

UNksk. Angie Motshekga, uMphathiswa wemfundo esisiSeko



UMnu. Enver Surty uSekela Mphathiswa wemfundo esisiSeko

Ezi ncwadi zilungiselelwe abantwana baseMzantsi Afrika phantsi kwephiko loMphathiswa weMfundo esisiSeko uNksk. Angie Motshekga kunye noSekela Mphathiswa weMfundo esisiSeko uMnu. Enver Surty.

Ezi ncwadi zokusebenzela, iRainbow Workbooks, lelinye lamalinge ongenelelo eSebe leMfundo esisiSeko ajolise ekuphuculeni umgangatho wabafundi beloMzantsi Afrika abakumabanga amathandathu okuqala. Njengomnye wemiba ephambili yoMkhomba-ndlela kaRhulumente, eli phulo libe nempumelelo ngenxa yenkxaso-mali evela kuVimba weSizwe. Oku kuye kwenza ukuba iSebe likwazi ukuvelisa ezi ncwadi, zifumaneke kuzo zonke iilwimi ezisemthethweni ngexabiso eliphantsi.

Sinethemba lokuba ootitshala baya kuzifumana ezi ncwadi zokusebenzela ziluncedo kakhulu kwimfundo yemihla ngemihla, nasekuqinisekiseni ukuba abafundi bayifikelela yonke ikharityhulam. Ukuqinisekisa ukuba utitshala uyakhokelwa kuyo yonke imisetyenzana; sisebenzise izalathisi ezibonisa oko kufanele ukwenziwa ngumfundi.

Sinethemba lokwenene lokuba abantwana baya kukonwabela ukusebenza kwezi ncwadi ekukhuleni nasekufundeni kwabo, kwanokuba nawe titshala uya kwabelana nabo kolu yolo.

Sinqwenela ukuba nibe nempumelelo ekusebenziseni ezi ncwadi.

Iincwadi zokusebenzela ezifumaneka kolu thotho lweencwadi:

- *Ilitherasi / Uliwimi Lwenkobe Amabanga 1-6 (Ngazo zonke iilwimi ezisemthethweni)*
- *IMathematika Amabanga 1-3 (Ngazo zonke iilwimi ezisemthethweni)*
- *IMathematika Amabanga 4-9 (NgesiNgesi nesiAfrikaans)*
- *Izakhono zoBomi Amabanga 1-3 (Ngazo zonke iilwimi ezisemthethweni)*
- *ULwimi Lokuqala Olongeziweyo Amabanga 1–3 (NgesiNgesi, isiAfrikaans, iSepedi nesiZulu)*
- *ULwimi Lokuqala Olongeziweyo Amabanga 4–6 (NgesiNgesi nesiAfrikaans)*

Rainbow WORKBOOKS

LIFE SKILLS IN ISIXHOSA
GRADE 1 – TERMS 1&2
ISBN 978-1-4315-0232-5

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Ibanga loku-1



Izakhono zoBomi ISIXHOSA Incwadi yoku-1

Ikota yoku-1&2



Igama:

Iklasi:

basic education
Department:
Basic Education
REPUBLIC OF SOUTH AFRICA

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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Matshi
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Agasti
Septemba
Okthobha
Novemba
Disemba

Ibanga loku-1



Izakhono zoBomi
ngesiXHOSA
Incwadi yoku-1



Le ncwadi yeka:

1

Malunga nam



Masenze

Ncamathisela ifoto yakho okanye zizobe apha.





Igama lam ndingu _____.

Ifani yam ngu _____.

Ndineminyaka e _____ ubudala.

Siba _____ ekhaya.

Inombolo yefowuni yasekhaya ngu: _____

Idilesi yasekhaya:

_____

_____

_____



Ndiyalwazi usuku lwam lokuzalwa.

ewe	andiqinisekanga	hayi



Masizobe









UJoe uyincutshe kwibhola ekhatywayo.	Zoba into oyincutshe kuyo.
	







Xelela abahlobo bakho ukuba uyincutshe entweni.
Emva koko fakela umbala kwinkwenkwezi ekwibhokisi echanekileyo ukubonisa into okwaziyo ukuyenza.



Masithethe

 Ndiyakwazi ukufunda.	 Ndiyakwazi ukuzinxibisa.	 Ndiyakwazi ukubhala.
 Ndiyakwazi ukuxhentsa.	 Ndiyakwazi ukwenza iti.	 Ndiyakwazi ukuhlamba amazinyo am.



2

Imibala nomxhentso

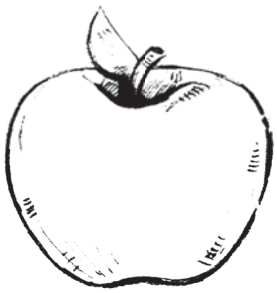
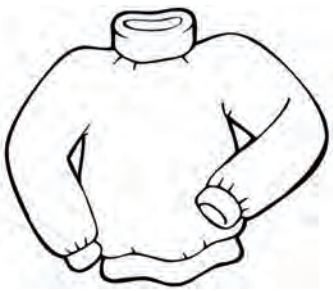
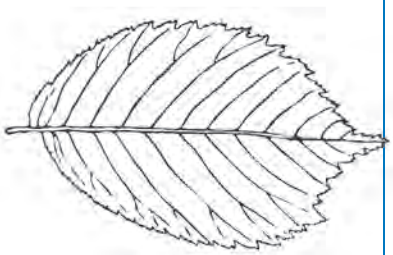


Masenze

Uyayazi le mibala?
Xelela umhlobo wakho amagama ale mibala.



Fakela umfanekiso ngamnye umbala ochanekileyo.

 Ibhanana etyheli	 Iapile elibomvu	 Ijezi ebhulowu
 Isambreli esimibalabala	 Iorenji eorenji	 Igqabi eliluhlaza



Masishukume Benza ntoni aba bantwana.

Shukumisa umzimba wakho wonke.

Yenza ngathi udlala ipiyano.

Yenza ngathi udlala ikatari.





Masonwabe Qhwaba izandla kwezi patheni.





Qhwaba Qhwaba Qhwaba Qhwaba

Qhwaba Qhwaba Qhwaba

Qhwaba Qhwaba Qhwaba Qhwaba

Qhwaba Qhwaba Qhwaba



Masenze Uyakwazi ukwenza ezi zinto? Bonisa abahlobo bakho.

Ndiyakwazi ukubaleka ndiye kumacala ahlukeneyo ndingakhange ndigile mntu.			
Ndiyakwazi ukutsiba ugqaphu.			
Ndiyakwazi ukuqengqela umhlobo wam ibhola.			



3

Sonke sibalulekile

Masithethe

Jonga umfanekiso uze uxelele umhlobo wakho malunga nomahluko ophakathi kwaba bantwana.







Enkulu nencinci

Abanye bakhulu, abanye bethu bancinci.

Abanye bethu bade, abanye bafutshane.

Abanye bethu bayakwazi ukutsiba abanye bakwazi ukucula.

Sonke kukho into esikwazi ukuyenza kakuhle.

Yintoni okwazi ukuyenza kakuhle?



Masithethe

Xelela umhlobo wakho ukuba waziva njani ngosuku lwakho lokuqala esikolweni.

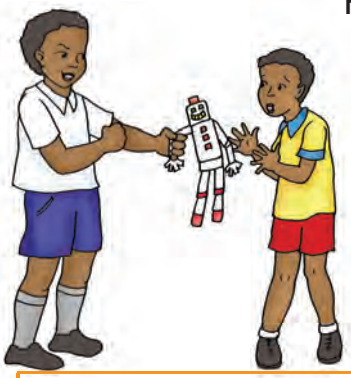
wawonwabile	wawulusizi	wawuchwayitile	wawunomsindo	wawuneentloni
				

Masenze

Zoba umfanekiso obonisa indlela onokuziva ngayo ukuba unokunikwa into yokudlala entsha? Bhala igama kwisikhewu esingezantsi uze uzobe indlela oya kuziva ngayo.

Masithethe

Xelela umhlobo wakho okwenzeka kumfanekiso ngamnye.
Chaza ukuba ubunokuziva njani ukuba ezi zinto bezinokwenzeka kuwe?
Phawula ubuso obuchanekileyo.

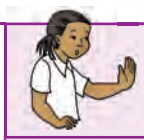


Inkwenkwe enkulu ithatha izinto zakho.			
	wonwabile	uchwayitile	ulusizi



Wena nomhlobo wakho nidlala kunye.			
	unomsindo	wonwabile	uyoyika



Uvula isipho.			
	uyoyika	uchwayitile	uneentloni

Umnakwenu okanye udade wenu waphula into yakho yokudlala oyithandayo.			
	uneentloni	uyavuya	unomsindo



Masenze

Gxim fiza umnwe wakho kwibhokisi yokuqala, yitsho kumhlobo wakho agxim fize owakhe umnwe kwenye ibhokisi.

Ubusazi ukuba akukho namnye ehlabathini onomnwe ofana nowakho? Ubaluleke kangangokuba mnye kuphela uwena ehlabathini. Namawele akanaminwe ifanayo.

Uyabona ukuba imigxim fizo yeminwe yahlukile?

Teacher:
Sign:
Date:

4

Sonke sahlukile



Jonga aba bantwana.
Bafana njani?
Bahluke njani?







Jonga umfanekiso uze ucinge ngokuba ezi ngxelo ziyinyani na okanye aziyonyani.
Izivakalisi eziyinyani zifake umbala oluhlaza.
Izivakalisi ezingeyonyani zifake umbala obomvu.



Bonke baneengalo ezi-2 nemilenze emi-2.	Bonke ngamantombazana.
Bonke banxibe izihlangu.	Bonke banxibe iibhulukhwe.
Bonke ngabantwana.	Bonke baneenwele ezinde.



Masizobe

Zizobe kwisikhewu sokuqala. Zoba umhlobo wakho osenyongweni. Wakugqiba jonga imifanekiso uze uchaze ukuba wahluke njani kumhlobo wakho.



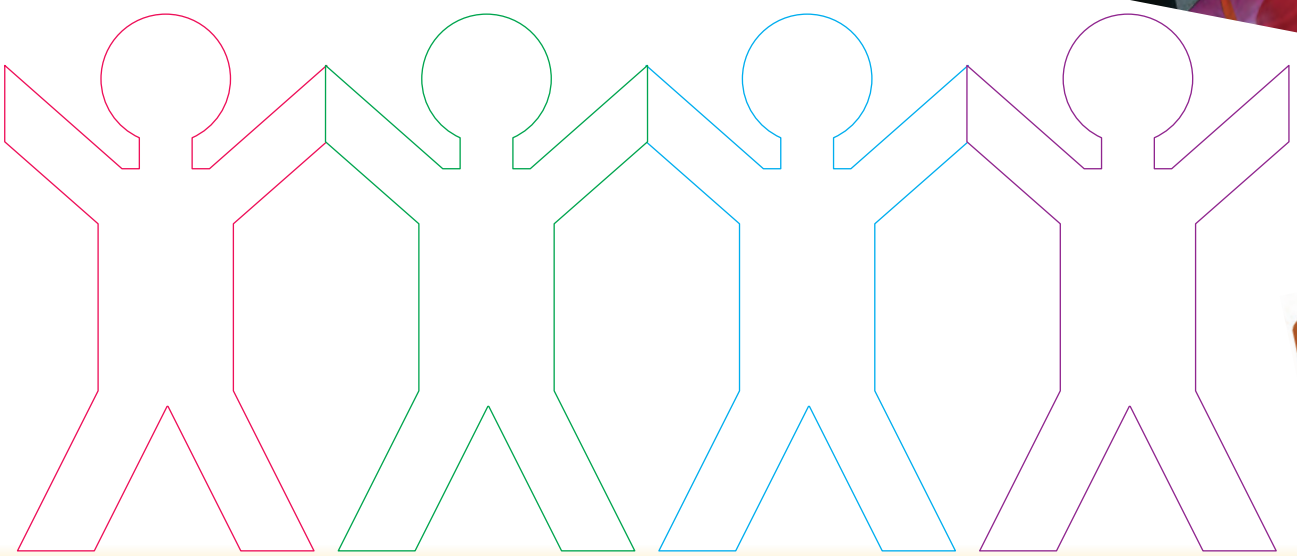
mna	umhlobo wam osenyongweni



Masenze

Jonga umfanekiso uchaze ukuba wena nomhlobo wakho nifana njani kwaye nahluke njani. Yenza ikhonkco lobuhlobo ukubonisa ukuba wonke umntu wahlukile.







