

Manana Angie Motshekga, Holobye wa Dyondzo ya Masungulo



Nkulukumba Enver Surty, Xandla xa Holobye wa Dyondzo ya Masungulo

Tibuku leti to tirhela ti endleriwe vana va Afrika-Dzonga ehansi ka vurhangeri bya Holobye wa Dyondzo ya Masungulo, Manana Angie Motshega, na Xandla xa Holobye wa Dyondzo ya Masungulo, Nkulukumba Enver Surty.

Tibuku to tirhela ta Rainbow ti vumba xiyenge xin'wana xa ntlawa wa migingiriko ya Ndzawulo ya Dyondzo ya Masungulo leyi kongomisiweke eka ku antswisa matirhelo ya vadyondzi va Vaafrika-Dzonga eka tigiredi ta ntsevu to sungula. Tanihi xin'wana xa swilo leswi nga swirhangana eka nkunguhato wa matirhelo ya mfumo, phurojeke leyi yi humelerile hi ku seketeriwa hi timali hi Nkwama wa Timali ta Tiko. Leswi swi endlile leswaku Ndzawulo yi swi kota ku endla leswaku tibuku leti to tirhela, ti kumeka hi tindzimi hinkwato ta ximfumo handle ko hakeleriwa.

Hi tshemba leswaku tibuku leti ti ta pfuna vadyondzisi eka migingiriko ya vona yo dyondzisa ya masiku hinkwawo no tiyisisa leswaku vadyondzi va vona va kota ku heta kharikhulamu. Hi tiyisise no letela mudyondzisi eka nghingiriko wun'wana na wun'wana hi ku katsa mifungho leyi kombisaka leswi mudyondzi a faneleke ku endla swona.

Hi ni ntshembo leswaku vana va ta tiphina no tsakela ku tirha migingiriko leyi nga ebukwini loko va ri karhi va ya emahlweni no dyondza, na leswaku wena, mudyondzisi, u ta tsaka swin'we na vona.

Hi mi navelela ku humelela, wena na vadyondzi va wena eku tirhiseni tibuku leti to tirhela.

Rainbow WORKBOOKS

LIFE SKILLS IN XITSONGA
GRADE 1 – TERMS 1&2
ISBN 978-1-4315-0240-0

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- *Matematiki Tigiredi ta 1-3 (Hi tindzimi hinkwato ta ximfumo)*
- *Matematiki Tigiredi ta 4-9 (Hi Xinghezi na Xibunu)*
- *Ntivo swa vutomi Tigiredi ta 1-3 (Hi tindzimi hinkwato ta ximfumo)*
- *Ririmi ro Engetela ro Sungula Tigiredi ta 1-3 (Hi Xinghezi, Xibunu, Xipedi na Xizulu)*
- *Ririmi ro Engetela ro Sungula Tigiredi ta 4-6 (Hi Xinghezi na Xibunu)*

Giredi ya 1





Ntivo swa vutomi hi XITSONGA Buku ya 1

Tikotara ta 1 na 2



Vito:

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Nkosi sikelel' iAfrika
Maluphakanyisw' uphondo lwayo,
Yizwa imithandazo yethu,
Nkosi sikelela, thina lusapho lwayo.

Morena boloka setjhaba sa heso,
O fedise dintwa le matshwenyeho,
O se boloke, O se boloke setjhaba sa heso,
Setjhaba sa South Afrika – South Afrika.

Uit die blou van onse hemel,
Uit die diepte van ons see,
Oor ons ewige gebergtes,
Waar die kranse antwoord gee,

Sounds the call to come together,
And united we shall stand,
Let us live and strive for freedom,
In South Africa our land.

Published by the Department of Basic Education
222 Struben Street
Pretoria
South Africa

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Third impression 2013

ISBN 978-1-4315-0240-0

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Sunguti
Nyenyenyani
Nyenyankulu
Dzivamisoko
Mudyaxihi
Khotavuxika
Mawuwana
Mhawuri
Ndzati
Nhlangula
Hukuri
N'wendzamhala

Giredi ya 1



Ntivo swa vutomi
Buku ya I



Buku leyi i ya:

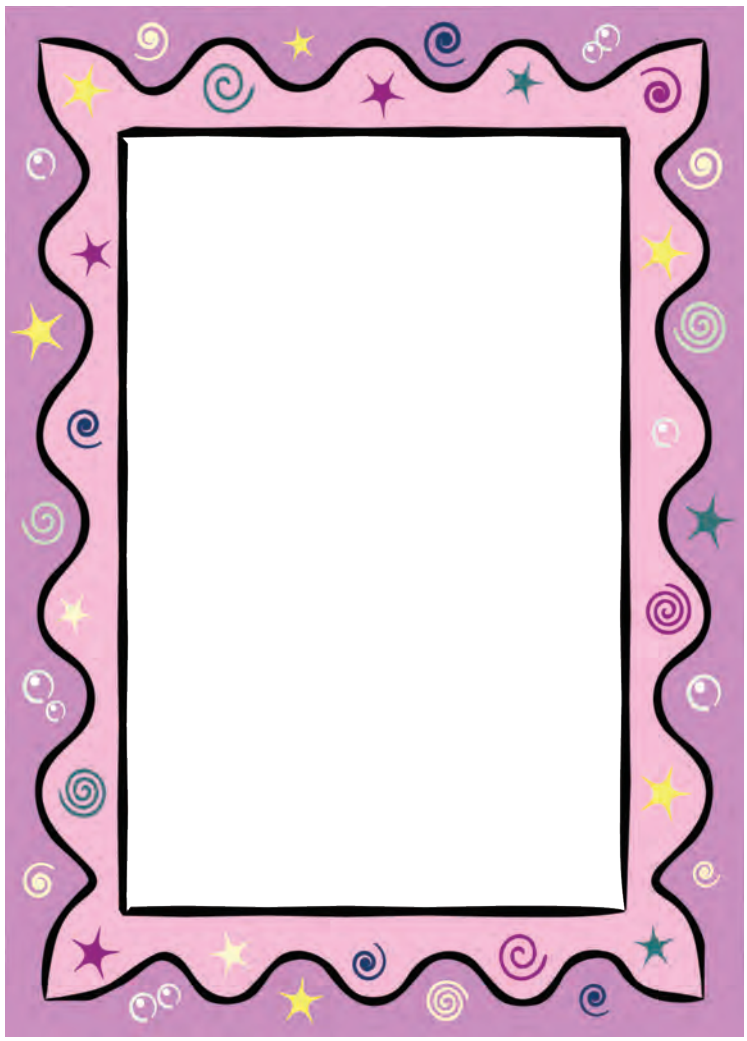
1

Mayelana na mina



A hi endleni

Damarheta xifaniso xa wena kumbe u tidirowa laha.





Vito ra mina i _____.

Xivongo xa mina i _____.

Ndzi na _____ wa malembe.

Ku na _____ wa swirho endyangwini wa ka hina.

Nomboro ya riqingho ra hina i: _____

Adirese ya hina i:

_____

_____

_____



Ndzi tiva leswaku siku ra ku velekiwa ra mina ri va kona rini.

ina	ndza kanakana	e-e

A hi diroweni

Joe i xitlangi xa bolo ya milenge.	Dirowa nchumu lowu u kotaka ku wu endla kahle.
	

Hlamusela vanghana va wena hi swilo leswi u kotaka ku swi endla kahle. Kutani khalara nyeleti ebokisini leri faneleke ku kombisa vuswikoti bya wena.

A hi vulavuleni

 Ndzi kota ku hlaya.	 Ndzi kota ku tiambexa.	 Ndzi kota ku tsala.
 Ndzi kota ku cina.	 Ndzi kota ku endla tiyi.	 Ndzi kota ku buracha meno ya mina.

Teacher:
Sign:
Date:

2

Mihlovo no cina

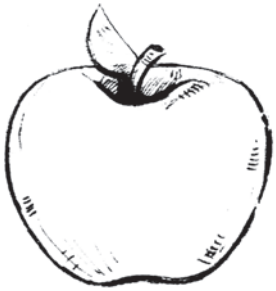
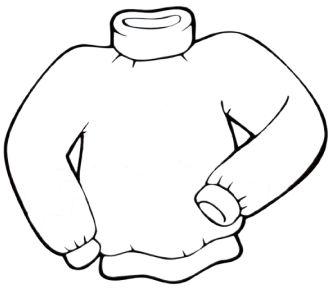
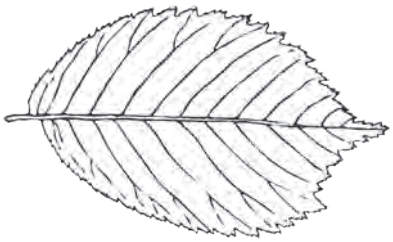


A hi endleni

Xana u tiva mihlovo leyi?
Byela munghana wa wena mavito ya yona.



Sweswi khalara xifaniso xin'wana na xin'wana hi muhlovo lowu faneleke.

 Banana ra xitshopana	 Apula ro tshwuka	 Jesi ra wasi
 Xambhulela xa mihlovohlovo	 Lamula ra xilamula	 Tluka ra rihlaza



A hi yeni emahlweni

Encenyeta leswi vana lava va endlaka swona.



Dzinginisa miri wa wena.

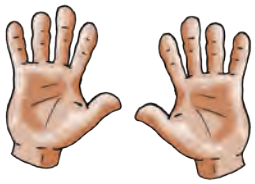
Endla wonge u tlanga piyano.

Endla wonge u chaya katara.



A hi hungaseni

Phokotela mavoko eka tipatironi leti.





Phokotela Phokotela Phokotela Phokotela

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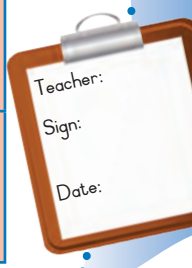
A hi endleni

Xana u nga swi kota ku endla swilo leswi? Kombisa vanghana va wena.

Ndzi nga tsutsumela ematlhelo yo hambana handle ko chayisana na un'wana.			
Ndzi nga tlula khadi.			
Ndzi nga khunguluxela munghana wa mina bolo leyikulu.			



3

Hinkwerhu hi hlawulekile

A hi vulavuleni

Languta xifaniso kutani u hlamusela munghana wa wena ku hambana exikarhi ka vana lava.






Lavakulu na lavatsongo

Van'wana hi lavakulu, van'wana va hina hi lavatsongo.

Van'wana va lehile, van'wana va hina va komile.

Hinkwerhu hi nga swi kota ku endla xanchumu kahle.

I yini lexi u kotaka ku xi endla kahle?



A hi vulavuleni

Hlamusela vanghana va wena hi leswi u titwiseke xiswona hi siku ro sungula exikolweni.

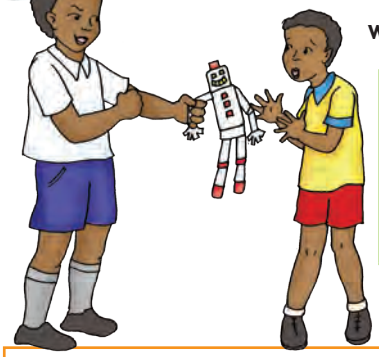
A wu tsakile	A wu tsuvile	A wu nyanyukile	A wu hlundzukile	A wu ri na tingana
				

A hi endleni

Dirowa xifaniso ku kombisa leswi u nga titwisaka xiswona loko un'wana a ku nyika xitlangiso lexintshwa. Tsala rito exivandleni lexi nyikiweke laha hansi kutani u dirowa xifaniso xa leswi u nga ta titwisa xiswona.

A hi vulavuleni

Hlamusela munghana wa wena hi leswi humelelaka exifanisweni xin'wana na xin'wana. Vula leswaku a wu ta titwa njhani loko swilo leswi a swi humelela eka wena. Gwabisa xikandza lexi faneleke.



Mufana lonkulu u teka swilo swa wena.


u tsakile


u nyanyukile


u tsuvile

Wena na munghana wa wena mi tlanga swin'we.


u hlundzukile


u tsakile


wa chava





U pfula nyiko.


wa chava


u nyanyukile


wa nyuma

Buti kumbe sesi wa wena u tshova xitlangiso xa wena lexi u xi rhandzaka swinene.


wa nyuma


u tsakile


u hlundzukile



A hi endleni

Endla nkandziyiso wa rintiho ra wena ebokisi ro sungula kutani u kombela mudyondzikuloni ku endla nkandziyiso wa yena eka bokisi leri landzelaka.

Xana wa swi tiva leswaku a ku na munhu loyi a nga na nsalelo wa tintiho wo fana na wa wena? Hi wena u ri wexe emisaveni hinkwayo, hikwalaho u hlawulekile. Hambi mahahlwa a va na misalelo ya tintiho leyi fanaka.

Xana wa swi kota ku vona leswaku misalelo ya tintiho ya hambana?

Teacher:
Sign:
Date:

4 Hinkwerhu ha hambana

A hi vulavuleni

Languta vana lava.
Xana va fana hi ndlela yihi?
Xana va hambana hi ndlela yihi?





A hi endleni

Languta xifaniso kutani u anakanya loko swivulwa leswi swi ri ntiyiso kumbe vunwa.
Khalara swivulwa leswi nga ntiyiso hi muhlovo wa rihlaza.
Khalara swivulwa leswi nga riki swa ntiyiso hi muhlovo wo tshwuka.

Hinkwavo va na 2 wa mavoko na 2 wa milenge.

Hinkwavo i vanhwanyana.

Hinkwavo va ambarile tintanghu.

Hinkwavo va ambarile maburuku.

Hinkwavo i vana.

Hinkwavo va na misisi yo leha.



A hi diroweni

Dirowa xifaniso xa wena exivandleni xo sungula. Kutani dirowa xifaniso xa munghana wa wena wa xiviri. Loko u endlile sweswo, languta swifaniso kutani u vula leswaku u hambana njhani na munghana wa wena.



