

UKkz. Angie Motshekga, nguNqgonqgotjhe wezeFundo-Sisekelo



UNom Enver Surty, nguSekela kaNqgonqgotjhe wezeFundo-Sisekelo

Iincwadi lezi zenzelwe abentwana beSewula Afrika ngaphasi koburholi bakaNqgonqgotjhe wezeFundo-Sisekelo, uMma u-Angie Motshekga, kanye neSekela lakaNqgonqgotjhe wezeFundo-Sisekelo, uNom. Enver Surty.

Iincwadi zokuSebenzela zakwaRainbow ziyingcenye yeendlela ezinengi zomNyango wezeFundo-Sisekelo wokungenelela onqophe ukuthuthukisa ukusebenza ngcono kwabafundi beSewula Afrika kumaGreyidi wokuthoma asithandathu. Njengamanye wamaHlelo womBuso aphuma phambili, iphrojekthi le isekelwe ngeemali ezibuya esiKhwameni seeMali seLizweloke. Lokhu kusize umNyango ukukhupha iincwadi zokusebenzela lezi ngawo woke amalimi asemthethweni ngaphandle kweendleko. Siyathemba kobana nizokufunyana iincwadi zokusebenzela lezi zilisizo khulu ekufundiseni kwenu kwangamalanga kanye nokuqinisekisa kobana abafundi benu bayayiqeda ikharikhyulamu.

Sitjheje khudlwana ukuhlahla abotitjhere komunye nomunye umsebenzi ngokusebenzisa iinthombe ezitjengisako bona ngikuphi umfundi amele akwenze.

Siyathemba kobana abentwana bazokuthabela ukusebenzisa iincwadi lezi njengombana bakhula bebafunda nje, begodu wena titjhere uzokwabelana nabo ithabo lokufunda.

Sinifisela ipumelelo ekusebenziseni iincwadi lezi.

Iincwadi zokuSenzela zikhona ngemilandelande le:

- *Ilitheresi / Ilimi lekhaya iGreyidi 1-6 (Ngamalimi woke asemthethweni)*
- *Iimbalo iGreyidi 1-3 (Ngamalimi woke asemthethweni)*
- *Iimbalo iGreyidi 4-9 (Ngelimi lesiNgisi nelimi lesi Bhunu)*
- *Amakghono Wezepilo iGreyidi 1-3 (Ngamalimi woke asemthethweni)*
- *Ilimi lokuthoma elingezelelweko iGreyidi 1-3 (NgesiNgisi, lesi Bhunu, ngeSepedi nangesiZulu)*
- *Ilimi lokuthoma elingezelelweko iGreyidi 4-6 (Ngelimi lesiNgisi nelimi lesi bhunu)*

Rainbow WORKBOOKS

LIFE SKILLS IN ISINDEBELE
GRADE 1 – TERMS 1&2
ISBN 978-1-4315-0234-9

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IGreyidi 1



Amakghono Wezepilo ISINDEBELE Incwadi 1

Ithemu 1&2



Ibizo:

Itlasi:

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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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UNovemba
UDisemba

IGreyidi 1



Amakghono Wezepilo

ISINDEBELE

Incwadi yoku-1



Incwadi le ngeyaka:

Mina



Asenzeni lokhu

Namathisela isithombe sakho nanyana gwala isithombe sakho lapha.



Ibizo lami ngingu _____.

Isibongo sami ngesa kwa _____.

Nginemiyaka e_____ ubudala.

Amalunga womndeni wekhethu si _____.

Inomboro yekhaya yomtato ithi: _____

Ikheli lakwethu lithi:

_____

_____

_____



Ngiyazi kobana ilanga lami lamabeletho linini.

iye	anginasiqiseko	awa

Asigwaleni









USabelo udlala kuhle ibholo erarhwako.	Gwala okuthileko ozaziko kobana ukwenza kuhle.
	







Cocela abangani bakho kobana yini ongakghona ukuyenza kuhle. Khalara ngaphakathi kwekwekwezi engebhoksini ukukhombisa kobana yini ongayenza kuhle.

Asikhulume



 Ngiyakwazi ukufunda.	 Ngiyakwazi ukuzembathisa.	 Ngiyakwazi ukutlola.
 Ngiyakwazi ukudansa.	 Ngiyakwazi ukwenza itiye.	 Ngiyakwazi ukutlubha nokuhlamba amazinyo wami.



2

Imibala nokudansa

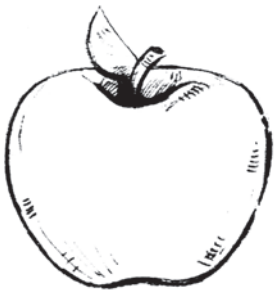
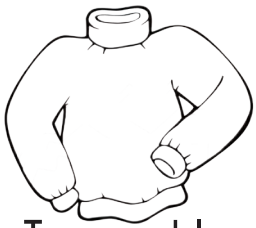
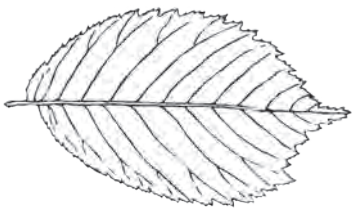


Asenzeni lokhu



Uyayazi imibala elandelako?
Tjela umngani wakho kobanyana ibizwani imibala elandelako le.

Kwanjesi khalara isithombe ngasinye ngombala ofaneleko.

 Ibhanana elisarulani	 I-apula elibomvu	 Ijeresi ehlaza kwesibhakabhaka
 Isambrela semibalabala	 Ilamune eli-orentji	 Ikari elihlaza kotjani



Asithuthuke

Yenza lokhu okwenziwa bentwana abangenzasi.



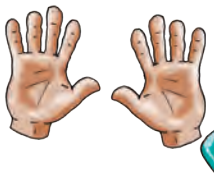
Sikinya umzimba wakho wokana.

Yenza sengathi udlala ipiyano.

Yenza sengathi udlala igatara.



Ukuzithabisa Betha izandla zakho ngendlela elandelako.





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Ukubetha Ukubetha Ukubetha

Ukubetha Ukubetha Ukubetha Ukubetha

Ukubetha Ukubetha Ukubetha Ukubetha Ukubetha



Asenzeni lokhu Uyakwazi ukwenza izinto lezi ezilandelako? Tjengisa abangani bakho.

Ngiyakwazi ukugijimela mahlangothi woke ngingatjhayisani nomuntu.			
Ngiyakwazi ukweqa intambo yomdlalo weqathulo.			
Ngiyakwazi ukugeda ibholo ekulu ngiyigedele kumngani wami.			



3

Soke siqakathekile



Qala isithombe bese ucocela abangani bakho ngomehluko owubonako ngabentwana laba.



Okukhulu nokuncani

Abanye bethu bakhulu, abanye sibancani.

Abanye bethu bade, abanye bafitjhani.

Abanye bethu bayakwazi ukweqa, abanye bethu bakwazi ukuvuma.

Kukhona okuthileko sisoke esingakwenza kuhle khulu?

Ngikuphi ongakwenza ngcono?





Cocela abangani bakho kobanyana wazizwa njani ngelanga lakho lokuthoma esokolweni.

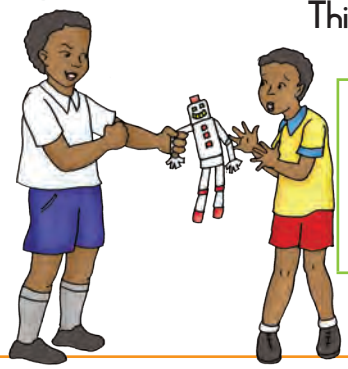
uthabile	udanile	uthabe khulu	uthukuthele	unamahloni
				



Gwala isithombe utjengise kobana ungazizwa njani omunye umuntu nakangakupha isidlalisi.

Asikhulume

Tjela umngani wakho kobana kwenzekani esithombeni ngasinye.
Yitjho kobana ungazizwa njani lokha lokhu nange kungenzeka kuwe.
Thika ipendulo enembako.



Umsana omkhulu ukwemuka izinto.


uthabile


uthabe khulu


udanile

Wena nomngani wakho nidlala ndawonye.


usilingekile


uthabile


uthukile





Uvula isipho.


uthukile


uthabe khulu


unamahloni

Umntwana wakwenu wephule isidlalisi sakho osithandako.


unamahloni


uthabile

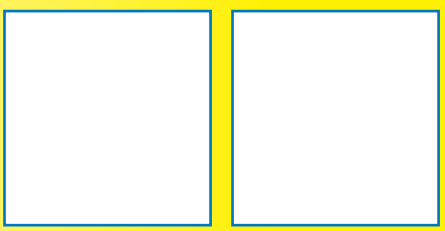

uthukuthele



Asenzeni lokhu

Gadangisa umuno wakho phezu kwebhoksi lokuthoma, bese ubawa umngani wakho kobana naye agadangise umuno wakhe phezu kwebhoksi lesibili eliseduze.

Uthi bewazi kobana akunamuntu ofana nawe nemino egadangisiweko? Uqakathekile ngombana uwedwa zwi ephasini mazombe. Namawele akanayo imino egadangisiweko efanako.



Ungakwazi ukubona bonyana imino egadangisiweko ayifani?

Teacher:
Sign:
Date:

4

Soke sehlukile begodu asifani



Qala abentwana laba.
Bafana ngani?
Behluke ngani?







Qala isithombe lesi bese uyatjho kobana istatimende lesi siliqiniso nanyana simamala na.
Khalara imitjho eliqiniso ngokuhlaza satjani.
Khalara imitjho emamala ngokubomvu.



Boke banemikhono emi-2 nemilenze emi-2.



Boke bentazana.

Boke bambethe amanyathelo.



Boke bambethe amabhrugu.

Boke basese bentwana.

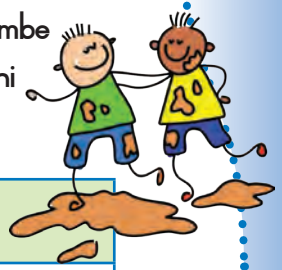


Boke baneenhluthu ezide.



Asigwaleni

Gwala isithombe sakho esikhaleni sokuthoma. Kwanjesi gwala isithombe somngani wakho omkhulu. Nasele ukwenzile lokho, qala eenthombeni ukuze ubone bonyana wehluke kangangani kunomngani wakho.



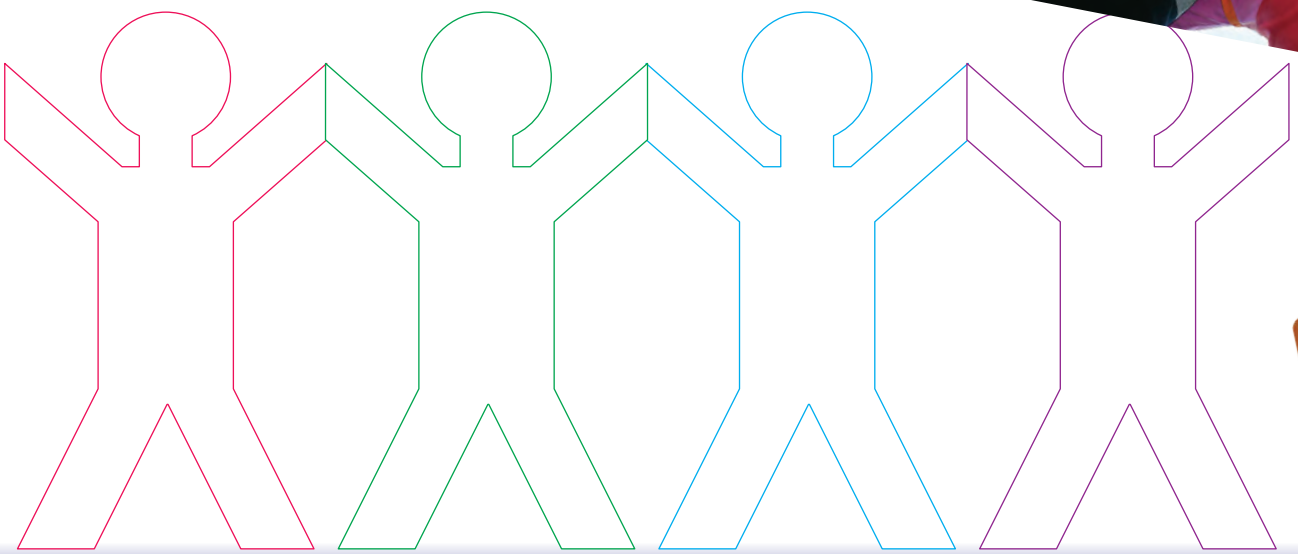
mina	umngani wami



Asenzeni lokhu

Qala isithombe bese utjho kobana ninomngani wakho nifana ngani begodu nehluke ngani.





