



Dira gore bana ba gago ba simolole go kwala!

Re kwala gore re dire dilo le go buisana. Go tshwana le go apaya – fa o tswelela o go dira, o go dira botoka e bile go nna motlhofo le go feta mo go wena! Jaaka batsadi le batlhokomedi, re tshwanetse go tlhoma sekao go bontsha bana ba rona maatla le boikaelelo jwa go kwala mo matshelong a rona a letsatsi le letsatsi.



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.

Simolola ka bonako

- ★ Gantsi go torowa ke kgato ya ntlha ya gore ngwana a simolole go kwala. Bontsha gore o kgatlhegela dilo tse ba di torowileng ka go dira dikakgelo tse di kgothatsang le ka go ba botsa ka ditshwantsho tsa bone. O ka ba botsa jaana, “Go bonala e le ntlo e kgatlhisang e motho a ka nnang mo go yone. Ke mang yo o nnang moo?”
- ★ Dira gore go nne le pampiri, kerayone, dipene le dipensele mo gae. Di beye mo lefelong le go leng motlhofo gore bana ba gago ba ka kgona go di itseela ka bobone, gore ba kgone go torowa nako nngwe le nngwe fa ba batla.

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.



Simolola go kwala kwa gae

- ★ Naya bana ba gago tshono ya go dirisa go kwala go rulaganya matshelo a bone. Ka sekai, ba kope gore ba go kwalele lenaane la dilo tse o batlang go di reka kgotsa gore ba kwalele lenaane la dilo tse ba tla tsamayang ka tsone kwa sekolong.
- ★ Batlela bana ba gago ditshono tse ba ka di dirisang go kwala go buisana le batho ba bangwe. Dira gore ba kwalele maina a bone mo dikarateng tsa ditumediso kgotsa ba kwalele maloko a lelapa le ditsala makwalonyana a go leboga.
- ★ Bana ba rata go kwala mo teng ga ditayari. Rotloetsa bana ba gago go kwala (le go torowa) le fa e ka nna eng se ba batlang go se kwala – dikakanyo tsa bone, maikutlo a bone, dikgopolo tsa bone kgotsa dilo tse ba ratang go di dira ka letsatsi le le rileng. (Tlhomamisa gore ba itse gore dilo tse ba di kwalang di ka se bonwe ke ope kwanthe ga fa bone ba batla go di bontsha batho ba bangwe.) O ka dirisa bukana e e tlhwaegileng go nna tayari, tsenya fela letlha kwa godimo ga tsebe nngwe le nngwe.

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.

Kwalang mmogo jaaka lelapa

- ★ Kwala mainane le bana ba gago mo matlhareng a a sa kwalwang sepe lo bo lo dira dibuka ka go kopanya matlhare ao go dirisa seteipolara.
- ★ Bana ba bannye ba ka torowa ditshwantsho. Ithaope go ba kwalele mafoko a ba go kopang gore o a kwale, mme gape ba rotloetse go leka go ikwalela ka bobone.
- ★ Dira gore bana ba ba golwane ba itorowe le go ikwalela ka bobone.
- ★ Le ka motlha o se ka wa ba tshwaya diphoso fa ba sa pelete sentle. Go na le moo, kopa go baakanya mafoko a a sa peletiwang sentle!



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.
GO SIMOLOLA
KA LEINANE.



Dipeo tsa go Ithuta!

Go simolola ka **GO KGONA GO BONA KA LEITLHO LA MOGOPOLO!**

Literacy Seeds!
It starts with **IMAGINATION!**



Batsadi ba ba rategang le batlhokomedi ba bana ba bannye, go buisa go tlhoka gore motho a kgone go **bona dilo ka leitlho la mogopolo** go kgona go tsaya mafoko mo tsebeng ya buka mme a bo a dira gore a nne le botshelo. Ka sekai, fa re buisa ka serintlha se se tsamayang mo mmileng, re tshwanetse go kgona go itirela "video" mo megopolong ya rona re bona tsela e serintlha seo se tsamayang ka yone: tsela e se tsamaisang maoto a sone ka yone, matsogo le tlhogo, popego ya mokwatla wa sone, le morithitho wa dikgato tsa sone. Seno se dira gore serintlha se nne le botshelo mo megopolong wa rona. Ka jalo, nako e telele pele ga bana ba rona ba kgona go buisa, ba tshwanetse go dirisa leitlho la bone la mogopolo gore ba kgone go tlhaloganya se ba se buisang le go buisetša monate!

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!

Ditsela tse 5 tsa go thusa bana ba rona go godisa tsela e ba dirisang leitlho la bone la mogopolo ka tsone

Bana ba rata go tshikinya mebele ya bone, go tshwara dilo tse di ba dikologileng, go opela dipina, go tshameka metshameko, go bua dipoko tsa bana, go reetsa mainane le go tlolla ka one, go torowa le go itira e kete ba a buisa le go kwala. Iphe nako e ntsi ka mo o ka kgonang ka teng go tshameka le bana ba gago, mme o ba neye nako le sebaka sa go tshameka ba le nosi/kgotsa le bana ba bangwe. Seno se tla dira gore ba itumele e bile go tla ba thusa gore ba tlhagolele boikutlo jo bo siameng jwa go itshepa. Fa tlase fano go na le dilo dingwe tse o ka di dirang go thusa bana ba gago:



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. Buisa, tlolla le go bua ka mainane.** Bua le ngwana ga gago mo tsamaong ya letsatsi. Bua ka se o se dirang, mo tlotele kgotsa mmuisetse leinane mme o bo o bua gape ka lone.
- 2. Dira nako ya go ithophela metshameko.** O se ka wa rulaganya dilo tsotlhe tse bana ba gago ba tla di dirang. Ba letle gore ba tle ka megopolo ya kafa ba batlang go dirisa nako ya bone ya go tshameka ka gone.
- 3. Nna le lebokoso le le tlwaelegileng la dilo tsa go tshameka.** Nna le lebokoso kgotsa kgetsi ya dilo tse di ka kgatlang bana mme e se tse di kotsi go tshameka ka tsone. O ka tsenya diaparo tsa bogologolo, taka, dikarolwana tsa *pasta* e e omileng, dipampitshana, dikerayone, dikgemethwana tsa letsela le wulu ... sengwe le sengwe se se ka rotloetsang ngwana go dirisa leitlho la gagwe la mogopolo.
- 4. Tima didirisiwa tsa eleketononiki ka nako ya go tshameka.** Go lebelela diithulaganyo mo thelebisheneng, mo khomputareng kgotsa mo founong go ka kgoreletsa tsela e bana ba dirisang leitlho la bone la mogopolo ka yone. Ka sekai, bana ba tla utlwa kgopolo ya motho yo mongwe malebana le gore *dinosaur* e dira modumo o o ntseng jang go na le gore ba ikakanyetse ka bobone gore e dira modumo o o ntseng jang.
- 5. Ba naye nako ya go leka dilo ka bobone.** Le fa re ka tswa re itse tsela e e motlhofofanyana, e e bonakonyana kgotsa e e botokanyana ya go dira sengwe, fa re naya bana nako ya gore iponela tsela ya go rarabolola mathata ka bobone go tokafatsa bokgoni jwa bone jwa go dira dilo, jwa go baya mabaka, jwa go itshepa le go dirisa leitlho la bone la mogopolo.

