



Why a special edition?

Since the outbreak of COVID-19, children have not been able to go the library and reading clubs and have been away from school for a long period of time. To support you as you do your best to keep your family safe, Nalibali has put together this special edition of our supplement to help you with ideas on how your children can continue reading and writing for enjoyment at home. Some activities can be enjoyed by the whole family, while others have been divided into age groups to give you age-appropriate ideas.

Kungani ukuba kubekho ushicilelo olukhethekileyo?

Ukususela kugqabhuko lukabhuhane weCOVID-19, abantwana abasakwazi ukuya kumathala eencwadi nakwiiklabhu zokufunda yaye sekulixesha elide bengasayi esikolweni. Ukukuxhasa njengoko usenza okusemandleni akho ukugcina usapho lwakho lukhuselekile, uNalibali uhlanganise olu shicilelo olukhethekileyo lohlelo lwethu ukukuncedisa ngezimvo ngendlela abantwana bakho abanokuqhuba bafundele baze babhalele ukuzonwabisa ekhaya. Eminye imisetyenzana inokonwatyelwa lusapho lonke luphelele, kanti eminye inokwahlulahlulwa ngokwamaqela obudala ukukunika izimvo ezifanele ubudala obuthile.

HOW PARENTS AND CAREGIVERS CAN SUPPORT CHILDREN

Our first responsibility as parents and caregivers is to care for our children and to keep them safe. This has been a difficult time for families across South Africa. Your children may be feeling stressed or anxious at this time. They may find it difficult to communicate their feelings with you, especially if you seem upset. Try to do the following things to help them.

- ★ Use positive language when talking to your children.
- ★ Invite your children to tell you how they are feeling.
- ★ Do fun things together.
- ★ Let them help you by doing some of the chores.



READING AND WRITING AT HOME

One of the best ways for you to support your children is by sharing stories with them. Here are some of the benefits of sharing stories.

- ★ Stories help you bond with your children.
- ★ When you tell or read stories to your children, it lets them know that they are important enough for you to make time for them.
- ★ Stories help develop their imagination and creativity.
- ★ Stories also help develop children's language and thinking, especially when they hear or read stories in their home languages.
- ★ Stories often provide children with examples of how people meet the challenges they face.



INDLELA ABAZALI NABAKHATHALELI BABANTWANA ABANOKUBAXHASA NGAYO ABANTWANA

Uxanduva lwethu oluphambili njengabazali nabakhathaleli babantwana kukukhathalela abantwana bethu nokubagcina bekhuselekile. Eli libe lixesha elinzima kwiintsapho kuMzantsi Afrika uphela. Abantwana bakho basenokuba baziva bedandathakile okanye bexhalabile ngeli xesha. Basenokufumana kunzima ukukuchazela iimvakalelo zabo, ngakumbi ukuba ubonakala ngathi awonwabanga. Zama ukwenza ezi zinto zilandelayo ukubanceda.

- ★ Sebenzisa ulwimi olukhuthazayo xa uthetha nabantwana bakho.
- ★ Khuthaza abantwana bakho ukuba bakuxelele ngendlela abaziva ngayo.
- ★ Yenzani izinto ezinonwabiso kunye.
- ★ Mabakuncedise ukwenza eminye imisebenzi die huis te doen.



UKUFUNDA NOKUBHALA EKHAYA

Enye yeendlela ezibalaseleyo onokunika ngazo abantwana bakho inkxaso kukwabelana nabo ngamabali. Nazi ezinye izinto eziluncedo ngokubalisa amabali.

- ★ Amabalianceda ngokukumanya nabantwana bakho.
- ★ Xa ubalisela okanye ufundela abantwana bakho amabali, oko kubenza bazi ukuba babaluleke ngokwaneleyo kuwe ngokokude uzinike ixesha labo.
- ★ Amabalianceda ukuphuhlisa imifanekiso-ngqondweni yabo nobuchule bokudala.
- ★ Amabalianceda ukuphuhlisa ulwimi lwabantwana nokucinga ngakumbi xa besiva okanye befunda amabali ngeelwimi zabo zasekhaya.
- ★ Amabali akholisa ukunika abantwana imizekelo yendlela abantu abahlangabezana ngayo nemingeni abajongene nayo.

Improve confidence and learning

Encourage your children's attempts to read and write by making positive comments without focusing on mistakes. By giving them lots of support, you will develop their confidence and improve their learning.



Content for COVID-19 Edition 169 is adapted from *Supporting learners from home – a guide for caregivers*, developed by the Covid-19 ECD and Schooling Group, a working group of Covid-19 People's Coalition



www.c19peoplescoalition.org.za

Phucula ukuzithemba nokufunda

Khuthaza abantwana bakho kwimizamo yabo yokufunda nokubhala ngokubancoma apho kufaneleke khona ngaphandle kokugxininisa kwiimpazamo zabo. Ngokubanika inkxaso kangangoko, uya kuphuhlisa ukuzithemba kwabo uphucule nesakhono sabo sokufunda.

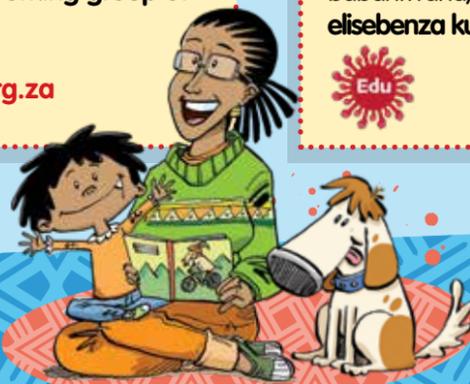
Isiqulelo soShicilelo 169 lweCOVID-19 silungiswe ukususela kwesi sikhokelo *Ukuxhaswa kwabafundi ekhaya – isikhokelo sabakhathaleli babantwana*, esiphuhliswe yiCovid-19 ECD neQela lesiKolo, iqela elisebenza kunye leCovid-19 People's Coalition



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Drive your
imagination



IT STARTS WITH
A STORY.
KONKE KUQALA
NGEBALI.

Get creative!

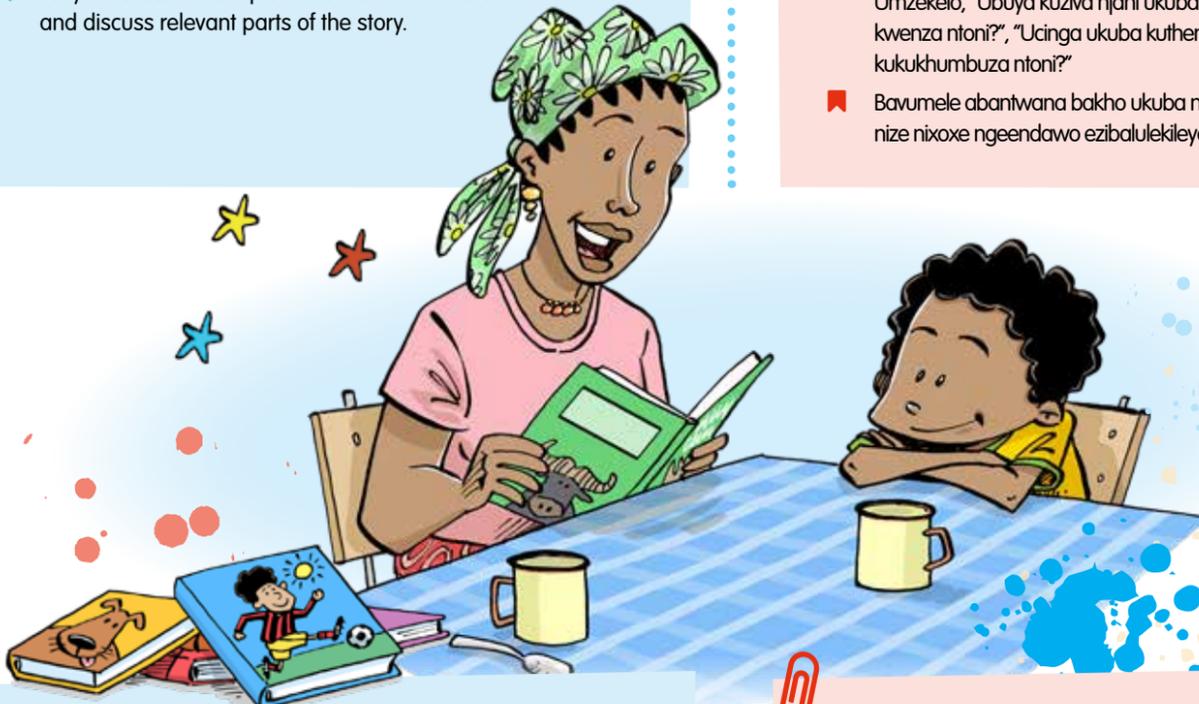
In this special **Get creative!** there are reading and writing activities for all age groups! Everyone at home has a role to play in developing children's reading and writing, as well as their understanding of how to protect themselves and others from COVID-19. Doing this together can be an enjoyable part of everyday family life. Create a story routine by setting aside a time that works best for all of you.



Make special storytelling times

Create storytelling times that the whole family can enjoy together.

- Tell stories, sing songs and recite poems you know. This stimulates children's imaginations and develops their language.
- Have story suppers! Once a week, let a family member tell a story during supper time. You could also create a story together by letting one person tell the beginning of a story and then letting everyone else add a bit to the story until it is complete.
- Deepen your children's understanding of the stories they hear by asking open-ended questions. For example, "How would you feel if ...?", "If you were him, what would you have done?", "Why do you think she did that?", "What does that remind you of?"
- Let your children ask questions too! Answer them and discuss relevant parts of the story.



Read and write for information

To help children remember information better, let them read it or listen to it and then write it down. As a family, make a "Golden rules" poster about COVID-19. Then, at different times during the day, ask your children questions like, "What is the golden rule about coughing and sneezing?"

There are **six golden rules** that we should all follow.

1. Wash your hands with soap and water for at least 20 seconds as often as you can.
2. Do not touch your face with unwashed hands.
3. Cough and sneeze into a tissue or your elbow. Safely throw away your used tissue.
4. When you are outside your home, stay at least 1,5 m away from others.
5. Wear a mask when you leave your home or if you are caring for someone at home who is sick.
6. Stay home if you are sick. In an emergency, contact the National COVID-19 hotline on **0800 029 999** or WhatsApp: **0600 123456**, or contact your healthcare worker.



Sebenzisa ubugcisa bakho!

Kolu papasho lukhethekileyo oluthi **Sebenzisa ubugcisa bakho!** kukho imisetyenzana yokufunda nokubhala yawo onke amaqela obudala! Wonke umntu ekhaya unenxaxheba anokuyidlala ukuphuhlisa ukufunda nokubhala kwabantwana, ngokunjalo nengqiqo yabo ngendlela abanokuzikhusela ngayo bona kunye nabanye kwiCOVID-19. Ukukwenza kunye oku kungayinxalenye yolonwabo kubomi bosapho bemihla ngemihla. Dala ithuba lesiqhelo lamabali ngokubekela bucala ixesha elilelona lifaneleke kuni nonke.



Misela amaxesha akhethekileyo okubalisa amabali

Dala amaxesha okubalisa amabali anokonwatyelwa lusapho lundawonye.

