

E tihabolotswe e
bile e tsamaelana
le KPKT

Mophato



1

Dikgono tsa Botshelo
ka SETSWANA

Buka 2
Kgweditsharo 3 & 4



Leina:

Phaposi:



ISBN 978-1-4315-0248-6



LIFE SKILLS IN SETSWANA
GRADE 1 – BOOK 2
TERMS 3 & 4
ISBN 978-1-4315-0248-6
THIS BOOK MAY NOT BE SOLD.
15th Edition

Workbooks available in this series:

- Grade R (in all official Languages);
- Literacy/Home Language Grades 1 to 6 (in all 11 official Languages);
- Mathematics Grades 1 to 3 (in all 11 official Languages);
- Mathematics Grades 4 to 9 (in Afrikaans and English);
- Life Skills Grades 1 to 3 (in all 11 official Languages); and
- Grades 1 to 6 English First Additional Language.



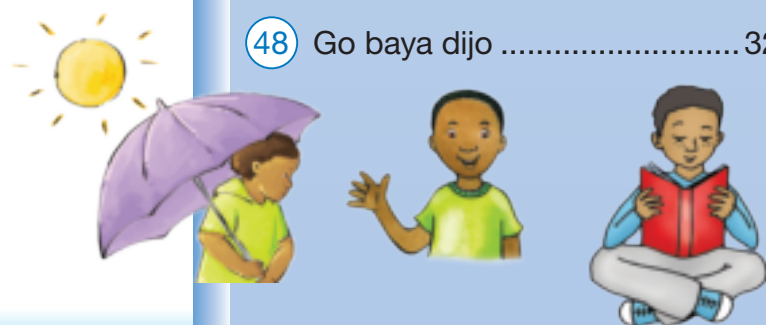
basic education
Department:
Basic Education
REPUBLIC OF SOUTH AFRICA



Diteng

Kgweditsharo 3 Tsebe

- 33 Mafelo a a mo morafeng wa gaetsho 2
- 34 Go tlhokomela didirisiwa mo motseng 4
- 35 A e siame kgotsa nnyaya? 6
- 36 Batho mo setšhabeng sa rona..... 8
- 37 Diphologolo tse re di ruang jaaka diotlwana..... 10
- 38 Ka moo o tshwanetseng go tlhokomela diotlwana ka teng.. 12
- 39 Maitseo le maikarabelo 14
- 40 Maikarabelo a mantsinyana.... 16
- 41 Ke goreng re tlhoka dijwalo? ... 18
- 42 Ka moo dijwalo di lebegang ka teng..... 20
- 43 Dipeo le kwa di tswang teng ... 22
- 44 Ke dijwalo dife tse di tshwanetseng go tlhoga? 24
- 45 Dijo tse re di jang 26
- 46 Dijo tse di farologaneng di tswa kae?..... 28
- 47 Dijo tse di itekanetseng le tse di sa itekanelang 30
- 48 Go baya dijo 32



Kgweditsharo 4 Tsebe

- 49 Mefuta ya magae (1) 34
- 50 Mefuta ya magae (2) 36
- 51 Magae a a farologaneng a agilwe ka eng?..... 38
- 52 Magae le maemo a bosa 40
- 53 Go batla mafelo le dilo (1) 42
- 54 Go batla mafelo le dilo (2) 44
- 55 Go batla tsela 46
- 56 Go batla ditiragalo mo kgannyeng 48
- 57 Tiriso ya metsi: kwa gae le kwa sekolong 50
- 58 Mekgwa e metsi a senngwang ka yona..... 52
- 59 Metsi a re a nwang: a a siameng le a a sa siamang 54
- 60 Go boloka metsi a a phepa 56
- 61 Letsatsi le fetoga bosigo 58
- 62 Legodimo le ntse jang bosigo? 60
- 63 Letsatsi le ngwedi..... 62
- 64 Dinaledi..... 63



Mme Siviwe Gwarube,
Tona ya Lefapha la
Thutotheo



Ng. Reginah Mhaule,
Motlatsatona wa
Lefapha la Thutotheo

Dibukatiro tse di kwaletswa bana ba Aforikaborwa ka fa tlase ga boeteledipele jwa Tona ya Lefapha la Thutotheo, Mme Siviwe Gwarube le Motlatsatona wa Lefapha la Thutotheo, Ng. Reginah Mhaule.

Dibukatiro tsa Rainbow ke phitlhelelo nngwe ya Lefapha la Thutotheo e e lebisitsweng mo go tokafatseng bokgoni jwa barutwana ba Aforikaborwa ba mephato e merataro ya ntlha jaaka e le maikaelelomagolo a Lenaneotiro la Puso. Porojeke e, e etleeditse ke Lefapha la matlotlo la Bosetshaba. Ketleetso e, e kgontshitse Lefapha go kwala le go rebola dibukatiro tse mo dipuong tsotlhe tsa semmuso kwa ntle go tuelo epe.

Re solofela gore dibukatiro tse di tlaa tswela barutabana mosola mo go ruteng ga bona ga letsatsi le letsatsi, le mo go netefatseng gore barutwana ba digela kharikhulamo ya bona. Re netefaditse gore re kaela morutabana sentle mo tirong nngwe le nngwe ka go tsenyeletsa mesupatsela go bontsha gore ke eng se morutwana a tshwanetseng go se dira.

Re solofela gore bana ba tlaa itumelela go dira mo bukeng e fa ba ntse ba gola e bile ba ithuta, le gore wena jaaka morutabana, o tlaa abelana le bona boitumelo jwa bona o tlaa e itumelela mmogo le bona.

Re go eleletsa katlego e kgolo mo tirisong ya dibukatiro tse, wena le barutwana ba gago.

Published by the Department of Basic Education
222 Struben Street
Pretoria
South Africa

© Department of Basic Education
Fifteenth edition 2025

ISBN 978-1-4315-0248-6

This book may not be sold.

The Department of Basic Education has made every effort to trace copyright holders but if any have been inadvertently overlooked the Department will be pleased to make the necessary arrangements at the first opportunity.



Mophato

1



Dikgono tsa Botshelo
ka **SETSWANA**
Buka 2



Buka e ke ya ga:





33

Beke I
Kgweitharo 3

Mafelo a a mo morafeng wa gaetsho



A re buiseng

Akanya ka ga batho ba o ba boneng le go bua le bona letsatsi lengwe le lengwe – batho ba ke morafe wa gaeno. Ba ka nna batho ba ba mo mebileng kgotsa ba ba tshelang gaufi le fa o nnang teng. Ba ka nna batho ba ba kwa kerekeng le kwa sekolong sa gago, maphodisa a a mo tikologong ya gaeno, dingaka, jalojalo.



A re bueng

Bua le tsala ya gago ka ga setshwantsho se se mo ditsebeng tse pedi tse. Ke mafelo afe a a mo setshwantshong a o a lemogang? Batho ba kgobokana kgotsa ba kopana kwa mafelong afe mo go a?





Letlha:



A re direng

Ke afe a mafelo a a mo setshwantshong se se fa tlase a o a etetseng? Gratisa bokwantle jwa ona ka kheraeyone.



A re bueng

Tlotelela tsala ya gago gore a o ne wa etela mafelo a, le mongwe kgotsa o ne o le esi. Ke goreng o ne o a etela? A o akanya gore mafelo a o a etetseng ke mafelo a batho ba ba bogole ba ka a fitlhelang bonolo, ba a etela?





34

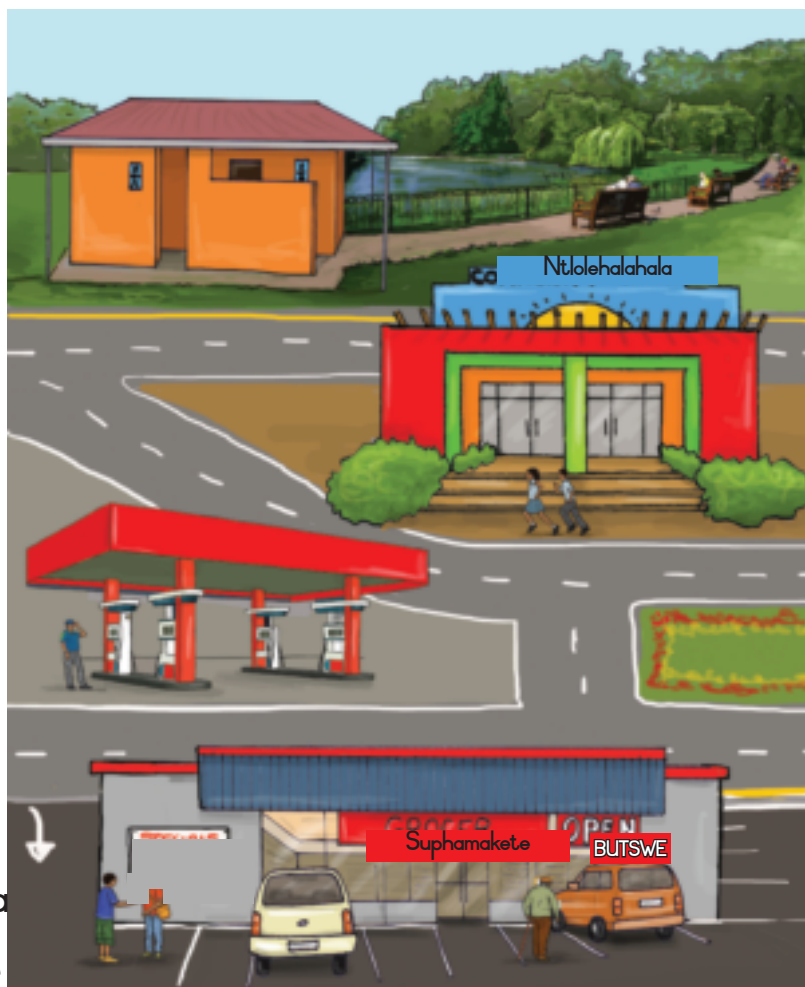
Beke I
Kgweitharo 3

Go tlhokomela didirisiwa mo motseng



A re bueng

Mafelo a a mo metseng ya rona a na le mefuta e e farologaneng ya didirisiwa tse mongwe le mongwe a ka di dirisang. Ditleliniki, dikolo, mabala a metshameko le dikokelo tsotlhe ke mafelo a rotlhe re a dirisang. Re tshwanetse go tlhokomela mafelo otlhe mo motseng wa rona. Gape re tshwanetse go tshola tikologo ya rona e le phepa gore e natefele mongwe le mongwe.



A re bueng

Bua le tsala ya gago ka ga setshwantsho.

- A o akanya gore batho ba rata go tshela fa?
- Ke goreng o akanya jalo?
- Motse le tikologo tsa gaeno di ka tokafadiwa jang?



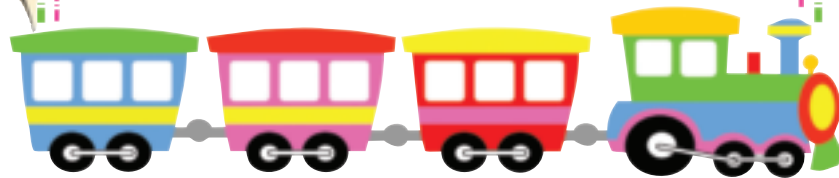


A re direng

Itirele setshwantsho sa mebalabala o dirisa mofuta mongwe wa sepalangwa sa botlhe, se tshwana le terene, bese kgotsa thekesi. Bontsha batho ba bogolo jo bo farologaneng ba na le wena - bangwe ba dutse ba tlhamalatse, bangwe ba inametse kwa pele kgotsa ba robaletse kwa morago, bangwe ba le bagolo mme bangwe ba le bannye.



A re tsamayeng



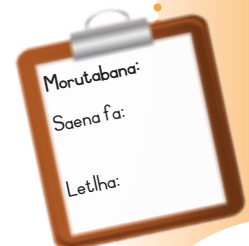
Ikatise

- Ikatise ka go tsamaela kwa pele ka menwana ya maoto.
- Jaanong tsamaela kwa morago ka diretse tsa gago.
- Tsamaela kwa pele ka diretse tsa gago.
- Tsamaela kwa morago ka menwana ya maoto a gago.



Bopa ditlhaka

Dirang ka bobedi. Dirisang mebele ya lona go bopa ditlhaka. O ka nna wa ema o itshegeditse ka lebota kgotsa o robetse. Bona gore a wena le tsala ya gago le ka bopa tlhaka e e ka se kang ya bopiwa ke ope.





35

Beke 2
Kgweditharo 3

A e siame kgotsa nnyaya?



A re bueng

Lebelela ditshwantsho tse.

Mafelo otlhe a, kana didiriswa tsotlhe tse, ke eng? Tlotlela tsala ya gago mokgwa o o nepagetseng wa go dirisa lefelo kana sedirisiwa sengwe le sengwe.





Letlha:



A re direng

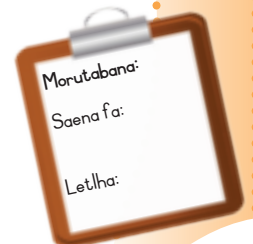
Aga mmotlolo wa kago o dirisa didiriswa tse di kileng tsa diriswa. O ka nna wa aga tleliniki, laeborari kgotsa kago efe kapa efe e mo motseng. Ka ditlhopha. Kgabisa kago ya gago go bontsha sentle gore ke kago efe e o e agileng.



