

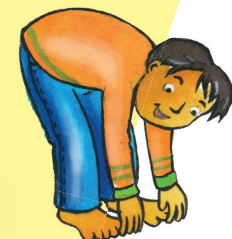
Ibuyekeziwe –
Ihambisana
ne-CAPS

Ibanga loku-



Amakhono Empilo ISIZULU

Incwadi yoku-1
Ithemu 1 & 2



ISBN 978-1-4315-0233-2



LIFE SKILLS IN ISIZULU
GRADE 1 – BOOK 1
TERMS 1 & 2

ISBN 978-1-4315-0233-2

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UNkk Angie Motshekga,
uNgqongqoshe weMfundo
Eyisisekelo



UDkt Reginah Mhaule,
iSekela loMnyango
weMfundo Eyisisekelo

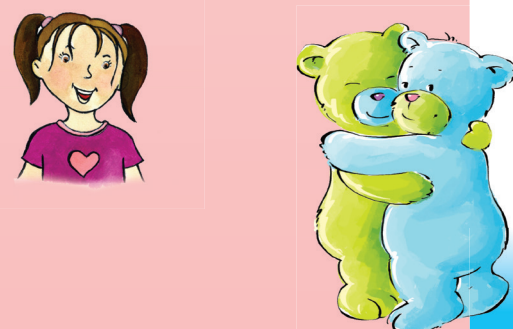
Lezi zincwadi zokusebenzela zenzelwe abantwana baseNingizimu Afrika ngaphansi kwesandla sikaNgqongqoshe weMfundo Eyisisekelo, uNkk Angie Motshekga, neSekela likaNgqongqoshe weMfundo Eyisisekelo, uDkt Reginah Mhaule.

Lezi zincwadi ezibizwa ngeRainbow Workbooks ziyingxenywe yoMnyango weMfundo Eyisisekelo 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 ezilukethe, bese kuthi wena njengothisha wabo uthokoze kanye nabo ekugcineni.

Sifisela wena nomfundi omfundisayo impumelelo ngenkathi usebenzisa lezi zincwadi.





Ibanga loku-

1



Amakhono Empilo
NGESIZULU
Incwadi yoku-I



Le ncwadi ngeka –



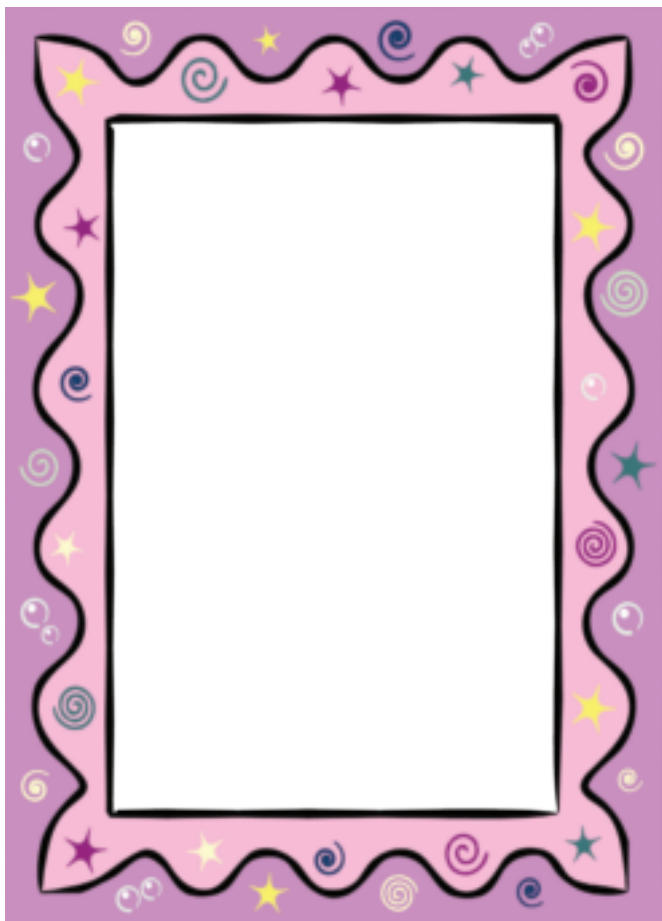


IThemu I – ISonto I – Ikhasi lokusebenzela



Masenze lokhu

Namathisela isithombe sakho
kumbe uzidwebe wena lapha.



Igama lami ngingu



_____.

Isibongo sami ngingu

_____.

Ngineminyaka e _____
ubudala.

Umndeni wami unamalungu a

_____.

Inombolo yethu yocingo ithi:

_____.

Ikheli lethu lithi:



Ngiyalwazi usuku lwami
lokuzalwa.

yebo

angazi kahle

cha





Masidwebe



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



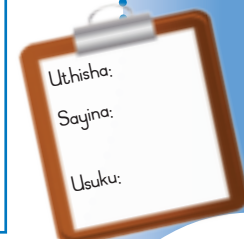
Tshela abangane bakho ukuthi yini okwazi ukuyenza kahle. Landelisa ngokufaka umbala enkanyezini ukukhombisa ukuthi yini okwazi ukuyenza.



Masikhulume



 Ngiyakwazi ukufunda.	 Ngiyakwazi ukuzigqokisa.	 Ngiyakwazi ukubhala igama lami.
 Ngiyakwazi ukudansa.	 Ngiyakwazi ukwenza itiye.	 Ngiyakwazi ukuxubha amazinyo ami.





2

Imibala nomdanso

IThemu I – ISonto I – Ikhasi lokusebenzela



Masenze lokhu

Uyayazi le mibala? Tshela abangane bakho amagama emibala.



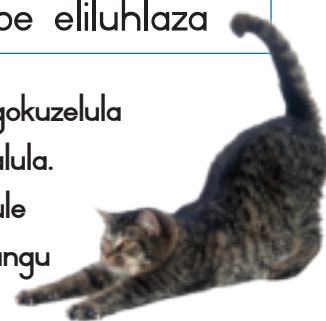
Faka umbala ofanele esithombeni ngasinye.

Ubhanana ophuzi	I-aphula elibomvu	Ijezi elisasibhakabhaka
Isambulela esimibalabala	Iwolintshi elinombala wewolintshi	Icembe eliluhlaza



Masiphumele ngaphandle

Ngaphambi kokwenza noma yini ngaphandle, qala ngokuzelula njengekati. Lokhu kuzokwenza umzimba unyakaze kalula. Zelule ngemuva kokwenza okuthile ngokuthi uphumule uphole. Lokhu khona kukusiza ukuthi ungabi nobuhlungu bezicubu zomzimba. Enza-ke manje lokhu okwenziwa yilezi zingane.



Cula iculo elithi "ikhanda namahlombe" ngenkathi:

- wenza sengathi udlala isigubhu.
- wenza sengathi udlala isiginci.



Usuku:





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
ningashayisani namuntu.



Ngiyakwazi ukudlala ingqathu.



Ngiyakwazi ukugingqela ibhola elikhulu
kumngane wami.



Uthisha:
Sayina:
Usuku:



Sonke sihlukile



Masikhulume

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



Kukhulu kuncane

Abanye bethu bakhulu, abanye bancane.

Abanye bethu bafushane kanti abanye bade.

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.

ujabulile	ukhathazekile	weneme	uthukuthele	unamahloni



Dweba

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

Usuku:



Masikhulume

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



Uma intombazane endala kunawe ithatha izinto zakho.			
	ngingajabula	ngingaba ngothakasile	ngingakhathazeka

Uma wena nomngane wakho nihlala phansi nidlala.

ngingathukuthela	ngingajabula	ngingathuka



Uma uqaqa isipho.			
	ngingathuka	ngingaba ngothakasile	ngingaba namahloni

Uma umfowenu noma udadewenu ephula ithoyizi olithandayo.

ngingaba namahloni	ngingathokoza	ngingathukuthela



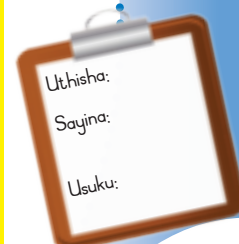
Masenze lokhu

Ngcolisa umunwe wakho ngopende, 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?



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.

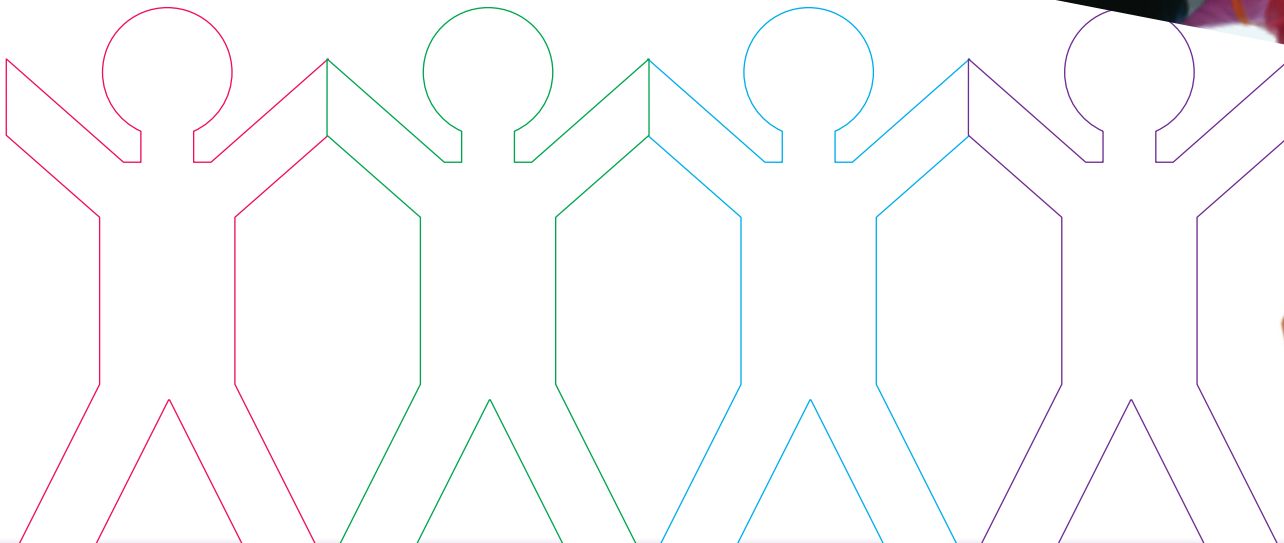


Mina	Umngane wami



Masenze lokhu

Faka umbala kuleli ketanga lobungani ukukhombisa ukuthi abantu abafani. Uma sewuqedile ulisike iketanga uhlobise ngalo indawo okusikwa kuyo kule ncwadi.





