

Mme Angie Motsheka,
Tonakgolo ya Thutotheo



Rre Enver Surty,
Motlatsatonakgolo
ya Thutotheo

Dibukatiro tse di kwaletswe barutwana ba Aforikaborwa ka fa tlase ga boeteledipele jwa ga Tonakgolo ya Lefapha la Thutotheo, Mme Angie Motshekga le Motlatsatonakgolo ya Lefapha la Thutotheo, Rre Enver Surty.

Dibukatiro tsa Rainbow ke karolo ya maiteko a mangwe a Lefapha la Thutotheo a a ikaeletsweng go tokafatsa bokgoni jwa barutwana kgotsa baithuti ba Aforikaborwa mo mephatong e merataro ya ntlha. Jaaka e le sengwe sa dilo tse di kwa godimo mo Lenaneotirong la Mmuso, porojeke e e etleediwa ke Letlotlo la Semmuso. Se se kgontshitse Lefapha go kwala dibukatiro tse ka dipuo tsotlhe tsa semmuso, mme ga di duelelwe.

Re solofela gore dibukatiro tse di tlaa tswela barutabana mosola mo go ruteng ga bona ga letsatsi le letsatsi, le mo go netefatseng gore barutwana ba digela kharikhulamo ya bona. Re netefaditse gore re kaela morutabana sentle mo tirong nngwe le nngwe ka go tsenyeletsa mesupatsela go bontsha gore ke eng se morutwana a tshwanetseng go se dira.

Re solofela gore bana ba tlaa itumelela go dira mo bukeng e fa ba ntse ba gola e bile ba ithuta, le gore wena jaaka morutabana, o tlaa abelana le bona boitumelo jwa bona.

Re go eleletsa katlego e kgolo mo tirisong ya dibukatiro tse, wena le barutwana ba gago.

Mophato 1



Bokgoni jwa Botshelo ka SETSWANA
Buka 1
Kgweditharo 1&2



Dibukatiro tse di fitlhelwang mo metseleteseleng e, ke:

- *Puogae Mephato 1-6 (Ka dipuo tsotlhe tsa semmuso)*
- *Matesisi (Mmetshe) Mephato 1-3 (Ka dipuo tsotlhe tsa semmuso)*
- *Matesisi (Mmetshe) Mephato 4-9 (Ka Seesimane le Seaforikanse)*
- *Bokgoni jwa Botshelo Mephato 1-3 (Ka dipuo tsotlhe tsa semmuso)*
- *Puotlaleletso ya Ntlha Mephato 1-3 (Ka Seesimane, Seaforikanse, Sepedi le Sezulu)*
- *Puotlaleletso ya Ntlha Mephato 4-6 (Ka Seesimane le Seaforikanse)*

Leina:

Tlelase:

Rainbow WORKBOOKS

LIFE SKILLS IN SETSWANA
GRADE 1 – TERMS 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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Ferikgong
Tlhakole
Mopitlwe
Moranang
Motsheganong
Seetebosigo
Phukwi
Phatwe
Lwetse
Diphalane
Ngwanaltsele
Sedimonthole

Mophato 1



Bokgoni jwa Botshelo

Buka I



Buka e ke ya ga:

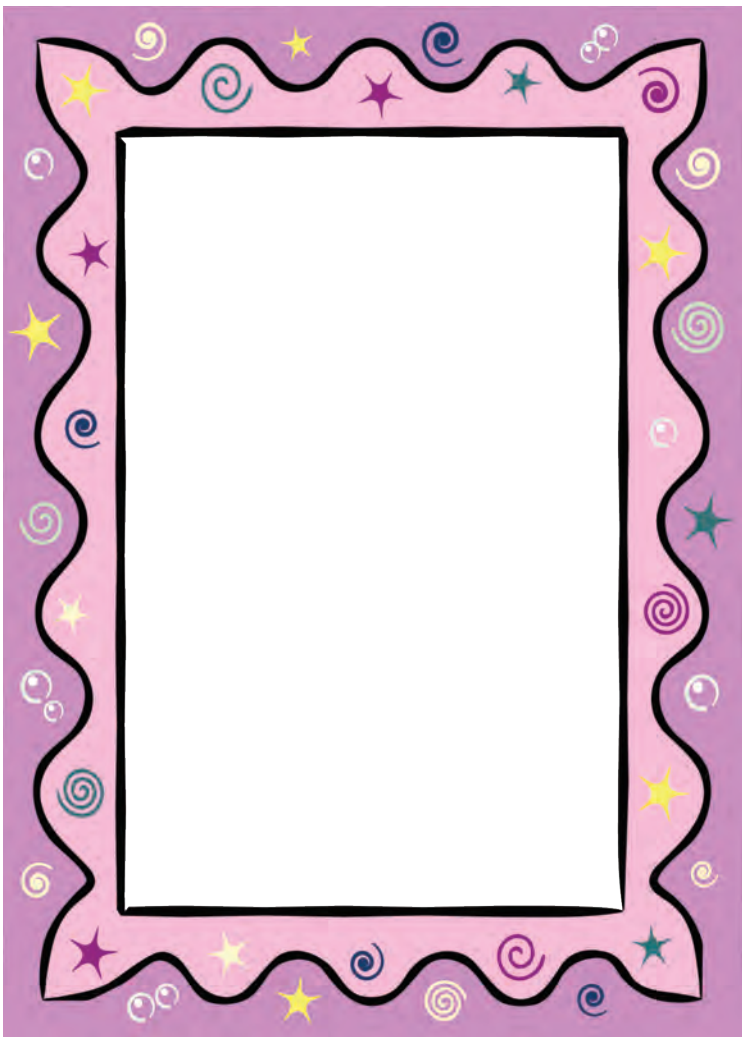
Ka ga me



A re direng

Kgomaretsa senepe sa gago kgotsa o itshwantshe fa.





Leina la me ke _____.

Sefane sa me ke _____.

Ke na le dingwaga di le _____.

Go na le batho ba le _____ mo lelapeng la gaetsho.

Aterese ya rona ke:

_____

Aterese ya rona ke:

_____

_____

_____



Ke itse gore letsatsi la me la botsalo le leng.

ee	ga ke netefatse	nnyaya

A re thaleng

Joe o itse go tshameka kgwele ya dinao.	Thala sengwe se o se kgonang thata.
	

Bolelela ditsala tsa gago gore ke eng se o se kgonang thata. Morago o khalare naledi e e mo lebokosong le le nepagetseng go bontsha gore o ka dira eng.

A re bueng

 Ke kgona go buisa.	 Ke kgona go ikapesa.	 Ke kgona go kwala.
 Ke kgona go bina.	 Ke kgona go dira tee.	 Ke kgona go tlhapa meno a me.

Teacher:
Sign:
Date:

2

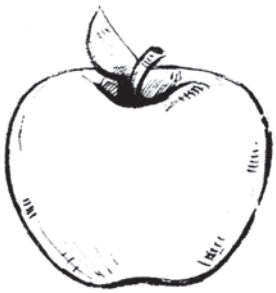
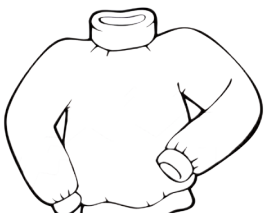
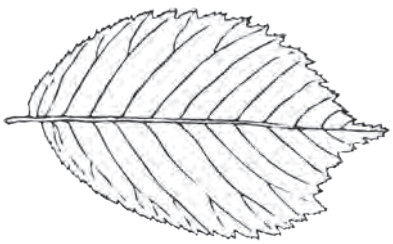
Mebala le mmino

A re direng

A o itse mebala e? Bolelela tsala ya gago maina a mebala e.



Jaanong khalara setshwantsho sengwe le sengwe.

 Panana e e serolwana	 Apole e khibidu	 Jeresi e e botala jwa legodimo
 Mokgele wa mebalabala	 Namune e e mmala wa namune	 Letlhare le letala

A re tsamayeng

Dira se bana ba ba se dirang.

Tshikinya mmele otlhe wa gago.

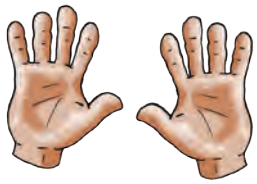
Itire o kare o tshameka piano.

Itire o kare o tshameka katara.





Boithabiso Opang diatla tsa lona ka mekgwa e.





Opa Opa Opa Opa

Opa Opa Opa

Opa Opa Opa Opa

Opa Opa Opa Opa Opa



A re direng A o ka dira dilo tse? Bontsha ditsala tsa gago.

Ke kgona go tabogela kwa matlhakoreng otlhe ke sa thule ope.	☺	😐	☹
Ke kgona go tlola ka mogala wa kgati.	☺	😐	☹
Ke kgona go dikolosetsa bolo e kgolo kwa tsaleng ya me.	☺	😐	☹

Teacher:

Sign:

Date:

3

Rotlhe re kgethegile

A re bueng

Lebelela setshwantsho mme o tlotlele tsala ya gago ka ga pharologano fa gare ga bana ba.



Bogolo le bonnye

Bangwe ba bagolo, mme bangwe ba rona ba bannye.

Bangwe ba rona ba baleele, mme bangwe ba bakhutshwane.

Bangwe ba rona ba kgona go tlola, mme bangwe ba kgona go opela.

Rotlhe re kgona go dira sengwe ka manontlhotlho.

Ke eng se o kgonang go se dira ka manontlhotlho?



A re bueng

Tlotlela ditsala tsa gago gore o ne wa ikutlwa jang ka letsatsi la gago la ntlha kwa sekolong.

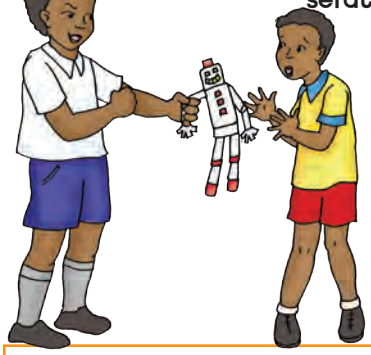
itumetse	tlhontse	itumetse thata	tenegile	ikgogona
				

A re direng

Thala setshwantsho go bontsha ka moo o ka ikutlwang ka teng fa mongwe a ka go naya setshamekisi se sešwa? Kwala lefoko mo phatlheng e e fa tlase mme o thale gore o ka ikutlwa jang.

A re bueng

Tlotlela tsala ya gago gore go diragala eng mo setshwantshong sengwe le sengwe. Bua gore o ka ikutlwa jang fa dilo tse di ka go diragalela. Tshwaya sefatlhego se se nepagetseng.



Mosimane yo mogolo o tsaya dilo tsa gago.


itumetse


itumetse thata


tlhontse

Wena le tsala ya gago le tshameka mmogo.


tenegile


itumetse


tshogile





O bula mpho.


tshogile


itumetse thata


ikgogona

Ausi kgotsa abutiago o thuba setshamekisi sa gago.


ikgogona


thabile


tenegile



A re direng

Dira setshwantsho sa monwana wa gago mo lebokosong la ntlha, mme o botse moithuti-ka-wena go dira setshwantsho sa monwana wa gagwe mo lebokosong la bobedi.

A o ntse o itse gore ga go ope mo lefatsheng yo o nang le setshwantsho sa menwana se se tshwanang le sa gago? O kgethegile thata, gonne o mongwe mo lefatsheng. Le mafatlha tota, ditshwantsho tsa menwana ya bona ga di tshwane.

A o kgona go bona gore ditshwantsho tsa menwana ga di tshwane?

Teacher:
Sign:
Date:

4 Rotlhe re a farologana

A re bueng

Lebelela bana ba.
Ba tshwana ka eng?
Ba farologana ka eng?





A re direng

Lebelela setshwantsho mme morago o akanye ka ga gore a ditlhagiso tse di bua nnete kgotsa nnyaya. Khalara dipolelo tse di nnete ka botala jwa tlhaga. Khalara dipolelo tse di sa bueng nnete ka bohibidu.



Botlhe ba na le matsogo a le 2 le maoto a le 2.



Botlhe ke basetsana.

Botlhe ba rwele ditlhako.



Botlhe ba apere marokgwe a makhutshwane.

Botlhe ke bana.



Botlhe ba na le meriri e meleele.



A re thaleng

Thala setshwantsho sa gago mo phatlheng ya ntlha. Morago o thale setshwantsho sa tsala ya gago ya botlhokwa. Morago ga go dira jalo, lebelela setshwantsho mme o bue gore o farologana jang le tsala ya gago.



