

# Go ema nokeng thuto ya bana kwa gae: kaedi ya bathokomedi

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### Kaedi e e ka ga eng?

Kaedi e ke ya mongwe le mongwe yo o dulang le bana. E kgaogantswe ka dikarolo di le tharo.

Karolo ya 1 e neela kitsiso e e maleba ka Covid-19 go tshola balelapa la gago ba babalasegile mo bolwetseng jo. Karolo ya 2 e go fa kemonokeng le maele go thusa bana go ithuta kwa gae fa dikolo di tswadilwe. Karolo ya 3 e fa kaelo ya go baakanyetsa ditirwana tsa letsatsi le letsatsi.

### Karolo 1: Ka ga Covid-19

#### Covid-19 ke eng?

Covid-19 ke bolwetsi jo bo tshelanwang jo bo tlhodiwang ke mofuta o mošwa wa mogare wa khorona o e leng gone o lemogwang. Covid-19 ke bolwetse fela jaaka mofikela. Go le gantsi e ama karolo ya rona ya mafatlha.

#### Mogare wa khorona o ka go tsena jang?

- O ka tsenwa ke mogare ka go nna gaufi le motho yo o tshwaetsegileng.
- Fa motho yo o tshwaetsegileng a ethimola kgotsa a gotlhelela gaufi le wena, marothwana a a nang le mogare a ka fetela mo mmeleng ka matlho a gago, molomo kgotsa nko. Tota le go bua go ka anamisa mogare.
- Fa o tshwara mo godimo ga dilo di tshwana le ditafole, dikhaontara, mekgothi ya ditswalo, dikhurumelo tsa matlwanaboithusetso kgotsa ditepe tse di nang le mogare mme wa itshwara sefatlhego, mogare o kgona go tsena mo mmeleng wa gago.

#### Ke matshwao a fe a a bontshang gore o na le mogare wa khorona?

O ka nna le khorona mme wa tlhoka matshwao gotlhelele, mme gape o ka itemogela nngwe kgotsa tse dintsi tsa tse:

- go gotlholo go go omeletseng
- mogote
- mometso o o botlhoko

- letsapa
- go hema ka thata.

#### Mogare o ka go lwatsa jang?

Go batho ba le bantsi, bolwetse bo mo magareng. Fela batho ba dingwaga tse di kwa godimo ga 60 le ba ba nang le malwetse a a jaaka TB, sukiri, madi a a kwa godimo, bolwetse jo bo sa foleng jwa makgwafo kgotsa bolwetse jwa pelo ba ka lwala thata. Batho ba ba nang le mogare wa HIV ba ba tlodisang go nwa ditlhare tsa bone ka nako le bone bana le kamego e e kwa godimo.

#### Magatwe ka ga Covid-19

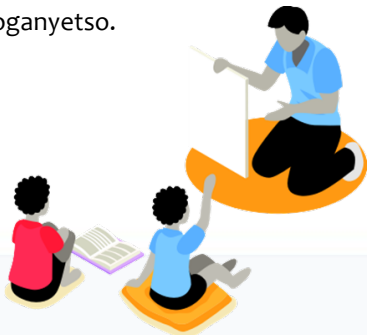
Go na le tshedimose tso e ntsi e e fosagetseng ka ga mogare o.

- GA SE bolwetse jwa bahumi.
- GA SE bolwetse jwa basweu kgotsa Matšhaena.
- Mogare o kgona go tshela mo mafelong a a molelo.
- Go nwa gemere, galiki le lemone GA GO KITLA go fodisa Covid-19.

### Re ka itshireletsa jang?

Go na le melawana e merataro ya botlhokwa e rotlhe re tlhokang go e sala morago.

1. Tlhapa matsogo a gago ka sesepa le metsi gangwe le gape, sebaka sa metsotswana e le 20.
2. O se tshware sefatlhego sa gago ka matsogo a a sa tlhapiwang.
3. Gotlholela le go ethimolela mo thišung kgotsa mo sekgonong sa gago. Latlhela ka kelotlhoko thišu ya gago e o dirisitseng.
4. Fa o le kwa ntle ga ntlo ya gago, ema bonnye bogolo jwa dimetara di le 1,5, go tswa go ba bangwe.
5. Rwala mamatlhwana fa o tswa mo ntlong kgotsa fa o tlhokomela mongwe kwa gae yo o lwalang.
6. Nna kwa gae fa o lwala. Ikgolaganye ka mogala wa bosetšhaba wa Covid-19 (0800 029 999 /WhatsApp: 0600 123456) kgotsa le modiri wa gago wa tsa pholo ka nako ya tshoganyetso.



### Goreng re tshwanetse go rwala mamatlhwana?

Batho ba ba nang le mogare wa khorona ga ba na matchwao ka jalo go le gantsi ga ba itse gore ba na le yone. Tsela e e siameng ya go itshireletsa le go sireletsa ba bangwe ke ka go rwala mamatlhwana fa re tswa ka magae a rona.

Badiri ba tsa pholo ba tlhoka go rwala bomamatlhwana ba ba kgethegileng ba ba bidiwang Ng5. Mongwe le mongwe o tlhoka go rwala bomamatlhwana ba masela ba ba nang le dikarolo tse tharo, fa go kgonagala. Fa o sena mamatlhwana, o ka nna wa tswalela molomo wa gago le nko ka sekhafo kgotsa sekipa.

### Maele ka ga go dirisa mamatlhwana

- Netefatsa gore a khurumetsa nko ya gago le gore molomo o lekana sentle. Ga go a tshwanela go nna le diphatlha fa gare ga sesirasefatlhego le sefatlhego sa gago se se tlaa letlang marothwana go tsena.
- Fa o fetsa go rwala mamatlhwana, o seka wa se tshwara.

- Fa o rola mamatlhwana wa gago, tshwara megala fela.
- Tlhatswa mamatlhwana ka metsi a a molelo a sesepa letsatsi le letsatsi.

### Totlelo ke eng?

Totlelo ke nngwe ya ditsiboso tse tlhano tse puso e di dirisang go thibela Maaforikaborwa a mantshi go lwatswa ke Covid-19. Totlelo e raya gore Maaforikaborwa otlhe a tshwanetse go nna kwa gae ntle fela le fa:

- ba diragatsa ditirelo tsa botlhokwa
- ba tshwanetse go reka dijo, didiriswa tsa phepafatso, didiriswa tsa iphepafatso le ditlhare
- ba ya go batla thuso ya pholo
- ba ya go tsaya madi a thuso ya bagodi le bana.

Ditsiboso tsotlhe di beilwe go iketlisa go anama ga Covid-19 magareng ga batho. Fa batho ba sa tlatlale, go nna thata gore mogare o ba tsene. Go nna kwa gae ke tsela e e siameng ya go emisa go anama ga mogare mme fela gape go thata

gore batho ba dire se fa matlo a bone a le mannye ebile ba sa kgone go nna le letseno.

