

Story Power

Kaedi ya go thusa bana go
buisa le go kwala fa gae



Re a go amogela!

Sekolo ga se lefelo le le lengwe fela koo go ruta le go ithuta go diregang kwa teng! Se balelapa ba se dirang kwa gae gantsi se neela bana dithuto tsa bone tsa ntlha tsa botlhokwatlhokwa tsa go itse go kwala le go buisa.

Fa o dumela gore bana ba gago ba tlaa nna babuisi le bakwadi ba ba atlegileng, e bile o ba itsise se, ba tlaa ikutlwia gore ba ka fitlhelela maikaelelo a. Mme, fa o dira nako ya go ba tlhabela mainane le go buisa le go kwala le bone, ba itemogela ditsela tse ka tsone kitso ya go kwala le go buisa e ka kgotsofatsang le go nna le mosola.

A o batla go itse gore o ka thusa jang bana ba gago ka go buisa le go kwala? Jalo kaedi e ya Story Power ke ya gago! Mo teng ga yone o ka fitlhela ditshitshinyo tse di ka ga go arogana dibuka le mainane le bana ba gago, le gore o ba rotloetse jang gore ba kwale. O tlaa bona gape tshedimosetso mo go itshimoleleng tlelapa ya gago fa gae!

Go na le eng mo teng

Go dira kitso ya go buisa le go kwala karolo ya legae la gago	3
Go arogana dibuka le mainane	4
Go dira gore bana ba gago ba kwale	6
Go tsamaisa tlelapa ya puiso	7

- Go bona tshedimosetso e ntsi ka ga go dirisa gape le/kgotsa go anamisa didiriswa tse, ikgolaganye le Nal'ibali:
- The Nal'ibali Trust
- Suite 17–201, Building 17
- Waverley Business Park, Wyecroft Road
- Mowbray, 7700
- Mogala: (021) 448 6000
- Imeile: info@nalibali.org



Itumelele go tsaya leeto le bana ba gago mo leetong la bone la go itse go buisa le go kwala!

Setlhophpha sa Nal'ibali

PS: Kaedi e e teng ka dipuo tse somenngwe tsa Aforika Borwa. Batla dikaeedi tse dingwe mo motseletseleng wa Story Power! Tsena mo www.nalibali.org go di bona.



- Mmopi wa Kakanyo le botsamaisi jwa porojeke: Project for the Study of Alternative Education in South Africa (PRAESA)
- Thanolo: Opelo Thole
- Tseleganyo le go buisetsa tlhomamiso: Keagana Moloabi
- Ditshwantsho tsa baanelwa ba Nal'ibali: Rico
- Moakanyetso: Magenta Media
- Morulaganyetsa Kgatiso: Baseline Publishing Services

Go dira kitso ya go buisa le go kwala karolo ya legae la gago



Fa o buisa le go kwala le bana ba gago fa gae ka gale, o ba ruta gore go buisa le go kwala go botlhokwa, go na le mosola e bile go a natefisa. Se se thusa go dira gore go ithuta go buisa le go kwala go nne bonojana mo go bone.

Batho botlhe fa gae ba na le seabe se ba tshwanetseng go se diragatsa mo go simololeng le mo go tsweletseng go buisa le go kwala ga bana ba bannye. Fano ke dikakanyo dingwe tsa go dira gore kitso ya go buisa le go kwala e nne karolo e e natefisang ya botshelo jwa letsatsi le letsatsi jwa balelapa.

 **Dira nako ya tlwaelo ya mainane.** Beela kwa thoko nako ya go buisa le/kgotsa go tlhaba mainane letsatsi le letsatsi. Bana ba bantsi ba itumelela go reetsa mainane ka nako ya go robala, mme bana ba bangwe ba ka tswa ba bona go le botokanyana go tebisa mogopololo ka dinako tse dingwe mo letsatsing. Tlhophapha nako ya letsatsi e e lo direlang lotlhe ka tsela e gaisang.