- Balisani amabali, culani iingoma nize nicengceleze nemihobe eniyaziyo. Oku kuvuselela iingcingane zabantwana ngokunjalo kuphuhlise nolwimi lwabo.
- Yibani nezidlo zangokuhlwa zamabali! Kanye ngeveki, makubekho ilungu losapho elibalisa ibali ngethuba lesidlo sangokuhlwa. Kanti ningaqamba ibali kunye ngokuthi kubekho umntu omnye obalisa isiqalo sebali baze bonke abanye bongeze amasuntswana abo ebalini lide liphelele.
- Yandisa ingqiqo yabantwana bakho ibe nzulu ngamabali abawamameleyo ngokubuzisa imibuzo evumela iimpendulo ezininzi. Umzekelo, "Ubuya kuziva njani ukuba ...?", "Ukuba ubunguye, ubuya kwenza ntoni?", "Ucinga ukuba kutheni wayesenza oko?", "Oku kukhumbuzisa ntoni?"
- Bavumele abantwana bakho ukuba nabo babuze imibuzo! Baphendule nize nixoxe ngeendawo ezibalulekileyo zebali.



Fundani nize nibhalele ukufumana ulwazi

Ukunceda abantwana ukukhumbula ulwazi ngcono, mabalufunde, okanye baluphulaphule baze babhale phantsi. Yenzani ipowusta ethi "Imithetho ebaluleke kakhulu" yeCOVID-19 nikunye njengosapho. Emva koko, ngamaxesha ahlukehlayo asemini, buza abantwana bakho imibuzo efana nale, "Ngowuphi umithetho obaluleke kakhulu malunga nokukhohlela nokuthimla?"

Kukho **imithetho emithandathu ebalulekileyo** esifanele ukuyithobela sonke.

1. Hlamba izandla zakho ngesepha namanzi imizuzwana engama-20 ubuncinane rhoqo kangangoko unakho.
2. Musa ukubamba ubuso bakho ngezandla ezingahlanjwanga.
3. Khohlelela uze uthimlele kwithishu okanye kwingqiniba yakho. Lahla ithishu ngendlela ekhuselekileyo.
4. Xa ungekho kwikhaya lakho, gcina umgama ongange-1,5 yeemitha ubuncinane phakathi kwakho nabanye.
5. Nxiba imaski xa uphuma ekhaya okanye xa wonga umntu ogulayo ekhaya.
6. Hlala ekhaya ukuba uyagula. Kwimo yonxunguphalo, tsalela umnxeba kwinombolo ehlala ivuliwe yeSizwe yeCOVID-19 eyile **0800 029 999** okanye le yeWhatsApp: **0600 123456**, okanye qhagamshelana nomsebenzi wakho ojongene nezempilo.



Drive your
imagination



Role play

Children don't always know how to respond when they hear someone say something that is not true. By doing role play, you can help your children practise this skill. Let everyone share ideas about how you could respond to false information about COVID-19. Ask your children to act out how they would respond if someone made the following false statements. Remind them to be honest and respectful.



- Only rich people get COVID-19.
- COVID-19 is a sickness of white people or Chinese people.
- The coronavirus cannot survive in hot areas.
- Drinking ginger, garlic and lemon will cure COVID-19.

Ukudlala indima

Abantwana abasoloko beyazi indlela amabaphendule ngayo xa besiva umntu ethetha into engeyonyaniso. Ngokudlala indima inxaxheba, unganceda abantwana bakho ukuba baziqhelanise nesi sakhono. Nonke yabelanani ngezimvo ngendlela eninokuphendula ngayo ulwazi olungeyonyani malunga nesifo iCOVID-19. Cela abantwana bakho ukuba balinganise indlela abanokuphendula ngayo xa umntu esenza ezi nkcaza zingeyonyaniso zilandelayo. Bakhumbuze ukuba babe nenyani nembeko.

- Zizityebi kuphela ezifumana iCOVID-19.
- iCOVID-19 sisigulo sabantu abamhlophe okanye amaTshayina.
- iKhoronavayirasi ayikwazi ukuphila kwiindawo ezishushu.
- Ukusela ijinja, igalikhini nelamuni kuyayinyanga iCOVID-19.

Make audio stories

Record your own audio stories with your children!

- Find a story with different voices that your children will enjoy.
- Let your children choose a character and then try out different voices for their character.
- You can read the part of the narrator. Let your children read or tell the story as the different characters.
- Let someone make sound effects, like footsteps or animal sounds.
- Practise reading or telling the story with sound effects until everyone is comfortable with their part.
- Use a cellphone to record your story and then enjoy listening to it!



Yenza amabali amamelwayo

Rekhoda amabali angawakho amamelwayo ukunye nabantwana bakho!

- Fumana ibali elinamazwi ahlukahlukeneyo abanoku lonwabela abantwana bakho.
- Abantwana bakho mabakhethe umlinganiswa baze bazame amazwi ahlukahlukeneyo omlinganiswa wabo.
- Ungafunda indawo kanobalisa. Abantwana bakho mabafunde okanye babalise ibali njengabalinganiswa abahlukahlukeneyo.
- Makubekho umntu owenza izandi ezinjengezingqi okanye izandi zezilwanyana.
- Ziqhelaniseni nokufunda okanye ukubalisa ibali nisebenzise izandi ade wonke umntu ayiqhele indawo yakhe.
- Sebenzisa iselfowuni ukurekhoda ibali lenu nize nikonwabele ukuliphulaphula!

Write together

Show your children how you use writing in your daily life, for example, when you write a shopping list. Then do some writing activities together.

Make sure you have paper, crayons, pens and pencils in a place that is easy for your children to reach. Let them write thank you notes, messages, or letters to friends and family who live far away. Encourage your children to keep journals in which they can write about anything they like. You can also make books by stapling blank sheets of paper together and writing stories with your children. Younger children can draw the pictures and you can write the words they tell you. Allow older children to draw and write on their own.



Bhalani kunye

Bonisa abantwana bakho indlela osebenzisa ngayo ukubhala ebomini bakho bemihla ngemihla, umzekelo, xa ubhala uluhlu lwezinto oza kuzithenga evenkileni. Emva koko yenzani imisetyenzana yokubhala kunye.

Qiniseka ukuba unephepha, iikhrayoni, iintsiba zokubhala kunye neepensile kwindawo abafikelela lula kuyo abantwana bakho. Mababhale amacwecwe emibulelo, imiyalezo okanye iileta abazibhalela abahlobo nosapho oluhlala kude kuni. Khuthaza abantwana ukuba bagcine iijenali abanokubhala kuzo nantoni na abayithandayo. Unakho nokwenza iincwadi ngokudibanisa amaphepha angabhalwanga nto ngesixhobo sokuhlanganisa amaphepha uze ubhale amabali nabantwana bakho. Abantwana abancinane bangazoba imifanekiso ukuze wena ubabhalele amagama abakuxelela wona. Vumela abantwana abadadlana ukuba bazizobele baze bazibhalele ngokwabo.

Ideas for 0- to 3-year-olds

When children feel happy and secure, it helps them develop properly. Here are some things you can do to help your children feel happy and secure.

- Make time for them every day.
- Play their favourite games.
- Talk to them often.
- Really listen to them.
- Tell them why you enjoy spending time with them.

Babies and toddlers learn by doing different activities with you and their older siblings. They enjoy singing songs, playing games, saying rhymes, listening to stories, telling stories, drawing and pretending to read and write.

Share songs, games and rhymes

Can you remember the games you played when you were a child? Do you remember the fun you had, and what you learnt without even realising it? Which songs and rhymes did you love to sing and say? Share these games, songs and rhymes with your children.

- They will help develop children's language skills.
- They help to build trust and strengthen the bond between adults and children.
- They build confidence and self-esteem and help children to relax.
- Children learn easily through play and having fun.



Izimvo ngabantwana ababudala buphakathi kweminyaka eli-0 ukuya kwemi-3

Xa abantwana beziva bonwabile kwaye bekhuselekile, oko kubanceda baphuhle kakuhle. Nazi ezinye zezinto onokuzenza ukunceda abantwana bakho ukuze bazive bonwabile yaye bekhuselekile.

- Zinike ixesha lokubahoya yonke imihla.
- Dlala imidlalo yabo abayithanda kakhulu.
- Thetha rhoqo nabo.
- Bamamele ngenene.
- Baxecele ukuba kutheni ukonwabela ukuchitha ixesha nabo.

Iintsana neemveku zifunda ngokwenza imisetyenzana eyahluka hlukeneyo zikunye nawe kunye nabantwabo abadala kunazo. Ziyakuthanda ukucula iingoma, ukudlala imidlalo, ukucengceleza izicengcelezo, ukumamela amabali, ukubalisa amabali, ukuzoba nokwenza ngathi ziyafunda okanye ziyabhala.

Yabelana nabo ngeengoma, imidlalo kunye nezicengcelezo

Usayikhumbula imidlalo enaniyidlala ngoko wawusengumntwana? Uyalukhumbula ulonwabo enanilufumana, nezinto owawuzifunda naxa wawungakuqondi oko? Zeziphi iingoma nezicengcelezo owawuthanda ukuzicula nokuzicengceleza? Fundisa abantwana bakho le midlalo, iingoma kunye nezicengcelezo.

- Ziza kunceda ukuphuhlisa izakhono zolwimi zabantwana.
- Zinceda ukwakha intembeko nobudlelwane zize zomeleze ukuncamathelana phakathi kwabantu abakhulu nabantwana.
- Zakha ukuzithemba nokuzithanda kwaye zinceda abantwana ukuba baphole.
- Abantwana bafunda lula ngokudlala nangokuzonwabisa.

Share books

- Until babies can sit by themselves, it is easiest to put them on your lap with their back against you and to hold the book in front of them.
- Books that have simple pictures or photographs of babies' faces work well for young babies.
- Point and name different objects in the books. Talk about what you both see in the pictures. Doing this helps your young children learn words and learn about the world around them.



Yabelana nabo ngeencwadi

- Kude kufike ixesha lokuba abantwana bazihlalele ngokunokwabo, eyona nto ilula kukubasingatha imiqolo yabo ithi nca kuwe nokubamba incwadi phambi kwabo.
- Iincwadi ezinemifanekiso okanye ifoto ezitolikeka lula zobuso beentsana zizilungele kakhulu iintsana eziselula.
- Yalatha uze ubize amagama ezinto ezahlukahlukeneyo ezincwadini. Thetha ngezinto ozibona emifanekisweni. Ukwenza oku kunceda abantwana bakho abancinane ukuba bafunde ngehlabathi elibangqongileyo.

Make time to talk

Having conversations with your children is important. You might find that they often ask lots of "why" questions. Be patient and encourage them by explaining how things work. Doing this will build your children's vocabulary and their understanding of the world.

Never be afraid to tell your children that you do not know the answer to a question. Tell them you will find out and let them know the answer later. This helps them understand that adults are still learning too.



Zinike ixesha lokuncokola

Kubalulekile ukuba neencoko nabantwana bakho. Usenokufumanisa ukuba babuza imibuzo emininzi ethi "ngoba". Yiba nomonde uze ubakhuthaze ngokubachazela ngeendlela ezisebenza ngazo izinto. Ukwenza oku kwakha isigama sabantwana bakho nengqiqo yabo ngehlabathi.

