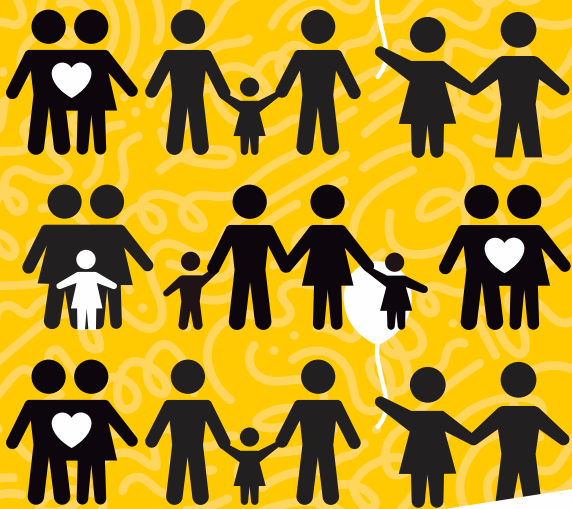




I-Coronavirus iguqule yonke into esiyaziyo yaba phansi phezu

Manje sesiphila nezinkathazo
eziningi kanye nokwesaba –
sisabela izingane zethu,
abathandekayo bethu,
imisebenzi yethu kanye nathi
uqobo lwethu.

Siyadlala. Sisonke. Sinesibindi.



Yonke into izwakala
yehlukile kunakuqala i-
COVID-19 ingekafiki.

Lencwajana inikeza
ulwazi lokulekelela wonke
umuntu, ikakhulukazi
abazali kanye nabanye
abanakekela izingane.

Sethemba ukuthi izonika
imindeni imibono
ngezindlela
zokulekelelana kanye
nokubambisana kulezi
zikhathi zobunzima.



social development

Department:
Social Development
REPUBLIC OF SOUTH AFRICA

Izimpawu, Ukuvikela, Ukuhlola

Yiziphi izimpawu ze-COVID-19?

Imfiva, ukukhathala, ukukhwehlela okomile kanye nobunzima bokuphefumula.

Lisabalala kanjani igciwane ngesivini esiphezulu umhlaba wonke?

Igciwane lisabalala ngamaconsana awuketshezi aphuma ekhaleni noma emlonyeni womuntu onalesi sifo. Uma umuntu onegciwane le Covid 19 ethimula noma ekhwehlela, amaconsi angabhebhetheka ngamamitha awu futhi aphile pjezu kwezinto izinsuku eziningana. Abantu bangaba negciwane ngaphandle kokukhombisa izimpawu.

Singakumisa kanjani ukusabalala kwaleli gciwane?

1. Ngeza izandla izandla njalo ngensipho namanzi imizuzwana engama-20 ukususa amaconsi egciwane ezandleni zakho.
2. Uma ungekho ekhaya, ziqhelelanise nabanye ube sebudeni obuyimitha elilodwa futhi ufake isimfonyo.
3. Gwema ukuthinta ubuso ngoba kungenzeka izandla zakho zibe sezilicoshile igciwane ndawothizeni.
4. Hlanza izindawo zokuhlala kanye nezithintwa njalo ekhaya lakho.

Ngingahlolwa kanjani i-COVID-19?

Abantu abakhombisa izimpawu kuphela abazohlolwa. Uma ukhombisa izimpawu, shayela inombolo yokuthola usizo evulwa amahora angama-24 ethi **0800 029999** noma thumela i-WhatsApp ku **060 0123456**.

Kungenzeka kufike unompilo ekhaya lakho ezokufaka imibuzo ngegciwane kanye nendlela umphakathi wakho obhekene nokuvalwa kwezwe. Ukuphendula imibuzo kuzolekelela ukuvimba ukusabalala kwegciwane.



Ungathola eminye imininingwane nge COVID-19
mahhala kuwebhusayithi kahulumeni ethi

www.sacoronavirus.co.za

noma

***134*532*911#**

(isiNgisi, iSwahili, isiZulu, isiFrench, isiPutukezi)

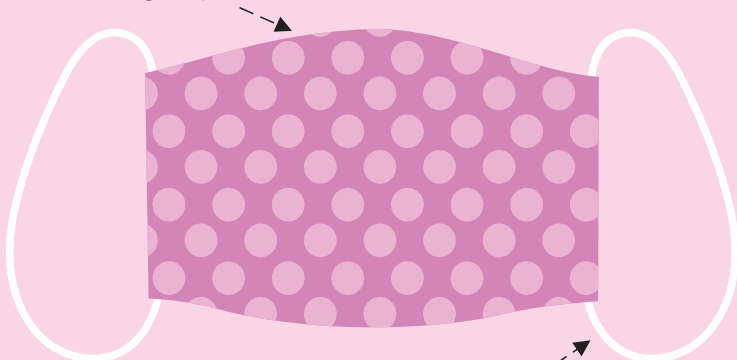
Ukufaka isimfonyo

Uhulumeni usicele sonke ukuba sifake izimfonyo uma singekho emakhaya. Nansi eminye yemihlahlandlela elandelwayo ukuqinisekisa ukusetshenziswa kwesimfonyo ngendlela ukuze kuphephe wena nabanye:

- Isimfonyo kufanele senziwe ngendwangu ephindwe kathathu eyakhiwe ngohlobo lwendwangu eyi-100% kakotini.
- Ukuze sikulingane kahle isimfonyo kumele simboze kokubili umlomo nekhala kungabi nezikhala.
- Kufanele ufake isimfonyo esihlanzekile njalo uma uphuma. Geza u-ayine isimfonyo sakho njalo ngemuva kokusisebenzisa.
- Isimfonyo sakho singesakho wedwa ungasitshalekisi.
- Geza izandla ngaphambi kokuba ufake noma ususe isimfonyo sakho
- Gwema ukuthinta isimfonyo sakho ngenkathi usifakile. Uma kwenzekile wasithinta, geza izandla zakho khona ngaleso sikhathi.
- Uma ususa isimfonyo sakho, sibambe ezintambeni zokusibopha futhi ugweme ukuthinta ingaphakathi laso. Sifake lapho uzosiwashela khona ngaleso sikhathi usikhipha.

Zenzele isimfonyo sakho

Indwangu ephindwe kathathu eyakhiwe ngohlobo lwendwangu eyi-100% kakotini



Umkhawulo wokuqina,
intambo noma indwangu zokubopha isimfonyo

Ukumelana nengcindezi kanye nokukhathazeka

Abantu abaningi bazozizwa bekhathazekile kulesi sikathi esikusona. Lokhu kuvamile uma singazi okuzokwenzakala esikhathini esizayo. Ukukhathazeka okunempilo kungasilekelela ukuzilungiselela, ukuzihlelela okuzayo kanye nokuxazulula izinkinga.

