



Why a special edition?

Since the outbreak of COVID-19, children have not been able to go the library and reading clubs and have been away from school for a long period of time. To support you as you do your best to keep your family safe, Nalibali has put together this special edition of our supplement to help you with ideas on how your children can continue reading and writing for enjoyment at home. Some activities can be enjoyed by the whole family, while others have been divided into age groups to give you age-appropriate ideas.

Goreng kgatiso e e kgethegileng?

Fa COVID-19 e simolola go anama, bana ga ba ise ba ye laeborari kgotsa kwa ditlhopheng tsa puiso mme e bile ga ba ise ba ye sekolong mo nakong e telele thata. Go go tshegetsang jaaka o leka ka thata go boloka ba lelepa la gago, Nalibali e kwadile kgatiso ya tlaletso e e kgethegileng e e tla go thusang ka dikakanyo go go supetsa ka mo bana ba ka tsweleng go inatetsa ka go buisa le go kwala ba le mo gae. Ditiwana dingwe di ka itumelelwa ke balelapa botlhe, fa tse dingwe di arogantswe go ya ka dingwaga tsa bana mo ditlhopheng go go naya dikeletso tsa dingwaga tse di maleba tsa bana.

HOW PARENTS AND CAREGIVERS CAN SUPPORT CHILDREN

Our first responsibility as parents and caregivers is to care for our children and to keep them safe. This has been a difficult time for families across South Africa. Your children may be feeling stressed or anxious at this time. They may find it difficult to communicate their feelings with you, especially if you seem upset. Try to do the following things to help them.

- ★ Use positive language when talking to your children.
- ★ Invite your children to tell you how they are feeling.
- ★ Do fun things together.
- ★ Let them help you by doing some of the chores.



READING AND WRITING AT HOME

One of the best ways for you to support your children is by sharing stories with them. Here are some of the benefits of sharing stories.

- ★ Stories help you bond with your children.
- ★ When you tell or read stories to your children, it lets them know that they are important enough for you to make time for them.
- ★ Stories help develop their imagination and creativity.
- ★ Stories also help develop children's language and thinking, especially when they hear or read stories in their home languages.
- ★ Stories often provide children with examples of how people meet the challenges they face.



TSELA E BATSADI LE BATLHOKOMEDI BA KA TSHEGETSANG BANA KA YONA

Maikarabelo a rona a ntlha jaaka batsadi le batlhokomedi ke go tlhokomela bana ba rona le go ba sireletsa. Nako e e ntse e thata mo malapeng go ralala Aforika Borwa. Bana ba gago ba ka bo ba thatafaletswe e bile ba tshogile mo nakong e. Go ka bo go le thata mo go bona go go bolelela maikutlo a bona, segolo fa wena o tshwenyegile. Leka go dira dilo tse di latelang go ba thusa.

- ★ Dirisa puo e e rotloetsang maikutlo fa o bua le bana ba gago.
- ★ Kopa bana ba gago gore ba go bolelele gore ba ikutwa jang.
- ★ Itumelele metshameko e e itumedisang mmogo le bana.
- ★ Ba kope go go thusa ka ditirwana tse dingwe mo lelapeng.



GO BUISA LE GO KWALA KWA GAE

Nngwe ya ditsela tse dintle tse o ka di dirisang go tshegetsang bana ba gago ke go abelana le bona mainane. E ke mengwe ya mesola e mengwe ya go abelana mainane.

- ★ Mainane a thusa go tiisa kgolagano ya gago le bana ba gago.
- ★ Fa o anela kgotsa o buisetsa bana ba gago mainane, o dira gore ba ikutiwe ba le botlhokwa thata gore o na le nako ya go nna le bona.
- ★ Mainane a thusa go godisa boakanyi le boithamedi jwa bana.
- ★ Mainane a thusa gape go godisa puo ya bana le go akanya, segolo fa ba reeditse kgotsa ba buisa leinane ka puogae.
- ★ Mainane go le gantsi a thusa bana ka dikao tsa gore batho ba mekamekana jang le mathata a ba lebaganeng le ona.



Improve confidence and learning

Encourage your children's attempts to read and write by making positive comments without focusing on mistakes. By giving them lots of support, you will develop their confidence and improve their learning.



Content for COVID-19 Edition 169 is adapted from *Supporting learners from home – a guide for caregivers*, developed by the Covid-19 ECD and Schooling Group, a working group of Covid-19 People's Coalition



www.c19peoplescoalition.org.za

Tokafatso ya go itshepa le go ithuta

Rotloetsa bana ba gago mo maitekong a bona a go buisa le go kwala ka go dira ditshwaelo tse di ba tiisang mooko go na le go ba tshwaya diphoso. Ka go ba naya tshegetso e e ntsi, o tla dira gore ba itshepe le go tokafatsa thuto ya bona.

Diteng tsa Kgatiso 169 ya COVID-19 e tlhagisitswe go tswa mo phetolelong ya *Go ema nokeng thuto ya bana kwa gae – kaedi ta batlhokomedi*, e e tlhagisitsweng ke Setlhopho sa Dikolo le ECD sa Covid-19, setlhopho se se dirang sa Tirisano ya Batho sa Covid-19



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IT STARTS WITH
A STORY.
GO SIMOLOLA
KA LEINANE.

Get creative!

In this special **Get creative!** there are reading and writing activities for all age groups! Everyone at home has a role to play in developing children's reading and writing, as well as their understanding of how to protect themselves and others from COVID-19. Doing this together can be an enjoyable part of everyday family life. Create a story routine by setting aside a time that works best for all of you.

Make special storytelling times

Create storytelling times that the whole family can enjoy together.

- Tell stories, sing songs and recite poems you know. This stimulates children's imaginations and develops their language.
- Have story suppers! Once a week, let a family member tell a story during supper time. You could also create a story together by letting one person tell the beginning of a story and then letting everyone else add a bit to the story until it is complete.
- Deepen your children's understanding of the stories they hear by asking open-ended questions. For example, "How would you feel if ...?", "If you were him, what would you have done?", "Why do you think she did that?", "What does that remind you of?"
- Let your children ask questions too! Answer them and discuss relevant parts of the story.



Read and write for information

To help children remember information better, let them read it or listen to it and then write it down. As a family, make a "Golden rules" poster about COVID-19. Then, at different times during the day, ask your children questions like, "What is the golden rule about coughing and sneezing?"

There are **six golden rules** that we should all follow.

1. Wash your hands with soap and water for at least 20 seconds as often as you can.
2. Do not touch your face with unwashed hands.
3. Cough and sneeze into a tissue or your elbow. Safely throw away your used tissue.
4. When you are outside your home, stay at least 1,5 m away from others.
5. Wear a mask when you leave your home or if you are caring for someone at home who is sick.
6. Stay home if you are sick. In an emergency, contact the National COVID-19 hotline on **0800 029 999** or WhatsApp: **0600 123456**, or contact your healthcare worker.



Nna le boithamedi!



Mo go **Nna le boithamedi!** e e kgethegilenge go na le ditirwana tsa go buisa le tsa go kwala tsa ditlhopho tsa bana ba dingwaga tsothe! Mongwe le mongwe kwa gae o na le seabe se a ka se tshamekang sa go godisa kitso ya bana ya go buisa le go kwala, le go tlhologanya gore ba ka itshireletsa ba bo ba sireletsa ba bangwe jang kgatlhano le mogare wa COVID-19. Fa lo dira se mmogo, se e ka nna karolo e e itumedisang balelapa letsatsi le letsatsi. Hireleng lenaane la leinane ka go ipeela nako e e akaretsang botlhe mo lelapeng.

Dira dinako tse di kgethegileng tsa kanelomainane

Dira lenaane la nako la kanelomainane le balelapa lotlhe ba ka le itumelelang mmogo.

- Anela mainane, opela dipina mme o dire maboko a o a itseng. Se se kgotlhetsa boithamedi le go godisa puo ya bana.
- Anelang mainane ka nako ya dilalelo! Gangwe mo bekeng, a mongwe wa leloko la lelapa a anele leinane ka nako ya dilalelo. Gape lo ka dira leinane mmogo ka gore mongwe a simolole leinane mme a letle ba bangwe go tsenya ditlha tsa bona mo leinaneng go fitlhela le ya kwa bokhutlong.
- Dira gore bana ba tlhologanye leinane le ba le reeditseng ka tsenelelo ka go ba botsa dipotso tse di tshwanetseng go arabiwa ka botlalo. Sekao, "O ka ikutlwa jang fa ...?", "Fa o ka bo o le ene, o ne o ka dira eng?", "Goreng o akanya gore o dirile jalo?", "Se se go gopotsa eng?"
- Letla bana ba gago gore le bone ba botse dipotso! Araba dipotso mme lo buisane ka dikarolo tse di maleba tsa leinane.

Buisa le go kwala go bona tshedimosetso

Go thusa bana go gakologelwa tshedimosetso bonolo, ba letle go buisa le go reetsa mme morago o e kwale. Jaaka lelapa, dira phousetara ya "Melawana ya bothokwa" ka ga COVID-19. Jaanong, mo dinakong tse di farologaneng tsa letsatsi, botsa bana ba gago dipotso jaaka, "Melawana wa bothokwa wa go gotlholo le go ethimola ke efe?"

Go na le **melawana ya bothokwa e merataro** e re tshwanetseng go e latele.

1. Tlhapla diatla tsa gago ka sesepa le metsi disekonto di ka nna 20 gangwe le gape.
2. O seke wa tshwara sefatlhego sa gago ka diatla tse di sa tlhapiwang.
3. Dirisa thišu kgotsa sejabana sa gago fa o gotlholo le fa o ethimola. Latlhela thišu ya gago ka ketlotlhoko.
4. Fa o le kwa ntle ga jarata ya gaeno, o nne dimmitara di le 1,5 magareng ga gago le batho ba bangwe.
5. Aparo mmamatlhwane fa o tloga fa gae kgotsa fa o tlhokomela mongwe yo o lwalang mo gae.
6. Nna fa gae fa o lwala. Fa go le maemo a tshoganyetso, o ka leletsa mogala wa Bosetšhaba wa COVID-19 mo **0800 029 999** kgotsa WhatsApp: **0600 123456**, kgotsa o ka ikgolaganya le modiri wa tlhokomelo ya boitekanelo.

Role play

Children don't always know how to respond when they hear someone say something that is not true. By doing role play, you can help your children practise this skill. Let everyone share ideas about how you could respond to false information about COVID-19. Ask your children to act out how they would respond if someone made the following false statements. Remind them to be honest and respectful.



- Only rich people get COVID-19.
- COVID-19 is a sickness of white people or Chinese people.
- The coronavirus cannot survive in hot areas.
- Drinking ginger, garlic and lemon will cure COVID-19.

