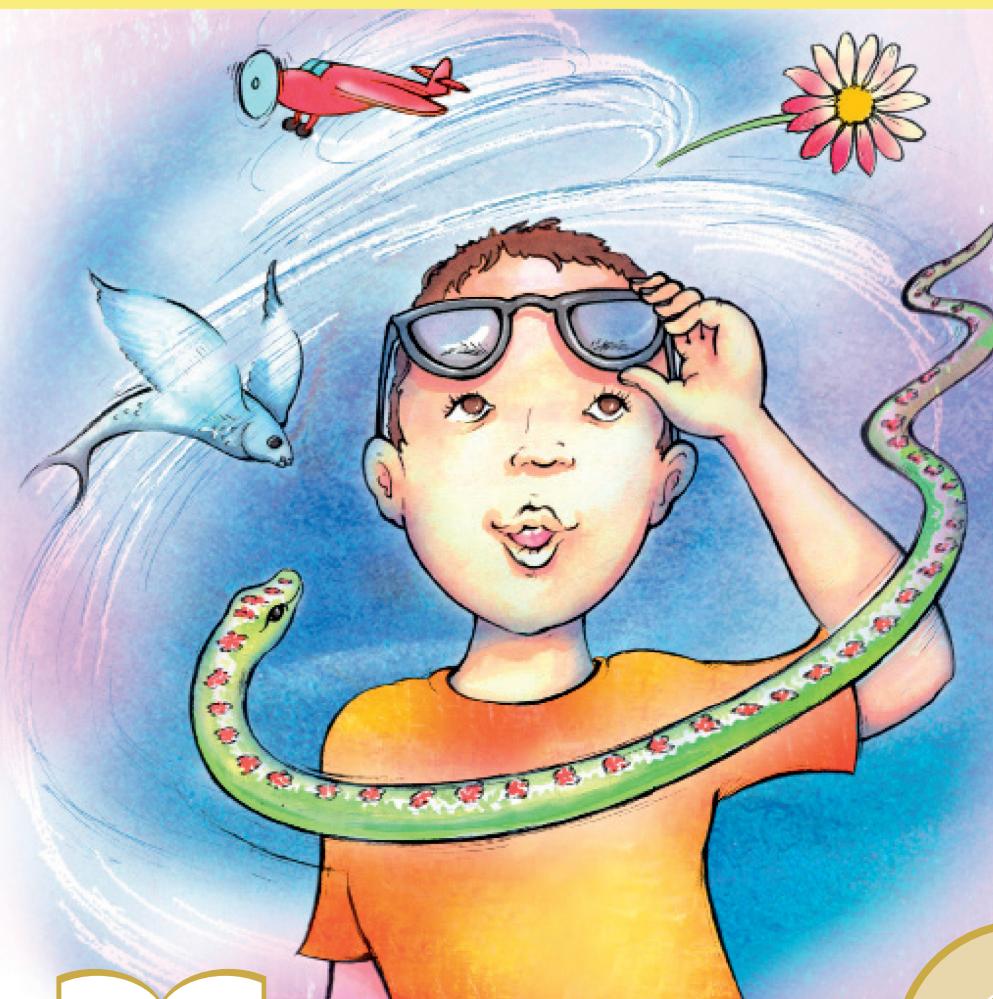


PUOGAE YA MOPHATO 3

# Go a makatsa mme ke nnete



SETSWANA



Buka

3



# Puiso e e kaelwang ya ditlhophha

## Pele ga puiso

- Phetla kgang e ba tlaa e buisang.
- Kopa barutwana gore ba bolelele kgang pele ba lebeletse setlhogo le ditshwantsho.
- Itsise barutwana ka ga mafoko a mašwa le a a bothata pele ba buisa kgang.

## Puiso ya ntlha

- Barutwana ba tshwanetse go buisa buka ka bongwe ka bongwe.
- Barutwana ba tshwanetse go buisa ka tidimalo kgotsa ba ka nna ba 'sebaseba fa ba buisa' buka.
- Tsamaya, tsamaya go tswa mo morutwaneng mongwe go ya kwa go yo mongwe, o kopa morutwana mongwe le mongwe go buisetsa karolo ya buka kwa godimo.

## Motlotlo

- Botsa dipotso tsa tekatlhaloganyo tse di ikaegileng ka buka.
- Tsepamisa matlho mo medumopuong, mafokong a tlwaelo le tlotlofokong.
- O tlaa fitlhela ditirwana tse di kwa morago ga buka e, di le botlhokwa le mosola go kaela motlotlo wa phaposi.

