

Mofumahadi Angie Motshekga, letona la Lafapha la Thuto ya Motheo



Mong. Enver Surty, Motlatsi wa Letona la Thuto ya Motheo

Dibuka tsena tsa tshebetso di etseditswe bana ba Afrika Borwa tlasa boetapele ba Letona la Thuto ya Motheo, Mof. Angie Motshekga, mmoho le Motlatsa Letona la Thuto ya Motheo, Mong. Enver Surty.

Dibuka tsa tshebetso tsa Rainbow di bopa karolo ya Lefapha la Thuto ya Motheo, ya thuso e reretsweng ho netefatsa tshebetso ya baithuti ba Afrika Borwa dikereiting tse qalang tse tsheletseng. Jwale ka enngwe ya dintlha tsa bohlokwa tsa Moralo wa Tshebetso ya Mmuso, projeke ena e etsahetse ka tshehetso ya letlole la Polokelo la Setjhaba. Sena se entse hore Lefapha le etse dibuka tsena tsa tshebetso ka dipuo tsohle tsa semmuso, ntle le tefello ya letho.

Re tshepa hore, matitjhere a tla fumana dibuka tsa tshebetso di le bohlokwa mosebetsing wa bona wa letsatsi le letsatsi, le ho etsa bonnete ba hore baithuti ba bona ba etsa kharikhulamo yohle. Re nkile boikarabelo ba ho tataisa titjhere mosebetsing ka enngwe le enngwe ya mesebetsi; ka ho kenyelletsa motshwao a bontshang hore na seo barutwana ba tshwanelang ho se etsa ke sefe.

Re a kgolwa hore bana ba tla natefelwa ke ho sebetsa ka buka ena ha ba ntse ba hola le ho ithuta, le hore wena titjhere, o tla natefelwa mmoho le bana.

Re le lakalletsa katleho ho sebediseng dibuka tsena tsa tshebetso.

Kereiti ya 1



Bokgoni ho tsa Bophelo SESOTHO Buka ya 1

Kotara ya 1&2



Dibuka tsa Mosebetsi di fumaneha ka tatelano ena:

- *Litheresi/Puo ya Lapeng Dikereiting tsa 1-6 (Dipuong tsohle tsa Semmuso)*
- *Mmetse Dikereiting tsa 1-3 (Dipuong tsohle tsa Semmuso)*
- *Mmetse Dikereiting tsa 4-9 (Ho Senyesemane le Seburu)*
- *Bokgoni ho tsa Bophelo Dikereiting tsa 1-3 (Dipuong tsohle tsa Semmuso)*
- *Puo ya Tlatsetso ya Pele Dikereiting tsa 1-3 (Ho Senyesemane, Seburu, Sepedi le isiZulu)*
- *Puo ya Tlatsetso ya Pele Dikereiting tsa 4-6 (Ho Senyesemane le Seburu)*

Rainbow WORKBOOKS

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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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Pherekgong
Hlakola
Hlakubele
Mmesa
Motsheanong
Phupjane
Phupu
Phato
Lwetse
Mphalane
Pudungwana
Tshitwe

Kereiti ya 1



Bokgoni ho tsa Bophelo
SESOTHO
Buka ya I



Buka ena ke ya:

Ditaba ka nna



A re etseng

Kgomaretsa senepe sa hao kapa o etse setshwantsho sa senepe seo.





Lebitso la ka ke _____.

Fane ya ka ke _____.

Ke dilemo di _____.

Lapeng leso re _____ ka palo.

Nomoro ya mohala wa heso ke: _____

Aterese wa heso ke:

_____

_____

_____



Ke tseba letsatsi la ka la tswalo.

ee	ha ke na bonnete	tjhe

A re etseng ditshwantsho

Tshepo o tseba ho bapala bolo.	Etsa setshwantsho sa ntho eo o e etsang hantle.
	

Bolella motswalle wa hao ka seo o ka se etsang hantle. Jwale kgabisa naledi ka lebokoseng le nepahetseng ho bontsha hore o ka etsang.

A re bueng

 Ke tseba ho bala.	 Ke tseba ho ikapesa.	 Ke tseba ho ngola.
 Ke tseba ho qoqopela.	 Ke tseba ho etsa tee.	 Ke tseba ho hlatswa meno a ka.

Teacher:
Sign:
Date:

2 Mebala le meqoqopelo

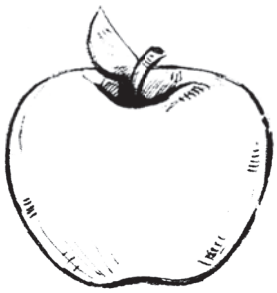
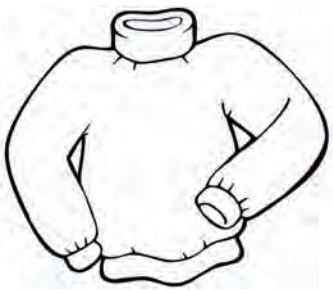
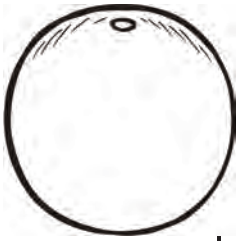
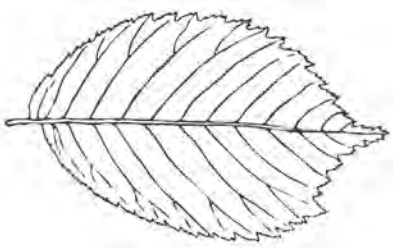


A re etseng

Na o tseba mebala ena?
Bolella motswalle wa hao mabitso a mebala ena.



Kgabisa setshwantsho se seng le se seng ka mmala o nepahetseng.

 panana e tshehla	 apole e kgubedu	 jeresi e bolou
 sekgele se mebalabala	 lamunu e mmala wa lamunu	 lehlaku le letala



A re sutheng

Etsa seo bana bana ba se etsang.



Sisinya mmele wa hao kaofela.

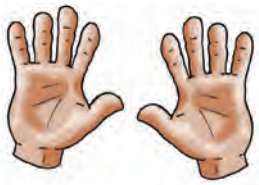
Etsa e ka o bapala piano.

Etsa e ka o bapala katara.



Tlotlontswe

Opa diatla dipateroneng tse latelang.





Opa Opa Opa Opa

Opa Opa Opa

Opa Opa Opa Opa

Opa Opa Opa Opa Opa



A re etseng

Na o ka etsa dintho tsena? Bontsha metswalle ya hao.

Nka matha ka nqa tse fapaneng ke sa thule motho.	☺	😐	☹
Nka tlola ka kgati.	☺	😐	☹
Nka thetela motswalle wa ka bolo e kgolo.	☺	😐	☹

Teacher:
Sign:
Date:

3 Re kgethehile kaofela

A re bueng

Sheba setshwantsho o bolelle motswalle wa hao phapang pakeng tsa bana bana.





Kgolo le nyenyane

Ba bang ba baholo, ba bang ba rona ba banyenyane.

Ba bang ba rona ba balelele, ba bang ba bakgutshwane.

Ba bang ba rona ba ka tlola, ba bang ba ka bina.

Bohle re na le bokgoni ba ho etsa dintho tse ntle.

Ke eng seo o ka se etsang hantle?



A re bueng

Bolella metswalle wa hao hore o ikutlwile jwang tsatsing la hao la pele sekolong.

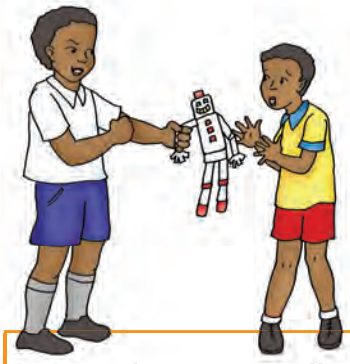
thabile	hlomohile	thabile haholo	halefile	dihlong
				

A re etseng

Etsa setshwantsho o bontshe hore o ka ikutlwa jwang ha motho e mong a ka o fa sebapadiswa se setjha? Ngola lentswe sebakeng se latelang ebe o etsa setshwantsho sa ka moo o ikutlwang ka teng.

A re bueng

Bolella motswalle wa hao hore ho etsahalang setshwantshong se seng le se seng. Bolela hore o ka ikutlwa jwang ha dintho tsena di etsahala ho wena. Taka sefahleho se nepahetseng.



Moshanyana e moholo o nka dintho tsa hao.


thabile


thabile haholo


hlomohile

Wena le motswalle wa hao le bapala mmoho.


halefile


thabile


tshohile





O bula mpho.


tshohile


thabile haholo


dihlong

Abuti wa hao kapa ausi wa hao o tjhwatla ntho ya hao ya ho bapala eo o e ratang haholo.


dihlong


thabile


halefile



A re etseng

Etsa Kgatiso ya monwana lebokoseng la pele, kopa motswalle wa hao hore a etse kgatiso ya monwana lebokoseng le latelang.

Na o a tseba hore ha ho motho lefatsheng ya nang le kgatiso ya monwana o tshwanang le wa hao? O kgethehile hoo e leng wena fela lefatsheng, le mawelana le ona ha a na kgatiso ya menwana e tshwanang.

Na o wa bona hore dikgatiso tsa menwana di fapane?

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Sign:
Date:

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Bohle re fapane



Sheba bana bana.
Ba tshwana jwang?
Ba fapane jwang?



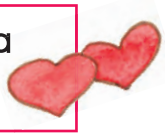




Sheba ditshwantsho mme o bolele hore dipolelo tsena ke nnete kapa tjhe.
Tlotsa dipolelwana tse nepahetseng ka mmala o motala.
Tlotsa polelwana tse seng nnete ka mmala o mokgubedu.



Kaofela ha bona ba na le matsoho a mabedi le maoto a mabedi.



Ke banana kaofela.

Ba rwetse dieta kaofela.



Ba apere marikgwe kaofela.

Ke bana kaofela.



Ba na le moriri o molelele kaofela.



A re etseng ditshwantsho

Etsa setshwantsho sa hao sebakeng sa pele, ebe o etsa setshwantsho sa motswalle wa hao wa hloho ya kgomo. Ha o qeta ho etsa jwalo sheba ditshwantsho o bolele hore o fapane jwang le motswalle wa hao.



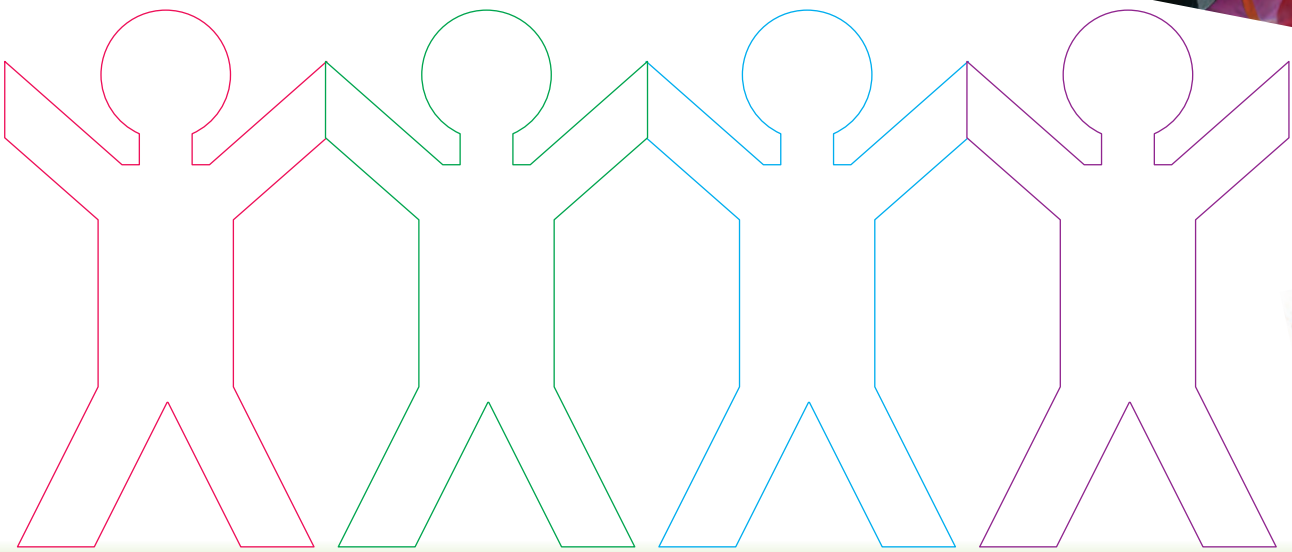
nna	motswalle wa ka wa hloho ya kgomo



A re etseng

Sheba setshwantsho sa hao, o bolele hore wena le motswalle wa hao le tshwana jwang le hore le fapane jwang. Etsa ketane ya setswalle o bontshe hore motho e mong le e mong o fapane le e mong.







