

Nkhskt. Angie Motshekga, iNdvuna yeMfundvo yeSisekelo



UMnu Enver Surty, Liphini leNdvuna yeMfundvo yeSisekelo

Letincwadzi tekusebentela tikhicitelwe bantfwana baseNingizimu Afrika ngekuholwa yiNdvuna yeTemfundvo yeSisekelo, Nkhskt. Angie Motshekga akanye neLiphini lakhe uMnu Enver Surty.

LeTincwadzi Tekusebentela takaRainbow tiyincenye yemitamo yaleLitiko leTemfundvo yeSisekelo yekutfutfukisa bafundzi baseNingizimu Afrika emabangeni ekucala lasitfupha ekufundza. Njengalomunye wemigomo lehamba embili eLuhlelweni lweKusebenta lwaHulumende, lomsebenti ukhokhelwe ngesihle Silulu seTimali saVelonkhe. Ngenca yalokusekelwa ngetimali, leLitiko leTemfundvo liphumelele kwakha letincwadzi ngato tonkhe letilwimi letisemtsetfweni kulelive.

Siyetsemba kutsi bothishela batatitfola tilusito kakhulu letincwadzi tekusebentela basafundzisa malanga onkhe kute bafundzi bakhone kucedza luhlelo lwabo lwekufundza. Setame, ngekucophelela lokukhulu, kusita thishela kuleyo naleyo ncenye yemsebenti, ngekusebentisa timphawu letitifombe kukhombisa umfundzi loko lokumele akwente.

Siyetsemba bantfwana nabo batakujabulela kusebentisa letincwadzi basachubeka nekukhula nekufundza; nekutsi bothishela batawutfokota kanye nabo.

Sifisela bothishela nebafundzi imphumelelo basachubeka nekusebentisa letincwadzi tekusebentela.

Tincwadzi letitfolakala kulelimfomfo:

- *Kufundza/ Lulwimi Lwasekhaya Emabanga 1-6 (Ngato tonkhe tilwimi letisemtsetfweni)*
- *Tibalo Emabanga 1-3 (Ngato tonkhe tilwimi letisemtsetfweni)*
- *Tibalo Emabanga 4-9 (NgesiNgisi nesiBhunu)*
- *Emakhono eMphilo Emabanga 1-3 (Ngato tonkhe tilwimi letisemtsetfweni)*
- *Lulwimi Lwekucala Lolwengetiwe Emabanga 1-3 (siNgisi, siBhunu, siPedi nesiZulu)*
- *Lulwimi Lwekucala Lolwengetiwe Emabanga 4-6 (NgesiNgisi nesiBhunu)*

Libanga 1



Emakhono eMphilo SISWATI Incwadzi 1

Emathemu 1&2



Ligama:

Likilasi:

Rainbow WORKBOOKS

LIFE SKILLS IN SISWATI
GRADE 1 – TERMS 1&2
ISBN 978-1-4315-0238-7

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basic education
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Basic Education
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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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Bhimbivwana
iNdlovana
iNdlovulenkhulu
Mabasa
iNkhwenkweti
iNhlaba
Kholwane
iNgci
iNyoni
iMphala
Lweti
iNgongoni

Libanga 1



Emakhono eMphilo
SISWATI
Incwadzi I



Lencwadzi ya:

1

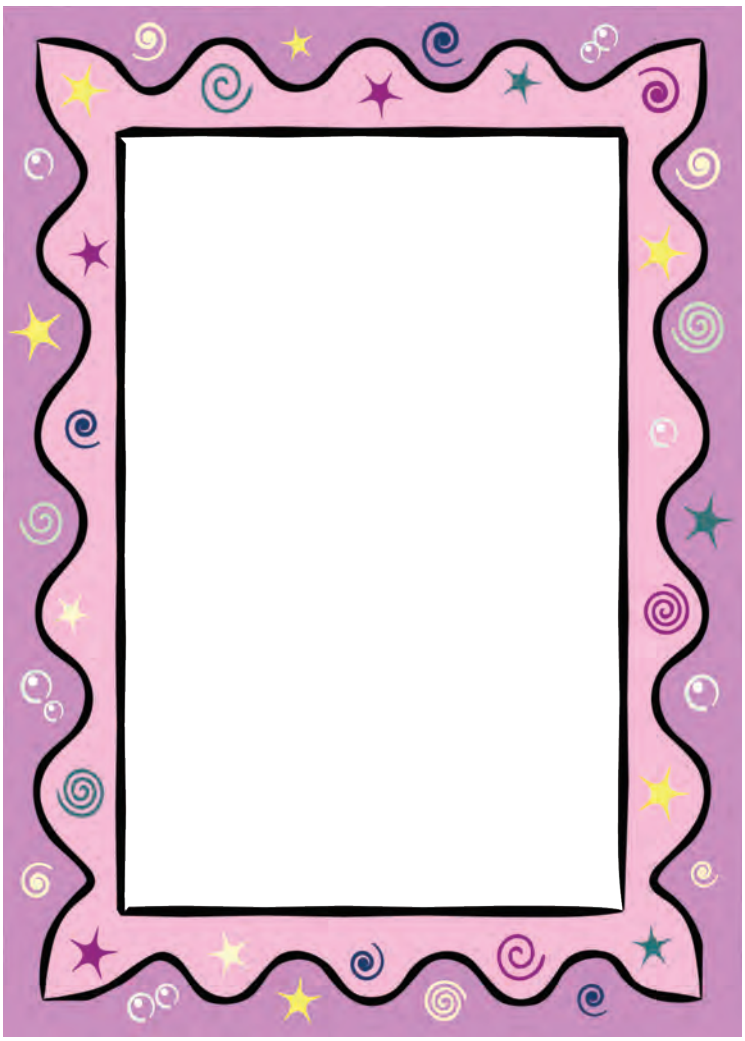
Sikhuluma ngami





Asente loku

Nameka sitfombe sakho noma utidvwebe lapha.



Ligama lami ngu _____.

Sibongo ngiwaka _____.

Nginemiyaka lengu _____ budzala.

Linani lemalunga emndeni wami ngu _____.

Lucingo lwasekhaya kitsi ngu:

_____

Likheli lakitsi ngu:

_____

_____

_____



Ngiyalwati kutsi lunini lusuku lwami lwekutalwa.

yebo	angati kahle	cha



Ase sidvwebe









Jabu usihlabani ebholeni.	Dvweba loko losihlabani kuko.
	







Cocela bangani bakho ngaloko losihlabani kuko.
Chubeka, ufake umbala enkhanyetini ebhokisini lelingilo kukhombisa kutsi ukhona kwenta ini.



Asikhulume

 Ngiyakhona kufundza.	 Ngiyakhona kutigcokisa.	 Ngiyakhona kubhala.
 Ngiyakhona kudansa.	 Ngiyakhona kwenta litiya.	 Ngiyakhona kuticubha ematinyo.



2

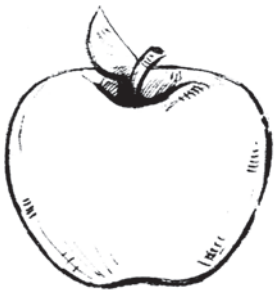
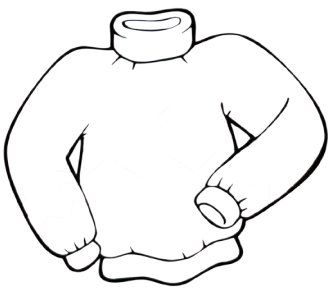
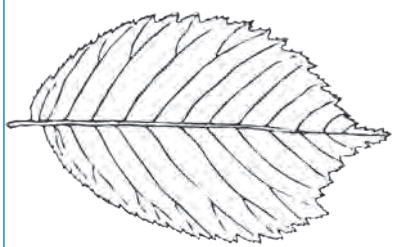
Imibala nekudansa

Asente loku

Uyayati lemibala? Tjela umngani wakho emagama alemibala.



Nyalo-ke faka umbala lofanele esitfombeni ngasinye.

 Bhanana lomtfubi	 Lihhabhula lelibovu	 Lijezi lelilingangane
 Sambulelo semibalabala	 Liwolintji leliliphuti	 Licembe leliluhlata

Asinyakate

Yenta lokwentiwa ngulabantfwana.

Shukumisa umtimba wakho.

Yenta shengatsi udlala iphiyano.

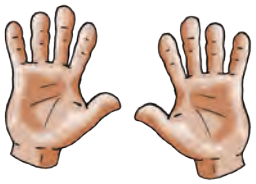
Yenta shengatsi udlala lugatali.





Asitijabulise

Shaya tandla takho ngalendlela.





Shaya Shaya Shaya Shaya

Shaya Shaya Shaya

Shaya Shaya Shaya Shaya

Shaya Shaya Shaya



Asente loku

Ungakwenta loku? Khombisa bangani bakho.

Ngiyakhona kugijima ngiye etindzaweni letehlukene ngingashayisani namuntfu.	☺	😐	☹
Ngiyakhona kuzuba ngishaye incatfu.	☺	😐	☹
Ngiyakhona kugicitela kumngani wami ibhola lenkhulu.	☺	😐	☹

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Date:

3

Sikhetsekile

Asikhulume

Buka lesitfombe bese ucocela umngani wakho ngemehluko lokhona emkhatsini walabantfwana.



Lokukhulu nalokuncane

Labanye betfu bakhulu, labanye bancane.

Labanye betfu badze, labanye bafisha.

Labanye betfu bangazuba, labanye bangahlabela.

Sonkhe kukhona lesingakwenta kahle.

Wena yini lokhona kuyenta kahle?



Asikhulume

Cocela bangani bakho kutsi wativa njani ngelilanga lakho lekucala esikolweni.

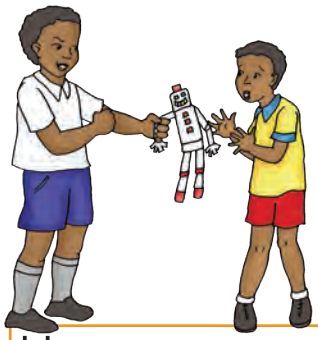
ujabulile	udvumele	utsakasile	utfukutsele	unemahloni
				

Asente loku

Dvweba sitfombe kukhombisa kutsi ungativa njani uma kukhona longakupha lithoyisi lelisha? Bhala leligama esikhaleni ngentasi bese wenta umdvwebo lokhomba kutsi ungativa unjani.

Asikhulume

Cocela umngani wakho kutsi kwentekani kulesitfombe. Shano kutsi ungativa njani uma loku bekungenteka kuwe? Klwibhita (✔) buso lobufanele.



Sikhwahla semfana lomkhulu sikwemuka tintfo takho. Ungativa:


ujabula


utsakasa


udvumala



Uma wena nemngani wakho nidlala ndzawonye, ungativa.


utfukutsele


ujabulile


wesaba



Uma uvula sipho, ungativa:


wetfukile


utsakasile


unemahloni

Umnakenu kumbe dzadzewenu wephula lithoyisi lakho lolitsandza kakhulu, ungativa.


unemahloni


ujabulile


utfukutsele



Asente loku

Takhele sakakho sitfombe semigca yeminwe ebhokisini lekucala, bese ucela lenifundza naye ekilasini kutsi yena akhe seminwe yakhe ebhokisini lelilandzelako.

Bewati nje kutsi kute namunye umuntfu emhlabeni lonemidvwa-minwe lefanana neyakho? Ukhetsekile, munye vo umuntfu longuwe lapha emhlabeni. Ngisho nemaphahla lombala, ate imidvwa-minwe lefananako.

Uyabona nje kutsi imidvwa-minwe kayifanani?

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4

Sehlukene sonkhe



Ase ubuke labantfwana.
Bafana ngani?
Behlukene ngani?







Buka lesitfombe bese uyasho kutsi ngabe lemisho lena iliciniso yini noma kayisilo.
Faka umbala loluhlata emishweni leliciniso.
Faka umbala lobovu emishweni lengasilo liciniso.



Bonkhe banemikhono lemi-2 kanye nemilente lemi-2.



Bonkhe bangemantfombatana.

Bonkhe bagcoke ticatfulo.



Bonkhe bagcoke emabhuluko.

Bonkhe babantfwana.



Bonkhe banetinwele letindze.



Ase sidvwebe

Dvweba sitfombe sakho esikhaleni sekucala. Bese udvweba sitfombe semngani wakho lomkhulu. Nase ukwentile loku, bukisisa lomdvwebo bese uyasho kutsi wena wehluke ngani kumngani wakho.