Cula ingoma





Phambi kokuba ucule, yenza le mithambo. Bizela umphefumlo kakhulu ze uwukhuphe kancinci. Yenza ngathi uvuthela amakhandlela ekeyiki yosuku lokuzalwa kwakho. Yenza ngathi uyagodola, uze uthi "Brrrrrrrrrrr"

Iinkawana ezintlanu



Iinkawana ezintlanu zaxhumaxhuma ebhedini.
Enye yawa yabetheka ngentloko.
Umama wabiza ugqirha waze wathi ugqirha,
"Aziphindi zixhumaxhume ebhedini iinkawu!"



Iinkawana ezine zaxhumaxhuma ebhedini.
Enye yawa yabetheka ngentloko.
Umama wabiza ugqirha waze wathi ugqirha,
"Aziphindi zixhumaxhume ebhedini iinkawu!"
Iinkawana ezintathu zaxhumaxhuma ebhedini.



Enye yawa yabetheka ngentloko.
Umama wabiza ugqirha waze wathi ugqirha,
"Aziphindi zixhumaxhume ebhedini iinkawu!"
Iinkawana ezimbini zaxhumaxhuma ebhedini.



Enye yawa yabetheka ngentloko.
Umama wabiza ugqirha waze wathi ugqirha,
"Aziphindi zixhumaxhume ebhedini iinkawu!"
Inkawana enye yaxhumaxhuma ebhedini.



Yawa yabetheka ngentloko.
Umama wabiza ugqirha waze wathi ugqirha,
"Akukho nkawu iya kuxhumaxhuma ebhedini!"

Masizobe

Zoba ubuso bakho.
Bonisa amehlo, iindlebe, impumlo, umlomo kunye neenwele.
Xelela umhlobo wakho indlela okhangeleka ngayo.





Masishukume



Yenza ibala lemiqobo eklasini yakho lifane neli.

Tsiba usuke esitulweni uye kwesinye.

Khasa phantsi kweetafile.

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Date:

6

Ndiyazingca ngesikolo sam

Masenze

Zizobe unxibe impahla yesikolo.
Bhala iimpendulo ezishiyiweyo.



Ndifunda kwisikolo

i _____.

Igama likatitshala wam

ngu _____.

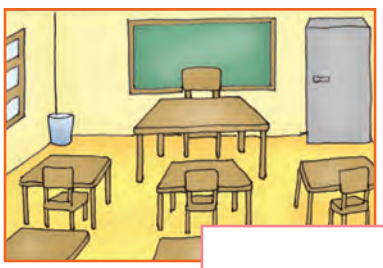
Inqununu yesikolo

ngu _____.

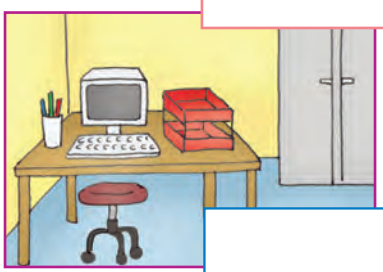
Masibhale

Jonga umfanekiso ongentla uze ufakele amagama achanekileyo kumfanekiso ngamnye.

- igumbi lempahla
- unobhala
- iofisi
- iklasi
- ibala lokudlala













Masibhale

Kukho abantu abaninzi esikolweni. Ncokola malunga nokuba bangoobani. Bhala ke ngoku igama elichanekileyo phantsi komfanekiso. Chazela umhlobo wakho ukuba benza ntoni esikolweni. Sebenzisa la magama akuncede.

abantwana	umcoci	utitshala	inqununu





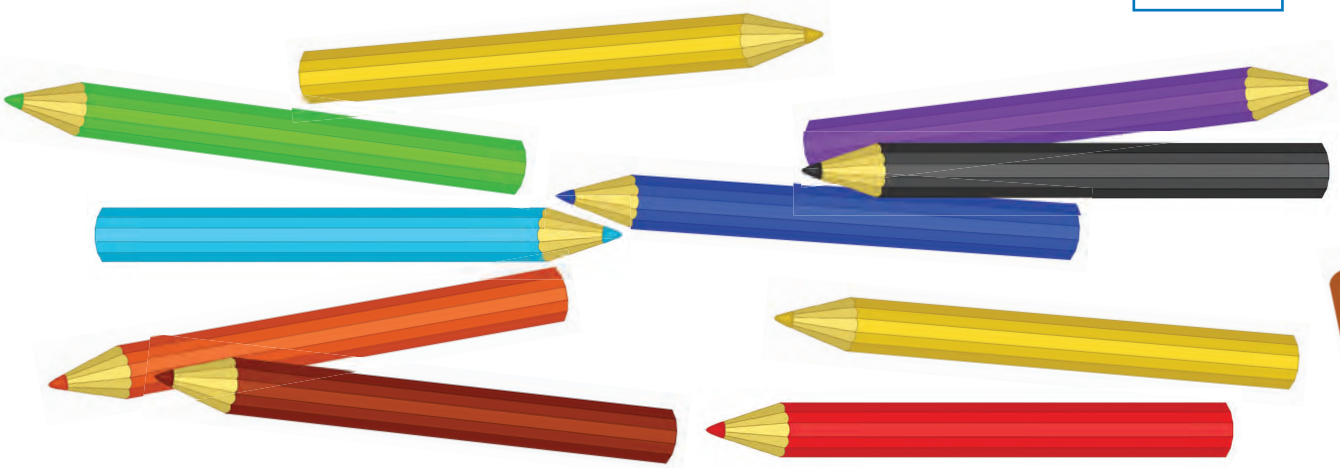






Masonwabe

Ibhokisi yeepenisile zikaJohn iwile. Bala ukuba uneekhrayoni ezingaphi, uze ubhale elo nani ebhokisini.



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7 lindawo ezahlukeneyo

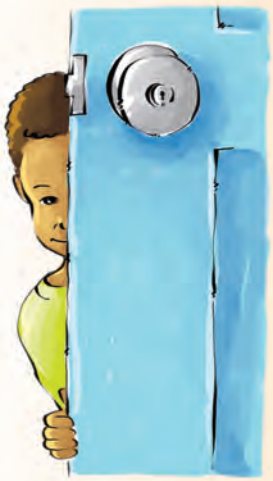


Masenze Bonisa umhlobo wakho ukuba unakho.

Ukuzimela phantsi kwento.



"Ndizimele phantsi kwetafile."



Ukuzimela emva kwento.



Ukuma phezu kwento.



Ukuma ecaleni kwento.



Masishukume Sebenzisa ibhola. Yiphose phezulu uyigange. Yibeke entloko uyingcekelele uhambe kancinci. Ngcekelela incwadi uhambe phezu kwepali okanye emgceni ophantsi.

Ndiyakwazi ukuphosa.	☺	😐	☹
Ndiyakwazi ukuganga.	☺	😐	☹
Ndiyakwazi ukungcekela into entloko.	☺	😐	☹



Masishukume

Ngqisha ngeenyawo ezi patheni.



kh = Ikhohlo 

ne = Ukunene 



kh ne kh ne kh



ne kh ne ne kh ne kh ne



kh kh ne kh kh ne kh ne

Teacher:

Sign:

Date:

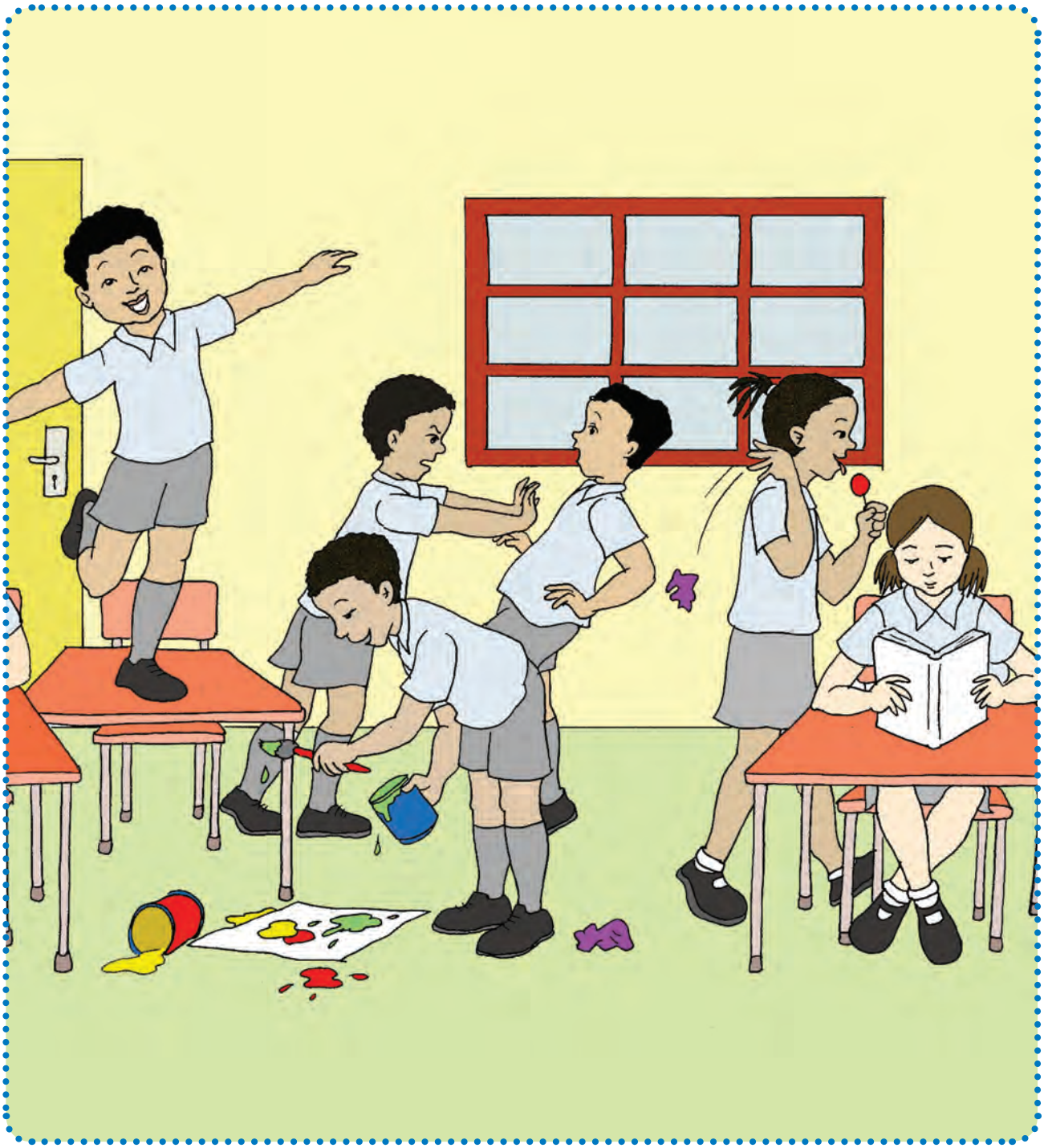
8

Iklasi yam

Masithethe Jongisisa lo mfanekiso ze uthethe ngokubonayo.

Kule klasi kwenzeka izinto ezintle nezimbi.

Ziintoni ezintle ozibonayo? Ziintoni ezimbi ozibonayo?





Xelela umhlobo wakho ukuba kwenzeka ntoni kumfanekiso ngamnye. Zoba u ✔ecaleni kwezinto ezintle uze uzobe u ✘ ecaleni kwezinto ezimbi ezinokwenzeka esikolweni.