Motshameko-tiragatso

Go le gontsi bana ga ba itse go tsiboga fa ba utlwa mongwe a bua sengwe se e seng boammaruri. Ka go dira motshameko-tiragatso, o ka thusa bana go ikatisetsa bokgoni jo. Letla mongwe le mongwe go ntsha megopolo ya gagwe ya gore a ka tsiboga jang fa a utlwa tshedimosetso e e fosagetseng malebana le COVID-19. Kopa bana ba gago go diragatsa tsela e ba ka tsibogang ka yona fa mongwe a bua tshedimosetso e e fosagetseng e e latelang. Ba gakolole go tshepega le go dira se ka tlotlo.

- COVID-19 ke bolwetse jwa bahumi.
- COVID-19 ke bolwetse jwa makgoa kgotsa Matšhaena.
- Mogare wa khoro ga o kgone go tshela mo mafelong a a bolelo.
- Go nwa jinja, kaliki le lemone go thusa go fodisa COVID-19.



Make audio stories

Record your own audio stories with your children!

- Find a story with different voices that your children will enjoy.
- Let your children choose a character and then try out different voices for their character.
- You can read the part of the narrator. Let your children read or tell the story as the different characters.
- Let someone make sound effects, like footsteps or animal sounds.
- Practise reading or telling the story with sound effects until everyone is comfortable with their part.
- Use a cellphone to record your story and then enjoy listening to it!



Dira mainane a a reediwang

Rekota mainane a lona a a reediwang mmogo le bana ba gago!

- Batla leinane la mantswe a a farologaneng le bana ba gago ba ka itumelelang lona.
- Letla bana ba gago go tlhopha modiragatsi mme ba leke go diragatsa ka mantswe a a farologaneng a modiragatsi wa bone.
- O ka buisa karolo ya moanedi. Letla bana ba gago go buisa kgotsa go anela leinane jaaka badiragatsi ba ba farologaneng.
- A mongwe a dire medumo ya dikgato kgotsa medumo ya selemo sa phologolo.
- Ikatise go buisa kgotsa go anela leinane ka medumo ya dikgato le dilelo tsa diphologolo go fitlhela mongwe le mongwe a kgotsofalese dikarolo tsa tiragatso ya bona.
- Dirisa selefounu go rekota leinane la lona mme lo itumelele go le reetsa!

Write together

Show your children how you use writing in your daily life, for example, when you write a shopping list. Then do some writing activities together.

Make sure you have paper, crayons, pens and pencils in a place that is easy for your children to reach. Let them write thank you notes, messages, or letters to friends and family who live far away. Encourage your children to keep journals in which they can write about anything they like. You can also make books by stapling blank sheets of paper together and writing stories with your children. Younger children can draw the pictures and you can write the words they tell you. Allow older children to draw and write on their own.



Kwalang mmogo

Bontsha bana ba gago gore o dirisa jang go kwala tsatsi lengwe le lengwe, sekao, fa o kwala lenaane la go ya mabenkeleng. Jaanong lo ka dira ditirwana tsa go kwala mmogo.

Netefatsa gore o na le pampiri, dikherayone, dipene le diphensela mo lefelong le go leng bonolo gore bana ba ka le fitlhelela. Ba letle go kwala makwalo a ditebogo, melaetsa kgotsa ba kwalele ditsala le balelapa ba ba nnang kgakala le bona. Rotloetsa bana ba gago go itirela dijenale tse mo go tsona ba ka kwalang sengwe le sengwe se ba se ratang. Gape o ka dira dibuka ka go tshwaraganya matlhare a pampiri ka seteipolaro mme o kwale mainane le bana ba gago. Bana ba banye ba ka thala ditshwantsho mme o ka kwala mafoko a ba go bolelelang ona. Letla bana ba bagolwane go thala ditshwantsho le go ikwalela ka bobona.



Ideas for 0- to 3-year-olds

When children feel happy and secure, it helps them develop properly. Here are some things you can do to help your children feel happy and secure.

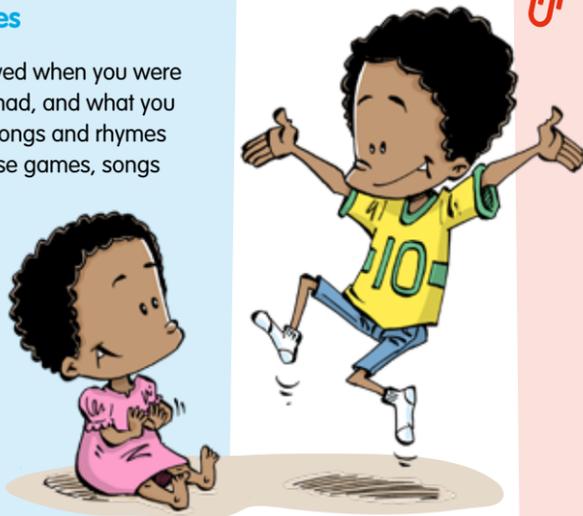
- Make time for them every day.
- Play their favourite games.
- Talk to them often.
- Really listen to them.
- Tell them why you enjoy spending time with them.

Babies and toddlers learn by doing different activities with you and their older siblings. They enjoy singing songs, playing games, saying rhymes, listening to stories, telling stories, drawing and pretending to read and write.

Share songs, games and rhymes

Can you remember the games you played when you were a child? Do you remember the fun you had, and what you learnt without even realising it? Which songs and rhymes did you love to sing and say? Share these games, songs and rhymes with your children.

- They will help develop children's language skills.
- They help to build trust and strengthen the bond between adults and children.
- They build confidence and self-esteem and help children to relax.
- Children learn easily through play and having fun.



Maele a bana ba dingwaga di le 0-3

Fa bana ba itumetse e bile ba sireletsegile, se se ba thusa go gola sentle. Tse ke dingwe tse o ka di dirang go dira gore bana ba itumele ba bo ba sireletsege.

- Dira nako ya go nna le bona letsatsi lengwe le lengwe.
- Tshameka metshameko e ba e ratang thata.
- Bua le bona gangwe le gape.
- Ba reetse ka tlhoafalo.
- Ba bolelele gore ke goreng o rata go nna le bona.

Masea le bana ba ithuta ka go dira ditirwana tse di farologaneng le wena le bomogolo-a-bona. Ba ja monate fa ba opela, ba tshameka, ba dira diraeme, go reetsa mainane, go anela mainane, go thala ditshwantsho le go itira e kete ba a buisa e bile ba kwala.

Aroganang dipina, metshameko le diraeme

A o gakologelwa metshameko e o neng o e tshameka fa o le ngwana? A o gakologelwa monate o o neng o o utlwa, le se o ithutleng sona o sa lemoge? Ke dipina le diraeme dife tse o neng o rata go di opela le go di bua? Arogana metshameko, dipina le diraeme tse le bana ba gago.

- Di tla thusa go godisa dikgono tsa puo tsa bana.
- Di tla thusa go aga boikanyo le go tiisa kitlano magareng ga bagolo le bana.
- Di thusa bana go aga go itshepa le go nna le boitlotlo go dira gore bana ba nne ba repile.
- Bana ba kgona go ithuta sentle fa ba tshameka e bile ba ijesa monate.

Share books

- Until babies can sit by themselves, it is easiest to put them on your lap with their back against you and to hold the book in front of them.
- Books that have simple pictures or photographs of babies' faces work well for young babies.
- Point and name different objects in the books. Talk about what you both see in the pictures. Doing this helps your young children learn words and learn about the world around them.



Aroganang dibuka

- Go fitlha bana ga kgona go nna ka bobona, go bonolo go ba fara mo dirapeng ba go furaletse mme o tshotse buka fa pele ga bona.
- Dibuka tse di nang le ditshwantsho tse di bonolo kgotsa ditshwantsho tsa difatlhego tsa masea di thusa thata go ruta masea.
- Supa ka monwana o bo o bue maina a dilwana tse di farologaneng mo bukeng. Bua ka se lo se bonang mmogo mo ditshwantshong. Go dira se go thusa bana ba banye go ithuta mafoko le go ithuta ka tikologo ya dilo tse di ba dikanyeditseng.

Make time to talk

Having conversations with your children is important. You might find that they often ask lots of "why" questions. Be patient and encourage them by explaining how things work. Doing this will build your children's vocabulary and their understanding of the world.

Never be afraid to tell your children that you do not know the answer to a question. Tell them you will find out and let them know the answer later. This helps them understand that adults are still learning too.



Dira nako ya go bua

Go tsaya dikgang le bana ba gago go botlhokwa. Go le gontsi o tla fitlhela e le gore ba rata go botsa dipotso jaaka "goreng". O nne pelotelele o bo o ba rotlotse ka go thalosa ka mo dilo di diragalang ka teng. Se se ka godisa tlhlofoko ya bana le gore ba thaloganye lefatshe.

O seke wa boifa go bolelela ngwana gore ga o itse karabo ya potso ya gagwe. Ba bolelele gore o tla batlisisa le go ba naya karabo mo nakong e e tlang. Se se ba thusa go thaloganya gore le bagolo ba santse ba ithuta.



Ideas for 3- to 6-year-olds

Children learn a lot through their everyday experiences. By doing enjoyable activities with your children, you can help grow their vocabulary and their understanding of the world.



Songs and rhymes build language skills

Sing or say songs and rhymes in your children's home language and in an additional language too. Write out the words of a song or rhyme and then point to the words as you sing or say them. Even if your children cannot read or write yet, seeing written words being used helps them to understand that what we say, can be written down and read, again and again.



Maele a bana ba dingwaga di le 3-6

Bana ba ithuta go le gontsi ka maitemogelo a bona a letsatsi le letsatsi. Ka go dira ditirwana tse di ba jesang monatemmogo le bana ba gago, o ka kgona go godisa tlotofoko ya bona le go ba thusa go tlhologanya lefatshe.



Dipina le diraeme di bopa dikgono tsa puo

Opela dipina kgotsa o bue diraeme ka puogae le ka puotlaleletso ya bana. Kwalolola mafoko a pina kgotsa a raeme mme o supe mafoko a fa o ntse o a opela kgotsa o a bua. Le fa e le gore bana ba gago ga ba ise ba itse go buisa kgotsa go kwala, go bona mafoko a a kwadilweng a dirisiwa go ba thusa go tlhologanya gore se re se buang, se ka kwalwa sa bo sa buisiwa gangwe le gape.



Dirisa dikutlo tsa lona

Letla bana ba gago go dirisa dikutlo tsa bona go utulola!

- ♥ **Kutlo ya monkgo:** Dira motshameko wa go fopholetsa le bana. A bana ba apare disira-matlho. Jaanong tsenya dijo tsa monkgo o o bogale mo megopong e mennye, sekae, vineka, banana, poere ya kheri le kofi. Botsa bana go fopholetsa gore ke eng se se mo mogopong mongwe le mongwe fela ka go dupa.
- ♥ **Kutlo ya go ama:** A bana ba apare disira-matlho gape. Tsenya didirisa di se kae tse di sa thubegeng mo mogopong jaaka leswana le boraše ya meno mo selopong sa mosamo. Kopa bana ba gago go ntsha selo se se mo gare ga selopo sa mosamo. A ba ka kgona go fopholetsa gore ke eng ka go se ama fela?

