



Pfuna vana va wena va sungula ku tsala!

Xikongomelo xa ku tsala i ku vulavurisana ni ku tiyisekisa leswaku swilo swa endliwa. Swi fana ni ku sweka – loko u ya u swi tolovela, u ya u swi kota ku antswa naswona swi ya swi ku olovela! Tanihi vatswari kumbe vahlayisi, hi fanele hi veka xikombiso, hi kombisa matimba ya ku tsala ni xikongomelo xa kona evuton'wini bya siku na siku, hi endla tano ni vana va hina.



Get your children writing!

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.

U nga yimayimi

- ★ Hakanyingi ku dirowa i goza ro sungula ra ku va n'wana a kota ku tsala. N'wi kombe leswaku wa swi tsakela leswi a swi dirowaka hi ku n'wi khutaza ni ku n'wi vutisa hi swifaniso swa yena. U nga ha ku, "Yindlu leyi a hi ku saseka ka yona. I vamani va tshamaka kona?"
- ★ Endla leswaku ku va na maphepha, tikhrayoni, switsalo na tipensele ekaya. Swi veke laha vana va nga titekelaka swona hi ku olova, leswaku va kota ku dirowa rini na rini loko va swi lava.

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.



Titoloveteni ku tsala ekaya

- ★ Pfumelela vana va hlela timhaka ta vutomi bya vona hi ku tsala. Hi xikombiso, va kombele va ku tsalela nxaxamelo wa leswi lavaka ku xaviwa exitolo, kumbe wa leswi va lavaka ku famba na swona exikolweni.
- ★ Kuma tindlela leti vana va wena va nga ti tirhisaka leswaku va vulavula ni van'wana hi ku tsalelana na vona. Va pfune ku tsala mavito ya vona emakhadini kumbe va tsalela swirho swa ndyangu ni vanghana marito yo nkhenza ni swin'wana.
- ★ Vana va rhandza ku tsala etidayarini. Va khutaze va tsala (ni ku dirowa) etidayarini ta vona hi nchumu wihi ni wihi – leswi va swi ehleketaka, leswi va titwisaka xiswona, makungu ya vona kumbe leswi swi va tsakiseke ku swi endla hi siku rokarhi. (A va tive leswaku leswi va swi tsalaka a hi swa ku swi komba mani na mani, handle ka loko va tsakela ku swi komba vanhu vokarhi.) U nga tirhisa buku leyi tolovelekeke yi va dayari, hi ku tsala siku eku sunguleni ka pheji rin'wana ni rin'wana.

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.

Tsalani swin'we tanihi ndyangu

- ★ Tsalani mintsheketo na vana va n'wina emaphepheni ivi mi endla swibukwana hi ku ma hlanganisa hi xitepulara.
- ★ Vana lavatsongo va nga dirowa swifaniso. Va tsaleleni marito lawa va mi byelaka wona, kambe mi tlhela mi va khutaza leswaku va ringeta ku titsalela hi voxe.
- ★ Tshikani vana lava kuleke va tidrowela ni ku titsalela hi voxe.
- ★ Mi nga va solasoli loko va nga ma tsalanga kahle marito. Ku ri na sweswo, va pfuneni ku ma tsala kahle!



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!



IT STARTS WITH
A STORY.
SWI SINGULA HI
NTSHEKETO.



Mbewu Ya Dyondzo!

Swi sungula hi ku tirhisa TIHLO RA MIANAKANYO!

Literacy Seeds!

It starts with IMAGINATION!



N'wina vatswari ni vahlayisi va vana lavatsongo, tsundzukani leswaku ku hlaya swi lava ku **tirhisa tihlo ra mianakanyo** leswaku leswi u swi hlayaka swi hanya. Hi xikombiso, loko hi hlaya hi xihontlovila lexi rhelelaka ni xitarata, hi fanele hi kota ku endla "vhidiyo" emianakanyweni ya hina ya xihontlovila xexo xi ri karhi xi famba: ndlela leyi milenge ya xona yi fambaka ha yona, ndlela leyi mavoko na nhloko swi tshukatshukaka ha yona, xivumbeko xa nhlanga wa xona, magoza ya xona. Sweswo swi endla leswaku xihontlovila lexi xi hanya emiakanyweni ya hina. Kutani, niloko va nga si kota ku hlaya, vana va fanele va dyondza ku vona swilo hi tihlo ra mianakanyo, leswaku hi ku famba ka nkarhi va kota ku hlaya hi ku twisisa naswona va swi tsakela ku endla tano!

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 ta 5 to pfuna vana lavatsongo va dyondza ku vona hi tihlo ra mianakanyo

Vana va rhandza ku tshukatshukisa miri, ku tlangatlanga hi swilo leswi nga kusuhi na vona, ku yimbelela tinsimu, ku tlanga mintlangu, ku tlhokovetsela swiphato, ku yingisela mintsheketo ni ku yi hlamusela, ku dirowa ni ku endla onge va le ku hlayeni kumbe ku tsala. Heta nkarhi wo tala hilaha swi nga kotekaka hakona u tlanga na vana va wena, naswona va nyike nkarhi ni ndhawu yo tlanga va ri voxo, kumbe ni vana van'wana. Sweswo swi ta va tsakisa ni ku va pfuna va kota ku titshemba. Hi leswi swilo swi nga ri swingani leswi u nga swi endlaka leswaku u pfuna vana va wena:



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:

- 1. Hlayani mintsheketo, yi hlamuseleni mi tlhela mi vulavula ha yona.** Vulavula na n'wana wa wena siku hinkwaro. Vulavula hi leswi u swi endlaka, hlamusela ntsheketo kumbe u wu hlaya kunene, kutani mi vulavula ha wona.
- 2. Vanani ni nkarhi wo tlanga hi ku ntshunxeka.** Mi nga kunguhati xin'wana ni xin'wana lexi vana va faneleke va xi endla. Va tshikeni va ta ni makungu ya leswi va lavaka ku swi endla hi nkarhi wa vona wo tlanga.
- 3. Vanani na bokisi ra mintlangu yo olova.** Vanani na bokisi kumbe nkwama wa swilo swo tlanga ha swona leswi nga ta tsakisa vana va n'wina, leswi nga riki na khombo. Ku nga va swiambalo swa khale, vumba bya vana, swiphemu swa phasta yo oma, maphepha yo mpfampfarhuta, tikhrayoni, swilapani na wulu ... xin'wana ni xin'wana lexi nga pfunaka n'wana ku vona hi tihlo ra mianakanyo.
- 4. Timetelani leswin'wana hi nkarhi wo tlanga.** Ku hlalela minongonoko eka thelevhixini, khompyuta kumbe efonini swi nga kavanyeta vuswikoti bya n'wana byo vona swilo hi tihlo ra mianakanyo. Hi xikombiso, vana va nga twa miehleketo ya munhu un'wana ya marilelo ya dayinasoro ematshan'weni yo ringeta ku anakanya mpfumawulo wa kona hi voxo.
- 5. Va nyike nkarhi wo ringeta swilo hi voxo.** Hambiloko hi tiva ndlela yo olova, yo hatlisa kumbe yo antswa yo endla nchumu wocarhi, ku nyika vana nkarhi wo kuma tindlela to tlhantlha xiphiso hi voxo swi va pfuna ku endla swilo leswintshwa, ku anakanya, ku titshemba ni ku vona swilo hi tihlo ra mianakanyo.

