

## Helping children through stories

Have you thought how stories can offer a way of supporting children through some of life's challenges? As they grow, children are faced with a variety of situations. Some of these may be exciting, like making new friends. But very often they can be difficult and children may need your help.

There are many wonderful stories about the potentially tough situations and dilemmas – like starting school, separation, illness, death, divorce, prejudice and bullying – that children may face. Discovering characters in stories that share similar experiences to them, helps children feel less alone and may also help them to better understand and cope with a challenging situation. Many children find it difficult to identify and communicate how they are feeling. Reading stories can help them to understand themselves better and give you all a great starting point for discussion.

Here are some ideas on how to use books and stories to help your children cope with some of life's challenges:

- Find a story that you like with a character that has to deal with an issue that your child is facing or one that might interest him or her. Ask someone who knows storybooks well like a librarian, bookshop assistant, teacher, counsellor or another parent to help you choose, or look on the Internet for suitable stories.
- Read and get to know the story yourself before sharing it with your child or a group of children.
- Think aloud and ask open-ended questions about the story during and after reading. Open-ended questions have no right or wrong answers and help children to reflect on, explore and talk about their personal concerns, emotions or ideas. Here are some examples for you to try:
  - \* *How would you feel if ...?*
  - \* *If I were him, I wonder what I'd do...*
  - \* *I wonder why she said/did that.*

## Ukusiza izingane ngezindaba

Ngabe uke wacabanga nje ukuthi izindaba zingahlinzeka kanjani ngokweseka izingane ezimweni zempilo ezinzima? Izingane zibhekana nezimo eziningi ezahlukene ngesikhathi zikhula. Ezinye zalezi zimo kungenzeka zinike isasasa, ezifana nokuba nabangani abasha. Kodwa isikhathi esiningi zingaba izimo ezinzima futhi izingane kungenzeka ukuthi zidinge usizo lwakho.

Kukhona izindaba eziningi ezinhle ezimayelana nezimo okungenzeka zibe nzima kanye nezingqinamba – ezifana nokuqala esikoleni, ukwehlukana, ukugula, ukushona, ukudivosa, ukucwaswa nokuchukuluzwa – okungenzeka ukuthi izingane zibhekane nakho. Ukuthola abalingiswa basendabeni abasezimweni zempilo ezifana nezazo, kusiza izingane ukuthi zizizwe zingezodwa futhi kungazisiza ukuthi ziqonde futhi zibhekane kangcono nenselele ezibhekene nayo. Izingane eziningi zikuthola kunzima ukuthi zikwazi nokusho ukuthi zizizwa kanjani. Ukufunda izindaba kungazisiza ukuthi ziziqonde kangcono futhi lokhu nonke kunikeze nendawo ekahle yokuthi niqale ukuxoxisana.

Nanka amanye amacebo okuthi ungawasebenzisa kanjani amabhukwana kanye nezindaba ukuze usize izingane zakho ukuthi zibhekane kangcono nezinye zezinselelo zempilo:

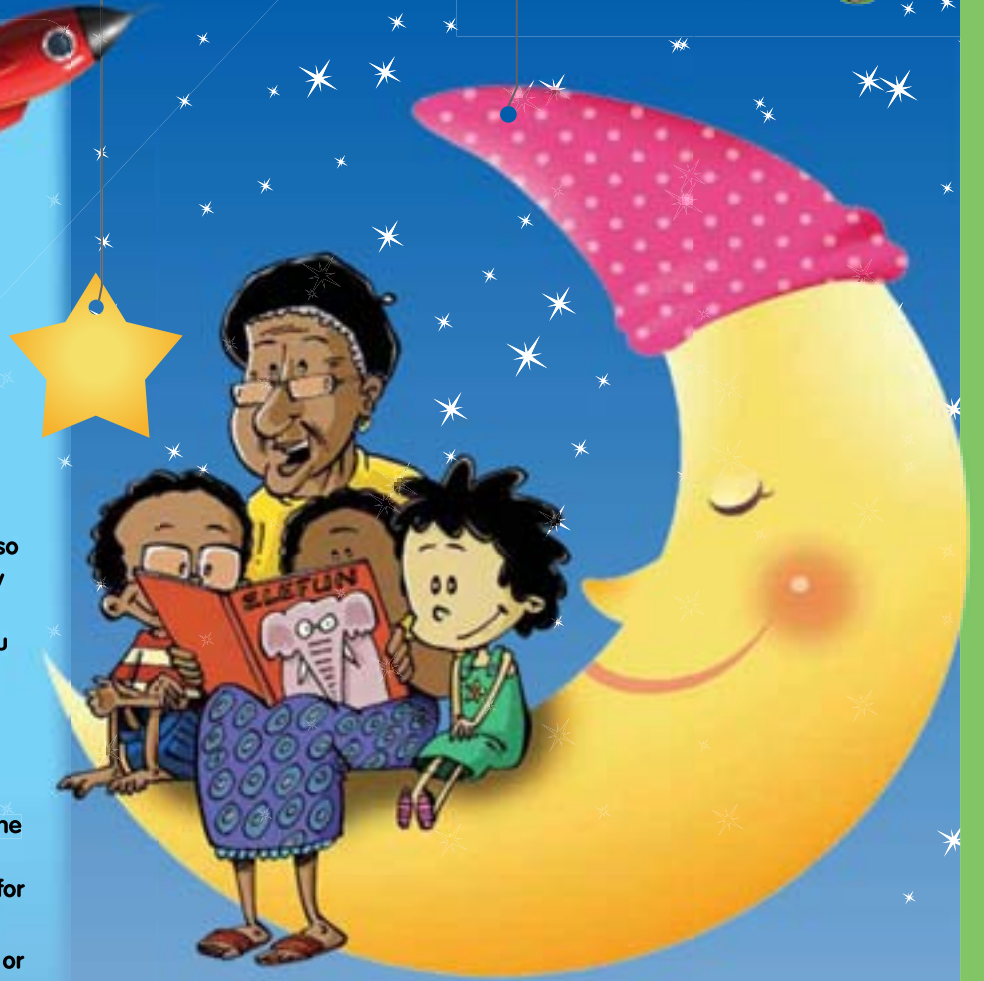
- Thola indaba oyithandayo enomlingiswa obhekene nesimo esithile ingane yakho ebhekene naso noma into ephile engahlaba ingane yakho umxhwele. Buza umuntu owazi amabhuku ezindaba kangcono ofana nomsebenzi wasemtatsheni wezincwadi, umsizi wasesitolo esithengisa izincwadi, uthisha,

\* *What do you think is going to happen next?*

\* *What would you do if ...?*

\* *What do you do when ...?*

- Find other ways related to the story for children to continue to explore their thoughts and feelings. For example, retell and act out the story, tell and act out your own story, draw a picture about it or inspired by it, create a puppet show or write to one of the story characters.



oweluleka ngokuphathelele nezimo ezithile noma omunye umzali ukuze akusize ukuthi ukhethe, noma ubheke izindaba ezifanele kwi-inthanethi.

