

Mophato
3

Bukakgolo ya dikgang tse dikhutshwane

SETSWANA



basic education

Department:
Basic Education
REPUBLIC OF SOUTH AFRICA

Buka

5

Ka moo o ka dirisang Bukakgolo:



Dikgang tse di mo bukeng e:



1 Dithlako tsa mabelo tsa ga Ineeleng

1



2 Anansi le legapu le le buang

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Ka moo o ka dirisang Bukakgolo:

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 dintlhananyana 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

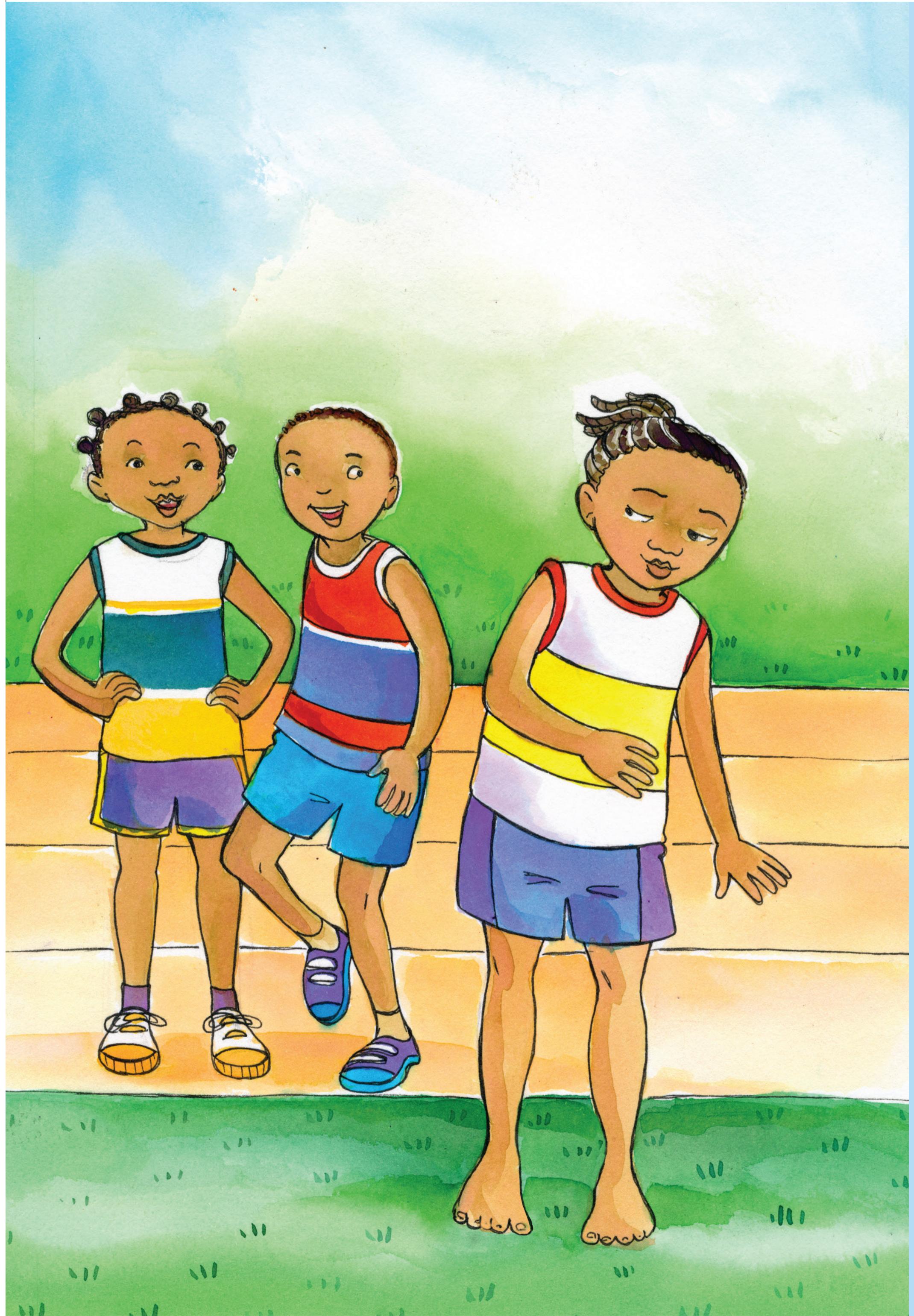
- Mo sebakeng sa boraro sa puiso e e amoganwang, bana ba tshwanetse go buisa sekwalwa ka bobona mme ba arabele ditirwana tse di ikaegileng ka sekwalwa tsa molomo, tiragatso le tse di kwadiwang.
- Fa go kgonega, sekwalwa sa Puiso e e Amoganwang se tshwanetse go sedimosa. Kwalo e e Amoganwang moo morutabana 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

Ditlhako tsa mabelo tsa ga Ineeleng



Ineeleng o ne a le mo Mophatong wa
4 kwa Sekolopotlaneng sa Burgher
Right mo Pitoria. E ne e le mmamabelo
yo o gaisang e bile o ne a ikatisa go
taboga letsatsi lengwe le lengwe. Bana
ba ne ba aga ba mo tshwenya gonne
o ne a se na ditlhako tsa mabelo. O
ne a eletsa go ka nna le ditlhako tsa
go taboga gonne maoto a gagwe a
ne a utlwa botlhoko bogolosegolo fa
lefatshe le ne le le mogote. Gape o ne
a tlhoile go utlwa bana ba mo tshega.