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Date:

5

Vuma ingoma

Asenzeni lokhu

Ngaphambi kokuthi uvume yenza lokhu. Dosela umoya khulu ngaphakathi bese uyawukhipha kancani kancani. Yenza sengathi uvuthela ikeresi yekhekhe ngelanga lakho lamabeletho. Yenza sengathi uzwa amakhaza uthi, "Brrrrrrrrrrrr".

Iimfenyana ezihlanu

Iimfenyana ezihlanu, zeqayeqa embhedeni.
Enye yawa, yalimal 'ehloko.
Unina wabiz' udorhodera.
Udorhodera wathi, "Akungasabi nefenyana ezokweqayeqa embhedeni!"

Iimfenyana ezine, zeqayeqa embhedeni.
Enye yawa, yalimal 'ehloko.
Unina wabiz' udorhodera.
Udorhodera wathi, "Akungasabi nefenyana ezokweqayeqa embhedeni!"

Iimfenyana ezintathu, zeqayeqa embhedeni.
Enye yawa, yalimal 'ehloko.
Unina wabiz' udorhodera.
Udorhodera wathi, "Akungasabi nefenyana ezokweqayeqa embhedeni!"

Iimfenyana ezimbili, zeqayeqa embhedeni.
Enye yawa, yalimal 'ehloko.
Unina wabiz' udorhodera.
Udorhodera wathi, "Akungasabi nefenyana ezokweqayeqa embhedeni!"

Ifenyana eyodwa, yeqayeqa embhedeni.
Yase iyawa, yalimal 'ehloko.
Unina wabiz' udorhodera.
Udorhodera wathi, "Akungasabi nefenyana ezokweqayeqa embhedeni!"

Khumbulani mfenyana kobana udorhodera utheni.
"Akungasabi nefenyana ezokweqayeqa embhedeni!"

Asigwaleni

Gwala ubuso bakho.
Tjengisa amehlo wakho.
Tjela abangani bakho kobanyana uqaleka njani.



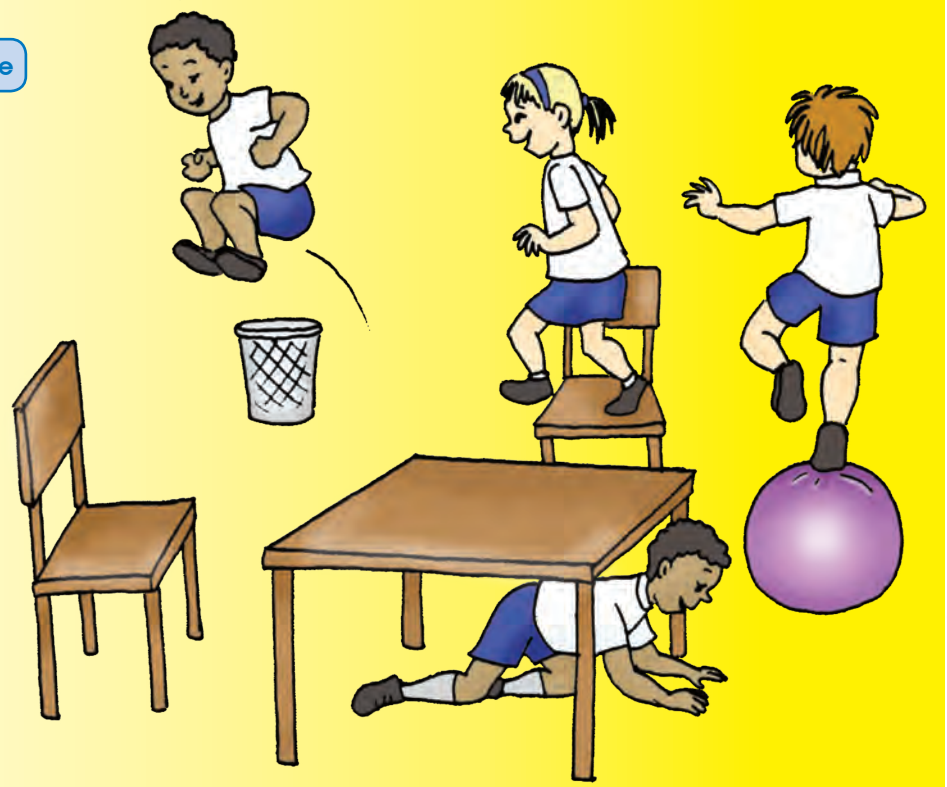


Asithuthuke

Yenza isiqabo nanyana isithikamezo esifana nalesi.

Khwela phezu kwesihlalo weqele phezu kwesinye.

Khasa ngamadolo ngaphasi kwetafula.



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6 Ngiyazikhakhazisa ngesikolo sami

Asenzeni lokhu

Gwala isithombe sakho lapho wembethe khona ijinifomu yakho yesikolo. Zaliselela ngependulo eenkhaleni.



Ngiya esikolweni nge _____.

Isibongo sakatitjhere wami _____.

Isibongo sakaphrinsipala wami _____.

Asitlole

Qala iinthombe ezingehla bese uzaliselela ngamagama anembako eenkhaleni.

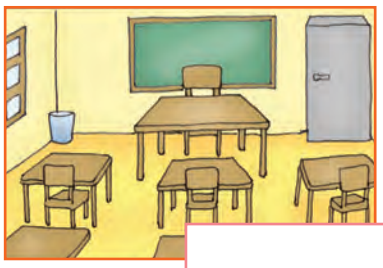
ikamera lokulondoloza ipahla yeemvakatjhi

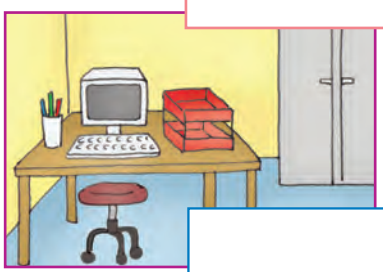
umabhalana

i-ofisi

itlasi

itatawu lokudlala













Asitlole

Kunabantu abanengi esikolweni. Hlathulula kobana bobani abantu laba. Tlola ibizo elifaneleko ngaphasi kwesinye nesinye isithombe. Cocela umngani wakho kobana benzani abantu laba esikolweni. Sebenzisa amagama la alandelako.

abentwana	ohlwengisako	utitjhere	uphrinsipala





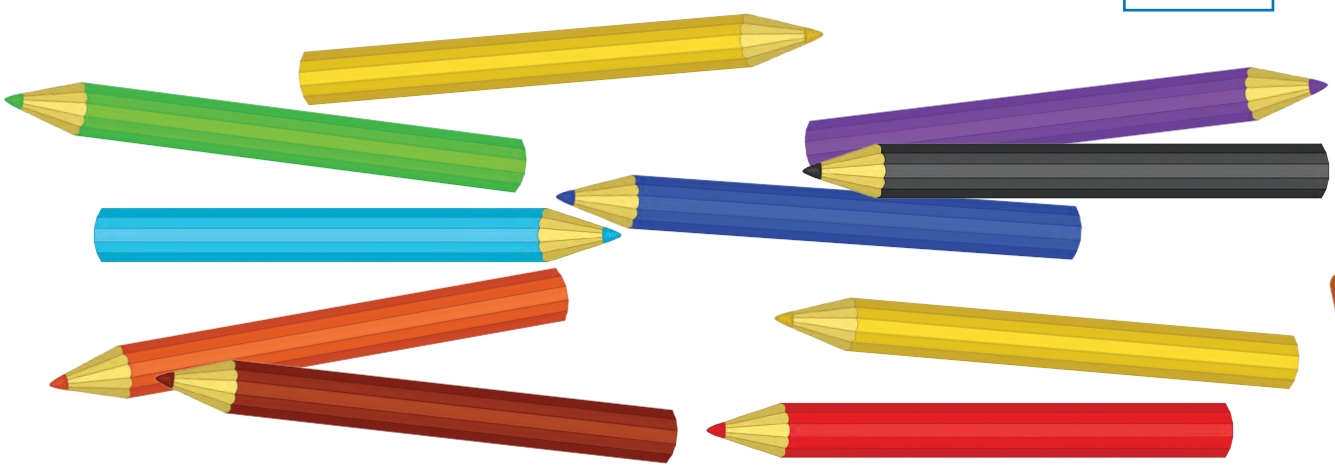






Ukuzithabisa

Isikhwama sakaJabu seempensela siwile. Bala kobanyana unamakhrayoni amangaki, bese utlola inomboro enembako ngebhoksini.



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7 lindawo ezihlukuneko

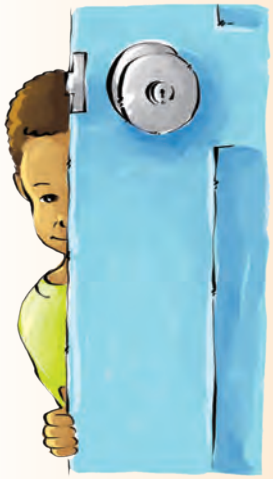
Asenzeni lokhu

Tjengisa abangani bakho kobana uyakghona.

"Ngizifihle ngaphasi kwetafula."

Zifihle ngaphasi kwento ethileko.





Sithela ngemuva kwento ethileko.



Jama phezulu kwento ethileko.



Jama eqadi kwento ethileko.

Asithuthuke

- Sebenzisa ibholo nanyana umgodlana onamatjana.
- Yiphosele phezulu bese uyayigenda.
- Kwanjesi thwala umgodlana onamatjana ehloko bese ukhamba phezulu komuda othaliweko.

Ngiyakwazi ukuphosa.			
Ngiyakwazi ukugeda.			
Ngiyakwazi ukuthwala umgodlana onamatjana ehloko.			

Asithuthuke

Gadangisa iinyawo zakho ngephetheni le elandelako.



Nc = ngesinqeleni  Si = ngesidleni 



Nc Si Nc Si Nc



Si Nc Si Si Nc Si Nc Si



Nc Nc Si Nc Nc Si Nc Si

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8

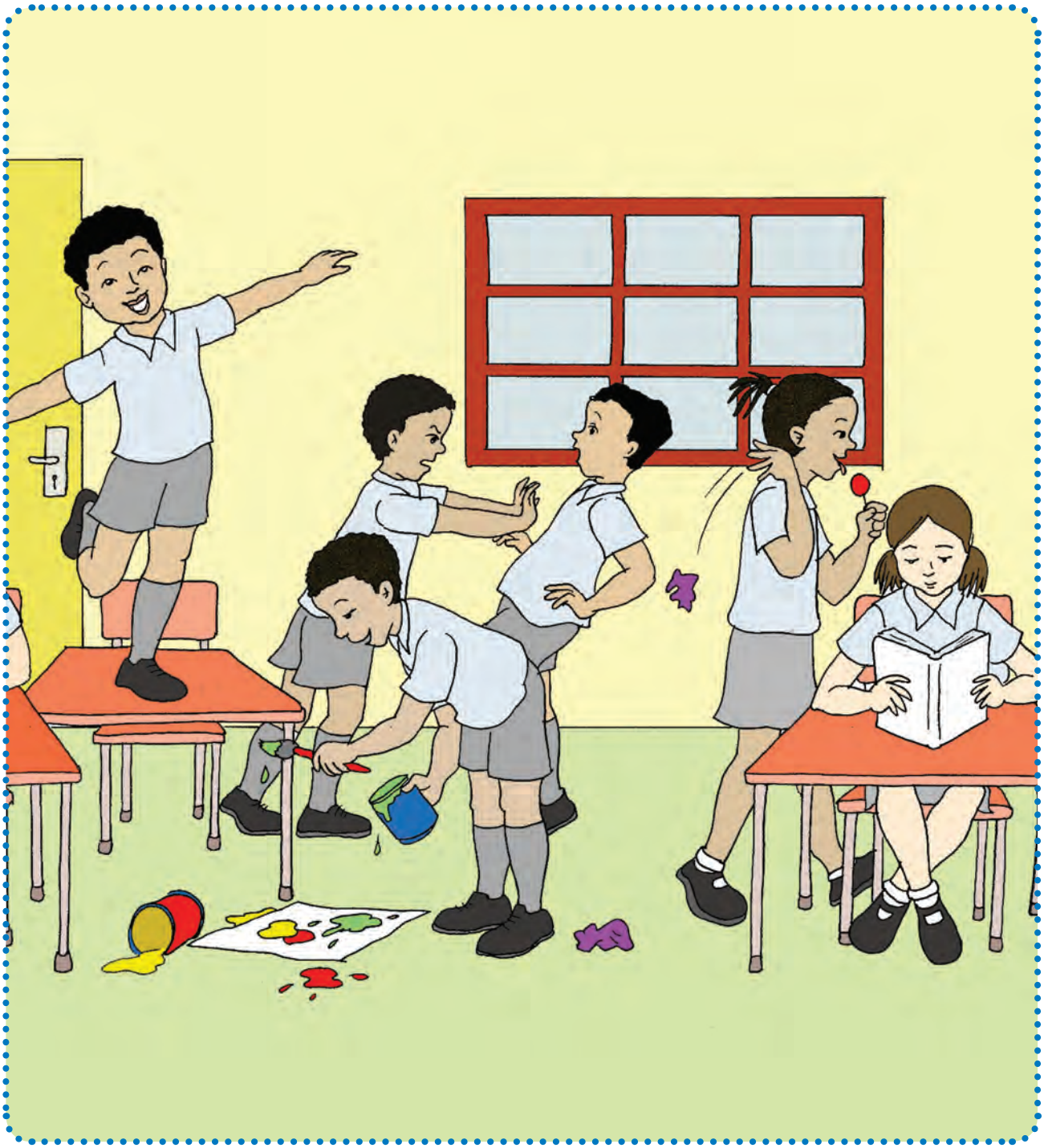
Itlasi lami



Asikhulume Qalisisa isithombe lesi bese ucoca ngalokho okubonako.

