

Mdi Angie Motshekga,
Tona ya Thuto ya Motheo



Mna Enver Surty,
Motlatša-Tona ya
Thuto ya Motheo

Dipukutšhomo tše di tšweleditšwe go thuša bana ba Afrika-Borwa ka tlase ga boetapele bja Tona ya Thuto ya Motheo, Mdi Angie Motshekga, le Motlatša-Tona wa Thuto ya Motheo, Mna Enver Surty.

Rainbow Workbooks di bopa karolo ya mohlwaela wa tsenogare woo maikemišetšo a wona e lego go kaonafatša mošomo wa barutwana ba Afrika-Borwa bao ba lego mephatong ye tshela ya mathomo. Projeke ye, bjalo ka ge e le ye nngwe ya dinepokgolo tša Dithulaganyo tša go Diragatša tša Mmušo, e kgonne go diragala ka thekgo ya mašeleng a go tšwa, ka ntle le go kgokgona go Sešegotlotlo sa Bosetšhaba. Se se kgontšhitše Kgoro go dira dipukutšhomo tše, ka maleme ka moka a semmušo, ka ntle ga gore Kgoro e lefe.

Re hutša gore barutiši ba tla holega ka dipuku tše mošomong wa bona, wa tšatši ka tšatši wa go ruta; le go kgonthiša gore barutwana ba kgona go fetša lenanethuto. Re hlokometše gore re hlahle barutiši ditirong ka moka ka go tsenya maswao a ditaetši ao a laetšago seo morutwana a swanetšego go se dira.

Re tloga re hutša gore bana ba tla ipshina ka go dira mešomo ye e lego ka mo dipukwaneng tše ge ba dutše ba gola, ba ithuta, le gore wena, morutiši, o tla ipshina le bona mo lethabong la go ithuta.

Re kganyogela lena, barutiši, le barutwana ba lena, katlego, ka tšhomišo ya dipukutšhomo tše.

Mphato wa 1





Mabokgoni a Bophelo SEPEDI Puku ya 1

Kotara ya 1&2



Dipukutšhomo tše di hwetšagala mo go mohlwaela wo ke:

- *Tsebotlhaka / Leleme la Gae Mphato wa 1-6 (Ka maleme ka moka a semmušo)*
- *Dipalo Mphato wa 1-3 (Ka maleme ka moka a semmušo)*
- *Mmetse Mphato wa 4-6 (Ka Seisimane le Seafrikanse)*
- *Mabokgoni a Bophelo Mphato wa 1-3 (Ka maleme ka moka a semmušo)*
- *Lelemetlaleletšo la Pele Mphato wa 1-3 (Ka Seisimane, Seafrikanse, Sepedi le ka Sezulu)*
- *Lelemetlaleletšo la Pele Mphato wa 4-6 (Ka Seisimane le Seafrikanse)*

Rainbow WORKBOOKS

LIFE SKILLS IN SEPEDI
GRADE 1 – TERMS 1&2
ISBN 978-1-4315-0235-6

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Leina:

Klase:

basic education
Department:
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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Pherekgong
Dibokwane
Hlakola
Moranang
Mopitlo
Mosegamanye
Phupu
Lewedi
Augosetose
Diphalane
Dibatsele
Manthole

Mphato wa 1



Mabokgoni a Bophelo

SEPEDI

Puku ya I



Puku ye ke ya:

Ka ga nna

A re direng

Mamaretša seswantšho sa gago goba o thale seswantšho sa gago mo.



Leina la ka ke _____.

Sefane sa ka ke _____.

Ke na le mengwaga ye _____.

Balapa la gešo ke ba _____ ka palo.

Nomoro ya gešo ya mogala ke: _____

Atrese ya rena ke:

_____

_____

_____



Ke tseba gore letšatši la matswalo a ka le neng.

ee	ga ke na nnete	aowa

A re thaleng

Tšhego o kgona kgwele ya maoto kudu.	Thala selo seo o se kgonago kudu.
	

Anegela bagwera ba gago ka ga seo o kgonago go se dira gabotse.

A re boleleng

 Ke kgona go bala.	 Ke kgona go ikapeša.	 Ke kgona go ngwala.
 Ke kgona go bina.	 Ke kgona go dira teye.	 Ke kgona go hlapa meno a ka.

Teacher:
Sign:
Date:

2

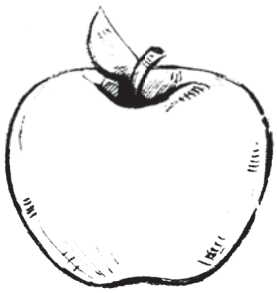
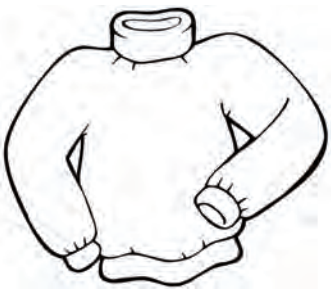
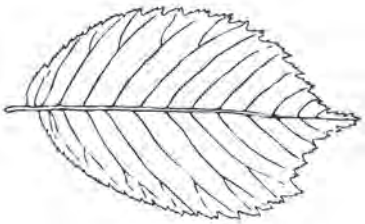
Mebala le tantshi

A re direng

Na o tseba mebala ye? Botša mogwera wa gago maina a mebala.



Khalara seswantšho se sengwe le se sengwe ka mmala wa maleba.

 Panana ye serolane	 Apola ye khubedu	 Jeresi ye talalerata
 Ambrela ya mebalabala	 Namune ye serolane	 Letlakala le letalamorogo

A re šutheng

Dira seo bana ba ba se dirago.



Šišinya mmele wa gago ka moka.

Dira se nkego o bapala piano.

Dira se nkego o bapala katara.



Lapologa

Phaphatha diatla go ya ka dipatrone tše.





Phaphatha Phaphatha

Phaphatha Phaphatha

Phaphatha Phaphatha

Phaphatha Phaphatha



A re direng

Na o ka kgona go dira dilo tše? Bontšha bagwera ba gago.

Ke kgona go kitimela mathokong a go fapana ka ntle le go thula batho.			
Ke kgona go tshela kgati.			
Ke kgona go kgokološetša bolo ye kgolo go mogwera wa ka.			

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3 Ka moka re ba bohlokwa

A re boleleng

Lebelela seswantšho gomme o botše mogwera wa gago ka ga phapano magareng ga bana ba.







Bogolo le bonnyane

Ba bangwe ke ba bagolo, ba bangwe ba rena ke ba bannyane.

Ba bangwe ba rena ke ba batelele, ba bangwe ba rena ke ba bakopana.

Ba bangwe ba rena re kgona go fofa, ba bangwe ba rena re kgona go opela.

Ka moka re kgona go dira selo sengwe gabotse.

Na ke eng seo o kgonago go se dira gabotse?



A re boleleng

Anegela bagwera ba gago gore o ile wa ikwa bjang ka letšatši la gago la mathomo kua sekolong.

ke thabile	ke nyamile	ke thakgetše	ke selekegile	ke na le dihlong
				

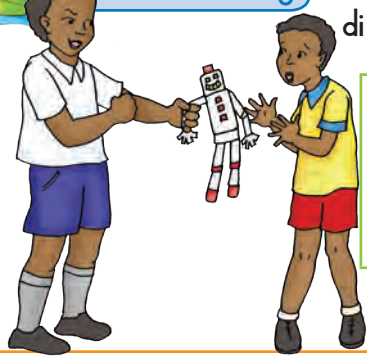


A re direng

Thala seswantšho go laetša ka fao o ka ikwago ka gona ge mongwe a ka go fa sebapadišwa se sefsa? Ngwala lentšu sekgobeng se se filwego ka mo tlase gomme o thale seswantšho se se tla laetšago ka moo o ikwago ka gona.

A re boleleng

Anegela mogwera wa gago gore go direga eng mo seswantšhong se sengwe le se sengwe. Bolela gore o be o tla ikwa bjang ge nkabe dilo tše di diragala go wena.



Mošemane yo mogolo o tšea dilo tša gago.


thabile


thakgetše


nyamile

Wena le mogwera wa gago le bapala mmogo.


befetšwe


thabile


boifa





O bula mpho.


boifa


thakgetše


dihlong

Butiago goba sesiago o pšhatla sebapadišwa sa gago se o se ratago.


dihlong


thabile


befetšwe



A re direng

Gatiša monwana wa gago ka lepokising la mathomo. Kgopela moithutammogo go gatiša monwana wa gagwe ka lepokising le le latelago.

Na o be o tseba gore ga go motho yo a nago le kgatišo ya menwana ye e swanago le ya gago lefase ka bophara? O kgethegile, ka ge go se na yo a swanago le wena lefase ka bophara. Le mafahla ga a na dikgatišomenwana tša go swana.

Na o kgona go bona gore dikgatišomenwana di a fapana?

Teacher:
Sign:
Date:

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Ga re swane

A re boleleng

Lebelela bana ba.
Na ba swana bjang?
Na ba fapana bjang?





A re direng

Lebelela seswantšho gomme o bolele gore dipego tše ke nnete goba ke maaka.

Khalara lefoko la maleba ka talamorogo.

Khalara lefoko le e sego la maleba ka bohubedu.



Ka moka ba na le matsogo a 2 le maoto a 2.



Ka moka ke basetsana.

Ka moka ba apere dieta.



Ka moka ba apere marokgo.

Ka moka ke bana.



Ka moka ba na le meriri ye metelele.

A re thaleng

Thala seswantšho sa gago mo sekgobeng sa mathomo. Ke moka, o thale seswantšho sa mogwera wa gago yo bohlokwa. Ge o dirile se, lebelela seswantšho gomme o bolele gore o fapana bjang le mogwera wa gago.

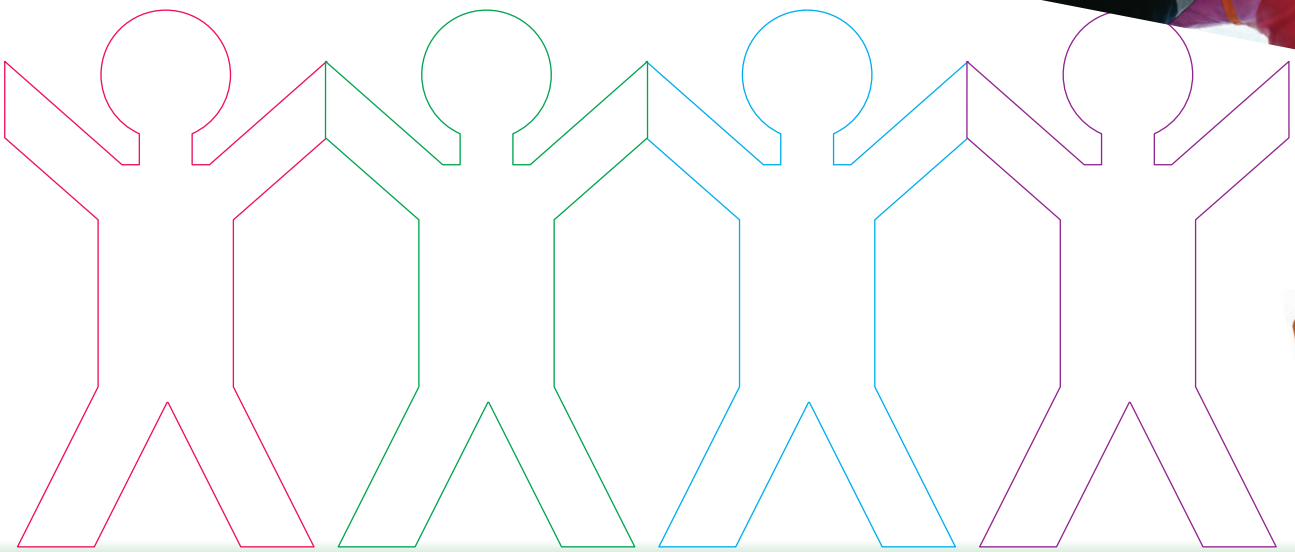


nna	mogwera wa ka yo bohlokwa

A re direng

Lebelela swantšho gomme o bolele gore wena le mogwera wa gago le swana kae le gore le fapana kae. Dira tšhaene ya segwera go laetša gore batho ba a fapana.