★ **Tlhaba le go anela mainane.** Tlhabela bana ba gago mainane, opela dipina le go bua maboko a o a itseng. Se se phaphamisa kakanyo ya

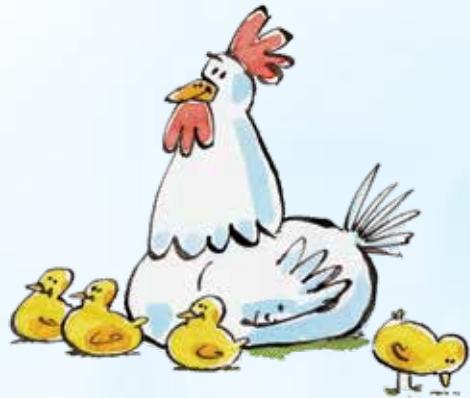
bone le go godisa puo
ya bone. Le wena
reetsa mainane
a bone, mme o
gakologelwe go
bontsha boitumelo
jwa gago.



Arogana dibuka. Dirisa fela metsotso e le 15 ka letsatsi go buisetsa bana ba gago dibuka tsa mainane kwa godimo. E dire nako ya go itapolosa e e itumedisang. Fa bana ba gago ba lemoga gore mainane a ka fithelwa mo dibukeng, le gore dibuka di tletse natefo ya bosaitsiweng, ba tlaa leka go ipuisetsa. Babuisi ba ba siameng kwa sekolong gantsi ke ba ba buisang kwa gae le balelapa le ditsala.

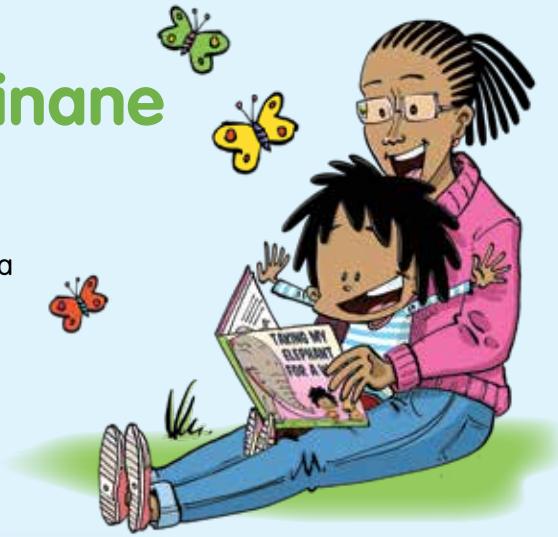
 **Nna sekao.** Bana ba ithuta go le gontsi mo go lebeleleng se re se dirang go na le se re ba bolelelang gore ba se dire! A bana ba gago ba go bone o buisetsa monate le go batla tshedimosesto, sekai, go buisa dibuka, diresipi, dikitsiso tsa sekolo, dimakasine le makwalodikgang. Netefatsa gore gape ba go bona o dirisa go kwala mo botshelong jwa gago jwa letsatsi le letsatsi, sekai, go kwala lenane la dilo tse di yang go rekwa, go romela imeile kgotsa go kwala peelano mo bukatsatsing ya gago. Fa bana ba rona ba re bona re buisa le go kwala ka gale, ba lemoga gore go mosola e bile go na le maatla mme ba simolola go go akaretsa le mo matshelong a bone.

 **Dirisa puo ya gago ya fa gae.** Mainane a ntlha a tshwanetse go nna ka puo ya ngwana wa gago ya fa gae. Bana ba tshwanetse go buisa le go kwala ka puo ya bone ya fa gae pele ba ithuta go dira se ka dipuo tse dingwe. Motheo o o tiileng mo puong ya bone ya fa gae o botlhokwa mo go ithuteng gotlhe go go atlegileng – go akaretsa go ithuta go buisa le go kwala – gonne gore ba ithute sentle, ba tlhoka go tlhaloganya sentle.



Go arogana dibuka le mainane

Arogana dibuka le mainane le bana ba gago go thusa go aga botsalano jo bo tiileng jwa lorato le bone fa gape o thusa go aga bokgoni jwa go itse go buisa le go kwala jo bo botlhokwa thata mo katlegong ya bone kwa sekolong le morago ga sekolo.



