



Thupi Langa
Ndi
Thupi Langa



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*Takulandirani ku Thupi Langa
Ndi Thupi Langa Chitetezo
pulongalamucha lama yimbidwe.*

Tiyeni titeteze ana!!

Ndi imodzi mwa mapulogalamu opambana kwambiri, olimbikitsa komanso osangalatsa a "Chitetezo cha Thupi". Pulogalamu yathu tsopano yakonzedwa kuti igawidwe ndi ana kusukulu, kusukulu za anazale komanso kunyumba. Pulogalamuyi ndi yaulere kwa aliyense.

Zotsatira za nkhanza za ana kwa mwana wokhudzidwayo komanso kwa anthu onse ndi zazikulu, ndipo maphunziro ndi njira imodzi yabwino kwambiri yopewera izi kuti zisachitike, kapena ngati mwana ali kale muvuto, zimamupatsa mphamvu kudziwa zoyenera kuchita, ndi amene angatembenukire kwa iye kuti athandizidwe.

Pulogalamu yathu yapadziko lonse yoletsa nkhanza kwa ana ili ndi:

- Zonse ma pdf kukopera m'zinenero zingapo
- Nyimbo 6 zoletsa nkhanza
- Malangizo a pang'onopang'ono pa nyimbo iliyonse
- Malingaliro oti anawo atengepo mbali
- Zizindikiro kuti mufufuze zambiri zothandiza

Poyambirira titha kuphunzitsa ana za mutu wa "Chitetezo cha Thupi" bwino, ndipo ndikudziwa kuti pulogalamuyi imagwira ntchito kwa ana azaka zapakati pa 3.

Kukongola kwa Thupi Langa Ndi Thupi Langa ndikuti litha kuphunzitsidwa ndi aliyense. Ogwira ntchito zachitukuko, aphunzitsi, osamalira masana, makolo, opereka mapulogalamu akaweruka kusukulu, okonza makalabu, amasewera ndi ena ambiri. Ndizosavuta, zosaiwalika, ndipo zimatsegula njira zolankhulirana za nkhani ya nkhanza, yomwe ili yofunika kwambiri.

Chifukwa chiyani nyimbo?

Nyimbo ndi njira yabwino kwambiri yoti ana azikumbukira mauthenga ofunikira omwe akuphunzitsidwa pamene akukambirana. Ndikukhulupirira kuti nonse mumakumbukira nyimbo zazing'ono zomwe munaphunzitsidwa mudakali mwana, nyimbo ndi mauthenga awa adzakhala ndi ana komanso adzakhala maziko abwino a maphunziro a moyo wamtsogolo. Kafukufuku amene anakhudza ana, wofalitsidwa mu Journal of Music Therapy, anasonyeza kuti nyimbo, ndi kuphunzira nyimbo zatsopano zimagwirizana ndi malingaliro abwino aumwini ndi chitukuko cha kudzialira, kuthandiza ana kudzimva bwino.



Momwe mungagwiritsire ntchito pulogalamuyi:

Khalani osangalatsa -

Nyimbozo ndi makanema ojambula osangalatsa, oyambitsidwa ndi wojambula wotchedwa Cynthia. Imbani limodzi, gwedezani manja, vinani, chitani chilichonse kuyesa ndikupangitsa kuti uthengawo ukhale wosaiwalika.

Kuti zikhale zosavuta -

Watoto wachanga hawahitaji kujua maelezo kuhusu dhulma “kwa undani”, wape maagizo rahisi:

- 1. Palibe amene ayenera kukupwetekani*
- 2. Palibe amene akuyenera kukugwira maliseche anu*
- 3. Palibe amene akuyenera kujambula zithunzi za ziwalo zanu zobisika*
- 4. Ngati muli ndi vuto wuzani wina*
- 5. Osasunga zinsinsi ngati wina akukukhumudwitsani kapena kukukhudzani maliseche anu*
- 6. Uzani wina ngati akukuvutitsani*

Khalani ndi zabwino -

Cholinga chachikulu ndi kupatsa mphamvu ana kuti azikhala osangalala ndi matupi awo komanso otetezeka podziwa kuti ali ndi wina woti alankhule naye ngati pali vuto.

Nthawi zonse ndimalimbikitsa kuti ana aimirire ndikuyimba - amamvetsera kwambiri kuposa atakhala, ndipo ndikosavuta kuyendetsa manja.





Thupi Langa Ndi Thupi Langa - Cholinga cha Nyimbo:

Kuphunzitsa ana kuti thupi lawo ndi lawo ndipo palibe amene ali ndi ufulu wowavulaza kapena kuwagwira kumaliseche awo.

Chimodzi mwa zinthu zoyamba kufotokoza kwa ana n'chakuti matupi athu ndi apadera, ndipo palibe amene ali ndi ufulu wotivulaza kapena kukhudza maliseche athu. Kenako dziwitsani pomwe ziwalozi zili - ndi ziwalo za thupi lawo zophimbidwa ndi zovala zawo zamkati, ndizobisika ndipo ndi zawo zokha.

Tsopano ndi bwino kufotokozerana ana kuti nthawi zina makolo kapena osamalira angafunikire kugwira maliseche awo mwachitsanzo:-

1) Akali aang'ono, wina amafunikira kuwasambitsa, koma akamakula adzaphunzira kusamba okha.