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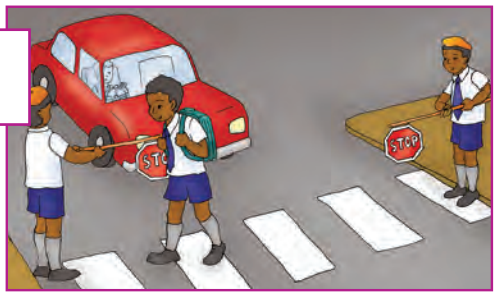
Date:

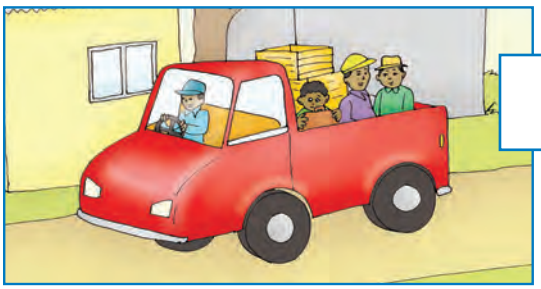
Indlela esiya ngayo esikolweni



Uya njani esikolweni ngosuku ngalunye? Ingaba ukhuselekile? Zikhona iindlela ezingakhuselekanga ozaziyo? Ncokola nomhlobo wakho malunga nendlela abaya ngayo esikolweni aba bantwana. Phawula ezo zikhuselekileyo nge ✔ ezingakhuselekanga ngo ✘.









Uya njani esikolweni kusasa?



Buza abahlobo bakho aba-5 ukuba baya njani esikolweni ngosuku ngalunye. Phawula kule tshathi.



Igama	1	2	3	4	5
ngeenyawo 					
ngebhasi 					
ngemoto/ ngeveni 					

Masenze Sebenzisa udongwe ukwenza ezi zinto.



Masishukumeni Mamela umculo oza kuwudlalelwa ngutitshala.



Shukumisa umzimba uhambelane nesingqi somculo.

Goba amadolo uze wolule imilenze.

Goba amagxa uwahlise uwanyusa.

Jikelezisa izihlahla ziye ekhohlo nasekunene.

Masishukumeni Wena nomhlobo wakho phosani ibhola niyigange. Sebenzisa ingalo yakho ebuthathaka ukuphosa ibhola.

Ingaba ndikwazile na ukuphosa ibhola ngengalo yam ebuthathaka?	☺	☹

Masishukumeni

Dlalani ukuba yikiriva neqabane lakho ofunda nalo.



Teacher:

Sign:

Date:

10

Ndizigcina ndicocekile

Masithethe

Kubalulekile ukufunda imikhwa elungileyo usemncinci. Nazi ezinye izinto ekufuneka uzenze ukuze uzigcine ucocekile kwaye usempilweni. Thetha malunga nomfanekiso ngamnye.

Kufuneka



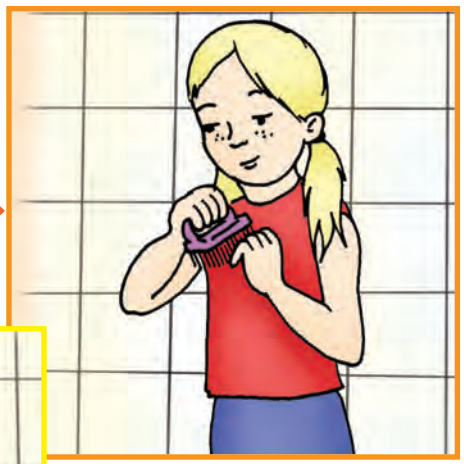
Ndixukuxe.



Ndihlambe izandla.



Ndihlambe rhoqo.



Ndihlambe iziqhamo phambi kokuba ndizitye.



Ndihlambe iziqhamo phambi kokuzitya.



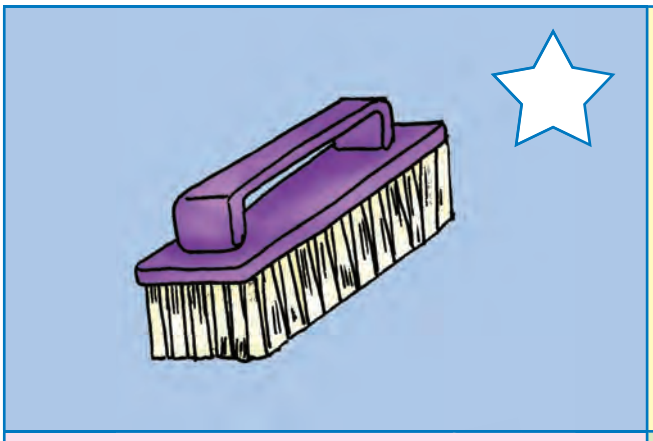
Ndakugqiba ukusebenzisa indlu yangasese.



Ndisebenzise itshefu xa ndithimla okanye ndifinya.

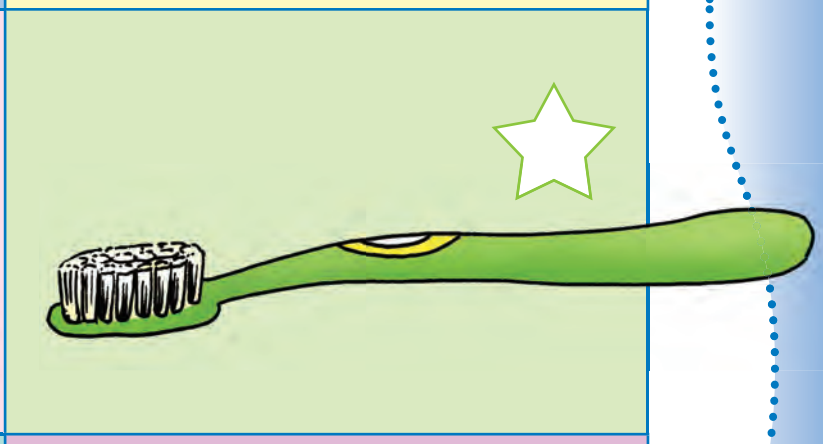
Masibhale

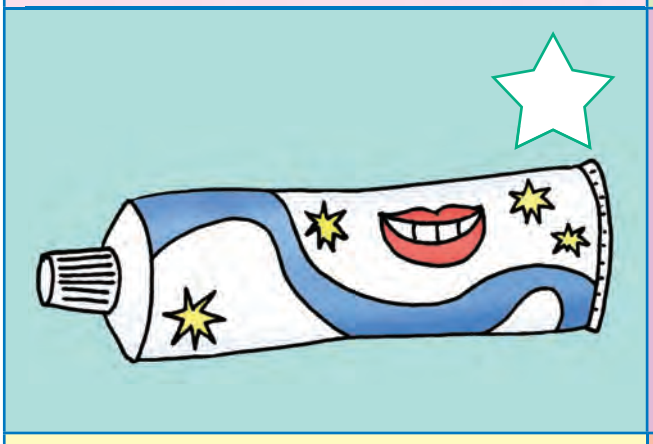
Zeziphi kwezi zinto ezifunekayo ukuze uzigcine ucocekile? Fakela umbala kwiinkwenkwezi ubonise izinto ozisebenzisayo ukuzigcina ucocekile. Xela ukuba uyisebenzisa njani into nganye ukuzigcina ucocekile.

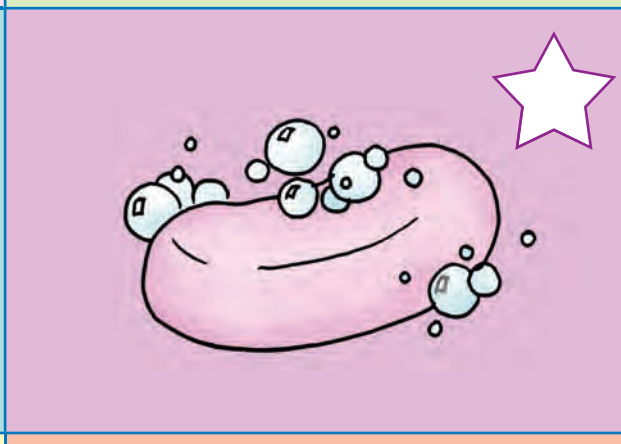


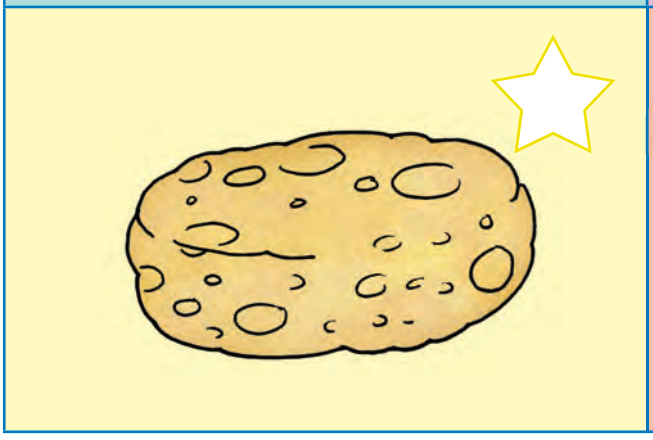


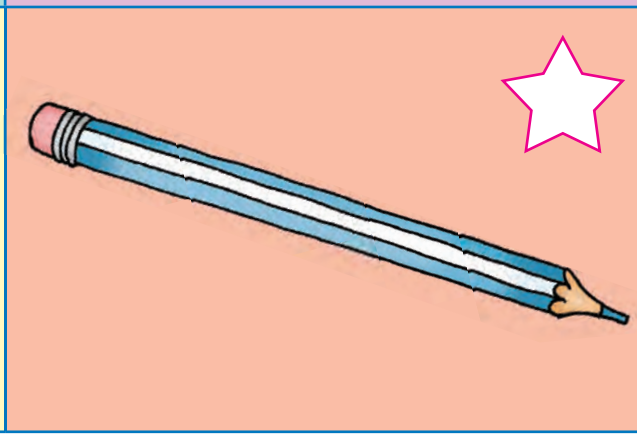












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11 Ndizigcina ndicocekile

Masifunde

Imikhwa elungileyo yokusebenzisa indlu yangasese.

Khumbula



Luvale ucango ngalo lonke ixesha usendlwini yangasese.



Ukuba uyingcolisile indlu yangasese, khumbula ukuba uyicoce.



Musa ukusebenzisa iphepha elininzi.



Khumbula ukugungxula wakugqiba.



Hlamba izandla zakho rhoqo emva kokusebenzisa indlu yangasese.



Masibhale

Biyela ngesangqa amagama achanekileyo asixelela ukuba kufuneka sizenze kangaphi ezi zinto zilandelayo.

Ukuhlamba iinwele zakho.



yonke imihla	kusasa nasebusuku
kabini ngeveki	kanye ngeveki

Ukuxukuxa.



yonke imihla	kusasa nasebusuku
kabini ngeveki	kanye ngeveki

Ukuhlamba umzimba wakho.



yonke imihla	kusasa nasebusuku
kabini ngeveki	kanye ngeveki

Ukuhlamba ubuso bakho.



yonke imihla	kusasa nasebusuku
kabini ngeveki	kanye ngeveki

Teacher:

Sign:

Date:

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Umzimba wam

Masishukume

Dlala umdlalo othi "uSimon uthi" kunye notitshala wakho. Funa indawo yakho uhambe ungakhange ugile mntu.
uSimon uthi "bamba intloko yakho."

Masibonise

Bonisa umhlobo wakho indlela ...

Ohlamba ngayo umzimba wakho.





Owosula ngayo izandla zakho.



Ozikama ngayo iinwele.





Oxukuxa ngayo.



Ohlamba ngayo ubuso.



Ndiyakwazi ukuqhwaba izandla

ndize ndingqishe ngeenyawo

Ndiyakwazi ukunqwala
intloko yam

ndize ndijiwulise iingalo

Ndiyakwazi ukushukumisa
iinzwane zam

kwaye ndibambe
impumlo yam.