Ungaze woyike ukuxelela abantwana bakho ukuba akuyazi impendulo yombuzo. Baxecele ukuba uya kuyiphanda uze ubaxecele impendulo eithubeni. Oku kubanceda ukuba baqonde ukuba abantu abadala basafunda nabo.



Drive your imagination

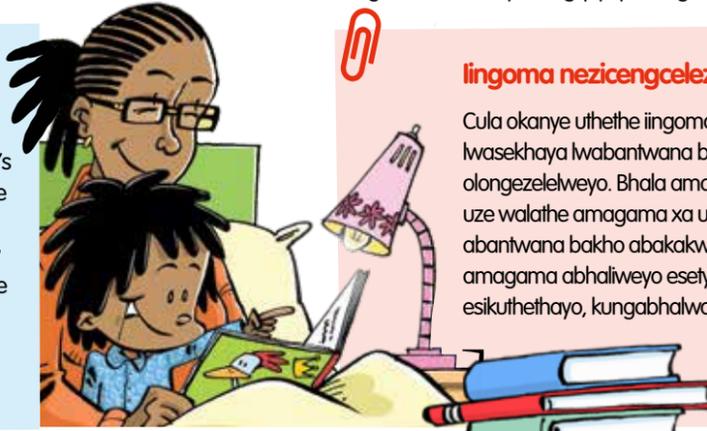
Ideas for 3- to 6-year-olds

Children learn a lot through their everyday experiences. By doing enjoyable activities with your children, you can help grow their vocabulary and their understanding of the world.



Songs and rhymes build language skills

Sing or say songs and rhymes in your children's home language and in an additional language too. Write out the words of a song or rhyme and then point to the words as you sing or say them. Even if your children cannot read or write yet, seeing written words being used helps them to understand that what we say, can be written down and read, again and again.



Iingoma nezicengcelezo zakha izakhono zolwimi

Cula okanye uthethe iingoma nezicengcelezo ngolwimi lwasekhaya lwabantwana bakho uphinde wenze njalo nangolwimi olongezelelweyo. Bhala amazwi engoma okanye esicengcelezo uze walathe amagama xa uwacula okanye uwathetha. Nokuba abantwana bakho abakakwazi ukufunda okanye ukubhala, ukubona amagama abhaliweyo esetyenziswa kubanceda ukuqonda ukuba esikuthethayo, kungabhalwa kufundwe, kuphinda-phindwe.



Use your senses

Let your children use their senses to explore!

- ♥ **Sense of smell:** Play a guessing game with your children. Let your children put on blindfolds. Then put a few strong-smelling foods in small bowls, for example, vinegar, bananas, curry powder and coffee. Ask your children to guess what is in each bowl by only smelling it.
- ♥ **Sense of touch:** Let your children wear their blindfolds again. Put a few small, non-breakable objects, like a spoon and a toothbrush, into a pillowcase. Ask your children to take an object out of the pillowcase. Can they guess what the object is just by touching it?
- ♥ **Sense of hearing:** Fill small containers with different things, like sand, stones, beads or bottle tops. Ask your children to close their eyes and listen as you shake each container. Ask, "Did it make a loud or a soft sound? Why do you think it made a loud or a soft sound?"



Sebenzisa izivo zakho

Vumela abantwana bakho basebenzise izivo zabo ukuhlola!

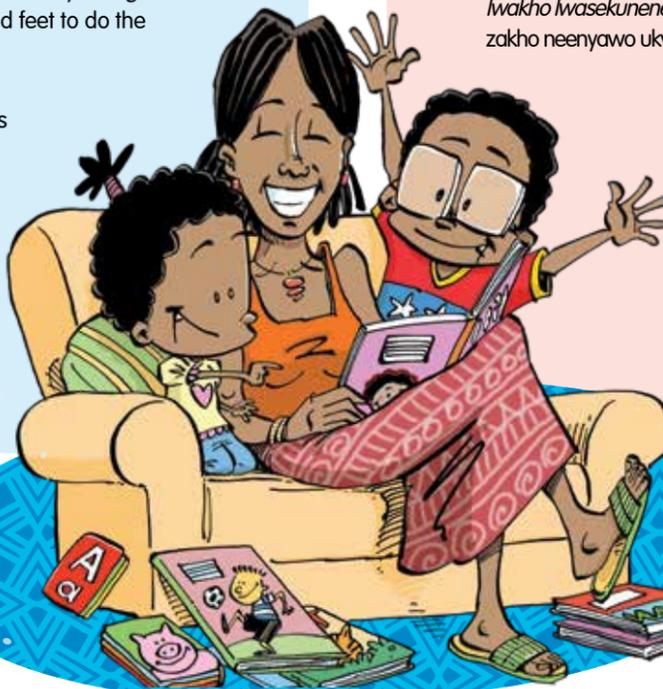
- ♥ **Isivo sokujoja:** Dlalani umdlalo wokuqashiseka nabantwana bakho. Abantwana bakho mabogqume amehlo. Uze ugalele iintlobo zokutya ezinamavumba abukhali ezityeni ezincinci, umzekelo, iviniga, iibhanana, ikheri nekofu. Cela abantwana bakho ukuba baqashiseke ngento esesityeni ngasinye ngokuyijoya kuphela.
- ♥ **Isivo sokuchukumisa:** Abantwana bakho mabaphinde bagqume amehlo kwakhona. Faka izinto ezimbalwa ezincinci, ezingophukiyo, ezifana necephe kunye nebrashi yamazinyo, kwisingxobo somqamelo. Bacele abantwana bakho bakhuphe into esesingxobeni somqamelo. Bangakwazi ukuqashiseka ngento leyo ngokuyichukumisa nje kuphela?
- ♥ **Isivo sokuva:** Zalisa izikhongozelo ezincinane ngezinto ezohlukahlukeneyo, njengesanti, amatye, amaso okanye iziciko zeebhofile. Cela abantwana bakho ukuba bavale amehlo abo baze bamamele njengoko uhlukuhla isikhongozelo ngasinye. Buza, "Senze ingxolo etsholo phezulu okanye etsholo phantsi? Nicinga ukuba kutheni sinengxolo ephezulu okanye ephantsi?"



Learn about your body

Play these games to help your children learn about their bodies.

- ♥ Play call-out games, like this one: *Lizzy, Lizzy, stir the porridge ... with your right arm/with your left arm/with your right foot/with your left foot.* Use your arms and feet to do the actions as you say the words.
- ♥ Have fun playing a game in which you take turns calling out instructions to "stick" two different parts of your bodies together. For example, if one of you says, "Elbow to knee!", then everyone needs to touch one of their knees with one of their elbows, and stay like that for a few seconds!



Funda ngomzimba wakho

Dlalani le midlalo ukunceda abantwana bakho bafunde ngemzimba yabo.

- ♥ Dlalani imidlalo yokukhwazana, njengalo: *Lizzy, Lizzy, zamisa isidudu ... ngengalo yakho yasekunene/ngengalo yakho yasekhohlo/ngonyawo lwakho lwasekunene/ngonyawo lwakho lwasekhohlo.* Sebenzisa iingalo zakho neenyawo ukwenza iintshukumo xa ubiza amagama.
- ♥ Yonwabelani ukudlala umdlalo apho ninikana khona amathuba okukhwaza imiyalelo "yokudibanisa" kunye amalungu omzimba amabini ohlukeneyo. Umzekelo, ukuba omnye wenu uthi, "Ingqiniba edolweni!", ngoko ke wonke umntu kufuneka abambe elinye lamadolo akhe ngengqiniba aze ahlale ngolo hlobo imizuzwana embalwa!

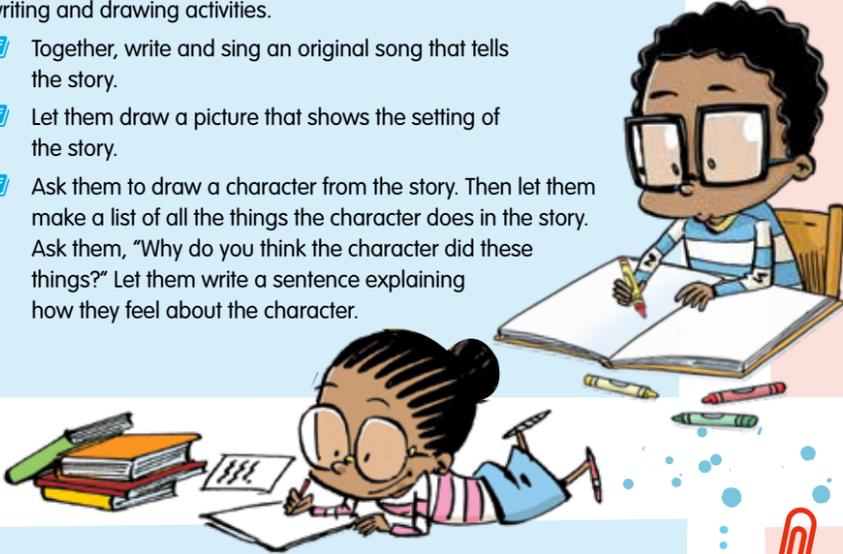
Ideas for 6- to 9-year-olds

Writing and reading go hand in hand. Writing helps children to learn that words can be written down and then read again and again.

Write and draw

After your children have listened to a story, let them try some of these writing and drawing activities.

- 1. Together, write and sing an original song that tells the story.
- 2. Let them draw a picture that shows the setting of the story.
- 3. Ask them to draw a character from the story. Then let them make a list of all the things the character does in the story. Ask them, "Why do you think the character did these things?" Let them write a sentence explaining how they feel about the character.



Make your own storybook

Follow these steps to work together as a family to create a storybook.

- 1. Together decide what the story will be about. Think about: where the story happens, who the main characters are, what the problem in the story is and how this problem is solved.
- 2. Make a blank book by folding a few sheets of paper in half.
- 3. Let different family members write down a part of the story on each page of the blank book.
- 4. Let everyone take turns drawing pictures for the story.
- 5. Enjoy reading your book together!

Listen to stories

As a family, listen to stories on the radio. You can visit our website at www.nalibali.org to find the broadcasting schedule for the Nalibali radio stories. You can also listen to audio stories by clicking on the link in the "Story resources" section on our website.



Izimvo ngabantwana ababudala buphakathi kweminyaka emi-6 ukuya kweli-9

Ukubhala nokufunda zizinto ezihamba kunye. Ukubhala kunceda abantwana bafunde ukuba amagama anokubhalwa phantsi aze amane efundwa kwakhona.

Ukubhala nokuzoba

Emva kokuba abantwana bakho bebephula-phule ibali, mabazame imisetyenzana ethile yokubhala nokuzoba.

- 1. Nikunye, bhalani nize nicule ingoma yentsusa ebalisa ibali.
- 2. Mabazobe umfanekiso obonisa isimo sentlalo yebali.
- 3. Bacele ukuba bazobe umlinganiswa osebalini. Emva koko, mababhale uluhlu lwezinto ezenziwa ngumlinganiswa ebalini. Babuze, "Ncinga ukuba kutheni umlinganiswa enze ezi zinto?" Mababhale isivakalisi esichaza indlela abaziva ngayo ngomlinganiswa.

Zenzeleni eyenu incwadi yamabali

Landelani la manyathelo ukuze nisebenze kunye nilusapho ukwenza incwadi yamabali.