Ka Lamatlhato mongwe, Ineeleng o ne a tsaya madi a a neng a a bolokileng mme a ya kwa lebenkeleng la metshameko mo toropong. O ne a lebelela ditlhako tsa mabelo mme a utlwa botlhoko gonne o ne a se na madi a a lekaneng go di reka.

Mme Moloko, mong wa lebenkele, a lemoga kutlobotlhoko ya ga Ineeleng mo matlhong. "Fa o ka fonya lebelo, ke tlaa go naya ditlhako tsa mabelo mahala," a rialo. "Mme fa o sa fonye lebelo, o tlaa tshwanelo go di duelela," a oketsa ka go rialo a nyenya. "Ooo, mma, ke leboga thata!"

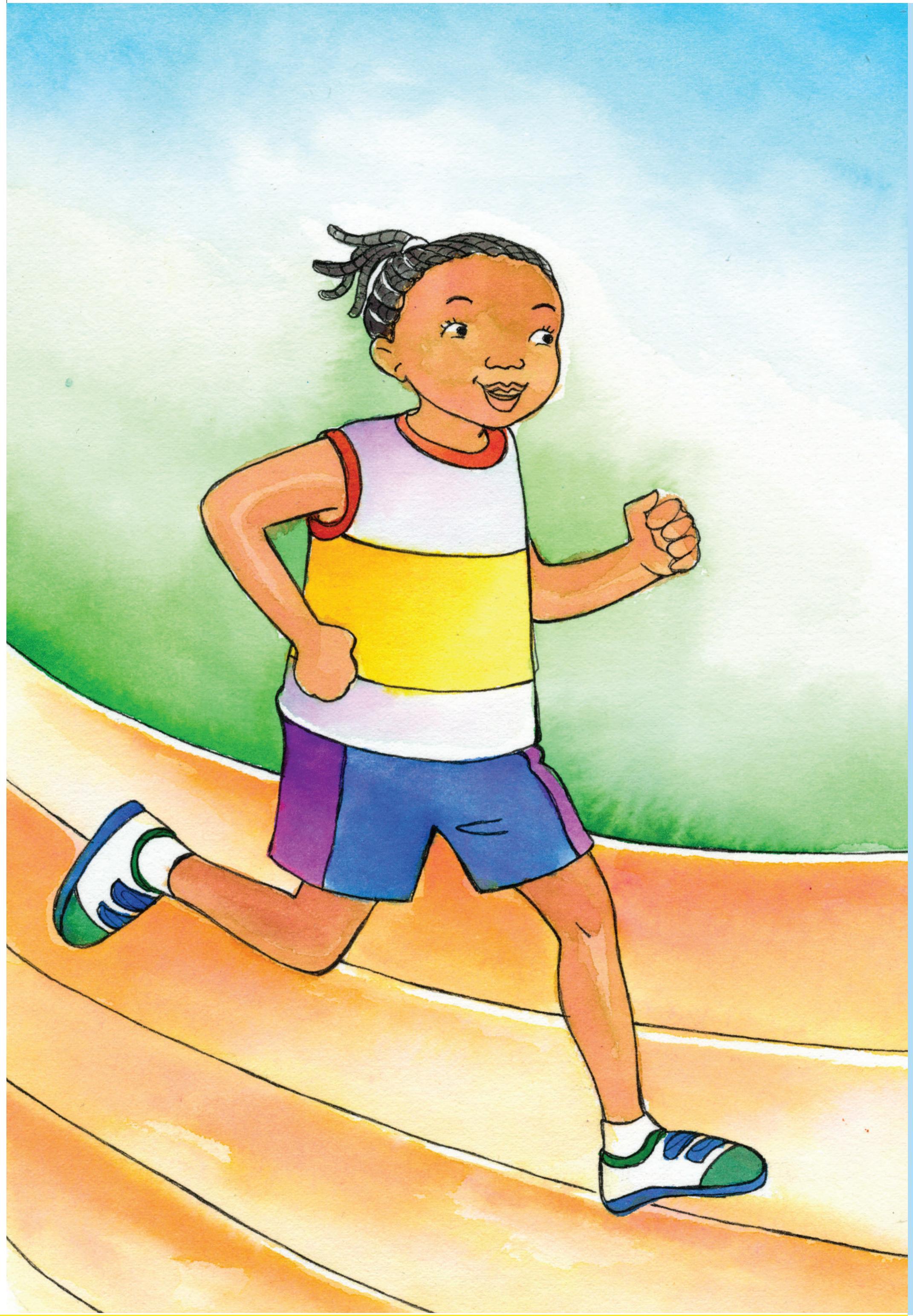
Ke tlaa ikatisa letsatsi lengwe le lengwe
go netefatsa gore ke a fanya,” ga bua
Ineeleng a leboga.



Mme ke seo Ineeleng o neng a se dira.
O ne a taboga a bo a taboga go fitlha
maoto a gagwe a opa.

“Ke tshwanetse go tswelela pele,” a
ipolelela jalo.

“Ga ke a tshwanelo go ineela!”

