



# Thupi Langa ndi Thupi Langa

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# Lero tiphunzira za matupi athu.

Kodi mukudziwa  
kuti thupi lanu ndi  
lapadedera  
kwambiri?



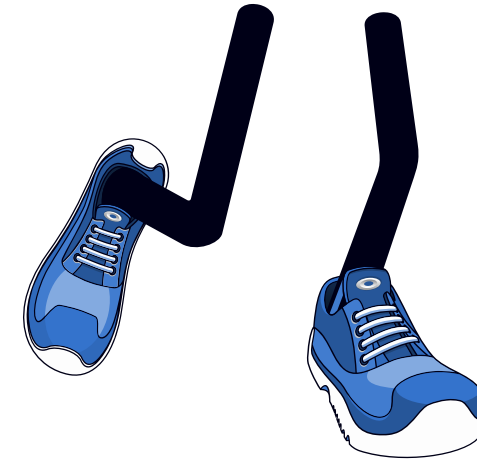
Ndi thupi lokhalo  
limene muli nalo,  
choncho muyenera  
kulisamalira!



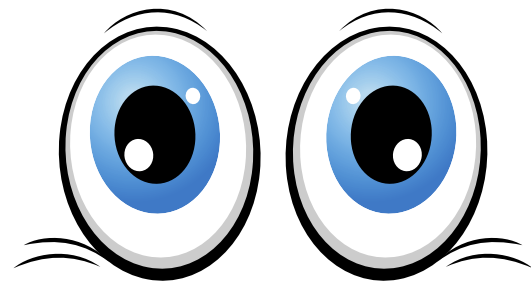
# Tili ndi ziwalo zofunika zambiri pa thupi lathu.



*Tili ndi tsitsi*



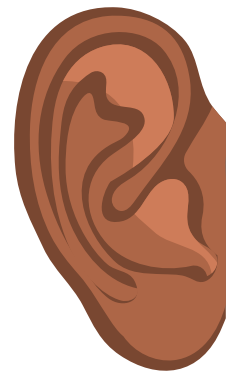
*miyendo*



*maso*



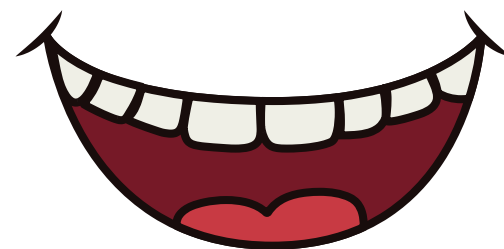
*mikono*



*makutu*



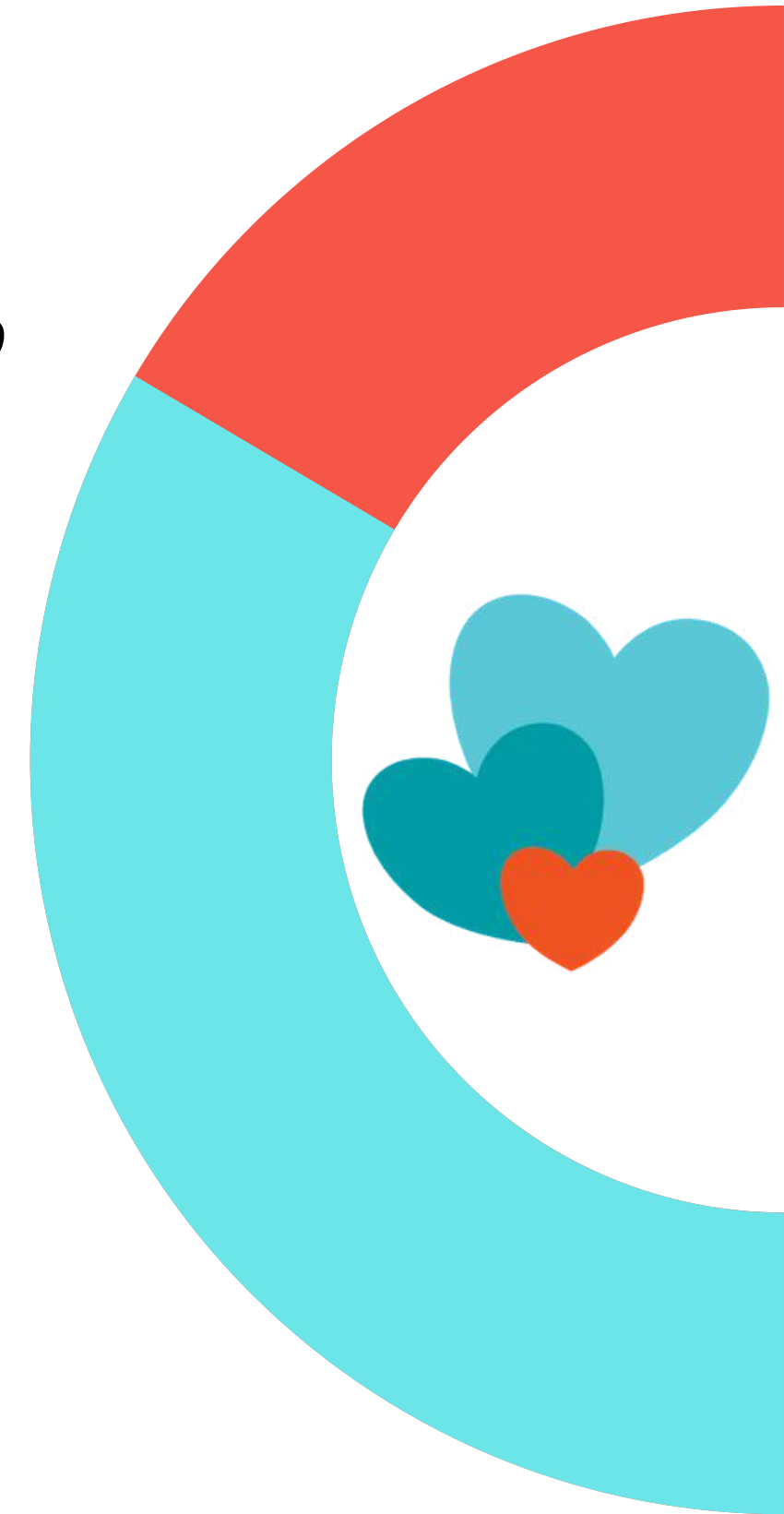
*mapazi*



*pakamwa*



*ndi zala*



**komanso tili ndi ziwalo zobisika.**

**Kodi mukudziwa komwe kuli ziwalo zanu zobisika?**

**Ziwalo zanu zobisika ndi pomwe kabudula wanu wamkati kapena suti yosambira imabisa. Palibe akuyenera kumakhudza maliseche anu chifukwa ndi obisika komanso ndi anu.**