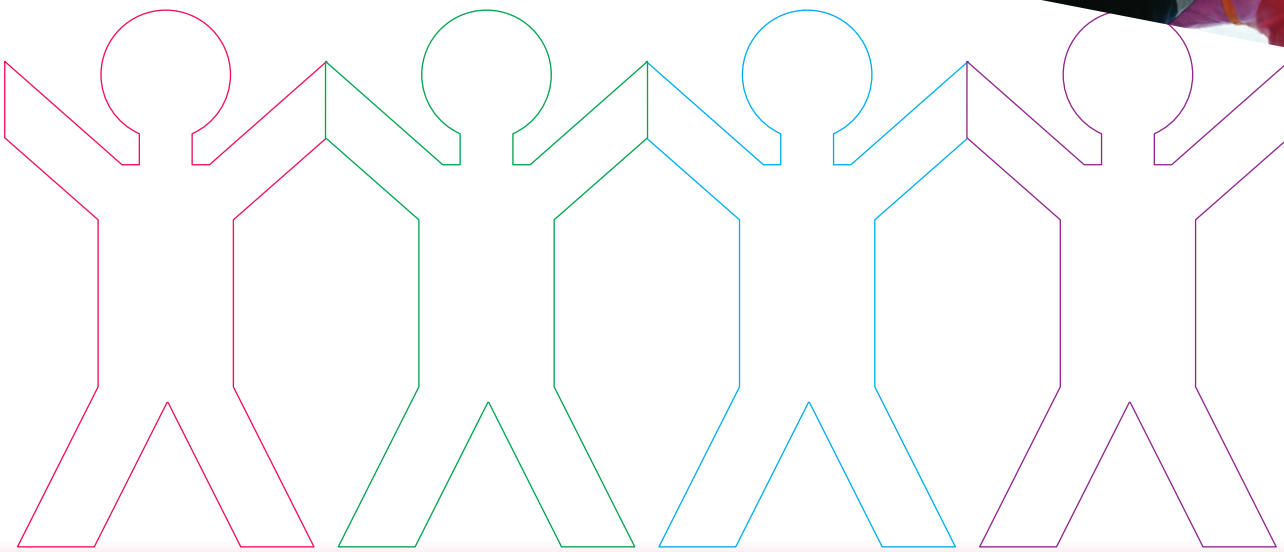
mina	munghana wa xiviri



A hi endleni

Languta swifaniso swa wena kutani u vula leswaku wena na munghana wa wena mi fana hi ndlela yihi na leswaku mi hambana hi ndlela yihi. Endla nketani ya xinghana ku kombisa leswaku munhu un'wana na un'wana u hambana na van'wana.







Yimbelela risimu



A hi endleni

U nga si yimbelela, endla vutiolori lebyi:
Hefemulela endzeni swinene na le handle hi ku nonoka.
Endla wonge u huhutela moya wo tima makhandhlele ekhekheni ra wena ra siku ra ku velekiwa, kutani vula "Brrrrrrrrrrrr".



Swimfenhana swa ntlhanu



Swimfenhana swa ntlhanu swi tlulatlula emubedweni.
Xin'we xi wela ehansi xi tivavisa nhloko.
Manana u vitanile dokodela kutani dokodela u te:
"Ku nga ha vi na timfenhe leti tlulatlulaka emubedweni!"
Swimfenhana swa mune swi tlulatlula emubedweni.
Xin'we xi wela ehansi xi tivavisa nhloko
Manana u vitanile dokodela kutani dokodela u te:
"Ku nga ha vi na timfenhe leti tlulatlulaka emubedweni!"
Swimfenhana swinharhu swi tlulatlula emubedweni.
Xin'we xi wela ehansi xi tivavisa nhloko.
Manana u vitanile dokodela kutani dokodela u te:
"Ku nga ha vi na timfenhe leti tlulatlulaka emubedweni!"
Swimfenhana swimbirhi swi tlulatlula emubedweni.
Xin'we xi wela ehansi xi tivavisa nhloko
Manana u vitanile dokodela kutani dokodela u te:
"Ku nga ha vi na timfenhe leti tlulatlulaka emubedweni!"
Ximfenhana xin'we xi tlulatlula emubedweni.
Xi wela ehansi xi tivavisa nhloko
Manana u vitanile dokodela kutani dokodela u te:
"Ku nga ha vi na timfenhe leti tlulatlulaka emubedweni!"















A hi diroweni

Dirowa xikandza xa wena.
Kombisa mahlo ya wena, tindleve, nhompfu, nomo na misisi.
Byela vanghana va wena hi leswi u langutekisaka xiswona.



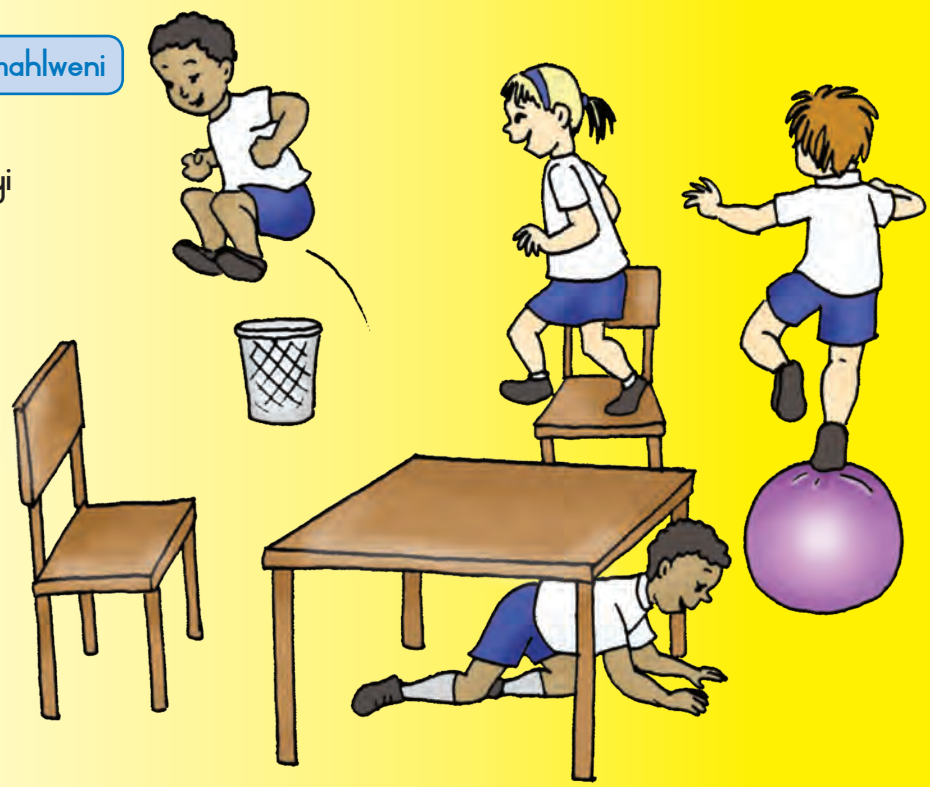


A hi yeni emahlweni

Tumbuluxani swirhalanganyi etlilasini ya n'wina tanihi leswi.

Tlulani exitulwini xin'we mi ya eka xin'wana.

Kasani ehansi ka matafula.



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6 Ndzi tinyungubyisa hi xikolo xa hina



A hi endleni

Dirowa xifaniso xa wena u ambale yunifomo ya xikolo. Kutani tata tinhlamulo leti siyiweke.



Ndzi nghena exikolweni xa _____.

Vito ra mudyondzisi wa mina i _____.

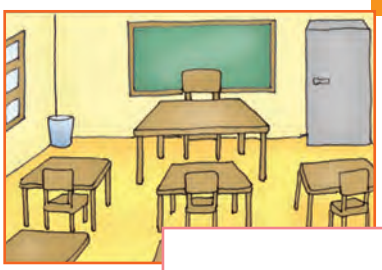
Nhloko ya xikolo i _____.



A hi tsaleni

Languta xifaniso laha tlhelo kutani u tata marito lama faneleke eka xifaniso xin'wana na xin'wana.

- vuhlayiselo bya swiambalo bya nkarhinyana
- matsalana
- hofisi
- tlilasi
- rivala ra mitlangu







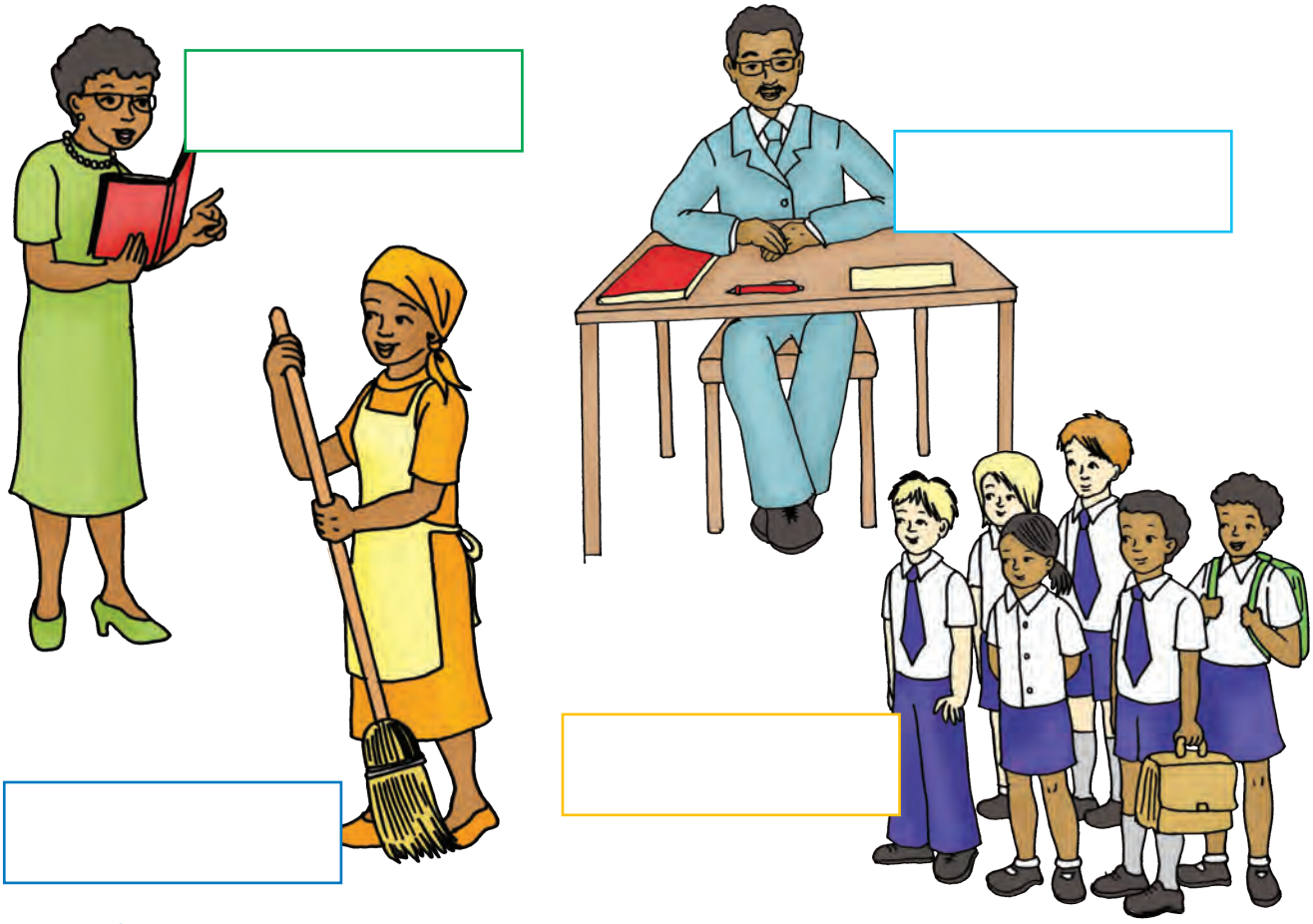




A hi tsaleni

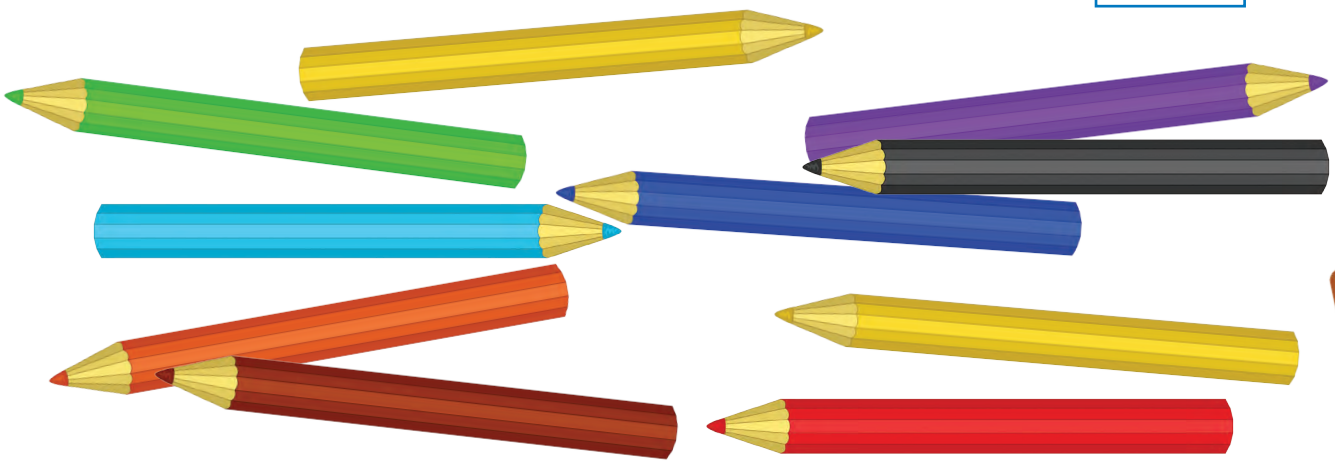
Ku na vanhu vo tala exikolweni. Hlamusela leswaku i vamani. Kutani tsala rito leri faneleke ehansi ka xifaniso xin'wana na xin'wana. Byela munghana wa wena leswaku va endla yini exikolweni. Tirhisa marito lama ku ku pfuna.

vana	mubasisi	mudyondzisi	nhloko ya xikolo



A hi hungaseni

Bokisi ra John ra tipensele ri wile. Hlayela leswaku u na tikhirayoni tingani kutani u tsala nhlayo ebokisini.



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Date:

7 Tindhawu to hambana

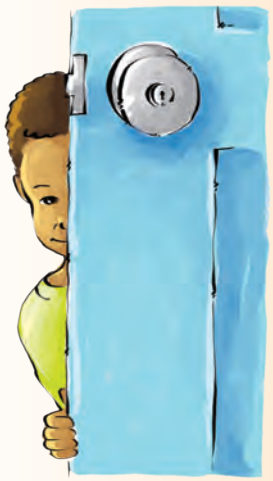
A hi endleni

Kombisa munghana wa wena leswaku u nga swi kota ku...

