



## 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.

## Hikwalahokayini ku ri na nkandziyiso wo hlawuleka?

Kusukela loko ku ri na ntungu wa COVID-19, vana a va ha swi koti ku ya etilayiburari na le ka mitlawa yo hlaya naswona a va si ya exikolweni ku ringana nkarhi wo leha. Ku ku seketela loko wa ha endla hinkwaswo ku hlayisa vandyangu wa wena, Nalibali yi kondleterile nkandziyiso lowu wo hlawuleka wa xitatisi xa hina ku ku pfuna hi mianakanyo ya hilaha vana va wena va nga yaka hakona emahlweni va hlaya na ku tsalela ku tiphina ekaya. Migingiriko yin'wana mi nga tiphina hi yona tanihi ndyangu, loko yin'wana yi awiwe ku ya hi mitlawa ya vukhale ku ku nyika mianakanyo leyi fambelanaka na vukhale bya vana.

### 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.



### NDLELA LEYI VATSWARI NA VAHLAYISI VA NGA SEKETELAKA HAKONA VANA

Vutihlamuleri bya hina byo sungula tanihi vatswari na vahlayisi i ku hlayisa vana va hina na ku va sirhelela. Lowu wu vile nkarhi wo tika eka mindyangyu ya laha Afrika-Dzonga hinkwaro. Vana va wena va nga titwa va tshikelelele kumbe va ri na ku hlundzuka hi nkarhi lowu. Va nga titwa va tikeriwa ku hlamusela matitwelo ya vona eka wena, ngopfungopfu loko u languteka u hlundzukile. Ringeta ku endla swilo leswi landzelakaku ku va pfuna.

- ★ Tirhisa ririmi lerinene loko u vulavula na vana va wena.
- ★ Rhamba vana va wena ku ku byela hilaha va titwaka hakona.
- ★ Endlani swilo swo tsakisa swin'we.
- ★ Va pfumelile ku ku pfuna ku endla mitirho yin'wana ya le kaya.



### KU HLAYA NA KU TSALA EKAYA

Yin'wana ya tindlela ta kahle ku va u seketela vana va wena i ku avelana mitsheketo na vona. Hi leyi mivuyelo yin'wana ya ku avelana mitsheketo.

- ★ Mitsheketo yi pfuna ku vumba vun'we na vana va wena.
- ★ Loko u tsheketa kumbe ku hlayela vana va wena mitsheketo, swi va endla va titwa va ri va nkoka swinene loko u tinyika nkarhi wa ku va na vona.
- ★ Mitsheketo yi pfuna ku kurisa mianakanyelo na vutumbuluxi bya vona.
- ★ Mitsheketo yi tlhela yi kurisa ririmi ra vana na ku anakanya, ngopfungopfu loko va twa na ku hlaya mitsheketo hi ririmi ra manana.
- ★ Mitsheketo yi tala ku nyika vana swikombiso swa hilaha vanhu va hlanganaka hakona na mitlhotlho.



### 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](http://www.c19peoplescoalition.org.za)

### Antswisa ku titshemba na ku dyondza

Hlohlotela ku ringeta ka vana va wena ku hlaya na ku tsala hi ku endla swibumabumelo swa kahle u nga languti swihoxo. Hi ku va nyika nseketelo lowukulu, u ta kurisa ku titshembha ka vona na ku antswisa ku dyondza ka vona.



[www.c19peoplescoalition.org.za](http://www.c19peoplescoalition.org.za)

Leswi nga ndzeni ka nkandziyiso 169 wa COVID-19 swi hume eka *Nseketelo wa vadyondzi kusuka ekaya – xiletelo xa vahlayisi*, xihluvukisiwile hi ECD ya Covid-19 na Ntlawa wa Swikolo, ntlawa wo tirha wa Nhlangelelo wa Vanhu wa Covid-19



IT STARTS WITH  
A STORY.  
SWI SUNGULA HI  
NTSHEKETO



## Get creative!

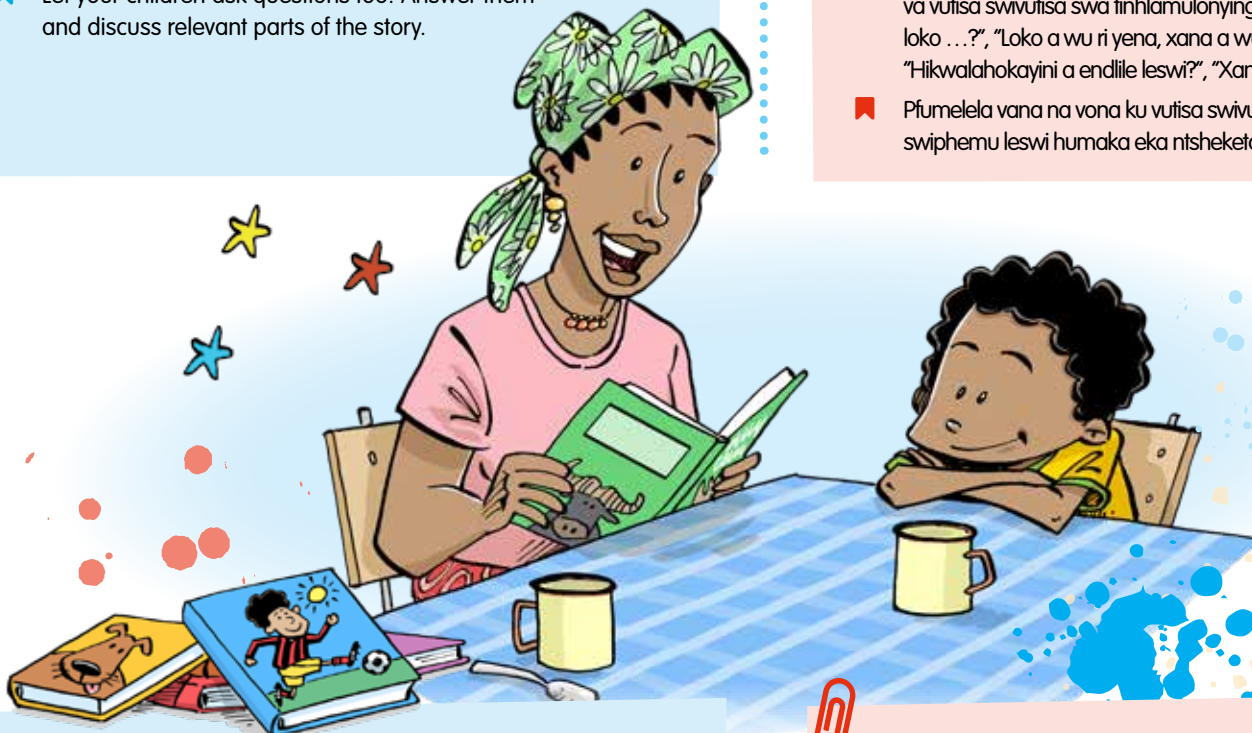
In this special **Get creative!** there are reading and writing activities for all age groups! Everyone at home has a role to play in developing children's reading and writing, as well as their understanding of how to protect themselves and others from COVID-19. Doing this together can be an enjoyable 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.



## Endla vutumbuluxi!



Eka **Endla vutumbuluxi!** leyi yo hlawuleka ku na misingiriko ya ku hlaya na ku tsala ya mitlawa ya vukhale hinkwaboyo! Un'wana na un'wana ekaya u na leswi a nga swi endlaka ku kurisa ku hlaya na ku tsala ka vana, ku katsa na ku twisisa ka vona hilaha va faneleke ku tisirhelela na ku sirhelela van'wana hakona eka COVID-19. Ku endla leswi swin'we ku nga va xiphemu xo tsakisa xa vutomi bya masiku hinkwawo xa ndyangu. Endlani mitolovelo ya ntsheketo hi ku vekela ethelo nkarhi lowu nga kahle swinene eka n'wina hinkwenu.



### Endla nkarhi wo hlawuleka wa ku tsheketa mitsheketo

Endla nkarhi wo hlawuleka wa ku tsheketa mitsheketo leyi ndyangu hinkwawo wu nga tiphinaka ha yona swin'we.

- Tsheketa mitsheketo, yimbelelani tinsimu na ku phata swiphato leswi mi swi tivaka. Leswi swi hlohlotela ku anakanya ka vana na ku kurisa ririmu ra vona.
- Vanani na mitsheketo ya nkarhi wa ku lalela! Kan'we hi vhiki, pfumelela xirho xa ndyangu xi tsheketa ntsheketo hi nkarhi wo lalela. Mi nga tlhela mi tumbuluxa ntsheketo swin'we hi ku pfumelela munhu un'we ku tsheketa masungulo ya ntsheketo kutan mi pfumelela un'wana na un'wana a engetela switsongo eka ntsheketo kufikela loko wu hela.
- Entisa ku twisisa ka vana va wena ka mitsheketo leyi va yi yingiselaka hi ku va vutisa swivutisa swa tinhlamulonyingi. Xikombiso, "U nga titwa njhani loko ...?", "Loko a wu ri yena, xana a wu ta va u endle yini?", "Hikwalahokayini a endlile leswi?", "Xana leswi swi ku tsundzuxa yini?"
- Pfumelela vana na vona ku vutisa swivutiso! Swi hlamluli na ku kanela hi swiphemu leswi humaka eka ntsheketo.



