

Vho Angie Mutshekga vha Muhasho wa Pfunzo ya Muteo



Vho Enver Surty Muthusaminista wa Pfunzo ya Muteo

Bugu idzi dzo ṅwalelwa vhana vha Afrika Tshipembe, mushumo wa hone wo rangiwa phaṋḓa nga Minista wa Pfunzo ya Muteo, Vho Angie Motshekga na Muthusaminista wa Pfunzo ya Muteo, Vho Enver Surty.

Bugu dza u shumela dza Rainbow ndi tshipiḓa tsha zwe Muhasho wa Pfunzo ya Muteo wa ita zwa u khwiṋisa vhukoni ha vhagudi vha Afrika Tshipembe vha Gireidi dza rathi dza u ranga. Sa tshiṅwe tsha zwithu zwihulwane zwa Pulanetshumisi (Action Plan) ya Muvhuso, thandela iyi yo konadzea nge ya lambedzwa lu sa vhudziswi nga Muhasho wa Gwama ḽa Lushaka (Thirezhari).

Hezwi zwo ita uri Muhasho u kone u bveledza bugu idzi, dzi kha nyambo dzoṱhe dza tshiofisi, dzi tshi waniwa mahala.

Ri na fulufhelo ḽauri bugu idzi dzi ḓo thusa vhadededzi (vhagudisi) mushumoni wavho wa u funza wa ḓuvha ḽiṅwe na ḽiṅwe khathihi na u vha na vhuṱanzi uri vha khunyeledze kharikhuḽamu yoṱhe. Ro ita nga vhuronwane uri ri sumbedze nḓila vhadededzi kha mishumoitwa (nyito) nge ra shumisa aikhoni dzi no sumbedza uri mugudi u tea u ita zwifhio.

Ri na fulufhelo ḽi no bva ḽi mbiluni uri vhana vha ḓo ḓiphiṋa nga u shumisa bugu idzi zwenezwi vha tshi khou aluwa na u guda, khathihi na uri na vhonevho, sa mudededzi, vha ḓo ḓiphiṋa na vhana avha.

Ri ri kha vhone na vhagudi vhavho, ngavhe zwi tshi vha nakela musi vha tshi shumisa bugu idzi. Zwi pfumbe.

Bugu dza u shumela dzi re kha tsielano iyi:

- *Ḽitheresi ya Luambo lwa Hayani Gireidi 1-6 (Nga nyambo dzoṱhe dza tshiofisi)*
- *Ḓivhambalo Gireidi 1-3 (Nga nyambo dzoṱhe dza tshiofisi)*
- *Ḓivhambalo Gireidi 4-9 (Luisimane na Afurikantsi)*
- *Zwikili zwa Vhutshilo Gireidi 1-3 (Nga nyambo dzoṱhe dza tshiofisi)*
- *Luambo lwa Nyengedzedzo lwa U thoma Gireidi 1-3 (Nga Luisimane, Afurikantsi, Tshibeli na Tshizulu)*
- *Luambo lwa Nyengedzedzo lwa U thoma Gireidi 4-6 (Nga Luisimane na Afurikantsi)*

Rainbow WORKBOOKS

LIFE SKILLS IN TSHIVENḒA
GRADE 1 – TERMS 1&2
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Gireidi ya 1



Zwikili zwa Vhutshilo nga Tshivenḓa
Bugu 1
Kotara 1&2



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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.

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Phando
Luhuhi
Thafamuhwe
Lambamai
Shundunthule
Fulwi
Fulwana
Thangule
Khubvumedzi
Tshimedzi
Lara
Nyendavhusiku

Gireidi ya 1



Zwikili zwa Vhutshilo nga TSHIVENḒA

Bugu ya I



Bugu iyi ndi ya:

Nn̂e





Kha ri ite nyito

Nambatedzani tshinepe tshaṋu kana ni ḓiole haf'ha.

Dzina ḽanga ndi _____.

Tshifani tshanga ndi _____.

Ndi na miṅwaha ya _____.

Muṱani wa hashu hu na vhathu vha _____.

Nomboro ya hashu ya luṱingo ndi: _____

Direse ya hashu ndi:

_____

_____

_____



Ndi a zwi ḓivha uri ḓuvha ḽanga ḽa mabebo ḽi ḓa lini.

ee	a thi na vhuṱanzi	hai



Kha ri ṅwale









Lutendo u a konesa bola.	Olani tshiṅwe tshithu tshine na konesa.
	





Vhudzani khonani dzaṉu zwine na konesa u ita. Ni koneha u khaḽara ṉaledzi i re tshibogisini tshi re tshone ni tshi sumbedza zwine na konesa u ita.





Kha ri ambe



Ndi konesa u vhala.



Ndi konesa u ḓiambadza.



Ndi konesa u ṅwala.



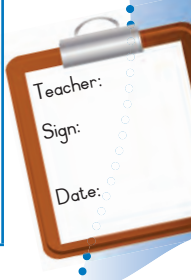
Ndi konesa u dantsa.



Ndi konesa u ita tie.



Ndi konesa u ṱamba maṉo.



2

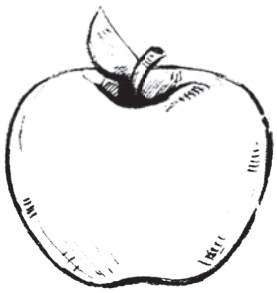
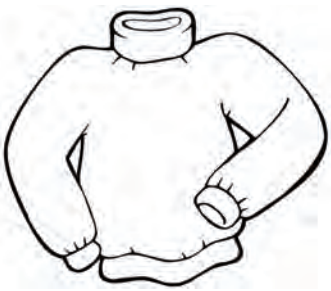
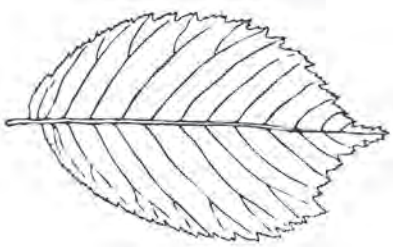
Mivhala na dantsi

Kha ri ite nyito

Iyi mivhala ni a i ḓivha?
Vhudzani khonani yaṋu madzina a mivhala iyi.



Zwino khaḽarani tshifanyiso tshiṅwe na tshiṅwe nga muvhala u re wone.

 muomva wa ṱaḓa	 apula ḽitswuku	 jesi ya lutombo
 tshisambureni tsha mivhalavhala	 swiri ḽa tshitopane	 ṱari ḽidala



Kha ri tsukunyee

Itani zwine avha vhana vha khou ita.



Dzinginyisani muvhili waṋu woṱhe.

Ḓiiteni u nga ni khou lidza phiyano.

Ḓiiteni u nga ni khou lidza kaṱara.



Kha ri ḓiphiṋe

Vhandani zwanḓa ni tshi tevhedza phetheni idzi.





Pha Pha Pha Pha

Pha Pha Pha

Pha Pha Pha Pha

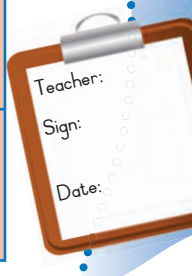
Pha Pha Pha Pha Pha



Kha ri ite nyito

Ni a kona u ita izwi zwithu. Sumbedzani khonani dzaṋu.

Ndi a kona u gidimela thungo dzoṱhe ndi sa thulani na muthu.	☺	😐	☹
Ndi a kona u tamba khadi.	☺	😐	☹
Ndi a kona u kungulusela khonani yanga bola khulwane.	☺	😐	☹



3 Roṱhe ri vha tshipentshela

Kha ri ambe

Lavhelesani tshifanyiso ni vhudze khonani dzaṋu nga phambano dzi re vhukati ha vhana avha.



Zwihulwane na zwiṱuku

Vhaṅwe ndi vhahulwane, vhaṅwe vhashu ndi vhaṱuku. Vhaṅwe vhashu ndi vhalapfu, vhaṅwe vhashu ndi vhapfufhi. Vhaṅwe vhashu vha kona u fhufha, vhaṅwe vhashu vha kona u imba. Roṱhe ri na zwine ra konesa. Inwi ni konesa mini?



Kha ri ambe

Vhudzani khonani dzaṋu uri ni ḓipfa hani nga ḓuvha ḽaṋu ḽa u thoma tshikoloni.

no takala	no ṱungufhala	no nyanyuwa	no sinyuwa	ni na ṱhoni
				

Kha ri ite nyito

Olani tshifanyiso tshi no sumbedza uri ni nga ḓipfa hani arali no fhiwa thoyi nga muṅwe muthu. Ṅwalani maipfi tshikhalani tshi re afho fhasi ni ite na u sumbedza uri ni nga ḓipfa nga ndiḽaḓe nga tshifanyiso tshe na ola.



Vhudzani khonani yaṋu uri hu khou bvelela mini tshifanyisoni itshi.
Bulani uri ni nga ḓipfa hani arali izwi zwithu zwa itwa inwi.
Itani thiki kha tshifhaṱuwo tshi re tshone.

Dukana ḽihulwane kha inwi ḽi ni jiela zwithu.



no takala	no nyanyuwa	no ṱungufhala

Inwi na khonani yaṋu ni tshi khou tamba noṱhe.



no sinyuwa	no takala	no tshuwa





Ni tshi pululula tshifhiwa.



no tshuwa	no nyanyuwa	ni na ṱhoni

Mukomana waṋu kana khaladzi aṋu o tshinya thoyi yaṋu.



ni na ṱhoni	no takala	no sinyuwa





Ganndisani munwe waṋu tshibogisini tsha u thoma, ni humbele muṅwe nga inwi kiḽasini uri a ganndise munwe wawe tshibogisini tshi no tevhela.

No vha ni tshi zwi ḓivha uri a huna muthu na muthihi ḽifhasini ḽoṱhe a re na mitalo ya minwe i no fana na yaṋu? Ni wa tshipentshela nga maanda, lune a huna muṅwe inwi ḽifhasini ḽoṱhe. Na malwelavanda ha na mitalo ya minwe i no fana.

Ni a kona u zwi vhona uri iyi mitalo ya minwe yo fhambana?



4

Roṱhe ro fhambana

Kha ri ambe

Lavhelesani avha vhana.
Vha fana nga mini?
Vha fhambana nga mini?





Kha ri ite nyito

Lavhelesani tshifanyiso ni kone u humbula uri aya mafhungo ndi ngoho kana a si ngoho naa.
Khaḽarani mafhungo a re ngoho nga muvhala mudala.
Khaḽarani mafhungo a si ngoho nga muvhala mutswuku.



Vhoṱhe vha na zwanḓa zwivhili na milenzhe mivhili.



Vhoṱhe ndi vhasidzana.

Vhoṱhe vho ambara zwienda.



Vhoṱhe vho ambara marukhu.

Vhoṱhe ndi vhana.



Vhoṱhe vha na mavhudzi malapfu.



Kha ri ṅwale

Olani tshifanyiso tsha inwi muṇe tshikhalani tsha u thoma. Zwino olani tshifanyiso tsha khonani yaṇu ya mbiluni. Musi no no fhedza, lavhelesani tshifanyiso tshaṇu ni ambe uri ni fhambana hani na khonani yaṇu.

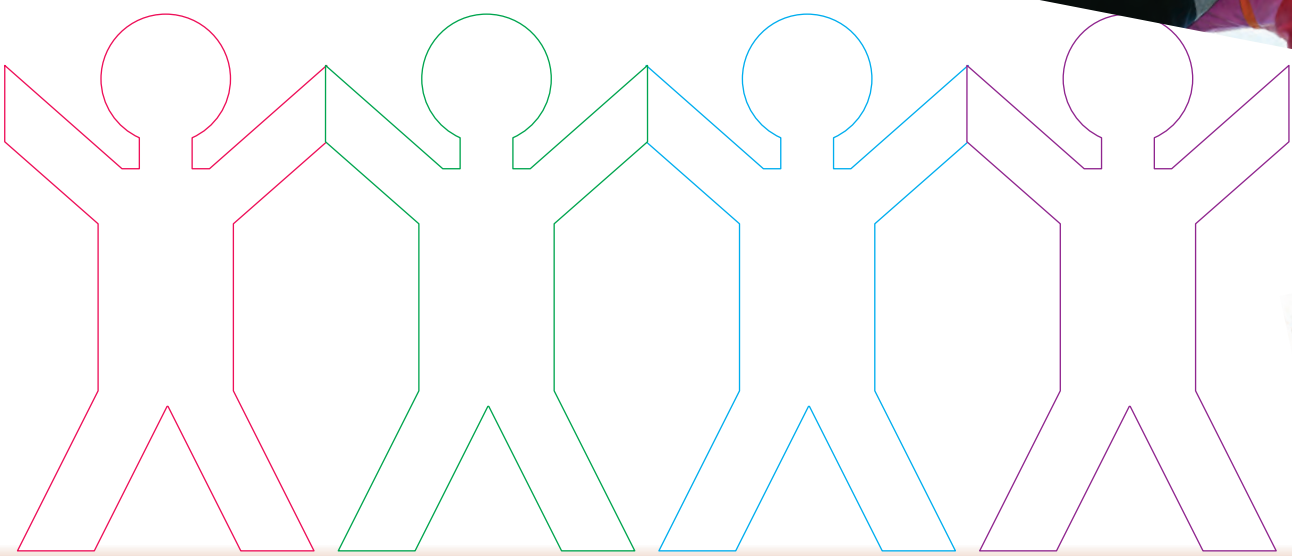




Kha ri ite nyito

Lavhelesani tshifanyiso tshaṇu ni ambe uri inwi na khonani yaṇu ni fana nga mini na dovha na fhambana nga mini. Itani tshaini ya vhukonani i no sumbedza uri vhathu vhoṱhe vho fhambana.







Kha ri imbe luimbo



Kha ri ite nyito

Musi ni sa athu imba thomani ni ite ndowendowe dzi tevhelaho.
Femelani ngomu na nnḓa nga u ongolowa.
Ḓiiteni u nga ni khou vhudzula makhaḓela a re kha khekhe ya ḓuvha ḽa mabebo.
Ḓiiteni u nga ni khou tetemela nga phepho, ni ri "Brrrrrrrrrrrr".



