LUSHICILELO 199 EDITION 199 Siswati

English



Yenta kutsi bantfwana bakho babhale!

Sibhala ngenjongo yekutsi tintfo tentiwe futsi sichumane nalabanye. Kufanana nekupheka– nawukwenta tikhatsi letinyenti, uba ncono kakhulu ekukwenteni futsi kuba lula kuwe! Njengebatali nalabo labanakekela bantfwana, kufanele sihole ngesibonelo setfu kuze sikhombise emandla nenjongo yekubhala ekuphileni kwetfu kwamalanga onkhe nebantfwana betfu.



We write to get things done and to communicate with one another. It is like cooking – the more you do it, the better you become at it and the easier it becomes for you! As parents and caregivers, we need to lead by example to show the power and purpose of writing in our daily lives with our children.

Sheshe ucale

- Kudwweba kusinyatselo sekucala umntfwana lasitsatsako kuze abhale. Khombisa sitsakatelo kuloko labakudwwebile ngekusho lokutsite lokukhutsatako nekubabuta ngetitfombe tabo. Ungase ubute, "Lena kubonakala kuyindlu lekahle kuhlala kuyo. Ngubani lohlala lana?"
- Bani neliphepha, emakrayoni, emapheni nemapeniseli ekhaya. Wagcine endzaweni lokulula ngebantfwana bakho kutsi bafinyelele kuyo, kuze badwebe noma nini nahafi na

Get an early start

- → Drawing is often a child's first step towards writing. Show an interest in their drawings by making encouraging comments and asking them about their pictures. You could ask, "That looks like an interesting house to live in. Who lives there?"
- Have paper, crayons, pens and pencils on hand at home.

 Keep them in a place that is easy for your children to reach
 on their own, so that they can draw whenever they want to.



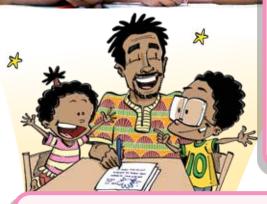


Bhalani Ekhaya

- Niketa bantfwana bakho litfuba lekusebentisa kubhala kuze bahlele timphilo tabo. Sibonelo, bacele bakubhalele luhla lwetintfo lokufanele titsengwe noma bakubhalele luhla lwetintfo lokufanele bahambe nato esikolweni.
- Tfola ematfuba ekutsi bantfwana bakho basebentise kubhala kuze bachumane nalabanye. Ababhale emagama abo emakhadini ekubingelela noma babhale emanotsi nemilayeto yekubonga kumalunga emndeni nakubangani.
- Bantfwana bayakutsandza kubhala kumadayari. Khutsata bantfwana bakho kutsi babhale (futsi badwebe) kumadayari abo nganoma yini labakucabangako, indlela labativa ngayo, imibono yabo noma ngaloko labajabulela kukwenta. (Ciniseka kutsi bayati kutsi labakubhalako kuyimfihlo ngaphandle nangabe bakhetsa kukuhlanganyela nalabanye.) Ungasebentisa libhuku lekubhala emanotsi njengedayari, mane nje ufake lusuku etulu ekhasini ngalinye.

Get writing at home

- Give your children the opportunity to use writing to organise their lives. For example, ask them to write a shopping list for you or to write a list of things that they need to take to school.
- Find opportunities for your children to use writing to communicate with others. Let them write their names on greeting cards or write thank-you notes and messages to family members and friends.
- Children love writing in diaries. Encourage your children to write (and draw) in their diaries about absolutely anything their thoughts, feelings, ideas or what they enjoyed doing. (Make sure that they know that what they write is private unless they choose to share it with others.) You can use a basic notebook as a diary, just add the date at the top of each page.



Bhalani ndzawonye njengemndeni

- Bhalani tindzaba nebantfwana bakho emaphepheni langakabhalwa lutfo futsi nente tincwadzi ngekutsi nihlanganise lamaphepha ndzawonye.
- Bantfwana labasebancane bangadvweba letitfombe. Babhalele emagama labakutjela wona, kodvwa futsi bakhutsate kutsi betame kutibhalela bona.
- Vumela bantfwana lasebakhulakhulile kutsi badvwebe futsi batibhalele.
- Ungabagceki nababhale emagama ngendlela lengasiyo. Esikhundleni saloko, cela kuwalungisa lawo magama labhaleke kabi!



Write together as a family

- Write stories with your children on blank sheets of paper and make books by stapling the sheets of paper together.
- Younger children can draw the pictures. Offer to write the words they tell you, but also encourage them to try to write themselves.
- Allow older children to draw and write on their own.
- Never criticise spelling errors. Rather, offer to correct the spelling instead!





Kuhlanyela Likhono Lekufundza Nekubhala! Kucala NGEMCABANGO!

Literacy Seeds! It starts with IMAGINATION!

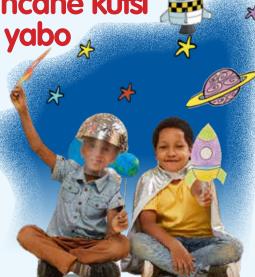
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Sanibonani batali nebanakekeli bebantfwana labancane, kufundza kudzinga umcabango kuze utsatse lamagama lasephepheni uwente aphile. Sibonelo, nasifundza ngemndondoshiya lohamba esitaladini, kufanele sikhone kwakha 'sitfombe' etingcondwweni tetfu saloyo mndondoshiya ahamba: inallela tinyawo takhe, imikhono nenhloko lokunyakata ngayo, isheyiphu yelicolo lakhe, kuvumelana kwetinyatselo takhe. Loko kwenta lomndondoshiya aphile emicabangweni yetfu. Ngako-ke, kusesele sikhatsi lesidze ngaphambi kwekutsi bantfwana betfu bafundze, kufanele bakhulise imicabango yabo kuze bakucondze loko labakufundzako futsi bakujabulele!

Dear parents and caregivers of young children, reading needs imagination to lift the words off the page and give them life. For example, when we read about a giant walking down the street, we should be able to create a "video" in our minds of that giant walking along: the way his legs, arms and head move, the shape of his back, the rhythm of his steps. This brings the giant to life in our imaginations. So, long before our children can read, they should be developing their imaginations so that they can read with understanding and enjoyment!

Tindlela letingu-5 tekusita bantfwana betfu labancane kutsi bakhulise imicabango yabo

Bantfwana bayatsandza kunyakatisa imitimba yabo, badlale ngetintfo letidvutane nabo, bahlabele tingoma, badlale imidlalo, basho imilolotelo, balalele futsi bacoce tindzaba, badvwebe futsi bente shengatsi bayafundza futsi bayabhala. Citsa sikhatsi lesinyenti ngangalokunekwenteka udlala nebantfwana bakho, futsi ubanikete sikhatsi nelitfuba lekutsi badlale bodvwa futsi/ noma badlale nalabanye bantfwana. Loku kutawubenta bajabule futsi kubasite bakhule banemphilo batetsemba. Nati letinye tetintfo longatenta kuze usite bantfwana bakho:



5 ways to help our little ones grow their imaginations

Children love to move their bodies, interact with the things around them, sing songs, play games, say rhymes, listen to and tell stories, draw and pretend to read and write. Spend as much time as you can playing with your children, and give them the time and space to play alone and/or with other children. This will make them feel happy and help them develop healthy self-esteem. Here are some things you can do to help your children:

- Fundza, ucoce futsi ukhulume ngetindzaba. Khuluma nebantfwana bakho emini. Khuluma ngaloko lokwentako, mtjele noma umfundzele indzaba futsi ukhulume ngayo futsi.
- Yakha sikhatsi sekudlala. Ungayihleli yonkhe imisebenti yebantfwana bakho. Bavumele kutsi bavete imibono yabo kutsi bafuna kwentani ngesikhatsi sabo sekudlala.
- 3. Gcina libhokisi lelinetintfo letilula tekudlala. Gcina libhokisi noma sikhwama setintfo letingajabulisa bantfwana futsi lokuphephile kudlala ngato. Kungaba timphahla letindzala, inhlama yekudlala, emaphisi epasta lomile, liphepha, emakrayoni, ticephu tetindwangu nehhuli ... noma yini lengenta umntfwana asebentise umcabango wakhe.
- Vala emadivayisi ngesikhatsi sekudlala. Kubukela tinhlelo ku-TV, kukhompuyutha noma elucingweni kunganiketa bantfwana sikhatsi lesincane sekusebentisa imicondvo yabo. Sibonelo, bantfwana batawuva umbono walomunye umuntfu mayelana nekutsi i-dinosaur ikhala njani esikhundleni sekutsi baticabangele bona kutsi ikhala njani.
- 5. Banikete sikhatsi sekwetama kutentela tintfo bona. Ngisho noma singati indlela lelula, lesheshako noma lencono yekwenta intfo, kuniketa bantfwana sikhatsi sekutfola tindlela tekucatulula inkinga kuyawakhulisa emakhono abo, kucabanga, kutetsemba kanye nekusebentisa ingcondvo.

- Read, tell and talk about stories. Talk to your child during the day. Talk about what you're doing, tell or read a story and talk about that too.
- Make time for free play. Do not plan all your children's activities. Allow them to come up with their own ideas of how to spend their play time.
- 3. Keep a box of simple playthings. Keep a box or bag of things that could interest children and are safe to play with. There could be old clothes, play dough, pieces of dried pasta, scrap paper, crayons, scraps of fabric and wool ... anything that could spark a child's imagination.
- Turn off devices during playtime. Watching programmes on television, a computer or phone can limit children's imagination. For example, children will hear someone else's idea of what a dinosaur sounds like instead of trying to imagine the sound themselves.
- 5. Give them time to try things on their own. While we may know an easier, faster or better way to do something, giving children time to find ways to solve a problem develops their creativity, reasoning, confidence and imagination.

Khumbula: Bantfwana nabanake kudlala, bona nendzawo labakuyo kutawungcola, kube maniphiniphi futsi kube nemsindvo. Bukela ngekucophelela ukhashane kuze uciniseke kutsi bonkhe baphephile. Futsi nangabe sebacedza kudlala, yetama kwenta umdlalo wekugcina lohlanganisa kuhlanta lendzawo nekutihlanta bona.

Remember: When children become focused in play, they and the space that they are in will get dirty, untidy and loud. Watch carefully from a distance to make sure that everyone is safe. And when the playing draws to a close, try to make the last game include cleaning up the space and themselves.





Drive your imagination

Yakha umcabango ngekudlala

Kukhutsata bantfwana bakho kutsi badlale ngaphandle kwekulandzela imitsetfo kubavumela kutsi baphrakthize kutitsatsela tincumo nemakhono. Lendlela yekudlala yatiwa ngekutsi ngumcabango wekudlala noma kwenta shengatsi uyadlala. Ngesikhatsi wenta umcabango wekudlala bantfwana bangase:

- bente shengatsi bangumuntfu lotsite, sidalwa noma intfo letsite. Lomuntfu lona, sidalwa noma intfo letsite kungaba yintfo mbamba noma intfo lecatjangwako, njengenja lekhulumako lebuya e-Mars, noma inja levamile!
- cabanga ngekutsi tintfo letisemhlabeni tinguletinye tintfo. Sibonelo, libhokisi ekamelweni labo lingase libe yintfo lesandiza leya enyangeni.
- yenta shengatsi indzawo labakuyo ikulenye nje indzawo. Sibonelo, indzawo yekudlalela ingase ibe yiphiramidi eGibhithe.
- yenta indzaba labangayilingisa.

Tinzuzo temdlalo wekucabanga:

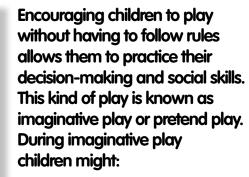
- * Bantfwana baba nemakhono ngekufundza kuhlanganyela ekwakheni indzaba bandzawonye.
- Bayafundza kutsi bangatilandzela njani ticondziso letilula.
- * Bayavumelana kuhlanganyela kuloko lokucatjangwa ngulabanye labadvutane nabo.
- Bayafundza kulawula imivelo yabo ngekutivumelanisa nekutiphatsa kwabo etimeni letehlukene.
- Baba nekucondza ekutseni indlela labatiphatsa ngayo imtsintsa kanjani lomunye.
- ***** Bafundza kuvelana ngekutenta lomunye umuntfu.
- * Bafundza indlela yekuveta lokusengcondvweni nemiva yabo kanye nemicabango yabo.

Kubaluleka kwekudlala lokucatjangwako:

Kudlala lokucatjangwako kusita bantfwana bakhulise emakhono labalulekile ekuphileni labatawasebentisa siphelane.

- **Buciko:** Bantfwana kudzingeka batiphonsele insayeya futsi belule imicabango yabo kuze kube ngulapho bangafinyelela khona, lokubavumela kutsi betame tindzima tekuphila tenhlalo netemvelo.
- **Kutimela:** Bantfwana bangenta imidlalo yabo nemitsetfo nabadlala ngekubambisana. Loku kubenta bakhulise inshisekelo kulomdlalo nasekuhlanganyeleni kwalaba labanye bantfwana.
- Kucatulula tinkinga: Bantfwana basebentisa tindlela letinyenti tekucatulula inkinga kuze bakhe lokutsite ngetintfo tasendlini. Sibonelo, bangasebentisa sikotela selikhofi lesingenalutfo basente lidramu. Lamakhono aphindze akhule nakunemphikiswano lephakeme ngesikhatsi kudlalwa nangabe badlali lababili banemibono lengafani mayelana nekutsi umdlalo kufanele udlalwe njani. Kulungisa kungaboni ngaso linye kwabo, kufundza kushintjana futsi bahlanganyele imitfwalo kungemakhono ekuphila labaluleke kakhulu.





- pretend to be another person,
 creature or object. This person, creature or object could be real or fantasy, like a talking dog from Mars or just a regular dog!
- imagine that the things in the real world are something else.
 For example, a box in their bedroom might be a spaceship on the moon.
- pretend that the place that they are in is somewhere else. For example, the playground might be a pyramid in Egypt.
- make up a story that they act out.

The benefits of imaginative play:

- Children develop social skills by learning to share in building a story together.
- * They learn how to follow simple directions.
- * They agree to share in the imagination of others around them.
- They learn to manage their emotions by adapting their behaviour to different situations.
- * They develop an understanding of how their own behaviour affects someone else.
- They learn empathy by pretending to be someone else.
- They learn how to express their thoughts and feelings
 and imaginary ones.

The importance of imaginative play:

Imaginative play helps children to develop important life skills that they will use forever.