Masicule

Cula iculo

Ngaphambi kokuthi ucule, zivocavoce kanje:
Donsa umoya kakhulu uwuphefumule ngokuwuyeka
kancane kancane.

Enza sengathi ucisha amakhandlela ekhekheni losuku
lwakho lokuzalwa. "hl-hl-hl-hl-hl".



Izinkawana ezinhlanu

Izinkawana ezinhlanu

Izinkawana ezinhlanu zagxuma embhedeni

Eyodwa yawa yalimala ekhanda

Umama wabiza udokotela, udokotela wathi

"Akukho zinkawana zagxuma embhedeni"

Izinkawana ezine zagxuma embhedeni

Eyodwa yawa yalimala ekhanda

Umama wabiza udokotela, udokotela wathi

"Akukho zinkawana zagxuma embhedeni"

Izinkawana ezintathu zagxuma embhedeni

Eyodwa yawa yalimala ekhanda

Umama wabiza udokotela, udokotela wathi

"Akukho zinkawana zagxuma embhedeni"

Izinkawana ezimbili zagxuma embhedeni

Eyodwa yawa yalimala ekhanda

Umama wabiza udokotela, udokotela wathi

"Akukho zinkawana zagxuma embhedeni"

Inkawana eyodwa yagxuma embhedeni

Yona yodwa yawa, yalimala ekhanda

Umama wabiza udokotela, udokotela wathi

"Akukho zinkawana zagxuma embhedeni"





Masidwebe

Dweba ubuso bakho.

Budwebe bube namehlo, izindlebe, umlomo nezinwele.

Tshela abangane bakho ukuthi ubukeka kanjani.



Masiphumele ngaphandle

Beka izinto
ezithikamezayo
ngaphandle kwekilasi
ezifana nalezi. Uzokusiza
uthisha wakho.

Eqa usuke esihlalweni
uye kwesinye.

Gaqa ngamadolo uphume
ngaphansi kwamatafula.



Uthisha:
Sayina:
Usuku:





Masenze lokhu

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



Ngiya esikoleni

_____.

Isibongo sikathisha wami ngu –

_____.

Isibongo sikathishomkhulu ngu –

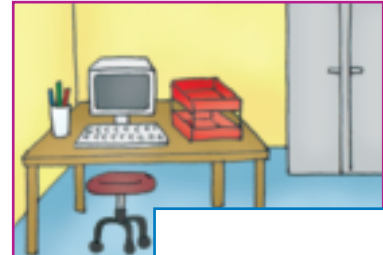
_____.



Bhala

Bheka izithombe.
Sika igama elihambisana
nesithombe ulinamathisele
eceleni kwesithombe.











inkundla yebhola

ikilasi

ihhovisi

umabhalane

indlu encane





Bhala

Ngobani laba bantu abahlukahluken abasesikoleni? Buka isithombe ukhulume ngokuthi bangobani nokuthi benzani laba bantu. Sika igama elifanele emagameni angezansi kuleli khasi ulinamathisele eceleni kwesithombe esifanele. Yalela umngane indlela eya ehhovisi likathisha omkhulu, endlini encane kanye nasezinkundleni zemidlalo.



Masizijabulise

Ibhokisi likaJona alithandayo liwile. Yisho ukuthi unamakhrayoni amangaki, bese ubhala inani lawo ebhokisini. Dweba isithombe esinemibala ekhanyayo kwelinye iphepha, ukhombise ukuthi wena nomngani wakho nidlala kanjani. Dweba ifulemu izungeze isithombe.



abantwana

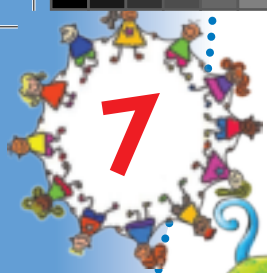
umhlanzi wendlu

uthisha

uthishomkhulu

Uthisha:
Sayina:
Usuku:





Izindawo ezahlukahlukenene



Masenze lokhu

Khombisa umngane wakho ukuthi wena uyakwazi:

ukucasha ngaphansi
kwento ethile.



Casha ngemva
kwento ethile.



ngicashe ngaphansi
kwetafula.



Yima phezu kwento ethile.



Yima eduze kwento ethile.



Masiphumele
ngaphandle

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 komugqa odwetshwe phansi.

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

Usuku:





Masiphumele ngaphandle

Shaya phansi ngezinyawo kanje.

X = Ngesokunxele



D = Ngesokudla



Uthisha:
Sayina:
Usuku:





8

Ikilasi lami

Masikhulume

Bukisisa lesi sithombe bese ukhuluma ngalokho okubonayo.

Kuleli kilasi kwenzeka izinto ezimbi nezinhle.

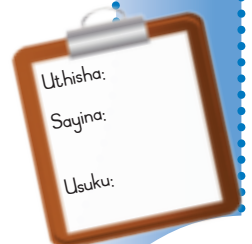
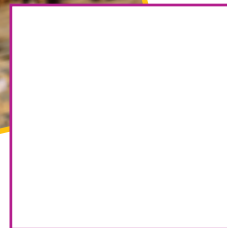
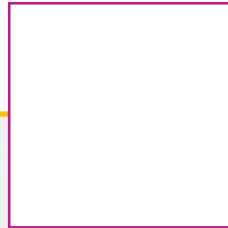
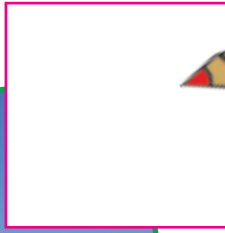
Yikuphi ukuziphatha okuhle okubonayo?





Masikhulume

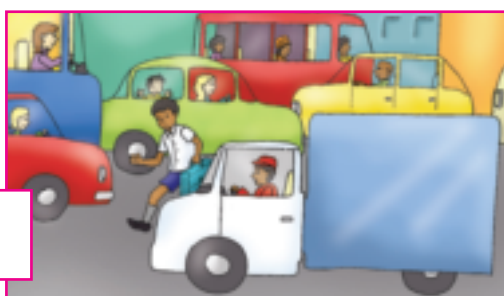
Beka uphawu ✓ eceleni kwakho konke ukuziphatha okuhle bese ubeka isiphambano ✗ eceleni kwakho konke ukuziphatha okubi.



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 ✓ kwizindlela 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.

Amagama abangane

	1	2	3	4	5
ngezinyawo					
ngebhasi					
ngemoto/ngeveni					
				Yebo	Cha



Masiphumele ngaphandle

Ngiyakwazi ukugwinciza uma ngigijima.

Ngiyakwazi ukushintsha izindlela uma ngigijima ngoba ngitshelwe nguthisha wami.

Usuku:



Masenze lokhu

Dweba isithombe esikhombisa ukuthi uhamba kanjani uma uya esikoleni.



Masiphumele
ngaphandle

Lalela umculo ozodlalwa nguthisha wakho.

Wudansele umculo lowo.

Gobisa amadolo welule imilenze yakho.

Dlalisa amahlombe uwehlise uwaphakamise.

Yisa izihlakala kwesokunxele ubuye uziyise kwesokudla.



Masiphumele
ngaphandle

Nqakisanani ngebhola wena nomngane wakho.

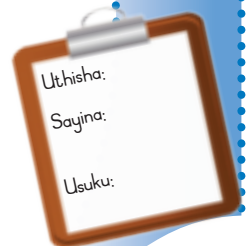
Sebenzisa ingalo ongajwayele ukuyisebenzisa ukujikijela ibhola ulibuyisele emuva.

Kungabe ngikwazile ukujikijela ibhola ngilibuyisele emuva ngengalo engingajwayele ukuyisebenzisa?



Masiphumele
ngaphandle

Qhuba umngane wakho sengathi uqhuba ibhala.



Ngihlala ngihlanzekile

Masikhulume

Kubalulekile ukujwayela imikhuba emihle usemncane.

Nazi izinto ongazenza ukuhlala uhlanzekile.

Xoxa ngesithombe ngasinye.



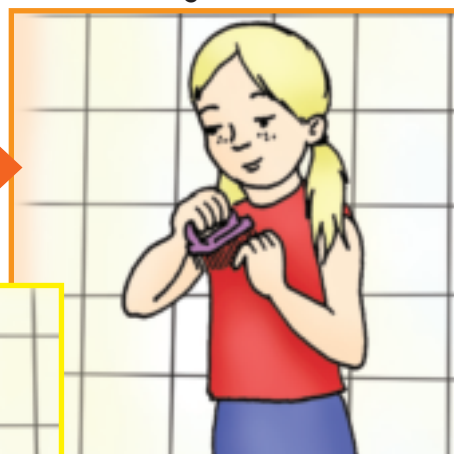
Ngixubha amazinyo ami.



Ngihlanze izandla zami njalo uma kade ngisendlini encane.



Ngigeze njalo nje.



Ngihlanze izinzipho njalo.



Ngisebenzise indlu encane.



Ngihlanze izithelo njalo ngaphambi kokuzidla.