- 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.

Gopola: Fa bana ba tlhomile mogopolo mo motshamekong, go ka nna leswe mo lefelong le ba leng mo go lone mme le bone ba ka nna leswe, go ka tlhakatlhakana le go nna modumo. Leba ka kelotlhoko o le kgakala go tlhomamisa gore mongwe le mongwe o sireletsegile. Mme fa motshameko o ya kwa bofelong, leka go dira gore motshameko wa bofelo o akaretse go phepafatsa lefelo le ba neng ba tshamekela mo go lone le gore le bone ba iphepafatse.

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.



Dira gore ba dirise leitlho la bone la mogopolo ka motshameko

Go rotloetsa bana go tshameka go sena melao e ba e latelang go dira gore ba kgone go dirisa bokgoni jwa bone jwa go dira ditshwetso le jwa go dirisana le batho ba bangwe. Mofuta ono wa go tshameka o itsege e le motshameko wa go dirisa leitlho la mogopolo kgotsa motshameko wa go dira ekeke. Ka nako ya motshameko wa go dirisa leitlho la mogopolo bana ba ka nna ba:

- dira ekeke ke motho yo mongwe, setshedi sengwe kgotsa selo sengwe. Motho yono, setshedi kgotsa selo seo e ka nna sa mmatota kgotsa ya nna sengwe se se ikakanyediwang, jaaka go bua le ntšha e e tswang kwa Mars, kgotsa ntšha fela e e tlwaelegileng!
- bona dilo tse di tlwaelegileng e le dilo tsa lefelo lengwe le le sa tlwaelegang. Ka sekai, lebokoso lengwe mo phaphosing ya bone ya borobalo e ka nna sesutlhalefaufau kwa ngwedding.
- dira ekeke lefelo le ba leng mo go lone ke lefelo lengwe gongwe go sele. Ka sekai, lefelo le ba tshamekelang mo go lone e ka nna phiramiti kwa Egepeto.
- ka itlhamela leinane le ba ka le diragatsang.



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.

Melemo ya metshameko ya go dirisa leitlho la mogopolo:

- * Bana ba nna le bokgoni jwa go dirisana le ba bangwe ka go ithuta go tlhama leinane mmogo le ba bangwe.
- * Ba ithuta kafa ba tshwanetseng go latela dikaelo tse di motlhofo ka teng.
- * Ba dumela go nna le seabe mo dlong tse ba bangwe ba ba dikologileng ba di bonang ka leitlho la mogopolo.
- * Ba ithuta go laola maikutlo a bone ka go fetola tsela e ba itshwarang ka yone mo maamong a a farologaneng.
- * Ba simolola go tlhaloganya kafa tsela e ba itshwarang ka yone e amang motho yo mongwe ka yone.
- * Ba ithuta go nna le kutlwelebotlhoko ka go itira motho yo mongwe.
- * Ba ithuta kafa ba ka tlhalosang megopolo ya bone le maikutlo a bone ka teng – le megopolo le maikutlo a ba a ikakanyetsang.

Botlhokwa jwa motshameko wa go dirisa leitlho la mogopolo:

Metshameko ya go dirisa leitlho la mogopolo e thusa bana go nna le bokgoni jo bo botlhokwa jwa botshelo jo ba ka bo dirisang goyagoile.

- ⚙ **Go itirela dilo:** Bana ba tshwanetse go leka go bona gore ba ka kgona go dirisa leitlho la bone la mogopolo go fitlhela bokgala jo bo kana kang, e leng selo se se dirang gore ba lekeletse kafa ba ka dirisanang le ba bangwe ka teng le kafa ba ka laolang maikutlo ka teng.
- ⚙ **Go ikemela:** Bana ba ka itirela metshameko ya bone le melao ya teng fa ba ntse ba tshameka mmogo. Seno se ba thusa gore ba nne le kgatlhego mo go se ba se dirang le mo baneng ba bangwe ba ba tshamekang le bone.
- ⚙ **Go rarabolola mathata:** Bana ba dirisa ditsela tse dintsi tsa go rarabolola mathata ka go dira sengwe ka dilo tse di tlwaelegileng tse di fitlhelwang mo ntlong. Ka sekai, ba ka dirisa thini e e senang sepe ya kofi go nna moropa. Bokgoni jono bo ka bonala gape fa go nna le dingangisano tse di nnang teng fa gare ga bana ba babedi ba ba tshamekang mmogo mme ba na le megopolo e e farologaneng malebana le gore motshameko o tshwanetse go tshamekiwa jang. Go rarabolola dikgotlhang tsa bone ka bobone, go ithuta go refosana le go tsaya boikarabelo ka bobedi ke bokgoni jo bo botlhokwa mo botshelong.

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.



Go basadi botlhe ba ba kgethegileng!

For all the special women!

August ke Kgweedi ya Basadi!
August is Women's Month!

Basadi ba tlhokomela, ba tshegetsisa le go tlamela malapa a bone. Akanya ka basadi botlhe ba ba kgethegileng mo botshelong jwa gago. E ka nna mmè kgotsa mmèmogolo wa gago kgotsa mosadi ope fela yo o ileng a go tlhokomela le go go rata. Go bontsha kafa o anaanelang sengwe le sengwe se ba go se diretseng, ke eng o sa direle mosadi mongwe le mongwe lebotlolo la dimpho go keteka Kgweedi ya Basadi?



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?

Dilo tse o tla di tlhokang:

- ♥ Lebotlolo le le phepa le le senang sepe le le nang le sekhumelo.
- ♥ Dikarolwana tse dinnye tsa pampiri kgotsa dipampiri tse di sekwere tsa mmala le pene.
- ♥ Sekere le sekgomaretsi.
- ♥ Dilo tsa go kgabisa lebotlolo la gago: pampiri, pente, sekgomaretsi, lente, letsela, dikonopo, jalo le jalo.



