

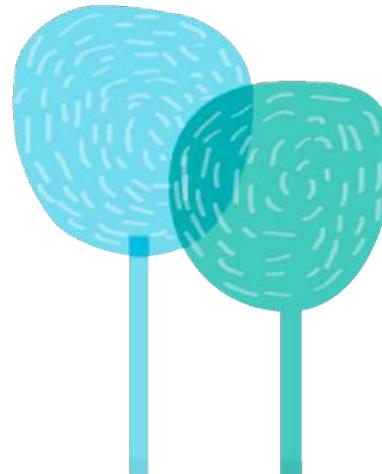
Umzimba

wam



Ngumzimba

wam



*Inkqubo yomculo yokuthintela
ukuhlukunyezwa kwabantwana*

<https://www.mybodyismybody.com/xhosa-website>



Gcina abantwana bekhuselekile © 2017

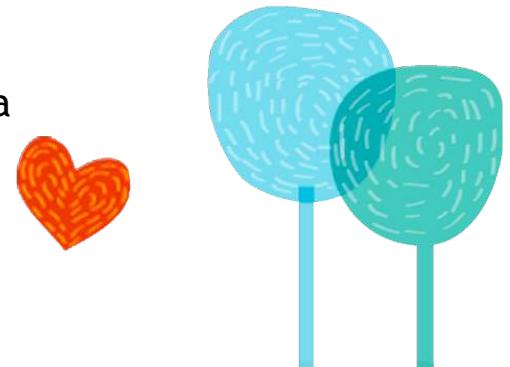
Lengcamango ivela kumbutho wezizwe lwehlabathi liphela nephathelele ekunqandweni kwempatho-mbi kunye nokungakhathalelwu kwabantwana (**ISPCAN**). Uphando nzulu ngalomba lonyaka u-2012 lubonakalisa ukuba kwihihlabathi jikelele ngabantwana abangamashumi amabini anesihlanu ekhulwini (25%) ukuya kumashumi amahlanu ekhulwini (50%) abaphathwa kakubi emzimbeni , yaye akuphelelanga apho, kukwakho malunga namashumi amabini ekhulwini (20%) lwamantombazana kunye nesihlanu ekhulwini (5%) ukuya kwishumi ekhulwini (10%) amakhwenkwana akaxhatshazwa kakubi ngesondo. Zininzi ke neziphumo, hayi kuphela nje kwabobantu bachaphazelekayo, koko noluntu lumphela, nto-leyo ekungafunekanga ijongelwe phantsi.

Le nkqubo “**Umzimba wam ngumzimba wam**” yinkqubo enoculo ongaxhalabisiyo kwaye nendlela entle mayela nesi sihloko sinzima nesihlasimlisayo. Ukuzama ukunceda abantwana abancinane ngendlela echanekileyo ingangumsebenzi onzima kunene kuninzi labazali, abafundi- ntsapho okanye ootishala kunye nabagcini-ntsapho. Uyakufumanisa ukuba umculo oyolisayo kulenkqubo unceda ukubeni uhangabezane kakuhle nalula nabantwana.

Kwakwalapha kulenkqubo uyakufumanisa ukuba kukho iingcamango kunye namacebo kwiculo nesihloko ngasinye. Okona kubalulekileyo kule nkqubo yinto yokuba bayakuwakhumbula amaculo nemiyalezo ephathelelene nale miba, kwaye oku kuyakudala uthungelwano ngezimvo nabantwana. Xa bekwazi ukuthetha ngezimvo zabo kwaneengxaki zabo, oko iyakuba yinto enkulu ekulweni ukuxhatshazwa kwabantwana.

Kuphando olubandakanya abantwana nolwalupapashwe kwiphepha-ndaba i-
Journal of Music Therapy, lwabonakalisa ukuba umculo nokufunda amaculo amatsha
kudala ukuziqonda ngokwakho nokupuhlisa ukuzixabisa yaye kunceda nabantwana
bazibone okanye bazine bengcono.

“*The Power of Music- University of London*”



Indlela yokusebenzisa le nkqubo

Qinisekisa ukuba iyonwabisa –

La maculo anodlamko oluvela kumlinganisi obizwa ukuba ngu Cynthie, oku kunceda ukuba uwubone umyalezo lo wale nkqubo ulula. Kufuneka uculle nawe, usebenzise izandla zakho okanye udanise, wenze nantoni na enokwenza lomyalezo ukhumbuleke.

Qiniseka ukuba uyigcina ilula –

Qaphela, abantwana abancinane akunyanzelekanga ukuba bazi nzulu ngeenk zohlukumezo, banike nje imithetho elula.



- 1. Makungabikho mntu okuvisa ubuhlungu**
- 2. Makungabikho mntu ochukumisa amalungu akho angasese**
- 3. Makungabikho mntu othatha imifanekiso okanye ofota amalungu akho angase**
- 4. Ukuba unengxaki, yixelete komnye umntu**
- 5. Musa ukuyifihla into elihlebo eyenziwe kuwe ukuba kukho okuhlukumezayo**
- 6. Xelela omnye umntu ukuba kukho umntu okukhathazayo**

Qinisekisa ukuba iyakhuthaza –

Injongo enkulu apha kukwenza abantwana bazithembe ngemizimba yabo kwaye bakhuseleke besazi ukuba banomntu abanokuxela kuye xa kukho ingxaki.