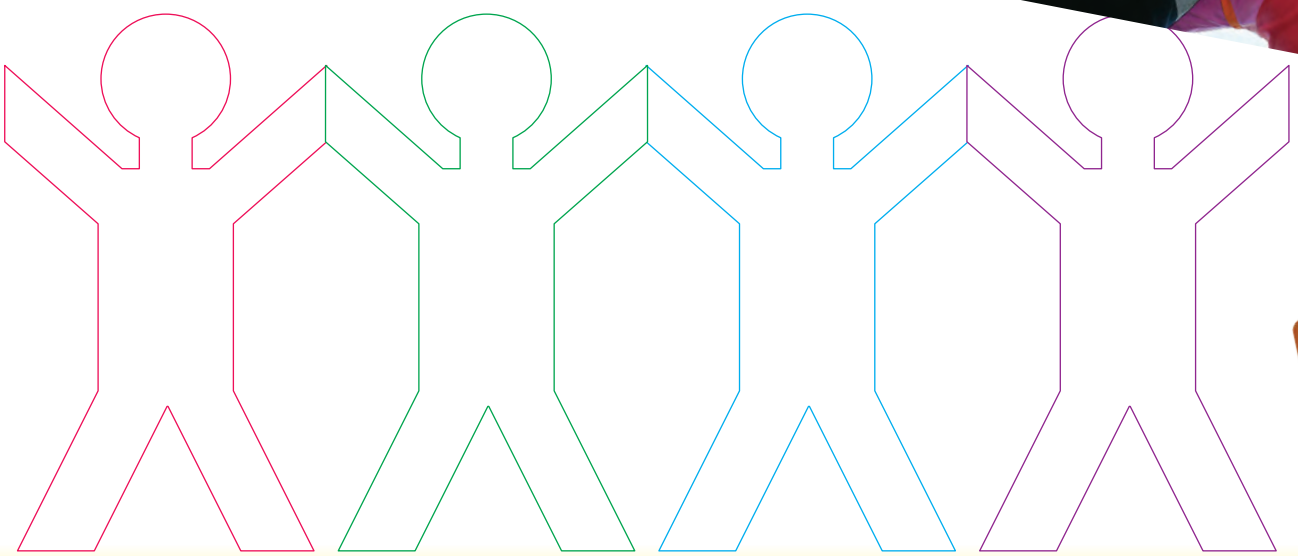
nna	tsala ya me ya botlhokwa



A re direng

Lebelela setshwantsho mme o bue ka moo wena le tsala ya gago le tshwanang ka teng le ka moo le farologanang ka teng. Bopa keetane ya botsalano go bontsha gore mongwe le mongwe o a farologana.





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A re direng





Pele o opela, dira dithutiso tse.
Hemela kwa teng thata le kwa ntle ka iketlo. Itire o kare o tima dikerese tsa kuku ya gago ya botsalo. Itire o kare o gatsetse, mme o re "Brrrrrrrrrrrrrr".





Dikgabo di le tlhano



Dikgabo di le tlhano di tlolatlola mo bolaong.
E nngwe ya wela fatshe, ya wa ka tlhogo.
Mme a bitsa ngaka mme yona ya re,
"Dikgabo ga di tlolatlole mo bolaong!"
Dikgabo di le nne di tlolatlola mo bolaong.
E nngwe ya wela fatshe, ya wa ka tlhogo.
Mme a bitsa ngaka mme yona ya re,
"Dikgabo ga di tlolatlole mo bolaong!"
Dikgabo di le tharo di tlolatlola mo bolaong.
E nngwe ya wela fatshe, ya wa ka tlhogo.
Mme a bitsa ngaka mme yona ya re,
"Dikgabo ga di tlolatlole mo bolaong!"
Dikgabo di le pedi di tlolatlola mo bolaong.
E nngwe ya wela fatshe, ya wa ka tlhogo.
Mme a bitsa ngaka mme yona ya re,
"Dikgabo ga di tlolatlole mo bolaong!"
Kgabo e le nngwe e tlolatlola mo bolaong.
Ya wela fatshe, ya wa ka tlhogo.
Mme a bitsa ngaka mme yona ya re,
"Dikgabo ga di tlolatlole mo bolaong!"









A re thaleng

Thala sefatlhego sa gago.
Bontsha matlho a gago, ditsebe, nko, molomo le moriri.
Bolelela ditsala tsa gago gore o rata eng.



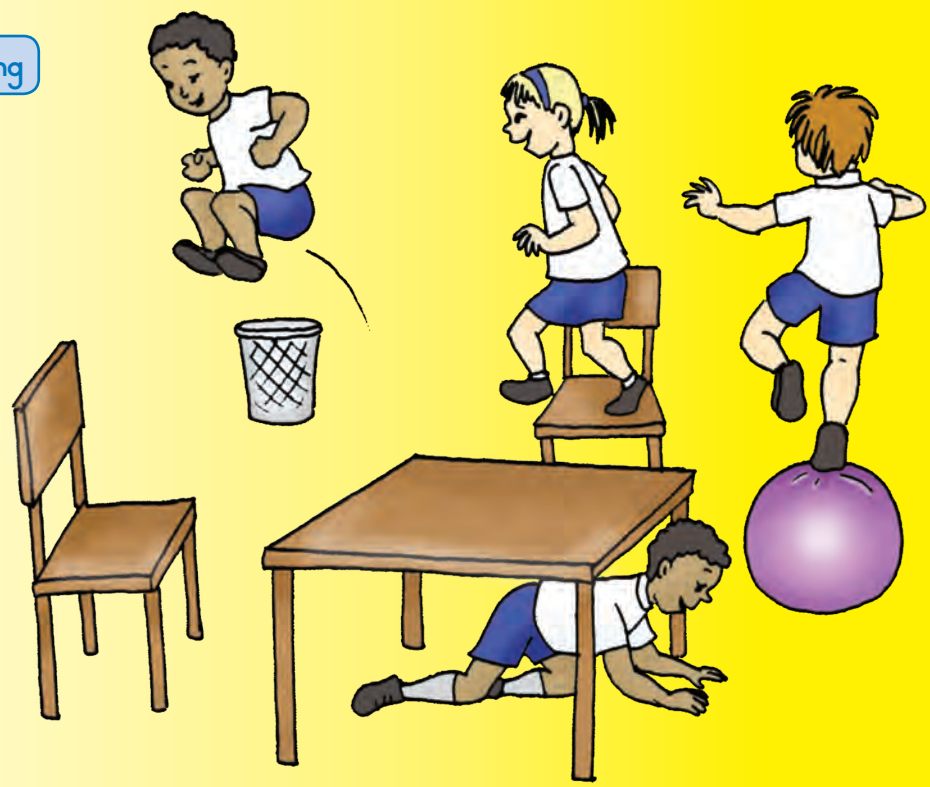


A re tsamayeng

Dira leparego mo tlelaseng ya lona le le tshwanang le le.

Tlola go tswa mo tesekeng e nngwe go ya kwa go e nngwe.

Khukhutha ka fa tlase ga ditafole.



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6 Ke ikgantsha ka sekolo sa me

A re direng

Thala setshwantsho sa gago mo diaparong tsa gago tsa sekolo. Morago o tlatse ka mafoko a a tlogetsweng.



Ke tsena sekolo sa _____.

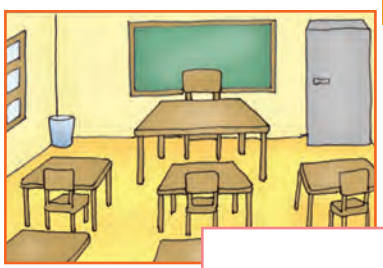
Leina la morutabana wa me ke _____.

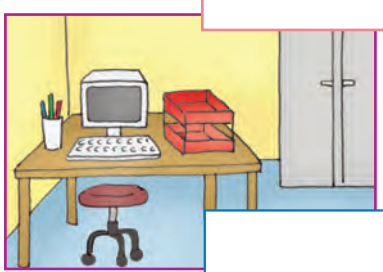
Mogokgo wa sekolo ke _____.

A re kwaleng

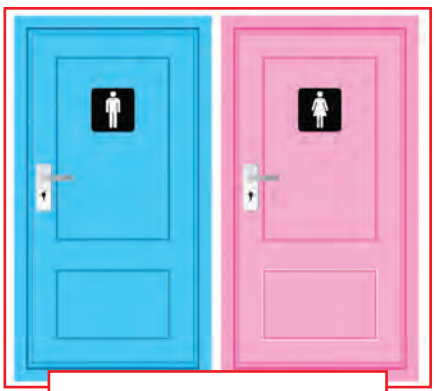
Lebelela setshwantsho se se fa godimo mme o tlatse mafoko a a nepagetseng mo setshwantshong sengwe le sengwe.

- phaposibobeelo
- mokwaledi
- ofisi
- tlelase
- lepatlelo







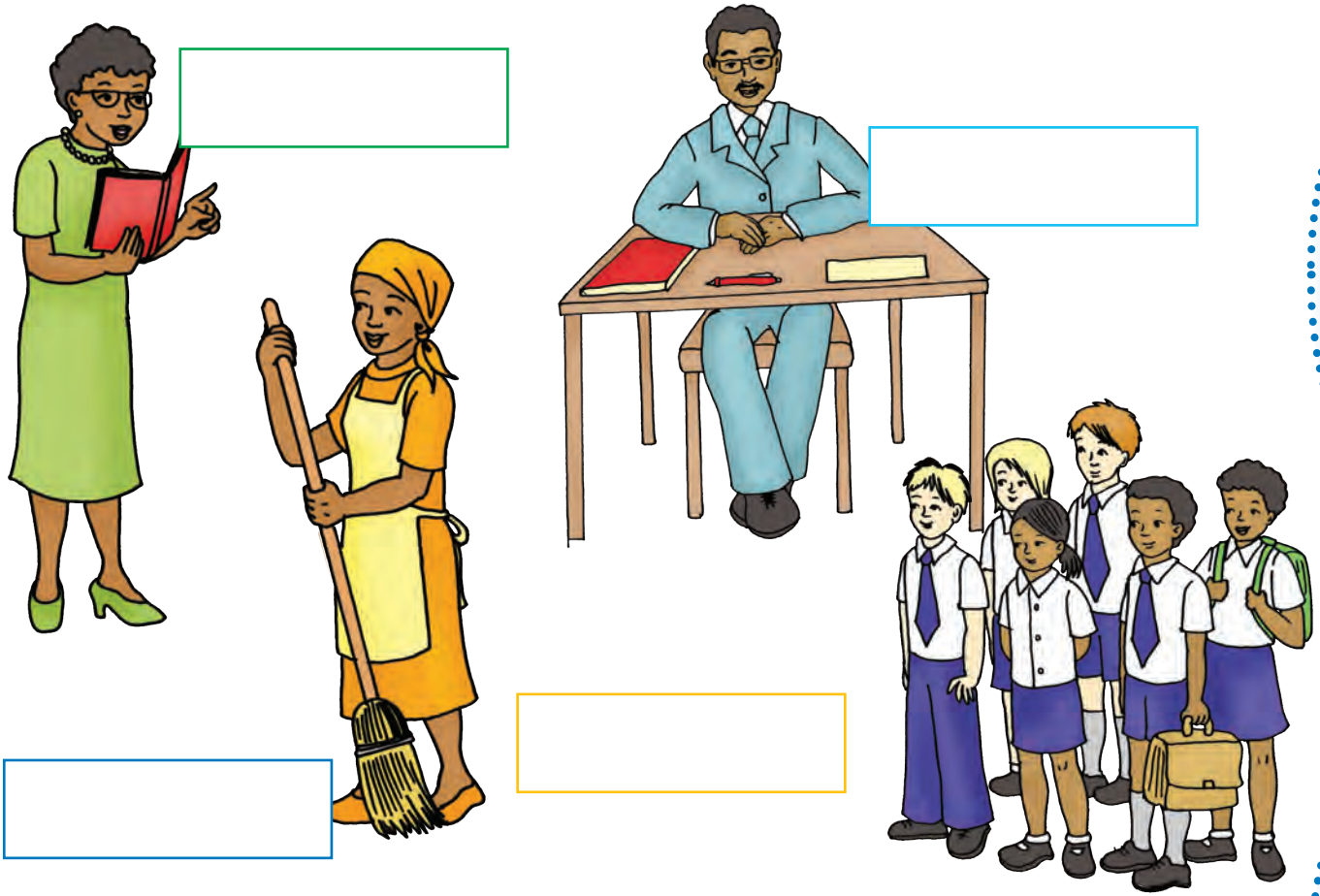




A re thaleng

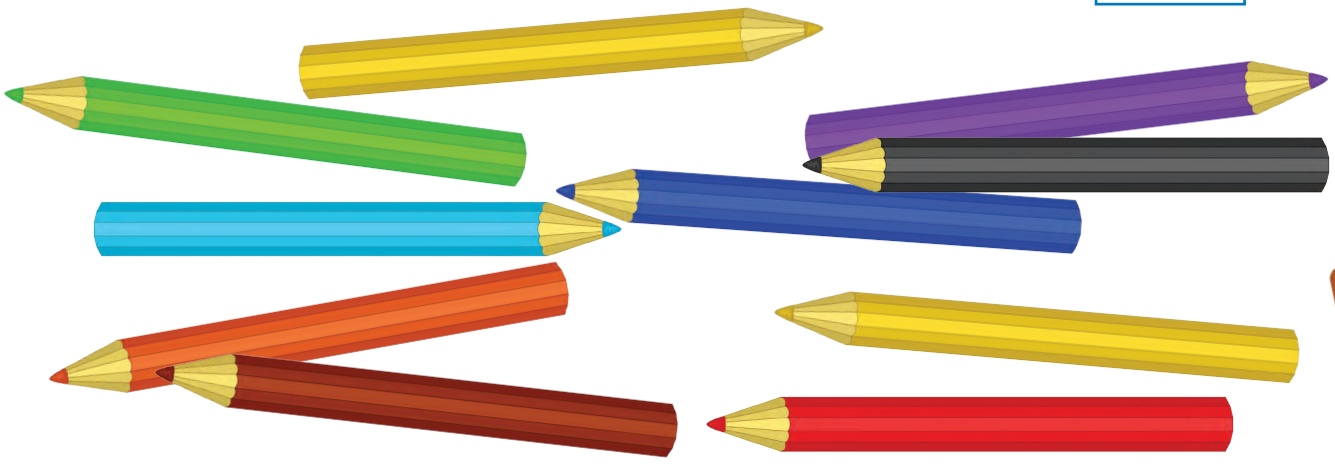
Go na le batho ba bantsi kwa sekolong. Bua gore ke bomang. Morago o kwale lefoko le le nepagetseng ka fa tlase ga setshwantsho sengwe le sengwe. Tlotlela tsala ya gago gore ba dira eng kwa sekolong. Dirisa mafoko a go go thusa.

bana	mophepafatsi	morutabana	mogokgo



Boithabiso

Lebokoso la diphensele la ga John le wele. Bala gore o na le dikheraeyone tse kae, mme o kwale palo mo lebokosong.



