



*Mmele wame ke wame ke Lenaneo
le le itebagatseng le go thibela/
go emisa kgokgontsho ya bana.*

ARE BA BA LELENG BANA



Mmele wame ke wame ke Lenaneo le le itebagatseng le go thibela/ go emisa kgokgontsho ya bana.

Mo lonaneong le, go dirisiwa ditshwantsho tse di kgathang bana, kgotsa “dipopae”, le dipina .Go dirilwe jalo go tlhofofatsa go anamisa molaetsa wa thibelo kgokgontsho ya bana, gore le bone batle ba tlhaloganye.

Maduo/ ditlamorago tsa kgokgontsho ya bana mo ngwaneng yoo amegileng le mo setshabeng di dikgolo, jalo thuto ke yone fela e ka thibelang/ femang, le go thusa baba amegileng.

Ke tlhomamisa gore lenaneo le, le nale maduo, ka le setswe le lekeleditswe/ go rutilwe bana baka tshwara dikete dile makgolo a mararo le masome a matlhano, ko Amerika (USA). Jalo, go tsibogela go ruta bana ka go tlhokomela mebele ya bone go ka tliša maduo a a, amogelesegang.

Molemo wa lenaneo le ke gore, le dirilwe ka tsela ee bulegileng, go tlhofofatsa puisano ka dikgang tsa kgokgontsho le bana, le gore mongwe le mongwe yoo nang le keletso ya go ruta bana ka kgang e, e ka nna: morutabana, mma boipelego, motsadi, kana ope fela moitlhaopi a kgone go dira jalo.

..“O Bua Jang Le Bana Ka Kgang Ya Kgokgontsho”?

Batsadi ka bontsi ga ba gololesege go bua le bana ka dikgang tsa kgokgontsho. Go itebaganya le bana ka tsela ee pharologanyo, e e ka ba okang, e ka tliša maduo a mantle. Moopelo oo kgathisang ebile ona le molaetsa, o o dirisitsweng mo lonaneong le, o tla thusa go tlhofofatsa gore dithuto tse, di tswellele sentle

“Goreng Mmino/Dipina”

Bana ba tsaa molaetsa sentle, le ka bofefo ga go dirisitswe dipina. Jalo go botlhokwa go ba ruta ka dipina gore ba tsee molaetsa. Ke dumela gore le gompiano bagolo ba santse baka gakologelwa dipina tse baneng ba diopela mo bonnyenyaneng jwa bone. E bile thuto e e tla nna mosola le mo bokamosong jwa bone.

Tshekatsheko ee dirilweng, e akaretsa bana, ebile e dirwa ka mmino, ka go supagetse, fa mmino o na le seabe sese golo mogo rotloetseng kafa motho/ngwana a itebang ka teng,le go tsholetsa serite sa gagwe.



“Lenaneo Le ,Le Dirisiwa Jang”?

DIRA GORE LO KGATHISE –

Dipina tse, di monate ebile dia kgathisa, ka go dirisitswe ditshwantsho “dipopae”, ka ketelopele ya motshameki wa leina la “CYNTHIE”. “O tswanetse wa opela, wa bina le Cynthia gore bana ba utlwe mafoko le molaetsa gore ba seka ba lebala.” Qiniseka ukuba uyigcina ilula.

“DIRA GORE GO NNE MOTLHOFO” -

Gago botlhokwa go ruta bana, phetelela ka kgokgontsho, ba rute ka go balekanyetsa - “BA TSHWANATSE GOITSE GORE:

Gagoope yoo tshwanetseng go go tlhokofatsa.

Gagoope yoo tshwanetseng go tshwara dikarolo tsa gago tsa bong.

Gagoope yoo tshwanetseng go tsa ditshwantsho/ dinepe tsa dikarolo tsa gago tsa bong.

Ga ona le mathata, bolelela mogolo yoo moratang.

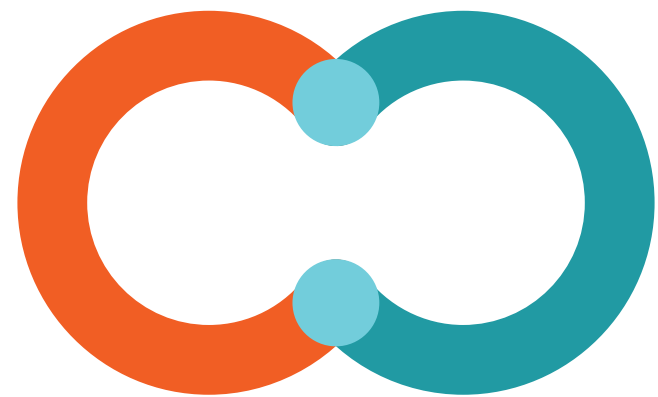
O seka wa didimala fa gona le mongwe yoo tshwarang dikarolo tsa gago tsa bong.

Bolelela mongwe ga o kgokgontshwa ke bangwe.

“DIRA GORE GO NNE LE BOLENG/ MOSOLA” -

Moono/ kang kgolo ke gore bana ba ithatate, le gore ba ikutlwele ba babasegile go bua, fa bana le bothata.

Go ka nna molemo gore, morago ga thuto nngwe le nngwe bana ba tshwantshe se ba se tlhalogantseng, ba bue, kgotsa ba kwale ka sepe se sesa ba jeseng monate.