Bina pina



A re etseng

Pele o bina, ithapolle ka mokgwa o latelang.
Hemela ka hare le ka ntle butle. Etsa e ka o budula dikerese kukung ya hao ya tsatsi la tswalo. Etsa e ka o hatsetse, e be o re "Brrrrrrrrrrrrrrrrrr".





Ditshwenyane tse nyenyane tse hlano

Ditshwenyane tse nyenyane tse hlano di tlola tlola hodima bethe
E le nngwe ya wa ya otlanya hlooho fatshe
Mme a bitsa ngaka, ngaka ya re
"Ha ho sa na ditshwenyane tse tla tlola tlola hodima bethe"

Ditshwenyane tse nyenyane tse nne di tlola tlola hodima bethe
E le nngwe ya wa, ya otlanya hlooho fatshe
Mme a bitsa ngaka, ngaka ya re
"Ha ho sa na ditshwenyane tse tla tlola tlola hodima bethe"

Tshwenyane tse nyenyane tse tharo di tlola tlola hodima bethe
E le nngwe ya wa ya otlanya hlooho fatshe
Mme a bitsa ngaka, ngaka ya re
"Ha ho sa na ditshwenyane tse tla tlola tlola hodima bethe"

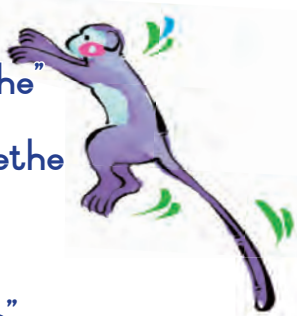
Ditshwenyane tse nyenyane tse pedi di tlola tlola hodima bethe
E le nngwe ya wa, ya otlanya hlooho fatshe
Mme a bitsa ngaka, ngaka ya re,
"Ha ho sa na ditshwenyane tse tla tlola tlola hodima bethe"

Tshwenyane e nyenyane e tlola tlola e le nngwe hodima bethe
Ya wa ya otlanya hlooho fatshe
Mme a bitsa ngaka, ngaka ya re,
"Ha ho sa na ditshwenyane tse tlola tlola hodima bethe"















A re etseng ditshwantsho

Taka sefahleho sa hao.
Bontsha mahlo a hao, ditsebe, nko, molomo le moriri.
Bolella metswalle ya hao hore o shebahala jwang.





A re sutheng

Etsa ntho e o sitisang mosebetsi ka tlelaseng ya hao jwalo ka ena.

Tlola ho tloha setulong sena ho ya ho se seng.

Kgasa ka tlasa tafole.



Teacher:
Sign:
Date:

6 Ke motlotlo ka sekolo sa ka



A re etseng

Etsa setshwantsho sa hao o apere diaparo tsa sekolo. Tlatsa dikgeo ka dikarabo tse siyo.



Ke kena _____ sekolo.

Lebitso la titjhere ya ka ke _____.

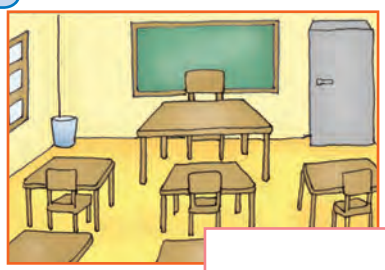
Mosuwehloho wa sekolo ke _____.



A re ngoleng

Sheba setshwantsho se ka hodimo ebe o tlatsa mantswe a nepahetseng setshwantshong se seng le se seng.

- phaposi ya ho apara
- mothusi wa mosuwehlooho
- phaposi ya mosebetsi
- tlelaseng
- lebaleng la dipapadi







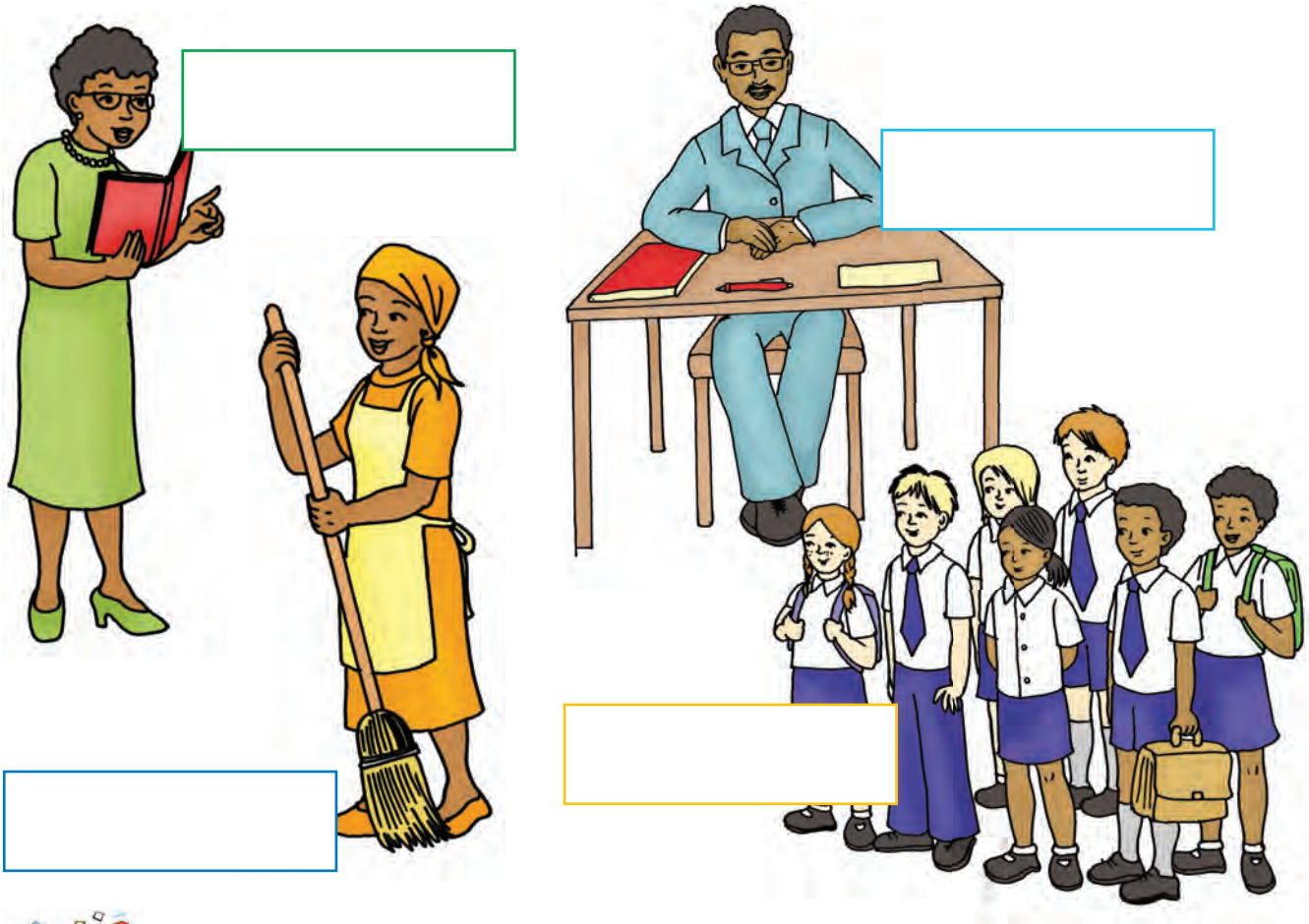




A re ngoleng

Ho na le batho ba bangata sekolong. Bolela hore ke bo mang. Ngola lentswe le nepahetseng tlasa setshwantsho se seng le se seng. Bolella motswalle wa hao hore o etsang sekolong. Sebedisa mantswe ana ho o thusa.

bana	motho ya hlwekisang	titjhere	mosuwehlooho



Tlotlontswe

Pensele ya Thabo e wetse fatshe. Bala hore na o na le dikeraone tsa dipensele tse kae, ebe o ngola nomoro lebokoseng.



Teacher:

Sign:

Date:

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Dibaka tse fapaneng

A re etseng

Bontsha motswalle wa hao hore o ka.

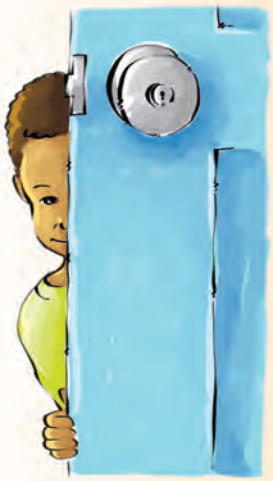
"Ke ipatile tlasa tafole."

Ipata tlasa ntho e nngwe.





Ema pela ntho e nngwe.



Ipate ka mora ntho e nngwe.



Ema hodima ntho e nngwe.

A re sutheng

- Sebedisa bolo. E lahlele hodimo ebe o a e tshwara.
- Tsepamisa mokotlana wa dinawa hlohong ya hao o tsamaye butle.
- Jwale rwala mokotlana wa dinawa, o ntse o tsamaya hodima balaka e tsepaneng fatshe kapa mola o fatshe.

Nka lahlela bolo.			
Nka kapa bolo.			
Nka tsepamisa mokotlana wa dinawa hlohong ya ka.			







A re sutheng

Hata ka maoto ho latela.



L = Leqele 

T = Tona 

L T L T L

T L T T L T L T

L L T L L T L T

Teacher:

Sign:

Date:

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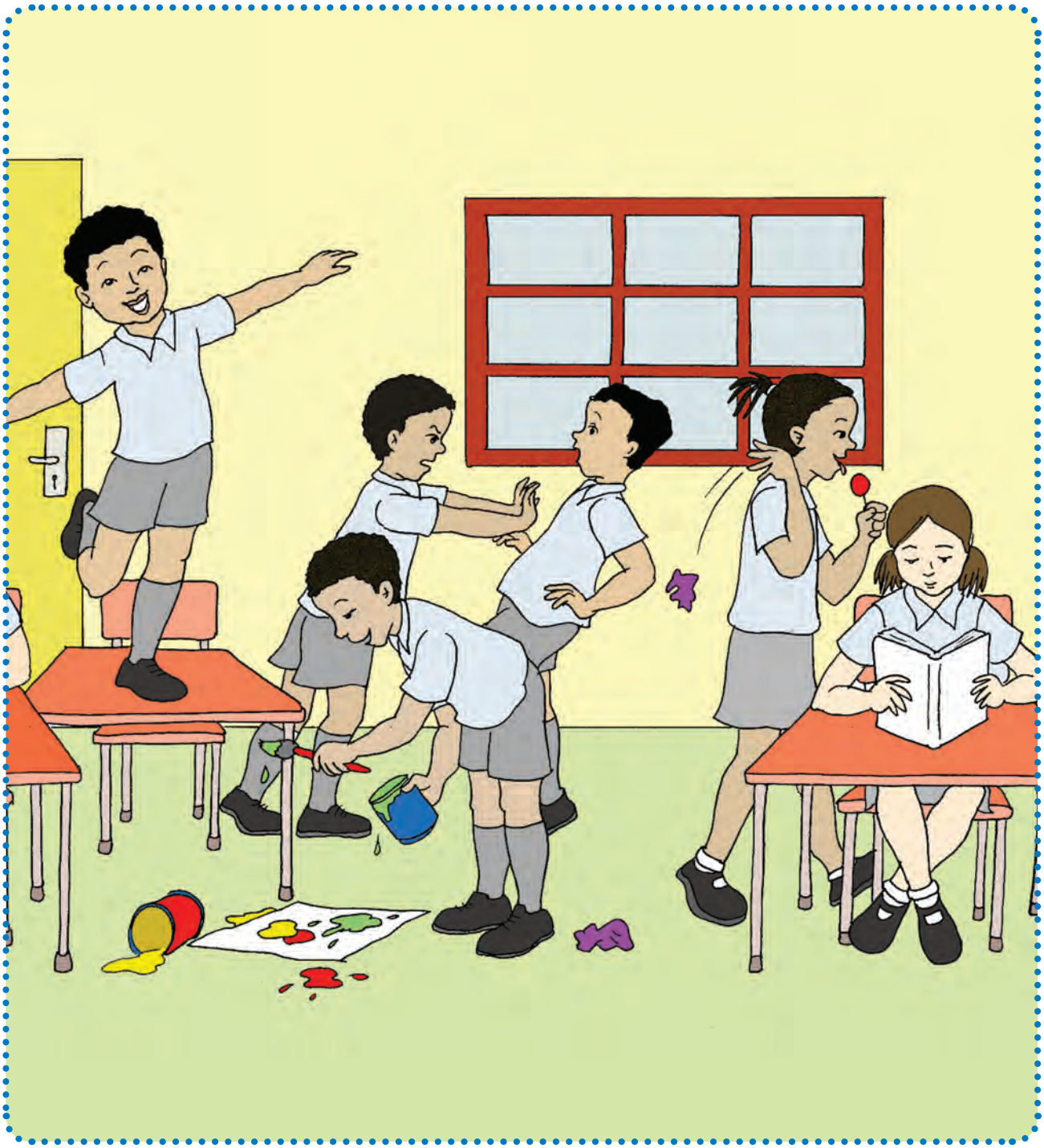
Tlelase ya ka

A re bueng

Sheba setshwantsho ka hloko o bolele hore o bona eng.

Tlelaseng ena, ntho tse mpe le tse ntle di a etsahala.

O bona dintho di feng tse ntle? O bona dintho di feng tse mpe?



A re bueng

Bolella motswalle wa hao hore ho etsahalang setshwantshong se seng le se seng. Etsa ✔ pela tsohle tse ntle, le ✘ ho tsohle the fosahetseng tse ka etsahalang sekolong.









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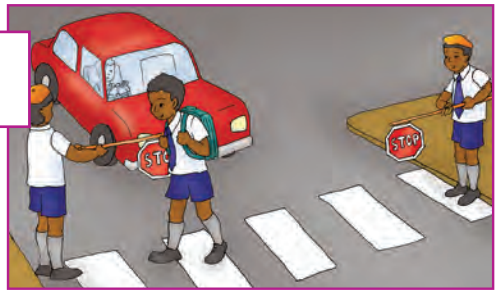
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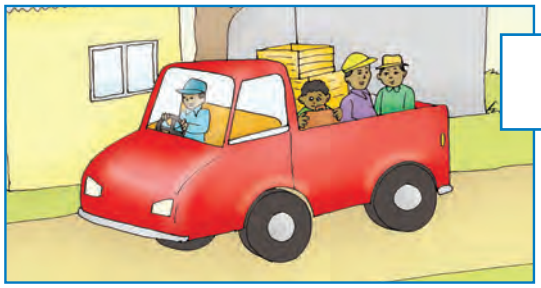
Ka moo re yang sekolong ka teng

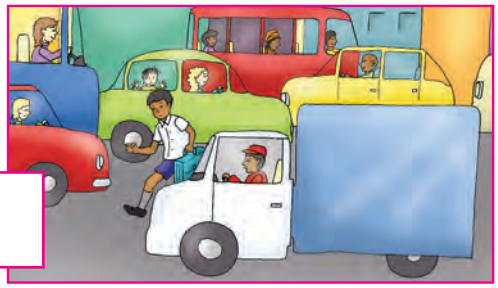


O ya jwang sekolong tsatsi le leng le le leng? Na o bolokelehile? O tseba tsela tse sa lokang? Bua le motswalle wa hao hore bana bana ba ya jwang sekolong. Etsa letshwao ✔ tseleng tse bolokehileng ho ya sekolong. Etsa letshwao ✘ tseleng tse sa bolekehang.









O ya jwang sekolong hoseng?





Botsa metswalle ya hao e mehlano hore ba ya jwang sekolong ka mehla. Taka tjhateng e latelang.

Lebitso				
1	2	3	4	5
ka maoto 				
ka bese 				
ka koloi/ teraka 				

A re etseng

Sebedisa letsopa ho etsa dintho tsena.



A re sutheng

Mamela mmino oo titjhere a tlang ho le bapalla o na.



Tsitsinya mmele ho latela morethetho wa mmino.

Koba mangwele mme o otlolle maoto.

Tsamaisa mahetla a hao hodimo le tlase.

Tsamaisa setsu sa hao hodimo le tlase.

A re sutheng

Wena le motswalle wa hao le tlameha ho akgela le ho tshwara bolo.
Sebedisa letsoho la hao le fokolang ho akgela bolo morao.

Na ke ile ka kgona ho akgela bolo ka letsoho la ka le fokolang?	☺	☹

A re sutheng

Tsamaya jwale ka kiribae le motswalle wa hao.



Teacher:
Sign:
Date:

Ke dula ke hlwekile

A re bueng

Ho bohlokwa ho ithuta mekgw a e nepahetseng.
Ena ke mekgwa ya ho dula o hlwekile o phela hantle.
Bua ka setshwantsho se seng le se seng.

Ke tlamehile



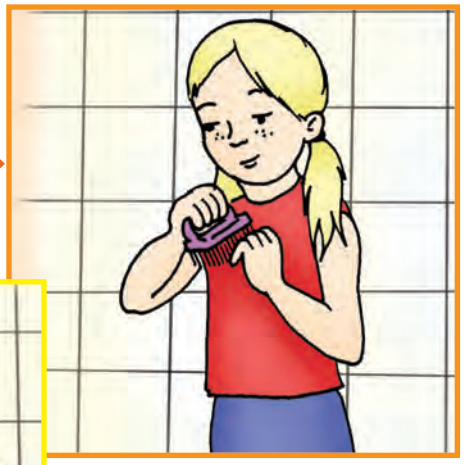
Ho hlatswa meno.



Ho hlatswa matsoho a ka ha ke qeta ho sebedisa ntlwana ya ho ithusa.



Ho itlhatswa ka mehla.



Ho boloka manala a ka a hlwekile.



Ho hlatswa ditholwana pele ke di ja.



Ho sebedisa ntlwana ya ho ithusa.



Ho sebedisa sakatuka ha ke thimola kapa ke mina.

A re ngoleng

Ke ntho dife tse latelang tse etsang hore o dule o hlwekile? Kgabisa ka dinaledi ho bontsha hore ke dintho di feng tseo o di sebedisang hore o dule o hlwekile. Bolela hore o sebedisa jwang ntho e nngwe le e nngwe hore o dule o hlwekile.

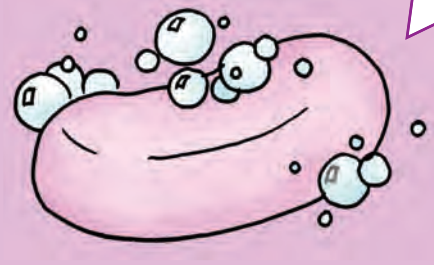


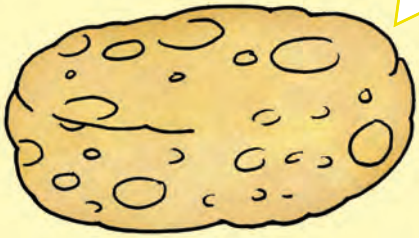


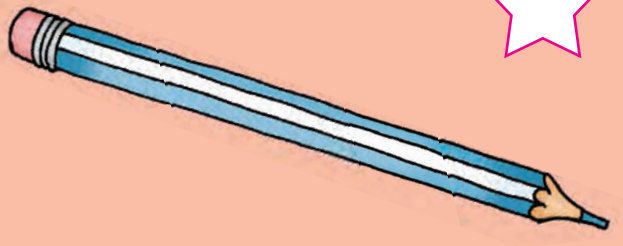












Teacher:

Sign:

Date:

11

Ke dula ke hlwekile

A re baleng

E meng ya mekgwa e metle ya ho sebedisa ntlwana hantle.



Hopola



Ha o silafatsa ntlwana ya ho ithusa, hopola ho e hlwekisa.

Dula o kwetse ntlwana ya ho ithusa ka mehla.



Se sebedise pampiri ya ho itlhakola e ngata.



Hopola ho bulela metsi ha o qeta ho sebedisa ntlwana ya ho ithusa.



Hlatswa matsoho a hao ka mehla ha o qeta ho sebedisa ntlwana ya ho ithusa.

A re ngoleng

Etsetsa mantswe a nepahetseng masakana, a re bolellang hore re hloka ho etsa dintho tse latelang ha kae.

Ho hlatswa moriri wa hao.



tsatsi le leng le le leng	hoseng le bosiu
habedi ka beke	ha nngwe ka beke

Hlatswa meno.



tsatsi le leng le le leng	hoseng le bosiu
habedi ka beke	ha nngwe ka beke

Hlatswa mmele.



tsatsi le leng le le leng	hoseng le bosiu
habedi ka beke	ha nngwe ka beke

Hlatswa sefahleho.



tsatsi le leng le le leng	hoseng le bosiu
habedi ka beke	ha nngwe ka beke

Teacher:
Sign:
Date:

12

Mmele wa ka

A re sutheng

Bapala "Simon o re" le titjhere ya hao.
Iphumanele sebakana sa hao o tsamaye o sa thule motho.
Simon o re "tshwara hlooho ya hao."

A re bontsheng

Bontsha motswalle wa hao hore o ...



Hlatswa mmele.





Omisa matsoho.

Kama moriri.





Hlatswa meno.

Hlatswa sefahleho sa hao.





Etsa papadi ka thothokiso ena.

Nka opa diatla, le hona ho hata ka maoto

Nka tsitsinya hlooho, le hona ho

tsamaisa matsoho a ka

Nka tsamaisa menwana

ya ka ya maoto,

le hona ho tshwara nko ya ka.



Teacher:

Sign:

Date:

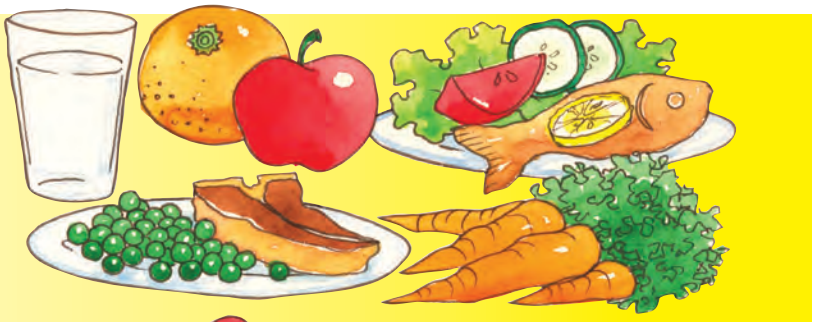
13

Tlwaelo ya bophelo bo botle

A re baleng

Re hloka eng ho dula re phetse hantle!