Teacher:

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Date:

Opela koša

A re direng

Dira dithobollo tše pele o opela.
Hemela ka gare ka maatla gomme ka morago o hemele ka ntle ka go iketla.
Dira eke o tima dikerese godimo ga khekhe ya matswalo.
Dira eke o kwa phefo, gomme o re "Brrrrrrrrrrrrrrrr".

Dikgabjana tše hlano

Dikgabjana tše hlano di tabogataboga mpeteng.
E tee ya wa ya thulantšha hlogo ya yona.
Mme a bitša ngaka, gomme ngaka ya re,
"Ga ke sa nyaka dikgabjana di tabogataboga mpeteng!"
Dikgabjana tše nne di tabogataboga mpeteng.
E tee ya wa ya thulantšha hlogo ya yona.
Mme a bitša ngaka, gomme ngaka ya re,
"Ga ke sa nyaka dikgabjana di tabogataboga mpeteng."
Dikgabjana tše tharo di tabogataboga mpeteng.
E tee ya wa ya thulantšha hlogo ya yona.
Mme a bitsa ngaka, gomme ngaka ya re,
"Ga ke sa nyaka dikgabjana di tabogataboga mpeteng."
Dikgabjana tše pedi di tabogataboga mpeteng.
E tee ya wa ya thulantšha hlogo ya yona.
Mme a bitša ngaka, gomme ngaka ya re,
"Ga ke sa nyaka dikgabjana di tabogataboga mpeteng".
Kgabjana e tee e tabogataboga mpeteng.
Ya wa ya thulantšha hlogo ya yona.
Mme a bitša ngaka, gomme ngaka ya re,
"Ga ke sa nyaka dikgabjana di tabogataboga mpeteng."

A re thaleng

Thala sefahlego sa gago.
Laetša Mahlo, ditsebe, nko, molomo le moriri.
Botša bagwera ba gago gore ke wena yo mobjang.



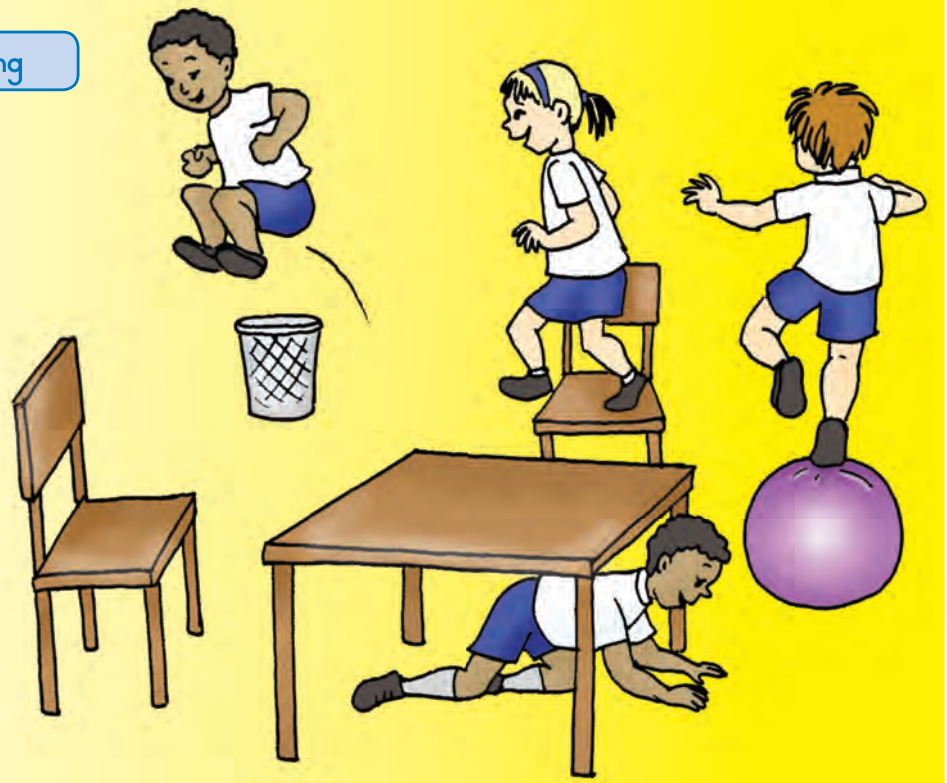


A re šutheng

Dira mola wa go ditšhitišo wa go swana le wo ka phapošing ya lena.

Fofa go tloga go setulo se go ya go se se latelago.

Abula ka tlase ga ditafola.



Teacher:
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Date:

6 Ke ikgantšha ka sekolo sa rena

A re direng

Thala seswantšho sa gago o apere yunifomo ya sekolo. Ngwala dikarabo tše di tlogetšwego.



Ke tsena sekolong sa _____.

Leina la morutiši wa ka ke _____.

Hlogo ya sekolo ke _____.

A re ngwaleng

Lebelela seswantšho sa ka godimo gomme o ngwale mantšu a maleba go seswantšho se sengwe le se sengwe.

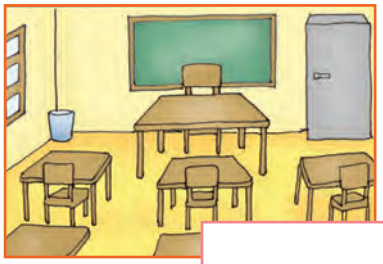
ngwako wa diphahlo

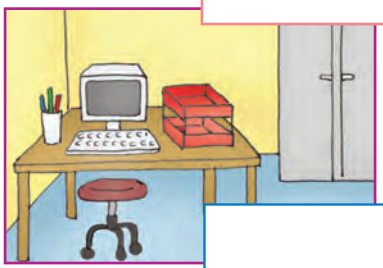
mongwaledi

ofisi

phaposi

lepatlelo











A re ngwaleng

Go na le batho ba bantši mo sekolong. Bolela gore ke bomang. Ke moka o ngwale lentšu la maleba ka tlase ga seswantšho se sengwe le se sengwe. Botša mogwera wa gago gore ba dira eng kua sekolong. Šomiša mantšu a go go thuša.

bana	bahlwekiši	morutiši	hlogo









Lapologa

Lepokisi la dipene la Tšhego le wele. Bala gore o na le dikrayone tše kae gomme o ngwale nomoro yeo ka lepokising.



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Mafelo a go fapana

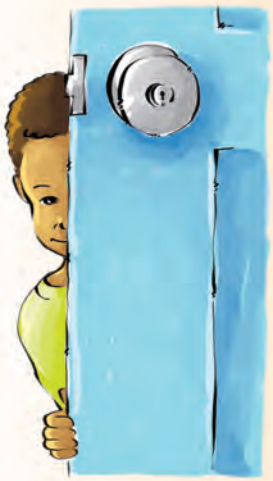
A re direng

Laetša mogwera wa gago gore o ka kgona go.



"Ke iphihlile ka tlase ga tafola."

Iphihla ka tlase ga selo se sengwe.





Ema kgauswi le selo se sengwe.



Iphihle ka morago ga selo se sengwe.

Ema godimo ga selo se sengwe.

A re šutheng

Šomiša kgwele goba setulwana sa nkgokolo. Se beletše godimo gomme o se kabe. Bjale tokaetša/thekanetša mokotlana wa dinawa hlogong gomme o sepele hleng le thapo ye e bofilwego goba mo mothalong wo o lego mo lebatong.

Ke kgona go betša. 			
Ke kgona go kaba. 			
Ke kgona go thekanetša setulwana godimo ga hlogo. 			

A re šutheng

Iša maoto godimo le fase ka dipatrone tše.

N = Nngele



M = Mmagoja





N M N M N

M N M M N M N M

N N M N N M N M

Teacher:

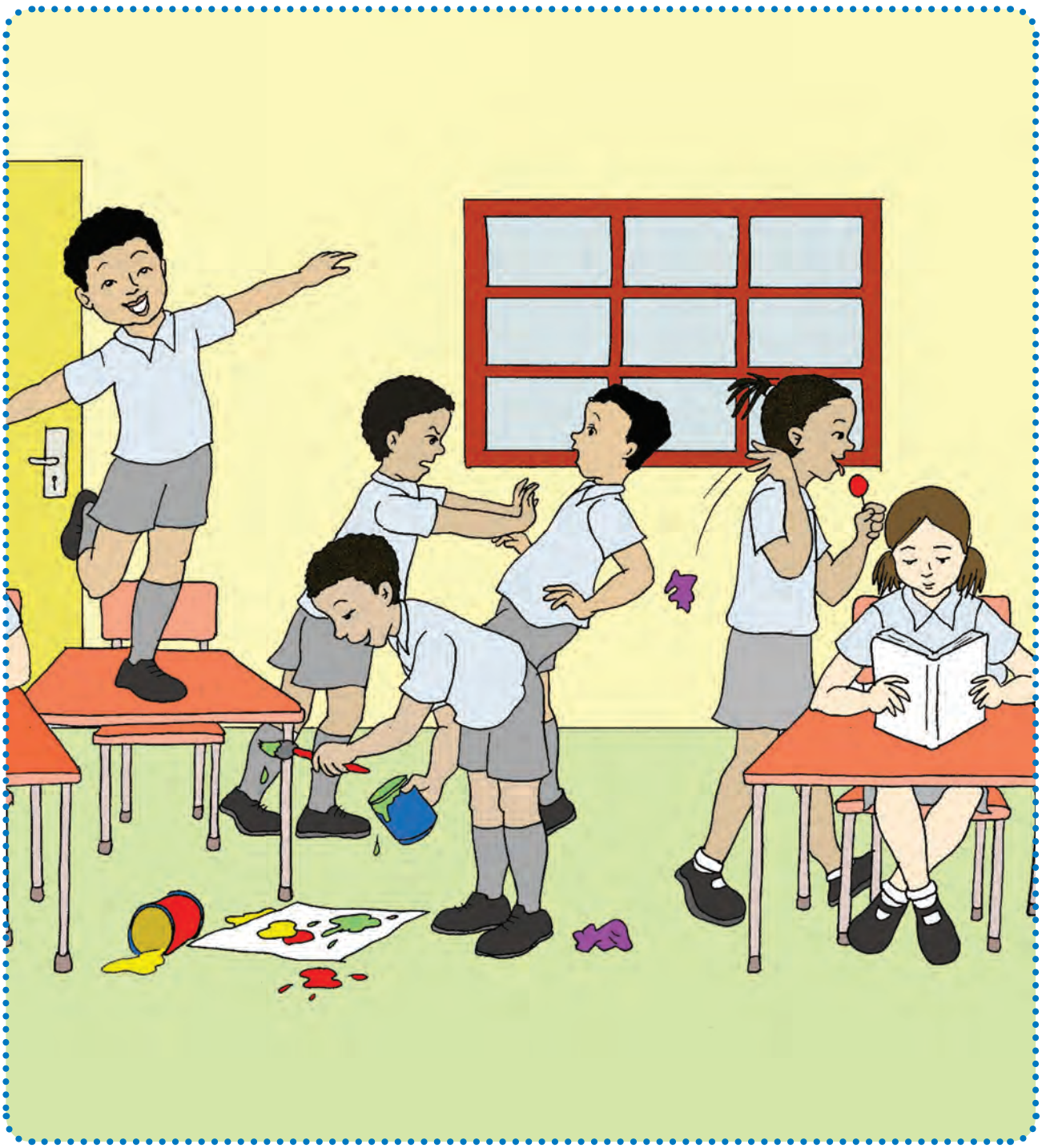
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Date:

Phapoši ya ka

A re boleleng Lebelela seswantšho se ka kelohloko gomme o bolele ka seo o se bonago.

Ka phapošing ye, go direga dilo tše botse le tše mpe. Na ke dilo dife tše dibotse tše o di bonago? Na ke dilo dife tše mpe tše o di bonago?



A re boleleng

Botša mogwera wa gago gore go direga eng mo seswantšhong. Ngwala ✔ kgauswi le dilo ka moka tša go loka gomme o ngwale ✘ kgauswi le dilo ka moka tše mpe tše di ka diregago mo sekolong.