## Puiso ya bobedi

- Mo malatsing a a latelang, letla barutwana go buisa buka gape, ka sebedi (dipara) kgotsa ka bongwe ka bongwe. Tlhophha ditirwana tse di lekaneng maemo a barutwana.
- Tsepamisa matlho mo kelelong ya puiso, thutapuong le mo tlotlofokong.
- Letla barutwana go feleletsa ditirwana tse di kaelwang tsa ditlhophha tse di tsenyeeditsweng kwa morago ga buka e. (Tlhophha ditirwana tse di lebaneng maemo a barutwana)



*Letla barutwana go diragatsa  
kgang fa e ba letla go dira jalo.*



Barutwana ba tshwanetse go dira ditirwana tsa puiso ya ditlhophha morago ga puiso. Letla barutwana go bereka kana go dira ka ditlhophha go feleletsa ditirwana tse di maleba tsa puiso ya ditlhophha tse di tsenyeeditsweng kwa morago ga buka. Ga ba a tshwanela go kwala mo bukeng e. Ditirwana tse di kwadiwang di direlwae mo dibukeng tsa bona tsa dithutiso.

# Go a makatsa mme ke nnete

A o ne o itse?

Ga go kgonege gore o ka  
ethimola o butse matlho.



Dithutlwa le  
batho ba na le  
marapo a le supa  
mo molaleng wa bona.

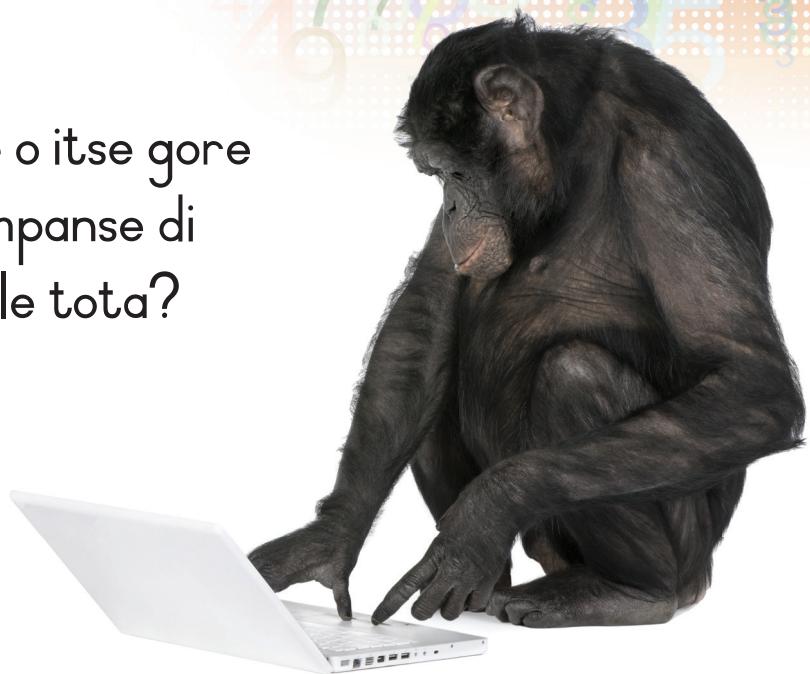
Dithutlwa di dirisa melala ya  
tsona e meleele go fitlhelela  
matlhare mo dikaleng tse di  
kwa godimodimo tsa ditlhare,  
fa diphoti di kgon a go  
fitlhelela dikarolo  
tse di kwa tlasenyana.



A o ne o itse gore leleme  
la thutlwa le leleele go ka  
latswa ditsebe tsa yona?



A o ne o itse gore  
ditšimpanse di  
botlhale tota?



Di kgon a go katisiwa go lemoga dipalo.  
Di bonako mo go lemogeng dipalo go  
gaisa batho.

Diphologolo dingwe di  
fetola mebala ka bonako  
go itshireletsa fa di  
batla go iphitlha. Fa  
leobu kgotsa oketopase e  
tloga mo lefelong le lengwe  
go ya kwa go le lengwe la  
mmala o o farologaneng,  
mmala wa letlalo la tsona o  
fetogela go mmala wa lefelo leo  
gore di se ka tsa bonwa ke baba.



Fa oketopase e  
tlhaselwa, e kgon a go  
thuntsha lerus la enke  
e ntsho eo e fatlhag  
motlhasedi.