Mmele Wame Ke Wame - Maikaelelo:

Go ruta bana gore ga goope, yoo nang le tletla ya go ba tlhokofatsa kana go tshwara dikarolo tsa bone tsa bong.

Go botlhokwa go ruta bana gore mebele ya bone e botlhokwa. Ba supegetse, gore dikarolo tse go buiwana ka tsone ke dife, gape baitse gore ke tsa bone fela.

Go Botlhokwa Gape Gore O Baitsitse Gore Batsadi BAKA Tshwara Dikarolo Tsa Bone, Gago Tlhokafala Jaaka:

1) Ga ba santse bale ba botlana, ba a tlhaphisiwa.

2) Ga ba fiwa kalafi ke ba bongaka, botsadi kgotsa batlhokomedi, ga go tlhokega. Bana le tshwanelo yago tsa kalafi ka bo bone, ga bana le bokgoni jago dira jalo.

3) Baoki baka tshwara dikarolo tsa bone tsa bong gago tlhokega, mme ba tshwanetse gore babo bana le batsadi nako tsothe.

Ga gona nako epe fela ee leng gore baka letla ope go tshwara dikarolo tsa bone tsa bong. Ba tshwanetse go itse gore ba gane “NNYAA” ga ba ikutlwela, basa gololesege. Se se tla bathusa gore ba nne le boikarabelo ka mebele ya bone.



Go supega fa, go feta diphesente tse di masome a fera bongwe (90%) ya dikgang tsa kgokgontsho ya bana, e dirwa mo malapeng, ke masika aba a itseng, ebile ba batshepa. Go diga serite, e bile go thokofatsa ngwana ga a felelwa ke tshepo mo mothong yo a mo kgokgontshang. Jalo ngwana o tshwanetse a, itse ga a babalesegile, ebile gona le bangwe ba aka ba tshepang a bua le bone bamo reetsa.

Go Nna Le Diphiri

Bakgokgontshi ba bana baitse ga bana, ele batho baba mothofo go reetsa ga ba boleelwa gore ba dire sephiri. Jalo go bothokwa gore ba rutwe gore ba seka ba nna le sephiri le ope.

Go ruta bana ba santse bale ko tlase go bothokwa, gore ba seka ba nna le diphiri dipe, bogolo jang tsemi ba tlhokofatsang, tsa go phorwa phorwa.

Bana Ba Tshwanetse Go Itse Gore, Ga Kgokgontsho E Ka Diragala:

- *Ga ba molato.*
- *Gase bone baba dirileng gore go nne jalo.*
- *Go bothokwa gore ba bue gore kgokgontsho e fele.*

Gakologelwa gore mokgokgontshi e ka nna motho yoo bothokwa mo botshelong Ja ngwana, a motshepa kana a morata. Jalo o tshwanetse wa buisana nae ka kelotlhoko.

Se supe tenego fa pele ga ngwana .Diga maikutlo o tsee taolo.

Tlhalosetsa bana gore, fela jaaka, badirise ba ditagi phetelela, bakgokgontshi ba tlhoka thuso le bone ka gore baabo base mo seemong sese siameng, gore batle ba emise kgokgontsho e, ke gore bathusiwe.

Dingwaga Tsa /Dipaka Tsa Tiriso Ya Ditlhaeletsano Tsa Maranyane

Mo dipakeng tsa gompiano tse tiriso ya maranyane/ enthenete eleng konokono, re tshwanetse ra sireletsa bana mo bathong baba ka lehang go ba tsa dinepe/ ditshwantsho ba sa ikatlega. Sedimosetsa bana ka kang e, gore ba gane ope fela yoo ka lehang go ba tsa ditshwantsho.



PINA YA NTLHA 1

Mmelewa me ke mmele wame

Mokwalo wa ga Cynthie go tswa mo kgatisong ya ditshwantso le modumo

Dumelang, leina la ka ke Cynthie mme gompiano re tlile go dira thulaganyo ya “mmele wa me ke mmele wa me”. Re tlile go opela dipina, re itumele mme re ithute go itshireletsa. A na le ya itse gore mebele ya rona e bothokwa mme ga go motho yo a nang le tokelo ya go re utlwisisa bothoko, kgotsa le go ka tshwara tshwara dikarolo tsa rona tsa mmele tse difihlegileng kgotsa go etsa sengwe se se ka etsang gore re ukutlwe re sa gololosega gonne ke mmele wa rona o bothokwa. Re tlile go opela pina ya nhla jaanong – mme ke batla gore le opele le nna – I bitsiwa Mmele Wa Me Ke Mmele Wa Me.



Mmele wa me ke mmele wame

Ke mmele wame, Mmele wame
Ga go motho yo a nang le tekelo ya go nkutlwisa bohloko
Gonne mmele wame ke mmele wame
Ke mmele wame, Mmele wame
Ga go motho yo a nang le tokelo ya go ntshwara
Gonne mmele wame ke mmele wame

Kena le matsogo a mabedi go tshwara
Le mahlo a mabedi go bona
Le ditsebe tse pedi go utlwa se o mpolelelang sona
Ke na le maoto a mabedi a maatla go nkisa mo ke yang teng
Mme kena le dokarolo tsa mmele tse di fihlegileng
Tse ke sa batleng go di bontsha ope

Ke mmele wame, Mmele wame
Ga go motho yo a nang le tekelo ya go nkutlwisa bohloko
Gonne mmele wame ke mmele wame
Ke mmele wame, Mmele wame
Ga go motho yo a nang le tokelo ya go ntshwara
Gonne mmele wame ke mmele wame