Dijo tse nepahetseng



Boikwetliso bo lekaneng



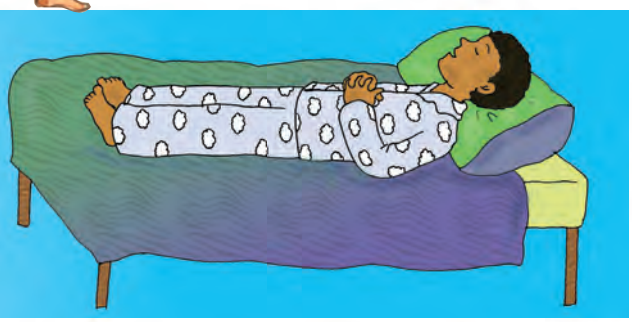
Ho dula re hlwekile



Mahlasedi a letsatsi



Ho robala ho lekaneng ka ntle le ho shebella TV haholo!



A re ngoleng

Etsa letshwao ✔ ho tlwaelo ya bophelo bo botle le letshwao ✘ ho tlwaelo ya bophelo bo seng botle.



Teacher:

Sign:

Date:

14 Bohlweki le makgethe

A re etseng

Bontsha hore o sebedisa dintho tsena jwang.



sesepa sa meno

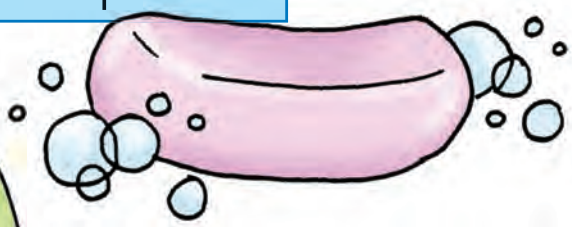


borashe ba meno



sesepa sa moriri

sesepa





sesepa sa matsoho



kama



borashe



borashe ba manala



ntho e kutang manala

A re sutheng

Tshwaranang ka matsoho le etse lesakana.

Jwale akgela bolo ho e mong le e mong ka lesakaneng.

Eketsang ka bolo e nngwe le e lahleleng.

Eketsang ka bolo ya boraro le e lahleleng.



A re bueng

Ke eng se bohlaswa phaposing ena?

O tshwanela ho etsa eng hore o hlwekise phaposi ena?

Bana ba etsa eng? Ba tshwanela ho etsa eng?



Teacher:

Sign:

Date:

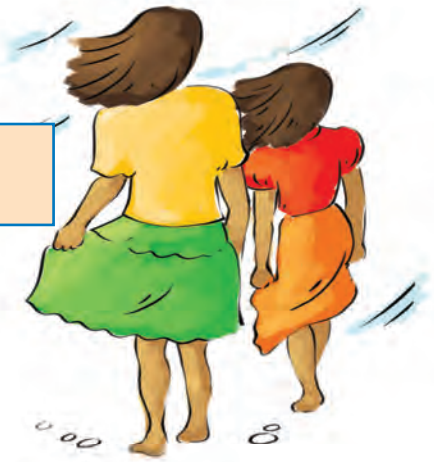
15 Tsa boemo ba lehodimo

A re bueng

Sheba boemo ba lehodimo ka ho fapana. Bolella motswalle wa hao hore o rata boemo bo feng haholo.



moya



letsatsi

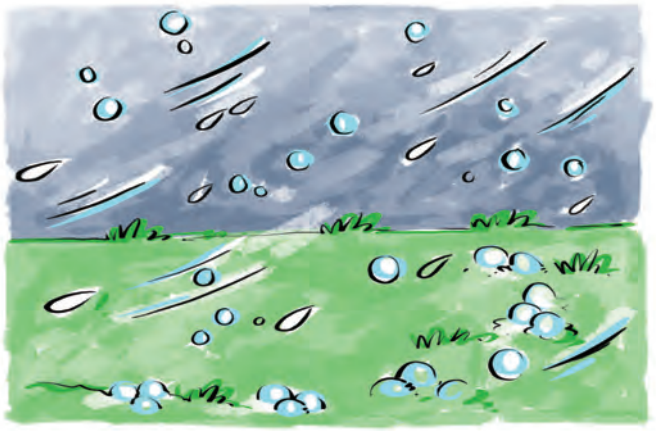


maru a thibile ho a bata



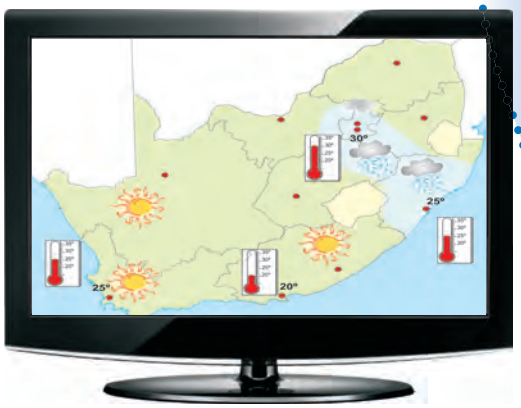
pula e ya na

Karolong tse ding tsa naha ya bo rona,
ho bata haholo hoo ho kgethehang lehlwa.
Ka nako e nngwe ho na le sefefo.
Moya o matla haholo o bitswa sefefo.



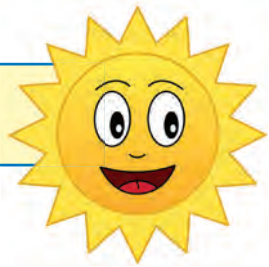


A re baleng



Re sebedisa tjhate ya tsa boemo ba lehodimo ho bontsha hore boemo ba lehodimo bo jwang.
Re sebedisa matshwao ho bontsha phapang pakeng tsa maemo a fapanenga lehodimo.
A mang a matshwao ke a na a latelang.

letsatsi



pula





maru



maru a thibile mona le mane

lehlwa



moya



A re etseng

Etsa matshwao a bontshang boemo ba lehodimo ho qetela tjhate ya boemo ba lehodimo.

Mantaha	Labobedi	Laboraro	Labone	Labohlano

A re ngoleng

Boemo ba lehodimo bo bile jwang bekeng ena? Tlatsa dikgeo ka mantswe.

Tsatsing lena ke _____.

Maobane ho ne ho _____.

Ke tshepa hore hosane ho tla _____.

Teacher:
Sign:
Date:

16 Tsa boemo ba lehodimo

A re etseng

Etsisa maemo a fapaneng a boemo ba lehodimo.



Otlolla matsoho, a otlollele ka hodima hloho o etse e ka o leru le leholo.



O na le sekgele ho o tshireletsa letsatsing.



Etsa matsoho jwalo ka sefate se fokang moyeng.



Tshwara sekgele o se tiise hore se se fefolwe ke moya.



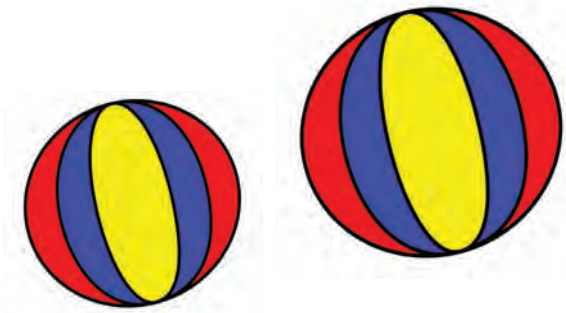
Thopo thopo marothodi a pula hodima ntlo.



A re sutheng

Tshwaranang ka matsoho ho etsa sedikadikwe se seholo.

Lahlelanang dibolo.





Nahanang mekgwa e fapaneng ya ho tsamaya hodima balaka e tsepameng kapa hodima kgwele. Bona na o ka nahana ka mekgwa e fapaneng ya ho ya ho ba tlelase ya hao.

Tlotlontswe

Bapala sekotjhe.
Etsa mabokose le didikadikwe lehlabatheng.







Teacher:
Sign:
Date:

Lapa leso

A re bueng

Na o a tseba hore malapa ha a tshwane?

Malapa a mang a manyenyane a mang a maholo.
Bana ba bang ba na le bontate le bomme ha ba bang ba sena bona
Malapeng a mang ho na le bonkgono, ntatemoholo, malome, mangwane le bomotswala.

Sheba ditshwantsho o bolelle motswalle wa hao hore malapa a na a fapane jwang.
Sebedisa mantswe a tswang mabokoseng a latelang.

mme	ntate	kgaitsedi
ntatemoholo	moreso	ngwana
ntatemoholo	lelapa	









A re ngoleng

O dula le mang?



Ke mang eo o dulang le yena? _____.

Lapeng leno ho na le batho ba _____.

Ke mang e monyenyane ho feta batho bohle lapeng leno?

_____.

Ke mang e moholo ho feta batho bohle lapeng leno? _____.



A re bueng

Re na le mosebetsi eo re e etsang malapeng a rona. Sheba ditshwantsho tsena, pela se seng le se seng ngola lebitso la motho ya etsang mosebesti oo lapeng leno.



Ka moo ke thusang ka teng lapeng.

_____.

Teacher:

Sign:

Date:

Lapa leso



Tlotlontswe

Etsa setshwantsho sa seo wena le ba lapa leno le se etsang mmoho.
Ngola lebitso la motho e mong le e mong pela setshwantsho sa hae.
Bolela hore motho eo ke mang. Sebedisa mantswe a na ho o thusa.

mme	ntate	kgaitsedi
ntatemoholo	moreso	ngwana
nkgono	lelapa	



Lapa leso

Re a hlokomelana



A re baleng

Batho ba malapa ba tlamehile ho ratana, le ho hlokomelana. Re bontsha hore re a ratana ka ho hakana, le hona ho hlompha e mong le e mong.
Re hloka ho ...

- thusana.
- ba mosa ho motho e mong le e mong (haholo holo batho ba baholo).
- etsa mesebetsi ya rona ka nako.
- ba le boikarabelo.





A re bueng

Sheba ditshwantsho tse latelang o bolele hore bana bana ba bontsha jwang ba malapa a bona hore ba tsotellana.





A re etseng

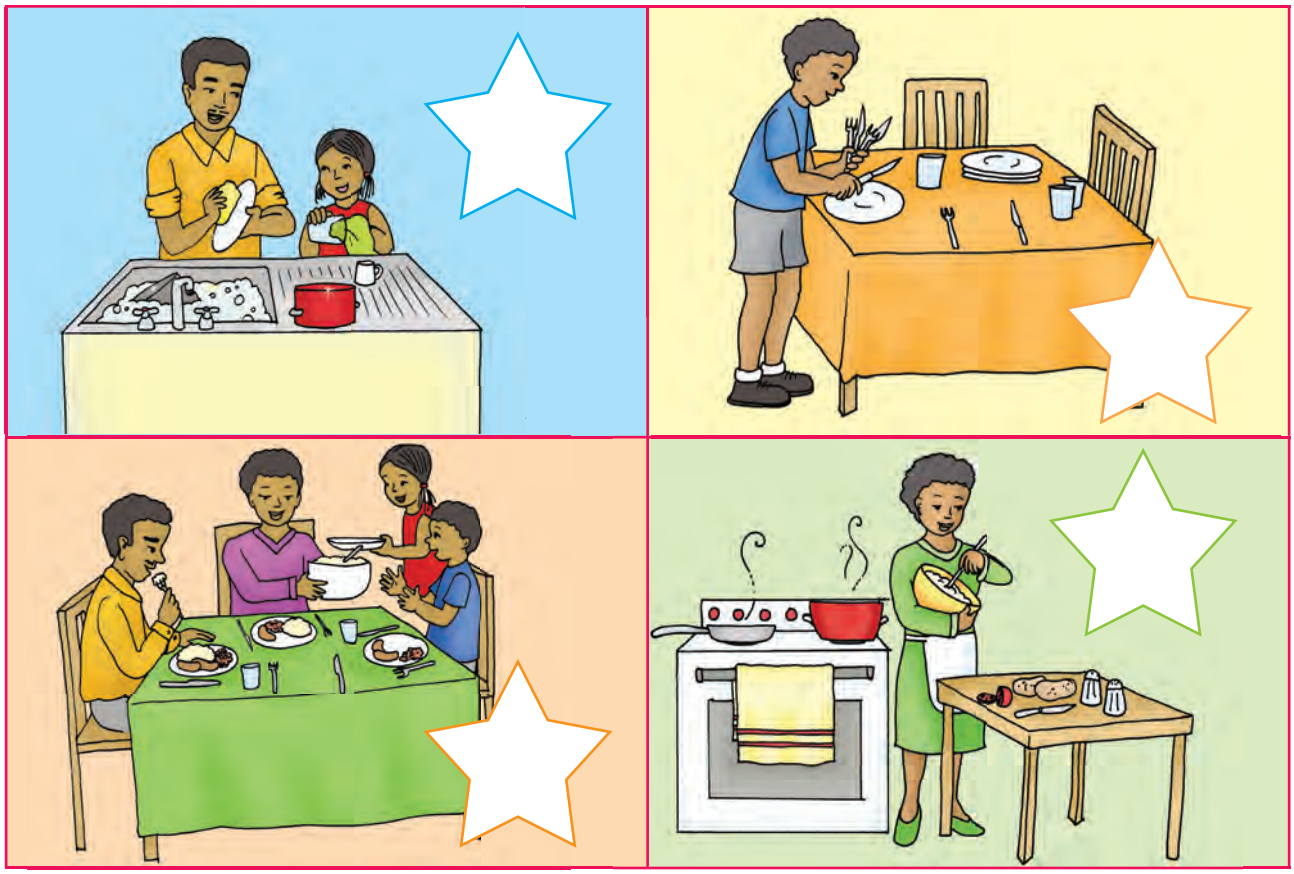
Etsa setshwantsho ka seo o se etsang ho bontsha ba lapa leno hore o a ba tsotella. Bolella motswalle wa hao ka setshwantsho seo o se entseng.