Ngisebenzise iduku uma ngithimula, ngikhwehlela noma ngisula ikhala.

Mina kumele

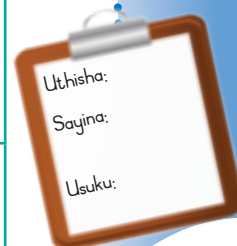


Bhala

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



Beka uphawu ukhombise ukuthi ungakwenza yini okulandelayo:	yebo	cha
Ngiyakwazi ukugibela isitebhisi sejangele -jimu.		
Ngiyakwazi ukuhamba ngokubambelela ngezandla kujangele -jimu.		
Ngiyakwazi ukugaqqa ngamadolo kujangele -jimu.		





11

Eminye yemikhuba emihle

IThemu 1 – ISonto 6 – Ikhasi lokusebenzela



Masifunde

Omunye umkhuba omuhle wokusebenzisa indlu encane ngendlela efanele.

Khumbula



Uma kwenzeka ungcolisa endlini encane, yihlanze.



Khumbula ukushaya ithoyilethi uma kade usendlini encane.



Vala umnyango uma usendlini encane.



Ungalimoshi iphepha lasendlini encane.



Hlanza izandla njalo uma ukade usendlini encane.





Bhala

Kokelezela 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

Uthisha:
Sayina:
Usuku:

Ngihlanzekile

IThemu I – ISonto 6 – Ikhasi lokusebenzela



Masiphumele
ngaphandle

Dlalani umdlalo othi "USimoni uthi" kanye nothisha.
Hambahambani ningashayisani nakancane.
USimoni uthi "**thinta ikhanda lakho.**"



Khombisa lokhu

Khombisa umngane wakho ukuthi
ukwenza kanjani lokhu.

Geza izingalo zakho.



kama izinwele.



sula izandla



xubha amazinyo.



geza ubuso.



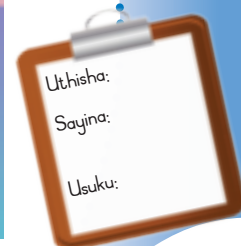
Usuku:



Masiphumele
ngaphandle

Yishoni lomlozelo nilingisa

Ngingashaya izandla
Ngishaye phansi ngezinyawo
Ngingqekuzise ikhanda
Ngishwibe izingalo
Ngihamba mazonzwane
Ngithinth' ikhala lami.

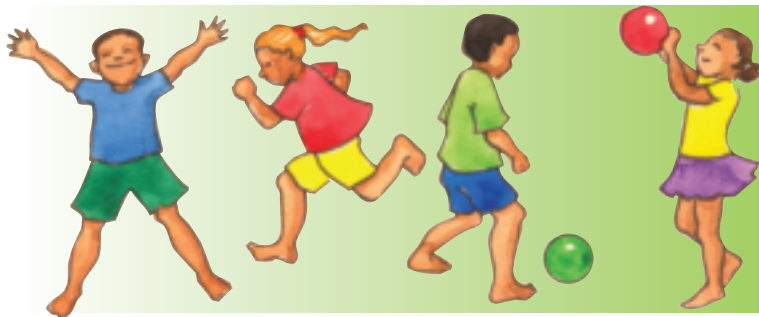
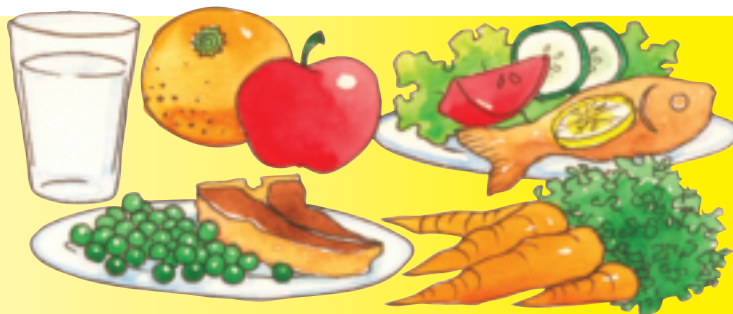




Masifunde

Sidingani ukuze sihlale siphilile?

**Ukudla
okunempilo**

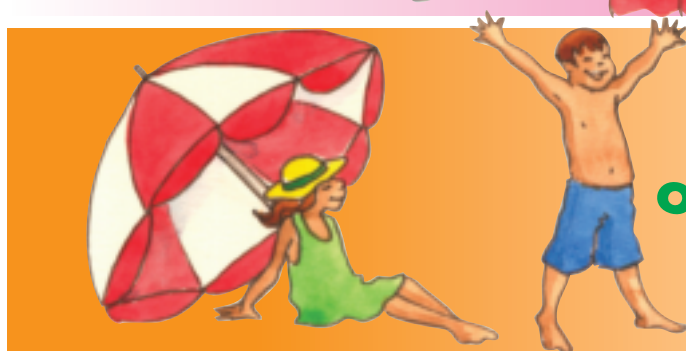


**Ukuzivocavoca
ngokwanele**

**Ukuhlala
sihlanzekile**



**Ukuba lapho
kunomoya
ohlanzekile khona**



**Ukulala ngokwanele
nokungabuki
umabonakude njalo!**



Usuku:



Bhala

Beka uphawu ✓ emikhubeni emihle kanye nophawu ✗ kwemibi.



Uthisha:
Sayina:
Usuku:





Masenze lokhu

Izinto esizisebenzisayo
ukuzigcina sihlanzekile.



umuthi wokuxubha



isixubho



insipho



ukhilimu wezandla



ishampu



ibhulashi



ikama



ibhulashi lezinzipho



umshini wokunquma izinzipho



Masiphumele
ngaphandle

Bambanani ngezandla nime indilinga.

Nikezelanani ngebhola endilingeni.

Engezani ngelinye ibhola ninikezelana.

Engezani ibhola lesithathu niqhubeke nokunikezelana.



Masikhulume

Yini engaqoqekile kuleli gumbi lokulala?

Kumele wenzeni ukuze kuqoqeke egunjini lokulala?

Zenzani izingane? Yini okumele ziyenze empeleni?



Uthisha:
Sayina:
Usuku:



Isimo sezulu engisithandayo



Masikhulume

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

kunomoya



libalele



invula



liguqubele kuyabanda



Kwezinye izingxenye zezwe kuyaye kubande ngendlela yokuthi ligcine likhithika.

Kwesinye isikhathi kuba nesichotho.

Imimoya evunguza ngamandla ibizwa ngesiphepho.



Masenze lokhu

Dweba isithombe sakho usemvuleni noma eqhweni.

Dweba isithombe sakho ephepheni elikhulu usebenzise amakhilayoni eweksi.

Xuba upende wokudla olohlaza sasibhakabhaka bese upenda ngawo ikhasi lonke.

Thela upende omhlophe phezu kwesithombe.

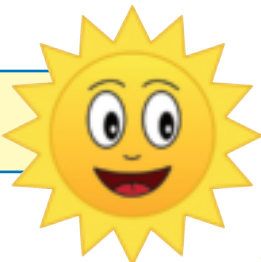


Masifunde

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



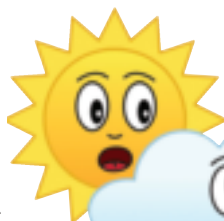
libalele



liyana



liguqubele



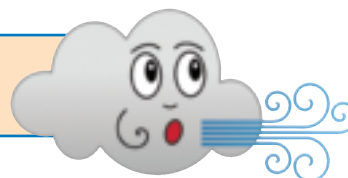
lithe gqwa-gqwa ngamafu



kuneqhwa



linomoya



Masikhulume

Tshela abangane bakho ukuthi ugqoka luhlobo luni lwezimpahla esimweni ngasinye sezulu.



Masenze lokhu

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

uMsombuluko

uLwesibili

uLwesithathu

uLwesine

uLwesihlanu



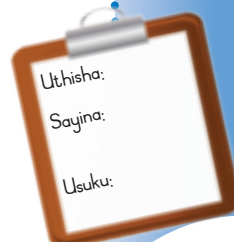
Bhala

Belinjani izulu kuleli sonto?
Gwalisa amagama adingekayo.

Namuhla li- _____.

Izolo beli- _____.

Ngethemba ukuthi kusasa lizobe li- _____.



Uthisha:

Sayina:

Usuku:

Isimo sezulu



Masenze lokhu

Lingisa izimo ezahlukene zezulu.



Vula izingalo uziphakamisele ngaphezu kwekhanda wenze isimo sefu elikhulu.



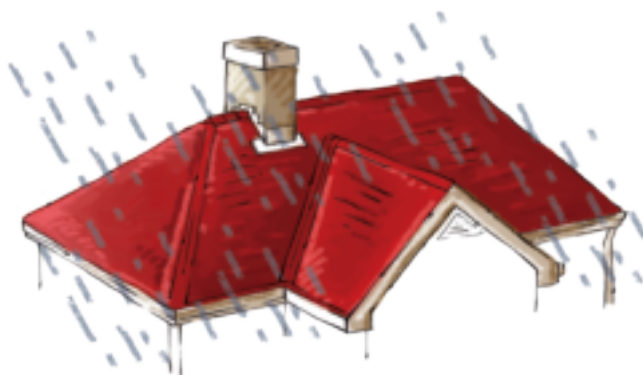
Sebenzisa isambulela ukuzivikela elangeni.



Sebenzisa izandla ukulingisa umoya omkhulu.



Phakamisa isambulela ukhombise ukuvika ukududulwa wumoya omkhulu.



Lingisa amaconsi emvula enkulu asuka ophahleni.