Go buisetsa bana ba gago

Go buisa go thusa go bula matlho a bana ba gago, dipelo tsa bone le ditlhologanyo tsa bone go reetsa batho ba bangwe le go amogela maemo a a farologaneng Mme, fa ba itumelela mainane a o a aroganang le bone, go na le kgonagalo ya gore ba ka batla go tswelela go buisetsa boithabiso mo matshelong a bone otlhe.

Fano ke matlhababotlhale a le lesome a go buisetsa bana ba gago, go sa re sepe gore ke ba dingwaga dife.

1. Laletsa – mme o se ke wa gapeletsa – bana ba gago go buisa le wena bonnye metsotsi e le 15 letsatsi le letsatsi.
2. Batla golo gongwe mo go sisibetseng e bile go phuthologile gore le buisetse teng. Malao le disofa di nna mafelo a a siametseng go buisetsa mo teng ga ntlo. Tima radio, thelebišene le khomphiutha.
3. Kopa bana ba gago go tlhopha buka gore le e buise mmogo. Se se bontsha gore o kgathalela se ba se akanyang, mme go na le kgonagalo e ntsi ya gore ba ka tsaya matsapa a go tlhaloganya buka e ba e itlhophetseng!
4. Simolola ka go nna nako e se kae o lebeletse le go bua ka tsebe e e ka fa ntle mo pele ga buka. O se ke wa lebala go buisa setlhogo sa leinanane le maina a mokwadi le motshwantshi.



5. Dulang le atamelane mme o rotloetse bana ba gago go itshwarela buka kgotsa go go thusa go dira se. Bana ba bannye ba itumelela go phetlha ditsebe. Kopa babuisi ba bagolwane go buisa mafoko a mongwe wa baanelwa kgotsa temana e le nngwe kgotsa tse pedi tsa leinane.
6. Leka dilo tse di farologaneng go dira gore mainane a nne matlhagatlhaga! Dirisa mantswe a a farologaneng mo baanelweng ba ba farologaneng. Buisa ka bonolo mo dikarolong tse di sisibetseng, tse di iketlileng tsa leinane. Buisa ka bonako fa moanelwa a itlhaganetse, kgotsa a lelekisiwa. Buisa ka lenseswe le legolo, le le kodu mo medumong e e kwa godimo mo leinaneng.
7. Thusa bana ba gago go nna le bokgoni jwa bone jwa go bonela pele ka go botsa, "O nagana gore go tlaa diragala eng se se latelang?" mo dikarolong tse di farologaneng mo leinaneng.
8. Buang mmogo ka ga leinane. Rotloetsa bana ba gago go bua le ba bangwe ka megopoloo ya bone ya ditsela tse baanelwa mo leinaneng ba itsholang ka tsone le ditlhopho tse ba di dirang.
9. Fa buka e na le ditshwantsho, di lebeleleng mmogo ka bogaufi. Tshwaela ka dilo tse o ſwegaſwegang ka tsone kgotsa tse o di lemogang le go di rata. Rotloetsa bana ba gago go dira jalo le bone.
10. Mme, mo go tsone tsotlhe, itumelele fela go aroganang mmogo dibuka tse di farologaneng. Diga makgwafo mme o dire sengwe le sengwe se se tlhokegang go dira gore dinako tse e nne tsa boithabiso mo go lona lotlhe.

Dikakanyo tse dingwe tsa mainane

Fano ke dikakanyo dingwe tsa go dirisa mainane fa gae.



Dira dinako tse di kgethegileng tsa mainane

Dira dinako tsa mainane tse balelapa botlhe ba ka di itumelelang mmogo. Sekai, nna le "dijo tsa maitseboa le puiso ya mainane"! Gangwe ka beke, letla mongwe yo o farologaneng wa balelapa a tlhabe leinane ka nako ya dijo tsa maitseboa. Leinane le le ka nna lengwe le a le buisitseng kgotsa le a le utlwileng, kgotsa le le ntshwa le a le itlhametseng. Gape le ka tlhama leinane mmogo ka go letla mongwe a le nosi wa lelapa go bolela tshimologo ya leinane mme o letle batho botlhe ba bangwe go oketsa go le gonnnye mo leinaneng go fitlhelela le fela.