**Tsweetswee Tlhokomela: Tshedimosetso ka ga totlelo e fetoga gangwe le gape go ya fela gore kanamo ya mogare e kgonagala jang go fokodiwa, fela tshedimosetso yotlhe mo bukaneng e ga e fetoge.**

**Go diragala eng fa o tlola melao ya totlelo?**

Go tlola melao ya totlelo go tshwana fela le go tlola molao. O kgona go tshwarwa le/kgotsa go atlholwa.

**Diphitlho tsone?**

Ga go a letlelelwa palo e e fetang batho ba le 50 mme meletelo e ileditswe. O ka ya phitlhong, fela o tshwanetse go latela melao e le merataro ya botlhokwa go thusa go emisa kanamo ya mogare.

**A re ka dira ka nako ya totlelo?**

O ka ya tirong fela fa o ntsha lekwalo la tetla la ditirelo tsa botlhokwa. Badiri ba ditirelo tsa

botlhokwa ba tlaa bona lekwalo la tetla kwa bathaping ba bone go netefatsa seo mme ba tshwanetse go le tshwara mo go bone fa ba tswa ka ntlo. Batho ba le bantsi ga ba kitla ba kgona go ya ditirong ka nako ya totlelo.

**Re tshwanetse go dira eng ka nako ya tshoganyetso?**

Ikgolaganye le ditirelo tsa tshoganyetso. Di ntse di butswa, go akaretsa ditlilini le maokelo.

**O tshwanetse go tsaya teko ya Covid-19 leng?**

Go botlhokwa gore o tsewe teko ya Covid-19 fa o lwala kgotsa mongwe yo o gaufi le wena a lwala ka gonne:

- o ka bona tlhokomelo e e maleba le kgakololo go go thusa go tokafala le go tshola balelapa la gago ba sireletsegile.
- re ka tsholana re sireletsegile. Go botlhokwa go itse gore a o na le Covid-19 (le fa e le gore ga o lwala thata), se se tlaa go thusa go nna kelotlhoko gore o se anamise mogare go ba

bangwe, bogolo jang batho ba ba ka lwalang thata, jaaka bonkoko le borremogolo.

**Karolo ya batsadi le batlhokomedi ba bangwe ke eng?**

Leuba la Covid-19 ke nako e e thata mo malapeng otlhe go ralala Aforikaborwa, mme lelapa lengwe le lengwe le na le dikgwetlho tse le lebaneng le tsone. Maikarabelo a gago a pele ke go tshola bana ba gago ba bolokesebile e bile ba tlhokomelesebile. Ka dinako dingwe fa bagolo ba le mo kgatelelong, ba kgopisega ka bonako. Bana ba gago le bone ba ka tswa ba le mo kgatelelong kgotsa ba etsaetsega mo nakong e. Ba ka palelwa ke go arogana maikutlo a bone le wena fa o bonala o kgopisegile. Leka go:

- dirisa puo e e agang fa o bua le bana ba gago kgotsa mo pele ga bone
- laletsa bana ba gago go go bolelela gore ba ikutlwa jang
- dirang dilo tse di itumedisang mmogo
- ba laletse gore ba thuse go arogana mmogo ditiro tsa fa lapeng.

Gape o ka ema nokeng bana ba gago ka go dira ditirwana tse di atlanegisiwang mo kaeding e. Dikolo di tllile go dira mananeo a tshalelomorago fa dikolo di bulwa. Gakologelwa: go botlhokwa gore bana ba tswelele go ithuta mme sekolo sa bana ba gago se ka ba romelela tiro, fela ga o a tshwanela go nna morutabana wa bone!

## **Karolo 2: Go ema thuto ya gae ya bana nokeng**

Le fa e le gore ditirwana mo kaeding e di kgaogantswe ka go ya ka dingwaga tsa bana tse di farologaneng, tse dingwe di ka itumelelwa ke lelapa lotlhe. Sekao, fa lelapa le ka dira lenaneo la letsatsi la mainane, mongwe le mongwe a ka tsaya karolo ka go arogana mainane. Fela, go botlhokwa gape go rulaganngwe ditirwana go ya ka dingwaga tsa bana ba gago gore ba tle ba kgone go bona kemonokeng e ba ka e tlhokang ka kgato ya bone ya tswelelopele.

### **Dikakanyo (maele) tsa ba dingwaga di le o go ya go 3**

Bana ba ba ratiwang ke ba ba itumetseng mme fa bana ba ikutlwa ba itumetse ba sireletsegile, go thusa gore ditlhaloganyo tsa bone di gole sentle. Dingwe tsa dikakanyo tse o ka di tsenyang tirisong go thusa bana go gola sentle ke tse.

- Netefatsa gore o nna le bone letsatsi le letsatsi.
- Tshameka metshameko ya bone e ba e ratang thata.
- Bua ganwe le gape le bone.
- Ba reetse sentle.
- Ba bolelele gore ke eng o itumelela go nna le bone.

Masea le bana ba ithuta ka go dira ditirwana tse di farologaneng le wena le bomogoloabone. Ba itumelela go opela dipina, go tshameka metshameko, ba bua merumo, ba reetsa mainane, ba anela mainane, ba thala le, go dira ekete ba a buisa le go kwala.

### **Dipina, metshameko, le merumo**

A o gakologelwa metshameko e o neng o e tshameka fa o ne o le ngwana? A o gakologelwa monate o o neng wa o ja, le se o se ithutileng o sa se lemoge? Ke dipina dife tse o neng o rata go di opela le merumo efe e o neng o rata go e dira? Arogana metshameko e, dipina le merumo le bana ba gago. Dirisa mmele wa gago le ditiragatso tse dingwe tse di tsamaisanang le mafoko a dipina le merumo fa o ntse o a opela kgotsa o e dira.

### **Goreng re dirisa dipina, merumo le metshameko**

- Di godisa bokgoni jwa bana jwa puo.
- Di thusa go godisa botshepegi le go thatafatsa tshwaragano magareng ga bagolo le bana.
- Di aga go itshepa le go itseelagodimo, mme le go thusa bana go iketla.
- Bana ba ithuta bonolo ka go tshameka le go itumela.

### Go arogana dibuka

Goreng re tshwanetse go arogana dibuka le masea a a seng a kgone go bua, kgotsa le bana? Ka gonne ke tsela e ntle thata ya go itsane, go aga puo ya bone le go ba thusa go ithuta ka ga lefatshe.



- Go fitlhela masea a itse go dula ka boona, go bonolo go a baya mo godimo ga gago o ikaegile ka mokwatla le go tshwara buka mo pele ga one.
- Dibuka tse di nang le ditshwantsho tse di bonolo kgotsa dinepe tsa difatlhego tsa masea a bana di siametse masea.
- Arogana dibuka le lesea kgotsa ngwana wa gago ka ditsela tse di dirang gore le ene a tseye karolo le ka go mo akaretsa.

- Kaya le go bitsa ka maina dilo tse di mo dibukeng. Bua ka ga se mmogo lo se bonang mo ditshwantsong. Go dira se go thusa gore ba ithute mafoko le go ithuta ka lefatshe le le ba dikaganyeditseng.
- Botsa dipotso. Le fa e le gore ga ba kgone go araba, go ba fa tšhono ya go akanya ka ga karabo go thusa kgolo ya bone.