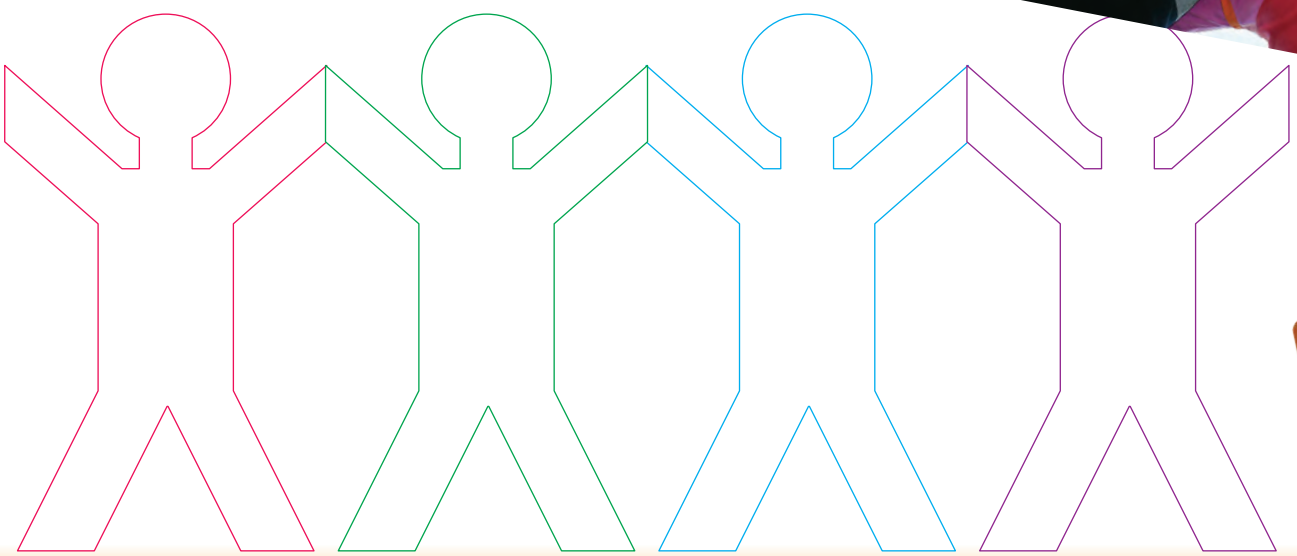
mine	umngani wami lomkhulu





Asente loku

Ase ubuke sitfombe sakho bese uyasho kutsi wena nemngani wakho nifana ngani futsi nehlukene ngani. Yakha luchungechunge lwebungani kukhombisa kutsi bonkhe bantfu banekwehlukana.



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Vuma ingoma



Asente loku

Ungakahlabeli, tishukumise kanjena:
Dvonsa umoya kakhulu ubese uyawukhipha kancane-kancane. Yenta shengatsi ucima emakhandlela elikhekhe lekutalwa. Yenta shengatsi uva emakhata, bese utsi "Brrrrrrrrrrrr".







Sihlanu setingobiyane letincane

Sihlanu setingobiyane letincane,
tizubazuba embhedzeni.
Yinye yawa, gunklu inhlokwana.
Make watsintsa dokotela, dokotela watsi,
"Akuphele kutsi nya, kuzubazuba embhedzeni!"
Tine tingobiyane letincane, tizubazuba embhedzeni.
Yinye yawa, gunklu inhlokwana.
Make watsintsa dokotela, dokotela watsi,
"Akuphele kutsi nya, kuzubazuba embhedzeni!"
Tintsatfu tingobiyane letincane,
tizubazuba embhedzeni.
Yinye yawa, gunklu inhlokwana.
Make watsintsa dokotela, dokotela watsi,
"Akuphele kutsi nya, kuzubazuba embhedzeni!"
Timbili tingobiyane letincane, tizubazuba embhedzeni.
Yinye yawa, gunklu inhlokwana.
Make watsintsa dokotela, dokotela watsi,
"Akuphele kutsi nya, kuzubazuba embhedzeni!"
Yinye ingobiyane lencane izubazuba embhedzeni.
Yavele yawa, gunklu inhlokwana.
Make watsintsa dokotela, dokotela watsi,
"Akuphele kutsi nya,
kuzubazuba embhedzeni!"















Ase sidvwebe

Dvweba buso bakho.
Khombisa emehlo, tindlebe, imphumulo, umlomo netinwele takho.
Cocela bangani bakho kutsi wena ubukeka njani.



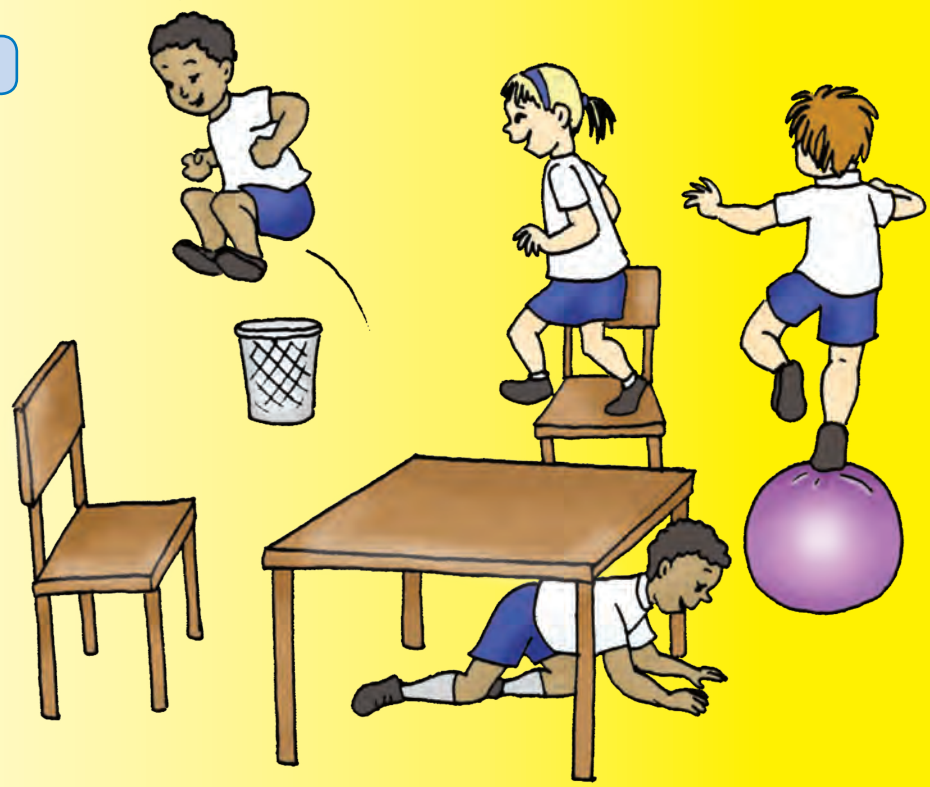


Asinyakate

Yakha umkhondvo lonetihibe ekilasini lakho ufane nalona.

Gcuma kusuka esitulweni sinye kuye kulesilandzelako.

Khasa ngaphansi kwematafula.



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6 Ngitigcabha ngesikolo sami



Asente loku

Dvweba sitfombe sakho ugcoke tembatfo tesikolo. Chubeka ugcwalise timphendvulo letishiyiwe.



Sikolo sami yi _____.

Ligama lathishela wami ngu _____.

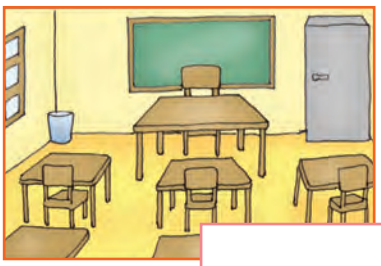
Umphatsisikolo ngu _____.



Asibhale

Ase ubuke lesitfombe lesingetulu bese ugcwalisa emagama lafanele esitfombeni ngasinye.

- indlu yekugcokela
- mabhalane
- lihhovisi
- likilasi
- libala lekudlala













Asibhale

Banyenti bantfu labasesikolweni. Coca ngekutsi babobani. Chubeka ubhale ligama lelifanele ngaphasi kwesitfombe ngasinye. Cocela umngani wakho kutsi yini labayentako esikolweni. Sebentisa lamagama kukusita.

bantfwana	lokolobhako	thishela	umphatsisikolo





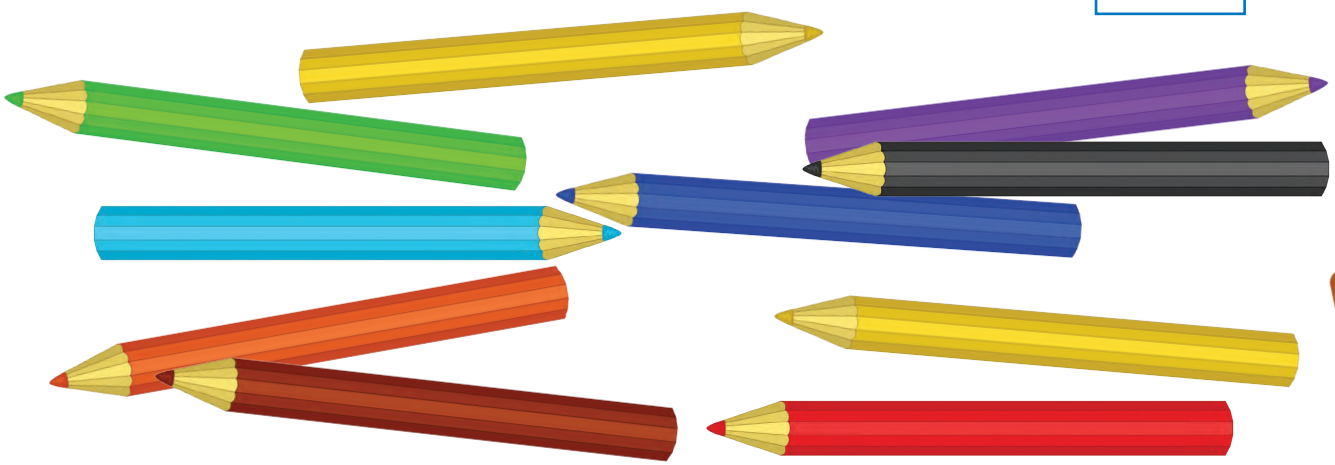






Asitijabulise

Libhokisi lemapeniseli aJohani liwile. Bala kutsi mangakhi emakhirayoni lanawo, bese ubhala inombolo ebhokisini.



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7 Tindzawo letehlukene

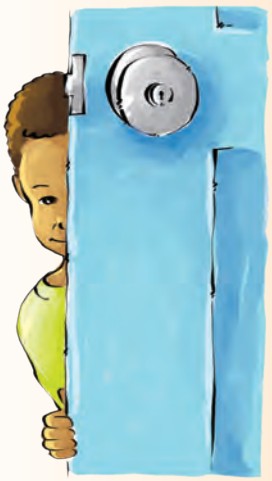
Asente loku

Khombisa umngani wakho kutsi wena ungakhona ku …



"Ngibhace ngephansi kwelitafula."

Bhaca ngaphansi kwanobe yini.





Mani edvute kwanobe yini.



Bhaca emva kwanobe yini.

Mani etu kwanobe yini.

Asinyakate

Sebentisa ibhola noma sikhwama-bhontjisi lesikhulu sekuhlala. Kujike etulu ukugendze. Nyalo-ke simamisa kahle lesikhwama-bhontjisi enhloko yakho uhambahambe kancane. Nyalo-ke simamisa lesikhwama-bhontjisi enhloko yakho usahamba emkhondvweni wemushi wekukhanya nobe wemugca nje esiyilweni.

Ngiyakhona kujika.			
Ngiyakhona kugendza.			
Ngiyakhona kusimamisa sikhwama-bhontjisi enhloko yami.			

Asinyakate

Gidzisa tinyawo takho ulandzele loluhlelo.



