



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 kube noshicilelo olukhethekile?

Kusukela kubheduke i-COVID-19, izingane bezingasakwazi ukuhamba ziye emtasheni wezincwadi nasemathimbeni okufunda futhi sekuyisikhathi eside zingayi esikoleni. Ukukweseka ngesikhathi wenza konke okusemandleni akho ukugcina umndeni wakho uphephile, abakwaNalibali bahlanganise lolu shicilelo olukhethekile lwesithasiselo ukuze bakusize ngamasu okuthi izingane zakho zingaqhubeka kanjani nokufundela nokubhalela ukuzithokozisa ekhaya. Eminye yemisebenzi ingathokozelwa yiwo wonke umndeni, kanti eminye yehlukaniswe ngokwamaqoqo obudala ukuze ikunikeze amasu ahambisana neminyaka yobudala.

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 NABANAKEKELI ABANGESEKELA NGAYO IZINGANE

Isibophezelo sethu sokuqala njengabazali nabanakekeli wukunakekela izingane zethu kanye nokuzigcina ziphephile. Lesi kube yisikhathi esinzima emindenini eNingizimu Afrika yonkana. Izingane zakho kungenzeka ukuthi zinengcindezi noma ixhala kulesi sikhathi. Zingase zikuthole kunzima ukwedlulisa imizwa yazo kuwe, ikakhulukazi uma ubonakala sengathi uthukuthele. Zama ukwenza izinto ezilandelayo ukuze uzisize.

- ★ Sebenzisa ulimi olunika ithemba uma ukhuluma nezingane zakho.
- ★ Cela izingane zakho ukuthi zikutshale ukuthi zizizwa kanjani.
- ★ Yenzani izinto ezithokozisayo nindawonye.
- ★ Mazikusize ngokwenza eminye yemisebenzi yasekhaya.



UKUFUNDA KANYE NOKUBHALA EKHAYA

Enye yezindlela eziphambili zokuthi usekele izingane zakho ngukwabelana ngezindaba nazo. Nazi ezinye zezinzuzo zokwabelana ngezindaba.

- ★ Izindaba zikwenza usondelane kakhulu nezingane zakho.
- ★ Uma uxoxela noma ufundela izingane zakho izindaba, kuzenza ukuthi zazi ukuthi zibalulekile kuwe ukuthi ungaze uzenzele isikhathi.
- ★ Izindaba zizisiza ukuthi zikhulise ukubona kwazo ngeso lengqondo kanye nokusungula.
- ★ Izindaba ziphinde zisize ukuthuthukisa ulimi nokucabanga kwezingane, ikakhulukazi uma zilalela noma zifunda izindaba ngezilimi zazo zebele.
- ★ Izindaba zivamise ukhulizeka izingane ngezibonelo zokuthi abantu bahlangebazana kanjani nezinselole ababhekana nazo.



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

Yenza ngcono ukuzethemba nokufunda

Khuthaza imizamo yezingane zakho yokufunda nokubhala ngokunikeza ukuphawula okuhle ngaphandle kokugxila emaphutheni. Ngokuzinikeza ukweseka okuningi, uzothuthukisa ukuzethemba kwazo futhi wenze ngcono ukufunda kwabo.

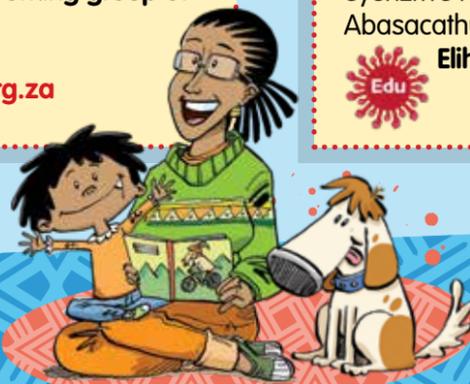
Okuqukethwe kushicilelo 169 lwe-COVID-19 kuguqulwe kuthathwa ku-*Ukusekela abafundi besekhaya – isiqondiso sabanakekeli*, eyenziwe ngabeQembu le-COVID-19 Lemfundo Yamabanga Abasacathula kanye Nokufunda, **ithimba elisebenzayo Elihlanganisa Nabantu ngendaba ye-Covid-19**



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Drive your
imagination



IT STARTS WITH
A STORY.
KUQALA
NGENDABA
EXOXYWAYO.

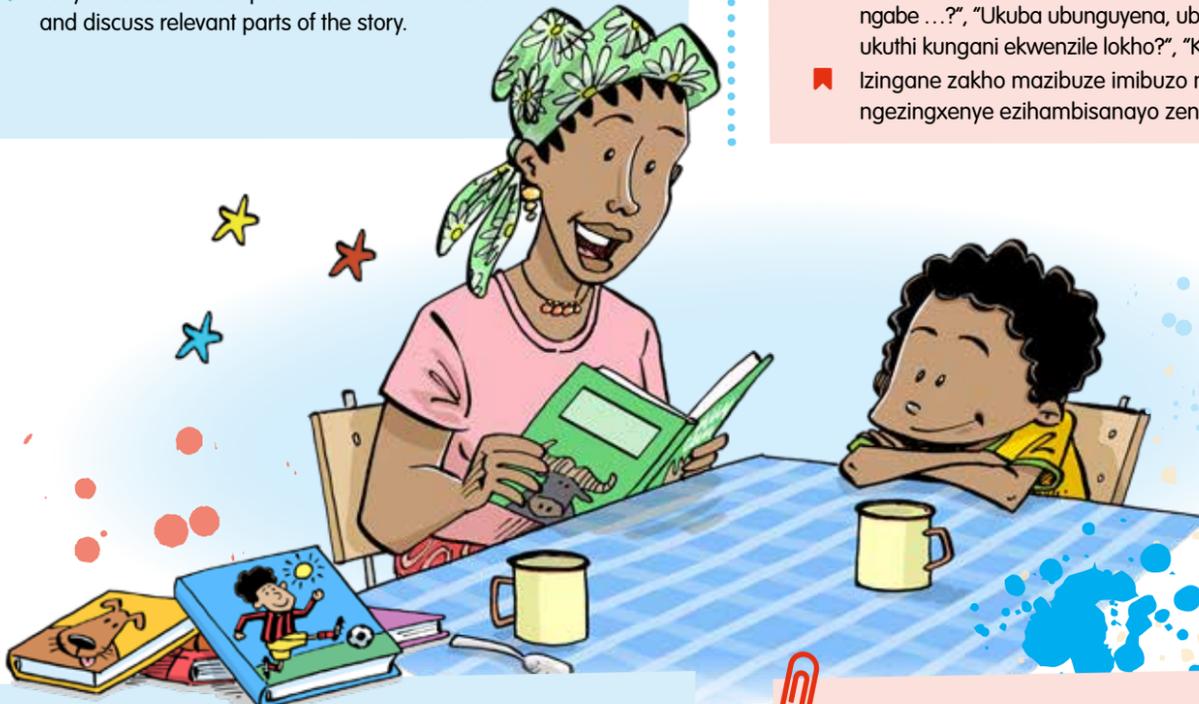
Get creative!

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.



Veza ubuciko bakho!

Kule ngosi ekhethekile ethi **Veza ubuciko bakho!** kukhona imisebenzi yokufunda nokubhala yawo wonke amaqembu eminyaka yobudala! Wonke umuntu osekhaya uneqhaza angalibamba ekuthuthukiseni ukufunda nokubhala kwezingane, kanye nokuqondisa kwazo ukuthi zingazivikela kanjani zona kanye nabanye ku-COVID-19. Ukwenza lokhu ndawonye kungaba yingxenye ethokozelwayo yempilo yomndeni yansuku zonke. Sungula inqubo yezindaba ngokubeka eceleni isikhathi esisebenza kahle kini nonke.

Yenza izikhathi ezikhethekile zokuxoxa izindaba

Yenza izikhathi zokuxoxa indaba lapho wonke umndeni uzozithokozela ndawonye.

- Xoxani izindaba, nicle izingoma niphinde nihaye izinkondlo enizaziyo. Lokhu kukhuthaza ukubona ngeso lengqondo ezinganeni futhi kukhulisa ulimi lwazo.
- Yibani nesidlo sakusihlwa esihambisana nendaba! Kanye ngesonto, ilungu lomndeni malixoxe indaba ngesikhathi sesidlo sakusihlwa. Ningaphinda futhi nisungule indaba ndawonye ngokuvumela ukuthi umuntu oyedwa axoxe isingeniso sendaba bese nivumela abanye bengeze okuncane endabeni indaba ize iphelele.
- Zikisa ukuqondisa kwezingane zakho izindaba ezizizwayo ngokubuza imibuzo evulekile. Ukwenza isibonelo, "Ungazizwa kanjani uma ngabe ...?", "Ukuba ubunguyena, ubuzokwenzenjani?", "Ucabanga ukuthi kungani ekwenzile lokho?", "Kukukhumbuzani lokho?"
- Izingane zakho mazibuze imibuzo nazo! Iphendule bese nixoxa ngezixenye ezihambisanayo zendaba.