A re diragatseng

- Emissa ditaere o di beye ka lenaneo.
- Gagaba ka fa tlase ga ditaere.
- Robatsa ditaere fa fatshe.
- Ema ka maoto a mabedi mo taereng.
- Jaanong tsetsepela ka leoto le le lengwe mo taereng.
- Dirisa taere mo metshamekong e mengwe ya motsamao.

Ela tlhoko gore o se ka wa ikgobatsa.





36

Kgweditsharo 3 – Beke 2

Batho mo setšhabeng sa rona



A re kwaleng

Lebelela ditshwantsho tse. Goo tswa mo mabokosong a a ka fa mojang, tlhopha leina le le siameng la setshwantsho sengwe le sengwe. Le kwale ka fa tlase ga setshwantsho seo.



Motshelaleokwane

Mmamabolomo

Mooki



Mokgweetsi wa thekesi

Rapharakano

Ngaka



Morekisi wa maungo

Rasetimamolelo

Lepodisi



A re bueng

Lebelela ditshwantsho tse o di fileng maina mme o bue le tsala ya gago ka tsona.

A o bona batho ba mo motseng wa gaeno?

Ke bomang gape ba o ba bonang mo motseng wa gaeno?

A batho ba mo motseng wa gaeno ba a thusana? Ba dira eng?





A re kwaleng

Thala mola go tswa mo tshimologong ya polelo nngwe le nngwe ka fa molemeng go ya kwa mafokong a a golaganang ka fa mojeng.

Letlha:



Rasetimamolelo

Tokololo ya Tirelo ya Sepodisi sa Aforikaborwa

Ngaka

Morekisi wa maungo

Motshelaleokwane

tshwara disenyi

tshela leokwane (Peterolo) mo dijanageng

rekisa maungo

tima molelo

o a re fodisa



A re kwaleng

Lebelela ditshwantsho tse. Gio tswa mo mafokong a a fa tlase, tlhophla leina le le siameng la setshwantsho sengwe le sengwe. Le kwale ka fa tlase ga setshwantsho seo. Bapisa dikarabo tsa gago le tsa tsala ya gago.

Setsha sa go aga

Karatšhe ya go tshela peterolo

Kokelo kana sepetlele

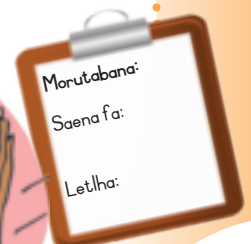
Setešene sa mapodisi



A re opeleng

Opa diatla go ya ka moribo o o utlwang .

- Reetsa sentle fa moribo o fetoga.
- Dira se ka mefuta e e farologaneng ya mmimo, go tloga ka tlelsiki go fitlha ka phopo.
- Opa diatla ka bonako kgotsa ka iketlo go tshola moribo sentle.





37

Diphologolo tse re di ruang jaaka diotlwana



A re buiseng

Bontsi jwa rona bo na le diotlwana. Seotlwana sa gago ke tsala ya gago ya phologolo. O a e tlhokomela e bile e nna gaufi thata le wena – gongwe e nna le wena mo ntlong e o nnang mo go yona kgotsa mo ntlwaneng ya yona mo segotlong.



A re bueng

Lebelela setshwantsho. Bua le tsala ya gago ka ga setshwantsho. Dirisa kherayone go sekeletsa diotlwana tsotlhe tse o kgonang go di bona. Ke diotlwana di le kae tse o kgonang go di bala? Bolelela morutabana wa gago.

- A o na le seotlwana? Fa o na le sona, tlotlela tsala ya gago ka ga sona.
- Fa o se na sona, tlotlela tsala ya gago gore o ka rata go nna le seotlwana sa mofuta ofe kgotsa goreng o sa batle seotlwana.



A re kwaleng

Dirang lenaneo la mofuta yotlhe ya diotlwana tse o sa di boneng mo setshwantshong. Kopolelela se morutabana wa gago a se kwalang mo botong fa.





A re kwaleng

Thala setshwantsho
seotlwana sengwe le sengwe
se o se ratang.

Dirisa mmopa go bopa
seotlwana se.



A re ikatiseng

Ikatisa go latlhela le go tswara kgwele

- Latlhela bolo ya thenese mo moweng.

A o ne o itse?

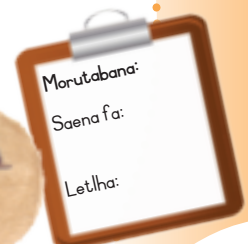
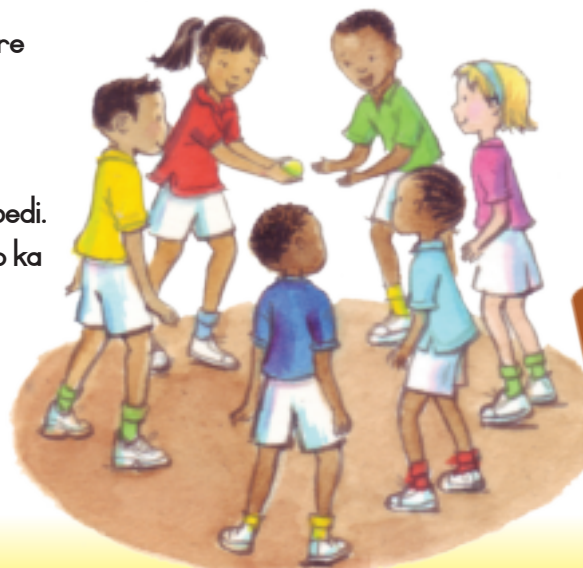
Bontsi jwa diphologolo bo rata go tshameka ka bolo. Mme gona o tshwanetse go nna bonako thata gonne dintšwa di rata go tshwara bolo le go tshaba ka yona.

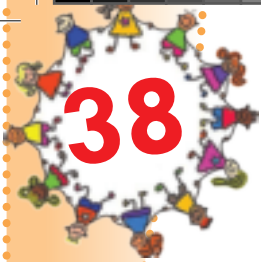
E tshware ka diatla tse pedi.

- Jaanong e latlhele mo moweng ka letsogo le le lengwe mme o e tshware gape ka seatla le le lengwe.
- Jaanong latlhela bolo ya thenese ka seatla sa gago se le sengwe mo moweng o bo o e tshwara gape ka seatla seo.

Betsabetsa bolo ya thenese fa fatshe ka diatla tse pedi o bo o e tshwara ka diatla tse pedi

- Betsabetsa bolo ya thenese fa fatshe ka matsogo a mabedi mme o e tshware gape ka matsogo a mabedi.
- E betsabetsa ka letsogo le le lengwe mme o e tshware gape ka lona letsogo leo.
- E betsabetsa ka letsogo le lengwe mme o e tshware gape ka letsogo leo.
- Emang tshekeletsa mme o fetisetse bolo kwa mothong yo o fa thoko ga gago ka matsogo a mabedi.
- Fetisetse bolo kwa mothong yo o fa thoko ga gago ka letsogo le le lengwe.
- Dirisa letsogo le lengwe la gago mme o fetisetse bolo kwa mothong yo o fa thoko ga gago ka fa letlhakoreng le le lengwe.





Ka moo o tshwanetseng go tlhokomela diotlwana ka teng



A re bueng

Go botlhokwa go tlhokomela diotlwana tsa rona.

Bua le tsala ya gago ka ga gore diotlwana di batla eng. Akanya o le a seotlwana se tsala ya gago e se thadileng mo tsebeng ya 2. Akanya ka gore o ka tlhoka eng. O ka akanya ka ga dilo di tshwana le dijo le gore o ya go robala kwa kae. Jaanong bolelela tsala ya gago. Gape bua ka ga gore o tshwanetse go dira eng fa o ka lwala.



A re kwalleng

Tshwaya (✓) fa thoko ga selo sengwe le sengwe se seotlwana se se tlhokang.

Dijo

☐

Metsi

☐

Sesepa sa meno

☐

Lefelo le le bothitho, le le omileng la go robala

☐

Ngaka ya diphologolo fa e lwala

☐

Letsatsi la boikhutso

☐

A re kwalleng

Thala dintlo tse diphologolo tse di di tlhokang. Morago o kwale leina le re le nayang bana ba tsona.

Phologolo	Ntlo	Leina la ngwana wa phologolo
		
		
		





A re direng

Buisa polelo nngwe le nngwe mme o akanye ka moo o ka ikutlwang ka teng le gore o ka dira eng wa bo wa bua eng. Morutabana wa gago o tlaa go bolelela se o tshwanetseng go se dira.

- O tshola seotlwana se sešwa.
- Katse ya gago e timetse.
- Ntšwa ya gago e jele setshamekisi sa gago se o se ratang.
- Tsala ya gago e rumola ntšwa.
- O bona ntšwa e tswaletswe mo koloing e e lotletsweng.



A re diragatseng

Reetsa meribo e e farologaneng e morutabana wa gago a tlaa e tshamekang. Itire o ka re o phologolo e e tsamayang go ya ka moribo wa mmimo.

Fa mmimo o le bonako potokela jaaka pitse.



Fa mmimo o le bonolo, fofa jaaka serurubele.

Fa mmimo o le kwa godimo, tsamaya jaaka tlou.



Fa mmimo o le bonya, tsamaya jaaka khudu.



A re bueng

Bolelela tsala ya gago ka se se kgatlhisang mo ditshwantshong tse di fa tlase.



Mmutla ke sekokoni. Meno a dikokoni ga a emise go gola.



Ngwaga o le mongwe wa motho o lekana le dingwaga tsa ntšwa di le 7. Fa ntšwa e na le dingwaga di le 3, e lekana le dingwaga tsa motho di le 21.

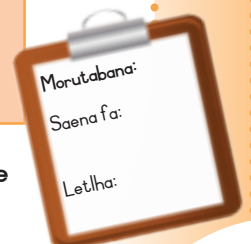


Fa katse e itumetse, e a ngaola.



Boithabiso

"Katse le Pebi". Morutabana wa gago o tlaa le bolelela gore ke mang katse le gore ke mang pebi. Refosanang morago ga sebakanyana.





Maitseo le maikarabelo



A re buiseng



Dumela, Jabu.
A o tsogile?

Dumela, morutabana.
Ke tsogile, wena o tsoga jang?

Mafoko a a bontsha maitseo a a siameng. Maitseo a rona ke mokgwa oo re tsholang batho ba bangwe ka teng. Maitseo a rona a bontsha ka moo re tlotlang ba bangwe ka teng.

Re itumelela go bua le mongwe yo o nang le maitseo a a siameng. Gape go a itumedisana go nna botsalano le mongwe yo o nang le maitseo a a siameng.

Re na le maikarabelo a go aga re tshola batho ba bangwe sentle. Ke ka moo mongwe le mongwe wa rona a tshwanetseng go itshola sentle.



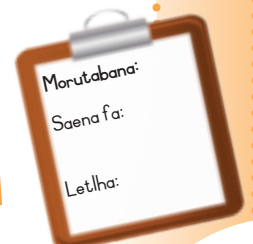


Letlha:



A re bueng

Lebelela ditshwantsho. Gape buisa mafoko a a mo mabokosong. Bua le tsala ya gago ka ga ditshwantsho. Bua ka ga maitsholo a a siameng kgotsa a a sa siamang a bana ba a bontshang.



Morutabana:
Saena fa:
Letlha:



Maikarabelo a mantsinyana



A re kwaleng

Lebelela ditshwantsho tse o bo o buisa dipolelo tse di mo mabokosong.
Thala mola go ya kwa maikarabelong a a tsamaelanang le setshwantsho
sengwe le sengwe.



Ke thusa go tshola ntlo ya
gaetsho e le phepa.



Ke tsala ya botlhokwa e bile
ke thusa batho ba bangwe.

Ke bontsha balelapa la
gaetsho gore ke a ba rata.



Ke tshameka sentle ka
ditshamekisi tsa tsala ya me.



Ke a itlhokomela e bile ke
tlhokomela dilo tsa me.

Ke thusa ntate go teke
tafole.



A re diragatseng

Dira tiragatso ka ga maitsholo a mantle le maikarabelo a mo go ona o:

- dumedisang batho ba o ba itseng le ba o sa ba itseng
- O emelang tšhono ya gago
- O reetsang motho mongwe ka tlhoafalo
- O aroganang sengwe le mongwe
- nna botsalano go mongwe
- nna boikanyego ka ga sengwe
- O tlotlang dithoto tsa bangwe
- O tlotlang bangwe.

Letlha:

Ka ditlhopheng, diragatsang maitsholo a mantle le maikarabelo mabapi le:

- Lelapa la gago
- Tiro ya sekolo sa gago
- Ditiro tsa kwa gae
- Dijo tse o di amogelang letsatsi lengwe le lengwe
- Diaparo tse o di aparang
- Ditshamekisi tsa gago
- Ditsala tsa gago



A re kwaleng

Thala setshwantsho sa gago o le botsalano mo bathong ba bangwe.



A re ikatiseng

Reetsa fa morutabana wa gago a re, tlola, taboga kgotsa gagaba.

O tlaa letsa phala pele ga taelo nngwe le nngwe e ntšhwa.

Tsamaela ka bonakonyana kgotsa ka iketlo fa morutabana wa gago a go laela jalo.



A re tshamekeng

Tshameka hoposekotšhe ka leoto la gago le le bokoa. Ke maitseo afe a a leng botlhokwa fa o tshameka hoposekotšhe?





41

Beke 5
Kgweditharo 3

Ke goreng re tlhoka dijwalo?

