

NALIBALI

Sikhathi sokucoca iindaba!

Sele kumakhulu weminyaka abantu bacoca iindaba bona badlulise imibono nokwenza okuhlangabezenwe nakho kwabo kuphile. Kuhle kuhle, ukucoca iindaba yinto engokwemvelo ebantwini njengokudla nokulala! Ezinye iindaba esizicoca namhlanjesi sele zicocwe eenzukulwaneni ngeenzukulwana, kanti ezinye zitjja sizenzela zona.



It's storytelling time!

People have told stories for centuries to explore ideas and make sense of their experiences. In fact, sharing stories is as natural to human beings as eating and sleeping! Some of the stories we tell today have been passed down from generation to generation, while others are new ones that we create ourselves.

Ukucoca iindaba kuneenzuzo ezinengi!

- ★ Ukucoca iindaba yindlela ehle yokufundisa abantwana iimfundo ezihle zepilo ofuna bazifunde. Iindaba godu zenza abantwana babe nombono obanzi begodu bacabange ngethando, ihloyo, umusa, amandla, okuhle nokumbi.
- ★ Ukucoca iindaba kuthuthukisa ibonelophambili yabantwana nendlela abasebenzisa ngayo ilimi.
- ★ Iindaba zingabakhambisa namkha zibahlanganise namaphilo wabantu abangabaziko, abavela ekadeni nakude.
- ★ Ukucoca iindaba ezimalungana nezinto ebezenzeka kuwe nawusakhulako kusiza abantwana batjhidlane nawe khudlwana.



Storytelling has great benefits!

- ★ Storytelling is a good way to teach children the life lessons you want them to learn. Stories also allow children to explore and think about love, hate, kindness, power, good and evil.
- ★ Storytelling stimulates children's imagination and their use of language.
- ★ Stories can transport and connect them to the lives of people they've never known, who come from long ago and far away.
- ★ Telling stories about your childhood experiences helps your children to connect with you.



Ngingathoma njani ukucoca iindaba?

- ★ Kuhlala kulula ukuthoma ngeendaba ozaziko. Cabanga ngokuthi ngiziphi iindaba ezingajabulisa iindlele zakho nezingakhambisana neminyaka yazo. Ngokwesibonelo, angekhe ucocele abantwana abaneminyaka emihathu indaba ethusako kodwana abaseminyakeni yobutjha kungenzeka bayijabulele!
- ★ Yiba neendaba ezinengi ongazicoca begodu ulinge ukufumana ezitjja ngokuqala eencwadini namkha ku-intanethi. Vakajtjela ku-www.nalibali.org namkha thumela elithi, "Stories" ngeWhatsApp ku-0600 44 22 54 bona ufumane iindaba zeNalibali simahla!
- ★ Tjhugulula begodu ulungise iindaba okungenzeka zifumaneka ngelimi linye.



How do I start telling stories?

- ★ It's always easiest to start with stories that you know. Think about which stories will interest your listeners and are appropriate for their ages. For example, you wouldn't tell a scary story to three-year-olds, but teenagers might enjoy it!
- ★ Build up a bank of stories to tell and then keep trying to find new ones by looking in books or on the Internet. Visit www.nalibali.org or WhatsApp "Stories" to 0600 44 22 54 for free Nalibali stories!
- ★ Translate and adapt stories that may only be available in one language.

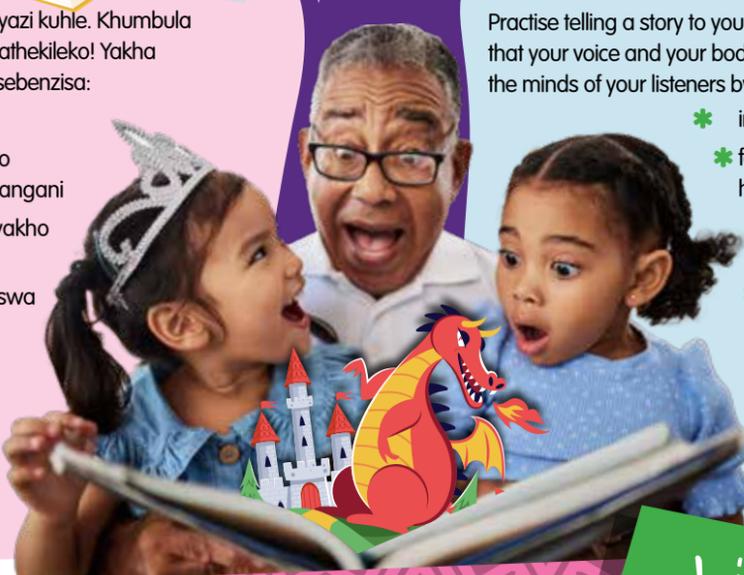


Jabulela ukucoca iindaba!

Phrakthisa ngokuzicocela indaba bekube kulapho uyazi kuhle. Khumbula bona iphimbo nomzimbakho mathuluswakho aqakathekileko! Yakha iinthombe emikhumbulweni yeenlaleli zakho ngokusebenzisa:

- ★ amagama akarisako naveza imizwa
- ★ ubujamo bobuso, njengokutjhwabanisa ubuso ukutjengisa bona umlingiswa usilingeke kangangani
- ★ ukusikinya umzimba, njengokulula imikhono yakho ukutjengisa ukuthi into ibanzi kangangani
- ★ ukutjhuguluka kwephimbo okunikela abalingiswa abahlukahlukeneko amaphimbo angafaniko, njengephimbo elithambileko lomlingiswa oneenhloni.

Kodwana okuqakatheke khulu, khumbula ukuthi lokha nawukujabulelako ukucoca indaba, kunamathuba amahle wokuthi iindlele zakho zizokuthabela ukuyilalela!



Have fun telling stories!

Practise telling a story to yourself until you know it well. Remember that your voice and your body are your main tools! Create pictures in the minds of your listeners by using:

- ★ interesting and expressive words
- ★ facial expressions, like scowling to show how angry a character is
- ★ gestures, like stretching out your arms to show how wide something is
- ★ expression in your voice that gives different characters different voices, like a soft voice for a shy character.

But, most of all, remember that if you enjoy telling a story, there is a good chance that your audience will enjoy listening to it!





Imbewu Yokufunda Nokutlola!

Izinto ongazenza bona uthuthukise bewubandakanye imicabango yabantwana abancani

Literacy Seeds!

Storytelling activities to enrich and engage young minds



Babelethi abathandekako kunye nabathogomeli babantwana abancani, nanzi ezinye izinto eningazenza nabantwana, ezingaletha ithabo zinzinise bezithuthukise ilwazi labo ngeendaba obacocela zona. Ezinye iimphakamiso zilungele yoke iminyaka kanti ezinye zilungele abantwana esele bakhulile. Mhlamunye ungakuthabela ukukhetha into yinye namkha zimbili ongazenza endabeni ngayinye oyicocako.

Dear parents and caregivers of young children, here are some activities you can do with children that can be lots of fun and will deepen and extend their experiences of the stories you tell them. Some of the ideas are suitable for all ages, while others are better suited to older children. You might like to choose one or two activities to do with each story you tell.



Vakatjhela ku-www.nalibali.org namkha thumela elithi, "Stories" ngeWhatsApp ku-0600 44 22 54 bona ufumane iindaba zeNal'ibali simahla! Ungenza iindaba zibe lula bona zivumelane neminyaka yabantwana bakho.

Visit www.nalibali.org or WhatsApp "Stories" to 0600 44 22 54 for free Nal'ibali stories! You can simplify the stories to suit the ages of your children.

Izinto ongazenza ngaphambi kobana ucoce indaba

- Vuma ingoma namkha wenze ukurayima okukhambelana nomongo wendaba namkha nomunye wabalingiswa abasendabeni.
- Buthelela izinto namkha iinthombe zezinto ezisendabeni. Khuluma ngeenthombezi nangezinto ngaphambi, hlanguka nangemva kokufunda indaba.



Things to do before you tell the story

- Sing a song or say a rhyme linked to the content of the story or one of the characters in the story.
- Collect objects or pictures of objects and animals that feature in the story. Talk about these pictures and objects before, during and after reading the story.