### Go bua mmogo

Go nna le puisano le bana ba gago go botlhokwa. O tla fitlhela e le gore ba botsa dipotso di le dintsi tsa 'goreng'. Nna pelotelele mme o ba rotloetse ka go ba tthalosetsa ditsela tse dilo di dirang ka tsone. Nako nngwe le nngwe fa o bua ka ga ditsela tse dilo di diriwang ka tsone kgotsa goreng re dira dilo, o aga tlotlofoko ya bana ba gago le kitso ya bone ya lefatshe.



- Sekao, fa ka nako ya dijo ngwana wa gago a bo a re merogo e a e ratang thata ke digwete, o ka nna wa mmotsa gore, "A o ne o itse gore digwete di gola mo tlase ga motlhaba!"
- Fa ngwana wa gago a kaya nko e telele ya tlou mo setshwantsong, o ka nna wa mo raya wa re, "Ee e bidiwa setlopo mme tlou e se dirisa go itlhapisa le go fitlhelela dijo."
- Fa ngwana wa gago a tshameka ka ditshamekisi mo metsing, o ka bua ka ga dilo tse di kokobalang le tse di nwelang.
- O seka wa ba wa palelwa ke go bolelela bana ba gago gore ga o itse karabo ya potso. Ba bolelele gore o tlaa batlisisa mme o ba bolelele karabo moragonyana. Se se ba thusa

go tlhloganya gore bagolo ga se ka gale ba na le dikarabo ka dinako tsotlhe le gore le rona re ntse re ithuta.

### Ditirwana tsa dipalo

- Go botlhokwa go ruta bana dilo di tshwana le bogolo le bonnye, go tlala le lolea, fa o bua le bone. Sekai, fa o jesa kgotsa o tlhapisa ngwana wa gago, o ka tshameka ka mafoko jaaka 'lebolotlolo le le tletseng/lolea', sekotlele se se 'tletseng/lolea'.
- Kgobokanya dikhurumelo tsa mabotlolo le bana ba gago mme o di dirise go ba ruta go bala.
- Bua ka ga ditokololo tsa lelapa mme lo di bale mmogo: rre o motelele, kgaitsemi o mokhutswane, bomorwarre ba le 2, bokgaitsemi ba le 3.

### Dikakanyo (maele) tsa ba dingwaga di le 3 go ya go 6

### Ditirwana tsa puo le kitso ya go buisa le go kwalwa

- **Dipina le merumo.** Opela/bua dipina le merumo kadi/puogae tsa bana ba gago le ka puo e nngwe ya tlaleletso. Kwalolola mafoko a pina kgotsa morumo mme o a kaye fa o opela kgotsa o a bua.
- Le fa e le gore bana ba gago ga se ba kgone go buisa kgotsa go kwalwa, go bona mafoko a a kwadilweng a dirisiwa go ba thusa go tlhloganya gore se re se buang se kgona go kwalwa le go buisiwa, gangwe le gape.
- **Go ithuta ka mebele ya rona.** Tshameka metshameko ya go bitsana mmogo, jaaka o: *Lizzy, Lizzy, fudua bogobe ... ka letsogo la gago la moja/ ka letsogo la gago la molema/ka leoto la gago la moja/ka leoto la gago la molema.* Dirisa matsogo le maoto a gago go diragatsa fa o bua mafoko a.
- **Anela mainane.** Beela kwa thoko nako letsatsi le letsatsi go anela bana ba gago leinane. Dira gore le itumedise ka go dirisa lentswe la gago, matsogo le sefatlhago go natefisa. Akaretsa bana ba gago ka go botsa

dipotso le go reetsa dikarabo tsa bone.

Boeletsa mainane a bone a ba a ratang thata gantsintsi fela jaaka ba a kopa!



- **Buisa dibuka.** Buisa le bana ba gago nako le nako mme o tlaa bona jaaka ba ithuta go le gontsi le se ba ka se dirang ka dibuka! Tlhopha dibuka tse o di ratang, mmogo le tse ba di tlhopang.

### Maele ka go arogana dibuka

- Buisa setlhogo sa buka le leina la mokwadi le la motshwantsi.
- Buisa ka matlhagatlhaga jaaka o ka kgona.

- Ela tlhoko se bana ba gago ba se kgatlhegelang. Nna le kgatlhego fa o araba se ba se buang. Sekao, fa ba kaya tamati mme ba re, “Bona apole!” o ka re, “Ee, e khibidu jaaka apole, fela a o akanya gore e ka nna tamati?”
- Botsa dipotso tse di thusang bana ba gago go akanyetsa kwa teng ka leinane. Sekai, “Se se go gopotsa eng?”, “O akanya gore goreng a dirile se?”, “O ne o ka bo o dirile eng?” le “O akanya gore go ne go tlaa direga eng fa ...”
- Laletsa bana ba gago go ‘buisa’ (bua) dipolelo tse di boeletswang le mafoko le wena. Sekai, “Ke tla butswela ke butswela mm eke fokisetse ntlo ya gago mo fatshe” kgotsa ‘Kwe, kwe, kwe, kwe’.

### Ditirwana tsa dipalo

- **Merumo le dinomoro.** Bua dinomoro tsa merumo mmogo mme lo diragatse fa lo di bua.

### **Nngwe, pedi, gata setlhako**

*Tharo, nne, thuntsa lerole*

*Tlhano, thataro, six mabone*

*Supa, robedi terena ya tla*

*Lesome, thula mabota.*

### **Nonyane tse pedi godimo ga setlhare**

*E nngwe Mantsho, e nngwe Mosweu*

*Fofa Mantsho, fofa Mosweu*

*Boa Mantsho, boa Mosweu.*

### **Divoroso tse lesome tse di nonneng di gadikega**

*mo paneng,*

*E nngwe ya re ‘Pop!’ mme e nngwe ya re ‘Pha!’*

*Divoroso tse robedi tse di gadikegang mo paneng,*

*E nngwe ya re ‘Pop!’ mme e nngwe ya re ‘Pha!’*

*(Tswelela go fetola dinomoro tsa divoroso.)*

- **Go dirisa dinomoro.** Laletsa bana ba gago go bala go tloga go 1 go isa go 10. Se se ba thusa go tlhaloganya tatelano ya dinomoro. Ba thuse go ithuta ka dinomoro ka go re, “Tweetswee ntlele ka diapole tse tlhano. Fa

re di kgaoganya magareng ga Mme, Rre le wena a di tlaa lekana? A go tlaa nna le tse di salang?”

- **Tshwantshanya bogolo.** Thusa bana ba gago go sala morago motlhala wa maoto a mongwe le mongwe kwa lapeng mme o segolole setshwantsho sa leoto lengwe le lengwe. Ba thuse go kwala leina la ‘mong wa setlhako’ mo leotong lengwe le lengwe. Mmogo bayang ka tatelano maoto a dipampiri go tloga ka bogolo go ya ka bonnye. Botsa dipotso jaaka “Ke mang a nang le maoto a magolo/mannye?”, “A motho o motelele/khutswane go feta le ene o na le maoto a magolo/mannye go feta? Goreng o akanya gore go ntse jalo?” Gape o ka bapisa bogolo jwa dilo tse dingwe kwa lapeng, jaaka ditulo le ditafole.
- **E lekanye.** Bontsha bana ba gago gore ba ka dirisa matsogo a bone jang go lekanya botelele le/kgotsa bophara jwa dilo tse di farologaneng kwa lapeng. Sekao, “Go tsaya matsogo a lona a se kae go lekanya go kgabaganya tafole ya rona?”