Fundaba bese ubhalela ulwazi

Ukusiza izingane ukuthi zikhumbule ulwazi oluthile kangcono, mazilufunde noma zilulalele bese zilubhala phansi. Njengomndeni, yenzani iphosta "yeMithetho emihle" ye-COVID-19. Emva kwalokho, ngezikhathi ezahlukene ngokuhamba kosuku, buza izingane imibuzo efana nokuthi, "Yimuphi umthetho omuhle mayelana nokukhwehlela kanye nokuthimula?"

Kukhona **imithetho emihle eyisithupha** okufanele siyilande.

1. Geza izandla zakho ngensipho namanzi okungenani imizuzwana engama-20 kaningi ngangamandla akho.
2. Ungabuthinti ubuso bakho ngezandla ezingageziwe.
3. Khwehlelela uthimulele epheshaneni elithambile (ithishu) noma endololwaneni. Ilahle ngokuphephileyo ithishu yakho esisetsheziwe.
4. Uma ungaphandle kwasekhaya kini, qhela okungenani ibanga eliyi-1,5 m kude nabanye.
5. Gqoka isimfonyo lapho uphuma ekhaya kini noma uma unakekela othile ogulayo ekhaya.
6. Hlala ekhaya uma ugula. Ngezimo eziphuthumayo, thinta inombolo kaZwelonke ye-COVID-19 ku-**0800 029 999** noma kaWhatsApp: **0600 123456**, okukanye uxhumane nonakekela impilo yakho.



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.

Ukulingisa wenze samdlalo

Izingane azejwayele ukwazi ukuthi ziphendule kanjani uma zizwa umuntu esho okuthile okungelona iqiniso. Ngokulingisa wenze samdlalo, ungasiza izingane zakho ukuba zizejwayeze leli khono. Wonke umuntu makabelane nabanye ngokuthi angaphendula kanjani ngolwazi oluyiphutha mayelana ne-COVID-19. Cela izingane zakho zilingise ukuthi zingaphendula zithini uma othile esho imibono elandelayo eyiphutha. Zikhumbuze ukuthi zibe nokwethembeka nenhlonipho.

- Ngabantu abacebile kuphela abathola i-COVID-19.
- I-COVID-19 yisifo sabantu abamhlophe noma amaShayina.
- Igcwane lokhuvethe angeke likwazi ukuphila ezindaweni ezishisayo.
- Ukuphuza ijinja, ugalkhi nolamula kuyayelapha i-COVID-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 izindaba ezilalelwayo

Qopha ezakho izindaba ezilalelwayo nezingane zakho!

- Thola indaba enamazwi ahlukahlukene izingane zakho ezizoyithokozela.
- Izingane zakho mazikhethe umlingiswa bese zizama amazwi ehlukene ngomlingiswa wazo.
- Ungafunda ingxenye yomxoxi wendaba. Izingane zakho mazifunde noma zixoxe indaba njengabalingiswa abehlukene.
- Makube nomuntu owenza imisindo efana nezigi noma imisindo yezilwane.
- Zejwayezeni ukufunda noma ukuxoxa indaba enemisindo wonke umuntu aze akhululeke ngengxenye yakhe ayidalayo.
- Sebenzisa umakhalekhukhwini ukuqopha indaba yakho bese uthokozela ukuyilalela!

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 ndawonye

Khombisa izingane zakho ukuthi ukusebenzisa kanjani ukubhala empilweni yakho yansuku zonke, ukwenza isibonelo, uma ubhala uhlu lwezinto ozozithenga. Emva kwalokho yenzani imisebenzi yokubhala nindawonye.

Qinisekisa ukuthi unephepha, amakhrayoni, amapeni kanye namapensela endaweni okulula ukuthi izingane zakho zifinyelele kuwo. Mazibhale imiyalezo yokubonga, imiyalezo noma izincwadi eziya kubangani nomndeni ohlala kude. Khuthaza izingane zakho ukuthi zigcine amajendali lapho zingabhala khona nganoma yini eziyithandayo. Ungaphinde wenze izincwadi ngokuqhanela ndawonye amakhasi ephhepha angenalutho ubhale izindaba nezingane zakho. Izingane ezincanyana zingadweba izithombe bese wena ubhala amazwi ezikutshela wona. Vumela izingane ezindadlana ukuthi zidwebwe futhi zizibhalele ngokwazo.



Drive your imagination

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.

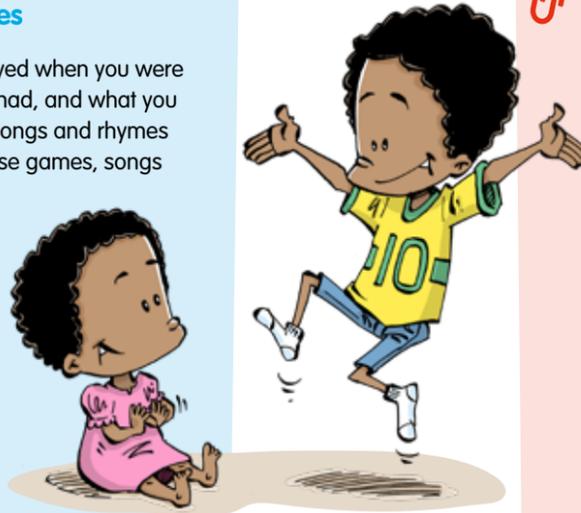
- Make time for them every day.
- Play their favourite games.
- Talk to them often.
- Really listen to them.
- Tell them why you enjoy spending time with them.

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.



Amacebo kulezo zingane ezineminyaka yobudala esuka ku-0- kuya kwemi-3

Uma ngabe izingane zizizwa zijabulile futhi zivikelekile, kuyazisiza ukuthi zikhule kahle. Nazi ezinye zezinto ongazenza ukusiza izingane zakho ukuba zizizwe zijabulile futhi zivikelekile.

- Yenza isikhathi sokuba nazo nsuku zonke.
- Dlala imidlalo yazo ezizikhonzile.
- Ubode ukhuluma nazo.
- Zilalele ngempela.
- Zitshele ukuthi kungani ukuthokozela ukuchitha isikhathi nazo.

Izinsana nojahidada bafunda ngokwenza imisebenzi eyehlukene nawe kanye nezingane zakwabo ezindadlana. Bayakuthokozela ukucula izingoma, ukudlala imidlalo, ukusho imilolozelo, ukulalela izindaba, ukuxoxa izindaba, ukudweba kanye nokwenza sengathi bayafunda futhi bayabhala.

Yabelanani ngezingoma, ngemidlalo nangemilolozelo

Ungayikhumbula imidlalo owawuyidlala ngenkathi useyingane? Uyayikhumbula injabulo owawuba nayo, nowakufunda unganakile ngisho ukunaka? Yiziphi izingoma nemilolozelo owawuthanda ukuzicula nokuyisho? Yabelana nezingane zakho ngale midlalo, izingoma nemilolozelo.

- Kuzosiza ukuthuthukisa amakhono ezingane olimi.
- Kusiza ukwakha ukuthembana futhi kuqinise ukusondelana phakathi kwabadala nezingane.
- Kwakha ukuzethemba kanye nokuzazisa futhi kusize ukwenza izingane zikhululeke.
- Izingane zifunda kalula ngokudlala nokujabula.

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.