Tumbela ehansi ka xanchumu.



"Ndzi tumbela ehansi ka tafula."







Yima etlhelo ka xanchumu.

Tumbela endzhaku ka xanchumu.

Yima ehenhla ka xanchumu.

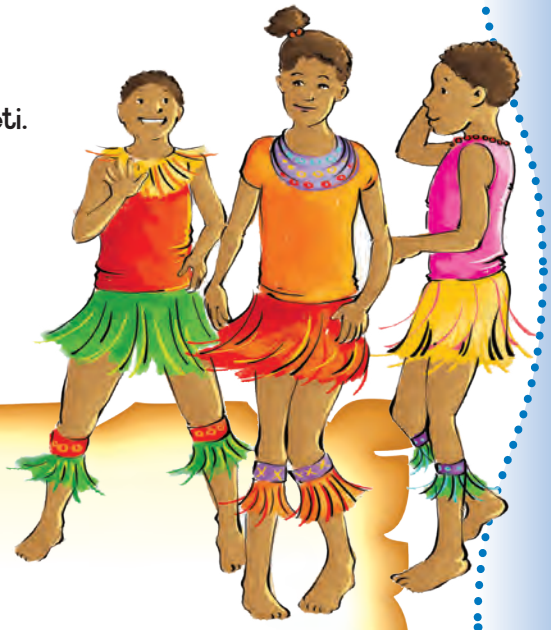
A hi yeni emahlweni

Tirhisa bolo kumbe nkwama wa tinyawa. Yi hoxele ehenhla kutani u yi khoma. Sweswi dzenengela nkwama wa tinyawa enhlokweni ya wena kutani u famba hi ku nonoka. Sweswi dzenengela nkwama wa tinyawa loko u ri karhi u famba ehenhla ka mhandze leyi nga ehansi kumbe ntila lowu nga ehansi.

Ndzi nga hoxa.			
Ndzi nga khoma.			
Ndzi nga dzenengela nkwama wa tinyawa enhlokweni ya mina.			

A hi yeni emahlweni

Gandlisa mikondzo eka tipatironi leti.



M = Ximatsi 

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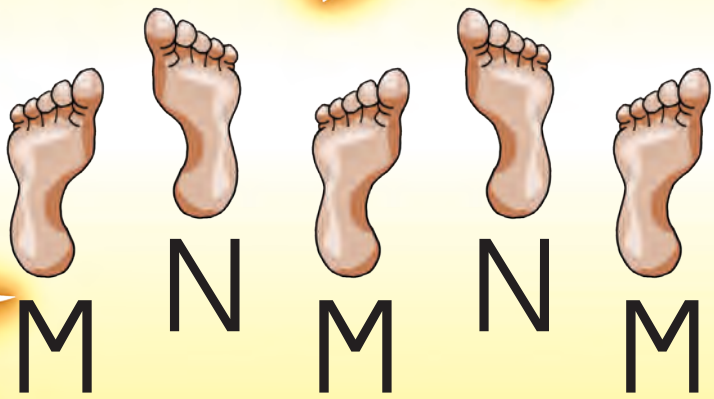

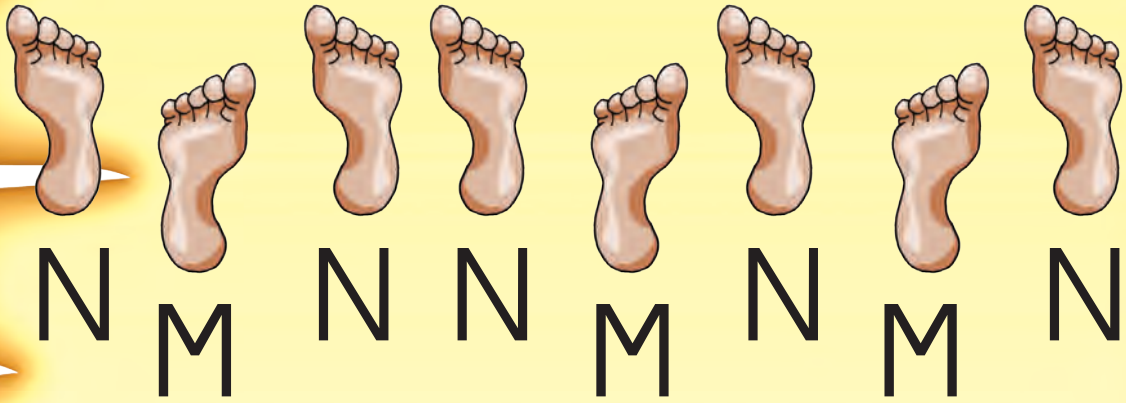

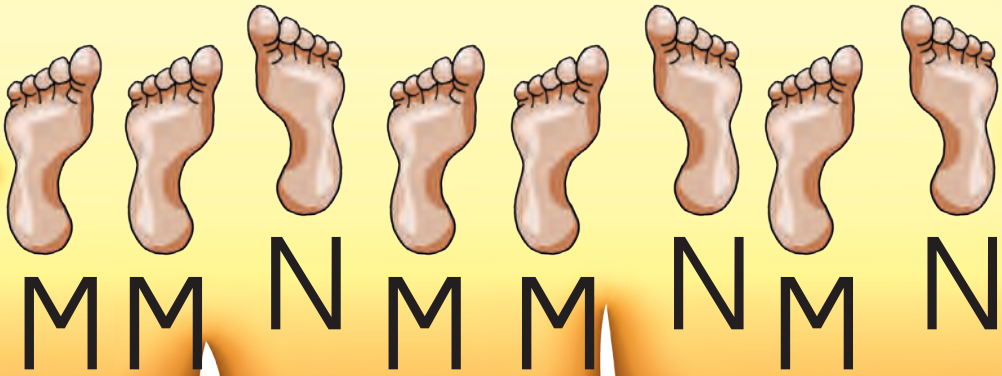

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Date:

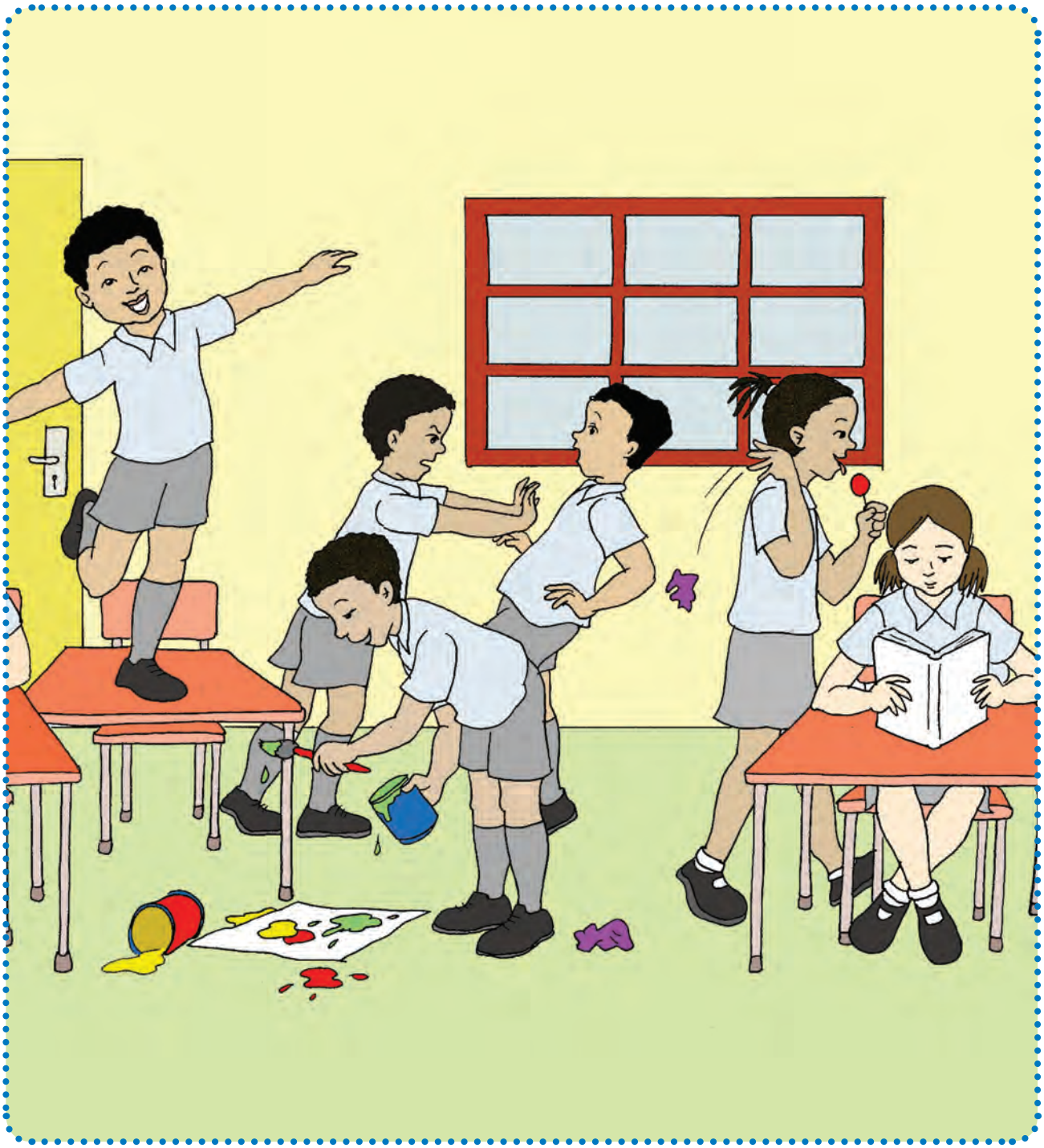
8

Tlilasi ya hina

A hi vulavuleni

Languta xifaniso lexi hi vuxiyaxiya kutani u vulavula hi leswi u swi vonaka eka xona.

Etlilasini leyi ku humelela swilo swa kahle na leswi nga homboloka.
Xana u vona yini swa kahle? Hi swihi swo homboloka leswi u swi vonaka?



A hi vulavuleni

Byela munghana wa wena leswaku ku humelela yini eka xifaniso xin'wana na xin'wana. Tsala ✔ etlhelo ka swilo swa kahle hinkwaswo. Tsala ✘ etlhelo ka swilo swo homboloka leswi nga humelelaka exikolweni.









Teacher:

Sign:

Date:

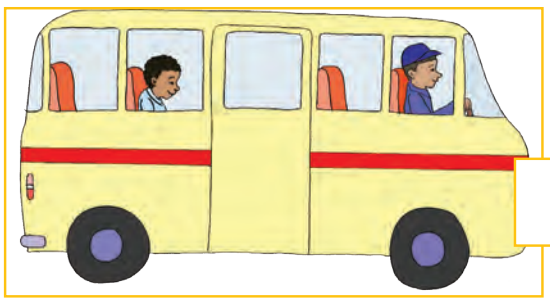
9

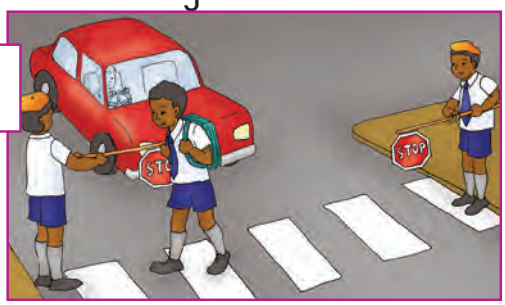
Mafambelo yo ya exikolweni

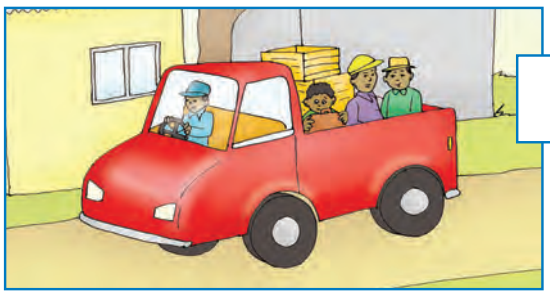


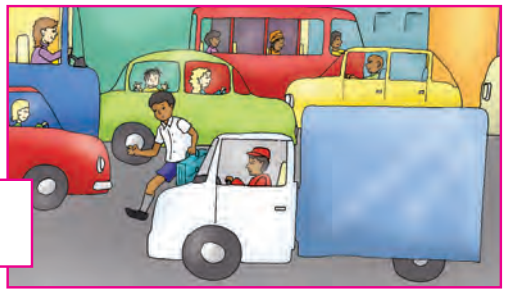
A hi vulavuleni

Xana u famba njhani ku ya exikolweni masiku hinkwawo? Xana u hlayisekile? Xana ku na tindlela leti nga na khombo leti u ti tivaka? Vulavula na munghana wa wena hi leswi vana lava va fambisaka xiswona ku ya exikolweni. Gwabisa ✔ tindlela to ya exikolweni leti nga riki na khombo. Bana xihambano ✘ eka leti nga na khombo.









Xana u ya njhani exikolweni nimpundzu? _____



A hi endleni

Sweswi vutisa 5 wa vanghana leswaku va fambisa ku yini ku ya exikolweni siku rin'wana na rin'wana. Va gwabise echatini leyi.



Vito	1	2	3	4	5
hi milenge 					
hi bazi 					
hi movha/ xibebe 					

A hi endleni

Tirhisa vumba ku endla swilo leswi.



A hi yeni emahlweni

Yingisela vuyimbeleri lebyi mudyondzisi wa wena a nga ta ku tlangela byona.



Fambisa miri wa wena ku ya hi mpfumawulo wa risimu.

Petsa matsolo ya wena kutani u ololoxa milenge ya wena.

Fambisa makatla ya wena ku ya ehenhla na le hansi.

Rhendzelekisa mahlakala ku ya eximatsini kutani u rhendzelekisela exineneni.

A hi yeni emahlweni

Wena na munghana wa wena mi fanele ku hoxa bolo mi tlhela mi yi khoma. Tirhisa voko ro pfumala matimba ku hoxa bolo.

Xana ndzi swi kotile ku hoxa bolo hi voko ra mina ro pfumala matimba?	☺	☹

A hi yeni emahlweni

Encisani mafambelo ya ngholovhani wena na mudyondzikuloni.



Teacher:

Sign:

Date:

10 Ndzi tshama ndzi basile

A hi vulavuleni

I mhaka ya nkoka ku dyondza mahanyelo lamanene loko wa ha ri lontsongo. Leswi hi swin'wana swa swilo leswi u faneleke ku swi endla leswaku u kota ku tshama u basile no kumeka u hanye kahle. Vulavula hi xifaniso xin'wana na xin'wana.