Ke na le meriri mo hlogong yame
O kao bona
Ke na le mohuba o monnyane
Mogare ga me
Ke na le nko e nnyane e ntle
Le menwana e lesome e mennye
Mme kena le molomo go bua le wena
Se ke batlang o se itse

Ke mmele wame, Mmele wame
Ga go motho yo a nang le tekelo ya go nkutlwisa bohloko
Gonne mmele wame ke mmele wame
Ke mmele wame, Mmele wame
Ga go motho yo a nang le tokelo ya go ntshwara
Gonne mmele wame ke mmele wame
Ee, mmele wame ke mmele wame



“Ga o utlwa gose molemo, o seka wa dira” – Maikaelelo:

1) Go ruta bana go reetsa maikutlo a bone

Bana ba bantsi ba a ikutlwa ga basa ikutlwele molemo ka se se dirwang, jaanong ba rute ka pina e

“Ga o utlwa gose molemo, o seka wa dira”

Maikutlo:

Ga o bua ka maikutlo, o kaba ruta gore, rotlhe re na le maikutlo. Maikutlo e ka nna a: boitumelo, kutlobothoko, Tenego le poifo. Go bothokwa gore ba itse gore go ntse jalo mo lefatsheng lotlhe ka bophara.

“Ela tlhoko gore baka go fa dikai tsa maikutlo dile mmalwa...”

Leka tshameka metshameko go supa maikutlo: boitumelo, tenego, kutlobothoko, kana ba tshwantshe difatlhego tsa kafa ba ikutlwang ka teng.

2) Bua Ka Go Gatelewa/ Go Rotloediwa Ke Balekane Ba Bone

O ka fa bana dikai tsa go gatelelwa ke balekane ba bone mo sekolong kana ko lapeng. O ka bafa dikai ka ba bangwe, ba ba ka bagatelang go dirisa ditagi kana sengwe fela.

Itse fa go ganana le go gatelelwa ke balekane go le thata mo baneng, jalo ba bontshe bothokwa ja go ikemela/ go itseela ditshwetso.

“Ga o utlwa gose molemo, o seka wa dira”

3)Go Rotloetsa Bana Go Ikemela

Bana ba tshwanetse go itse gore mebele ya bone ke ya bone, le gore fa dilo disa ba tsee sentle, bana le tshwanelo ya go ganana/ gore “NNYAA”

“Ga o utlwa gose molemo, o seka wa dira”

Mokwalo wa ga Cynthie go tswa mo kgatisong ya ditshwantso le modumo

Re tli le go itumela ka pina eno e latelang, e na le molao o mogolo o re tshwanetseng go o gopola, mme molao o ke - Fa o sa ikutlwe sentle - o se ke wa etsa seo. Jaanong ga ke bue ka dilo di tshwana le go dira tiro ya sekolo kwa lapeng, kgotsa go phepafatsa phapusi ya gago ra borobalo. Ke bua ka fa mongwe a leka go go isa gongwe le bone mme o sa itse gore a na ke selo se se siameng go se dira.

Fa o sa ikutlwe sentle, o se ke wa etsa seo. Kgotsa fa mongwe a leka go go dira gore o dire sengwe se se etsang gore o ikutlwe o sa gololosega, Fa o sa ikutlwe sentle, o se ke wa etsa seo.

“Ga o utlwa gose molemo, o seka wa dira”

Batho ba ka go tshwara tshwara ba re go siame
Empa gopola gore mmele wa gago ke mmele wa gago
Ke we na o itseng fa o sa ikutlwe sentle
“Ga o utlwa gose molemo, o seka wa dira”
“Ga o utlwa gose molemo, o seka wa dira”
O se dire seo, O se dire seo

Go na le batho ka kwa ntl
Ba ba naganang gore o setlael
Mme ba leka go go fa diritibatsi
Le go go tlogedisa sekolo
Ba go bolelela gore o nne le diphiri
Empa o a itse gore o direng
“Ga o utlwa gose molemo, o seka wa dira”
“Ga o utlwa gose molemo, o seka wa dira”
O se dire seo, O se dire seo

Batho baka go tshwara tshwara
ba go bolella gore baya go kgatalla
Ga ke re ga goa siama go bua le batho
Empa o tla itse ga o sa ikutlwe sentle ka fa teng
“Ga o utlwa gose molemo, o seka wa dira”
O se dire seo hle
“Ga o utlwa gose molemo, o seka wa dira”
O se dire seo
O se dire seo
“Ga o utlwa gose molemo, o seka wa dira”
O se dire seo hle
O se dire seo
O se dire seo
“Ga o utlwa gose molemo, o seka wa dira”
O se dire seo



Motshameko wa “fa go ka etsagala gore” - Maikaelelo:

Go ruta bana go nna le maatla a go ganana kgotsa gore “NNYAA”

Motshameko o, oka o dirisa nako tsothe, bogolo jang ga o belaela gore ngwana mongwe oka tswa ana le seemo, se se sa itumediseng, gore o kgone o tlhaloganye gore go diragala eng. Dirisa motshameko go fa dikarabo mo diemong tsemi thata tse go seng motlhofo go tswa mo go tsone.