- Funda bese wazi kangcono ngendaba wena ngaphambi kokuba wabelane ngayo nengane yakho noma nezingane eziningi.
- Phimisela lokho okucabangayo bese ubuza imibuzo engaba nezimpindulo ezahlukene mayelana nendaba ngesikhathi nifunda kanye nangemuva kokufunda indaba. Imibuzo engaba nezimpindulo ezahlukene ayinazo izimpindulo ezingezifanele kanye nalezo ezingezona ezifanele futhi isiza izingane ukuthi zicabange, zihlolise nokuthi zikhulume ngalokho okuzikhathazayo, imizwa noma imibono yazo. Nazi ezinye zezibonelo ongazizama.
  - \* *Ubungazizwa kanjani uma ...?*
  - \* *Uma benginguye, kazi bengizokwenzenjani...*
  - \* *Ngizayibuza ukuthi ukwenzeleni lokhu.*
  - \* *Ngabe ucabanga ukuthi yini elandelayo ezokwenzeka?*
  - \* *Ubuzokwenzenjani uma ...?*
  - \* *Wenzenjani uma ...?*
- Thola ezinye izindlela ezihambisana nendaba izingane ezingaqhubeka ukucubungula izinto ezizicabangayo noma lokho ezikuzwayo ngazo. Isibonelo: phindani nixoxe futhi nilingise indaba, manixoxe futhi nilingise indaba yenu, dwebani isithombe mayelana nayo noma esisuselwe kuyo, yenzani umbukiso wamaphaphethi noma nibhalele omunye wabalangiswa abasendabeni.



Drive your  
imagination

Help your child be a somebody.  
It starts with a story...  
Siza ingane yakho ukuthi ibe utho.  
Kuqala ngendaba exoxwayo...







Drive your imagination

# Nal'ibali holiday fun

Here are 24 fun ideas that incorporate reading and writing to keep your children busy and entertained during the school holidays. The idea is to enjoy yourselves so use the language/s you and your children feel most comfortable with.



# Okokuzithokozisa ngesikhathi samaholide okuvela kwaNal'ibali

Nanka amacebo okuzithokozisa anga-24 ahlanganisa ukufunda nokubhala azogcina izingane zenu zimatasatasa futhi zithokozile ngesikhathi samaholide okuvalwa kwezikole. Kuhloswe ukuthi nizithokozise ngesikhathi nisebenzisa ulimi noma izilimi eniphatheka kahle ngazo nezingane zenu.

**1 Keep a holiday journal.** Use an exercise book or staple sheets of paper together to create a journal in which your children can draw and write about their holiday activities, thoughts, ideas and feelings. Encourage them to do this each day, either with you or on their own.

**1 Gcinani ijinali yesikhathi samaholide.** Sebenzisani incwadi yokubhalela noma nihlanganise amakhasi ngama-stapler ukuze nakhe ijinali izingane zakho ezizobhala noma zidwebe kuyona ngezinto ezizozenza ngesikhathi samaholide, imicabango, imibono kanye nalokho ezikuzwayo. Zigqugquzele ukuthi zenze lokhu usuku ngalunye, okungaba ukuthi zikwenza nawe noma zizenzela zona zodwa.

**2 Going on a journey?** Create a travel map for your children. Draw a simple map and put the towns or landmarks on it. Your children can use the map to keep track of where you are in your journey, without having to ask 'Are we nearly there yet?' all the time and to add new places of interest to them!



**2 Ukuthatha uhambo?** Yakhela izingane zakho ibalazwe lokuthatha uhambo. Dwebha ibalazwe elingenazo izinto eziningi bese ufaka amadolobha kanye nezinto ezithile ezaziwayo ngendawo leyo. Izingane zakho zingasebenzisa ibalazwe ukuze zazi ukuthi nikuphi nohambo lwenu, zingaze zibuze ukuthi 'Asikafiki yini lapho siya khona?' bese nifaka izindawo ezintsha kanye nalezo ezihlaba izingane zakho umxhwele!

**3 Join a library holiday programme** with your children. Borrow a book by an author that none of you has ever read or more books by your favourite authors.

**3 Hlanganyela ohlelweni lomtapo wezincwadi lwangesikhathi samaholide** nezingane zakho. Bolekani incwadi yombhali okungekho noyedwa phakathi kwenu owake wayifunda noma ezinye izincwadi zababhali enibathandayo.

**4 Create a family book chain.** After each person has read a book, they write the book's name on a new chain which you add to a paper chain. Put up the growing paper chain along a wall or hanging from a door frame. At the end of the holidays, remember and talk about all the books on the chain!

**4 Yakhani iketanga lokufunda izincwadi emndenini.** Ngemva kokuba umuntu ngamunye esefunde incwadi, akabhale igama lencwadi eketangeni elisha enizobe senilifaka eketangeni elisephepheni. Bekani iketanga elisephepheni eliya ngokukhula odongeni noma niliphanyeke efulemini yomnyango. Uma sekuphele isikhathi samaholide, khumbulani bese nikhuluma ngazo zonke izincwadi eziseketangeni!

**5 Create personalised gifts** for friends or family members. Think about how you would describe a friend or family member and then look through magazines and newspapers to find words that describe them. Arrange and paste these onto a sheet of paper together with a photograph or drawing of the person.

**5 Yakhani izipho ezenzelwe umuntu ngamunye** zabangani noma zamalungu omndeni. Cabanga ukuthi ungamchaza kanjani umngani noma ilungu lomndeni bese ubheka amaphephabhuku kanye namaphephandaba ukuze uthole amagama abachazayo. Wahlele bese uwanamathisela ephepheni nesithombe noma nomdwebo womuntu.



**6 Borrow books** of fairytales or folktales and read one to your children every day of the holidays.

**6 Bolekani izincwadi** zezinsumansumane kanye nezinganekwane bese ufundela izingane nsuku zonke ngesikhathi samaholide.

**7 Create holiday memory boxes** using old shoeboxes. Let your children cover and decorate their boxes, and write their names on them. When their boxes are ready, they can collect anything that represents a holiday memory for them: for example, train tickets, photographs, drawings, letters and cards from friends, the names and authors of books they have read.

**7 Yakhani amabhokisi okugcina izinkumbulo zangesikhathi samaholide** nisebenzisa amabhokisi ezicathulo amadala. Vumela izingane zakho ukuthi zikhabe bese zihlobisa amabhokisi azo, bese zibhala amagama azo kuwona. Uma amabhokisi azo eselungile, zingaqoqa noma yini emele inkumbulo yangesikhathi samaholide: isibonelo, amathikithi ezitifimela, izithombe, imidwebo, izincwadi kanye namakhadi avela kubangani, amagama nababhali bezincwadi abazifundile.

**8 Have a book party.** Invite your friends and family to come to your home with their children. Ask each person to bring a storybook with them and then spend time sharing these books with each other.

**8 Yibani nombungazo wokufunda izincwadi.** Memani abangani benu kanye nomndeni ukuze banivakashele nezingane zabo. Celani umuntu ngamunye ukuthi eze nencwadi yezindaba bese nichitha isikhathi esiningi nabelana ngezincwadi nabanye.

**9 Make Reconciliation Day words.** On 16 December, look up the word 'reconciliation' in a dictionary, find out what it means and see how many new words you and your children can make from it?



**9 Yenzani amagama Osuku Lobuyisana.** Ngomhla ka-16 Disemba, bhekani igama 'ukubuyisana' esichazamazwini, nithole ukuthi lichaza ukuthini bese nibona ukuthi mangaki amagama amasha wena kanye nezingane zakho eningawathola?