Ngetlasini leli izinto ezimbi nezihle ziyenzeka.

Ngiziphi izinto ezihle ozibonako? Ngiziphi izinto ezimbi ozibonako?





Cocela umngani wakho kobana kwenzekani ngebhoksini ngalinye. Gwala u-J eduze kwazo zoke izinto ezihle bese ugwala u-L eduze kwazo zoke izinto ezimbi ezenzeka esikolweni.









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9

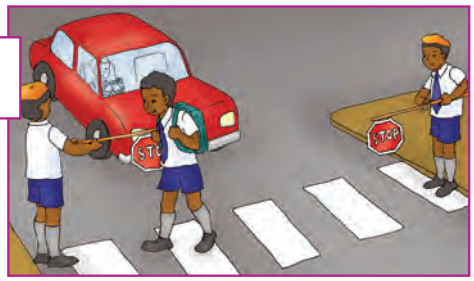
Indlela esikhamba ngayo nasiya esikolweni

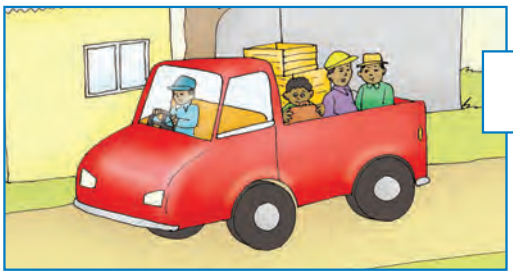


Asikhulume

Uya njani esikolweni kwelinye nelinye ilanga? Uphephile na? Kukhona iindlela ozaziko ezingakaphephi? Coca nabangani bakho kobana abentwana laba bakhamba njani nabaya esikolweni. ✔ Thika iindlela lezo eziphephileko eziya esikolweni. Beka isiphambano eendleni lezo ezingakaphephi ✘.









Ukhamba ngani nawuya esikolweni ekuseni?



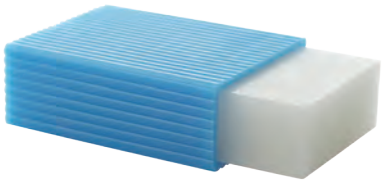
Asenzeni lokhu

Kwanjesi buza abangani bakho babebahlanu kobana baya ngani esikolweni. Tshwaya iindlela abazisebenzisako ekhadini elingenzasi.



	1	2	3	4	5
ngeenyawo 					
ngebhesi 					
ngekoloyi/ ngeveni 					

Asenzeni lokhu Sebenzisa umdaka ukwenza into ethileko.





Asithuthuke Lalela umvumo utitjhere wakho azokudlalela wona.



Tjhideza umzimba wakho emdumeni womvumo.

Goba amadolo bese welula iinyawo zakho.

Sikinya amahlombe wakho aye phasi naphezulu.

Sikinya idini lakho liye ngesidleni liye nangesinceleni.

Asithuthuke Wena nomngani wakho phosani benigede ibholo. Sebenzisani isandla senu eningakavamisi ukusisebenzisa niphose ngaso ibholo.

Ngikwazile ukuphosa ibholo ngesandla sami esingakavami ukusebenza?	☺	☹

Asithuthuke

Wena nomngani wakho lingisani ingolovana nayikhambako.



Teacher:

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10

Ngihlala ngihlwengekile

Asikhulume

Ingabe kuqakathekile na kobana ufunde imikghwa kabancani. Lezi ngezinye zezinto ongazenza kobana uhlale uhlwengile begodu hlale uphilile. Coca ngesinye nesinye isithombe.

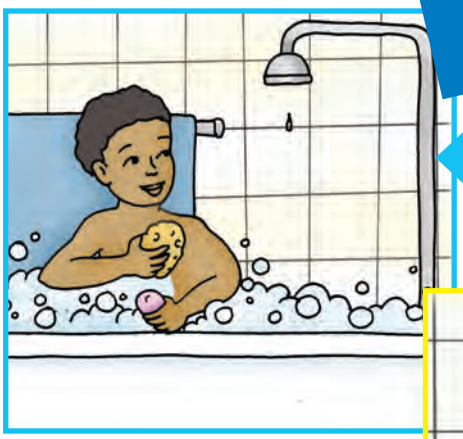


Ngitlubhe amazinyo.

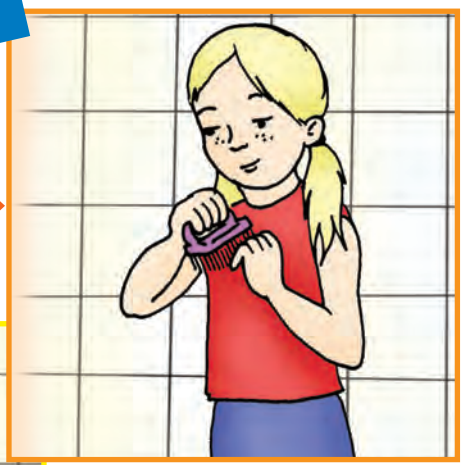


Ngihlambe izandla zami.

Kufanele ngi-



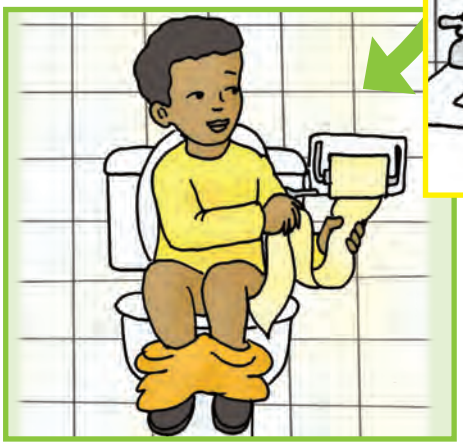
Ngihlambe umzimba wami njalonjalo.



Ngigcine amazipho wami ahlanzekile.



Ngihlanze isithelo ngaphambi kokusidla.



Ngisebenzise ithitjhu lokha nangingendlwaneni yokuzithumela.

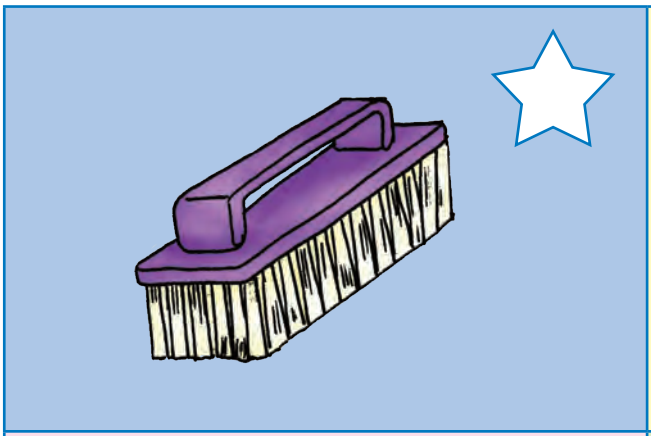


Sebenzise ithitjhu lokha nangifinyako nanyana ngithimula.



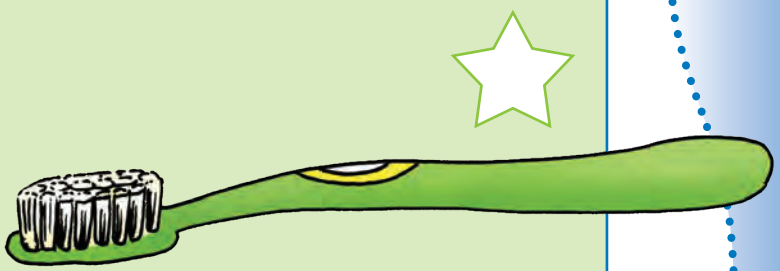
Asitlole

Ngikuphi okutlhogako kilokhu okulandelako ukuze uhlale uhlwengile? Khalara ngaphakathi kwekwekwezi ukutjengisa into oyisebenzisako ukuze uhlale uhlwengile? Yitjho nokobana uyisebenzisa njani into leyo ukuze uhlale uhlwengile?

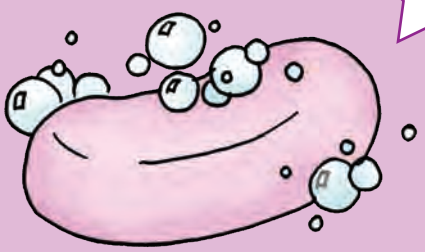


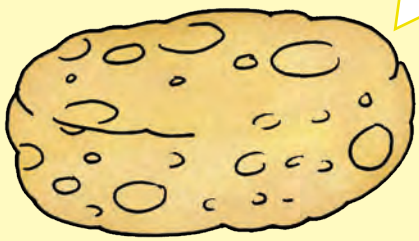


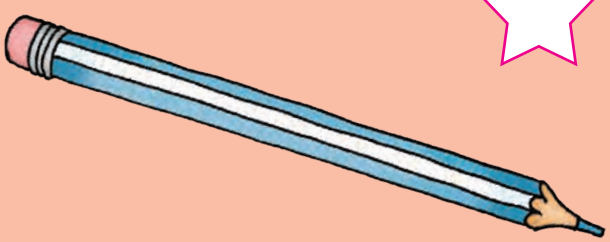












Teacher:

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Date:

11

Ngihlala ngihlwengile

Asifunde

Imikghwa elungileko yokusebenzisa indlwana yokuzithumela.

Khumbula



Vala umnyango njalo nawungendlwaneni yokuzithumela.



Nangabe ungcolisile, yihlanze ungayitjhiyi ingcolile



Ungasebenzisi ithitjhu enengi khulu.



Khumbula ukupula nanyana ukudosa ngemva kokusebenzisa indlwana yokuzithumela



Hlamba izandla zakho njalo njalo ngemva kokusebenzisa indlwana yokuzithumela.



Asitlole

Ndulungela igama elisitjela kobana sifanele ukusebenzisa nini izinto lezi ezilandelako.

Ukuhlamba iinhluthu zakho.



malanga woke | ekuseni nantambama

kabili ngeveke | kanye ngeveke

Ukuhlamba amazinyo.



malanga woke | ekuseni nantambama

kabili ngeveke | kanye ngeveke

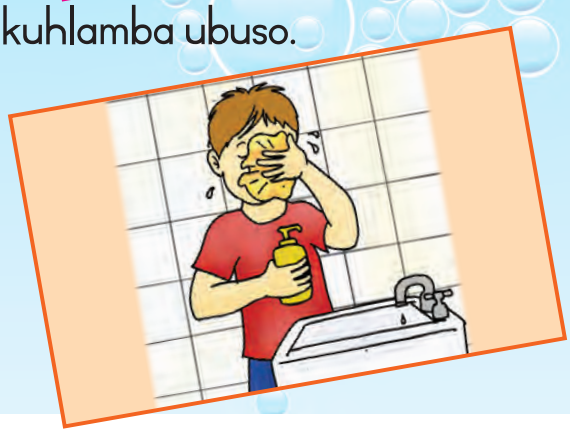
Ukuhlamba umzimba.



malanga woke | ekuseni nantambama

kabili ngeveke | kanye ngeveke

Ukuhlamba ubuso.



malanga woke | ekuseni nantambama

kabili ngeveke | kanye ngeveke

Teacher:

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12

Umzimba wami

Asithuthuke

Dlalani nilingise "uSimon uthi" notitjhere wakho.
Funyana indawo yakho ephephileko ukuze ungatjhayisani nabanye.
USimon uthi "thinta ihloko yakho".