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. Tlhomamisa gore lebotlolo le sekhumelo sa lone di phepha.
2. Kgabisa sekhumelo sa lebotlolo ka pente, dikonopo, lente kgotsa sengwe le sengwe se o se ratang.
3. Direla lebotlolo leibolo le le bontshang gore go na le eng mo teng ga lone, ka sekai, kwala mafoko a a reng *Lebotlolo la dimpho kgotsa Ke leboga lorato lwa gago.*
4. Kwala dimpho tse o ka ratang go di naya mosadi yo o nnang le tlhotlheletso mo botshelong jwa gago kgotsa yo o mo anaanelang thata.
5. Sega pampiri ya mmala ka dikarolwana go dira dikarata di le 10 tse di sa kwalwang sepe tse di ka nnang bogolo jwa 10 cm x 4 cm. Kwala sengwe se se farologaneng se o ka ratang go se dira mo karateng nngwe le nngwe. (Mpho e ka nna sengwe se se jaaka: **Go dira kopi ya tee moso mongwe le mongwe ka sebaka sa beke,** kgotsa **Go mo sidila maoto,** kgotsa le fa e le eng se a ka se itumelelang! Tsenya e le nngwe kgotsa di le pedi tse di nang le mafoko a a reng **tlhophela mpho ya gago.**)
6. Mena dikarata mme o di tsenye mo lebotlolong.
7. Naya mosadi yo o mo tlhophileng lebotlolo la dimpho gore a di itumelele ka Kgweedi ya Basadi.



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.



Godisa laeborari ya gago. Itirele dibuka tsa sega- o-boloke tse **PEDI**

1. Ntsha ditsebe 5 go fitlha ka 12 tsa tlaleletso e.
2. Letlhare la ditsebe 5, 6, 11 le 12 le dira buka e le nngwe. Letlhare la ditsebe 7, 8, 9 le 10 le dira buka e nngwe.
3. Dirisa lengwe le lengwe la matlhare a go dira buka. Latela ditaello tse di fa tlase go dira buka nngwe le nngwe.
 - a) Mena letlhare ka bogare go lebagana le mola wa dikhutlo tse dintsho.
 - b) Le mene ka bogare gape go lebagana le mola wa dikhutlo tse di tala.
 - c) Sega go lebagana le mela ya dikhutlo tse dikhibidu.



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

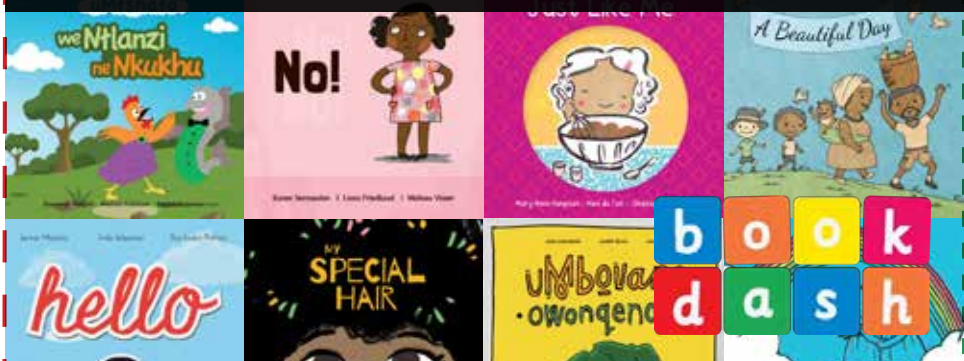
1. Take out pages 5 to 12 of this supplement.
2. The sheet with pages 5, 6, 11 and 12 on it makes up one book. The sheet with pages 7, 8, 9 and 10 on it makes up the other book.
3. Use each of the sheets to make a book. Follow the instructions below to make each book.
 - a) Fold the sheet in half along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

“Abo o le ngwana yo o bothale
ruri!” ga rialo Rremogolo. “Ke eng
se se latelang?”



“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.

Nna le matlhagathaga a leinane!

- ★ Torowa setshwantsho sa gago le tsala ya gago e kgolo lo dira sengwe se o se ratang thata mmogo. Kafa tlase ga setshwantsho sa gago kgotsa mo tsebeng e nngwe, kwala se wena le tsala ya gago lo se dirang. Kwala gape gore ke eng fa e le selo se o ratang go se dira thata. Fa o sa kgone go kwala mafoko otlhe a o batlang go a kwala, kopa mongwe go go thusa go kwala se o batlang go se bua mo tsebeng eo.
- ★ Buisa leinane gape. Dira lenaane la dilo tsotlhe tse Fatima le rremogolo wa gagwe ba neng ba di dira mmogo.

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 ke letsholo la bosetšhaba la go buisetsa monate e le go rotloetsa le go jala mowa wa go buisa go ralala Aforika Borwa. Go bona tshedimosetso ka botlalo, etela mo www.nalibali.org

“Great stuff! Now you can
see all the flowers. What’s
next?” asks Grandpa.
“Go a kgathisa! O kgona go
bona malomo otlhe fa o le
fano. Ke eng se se latelang?”
Rremogolo a botsa jalo.



What’s next?



Ke eng se se latelang?

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?

Megopolo e re ka buang ka yona: Fa o lebelela setshwantsho mme o buisa setlhogo sa leinane, o akanya gore leinane le bua ka eng? A go na le mongwe yo o ratang go dira dilo tse di monate le ene? Ke dilo dife tse o ratang go di dira le tsala ya gago e kgolo?



"I have an idea! Let's play superheroes and pick up the litter," says Fatima.

"Ke na le leano! A re tire magaka mme re olele matlakala," ga rialo Fatima.

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



Fatima o nna a tshwaregile ka sengwe!
O rata go taboga le go tshameka.



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

"Go ka nna jang ka sengwe se se tsiditsana se se monate?" Fatima a rialo.

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



Fatima o itlhaganelela go ya go robala. O tlhagafaleitse go dira selo sengwe se sesha le tsala ya gagwe e kgolo e bong Rremogolo.



Thobeka ga a ka a araba. Ben o ne a feta ka baesekele, a tshega. Gantsi Thobeka o ne a itlhokomolosa Ben fa a ne a mo rumola. Gompieno, o ne a lela. Bosigo joo, fa Phumeza a ntse a ipaakanyetsa go robala, o ne a phaphata tlhogo ya ga Bera e senang moriri. “Bera wa batho, moriri wa gago o ka se tlhole o gola gape,” a rialo.

HEARTLINES
The Centre for Values Promotion



Go bona tshedimosetso e e oketsegileng tsweetswee re romelele emeile go info@heartlines.org.za kgotsa re letsetse mogala mo nomorong ya (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 hurt us? Why or why not?

Nna le matlhagatlhaga a leinane!

- ★ O akanya gore ke ka ntlha yang fa Phumeza a ne a galefile thata jaana fa a ne a bona kafa Thobeka a kgaotseng moriri wa ga Bera ka teng?
- ★ O akanya gore go itshwarela mongwe go kaya eng? A o ka akanya ka nako nngwe e o neng wa itshwarela mongwe ka yone?
- ★ A o akanya gore go ne go siame gore Phumeza a itshwarele Thobeka? Goreng go siame kgotsa goreng go ne go sa siama?
- ★ A o akanya gore ka metlha re tshwanetse go itshwarela batho ba ba dirang dilo tse di re galefisang kgotsa tse di re utlwisang botlhoko? Goreng o akanya jalo kgotsa goreng o sa akanye jalo?