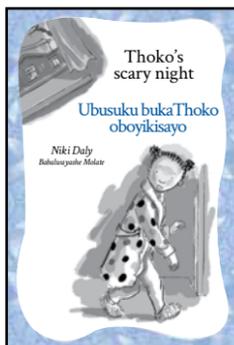
- 1. Nikunye yenzani isigqibo ngomxholo webali. Cingani ngale miba: lenzeka phi ibali, ngoobani abalinganiswa abaphambili, yintoni ingxaki esebalini kwaye le ngxaki ingasonjululwa njani.
- 2. Yenzani incwadi engabhalwanga nto ngokusonga amaphepha ambalwa phakathi.
- 3. Amalungu ahlukehlukeneyo osapho mawabhale inxalenye yebali kwiphepha ngalinye lencwadi engabhalwanga nto.
- 4. Wonke umntu makafumane ithuba lokuzoba imifanekiso malunga nebali.
- 5. Yonwabelani ukufunda incwadi yenu kunye!

Mamelani amabali

Nilusapho, mamelani amabali kunomathotholo. Ningatyelela isiza sethu sothungelwano apha www.nalibali.org ukuze nifumane isicwangciso samaxesha osasazo lwamabali kaNalibali kunomathotholo. Ninakho nokumamela amabali kunomathotholo ngokucofa kwiqhagamshela elithi "Story resources" lecandelo elikwisiza sethu sothungelwano.

Create ONE cut-out-and-keep book

1. Take out pages 7 to 10 of this supplement.
2. Use this sheet to make a book. Follow the instructions below to make the book.
 - a) Fold the sheet in half along the black dotted line.
 - b) Fold it in half again along the green dotted line.
 - c) Cut along the red dotted lines.

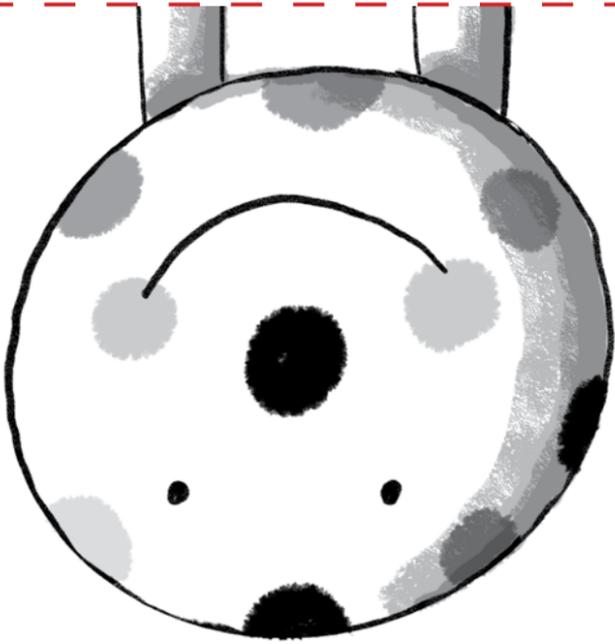


Zenzele incwadana ENYE onokuyisika-ze-uyigcine

1. Khupha iphepha lesi-7 ukuya kwele-10 kolu hlelo.
2. Sebenzisa olu xwebhu ukwenza incwadana. Landela imiyalelo engezantsi ukwenza incwadi nganye.
 - a) Songa uxwebhu phakathi kumgca wamachaphaza amnyama.
 - b) Phinda ulusonge phakathi kwakhona ulandela umgca wamachaphaza aluhlaza.
 - c) Sika ke ngoku ulandela imigca yamachaphaza abomvu.

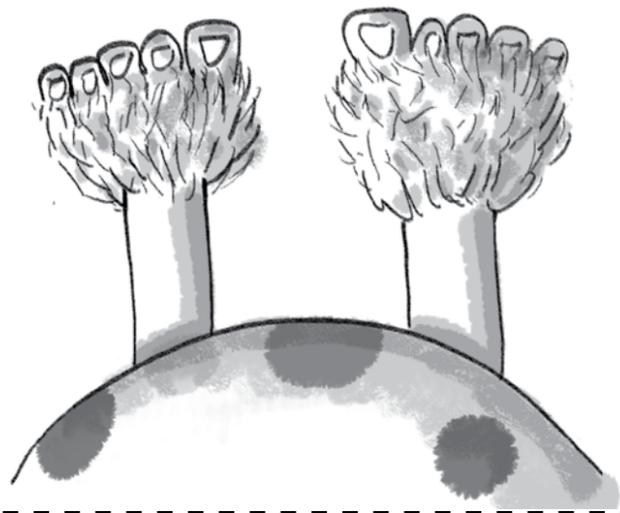


Drive your
imagination



“It’s very round and covered in polka dots,”
whispered Mama.
“Like my dressing gown,” said Thoko.
“What else?”
“Lingqukuva kakhulu kwaye ligwele
amachokoza amakhulu,” wasebeza uMama.
“Njengesambatho sam,” watsho uThoko.
“Nantoni enye?”

“What does it look like?” whispered Thoko.
“It has big fluffy pink feet,” whispered Mama.
“Like my slippers,” said Thoko. “What else?”
“Likhangeleka njani?” wasebeza uThoko.
“Linenyawa ezinkulu ezipinki ezifukufuku,
wasebeza uMama.
“Njengeembadada zam,” watsho uThoko.
“Nantoni enye?”



We publish what we like

This is an adapted version of “Thoko’s scary night” from the collection *What’s up! Thoko* published by Jacana Media and available in bookstores and online from www.jacana.co.za. This story is available in English, Afrikaans, isiXhosa and isiZulu. 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.

Luguqulelo olulunga-lungisiweyo olu luthi “Ubusuku bukaThoko oboyikisayo”. Oluvela kwingqokelela ethi *Kwenzekani! Thoko* nolupapashwe yiJacana Media kwaye lufumaneka koovimba beencwadi nasekhompyutheni ku-www.jacana.co.za. Eli bali lifumaneka ngesiNgesi, ngesiBhulu, ngesiXhosa nangesiZulu. I-Jacana ipapasha iincwadi zabafundi abaselula ngazo zolishumi elinanye iilwimi zaseburhulumenteni boMzantsi Afrika. Ukuze ufumanise banzi ngezihloko zaseJacana yiya ku-www.jacana.co.za.

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Nal’ibali is a national reading-for-enjoyment campaign to spark and embed a culture of reading across South Africa. For more information, visit www.nalibali.org or www.nalibali.mobi



UNal’ibali liphulo likazwelonke lokufundela ukuzonwabisa elinjongo yalo ikukuselela nokwendeliselisa inkcubeko nesithethe sokufunda kuMzantsi Afrika uphela. Ukuze ufumane iinkcukacha ezithe vetshe, ndwendwela ku-www.nalibali.org okanye ku-www.nalibali.mobi

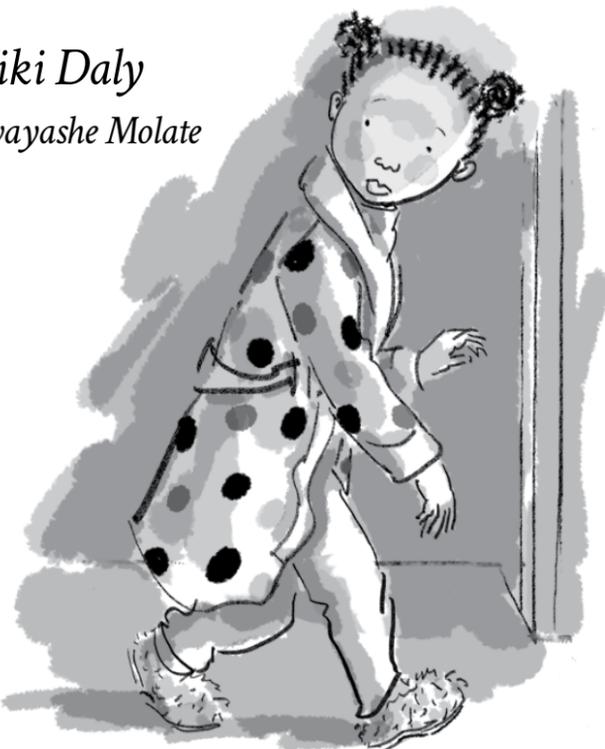


Drive your
imagination

Thoko’s scary night

Ubusuku bukaThoko oboyikisayo

Niki Daly
Babalwayashe Molate





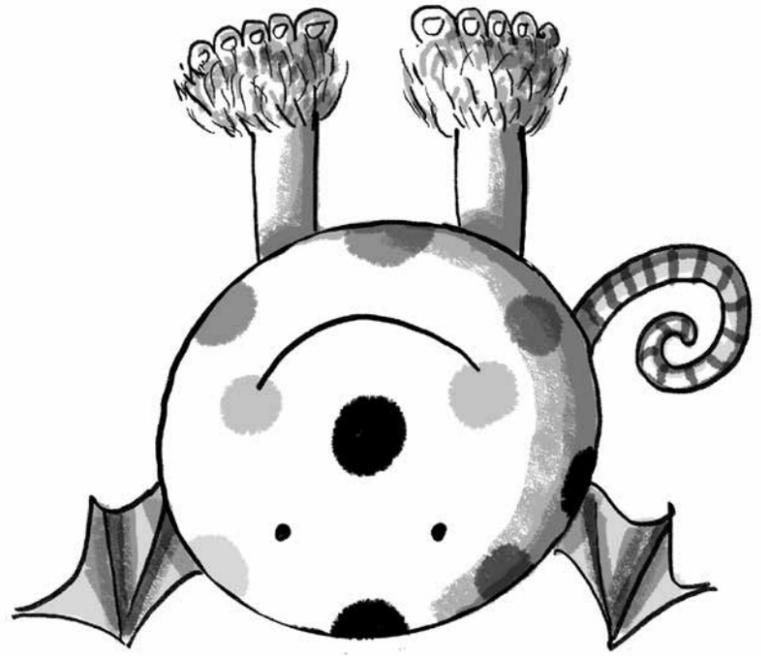
“Ngumoya nje obhudla kwingingo eziphandle,
wasebeza uMama.
“Hayi, hayi loo nto!” wasebeza uThoko. “Isandi esoyikisa
ngene – njengegongqo.”
“Hayi ke, kungcono ungene emandalweni kunye nam,
wasebeza uMama. “Ivakala ngathi yintoni?”
UThoko wathi, “Rho-rho-rho! Wuuuu! Bhuuu!”
“Eso sisandi esenziwa liGongqoqo elilungileyo
Irho-rho-rho-Wuuuu-Bhuuu xa ligxotha awona
magongqo angalunganga,” watshe uMama.

One dark windy night, Thoko woke up to a scary
sound. It went, “Ghorra-Ghorra!”



Ngobusuku obuthile obabunomoya obhudlayo, uThoko
wavuswa sisandi esoyikisayo. Sasisithi, “Rho-rho-rho!”

“Linempunlo evuthameleyo njengebhola, impiko
zelwane kunye nomsila obuphothana-bumjikilezi,
wasebeza uMama. “Lilungile ke khona.”
UThoko wahle wagonda ukuba uMama uyiqambile
yonke loo nto! Kodwa wayeqalisa ukubwa bubukhongqo,
ngoko, akazange aphikise.



“It has a puff-ball nose, bat wings and a curly-
whity tail,” whispered Mama. “It’s really sweet.”
Then Thoko knew that Mama was making it all
up! But she was already starting to fall asleep, so she
didn’t argue.