Zwiṱoho zwiṱanu



Zwiṱoho zwiṱanu zwi khou thamukana nṱha ha mmbete.
Kuṅwe kwa mbo wa kwa ḓigekha ṱhoho.
Mmawe vha mbo vhidza Vho Dokotela,
Vho Dokotela vha tshi swika vha ri,
"A hu tshee na kuṱoho ku no ḓo thamukana nṱha ha mmbete!"



Zwiṱoho zwiṋa zwi khou thamukana nṱha ha mmbete.
Kuṅwe kwa mbo wa kwa ḓigekha ṱhoho.
Mmawe vha mbo vhidza Vho Dokotela,
Vho Dokotela vha tshi swika vha ri,
"A hu tshee na kuṱoho ku no ḓo thamukana nṱha ha mmbete!"



Zwiṱoho zwiraru zwi khou thamukana nṱha ha mmbete.
Kuṅwe kwa mbo wa kwa ḓigekha ṱhoho.
Mmawe vha mbo vhidza Vho Dokotela,
Vho Dokotela vha tshi swika vha ri,
"A hu tshee na kuṱoho ku no ḓo thamukana nṱha ha mmbete!"



Zwiṱoho zwivhili zwi khou thamukana nṱha ha mmbete.
Kuṅwe kwa mbo wa kwa ḓigekha ṱhoho.
Mmawe vha mbo vhidza Vho Dokotela,
Vho Dokotela vha tshi swika vha ri,
"A hu tshee na kuṱoho ku no ḓo thamukana nṱha ha mmbete!"



Kuṱoho kuthihi ku khou thamukana nṱha ha mmbete.
Kwa mbo wa kwa ḓigekha ṱhoho.
Mmawe vha mbo vhidza Vho Dokotela,
Vho Dokotela vha tshi swika vha ri,
"A hu tshee na kuṱoho ku no ḓo thamukana nṱha ha mmbete!"



Kha ri ṅwale

Ḓioleni tshifanyiso.
Sumbedzani maṱo aṋu, nḓevhe, ningo, mulomo na mavhudzi.
Vhudzani khonani dzaṋu uri ni vhonala nga nḓilaḓe.

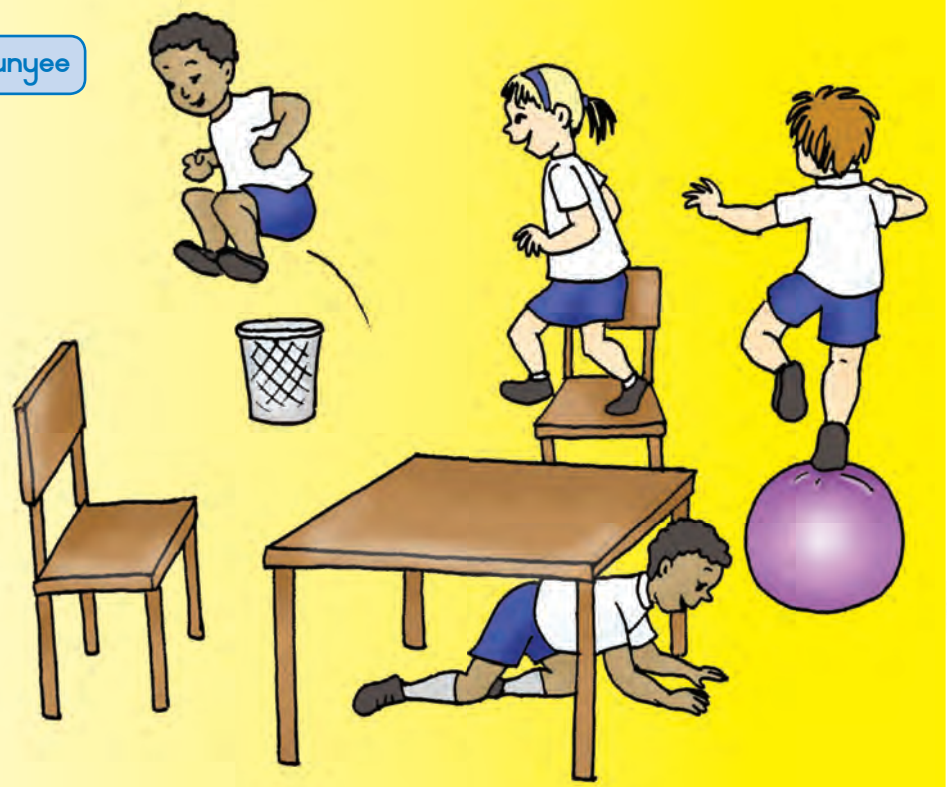


Kha ri tsukunyee

Phulani nḓila i re na zwikhukhulisi kiḽasini yaṋu i no nga hei.

Thamuwani ni tshi bva kha tshidulo ni tshi ya kha tshiṅwe.

Kokovhani f'hasi ha ṱafula.



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6 Ndi a ḓihudza nga tshikolo tshanga



Kha ri ite nyito

Ḓioleni tshifanyiso no ambara yunifomo ya tshikolo. Ni kone u jenisa phindulo dzi no khou ṱahela.



Ndi jena tshikolo tsha _____.

Dzina ḽa mudededzi wanga ndi _____.

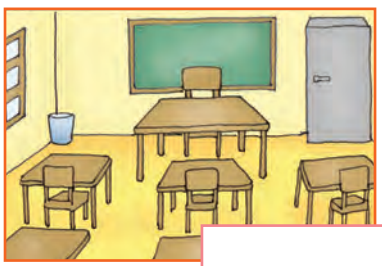
Phirintsipaḽa washu ndi _____.

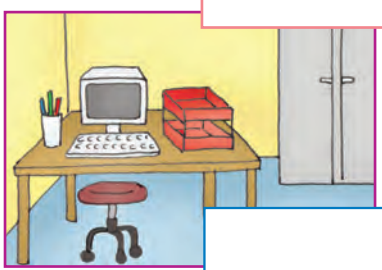


Kha ri ṅwale

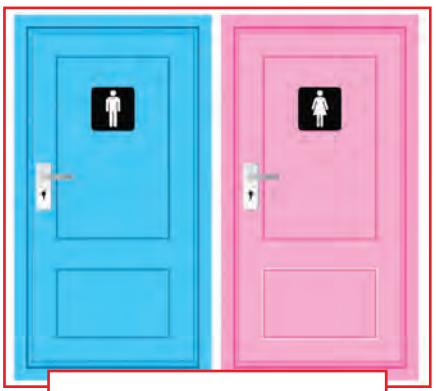
Lavhelesani tshifanyiso tshi re afho ntha ni jenise maipfi a re one tshifanyisoni tshiṅwe na tshiṅwe.

- kuḽokurumu
- sekerethari
- ofisi
- kiḽasirumu
- mudavhini wa u tambela











Kha ri ṅwale

Hu na vhathu vhanzhivhanzhi tshikoloni. Ambani uri ndi vho nnyi. Ni kone u ṅwala ipfi ḽi re ḽone nga fhasi ha tshifanyiso tshiṅwe na tshiṅwe. Vhudzani khonani yaṋu uri avha vhathu vha ita mini afho tshikoloni. Shumisani maipfi aya uri a ni thuse.

vhana	mukunakisi	mudededzi	phirintsipaḽa



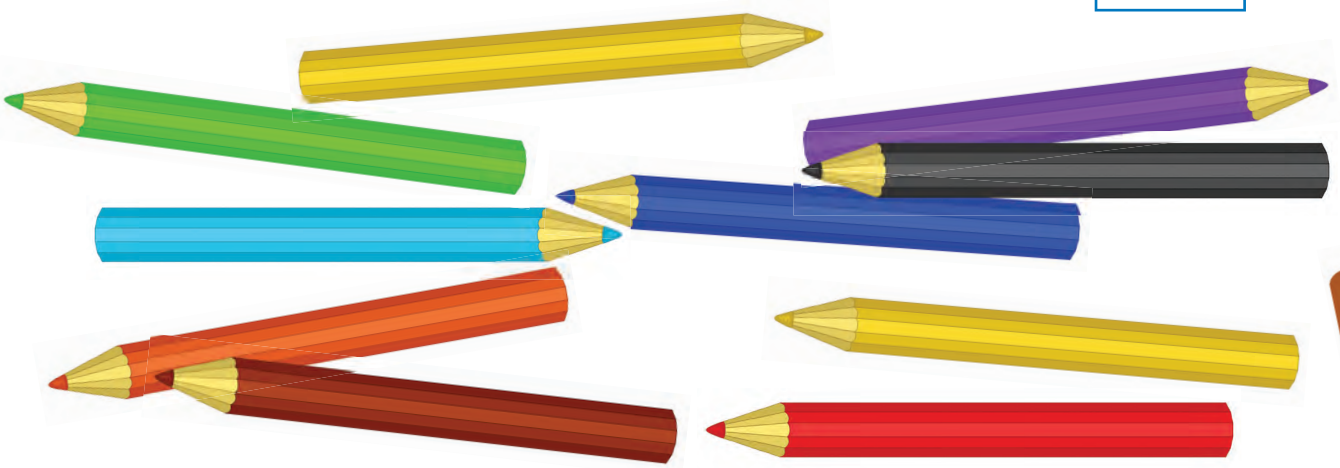






Kha ri ḓiphiṋe

Tshibogisi tsha penisela tsha Mulalo tsho wa. Vhalani uri u na penisela na khirayoni nngana, ṅwalani tshivhalo tshibogisini.



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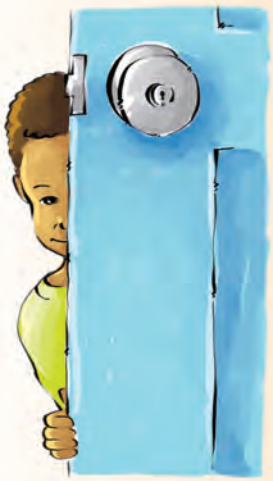
7 Fhethu ho fhambananaho

Kha ri ite nyito Sumbedzani khonani yaṋu uri ni a kona …

U dzumbama fhasi ha tshiṅwe tshithu.



"Ndo dzumbama fhasi ha ṱafula."



U dzumbama murahu ha tshiṅwe tshithu.





U ima tsini na tshiṅwe tshithu.

U ima nṱha ha tshiṅwe tshithu.

Kha ri tsukunyee Shumisani bola kana tshisagana tsha ṋawa. I poseni nṱha ni i gavhe. Zwino i tengenedzeni nṱha ha ṱhoho ni tshimbile nga u ongolowa. Zwino tengenedzani binibege nṱha ha ṱhoho musi ni tshi khou dadamala nṱha ha danda ḽa u dadamala kana kha mutalo u re fhasi.

Ndi a kona u posa. 			
Ndi a kona u gavha. 			
Ndi a kona u tengenedza tshikedzi tsha ṋawa kha ṱhoho yanga. 			



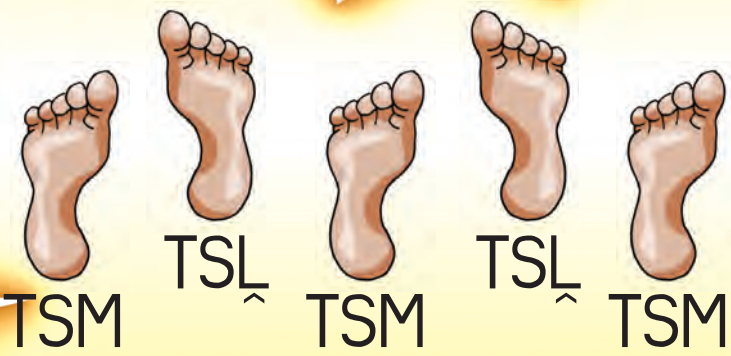
Kha ri tsukunyee

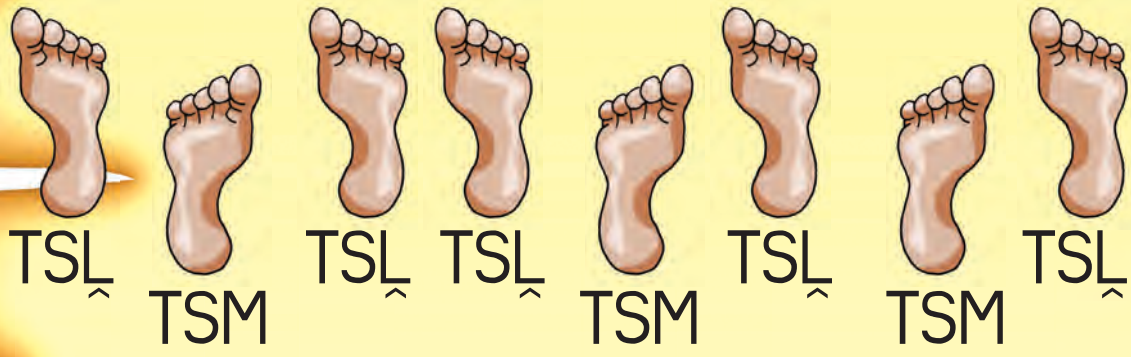
Tshinani nga milenzhe yaṋu nṱha ha phetheni idzi.