Teacher:
Sign:
Date:

Re a hlokomelana

A re bueng

Bolela ka moo ba lapa lena ba thusanang ka teng. Nomora ditshwantsho ho tloha ho 1 ho isa ho 4 ho bontsha tatellano e nepahetseng.



A re baleng

Mesebetsi ya rona ya bosiu.

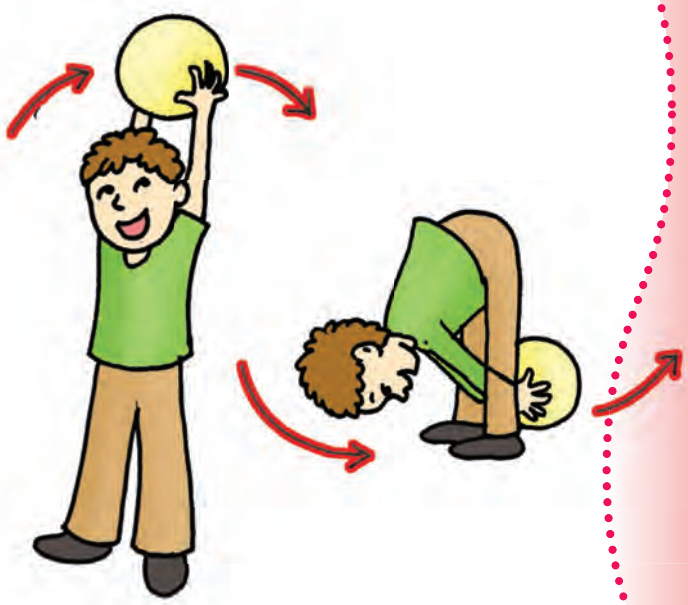
Mme o pheha dijo.
Ntate o hlatswa dijana.
Moreso le nna re thusa mme le ntate.
Re thusa haholo.
Re hleka lebese le borotho.
Ka mora moo re a robala.
A ko re qoqele tshomo!



A re sutheng

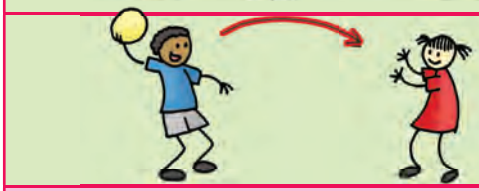
Tshwaranang ka matsoho ho etsa lesakana le leholo.

- Ema moleng ka mora e mong le e mong. Ngwana wa pele o fumana bolo, a e fetisetse ho ngwana ya ka morao, a e tlodisa hodima hlooho.
- Ngwana eo o fetisa bolo pakeng tsa maoto, a e fetisetsa ngwana ya latelang.



A re etseng

Bontsha titjhere ya hao hore ...

	o ka fetisa bolo ka ho e akgela motswalle wa hao.	ee	tjhe
	o ka fetisa bolo ka ho e lahlela matsohong ho ya ho motswalle wa hao.	ee	tjhe
	o ka tlodisetsa bolo mangweleng.	ee	tjhe
	o ka otla bolo ho ya khounung.	ee	tjhe
	o ka thinthintsha bolo pakeng tsa bathibedi ba bolo.	ee	tjhe
	o ka rahela bolo ho lebana le ntho e nngwe, ebe o wa e raha.	ee	tjhe

Teacher:
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21 Boipaballo malapeng



Re tshwanela re ikutlwe re baballehile ha re le malapeng a bo rona. Ho na le dikotsi tse ngata malapeng a bo rona. Shebang ditshwantsho le buisaneng ka dikotsi le motswalle wa hao.

Phaposing ya ho pheha

- Shebisa mehele ya dipitsa hore e furalle setofo.
- Se siye thipa tse bohale di dutse feela.
- Notlella parafini le tjhefu sebakeng se bolokelehileng.
- Se siye dibapadiswa di dutse hohle.





Phaposing ya ho hlapa

- Se sebedise thepa tsa motlakase pela metsi. Se sebedise dintho tse sebedisang motlakase pela metsi. O se di siye pela metsi.
- Boloka disebediswa tsohle tse bohale ka rakeng.



Lehadima, sefefo le motlakase

- Se eme tlasa sefate ha ho na le lehadima.
- Se kenye letho masobeng a kenyang disebediswa tsa motlakasi. Kopa motho e moholo ho o thusa.
- Ha o bona hore mohala wa ketlele kapa wa aene o petsohile kopa mme kapa ntate wa hao hore a o lokise.

Ka ntle

- Phutha tsohle tse ka o ntshang kotsi, jwalo ka dikgalase. Di behe ka moqomong wa dithole.
- Se bapalle pela letamo la ho sesa ntle le ha ho na le motho moholo.





Ka hara ntlo

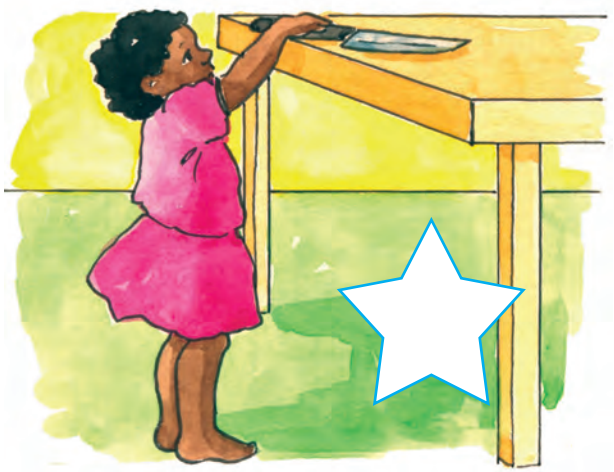
- Se siye dibapadiswa le ntho tse ding di dutse hohle.
- Se bapale ka tjhefu.

Teacher:
Sign:
Date:

Boipababallo ka hare le ka ntle ho malapa

A re bueng

Sheba ditshwantsho o bolele hore ke tshwantsho di feng tse bontshang boemo polokeho kapa boemo bo kotsi. Etsa letshwao ✔ ho bontsha maemo a bolokehileng le letshwao ✘ ho bontsha maemo a sa bolokehang kapa a kotsi.













A re bueng

Na ho na le ntho tse sa bolokehang hantle lehaeng la hao? Ke eng seo o ka se etsang ka seo? Tjhefu le dintho tsa ho hlwekisa di kotsi haholo, di ka etsa hore o kule, le hona ho o bolaya. O se ke wa nwa letho ha o se na bonnete ba hore ke eng.





Letshwao lena le bolela hore ho na le tjhefu ka hara botlolo, lebokose le lekotikoti. Na o kile wa bona letshwao lena?

A re etseng

Titjhere ya hao o tlo o bapalla mmino.

- O itsikinye ho latela morethetho wa pina.
- Kgetha mookamedi. Mookamedi o tlamehile ho qoqopela ho latela morethetho wa pina. Kaofela le tlameha ho ets se etswang ke mookamedi.
- O leke ho itshehetsa ka leoto le le leng.
- Jwale itshehetse ka leoto le leng.
- Ke leoto le feng le matla?



- Beha kgwele e telele fatshe kapa o etse mola. Tsamaya hodima kgwele kapa mola, mme o tsepame.
- Jwale tjhentjha sebopeho sa kgwele kapa mola mme o tsamaye mabapi le yona, o tsepame.



Teacher:
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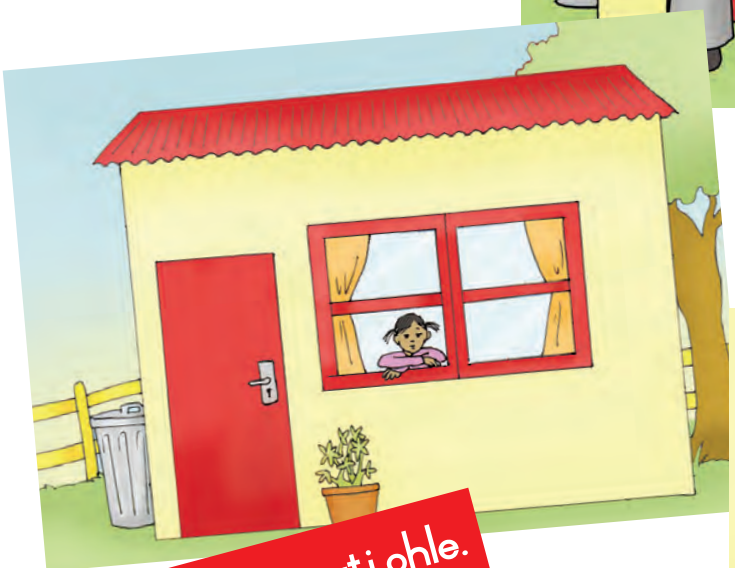
Boipaballo ha ke le mong

A re bueng

O ithutile ka dintho tse ka o ntshang kotsi lapeng leno.
O ka dula o bolokehile ha o le mong lehaeng la hao?



Ha o le hae o le mong, o ka etsa dintho tsena tse latelang hore o dule o bolokehile.



Notlela mamati ohle.



Se bulele batho bao o sa ba tsebeng lemati.

- Eba le bonnete ba hore o tseba dinomoro tsa mehala tsa batswadi ba hao, le batho ba dulang pela lapeng leno.
- Ngola lethathamo la dinomoro tsa bohlokwa, ho thusa haeba motho e mong a ka tswa kotsi.



A re ngoleng Iketsetse lethathamo la dinomoro tsa bohlokwa.



Mapolesa:

_____

Ambulense:



_____



Koloi ya setimamollo:

_____

Nomoro ya mohala ya mme, mohala wa thekeng kapa selefounu:

_____

Nomoro ya mohala ya ntate, mohala wa thekeng kapa selefounu:

_____

Ke mang e mong eo o ka mo letsetsang ha o le mathateng?