Mofuta mongwe wa tlhapi o na le  
paterone nngwe mo mogatleng wa yona  
e o ka reng ke leitlho. Fa mmaba o ya  
kwa 'leitlhong' la tlhapi, o a bo tota o  
lebile kwa mogatleng wa tlhapi mme se  
se dire gore tlhapi e tshabe.

Maruarua a magolo  
a tsamaya sekgala se  
seleele go batla dijo! A  
nna mo metsing a a tsididi  
kwa Bokone, mme fa go nna  
tsididi thatathata, a fudugela  
kwa metsing a a bothitho a  
kwa Borwa. A kgona go tsamaya  
go fitlha dikilomitara di le 8 ka  
ura, seo e leng bonako jo motho o  
kgonang go bo taboga.

Fa metsi a nna tsididi kwa  
Borwa, a boela kwa  
Bokone. Maruarua  
a tsamaya  
dikilomitara di  
le dikete setlha  
sengwe le sengwe.



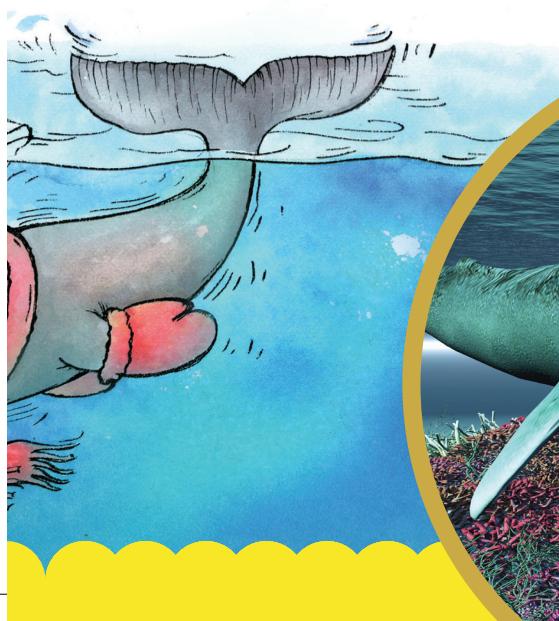
Brr...

Brrrrr...





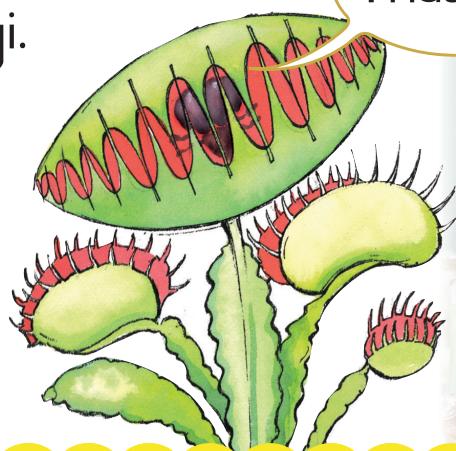
Modumo wa go lets  
molodi o o dirwang ke  
leruarua le le botala jwa  
legodimo o kgon a go utlwiwa  
bokgakaleng jwa 850km.



Dijalo tse di  
farologaneng di feta  
600 di tshwanetse  
go ja ditshenekegi  
gore di tshele. Bontsi  
jwa tsona bo tshwara  
dijo tsa tsona ka go tswala  
matlhare a tsona kgotsa  
ka go dirisa “theipi e e  
kgomarelang” e e tshwarang  
dintsi go di ja motshegare!  
Morago sejalo se ntsha  
diesiti go tlhafuna  
tshenekegi.  
Ijaaa!



Thusang!