2) Makolo kapena olera angafunike kupaka mankhwala kumaliseche awo ngati mwanayo akudwala kapena chilonda. Onetsetsani kuti akudziwa kuti izi ndi zomwe makolo okha kapena osamalira kapena madotolo angachite, ndipo ngati zingawapangitse kukhala osamasuka nthawi zonse amawonetsedwa momwe angagwiritsire ntchito mankhwalawa okha.

3) Dokotala angafunike kukhudza maliseche awo ngati akudwala, koma Amayi, Adadi kapena wowasamalira atha kukhala nawo nthawi zonse ngati dokotala kuwagwira pamene.



Palibe nthawi ina yoti aliyense azigwira maliseche ake. Ana amadziwa kuti ndi bwino kunena kuti “AYI” ngati wina akuwapangitsa kukhala osamasuka kapena akuwakakamiza kuchita zinthu zomwe akudziwa kuti ndi zolakwika. Izi zimapatsa mphamvu mwanayo pomudziwitsa kuti matupi awo ndi ake.



Zoposa 90% za kugwiridwa kwa kugonana kumachitika kaya ndi achibale kapena munthu wina amene mwanayo amamudziwa ndi kumukhulupirira. Zimakhala zopweteka kwambiri kwa mwana pamene kukhulupirirana kumeneku kwatha. Ayenera kudziwa kuti ali ndi kwinakwake kotetezeka kuti apiteko kuti akathandizidwe komanso wina yemwe angawamvere ndi kuwakhulupirira.

Kusunga zinsinsi:

Ozunza ana ndi ogona ana nthawi zambiri amadalira kuti mwana amasunga zinsinsi ndipo chifukwa cha ichi chokha ndi lingaliro labwino kukhala ndi lamulo la "Palibe zinsinsi".

Kuika izi mwa ana kuyambira ali aang'ono kumawapangitsa kukhala omasuka kuti asasunge zinsinsi "zosatetezeka" ngati wina akumupweteka kapena kuwagwira mosayenera.



Ana ayenera kudziwa ngati nkhanza zimachitika choncho :

- 1) *Iwo alibe mlandu*
- 2) *Sayenera kudziimba mlandu*
- 3) *Ndikofunika kunena kuti nkhanzazo zithe*

Chonde kumbukirani kuti wolakwayo nthawi zambiri amakhala munthu amene mwanayo amamukonda kapena kumudziwa ndi kumukhulupirira, choncho nkhaniyo iyenera kukambidwa modekha.



Osakwiya pamaso pa mwana, amafunikira kuti mukhale odekha komanso olamulira.

Mungawafotokozere kuti mofanana ndi munthu wokonda mankhwala osokoneza bongo kapena chidakwa, anthu amene amazunza ana amafunikira thandizo. Mwanjira imeneyi akhoza kukhala bwino ndipo sadzavulazanso ana. Ndiye chifukwa chake kuli kofunika kwambiri kuti auze munthu wina.

M'badwo wa digito

M'zaka za digito, tiyeneranso kuteteza ana kwa anthu omwe angafune kujambula zithunzi zosayenera. Polankhula nawo za kukhudza kosayenera, muyenera kutchulanso kuti anthu angafune kutenga chithunzi cha ziwalo zawo zobisika (ngakhale osayesa kuzigwira) ndipo ngati wina ayesa kujambula ayenera kunena AYI! ndiyeno auzeni wina.



Lero tiphunzira za matupi athu.

**Kodi mukudziwa
kuti thupi lanu ndi
lapadedera
kwambiri?**



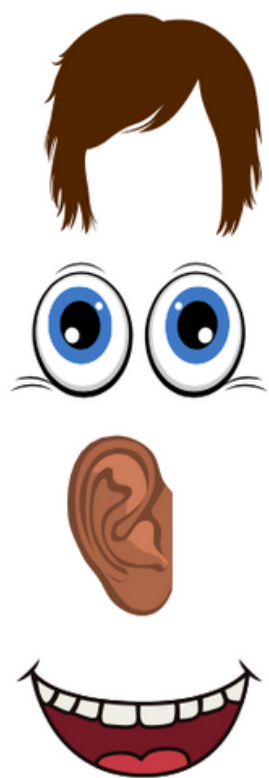
**Ndi thupi lokhalo
limene muli nalo,
choncho muyenera
kulisamalira!**



kuchokera bukhu la ntchito la ana



Tili ndi ziwalo zofunika zambiri pa thupi lathu.



Tili ndi tsitsi

maso

makutu

pakamwa



miyendo



mikono



mapazi



ndi zala



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.



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

kuchokera bukhu la ntchito la ana

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.



Nyimbo

1



Mawu a Cynthia ochokera muvidiyo

Moni, dzina langa ndine Cynthia 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

Ngati Siikumveka Bwino - Zolinga za Nyimbo

1. Kuphunzitsa ana kumvetsera maganizo awo.

Nthawi zambiri ana amadziwa pamene zinthu sizili bwino, kapena pamene zinthu zimawapangitsa kukhala osamasuka choncho aphunzitseni lamulo ili...

Zomverera:

Mukangoyamba kukambirana za mmene mukumvera mukhoza kulankhula za mtundu wa malingaliro omwe tonsefe timakhala nawo. Wodala, Wachisoni, Wosungulumwa, Wokwiya, Wamantha. Ndikofunika kwambiri kuti ana adziwe kuti anthu ena padziko lonse lapansi ali ndi malingaliro ofanana ndi omwe ali nawo ndipo sali okha. Onani mitundu ingapo ya malingaliro omwe ana angabwere nawo.