Snc = Sancele  Skdl = Sekudla 



Snc Skdl Snc Skdl Snc



Skdl Snc Skdl Skdl Snc Skdl Snc Skdl



Snc Snc Skdl Snc Snc Skdl Snc Skdl

Teacher:

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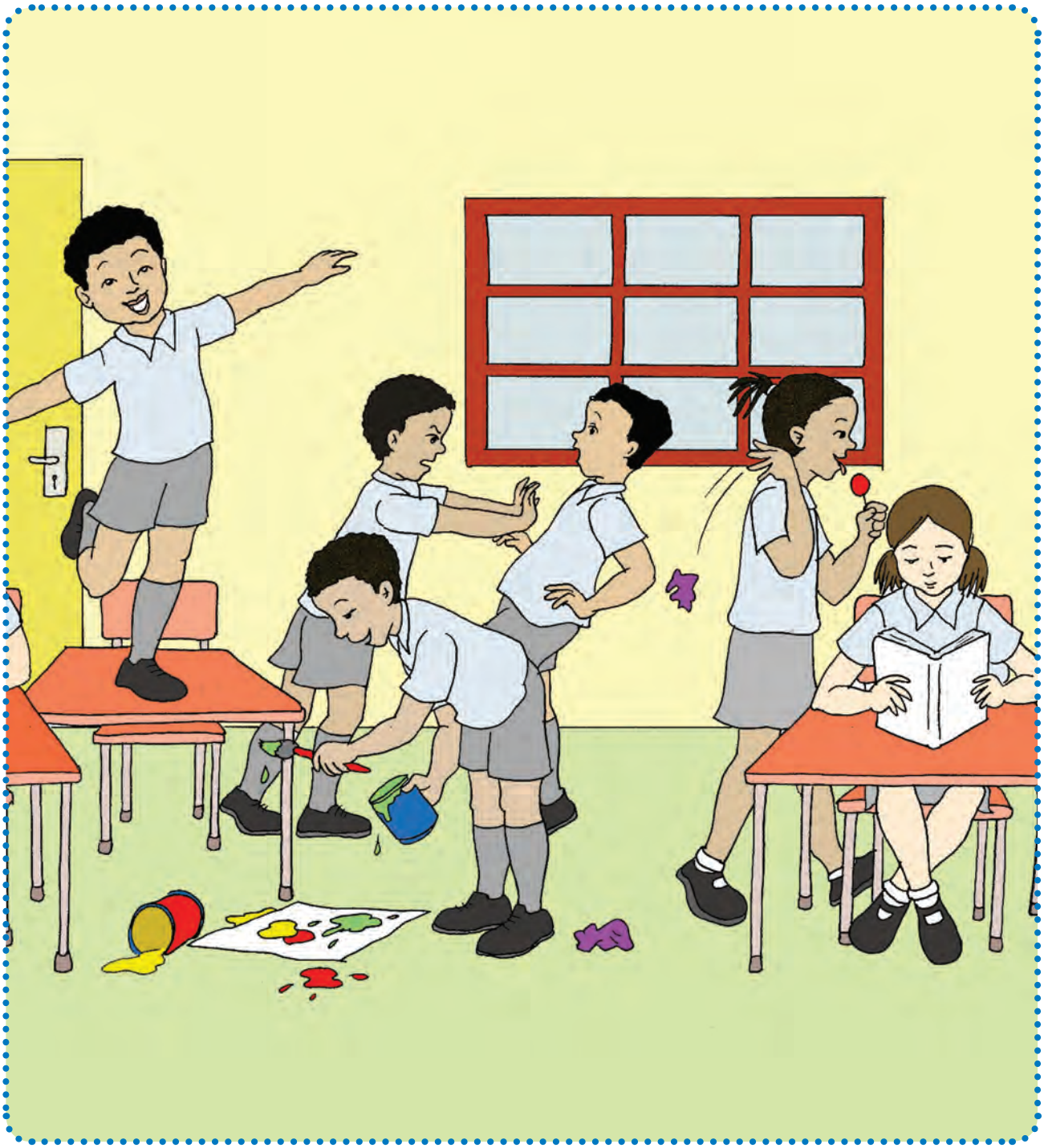
8

Likilasi lami

Asikhulume

Bukisisa lesitfombe bese ukhuluma ngalokubonako.

Kulelikilasi, tintfo letimbi naletinhle tiyenteka. Ngutiphi tintfo letinhle longatibona? Ngutiphi tintfo letimbi longatibona?



Asikhulume

Cocela umngani wakho kutsi kwentekani esitfombeni ngasinye. Bhala ✔ edvute nako konkhe lokuhle ubhale ✘ edvute nako konkhe lokubi lokungenteka esikolweni.









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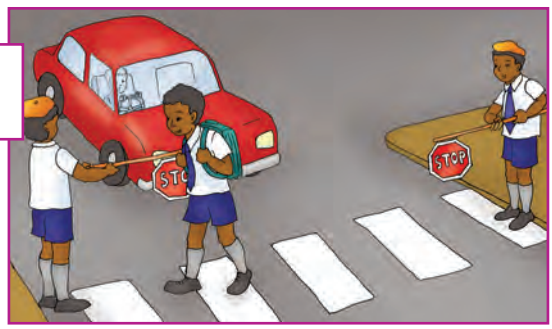
9 Sifika kanjani esikolweni

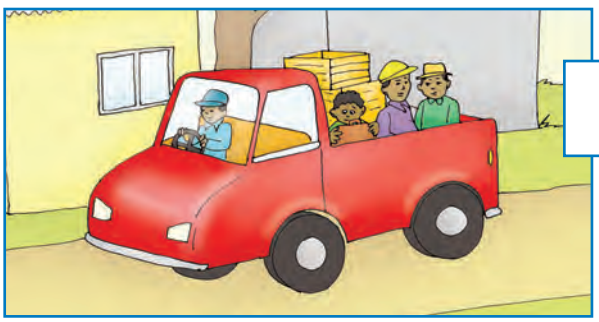


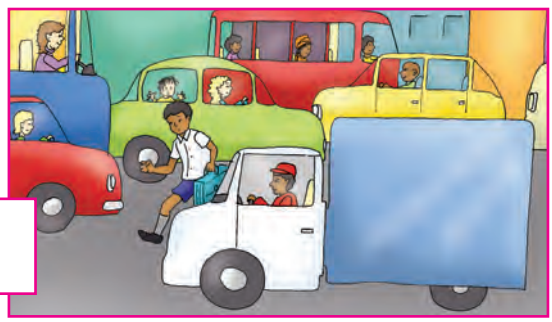
Asikhulume

Ufika njani esikolweni malanga onkhe? Uphephile? Uyatati tindlela letingakaphephi? Coca nemngani wakho ngekutsi bantfwana baya njani esikolweni. Klwibhita ✔ leto tindlela letiphephile kuya esikolweni. Faka ✘ kuleto letingakaphephi.









Ufika njani esikolweni ekuseni?



Asente loku

Nyalo-ke buta si-5 sebangani bakho kutsi befika njani esikolweni malanga onkhe Klwibhita (√) kulelishathi.



Ligama	1	2	3	4	5
ngelunyawo 					
ngebhasi 					
ngemoto/ ngebhakhi 					

Asente loku Sebentisa lubumba kubumba nati tintfo.



Asinyakate Lalela lengoma thishela wenu latanidlalela yona.



Shukumisa umtimba wakho ulandzele sigi sengoma.

Goba emadvolo akho uchubeke welule imilente yakho.

Gungubalisa emahlombe ehle enyuke.

Shwila emahlakala akho aye ngesencele abuye aye ngesekudla.

Asinyakate Wena nemngani wakho kufute nijikelane nibuye nigendze ibhola. Sebentisa umkhono wakho lobutsakatsaka kujika ibhola ibuyele emuva.

Ngikhonile yini kujika ibhola ngesandla sami lesibutsakatsaka?	☺	☹

Asinyakate

Yenta kuhamba njengelibhala nemlingani wakho lomunye ekilasini.



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10

Ngitigcina ngihlobile



Kumcoka kufundza imikhuba lemihle kusukela ebuncaneni.
Nati letinye tintfo lokufute utente kuhlala uhlobile futsi uphilile.
Khuluma ngesitfombe ngasinye.

Kufute ngi



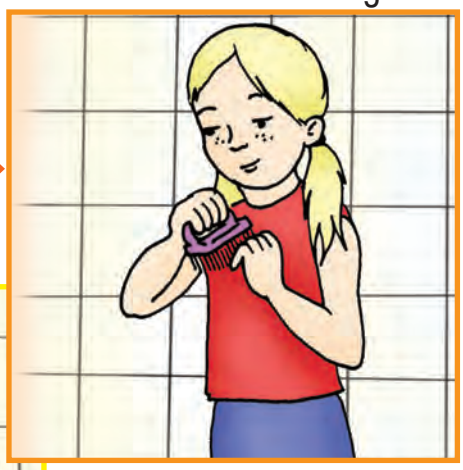
Cubhe ematinyo ami.



Geze tandla tami emva kwekusebentisa umthoyi.



Geze kanyentana.



Gcine tingalo tami tihlobile.



Geze sitselo ngingakasidli.



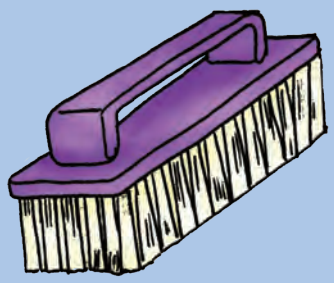
Sebentise umthoyi.



Sebentise ithishu nangitsimula noma ngifinya.

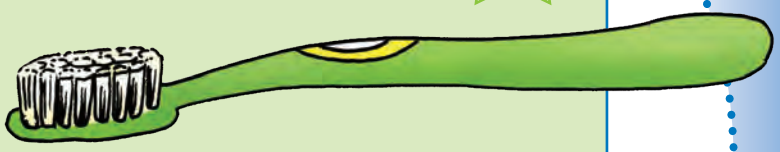
Asibhale

Ngutiphi kuletintfo lotidzingako kutigcina uhlobile? Faka umbala kuletinkhanyeti kukhombisa kutsi ngutiphi tintfo lotisebentisako kuhlala uhlobile. Phindza usho kutsi uyisebentisa njani intfo ngayinye kutigcina uhlobile.

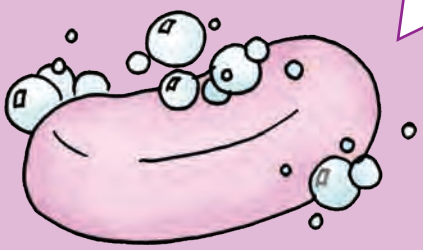


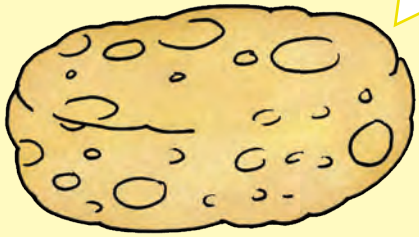


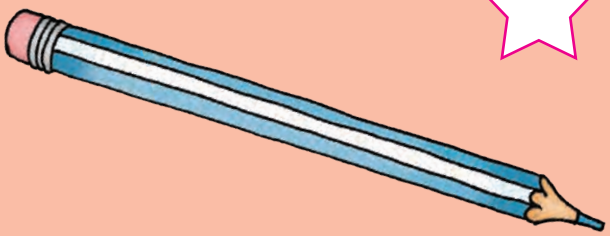












Teacher:

Sign:

Date:

11

Ngitigcina ngihlobile



Ase sifundze

Leminye imikhuba lemihle yekusebentisa kahle umthoyi.

Khumbula



Njalo nje vala sivalo semthoyi nawusebentisa umthoyi.



Nawungcolisile emthoyi, khumbula kuwugeza uhlobe.



Musa kusebentisa liphepha lemthoyi lelinyenti kakhulu.



Khumbula kufulasha umthoyi.



Njalo-nje geza tandla takho emva kwekusebentisa umthoyi.

Asibhale

Kipilitela emagama langiwo lasitjela kutsi sidzinga kutenta emahlandla lamangakhi letintfo letilandzelako.

Kugeza tinwele takho.



onkhe emalanga | ekuseni nakusihlwa

kabili ngeliviki | kanye ngeliviki

Kucubha ematinyo akho.



onkhe emalanga | ekuseni nakusihlwa

kabili ngeliviki | kanye ngeliviki

Kugeza umtimba wakho.



onkhe emalanga | ekuseni nakusihlwa

kabili ngeliviki | kanye ngeliviki

Kugeza buso bakho.



onkhe emalanga | ekuseni nakusihlwa

kabili ngeliviki | kanye ngeliviki

Teacher:

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12

Umtimba wami

Asinyakate

Dlalani "Simoni utsi"nathishela wenu.
Tfola indzawo yakakho wetame kuhamba ungashayisi labanye.
Simoni utsi "tsintsa inhloko yakho."

Ase sikhombise

Khombisa umngani wakho
kutsi ukwenta njani loku:

Kugeza umtimba wakho.

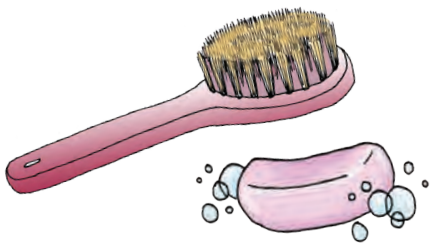




Kwesula tandla takho.



Kukama tinwele takho.





Kucubha ematinyo akho.

Kugeza buso bakho.







Asinyakate

Khombisa lesilandzelo ngemnyakato.