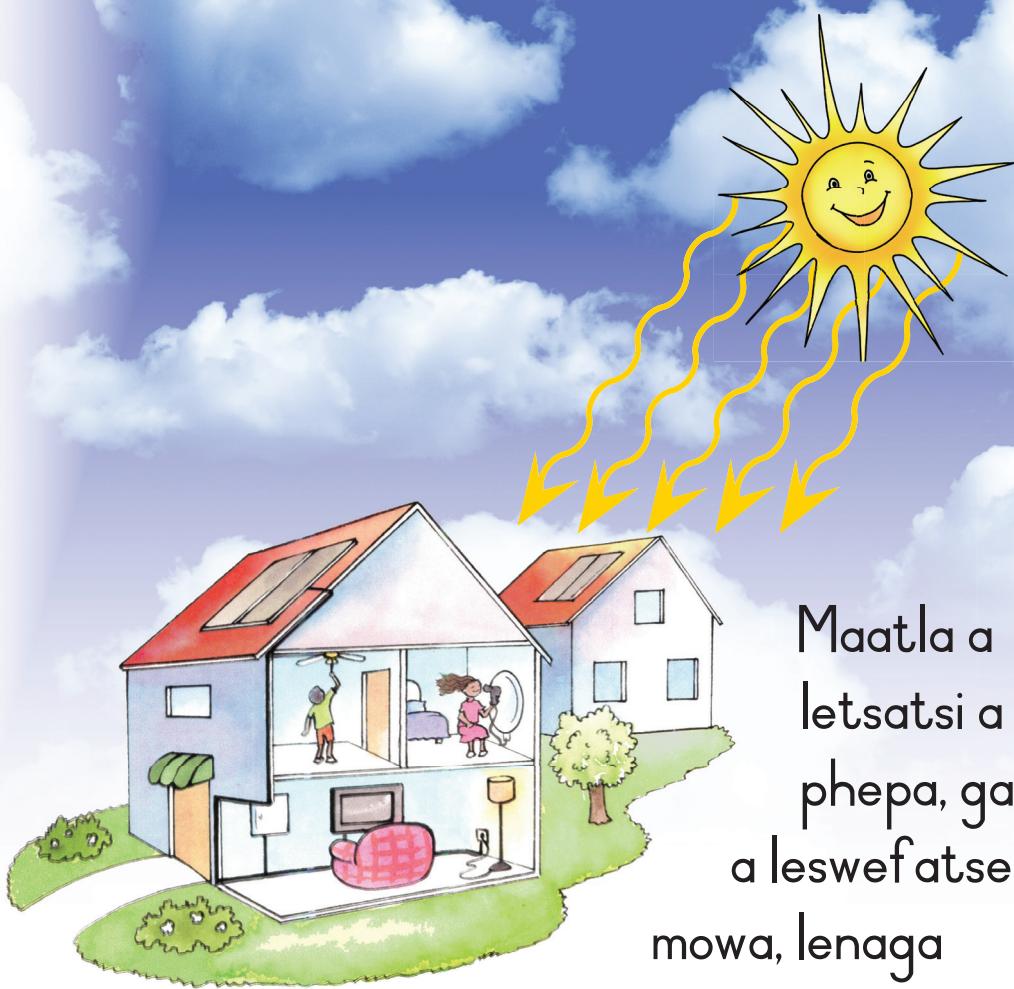




b

Mo malobeng sef ofane se se itlhao tseng se se tsamaisiwang ke maatla a letsatsi se dikologile lefatshe. Se ne se sa dirise leokwane, mme se dirisa maatla a letsatsi. Se ne se kgobokantse maatla a a lekaneng mo motshegareng go fofa bosigo.





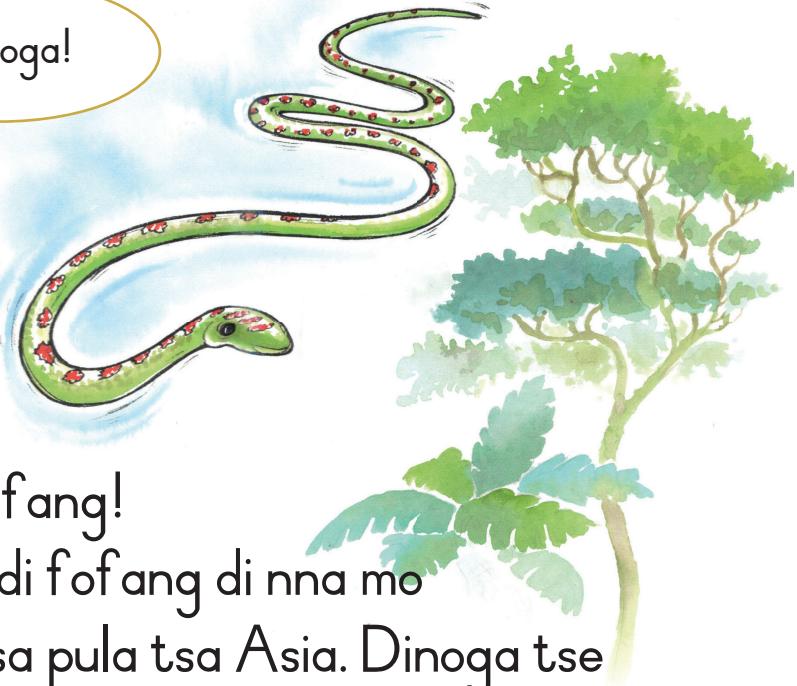
Maatla a  
letsatsi a  
phepa, ga  
a leswefatse  
mowa, lenaga  
kgotsa metsi mme

a mantsi. Bontsi jwa maatla a letsatsi a  
a fitlheng mo lefatsheng ka letsatsi, a  
ka fepa ditlhokego tsa rona tsa maatla  
go fitlha ngwaga o fela! Re tshwanetse  
go batla mekgwa e e botoka ya go tshola  
maatla a letsatsi.