Mutha kusewera masewera osonyeza nkhope zachimwemwe, nkhope zachisoni, nkhope zokwiya, nkhope zoseketsa, kapena mutha kuwapangitsa kuti ajambule nkhope zawo za momwe akumvera.



Tiyeni Tilankhule Za kumverera

Kodi mukudziwa kuti tonsefe timakhala ndi Kumverera kofanana?



Nthawi zina timakhala osangalala



Nthawi zina timakhala achisoni



Nthawi zina timakwiya

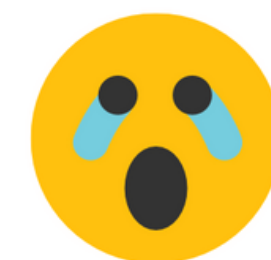


Nthawi zina timasungulumwa

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kuchokera bukhu la ntchito la ana

Pali mitundu yambiri yakumverera.
Nkhope iliyonse ili ndi kumverera.
Kodi munganene momwe akumvera?



2. Kuti mukambirane za kukakamiza anzawo

Mungagwiritse ntchito nyimboyi pokambirana ndi ana ena za kutengera zochita za anzawo kusukulu kapena ngati anthu kunyumba akuwakakamiza kuchita zinthu zomwe akudziwa kuti si zolondola. Mutha kuphatikiza mankhwala osokoneza bongo komanso kupezerera anzawo pazokambiranazi.

Kulimbana ndi chikakamizo cha anzako kungakhale kovuta, koma kambiranani, ndipo fotokozani mmene iwo angamvere ndi kudzidalira kwambiri ngati salola kukakamizidwa kapena kuvutitsidwa ndi ana ena kuti achite zinthu zomwe amachita. sindikufuna kuchita.

"Ngati sizikumveka bwino - musachite!"

3. Kuthandiza ana okhala ndi mphamvu zolimbitsa thupi

Ana ayenera kudziwa kuti matupi awo ndi awoawo ndipo ngati zinthu zimawapangitsa kukhala osamasuka, ali ndi ufulu kunena kuti Ayi! Sindikufuna kuchita zimenezo.

"Ngati sizikumveka bwino - musachite!"

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 muwuzewina. Ngati inu kapena wina akuvutitsidwa, musadzisungire nokha!



Nyimbo

2

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 !!



A “Bwanji ngati masewera - Cholinga cha Nyimbo

Kuphunzitsa ana kunena kuti AYI ndi ulamuliro

Masewera a 'Zingatani Zitati' atha kugwiritsidwa ntchito pazochitika zilizonse zomwe mungaganize kuti zikuchitikira mwana. Gwiritsani ntchito masewerawa kuti mupereke mayankho ku zovuta zomwe sangadziwe momwe angatulukiremo mosamala.

Chitsanzo.....

1. 'Kutakhaka kuti' wina wagogoda pakhomo ndipo iwe uli wekha kunyumba? ungatani?

- a) *usifungue mlango kamwe*
- b) *iwapo hawataondoka, mpigie simu jirani au jamaa zako.*
- c) *wapigie polisi simu iwapo huwezi kupata usaidizi wowote na unahofia.*

2. 'Bwanji Ngati' wolera ana ayesera kukugwira maliseche anu?

- a) *Awuzeni AYI kenako pitani mukauze wina*
- b) *Osasunga chinsinsi ngakhale atakupemphani*

3. 'Bwanji Ngati' mlendo akanena kuti wataya kagalu kake ndipo akufuna kuti muwathandize kumupeza?

- a) *Auzeni kuti AYI simuloledwa kupita kulikonse ndi alendo Ngakhale atanena kuti akufunikiradi thandizo - muyenera kunena kuti AYI!*

Tiyenera kukonzekeretsa ana zochitika zambiri momwe tingathere - choncho pitirizani kubwerera ku nyimbo ndi chidziwitso chatsopano kuti aphunzire.



Kufotokozero alendo kwa ana:

Mukafunsa gulu la ana kuti mlendo ndi chiyani - mutha kupeza mayankho 20 osiyanasiyana monga:

- 1) *Mlendo ndi munthu woipa*
- 2) *Wina amene angakupwetekeni*
- 3) *Wina amene amakupatsani maswiti*

Timaphunzitsa ana athu:

"Osalankhula ndi alendo"

"Osakwera m'galimoto ndi mlendo"

"Osatengera maswiti kwa mlendo"