- **Latela ditaelo.** Tshameka motshameko wa ‘Sipho a re’ mo mongwe le mongwe o tshwanetseng go latela ditaelo tse di tlang morago ga mafoko, “Sipho a re... (Sekai: “Sipho a re, ‘ema mo setulong’.”) Fa o latela taelo e e sa simololeng ka “Sipho a re...” (sekai, Nna mo *tlase* ga tafole.”) jaanong o tshwanetse go nna motho yo o fang ditaelo. Mafoko a o tshwanetseng go a dirisa ke: *mo teng, mo pele ga, mo, mo tlase, mo gare, mo morago, mo thoko, tloga mo, mo godimo ga, go feta, mo gare ga, kwa ntle ga.*

### Ditirwana tsa Dikgono tsa Botshelo

- **Go dirisa bokgoni jwa rona jwa go nkelela.** Tshameka motshameko wa go fopholetsa le bana ba gago. Ntle le go bona, tsenya dijo tsa monkgo o o bogale mo dijaneng tse dinnye – sekai, aseine, dipanana, pepere ya poeri, kofi. Dirisa sekhafo kgotsa lesela go tswala bana ba gago matlho. Jaanong ba botse gore a ba kgona go fopholetsa gore ke eng se se mo sejaneng sengwe le sengwe ka go se nkg.

- **Go dirisa bokgoni jwa rona jwa go tshwara.** Tshameka motshameko o mongwe wa go fopholetsa. Ntle le go bona, baya dilwana di se kae tse dinnye tse di sa thubegeng (jaaka leswana le boratšhe jwa meno) mo selopong. Kopa bana ba gago go tswala matlho a bone mme ba ntshe sengwe mo selopong. Ba ka fopholetsa gore ke eng fela ka go se tshwara?
- **Go dirisa bokgoni jwa rona jwa go utlwa.** Tlatsa dibeeletsi tse dinnye ka dilo tse di farologaneng jaaka motlhaba, matlapa, dibaga le/kgotsa dikhurumelo tsa mabotlolo. A ba ka fopholetsa gore ke eng se se mo sebeeletsing sengwe le sengwe? Botsa, “A e dirile modumo o o kwa godimo kgotsa o o kwa tlase? Goreng o akanya gore e dirile modumo o o kwa godimo/kwa tlase?”
- **Nnang lo le mmogo.** Itumeleleng go tshameka motshameko o lo refosanang go ntsha ditaelo tsa go ‘kgomaretsa’ dikarolo tse pedi tsa mmele mmogo! Sekai, fa mongwe wa lona a re “sekgono mo lengoleng” jaanong mongwe le mongwe o

tshwanetse go itshwara lengole le le lengwe ka sengwe sa dikgono tsa gago.

- **Motshameko wa metsi.** Ka nako ya go tlhapa, naya bana ba gago dibeeletsi tsa polasetiki tsa bogolo le sebopego tse di farologaneng go tshameka ka tsona mo metsing. Ba tlile go nna le nako e ntsi e e itumedisang fa ba ithuta megopolo e e botlhokwa ya saense le dipalo jaaka tlala/lolea, bontsi/bonnye le gore dilo tse di metsi di tsaya sebopego sa sebeeletsa se di leng mo go sona. (Gape o ka dira se ka dinako tse dingwe ka go abela bana ba gago kgamelo e kgolo kgotsa sejana sa metsi.) Netefatsa gore wena kgotsa mongwe ka gale o baya leitlho bana ba ba tshamekang ka metsi.



- **Aga lelapa.** Fa bana ba gago didiriswa tsa kgale (jaaka mabokoso a dijo, mabokoso a mmetšhisi, dikhurumelo tsa mabotlolo, mabokoso a mae), theipe e e kgomaretsang/sekgomaretsi le sekere. Tshitshinya gore ba agele setshedi se sennye lelapa, jaaka seboko, peba kgotsa setshedi sa maitirelo. Fa ba feditse, kopa bana ba gago go go bolelela ka ga lelapa le ba le dirileng.

## Maele a ba dingwaga di le 6 go ya go 9

### Ditirwana tsa puo le kitso ya go buisa le go kwala

- **Kanelomainane le go buisa mainane.** Tlhopa leinane le le tlaa itumedisang bareetsi ba gago le siametse dingwaga tsa bone. Fa o anela leinane, simolola ka le o le itseng sentle. E ka nna leinane le o le boleletsweng o le monnye kgotsa le o itumeletseng go le buisa. Thusa go dira ditshwantso mo ditlhaloganyong tsa bareetsi ka go dirisa mafoko a a gatelelang se o buang ka ga

sone. Akaretsa dipotso (sekai, “O akanya gore go diragetse eng se se latelang?”) le



dipina tse di gogelang bareetsi ba gago go nna karolo.

- **Reetsa mainane.** Mmogo jaaka lelapa, reetsang mainane mo seyalemoweng. O ka bona mainane a bana mo mananeong a

|   |   |  |  |
|---|---|--|--|
| <b>Ikekewzi FM</b><br>Mon, Wed & Fri: 09:45<br>IsiNdebele   | <b>Thobela FM</b><br>Tues & Thurs: 2:50pm<br>Sun: 07:50am<br>Sepedi | <b>Phalaphala FM</b><br>Mon, Tues & Wed: 11:15<br>Tshivenda        | <b>Munghana Lonene FM</b><br>Mon, Wed & Fri: 09:35<br>Xitsonga |
| <b>Ukhozi FM</b><br>Wed: 09:20<br>Sat: 08:50<br>IsiZulu     | <b>Lesedi FM</b><br>Mon, Tues & Thurs: 09:45<br>Sesotho             | <b>Umhlobo Wenene FM</b><br>Mon, Tues & Wed: 09:30<br>Isixhosa     | <b>SA FM</b><br>Mon, Wed and Fri: 13:50<br>English             |
| <b>Ligwalagwala FM</b><br>Mon, Tues & Wed: 09:10<br>SiSwati | <b>RSG</b><br>Mon, Tues & Wed: 09:10<br>Afrikaans                   | <b>Motsweding FM</b><br>Mon, Wed & Fri at 9:20 – 9:30.<br>Setswana |  |

mainane a bana a Nal’ibali mo diyalemoweng tse:

- **Go kwala le go thala.** Morago ga gore bana ba gago ba reetse leinane, maele a mangwe a go kwala le go thala a ba ka a lelang ke a:
  - Kwala le go opela pina ya nnete e e anelang leinane.
  - Thala setshwantso sa tulo ya leinane. O akanya gore ke eng mokwadi a tlhophetse leinane lefelo le?
  - Thala motsayakarolo go tswa mo leinaneng. Dira lenaane la ditiro tsotlhe tsa batsayakarolo botlhe go tswa mo leinaneng. Dirisa lenaane go go thusa go swetsa gore a motsayakarolo ke “mosiami” kgotsa “maswe”. Kwala polelo e e tlhalosang gore o ikutlwa jang ka ga modiragatsi.
- **Itirele buka ya leinane.** Latela dikgato tse go dira mmogo jaaka lelapa go dira buka ya leinane.