- 1. 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.
- 2. 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.
- 4. 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.

Tsundzuka: Loko vana va ri eku tlangeni, laha va nga kona ku ta thyaka, swilo swi ku n'walala, ku tlhela ku va na pongo, naswona vana hi voxo va ta sala va thyakile. Va veke tihlo u ri ekulenyana, u tiyiseka leswaku hinkwavo va hlayisekile. Naswona loko va ri kusuhi ni ku heta ku tlanga, ringeta ku endla leswaku ntlangu wa vona wo hetelela wu katsa ku basisa ndhawu ni ku tiphumunha.

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.



Ku lota vuswikoti byo tirhisa tihlo ra mianakanyo hi ku tlanga

Ku tshika vana va titlangela va nga vakeriwi milawu swi va pfuna ku tirhisa vuswikoti bya vona byo endla swiboho ni bya ku hanyisana na van'wana. Ku tlanga ka muxaka lowu ku vuriwa ntlangu wa ku tirhisa tihlo ra mianakanyo kumbe ntlangu wa ku tiendlisa. Hi nkarhi wa ntlangu wa ku tirhisa tihlo ra mianakanyo vana va nga:

- tiendla munhu un'wana, xivumbiwa kumbe nchumu wokarhi. Swilo sweswo swi nga va swa xiviri kumbe leswi ngo anakanyiwa kunene, tanihi mbyana yo kota ku vulavula leyi humaka eka planete ya Mars, kumbe mbyana leyi tolovelekeke!
- vona onge swilo swa laha misaveni swi yimela swin'wana. Hi xikombiso, bokisi leri nga ekamareni ra vona ra byetlelo ri nga va xibamubamu lexi nga en'wefini.
- endla onge ndhawu leyi va nga eka yona yi kun'wana. Hi xikombiso, rivala ro tlangela eka rona ri nga va phiramidi leyi nga aEgipta.
- sweka ntsheketo va tlhela va wu tlanga.



Build imagination through play

Encouraging children to play without having to follow rules allows them to practice their decision-making and social skills. This kind of play is known as imaginative play or pretend play. During imaginative play children might:

- 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.

Leswi ntlangu wa ku tirhisa tihlo ra mianakanyo wu pfunaka swona:

- * Vana va antswisa vuswikoti byo hanyisana ni van'wana hi ku dyondza ku tirhisana ni van'wana eku swekeni ka ntsheketo.
- * Va dyondza ku landzela vukongomisi byo olova.
- * Va pfumela ku twa mianakanyo ya van'wana lava nga kusuhi na vona.
- * Va dyondza ku tikhoma hi ku twananisa mahanyelo ya vona na swiyimo swo hambanahambana.
- * Va kota ku twisisa ndlela leyi mahanyelo ya vona ma khumbaka van'wana ha yona.
- * Va dyondza ku twelana na van'wana hi ku tiendla munhu un'wana.
- * Va dyondza ku phofula leswi va swi ehleketaka ni ndlela leyi va titwaka ha yona – hambi ku ri leswi va ngo swi vona hi tihlo ra mianakanyo.

Nkoka wa ntlangu wo tirhisa tihlo ra mianakanyo:

Ntlangu wo tirhisa tihlo ra mianakanyo wu pfuna vana ku lota vuswikoti bya vona lebyi va nga ta byi tirhisa vutomi hinkwaboyo.

- ⚙️ **Vutshila:** Vana va fanele va tintlhontlha vuswikoti bya vona byo tirhisa tihlo ra mianakanyo va tlhela va byi ndlandlamuxa swinene hilaha va nga kotaka hakona, leswi va pfumelelaka ku dyondza ku hanyisana ni van'wana ni ku tikhoma evuton'wini.
- ⚙️ **Ntshunxeko:** Vana va nga sweka mintlangu ya vona ni ku tiendlela milawu hi ku tlanga swin'we. Leswi swi va pfuna ku tsakela ntlangu hi woxe ni vana lava tlangaka na vona.
- ⚙️ **Ku tlhantlha swiphiko:** Vana va tirhisa tindlela to tala ta ku tlhantlha swiphiko leswaku va endla swokarhi hi swilo leswi tolovelekeke swa le kaya. Hi xikombiso, va nga tirhisa xithinani xa kofi lexi nga riki na nchumu va endla xigubu xo chaya. Vutshila lebyi nakambe bya kula loko ku va ni ku kanetana hi nkarhi wo tlanga, loko vatlangi vambirhi va ri ni mianakanyo leyi kanetanaka malunghana ni ndlela leyi ntlangu wu faneleke wu tlangiwa ha yona. Ku lulamisa timholovo ta vona, ku dyondza ku siyerisana ni ku avelana vutihlamuleri i vutshila bya nkoka evuton'wini.

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.

Eka vavasati hinkwavo vo hlawuleka!

For all the special women!

August i N'hwetlwa ya Vavasati! August is Women's Month!

Vavasati va khathalela mindyangu ya vona va tlhela va yi wundla. Ehleketa hi vavasati hinkwavo vo hlawuleka evuton'wini bya wena. Ku nga va mana wa wena, kokwa wa wena, kumbe wansati wihi na wihi loyi a ku kombiseke rirhandzu ni ku ku khathalela. Ku kombisa ndlela leyi u swi tlangelaka hayona hinkwaswo leswi va ku endleleke swona, ha yini u nga endleli wansati hawun'we bodlhela ra swindlo swa tintswalo u tlangela N'hwetlwa ya Vavasati?



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?