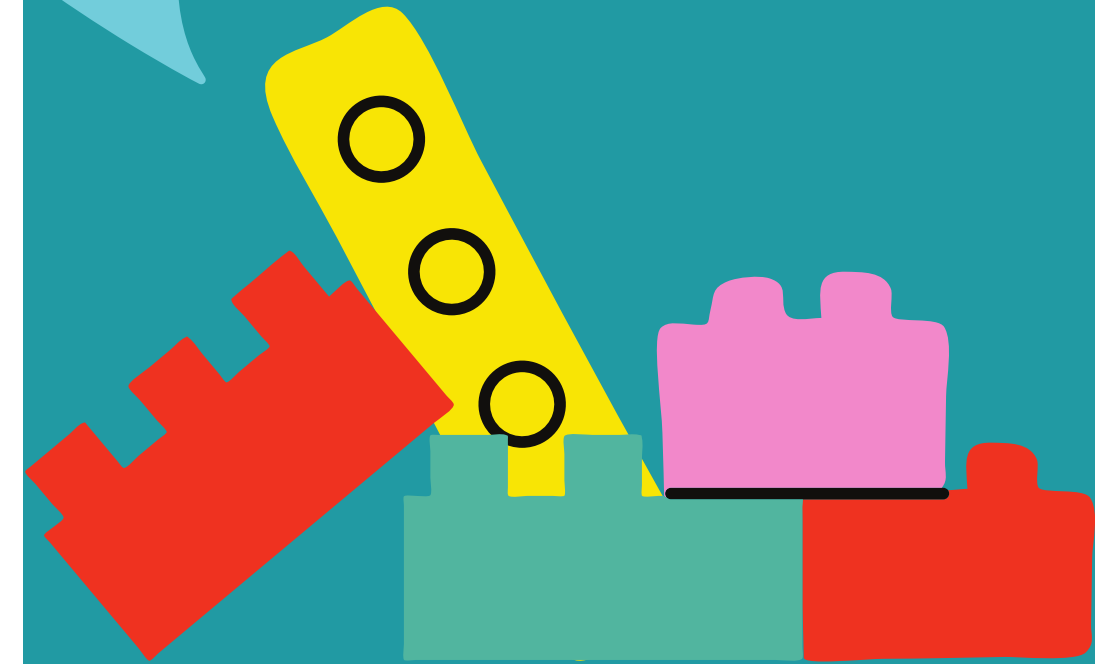
Koma....nthawi zambiri timayiwala kuwauza zomwe mlendo ali.

Choncho choyamba tiyenera kuphunzitsa ana Kodi Mulendo ndi chiyani ?

Mlendo ndi munthu yemwe sitikumudziwa! Mlendo akhoza kukhala:

Mwamuna kapena nkazi, wamkulu kapena wamng'ono, akhoza kukhala wolembera kapena wosauka kapena wa mtundu uliwonse Tiyenera kuwauza zimenezo ndithudi si alendo onse amene ali oipa..... Ndipo ngati wina amene mumamukonda kapena kumukhulupirira akakudziwitsani Kwa mlendo - mlendo ameneyo akhoza kukhala bwenzi.

KOMA....pokhapokha ngati munthu umamukonda ndi kudalira amakudziwitsani Kwa mlendo inu musamalankhule nawo nokha.





M'badwo wa digito

M'nthawi ya digito ino imene zambiri zokhudza ana ndi makolo awo zimapezeka mosavuta pa intaneti kudzera m'malo monga Facebook, Twitter ndi mawebusaiti ena ambiri, anthu angathe kudziwa mosavuta mayina a achibale a mwana ndipo angayese kuwanyengerera kuti apite nawo limodzi.

Uzani ana kuti ngakhale munthuyo akudziwa zambiri zokhudza iye ndi banja lawo, ngati sakuzidziwa, ndi mlendo ndipo sayenera kupita nawo limodzi.

Perekani zitsanzo za mabodza amene anthu ena osawadziwa angawauze mwachitsanzo:

- Amayi ako adandipempha kuti ndikutengereni kusukulu chifukwa wachedwa (anthuwa mwina amadziwa mayina abanja kuti amunyengere mwanayo)*
- Ndili ndi ana agalu okongola kwambiri m'galimoto yanga - mungafune kuwawona?*
- Ndikufuna kukuwonetsani chinthu chosangalatsa kwambiri, ndikulonjeza kuti ndikubweretsani bwino Kubwerera - muyenera kungowona izi - ndizodabwitsa!!*

Lamulo lina ndiloti usalandire mphatso kuchokera Kwa mlendo - ngakhale mphatsoyo ndi yabwino bwanji.

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

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kuchokera bukhu la ntchito la ana



Nyimbo

3

Mawu a Cynthie 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!



Ngati Muli Ndi Vuto - Cholinga cha Nyimbo

Kulimbikitsa kuphunzira kuuza munthu ngati pali vuto ndipo ngati samvera pitalizani kunena mpaka wina amve!!

Kuuza wina za mavuto kungakhale chinthu chovuta kwambiri Kwa ana, chifukwa zingakhale zovuta Kwa iwo kuyesa kupeza mawu ofotokozero vuto lawo, komanso akhoza kukhala ndi mantha kuti akuluakulu angatani.

Tikamalankhula ndi ana zokhudza kuuza munthu wina, tiyenera kuwakonzekeretsa kuti adziwe zomwe angakumane nazo (Izi zikhala za ana okulirapo okha)

- a) Akuluakulu akhoza kukhumudwa, kukwiya, kudabwa kapena kuchita mantha*
- b) Mwina sangakhulupirire mwanayo*
- c) Akhoza kumuopseza mwanayo ndi kuwauza kuti asauze wina aliyense*
- d) Akhoza kuwafunsa kuti asunge chinsinsi*

Phunziro lalikulu loti mudutse Kwa mwanayo, ndiloti ngati wina sakuwakhulupirira, kapena kumuuzza kuti asunge chinsinsi, kapena sakuchitapo kanthu pa vutolo - ayenera kutero - Uzani Winawake ndi kupitiriza kunena kufikira wina atawamvera.