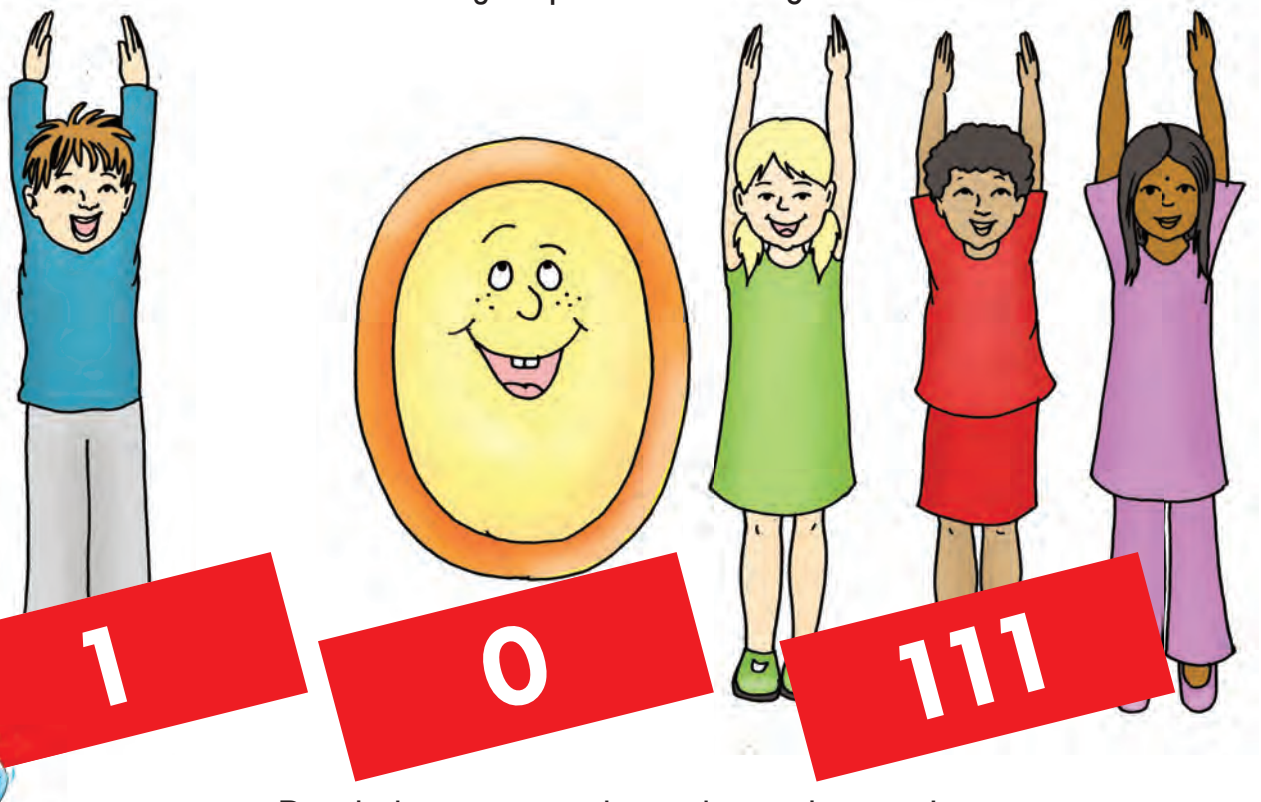
_____

Teacher:
Sign:
Date:

Boipaballo ha ke le mong

A re bueng

Tsela e bonolo ya ho hopola mohala wa mapolesa. Sheba setshwantsho o bolelle motswalle wa hao hore ditshwantsho di o thusa jwang ho hopola dinomoro. IOIII ke nomoro ya mapolesa. E bitse hangata ho fihlela o e tseba ka hloho.



A re sutheng

Bontsha ka moo o neng o ka etsa ka teng ha o ne o le ngwana ditshwantshong tse latelang.



O ne o tla etsa jwang ha motho eo o sa mo tsebeng a ne a o lelekisa?



O ne o tla etsa eng ho thusa mme wa hao ho etsa dikuku?

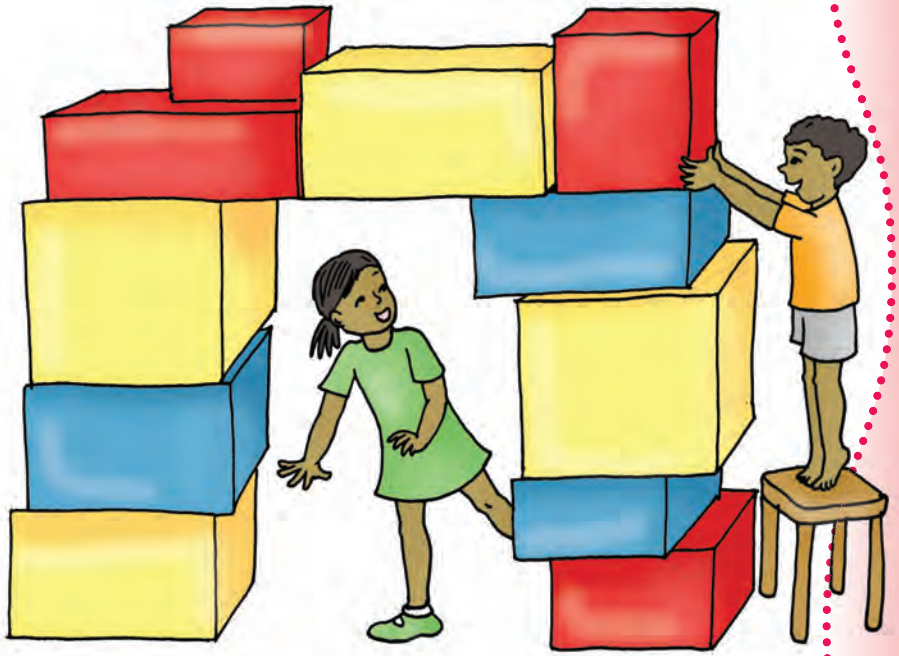


O ne o tla etsa eng ha o eme pela kgalase e tjhwatlehileng?



A re etseng

Bona hore na o ka tseba ho etsa ntlwana ya hao e nyenyane.



- Fumana mabokose a kgale ebe o haha mabota le marulelo.
- O ka di kgorametsa mmoho. Ha ntlo e fedile, o ka e penta.
- Ha o sa fumane mabokose, sebedisa ntho e nngwe le e nngwe. Empa se sebedise galase kapa makotikoti kapa ntho e ka o ntshang kotsi.



A re sutheng

Lahlela bolo moeng ebe o e tshwara ka letsoho la hao le fokolang.





A re etseng

Thusa titjhere ya hao ho tlosa ditulo, ditafole le mabokose.

Hlwella hodima ditulo, ditafole, le mabokose. Kgasa ka tlasa ona, mme o tlolele fatshe ho tloha ho o na.

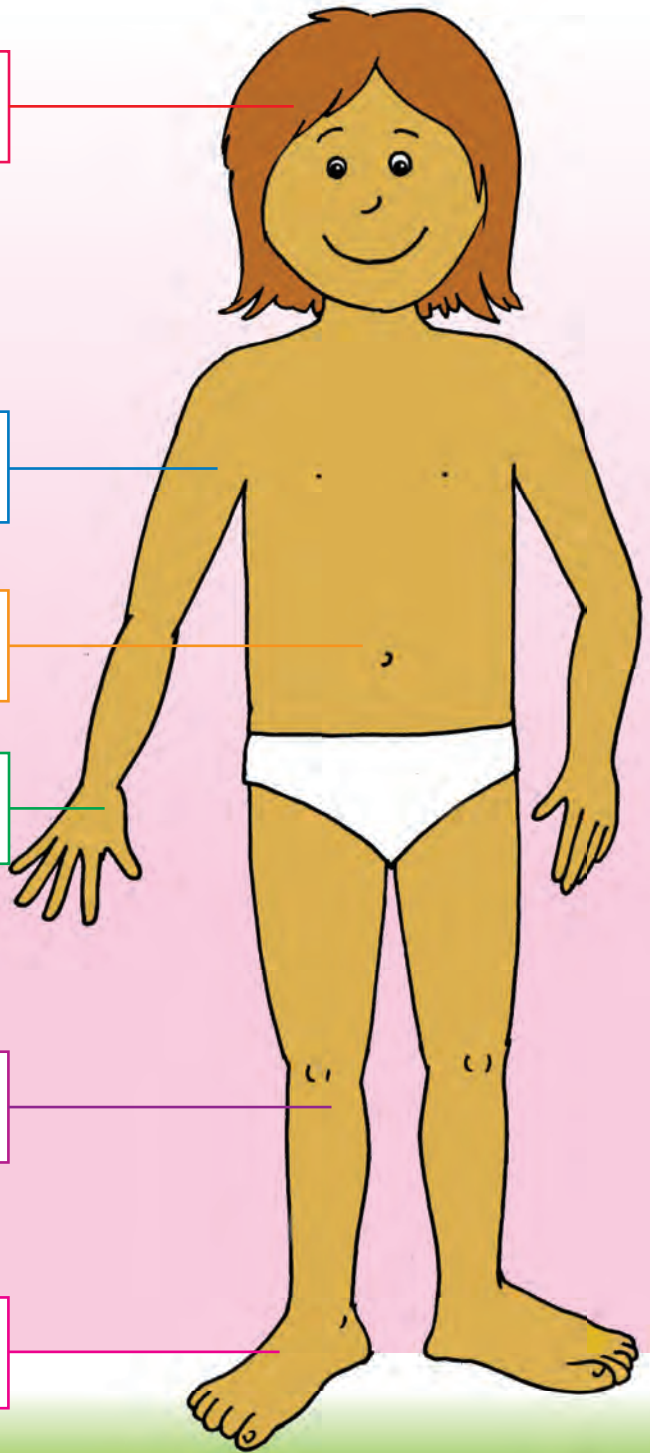


Teacher:
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Date:

Mmele wa ka

A re ngoleng Ngola mantswe sebakeng se nepahetseng.

leoto	letsoho	hlooho
mpa	maoto	letsoho



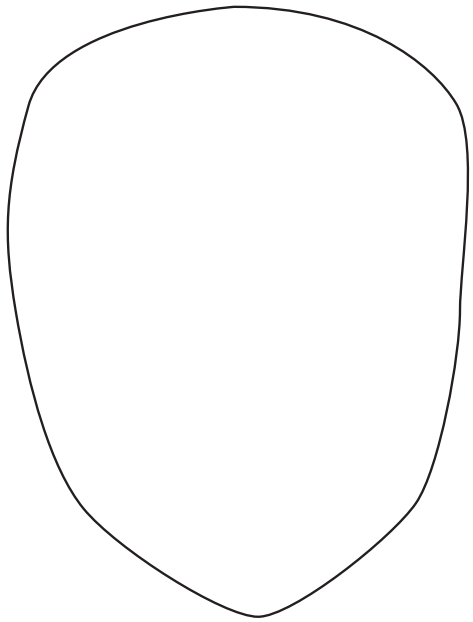
A re etseng ditshwantsho

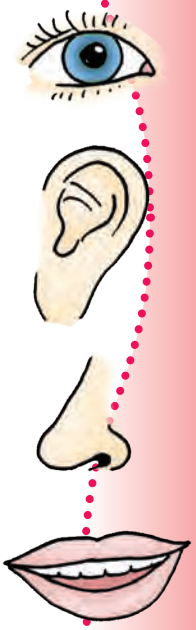
Qetella setshwantsho sena sa sefahleho.

Etsa setshwantsho sa moriri. Leka ho etsa sefahleho sa hao. Ha o na le mahlo a maputswa, etsa mahlo a maputswa. Ha moriri wa hao o le motsho etsa setshwantsho sa moriri o motsho.

Etsa setshwantsho sa dintshi, nko ya hao le molomo wa hao.

Sefahleho sa hao ke setho sa bohlokwa dithong tsa hao tsa mmele.





Re na le mahlo a mabedi. 

Re na le tsebe tse pedi. 

Re na le nko e le nngwe. 

Re na le molomo. 

A re bineng

Binang pina ena. Tshwarang setho se seng le se seng sa mmele ha o bina ka sona.