Amaculo akulenqubo ngala alendelayo:

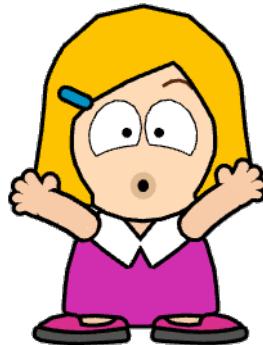
Umzimba Wam Ngumzimba Wam (*cofa apha ukuze ubukele lomfanekiso*)

Ukuba ayivakali ilungile ungayenzi (*cofa apha ukuze ubukele lomfanekiso*)

Umdlalo “Ungathini ukuba” (*cofa apha ukuze ubukele lomfanekiso*)

Ukuba unengxaki (*cofa apha ukuze ubukele lomfanekiso*)

Uthando lumnene (*cofa apha ukuze ubukele lomfanekiso*)



Song 1 - Ingoma Yokuqala



Umzimba wam Ngumzimba wam

<https://www.mybodyismybody.com/xhosa-website>

linjongo zalengoma:

Ukufundisa abantwana ukuba imizimba yabo yeyabo yaye akekho onelungelo lokubahlukumeza okanye abachukumise kumalungu abo angasese

Okokuqala, cacelwa ukuba lamalungu omzimba agqunywe ngempahla yangaphantsi zezabo, hayi omnye umntu.Kubalulekile ukuba abantwana bacaciselwe ukuba kungabakhona amaxesha apho abazali okanye abangcini babo kunganyanzeleka ukuba babachukumise kumalungu abo angasese, nantsi imizekelo:

- a)*Bangaphathwa ngabazali okanye umgcini xa bebahlamba kodwa xa bekhulile kumele bazincede ngokwabo*
- b)*Abazali okanye abagcini bantwana xa kufuneke besebenzise amayeza kwezondawo zinqabileyo nezigqunyiweyo. Qinisekisa ukuba le yinto eyenziwa kuphela ngabazali okanye abagcini bantwana, yaye ukuba umntwana uyaqonda ukuba akaziva kamnandi ngokuchukunyiswa kwezindawo zinqabileyo nangabo ababantu, kufanelekile ukuba aboniswe ukuba lamayeza asetyenziswa njani ukuze akwazi ukuzinceda.*
- c)*Ugqirha kunganyanzeleka ukuba achukumise amalungu angasese ukuba umntwana uyangula okanye uyaqaqanjelwa, kodwa uMama, uTata okanye umgcini wontwana kungafuneka abekhona xa ugqirha kunyanzelekile ukuba achukumise kwezindawo.*

Ngokubanzi, makungenzeki nangaliphi na ixesha ukuba kuphatha-phathwe amalungu angasese abantwana. Eyona nto ebalulekileyo kukuba abantwana bazi ukuba kulungile ukuthi “HAYI” ukuba umntu wenza mntwana lowo angaziva kakuhle okanye umnyanzela ukuba enze into ayaziyo ukuba ayilunganga. Xhobisa abantwana ngokubazisa ukuba imizimba yabo yeyabo qwaba. Kwesisithuba akukho mfuneko yokuba kungenwe nzulu kwii nkukhacha zokuxhatshazwa ngokwesondo kwabantwana abancinane.

Uxhaphazo ngokwesondo lusenokwenziwa nazizizalwane okanye umntu owaziwayo nothenjiweyo ngumntwana lowo. Yinto embi kakhulu ke leyo emntwaneni ukuba oku kuthembana kophukile ngalendlela. Abantwana kumele bayazi ukuba banaye umntu olukhuselo abanokuya kuye xa bedinga uncedo onokubaphulaphula kwaye abakholelwé.



Abantwana kufuneka bazi ukuba uxhaphazo okanye uhlukumezo yinto eyenzekayo, ngoko:

- a) Abanakubekwa butyala ngako*
- b) Mabangaziva benokuzisola okanye benetyala ngoko*
- c) Umntu obaxhapazileyo abantwana naye udinga uncedo khona ukuze ayeke ukunxunguphalisa abantwana – kungeso sizathu ukuba kuthethwe phandle ngezizinto!*
- d) Kubalulekile ukuba kuthethwe phandle ukuze uxhaphazo luphele.*

Ukhumbule ke ukuba umenzi bubi lo idla ngokuba ngumntu umntwana amthandayo okanye amthembileyo, yi loo nto le nyewe kufuneka ithethwe okanye incokolwe ngesihle. Musa ukuba ucaphuke abantwana bekubukele, abakudingayo kuwe kukuba uthozame kwaye wenze lento ifunekayo. Usenokucacisa uzekelise nge ngedle zeziyobisi okanye utywala, abantu abaxhaphaza abantwana badinga uncedo ze babengcono bangabisahlupha abantwana. Kungesisizathu kufuneka kuthethwe ngezizinto.

Ukugcina iimfihlelo

abantu abaxhaphaza abantwana kunye noozithathele besondo basoloko beneqikili lokuba ixhoba lesondo alizokuwadiza amahlebo. Ngenxa yesi sizathu yinto elungileyo elusatsheni ukuba kumiswe umthetho othi “Phantsi ngezinto ezifahlwayo”. Ukuba kungamiselwa lomthetho abantwana besebancinane, abantwana bangonwaba xa bengagcini amahlebo amabi abantu ababenza izinto ezibahluphayo okanye abantu ababa cofa-cofa ngendlela engafanelekanga.

Imihla esiphila kuyo yedijithali (digital)

Kwelixesha sikulo ledijithali (digital) kufuneka sikhusele abantwana kubantu abafuna ukubafota ngeenjongo ezitenxileyo. Xa uthetha nabo ngokuofwa-cofwa kunyanzelekile ukuba ugxinisisise ukuba abaxhaphazi banganako nokufuna ukubafota kumalungu abo angasese (nokuba abazamanga ukuwaphatha) kwaye xa ezama ukufota abantwana mabathi HAYI!

Cula nam ke ingoma yethu **Umzimba Wam Ngumzimba Wam**, wonwabe, ushukumise umzimba nathi ukuze oku kongeze ixabiso ebomini bakho. Makudalwe imeko ekhululekileyo apho wonke umntwana anokubuza imibuzo ngesi sihloko.

Itekisi ka Cynthie

Molweni, Igama lam ndingu Cynthie kwaye namhlanje sisokwenza inkqubo ebizwa "Umzimba Wam Ngumzimba Wam". Sizakucula iingoma, sonwabe kwaye sifunde ngeendlela zokuhlala sikhuselekile. Ubusazi ukuba, imizimba yethu ikhethekile kakhulu kwaye akekho umntu onelungelo lokusihlukumeza, okanye aphathe amalungu ethu angasese, okanye enze nantoni na engasenza sizive singakhululekanga ngoba imizimba yethu ikhethekile okwenene. Sizakuqala ingoma yethu yokuqala ke ngoku, kwaye ndifuna uze ucale nam – igama lalengoma ngu "Umzimba Wam Ngumzimba wam".