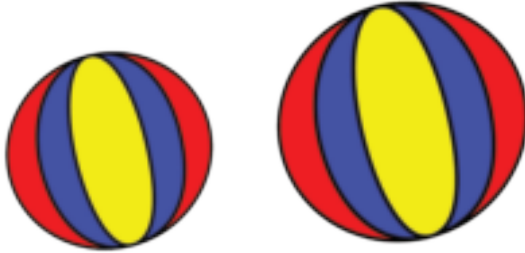




Masiphumele
ngaphandle

Bambanani ngezandla nenze indilinga.

Phonselanani ngebhola.



Thola izindlela eziningi zokuzama
ukuhamba entanjeni ungawi. Thola
izindlela ongazisebenzisa ezahlukeno
zokuhambahamba uya kubangane
ofunda nabo.



Masizijabulise

Dlala u-gxa.

Dweba izikwele neziyingi
enhlabathini.



Masiphumele
ngaphandle

- Tshengisa umgani wakho ukuthi idlalwa kanjani ingqathu.
- Uthisha wakho uzokukhombisa ukuthi idlalwa kanjani imidlalo yesintu.



Uthisha:

Sayina:

Usuku:



Umndeni wami

Masikhulume

Uthi bewazi ukuthi imindeni ayifani?

Eminye imindeni mikhulu eminye mincane.

Eminye inomama nobaba kanti eminye kayinabo.

Eminye imindeni ihlala nogogo nomkhulu, nomalume, nomamncane kanye nabazala.

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

umama

ubaba

udadewethu

umkhulu

umfowethu

umntwana

ugogo

umndeni



Usuku:



Bhala

Uhlala nobani ekhaya lakho?



Uhlala nobani ekhaya?

Ekhaya kunabantu aba-_____.

Ngubani omncane kunabo bonke abantu ekhaya? _____.

Ngubani omdala kunabo bonke? _____.



Masikhulume

Sonke sinemisebenzi esiyezayo emakhaya ethu. Bheka izithombe ezingezansi, bese usho ukuthi ngubani owenza le misebenzi ekhaya kini.



Bhala umusho owodwa ngomsebenzi owenze izolo ekhaya.

Uthisha:
Sayina:
Usuku:





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IThemu 2 – ISonto I – Ikhasi lokusebenzela



Masizijabulise

Umndeni wami

Dweba isithombe sento eniyenza ndawonye nomndeni wakho.
Yisho ukuthi ngubani lo muntu. Sebenzisa lawa magama, azokusiza.

umama

ubaba

udadewethu

umkhulu

umfowethu

umntwana

ugogo

umndeni



Umndeni wami



Siyanakekelana

19



Masifunde

Imindeni kumele ithandane futhi inakekelane. Sikhombisa ukuthi siyathandana ngokwangana, ngokusizana kanye nokuhloniphana. Sidinga ukwenza lokhu ...

- ukusizana.
- ukuhloniphana
- ukwenza imisebenzi esiyinikeziwe gesikhathi.
- ukuzinikela
- kukho konke esikwenzaya.



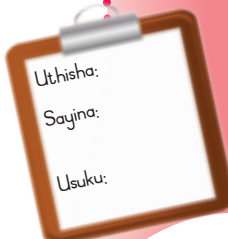
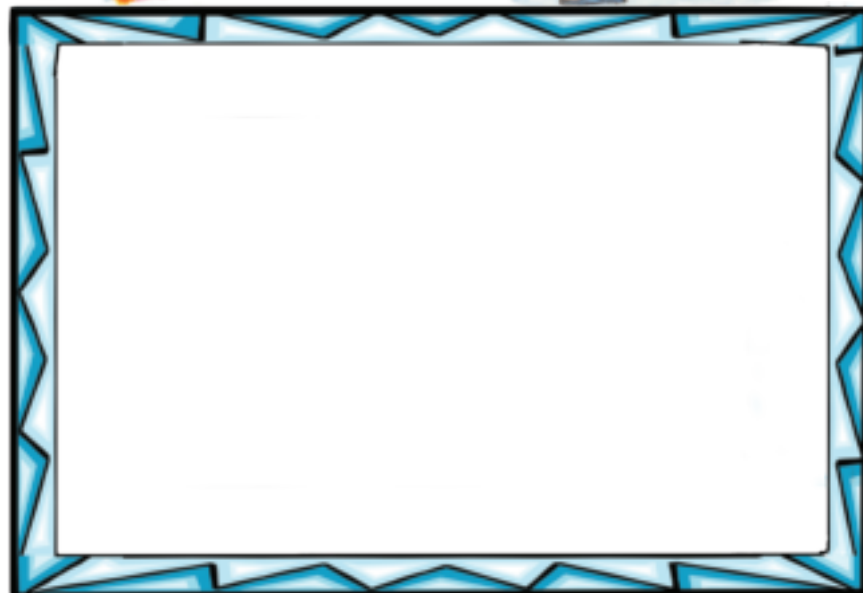
Masikhulume

Buka lezi zithombe bese usho ukuthi laba bantwana bayakhombisa ukuthi bayayinakekela imindeni yabo. Yenza samdlalo ukubonisa lokho okwenzeka esithombeni ngasinye.



Masenze lokhu

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



Uthisha:
Sayina:
Usuku:

37

Ukukhombisa ukunakekelana

Masikhulume

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



Masifunde

Imisebenzi yakusihlwa

Umama upheka ukudla.
 Ubaba ugeza izitsha.
 Mina nomfowethu sisiza umama nobaba.
 Sisiza kakhulu.
 Sibeka ubisi nesinkwa.
 Sesilungele ukuyolala.
 Sixoxele izindaba zakusihlwa!



Usuku:



Masenze lokhu

Yenzela umuntu okuthandayo ikhadi. Dweba isithombe bese ubhala igama lalowo muntu.



Masenze lokhu

Ungakwenza yini okulandelayo?

	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 ibhola emapalini.	yebo	cha
	ukukhahlela ibhola lishaye amapali.	yebo	cha



Uthisha:

Sayina:

Usuku:



Ukuphepha ngaphakathi nangaphandle kwekhaya (1)



Masikhulume

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

Ekhishini

- Phendula izibambo zamabhodwe zibheke emuva esitofini.
- Ungabeki imimese ebukhali noma yikuphi nje.
- Valela upharafini nemithi endaweni ephephile.
- Ungabeki amathoyizi noma yikuphi endlini.



Ekamelweni lokugezela

- Ungasebenzisi izinto zikagesi eduze kwamanzi.
- Ungazishiya eduze kwamanzi.
- Foka izikele nezinye izinto ezibukhali ekhabetheni.
- Ungasebenzisi isixubho sakho nabanye abantu.



Ukuduma kwezulu, umbani nogesi.

- Ungalinge ume ngaphansi kwesihlahla uma liduma
- Ungafaki lutho ezimbotsheni zikagesi ezisodongeni. Cela umuntu omdala akusize.

Ngaphandle

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



Ekhaya ngaphakathi

- Ungabeki amathoyisi noma kuphi endlini.
- Ungadlali ngopharafini kanye nezinto eziwushevu.
- Uma ubona ukuthi intambo kagesi yeketela kumbe ye-ayini ihlubekile, cela umama noma ubaba ayilungise.



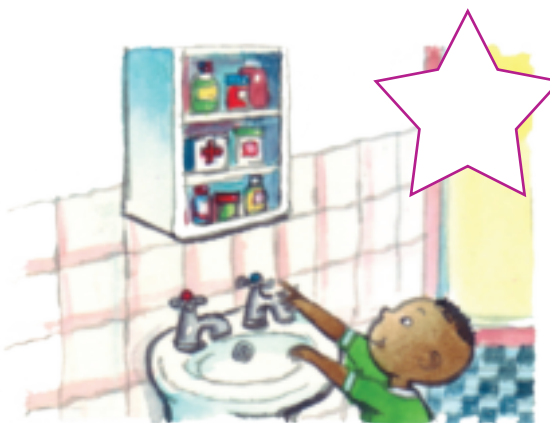
Ukuphepha ngaphakathi nangaphandle kwekhaya (2)



Masikhulume

I. Ukuhlala uphephile

Buka lezi zithombe usho ukuthi yisiphi esinokuphepha yisiphi esingenakho. Beka uphawu (✓) kulezo ezinokuphepha ubeke uphawu (✗) kulezo ezingenakho ukuphepha. Yisho ukuthi kungani kuphephile noma kungaphephile.





Masikhulume

Ingabe zikhona yini izinto ezingaphephile ekhaya lakho? Yini ongayenza ngalokho? Ushevu, imithi, kanye nezinye izinto zokuhlaza indlu zingaba nobungozi kakhulu. Ungalinge uphuze into ongenasiqiniseko sokuthi iyini.



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



Masinyakaze

Uthisha wakho uzokudlalela umculo.

- Dansa uhambisane nesigqi somculo.
- 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 kumbe udwebe umugqa phansi. Hamba phezu kwentambo kumbe umugqa, uzame ukungagudluki kuwo.
- Guqula-ke manje indlela intambo emi ngayo noma umugqa owudwebile, phinda uhambe phezu kwawo ungagudluki.



Ukuphepha uma ngisele ngedwa ekhaya



Masikhulume

Sewufundile ngezinto ezingakulimaza ekhaya kanye nasendaweni ezungeze ikhaya lakho. Ungazigcina kanjani uphephile uma usele wedwa ekhaya.

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



Ungabavuleli abantu ongabazi uma bengqongqoza.

Khiya zonke izicabha eziphumela ngaphandle.





- Qiniseka ukuthi unocingo nezinombolo zabazali bakho eduze. Yiba nezinombolo zomakhelwane futhi.
- Yenza uhlu lwezinombolo ezibalulekile, ongazisebenzisa uma kwenzeka udinga usizo.



Bhala

Zakhele uhla lwakho lwezinombolo ezibalulekile.

Eyamaphoyisa:



Eye-ambulance:



Eyabacishimlilo:



Ekamakhalekhukhwini kamama:

Ekamakhalekhukhwini kababa:

Ngubani omunye ongamshayela uma udinga usizo?

