

UNkk Angie Motshekga, uNgqongqoshe weMfundo eyiSesekelo



UMnu Enver Surty, iSekela loMnyango weMfundo eyiSesekelo

*Lezi zincwadi zokusebenzela zenzelwe abantwana baseNingizimu Afrika ngaphansi kwesandla sikaNgqongqoshe weMfundo eyiSesekelo, uNkk Angie Motshekga, neSekela likaNgqongqoshe weMfundo eyiSesekelo, uMnu Enver Surty.*

*Lezi zincwadi ezibizwa ngeRainbow Workbooks ziyingxenye yoMnyango weMfundo eyiSesekelo lapho uMnyango uzama khona ukungenelela ukuze kuthuthukiswe imfundo yabantwana bamabanga asuka kwelokuqala kuya kwelesithupha eNingizimu Afrika. UMnyango weZimali uxhase lo mkhankaso kaHulumeni njengento yokuqala uHulumeni azibekele yona ukuthi ayisukumele. Uxhaso loMnyango weZimali lusize uMnyango wezeMfundo ukuthi ukwazi ukukhiqiza uphinde usabalalise ngaphandle kwenkokhelo lezi zincwadi zokusebenzela ngazo zonke izilimi zaseNingizimu Afrika ezisemthethweni.*

*Sinethemba lokuthi othisha bazozithanda basebenze kangcono ngazo lezi zincwadi ekufundiseni kwabo kwansuku zonke, baphinde bathole futhi isiqiniseko sokuthi abafundi babo bafundiswa konke abamelwe ukufundiswa khona njengoba kuvela kusilabhasi yabo. Sizamile ukuqiniseka ukuthi sifaka izithonjana (ama-icon) emisebenzini yokwenziwa ukuze uthisha akuthole kulula ukuyilandela nokuqonda ukuthi umfundi yini alindeleke ukuyenza.*

*Sinethemba futhi lokuthi abantwana uqobo lwabo bazokujabulela ukusebenzisa lezi zincwadi ekukhuleni kwabo bakhule nolwazi eziluqukethe, bese kuthi wena njengothisha wabo uthokoze kanye nabo ekugcineni.*

*Sifisela wena nomfundi omfundisayo impumelelo ngenkathi usebenzisa lezi zincwadi.*

# Ibanga 1



# Amakhono Empilo ISIZULU Incwadi 1

## Ithemu 1&2



*Izincwadi zokusebenzela ezikhona kulolu hla lwezincwadi:*

- *Ulimi / Ulimi lwasekhaya Amabanga 1-6 (Ngezilimi zonke ezisemthethweni)*
- *Izibalo Amabanga 1-3 (Ngezilimi zonke ezisemthethweni)*
- *Izibalo Amabanga 4-9 (NgesiNgisi nesiBhunu)*
- *Amakhono Empilo Amabanga 1-3 (Ngezilimi zonke ezisemthethweni)*
- *Ulimi Lokuqala Olwengeziwe Amabanga 1-3 (NgesiNgisi, ngesiBhunu, ngeSepedi nangesiZulu)*
- *Ulimi Lokuqala Olwengeziwe Amabanga 4-6 (NgesiNgisi nesiBhunu)*

Rainbow WORKBOOKS

LIFE SKILLS IN ISIZULU
GRADE 1 – TERMS 1&2
ISBN 978-1-4315-0233-2

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*Igama:*

*Iklasi:*

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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# iBanga loku-1



## Amakhono Empilo
## ISIZULU
## Incwadi yoku-1



Le ncwadi ngeka:

# Mina





Masenze lokhu

Namathisela isithombe sakho kumbe uzidwebe wena lapha.

Igama lami ngingu _____.

Isibongo sami ngingu _____.

Nginemiyaka e _____ ubudala.

Umndeni wami unamalungu a _____.

Inombolo yethu yocingo ithi: _____

Ikheli lethu lithi:

_____

_____

_____



Niyalwazi usuku lwami lokuzalwa.

| yebo | angazi kahle | cha |
|---|---|---|



Masidwebe









| UJoe ulidlala kahle ibhola lezinyawo. | Dweba into okwazi ukuyenza kahle. |
|---|---|
|  | |







Tshela abangane bakho ukuthi yini okwazi ukuyenza kahle. Landelisa ngokufaka umbala enkanyezini ukukhombisa ukuthi yini okwazi ukuyenza.



Masikhulume

| | | |
|---|---|---|
|  Ngiyakwazi ukufunda. |  Ngiyakwazi ukuzigqokisa. |  Ngiyakwazi ukubhala. |
|  Ngiyakwazi ukudansa. |  Ngiyakwazi ukwenza itiye. |  Ngiyakwazi ukuxubha amazinyo ami. |



2

# Imibala nomdanso

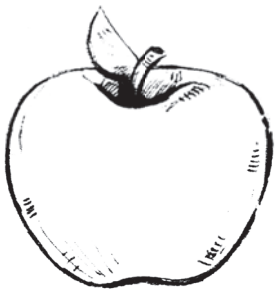
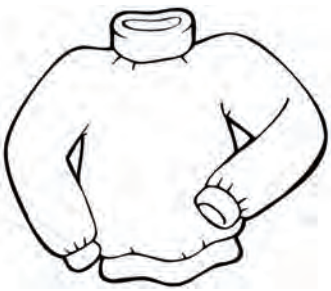
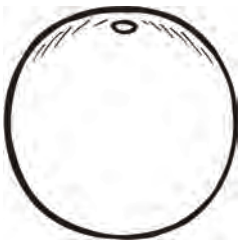
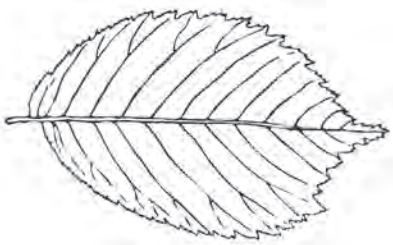


**Masenze lokhu**

Uyayazi le mibala? Tshela abangane bakho amagama emibala.



Faka umbala ofanele esithombeni ngasinye.

| | | |
|---|---|---|
|  Ubhanana ophuzi |  I-apula elibomvu |  Ijezi eliluhlaza |
|  Isambulela esimibalabala |  Iwolintshi elinombala wewolintshi |  Icembe eliluhlaza |



**Masiqhubeke**

Enza lokhu okwenziwa yilaba bantwana.



Tshikizisa umzimba wakho.

Enza sengathi udlala ipiyano.

Enza sengathi udlala isigingci.



**Masizijabulise** Shayani izandla ngendlela elandelayo.





Khwehle Khwehle Khwehle Khwehle

Khwehle Khwehle Khwehle

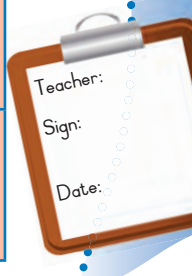
Khwehle Khwehle Khwehle Khwehle

Khwehle Khwehle Khwehle Khwehle Khwehle



**Masenze lokhu** Ungakwazi ukwenza lezi zinto? Khombisa abangane bakho.

| | | | |
|---|---|---|---|
| Ngiyakwazi ukugijima ngiye le nale nale ngingashayisani namuntu. | ☺ | 😐 | ☹ |
| Ngiyakwazi ukudlala ingqathu. | ☺ | 😐 | ☹ |
| Ngiyakwazi ukugingqela ibhola elikhulu kumngane wami. | ☺ | 😐 | ☹ |



3

# Sonke sehlukile

Masikhulume

Buka isithombe utshele umngane wakho ukuthi laba bantwana behlukene ngani nani.







## Kukhulu kuncane

Abanye bethu bakhulu, abanye bancane.

Abanye bade, abanye bafushane.

Abanye bakwazi ukugxuma, abanye bakwazi ukucula.

Sonke sinento esikwazi ukuyenza kahle.

Yini wena okwazi ukuyenza kahle?



Masikhulume

Tshela abangane bakho ukuthi kube njani ngenkathi uqala esikoleni esisha.

| ngiye ngajabula | ngiye ngakhathazeka | bengithakasile | ngiye ngathukuthela | ngibe namahloni |
|---|---|---|---|---|
|  |  |  |  |  |

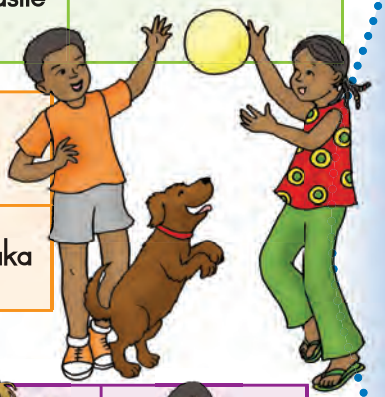
Masenze lokhu

Dweba isithombe usho ukuthi ungaba njani uma uphiwa ithoyizi elisha. Bhala igama elifanele esikhaleni ngezansi bese udweba uveze ukuthi ungaba njani uma kwenzeka lokhu.

## Masikhulume

Tshela umngane wakho ukuthi kwenzekani esithombeni ngasinye. Yisho ukuthi ungaba njani uma lezi zinto zingenzeka kuwe. Beka uphawu ebusweni obufanele.

| | | | |
|---|---|---|---|
| Uma umfana omkhulu kunawe ethatha izinto zakho. |  |  |  |
| | ngingajabula | ngingaba ngothakasile | ngingakhathazeka |



| | | | |
|---|---|---|---|
| Uma wena nomngane wakho nihlala phansi nidlale. |  |  |  |
| | ngingathukuthela | ngingajabula | ngingethuka |



| | | | |
|---|---|---|---|
| Uma uqaqa isipho. |  |  |  |
| | ngingethuka | ngingaba ngothakasile | ngingaba namahloni |

| | | | |
|---|---|---|---|
| Uma umfowenu noma udadewenu ephula ithoyizi olithandayo. |  |  |  |
| | ngingaba namahloni | ngingathokoza | ngingathukuthela |



## Masenze lokhu

Ngcolisa umunwe wakho ngo-inki, bese uthinta iphepha ngalowo munwe. Cela umngane wakho enze njalo naye. Kuzosalela iminwe ephepheni.

Uthi bewazi ukuthi akekho umuntu oneminwe enjengeyakho emhlabeni? Ungokhethekileyo, nguwe kuphela oyilo muntu onguye emhlabeni wonke. Ngisho amawele awanayo iminwe efanayo.

Uyabona ukuthi iminwe kayifani?

Teacher:
Sign:
Date:

# Asifani sonke singabantu

Masikhulume

Buka laba bantwana.
Ubona sengathi bayafana?
Bahlukene ngani?





Masenze lokhu

Buka lesi sithombe bese ubheka ukuthi okushiwoyo kuliqiniso noma akulona yini.
Faka umbala osatshani emishweni eliqiniso.
Faka umbala obomvu emishweni engesilo iqiniso.



Bonke banezingalo ezimbili nemilenze emibili.

Bonke bangamantombazane.



Bonke bagqoke izicathulo.



Bonke bagqoke amabhulukwe.

Bonke bayizingane.



Bonke banezinwele ezinde.



## Masidwebe

Dweba isithombe sakho esikhaleni sokuqala. Bese udweba isithombe somngane wakho omkhulu. Emva kwalokho ubuke izithombe zombili ubheke ukuthi yini eningafani ngayo ninomngane wakho.



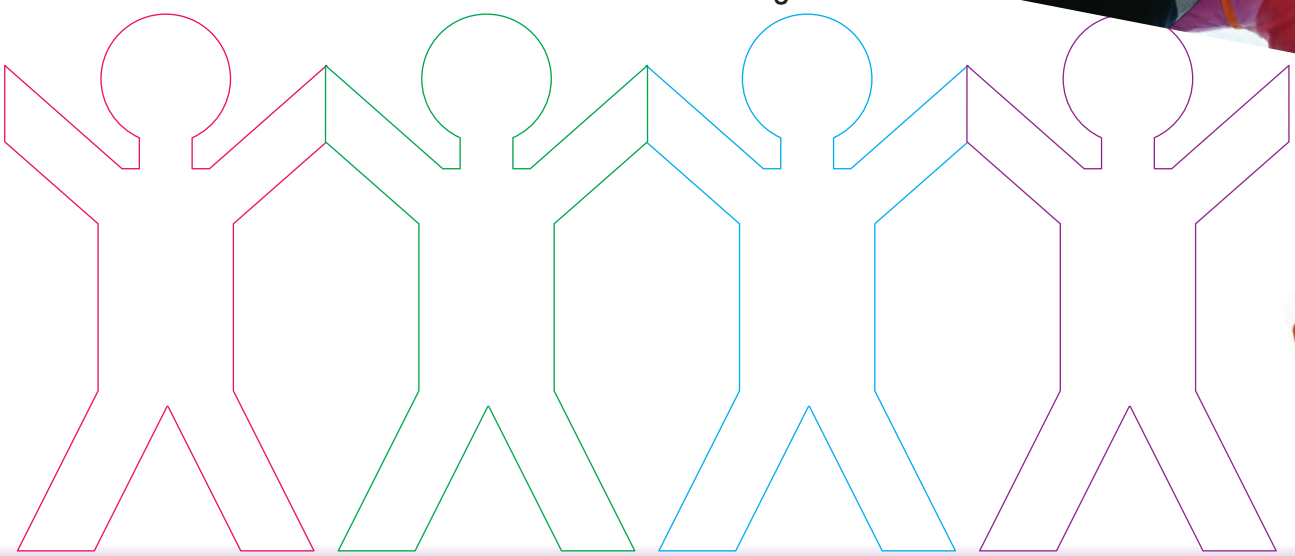
| Mina | Umngane wami omkhulu |
| --- | --- |
| | |



## Masenze lokhu

Buka isithombe sakho usho ukuthi ufana kanjani noma kawufani kanjani nomngane wakho. Akha uhla lwabangane olukhombisa ukuthi akekho umuntu ofana nomunye.