Osataya mtima, Nthawi zonse!!





Apatseni ana mndandanda wa anthu onse omwe angalankhule nawo ngati ali ndi vuto:

Amayi,
Abambo,
Agogo,
Agogo Akazi,
Anti,
Amalume,
Mphunzitsi,

Principal kapena Head Master
Mchimwene wamkulu,
Mlongo Wachikulire,
Mnansi,
Namwino wa Sukulu,
Wapolisi,
Wothandizira.



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 wamkulu
kapena nchemwali wanu wamkulu
Achemwali amayi anu kapena
bamboo anu

Amalume anu
Aphunzitsi
APrincipal kapena mphunzitsi
wamkulu
Mnansi
Apolisi
Mlangizi
M'busa Mtsogoleri Wauzimu

kuchokera bukhu la ntchito la ana

Chonde onjezerani wina aliyense amene mukuona kuti ndi bwino kuti ana alankhule naye

Zomverera:

Ndikofunika kuti ana adziwe momwe angamvere akamawauza za vuto - mfundo zochepazi zikhoza kuwathandiza

a) Mutha kuchita manyazi kukamba za vuto lanu- koma zili bwino

Mwina zimakuvutani kupeza mawu oyenera. Koma ingofotokozani momwe mungathere.

b) Mtima wanu ukhoza kugunda mofulumira ndipo mawu anu akhoza kugwedezeka

koma ingopumirani mozama ndikulankhula pang'onopang'ono

c) Zingakuvutitseni kunena pang'ono ndi pang'ono kwa masiku angapo

Kapena lembani vuto lanu ndikulipereka kwa wina.

Auzeni kuti apeze njira yabwino imene angasangalale kuuza munthu wina, ndi kukumbukira ngati munthuyo

sakuwamvera kapena kuwakhulupirira

uzani wina! Ngati Muli Ndi Vuto

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 sakukhulupirira, akhoza kukuuzani kuti musabise - koma kenako mupite kukauza wina. Ngati sakukhulupirirani - 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 Chodekha - Zolinga za Nyimbo

Kuphunzitsa ana kuti chikondi ndi chodekha ndi chokoma mtima komanso chokhudza kusamalira, kugawana ndi kudalira.

Chifukwa ana amachokera m'mabanja osiyanasiyana, ndi mmene anakulira, zimene zingaoneke ngati zabwinobwino kwa mwana wochokera m'banja lankhanza zidzaoneka ngati zachilendo kwa ana ena ambiri. Choncho, n'kofunika kukambirana za chikondi ndi mmene anthu amasonyezera chikondi kwa ana ndiponso zimene zingayembekezere m'banja.

Nazi zinthu zingapo zoti mukambirane:

- * *Ana ayenera kukonedwa modekha*
- * *Ayenera kusamalidwa ndi kusamalidwa*
- * *Azikhala ndi chakudya chokwanira*
- * *Azikhala ndi zovala zoyera*
- * *Munthu kuonetsetsa kuti mano ake ali oyera ndipo anasambitsidwa*
- * *Kuti tsitsi lawo ndi lopesa.*
- * *Winawake ayenera kukhalapo kuti athandize pamavuto ndi kuwamvera*
- * *Munthu woti aziwathandiza pamavuto ndi kuwamvera*
- * *Wina kuti awasangalatse akakhala achisoni*
- * *Wina yemwe angamukhulupirire*



Apanso, izi ndi zina chabe zomwe mungakambirane, gwiritsani ntchito phunziroli kuti mukambirane mkalasi ndikulembanso kapena kujambula zinthu zomwe zimawasangalatsa, zachisoni, kapena zovuta zilizonse zomwe akukumana nazo.

Nyimbo

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Mawu a Cynthia kuchokera muvidiyoyi

Tiyeni tikambirane za chikondi, ndikofunikira kwambiri kukondedwa 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 kuwela 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.

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





Nenani "AYI" ku Zinsinsi - Zolinga za Nyimbo

Kuphunzitsa ana KUTI asamasunge ZINSINSI

Zinsisi ndi bwenzi lapamtima lo zunza ana ...

Nkhanzayo imakula mobisa ndipo imalola wochitira nkhanzayo kulamulira mwanayo. Ichi ndi chifukwa chake tiyenera kuphunzitsa ana kuti ASASUNGE zinsinsi. Kuphunzitsa zabwino kutha kukhala kovuta kufotokoza - choncho khalani ophweka ndipo khalani ndi "Lamulo la Palibe Chinsinsi" m'banja mwanu.

M'malo mwake mutha kulankhula za zodabwitsa ...Zodabwitsa ndi za ZOSANGALATSA!!

Mwachitsanzo - Sitiuzza Amayi kapena Abambo zomwe tawapangira pa tsiku lawo lobadwa chifukwa ndizodabwitsa!

Izi ndizochitika pamene ana sakuyenera kukhala chete kwa nthawi yayitali, ndipo zimakhalanso ndi zotsatira zabwino.

Nthawi zambiri kutanthauza kuti Agogo kapena Azakhali ndi Amalume anganene kuti ali ndi maswiti koma osawauza Amayi kapena Abambo - chikhale chinsinsi chathu ... zikuwoneka ngati zopanda vuto, koma ndikuwawonetsa ana kuti ndiza bwino bwino kusunga zinsinsi.