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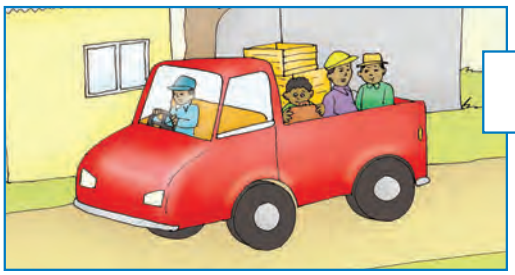
9 Mokgwa wo re yago sekolong ka wona

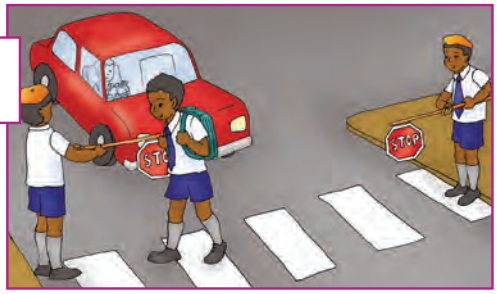


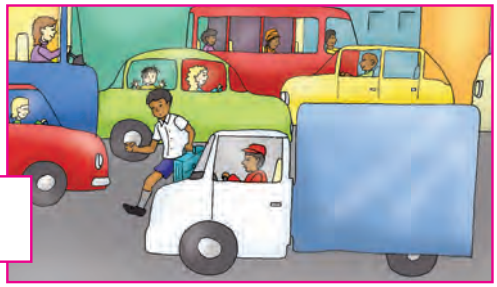
A re boleleng

Na o ya bjang sekolong letšatši le lengwe le le lengwe? Na o bolokegile? Na o tseba mekgwa ye mengwe ya go ya sekolong yeo e sa bolokegago? Bolela le mogwera wa gago gore bana ba ba ya sekolong bjang. Swaya mekgwa yeo e bolokegilego ya go ya sekolong ka ✔. Swaya ✘ go mekgwa yeo e sa bolokegago.









O ya sekolong bjang mesong?



A re direng

Bjale botšiša bagwera ba 5 gore ba tla sekolong ka eng letšatši le lengwe le le lengwe. A swaye mo papetleng ye.



Leina	1	2	3	4	5
ka maoto 					
ka pese 					
ka sefatanaga/ bene 					

A re direng Šomiša letsopa go bopa dilo tše.



A re šutheng Theeletša mmino wo morutiši a tlago le bapalela wona.

Šikinya mmele wa gago ka go latela morethetho wa mmino.

Koba mangwele gomme o otlolle maoto a gago.

Iša magetla godimo le tlase.

Dikološa manakaila a gago go ya go la nngele le go ya go la mmagoja.



A re šutheng Wena le mogwera wa gago le swanetše go betša kgwele gomme le e kabe. Šomiša letsogo la gago la go fokola go beletša kgwele morago.

Na ke kgonne go betša kgwele ka letsogo la ka la go fokola?	☺	☹

A re šutheng

Sepediša mogwera wa gago bjalo ka kiribane.



Teacher:
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Date:

10 Ke itshwara ke hlwekile

A re boleleng

Go bohlokwa go ithuta mekgwa ye mebotse o sa le yo monnyane.
Go latela dilo tše o ka di dirago gore o phele gabotse o hlwekile.
Bolela ka seswantšho se sengwe le se sengwe.

Ke swanetše go



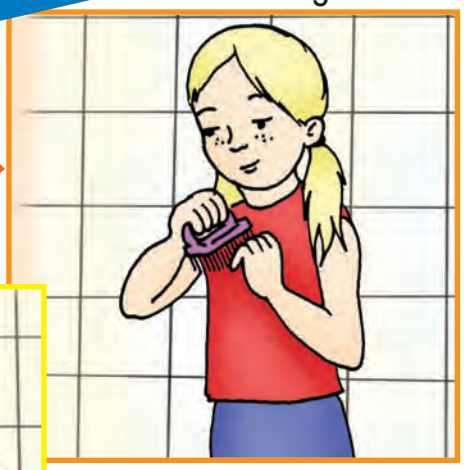
Hlapa meno.



Hlapa diatla ge ke etšwa ntlwaneng.



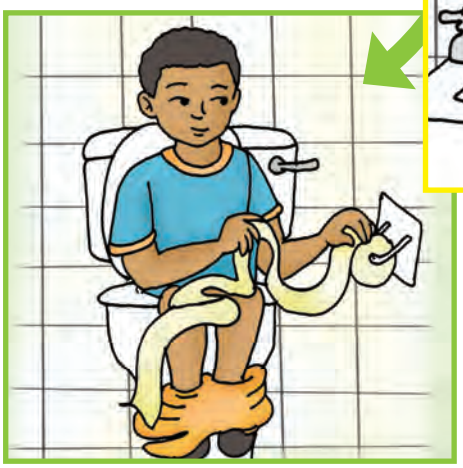
Go hlapa mmele ka mehla.



Swara manala a ka a hlwekile.



Hlatswa seenywa pele ke se ja.



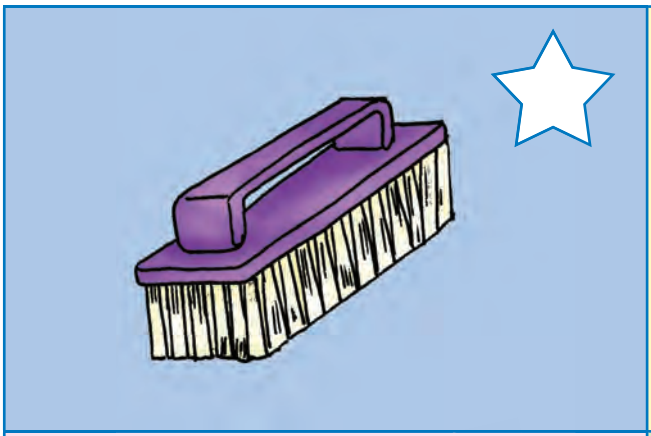
Šomiša ntlwana.



Šomiša thišu ge ke ethimola le ge ke ntšha mamila.

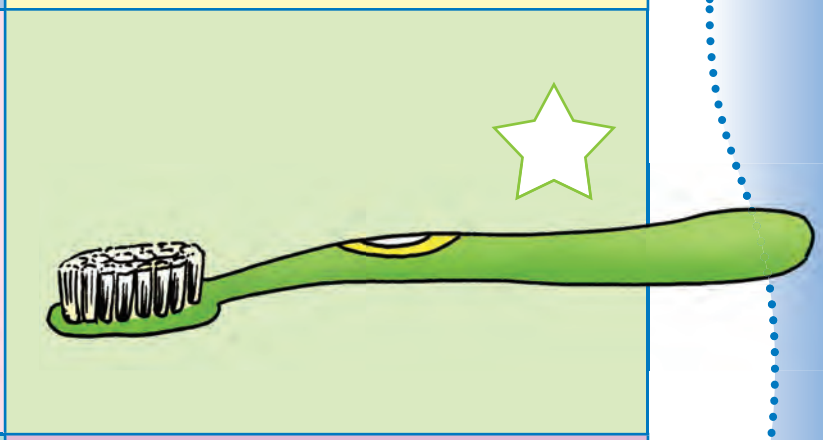
A re ngwaleng

Na ke dilo dife tša tše di latelago tše o swanetšego go ba le tšona gore o dule o hlwekile? Khalara dinaledi go laetša dilo tše o di dirišago gore o dule o hlwekile. Gape, bolela gore o diriša bjang dilo tšeo gore o dule o hlwekile.

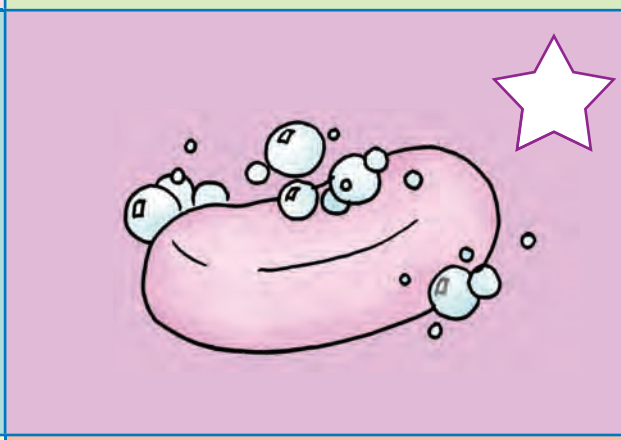


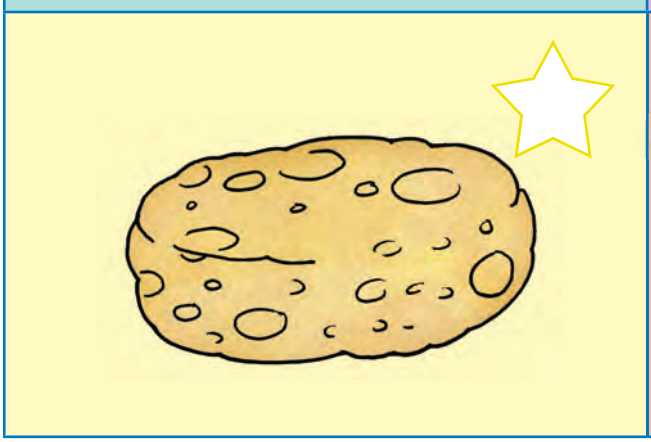


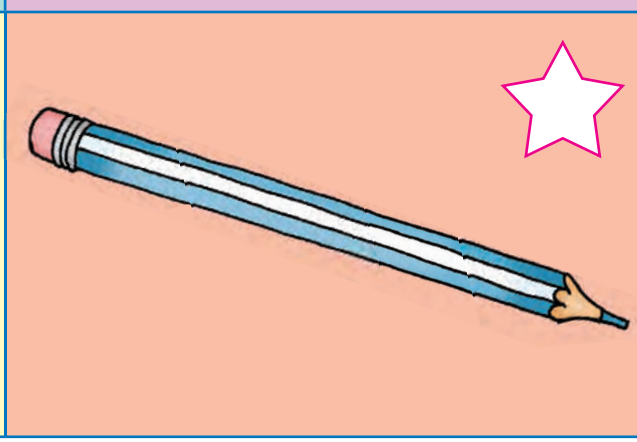












Teacher:

Sign:

Date:

11

Ke dula ke hlwekile



A re baleng

Mekgwa ya go šomiša ntlwana ka mokgwa wa maleba.

Gopola



Ge o ka kgamathetša ntlwana, gopola go e hlwekiša pele o etšwa.



Gopola go goga pele o etšwa.



Tswalela lebati la ntlwana ge o e šomiša.



O se ke wa šomiša pampiri ya thoelete ka bontši.



O swanetše go hlapa diatla ge o etšwa ka ntlwaneng.

A re ngwaleng

Dira sediko go mantšu ao a re botšago gore re swanetve go dira dilo tše di latelago gakae.

Go hlapa moriri wa gago.



letšatši le lengwe le le lengwe	mo mesong le mantšiboa
gabedi ka beke	gatee ka beke

Go hlapa meno.



letšatši le lengwe le le lengwe	mo mesong le mantšiboa
gabedi ka beke	gatee ka beke

Go hlapa mmele.



letšatši le lengwe le le lengwe	mo mesong le mantšiboa
gabedi ka beke	gatee ka beke

Go hlapa sefahlego.



letšatši le lengwe le le lengwe	mo mesong le mantšiboa
gabedi ka beke	gatee ka beke

Teacher:

Sign:

Date:

12

Mmele wa ka

A re šutheng

Bapala "Simone o re" le morutiši wa gago.
Nyaka sekgoba sa gago gomme o sepele ka ntle le go thulana le bangwe.
Simone o re "swara hlogo ya gago".

A re bontšheng

Laetša mogwera wa gago gore o ...

Hlapa mmele bjang.

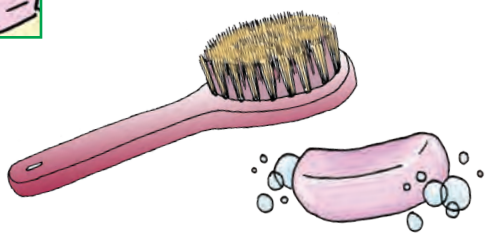




Phumola diatla bjang.



Kama meriri bjang.





Hlapa meno bjang.

Hlapa sefahlego bjang.





Diragatša seretwana se.

Ke phaphatha diatla
Ke kibakiba ka maoto
Ke dumela ka hlogo
Ke dikološa matsogo
Ka ema ka menwana
Ka kgwatha nko.



Teacher:
Sign:
Date:

Ditlwaedi tše botse tša bophelo

A re baleng

Re swanetše go dira eng gore re dule re phetše gabotse.