- ♥ **Kutlo ya go utlwa:** Tlatsa ditshelo tse dinnye ka dilo tse di farologaneng, jaaka motlhaba, matlapa, dibaga kgotsa dikhurumelo tsa mabotlolo. Kopa bana ba gago go tswala matlho le go reetsa fa o tshikinya setshelo sengwe le sengwe. Botsa, "A e dirile modumo o o bokete kgotsa o o bofefe? Goreng o akanya gore e dirile modumo o o bokete kgotsa modumo o o bofefe?"



Use your senses

Let your children use their senses to explore!

- ♥ **Sense of smell:** Play a guessing game with your children. Let your children put on blindfolds. Then put a few strong-smelling foods in small bowls, for example, vinegar, bananas, curry powder and coffee. Ask your children to guess what is in each bowl by only smelling it.
- ♥ **Sense of touch:** Let your children wear their blindfolds again. Put a few small, non-breakable objects, like a spoon and a toothbrush, into a pillowcase. Ask your children to take an object out of the pillowcase. Can they guess what the object is just by touching it?
- ♥ **Sense of hearing:** Fill small containers with different things, like sand, stones, beads or bottle tops. Ask your children to close their eyes and listen as you shake each container. Ask, "Did it make a loud or a soft sound? Why do you think it made a loud or a soft sound?"



Learn about your body

Play these games to help your children learn about their bodies.

- ♥ Play call-out games, like this one: *Lizzy, Lizzy, stir the porridge ... with your right arm/with your left arm/with your right foot/with your left foot.* Use your arms and feet to do the actions as you say the words.
- ♥ Have fun playing a game in which you take turns calling out instructions to "stick" two different parts of your bodies together. For example, if one of you says, "Elbow to knee!", then everyone needs to touch one of their knees with one of their elbows, and stay like that for a few seconds!

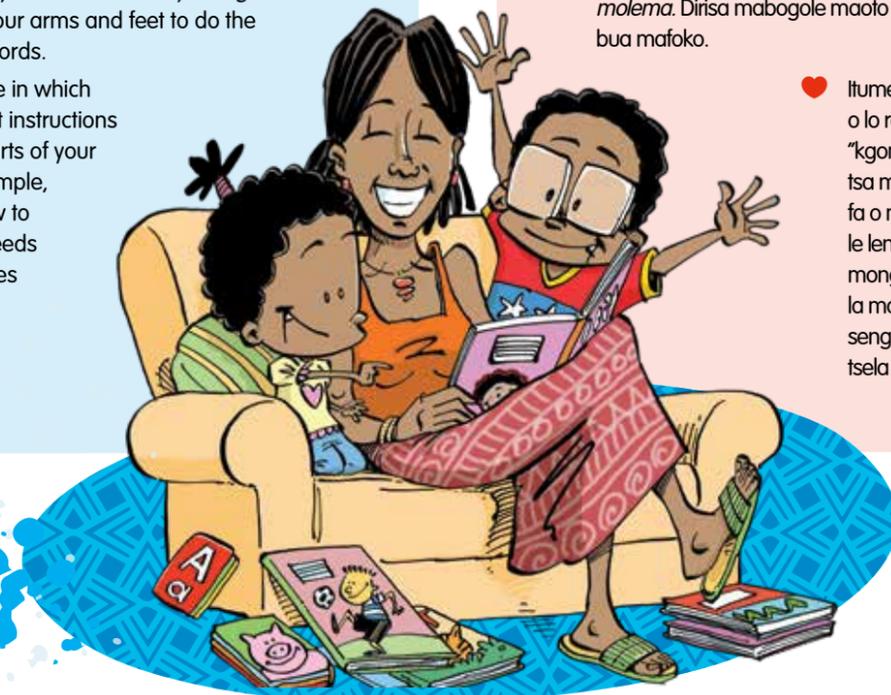


Ithute ka ga mmele wa gago

Tshameka metshameko e e ka thusang bana go ithuta ka mebele ya bona.

- ♥ Dira metshameko ya go bitsana, jaaka o: *Lizzy, Lizzy, fudua pitsa ... ka letsogo la go ja/ka letsogo la molema/ka leoto la moja/ka leoto la molema.* Dirisa mabogole maoto a gago go diragatsa se jaaka o bua mafoko.

- ♥ Itumeleleng go tshameka motshameko o lo refosanang go ntsha ditaelo go "kgomagantsha" dikarolo tse pedi tsa mebele ya lona mmogo. Sekao, fa o mongwe wa lona a re, "Sekgono le lengole!", jaanong mongwe le mongwe o tshwanetse go ama lengwe la mangole a gagwe le sekgono sengwe sa gagwe, mme ba nne ka tsela e metsotswanae se kae!



Ideas for 6- to 9-year-olds

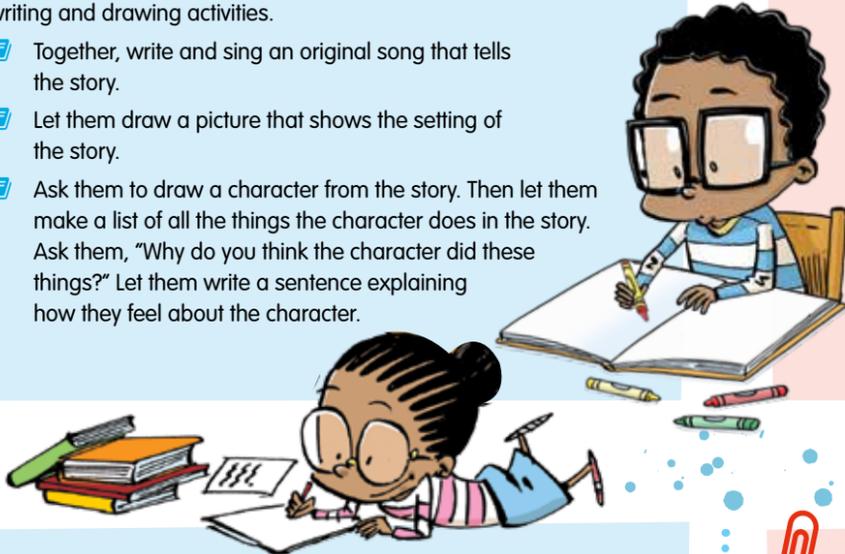
Writing and reading go hand in hand. Writing helps children to learn that words can be written down and then read again and again.



Write and draw

After your children have listened to a story, let them try some of these writing and drawing activities.

- 1. Together, write and sing an original song that tells the story.
- 2. Let them draw a picture that shows the setting of the story.
- 3. Ask them to draw a character from the story. Then let them make a list of all the things the character does in the story. Ask them, "Why do you think the character did these things?" Let them write a sentence explaining how they feel about the character.



Make your own storybook

Follow these steps to work together as a family to create a storybook.

- 1. Together decide what the story will be about. Think about: where the story happens, who the main characters are, what the problem in the story is and how this problem is solved.
- 2. Make a blank book by folding a few sheets of paper in half.
- 3. Let different family members write down a part of the story on each page of the blank book.
- 4. Let everyone take turns drawing pictures for the story.
- 5. Enjoy reading your book together!



Listen to stories

As a family, listen to stories on the radio. You can visit our website at www.nalibali.org to find the broadcasting schedule for the Nalibali radio stories. You can also listen to audio stories by clicking on the link in the "Story resources" section on our website.



Maele a bana ba dingwaga di le 6-9

Go kwala le go buisa di tsamaya mmogo. Go kwala go thusa bana go ithuta gore mafoko a ka kwadiwa le go buisiwa gangwe le gape.



Go kwala le go thala ditshwantsho

Fa bana ba gago ba fetsa go reetsa leinane, ba letle go kwala le go thala ditshwantsho tsa dingwe tsa ditirwana tse.

- 1. Mmogo, kwalang lo bo lo opele pina ya boitshimoleledi e e anelang leinane.
- 2. Ba letle go thala setshwantsho se se bontshang lefelo la tiragalo la leinane.
- 3. Ba kope go thala setshwantsho sa moanelwa go tswa mo leinaneng. Jaanong a ba dire lenaane la dilo tsoitlhe tse moanelwa a di dirang mo leinaneng. Ba botse, "Goreng lo akanya gore modiragatsi o dirile dilo tsoitlhe tse?" Ba letle go kwala polewana go thalosa maikutlo a bona ka moanelwa.



Itirele buka ya gago ya mainane

Latela dikgato tse go dira mmogo jaaka balelapa go itirela buka ya mainane.

- 1. Mmogo swetsang gore leinane le ka ga eng. Akanyang ka: gore leinane le diragala kwa kae, badiragatsibagalo ke bomang, kgotlhang ya leinane ke eng le gore kgotlhang e e rarabololwa jang.
- 2. Dirang buka e e sa kwadiwang sepe ka go menagana matlhare a a mmalwa a pampiri ka bogare.
- 3. A maloko a a farologaneng a lelapa a kwale karolo ya leinane mo tsebeng nngwe ya buka e e sa kwalelwang.
- 4. A mongwe le mongwe ka go refosanana a thale ditshwantsho tsa leinane.
- 5. Itumelele go buisa buka ya lona mmogo!



Reetsang mainane

Jaaka balelapa, reetsang mainane mo seyalemoweng. O ka etela webosaete ya rona mo www.nalibali.org go bona lenaneo la kgaso la mainane a seyalemowa a Nalibali. Gape o ka reetsa mainane ka go tobetsa linki ya karolo ya "Story resources" mo webosaeteng ya rona.

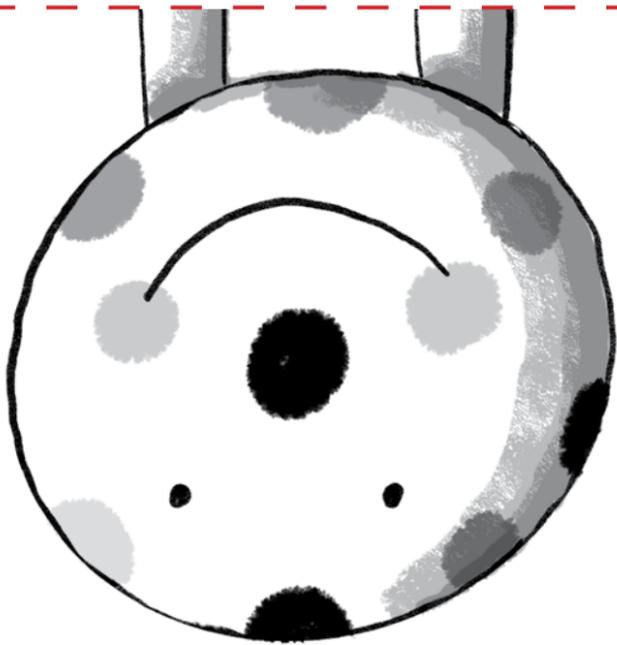
Create ONE cut-out-and-keep book

1. Take out pages 7 to 10 of this supplement.
2. Use this sheet to make a book. Follow the instructions below to make the book.
 - a) Fold the sheet in half along the black dotted line.
 - b) Fold it in half again along the green dotted line.
 - c) Cut along the red dotted lines.