Anthu ambiri amene amachitira nkhanza ana mwa kugonana kapena mwakuthupi amakhala ndi ubale wina ndi mwanayo, ndipo oposa 90% mwa iwo amakhala mbali ya banja lawo kapena mabwenzi apamtima.

Akhozanso kukhala anthu odalirika m'dera lanu. Anthu omwe mumawadziwa komanso okondwa kuwasiyira mwana wanu. Ogonana ana amathera nthawi yawo yochuluka osati kukonzekeretsa ana okha komanso kukonzekeretsa mabanja.

Wochitira nkhanzayo adzayamba kumuyesa mwanayo ndi zinsinsi zing'onozing'ono – potero angathe kuona ngati mwanayo angakhale chete ndipo adzayambanso kupanga naye ubwenzi wolimba. Akakhala omasuka kuti mwanayo ali pansu pa ulamuliro wawo adzapita patsogolo ndi nkhanza.



Pokhala ndi lamulo la "Palibe Zinsinsi" zimachotsa mphamvu izi kwa wozunza !!Yesetsani kuti banja lanu lizitenga nawo mbali pa "Lamulo la Palibe Chinsinsi"

Ntchito

Afunseni ana kuti alembe mndandanda wa zinthu zomwe zingawadabwitse ndi zomwe zingakhale chinsinsi. (malingaliro ena oti mukambirane)

IZI NDI ZINSINSI ZINA ANTHU ANGAKUFUNSENI KUTI MUZISUNGA:

- ngati akukupezererani
- ngati akukunyozi
- ngati akukupwetekani
- ngati akugwiritsa ntchito malo ochezera a pa Intaneti kuti akuchitireni nkhanza kapena kukupezererani
- ngati akufuna kukupangitsani kuti muchite zinthu zomwe mukudziwa kuti ndi zolakwika
- ngati akufuna kukunamiza makolo ako kapena achibale ako
- ngati akufuna kugwira ziwalo zanu zobisika
- ngati akuchita zinthu zomwe zimakusowetsani mtendere

Kodi mungalembe malingaliro ena?

NDIBWINO OSATUZA ZA ZODABWITSA

- ngati ndi tsiku lobadwa la munthu wina
- ngati wina wakonza surprise party
- ngati wina wapadera akubwera kudzacheza
- ngati mukupanga munthu kukhala chinthu chapadedera kwa wina wake
- ngati mukupita paulendo kapena tchuthi

Kodi mungalembe malingaliro ena?

Nyimbo

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Ndi Nyimbo ya Nenani Ayi Ku zinsinsi ikupatsani mwayi wolimbikitsa zinthu zingapo zomwe ana aphunzira ndi nyimbo zina za mu pologaramu ya Thupi Langa ndi Thupi Langa.

1) Ngati wina ayesa kukugwira maliseche anu nenani AYI ndipo muuze munthu wamkulu wotetezeka, musabise.

2) Ngati wina akuchitirani zinazake zomwe zimakukhumudwitsani, osamasuka kapena kugwira ziwalo zanu zobisika, kapenanso atakuuzani kuti musunge CHINSINSI NTHAWI ZONSE MUUZENI MUNTHU WANKULU WOTETEZEKA NTHAWI ZONSE ndipo pitirizani kuuzana mpaka wina atakumverani ndikukuthandizani. Ana aphunzira yemwe angamuwuze mu nyimboyo (Ngati muli ndi vuto auzeni ena)

*Tiyeni tiwonetsetse kuti ana sakugwidwa mumsewu mwachinsinsi mwankhanza.
NENA KUTI AYI KUZINSINSI!!*

Nenani "AYI" ku Zinsinsi - Nyimbo Zanyimbo



Sindisunga zinsinsi zanu
Sitisunga zinsinsi zanu
Sindisunga zinsinsi zanu
Sitisunga zinsinsi zanu

Ngati mungayese kundipweteka
Ine ndikunenerani
Bwerani nonse
Timuwuza wina

Ngati mungayese kundivutitsa,
ndikudziwa kuti izi nzolakwika
Ndikhala olimba ntima
Ndikamuwuz muthu wina

Sindisunga zinsinsi zanu
Sitisunga zinsinsi zanu
Sindisunga zinsinsi zanu
Sitisunga zinsinsi zanu

Ngati mungayese kundivutitsa, ndikudziwa kuti izi nzolakwika
Ndimuwuza munthu wina
Tikamuwuz muthu wina

Timati "Ayi" ku zinsinsi, Timati "Ayi" ku zinsinsi,
Timati "Ayi" ku zinsinsi, Timati "Ayi" "Ayi" "Ayi" "Ayi"

Sindisunga zinsinsi zanu
Sitisunga zinsinsi zanu
Sindisunga zinsinsi zanu
Sitisunga zinsinsi zanu

Timati "Ayi" ku zinsinsi
Timati "Ayi" ku zinsinsi
Timati "Ayi" ku zinsinsi
Timati "Ayi"



Mafunso Ofunsidwa Kwambiri (ndi ana)

Funso: N'chifukwa chiyani anthu amavulaza ana?