Ndzi fanele ku



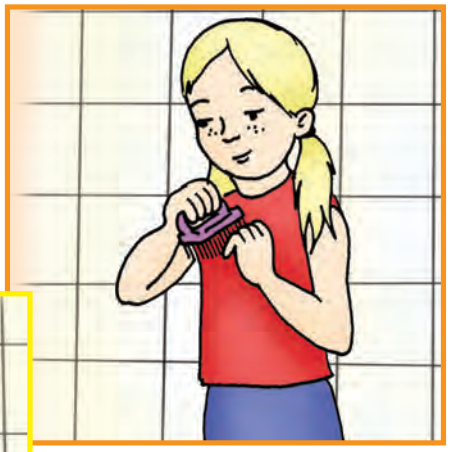
Buracha meno ya mina.



Hlamba mavoko endzhaku ko tirhisa xihambukelo.



Hlamba nkarhi na nkarhi.



Hlayisa min'wala ya mina yi tshama yi basile.



Hlantswa mihandzu ndzi nga si yi dya.



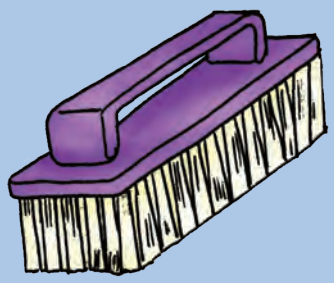
Tirhisa xihambukelo.



Tirhisa thixu loko ndzi entshemula kumbe loko ndzi rhimila.

A hi tsaleni

Hi swihi swilo leswi lavekaka ku endla leswaku u tshama u basile?
Khalara tinyeleti ku kombisa swilo leswi u swi tirhisaka leswaku u kumeka u basile.
Tlhela u vula leswaku u swi tirhisa njhani leswaku u tshama u basile.



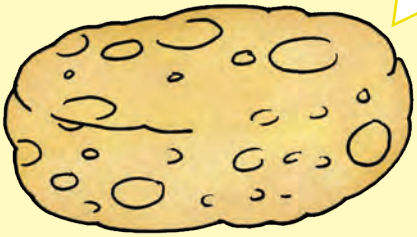


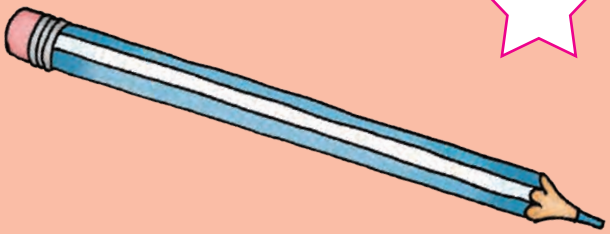












Teacher:
Sign:
Date:

11 Ndzi tshama ndzi basile



A hi hlayeni

Mikhuva yin'wana yo tirhisa xihambukelo hi mfanelo.

Tsundzuka



Ku pfala rivanti nkarhi hinkwawo loko u tirhisa xiyindlwana xa xihambukelo.



Loko u thyakisa exihambukelweni, tsundzuka ku basisa.



U nga tirhisi phepha ra xihambukelo ro tala.



Tsundzuka ku gwedhla xihambukelo.



Hlamba mavoko nkarhi hinkwawo endzhaku ko tirhisa xihambukelo.

A hi tsaleni

Bana xirhendzevutana eka marito lama hi byelaka leswaku hi fanele ku endla kangani swilo leswi landzelaka.

Ku hlamba misisi ya wena.



masiku hinkwawo | nimixo na nimadyambu

kambirhi hi vhiki | kan'we hi vhiki

Ku buracha meno.



masiku hinkwawo | nimixo na nimadyambu

kambirhi hi vhiki | kan'we hi vhiki

Ku hlamba miri.



masiku hinkwawo | nimixo na nimadyambu

kambirhi hi vhiki | kan'we hi vhiki

Ku hlamba xikandza.



masiku hinkwawo | nimixo na nimadyambu

kambirhi hi vhiki | kan'we hi vhiki

Teacher:

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Date:

12

Miri wa mina



A hi yeni emahlweni

Tlangani ntlangu wa "Simon u ri" na mudyondzisi wa wena.
Kuma ndhawu ya wena kutani u famba handle ko chayisana.
Simon u ri "Khoma nhloko ya wena."



A hi kombiseni

Kombisa munghana wa wena maendlelo yo ...



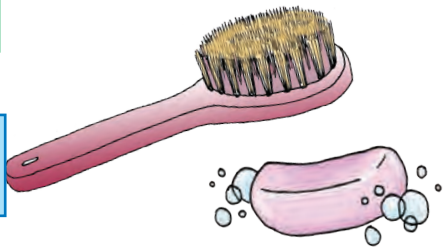
hlamba miri wa wena



sula mavoko



buracha misisi ya wena





buracha meno ya wena

hlamba xikandza xa wena





Encisa xinsin'wana lexi.

Ndzi nga phokotela mavoko

No gandlisa mikondzo ya mina

Ndzi nga pfumela hi nhloko

Ndzi wachuta mavoko

Ndzi rhendzeleka hi swikunwana

no khumba nhompfu ya mina.



Teacher:

Sign:

Date:

13

Mikhuva leyinene

A hi hlayeni

Leswi hi faneleke ku va na swona leswaku hi tshama hi hanye kahle.

Swakudya leswinene



Vutiolori byo ringanela



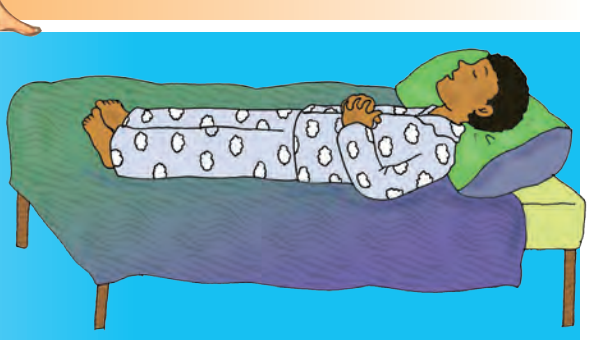
Ku tshama hi basile



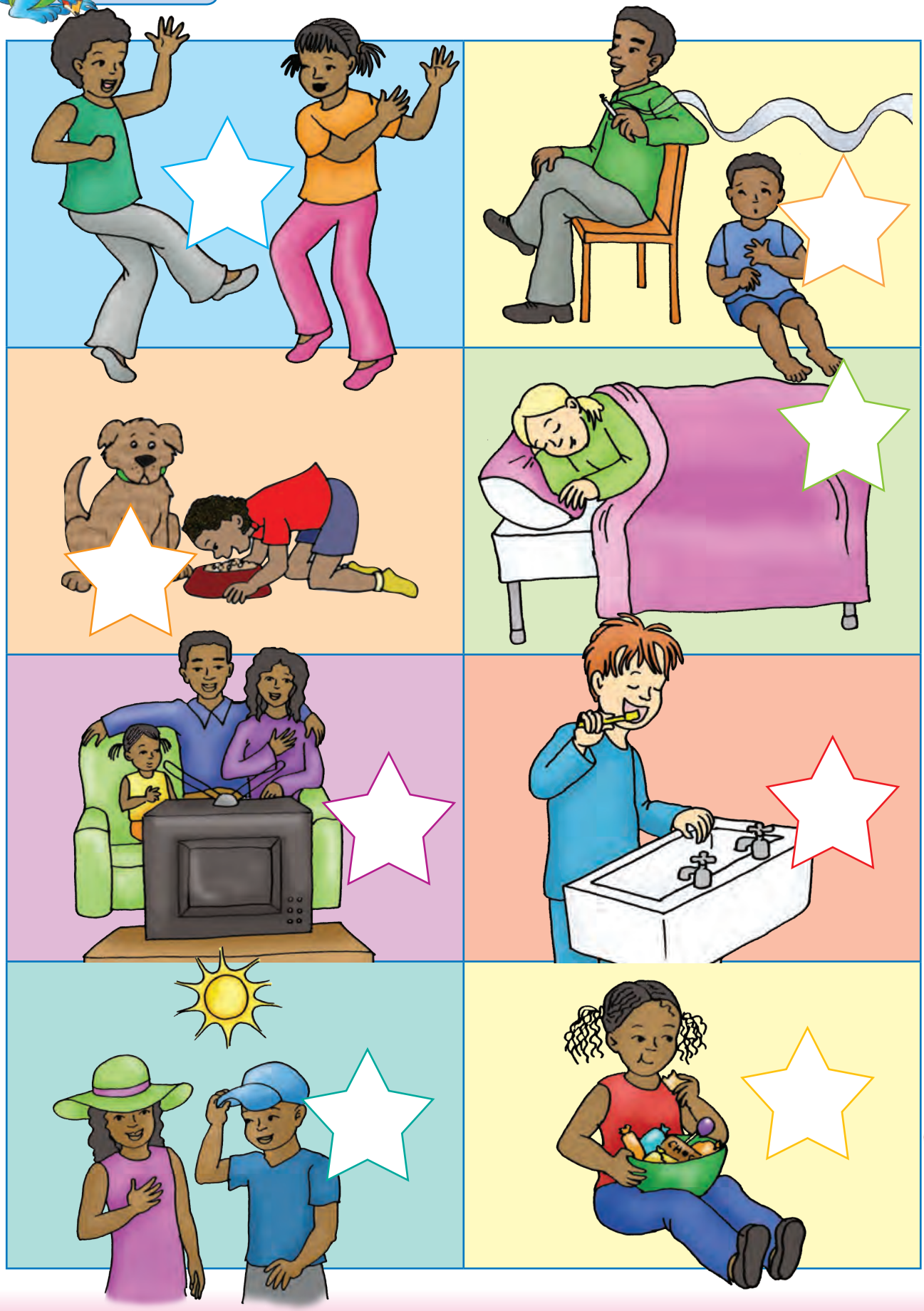
Masana



Ku etlela ko ringanela naswona u nga languti thelevhixini ngopfu!



A hi tsaleni ✔ eka mikhuva leyinene na ✘ eka mikhuva yo biha.



Teacher:

Sign:

Date:

14

Ku basa na vukheta

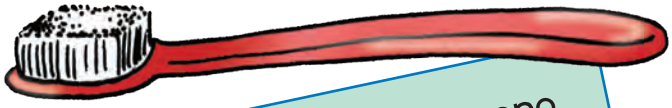


A hi endleni

Kombisa leswaku u swi tirhisa njhani swilo leswi.

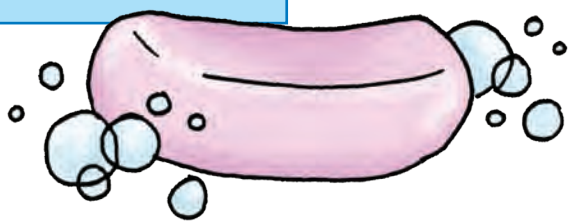


xisibi xa meno



burachi ya meno

xisibi





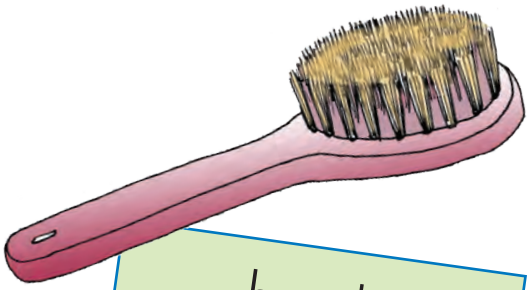


khirimi ya mavoko

xisibi xa misisi



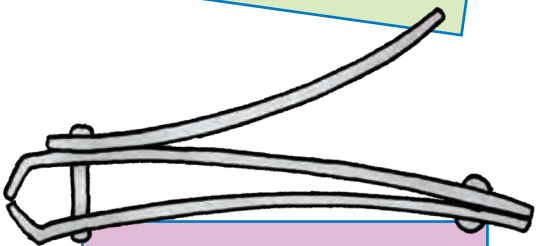
xikamu



burachi



burachi ya min'wala



xikero xa min'wala

A hi yeni emahlweni

Khomanani hi mavoko ku endla xirhendzevutana lexikulu.

Sweswi hoxelanani bolo eka xirhendzevutana xa n'wina.

Kutani engetelani bolo yin'wana kutani yi hoxeriwa van'wana.

Kutani engetelani bolo yin'wana kutani mi ringeta ku hoxa 3 wa tibolo.



A hi vulavuleni

I yini lexi nga vekiwa hi ndlela ya futa ekamareni leri?

Xana u fanele ku endla yini ku kota ku basisa kamara?

Xana vana va endla yini? Xana va fanele ku endla yini?



Teacher:

Sign:

Date:

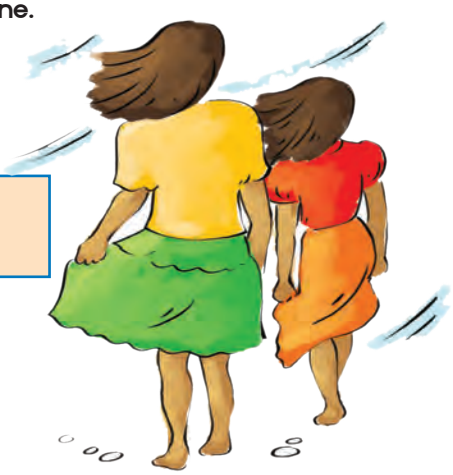
Maxelo

A hi vulavuleni

Xiya tinxaka ta maxelo kutani u byela munghana wa wena leswaku hi wahi maxelo lama u ya rhandzaka swinene.



ku ba moya



ka hisa

mapapa na xirhami

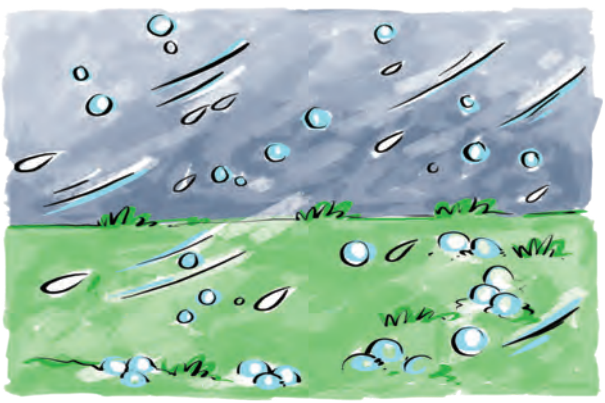


ku na mpfula

Etindhawini tin'wana ta laha tikweni ra hina, nkarhi wun'wana ku titimela ngopfu lero ku kala ku wa na gamboko.