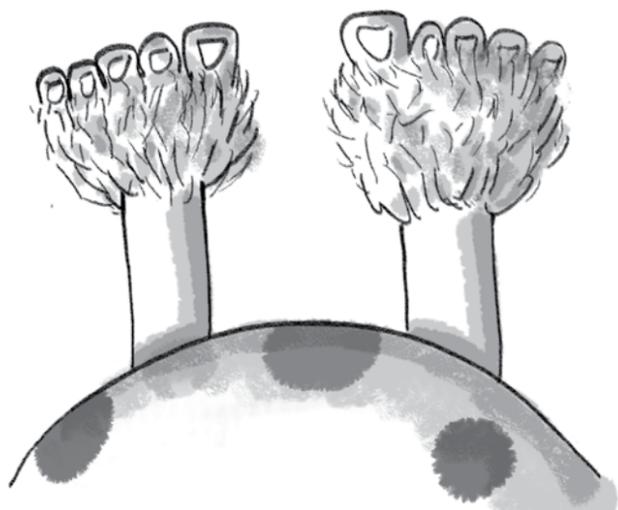
Itirele buka ya sega- o-boloke e le NNGWE

1. Ntsha ditsebe 7 go fitlha ka 10 tsa tlaletso e.
2. Dirisa matlakala go dira buka. Latela ditaelo tse di fa tlase go dira buka.
 - a) Mena letlhare ka bogare go lebagana le mola wa dikhutlo tse dintsho.
 - b) Le mene ka bogare gape go lebagana le mola wa dikhutlo tse di tala.
 - c) Sega go lebagana le mela ya dikhutlo tse dikhibidu.



“It’s very round and covered in polka dots,”
whispered Mama.
“Like my dressing gown,” said Thoko.
“What else?”
“E kgolokwe mme e na le letlalo le le
marontho,” Mama a buela kwa tlase.
“Jaaka kaono ya me,” ga bua Thoko.
“Le eng gape?”

“What does it look like?” whispered Thoko.
“It has big fluffy pink feet,” whispered Mama.
“Like my slippers,” said Thoko. “What else?”
“E lebega jang?” Thoko a buela kwa tlase.
“E na le maoto a magolo a boboa bo bopinki,”
Mama a buela kwa tlase.
“Go tshwana le diselepere tsa me,” ga bua
Thoko. “Le eng gape?”



We publish what we like

This is an adapted version of “Thoko’s scary night” from the collection *What’s up! Thoko* published by Jacana Media and available in bookstores and online from www.jacana.co.za. This story is available in English, Afrikaans, isiXhosa and isiZulu. Jacana publishes books for young readers in all eleven official South African languages. To find out more about Jacana titles go to www.jacana.co.za.

Se ke phetolelo yatlhagiso ya “Thoko’s scary night” go tswa mo kgobokanyong ya *What’s up! Thoko* e e phasaladitsweng ke Jacana Media mme e bonwa kwa mabenkeleng a dibuka le mo inthaneteng mo www.jacana.co.za. Leinane le le fitlhelwa ka English, Afrikaans, isiXhosa le isiZulu. Jacana e tlhagisa dibuka tsa babuisi ba banyee ka dipuo tsofhe tse somenngwe tsa semmuso tsa Aforika Borwa. Go itse go le gontsi ka dibuka tsa Jacana etela www.jacana.co.za.

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Thoko’s scary night

Bosigo jo bo boifisang jwa ga Thoko

Niki Daly





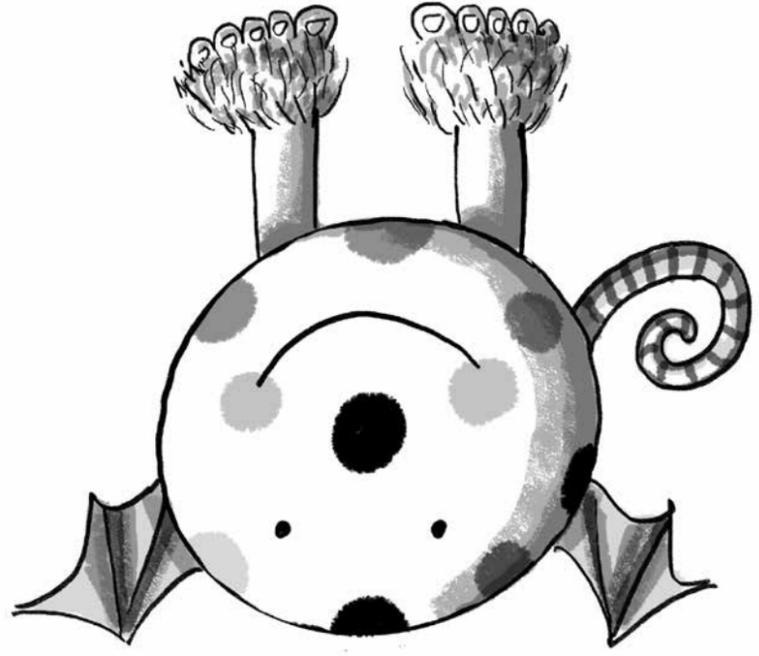
“Ke pheto fela e foka mo bothaleng kwa ntle,” Mama a buela kwa tase.
 “Nyaa, e seng seo!” Thoko a buela kwa tase. “Ke modumo o tshosang *thata* – jaaka dimo.”
 “Go siame, o ka palama bolao wa robala le ma,” Mama a buela kwa tase. “Modumo o ne o utwala jang?”
 “Thoko a re, ‘Ghorra-Ghorra! Hooaaah! Bwooooo!’”
 “Ke modumo wa dimo yo o siameng Ghorra-Ghorra-Hooaaah-Bwooooo a o dirang fa a leleka bodimo ba ba pelotshetha,” Mama a ralo.

One dark windy night, Thoko woke up to a scary sound. It went, “Ghorra-Ghorra!”



Tsatsi lengwe mo lefifing la bosigo jwa diphefo, Thoko a phaphamisiwa ke modumo o o tshosang. Go utlwala, “Ghorra-Ghorra!”

“E sebopogo sa nko e e kgolokwe, ka diphofo tse e keteng tsa mmamanthwane le mogatla o e keteng moriti o Jaanong Thoko a lemoga gore Mama o idhamela go tswa mo ilhogong! Fela o ne a simolola go tshwarwa ke boroko, ka moo a seke a ngangisana le ene.”



“It has a puff-ball nose, bat wings and a curly-whirly tail,” whispered Mama. “It’s really sweet.”
 Then Thoko knew that Mama was making it all up! But she was already starting to fall asleep, so she didn’t argue.

Outside, the wind dropped.
 At last, all was quiet and Gogo, Mama and Thoko slept – as snug as three bugs in a rug.



Kwa ntle, phefo ya kgaotsa.
 Jaanong, go ne go le tidimalo mme Nkoko, Mama le Thoko ba robala – ba atamelane jaaka ditshitsiri tse tharo mo mmetseng.

Ga na tidimalo – e le pheto fela e fokang bothale. Thoko a ithobalela mo go Mama, a mo adaretse ka matsogo a gagwe. Fela ya simolola gape...
 "Ghorra-Ghorra! Hooaaaah! Bwoooooo!"
 Mo sebakeng se modumo o o makatsang wa tsosa Mama.

All was quiet – only the wind blowing through the wires. Thoko slept with Mama's arms wrapped around her. Then it happened again... "Ghorra-Ghorra! Hooaaaah! Bwoooooo!"
 This time the strange sound woke Mama.



"It's only the wind blowing through the wires outside," whispered Mama.
 "No, not that!" whispered Thoko. "A really scary sound – like a monster."
 "Well, you'd better climb into bed with me," whispered Mama. "What did it sound like?"
 Thoko went, "Ghorra-Ghorra! Hooaaaah! Bwoooooo!"
 "That's the sound the nice Ghorra-Ghorra-Hooaaaah-Bwoooooo-Monster makes to chase away really bad monsters," said Mama.

It was Gogo – snoring her head off!
 Mama pulled Thoko close to her and giggled.
 "It's not the Ghorra-Ghorra-Hooaaaah-Bwoooooo-Monster," whispered Mama. "It's the Snoring-Gogo-Monster!"
 They both giggled until the bed shook. Gogo stirred and immediately stopped snoring.

E ne e le Nkoko – a gona!
 Mama a gogela Thoko gaufi le ene a ntse a tshega.
 "Ga se Dimo Ghorra-Ghorra-Hooaaaah-Bwoooooo," Mama a buela kwa tlase. "Ke Nkoko-Dimo o a gona!"
 Ka bobedi ba tshega go fitlha bolao bo tshikinyega. Nkoko a retologa mme ka bonako a kgaotsa go gona.



Then it stopped and went, "Hooaaaah! Bwoooooo!" like some big scary monster breathing down your neck.

Thoko's room was dark except for streaky shapes that shivered against the bedroom wall from a street light. Thoko pulled her duvet over her head. But she could still hear the sound – deeper and scarier this time, "Ghorra-Ghorra! Hooaaaah! Bwoooooo!"

Modumo wa kgaotsa ga utlwala, "Hooaaaah! Bwoooooo!" jaaka dimo yo o tshosang a hemela mo molaleng wa gago.

Phaposi ya ga Thoko e ne e le lefifi ntle fela le dibopego tsa dikalana tse di neng di itaaganya mo leboteng la phaposi di bonagala go tswa mo leseding la lebone la kwa mmileng. Thoko a ikhupetsa ka kobo mo tlhogong. Fela o ne a santse a utlwa modumo – o le kwa tengteng e bile o tshosa thata jaanong, "Ghorra-Ghorra! Hooaaaah! Bwoooooo!"



Ka bonako, Thoko a rwala diseleperere tsa gagwe a apara le kaono mme a tshabela kwa phaposing ya borobalo ga Mama. "Mama! Mama!" Thoko a buela kwa tlase. "Tsoga!" "Molato ke eng, Thoko?" ga botsa Mama a santse a tshwerwe ke boroko. "Reetsa!" ga bua Thoko. "Go modumo o o tshosang o tswa golo gongwe." Mama a tshuba lebone le mo ditlhogong tsa bolao mme a reetsa.

Quickly, Thoko put on her slippers and dressing gown and ran to Mama's bedroom.
 "Mama! Mama!" whispered Thoko. "Wake up!"
 "What's the matter, Thoko?" asked Mama sleepily.
 "Listen!" said Thoko. "There's a scary sound coming from somewhere."
 Mama switched on her bedside lamp and listened.



Mama tried sitting up. But her one arm had gone dead from Thoko lying on it.