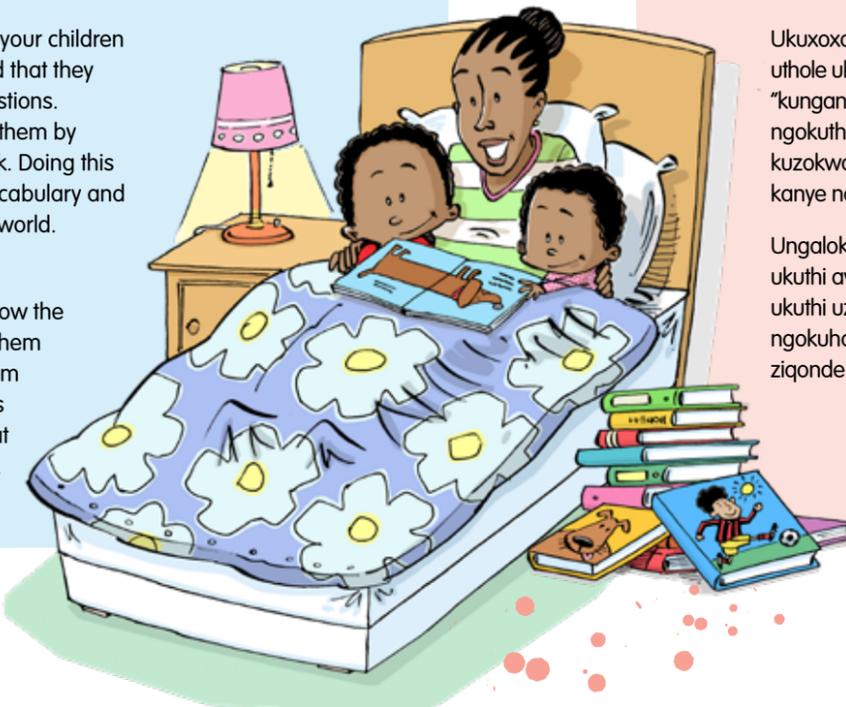
Yabelanani ngezincwadi

- Kuze kube lapho izinsana sezikwazi ukuzihlalela, kulula kakhulu ukuzibeka ethangeni lakho zikufulathele bese wena ubamba incwadi phambi kwazo.
- Izincwadi ezinezithombe ezilula nje noma izithombe zobuso bezinsana zisebenza kahle ezinsaneni ezincane.
- Khomba ubuye usho izinto ezehlukene ezisezincwadini. Khulumani ngalokho enikubonayo nobabili ezithombeni. Ukwenza lokhu kusiza izingane zakho ezincane ukuthi zifunde amagama nokuthi zifunde ngomhlaba ozizungezile.

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.



Yenza isikhathi sokuthi nikhulume

Ukuxoxa nezingane zakho kubalulekile. Ungase uthole ukuthi zivamise ukubuza imibuzo eminingi ethi "kungani". Bekezela uzikhuthaze ngokuba uzichazele ngokuthi izinto zisebenza kanjani. Ukwenza lokhu kuzokwakha ulwazimagama lwezingane zakho kanye nokuqonda kwazo umhlaba.

Ungalokothi wesabe ukutshela izingane zakho ukuthi awuyazi impendulo yombuzo othile. Zitshele ukuthi uzoyithola bese uzitshela impendulo ngokuhamba kwesikhathi. Lokhu kuzosiza ukuthi ziqonde ukuthi nabantu 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.



Amacebo kulezo zingane ezineminyaka yobudala esuka kwemi-3 kuya kweyisi-6

Izingane zifunda kakhulu ngezihlangabezana nakho nsuku zonke. Ngokwenza imisebenzi ethokozisayo nezingane zakho, ungasiza ukukhulisa ulwazimagama lwazo kanye nokuqonda kwazo umhlaba.



Izingoma nemilolozelo kwakha amakhono olimi

Cula izingoma noma usho imilolozelo ngolimi lwebele lwezingane zakho kanye nangolimi lokuqala olwengeziwe. Bhala amagama engoma noma omilolozelo bese ukhomba amagama ngenkathi ucula noma uwasho. Ngisho noma ngabe izingane zakho azikakwazi ukufunda noma ukubhala, ukubona amagama abhaliwe esetshenziswa kuzisiza ukuthi ziqondisise ukuthi lokhu esikushoyo kungabhalwa phansi bese kufundwa, kulokhu kuphindwa.



Sebenzisa izinzwa zakho

Vumela izingane zakho ukuthi zisebenzise izinzwa zazo ukuvumbulula okuthile!

- ♥ **Inzwa yokuhogela:** Dlala umdlalo wokuqagela nezingane zakho. Izingane zakho mazigqoke okokuvala amehlo. Emva kwalokho bese ubeka okudliwayo okumbalwa okunephunga elinamandla ezitsheni ezincane, ukwenza isibonelo, uviniga, ubhanana, impushana kakhari kanye nekhofi. Cela izingane zakho ukuthi ziqagale ukuthi yini esesitsheni ngasinye ngokuyihogela kuphela.
- ♥ **Inzwa yokuthinta:** Izingane zakho mazigqoke okokuvala amehlo futhi. Faka izinto ezimbalwa ezincane, ezingephukiyo, njengesipunu nesixubho, esikhwameni somqamelo. Cela izingane zakho ukuthi zikhiphe okuthile esikhwameni somqamelo. Ngabe ziyakwazi ukuqagela ukuthi leyo nto iyini ngokuyithinta nje?
- ♥ **Inzwa yokuzwa:** Gcwalisa iziqukathi ezincane ngezinto ezehlukene, njengesihlabathi, amatshe, ubuhlalu noma izivalo zamabhodlela. Cela izingane zakho ukuthi zivale amehlo bese zilalela ngesikhathi unyakazisa isiqukathi ngasinye. Buza, "Ngabe senze umsindo omkhulu noma omncane? Kungani ucabanga ukuthi senze umsindo omkhulu noma omncane?"



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?"



Learn about your body

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

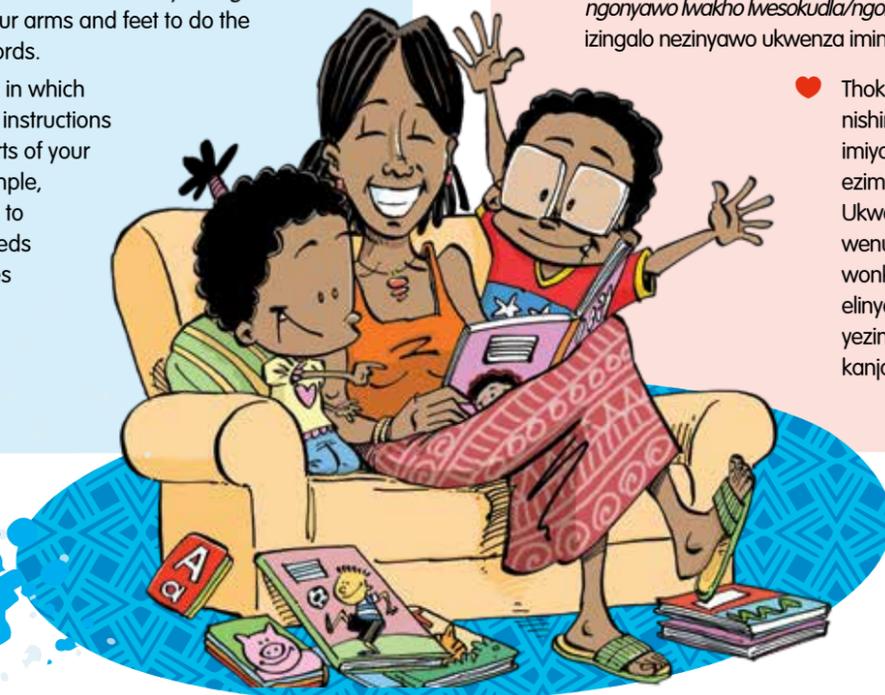
- ♥ Play call-out games, like this one: *Lizzy, Lizzy, stir the porridge ... with your right arm/with your left arm/with your right foot/with your left foot.* Use your arms and feet to do the actions as you say the words.
- ♥ Have fun playing a game in which you take turns calling out instructions to "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

Dlala le midlalo ukusiza izingane zakho ukuthi zifunde ngemizimba yazo.

- ♥ Dlala imidlalo yokumemezana, njengalona othi: *Lizzy, Lizzy, goqoza iphalishi ... ngesandla sakho sokudla/ngesandla sakho sokunxele/ngonyawo lwakho lwesokudla/ngonyawo lwakho lwesokunxele.* Sebenzisa izingalo nezinyawo ukwenza iminyakazo ngesikhathi usho amagama.
- ♥ Thokozela ukudlala umdlalo lapho nishintshana khona ukumemeza imiyalelo "ukuxhuma" izingxenye ezimbili ezahlukene zomzimba. Ukwenza isibonelo, uma oyedwa wenu ethi, "Indololwane nedolo!", wonke umuntu kudingeka athinte elinye lamadolo akhe ngenye yezindololwane zakhe, bese ehlala kanjalo 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.



Amacebo kulezo zingane ezineminyaka yobudala esuka kweyisi-6 kuya kweyisi-9

Ukubhala nokufunda kuyahambisana. Ukubhala kusiza izingane ukuthi zifunde ukuthi amagama angabhalwa phansi bese efundwa futhi ngokuphindaphinda.