Ke nogá!

Ke tlhápi!

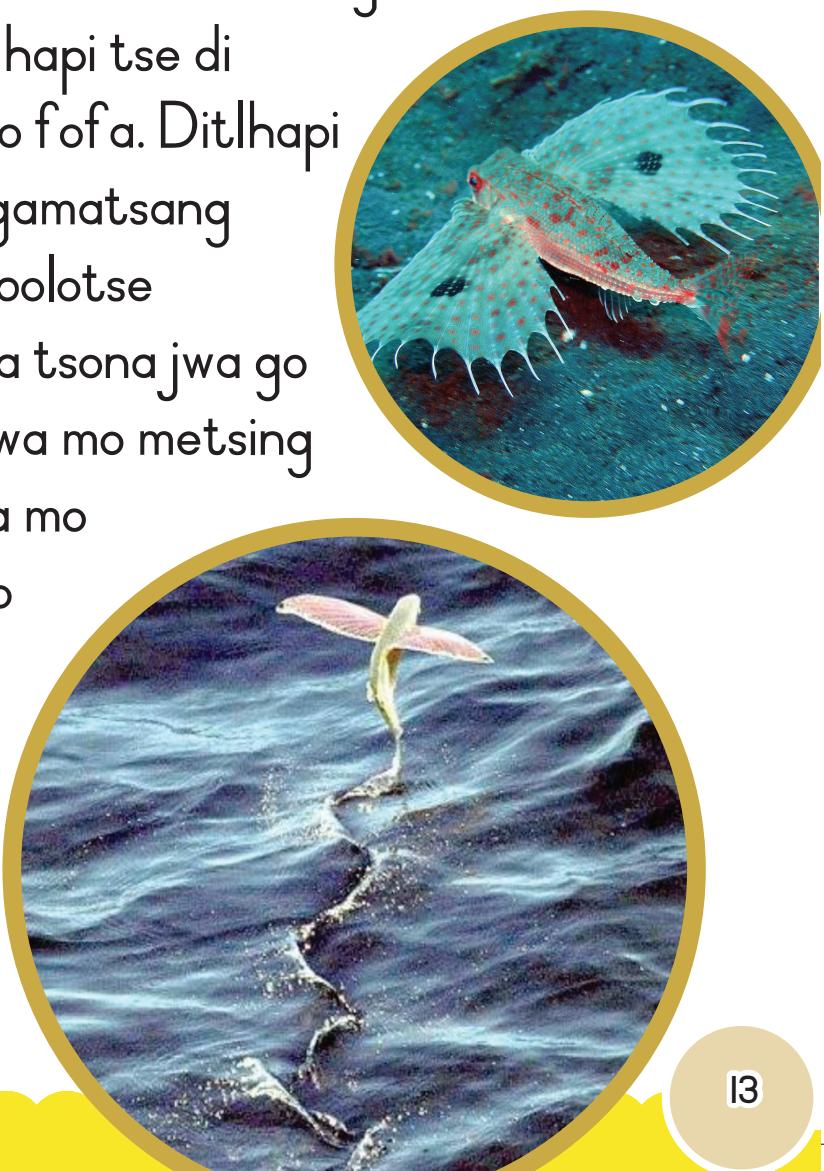


Noga e e fofang!

Dinoga tse di fofang di nna mo  
dikgweng tsa pula tsa Asia. Dinoga tse  
di na le bokgoni jwa go fofa go tswa mo  
setlhareng se sengwe go ya go se sengwe.  
Di kgoná go fofela kwa godimo le kwa  
tlase, mme gape di kgoná go relela.



Go na le mefuta e e fetang  
60 ya ditlhapi tse di  
kgonang go fofa. Ditlhapi  
tse di gakgamatsang  
tse di tlhabolotse  
bokgoni jwa tsona jwa go  
tlola go tswa mo metsing  
le go relela mo  
moweng go  
tshabela  
dilalome  
tsa ka fa  
tlase ga  
metsi.