Leswi u nga ta swi lava:

- ♥ Bodlhela leri nga ni xipfalo leri hlantswiweke ri basa.
- ♥ Swiphephana swa muvala wokarhi leswi tsemiweke bya ntonga kumbe swa matlhelo yo ringanana, ni xo tsala.
- ♥ Xikero na glu.
- ♥ Swilo swo khavisa bodlhela ra wena: phepha, pende, glu, rhiboni, lapi, tikunupu, ni swin'wana.



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. Tiyiseka leswaku bodlhela ni xipfalo xa kona swi hlantswiwe swi basa.
2. Khavisa xipfalo xa bodlhela hi pende, tikunupu, rhiboni kumbe swin'wana leswi u swi lavaka.
3. Endla lebulu ya bodlhela leyi hlamuselaka leswi nga endzeni, hi xikombiso, *Bodlhela ra swindlo swa tintswalo* kumbe *Ndzi nkhenisa rirhandzu ra wena*.
4. Tsala swilo leswi u nga ta swi endlela wansati loyi a khumbeke vutomi bya wena kumbe loyi u n'wi tlangelaka swinene.
5. Tsemelela phepha ra muhlovo wokarhi u endla makhadi ya 10 ya mpimo wa 10 cm x 4 cm hi vukulu. Tsala swilo leswi nga faniki eka khadi harin'we. (Xiendlo xa tintswalo ku nga swin'wana swo fana ni leswi: **Endla khapu ya tiya nimixo vhiki hinkwaro**, kumbe **Thova milenge**, kumbe nchumu wihi ni wihi lowu a nga ta wu tsakela! Nghenisa khadi rin'we kumbe mambirhi lama nge **Hlawula leswi u lavaka ku endleriwa swona**.)
6. Petsa makhadi u ma nghenisa ebodlheleni.
7. Nyika wansati loyi u n'wi hlawuleke bodlhela ra swindlo swa tintswalo, leswaku a endleriwa swona hi N'hwetlwa ya Vavasati.



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*.
4. 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 x 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**.)
6. 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.



Tiendlele layiburari ya wena. Endla tibuku **TIMBIRHI** hi ku tsema u ti hlayisa

1. Susa pheji 5 ku fika eka pheji 12 eka xitatisi.
2. Maphepha ya mapheji ya 5, 6, 11 na 12 ma endla buku yin'we. Maphepha ya pheji 7, 8, 9 na 10 ma endla buku yin'wana.
3. Tirhisa rin'wana na rin'wana ra maphepha lawa ku endla buku. Landzelela swileriso leswi nga laha hansi ku endla buku yin'wana na yin'wana.
 - a) Petsa phepha hi le xikarhi eka nkhwanti wa ntima lowu nga tsemekatsameka.
 - b) Petsa nakambe hi le xikarhi eka nkhwanti wa rihladza.
 - c) Tsema hi le ka nkhwanti wo tshwuka.



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

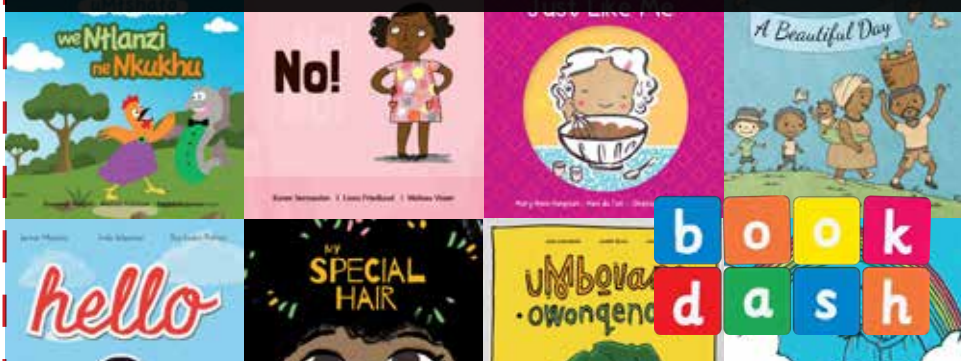
1. Take out pages 5 to 12 of this supplement.
2. The sheet with pages 5, 6, 11 and 12 on it makes up one book. The sheet with pages 7, 8, 9 and 10 on it makes up the other book.
3. Use each of the sheets to make a book. Follow the instructions below to make each book.
 - a) Fold the sheet in half along the black dotted line.
 - b) Fold it in half again along the green dotted line.
 - c) Cut along the red dotted lines.

“Wena u na miharihari, kambe u tlharhile!” ku vula kokwana. “Se ku landzela yini?”



“What a crazy, cool kid you are!” says Grandpa. “What’s next?”

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.

Endla ntsheketo wu nyanyula!

- ★ Dirowa xifaniso xa wena u ri karhi u endla swilo leswi ku tsakisaka ngopfu na munghana wa wena lonkulu. Ehansi ka xifaniso kumbe ephepheni rin’wana, tsala leswi u swi endlaka na munghana wa wena. Nakambe tsala leswaku ha yini leswi mi swi endlaka swi ku tsakisa ngopfu. Loko u nga kotl ku tsala marito hinkwawo lawa u lavaka ku ma tsala, kombela un’wana a ku pfuna ku tsala leswi u lavaka ku vula swona eka tluka ra kona.
- ★ Tlhela u hlaya ntsheketo. Tsala nxaxamelo wa swilo hinkwaswo leswi Fatima a swi endleke na kokwa wakwe.

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



Nal’ibali i pfhumba ra rixaka ro hlayela ku tiphina ku tlhonthla ni ku simeka ntolovelo wo hlaya eAfrika Dzonga hinkwaro. Ku kuma vuxokoxoko hi xitalo, endzela www.nalibali.org

“Great stuff! Now you can see all the flowers. What’s next?” asks Grandpa.

“U te na mhaka ya kahle! Se u kota ku vona swilwa hinkwaswo. Se ku landzela yini?” ku vutisa kokwana.



What’s next?



Se ku landzela yini?

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?

Mianakanyo yo bula hayona: Loko u languta xifaniso na nhlokomhaka ya ntsheketo, u ehleketa leswaku wu vulavula ha yini? Xana ku na loyi u rhandzaka ku endla na yena swilo swo tsakisa? Hi swihi swilo leswi u swi rhandzaka ngopfu, leswi u tsakelaka ku swi endla na munghana wa wena lonkulu?



“I have an idea! Let's play
superheroes and pick up
the litter,” says Fatima.
“Ndi ehleketa
swin'wana! A hi
tiendle tinghwa!
hi rhoela thaka,” ku vula
Fatima.

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



Fatima u tshama a khomekile!
U rhandza ku tsutsumatsutsuma ni
ku tlanga.



“How about something cold
and delicious?” says Fatima.
“Swi nga va njhani hi kuma
swakudya swo titimela swo
xawula?” ku vula Fatima.