Ngiyakhona kushaya tandla tami

ngigidze ngetinyawo tami

Ngiyakhona kuvuma
ngenhloko yami

ngijikitise imikhono yami

Ngiyakhona kushwilana
ngetintwane tami

ngitsintse imphumulo yami.



Teacher:

Sign:

Date:

13

Imikhuba lenemphilo

Ase sifundze

Sidzingani kuhlala siphilile!

Luhlelo-kudla lolunemphilo





Kushukuma kwemtimba lokwenele

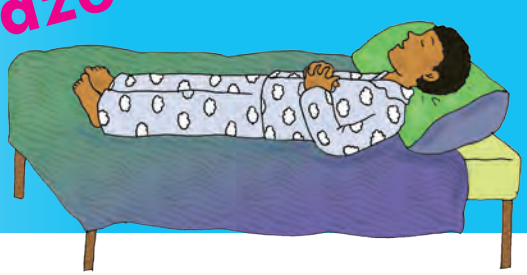
Kutigcina sihlobile





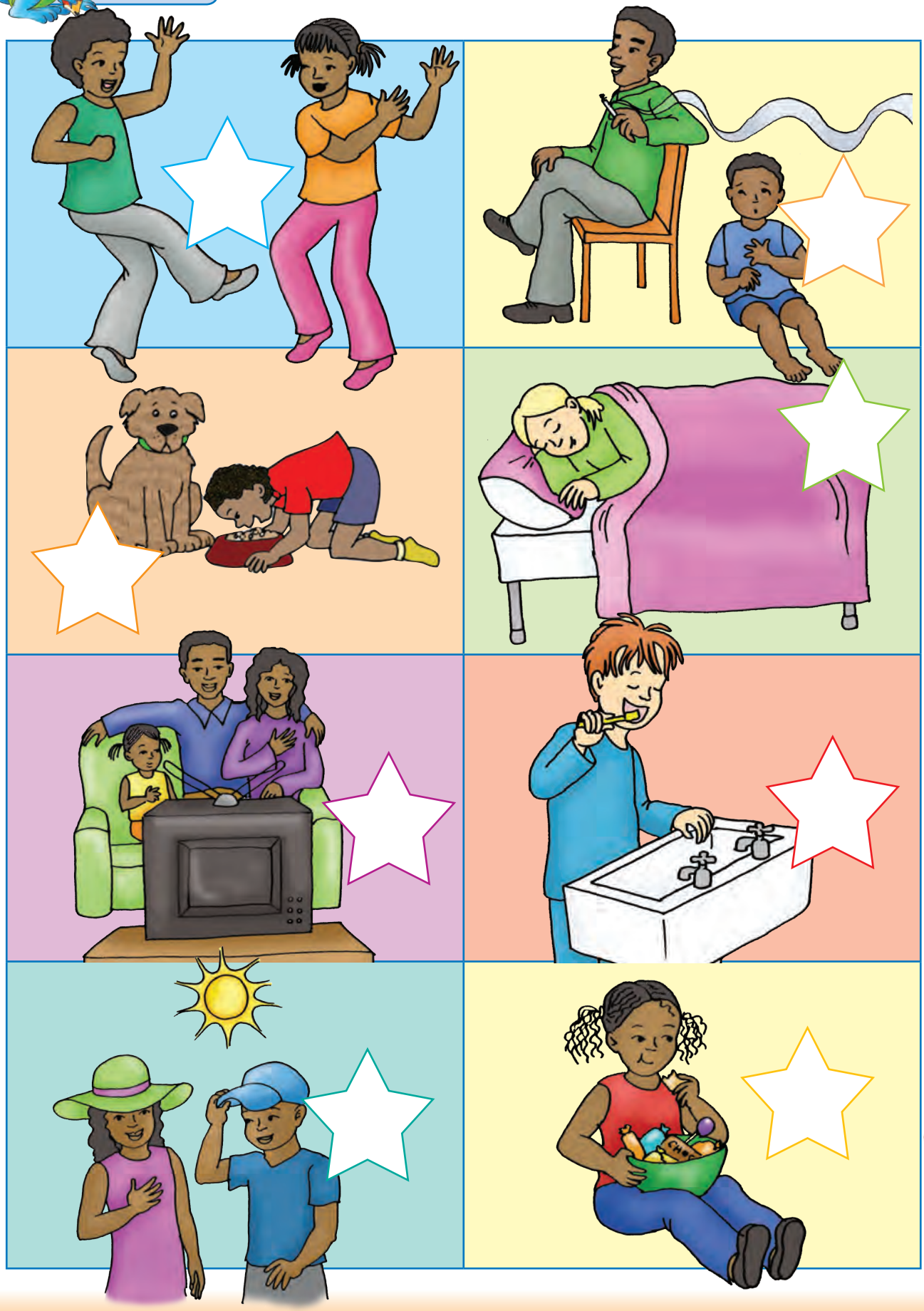
Kukhanya kwelilanga

Kulala ngalokwenele singabukeli mabonakudze ngalokwecile!



Asibhale

Klwibhita ✔ imikhuba lenemphilo ubhale ✘ emikhutjeni lete imphilo.



Teacher:

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Date:

14

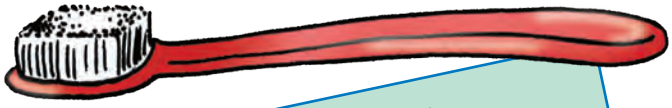
Kuhloba nebunaka

Asente loku

Khombisa kutsi utisebentisa njani letintfo.

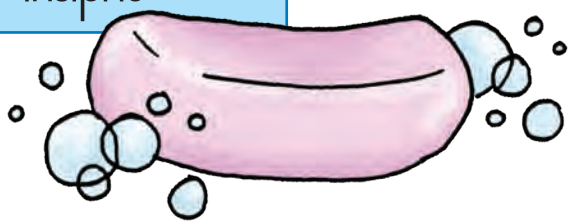


inhlama yekucubha



sicubho

insipho

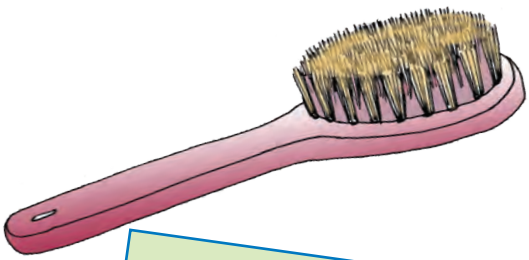




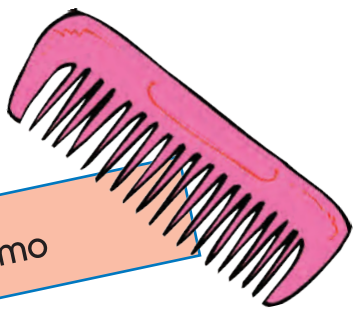
ishampu



emafutsa etandla



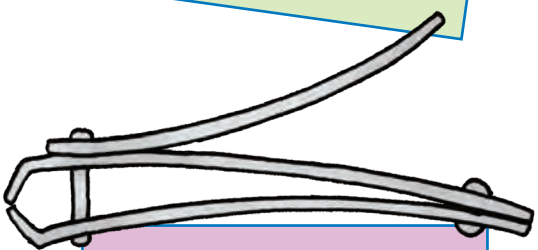
libhulashi



likamo



libhulashi letingalo



kwekujuba tingalo

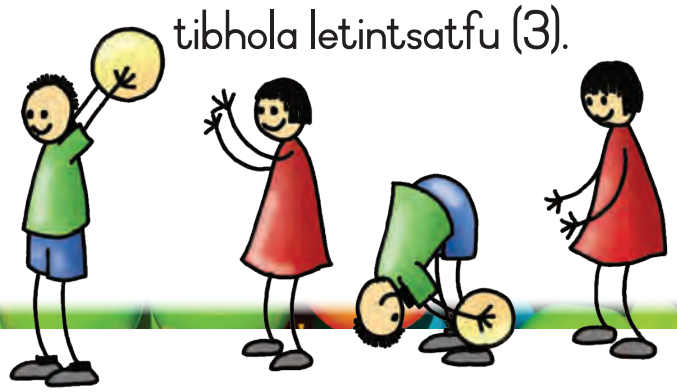
Asinyakate

Bambanani ngetandla kwakha indilinga lenkhulu.

Nyalo-ke jikelanani ibhola lomunye kulomunye kulendilinga.

Chubekani nengete lenye ibhola nayo nijikelane ngayo futsi.

Chubeka nengete lenye futsi ibhola netame kujikelana leto tibhola letintsatfu (3).



Asikhulume

Yini lehlikikile kulendlu?

Yini lokufute uyente kute indlu ihlobe?

Bentani labantfwana? Yini lokufute bayente?



Teacher:

Sign:

Date:

Simo selitulu

Asikhulume

Ase ubuke letinhlobo letehlukene tesimo selitulu bese ucocela umngani wakho kutsi utsandza luphi luhlobo kakhulu kuto tonkhe.



liyahhusha



libalele



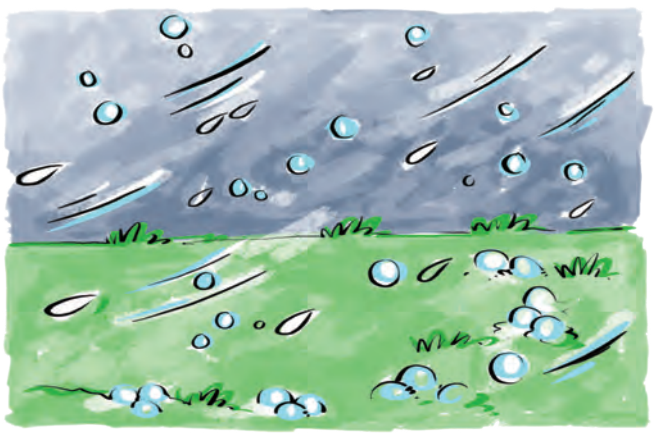
lisibekele futsi liyabandza



liyana

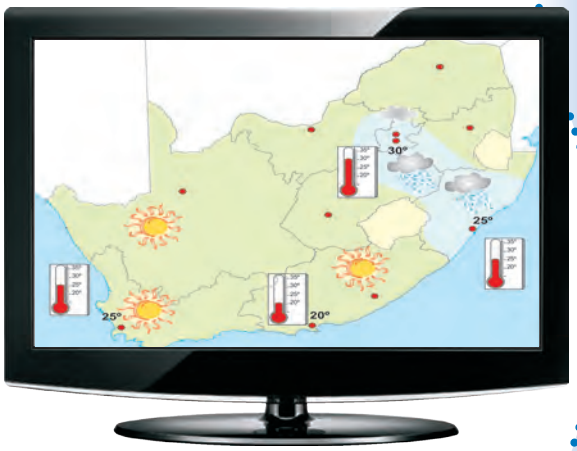
Kuletinye tincenye telive letfu, kulesinye sikhatsi kuyabandza kangangoba kukhitsika lichwa lambayiyane. Kulokunye simo selitulu siba netimvula.

Imimoya lenemandla, kutsiwa sishingishane.



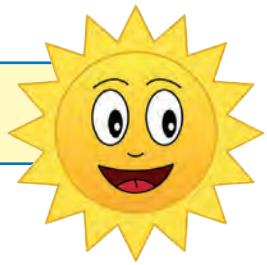


Ase sifundze



Sisebentisa lishadi lesimo selitulu kukhombisa kutsi simo selitulu sinjani. Sisebentisa timphawu kukhomba tinhlobo letehlukene tesimo selitulu. Nati letinye taletimphawu.

libalele



liyana



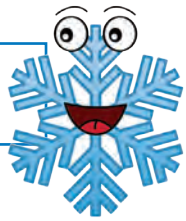


Lisibekele

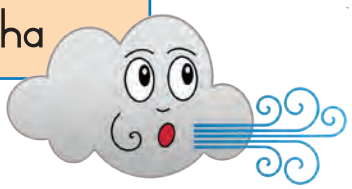


gcwa-gcwa emafu

mbayiyane



liyahhusha



Asente loku

Dvweba timphawu tesimo selitulu kucedzela lishadi lakho lesimo selitulu saleliviki.

uMsombuluko	Lesibili	Lesitsatfu	Lesine	Lesihlanu

Asibhale

Besinjani simo selitulu kuleliviki? Gcwalisa emagama lashiyiwe.

Lamuhla li _____.

Itolo beli _____.

Ngiyetsemba kusasa litakube li _____.

Teacher:

Sign:

Date:

Simo selitulu

Asente loku Lingisela ngeminyakato timo letehlukene telitulu.



Yendlala imikhono yakho kakhulu ngetulu kwenhloko yakho wente shengatsi ilifu lelikhulukati.



Unesambulelo kukuvikela elangeni.