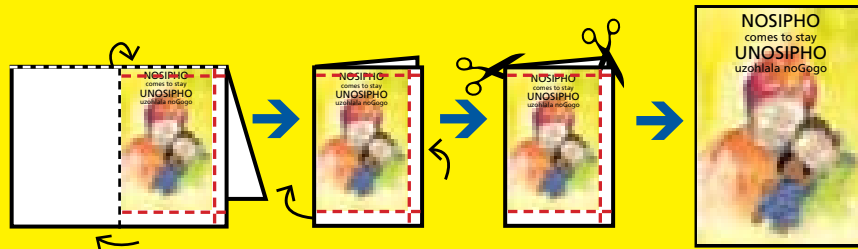
**10 Make up silly stories.** Take turns to pull out of a hat, a collection of words you've all written on pieces of paper (for example, blue, fox, umbrella, bag, moon, girl, flew, jumped, shone, sang, coat, grabbed). Use them to help you create and tell a silly story, either all together or separately.

**10 Yenzani izindaba ezingatheni.** Shintshanani ngokukhipha esigqokweni, iqoqo lamagama eniwabhale ephepheni nonke (isibonelo: okuluhlaza okwesibhakabhaka, impungushe, isambulela, isikhwama, inyanga, intombazane, igxumile, ikhazimulile, iculile, ibhantshi, igxavuniwe). Kusebenzisani ukuze kunisize ukwakha izindaba ezingatheni, okungenzeka ukuthi nikwenze ndawonye noma ngabanye.

## Create your own mini-book Zenzele ibhukwana lakho

1. Take out pages 3 to 6 of this supplement.
2. Fold it in half along the black dotted line.
3. Fold it in half again.
4. Cut along the red dotted lines.

1. Khipha ikhasi 3 ukuya ku 6 kulesi sithasiselo.
2. Lisonge libe nguhhafu lapho kunomugqa (ulayini) wamachashaza amnyama khona.
3. Lisonge libe nguhhafu futhi.
4. Sika lapho kunomugqa wamachashaza abomvu khona.





**11 Try some tongue twisters!** Get your children to write down tongue twisters and share them with their friends. Here are some to get them started – say them over and over again, as quickly as you can: She sells seashells on the seashore./Flash message, flash message./A proper copper coffee pot./I saw Esau sitting on a seesaw. Esau, he saw me./Toy boat, toy boat./Six thick thistle sticks./Good blood, bad blood.

**11 Zamani amanye amagama abizeka kalukhuni!** Wena kanye nezingane zakho bhalani amagama noma imisho ebizeka kalukhuni bese nabelane ngakho nabangani benu. Nakhu okunye esingaqala ngakho – kushoni ngokuphindelela, ngokushesha: UCele ucambalele ecansini ucabanga ngecebo lokuciba ucilo ngomcibisholo. UShabalala washabalala neshumi losheleni emshinini kashukela eshashalazini laseShowe. Amaxoxo ayaxokozela exoxa ngoxamu exhibeni.

**12 Cook together.** Find a recipe with your children for something interesting that you haven't eaten before. Read the recipe and make the food together – then enjoy eating it!

**12 Phekani ndawonye.** Thola iresiphi wena kanye nezingane eningayithola ihlaba umxhwele yokudla eningakaze nikudle ngaphambilini. Fundani iresiphi bese nipheka ndawonye – bese nithokozela ukukudla ndawonye!

**13 Remember your favourite childhood stories.** Tell them or find them in books to read to your children.

**13 Khumbulani izindaba enanzithanda niseyizingane.** Baxoxele noma uthole izincwadi ezizofundwa izingane zakho.

**14 Write a story.** Make books by stapling blank sheets of paper together and write stories with your children. Younger children can draw the pictures. Offer to write the words they tell you but also encourage them to try and write for themselves. Allow older children to draw and write on their own. Read your books to each other – and to children who visit!

**14 Bhalani indaba.** Yakhani izincwadi ngokuhlanganisa amakhasi nge-stapler bese nibhala izindaba nezingane zakho. Izingane ezincane zingadweba izithombe. Zinikele ukuthi uzobhala amagama ezikutshela wona kodwa zigqugquzele futhi ukuthi zizame ukuzibhalela. Vumela izingane ezindadlana ukuthi zidwebe nokuthi zibhale ngokwazo. Fundelanani incwadi – nifundele nezingane ezivakashile!



**15 Plan a picnic.** Write a list of things to take with you. Encourage your children to write their own lists as you write yours – involvement is more important here than neatness or correct spelling! Let them copy what you write if they want to. Before you leave, use the list to check that you have everything with you.

**15 Hlelani iphikhinikhi.** Bhalani uhlu lwezinto enizozithatha. Gqugquzela izingane zakho ukuthi zibhale uhlu lwazo ngesikhathi nawe ubhala olwakho – ukuzibandakanya lapha yikhona okubaluleke kakhulu lapha kunobunono noma ukupela kahle amagama! Bavumele ukuthi bakopele lokho okubhalile uma befisa ukwenza kanjalo. Ngaphambi kokuba uhambe, sebenzisani uhlu ukuze nibheke ukuthi ninakho konke enikudingayo.

**16 Picture it.** With your children, cut out interesting pictures from newspapers or magazines. Each person writes what they like about a picture. Then share what you've all written.

**16 Fakani izithombe.** Wena kanye nezingane zakho, sikani nikiphe izithombe ezihlaba umxhwele ezivela kumaphephandaba noma kumaphephabhuku. Umuntu ngamunye ucabanga bese ebhala lokho akuthandayo ngesithombe. Yabelanani ngalokho enikubhalile.

**17 Make song posters.** For younger children, write the words of one of their favourite songs on a large sheet of paper but let older children write the words themselves. They can draw or paste pictures around the song. Display the posters where they can see it and then sing the song together while you point to the words.

**17 Yenzani amaphosta amaculo.** Ezinganeni ezincane, bhalani amagama elinye lamaculo ezizwathandayo ephepheni elikhulu kodwa uvumele izingane ezindadlana zibhale amagama ngokwazo. Zingadweba noma zinamathisele izithombe zizungeze iculo. Beka amaphosta lapho zizowabona khona bese nicula iculo ndawonye ngesikhathi ukhomba amagama.

**18 Donate a story card.** Encourage your children to cut out a story from an earlier *Nal'ibali* supplement and paste it on a sheet of cardboard or part of a cereal box. Let them share their story with friends or those who live in a children's or old age home. Remember to leave the story card with them so they can keep a piece of your story magic!

**18 Nikelani ngekhadi lezindaba.** Gqugquzela izingane zakho ukuthi zisike zikhiphe indaba evela esithasiselweni sakwaNal'ibali esedlule bese zisinamathelisa ekhalibhothini noma engxenyeni yekhalibhothi lesiriyeli. Zivumele ukuthi zabelane ngezindaba zazo nabangani noma labo abahlala emakhaya agcina izintandane noma abantu abadala. Khumbulani ukubashiyela indaba ngekhadi lendaba ukuze bagcine ingxenye yomlingo wendaba abazowugcina!

**19 Write a review.** Help your children to review of a book they have read and liked a lot, and then share it with us. Send your review to Nal'ibali, PO Box 1654, Saxonwold, 2132 or letters@nalibali.org or post it on Facebook: www.facebook.com/nalibaliSA

**19 Hlaziyani okuthile.** Siza izingane zakho ukuthi zihlaziye ibhuku ezilifundile zalithanda kakhulu, bese wabelana nathi ngalokhu. Thumela enikhulaziyile ku-Nal'ibali, PO Box 1654, Saxonwold, 2132 noma ku- letters@nalibali.org noma ukufake ku-Facebook: www.facebook.com/nalibaliSA

**20 Create a 2012 newsletter.** With your children, write about events and achievements of each family member over the past year and then email or post it to friends and family, especially those who you do not see often.