Uthisha:
Sayina:
Usuku:



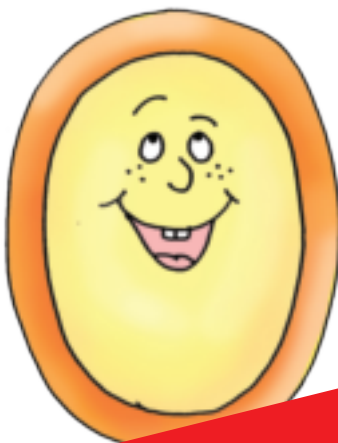
Masikhulume

Okunye okufanele ukukhumbule

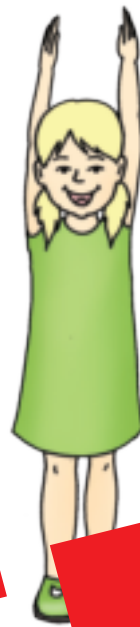
Nansi indlela elula yokukhumbula inombolo yamaphoyisa. Buka isithombe utshele umngane wakho ukuthi izithombe ozibonayo zikusiza kanjani ukukhumbula izinombolo zocingo. U-10111 yinombolo yamaphoyisa. Yisho izikhathi eziningana kulandelana uze uyazi ngekhandu.



1



0



111



Masiphumele ngaphandle

Khombisa ukuthi ungenzani uma uyingane ubona lezi zithombe.



Khombisa ongakwenza uma ulandelwa noma usukelwa wumuntu ongamazi?



Khombisa ongakwenza uma uzama ukusiza umama ukuthi axove inhlama yokubhaka amakhekhe?



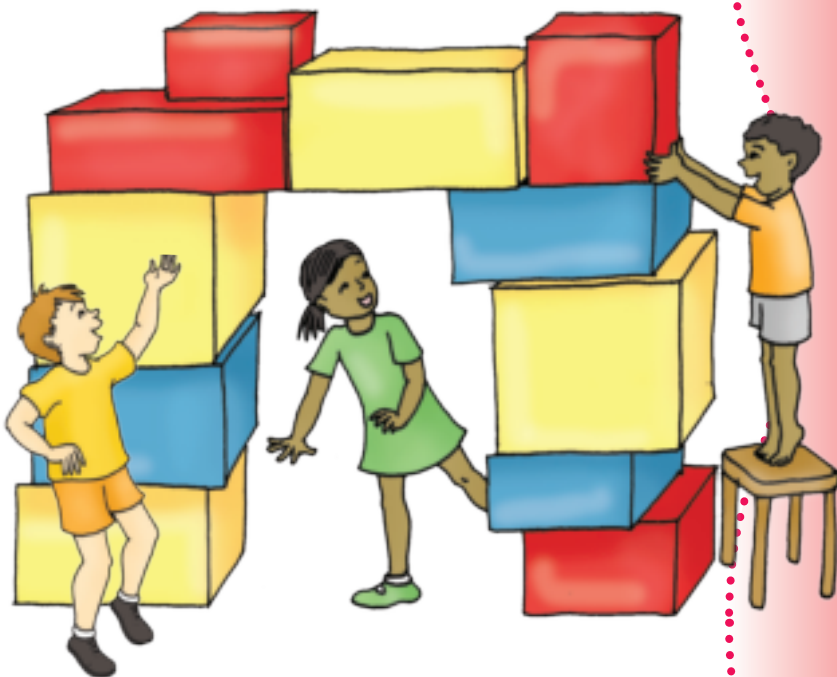
Khombisa ongakwenza uma uzithole unyathela ibhodlela elifile?



Masenze lokhu

Bheka ukuthi ungakwazi yini ukuzakhela indlu yakho.

- Funa amabhokisi wakhe ngawo izindonga nophahla.
- Ungahlanganisa amabhokisi ngento yokunamathisela. Uma indlu isiphelile, ungayipenda.
- Uma ungawatholi amabhokisi ongakha ngawo, sebenzisa noma yini enye ngaphandle kokusangilazi namathini ngoba kona kungakulimaza.



Masiphumele ngaphandle

Phonsa isaka noma ibhola phezulu ukunqake ngesandla ongavamile ukusisebenzisa.

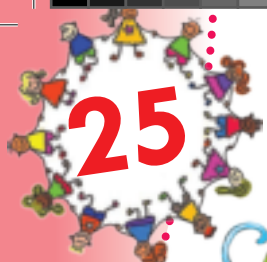
Siza uthisha wakho nikhiphele ngaphandle kwekilasi izihlalo, amatafula kanye namabhokisi.

Gibela esihlalweni noma etafuleni nasebhokisini, gaqa ngamadolo uphume ngaphansi kwazo, ugxume usuke kokunye uye kokunye. Zama ukuma ngonyawo olulodwa phezulu kwesihlalo.



Uthisha:
Sayina:
Usuku:





IThemu 2 – ISonto 5 – Ikhasi lokusebenzela

Umzimba wami



Bhala

Bhala amagama ezikhaleni ezifanele.

umlenze

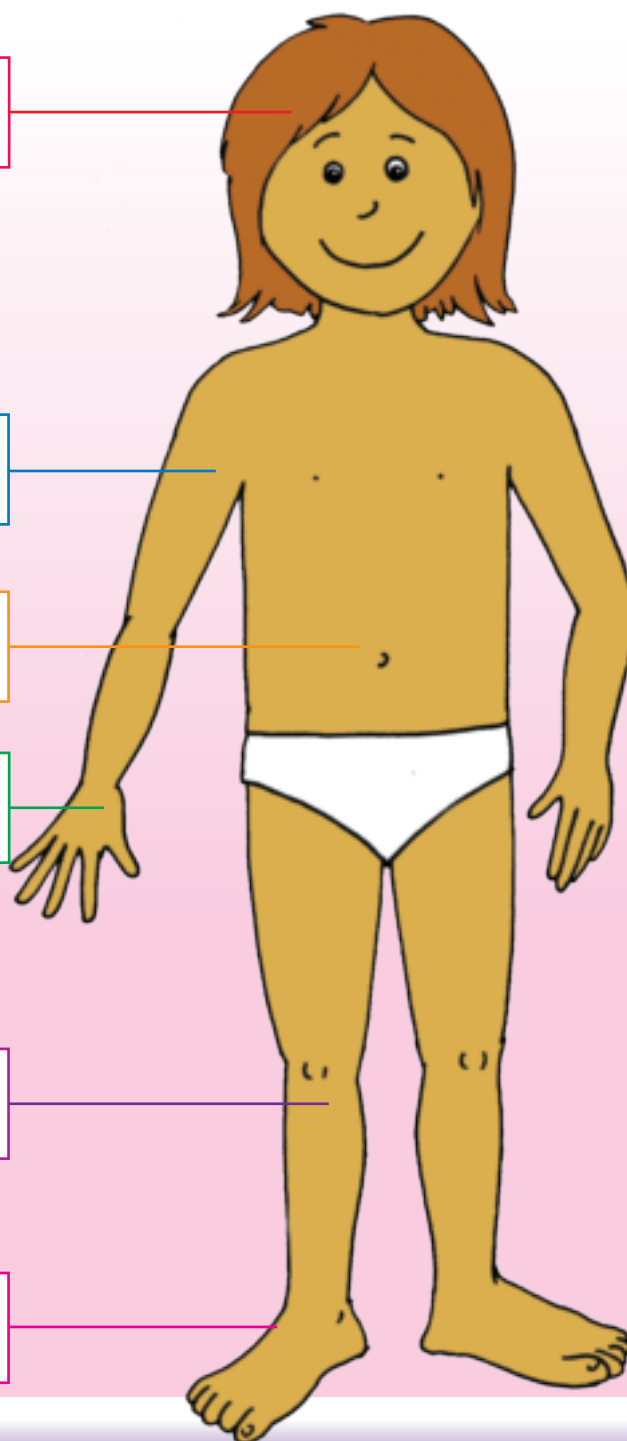
isandla

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.

Umantu ngamunye sinamehlo ama-2.



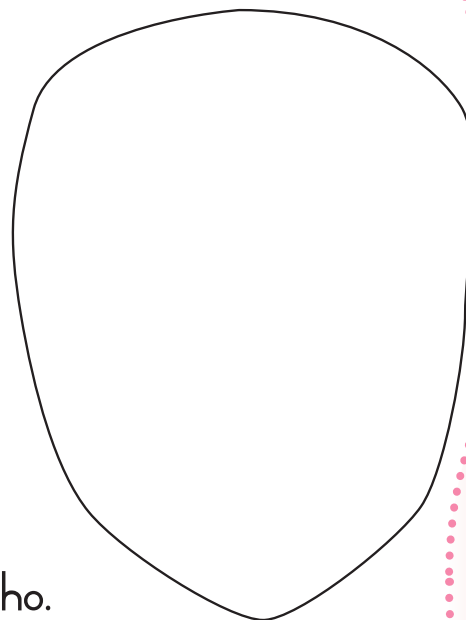
Umntu ngamunye sinezindlebe ezi-2.



Umntu ngamunye sinekhala eli-1.



Umntu ngamunye sinomlomo o-1.



Masicule

Cula leli culo. Thinta ingxenye yomzimba ngesikhathi ubiza igama layo.

Ikhanda namahlombe

Ikhanda mahlombe, madolo nezinzwane,
madolo nezinzwane, madolo nezinzwane

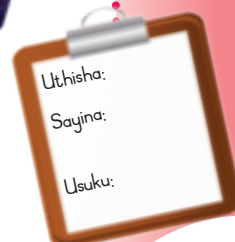
Ikhanda mahlombe, madolo nezinzwane
madolo nezinzwane, madolo nezinzwane

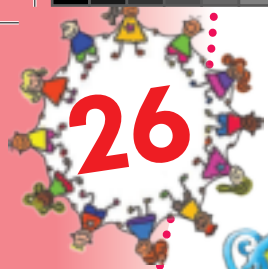
Ikhanda mahlombe, madolo nezinzwane,
madolo nezinzwane, madolo nezinzwane.