Dikai:

1. Gago ka diragala gore motho a kokote, ole esi mo lapeng?

- *-O seka wa bula lebati.*
- *-Bitsa/ Leletsa moagisane kana mongwe wa losika, fa ele gore motho yoo kokotang o gana go tsamaa.*
- *-Leletsa Sepodisi ga o boifa e bile o thokile thuso*

2. Go tlaareng ga motlhokomedi, a bata gogo tshwara tshwara dikarolo tsa bong.

- *-Ganana le ene, mme o itsise mongwe*
- *-O seka wa fitlha kgotsa wa dira sephiri lefa baka go raa bare ke sephiri.*



3.Ga go ka diragala gore motho yoo sa moitseng are o latlhegetswe ke ntsanyana, jaanong bare o ba thus e go e batla.

Re tshwanetse ra baakanyetsa bana diemo tsemi farologaneng, baitsi gore go nale metlhale e mentsi e baka welang mo kgokgontshong ka yone. Jalo o bafe dikai tsemi farologaneng ga o ba ruta.

Tlhalosetsa bana gore motho yo ba sa moitsing o raa mang? Explain Strangers to children

Ga o ka botsa bana gore, motho yo ba sa moitsing ke mang. O tlaa utlwa dikarabo tsemi farologaneng tse di ntsi.

Dikai:

- Ke motho yoo bosula.
- Ke motho yoo ka go tlhokofatsang.
- Ke motho yoo fang bana, dimonamone.
-

Re ruta bana gore:

-O seka wa bua le motho o sa moitse.

-O seka wa pagama koloi ya motho o sa moitse.

-O seka wa tsa dimonamone mo, mothong yoo sa moitseng.

-Mme ganstani re lebala go ba tlhalosetsa gore, motho yoo sa moitseng re raa mang tota.

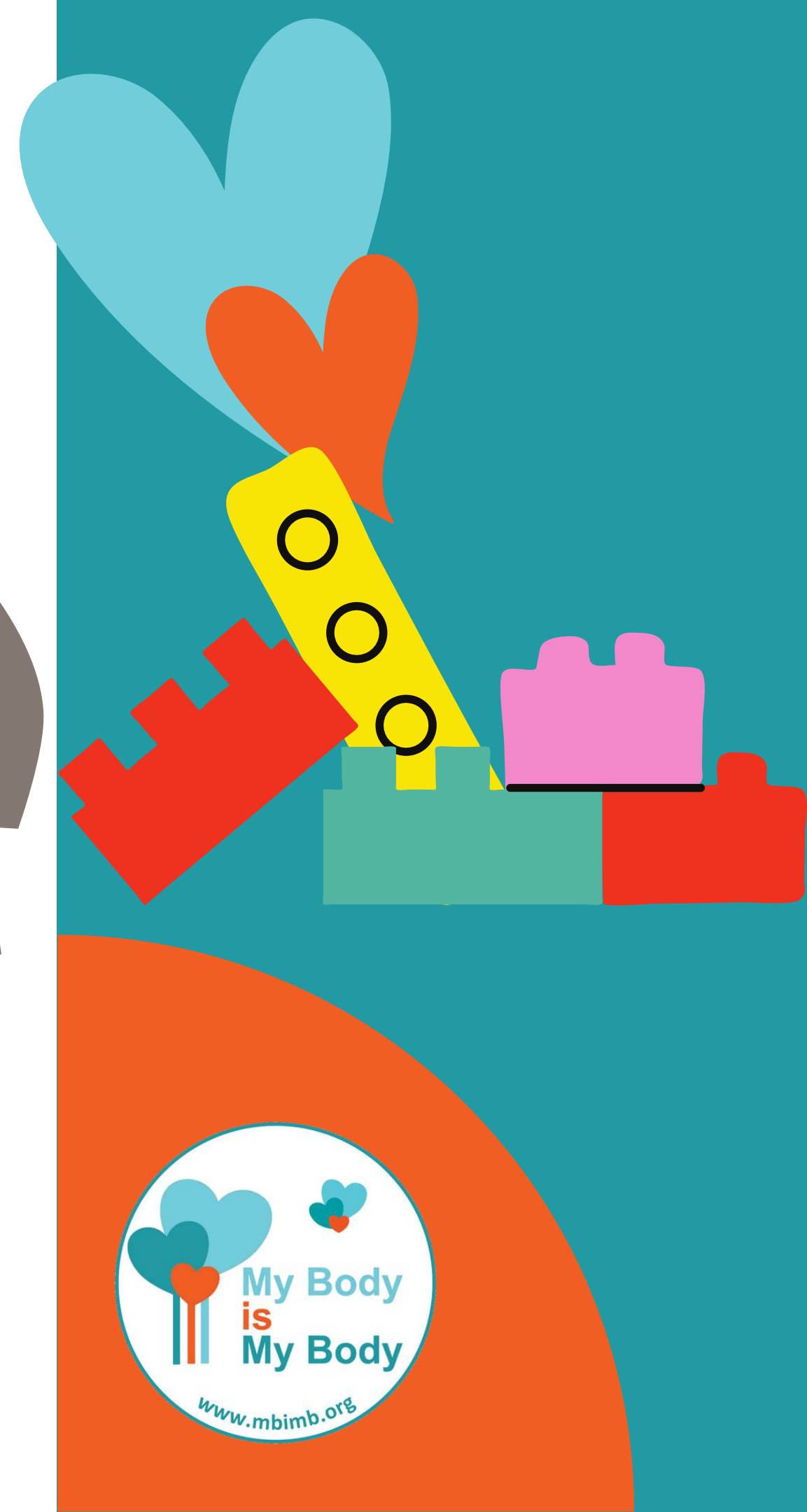
Santlha: ruta bana gore motho yo ba sa moitseng ke mang.