- **Creativity:** Children need to challenge and stretch their imaginations as far as they can go, which allows them to experiment with life's social and emotional roles.
- independence: Children can make up their own games and rules through cooperative play. This helps them develop an interest in the activity and in the other children involved.
 - Problem-solving: Children use many forms of problem-solving to create something from regular household materials. For example, they could use an empty coffee tin as a drum. These skills also develop during arguments that can arise during playtime when two playmates have different ideas about how a game should be played. Working out their own differences, learning to take turns and sharing responsibility are valuable life skills.







For all the special women!

August Yinyanga Yebesifazane

August is Women's Month!

Bantfu besifazane bayanakekela, banikete lusito futsi bakhulise imindeni yabo. Cabanga ngabo bonkhe besifazane labakhetsekile emphilweni yakho. Kungaba ngumake wakho noma gogo wakho noma lomunye nje wesifazane lokhombise lutsandvo kuwe futsi wakunakekela. Kuze ukhombise kutsi ukujabulela kangakanani labakwentele kona, kungani ungakheli wesifazane ngamunye lijeke kuze agubhe Inyanga Yebesifazane?



Women provide care, support and nurturing to their families. Think of all the special women in your life. It could be your mother or grandmother or any woman who has loved and cared for you. To show how much you appreciate all they have done for you, why not make a jar of favours for each woman to celebrate Women's Month?

Loko lokutakudzinga:

- Lijeke lelihlobile lelingenalutfo lelinesivimbo.
- Liphepha lelincane lelinemibala lelinemishi noma lelisikwele kanye nepheni.
- Sikelo ne-glue.
- ▼ Tintfo letingahlobisa lijeke lakho: liphepha, pendi, i-glue, iribhoni, imphahla, emabhathini, nalokunye.
- 1. Ciniseka kutsi lelijeke nesivimbo salo kuhlobile.
- Hlobisa lesivimbo salelijeke ngapendi, emabhathini, iribhoni noma yini loyitsandzako.
- 3. Yenta ilebula yalelijeke leshoko kutsi yini lengekhatsi, sibonelo, lijeke *Lemusa* noma *Siyabonga ngelutsandvo Iwakho*.
- Bhala phansi tintfo longatentela wesifazane lokukhutsatile emphilweni yakho noma lomatisa kakhulu.
- Juba lelikhasi lolifake imibala kuze wakhe emakhadi langakabhalwa lutfo langu-10 lacishe abe ngu-10 cm × 4 cm bukhulu. Bhala likhadi lemusa lelehlukile. (Intfo lengumusa kungaba yintfo lefana nekutsi: Yakha inkomishi yelitiya onkhe malanga liviki lonkhe, noma Wente i-massage yelunyawo, noma yini langayijabulela! Faka yinye noma mabili latsi Khetsa lokutsandvwa nguwe.)
- 6. Goca lamakhadi futsi uwafake kulelijeke.
- Niketa wesifazane lomkhetsile lelijeke lelinetintfo latitsandzako kuze atijabulele letintfo ngesikhatsi seNyanga Yebesifazane.



What you'll need:

- A clean empty jar with a lid.
- Small strips or squares of coloured paper and a pen.
- A pair of scissors and glue.
- Things to decorate your jar: paper, paint, glue, ribbon, material, buttons, etc.







- 1. Make sure that the jar and its lid are clean.
- 2. Decorate the lid of the jar with paint, buttons, a ribbon or anything that you like.
- 3. Make a label for the jar that says what's inside, for example, Favour jar or Thank you for your love.
- Write down favours to do for a woman in your life who inspires you or who you really appreciate.
- 5. Cut up the coloured paper to make 10 blank cards that are about 10 cm × 4 cm big. Write a different favour on each card. (A favour can be something like: Make a cup of tea every morning for a week, or Give a foot massage, or anything she will enjoy! Add one or two that say Choose your own favour.)
- Fold the cards and put them in the jar.
- 7. Give the jar of favours to the woman you chose so that she can enjoy these favours during Women's Month.

Yakha wakho umtapo wetincwadzi. Yakha tincwadzi **LETIMBILI** letigcinwako letisikiwe takhishwa

- 1. Khipha emakhasi le-5 kuya kule-12 alesengeto.
- 2. Liphepha lelinemakhasi le-5, 6, 11 kanye nele-12 kulo lenta yinye incwadzi. Liphepha lelinemakhasi le-7, 8, 9 kanye nele-10 lenta lenye incwadzi.
- 3. Sebentisa liphepha ngalinye kwakha incwadzi. Landzela leticondziso letingentasi kwakha incwadzi ngayinye.
 - a) Goba liphepha libe yihhafu ulandzele umugca wemacashati lamnyama.
 - b) Ligobe futsi libe yihhafu ulandzele umugca wemacashati laluhlata.
 - c) Sika ulandzele imigca yemacashati labovu.





Grow your own library. Create **TWO** cut-out-and-keep books

- Take out pages 5 to 12 of this supplement.
- 2. The sheet with pages 5, 6, 11 and 12 on it makes up one book. The sheet with pages 7, 8, 9 and 10 on it makes up the other book.
- Use each of the sheets to make a book. Follow the instructions below to make each 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.

6

"Ungumntfwana lonenshiseko!" kusho Mkhulu. "Yini lelandzelako?"



"What a crazy, cool kid you are!" says Grandpa. "What's next?"

"Great stuff! Now you can see all the flowers. What's next?" asks Grandpa. "Kuhle kakhulu! Nyalo ungabona tonkhe letimbali. Yini lelandzelako?" kubuta Mkhulu.

Lots more free books at bookdash.org



Get story active!

- Draw a picture of you and your best friend doing your favourite fun activity together. Underneath your picture or on a separate page, write what you and your friend are doing. Also write why it is your favourite activity. If you cannot write all the words you want to, ask someone to help you write down what you want to say on the page.
- Read the story again. Make a list of all the things that Fatima and her grandpa did together.

Yenta indzaba ibe nemdlandla!

- Dvweba sitfombe sakho nemngani wakho lomkhulu nenta imidlalo yenu leniyitsandzako nindzawonye. Ngephansi kwesitfombe noma ekhasini lelehlukile, bhala loko wena nemngani wakho lenikwentako. Bhalani nekutsi kungani kuyintfo leniyitsandzako. Nangabe ungeke ukhone kubhala onkhe lamagama lofuna kuwabhala, cela lotsite kutsi akusite ubhale loko lofuna kukusho kulelikhasi.
- Fundza lendzaba futsi. Yakha luhla lato tonkhe tintfo Fatima namkhulu wakhe labatente bandzawonye.

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



INal'ibali ngumkhankhaso wavelonkhe wekufundzela kutijabulisa kuvusa nekucinisa lisiko lekufundza eNingizimu Afrika yonkhana. Kutfola lolunye lwati, vakashela www.nalibali.org noma www.nalibali.mobi.

What's next?