- Mmogo swetsang gore leinane le tlaa nna ka ga eng – sekai, leinane ka ga lelapa le le ileng mabenkeleng ka nako ya totlelo. Akanya ka ga gore leinane le diragala kae, badiragatsibagolo ke bomang, mathata a mo leinaneng ke afe le gore a rarabololwa jang, bokhutlo jwa leinane.
- Anelang leinane mmogo.
- Dira buka e e senang sepe ka go mena matlhare a pampiri a mmalwa ka halofo.
- Tlhopa mongwe wa lelapa go kwala karolo nngwe ya leinane mo tsebeng nngwe le nngwe ya buka e e sa kwalelang sepe fa mongwe le mongwe a anela leinane gape.
- Letla mongwe le mongwe go fapaanela go thala ditshwantso mo bukeng ya leinane.
- Itumeleleng go buisa leinane mmogo!

### Ditirwana tsa dipalo

- **Dira khalendara ya malatsi a matsalo.**  
Laletsa bana ba gago go dira khalendara ya

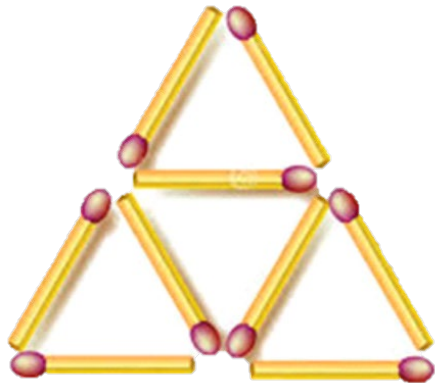
malatsi a matsalo. A ba dirise matlhare a le 12 a pampiri – ya kgwedi nngwe le nngwe. Tshitshinya gore mo pampiring nngwe le nngwe ba kwale leina la kgwedi le malatsi a matsalo a ditsala le ditokololo tsa bona tsa lelapa tse di welang mo kgweding eo. Ba rotloetse go kgabisa dikhalendara tsa bone ba dirisa sekaelo se se farologaneng ka kgwedi e nngwe le e nngwe. Fa dikhalendara tsa bone di fedile, tsaya nako lo buisane mmogo ka tsona – seka, o ka nna wa re, “A re boneng gore ke kgwedi efe e e nang le malatsi a matsalo a mantsi/mannye?”, “Ke batho ba ba kae ba ba golang ka letsatsi la bo 9 mo kgweding?”, “Nkoko o tlile go nna dingwaga tse kae ka letsatsi la gagwe la matsalo le le latelang?”

- **Eyang marekelong kwa gae.** Wena le bana ba gago dirang madi a maitirelo mme lo tseyeng dilo mo khabotong ya dijo go itirela lebenkele le eseng la nnete. Kwala ditlhwatlhwa tsa selo sengwe le sengwe mo pampitshaneng mme o di beye mo kgotsa fa

thoko ga dilo. Jaanong itumeleleng go fapaanela go nna ralebenkele le bareki – lo tlhakanya madi a dilo tse di rekisitsweng, lo di duela ka madi a maitirelo le go fa tšhentšhe. Gape o ka batla go buisana ka go ya marekelong ka nako ya totlelo. Laletsa bana ba gago go diragatsa maemo a a farologaneng mme jaanong o tshitshinye ditharabololo tse di farologaneng tsa go ya marekelong ka nako ya totlelo.

- **E lekanyetse.** Letla bana ba gago go dirisa ditsebe tse di gagotsweng mo makasineng (kgotsa matlhare a dikuranta) go bona gore re lekanyetsa jang karolo ya sengwe – seka, bogodimo jwa tafole, sekgala sa bodilo mo kamoreng. Bontsha bana ba gago go baya ditsebe mo fatshe mo selong se se fa thoko ga se sengwe go sena diphatla magareng ga tsona. Jaanong ba letle go bala gore ba dirisitse matlhare a le kae a pampiri mo boalong. Mmogo bapisang ditekanyetso – ke selo sefe se se nang le karolo e kgolo/nnye thata?

- **Ithute ka ga dikarolo.** Letla bana ba gago ba ithute ka ga dikarolo fa ba go thusa go sega maungo le merogo ka bogare le dikotara go dira salate ya maungo le sopo. (O ka sega 'dikotara' ka dikarolwana tse dinnye, fa go tlhokega.) Gakologelwa go lebelela bana ba gago fa ba dirisa dithipa.
- **Diphazele tsa matlhokwa a mmetšhisi.** Fa bana ba gago ditlhokwa tsa mmetšhisi (kgotsa ditlhokwa tsa meno) mme ba kope go aga palo ya dipopego le wena – sekai, “Dira dikhutlotharo tse tlhano ka ditlhokwa fela di le robongwe tsa metšhisi”.



### Ditirwana tsa Dikgono tsa Botshelo

- **Kgorometsa kgotsa goga?** Kopa bana ba gago go bona gore ba ka bona ditsela tse kae tse di farologaneng tsa go sutisa bolo kgotsa lebokoso le na le dilo mo teng. Fa ba dira se, swetsang mmogo gore a lo a kgorometsa kgotsa lo a goga fa lo dira nngwe ya tse. O ka gakagamala go bona gore ke metsamao e mekae e re e dirisang go 'kgorometsa' le go 'goga' e re e dirisang ka ditsela tse di farologaneng!
- **Tlhama le go aga logaga.** Letla bana ba gago go batla ditsela tse di farologaneng tsa go dira logaga le ba tlaa tshamekelang mo go lone mmogo. Tshitshinya gore ba dirise dilakane, masela a tafole le/kgotsa dikobo ka ditafole le ditulo go dira kago. Jaanong ba letle go itumelela go tsaya tshwetso gore ba tla tsenya eng mo teng ga logaga lwa bone – le go tshamekela mo gare ga lona!
- **Mmino mo galaseng.** Tshela selekanyo se se farologaneng sa metsi mo digalaseng tse nne kgotsa tse tlhano mme o letle bana ba gago go di itaya go le gonnye ka menwana mo

matlhakoreng go dira medumo e e

farologaneng. Mmogo buang ka ga medumo e e kwa tlase le e e kwa godimo. Thusa bana ba gago go lemoga gore fa metsi a le mantsi mo galaseng, modumo o ya kwa tlase.