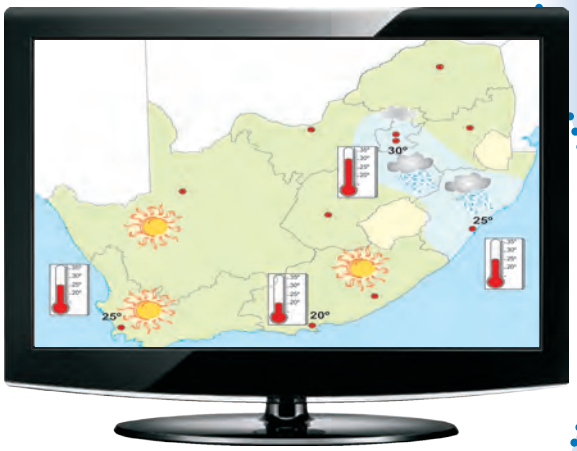
Nkarhi wun'wana ku va na bubutsa.

Moya wa matimba swinene wu vitaniwa bubutsa kumbe xidzedze.



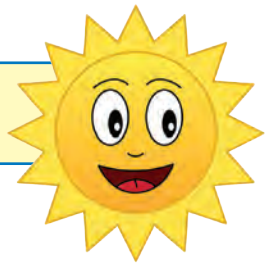


A hi hlayeni



Hi tirhisa chati ya maxelo ku kombisa leswi maxelo ya nga xiswona. Hi tirhisa mifungho ku kombisa tinxaka to hambana ta maxelo. Mifungho yin'wana ya kona hi leyi:

ka hisa

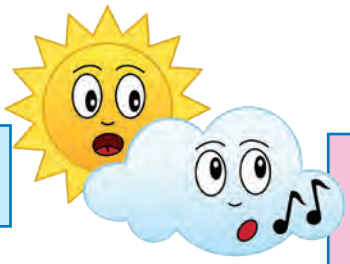


ku na mpfula



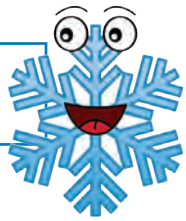


ku na mapapa

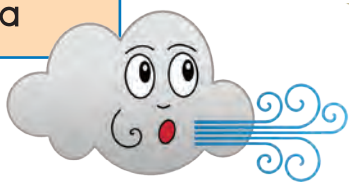


ku na mapapa laha na lahaya

gamboko



ku ba moya



A hi endleni

Dirowa mifungho ya maxelo ku hetisa chati ya wena ya maxelo ya vhiki.

Musumbhunuku	Ravumbirhi	Ravunharhu	Ravumune	Ravuntlhanu

A hi tsaleni

Xana maxelo a ya ri njhani vhiki leri?
Tata marito lama siyiweke.

Namuntlha _____.

Tolo a ku _____.

Mundzuku ku ta _____.

Teacher:
Sign:
Date:

Maxelo

A hi endleni Encisa maxelo yo hambana.



Ololoxa mavoko ya wena swinene ehenhla ka nhloko u tiendla papa lerikulu.



U na xambhulela xo ku sirhelela edyambyini.



Petsekela eka matlhelo hinkwawo tanihi murhi loko ku hunga moya.



Khoma xambhulela swinene ku sivela leswaku xi nga hahisiwi hi moya wa matimba lowu hungaka.



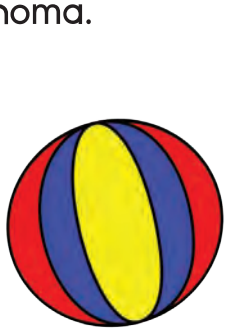
Bana magoza tanihi mathonsi ya mpfula elwangwini.

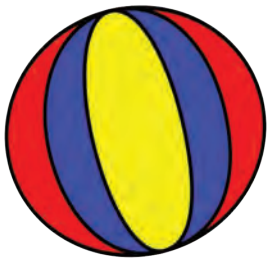


A hi yeni emahlweni

Khomanani hi mavoko mi endla xirhendzevutana lexikulu swinene.

Hoxelanani tibolo mi tlhela mi ti khoma.







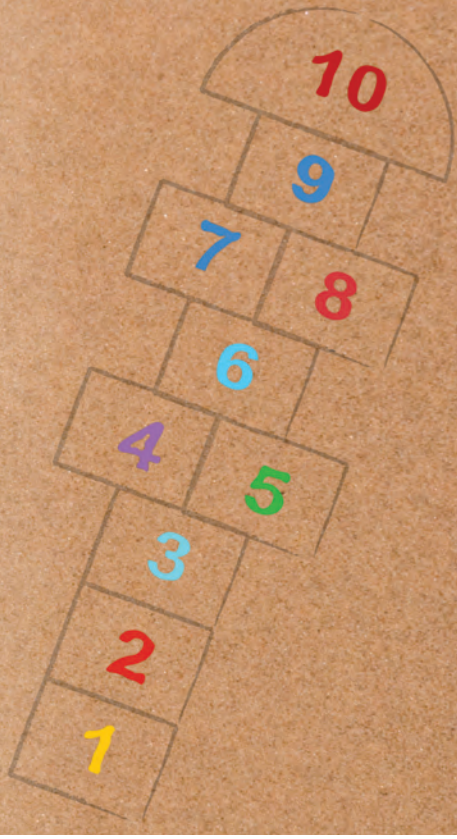
Ehleketa hi tindlela to hambana to famba ehenhla ka mhandzie leyi balansaka kumbe ehenhla ka ntambhu. Kambisisa loko u nga swi kota ku ehleketa hi mafambelo yo hambana yo ya eka vadyondzikuloni.

A hi hungaseni

Tlangani xikoci. Dirowa tibuloko na swirhendzevutana esaveni.







Teacher:
Sign:
Date:

17

Ndyangu wa ka hina

A hi vulavuleni

Xana wa swi tiva leswaku mindyangu ya hambana?

Mindyangu yin'wana hi leyitsongo kasi yin'wana hi leyikulu.
Yin'wana yi na manana na tatana kasi yin'wana yi hava.
Mindyangu yin'wana yi tshama na vakokwana, vamalume, vahahani na vakhazi va yona.

Languta swifaniso leswi kutani u byela munghana wa wena leswi mindyangu leyi yi hambanisaka xiswona. Tirhisa marito yo huma emabokisini lama.

manana	tatana	sesi
kokwana wa xinuna	buti	n'wana
kokwana wa xisati	ndyangu	







A hi tsaleni

I mani a tshamaka na wena ekaya ka n'wina?



I mani a tshamaka na wena ekaya ka n'wina? _____.

Ekaya ka hina ku na vanhu _____.

I mani lontsongo swinene ekaya ka n'wina? _____.

I mani lonkulu swinene ekaya ka n'wina? _____.

A hi vulavuleni

Hinkwerhu hi na mitirho leyi hi faneleke ku yi tirha emakaya ya hina. Languta swifaniso leswi, etlhelo ka xin'wana na xin'wana tsala vito ra munhu loyi a tirhaka sweswo ekaya ka n'wina.



Leswi ndzi pfunisaka xiswona ekaya.

_____.

Teacher:

Sign:

Date:

18

Ndyangu wa ka hina



A hi hungaseni

Dirowa xifaniso xa nchumu lowu wena na ndyangu wa ka n'wina mi wu endlaka swin'we. Tsala vito ra munhu un'wana na un'wana etlhelo ka xifaniso xa yena. Vula leswaku munhu yoloye i mani. Tirhisa marito lama ku ku pfuna.

manana	tatana	sesi
kokwana wa xinuna	buti	n'wana
kokwana wa xisati	ndyangu	



Ndyangu wa ka hina

Ha hlayisana



A hi hlayeni

Swirho swa ndyangu swi fanele ku rhandzana no hlayisana. Hi kombisa rirhandzu hi ku vukarhana, ku pfunana na ku xiximana. Hi fanele ku …



- Pfunana.
- Titsongahata (ngopfungopfu eka vadyuhari).
- Endla mitirho ya hina hi nkarhi.
- Va na vutihlamuleri.



A hi vulavuleni

Languta swifaniso leswi kutani u vula leswi vana lava va kombisisaka xiswona mindyangu ya vona leswaku va na vukheta no kota ku hlayisa.





A hi endleni

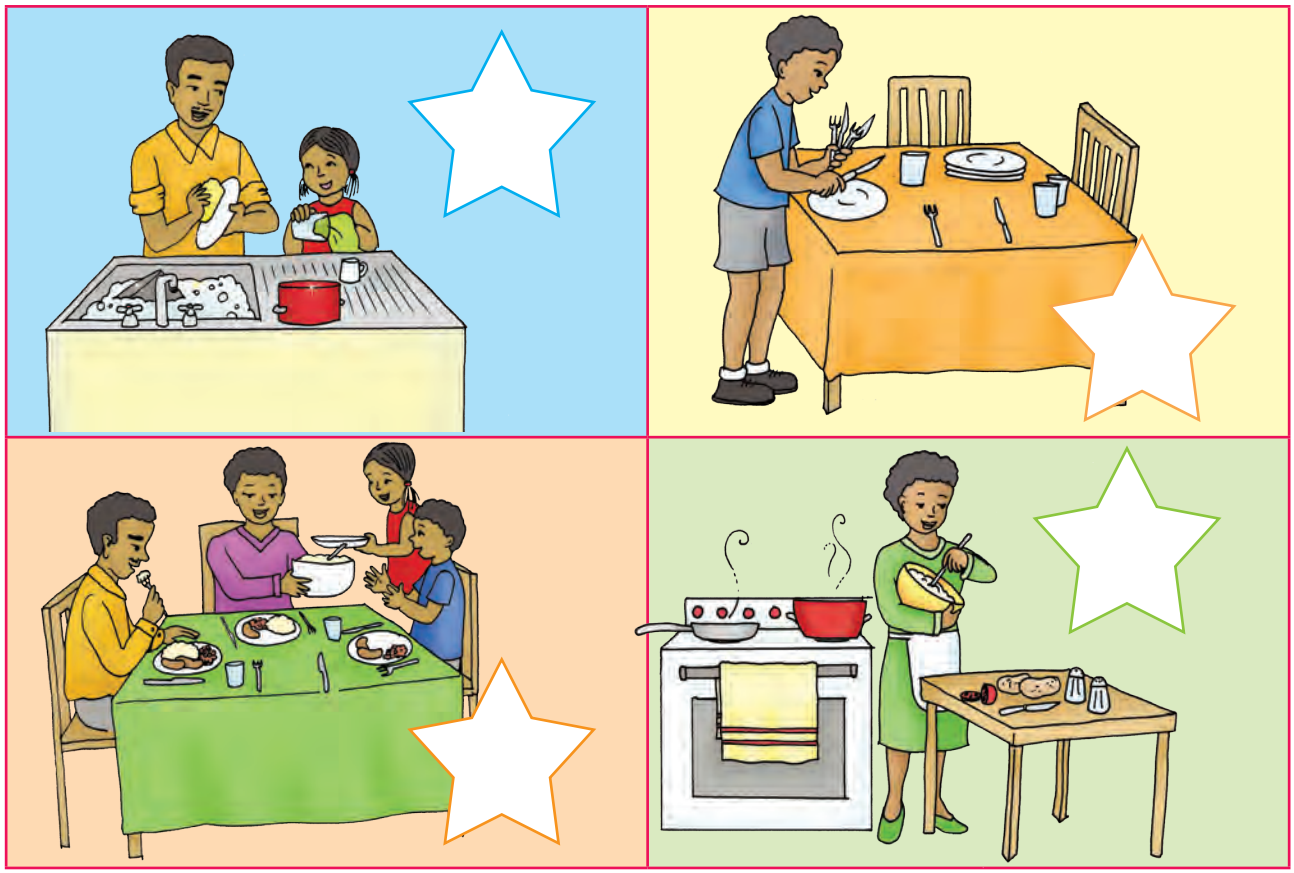
Dirowa xifaniso xa swilo leswi u swi endlaka ku kombisa ndyangu wa ka n'wina leswaku u na vutihlamuleri. Hlamusela munghana wa wena hi leswi u swi diroweke.

Teacher:
Sign:
Date:

Ha hlayisana

A hi vulavuleni

Vulavulani hi ndlela leyi swirho swa ndyangu lowu swi pfunanaka hayona. Nambara swifaniso ku suka eka 1 ku fika eka 4 ku kombisa nongonoko lowu faneleke.



A hi hlayeni

Mitirho ya hina ya nimadyambu

Manana u sweka swakudya.

Tatana u hlantswa mapoto.

Mina na buti hi pfuna manana na tatana.

Hi pfuna swinene.

Hi veka masi na xinkwa.

Kutani hi tilulamisela ku etlela.

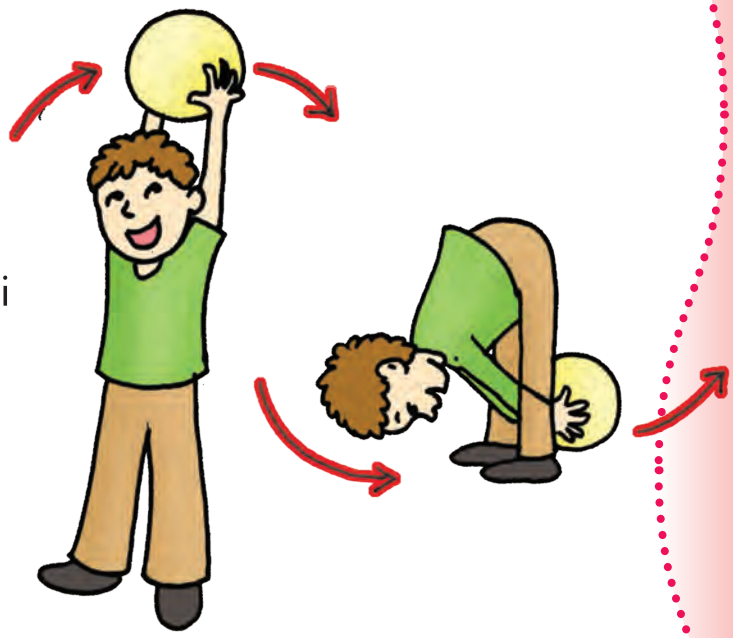
Hi kombela ku hlayeriwa xitori.