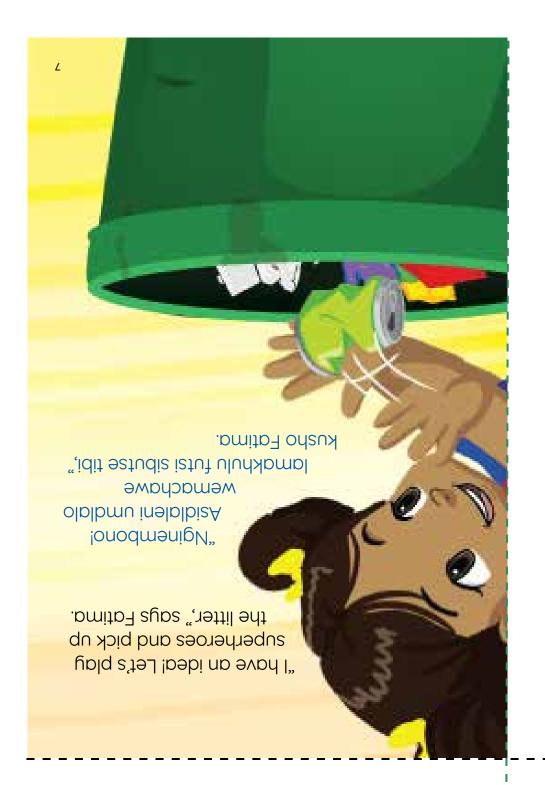


Yini lelandzelako?

Clyde Beech • Rayhaanah Williams • Jacqui Botha

Ideas to talk about: When you look at the picture and read the story's title, what do you think this story is about? Is there someone that you like to do fun things with? What are your favourite things to do with your best friend?

Imibono lokungakhulunywa ngayo: lokungakhulunywa futsi ufundze sihloko salendzaba, ucabanga kutsi lendzaba lena ikhuluma ngani? Ukhona yini longatsandza kwenta tintfo letihlekisako naye? Ngutiphi tintfo lotsandza kutenta nebangani bakho labakhulu?





"Kungaba njani lokubandzako nalokumnandzi?" kusho Fatima.

"How about something cold and delicious?" says Fatima.

Fatima is always busy! She loves to run and play.

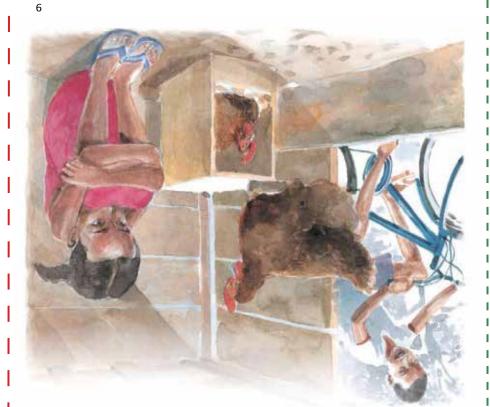


Fatima uhlala amatasatasa! Utsandza kugijima nekudlala. Fatima hurries to bed. She is excited for her next adventure with her best friend, Grandpa.



Fatima aphangise aye embhedzeni. Ujabulile ngeluhambo lwakhe lolulandzelako nemngani wakhe lomkhulu, Mkhulu.

 $\frac{1}{6}$



Ngalobo busuku, njengoba Phumeza abelungiselela kulala, wabhambatsa inhloko lenemphandla yeLibhele. Watsi: "Libhele lami, tinwele takho angeke tiphindze tikhule futsi."

Lamuhla, ukhalile.

Thobeka akaphendvulanga. Ben wahamba ngelibhayisikili lakhe, ahleka. Ngalokuvamile Thobeka abengamnaki Ben nakamdlalisa.

Bhuti waPhumeza wendlula agibele libhayisikili lakhe. "Sawubona, Thobeka! Ukuphi?" Kumemeta Ben. "Ngiyeva kutsi lamuhla uphindze uhhula tinwele. Ungangihhula yini tinwele tami nami?"

Thobeka wativa atenyanya. Wabuyisela sikelo saGogo ekhabetheni lasekhishini. Wabese uyagijima uya ekugcineni kwengadze futsi wanyonyoba wangena endlini yetinkhunkhu. Lapho wabhaca incenye yalo lonkhe lelo langa, acansuke kakhulu kutsi angaphuma.

That night, as Phumeza got ready for bed, she patted Bear's bald head. "Poor Bear, your hair will never grow again," she said.

Thobeka didn't answer. Ben rode away, laughing. Usually Thobeka ignored Ben when he teased her. Today, she cried.

Phumeza's brother rode past on his bicycle. "Hey, Thobeka! Where are you?" Ben yelled. "I hear you're cutting hair today. Will you cut my hair too?"

Thobeka felt horrible. She put Gogo's scissors back in the kitchen cupboard. Then she ran to the bottom of the garden and crept into the little henhouse. There she hid for the rest of the day, too upset to come out.

HEARTLINES

The Centre for Values Promotion



Kutfola lokunyenti sicele utfumele i-email info@heartlines.org.za noma ushayele ku-(011) 771 2540.

For more information, please email info@heartlines.org.za or phone (011) 771 2540.

Get story active!

- 🜟 Why do you think Phumeza was so cross when she saw how Thobeka had cut Bear's hair?
- What do you think it means to forgive someone? Can you think of a time you've forgiven someone?
- 🗙 Do you think Phumeza was right to forgive Thobeka? Why or why not?
- Do you think we should always forgive people who do things that make us angry or but us? Why or why pot?

Yenta indzaba ibe nemdlandla!

- Ucabanga kutsi kungani Phumeza abekwatile ngesikhatsi abona indlela Thobeka labehhule ngayo tinwele teLibhele?
- Ucabanga kutsi kusho kutsini kucolela lotsite? Sikhona sikhatsi losikhumbulako lapho wacolela lotsite khona?
- Ucabanga kutsi Phumeza wenta kahle ngekucolela Thobeka? Kungani ucabanga kanjalo noma ungacabangi kanjalo?
- Ucabanga kutsi kufanele sibacolele ngaso sonkhe sikhatsi yini bantfu labenta tintfo letisitfukutselisako noma letisilimatako? Kungani ucabanga kanjalo noma ungacabangi kanjalo?

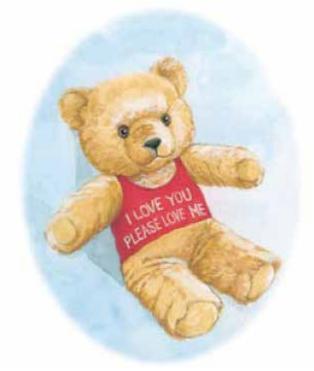
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Bear's Haircut:

A story about forgiveness



Kuhhulwa kwetinwele teLibhele:

Indzaba lemayelana nekucolela Nola Turkington • Joseph Mugisha

Ideas to talk about: Have you ever done something that made someone else cross, even though you didn't mean to? Share the story of what happened.

Imibono lokungakhulunywa ngayo: Kwake kwenteka yini wenta intfo letsite leyacansula lomunye umuntfu, ngisho noma bowungakahlosi? Sicocele indzaba yaloko lokwenteka.



Waphuma atfukutsele kakhulu.

Ngaphambi kwekutsi Thobeka akhulume, Phumeza wabamba Libhele ngemlente munye wamemeta "Angeke ngikucolele. AWUSASIYE umngani wami lomkhulu!"

"Wentani? HAWU ANGEKE!" Jokwentile! Umonakalo longaka!"

Wagcuma wema.

 $\label{eq:loss} \mbox{Ngaleso sikhatsi Phumeza wangena agijima atowulandza Libhele.}$

Phumeza?"