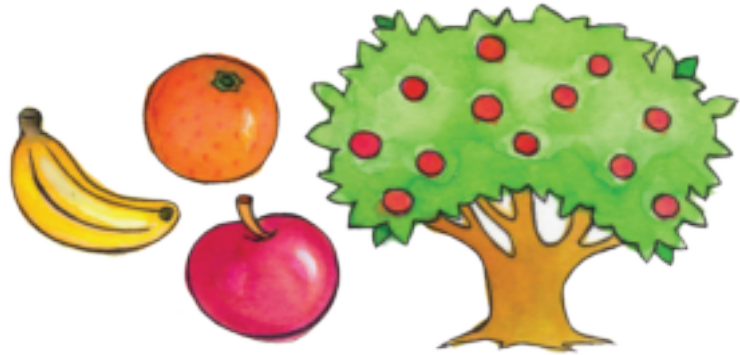


A re bueng



A re buiseng

Lebelele mo tikologong ya gago. Ke dilo dife tse o di bonang tse di tswang mo dijwalong? Bua le tsala ya gago mme le bone gore le ka akanya di le kae?. Bolelelang morutabana wa lona gore le akantse ka dijwalo dife.



Dijwalo le ditlhare dingwe di sireletsa diphologolo.

Dijwalo dingwe di re naya matute le dijo

Dijwalo le ditlhare dingwe di re naya moriti.



Dijwalo dingwe di re naya ditšhese kana malomo go kgabisa magae.





Letlha:



Re tlhoka tlhaga mo mabaleng a metshameko.

Re dirisa letseta go dira diaparo.



Re dirisa matlhaka go dira dimmanki le marulelo.

Re dirisa magong a ditlhare go dira fenitšhara.



A re bueng

Wena le tsala ya gago, tlhophang mekgwa ya botlhokwa e meraro e dijalo di ka dirisiwang ka yona.

A re ka go bolaya diywalo fa re di dirisa thata?

Tlotang ka ga potso e mo phaposing .



Morutabana:
Saena fa:
Letlha:





42

Beke 5

Kgweditsharo 3

Ka moo dijwalo di lebegang ka teng



A re kwaleng

Dijwalo di bopiwa ke dikarolo tse di farologaneng. Dirisa mafoko a a mo mabokosong go naya dijwalo tse maina. Bapisa mafoko a gago le a tsala ya gago.

medi

kutu

letlhare

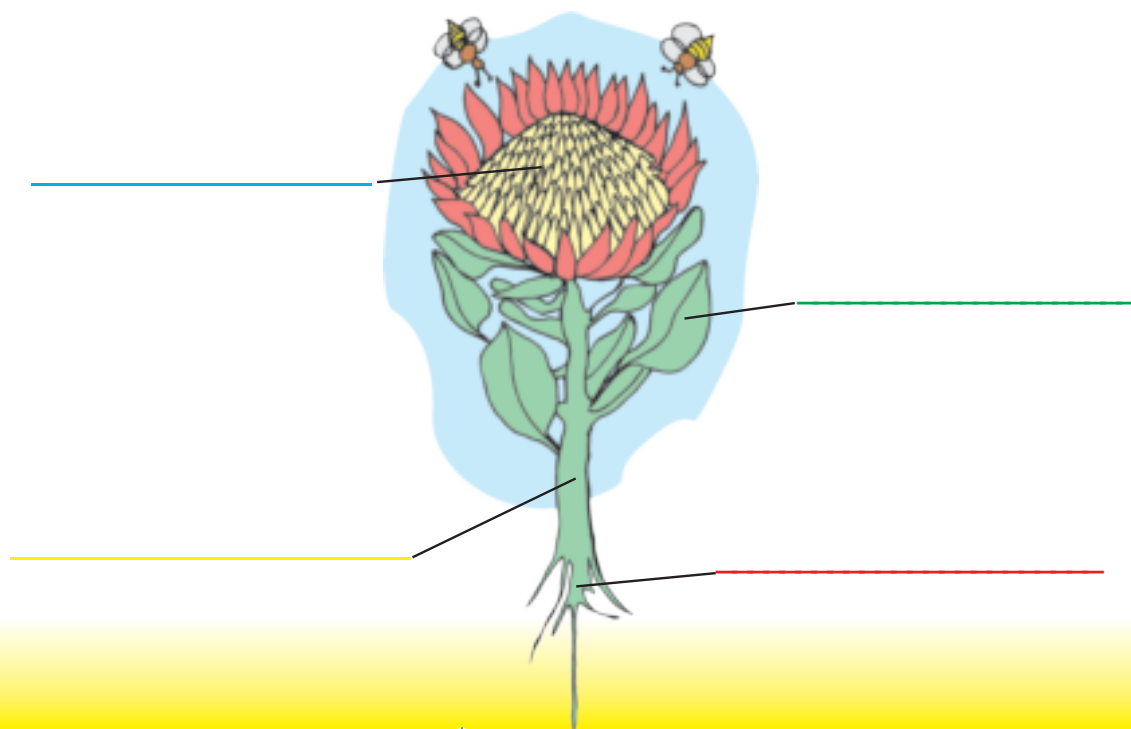
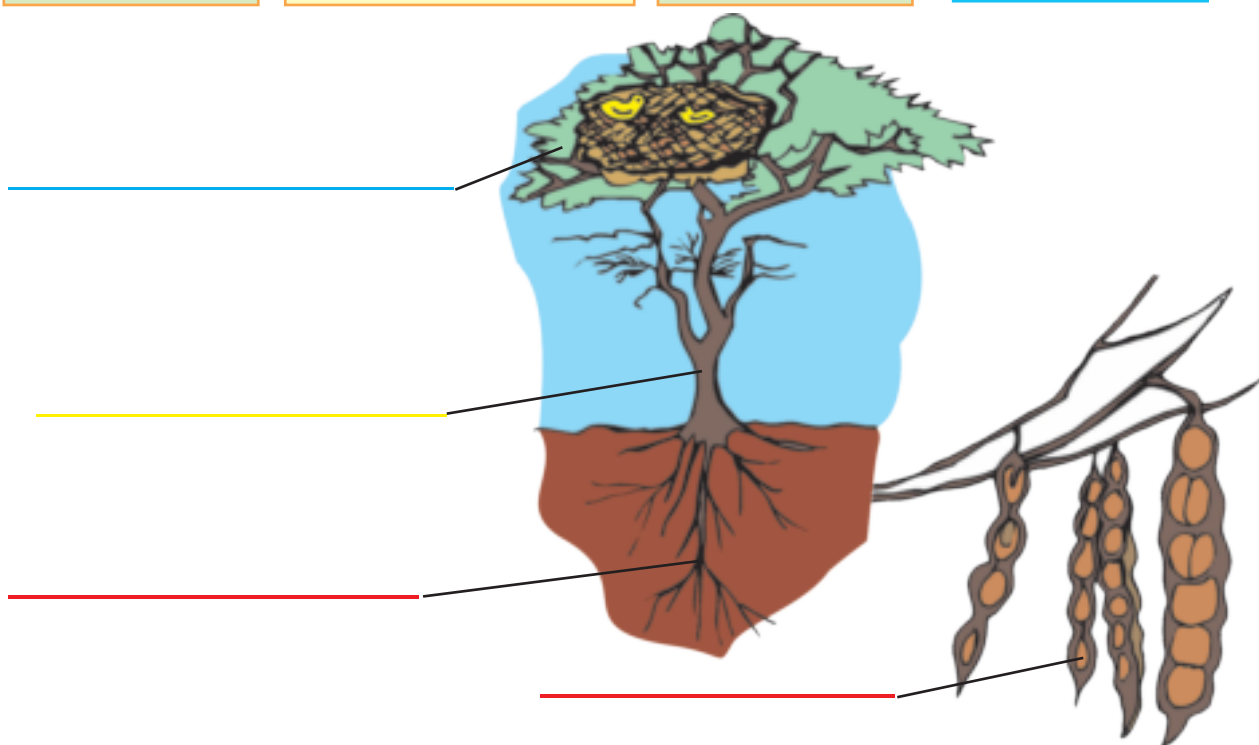
sentlhaga

lelomo

Letangwana la dipeo

modi

peo





A re diragatseng

Kgaoganya barutwana go ya ka dikhukhwane tsa tshingwana le badiri ba tshingwana.

- Badiri ba tshingwana ba tshwanetse go emisa kgotsa go tshwara dikhukhwane.
- Refosanang ditiro morago ga metsotso e le 2.
- Boeletsang se makgetlo a le mantsinyana.



A re tshamekeng

Tshamekang maiphitlhwaphitlhwane.



Dikhukhwane di iphitlhile ka fa tlase kgotsa ka fa morago ga diywalo mme badiratshingwaneng ba tshwanetse go di batla pele di ja diywalo tsotlhe.



A re bueng

Mefuta e e farologaneng ya diywalo e bonala e farologana. e bile e tshwana ka mekgwa e mentsi. Lebelela ditshwantsho tse. Bua le tsala ya gago ka ga diywalo. Di tshwana ka eng? Di farologana ka eng?



A re kwalleng

Thala kgotsa o pente tshenekegi kgotsa phologolo se se batlang go ja seywalo sa gago sa nawa. Ga go tlhokege gore e nne tshenekegi ya nnete. Dirisa boikakanyetsi jwa gago. Thala kgotsa o pente ka mela e e bonalang, e e maatla le ka dibopego tse di bonalang.



Morutabana:
Saena fa:
Letlha:



Dipeo le kwa di tswang teng



A re buiseng

Dijwalo dingwe di na le dipeo e e fitlhlilweng mo malomong kgotsa mo maungong a tsona. Gape re ka nna ra jwala dipeo tse gore e nne dijwalo tse dintšhwa. Dipeo di tlhotlhorega go tswa mo dijwalong go simolola dijwalo tse dintšhwa. Dipeo dingwe di phatlaladiwa ke phefo kgotsa batho, ditshenekegi le diphologolo tse dingwe. Matlapi a dipeo dingwe a jewa ke dinonyane mme matlapi a a thata a salela mo mantleng a tsona. Dipeo tse di latlhelwa gongwe mme di simolole go mela koo.



A re bueng

Dipeo di phasaladiwa jang mo setshwantshong sengwe le sengwe sa tse? Peo nngwe le nngwe e tshwanetse go nna jang go phasaladiwa jaana? Tlola le tsala ya gago.



Fa o batla go jwala dijwalo tsa gago go tswa mo dipeong, o ka dirisa dipeo tsa dijwalo tse di mo tshingwaneng ya gago. Kgotsa o ka reka dipeo go tswa kwa mabenkeleng.





Letlha:



A re bueng

Ithute leboko le le metsamao

Botshelo morago ga sekwalo

Se ke peo e nnyennyane:

A re e jwale ka bonako fa fatshe!

E gola kutu le lelomo

Ka monko o o monate gotlhe.

Dinotshe di bobora go dikologa lelomo –

Mme ka bonako lelomo le lentle le a swa.

Mme tsweetswee o se tshwenyega, o se lele

Bona, ga go sepe mo tlhagong se se lelang.

Lebelela sentle, bona, dikgakgamatso di a diragala:

Lelomo le sule, mme, le a atisa

Kutu ya lona e e suleng le matlhare a borokwa:

Dipeo tse di tshelang di ntse mo mmung!



A re tshamekeng

Kitsiso ya morutabana.
Dirisa mogala, le ribone.

Itumelele metshameko e.

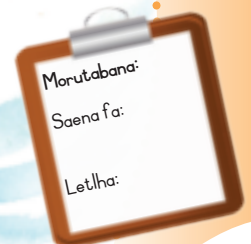
Tshwara tsamaisa dipaterone tse di farologaneng mo mowing kgotsa fa fatshe ka ribone ka seatla sa gago se segolo. O ntse o

tsamaisa letsogo la gago, bopa diphethene tse di farologaneng mo mowing kgotsa fa fatshe ka lesela kgotsa ribone ya gago.

La ntlha dirisa seatla sa gago se segolo mme morago o dirise seatla se se bokoa.

O ka nna wa dira se go ya ka lebelo la mmimo.

Fa go le setlhare se se gaufi, bona gore le ka se dirisa jang go tshameka. Ikakge ka mogala o o bofeletsweng sentle mo setlhareng. La ntlha dira jalo ka diatla tse pedi, mme morago ka seatla sa moja mme morago ka seatla sa molema.



Ke diywalo dife tse di tshwanetseng go tlhoga?



A re bueng

Lebelela setshwantsho se. A sengwe le sengwe mo go sona se a tshela?

Ke dilo dife tse di tshelang tse o kgonang go di bona?
 Ke dife tsa dilo tse di tshelang tse, tse e leng diywalo?
 A diywalo di a tlhoga?
 A diywalo le tsona di a ja? Fa go ntse jalo, di ja eng?
 A diywalo le tsona di a nwa?
 Fa go ntse jalo, di nwa eng?





A re kweleng

Jaanong kwala lengwe le lengwe la mafoko a, mo setshwantshong se se fa godimo go bontsha gore ke diywalo dife tse di tlhokang go tlhoga.

marang a
letsatsi

metsi

dijo tse di nontshang

mowa



A re direng

Go bonolo go jwala sejwalo sa gago.
Jaanong o ya go jwala sejwalo sa nawa.