Outside, the wind dropped.
At last, all was quiet and Gogo, Mama and Thoko slept – as
snug as three bugs in a rug.



Ngaphandle, umoya wanqumama.
Ekugqibeleni, kwakuzole konke kwaye uGogo, uMama
kunye noThoko balala – fudumeleyo, okweentakumba
ezintathu eragini.

Konke kwakuzolile – ngaphandle komoya obhuda kwiingcingo. UThoko walala egonwe yingalo kaMama. Yaze yaphinda kwakhona...
 “Rho-rho-rho! Whuuuu! Bhuuuu!”
 Kwelli tyeli, ingxolo engaqhelekanga yamvusa uMama.

“Ghorra-Ghorra! Hooaaaah! Bwoooooo!”
 This time the strange sound woke Mama.

All was quiet – only the wind blowing through the wires. Thoko slept with Mama’s arms wrapped around her. Then it happened again... “Ghorra-Ghorra! Hooaaaah! Bwoooooo!”



“It’s only the wind blowing through the wires outside,” whispered Mama. “No, not that!” whispered Thoko. “A really scary sound – like a monster.”
 “Well, you’d better climb into bed with me,” whispered Mama. “What did it sound like?”
 Thoko went, “Ghorra-Ghorra! Hooaaaah! Bwoooooo!”
 “That’s the sound the nice Ghorra-Ghorra-Hooaaaah-Bwoooooo-Monster makes to chase away really bad monsters,” said Mama.

It was Gogo – snoring her head off!
 Mama pulled Thoko close to her and giggled.
 “It’s not the Ghorra-Ghorra-Hooaaaah-Bwoooooo-Monster,” whispered Mama. “It’s the Snoring-Gogo-Monster!”
 They both giggled until the bed shook. Gogo stirred and immediately stopped snoring.

YayinguGogo – erhuqa ithatha ukurhona oku!
 UMama wasondeza uThoko nganeno waze wagigitheka.
 “AyiloGongqongqo le Rho-rho-rho-Whuuuu-Bhuuuu,” wasebeza uMama. “LiGongqongqo-Rhonayo elinguGogo!”
 Bagigitheka bobanini de kwashukuma ibhedi. UGogo washukumiseka waze waguquka walala ngecala kwaze, ngephanyazo, wayeka ukurhona.



Then it stopped and went, “Hooaaaah! Bwoooooo!” like some big scary monster breathing down your neck.

Thoko’s room was dark except for streaky shapes that shivered against the bedroom wall from a street light. Thoko pulled her duvet over her head. But she could still hear the sound – deeper and scarier this time, “Ghorra-Ghorra! Hooaaaah! Bwoooooo!”

Saze sanqumama saphinda sathi, “Whuuuu! Bhuuuu!” njengegongqongqo elikhulu eloyikekayo eliphefumlela entanyeni yakho.

Igumbi likaThoko lalilizizi, ngaphandle kwemicu yeemilo eyayingcangazela kudonga lwegumbi lokulala, eyayibonakala kwisikhanyisi sesitalato. UThoko wazogquma ngeduveyi. Kodwa wayesasiva isandi – nzulu nangaphezulu kunakuqala ngokoyikisa, “Rho-rho-rho! Whuuuu! Bhuuuu!”



Ngokukhahwuleza, uThoko wanxiba imbadada kunye nesambotho sakhe waze wabalekela kwigumbi likaMama lokulala. "Mama! Mama!" wasebeza uThoko. "Vuka!" "Yintoni ingxaki, Thoko?" wabuzela ebuthongweni uMama. "Mama!" watsho uThoko. "Kukho isandi esoyikisayo esiphuma kwindawo ethile." UMama wakhanyisa isibane secala lebhedi waze wamamela.

Quickly, Thoko put on her slippers and dressing gown and ran to Mama's bedroom.

"Mama! Mama!" whispered Thoko. "Wake up!"

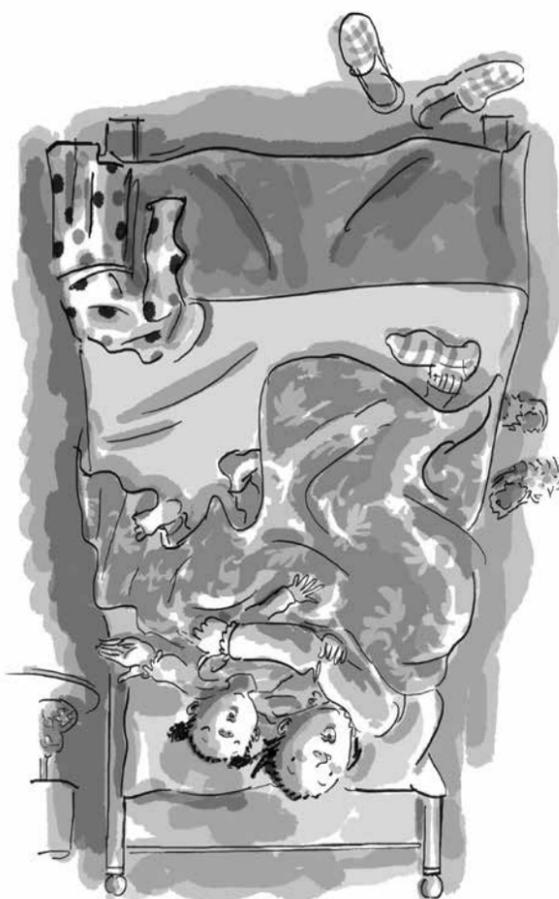
"What's the matter, Thoko?" asked Mama sleepily.

"Listen!" said Thoko. "There's a scary sound coming from somewhere."

Mama switched on her bedside lamp and listened.



UMama wazama ukuhlala ngeempundu. Kodwa ingalo yakhe yayonyele kukucinezela ngumziba kaThoko.



Mama tried sitting up. But her one arm had gone dead from Thoko lying on it.

"Thoko! Thoko!" whispered Mama. "Wake up. This bed's too small for the two of us." Mama got Thoko out of bed and they tiptoed to Gogo's room.

"Climb in!" whispered Mama.

Thoko got in beside Gogo, leaving space for Mama to join her. No sooner had they settled down when ... "Ghorra-Ghorra! Hoooooah! Bwoooooo!"



"Thoko! Thoko!" wasebeza uMama. "Vuka. Le bhedi ayisilingenanga sibabini." UMama wakhupha uThoko emandlalweni baze bachwechwela egumbini likaGogo lokulala.

"Ngena phakathi!" wasebeza uMama.

UThoko wangena kwicala likaGogo eshiyela uMama isikhewu. Bathi besazinze okwethutyana kwavakala ...

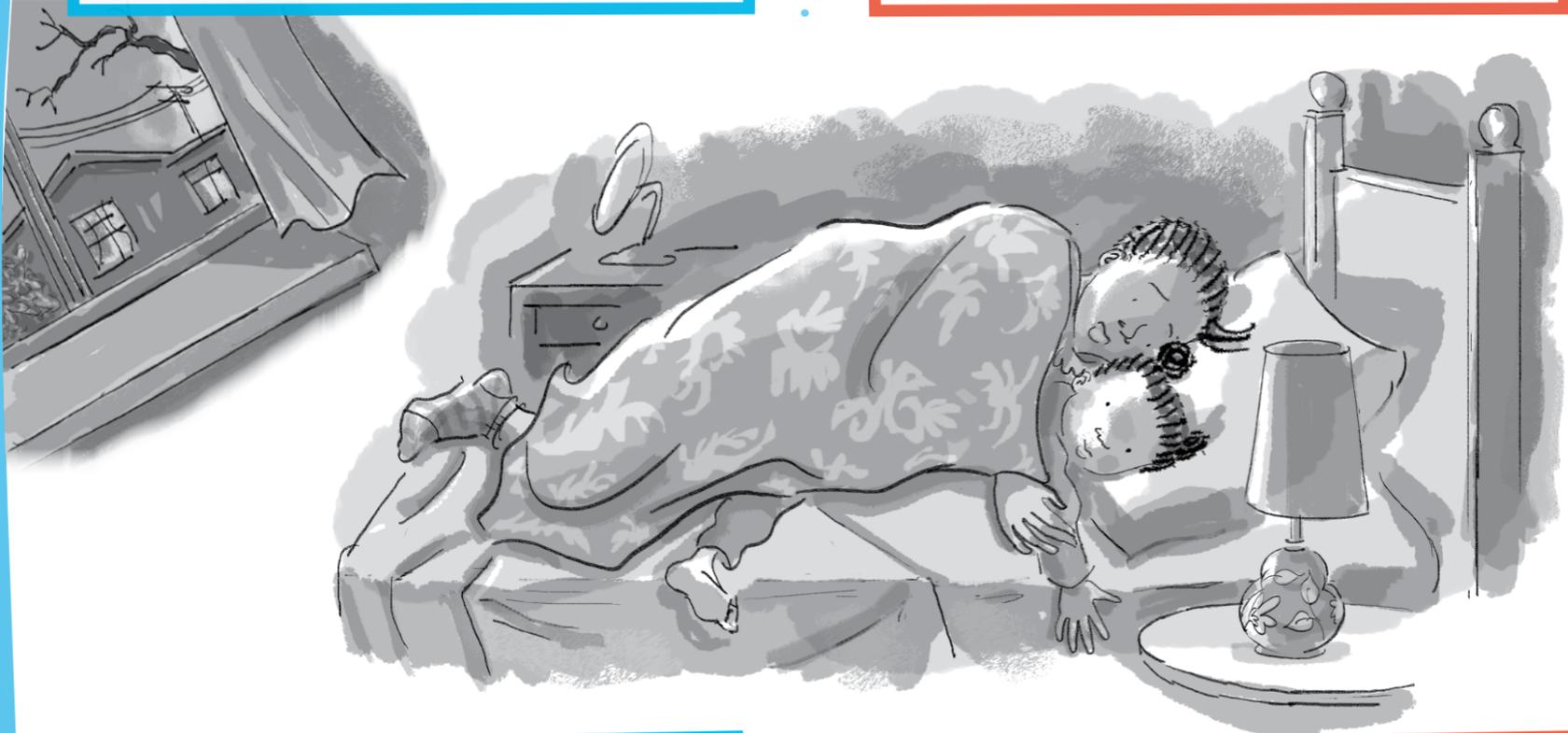
"Rho-rho-rho! Whuuuu! Bhuuuu!"

Get story active!

Here are some activities for you to try. They are based on the stories in this edition of the Na'ibali Supplement: *Thoko's scary night* (pages 7 to 10) and *Morongwa's surprise* (page 12).

Thoko's scary night

- ★ Do you know someone who snores loudly? What does it sound like? Try to write the sound using letters of the alphabet.
- ★ What kind of monster does this snoring noise remind you of? Draw a picture of the monster and then write a few sentences about it.
- ★ Have you ever woken up at night and felt scared? What made you feel scared? Tell or write your story. Use interesting words to say what you heard, saw and how you felt. Draw a picture of your scary night.



Yenza ibali linike umdla!

Nantsi eminye imisebenzi onokuyizama. Isekwe kuwo onke amabali kolu papasho loHlelo lukaNa'ibali: *Ubusuku bukaThoko oboyikisayo* (iphepha lesi-7 ukuya kwele-10) nelithi, *Ummangaliso kaMorongwa* (iphepha le-13).