Nyakatisa imikhono njengemoya lohhushako.



Bamba sambulelo sakho sicine kusivikela singapheshulwa ngumoya lomkhulu.



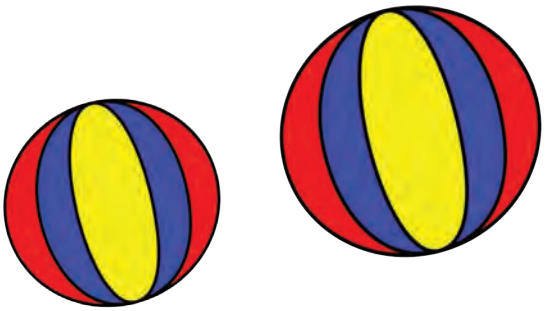


Tsani chapha-chapha njengematfonsi emvula anela etu kweluphahla lwendlu.

Asinyakate

Bambanani ngetandla kwakha indilinga lenkhulu.

Jikelanani nibuye nigendze ibhola.





Cabangani ngetindlela letehlukene tekunyakata nekuviya ningawi nanihamba etu kwemsebe nobe lucu lwentsambo. Bona kutsi wena ungacabanga yini ngendlela yekuhamba leyehlukile kubalingani bakho ekilasini.

Asitijabulise

Dlalani mkoko. Dvwebani letinye tibaya netindilinga esihlabatsini.







Teacher:
Sign:
Date:

Umndeni wami

Asikhulume Bewati nje kutsi imindeni kayifani yonkhe?

Leminye imindeni mikhulu kantsi leminye mincane.

Leminye inabomake nabobabe kantsi leminye ite. Leminye imindeni ihlala nagogo namkhulu, bomalume, bomamncane nabomzala.

Ase ubuke leti titfombe bese ucocela umngani wakho kutsi lemindeni yehluka njani munye kuleminye. Sebentisa lamagama lakusilulumagama.

make	babe	dzadze
mkhulu	umnaketfu	nana
gogo	umndeni	







Asibhale

Ngubani lenihlala naye ekhaya kini?



Ngubani lenihlala naye ekhaya kini?

_____.

Ekhaya kini kunebantfu labangu _____ linani.

Ngubani lomncane kini nonkhe ekhaya kini? _____.

Ngubani lomdzala kini nonkhe ekhaya kini? _____.

Asikhulume

Sonkhe sinemisebenti yetfu lesiyenta emakhaya etfu. Ase ubuke leti titfombe, bese edvute nesitfombe ngasinye ubhala ligama lemuntfu ngamunye lowenta lowo msebenti ekhaya kini.



Indlela lengisita ngayo ekhaya.

_____.

Teacher:

Sign:

Date:

Umndeni wami

Asitijabulise

Dvweba sitfombe sanobe yini wena nemndeni wakho lenikwenta ndzawonye. Bhala ligama lemuntfu ngamunye edvute nemdvwebo wakhe lowentile. Shano kutsi ngubani lowo muntfu. Sebentisa lamagama kukusita.

make	babe	dzadze
mkhulu	umnaketfu	nana
gogo	umndeni	



Umndeni wami

Siyanakekelana



Ase sifundze

Emalunga emndeni kufute atsandzane futsi anakekelane. Sikhombisa kutsi siyatsandzana ngekubambana tandla nekusitana sibuye sihloniphane. Sidzinga...

- Kusitana.
- Kuphatsana ngenhlonipho (kakhulu kubantfu labadzala).
- Kwenta imisebenti yetfu ngesikhatsi.
- Kwetsembeka kulesikwentako.





Asikhulume

Ase ubuke leti titfombe bese uyasho kutsi labantfwana bayikhombisa njani imindeni yabo kutsi bayayikhatsalela.





Asente loku

Dvweba sitfombe saloko lokwentako kukhombisa umndeni wakho kutsi uyawukhatsalela. Cocela umngani wakho ngaloko lokudvwebile.

Teacher:

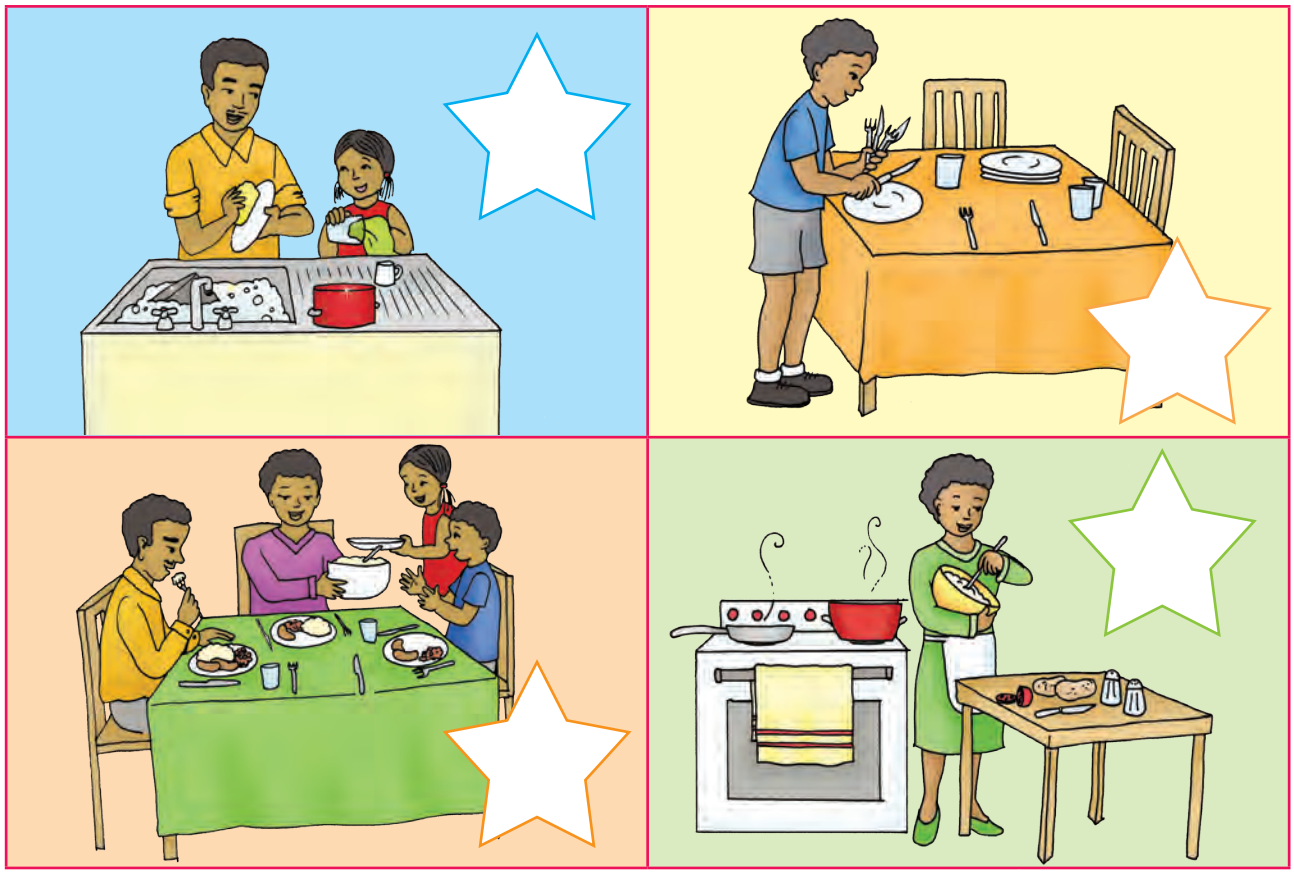
Sign:

Date:

Siyanakekelana

Asikhulume

Khuluma ngekutsi uwabona asitana njani lamalunga emindeni. Faka tinombolo kuletitfombe kusuka ku 1 kuya ku 4 kukhombisa kulandzelana ngendlela.



Ase sifundze

Imisebenti yetfu yakusihlwa.

Make upheka kudla.

Babe ugeza emabhodo.

Mine nemnaketfu sisita make nababe.

Sisita kakhulu.

Sibeka lubisi nesinkhwa.

Bese silungela kuyowulala.

Ase usitekele inganekwane yakusihlwa tsine!





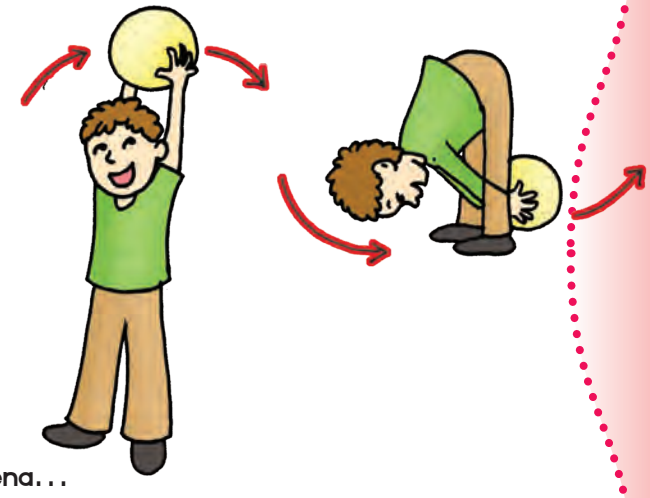
Asinyakate

Bambanani ngetandla nakhe indilinga lenkhulu.
Manini lomunye emva kwalomunye nente umugca.

Umfundzi wekucala kutfola ibhola uyecisa inhloko yakhe iye kumfundzi losemva kwakhe.

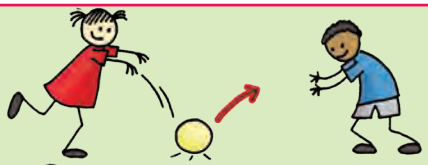
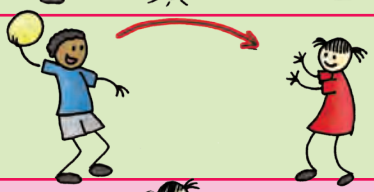
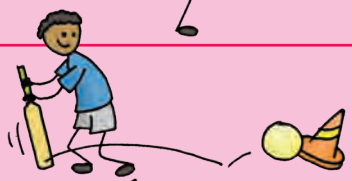
Lowo mfundzi wendlulisa ibhola emkhatsini wemilente yakhe iye kumfundzi lolandzelako.

Chubekani ngalendlela, umfundzi munye wecisa ibhola etu kwenhloko yakhe, lolandzelako ayendlulise emkhatsini wemilente yakhe.





Asente loku Khombisa thishela wakho kutsi wena...

	ungayendlulisa ibhola ngekuyigcumisa phasi iye kumlingani wakho.	yebo	cha
	ungayendlulisa ibhola ngekuyijika ngesandla iye kumlingani wakho.	yebo	cha
	ungayigcumisa ibhola ngemadvolo akho.	yebo	cha
	ungayishaya ibhola iye kukhoni.	yebo	cha
	ungaveyisa ngebhola emkhatsini walabamakako.	yebo	cha
	ungayikhahlela ibhola iye nobe kuphi ubuye uyishaye.	yebo	cha



Kuphepha ekhaya nasemacentselweni



Njalo-nje kufute sitivele siphephile uma sisekhaya. Kodvwa tinyenti tingoti ngekhatsi nasemaphetselweni emakhaya etfu. Ase ubuke lesitfombe, bese ukhuluma ngaletinye tetingoti nemngani wakho.

Ekhishini

- Gucula tibambo temabhodo nemapani tibheke emuva nesitofu.
- Ungashiyi imikhwa lekhaliphile noma kuphi nje.
- Khiyela bopharafini naboshevu endzaweni lephephile.
- Ungashiyi emathoyisi atse citsi saka.





Endlini yekugezela

- Ungasebentisi tintfo letidzinga gezi madvutane nemanti. Musa kutishiya madvute nemanti.
- Beka tikelo naletinye tintfo leticijile naletikhaliphile khashane le ekhabetheni.

Kudvuma nagezi



- Ungacali ume ngaphansi kwesihlahla nalidvuma.
- Ungase nje uke ufake lutfo embotjeni yagezi eludvongeni. Cela lomunye lomdzala kuwe akusite.
- Uma ubona kutsi intsambo yagezi ye-ayini noma yeligedlela seyivitsikile, cela make noma babe wakho ayilungise.

Ngephandle nelikhaya

- Cobonga ugcogce tintfo letingakulimata, njengengilazi leyephukile. Kufake emgconyeni wetibi.
- Musa kudlala madvute nesitiba, ngaphandle nangabe unemuntfu lomdzala.