Masiphumele ngaphandle

Dlala umdlalo othi "uSimoni uthi..."

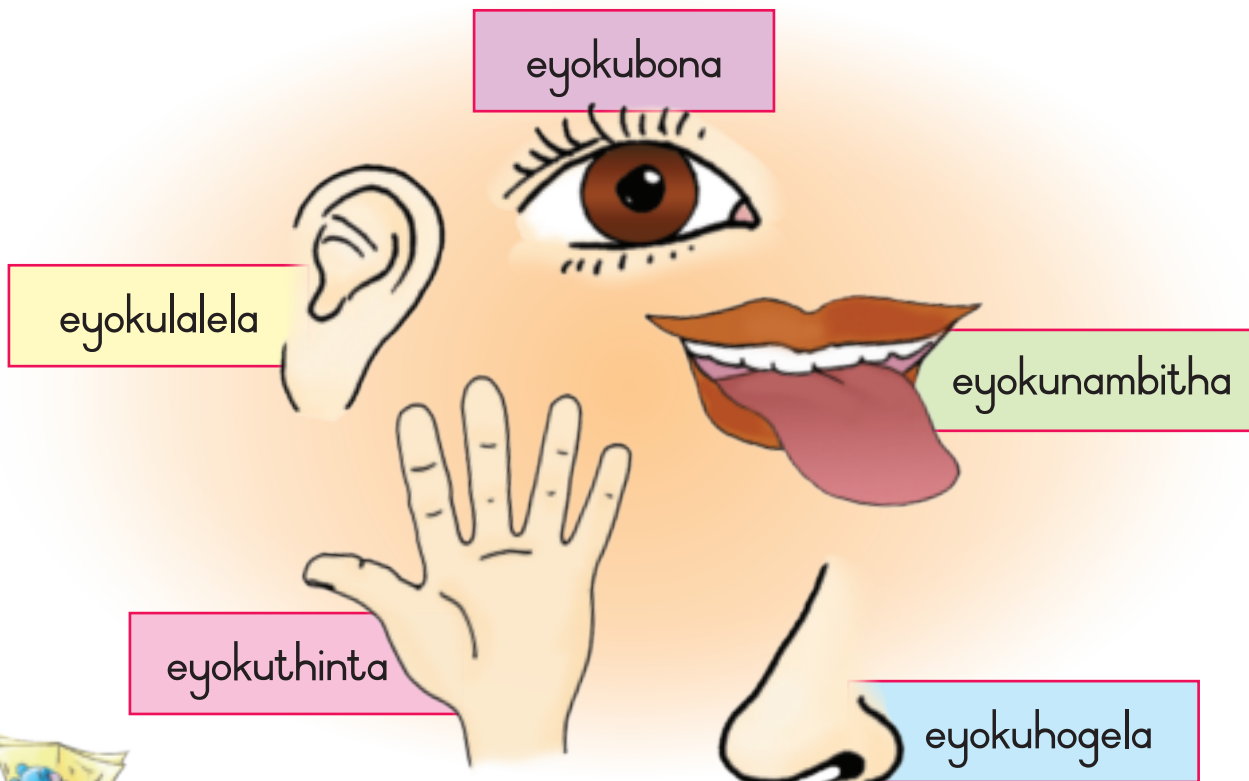




Izinzwa zami

Masikhulume

Buka izinhlobo ezahlukene zezinzwa bese usho ukuthi sizisebenziselani?



Masifunde

Sisebenzisa izinzwa zethu nsuku zonke.
Siyahogela siphinde sikunambithe ukudla.
Siyakwazi ukuthinta sizwe ukuthi uphapse luthambe kangakanani.
Siyabona ukuthi isibhakabhaka siluhlaza ehlobo.
Siyawulalela umculo.
Izinzwa zethu ziyasenza siphephe futhi.
Siyayihogela intuthu uma kunomlilo.
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 izitho zethu
zomzimba ezihambisana nezinzwa.

Nazi izindlela zokunakekela amehlo
akho nezindlebe.



Nakekela izindlebe
ngokugwema ukulalela
umculo okhalela phezulu.

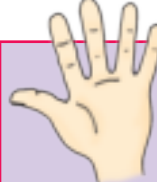


Nakekela amehlo ngokugqoka
ikepisi kumbe izibuko zamehlo.
Ungalibuki ilanga ngqo.



Bhala

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

	 ukunuka	 ukunambitha	 ukubona	 ukulalela	 ukuthinta
					
					
					
					
					



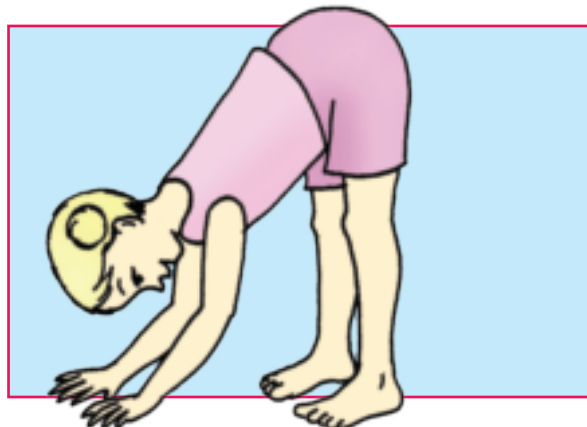
Ukunyakazisa umzimba wami



Masikhulume

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

Sisebenzisa imizimba yethu ukunyakaza.



Bhala

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

Iyiphi ingxenye yomzimba oyisebenzisa uma uhamba?

Usebenzisa ziphi izitho zomzimba uma ufuna ukucosha okuthize?



Masiphumele ngaphandle

Uthisha wakho uzokutshengisa ukuthi umdlalo "wekati negundane" udlalwa kanjani.