A hi yeni emahlweni

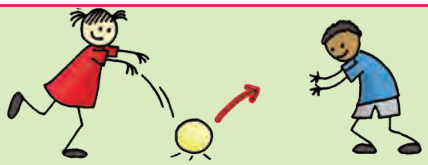
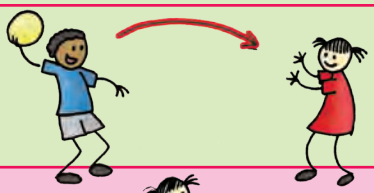
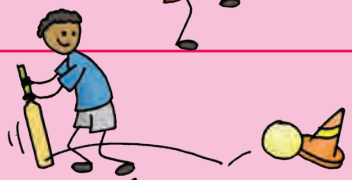
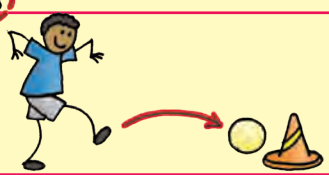
Khomanani hi mavoko ku endla xirhendzevutana lexikulu.
Yimani hi rixaxa, un'wana endzhaku ka un'wana.

- N'wana wo sungula u kuma bolo kutani a yi hoxela un'wana yi hundza hi le henhla ka nhloko.
- N'wana u hundzisa bolo hi le xikarhi ka milenge ya yena a yi hoxela n'wana loyi a landzelaka.



A hi endleni

Kombisa mudyondzisi wa wena loko u ...

	kota ku hoxa bolo hi ku yi bambisela munghana wa wena.	ina	e-e
	kota ku hoxela munghana bolo yi hundza ehenhla ka nhloko.	ina	e-e
	kota ku bambisa bolo hi matsolo.	ina	e-e
	kota ku ba bolo yi ya eka khoni.	ina	e-e
	kota ku dirivula bolo exikarhi ka vamaki.	ina	e-e
	kota ku raha bolo yi ya eka xanchumu yi fika yi xi ba.	ina	e-e

Teacher:
Sign:
Date:

Vuhlayiseki ekaya na le kusuhi



A hi vulavuleni

Hi fanele ku titwa hi hlayisekile nkarhi hinkwawo loko hi ri ekaya. Kambe ku na makhombo yo tala ekaya na le kusuhi na le kaya. Languta xifaniso kutani u vulavula na munghana wa wena hi man'wana ya makhombo lama.

Ekhichini

- Jikisela swikhomo swa mapoto na tipani etlhelweni ra makumu ya xitofu.
- U nga tshiki mikwana yo kariha kun'wana na kun'wana.
- Veka pharafini na swilo swa chefu endhawini leyi nga hlayiseka.
- U nga siyi switlangiso swi hangalakile na ndhawu.





Ebavhurhumu

- U nga tirhisi swilo swa gezi ekusuhi na mati.
- U nga swi siyi etlhelo ka mati.
- Veka swikero na swin'wana swo kariha endzeni ka khabodo.

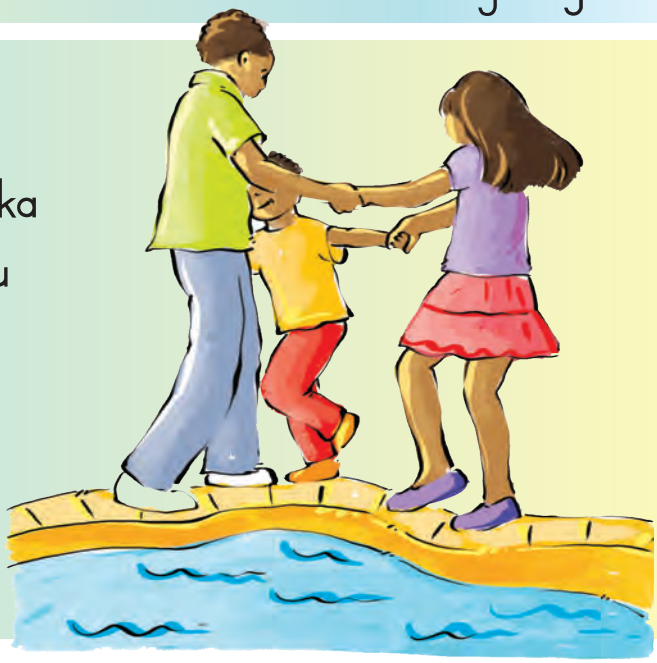


Ku dzindza ka tilo na gezi

- U nga tshuki u yima ehansi ka murhi loko tilo ri dzindza.
- U nga nghenisi nchumu eka pulaga ya le khumbini. Kombela munhu lonkulu leswaku a ku pfuna.
- Loko u lemuka leswaku ntambhu ya ayini kumbe ketlele yi tlhantlhekile, kombela mana kumbe tata wa wena leswaku a yi lunghisa.

Ehandle ka le kaya

- Rholela swilo leswi nga ku vavisaka swo tanihi tinghilazi to fayeka, u swi chela ethinini ra thyaka.
- U nga tlangi ekusuhi na xidan'wana xo hlambela handle ka loko ku ri na munhu lonkulu.





Endzeni ka yindlu

- U nga siyi switlangiso na swin'wana swilo swi hangalakile.
- U nga tlangi hi pharafini na swibasisi leswi nga na chefu.

Teacher:

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Vuhlayiseki ekaya na le kusuhi



A hi vulavuleni

Languta swifaniso kutani u vula leswaku swifaniso leswi kombisaka swiyimo swo hlayiseka hi swihi na leswi kombisaka ku va na khombo. Gwabisa ✔ leswi kombisaka xiyimo lexi nga hlayiseka no ba xihambano ✘ eka swa khombo.















A hi vulavuleni

Xana ku na swilo leswi nga vangaka khombo ekaya ka n'wina? Xana u nga endla yini hi swona? Chefu na swibasisi swa swihalaki swi na khombo swinene naswona swi nga ku vabyisa ngopfu kumbe swi ku dlaya. U nga tshuki u nwa swilo leswi u nga swi tiviki.





Mfungho lowu wu vula leswaku ku na nchumu lowu nga na chefu endzeni ka bodhlela, bokisi kumbe thini. Xana u tshama u vona mfungho lowu?



A hi endleni

Mudyondzisi wa wena u ta ku chayela vuyimbeleri.

- Famba na mpfumawulo wa vuyimbeleri.
- Hlawulani murhangeri. Murhangeri u fanele ku famba na mpfumawulo wa vuyimbeleri. Un'wana na un'wana u fanele ku encisa murhangeri kutani a famba hi ndlela leyi fanaka.
- Balansa hi nenge wun'we.
- Sweswi balansa hi nenge lowun'wana.
- Hi wihi nenge lowu nga na matimba?



- Veka ngoti yo leha ehansi kutani u dirowa ntila. Famba etlhelo ka ngoti kumbe entileni, u hlayisa ku balansa ka wena.
- Sweswi cinca xivumbeko xa ngoti kumbe ntila kutani u famba etlhelo ka wona u ri karhi u hlayisa ku balansa ka wena.



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23 Vuhlayiseki loko ndzi ri ndzexe

A hi vulavuleni

U dyondzile hi swilo leswi nga ku vavisaka ekaya na le kusuhi na le kaya. Xana u nga tihlayisa njhani loko u ri wexe ekaya?



Loko u ri wexe ekaya, u nga endla swilo leswi leswaku u kumeka u hlayisekile.



Khiya mavanti hinkwawo.



U nga pfuleli vanhu lava u nga va tiviki.

- Tiyisisa leswaku u tiva tinomboro ta tinqingho ta vatswari va wena na ta vaakelani van'wana.
- Endla nxaxameto wa tinomboro ta nkoka loko munhu un'wana o tshuka a vavisekile.





A hi tsaleni

Endla nxaxameto wa wena wa tinomboro ta nkoka.



Maphorisa: _____



Ambulense: _____



Valwa-na-ndzilo: _____

Riqingho ra sele ra manana: _____

Riqingho ra sele ra tatana: _____

I mani loyi u nga n'wi vitanaka loko u lava ku pfuniwa?

_____

Teacher:

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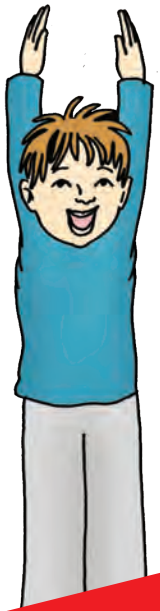
24 Vuhlayiseki loko ndzi ri ndzexe



A hi vulavuleni

Hi leyi ndlela yo olova yo tsundzuka nomboro ya riqingho ra maphorisa. Languta xifaniso kutani u hlamusela munghana wa wena leswi swifaniso swi ku pfuniseke xiswona ku tsundzuka tinomboro. 1011 i nomboro ya maphorisa. Yi vule ko hlayanyana ku fikela loko u yi tiva hi nhloko.



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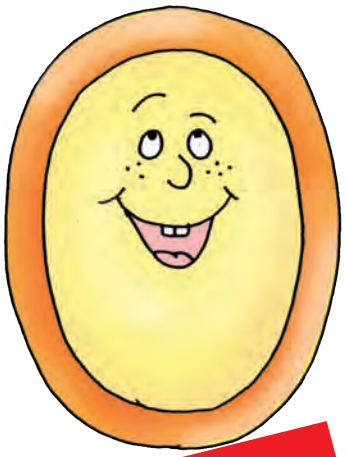

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111



A hi yeni emahlweni

Kombisa leswi a wu ta fambisa xiswona loko a wo va n'wana eka xin'wana na xin'wana xa swifaniso leswi.



Xana a wu ta famba njhani loko a wu hlongorisiwa hi munhu loyi u nga n'wi tiviki?



Xana a wu ta famba njhani loko a wu pfuna mana wa wena ku hlanganisa swichelachelana swo baka khekhe?

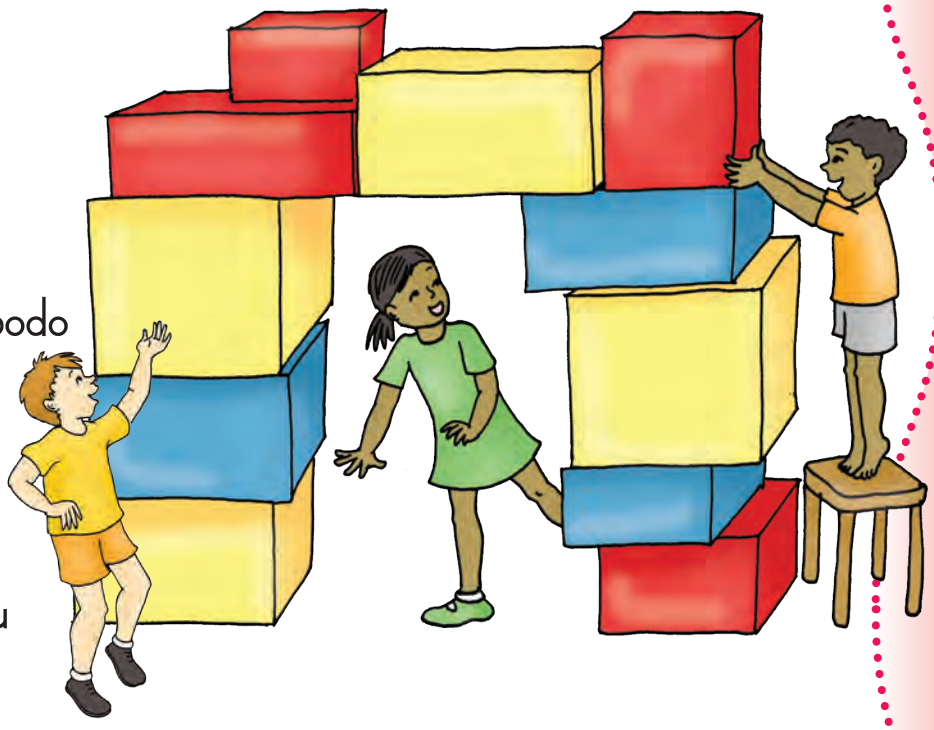


Xana a wu ta famba njhani loko a wu yimile ehenhla ka manghilazi yo fayeka?



A hi endleni

Vona loko u ta swi kota ku endla yindlunyana ya wena.



- Lava mabokisi ya khadibodo ya khale kutani u aka makhumbi na lwangu.
- U nga swi hlanganisa hi xidamarheti. Loko yindlu yi herile u nga yi penda.
- Loko u nga kumi khadibodo, tirhisa swin'wana, kambe u nga tirhisi nghilazi kumbe nchumu lowu nga ku vavisaka.



A hi yeni emahlweni

Hoxela bolo kumbe nkwama wa tinyawa emoyeni kutani u wu khoma hi voko ra wena ro pfumala matimba.

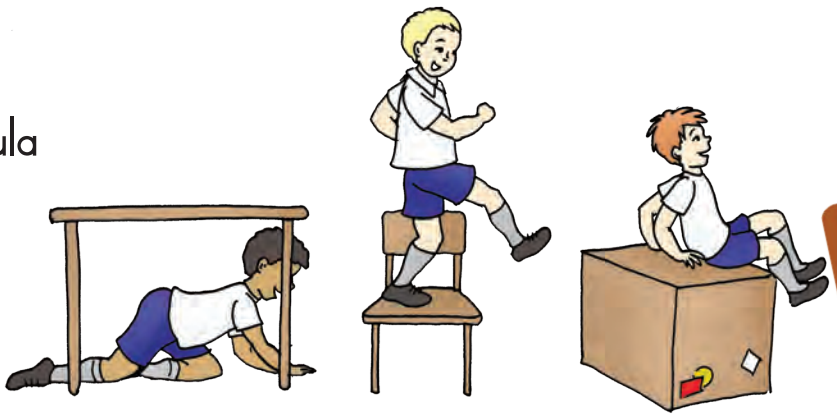




A hi endleni

Pfuna mudyondzisi wa wena ku fambafambisa switulu, matafula na mabokisi.

Khandziya switulu, matafula na mabokisi. Kasa ehansi ka swona u tlhela u tlulela ehansi ku suka eka swona.