Botsa dipotso

Oketsa go tlhaloganya ga bana ba gago mainane a o a buisang le a o a tlhabang ka go botsa dipotso tse di se nang dikarabo tse di rileng. Mefuta e ya dipotso ga e na dikarabo tse di nepagetseng kgotsa tse di fosagetseng. Di godisa go akanya ga bana ka ga mainane. Sekai, "O ka tsaya jang fa ...?", "Fa o ne o le ene, o ne o ka dira eng?", "O nagana gore ke goreng a dirile seo?", "Seo se go gopotsa eng?", "O ka dira eng fa ...?".

Mme, letla bana ba gago go botsa dipotso! Ba arabe fa o kgona kgotsa batlang dikarabo mmogo ka go buisa gape le go buisana ka dikarolo tse di maleba tsa leinane.

Sekaseka mainane

Batla ditsela tsa gore bana ba sekaseke leinane le o ba le tlhabetseng kgotsa le o le ba buiseditseng. Sekai: ba ka anela gape le go diragatsa dikarolo tsa leinane, ba ka thala setshwantsho se se tlhotlhleditsweng ke lone, kgotsa ba ka kwalela mongwe wa baanelwa ba leinane lekwalo.



Boeletsa mainane

Gantsi bana ba rata go utlwa mainane a bone a ba a ratang gangwe le gape! Nako le nako fa ba reetsa kgotsa ba buisa leinane le ba le ratang, ba lemoga sengwe se se ntshwa. Gape ba tlhaloganya dithuto ka puo, tlotlofoko le dikgopoloo.

Batla dibuka tse o ka di buisang

Dibuka di tlhotlhawagodimo go di reka, ka jalo fa go na le laeborari gaufi le wena, e etele ka gale le bana ba gago. Kopa molaeborari go atlanegisa dibuka tse di kgathisang tse di mo puong/dipuong tse bana ba gago ba di tlhaloganyang sentle. Dira gore go nne le nako e ntsi ya go batla, mme morago o bue le bana ba gago ka ditlhopho tsa bone pele ba tsaya tshwetso ya bone ya bofelo ya gore ba adima dibuka dife.

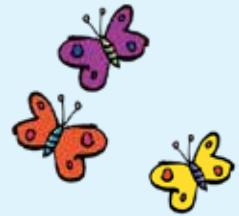
Godisa boitshepo jwa bana

Tsaya tsia maiteko a bana ba gago a go buisa ka bobone, fela jaaka o ne o tsaya tsia mafoko a bone a ntlha! Ba neele tshegetso e ntsi go oketsa boitshepo jwa bone – mme seo ke halofo ya bothata jwa go ithuta. Gape reetsa le go tlolomatsa bana ba gago ba bannyé fa ba itirisa e kete ba a buisa – bana ba tlhoka go itshola jaaka babuisi gore ba nne babuisi!



A o ne o itse gore
bana ba ba buisang
go le gontsi go
na le go lebelela
thelebišene, ba kgona
go tebisa mogopoloo
nako e telejana?

Go dira gore bana ba gago ba kwale



Batho ba dirisa go kwala ka ditsela tse di farologaneng go dira dilo le go tlhaeletsana le ba bangwe. Go tshwana le tiro ya boitseanape – fa o e dira gangwe le gape, o nna botoka mo go yone, mme ka jalo e nna bonolo thata go e dira! Jaaka batsadi le batlhokomedi re etelela pele ka go nna sekai fa re arogana maatla le mabaka a go kwala mo matshelong a rona a letsatsi le letsatsi le bana ba rona. Fano ke dingwe tsa ditsela tse di farologaneng tse ka tsone o ka dirang seno.

- ★ Netefatsa gore o na le selekano se se lekaneng sa pampiri, dikheraeyone, dipene le diphensele fa gae. Di beye mo lefelong le go leng bonolo gore bana ba gago ba le fitlhelele ka bobone gore ba kgone go thala le go kwala ka nako nngwe le nngwe e ba tlhophang go dira jalo.
- ★ Gantsi go thala ke kgato ya ntsha ya bana e e ba isang kwa go kgoneng go kwala. Bontsha kgatlhego mo ditshwantshong tsa bone tse ba di thadileng ka go dira ditshwaelo tse di rotloetsang le go ba botsa ka ditshwantsho tsa bone, sekai, "Ntlo e e lebega jaaka ntlo e e kgatlhisang e motho a ka nnang mo go yone. Go nna mang mo go yone?"