TSM = Tsha monde 

TSL̂ = Tsha u l̂a 







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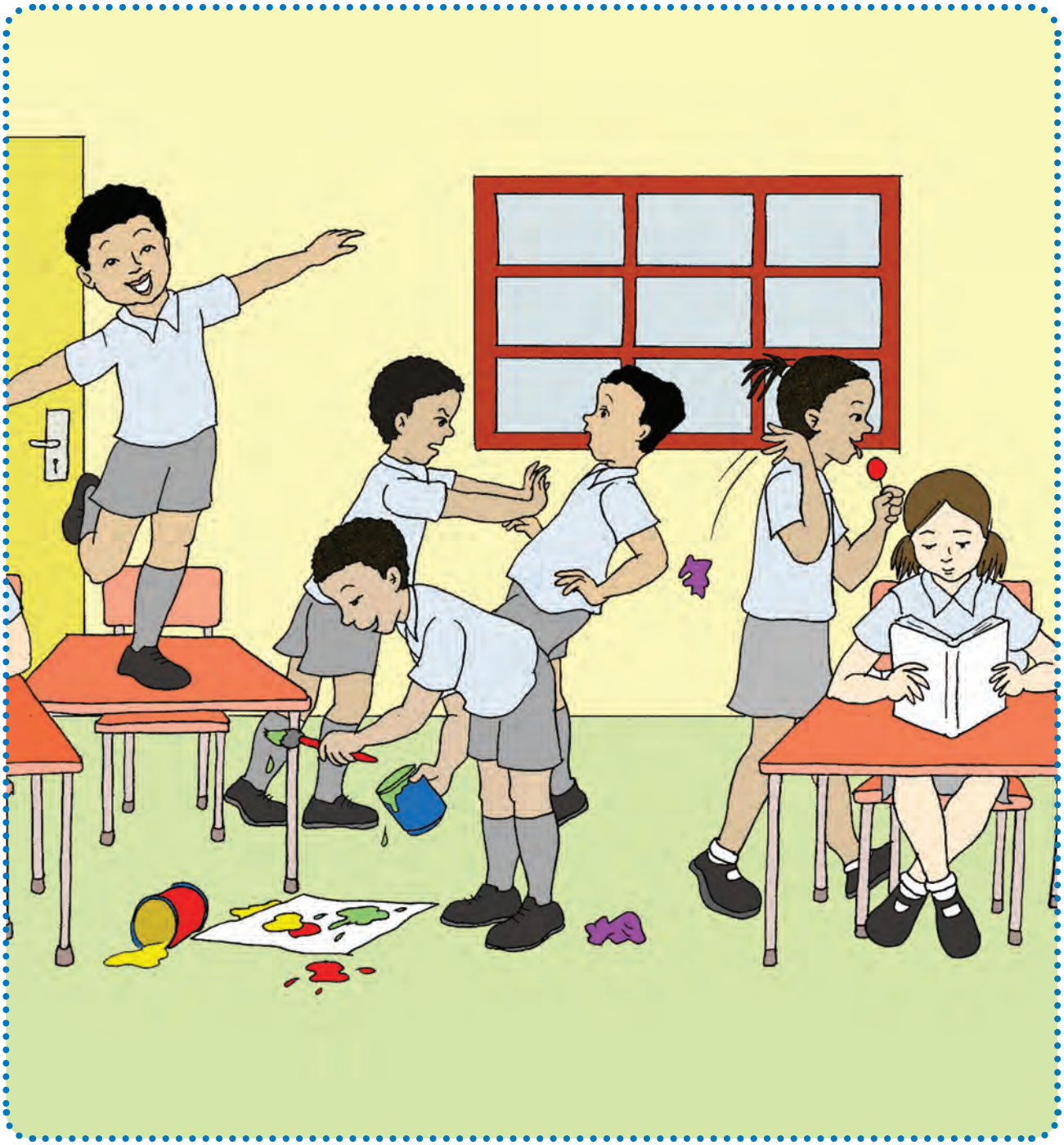
8

Kiḽasirumu yashu

Kha ri ambe

Lavhelesani tshifanyiso itshi nga vhuronwane ni ambe nga zwine na khou vhona.

Afha kiḽasini hu khou itea zwithu zwavhuḓi na zwi si zwavhuḓi. Ndi zwithu zwavhuḓi zwifhio zwine na kona u zwi vhona? Ndi zwithu zwi si zwavhuḓi zwifhio zwine na kona u zwi vhona?





Vhudzani khonani yaṇu uri hu khou bvelela mini kha tshifanyiso tshiṅwe na tshiṅwe. Olani luswayo lwa ✔ tsini na zwithu zwoṯhe zwavhuḓi na ✘ tsini na zwithu zwi si zwavhuḓi zwine zwa nga bvelela tshikoloni.









Teacher:

Sign:

Date:

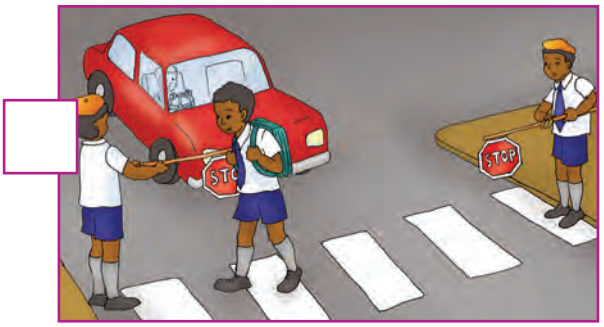
9

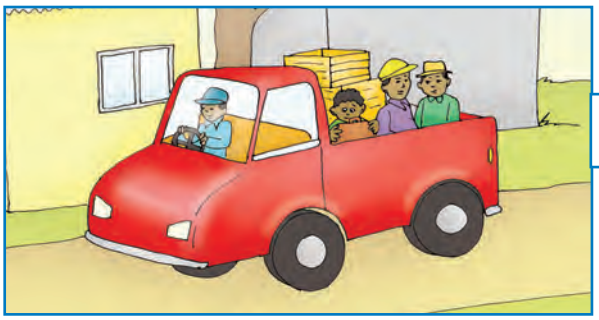
Ri ya hani tshikoloni

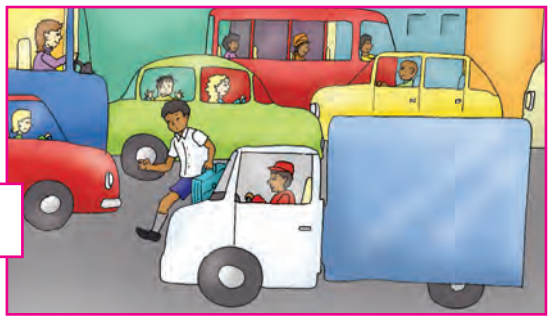
Ni ya hani tshikoloni ḓuvha ḽiṅwe na ḽiṅwe? Ndi vha no tsireledzea? Ni a ḓivha ndila dzo tsireledzeaho? Ambani na khonani yaṋu uri avha vhana vha ya tshikoloni nga ndilaḓe. Itani thikhi ✔ kha dzo tsireledzeaho dza u ya tshikoloni. Ṅwalani ✘ kha dzi songo tsireledzeaho.











Ni ya hani tshikoloni nga matsheloni?



Zwino vhudzisani khonani dza 5 uri dzi ya tshikoloni nga ndilaḓe ḓuvha ḽiṅwe na ḽiṅwe. Dzi swayeni nga thikhi kha tshati iyi.



Dzina	1	2	3	4	5
nga milenzhe 					
nga bisi 					
nga goloi/ baki 					

Kha ri ite nyito

Shumisani vumba kha u vhumba hezwi zwithu.



Kha ri tsukunyee

Thetshelesani muzika une mudededzi waṋu a ḓo ni tambela.



Dzinginyeani i tshi tevhedza muzika.

Khothani magona ni ṱharamudze zwanḓa.

Zuzani mahaḓa aṋu.

Monisani zwinungo zwa zwanḓa zwi ye kha monde na kha tshauḽa.

Kha ri tsukunyee

Inwi na khonani yaṋu ni tea u posa na u gavha bola.
Shumisani tshanḓa tshi sa konesi kha u posela bola murahu.

Ndo kona u posa bola nga tshanḓa tshanga tshi si tshone?	☺	☹

Kha ri tsukunyee

Kungulusanani nga bara na muṅwe nga inwi.



Teacher:
Sign:
Date:

10

Ndi dzula ndo kuna

Kha ri ambe

Ndi mafhungo mahulwane u guda mikhwa u tshee muṱuku. Zwiṅwe zwa zwithu zwine zwa nga ita uri ni dzule no kuna ni na mutakalo khezwi. Ambani nga tshifanyiso tshiṅwe na tshiṅwe.

Ndi tea



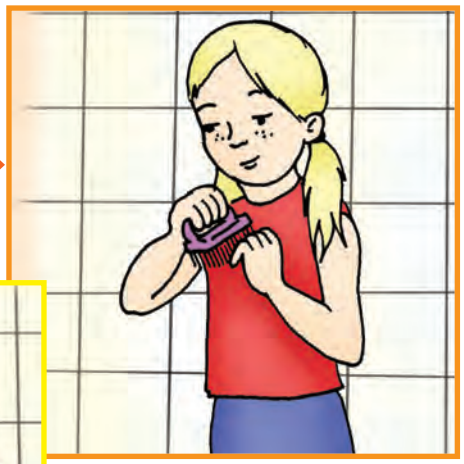
U ṱamba maṋo.



U ṱamba zwanḓa ndi tshi bva bungani.



U ṱamba tshifhinga tshoṱhe.



U ita uri ṋala dzi dzule dzo kuna.



U ṱanzwa mitshelo ndi sa athu u i ḽa.



U shumisa thoiḽethe.

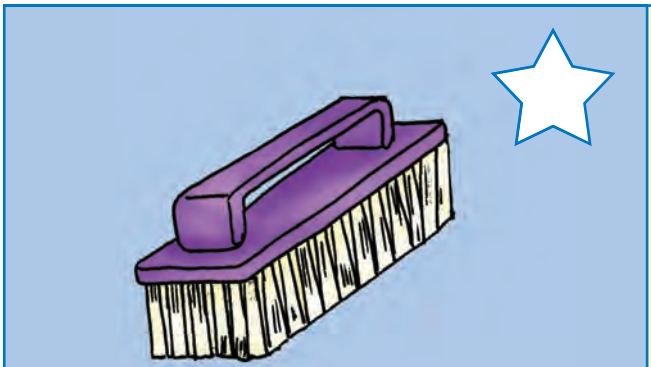


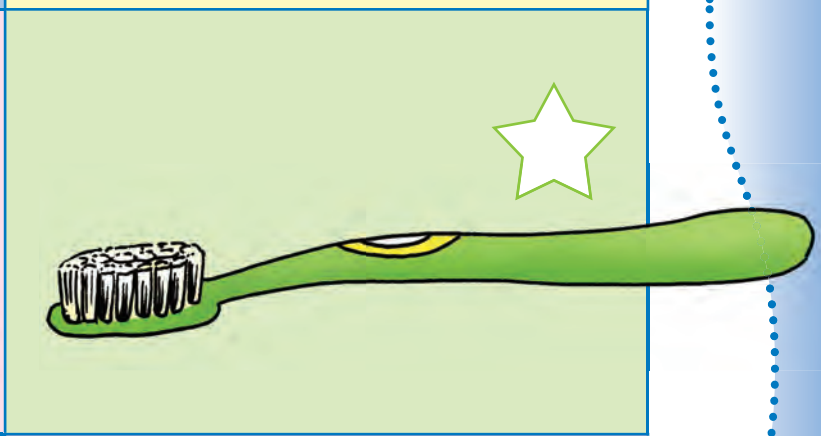
U shumisa thishu ndi tshi atsamula na u fumula maduda.

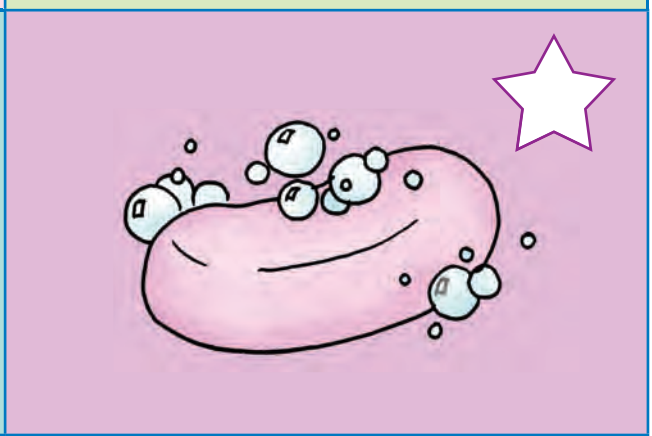
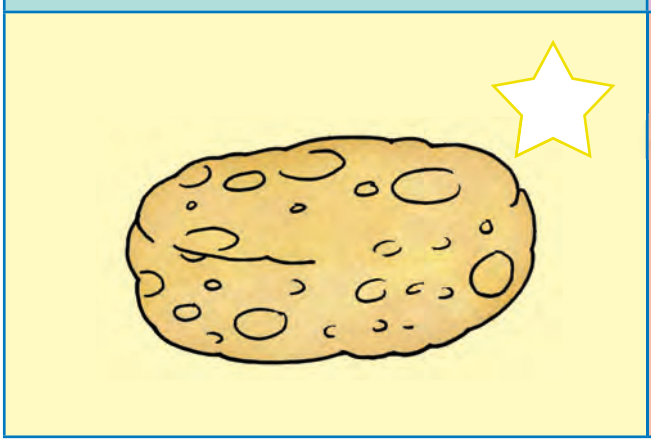
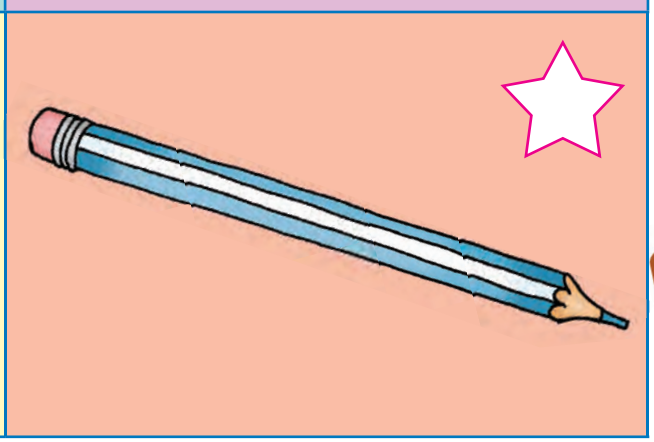


Kha ri ṅwale

Ndi zwifhio zwa zwithu zwi tevhelaho zwine na zwi shumisa kha vhudele? Khaḽarani ṋaledzi ni tshi sumbedza zwithu zwine na zwi shumisa kha vhudele. Ni ite na u bula uri ni shumisa tshithu tshiṅwe na tshiṅwe nga ndiḽaḓe kha vhudele.