**20 Yakhani iphephabhukwana lenu lika-2012.** Wena nezingane zakho, bhalani ngezinto ezenzekile kanye nalokho okuzuzwe ilungu lomndeni ngalinye ngonyaka odlule bese nikuthumela nge-imeyli noma nikuposele abangani kanye nomndeni, ikakhulukazi labo bantu eningababoni njalo.

**21 Change a story.** As you tell a story that your children know, change the title, characters, or beginning or ending to make it different. Young children love it if you use their own names, and those of friends and family members as characters. Ask your children for different ways to end a story: sad, silly, happy or unbelievable.

**21 Shintshani indaba.** Ngesikhathi uxoxa indaba eyaziwa izingane zakho, shintsha isihloko, abalingiswa, isiqalo noma isiphetho sendaba ukuze uyenze ihluke. Izingane ezincane ziyathanda uma usebenzisa amagama azo, kanye nalawo abangani kanye namalungu omndeni njengabalingiswa. Buza izingane zakho ngezindlela ezahlukene zokuphetha indaba: kabuhlungu, kabi, ngokuthokozisayo noma ngento engakholakali.

**22 Make a New Year's gift.** Together with your children, follow the instructions in a how-to book to make some New Year gifts for friends. Your children will learn how to read and follow instructions as well as how to make something.

**22 Yenzani isipho soNyaka Omusha.** Wena kanye nezingane zakho, landelani imiyalo esebhukwini elichaza ukuthi zenziwa kanjani izinto ukuze nenze izipho zoNyaka Omusha zabangani benu. Izingane zakho zizofunda ukuthi ilandelwa kanjani imiyalo kanye nokuthi yenziwa kanjani into ethile.

**23 Go on a treasure hunt.** One person writes up the clues that tell everyone what they have to do next to discover where the treasure is hidden. He/she places them in different places and everyone else uses each clue to get one step closer to finding the treasure!

**23 Bhekani umcebo.** Umuntu oyedwa ubhala okubonisa umkhondo wokutshela wonke umuntu ukuthi yini elandelayo okumele ayenze ukuze athole ukuthi ufihlwe kuphi umcebo. Ubeka okunika umkhondo ezindaweni ezahlukene bese wonke umuntu esebenzisa okunika umkhondo ngakunye ukuze asondele ekutholeni umcebo!



**24 Name the story characters.** Invite your children to draw a picture of their favourite story character, keeping it secret as they draw. Put up their pictures and then see if other family members are able to guess the characters' names and which stories they are from.

**24 Qambani amagama abalingiswa bendaba.** Cela izingane zakho ukuthi zidwebe isithombe somlingiswa ezimithandayo endabeni, zimgcine eyimfihlo ngesikhathi zimdweba. Phanyeka izithombe zazo bese nibheka ukuthi ngabe azokwazi yini amanye amalungu omndeni ukuqagela amagama abalingiswa kanye nokuthi abakuziphi izindaba.



## Story corner

Here is the final part of the story about determination and achieving your goals for you to read-aloud or tell.

### Running for life (Part 2) by Gisella Winkler

"I think we are ready to try a 60 km run next," Patrick told the team. "But we will do it very slowly."

"Remember that you need to go to bed early the night before," Lina chipped in, looking at Thembi. "You have to be kind to your body. If you drive it too hard, it will not cope."

"Sometimes it is hard to listen to my body," Thembi said to Lina after the meeting. "Sometimes I am so angry that I am infected."

"That is okay, Thembi. We all get angry when our bodies fail us. When I broke my leg last year, I cried in frustration. I had to learn to be kind to my body and it slowly got better," Lina said quietly.

"The Comrades is not about winning," Patrick added. "It is about taking part, about doing it together. None of us can do it alone."

The last two months before the marathon were very busy. Patrick and his team were running at least four times a week. Thembi was proud every time she managed to finish a run.

"Your courage and determination is wonderful," Thabo said to her one day. "It is helping us all to give our best."

At last, it was the day of the Comrades Marathon. Patrick, Thabo, Thembi and Lina lined up at the start. They were nervous, but excited too. Then the starter gun went off and slowly the great crowd of people began to move forward.

Patrick, Lina and Thabo stayed with Thembi all the way. After eight hours, Thembi got so tired that they could only move up the hills at a walking pace. But she did not give up. She kept going.

"I know we can do it!" Thabo gasped.

Another three hours later, the four runners reached the finish line completely exhausted and just in time.

"I am so proud of my body!" Thembi sighed.

"And we are so proud of you," the others smiled.



Illustration by Phillipa Allen  
Imidwebo yenziwe uPhillipa Allen



Adapted from *Running for life*. Published by Cambridge University Press. © 2009

## Ikhona lezindaba

Nansi ingxenye yesibili yendaba emayelana nokuphikelela nokuzuza lokho okuphokophele ozoyifunda kuzwakale noma ozoyixoxa.

### Ukugijimela ukuzigcina uphilile (Ingxenye yesi-2) ibhalwe nguGisella Winkler

"Ngicabanga ukuthi sesikulungele ukuzama ukugijima amakhilomitha angama-60," kusho uPatrick eqenjini. "Kodwa sizokwenza kancane kancane."

"Nikhumbule ukusheshe nilale ebusuku obandulela lobo," wangenwa emlonyeni nguLina, ebheke uThembi. "Kumele ungawugqilazi umzimba wakho. Uma uwugqilaza angeke ukwazi ukumelana nezimo ezinzima."

"Ngesinye isikhathi kuba nzima ukuthi ngilalele umzimba wami," kusho uThembi kulina ngemuva komhlangano. "Ngesinye isikhathi ngidinwa kakhulu ngenxa yokuphila negciwane lesandulelangculazi."

"Akuyona inkinga lokho, Thembi. Siyadinwa sonke uma imizimba yethu ingenzi lokho esikufunayo. Ngesikhathi ngiphuke unyawo ngonyaka odlule ngakhaliswa ukudikibala. Kwadingeka ukuthi ngifunde ukungawukhandli umzimba wami wase uba ngcono kancane kancane," kusho uLina kancane.

"I-Comrades ayimayelana nokuwina," kwengeza uPatrick. "Imayelana nokubamba iqhaza, nokwenza lokhu ndawonye. Akekho noyedwa phakathi kwethu ongenza lokhu yedwa."

Izinyanga ezimbili zokugcina ngaphambi komqhudlwano wokugijima amabanga amade zazimatasatasa kakhulu. UPatrick neqembu lakhe babegijima okungenani izikhathi ezine ngesonto. UThembi wayeqhenya njalo uma ekwazile ukuqeda ibanga ebebeligijima.

"Ukuma kwakho isibindi nokuphokophela kwakho kuhle kakhulu," kusho uThabo kuye ngolunye usuku. "Kusisiza ukuthi sonke senze kangcono ngendlela esingakwazi ukwenza ngayo."

Ekugcineni, lwaze lwafika ukusu lwe-Comrades Marathon. UPatrick, uThabo, uThembi noLina bama lapho kuqala khona umqhudlwano wokugijima. Bebenovalo kodwa benesasasa futhi. Saqhuma isibhamu sokuqala komqhudlwano, abasubathi baqala ukugijima kancane.

UPatrick, uLina noThabo bagijima noThembi indlela yonke. Ngemuva kwamahora ayisishiyagalombili, uThembi wayekhathele kakhulu kangangokuthi babekhuphuka imiqansa seleshaya kancane. Kodwa akazange ayeke. Wayelokho eqhubeka njalo.