Dijo tša phepobotse





Go itšhidolla mo go lekanego

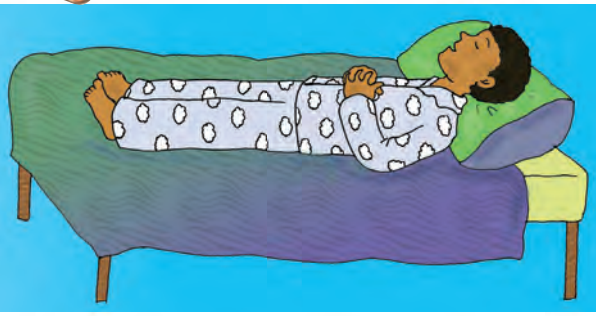
Go itshwara re hlwekile





Seetša sa letšatši

Boroko bjo bo lekanego, gape o se dulele thelebišene!



A re ngwaleng

Leswao (✔) la moputso wa ditlwaedi tša bophelo bjo bobotse le leswao (✘) la ditlwaedi tša bophelo bjo bo sego botse.



Teacher:

Sign:

Date:

14 Go hlweka le bothakga

A re direng

Laetša gore o šomiša bjang dilo tše di latelago.

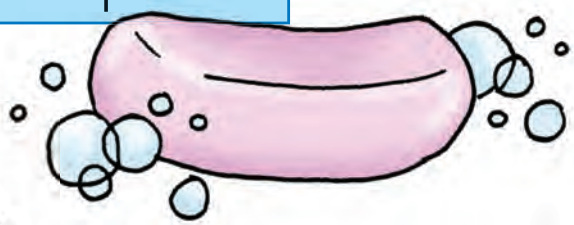


sesepe sa meno



poraše ya meno

sesepe





sesepe sa hlogo



setlolo sa diatla



kamo



poraše



poraše ya manala



diripamanala

A re šutheng

Swaranang ka matsogo le dire lešaka le legolo.

Bjale phasang kgwele moo lešakeng.

Gomme, lokela ye nngwe kgwele, o e phase.

Bjale, lokela ye nngwe kgwele gomme o leke go phasetša pele dikgwele tše tharo.



A re boleleng

Na ke eng sa ditšhila ka mo phapošing ye?

Na o swanetše go dira eng go hlwekiša phapoši ye?

Bana ba dira eng? Na ba swanetše go dira eng?



Teacher:

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Date:

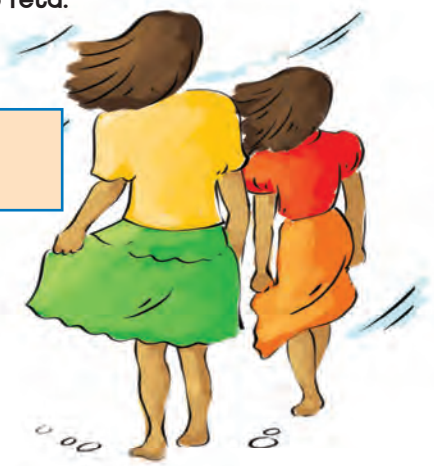
Boso

A re boleleng

Lebelela mehuta ye e fapanego ya boso gomme o botše mogwera wa gago gore ke boso bofe bjo o bo ratago go feta.



phefo



letšatši



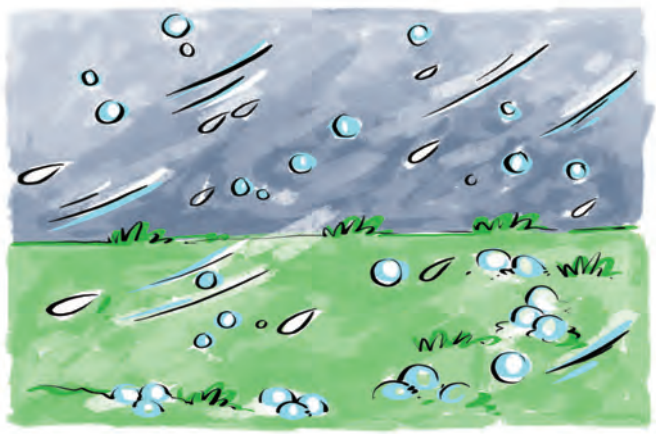
maru le go tonya



pula

Mafelong a mangwe a naga, ka nako go tonya kudu moo go bilego go ewa lehlwa. Ka nako boso e ba bja madimo.

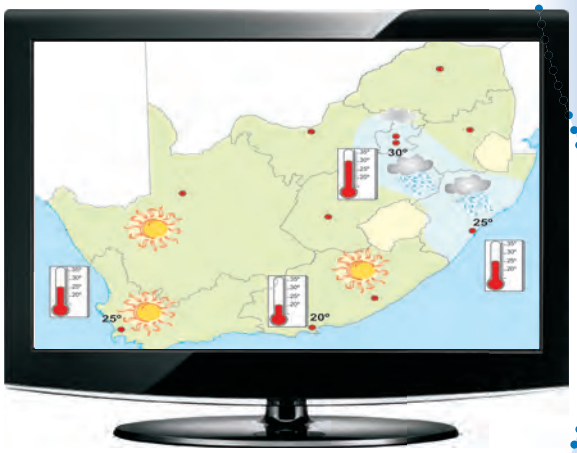
Diphefo tše maatla kudu di bitšwa madimo.





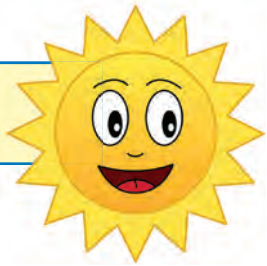


A re baleng



Re šomiša papetla ya tša boso go bontšha gore boso ke bjo bobjang. Re šomiša dika go bontšha mehuta ye e fapanego ya boso. Tše dingwe tša dika tšeo šedi.

letšatši



pula





maru



maru gannyane

lehlwa



phefo





A re direng

Thala dika tša boso gore o feleletše papetla ya boso ya beke.

Mošupologo	Labobedi	Laboraro	Labone	Labohlano



A re ngwaleng

Na boso bo be bo le bjang beke ye?
Ngwala mantšu ao a tlogetšwego.

Lehono go a _____.

Maabane go be go _____.

Ke holofela gore gosasa go tla _____.

Teacher:
Sign:
Date:

Boso

A re direng

Ekiša maemo ao a fapanego a boso.



Phurulla matsogo a gago ka godimo ga hlogo ya gago gomme o itire se ekego ke wena leru le legolo.



O swere sambrele sa go go šireletša gore o se fišwe ke letšatši.



Tekuma bjalo ka mohlare wo o fokwago ke phefo.



Swara sambrele sa gago o se tiiše gore se se tšewe ke phefo ye maatla.



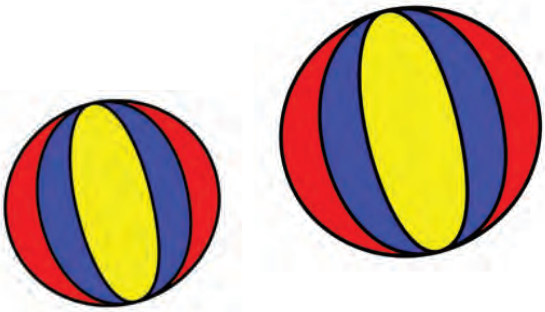


Phaphaphapha bjalo ka marothodi a pula a rothela godimo ga tlhaka.

A re šutheng

Swaranang ka matsogo le dire lešaka le legolo.

Beletšanang gomme le kame dikgwele.





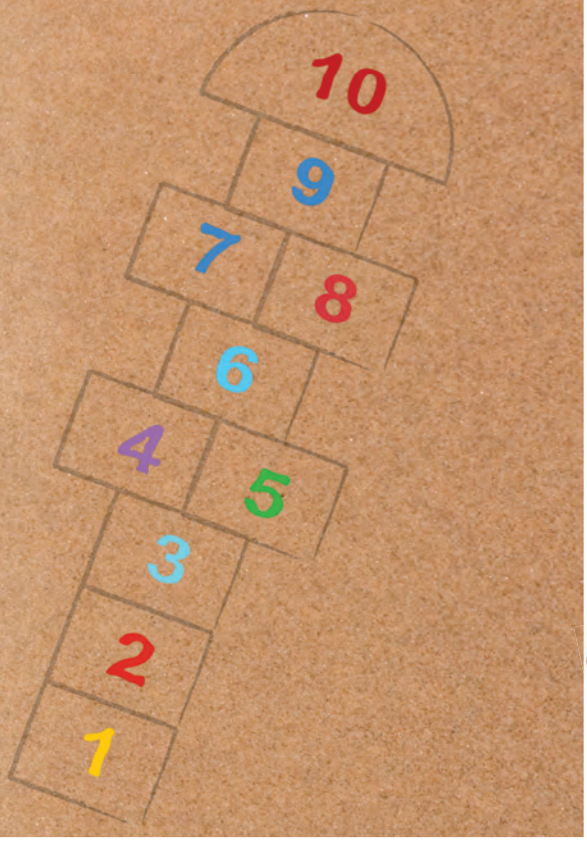
Naganang ka mekgwa ye e fapanego ya go sepela godimo ga lepheko goba godimo ga mothalo wa thapo. Bona ge eba o ka gopola ka mokgwa wo o fapanago wa go šutela go baithutammogo ba gago.

Lapologa

Raloka papadi ya tsheretshere. Thala diploko le didiko mo santeng goba mo mobung.







Teacher:

Sign:

Date:

Balapa

A re boleleng Na o be o tseba gore ba meloko ka moka ga ba swane?

Malapa a mangwe ke a palo ye kgolo, a mangwe ke a palo ye nnyane. A mangwe a na le bomme le botate, a mangwe ga a nabo. Malapa a mangwe a dula le bomakgolo'a bona le borakgolo'a bona, bomalome, borakgadi le bomotswala.

Lebelela diswantšho tše gomme o botše bagwera ba gago ka fao malapa a sa swanego.
Šomiša mantšu ao a lego ka mo lepokising.

mme	tate	sesi
rakgolo	buti	lesea
makgolo	balapa	







A re ngwaleng

Na o dula le bomang ka gae?



Na o dula le bomang ka gae?

_____.

Ka gešo re ba ba _____ ka palo.

Yo monnyane go bohle ka geno ke mang? _____.

Yo mogologo go bohle ke mang? _____.

A re boleleng

Yo mongwe le yo mongwe ka gešo o na le mošomo wa gagwe. Lebelela diswantšho tše, gomme, kgauswi ga se sengwe le se sengwe ngwala leina la motho yo a dirago mošomo wo ka geno.



Ka fao ke thušago ka gae.

_____.

Teacher:

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Date:

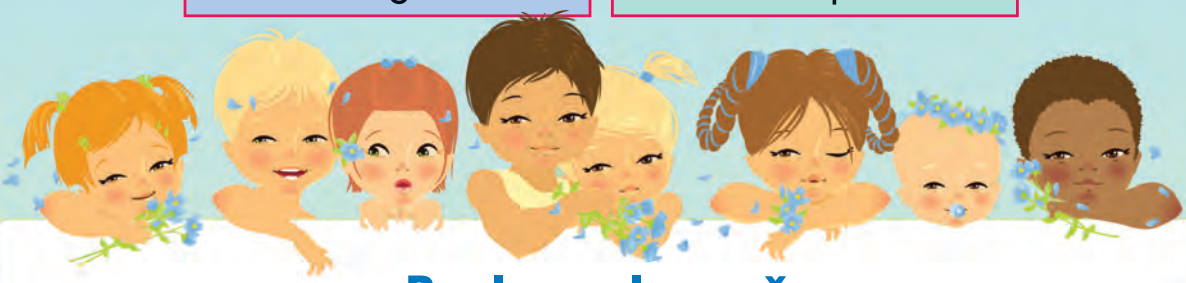
Balapa la gešo



Lapologa

Thala seswantšho seo se laetšago seo le se dirago mmogo. Ngwala leina la motho yo mongwe le yo mongwe kgauswi ga sethalwa sa gago, seo o bego o mo thadile. Bolela gore motho yoo ke mang. Šomiša mantšu a, gore a go thuše.

mme	tate	sesi
rakgolo	buti	lesea
makgolo	balapa	



Ba lapa la gešo

Re a hlokomelana



A re baleng

Maloko a lapa a swanetše go ratana gomme a hlokomelane. Re bontšha gore re a ratana ka go atlana, gape le go thušana, le go hlomphana.
Re swanetše go ...