Teacher:

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11 Ndi dzula ndo kuna (vhudele)

Kha ri vhale

Miṅwe ya mikhwa yavhuḓi ya u shumisa thoiḽethe.

Elelwani



Ni vale muṋango wa thoiḽethe tshifhinga tshoṱhe musi ni ngomu.



Arali na nga ita vhuaḓa thoiḽethe, ni elelwe u kunakisa.



Ni songo shumisa mabammbiri a thoiḽethe o kalulaho.



Ni songo hangwa u gweja thoiḽethe.



Ni ṱambe zwanḓa tshifhinga tshoṱhe ni tshi bva thoiḽethe.



Kha ri ṅwale

Tangedzelani maipfi a re one ane a ni vhudza uri ni tea u ita zwithu zwi tevhelaho kangana.

U ṱamba mavhudzi.



ḓuvha ḽiṅwe na ḽiṅwe

nga matsheloni na nga madekwana

luvhili nga vhege

luthihi nga vhege

U ṱamba maṋo.



ḓuvha ḽiṅwe na ḽiṅwe

nga matsheloni na nga madekwana

luvhili nga vhege

luthihi nga vhege

U ṱamba muvhili.



ḓuvha ḽiṅwe na ḽiṅwe

nga matsheloni na nga madekwana

luvhili nga vhege

luthihi nga vhege

U ṱamba tshifhaṱuwo.



ḓuvha ḽiṅwe na ḽiṅwe

nga matsheloni na nga madekwana

luvhili nga vhege

luthihi nga vhege

Teacher:

Sign:

Date:

Muvhili wanga

Kha ri tsukunyee

Tambani na mudededzi waṋu mutambo wa "Simoni uri".
Wanani hune na nga ima hone ni dovhe ni f'hire hu si na u thulana.
Simoni uri "farani ṱhoho."

Kha ri sumbedze

Sumbedzani khanani yaṋu urin ...

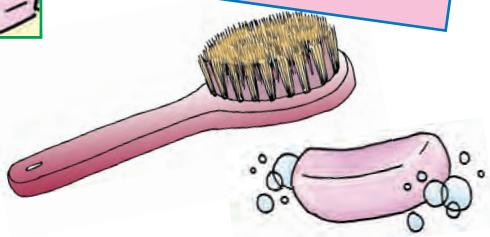


Ni ṱamba muvhili nga ndilaḓe.





Ni phumula zwanḓa nga ndilaḓe.



Ni gama mavhudzi nga ndilaḓe.



Ni ṱamba maṋo nga ndilaḓe.

Ni ṱamba tshifhaṱuwo nga ndilaḓe.





Itani ḽitambwa ḽa tshidade itshi.

Ndi a vhanda zwanḓa

nda giginya fhasi nga milenzhe

nda dzungudza ṱhoho

nda dzungudza zwanḓa

nda dzungululwa nga zwikunwe

nda kwama ningo.



Teacher:

Sign:

Date:

13 Ndowelo i re na mutakalo



Kha ri vhale

Ri lila mini uri ri dzule ri na mutakalo?

Zwiliwa zwi re na mutakalo





Ndowendowe yo linganelaho

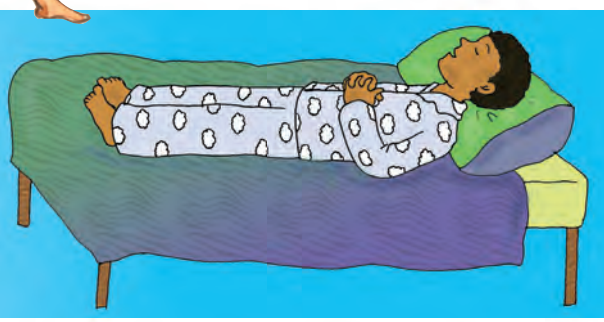
U dzula ro kuna





Masana

U edela wa pfelela wa si vhonese TV!



Kha ri ṅwale

✔ Itani thikhi kha ṋowelo i re na mutakalo na ✘ kha ṋowelo i si na mutakalo.



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14

U kuna na vhudele

Kha ri ite nyito

Sumbedzani uri ni shumisa izwi zwithu nga ndilaḓe.



tshisibe tsha maṋo



buratsho ya maṋo



shamphuu

tshisibe



khirimu ya zwanḓa



gamu



buratsho



buratsho ya ṋala



zwigero zwa ṋala

Kha ri tsukunyee

Faranani nga zwanḓa ni ite danga.

Zwino ṋekedzanani bola ni dangani iḽi.

Engedzani iṅwe bola ni ṋekedzane.

Engedzani iṅwe bola hafhu ni lingedze u ṋekedzana bola dza 3.



Kha ri ambe

Ndi zwifhio zwi no khou vhanga vhuaḓa kamarani iyi?

Ni tea u ita mini uri ni kunakise kamara?

Vhana vha khou ita mini? Vha tea u ita mini?



Teacher:

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Mutsho

Kha ri ambe

Lavhelesani tshaka dzo fhambananaho dza mutsho ni vhudze khonani yaṋu uri ndi mutsho ufhio une na u funesa.



wa muya



wa masana



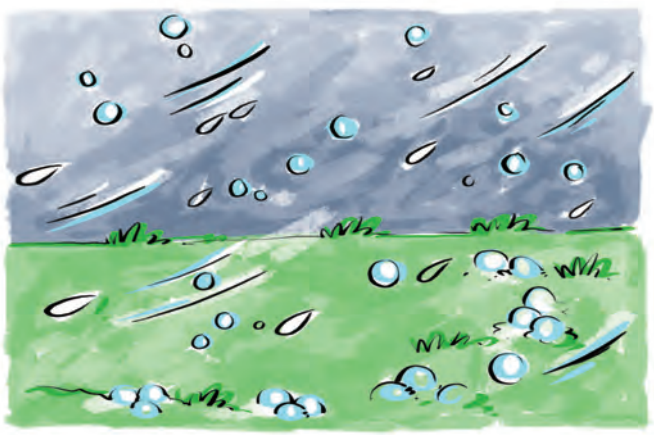
wa makole na phepho



wa mvula

Kha zwiṅwe zwipiḓa zwa shango, tshiṅwe tshifhinga hu a rothola lune ha wa na gambogo. Tshiṅwe tshifhinga hu vha na mutsho wa maḓumbu.

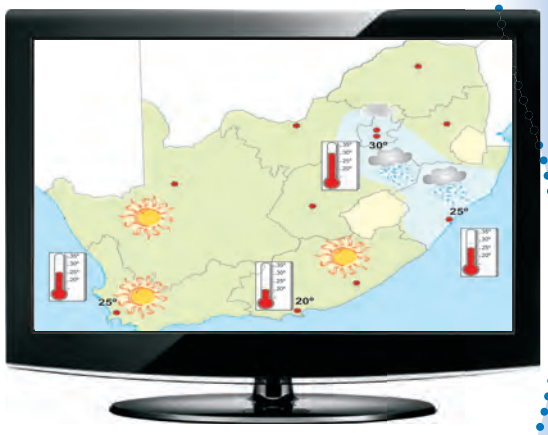
Maḓumbu a re na maanḓa a pfi ndi maḓumbumazikule.





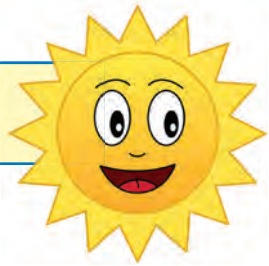


Kha ri vhale



Ri shumisa tshati ya mutsho kha u sumbedza uri mutsho wo ima nga ṋdilaḓe. Ri shumisa tswayo kha u sumbedza tshaka dzo fhambananaho dza mutsho. Dziṅwe dza tswayo idzi khedzi.

masana



mvula





makole



makole fhaḽa na fhaḽa

gambogo



wa muya





Kha ri ite nyito

Olani zwiga zwa mutsho u itela u fhedzisa tshati yaṋu ya mutsho ya vhege ino.

Musumbuluwo	Ḽavhuvhili	Ḽavhuraru	Ḽavhuṋa	Ḽavhuṱanu



Kha ri ṅwale

Mutsho wo vha u nga ṋdilaḓe ṋamusi? Jenisani maipfi ane a khou ṱahela.

Ṋamusi hu na _____.

Mulovha ho vha hu na _____.

Ngavhe matshelo hu tshi vha hu na _____.



16

Mutsho

Kha ri ite nyito

Edziselani tshaka dzo fhambananaho dza mutsho.



Ṱharamudzani zwanḓa zwi nṱha ha ṱhoho yaṋu zwi nge gole ḽihuluhulu ḽa kholekhole.



Ni na tshirambureni tsha u ni tsireledza kha ḓuvha.



Dzinginyeani sa muri u tshi khou dzinginyiswa nga muya wa maḓumbu.



Kwambatelani tshirambureni uri tshi si hwaliwe nga muya wa maḓumbu.



Itani thothotho sa marotha a mvula nṱha ha ṱhanga.



Kha ri tsukunyee

Faranani nga zwanḓa ni ite danga.

Posanani bola na u i gavha.







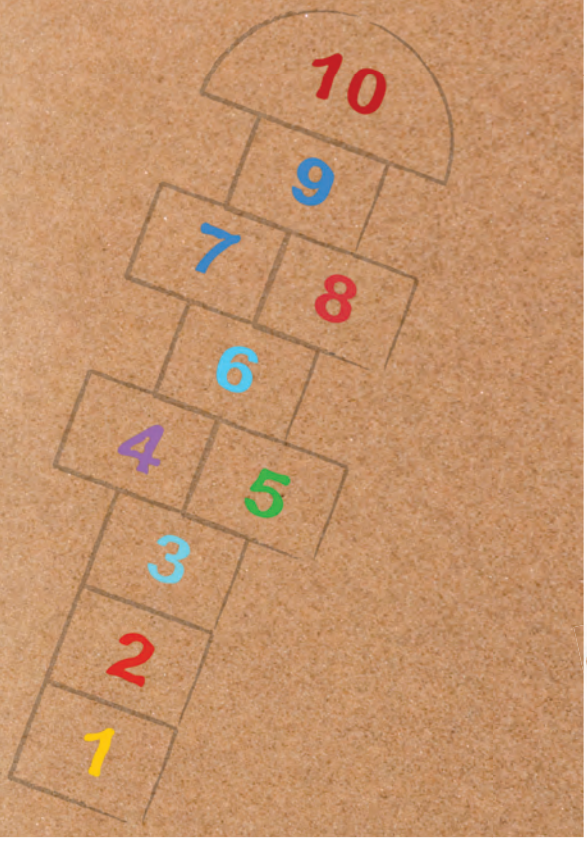
Humbulani nga nḓila dzo fhambananaho dza u dadamala kha danda kana kha lutambo. Vhonani arali ni tshi nga kona u wana nḓila ya u dadamala ine ya si fane na ya vhaṅwe afha kiḽasini.

Kha ri ḓiphiṋe

Tambani openi. Olani zwibuḽoko na zwitendeledzi mavuni.







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17

Muṱa wa hashu

Kha ri ambe

No vha ni tshi zwi ḓivha uri miṱa a i fani?

Miṅwe miṱa ndi mihulwane miṅwe ndi miṱuku.

Miṅwe i na vhomme na vhokhotsi ngeno miṅwe i si na.

Miṅwe miṱa i na vhomakhulutshisadzi na vhomakhulutshinna, vhomalume, makhotsimunene, vhomakhadzi na vhazwala.

Lavhelesani zwifanyiso zwi tevhelaho ni vhudze khonani yaṋu uri miṱa iyi i fhambana ngafhi.

mme	khotsi	khaladzitshisadzi
makhulutshinna	mukonamatshinna	ṅwana
makhulutshisadzi	muṱa	







Kha ri ṅwale

Ni dzula na vhonnyi muḓini wa haṋu?



Ni dzula na vhonnyi muḓini wa haṋu?

_____.

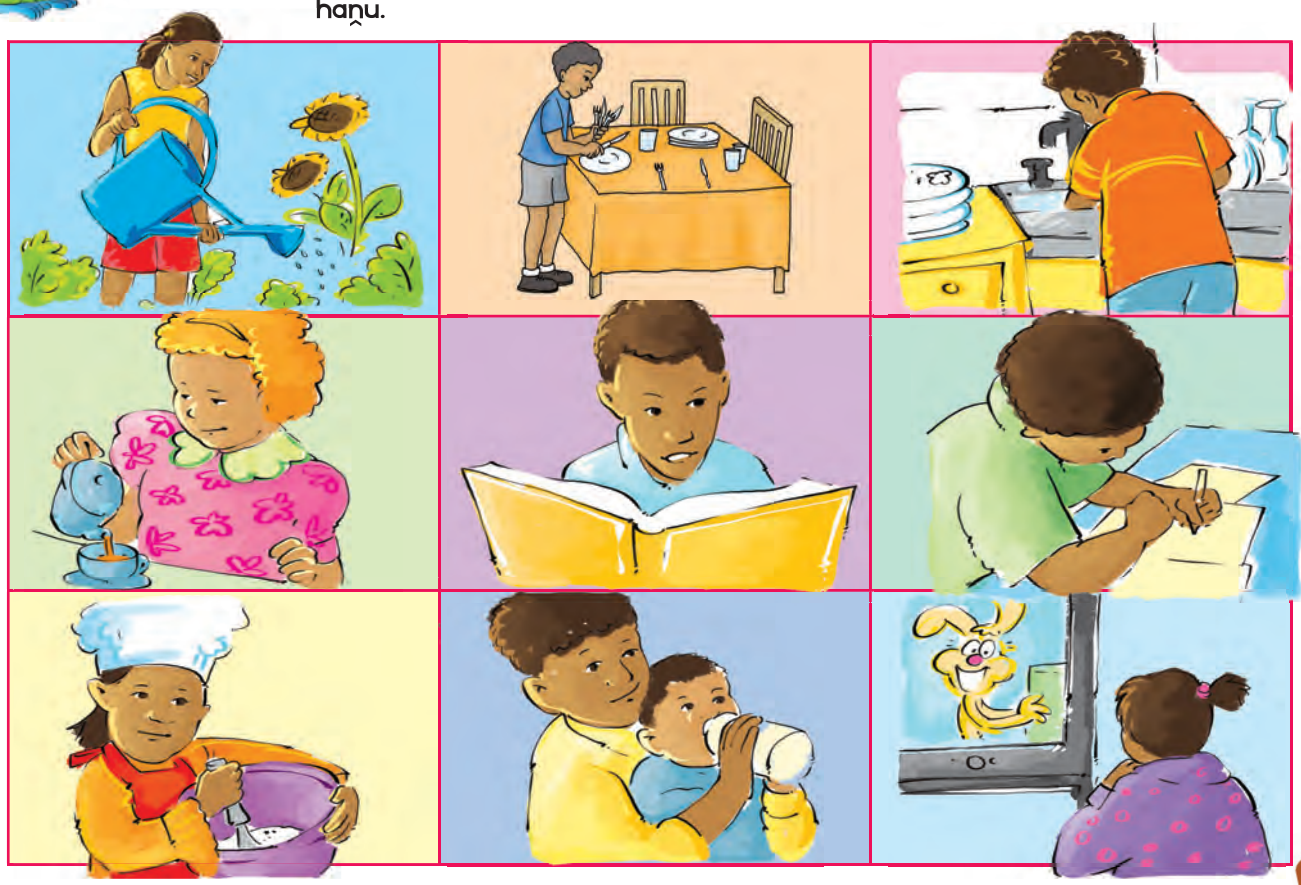
Muḓini wa haṋu hu na vhathu vha _____.