Ngekhatsi ekhaya

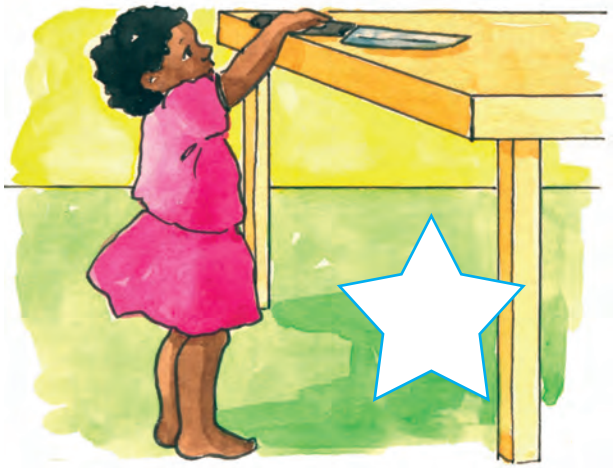
- Musa kushiya emathoyisi naletinye tintfo kutse citsi saka.
- Musa kudlala ngapharafini noma tintfo tekugezisa letinashevu.



Kuphepha ekhaya nemaphetselo



Ase ubuke lesitfombe bese uyasho kutsi ngutiphi titfombe letikhombisa timo letiphephile natiphi letingakukhombi loko. Klwibhita (✔) leto letikhombisa simo lesiphephile ufake siphambano (✘) kuleto letikhombisa simo lesingakaphephi.















Asikhulume

Ngabe tikhona tintfo letingakaphephi ekhaya kini? Yini longayenta ngato? Shevu naletinye tintfo letisamanti tekugezisa tiyingoti lembi, futsi tingakugulisa kumbe tikubulale. Ungacali sanhlobo nje unatse noma yini longati kahle kutsi iyini.





Loluphawu lusho kutsi nobe yini lengekhatsi kulelibhokisi kumbe sikotela ingushevu.

Uke walubona loluphawu ngaphambilini?



Asente loku Thishela wenu utanidlalela ingoma letsite.

- Nyakatani ngesigi sengoma.
- Khetsani umholi. Umholi kufute anyakate ngesigi sengoma. Wonkhe-wonkhe kufute ente njengemholi anyakate ngendlela lefana neyakhe.



- Simama ngamlente munye.
- Nyalo-ke simama ngalona lomunye umlente.
- Ngumuphi umlente lonemandla?
- Beka indophi lendze phasi esiyilweni nobe udvwebe umugca. Hamba madvute nelucu nobe umugca, uhlale usimeme.
- Nyalo-ke gucula sakhiwo selucu nobe umugca bese uhamba madvute nawo uhlale usimeme.



Teacher:
Sign:
Date:

Kuphepha nangingedvwa

Asikhulume

Sewufundzile ngetintfo letingakulimata ekhaya nemaphetselweni. Ungatigcina kanjani uphephile nawusele wedvwa ekhaya?

Nawusele wedvwa ekhaya, ungenta loku kuhlala uphephile.





Khiya tonkhe tivalo.



Musa kuvulela tihambi sivalo.

- Cinisekisa kutsi uyatati tinombolo telucingo lwebatali bakho nebantfu labahlala madvute nawe, bomakhelwane.
- Yenta luhla lwetinombolo letimcoka, nakwenteka kuba khona lolimalako.



Asibhale

Yenta lwakakho luhlu lwetinombolo letimcoka.

Emaphoyisa:



I-ambulensi:



Bosocimamlilo:



Makhal'ekhikhini wamake:

Makhal'ekhikhini wababe:

Ngubani lomunye longamshayela lucingo nawudzinga lusito?

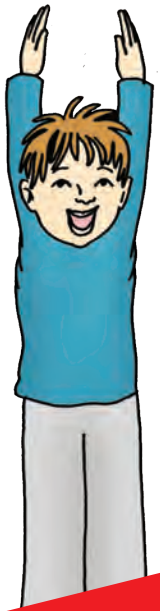
Teacher:
Sign:
Date:

Kuphepha nangingedvwa



Asikhulume

Nansi indlela lemalula yekukhumbula inombolo yelucingo yemaphoyisa. Buka letitfombe bese ucocela umngani wakho kutsi letitfombe tikusita njani kukhumbula tinombolo. Inombolo 10111 yemaphoyisa. Yisho emahlandla lambadlwana ute uyati ngenhloko.



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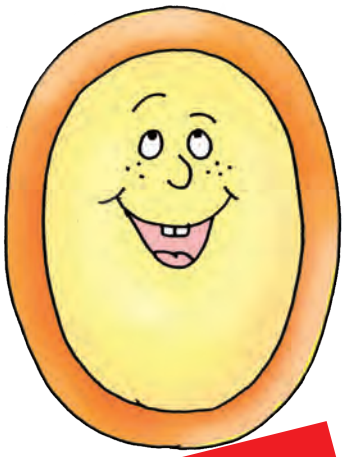

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111



Asinyakate

Khombisa kutsi bewungahamba njani kube bewungulomntfwana losesitfombeni ngasinye.



Bewungahamba njani kube bewucoshwa ngumuntfu longamati?



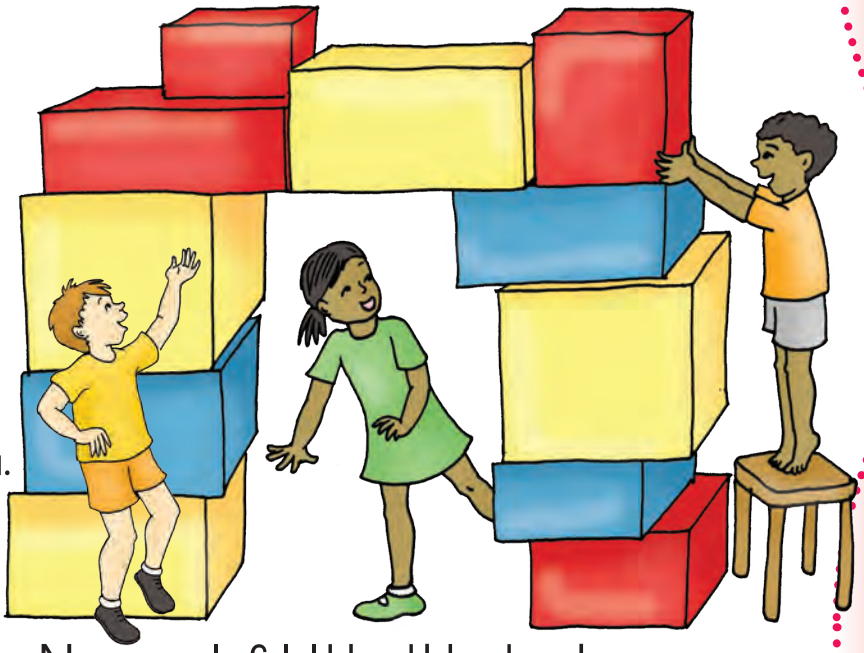
Bewungahamba njani kube bewusita make wakho kubhaka likhekhe?



Ungahamba njani uma ungema etu kwemabhodlela lephukile?



Asente loku



Ase ubone kutsi ungayakha yini yakho indlwana. Tfola emakhadibhodi lamadzala wakhe tindvonga neluphahla. Ungawanamatsisela ndzawonye. Uma seyiphelile indlu, ungayipenda. Nawungalitfoli likhadibhodi, sebentisa nobe yini lenye, kodvwa musa kusebentisa ingilazi nemabhodlela kumbe nobe yini lengakulimata.



Asinyakate

Jika sikhwama-bhontjisi nobe ibhola emoyeni bese uyayigendza ngesandla sakho lesibutsakatsaka.

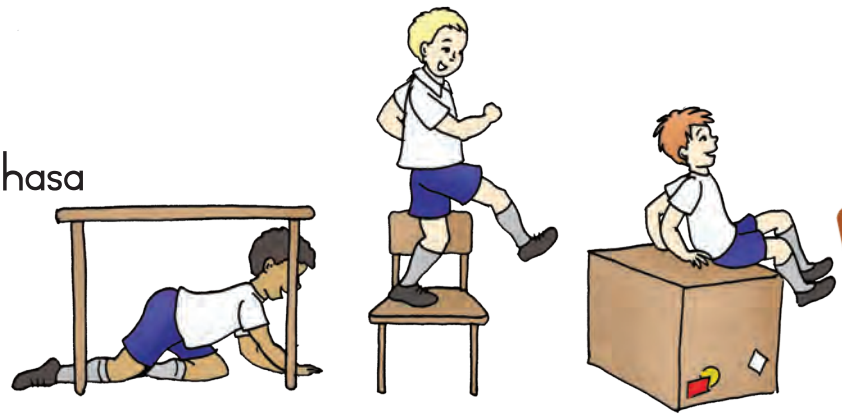




Asente loku

Sita thishela wakho kususa titulo, ematafula nemabhokisi.

Canca etu kwetitulo, ematafula nemabhokisi, khasa ngaphansi kwematafula uzube wehle kuwo.



Teacher:

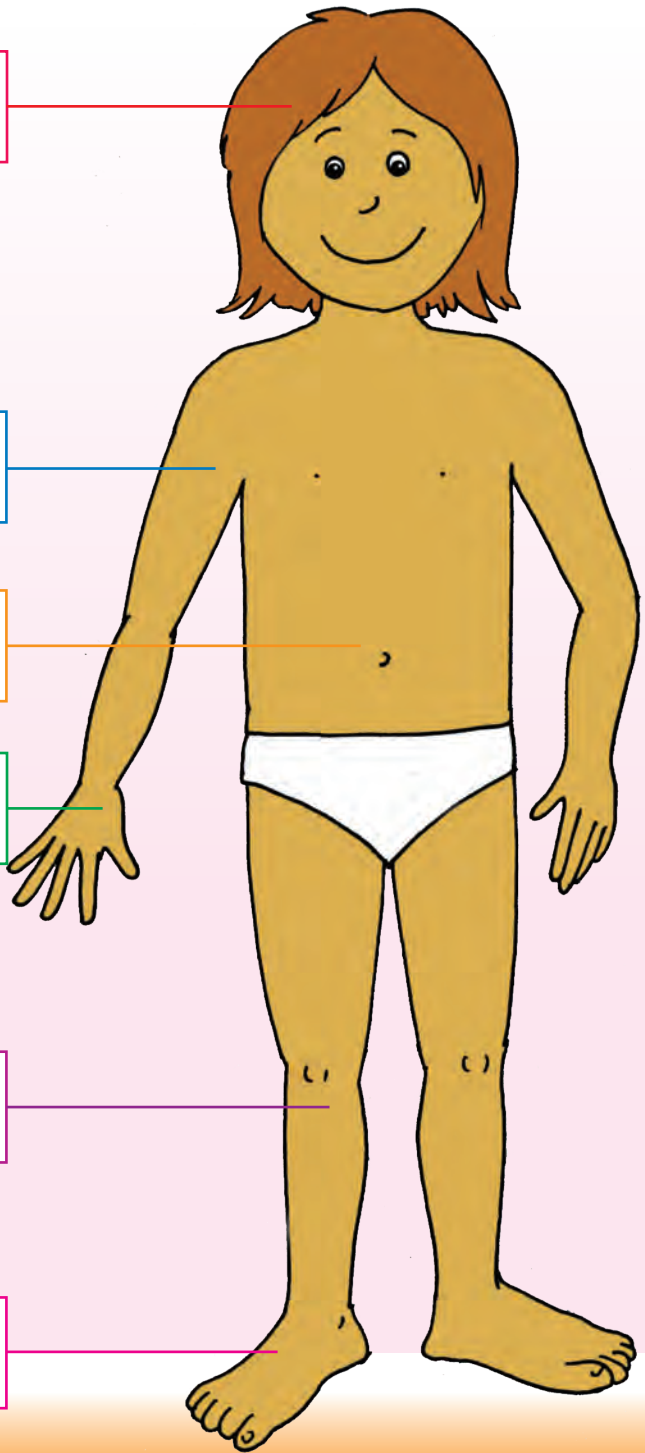
Sign:

Date:

Umtimba wami

Asibhale Bhala emagama etikhaleni letifanele.

umlente	sandla	inhloko
sisu	lunyawo	umkhono



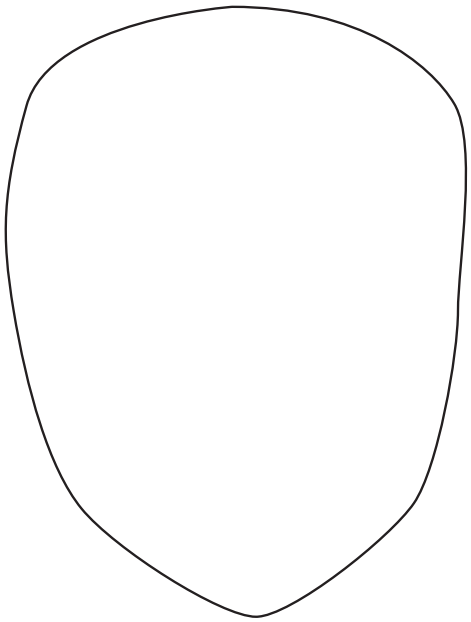


Ase sidvwebe

Cedzela lomdvwebo webuso.