Fatima hurries to bed. She is excited for
her next adventure with her best friend,
Grandpa.



Fatima u hatla a ya eku etleleni. A nga tikoti
hi ntsako loko a ehleketa leswi a nga ta swi
endla na munghana wakwe lonkulu loko ri xa,
ku nga Kokwana.



Thobeka a nga hlamulanga. Ben u lo tifambela, a ri karhi a hleka. Hakanyingi Thobeka a a swi ba hi makatla loko Ben a n'wi vungunya.

Kambe namuntlha u rile hi xiviti.

Hi vusiku byebyo, loko Phumeza a ya eku eteleni, u khomakhome nhloko ya Bere leyi a yi ri na mpandlha. "Mbuyangwani Bere, a wu nge he mili voya," ku vula yena.

Thobeka a a karhatekile swinene. U tlherisele xikero xa Gogo ekhixini endzeni ka khabodo. Hiloko a tsutsumela halahaya ka xirhapa a fika a tikotleka exihokwanini xa tihuku. U tumbele kwalaho dyambu hinkwaro, a karhatekile a nga lavi ku huma.

Buti wa Phumeza u hundze ekusuh i a khandziye xikanyakanya. "Thobeka! Kasi u kwihl?" ku huwelela Ben. "Ndzi twa leswaku u tsemeta misisi namuntlha. Ndzi kombela u ndzi tsemeta na mina?"

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.

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 didn't answer. Ben rode away, laughing. Usually Thobeka ignored Ben when he teased her. That night, as Phumeza got ready for bed, she patted Bear's bald head. "Poor Bear, your hair will never grow again," she said.

HEARTLINES
The Centre for Values Promotion



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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 hurt us? Why or why not?

Endla ntsheketo wu nyanyula!

- ★ U ehleketa leswaku ha yini Phumeza a hlundzuke ngopf u loko a vona ndlela ley i Thobeka a tsemeteke Bere hayona?
- ★ U ehleketa leswaku ku rivalela munhu swi vula yini? Xana u tsundzuka u tshame u rivalela munhu?
- ★ Xana u anakanya leswaku Phumeza u endle kahle hi ku rivalela Thobeka? Ha yini u vula tano?
- ★ Xana u vona swi fanerile leswaku minkarhi hinkwayo hi rivalela vanhu lava hi hundzukiseke kumbe ku hi vavisa? Ha yini u vula tano?

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Bear's Haircut:

A story about forgiveness



Ku tsemeta voya bya Bere:

Ntsheketo wa ku rivalela

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.

Mianakanyo yo bula hayona: Xana u tshama u endla swokarhi leswi hlundzukiseke un'wana, kambe u nga endlanga hi vomu? Hlamusela leswi endlekeke.



Kwala Thobeka
a nge u pfula
nomu, Phumeza
o vutla Bere hi
xinengani ivi a vula
a hlundzukile a
ku, “A ndzi nge ku
rivalalei. A WA HA
RI munghana wa
mina!”
Hiloko a muka
a hlundzukile
swinene.

Loko swa ha te tano Phumeza u vuye hi rivilo ra rihati a landza Bere. U fike a ku tsere, hi ku copeta ka tihlo.

“U endla yini? MANANOO! U tsemete voya bya Bere! Vona ku u endle yini! U onhile man?”

And off she went in a terrible temper.

Just then Phumeza came running back to fetch Bear. She skidded to a stop.

BOLD
AND
BEAUTIFUL
HAIR SALON

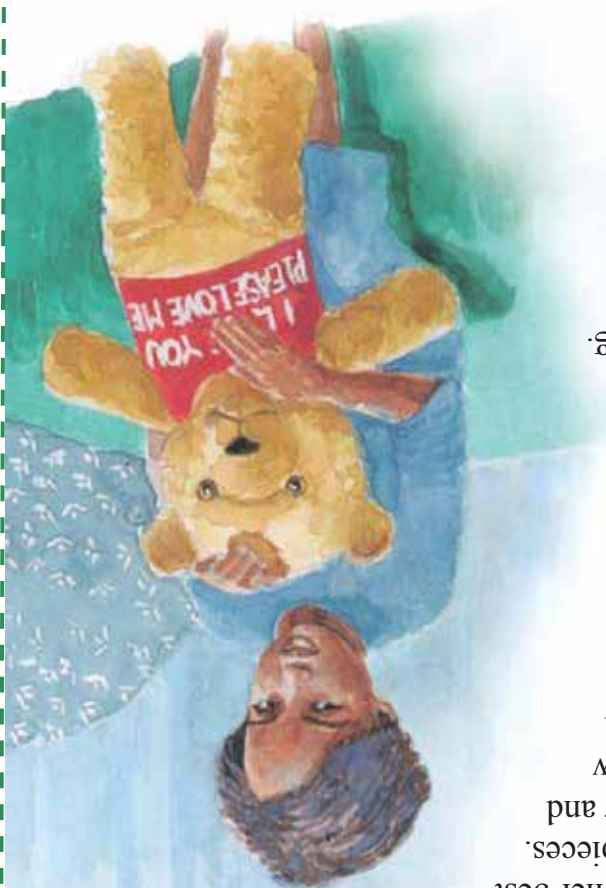
On Phumeza's sixth birthday, Mama gave her a toy bear. Bear had bright eyes, golden brown hair, a small black nose and a smiley mouth. On the front of his red vest in big letters was written: I LOVE YOU. PLEASE LOVE ME.

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.”



Phummeza 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 nasty things."

Phummeza thought about the day
Mama gave her two pieces of
cake, one for her and one for
Thobeka. In front of her best
friend, she ate both pieces.
Thobeka forgave her and
didn't tell Mama how
greedy Phummeza had
been.

Phummeza thought
about the prayer her
family often said,
asking God to
forgive them.

She felt ashamed. It
wasn't a good feeling.



“I kepisi yo tshwuka leyi nga endliwa hi wulu, leyi Gogo a ndzi rhungeleke yona leswaku ndzi yi mbala hi vuxika. Yi ta funengeta nhloko ya Bere naswona yi ta fambisana na vhesti yakwe yo tshwuka.”

Swi ve tano hakunene.



Phumeza ni ku phaha a byi nga phahi. Mhaka ya ku tsemetiwa ka Bere a yi nga n'wi khomanga kahle, kambe mbilu yakwe a yi vava ni ku tlutisa loko a tsundzuka ndlela leyi Thobeka a a languteka hayona exikandzeni. U hundzuluke vusiku hinkwabyo, a tpfala xikandza hi xikhigelo. "A ndzi nga fanelanga ndzi holovele Thobeka. A ndzi swi vona leswaku ana se u kharhatekile. Ndzi n'wi byele marito yo tlhava."