Ndi nnyi muṱukusa muḓini wa haṋu? _____.

Ndi nnyi muhulwanesa muḓini wa haṋu? _____.

Kha ri ambe

Miḓini ya hashu roṱhe ri na mishumo yashu. Lavhelesani zwifanyiso izwi, tsini na tshiṅwe na tshiṅwe ṅwalani dzina ḽa muthu ane a shuma mushumo uyo muḓini wa haṋu.



Ndi thusa hayani nga ndilaḓe.

_____.

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Date:

18

Muṱa wa hashu



Kha ri ḓiphiṋe

Olani tshifanyiso tsha tshithu tshine muṱa woṱhe wa haṋu wa tshi ita khathihi. Ṅwalani dzina ḽa uyu muthu tsini na tshifanyiso tshawe tshe na ola. Bulani uri uyu muthu ndi nnyi. Shumisani maipfi aya uri a ni thuse.

mme	khotsi	khaladzitshisadzi
makhulutshinna	mukonamatshinna	ṅwana
makhulutshisadzi	muṱa	



Muṱa wa hashu

Ri a vhavhalelana (londana) 19



Kha ri vhale

Vhathu vha muḓini muthihi vha tea u funana na u londana. Ri sumbedza u funana nga u kuvhatedzana khathihi na u thusana na u ṱhonifhana. Ri tea ...

- U thusana.
- U vha na vhulenda kha vhaṅwe vhathu (nga maanḓa vhathu vhahulwane).
- U ita mishumo yashu nga tshifhinga.
- U vha na vhuḓifhinduleli.





Kha ri ambe

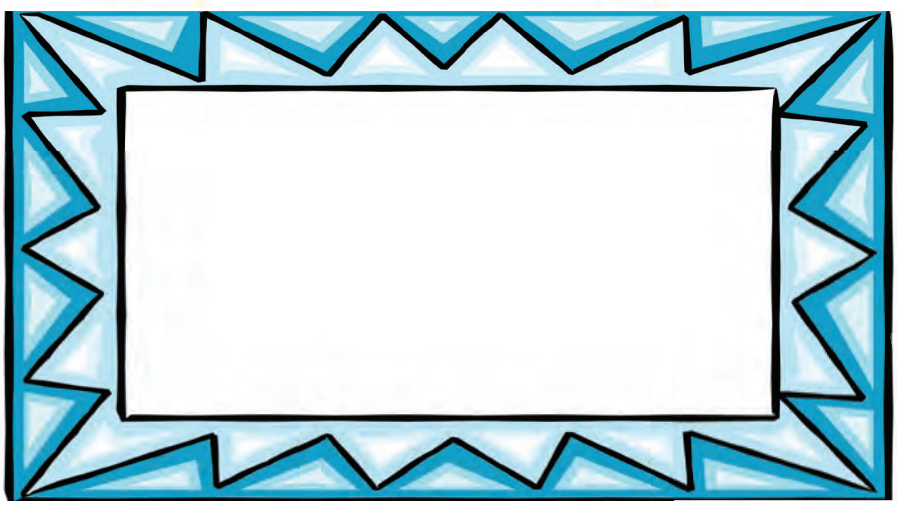
Lavhelesani zwifanyiso izwi ni ambe uri avha vhana vha sumbedza hani muṱa wa havho uri vha na lufuno.





Kha ri ite nyito

Olani tshifanyiso tsha zwine na ita ni tshi sumbedza vha muṱa wa haṋu uri ni a vha funa. Ṱalutshedzani khonani yaṋu zwe na ola.



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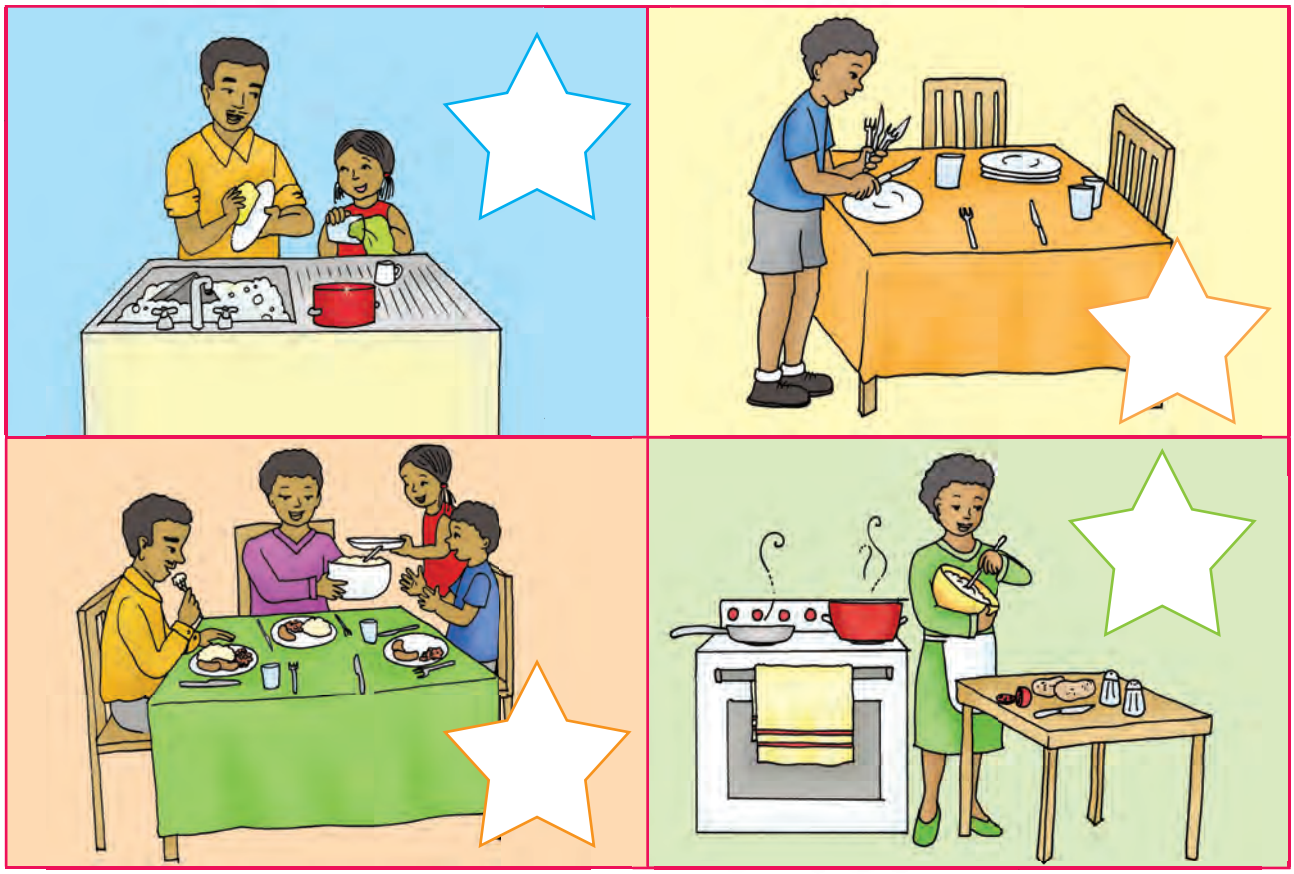
Date:

20 Ri a vhavhalelana (londana)



Kha ri ambe

Ambani ngauri avha vhathu vha uyu muṱa vha thusana hani. Nomborani zwifanyiso u bva kha I u swika kha 4 ni tshi sumbedza u tevhekana hazwo nga ngona.





Kha ri vhale

Mishumo yashu ya nga madekwana.

Mma vha bika zwiḽiwa.

Baba vha ṱanzwa pani.

Mukomana wanga na nn̂e ri thusa Mma na Baba.

Ri a thusa vhukuma.

Ri goda mafhi na vhurotho.

Ra kona u ya u eḓela.

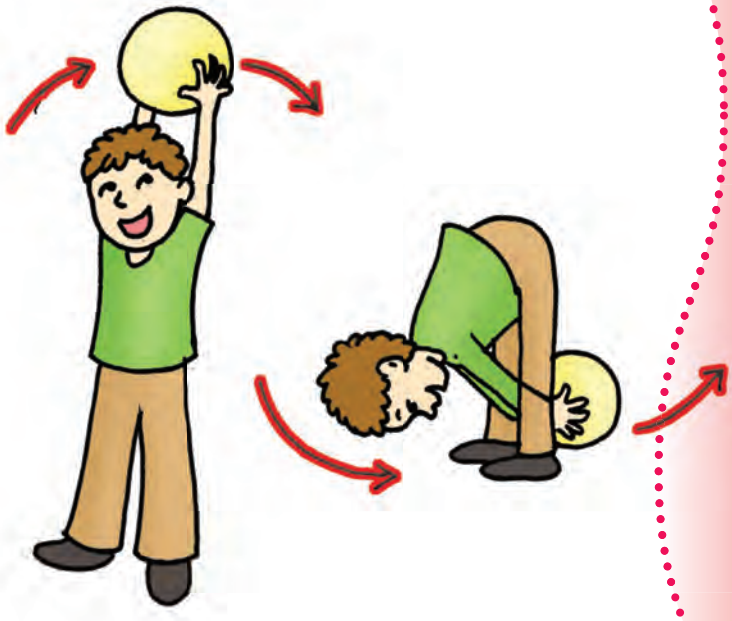
Kha vha ri anetshele tshiṱori tsha vhusiku!



Kha ri tsukunyee

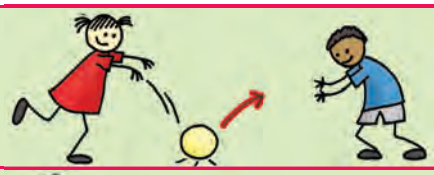
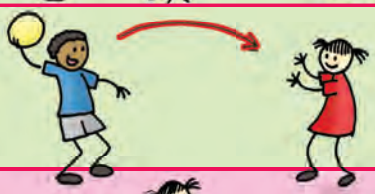
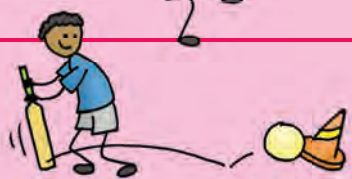
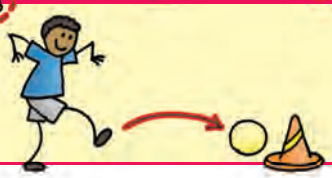
Faranani nga zwanḓa ni ite danga ḽihulwane.
Imani ni tshi tevhekana ni kha muduba.

- Nwana wa u thoma u ṱanganedza bola a i pfukisa nṱha ha ṱhoho yawe a i ṋekedza ṅwana a re murahu hawe.
- Uyo ṅwana u pfukisa bola vhukati ha milenzhe yawe a i ṋekedza ṅwana a re tsini nae.



Kha ri ite nyito

Sumbedzani mudededzi waṋu arali ni tshi nga kona ...

	ni a kona u fhirisa bola nga u i bammbisela muṅwe nga inwi.	ee	hai
	ni a kona u fhirisa bola nga nṱha ha ṱhoho ya ya kha muṅwe nga inwi.	ee	hai
	ni a kona u bammbisa bola nga magona.	ee	hai
	ni a kona u rwela bola kha dzikhounu.	ee	hai
	ni a kona u ḓirivhula bola vhukati ha tswayo (dzimaka).	ee	hai
	ni a kona u rahela bola kha tshiṅwe tshithu na tshi rwa.	ee	hai

Teacher:
Sign:
Date:

21 U tsireledzea hayani na u mona na muḓi



Ri tea u pfa ro tsireledzea tshifhinga tshoṱhe musi ri mahayani. Fhedziha, hu na khombo nnzhi mahayani ashu na u mona na miḓi yashu. Lavhelesani tshifanyiso, ni ambe na khonani yaṋu nga dziṅwe dza khombo idzi.

Khishini

- Mikungelo ya bodo i tea u lavhelesa murahu ha tshiṱofu.
- Ni songo lakatedza phanga dzi no fhira.
- Pharafeni na milimo kha zwi khietshelwe fhethu ho khudaho.
- Ni songo lakatedza thoyi.





Bafurumu

- Ni songo shumisa zwishumiswa zwa muḓagasi tsini na maḓi. Ni songo zwi sia tsini na maḓi.
- Vheani zwigero na zwiṅwe zwithu zwi no fhira ngomu khabodoni.