- Buza abantwana bakho ukuthi zikhona ezinye iindaba abazaziko ezimalungana nehlobo labalingiswa abasendabeni ozobacocela yona. (Ngokwesibonelo: "Ngizonicocela ngomsana nomtazana abalahleka ehlathini. Zikhona ezinye iindaba enizaziko ezikhuluma ngomuntu owalahlekako?") Bavumele bakucocele ukuthi kwenzekani eendabenezo.



to tell you about a boy and girl who got lost in a forest. Do you know any other stories about someone who gets lost?") Let them tell you what happens in these stories.

- Buza abantwana bakho ukuthi ikhona into efana nekukhulunywa ngayo endabeni ozobacocela yona eyenzekileko kibo namkha komunye umuntu abamaziko. (Ngokwesibonelo: "Kghani wena namkha omunye umuntu omaziko khenalahleka? Kwenzekani? Wazizwa njani?")

- Ask your children if anything like the story you're about to tell has ever happened to them or someone they know. (For example: "Have you, or anyone you know, ever been lost? What happened? How did you feel?")





Izinto ongazenza nawucoca indaba

- * Njengombana ucoca indaba, jama kancazana, kanye namkha kabili bona ubuze, "Ucabanga bona kuzokwenzekani ngokulandelako?" Lokhu kusiza ukuthuthukisa amakhono wabantwana bakho webonelophambili, okuyinto eqakathekileko yokufunda.
- * Khuthaza abantwana bakho bona bazibandakanye endabeni ecocwako ngokuthi benze amatjhada (njengokukokoda phasi ukulingisa ukukokoda emnyango namkha benze itjhada lomoya) namkha basikinye umzimba (njengokulingisa ukusikinyeka kwemithi nayisikinywa mumoya).



Things to do while you tell the story

- * As you tell the story, stop briefly once or twice to ask, "What do you think will happen next?" This helps to develop your children's prediction skills, which are important for reading.
- * Encourage your children to participate in the telling of the story by making sound effects (like knocking on the floor to imitate knocking on a door or making the noise of the wind) or using body movements (like imitating trees swaying in the wind).



Izinto ongazenza ngemva kokucoca indaba

- ★ Iindaba ezinengi zidzimelele endabeni yokuthi abalingiswa baqalana njani neentjhijilo zepilo. Siza abantwana bakho babone ukhlobana hlanguana neentjhijilo abalingiswa abasendabeni abaqalene nazo neentjhijilo abaqalana nazo emaphilwenabo. Bakhuthaze benze lokhu ngokuthi utjho into efana nale, "Nangicoca indaba le, ingikhumbuzo ukuthi abangani abahle baqakatheke kangangani. Wena ikukhumbuzo ini?"



Things to do after you have told the story

- ★ Many stories focus on how characters deal with life's challenges. Help your children make connections between the challenges that the characters in the story face and the challenges that they face in their own lives. Encourage them to do this by saying something like, "When I tell this story, it reminds me of how important good friends are. What does it remind you of?"



- ★ Abantwana godu bangafunda ukuba nezwelo ngokuthi bazifake ebujamweni umlingiswa aqalene nabo. Basize benze lokhu ngokubabuzo ukuthi bacabanga bona kubayini umlingiswa osendabeni enze ngendlela enze ngayo. Basize babone ukuqakatheka ngokubabuzo ukuthi bangenza

namkha bakhulume njengomlingiswa. Babawe bacabange iindlela ezihlukahlukeneko umlingiswa ebekangazenza bona aqalane nesitjhijilo.

- ★ Khuthaza abantwana bona badwebe namkha bapende isithombe sengenye abayithandako yendaba.
- ★ Yenza kwangathi umbuzi wemibuzo, bese ubawa abantwana bakho babe balingiswa abahlukileko, abasendabeni. Babuze imibuzo ube kwangathi umdosiphambili wehlelo lekulumiswano. Lokhu kuzokunikela abantwana bakho ithuba lokucabanga khudlwana ngobuntu babalingiswa nendima abayidlalako endabeni.
- ★ Khuthaza ibonelophambili, ikghono namaqhinga ngokuthi uvumele abantwana bakho badose phambili ekulingiseni indaba. Nange kukghoneka, basize bambathe namkha benze izinto abazozisebenzisa ukwenza umdlalo wabo ubonakale ungowamambala.

- ★ Children can also learn to develop empathy by putting themselves in a character's situation. Help them to do this by asking them why they think the characters behave in particular ways in the story. Help them consider values by asking them if they would do or say what the character said or did. Ask them to think of different ways that the character could have faced a challenge.
- ★ Encourage children to draw or paint a picture of their favourite part of the story.
- ★ Pretend you are an interviewer and ask your children to be different characters from the story. Interview them as if you are a talk show host. This will give your children the chance to think more about a character's personality and their role in the story.



- ★ Encourage imaginative, creative and strategic thinking by letting your children take the lead in acting out the story. If possible, help them dress up or make props to use that will make their role play feel more real.

20 Matjhi – Ilanga Lenjabulo Lephasi Loke!

20 March – International Day of Happiness!

1

Abantu abajabulileko mancani amathuba wokuthi bangenwe mgomani.

Happy people are less likely to catch a cold.

2

Umnuko wamablomu wenza ujabule.

The smell of flowers makes you happier.

3

Ukudlala namkha ukhlikhla isilwana kuthuthukisa imizwa yenjabulo.

Playing with or stroking a pet increases feelings of happiness.

4

Abantwana abadlala ngaphandle kanengi bajabula ukudlula abantwana abangakwenziko lokho.

Children who play outside are often happier than children who do not.

5

Abantwana abazizwa bamukelekile esikolweni kanengi bajabula bebathuthuka ngcono ekufundeni neembalweni.

Children with a greater sense of belonging at school tend to be happier and progress better in reading and mathematics.



KHUYINI OKWENZA AMAKHAYA NEENKOLO KUJABULISE?

1. Ukutjhejwa kwezinto ezithogwa bantwana kuqalwa njengento eqakathekileko.
2. Boke abantwana bafumana isikhuthazo begodu babukwa qobe.
3. Boke abantwana baqalwa njengabaligugu begodu bahlukile.
4. Woke umuntu angabelana ngemibono namazizwakhe ngaphandle kokwahlulelwa.
5. Woke umuntu uphathwa ngehlonipho.

GIDINGA INJABULO!

1. Khamba khamba ubukele indalo. Sebenzisa ikghono lakho lokubona, ukunukelela, umdumo, ukuthinta nokunambitha bona uzibandakanye nephasi elikubhodileko.
2. Funda incwadi ekwenza umomothoke namkha uhlekele phezulu!
3. Lalala umvumo ojabulisako. Begodu ugide!
4. Fowunela umuntu osele kusikhathi eside ungakhulumi naye nongakuthabela ukuzwa iphimbo lakho!
5. Dlala imidlalo nomndenakho.

WHAT MAKES FOR HAPPIER HOMES AND SCHOOLS?

1. Caring for children's needs is seen as a priority.
2. All children receive encouragement and compliments often.
3. All children are recognised as being valuable and unique.
4. Everyone can share their ideas and feelings without being judged.
5. Everyone is treated with respect.

CELEBRATE HAPPINESS!

1. Take a walk in nature. Use your sense of sight, smell, sound, touch and taste to connect with the world around you.
2. Read a book that makes you smile or laugh out loud!
3. Listen to happy music. And dance!
4. Call someone you have not spoken to in a while and who would love hearing from you!
5. Play games with your family.

Grow your own library.

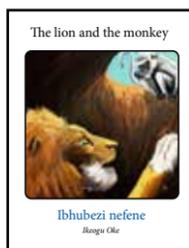
Create TWO cut-out-and-keep books

Goggles to the rescue

1. Tear off page 9 of this supplement.
2. Fold the sheet in half along the black dotted line.
3. Fold it in half again along the green dotted line to make the book.
4. Cut along the red dotted lines to separate the pages.

The lion and the monkey

1. To make this book, use pages 5, 6, 7, 8, 11 and 12.
2. Keep pages 7 and 8 inside the other pages.
3. Fold the sheets in half along the black dotted line.
4. Fold them in half again along the green dotted line to make the book.
5. Cut along the red dotted lines to separate the pages.



Khulisa ibulungelo lakho leencwadi.