*Jambulani mzere ku  
mbali iliyonse ya thupi*

*Tsitsi*

*Maso*

*Mphuno*

*Pakamwa*

*Mikono*

*Manja*

*Zala*

*Ziwalo zobisika*

*Miyendo*

*Mapazi*



*Jambulani mzere ku  
mbali iliyonse ya thupi*

*Tsitsi*

*Maso*

*Mphuno*

*Pakamwa*

*Mikono*

*Manja*

*Zala*

*Ziwalo zobisika*

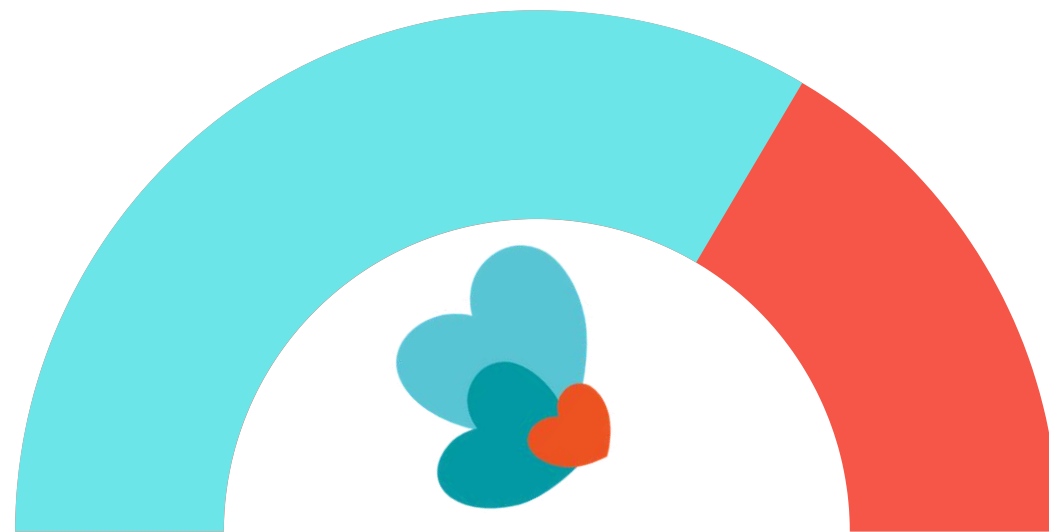
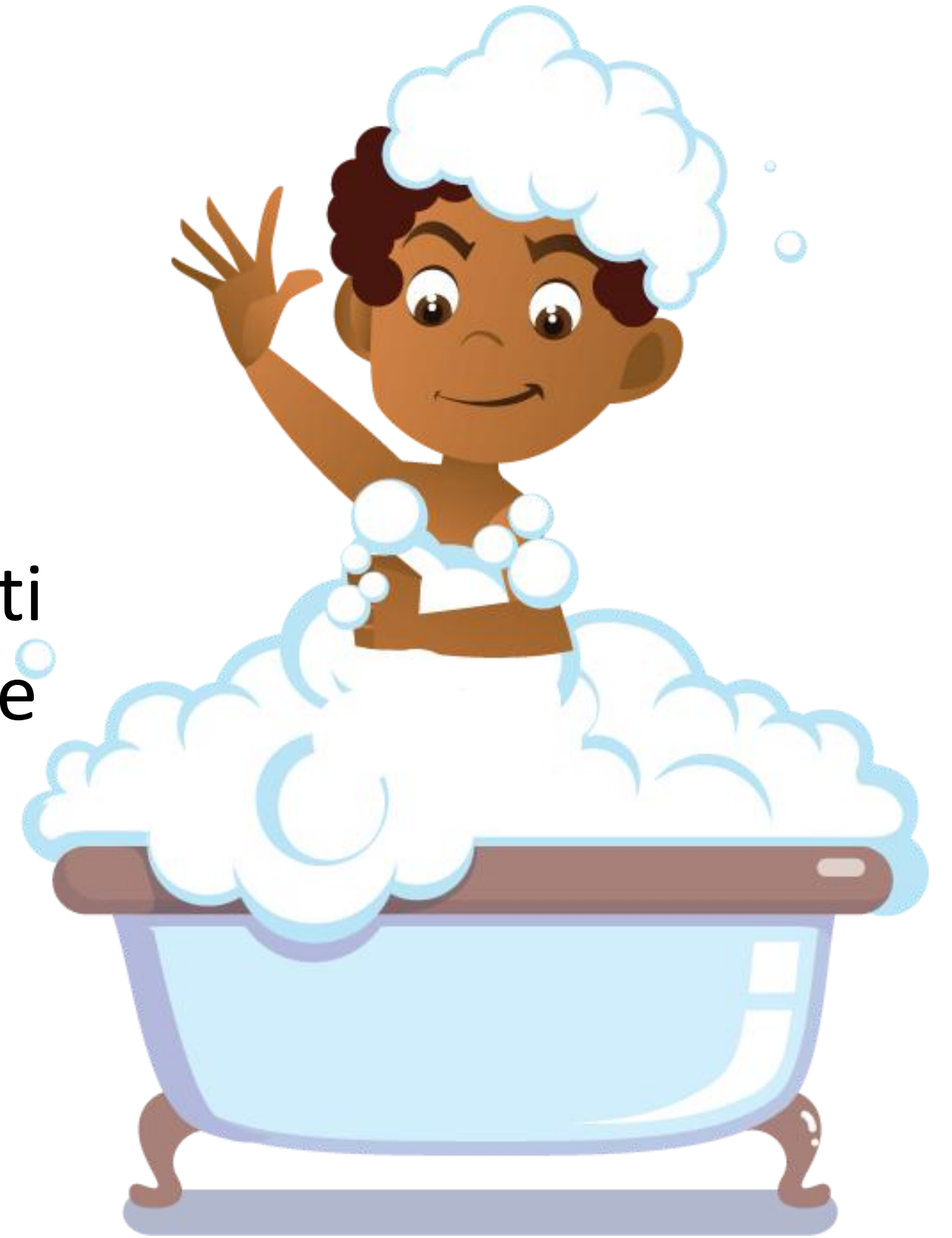
*Miyendo*

*Mapazi*



## Izi ndi nthawi zokhazo pamene wina angagwire ziwalo zanu zobisika:

1. Pamene muli wamng'ono, amayi anu, abambo anu, kapena munthu amene amakusamalirani ndi amene ayenera kuti atsuke ziwalo zanu zobisika (chifukwa chakuti mukhala wamng'ono kwambiri kuti mupange nokha), koma pamene mukukula mudzaphunzira kutsuka nokha thupi lanu.



2. Ngati ziwalo zanu zobisika zikupweteka, amayi kapena abambo kapenanso wokusamalirani wanu akhoza kuyenera kukuikani mankhwala, koma ngati simukumasuka ndi izi mutha kufunsa kudziyika nokha mankhwalawo.

3. Ngati mukudwala kapena mukumva kuphweteka, adotolo atha kuyenera kukhudza ziwalo zanu zobisika, koma kholo kapena wina amene amakusamalirani adzakhala ndi inu nthawi zonse.



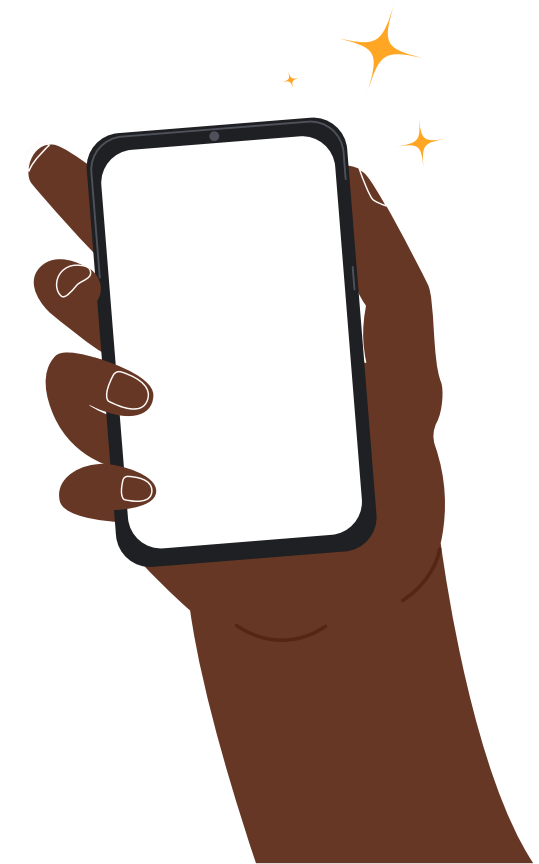
Palibe wina aliyense amene akuyenera kukhudza ziwalo zanu zobisika!