Letlha:

O tlaa tlhoka:

Sala morago dikgato tse:

Kgato ya 1:

Khurumetsa dinawa di le 3 fa gare ga manathwana
a mabedi a letseta. A beye
mo porinking kgota mo
sejaneng se se lolea.



metsi



dinawa



sejana



letseta

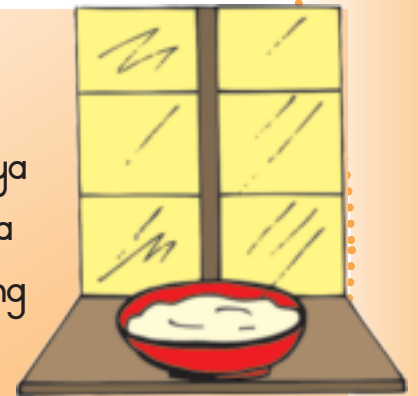
Kgato ya 2:

Tshela metsi mo
godimo ga letseta
ya katunu mme o
netefatse gore le
metsi gotlhelele



Kgato ya 3:

Baya porinki kgotsa
sejana mo pankeng ya
letlhabaphhefo kgotsa
mo lefelong le marang
a letsatsi a leng
mantis.



Kgato ya 4:

Morago ga malatsi a
le mmalwa bona gore
sejwalo sa gago se
tlhoga jang. Tshela
metsi gangwe ka beke
gore letseta le nne le
kolobile.

Letsatsi 1



Letsatsi 2



Letsatsi 3



Letsatsi 4



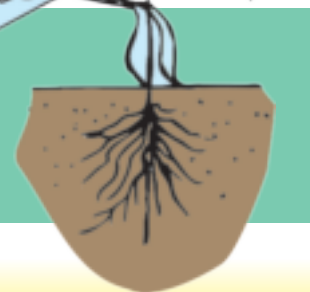
Kgato ya 5:

Fa sejwalo sa gago se
sena go tlhoga medi, o
ka nna wa se jwala mo
mmung o o boletsa.



Kgato ya 6:

Nosetsa sejwalo sa gago
kgabetsakgabetsa. Morago ga
dibeke di le mmalwa, o tlaa kgona go
kotula dinawa tsa gago.



Morutabana:
Saena fa:
Letlha:



Dijo tse re di jang



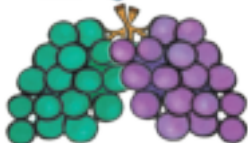
A re buiseng

Dijo tse di siameng di re dira gore re tsamaye jaaka leokwane le dira gore dikoloi di tsamaye. Re tlhoka dijo tse di itekanetseng gore re kgone go dira dilo tse di siameng letsatsi le letsatsi. Dijo tse di itekanetseng di re naya maikatlapelo e bile di re thusa go gola.



A re kwaleng

Lebelela ditshwantsho tse. Kwala leina la mofuta mongwe le mongwe wa dijo fa tlase ga setshwantsho.



A re kwaleng

O rata go ja dijo dife? Ke dijo dife tse o sa rateng go di ja? Di kwale ka fa tlase ga ditlhogo tse di nepagetseng. Tlhopha go tswa mo ditshwantshong tse di fa godimo.

Dijo tse ke di ratang	Dijo tse ke sa di rateng



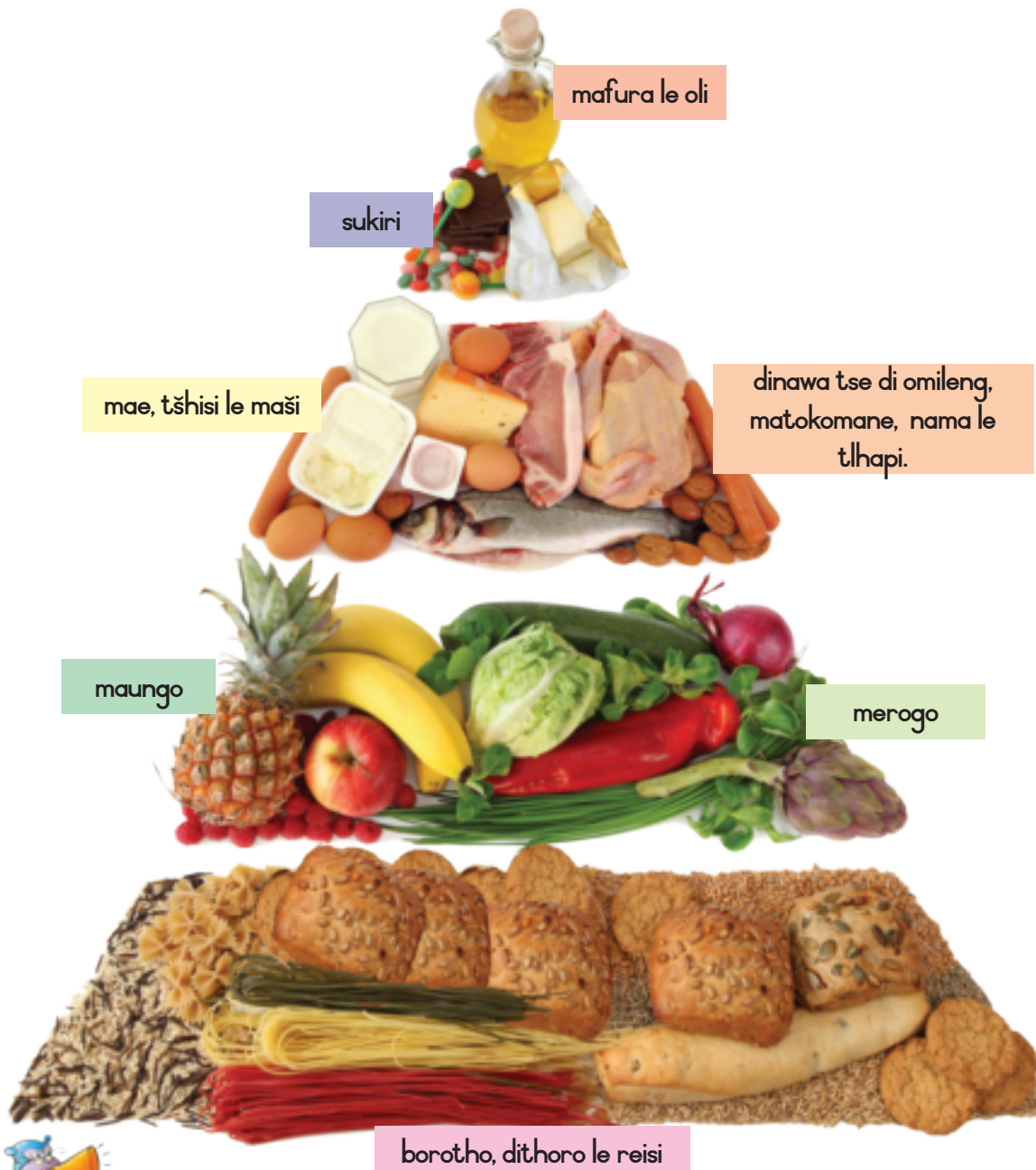
Letlha:



A re buiseng

Re kgona go kgaoganya dijo ka ditlhopha di le 7.

O tshwanetse go ja dijo tse di kwa tlase kgapetsakgapetsa. Gape o ka nna wa ja dijo tse di kwa godimo, mme e seng gantsi.



A re bueng

Tlotlang mo phaposing .

Go reng re tshwanetse go ja dijo tse dinnye go tswa kwa godimo mo setshwantshong le tse dintsi go tswa kwa tlase?



Dijo tse di farologaneng di tswa kae?



A re buiseng

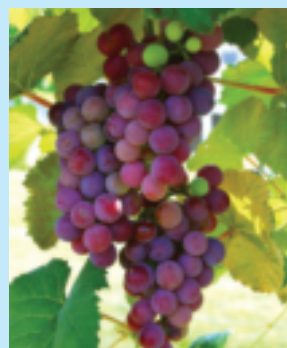
Balemerui ba lema dijwalo le go rua diphologotse di re nayang ijo. Re ka apaya dijo tse , kgotsa ra di tlhakanya le mefuta e mengwe ya dijo.



Borotho le disirele
di tswa mo korong.



Re bona mae go
tswa mo dikgogong.



Maungo a tlhoga mo ditlhareng
le mo dijwalong.



Re bona maši le nama
go tswa mo dikgomong.
Re dira yokate le tšhisi ka maši.



Re dirisa mmidi go dira setampa
kana bopi.



Tswina e tswa mo dinotsheng.



Sukiri e dirwa go tswa mo mmobeng.



Re bona nama le beikhone go
tswa mo dikolobeng.

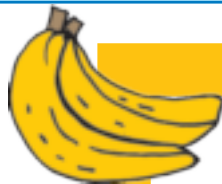


Re kgona go jwala merogo mo
ditshingwaneng tsa rona.



Opela pina e le
morutabana wa
gago.

A re opeleng



Diapole, dikwaba, dipanana

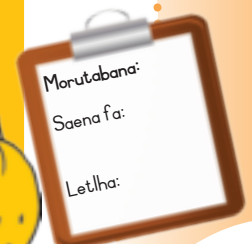
Dinawa , le ditapole

Tsotlhe di godisa le go tiisa mebele ya rona.

Di re dira gore re itekanele go dira

Ke ja fela dijo tse di itekanetseng!

Di ntshola ke itekanetse ke le maatla.





47

Beke 8

Kgweditharo 3

Dijo tse di itekanetseng le tse di sa itekanelang



A re buiseng

Dijo tse re di ratang go le gantsi ga di a re siamela. Nako nngwe re rata dijo tse di sa re siamelang.

Gape nako nngwe ga re rate dijo tse di re siametseng. Mme le gale bontsi jwa dijo dingwe le dingwe ga bo a re siamela. Nako nngwe ga go a itekanela go ja bontsi jwa dijo dingwe le dingwe. Ja fela go fitlha o kgora. O se ka wa tswelela go ja fela ka ntlha ya gore o rata sengwe.



A re kwaleng

Sega ditshwantsho tsa dijo tse di itekanetseng le tse di sa itekanelang go tswa mo dimakasining mme o di kgomaretse mo dithining tse di siameng. Fa o sa kgone go bona ditshwantsho tse di maleba, thala dijo.



Dijo tse di itekanetseng



Dijo tse di sa itekanelang





A re kwaleng

Letlha:

Dirisa se o se ithutileng ka ga dijo go kwala lenaneo la gago la dijo (menyu) la gago.

Difitlholo

Dijotshegare

Dilalelo



A re direng

Re ya go dira salate ya maungo.
Wena sala morago ditaelo tse di fa tlase.

O tlaa tlhoka:

- Mefuta e e farologaneng ya maungo
- Thipa le leswana
- Sejana se segolo



Sala dikgato tse morago:



- Tlhatswa maungo.
- A obole fa go tlhokega (jaaka dinamune).
- A sege dikarolwana tse dinnye (kopa mogolo go go thusa).
- Tswakanya maungo mo sejaneng.
- A je monate o, a itumelele lebebe.





A re buiseng

Lebelela ditshwantsho tse



KHALENTARA 2015

LWETSE

M	Ldi	Lro	Lne	Lno	Lto	Lpi
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
22	23	23	24	25	26	27



A re bueng

O lemoga eng ka ga matlha? A re sa ntse re kgona go ja dijo?

O akanya gore go diragetse eng ka ga dijo tse?



A re buiseng

Dijo tse di sa tswang go dirwa ga di nnele di itekanetse lobaka lolo leele. Maungo mangwe le merogo mengwe di bola ka bonako. Nama, tlhapi le dikuno dingwe tsa maši di a senyega kgotsa di a bola. Morago ga re kgone go di ja. Re ka dira eng go tshola dijo di itekanetse sebaka se seleele? Lefelo le le siameng la go tshola dijo ke setsidifatsi.

Mme dijo dingwe di kgona go senyega fa di ka bewa sebaka se seleele mo setsidifatsing. Go na le mekgwa e mengwe ya go tshola dijo di itekanetse.





A re bueng

Lebelele ditshwantsho tse. Bua le tsala ya gago ka ga tsona. Ke mekgwa efe e e farologaneng e dijo di ka bolokiwang ka yona? A o kgona go akanya ka mekgwa e mengwe e dijo di ka bolokiwang ka yona gore di se ka tsa bola? Bua le tsala ya gago ka ga yona . O neele dikao.