Umzimba Wam Ngumzimba Wam

Amagama engoma

Ngumzimba wam, Umzimba wam

Kwaye akekho onelungelo lokundihlukumeza

Ngoba umzimba wam ngumzimba wam wenzelwe mna

Ngumzimba wam, umzimba wam

kwaye akekho onelungelo lokundichukumisa

ngoba umzimba wam ngumzimba wam wenzelwe mna

Ndinezandla ezimbini ukuze ndiphathetha

kwaye namehlo amabini ukuze ndibone

Kunye neendlebe ezimbini zokuva oko ondixeleta kona

Ndinemilenze emibini eyomeleleyo endisa apha ndiya khona

Ndinawo namalungu angasese endingafuni ukukubonisa wona

Ngumzimba wam, Umzimba wam

kwaye akekho onelungelo lokundihlukumeza

Ngoba Umzimba wam ngumzimba wam wenzelwe mna



Ngumzimba wam, Umzimba wam,

Kwaye akekho onelungelo lokundichukumisa

Ngoba umzimba wam ngumzimba wam wenzelwe mna

Ndinenwele entloko endifuna uzibone

Nogqongwana apha kanye esiphakathini

Ndinempumlwana yam entle kunye nenzwane ezilishumi

Kwaye ndinawo nomlomo wokukuxelela into endifuna uyazi

Ngumzimba wam

Umzimba wam

Kwaye akekho onelungelo lokundihlukumeza

Ngumzimba wam

Umzimba wam

Kwaye akekho onelungelo lokundichukumisa

Ngoba umzimba wam ngumzimba wam wenzelwe mna

Ewe umzimba wam ngumzimba wam wenzelwe mna

Song 2 - Ingoma Yesibini



Ukuba Ayivakali ilungile- Ungayezi!

<https://www.mybodyismybody.com/xhosa-website>

linjongo zalengoma:

1) Ukufundisa abantwana ukuba bamamele izimvo zabo.

Ixesha elininzi abantwana bayazi xa izinto zibenza bangaziva kakuhle okanye xa izinto zibenza bazine bengakhululekanga ngoko ke bafundise lo mthetho -

“Ukuba ayivakali ilungile - ungayenzi!”

2) Ukuthetha ngengcinezelo yoontanga

Xelela abantwana ngeentlobo zeemeko ezibandakanya ucinezelo ngoontanga bakhe abakwangabahlobo babo oluye lwenzeke esikolweni okanye ekhayeni - bezama ukubathundeza ekwenzeni izinto abazaziyo ukuba azilunganga kwaye uphinde ubandakanye ukusetyenziswa kweziyobisi kulencoko.

“Ukuba ayivakali ilungile - ungayenzi!”

3)Ukunceda abantwana ngokubaxhobisa ngemiba ephathelene nemizimba yabo

Abantwana kufuneka bayazi ukuba imizimba yabo yeyabo kwaye ukuba izinto zibenza bangazivi behkululekile, banalo ilungelo lokuthi ‘Hayi andifuni ukuyenza lonto’ -

“Ukuba ayivakali ilungile - ungayenzi!”

Lengoma izakuvula ithuba lokuba esisihloko semizwa sinconkolwe, nantsi imizekelo yemizwa:Ukonwaba, Unxunguphalo, Ukuziva uwedwa, Ukucaphuka, Ukoyika

Kwakhona, ungadlala umdlalo obonisa ubuso obonwabileyo, ubuso obunxungupheleyo, ubuso obunomsindo, iibuso ezihllekisayo okanye ungathi mabazobe ubuso obubonisayo ukuba bona baziva kanjani emizweni yabo. Uninzi lwabantwana bavakalisa izimvo zabo ngokukhululekileyo xa bezoba kunokuthetha ngomlomo.

Itekisi ka Cynthie

Sizakuyonwabela kakhulu le ingoma ilandelayo, Inomyalelo omkhulu ekumele siwukhumbule. Lomyalelo uthi – Ukuba ayivakali ilungile – Ungayenzi! Wazi ke ukuba andithethi ngezinto ezifana nokwenza umsebenzi wakho wasekhaya owunkwe esikolweni, okanye ukucoca igumbi lakho loku lala. Ndithetha ngeemeko apho umntu aye azame ukuhamba nawe akuse endaweni naye kwaye nawe ube usazi ukuba asiyonto elungileyo leyo. Ukuba ayivakali ilungile, ungayenzi! Okanye ukuba umntu uzama ukwenzisa into ekwenza ungaziva ukhululekile. Ukuba ayivakali ilungile – Ungayenzi!

Ukuba Ayivakali ilungile- Ungayenzi

Amazwi engoma

Abantu bangakuphathaphatha bathi kulungile

Kodwa ukhumbule umzimba wakho ngowakho

Nguwe owaziyo okungavakali kulungile

Kwaye ukuba akuvakali kulungile, Ungakwenzi, Huh!!

Hayi ukuba akuvakali kulungile, ungakwenzi, Huh!!

Ungakwenzi, Ungakwenzi

Kukh' abantu phndl' apha abath' utholotholo

Kwaye bazame ukukunika iziyobisi

Bakwenze ungahambi isikolo

Bathi gcina imfihlelo

Kodwa uyazi omawukwenze

Ngoba ukuba ayivakali ilungile ungayenzi, Huh!!

Hayi ukuba akuvakali kulungile

Ungakwenzi, Huh!!

Ungakwenzi, Ungakwenzi!



Abantu bangakubamba bakuxelele bayakhathala

Anditsho ukuba akukuhlanga ukwabelana

**Kodwa uyayazi ngaphakathi
kuwe ukuba akuvakali kulungile**

Kwaye ke ukuba akuvakali kulungile

Ungakwenzi Huh!!