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Kgaitisadie Phumeza o ne a feta mo tseleng ka baesekele ya gagwe. “Heela, Thobeka! O kwa kae?” Ben a goa jalo. “Ke utlwa go twe o kgaola moriri gompieno. A o ka kgaola le wa me?”

Thobeka o ne a utlwile botlhoko tota. O ne a busetsa sekere sa ga Nkoko kwa khabotong ya boapelo. Go tswa foo o ne a tabogela kwa tlase kwa tshingwaneng mme a tsena mo teng ga ntlwana e mye ya dikoko. O ne a iphitlha koo letsatsi lotlhe, a utlwile botlhoko thata a sa batle go tswa.

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

Today, she cried. Usually Thobeka ignored Ben when he teased her. Thobeka didn't answer. Ben rode away, laughing. “You're cutting hair today. Will you cut my hair too?” Thobeka! Where are you?” Ben yelled. “I hear Phumeza's brother rode past on his bicycle. “Hey, she hid for the rest of the day, too upset to come out. of the garden and crept into the little henhouse. There in the kitchen cupboard. Then she ran to the bottom Thobeka felt horrible. She put Gogo's scissors back

Bear's Haircut:

A story about forgiveness



Go kgaolwa ga moriri wa ga Bera:

Leinane le le ka ga go itshwarela

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.

Megopolo e re ka buang ka yona: A o kile wa dira sengwe se se ileng sa galefisa mongwe, tota le fa o ne o sa ikaelela go dira jalo? Tlolla ka leinane leo o tlhalosa se se diragetseng.



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

“What are you doing? OH NO! You’ve cut Bear’s hair! Look what you’ve done! What a mess!”

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!”

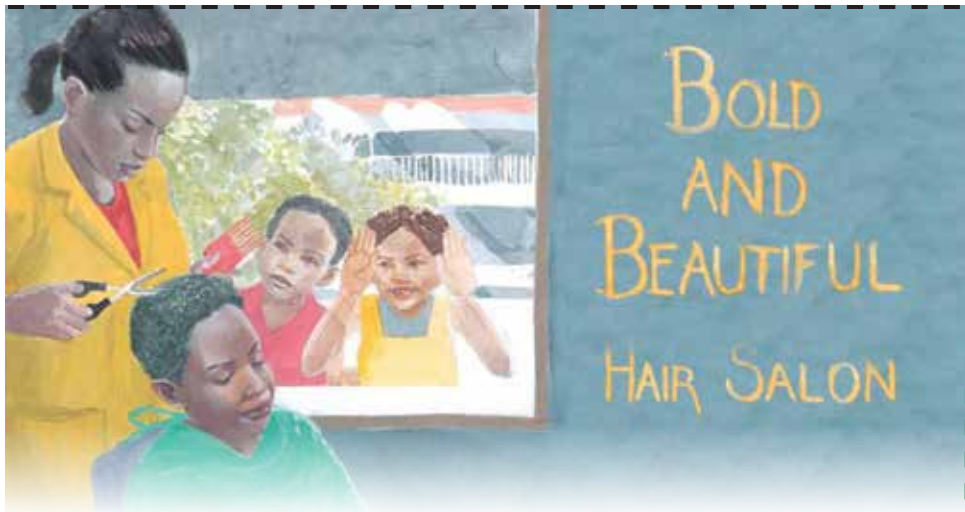
And off she went in a terrible temper.

Ka yone fela nako eo Phumeza o ne a boa a tabogile go tla go tsaya Bera. O ne a ema ka bofelo a batla a wa.

“O dirang? IJOO WEE! O kgaotse moriri wa ga Bera! Bona gore o dirile eng! O sentse tota!”

Pele ga Thobeka a ka bua sengwe, Phumeza a phamola Bera ka leoto le le lengwe mme a goa a re, “Ga nkitla ke bo ke go itshwarela. Ga o TLHOLE o le tsala ya me e kgolo!”

A bo a tsamaya a galefile tota.



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.”



Phumeza 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 Phumeza had been.

Phumeza thought about the prayer her family often said, asking God to forgive them. She felt ashamed. It wasn’t a good feeling.

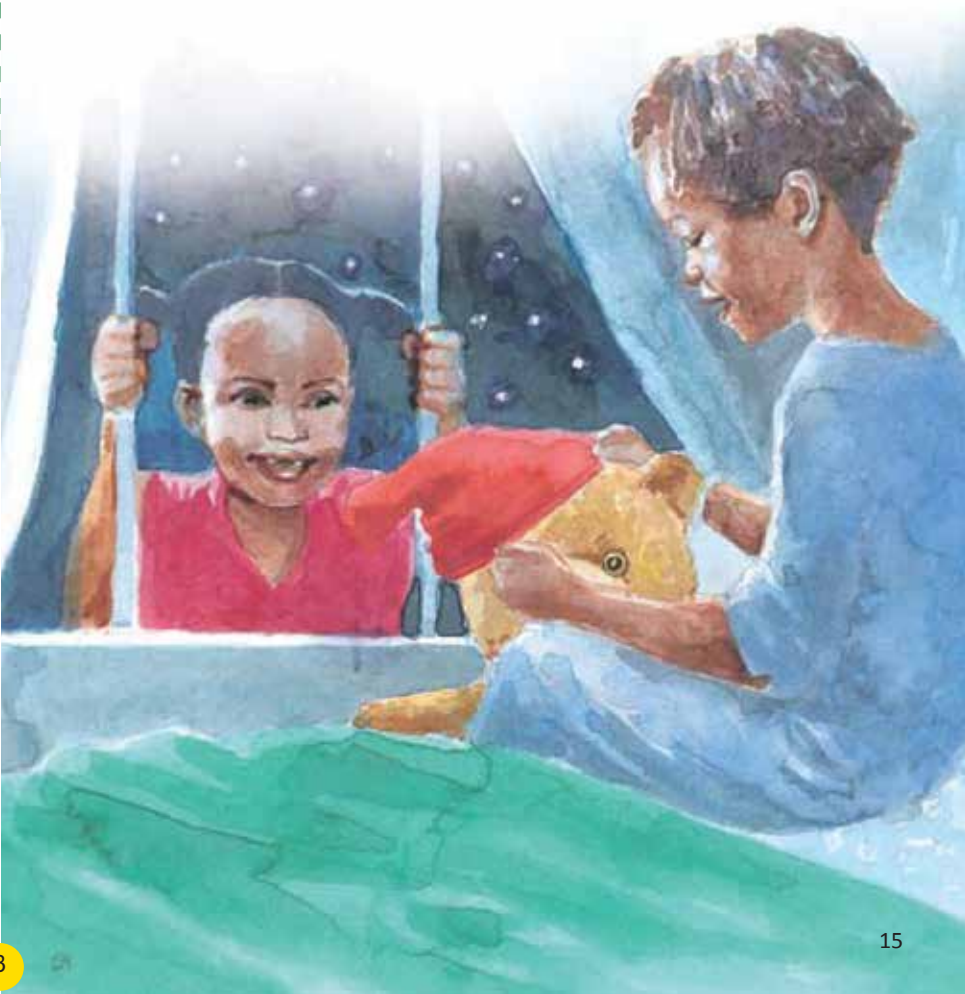
Phumeza couldn’t sleep. She was sad about Bear’s hair, but even more, her heart felt heavy and sore when she remembered Thobeka’s face. She tossed and turned and buried her face in her pillow. “I shouldn’t have shouted at Thobeka. I could see she was upset already. I said such nasty things.”