# Cula iculo elithile



Masenze lokhu

Ngaphambi kokuthi ucule, zivocavoce kanje:
Donsa umoya kakhulu uwuphefumule ngokuwuyeka kancane kancane.
Enza sengathi ucisha amakhandlela ekhekheni losuku lwakho lokuzalwa. "Fffffffffffffffffffffff".





## Izinkawana ezincane ezinhlanu



Zagxumagxuma phezu kombhede.
Eyodwa yawa yalimala ikhanda.
Umama wabiza udokotela udokotela wathi,
"Zininkawana akume nsi ukugxuma phezu kombhede!"
Izinkawana ezincane ezine
Zagxumagxuma phezu kombhede.
Eyodwa yawa yalimala ikhanda.
Umama wabiza udokotela udokotela wathi,
"Zininkawana akume nsi ukugxuma phezu kombhede!"
Izinkawana ezincane ezintathu
Zagxumagxuma phezu kombhede.
Eyodwa yawa yalimala ikhanda.
Umama wabiza udokotela udokotela wathi,
"Zininkawana akume nsi ukugxuma phezu kombhede!"
Izinkawana ezincane ezimbili
Zagxumagxuma phezu kombhede.
Eyodwa yawa yalimala ikhanda.
Umama wabiza udokotela udokotela wathi,
"Zininkawana akume nsi ukugxuma phezu kombhede!"
Inkawana encane eyodwa
Yagxumagxuma phezu kombhede.
Yona yodwa yawa yalimala ikhanda.
Umama wabiza udokotela udokotela wathi,
"Nkawana akume nsi
ukugxuma phezu kombhede!"













## Masidwebe

Dweba ubuso bakho.
Budwebe bube namehlo, izindlebe, umlomo nezinwele.
Tshela abangane bakho ukuthi ubukeka kanjani.



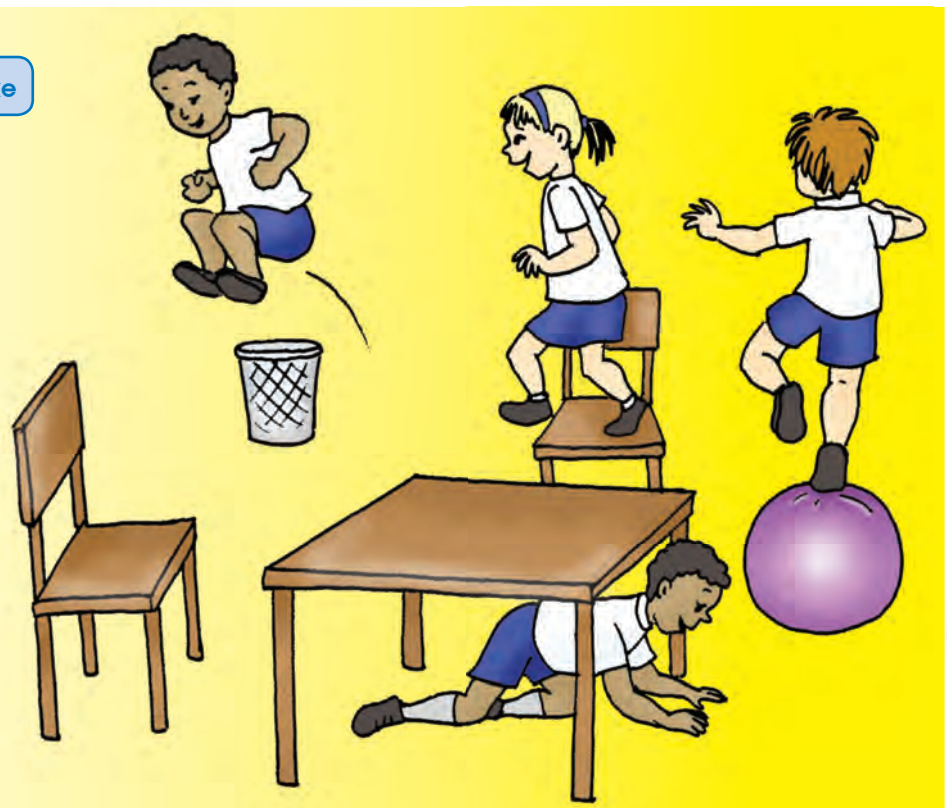


## Masiqhubeke

Enza into efana nale elandelayo eklasini lakho.

Eqa usuke esihlalweni uye kwesinye.

Gaqa ngamadolo uphume ngaphansi kwamatafula.



Teacher:
Sign:
Date:

# 6 Ngiyaziqhenya ngesikole sami

## Masenze lokhu

Dweba isithombe sakho ugqoke izingubo zesikole. Emva kwalokho ugcwalise izimpendulo lapho kufanele khona.



Ngiya esikoleni

_____.

Isibongo sikathisha wami ngu

_____.

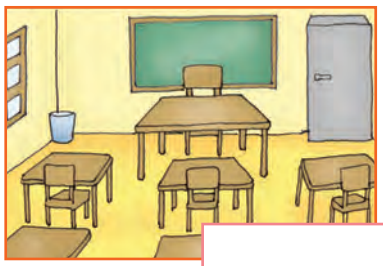
Isibongo sikathishomkhulu ngu

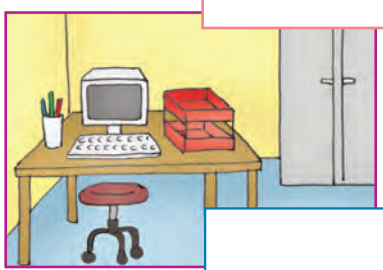
_____.

## Bhala

Buka isithombe esingenhla bese ugcwalisa amagama afanele esithombeni ngasinye.

- indlu encane
- umabhalane
- ihhovisi
- iklasi
- inkundla yebhola







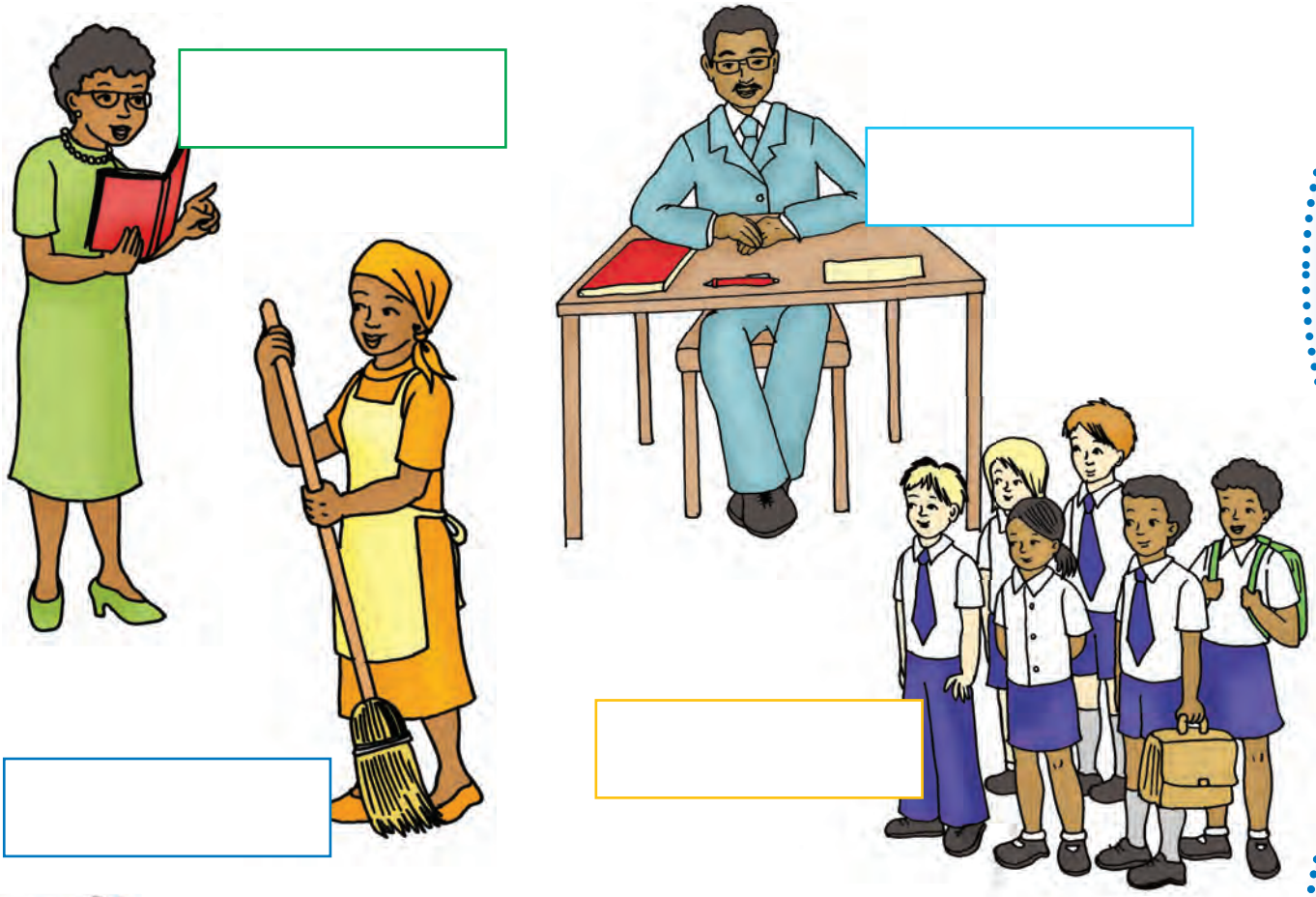




## Bhala

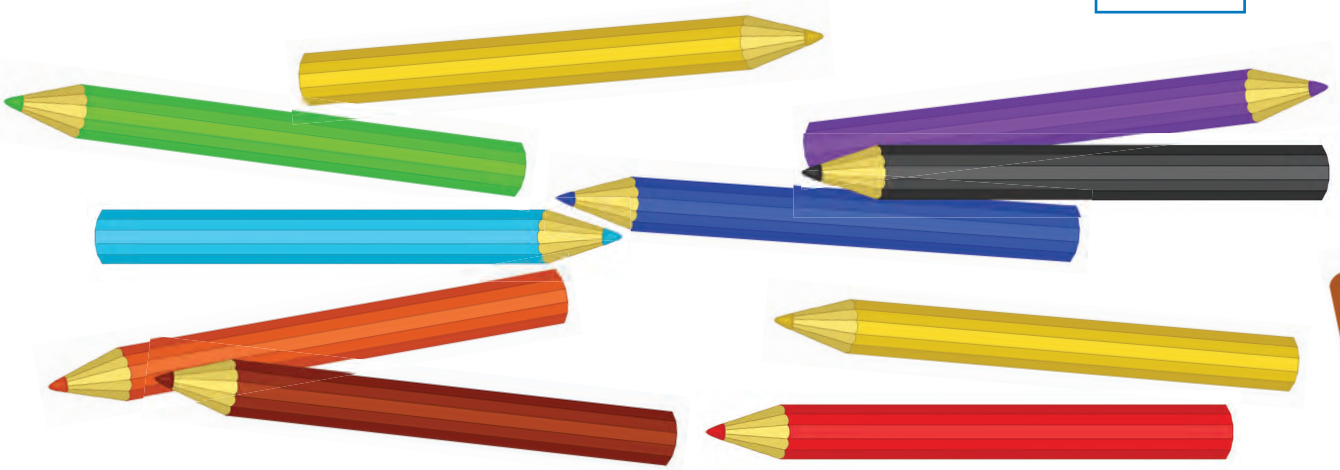
Kunabantu abaningi esikoleni. Khuluma ngabo usho ukuthi ngobani. Bese ubhala igama elifanele ngaphansi kwesithombe ngasinye. Tshela umngane wakho ukuthi benzani esikoleni labo bantu. Sebenzisa lawa magama, azokusiza.

| abantwana | umashanela | uthisha | uthishomkhulu |
|---|---|---|---|



## Masizijabulise

Ibhokisi likaJona alithandayo liwile. Yisho ukuthi unamakhrayoni amangaki omunye wenu, bese ubhala inani lawo ebhokisini.



Teacher:

Sign:

Date:

# Izindawo ezahlukahlukene

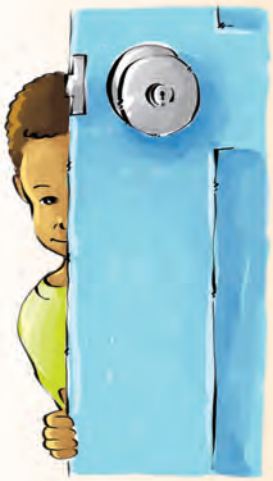
**Masenze lokhu** Khombisa umngane wakho ukuthi wena uyakwazi.

Ukucasha ngaphansi kwento ethile.



"Ngicashe ngaphansi kwetafula."





Casha ngemva kwento ethile.



Yima phezu kwento ethile.