Maḓumbu a mithathabo na muḓagasi



- Ni songo vuwa no ima fhasi ha muri musi hu na maḓumbu a mithathabo.
- Ni songo vuwa no panga zwithu kha sokhethe (puḽaka) ya muḓagasi. Humbelani muthu muhulwane a ni thuse.
- Arali na nga vhona thambo ya aini kana geḓela yo suḓufhala, vhudzani Mma kana Baba uri vha i lugise.

Nnḓa ha nnḓu

- Dobelani zwithu zwine zwa nga ni huvhadza, sa maboḓelo o pwasheaho, ni zwi pose binini ya tshika.
- Ni songo tamba tsini na bambelo (phuḽu) nga nnḓa ha musi hu na muthu muhulwane tsini.





Ngomu nḓuni

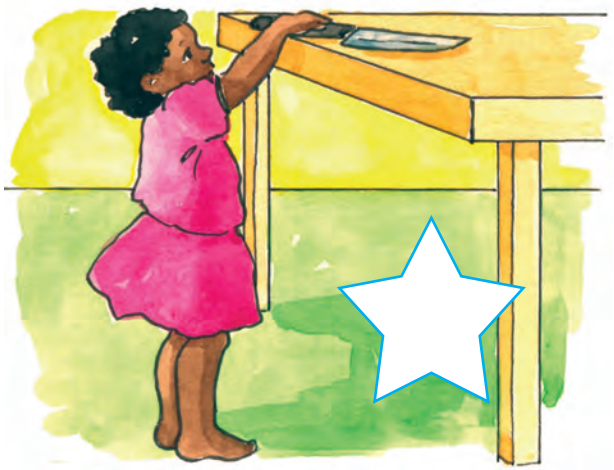
- Ni songo lakatedza dzithoyi na zwiṅwe zwithuvho.
- Ni songo tambisa zwithu zwa u kunakisa zwa pharafeni kana miṅwe milimovho.



22 U tsireledzea hayani na u mona na mudi

Kha ri ambe

Lavhelesani zwifanyiso ni ambe uri ndi zwifhio zwi no sumbedza u sa vha na khombo na zwi no sumbedza u na khombo. Itani thikhi ✔ kha zwino sumbedza u sa vha na khombo na tshifhambano ✘ kha zwi no sumbedza khombo.















Kha ri ambe

Hu na zwithu zwi re na khombo hayani ha haṋu? Ni nga ita mini ngazwo? Milimo na zwiṅwe zwa zwiludi zwa u kunakisa zwi na khombo, zwi nga ni lwadza kana zwa ita na u ni vhulaha. Ni songo vuwa no nwa tshithu na tshithihi tshine na si vhe na vhuṱanzi natsho.





Luswayo (tshiga) ulu lu sumbedza uri ngomu boḓeleni, tshibogisini kana tshikoṱikoṱini hu na mulimo.

No no vhuya na vhona ulu luswayo?



Kha ri ite nyito

Mudededzi waṋu vha khou ya u ni lidzela muzika.

- Tshinani ni tshi tevhedzela mutsindo wa muzika.
- Nangani murangaphanḓa. Murangaphanḓa a tevhedze mutsindo wa muzika.



- Imani nga mulenzhe muthihi.
- Zwino imani nga uḽa muṅwe mulenzhe.
- Ndi mulenzhe ufhio une wa vha wo khwaṱhaho?
- Ṱharamudzani lutambo lulapfu fhasi kana ni tou tala mutalo. Dadamalani nṱha na lutambo kana mutalo ni sa pepeleki.
- Zwino shandulani tshivhumbeo tsha lutambo kana mutalo ni dadamale nṱha ni sa pepeleki.



Teacher:
Sign:
Date:

U tsireledzea musi ndi ndoṱhe

Kha ri ambe

No guda nga zwithu zwine zwa nga ni huvhadza hayani kana u mona na muḓi wa haṋu. Ni nga ḓitsireledza hani musi no sala ni noṱhe hayani?

Musi no sala ni noṱhe hayani, ni nga ita zwithu zwi tevhelaho uri ni tsireledzee.





Khiṋani mahothi oṱhe.



Ni songo vulela muṋango vhatsinda.

- Ivhani na vhuṱanzi uri nomboro dza luṱingo dza vhabebi vhaṋu na dza vhahura vhaṋu ni a dzi ḓivha.
- Ṅwalani mutevhe wa nomboro dzi re na ndeme, u itela arali muṅwe muthu a tshi nga huvhala.





Kha ri ṅwale

Itani mutevhe wa nomborondeme



Mapholisa: _____



Ambulentse: _____



Vhadzimamulilo: _____

Seḽefounu ya Mma: _____

Seḽefounu ya Baba: _____

Ndi nnyi muṅwe ane na nga mu founela musi ni tshi ṱoḓa thuso?

_____

Teacher:
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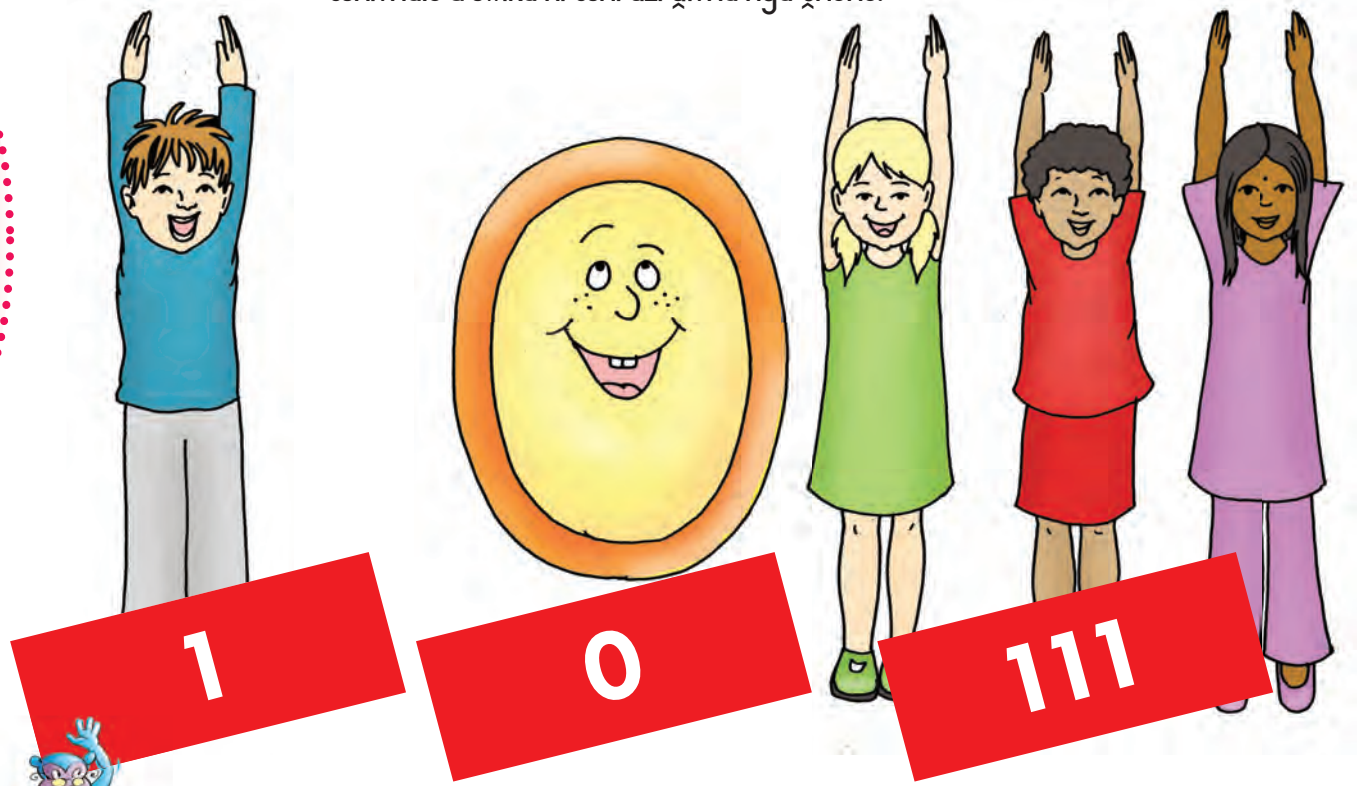
Date:

24

U tsireledzea musi ndi ndoṱhe

Kha ri ambe

Ndila i sa konḓi ya u elelwa nomboro dza mapholisa khei. Lavhelesani tshifanyiso ni vhudze khonani yaṋu uri zwifanyiso izwi zwi ni thusa nga ndilaḓe kha u elelwa nomboro idzi. 10111 ndi nomboro dza mapholisa. Dzi buleni lu re na tshivhalo u swika ni tshi dzi ḓivha nga ṱhoho.



Kha ri tsukunyee

Sumbedzani uri ni nga shumisa miraḓo yaṋu nga ndilaḓe arali hu inwi ṅwana a re tshifanyisoni itshi.



Ni nga shumisa miraḓo yaṋu nga ndilaḓe arali ni tshi khou pandemedzwa?



Ni nga shumisa miraḓo yaṋu nga ndilaḓe arali ni tshi khou thusa mme aṋu u suka khekhe?



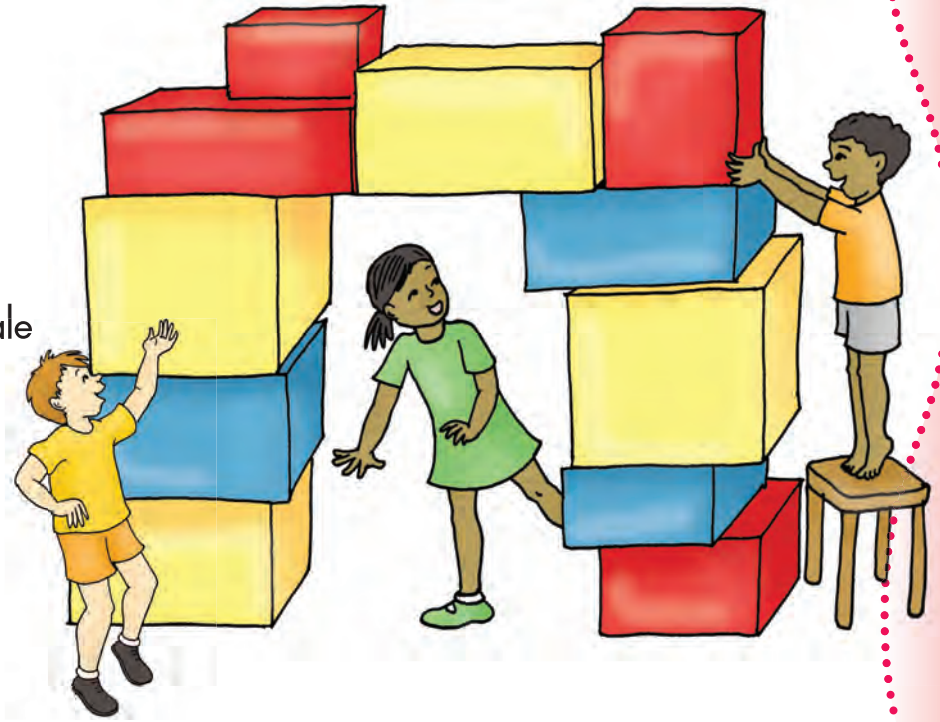
Ni nga shumisa miraḓo yaṋu nga ndilaḓe arali no kanda ngilasi yo/ boḓelo ḽo/pwasheaho?



Kha ri ite nyito

Sedzani arali ni tshi nga kona u ḓiitela kuḓu kwaṋu.

- Wanani makhadibogisi a kale ni ite mbondo na ṱhanga.
- Ni nga a nambatedza nga guḽuu. Musi nnḓu yo no fhela, i penndeni.
- Arali ni sa koni u wana makhadibogisi, shumisani zwiṅwe zwithuvho, fhedzi ni songo shumisa ngilasi kana zwikoṱikoṱi kana zwiṅwe zwithuvho zwine zwa nga ni huvhadza.





Kha ri tsukunyee

Posani tshikedzi tsha ṋawa kana bola muyani ni i gavhe nga tshanḓa tshaṋu tshi songo khwaṱhaho.





Kha ri ite nyito

Thusani mudededzi waṋu u sudzulusa zwidulo, ṱafula na mabogisi.



Dadamalani kha zwidulo, ṱafula na mabogisi, ni swende fhasi hazwo na u fhufha ni tshi tsa khazwo.