Yankho: Pali zifukwa zingapo zimene anthu amapwetekera ana, ena anachitiridwa nkhanza ali ana iwo eni ndipo amapitirizabe kuvulaza ena. Anthu ena ali ndi vuto lakumwa, mankhwala osokoneza bongo kapena mkwiyo ndipo ndichifukwa chake amavulaza ana. Chinthu chachikulu kukumbukira n'chakuti n'kulakwa kuvulaza ana n'chifukwa chake nthawi zonse muyenera kuuza munthu wina kuti akuthandizeni.

Funso: N'chifukwa chiyani anthu amakhudza ana maliseche?

Yankho: Apanso pali zifukwa zambiri zomwe anthu amachitira nkhanza ana, anthu ambiri omwe amavulaza ana amachitiridwa nkhanza ndi chifukwa chake ndikofunikira kunena, chifukwa anthuwa amafunikira chithandizo ndi chithandizo kuti athe kupeza bwino komanso kuti asapwetekenso ana.

Funso: Kodi ndingatani ngati palibe amene amandikhulupirira?

Yankho: Ukauza wina koma osakukhulupirira - uzani wina ndipo pitirizani kuuza anthu mpaka wina akukhulupirira..

Funso: Ndikanena, chidzachitika bwanji?

Yankho: Adzanena kuti mukuvulazidwa. Kenako wina adzabwera kudzacheza ndi banja lanu. Adzaona ngati kuli kotetezereka kwa inu kukhala panyumba kapena ngati mufunikira kupita kwina kwake kumene mungasungike..

Mafunso Ofunsidwa Kwambiri (ndi ana)

Funso: Nditani ndikanena kuti AYI!! Ndipo sasiya?

Yankho: Ngati sasiya pamene mukukana - fuulani mokweza kwambiri ngati pali wina amene angakuthandizeni, kapena mukudziwa kuti pali anthu omwe amabwera kudzathandiza. Ngati kulibe aliyense, pitani mukauze munthu wina mwamsanga kutero.

Funso: Kodi ndingatani ngati atandiuza kuti andipweteketsa ine kapena munthu wina wa m'banja langa ndikawauza?

Yankho: Anthu amene amazunza ana safuna kuti anthu ena adziwe zimene akuchita, choncho akhoza kukuopsezani kapena kukuopsezani kuti musunge zinsinsi. Muyenera kukhala olimba mtima kwambiri ndikuuza wina za vuto lanu.

Funso: Kodi ndingatani ngati mchimwene wanga kapena mlongo wanga akundichitira nkhanza?

Yankho: Uza makolo ako ndipo ngati sakumvera auze munthu wina kusukulu kapena pamndandanda wa anthu omwe takambirana nawo..

Funso: Kodi Adzakwiya Ndikawauza?

Yankho: Osati nthawi zonse, koma inde akhoza kukhala okwiya, komabe muyenera kukhala olimba mtima ndi kunena kuti munthuyo asiye kukupwetekani kapena kukhudza maliseche anu.

Zizindikiro Zochitira Nkhanza Ana

Zotsatirazi ndi zizindikiro za nkhanza ndi kunyalanyazidwa zomwe mungawone mwa ana. Mukawona chimodzi mwa zizindikiro izi kapena ngati mwana akuululirani zambiri,

- 1. Khalani chete ndipo musakakamize mwanayo kuti afotokoze.*
- 2. Limbikitsani mwanayo ndipo muwathokoze chifukwa chogawana nanu kenako dziwitsani Zachitetezo cha Ana.*
- 3. Kumbukirani kuti mwana akhoza kungoulula pang'ono pang'ono zazambiri nthawi imodzi mpaka atawona kuti zomwe mwachita zili bata komanso zothandiza.*

Zotsatirazi ndi zina mwa zizindikiro za nkhanza. Mwanayo angakhale akuvutika ndi kusakanizika kwa izi kotero ndi chitsogozo chabe. Ngati muwona kusintha kosiyana m'makhalidwe a mwana onetsetsani kuti mwazindikira kuti muwone ngati izi zili zoyenera.

Zizindikiro za nkhanza zakuthupi

Mawonekedwe a mwana

- * Mikwingwirima yosazolowereka, ma welts, kuwotcha kapena kuthyoka*
 - * Zizindikiro zoluma*
- * Kuvulala pafupipafupi nthawi zonse kumafotokozedwa ngati mwangozi*
 - * Ngati kufotokozerera sikukugwirizana ndi kuvulala*
 - * Amavala manja aatali kapena zovala zina zobisa kuti asavulale*

Khalidwe la mwana

- * Zosasangalatsa, zovuta kukhala nazo*
- * Wamanyazi mwachilendo, amapewa anthu ena*
- * Zingakhale zodetsa nkawa kwambiri kuti musasangalatse*
 - * Akuwoneka kuti amaopa makolo*
- * Zimasonyeza kupsinjika pang'ono kapena kusadandaula konse pakupatukana ndi makolo*



Zizindikiro za kunyalanyaza

Mawonekedwe a mwana

- * Ukhondo, tsitsi lodetsedwa, fungo la thupi
- * Zovala zosayenera nyengo
- * Wofuna chithandizo chamankhwala kapena mano

Khalidwe la mwana

- * Nthawi zambiri wotopa, wopanda mphamvu, wotopa
- * Amapempha kapena kuba chakudya
- * Kuchedwa kapena kusabwera kusukulu pafupipafupi
- * Khalidwe losamvera
- * Kudziyang'anira pansi



Mawonekedwe a mwana

Zizindikiro zimatha kukhala zocheperako poyerekeza ndi mitundu ina ya nkhanza, khalidwe ndilo chisonyezero chabwino kwambiri.