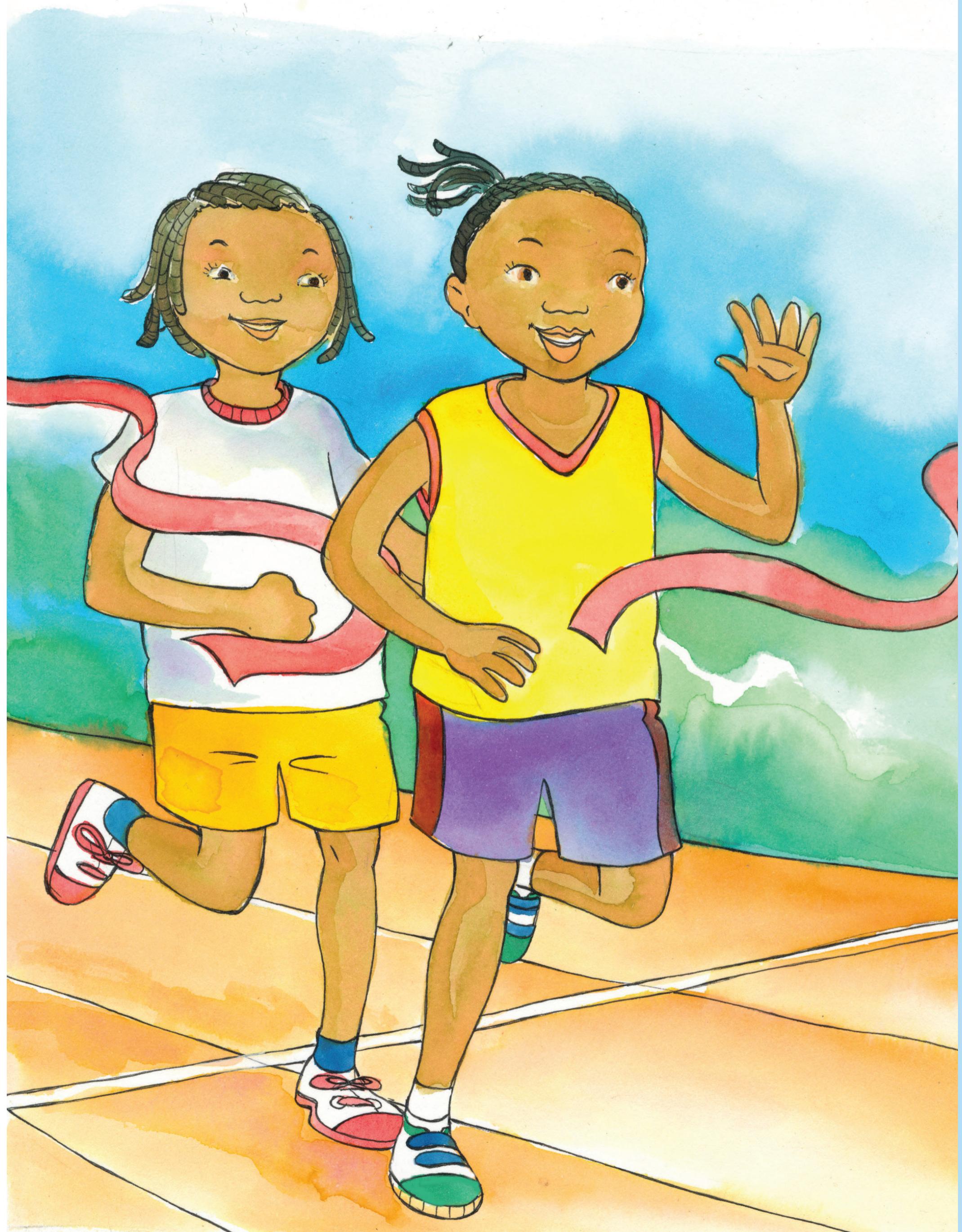


Letsatsilegolo la goroga, mme
Ineeleng o ne a tshogile fa a ya kwa
moleng wa go tloga.

Mme ya re fela fa a simolola go
taboga, a lebala gotlhelele ka letshogo
la gagwe.

O ne a sesela jaaka phefo mme a tlola
mola wa phenyo pele ga batabogi
ba bangwe.

"Ke fentse! Ke fentse!" a goa ka
boitumelo, a lebelela kwa tlase mo
ditlhakong tsa metholo tsa gagwe,
tseo jaanong e tlaa nnang tsa gagwe
goyagoile.