- Thušana.
- Bontšhana tlhompho (gagolo go batho ba bagolo).
- Dira mošomo wa rena ka nako.
- Ba le maikarabelo.



A re boleleng

Lebelela diswantšho tše gomme o bolele gore bana ba laetša bjang ba malapa a bona gore ba a ba rata.





A re direng

Thala seswantšho sa gore o dira eng go laetša balapa leno gore o a ba rata. Botša mogwera wa gago gore o thadile eng.

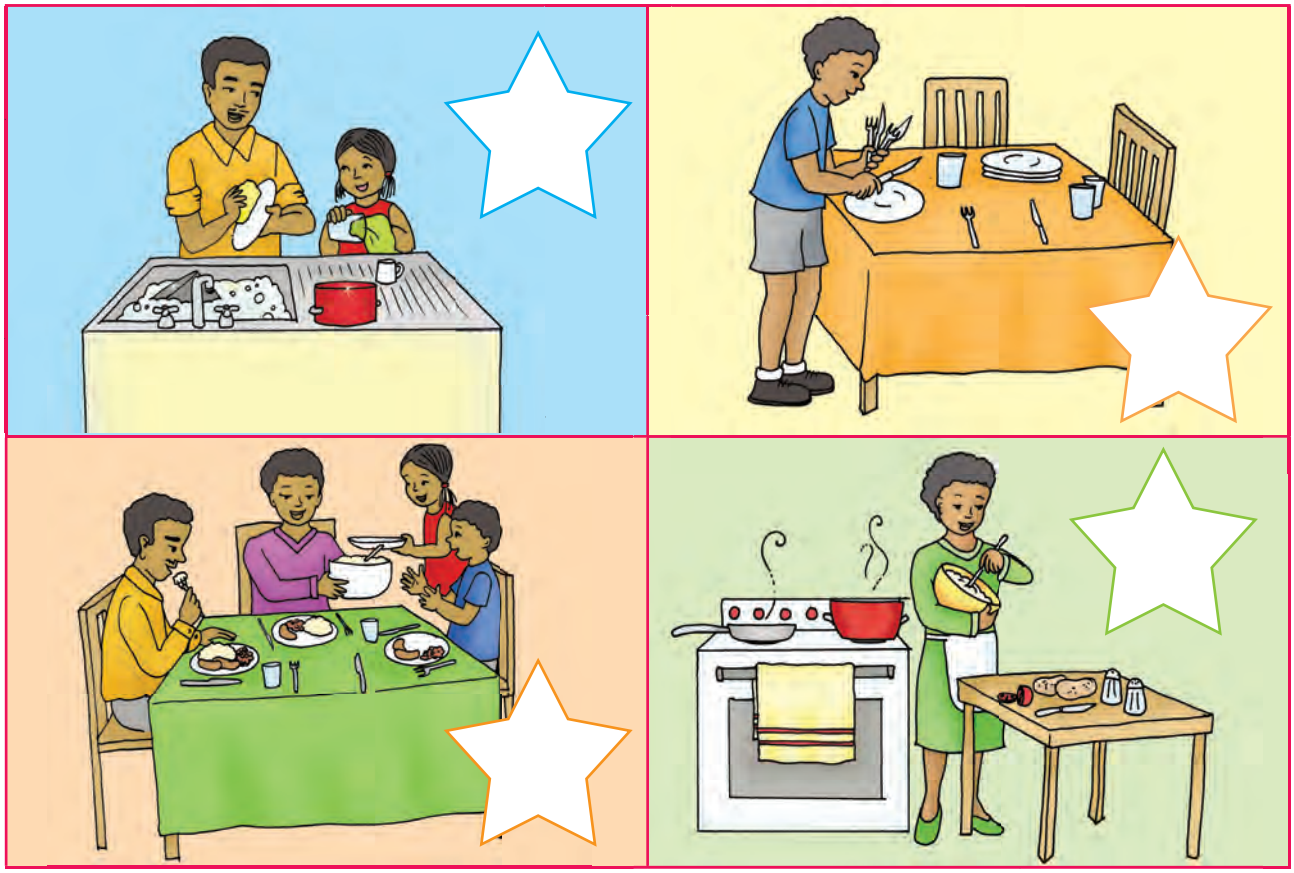
Teacher:
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20

Re a hlokomelana

A re boleleng

Bolela ka ga ka fao maloko a lapa a thušanago. Nomora diswantšho go tloga go 1 go ya go 4, go laetša tatelano ya maleba.



A re baleng

Mešomo ya rena ya mantšiboa.



Mme o apea dijo.

Tate o hlatswa dipitša.

Nna le kgaetšedi (buti) re thuša Mme le Tate.

Re thuša kudu.

Re bea maswi le borotho moo di dulago.

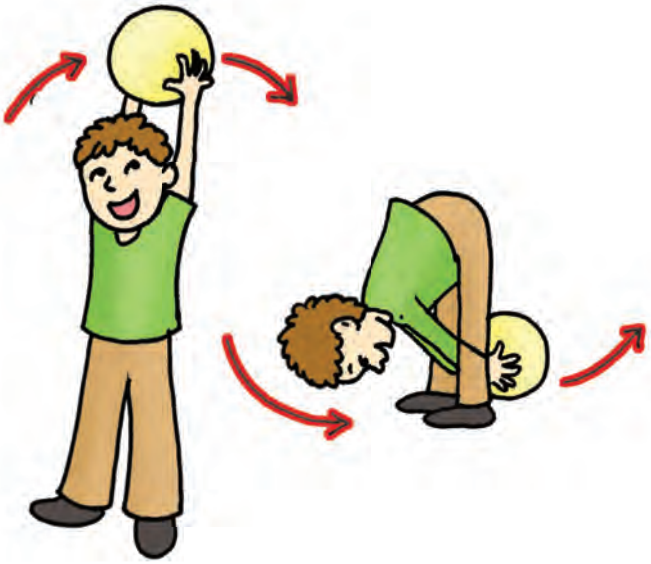
Ka morago re loketše go ya go robala.

Hle, re botše nonwane ya pele re robala!

A re šutheng

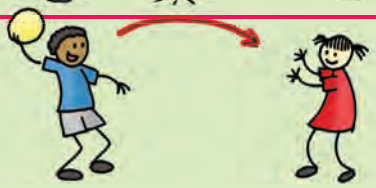
Swaranang ka matsogo gore le dire lešaka.
Emang ka mothalo, le šalane morago.

- Ngwana wa mathomo o hwetša kgwele, a e tshediša hlogo ya gagwe, a e fa wa ka morago ga gagwe.
- Ngwana yoo o fetiša kgwele makgathe ga maoto a gagwe, a e iša go ngwana yo a latelago.



A re direng

Laetša morutiši wa gago ge eba o ...

	fetiša kgwele ka go e bethantšhetša go molekane wa gago.	Ee	Aowa
	ka fetiša kgwele ka go e tshediša matsogo ya fetela go molekane wa gago.	Ee	Aowa
	ka bethantšhetša kgwele go tloga matolong a gago.	Ee	Aowa
	ka bethela kgwele khounung.	Ee	Aowa
	ka tilatilela kgwele makgathe ga bathibedi.	Ee	Aowa
	ka ragela kgwele selong, wa se itia.	Ee	Aowa

Teacher:
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Date:

Tšhireletšo ka gae, le tikologo ya gona



Re swanetše go dula re ikwa re bolokegile ge re le gae. Eupša go na le dikotsi ka gare, gape le tikologong ya malapeng a rena. Lebelela seswantšho gomme o bolele le mogwera wa gago ka ga tše dingwe tša dikotsi.

Ka khitšhing

- Sokološetša mekgoko ya dipitša le dipane di lebelele bomorago bja setofo.
- O se tlogele dithipa tše bogale molaleng.
- Notlelela pharafene le mpholo lefelong le le bolokegilego.
- O se tlogele dibapadišwa di nyabaletše mo gohle.





Ka bohlapelong

- O se šomiše dilo tše di nyakago mohlagase kgauswi le meeste.
- Boloka dikero le dilo tše dingwe tše bogale ka khabotong.

Magadima le mohlagase



- O se ke wa ema ka tlase ga mohlare ge go na le ledimo.
- O se ke wa tsenya selo ka gare ga mašobana a sekopanyadithapo sa mo lebotong. Kgopela motho yo mogolo gore a go thuše.
- Ge o bona gore thapo ye e yago aeneng goba ketleleng e hlarologile, kgopela Mme goba Tate gore a e lokiše.

Ka ntle ga legae

- Topa dilo tše di kago go go gobatša, bjalo ka digalase tše di pšhatlegilego, gomme, o di lokele ka gare ga setšhelamatlakala.
- O se ke wa bapala kgauswi le letangwana, ka ntle ga ge go na le motho yo mogolo kgauswi le wena.





Ka ngwakong

- O se ke wa tlogela dibapadišwa le dilo tše dingwe di nyabaletše.
- O se ke wa bapala ka pharafene goba dilo tša go hlwekiša tša go ba le mpholo.

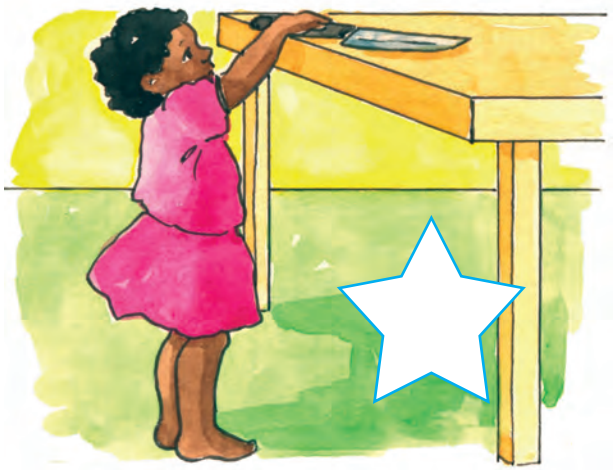
Teacher:
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Date:

22

Polokego mo lapeng le tikologong ya kgauswi



Lebelela diswantšho gomme o bolele gore ke dife tšeo di laetšago maemo a tšhireletšo le ao a sego bjalo. Swaya ka ✔ go ao a laetšago maemo a tšhireletšo, le ✘ go ao a sa laetšego maemo a tšhireletšo.















A re boleleng

Na go na le dilo tšeo di sa bolokegago ka geno? Na o ka dira eng ka maemo ao? Mpholo le diela tše dingwe tša go hlwekiša di kotsi kudu, gape, di ka go babjiša goba tša go bolaya. O se ke wa ba wa nwa selo seo o sa se tsebego gore ke eng.





Seka se se laetša gore go na le selo se sengwe seo se nago le mpholo ka mo lebotlelong, ka lepokising goba ka tshitswaneng. Na o šetše o kile wa bona seka sa mohuta wo?



A re direng

Morutiši wa gago o tlile go go bapalela mmino wo o itšego.

- Eya kua le kua, o latela morethetho wa koša yeo.
- Kgethang moetapele. Moetapele o swanetše go bina, a eya le morethetho wa koša. Ba bangwe ka moka ba swanetše go ekiša moetapele.



- Ema ka leoto le tee.
- Bjale, ema ka leoto le lengwe.
- Ke lefe leoto leo le nago le maatla?
- Otlollela thapo ye telele le lebato goba thala mothalo.
- Sepela go tlhetlha le thapo goba mothalo, gomme o hlokomele gore o se ke wa wa.



Teacher:
Sign:
Date:

23 Polokego ge ke le noši

A re boleleng

O ithutile ka ga dilo tšeo di ka go gobatšago ka mo age. Na o ka dira bjang gore o šireletšege ge o le gae o le noši?



Ge o le gae o le noši, o ka dira dilo tše gore o šireletšege.



Notlela mabati ka moka.



O se ke wa bulela batho ba o sa ba tsebego.

- Kgonthiša gore o tseba dinomoro tša mogala tša batswadi ba gago le tša baagelani.
- Dira lenaneo la dinomoro tše bohlokwa, tšeo di tlago go go thuša ge motho yo mongwe a ka gobala.



A re ngwaleng

Itirele lenaneo la dinomoro tše bohlokwa.

Maphodisa: _____

Ambulense: _____

Borasetimamollo: _____

Selefounu ya mma: _____

Selefounu ya tate: _____

Na o leletša mang gape ge o nyaka thušo?