"Ngiyazi ukuthi singaphumelela!" kusho uThabo ephelwa umoya.

Ngemva kwamanye amahora amathathu, abasubathi abane bafika entanjeni yokuphela komqhudlwano bekhathele bephelile futhi sekuzophela umqhudlwano.

"Ngiyaziqhenya ngomzimba wami!" kusholo phansi uThembi.

"Siyaziqhenya nathi ngawe," kumamatheka abanye.



## In your next Nal'ibali supplement:

We are taking a break for the school holidays and will be back in January when schools start again! Enjoy your holiday and join us in 2013 for more story fun!

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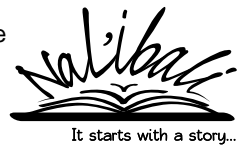
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Read the original story, *Nosipho comes to stay*, published by Jacana Media and available in bookstores and on-line from [www.jacana.co.za](http://www.jacana.co.za). This story is also available in isiZulu, isiXhosa, Afrikaans, Siswati, Sepedi, Sesotho, Setswana, Xitsonga, Tshivenda and isiNdebele. Jacana publishes books for young readers in all eleven official South African languages. To find out more about Jacana titles go to [www.jacana.co.za](http://www.jacana.co.za).

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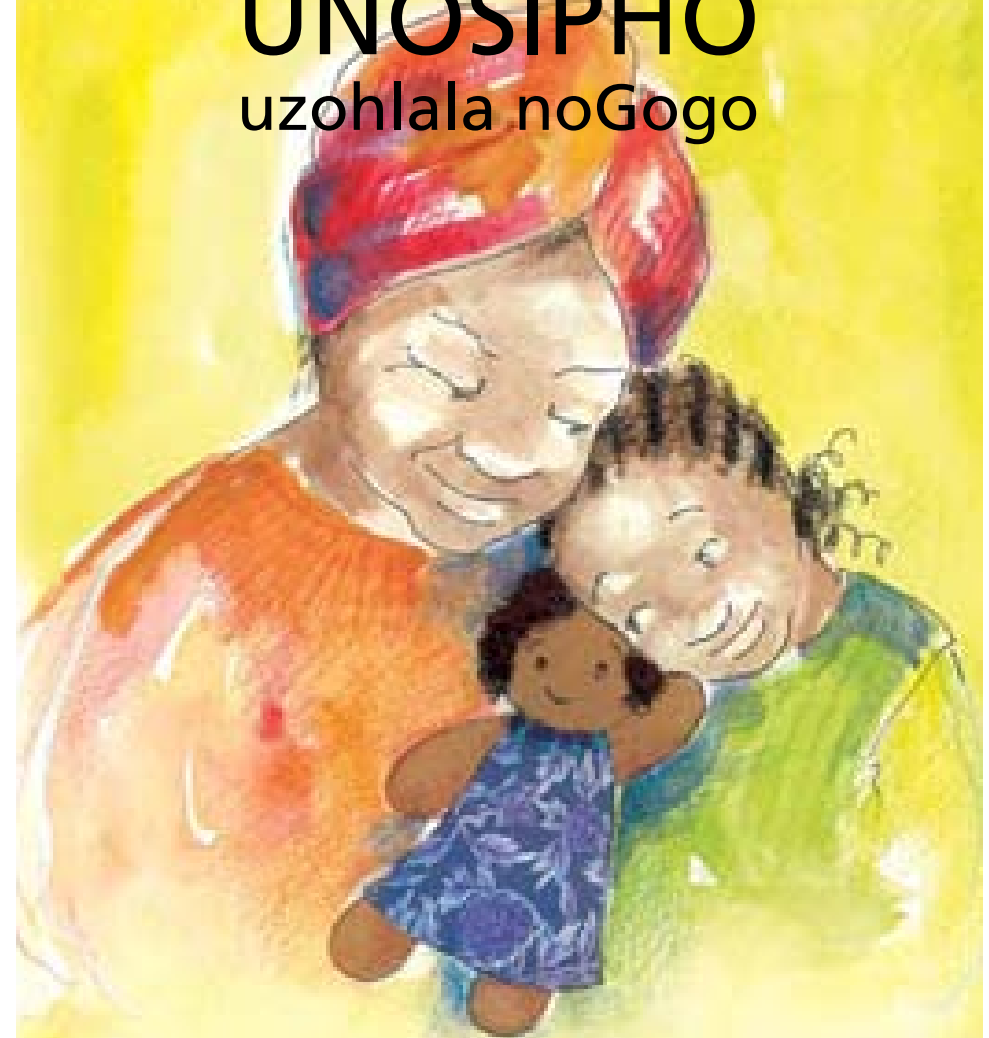


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Drive your  
imagination

# NOSIPHO comes to stay UNOSIPHO uzohlala noGogo



SARAH OOSTHUIZSEN • CATHERINE GROENEWALD

My Mama and Tata have died.  
Now I have come to live with  
my Gogo.