Teacher:
Sign:
Date:

Imikhwa enempilo



Masifunde Sifuna ntoni ukuze sihlale siphilile!

Ukutya okunempilo



Imithambo eyaneleyo



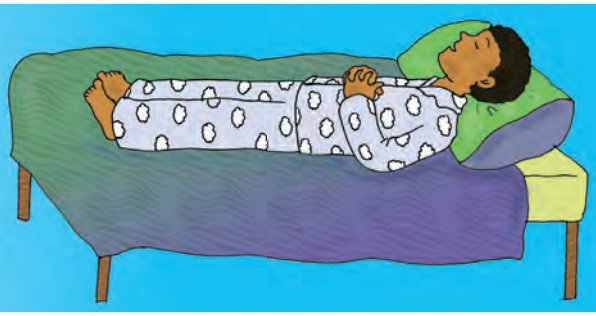
Ukuzigcina sicocekile



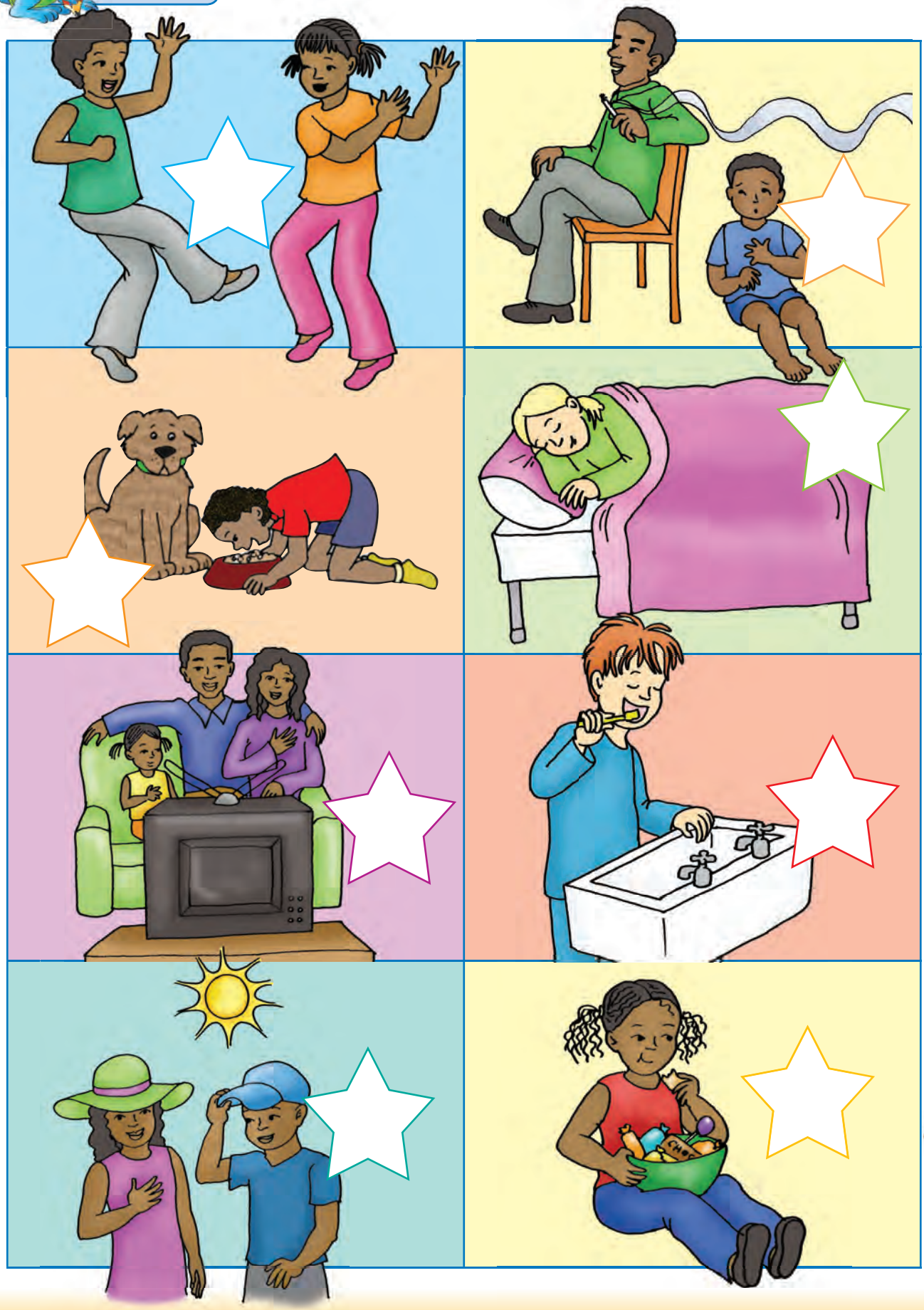
Imitha yelanga



Ukulala okwaneleyo nokungabukeli kakhulu iTV!



Masibhale Phawula nge ✔ imikhwa enempilo nango ✘ engenampilo.



Teacher:

Sign:

Date:

Icocekile



Masenze

Bonisa indlela ozisebenzisa ngayo ezi zinto.

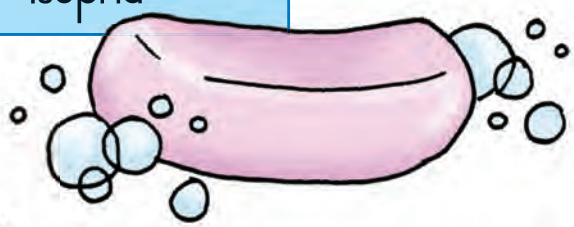


intlama yamazinyo



ibhrashi yamazinyo

isepha





into yokuthambisa izandla



ishampu



ikama



ibhrashi



ibhrashi yeenzipho



into yokucheba iinzipho

Ikota yoku-1 – Iveki yesi-7 – Iphepha lomsebenzi le-

Masishukume

Bambanani ngezandla nenze isangqa esikhulu.

Phoselanani ibhola esangqeni.

Yongeza enye ibhola niyiphose nayo.

Yongeza enye ibhola kwakhona niphoselane ngeebhola ezintathu.



Masithethe

Yintoni engacocekanga kweli gumbi?

Kufuneka wenze ntoni ukucoca igumbi?

Benza ntoni abantwana? Kufuneka benze ntoni?



Teacher:

Sign:

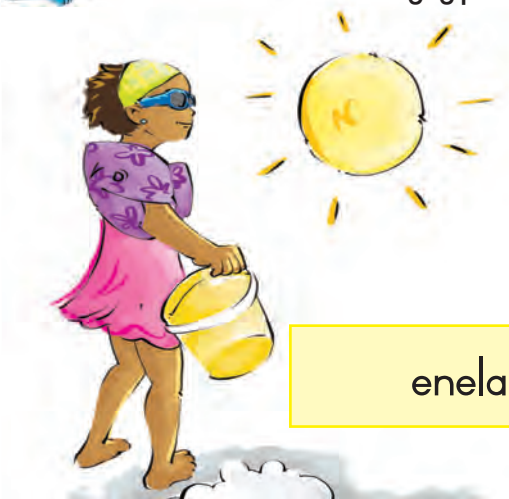
Date:

15

Imozulu

Masithethe

Jonga iintlobo ezahlukeneyo zemozulu uze uchazele umhlobo wakho ukuba yeyiphi eyona mozulu uyithandayo.



enomoya



enelanga

enamafu nebandayo

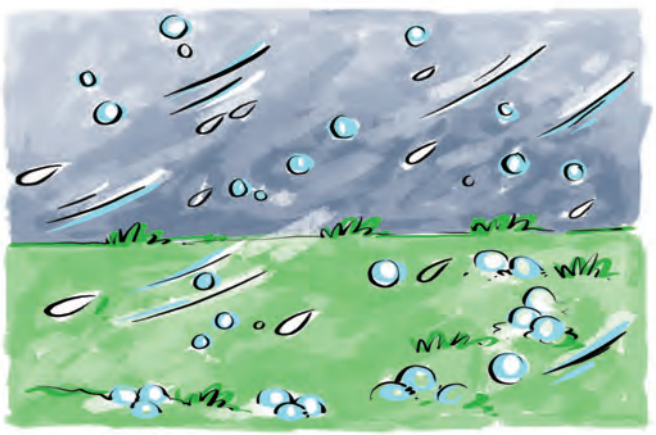


enemvula

Kwezinye iindawo kwilizwe lethu kubanda kakhulu kude kuwe ikhephu.

Maxa wambi kubakho umoya omkhulu.

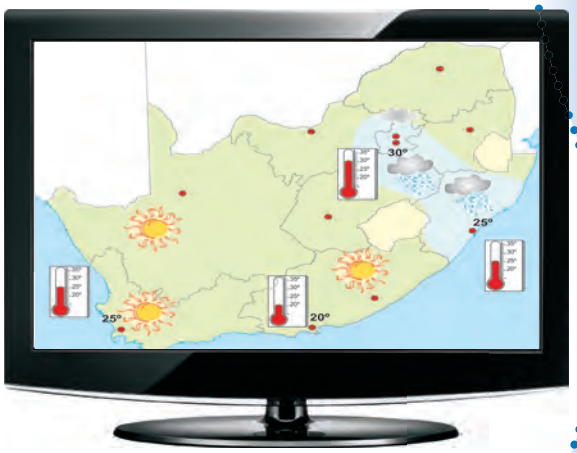
Imimoya enamandla kakhulu kuthiwa ziinkanyamba.





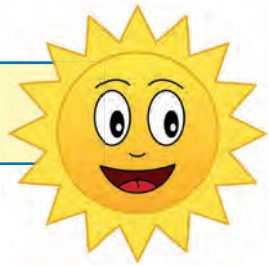


Masifunde



Sisebenzisa itshathi yemozulu ukubonisa ukuba injani na imozulu. Sisebenzisa iimpawu ezithile ukubonisa iindidi ezahlukeneyo zemozulu. Nazi ezinye zezo mpawu.

enelanga



enemvula





enamafu



enamafu kwiindawo ezithile

enekhephu



enomoya





Masenze

Zoba iimpawu zemozulu uzenzele eyakho itshathi yemozulu yeveki.

Mvulo	Lwesibini	Lwesithathu	Lwesine	Lwesihlanu



Masibhale

Ibinjani imozulu kule veki?
Fakela amagama angekhoyo.

Namhlanje ku _____.

Izolo beku _____.

Ndiyathemba ngomso kuza kuba _____.



Imozulu

Masenze Linganisa iimeko zemozulu ezahlukeneyo.



Vula iingalo zakho phezu kwentloko wenze ngathi ulilifu elikhulu.



Unesambreli sokukukhusela elangeni …



Wangawangisa okomthi uvuthuzwa ngumoya.



Bamba isambreli sakho usiqinise ukuze singemki nomoya ovuthuzayo.



Yenza ingxolo yamachaphaza emvula esiwa phezu kwendlu.

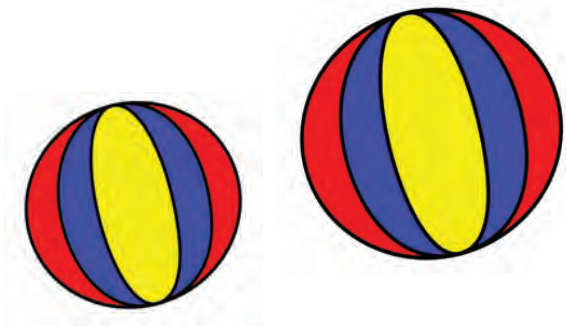




Masishukume

Bambanani ngezandla nenze isangqa esikhulu.

Phoselanani iibhola.





Cinga ngeendlela ezahlukileyo zokuhamba phezu kwepali okanye ecingweni. Khawubone ukuba ungahamba ngendlela eyahlukileyo na kuleyo yabanye abantwana.



Masonwabe

Dlalani unochesi.

Zoba iibhloko kunye nezangqa emhlabeni.









17

Usapho lwam

Masithethe Ubusazi na ukuba iintsapho zahlukile?