Wahlehla wabuka. Hawu! Bekunemphandla lenkhulu etulu enhloko yaLelibhele. Myalo Thobeka abekhatsatekile. 'Loku kubukeka kukubi,'' acabanga. ''Kubi kakhulu. Utawucabangani

Thobeka wabeka Lelibhele etsangeni lakhe. Kwakhala sikelo. Tinwele letinyenti letinsundvu lokusagolide tawela phansi.

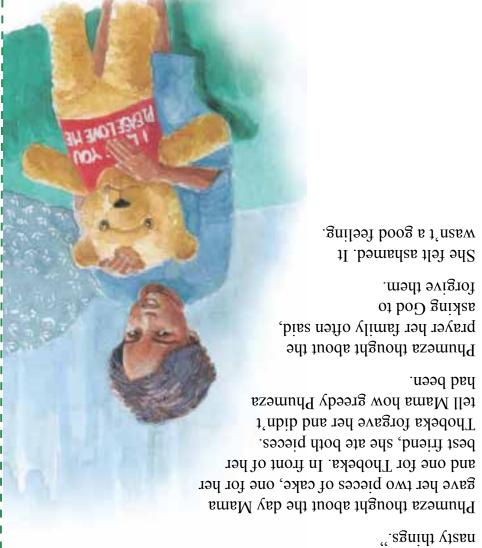
And off she went in a terrible temper.

Before Thobeka could say a word, Phumeza grabbed Bear by one leg and shouted, "I'll never forgive you. You're NOT my best friend anymore!"

"What are you doing? OH NO! You've cut Bear's hair! Look what you've done! What a mess!"

skiqqeq to a stop.

Just then Phumeza came running back to fetch Bear. She



Phumeza couldn't sleep. She was sad about Bear's hair, but even more, her heart felt heavy and sore when she remembered Thobeka's face. She tossed and turned and buried her face in her pillow. "I shouldn't have shouted at Thobeka. I could see she was upset already. I said such as Thobeka. I could see she was upset already. I said such nasty things."



BOLD AND BEAUTIFUL HAIR SALON

On Phumeza's sixth birthday, Mama gave her a toy bear. Bear had bright eyes, golden brown hair, a small black nose and a smiley mouth. On the front of his red vest in big letters was written: I LOVE YOU. PLEASE LOVE ME.

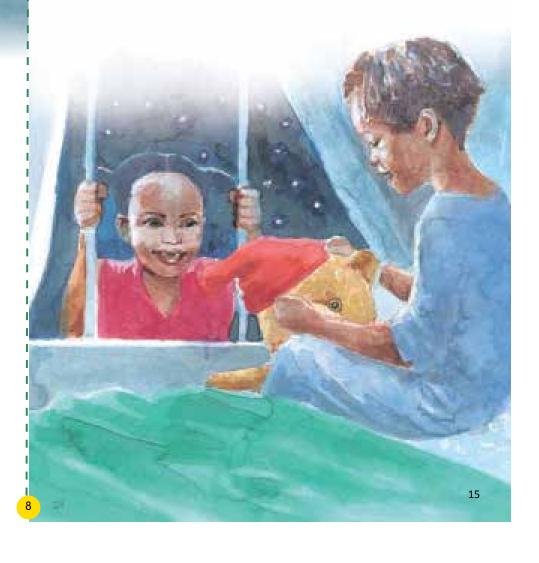
Everywhere Phumeza went, Bear went with her. She loved Bear almost as much as she loved Thobeka. Thobeka was her five-year-old next-door neighbour and her best friend.

One afternoon, Mama had an appointment at the salon. Phumeza and Thobeka watched through the salon window as the hairdresser cut Mama's hair. Thobeka was especially interested. She watched carefully how the hairdresser snipped off the hair with razor-sharp scissors. It looked so easy and so much fun.

Later, Phumeza, Thobeka and Bear played in the yard. After a while, Thobeka ran inside. She came back carefully carrying her grandmother's scissors. "Can I cut your hair?" she asked Phumeza.

"Not today," replied Phumeza. "I want to go home now."

"Likepisi lehhuli lelibovu, leli gogo langinithela lona lasebusika. Litawumbonya inhloko yeLibhele, futsi limeshe ivesiti yalo lebovu." Futsi laba njalo.



TT 9

Wativa anemahloni. Kwakungasiwo umuva lomuhle.

Phumeza wacabanga ngemthantazo umndeni wakhe lobowuvamise kuba nawo, ucela

Phumeza wacabanga ngelilanga lapho Make amnika khona tincetu letimbili telikhekhe, linye lilakhe lelinye lilaThobeka. Embhikwemngani wakhe lomkhulu, watidla totimbili letincetu. Thobeka wamcolela totimbili letincetu. Thobeka wamcolela

Phumeza akalalanga. Abeva buhlungu ngetinwele teLibhele, kodvwa nangetulu kwaloko, inhlitiyo yakhe beyibuhlungu nakakhumbula buso baThobeka. Wagucuka wase utimbonya ngemcamelo wakhe ebusweni. "Bekungakafaneli ngimtsetsise ebusweni. "Bekungakafaneli ngimtsetsise chusweni."

Wahlehla wabuka. Hawu! Bekunemphandla abekhatsatekile. "Loku kubukeka kukubi," acabanga. "Kubi kakhulu. Utawucabangani Phumeza?"

Thobeka wabeka Lelibhele etsangeni lakhe. Kwakhala sikelo. Tinwele letinyenti letinsundvu lokusagolide



She leant back to look. Oh, oh! There was a big bald patch on the top of Bear's head. Worried. "That worried. "That hought. "Very thought "Very bad. What will bhumeza think?"

Thobeka put Bear on her lap. Snip, snip, went the scissors. A large clump of golden brown hair floated to the ground.

Phumeza hugged her best friend through the burglar bars.

"I've forgiven you already, and I'm very sorry I shouted at you and said mean things."

The girls talked until Thobeka couldn't hold onto the bars any longer.

"Before I go," said Thobeka, "I've brought Bear a present."

"What is it?"

"A red woollen cap, the one Gogo knitted me for winter. It'll cover Bear's head and match his red vest."

And it did.

Phumeza wahaga umngani wakhe lomkhulu kuleto tinsimbi telifasitelo.

"Sengikucolele kakadze, futsi ngiyacolisa kutsi ngikutsetsisile ngasho tintfo letikhombisa kungabi nemusa."

Lamatfombatane akhuluma Thobeka wadzimane wangasakhoni kubambelela kuletinsimbi telifasitelo.

"Ngaphambi kwekutsi ngihambe," kusho Thobeka, "Ngiletsele Libhele sipho."

"Yini?"

Phumeza nakagubha umnyaka wesitfupha wekutalwa kwakhe, Make wamniketa libhele lelilithoyisi. Lelibhele belinemehlo lakhanyako, linetinwele letinsundvu lokusagolide, imphumulo lencane lemnyama nemlomo lomamatsekako. Ngaphambili kuvesti yalo lebovu ngemagama lamakhulu bekubhalwe kutsi: NGIYAKUTSANDZA. NGICELA UNGITSANDZE.

Noma ngukuphi Phumeza lapho bekaya khona, Lelibhele belihamba naye. Bekalitsandza Lelibhele cishe ngendlela labekatsandza ngayo Thobeka. Thobeka bekungumakhelwane wakhe loneminyaka lesihlanu nemngani wakhe lomkhulu.