Yima eduze kwento ethile.

**Masiqhubeke**

Sebenzisa ibhola kumbe isaka likabhontshisi. Lijikijele phezulu bese ulinqaka. Lithwale isaka uliyekelele ekhanda bese uzulazula nalo kancane. Lithwale-ke manje uliyekelele bese uhambahamba phezu kwento ethile kumbe phezu kwentambo encane ebekwe phansi enhlabathini.

| | | | |
|---|---|---|---|
| Ngiyakwazi ukujikijela. | | | |
| Ngiyakwazi ukunqaka. | | | |
| Ngiyakwazi ukuthwala isaka likabhontshisi ngiliyekelele. | | | |

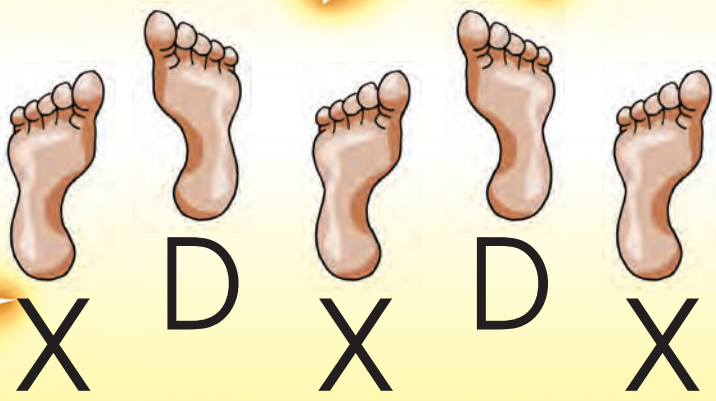
Masiqhubeke

Shaya phansi ngezinyawo kanje.

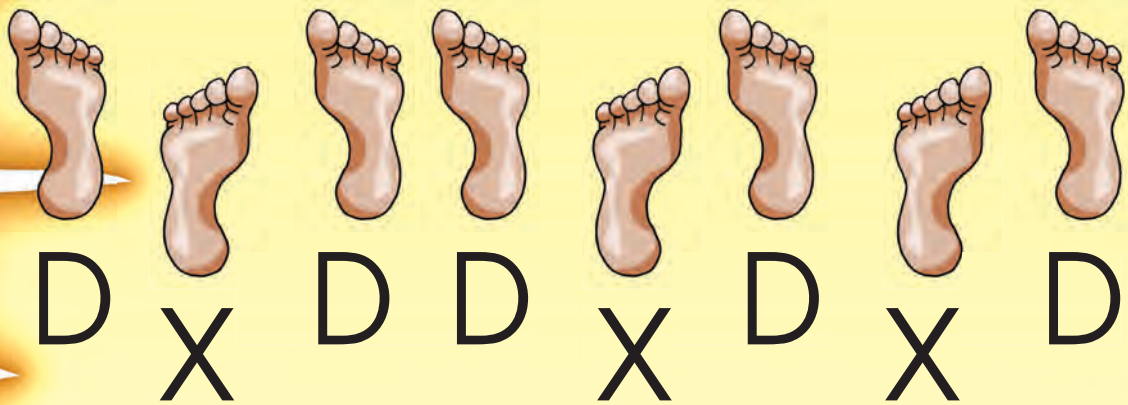


X = ngesokunxele

D = ngesokudla



X D X D X



D X D D X D X D



X X D X X D X D

Teacher:

Sign:

Date:

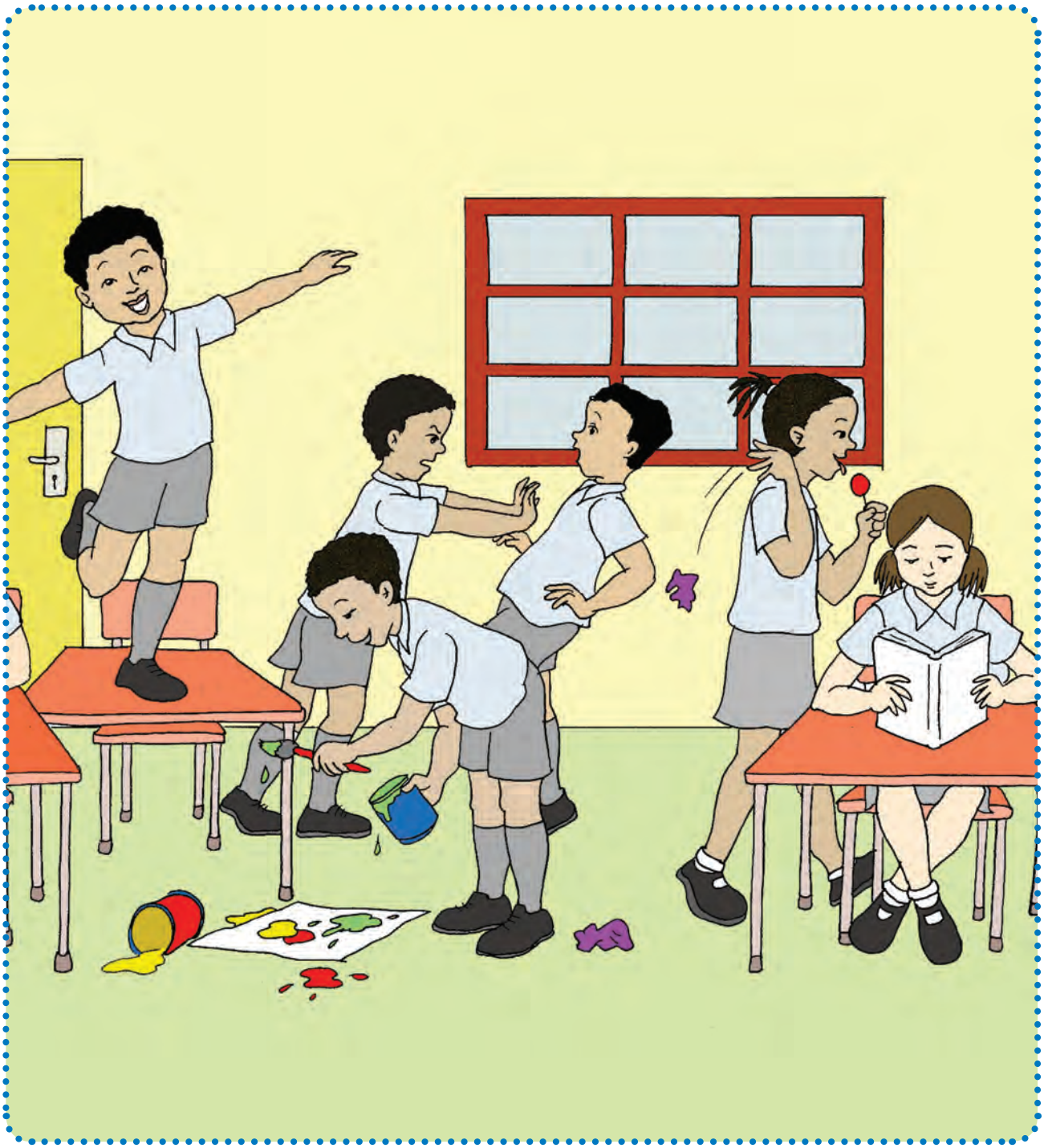
# Iklasi lami



**Masikhulume** Bukisisa lesi sithombe bese ukhuluma ngalokho okubonayo.

Kuleli klasi kwenzeka izinto ezimbi nezinhle.

Yiziphi izinto ezinhle ozibonayo? Yiziphi ezimbi ozibonayo?






Tshela umngane wakho ukuthi kwenzekani esithombeni ngasinye. Bhala uhlamvu H kuzo zonke ezinhle, no-B kuzo zonke ezimbi izinto ohlala uzibona zenzeka esikoleni.









Teacher:

Sign:

Date:

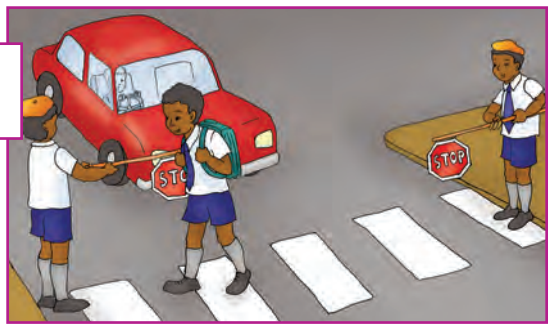
# 9 Siya kanjani esikoleni?

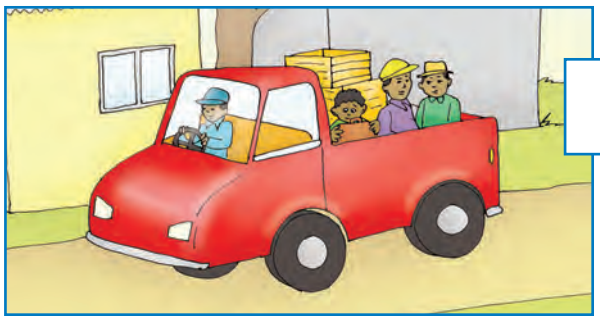


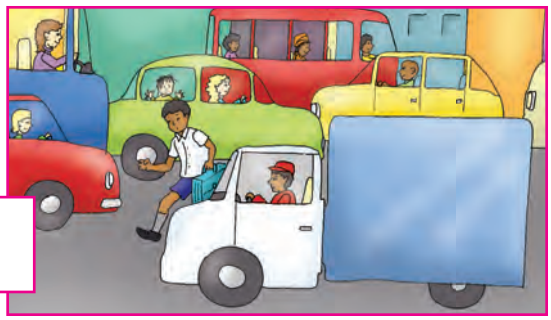
Masikhulume

Uya kanjani esikoleni nsuku zonke? Uphephile? Zikhona izindlela zokuya esikoleni ezingaphephile? Xoxa nomngane wakho nisho ukuthi lezi zingane ziya kanjani esikoleni. Beka uphawu noma ukhombe izindlela eziphephile zokuya esikoleni. ✔ Beka uphawu ✘ kulezo ezingaphephile.







Uya kanjani esikoleni ekuseni? _____



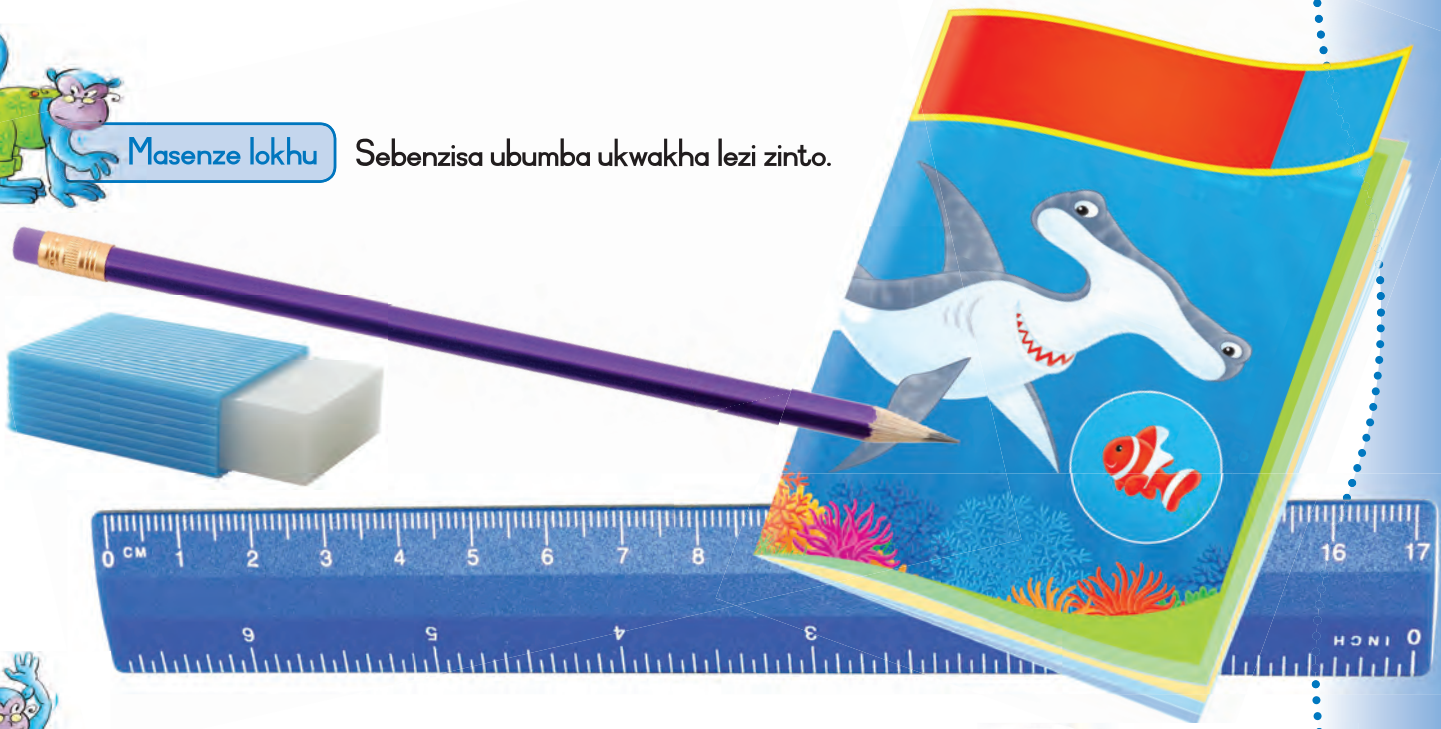
Masenze lokhu

Buza abangane bakho aba-5 ukuthi baya kanjani esikoleni nsuku zonke. Beka uphawu kuleli shadi elenzelwe bona.



| Igama | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| ngezinyawo  | | | | | |
| ngebhasi  | | | | | |
| ngemoto/ ngeveni  | | | | | |

**Masenze lokhu** Sebenzisa ubumba ukwakha lezi zinto.



**Masiqhubeke** Lalela umculo ozodlalwa nguthisha wakho.



Wudansele umculo lowo.