Hayi ukuba akuvakali kulungile

Ungakwenzi, Huh!!

Ungakwenzi, Ungakwenzi

Hayi ukuba akuvakali kulungile, ungakwenzi, Huh!!

Ungakwenzi, Ungakwenzi!

Hayi ukuba akuvakali kulungile, ungakwenzi, Huh!!

Song 3 (Ingoma yesithathu)



Umdlalo “Ungathini Ukuba”
<https://www.mybodyismybody.com/xhosa-website>

Linjongo zalengoma:

Ukufundisa abantwana ukuba uHAYI bamthethethe ngegunya

Lomdlalo “Ungathini ukuba” ungasetyenziswa nakuyiphi na imeko okrokela ukuba iyenzeka emntaneni. Sebenzisa lomdlalo ukuze unikeze iimpendulo kwimibuzo enzima yokuba bangaphuma njani na kwiimeko apha bebengenokwazi ukuba bebeyokuphuma kanjani na.

Imizekelo...

1. “Ungathini ukuba” umntu othile unkqonkqoza emnyango kwaye uwedwa ekhaya?

Ugenza ntoni?

- a) Ungaze uvule umnyango
- b) Tsalela ummelwane okanye isizalwane umnxeba Ukuba lo mntu akemki
- c) Tsalela amapolisa umnxeba Ukuba awufumanu ncedo kwaye uyoyika

2. “Ungathini Ukuba” umgcini ntsapho uzama ukukucofa-cofa kumalungu akho angesese

- a) Mxelele Ukuba HAYI ze emva koko uhambe uyokuxelela umntu
- b) Sukuyigcina iyimfihlelo nokuba uyakucela ukuba ungayithethi

3.Ukuchazela abantwana ngomntu ongaziwayo

Ukuba ubuza abantwana ukuba yintoni na Umntu ongaziwayo – uyakufumanisa ukuba ufumana iimpendulo ezingamashumi amabini ezahlukileyo ezifana nezi:

- a) Umntu ongaziwayo ngumntu ongalunganga
- b) Ngumntu oyakukwenzakalisa
- c) Ngumntu okunika iilekese



Abantwana banolwazi olungaphelelanga kwaye olungaphuhlanga xa kufikwa ku "bantu abangaziwayo". Sifundisa abantwana ukuba :"Ungathethi nabantu ongabaziyo" "Ungangeni emotweni yomntu ongamaziyo""Ungathathi iilekese kumntu ongamaziyo"

Kodwa...exesheni elininzi siyalibala ukubaxeleta eneneni ukuba Yintoni Umntu Ongaziwayo? Lo ngumntu esingamaziyo.

Lo ingangumntu oyindoda okanye ibhinqa, angabangumntu omncinane okanye omdala. Angalulo naliphi na ibala okanye uhlanga.

Ayingabo bonke abantu abangaziwayo abangabantu abangalunganga, kwaye ukuba umntu omthandayo okanye omthembileyo angakwazisa kumntu ongamaziyo – lomntu lowo angaphela esisihlobo, KODWA...ngaphandle kokubana umntu omthandayo kwaye omthembileyo ukwazisile kulomntu ongaziwayo , wena awumelanga ukuba uthethe naye lomntu uwedwa.

Kwelixesha sikulo ledijithali (digital age) apho ulwazi ngabantwana kunye nabazali babo lufumaneka lula kwabo basebenzisa i-internet, oku kutsho ukuba kungalula kakhulu ukuwazi amagama osapho lomntwana, baze bazame ukumlinga umntwana lowo ekubeni ahambe nabo. Baxelete ukuba nokuba umntu wazi lukhulu ngabo, ukuba abamazi, lowo ngumntu ongaziwayo kwaye akumelanga bahambe naye.

Nika abantwana imizekelo yeendlela apho umntu ongaziwayo angabakhohlisa ngayo, umzekelo:

Umama wakho uthe ndikulande esikolwenii ngoba yena ushiywa lixesha Ndilahlekelwe lintshontsho lam le nja, ndicela uze uzondikhangelisa lona Ndifuna ukukubonisa into eyona enika umdla kwaye eyonwabisayo, ndiyakuthembisa ndizophinda ndikubuyisele apho ndikuthathe khona

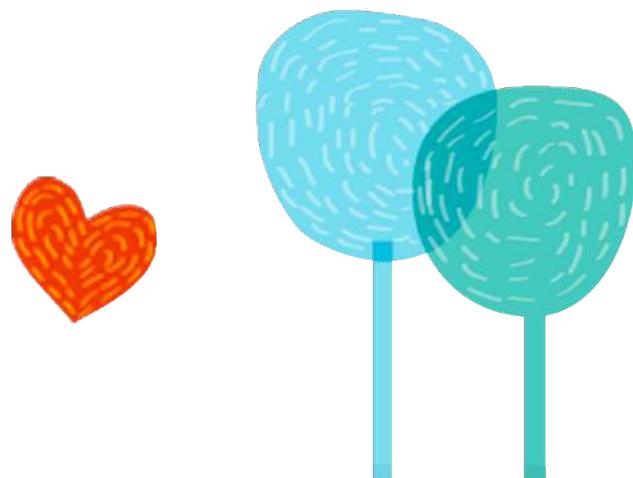
Omnye umthetho obalulekileyo kukuba ungazamkeli izipho ezisuka kumntu ongamaziyo – nokuba sihle kangakanani esosipho.

Itekisi ka Cynthie

Ngoku ke, sizokudlala umdlalo esiwubiza "Ungathini Ukuba" kwaye kulengoma sizakufunda ngokuba siye senze kanjani na xa umntu ongamaziyo ezama ukuba uhambe naye, okanye ukuba mntu uthile ezama ukukuchukumisa amalungu akho angasese.