Bhala uphinde udwebe

Ngemuva kokuthi izingane zakho zilalele indaba, mazizame eminye yale misebenzi yokubhala nokudweba.

- 1. Nindawonye, bhalani bese nicula ingoma eqanjwe exoxa indaba.
- 2. Mazidwebe isithombe esikhombisa isizinda sendaba.
- 3. Zicele ukuthi zidwebe umlingiswa osendabeni. Emva kwalokho mazenze uhlu lwazo zonke izinto umlingiswa azenzayo endabeni. Zibuze uthi, "Nicabanga ukuthi kungani umlingiswa enze lezi zinto?" Mazibhale umusho zichaze ukuthi zizizwa kanjani mayelana nomlingiswa.

Yenza eyakho incwadi yezindaba

Landelani lezi zinyathelo ukusebenza ndawonye njengomndeni nakhe incwadi yezindaba.

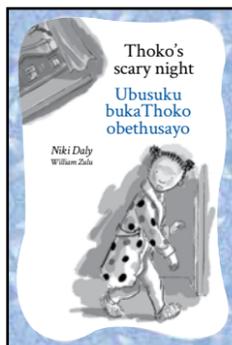
- 1. Nindawonye nqumani ukuthi indaba izoba mayelana nani. Cabangani ngalokhu: lapho indaba yenzeka khona, ngobani abalingiswa abaqavile, iyini inkinga endabeni nokuthi le nkinga ixazululeka kanjani.
- 2. Yenzani incwadi engabhalwe lutho ngokuthi nigoqo amaphepha ambalwa abe ngohhafu.
- 3. Amalungu omndeni ahlukene mawabhale phansi ingxenye yendaba ekhasini ngalinye lencwadi engabhalwe lutho.
- 4. Wonke umuntu makathole iithuba lokudweba izithombe zendaba.
- 5. Thokozelani ukufunda incwadi yenu ndawonye!

Lalelani izindaba ezixoxwayo

Njengomndeni, lalalelani izindaba ezixoxwa emsakazweni. Ningavakashela isizindalwazi sethu ku-www.nalibali.org ukuthola uhlelo lokusakazwa kwezindaba zakwaNalibali lwezindaba ezixoxwa emsakazweni. Ningalalela futhi izindaba ezilalelwayo ngokuchifoza kusixhumanisi engxenye ethi "Story resources" kusizindalwazi sethu.

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.

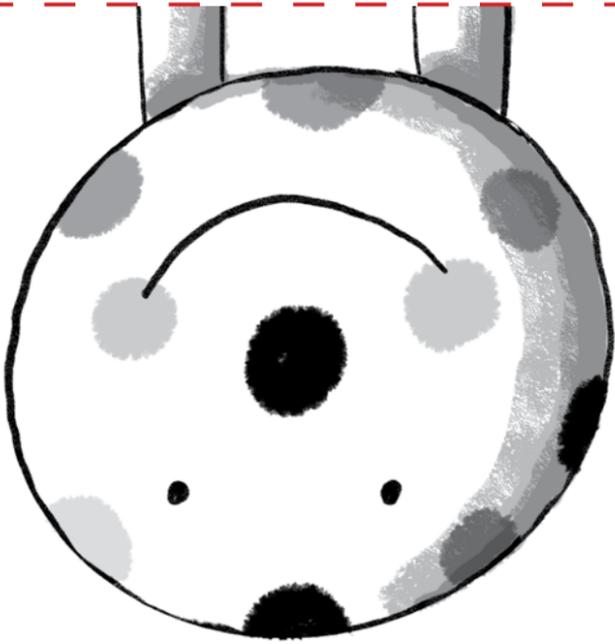


Yenza EYODWA incwadi oyisika uyikhiphe bese uyigcina

1. Khipha amakhasi 7 kuya kwele-10 alesi sithasiselo.
2. Sebenzisa leli khasi ukwenza incwadi. Landela imiyalelo engezansi ukwenza incwadi.
 - a) Songa iphepha libe nguhhafu ngokulandela umugqa wamachashazi amnyama.
 - b) Lisonge libe nguhhafu futhi ulandele umugqa wamachashazi aluhlaza okotshani.
 - c) Sika ulandele umugqa wamachashazi abomvu.

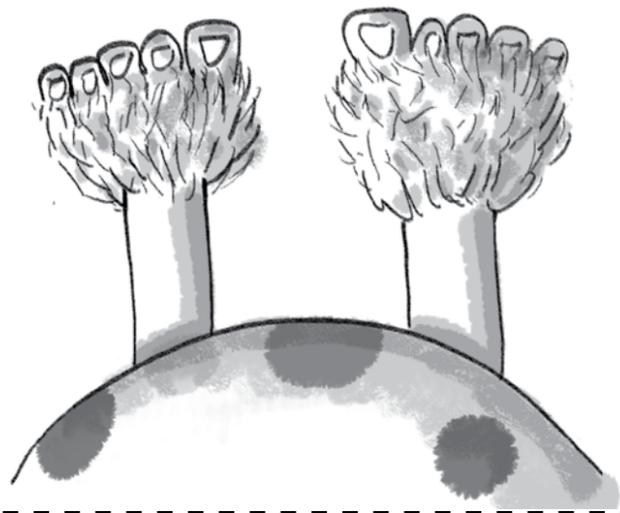


Drive your
imagination



“It’s very round and covered in polka dots,”
whispered Mama.
“Like my dressing gown,” said Thoko.
“What else?”
“Tyndilinga futhi imabala azibhadu,”
kuhlebeza uMama.
“Injengawuni yami,” kusho uThoko.
“Yini okunye?”

“What does it look like?” whispered Thoko.
“It has big fluffy pink feet,” whispered Mama.
“Like my slippers,” said Thoko. “What else?”
“Tbukeka kanjani?” kuhlebeza uThoko.
“Inezinyawo ezinkulu eziphinki,
eziyimvukumvuku nje,” kuhlebeza uMama.
“Njengamahliphasi ami,” kusho uThoko.
“Yini okunye?”



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.

Lolu wushicilelo olugquququliwe lwendaba ethi, “Ubusuku bukaThoko obethusayo” ephuma eqoqweni elithi, *Kwenzenjani! Thoko* elishicilelwe ngabakwaJacana Media futhi liyatholakala ezitolo zezincwadi kanye nakusizindalwazi ku-www.jacana.co.za. Le ndaba iyatholakala ngesiNgesi, isiBhunu, isiXhosa kanye nesiZulu. AbakwaJacana bashicilela izincwadi zabafundayo abasebancane ngazo zonke izilimi ezisemthethweni eziyishumi naye zaseNingizimu Afrika. Ukuthola kabanzi ngezihloko zezincwadi zakwaJacana vakashela ku-www.jacana.co.za.

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UNal’ibali umkhankaso kazwelonke wokufundela ukuzithokozisa wokokhela inhlansi nokuzinzisa isiko lokufunda eNingizimu Afrika yonkana. Ukuze uthole eminye imininingwane, vakashela ku-www.nalibali.org noma ku-www.nalibali.mobi



Drive your
imagination

Thoko’s scary night

Ubusuku bukaThoko obethusayo

Niki Daly
William Zulu





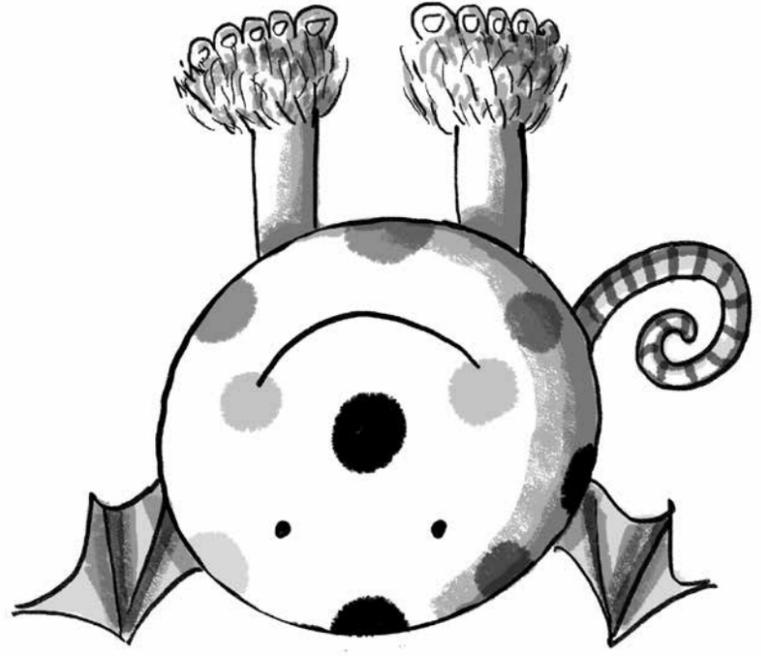
“Ngumoya nje kuphela lona ovunguza ocingweni ngaphandle,” kuhlebeza uMama.
 “Hhayi, hhayi lokho!” kuhlebeza uThoko. “Umsindo owethusayo ngempela – onjengowenunu.”
 “Hhayi-ke ngcono ugibele nami lapha embhedeni,” kuhlebeza uMama. “Izwakala kanjani?”
 UThoko athi, “Ghorra-Ghorra! Hooaaaah! Bwooooo!”
 “Lona ngumsindo iGhorra-Ghorra-Hooaaaah-
 Bwooooo inunu ewenzayo ukuxosha izinunu ezethusa ngempela,” kusho uMama.