Asitjengiseni

Tjengisa umngani wakho kobana ukwenza njani lokhu...

Hlamba umzimba wakho.

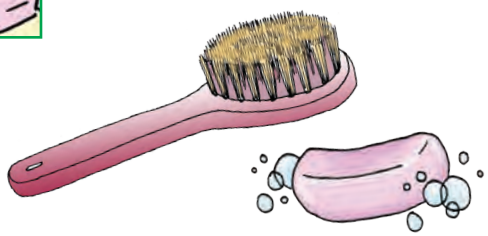




Sula izandla zakho.



Kama iinhluthu zakho.





Hlamba amazinyo wakho.

Hlamba ubuso bakho.







Asithuthuke Lingisa umdumo olandelako.

Ngiyakwazi ukuwahla izandla zami

Begodu nokubeka inyawo lami

Ngiyakwazi ukusikinya ihloko yami

nokujuguja imikhono yami

Ngiyakwazi ukujama ngamazwani

bengithinte ipumulo yami.



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13

Imikghwa emihle yepilo

Asifunde

Khuyini esikutlhogako ukuze sihlale siphililе!

Ukudla okunepilo



Ukuzithabulula njalo njalo



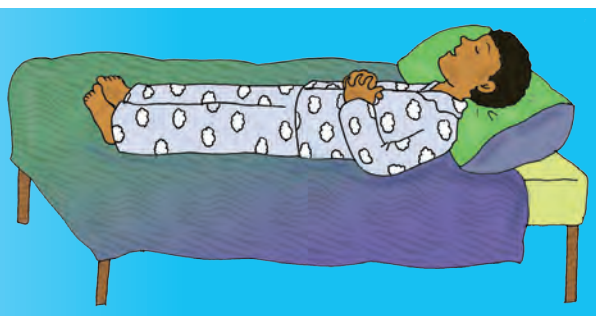
Ukuhlala sihlwengile



Ilanga

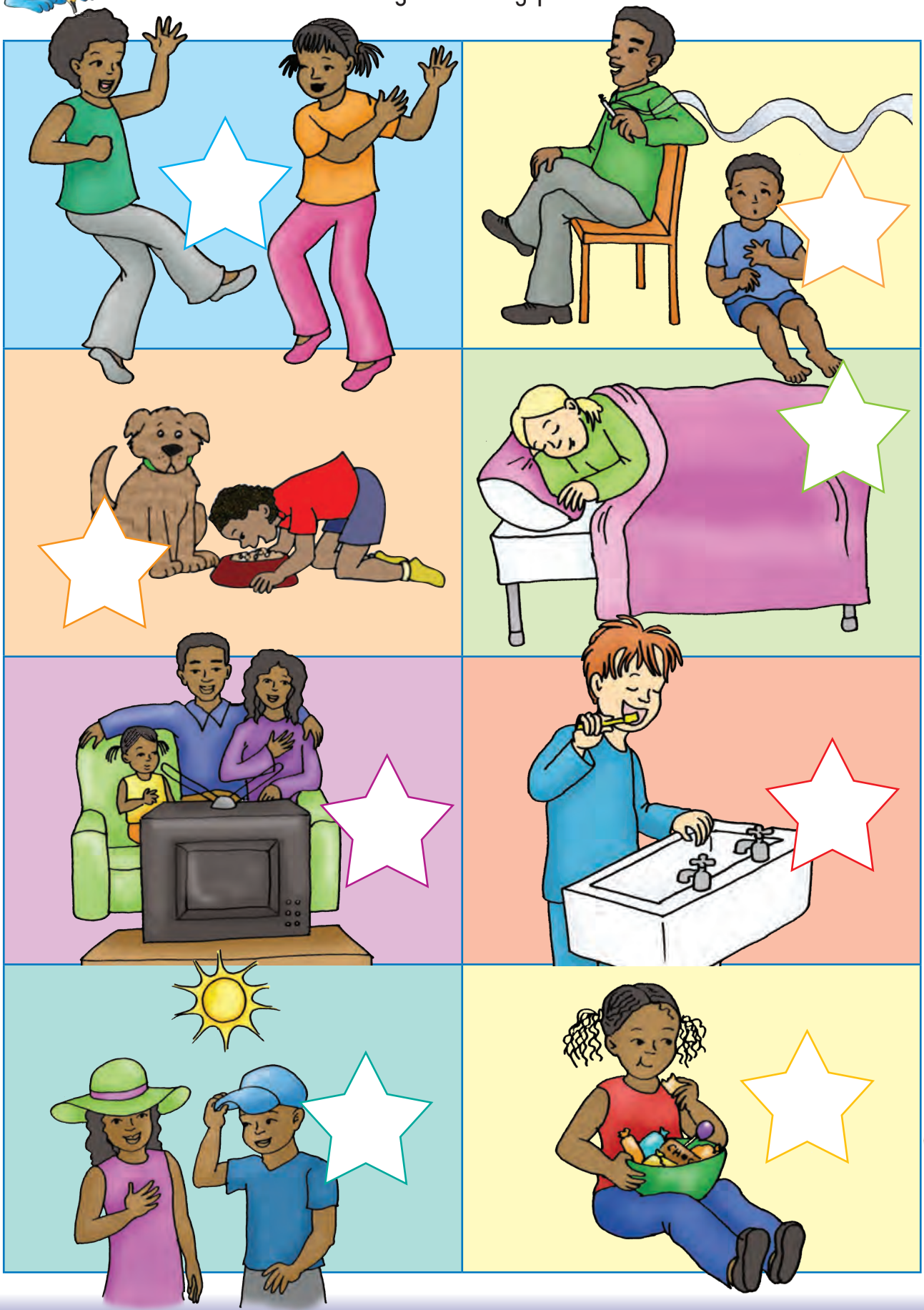


Ukulala okwaneleko ingasikho ukubukela khulu ithelevitjhini!



Asitlole

✔ Khetha okukhambisa nemikghwa emihle yepilo ehle bese ukhetha okukhambisana nemikghwa emimbi yepilo embi. ✘



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Ukuhlwengisa nokubutha

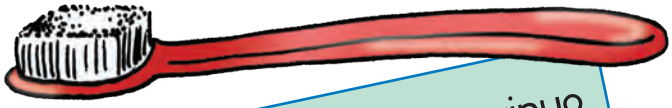


Asenzeni lokhu

Khombisa kobana uzisebenzisa njani izinto ezilandelako.

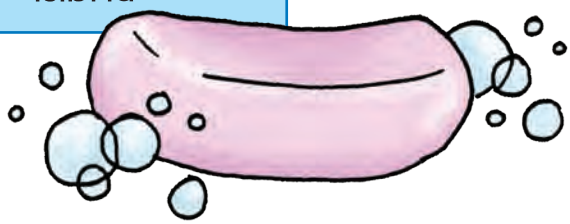


isitlubho samazinyo



ibhratjhi yamazinyo

isibha

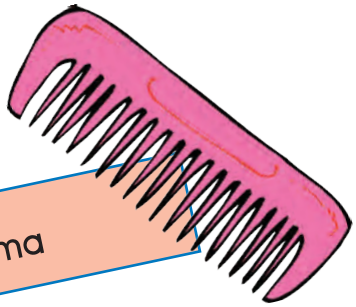




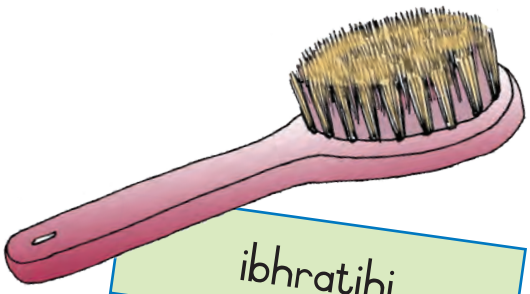
isizeso sezandla



itjhampu



ikama



ibhratjhi



ibhratjhi yamazipho



itlibhara yamazipho

Asithuthuke

Bambanani ngezandla nenze isiyingi esikhulu.

Kwanjesi dluliselanani ibholo esiyingini enikiso.

Ngezelelani ngenye ibholo nayo niyidluliselelane.

Ngezelelani ngebholo yesithathu nayo niyidluliselelane.



Asikhulume

Yini eyenza indlu le isilaphazeke?

Yini ekufanele uyenze ukuze uhlwengise indlu le?

Abentwana benzani? Bafanele kobana benze ini ?



Teacher:

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Ubujamo bezulu

Asikhulume

Qala ebujameni bezulu obuhlukahlukeneko bese ucocela umngani wakho kobana ngibuphi ubujamo bezulu obuthandako.



kunomoya



kunelanga

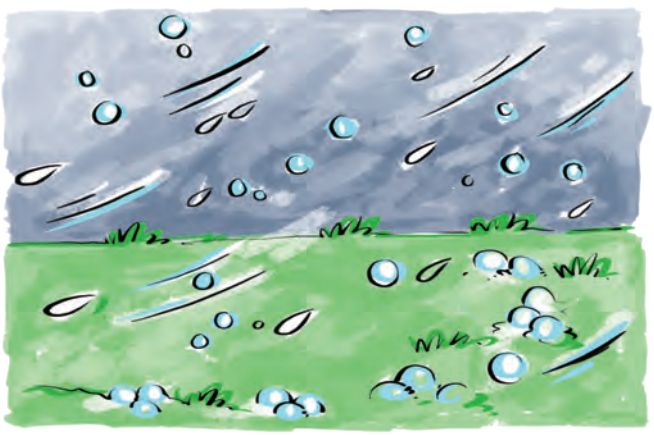


kunamafu bekumakhaza



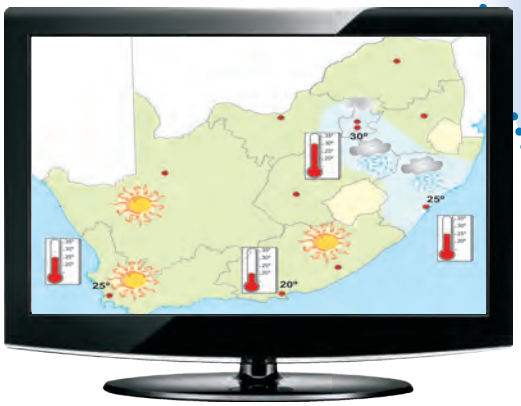
liyana

Kezinye iindawo zephasi lekhethu ngezinye iinkhathi kubamakhaza belikhithike. Kesinye isikhathi kubanomoya, umoya onamandla, lokhu kubizwa ngokuthiwa yiharikheyini.



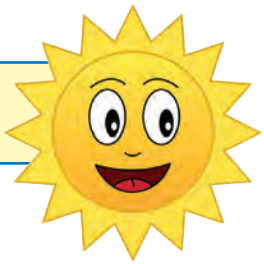


Asifunde



Sisebenzisa itjhadi yokutjengisa ubujamo bezulu kobana bunjani. Sisebenzisa amatshwayo ukuyelelisa kobana ubujamo bezulu obuhlukahlukeneko bunjani. Amatshwayo esiwasebenzisa ngilawa alandelako.

liyatjhisa



liyana





linamafu

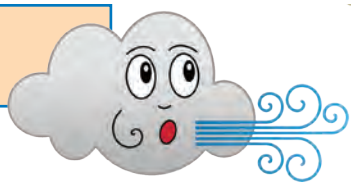


lithe phara-phara ngamafu

liyakhithika



kunomoya



Asenzeni lokhu

Gwala amatshwayo wobujamo bezulu ukuze wenze yakho itjhadi yobujamo bezulu beveke.

NgoMvulo	NgeLesibili	NgeLesithathu	NgeLesine	NgeLesihlanu

Asitlole

Ubujamo bezulu bebunjani iveke le?
Qedelela ngamagama atlhayelako.

Namhlanje ku _____.

Izolo beku _____.

Nginethemba lokobana kusasa kuzabe _____

_____.

Teacher:

Sign:

Date:

Ubujamo bezulu

Asenzeni lokhu Lingisa ubujamo bezulu obuhlukahlukeneko.



Lula izandla zakho uzilulele ngehla kwehloko yakho wenze sengathi ulilifu elikhulu.



Unesambhrela ukuze uzivikele elangeni.



Sikinyeka njengomuthi lokha nawuphephulwa mumoya.



Bamba isambrela sakho ngamandla ukuze singaphephulwa mumoya onamandla.