Phumeza u ehlekete siku leri Mama a n'wi nyikeke swilayi swimbirhi swa khkehhe, xin'wana xa yena, lexin'wana xa Thobeka. U dye swilayi haswimbirhi emahlweni ka munghana wakwe lonkulu. Thobeka u n'wi rivalerile naswona a nga n'wi byelanga Mama hi makwanga ya Phumeza.

Phumeza u ehlekete hi marito lawa ndyangu wa ka vona wu talaka ku ma vula exikhongelweni, wu kombela Xikwembu xi wu rivalela.

Leswi swi n'wi khomise tingana. A swi n'wi karhata swinene.

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 u angarhe munghana wakwe lonkulu hambileswi a ku ri na tinsimbhi ta fasitere exikarhi ka vona.

“Ndzi ku rivalele khale, naswona ndza tisola swinene hileswi ndzi nga ku holovela ndzi ku byela marito yo tlhava.”

Swinhwanyetana leswi swi dye mabulo ku fikela loko Thobeka a karhala ku khomelela tinsimbhi ta fasitere.

“Ndzi nga si famba,” ku vula Thobeka, “Ndzi tisele Bere nyiko.”

“I yini?”



Thobeka u teke Bere a n'wi xinga. Hiloko xikero xi nghena evojeni. Voya bya buraweni wa nsuku a byi lo n'walala, ehansi.

U voyamele endzhaku a nyanngisisa. Swilo swi fambe ximatsti! A ku sale mpandlha wukulu enhlokweni ya Bere. Thobeka se a nga ha ti tivi ta yena. "A swi sassekanga," a vulavula hi mbilu. "Ndzi onhile. Hambi Phumeza u ta ku yini?"

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

She leant back to look. Oh, oh! There was a big bald patch on the top of Bear’s head. Now Thobeka was worried. “That looks bad,” she thought. “Very bad. What will Phumeza think?”

Loko Phumeza a khoma lembe ra vutsevu hi vukhale, Mama u n'wi nyike xipopana xa bere. Bere ya kona a yi ri na mahlo yo hatima, voya bya buraweni wa nsuku, xinhompfana xa ntima ni nomu lowu n'wayitelaka. Emahlweni ka vhesti ya yona yo tshwuka a ku ri na marito lamakulu lama nge: NDZA KU RHANDZA. NDZI KOMBELA U NDZI RHANDZA.

Kwihi na kwihi laha Phumeza a nga kona, Bere a a nga sali. A a rhandza Bere swinene hi ndlela leyi a a rhandza Thobeka hayona. Thobeka a a ri muakelani tlhelo munghana wakwe lonkulu wa malembe ya ntlhanu.

Siku rin'wana nindzhenga, Mama u ye a ya tilunghisa misisi esaloni. Phumeza na Thobeka a va hlometele hi fasitere loko Mama a tsemetiwa misisi hi mutirhi. Thobeka hi yena loyi a swi n'wi tsakisa ngopfu. U xiyisise ndlela leyi mutirhi a a tsemeta misisi ha yona hi xikero xo kariha swinene. A swi vonaka swi olova swi tlhela swi tsakisa swinene.

Endzhaku, Phumeza na Thobeka a va tlanga na Bere ejaratini. Swi nga si ya kwihi, Thobeka u nghene endlwini. U vuye a khome xikero xa kokwa wakwe hi vukheta. “Ndzi nga ku tsemeta misisi?” a vutisa Phumeza.

“Hayi namuntlha,” ku hlamula Phumeza. “Ndzi lava ku muka.”



Outside, Lotto the dog started barking.
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 legs.
Only Bear was left, propped against the garden fence.
Ehandle, mbyana leyi vuriwaka Lotto yi sungule ku Thobeka u rhelele hi switepisi swa le ndzhaku ka yindlu a khome xikero xa Gogo, a lunghekele ku tsemeta Lotto. Lotto u lo na vona xikero a namba a tsema a ri vona a rhelela na xitarata, a khondle ncila.
A ku lo sala Bere ntsema, a titshege hi darata ya xirhapa.



“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.

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

“Whose hair CAN I cut?” Thobeka wondered.

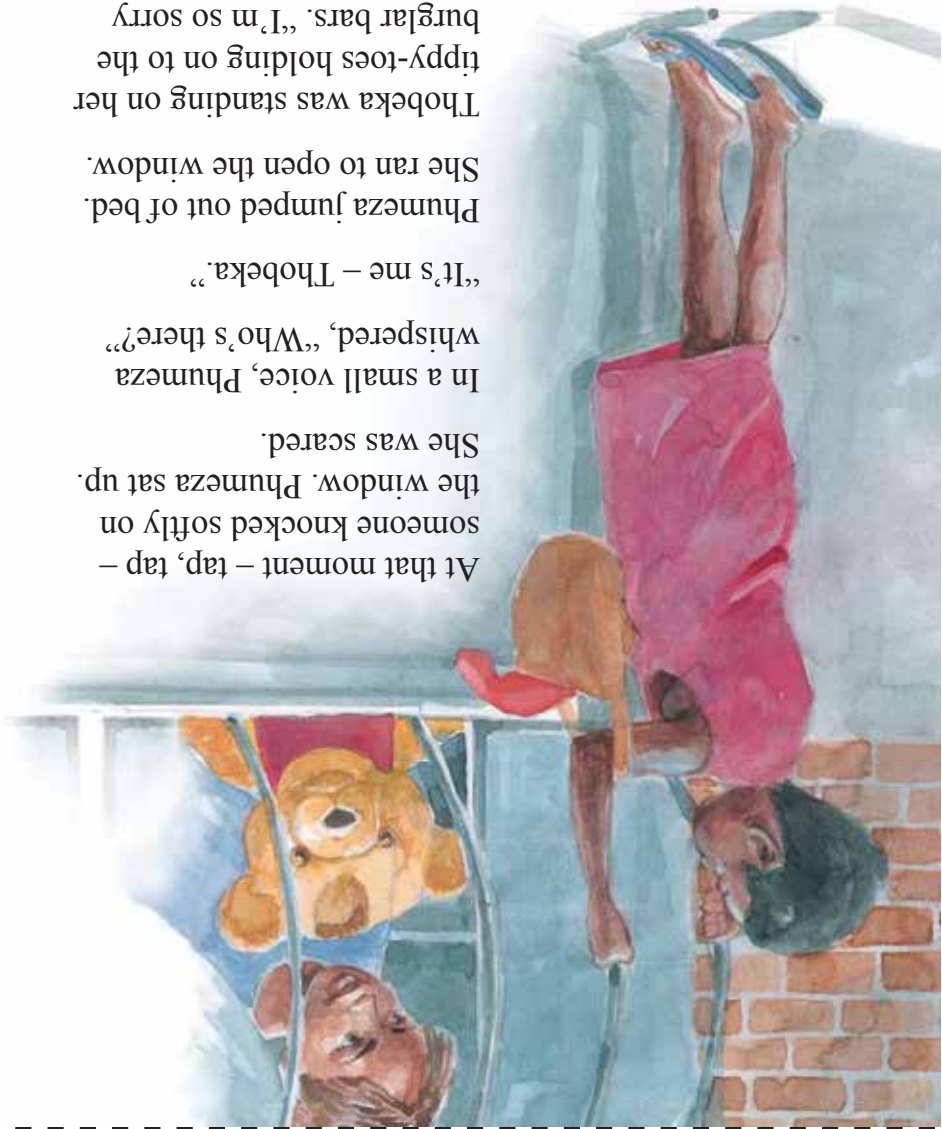
“Kutani ndzi ta tsemeta Kokwana,” ku vula Thobeka, a ri karhi a tsutsuma a ya eka Gogo.