Phumeza 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 Phumeza had been.

Phumeza thought about the prayer her family often said, asking God to forgive them. She felt ashamed. It wasn’t a good feeling.

“Ke hutse e logilweng e khibidu, ke e Nkoko a neng a ntogetse yone gore ke e rwale ka mariga. E tla bipa tlhogo ya ga Bera e bile e tla tsamaisana le seaparo sa gagwe se se khibidu.”

Mme e ne e tsamaisana le seaparo sa gagwe.



Phumeza o ne a sa kgone go robala. O hutsafetse ka ntsha ya moriri wa ga Bera, mme se se mo tshwenyang le go feta, o ne a utlwa pelo ya gagwe e le botlhoko thata fa a gopola tsela e sefatlhego sa ga Thobeka se neng se ntse ka teng. O ne a tlhorega boro ko mme a tsenya sefatlhego sa gagwe mo mosamong wa gagwe. “Ke ne ke sa tshwanela go omanya Thobeka. Ke ne ke kgona go bona gore o setse a utlwile botlhoko. Ke buile dilo tse di maswe tota.”

Phumeza o ne a akanya ka letsatsi le Mama a neng a mo file dikarolwana tse pedi tsa kuku, e nngwe e ne e le ya gagwe mme e nngwe e le ya ga Thobeka. O ne a ja dikarolwana tsoopedi, fa pele ga tsala ya gagwe e kgolo. Thobeka o ne a mo itshwarela mme ga a ka a bolelela Mama kafa Phumeza a neng a le pelotshetha ka teng.

Phumeza o ne a akanya ka thapelo e gantsi e rapelwang ke balelapa la gaabo, ba kopela Modimo gore a ba itshwarele.

O ne a tlhabiwa ke ditlhong. E ne e se boikutlo jo bo monate.

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 o ne a tlamparela tsala ya gagwe ditshipi tse di thibelang magodu di ntse di tswetswe.

“Ke setse ke go itshwaretse, ke maswabi thata go bo ke go omantse le go bo ke buile dilo tse di utlwisang botlhoko jalo.”

Basetsana ba ne ba bua go fitlhela Thobeka a sa tlhole a kgona go itshwarelela mo ditshiping tse di thibelang magodu.

“Pele ga ke tsamaya,” Thobeka a rialo, “Ke tliseditse Bera mpho.”

“Ke eng?”

Thobeka o ne a baya Bera mo direpeng tsa gagwe. Sekere sa simolola go lelesela mo moriring. Moko a mogolo wa moriri o o borokwa jo bo boseslhana o ne wa fofela fa fatshe.

O ne a nnela kwa morago a lebelela. Ija, ija! Go ne go na le sebata se segolo se se senang moriri mo godimo ga tlhogo ya ga Bera. Thobeka o ne a tshwenyegile jaanong. “Ke sentse,” a akanya jalo. “Go maswe tota. Phumeza o tla akanya eng?”



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?”

Ka letsatsi la matsalo la ga Phumeza la borataro, Mama o ne a mo naya mpopi wa bera. Bera e ne e na le matlho a a phatsimang, moriri o o borokwa jo bosetlhana, nkonyana e ntsho le molomo o o nyenyang. Mo pele ga seaparo sa yone se se khibidu go ne na le mafoko a a kwadilweng ka ditlhaka tse dikgolo tse di reng: KE A GO RATA. NTHATE TLHE.

Gongwe le gongwe kwa Phumeza a neng a ya gone, Bera o ne a tsamaya le ene. O ne a rata Bera ka tsela e e batlileng e tshwana le tsela e a ratang Thobeka ka yone. Thobeka e ne e le moagelani wa gagwe wa dingwaga di le tlhano mme e bile e le tsala ya gagwe e kgolo.

Letsatsi lengwe ka thapama, Mama o ne a ya go baakanya moriri kwa salunong. Phumeza le Thobeka ba ne ba lebelela ka fensetere fa motho yo a baakanyang moriri a kgaola moriri wa ga Mama. Seno se ne sa kgaolha Thobeka segolobogolo. O ne a lebelela ka kelotlhoko fa motho yo o baakanyang moriri a ntse a kgaola moriri ka sekere se se bogale thata. Go ne go lebega go le motlhofo thata e bile go le monate.

Moragonyana, Phumeza, Thobeka le Bera ba ne ba tshameka mo jarateng. Morago ga nakwana, Thobeka o ne a tabogela mo teng ga ntlo. O ne a boa a tshwere sekere sa ga nko ko wa gagwe ka kelotlhoko. “A nka kgaola moriri wa gago?” a botsa Phumeza jalo.