Sika iingcenywe EZIMBILI wenze iincwadi

UGoggle uyasiza

1. Sika ikhasi 9 lesengezelelo.
2. Bhinca iphepha libe siquntu emudeni wamaqatjhaza anzima.
3. Libhince libe siquntu godu emudeni wamaqatjhaza ahlaza satjani bona wenze incwadi.
4. Sika emideni yamaqatjhaza abomvu bona uhlukanise amakhasi.

Ibhubezi nefene

1. Bona wenze incwadi le sebenzisa amakhasi 5, 6, 7, 8, 11 no-12.
2. Faka amakhasi 7 no-8 hlangana namanye amakhasi.
3. Bhinca amakhasi abe siquntu emudeni wamaqatjhaza anzima.
4. Abhince abe siquntu godu emudeni wamaqatjhaza ahlaza satjani bona wenze incwadi.
5. Sika emideni yamaqatjhaza abomvu bona uhlukanise amakhasi.

“Ngizazi ukuthi uhlakani phe khulu bona ungakholelwa amanga akhulunywa manaba wami,” kutho ibhubezi. “Ngizakubawa, ngizakubawa, ngizazi.”

Emaswapheleni, ifene yalizwela ubuhlungu ibhubezi yehlisela umsula wayo ngenzodini njengerotho. Ibhubezi lakakarela emsileni wefene lakhuphuka ngawo.

“I know you are too smart to believe lies told by my enemies,” said the lion. “Please, please, help me.”

In the end, the monkey took pity on the lion and lowered his tail into the pit like a rope. The lion held onto the monkey’s tail and climbed up it.

The lion and the monkey was first published in Edition 30 of the supplement. The story was first featured as a reading performance by the author, Ikeogu Oke, at the 2012 South African Literary Awards held at the University of the Free State, Bloemfontein.



Indaba yebhubezi nefene ekuthomeni yavezwa Egadangisweni 30 lesengezelelo. Ekuthomeni indaba le yavezwa njengehlelo lokufunda mtloli u-Ikeogu Oke, ngo-2012 kuma-South African Literary Awards, abanjelwa e-University of the Free State, eBloemfontein.

Get story active!

- ★ Draw a picture of a family member telling you a story.
- ★ Use playdough or clay to make figures of a lion, a monkey and an old woman.
- ★ Use the clay figures to retell the story of the lion and the monkey in your own words.
- ★ Make up a song about the story and sing it after you tell the story.

Yenza indaba le ibemnandi!

- ★ Dweba isithombe selunga lomndeni likucocela indaba.
- ★ Sebenzisa umdaka wokudlala namkha ibumba wenze ibhubezi, ifene nogogo.
- ★ Sebenzisa ibumba bona ucoce indaba yebhubezi nefene godu usebenzisa amagamakho.
- ★ Yenza ingoma emalungana nendaba besu uyayivuma nawuceda ukucoca indaba.

Nal’ibali is a national reading-for-enjoyment campaign to spark and embed a culture of reading across South Africa. For more information, visit www.nalibali.org



Inal’ibali lijima lephasi mazombe lokuzithabisa ngokufunda elenzelwe bona livuselele belidzimelelise isiko lokufunda kiyoyoke iSewula Afrika. Bona ufumane iminingwana eyengeziweko, vakatjhela ku-www.nalibali.org



The lion and the monkey

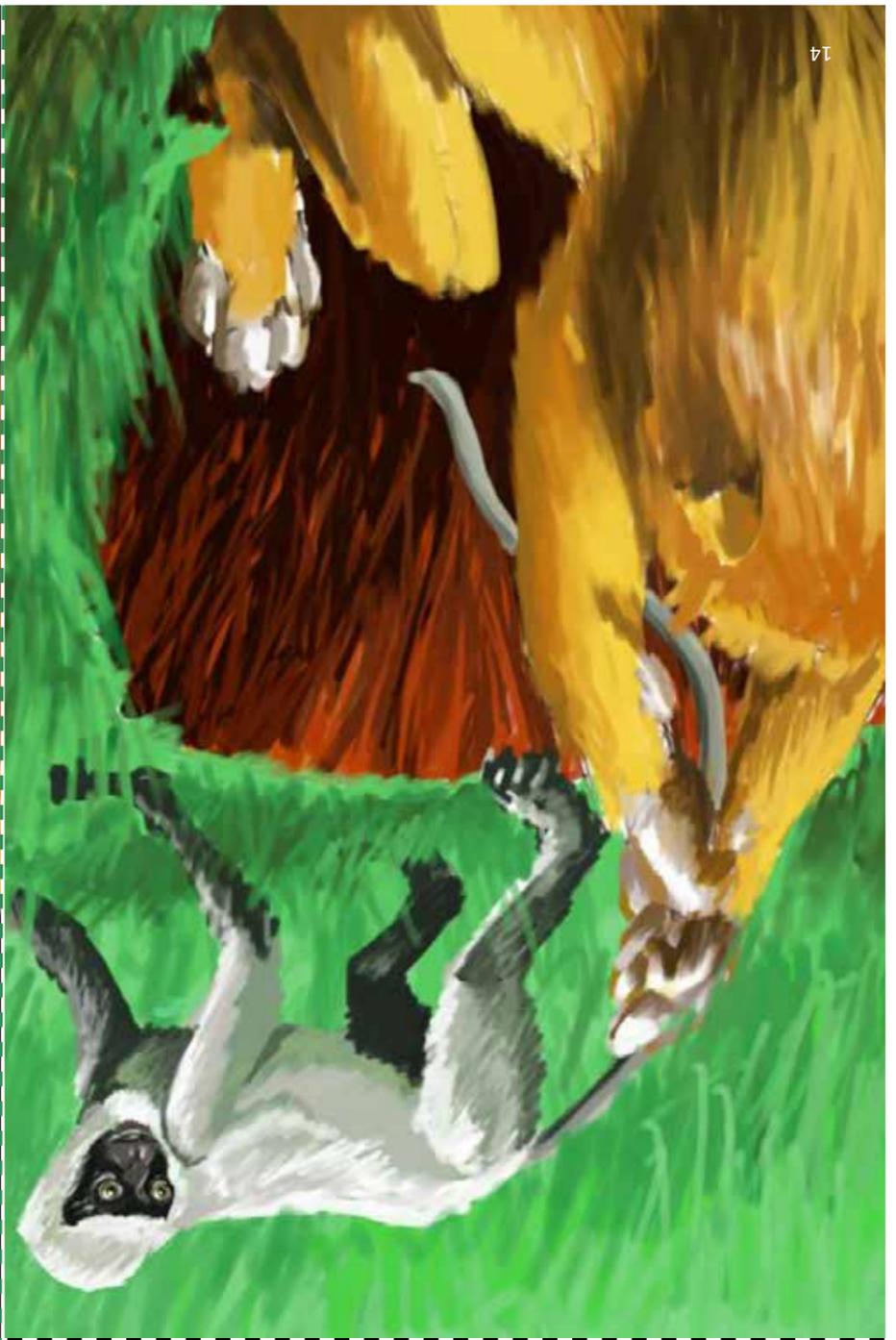


Ibhubezi nefene

Ikeogu Oke

Ideas to talk about: Do you know any stories about lions and monkeys? What characteristics do lions have? What characteristics do monkeys have? What do you think this story is about?

Eningacoca ngakho: Kghani zikhona iindaba ozaziko ezikhuluma ngamabhubezi neemfene? Amabhubezi anamiphi imikghwa? Iimfene zinamiphi imikghwa? Ucabanga bona indaba le ikhuluma ngani?



One day, Grandpa wanted to teach us a lesson about trust and gratitude, so he told us a story about the lion and the monkey.