### Hlayani na ku tsala ku kuma vuxokoxoko

Ku pfuna vana ku tsundzuka vuxokoxoko ku antswa, va pfumeleli va hlaya kumbe va byi yingisela kutani va tsala ehansi. Mi ri hi ndyangu, endlani phositara ya "Milawu ya nkoka" mayelana na COVID-19. Kutani, eka mikarhi yo hambana esikwini, vutisa vana va wena swivutiso swo fana na ku, "Xana hi wihi nawu wa hinkwerhu wa loko hi khohlola na ku entshemula?"

Ku na **milawu ya tsevu leyi hinkwerhu** hi faneleke ku yi landzelela.

1. Hlamba mavoko ya wena hi xisibi na mati ku ringana tisekene ta 20 hi laha u kotaka hakona.
2. U nga khomi xikandza xa wena hi mavoko lawa ya nga hlambiwangiki.
3. Khohlola na ku entshemulela eka thixu kumbe eka xikokola xa wena. Hi vukheta cukumeta thixu ya wena.
4. Loko u ri ehandle ka kaya ra wena, pfula vangwa ro ringana 1,5 m na van'wana.
5. Ambala xipfalanomo loko u suka ekaya kumbe loko kuri leswaku a wu hlayisa un'wana loyi a vabyaka.
6. Tshama ekaya loko u vabya. Hi nkarhi wa xilamulelamhangu, tihlanganisi na nomboro ya Rixaka ya COVID-19 ya mani na mani ya **0800 029 999** kumbe WhatsApp: **0600 123456**, kumbe u tihlanganisa na mutirhi wa swa rihanyo.



## 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.

## Ku encenyeta

Vana hi mikarhi yo tala a va tivi hilaha va faneleke ku hlamula hakona loko va twa un'wana a vula swokarhi leswi nga riki ntiyiso. Hi ku encenyeta, u nga pfuna vana va wena ku titoloveta vuswikoti lebyi. Un'wana na un'wana a avelani mavonelo ya hilaha a faneleke ku hlamula hakona eka mahungu ya mavunwa mayelana na COVID-19. Vutisa vana va wena ku kombisa ndlela leyi va nga hlamlaka hayona loko un'wana a vulavula mavunwa ya leswi landzelaka. Va tsundzuxi leswaku va tshembeka na ku va na xichavo.

- I swifumi ntsena leswi khomiwaka hi COVID-19.
- COVID-19 i vuvabyi bya valungu kumbe bya Machayina.
- Xitsongwatsongwani xa khorona a xi hanyi eka tindhawu leti hisaka.
- Ku nwa jinja, galiki na xikwavava swi tshungula 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!



## Endlani mitsheketo yo yingisela

Kandziyisani mitsheketo ya n'wana yo yingisel na vana va wena!

- Kuma ntsheketo lowu nga ni marito yo hambanahambana lowu vana va wena va nga tiphinaka hi wona.
- Pfumelela vana va wena ku hlavula ximunhuhata kutani va ringeta marito yo hambanahambana ya ximunhuhata xa wona.
- U nga hlava eka xiphemu xa muhlamuseli. Pfumelela vana va wena ku hlava na ku tsheketa ntsheketo tanihi swimunhuhata swo hambana.
- Pfumelela un'wana a endla mipfumawulo ya swigingi kumbe mipfumawulo ya swihari.
- Titoloveti ku hlava kumbe ku tsheketa ntsheketo wu ri na mipfumawulo ku kondza loko hinkwavo va enerile hi xiphemu xa wona.
- Tirhisa riqingho ra wena ra le nyongeni ku kandziyisa ntsheketo kutani mi tiphina hi ku wu yingisela!

## 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.



## Tsalani swin'we

Komba vana va wena hilaha u tirhisa hakona ku tsala eka vutomi bya wena bya masiku hinkwavo, xikombiso, loko u tsala nongoloko wa swilo leswi u faneleke ku swi xava. Endzhaku endlani swin'we misingiriko ya ku tsala.

Tiyisa leswaku u na phepha, tikhirayoni, switsalu na tipensele eka ndhawu leyi vana va wena va nga kotaka ku fikela hi ku olova. Va pfumeleli ku tsala swikhadani swo khensa, mahungu kumbe mapapila va tsalela vanghana na vandyangu lava tshamaka ekule. Hlohlotella vana va wena ku hlavisa tijenali leti va tsalelaka nchumu wun'wana na wun'wana lowu va wu tsakelaka. U nga tlhela u endla tibuku hi ku tirhisa xiteputara ku khomanisa maphepha na ku tsala mitsheketo na vana va wena. Vana lavatsongo va nga dirowa swifaniso kutani u tsala marito lava va ku byelaka wona. Pfumelela vana lavakulu ku dirowa na ku tsala hi voxo.



## 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.



## Mianakanyo ya va malembe ya 0- kufika 3 wa-malembe-hi vukhale

Loko vana va tithwa va tsakile na ku hlayiseka, swi va pfuna ku va va kula kahle. Hi leswi swin'wana leswi u nga swi endlaka ku pfuna vana va wena va tithwa va tsakile na ku hlayiseka.

- Tinyiki nkarhi wa ku va na vona masiku hinkwawo.
- Tlangani mitlangu leyi va yi rhandzaka.
- Vulavula na vona hi mikarhi na mikarhi.
- Va yingiseli hakunene.
- Va byeli leswaku hikwalahokayini u rhandza ku dzumba na vona.

Tincence na vana va dyondza hi ku endla migingiriko yo hambanahambana na wena na vamakwavo wa vona lavakulu. Va tiphina hi ku yimbelela tinsimu, ku tlanga mitlangu, ku yimbelela swinsin'wana, ku yingisela mitsheketo, ku tsheketa, ku dirowa na ku encenyeta ku hlanya na ku tsala.

### Avelana tinsimu, mitlangu na swinsin'wana

Xana wa yi tsundzuka mitlangu leyi a wu yi tlanga loko wa ha ri n'wana? Wa swi tsundzuka hilaha u tiphineke hakona, na leswi u swi dyondzeke kambe u nga swi lemuki? Xana hi tithi tinsimu na swinsin'wana leswi u swi rhandzeke ku swi yimbelela na ku swi vula? Avelana mitlangu, tinsimu na swinsin'wana leswi na vana va wena.

- Swi va pfuna ku kurisa vuswikoti bya ririmi.
- Swi va pfuna ku aka ku tshemba na ku tiyisisa vun'we eka vatswatsi na vana.
- Swi aka vutitshembi na matitwelo na ku pfuna vana ku tshamiseka.
- Vana va dyondza hi ku olova hi ku tlanga na ku tiphina.

### 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.



### Avelanani tibuku

- Kufika loko vana va tshama hi voxwe, swa olova ku va veka emilengeni ya wena nhlana wa vona wu ku fularherile kutani u khoma buku emahlweni ka vona.
- Tibuku leti nga na swifaniso kumbe swinepe swa swikandza swa vana swi tirha kahle eka vana lavatsongo.
- Kombetela na ku vula mavito ya swilo leswi nga eka buku. Vulavulani hi leswi mi swi vonaka mi ri vambirhi eswifanisweni. Ku endla leswi swi pfuna vana va wena ku dyondza marito na ku dyondza hi misava leyi va nga eka yona.

### 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.



### Tinyiki nkarhi mi vulavula

Ku burisana na vana va wena swi na nkoka. U nga kuma leswaku va vutisa swivutiso swo tala swa "hikwalahokayini". Lehisa mbilu na ku va hlohlotela hi ku hlamusela hilaha swilo swi tirhaka hakona. Hi ku endla leswi swi ta aka ntivomarito ya vana na ku twisisa misava leyi va hanyaka eka yona.

U nga tshuki u chava ku byela vana va wena leswaku nhlamulo ya xivutiso a wu yi tivi. Va byeli leswaku u ta lavisisa kutani u va byela nhlamulo endzhaku ka nkarhi. Leswi swi va pfuna ku twisisa leswaku na lavakulu va ha ri eku dyondzeni na vona.





## 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.



## Mianakanyo ya va malembe ya 3- kufika 6 wa-malembe-hi vukhale

Vana va dyondza swinene eka mitokoto ya masiku hinkwawo. Hi ku endla migingiriko yo tsakisa ni vana va wena, u nga pfuna ku kurisa ntivomarito ya vana na ku twisisa misava leyi va hannyaka eka yona.