Gobisa amadolo welule imilenze yakho.

Dlalisa amahlombe uwehlise uwaphakamise.

Yisa izihlakala kwesokunxele ubuye uziyise kwesokudla.

**Masiqhubeke** Nqakisanani ngebhola wena nomngane wakho.
Sebenzisa ingalo ongajwayele ukuyisebenzisa ukujikijela ibhola ulibuyisele emuva.

| | | |
|---|---|---|
| Kungabe ngikwazile ukujikijela ibhola ngilibuyisele emuva ngengalo engingajwayele ukuyisebenzisa? | ☺ | ☹ |

**Masiqhubeke**

Qhuba umngane wakho sengathi uqhuba ibhala.



Teacher:
Sign:
Date:

# Ngihlala ngihlanzekile






Kubalulekile ukujwayela imikhuba emihle usemncane.
Nazi izinto ongazenza ukuhlala uhlanzekile uphilile.
Xoxa ngesithombe ngasinye.



Ngisebenzise indlu encane.

Ngixubhe amazinyo ami.

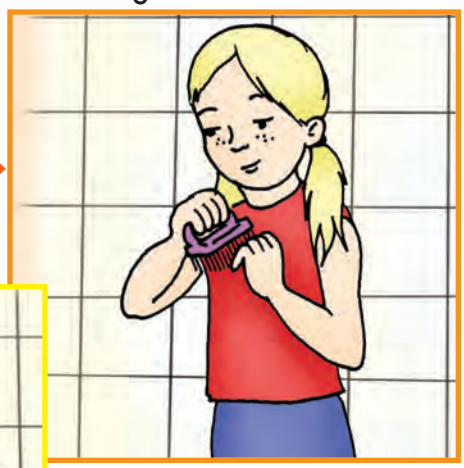


Ngihlanze izandla njalo uma kade ngisendlini encane.

**Mina kumele**



Ngigeze njalo nje.



Ngihlanze izinzipho njalo.



Ngihlanze izithelo njalo ngaphambi kokuzidla.



Ngisebenzise indlu encane.



Ngisebenzise iduku uma ngithimula, ngikhwehlela noma ngisula ikhala.




Yiziphi izinto okumele uhlale uhlanzekile ngazo?
Faka umbala enkanyezini ukhombise ukuthi usebenzisani ukuzigcina uhlanzekile. Usho futhi ukuthi uzisebenzisa kanjani ukuzihlanza wena ngazo.



Teacher:
Sign:
Date:

# 11 Ngihlala ngihlanzekile




Omunye umkhuba omuhle wokusebenzisa indlu encane ngendlela efanele.

## Khumbula



Uma kwenzeka ungcolisa endlini encane, sula lapho.



Khumbula ukuvulela amanzi uma kade usendlini encane.



Vala umnyango uma usendlini encane.



Ungalimoshi iphepha lasendlini encane.



Hlanza izandla njalo uma ukade usendlini encane.




Zungelelzela amagama asitshela ukuthi kumele sizenze kangaki lezi zinto.

## Ukugeza izinwele.



| | |
|---|---|
| nsuku zonke | ekuseni nantambama |
| kabili ngesonto | kanye ngesonto |

## Ukuxubha amazinyo.



| | |
|---|---|
| nsuku zonke | ekuseni nantambama |
| kabili ngesonto | kanye ngesonto |

## Ukugeza umzimba.



| | |
|---|---|
| nsuku zonke | ekuseni nantambama |
| kabili ngesonto | kanye ngesonto |

## Ukugeza ubuso.



| | |
|---|---|
| nsuku zonke | ekuseni nantambama |
| kabili ngesonto | kanye ngesonto |

Teacher:
Sign:
Date:

# Umzimba wami



**Masiqhubeke**

Dlala umdlalo othi "USimoni uthi" uwudlale nothisha. Hambahambani eklasini ningashayisani nakancane. USimoni uthi "thinta ikhanda lakho."

**Khombisa lokhu**

Khombisa umngane wakho ukuthi ukwenza kanjani lokhu.

ukugeza umzimba wakho





ukwesula



ukukama izinwele.





ukuxubha amazinyo.

ukugeza ubuso.







Masiqhubeke Dlalani nisho lawa mazwi asankondlo.

Ngiyakwazi ukukhwahla

nokushaya ngezinyawo phansi

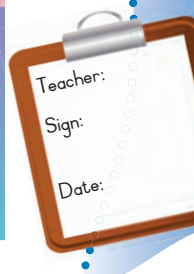
Ngiyakwazi ukunqekuzisa ikhanda

nokushwibha izingalo

Ngiyakwazi ukuhamba ngamazonzwane

ngithinte ikhala lami.





# Izenzo ezinempilo

Masifunde Sidingani ukuze sihlale siphilile?

Ukudla ngendlela enempilo





Ukuzivocavoca ngokwanele

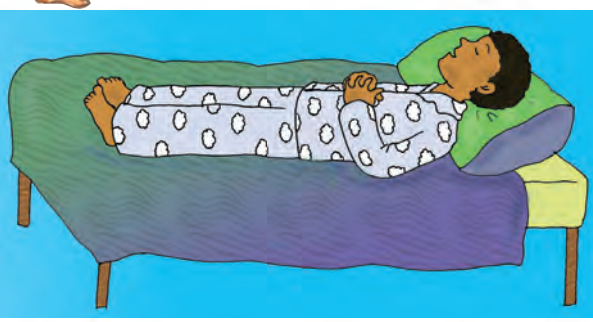
Ukuhlala sihlanzekile





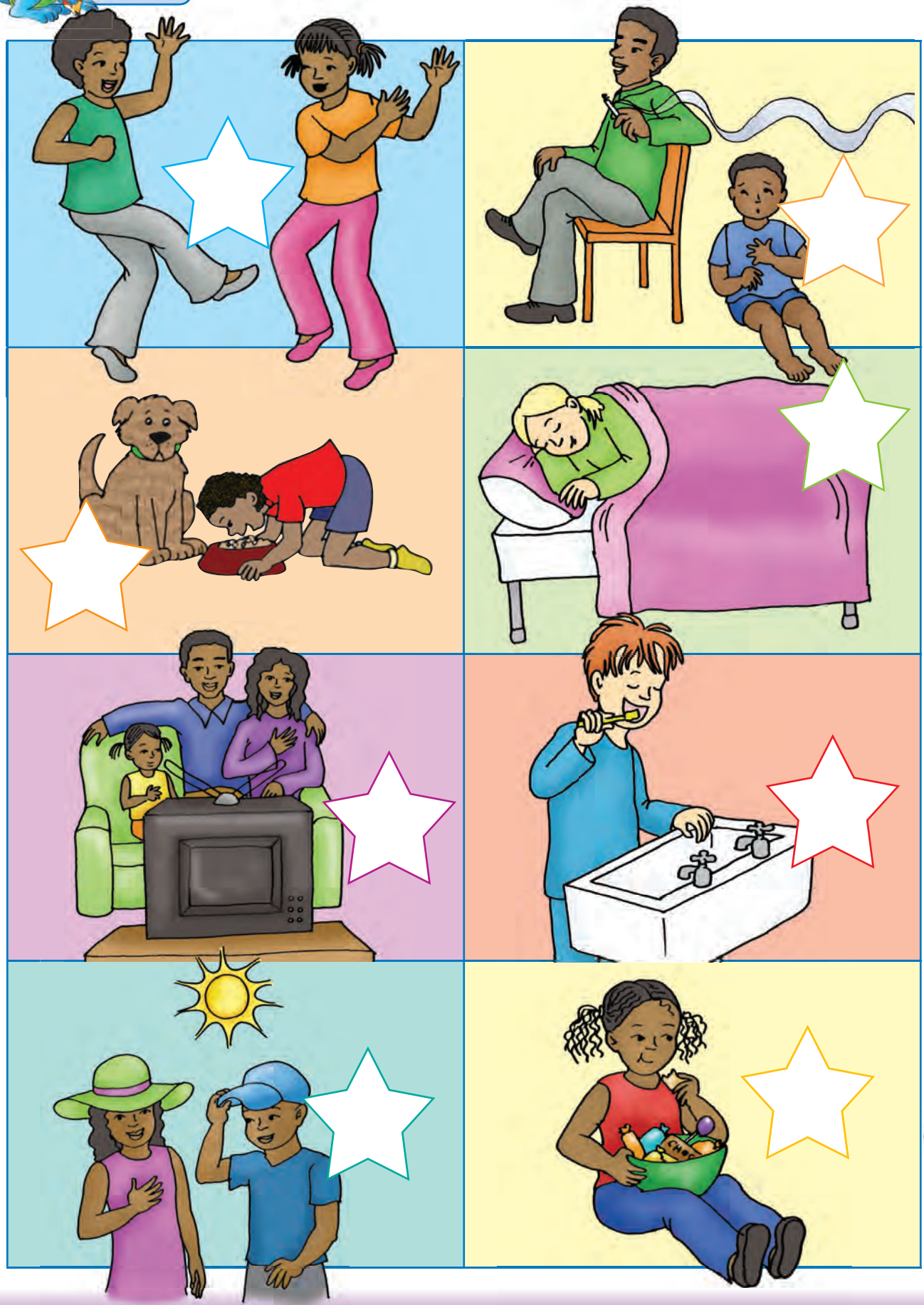
Ukukhanya kwelanga

Ukulala ngokwanele nokuvika ukubuka iTV njalo!



## Bhala

Beka uphawu ✔ emikhubeni emihle kanye ne ✘ kwemibi.



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Date:

# Ukuhlanzeka

Masenze lokhu Masenze lokhu.



umuthi wokuxubha



isixubho



insipho





ishampu

ukhilimu wezandla





ikama

ibhulashi lezinzipho



ibhulashi



umshini wokunquma izinzipho

## Masiqhubeke

Bambanani ngezandla nime indilinga.

Nikezelanani ngebhola ngokujikijelelana.

Engezani ngebhola njalo nje ngenkathi ninikezelana.

Engezani ibhola lesithathu niqhubeke nokunikezelana.



## Masikhulume

Yini engaqoqekile eklasini?

Kumele wenzeni ukuze kuqoqeke eklasini?

Zenzani izingane? Yini okumele ziyenze empeleni?




Teacher:

Sign:

Date:

# Isimo sezulu

Masikhulume

Buka izimo ezahlukene zezulu utshele umngane wakho ukuthi yisiphi isimo osithanda kakhulu.



ukuba nomoya



ukubalela



ukuguqubala nokubanda

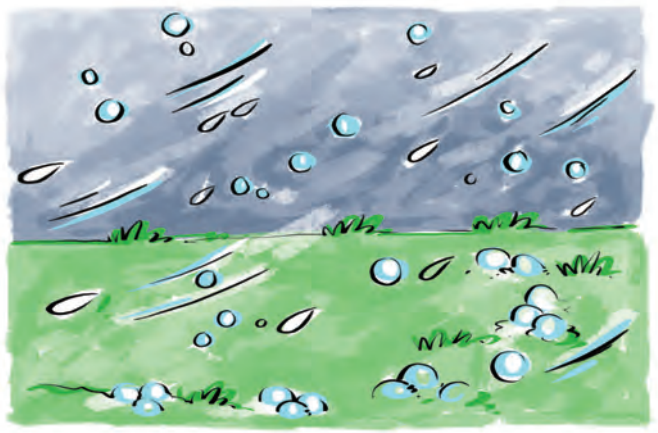


imvula

Kwezinye izingxenye zezwe kuyaye kubande ngendlela yokuthi ligcine likhithika.

Kwesinye isikhathi kuba nesichotho.

Imimoya evunguza ngamandla ibizwa ngesiphepho.