Ezinye iintsapho zinkulu ezinye zincinci. Ezinye zinoomama nootata ezinye azinabo. Ezinye iintsapho zihlala noomakhulu nootatomkhulu, oomalume, oomalumekazi kunye nabaza.

Jonga le mifanekiso uze uchazele umhlobo wakho indlela ezahluke ngayo ezi ntsapho.
Sebenzisa amagama asebhokisini.

umama	utata	udade
utatomkhulu	umnakwethu	usana
umakhulu	usapho	







Masibhale

Uhlala nabani kokwenu?



Uhlala nabani kokwenu?

_____.

Ekhaya kukho abantu aba _____.

Ngubani oyena mncinci kokwenu? _____.

Ngubani oyena mdala kokwenu? _____.

Masithethe

Sonke sinemisebenzi esiyenzayo emakhaya. Jonga imifanekiso uze ubhale igama lomntu owenza loo msebenzi ecaleni kwawo.



Ndingancedisa njani ekhaya.

_____.

Teacher:

Sign:

Date:

Usapho lwam



Masonwabe

Zoba umfanekiso wento eniyenza kunye nilusapho. Bhala igama lomntu ngamnye ecaleni komfanekiso wakhe. Xela ukuba ngubani na lowo. Sebenzisa la magama akuncede.

umama	utata	udade wethu
utatomkhulu	umnakwethu	usana
umakhulu	usapho	



Usapho lwam

Siyakhathalelana



Masifunde

Abantu bendlu enye bafanele ukuthandana bakhathalelane. Ukuthandana sikubonisa ngokwangana, ngokuncedana nangokuhlonelana. Kufuneka …



- Sincedane.
- Sihloniphane (ngakumbi abantu abadala).
- Senze imisebenzi yethu ngexesha.
- Sithembeke.



Masithethe

Jonga le mifanekiso uze uxele ukuba aba bantwana balubonisa njani usapho lwabo ukuba balukhathalele.





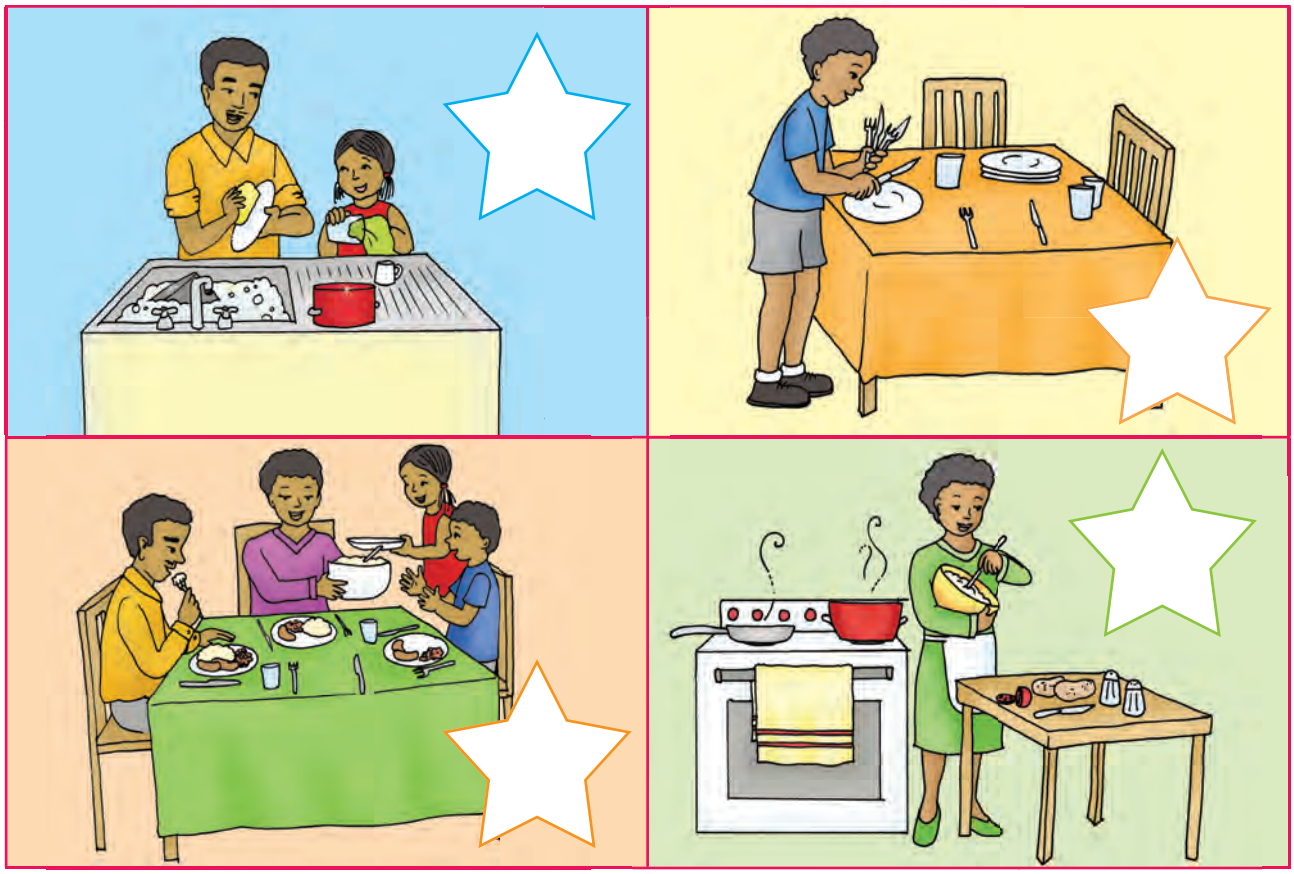
Masenze

Zoba umfanekiso obonisa ukuba ulukhathalele usapho lwakho. Chazela umhlobo wakho into oyizobileyo.

Teacher:
Sign:
Date:

20 Siyakhathalelana

Masithethe Ncokola ngendlela oluncedana ngayo olu sapho. Nombola imifanekiso uqale ku-1 uye ku-4 ubonisa ukulandelelana kwayo.



Masifunde Imisebenzi yethu yangokuhlwa.

Umama upheka ukutya.

Utata uhlamba iimbiza.

Mna nomnakwethu sincedisa umama notata.

Sincedisa kakhulu.

Siqoqosha ubisi nesonka.

Emva koko silungela ukuya kulala.

Nceda usibalisele ibali lokulala!

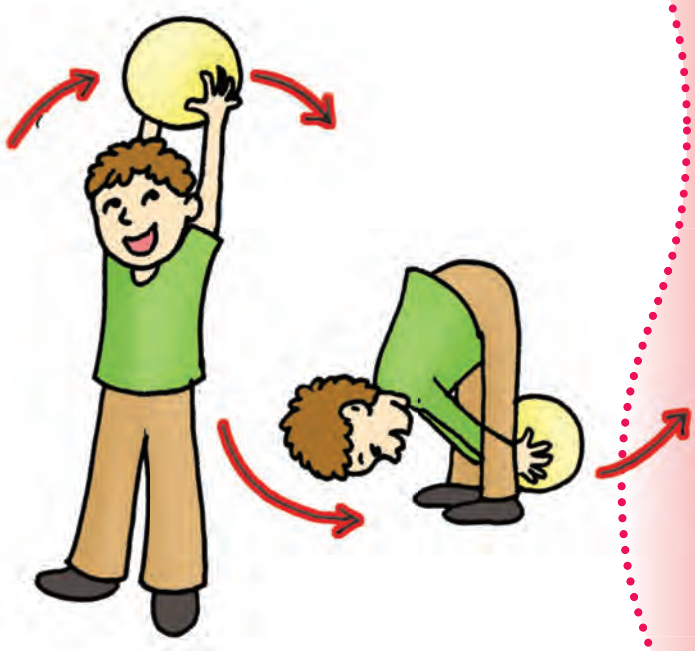




Masishukume

Bambanani izandla nenze isangqa esikhulu.
Yimani ngomgca omnye emva komnye.

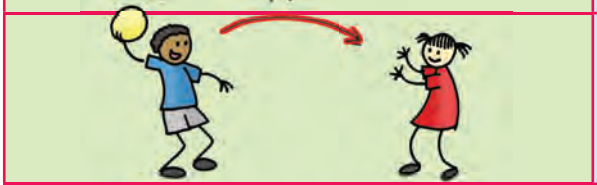
- Umntwana wokuqala ufumana ibhola ayiphosele kosemva kwakhe phezu kwentloko.
- Yena lowo uyiphosa phakathi kwemilenze ephosela osemva kwakhe.





Masenze

Bonisa utitshala wakho ukuba ...

	uyakwazi ukuphosa ibhola ngokuyigqampisela kwiqabane lakho.	ewe	hayi
	uyakwazi ukuphosela iqabane lakho ngesandla.	ewe	hayi
	uyakwazi ukugqampisa ibhola ngamadolo.	ewe	hayi
	uyakwazi ukugibisela ibhola ngakwikhowuni.	ewe	hayi
	ungayikhaba ibhola ubaleka phakathi kwezinto ezibekiweyo.	ewe	hayi
	ungayikhabela entweni ibhola iyibethe.	ewe	hayi

Teacher:
Sign:
Date:

Ukhuseleko ekhaya nakwindawo elingqongileyo



Kufuneka sizive sikhuselekile ngalo lonke ixesha sisekhaya. Kodwa kukho iingozi ezininzi emakhayeni nakwiindawo eziwangqongileyo. Jonga umfanekiso, uze uncokole nomhlobo wakho ngezinye zeengozi.

Ekhitshini

- Jika imiphambo yeembiza ijonge ngemva esitovini.
- Musa ukushiya iimela ezibukhali zithe saa.
- Tshixela iparafini nezinye izinto ezinetyhefu kwindawo ekhuselekileyo.
- Musa ukushiya izinto zokudlala zithe saa.





Kwigumbi lokuhlambela

- Musa ukusebenzisa izinto zombane ecaleni kwamanzi. Musa ukuzishiya kufutshane namanzi.
- Izikere nezinye izinto ezibukhali zifake ekhabhathini.



Izichotho kunye nombane

- Ungaze ume phantsi komthi xa kukho isichotho.
- Ungaze ufake nto kwimingxuma yombane esedongeni. Cela umntu omdala akuncede.
- Ukuba uqaphele ukuba intambo yeayini okanye yeketile ityekile, cela umama okanye utata wakho ayilungise.

Ngaphandle kwekhaya

- Izinto ezinobungozi ezifana neengceba zebhotile zilahle emgqomeni.
- Musa ukudlala kufutshane nedama lamanzi ngaphandle kokuba kukho umntu omdala.





Ngaphakathi ekhaya

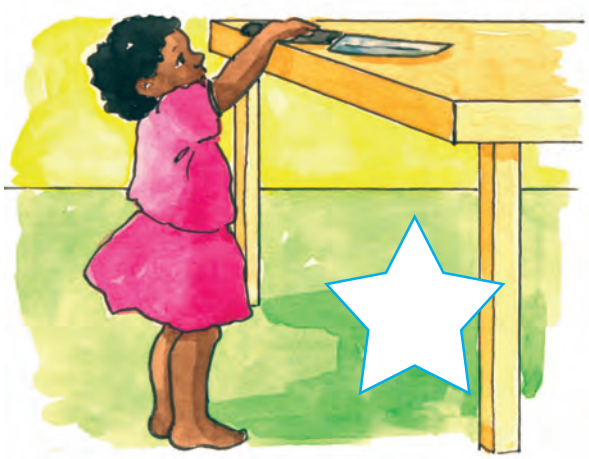
- Musa ukushiya izinto zokudlala kunye nezinye izinto zithe saa.
- Musa ukudlala ngeparafini okanye ngezinto zokucoca ezinetyhefu.

Teacher:
Sign:
Date:

Ukhuseleko ngaphakathi nangaphandle ekhaya

Masithethe

Jonga imifanekiso uze uxele ukuba yeyiphi ebonisa iimeko ezikhuselekileyo iyeyiphi engazibonisiyo. Phawula nge ✔ ezo zibonisa imeko ekhuselekileyo uze uphawule ngo ✘ ezo zibonisa imeko engakhuselekanga.