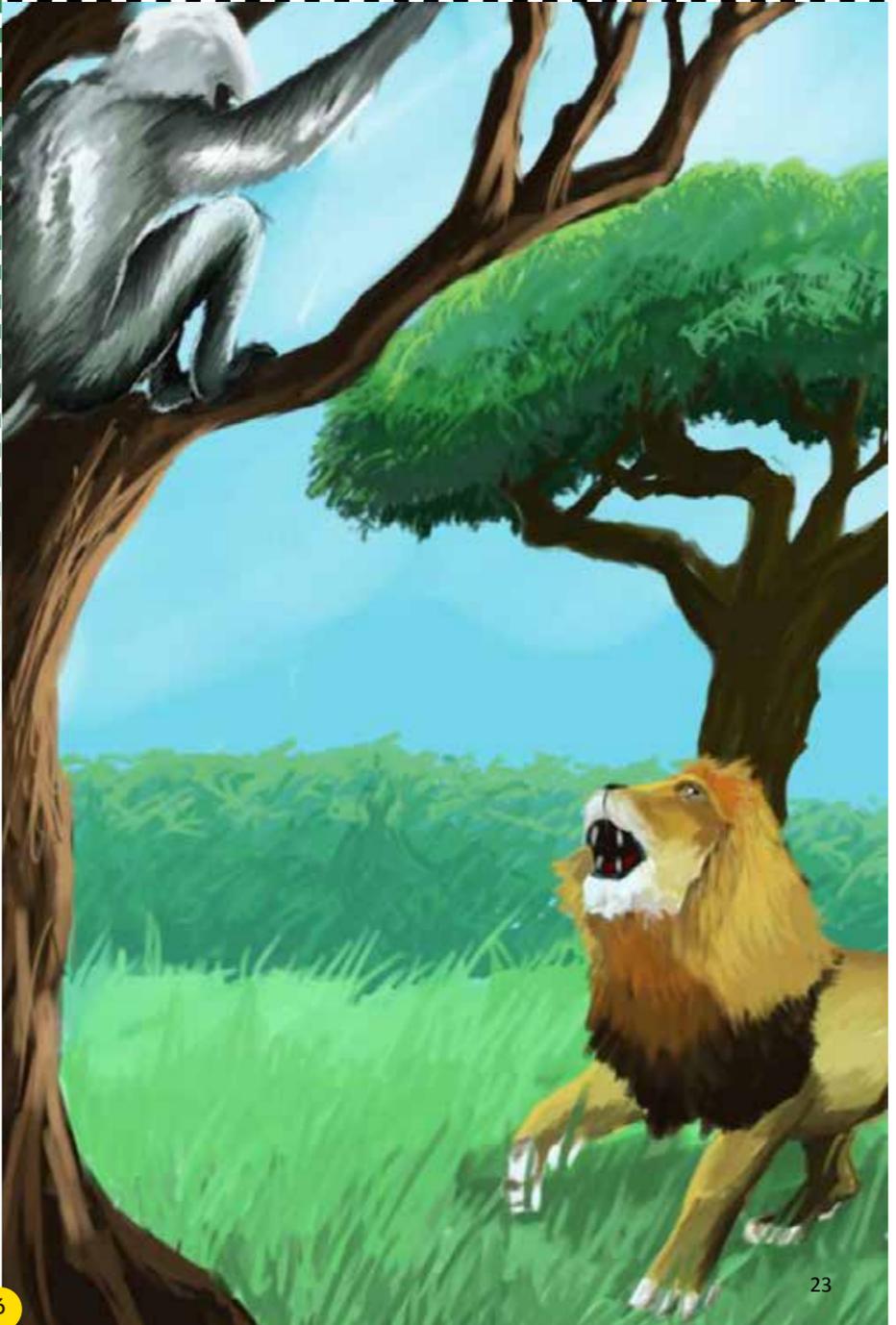
The lion and the monkey lived in a thick jungle. The lion roamed the jungle floor, while the monkey lived in the treetops.

Sometimes, the monkey came down to the jungle floor while foraging for food or while moving between trees that were far from each other.

Ngelinye ilanga, uBamkhulu bekafuna ukusifundisa isifundo esimalungana nokuthembeka nokuthokoza, yeke wasicocela indaba emalungana nebhubezi nefene.

Ibhubezi nefene bezihlala ehlathini eliminyene khulu. Ibhubezi belikhamba khamba phasi, kukulapho ifene ihlala phezulu emithini.

Ngezinye iinkhathi, ifene beyehla ize phasi njengombana ifuna ukudla namkha ikhamba khambe hlangana nemithi emaqalanga.



“What is the royal one doing in such a deep, dark place?” asked the monkey, looking into the pit.

“I fell in,” said the lion in a weak voice. “I have been here all day. Please help me.”

The monkey hesitated and started to walk away, but the lion begged him again.

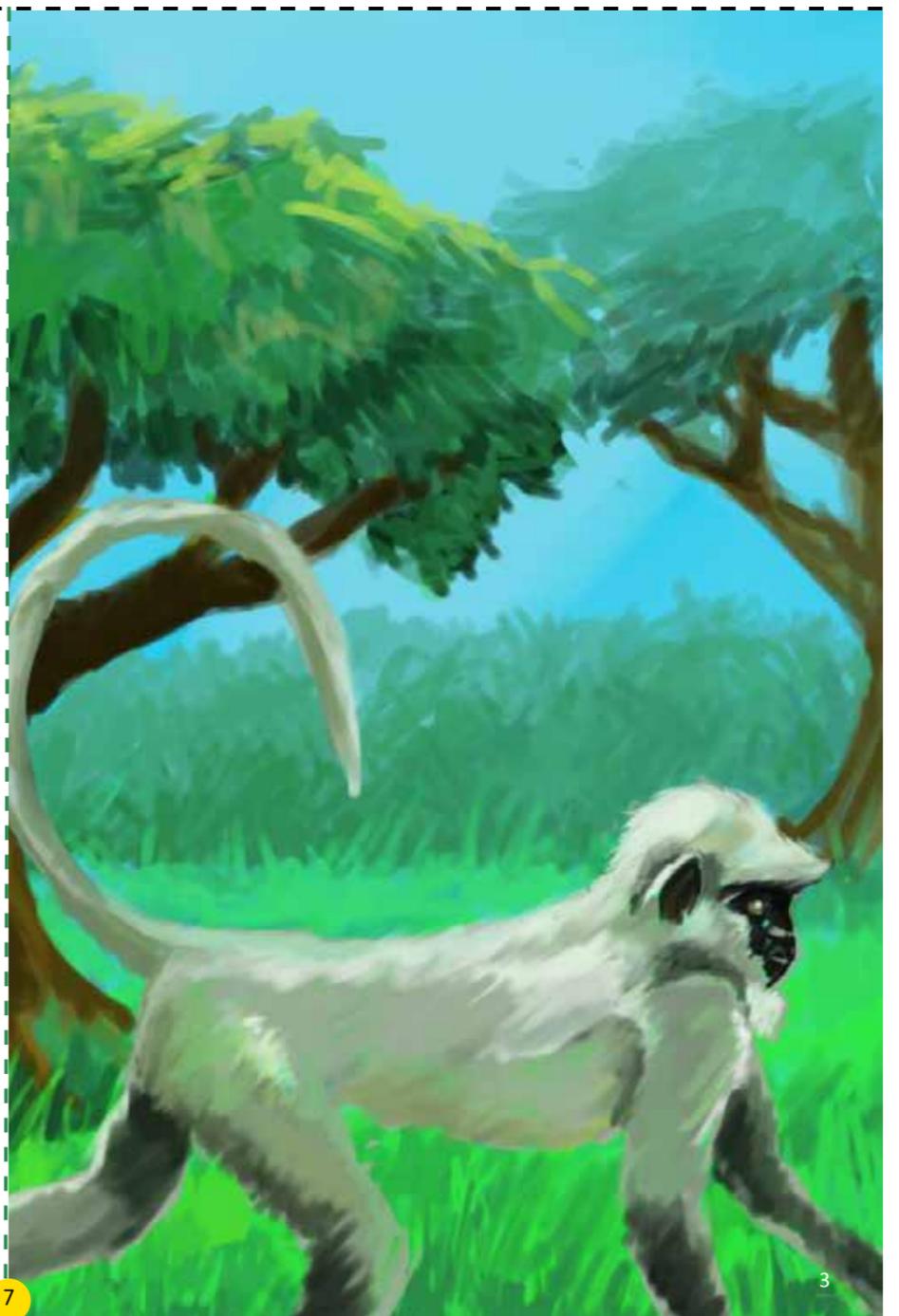
Then the monkey said, “I am told that all the animals that ever did you a good turn, never lived to tell the story.”

“Bebukhosini bafunani endaweni enzima nethinga kangakar?” kubuza ifene, iqale ngengodini.