Kodwa kunezikhathi lapho sikhathazeka ngokweqile. Kungenzeka futhi sizizwe sehluleka ukuvimba imicabango yethu. Ngalolu hlobo lokukhathazeka sivamise ukuba nemicabango esibonisa isimo sesisibi kakhulu, okungenza sizizwe sinovalo singakwazi ukubhekana nesimo. Lolu hlobo lokukhathazeka lungahlukumeza imizimba yethu. Kungenzeka uzwe izinhlungu, ungahlaliseki, kuphazamiseke ukugxila kokwenzayo, kubenzima ukulala noma uzizwe ukhathele njalo.

Nansi eminye yemibono engakulekela uma ukhathazeka ngokweqile:

- Uma uqala ukukhathazeka, zibuze loku – Kukhona yini engingakwenza ngaleninga? Uma kunjalo, hlela ongakwenza nesikhathi ozokwenza ngaso. Uma kuyinto ongeke wakwazi ukubhekana nayo, zama ukuyifulathela bese ugxila kongakwenza njengamanje.
- Zikhumbuze owakwenza ukubhekana nezikhathi ezinzima esikhathini esedlule.
- Ukukhathazeka kungaba nomthelela kwindlela esiphefumula ngayo. Ukuphefumula ngendlela efanele kusiza ukwehlisa umoya. Thola indawo ethulile uhlale okwesikhashana. Nyathela phansi ngezinyawo zakho zombili, beka izandla zakho emathangeni bese uvala amehlo. Donsa umoya kakhulu uwubambe ubale ka-4 bese uyawudedela ubale futhi ka-4. Phinda lokhu ka-4.
- Zihlelele inqubo ozophila ngayo. Vuka futhi ulale ngesikhathi esifanayo nsuku zonke. Hlela inqubo ozokwenza ngayo izinto ezihlukile osukwini.
- Bungaza okwenze kwaba yimpumelelo osukwini
- Chitha isikhathi wenza into ekuthokozisayo noma ephumuza umqondo usuku nosuku.
- Thola into eyodwa ozoba nokubonga ngayo usuku nosuku. Ungayibhala phansi uyifunde esikhathini esizayo.
- Xhumana njalo nabanye. Khuluma nomuntu ongamethemba. Chitha isikhathi kanye nezingane zakho – nidlala, nibuka umabonakude, nifunda, nixoxa izindaba, nicula, nidansa.
- Yelula isandla ukulekelela omunye umuntu.

Izindawo ongathola kuzo usizo

South African Depression and Anxiety Group (SADAG)

general helpline 0800 456 789 SMS 31393, suicide helpline 0800 567 567

LifeLine counselling 0861 322 322 or

WhatsApp call counselling 065 989 9238

GBV Command Centre 0800 428 428, *120*7867# for call-back

Women Abuse Helpline 0800 150 150

Gift of the Givers 0800 786 786. Monday to Friday 9am – 4pm

Human trafficking helpline 0800 222 777

SAPS Crime Stop 0860 10111 or SMS 32211

ChildLine 0800 055 555

Lawyers for Human Rights free legal support hotline 066 076 8845

Human Rights Commission for support with right's violations

UIF benefits contact 012 337 1997

Izibonelelo zikahulumeni

Izakhamizi zakuleli, izakhamizi ezihleli unomphela kuleli, kanye nababaleki ababhalisiwe, (abangenayo indlela yokuziphilisa, isibonelelo sikahulumeni noma i-UIF), bangafaka isicelo sesibonelelo sabasosizini. Inani lingama-R350 ngenyanga ukufika ezinyangeni eziyi-6. Ukufaka isicelo thumela i-whatsapp SASSA ku **082 046 8553**, noma USSD *134*7737#, noma ushaye ku **0800 601 011**, noma i-imeyili ku SRD@sassa.gov.za

Isengezo sama-R300 sizofakwa kusibonelelo sezingane ngoNhlaba. Phakathi koNhlanguvana kanye noMfumfu, umnakeleli ngamunye uzothola isengezo sika R500.

Zonke ezinye izibonelelo (sokukhubazeka, sezingane eziphila nokukhubazeka, sezintandane, sabantu abadala kanye nomakade ebona empini) zizo kwengezwa ngama-R250 ngenyanga phakathi koNhlaba kanye noMfumfu

Izinsuku zokukhokwa kwezibonelelo kungenzeka zishintshe ngalesi sikhathi. Ungathintana ne-SASSA ku **0800 601 011** mayelana nosuku lwakho lokuthola isibonelelo.

Ukusizakala ngezinsalelo zezibonelelo xhumana ne-Black Sash ku **072 663 3739** noma umqhafazo ku **072 633 3739** ucele ukushayelwa ucingo noma thumela i-imeyili help@blacksash.org.za

Ukugcina izingane zethu ziphethile. Ukuvimba ukhulunywe kwezingane.

Akusiwo wonke umuntu omdala othanda futhi anakekele izingane ngendlela efanele. Abanye abantu bayazilimaza izingane noma bazifake ezenzweni zocansi. Abanye bayazisabisa noma basebenzise amagama noma ulimi olungelungile. Kanti abanye bayaziziba futhi abazibekelile izidingo zabo. Lokhu kunguhlukumeza izingane.

Izinto ongazenza:

- * Enza isiqiniseko sokuthi umntwana **UQAPHIWE NGASO SONKE ISIKHATHI**
- * Khetha abantu abadala **OBAZIYO** futhi **OBATHEMBEYO** ukuthi bakugadele izingane zakho
- * Lalela lokho umntwana akutshela kona mese **UYAMKHOLWA**
- * Qaphela **UKUZIPHATHA OKUNGA-JWAYELEKILE** nokukhathazayo
- * Kubike konke okukhathazayo mayelana nomntwana

UKUSHAYWA

Noma yini ezwise umzimba wengane ubuhlungu e.g. ukushaya, ukudlikizisa, ukunciza, ukukhahlela, ukuklanya, ukudusha)

UKUNGANAKEKELWA

Isenzo samabomu lapho umuntu omudala ingazibekelile izidingo ngqangi zengane (e.g. ukudla, izingubo zokugqoka, ikhaya elihlanzekile, imfundo, imishanguzo, uthando)



IZINHLOBO ZOKUHLUKUMEZKA



UKUHLUKUNYEZA NGOKOCANSI

Noma isiphi isenzo socansi esifaka phakathi izingane (ukuthinta, ukudlwengula, ukucela okuthile, ukwenza izingane ukuthi zibuke)

UKUHLUKUNYEZA KWEMIZWA

Noma isiphi isenzo esenza esenza ingane izizwe ingaphephile, isaba noma ingaziswa kahle ngobuyona (e.g. ulimi olungeluhle, ukunganakwa Kanye nokuthethiswa)

Uma ubona ingane ehlukenyweyo, KUMELE UBIKE!