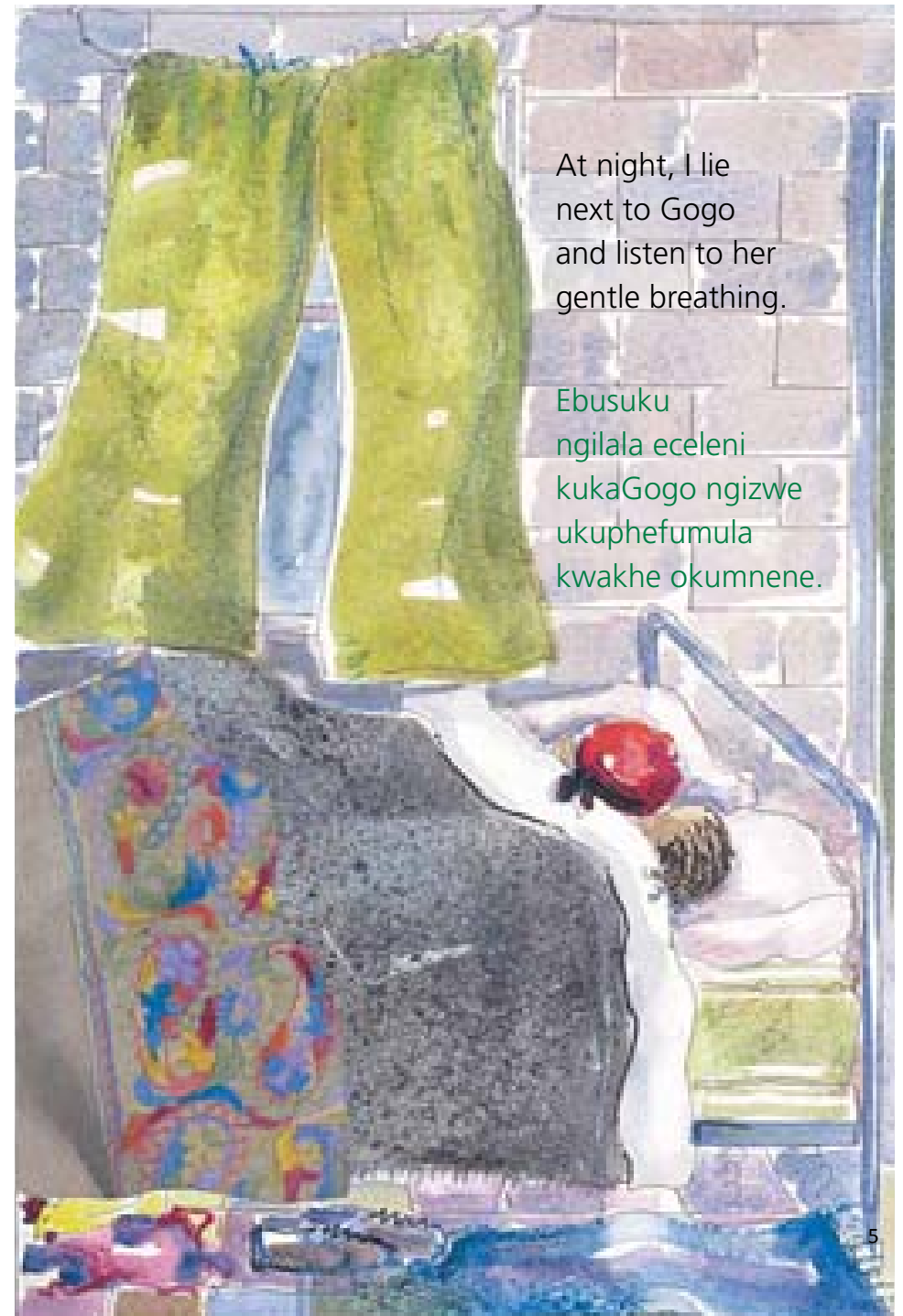


UMama noBaba bashonile. Manje  
sengizohlala nogogo.



I am sad, and so is Gogo. We hold each other tight. I feel a bit better – almost like I felt before AIDS took Mama and Tata away.

Ngidabukile emoyeni, kanti noGogo udabukile. Siyangana. Ngizizwa ngingconywa – lo muzwa ucishe ufane nalowo engangiwuzwa ngaphambi kokuthi i-AIDS ithathe uMama noBaba.



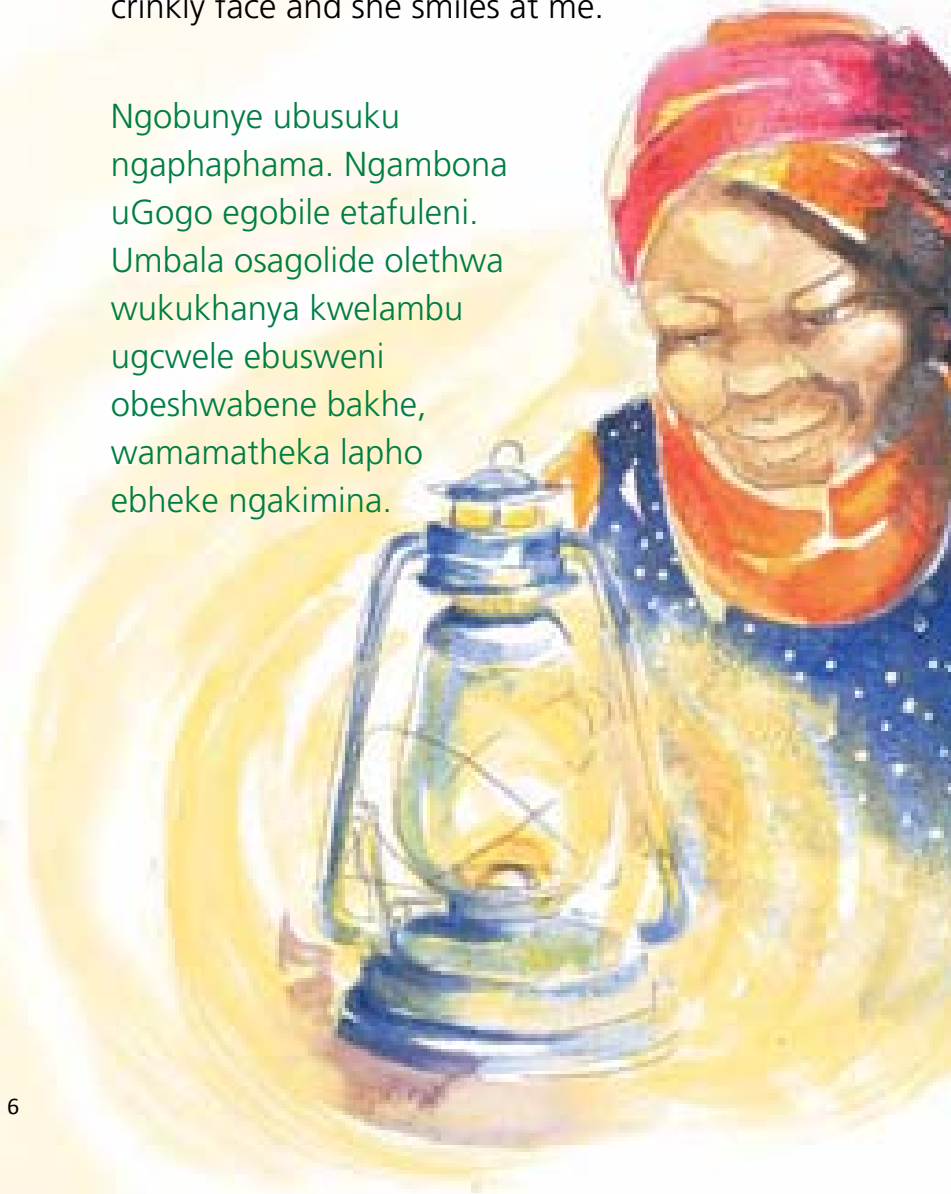
At night, I lie next to Gogo and listen to her gentle breathing.

Ebusuku ngilala eceleni kukaGogo ngizwe ukuphefumula kwakhe okumnene.