Musalole aliyense kuti akujambulani chithunzi cha ziwalo zanu zobisika.



Ngati wina angayesele kugwila ziwalo zanu zobisika nenani AYI ndipo pitani mukauze munthu wamkulu wotetezeka.



**Chifukwa thupi lanu ndi lapadedera, palibe amene akuyenera kukupwetekani!**

Palibe amene akuyenera kukumenyani nkhonya,  
Palibe amene akuyenera kukumenyani,  
Palibe amene akuyenela kusiya mikwingwirima,  
Palibe amene akuyenera kukudulani  
Palibe ayenela kukuwotchani

*Ngati wina angapange chilichonse chovulaza thupi lanu,  
muyenera kuuza munthu munthu wamkulu wotetezeka*







*Mawu a Cynthie ochokera muvidiyo*

*Moni, dzina langa ndine Cynthie ndipo lero tipanga Pulogalamu ya "Thupi Langa Ndi Thupi Langa".*

*Tiyimba nyimbo zina, kusangalala ndi kuphunzira momwe tingatetezere.*

*Mukudziwa, matupi athu ndi apadera kwambiri ndipo palibe amene ali ndi ufulu kutivulaza,  
kugwira maliseche kapena kuchita chilichonse chomwe chimatipangitsa kukhala osamasuka  
chifukwa ndi thupi lathu lapadera.*

*Tipanga nyimbo yoyamba tsopano - ndipo ndikufuna kuti muyimbe limodzi ndi ine - imatchedwa  
Thupi Langa Ndi Thupi Langa.*



## **Thupi Langa Ndi Thupi Langa (Nyimbo) Nyimbo Zanyimbo**



Ndi thupi langa, thupi langa,  
ndipo palibe amene ali ndi ufulu wondipweteka ine  
Pakuti thupi langa ndi thupi langa chifukwa cha ine  
Ndi thupi langa, thupi langa  
ndipo palibe amene ali ndi ufulu wondigwira  
Pakuti thupi langa ndi thupi langa chifukwa cha ine

Ndili ndi manja awiri oti ndimve, ndi maso awiri oti ndiwone  
Ndi makutu awiri kuti amve zomwe ukundiiza  
Ndili ndi miyendo iwiri yamphamvu yonditengera komwe ndikupita  
Ndipo ndilinso ndi ziwalo zina zachinsinsi zomwe sindikufuna kuziwonetsa

Ndipo palibe amene ali ndi ufulu wondipweteka ine  
Pakuti thupi langa ndi thupi langa chifukwa cha ine  
Ndi thupi langa thupi langa,  
ndipo palibe amene ali ndi ufulu wondikhudza chifukwa thupi langa ndi  
thupi langa chifukwa cha ine

Ndili ndi tsitsi pamutu panga ndikufuna kuti muwone  
Ndipo kamimba kakang'ono pakati pa ine  
Ndili ndi mphuno yaing'ono yokongola komanso zala zazing'ono khumi  
Ndipo ndili ndi pakamwa kuti ndikuuzeni zomwe ndikufuna kuti mudziwe  
Ndi thupi langa, thupi langa  
Ndipo palibe amene ali ndi ufulu wondipweteka ine  
Pakuti thupi langa ndi thupi langa chifukwa cha ine  
Ndi thupi langa, thupi langa  
Ndipo palibe amene ali ndi ufulu wondigwira  
Pakuti thupi langa ndi thupi langa chifukwa cha ine Inde thupi langa ndi  
thupi langa kwa ine

# Tiyeni Tilankhule Za kumverera

Kodi mukudziwa kuti tonsefe timakhala ndi Kumverera kofanana?



Nthawi zina timakhala osangalala



Nthawi zina timakhala achisoni



Nthawi zina timakwiya



Nthawi zina timasungulumwa



Pali mitundu yambiri yakumverera.

Nkhope iliyonse ili ndi kumverera.

***Kodi munganene momwe akumvera?***



Nthawi zina timakhala osamasuka anthu akafuna kutigwira matupi anthu, kapena kuyesa kutipangitsa kuchita zinthu zomwe tikudziwa kuti nzolakwika. Pamene mukumva kuti chinachake sichili bwino kapena kukupangitsani kukhala osamasuka kuneni AYI, ndi kukanena kwa **munthu wamkulu wotetezeka.**

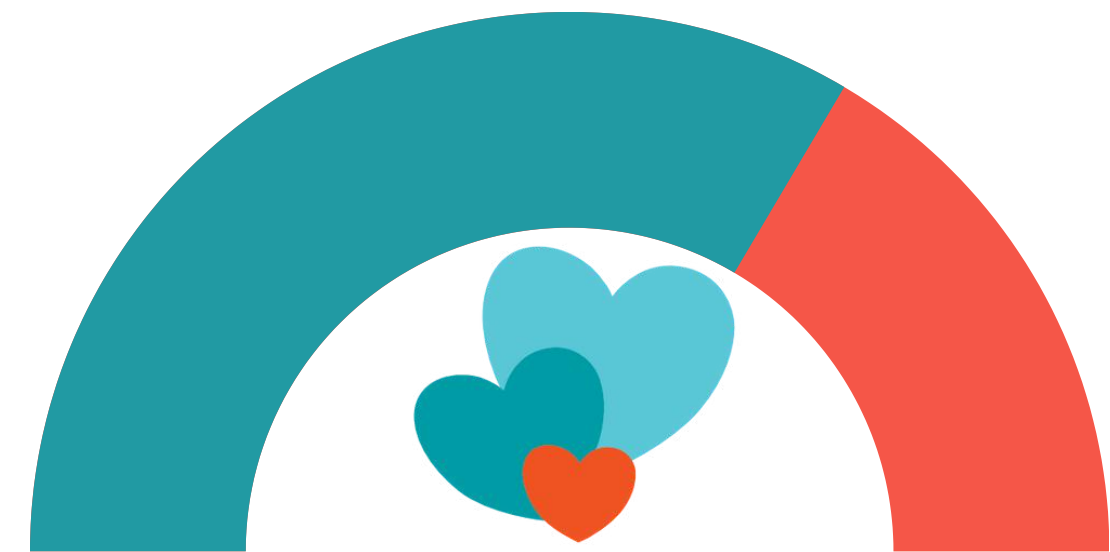
**NGATI SIZIKUMVA BWINO, USACHITE!**



**Kodi munamvapo za kukakamizidwa ndi anzanu?**

Apa ndi pamene ana ena amayesa kupanga kuti muzichita zinthu zimene iwo akufuna kuti muchite, ngakhale si zimene mukufuna kuchita. Mwina akufuna kuti muzichita masewera amene inuyo simukuwafuna kusewera, kapena angafune kuti mupite kwina kwake kapena mukachite china chake chomwe simukuyenera kuchita. Mvetserani momwe mukumverera ndikukumbukira lamulo ili:

**NGATI SIZIKUMVA BWINO, USACHITE!**





# Kodi kupezerera ena ndi chani?

Kupezerera ena ndi pamene anthu amayesa kukukhumudwitsani ndi mawu kapena angayese kumenya kapena kukumenyani nkhonya.