Anansi le legapu le le buang

Moso mongwe o o edileng

Anansi wa segokgo

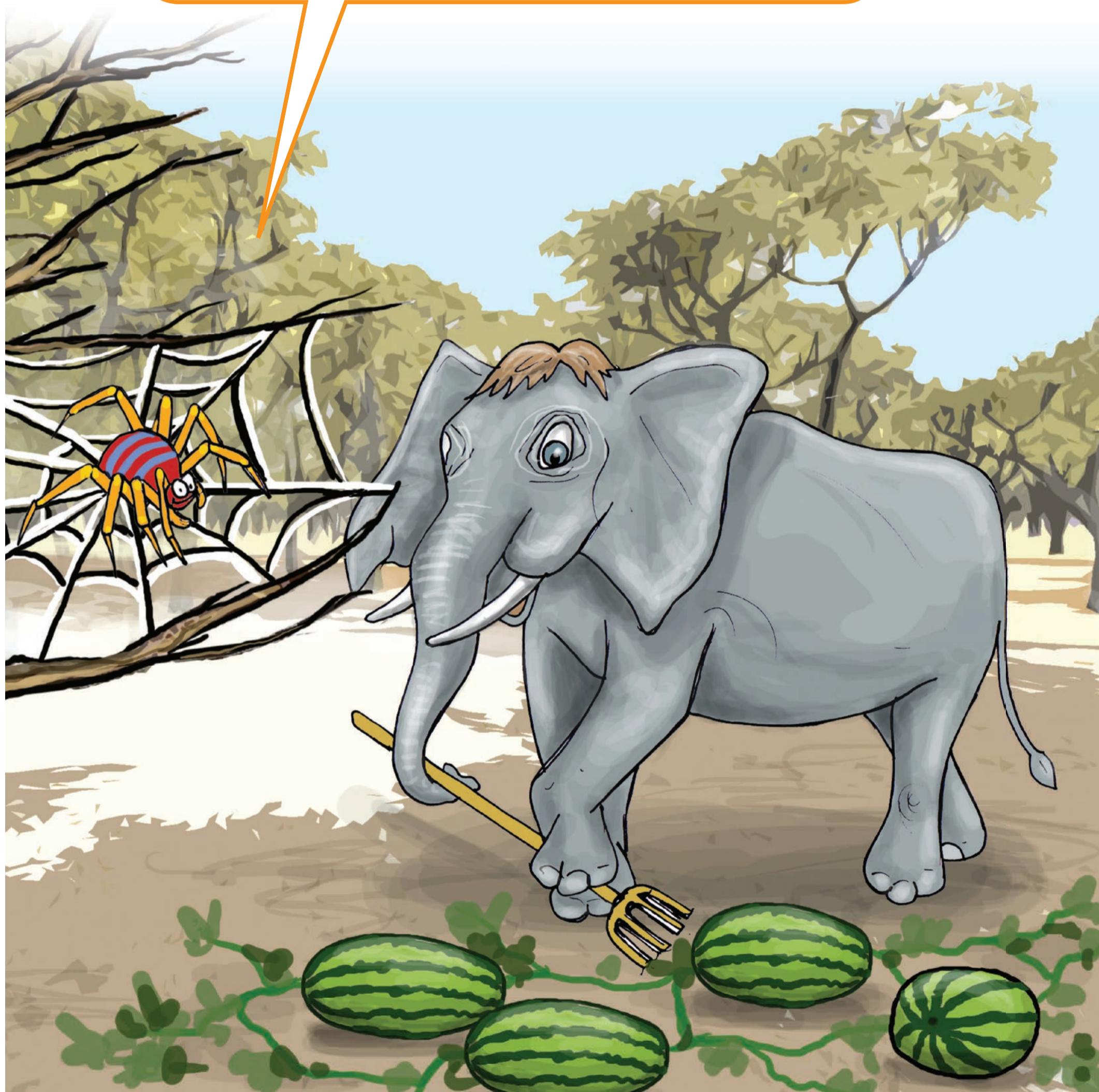
a dula mo godimo ga setlhare sa
mmitlwa a lebile Tlou a dira ka natla

go tlhagola tshingwana

ya gagwe ya magapu.

Tlala ya ga Anansi ya
gola, ya gola.

Ke rata magapu, mme go
bokete go a jala. Ke tshwanetse
go bona le le lengwe.