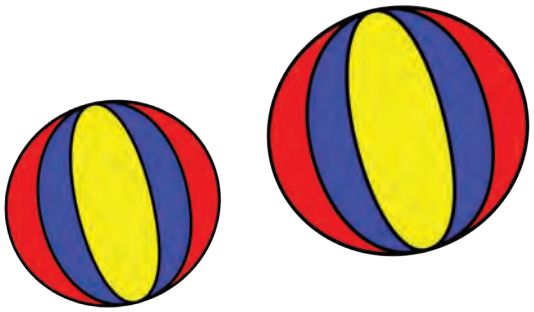
Lingisa amathosi wezulu lokha nakathontela phezulu kwamasenge.



Asithuthuke

Bambanani ngezandla ukuze nenze isiyingi esikhulu.

Phoselanani ibholo beniyigede.





Cabanga iindlela ezahlukeneko zokukhambisa ibhimu ngendlela efaneleko. Linga ukusebenzisa indlela ehlukileko kinaleyo esitjenziswa ngabanye abafundi.

Ukuzithabisa

Dlalani umdlalo wehopskotjhi. Gwalani amabhlogo neendulunga phasi esandeni.







Teacher:
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Date:

Umndeni wakwethu



Asikhulume Uthi bewusazi kobana imindeni eminengi ayifani?

Eminye imindeni mikhulu eminye mincani.

Eminye imindeni inabo abomma nabobaba eminye ayinabo.

Eminye imindeni ihlala nabogogo, abomkhulu, abomalume, abokghari nabomzala.

Qala iinthombe ezilandelako bese ucocela umngani wakho kobana umehluko okhona esithombeni ngasinye ngimuphi. Sebenzisa amagama la angebhoksini.

umma	ubaba	udade
umkhulu	umfowethu	umntwana
ugogo	umndeni	







Asitlole

Ngubani ohlala nani kwenu?



Nihlala nobani emndenini wakwenu?

_____.

Emndenini wekhethu kunabantu _____.

Ngubani ongomncani emndenini wekhenu? _____

Ngubani omdala kwenu? _____

Asikhulume

Soke sinomsebenzi othileko esifanele ukuwenza emakhaya. Qala iinthombe ezilandelako, eduze kwesithombe ngasinye tlola ibizo lomuntu owenza umsebenzi lo kwenu.



Ngisiza ngani ekhaya.

_____.

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Sign:

Date:

Umndeni wakwethu



Ukuzithabisa

Gwala isithombe salokho enikwenza ninoke kwenu. Tlola ibizo laloyo owenza umsebenzi loyo eduze kwesithombe esifaneleko. Yitjho kobana ibizo lakhe ngubani. Sebenzisa amagama alandelako azokusiza.

umma	ubaba	udade
umkhulu	umfowethu	isana
ugogo	umndeni	



Umndeni wakwethu

Sitlhogomela abanye



Asifunde

Amalunga womndeni kufanele atlhogomelane bekasizane ngaso soke isikhathi. Sikhombisa ithando ngokubambana sigonane besisize ukutjengisa ithando netjhejo.



- Sisize omunye nakatlhoga isizo.
- Sibenomoya ophasi besithobelane khulu ebantwini abadala.
- Senze imisebenzi yethu ngesikhathi.
- Sithembeke.



Asikhulume

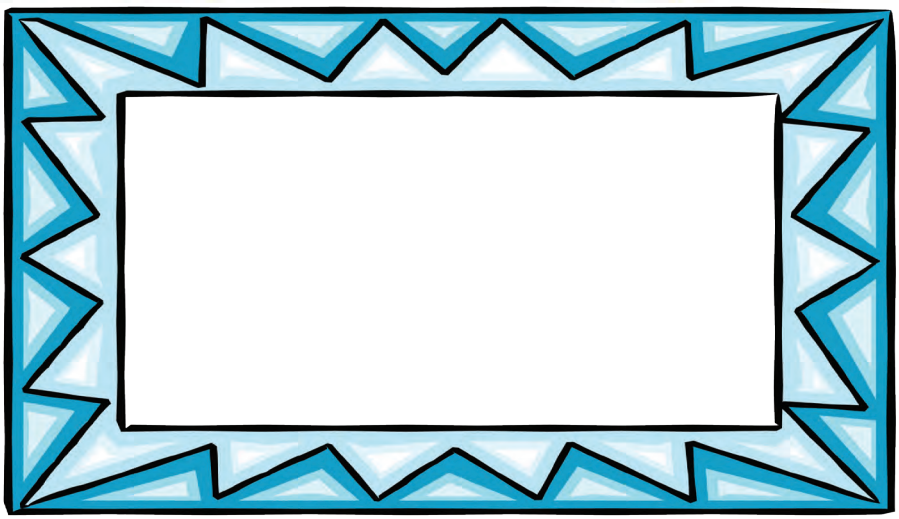
Qala iinthombe ezilandelako bese uyatjho kobana abentwana laba batjengisa njani ithando netjhejo abanalo emindenini yabo.





Asenzeni lokhu

Gwala isithombe utjengise kobana yini oyenzako etjengisako kobana unethando lomndeni wakho. Cocela umngani wakho ngalokho okugwalileko.



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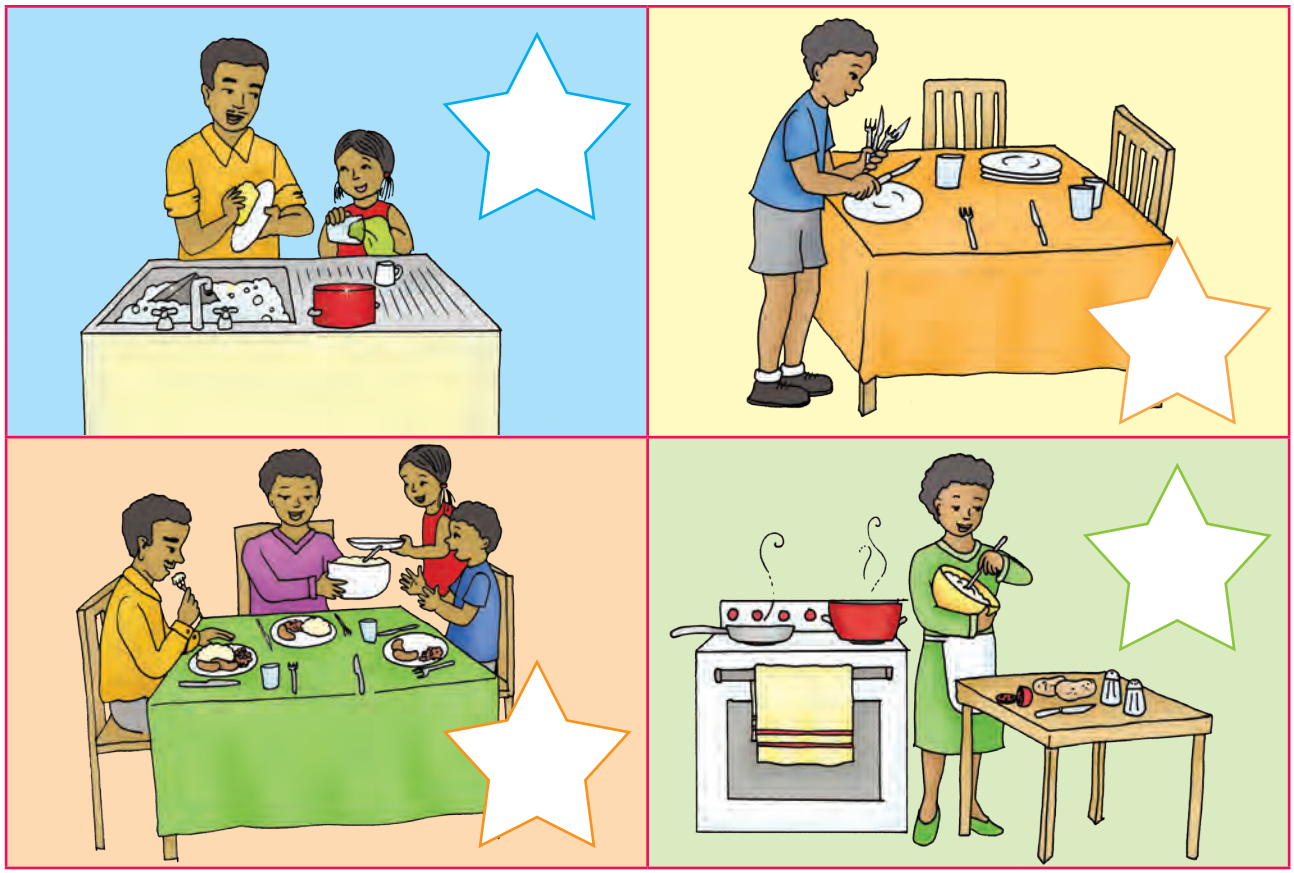
Sitlhogomela abanye

Asikhulume

Coca ngokuthi amalunga la womndeni asiza njani emindenini.
Nikela iinthombe ezilandelako iinomboro kusukela kweyo-1 ukufika kweye-4 ukutjengisa indlela ezilandelana ngayo.



Asifunde

Imisebenzi yethu yangantambama

Umma upheka ukudla.

Ubaba uhlanza iimpoto.

Mina nomnakwethu sisiza ubaba nomma.

Siyalekelela.

Sibutha sibeke ibisi noburotho.

Ngemva kwalokho bese silungela ukuyokulala.

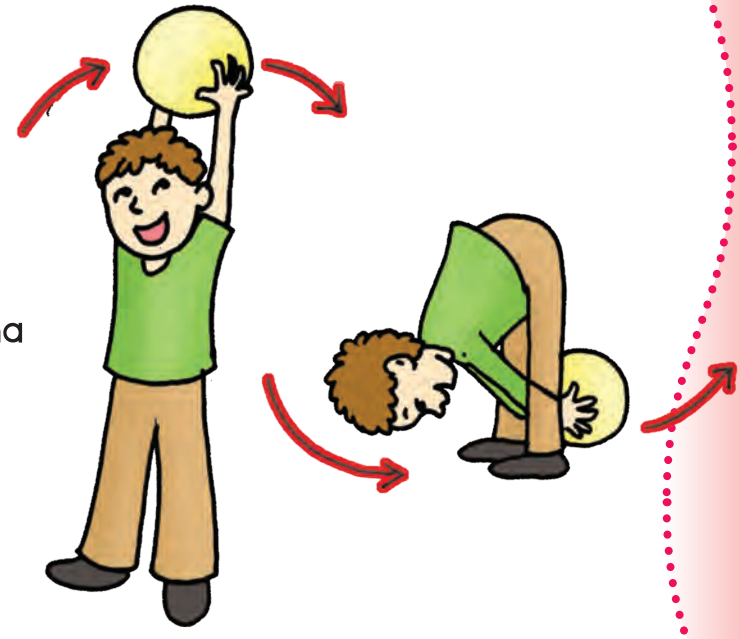
Sibawa usicocele inolwana yebusuku!



Asithuthuke

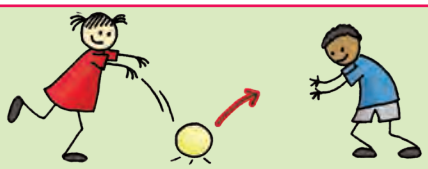
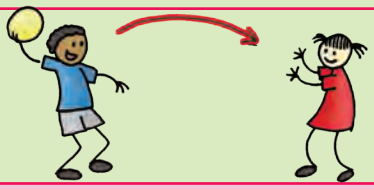
Bambanani ngezandla nenze isiyingi esikhulu.

- Umntwana wokuthoma ufunyana ibholo bese ayidluliselele ngehla kwehloko yaloyo olandelako.
- Kuthi loyo adlulisele ibholo hlangana nemilenze yakhe ukuya kolandelako.



Asenzeni lokhu

Khombisa utitjhere wakho kobana uyakghona uku-...

	Uyakghona ukudlulisela ibholo kiloyo odlala naye ngokuyiqhula.	iye	awa
	Uyakghona ukweqisa ibholo kiloyo odlala naye.	iye	awa
	Uyakghona ukuqhula ibholo isuke emlotheni.	iye	awa
	Uyakghona ukuqhula ibholo ibe iyokungena emgodini.	iye	awa
	Uyakghona ukudlulisa ibholo hlangana neengodo ezibadlali.	iye	awa
	Ungakghona ukurarhela kude ibholo.	iye	awa

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Date:

Ukuphepha emakhaya



Kufanele sizizwe siphephile ngaso soke isikhathi nasisekhaya.
Sinelemuko lokabana zikhona iingozi ezingenzeka ekhaya.
Qalani iinthombe bese nicoca ngezinye zeengozi nabangani bakho.