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7 Mafelo a a farologaneng



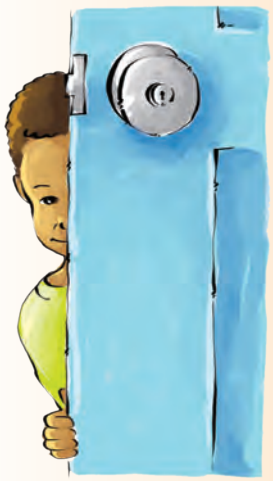
A re direng

Bontsha ditsala tsa gago gore o kgona go:

Iphitlha ka fa tlase ga sengwe.



"Ke iphitlhile ka fa tlase ga tafole".



Ema mo godimo ga sengwe.



Ema fa thoko ga sengwe.



Ema fa thoko ga sengwe.



A re tsamayeng

Dirisa bolo kgotsa kgetsana ya dinawa. E latlhele kwa godimo mme o e kape. Jaanong tshegetsa kgetsana ya dinawa mo tlhogong ya gago mme o tsamayetsamaye ka iketlo. Jaanong tshegetsa kgetsana ya dinawa mo tlhogong o ntse o tsamaya mo godimo ga thobane ya go tshegetsa kgotsa mo godimo ga mola fa fatshe.

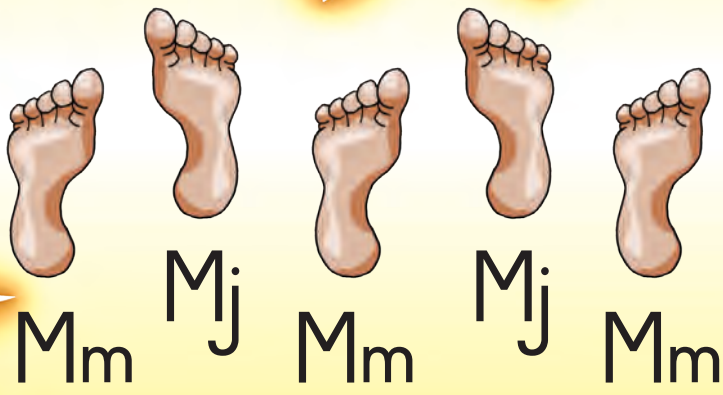
Ke kgona go latlhela.			
Ke kgona go kapa.			
Ke kgona go tshegetsa kgetsana ya dinawa mo tlhogong ya me.			

A re tsamayeng

Tiba maoto a gago ka mekgwa e.



Mm = Molema  Mj = Moja 



Mm Mj Mm Mj Mm



Mj Mm Mj Mj Mm Mj Mm Mj



Mm Mm Mj Mm Mm Mj Mm Mj

Teacher:

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Date:

8 Phaposiborutelo ya me

A re bueng Lebelela setshwantsho se ka kelotlhoko. O bona eng?

Mo phaposiborutelong e, go diragala dilo tse di siameng le tse di sa siamang. Ke dilo dife tse di siameng tse o kgonang go di bona? Ke dilo dife tse di sa siamang tse o kgonang go di bona?



A re bueng

Bolelela tsala ya gago gore go diragala eng mo setshwantshong sengwe le sengwe. Thala ✔ fa thoko ga dilo tse di siameng le ✘ fa thoko ga dilo tsotlhe tse di sa siamang tse di kgonang go diragala kwa sekolong.









Teacher:

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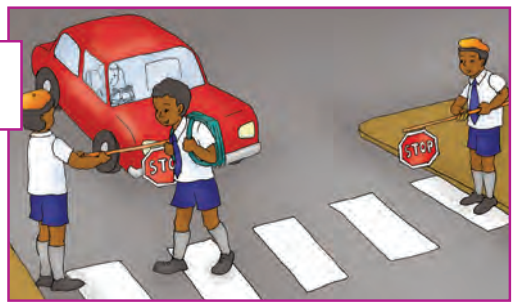
Date:

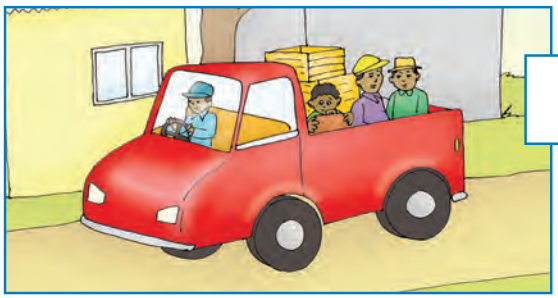
9 Ka moo re yang sekolong ka teng



O ya kwa sekolong letsatsi lengwe le lengwe jang? A o babalesegile? A o itse mekgwa e e sa babalesegang? Bua le tsala ya gago ka ga ka moo bana ba ba yang kwa sekolong ka teng. Tshwaya ✔ mekgwa e e babalesegileng ya go ya kwa sekolong. Thala sekere ✘ mo go e e sa babalesegang.









O ya kwa sekolong jang mo mosong? _____



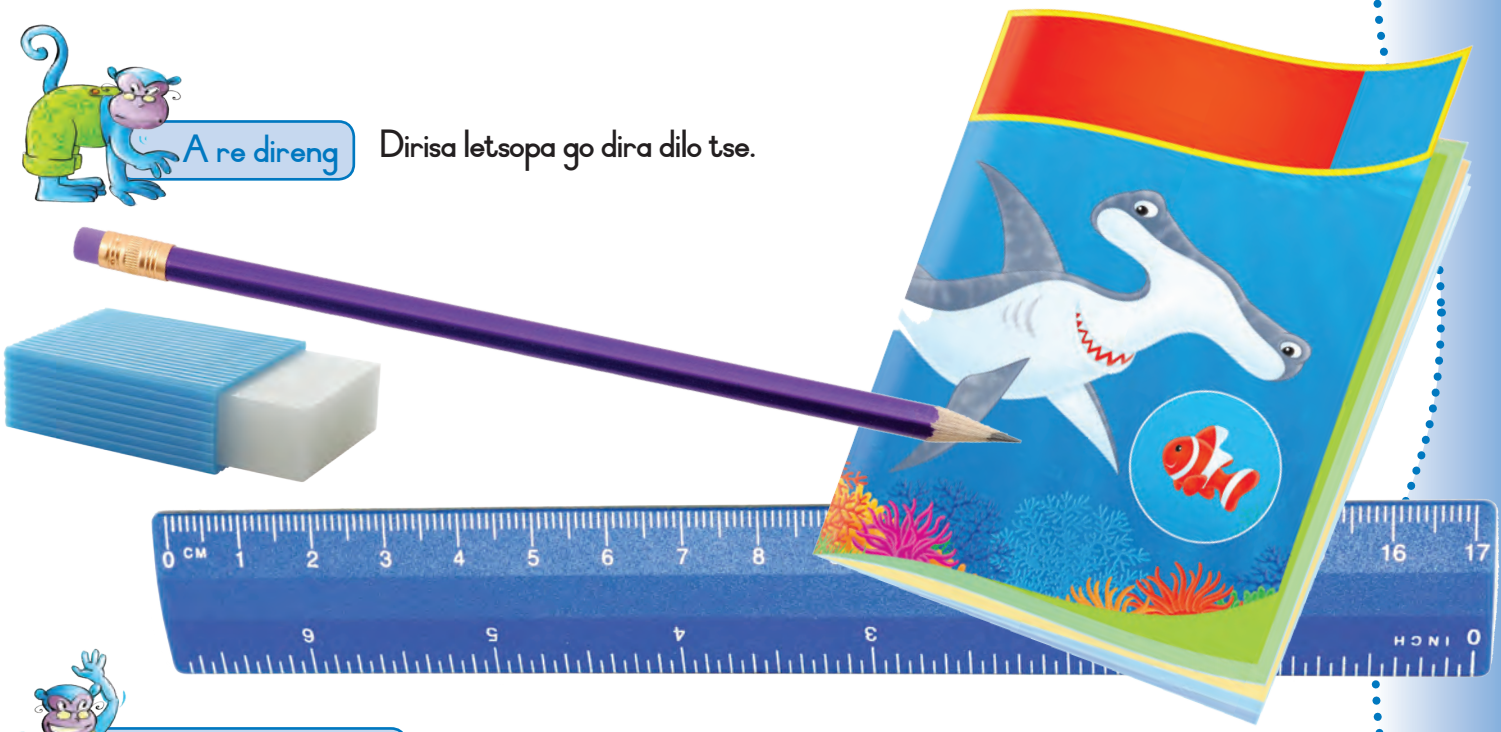
Jaanong botsa ditsala di le 5 ka moo ba yang kwa sekolong ka teng letsatsi le letsatsi. Tshwaya dintlha tsa bona mo tšhateng e.



Leina	1	2	3	4	5
ka maoto 					
ka bese 					
ka koloi/ vene 					

A re direng

Dirisa letsopa go dira dilo tse.



A re tsamayeng

Reetsa mmino o morutabana a tlaa go tshamekelang ona.



Bina go tsamaelana le morethetho wa mmino.

Koba mangole a gago mme o phutholole maoto a gago.

Kuka o bo o dige magetla a gago.

Dikolosa matsogo a gago go ya kwa molemeng le go ya kwa mojeng.

A re tsamayeng

Wena le tsala ya gago le tshwanetse go kolopa le bo le kape bolo. Dirisa letsogo la gago le le bokoa go latlhela bolo.

A ke ne ka kgona go latlhela bolo ka letsogo la me le le bokoa?	☺	☹

A re tsamayeng

Tsamayang jaaka dikeriibaa wena le tsala ya gago.



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Ke itshola ke le phepa

A re bueng

Go botlhokwa go ithuta mekgwa e e siameng go tloga bonnyaneng jwa gago. Dilo dingwe tse o tshwanetseng go di dira go itshola o le phepa e bile o itekanetse, ke tse. Bua ka ga setshwantsho sengwe le sengwe.



Tlhapa meno a me.

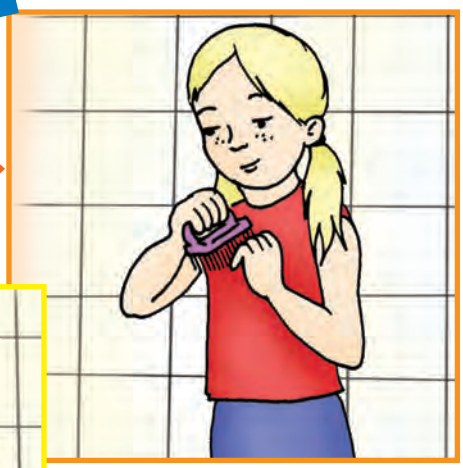


Tlhapa diatla tsa me morago ga go dirisa ntlwanaboithusetso.

Ke tshwanetse go



Tlhapa kgabetsakgabetsa.



Tshola dinala tsa me di le phepa.



Tlhatswa maungo pele ke a a ja.



Dirisa ntlwanaboithusetso.



Dirisa tišu fa ke ethimola kgotsa ke mina.

A re thaleng

Ke dife tsa dilo tse, tse o di tlhokang go itshola o le phepa?
Khalara dinaledi go bontsha gore ke dilwana dife tse o di dirisang go itshola o le phepa. Gape bua ka moo o dirisang selo sengwe le sengwe go itshola o le phepa.



Teacher:
Sign:
Date:

11

Ke itshola ke le phepa



Mekgwa e mengwe e mentle ya go dirisa ntlwanaboithusetso sentle.

Gakologelwa



Ka dinako tsotlhe o tswale lebati la ntlwanaboithusetso fa o dirisa ntlwanaboithusetso.



Fa o ka kgamathetsa ntlwanaboithusetso, o gakologelwe go e phepafatsa.



O se ka wa dirisa pampiri e ntsi ya ntlwanaboithusetso.



Gakologelwa go bulela metsi a ntlwanaboithusetso.