Ngalelinye lilanga entsambama, Make abene-aphoyintimenti e-salon. Phumeza naThobeka babukela ngemafasitelo ase-salon njengoba lona lowenta tinwele ahhula tinwele taMake. Thobeka abetsandza kakhulu. Abebuka ngekucophelela kutsi lona lowenta tinwele utihhula njani letinwele ngalesikelo lesikhaliphile. Bekubukeka kulula futsi kujabulisa.

Ngekuhamba kwesikhatsi, Phumeza, Thobeka kanye neLibhele badlala egcekeni. Ngemuva kwesikhatsi, Thobeka wagijima wangena ngekhatsi. Wabuya aphetse ngekucophelela sikelo sagogo wakhe. "Ngingatihhula tinwele takho?" abuta Phumeza.

"Hhayi namuhla," kuphendvula Phumeza. "Ngifuna kuya ekhaya nyalo."

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wengadze.

Kwakulibhele kuphela lebelisele, lihhakeke kufenisi

Ajikitisa sikelo saGogo, Thobeka wehla ngetitebhisi tangemuva waya kuye. Lotto wabuka lesikelo futsi wagijima wehla ngemgwaco umsila wakhe usemkhatsini wetinyawo.

Ngephandle, Lotto inja yacala kukhonkhontsa.

Only Bear was left, propped against the garden fence..

legs.

Waving Gogo's scissors, Thobeka walked down the back steps towards him. Lotto took one look at the scissors and ran down the road with his tail between his

Outside, Lotto the dog started barking.



"Then I'll cut my granny's," said Thobeka, and she ran off to find Gogo.

So, Phumeza climbed over the fence and went home ... without noticing that she had left Bear sitting by the fence.

When Thobeka went into the house, Gogo was on her cell phone, so Thobeka left her alone.

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Thobeka's brother was asleep and she was frightened to wake him.

"Whose hair CAN I cut?" Thobeka wondered.

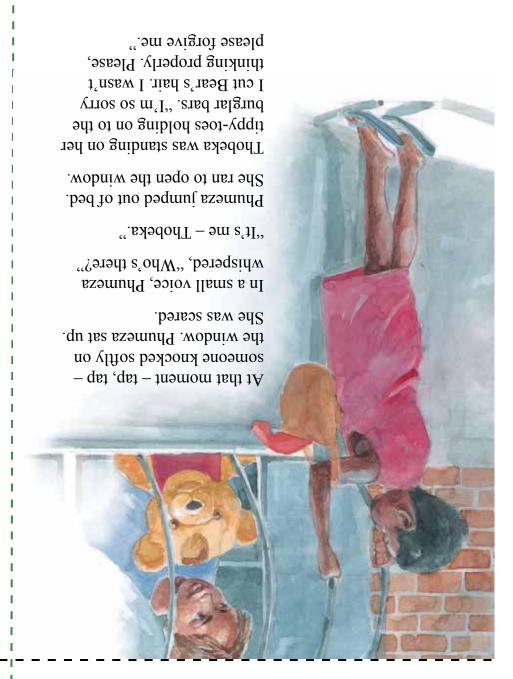
"Ngitawuhhula tagogo," kusho Thobeka, wagijima waya kuGogo.

Ngako, Phumeza wacanca fenisi waya ekhaya ... ngaphandle kwekucaphela kutsi ushiye Libhele lakhe efenisini.

Ngesikhatsi Thobeka aya endlini, Gogo abekhuluma namakhalekhikhini wakhe, ngako Thobeka wamshiya yedvwana.

Bhuti waThobeka bekalele futsi abetfukile nekumvusa.

"Ngubani LENGINGAMHHULA tinwele takhe?" Thobeka atibuta.



Ngaleso sikhatsi – nco, nco –lotsite bekanconcotsa kancane efasitelweni. Phumeza wayuka wahlala. Abesaba.

Ngelivi lelincane Phumeza wahleba, "Ngubani lolapho?"

"Ngimi - Thobeka."

Phumeza wagcuma wehla embhedzeni. Wagijima wayovula lifasitelo.

Thobeka abeme mantontolwane abambe tinsimbi telifasitelo. "Ngiyacolisa ngihhule tinwele teLibhele. Bengingacabangi kahle. Ngicela ungicolele."



"Yini lelandzelako, kiddo?" Fatima atamule. "Asambeni ekhaya."

> "What's next, kiddo?" asks Grandpa. Fatima yawns. "Let's



"What should we do tomorrow?" asks Fatima.

"Yini lokufanele siyente kusasa?" kubuta Fatima.



Her favourite part of the day is when Grandpa arrives. "How should we spend our day, Fatima?" asks Grandpa.



Incenye layitsandzako yelilanga kulapho kufika khona Mkhulu "Singalicitsa njani lilanga letfu, Fatima?" kubuta Mkhulu.



Tinyoka nemalele. Snakes and ladders!

Lomdlalo udlalwa bantfu labane noma labasihlanu bawudlale kanye kanye. Ukahle kubantfwana labaneminyaka lengu-7 kuya kulengu-12 budzala.

Sika libhodi lemdlalo nalelisondvo letinombolo lapha ngentasi. Lifake ekhadibhokisini ulikhave ngeliplasitiki kuze uligcine lihlobile.

Indlela yekudlala:

- Umdlali ngamunye kufanele aphonse luhlavu lwemali noma litje lelincane kunombolo 6 walelisondvo kuze acale.
- Ngemuva kwaloko nishintjane ekuphonseni loluhlavu lwemali noma lelitje kulelisondvo. Hambisa likinobho lakho lelo nani letikwele.
- Landzela ticondziso talesikwele lowele kuso.
- Nangabe likinobho lakho liwela ekugcineni kwetitebhisi, ungakhuphuka uye etulu kulelilele.
- Nangabe likinobho lakho liwela enhloko yenyoka, kufanele wehle uye ekugcineni kwalenyoka.
- 6. Umdlali wekucala lofinyelela: **Ekugcineni!** nguye lophumelelako.

This game is ideal for four or five to play together. It is best for children aged 7 to 12 years old.

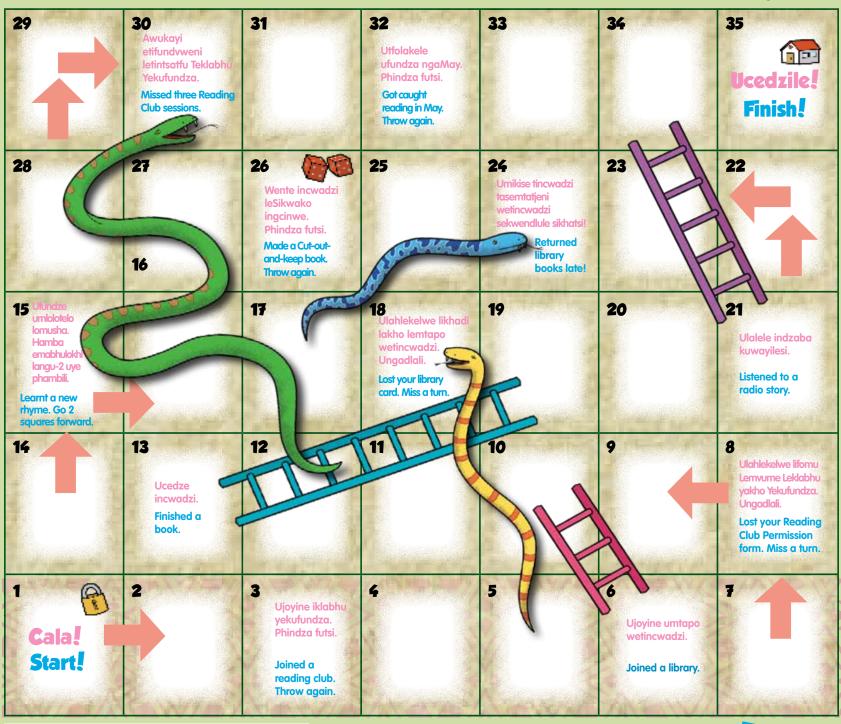
Cut out the game board and number wheel below. Paste it on some cardboard and cover it with plastic to keep it dean.