- ① Fonela amaphoyisa noma iChildline noma osonhlalakahle
- ② Chaza ukuthi kungani usole ukhulunyweyo kwengane
- ③ Chaza izimpawu
- ④ Ungazenzeli uphenyo ngokwakho
- ⑤ Gcina lokhu kuyinfihlo



SONKE KUDINGEKA SIVIKELE IZINGANE ZETHU KUNOMA YILUPHI UHLOBO LOKUHLUKUMEZKA



i-Childline inikeza izeluleko zokuvikelwa kwezingane.
Inombolo yamahhala
08000 55 555

Vakashela iwebhusayithi yethu, uthole emanye amathiphu okugcina ingane yakho iphephile futhi ijabulile
smartstart.datafree.co/everysweekcounts

smartstart
GIVING EVERY CHILD THE POWER TO SUCCEED.



Ukufunda kanye nezindaba izinganekwane

Ukuchitha isikhathi kanye nezingane zakho kubaluleke kakhulu.

Izingane zizoba nezinkathazo eziningi, njengawe nje. Ezinganeni ezibhekene nezinselelo eziningi zempilo, isikhathi samanje singabanzima kakhulu. Buza izingane zakho indlela ezizizwa ngayo, bese ulalelisa izimpendulo zazo. Ngabe ukwenza kwazo kuhambisana nezimpendulo zazo? Dlala, xoxa izindaba, hleka kanye nazo! Kunezinsiza kulencwajana ongazisebenzisela ukuzijabulisa kanye nomndeneni wakho.

Naka kakhulu izingane ezithula ngokweqile, noma ezehluleka ukugxila kwezikwenzayo, noma hlampe ezingakakwazi ukusho imizwa yazo kahle. Ngesinye isikhathi ezinye izingane zizodinga isikhashana ngaphambi koku phendula, iba nesineke futhi ulalelise.

Ukufunda izindaba noma ukuxoxa izindaba kuyindlela enhle yokuchitha isikhathi nezingane zakho. Ungaxoxa indaba ngempilo yakho, noma indaba esencwadini. Nansi eminye yemibono yokuxoxa ngendaba uma isiphelile. Ungase ubuze imibuzo ukuze ingxoxo ngendaba iqhubeke!

Ucabangeni ngendaleya ndaba?

Imuphi umlingiswa obeyintandokazi yakho?

Imuphi umlingiswa ocabanga ukuthi usondele kakhulu ekufaneni nawe?

Ubani obekhona ukulekelela abalingiswa endabeni?

Yini eyenzekile kwaxazululeka inkinga noma elekelele ukwenza izindlela zokuyixazulula?



UChicky inkukhu encane

Kwasukasukela, kwakhukhona inkukhu enhle, encane ephuzi okwakuthiwa uChicky. UChicky wayethanda ukuzihambela elangeni ngalapho kukhona izimbali ezinhle. Wayeya lapho ehamba yedwa futhi engesabi lutho.

Ngelinye ilanga esahamba phandle, kwaqhamuka ifu elikhulu, elimnyama lafihla ilanga. Yonke into yaba mnyama nomoya waqala waphephuka ngamandla. UChicky wayemile lapho eyedwa. Ngokuphazima kwaba khona into eshaya uChicky kabuhlungu ephikweni lakhe. Waphenduka wabona ucezu olukhulu leqhwa eliyindilinga ligingqika lehla phezu kwezimpaphe zakhe, laze layowela phansi. Wayengakaze abone iqhwa elikhulu kangaka ngaphambili, akazel! Kwaba khona umsindo omkhulu impela, kwase kuqala ukuwa amaqhwa esaqhotho amaningi esibhakabhakeni, ewela yonke indawo. UChicky wayemile lapho eyedwa, umoya umuphephula umuyisa ngapha nangapha ebumnyameni, kanti namaqhwa ayelokhe emushaye njalo, umzimba wonke. Lonke ibhola leqhwa elalimushaya laliwuncinza kabuhlungu umzimba wakhe. Akuzange kuyeke.

UChicky wayethukile kakhulu. Wazama ukugijima noma ememezele usizo kodwa izwi lakhe kanye nezinyayo zakhe zazingasebenzi. Wazizwa engathi akakwazi ukunyakaza. Umoya waphephuka kakhulu futhi namabhola amaqhwa aqhubeka ewa ngokushesha futhi ngamandla esibhakabhakeni.



Emva kwesikhashana kwaba khona ukuduma kwezulu. Ngandlela thize, wakwazi ukuthola indlela ebuyela endlini yezinkukhu khona lapho ebumnyameni, kodwa wayethuke kakhulu. Ngenkathi efika endlini yezinkukhu ebumnyameni, kodwa wayenokwesaba okukhulu. Uma efika endlini yezinkukhu wayeconsa amanzi, umzimba wakhe ubuhlungu wonke ngenxa yamabhola amaqhwa esaqhotho, eqhaqhazeliswa yimizwa yokwesaba. UChicky wabona ukuthi nalezi ezinye izinkukhu nazo zabe zisaba. Ngaphezu komsindo wezulu kwakhukhona nomsindo wokukhala kwezinkukhu. Ezinye izinkukhu zahamba zayohlala ekhoneni kanye nemindeneni yazo ukuze zizizwe ziphephile futhi zifudumele. Lokhu kwazisiza ezinye zezinkukhu. Kodwa ngenkathi izinkukhu zihleli ndawonye ezinye zaqala zaxabana futhi ziqhofa amanye amalunga emindeneni yazo nabangani ababehlezi eduzane nazo. UChicky wahlala phansi wacashisa ikhanda lakhe ngezimpiko zakhe, ezama ukucashela izulu elimbi.

Izulu kanye nesaqhotho laqhubeka ubusuku bonke. Kwakuzwakala engathi alisoze laphela. Emuva kwezinsukwana uChicky wayehlezi yedwa endlini yezinkukhu. Waye esaba kakhulu ukulula izinyawo futhi. Kuzothiواني umangase ubumnyama nesaqhotho kanye nomoya kubuye? UChicky wayebheke isihlabathi esasiphambi kwakhe ngekathi siqala sinyakaza. UChicky wasibukisisa isihlabathi elindele ukubona ukuthi engabe kuzokwenzakalani. Maduze, UManny