### Tinsimu na swinsin'wana swi aka swikili swa ririmu

Yimbeletani kumbe ku vula tinsimu na swinsin'wana leswi nga kona hi ririmi ra manana ra vana va wena na hi ririmi ro engetela. Tsalani ehansi marito ya risimu kumbe xinsin'wana kutani u kombetela marito loko u ri karhi u ma hlaya kumbe ku ma vula. Hambiloko vana va wena va nga swi koti ku hlaya kumbe ku tsala, loko va vana marito lawa ya tsariweke ya ri karhi ya tirhisiwa swi va pfuna ku twisisa leswaku leswi va swi vulaka, swi nga tsariwa ehansi na ku hlayiwa, hi ku vuyelela vuyelela.



### 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?"



### Tirhisa switwi swa wena

Pfumelela vana va wena ku tirhisa switwi swa vana ku valanga!

- ♥ **Switwi swa risema:** Tlangani ntlangu wa ku vhumba na vana va wena. Pfumelela vana va wena va vekela swipfalamahlo. Endzhaku chela swakudya swa risema lerikulu endzeni ka swikambani, xikombiso, vhiniga, tibanana, mapa ya kheri na kofi. Vutisa vana va wena ku vhumba leswi nga endzeni ka xikambani xin'wana na xin'wana hi ku swi nuhweta.
- ♥ **Switwi swo khumba:** Pfumelela vana va wena va ambala swipfalamahlo nakambe. Vekela swilo leswitsongo, leswi nga fayekiki, kufana na lepula na burachi ya meno, endzeni ka lapi ra xikhigelo. Kombela vana va wena ku humesa swilo leswi nga ndzeni ka lapi ra xikhigelo. Xana u nga vhumba leswaku i yini hi ku xi khumba?
- ♥ **Switwi swo yingisela:** Tata swikambani hi swilo swo hambanahambana, kufana na sava, swiribyani, vuhlalu kumbe swipfalo swa mabodhilele. Kombela vana va wena ku pfala mahlo na ku yingisela loko u ri karhi u hlukukuhla xikambani xin'wana na xin'wana. Vutisa, "Xana a swi endla mpfumawulo wa le henhla kumbe wa le hansi? Xana u anakanya leswaku hikwalahokayini xi endlile mpfumawulo wa le henhla kumbe wa le hansi?"



### 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!



### Dyondza mayelana na miri wa wena

Tlangani ntlangu lowu ku pfuna vana va wena ku dyondza mayelana na miri ya vana.

- ♥ Tlangani ntlangu wo vitanana, kufana na lowu: *Lizzy, Lizzy, hakasa mukapu ... hi voko ra xinene/hi voko ra ximatsi/hi nenge wa xinene/hi nenge wa ximatsi.* Tirhisi mavoko ya n'wana na milenge ku endla leswi loko ku vuriwa marito lawa.
- ♥ Tiphineni loko mi ri karhi mi tlanga ntlangu mi cincana hi ku vula leswi swi faneleke ku endlwa ku "namarheta" swirho swimbirhi swa miri hi nkarhi wun'we. Xikombiso, loko un'wana wa n'wana a ku, "Xikokola eka tsolo!", kutani un'wana na un'wana u faneleke ku khoma rin'wana ra matsolo ya yena hi xin'wana xa swikokola swa yena, kutani a yima tano ku ringana tisekene to hlaya!





## 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.

- Together, write and sing an original song that tells the story.
- Let them draw a picture that shows the setting of the story.
- 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.

- 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.
- Make a blank book by folding a few sheets of paper in half.
- Let different family members write down a part of the story on each page of the blank book.
- Let everyone take turns drawing pictures for the story.
- 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](http://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.



### Yingiselani mitsheketo

Tanihi ndyangu, yingiselani mitsheketo eka rhadiyo. Mi nga endzela webusayiti ya hina eka [www.nalibali.org](http://www.nalibali.org) ku kuma nkarhi wa ku haxa mitsheketo ya Nalibali eka rhadiyo. U nga tlhela u yngisela mitsheketo yo yingisela hi ku tlhava eka "Story resources" eka xiyenge xa webusayiti ya hina.



## Mianakanyo ya va malembe ya 6- kufika 9 wa-malembe-hi vukhale

Ku hlaya na ku tsala swi famba swin'we. Ku tsala swi pfuna vana ku dyondza leswaku marito ma nga tsariwa ehansi kutani ma hlayiwa nakambe na nakambe.



### Tsala na ku dirowa

Endzhaku kaloko vana va wena va yingiserile ntsheketo, va pfumeleli va ringeta ku endla misingiriko ya ku tsala na ku dirowa.

- Hinkwenu, tsalani na ku yimbelela risimu ra ntiyiso leri vulavulaka hi ntsheketo.
- Va pfumeleli va dirowa xifaniso lexi kombaka ndhawu ya ntsheketo.
- Va kombeli ku dirowa ximunhuhatwa kusuka eka ntsheketo. Endzhaku va pfumeleli va endla nongoloko wa swilo hinkwaswo leswi ximunhuhatwa xi swi endlaka eka ntsheketo. Va vutisi ku ri, "Hikwalahokayini ximunhuhatwa xi endlile swilo leswi?" Va pfumeleli ku tsala xivulwa ku hlamusela leswi va ti twisaka xiswona hi ximunhuhatwa.



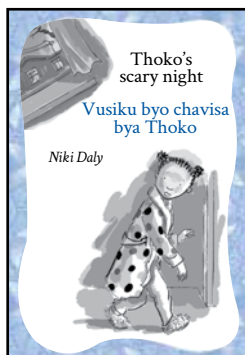
### Endlani buku ya n'wana ya mitsheketo

Landzelelani magoza lawa mi tirha swin'we tanihi ndyangu ku endla buku ya ntsheketo.

- Hinkwenu tekani xiboho xa leswi ntsheketo wu nga ta vulavula hi swona. Anakanyani hi leswi: laha ntsheketo wu humelaka kona, i va mani swimunhuhatwa, xiphiko eka ntsheketo na hilaha xiphiko xi nga oloxiwaka ha kona.
- Endlani buku leyi nga tsalelangiki nchumu hi ku petsa maphepha matsongo hi le xikarhi.
- Pfumelela swirho swa ndyangu ku tsala ehansi swiphemu swa ntsheketo eka pheji leri nga tsalelangiki nchumu eka buku.
- Pfumelela un'wana na un'wana hi ku cincana ku dirowa swifaniso swa ntsheketo.
- Tiphineni swin'we hi ku hlaya buku!

### Create ONE cut-out-and-keep book

- Take out pages 7 to 10 of this supplement.
- 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.

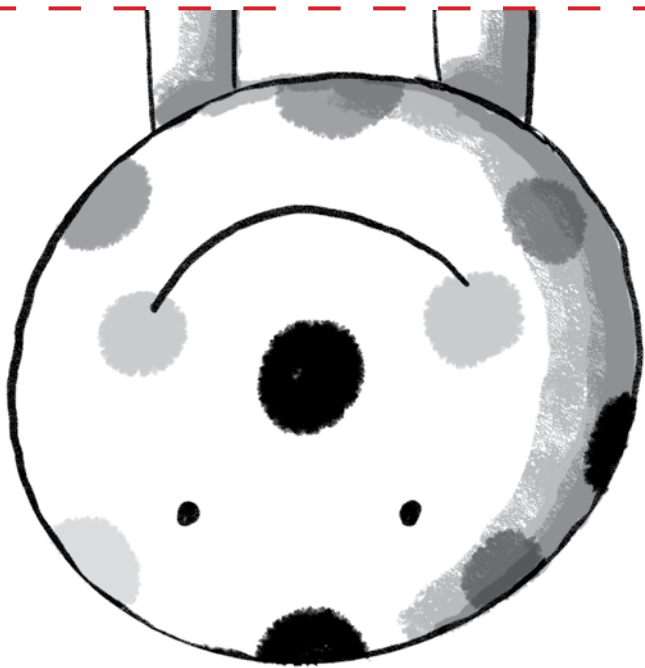


### Endla buku YIN'WE ya tsema u hlayisa

- Humesa mapheji 7 kufika 10 ya xitafisi lexi.
- Tirhisa phepha leri ku endla buku. Landzelela swileriso leswi nga laha hansi ku endla buku.
  - a) Petsa phepha hi le xikarhi eka nkhwanti wa ntima lowu nga tsemekatsemeka.
  - b) Petsa nakambe hi le xikarhi eka nkhwanti wa rihladza.
  - c) Tsema hi le ka nkhwanti wo tshwuka.