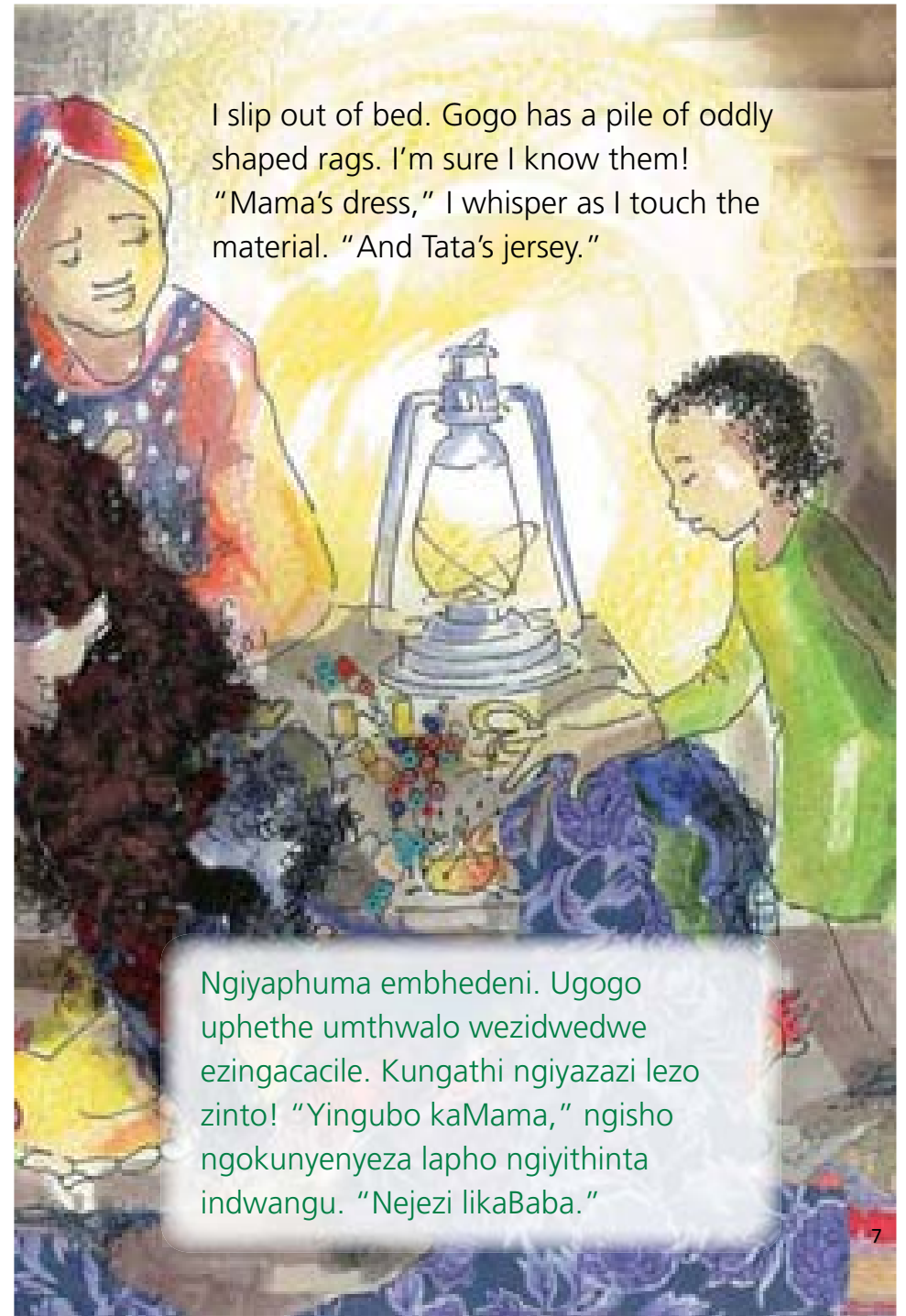
One night I wake. I see Gogo hunched over the table. The soft gold of the lamp washes over her crinkly face and she smiles at me.

Ngobunye ubusuku ngaphaphama. Ngambona uGogo egobile etafuleni. Umbala osagolide oledwa wukukhanya kwelambu ugwele ebusweni obeshwabene bakhe, wamamatheka lapho ebheke ngakimina.



I slip out of bed. Gogo has a pile of oddly shaped rags. I'm sure I know them! "Mama's dress," I whisper as I touch the material. "And Tata's jersey."

Ngiyaphuma embhedeni. Ugogo uphethe umthwalo wezidwedwe ezingacacile. Kungathi ngiyazazi lezo zinto! "Yingubo kaMama," ngisho ngokunyenzeza lapho ngiyithinta indwangu. "Nejezi likaBaba."

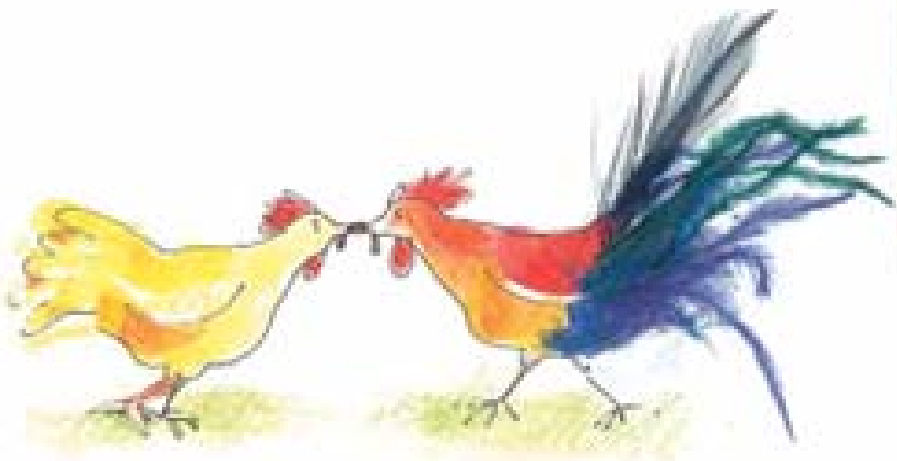




Gogo says, "Help me, Thandi. Even little scraps can make something beautiful."



UGogo uthi, "ngisize Thandi. Ngisho nezicucwana zingenza into enhle kabi."



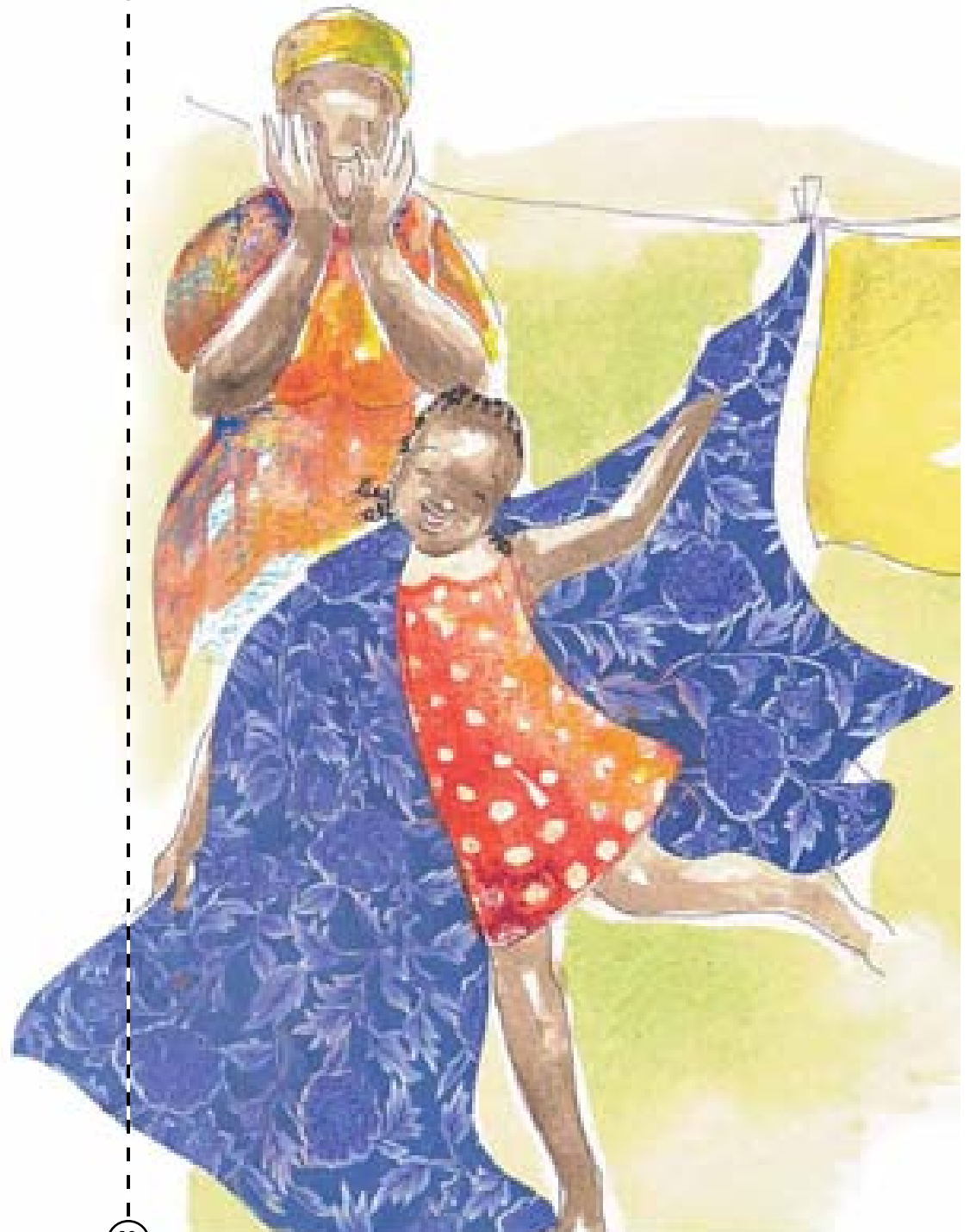
I remember Mama's beads. She looked like a princess when she wore them!