Kutani Phumeza a tlula darata a ya ekaya ... kasi u rivale Bere etlhelo ka darata.

Loko Thobeka a nghena endlwini, u kume Gogo a ri efonini, hiloko a n’wi tshika.

Buti wa Thobeka a a etlele, kutani a a chava ku n’wi pfluxa.

“Mara NDZI NGA tsemeta mani misisi?” Thobeka a tivutisa.



At that moment – tap, tap – someone knocked softly on the window. Phumeza sat up. She was scared.
In a small voice, Phumeza whispered, “Who’s there?”
“It’s me – Thobeka.”
Phumeza jumped out of bed. She ran to open the window. Thobeka was standing on her tippy-toes holding on to the burglar bars. “I’m so sorry I cut Bear’s hair. I wasn’t thinking properly. Please, please forgive me.”

Xikan’wekan’we ku twale mpfumawulo wa le hansi wa ku gongondza ka munhu efasitereni. Phumeza u pfuke a tshama kunene. A a chuhile.

Phumeza u vutise hi rito ra le hansi a ku, “I mani?”

“Hi mina – i Thobeka.”

Phumeza u tlule hi ku hatlisa emubedweni. U hatlise a pfula fasitere.

Thobeka a tlatlambele kunene hi swikunwana a khomelele tinsimbhi ta fasitere? “Ndzi khomele hi ku tsemeta Bere. A ndzi tivi leswaku a ndzi ngheniwe hi yini. Ndzi kombela u ndzi rivalela.”



“What’s next, kiddo?” asks Grandpa. Fatima yawns. “Let’s go home.”

“Se ku landzela yini, khegu?” ku vutisa Kokwana. Fatima a ohlamlula. “A hi muke.”

“What should we do tomorrow?” asks Fatima.

“Hi ta endla yini mundzuku?” ku vutisa Fatima.



Her favourite part of the day is when Grandpa arrives.

“How should we spend our day, Fatima?” asks Grandpa.



Nkarhi lowu a wu rhandzaka ngopfu esikwini hi loko ku fika Kokwana wa xinuna.

“Hi ta endla yini namuntlha, Fatima?” ku vutisa Kokwana.



“Loko ndzi ri kona ndzi kota ku vona misava hinkwayo,” ku vula Fatima hi rito ra le henhla.

“I can see the whole world from up here,” Fatima shouts.



“I know!” says Fatima. “Let’s go to the park.”

“Se ndzi swi ehleketile!” ku vula Fatima. “A hi ye ephakeni.”



“Hello, Fatima,” says Mum. “What did you and Grandpa do today?”
“Hoyohoyo, Fatima,” ku vula Mama. “Mi endle yini na kokwana namuntlha?”



“Not much!” they both say.

“A ku vanga na nchumu swo hlamarisa!” va vula hi ku kotlana.

Murhavarhava wa tinyoka na switepisi!

Snakes and ladders!

Murhavarhava lowu wu nga tlangiwa ni hi vana va malembe ya mune kumbe ntlhanu. Kambe wu kahle ngopfu eka vana va malembe ya 7 ku ya ka 12.

Tsemelela murhavarhava na vhlwa ra tinomboro leswi nga laha hansi. Swi namakete eka khadibodo ivi u swi khavhara hi plastiki leswaku swi nga thyaki.

Matlangelo:

1. Mutlangi hawun'we u ta sungula ku tlanga loko a kote ku hoxa khoyini kumbe xiribwana xi tshama eka nomboro 6 ya vhlwa
2. Kutani mi fanele mi siyerisana mi hoxa khoyini kumbe xiribwana evhilweni. Fambisa kunupu hi ku hlayela nhlayo ya tibloko leyi vhlwa ri ku nyikeke yona.
3. Endla leswi vuriwaka hi marito ya bloko leyi kunupu yi yimaka eka yona.
4. Loko kunupu ya wena yi yima ehansi ka xitepisi, u nga yi fambisa yi ya fika ehenhla ka xitepisi.
5. Loko kunupu ya wena yi yima enhlokweni ya nyoka, u fanele u rhelela u ya fika encileni wa yona.
6. Mutlangi la rhangaka ku fika eka: **Huree!** hi yena a nga wina.