Ubusuku bukaThoko oboyikisayo

- ★ Ingaba ukhona umntu omaziyo orhanela phezulu? Sivakala njani eso sandi sengxolo? Zama ukubhala eso sandi ngokusebenzisa oonobumba be-alfabethi.
- ★ Le ngxolo yokurhona ikukhumbuzela liphi irhamncwa lasentsomini? Zoba umfanekiso werhamncwa elo lasentsomini uze ubhale izivakalisi ezimbalwa ngalo.
- ★ Wakhe waphaphama ebusuku waze waziva usoyika? Wawusoyikiswa yintoni? Balisa okanye bhala ibali lakho. Sebenzisa amagama atsala umdla xa uxela into owawuyiva, owawuyibona nangendlela owawuziva ngayo. Zoba umfanekiso wobusuku bakho oboyikisayo.

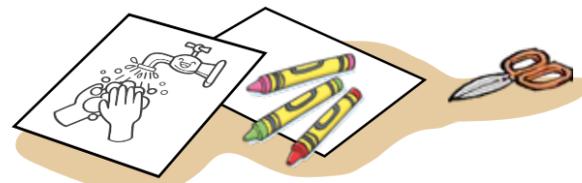
Morongwa's surprise

- ★ Make a picture story about your own family. Think of a story about your family. Use colour pens or pencils to write the words of the story. Look for pictures in old magazines. Cut them out and use them to illustrate your story.
- ★ Remind others to keep safe. Find bits of paper or cardboard and write reminders like these on them: "Wash your hands with soap and water for 20 seconds", "Remember to wear your face mask" and "Practice social distancing". Make up some of your own reminders too. Decorate the reminders and paste them where people can see them. For example, paste the reminder about wearing a mask on the inside of the front door so that people will see it before they leave the house.
- ★ Morongwa and her brothers use sign language to speak to Mama Maduo. What languages do you know? Practise using all the languages you know to tell others to stay safe.



Ummangaliso kaMorongwa

- ★ Yenza ibali lemifanekiso malunga nosapho lwakho. Cinga ibali ngosapho lwakho. Sebenzisa iintsiba zokubhala neepensile eziyimibala-bala zokubhala amagama eballi. Khangela imifanekiso kwiimagazini ezindala. Yisike uze uyikhuphe wandule ukuyisebenzisela ukuchaza ibali lakho.
- ★ Khumbuzela abanye ukuba bazigcine bekhuselekile. Fumana isiqwenga sephepha okanye sekhadibhodi uze ubhale izikhumbuzi ezifana nezi kuzo: "Hlamba izandla zakho ngesephepha namanzi imizuzwana engama-20", "Khumbuzela ukunxiba imaski yakho yobuso" yaye "Ziqhelise ukungasondelelani nabanye". Zenzele nezinye izikhumbuzi zakho. Hombisa izikhumbuzi wandule ukuzincazathisela apha banokuzibona khona abantu. Umzekelo, ncamathisela isikhumbuzi ngokunxitywa kwemaski kwicala elingaphakathi locango lwangaphambili ukuze abantu basibone phambi kokuphuma endlwini.
- ★ UMorongwa nabantakwabo basebenzisa ulwimi lokuthetha ngezandla xa belthetha naMama uMaduo. Zeziphi iilwimi ozaziyo? Ziqhelise ukusebenzisa zonke iilwimi ozaziyo xa uxelela abanye ukuba bazigcine bekhuselekile.





Morongwa's surprise



By Lorato Trok ■ Illustration by Magriet Brink and Leo Daly

On the last day of school, just before the start of the holidays, Morongwa sat quietly at her desk listening to her teacher, Mrs Nchwe, tell the class about a new germ that had been found. It was called the coronavirus and was making many people all over the world very sick.

As she listened, Morongwa didn't know what to feel. The germ sounded really scary, but on the other hand, the president had announced that all schools would close earlier for the holidays. The country was going into lockdown to keep people safe. This meant a very long break from school, and that sounded good! But Morongwa wasn't sure what a lockdown was.

During the next lesson, Morongwa sat quietly at her desk thinking about what Mrs Nchwe had told them. She felt confused and worried. Although her teacher had told them about the virus and the lockdown, Morongwa didn't really understand everything. It all sounded very serious.

After a while, Morongwa raised her hand. "Yes, Morongwa," said her teacher.

"Mrs Nchwe," Morongwa began, "I understand that there is a new virus that can make us all very sick and that is why schools are closing today. But can you please explain more about the virus? How does it make you sick?"

"That's a good question, Morongwa," said Mrs Nchwe. "Let me help you understand better."

Mrs Nchwe put up a poster. "First of all, if the coronavirus gets into your body, it may cause an illness called COVID-19. The coronavirus can get inside your body when someone who has the virus sneezes or coughs near you. The virus comes out of their mouth in small drops of water. These drops can get onto your hands. If you then touch your mouth, nose or eyes, the virus can get into your body and make you sick," Mrs Nchwe explained.

"So how can we stop ourselves from getting the virus?" asked Morongwa.

"You have to wash your hands with water and soap as often as you can. Slowly count to twenty while you wash to make sure your hands are clean. You also have to stay at home. You should stay away from everyone outside your home. If you have to go outside, you must wear a mask," said Mrs Nchwe.

Morongwa had more questions for her teacher. She raised her hand again. "Can my dog get sick, or could I make my dog sick?" she asked.

"Luckily, we can't get the coronavirus from our pets, nor give it to our pets," smiled Mrs Nchwe.

Then she explained that the virus is passed from person to person. "Anyone can get it from anyone, and anyone can give it to anyone," she said. "That is why the country is going into a lockdown. Everyone must stay home and away from other people so that no one can make anyone else sick."

Just as Morongwa was starting to worry about how she was going to remember all these facts so that she could tell her mama and younger brothers, Mrs Nchwe handed out booklets to everyone. "You can take these little books home to remind you about the important information we have shared today," she said.

Morongwa was putting her booklet safely into her school bag when the school bell rang.

The first thing Morongwa did when she got home was to wash her hands with soap and water. "Ofentse, Lesedi, come join me," Morongwa said when she saw her younger brothers watching her. "Slowly count to twenty while you wash." She signed to Mama Maduo to wash her hands too.

"Why do we have to wash our hands, Morongwa?" Ofentse asked, his hands up in the air.

"Let's just all wash our hands. I will explain why later," Morongwa said.

Mama Maduo was surprised by Morongwa's change in attitude. If there was one of her children who always had to be reminded to wash her hands, it was Morongwa. It was good to see this change in her. Mama Maduo smiled, but she was also a little confused about this change.

That night Morongwa read the booklet that her teacher had given her to her family and explained to them what COVID-19 is. Then she gave Mama Maduo the booklet to read.

A few days later Morongwa saw that her two brothers were a bit bored because of the lockdown. "Hey, you two, I've got a plan! Do you want to have fun?" asked Morongwa.

Morongwa did not wait for their answer. Instead she went straight to the corner of their small bedroom where Mama Maduo kept her magazines. Morongwa chose a few magazines and laid them on the floor. Next, she took out the scissors, crayons, glue and sheets of paper that their uncle had bought for them at the beginning of the school year. As Lesedi watched his big sister, his eyes grew wide with excitement.

For the next few afternoons Morongwa, Ofentse and Lesedi locked themselves in their bedroom and had lots of fun cutting out pictures from magazines. There was a lot of cutting and a lot of laughing!

"This is fun!" said a giggling Lesedi.

"Remember that it's a surprise, Lesedi. This is our holiday surprise mission," said Morongwa, tickling Lesedi's legs.

Then, one evening after dinner, Mama Maduo was surprised to see her children lining up next to her. Ofentse and Lesedi were each holding a sheet of paper and Morongwa was holding a book. "What are those?" signed Mama Maduo.



"It is our holiday surprise for you!" the children all signed together. "Can we show you?" Mama Maduo nodded.

It turned out that Morongwa had helped her brothers make picture stories for their mama as a surprise. It was now time for show and tell!

Lesedi went first. He told the story about his picture and also used his little hands to do sign language so that Mama could follow his story. And even though Lesedi's story didn't always make sense to Morongwa, it was funny and made everyone laugh.

Next, it was Ofentse's turn. He had cut out pictures of a beautiful mother and also two big bird wings. Then he had glued the wings onto the mother's shoulders. "This is you, Mama," he said pointing at his mother. Then he signed, "You are our special superhero."

When it was Morongwa's turn, she showed Mama the picture book she had made about a protective Mama Bear and her cubs. She wanted to make sure Mama Maduo knew how much they loved her and how proud they were of their real-life Mama Bear.

By this time, Mama Maduo was crying tears of joy and gave all her children a big, happy bear hug.

The children were happy too. They had each made up a different story and told it in their own way. And while they were doing this, they had completely forgotten about the lockdown! "Lockdown? What lockdown?" they all laughed.

For Morongwa and her family the lockdown had become a happy time to discover new things and start new family traditions. Mama Maduo's magazine collection was now more valuable than ever. The family's new-found enjoyment of writing, reading and telling stories had become a fun-filled family adventure.

Over the next few weeks Mama Maduo, Morongwa, Lesedi and Ofentse created, read and told more and more stories. This made Mama wonder whether perhaps the president had been thinking of Morongwa when he started his *Thuma Mina* (send me) Campaign to rebuild South Africa. It seemed like that to Mama! After all, in Setswana Morongwa's name means "the one who is sent".





Ummangaliso kaMorongwa

Libali likaLorato Trok ■ Umfanekiso uzotywe nguMagriet Brink kunye noLeo Daly



Ngosuku lokugqibela lwesikolo, nje phambi kokuqalisa kweeholide, uMorongwa wayehleli ethe cwaka edesikeni yakhe emamele utitshala wakhe, uNksk Nchwe, exelela ikhosi ngentsholongwane entsha efunyanisiveyo. Yayibizwa ngokuthi yintsholongwane yekhorona kwaye ibibangela ukugula okukhulu ebantwini abaninzi ehlabathini jikelele.

Ekumameleni kwakhe uMorongwa, wayengazi ukuba ufanele ukuziva njani. Le ntsholongwane ibivakala isoyikeka ngenene, kanti kwelinye icala uMongameli wayebhengeze ukuba zonke izikolo ziza kuvatwa lingekafiki ithuba leeholide. Ilizwe belisaya kummiselo kamakungaphunywa ukuze abantu bahlale bekhuselekile. Oku bekuza kukhokelela ekubeni ithuba lokungayi esikolweni libe lide kakhulu, naxa oko bekuvakala kamnandi! Kodwa uMorongwa wayengaqinisekanga ukuba yintoni ummiselo kamakungaphunywa.

Ngexesha lesifundo esilandelayo, uMorongwa wahlala wathi cwaka edesikeni yakhe ecinga ngezinto abaxelele zona uNksk Nchwe. Uzive ebhedekele kwaye ekhathazekile. Nangona utitshala wakhe wayebaxelele ngentsholongwane nangommiselo kamakungaphunywa, uMorongwa wayengayiqondi kakuhle yonke into. Konke bekuvakala kuxhalabisa.

Ethubeni, uMorongwa uphakamise isandla sakhe. "Ewe, Morongwa," watsho utitshala wakhe.