Ngati anthu akugwiritsa ntchito mawu kukuvutitsani:

**KHALANI CHETE - CHOKANIPO - MUSAMUTENGELE WOKUVUTITSANIYO**

Ngati wina akuyesera kukuvulazani, kukumenyani, kapena kukukankhirani

**Gwiritsani ntchito mawu anu - Fuulani "AYI! IMANI! THANDIZENI!" Onetsani olimba mtima**

**Ndiye nthawi zonse muwuze wina. Ngati inu kapena wina akuvutitsidwa, musadzisungire nokha!**



**MAWU AMAWAWA  
AYI, IMANI, THANDIZANI**

# Nyimbo

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**Mawu a Cynthia kuchokera muvidiyoyi**  
*Tisangalala ndi nyimbo yotsatirayi, Ili ndi lamulo lalikulu loti tizikumbukira Ndipo lamulo ndilakuti - ngati simukumva bwino - musachite !!*

*Tsopano sindikulankhula za zinthu monga kuchita zanu homuweki, kapena kukonza chipinda chanu chogona Ndikulankhula ngati wina akuyesera kuti mupite nawo kwinakwake ndipo mukudziwa kuti sichinthu choyenera kuchita. Ngati sizimumva bwino - musachite !! Kapena ngati munthu wina akukukakamizani kuti muchite zinazake zomwe zimakupangitsani kukhala osamasuka. Ngati simukumva bwino - musachite !!*

## **Ngati Sichimamveka Bwino - Osachita - Nyimbo**

Anthu akhoza kukugwirani ndikunena kuti kwazizira Koma kumbukirani kuti thupi lanu ndi lanu Ndinu amene mumadziwa ngati silikumva bwino Ndipo ngati silikumveka bwino Musachite, Ha!!

Ayi ngati sizikumveka bwino Musachite, iii Musachite, Osazichita

Pali anthu omwe amaganiza kuti ndiwe wopusa

Ndipo amayesa kukupatsirani mankhwala osokoneza bongo, ndikukulepheretsani kupita kusukulu Kukuuzani kuti musunge zinsinsi, koma mukudziwa choti muchite.

Chifukwa ngati simukumva bwino Musachite, Huh!!

Ayi ngati sizikumveka bwino Musachite, Huh!! Osachita, Osachita

Anthu akhoza kukugwirani ndikukuuzani kuti amakukondani

Sindikukuuzani kuti sibwino kugawana Koma mudzadziwa mkati ngati simukumva bwino

Ndipo ngati sizikumveka bwino Musachite, Huh!!

Ayi ngati simukumva bwino, Osachita, Huh !! , Osatero, Osatero Ayi ngati sizikumveka bwino,

Osachita, Huh!! Osachita, Osachichita

Ayi ngati sichikumva bwino, Osachita, Huh !!



# Tiyeni tiphunzire zinthu zina ndi "Masewelo a Zingatani Zitati."

Kodi mukudziwa kuti mlendo ndi chiyani?  
Mlendo ndi munthu amene sitikumudziwa!

Mlendo akhoza kukhala mwamuna kapena mkazi, wamkulu kapena wamng'ono, wina aliyense mtundu wuliwonse, ndi wina wamu gulu lirilonse lapaderadera.

Si alendo onse amene ali oipa! Ngati wina amene mumamukonda kapena kumukhulupirira akukudziwitsa iwe kwa mlendoyo, mlendo ameneyo akhoza kukhala bwenzi. KOMA.... kupatula winawake mumamukonda ndikumukhulupirira atakudziwitsani kwa mlendo, simuyenera kulankhula naye kapena kupitani nawo panokha.



**Masewerawa ndiwokuphunzitsani zoyenera kuchita mukakhala mumavuto:**

Kodi mungatani ngati wolera ana kapena wina wa m'banja mwanu atayesa kugwira ziwalo zanu zobisika?

**Mutha -Kufuula AYI ndikuthamangira kukauza munthu wamkulu wotetezeka**

Kodi mungatani ngati mukusewera panja ndipo wina akukuwuzani kuti kagalu kawo kasowa ndiye akukupemphani kuti mukawathandize kuyang'ana?

**Mutha -Kufuula AYI ndikuthamangira kukauza munthu wamkulu wotetezeka**





Kodi mungatani ngati munthu wina angagogode pakhomo la nyumba yanu ndipo inu mulipo nokha?

**a) Osatsegula chitseko**

**b) Imbilani mnansi kapena wachibale ngati sakuchoka**

**c) Imbilani apolisi ngati simunapeze thandizo ndipo muli ndi mantha**



Kutakhala kuti munthu wachilelendo wabwera kudzakutengani kusukulu n'kunena kuti "Amayi anu kapena abambo anu adawawuza kuti azakutengeni ndikupititsani kunyumba." Kodi mungatani zitatero?

**Fuula AYI ndikuthamangira kukauza munthu wamkulu wotetezeka**

Ngati mlendoyo akudziwa dzina la amayi anu ndi bambo anu, komanso ya achemwali amayi anu kapena bambo anu, kapenanso dzina la amalume anu, mungaganize kuti akudziwa banja lanu? Iwo atha kukhala kuti apeza zonse izi pa intaneti, ndipo muyenera:

**Fuula AYI ndikuthamangira kukauza munthu wamkulu wotetezeka**



# Nyimbo

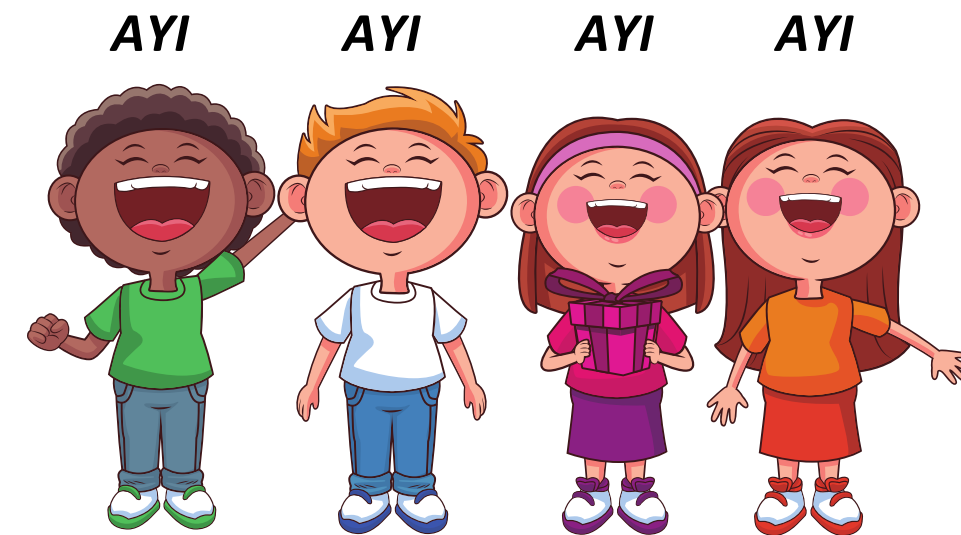
3

## **Mawu a Cynthia kuchokera muvidiyoyi**

*Tsopano tisewera "Bwanji Ngati Masewera" ndipo munyimbo iyi tiphunzira zomwe tingachite ngati mlendo akuyesera kuti mupite naye, kapena ngati wina ayesa kukugwira maliseche anu.*

*Kodi mukudziwa komwe kuli zinsinsi zanu? Ndiko komwe zovala zanu zamkati kapena mathalauza amaphimba. Palibe amene ayenera kukugwira maliseche anu kusiyapo pamene muli wamng'ono kwambiri, Amayi kapena Atate adzakusambitsani pamenepo, koma posachedwapa mudzaphunzira kudzichitira nokha. Mwina ngati mukudwala, Amayi kapena Abambo kapena Dokotala angafunike kuti ayikemo mankhwala, koma kupatula pamenepo palibe amene amayenera kukhudza maliseche anu.*