Ngekumbeni yokuphekela

- Ngasosoke isikhathi jikisa imikhono yeempoto namapani iye ngemuva kwesitofu.
- Ungatjhiyi imikhwa ebukhali nanyana kukuphi.
- Lodlhelela ipharafini nalokho okuyitjhefu endaweni ephephileko.
- Ungatjhiyi izinto zokudlala nanyana kukuphi.





Ngaphakathi kwekumba yokuhlambela

- Ungasebenzisi izinto ezisebenzisa igezi eduze namanzi.
- Izinto ezisebenza ngegezi ungazibeki eduze namanzi.
- Beka iinkere nemikhwa endaweni ephephileko ngekasini.



Amawuruwuru negezi

- Ungajami ngaphasi komuthi nakunamawuruwuru.
- Ungafaka izinto ngaphakathi kweplaga elisebodeni. Bawa umuntu omdala ukusize.
- Lokha nangabe intambo yeketlela nanyana ye-ayini ilimele, bawa umuntu omdala njengomma nanyana ubaba kobana ayilungise.

Ngaphandle kwendlu

- Butha yoke into engakulimaza, njengamarhalasi aphukileko uwalahlele ngemgqonyini weenzibi.
- Ungadlaleli eduze kwendawo yokududa enamanzi kungekho umuntu omdala eduze kwakho.





Ngaphakathi ngendlini

- Ungatjhiyi izinto zokudlala nokhunye ngaphandle.
- Ungadlali ngepharafini nanyana enye nenye into enetjhefu.

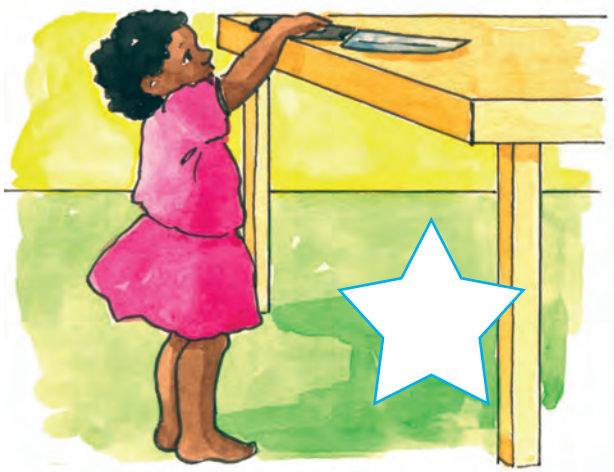


22

Ukuphepha ngaphakathi nangaphandle ekhaya

Asikhulume

Qalani iinthombe bese niyatjho kobana ngiziphi iinthombe ezitjengisa iindlela ephephileko nalezo ezitjengisa iindlela engakaphephi. Thika ✔ lezo ezinokuphepha bese kuthi lezo ezinganakho ukuphepha ubeke isiphambano ✘.















Asikhulume

Ingabe zikhona izinto eziyingozi kwenu? Yini ongayenza ngazo?
Itjhefu nezinye izinto zokuhlwengisa ziyingozi ekulu, zingakugulisa nanyana zikubulale. Ungaseli nanyana yini lokha nawunganaso isiqiniseko sokobana iyini into leyo.





Itshwayo leli litjho kobana kunento enetjhefu ngaphakathi kwebhodlelo, ibhoksi nanyana ibhlege. Ukhe walibona itshwayo leli ngaphambilini?



Asenzeni lokhu Utitjhere wakho uzokudlalela umvumo.

- Khambisana negido lomvumo.
- Khetha umdosi phambili. Umdosi phambili kufanele akhambisane negido lomvumo. Omunye nomunye kufanele alingise umdosi phambili nikhambisane kanye kanye.



- Dzimelela ngenyawo elilodwa.
- Kwanje dzimelela ngelinye inyawo elilodwa.
- Ngiliphi inyawo eliqinileko?
- Beka intambo ede nanyana nithale umuda omude phasi. Khamba phezulu kwentambo nanyana phezu komuda ulinge ukudzimelela ngawo.



- Kwanjesi tjhugulula intambo leyo nanyana umuda loyo ube sebujameni obunye bese uyadzimelela ukhambe phezulu kwayo ungawi.

Teacher:
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Ukuphepha lokha nangingedwa

Asikhulume

Ufundile ngezinto ezingakulimaza ngaphakathi nangaphandle kwenu. Ungenzani ukuze uhlale uphephile lokha nangabe uwedwa ekhaya?



Lokha nawuwedwa ekhaya, ungenza lokhu okulandelako ukuze uhlale uphephile.



Lodlhela yoke iminyango.



Ungavuleli abantu ongabaziko umnyango.

- Qinisekisa kobana uyazazi iinomboro zomtato zababelethi bakho kanye nabantu abahlala eduze nakwenu.
- Tlola irherho leenomboro eziqakathekileko, wenzele ukwazi lokha nakungaba nomuntu olimalako.





Asitlole

Yenza irhelo lakho leenomboro eziqakathekileko.

Zamapholisa:



Ze-ambulensi:



Besicimamlilo:



Inomboro kamma yakamaliledinini:

Inomboro kababa yakamaliledinini:

Ngubani omunye ongamdosela lokha nawutlhoga isizo?

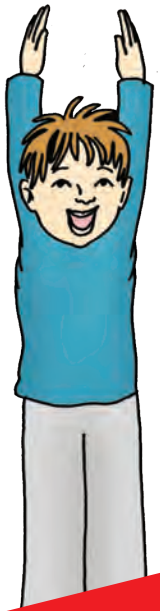
Teacher:
Sign:
Date:

Ukuphepha lokha nangingedwa



Asikhulume

Le yindlela elula yokukhumbula inomboro yamapholisa. Qala isithombe bese utjela umngani wakho kobana isithombe sikukhumbuza njani iinomboro. Inomboro yamapholisa yi-10111. Ibuyelele kanengana ukuze uyibambe ngehloko.



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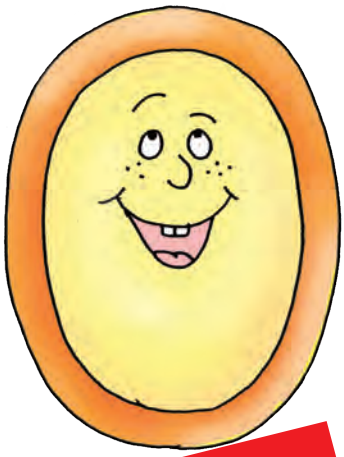

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111



Asithuthuke

Khombisa kobana bewungenzani lokha nabe kunguwe umntwana kesinye nesinye isithombe kilezi ezilandelako.



Bewungenzani lokha umuntu ongamaziko akugijimisa?



Bewungenzani lokha nawusiza ummakho ukuhlanganisa iintlabagelo zokubhaga ikhekhe?

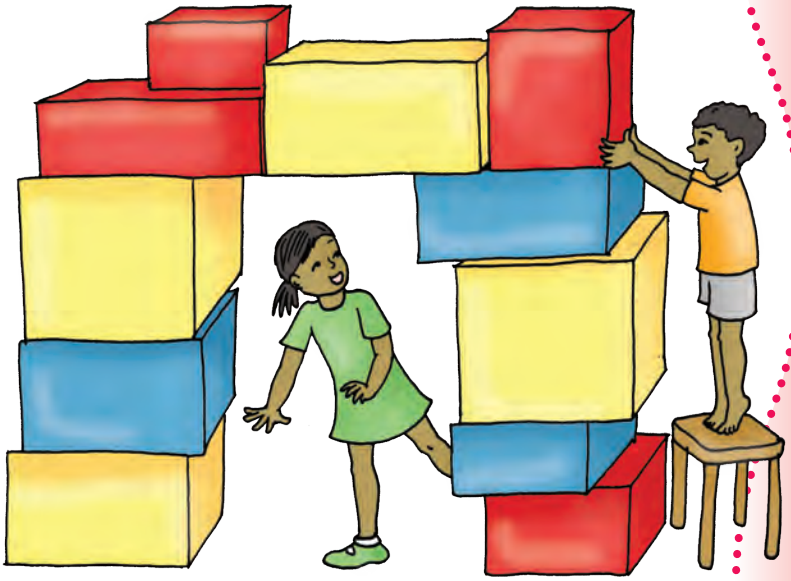


Bewungenzani lokha nawuzibona ujame phezu kwerhalasi elephukileko?



Asenzeni lokhu

Linga ubone kobana ungakghona ukwenza indlu yakho encani.



- Funyana amakhabhoksi amadala bewakhe amaboda wendlu bewuyifulele ngawo.
- Ahlanganise ngesinamathelisi. Lokha indlwana yakho nayiphelile, ungayipenda.
- Lokha nawehlulekako ukuthola amakhabhoksi, linga uthole okuthileko ongakusebenzisa kodwana ungasebenzisi amarhalasi nanyana into engakulimaza.



Asithuthuke

Phosela ibholo phezulu bese ulinga ukuyigama ngesandla sakho ongakavamisi ukusisebenzisa.





Asenzeni lokhu

Siza utitjhere wakho ukutjhidisa iinhlalo, amatafula namabhoksi.

Khwela phezulu kweenhlalo, amatafula nanyana amabhoksi. Khasa ngaphasi kwetafula bese ulinga ukweqa.

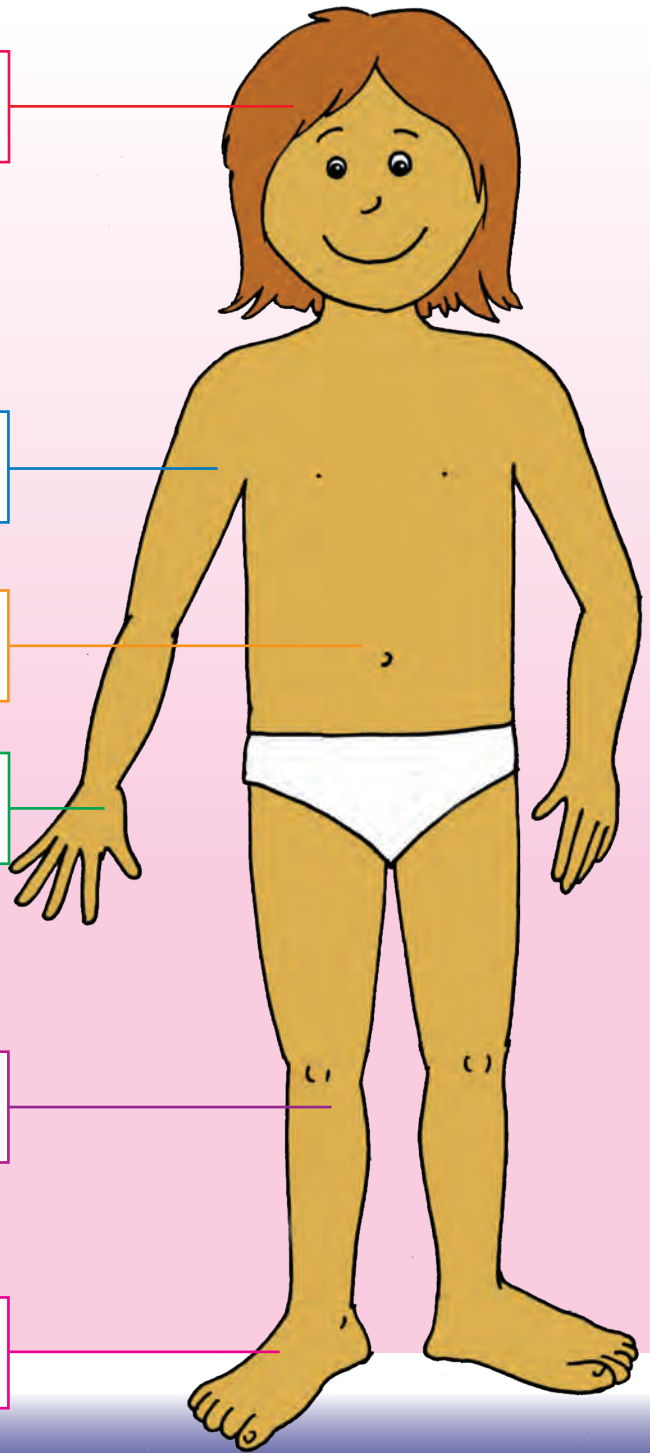


Teacher:
Sign:
Date:

Umzimba wami

Asitlole Tlola amagama anembako eenkhaleni.

inyawo	isandla	ihloko
amathumbu	inyawo	umkhono



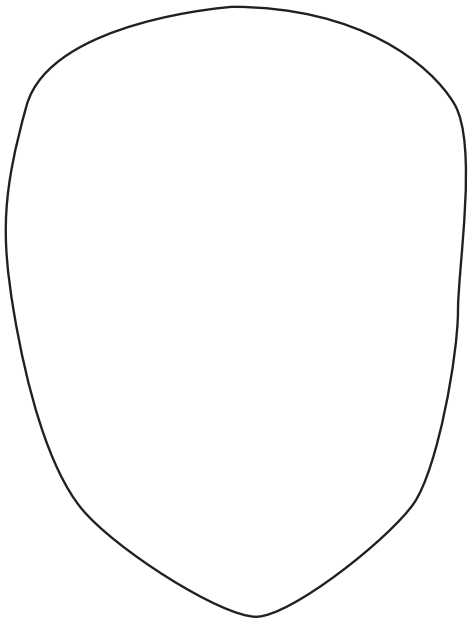


Asigwaleni

Qedelela umgwalo lo wobuso.