- **Dipeo mo dijong tsa rona.** Maungo mangwe le merogo di na le dipeo mo teng ga tsone – sekao, diapole, dinamune, ditamati, le dikomkore. Fa o baakanya dijo tse di jaaka seneke kgotsa dijo tse di feletseng, tsaya tšhono e go tlhokomedisa bana gore dipeo di lebege jang, di rulagantswe jang le gore a re kgona go di ja. Leka go latlhela dipeo di se kae mo sekhurumelong se se boteng: tsenya dipeo mo motlhabeng o monnye kgotsa mo pampering ya ntlwana e e bongola, di tshole di le bongola ka go di tshelatshela ka metsi gangwe le gape mme o bone gore go tlaa diragalang.
- **Nna le dayari ya ngwedi.** Mmogo le bana ba gago, dira nako ya go lebelela ngwedi bosigo bongwe le bongwe kgwedi yotlhe. Lemoga gore go lebege ekete popego ya ngwedi e fetoga gantsi. Tshitshinya gore bana ba gago

ba rekote diphetogo tse ba di bonang ka go thala setshwantsho sa ngwedi bosigo bongwe le bongwe kgwedi yotlhe. Ba gakolole go kwala letlha mo thoko ga setshwantso sengwe le sengwe.

## Maele a ba dingwaga di le 10 go ya go 13

### Ditirwana tsa puo le kitso ya go buisa le go kwala

- **Kanelomainane le puiso ya mainane.** Dirisa ditshitshinyo tsa go araoganya mainane go bana ba dingwaga tse di kwa tlase mo kaeding e mme oketse tse ka go:
  - fa bana ba gago ditšhono go arogana mainane a bona
  - anela kgotsa go buisa mainane
  - go itirela mainane mmogo (Simolola leinane mme o laletse tokololo nngwe le nngwe ya lelapa go oketsa leinane go fitlhela o fitlha kwa bokhutlong jwa leinane).

- rotloetsa bana ba gago go reetsa mainane a Nal'ibali mo seyalemoweng
- kgobokanya mainane go tswa mo ditlaleletsong tsa dikuranta tsa Nal'ibali mme o di buisetse bana ba gago le/kgotsa go ba laletsa go buisetsa ba banye mo go bone.

- **Ditirwana tsa go kwala.** Laletsa bana ba gago go leka ditirwana tse tsa go kwala tse di nyalanang le buka e ba e buisitseng, leinane le ba le utlwileng kgotsa nngwe ya pontsho e ba e ratang thata mo thelebišeneng:
  - Baakanyetsa puisano ya moanelwa go tswa mo bukeng, buka e o e utlwileng kgotsa pontsho ya thelebišene. Kwala bonnye dipotso di le lesome tse di ka fang moanelwa tšhono go buisana ka maikutlo le dikakanyo tsa gagwe ka ga seabe sa gagwe mo leinaneng.
  - Kwala tshekatsheko ya buka. Netefatsa gore o neela tshedimosetso ka ga lefelo la tiragalo le baanelwa, le gore leinane le ka ga eng – fela o seka wa neela

tshedimosetso yotlhe ya leinane!

Gakologelwa go kaya gore ke eng se o se ratileng/sa se ratang ka ga leinane.

- Kwalela moanelwamogolo wa leinane lekwalo. Mo lekwalong la gago botsa dipotso, supetsa le/kgotsa ngongorega ka ga sengwe, le/kgotsa neela tshitshinyo. Dira lekwalo la gago bonnye jwa dipoloelo di le 10.
- Kwala tlhaloso ya baanelwa ba le bararo go tswa mo leinaneng le o le buisitseng. Akaretsa dintlha tse: ba lebeга jang, ke maikutlo a fe a ba nang le one le gore ba amana jang le baanelwa ba bangwe. Thala setshwantso sa moanelwa mongwe le mongwe go tsamaelana le tlhaloso.
- Kwala tshimologo kgotsa bokhutlo jo bo farologaneng jwa leinane, kgotsa kwala tiragatso ya gago e o ratang thata ya thelebišene. Fa bokhutlo bo ne bo utlwisang botlhoko, kwala bo bo monate. Fa bo ne bo le monate, kwala bo bo utlwisang botlhoko.

- Kwala tshobokanyo e nnye ka ga se o se ithutileng mo leinaneng. A o ka tlhalosa gape gore o akanya gore babuisi ba bangwe ba tla itseela eng go tswa mo go le buiseng?
- Tlhopa mongwe wa baanelwa go tswa mo leinaneng mme o kwalesešwa leinane go ya ka pono ya moanelwa yo.
- Tlhama baanelwa ba gago ba tiragatso ya thelebišene mme o kwale kanegelo ya tiragatso.

### Ditirwana tsa dipalo le saense

- **Dinomoro gotlhe.** Laletsa bana ba gago go buisa dinomoro tse ba di bonang mo dibukeng, mo dilong tsa kwa gae (sekai, boima jo bo mo dilong tse di mo dijong tse di rekilweng, nako mo tshupanakong, dinomoro mo dimetareng tsa motlakase) le mo thelebišeneng (sekao, thempereitšha ya letsatsi le letsatsi, dikgonagalo tsa pula, dipalopalo tsa Covid-19). Tshitshinya gore ba kwale fatshe matshwao a dinomoro le go

kwala dinomoro ka mafoko a a feletseng (sekai: 19, somerobonngwe).

- **Dipalo tsa tlhaloganyo.** Dira ka gale dipalo tsa tlhaloganyo le bana ba gago o dirisa go tlhakanya, go ntsha le go oketsa. Simolola ka dinomoro tsa palo ya 1 go fitlhela ba tlhaloganya dipalo tse sentle, jaanong tsenya dinomoro tsa 2- le 3. Thusa bana ba gago go ithuta maano a letsatsi le letsatsi a go dira ka dinomoro. Sekao, fa re tlhakanya madi, re simolola ka madi a mantsi (R100, R50, R20, jj.):  $150 + 280 = 100 + 200 = 300 + 50 = 350$  (e kgaoganya ka 80 mo go  $50 + 20 + 10$ ) +  $50 = 400 + 20 = 420 + 10 = 430$ . Ka jalo,  $150 + 280 = 430$
- **Go tshameka ka dikarata.** Letla bana ba gago go ntsha dikarata go ya ka dinomoro tse di mo go tsone– go tloga ka tse dinnye go fitlha ka tse dikgolo. Jaanong gwetlha bana ba gago ka go ba kopa gore ba tseye dikarata tse pedi kgotsa go feta mme o ba katise go tlhakanya, go ntsha le/kgotsa go oketsa dinomoro mo go tsone.

- **Dipopego gare ga rona.** Rotloetsa bana ba gago go batla dipopego (dikhutlotharo, dikwere le dikhutlonnetsepa) mo dilong kwa gae – sekao, sebopego sa dikosene tsa matlhabaphefo le ditswalo, dipopego tse di mo finitšhareng le dilwaneng tsa kitšhini. Tshitshinya gore ba thale nngwe le nngwe ya dilo tse le sebopego/dipopego tse ba di bonang mo go tsone.
- **Ke eng?** Fa bana ba gago ditšhono tsa go kaya dilo tse di elelang le tse di tiileng, tlhakanyo le metswako, le diesite. (Sekai, binika le sirilamune tse di botlha, ke diesiti.)
- **Dimela le diphologolo.** Rotloetsa bana ba gago go kaya, go thala le go tlhalosa dimela le diphologolo kwa gae le tse ba di bonang mo thelebišeneng.
- **Maatla gongwe le gongwe.** Bua le bana ba gago ka ga mefuta e e farologaneng ya maatla (sekai, maatla a phiso) (sekai, letsatsi, setofo) le diphetogo tsa maatla (difofo di fetola maatla a motlakase go nna maatla a phiso).