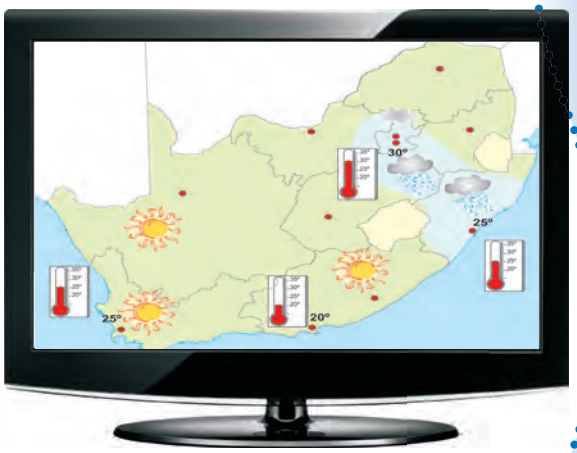




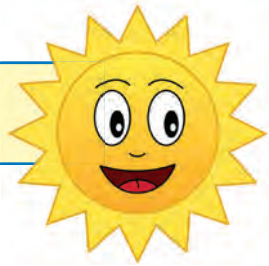


## Masifunde

Sisebenzisa ishadi lesimo sezulu ukusho ukuthi izulu linjani. Sisebenzisa izimpawu ukukhombisa izinhlobo ezahlukene zesimo sezulu.




libalele

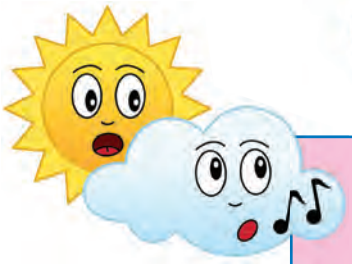


liyana





liguqubele



lithe qabaqaba ngamafu

kuneqhwa



linomoya





## Masenze lokhu

Dweba izimpawu zesimo sezulu wenze ishadi lakho eliveza isimo sezulu sesonto lonke.

| uMsombuluko | uLwesibili | uLwesithathu | uLwesine | uLwesihlanu |
|---|---|---|---|---|
| | | | | |



## Bhala

Belinjani izulu kuleli sonto?
Gcwalisa amagama adingekayo.

Namuhla li _____.

Izolo beli _____.

Ngethemba ukuthi kusasa lizobe li _____.



# Isimo sezulu



**Masenze lokhu** Lingisa izimo ezahlukene zezulu.



Vula izingalo uziphakamisele ngaphezu kwekhanda wenze isimo sefu elikhulu.



Sebenzisa isambulela ukuzivikela elangeni.



Sebenzisa izandla ukulingisa umoya omkhulu.



Phakamisa isambulela ukhombise ukuvika ukududulwa wumoya omkhulu.



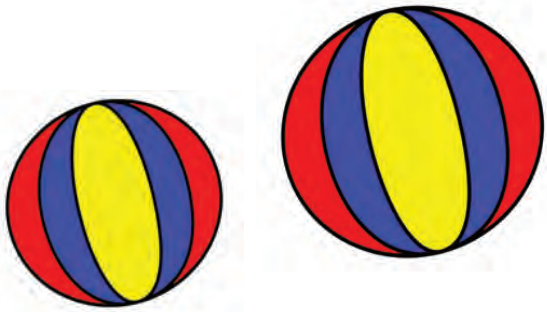


Lingisa amaconsi emvula enkulu asuka ophahleni.

## Masiqhubeke

Bambanani ngezandla nenze indilinga.

Jikijelelanani ngebhola.





Thola izindlela eziningi zokuzama ukumisa into entanjeni ingawi. Thola izindlela ongazisebenzisa ezahlukene zokuhambahamba uya kubangane ofunda nabo.

## Masizijabulise

Dlala u-abhasikotshi. Dweba izikwele neziyingi enhlabathini.








Teacher:

Sign:

Date:

# Umndeni wami

Masikhulume Uthi bewazi ukuthi imindeni ayifani?

Eminye imindeni mikhulu eminye mincane.
Eminye inawomama nawobaba kanti eminye kayinabo.
Eminye imindeni ihlala nawogogo nawomkhulu, nawomalume, nawomamncane kanye nabazala.

Buka lezi zithombe utshele umngane wakho ukuthi le mindeni ihlukene ngani omunye komunye. Sebenzisa amagama akuleli bhokisi.

| | | |
|---|---|---|
| umama | ubaba | udadewethu |
| umkhulu | umfowethu | umntwana |
| ugogo | umndeni | |








## Bhala

Uhlala nobani ekhaya lakho?



Uhlala nobani ekhaya?

_____.

Ekhaya kunabantu aba _____.

Ngubani omncane kunabo bonke abantu ekhaya? _____.

Ngubani omdala kunabo bonke? _____.

## Masikhulume

Sonke sinemisebenzi esiyenzayo emakhaya. Buka lezi zithombe, makuthi eduze kwesithombe ngasinye ubhale ukuthi ngubani ekhaya lakho owenza lo msebenzi.



Indlela engiwusizo ngayo ekhaya.

_____.

Teacher:

Sign:

Date:

18

# Umndeni wami

Masizijabulise

Dweba isithombe sento eniyenza ndawonye nomndeni wakho. Bhala igama lento eyenziwayo eduze komuntu ngamunye. Yisho ukuthi ngubani lo muntu. Sebenzisa lawa magama, azokusiza.

| | | |
|---|---|---|
| umama | ubaba | udadewethu |
| umkhulu | umfowethu | umntwana |
| ugogo | umndeni | |



## Umndeni wami

# Siyanakekelana





**Masifunde**

Imindeni kumele ithandane inakekelane. Siyakhombisa ukuthi siyathandana, sikhombisa ngokuhagana kanye nokusizana nokuhloniphana. Sidinga ukwenza lokhu...



- Ukusizana.
- Ukuhloniphana (ikakhulu ukuhlonipha abantu abadala).
- Ukwenza imisebenzi esiyinikeziwe ngesikhathi.
- Ukuzinikela emisebenzini yethu.



**Masikhulume**

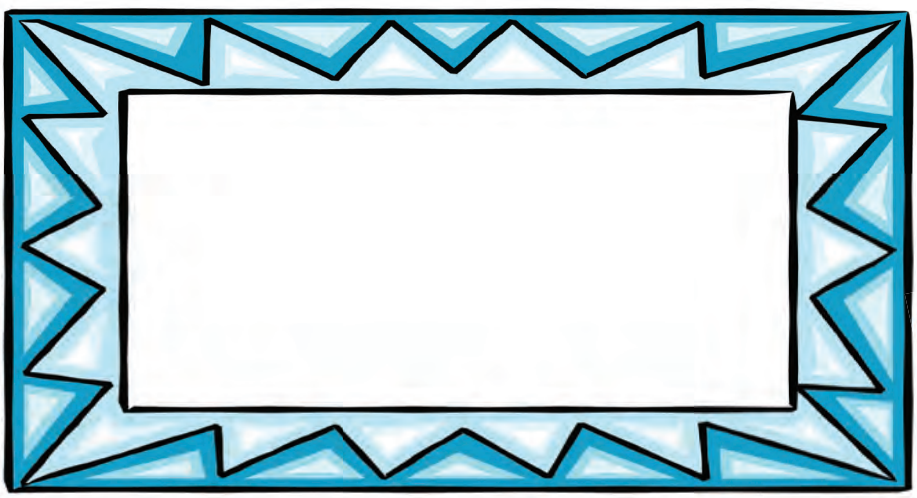
Buka lezi zithombe bese usho ukuthi laba bantwana bayakhombisa ukuthi bayayinakekela imindeni yabo.





**Masenze lokhu**

Dweba isithombe sento oyenzayo ukukhombisa ukuthi uyawunakekela umndeni wakho. Tshela umngane wakho ukuthi udwebeni.



Teacher:

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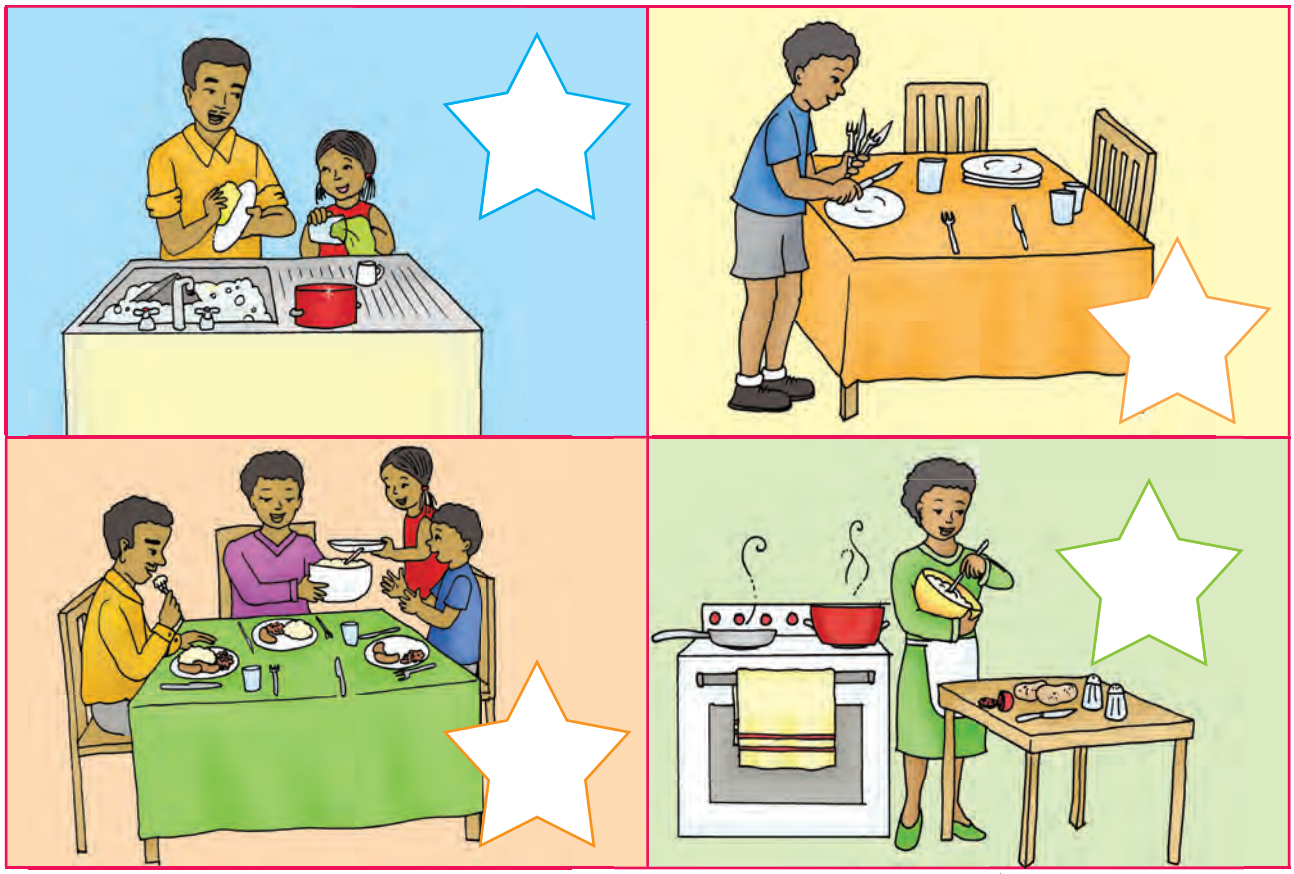
Date:

# Siyanakekelana



Masikhulume

Xoxa ngokuthi anakekelana kanjani lawa malungu omndeni. Nikeza izithombe izinombolo usukele koku-1 uye koku-4 ukukhombisa ukulandelana kwezinto.





Masifunde

Imisebenzi yantambama

Umama upheka ukudla.

Ubaba ugeza izitsha.

Umfowethu nami sisiza umama nobaba.

Sisiza kakhulu.

Sisusa ubisi nesinkwa siyakukhweza.

Sesilungele ukuyolala.

Sixoxele izindaba zakusihlwa!

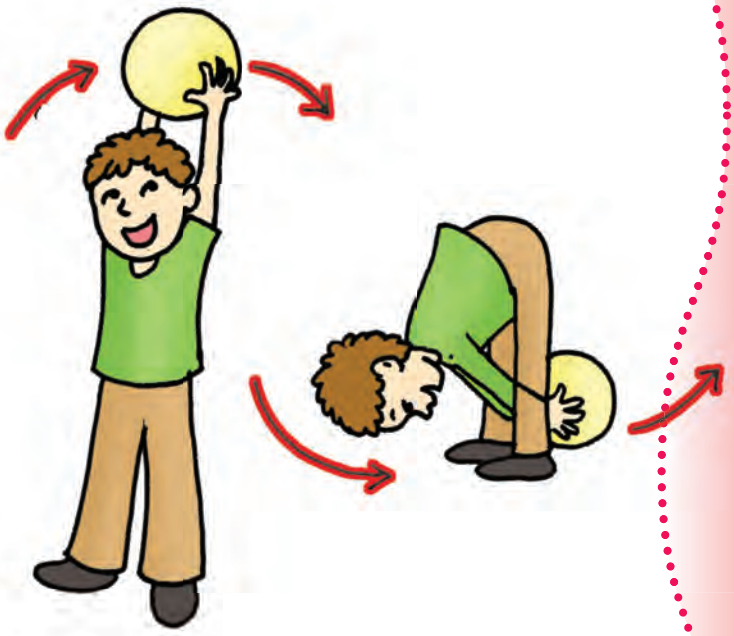




**Masiqhubeke**

Bambanani ngezandla nakhe indilinga enkulu. Yimani nilandelane omunye emva komunye.

- Ingane yokuqala inikwa ibhola ilidlulisele enganeni engemuva.
- Leyo ngane bese idlulisa ibhola phansi kwemilenze liye kwenye.





**Masenze lokhu** Khombisa uthisha wakho ukuthi uyakwazi ...

| | | | |
|---|---|---|---|
|  | ukudlulisa ibhola ngokulishaya phansi liye kumngane. | yebo | cha |
|  | ukudlulisa ibhola ngokulijikijela lidlulele kumngane. | yebo | cha |
|  | ukushaya ibhola ngamadolo. | yebo | cha |
|  | ukushaya ibhola liye emapalini. | yebo | cha |
|  | ukudlulisa abakuvimbayo. | yebo | cha |
|  | ukukhahlela ibhola lishaye amapali. | yebo | cha |



# Ukuphepha ekhaya kanye nasezindaweni ezizungezile




Kumele sihlale siphephile njalo uma sisekhaya. Kodwa kunezinto eziningi eziyizingozi emakhaya. Buka lesi sithombe, khuluma nomngane wakho ngezingozi ezingaba khona emakhaya uxoxe ngazo.