- ★ Neela bana ba gago ditshono tsa go dirisetsa go kwala go rulaganya matshelo a bone. Sekai, a ba kwale manane, a a jaaka lenane la dilo tse di yang go rekwa, lenane la dilo tse ba tlhokang go di isa kwa sekolong mo letsatsing le le latelang, kgotsa lenane la baeng la moletlo wa letsatsi la botsalo. O se ke wa tshwenyega ka mopeleto o o nepagetseng. Seo se tlaa direga fa ba ntse ba ikatisa go kwala thata. Fa o sa kgone go buisa sengwe mo mananeng a bone, ba kope gore ba go bolelele gore selo seo sa re eng.
- ★ Battlela bana ditshono tse ba ka di dirisang go kwala gore ba tlhaeletsane le ba bangwe. Ba letle go: kwala maina a bone mo dikarateng tsa tumediso, ba kwale dipampitshana tsa tebogo, ba kwale melaetsa e e yang kwa go balelapa mo gae mme ba kwalele ditsala tsa bone le balelapa ba ba dulang kgakala diimeile kgotsa makwalo.
- ★ Rotloetsa bana ba gago go nna le dijenale tse ba ka kwalang mo go tsone ka sengwe le sengwe se ba se ratang: maikutlo a bone, dilo tse di diragetseng fa gae le kwa sekolong, le/ kgotsa dilo tse ba batlang go di gakologelwa. Tlotla sephiri sa bana ba gago mme o buise dijenale tsa bone fela ka tetla ya bone.
- ★ Dira dibuka ka go momaganya dipampiri tse di lolea ka seteipolara le go kwala mainane le bana ba gago. Bana ba bannyne ba ka thala ditshwantsho. Tshitshinya go kwala mafoko a ba go a bolelelang, mme gape o ba rotloetse go leka go ikwalela. Letla bana ba bagolwane go ithalela le go ikwalela. Buisetsa balelapa ba ba nnang le wena dibuka tse le batho ba bangwe ba ba etileng!



Go tsamaisa tlelapa ya puiso



O ka simolola tlelapa e nnye ya puiso fa gae le bana ba gago le ditsala tsa bone di le mmalwa kgotsa bana ba moagisani. (E ka nna bana ba dingwaga dingwe le dingwe – go simolola ka masea a a tsamatsamayang go fitlha ka bašwa.)

Ditlelapa tse dinnye tsa puiso di neela ditshono tse dintsitse di kgatlhisang tsa go sekaseka mainane le bana. Se o se tlhokang ke go rata mainane le go batla go a abelana le bana – ga mmogo le mogolo kgotsa bagolo ba le babedi ba ba kgonang go buisa, le bana ba ka nna batlhano go ya go ba le robedi! Oketsa ka go nna le kgetsi ya dibuka, le didiriswa dingwe tsa go kwala le go thala (jaaka dikheraeyone, diphensele, dipene le pampiri) mme o tlaa bo o simolotse leeto la gago!

Mo tlelapeng e nnye, go bonolo go itse bana sentle. Abelana dibuka tsa gago tse o di ratang thata mme o batlisise gore o itse mofuta wa mainane a ngwana mongwe le mongwe a a ratang. Tsaya nako go buisa le go bua mmogo ka mainane.

Mme o itse jang gore o tlhophe dibuka dife? Etela kwa laeborari e e nang le karolo e e siameng ya bana mme o tseye nako go batla kwa teng ka gale. Leka gore o itse molaeborari wa bana mme o mo kope kgakololo ka dibuka tse bana ba di natefelelang. Adima bonnye buka e le nngwe ya mainane e o totang o e rata, ikatise go e buisa mme morago o e buisetse kwa godimo mo tlelapeng ya gago. Fa o ntse o tswelela go itse bana sentle, o tlaa bona o batla mainane a a oketsang go šwegašwega ga bone le kgatlhego! Gape o ka tlhopha mainane mo dikarolong tsa "Story and rhyme library" le "Story supplies" tsa webosaete ya Nalibali – www.nalibali.org.