UManny waye esthi kuChicky "Kungani uhlezi lapha wedwa?" UChicky waye esethi uyasaba ukuhamba alule izinyawo phandle ngoba izulu kanye nesaqhotho kungase kubuye. Uzowenzenjani umangase ibhola elikhulu kakhulu leqhwa limushaya ekhanda uma eya phandle. "Ngicabanga ukuthi kugcono ukuthi ngihlale ngaphakathi, ngaleyo ndlela isaqhotho angeke singithole" kusho uChicky. UManny wathi ukucabanga kancane waye esethi: "Chicky ngiyazi ukuthi wethukile. Izulu belisabisa kakhulu. Ucabanga ukuthi kukhona esingakwenza ukukusiza ngokwesaba kwakho?" UChicky wayengenaso isiqiniseko kodwa uManny wathi: "Ngiyazi, asitshele ezinye izinkukhu, izikhukhukazi kanye manaqhude ngokuthi lelizulu elikhulu likwenze wazizwa wethukile. Ikakhulukazi lamabhola eqhwa esaqhotho alimaza umzimba wakho. Mhlambe lezi ezinye izinkukhu zingaqapha uma kuza elinye izulu. Zizobe sezitshela zonke lezi ezinye izinkukhu ukuthi zihlale ngaphakathi endlini yezinkukhu futhi ziphephe esaqhothweni". Ngakho ke, benza kanjalo. UChicky watshela ezinye izinkukhu, izikhukhukazi kanye namaqhude. Bonke bathi bazosiza ukugcina uChicky ephephile futhi bamazise uma bebona elinye izulu libuya, kakhulukazi uma liza namaqhwa amakhulu esaqhotho.

Kodwa uChicky wayesathukile ukuthi izulu lingase liphinde libuye futhi. Ngakho, uManny wathi: "Chicky, Ngicabanga ukuthi mhlambe singaqhamuka neline isu elizokusiza uzizizwe uphephile uma uphumela ngaphandle. Akekho owaziyo ngempela ukuthi isaqhotho singase libuye nini, ngisho nomuncane. Kodwa, singakha okuthile okuzozama ukukukhusela, ngisho engabe esinye isaqhotho siyafika. UChicky Kanye noManny baqala ukuhamba bazungeze indlu

yezinkukhu, bebheka ngaphansi kwazo zonke izidleke Kanye nawo wonke amakhona ayekhona. Base bethatha izinto eziningi beyozibeka kwelinye icala lendlu yezinkukhu base bechitha isikhathi eside bakha futhi beqongqothela.

Ngosuku olulandelayo ekuseni ilanga lase liqala ukuvela uChicky waqala ukujabula. Namuhla kungenzeka akwazi ukuphumela ngaphandle kwendlu yezinkukhu ngaphandle kokwesaba. Ngakho, waqala ukuzilungiselela. Ngenkathi esekulungele ukuphumela ngaphandle kwendlu yezinkukhu, uChicky waye efake isigqoko esasakhiwe ngezivalo zamabhodlela ukuvikela ikhanda lakhe. Lokhu wayekwenzele ukuthi makwenzeka isaqhotho siphinde sibuya, simushaya ekhanda, ikhanda lakhe lalobe likhuselekile futhi lingezukulimala. Waye enejezi futhi elimkhuselayo elalakiwe ngamabhodlela alemonayidi, lawa phela yena noMolly ababewathunge bawahlanganisa ndawonye ngentambo. Lokhu kuzogcina umzimba wakhe wephephile eseqhothweni. Ekuqaleni kube nzima ukuhamba ngezinto zakhe zokumvikela, kodwa uChicky washeshe wajwayela. Uma ngabe umoya usuqala ukuphephuka, uChicky wayebheka phezulu esibhakabhakeni ukuze abone ukuthi ngabe isaqhotho siyeza na. Futhi ngisho noma wayethukile kancane, wayazi ukuthi izinto zokumkhusela yena noManny ababesakhile zazizomugcina ephephile uma kuqhamuka esinye isaqhotho esinamabhola amakhulu eqhwa.

UChicky kanye noManny base bekujabulela manje ukulula izinyawo elangeni elihle ngasezimbalini ezinhle kanye nezihlahla. UChicky ekugcineni wayesezizwa ejabule futhi ekhululekile.



Sanibona zingane!

Sixoxeleni izindaba zenu

Kuleli khasi kanye namabili alandelayo sishiye izikhala lapho nizoveza ubuciko benu bese nisixoxela ngenihlangabezene nakho ngesikhathi sokuvalwa kwezwe (lockdown) Ungadweba okuthile bese ubhala ngakho, ubhale inkondlo, ingoma noma indaba ofisa siyazi.

Singathanda ukusebenzisa ubuciko bakho ukulekelela abanye okwehlele izingane ngesikhathi sokuvalwa kwezwe. Uma kulungile kuwena ukuthi sicobelane ngalokhu, cela uMama, uBaba noma umuntu omdala ekhaya akusayinele esikhaleni esingezansi komdwebo wakho. Bangathumela isithombe somdwebo wakho nge-Whatsapp ku **076 628 3720**.

Sibonga ukucobelana nathi, sikulindele ngentokozo ukuzwa kini!

IGAMA LAKHO

IMINYAKA
YAKHO

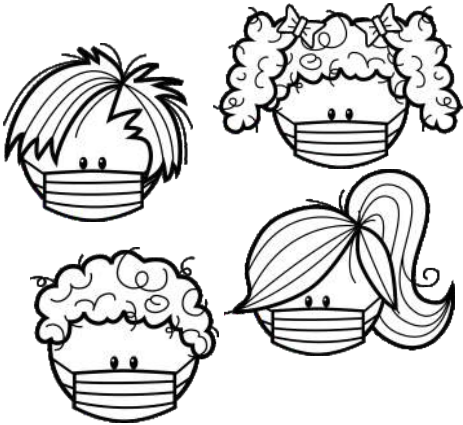
Sixoxele indaba yakho

Mzali/Mbheki othandekayo: Sicela usayine esikhaleni esingezanzi usazise uma ujabulela ukocobelelana kwethu ngendaba/inkondlo/umdwabo kwengane yakho. Okunye kwalokhu sizocobelelana ngakho kanye neKhomishani yokuHlela kaZwelonke ukulekelela iHhovisi likaMongameli ukuqonda ulwazi lwezingane ngokuvalwa kwezwe. Bazodinga ukuxhumana nawe uma ngabe befisa ukushicilela umdwabo ngako sicela nemobolo yakho yokuxhumana.

SAYINA: _____ **USUKU:** _____

IGAMA: _____ **INOMBOLO YOKUXHUMANA:** _____

UKUGQOKA ISIMFONYO



Incwadi yemidwebo yezingane

© Autism Little Learners

1



Kwesinye isikhathi abantu abadala
Kanye nezingane bayadinga
ukugqoka izivikela buso ukuvikela
abanye abantu ukutheni bagule.
Lokhu kungaba into entsha kumina.