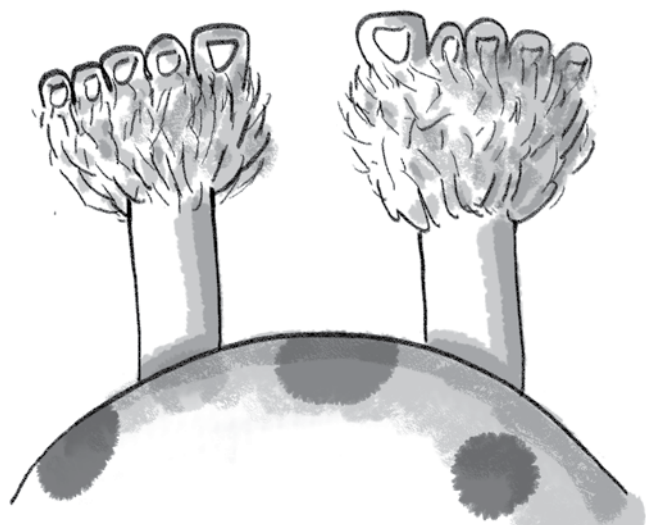






"It's very round and covered in polka dots,"  
whispered Mama.  
"Like my dressing gown," said Thoko.  
"What else?"  
"I xa xirhendzevutani naswona xi  
phutseriwile hi mavalavala ya ntimu,"  
ku hlevetela Manana.  
"Kufana na gaweni ya mina," ku vula  
Thoko. "Xin'wana ke?"

"What does it look like?" whispered Thoko.  
"It has big fluffy pink feet," whispered Mama.  
"Like my slippers," said Thoko. "What else?"  
"Xana xi fana na yini?" ku hlevetela Thoko.  
"Xi na milenge leyikulu leyi nga ni voya byo  
tswukela," ku hlevetela Manana.  
"Kufana na swithlaputhapu swa mina swo  
etela," ku vula Thoko. "Xin'wana ke?"



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](http://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](http://www.jacana.co.za).

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Nal'ibali i pfhumba ra rixaka ro hlayela ku tiphina ku tlhontlha ni ku simeka ntolovelo wo hlava eAfrika-Dzonga hinkwaro. Ku kuma vuxokoxoko hi xitalo, endzela [www.nalibali.org](http://www.nalibali.org) kumbe [www.nalibali.mobi](http://www.nalibali.mobi)

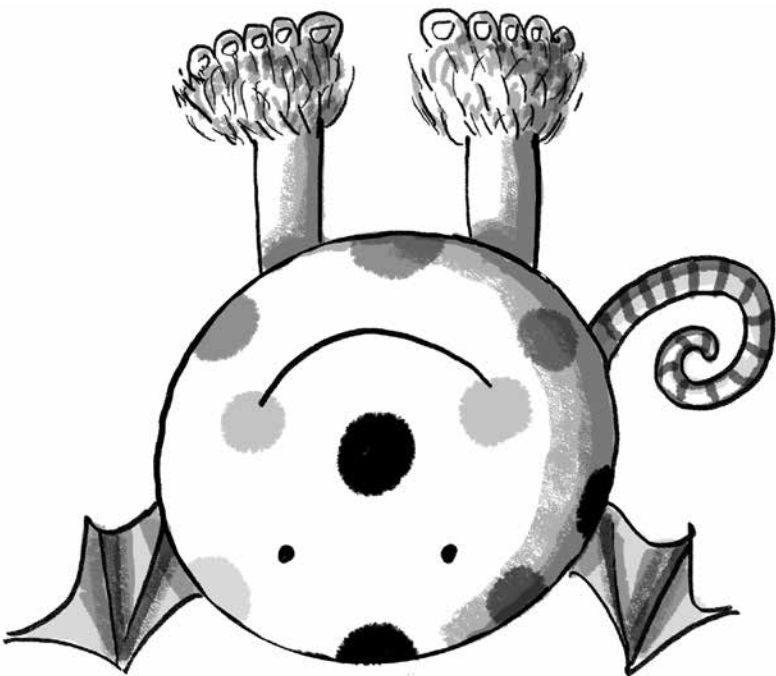
## Thoko's scary night

## Vusiku byo chavisa bya Thoko

Niki Daly



“Xi na nhompfu ya xirhendzevutani, timpapa ta mangedyani na ncila wo tshombonyoka,” ku hlevetela Manana. “Xi kahle swinene.”  
Kutani Thoko a swi vona leswaku Manana o tivulavulela! Kambe se a khomiwa hi vurhongo, a nga kanetanga.



“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.

“I moya lowu hungaka etintambiyini ehandle,” ku hlevetela Manana.  
“E-e, a hi swona sweswo!” ku hlevetela Thoko. “I mpfumawulo wo chavisa hi nttyiso – ku fana na xinghuhumani!”  
“Lokoswiritano, swa antswa u khandziya mubedo u etlela na mina,” ku hlevetela Manana. “Xana a xi endla mpfumawulo wa njhani?”  
Thoko a ku, “Grrrrr-Grrrr! Hooaaaa!”  
“Walo wo i xinghuhumani wa kahle wa Grrrr-Grrrr-Hooooo-Hwaaaa wu hlongola swinghuhumani swa nttyiso swo biha,” ku vula Manana.



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



Eka vusiku byin’wana bya xinyami na moya, Thoko u pfukile hi ku twa mpfumawulo wo chavisa. A wu twala wu ku, “Grrrr-Grrrr!”

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



Ehandle, moya wu hunguta ku hunga.  
Ekuheteleleni, hinkwaswo swi miyela kutani Kokwani, Manana na Thoko va etlela – kufana na swifufunhunhu swinharhi emetseni.



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! Hooooaaah! Bwoooooo!"  
This time the strange sound woke Mama.  
Hinkwako a ku miyentle – a ku ri moya ntsena  
lowu a wu hunga hi le tintambiyini. Thoko u etelile  
emavokweni ya Manana a ri wi vukarhile. Kutani swi  
endleka nakambe ... "Grrrr-Grrrr! Hooooo! Hwaaaaa!"  
pfluxile Manana.  
"Grrrr-Grrrr! Hooooo! Hwaaaaa!"



"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! Hooooaaah! Bwoooooo!"  
"That's the sound the nice Ghorra-Ghorra-  
Hooooaaah-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-Hooooaaah-Bwoooooo-  
Monster," whispered Mama. "It's the Snoring-Gogo-Monster!"  
They both giggled until the bed shook. Gogo stirred and  
immediately stopped snoring.

A ku ri Kokwani – a ri krhi a ba mantonoro yo tsema na nhloko!  
Manana u kokele Thoko ekusuhi kutani a hlekelela.  
"A ku nga ri Xinghunghumani xa Grrrrr-Grrrrr, Hooooo-  
Hwaaaa," ku hlevetela Manana. "A ku ri Xinghunghumani-xa-  
Kokwani-xa-Mantonoro!"  
Havumbirhi va hlekelela kufikela loko mubedo wu  
ninginika. Kokwani a sondzolota xikan'we a yima ku  
ba mantonoro.



Then it stopped and went, "Hooooaaah! 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! Hooooaaah! Bwoooooo!"

Endzhaku a wu yima wu ku, "Hoooo! Hwaaaa!" onge  
i xinghunghumani lexikulu xo chavisa lexi hefemulelaka  
kwala nhan'wini ya yena.

Kamara ya Thoko a yi ri na xinyami handle ka swilo  
swa swivumbeko swo hambanahambana leswi a swi  
vangama kwala khumbini ra kamara ya yena hi ku voninga  
hi rivoni kusuka exitarateni. Thoko u kokile nkumba wa  
yena a tifunengeta nhloko ya yena. Kambe a kala a ha twa  
mpfumawulo – sweswi a wu bonga wu tlhe wu chavisa  
swinene, "Grrrr-Grrrr! Hooooo! Hwaaaaa!"





Hi xihadla, Thoko a ambala switlhaphuthapu swakwe swo etela a ambala gaweni a tsutsumela ekamareni ya Manana wa yena. "Manana! Manana!" ku hlevetela Thoko. "Pfuka!" "Xiphigo i yini, Thoko?" ku vutisa Manana a ri na vurhongo. "Yingisela!" ku vula Thoko. "Ku na mpfumawulo wo chavisa lowu humaka kun'wana." Kutani Manana a lumeka rivoni ra le tlhelo ka mubedo a yingisela.

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.



Manana u ringetile ku tshama. Kambe voko lerin'wana a ri khomile hi vusindza hikuva Thoko a etlertle ehenhla ka rona.



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!" ku hlevetela Manana. "Pfuka. Mubedo lowu i wutsongo eka hina vambirhi." Manana u chichile Thoko ehenhla ka mubedo kutani va nyandlamela va ya ekamareni ya Kokwani. "Khandziya henhla!" ku hlevetela Manana. Thoko u khandziyile hi le tlhelo ka Kokwani, a siya vangwa leswaku Manana a kota ku nghena. Ku nga si hela nkarhi va nga si tshamiseka ku twala ... "Grrrrr-Grrrrr! Hoooooo! Hwaaaaa!"