A re kwaleng

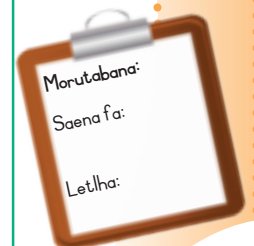
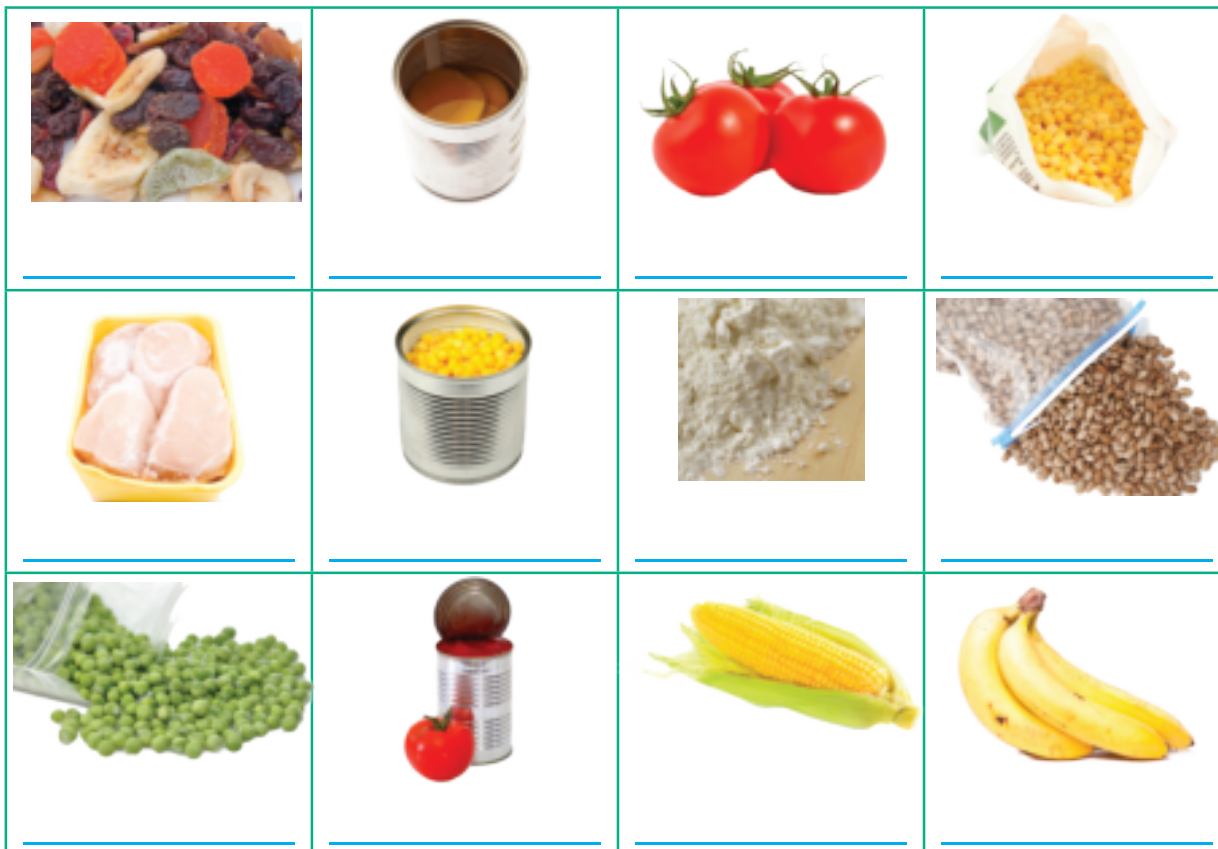
Lebelele ditshwantsho tse di fa tlase o bo o buisa mafoko a a mo mabokosong. Morago o kwale lengwe la mafoko a a fa tlase go lebagana le setshwantsho sengwe le sengwe se se nyalanang le lefoko.

Itekanetseng

Mo thining

Omisitswe

Gratseditswe





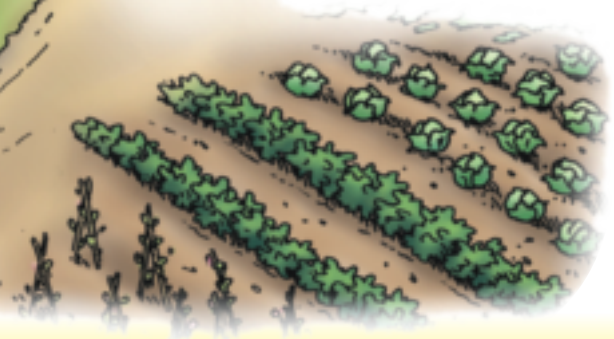
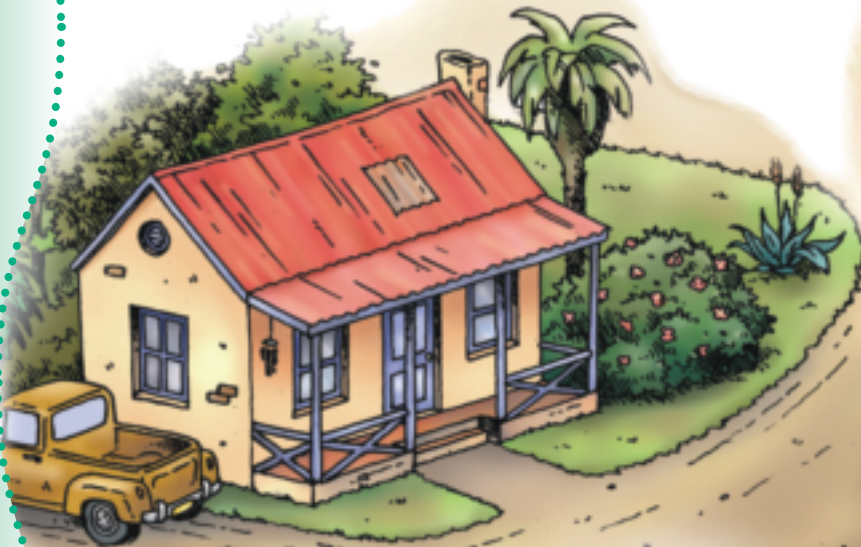
Mefuta ya magae (1)



A re bueng

Legae la gago ke lefelo le
o nnang mo go lona.

Batho ba Aforikaborwa ba
nna mo magaeng a mefuta
e e farologaneng. O ka bona
lengwe le lengwe la magae
a kwa kae?





A re bueng

Letlha:

Lebelela ditshwantsho tse di fa tlase. Bua le tsala ya gago ka ga dilo tse di tshwanang mo magaeng otlhe. Morago o bue ka ga dilo tse di farologanang. Ke dife tse dintsinzana: A ke dilo tse di tshwanang kgotsa tse di farologanang?



Difoletse



Dintlo tsa metlhatlhagano e mebedi



Dikharabane le ditente



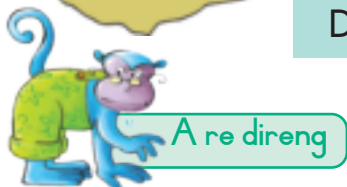
Dintlo tsa mekhukhu



Dintlo tsa setso

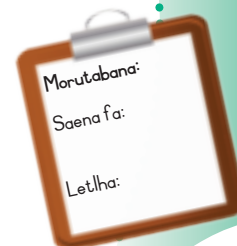


Magae a motlhatlagano o le mongwe



A re direng

Dirang ka ditlhopha. Batlang lebokoso la ditlhako kgotsa mofuta mongwe wa lebokoso. Le pente gore le tshwane le ntlo. Bopa setshwantsho sa gago ka mmopa kgotsa tege ya go tshameka o dira sengwe kwa ntle ga ntlo.





50

Kgweditsharo 4 – Beke 1



A re direng

Mefuta ya magae (2)

Akanya ka ga magae a a farologaneng a o a boneng.

Thala ditshwantsho tsa mefuta e mebedi ya magae a o a boneng.



A re bueng

Fa re le mo ntlong e e siameng e e agegileng ga re gatsele e bile ga re še. Ga re nelwe ke pula e bile ga re utlwalelwe ke phefo. Batho ba bantsi ga ba a sirelediwa jaana.

Kitsiso ya morutabana:
Morutabana wa gago o tlaa reetsa dikakanyo tsa gago.

Bua le tsala ya gago ka moo batho ba itshireletsang ka teng fa ba sa tshele mo dintlong.





A re kwalleng

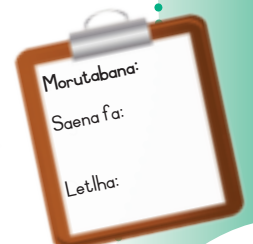
- Otlololela matsogo la gago kwa bogodimong jo o ka bo kgonang gore o kgone go penta marulelo a ntlo ya gaeno.
- Khubama ka mangole fa fatshe gore o kgone go jwala dijwalo mo tshingwaneng ya gaeno.
- Phutholola matsogo a gago ka bophara gore o kgone go bula matlhabaphefo a ntlo ya gaeno. Morago o tswale matlhabaphefo otlhe a ntlo.
- Inamela kwa tlase gore o ntshe mofero mo tshingwaneng ya gaeno.
- Feela lebala ka lefeelo le leleele.
- Tlhatswa matlhabaphefo ka lesela.

Kitsiso ya morutabana:

Reetsa moribo o morutabana wa gago a o tshamekang mo moropeng. Tsamaisa mmele wa gago go ya ka morethetho. Fa morutabana wa gago a fetola morethetho, le wena o fetole lebelo la metsamao ya gago. Reetsa ka tlhwaafalo!



Letlha:



Magae a a farologaneng a agilwe ka eng?



A re bueng

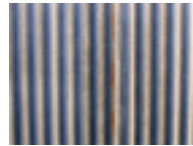
Re dirisa dimateriale tse di farologaneng go aga dintlo.
Lebelela ditshwantsho tse di fa tlase.



ditena



dithaele



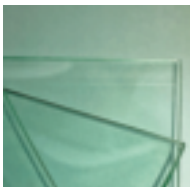
disenke



samente



matlhaka



galase



dikota



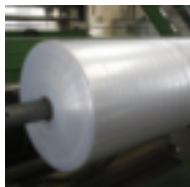
legong



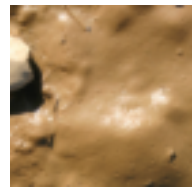
matlapa



khanvase



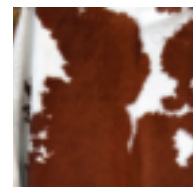
polasetiki



mmopa/seretse



ditshipi



matlalo



motlhaba



Bua le tsala ya gago ka ga dimateriale tse di farologaneng

Ke dife tse di tswang kwa madirelong?

Tse dingwe tsona di tswa kwa kae?

Tlotelela phaposi gore dintlo tse o di bonang fa o tla sekolong di agilwe ka eng.

Kitsiso ya morutabana:
Morutabana wa gago a
ka nna a dira lenaneo
mo letlapakwalelong.





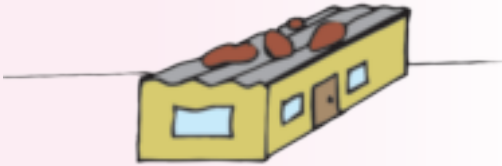
Are kwaleng

Thala mola go tloga mo mofuteng
wa ntlo go ya kwa materialeng e e
dirisitsweng go e aga.

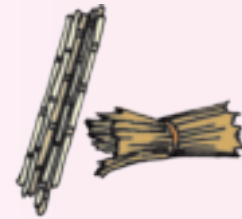
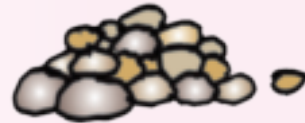
Letlha:

Kitsiso ya morutabana:
Morutabana wa gago o tlaa
tsaya dibukatiro tsa lona go
di lebelela

Mofuta wa ntlo



Dimateriale tsa go aga



Morutabana:
Saena fa:
Letlha:



Magae le maemo a bosa



A re buiseng

Magae a sireletsa batho kgatlhanong le maemo a a farologaneng a bosa. A re sireletsa kgatlhanong le marang a a mogote a letsatsi. Gape a kgona go re sireleletsa kgatlhanong le serame, diphefo le pula.



A o a itse gore batho ba kwa mafatsheng a a tsididi ba tshwanetse go aga mefuta e e kgethegileng ya magae go tshwana le legae le le fa tlase? Magae a, a tshwanetse go ba thutafatsa ka nako ya semathana.

Se ke mmepe wa Greenland, lefatshe le le tsididitsididi.

Seno ke
ikeluu



Bangwe ba batho ba Mainuiti ba ba nnang kwa dikgaolong tsa Arctic tsa segagane le kgapetlana e ntsi ba aga matlo a bona a mariga ka diboloko tsa kgapetlana. Dikgapetla di tshola serame se le kwa ntle. Dintlo tse di bidiwa diikeluu.



A re diragatseng

Ka ditlhophha diragatsang ka moo le ka agang
ntlo ka teng.

Letlha:

Swetsang gore e tlaa nna ntlo ya mofuta ofe?

lebati

dintlo tsa mekhukhu

Le ya go dirisa dimateriale dife?

Ke mang yo o tlaa dirang eng?

O tlaa dira eng pele?

Dirisang mangwe a mafoko a.

dintlo tsa metlhatlhagano
e mebedi kgotsa tse e seng
o le mongwe

dintlo tsa setso

dintlo tsa dipolanka

O tlaa dira eng kwa bofelong?

ditena

lebota

pente

difoletse

marulelo

tšhemele

lefensetere/
letlhabaphefo

samente

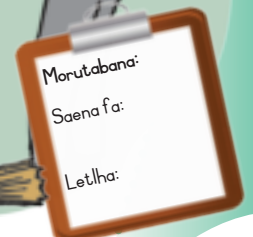
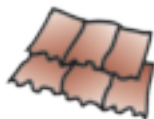


A re buiseng

Bua leboko le jaaka karolo
ya tiragatso ya lona.