### Maele a ba dingwaga tsa magareng

- **Rotloetsa go kwala.** Tshitshinyetsa bana ba gago ba dingwaga tsa magareng go nna le dayari ya totlelo kgotsa go kwala poko go ntsha dikakanyo le maikutlo a bone.
- **Histori ya selegae.** A bana ba gago ba dingwaga tsa magareng ba dire porojeke ya histori ya molomo/ka ga botshelo jwa motho le ditokololo tsa lelapa. Ba letle go dira puisano le wena le bagolo ba bangwe kwa gae ka ga matshelo a lona kwa lo goletseng teng, ditiragalo tse di diragetseng le gore dilo tse di go amile jang. (Dipuisano di fa bana ba dingwaga tsa magareng tšhono ya go nna borra le bommahistori!) Rotloetsa bana ba gago ba dingwaga tsa magareng go kwala dipuisano tse. Ba ka dira se ka go kwala dikarabo tsa motho yo ba mmotsang dipotso kgotsa ka go dirisa selefouno go rekota puisano. (Ba gakolole gore ka gale re tlhoka tetla ya motho yo o botswang dipotso go rekota puisano.)
- **Buang ka ga dikgang.** Ka nako ya totlelo, magae a rona a tletse ka “dikgang” go tswa

mo seyalemoweng, thelebišeneour, ditlhopa tsa WhatsApp le mafaratlhatlha a mangwe a botsalano. Dirisa tšhono e gore balelapa botlhe ba ikatisetse go nna basekaseki ba babuisi ba “dikgang”. Dipotso tse lo ka di ipotsang ke tse:

- Kgang e buiwa go tswa kwa letlhareng la ga mang?
- Go bua mang? Go buiwa le mang?
- Ke mang a nang le maatla? Maatla a a supywa jang?
- Go tlogelwa eng kwa ntle le/kgotsa se sa tsewe tsia?
- Ke mang a ungwelwang?
- **Buisa.** Bana ba dingwaga tsa magareng ba ba ipalelang ka bobona ba tokafatsa dipholo tsa bona tsa sekolo mo dirutweng tse dintsi, eseng fela puo. Rotloetsa bana go ipuisetsa le go buisetsa go itumedisa. Fa ba sena tsela ya go fitlhelela dibuka, ba thuse go bona laeborari ya mafaratlhatlha ya FunDza (<https://live.fundza.mobi/>) kgotsa saete ya Whatsapp (romela molaetsa go 0600548676). Fa bana ba gago ba itlhopela

go buisa dibuka tsa bana ba bannye kgotsa dikhomiki, ba rotloetse go di buisa. Ga go tshwenye gore ba tlhopa go buisa tsefe, fa fela ba tswelela go buisa!

- **Buisanang.** Nna le puisano le bana ba gago ba magareng ka ga se ba se buisang. Ba botse dipotso eseng jaaka teko, e le go ba rotloetsa go ntsha maikutlo a bone le dikakanyo tsa bone ka ga se ba se buisang. Sekao, o ka ba botsa gore:
  - A o itumeletse go buisa leinane? Goreng o le itumeletse/goreng o sa le itumelela?
  - O ratile thata moanelwa ofe? Goreng?
  - Ke moanelwa ofe yo o sa mo ratang? Goreng?
  - A o akanya gore ke tlaa rata leinane? Goreng nka le rata/goreng nka se le rate?
  - A o akanya gore leinane le a dumelesega? A dilo tse dintsenseng jaana di a direga?
- **Buang ka ga TV.** Go bogela TV ke mofuta o o farologaneng wa kitso ya go buisa le go kwala! Go a thusa gore bana ba dingwaga tsa magareng ba bope dikakanyo tsa bone ka ga

se ba se lebelelang le se ba se buisang. Ka jalo, buisanang ka ga se o/ba se lebelelang mo TV. O ka dirisa dipotso tse di tshwanang le tse di fa godimo mo 'Buisanang'. Le wena ntsha maikutlo a gago, fela netefatsa gore bana ba tlhologanya gore dikakanyo tsa bone tse di farologaneng di siame. Fa go na le dipotso ka ga pontsho – jaaka, “Toropo e e kae kwa Amerika?” kgotsa “A se se ne se ikaegile ka ga tiragalo ya nnete?” – jaanong, fa o na le inthanete kgotsa data, gugulang dikarabo mmogo.

- **Puisetsogodimo.** Puisetsogodimo ga se fela ya bana ba banye. Go ka itumedisa go buisetsa godimo bana ba dingwaga tsa magareng leinane kgotsa dikwalo. Kgotsa bana ba dingwaga tsa magareng ba ka buisetsana godimo. Iponele dikwalo go itumelela go buisetsa godimo mo mobisaeteng wa FunDza:  
<https://live.fundza.mobi/catalogue/?genre=chattalogue>
- **Go laola dithuto tsa bone.** Dira lenaane la letsatsi lengwe le lengwe la bana ba gago ba magareng gore ba kgone go nna le dinako

tsa gale tsa go tihuta. Gape, ba rotloetse go bua le wena ka ga se ba ithutang ka ga sone. Nako e ntsi e ba dulang ba nagana le go buisa dikwalo – le go bua ka ga se ke nngwe ya ditsela tse dintle go dira se – ba tlaa ithuta. E bile, nngwe ya ditsela tse di siameng thata tsa go tlhola gore o tlhologanya selo go le kana kang ke go se ruta! Ka jalo, kopa bana ba gago ba dingwaga tsa magareng go go ruta ka ga setlhogo sengwe – ka puo nngwe le nngwe e ba utlwang e ba siametse.





## Mananeo a TV le seyalemowa a SABC

Go nale mananeo a TV le seyalemowa a a itebagantseng le dithuto tsa Mophato wa 10 go ya go wa 12 mmogo le dithuto tsa bana ba bannye ka dinako tse di fa tlase fa.

| Kanala ya     | Nako   |
|---------------|--|
| <b>SABC 1</b> | Mosupologo go fitlha Sontaga<br>05h00—06h00    |
| <b>SABC 2</b> | Mosupologo go fitlha Labotlhano<br>09h30—11h00 |
| <b>SABC 3</b> | Mosupologo go fitlha Labotlhano<br>06h00—07h00 |

| Seteišene sa seyalemowa   | Nako (Mosupologo go fitlha Labotlhano ) |
|---------------------------|---|
| <b>Umhlobo Wenene</b>     | 14h30—15h00                             |
| <b>Thobela FM</b>         | 17h00—18h00                             |
| <b>Phalaphala FM</b>      | 13h30—14h00                             |
| <b>Munghana Lonene FM</b> | 14h30—15h00                             |
| <b>Ukhozi FM</b>          | 21h00—22h00                             |
| <b>Lesedi FM</b>          | 16h15—16h45                             |
| <b>Ligwalagwala FM</b>    | 09h10—09h40                             |
| <b>Motsweding FM</b>      | 19h00—19h30                             |
| <b>Ikwewezi FM</b>        | 10h30—11h00                             |



### Karolo 3: Go dira lenaneo la ditirwana tsa letsatsi

Ka nako e, fa ditirwana tsa batho tsa tlwaelo di kgoreletsegile, ke kakanyo e ntle go dira nako ya ditirwana tsa letsatsi tse o ka di latelang tse di nang le dinako tsa gale tsa dijo, ditirwana tsa go tihuta, ditiro tsa kwa gae, go buisa, go tshameka ba phuthologile, go itshidilola le go robala. Lenaneo la ditirwana le go naya bana maikutlo a pabalesego le go ba thusa go tsaya maikarabelo ka se se tshwanetseng go dirwa kwa gae.