## 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

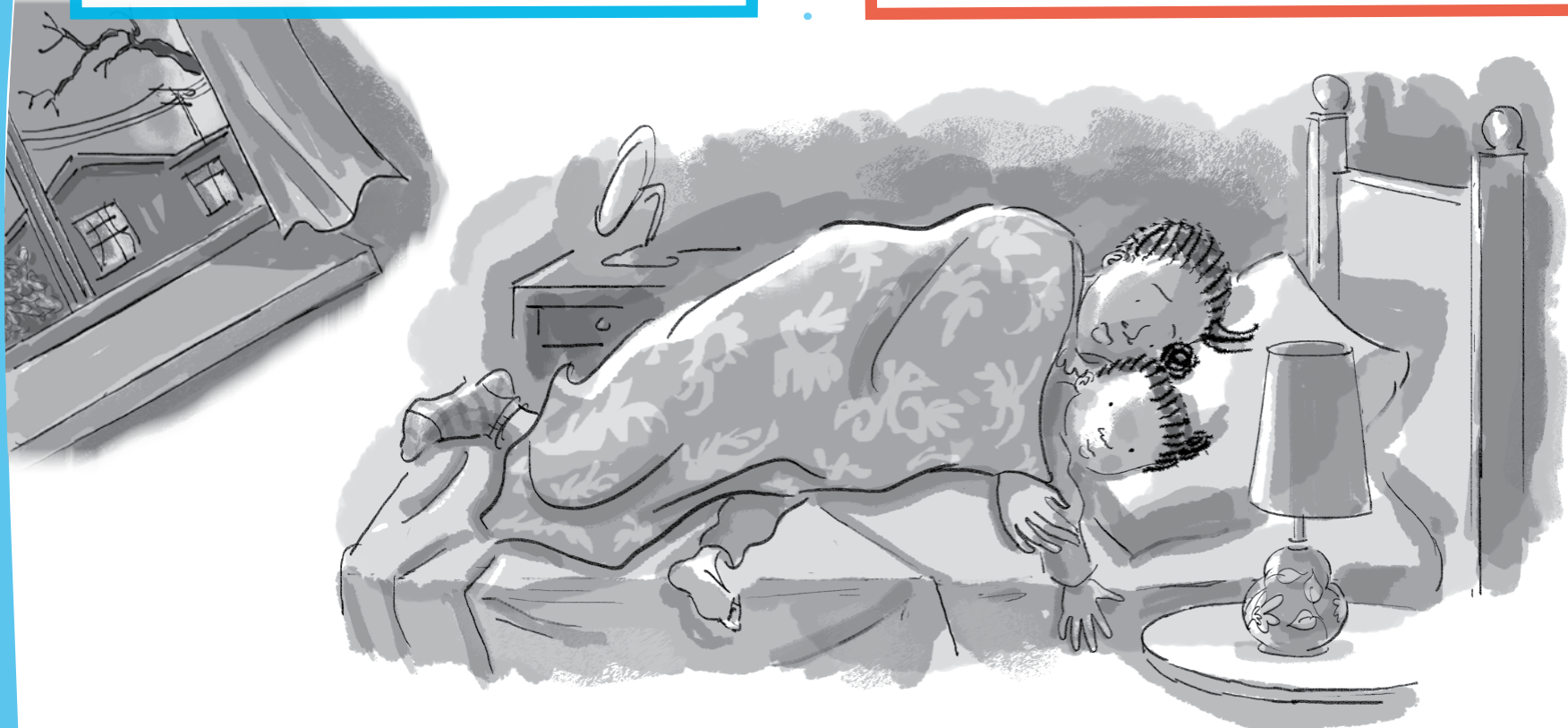
- ★ Do you know someone who snores loudly? What does it sound like? Try to write the sound using letters of the alphabet.
- ★ What kind of monster does this snoring noise remind you of? Draw a picture of the monster and then write a few sentences about it.
- ★ Have you ever woken up at night and felt 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.

## Endla ntsheketo wu nyanyula!

Hi leyi mingingiriko yin'wana leswaku u yi ringeta. Yi huma eka mitsheketo hinkwayo eka nkandziyiso lowu wa Xitatisi xa Nal'ibali: *Vusiku byo chavisa bya Thoko* (mapheji 7 ku fika eka 10) na *Xihlamariso xa Morongwa* (pheji 13).

### Vusiku byo chavisa bya Thoko

- ★ Xana u tiva munhu loyi a nga na mantono yo bela ehenhla? Xana ya twala njhani? Ringeta ku tsala mpfumawulo hi ku tihisa maletere ya tialifabete.
- ★ Xana i xinghunghumani xa njhani lexi mpfumawulo wa mantono wu ku tsundzuxaka xona? Dirowa xifaniso xa xinghunghumani kutani u tsala swivulwa swo hlayanyana hi xona.
- ★ Xana u tshama u pfuka nivusiku u tela hi ku chava? Xana i yini lexi a xi ku endla u chava? Hlamusela kumbe u tsala xitori xa wena. Tihisa marito yo tsakisa ku vula leswi u swi tweke, ku swi vona na leswi a wu titwisa xiswona. Dirowa xifaniso xa vusiku bya wena lebyo chavisa.



### 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.

### Xihlamariso xa Morongwa

- ★ Endla xitori xa xifaniso hi ndyangu wa ka n'wina. Anakanya hi xitori mayelana na ndyangu wa ka n'wina. Tihisa switsalu kumbe tipensele ta mihlovo ku tsala marito ya xitori. Lava swifaniso eka timagazini ta khale. Swi tsemeti na ku swi tihisa ku hlamusela ntsheketo wa wena.
- ★ Tsundzuxa van'wana ku hlayisa. Kuma swiphemu swa maphepha kumbe khadibodo kutani u tsala switsundzuxo swo fana na leswi: "Hlamba mavoko hi xisibi na mafi ku ringana 20 wa tisekene", "Tsundzuka ku ambala xipfalanomo xa wena" na "Titoloveti ku siya mpfhuka". Vumba switsundzuxo swin'wana swa wena. Khavisa switsundzuxo swa wena u swi namaheta laha vanhu va nga ta swi vona. Xikomniso, namaheta xitsundzuxo hi ku ambala xipfalanomo hi le ndzeni ka rivanti ra le mahlweni leswaku vanhu va ta xi vona loko va nga si huma endlwini.
- ★ Morongwa na vaboti wa yena va tihisa ririmi ra swikoweto ku vulavula na Manana Maduo. Xana u tiva tindzimi tihi? Titoloveti ku tihisa tindzimi hinkwato lefi u ti tivaka ku byela van'wana ku tshama u hlayisekile.







# 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".





# Xihlamariso xa Morongwa

Hi Lorato Trok ■ Mikombiso hi Magriet Brink na Leo Daly



Hi siku ro hetelela ra xikolo, loko ku nga si sungula mikarhi yo wisa, Morongwa a tshamile a timiyelela eka desika ra yena a yingisela mudyondzisi wa yena, Manana Nchwe, loko a va byela hi mayelana na xitsongwatsongwani lexi nga ha ku kumeka. Xona a xi vuriwa xitsongwatsongwani xa khorona naswon xi endla leswaku vanhu emisaveni hinkwayo va vabya swinene.

Loko a ri karhi a yingisela, Morongwa a nga swi tivi leswaku a titwa njhani. Xitsongwatsongwani a xi twala xi chavisa hi ntiyiso, kambe hi tlhelo phuresidente u tivisile leswaku swikolo hinkwaswo swi ta pfala hi xihatla loko masiku ya ku wisa ya nga si fika. Tiko ri ta va eka nsivelamfambafambo leswaku vanhu va ta hlaliseka. Leswi swi vula leswaku ku ta va na nkarhi wo leha wa ku wisa ka xikolo, leyi a yi twala yi ri mhaka ya kahle! Kambe Morongwa a nga swi tivi leswaku nsivelamfambafambo swi vula yini.

Hi nkarhi wa dyondzo leyi landzelaka, Morongwa a tshamile a timiyelerile a ri eka desika ra yena a ri karhi a anakanya hi leswi Manana Nchwe a nga va byela swona. A titwa a ri na mpfilungano a tlhela a vilela. Hambileswi mudyondzisi wa vona a nga va byela hi mayelana na xitsongwatsongwani na nsivelamfambafambo, Morongwa a nga swi twisisi leswi hinkwaswo. Hinkwaswo a swi twala swi ri mhaka ya nkoka.

Endzhaku ka xinkadyana, Morongwa u yimisile voko ra yena. "Ndzi yingisile, Morongwa," ku vula mudyondzisi.

"Manana Nchwe," Morongwa a sungula, "Ndza swi twisisa leswaku ku na xitsongwatsongwani lexintshwa lexi nga endlaka leswaku hikwerhu hi vabya swinene hikwalaho swikolo swi pfalaka namuntlha. Kambe xana hi nga mi kombela mi hlamusela hi xitalo hi xitsongwatsongwani lexi? Xana xi ku vabyisa njhani?"