“Ngwele ngaphakathi,” kutjho ibhubezi ngephimbo elibuthakathaka. “Ngihlezi la ilanga loke. Ngibawa ungisize.”

Ifene yangabaza yathoma ukuzikhambela kodwana ibhubezi layibawa godu.

Yeke ifene yathi, “Ngijelwe ukuthi zoke iimbandana ezikwenzela izinto ezihle aziphili bona zikghone ukucoca indabazo.”



But even when he was out of the pit, the lion hung onto the monkey's tail.

“Let me go! Haven't I helped you out of the deep pit as you begged me to?” the monkey asked the lion.

But the lion tightened his grip on the monkey's tail even more, and when the monkey looked into the lion's eyes, he saw the look of hunger.

“Please let me go!” the monkey cried. But the lion's grip only got tighter.

Kodwana nanyana besele liphumile ngengodini, ibhubezi lasolo likakarele emsileni wefene.

“Ngisisa! Kghani angikakusizi waphuma emgodini othingako njenkombana ungbawile?” ifene ibuza ibhubezi.

Kodwana ibhubezi lawukakarela ukuya phambili umsila wefene, kuthe lokha ifene nayiqala ibhubezi ngenehlweni yabona amehlo wendlala.

“Ngibawa ungisize ngikhambel’ kulila ifene. Kodwana ibhubezi lakhona likakarela ngamandla ukuya phambili.

Grandpa paused and looked at our faces that had suddenly lit up at the happy ending for the monkey.

UBamkhulu wajama kancazana waqala ubuso bethu obesele buzele injabulo ngebanga lesiphetho esithabisako ngefene.

The pit was so narrow that the lion could only stand upright on his hind legs. He frantically tried to climb out of the deep pit, but with each attempt the red soil crumbled under his claws, and he sank back to the bottom of the pit.

The exhausted lion was still there at dusk when suddenly he saw a tail pass by. The tail belonged to a monkey who had jumped over the pit.

The lion desperately called for help.

Umgodi lo bewummcani kangangobana ibhubezi belikghona ukujama ngemilenze yangemuva kwaphela. Lalinga koke bona liphume ngemgodi othingako kodwana gobe nalilinga ukuphuma ihlabathi ebomvu beyiphuthukela ngaphasi kweenyawa zalo iwele ngemgodi.

Lahlala lapho ibhubezi elidiniweko bekwahlwa, kusesenjalo labona umsula udula. Umsila lo bewungefene eyeqe umgodi.

Ibhubezi larhuwelela libawa isizo.



The monkey told her how he had helped the lion out of the deep pit. "But now he is holding onto my tail and he won't let me go," he complained.



Suddenly, an old woman appeared. She was on her way to her farm when she saw the animals arguing. She stopped and asked them why they were quarrelling.

Crestfallen, the lion looked back at the spot where they had seen the old woman, but she was no longer there.

Lidanile, ibhubezi laqala emuva lapho zibone khona ugogo kodwana besele angasekho.

Ngelanga ellilandeko, woke umuntu wavuka ePhasini elitha
ellihwengeleko nelliphazimako. Kungandolapha kuneenzi. Amanzi
otsengileko, intrada ezihwengeleko, yoke into yayihwengeleke.

UJay wadla isikepe somkay! Lokha nasiya ngokuya singukela
phezulu. Besithatha zoke inzi eentradeni, emilanjeni, magaga
namawandle nangemawandle.
UJay wadla isikepe somkay! Lokha nasiya ngokuya singukela
phezulu. Besithatha zoke inzi eentradeni, emilanjeni, magaga
namawandle nangemawandle.
UJay wadla isikepe somkay! Lokha nasiya ngokuya singukela
phezulu. Besithatha zoke inzi eentradeni, emilanjeni, magaga
namawandle nangemawandle.

The next day, everyone woke up to a bright, shiny new
Earth. No litter anywhere. Clean water, clean streets, clean
beaches and out of the sea.
Jay watched the spaceship rise higher and higher. It was
beaming up litter off the streets, out of the rivers, off the
beaches and out of the sea.

Goggles looked sad. "What if ... arpi ... what if I beam all the
litter into space?"



This story is an adapted version of **Goggles to the rescue**, published by Cadbury in partnership with Nal'ibali as part of the Cadbury Dairy Milk #InOurOwnWords initiative.

Each story is available in the eleven official South African languages. To find out more about the Cadbury Dairy Milk #InOurOwnWords initiative titles, go to <https://cadbury.one/library.html>.

Indaba le litjhugululo lendaba ethi **UGoggles uyasiza**, egadangiswe ngabakwa-Cadbury babambisene neNal'ibali njengencenye ye-Cadbury Dairy Milk #InOurOwnWords initiative. Indaba ngayinye iyafumaneka ngamalimi asemthethweni alitjhumini nanye weSewula Afrika. Bona ufumane okwengeziweko nge- Cadbury Dairy Milk #InOurOwnWords initiative titles ngena ku-<https://cadbury.one/library.html>.

Get story active!

- ★ Reread the paragraph on page 4 in which Jay explains how rubbish lands up in our rivers and seas, and on our beaches. Create a diagram to show how this happens. Draw small, labelled pictures and arrows between the pictures.
- ★ Write a newspaper article about the different ways in which Goggles helped to make Earth beautiful again. Don't forget to give the article a catchy title! Draw picture to go with it.
- ★ Reuse materials like tins, plastic jars and cardboard boxes that often get thrown away. Decorate them using paper, glitter, paint and/or crayons to make things that you and other family members can use, like pencil holders, vases and storage containers.

Yenza indaba le ibemnandi!

- ★ Funda isigaba esisekhasini 4 indima lapha u-Jay ahlathulula khona ngenlela iinsila ezifika ngayo emilanjeni yethu kunye nemawandle. Yakha idayegramu etjengisa bona lokhu kwenzeka njani. Dweba iinthombe ezincani ezileyibuliweko kuhlanganise namasungulo hlangana neenthombe.
- ★ Tlola i-athikili yephephandaba ngeendlela ezihlukeneko lapha i-Goggles esiza khona ukwenza iPhasi ilibe lihle godu. Ungakhohlwa ukunikela i-athikili isihloko esikarisako! Dweba isithombe esizakukhambisana nayo.
- ★ Iinsetjenziswa ezinokungasetjenziswa godu ezifana namabhenge, iinjege zeplastiki namabhoksi wamakhadhoksi lawa esikhathini esinengi owathola alahlwe. Ahlobise usebenzise iphepha, izinto ezibenyazelako, ipende begodu/namkha amakhrayoni uzenze izinto lezo wena namanye amalunga womndeni eningazisebenzisa, ezinjengezinto zokufaka amapensela, amavasi kuhlanganise neemumathi zokufaka izinto.

Nal'ibali is a national reading-for-enjoyment campaign to spark and embed a culture of reading across South Africa. For more information, visit www.nalibali.org



I-Nal'ibali lijima lephasi mazombe lokuzithabisa ngokufunda elenzelwe bona livuselele belidzimelelise isiko lokufunda kiyoyoke iSewula Afrika. Bona ufumane imininingwana eyengeziweko, vakatjhela ku-www.nalibali.org



"Awa-ke, ungakudli lokho! Yiplastiki!" ilizwi likaJay khade
liphezulu begodu ilizwala kuhle godu. "Abantu balahlela inzi!
zabo eentradeni, bese ziphephukela ngemilanjeni, zitahyele
nangemawandle. Ngezinye iinkhathi iimfesi neenkqubo ezilambileke
zicabanga bonjano kukudla, zidle bese ziyofa. Iimplastiki,
amarhalasi namabhenge kuhlala isikhathi eside khulu, ngalokho
umhlaba nemilambo kunye nemawandle kuzele inzi!"

Isidlwalesi sazama ukuluma ibhodlelo.

"Aphul Ungangitjela bonjano kuzini - aphul - lezi?" UGoggles
waphakamsa umgodlana weplastiki, ibhodlelo leplastiki nebhenge
elingandlitho. "Zizele iPhasi loke. Zisemhlabeni nemilanjeni
begodu zitahya ngemawandle. Ingabe ziyadlwala?"