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



Ngobunye ubusuku obumnyama obunesivunguvungu, uThoko avuke kunomsindo owethusayo. Othi, “Ghorra-Ghorra!”

“Inekhala elisabhola, izimpiko zelulwane kanye nomsila oyimsonsonga,” kuhlebeza uMama. “Kanti njalo ilunge kabi.”
 UThoko wabe esebona ukuthi uMama uyamkhohlisa nje! Kodwa uThoko wabe esephethwe ngubuthongo, ngakho-ke akazange amphikise.



“It has a puff-ball nose, bat wings and a curly-whirly 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 wanqamuka.
 Ekugcineni, konke kwathula, uGogo, uMama noThoko balala – befudumele okwezimbungulu ezintathu engubeni.

Kwathi cwaka – umoya kuphela owawuvunguza
cingweni. UThoko walala egonile ezingalweni
zikaMama. Kwabe sekwenzeka futhi ... “Ghorra-
Ghorra! Hooooaaah! Bwoooooo!”
Kulokhu-ke umsindo ongejwayelekile
wavusa uMama.

“Ghorra-Ghorra! Hooooaaah! 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! Hooooaaah! 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! Hooooaaah! Bwoooooo!”
“That’s the sound the nice Ghorra-Ghorra-
Hooooaaah-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-Hooooaaah-Bwoooooo-
Monster,” whispered Mama. “It’s the Snoring-Gogo-Monster!”
They both giggled until the bed shook. Gogo stirred and
immediately stopped snoring.

Kwabe kunguGogo – ehonqa eqheqhebula!
UMama asondeze uThoko kuye ahleke.
“Akuyona iNunu i-Ghorra-Ghorra-Hooooaaah-Bwoooooo,”
kuhlebeza uMama. “YiNunu-enguGogo-Ohonqayo!”
Bobabili bahleke kuze kunyakaze umbhede. UGogo
wanyakaza, wabe eselala ngohlangothi kwanqamuka
ngokushesha ukuhonqa.



Then it stopped and went, “Hooooaaah! 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! Hooooaaah! Bwoooooo!”

Wabe usuthula waphinda “Hooooaaah! Bwoooooo!”
njengenunu enkulu eyesabekayo ikuxosha.

Ikamelo likaThoko lalimnyama, ngaphandle
kwezithunzi ezazivevezela obondeni lwekamelo lakhe
lokulala zenziwa lilambu lomgwaqo. UThoko adonse
iduvethi azemboze ikhanda. Kodwa usalokhu ewuzwa
umsindo – ondodayo futhi owethusa kakhulu manje,
“Ghorra-Ghorra! Hooooaaah! Bwoooooo!”



Masishane, uThoko afake amahliphasi akhe negawuni
agijimile ekamelweni lokulala likaMama.
“Mama! Mama!” kuhlebeza uThoko. “Vuka!”
“Kwenzani Thoko?” kubuza uMama esebuthongweni.
“Lalala!” kusho uThoko. “Kunomsindo owehthusayo
oqhambuka ndawondawo.”
UMama akhanyise ilambu eliseceleni kombhede
wakhe alalele.

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 azame ukuvuka ahlahe. Kodwa ingalo
yakhe eyodwa yayinenkwantshu ngoba uThoko
wayelele phezu kwayo.



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! Hooooaaah! Bwoooooo!”



“Thoko! Thoko!” kuhlebeza uMama. “Vuka! Lo mbhede mncane kakhulu kithi sobabili.” UMama ehlise uThoko embhedeni banyonyobe baye ekamelweni likaGogo.

“Gibela!” kuhlebeza uMama.

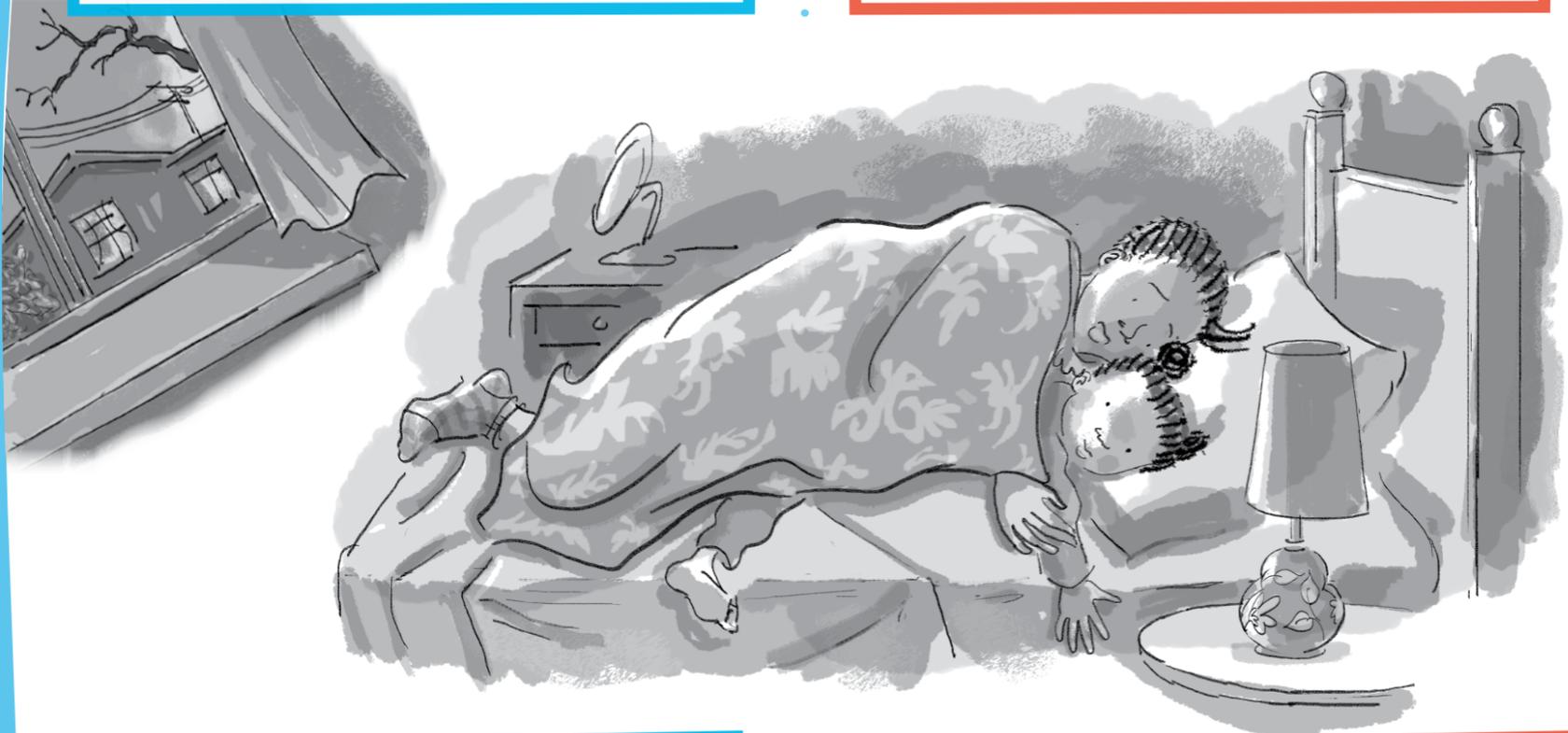
UThoko ahlahe eduze kukaGogo, eshiya isikhala ukuze uMama ahlahe. Bathi beqeda nje ukuhlala bezwe ...
“Ghorra-Ghorra! Hooooaaah! Bwoooooo!”