Uyawazi ukuba amalungu akho angasese andawoni na? Zezindawo apho impahla yakho yangaphantsi okanye izikhindi zakho zigquma khona. Akekho umntu ofanele ukuba achukumise amalungu akho angasese ekusukeleni ebuncinaneni bakho, uMama noTata ngabo abanako ukukucoca kwezondawo, kodwa kungekudala nawe uzakufunda ukuzenzela lonto ngokunokwakho. Okanye mhlawumbi ukuba uyagula okanye uva iintlungu, Umama okanye uTata okanye uGqirha kungamele ukuba babeke iyeza khona, kodwa ngaphandle koko akekho omnye umntu ekumele achukumise amalungu akho angasese.

Sizakufunda ngokuba uye wenze kanjani xa umntu osekhayeni lakho okanye kusapho lwakho ukwenza ungaziva ukhululekile okanye uzama ukukuhlukumeza. Inye nje into ekumele uyenzile ku lo umdlalo, kukuba ukhwaze "HAYI" ngoko ke ndifuna ukhwaze ngokuzimisela kamnandi na kakhulu....



Umdlalo “Ungathini Ukuba”

Amazwi engoma

Sizokudlala Umdlalo “Ungathini ukuba”

Kukho imibuzo kanye neempendulo ezibekelwe wena

Ukuba ufunu ukuba yi ncutshe njalo njalo

Naku okumele ukwenze

Ithi Hayi! Ithi Hayi!

Ungathini ukuba, ekuphumeni kwesikolo

Umntu ongamaziyo azame ukugoduka nawe

Kwaye eqhuba imoto entsha ebengezelayo, avele athi kuwe

“Molo, ufunu ndikukhwelise?” Yhuu Hayi, andikwazi!

Andikhweli motweni yakho

Ngoba uMama noTata bathe kum

Ungaze uhambe nomntu ongamaziyo

Ndivele ndithi Hayi!!

Vele uthi Hayi!!

Ngoku ke ungathini ukuba, usekhaya

Kwaye umgcini wakho ukugcinile

Kwayena azame ukukuchukumisa phantsi kwempahla zakho

Ungenzani?

Ungathi Hayi, mgcini wam

Andifuni undichukumise kulondawo

Ngoba zindawo zam zangasese

Kwaye umzimba wam awungowakho

Ndingathi Hayi!! Vele uthi Hayi!!

Sidlala umdlalo “Ungathini ukuba”

Kukho imibuzo kanye neempendulo ezibekelwe wena

Ukuba ufunu ukuba yi ncutshe njalo njalo

Naku okumele ukwenze

Ithi Hayi!

Vele uthi Hayi!

Ngoku ke ungathini ukuba, kukho umntu

Isihlobo okanye inxenyen yosapho lwakho

Akuchukumise okanye akuhlukumeze

**Lonto ikwenze ungaziva kamnandi okanye
ungakhululekanga, Ungathini na?**

Ungathi HAYI!

Ungayenzi lonto

Andithandi undichukumise njalo

Nangona ndikuthanda

Ungandenzi lonto

Ngoba ndisemncinane uyabona

Ndingathi Hayi!

Vele uthi Hayi!

Ithi Hayi!



Song 4 (Ingoma yesine)



Ukuba unengxaki

<https://www.mybodyismybody.com/xhosa-website>

linjongo zalengoma:

Ukubethelela isiqhelo sokuxelela omnye umntu xa kukho ingxaki yaye ukuba akamameli uqhubekeke uyixela de kubekho ophulaphulayo.

Nika abantwana uludwe lwabantu abanokuthetha nabo xa benengxaki, umzekelo:

Umama

Utata

Umakhulu

Ubaw'omkhulu

Ubhuti

Usisi

Umakazi

Umalume

Utishala

Inqununu yesikolo

Ummelwane

Ipolisa

Umcebisi

Nceda wongeze koluludwe lwamagama nabani na obona ukuba kukhuselekile ukuba umntwana angathetha naye.

Ukuxelela abanye ngeengxaki zakho ingayeyona nto inzima ebantwaneni ngoba badla ngokufumana ubunzima ekubekeni cacileyo iingxako zabo, bambi babenoloyiko lokukwenza oko kuba bengazi Ukuba uzakuyibona njani le nto ayizise kuwe umntwana.

Xa sithethe nabantwana ngokuxela iingxaki zabo ebantwini, masiyivelele nento yokubalungiselela iimpendulo abanokuzifumana (Oku kubaluleke kakhulu kubantwana noko abasele bethe dlundlu)

- a) Abantu abadala bangakhubeka, babenomsindo, bothuke okanye boyike
- b) Basenokungamkholelwa umntwana
- c) Bamtyityimbisela umnwe umntwana khona kuze angaxeleti namnye omnye umntu

Esona sifundo sibalulekileyo emasifunywane ngumntwana sesi sokubana ukuba ngaba omnye umntu akamkholelwa okanye akathabathi nxaxheba ekusombululen iingxaki yakhe kufuneka umntwana aqhubekeke **Ukuxelela Omnye Umntu** de kubekho umntu omamelayo.

Imizwa:

Kubalulekile ukuba abantwana bazi ngendlela abanokuthi bazine ngayo xa behambisa iingxaki zabo kwabanye abantu. Naku okunobanceda:

- a) Basenokuziva beneentloni – kodwa naleyo into ilungile
- b) Usenokuswela amagama achanekileyo okuchaza imizwa yakhe, kodwa makazame kangangoko unako
- c) Intliziyo ingabetha ngamandla kwanelizwi eli lingcangcazele – phemfumla ngamandla uze ke uthethe ngokucothayo
- d) Ungakufumana kulula ukuthetha kancinane kancinane, oku ukwenza ngexesha leentsuku ezimbalwa
- e) Kusenokuba lula ukuyibhala phantsi iingxaki yakho wandule ukuyidlulisela komnye umntu Xelela abantwana bazame eyona ndlela ibenza bazine bekhululekile ukuze baxelete omnye umntu, yaye bangaphelelwa ngumonde wokuba baxelete de kubekho ukumanyelwa ze bancedakale. Xelela abantwana bazame eyona ndlela ibenza bazine bekhululekile ukuze baxelete omnye umntu, yaye bangaphelelwa ngumonde wokuba baxelete de kubekho ukumanyelwa ze bancedakale.