Dvweba tinwele. Yetama kukopa buso bakho. Uma unemehlo labubendze, dvweba emehlo labubendze. Uma unetinwele letintima, dvweba tinwele letintima.

Dvweba emashiya akho, likhala nemlomo wakho.











Buso bakho buyincenye lemcoka yemtimba wakho.

Ngamunye sinama-2 emehlo.  Ngamunye sinati-2 tindlebe. 

Ngamunye sinali-1 likhala.  Ngamunye sinamu-1 umlomo. 



Ase sihlabele

Hlabela lengoma. Tsintsa incenye yemtimba wakho usahlabela ligama laleyo ncenye.



Inhloko nemahlombe

Inhloko nemahlombe, madvolo netintwane, madvolo netintwane x2

Inhloko nemahlombe, madvolo netintwane

Inhloko nemahlombe, madvolo netintwane, madvolo netintwane

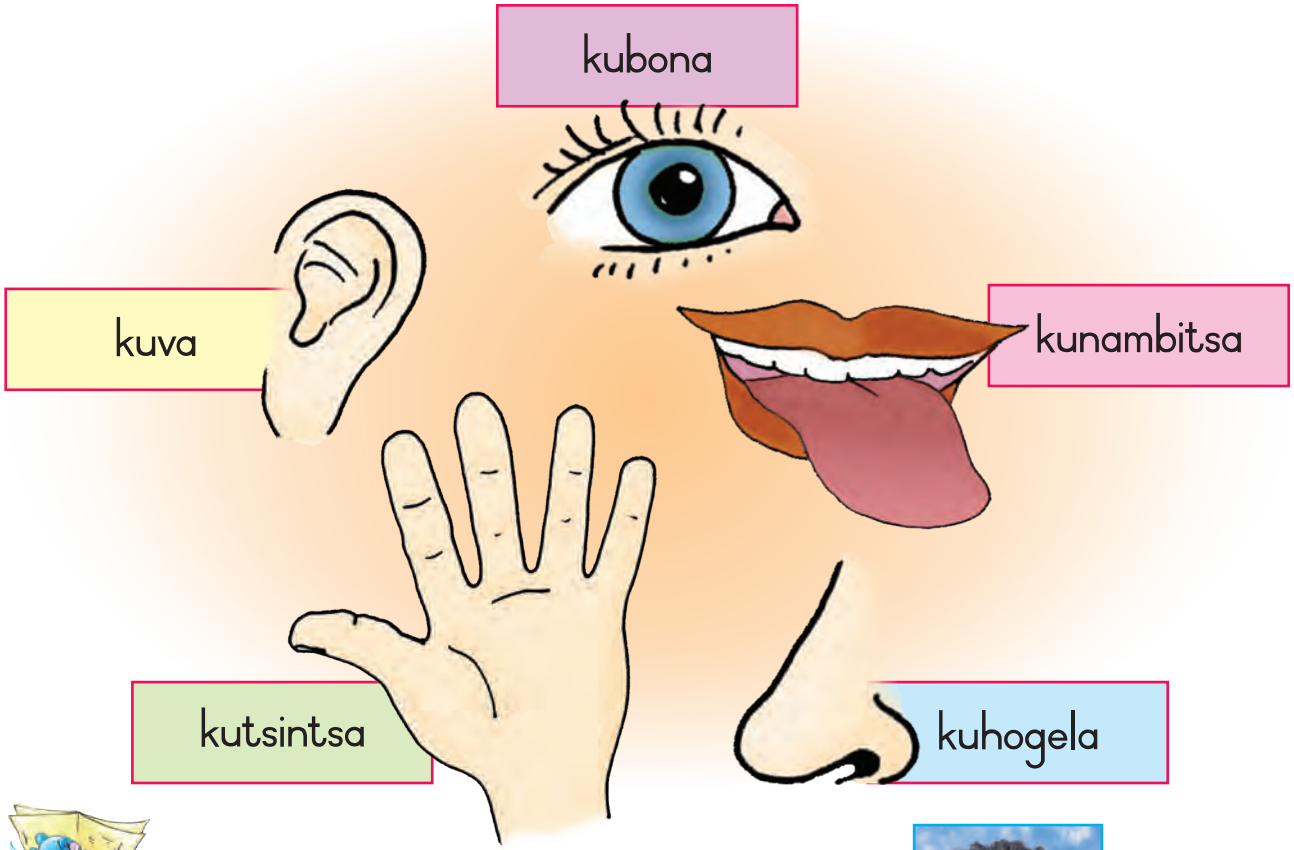


Imivo yami



Asikhulume

Ase ubuke letinhlobo letehlukene temivo bese uyasho kutsi yini lesiyisebentisela kona.





Ase sifundze

Sisebentisa imivo yetfu onkhe emalanga.

Sihogela sinambitse kudla kwetfu. Singeva kutsi lusiba lufotjotela kanganani. Siyabona kutsi sibhakhabhaka siba luhlata kwani ehlobo.

Siyayiva ingoma.

Imivo yetfu isigcina siphephile. Singahogela nakunemlilo. Singasiva sitofu kutsi sishisa kakhulu. Singabona nakungakaphephi kwewela umgwaco. Singawuva umsindvo wesecwayiso.



Asente loku

Kunakekela emehlo netindlebe tetfu.

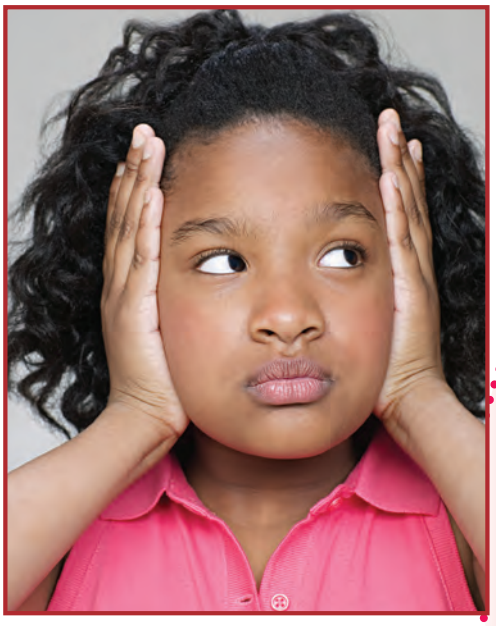
Sidzinga kunakekela imivo yetfu.

Nati tindlela letimbili tekunakekela emehlo akho netindlebe takho.



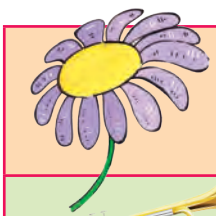
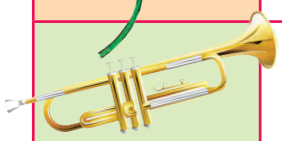
Nakekela tindlebe takho ngekungalaleli umsindvo losetulu kakhulu.

Nakekela emehlo akho ngekugcoka likepisi nobe tibuko telilanga. Musa kubuka ngco lilanga.



Asibhale

Ase ubuke lelithebula lelingentasi, bese emgceni ngamunye uklwibhita ✔ lowo muvo kumbe imivo longayisebentisa. Ungakhomba imivo ibe minyenti.

	Kuhogela	Kunambitsa	Kubona	Kuva	Kutsintsa
					
					
					
					
					

Teacher:

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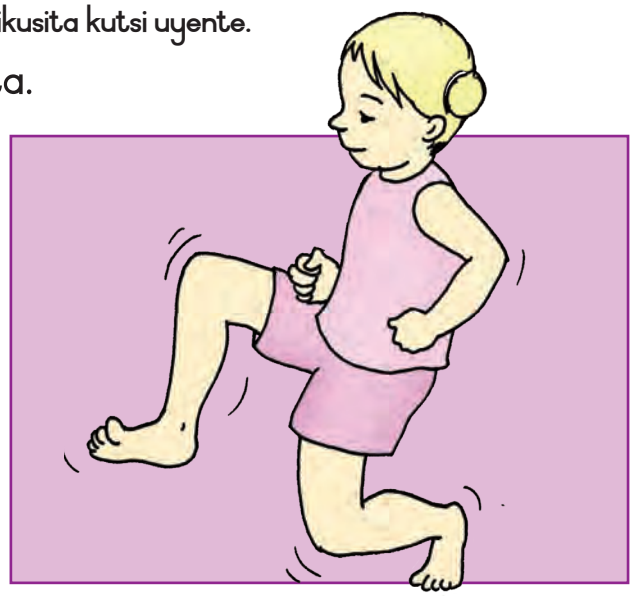
Kunyakatisa umtimba wami

Asikhulume

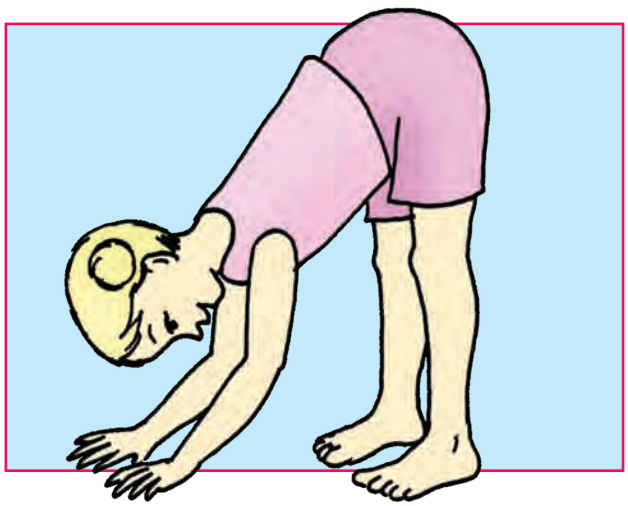
Ase ubuke letitfombe. Esitfombeni ngasinye, shano titfo temtimba bese uyasho kutsi yini letikusita kutsi uyente.

Sisebentisa imitimba yetfu kunyakata.









Asibhale

Phendvula lemibuto nemlingani wakho. Chubeka ubhale timphendvulo encwadzini yakho, ngaphansi kwemibuto.

Ngutiphi titfo temtimba wakho lotisebentisa kuhamba?

_____



Ngutiphi titfo letimbili temtimba wakho lotisebentisa kucukula nobe kuphakamisa lokutsite?

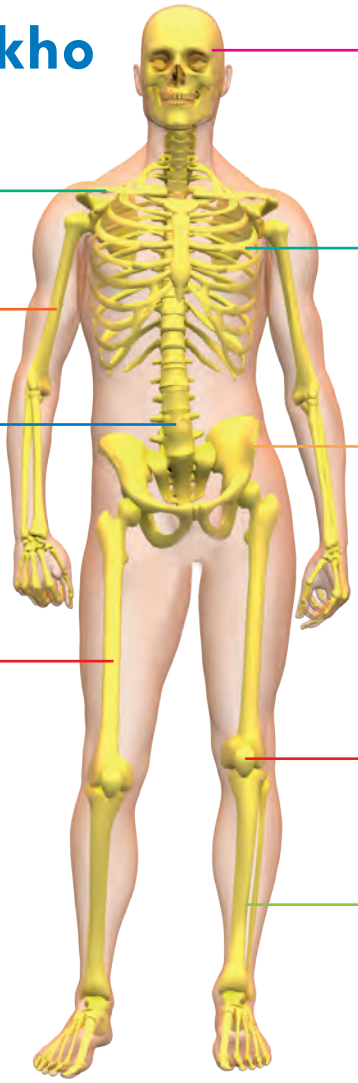
_____ ne _____.



Ase sifundze

Kubuye kube khona titfo temtimba wakho longatiboni.
Tisebenta kanye kanye kukugcina uphila.