Get story active!

Here are some activities for you to try. They are based on the stories in this edition of the Nal'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 indaba ihlabe umxhwele!

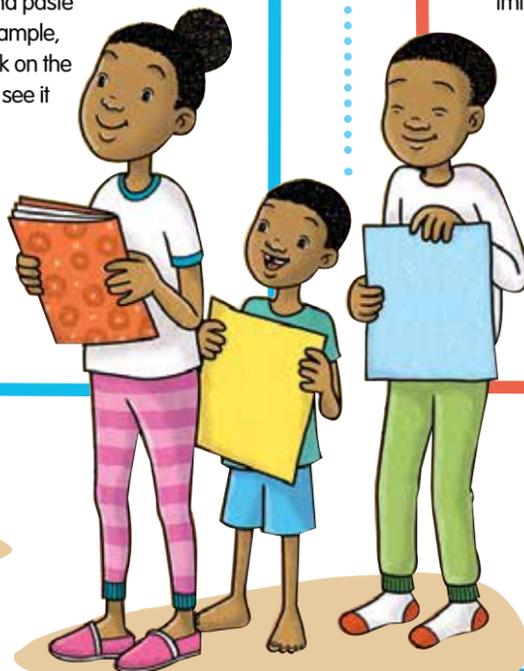
Nayi eminye imisebenzi ongayizama. Isuselwa kuzo zonke izindaba ezikulolu shicilelo lweSithasiselo sikaNal'ibali: *Ubusuku bukaThoko obethusayo* (amakhasi 7 kuya kwele-10) kanye nethi, *Isimanga sikaMorongwa* (ikhasi le-13).

Ubusuku bukaThoko obethusayo

- ★ Ngabe kukhona omaziyo ohonqa kuzwakale? Ngabe kuzwakala kanjani? Zama ukubhala umsindo usebenzisa izinhlamvu ze-alfabethi.
- ★ Nhloboni yesilwane esesabekayo ukuhonqa okukhumbuzisa sona? Dweba isithombe sesilwane esesabekayo bese ubhala imisho embalwa ngaso.
- ★ Wake wavuka ebusuku wazizwa wesaba? Yini eyayikwenza ukuthi wesabe? Xoxa noma ubhale indaba yakho. Sebenzisa amagama ezwakala kahle ukusho lokho owakuzwayo, owakubonayo nokuthi wazizwa kanjani. Dweba isithombe sobusuku bakho obethusayo.

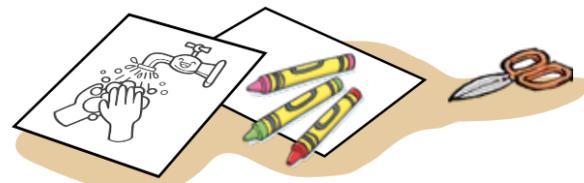
Morongwa's surprise

- ★ 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.



Isimanga sikaMorongwa

- ★ Yenza indaba yezithombe emayelana nomndeni wakho uqobo. Cabanga indaba mayelana nomndeni wakho. Sebenzisa amapeni noma amapensela emibala ukuze ubhale amagama endaba. Bheka izithombe emaphephabhukwini amadala. Zisike uzikhiphe bese uzisebenzisa njengemifanekiso yendaba yakho.
- ★ Khumbuzisa abanye ukuthi bazigcine bephephile. Thola isiqeshana sephepha noma sekhadibhodi bese ubhala izikhumbuzi ezifana nalezi kuzona: "Geza izandla zakho ngensipho namanzi imizuzwana engama-20", "Khumbula ukugqoka isifihlabuso sakho" nokuthi "Zejwayeze ukuqhela kubantu emphakathini". Zenzele ezakho izikhumbuzi futhi. Hlobisa izikhumbuzi bese uzinamathisela lapho abantu bezozibona khona. Ukwenza isibonelo, namathisela isikhumbuzi esimayelana nokugqoka isifihlabuso ngaphakathi emnyango ongaphambili yikhona abantu bezosibona ngaphambi kokuphuma endlini.
- ★ UMorongwa nabafowabo basebenzisa ulimi lwezimpawu ukukhuluma noMama Maduo. Yiziphi izilimi ozaziyo? Zejwayeze ukusebenzisa zonke izilimi ozaziyo ukuze utshele abanye ukuthi bahlale bephephile.



Drive your imagination



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".





Isimanga sikaMorongwa

NguLorato Trok Umdwebo nguMagriet Brink noLeo Daly



Ngosuku lokugcina esikoleni, ngaphambi nje kokuqala kwamaholide, uMorongwa wahlala wathula edesikeni lakhe elalele uthisha wakhe, uNkk Nchwe, etshela ikilasi mayelana negciwane elisha elalitholakele. Lalibizwa ngokuthi yigciwane lekhrona futhi laligulisa kakhulu abantu abaningi emhlabeni jikelele.

Ngesikhathi elalele, uMorongwa wayengazi ukuthi azizwe kanjani. Igciwane lalizwakala lesabisa kakhulu, kodwa ngakolunye uhlangothi uMongameli wayememezele ukuthi zonke izikole zizosheshe zivalele amaholide. Izwe lalizingena kumvalelwandlini ukuze kugcinwe abantu bephephile. Lokhu kwakuchaza ukuthi kwakuzoba nesikhathi eside kungayiwa esikoleni, futhi lokho kwakuzwakala kuyizindaba ezimnandi! Kodwa uMorongwa wayengenasiqiniseko sokuthi uyini umvalelwandlini.

Ngesikhathi sesifundo esilandelayo, uMorongwa wahlala wathula edesikeni lakhe esacabanga ngalokho uNkk Nchwe ayebaxoxele ngakho. Wazizwa edidekile futhi ekhathazekile. Nakuba uthisha wabo wayebatshelile ngegciwane nangomvalelwandlini, uMorongwa eqinisweni wayengayiqondisisi yonke into. Kwakuzwakala kuyinto enzima kakhulu.

Ngemuva kwesikhashana, uMorongwa waphakamisa isandla sakhe. "Yebo, Morongwa," kwasho uthisha wakhe.

"Nkk Nchwe," kwaqala uMorongwa, "Ngiyaqonda ukuthi kukhona igciwane elisha elingasenza ukuthi sigule kakhulu sonke futhi yingakho izikole zivalwa namuhla. Kodwa ngicela uchaze kabanzi mayelana naleli gciwane? Likugulisa kanjani?"

"Wumbuzo omuhle lowo, Morongwa," kwasho uNkk Nchwe. "Angichaze ukuze uqonde kangcono."

UNkk Nchwe waphakamisa iphosta. "Okokuqala nje, uma igciwane lekhrona lingena emzimbeni wakho, lingabangela ukugula okubizwa ngokuthi yi-COVID-19. Igciwane lekhrona lingangena emzimbeni wakho uma kunomuntu othimulayo noma okhwehlelayo eduze kwakho. Igciwane liphuma emlonyeni wakhe lingamaconsi amanzi amancane. La maconsi angahlala ezandleni zakho. Uma-ke emva kwalokho usuthinta umlomo wakho, ikhala noma amehlo, igciwane lingangena emzimbeni wakho bese likugulisa," kuchaza uNkk Nchwe.

"Pho singakuvimba kanjani ukuthi sitheleleke ngaleli gciwane?" kubuza uMorongwa.

"Kumele nigeze izandla zenu ngamanzi nensipho izikhathi eziningi ngokusemandleni. Bala ngokunensa uze ufike emashumini amabili ngesikhathi uzigeza ukuze uqinisekise ukuthi izandla zakho zihlanzeke ngokuphelele. Kumele futhi uhlale ekhaya. Kufanele uqhelelane nawo wonke umuntu wangaphandle kwakini. Uma kufanele uphumele phandle, kufanele ugqoke isimfonyo," kwasho uNkk Nchwe.

UMorongwa wayeneminye imibuzo eqondiswe kuthisha wakhe. Waphinda waphakamisa isandla sakhe. "Ngabeinja yami ingagulisa yileli gciwane, noma ngingayithelela injayami ngaleli gciwane?" kusabuza yena.

"Ngenhlanhla, asikwazi ukuthola ikhronavayirasi ezilwaneni zethu esizifuyile, noma thina sizithelele lezi zilwane," kumoyizela uNkk Nchwe.