Itekisi ka Cynthie

Kubalukekile ukuxelela umntu ukuba kukho mntu uthile okuvisa ubuhlungu okanye okuphatha kwiindawo zakho zangasese, nokuba uyoyika okanye unentloni kufuneka ubenesibindi kakhulu uxelele umntu.

Baninzi kakhulu abantu onokubaxeleta, ooMama, ooTata, ooMakhulu, ooTatomkhulu, ooAntie, ooMalume, ooTishala, Abazala, Abamelwane, abazali bezihlobo zakho, amapolisa, oomongikazi kunye nabanye abaninzi abakungqungileyo.

Ngoku ke, ukuba uye waxela baze abantu bangakukholelwa, bade bathi kuwe yigcine iyimfihlelo – nakanjani wena hamba uyokuxelela omnye umntu. Ukuba nalowo akakhukholelwa, hamba uyokuxelela omnye umntu. Ukuba naye akakukholelwa – hamba futhi uyokuxelela omnye umntu kwaye uqhubekeke usenza njalo kude kubekho umntu okumamelayo. Ungaze noba sekutheni, unikezele.

Ukuba Unengxaki

Amazwi engoma

Ukuba Unengxaki

Awazi Mawenzeni

Hamb' oxelela umntu

Bade bakumamele

Kumele umfumane

Onokuphokoza ingxaka-ngxaka zakho kuye

Ukuba unengxaki

Fumana umntu ozakukumamela

Thetha noMama, okanye noTata

uMakhulu okanye uTatomkhulu naye

uAntie okanye uMalume okanye

uTishala esikolweni

Kumele uqhubekeke uxela kude kubekho okuvayo

Ukuba unengxaki

Fumana umntu ongamxelela

Ukuba kukho okuvise ubuhlungu

Awazi mawuye phi

Xeleta umntu ade akumamele

**Kumele umfumane onokuphokoza
ingxaka-ngxaka zakho kuye**

Ukuba unengxaki

Fumana umntu ozakukumamela

Thetha nom-melwane wakho

Umkhokeli wakho esikolweni

Umntu omaziyo okanye omthemi

Ukwabelana ngeengxaki sisinya

Qhubeka uxela kude kubekho ok

Ukuba unengxaki

Fumana umntu ongayixela kuye

Ukuba unengxaki

Qhubeka bade bakumamele



Song 5 (Ingoma Yesihlanu)



Uthando lunobubele

<https://www.mybodyismybody.com/xhosa-website>

linjongo zalengoma:

Ukufundisa abantwana okokuba uthando lulungile yaye lunobubele yaye luquka izinto ezinjengokukhathalelana, ukwabelana nokuthembana.

Usenokubacela abantwana Ukuba bazobe umfanekiso wento abathanda ukuyenza nabantu ababathandayo. Thetha nabo ngezinto eziye zibenze bachwayite, izinto abathanda ukuzenza namalungu osapho lwabo.

Abantwana basuka kwiintsapho ezahlukeneyo kwaneendlela abakhuliswe ngazo azifani, kodwa yona imithetho yothando imele ze ifane.

Abantwana mabathandwe ngobulali

Mababonelelwwe bagcinwe ngcono

Mabatye ukutya ngokwaneleyo

Banxibe impahla ecocekileyo

Makubekho umntu oqinisekisa Ukuba amazinyo abo acocekile kwanokuba bahlanjiwe

linwele zabo zichazwe kakuhle

Makubekho umntu ozakujongana neengxaki zabo

Kubekho umntu ozakubanceda

Umntu obafundela amabali

Umntu wokubonwabisxa beziva belusizi

Yinto entle ukuthetha ngesi sihloko ebantwaneni. Ukuba babona omnye woogxa babo e klasini, kucaca ukuba udinga unakekelo, abantwana bayakwazi ukuba baye kuxelela umzali okanye utishala khona ukuze ancedwe. Kungakuninzi okufundayo ngabantwana qha xa ungavulela inyoba yonxibelewano lwentetho ekhululekileyo apho abantwana banokuthetha nawe nangayo nayiphi ingxaki, nokuba incinane kangakanani na.

Itekisi ka Cynthie

Masithethe ngothando, kubalulekile ukuthandwa kwaye abantu abalubonisi uthando lwabo kuwe ngokukuvisa ubuhlungu okanye ukwenza izinto ezikwenza ungaziva kamnandi. Abantu babonisa ukuba bayakuthanda ngokwenza izinto ozithandayo njengo ku-funda iincwadi, ukudlala imidlalo, ukonwaba, ukuthatha uhambo okanye mhlawumbi ukukubonisa ukuba ibhayisekile yakho uyikhwela njani. UThando kukwabelana nokukhathalelana. Abazali bethu kunye nabo ababantu basikhathalelayo bayaqinisekisa ukuba sigcineka kakuhle, bayasondla, basenza ukuba sihlambe amazinyo ethu, kwaye baqinisekise ukuba sineempahla ezicocekileyo zokunxiba, baphinde xa sigula basihambise basise kuGqirha. Kubalulekile ukuba sinonophelwe kakuhle ukuze sikhule sisempilweni, sonwabile kwaye somelele.

UThando Lumnene (Love is gentle)

Amazwi engoma

UThando lumnene, UThando lunobubele

Cula nam uzokufumanisa ukuba

Zininzi izinto ezimnandi esingazenza ukubonisa uthando lwethu

Ungandifundela ibali

Okanye siye phandle sidlale ibhola

Ungandinceda ngebhayisekile yam

Ukuze ndingawi

Zininzi kakhulu izinto

Esingazenza Sisonke

Zininzi kakhulu iindlela

Esingabonisa ngazo siyakhathala

Maninzi kakhulu amaxesha okuxelelana siyathandana

Ukuba unalo ixesha lokwabelana

Ndingathanda ukwabelana nawe



UThando lumnene, UThando lunobubele

**Cula nam uzokufumanisa,
Kumnandi ukwabelana ngezizinto nawe.**

Itekisi ka Cynthie

Ndiyathemba ukonwabele ukucula nathi kuzo zonke ezingoma, kwaye uyakuzikhumbula zonke izinto ozifundileyo ngomzimba wakho okhethekileyo.