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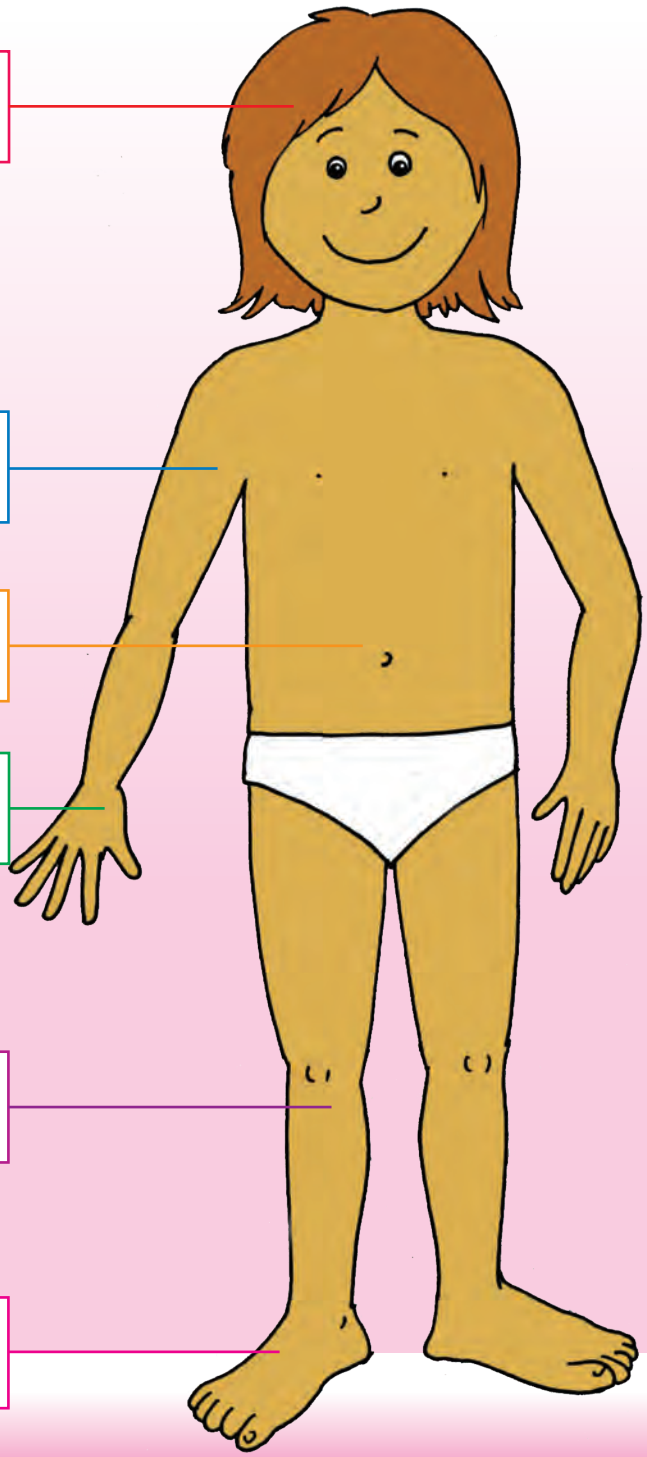
Miri wa mina

A hi tsaleni

Tsala marito eswivandleni leswi faneleke.

nenge	xandla	nhloko
khwiri	nkondzo	voko

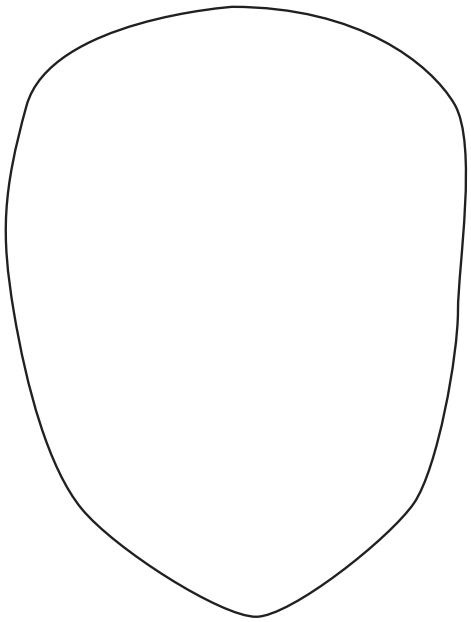


A hi diroweni

Hetisa xifaniso xa xikandza.

Dirowa misisi. Ringeta ku kopunula xikandza xa wena. Loko u ri na mahlo ya buraweni, dirowa mahlo ya buraweni. Loko u ri na misisi ya ntima, dirowa misisi ya ntima.

Dirowa tinxiyi ta wena, nhompfu na nomo wa wena.





Xikandza i xiphemu xa nkoka xa miri wa wena.

Hinkwerhu hi na 2 wa mahlo.  Hinkwerhu hi na 2 wa tindleve.



Hinkwerhu hi na nhompfu.  Hinkwerhu hi na nomo. 

A hi yimbeleleni

Yimbelelani risimu leri. Khoma xirho xa miri loko u ri karhi u yimbelela u vula vito ra xona.



Nhloko makatla

Xifuva, xisuti

Matsolo, swikunwana

Matsolo, swikunwana

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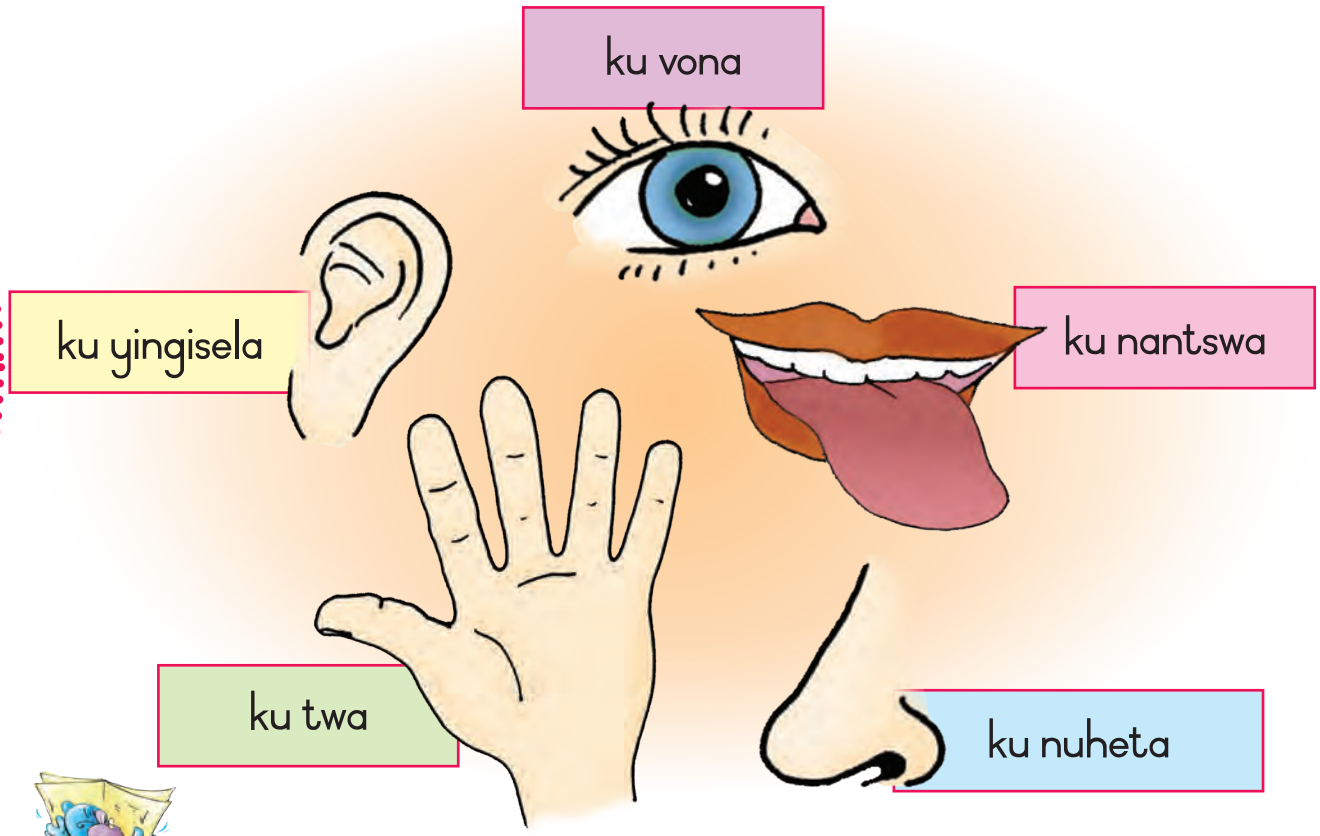
26 Switwi swa mina



A hi vulavuleni Languta switwi swo hambana kutani u vula leswi hi swi tirhiselaka swona.





A hi hlayeni

Hi tirhisa switwi swa hina masiku hinkwawo.
Hi nuhetela no ringa swakudya swa hina.
Hi nga twa leswi risiva ri oloviseke xiswona.
Hi nga vona xibakabaka xa wasi hi ximumu.
Hi twa vuyimbeleri.
Switwi swa hina swi hi pfuna ku tshama hi hlayisekile.
Hi nga nuhetela loko ku ri na ku tshwa.
Hi kota ku twa loko pulata ya xitofu yi hisa ngopfu.
Hi kota ku vona loko swi ri na khombo ku tsemakanya patu.
Hi kota ku twa mpfumawulo wa wachi.



A hi endleni

Mahlayisele ya mahlo na tindleve.

Hi fanele ku hlayisa switwi swa hina.

Tindlela timbirhi to hlayisa mahlo na tindleve hi leti landzelaka.



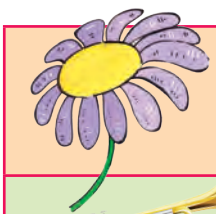
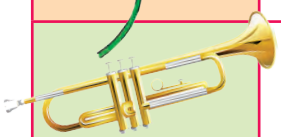
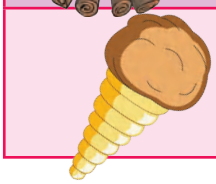
Hlayisa tindleve hi ku yingisela vuyimbeleri lebyi nga riki bya pongo.

Hlayisa mahlo hi ku ambala xigqhoko kumbe manghilazi yo sivela dyambu.
U nga languti dyambu.



A hi tsaleni

Xiya tafula leri nga laha hansi. Eka ntila wun'wana na wun'wana gwabisa xitwi kumbe switwi leswi u nga swi tirhisaka. U nga fungha switwi swo tlula xin'we.

	 ku nuheta	 ku nantswa	 ku vona	 ku yingisela	 ku twa
					
					
					
					
					

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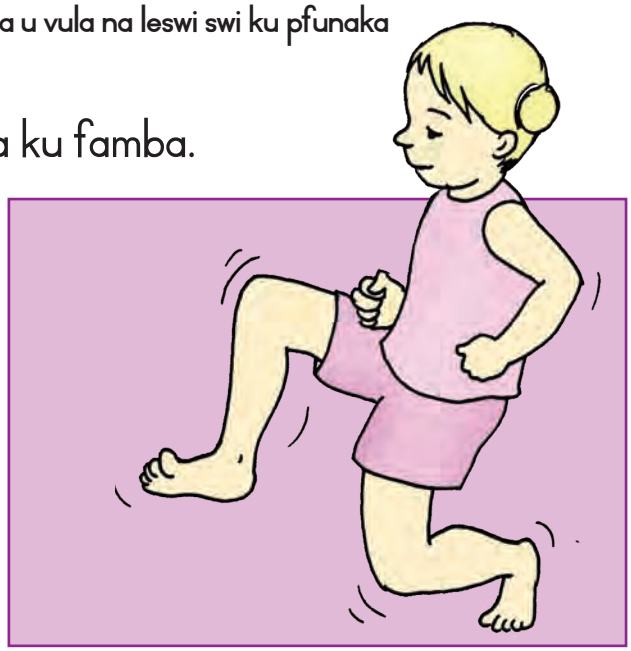
27 Ku fambisa miri wa mina

A hi vulavuleni

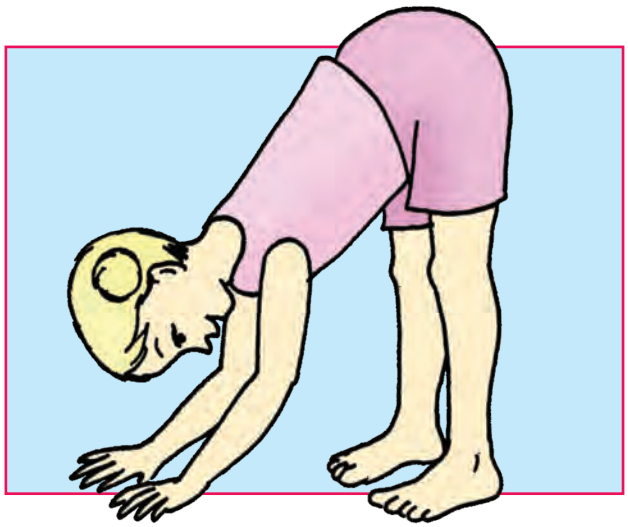
Languta swifaniso. Eka xin'wana na xin'wana, vula mavito ya swirho swa miri u tlhela u vula na leswi swi ku pfunaka ku endla swona.

Hi tirhisa miri ya hina leswaku hi kota ku famba.









A hi tsaleni

Hlamula swivutiso leswi na munghana wa wena. Kutani tsala tinhlamulo ebukwini ya wena, ehansi ka swivutiso.

Hi swihi swirho leswi u swi tirhisaka ku kota ku famba?



_____

Hi swihi swirho swa miri wa wena swimbirhi leswi u swi tirhisaka ku rholela xanchumu?

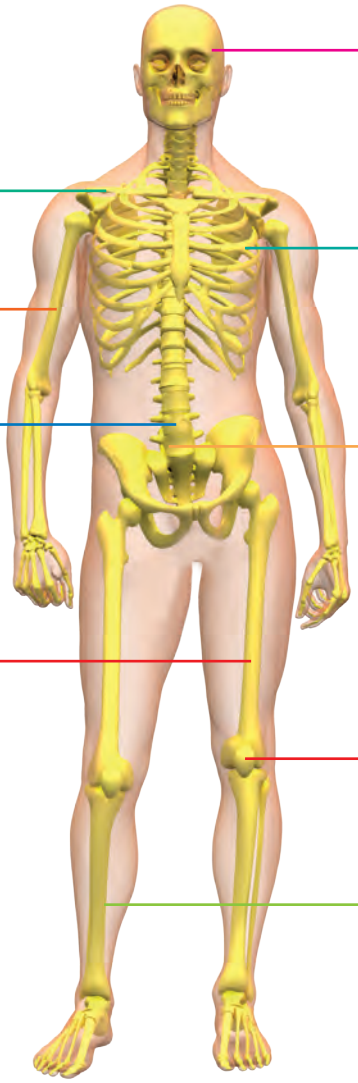
_____ na _____.