How to play:

- Each player must toss a coin or small stone onto number 6 of the wheel to start.
- Then take turns to toss the coin or stone onto the wheel. Move your button that number of squares.
- **3.** Follow the instructions in the square you land on.
- If your button lands at the bottom of a ladder, you can move up to the top of the ladder.

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- 5. If your button lands on the head of a snake, you must slide down to the bottom of the snake.
- **6.** The first player to reach: **Finish!** is the winner.



Imidvwebo / Illustrations: NguMagriet Brink kanye/and naLeo Daly

















Lilanga lemidlalo Esikolweni Semabanga Laphansi Setilokatana



Ibhalwe ngu-Karen Louise Olivier **■** Imidvwebo yentiwe ngu-Vian Oelofsen

Lilanga lasekuseni laphuma lakhanyisa ngalokugcamile njengoba Lulu abehleli etjanini enkhundleni yemidlalo yasesikolweni. Lamuhla bekulilanga lemidlalo Esikolweni Semabanga Laphansi Setilokatana. Lulu abejabule kakhulu. Abenencenye emdlalweni wekuzwipha. "Emazeze angazwipha aphakame kakhulu!" amemeta njengoba azwiphela etjeni, bese uya esihlahleni bese uya egaleni lesihlahla lesisedvute.

Lulu wabuka phansi njengoba asesihlahleni futsi wabona leti letinye tilokatana tilungela umdlalo wangalelo langa. Letilokatana tonkhe tatitetsemba ngoba betisolo tiphrakthiza ngekutimisela kuze tilungele lelilanga.



Intsetse yelula imilente yayo. Yatsi: "Imilente yami icine kakhulu. Ngicabanga kutsi ngitawenta kahle kakhulu ku-long jump lamuhla."

"Ngicabanga kutsi ngitawuphumelela umcudzelwano wami," kusho Liphela njengoba lidla likhekhe lalo lekugcina futsi lesula umlomo walo ngeliphiko lalo.

Jekamanti, Imbuzulwane, Inyosi kanye Nemphungane tonkhe tashaya emphiko njengoba betiphikisana ngekutsi ngubani lotawundizela etulu kakhulu. "Kundizela etulu ngumcimbi lokhetseke kakhulu," kusho Jekamanti. "Akusito tonkhe tilokatana letinemaphiko, kodvwa tsine lesinawo, singandizela etulu. Ngicabanga kutsi ngitayiwina lendzebe lamuhla."

Inchubabulongo beyati kutsi itawufuca libhola liye khashane ngemilente yayo yangemuva lecinile. Intfutfwane beyati kutsi licembu layo litawuwina umjako we-relay ngoba betikuphrakthiza kuniketana indvuku tinyanga letinyenti. Futsi Livivane belati kutsi litawukhona kundiza ngetulu kwato tonkhe tingcinamba emdlalweni wekugijima.

Lulu naye abetetsemba. Watsi: "Kutawuba ngimi lozwipha aye etulu kakhulu lamuhla. Zara ucabanga kutsi angangehlula kodwa ngitayiwina lenkomishi!" Futsi lapho Lulu wazwipha kakhulu esuka egaleni lesihlahla futsi wawela ... entfweni letsite leneboya. "Ngikuphi manje?" Lulu akhala adidekile.

Lulu abeloku abhudza lilanga lonkhe abengakayiboni Ingobiyane igibela lesihlahla. Nyalo abesabambeke eboyeni bayo!

Ngemuva kwaloko Lulu weva Inkhosatana Leyinyoni yamemetela, "Sanibonani. Siyanemukela nonkhe nine labatawuba nencenye emidlalweni, imindeni yenu netibukeli! Sicela nime ngemumo ngoba sesitawucala. Sicela bonkhe labatawuba nencenye emidlalweni babutsane emkhatsini wenkhundla yemdlalo."

Lulu weva umsidvo wetibukeli tihleka, tishaya tandla nemaphiko. Lulu nalabo labebakhona lapho bebangati kutsi bekuneticoco lebetibhace ngephansi kwemacembe esihlahla lebesetiwele phansi emhlabatsini. Besetilungele sikhatsi lesikahle kutsi tiqcume ticale kudla tonkhe letilokatana letimnandzi!

eso sikhatsi, Lulu wetama kuphuma eboyeni beNgobiyane, kodvwa loko kwabonakala shengatsi kwenta simo sibe sibi kakhulu. Ngako wamemeta kakhulu, "Ngisiteni! Ngisiteni! Ngicela lotsite angisite!" Kodwa kute loweva livi lakhe lelincane kulomsindvo wetilokatana.

Ngako Lulu weva Inkhosatana Leyinyoni itsi, "I-high jump yematfombatana itawucala masinyane. Bonkhe labafuna kuba nencenye kuyo, sicela baye endzaweni ye-high jump."

"Hawu angeke," kumemeta Lulu. "Angeke ngikhone kuba semdlalweni wami!" Wetama kuphuma eboyeni beNgobiyane, kodvwa babucinile. Lulu wacala kukhala. Abephrakthize kakhulu alungiselela lelilanga kodwa nyalo angeke asakhona kungenela lomcudzelwano.

Ngemuva kwesikhatsi, Lulu weva Inkhosatana Leyinyoni itsi, "I-high jump yematfombatane ihamba kahle. Loku kuzwipha kwekugcina kwa-Zara. Ibha seyiphakeme yaba setulu kakhulu. Ase sibone kutsi uyakhona yini kuyizwipha."

Kungaleso sikhatsi lapho Lulu akhumbula khona emavi amake wakhe, "Ngisho noma kubonakala kute litsemba, kukhona lisu longaba nalo, Lulu."

Ngako Lulu waba nelisu lelihle kakhulu, "Ngilikhatane," asho atitjela. "Ngiyakhona kuluma. Nangiluma, kutawuluma langikulume khona."

Futsi nguloko kanye Lulu lakwenta – waluma leNgobiyane tikhatsi letinyenti.

"Ekhuwi!" kumemeta leNgobiyane. "Kukhona lokungilumile! Kuyaluma." Yenwaya kakhulu lapho ilunywe khona kangangekutsi yenwaya Lulu eboyeni bayo, futsi wandiza emoyeni.

"Yebo!" kumemeta Lulu njengoba andiza ngetulu kwebha ye-high jump!

Zara akakukholwanga lakubona. "Ubuyaphi, Lulu?" abuta amangele.

Ngaphambi kwekutsi Lulu aphendvule, iNgobiyane yashelela futsi yawa esihlahleni. Yawela kuleticoco letesaba kakhulu kangangekutsi tagcuma taya ngesencele nangesekudla kuze tibaleke. Bomanyovu bagcwala kuleti letinye tilokatana kuze bativikele kutsi tingadliwa. Ngemuva kwaloko bacosha tonkhe leticoco.