_____

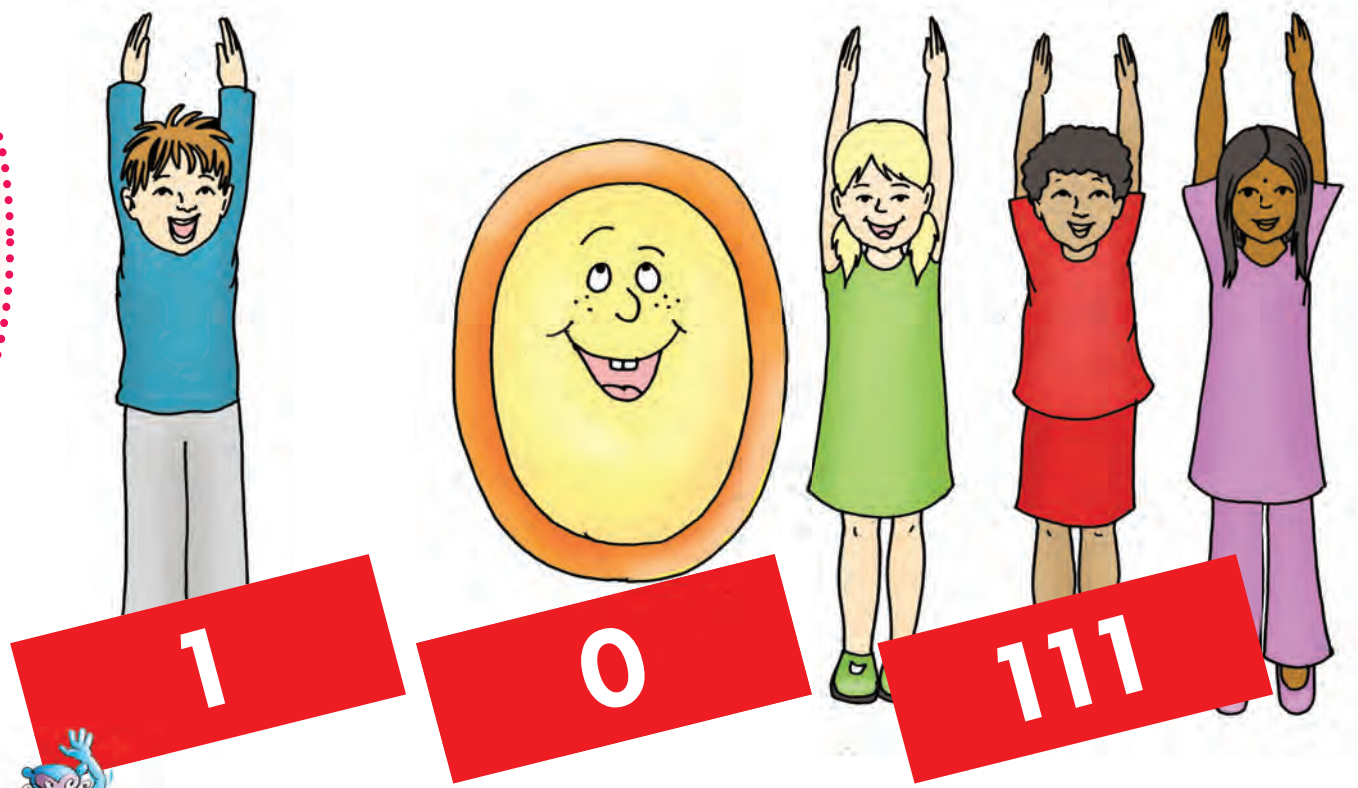
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Date:

24 Tšhireletšo ge ke le noši



A re boleleng

Mokgwa wo bonolo wa go gopola dinomoro tša maphodisa šo. Lebelela seswantšho gomme o botše mogwera wa gago ka fao diswantšho di go thušago go gopola dinomoro tše. 1011 ke nomoro ya maphodisa. E bolele gammalwa go fihla ge o e tseba ka hlogo.





A re šutheng

Laetša ka fao o tlago go šutha ge o be o le ngwana mo go se sengwe le se sengwe sa diswantšho tše:



O be o tlile go šutha goba go tšhaba bjang ge o lelekišwa ke motho yo o sa mo tsebego?



O be o tla šutha bjang ge o thuša mmago go kinia khekhe?

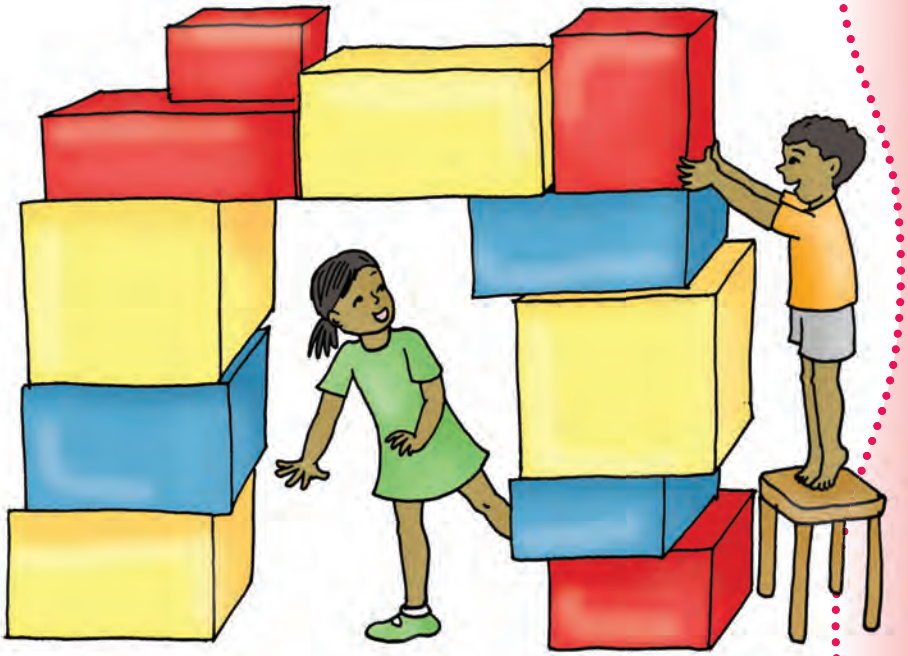


O be o tla šutha bjang ge o be o eme godimo ga digalase tše di pšhatlegilego?



A re direng

Leka o bone ge eba o ka ikagela ngwakwana wa gago.



- Nyaka dikhatapokisi tša kgale gomme o age maboto le tlhaka.
- O ka di kgomagantšha ka semamaretši. Ge ngwakwana o fedile, o ka o penta.
- Ge o sa hwetše khatapokisi, bona gore o ka šomiša eng, eupša o se ke wa šomiša galase goba tshitswana goba eng goba eng ye e ka go gobatšago.



A re šutheng

Lahlela mokotlana wa dinawa goba kgwele, godimo, gomme o e kabe ka letsogo leo le se nago maatla.





A re direng

Thuša morutiši wa gago go šuthiša ditulo, ditafola le mapokisi.

Namela ditulo, ditafola le mapokisi, di huhumele, gape, phurunkela fase.



Teacher:

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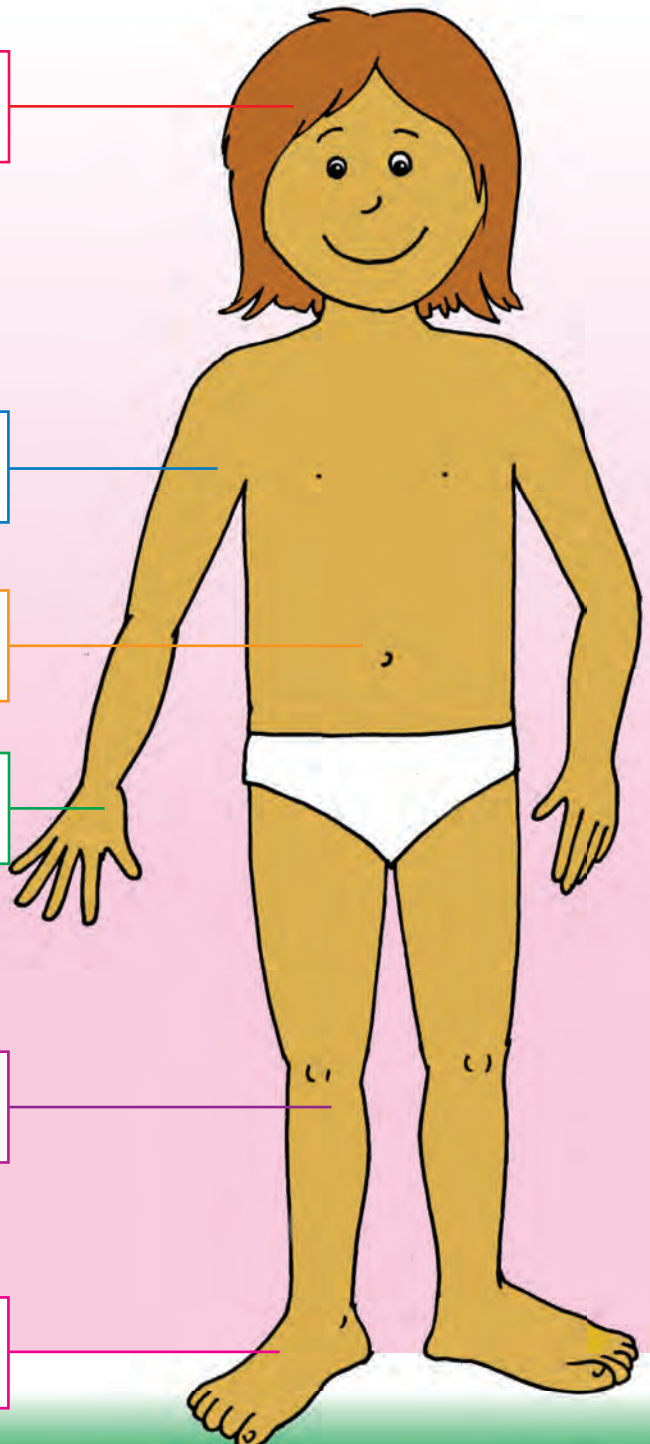
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Mmele wa ka

A re ngwaleng

Ngwala mantšu mo dikgobeng tša maleba.

leoto	seatla	hlogo
mpa	lenao	letsogo

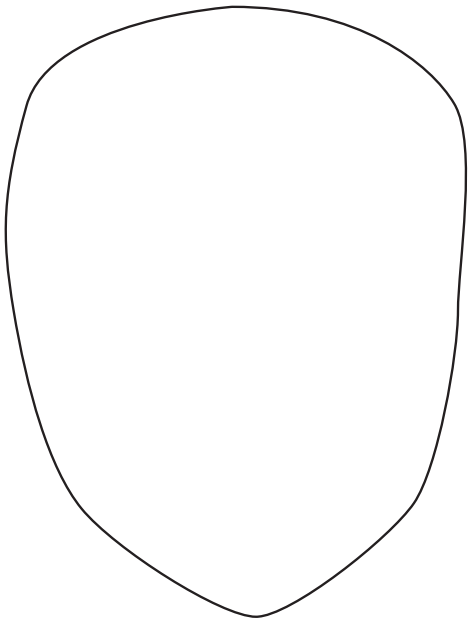


A re thaleng

Feleletša sethalwa se sa sefahlego.

Thala moriri. Leka go kopiša sefahlego sa gago. Ge o na le mahlo a maphiswa, thala mahlo a maphiswa. Ge o na le moriri wo moso, thala moriri wo moso.

Thala dintšhi tša gago, nko ya gago le molomo wa gago.





Sefahlego sa gago ke setho se bohlokwa sa mmele wa gago.

Bohle re na le mahlo a 2. 

Bohle re na le ditsebe tše 2. 

Bohle re na le nko e 1. 

Bohle re na le molomo o 1. 

A re opeleng

Opela koša ye. Kgwatha setho sa mmele ge o opela leina la sona.



Hlogo le magetla

Hlogo, magetla, sehuba le letheka, mangwele le menwana, mangwele le menwana. Boeletša ga 2.

Hlogo, magetla, sehuba le letheka, mangwele le menwana, mangwele le menwana. Hlogo, magetla, sehuba le letheka, mangwele le menwana, mangwele le menwana.