Aga, aga ntlo ya gago e ntšhwa!
Tlisa ditena, lekanyetsa lebota leo
Kokotela sepekere, kurufelela-
Aga ntlo go itshireletsa mo letsatsing
Aga, aga ntlo ya gago e ntšhwa!
Tlisa motlhaba le mabati le dithaele
Tlisa metsi, duba samente
Aga ntlo go itshireletsa mo puleng



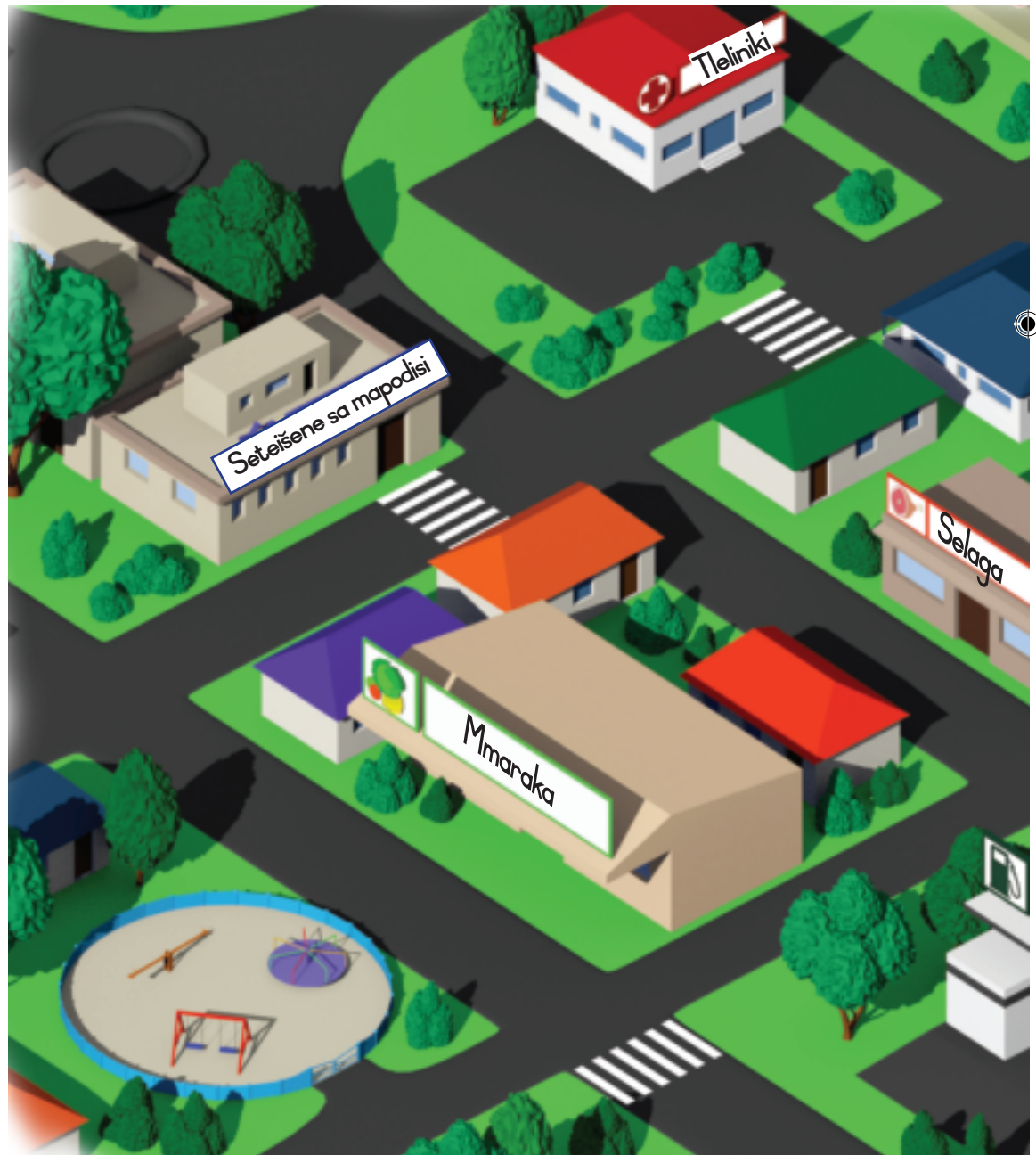


A re buiseng

Go batla mafelo le dilo (1)

Go na le mefuta e e farologaneng ya dimmepe. Gore re tlhophe mmepe o o nepagetseng re tshwanetse go itse gore ke eng se re se batlang mo mmepeng.

Dimmepe di re thusa go batla mebila kana le mafelo mo toropong le mo ditoropokgolong. Borapolase ba rata dimmepe tse di bontshang dilo di tshwana le matamo, dinoka le dithaba.





A re direng

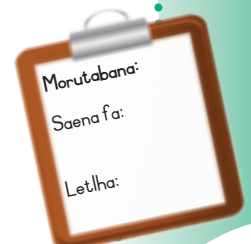
Wena le tsala ya gago tlotlang ka ga dipotso tse. Thalang sediko go dikologa mafelo a a mo setshwantshong mo ditsebung tse pedi tse.

Letlha:

- O fitlhela dibuka tse di buisiwang kwa kae?
- O ya go bega bogodu kwa kae?
- O ka ya kwa kae fa o lwala?
- O ka kgona go reka dijo kwa kae?
- O ka kgona go emela bese kwa kae?
- O ka kgona go kgabaganya mmila ka pabalesego fa kae?

Kitsiso ya morutabana:

Murutabana wa gago o tlaa di buisa ka bongwe ka bongwe, mme morago o ka bona karabo.



Murutabana:
Saena fa:
Letlha:



Go batla mafelo le dilo (2)



A re bueng

Lebelela tsela e Jason a e salang morago go tloga kwa ntlong ya gaabo go ya kwa sekolong.

Tlhalosetsa tsala ya gago gore Jason o sala tsela efe morago. Dirisa mangwe a mafoko a:

kwa godimo

fetile

go bapa

mo godimo ga

fa tlase

Jason a ka kgabaganya mmila ka pabalesego fa kae?



Kitsiso ya morutabana:
Murutabana wa gago o tlaa tsamayatsamaya mo phoposiborutelong. Bolelela morutabana wa gago fa o akanya gore tsala ya gago e tlhalositse tsela sentle.



A re ikatiseng

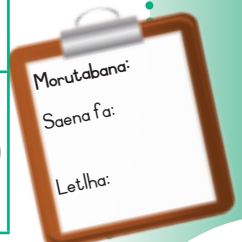
- Rulaganyang mogala o moleele fa fatshe.
- O ya go tsamaya fa godimo ga mogala o.
- Tsamaela kwa pele, kwa morago le kwa matlhakoreng o bapile le mogala.
- Tsamaela kwa pele go bapa le mogala ka diatla tsa gago di le mo godimo ga tlhogo ya gago.
- Tsamaela kwa morago go bapa le mogala o beile diatla tsa gago kwa morago.
- Tsamaela kwa matlhakoreng go bapa le mogala ka diatla tsa gago di le mo dinokeng tsa gago.



A re buiseng

O dirile jang? Fa o kgonne go dira metsamao yotlhe sentle, khalara sefatlhego se se tshegang. Fa o sa kgonna go dira metsamao gotlhelele, khalara sefatlhego se se tlhontseng. Mme fa o kgonne go dira metsamao mengwe fela, khalara sefatlhego se se fa gare.

Ke ne ke kgona go tsamaela kwa pele le kwa morago go bapa le mogala.			
Ke ne ke kgona go tsamaela kwa matlhakoreng go bapa le mogala.			
Ke ne ke kgona go tsamaela kwa pele go bapa le mogala ke beile diatla mo tlhogong ya me.			
Ke ne ke kgona go tsamaela kwa morago go bapa le mogala ke beile diatla tsa me kwa morago.			
Ke ne ke kgona go tsamaela kwa matlhakoreng go bapa le mogala ke beile diatla mo dinokeng tsa me.			



Letlha:

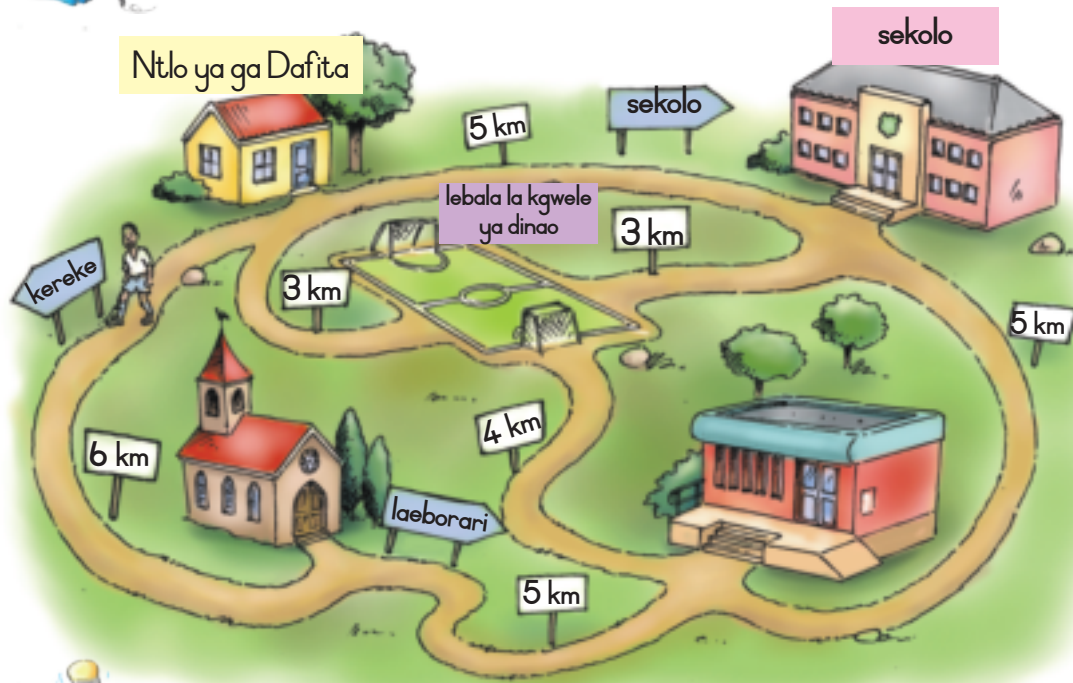


Go batla tsela



A re bueng

Dimmepe tsa ya ditshwantsho di re thusa go bona gore mafelo a atologane go le go kae?. Lebelela mmepe o.



A re kwalleng

Araba dipotso tse. Ka kopa tsala ya gago go go thusa.

Thala sediko kwa o bonang **km**.

O na le didiko di le kae?

Dafita o tswa kwa sekolong o ya kwa laeboraring.

O bona eng fa thoko ga laeborari?

O bone letshwao lefe mo tseleng?

Dafita o tsamaila sekgala se se kae?

Ke kago efe e Dafita a kgonang go e bona go tswa mo lebating le le kwa pele la laeborari? Dafita o tshwerwe ke tlala. O batla go ya kwa gae. Batla tsela e khutshwakhutshwane go tswa kwa laeboraring go ya kwa gaabo.

A lebaka la kgwele ya dinao ke lefelo le le gaufi gaufi le legae la gaabo?

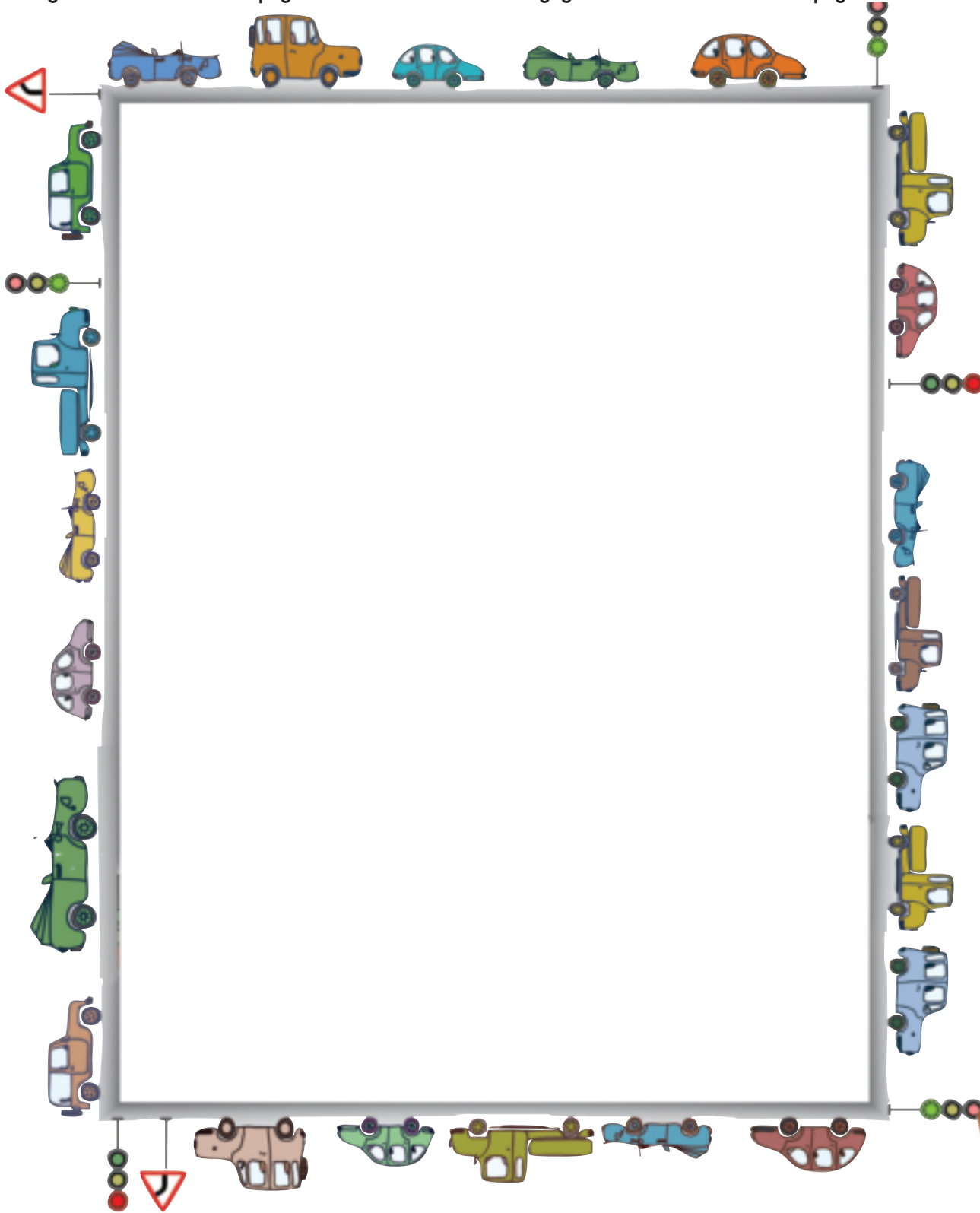
Kitsiso ya morutabana:
Morutabana wa gago o tlaa go bolelela gore kilomitara e le 1 e bokgakala jo bo kanakang go tloga mo sekolong sa gago. Re bo kwala jaana: 1 km.