Gakologelwa go tlhapa diatla morago ga go dirisa ntlwanaboithusetso ka dinako tsotlhe.

A re thaleng

Sekeletsa mafoko a a nepagetseng a a re bolelelang gore re tshwanetse go dirisa dilo tse di latelang gakae.

Go tlhapa moriri wa gago.



letsatsi lengwe le lengwe	mo mosong le bosigo
gabedi ka beke	gangwe ka beke

Go tlhapa meno a gago.



letsatsi lengwe le lengwe	mo mosong le bosigo
gabedi ka beke	gangwe ka beke

Go tlhapa mmele wa gago.



letsatsi lengwe le lengwe	mo mosong le bosigo
gabedi ka beke	gangwe ka beke

Go tlhapa sefatlhego sa gago.



letsatsi lengwe le lengwe	mo mosong le bosigo
gabedi ka beke	gangwe ka beke

Teacher:

Sign:

Date:

12

Mmele wa me

A re tsamayeng

Tshameka "Phaladi a re" le morutabana wa gago.
Batla phatlha ya gago mme le tsamaye ntle le go thulana.
Phaladi a re, "tshwara tlhogo ya gago".

A re bontsheng

Bontsha tsala ya gago ka moo o...

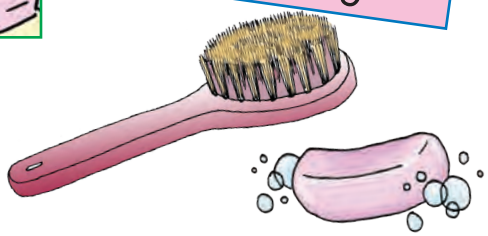


Tlhapang mmele wa gago ka teng.





Phimolang diatla tsa gago ka teng.



Tlhapang moriri wa gago ka teng.



Tlhapang meno a gago ka teng.



Tlhapang sefatlhego sa gago ka teng.



Diragatsang leboko le.

Ke kgona go opa diatla
le go tiba ka maoto
Ke kgona go tshikinya tlhogo
le go dikolosa matsogo
Ke kgona go ama menwana
ya maoto
le go tshwara nko ya me.



Teacher:

Sign:

Date:

Mekgwa e e itekanetseng

A re buiseng

Re tlhoka eng go nna re itekanetse!

Dijo tse di itekanetseng



Ikatiso e e lekaneng



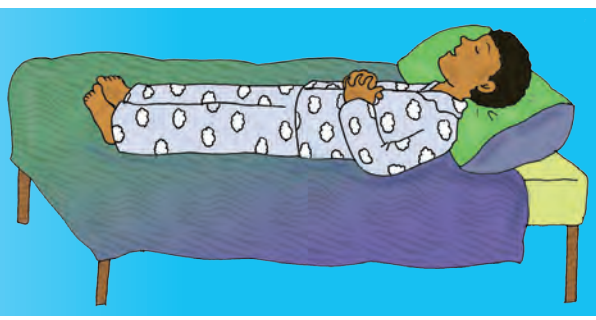
Go itshola re le phepa



Lesedi la letsatsi

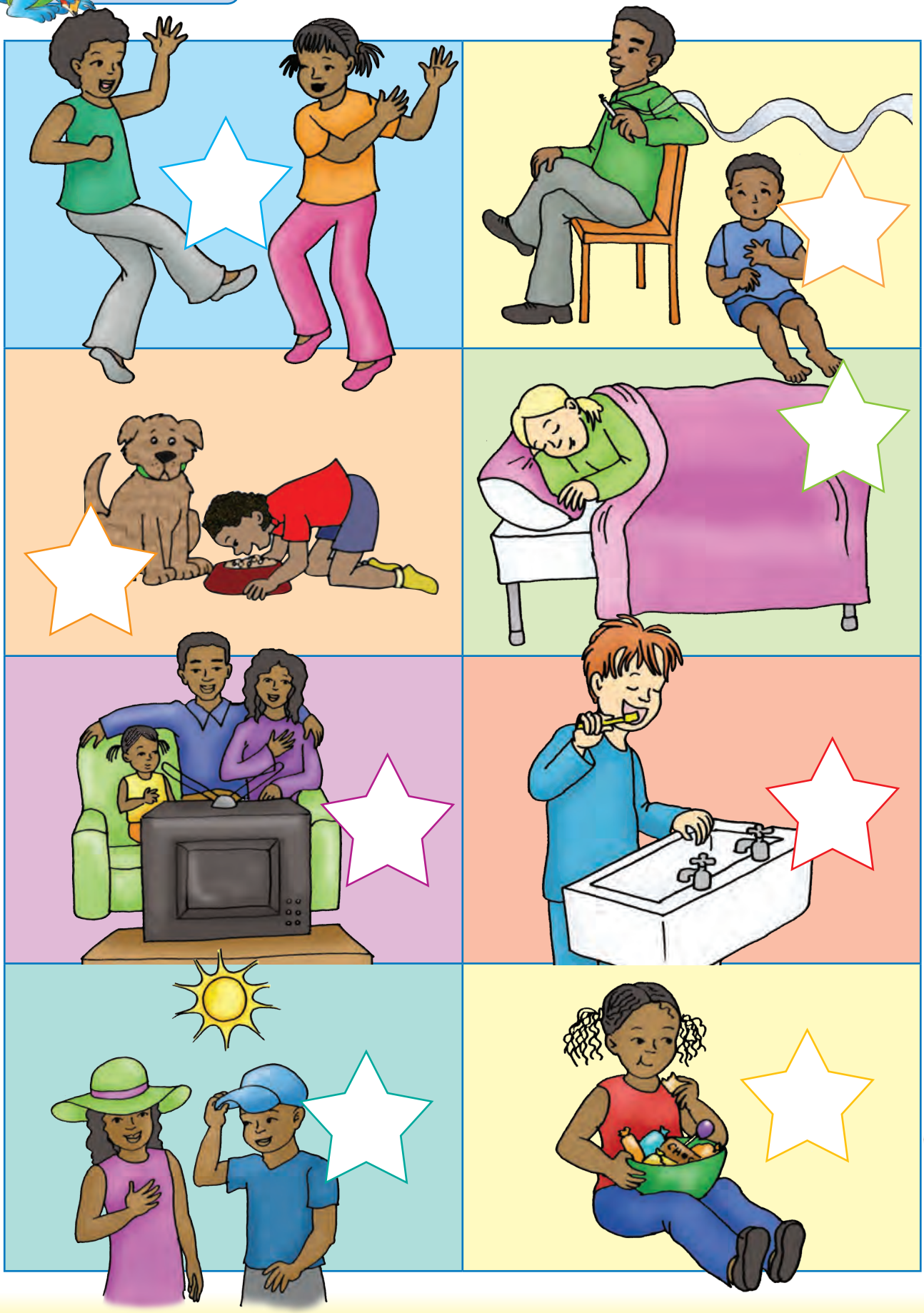


Boroko jo bo lekaneng mme e seng go bogela thelevišene thata!



A re thaleng

✔ ✘ Tshwaya mekgwa e e itekanetseng le mekgwa e e sa itekanelang.



Teacher:

Sign:

Date:

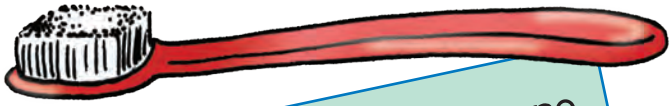
Bophepa

A re direng

Bontsha ka moo o dirisang dilwana tse.

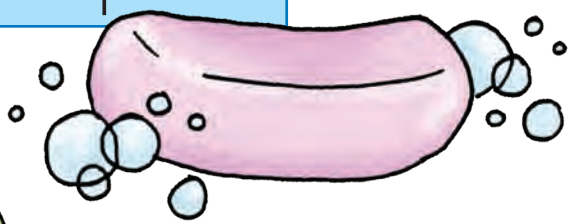


sesepa sa meno



boratšhe jwa meno

sesepa

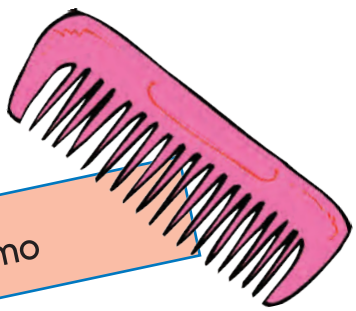




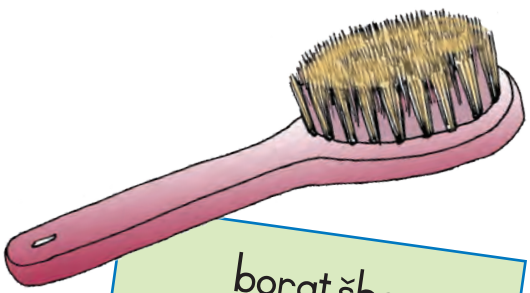


setlolo

šampu



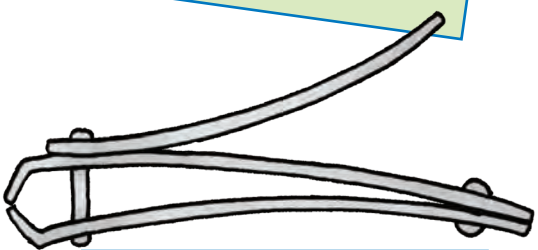
kamo



boratšhe



boratšhe jwa dinala



tlelipara ya dinala

A re tsamayeng

Tshwaraganya diatla go bopa tshekeletsa e kgolo.

Jaanong fetisetsang bolo go mongwe le mongwe mo tshekeletseng.

Morago tsenyang bolo e nngwe mme le e fetise.

Morago tsenyang bolo e nngwe mme le leke go fetisa dibolo di le 3.



A re bueng

Ke eng se seng phepa mo phaposing e?

O tshwanetse go dira eng go phepafatsa phaposi?

Bana ba dira eng? Ba tshwanetse go dira eng?



Teacher:

Sign:

Date:

Maemo a bosa

A re bueng

Lebelela mefuta e e farologaneng ya maemo a bosa mme o bolelele tsala ya gago gore o rata maemo a a ntseng jang a bosa.



fa go le letsatsi



fa go le phefo



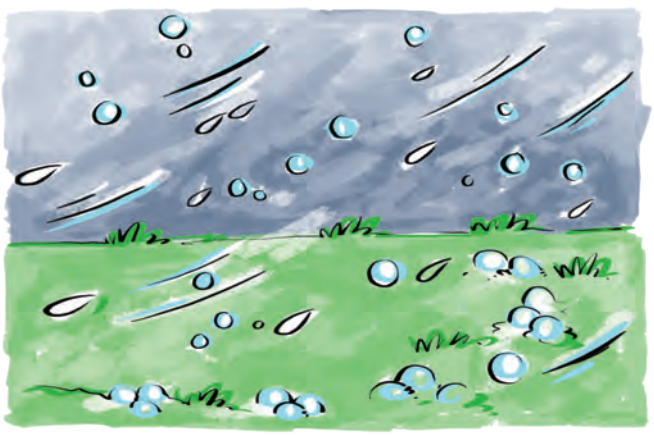
fa go le maru e bile go le tsididi



fa go le maru e bile go le tsididi

Mo dikarolong tse dingwe tsa lefatshe la rona, go nna tsididi thata gore segagane se bo se we. Nako nngwe maemo a bosa a tlala diphefo.

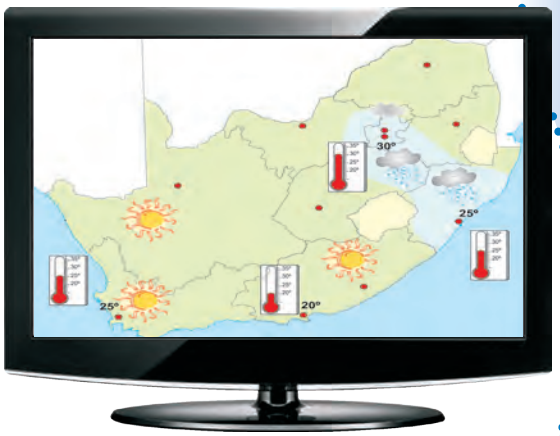
Diphefo tse di maatla, di bidiwa matlakadibe.





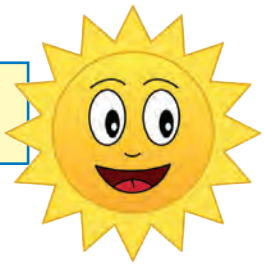


A re buiseng



Re dirisa tšhate ya bosa go bontsha gore bosa bo eme jang. Re dirisa disimbolo go bontsha mefuta e e farologaneng ya bosa. Disimbolo tse dingwe ke tse.

fa go le letsatsi

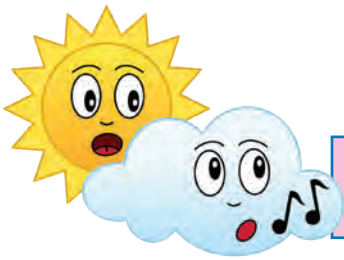


pula e a na



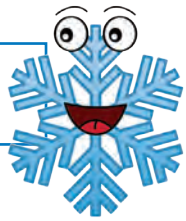


go maru

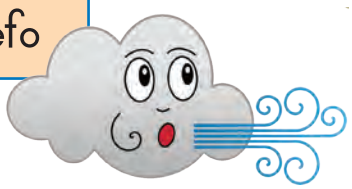


go maru fale le fale

go wa segagane



fa go le phefo





A re direng

Thala disimbolo tsa bosa go feleletsa tšhate ya gago ya bosa ya beke.