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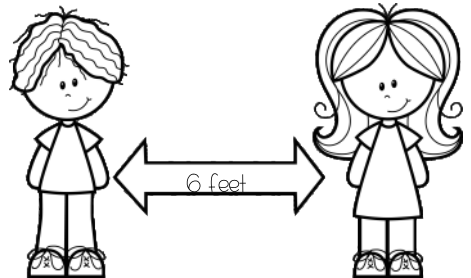
2



Isivikela buso (mask) singezwakala
singajwayelekile ekuqaleni kodwa
ngizosijwayela.

© Autism Little Learners

3



Ngisho kuthiwa ngisifakile isivikela
buso (mask) kusabalulekile
ukuqhelelana ngama "metre" amabili
kwabanye abantu.

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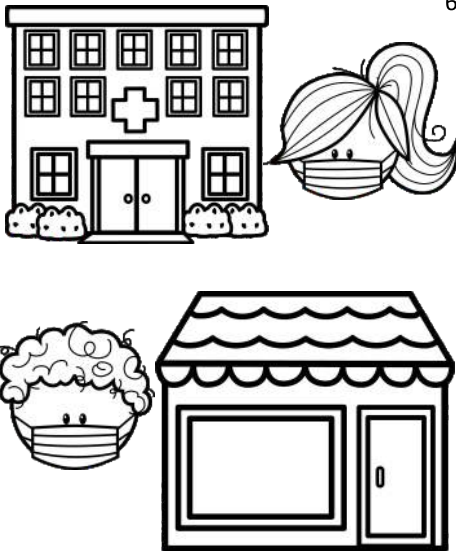
Kusalungile ukuthinta Kanye
nokwanga umundeni wami.

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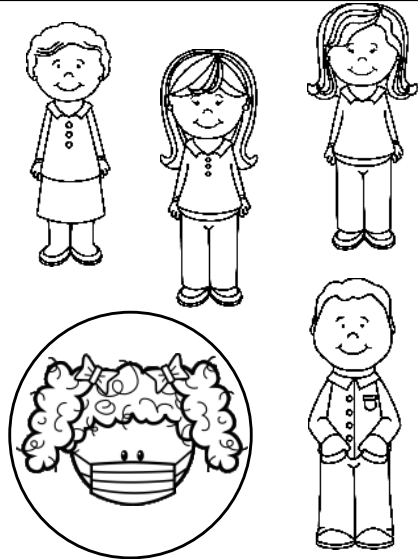
Ngokujwayelekile angidingi ukugqoka
isivikela buso ekhayalami noma
ebaleni.

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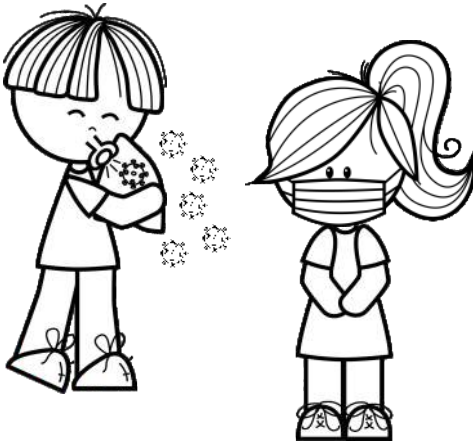
Uma ngiya esitolo noma
emtholampilo ngiyadinga ukugqoka
isivikela buso (mask).

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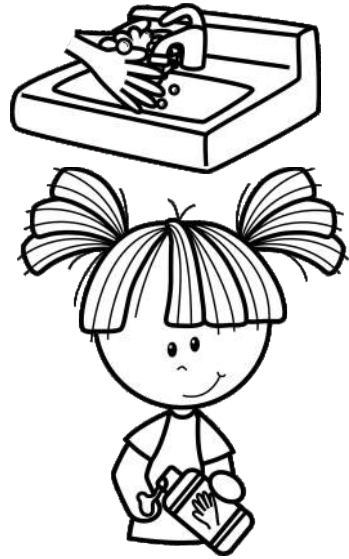


Uma kukhona lasiya khona nomndeni
wami futhi kunabantu kumele
ngigqoke isivikela buso (mask).

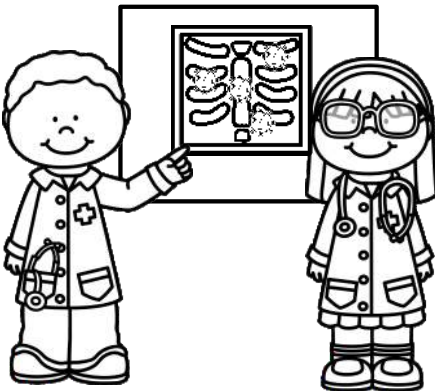
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Isivikela buso singavikela abanye abantu uma ngikhwehlela noma ngithimula. Singaphinda sivikele nami kwabanye abantu.



Kusabalulekile ukugeza izandla zami noma ngisebenzise isibulala magciwane sezandla (hand sanitizer).



Odoketela basebenza kanzima ukuthola izindlela zokwelapha I covid 19. Uma isiphelile angeke ngidinge ukugqoka isivikela buso.



Ukugqokwa kwesivikela buso kuhlukile kodwa kuzolunga..

IZIMPAWU



Umkhulane



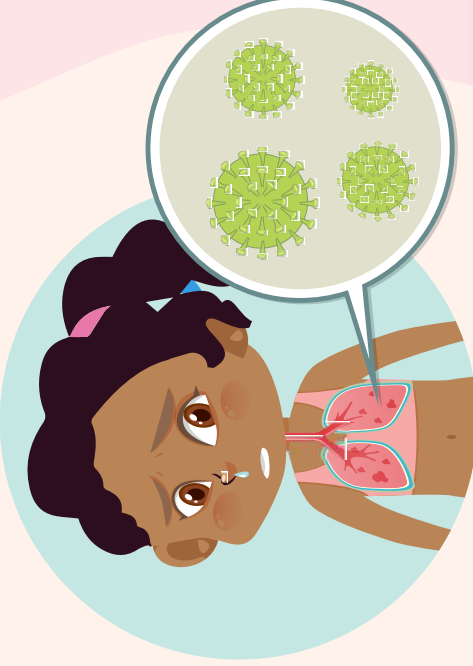
Ukuphefumula kanzima



ukukhwehlela



Ukuzizwa ukhathele



UKUNQANDA



Geza izandla zakho ngamanzi nensipho



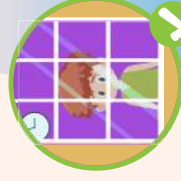
Thimulela noma khwehlelela endololwaneni noma kwiTissue



Mboza ubuso bakho ngesanfonyo esakiwe ngendwangu (noma isikibha esisongiwe)



Iya emtholampilo noma kaDokotela uma uzwa engathi uyagula



Dlala endlini okanye ngaphakathi egcekeni. Ungaphumeli emugwageni



Zama ukungazithinti amehlo, amakhala nomlomo



Zama ukungasondeli ebantwini abagulayo



Let's leave a initiative



Imizwa EMIKHULU

NOKUTHI UNGASIZA KANJANI IZINGANE UKUBHEKANA NAYO

Imizwa EMIKHULU, uma imizwa efana nentukuthelo noma ukwesaba izwakala sengathi ikhungatha umzimba wakho.