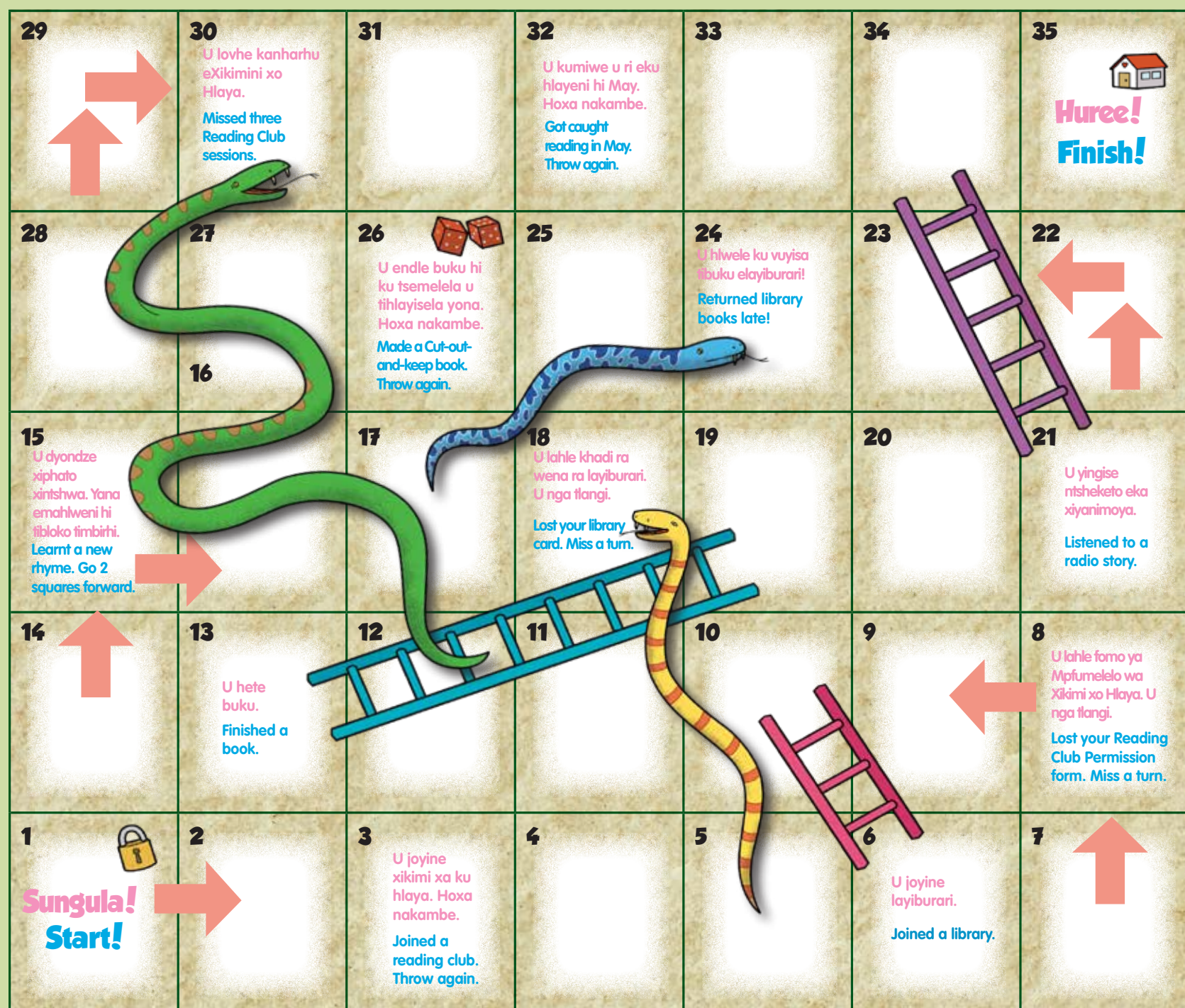
This game is ideal for four or five to play together. It is best for children aged 7 to 12 years old.

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



How to play:

1. Each player must toss a coin or small stone onto number 6 of the wheel to start.
2. 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.
4. If your button lands at the bottom of a ladder, you can move up to the top of the ladder.
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.



Minkombiso / Illustrations: Magriet Brink and/na Leo Daly

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Siku ra mphikizano wa mintlangu ePurayimari ya Switsotswana

Hi Karen Louise Olivier ■ Minkombiso hi Vian Oelofsen



Mixo wa kona a ri xe kahle loko Lulu a lo mbaa, ekhaveri ra byanyi erivaleni ra mintlangu ra xikolo xa vona. Namuntlha a ku ri siku ra mphikizano wa mintlangu ePurayimari ya Switsotswana. Lulu a a tsake na swikunwana. Yena a a ngehenele mphikizano wa hayi jampu. "Madzedze a hi ku tlula ka wona!" a vula hi rito ra le henhla a ri karhi a tlulela eribenyi, a hundzela exirhabyanini a ya fika erhavini ra murhi lowu a wu ri kwalaho.

Lulu u langute ehansi a ri emurhini, kutani a vona switsotswana leswin'wana swi lunghekela mintlangu ya siku rero. Switsotswana hinkwaswo a swi tiitshemba hikuva a swi praktise hi matimba leswaku hi sikunkulu swi va swi lunghekile.



Njiya yi tiolole milenge ya le endzhaku. "Milenge ya mina yi tiyerile swinene. Ndzi ehleketa leswaku ndzi ta tirha kahle mphikizano weni wa matsambu namuntlha," ku vula yona.

"Ndzi ehleketa leswaku ndzi ta wina," ku vula hele loko ri hetisa khake leri a ri ri eku ri dyeni ivi ri tisula nomu hi ripapa.

Xipereta, Nsuna, Nyoxi na Nhongana a va pfupapula timpapa loko va ri karhi va phikizana hileswaku i mani loyi a ta hahela ehenhla ku tlula lavan'wana. "Mphikizano wa ku haha wu hlawuleke ngopfu," ku vula Xipereta. "Switsotswana swin'wana a swi na timpapa, kambe hina hi nga na tona hi kota ku hahela ehenhla swinene. Ndzi ehleketa leswaku hi mina ndzi nga ta wina khapu namuntlha."

Xifufunhunu a a swi tiva leswaku a a ta susumeta bolo yi ya ekule swinene hi milenge yakwe ya le ndzhaku leyi nga ni matimba. Risokoti a a swi tiva leswaku xipanu xa vona xi ta wina mphikizano wo tsutsuma hi ku nyiketana, hikuva a va hete tin'hwetlwa va ri karhi va praktisa ku nyiketana swimhandzana. Kasi Phaphatani a a swi tiva leswaku u ta kota ku haha ehenhla ka swirhalanganya hinkwaswo eka mphikizano lowu.

Lulu na yena a a tiitshemba. "Ndzi ta tlula ku hundza hinkwavo namuntlha," ku vula yena. "Zara u ehleketa leswaku a nga ndzi tlula, kambe hi mina ndzi nga ta wina khapu!" Hiloko Lulu a tlula swi vava a suka erhavini ra murhi a ya jitama ... ehenhla ka xin'wana xi nga ni voya. "Ndzi le kwihi kasi?" Lulu a rila a nga ha tiitvi.

Mieheketo ya Lulu a yi ri ekule lerova a a nga n'wi vonanga Nkawu loko a khandziya nsinya. Kutani se a a phasekile exikarhi ka voya!