Ngiyabukhumbula ubuhlalu bukaMama. Wayethi uma ebugqokile abukeke sengathi yinkosazana uqobo!

We stitch and stuff, pin and pull.  
Memories prick at our hearts.  
We cry together, but sometimes we laugh.

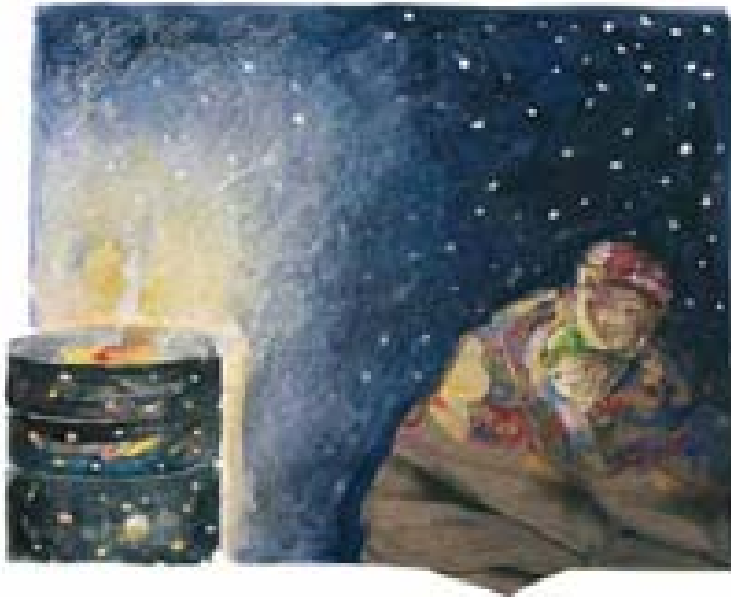


Siyathunga sihlohle, sifake ophini sibadonse.  
Izinhliziyo zethu zihaqwa yinkumbulo.  
Siyakhala sobabili, kodwa ngesinye isikhathi  
usithola sesihleka.



I'm sure I smell the sweetness of Tata's pipe again – just like I used to when it mingled with the smoke outside.

I remember the firelight escaping through the drum like little stars.



Ngineqiniso lokuthi ngizwa iphunga elimnandi lenqawe kaBaba namanje – ngendlela engangilizwa ngayo selihlangene nentuthu phandle. Ngiyakhumbula mhla izinhlansi ziphuma enqaweni njengezinkanyezana.

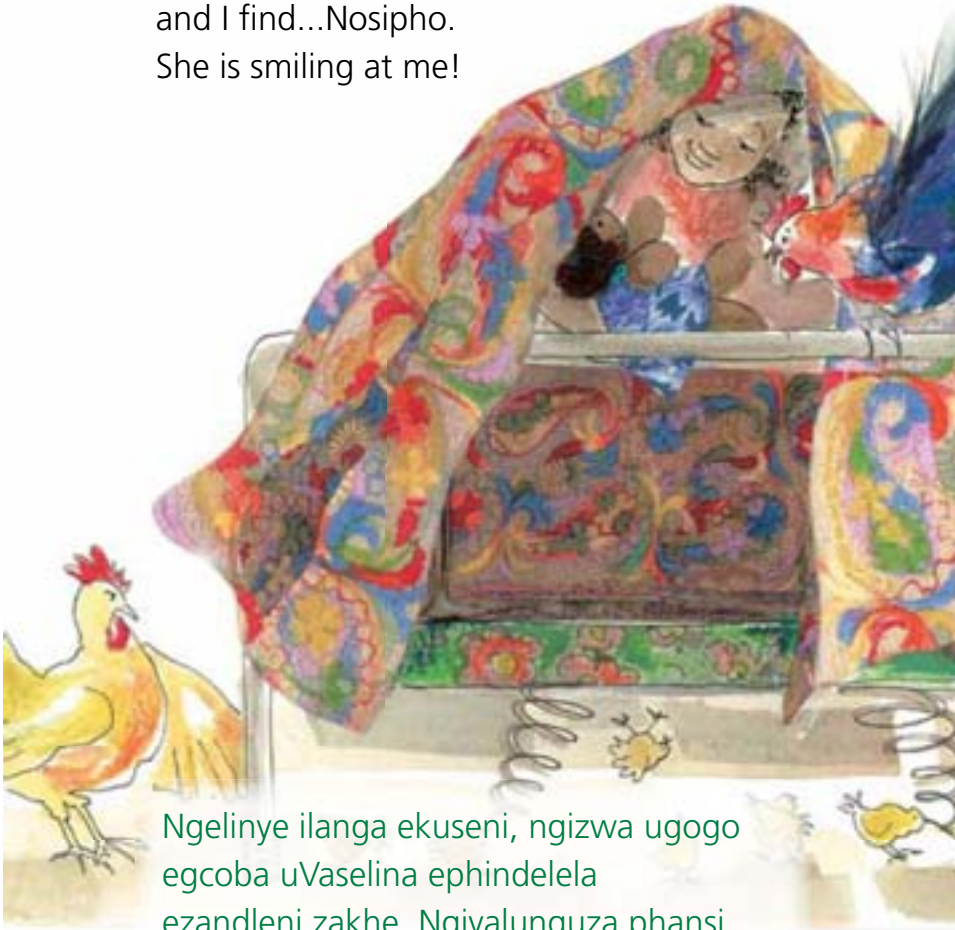
Our scraps have made a doll. Now all she needs is a face. I paint her eyes and they twinkle. Then I paint her mouth, and it is smiling. I call her Nosipho.



Izidwedwe zethu sezenze unodoli. Manje usedinga ubuso qha. Ngipenda amehlo akhe, nanka esebenyezela. Bese ngipenda umlomo wakhe, nawu uyamamatheka. Ngimqamba igama elithi uNosipho.



Early one morning, I listen to Gogo rub, rub, rubbing Vaseline into her old hands. I peep between the folds of the blanket, and I find...Nosipho. She is smiling at me!



Ngelinye ilanga ekuseni, ngizwa ugogo egcoba uVaselina ephindelela ezandleni zakhe. Ngiyalunguza phansi kwengubo yokulala, ngithola ... nangu uNosipho. Ungibhekile uyamamatheka!



I hug her and smell Tata's pipe in her soft curls of wool. I can't see my Mama or Tata, but Nosipho shows me that they are still part of me.

The torn and broken bits have become something new.

Ngiyamanga bese ngizwa iphunga lenqawe kababa ezinweleni zakhe ezintofontofo zewuli. Angikwazi ukumbona uMama noma uBaba, kepha uNosipho uyangikhombisa ukuthi baseyingxenye yami.

Izicucwana seziphenduke zaba yinto entsha.