"Thoko! Thoko!" whispered Mama. "Wake up. This bed's too small for the two of us." Mama got Thoko out of bed and they tiptoed to Gogo's room.
 "Climb in!" whispered Mama.
 Thoko got in beside Gogo, leaving space for Mama to join her. No sooner had they settled down when ...
 "Ghorra-Ghorra! Hooooaaah! Bwoooooo!"



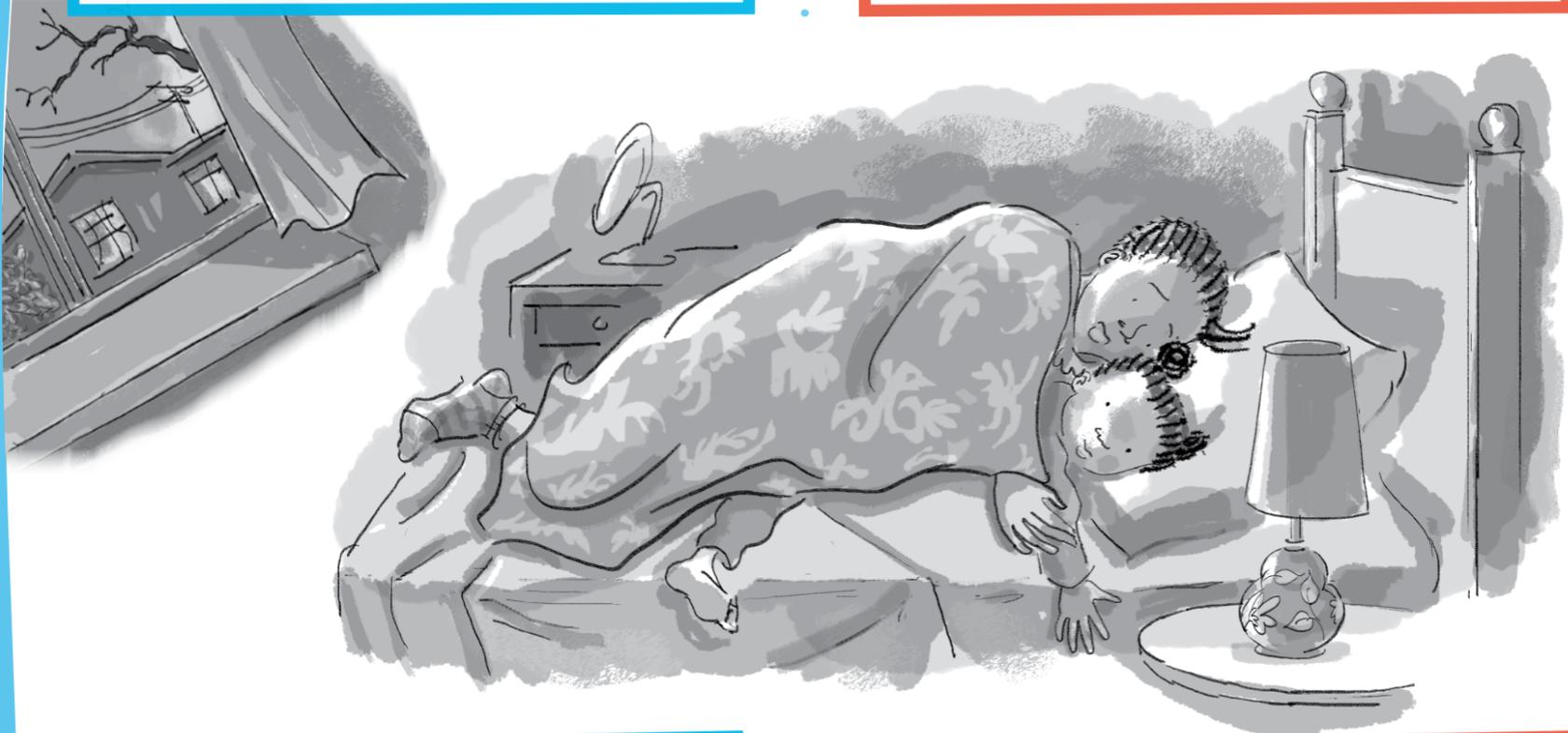
"Thoko! Thoko!" Mama a buela kwa tlase. "Tsoga. Bolao jo bo bonnye go lekana batho ba babedi." Mama a tlosa Thoko mo bolaong mme ba nanabela go ya kwa phaposing ya ga Nkoko.
 "Tsenal!" Mama a buela kwa tlase.
 Thoko a tsena mo bolaong jwa ga Nkoko, a sutela kwa gore Mama le ene a kgone go tsena. E rile go ise go ye kae ga simolola ...
 "Ghorra-Ghorra! Hooooaaah! Bwoooooo!"

Get story active!

Here are some activities for you to try. They are based on the stories in this edition of the Nal'ibali Supplement: *Thoko's scary night* (pages 7 to 10) and *Morongwa's surprise* (page 12).

Thoko's scary night

- ★ Do you know someone who snores loudly? What does it sound like? Try to write the sound using letters of the alphabet.
- ★ What kind of monster does this snoring noise remind you of? Draw a picture of the monster and then write a few sentences about it.
- ★ Have you ever woken up at night and felt scared? What made you feel scared? Tell or write your story. Use interesting words to say what you heard, saw and how you felt. Draw a picture of your scary night.



Nna le mathagathaga a leinane!

Tse ke ditirwana dingwe tse o ka di lelang. Di ikaegile ka mainane otlhe a kgatiso e ya Tlaleletso ya Nal'ibali: *Bosigo jo bo boifisang jwa ga Thoko* (ditsebe 7 go fitlha ka 10) le *Kgakgamatso ya ga Morongwa* (tsebe 13).

Bosigo jo bo boifisang jwa ga Thoko

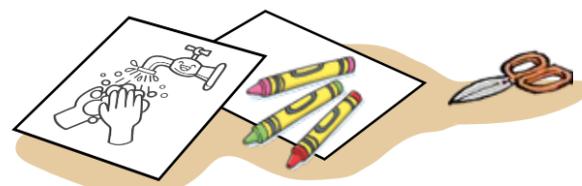
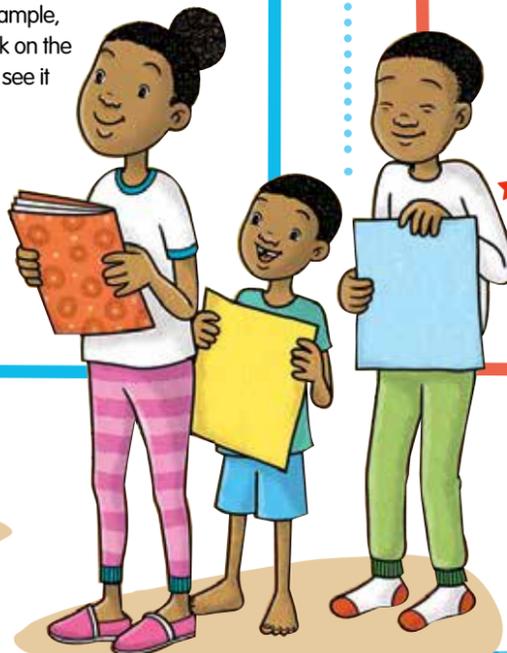
- ★ A go na le mongwe yo o mo itseng a gonela kwa godimo? Modumo wa teng o ntse jang? Leka go kwala modumo o o dirisa diitlhaka tsa alefabeti.
- ★ Modumo o o go gopotsa dimo yo o ntseng jang? Thala setshwantsho sa dimo mme o kwale ka dipolelo di se kae ka ene.
- ★ A o kile wa phaphama fa gare ga bosigo o tshogile? Ke eng se se neng se go tshosa? Anela kgotsa o kwale kgang ya gago. Dirisa mafoko a a itumedisang go bua se o se utlwieng, se o se boneng le ka mo o ikutlwieng ka teng. Thala setshwantsho sa gago sa bosigo jo bo tshosang.

Morongwa's surprise

- ★ Make a picture story about your own family. Think of a story about your family. Use colour pens or pencils to write the words of the story. Look for pictures in old magazines. Cut them out and use them to illustrate your story.
- ★ Remind others to keep safe. Find bits of paper or cardboard and write reminders like these on them: "Wash your hands with soap and water for 20 seconds", "Remember to wear your face mask" and "Practice social distancing". Make up some of your own reminders too. Decorate the reminders and paste them where people can see them. For example, paste the reminder about wearing a mask on the inside of the front door so that people will see it before they leave the house.
- ★ Morongwa and her brothers use sign language to speak to Mama Maduo. What languages do you know? Practise using all the languages you know to tell others to stay safe.

Kgakgamatso ya ga Morongwa

- ★ Dira setshwantsho sa leinane malebana le balelana la gago. Akanya ka leinane malebana le balelana la gago. Dirisa dipene tsa mebala kgotsa diphensele go kwala mafoko a leinane. Leba ditshwantsho mo dimakasineg tsa bogologolo. Di segolole mme o di dirise jaaka ditshwantsho tsa leinane la gago.
- ★ Gakolola ba bangwe gore ba nne ba bolokesebile. Iponole leithare la pampiri kgotsa khateboto mme o kwale dikgakololo mo go lona jaaka: "Thapa matsogo a gago ka sesepa le metsi metsotswana e ka nna 20", "Gakologelwa go apara mmamatlhwane" e bile gakologelwa "Go nna kgakajana le batho". Itirele dingwe tsa dikgakololo tsa gago. Kgabisa dikgakololo mme o di kgomaretse mo batho ba ka di bonang. Sekao, kgomaretse kgakololo e e bontshang go apara ga mmamatlhwane mo morago go lelati la fa pele gore batho ba kgone go e bona pele ba tswa mo ntlong.
- ★ Morongwa le bokgaitadie ba dirisa puo ya matshwao go bua le Mama Maduo. Ke dipuo dife tse o di itseng? Ikatise go dirisa dipuo tsoitlhe tse o di itseng go bolelela bangwe gore ba nne ba bolokesebile.





Morongwa's surprise

By Lorato Trok ■ Illustration by Magriet Brink and Leo Daly



On the last day of school, just before the start of the holidays, Morongwa sat quietly at her desk listening to her teacher, Mrs Nchwe, tell the class about a new germ that had been found. It was called the coronavirus and was making many people all over the world very sick.

As she listened, Morongwa didn't know what to feel. The germ sounded really scary, but on the other hand, the president had announced that all schools would close earlier for the holidays. The country was going into lockdown to keep people safe. This meant a very long break from school, and that sounded good! But Morongwa wasn't sure what a lockdown was.

During the next lesson, Morongwa sat quietly at her desk thinking about what Mrs Nchwe had told them. She felt confused and worried. Although her teacher had told them about the virus and the lockdown, Morongwa didn't really understand everything. It all sounded very serious.

After a while, Morongwa raised her hand. "Yes, Morongwa," said her teacher.