"Xexo i xivutiso xa kahle swinene, Morongwa," ku vula Manana Nchwe. "Yima ndzi ku pfuna u twisisa ku antswa."

Manana Nchwe u hayekile phositaro. "Xosungula, loko xitsongwatsongwani xa khorona xi nghena emirini wa wena, xi nga ha vanga vuvabyi lebyi vuriwaka COVID-19. Xitsongwatsongwani xa khorona xi nga nghena emirini wa wena loko munhu un'wana loyi a nga na xitsongwatsongwani a etshemula kumbe ku khohlola ekusuhi na wena. Xitsongwatsongwani xi huma enon'weni wa yena hi mathonsi lamatsongo ya mati. Mathonsi lama ya nga tshama emavokweni wa yena. Kutani loko u tikhoma nomo wa wena, nhompfu kumbe mahlo, xitsongwatsongwani xi nga nghena emirini wa wena kutani xi ku vabyisa," ku hlamusela Manana Nchwe.

"Xana hi nga sivele njhani leswaku hi nga kumi xitsongwatsongwani?" ku vutisa Morongwa.

"U fanele u hlamba swandla swa wena hi mati na xisibi hi mikarhi na mikarhi. Hi ku nonoka hlayela kufika ka makumbembirhi loko u ri karhi u hlamba ku tiyisisa leswaku swandla swa wena swi basile. Nakambe u fanele u tshama ekaya. U fanele u fambela ekule na hinkwavo lava nga le handle ka ndyangu wa wena. Loko u ya ehandle, u fanele ku ambala masiki," ku vula Manana Nchwe.

Morongwa a ri na swivutiso swo tala eka mudyondzisi wa yena. U yimisile voko nakambe. "Xana mbyana ya mina yi nga vabya, kumbe ndzi nga tluleta mbyana ya mina vuvabyi?" a vutisa.

"Nkateko wa kona, a hi nge kumi xitsongwatsongwani xa khorona kusuka eka swifuwana swa hina, kumbe ku tluleta swifuwana swa hina," ku n'wayitela Manana Nchwe.

Endzhaku u hlamuserile leswaku xitsongwatsongwani xi tluletiwa kusuka eka munhu un'wana kuya eka un'wana. "Un'wana na un'wana a nga xi kuma eka un'wana," a vula. "Hikwalaho tiko ri ya ka eka nsivelamfambafambo. Un'wana na un'wana u fanele ku tshama ekaya na le kule na vanhu van'wana leswaku ku nga vi na loyi a endlaka leswaku un'wana a vabya."

Loko Morongwa a ri karhi a sungula ku vilela hilaha a nga ta tsundzuka hakona hinkwaswo swa nkoka swa leswi a swi vuriwa leswaku a ta ya byela manana na vaboti wa yena, Manana Nchwe u nyikile un'wana na un'wana swibukwana. "Mi nga famba na swibukwana leswi ekaya ku mi tsundzuxa hi vuxokoxoko bya nkoka lebyi hi nga avelana byona namuntlha," a vula.

Morongwa a ri karhi a veka xibukwana xa yena hi vuhlayiseki endzeni ka nkama wa yena wa xikolo loko nsimbhi ya xikolo yi rila.

Xosungula lexi Morongwa a nga xi endlaka loko a fika ekaya a ku ri ku hlamba swandla swa yena hi xisibi na mati. "Ofentse, Lesedi, tanani tikatseni na mina," Morongwa u vule leswi loko a vona vamakwavo va yena va majaha loko va ri karhi va n'wi hlalela. "Hi ku nonoka hlayelela kufika eka makumbembirhi loko u ri karhi u hlamba." U kowetele Manana Maduo leswaku na yena a hlamba swandla yena.

"Hikwalahokayini hi fanele ku hlamba swandla swa hina, Morongwa?" Ofentse a vutisa, a yimisele swandla swa yena ehenhla.

"A hi hlambeni swandla swa hina hinkwerhu. Ndzi ta hlamusela endzhaku ka nkarhi," ku vula Morongwa.

Manana Maduo u hlamarisiwile hi ku cinca ka Morongwa ka mavonele ya swilo. Loko ku ri na un'wana wa vana va yena loyi a tshamela ro lava ku tsndzuxiwa ku hlamba swandla, a ku ri Morongwa. A swi tsakisa ku vona ku cinca loku eka yena. Manana Maduo a n'wayitela, kambe a ri na mpfilungane wutsongo hi ku cinca loku.

Madyambu yalawa Morongwa u hlayele vandyangu xibukwana lexi mudyondzisi wa yena a n'wi nyikeke xona kutani a va hlamusela hi leswi COVID-19 yi nga xiswona. Endzhaku u nyikile Manana Maduo xibukwana leswaku a xi hlalaya.

Eka masiku lama landzelaka Morongwa u vonile leswaku vamakwavo vaxinuna a va nga tsakangi hikwalaho ka nsivelamfambafambo. "Heyo, n'wina vambirhi, ndzi na kungu! Xana ma swi lava ku tiphina?" ku vutisa Morongwa.

Morongwa a nga yimelangi nhlamulo ya vona. Ematshan'weni u yile empfungwe wa kamara leyitsongo yo etlela laha Manana Maduo a veka kona timagazini ta yena. Morongwa u hlalwile timagazini to hlalanyana a ti andlala ehansi. Leswi nga landzela u humese swikero, tikhirayoni, glulu na maphepha lawa malume wa vona a nga va xavela loko lembe ra xikolo ri sungula. Loko Lesedi a languta sesi wa yena lonkulu, mahlo ya yena ya kula hi nyanyuko.

Eka mindzhenga ya masiku lawa ya nga landzela Morongwa, Ofentse na Lesedi a va tipfalela eka kamara ya vona yo etlela naswona a va tiphina hi swo tala va tsemeta swifaniso eka timagazini. A ku ri na ku tsemeta ko tala na ku hlekelela ko tala!

"Leswi swa tsakisa!" ku vula Lesedi a ri karhi a hlekelela.

"Tsundzuka lexi i xihlamariso, Lesedi. Lexi i xihlamariso xa hina xa nkarhi wa ku wisa," ku vula Morongwa, a ri karhi a dikida milenge ya Lesedi.

Kutani, madyambu man'wana endzhaku ka ku lalela, Manana Maduo u hlamarile ku vona vana va yena va fole layini kwala kusuhi na yena. Ofentse na Lesedi un'wana na un'wana a khomile phepha kasi Morongwa a khomile buku. "Xana i yini sweswo?" ku komba Manana Maduo hi ku hlamala.

"I xihlamariso xa hina eka wena hi nkarhi lowu wa ku wisa!" hinkwavo vana va komba. "Xana hi nga ku komba?" Manana Maduo a pfumela hi nhloko.

Swi kumekile leswaku Morongwa u pfunile vamakwavo va yena va xinuna ku endlaka manana wa vona mitsheketo ya swifaniso tanihi xihlamariso. Lowu a ku ri nkarhi wa ku n'wi komba na ku n'wi byela!

Lesedi hi yena a nga sungula.

U tsheketele mitsheketo hi xifaniso

xa yena hi ku tirhisa swivokwani swa yena ku endlaka ririmi ra swikoweto leswaku Manana a ta landzelela mitsheketo wa yena. Hambileswi mitsheketo wa Lesedi a wu nga ri na mongo eka Morongwa, a wu tsakisa naswona hinkwavo a va hleka.

Loyi a landzela, a ku ri nkarhi wa Ofentse. A tsemetele swifaniso swa manana wa yena wo saseka na timpapa ta nyenyana leyikulu. Kutani a namarhete timpapa leti emakatleni ya manana wa yena. "Loyi hi wena, Manana," a vula leswi a ri karhi komba manana wa yena. Kutani a koweta, "Wena u nhenha ya hina yo hlaluleka."

Loko se ku ri nkarhi wa Morongwa, u kombetile Manana buku ya swifaniso leyi a nga yi endlaka hi mayelana na Manana wa Xinkankaka lowo talela hi nsirhelelo na marhole ya yena. A lava ku tiyisisa leswaku Manana Maduo a swi tiva hilaha va n'wi rhandzika hakona na hilaha va tinyungubuyisaka hakona hi Manana Xinkankaka wa vona swa ntiyiso.

Hi nkarhi lowu, Manana Maduo a rila mihloti ya ntsako kutani a vukarha vana va yena hi ku vukarha lokukulu ka ntsako wa xinkankanka.

Vana na vona a va tsakile. Un'wana na un'wana a endlile mitsheketo wa yena wo hambana kutani a wu hlamusela hi ndlela ya yena. Naswona loko va ri karhi va endlaka leswi, a va rivele ku rivala hi nsivelamfambafambo! "Nsivelamfambafambo? Nsivelamfambafambo wa yini?" hinkwavo va hleka.