Hiloko Lulu a twa Manana Xindodzi a endla xitviso, "Ri xile, avuxeni. Hi amukela hinkwavo lava ngeheneleke mphikizano, mindyangu ya vona ni vahlaleri! Hi kombela mi tshamiseka hikuva hi lava ku sungula. Hinkwavo lava ngeheneleke mphikizano hi kombela va hlengetana exikarhi ka rivala."

Lulu a a kota ku twa vahlaleri va hlekelela va tiphina, va ba mavoko ni ku pfalafala timpapa. Kambe Lulu na ntshungu a va nga swi tiva leswaku a ku ri na machela lama tumbeleke ehansi ka matluka ya murhi lawa a ma wele erivaleni ra mintlangu. A ma yimele nkarhi wa kahle leswaku ma humelela ma dyetetela switsotswana hinkwaswo swo xawula!

Hi hala tlhelo, Lulu a a ringeta ku timanyukuta a huma evoyeni bya Nkawu, kambe ko fana ni kwala. Hiloko a huwelela hi rito hinkwaro, "Pfunani! Pfunani!

Ndzi kombela ku pfuniwa!" Kambe a ku na loyi a tweke xiritwana xa yena tanihleswi a ku ri na pongo lerikulu.

Hiloko Lulu a twa Manana Xindodzi a ku, "Mphikizano wa hayi jampu wa vanhwanyana wu ta sungula ku nga ri khale. Hi kombela hinkwavo lava ngeheneleke mphikizano lowu va ya exiyengeni xa wona."

"Manano," ku huwelela Lulu. "Ndzi ta tluriwa hi mphikizano!" U ringete ku timanyukuta a lava ku huma evoyeni bya Nkawu, kambe a byi tlhume ngopfu. Lulu u sungule ku rila. A a ri praktisele ngopfu siku leri kambe a a nga ta kota ku ngehela mphikizano.

Endzhakunyana, Lulu u twe Manana Xindodzi a ku, "Mphikizano wa vanhwanyana wa hayi jampu wu famba kahle. Zara u tlula ro hetelela. Mhandzi yi vekiwe ehenhla ngopfu. A hi voneni loko a ta yi tlula."

Hiloko Lulu a tsundzuka marito ya mana wakwe, "Hambiloko swilo swi nga tshembisi, minkarhi hinkwayo u nga endla pulani, Lulu."

Kutani Lulu a ta ni mano. "Mina ndzi dzedze," a tiyela. "Ndzi kota ku luma. Laha ndzi lumeke kona ku sala ku nwayisa."

Hiloko Lulu a endla tano – u lumetele Nkawu swi twala.

"Whaaaaa!" ku huwelela Nkawu. "Ku na lexi nga ndzi luma! Ka nwayisa swinene." U tiitshuwe swi nyawula lerova a tikuma a hlomule Lulu evoyeni, ivi Lulu a tlulela ehenhla.

"Wheeeee!" ku huwelela Lulu a tlula hi le henhla ka mhandzi ya hayi jampu!

Zara a nga swi kholwanga leswi a nga swi vona. "U ta hi kwihi, Lulu?" a vutisa a hlamele.

Kwala Lulu a nge wa hlumula, Nkawu a tikuma a tshike ku khomelela ivi a va emurhini. U wele ehenhla ka machela lama nga chava lerova ma hangalaka ku nga sali na rin'we. Mimpfi yi hahahahe ekusuhu na switsotswana leswin'wana yi swi sirhelela leswaku swi nga dyiwi hi nchumu. Yi hlongole machela hinkwavo.

Hikwalaho ka hasahasa leyi hinkwayo, hinkwavo a va anakanya leswaku Lulu hi yena a nga wina hayi jampu, kambe Lulu a ngehenelela a ku, "Doo, mina a ndzi tlulanga. Nkawu hi yena a nga endla ndzi tlula mhandzi ya hayi jampu. Zara hi yena a nga wina."



Manana Xindodzi u nyike Zara khapu. "Hoyohoyo, Zara, ha tinyungubyisa hi wena," ku vula yena. Hiloko a hundzulukela eka Lulu. "Na wena ha tinyungubyisa hi wena, Lulu. U vule ntiyiso u tiyisekisa leswaku khapu yi kumiwa hi Zara. Nakambe u hi ponisile eka swifamona leswa machela! Ndzi vona leswaku na wena u fanele u kuma khapu." Hiloko a nyika Lulu khaphu ya ku tshembeka na vurhena. Hinkwavo va be mavoko, hiloko Zara a angarha Lulu swi huma embilwini.

Loko siku ri fika emakumu, switsotswana hinkwaswo swi pfumelelanile leswaku lowu a wu ri mphikizano wa nkoka swinene ku tlula hinkwayo leyi tshameke yi va kona!

Endla ntsheketo wu nyanyula!

- ★ Tsala nxaxamelo wa switsotswana hinkwaswo leswi nga eka ntsheketo lowu. (VUTHALA: Ku na switsotswana swa 12.)
- ★ Dirowa xitsotswana lexi u xi tsakelaka ivi u tsala TSAKELA ehansi ka xifaniso.

- ★ Sweswi dirowa xitsotswana lexi u nga xi tsakeliki ivi u tsala TSAKELI ehansi ka xifaniso.
- ★ Hlawula xitsotswana xin'wana ni xin'wana. Tirhisa Prestiki, vumba byinene kumbe bya vana u endla xifaniso xa xitsotswana xa kona.



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.

"Wheweeeee!" 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!

- ★ Make a list of all the insects in the story. (HINT: There are 12 insects.)
- ★ 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.

Swo tsakisa hi Nal'ibali
Nal'ibali fun



1. U ehleketa leswaku vavasati lava nga eswifanisweni leswi va byi cinca njhani vutomi bya lava va hanyaka na vona? Tsala xiga xa wena hi xifaniso haxin'we.

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.



Blank lines for writing a sentence about the first illustration



Blank lines for writing a sentence about the second illustration



Blank lines for writing a sentence about the third illustration

2. Tsala xitori xa wena xo koma hi wansati kumbe nhwanyana la ku pfuneke eka xiphiqo lexi a wu ri na xona. U nga sungula mhaka ya wena hi ndlela leyi: "Ndzi nga xi thantlha njhani xiphiqo xa mina? Nkateko wa kona, minkarhi hinkwayo ndzi nga kombela ..."

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 ..."

Large area with lined paper for writing a short story, decorated with a heart and a teal corner tab

Nal'ibali yi kona ku ku hlohotela na ku ku seketela. Tihlanganisi na hina hi yin'wani ya tindlela leti: Nal'ibali is here to motivate and support you. Contact us in any of these ways:

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