Hlooho mahetla

Hlooho mahetla, mangwele le menwana, mangwele le menwana x2

Hlooho mahetla, mangwele le menwana

Jwaloka ka hodimo

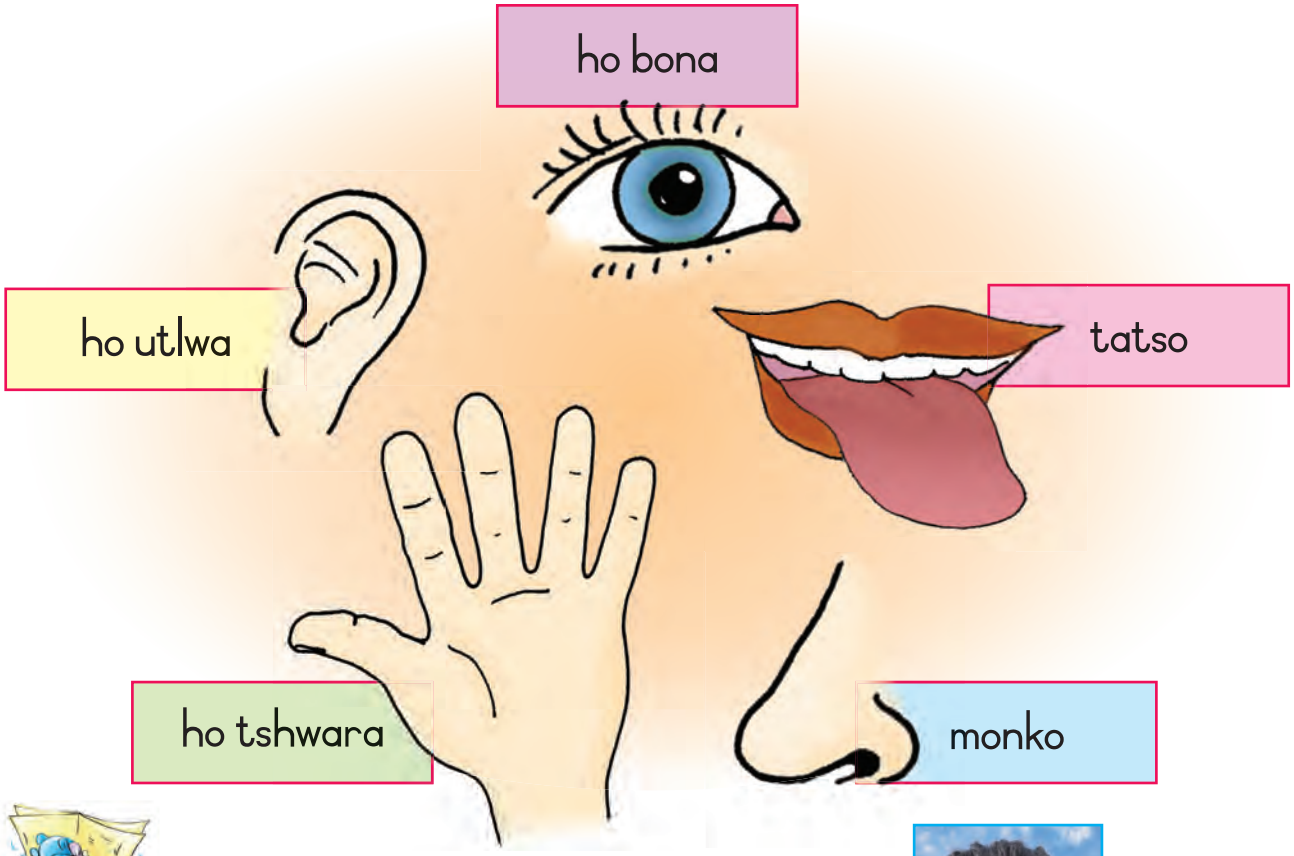
Teacher:
Sign:
Date:

Dikutlo tsa ka



A re bueng

Sheba dikutlo tse fapaneng o bue hore re di sebedisetsa eng.





A re baleng

Re sebedisa dikutlo tsa rona ka mehla. Re nkga le ho utlwa tatso ya dijo. Re ka utlwa hore lesiba le bobebo bo bokae. Re bona hore lehodimo le leputswa hakae lehlabula. Re utlwa mmino.

Dikutlo tsa rona di re thusa hore re bolokehe.
Re ka kgona ho nkga ha ho na le mollo.
Re ka kgona ho utlwa ha setofo se tjhesa haholo.
Re kgona ho bona ha ho le kotsi ho tshela mmila.
Re kgona ho utlwa modumo wa alamo.





A re etseng

Tlhokomelo ya mahlo, le ditsebe.

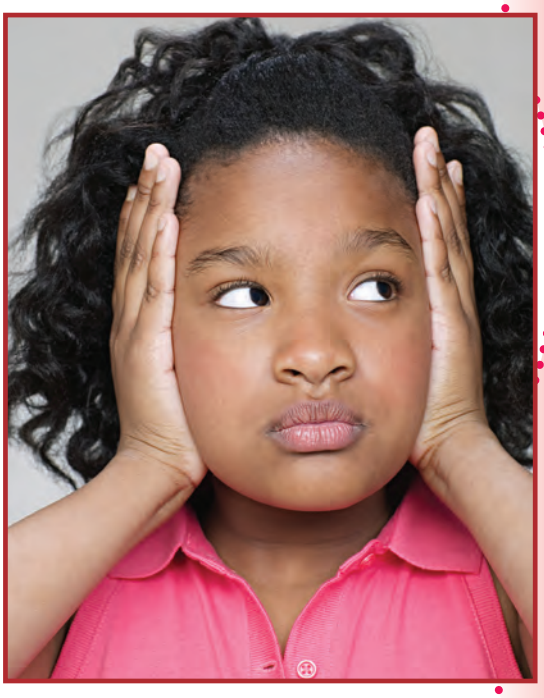
Re hloka ho hlokomela dikutlo tsa rona.

Ena ke mekgwa e mmedi ya ho hlokomela mahlo le ditsebe tsa rona.



Hlokomela ditsebe tsa hao ka ho se mamele mmino o lerata.

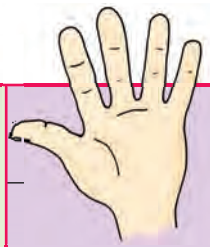
Hlokomela mahlo a hao ka ho rwala kepisi le dikgalase tsa letsatsi. Se shebe letsatsi.





A re ngoleng

Sheba tafole e ka tlase, moleng o mong le o mong bontsha hore o ka sebedisa kutlo e feng, o ka tshwaya tse fetang bonngwe.

	 nkga	 tatso	 ho bona	 ho utlwa	 ho tshwara
					
					
					
					
					

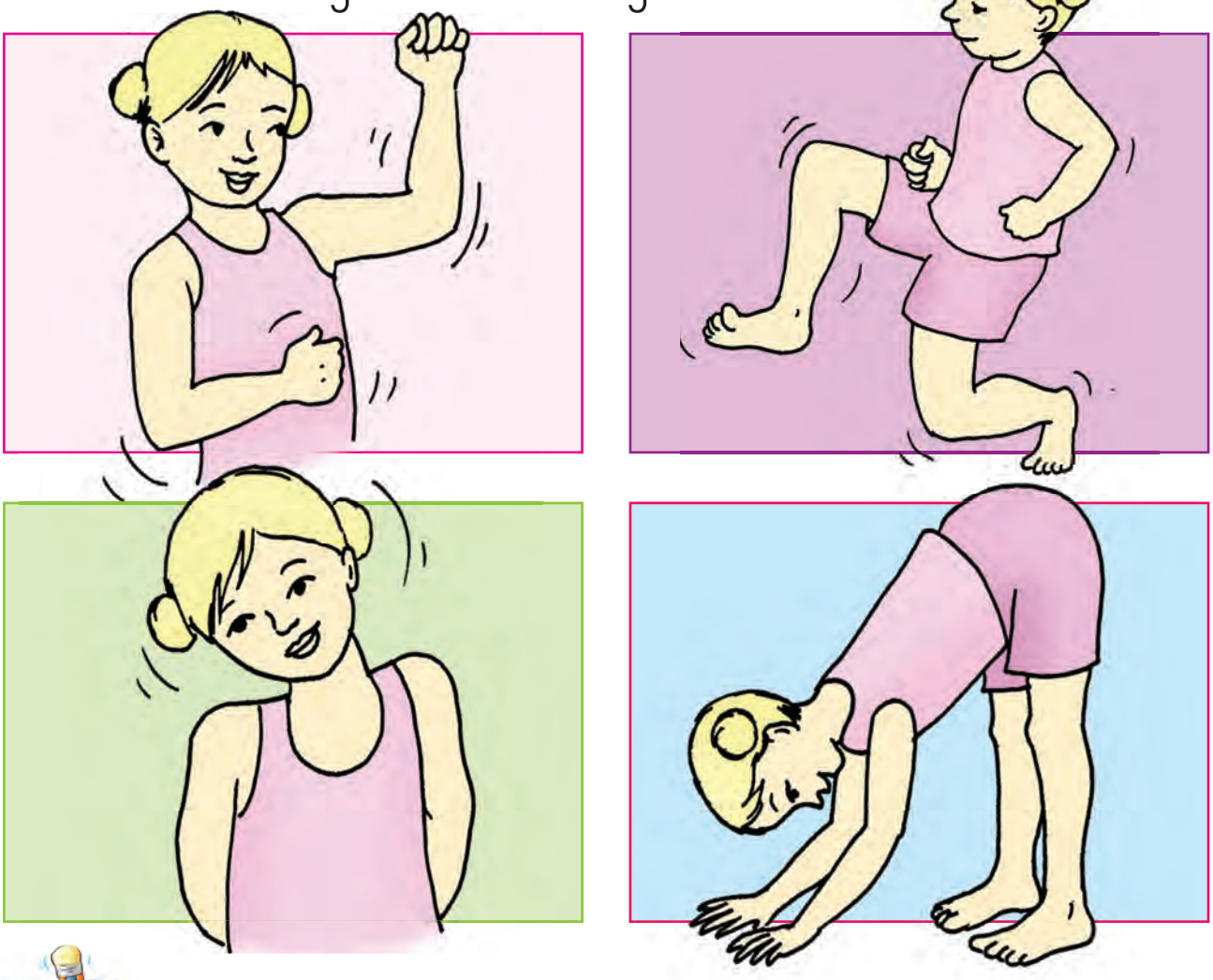


Ho tsitsinya mmele

A re bueng

Sheba setshwantsho. Setshwantshong se seng le se seng bolela hore ke setho se fe sa mmele, se o thusa ka eng.

Re sebedisa mmele ya rona ho tsamaya.



A re ngoleng

Araba dipotso tsena le motswalle wa hao. Ngola dikarabo bukeng ya hao, ka tlasa dikarabo tse latelang.

O sebedisa ditho di fe tsa mmele ho tsamaya?

_____

Ke ditho dife tse pedi tsa mmele wa hao tseo o di sebedisang ho thonaka dintho.

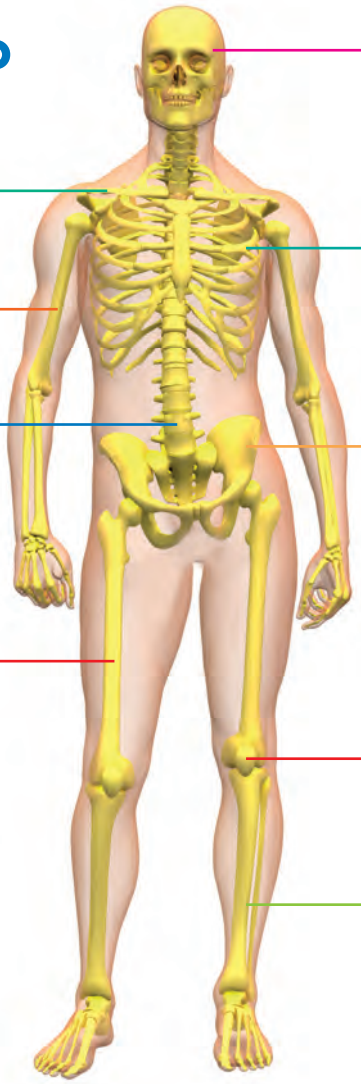
_____ le _____.