-ke motho yoo sa sikaneng nae ka sepe gotlhelele, ebile o sa moitse.

E ka nna, Monna kgotsa mosadi, motho yo mogolwane kgotsa yoo mmotlana. E ka nna mohumi kana mohumanegi.

Kgotsa motho wa letso fela le sele. Re tshwanetse raba bolelela gore gase gore motho mongwe le mongwe yoo sa moitsing o bosula, mme jalo ga motho yoo moitseng aka go kopanya le motho yoo sa moitseng, le kgona go feleletsala lele ditsala.

Mme ka jalo o seka wa bua le motho o sa moitse, ga lo sa kopanngwa ke motho yoo moitseng.



Dipaka/Dingwaga Tsa Enthanete Le Tiriso Ya Maranyane

Dingwaga tse re tshelang mogo tsone ke, tse tiriso ya enthanete/ maranyane eleng ko godimo, mo batho baba sa itsaneng banang le dikitso tsemi tseletseng ka ba bangwe, jaaka “face book”, Twitter”, le tse dingwe. Go mothofo gore batho ba itsi maina a bana ba lelepa, mo go ka bakang gore go nne motlhofo mo go bone go kaba ngoka go tsamaa le bone, mo goka ba tsenyang mo diphatseng.

Ruta bana gore le fa motho aka itse maina a bone le tse dingwe ka malapa a bone, ga ba sa itsane ka gope ba seka ba tsamaya le bone.

Ga ba bona dikai tse batho baba sa baitseng baka le kang go ba ngoka ka tsone, jaaka:

“Mmago are ketle gogo tsa mo sekolong, ka gore o santse a tshwaregile”.

“Tla o bone kena le dintanyana tse dintle mo koloing”.

“Tseno mo koloing ke batla gogo bontsha sengwe se se itumedisang, kea go solofetsa ke ta go busa.”

(Gakologelwa gore batho ba ke batho baba itseng batho ko lwapeng, mme ba kgona go tsietsa bana)

Se se botlhokwa ke gore ba seka ba nna ba amogela dimpho dipe gotswa ko batho ba ba saba itseng, le fa mpho ya teng e kgathisa tota.



Motshameko wa “fa go ka etsagala gore”

Mokwalo wa ga Cynthie go tswa mo kgatisong ya ditshwantso le modumo. Jaanong re tlile go tshameka Motshameko wa “fa go ka etsagala gore” mm emo pineng e re tlile go ithuta gore re ka dira eng fa motho yo o sa mo itseng a leka go dira gore o tsamaye le ene, kgotsa fa mongwe a leka go tshwara tshwara dikarolo tsa gago tsa mmele tse di fihlegileng. A na o a itse gore dikarolo tsa gago tsa mmele tse di fihlegoleng di fa kae? di fa diaparo tsa gago tsa ka fa teng le borokgwe ba gago di sereleditseng. Ga go motho yo a dumeletsweng go go tshwara tshwara dikarolong tsa gago tsa mmele tse di fihlegileng fa e se fela fa o le lesea, Mama le Papa batla go tshwara fao, mme o tlile go ithuta go dira seo ka bo wena’ kgotsa fa o lwala kgotsa fa o utlwa botlhoko, Mama kgotsa Papa kgotsa Ngaka bat la tshwanela ke go go tshasa setlhare fao. Ntleng ga seo, ga go motho yo a tshwanetseng go tshwara tshwara dikarolo tsa gago tsa mmele tse di fihlegileng.

Gape re tlile go ithuta gore re ka dira eng fa mongwe kwa gae kgotsa wa lelapa a dira gore o ikutiwe o sa gololosega kgotsa a leka go go utlwiswa botlhoko. Se o tshwanetseng go se dira fela mo motshamekong o ke go goa o re “NNYAA”, jaanong ke batla gore o goe ga monate le ka modumo



Motshameko wa “fa go ka etsagala gore”

Re I le go tshameka
Motshameko wa “fa go ka etsagala gore”
Go na le potso le karabo go wena
Ga o batla go hlola ka nako tsohle
Se ke se o tshwanentseng go se dira
E re nnyaa, Bua fela o re nyaa

Fa go ka etsagala gore, morago ga sekolo
Motho yo o sa mo itseng a leka go go isa gae
Mme ba kgweetsa koloi e nchwa e maphatsiphatsi
Mme ba re “dumela”, a o batla go pagama
Nnyaa hle, ga ke go itse
Ga nkitla ke pagama koloi ya gago
Gonne mme le rre ba mpoleletse gore
Ke seke ka tsamaya le motho yo ke sa mo itseng
Nka re nnyaa, Bua fela o re nnyaa

Fa go ka etsagala gore o kwa gae
Mme mohlokamedi wa bana a go hlokometse
Mme a leka go go tshwara tshwara ka fa tlase ga diaparo tsa gago
O ka dira eng, O ka re nnyaa mohlokamedi wa bana
Ga ke battle o ntshwara tshwara fao
Gonne tseo ke ditso tsaka tsa mmele tse fihlegileng

Mme mmele waka ga se wa gago, Nkare nnyaa
Bua fela o re nnyaa

Rea tshameka
Motshameko wa “fa go ka etsagala gore”
Gona le dipotso le di karabo tsa gago
Ga o batla go hlola ka dinako tsohle
Se ke se o tshwanentseng go se dira
E re nnyaa, Bua fela o re nnyaa