Imizwa EMIKHULU ingakwenza **UBHEKANA, UBHEKANA**, ukhahlele noma **UBHEKANA** futhi **UBHEKANA**.

Uma sikhungathwe imizwa EMIKHULU sidinga usizo lomuntu osithandayo ukuze sehlise umoya.

Imizwa EMIKHULU ichaza ukuthi sinemizwa esixakayo futhi siyesaba, akusiko ukuthi sigangile.

Njengabazali sidinga ukuba **UBHEKANA, UBHEKANA, UBHEKANA** 

Amasu Okuzola # 1

Uma uqhubeke nokwenza imisebenzi eledla ukuzola nengane yakho, nokufunda kwaye ukwehlisa umoya kuyaqhubeke.

Yenzani imisebenziyokuphefumula ndawonye.

Thola indawo ethuille.

Hlala esihlatweni izandla zakho zinethezeke phezu kwamathanga akho, izinyawo zakho zinyathele phansi

Vala amehlo.



Thatha isikhashana uvumele ukuthula engqondweni yakho, udedele kancane umzimba

Donsa umoya kakhulu uwubambe ubale ufike ku-4 bese uyawudedela ngobumene kancane-kancane, ubale futhi ufike ku-4

Phinda ledela yokuphefumala ka-4.

Ungakwenza lokhu yonke indawo.
Kwenze ngokuhlanyela nomdneni bese nicobalelana ngemicabango yenu uma seniqedile.

Khumbula !

Chitha isikhathi nengane yakho nsuku zonke, uyilalele!



Amasu Okuzola # 2

Thatha isikhathi sokuzikhipha!

Lesi isikhathi soku ziqhelelanisa nabanye endlini ukuze uchithe isikhashana wedwa.



Lesi akusona isijeziso

kuyindlela yokwehlisa umoya uma uzwa intukuthelo (njengo mzali).

Yiba nobuciko, hamba, funda ibhuku futhi uzivocavoce.

Amasu Okuzola # 3

Ngesinye isikhathi izingane zidinga ukudedela Amanzila okwenza izinto ukuze zizole.

Nansi eminye imibono!



Nyakazisani imizimba - nigxumagxume nizungeze, nidanse, nibe nemijaho yokugijima noma nizivocavoce ndawonye

Yenzani inhlama yokudlala ndawonye.

Xoxa indaba ehlekisayo eyenzeka uneminyaka elingana neyengane yakho

Khumbula !

Ukuchitha isikhathi nengane yakho nsuku zonke, lokhu kuyisiza ngokuyigcina izelile!



Khumbula !

Ukuchitha isikhathi nengane yakho nsuku zonke, lokhu kuyisiza ngokuyigcina izelile!





Umdlalo wokuthunga izinhlamvu zamagama

Okwenzayo:



- ibhokisi lamaqanda
- izinti zamentshisi noma istro
- ibhokisi lama cornflakes
- isaka le butternut
- isikele
- imakha



Umdlalo wokuthunga izinhlamvu zamagama

Okwenzayo:



1. Dabula inkomishi yeqanda ngayinye bese usika kahle emaceleni ukuze zibukeke.
2. Bhala uhlamvu ngalunye lwegama enkomishini yeqanda ngayinye. Bhala uSonhlamvukazi ukuqala Igama lengane bese ezinye izinhlamvu zibe anhlamvana. Umtwana kumele aqonde ukuthi uSonhlamvukazi usetshenziswa ekuqaleni kwegamo nasemagameni abalulekile. Ngakho ungabhali igama lengane ngosonhlamvukazi lonke noma ulibhale ngonhlamvana lonke.



Umdlalo wokuthunga izinhlamvu zamagama

Okwenzayo:



3. Sika isiyingi phezu kwenkomishi yeqanda enemibhalo yegama lengane usebenzise isikele.
4. Donsa isaka umucu esakini le butternuts ngalinye bese kube amasenti mitha awu 20cm ungayenzi ibe yinde kakhulu ngoba kuzoba nzima kumntwana.



Umdlalo wokuthunga izinhlamvu zamagama

Okwenzayo:



5. Thatha isaka ulifake ngemuva kwestro bopha ifindo kubukeke njenge nalithi yokuthunga izingubo.
6. Bophela ucezu lwebhokisi lamaqanda ngasekupheleni kwenye ingxenye yentambo ozothunga ngayo.



Umdlalo wokuthunga izinhlamvu zamagama

Okwenzayo:



7. Bhala igama lengane ekhalibhothini elincane lesidlo sasekuseni.
8. Khumbula ukubhala izinhlamvu zegama zifane nozibhale enkomishini yeqanda ukuze ingane ingadideki.



Umdlalo wokuthunga izinhlamvu zamagama

Okwenzayo:



9. Nika ingane ithunge izinhlamvu zegama layo ngokulandelana kwazo. Siza ingane ukufanisa okusebhokisini elincane kanye nokuse zinkomishini zeqanda. Ngesikhathi ebeka izinhlamvu zegama lakhe musize ukusho uhlamvu lwegama ngalunye.

Okunye ongakwenza ukubhala izinombolo ezinkomishini zamaqanda mese ucela ingane ukuthi ayizithunge zilandelane ngohlelo lwazo. Ungaphinde futhi uwenze lomdlalo ngesibizelo samagama (spelling) noma njengendlela yokufunda amanye amagama amasha njenge magama e Geography, History, Science nezingane esezikhulile.





ibhola

Okudingayo:



- oplastiki besinkwa 5 (noma owordwa namaphepha, ama phakethe ama chips). Noma oplastiki besinkwa abawu 20, ukwenza ibhola elikhulu
- saka lanyanisi noma lama olintshi
- sikere



ibhola

Okumele ukwenze:

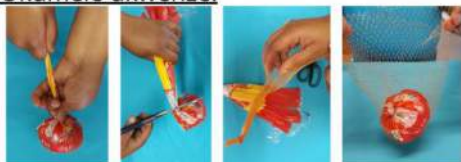


1. Focoza oplastiki laba abane ubafake kowodwa bese ubagxisha kowodwa uplastiki.
2. Pitshiza ukhipe wonke umoya bese wenza isiqiniseko sokuthi upitshize laze laba lincane, laqina, laba indilinga.
3. Mase ugculisekile ukuthi liqine ngokwanele bese ubopha ifindo.



ibhola

Okumele ukwenze:



4. Bopha ifindo, wenze isiqiniseko sokuthi ubophela enzansi.
5. Bese unquma umsila eduze kwefindo.
6. Ungalisebenzisa isaka mangabe unalo, bese ufaka ibhola ngaphakathi esakeni kodwa ifindo lesaka libe ngaphakathi, faka ibhola esakeni bese ifindo lalo libe seceleni, lingaqondani nelesaka, ngoba kuzoba neqhuzo ma endawonye.
7. Faka ibhola esakeni.



ibhola

Okumele ukwenze:



8. Bese uhlanganisa amasayidi omabili esaka mese unquma phakathi nendawo.
9. Bopha lezi zingcezu zombili bopha amafindo amathathu aqinile.
10. Bese unquma amadlebe.



ibhola

Ongakwenza ngebhola/ Nemidlalo ongayidlala:

1. Dala skittles, sebenzisa onako endlini: Izigubhu zejuice 500ml, noma amaRoll ethishu, nokomishi za plastiki. Ingane mangabe incane wenze ngendlela yokuthi uwabeka kube ulayini obanzi. Bese ingane ibala ukuthi kungaki okuwile, nokuthi kungaki okusale kumile.
2. Bhala izinombolo kulokhuu ozoku sebenzisa. Bese ingane esencane yona ibalo okuwile, nokumile, lezi ezindala zona zingenza izibalo ukususa, ukuhlanganisa, noku Phinda Phinda, besebenzisa izinombolo ezibhaliwe.
3. Bese - izingane zingadlala umdlalo wokuphusha ibhola phansi endlini ngekhalo, suka esayidini elilodwa beya kwelinye ekwenza lokhu egaqile.



ibhola

Ongakwenza ngebhola/ Nemidlalo ongayidlala:

4. Ingane ingafaka ibhola Phakathi kwemilenze emadolweni bese igxuma isuke esayidini elilodwa iya kwelinye.
5. Sebenzisa amaroll amade roli lefoil ukudlala cricket ningenza kube i bat nama wicket.
6. Sebenzisa isitsha seRama noma esa ice cream njengento yokuphonsela ibhola (basket) sika iphakathi nendawo lesitsha ukuze ibhola lizokwazi ukudlula.
7. Ingane ingabuyise isebenzise ibhola ilibhalansisa emalungeni omzimba angafani, isuka endaweni eyodwe iya kwenye.





Ukubamba isicabucabu

Okudingayo:



- ibhokisi lamaqanda awu 6
- ibhokisi noma iphepha
- isivalo sesigubhu sobisi
- isikere
- imakha



Ukubamba isicabucabu

Ozokwenza:



1. Sika ibhokisi noma iphepha lakho libe izingcezu ezilingene (strips).
2. Dweba ukokelezele isivalo sesigubhu sobisi.
3. Faka imilenze ewa 8 nobuso obumamathekayo phakathi nendawo ukuze umntwana wakho angethuki uma ebona isicabucabu sakho.
4. Dweba isicabucabu sibe sinye ocezweni lokuqala, zibe zimbili kolunye, zibe zintathu kolunye kanjalo kanjalo. Qinisekisa ngesikhathi udweba izicabucabu zakho zingahlangani, njengoba izingane ezincane zidinga ukubona kuyizinto ezahlukene.



Ukubamba isicabucabu

Ozokwenza:



5. Hlukanisa ibhokisi lakho lamaqanda inkomishi ibe ngayinye.
6. Sika kahle amacele enkomishi ukuze ikwazi ukwemboza isicabucabu.
7. Beka izicabucabu ngokulandelana kusukela ku 1 kuya ku 5 noma ku 1 kuya ku 10, kuzoya ngokuthi ingane yakho ineminyaka emingaki nokuthi isikusiphi isigaba uma kudlalwa umdlalo wokubamba isicabucabu.



Ukubamba isicabucabu

Kudlalwa kanjani:



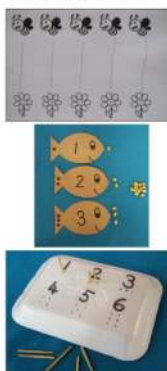
1. Tshela ingane yakho ukuthi izobamba isicabucabu, kuzodingeka ibambe isicabucabu ngasinye ngokushesha kulelo nalelo phepha elinezicabucabu, lokho uzokwenza ngokubeka inkomishi yeqanda phezu kwesicabucabu ngasinye. Kwenze kube mndani futhi akuthokozele.
2. Manje thatha zonke izinkomishi zokubamba bese ubatshela ukuthi sebezobala ukuthi zingaki izicabucabu abazibambile. Ngesikhathi bebamba isicabucabu ephepheni lokuqala bazothi 1 (kunye). Uzothi kubo, yebo ubambe esisodwa (wenze kahle). Sebezobamba ephepheni lesibili manje bazothi 1 (kunye) kwesokuqala, bathi 2 (kubili) kwesibili isicabucabu. Babuze ukuthi zingaki izicabucabu abazibambile. Ithi wenze kahle, bambe ezimbili. Qhubeka nokubamba izicabucabu kwamanye amaphepha, qinisekisa ukuthi ngesikhathi ebamba isicabucabu uyabala.



Ukubamba Isicabucabu

Inzuzo:

One to one correspondence – Ukukwazi ukuqondanisa into eyodwa uyiqondanisa nanye into. Izingane eziningi zingacula iculo lezinambo 1, 2, 3, 4, 5 kephepha zingakwazi ukubala izinto kubalulekile ukuthi izithinte noma ikukhombela loku esuke ikubala, ukuze afunde ukuthi inamba nenamba imele into eyodwa. Okunye ongakwenza ukusiza ingane, ukuthi ikhiphe izipuni izibale zawo wonke umuntu ozokudla, ukubala izitulo endlini njalo njalo. Umntwana uma engathuthukisanga lenzuzo ngeke akwazi ukwenza kahle izibalo zokuhlanganisa nokususa esikoleni.



Lena imidlalo elula ongayidlala nabantwana abancane. Udinga ukusebenzisa izinto ezitholakalayo ekhaya lakho, ngalokho awudingi ukusebenzisa imali ukuthenga lezinto. Ikhuthaza umqondo wengane ukuba uthuthuke ibuye ibalekelele ibalungiselele ukuqala kwabo esikoleni esikhulu.