A re baleng

Ho na le ditho tse ding tsa mmele tseo o ke keng wa di bona.
Di sebetsa mmoho ho o phedisa.

Masapo a hao



lehata

lepetu la molala

dikgopo

lesapo la sephaka

mokokotlo

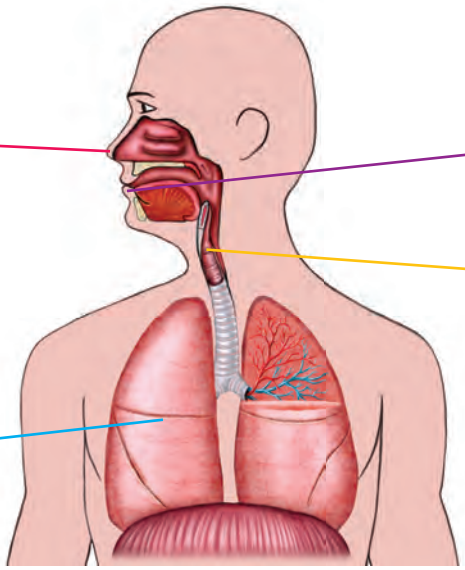
lesapo la qholo

lesapo la serope

lesapo la lengwele

lesapo la leoto

Ditho tsa mmele tse o thusang ho hema



nko

molomo

qoqotho

matshwafo

Teacher:
Sign:
Date:

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Ho boloka mmele o bolokehile

A re baleng

Sheba setshwantsho se latelang o bue ka sona le motswalle wa hao hore o bona eng. Setshwantshong se seng le se seng bontsha hore o ka dula o baballehile jwang.



O bona motswalle wa hao ka nqane ho mmila.



O setse o le mong moo ho palangwang ditekesi.



Motho eo o sa mo tsebeng o o kopa ho ya le yena kae kae.



O mabenkeleng o le mong.

Ha batho ba bang ba re haka re ba le maikutlo a matle.

Ho monate ho tshwarwa ka mokgwa wa setswalle.





Tlo mona ngwanana ya monyenyane. Ke tla o fa dipompong, o se bolelle mang kapa mang.

Ha re na maikutlo ha motho e mong a re thetsa ka tsela e re tshosang kapa e sa re thabiseng. Ha re sa thaba kapa re ikutlwa re sa bolokeha ha re na maikutlo.

Mmele wa hao ke ntho ya bohlokwa, mme ke wa hao feela. O ka dumela ho tshwarwa kapa wa hana ha o sa batle.



Teacher:

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Date:

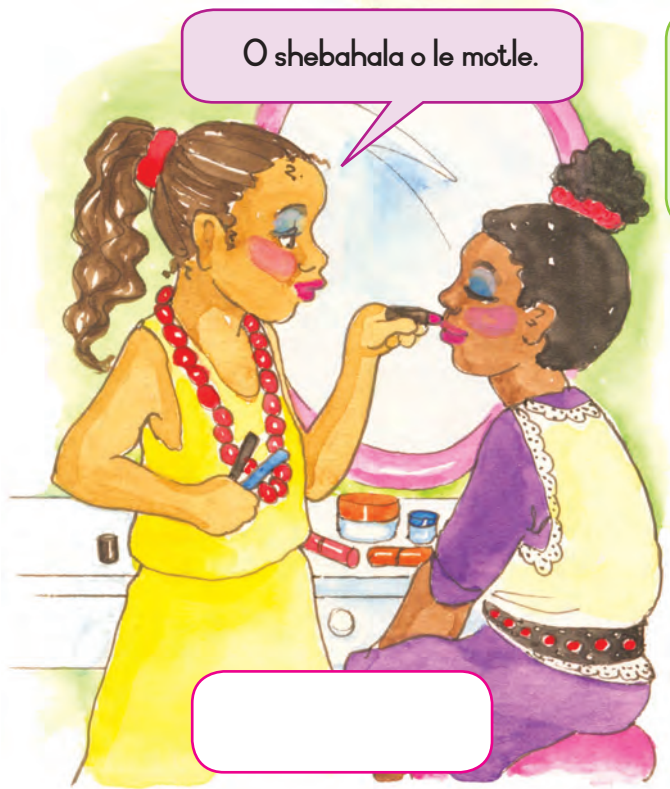
Ho dula ke bolokelehile

A re ngoleng

Sheba ditshwantsho tse latelang o ngole ee moo o dumelang le tjhe moo o sa dumeleng.









A re etseng Ithute hore "tjhe".

Etsa papadi moo motho osele a rerang ho nka ngwana ka koloi ya hae kapa a batla ho tshwara ngwana. Karabo ya ngwana ke "tjhe".

A re bueng Bana ba bang ba dula malapeng a sa ba hlokomeleng. Sheba ditshwantsho. Bolela hore o ne o ka ikutlwa jwang ha o ne o le ngwana ya ditshwantshong. bolela hore o ne o ka etsa eng.



A re sutheng Bapala papadi ya ho "hwama".

Tsamaya, o nke tsela e fe kapa e fe eo o e ratang, ha mosuwe wa hao a letsa phala, o eme tsi! boemong boo o tla beng o le ho bona. O tlamehile hore o se tsitsinyehe ho fihlela titjhere e o dumella ho tsitsinyeha. O ka kgona ho tsepama?

Ho tsamaya balakeng e tsepameng kapa kgweleng e telele e beilweng fatshe.



Teacher:
Sign:
Date:

Ho boloka mmele wa ka o phetse hantle

A re baleng



Ho na le mekgwa e mengata eo re ka kulang ka yona. Hangata re kudiswa ke dikokwanahloko le baketheria. Di nyenyane haholo, hoo re ke keng ra di bona. Di kena mmeleng ya rona, di re kudise.

A re bueng

Bana ba ditshwantshong ba etsa jwang hore ba phele hantle?
Ho ka etsahalang ha ba ne ba sa etse dintho tsena?









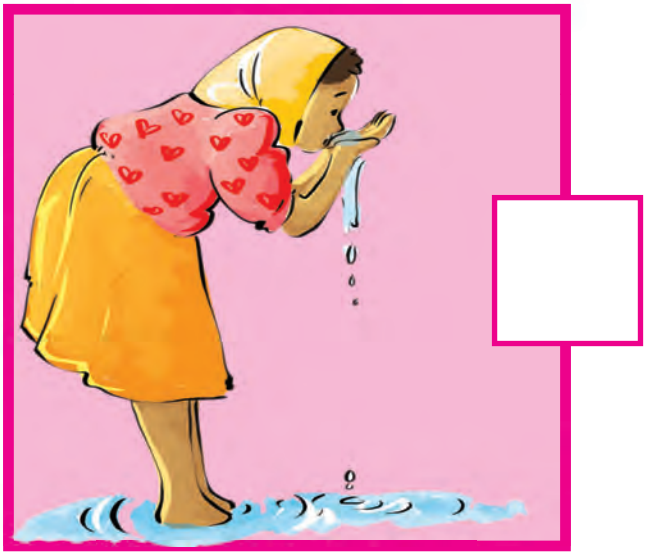
A re bueng

Jwale bua ka ditshwantsho tsena. Etsa ✔ ho bontsha hore o ka dula o phetse hantle. Kenya letshwao ✘ ditshwantshong tse ka etsang hore o kule.













Teacher:

Sign:

Date:

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Ho boloka mmele wa ka o phetse hantle

A re bueng

Bana ba ditshwantshong ba etsa eng hore ba dule ba phetse hantle? Ho ne ho ka etsahalang ha ba ne ba ka se etse dintho tsena?

Na o a tseba hore metsi a mang a hlwekile ha a mang a le ditshila? O ka etsa eng ho boloka metsi a hlwekile a le matle hore a kgone ho nowa?



O ka bidisa metsi a ditshila hore kokwana hloko di shwe.



O ka sefa metsi a ditshila hore o ntshe ditshila. Titjhere ya hao e ka o bontsha hore o etse jwang.

O ka kenya kgaba e nyenyane e le nngwe ya Jiki ho diemere tse mashome a mabedi a metsi a nokeng. Kwala emere hore ditshintshi di se kene. Tlohela metsi dihora tse 28 pele o ka a nwa.



A re bueng

Sheba ditshwantsho tse latelang, o bolele hore bana bana ba etsang hore ba dule ba phetse hantle.

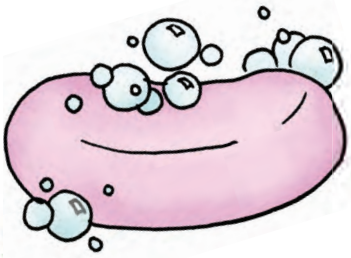
Tshela pampiri e tshesane ka ntlwaneng ya ho ithusa kapa moo ho kenywang matlakala.





Hlatswa matsoho pele o ja.







Hlatswa matsoho a hao ha o qeta ho sebedisa ntlwana ya ho ithusa.

Ha o etsa ditshila ka ntlwaneng ya ho ithusa, hlwekisa moo o sentseng o ntano hlatswa matsoho a hao.





Kwahela molomo ha o thimola kapa hona ho kgohlela.

Teacher:

Sign:

Date:

Re a hlahloba





	✔	✘
Nka bua ka lelapa leso.		
Nka tsamaya thapong e tshesane.		
Ke tseba nomoro ya mapolesa.		
Ke tseba ka maikutlo a "tjhe" le "ee".		
Nka kapa bolo.		
Nka dula ke bolokehile lapeng.		
Nka itlhokomela.		
Ke thusa lapa leso.		
Ke tseba hohle sekolong.		
Ke tseba ho dula ke phetse hantle.		
Ke tseba hore nka etsa eng ka dintho tsohle tse ka mokotlaneng wa ka.		
Ke tseba ka malapa a fapaneng.		
Ke ithutile ntho tse ngata thutong ya bokgoni ba bophelo.		

A a

B b

C c

D d

E e

F f

G g

H h

I i

J j

K k

L l

M m

S s

N n

T t

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W w

R r

X - Z

x - z

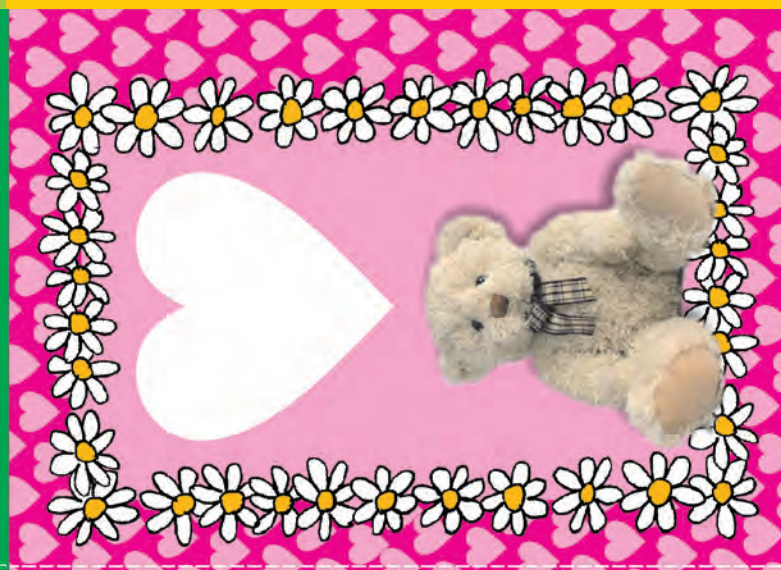



get well soon





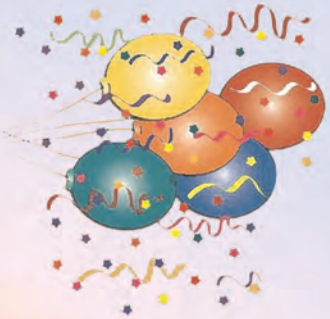
















Masks

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