O ka kgoná go dira gore ditshese di fetole mebala ya tsona ka go tshela sefetolamebala sa enke kgotsa sa dijo mo metsing mo bolompotong.  
Ema sebakanyana mme o tlaa bona dipetale di fetola mmala. Se ke ka gobo thulaganyo ya ditshika tse di mo dikutung ya ditshese e rwala mmala wa dipetale.





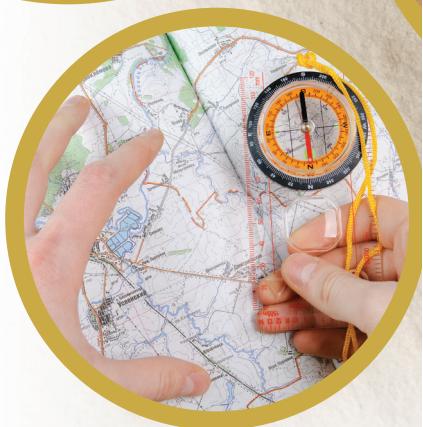
A o kopana  
le dikotsi mo  
tseleng ya gago  
ya go ya kwa gae?

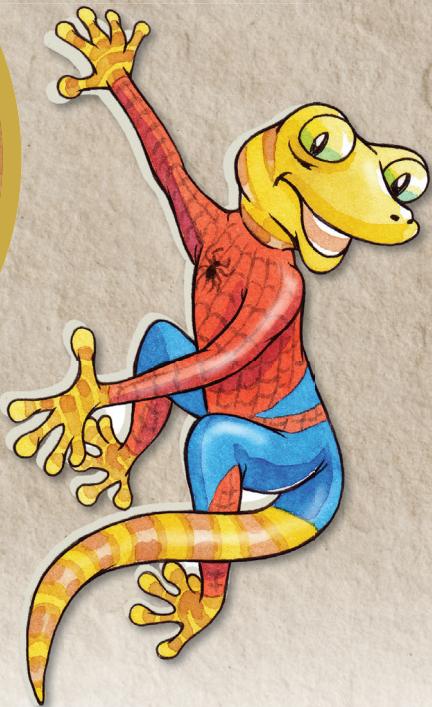
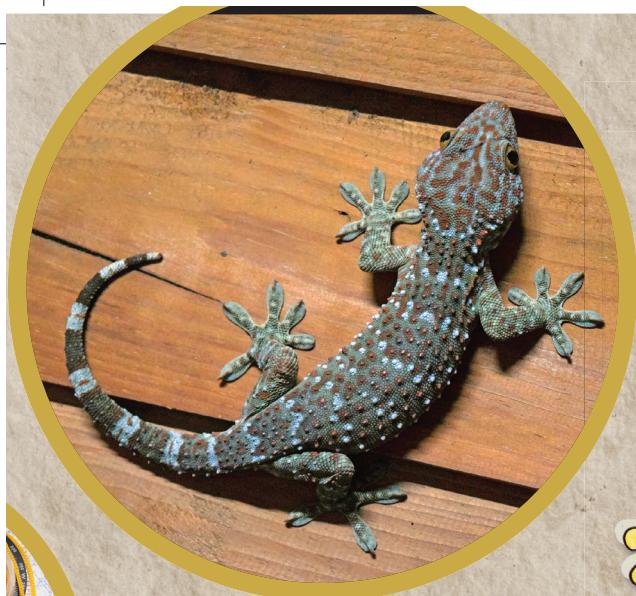
Bana ba bangwe ba  
tshwanetse go kgabaganya  
maborogo a maitirelo kgotsa  
go potologa dithaba tse di  
mokong le tse ditshesane  
mo tseleng ya bona ya go  
ya kwa sekolong. Ba bangwe  
gape ba tshwanelwa ke  
go "pitlaganelo" go ya kwa  
sekolong!



Kgogedi ya  
makenete.

A o ne o itse gore  
fa o baya makenete  
mo kgotsa fa godimo  
ga motlhaba, kgotsa  
gaufi le lebokoso la gago  
la diphensele, mafofora a  
tshipi a ya go kgomarela  
mo makeneteng wa gago?





A o ne o itse gore "difelekwane" di kgona go palama mabota ntle le gore maoto a tsona a kgomane le lebota? Fa di le mo boalong jo bo rapameng jwa mabota meritshana ya maoto a tsona a aga lefelo la makenete le le kgomarelang. Se se di "gogela" mo leboteng jaaka Rabobi! Se se dira gore di nne bofefo mme di kgomarele lebota!