Lelapa lengwe le lengwe le farologane, ka jalo dirisanang mmogo go swetsa gore se se lo siametseng ke sefe – sekao, bana ba dikolo tse dikgolo ba ka

batla go akaretsa lenaneo la ditirwana tsa bone tsa tlwaelo tsa letsatsi, dinako tsa kgaso ya dithuto tsa Lefapha la Thutotheo (DBE).

Fa o kgonne go dira lenaneo la ditirwana la mongwe le mongwe la letsatsi, di kwale mme o di beye mo lemoteng kgotsa mo forijing gore o kgone go boela kwa go tsona gangwe le gape.

Dikao tsa lenaneo la ditirwana tsa letsatsi tsa ditlhopa tsa dingwaga tse di farologaneng ke tse.

|             | Bana ba dingwaga tsa ECD  | Bana na Sekolo Potlana   | Bana ba Sekolo Kgolo   |
|-------------|---|--|--|
| 07h00—07h30 |   |  | Tsoga, difitlholo  |
| 07h30—08h00 |   |  |  |
| 08h00—08h30 | Tsoga, difitlholo   | Tsoga, difitlholo  | Nako ya go ithuta: dira ditirwana mo kaeding e kgotsa dira tiro e e rometsweng ke sekolo. lenaneo la seyalemowa la Ligwalagwala FM (09h10—09h40) |
| 08h30—09h00 | Itshidilola: sekao, tsamaya-tsamaya mo jarateng kgotsa tshameka ka bolo. Fa ngwana wa gago sebaka sa go suta le go itshidilola. |  |  |
| 09h00—09h30 | Reetsa leinane. (Bona lenaneo la seyalemowa la ditirwana la Nal'ibali mo tsebe.)  | Karoganyo ya mainane: buisa kgotsa reetsa mainane. (Bona lenaneo la seyalemowa la ditirwana la Nal'ibali mo tsebe.)<br>Dira dingwe tsa ditirwana tsa 'puo le kitso ya go buisa le go kwala'mo kaeding e. |  |
| 09h30—10h00 |   |  |  |
|             |   |  | Ditirwana tsa kwa gae KGOTSA   |

|             |  |  |  |
|-------------|--|--|--|
|             | Tlhapa o apare sentle go go ba ba tlhopang go tlhapa motshegare                                      |  | lenaneo la seyalemowa la Ikwewezi FM (10h30—11h00)   |
| 10h00—10h30 |  | Dira dingwe tsa ditirwana tsa 'dipalo' kgotsa 'dikgono tsa botshelo/saense' mo kaeding e. Kgotsa, dira tiro e e rometsweng ke sekolo. Lebelela lenaneo la thuto mo kanaleng ya SABC 2. |  |
| 10h30—11h00 | Tshameko e e lokologileng le thuso ya ditiro tsa kwa gae   |  |  |
| 11h00—11h30 |  | Itshidilole: sekao, tsamayatsamaya mo jarateng kgotsa tshameka ka bolo. Fa ngwana wa gago sebaka sa go suta le go itshidilola.   | Nako ya go ithuta: dira ditirwana mo kaeding e kgotsa tiro e e rometsweng ke sekolo.   |
| 11h30—12h00 | Karoganyo ya mainane   | Nako ya mahala le/kgotsa ditiro tsa kwa gae  |  |
| 12h00—12h30 | le/kgotsa ditirwana mo kaeding e.  |  |  |
| 12h30—13h00 | Nako ya mahala   |  | Kapeo/go thusa go baakanyetsa dijo   |
| 13h00—13h30 | Dijo tsa motshegare  | Dijo tsa motshegare  | Dijo tsa motshegare  |
| 13h30—14h00 |  |  | lenaneo la seyalemowa la Phalaphala FM (13h30—14h00)   |
| 14h00—14h30 | Go robala motshegare   | Ithuta: dira tiro e e rometsweng ke sekolo kgotsa ditirwana tse di mo kaeding e.   | Buisetsa monate: nako e e didimetseng ya go buisa ka nosi. (Buisa dikwalo letsatsi le letsatsi.) mananeo a seyalemowa a Umhlobo Wenene le Munghana Lonene FM (14h30—15h00) |
| 14h30—15h00 |  |  |  |
| 15h00—15h30 |  |  | Nako ya mahala ya ba bangwe &  |
| 15h30—16h00 | Tshameko e e lokologileng (kwantle, fa go kgonagala) le/kgotsa nako ya leinane mo kanaleng ya SABC 1 | DEAR (Drop Everything and Read): nako ya go ipuisetsa ka tidimalo kgotsa o thusiwa. Kgotsa, reetsa mainane mo SABC 1.  | lenaneo la Seyalemowa la Lesedi FM (16h15—16h45)   |
| 16h00—16h30 |  |  |  |

|             |   |  |   |
|-------------|---|--|---|
| 16h30—17h00 | Nako ya mahala: diphazele, go thala                           | Nako ya mahala le/kgotsa ditirwana tsa kwa gae. Go thusa go baakanyetsa dijo tsa bosigo. | Itshidilolo: sekao, tsamayatsamaya mo jarateng kgotsa o tshameke ka bolo. |
| 17h00—17h30 |   |  | Nako ya mahala kgotsa go thusa ka ditiro tsa fa gae                       |
| 17h30—18h00 |   |  | lenaneo la seyalemowa la Thobela FM (17h00—18h00)                         |
| 18h00—18h30 | Dijo tsa bosigo<br>Nako ya go tlhapa go ba ba tlhapang bosigo | Dijo tsa bosigo, Nako ya TV  | Dijo tsa bosigo   |
| 18h30—19h00 |   |  | Go tlhatswa dijana  |
| 19h00—19h30 | Leinane la bosigo le go robala                                | Leinane la bosigo le go robala   | Nako ya TV;   |
| 19h30—20h00 |   |  | lenaneo la seyalemowa la Motswedding FM (19h00—19h30)                     |
| 20h00—20h30 |   |  |   |
| 20h30—21h00 |   |  | Go buisetsa go itumela  |
| 21h00—21h30 |   |  | KGOTSA  |
| 21h30—22h00 |   |  | lenaneo la seyalemowa la Ukhozi FM (21h00—22h00)                          |
| 22h00       |   |  | Go tlhapa & Nako ya go robala   |

Dintlha tsa dikaedi tse di kwadilwe go dirisiwa ditshitshinyo tsa Lefapha la Thutotheo, Lelapa la Katlaatlelogo le Tlhabololo le UNICEF.

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