Masithethe

Ingaba zikhona izinto ezingakhuselekanga ekhayeni lakho? Ungenza ntoni ngaloo nto? Ityhefu kunye nezinye izinto zokucoca zinobungozi kakhulu kwaye zingakwenza ugule okanye zikubulale. Kufuneka ungaze usele nantoni na ongaqinisekanga ngayo.





Olu phawu luthetha ukuba kukho into enetyhefu phakathi ebhotileni, ebhokisini okanye etotini. Wakhe walubona olu phawu ngaphambili?



Masenze Utitshala wakho uza kukudlalela umculo.

- Shukuma ngokwesingqi somculo.
- Khetha inkokheli. Le nkokheli kufuneka ishukume ngokwesingqi somculo. Abanye mabalinganise le nto yenziwa yinkokheli.
- Yima ngomlenze omnye.
- Yima ngomnye umlenze.
- Ngowuphi umlenze owomeleleyo.



- Beka intambo ende emgangathweni okanye ukrwele umgca. Hamba phezu kwale ntambo okanye emgceni ungaphumi endleleni.
- Tshintsha ke ngoku ukumila kwentambo okanye umgca uze uhambe ecaleni kwawo ungaphumi endleleni.



Teacher:
Sign:
Date:

Ukhuseleko xa ndindodwa

Masithethe

Ufunde ngezinto ezinokwenzakalisa ekhaya nakwindawo ekufuphi. Ungazigcina njani ukhuselekile xa uwedwa ekhaya?



Xa uwedwa ekhaya ungenza ezi zinto ukuze uhlale ukhuselekile.



Tshixa yonke iminyango.



Musa ukuvulela abantu ongabaziyo.

- Qinisekisa ukuba uyazazi iinombolo zefowuni zabazali bakho kunye nabantu abahlala kufuphi nani.
- Bhala uludwe lweenombolo ezibalulekileyo ukulungiselela xa kunokwenzakala umntu.





Masibhale Zenzele olwakho uluhlu lweenombolo ezibalulekileyo.



Amapolisa: _____



Iambulensi: _____



Abacimi-mlilo: _____

Inombolo yeselula kamama: _____

Inombolo yeselula katata: _____

Ngubani omnye umntu onokumfowunela xa ufuna uncedo?

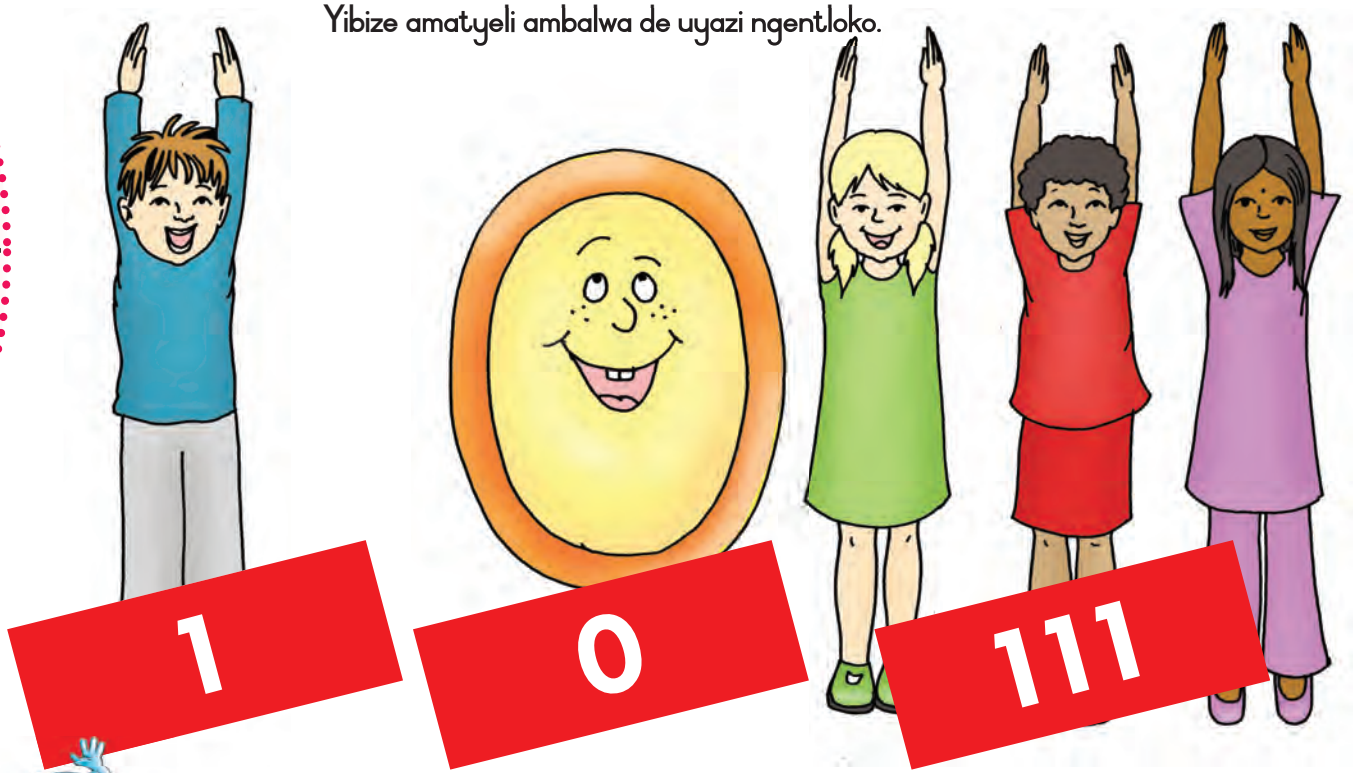
_____

Teacher:
Sign:
Date:

Ukhuseleko xa ndindowa

Masithethe

Nantsi indlela elula yokukhumbula inombolo yefowuni yamapolisa. Jonga umfanekiso uze uxelele umhlobo wakho ukuba ikunceda njani imifanekiso ekukhumbuleni iinombolo. 10111 yinombolo yamapolisa. Yibize amatyeli ambalwa de uyazi ngentloko.



Masishukume

Bonisa ukuba ubuya kuthini ukuba ubungumntwana okule mifanekiso.



Ubuya kwenza ntoni ukuba ubuleqwa ngumntu ongamaziyo?



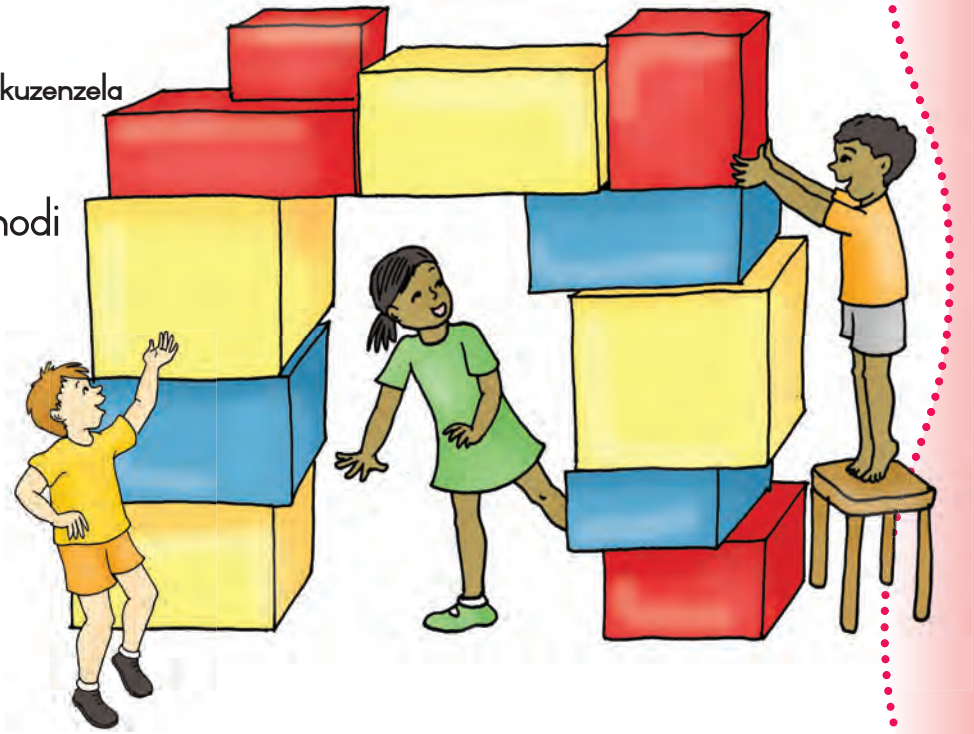
Ubungathini ukuba ubuncedisa umama ukwenza ikeyiki?



Ubuya kuthini ukuba ubumi phezu kweglasi eyaphukileyo?



Khawuzame ukuzenzela eyakho indlu.



- Funa iibhokisi zekhadibhodi ezindala uze uzakhele iindonga kunye nophahla.
- Ungazidibanisa ngokuzincamathisela. Wakube uyigqibile indlu yipeyinte.
- Ukuba akuyifumani ikhadibhodi, sebenzisa enye into kodwa ungasebenzisi iglasi okanye itoti okanye nantoni na enokwenzakalisa.



Phosa ibhola emoyeni uze uyibambe ngesandla sakho esibuthathaka.





Nceda utitshala asuse izitulo, iitafile kunye neebhokisi.

Khwela ezitulweni, ezitafileni nasezibhokisini, khasa ngaphantsi kwazo uphinde utsibe phezu kwazo.





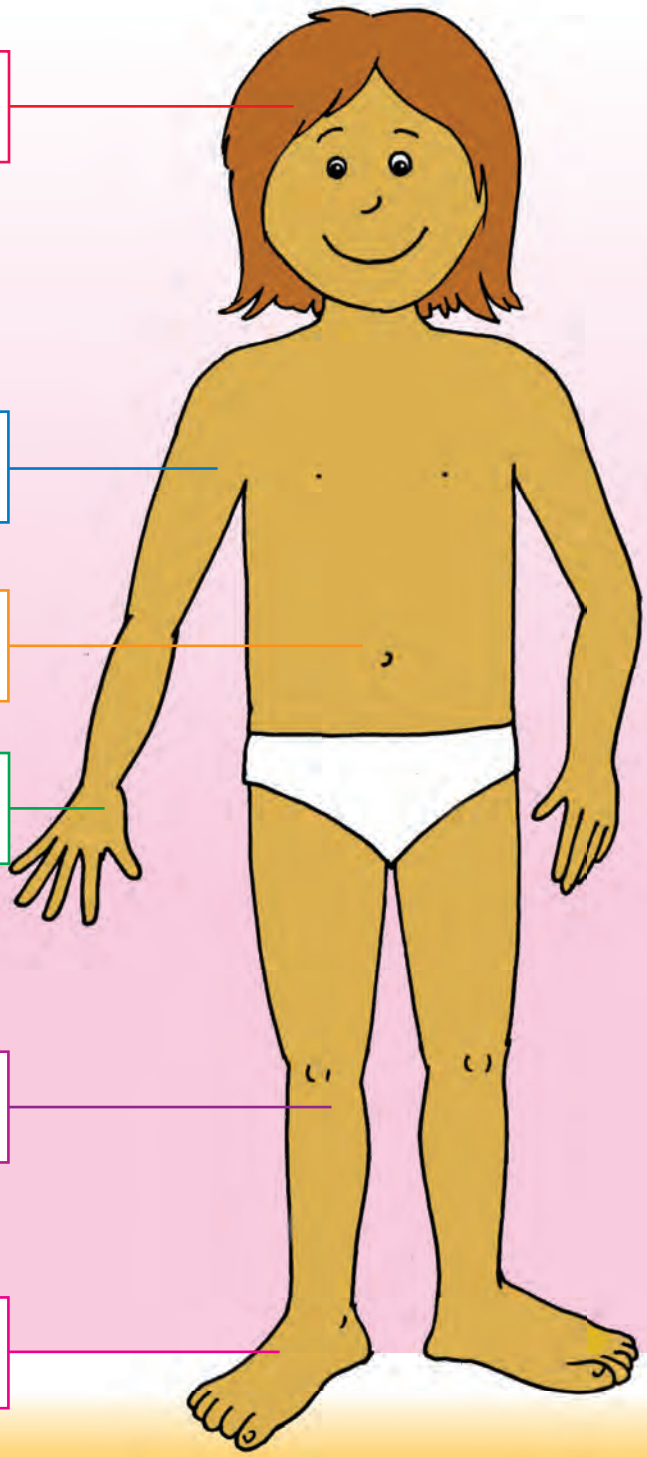
25

Umzimba wam



Masibhale Bhala amagama kwizikhewu ezichanekileyo.

