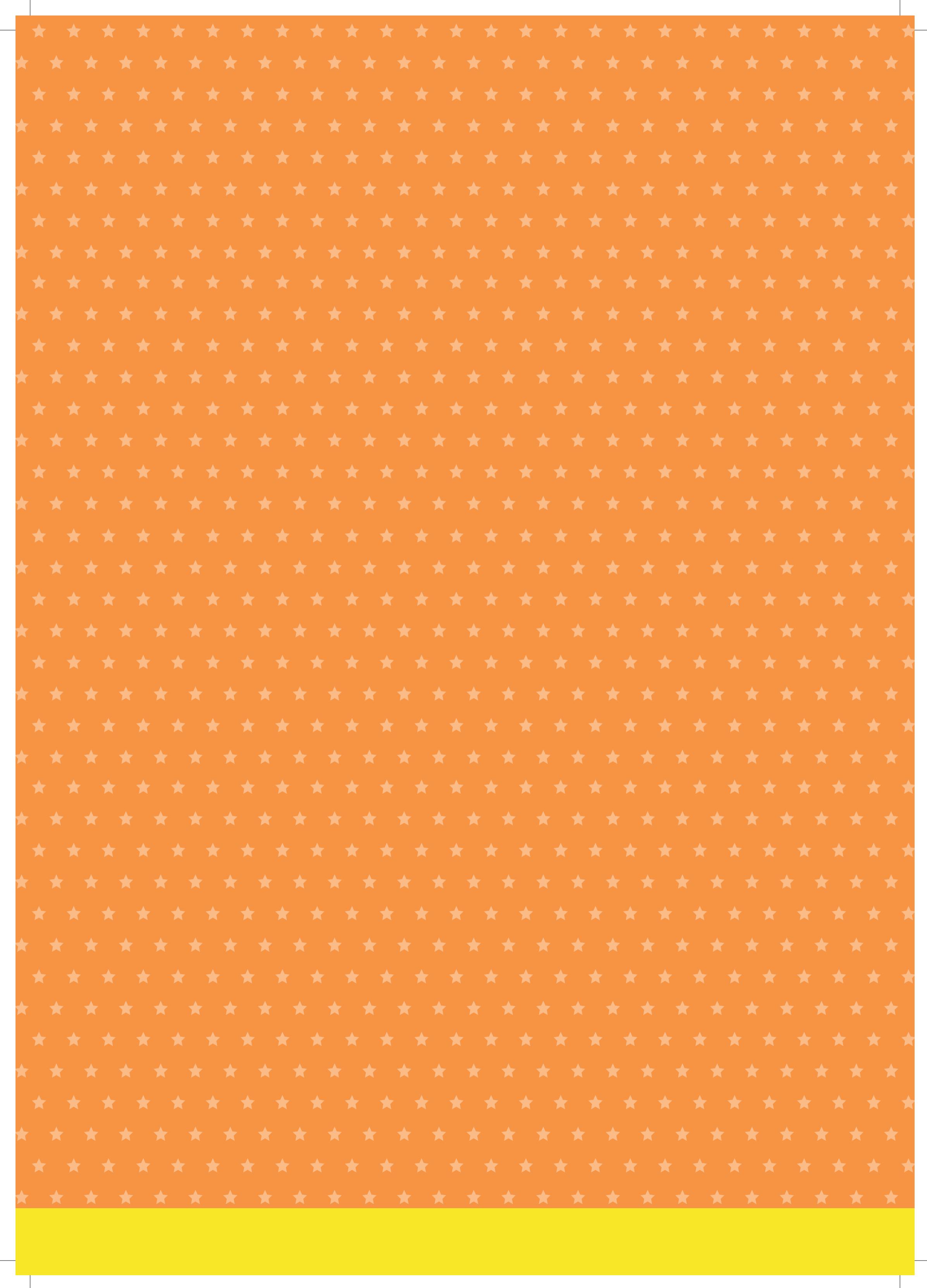
"O ka tloga wa re ke sekgwa mo
toropong," ga bua Tlou.



“Re itumetse thata kwa moletlong,
e bile re batla go boela gae,” ga bua
dikgabo.

Rre Tshwene, yo a neng a tshotse
dinotlolo, a bulela bontsi jwa diphologolo
heke gore di boele mo serapeng.

“Nnyaya, jaanong ke a itse gore go
diragetse eng ka dinotlolo!” ga bua
motlhokomedi wa serapa.



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 tsenyeleditweng 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 natefeling 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 978-1-4315-3080-9



ISBN 978-1-4315-3080-9

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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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Author: V McKay



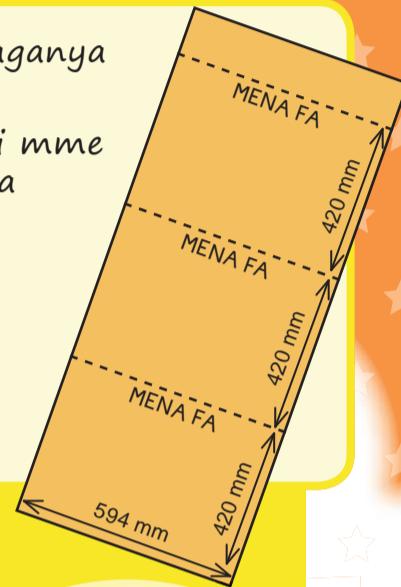
Itirele setene sa gago sa Bukakgolo

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.



tlhogo

Ijooo, ijooo, ijooo.
Re a opela.
Ben o ka fa tlase ga mmetshe.
Ben o ja monate.

Morago ga sekolo re ya kwa gao. Re
ya kwa majeng le kwa molemeng
jeng gape. Morago re a
ya ema fa robotso e le khibidu.
edisa go ya kwa sekalong.