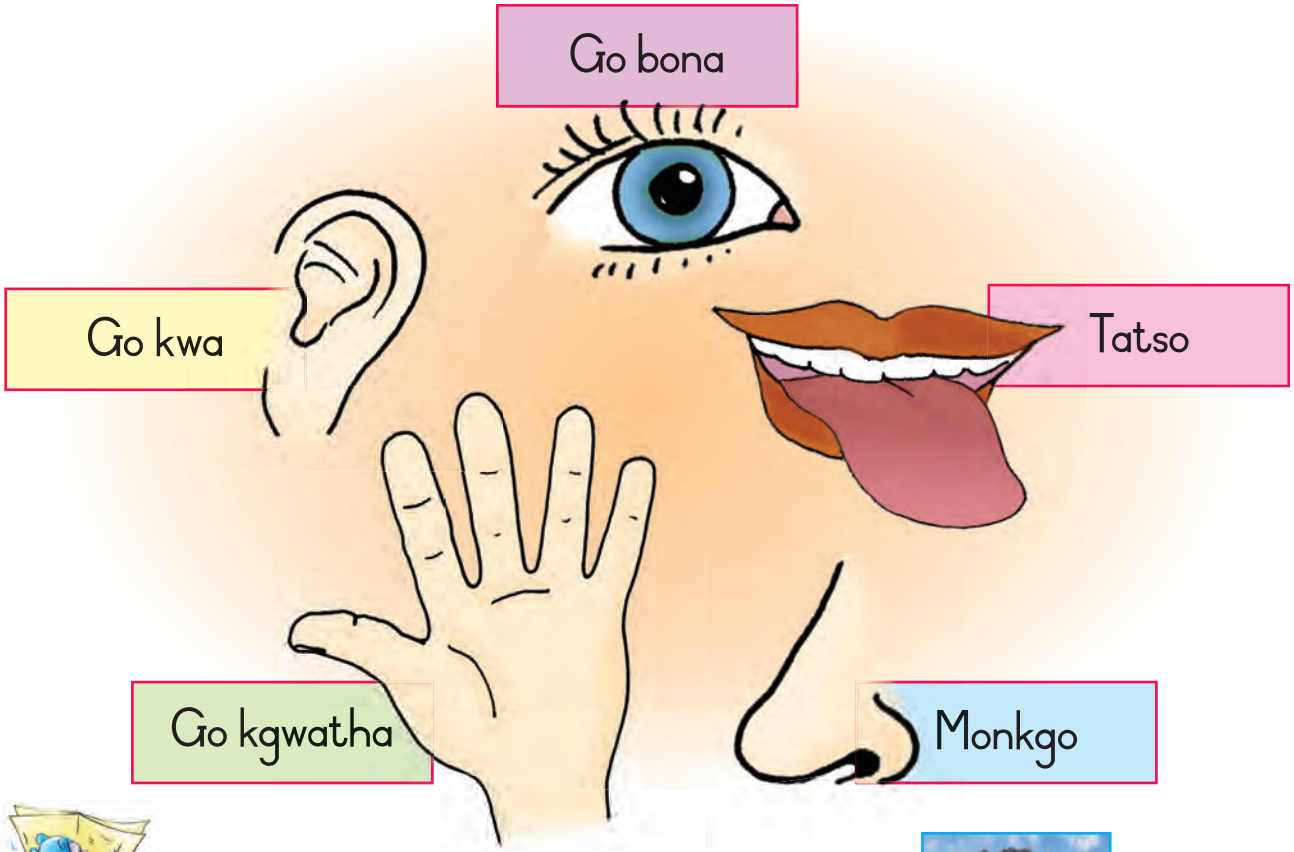


26

Dikwi tša ka



A re boleleng Lebelela dikwi tše di fapanego gomme o bolele gore re di šomišetša eng.





A re baleng

Re šomiša dikwi tša rena ka mehla.

Re a dupelela ra be ra kwa tatso ya dijo tša rena. Re kgona go kwa boleta bja lefofa. Re bona botalalerata bja legodimo selemo. Re kwa mmino.

Gape, ka dikwi tša rena re a bolokega. Re dupelela ge go eswa. Re a kwa ge setofo se fiša kudu. Re a bona ge go sa bolokega go tshela mmila. Re kgona go kwa lešata la sehlabamokgoši (alamo).





A re direng

Go hlokomela mahlo le ditsebe tša rena.



Re swanelwa ke go hlokomela dikwi tša rena.

Ditsela tše pedi šedi, tša go hlokomela mahlo le ditsebe tša rena.



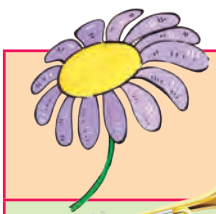
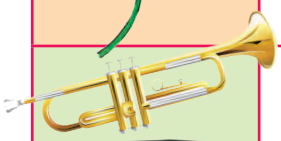
Hlokomela ditsebe tša gago ka go se theeletše mmino wa lešata.

Hlokomela mahlo a gago ka go rwala kepisi goba diporele tša letšatši.



A re ngwaleng

Lebelela lenaneo la ka tlase, gomme mo go lona, swaya sekwi goba dikwi tšeo o ka di šomišago. O ka swaya go feta tee.

	 Monkgo	 Tatso	 Go bona	 Go kwa	 Go kgwatha
					
					
					
					
					



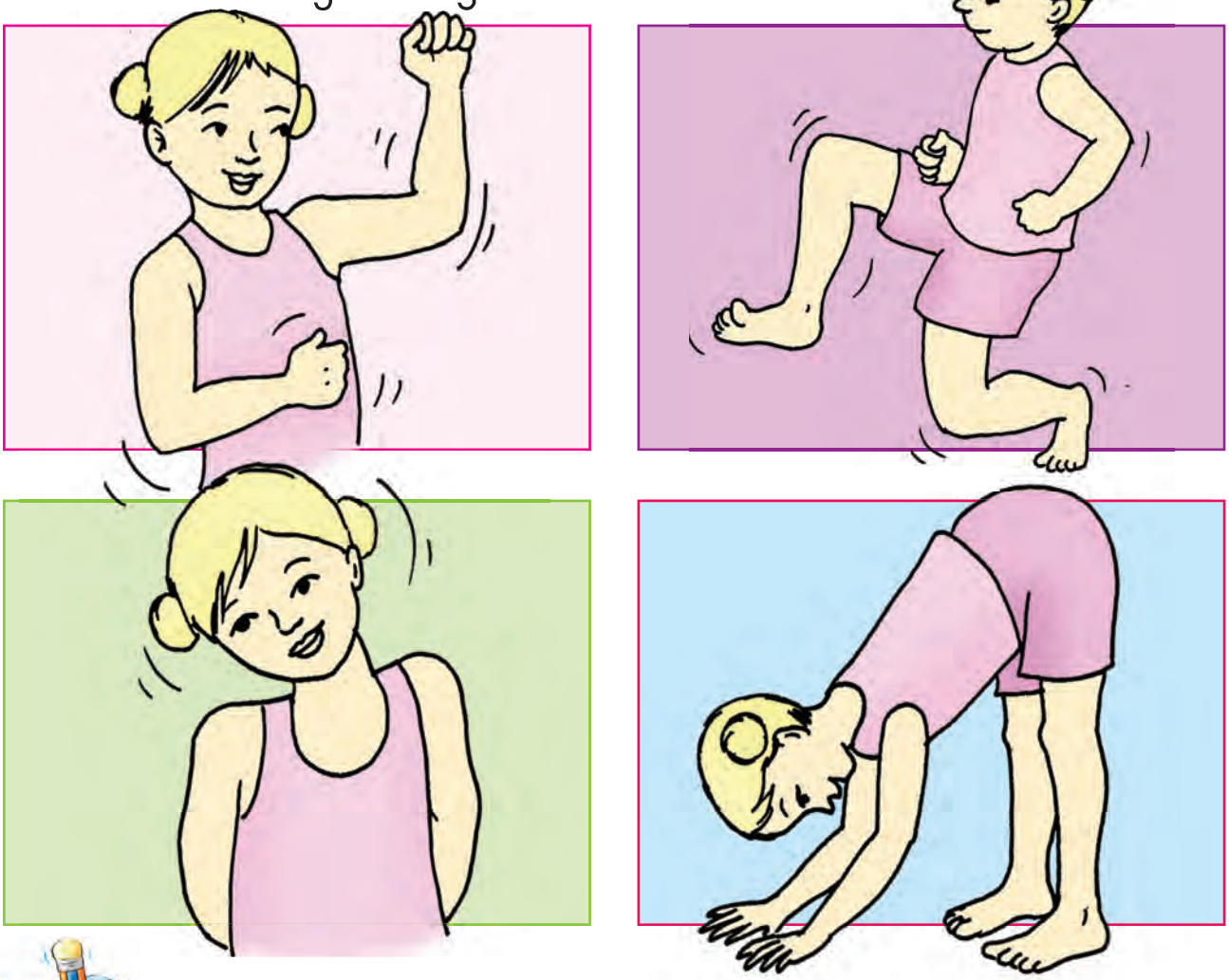
27

Go sepediša mmele wa ka

A re boleleng

Lebelela diswantšho. Mo go se sengwe le se sengwe, bolela setho sa mmele o be o bolele gore se go thuša go dira eng.

Re šomiša mebele ya rena go šutha.



A re ngwaleng

Araba dipotšišo tše o na le mogwera wa gago. Ka morago, ngwala dikarabo ka pukung ya gago, ka tlase ga dipotšišo tšeo.

O šomiša ditho dife tša mmele wa gago gore o kgone go sepela?



_____

O šomiša ditho dife tše 2 tša mmele wa gago gore o tope dilo?

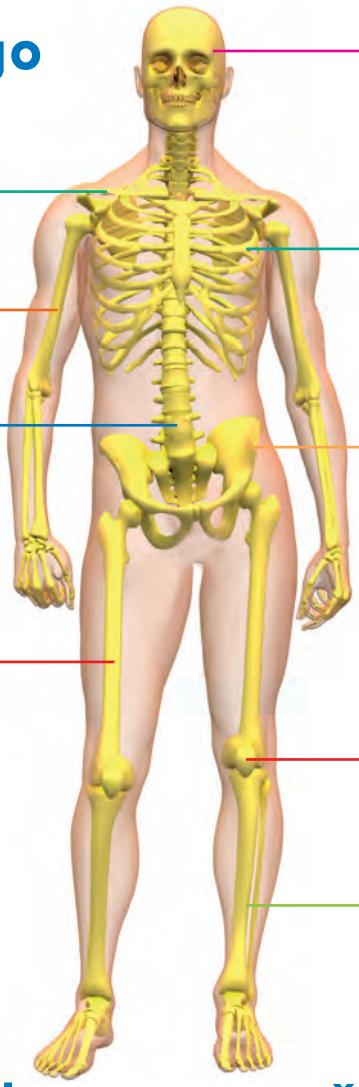
_____ le _____.



A re baleng

Gape, go na le ditho tša mmele tšeo o sa kgonego go di bona.
Ditho ka moka di a šomišwa, gore o dule o phela.