## Ekhishini

- Phendula izibambo zamabhodwe zibheke emuva esitofini.
- Ungabeki imibese ebukhali noma yikuphi nje.
- Khiyela opharafini nawoshevu ezindaweni eziphephile.
- Ungabeki amathoyizi noma yikuphi endlini.





## Ekamelweni lokugezela

- Ungasebenzisi izinto zikagesi ngoba aziwafuni amanzi. Ungazishiyi eduze kwamanzi.
- Khweza izikele nezinye izinto ezibukhali ekhabetheni.



## Ugesi nezulu elidumayo

- Uma liduma ungalingi ume ngaphansi kwesihlahla.
- Unganamathiseli lutho kugesi osodongeni. Cela umuntu omdala akusize.
- Uma ubona ukuthi intambo kagesi yeketela kumbe ye-ayini ihlubekile, cela umama noma ubaba ayilungise.

## Ngaphandle

- Cosha zonke izinto ezilimazayo, ezifana namabhodlela afile, ukufake emgqonyeni kadoti.
- Ungadlali eduze kwedamu lokubhukuda kungekho umuntu omdala eduze kwakho.





## Ekhaya ngaphakathi

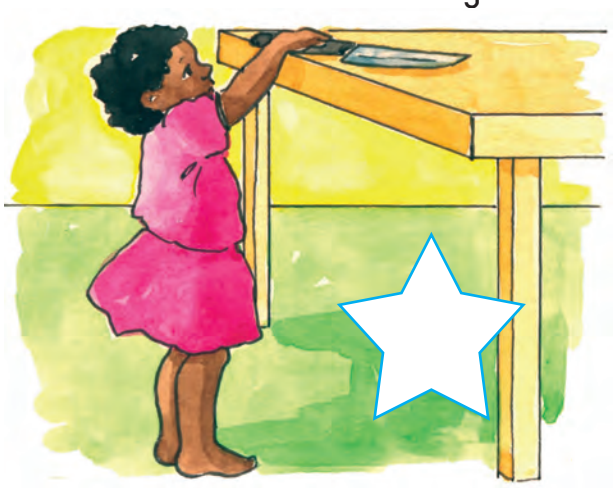
- Ungabeki amathoyisi noma kuphi endlini.
- Ungadlali ngopharafini kanye nezinto eziwushevu.



# 22 Ukuphepha ngaphakathi nangaphandle emakhaya



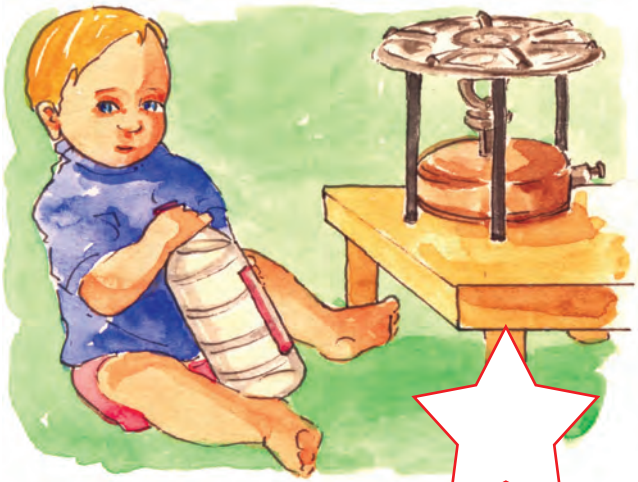

Buka lezi zithombe usho ukuthi yisiphi esinokuphepha yisiphi esingenakho. Beka uphawu ✔ kulezo ezinokuphepha ubeke uphawu lwesiphambano ✘ kulezo ezingenakho ukuphepha.















**Masikhulume**

Kungabe zikhona izinto ezingaphephile ekhaya lakho? Ucabanga ukwenzani ngazo? Oshevu kanye nezinye izinto zokuhlanza ikhaya kuvame ukuba yingozi, ziyagulisa, ziyabulala futhi. Ungalingi uphuze lutho ongazi ukuthi luphephile yini.





Lolu phawu luchaza ukuthi kunento ewushevu ebhodleleni, ebhokisini kumbe ethinini. Uke walubona lolu phawu ngelinye ilanga?



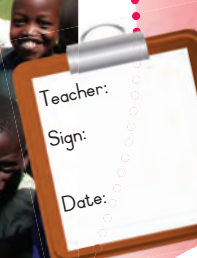
**Masenze lokhu** Uthisha wakho uzokudlalela umculo othile.

- Dansa uhambisane nesigqi somculo wakhe.
- Khethani umholi. Lo mholi kumele naye adanse ahambisane nesigqi somculo. Wonke umuntu makalandele umholi enze akwenzayo ngendlela efanayo.



- Yima ngomlenze owodwa.
- Yima ngalona omunye umlenze owodwa futhi.
- Yimuphi umlenze osebenziseka kangcono?
- Beka intambo ende phansi enhlabathini kumbe udwebe umugqa phansi. Hamba ulandele intambo kumbe umugqa, uzame ukungagudluki kuwo.
- Guqula-ke manje indlela intambo emi ngayo noma umugqa owudwebile, phinda uhambe phezu kwawo ungagudluki.





# Ukuphepha uma ngingedwa

Masikhulume

Sewufundile ngezinto ezingakulimaza ekhaya kanye nasendaweni ezungeze ikhaya lakho. Ungahlala kanjani uphephile uma usekhaya wedwa?



Uma uwedwa ekhaya, zama ukwenza lezi zinto ezilandelayo ukuze uhlale uphephile.



Khiya iminyango yonke.



Ungabavuleli abantu ongabazi uma benggongqoza.

- Qiniseka ukuthi unocingo nezinombolo zabazali bakho eduze. Yiba nezinombolo zawomakhelwane futhi.
- Enza uhla lwezinombolo ezibalulekile wenzele ukuthi uma kwenzeka noma yini zikusize.





**Bhala** Zakhele uhla lwakho lwezinombolo ezibalulekile



Eyamaphoyisa: _____



Eye-ambulense: _____



Eyabacishimlilo: _____

Ekamakhalekhukhwini wamama: _____

Ekamakhalekhukhwini wababa: _____

Ngubani omunye ongamshayela uma udinga usizo?

_____

Teacher:

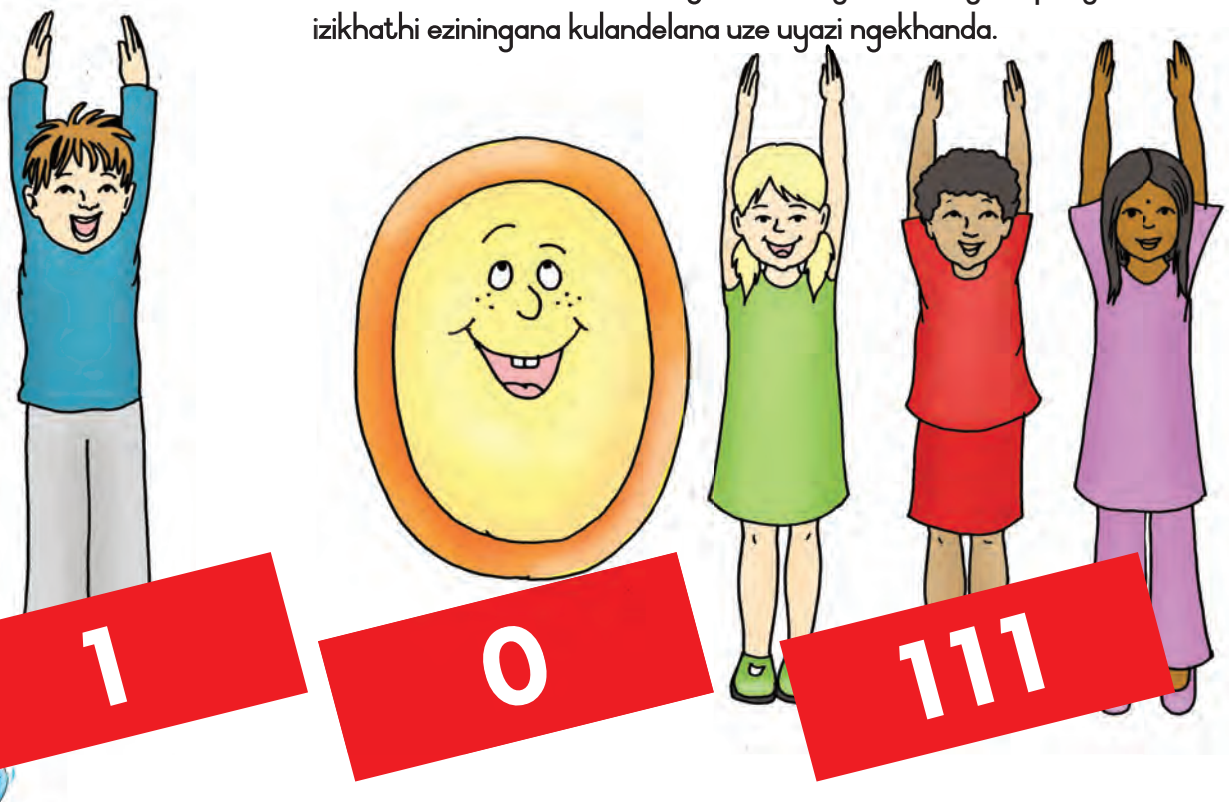
Sign:

Date:

# Ukuphepha uma ngingedwa

Masikhulume

Nansi indlela elula yokukhumbula inombolo yamaphiyisa. Buka isithombe utshele umngane wakho ukuthi izithombe ozibonayo zikusiza kanjani ukukhumbula izinombolo zocingo. U-10111 yinombolo yamaphoyisa. Yisho izikhathi eziningana kulandelana uze uyazi ngekhanda.



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Masiqhubeke

Khombisa ukuthi ungenzani uma uyingane ubona lezi zithombe.



Ungenzani uma ulandelwa noma usukelwa wumuntu ongamazi?



Ungenzani uma uzama ukusiza umama ukuthi axove inhlama yokubhaka amakhekhe?



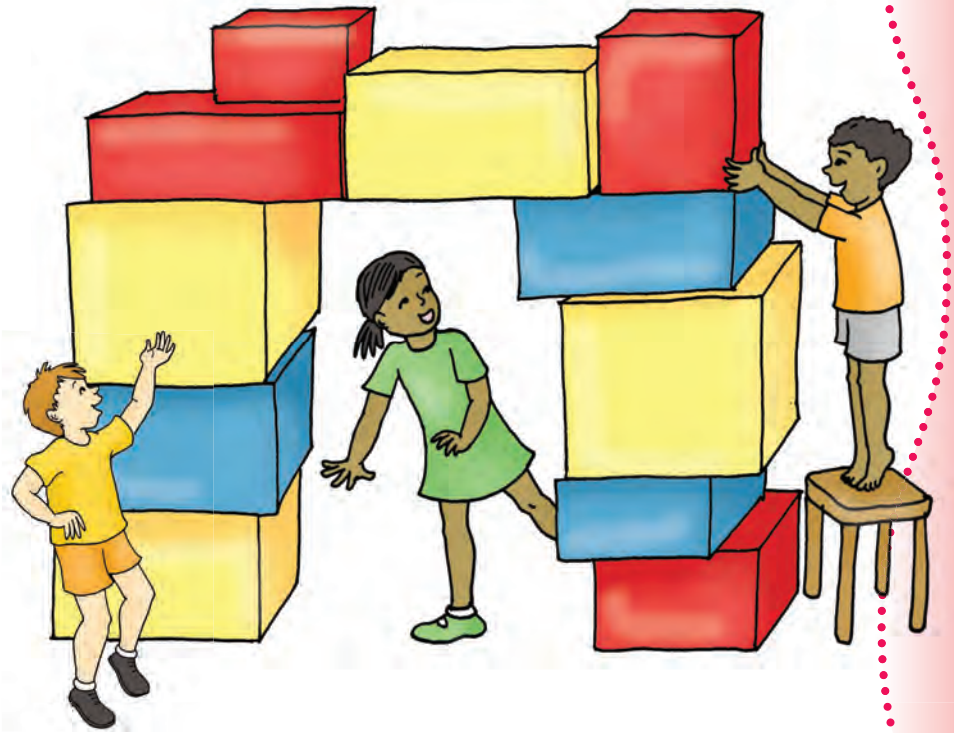
Ungenzani uma uzithole unyathela ibhodlela elifile?



## Masenze lokhu

Zakhele indlu yakho encane.

- Funa amabhokisi wakhe ngawo izindonga nophahla.
- Thola iglu uzihlanganise ngayo. Yipende indlu yakho uma sewuqedile ukuyakha.



- Uma ungawatholi amabhokisi ongakha ngawo, sebenzina noma yini enye ngaphandle kwengilazi namathini ngoba kona kungakulimaza.



## Masiqhubeke

Phonsa isaka noma ibhola phezulu ukunqake ngesandla ongavamile ukusisebenzisa.





## Masenze lokhu

Siza uthisha nigudlule izihlalo namatafula namabhokisi.