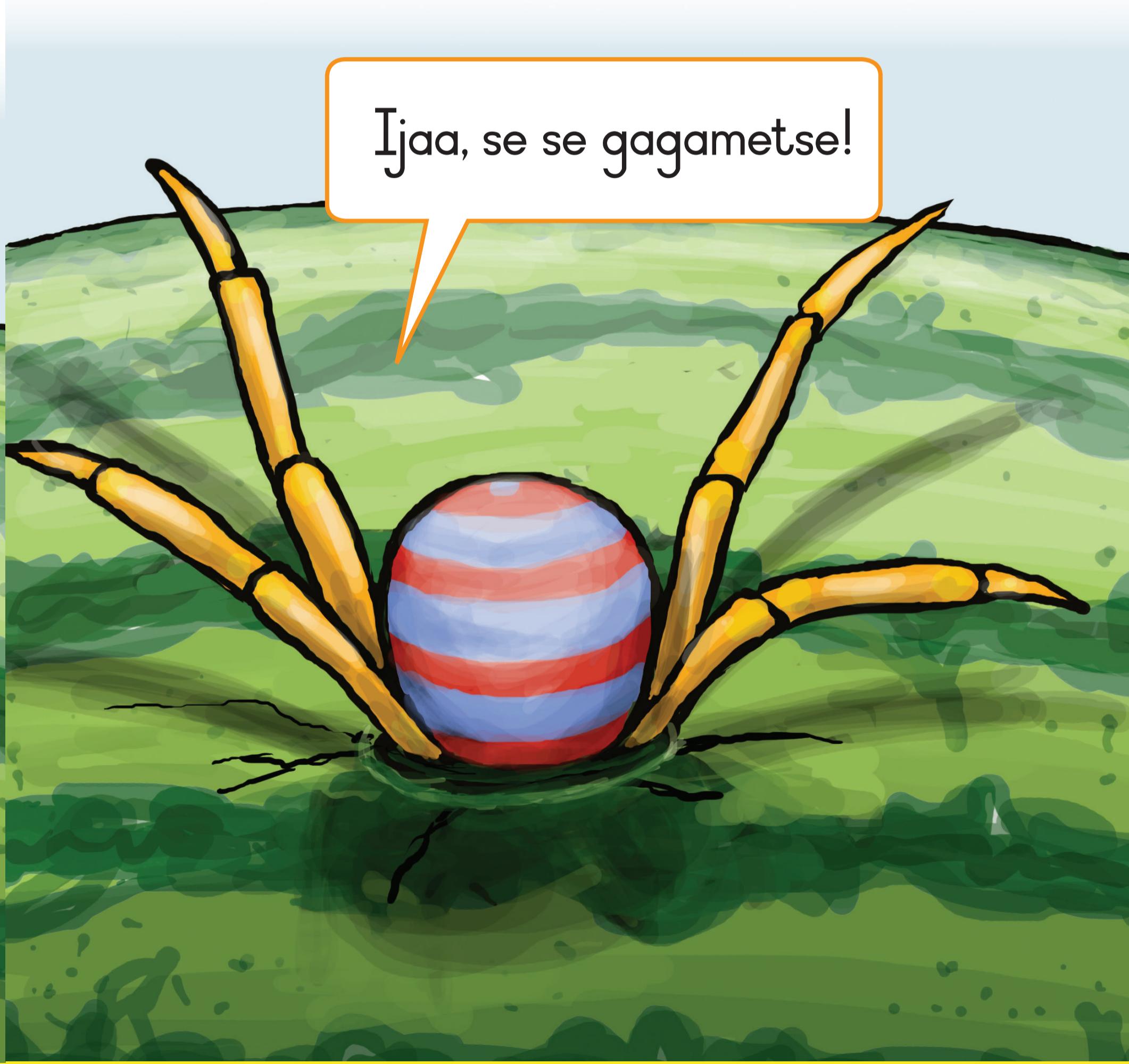


Ka sethoboloko, tlou ya ya go ikhutsa.
Se ya nna motsotso o Anansi a neng
a o letile. A kgaola tshethlo mme a e
dirisa go phunya legapu le legologolo,
le le buduleng go gaisa.

E ke tšhono ya me.
Matebele a a bina mo
mpeng ya me.



Anansi a sutlha mo phatlheng go fitlhela legapu, mme a simolola go ja. A ja, a ja go fitlhela mpa e gogomoga go lekana le kgwele.



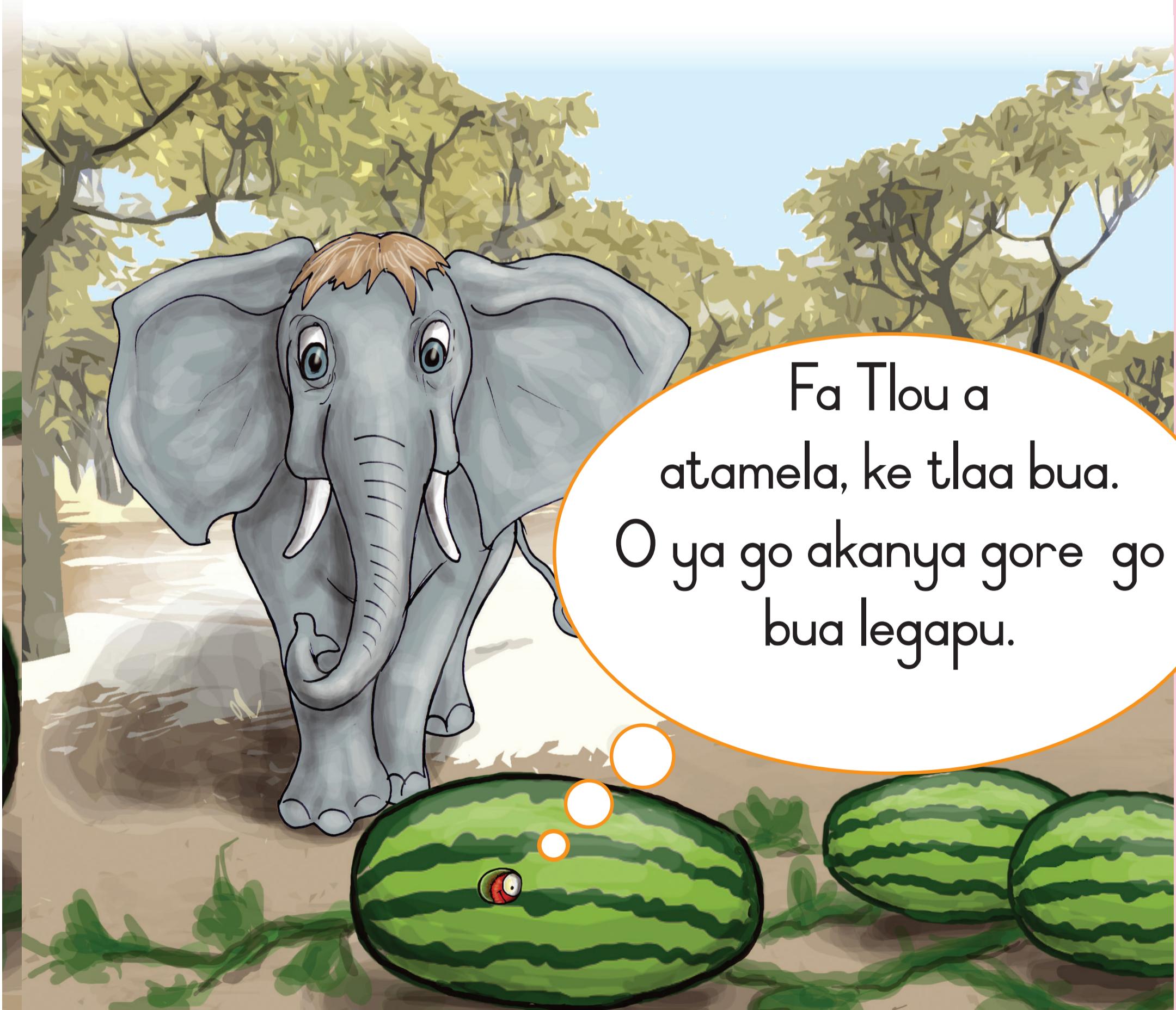
Ijaa, se se gagametse!