umlenze	isandla	intloko
isisu	unyawo	ingalo



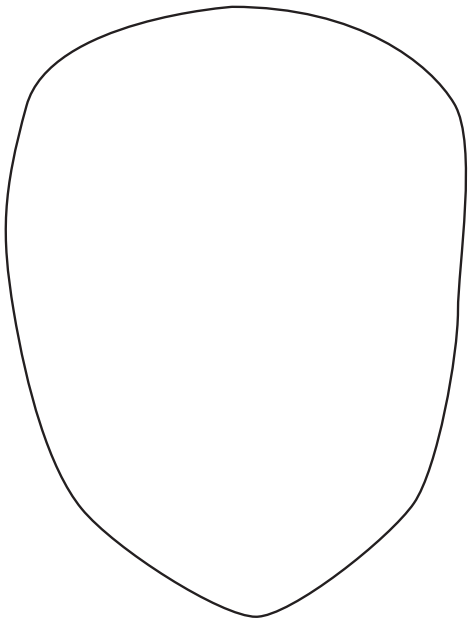


Masizobe

Gqibezela obu buso.

Zoba iinwele. Khuphela obakho ubuso. Ukuba unamehlo abhrawuni, zoba amehlo abhrawuni. Ukuba uneenwele ezimnyama zoba iinwele ezimnyama.

Zoba iintshiyi, impumlo nomlomo.





Ubuso lilungu elibalulekileyo lomzimba wakho.

Sonke sinamehlo ama-2. 

Sonke sineendlebe ezi-2. 

Sonke sinempumlo e-1. 

Sonke sinomlomo. 



Masicule

Culani ingoma. Bamba ilungu lomzimba wakho njengokuba nicula igama lalo.



Intloko namagxa

Intloko namagxa, amadolo neenzwane, amadolo neenzwane x2

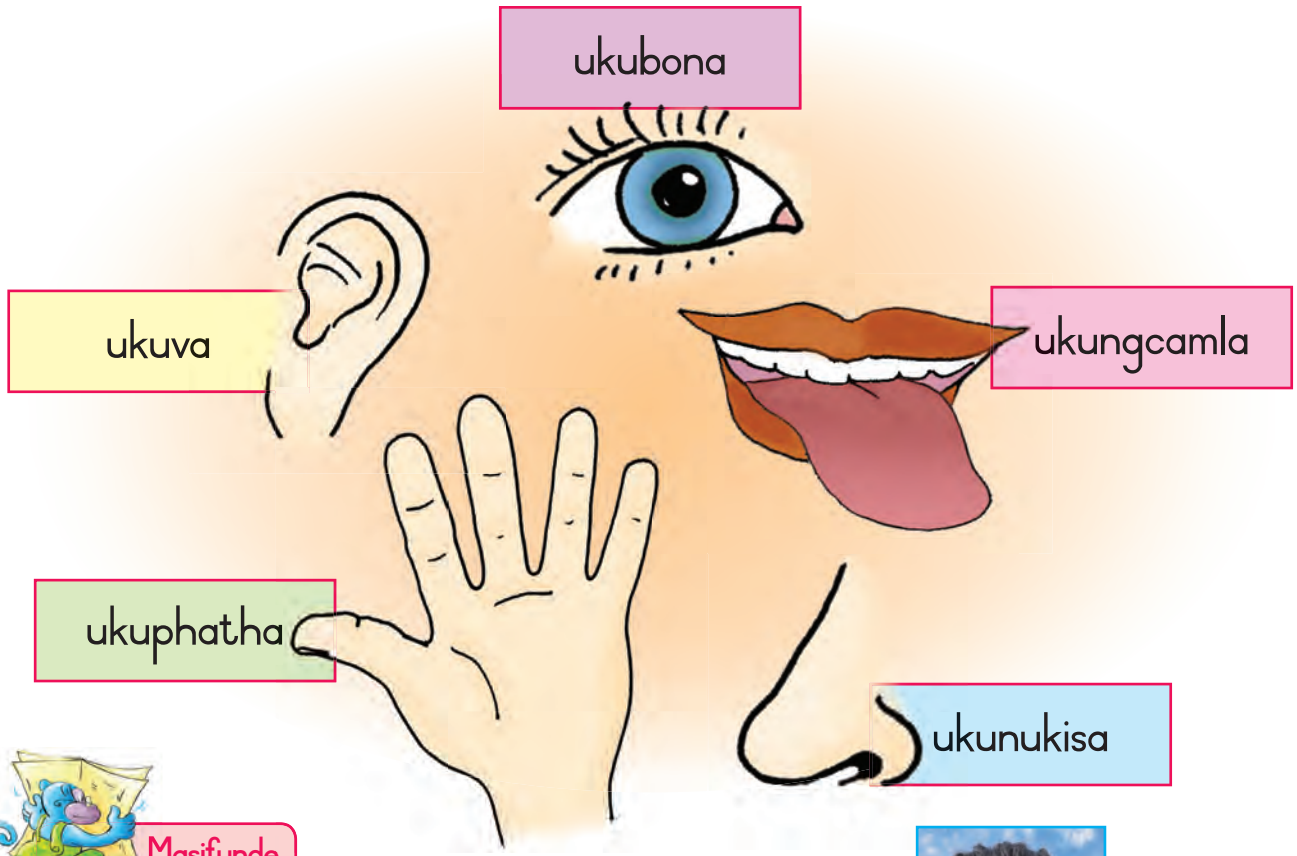
Intloko namagxa, amadolo neenzwane

Intloko namagxa, amadolo neenzwane, amadolo neenzwane



Izivo zam

Masithethe Jonga izivo ezahlukeneyo uze uxele ukuba sizisebenzisela ntoni.



Masifunde

Sisebenzisa izivo zethu yonke imihla.

Ukutya siyakunukisa sikungcamle. Siyakwazi ukuva ukuba luthambe kangakanani usiba. Siyasibona isibhakabhaka esibhulowu ehlotyeni.

Siphulaphula umculo.

Izivo zethu zisigcina sikhuselekile. Siyeva xa kukho umlilo. Siyeva ukuba isitovu sishushu kakhulu. Siyabona xa kungakhuselekanga ukunqumla indlela. Siyasiva isandi sealam.





Masenze

Ukukhathalela amehlo kunye neendlebe zethu.

Kufuneka sizikhathalele izivo zethu.

Nazi iindlela ezimbini zokukhathalela amehlo kunye neendlebe.



Khathalela iindlebe zakho ngokungamameli umculo ongxolayo.

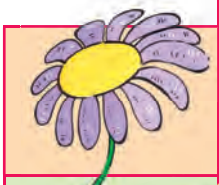
Khathalela amehlo akho ngokunxiba ikepusi okanye iiglasi zelanga.
Musa ukujonga elangeni.





Masibhale

Jonga itheyibhile engezantsi uze uphawule kumgca ngamnye isivo okanye izivo ozisebenzisayo. Ungaphawula nokuba zingaphi.

	 ukunukisa	 ukungcamla	 ukubona	 ukuva	 ukuphatha
					
					
					
					
					

Teacher:
Sign:
Date:

Umzimba wam oshukumayo

Masithethe

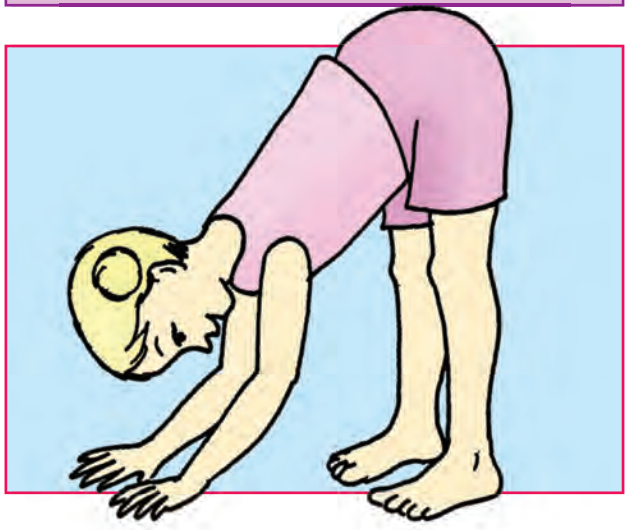
Jonga imifanekiso. Kumfanekiso ngamnye xela ilungu lomzimba nokuba likunceda entweni.

Imizimba yethu siyisebenzisela ukushukuma.









Masibhale

Phendula le mibuzo kunye nomhlobo wakho. Emva koko bhala iimpendulo encwadini yakho phantsi kwemibuzo.

Ngawaphi amalungu omzimba owasebenzisa xa uhamba?



_____

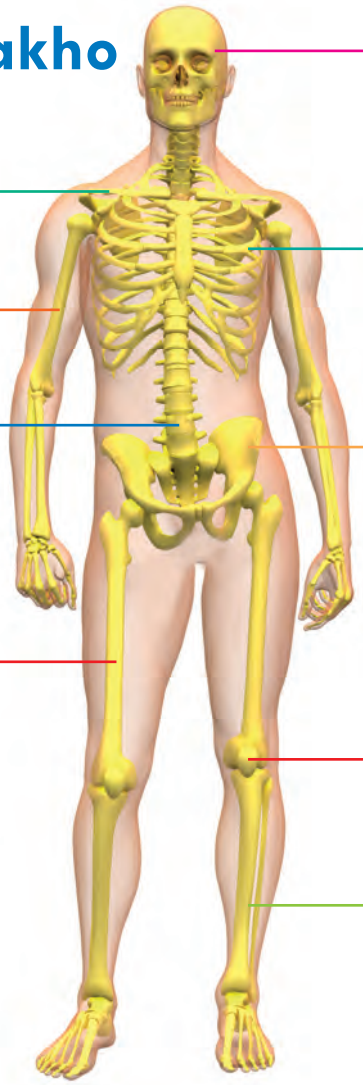
Ngawaphi amalungu omzimba amabini owasebenzisayo xa uchola into?

_____ ne _____.



Kukho amalungu omzimba ongakwaziyo ukuwabona.
Onke ayasebenzisana ukukugcina uphilile.

Amathambo akho



ukhakhayi

ingqosha

iimbambo

ithambo lengalo

umqolo

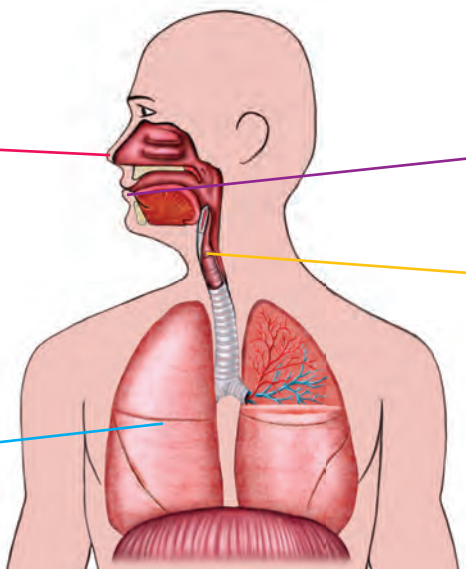
ihleza

ithambo lethanga

idolo

ithambo lomlenze

Amalungu omzimba akunceda ukuba uphefumle



impumlo

umlomo

umqala

imiphunga

Teacher:
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Date:

Ukugcina umzimba wam ukhuselekile



Masifunde

Jonga imifanekiso engezantsi uze uncokole nomhlobo wakho ngenikubonayo. Kumfanekiso ngamnye yitsho ukuba ungahlala njani ukhuselekile.