Mosupologo	Labobedi	Laboraro	Labone	Labotlhano



A re thaleng

Maemo a bosa a ne a eme jang mo bekeng e? Tlatsa ka mafoko a a tlogetsweng.

Gompieno go _____.

Maabane go ne go le _____.

Ke solofela gore ka moso go tlaa nna _____.

Teacher:

Sign:

Date:

Maemo a bosa

A re direng

Mumuretsang maemo a a farologaneng a bosa.





Phutholelang matsogo a lona mo godimo ga ditlhogo tsa lona mme le dire jaaka e kete ke maru a magolo.

O na le mokgele go itshireletsa kgatlhanong le letsatsi.





Tshikinyega jaaka setlhare se tshikinngwa ke phefo.

Tshwara mokgele wa gago ka maatla gore o se ka wa phepheulwa ke phefo e e maatla.



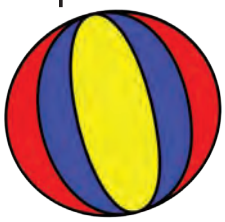


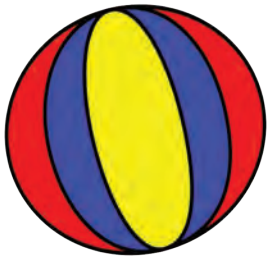
Rothotha jaaka marothodi a pula fa a wela mo marulelong.

A re tsamayeng

Tshwaranang ka matsogo go bopa tshekeletsa e kgolo.

Latlhelelanang dibolo le bo le di kape.







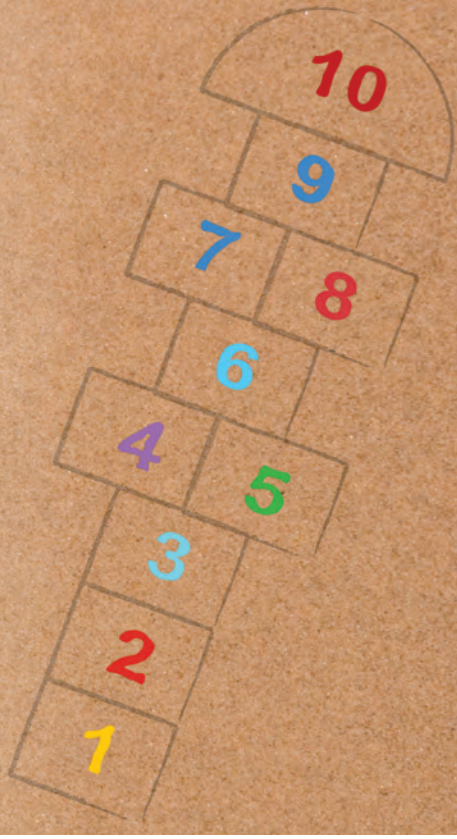
Akanya ka ga mekgwa e e farologaneng ya go tsamaya mo godimo ga kota e e tshegeditsweng kgotsa mo godimo ga mogala. Bona gore a o ka akanya ka mokgwa o o ka tsamayang go farologana le barutwana ba bangwe.

Boithabiso

Tshamekang sekotšhe sa go tlolatlola. Thala diboloko le ditshekeletsa mo motlhabeng.







Teacher:
Sign:
Date:

Lelapa la gaetsho

A re bueng A o ne o itse gore malapa otlhe ga a tshwane?

Malapa mangwe a magolo mme a mangwe a mannye. Mangwe a na le bomme le borre mme a mangwe ga a na. Malapa mangwe a nna le bonkoko le bontatemogolo, bomalome, bommangwane, borakgadi le bontsala.

Lebelela ditshwantsho tse mme o tlotlele tsala ya gago ka moo malapa a a farologanang ka teng.
Dirisa mafoko go tswa mo lebokosong le la mafoko.

mme	rre	ausi
ntatemogolo	abuti	lesea
nkoko	lelapa	







A re kwaleng

Ke mang yo le nnang le ena mo gae?



Ke mang yo le nnang le ena mo gae?

_____.

Mo gae go na le batho ba le _____.

Ke mang yo monnye mo legaeng la lona? _____.

Ke mang yo mogolo thata mo legaeng la lona? _____.

A re bueng

Rotlhe re na le ditiro tse re di dirang mo magaeng a rona. Lebelela ditshwantsho tse, mme fa thoko ga sengwe le sengwe kwala leina la motho yo o dirang tiro e kwa ga lona.



Ka moo ke thusang ka teng mo gae.

_____.

Teacher:

Sign:

Date:

Lelapa la gaetsho



Boithabiso

Thala setshwantsho sa selo se wena le balelapa la gaeno le se dirang mmogo. Kwala leina la mongwe le mongwe fa thoko ga setshwantsho sa gagwe. Bua gore motho yoo ke mang. Dirisa mafoko a go go thusa.

mme	rre	ausi
ntatemogolo	abuti	lesea
nkoko	lelapa	



Lelapa la gaetsho

Re a tlhokomelana



A re buiseng

Balelapa ba tshwanetse go ratana le go tlhokomelana. Re bontsha go ratana ka go tlamparelana le ka go thusana le go tlotlana. Re tshwanetse go.



- Thusana.
- Ikokobeletsana (bogolosegolo mo bagolong).
- Dira ditiro tsa rona ka nako.
- Re nne maikarabelo.



A re bueng

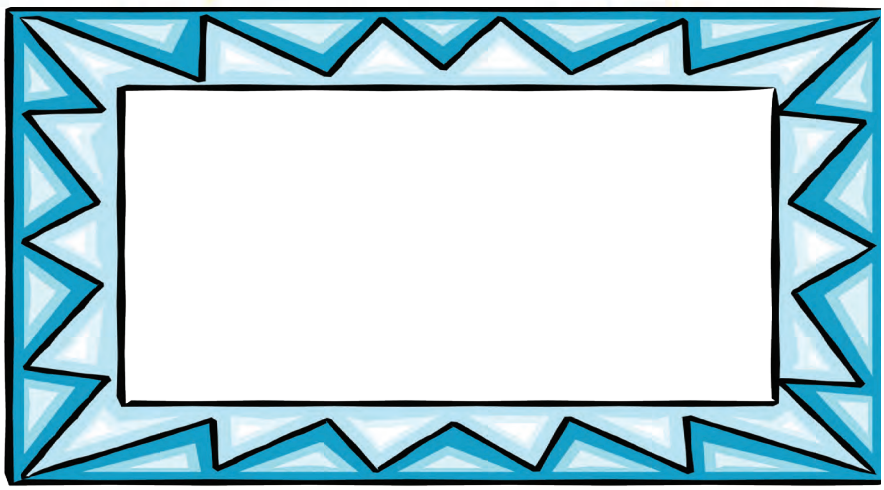
Lebelela ditshwantsho tse mme o bue gore ke bana bafe ba ba bontshang malapa qore ba a kqathalela.





A re direng

Thala setshwantsho sa gore o dira eng go bontsha lelapa la gaeno gore o a le kgathalela. Tlotlela tsala ya gago gore o thadile eng.



Teacher:

Sign:

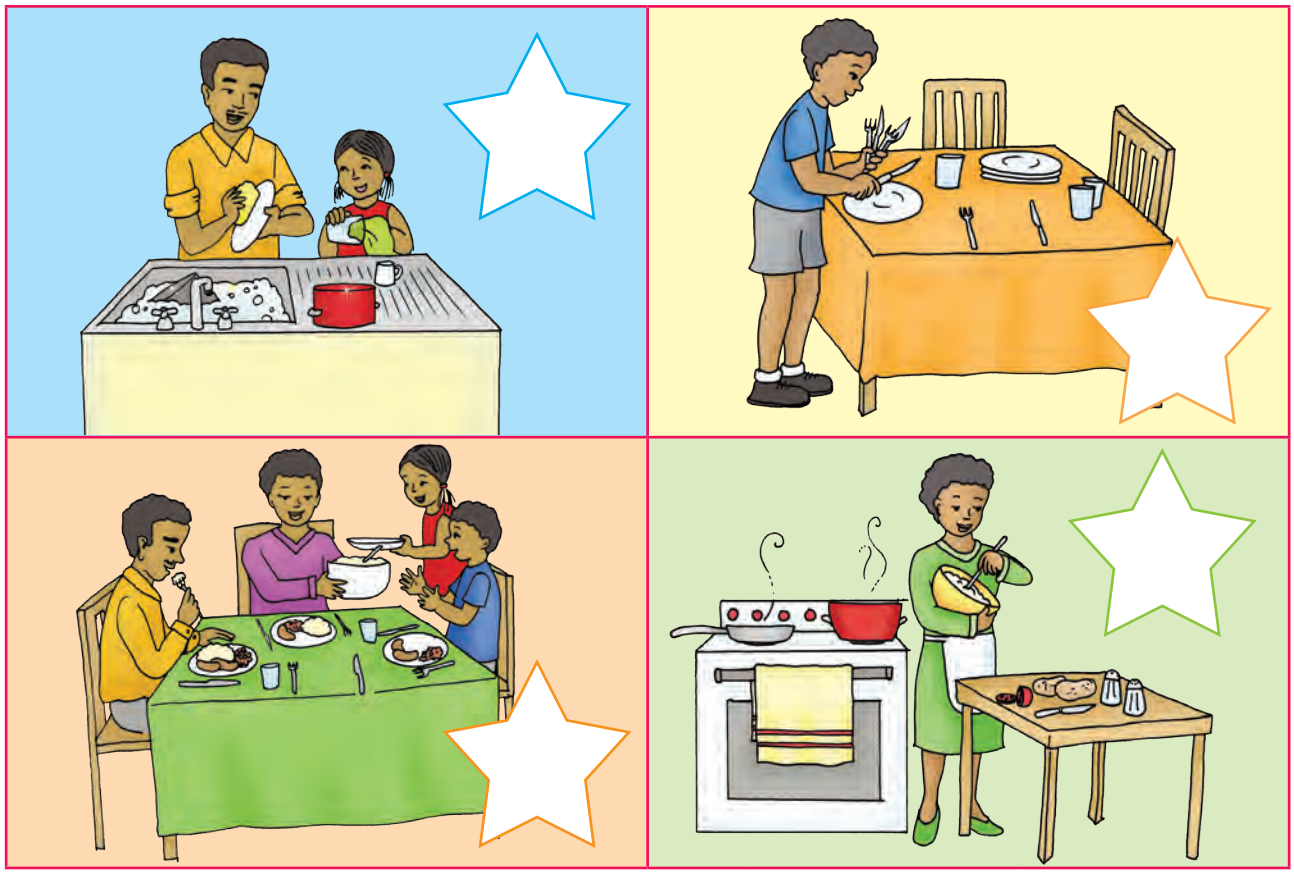
Date:

Re a tlhokomelana



A re bueng

Bua ka moo batho ba malapa a ba thusanang ka teng. Nomora ditshwantsho go tloga ka 1 go fitlha 4 go bontsha tatelano e e siameng.





A re buiseng Ditiro tsa rona tsa maitseboa

Mme o apaya dijo.

Rre o tlhatswa dipitsa.

Nna le abuti re thusa Mme le Rre.

Re thusa thata.

Re baya maswi le senkgwe.

Mme morago re ipaakanyetsa go ya go robala.

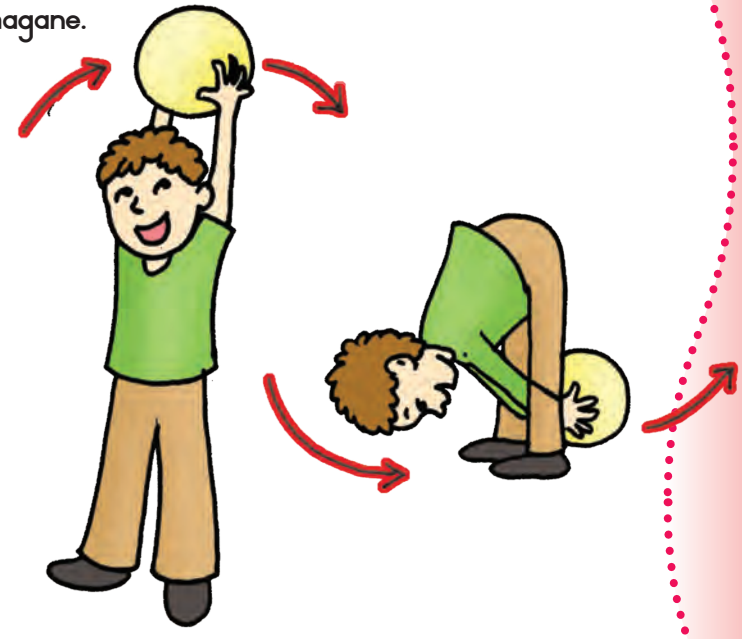
Re tlotlele dinaane tsa kwa leisong tsweetswee!