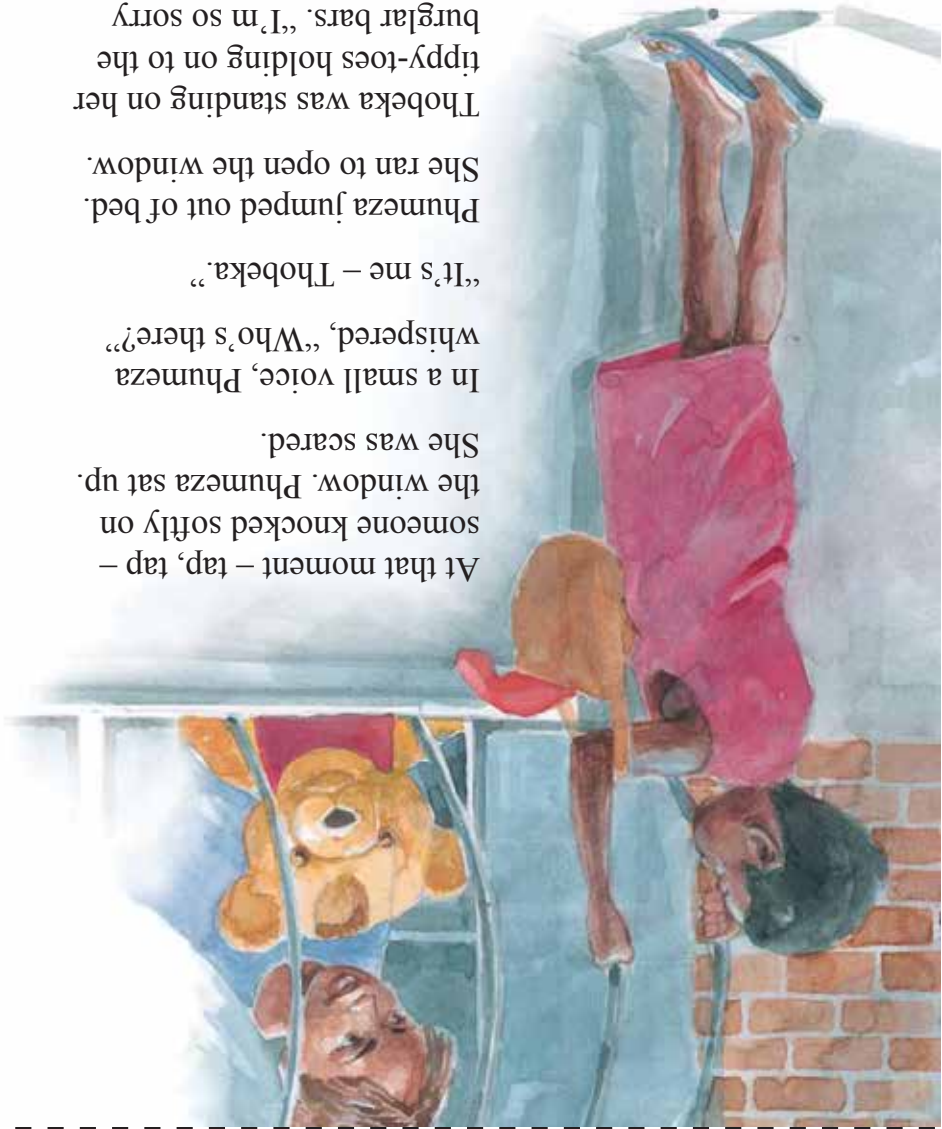
“E seng gompieno,” Phumeza a araba jalo. “Ke batla go ya gae jaanong.”



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..
Ka kwa ntle, ntsha e bong Lotto o ne a simolola go bogola.
A ntse a tsholeditse sekere sa ga Nkoko, Thobeka o ne a fologa mo ditepising tsa ka kwa morago a tsamaela kwa go yone. Lotto o ne a gadima sekere gangwe fela mme a siya a ralala tsel'a tse tse tse mogatla wa gagwe fa gare ga maoto a gagwe.
Go ne go setse fela Bera, yo o neng a sukunyeditse mo legoreng terateng ya mo tshingwaneng.



“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.
“Go siame, ke tla ya go kgaola moriri wa ga nkoko,” Thobeka a rialo, mme a taboga a ya go batla Nkoko
Ka jalo, Phumeza o ne a tlola terata a bo a ya gae ... kwantle ga go lemoga gore o tlogetse Bera a dutse mo terateng.
Fa Thobeka a tsena mo ntlong, Nkoko o ne a bua ka founo ya gagwe ya selula, ka jalo Thobeka o ne a mo tlogela.
Kgaitسادie Thobeka o ne a robetse mme o ne a tshaba go mo tsosa.
“NKA kgaola moriri wa ga mang?” Thobeka a ipotse jalo.



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.”

Ka yone nako eo – koko, koko – mongwe a kokotela kwa tlase mo fensetereng. Phumeza o ne a nna mo bolaong. O ne a boifa.
Ka lentswenyana le le tshesane Phumeza a sebaseba, “Ke mang?”
“Ke nna – Thobeka.”
Phumeza o ne a tlola mo bolaong. O ne a taboga go ya go bula fensetere.
Thobeka o ne a eme ka menwana ya maoto a itshwareletse mo ditshiping tse di thibelang magodu. Ke maswabi thata go bo ke kgaotse moriri wa ga Bera. Ke ne ke sa akanye sentle. Tsweetswe, intshwarele tlhe.”



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

“Ke eng se se latelang naana?” Rremogolo a botsa jalo. Fatima o a edimola. “Mma re ye gae.”



“What should we do tomorrow?” asks Fatima.

“Re ka dira eng ka moso?” Fatima a botsa jalo.



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



Karolo ya letsatsi la gagwe e a e ratang thata ke fa Rremogolo a goroga.

“Re tshwanetse go dira eng ka letsatsi la rona, Fatima?” Rremogolo a botsa jalo.



“Ke kgona go bona lefatshhe lotlhe
go tswa fa godimo fano,” Fatima a
goa jalo.

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



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

Ke a itse!” Fatima
a rialo. “A re ye
parakeng.”



“Hello, Fatima,” says Mum. “What
did you and Grandpa do today?”
“Dumela, Fatima,” ga rialo Mama.
“Wena le Rremogolo lo ne lo dira
eng gompieno?”



“Not much!” they
both say.

“Ga re a dira sepe
se se kalo!” ba rialo
boobabedi.

Morabaraba wa dinoga le dillere!

Snakes and ladders!

Motshameko ono o ka kgona go tshamekiwa ke batho ba le bane kgotsa ba le batlhano. O siametse thata bana ba dingwaga di le 7 go ya go 12.

Segolola motshameko le leotwana la dinomoro fa tlase fano. Di kgomaretse mo khatabokosong mme o bo o di khurumetsa ka polasitiki gore di nne di le phepa.

Kafa go tshamekiwang ka gone:

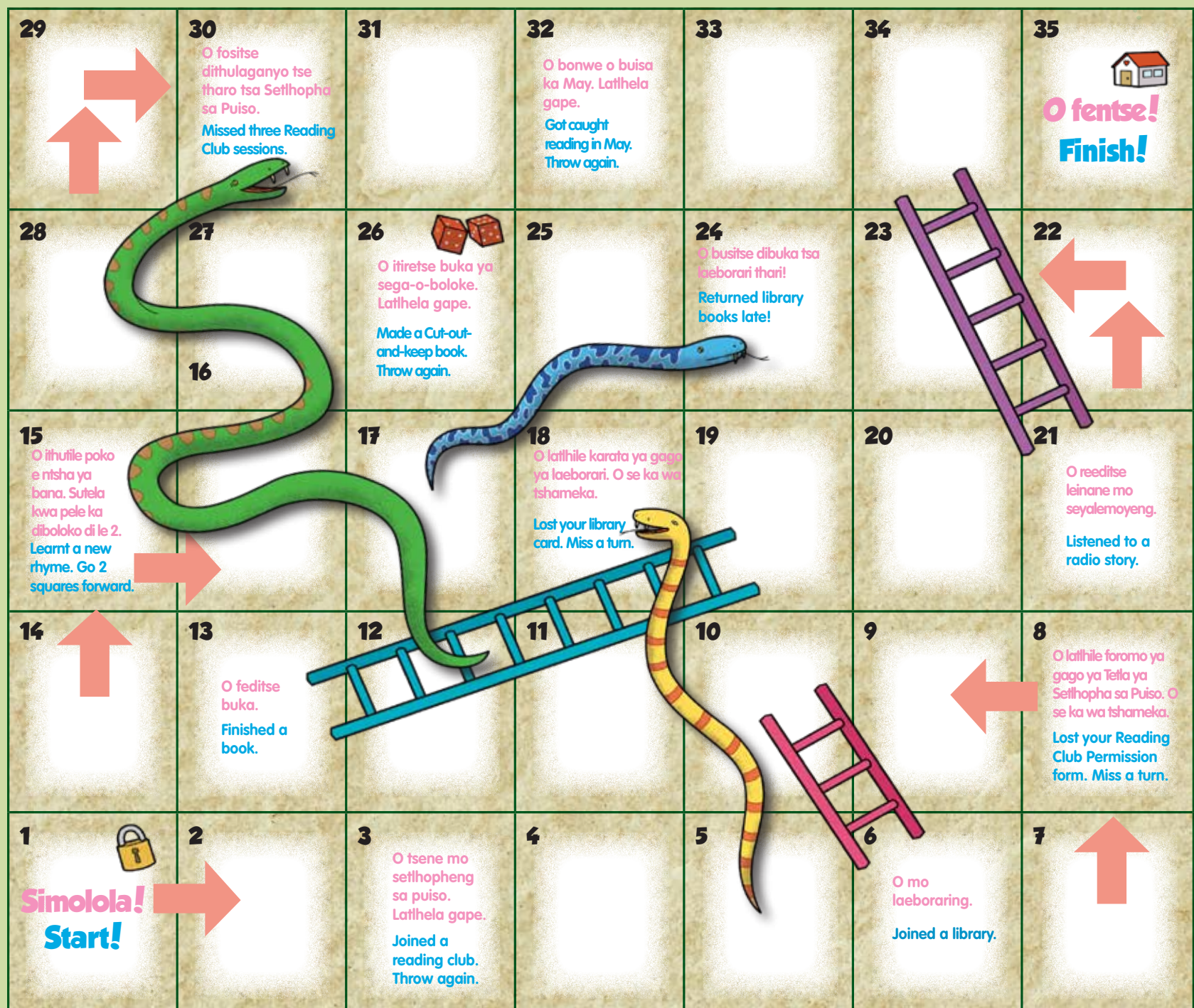
1. Motshameki mongwe le mongwe o tshwanetse go latlhela ledi kgotsa leje le lennye mo godimo ga nomoro ya 6 ya leotwana gore a simolole.
2. Morago ga foo refosanang go latlhela ledi kgotsa leje mo leotwaneng. Tsamaisa konopo ya gago mo disekwereng tsa palo eo.
3. Latela ditaelo tse di mo sekwereng se o felelang mo go sone.
4. Fa konopo ya gago e felela kwa tlase ga llere, o ka kgona go sutela kwa godimo ga llere.
5. Fa konopo ya gago e felela mo godimo ga tlhogo ya noga, o tshwanetse go fologela kwa tlase ga noga.
6. Motshameki wa ntlha yo o fitlhang mo go kwadilweng: **O Fentse!** ke mofenyi.

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.



Ditshwantsho / Illustrations: Magriet Brink and/le Leo Daly

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Letsatsi la Baatleletiki ba Sekolo sa Poraemari sa Ditshenekegi

Ka Karen Louise Olivier ■ Ditshwantsho ka Vian Oelofsen



Letsatsi la phakela le ne le phatsima thata fa Lulu a ntse a dutse mo letlhareng la bojang mo lebaleng la motshameko la sekolo sa bone. Gompiano e ne e le letsatsi la baatleletiki kwa sekolong sa Poraemari sa Ditshenekegi. Lulu o ne a itumetse thata. O ne a na le seabe mo motshamekong wa go tlolela kwa godimo. "Matsetse a kgona go tlolela kwa godimo thata!" a goa jalo fa a ntse a tlolela mo lejeng, go tswa foo a tlolela mo kalaneng mme a tlolela gape mo kaleng ya setlhare se se gaufi.

Lulu o ne a lebelela kwa tlase a le mo setlhareng mme a bona ditshenekegi tse dingwe di ipaakanyetsa go siamela ditiragalo tsa letsatsi leo. Ditshenekegi tsotlhe di ne di ikutlwa di itshepa ka gonne di ne di ntse di ikatisa thata go siamela letsatsi la gompiano.



Tsiekgope o ne a otlolela maoto a gagwe a kwa morago. "Maoto a me a nonofile thata. Ke akanya gore ke tla dira sentle mo motshamekong wa go tlolela kgakala gompiano," a rialo.

"Ke akanya gore ke tla fenyga kgaisano ya me," ga rialo lefele fa a ntse a ja senathwana sa gagwe sa bofelo sa sephaphatha mme a iphimola molomo ka lephuka la gagwe.

Dragonfly, Montsana, Notshi le Nitshi di ne tsa phaphata diphuka tsa tsone fa di ntse di ganetsana ka gore ke mang yo o ka kgonang go fofela kwa godimo thata. "Go fofela kwa godimo ke tiragalo e kgethegileng thata," ga rialo Dragonfly. "Ga se ditshenekegi tsotlhe tse di nang le diphuka, mme rona ba re nang le tsone, re kgona go fofela kwa godimo thata. Ke akanya gore ke tla fenyga sekgele gompiano."

Khukwane ya boloko o ne a itse gore a ka kgona go kgorometsa kgolokwe kgakala go feta ba bangwe ka maoto a gagwe a a kwa morago a a nonofileng. Tshoswane o ne a itse gore setlhopho sa gagwe se tla fenyga kgaisano ya lobelo la neeletsano ka gonne ba ntse ba ikatisa go fetisa thobanenyana ka dikgwedi di le dintsi. Mme Serurubele o ne a itse gore a ka kgona go fofa mo godimo ga dikgoreletsi tsotlhe mo kgaisanong ya go tlolela tshipi (steeplechase).

Lulu le ene o ne a ikutlwa a itshepa. "Ke tla tlolela kwa godimo go feta botlhe gompiano," a rialo. "Zara o akanya gore a ka nkgaisa, mme ke tla fenyga sekgele!" Mme fa a rialo Lulu a tlolela kwa godimo go tswa mo lekaleng la setlhare mme a wela ... mo sengweng se se bobowa. "Ke fa kae?" Lulu a tlhaletsa jalo a tlhakane tlhogo.