"Mrs Nchwe," Morongwa began, "I understand that there is a new virus that can make us all very sick and that is why schools are closing today. But can you please explain more about the virus? How does it make you sick?"

"That's a good question, Morongwa," said Mrs Nchwe. "Let me help you understand better."

Mrs Nchwe put up a poster. "First of all, if the coronavirus gets into your body, it may cause an illness called COVID-19. The coronavirus can get inside your body when someone who has the virus sneezes or coughs near you. The virus comes out of their mouth in small drops of water. These drops can get onto your hands. If you then touch your mouth, nose or eyes, the virus can get into your body and make you sick," Mrs Nchwe explained.

"So how can we stop ourselves from getting the virus?" asked Morongwa.

"You have to wash your hands with water and soap as often as you can. Slowly count to twenty while you wash to make sure your hands are clean. You also have to stay at home. You should stay away from everyone outside your home. If you have to go outside, you must wear a mask," said Mrs Nchwe.

Morongwa had more questions for her teacher. She raised her hand again. "Can my dog get sick, or could I make my dog sick?" she asked.

"Luckily, we can't get the coronavirus from our pets, nor give it to our pets," smiled Mrs Nchwe.

Then she explained that the virus is passed from person to person. "Anyone can get it from anyone, and anyone can give it to anyone," she said. "That is why the country is going into a lockdown. Everyone must stay home and away from other people so that no one can make anyone else sick."

Just as Morongwa was starting to worry about how she was going to remember all these facts so that she could tell her mama and younger brothers, Mrs Nchwe handed out booklets to everyone. "You can take these little books home to remind you about the important information we have shared today," she said.

Morongwa was putting her booklet safely into her school bag when the school bell rang.

The first thing Morongwa did when she got home was to wash her hands with soap and water. "Ofentse, Lesedi, come join me," Morongwa said when she saw her younger brothers watching her. "Slowly count to twenty while you wash." She signed to Mama Maduo to wash her hands too.

"Why do we have to wash our hands, Morongwa?" Ofentse asked, his hands up in the air.

"Let's just all wash our hands. I will explain why later," Morongwa said.

Mama Maduo was surprised by Morongwa's change in attitude. If there was one of her children who always had to be reminded to wash her hands, it was Morongwa. It was good to see this change in her. Mama Maduo smiled, but she was also a little confused about this change.

That night Morongwa read the booklet that her teacher had given her to her family and explained to them what COVID-19 is. Then she gave Mama Maduo the booklet to read.

A few days later Morongwa saw that her two brothers were a bit bored because of the lockdown. "Hey, you two, I've got a plan! Do you want to have fun?" asked Morongwa.

Morongwa did not wait for their answer. Instead she went straight to the corner of their small bedroom where Mama Maduo kept her magazines. Morongwa chose a few magazines and laid them on the floor. Next, she took out the scissors, crayons, glue and sheets of paper that their uncle had bought for them at the beginning of the school year. As Lesedi watched his big sister, his eyes grew wide with excitement.

For the next few afternoons Morongwa, Ofentse and Lesedi locked themselves in their bedroom and had lots of fun cutting out pictures from magazines. There was a lot of cutting and a lot of laughing!

"This is fun!" said a giggling Lesedi.

"Remember that it's a surprise, Lesedi. This is our holiday surprise mission," said Morongwa, tickling Lesedi's legs.

Then, one evening after dinner, Mama Maduo was surprised to see her children lining up next to her. Ofentse and Lesedi were each holding a sheet of paper and Morongwa was holding a book. "What are those?" signed Mama Maduo.



"It is our holiday surprise for you!" the children all signed together. "Can we show you?" Mama Maduo nodded.

It turned out that Morongwa had helped her brothers make picture stories for their mama as a surprise. It was now time for show and tell!

Lesedi went first. He told the story about his picture and also used his little hands to do sign language so that Mama could follow his story. And even though Lesedi's story didn't always make sense to Morongwa, it was funny and made everyone laugh.

Next, it was Ofentse's turn. He had cut out pictures of a beautiful mother and also two big bird wings. Then he had glued the wings onto the mother's shoulders. "This is you, Mama," he said pointing at his mother. Then he signed, "You are our special superhero."

When it was Morongwa's turn, she showed Mama the picture book she had made about a protective Mama Bear and her cubs. She wanted to make sure Mama Maduo knew how much they loved her and how proud they were of their real-life Mama Bear.

By this time, Mama Maduo was crying tears of joy and gave all her children a big, happy bear hug.

The children were happy too. They had each made up a different story and told it in their own way. And while they were doing this, they had completely forgotten about the lockdown! "Lockdown? What lockdown?" they all laughed.

For Morongwa and her family the lockdown had become a happy time to discover new things and start new family traditions. Mama Maduo's magazine collection was now more valuable than ever. The family's new-found enjoyment of writing, reading and telling stories had become a fun-filled family adventure.

Over the next few weeks Mama Maduo, Morongwa, Lesedi and Ofentse created, read and told more and more stories. This made Mama wonder whether perhaps the president had been thinking of Morongwa when he started his *Thuma Mina* (send me) Campaign to rebuild South Africa. It seemed like that to Mama! After all, in Setswana Morongwa's name means "the one who is sent".



Kgakgamatso ya ga Morongwa

Ka Lorato Trok ■ Setshwantsho ka Magriet Brink le Leo Daly

Sekhutlwana
sa leinane



Ka letsatsi la bofelo, pele ga malatsi a boikhutso, Morongwa o ne a ntse ka tidimalo mo desekeng ya gagwe a reeditse morutabana wa gagwe, Mohumagadi Nchwe, a bolelela baiithuti ka mogare o montšhwa o o tsebseng lefatšhe letshogo. O ne o bidiwa mogare wa khorona mme e bile o tšenya batho ba le bantsi bolwetse go kgabaganya lefatšhe.

Le fa a ne a reeditse, Morongwa o ne a sa itse gore o ikutlwa jang. Mogare o bonagala o tšhosa mo go maswe, fela mopresidente o ne a setse a begile gore dikolo tsotlhe di tla tswalwa pele malatsi a boikhutso a simolola. Naga e ne e tšile go lotlelwa gore batho ba bolokesege. Se se ne se raya gore malatsi a go nna kwa gae a tšile go nna a maleele, mme se se ne se itumedisa! Fela Morongwa o ne a sa tlhaloganye gore go lotlelwa go raya eng.

Ka nako ya serutwa se se latelang, Morongwa o ne a ntse ka tidimalo a akanya ka se Mohumagadi Nchwe a neng a bua ka sona. O ne a gakanegile e bile a tshwenyegile. Le fa morutabana a ba boleletse ka mogare le go lotlelwa ga naga, Morongwa o ne a sa tlhaloganye dilo tsotlhe tse. Se ke sesupo sa maemo a a boifisang.

Morago ga sebaka, Morongwa a emisa seatla sa gagwe. "O ka botsa, potso Morongwa," ga bua morutabana wa gagwe.

"Mohumagadi Nchwe," Morongwa a simolola go bua, "Ke a tlhaloganya gore go na le mogare o montšhwa o o ka re tšenyang bolwetse mme ke ka moo sekolo se tswalwang gompiano. Jaanong a o ka re tlhalosetsa ka botlalo ka ga mogare o? O ka re tšenya bolwetse jang?"

"Ke potso e ntle e le tota, Morongwa," ga bua Mohumagadi Nchwe. "Nte ke go thuse gore o tlhaloganye botoka."

Mohumagadi Nchwe a baya phousetara mo leboteng. "Santhla, fa mogare wa khorona o tšena mo mmeleng wa gago, o ka go bakela bolwetse jo bo bidiwang COVID-19. Mogare wa khorona o ka tšena mo mmeleng wa gago fa mongwe yo o nang le mogare a ka eithimola kgotsa a gothola a le gaufi le wena. Mogare o tswa mo leganong la motho ka marothodi a metsi. Marothodi a ka wela mo matsogong a gago. Fa o ka tšhwa molomo, nko kgotsa matlho ka diatla mogare o ka tšena mo mmeleng wa gago mme wa go lwadisa," ga tlhalosa Mohumagadi Nchwe.

"Jaanong ke eng se re ka se dirang gore re seke ra tšenwa ke mogare?" ga botsa Morongwa.

"O tšwanetse go tlhapa diatla tsa gago ka metsi le sesepa gangwe le gape. Fa o simolola go tlhapa, bala go tswa go nngwe go fitlha ka masomeamabedi go netefatsa gore diatla tsa gago di phepa. O tšwanetse go nna fa gae ka gale. Ga o a tšhwanela go kopana le batho ba bangwe ba e seng ba ka fa gae. Fa e le gore o ya kwa ntle, o tšwanetse go apara mmamatlwane," ga bua Mohumagadi Nchwe.

Morongwa o ne a na le dipotso di le dintsi tse a batlang go di botsa morutabana wa gagwe. O ne a emisa seatla gape. "A ntšwa ya me le yona e ka tšenwa ke bolwetse kgotsa nna nka fetetsa ntšwa ya me bolwetse?" a botsa.

"Ka letlhogonolo, diruiwa di ka se re fetetse khorona, le rona re ka se di fetetse khorona," Muhamagadi Nchwe a nyenya.

Mme a tšwelela go tlhalosa gore mogare o fetela motho go tswa mo go o mongwe. "Motho a ka fetela ke mogare go tswa mo mothong yo mongwe, mme motho yo mongwe a ka fetetsa mongwe le mongwe," a bua jalo. "Ke ka moo naga ya rona e lotlhelwang. Mongwe le mongwe o tšwanetse go nna kwa gae kgakala le batho ba bangwe gore motho yo mongwe a seke a tšenya ba bangwe bolwetse."

Jaaka Morongwa a ne a simolola go tlhobaetswa ke gore o tšile go kakologelwa jang dintlha tsotlhe gore a bolelele mmaagwe le bokgaisadiagwe, Mohumagadi Nchwe o ne a naya mongwe le mongwe bukana. "Lo ka tsaya dibukana tse lwa ya le tsona kwa gae gore lo tle lo ikgakolole ka tshedimotsetso e e botlhokwa e re buisaneng ka yona gompiano," a bua jalo. Morongwa o ne a tšenya bukana ya gagwe go e boloka sentle mo kgetsaneng ya gagwe ya dibuka fa tshipi ya sekolo e lela.

Sa ntlha se Morongwa o neng a se dira fa a goroga kwa gae e ne e le go tlhapa diatla ka sesepa le metsi. "Ofentse, Lesedi e tlang go tlhapa diatla le nna," Morongwa a bua jalo a bona bokgaisadiagwe ba mo tlhomile matlho. "Lo ka bala ka bonya go tloga go nngwe go fitlha ka masomeamabedi lo ntse lo tlhapa diatla." A kopa Mama Maduo gore le ene a tlhape diatla tsa gagwe.

"Goreng re tšwanetse go tlhapa diatla, Morongwa?" Ofentse a botsa, a tshoeditse diatla kwa godimo.