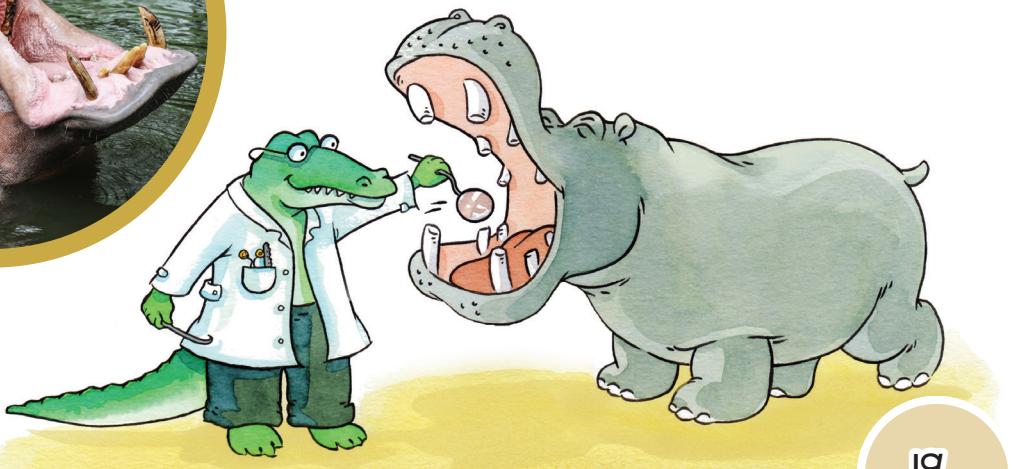
Kana moengele wa leino  
o go etela gakae?  
Batho ba na le  
disete di le pedi tsa  
meno. Dikwena di  
tlhoga meno a mašwa  
dingwaga tse pedi tse  
dingwe le tse dingwe,  
mme meno a dipeba  
ga a ke a kgolega.  
A tswelela fela go  
gola.



Lenaka la tlou le  
kgona go nna bokete  
jwa dikgamelot sa  
metsi di le 8. Akanya  
fela o setse o rwala  
bokete jo bo kana letsatsi  
legwe le lengwe. Mme fa  
o akanya gore Kubu e na le  
meno a le mane fela, o fositse.  
Kubu e dirisa meno a le 40 a a



tlhogileng kwa moragonyana  
mo metlhagareng gore e  
tshotlhe ka ona.

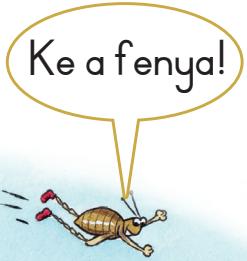


Batlodi ba bagolo ke bomang? Diphala di kgon a go tlollela kwa godimo le gona kgakala.  
Batabogi ba ba bokgoni ba tlollela bokgakala jwa dimmitara di le robedi, Tau ya Aforika e kgon a go tlola dimmitara di le lesome, mme Ntlole wa kwa Oseterala o kgon a go tlola dimmitara di le 13.





Mme letsetse lona ke  
mogaka! Le kgona go  
tlola bogolo jwa mmele  
wa yona ga 300. Akanya  
fela, letsetse e le seripa sa sentimitara,  
le ne le ka kgona go tlola kwa godimo ga  
tlhogo ya gago. Fa re ka bo re na le bokgoni  
jwa ntsi jwa go tlola, re ne re  
ka kgona go tlola bogolo jwa  
setediamo sa kgwele ya dinao.



Ke a fonya!



# Ditirwana tsa puiso ya ditlhophha



Lebelela ditshwantsho. A o kgon a go lemoga diphologolo tse di itshireleditseng ka go tsaya mmala wa lefelo le di leng mo go lona?





2

Bolelela tsala ya gago gore a ditlhagiso tse di latelang di nnete kana di fosagetse.

	NNETE	FOSAGETSE
i. Ditshimpanse di tota di le botlhale.		
ii. Maruarua a magolo a tsamaela kgakala go batla dijo.		
iii. Dijalo tse dingwe di ja ditshenekegi.		
iv. "Difelekwane" ga di kgone go palama mabota.		
v. Diphala di kgon a go tlolela kwa godimo le gona kgakala.		
vi. Dikubu di na le meno a le mane fela.		
vii. Diphologolo dingwe di iphetola mebala go itshireletsa.		
viii. Batho ba na le disete di le pedi tsa meno.		
ix. Dinoga tse di fofang di nna mo dikgweng tsa pula.		
x. O kgon a go ethimola o butse matlho.		