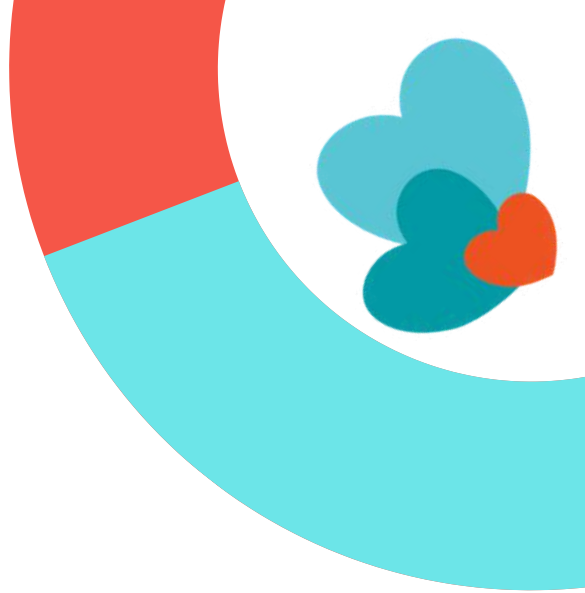
*Tiphunziranso zoyenera kuchita ngati wina wa m'nyumba mwathu kapena m'banja mwathu akukupangitsani kukhala wosamasuka kapena akufuna kukukhumudwitsani. Zomwe muyenera kuchita pamasewera ndikuti "AYI" kotero ndikufuna kuti mufuule mokweza komanso mokweza.....*



## **Masewera a "Kodi Ngati" -Nyimbo**

Tisewera Masewera a "Kodi Ngati"  
Pali mafunso ndi mayankho Kwa inu,  
ngati mukufuna kukhala wopambana nthawi iliyonse Izi ndi zomwe muyenera kuchita  
Nenani Ayi! Ingonenani Ayi!  
Bwanji ngati, pambuyo pa sukulu Mlendo amayesa kukutengerani kunyumba  
Ndipo akukuyendetsa galimoto yonyezimira  
Ndipo Amati "Moni! Ukufuna kukwera?" Ayi, ndiwe mlendo  
Sindipita kukakwera galimoto yanu  
Chifukwa amayi ndi abambo adandiuza  
Osapita ndi munthu yemwe sindikumudziwa, ndinganene Ayi!! Ingonenani Ayi!!  
Tsopano bwanji ngati, muli kunyumba  
Ndipo olera ana amakusamalirani  
Ndipo amayesa kukugwirani pansu pa zovala zanu Kodi mungatani?  
Inu mukanati Ayi, wolera ana  
Sindikufuna kuti mundigwire pamenepo  
Chifukwa izo ndi ziwalo zanga Ndipo thupi langa si lanu,  
ndinganene Ayi!! Ingonenani Ayi!!

Tikusewera "Zotani Ngati".  
Pali mafunso ndi mayankho kwa inu  
Ngati mukufuna kukhala wopambana nthawi zonse Izi ndi  
zomwe muyenera kuchita,  
Nenani Ayi! Ingonenani Ayi!  
  
Tsopano bwanji ngati, Pali winawake  
Bwenzi kapena mbali ya banja lanu  
Ndipo amakukhudzani kapena kukuvulazani  
Zimakupangitsani kumva kukhala woipa kapena wosamasuka  
Kodi munganene chiyani? Munganene kuti AYI!  
Chonde musachite zimenezo Sindimakonda mutandigwira  
choncho Ndipo ngakhale ndimakukondani kwambiri  
Chonde musandichite zimenezo  
Chifukwa ndine wamng'ono mukuwona  
Ndikanati Ayi! Ingonenani Ayi! Nenani Ayi!



Munthu wamkulu wotetezeka ndi munthu yemwe mungamuwuze ngati mungakhale muli ndi mavuto, munthu amene mumamva kumasuka mukamalankhulana naye ndipo mukudziwa kuti akuthandizani. Nawu mndandanda wa anthu omwe mungawawuze ngati muli ndi vuto



**Amayi anu**

**Abambo anu**

**Agogo anu akazi**

**Agogo anu amuna**

**Nchimwene wanu wankulu**

**kapena nchemwali wanu wankulu**

**Achemwali amayi anu kapena**

**bamboo anu**



**Amalume anu**

**Aphunzitsi**

**APrincipal kapena mphunzitsi**

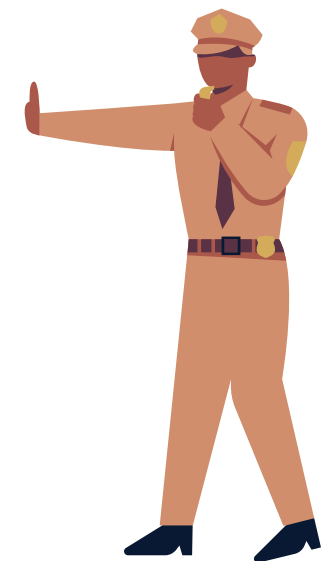
**wankulu**

**Mnansi**

**Apolisi**

**Mlangizi**

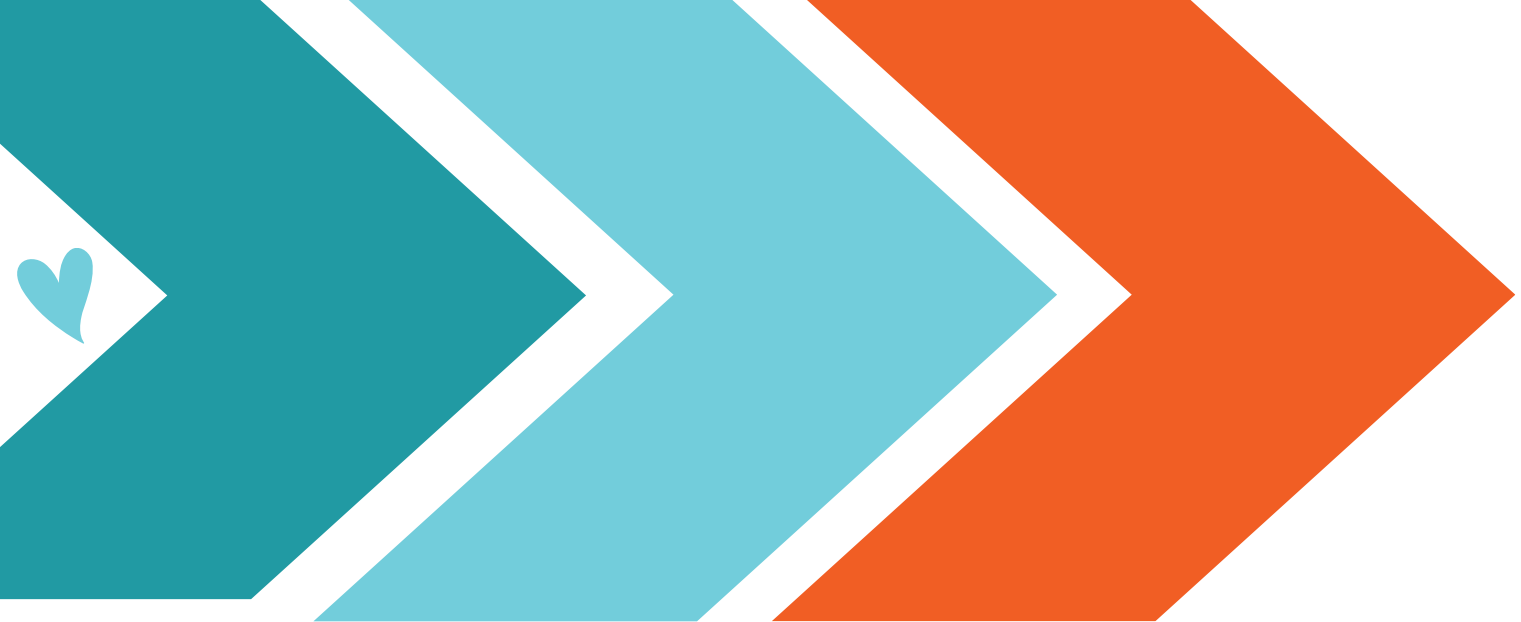
**M'busa Mtsogoleri Wauzimu**



mungaganizire za wina aliyense amene mungalankhule naye mutakhala kuti muli ndi vuto? Lembani omwe mungawawuze ndikujambula nkhope zawo pansipa.