"A rotlhe re tlhapeng diatla. Ke tla lo tlhalosetsa kgantele," Morongwa a bua jalo.

Mama Maduo o ne akabaditswe ke maitshwaro a ga Morongwa a a neng a fetogile. Mo baneng ba gagwe Morongwa ke ene ka gale a neng a gopodiwa go tlhapa diatla. Go ne go itumedisa go bona phetogo mo go ene. Mama Maduo a nyenya, fela ka a ne a gakanegile ka ntlha ya phetogo e.

Bosigong joo Morongwa o ne a buisetsa balelapa la gaabo bukana e morutabana a ba fileng yona a bo a tlhalosa gore COVID-19 ke eng. Fa a fetsa a naya Mama Maduo bukana gore a buise.

Morago ga malatsi a se kae Morongwa a lemoga gore bokgaisadiagwe ba jewa ke bodutu ka ntata ya go lotlelwa. "Hela, lona bababedi, ke na le leano! A lo batla go ijesa monate?" ga botsa Morongwa.

Morongwa a seke a emela karabo ya bona. A tloga a ya ka tlhamalalo kwa sekhutlong sa phaposi ya bona ya borobalo mo Mama Maduo a neng a baya dimakasine mo teng. Morongwa a tlhophisa dimakasine di se kae mme a di baya fa fatshe. Morago a ntsha sekere, dikherayone, sekgomaretsi le matlhare a dipampiri tse di tšitsweng ke malome wa bona mo gae mo tshimologong ya setlha sa ngwaga. Fa Lesedi a ntse a lebile kgaisadiagwe yo mogolo, matlho a gagwe a phatsima ka boitumelo.

Mo motshegareng wa malatsi a a latelang Morongwa, Ofentse le Lesedi ba itswalela mo phaposing ya borobalo mme ba ijesa monate ka go sega ditshwantsho mo dimakasine. Ba ne ba sega ditshwantsho ba ntse ba keketegile ka ditshogo!

"Monate o o tswang ka ditsebel!" ga bua Lesedi a tšhega.

"Gakologelwa gore se ke semaka, Lesedi. Se ke semaka sa rona sa malatsi a boikhutso," ga bua Morongwa, a tsikilla maoto a ga Lesedi.

Jaanong, letsatsi lengwe ka phirimane morago ga dilalelo, Mama Maduo a makalela go bona bana ba gagwe ba eme fa thoko ga gagwe. Ofentse le Lesedi ba ne ba tshotse matlhare a pampiri mme Morongwa a tshotse buka. "Ke eng seo?" Mama Maduo a bua ka matshwao.

"Ke semaka sa rona sa malatsi a boikhutso se re go diretseng sona!" bana ba bua botlhe ka matshwao. "A re ka go bontsha?" Mama Maduo a dumela ka tlhogo.



Morongwa o ne a thusa bokgaisadiagwe go direla mama wa bona mainane a ditshwantsho ka sephiri gore ba mo itumedise. Jaanong e ne e le nako ya tiragatso le kanelo!

Ga simolola Lesedi pele. Aanela leinane ka setshwantsho se a se dirileng a bo a dirisa le diatla tsa gagwe tse dinnye go bua ka puo ya matshwao gore Mama a kgone go tlhaloganya leinane la gagwe. Le fa e le gore Morongwa o ne a sa tlhaloganye leinane la ga Lesedi sentle, le ne le itumedisa, le le metlhae e bile botlhe ba sule ka ditshogo.

Yo o latelang ya nna Ofentse. O ne a segotse ditshwantsho tsa mme yo montle le diphofa tse pedi tsa nonyane e kgolo. O ne a kgomareditse diphofa tse mo magetleng a ga mme. "Yo ke wena, Mama," a bua a supa mmaagwe. Jaanong a bua ka matshwao, "Ke wena mogale wa rona o o kgethegileng sa rona."

Fa jaanong go tla sebaka sa ga Morongwa, a bontsha Mama buka ya ditshwantsho e a e dirileng e e buang ka Mama Bera yo o sireletsang bana ba gagwe. O ne a batla go netefatsa gore Mama Maduo o tlhaloganya ka mo ba mo ratang ka teng le ka mo ba ipelang ka ena, gore ke ena Mama Bera mo matshelong a bona.

Ka nako e, Mama Maduo o ne a tšholola dikededi tsa boitumelo mme a atlela bana ba gagwe botlhe a ba baya mo sehubeng sa gagwe.

Bana le bona ba ne ba itumetse. Mongwe le mongwe wa bona o ne a dirile leinane le le farologaneng mme ba leanela ka ditseta tsa bona. Jaaka ba ne ba dira se, ba ne ba sa tlhale ba akanya sepe ka totlelo! "Totlelo? Totlelo ya eng?" botlhe ba thubega ka ditshogo.

Mo go Morongwa le balelapa la gagwe totlelo e ne e le nako ya boitumelo le go ribolola dilo tse dintšhwa le go simolola meetlo e mentšhwa ya lelapa la bona. Kokoanyo ya dimakasine tsa ga Mama Maduo e ne e jaanong e le botlhokwa go gaisa pele. Phitlhelole e ntšhwa ya balelapa ya go ijesa monate ka go kwala, go buisa le goanela mainane e ne ya nna moetlo o montšhwa wa go itumela wa lelapa.

Mo dibekeng di se kae tse di latelang Mama Maduo, Morongwa, Lesedi le Ofentse ba ne ba tlhama, ba buisa le goanela mainane a mantsintsi. Mama o ne a ipotsa gore a mme mopresidente o ne a akantse ka Morongwa fa a simolola letsholo la *Thuma Mina* (roma nna) go aga Aforika Borwa sešwa. Go ne go bonala e kete go ntse jalo mo go Mama! Ka gone ka Setswana leina Morongwa le raya gore "yo o romitweng".

Ideas for 10- to 13-year-olds

Children at this age may enjoy learning more about things that they have not been exposed to before. They may also start to question why things are the way they are. Encourage your child to become curious about the world!



Talk about TV and books

Watching TV helps children develop their critical thinking about what they watch, as well as what they read. Ask them questions, not to test them, but to encourage them to express their opinions and thoughts on what they are watching and reading. For example, you could ask:

- Did you enjoy the show/story? Why or why not?
- Which character did you like the most? Why?
- Which character did you dislike the most? Why?
- Do you think the story is believable? Do these kinds of things really happen?



Write for a reason

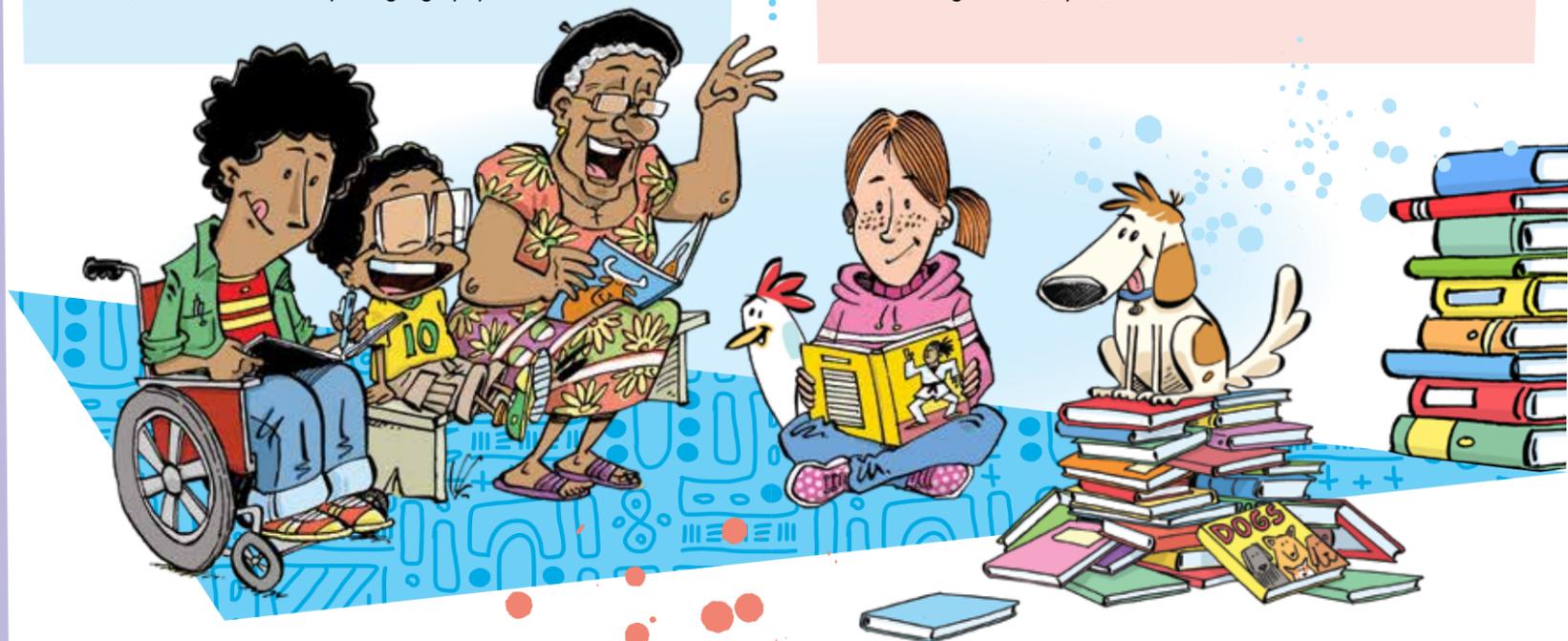
Invite your children to try these writing activities related to a book they have read, a story they have listened to or one of their favourite TV shows.

- Prepare an interview with one of the characters. Write down at least ten questions that would give the character an opportunity to discuss their thoughts and feelings about their role in the story.
- Write a book review. Make sure you provide information about the book's setting and characters, and what the story is about – but don't give away all the details! Remember to also say what you liked and/or didn't like about the book.
- Write a description of three characters from a story you have read. Include these details: what they look like, what feelings they experience and how they relate to other characters. Draw a picture of each character to go with the description.
- Write a short summary of the things you learnt from a story.



Read non-fiction books

As they get older, some children may find that they enjoy non-fiction books as much as storybooks. Non-fiction books will help them discover new places, things, people and events. It will grow their vocabulary about specific topics and teach them practical skills. Non-fiction books can also teach them words that are used specifically in science, mathematics, history and geography.



Maele a bana ba dingwaga di le 10-13

Bana ba dingwaga tse ba ka itumelela go ithuta thata ka ga dilo tse ba iseng ba kopane le tsona. Ba ka simolola go ipotsa gore goreng dilo di le ka tsela e di leng ka yona. Rotloetsa ngwana wa gago go fisegela go itse ka dilo mo lefatsheng!