Emva kwalokho wachaza ukuthi igciwane lisabalala lisuka kumuntu liya komunye umuntu. "Noma ngubani angalithola liphuma kunoma ngubani, futhi noma ngubani angaledlulisele kunoma ubani," kusho yena. "Kungakho izwe lingena kule nkathi yomvalelwandlini. Wonke umuntu kumele ahlale ekhaya futhi angasondeli kwabanye abantu ukuze kungabi bikho owenza omunye agule."

Kwathi ngesikhathi uMorongwa eseqala ukukhathazeka ngokuthi wayezowakhumbula kanjani wonke lamaphuzu ukuze awatshelane uninakanye nabafowabo abancane, uNkk Nchwe wanika wonke umuntu izincwajana. "Ningathatha lezi zincwajana niye nazo emakhaya ukuze zinikhumbuze mayelana nolwazi olubalulekile esabelane ngalo namuhla," kusho yena.

UMorongwa wabeka kahle ngokuphepha incwajana leyo esikhwameni sakhe sesikole ngesikhathi insimbi yesikole ikhala.

Into yokuqala ayenza uMorongwa ngenkathi efika ekhaya kwaba wukugeza izandla zakhe ngensipho namanzi. "Ofentse, Lesedi, wozani nigeze izandla kanye nami," kwasho uMorongwa ngenkathi ebona abafowabo abancane bemgqolozele. "Bala ngokunensa ufike emashumini amabili ngenkathi uzigeza." Washo ekhombisa uMama Maduo ngezimpawu ukuthi ageze izandla zakhe naye.

"Kungani kumele sigeze izandla zethu, Morongwa?" kubuza u-Ofentse, izandla zakhe ziphezulu emoyeni.

"Okwamanje asizigezeni nje. Ngizobuyele nginichazele ukuthi kungani," kwasho uMorongwa.

UMama Maduo wayemangazwe yindlela eyehlukile ayesecabanga ngayo uMorongwa. Uma ezinganeni zakhe kukhona ingane eyodwa eyayikhunjuzwa njalo ukuthi igeze izandla, kwabe kunguMorongwa lowo. Kwakukuhle ukubona lolushintsho kuye.

UMama Maduo wamoyizela, kodwa naye wayenokudideka kancane ngalolushintsho.

Ngalobo busuku uMorongwa wafundela abomndeni wakhe incwajana ayeyinikwe nguthisha wakhe wayesebachazela nokuthi iyini i-COVID-19. Emva kwalokho wanikeza uMama Maduo incwajana ukuze ayifunde.

Ngemuva kwezinsuku ezimbalwa uMorongwa wabona ukuthi abafowabo ababili babethanda ukuba nesizungu kancane ngenxa yomvalelwandlini. "Hheyyi, nina nobabili, kukhona icebo enginalo! Niyafuna sizijabulise?" kubuza uMorongwa.

UMorongwa akalindanga impendulo yabo. Esikhundleni salokho wavele waqonda ngqo ekhonenile kamelo labo lokulala lapho uMama Maduo ayebeka khona amaphephabhuku akhe. UMorongwa wakhetha amaphephabhuku ambalwa wawendlala phansi. Okulandelayo wakhapha isikelo, amakhrayoni, iglu kanye neziqephu zamaphepha umalume ayekade ebathengele wona ngokuqala konyaka. Ngenkathi uLesedi ebukele udadewabo omdala, amehlo akhe avuleka kakhulu ngentokozo.

Ngentambama yezinsuku ezimbalwa ezazilandela lapho uMorongwa, u-Ofentse kanye noLesedi bazivalele egumbini labo lokulala baba nentokozo engayiwa besika bekhapha izithombe kumaphephabhuku. Kwakukhona ukusika okuningi kanye nokuhleka okukhulu!

"Kwaze kwamnandi!" kwasho uLesedi ensinsitheka.

"Khumbulani ukuthi kuyimfihlo, Lesedi. Lokhu sikwenzela ukumangaza uMama kula maholide," kusho uMorongwa, ekitaza imilenze kaLesedi.

Kwase kuthi-ke, ngobunye ubusuku ngemuva kwesidlo sakusihlwa, uMama Maduo wamangala ebona izingane zakhe zihlabe ujenga eduze kwakhe. U-Ofentse noLesedi ngamunye babephethe isiqephu sephepha kanti uMorongwa wayephethe incwadi. "Yini leyo?" kusayina uMama Maduo.



"Yimfihlo yethu esiyenzele ukumangaza wena kula maholide!" zonke izingane zasayina ngezandla ndawonye. "Singakukhombisa yini?" uMama Maduo wavuma ngekhandla.

Kwahlaluka ukuthi uMorongwa wayesize abafowabo ukwenzela unina izindatshana zezithombe njengesimanga ayengasilindele. Manje kwase kuyisikhathi sokubonisa kanye nokuxoxa!

Kwaqala uLesedi. Waxoxa indaba mayelana nesithombe sakhe futhi wasebenzisa izandla zakhe ezincane ukwenza ulimi lwezimpawu ukuze uMama akwazi ukulandela indaba yakhe. Futhi nakuba indaba kaLesedi yayibuyele ingazwakali kahle kuMorongwa, yayihlekisa futhi yahlekisa wonke umuntu.

Okulandelayo, kwaba yithuba lika-Ofentse. Wayesike wakhapha izithombe ezimbili zikamame omuhle kanye nezimpiko zenyoni ezimbili ezinkulukazi. Emva kwalokho wayesenamathisela izimpiko emahlombe alo mame. "Nguwe lona, Mama Maduo," washo ekhomba unina. Wabe esesho ngolimi lwezandla ethi, "Uyiqhawekazi lethu elikhethekile."

Ngenkathi sekuyithuba likaMorongwa, wakhombisa uMama incwadi yezithombe ayeyenzile ngoMama Bhele namazinyane akhe. Wayefuna ukuqinisekisa ukuthi uMama Maduo uyazi ukuthi bamthanda kangakanani nokuthi babezigqaja kangakanani ngoMama Bhele owasempilweni yabo yangempela.

Ngalesi sikhathi, uMama Maduo wayesekhala izinyembezi zenjabulo futhi wazanga zonke izingane zakhe kuhle kwebhele nangenjabulo enkulu.

Izingane nazo zazijabulile. Ngayinye yayenze indaba eyehlukile futhi yayixoxa ngendlela yayo. Futhi ngenkathi zenza lokhu, zase zikhohlwe nya ngendaba yomvalelwandlini! "Umvalelwandlini? Muphi wona?" bonke bahleka.

KuMorongwa kanye nomndeni wakhe inkathi yomvalelwandlini yayisiphenduke isikhathi esiyintokozo sokufunda izinto ezintsha nokuqala amasiko amasha omndeni. Manje iqoqo lamaphephabhuku kaMama Maduo lase libaluleke ngokwedlulele kunakuqala. Intokozo yomndeni eyayisanda kuyithola yokubhala, ukufunda kanye nokuxoxa izindaba yayisiphenduke umkhuba omusha womndeni ababewuthokozela kakhulu.

Emasontweni ambalwa ayezolandela, uMama Maduo, uMorongwa, uLesedi kanye no-Ofentse baqamba, bafunda futhi baxoxa ezinye izindaba eziningi. Lokhu kwenza uMama azibuze ukuthi ngabe umongameli wayekade ecabanga ngoMorongwa yini ngenkathi eqala Umkhankaso wakhe obizwa ngeThuma Mina ukuvuselela iNingizimu Afrika. Kwakubonakala kanjalo kuMama! Vele, igama likaMorongwa ngesiTswana lalisho ukuthi "umuntu othunywe".



Ideas for 10- to 13-year-olds

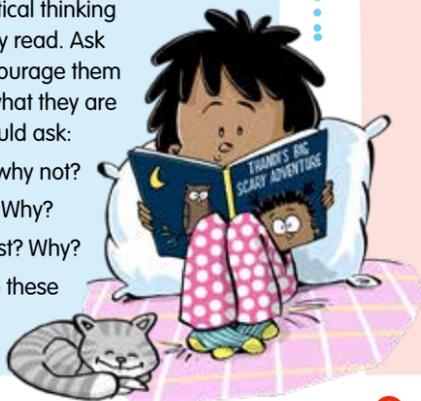
Children at this age may enjoy learning more about things that they have not been exposed to before. They may also start to question why things are the way they are. Encourage your child to become curious about the world!



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.



Amacebo kulezo ezineminyaka yobudala esuka kweyi-10 kuya kweyi-13

Izingane ezikule minyaka yobudala zingase zithokozele ukufunda kuzwakale ngezinto ezingakaze zihlangabezane nazo ngaphambilini. Zingase futhi ziqale ukubuza ukuthi kungani izinto ziyilokhu eziyikhona. Khuthaza ingane yakho ukuthi ifune ukwazi ngomhlaba!