- * Kusiya kucheza ndi anzanu komanso kucheza nawo
 - * Kuchedwa kapena kusabwera kusukulu pafupipafupi
- * Kutaya ulemu
- * Khalidwe losamvera
- * Kusintha kwa kachitidwe kasukulu





Zizindikiro za nkhanza zogonana

Mawonekedwe a mwana

- * Zovala zamkati zong'ambika kapena zamagazi
- * Amamva kuwawa kapena kuyabwa kumaliseche
- * Ali ndi matenda opatsirana pogonana

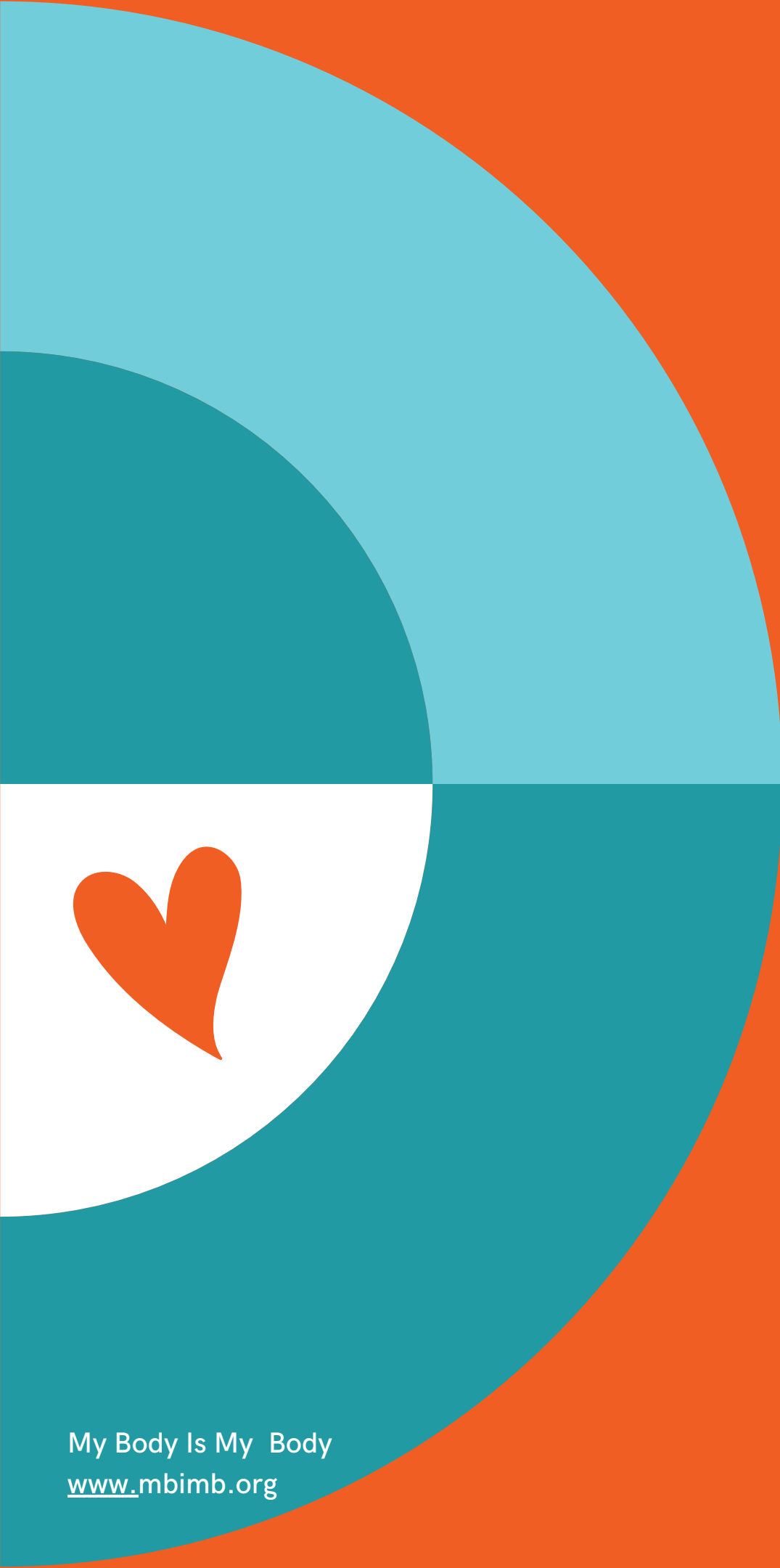
Khalidwe la mwana

- * Khalidwe logonana kapena chidziwitso chomwe chili chosayenera Kwa msinkhu wa mwanayo.
- * Kukhudza kosayenera Kwa ana ena
- * Kusintha kwadzidzidzi kwa khalidwe
- * Kusafuna kwambiri kukhudzidwa mwanjira iliyonse



Ngati mukukayikira kuti Kuchitiridwa Nkhanza Kwa Ana, muimbireni chithandizo chachitetezo cha Ana ndikulandira malangizo. Adzamvera nkhowa zanu ndikuchitapo kanthu m'malo mwanu ngati mwana ali pachiwopsezo.





Tiyeni titeteze ana!!

Translation by: Brian Gonani.

Programme and songs by Chrissy Sykes ©2022