Chinthu chimodzi chomaliza  
kukumbukira!  
Ngati mungawuze wina koma  
osakuthandiza kapena  
kukukhulupilira, UWUZANI  
WINA!  
Ngati sakukhulupirirani,  
UWUZANINSO WINA!

Ngati muli ndi mavuto ndipo mukuyesera kuuza wina,  
izi ndi zina za zomwe mungakhale mukumva:

*a) Mutha kuchita manyazi*

koma ndiza bwino bwino - Anthu ambiri amamva  
chonchi pamene akuyesera kunena mavuto awo

*b) Kungakhale kovuta kupeza mawu oyenera*

koma ingofotokozani momwe mungathere

*c) mtima wanu ukhoza kugunda mofulumira ndipo  
mawu anu akhoza kunjenjemera*

koma ingodekhani ndikupuma mozama ndikuyankhula  
pang'onopang'ono

*d) Mutha kupeza kuti kunena pang'ono pang'ono  
pakamapita masiku*

Zilibe kanthu kuti mumanena bwanji - bola mwanena

*e) mungaone kukhala kosavuta kulemba vuto lanu  
kenaka kupereka kwa munthu wamkulu wotetezeka*



# Nyimbo

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**Mawu a Cynthia kuchokera muvidiyoyi**  
*Ndikofunikira kuuza munthu wina ngati wina akukupwetekani kapena kukugwirani maliseche, ngakhale mukuchita mantha kapena kuchita manyazi muyenera kukhala olimba mtima kwambiri ndikuuza wina. Pali anthu ambiri oti muwauze, Amayi, Abambo, Agogo, Agogo Akazi, Amalume, Aphunzitsi, Asuweni, Anansi, makolo a anzanu, apolisi, anamwino ndi anthu ena ambiri ozungulira inu. Tsopano ngati ukunena ndipo anthu sakukukhulupirira, akhoza kukuuzani kuti musabise - koma kenako mupite kukauza wina. Ngati sakukukhulupirirani - ndiye kuti mumauza wina ndipo mumangomuza mpaka wina akumvetsereni. Osataya mtima, nthawi zonse.*

## **Ngati Muli Ndi Vuto - Nyimbo za Nyimbo**

*Ngati Muli ndi Vuto Simukudziwa choti muchite  
Pitani mukauze wina, mpaka atakumverani.  
Muyenera kupeza wina woti auze mavuto anu  
Ngati muli ndi vuto pezani wina amene angakumvereni  
Lankhulani ndi Amayi kapena Abambo Anu Agogo kapena Agogo Akazi,  
Azakhali anu kapena Amalume anu kapena aphunzitsi kusukulu  
Muyenera kupitiriza kunena mpaka wina atakumverani  
Ngati muli ndi vuto pezani wina kuti akuuzeni*

*Ngati wina wakukhumudwitsani,  
ndipo simukudziwa choti muchite pitani mukauze munthu wina mpaka atakumvani  
Muyenera kupeza wina, kuti mumuuzze mavuto anu  
Ngati muli ndi vuto, pezani wina amene angakumvereni  
Lankhulani ndi mnansi wanu, mlangizi wanu kusukulu kwanu  
Munthu amene mumamudziwa  
kapena kumukhulupirira kugawana mavuto ndikofunikira  
Ingopitirirani kunena mpaka wina amvetsere kwa inu  
Ngati muli ndi vuto pezani wina woti mumuwuze  
Ngati muli ndi vuto pitirizani kuwauza mpaka atakumvetserani*



# Chikondi Ndi Chofatsa

Chikondi ndi chodekha ndi chokoma mtima. Zonse ndi kusamalana, kugawana, ndi kukhulupirirana wina ndi mzake. Timakonda kucheza ndi anthu amene timawakonda komanso kuchita zinthu zina pamodzi mwachitsanzo:

Chikondi ndi chodekha ndi chokoma mtima. Zonse ndi kusamalana, kugawana, ndi kukhulupirirana wina ndi mzake. Timakonda kucheza ndi anthu amene timawakonda komanso kuchita zinthu zina pamodzi mwachitsanzo:

**Kuwerenga mabuku**

**Kusewera masewera**

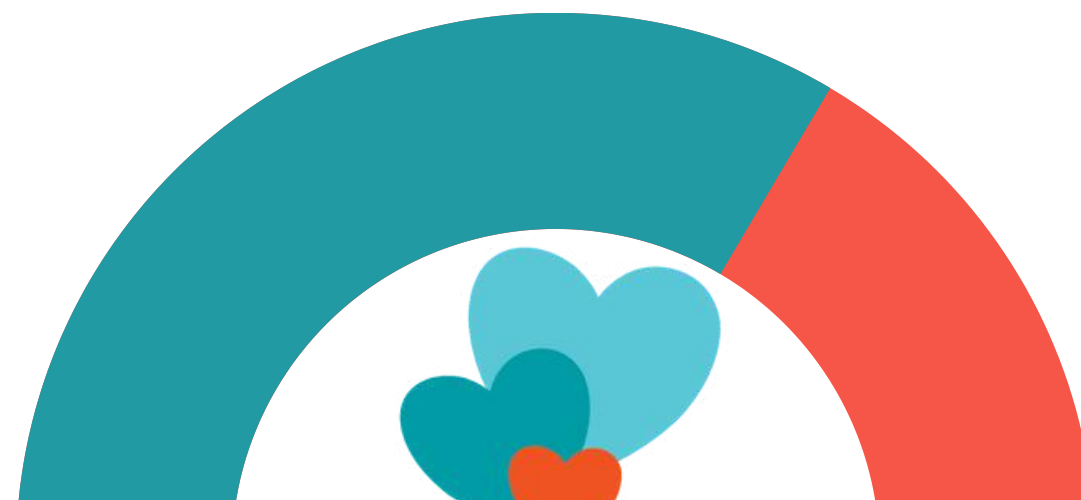
**Kuyenda**

**Kujambula**

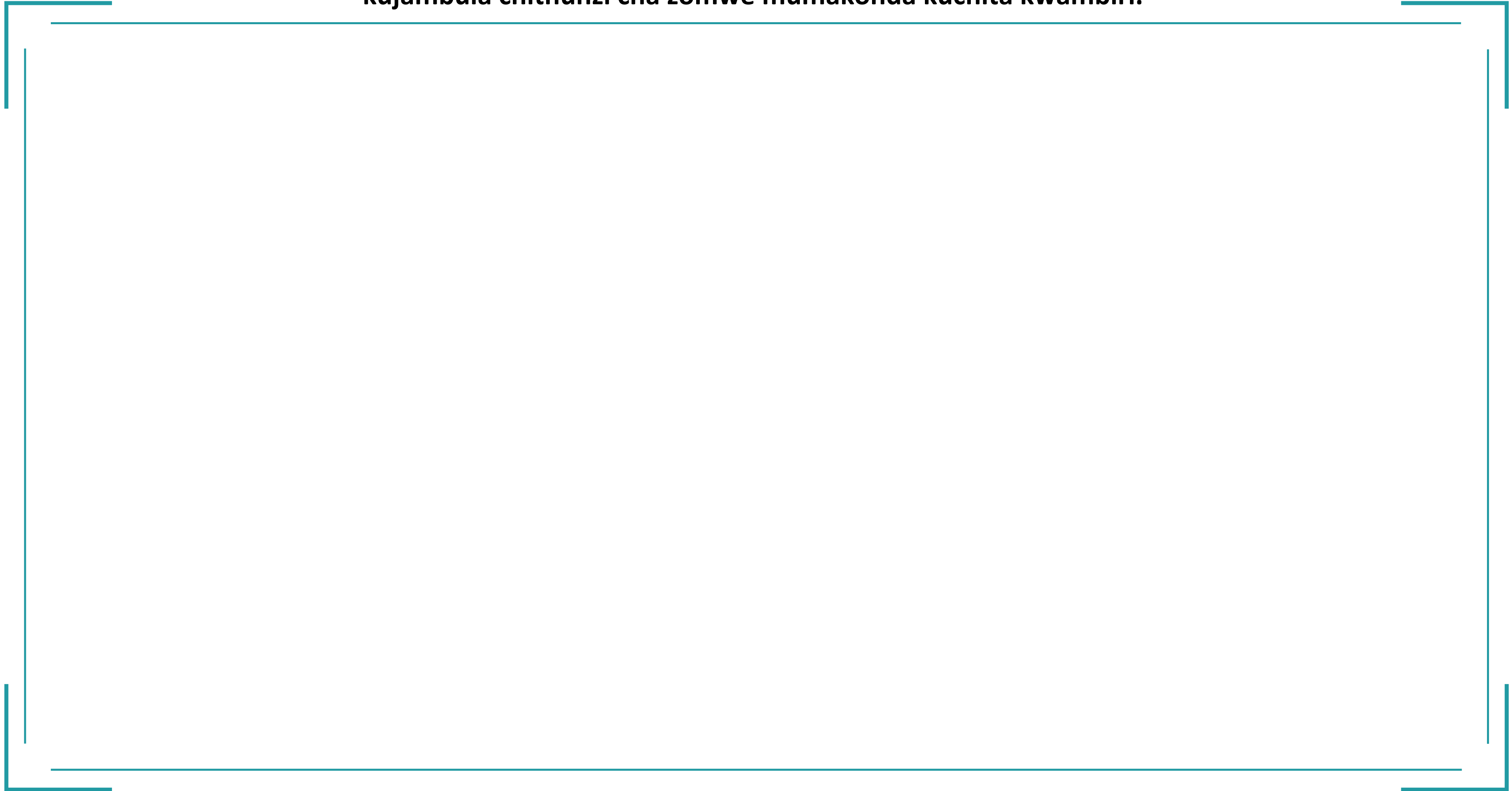
**Kumvera nyimbo**

**Kuphika**

**Kuwonera TV kapena makanema**



**Lembani zina mwa zinthu zomwe mumakonda kuchita ndi anthu omwe mumawakonda kapena kujambula chithunzi cha zomwe mumakonda kuchita kwambiri.**





**Anthu akamakuyang'anirani ayenera kuonetsetsa kuti:**

1. Mumakondedwa
2. Muli ndi chakudya chokwanira
3. Muli ndi zovala zoyera
4. Mumatsuka mano anu
5. Mumatsuka tsitsi lanu
6. Mwasamba
7. Amakuthandizani mavuto anu
8. Alipo kuti akuthandizeni ngati muli ndi pachisoni



Ndikofunikira kuti muzisamalidwa bwino kuti mukule

**MOSANGALALA** ndi **MWATHANZI** komanso

**MWAMPHAMVU**

**Nenani AYI KWA Zinsinsi**



# Nyimbo

5:



## **Chikondi Ndi Chodekha - Nyimbo Zanyimbo**

Chikondi ndi chokoma mtima,  
Yimba limodzi ndipo mupeza  
Pali zinthu zambiri zabwino zomwe tingachite  
Kuti tiwonetse chikondi chathu  
Kodi simundiwerengera nkhani  
Kapena tiyeni tipite kukasewera mpira  
Mutha kundithandiza kukwera njinga yanga  
Kotero sindidzagwa  
Pali zinthu zambiri - Tingachite limodzi  
Pali njira zambiri - Tingasonyeze kuti timasamala  
Pali nthawi zambiri zomwe timatha kuuzana kuti ndimakukondani  
Ngati muli ndi nthawi yogawana ndikufuna kugawana nanu  
Chikondi ndi chodekha,  
chikondi ndi chokoma mtima Imbani limodzi ndipo mudzapeza  
Ndikwabwino kugawana nanu zinthu izi

**Mawu a Cynthie kuchokera muvidiyoyi Tiyeni**  
*tikambirane za chikondi, ndikofunikira kwambiri kukonedwa komanso kuti anthu asawonetse*  
**Chikondi chawo kwa inu mwa kukukhumudwitsani kapena kuchita zinthu zomwe zimakupangitsani kukhala osamasuka. Anthu amaonetsa kuti amakukondani mwa kucita nanu zinthu monga kuwêlenga mabuku, kusewela masewera, kusangalala, kupita kokayenda koyenda kapena kukusonyezani mmene mungayendetse panjinga yanu. Chikondi ndi kugawana ndi kusamalirana wina ndi mzake. Makolo athu ndi osamalira athu amaonetsetsa kuti tikusamalidwa, amatidyetsa, amatiyeretsa mano, ndi zovala zoyera komanso ngati tikudwala amatitengera kwa dokotala. Ndikofunikira kwambiri kuti tizisamalidwa bwino kuti tikule athanzi, osangalala komanso amphamvu.**





# Nenani "AYI" ku Zinsinsi

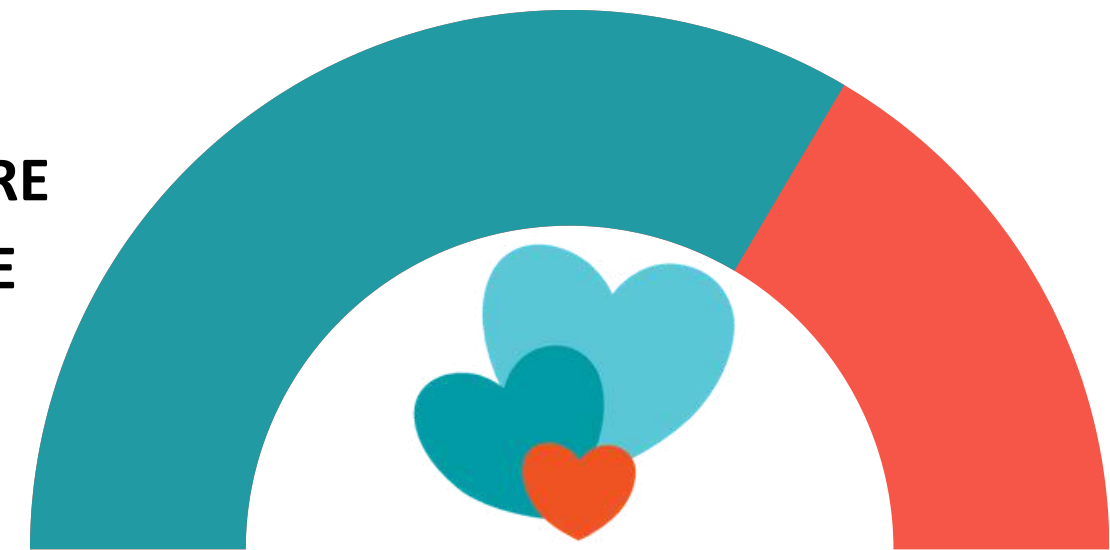


Nthawi zina anthu akamakukhumudwitsani kapena KUyesaRA kugwirani ziwalo zanu zobisika athakuwuzani kuti musunge chinsinsi. Choncho, ife muyenera kuphunzira lamulo la "Nenani AYI ku Zinsinsi".