Khuluma ngomabonakude nezincwadi

Ukubuka umabonakude kusiza izingane ukuthi zithuthukise ukucabanga ngokuhlolisisa kwazo mayelana nalokho ezikubukayo, kanye nalokho ezikufundayo. Zibuze imibuzo, hhayi ngoba uzihlola, kodwa ukuzikhuthaza ukuthi zizwakalise imibono yazo kanye nemicabango yazo ngalokho ezikubukayo nezikufundayo. Ukwenza isibonelo, ungabuza ukuthi:

- Ngabe uwuthokozele umbukiso/indaba? Kungani kunjalo noma kungenjalo?
- Yimuphi umlingiswa omthande kakhulu? Kungani?
- Yimuphi umlingiswa ongamthandanga kakhulu? Kungani?
- Ucabanga ukuthi indaba iyakholakala? Ngabe izinto ezinjena ziyenzeka ngempela?



Ukubhala ngenxa yesizathu

Mema izingane zakho ukuthi zizame le misebenzi yokubhala ehlobene nencwadi eziyifundile, indaba ezike zayilalela noma olunye lwezinhlelo ezilukhonzile lukamabonakude.

- Lungiselela inhlokhono noma ingxoxo nomunye wabalingiswa. Bhala phansi okungenani imibuzo eyishumi ezonikeza umlingiswa ithuba lokuxoxa ngemicabango nemizwa yakhe mayelana neqhaza lakhe endabeni.
- Bhala ukuhluzwa kwencwadi. Qiniseka ukuthi ufaka ulwazi mayelana nesizinda sencwadi kanye nabalingiswa, nokuthi indaba imayelana nani – kodwa ngayikhiphi yonke iminingwane! Khumbula futhi ukusho lokho okuthandile kanye/noma ongakuthandanga ngencwadi.
- Bhala uchaze abalingiswa abathathu abasendabeni oyifundile. Hlanganisa nale mininingwane: indlela ababukeka ngayo, imizwa abayizwayo kanye nendlela abaxhumana ngayo nabanye abalingiswa. Dweba isithombe somlingiswa ngamunye esizohambisana nokuchaza kwakho.
- Bhala iqoqa elifushane lezinto ozifundile endabeni.



Funda izincwadi ezethula amaqiniso

Ngesikhathi ziba ndadlana, ezinye izingane zingathola ukuthi zithokozela izincwadi ezethula amaqiniso ngokufanayo nje nokuthokozela izincwadi zezindaba. Izincwadi ezethula amaqiniso zizozisiza ukuthi zithole izindawo ezintsha, izinto, abantu kanye nezigameko. Zizokhulisa ulwazimagama lwazo ngezihloko eziqokwe ziphinde zizifundise amakhono asebenzisekayo. Izincwadi ezethula amaqiniso zingaphinde zizifundise amagama asetshenziswa ngokuqondene nezesayensi, izibalo, ezomlando kanye nezendawo.



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.



Amacebo aqondene namabhungu namatshitshi

Amabhungu namatshitshi ayakuthokozela ukuzama izinto ezintsha kanye nokuzimela. Nakuba kungase kungabonakali kunjalo ngaso sonke isikhathi, ayakuthakasela ukuchiitha kwakho isikhathi nawo, akhuthaze ukuthi enze imisebenzi ephonsa inselelo futhi ukhombise intshisekelo ngezinto azithokozelayo.

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, ubhale bese uthola ulwazi

- 💡 **Khuthaza ukubhala.** Phakamisa ukuthi amabhungu namatshitshi agcine idayari yomvalelwandlini noma abhale izinkondlo ukuzwakalisa imicabango nemizwa yawo.
- 💡 **Umlando wendawo.** Amabhungu namatshitshi akho mawenze iphrojekthi yomlando namalungu omndeni. Angaba nokuxoxisana nawe kanye nabanye abadala basekhaya mayelana nezinkumbulo zaphambilini zalapho okhulele khona, izigameko ezenzekile nokuthi lezi zinto zibe nomthelela kanjani kuwe. Khuthaza amabhungu namatshitshi ukuthi abhale phansi izimpendulo zomphenduli okukanye asebenzise umakhalekhukhwini ukuqopha ukuphendulana lokho.
- 💡 **Xoxani ngezindaba.** Amabhungu namatshitshi agidlatshezwa ngezindaba eziphuma emsakazweni, kumabonakude, emaqenjini e-WhatsApp kanye nezinye izinkundla zokuxhumana. Njengomndeni, zejwayezeni ukuba neso elihlolisayo mayelana nezindaba yikhona amabhungu namatshitshi ezofunda ukuthola ukuthi yini okuyiqiniso nokuthi yini okuyiphutha. Nayi eminye imibuzo ongayibuza.
 - ★ Ixoxwa ngohlangothi lukabani indaba?
 - ★ Ngubani okhulumayo? Ngubani okukhulunywanga ngaye?
 - ★ Ngubani onamandla? Akhonjiswa kanjani la mandla?
 - ★ Yikuphi okushiye ngaphandle futhi/noma okunganakwanga?
 - ★ Ngubani ozuzayo?
- 💡 **Qalisa ukufunda.** Khuthaza amabhungu namatshitshi akho ukuthi azifunde ngokwawo afundele ukuzithokozisa. Uma engakwazi ukuthola izincwadi, wasize ukuthi athole umtapo wezincwadi osesizindalwazini sakwaFunDza ku: live.fundza.mobi.
- 💡 **Funda kuzwakale.** Ukufunda kuzwakale akukhona okwezingane ezincane kuphela! Kungaba yintokozo ukufunda indaba noma imibhalo kuzwakale uwafundela noma ufunda nawo amabhungu namatshitshi. Thola imibhalo ongathokozela ukuyifunda kuzwakale kumobhisayithi yakwaFunDza ku: live.fundza.mobi/catalogue/?genre=chattalogue.
- 💡 **Ukuphatha ukufunda kwabo.** Yenza uhlelo lwansuku zonke lwamabhungu namatshitshi akho yikhona ezogcina izikhathini ezifanayo zokufunda. Futhi, akhuthaze ukuthi akhulume nawe ngalokho akufundayo. Lokhu kuzowasiza ukuthi aqonde futhi akukhumbule lokho asefundile. Eqinisweni, enye yezindlela eziphambili zokuhlola ukuthi uyiqonda ngempela into, wukuyifundisa omunye umuntu. Ngakho, cela amabhungu namatshitshi akho ukuthi akufundise ngesihloko – nganoma yiluphi ulimi aluthandayo.

Nal'ibali fun

Okokuzithokozisa 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 ndawonye!

Indlela yokudlala

- ☉ Umdlali ngamunye ubeka inkinobho ebhulokhini lokuthi: **Umvalelwandlini! Qala lapha.**
- ☉ Shintshanani ngokugingqa idayisi bese uhambisa inkinobho yakho amabhulokhi ayinani elikhonjiswe edayisini.
- ☉ Landela imiyalelo esebhulokhini ofika kulo.
- ☉ Uma ngabe inkinobho yakho ifika ekuqaleni kweladi, ungakhuphuka uye phezulu ekugcineni kweladi.
- ☉ Uma ngabe inkinobho ihlala ekhanda lenyoka, kumele wehle njalo uye ufike emsileni wenyoka.
- ☉ Umdlali wokuqala ofinyelela kokuthi: **Usekhaya! Hlala uphephile!** nguyena ophumelele.

43 Forgot your face mask. Skip a turn. Ukhohlwe isifihlabuso sakho. Uzokweqjwa yithuba lokudlala.	44	45	46	47 Visited a friend. Uvakashele umngani wakho.	48	49 You are home! Stay safe! Usekhaya! Hlala uphephile!
42	41	40 Cleaned the house. Uhlanze indlu.	39	38	37	36 Shook hands. Uxhawule izandla.
29	30 Hugged a friend. Wange umngani.	31	32	33	34	35
28	27	26 Used hand sanitiser. Roll again. Usebenzise isibulalimaciwane sesandla. Gingqa futhi.	25	24 Touched your face. Uthinte ubuso bakho.	23	22
15	16	17	18 Coughed into hands. Uthimulele ezandleni.	19	20	21 Washed hands. Ugeze izandla.
14	13 Sneezed into elbow. Uthimulele endololwaneni.	12	11	10	9	8
1 Lockdown! Start here. Umvalelwandlini! Qala lapha.	2	3	4	5	6 Wore a face mask. Ugqoke isifihlabuso.	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:

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The Herald

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