Gwala iinhluthu. Linga ukukopulula bakho ubuso. Nangabe unamehlo abomvu, gwala amehlo abomvu. Nangabe uneenhluthu ezinzima, gwala inhluthu ezinzima.

Gwala amatjhiya wakho, ipumulo kanye nomlomo.





Ubuso busisitho esiqakathekileko somzimba.

Soke sinamehlo ama-2. 

Soke sineendlebe ezi-2. 

Soke sinepumulo eyo-1. 

Soke sinomlomo owo-1. 



Asivumeni

Vumani ingoma elandelako. Thinta isitho somzimba lokha nawuvuma ngaso.



Ihloko namahlombe

Ihloko namahlombe

Ihloko namahlombe, amadolo namazwani, amadolo namazwani x2

Ihloko namahlombe, amadolo namazwani

Ihloko namahlombe, amadolo namazwani, amadolo namazwani



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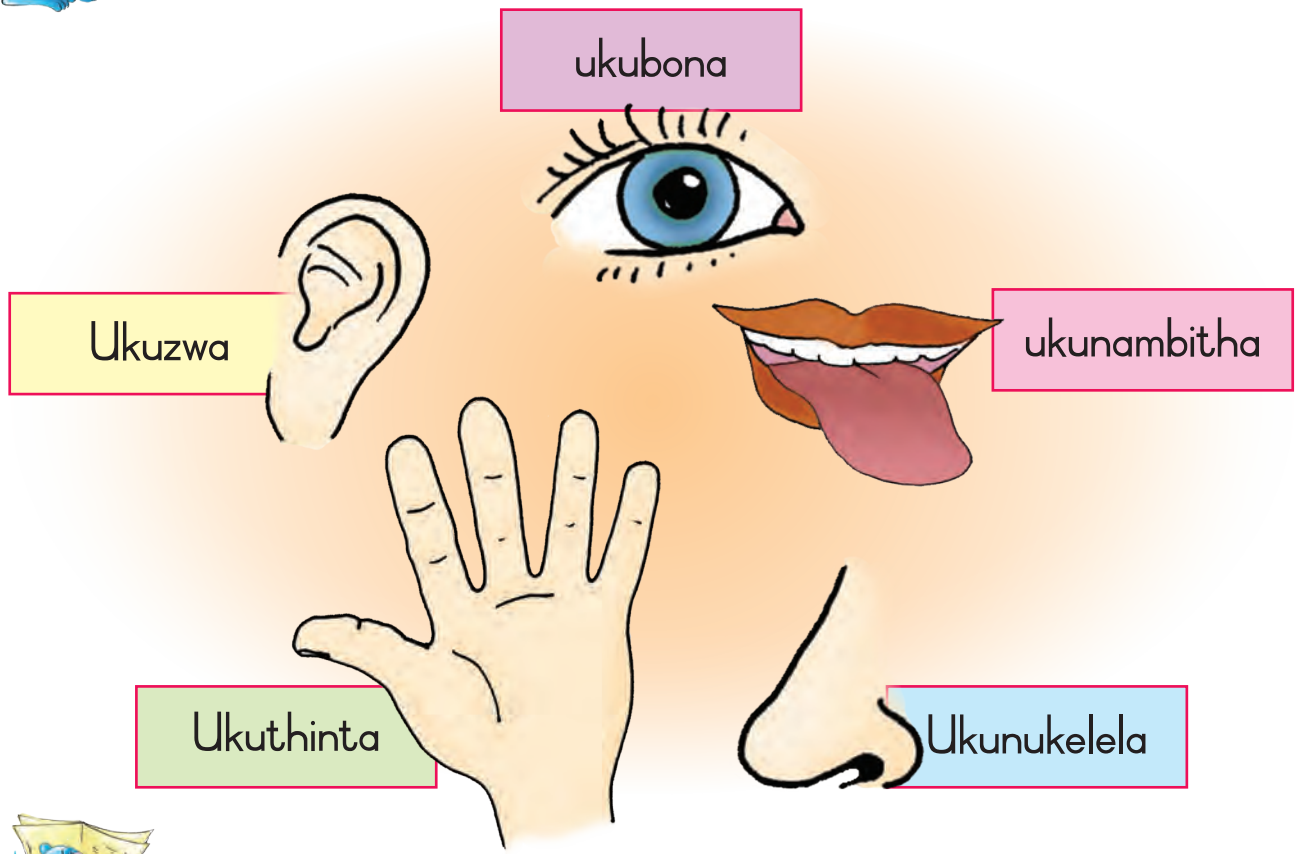
Imizwa yami

Asikhulume

Qala imizwa eyahlukahlukeneko bese uyatjho kobana siyisebenzisa nini.



Asifunde

Sisebenzisa imizwa yethu malanga woke.

Sinukelela besinambithe ukudla kwethu. Siyakwazi ukuthinta sizwe kobana isiba lithambe kangangani. Siyakwazi ukubona kobana isibhakabhaka sihle kangangani ehlobo.

Siyakwazi ukulalela umvumo. Imizwa yethu iyakwazi ukusiphephisa. Siyakwazi ukunukelela lokha nakunomlilo.

Siyakwazi ukuthinta kobana iplada lesitofu litjhisa kangangani. Siyakwazi ukubona kobana akukaphephi ukweqa indlela. Siyakwazi ukulalela lokha i-alamu nayililako.



Asenzeni lokhu

Ukutlhogomela amehlo neendlebe zethu.

Kufanele kobana sitlhogomele imizwa yethu. Lezi ziindlela ezimbili ongakwazi ukutlhogomela ngazo amehlo neendlebe zakho.



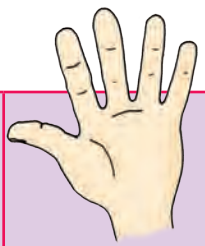
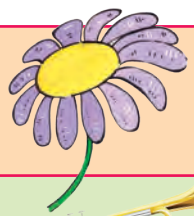
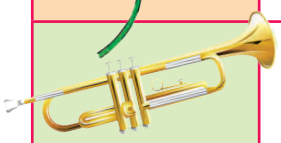
Tlhogomela iindlebe zakho ngokungalaleli umvumo odumela phezulu.

Tlhogomela amehlo wakho ngokwembatha ingwani nanyana wembathe amarhalasi wamehlo ungaliqali ilanga.



Asitlole

Qala itheyibula engenzasi, kenye nenye itheyibula tshwaya imizwa esingayisebenzisa. Ungatshwaya owodwa nangaphezulu.

	 ukunukelela	 ukunambitha	 ukubona	 ukuzwa	 ukuthinta
					
					
					
					
					

Teacher:

Sign:

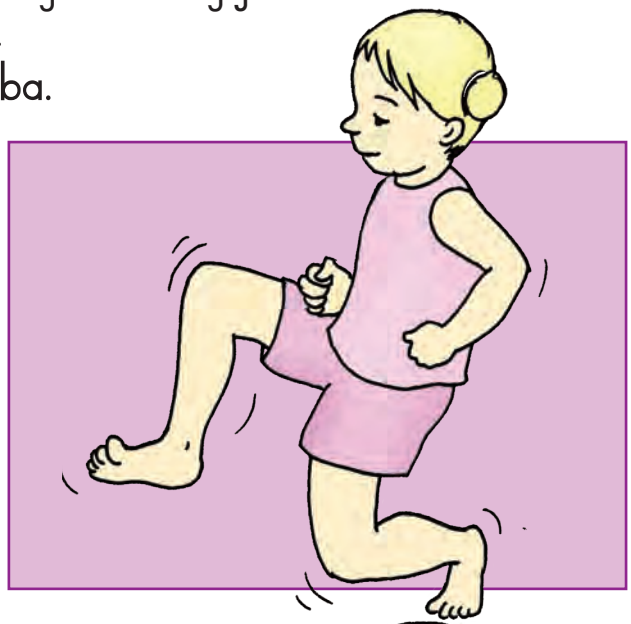
Date:

Ukuthabulula umzimba wami

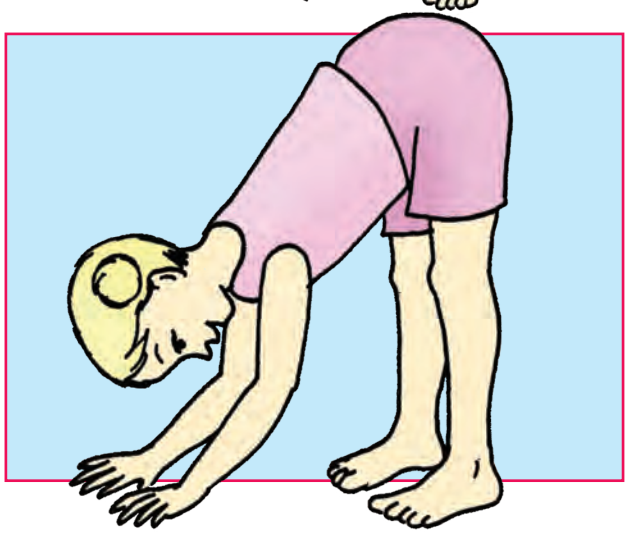
Asikhulume Qala iinthombe. Kesinye nesinye isithombe yitjho isitho somzimba nokobana singakusiza njani.

Sisebenzisa imizimba yethu ukukhamba.









Asitlole Phendula imibuzo elandelako usizane nomngani wakho. Tlolela iimpendulo ngencwadini yakho ngaphasi komunye nomunye umbuzo.

Ngiziphi izitho zomzimba ozisebenzisa lokha nawukhambako?

_____

Ngiziphi izitho ezimbili zomzimba ozisebenzisa lokha nawudobha into ethileko?

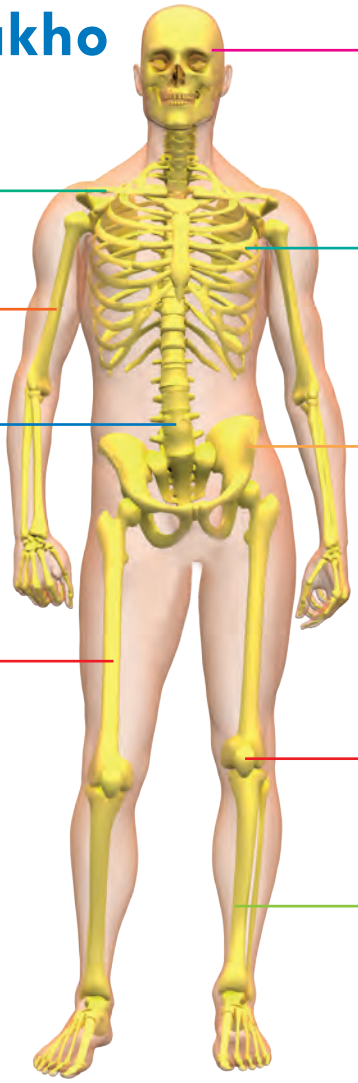


_____ ne _____.



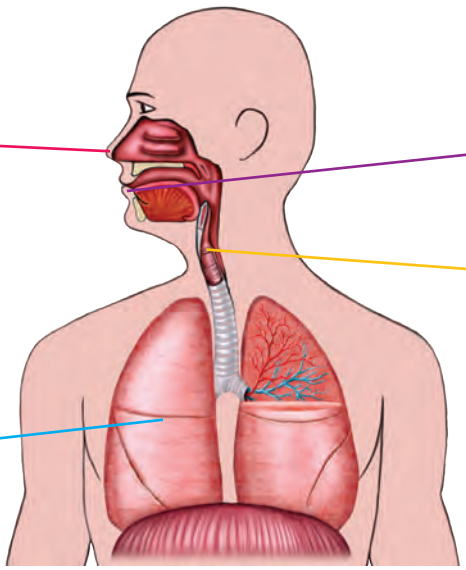
Zikhona izitho zomzimba ongakwazi ukuzibona.
Zizoke ziyasebenzisana ukukubulunga uphilile.