Pamene anthu amene akuchita zinthu zokhumudwitsa inu, safuna anthu ena kuti adziwe zomwe akuchita. Kotero iwo athakuyesa kukuuzani inu zinthu zomwe zisali zowona:

## Akhoza kunena kuti:

- a) Anthu sadzakumverani.....MUSAWAKHULUPIRIRE
- b) Anthu adzanena kuti ndiwe wolakwa.... MUSAWAKHULUPIRIRE
- c) Anthu sadzakukondaninso...MUSAWAKHULUPIRIRE
- d) Mutha kugwa nanzo m'mavuto... MUSAWAKHULUPIRIRE
- e) Ndizakupweteka ngati unga wuze wina...MUSAWAKHULUPIRIRE
- f) Ndidzapweteka wina mwa inu banja....MUSAWAKHULUPIRIRE



# Zodabwitsa ndi ZOSANGALATSA! NENANI KUTI AYI KWA ZINSINSI

Zungulizani ngati chili chinsinsi kapena chodabwitsa.



1. Tikuchita chisangalalo chapaderadera cha tsiku lobadwa la amayi anu.

**Chinsinsi**

**Chowadzidzimunsa**

2. Ndikufuna mubwere nane, usawawuze Amayi ndi abambo ako.

**Chinsinsi**

**Chowadzidzimunsa**

3. Ndiphika keke ya mlongo wanu yomwe mumakonda kwambiri.

**Chinsinsi**

**Chowadzidzimunsa**

4. Tiyeni tisewere masewera okhudzana koma tisamauze aliyense.

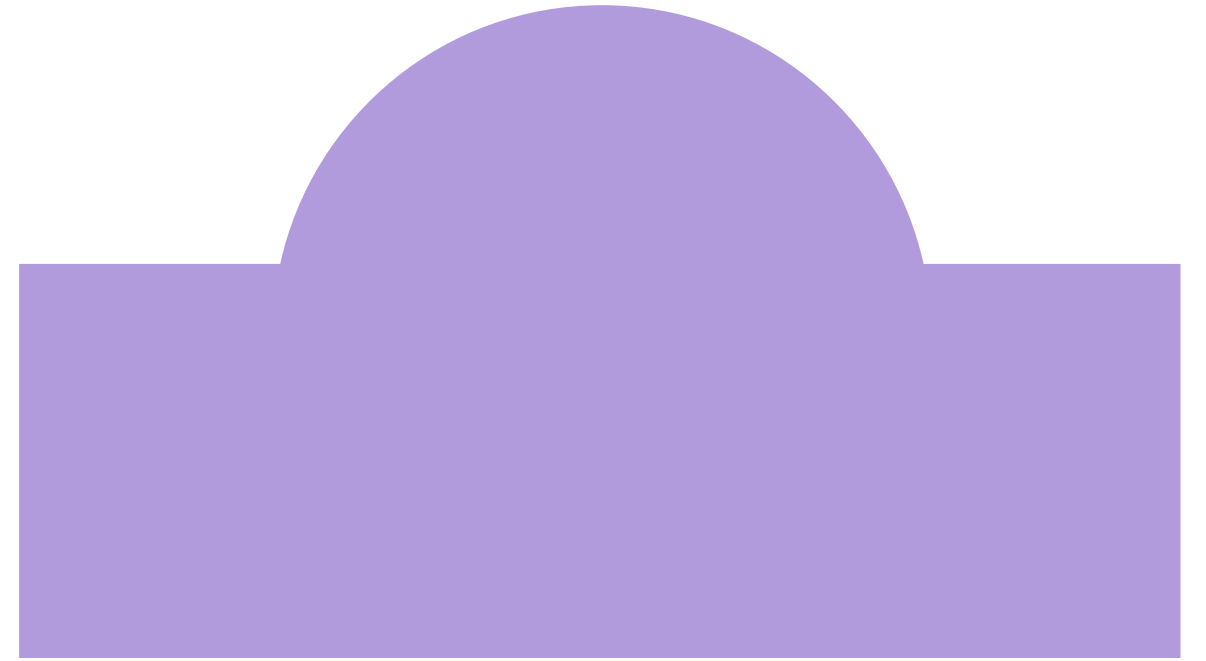
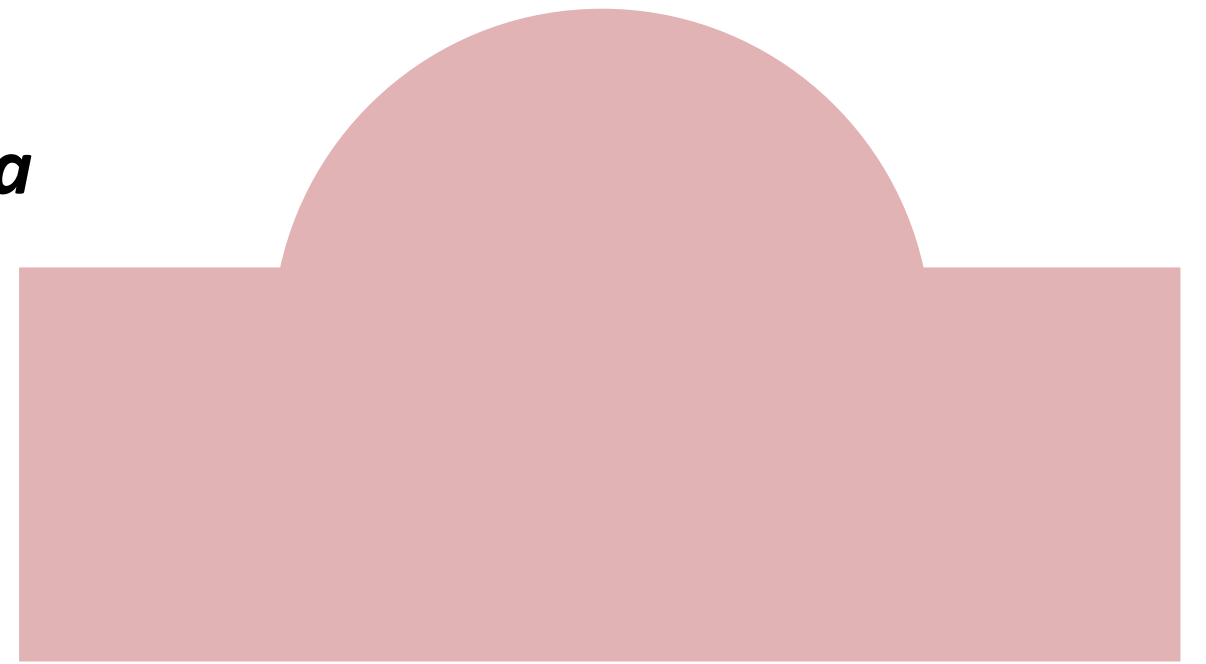
**Chinsinsi**

**Chowadzidzimunsa**



**Ngati wina akulankhulani zomwe zimakukhumudwitsani, kukumvetsani kusamasuka kapena kugwira ziwalo zanu zobisika ndipo amakuuzani kuti musunge chinsinsi, nenani AYI ndikuwuzza MUNTHU WANKULU OTETEZEKA**

***Lembani zinthu zisanu ndi  
chimodzi zomwe mwaphunzira  
kuti muteteze thupi lanu!***







Translation by: Brian Gonani.  
Programme and Songs by Chrissy Sykes

# Thupi Langa ndi Thupi Langa