Gibela esihlalweni noma etafuleni nasebhokisini, gaqa uphume ngaphansi kwazo, ugxume usuke kokunye uye kokunye.



Teacher:
Sign:
Date:

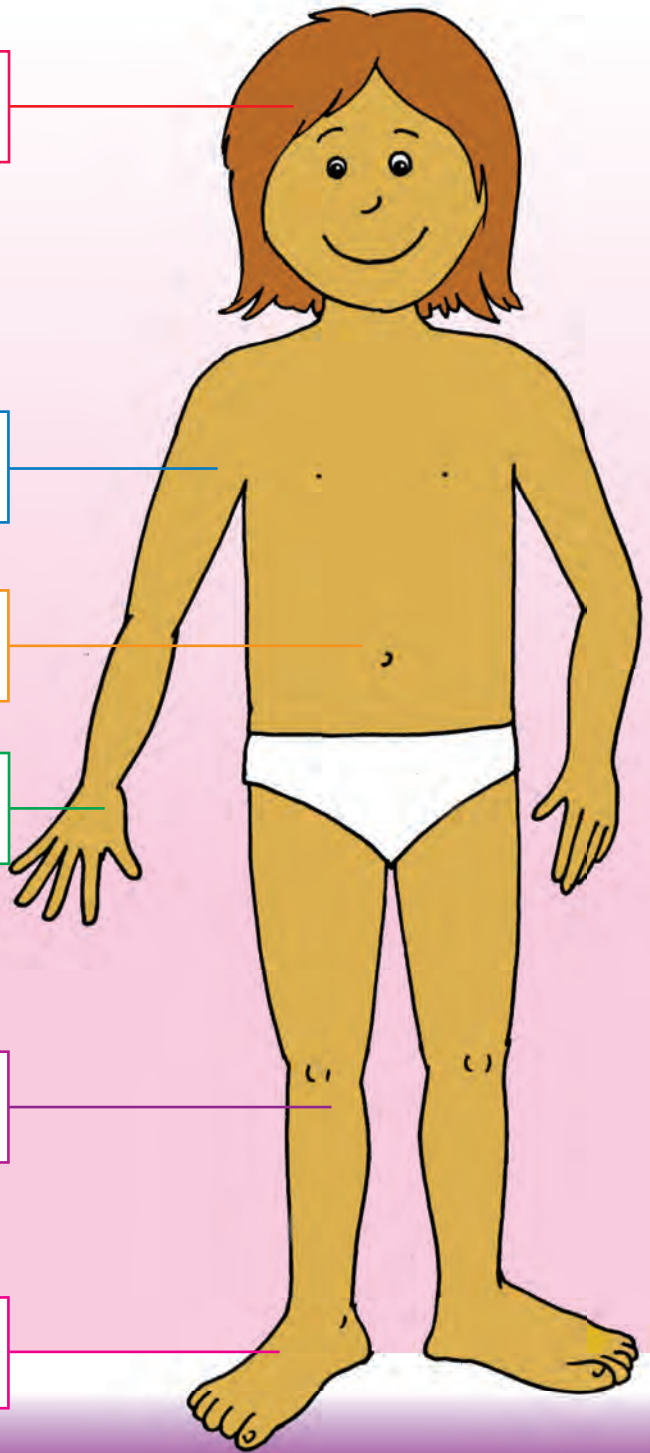
# Umzimba wami



Bhala

Bhala amagama ezikhaleni ezifanele.

| | | |
|---|---|---|
| umlenze | isandla | ikhanda |
| isisu | unyawo | ingalo |



## Masidwebe

Qedela lo mdwebo wobuso.

Dweba izinwele. Zama ukukopisha ubuso bakho. Uma unamehlo amnyama, zidwebe unamehlo amnyama. Uma unezinwele ezimnyama, dweba izinwele zibe mnyama.

Dweba amashiya, ikhala nomlomo wakho.

Ubuso yingxenye ebalulekile emzimbeni wakho.

Thina ngamunye sinamehlo ama-2.

Thina ngamunye sinezindlebe ezi-2.

Thina ngamunye sinekhala eli-1.

Thina ngamunye sinomlomo o-1.



## Masicule

Cula leli culo. Yithinte ingxenye yomzimba kuwe uma ubona igama layo.

### Ikhanda namahlombe

**Ikhanda namahlombe, amadolo nezinzwane, amadolo nezinzwane x2**

**Ikhanda namahlombe, amadolo nezinzwane**

**Ikhanda namahlombe, amadolo nezinzwane, amadolo nezinzwane**

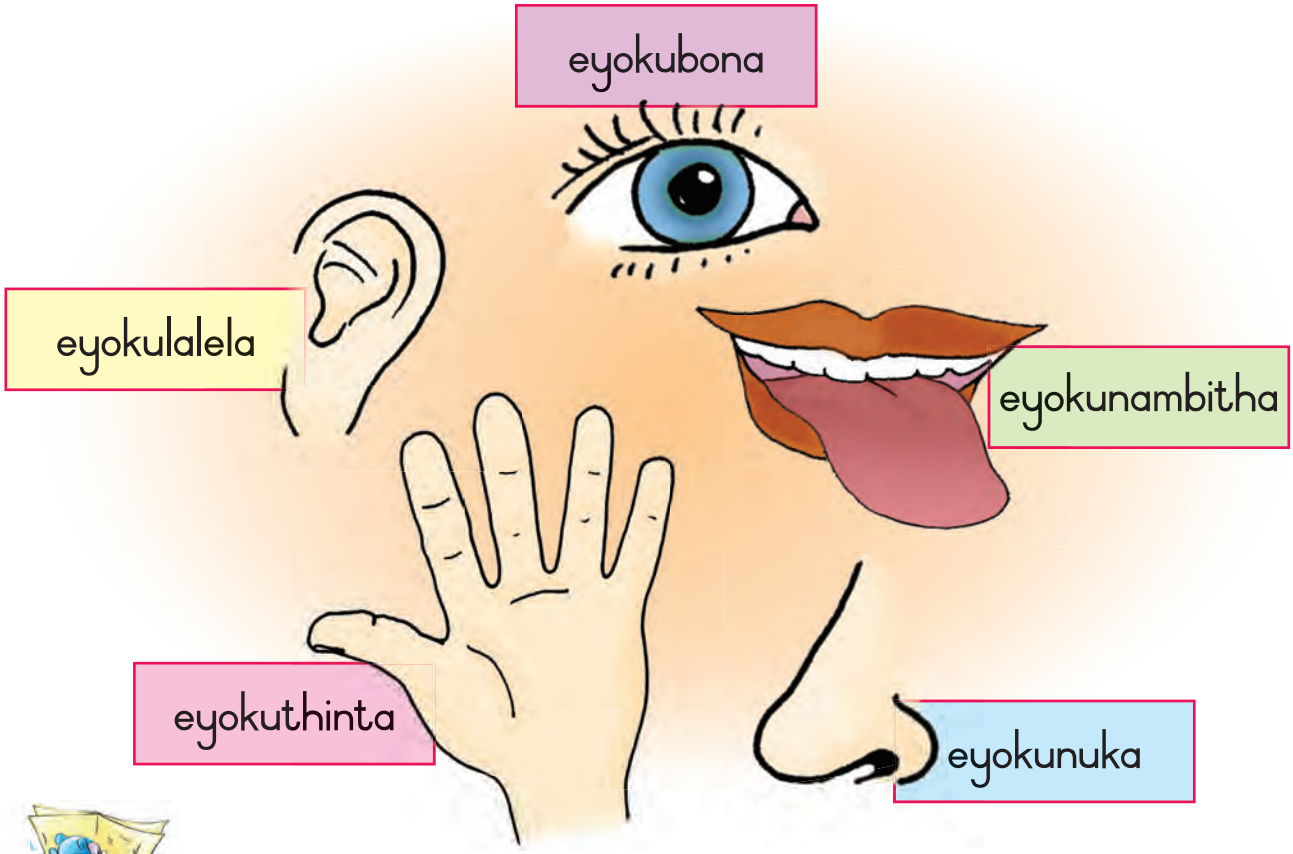
Teacher:
Sign:
Date:

# Izinzwa zami



Masikhulume

Buka izinhlobo ezahlukene zezinzwa bese usho ukuthi sizisebenzisela ukuzwa ini.






Masifunde

Sisebenzisa izinzwane zethu nsuku zonke.

Siyakunuka siphinde sikunambithe ukudla. Siyakwazi ukuzwa ukuthi usiba luthambe kangakanani.

Siyabona ukuthi isibhakabhaka siluhlaza ehlobo.

Siyawulalela umculo.

Izinzwa zethu ziyasenza siphephe futhi.

Siyawunuka umlilo uma useduzane.

Siyasithinta isitofu ukuzwa ukuthi siyashisa yini.

Siyabona uma kungaphephile ukuwela umgwaqo.

Siyezwa uma kukhala i-alamu esixwayisa ngengozi.



.



**Masenze lokhu** Ukunakekela amehlo nezindlebe.

Sidinga ukuzinakekela izinzwa zethu.

Nazi izindlela zokunakekela amehlo akho nezindlebe.





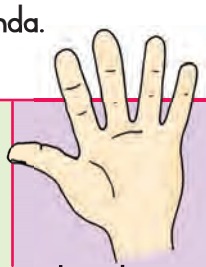
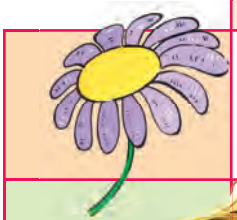
Nakekela izindlebe ngokuvika ukulalela umculo ophakeme.

Nakekela amehlo ngokugqoka ikepisi kumbe izibuko zamehlo. Ungalibuki ilanga ngqo.



**Bhala**

Buka ithebula elingezansi, beka uphawu kuleyo nzwa kumbe izinzwa ozisebenzisayo. Ungabeka uphawu ezinzweni eziningi uma uthanda.

| |  ukunuka |  ukunambitha |  ukubona |  ukulalela |  ukuthinta |
|---|---|---|---|---|---|
|  | | | | | |
|  | | | | | |
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# Ukunyakazisa umzimba wami

Masikhulume

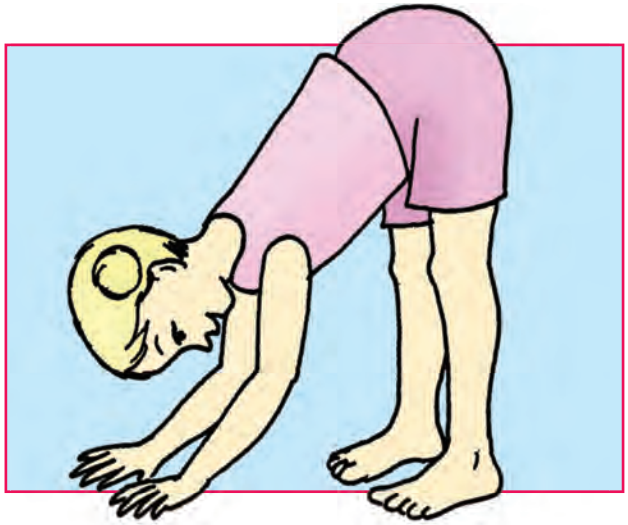
Buka lezi zithombe. Yisho ingxenye ngayinye yomzimba ukuthi kuthiwa yini futhi ikusiza ukwenzani.

Sisebenzisa imizimba yethu ukuya le nale.









Bhala

Phendula le mibuzo ndawonye nomngane wakho. Bhala izimpendulo encwadini yakho ngaphansi kwemibuzo.

Iyiphi ingxenye yomzimba oyisebenzisa uma uhamba?



_____

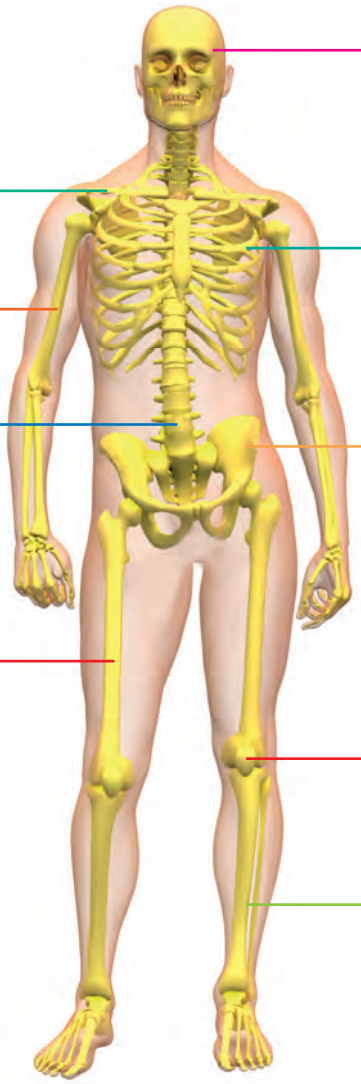
Yiziphi izingxenye ezimbili zomzimba ozisebenzisa uma ucosha into?

_____ ne _____.




Kunezingxenye zomzimba wakho ongeke ukwazi ukuzibona.
Zonke ziyasebenzisana ukwenza ukuthi uphile.