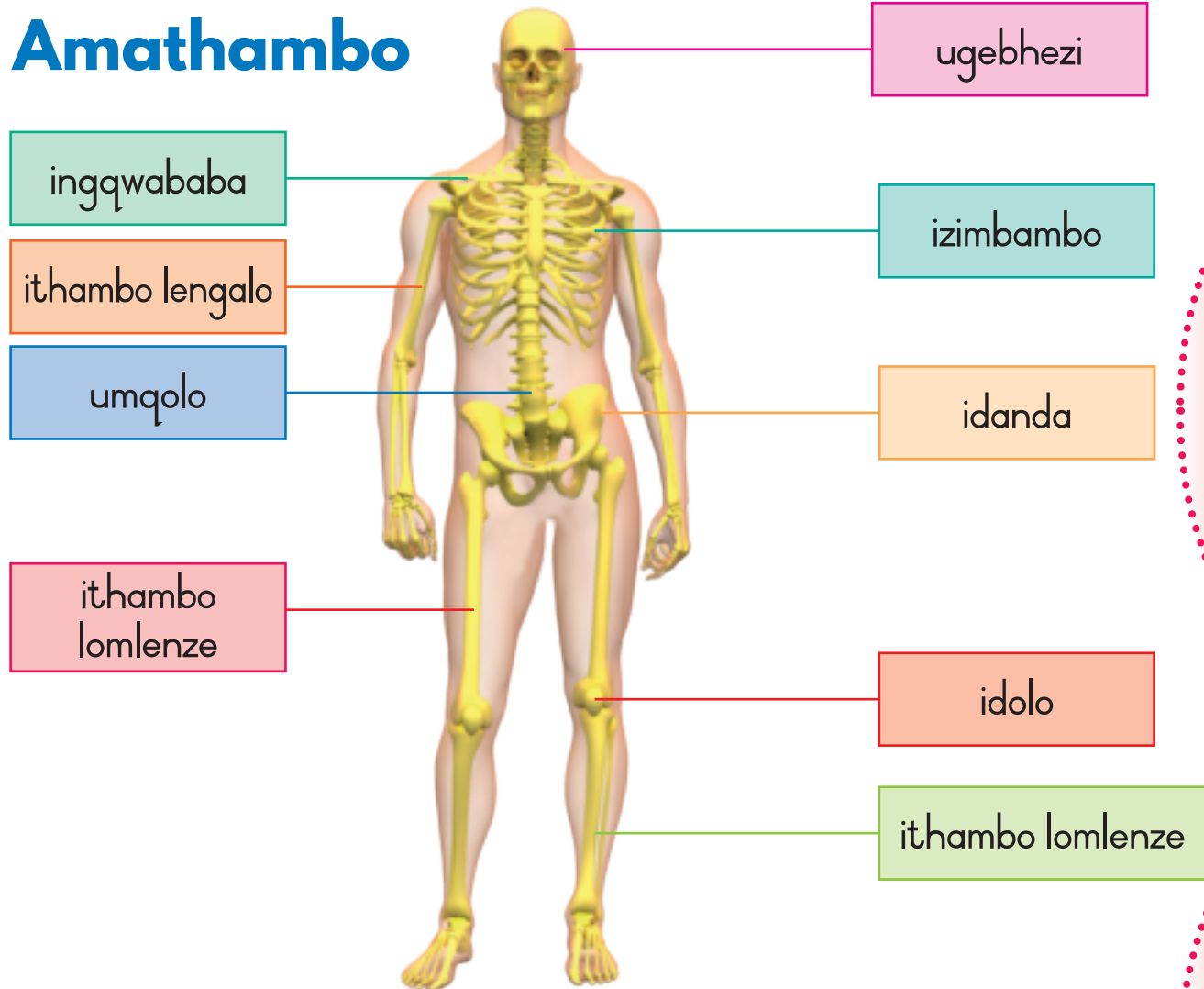




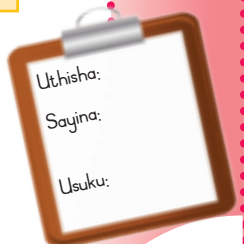
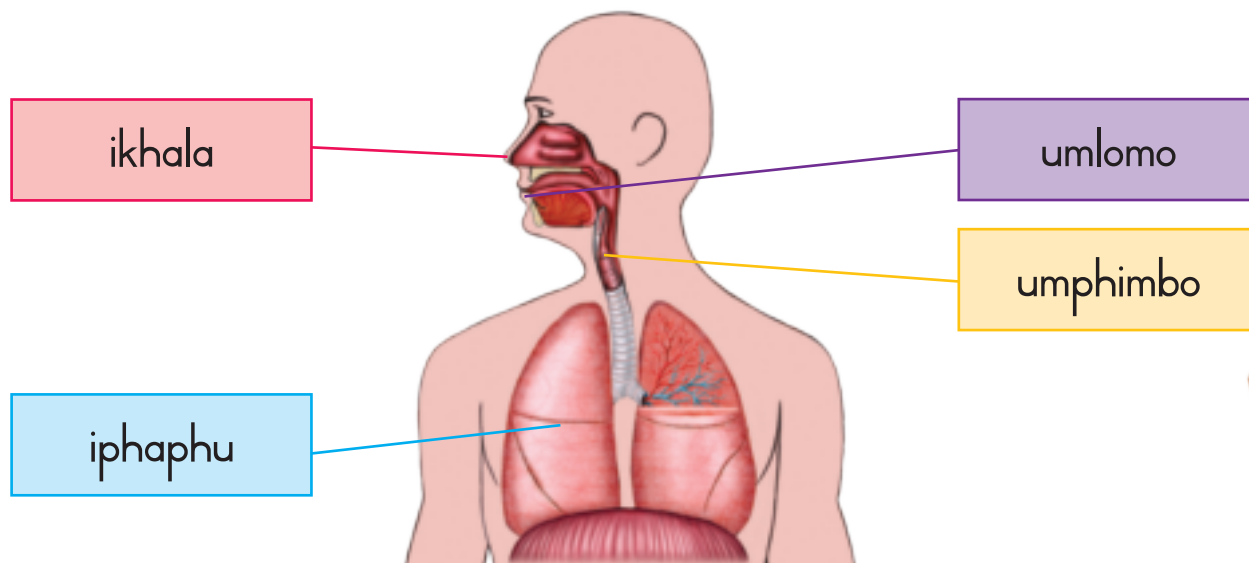
Masifunde

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

Amathambo



Izingxenye zomzimba ezikusiza ukuthi uphefumule



Uthisha:
Sayina:
Usuku:

Masikhulume

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



Ubona umngane wakho ngaphesheya komgwaqo.



Ulinde ibhasi wedwa esitobhini.



Umntu ongamazi ucela ukuthi uhambe naye.



Ulahlekile ezitolo.

Sinomuzwa wokuvuma uma umuntu esigona, lokhu kuzwakala kulungile. Kumnandi ukugonwa ngumuntu omthanda ngendlela enobungani nothando.



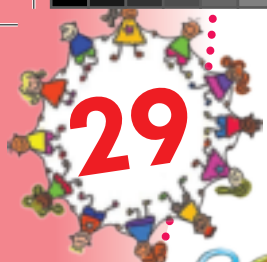
Woza lapha ntombazane.
Ngizokuthengela uswidi.

Sinomuzwa wokunqaba uma umuntu esithinta ngendlela eyethusayo neyesabisayo. Uma sethuka noma sizwa sesaba siba nomuzwa wokunqaba.

Umzimba wakho ubalulekile futhi ngowakho.
Ungavuma kuphela uma **KUKUHLÉ** ukuthintwa omunye umuntu, unqabe uma **KUNGEKUHLE**.



Uthisha:
Sayina:
Usuku:



Ukuzigcina uphaphile



Bhala

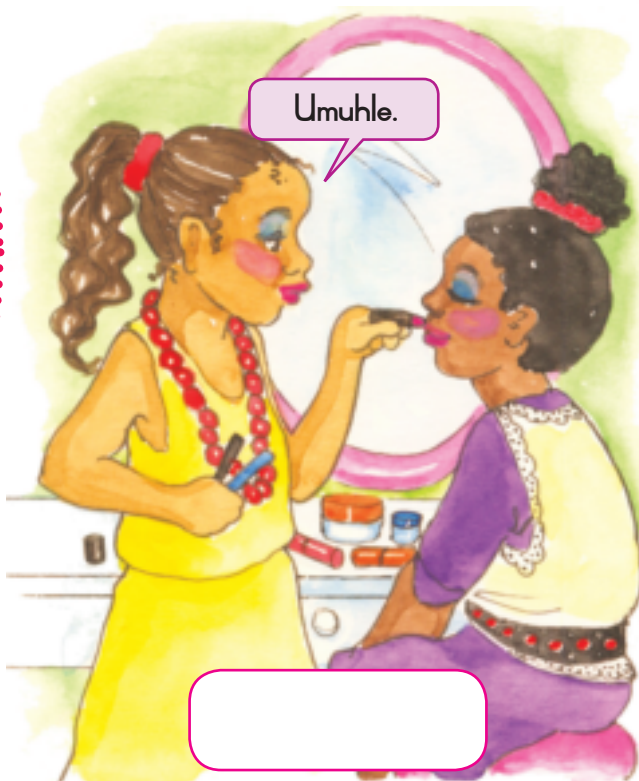
Buka lezi zithombe ezingezansi bese ubhala Yebo uma uvuma ngalokho okuzwayo, ubhale "cha" uma ungakuvumi lokho okuzwayo.



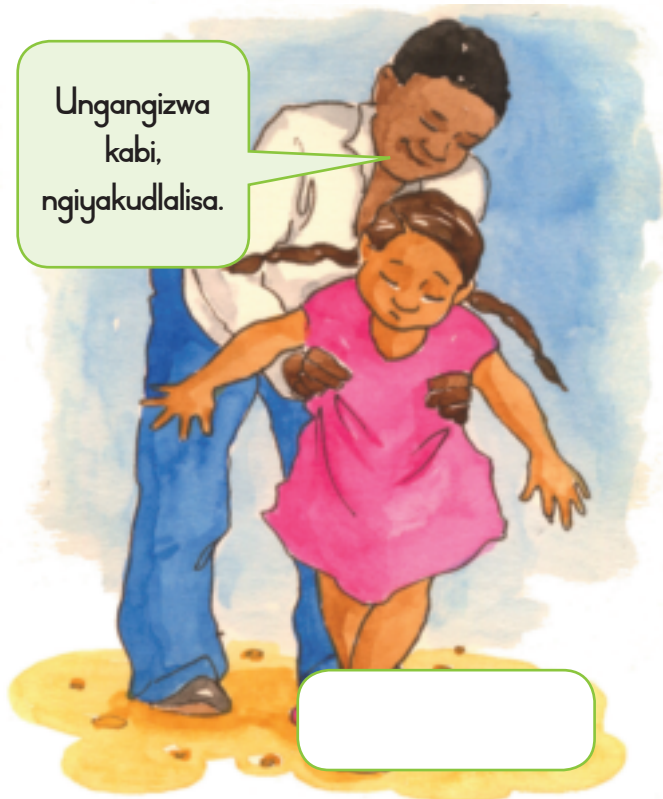
Ngiyakuthanda



Yekela ukumemeza! Umdala ukuthi ungenza lokho.



Umuhle.



Ungangizwa kabi, ngiyakudlalisa.





Masenze lokhu

Zijwayeze ukuthi "Cha" ngokusho uphindaphinde.

Dlalani umdlalo lapho nizokwenza omunye wenu abe ngumuntu eningamazi ofuna ukuthatha umntwana ngemoto noma ofuna ukumthinta ngendlela engafenele. 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.



Uyintombazane embi,
angikuthandi.

Ngeke uye esikoleni.
Thwala lezi zitini
zokwakha indlu.



Masiphumele ngaphandle

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 ubone ukuthi uyakwazi yini ukuyilandela ungaphumi nakancane.



Uthisha:
Sayina:
Usuku:



Ukugcina umzimba wami uhlale uphilile



Masifunde



Kunezindlela eziningi esingazithola sesigula ngazo. Ezikhathini eziningi sigula ngoba singenwe ngamagciwane. Amagciwane mancane, asikwazi ukuwabona. Angangena emizimbeni yethu asigulise.



Masikhulume

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





Masikhulume

Khuluma ngalezi zithombe. Faka uphawu ✓ ezithombeni ezikwenza uhlale uphilile. Faka uphawu ✗ ezithombeni ezikwenza uzizwe ugula.



Ukugcina umzimba wami uhlale uphilile (2)

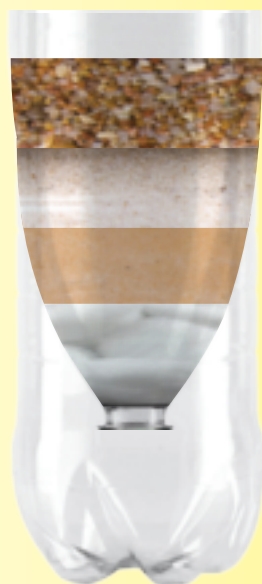


Masikhulume

Uthi bewazi ukuthi kunezindlela eziningi zokuhlaza amanzi?

Uthi bewazi ukuthi kunamanzi ahlanzekile kanye nangcolile? Ungaqiniseka kanjani ukuthi amanzi ahlanzekile futhi akulungele ukuphuzwa?

Ungabilisa amanzi angcolile ngeketela ukubulala amagciwane.