"Nksk Nchwe," waqala ngokutsho uMorongwa, "Ndiyayiqonda into yokuba kukho intsholongwane entsha enokwenza ukuba sigule kakhulu sonke kwaye kungenxa yoko kuvatwa izikolo namhlanje. Kodwa unganceda uchaze banzi ngale ntsholongwane? Ikugulisa njani?"

"Uyancomeka loo mbuzo, Morongwa," utshilo uNksk Nchwe. "Mandikuncede ukuze uqonde kakuhle."

UNksk Nchwe uxhome ipowusta. "Okokuqala kuko konke, ukuba intsholongwane yekhorona ingena emzimbeni wakho, ingabangela ukugula okubizwa ngokuthi yiCOVID-19. Intsholongwane yekhorona ingangena phakathi emzimbeni wakho xa umntu onayo le ntsholongwane ethimla okanye ekhohlela kufutshane kuwe. Intsholongwane iphuma emlonjeni wakhe ngokwamathontsana amancinane amanzi. La mathontsana angafika ezandleni zakho. Ukuba emva koko ubamba umlomo wakho, impumlo okanye amehlo, intsholongwane inakho ukungena emzimbeni wakho ize ikugulise," uchazile uNksk Nchwe.

"Xa kunjalo singazikhusela njani ekufunyanweni yile ntsholongwane?" ubuzile uMorongwa.

"Ufanele ukuhlamba izandla zakho ngamanzi nangesepha kaninzi kangangoko unakho. Bala ungangxamanga ude ufike kumashumi amabini xa uhlamba izandla ukuze uqiniseke ukuba zicocekile izandla zakho. Kwakhona ufanele ukuhlala ekhaya. Kufuneka ungadibani namntu ongahlali kwikhaya lakho. Ukuba ufanele ukuya phandle, kufuneka unxibe imaski," utshilo uNksk Nchwe.

UMorongwa ebeseneminye imibuzo afuna ukuyibuzisa kutitshala wakhe. Uphinde waphakamisa isandla sakhe. "Ingabainja yam ingagula, okanye ingaba mna ndingabangela ukuba iguleinja yam?" ubuzile.

"Ngethamsanqa, asinakuyifumana kwizilo-qabane zethu, futhi nathi asinakuyidlulisela kwizilo-qabane zethu," utsho encumile uNksk Nchwe.

Emva koko uchaze wathi intsholongwane isuka emntwini othile iye komnye. "Nabani angayifumana nokuba kukubani kanti nabani angayidlulisela nakubani," utshilo. "Yiloo nto ilizwe lisiya kummiselo kamakungaphunywa. Wonke umntu makahlale ekhaya abe kude kwabanye abantu ukuze kungabikho mntu unokubangela omnye umntu agule."

UMorongwa ufike esaqala ukuxhalaba ngendlela aza kuwakhumbula ngayo la manqaku ayinyaniso ukuze axelele umama wakhe nabantakwabo abancinane kuye, wasuka uNksk Nchwe wanika wonke umntu incwadana. "Ningagoduka nazo ezi ncwadana ukuze nizikhumbuze ngeenkukacha ezibalulekileyo esithethe ngazo namhlanje," utshilo.

UMorongwa wayesafaka incwadana yakhe ngobunono, engxoweni yakhe yesikolo xa kwakhala intsimbi yesikolo.

Into yokuqala ayenzileyo uMorongwa akufika ekhaya yaba kukuhlamba izandla zakhe ngesepha namanzi. "Ofentse, Lesedi, yizani sikwenze kunye oku," utshilo uMorongwa xa ebona abantakwabo abancinane kuye bebukele. "Balani ningangxamanga nide nifike kumashumi amabini ngeli xesha nisahlamba." Wanika uMama uMaduo umqondiso wokuba naye ahlambe izandla zakhe.

"Kuthe ni sifanele ukuhlamba izandla zethu, Morongwa?" wabuza uOfentse, eziphakamisele phezu emoyeni izandla zakhe.

"Masihlambeni izandla zethu sonke. Ndiza kusichaza mva isizathu," utshilo uMorongwa.

UMama uMaduo wayemangaliswe kukutshintsha kwembonakalo yoluvo lukaMorongwa. Ukuba kukho omnye ebantwaneni bakhe owayesoloko ekhunjuzwa ngokuhlamba izandla zakhe, yayinguMorongwa. Kwakuyinto elungileyo ukubona olu tshintsho kuye. Wancuma uMama uMaduo, naxa wayesabhedeke kancinane lolu tshintsho.

Ngobo busuku uMorongwa wafundela usapho lwakhe incwadana awayeyinikwe ngutitshala wakhe waze wabachazela ukuba yintoni iCOVID-19. Wanika uMama uMaduo incwadana ukuze azifundele.

Emva kweentsuku ezimbalwa uMorongwa ubone abantakwabo bedikiwe noko ngummiselo kamakungaphunywa. "Heyi, nina nobabini, ndinecebo! Niyafuna ukonwaba?" ubuzile uMorongwa.

UMorongwa zange ayilinde impendulo yabo. Endaweni yoko uhambe waya ngqo ekoneni yegumbi labo lokulala apho uMama uMaduo agcina khona iimagazini zakhe. UMorongwa ukhethe iimagazini ezimbalwa wazandlala phantsi emgangathweni. Emva koko, uthathe isikere, iikhrayoni, iglu kunye nephepha elikhulu ababelithengelwe ngumalume wabo ekuqaleni konyaka wesikolo. ULesedi ufike esabukele usisi wakhe, amehlo akhe asuka athi phuhlu ngenxa yemindli.

Kumathuba ambalwa alandelayo asemva kwemini uMorongwa, uOfentse noLesedi baziitshela kwigumbi lokulala bazonwabisa kakhulu ngokusika imifanekiso kwiimagazini. Basika kangangoko futhi behleka kakhulu!

"Kumnandi oku!" watsho uLesedi egqitheka yintsini.

"Khumbula ukuba ngummangaliso lo, Lesedi. Kaloku ngumsebenzi ongummangaliso weholide yethu lo," watsho uMorongwa, enyumbaza uLesedi emilenzeni.

Emva koko, ngenye imini ngokuhlwa emva kwesidlo sasebusuku, uMama uMaduo wamangalisa kukubona abantwana bakhe bedwele ecaleni kwakhe. UOfentse noLesedi ingulowo kubo wayevula imingxuma ephepheni elikhulu kanti uMorongwa yena wayebambe incwadi. "Ziintoni ezo?" wenza umqondiso uMama uMaduo.

"Ngummangaliso weholide yethu esiwenzele wena!" bonke abantwana benza umqondiso kunye. "Singakubonisa wona?" UMama uMaduo wanqwalala intloko.

Kuye kwacaca ukuba uMorongwa uncedise abantakwabo ngokwenzela umama wabo amabali emifanekiso njengommangaliso. Ngoku ibilixesha lomboniso nokubalisa!

Kuqale uLesedi. Ubalise ibali ngomfanekiso wakhe futhi esebenzisa ezo zandla zakhe zincinane ukuthetha ulwimi lwezandla ukuze uMama aliqonde ibali lakhe. Kanti nangona ibali likaLesedi belingasoloko lilandeleka kakuhle kuMorongwa, belihlekisa kangangokuba wonke umntu wayehleka.

Okulandelayo, yayilithuba likaOfentse. Wayesike waze wakhupha imifanekiso kamama omhle kunye namaphiko amabini amakhulu entaka. Wayencamathisele amaphiko ngegulu phezu kwamagxa kamama. "Nguwe lo, Mama," watsho esalatha umama wakhe. Emva koko wenza umqondiso, "Uliqhawekazi lethu lohlobo olulodwa."

Lakuba lifikile ithuba likaMorongwa, wabonisa uMama incwadi yemifanekiso ayenze malunga noMama Bhore onokhuselo kunye namathole akhe. Wayefuna ukuqinisekisa ukuba uMama uMaduo wayeyazi indlela abamthanda ngayo nabanebhongo ngayo ngoMama Bhore wenene wobomi babo.

Kuthe kufika eli xesha, wabe uMama uMaduo selelila iinyembezi zovuyo waze wabanga ngovuyo olukhulu bonke abantwana bakhe.

Abantwana babevuya nabo. Ingulowo kubo wayeyile ibali elahlukileyo nelibaliswa ngendlela yakhe. Ngexesha lokuqhuba kwalo mdlalo, babelibele kwaphela ngommiselo kamakungaphunywa! "Umakungaphunywa? Owuphi umakungaphunywa?" basuka bahleka bonke.

KuMorongwa nosapho lwakhe umakungaphunywa usuke walixesha lolonwabo lokufumanisa izinto ezintsha ukuze kuqaliswe ngezithethe ezintsha zosapho. Ngoku ingqokelela yeemagazini zikaMama uMaduo ibixabiseke ngakumbi kunangaphambili. Ulonwabo olutsha losapho lokubhala, ukufunda nokubalisa amabali seyiluvuyo oluphuphumayo losapho.

Kwiiveki ezimbalwa ezilandelayo uMama uMaduo, uMorongwa, uLesedi noOfentse babeyila izinto ezintsha, befunda futhi bebalisa namabali ngakumbi nangakumbi. Oku kwenze ukuba uMama azibuze ukuba ingaba uMongameli wayecinga ngoMorongwa xa wayeqalisa iPhulo likaThuma Mina ukuze kwakhiwe uMzantsi Afrika ngokutsha. Bekungathi kunjalo kuMama! Kaloku, ngeSetswana igama elithi Morongwa lithetha "umthunywa".



Ideas for 10- to 13-year-olds

Children at this age may enjoy learning more about things that they have not been exposed to before. They may also start to question why things are the way they are. Encourage your child to become curious about the world!



Talk about TV and books

Watching TV helps children develop their critical thinking about what they watch, as well as what they read. Ask them questions, not to test them, but to encourage them to express their opinions and thoughts on what they are watching and reading. For example, you could ask:

- Did you enjoy the show/story? Why or why not?
- Which character did you like the most? Why?
- Which character did you dislike the most? Why?
- Do you think the story is believable? Do these kinds of things really happen?



Write for a reason

Invite your children to try these writing activities related to a book they have read, a story they have listened to or one of their favourite TV shows.

- Prepare an interview with one of the characters. Write down at least ten questions that would give the character an opportunity to discuss their thoughts and feelings about their role in the story.
- Write a book review. Make sure you provide information about the book's setting and characters, and what the story is about – but don't give away all the details! Remember to also say what you liked and/or didn't like about the book.
- Write a description of three characters from a story you have read. Include these details: what they look like, what feelings they experience and how they relate to other characters. Draw a picture of each character to go with the description.
- Write a short summary of the things you learnt from a story.



Read non-fiction books

As they get older, some children may find that they enjoy non-fiction books as much as storybooks. Non-fiction books will help them discover new places, things, people and events. It will grow their vocabulary about specific topics and teach them practical skills. Non-fiction books can also teach them words that are used specifically in science, mathematics, history and geography.



Izimvo ngabantwana ababudala buphakathi kweminyaka eli-10 neli-13

Abantwana beli banga lobudala basenokukonwabela ngaphezulu ukufunda ngezinto abangekabi namava ngazo. Kwakhona basenokuqala babuze ukuba kutheni izinto ziqhuba ngohlobo eziqhuba ngalo. Khuthaza umntwana wakho ukuba abe nomdla wokukwazi okwenzeka ehlabathini!