Morago ga go ja legapu lotlhe,
Anansi a bo a nonne mme a palelwa ke
go tswa.

Ke kgotse tota! Ga nkitla
ke kgona go tswa mo
legapung le.

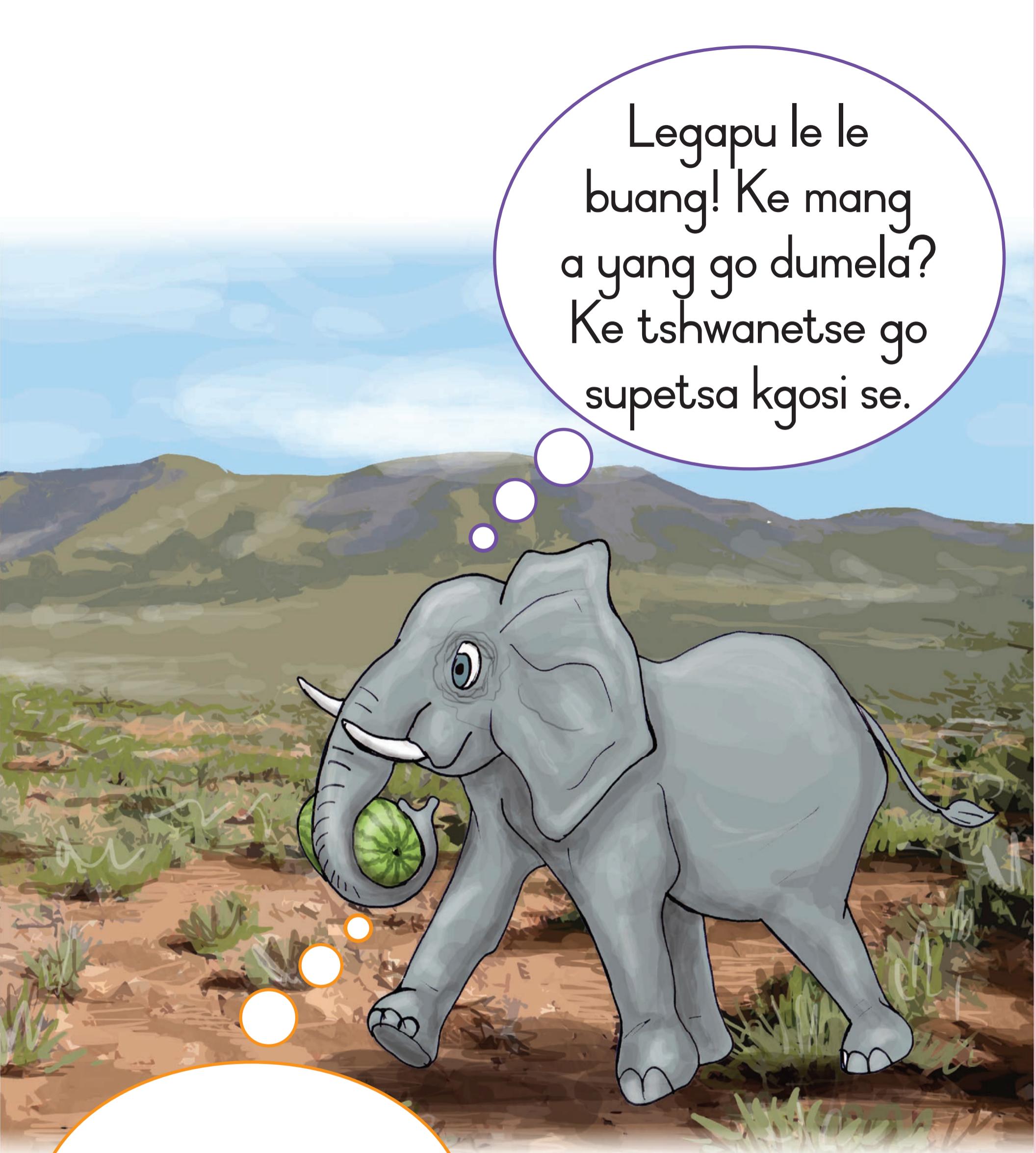


Anansi a dula ka fa teng ga legapu
a ipotsa gore o ya go dira eng. Ka
motsots oo, a utlwa Tlou a tla, a
boela mo tshingwaneng. Ya nna
gone Anansi a tlelwang ke leano.