A hi hlayeni

Ku na swirho swa miri leswi u nga kotiki ku swi vona.
Hinkwaswo swi tirha swin'we leswaku u kota ku hanya.

Marhambu ya wena



xipalapala

xitlhivakatla

timbambu

rhambu ra voko

rhambu ra xisuti

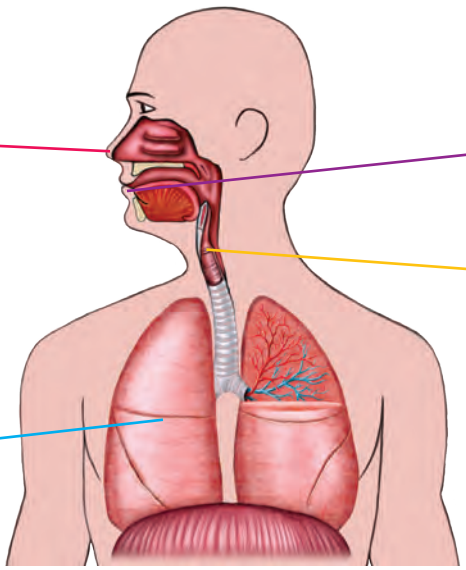
longo

rhambu ra ndzhumbi

nhlolo

rhambu ra nenge

Swirho swa miri leswi ku pfunaka ku hefemula



nhompfu

nomo

nkolo

mahahu

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28 Ku hlayisa miri wa mina



A hi hlayeni

Languta swifaniso leswi nga laha hansi kutani u vulavula na munghana wa wena hi leswi u swi vonaka eka swona. Eka xifaniso xin'wana na xin'wana, vula ndlela leyi u nga tihlayisaka hayona.



U vona munghana wa wena eka tlhelo lerin'wana ra patu.



U rindzile u ri wexe exitichini xa mabazi.



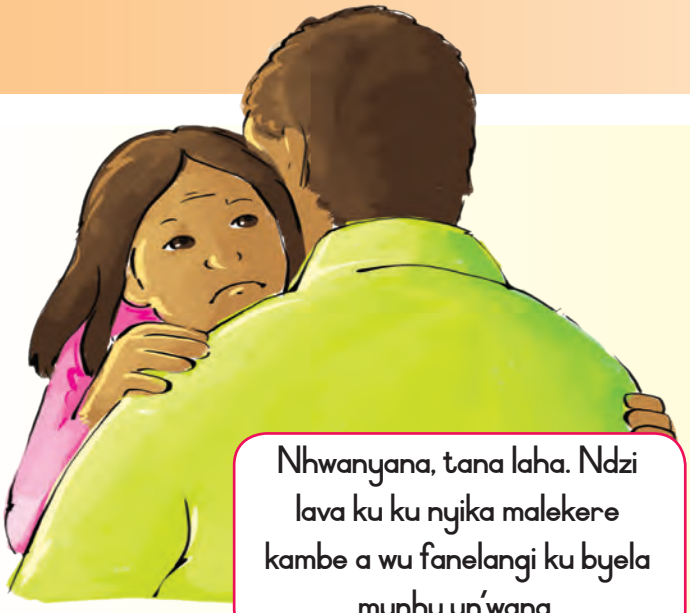
Munhu umbe u kombela leswaku u famba na yena mi ya kun'wana.



U le mavhengeleni u ri wexe.

Hi va na mitwiwombilu ya "ina" loko munhu a hi vukarhela leswi faneleke. U titwa kahle loko u khumbiwa hi ndlela ya xinghana hi munhu loyi u n'wi rhandzaka.





Nhwanyana, tana laha. Ndzi lava ku ku nyika malekere kambe a wu fanelangi ku byela munhu un'wana.

Hi va na mitwiwombilu ya "e-e" loko munhu un'wana a hi khoma hi ndlela leyi hi chavisaka kumbe leyi hi hlundzukisaka. Loko hi twa hi ri na ku chava kumbe loko hi nga tshamisekangi hi va na mitwimombilu ya "e-e".

Miri wa wena wu hlawulekile naswona i wa wena. U nga vula "ina" loko swi fanerile leswaku munhu a ku khoma. U nga vula "e-e" loko swi nga fanelangi.



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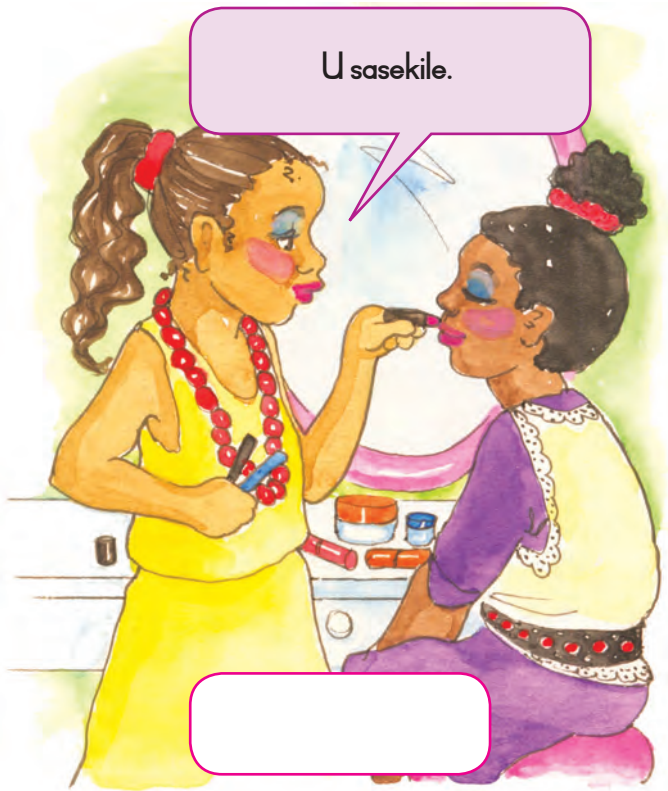
Ku tshama ndzi hlayisekile

A hi tsaleni

Languta swifaniso leswi nga laha hansi kutani u tsala etibulokweni "Ina" eka ntwiwombilu wo pfumela na "E-e" eka ntwiwombilu wo kaneta.









A hi endleni

Titolovete ku vula "e-e".

Tumbuluxa ntlangu lowu eka wona munhu loyi a nga tiviwiki a lavaka ku khandziyisa n'wana emovheni wa yena kumbe ku khomakhoma n'wana. N'wana u hlamula "e-e".

A hi vulavuleni

Vana van'wana va tshama emakaya laha va kumekaka va nga hlayisekangi. Languta swifaniso. Vula leswaku a wu ta titwa njhani loko a wu ri n'wana loyi a nga exifanisweni. Vula leswi a wu ta endla swona.



A hi yeni emahlweni

Tlangani ntlangu wo "yimisa".

Famba hi mukhuva wun'wana na wun'wana lowu u wu tsakelaka. Loko mudyondzisi a ba xitswiriri, yima hi xiyimo lexi u nga eka xona. U fanele ku ka u nga fambi ku fikela loko mudyondzisi a lerisa leswaku u nga famba. Xana u nga balansa kahle ku fika kwihi? Famba ehenhla ka mhandze leyi nga ehansi kumbe entambhyini yo leha leyi vekiweke ehansi.



Teacher:
Sign:
Date:

Ku hlayisa miri wa mina wu tshama wu hanye kahle



A hi hlayeni



Ku na tindlela to tala leti ti nga hi vabyisaka.
Nkarhi wo tala hi vabyisa hi switsongwatsongwana.
I swintsanana swinene lero a hi swi koti ku swi vona.
Swi nghena emirini ya hina kutani swi hi vabyisa.



A hi vulavuleni

Xana vana lava nga eswifanisweni va endla yini leswaku va tshama va hanye kahle? Xana a ku ta humelela yini loko a va nga swi endlangi swilo leswi?









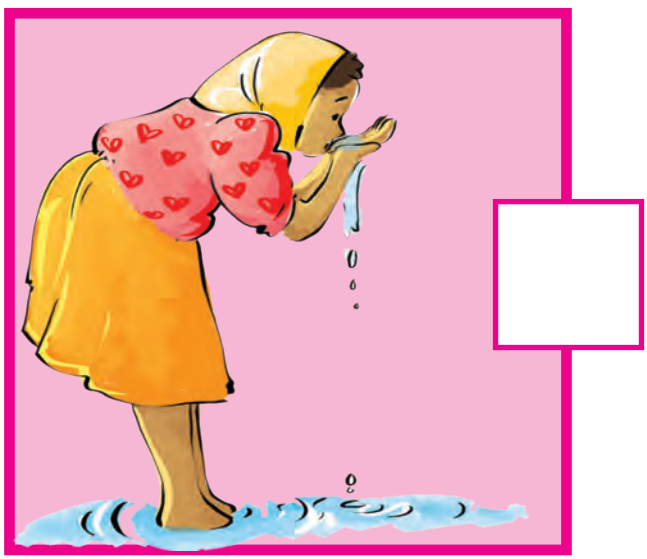
A hi vulavuleni

Sweswi vulavula hi swifaniso leswi. Kombisa maendlele yo tshama u hanye kahle.
Bana xihambano eka swifaniso leswi nga ku vabyisaka.













Teacher:

Sign:

Date:

Ku hlayisa miri wa mina wu tshama wu hanye kahle



A hi vulavuleni

Xana vana lava nga eswifanisweni va endla yini leswaku va tshama va hanye kahle? Xana a ku ta humelela yini loko a va nga swi endlangi swilo leswi?

Xana a wu swi tiva leswaku mati yan'wana ya tengile kasi yan'wana ya thyakile? Xana u nga swi tiyisisa njhani leswaku mati ya tengile naswona ya lulamele ku nwiwa?



U nga virisa mati ya thyaka ku kota ku dlaya switsongwatsongwana hinkwaswo.



U nga sefa mati ya thyaka ku kota ku susa thyaka hinkwaro. Mudyondzisi wa wena u ta ku kombisa leswi swi endlisiwaka xiswona.



U nga chela xilepulana xin'we xa bilichi (tanihi Jik) eka thini ra 20 wa tilitara ta mati ya le nambyeni. Pfala thini ku sivela tinhongana. Tshika mati ya tshama 28 wa tiawara u nga si nwa.

A hi vulavuleni

Languta swifaniso leswi kutani u vulavula hi leswi vana lava va swi endlaka leswaku va tshama va hanye kahle.

Cukumeta tithixu leti tirhisiweke exihambukelweni kumbe ethinini ra thyaka.

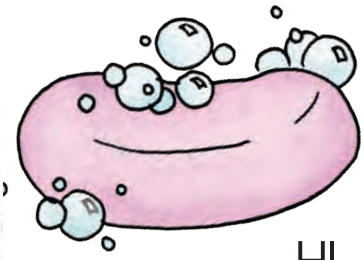




Hlamba mavoko loko u nga si dya.







Hlamba mavoko endzhaku ko tirhisa xihambukelo.



Loko u thyakisa exihambukelweni, basisa kutani u hlamba mavoko.



Pfala nomo loko u khohlola kumbe loko u entshemula.

Teacher:

Sign:

Date:

Ku kambisisa





	✔	✘
Ndzi nga vulavula hi ndyangu wa ka hina.		
Ndzi nga famba entileni wo khuma.		
Ndzi tiva nomboro ya riqingho ra maphorisa.		
Ndzi tiva hi mitwiwombilu ya "ina" na "e-e".		
Ndzi nga khoma bolo.		
Ndzi nga tshama ndzi hlayisekile ekaya ka hina.		
Ndzi nga tihlayisa loko ndzi ri ndzexe ekaya.		
Ndzi pfuna ndyangu wa ka hina.		
Ndzi tiva ndlela ya mina exikolweni.		
Ndzi tiva ku tihlayisa ndzi tshama ndzi hanye kahle.		
Ndzi tiva leswi ndzi faneleke ku endla swona hi swilo hinkwaswo leswi nga enkwameni wa mina wa xikolo.		
Ndzi tiva hi tinxaka to hambana ta mindyangu.		
Ndzi dyondze swo tala eka dyondzo ya Ntivo swa vutomi.		

A a

G g

B b

H h

C c

I i

D d

J j

E e

K k

F f

L l

M m

S s

N n

T t

O o

U u

P p

V v

Q q

W w

R r

X - Z

x - z

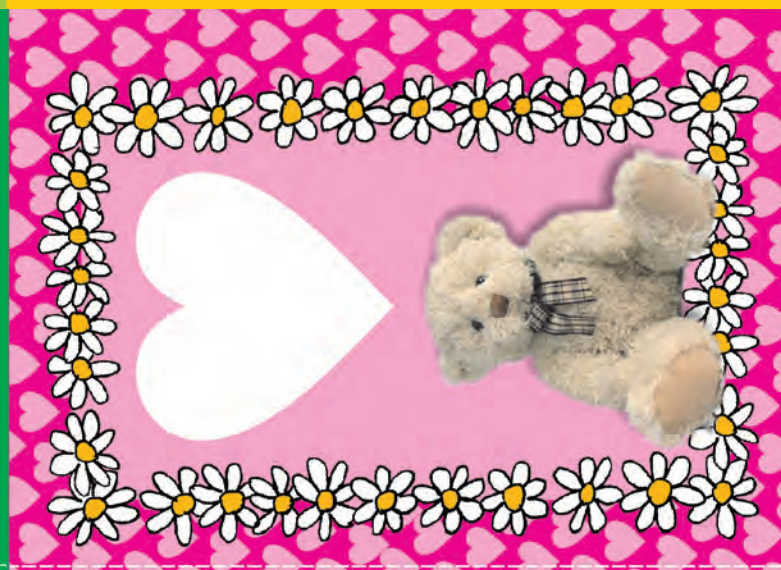



get well soon





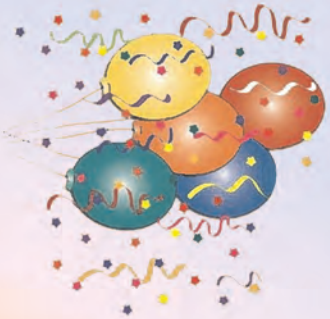
















Masks

Cut out on the outside black line. Tie a string into the holes to make a face mask.