A re kwaleng

Thala mmepe wa ditshwantsho wa gago wa tsela e o e salang morago magareng ga mafelo a 2. O ka tlhopha mafelo afe kapa afe a 2. Fa o fetsa, bontsha tsala tsa gago mmepe wa gago. Mo letle go tlhalosa tsela ya gago. Bona gore a o e tlhalosa ka nepagalo. Bolelela morutabana wa gago fa tsala e tlhalositse ka nepagalo.

Letlha:



Murutabana:
Saena fa:
Letlha:





A re kwaleng

Morutabana wa gago o tlaa go buisetsa kgang ka ga Micky. Reetsa ka tlhwaafalo. Sala motlhala wa gagwe morago mo mmepeng mo bukeng ya gago. Jaanong buisa kgang ka bowena.

Kitsiso ya morutabana:
Morutabana wa gago o tlaa e buisa gape mme a go kopa go tshwaya (X) mo mafelong.



Ka boLamatlhatso Mickey o tshameka le ditsala tsa gagwe kwa phakeng (X).

Phakela wa moso mongwe mmaagwe a re: "Nkoko o a lwala. Tsweetswee, ke kopa o mo isetse dijo tse." Mickey o isa kgetse e kgolo ya dijo. Mme fa a tswa ka heke (X)



Letlha:

o kopana le monna mongwe. A bua ka lentswe le le magweregwere: "Oo, ke a bona o rwele dijo. O di isetsa nkokoago, a ke re?"

Se sa tshosa Mickey thata. A kgokologa ka tsela ka bonako go ya kwa seteisheneng sa ditimamolelo. Fa a fitlha teng a fapogela kwa molemeng (X).

Mme ya re fa a gadima kwa morago, a bona monna a ntse a mo setse morago.

Mmiki o swetsa go batla thuso mo ditsaleng tsa gagwe kwa phakeng. Fa a goroga kwa laeboraring, o ya kwa mojang mme a bo a tswelela pele (X).

Ka fa molemeng a bona sekolo mme a se feta (X).

Mebila e ne e didimetse. Mickey jaanong a tabogela bonako go bapa le tsela (X)

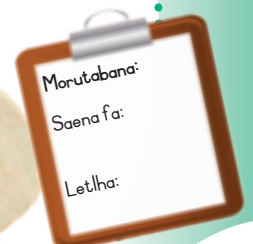
La bofelo a kgona go bona phaka. A tsamaya mo godimo ga borogo (X) go ya go kopana le ditsala tsa gagwe kwa hekeng!



A re tshamekeng

Jaanong re ya go tshameka mabelo a go neeletsana dithobane kana rilei.

- Baya setulo sa gago mo sedikong kana sekeleng. Tshameka "mmino wa ditulo" o tshwanetse go batla tsela e khutshwakhutshwane ya go ya kwa setulong.



Tiriso ya metsi: kwa gae le kwa sekolong



A re kwaleng

Re dirisa metsi letsatsi le letsatsi. Lebelela mekgwa e e farologaneng e re dirisang metsi ka yona. Fa tlase ga setshwantsho sengwe le sengwe, kwala gore metsi a dirisediwa eng. Dirisa ditlhogo tse.

Go tima melelo

Go tlhapa

Go thusa dijjwalo go gola

Go tlhatswa diaparo kgotsa dijana

Go apaya dijo





A re bueng

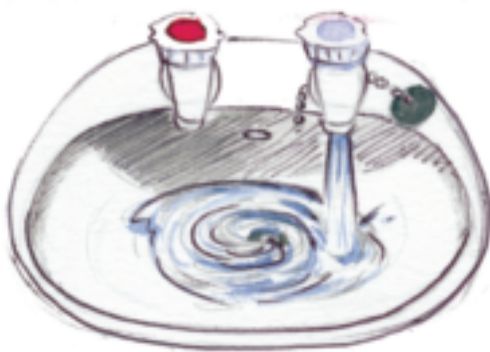
Bua ka ga mekgwa e mengwe e re ka dirisang metsi ka yona.

Metsi a botlhokwa. Bua ka ga tshenyo ya metsi. Go ne go ka diragalang fa metsi a ka bo a se yo? Abelana dikakanyo tsa gago le barutwana ba bangwe.



A re diragatseng

Etsisa tse di latelang:



Thepe e rothisetsa metsi mo sinking.



Maru a pula a a ikaga, a nna magolo mme pula kwa bokhutlong e a na le maru a phatlhalala.

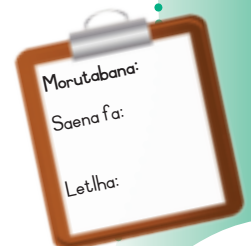


A re tshamekeng

- Tshameka "dikgamelo le marothodi a metsi".

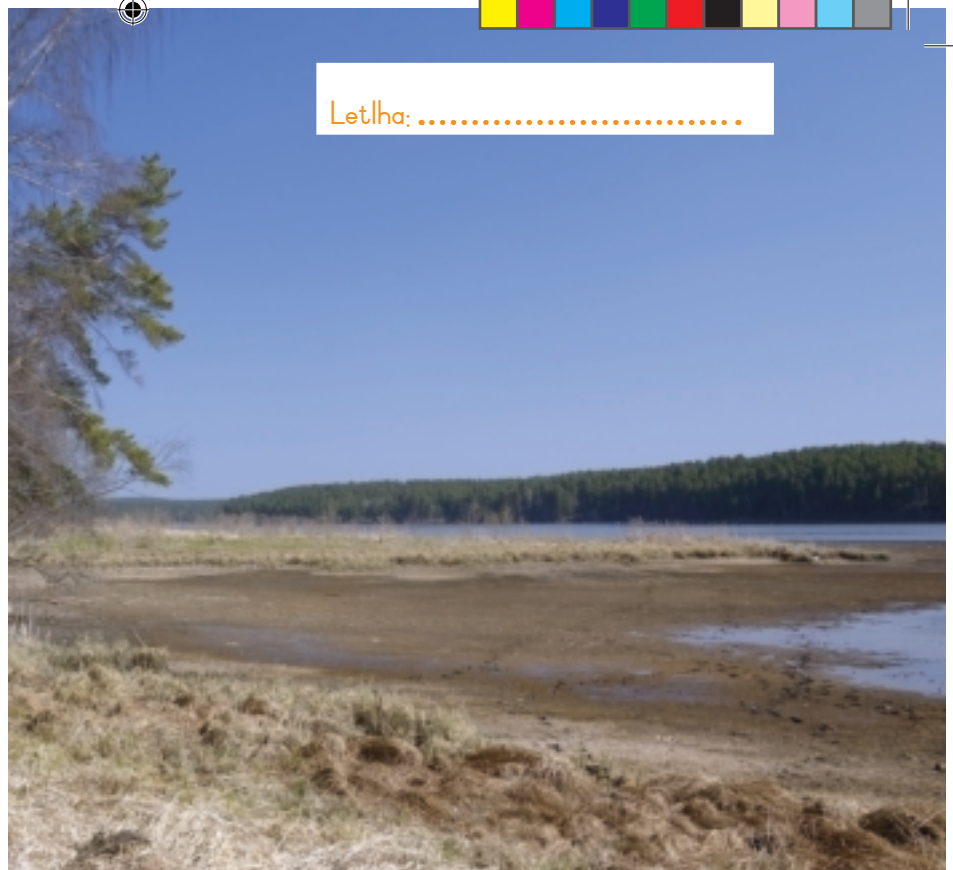


Noka e e elelang ka iketlo mo godimo ga matlapa mme morago e elele ka bonolo mo godimo ga motlhaba.



Morutabana:
Saena fa:
Letlha:

Letlha:



Mekgwa e metsi a senngwang ka yona



A re kwaleng

Lebelela ditshwantsho tse. Tshwaya (✓) fa thoko ga setshwantsho sengwe le sengwe se mo go sona metsi a somarelwang, mme o tshwaya (✗) fa thoko ga setshwantsho sengwe le sengwe se mo go sona metsi a senngwang.





Letlha:



A re bueng

Lebelela ditshwantsho tse mo go tsona o tshwaileng. Tlotlang le barutwana ba bangwe ka ga se batho ba ba mo ditshwantshong ba se dirang. Bua ka moo ba ka somarelang metsi ka teng.



A re kwaleng

Lebelela ditshwantsho. Buisa dipolelo tse di fa tlase. Tshwaya(✓) mo tirong nngwe le nngwe e e re thusang go somarela metsi, o tshwaye (✗) mo go nngwe le nngwe e e senyang metsi.



	✓	✗
Ke tlogela thepe e tsholola metsi ke ntse ke tlhapa meno.		
Ga ke tsholole metsi a ke tlhapileng ka ona, mme ke a dirisa go nosetsa tshingwana.		
Bosigo bongwe le bongwe ke tlhapa mo bateng ya metsi a a tletseng.		
Fa ke bona thepe e dutla, ke e tswala thata.		
Re tlhatswa dijana ka metsing a a tshologang mo thepeng.		



Metsi a re a nwang: a a siameng le a a sa siamang



A re kwaleng

Lebelelela ditshwantsho tse. Tshwaya (✓) fa thoko ga setshwantsho sengwe le sengwe se se bontshang ditiro tse di babalesegileng. O tshwaye (✗) fa thoko ga setshwantsho sengwe le sengwe se se bontshang ditiro tse di sa babalesegang.





Letlha:



A re kwaleng

Kwala lefoko "go babalesegile" kgotsa "ga go a babalesega" go feleletsa polelo. Re go diretse ya ntlha.

Gio nwa metsi a a leswe **ga go a babalesega**.

Gio thuma mo metsing a a maswe,

Gio nwa metsi a a bedisitsweng,

Gio nwa metsi go tswa mo nokeng e e kgotlelegileng,

Gio nwa metsi a thepe,



A re tshamekeng



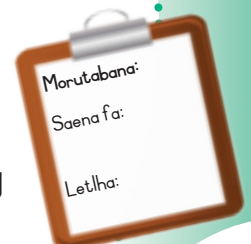
Tshameka le ba bangwe ba babedi.

- Opa diatla tsa gago nako nngwe le nngwe fa marothodi a metsi a rotha:
 - ka iketlo go tswa mo thepeng
 - ka bonako go tswa mo thepeng
 - ka bonakonako go tswa mo thepeng
 - otlhe ka nako e le nngwe
- Tshameka motshameko ofe kapa ofe wa go opa diatla o o o itseng.



A re tsamayeng

- Tlolela kwa ntle ga metsi a a leswefetseng jaaka segwagwa.
- Tlolela mo metsing a a phepa jaaka segwagwa
- Potokela jaaka pitse e e nyorilweng e tabogela kwa metsing a a nowang.
- Taboga ka lebelo le o ka le kgonang go tswa mo puleng e e tshologang.
- Tlola go tswa mo letlapeng go ya go le lengwe go kgabaganya noka. Thusa ba ba sa kgoneng go tsamaya.
- Dikologa mo lefelong le le lengwe jaaka metsi a elela go tswa mo bateng (o le esi gape o na le tsala).
- Morutabana wa gago o tlaa go supetsa (saenela) gore o tshwanetse go fetogela kwa motsamaong o o farologaneng. Reetsa ditshupetso tsa gagwe ka tlhwaafalo.



Morutabana:

Saena fa:

Letlha:





60

Beke 6
Kgweitharo 4

Go boloka metsi a a phepa



A re buiseng

Re tshwanetse go nwa metsi a phepa.

Re ka dirisa mekgwa e e farologaneng go phepafatsa metsi.

Gape re tshwanetse go tshameka le go thuma mo metsing a a phepa.

Re tshwanetse go boloka metsi ka mokgwa o o tlaa a dirang gore a nne a le phepa.

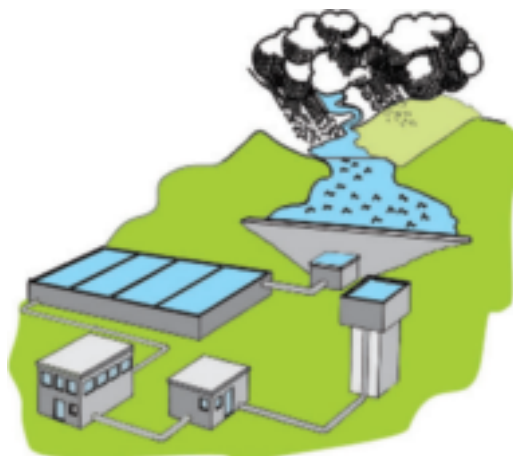


A re bueng

Lebelela ditshwantsho. Bua le tsala ya gago ka ga gore metsi a rona a phepa a tswa kae. Tlotlela barutwana ba bangwe gore o akanya eng. Fa re phepafatsa kgotsa re tlhatswa metsi, re a a phepafatsa gore a siamele go nowa.



Re ka nwa metsi a pula fa e le gore marulelo a rona le ditanka tsa rona di phepa. Fa re phepafatsa metsi re kgona go a nwa a le phepa.



Mmasepala o phepafatsa metsi a rona gore re kgone go a nwa, a le phepa.