Ubona umhlobo wakho ngapha kwendlela.



Ulinde wedwa esitopini sebhasi.



Ucelwa ngumntu ongamaziyo ukuba uhambe naye.



Usezivenkileni uwedwa jwii.

Sineemvakalelo zika "ewe" xa umntu ekwanga ngendlela elungileyo. Uva kamnandi xa uphathwa ngendlela ebonisa ubuhlobo nenkathalo ngumntu omthandayo.





Yiza apha ntombazana. Ndiza kupha iilekese kodwa uze ungaxeleli mntu.

Sineemvakalelo zika "hayi" xa umntu esiphatha ngendlela esenza soyike okanye sicaphuke. Xa siziva sikhathazekile okanye singakhuselekanga sineemvakalelo zika "hayi".

Umzimba wakho ubalulekile kwaye ngowakho kuphela. Ungathi "ewe" ukuba KULUNGILE ukuba umntu akuphathe, kwaye ungathi "hayi" ukuba AKULUNGANGA.



Teacher:
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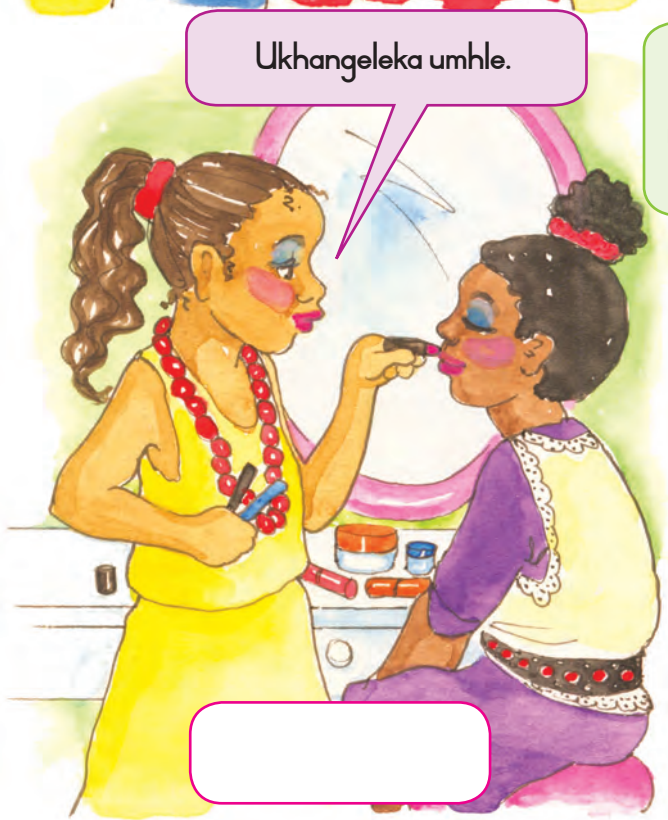
Ukuzigcina ndikhuselekile

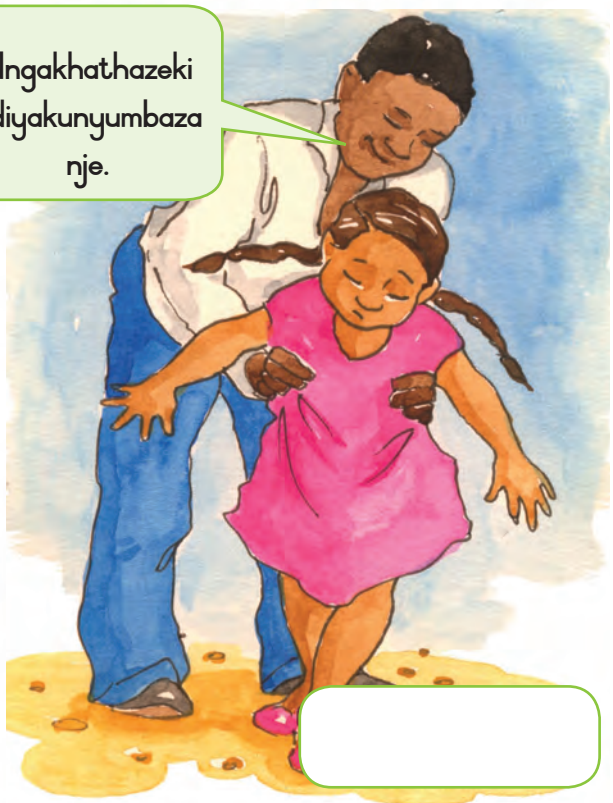
Masibhale

Jonga imifanekiso engezantsi uze ubhale EWE kwimvakalelo ka "ewe" kunye noHayi kwimvakalelo ka "hayi" kwezi bhloko.











Masenze Ziqhelise ukuthi "hayi".

Yila umdlalo apho umntu ongamaziyo afuna ukuthatha umntwana amfake emotweni yakhe okanye ufuna ukuphatha umntwana. Umntwana uthi "hayi".



Masithethe Abanye abantwana bahlala emakhayeni angabakhathalelanga. Jonga imifanekiso. Ncokola ngendlela onokuziva ngayo ukuba ubungumntwana okuloo mifanekiso. Chaza ukuba ubuya kwenza ntoni.

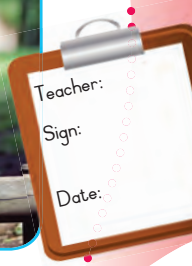




Masishukume Dlala umdlalo othi "yima".

Yenza nantoni na, xa utitshala evuthela impempe yima bhuxe ngaloo ndlela kuloo ndawo. Akufuneki ushukume tu de kutsho utitshala. Ungakwazi ukuxhathisa? Hamba phezu kwepali okanye phezu kwentambo ende ebekwe phantsi.





Ukugcina umzimba wam usempilweni





Zininzi iindlela esinokugula ngazo. Amaxesha amaninzi siguliswa ziintsholongwane. Zincinci kangangokuba asikwazi ukuzibona. Zingena emizimbeni yethu zisigulise.



Benza ntoni abantwana abasemifanekisweni ukuzigcina besempilweni. Kungenzeka ntoni ukuba abanakuzenza ezi zinto?









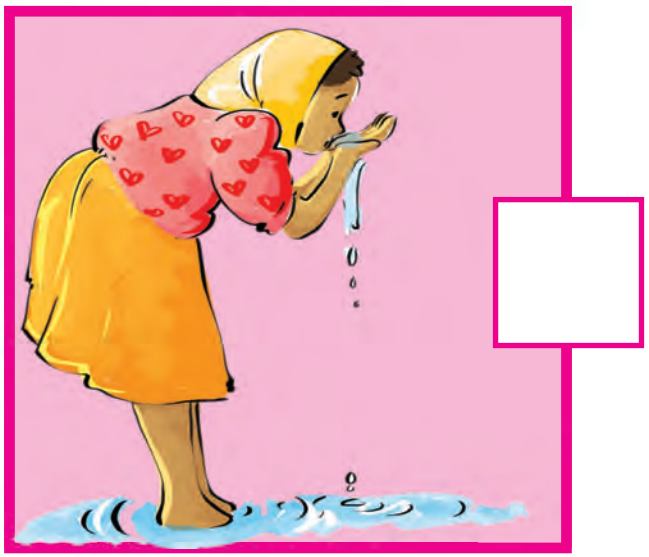
Masithethe

Thetha ngale mifanekiso. Yenza u ✔ ukubonisa indlela onokuhlala ngayo usempilweni. Faka u ✘ kwimifanekiso enokubangela ukuba ugule.













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Ukugcina umzimba wam usempilweni

Masithethe

Benza ntoni abantwana abasemifanekisweni ukuzigcina besempilweni? Kungenzeka ntoni ukuba abanakuzenza ezi zinto?

Ubusazi na ukuba amanye amanzi acocekile amanye amdaka? Ungenza njani ukuqinisekisa ukuba amanzi acocekile kwaye angaselwa?



Ungawabilisa amanzi amdaka ukuze ubulale zonke iintsholongwane.



Ungawahluza amanzi amdaka ukuze ususe konke ukungcola. Utitshala wakho angakubonisa ukuba kwenziwa njani oku.

Ungagalela itisipuni yejikhi kwiemele yamanzi omlambo angangeelitha ezingama-20. Yivale iemele ingangenwa ziimpukane. Wayeke amanzi ahlale iiyure ezingama-28 phambi kokuba uwasele.



Masithethe

Jonga imifanekiso uze uthethe ngezinto ezenziwa ngabantwana ukuze bahlale besempilweni.

Lahla itshefu eliphepha kwindlu yangasese okanye emgqomeni.



Hlamba izandla wakugqiba ukusebenzisa indlu yangasese.



Hlamba izandla zakho phambi kokuba utye.



Ukuba ungcolisile kwindlu yangasese, kucoce oko kungcola uze uhlambe izandla emva koko.



Gquma umlomo ukuba uyakhohlela okanye uyathimla.



Teacher:

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Siyaqondisisa





	✔	✘
Ndiyakwazi ukuthetha ngosapho lwam.		
Ndiyakwazi ukuhamba emgceni obhityileyo.		
Ndiyayazi inombolo yefowuni yamapolisa.		
Ndiyazi malunga neemvakalelo zika "ewe" no "hayi".		
Ndiyakwazi ukubamba ibhola.		
Ndiyakwazi ukuhlala ndikhuselekile ekhaya.		
Ndiyakwazi ukuzikhathalela ukuba ndisele ndodwa ekhaya.		
Ndiyalunceda usapho lwam.		
Ndiyakwazi ukuzihambela esikolweni sam.		
Ndiyakwazi ukuzigcina ndisempilweni.		
Ndiyazi ukuba mandenze ntoni ngazo zonke izinto ezikwibhegi yam yesikolo.		
Ndifunde lukhulu kwiZakhono zoBomi.		
Ndifunde lukhulu kwizifundo zeZakhono zoBomi.		

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

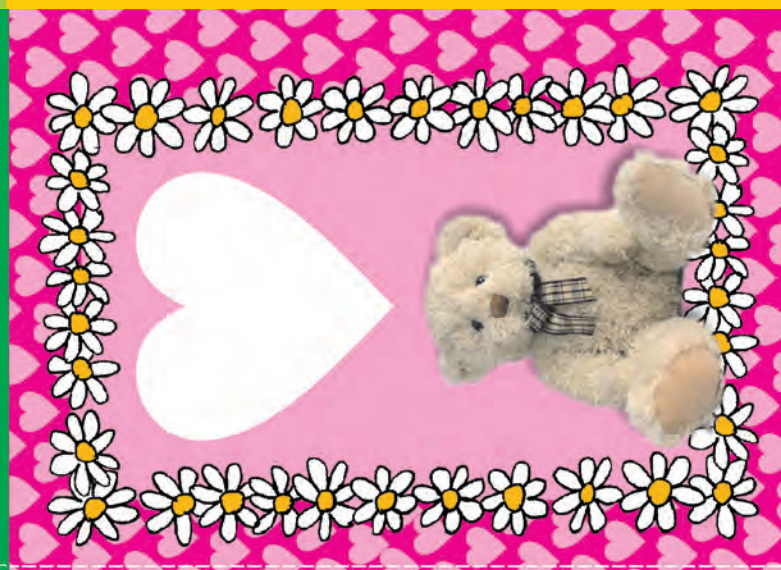



get well soon





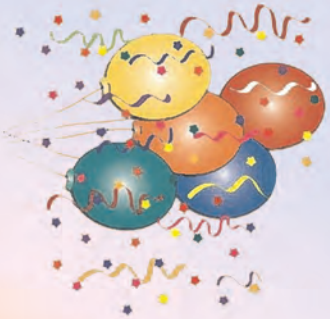
















Masks

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