Ematsambo akho



lukhakhayi

litsambo lelihlombe

lubhambo

litsambo lemkhono

umgogodla

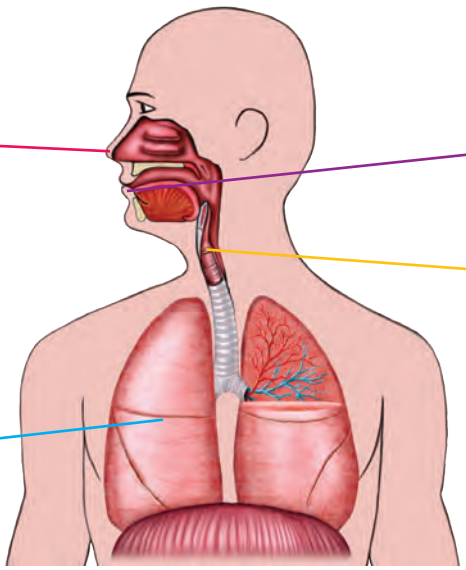
ingculu

litsambo lemlente

livi

litsambo lemlente

Titfo temtimba wakho letikusita kutsi uphefumule



likhala

umlomo

umphimbo

liphaphu

Teacher:
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Date:

Kugcina umtimba wami uphephile



Ase sifundze

Ase ubuke letitfombe ngentasi, bese ucocisana nemlingani wakho ngaloko lenikubonako. Esitfombeni ngasinye, shano kutsi ungahlala njani uphephile.



Ubona umngani wakho ewela umgwaco.



Ume wedvwa esiteshini sebhasi.



Sihambi sikucela kutsi uhambe naso niye endzaweni letsite.



Usetitolo wedvwana.

Siba nemivo letsi "yebo" nakukhona losigona ngemoya lomuhle. Kuvakala kukuhle kutsintfwa ngendlela yebungani neyekunakekelwa ngumuntfu lokutsandzako.





Wota lapha sisana. Ngitakupha emaswidi kodvwa ungatjeli muntfu.

Siba nemivo letsi "cha" nakukhona lositsintsa ngendlela lesenta sive sesaba noma sicansuka. Uma siva sicansuka kumbe singakaphephi siba nemivo letsi "cha".

Umtimba wakho ukhetsekile futsi wakho wedvwa. Uvumelekile kutsi "yebo" uma kulungile kutsi umuntfu akutsintse, ubuye utsi "cha" uma kungakalungi.



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Kutigcina ngiphephile

Asibhale

Ase ubuke letitfombe ngentasi bese ubhala Yebo emiveni lengu "yebo" na Cha kuleyo lengu "cha" kuletibaya.





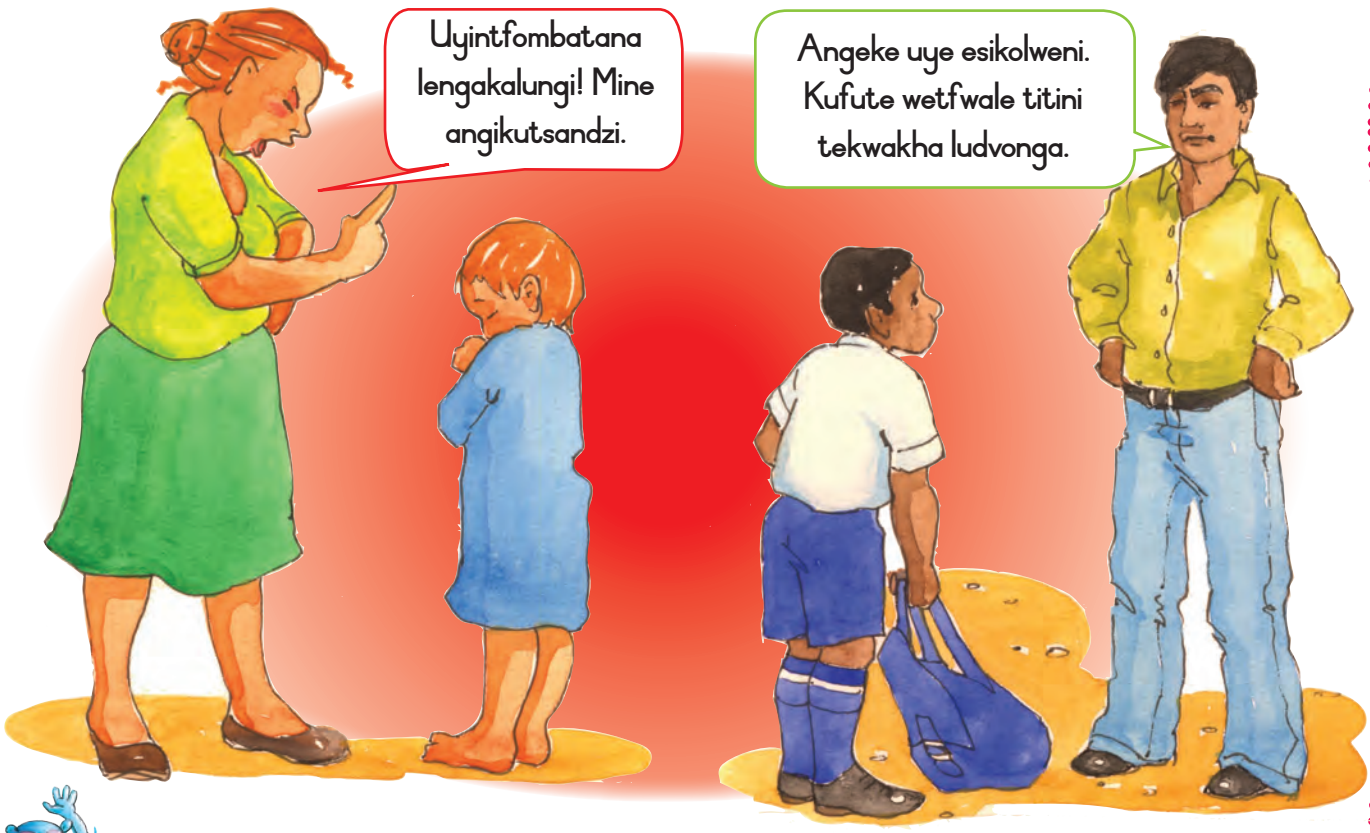




Asente loku Tifundzise kutsi "cha".

Yentani silinganiso semdlalo lapho khona sihambi sifuna kutsatsa umntfwana ngemoto yaso kumbe sifuna kutsintsa umntfwana. Umntfwana utsi "cha".

Asikhulume Labanye bantfwana bahlala emakhaya lapho bangakanakekelwa khona. Ase ubuke letitfombe. Khuluma ngekutsi bewungativa njani kube bewungulomntfwana kuletitfombe. Shano kutsi yini lobewungayenta.



Asinyakate Dlalani umdlalo lotsi "mani-nsi".

Nyakata ngendlela loyitsandzako, uma thishela ashaya indweba, mani-nsi kuleso simo. Kufute unganyakati nakancane ate thishela akutjele kutsi sewunganyakata. Ungakhona nje kusimama? Hamba ngaphansi kwemushi wekukhanya lophansi impela kumbe madvute nelucu lolubekwe phansi esiyilweni.



Teacher:
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Date:

Kugcina umtimba wami uphilile



Ase sifundze



Tinyenti tindlela lesingatfola ngato kugula. Esikhatsini lesinyenti, siguliswa ngemagciwane netinambutane. Mancane kakhulu singeke sesiwabone. Angena emitimbeni yetfu asibangele kugula.



Asikhulume

Yini labantfwana labasetitfombeni labayentako kutigcina baphephile?
Yini lengenteka uma bangete batenta letintfo?









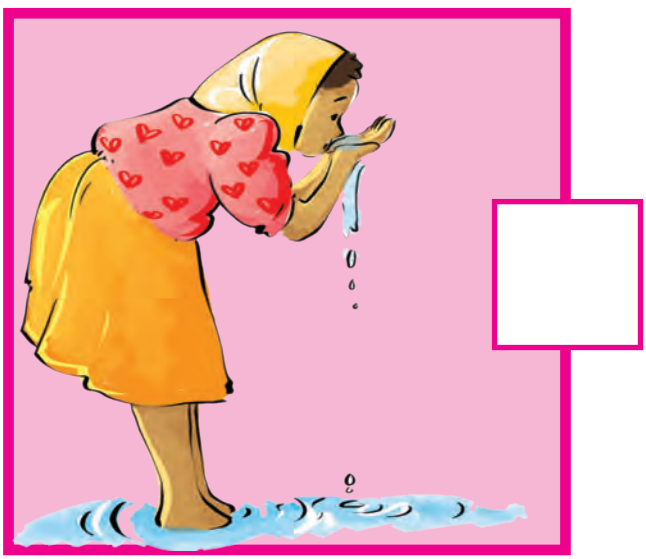
Asikhulume

Nyalo cocani ngaletitfombe. Yentani ✔ umbukiso kukhomba kutsi ningahlala njani niphilile. Bhala ✘ etukwe titfombe letingakugulisa.













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Kugcina umtimba wami uphilile



Yini labantfwana labasetitfombeni labayentako kutigcina baphephile? Yini lengenteka uma bangete batenta letintfo?

Bewati nje kutsi lamanye emanti ahlobile kantsi lamanye angcolile? Ungacinisekisa kanjani kutsi emanti ahlobile futsi alungele kunatfwa?

Ungawabilisa kubulala emagciwane netinambutane.





Ungasefa lamanti langcolile kukhipa kungcola. Thishela wakho angakukhombisa kutsi wenta njani.

Ungatsela ithesipuni yi-1 yemhlobisi (njenge Jikhi) ebhakedeni lemanti emfula lelingema-20 emalitha. Mbonya libhakede kuvimbela kungena kwetimphungane. Yekela emanti ahlale ema-awa langema-28 embi kwekuwanatsa.



Asikhulume

Ase ubuke leti titfombe bese ukhuluma ngekutsi yini labantfwana labayentako kuhlala baphilile.

Lahla emathishu lasebentile emthoyi nobe emgconyeni wetibi.

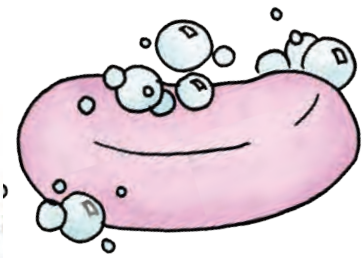




Geza tandla takho emva kwekusebentisa umthoyi.







Geza tandla takho embi kwekudla.



Nawungcolisile emthoyi, susa kungcola kwakho bese ugeza tandla takho.



Vala umlomo wakho nawukhwehlela nobe utsimula.

Teacher:

Sign:

Date:

Ase utihlole bo





	✔	✘
Ngiyakhona kukhuluma ngemndeni wami.		
Ngiyakhona kuhamba emgceni lomncane.		
Ngiyayati inombolo yelucingo lwemaphoyisa.		
Ngiyati ngemivo yabo "yebo" na "cha".		
Ngiyakhona kugendza ibhola.		
Ngiyakhona kuhlala ngiphephile ekhaya.		
Ngiyakhona kutinakekela uma ngingedvwa ekhaya.		
Ngisita umndeni wami.		
Ngiyakwati kutihambela ngedvwa esikolweni sami.		
Ngiyakwati kutigcina ngiphilile.		
Ngiyati kufute ngenteni ngato tonkhe tintfo letisesikhwameni sami.		
Ngati ngetinhlobo letehlukene temindeni.		
Ngifundze lokunyenti ngeMakhono emphilo.		

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

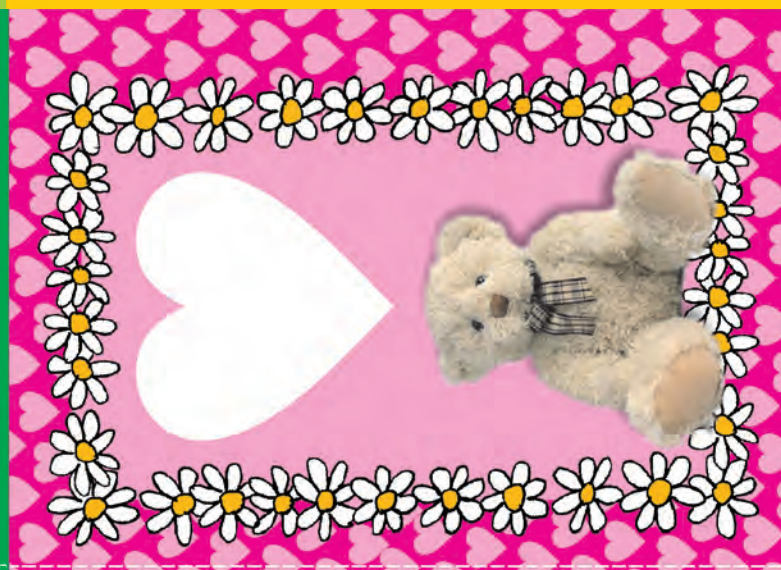



get well soon





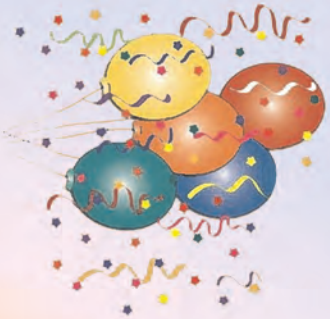
















Masks

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