Eka Morongwa na ndyangu wa yena nsivelamfambafambo swi hundzuke nkarhi wa ntsako ku kuma swilo leswintshwa na ku sungula mikhuva leyintshwa ya ndyangu. Nhlengeleto wa timagazini ta Manana Maduo ku vile ka nkoka ku tlula mpimo. Xikumiwa lexintshwa xa ndyangu wu nga ntsako wa ku tsala, ku hlalaya na ku tsheketa mitsheketo ku vile mbalango wa ndyangu lowu nga talerwa hi ntsako lowukulu.

Eka mavhiki lama landzelaka Manana Maduo, Morongwa, Lesedi na Ofentse va endlile, va hlalaya na ku tsheketa mitsheketo yo tala ku tlurisa. Leswi swi endlile Manana a hlamala a ku kumbe phuresidente a anakanya hi Morongwa loko a sungula Pfhumba ra *Thuma Mina* (Rhuma mina) ku aka hi vuntshwa rixaka ra Afrika-Dzonga. A swi tikomba tano eka Manana! Eka hinkwaswo, hi Xitswana vito Morongwa swi vula "loyi a nga rhumiwa."





## 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

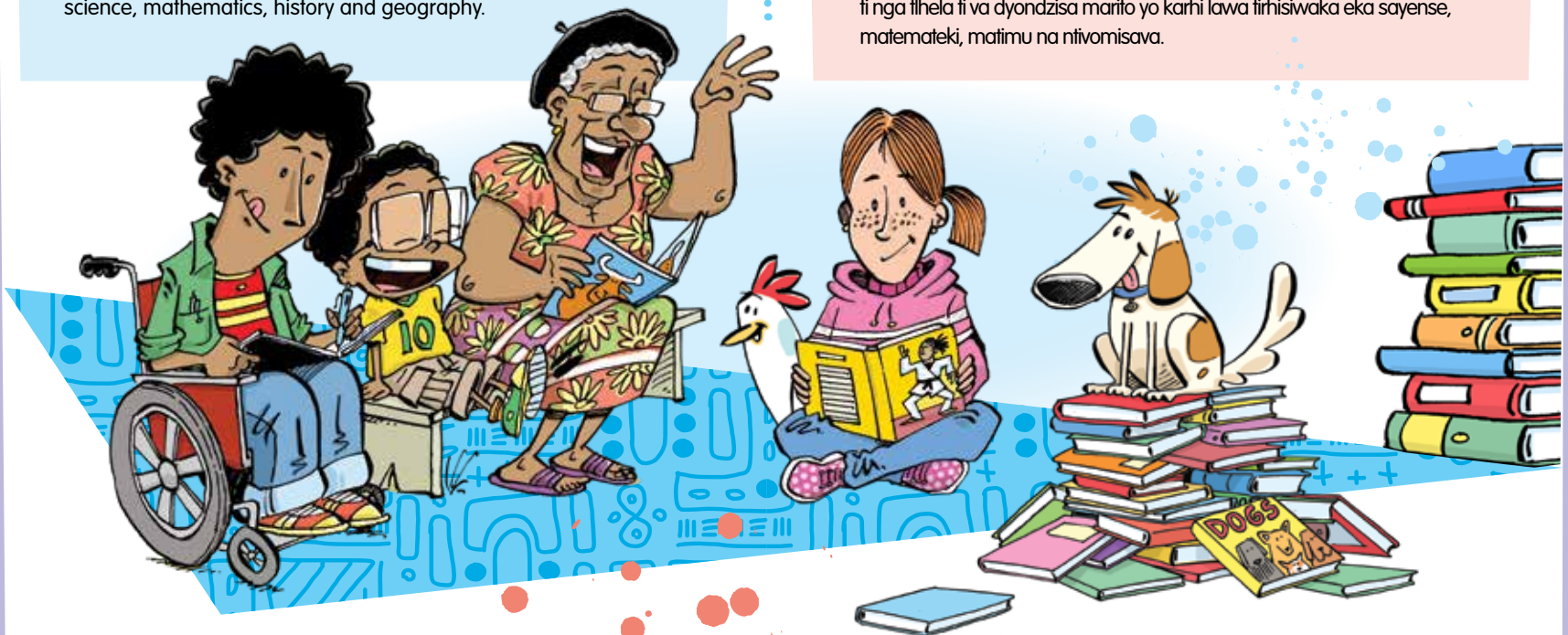
Invite your children to try these writing activities related to a book they have read, a story they have listened to or one of their favourite TV shows.

- 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.



## Mianakanyo ya va malembe ya 10 kufika 13 wa-malembe-hi vukhale

Vana va vukhale lebyi va nga tiphina hi ku dyondza hi swilo leswi va nga tshamingiki va swi vona. Va nga tlhela va sungula ku vutisisa leswaku hikwalahokayini swilo swi ri hi mukhuva lowu swi nga xiswona. Hlohlotela n'wana wa wena ku lava ku tiva hi misava leyi a nga eka yona!



### Vulavulani hi TV na tibuku

Ku vona TV swi pfuna vana ku kurisa maanakanyelo ya ku vutisisa hi leswi va swi vonaka, ku katsa na leswi va swi hlayaka. Va vutisi swivutiso, ku nga ri ku va kambela, kambe ku ri ku va hlohlotela leswaku va hlamusela mavonelo ya vona na mianakanyo ya leswi va swi vonaka na ku swi hlaya. Xikombiso, u nga vutisa u ku:

- Xana u tiphinile hi nkombiso/ntsheketo? Hikwalahokayini kumbe hikwalahokayini unga tiphinanga?
- Xana hi xihi ximunhuhatwa lexi u xi tsakeleke ngopfufu? Hikwalahokayini?
- Xana hi xihi ximunhuhatwa lexi wo ka u nga xi tsakelanga ngopfufu? Hikwalahokayini?
- Xana u anakanya leswaku ntsheketo wa khorwisa? Xana swilo swa muxaka lowu swa humelela hakunene?



### Tsala u ri na xivangelo

Rhamba vana va wena ku ringeta mingingiriko leyi ya ku tsala leyi fambelenaka na buku leyi u yi hlayeke, ntsheketo lowu va nga wu yingisela kumbe wun'wana wa mikombiso ya TV lowu va wu tsakelaka.

- Lulamisa mbhurisano na xin'wana xa swimunhuhatwa. Tsala swivutiso swa kwalomu ka khume leswi nga ta nyika ximunhuhatwa nkarhi wa ku kanela hi mianakanyo na matitwelo ya vona mayelana na xiphemu xa vona eka ntsheketo.
- Tsala nxopanxopo wa buku. Tiyisisa leswaku u nyika vuxokoxoko mayelana na ndhawu laha buku yi humelelaka kona na swimunhuhatwa, na leswi buku yi vulavulaka hi swona – kambe u nga vuli vuxokoxoko hinkwabyo! Tsundzuka ku vula na leswi u swi tsakeleke/na kumbe leswi a wu nga swi tsakeli hi buku.
- Tsala nhlamuselo ya swimunhuhatwa swinharhu kusuka eka ntsheketo lowu u wu hlayeke. Katsa vuxokoxoko lebyi: a swi languteka njhani, a swi komba matitwelo ya njhani na hilaha a swi hanya hakona na swimunhuhatwa swin'wana. Dirowa xifaniso xa ximunhuhatwa xin'wana na xin'wana ku fambisana na nhlamuselo.
- Tsala nkombiso wa swilo leswi u swi dyondzeke eka ntsheketo.



### Hlaya buku ya timhaka ta ntiyiso

Loko va ri karhi va kula, vana van'wana va nga kuma leswaku va tiphina hi tibuku leti vulavulaka hi timhaka ta ntiyiso kufana na ta mitsheketo. Tibuku ta ntiyiso ti va pfuna ku tiva tindhawu letintshwa, swilo, vanhu na leswi humelelaka. Ti kurisa ntivomarito ya vona mayelana na tinhlokomhaka to hlawuleka kutani va dyondza swikili swa ntiyiso. Tibuku ta timhaka ta ntiyiso ti nga tlhela ti va dyondzisa marito yo karhi lawa tirisiwaka eka sayense, matemateki, matimu na ntivomisava.



## 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.



### 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](https://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](https://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.

## Mianakanyo ya va-kondlo-a-ndzi-dyi

Va-kondlo-a-ndzi-dyi va tiphina hi ku ringeta swilo swintshwa na ku tiyimela. Hamabiloko swi tikomba swi nga ri hi mukhuva walowo, va tsaka swinene loko u tinyika nkarhi u va na vona, ku va hlohotela ku endla misingiriko yo tika na ku kombisa ku tsakela eka swilo leswi va tiphinaka hi swona.