A re tsamayeng

Tshwaranang ka diatla go bopa tshekeletsa e kgolo. Emang ka mela le tlhomagane.

- Ngwana wa ntlha o bona bolo mme o e fetisetsa kwa ngwaneng yo o kwa morago mo godimo ga tlhogo.
- Ngwana yoo o fetisetsa bolo kwa ngwaneng yo o kwa morago ka fa tlase ga maoto a gagwe.



A re direng

Bontsha morutabana wa gago gore a o ...

	kgona go fetisetsa bolo kwa molekaneng wa gago ka go e tampisa.	ee	nnyaya
	kgona go fetisetsa bolo kwa molekaneng wa gago ka go e latlhela mo godimo ga letsogo.	ee	nnyaya
	kgona go tampisa bolo go tswa mo mangoleng a gago.	ee	nnyaya
	kgona go otlela bolo kwa khounung.	ee	nnyaya
	kgona go teribola bolo fa gare ga batshameki ba bangwe.	ee	nnyaya
	kgona go ragela bolo kwa go sengwe mme o se otle.	ee	nnyaya

Teacher:
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Pabalesego ka mo gare le ka kwa ntle ga legae

A re bueng

Re tshwanetse go aga re ikutlwa re babalesegile fa re le kwa gae. Mme go na le dikotsi tse dintsi mo magaeng le go dikologa magae a rona. Lebelela setshwantsho, mme o bue ka ga dikotsi dingwe le tsala ya gago.

Mo khitšhining

- Retololela matshwaro a dipitsa le dipane kwa morago ga setofo.
- O se ka wa tlogela dithipa tse di bogale gongwe le gongwe.
- Notlelela parafene le ditšhefu mo lefelong le le babalesegileng.
- O se ka wa tlogela ditshamekisi gongwe le gongwe.





Mo phaposibotlhapelong

- O se ka wa dirisa dilo tsa motlakase gaufi le metsi. O se ka wa di tlogela gaufi le metsi.
- Baya dikere le dilo tse di bogale mo rakeng.

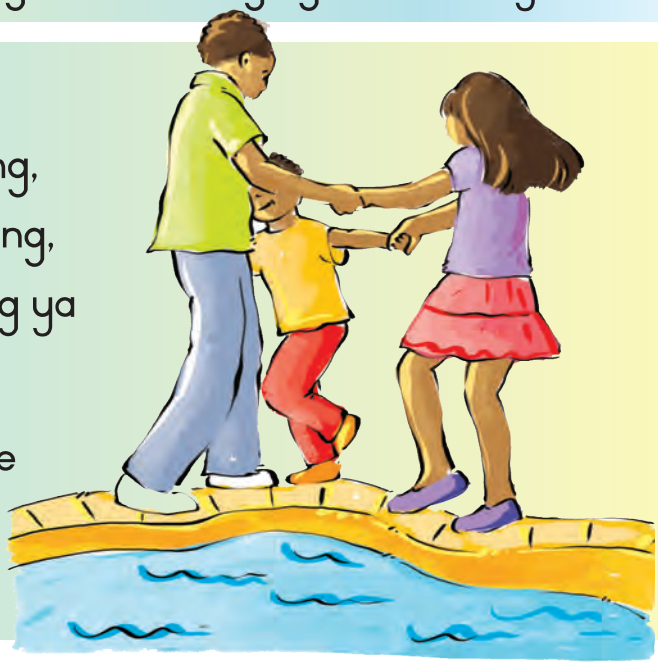
Dipula tsa matlakadibe le motlakase



- O se ka wa ema ka fa tlase ga setlhare fa go na pula ya matlakadibe.
- O se ka wa baya sepe mo phatlhaneng ya motlakase e e mo leboteng. Kopa mongwe yo mogolo go go thusa.
- Fa o bona gore mogala o o yang kwa aeneng kgotsa ketleleng o gobetse kopa Mmaago kana Rraago go o baakanya.

Kwa ntle ga legae

- Sela dilo tse di ka go gobatsang, jaaka digalase tse di thubegileng, mme o di tsenye mo kgamelong ya matlakala.
- O se ka wa tshamekela gaufi le phulu fa go se na motho yo mogolo gaufi.





Ka mo gare ga legae

- O se ka wa tlogela ditshamekisi le dilo tse dingwe di gasagane.
- O se ka wa tshameka ka parafene kgotsa diphepafatsi tse di botlhole.

Teacher:

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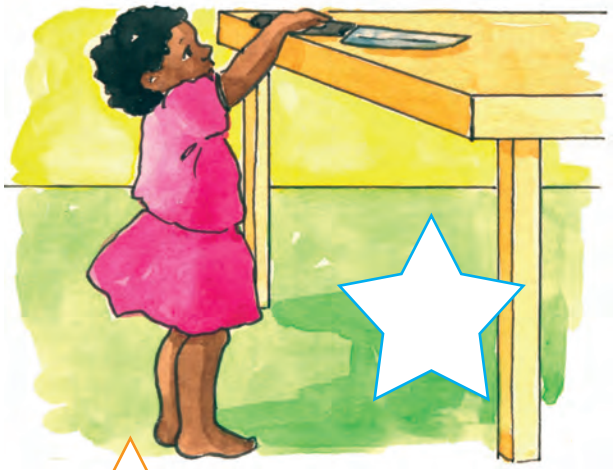
Date:

22 Pabalesego ka mo gare le ka kwa ntle ga legae



Lebelela ditshwantsho mme o bue gore ke ditshwantsho dife tse di bontshang maemo a a babalesegileng le tse di sa bontsheng maemo a a babalesegileng. Tshwaya tse di bontshang maemo a a babalesegileng ✔mme o thale sekere ✘ mo go tse di bontshang maemo a a sa babalesegang.















A re bueng

A go na le dilo tse di sa babalesegang mo legaeng la gaeno? O ka dira eng ka ga tsona? Ditšhefu le dieledi tse dingwe tse di phepafatsang di kotsi thata, mme di kgona go go lwatsa kgotsa go go bolaya. O se ka wa nwa sengwe le sengwe se o sa itseng gore ke eng.





Letshwao le le bontsha gore go na le sengwe se se botlhole mo lebotlolong, lebokosong kgotsa thining.

A o setse o kile wa bona letshwao le?



A re direng

Morutabana wa gago o ya go go tshamekela mmino.

- Tsamaya go ya ka morethetho wa mmino.
- Tlhophang moeteledipele. Moeteledipele o tshwanetse go tsamaelana le morethetho wa mmino. Ema ka leoto le le lengwe.
- Jaanong ema ka leoto le lengwe.
- Ke leoto lefe le le maatla go gaisa?
- Baya mogala o moleele fa fatshe kgotsa o thale mola.
- Tsamaya go bapa le mogala kgotsa mola, mme o ema o tshegeditse mmele.
- Jaanong fetola sebopego sa mogala kgotsa mola mme o tsamaye go bapa le ona o ntse o itshegeditse.





Teacher:
Sign:
Date:

23 Pabalesego fa ke le esi

A re bueng

O ithutile ka ga dilo tse di kgonang go go gobatsa kwa gae le go dikologa legae la gaeno. O ka itshola o babalesegile jang fa o le kwa gae o le esi?

Fa o le kwa gae o le esi, o ka dira dilo tse di latelang go nna o babalesegile.





Notlela mabati otlhe.



O se ka wa bulela batho ba o sa ba itseng lebati.

- Netefatsa gore o itse dinomore tsa mogala tsa batsadi ba gago le tsa baagisani ba lona.
- Lenaneo la dinomore tsa botlhokwa fa go ka nna mongwe yo o gobalang.





A re kwaleng Itirele lenaneo la dinomore tsa botlhokwa.



Sepodisi: _____



Emelentshe: _____

Ditimamolelo: _____



Selula ya Mme: _____

Selula ya Rre: _____

Ke mang gape yo o ka mo leletsang fa o tlhoka thuso?

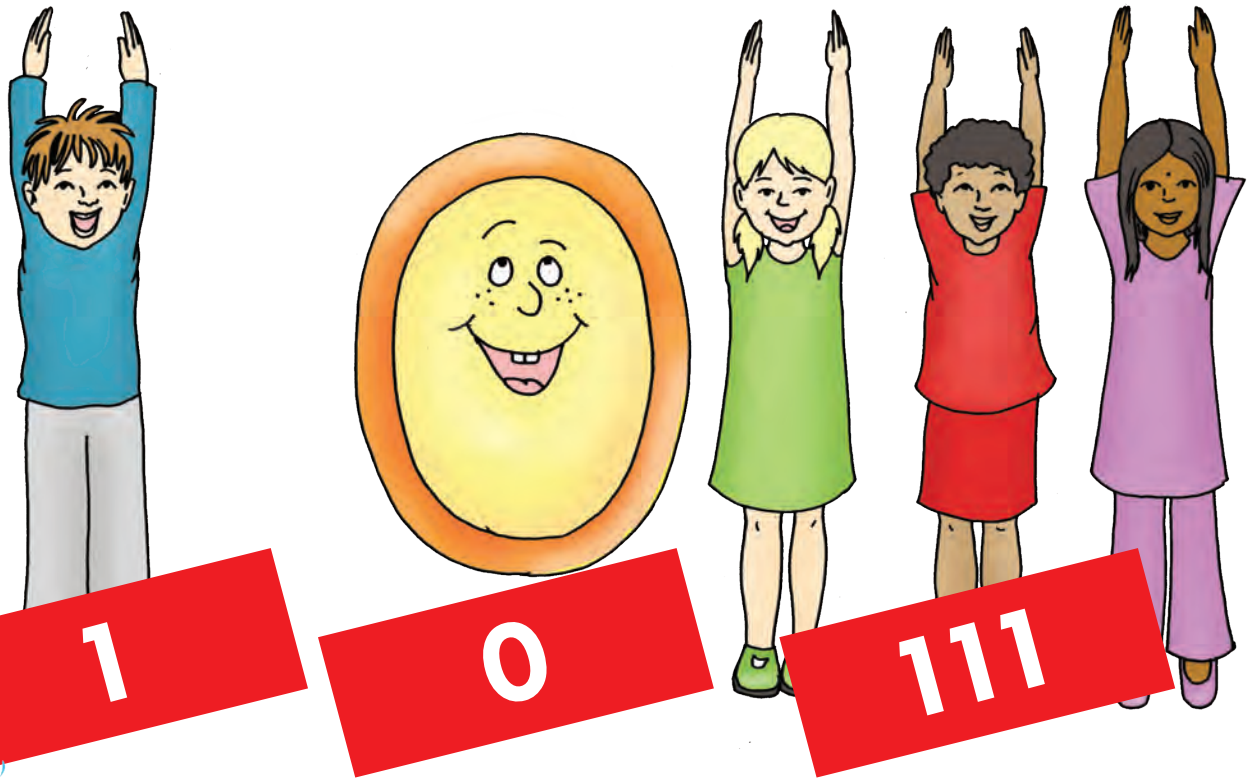
_____

Teacher:
Sign:
Date:

24 Pabalesego fa ke le esi

A re bueng

Mokgwa o o bonolo wa go gakologelwa dinomore tsa mogala tsa sepodisi ke o. Lebelela setshwantsho mme o bolelele tsala ya gago ka moo ditshwantsho di go thusang go gakologelwa dinomore ka teng. IOIII ke nomore ya sepodisi. E bue makgetlo a le mmalwa go fitlha e nna mo tlhogong ya gago.



A re tsamayeng

Bontsha ka moo o ne o ka tsamaya ka teng fa o ne o le ngwana mo go sengwe le sengwe sa ditshwantsho tse.



O ne o ka tsamaya jang fa o ne o tebisitswe ke motho yo o sa mo itseng?



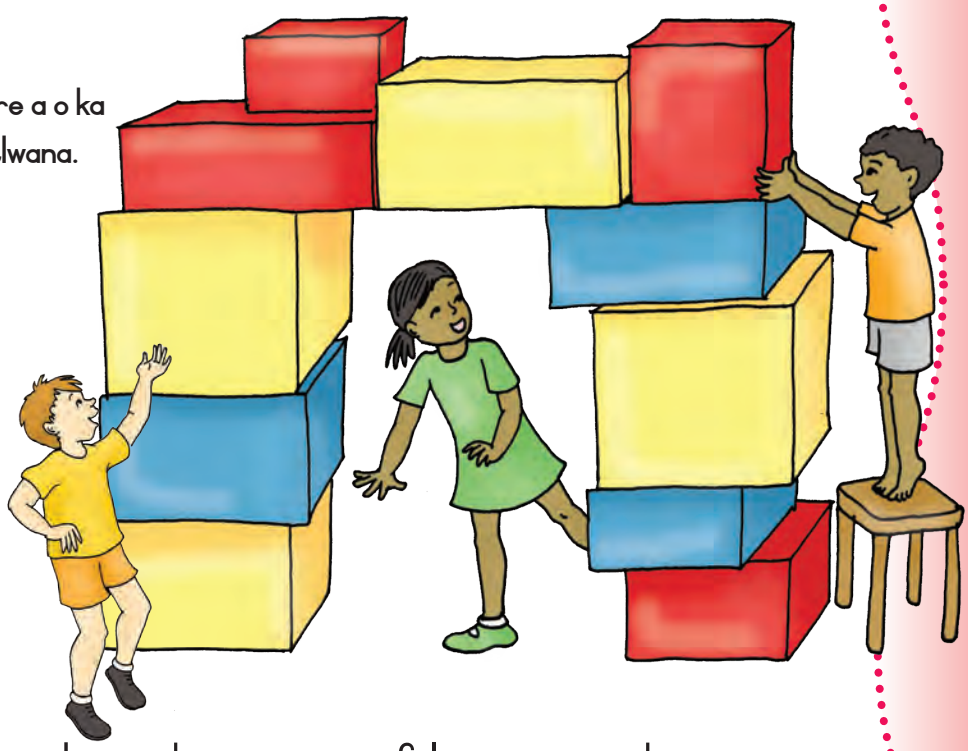
O ne o ka tsamaya jang fa o ne o thusa mmaago go dubela kuku?