Amathambo wakho



- ithambo lentamo
- ithambo lomkhono
- amathambo womgogodlho
- ithambo lenyonga
- ithambo lehloko
- iimbambo
- ithambo lenyonga
- idolo
- ithambo lomlenze

Izitho zomzimba ezikusiza kobana ukwazi ukuphefumula



- ipumulo
- iphaphu
- umlomo
- umphimbo

Teacher:
Sign:
Date:

Ukugcina umzimba wami uphephile



Asifunde

Qala iinthombe ezingenzasi, bese ucoca nomngani wakho kobana ubona ini. Mayelana nesinye nesinye isithombe yitjho kobana ungahlala njani uphephile.



Ubona umngani wakho ngale kwendlela.



Ulinde esitopeni sebhesi, uwedwa.



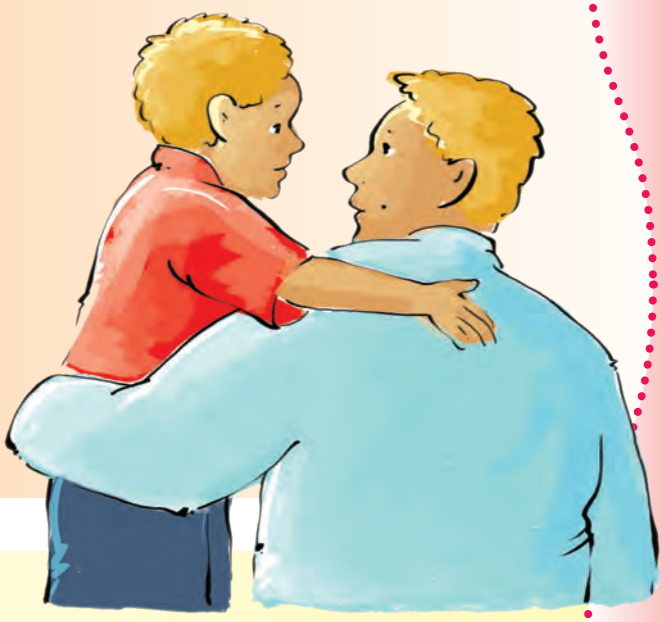
Umuntu ongamaziko ubawa bonyana ukhambe naye.



Useenthabathabeni zeentolo uwedwa.

Sibanemizwa "evumako lokha" umuntu nasigonako ngendlela elungileko netjengisa ithando.

Kumnandi ukuthintana nomuntu ngendlela efaneleko neyamukelekako njengendlela yokutjengisa ukutlhogomela nethando.





Kufanele "singavumi" lokha umuntu nakasithinta ngendlela esenza sesabe nanyana sidineke. Lokha nasizizwa sethukile nanyana sesaba, sisuka sinemizwa engavumiko.

Umzimba wakho uqakathekile begodu ungowakho. Ungatjho uthi "iye" nangabe umuntu akuthinta nanyana uthi "awa" nangabe umuntu akuthinta uzizwa ungakaphephi.



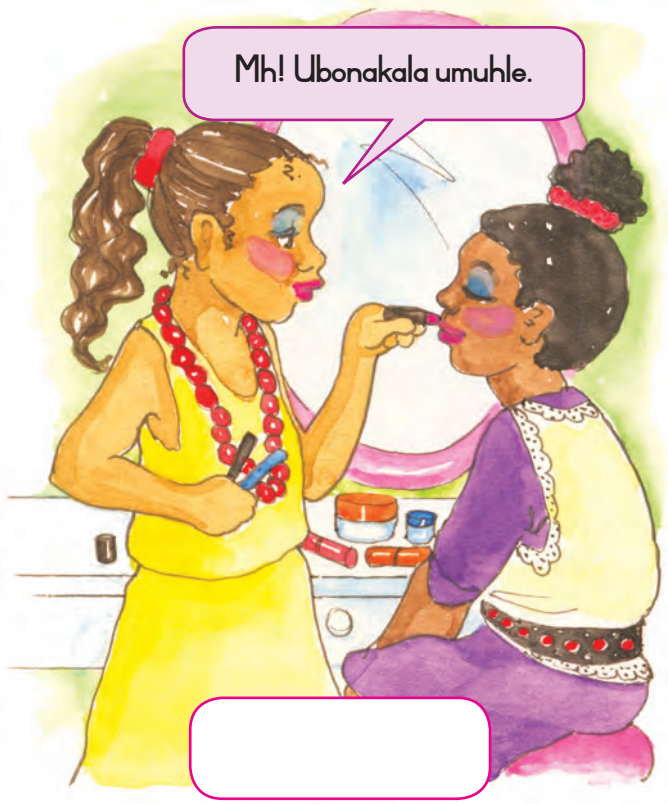
Ukuhlala ngiphephile

Asitlole

Qala iinthombe lezi ezingenzasi bese utlola u-iye emizweni elungileko nanyana utlole "u-awa" emizweni engakalungi. Emabhlogweni.









Asenzeni lokhu Zijayeze ukuthi "awa".

Yenzani umdlalo nilingise lokha umuntu ongaziwako afuna ukweba umntwana ngekoloyi yakhe nanyana afuna ukuthinta umntwana lapha angafuni khona. Umntwana uphendula ngokuthi "awa".

Asikhulume Abanye abentwana bahlala emakhaya lapho kunabantu ababatjhejako. Qala iinthombe. Coca kobana nangathana osesithombeni bekunguwe bewungazizwa njani. Yitjho lokho ongakwenza.



Asithuthuke Dlalani umdlalo "unganyakazi".

Ungakhamba uye nanyana kungakuphi kodwana lokha utitjhere nakalilisa ifengwana jama lapho ukhona. Unganyakazi kufikela lapho utitjhere athi unganyakaza. Uzokwazi ukudzimelela?

Linga ukukhamba phezu kwentambo ebekwe ehlabathini.



Teacher:
Sign:
Date:

Ukugcina umzimba wami uphilile





Zinengi iindlela ezingenza kobana singenwe malwele. Esikhathini esinengi, sigula ngebanga lemilwana. Imilwana mincani begodu angekhe sayibona ngamehlo. Imilwana le ingena emizimbeni yethu isenze sigule.



Khuyini ekwenziwa bentwana esithombeni ukuze bahlale baphilile?
Bekuzokwenzeka lokha ini nabangakakwenzi lokhu?









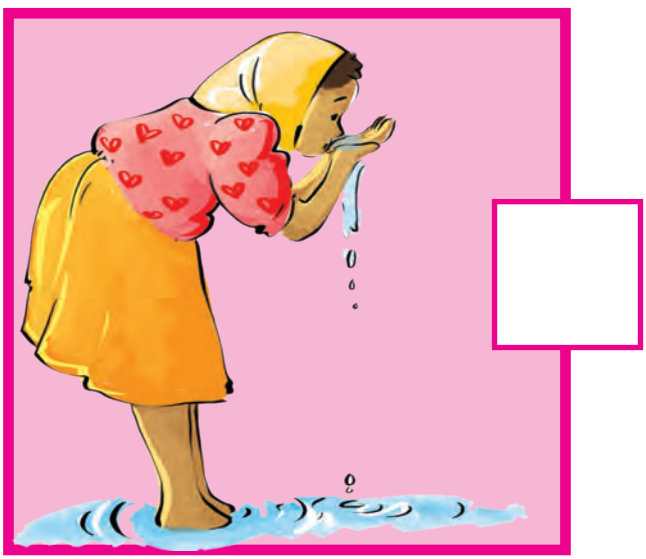
Asikhulume

Coca ngeenthombe ezilandelako. Yenza ithik ✔ utjengise indlela yokuhlala uphilile. Beka isiphambano ✘ eenthombeni lezo ezingakwenza ugule.













Teacher:

Sign:

Date:

31

Ukugcina umzimba wami uphilile



Khuyini okwenziwa bentwana esithombeni ukuze bahlale baphilile? Bekuzokwenzekani lokha nabangakakwenzi lokhu?

Uthi bewazi kobana amanye amanzi ahlwengile begodu amanye asilaphazekile? Ungaqinisekisa njani kobana amanzi ahlanzekile?



Ungabilisa amanzi asilaphazekileko ukuze ubulale imilwana.



Ungasefa amanzi asiliphazekileko ukuze usefe koke ukusilaphezeka. Ungawasefa amanzi kuphume iinsila. Utitjhere wakho angakusiza akutjengise kobana kwenziwa njani.

Ungathela isigobho sinye sejigi ngemgqonyini wamanzi asilaphazekileko. Gubuza ukuze kufe imilwana. Beka amanzi lawo ama-iri ama-28 ngaphambili kokuthi uwasele.



Asikhulume

Qala iinthombe lezi bese ucoca ngalokho abentwana abakwenzako ukuze bahlale baphile kuhle.

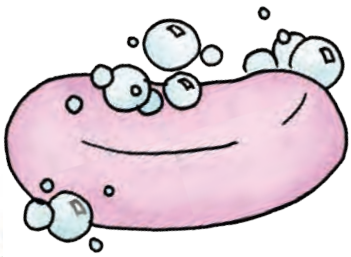
Lahlela ithitjhu esetjenzisweko ngemgqonyini wezibi.





Hlamba izandla zakho ngaphambi kokudla.







Hlamba izandla zakho ngemva kokusebenzisa indlu yokuzithumela.



Lokha nawusilaphaze indlu yokuzithumela, sula iinsila zakho bewuhlambe nezandla zakho.



Vala umlomo wakho lokha nawukhohlelako nanyana uthimula.

Teacher:

Sign:

Date:

32 Ukubuyelela uyelelise





	✔	✘
Ngingakhuluma ngomndeni wakwethu.		
Ngingakghona ukukhamba phezulu komuda.		
Ngiyazazi iinomboro zomtato zamapholisa.		
Nginelwazi ngemizwa "**iye**" nanyana "**awa**".		
Ngiyakwazi ukugeda ibholo.		
Ngiyakwazi ukuhlala ngiphephe ekhaya.		
Ngiyakwazi ukuzitlhogomela lokha nangisekhaya ngingedwa.		
Ngiyawusiza umndeni wakwethu.		
Ngiyayazi indlela eya esikolweni.		
Ngiyakwazi ukuhlala ngiphilile.		
Ngiyakwazi kobana ngizokwenzani ngezinto zoke ezingesikhwameni sami sesikolo.		
Ngifunde okunengi ngamakghono wezepilo.		

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

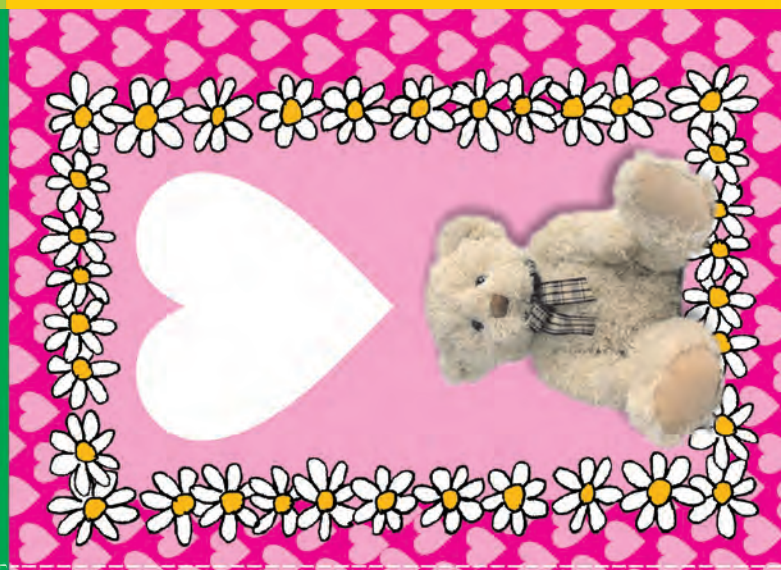



get well soon





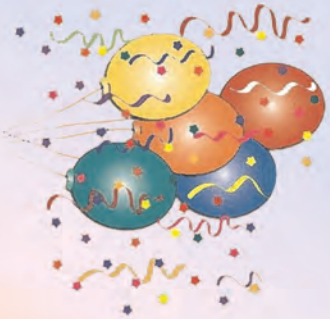
















Masks

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