Thetha ngomabonakude nangeencwadi

Ukubukela umabonakude kunceda abantwana baphuhlise ingqiqo yabo ehlalutyayo ngezinto abazibukelayo ngokunjalo nangezo abazifundayo. Babuze imibuzo, kungengakuba uyabavavanya, koko ukubakhuthaza ukuba bavakalise ezabo izimvo neengcinga ngezinto abazibukelayo nabazifundayo. Umzekelo, ungabuza:

- Ingaba beniwonwabele umboniso/ibali? Ngoba kutheni okanye kutheni ningalonwabelanga?
- Ngowuphi oyena mlinganiswa nimthande kakuhulu? Ngoba?
- Ngowuphi oyena mlinganiswa ningamthandanga kakhulu? Ngoba?
- Nicinga ukuba eli bali liyakholeleka? Ingaba izinto ezinje ziyenzeka ngenene?



Bhala ngesizathu

Mema abantwana bakho ukuba bayizame le misetyenzana yokubhala enxulumene nencwadi abayifundileyo, ibali abalivileyo okanye omnye wemiboniso ongowona bawuthandayo kumabonakude.

- Lungiselela udlwano-ndlebe nomnye wabalinganiswa. Bhala phantsi imibuzo elishumi ubuncinane neya kunika umlinganiswa ithuba lokuxoxa ngeengcinga nangeemvakalelo zabo ngendima yabo ebalini.
- Bhala uphengululo lwencwadi. Qinisekisa ukuba unikela ngeenkukacha malunga nesimo sentlalo sencwadi nangabalinganiswa, nangomxholo webali – kodwa uze ungazikhuphi zonke iinkukacha! Khumbula kwakhona ukuxela into oyithandileyo kunye/okanye ongayithandanga ngencwadi.
- Bhala inkcazelo ngabalinganiswa abathathu abasebalini olifundileyo. Quka ezi nkukacha: indlela aba khangeleka ngayo, iimvakalelo abanamava ngazo nendlela aba nxibelelana ngayo nabanye abalinganiswa. Zoba umfanekiso womlinganiswa ngamnye ofanele ukuhamba nenkcazelo.
- Bhala isishwankathelo sezinto ozifunde ebalini.



Funda iincwadi ezinemixholo eyinyaniso

Xa besiya ngokukhula abantwana, abanye babo bangafumanisa ukuba bathanda iincwadi ezinemixholo eyinyaniso kangangendlela abathanda ngayo iincwadi zamabali. Iincwadi zemixholo eyinyaniso zibanceda ukufumana iindawo ezintsha, izinto, abantu neziganeko. Ziya kwandisa isigama sabo ngezihloko ezithile zibafundise izakhono. Iincwadi ezinemixholo eyinyaniso zingaphinda zibafundise amagama asetenziswa ncakasana kwezeNzululwazi, iMathematika, ezeMwali neZelizwe.



Drive your imagination

Ideas for teenagers

Teenagers enjoy trying new things and being independent. Even though it may not always seem like it, they appreciate it when you spend time with them, encourage them to do challenging activities and show an interest in the things that they enjoy.

Izimvo zabebanga labafikisayo

Abantwana abafikisayo bayakuthanda ukuzama izinto ezintsha nokuzimela. Nangona oko kusenokungabonakali ngolo hlobo ngawo onke amaxesha, bayathanda xa uchitha ixesha nabo, ubakhuthaza ukuba benze imisebenzi ecela umngeni ngokunjalo ubonise umdla kwizinto abazonwabelayo.



Read, write and learn

- 💡 **Encourage writing.** Suggest that your teenagers keep a lockdown diary or write poetry to express their thoughts and feelings.
- 💡 **Local history.** Let your teenagers do a history project with family members. They can interview you and other adults at home about your early memories of where you grew up, events that happened and how these things affected you. Encourage your teenagers to write down the interviewee's answers or to use a cellphone to record the interview.
- 💡 **Talk about the news.** Teenagers are bombarded with news from radio, television, WhatsApp groups and other social media. As a family, practise being critical about the news so that teenagers can learn to work out what is true and what is false. Here are some questions to ask.
 - ★ From whose perspective is the story being told?
 - ★ Who is speaking? Who is being spoken about?
 - ★ Who has power? How is this power expressed?
 - ★ What is left out and/or taken for granted?
 - ★ Who benefits?
- 💡 **Get reading.** Encourage your teenagers to read on their own and for their own enjoyment. If they don't have access to books, help them find FunDza's online library at: live.fundza.mobi.
- 💡 **Read aloud.** Reading aloud is not only for young children! It can be fun to read a story or script out loud to or with teenagers. Find scripts to enjoy reading aloud on FunDza's mobisite at: live.fundza.mobi/catalogue/?genre=chattalogue.
- 💡 **Managing their studies.** Work out a daily routine with your teenagers so that they can keep to regular study times. Also, encourage them to talk to you about what they are studying. This will help them understand and remember what they have learnt. In fact, one of the best ways of checking if you really understand something is to teach it to someone else. So, ask your teenagers to teach you about a topic – in whatever language they prefer.

Funda, bhala uze ufunde

- 💡 **Khuthaza ukubhala.** Cebisa ukuba abantwana bakho abafikisayo bagcine idayari ngomakungaphunywa okanye babhale imihobe echaza iingcinga neemvakalelo zabo.
- 💡 **Imbali yendawo abahlala kuyo.** Abantwana bakho abafikisayo mabenze iprojekthi ngembali namalungu osapho. Basenokuqhuba udliwano ndlebe nawe kunye nabanye abantu abakhulu ekhaya ngeenkumbulo zakho zendawo owakhulela kuyo iziganeko ezenzekayo nendlela ezakuchaphazela ngayo. Khuthaza abantwana bakho abafikisayo ukuba bazibhale phantsi iimpindulo zodliwano-ndlebe okanye basebenzise iselfowuni ukurekhoda udliwano-ndlebe.
- 💡 **Thethani ngeendaba.** Abantwana abafikisayo bahlohlwa ngeendaba zikanomathotholo, zikamabonakude, zamaqela eWhatsApp nezamanye amaqonga onxibelelwano asekuhlaleni. Nina njengosapho, ziqheliseni ukuzihlalutya iindaba ukuze abantwana abafikisayo bafunde ukuhluzisa inyaniso ebuxokini. Nantsi eminye imibuzo enokubuzwa.
 - ★ Ibali libaliswa ngokwezimvo zikabani?
 - ★ Ngubani othethayo? Kuthethwa ngabani?
 - ★ Ngubani onamandla? La mandla aboniswanjani?
 - ★ Yintoni eshiyelelweyo kunye/okanye engachazwanga kakuhle?
 - ★ Ngubani oxhamlayo?
- 💡 **Makufundwe.** Khuthaza abantwana bakho abafikisayo ukuba bazifundele ngokwabo befundela ukuzonwabisa. Xa bengakwazi kufikelela ezincwadini, bancedise bafumane iithala leencwadi elisekhompyutheni likaFunDza kwesi siza: live.fundza.mobi.
- 💡 **Fundani ngokuvakalayo.** Ukufunda ngokuvakalayo asikokwabantwana abancinane kuphela! Kusenokuba lulonwabo ukufundela abantwana abafikisayo okanye ufunde nabo ngokuvakalayo ibali okanye okubhaliweyo. Fumanani iziqendu zokubhaliweyo ukuze nonwabele ukufunda ngokuvakalayo kwimobisayithi yeFunDza kwesi siza: live.fundza.mobi/catalogue/?genre=chattalogue.
- 💡 **Ukulawula izifundo zabo.** Yenzani inkqubo yemihla ngemihla nabantwana bakho abafikisayo ukuze bawagcine rhoqo amaxesha okufunda. Kwakhona, bakhuthaze ukuba bathethe nawe ngezinto abazifundayo. Oku kuya kubanceda ukuba baqonde baze bakhumbule abakufundileyo. Enyanisweni, enye yeendlela ezifanelekileyo zokufumanisa ukuba ingaba uyiqonda ngenene na into kukufundisa omnye umntu ngayo. Ngoko ke, cela abantwana bakho abafikisayo ukuba bafundise wena ngesihloko – nangoluphi ulwimi abalukhethayo.

Nal'ibali fun

Okokuzonwabisa kwakwaNal'ibali



Play this game together!

How to play

- 🎯 Each player puts a button on the block that says: **Lockdown! Start here.**
- 🎯 Take turns to roll the dice and move your button the number of blocks shown on the dice.
- 🎯 Follow the instructions in the block you land on.
- 🎯 If your button lands at the bottom of a ladder, you can move up to the top of the ladder.
- 🎯 If your button lands on the head of a snake, you must slide down to the bottom of the snake.
- 🎯 The first player to reach: **You are home! Stay safe!** is the winner.

Dlalani lo mdlalo kunye!

Indlela yokudlala

- 🎯 Umdlali ngamnye ubeka iqhoshha kwibloko ethi: **UMakungaphunywa! Qala apha.**
- 🎯 Nikanani amathuba okuqengqa idayisi uze uqhube iqhoshha lakho kwiibloko eziliqela eziboniswa kwidayisi.
- 🎯 Landelani imiyalelo ekwibloko ongene kuyo.
- 🎯 Ukuba iqhoshha lakho lingene ezantsi eelini, unakho ukusuka uye encotsheni yeleli.
- 🎯 Ukuba iqhoshha lakho lingene kwintloko yenyoka, kufuneka utshibilizele ezantsi apho iphela khona inyoka.
- 🎯 Umdlali wokuqala ukufikelela: **Usekhaya! Hlala ukhuselekile!** ugqwesile.

43 Forgot your face mask. Skip a turn. Walibala imaski yobuso. Tsiba ithuba lakho.	44	45	46	47 Visited a friend. Watyelela umhlobo.	48	49 You are home! Stay safe! Usekhaya! Hlala ukhuselekile!
42	41	40 Cleaned the house. Wacoca indlu.	39	38	37	36 Shook hands. Waxhawula izandla.
29	30 Hugged a friend. Wanga umhlobo.	31	32	33	34	35
28	27	26 Used hand sanitiser. Roll again. Wasebenzisa umxube wokucoqa izandla. Qengqa kwakhona.	25	24 Touched your face. Waphatha ubuso bakho.	23	22
15	16	17	18 Coughed into hands. Wakhohlelela ezandleni.	19	20	21 Washed hands. Wahlamba izandla.
14	13 Sneezed into elbow. Wathimlela engqinibeni.	12	11	10	9	8
1 Lockdown! Start here. UMakungaphunywa! Qala apha.	2	3	4	5	6 Wore a face mask. Unxibe imaski yobuso.	7

Illustrations/Imifanekiso: Magriet Brink and/noLeo Daly

Nal'ibali is here to motivate and support you. Contact us by calling our call centre on 02 11 80 40 80, or in any of these ways: AbakwaNal'ibali bakhona ukuze bakunike inkuthazo nenkxaso. Nxibelelana nathi ngokufonela iziko lethu leminxeba ku-02 11 80 40 80, okanye nangayiphi na enye kwezi ndlela zilandelayo:

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The Herald

Sowetan
IN THE KNOW ON THE MOVE.



Drive your imagination