The creature tried to take a bite out of the bottle.
"No, don't eat that! It's plastic!" Jay's voice was loud and clear
again. "People drop their rubbish in the streets, and it blows into
the rivers and floats down to the sea. Sometimes hungry fish and
turtles think it's food, and they eat it and die. Plastic and glass
and tin last a long, long time, so the land and the rivers and the
sea and the beaches are full of rubbish."

"Arpi Can you tell me what - arpi - these are?" Goggles held
up a plastic bag, a plastic bottle and an empty tin. "They are
floating in the sea. Are they good to eat?"

Goggles to the rescue



UGoggle uyasiza

Liz Sparg • Megan Vermaak

Ideas to talk about: What does littering do to our environment? What can you do to take care of your environment?

Eningacoca ngakho: Kwenzani ukusiphazisa ebhodulukweni lethu? Ungenzani bona utlhogomelele ibhoduluko lakho?



One night, Jay woke up and saw a bright light in the sky. Something was flying extremely fast towards the window. Suddenly, it stopped. A door slid open, and a funny-looking creature got out.

“Arp! Hello, my name is Goggles. Arp,” the creature said.

Jay tried to talk but no sound came out.

Ngobunye ubusuku, uJay waphaphama wabona ilampa elikhanyako emkayini. Kwakunento eyabe iphapha ngokurhaba okukhulu itjinga efesdereni. Kusesenjalo, yajama. Umnyango wavuleka, kwaphuma isidalwa esasiqaleka simangaza.

“Aphu! Lotjhani, igama lami nginguGoggles. Aphu,” kwatjho isidalwa.

UJay wazama ukukhuluma kodwana akhange kube netjhada eliphumako.

But nobody changed how they lived. They still threw their rubbish into the streets. In a very short time indeed, the streets and the rivers and the beaches looked just as bad as before.

Jay decided to call Goggles for help.

“Arp! This time I’m going to try my dream dust,” Goggles told Jay. “Everyone on Earth will dream that they are picking up rubbish, arp! and planting trees, arp! And recycling, arp! and doing all the things that help keep Earth beautiful. They will feel so happy in their dreams that they will want to carry on doing those things when they wake up. Arp.”

And that’s just what happened.

They made Earth beautiful again.

Kodwana akekho owatjhugulula indlela agade aphila ngayo. Baragela phambili baphosela iinzibi zabo eentradeni. Ngesikhatjhana esifitjhani nje, iintrada nemilambo namalwandle kwabonakala kukumbi njengaphambili.

UJay wathatha isiqunto sokubiza uGoggles bonyana azokusiza.

“Aphu! Kwanjesi ngizokuzama ibhudango lami lethuli,” uGoggles watjela uJay. “Woke umuntu ePhasini uzakubhudanga adobha iinzibi, aphu! batjala nemithi, aphu! benza izinto kabutjha, aphu! begodu benza zoke izinto ezizakugcina iPhasi lilihle. Bazazizwa bathabe khulu emabhudangweni wabo kobana bafune ukuragela phambili benze izinto lezo lokha nabavukako. Aphu.”

Kwenzeka lokho.

Benza iPhasi laba lihle godu.



Y eke ifene yenza njalo.
 ngizokufa ngebanga lomusami.”
 zakh o uthi, ‘Sele ngizokufa ngebanga lomusami. Sele
 Y eke ugogo wathi efeni, ‘Hlanganisa izandla
 Ibhubezi lavuma ngehloko.
 ‘Kghani kuliqiniso?’ ugogo ubuza ibhubezi.
 iyanghonyhoyla.
 Ilakarele emsilenam ali tuni ukungilisa ngikhambé,
 ngokulikhupha emgodini otjhingako. ‘Kodwana nje
 Ifene yamfela ngenidla esize ngayo ibhubezi
 Wajama wazibuza ukuthi kubayini ziphikisana.
 Kusesenjalo, kwavela ugogo. Bekasendleleni ethinga
 eplasini lakhe nakazakubona imbandana ziphikisana.

‘Is this true?’ the old woman asked the lion.
 The lion nodded in agreement.
 Then the old woman said to the monkey, ‘Clasp your hands
 and say, ‘I am about to die for my kindness. I am about to die
 for my kindness.’”
 So the monkey did this.

The lion chased the monkey until the monkey
 climbed up a nearby tree.



Ibhubezi lagijimisa ifene beyakhwela emuthini
 oseduze.



One day, the lion saw some meat on a banana leaf on
 the jungle floor.

“There’s a free and easy meal for me,” he thought.

The lion moved towards the middle of the banana leaf,
 but as he sunk his teeth into the meat, the ground gave
 way beneath him. Together with the meat and the
 banana leaf, he fell into a deep pit.

Ngelinye ilanga, ibhubezi labona inyama ibekwe phasi
 phezu kwekelo lebhanana.

“Naku ukudla kwami kwasimahla nengizokufumana
 lula,” liyacabanga.

Ibhubezi latjhinga hlangana nekelo lebhanana,
 kodwana lathi lisathi liluma inyama, lawela
 ngemgodini otjhingako, nenyama nekelo lebhanana.



“How was the lion to have known that a free meal is not always free; that an easy meal is not always as easy as it seems?” commented Grandpa. “How could the king of the jungle have known that a hunter had dug a deep pit and covered it with the banana leaf, then placed the meat in the middle of the leaf and covered the leaf with sand to disguise it?”

“Belizokwazi njani ibhubezi bona ukudla kwasimahla akuhlali kusimahla; nokuthi ukudla okufumaneka lula akuhlali kufumaneka lula njengombana kubonakala?” kutjho uBamkhulu. “Beyizokwazi njani ikosi yehlathi ukuthi umzumi wembe umgodu otjhingako bedogu wawumbesa ngekelo lebhanana, bese wabeka inyama hlangana nekelo lebhanana wathela ihlabathi bona kungabonakali ukuthi sithiyo?”

The old woman then turned to the lion and said, “Clasp your paws and say, ‘Someone is about to die for his kindness.’” The lion raised his free front paw and repeated the old woman’s words. “No!” said the old woman, “I said clasp your paws, and I mean your two front paws, and then say the words.” As the lion obeyed her command and clasped his paws, the monkey escaped and ran away.

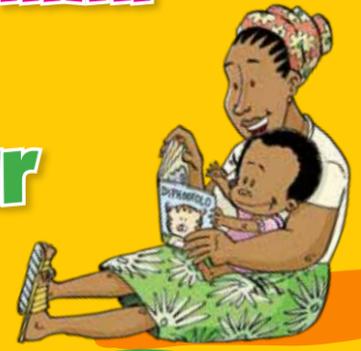
Ugogo wajika waqala ngebhubezini wathi, “Hlanganisa iinyawo zakho zangaphambili uthi, ‘Kukhona uzokufa ngebanga ngebanga lomusakhe.’”
Ibhubezi laphakamisa iinyawo lalo elingakabambi litho labuyelela amezwi kagogo.

“Awa!” kutjho ugogo, “Ngithe hlanganisa iinyawo zakho, ngitjho iinyawo zakho zangaphambili bese utjho amezwi la.”
Njengombana ibhubezi lilalela umyalwakhe lahlanganisa iinyawo zalo zangaphambili zombili, ifene yaphunyurha yabaleka.



5

wenzathu ezenza ukufunda ilimi olimunyileko kuqakatheke reasons why learning your mother tongue is important



1

Abantwana abafunda ngelimi abalimunyileko bathuthuka ngcono ekubonisaneni nabanye, ekukhumbuleni nekutlameni izinto, nendleleni yokurarulula imiraro. Ilimi lesibili balifunda bulula ngebanga lokuthi bafundile indlela ilimi elikhulunywa ngayo.

Children who learn in their mother tongue have better reasoning, memory, creative and problem-solving skills. They can learn a second language more easily because they have developed the literacy skills to learn how language works.



Abantwana abalikhuluma kuhle ilimi abalimunyileko ekhaya benza ngcono esikolweni ne-university. Balizwisa kuhle ilimi, bakghone nokuwveza kuhle khulu umbonwabo nendlela abazwisa ngayo zoke iimfundo.

Children who are fluent in their mother tongue at home tend to perform better at school and university. They have a better understanding of the language and are better able to express their ideas and understanding across all subjects.

2

3

Ukwazi ilimi abalimunyileko kubenza balizwisa kuhle isiko nesintu semakhabo. Ilimi esilimunyileko liyingcenywe eqakathekileko yendabukwethu. Nasifunda ngelimi lethu sizwisa ngcono bona sivelaphi nokuthi sibobani.