O ne o ka tsamaya jang fa o ne o eme mo godimo ga galase e e thubegileng?

A re direng

Bona gore a o ka itirela ntlwana.



- Batla dikhateboto tsa bogologolo mme o age mabota le marulelo.
- O ka nna wa di kgomaretsa mmogo. Fa ntlwana e fedile, o ka nna wa e penta.
- Fa o sa kgona go bona khateboto, dirisa sengwe fela, mme o se ka wa dirisa galase kgotsa thini kgotsa sengwe fela se se ka go gobatsang.

A re tsamayeng

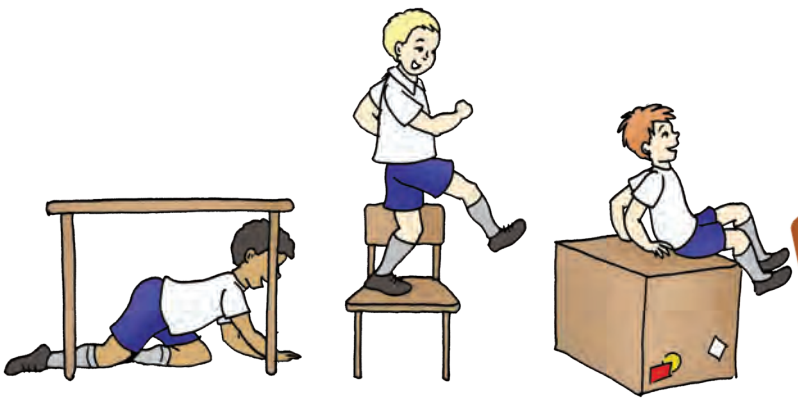
Latlhela kgetsana ya dinawa kgotsa bolo mo moweng mme o e tshware ka letsogo la gago le le bokoa.



A re direng

Thusa morutabana wa gago go sutisa ditulo, ditafole le mabokoso.

Palama mo godimo ga ditulo, ditafole le mabokoso, gogoba ka fa tlase ga tsona morago o tlolele fa fatshe go tswa mo go tsona.



Teacher:
Sign:
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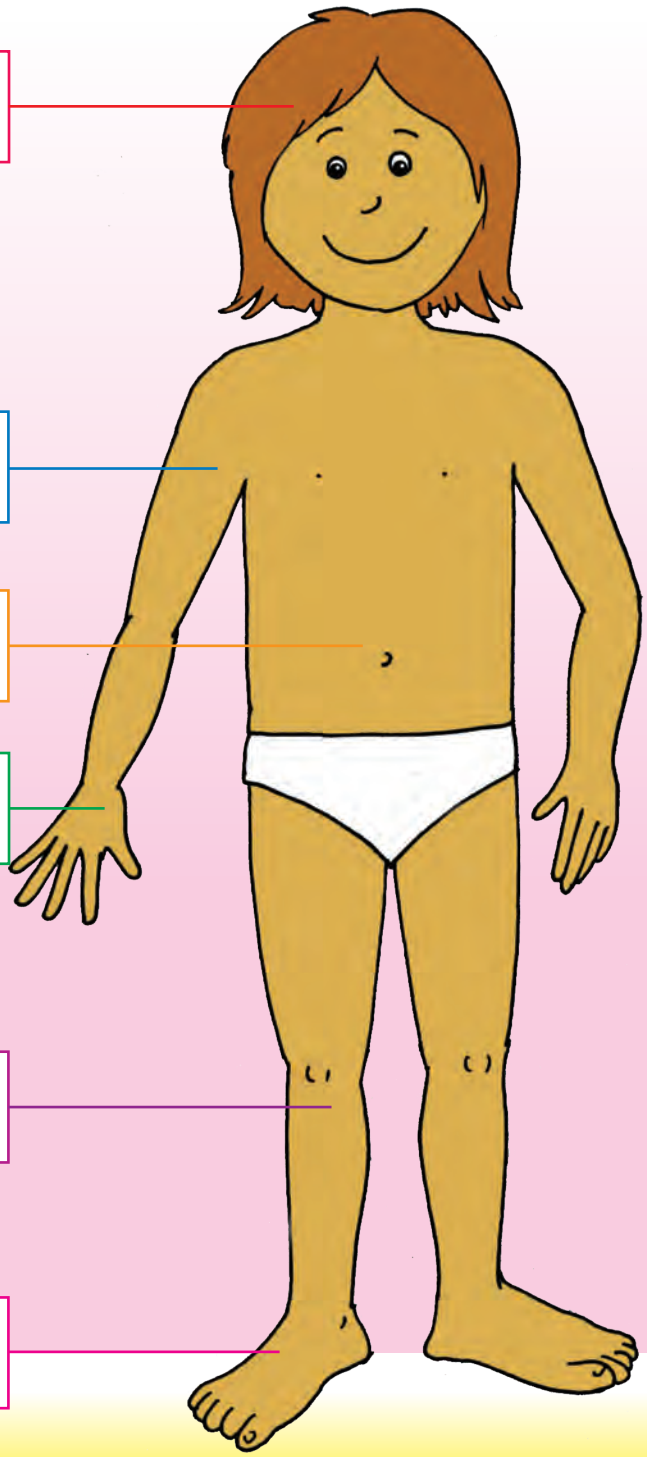
Mmele wa me

A re kwaleng Kwala mafoko mo diphatlheng tse di nepagetseng.

leoto	seatla	tlhogo
dimpa	leoto	letsogo

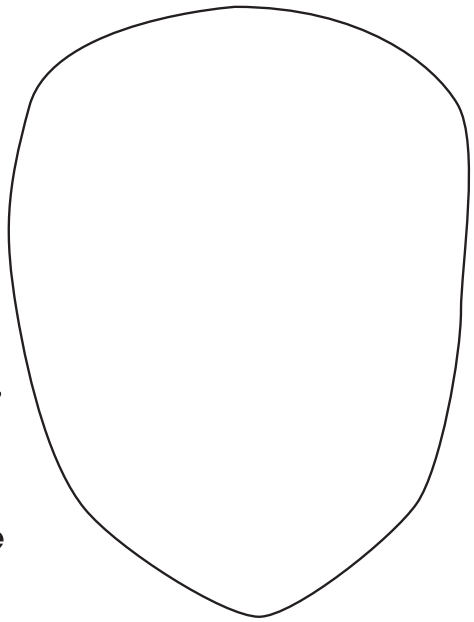


A re kwaleng

Feleletsa setshwantsho se sa sefatlhogo.

Thala moriri. Leka go kopisa sefatlhogo sa gago. Fa o na le matlho a a mahunou, thala matlho a mahunou. Fa o na le moriri o montsho, thala moriri o montsho.

Thala dintshi tsa gago, nko ya gago le molomo wa gago.





Sefatlhego sa gago ke karolo ya botlhokwa ya mmele wa gago.

Mongwe le mongwe o na le matlho a 2.  Mongwe le mongwe o na le ditsebe tse 2.

Mongwe le mongwe o na le nko e le 1.  Mongwe le mongwe o na le molomo. 

A re bueng

Opela pina e. Ama karolo ya mmele fa o ntse o opela leina la yona.



Tlhogo, magetla

Tlhogo, magetla, mangole le menwana, mangole le menwana x2

Tlhogo, magetla, mangole le menwana

Tlhogo, magetla, mangole le menwana, mangole le menwana

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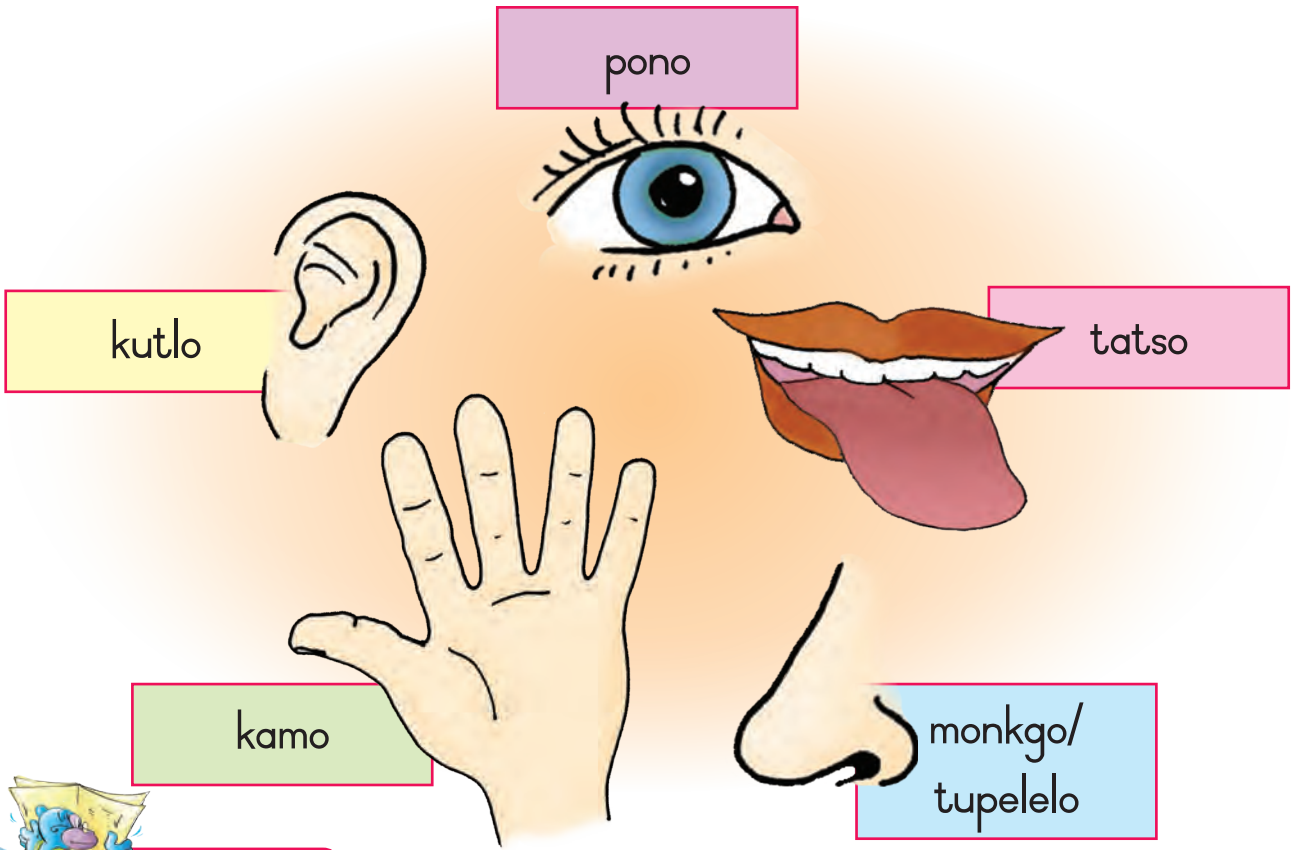
Dirwe tsa me



A re bueng

Lebelela dirwekutlo tse di farologaneng mme o bue gore re di dirisetsa eng.





A re buiseng

Re dirisa dirwekutlo tsa rona letsatsi le letsatsi.

Re nkgelela le go latswa dijo tsa rona.

Re kgona go utlwa ka moo lefofa le leng boleta ka teng.

Re bona ka moo legodimo le leng boluu ka teng ka selemo.

Re reetsa mmino.

Dirwekutlo tsa rona gape di a re sireletsa.

Re kgona go nkgelela gore a go na le molelo.

Re kgona go utlwa gore a poleite ya setofo e mogote thata.

Re kgona go bona fa go sa babalesega go kgabaganya tsela.

Re kgona go utlwa modumo wa sejanaga le wa alamo.



A re direng

Go tlhokomela matlho le ditsebe tsa rona.



Re tshwanetse go tlhokomela dirwekutlo tsa rona.

Mekgwa e mebedi ya go tlhokomela matlho le ditsebe ke e.