Fa Tlou a
atamela, ke tlaa bua.
O ya go akanya gore go
bua legapu.

Tlou e ne e re e kuka legapu fa e
utlwā le bua. A reetsa sentle. Ee,
legapu le ne le bua! Se ke se kgosi e
tshwanetseng go se bona.



Legapu le le
buang! Ke mang
a yang go dumela?
Ke tshwanetse go
supetsa kgosi se.

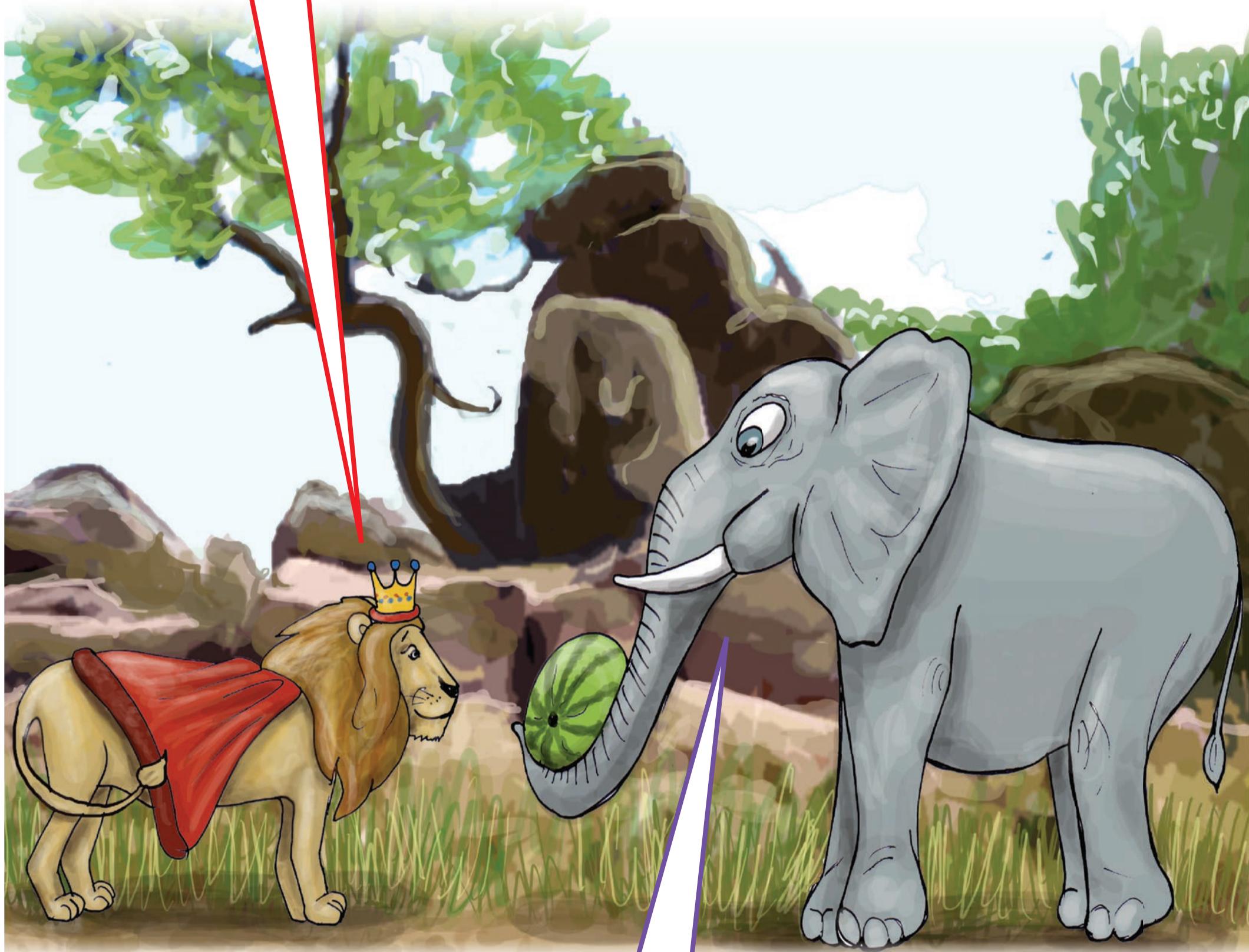
Ntlhokomele. Ke
Kgosi ya Magapu.

Kgosi e ne e gakgametse fa Tlou e mo
fa legapu.

Kgosi e ne e rata dimpho tse di
kgethegileng.

Legapu e ne e se mpho e e
kgethegileng.

Goreng o ntlisetsa legapu
le? Ke na le makgolokgolo a
magapu kwa tshingwaneng ya
me.



Legapu le, le kgona go bua.

Kgosi ya akanya gore Tlou e dira
metlae ka yona.

O ne a simolola go tenega.

Legapu le le buang?

Ga ke dumele.

Bua sengwe , Legapu.



Ke kgosi!

Kgosi e ne e tenegile thata moo e neng
ya kolopela legapu kwa kgakala.