### Hlaya, tsala na ku dyondza

- 💡 **Hlohotela ku tsala.** Hlohotela leswaku va-kondlo-a-ndzi-dyi va wena va tshamela ro tsala eka dayari ya nkarhi wa nsivela mfambafambo kumbe va tsala swiphato ku hlamusela matitwelo na mianakanyo ya vona.
- 💡 **Matimu ya muganga.** Pfumela va-kondlo-a-ndzi-dyi va wena va endla phurojeke ya matimu na swirho swa ndyangu. Va nga vutisa wena na van'wana lavakulu ekaya eka leswi va swi tsundzuka loko va ha kula, swilo leswi nga humela na hilaha swilo leswi swi khumbheke wena. Hlohotela va-kondlo-a-ndzi-dyi ku tsala ehansi tihlamulo ta loyi a vutisiwaka kumbe u tihisa riqingho ku rhikhoda mbhurisano.
- 💡 **Vulavulani hi mahungu.** Va-kondlo-a-ndzi-dyi va tata hi mahungu yo tala eka rhadiyo na mavonakule, mitlawa ya WhatsApp na swihangalasamahungunyini swin'wani. Tanihi ndyangu, titoloveteni ku va na vukhensivusoli mayelana na mahungu na leswaku va-kondlo-a-ndzi-dyi va ta kota ku dyondza ku tiva leswi nga ntiyiso na leswi nga mavunwa. Hi leswi swivutiso leswi u nga swi vutisa.
  - ★ Xana xitori lexi xi hlamuseriwa hi tlhelo ra mani?
  - ★ Xana i mani a vulavulaka? Xana ku vulavuriwa hi mani?
  - ★ Xana i mani a nga ni matimba? Xana matimba lawa ya hlamuseriwa njhani?
  - ★ Xana i yini lexi nga siyiwa ehandle naswona/kumbe xi tekeriwaka ehansi?
  - ★ I mani a vuyeriwaka?
- 💡 **Sungula ku hlaya.** Hlohotela va-kondlo-a-ndzi-dyi ku hlaya hi voxela na ku va tiphina. Loko ku ri a va koti ku fikelela tibuku, va pfuni ku kuma layiburari ya inthanete ya FunDza eka: [live.fundza.mobi](https://live.fundza.mobi).
- 💡 **Hlayela ehenhla.** Ku hlayela ehenhla a hi swa vana lavatsongo ntsena! Swi nga tsakisa swinene ku hlaya ntsheketo kumbe phepha u ri hlayela ehenhla na va-kondlo-a-ndzi-dyi va wena. Kuma maphepha ku va u ta tiphina hi ku ma hlayela ehenhla eka mobisayiti ya FunDza: [live.fundza.mobi/catalogue/?genre=chattalogue](https://live.fundza.mobi/catalogue/?genre=chattalogue).
- 💡 **Ku lawula leswi va swi hlayeke.** Kunguhata mitolovelo ya masiku hinkwawo na va-kondlo-a-ndzi-dyi leswaku va landzelela mikarhi ya ku hlaya masiku hinkwawo. Nakambe, va hlohoteli ku vulavula na wena hi mayelana na leswi va swi hlayaka. Leswi swi ta va pfuna ku twisisa na ku tsundzuka leswi va swi dyondzeke. Hi ntiyiso, ndlela yin'wana ya kahle ya ku kambela loko u twisisa leswi u swi hlayaka i ku va u swi dyondzisa un'wana. Hikwalaho, kombela va-kondlo-a-ndzi-dyi va wena ku ku dyondzisa hi nhlokomhaka – hi ririmi rihi na rihi leri va ri tsakelaka.



# Nal'ibali fun

## Swo tsakisa hi Nal'ibali



### Play this game together!

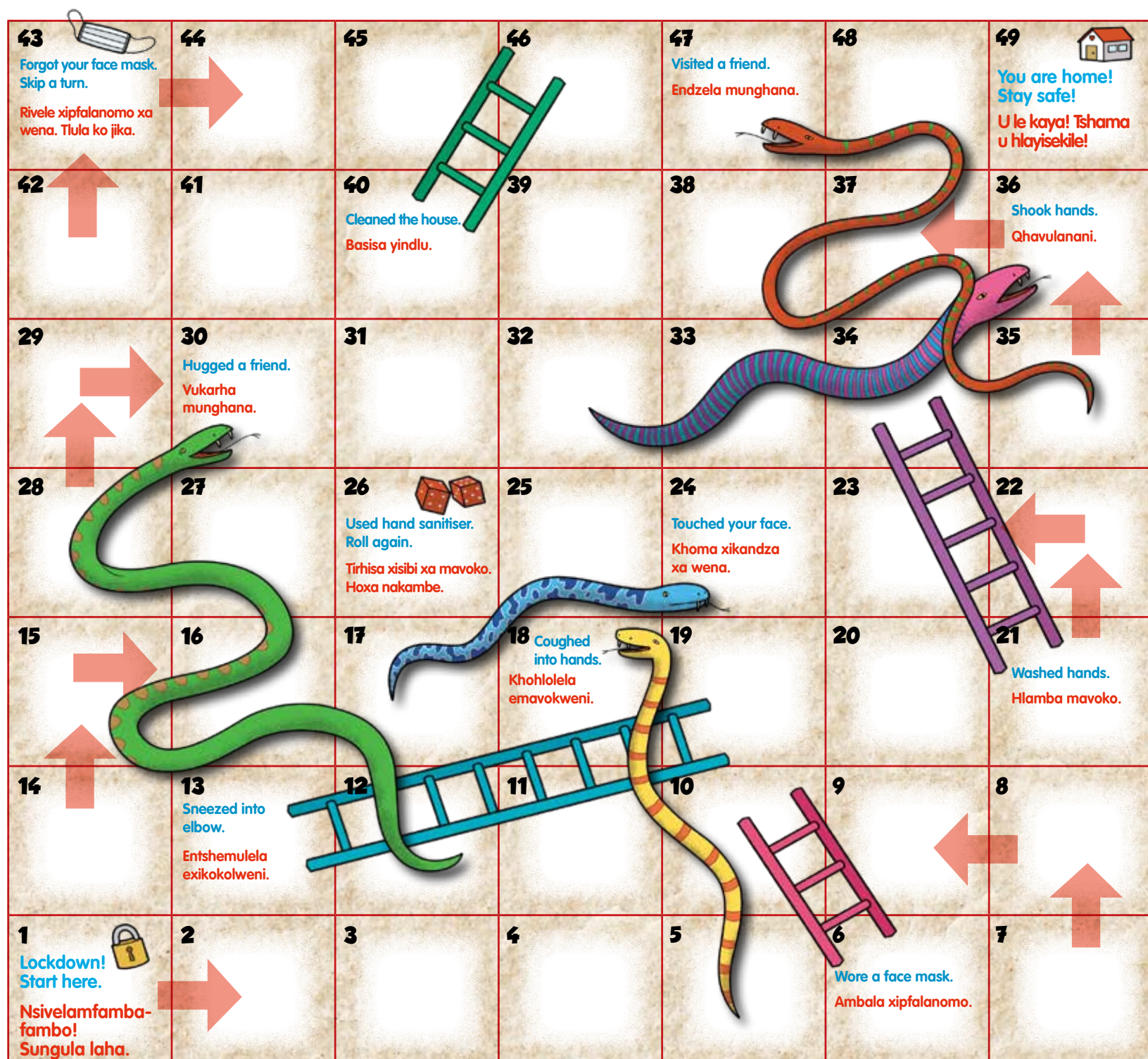
#### How to play

- 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.

### Tlangani ntlangu lowu swin'we!

#### Matlangelo

- Mutlangi un'wana na un'wana u vekela kunupu eka xibokisani lexi nge: **Nsivelamfambafambo! Sungula laha.**
- Cincanani ku hoxa dayizi na ku fambisa kunupu ku ya eka xibokisani kuya hi nomboro ya dayizi.
- Landzelela svileriso leswi nga eka xibokisani lexi u weleke eka xona.
- Loko kunupu ya wena yi wela ehansi ka xitepisi, u nga famba u ehenhla ka xitepisi.
- Loko kunupu ya wena yi wela ehenhla ka nhloko ya nyoka, u fanele u enhla ku ya eka ncila wa nyoka.
- Mutlangi wo sungula ku fika eka: **U le kaya! Tshama u hlayisekile!** hi yena muhluri.



Illustrations/Mikombiso: Magriet Brink and/na 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** yi kona ku ku hlohotela na ku ku seketela. **Tihlanganisi na hina** hi ku bela riqingho eka senthara **02 11 80 40 80**, kumbe hi tindlela tin'wana:

[www.nalibali.org](http://www.nalibali.org)
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Produced by The Nal'ibali Trust and Arena Holdings Education. Translation by Given J Hlongwani. Nal'ibali character illustrations by Rico.

The Herald

**Sowetan**  
IN THE KNOW ON THE MOVE.

*Nal'ibali*