Teacher:
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Date:

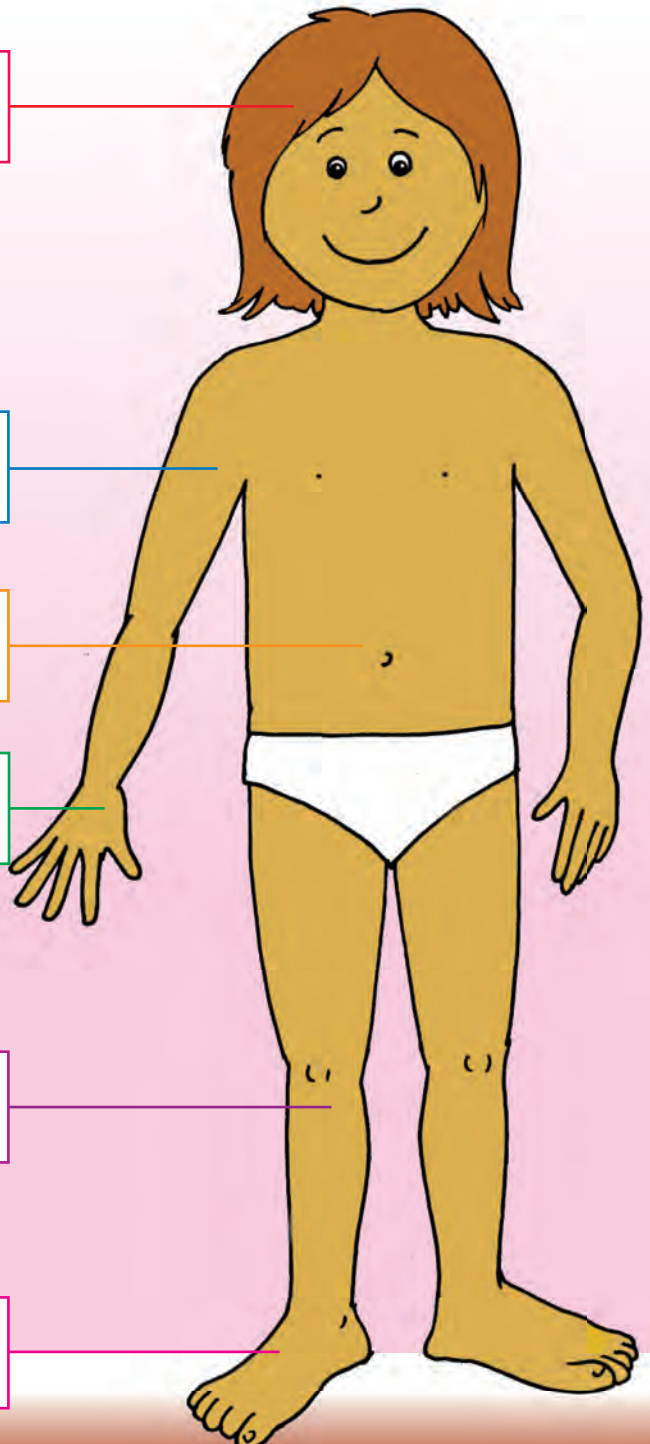
Muvhili wanga



Kha ri ṅwale

Ṅwalani maipfi zwikhalani zwi re zwone.

mulenzhe	tshanḓa tsha fhasi	ṱhoho
thumbuthumbu	mulenzhe	tshanḓa tsha nṱha

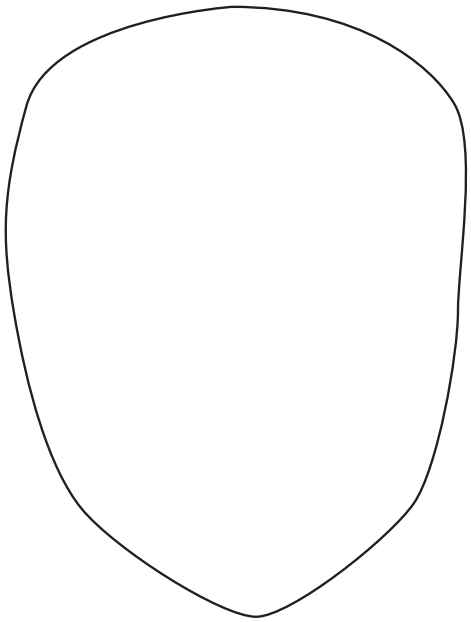




Kha ri ṅwale

Fhedzisani tshifanyiso itshi tsha tshifhaṱuwo.

Olani mavhudzi. Lingedzani u edzisela tshifhaṱuwo tshaṋu. Arali ni na maṱo a buraweni, olani maṱo a buraweni. Arali ni na mavhudzi matswu, olani mavhudzi matswu. Olani tsie dzaṋu, ningo na mulomo.











Tshifhaṱuwo tshaṋu ndi tshipiḓa tshihulwane tsha muvhili waṋu.

Muṅwe na muṅwe u na maṱo a 2.



Muṅwe na muṅwe u na ṋḓevhe dza 2.



Muṅwe na muṅwe u na ningo ya I.



Muṅwe na muṅwe u na mulomo.





Kha ri ambe

Imbani luimbo ulu. Kwamani tshipiḓa tsha muvhili tshinme na khou tshi imba.



Ṱhoho mahaḓa

Ṱhoho mahaḓa, magona, zwikunwane,

magona zwikunwane x2

Ṱhoho mahaḓa, magona, zwikunwane

Ṱhoho mahaḓa, magona, zwikunwane, magona zwikunwane

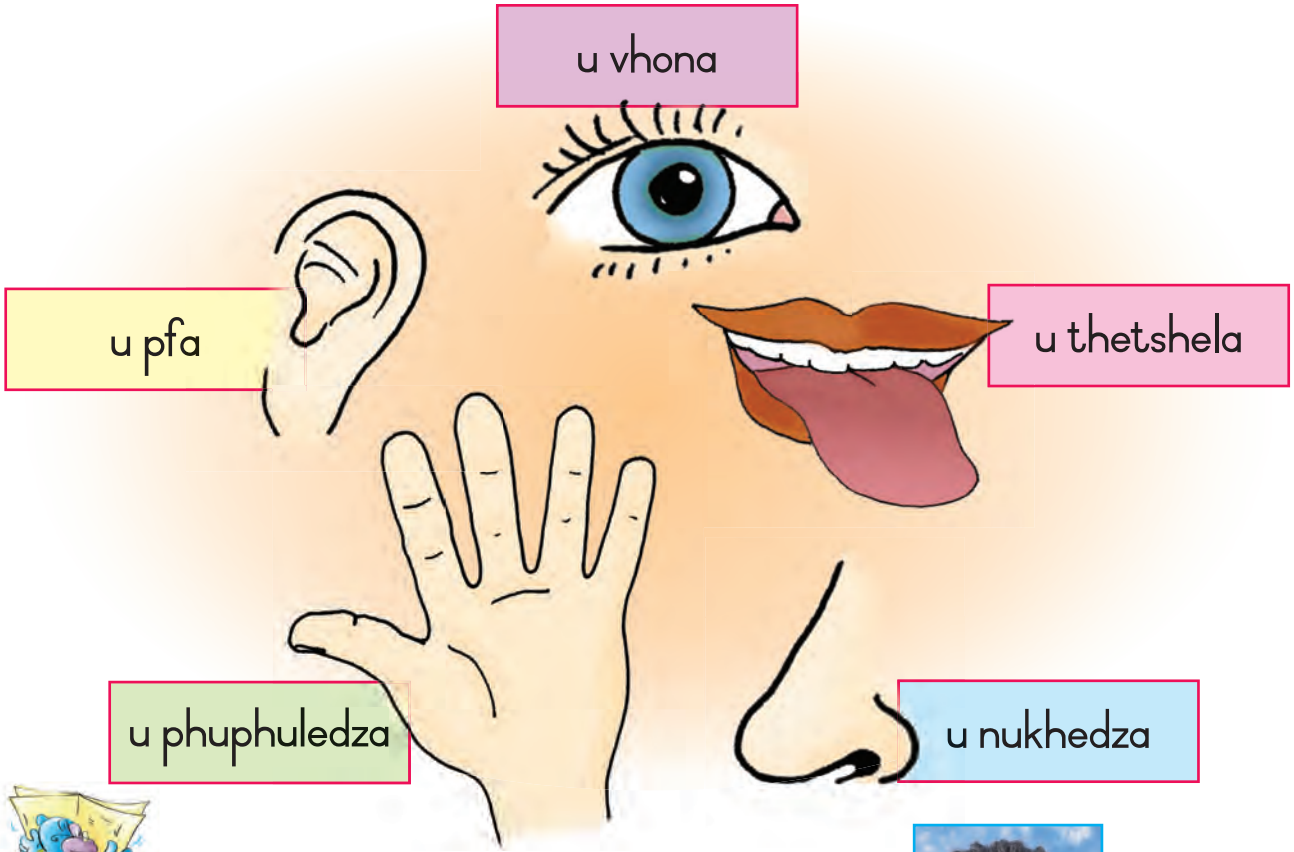


26

Zwipfi zwanga

Kha ri ambe

Lavhelesani zwipfi zwo fhambananaho ni bule uri ri zwi shumisa kha mini.



Kha ri vhale

Ri shumisa zwipfi zwashu ḓuvha ḽiṅwe na ḽiṅwe.
Zwiḽiwa ri a nukhedza na u thetshela.
Mithenga ri tou phuphuledza.
Lutombo ṱaḓulu ri tou vhona nga maṱo.
Muzika ri u thetshelesa nga nḓevhe.
Zwipfi zwashu zwi a ri tsireledzavho.
Mulilo ri u pfa nga u nukhedza.
Tshiṱofu tsho fungiwaho ri tshi ḓivha nga u tou phuphuledza.
Uri badani a hu pfukiwi ri zwi vhona nga maṱo.
Ḽamu i tshi lila ri i pfa nga nḓevhe.





Kha ri ite nyito

U londola maṱo ashu na ndevhe dzashu.

Ri tea u londola zwipfi zwashu.

Ndila mbili khedzi dza u londola maṱo aṋu na ndevhe dzaṋu.



Londolani ndevhe dzaṋu nga u sa thetshelesa muzika u re na phosho.

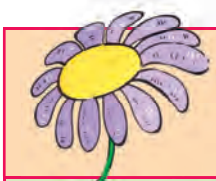
Londolani maṱo aṋu nga u ambara gebisi kana magogolosi.





Kha ri ṅwale

Lavhelesani thebulu i re afho fhasi, kha mutalo muṅwe na muṅwe itani thiki kha tshipfi kana zwipfi zwine na ḓo zwi shumisa kha nyito iṅwe na iṅwe. Ni nga swaya zwi no fhira tshithihi.

	 u nukhedza	 u thetshela	 u vhona	 u pfa	 u phuphuledza
					
					
					
					
					



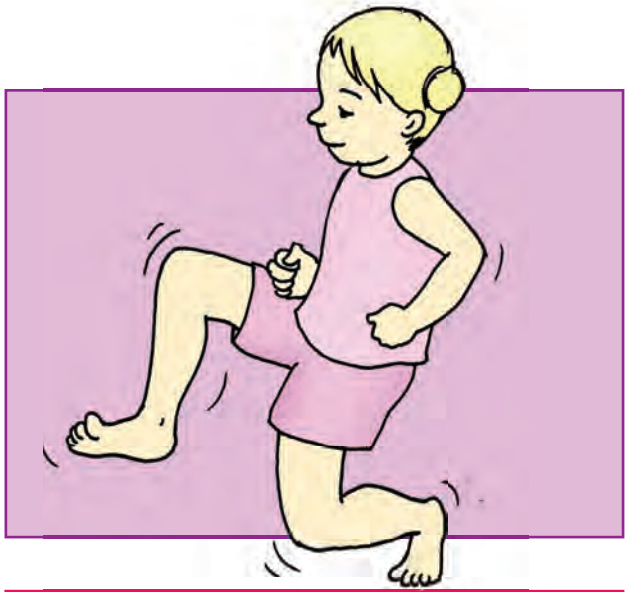
Ndi shumisa muvhili wanga

Kha ri ambe

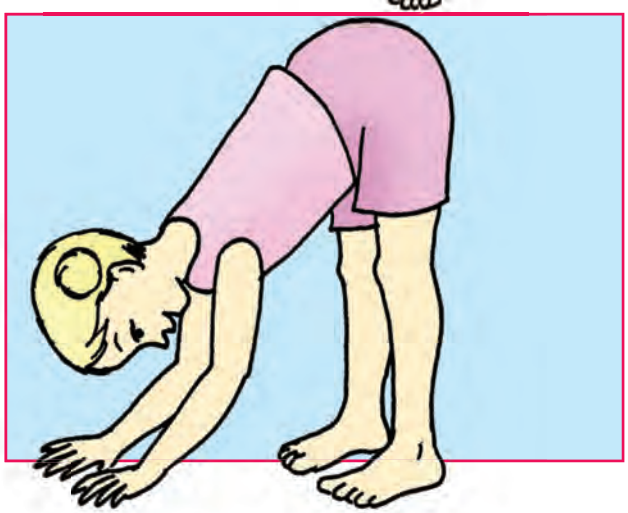
Lavhelesani zwifanyiso. Bulani uri ndi zwipiḓa zwifhio zwa muvhili zwi re kha tshiṅwe na tshiṅwe khathihi na uri zwi ni thusa u ita mini.

Ri dededzwa nga mivhili yashu.









Kha ri ṅwale

Inwi na khonani yaṋu fhindulani mbudziso idzi. Ni kone u ṅwala phindulo buguni yaṋu, fhasi ha mbudziso.

Ni shumisa zwipiḓa zwifhio zwa muvhili kha u tshimbila?



_____

Ni shumisa zwipiḓa zwifhio zwa muvhili kha u doba zwithu.

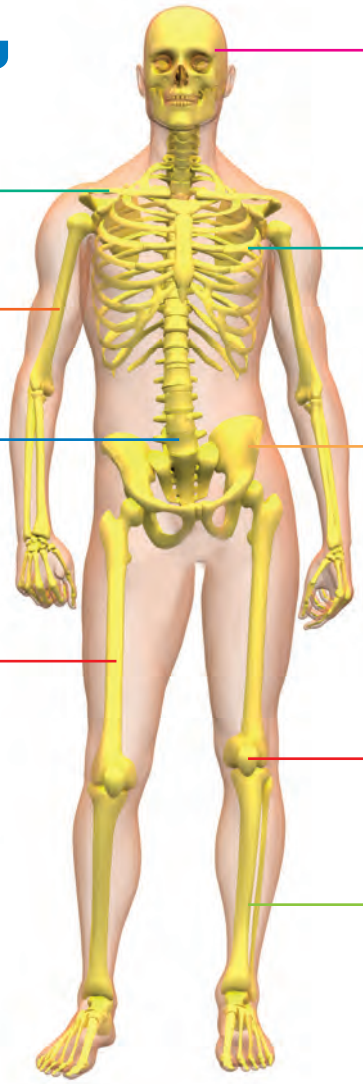
_____ na _____ .



Kha ri vhale

Hu na zwpiḓa zwa muvhili zwine na si kone u zwi vhona.
Zwi shuma zwoṱhe khathihi kha u ita uri ni tshile.