Fa go ka etsagala gore go nne le motho
Tsala kgotsa wa kwa lapeng
Mme a go tshwara tshwara kgotsa a go utlwiswa bohloko
Seo se etsa o ikutiwe o sa lokologa, o ka bua wa reng?
O ka re nnyaa
O se ke wa dira jalo hle
Ga ke rate fa o ntshwara tshwara jalo le ga ke ko rata
O seke wa ntira seo
Gonne ke sa le yo monnye
Nkare nnyaa, Bua fela o re nnyaa, E re nnyaa



Fa o na le mathata - Maikaelelo:

Gatelela thuto ya go bua, fa gona le bothata, ga go sena yoo reetsang tswelela o bue go fitlhela mongwe a reetsa.

Go re ba bolelele mongwe ka mathata a bone, go bokete ebile go thata. Jalo ba kanna ba retelelwa ke go dirisa mafoko mangwe, le go tshaba batsadi gore baka ba, leba jang.

Ga re ruta bana ka go bolela , re tshwanetse go ba baakanya maikutlo gore baitsi gore baka, kopana le batho baba ka tsibogelang seemo kgotsa dikgang tsa bone jang.

Dikai:

- *Bagolo baka kgona go tenega*
- *Bagolo ba kgona gosa dumele go re ba bua boammaaruri mme baba bone molato.*
- *Ngwana o kgona go tshosediswa gore a seka a bolelela ope.*
- *Ngwana o kgona go bolelelwa gore ke sephiri.*

Nltha ya bolhokwa ke go ruta bana gore fa go sena yoo dumelang se ba sebuang, kana gotwe ba dire sephiri, kana bagolo basa tsee kgato epe, ba tshwanetse: “go tswelela ba bua go fitlhela mongwe a bareetsa..”BA SEKA BABO BA INEELA”





Fa bana maina a batho baba ka ba tshepang kgotsa ba bua le bone, ga gona le bothata.

Sekai: Mme,
Ntate,
Ntatemogolo,
Rakgadi,
Malome,
Morutabana,

Mogokgo,
Nnkgonne,
Moagisane,
Mooki,
Mokgothatsi kana Moruti.



Maikutlo

Go botlhokwa gore o bolelele bana gore baka ikutlwa jang, nako ya fa ba bolela ka kgang e.

- *O ka ikutlwa o swaba, go bua ka mathata a o nnileng le one, mme ga gona molato.*
- *O ka bona gole thata go dirisa mafoko a a saimeng, jalo tthalosa kafa o ka kgonang ka teng.*
- *Pelo ya gago eka iteela ko godimo, e betsa ka bonako, le lentswe la roroma, mme tswelela o tthalose kafa o ka kgonang ka teng, o wetse dibete.*
- *O ka bona fa gongwe gore o bue gole gonnye tsatsi le letsatsi, kana wa kwala lokwalo.*

Ba gacolole go batla tsela ee ba siametseng go bua, le go bua kgotsa go bolelela motho o sele ga basa reediwe.

**PINA YA
BONE
4**

Mokwalo wa ga Cynthia go tswa mo kgatisong ya ditshwantso le modumo

A na go botlhokwa go bolelela mongwe fa mongwe a go utlwa botlhoko kgotsa a go tshwara tshwara dikarolo tsa gago tsa mmele tse di fihlegileng' le fa o utlwa o tshogile kgotsa o hlabiwa ke ditlhong, o tshwanetse go re o nne pelokgale thata mme o bolelele mongwe, go na le batho ba bantsi ba o kaba bolelelang , bo Mama, bo Papa, bo Mmemogolo, bo Rremogolo, bo Mmane, bo Malome, Barutabana, bo Ntsalao, Baagisane, Batsadi ba ditsala tsa gago, Maphodisa, Baoki le batho ba bangwe ba le bantsi gaufi le wena. Jaanong fa o bolelelela batho mme ba sa go tshepe – bolelela o mongwe mme o tswellele pele go bua go fihlela mongwe a go utlwa, o seka wa ineela.

Fa o na le mathata

Fa o na le mathata
Mme o sa itse gore o direng
Tsamaya o bolelele mongwe
Go fihlela ba go reetsa
O tshwanetse o fihlele motho
Yo o tla mmolelelang mathata a gago
Fa o na le mathata
Fhlella motho yo o tla go utlwelelang.

Bua le mme wa gago kgotsa rre wa gago
Le mmemogolo kgotsa rremogolo
Mmane kgotsa malome wa gago
Kgotsa morutabana kwa sekolong
O tshwanetse go tswella pele o bue
Go fihlella mongwe a go utlwelela
A o na le mathata
Fihlela motho yo o tla mmolelelang ona

Fa motho a go utlwisitse bohloko
Mme ga o itse gore o dire eng
Tsamaya o ye go bolelela mongwe
Go fihlela ba go utlwelela

O tshwanetse go fihlela mongwe
Yo o tla mmolelelang mathata a gago
Fa o na le mathata
Fihlela motho yo o tla go utlwelelang
Bua le moagisane
Okaedi wa gago kwa sekolong
Mongwe yo o mo itseng kgotsa o mo tshepang
Go bua ka mathata a gago ke tshwanelo

Tswellela pele o bue
Go fihlela mongwe a go utlwelela
Fa o na le mathata
Fihlela mongwe yo o tla mmolelelang ona
Fa o na le mathata
Tswellela pele o bue go fihlela ba go utlwa



Lerato le bonolo - Maikaelelo:

Go ruta bana gore lorato lo pelonomi ebile gale kgokgontshe, le a kgathala e bile lo a tshepafala.