Ungakucwenga ukungcola. Uthisha wakho angakubonisa ukuthi lokhu kwenziwa kanjani.

Ungafaka ithisipuni lebhilishi (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.



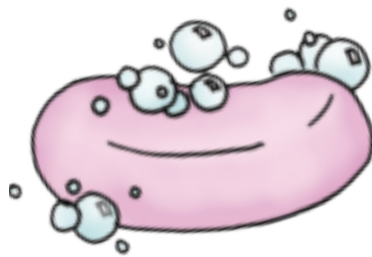
Geza izandla ngaphambi kokuthi udle.



Uma ungcolisile endlini encane, yihlanze bese ugeza izandla.



Lahla amathishu asetshenziwe emgqonyeni kadoti kumbe endlini encane.



Geza izandla emva kokuya endlini encane.



Vala umlomo uma ukhwehlela noma uthimula.



Uthisha:
Sayina:
Usuku:

Make sibone-ke



Masikhulume

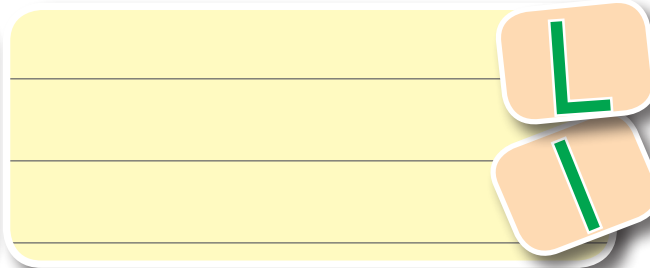
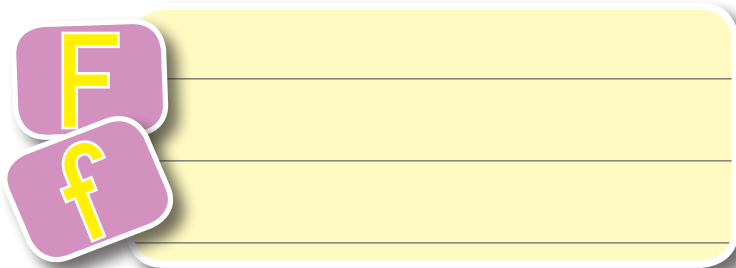
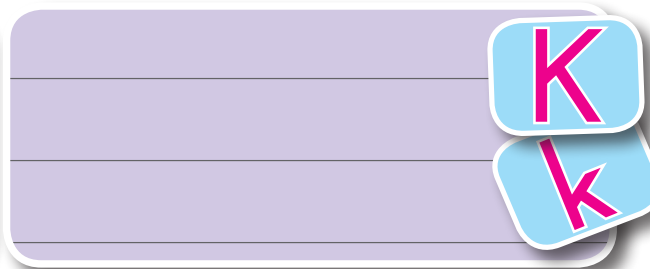
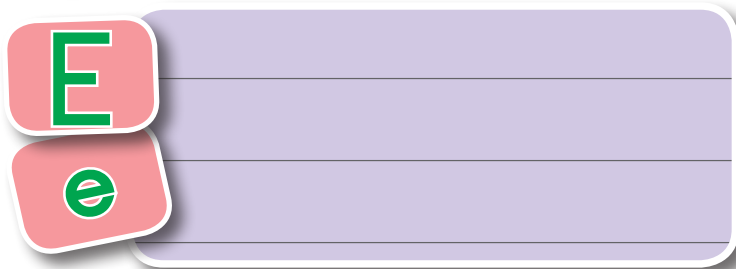
Chaza ukuthi yini oyifundile kumathemu amabili adlulile.



Ngiyakwazi ukukhuluma ngomndeni wami.		
Ngiyakwazi ukuhamba phezu kwentambo encane.		
Ngiyazazi izinombolo zocingo zamaphoyisa.		
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 ezahlukenene zemindeni.		
Ngifunde izinto eziningi esifundweni sAmakhono Empilo.		



Isichazamazwi sami





Isichazamazwi sami

M
m

Handwriting practice lines for the letter M/m.

S
s

Handwriting practice lines for the letter S/s.

N
n

Handwriting practice lines for the letter N/n.

T
t

Handwriting practice lines for the letter T/t.

O
o

Handwriting practice lines for the letter O/o.

U
u

Handwriting practice lines for the letter U/u.

P
p

Handwriting practice lines for the letter P/p.

V
v

Handwriting practice lines for the letter V/v.

Q
q

Handwriting practice lines for the letter Q/q.

W
w

Handwriting practice lines for the letter W/w.

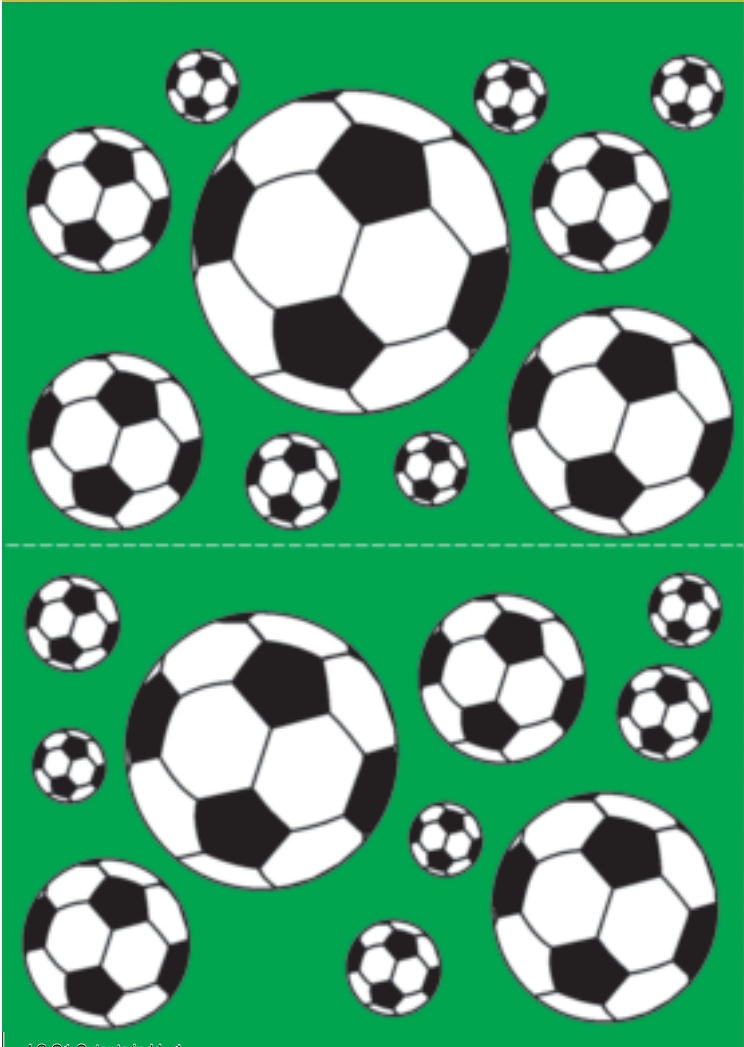
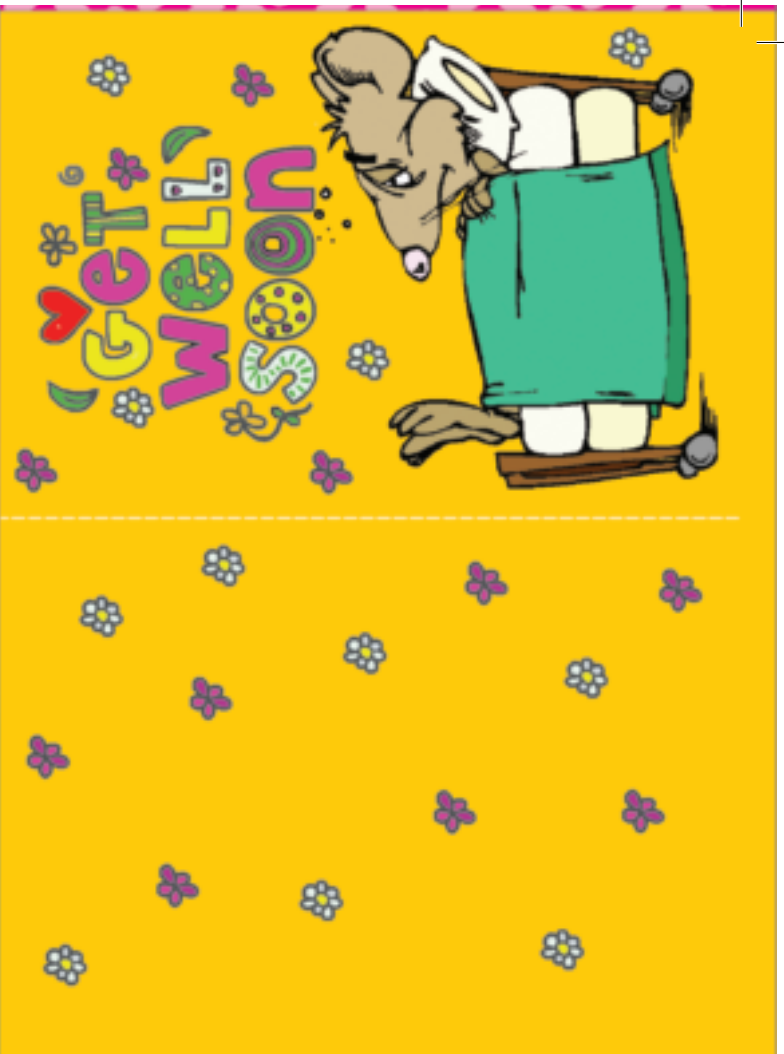
R
r

Handwriting practice lines for the letter R/r.

X-Z
x-z

Handwriting practice lines for the letters X, Y, and Z.







Masks

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