Lulu o ne a etile mogopolo mme o ne a sa bona fa Kgabo a palama mo kutung ya setlhare. Jaanong o ngaparetse mo boboweng jwa gagwe!

Go tswa foo Lulu o ne a utlwa Mohumagatsana Podilekgwana a dira kitsiso a re, "Dumelang, dumelang. Re amogela baatleletiki botlhe, malapa a bone le babogedi ba rona! Ipaakanyeng ka gonne re tla tloga re simolola. Ke kopa gore baatleletiki botlhe ba kgobokane mo gare ga lebala, tsweetswee."

Lulu o ne a utlwa babogedi ba ba modumo ba tshega, ba opa diatla le go phaphata. Lulu le boidiidi bo ne bo sa itse gore go na le digwagwa tse di iphitlileng kafa tlase ga matlhare a setlhare a a wetseng fa fatshe. Di ne di letetse fela nako e tshwanetseng ya gore di tswe di tlolela mme di simolole go ja ditshenekegi tsotlhe tse di monate!

Ka nako eo, Lulu o ne a leka go tshikinyega gore a tswe mo boboweng jwa ga Kgabo, mme go ne go bonala seo se dira dilo maswe le go feta. Mme o ne a goela kwa godimo ka mo a ka kgonang ka teng a re, "Thusang! Thusang! A mongwe a ka thusa tlhe!" Mme go ne go sena ope yo o neng a kgona go utlwa lentse la gagwe le le tshesane mo modumong wa ditshenekegi.

Morago ga foo Lulu o ne a utlwa Mohumagatsana Podilekgwana a re, "Basetsana ba ba tlolelang kwa godimo ba tla tloga ba simolola. Ke kopa gore mongwe le mongwe yo o batlang go nna le seabe, a ye kwa lefelong la go tlolela kwa godimo tsweetswee."

"Nnyaa tlhe," Lulu a goa jalo. "Ke tlile go fetwa ke diragalo ya me!" O ne a leka go ragaraga gore a tswe mo boboweng jwa ga Kgabo, mme bo ne bo kitlane thata. Lulu o ne a simolola go lela. O ne a ikatiseditse letsatsi leno thata mme jaanong a ka se kgone go nna le tshono ya go tsena mo kgaisanong.

Morago ga nakwana, Lulu o ne a utlwa Mohumagatsana Podilekgwana a re, "Basetsana ba ba tlolelang kwa godimo ba dira sentle thata. Seno ke sebaka sa ga Zara sa bofelo sa go tlolela. Mophakalego o kwa godimo thata. A re bone gore o tla kgona."

Ke fa Lulu a gopola mafoko a ga mmaagwe, "Le fa go bonala go se na tsholofelo, o ka kgona go dira leano ka metlha, Lulu."

Ka jalo Lulu o ne a loga leano le le botlhale thata. "Ke letsetse," a bua a le nosi. "Ke kgona go loma. Fa ke loma, go tla baba."

Mme ke sone se Lulu a ileng a se dira – o ne a loma Kgabo ka makgetlho a mantsi ka mo a ka kgonang ka teng.

"Itshuuu!" Kgabo a goa jalo. "Sengwe se ntomile! Go baba tota." O ne a ngapa mo go babang teng thata mo e leng gore o ne a ngapa Lulu gore a tswe mo boboweng jwa gagwe, mme o ne a tswa a fofela mo moyeng.

"Ijoou!" Lulu a goa jalo fa a fofela kwa godimo a tlolela mophakalego!

Zara o ne a sa dumele se a se bonang. "O tlhaga o tswa kae, Lulu? a botsa jalo a maketse.

Pele ga gore Lulu a arabe, Kgabo o ne a palelwa ke go itsetsepela mme a wa mo setlhareng. O ne a wela mo godimo ga digwagwa tse di neng tsa tshoga thata jaana mo e leng gore di ne tsa tlolela kwa le kwa gore di tshabe. Meruthwane e ne ya fofa mo godimo ga ditshenekegi tse dingwe go di sireletsa gore di se ka tsa jewa. E ne ya leleka digwagwa tsotlhe.

Ka ntlha ya tlhakatlhakano eo, mongwe le mongwe o ne a akanya gore Lulu o fentse kgaisano ya go tlolela kwa godimo, mme Lulu o ne a tlhamalatsa dilo, "Nnyaa, ga ke a tlolela. Kgabo o ne a dira gore ke fofele kwa godimo ga mophakalego. Zara ke ene a fentseng kgaisano ya go tlolela kwa godimo."



Mohumagatsana Podilekgwana o ne a naya Zara sekgele. "Re a go akgola, Zara, re motlotlo ka wena," a rialo. Go tswa foo a retologela kwa go Lulu. "Re motlotlo le ka wena, Lulu. O ile wa ikanyega mme wa tlhomamisa gore Zara o amogela sekgele. Mme gape o re bolokile mo digwagweng tse di bosula tsele! Ke akanya gore le wena o tshwanetlwa ke go amogela sekgele." Morago ga foo a naya Lulu sekgele sa go ikanyega le sa go nna pelokgale. Mongwe le mongwe o ne a opa diatla, mme Zara o ne a tlamparela Lulu ka lorato.

Kwa bofelong jwa letsatsi, ditshenekegi tsotlhe di ne tsa dumalana gore ruri e ne e le letsatsi la baatleletiki le le tletseng ka ditiragalo tse dintsi go gaisa le di kileng tsa nna mo go lone!

Nna le matlhagatlhaga a leinane!

- ★ Dira lenaane la ditshenekegi tsotlhe tse di mo leinaneng. (NTLHA E E KA THUSANG: Go na le ditshenekegi di le 12.)
- ★ Torowa tshenekegi e o e ratang mme o bo o kwala RATA kafa tlase ga setshwantsho se o se torowileng.

- ★ Jaanong torowa tshenekegi e o sa e rateng mme o bo o kwala GA KE E RATE kafa tlase ga setshwantsho se o se torowileng.
- ★ Tlhopho tshenekegi le fa e le efe. Dirisa letsopa, Peresitiki kgotsa taka go dira bopego ya tshenekegi eo.



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.



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.







Kwala leinane la gago le
le khutshwane le le buang
ka mosadi mongwe kgotsa
mosetsana mongwe yo
o kileng a go thusa ka
bothata bongwe jo o neng
o na le jone. O ka simolola
leinane la gago jaana: **“Nka
rarabola jang bothata jwa
me? Ka lesego, gantsi nka
botsa ...**

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 ...”**

[illegible]

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**UMLAZI
EYETHU**

POLOKWANE
OBSERVER
Tšhomo ya tšhomo ya tšhomo ya tšhomo