O ka fitlhela ele gore bana ba tswa mo malapeng a a farologaneng, jalo go kgonega gore kafa,ngwana yoo tswang mo, lapeng le go nang le kgokgontsho a lebang dilo ka teng ,go pharologano le bana ba bangwe, ba batswang ko malapeng a go senang kgokgontsho. Jalo go botlhokwa go buisana ka lorato.

Loka Buisana Ka Tsedu Latelang:

- *Bana ba tshwanatse go ratwa.*
- *Batshwanetse go tlamelwa, le go tlhokomelwa.*
- *Batshwanetse go ja sentle.*
- *Ba tshwanetse go apara diaparo tsedu phepa.*
- *Ba tshwanetse go nnale botsogo bobo itekanetseng ba legano.*
- *Moriri wa bone, o nne o kamilwe.*
- *Ba tshwanetse go reediwa le go thusiwa.*
- *Ba tshwanetse go itumedisiwa ga ba le kotlase mo moeng.*
- *Ba tshwanetse go nna le mongwe yo ba mo tshepang.*

Ntlha ya botlhokwa: oka atolosa go baruta ka tse dingwe jaaka dilo tse di baitumedisang, le tse di ba utlwisang botlhoko.

Mokwalo wa ga Cynthie go tswa mo kgatisong ya ditshwantso le modumo

A re bueng ka lerato, go botlhokwa thata go ratiwa mme batho ga ba bontshe lerato la bone mo go wena ka go go utlwisa botlhoko kgotsa go dira dilo tse di etsang o utlwe o sa gololosega. Batho ba bontsha gore ba go rata ka go dira dilo tse ba itseng gore o a di rata go tshwana le go bala dibuka, go tshameka metshameko, go itumela, go tsamaya kgotsa go go ruta go pagama baesekele. Lerato le gohle ka go arogana le go kgatallana. Batswadi le batlhokomedi ba rona ba tlhomamisa gore ra tlhokomelwa, ba re jesa, ba tlhomamisa gore re hlapa meeno, mme le gore re na le diaparo tse di phepa go apara mme fa re lwala ba re isa ngakeng. Go botlhokwa thata gore re tlhokomelwe sentle gore re gole re itekanetse, re itumetse mme re na le maatla.

Lerato le bonolo

Lerato le bonolo

lerato le pelontle

Opela le rona mme o tla fihlela gore

Gona le dilo tse dintsi tse dintle tse re ka di dirang

Go bontsha lerato la rona

A o ka se mpalle polelo

Kgotsa re ye go kwa ntle go tshameka kgwele ya maoto

O ka nthusa go palama baesekele

Gore ke seke ka wa

Go na le dilo tse di ntsi

Tse re ka di dirang rohle

Go na le ditsela tse dintsi

Go bontsha gore re kgathala

Go na le di nako tse dintsi fa re ka bolellanang gore ke ya go rata

Fa o na le nako arogana

Ke rata go e arogana le wena

Lerato le bonolo

Lerato le pelo ntle

Opela le rona mme o tla fihlela gore

Gona le dilo tse dintsi tse dintle tse re ka di dirang



Dipotso Tse Di Atleng Di Botswe Ke Bana

Potso: KE ENG BATHO BA GOBATSA BANA?

Karabo: Go na le mabaka a mantsi aa ka dirang gore batho ba lematse bana, e ka nna gore:

- Batho bangwe bane ba kgokgontshiwa ba sale bana, jalo ba fitlhelwe le bone e nna bakgokgontshi.

-Ba bangwe bana le bothata jwa nno tagi phetelela, diritibatsi le kutlobothoko e ntsi, ke tsone dingwe tsa dilo tse dika bakang gore ba kgokgontshe bana. Itse gore go bosula go lematsa bana ka tsela epe fela, jalo o tshwanetse wa bolela ga o lemadiwa gore otle o bone thuso.

Potso: KE ENG BATHO BA PHORA PHORA BANA?

Karabo: Karabo e katswa e ntse ele gore batho ba, ba kile ba lemadiwa bale ba botlana, gone bontsi ba dithithomiso di supa jalo, ke ka moo ba lematsang bana. Jalo ba tlhoka thuso le bone gore batle ba fiwe kalafi ee tshwanetseng, gore ba emise go lematsa bana.

Potso: KE DIRA JANG FA GO SENA OPE YOO NTUMELANG?

Karabo: Ga go sena ope yoo go dumelang, se ineele, tswelela o bua go fitlhela mongwe a kgathala a go reetsa.

Potso: GO TLAA DIRAGALA ENG, MORAGO GA KE BOLELA?

Karabo: Bagolo ba tlaa itsese ba molao gore, o a lemadiwa. Morago ba buisane mme, bat see tshwetso ya gore o nne ko o babalesegileng teng.

Dipotso Tse Di Atleng Di Botswe Ke Bana

Potso: KE DIRE JANG FA KE KARE NNYAA!!MME BA BO BA SA EMISE?

Karabo: Goa/kua thata gore mongwe a utlwe a go thuse, fa ele gore ga ore Nnyaa, ba tswelela fela. Kana o tlaa bolelela mongwe ga o setse o bona o babalesegile.