Mme ra re eng ka go kwala? Leka go dira nako ya go kwala nako le nako fa tlelapa ya gago ya puiso e kopana. Bana ba rata go kwala dibukatsatsi mme ke tsela e e siameng ya go godisa bokgoni jwa bone mo puong ya bone ya fa gae le/kgotsa puo ya tlaleletso. Rotloetsa bana go kwala (le go thala) mo dibukatsatsing tsa bone ka ga selo sengwe le sengwe fela – megopoloyya bone,



maikutlo, dikakanyo kgotsa ka se ba itumeletseng go se dira ka letsatsi le le rileng. (Netefatsa gore ba itse gore se ba se kwalang ke sephiri ntle le fa ba tlhopha go se abelana le ba bangwe.) Ke selo se se gaisang gore o se siamise mopeleto wa bone – se se botlhokwa ke se ba se buang. Mme o ka nna wa ba tlhotlheletsa ka go kwala mo bukatsatsing ya gago mme morago o bo o abelana dikakanyo tsa gago, mokwalo o montle le mopeleto o o nepagetseng le bone.

Mo go sengwe le sengwe se o tlhophang go se dira kwa tlelapeng ya gago ya puiso, rotloetsa bana go tsaya karolo – mme o se ke wa ba gapeletsa. Maikaelelo ke go inatefisa fa le go lemoga le go abelana mainane mmogo.

Go bona dikakanyo tse dintsitse ka ditlelapa tsa puiso, etela karolo ya rona ya "How to guides" mo www.nalibali.org kgotsa "How to" mo www.nalibali.mobi. Gape o ka bona tshedimosetso e ntsi mo *Story Power: Kaedi ya ditlelapa tsa puiso* e e leng teng mo "Story supplies" mo www.nalibali.org.

Golagana le Nal'ibali

Nna karolo ya neteweke ya Nal'ibali mme o dirise maatla a mainane go rotloetsa bana go batla go buisa le go kwala.

Etela dipolatefomo tse di farologaneng tsa metswedithuso le matlhababotlhale a go buisetsa gore o itumele, le mainane a bana ka dipuo tse 11.

Ditlaleletso tsa Nal'ibali

Iponele tlaleletso ya gago ya dipuopedi ya go buisetsa monate mo dikuranteng tsa *Sowetan*, *Sunday Times Express*, *Daily Dispatch* le *The Herald*. Go bona tshedimosetso e ntsi, etela www.nalibali.org.



Nal'ibali mo seyalemoweng

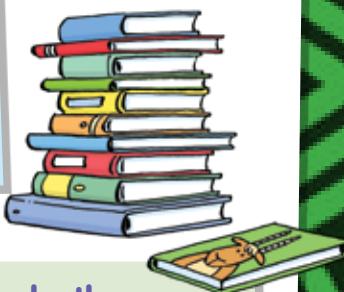
Reetsa mananeo a seyalemowa a Nal'ibali mo diteišeneng tsa botlhе tsa SABC mme o itumelele mainane a bana ka dipuo tsotlhе tse 11 tsa semmuso. Etela www.nalibali.org go bona **lenanethulaganyo** la Nal'ibali **la seyalemowa**.

www.nalibali.org

Etela **webosaete** ya Nal'ibali go bona ditsebe tse di sa duelelweng tsa matlhababotlhale, dijenale tsa inthanete tse di ka ga kitso ya go kwala le go buisa, matlhababotlhale a go buisa le mainane a bana.

www.nalibali.mobi

Kanelo ya mainane le matlhababotlhale a puiso, tshegetso ya setlhophpha sa puiso le mainane ka dipuo tse 11 tsa Aforika Borwa – mo **telefounung ya gago!**



Mafarathatlha a a kopanyang batho

Nna karolo ya puisano mo **Facebook** mme o re latele mo **Twitter** le **Instagram** go bona maele a a kgothatsang a go buisetsa-go-itumela, maele le go nna mo dinakong. Gape o ka etela kanale ya rona ya **YouTube**, www.youtube.com/user/TheNalibaliChannel go bona maele a a bothokwa a setlhophpha sa puiso.