La kgokologa mme la boela kwa tlung
ya Tlou. La thula setlhare sa mmitlwa
mme la phatloga. Anansi a bo a
falotse!



Ke ditsiabadimo fela!
Nna ke Kgosi!

Ka nako e, Anansi o ne a tshwerwe
ke tlala gape. A palama sethare sa
dipanana a tsoma tse a ka di jang.

Ka tshoganyetso, Tlou ya boela gae. O
ne a tenegile. Go ne go diragala eng
kwa tshingwaneng ya gagwe?
Legapu le le buang le ile kae?

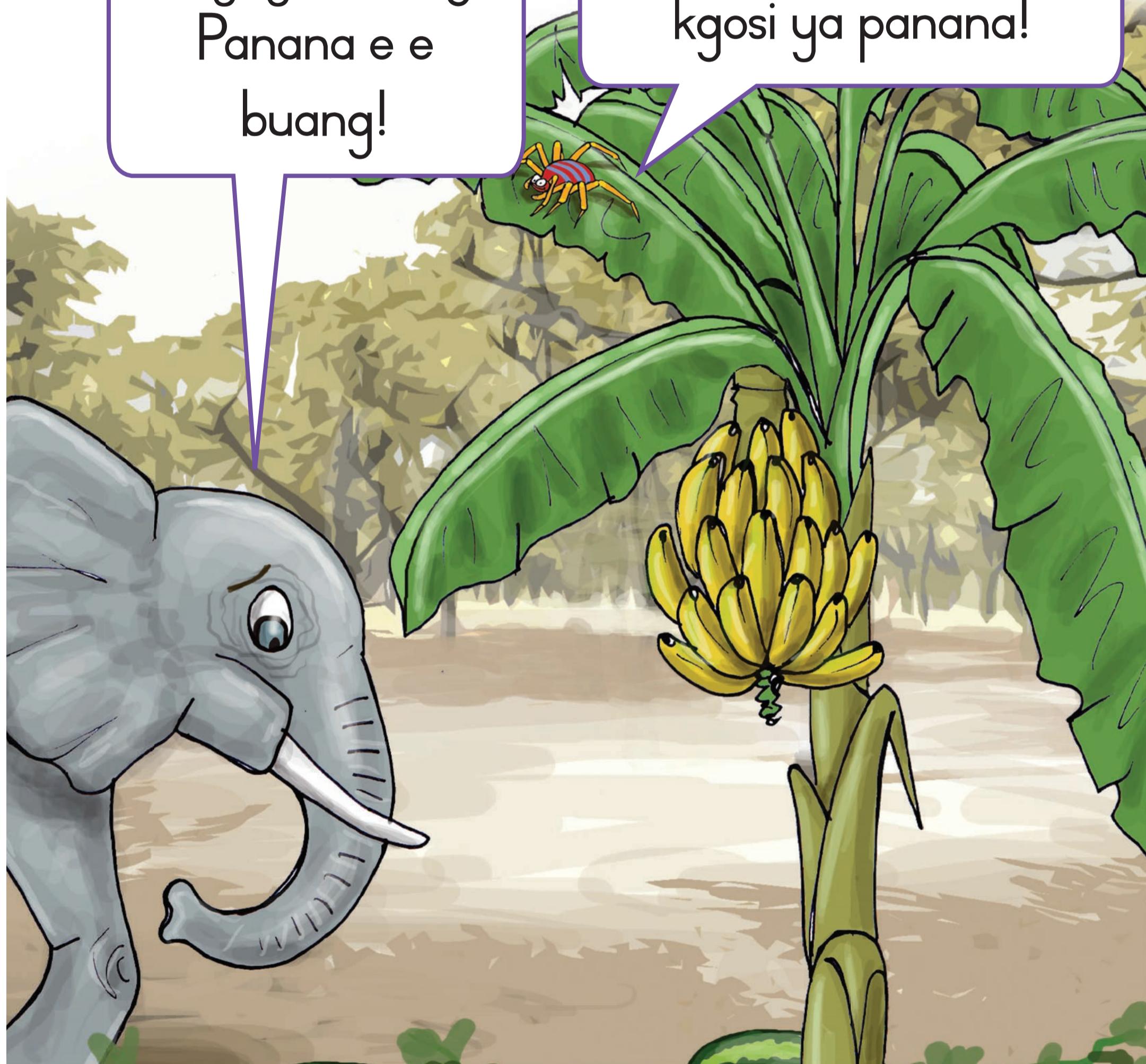
Lona magapu lo
ntlhioletse mathata
kwa kgosing! Go
legapu le le rileng
lona ke kgosi.



Anansi a itshegela a le esi. Se e ya go
nna motlae tota!

Nnyaya tlheng!
Panana e e
buang!

Kgosi ya legapu? A
motlae tota. Nna ke
kgosi ya panana!



Tlou ya batho ya akanya gore e a
tsenwa.



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

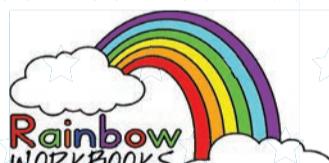
Dibukakgolo mo metseletseng e di tlaa itsise barutwana ba gago ka ga mefuta ya dikgang, maboko, dipina le metshameko gammogo le dikwalo tsa tshedimosetso le tsa dikerafo.

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.