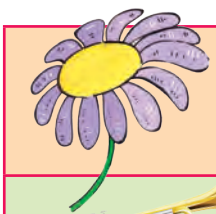
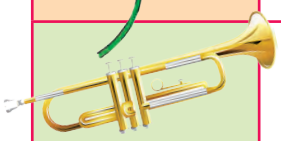


Tlhokomela ditsebe tsa gago ka go se reetse mmino o o kwa godimo thata.

Tlhokomela matlho a gago ka go rwala hutshe kgotsa diporele tsa letsatsi. O se ka wa lebelela letsatsi.

A re kwaleng

Lebelela theibole e e fa tlase, mme mo moleng mongwe le mongwe o tshwaye serwekutlo kana dirwekutlo tse o ka di dirisang ka g. O ka nna wa tshwaya go feta bongwe.

	 monkgo	 tatso	 pono	 kutlo	 kamo
					
					
					
					
					

Teacher:

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Go tsamaisa mmele wa me

A re bueng

Lebelela ditshwantsho. Mo go sengwe le sengwe, bua dikarolo tsa mmele mme o bue gore di go thusa go dira eng.

Re dirisa mebele ya rona go tsamaya.



A re kwaleng

Araba dipotso tse le tsala ya gago. Morago o kwale dikarabo mo bukeng ya gago, ka fa tlase ga dipotso.

Ke dikarolo dife tsa mmele tse o di dirisang go tsamaya?



_____

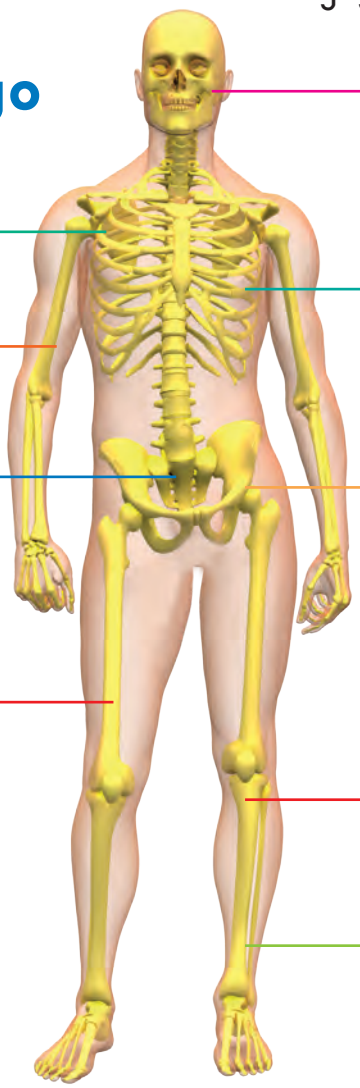
Ke dikarolo dife tse 2 tsa mmele wa gago tse o di dirisang go sela sengwe?

_____ le _____.

A re buiseng

Gape go na le dikarolo tsa mmele wa gago tse o sa kgoneng go di bona. Tsotlhe di bereka mmogo go go tshola o tshela.

Marapo a gago



lerapo la kholoro

lerapo la letsogo

mokwatla

lerapo la leoto

logata

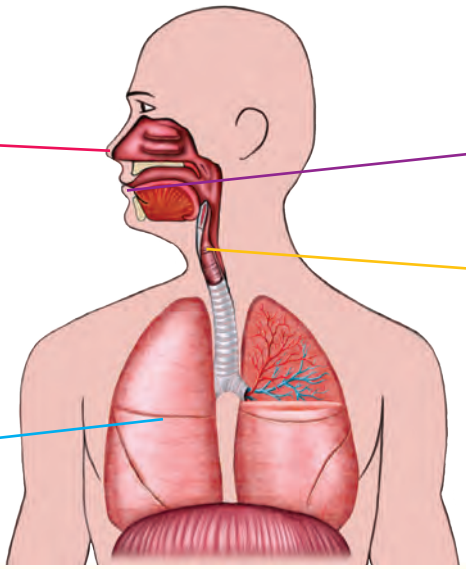
kgopo

lerapo la noka

lerapo la lengole

lerapo la leoto

Dikarolo tsa mmele wa gago tse di go thusang go hema



nko

makgwafo

molomo

kgokgotso

Teacher:

Sign:

Date:

Go tshola mmele wa me o babalesegile



A re buiseng

Lebelela ditshwantsho tse di fa tlase, mme o bue le tsala ya gago ka ga se o se boneng. Mo setshwantshong sengwe le sengwe, bua gore o ka nna o babalesegile jang.



O bona tsala ya gago ka kwa ga mmila.



O eme o le esi kwa boemelabeseng.



Motho yo o sa mo itseng o go kopa go tsamaya le ena felo gongwe.



O kwa marekelong o le esi.

Re na le maikutlo a "Ee" fa mongwe a re tlamparela ka mokgwa o o siameng.

O ikutlwa o le monate fa motho yo o mo ratang a go ama ka mokgwa wa botsalano le tlhokomelo.





Re na le maikutlo a "Nnyaya" fa mongwe a re tlamparela ka mokgwa o o re tshosang kgotsa o o tenang.

Fa o ikutlwa o tenegile kgotsa o sa babalesega o nna le maikutlo a "Nnyaya".

Mmele wa gago o kgethegile thata mme ke wa gago. O ka kgona go re "Ee" fa go siame gore motho a go ame kana a go tshware, gape o ka kgona go re "Nnyaya" fa go sa siama.



Teacher:
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Ke itshola ke babalesegile

A re kwaleng

Lebelela ditshwantsho tse di fa tlase mme o kwale "Ee" mabapi le maikutlo a "Ee" le "Nnyaya" mabapi le maikutlo a "Nnyaya" mo dibolokong.









A re direng

Ikatise go re "Nnyaya".

Diragatsang motshameko o mo go ona motho yo o sa mo itseng a tsenyang ngwana mo koloing ya gagwe kgotsa a batlang go ama ngwana. Ngwana o araba ka go re, "Nnyaya".

A re bueng

Bana bangwe ba tshela mo magaeng a ba sa tlhokomelweng mo go ona. Lebelela ditshwantsho. Bua gore o ka ikutlwa jang fa o ne o le ngwana yo o mo ditshwantshong. Bua gore o ne o ka dira eng.



A re tsamayeng

Tshameka motshameko wa "go tsigama".

Tsamaela gongwe le gongwe kwa o go batlang, mme fa morutabana wa gago a letsa phala, o "tsigame" teng fa o leng teng.

Ga o a tshwanela go tsamaya go fitlha morutabana a re o ka nna wa tsamaya.

A o kgona go itshegetsa sentle?

Tsamaya mo koteng ya go itshegetsa kgotsa mo mogaleng o moleele o o beilweng fa fatshe.



Teacher:
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30 Go tshola mmele wa me o itekanetse



A re buiseng



Go na le mekgwa e mentsi e re ka lwalang ka yona. Bontsi jwa nako, re lwala ka ntlha ya megare le dibaketeria.

Di dinnye thata mo re sa kgoneng go di bona.

Di tsena mo mebeleng ya rona mme di re lwatse.



A re bueng

Bana ba ba mo ditshwantshong ba dira eng go itshola ba itekanetse?
Go ne go ka diragala eng fa ba ne ba ka se ka ba dira dilo tse?









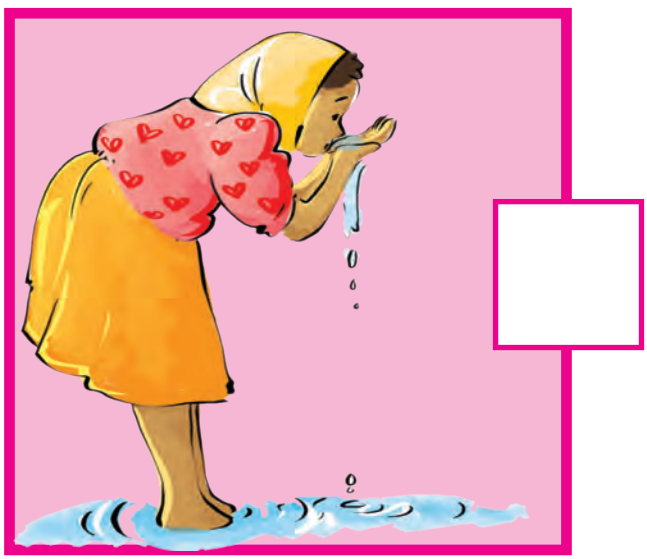
A re bueng

Jaanong bua ka ga ditshwantsho tse. Dira ✔ go bontsha ka moo o ka nnang o itekanetse ka teng. Tsenya ✘ mo ditshwantshong tse di ka dirang gore o lwale.













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31

Go tshola mmele wa me o itekanetse



Bana ba ba mo ditshwantshong ba dira eng go itshola ba itekanetse? Go ne go ka diragala eng fa ba ne ba ka se ka ba dira dilo tse?

A o ne o itse gore metsi a mangwe a phepa fa a mangwe a le maswe? O ka netefatsa jang gore metsi a phepa e bile a siametse go nowa?

O ka bedisa metsi a a maswe go bolaya megare yotlhe.





O ka kgona go sefa metsi a a maswe go ntsha maswe otlhe. Morutabana wa gago o tlaa go bontsha gore o ka dira jang.

O ka tshela leswana la tee le le 1 le la bolitshi (go tshwana le Jiki) mo kgamelong ya metsi a noka a dilitara di le 20. Tswala kgamelo gore dintsi di se ka tsa wela mo metsing. Tlogela metsi sebaka sa diura di le 28 pele o a nwa.



A re bueng

Lebelela ditshwantsho tse mme o bue ka ga se bana ba ba se dirang go nna ba itekanetse.

Latlhela ditišu tse di dirisitsweng mo ntlwanaboithusetsong kgotsa mo serotong sa matlakala.

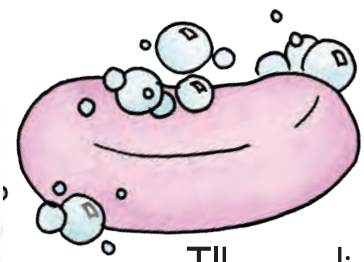




Tlhapa diatla tsa gago pele o ja.







Tlhapa diatla tsa gago morago ga go dirisa ntlwanaboithusetso.



Fa o kgamathetsa ntlwanaboithusetso, phimola maswe a gago mme o tlhape diatla tsa gago.



Thiba molomo wa gago fa o gotlhola kana o ethimola.

Teacher:

Sign:

Date:

Ke mpa ke tlhola fela





	✔	✘
Ke kgona go bua ka ga lelapa la gaetsho.		
Ke kgona go tsamaya mo moleng o mosesane.		
Ke itse nomore ya mogala ya sepodisi.		
Ke itse ka ga maikutlo a "Ee" le a "Nnyaya".		
Ke kgona go tshwara bolo.		
Ke kgona go nna ke babalesegile kwa gae.		
Ke kgona go itlhokomela fa ke le esi kwa gae.		
Ke thusa lelapa la gaetsho.		
Ke itse tsela ya me ya kwa sekolong.		
Ke itse go itshola ke itekanetse.		
Ke itse gore ke tshwanetse go dira eng ka dilo tsotlhe tse di mo kgetsaneng ya me ya sekolo.		
Ke itse ka ga mefuta e e farologaneng ya malapa.		
Ke ithutile go le gontsi ka ga Bokgoni jwa Botshelo.		

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

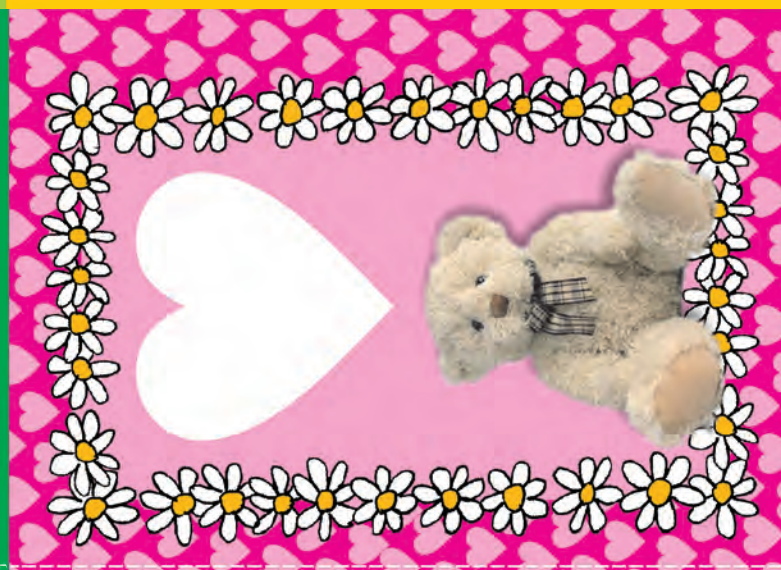



get well soon





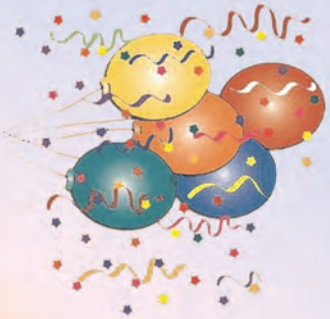
















Masks

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