Khumbula ukuthi HAYI! ukuba ubani uzama ukukuphatha kumalungu akho angasese okanye ukuba abantu bazama ukwenza izinto ezikwenza ungaziva kamnandi okanye bayakuhlukumeza.

Khumbula umyalelo othi "Ukuba ayivakali ilungile- Ungayenzi!!" uphinde ukhumbule ukuxelela umntu ukuba uviswa ubuhlungu, okanye uyaphathaphathwa okanye uyahlukunyezwu nangayiphi na indlela, kwaye uqinisekise ukuba uyaqhube ka ukuxela kude kubekho okumamelayo.

Ungaze nakanye unikezele!!

Nihlale nikhuselekile nonke.

Imibuzo eqhele ukubuzwa (ikakhulu ngabantwana)

Umbuzo: Yintoni eyenza abantu bahlukumeze abantwana?

Impendulo: Kwakhona ziliqela izinto ezibangela ukuba abantwana baxhatshazwe ngesondo, uninzi lwabenzi-bubi nabo bakhe baxhatshazwa yaye yonke le nto bahamba nayo bexhaphaza abanye abantu. Abanye abantu baneengxaki zokusela neziyobisi okanye iingxaki zemisindo. Into ebalulekileyo emasiyikhumbule yinto yokuba akulunganga ukuhlupha abantwana, kungeso sizathu kuyimfuneko ukuba sazise nabanye abantu, ukuze sincedakale.

Umbuzo: Yintoni eyenza abantu bacofa-cofe abantwana kumalungu abo angasese?

Impendulo: Kwakhona zininzi izizathu zokuba baxhaphaze abantwana, uninzi lwaba bantu baxhatshazwa nabo, kungenxa yesi sizathu kubalulekile nabo kuthethiwe ngabo, kuba nabo badinga uncedo banyangwe baphile bayeke ukuxhaphaza abantwana.

Umbuzo: Ndingenza njani ukuba akukho mntu ondimamelayo?

Impendulo: Ukuba uxelele umntu yaye yena angakukholelwa, nawe ke xeleta omnye umntu, uhlaale njalo uxelela abantu de kubekho okukholelwayo.

Umbuzo: Ukuba ndixelile, kuzokwenzeka ntoni?

Impendulo: Kuzakufuneka into yokuba kwenziwe ingxelo yokuba uyaxhatshazwa. Emveni koko, kufike umntu oza kuthetha nosapho lwakho. Mntu lowo uzakuqinisekisa ukuba ikhaya lakho likhuseleke ngokwaneleyo na ukuba wena ungahlala kulo okanye kumele uthathwe uyokuhlaliswa kwenye indawo apha ungfumana khona ukhuseleko, logama lo mntu ukuxhaphazayo efumana uncedo naye.

Umbuzo: Ndenze kanjani ukuba ndithe HAYI kodwa umxhaphazi angayeki?

Impendulo: Ukuba akeva xa usithi HAYI khwaza kakhulu khona ukuze umntu okuvayo akuncede okanye nabanye abantu kwakwalapha abanokukuva ukhwaza bakuncede. Ukuba akukho mntu, hamba uye kuxelela omnye umntu ngokukhawuleza uqonda ukuba ukhuselekile ukwenza oko.

Umbuzo: Ndenze kanjani ukuba umxhaphazi ugrogrisa ngokundilimaza okanye alimaze usapho lwam ukuba ndixelile?

Impendulo: Abantu abaxhaphaza abantwana abafuni abanye abantu bazi ukuba benza oko kangangokuba bangazama ukukoyikisa okanye bakoyikise ngelungu losapho lwakho, bathi kuwe ugcine iimfihlelo. Apha ke kufuneka ubenesibindi uxelele nomnye umntu ngengxaki yakho.

Umbuzo: Ndenze kanjani ukuba umxhaphazi lo ngu bhuti okanye usisi wam?

Impendulo: Xelela abazali bakho yaye ukuba abakuhoyi nabo, xelela nomnye umntu esikolweni okanye kuludwe lwabantu abakhankanyiwego kuludwe esikhe saluxoxa.

Umbuzo: Bazakuchaphuka na ukuba ndixelile?

Impendulo: Ewe basenako ukucaphuka, kodwa nawe qina uxele konke khona ukuze abantu banqande ungenzakaliswa, ungaphathwa-phathwa ngaphantsi, kanti nabo abakuxhaphazayo oku iyakuba sisombululo nakweyabo ingxaki.

Limpawu zokuhlukunyeza kwabantwana

Oku kulandelayo ziimpawu zoxhaphazo nentswela-hoyo esiyibona ebantwaneni kule mihla. Ukuba ubona naziphi na kwezi mpawu okanye umntwana ukuthyilela ulwazi ngezi mpawu, thula nje ungamnyanzeli umntwana akunike olu lwazi. Menze axole umntwana, umbulele ngokukunika kwakhe olu lwazi, wandule ukuxhulumana ngomnxeba neenkonzo zokhuselo lwabantwana ezipongene nalo msebenzi.

Khumbula ukuba umntwana angakuthyilela intwana encinane yolu lwazi ngexesha, de abone kakuhle ukuba imo yakho yokuphendula oku izolile yaye inenkxaso.