3

Diamusi ke diphologolo tse di nang le boboa kgotsa moriri. Dira lenaneo la diamusi tsotlhhe tse o ka di akanyang. Dirisa diphegelwana go kgaoganya mafoko a a mo lenaneong.



4

Digagabi di na le makakaba mme gantsi ga di kgone go fofa. Dira lenaneo la digagabi tsotlhe tse o ka di akanyang. Dirisa diphegelwana go kgaoganya mafoko.



5

Ke diphologolo dife tse di sa kaiweng mo mananeong a gago?

Kwalolola dipolelo tse o dirisa matshwaopuiso a a nepagetseng.

- i. a o ne o itse gore ditshimpanse di tota di le botlhale
- ii. dikwena di tlhoga meno a mašwa dingwaga tse pedi tse dingwe le tse dingwe mme dipeba ga di ke di kgolega meno
- iii. dithutlwadi dirisa melala ya tsona e melelele go fitlhelela dikalo tse di kwa godimo tsa ditlhare



6

Nyalanya mafoko a le bokao jwa ona. Morago o dirise mafoko a go bopa dipolelo tsa gago.

itshireletsa



tena

tshwenya

iphitlha

motlhaba

setlhaselwa

sebolawa

santa

selalome

legotlo

peba

sera

# PUOGAE YA MOPHATO 3



Buka 3

<b>Leina kana setlhogo:</b>	Go a makatsa mme ke nnete
<b>Puo:</b>	Setswana
<b>Maemo:</b>	Padiso ya Puogae ya Mophato 3 Maemo 3 Buka 3
<b>Mofuta wa sekwalwa:</b>	Kanelo
<b>Mafoko a tlwaelo:</b>	fa, fetola, bonako, letla, tota, setse, nna, kgabaganya, godimo, tlase
<b>Tlotlofoko:</b>	Mokwatla, itshira, ntsha, tshotlha, fuduga, selalome, mmalafatsi, mafora, thulaganya ya dithwe
<b>Medumopuo:</b>	makwalwatshwano jaaka fitlhela/fitlhela, noka/noka
<b>Diteng, mareo le bokgoni:</b>	<ul style="list-style-type: none"><li>▪ Tlotla ka ga dishwantsho</li><li>▪ Batla tshedimosetso mo dikwalweng tse e seng tsa maitlhameleo mme o batlisise gore a ditlhagiso di bua nnete kgotsa di fosagetse</li><li>▪ Rulaganya lenaneo o dirisa diphegelwana</li><li>▪ Tlatsa matshwaopuiso a a nepagetseng</li><li>▪ Nyalanya mafoko le bokao jwa ona</li></ul>

CAPS e batla gore barutabana ba beele kwa thoko nako e e rileng ya go tota puiso ya ditlhophpha e e kaelwang letsatsi le lengwe le lengwe. Puiso ya ditlhophpha e e kaelwang e batla gore barutwana ba maemo a a tshwanang a puiso ba buise temana e e tshwanang ba le mo ditlhopheng tsa bona ka fa tlase ga bokaedi jwa morutabana.

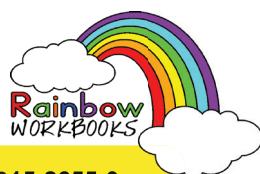
Morutabana o tshwanetse go rulaganya nako ya go buisa gore e akaretse thuto ya mafoko a a rileng le mekgwa ya go tlhaloganya e barutwana ba tlaa e tlhokang fa ba buisa.

Mekgwa e gape e batla 'puisano ka ga sekwalwa' magareng ga morutabana le barutwana le magareng ga bana mo ditlhopheng ts abona. Dibuka tse di akaretsa ditirwana di le mmalwa tsa 'puisano ka ga sekwalwa', tekathlaloganyo le ditirwana tse dingwe tse di tsamaelanang go thusa morutabana go kaela puiso ya ditlhophpha mo diphaposiborutelong tsa bona.

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**Robi Mmutlanyana o tsietsa Freddie Phokojwe**

**Letsholo la kwa lewatleng**

**Boitumediso mo khitsining**

**Bukatsatsi ya Ngwana Matshwenyego**



**Go ngweega go gogolo**

**Letsatsi le le bosula la ga Thandi**

**Beke ya go ka gakologelwa**



**Go na le selalome mo rakeng ya me**

**Kgetse ya dikukukopi tse di latlhegileng**

**Go a makatsa mme ke nnete**