Knowing their mother tongue helps children to connect with their heritage and culture. Our mother tongue is an important part of our identity. Learning about your mother tongue can help you better understand where you come from and have a sense of belonging.



Ukukhuluma ngelimi lendabuko kusiza abantwana ekukhulumisaneni nomndeni namalunga womphakathi. Bakwazi ukuveza amazwabo, bacoce neendaba zemiphakathi abakiyo, bakghone nokusebenzisana nabantu abakunye nabo.

Communicating in their mother tongue helps children to communicate with their family and community members. They are better able to share their emotions, the stories of their community and to connect with the people around them.

4

5

Ukukhuluma ngelimi lendabuko kungathuthukisa ukuzithemba. Lokha abantwana nabalikhuluma kuhle ilimi abalimunyileko kubenza bazikhakhazise ngokuba yingcenywe yelifa eliqakathekileko ebeliso likhona isizukulwana ngesizukulwana.

Speaking their mother tongue can improve self-esteem and confidence. Being able to communicate well in their mother tongue can give children a sense of pride and being part of something meaningful that has been around for generations.



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Abantu abaneliseki



NgoNosicelo Dary Dongwana ■ Imidwebo nguHeidel Dedekind

Emuzaneni omagega nehlathi, bekuhlala umsanyana osakhulako igama lakhe nguNtando. Bekalithanda ihlathi begodu bekamngani nazo zoke iibandana ebezihlala lapho. UNtando kanengi bekakhamba ayokuvakatihela iibandana ezibangani bakhe. Bekunethabo nokuzwana hlangana nomsanyana lo neembandana zehlathi.



Ngelinye ilanga, iibandana zezwa umuntu othileko alila zakhamba zayokuhlala. Zathi, "Maye, mara! Mnganethu, uNtando."

"Ulilelani?" kubuza Ikhozi.

"Angiboni kuhle, begodu lokho kwenza ngingakwazi ukwenza izinto kuhle. Soke isikhathi ngiyatharejeka ngiwe, abanye abantwana bayangihleka," kuhlathulula uNtando.

"Mraroke lo," kujitho uKhozi, "kodwana ungatshwenyeki ngizokusiza." Yeke uKhozi wanikela uNtando isipho sokubona kuhle. Njeke, uNtando besele abona kuhle. UNtando bekathabe komhlolo. Wathokoza uKhozi begodu akhange awe nakanye nakaya ekhaya. Iibandana nazo bezithabile ngombana zisize umnganazo.

Ngemva kwamalanganana, uNtando wabuyela ehlathini abonakala adanile. "Kubayini udanile?" kubuza uSikhova.

"Angikahlakaniphi kangako, yeke akunamuntu olalela izinto engizitjhoko," kujitho uNtando abonakala aneenhloni.

"Mraroke lo," kujitho uSikhova, "kodwana ungatshwenyeki ngizokusiza." Yeke, uSikhova wapha uNtando isipho sokuhlakanipha. UNtando bekathabe komhlolo. Wathokoza uSikhova, besele aphela ihlaziyo ukuthi ufika nini ekhaya ayokukhuluma nabangani bakhe. Bekazi ukuthi bazomlalela! Neembandana nazo bezithabile ngombana zisize umnganazo.

Ngesinye isikhathi uNtando avakatihele ehlathini wahlangana noBhubezi. "Lotjha, Bhubezi," kujitho uNtando. "Ungakghona ukungisiza? Ngihlala ngithukiwe yeke ngitshwenyekile bona abangani bami bazokucabanga bona ngilitjhathjha."

UBhubezi akhange azibuze kabili ngokusiza uNtando. Wathi, "ungatshwenyeki ngizokusiza. Ngizokupha isipho sesibindi" UNtando bekathabe komhlolo. Wathokoza uBhubezi wabuyela ekhaya azizwa azithemba khulu.

Njengombana kudlula iimveke, uNtando bekalokhu abuyela ehlathini nakatlhoga isizo. Begodu iibandana ezibangani bakhe bezihlala zikulungele ukumsiza.

"Anginamandla ngokwaneleko," kunghonghoyila uNtando. UNdlovu weza ngaphambili wanikela uNtando isipho samandla.

"Ngibuthaka khulu begodu angiyithumbi imijarho," kulila uNtando. UTjhita msinyana wanikela uNtando isipho sebela.

"Angikwazi ukududa begodu ngisaba ukuthi ngizokuqwila," kunghonghoyila uNtando. UNgwenya wamomotheka begodu wafundisa uNtando ukududa emlanjeni.

Soke isikhathi uNtando nakabawa isizo, iibandana bezihlala zikulungele ukumsiza. Kodwana njengombana isikhathi sikhamba, uNtando besele angasathokozi nakafumana isizo begodu besele angasazisizi iibandana nazitlhoga isizo. Wathoma ukungasabi nobungani begodu bekangasaneliseki.

Ngelinye ilanga, uSikhova wabiza umhlangano. USikhova wathoma wathi, "Mbandana ezibangani bami, umsanyana lo simnikele koke ebekakubawa kodwana akasatjho nokuthi ngiyathokoza begodu uhlala afuna okwengeziweko. Akathokozi begodu akaneliseki. Akwenzako kunghonghoyila nje kwaphela. Begodu akasisizi ngalitho." Nezinye iibandana zavuma. Zaqunta bona angekhe zisamsiza uNtando bekube kulapho abawa ukulijalelwa ngendlela aziphatha ngayo, athokoze nazimsizako begodu azimisele ukuthi nazo uzozisiza.

Ngesinye isikhathi uNtando wabuyela ehlathini, wanghonyhoyila ngokuthi akanamusa ngokwaneleko. Wahlala ngaphasi komuthi walila kodwa asikho nasinye isibandana esezako sazomsiza.

Ngemva kwesikhatjhana, kwafika uNompopolozu waphapha phapha ngehla kwehloko kaNtando. "Ulilelani?" kubuza uNompopolozu. Wazizwa azwela uNtando ubuhlungu.

"Ngifuna ukuba nomusa kodwana asikho isibandana esizongisiza," kulila uNtando.

"Iibandana sele zikunikele izinto ezinengi khulu kodwana soloko awaneliseki," kujitho uNompopolozu. "Mhlamunye kuzokufuze uzenzele okuthileko ngebanga lomusa ezikujengise wona ngaphambi kobana ubawe okhunye."

Nakezwa lokho, uNtando wasilingeka komhlolo. Warhuwelela wathi, "Suka la!" Ngebanga lalokho waphaya isandla sakhe wapeze wapitiliza uNompopolozu!



Ezinye iibandana bezimangele. "Ungaba njani hlaza kangaka bewube nelunye, Ntando?" kubuza uSikhova. "Besihlala sinomusa kuwe besikusize. Nawubawako, sakwenza wabona kuhle, wahlakanipha, waba nesibindi, waba namandla, waba nebelo begodu sikufundise nokududa. Kodwana kunokobana uthokoze, ubehlaza begodu akhange ube nomusa kithi. Kubayini unganeliseki?"

"Ngihlala nginento yinye engiyifunako," kuphendula uNtando. "Ngilindele bona ningisize."

Iibandana bezingakholwa amehlwazo bona nguNtando oziphatha ngendlela le, yeke zahlanganana zaqotjha uNtando zamkhipha ehlathini. Zavumelana nangokuthi angekhe zisathoma zisize uNtando namkha omunye umuntu ngombana zifunde bona umuntu akaneliseki!

Yenza indaba le ibemnandi!

- ★ Nange ungatshwenyeki isipho esivela esibandaneni, ungathanda bona kube ngisiphi?
- ★ Yenza iphosta eneentombi zeembandana bona ukuthaze abantu ukuthi babe nomusa eembandaneni. Tlola imilayezo emincane ephosteni. Ngokwesibonelo, "Yiba nomusa eembandaneni. Zinikele amanzi aphilileko, natsengileko nakutjhisa ilanga."

- ★ Cabanga ngomuntu owaba nesirhawu nomusa kuwe. Mtholele umlayezo othi uyathokoza ngomusa nendlela akuthogomele ngayo. Kghabisa umlayezo loyo ngemikghabiso yemibalabala nangemidwebo.