Oku kulandelayo zezinye zeempawu zohlukumezo. Umntwana angajongana nengxubevange yezimpawu. Ukuba ubone iinguuko ezicacileyo kwisimo somntwana lowo, qiniseka ukuba uyaqaphelisa ukuba ezimpawu zilandelayo ziphathelele kuxhaphazo ziyabonakala na.

limpawu zokuhlukunyeza ngokomzimba

Kwimbonakalo yomntwana

- Imigruzuko engaqhelekanga, imivumbo elufeleni, izilonda zokutsha, iindawo ezophukileyo
- Amamnxeba omenzakalo
- Umenzakalo othe rhoqo kumane kusithiwa yingozi
- Qaphela ukuba inkazo le idla ngokungadibani nomenzakalo
- Ukunxitywa kwempahla enemikhono emide ukufihla iindawo ezenzakeleyo

Isimo sokuziphatha somntwana

- Udukumbile, kunzima ukuhlobana naye
- Uthule ngendlela engaqhelekanga kwaye ekafuni nxibelewano nabantu
- Uthanda kakhulu ukukholisa abanye
- Ubonakala eboyika abazali
- Akahlupheki xa esohlulwa ebazalini



Limpawu zokuswela ukuhoywa

Kwimbonakalo yomntwana

- Ukungacoceki, inwele ezimdaka, nevumba lomzimba
- Impahla ayinxibayo ayilungeli imozulu yalo mini
- Udinga unyango nonyamekelo lwamazinyo



Isimo sokuziphatha somntwana

- Soloko ediniwe, engenamandla, ethyafile
- Ucela ukutya kwabanye okanye akube
- Soloko efika emva kwexesha esikolweni okanye angabikho
- Unobundlavini okanye isimo esinendelelo
- Akazixabisanga



limpawu zokuxhatshazwa ngokweemvakalelo

Kwimbonakalo yomntwana

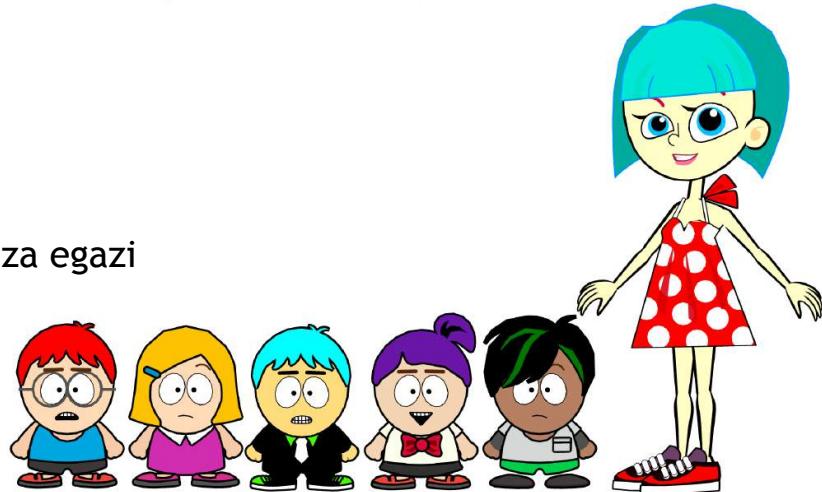
limpawu zolu udidi lohlukumezo zisenokungacaci ncum kunezinye iimpawu zohlukumezo, kodwa ke mhlawumbi ukuziphatha oku komntwana ingaluphawu olulona lubalaseleyo.

- Ukuzikhetha kwizihlolo zakhe nakwizinto ezenziwa ekuhlaleni apha
- Ukufika rhoqo emva kwexesha esikolweni okanye angabikho mpela
- Ukulahlekelwa kukuzixabisa
- Isimo esinendelelo
- Utshintsho kwindlela ebeqhuba ngayo esikolweni n

limpawu zokuxhatshazwa ngokwesondo

Kwimbonakalo yomntwana

- Impahla yangaphantsi idlakadlaka ikwangcoliseke nangamachaphaza egazi
- Uva iintlungu nokurhawuzelelwa kumalungu angasese
- Uzifumana esuleleke ngezifo ezizuzeka ngokwabelana ngesondo



Isimo sokuziphatha somntwana

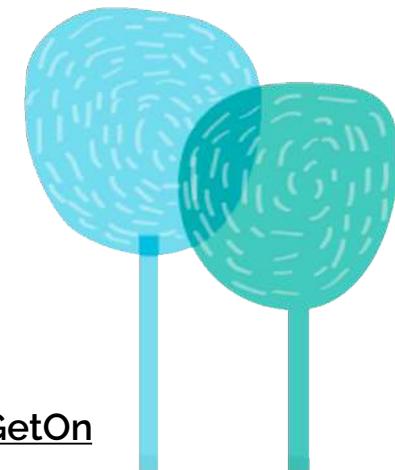
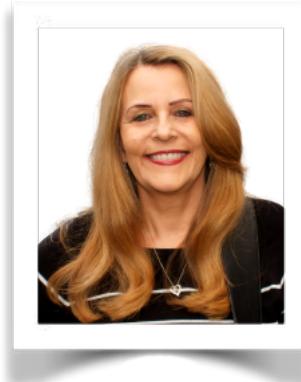
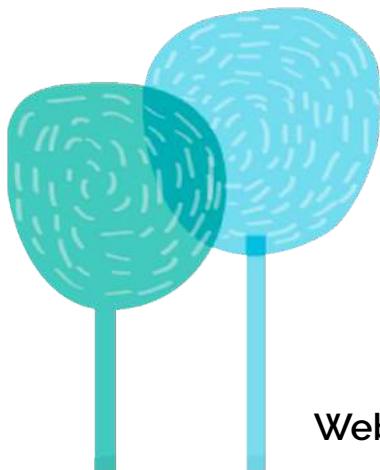
- Ukuziphatha kakubi ngokwesondo yaye unolwazi olungamfanelanga kwiminyaka yakhe yobudala
- Nangendlela engafanelekanga yokucofa-cofa abanye abantwana
- Ukuguquka kwesimo sakhe ngequbuliso
- Ukungafuni ngamandla ukuchukunyiswa emzimbeni nangayiphi na indlela

Ukuba urhanelo isenzo zokuxhatshazwa kwabantwana, nxibelelana neenkonzo zokhuselo lwabantwana eziphathelele kwizenzo ezinje ufumane icebiso. Aphi siyakumanyelwa isimemezo sakho kuthatyathwe namanyathelo egameni lakho ukuba umntwana lowo usecicini lengozi.

Masigcine abantwana bekhuselekile!!

Le nkqubo kune nezingoma zibhalwe kwaye zanikwa ubomi ngu

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