Marapo a gago



Legata

Kgetlane

Kgopo

Lerapo la letsogo

Mokokotlo

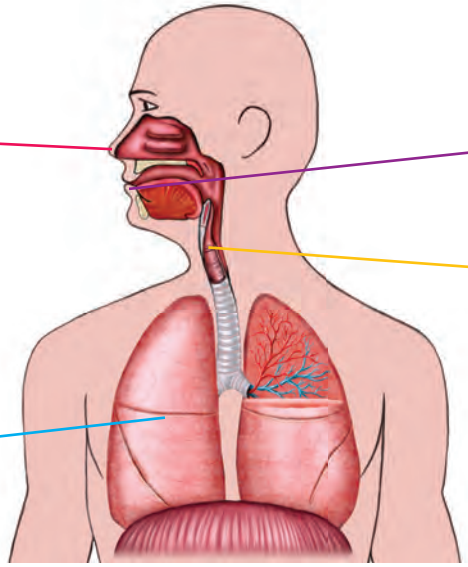
Kgwele

Lerapo la leoto

Khurumelatolo

Lerapo la leoto

Ditho tša mmele wa gago tšeo di go thušago go hema



Nko

Molomo

Mogolo

Leswafo

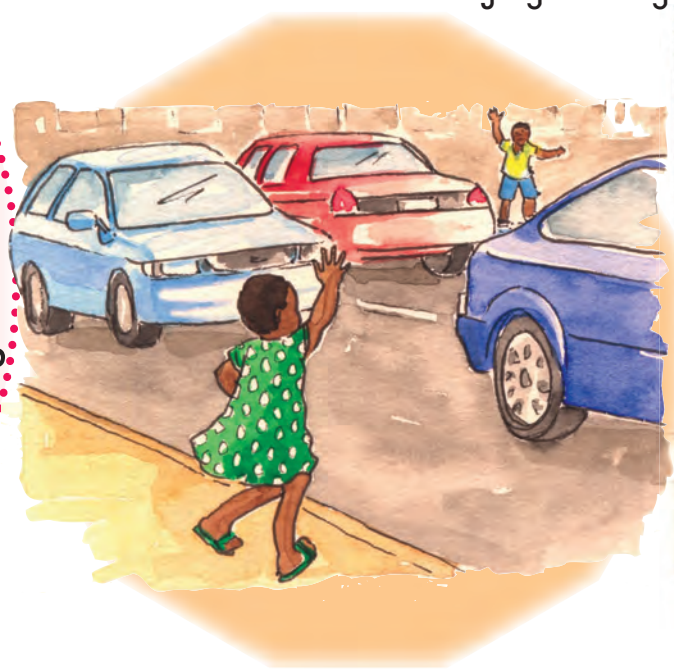
Teacher:
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Date:

28

Go swara mmele wa ka o bolokegile

A re baleng

Lebelela diswantšho tše tša mo tlase gomme o bolele le mogwera wa gago ka ga seo o se bonago. Seswantšhong se sengwe le se sengwe, bolela gore o ka dula bjang o bolokegile.



O bona mogwera wa gago ka thoko yela ya mokgotha.



O letile o le noši boemapese.



Motho yo o sa mo tsebego o go kgopela gore o ye le yena felotsoko.



O mo mabenkeleng o le noši.

Re na le maikutlo ao a rego "ee" ge motho a re gokarela ka mokgwa wa maleba. O ikwa gabotse ge o kgwathiwa ka mokgwa wa lerato le wa tlhokomelo, o dirwa bjalo ke motho yo o mo ratago.





Tlaa mo ngwanenyana wa ka. Ke tla go fa malekere, eupša o se ke wa botša motho.

Re ba le maikutlo a gore "aowa" ge motho yo mongwe a re kgwatha ka mokgwa wo o re dirago gore re tšhoge goba re gakanege. Ge re ikwa re gakanegile goba re sa bolokega, re ba le maikutlo ao a rego "aowa".

Mmele wa gago ke selo se se kgethilwego, gomme, ke wa gago. O ka re "ee" ge o kgwathwa ka maleba ke motho yo o mo ratago, gape o ka re "aowa" ge o kgwathwa e sego ka maleba ke motho yo o sa mo ratego.



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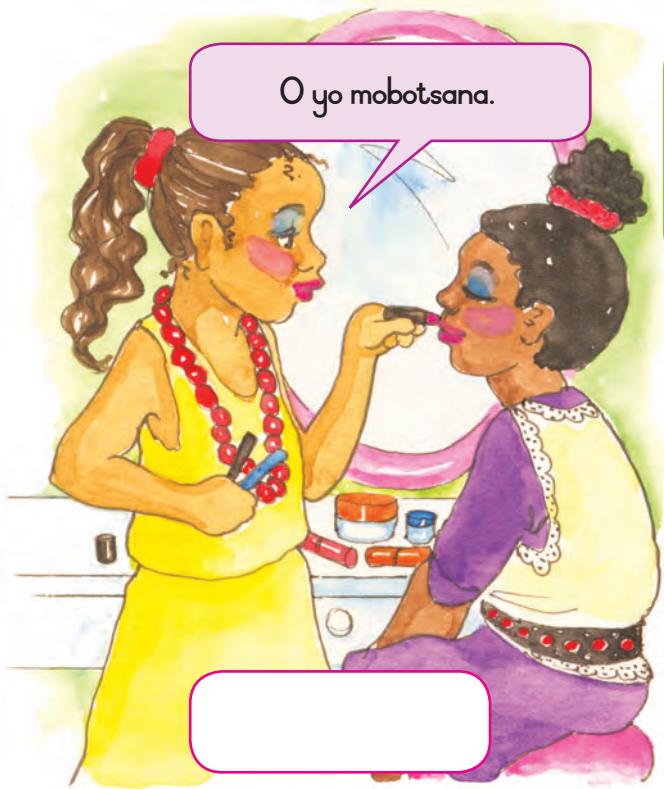
Go dira gore o dule o bolokegile

A re ngwaleng

Lebelela diswantšho tše tša mo tlase gomme o ngwale Ee legatong la maikutlo a "ee" le Aowa legatong la maikutlo a "aowa" ka mo diplokong.









A re direng Itlwaetše gore "aowa".

Hlama tiragatšo moo motho o šele a nyakago go tšea ngwana ka sefatanaga sa gagwe goba a rata go swaraswara ngwana. Ngwana o araba o re "aowa".

A re boleleng Bana ba bangwe ba dula ka malapeng ao ba sa hlokomelwego. Lebelela diswantšho. Bolela ka ga maikutlo a gago a ge o ka be o le ngwana yo a lego mo diswantšhong. Bolela gore o be o ka dira eng.

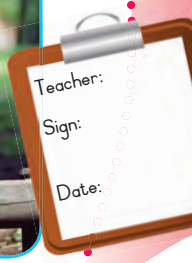


A re šutheng Raloka papadi ya go "gatsela".

Sepelela thoko ye o ratago, gomme ge morutiši wa gago a letša nakana, ema tsi! Ka mokgwa wo o lego.

O se ke wa šutha le gatee go fihla ge morutiši wa gago a re o ka šutha. Na o kgona bjang go sepela ka tekanyetšo? Sepela godimo ga lepheko la tlase goba thapo ye telele yeo e adilwego mo fase.





Go swara mmele wa ka o phetše gabotse



A re baleng



Go na le ditsela tše dintši tšeo ka tšona re ka babjago. Gantši re babja ka lebaka la ditwatši le dipakteria. Ke tše dinnyane moo re ka se kego ra di bona. Di tsena ka mebeleng ya rena gomme tša re babjiša.



A re boleleng

Bana ba ba lego mo diswantšhong ba dira eng gore ba dule ba phetše gabotse? Go be go ka direga eng ge ba ka be ba sa dira dilo tše?









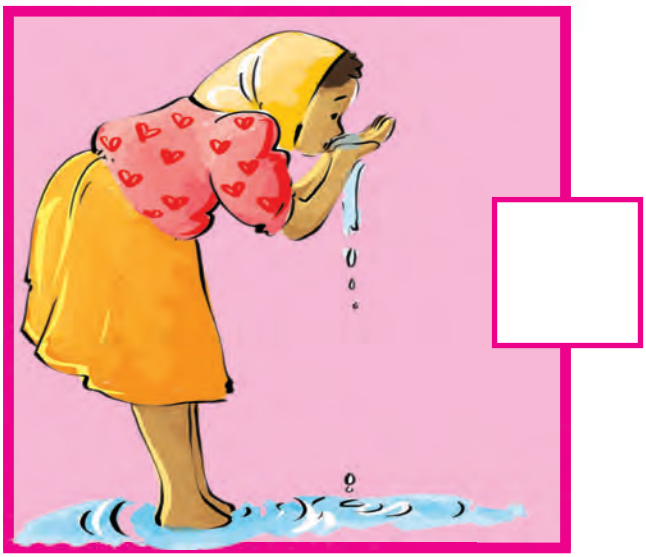
A re boleleng

Bjale bolela ka ga diswantšho. Dira ✔ go laetša ka fao o ka dulago o phetše gabotse.













Teacher:

Sign:

Date:

Go swara mmele wa ka o phetše gabotse



Bana ba ba lego mo diswantšhong ba dira eng gore ba dule ba phetše gabotse? Go be go ka direga eng ge ba ka be ba sa dira dilo tše?

Na o a tseba gore meetse a mangwe a hlwekile, a mangwe a ditšhila? O ka kgonthiša bjang gore meetse a a hlweka a bile a lokela go nwewa?

O ka bediša meetse a ditšhila go ntša ditšhila ka moka.





O ka sefa meetse a ditšhila go ntša ditšhila ka moka. Morutiši wa gago o tla go laetša gore o dire bjang.

O ka tšhela lelepola la teye la sešweufatši (bjalo ka jik) ka kgamelong ya litara e tee ya meetse a noka. Khurumela kgamelo gore dintši di se wele. E re go fete diiri tše 24 pele o ka nwa meetse ao.



A re boleleng

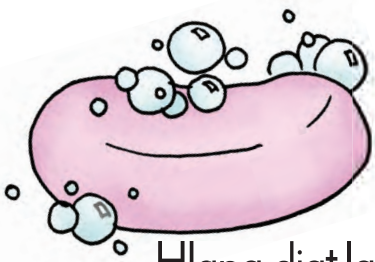
Lebelela diswantšho tše gomme o bolele ka ga se bana ba ba se dirago gore ba dule ba phetše gabotse.

Lahlela dithišu tše di šomilego ka gare ga ntlwana ya boithomelo goba ka gare ga seolelatlakala.



Hlapa diatla tša gago pele o eja.







Hlapa diatla tša gago ka morago ga go šomiša ntlwana ya boithomelo.

Ge o ka pharanya ka ntlwaneng ya boithomelo, hlwekiša mo o pharantšego, ka morago o hlape diatla tša gago.



Pipa molomo wa gago ge o gohlola goba o ethimola.



Teacher:

Sign:

Date:

Ke no lekola





	✔	✘
Nka bolela ka ga ba lapa lešo.		
Nka sepela godimo ga mothalo wo mosesane.		
Ke tseba nomoro ya mogala wa maphodisa.		
Ke tseba ka ga maikutlo a go re "ee" le go re "aowa."		
Nka kaba kgwele.		
Nka dula ka gešo ke bolokegile.		
Nka kgona go itlhokomela ge ke le gae ke le noši.		
Ke thuša balapa.		
Ke tseba tsela ya go ya sekolong seo ke se tsenago.		
Ke tseba mokgwa wa go itshwara ke phetše gabotse.		
Ke tseba gore ke swanetše go dira eng ka dilo ka moka tšeo di lego ka mokotlaneng wa ka wa sekolo.		
Ke tseba ka ga mehuta ye e fapanego ya malapa.		
Ke ithutile kudu ka ga Botsebi ka ga tša Bophelo.		

A a

G g

B b

H h

C c

I i

D d

J j

E e

K k

F f

L l

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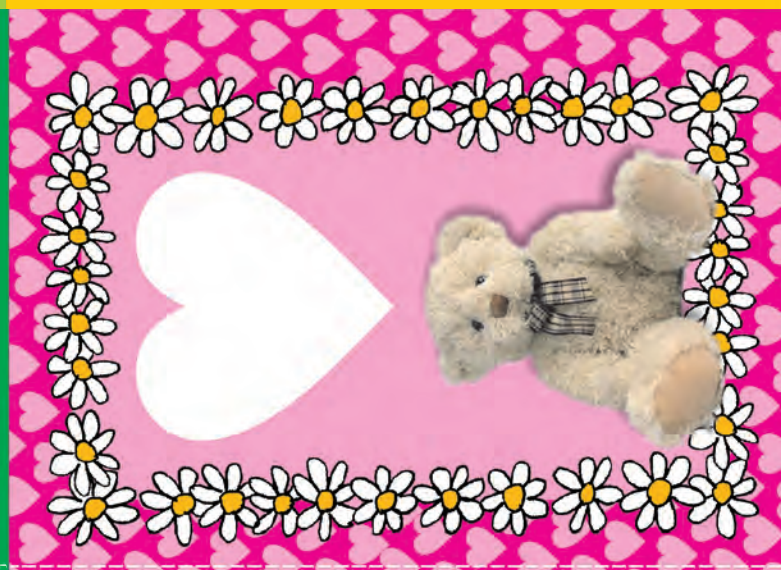



get well soon





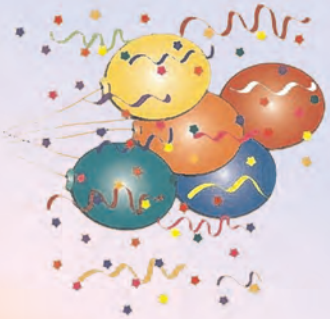
















Masks

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