Potso: KE DIRE JANG GA BA KARE BA TLA A NKGOBATSA KANA BA GOBATSA OPE WA BA LWAPA LAME GA NKA BOLELA?

Karabo: Bakgokgontshi ga ba rate go buiwa ka se ba se dirang, jalo baka go tshosetsa gore o seka wa bua. O tshwanetse wa nna pelokgale, o seka wa tshaba go bua.

Potso: KE DIRA JANG, GA ELE GORE KE KGOKGONTSHIWA KE NKGONNE?

Karabo: Bolelela batsadi, kgotsa mongwe yo mogolwane yoo motshepang fa ele gore batsadi ga ba dumele, kgotsa ga ba reetse.

Potso: A BA TLA A TENEGA GAKE BOLELA?

Karabo: Ba ka nna ba tenega, mme lefa gontse jalo o tshwanetse wa bolela gore mokgokgontshi atle a emise.

Dikai Tsa Kgokgontsho Ya Bana

Tsedi latelang ke dikai tse di ka go tsibosang gore ngwana o a kgokgontshwa kana o a itlhokomolosiwa. Ga oka lemoga dikai tse, kgotsa ngwana ago bolelela gore o a kgokgontshwa.

- O seka wa potakela go tsa tshwetso, ebile o seka wa pateletsa, ngwana gogo bolelela sese mo tshwenyang, ga ele gore ga aa gololesega.
- Gomotsa ngwana, kgotsa leka go mo sidila maikutlo, mme morago o mmolelele fa a dirile sentle ka go bua, obo o motshepise gore o tla bona thuso. Mme o itsise baba tshwanetseng.
- Elatlhoko gore ngwana aka nna a bua ka bonya ka bonya, gotswa mo goreng o mo tsaya jang.

Tsedi la telang e kanna, dingwe tsa dikai tsa kgokgontsho ya bana, di ka nna mmalwa. Elatlhoko diphetogo tsa kafa ngwana a itshwarang ka teng.

Dikai Tsa Kgokgontsho Ya Mmele

Tebebo Ya Ngwana

- *Go ruruga mmele, go shâ, kana go fapoga ga dikarolo dingwe tsa mmele.*
- *Malomo.*
- *Go gobala ga kgapetsa kgapetsa, mo go nnang go tlhalosiwa fa ele dikotsi.*
- *Fa tlhaloso ee buiwang ka kgobalo, e sa nyalane le kgobalo.*
- *Ngwana o nna a aparetse diaparo tse di tona, kgotsa tse dintsi go bipa dikgobalo.*

Boitsholo Ja Ngwana

- Ngwana yoo thata go tlwaelesega.
- Ngwana yoo itlhaolang mogo ba bangwe, gape ale ditlhong.
- Ngwana yoo nnang a thobaetse kgotsa a eta mogopolo.
- Ngwana yoo tshabang batsadi thata.
- Ngwana yoo sa tshwenyegeng gaa kgaogane le batsadi.



Dikai Tsa Go Tlhoka Tlhokomelo

Tebego Ya Ngwana

- Tebego e e leswe, moriri o sa kamiweng le monko.
- Diaparo tse di sa siamelang, seemo sa bosa sa letsatsi leo.
- Ngwana yoo lebegang a tlhoka ba bongaka le meno a a leswe.



BoitsholoYa Ngwana

- Ngwana yoo lapetseng ruri, a sena nonofo.
- Ngwana yoo kopang thata, kana a utswa dijo.
- Ngwana yoo nnang a tlolwa ke dithuto kana a nna ale thari nako tsotlhe ko sekolong.
- Bodipa kgotsa Boitsholo jo bo makgwakgwa.
- Go inenyafatsa kgotsa go ipona ale ko tlase.

Dikai Tsa Kgokgontsho Ya Maikutlo

Tebego Ya Ngwana

Boitsholo ke sekai se se tona se o ka lemogang kgokgontsho mo baneng:

- Ngwana yoo itlhaolang kgotsa a sa tlhole a tshameka le ba bangwe.
- Ngwana yoo nnang a tlolwa ke dithuto kana a nna ale thari nako tsotlhe ko sekolong.
- Bodipa kgotsa Boitsholo jo bo makgwakgwa.
- Go inenyafatsa kgotsa go ipona ale ko tlase.
- Maduo a dithuto a fetoga kgotsa a wela ko tlase.





Dikai Tsa Kgokgontsho Ya Thobalo

Tebego Ya Ngwana

- Diaparo tse di makgasa tsa moteng kgotsa, dina le mabadi a madi.
- Botlhoko le go baba ga dikarolo tsa bong.
- Go nna le malwetse a tlhakanelo dikobo.

BoitsholoYa Ngwana

- Ngwana yoo nang le kitso ee feteletseng ka dikgang tsa tlhakanelo dikobo.
- Ngwana yoo tshwarang tshwarang bana ba bangwe mo dikarolong tsa bong.
- Gofetoga, kgotsa mokgwa oo sa twaelesegang.
- Ngwana yoo senang le bothata go tshwarwa ka tsela epe fela.



Ga o belaela gore gona le kgokgontsho ee dragalang mo ngwaneng, kopa thuso ko go baba lebaganeng le dikgang tsa kgokgontsho, gore batle ba dire dipatlisiso mme, batsee ditshwetso tsemi maleba, fa ele gore ngwana o mo kotsing.



Mmele wa me ke mmele wame

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