Marambo aṋu



gambakamba

shambo ḽa tshanḓa

muṱoḓo

shambo ḽa mulenzhe

dethele

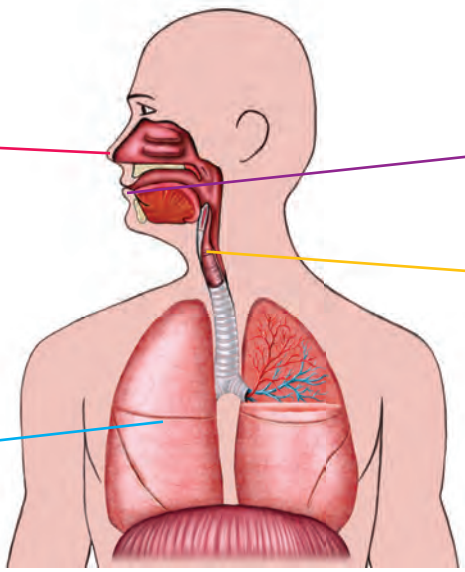
luvhabvu

shambo ḽa khuli

khokhola

shambo ḽa mulenzhe

Zwipiḓa zwa muvhili zwi no ni thusa u fema



ningo

fhafhu

mulomo

mukulo

Teacher:
Sign:
Date:

28 U tsireledza muvhili wanga



Kha ri vhale

Lavhelesani zwifanyiso zwi re afho fhasi ni ambe na khonani yaṋu nga zwine na khou vhona. Bulani uri ni nga ḓitsireledza nga nḓilaḓe kha tshifanyiso tshiṅwe na tshiṅwe.



Ni khou vhona khonani yaṋu e seli ha bada.



No ima ni noṱhe vhuimabisi.



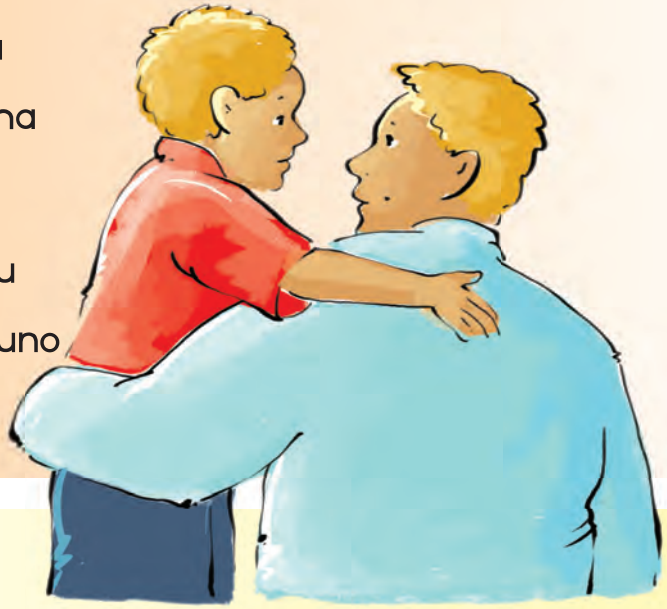
Muthu wa mutsinda u ri ni mu fhelekedze huṅwe fhethu.



Ni mavhengeleni ni noṱhe.

Musi muthu a tshi u kuvhatedza nga ndila i no takadza u vha na vhudipfi ha uri "ee" mbiluni.

Zwi a takadza musi muthu ane wa mu funa a tshi u kwama nga ndila ya lufuno na vhulenda.





Kha de ngeno gombakomba ndi mu fhe malegere, fhedzi a songo vhudza muthu.

Musi muthu a tshi u kwama nga ndila i no tshuwisa na u sinyusa u vha na vhudipfi ha uri "hai". Musi ri tshi sinyuwa na u vhona khombo ri vha na vhudipfi ha uri "hai".

Muvhili waṋu ndi wa tshipentshela nahone ndi waṋu ni noṱhe. Ni fanela uri "ee" arali ni tshi zwi funa uri muṅwe muthu a ni kwame, nahone ni tea uri "hai" arali ni sa zwi takaleli.



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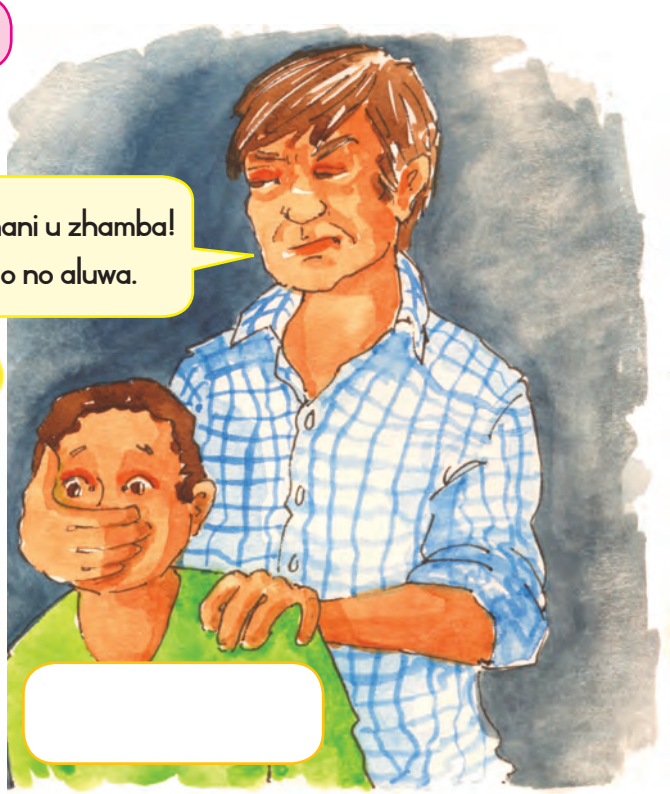
29

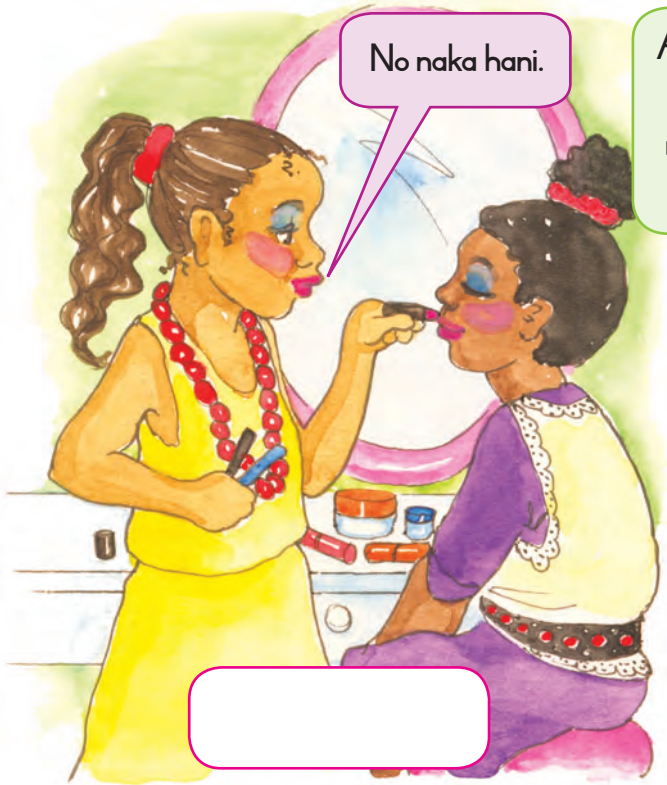
Ndi a d̂itsireledza

Kha ri ṅwale

Lavhelesani zwifanyiso zwi re afho fhasi ni ṅwale Ee kha vhuḓipfi ha "ee" na Hai kha vhuḓipfi ha "hai" afho zwibuḽokoni.









Kha ri ite nyito

Itani ndowendowe ya uri "ebo!".

Itani litambwa line khalo muthu wa mutsinda a vha a tshi khou todou hwala ṅwana wa vhathu nga goloi kana a tshi todou mu farafara.

Uyu ṅwana u fhindula a ri "ebo!".

Kha ri ambe

Vhaṅwe vhana vha dzula midini ine vha si thogomelwe. Lavhelesani zwifanyiso izwi. Ambani uri no vha ni tshi nga dipfa hani arali no vha ni uyo ṅwana a re zwifanyisoni izwi. Bulani uri no vha ni tshi nga ita mini.



Kha ri tsukunyee

Tambani mutambo wa "dzidzidzi".

Sudzuluwani nga ndila ine na funa, musi mudededzi wanu vha tshi lidza tshitiriri (ndwevha), ni ime dzii henefho hune na vha hone. Ni songo sudzuluwa na luthihi u swikela mudededzi vha tshi amba. Ni a kona u sa thengathenga?

Dadamalani kha danda la u dadamala li siho nthesa kana kha lutambo lwo vhewaho fhasi.



Teacher:
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30

Muvhili wanga u dzula wo takala



Kha ri vhale



Hu na nḓila nnzhi dzine na nga wana ngadzo malwadze. Kanzhi ri farwa nga malwadze nga nṱhani ha zwitshili (zwitzhili) na bakhitheria. Ndi zwithu zwiṱukuṱuku lune ra si kone u zwi vhona.

Zwi jena mivhilini yashu zwa ri lwadza.



Kha ri ambe

Avha vhana vha re zwifanyisoni vha khou ita mini uri vha dzule vhe na mutakalo? Hu nga bvelela mini arali vha sa ita ngauralo?









Kha ri ambe

Zwino ambani nga zwifanyiso izwi. Itani ✔ ni tshi sumbedza uri ni nga kona u dzula ni na mutakalo wavhuḓi. Jenisani ✘ kha zwifanyiso zwine zwa nga ni lwadza.













Teacher:

Sign:

Date:

31 Muvhili wanga u dzula wo takala



Avha vhana vha re zwifanyisoni vha khou ita mini uri vha dzule vhe na mutakalo? Hu nga bvelela mini arali vha sa ita ngauralo?

No vha ni tshi zwi ḓivha uri maṅwe maḓi o kuna ngeno maṅwe e na tshika. Ni nga vha hani ha vhuṱanzi uri maḓi o kuna nahone a a nwea.

Ni nga vhilisa maḓi a re na tshika uri zwitzhili zwi fe.





Ni nga sefa maḓi a re na tshika u itela u bvisa tshika yoṱhe. Mudededzi waṋu vha ḓo ni sumbedza uri zwi itiwa hani.



Ni nga shela kulebula kuṱuku kwa biḽitshi (sa Jik) baketeni ḽa 20 ḽitha ḽa maḓi a muhulu. Tibani bakete u itela uri thunzi dzi si jene. Maḓi a tea u fhedza awara dza 28 a sa athu nwiwa.

Kha ri ambe

Lavhelesani zwifanyiso izwi ni ambe nga zwine vhana vha khou ita uri vha dzule vhe na mutakalo wavhuḓi.

Posani thishu dzo shumaho ngomu thoiḽethe kana binini.

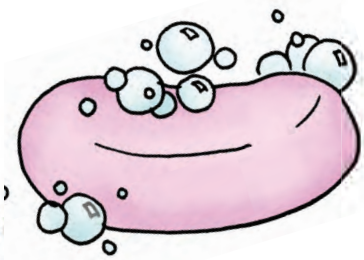




Ni ṱambe zwanḓa ni sa athu ḽa.







Ni ṱambe zwanḓa ni tshi bva thoiḽethe.

Arali na ita vhuaḓa thoiḽethe, i kunakiseni ni kone u ṱamba zwanḓa.





Thivhani mulomo musi ni tshi atshamula kana u hoṱola.

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32 Ndi vho kona mini





	✔	✘
Ndi a kona u amba nga muṱa wa hashu.		
Ndi a kona u tshimbila kha mutalo musekene.		
Nomboro dza mapholisa ndi a dzi ḓivha.		
Vhuḓipfi ha uri "ee" kana "hai" ndi a hu ḓivha.		
Ndi a kona u gavha bola.		
Ndi a kona u dzula ndo tsireledzea hayani ha hashu.		
Ndi a kona u ḓitsireledza arali ndo sala ndi ndoṱhe hayani.		
Ndi a thusa muṱa wa hashu.		
U mona na tshikolo ndi a hu ṱalukanya.		
Ndi a ṱalukanya u dzula ndi na mutakalo wavhuḓi.		
Ndi a ṱalukanya uri ndi ita mini nga zwithu zwi re begeni yanga.		
Ndo guda zwithu zwinzhi kha Zwikili zwa Vhutshilo.		

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

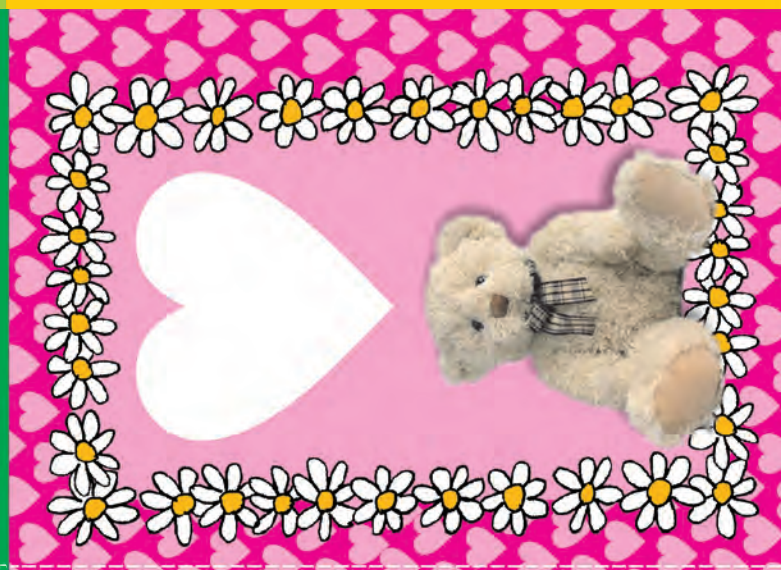



get well soon





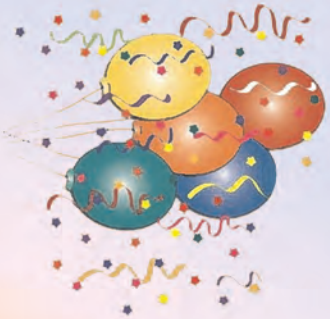
















Masks

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