Re kgona go bedisa metsi a rona go a phepafatsa. Re kgona go sefa metsi a rona go a phepafatsa.





Letlha:



A re direng

Kopa morutabana wa gago go go bontsha gore o ka dira sefo ya metsi jang.

O tlaa tlhoka:

Lebotlolo la polasetiki la dilitara di le 2

Motlhaba o o phepa o o boleta

Motlhaba o o phepa, o o matlapatlapana

Matlapa a a phepa a mannye

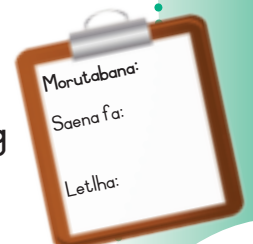
Thipa e e bogale

Letseta le le phepa le galase ya metsi



A re ikatiseng

- Dirisa kgetsana ya dinawa le hupu. Baya hupu fa fatshe mme barutwana ba eme mola o o ka nnang 5m go tswa fa hupung. O ka nna wa dirisa hupu ya bolotloa.
- Morutwana yo mongwe le yo mongwe o bona tšhono ya go latlhela kgetsana ya dinawa mo hupung.



Letsatsi le fetoga bosigo



A re buiseng

Letsatsi le bosigo di a farologana.

Di farologana ka tebegu, re utlwa medumo e e farologaneng, e bile re dira dilo tse di farologaneng.

Motshegare re bona letsatsi le phatsima. Letsatsi le re fa lesedi le mogote. Batho ba bantsi ba dira motshegare, gape re ya sekolong motshegare.



A re kwalleng

Lebelela ditshwantsho mme o bue le tsala ya gago ka ga tsona. A ke ditshwantsho tsa fa go le motshegare kgotsa go le bosigo. Di farologana jang? Kwala "Motshegare" kgotsa "Bosigo" fa godimo ga setshwantsho sengwe le sengwe.





A re buiseng

Ka thapama letsatsi le a phirima.
Go nna lefifi mme re kgona go
bona ngwedi le dinaledi.
Re tshwanetse go dirisa lesedi go
bona se re se dirang.



Bosigo go tsiditsana go na le
motshegare.

Bontsi jwa rona bo robala
bosigo, mme batho ba
bangwe ba dira bosigo. Go na
le diphologolo tse di tswang
fa go le bosigo fela.



A re ikatiseng

- Dirisa dipale tsa dino (kgotsa dibikhone jaaka dikhouu) le bolo.
- Baya dipale tsa dino (kgotsa dibikhone) dimmitara di le mmalwa go tswa mo barutwaneng.
- Dirisa bolo e kgolo jaaka kgwele ya dinao.
- Ragela bolo mo dipaleng tsa dino kgotsa fa gare ga dibikhone.
- La ntlha raga ka leoto la moja mme morago ka leoto la molema.
- O nositse dino tse kae?



Morutabana:
Saena fa:
Letlha:



Legodimo le ntse jang bosigo?



A re buiseng

Mo motshegareng, go le gantsi re kgona go bona loapi lo lo botala jwa legodimo le maru a mangwe. Sa botlhokwa, re bona letsatsi.

Bosigo, re bona ngwedi le dinaledi tse dintsi. Gape go na le dipolanete tse di lebegang jaaka dinaledi.

Nako nngwe ngwedi o bonala mo loaping motshegare. Ga re kgone go o bona sentle gonne letsatsi le a bo le phatsima thata. Leka go batla ngwedi motshegare.



A re kwaleng

Ngwedi ga o tshwane bosigo bongwe le bongwe.

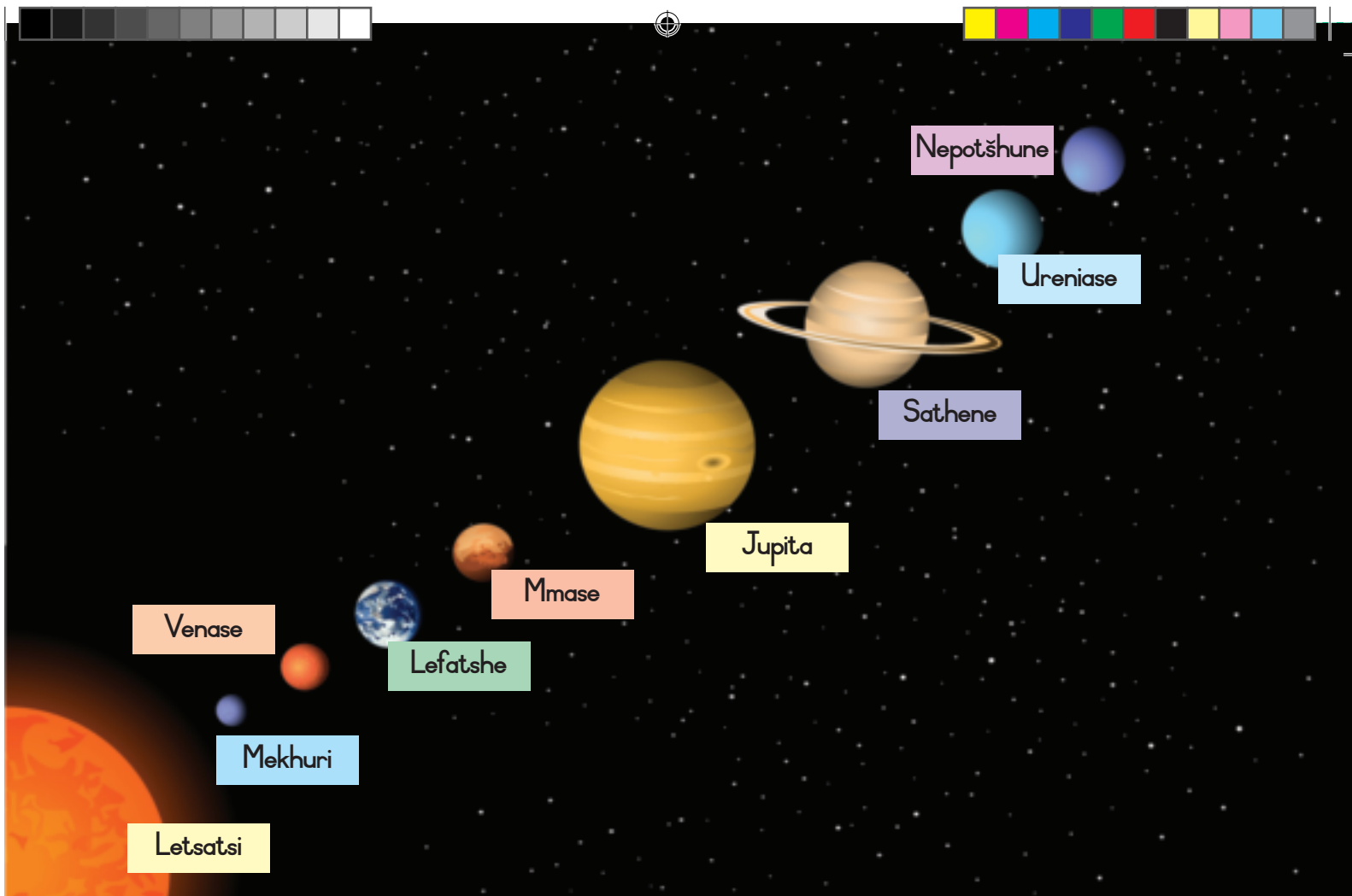
Bogela ngwedi masigo a a latelang a le 5.

Mo mabokosong a a fa tlase, thala dibopego tse di farologaneng tsa ngwedi tse o di boneng.

Bosigo jwa ntlha

Bosigo jwa boraro

Bosigo jwa botlhano



Tse ke letsatsi le dipolanete tse di mo thulganyong ya letsatsi ya rona – ke baagisani ba rona mo lefaufaug. (Letsatsi le dipolanete di thadilwe go tsamaelana le sekale sa dimmepe.)



Se ke setshwantsho sa Sathene. E farologana le dipolanete tsotlhe gonne yona e na le direng go e dikologa. A o bona maronthorontho a masweu mo setshwantshong?

O akanya gore ke eng? Lebelela setshwantsho se segolo fa godimo. A Sathene e kgolwane kgotsa e nnye go na le lefatshe? Ke polanete efe e kgolwane go na le Sathene?

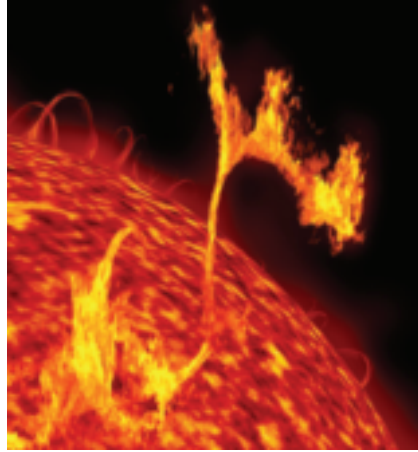




A re bueng

Letsatsi le ngwedi

Lebelele ditshwantsho tse.



Bua le tsala ya gago. Ditshwantsho tse di re bontsha eng? O ka nna wa naya karabo efe kapa efe e e tlang mo tlhaloganyong ya gago.

Kitsiso ya morutabana:

Morutabana wa gago o tlaa reetsa dikakanyo tsotlhe tsa gago mme morago o tlaa go bolelela gore ke ditshwantsho dife.



A re buiseng

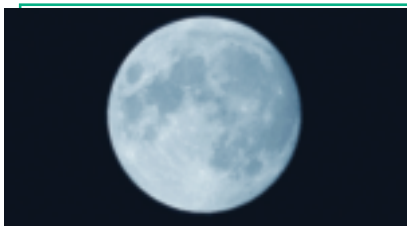
Letsatsi ke naledi. Le tshwana le bolo ya molelo e kgolo e e ntshang mogote le lesedi matlhakoreng otlhe. Letsatsi le legolwane mo lefatsheng gadiketekete.

Ngwedi ke bolo e kgolo ya lefika le lerole e e sa ntsheng mogote. Ngwedi ga o na lesedi la ona. O tshwana le seipone se se busetsang matlhasedi a letsatsi kwa go rona. Ngwedi o monnye thata go na le lefatshe.

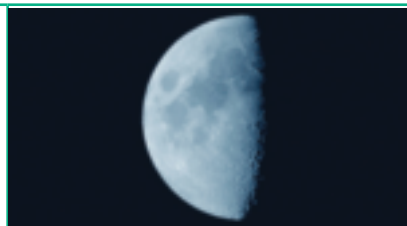


A re bueng

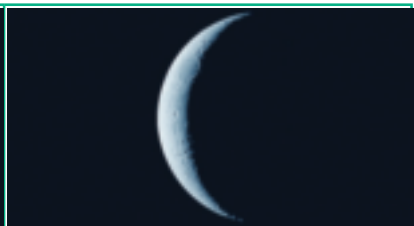
Bua le tsala ya gago ka ga ka moo ngwedi o fetogile ka teng mo masigong a matlhano. Morago o lebelele ditshwantsho tse. A ngwedi wa gago o ne o lebega jaaka mongwe wa tse?



Ngwedi o o tletseng



Ngwedi o o halofo



Ngwedi o o lengete



Dinaledi

Letlha:

64



A re buiseng



Letsatsi ke naledi e e gaufigaufi le rona. Dinaledi tse dingwe di kgakalagkakala thata le rona. Fa o ka tsamaya ka lebelo thata go sa ntse go ya go go tsaya dingwaga tse dintsi go goroga kwa teng.



A re opeleng

Naledi ele ya mariberibe
Ribela kwa tlase
E ye go nwa metsi
Metsi ga a yo, a nolwe ke Kgaupe
Kgaupe ga ke mo rate
Ke rata Masilwane



A re buiseng

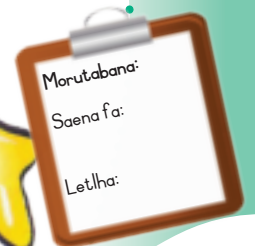
Pina e e opetswe dingwaga tse dintsi tse di fetileng. Batho ba ne ba sa itse thata ka ga dinaledi. Gompiono re itse go le gontsi. Disutlhalefaufau di sutlha lefaufau ka dirokete go batlisisa ka ga dinaledi.

Fa disutlhalefaufau di etela lefaufau, di apara disutu tse di kgethegileng tsa lefaufau. Ka ntlha ya bopelokgale jwa disutlhalefaufau le batho ba ba botlhale ba ba ba tsentseng mo lefaufaung, re ithutile go le gontsi ka ga dinaledi.



A re bueng

A go siame go ithuta go le gontsi ka ga dinaledi? Tlotla le tsala ya gago ka ga se.



Morutabana:
Saena fa:
Letlha:

Kgweditshano 4 – Beke 8

63





O kgethegile.
Mmele wa gago otlhe o
kgethegile.

Mmele wa gago ke wa gago!



OPE A SE
KA A
TSHWARA
MAPELE A
GAGO.

O tshwanetse go bolelela mongwe fa motho
a tshwara mapele a gago.

O tshwanetse go bolelela mongwe
fa motho a re o dire dilo
tse o sa di batleng.

O ka leletsa mang go
bona thuso:

Child Line: 0800 05 55 55

SAPS Crime Stop: 086 00 10111

SAPS Emergency Number: 10111

Life Line: 0861 322 322

Child Protection Unit: 012 393 2359/2362/2363



Make a placemat

Cut out the pictures you like and paste them on to the opposite page to make yourself a two-sided placemat. Cover or laminate the placemat with plastic and use it when you eat.