Bua ka ga TV le dibuka

Go leba TV go thusa bana go godisa tshekatsheko ya kakanyo ka se ba se lebang, le se ba se buisang. Ba botse dipotso, e seng go ba naya teko, fela go ba rotloetsa go fa megopolo le dikakanyo tsa bona ka se ba se lebileng le se ba se buisang. Sekao, o ka botsa gore:

- A o natefetswe ke pontsho/terama? Goreng e go natefetse kgotsa e sa go natefela?
- Ke modiragatsi ofe o o mo ratileng go feta ba bangwe? Goreng?
- Ke modiragatsi ofe o o sa mo rateng go feta? Goreng?
- A o bona terama e dumelesega? A mme dilo tsa mofuta o di a diragala?



Kwala ka lebaka

Laletsa bana ba gago go leka ditirwana tse tsa go kwala tse di ikaegileng ka buka e ba e buisitseng, leinane le ba le reeditseng kgotsa nngwe ya metshameko ya TV.

- Baakanya puisano le mongwe wa badiragatsi. Kwala bonnye dipotso di ka nna lesome tse di ka fang modiragatsi tshono go buisana ka megopolo le maikutlo ka dikarolo tse ba di tshamekang mo tiragatsong.
- Kwala tshekatsheko ya buka. Netefatsa gore o fa tshedimosetso ka ga maitshetlego a buka gammogo le baanelwa, le gore leinane le bua ka eng – fela o se ke wa fa dintlha tsothe! Gakologelwa go bua gore ke eng se o se ratang/kgotsa le se o sa se rateng ka ga buka.
- Kwala tlhaloso ya ditebego tsa badiragatsi ba le bararo go tswa mo leinaneng le o le buisitseng. Akaretsa dintlha tse: ditebego tsa bona, maikutlo a ba itemogelang ona le ka mo ba tsalanang le badiragatsi ba bangwe. Thala setshwantsho sa modiragatsi mongwe le mongwe se se nyalanang le selebego sa gagwe.
- Kwala tshosobanyo e khutshwane ya dilo tse o ithutleng tsona mo leinaneng.



Buisa dibuka tsa ditiragalo tsa nnete

Fa ba tla ba gola, bana ba bangwe ba ka lemoga gore ba itumelela dibuka tsa ditiragalo tsa nnete fela jaaka mainane. Dibuka tsa ditiragalo tsa nnete di ka ba thusa go itse mafelo, dilo, batho le ditiragalo. Di ka godisa tlhotlofoko ya bona ka ga dikgang tse di kgethegileng tsa bo tsa ba ruta tiragatso ya bokgoni bongwe. Dibuka tsa ditiragalo tsa nnete di ka ba ruta le mafoko a a totobetseng a saense, dipalo, historio le thutafatshe.

Ideas for teenagers

Teenagers enjoy trying new things and being independent. Even though it may not always seem like it, they appreciate it when you spend time with them, encourage them to do challenging activities and show an interest in the things that they enjoy.



Maele a bašwa

Bašwa ba rata go leka dilo tse di iseng di lekelelwe le go ikemela ka bobona. Le fa e le gore ga go bonale go ntse jaana, ba ikutlwa monate fa o tsaya nako go nna le bona, ba rotloetse go dira ditirwana tse di gwehlang megopolo ya bona mme o supe kgathhego mo dilong tse di ba itumedisang.

Read, write and learn

- 💡 **Encourage writing.** Suggest that your teenagers keep a lockdown diary or write poetry to express their thoughts and feelings.
- 💡 **Local history.** Let your teenagers do a history project with family members. They can interview you and other adults at home about your early memories of where you grew up, events that happened and how these things affected you. Encourage your teenagers to write down the interviewee's answers or to use a cellphone to record the interview.
- 💡 **Talk about the news.** Teenagers are bombarded with news from radio, television, WhatsApp groups and other social media. As a family, practise being critical about the news so that teenagers can learn to work out what is true and what is false. Here are some questions to ask.
 - ★ From whose perspective is the story being told?
 - ★ Who is speaking? Who is being spoken about?
 - ★ Who has power? How is this power expressed?
 - ★ What is left out and/or taken for granted?
 - ★ Who benefits?
- 💡 **Get reading.** Encourage your teenagers to read on their own and for their own enjoyment. If they don't have access to books, help them find FunDza's online library at: live.fundza.mobi.
- 💡 **Read aloud.** Reading aloud is not only for young children! It can be fun to read a story or script out loud to or with teenagers. Find scripts to enjoy reading aloud on FunDza's mobisite at: live.fundza.mobi/catalogue/?genre=chattalogue.
- 💡 **Managing their studies.** Work out a daily routine with your teenagers so that they can keep to regular study times. Also, encourage them to talk to you about what they are studying. This will help them understand and remember what they have learnt. In fact, one of the best ways of checking if you really understand something is to teach it to someone else. So, ask your teenagers to teach you about a topic – in whatever language they prefer.

Buisa, kwala mme o ithute

- 💡 **Rotloetse go kwala.** Tshitshinyetsa bašwa ba gago go tshola bukatsatsi kgotsa go kwala poko go ntsha maikutlo le megopolo ya bona.
- 💡 **Histori ya selegae.** Letla bašwa ba gago go dira porojeke ka go kwala histori le balelapa. Ba ka tshwara puisano le wena mmogo le bagolo ba bangwe kwa gae ka ga dikgakologelo tsa ditiragalo tsa maloba tsa kwa o goletseng teng, ditiragalo tse di diragetseng le ka mo di go amileng ka teng. Rotloetsa bašwa go kwala dikarabo tsa puisano le mmuisiwa kgotsa ba dirise selefounu go rekota puisano.
- 💡 **Buisanang ka ga dikgang.** Bašwa ba utlwa le go bogela dikgang di le dintsi go tswa mo seyalemoweng, thelebišeneng, le mo ditlhopheng tsa WhatsApp le metswedi mengwe ya dikgang tsa inthanete. Jaaka balelapa, dirang tshekatsheko ya tsenelelo ya dikgang gore bašwa ba kgone go ithuta go farologanya boammaruri le maaka. Tse ke dingwe tsa dipotso tse di ka bodiwang.
 - ★ Kanedi e anelwa go tswa mo molebong wa ga mang?
 - ★ Ke mang yo o buang? Ke mang yo go buiwang ka ene?
 - ★ Ke mang yo o maatla? Maatla a tlhalosega jang?
 - ★ Ke eng se se tlogetsweng/kgotsa se se sa tswang tsiya?
 - ★ Ke mang yo o bonang moputso?
- 💡 **Tsweleng go buisa.** Rotloetsa bašwa ba gago go buisa ka bobona le go buisetsa go ijesa monate. Fa e le gore ga ba na dibuka, ba thuse go di bona mo laeaboraring ya mafaratlhatlheng mo FunDza: live.fundza.mobi.
- 💡 **Puisetsogodimo.** Go buisetsa godimo ga go botlhokwa fela mo baneng ba banye! O ka itumelela go buisetsa kanedi kgotsa lokwalo kwa godimo go bašwa kgotsa wa buisa le bona. Iponele makwalo a a jesang monate go buisetswa kwa godimo mo mobisaeteng ya FunDza mo go: live.fundza.mobi/catalogue/?genre=chattalogue.
- 💡 **Go tsamaiso ya dithuto tsa bašwa.** Itireleng lenaane la letsatsi le letsatsi le bašwa ba gago gore ba kgone go tsena dithuto ka tlhomamo. Gape o tshwanetse go ba rotloetsa go bua le wena ka ga se ba ithutang ka sona. Se se ka ba thusa go tlhaloganya le go gakologelwa se ba ithutileng sona. Nnete ke gore, nngwe ya ditsela tse dintle ya go netefatsa fa o tlhaloganya sengwe ke go ruta mongwe. Ka jalo, kopa bašwa ba gago go go ruta mabapi le diteng tsa thuto – ka puo nngwe le nngwe e ba batlang go e dirisa.

Nal'ibali fun

Monate wa Nal'ibali



Play this game together!

How to play

- ☉ Each player puts a button on the block that says: **Lockdown! Start here.**
- ☉ Take turns to roll the dice and move your button the number of blocks shown on the dice.
- ☉ Follow the instructions in the block you land on.
- ☉ If your button lands at the bottom of a ladder, you can move up to the top of the ladder.
- ☉ If your button lands on the head of a snake, you must slide down to the bottom of the snake.
- ☉ The first player to reach: **You are home! Stay safe!** is the winner.

Tshamekang motshameko mmogo!

Tsela ya go tshameka

- ☉ Mongwe le mongwe wa batshameki o baya konopi mo bolokong e e reng: **Totlelo! Simolola fa.**
- ☉ Refosanang ka go kgokolosa letaese mme o tsamaise konopi palo ya diboloko tse di bonagalang mo letaeseng.
- ☉ Latela ditaelo mo bolokong e o wetseng mo go yona.
- ☉ Fa konopi ya gago e ka wela kwa tlase mo llereng, o ka kgona go ya kwa godimo mo llereng.
- ☉ Fa konopi ya gago e ka wela mo tlhogong ya noga, o tshwanetse o boele morago kwa tlase ga noga.
- ☉ Motshameki wa ntlha go fitlha kwa setlhoeng: **O gorogile gae! O bolokesebile!** ke motenyi.

43 Forgot your face mask. Skip a turn. Lebetse mmamatlwane. Go tshameka yo o latelang.	44 →	45	46 	47 Visited a friend. O jetse tsala nala.	48	49 You are home! Stay safe! O gorogile gae! O bolokesebile!
42 ↑	41	40 Cleaned the house. Phepafaditse ntllo.	39 	38	37 	36 Shook hands. Dumedisana ka diatla.
29 ↑	30 Hugged a friend. O tlamparetse tsala.	31	32	33	34 	35 ↑
28 ↑	27 	26 Used hand sanitiser. Roll again. O dirisitse sanithaesa. Gokolosa gape.	25	24 Touched your face. O amile sefathego sa gago.	23 	22 ↑
15 ↑	16	17 	18 Coughed into hands. Gotlholela mo diateng.	19 	20	21 Washed hands. Diatla tse di tlhapilweng.
14 ↑	13 Sneezed into elbow. Ethemolela mo sekgonong.	12 	11	10 	9	8
1 Lockdown! Start here. Totlelo! Simolola fa.	2 →	3	4	5	6 Wore a face mask. Apara mmamatlwane.	7 ↑

Illustrations/Ditshwantsho: Magriet Brink and/le Leo Daly

Nal'ibali is here to motivate and support you. Contact us by calling our call centre on 02 11 80 40 80, or in any of these ways: Nal'ibali e fano go go rotloetsa le go go tshegetsatsa. Ikgolaganye le rona ka go leletsatsa lefelo la rona la megala mo go 02 11 80 40 80, kgotsa ka go dirisa nngwe ya ditsela tse:

- www.nalibali.org
- www.nalibali.mobi
- [nalibaliSA](https://www.facebook.com/nalibaliSA)
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The Herald

Sowetan
IN THE KNOW ON THE MOVE.