Humans are never satisfied

By Nosicelo Daryl Dongwana ■ Illustrations by Heidel Dedekind

Story
corner



In a village on the edge of a forest, there lived a young boy named Ntando. He loved the forest and was friends with all the animals who lived there. Ntando often went to visit his animal friends. There was happiness and harmony between the young boy and the forest animals.



One day, the animals heard someone crying and went to look. "Oh no! It's our friend, Ntando," they said.

"Why are you crying?" asked Eagle.

"I cannot see very well, and it makes me clumsy. Every time I trip and fall, the other children laugh at me," explained Ntando.

"That's a problem," said Eagle, "but don't worry, I will help you." So Eagle gave Ntando the gift of good eyesight.

Now, Ntando could see very well. Ntando was very happy. He thanked Eagle and didn't fall once on his way home. The animals were also happy because they had helped their friend.

A few days later, Ntando returned to the forest, looking sad. "Why are you sad?" asked Owl.

"I am not very wise, and so no one listens to anything I say," said Ntando, looking a bit shy.

"That's a problem," said Owl, "but don't worry, I will help you." Then, Owl gave Ntando the gift of wisdom.

Ntando was very happy. He thanked Owl and couldn't wait to get home to talk to his friends. He knew that they would listen to him! The animals were also happy because they had helped their friend.

The next time Ntando visited the forest, he met Lion. "Hallo, Lion," said Ntando. "Can you please help me? I often feel scared and I'm worried that my friends might think I am a coward."

Lion didn't hesitate to help Ntando. "Of course, I will help you. I will give you the gift of courage," he said.

Ntando was very excited. He thanked Lion and walked back home, feeling very brave.

As the weeks passed, Ntando kept returning to the forest when he needed help. And his animal friends were always there to help him.

"I am not strong enough," Ntando complained. Elephant stepped forward and gave Ntando the gift of strength.

"I am too slow and never win a race," Ntando cried. Cheetah swiftly gave Ntando the gift of speed.

"I can't swim and I'm worried I will drown," whined Ntando. Crocodile smiled and taught Ntando to swim in the river.

Every time Ntando asked for help, the animals were willing to help him. But as time passed, Ntando no longer said thank you for the help, and he no longer helped the animals when they needed it. He became unfriendly and did not seem satisfied with anything.

One day, Owl called a meeting. "My animal friends," Owl began, "we have given this boy everything he asked for, but he no longer says thank you and keeps asking for more. He is ungrateful and is never satisfied. All he does is complain. He also never helps us in return."

The other animals agreed. They decided that they would not help Ntando again until he apologised for his bad behaviour, said thank you when they helped him, and was willing to help them too.

The next time Ntando returned to the forest, he complained that he was not graceful enough. He sat under a tree crying, but none of the animals came to help him.

After some time, Mosquito arrived and buzzed around Ntando's head. "Why are you crying?" asked Mosquito. He felt a bit sorry for Ntando.

"I want to be graceful, but none of the animals will help me," cried Ntando.

"The animals have already given you so much, but you are still not satisfied," said the Mosquito. "Perhaps you should repay their kindness before you ask for more."

When he heard this, Ntando became very angry. "Go away!" he shouted. And with that he waved his hand and almost squashed Mosquito!



The other animals were shocked. "How can you be so rude and cruel, Ntando?" asked Owl. "We have always been kind and helpful to you. When you asked, we gave you good eyesight, wisdom, courage, strength, speed, and we even taught you how to swim. But instead of being grateful, you have been rude and unkind to us. Why are you never satisfied?"

"There is always one more thing that I want," answered Ntando. "I expect you to help me."

The animals could not believe that Ntando was treating them this way, so they all got together and chased Ntando out of the forest. They also agreed never to help Ntando or any other human ever again because they had learnt that humans are never satisfied!

Get story active!

- ★ If you could get a gift from an animal, what would you like it to be?
- ★ Make a poster with pictures of animals on it to encourage people to be kind to animals. Write short messages on the poster. For example, "Be kind to animals. Give them cool, fresh water on a hot day."

- ★ Think of someone who has been generous and kind to you. Write the person a note to say thank you for the kindness and care. Decorate the note with colourful patterns and drawings.

Kokuzithabisa kwabakwaNal'ibali

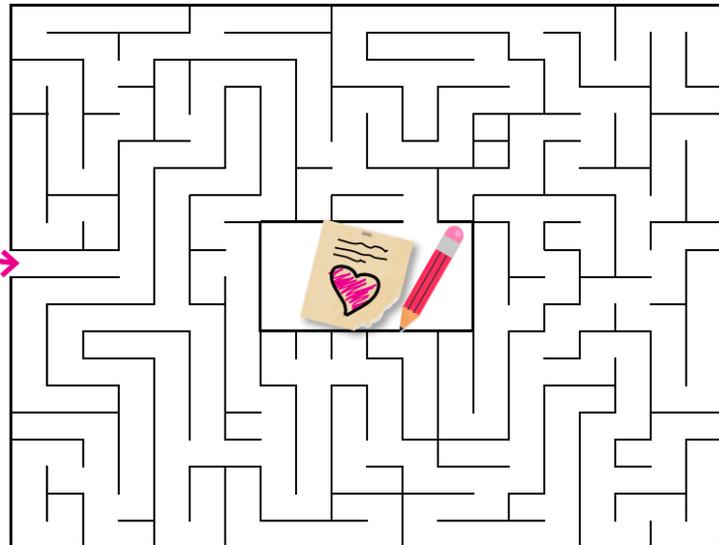
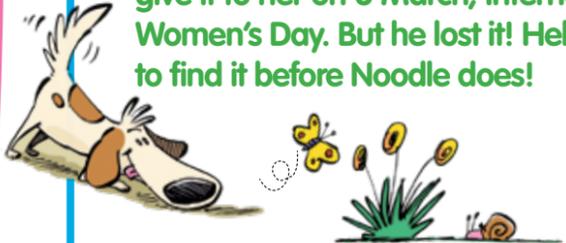
Nal'ibali fun



1.

UNeo watlola ikondlo, watjela ummakhe ukuthi umthanda kangangani. Bekafuna ukumnikela yona ngeLanga Labomma Lephasi Loke. Kodwana yalahleka! Msize ayifumane ngaphambi kobana ifunyanwe nguNoodle!

Neo wrote a poem to tell his mother how much he loved her. He wants to give it to her on 8 March, International Women's Day. But he lost it! Help him to find it before Noodle does!



2.

Ungakghona ukwenza amagama amatjha alitjhami nambili uwasusela emaledereni **UKUJABULA**? Tlola amagamakho phasi bese uthabele ukutlola umutjho usebenzisa amanengi wawo ngendlela ongakghona ngayo!

Can you make twelve new words from the letters in the word **HAPPINESS**? Write down your words and then have fun writing a sentence that uses as many of them as possible!

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Thumba incwadi yeendaba!

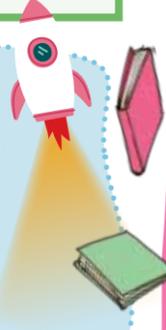
Sebenzisa ibonelo phambili lakho bona utlole indaba enesihloko esithi, *Kubayini iindlovu zineendlebe ezikulu*. Cocela umndeni nabangani bakho indabakho.

Bese uthumela ikhophi yendabakho nge-email ku-stories@nalibali.org. Ngamunye wabatloli beendaba ezintathu ezikhamba phambili uzokufumana incwadi yeendaba bese iindaba zabo zigadangiswa esengezelelweni.

Win a storybook!

Use your imagination to write a story titled *Why elephants have big ears*. Tell your story to your family and friends.

Then email a copy of your story to stories@nalibali.org. The writers of the top three stories will each receive a storybook and have their stories published in the supplement.



Impendulo: 2. Sibonele: inja, njabulo, jabula, intlo, jubu, lobu, balo, ula, nalo, jlabu, libulo
Answers: 2. For example: ape, ash, happen, pens, pine, pins, pipe, shape, shine, ship, snap, spine

Nal'ibali ikhona bona ikukhuthaze beyikusekele. Sithinta ngananyana ngiyiphi indlela elandelako:

Nal'ibali is here to motivate and support you. Contact us in any of these ways:

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