Ngenca yesiphitsiphitsi lesasikhona, bonkhe bacabanga kutsi Lulu uwine i-high jump, kodvwa Lulu wakhuluma, "Cha, angizwiphanga. Ingobiyane ingente ngandiza ngetulu kwalebha. Zara nguye lowine le-high jump."

Inkhosatana Leyinyoni yaniketa Zara lendzebe. Yatsi: "Siyakubongela, Zara, siyatiqcabha ngawe." Ngemuva kwaloko yagucukela kuLulu. "Siyatigcabha nangawe, Lulu. Ukhombise kwetsembeka futsi waciniseka kutsi Zara uyayitfola lendzebe. Uphindze wasisindzisa kuleta ticoco letimbi! Ngicabanga kutsi nawe kuyafaneleka kutsi utfole indzebe." Ngemuva kwaloko waniketa Lulu indzebe ngoba abetsembekile futsi anesibindzi. Bonkhe bashaya tandla, futsi Zara waniketa Lulu lenkhulu ihagi.

Ekupheleni kwelilanga,tonkhe letilokatana tavumelana kutsi leli bekulilanga lemidlalo lolunetigigaba kuwendlula onkhe letake taya kuwo!

Yenta indzaba ibe nemdlandla!

- Yenta luhla lwato tonkhe letilokatana letikulendzaba. (KUKUNIKETA UMBONO: Kunetilokatana letingu-12.)
- Dwweba silokatana lositsandzako bese ubhala kutsi NGIYASITSANDZA ngephansi kwalomdvwebo.
- Nyalo dvweba silokatana longasitsandzi bese ubhala kutsi ANGISITSANDZI ngentasi kwalomdvwebo.
- Khetsa noma ngusiphi silokatana. Sebentisa lubumba, Kwekunamatsisela noma inhlama yekudlala kuze wakhe silokatana.



Athletics day at Insect Primary



By Karen Louise Olivier | Illustrations by Vian Oelofsen

The morning sun shone brightly as Lulu sat on a blade of grass on her school's sports field. Today was athletics day at Insect Primary. Lulu felt very excited. She was taking part in the high jump. "Fleas can jump very high!" she shouted as she jumped onto a stone, then a twig and then onto the branch of a nearby tree.

Lulu looked down from the tree and saw the other insects getting ready for the day's events. The insects all felt confident because they had been practising hard to get ready for today.



Grasshopper stretched his back legs. "My legs are very strong. I think I'll do well in the long jump today," he said.

"I think I'll win my race," said Cockroach as she ate a last bit of pancake and wiped her mouth on her wing.

Dragonfly, Mosquito, Bee and Fly flapped their wings as they argued about who would be able to fly the highest. "The high fly is a very special event," said Dragonfly. "Not all insects have wings, but those of us who do, can fly very high. I think I'll win the trophy today."

Dung Beetle knew he would be able to push the ball the furthest with his strong back legs. Ant knew her team would win the relay race because they had been practising to pass the stick for months. And Butterfly knew she would be able to fly over all the obstacles in the steeplechase.

Lulu felt confident too. "I will jump the highest today," she said. "Zara thinks she can beat me, but I'm going to win the trophy!" And with that Lulu gave an enormous jump from the tree branch and landed ... on something furry. "Where am I?" Lulu cried in confusion.

Lulu had been daydreaming and had not seen Monkey climbing up the tree trunk. Now she was stuck in his fur!

Then Lulu heard Miss Ladybird announce, "Good morning, good morning. Welcome to all the athletes, their families and our spectators! Get ready because we are about to start. Could all the athletes gather in the middle of the field, please."

Lulu could hear the noisy spectators laughing, clapping and flapping. Little did Lulu and the crowd know that there were frogs hiding under the tree's leaves that had fallen to the ground. They were just waiting for the right time to jump out and start feasting on all the delicious insects!

In the meantime, Lulu tried to wiggle her way out of Monkey's fur, but that seemed to make things worse. Then she shouted as loudly as she could, "Help! Help! Someone please help me!" But no one could hear her tiny voice over the noisy insects.

Then Lulu heard Miss Ladybird say, "The girls' high jump will start soon. Can everybody who wants to take part, please go to the high jump point."

"Oh no," shouted Lulu. "I'm going to miss my event!" She tried to push her way through Monkey's fur, but it was too thick. Lulu started crying. She had practised so hard for this day and now she wouldn't have a chance to compete.

After a while, Lulu heard Miss Ladybird say, "The girls' high jump is going well. This is Zara's last jump. The bar is very high. Let's see if she makes it."

That's when Lulu remembered her mom's words, "Even when things seem hopeless, you can always make a plan, Lulu."

So Lulu came up with a very good plan. "I'm a flea," she told herself. "I can bite. When I bite, it will itch and itch."

And so that's exactly what Lulu did – she bit Monkey as many times as she could.

"Whaaaaa!" shouted Monkey. "Something bit me! It is so itchy." He scratched the itch so hard that he scratched Lulu right out of his fur, and she went flying through the air.

"Wheeeee!" shouted Lulu as she flew right over the high jump bar!

Zara could not believe her eyes. "Where did you come from, Lulu?" she asked surprised.

Before Lulu could answer, Monkey lost his balance and fell out of the tree. He landed on the frogs who got such a fright that they hopped left and right to get away. The wasps swarmed around the other insects to protect them from being eaten. Then they chased all the frogs away.

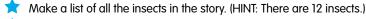
Because of the chaos, everyone thought that Lulu had won the high jump, but Lulu spoke up, "No, I didn't jump. Monkey made me fly over the bar. Zara won the high jump."



Miss Ladybird handed the trophy to Zara. "Congratulations, Zara, we are proud of you," she said. Then she turned to Lulu. "We are also proud of you, Lulu. You were honest and made sure that Zara got the trophy. You also saved us from those awful frogs! I think you deserve a trophy too." Then she handed Lulu a trophy for being honest and brave. Everyone clapped, and Zara gave Lulu a big hug.

At the end of the day, all the insects agreed that this was definitely the most eventful athletics day they had ever attended!

Get story active!



Draw an insect that you like and write LIKE underneath the drawing.

Now draw an insect that you don't like and write DISLIKE underneath the drawing.

choose any insect. Use clay, Prestik or playdough to make a model of that insect.

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Kwekutijabulisa kwakaNal'ibali

Nal'ibali fun





Ucabanga kutsi labesifazane labakuletitfombe bawenta njani umehluko etimphilweni talabo labaseceleni kwabo? Bhala wakho umusho mayelana nesitfombe ngasinye.

How do you think the women in these pictures are making a difference in the lives of those around them? Write your own sentence about each picture.







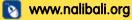
Bhala indzaba lemfisha mayelana newesifazane noma intfombatane leyakusita ngenkinga lobowunayo. Ungacala indzaba yakho kanjena: "Ngingayicatulula njani

inkinga yami? Ngenhlanhla, ngingachubeka ngibuta ..."

Write your own short story about a woman or girl who helped you with a problem you had. You can start your story like this: "How could I solve my problem? Luckily, I could always ask ..."



INalibali ikhona kute kutsi ikukhutsate futsi ikwesekele. Isinisana natsi nobe ngayiphi lenye yaletindlela leti: Nal'ibali is here to motivate and support you. Contact us in any of these ways:









@nalibaliSA

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