## Amathambo



ingqwababa

uthambo lengalo

umqolo

ithambo lomlenze

ugebhezi

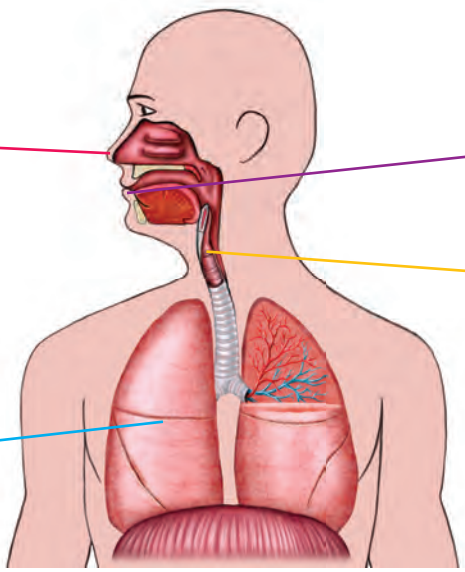
izimbambo

idanda

idolo

ithambo lomlenze

## Izingxenye zomzimba ezikusiza ukuthi uphefumule



ikhala

iphaphu

umlomo

umphimbo

Teacher:
Sign:
Date:

# Ukugcina umzimba wami uphephile



Masifunde

Buka lezi zithombe ezingezansi bese utshela umngane wakho ukuthi ubonani. Chaza ukuthi isithombe ngasinye sithi ungenzanjani ukuthi uphephe.



Ubona umngane wakho ngaphesheya komgwaqo.




Ulinde ibhasi esitobhini.



Umuntu ongamazi ucela ukuthi uhambe naye.



Usenxanxatheleni yezitolo wedwa.

Siba nomuzwa ovumayo uma umngane esihaga ngendlela eyamukelekayo.

Kuzwakala kahle ukuthintwa ngendlela enokunakekela uma uthintwa wumuntu omthandayo.





Woza lapha ntombazane. Ngizokuthengela uswidi.

Asibi nemizwa emihle uma umuntu esithinta ngendlela eyethusayo neyesabisayo. Uma sethuka noma sizwa sesaba silahlekelwa yimizwa.

## Umzimba wakho ubalulekile ngowakho.

## Kumele uthi "yebo" kuphela uma KUKUHLE ukuthintwa omunye umuntu, uthi "cha" uma KUNGEKUHLE.




Teacher:
Sign:
Date:

# Ukuziphephisa

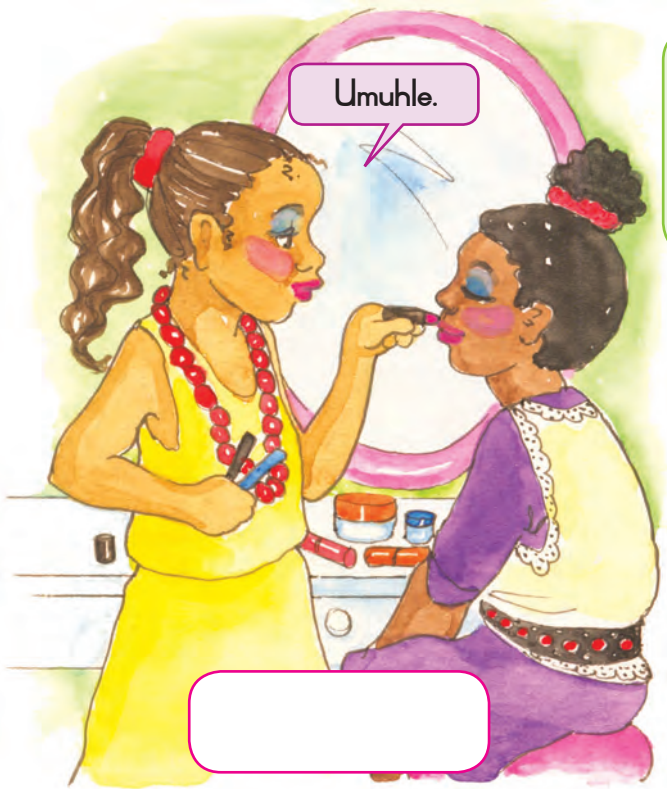


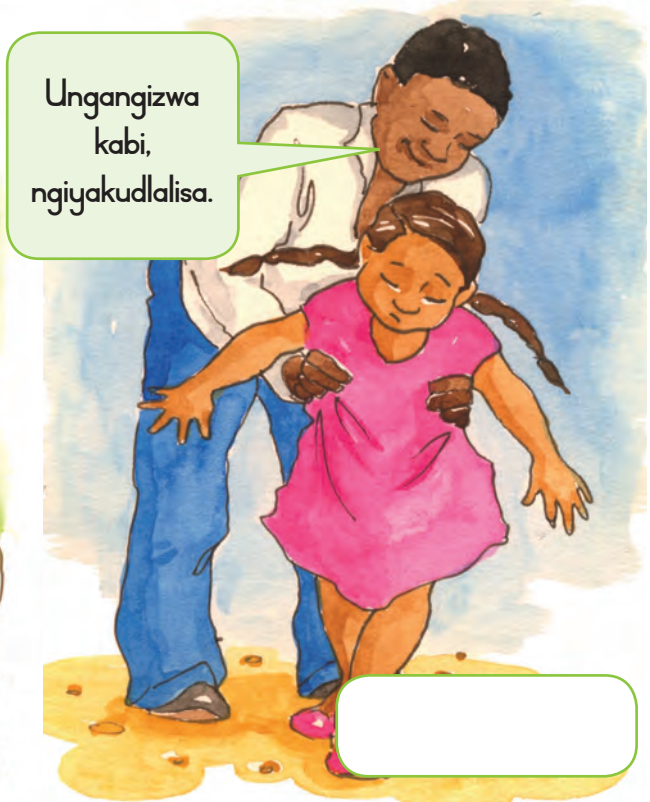

Buka lezi zithombe ezingezansi bese ubhala Yebo uma kufanele uthi "yebo" ngalokho okuzwayo, ubhale "cha" uma kungafanele lokho okuzwayo.









**Masenze lokhu** Zijwayeze ukuthi "Cha" ngokusho uphindaphinde.

Dlalani umdlalo lapho nizokwenza omunye wenu abe ngumuntu eningamazi khona ofuna ukuthatha umntwana ngemoto. Lowo mntwana makathi "cha".

**Masikhulume**

Abanye abantwana banamakhaya abahlala kuwo benganakekelwe muntu. Buka lezi zithombe. Xoxa usho ukuthi ungathini uma uyingane oyibona esithombeni. Yisho ukuthi wena ungenzanjani.




**Masiqhubeke** Dlala umdlalo "wokuma unganyakazi".

Nyakaza uye noma yikuphi, kodwa uma uthisha eshaya impempe, yima unganyakazi. Kumele unganyakazi kuze kusho uthisha ukuthi sewunganyakaza. Uyakwazi ukuma unganyakazi ngempela?

Hamba ulandele intambo ebekwe phansi enhlabathini ubone ukuthi uyakwazi yini ukuyilandela ungaphumi nakancane.



Teacher:
Sign:
Date:

# Ukwenza umzimba wami uhlale uphilile



Masifunde



Kunezindlela eziningi esingazithola sesigula ngazo.

Ezikhathini eziningi sigula ngoba singenwe ngamagciwane.

Amagciwane mancane, asikwazi ukuwabona.

Angena emzimbeni asigulise.



Masikhulume

Zenzani izingane ozibona esithombeni ukuzigcina ziphilile? Yini engenzeka uma zingayeka ukwenza lokhu ezikwenzayo?









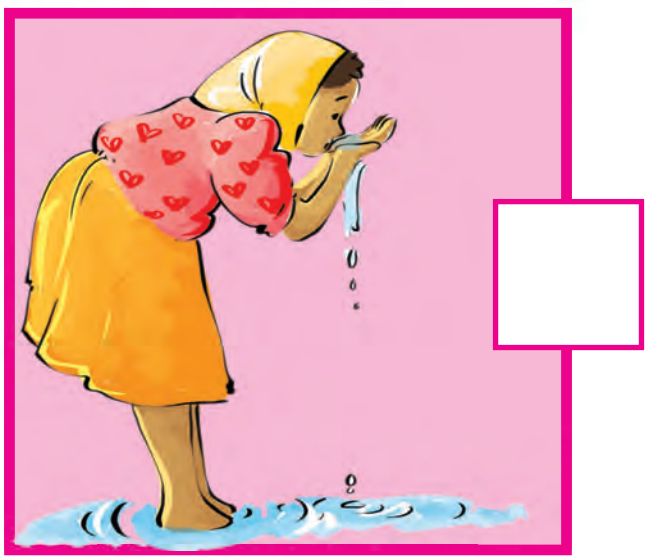
## Masikhulume

Khuluma ngalezi zithombe. Khombisa ✔ukuthi ungenzani ukuze uhlale uphilile. Beka uphawu ✘ ezithombeni ezikwenza uzizwe ugula.













Teacher:

Sign:

Date:

# Ukwenza umzimba wami uhlale uphilile




Zenzani izingane ezisesithombeni ukuzigcina ziphilile?
Kungenzekani uma zingangakwenzi lokhu?

Uthi bewazi ukuthi kunamanzi angcolile nangangcolile? Ungaqiniseka kanjani ukuthi amanzi owaphuzayo alungile noma awalungile?

Kumele uwabilise amanzi ukuze kufe amagciwane.





Ungawasefa amanzi angcolile ukususa ukungcola kuwo. Uthisha wakho uzokukhombisa ukuthi ukwenza kanjani lokhu.

Ungafaka ithisipuni lebhlishi (njengeJik) ebhakedeni elingamalitha angama-20 amanzi. Livale ibhakede ukuze kungangeni izimpukane. Makuphele amahora angama-28 bese uwaphuza-ke lawo manzi.





## Masikhulume

Buka lezi zithombe bese uxoxa ngalokho okubona kwenziwa yizingane ukuze zihlale ziphilile.

Lahla amathishu asetshenziswe emgqonyeni kadoti kumbe endlini encane.

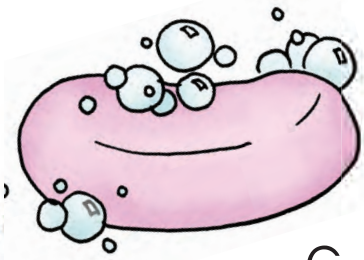




Geza izandla ngaphambi kokuthi udle.







Geza izandla emva kokuya endlini encane.



Uma ungcolisile endlini encane, sula bese ugeza izandla.



Vala umlomo uma ukhwehlela noma uthimula.



# Make sibone-ke





| | ✔ | ✘ |
|---|---|---|
| Ngiyakwazi ukukhuluma ngomndeni wami. | | |
| Ngiyakwazi ukuhamba ngilandele intambo encane. | | |
| Ngiyakwazi ukushayela amaphoyisa. | | |
| Ngiyakwazi ukuthi "yebo" noma "cha" uma kufanele. | | |
| Ngiyakwazi ukunqaka ibhola. | | |
| Ngiyakwazi ukuhlala ngiphephile ekhaya. | | |
| Ngiyakwazi ukuzinakekela uma ngingedwa ekhaya. | | |
| Ngiyawusiza umndeni wami. | | |
| Ngiyasazi isikole sami ngaphakathi nangaphandle. | | |
| Ngiyakwazi ukuzigcina ngiphilile. | | |
| Ngiyakwazi ukusebenzisa zonke izinto ezisesikhwameni sami sesikole. | | |
| Ngiyazazi izinhlobo ezikhona ezahlukene zemindeni. | | |
| Ngifunde izinto eziningi esifundweni seLife Skills. | | |

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

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Q q

W w

R r

X - Z

x - z

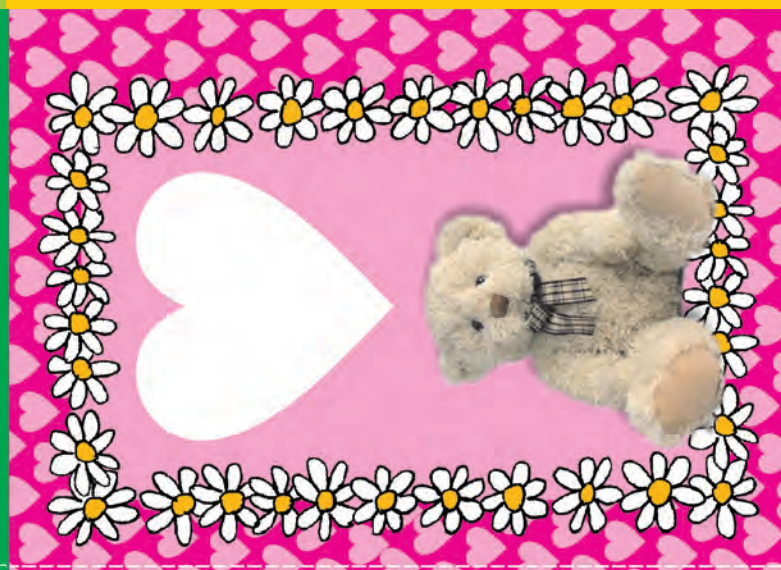



get well soon





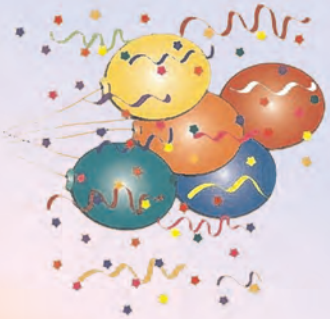
















## Masks

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