Abantwana bafunda kalula uma befunda ngokudlala. Ngakho thatha nje imizuzu eyishumi nsuku zonke ujabule nomntwana wakho ngokwenza owodwa walemidlalo nsuku zonke. Ungacela noma abantwana bakho asebekhulile ukuthi bakulekelele ekwakheni lemidlalo.



imbali yemibala

Ozokudinga:



- Ibhekisi lephalishi noma iphepha
- Ibhuku noma amaphepha ezikhangiso
- Izivalo eziyimibala eyisithupha engafani
- Glu noma 1 pritt
- Isikele nemakha noma ipeni



imbali yemibala

Ozokwenza:

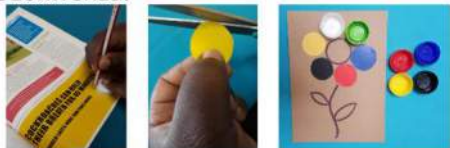


1. Sika ibhekisi noma iphepha kube usayizi A5 kube (15cm x 20cm).
2. Dweba izindilinga ngezivalo zakho, beka esisodwa isivalo phakathi nendawo bese eziyisithupha zakhe indingiliza bese udweba.



imbali yemibala

Ozokwenza:



3. Thola imibala emabhukwini noma emaphepheni ezikhangiso, imibala yakho ibe indingiliza iphinde ifane nezivalo sakho.
4. Dweba ulandele isivalo phezu kombala owufunayo noma ozowusika.
5. Namathisela umbala owodwa kwindingiliza eyodwa indingiliza ngayinye.
6. Beka izivalo zakho eceleni bese umtwana wakho azifanise nemibala esemabalini.



imbali yemibala

Inzuzo:

Ukufanisa imibala – ubuwazi ukuthi abantwana bakwazi ukubona imibala njengabantu abadala kusukela kubantwana abanezinyanga eziyisithupha. Bayayibona imibala kodwa bangaqondi ukuthi umbala isiqu saleyo nto. Kwesinye isikhathi unganika umntwana isivalo umtshele akutshele noma umfundise siyi plastic, ngesinye isikhathi umfundise ukuthi siyindingiliza, ngelinye ilanga umfundise ukuthi sincane umfundise ngombala waso nokuthi siqinile. Uma sibuzwa umntwana umbala wento usho noma imuphi umbala ofika ekhanda. Ukubasiza baqonde zama ukusho igama lento, kanye nombala isibonelo! "Lesi isivalo esibovu" noma lesivalo siyindingiliza. Ukukwazi ukufanisa imibala kufika kuqala kunokwazi amagama emibala, imidlalo yokufanisa imibala nokubiza imibala kubalulekile futhi singakuqala kumntwana eneminyaka emibili 2.



Umdlalo wokwakha

Okudingekayo:



- Udinga noma yini ongazayisebenzisi ehlanzekile okubalwa.
- Izivalo zaplastiki ezinhlobonhlobo.
 - Amaroli ephepha lasetholethi (ithishu).
 - Izitsha zeplastiki ezingenalutho kungaba ezerama, iyogathi, peanut butter, izigubhu zobisi ne zedrinki njalo njalo.
 - Amabhokisi amaqanda.
 - Amathreyi amaveji.
 - Amabhokisi amakhekhe noma lamakhonifethi njalo njalo



Umdlalo wokwakha

Ozokwenza:

Beka phansi inqwaba yezinto zokwakha ungasebenzisa izinto ezahlukeni zonke izinsuku noma ungaqhubeka usebenzise uhlobo olulodwa. Usuku nosuku ungashintsha izinto ozakhayo nengane yakho, ungacela ingane yakho ukuthi:

- Yakhe indawo lapho ekungahlala khona abantu.
- Yakhe into engathutha abantu abaya ebhishi.
- Yakhe ibhildi elide kakhulu.
- Yakhe into engagithelwa ukuya phezu kwinyanga.
- Yakhe into emenza ajabule.
- Yakhe into entantayo (engaziki emanzini).
- Yakhe indawo lapho umuntu engakwazi ukuthi acashe kuyo.





Umdlalo wemizwa

Okudingayo:



- khalibhothi wesidlo sasekuseni
- 8 Izivalo zedrink noma izivalo zesigubhu sobisi
- isikele ne makha



Umdlalo wemizwa

Ozokwenza:



1. Sika ukhalibhothi wakho ume ube unxande wenze isiqiniseko sokuthi izivalo zakho zizonela ukulandelana kube umugqa ongenhla nongezansi.
2. Dwebela umugqa phakathi nendawo nokhalibhothi wakho uhlukanisa isingenhla nangezansi, bese udweba obheke phansi ibe mine. Lapho uzoba nezikwele ezilingene eziyisishiyagalombili, ungadweba usebenzisa isayidi lokhalibhothi ulenze irula.
3. Dweba indilinga esikweleni ngasinye usebenzisa izivalo zedrink noma ezobisi.



Umdlalo wemizwa

Ozokwenza:



4. Dweba ubuso obuhlekayo nobudumele ezivalweni zakho zedrink noma ezobisi.
 5. Dweba ubuso obuhlekayo nobudumele ekhalibhothini lakho bulingane nobudweba ezivalweni.
- Kunezindlela ezahlukeni zokwenza lokhu. Ongakwenza ukucela ingane ukuba ikukhombise ubuso obuhlekayo ezivalweni, mese ekutshela ukuthi yini emenza azizwe ejabule, emva kwalokho mese abufanise nobusekhadini. Niphinde futhi nikwenze lokhu ngalendlela nixoxa ngobuso obudumele. Cela ingane ukuba ikuxoxele ngendaba bese wena uyaqagela ukuthi lento akuxoxela ngayo iyamujabulisa noma imenza adumale bese nibheka isivalo esinobuso obuhambisana nalomuzwa. Nawe bese uxoxela ingane indaba bese yona ingane iyaqagela ukuthi lendaba ikwenza ukuthi ube namuphi umuzwa, uyajabula noma uyadumala, bese nibheka isivalo esihambisana nalowo muzwa. Usungahubeka wakhe eminye imizwa wengeze kule eninayo. Kuya ngokukhula kwengane.



Umdlalo wemizwa

Inzuzo:



Emotional development (ukukhula ngokomzwelo) kanye ne emotional intelligence (ukukhula ngokubuhlakani bemizwa). Ikhono lokuba ukwazi ukuqaphela, ulawule futhi uphinde ukwazi ukuveza imizwa yakho.izingane azinawo amagama okuchaza indlela abazizwa ngayo nemizwa yabo.

Siza ingane yakho ukuthi ibe iqala ukuchaza imizwa ngokuthiuyisize ngokuyisholo imizwa uyibiza ngamagama ayo. Njengokuthi nje "Sanele ngiyabona ukuthi manje usuqala ukucasuka ukuthi mangabe wakha ngezitini zakho zilokhu zibhidlika" noma "busi ngiyabona manje ukuthi ungxamile ngoba uVuyo uthathe imoto yakho. Ngaleyo ndlela uyayisiza ingane ukuba ikhethe ekumele kwenze. "Sanele asiwajikjeli amathoyizi mangabe sicasukile. Mbuze ukuthi "Sanele ungathanda yini ukuthi ngikusize ukuthi uzibhalansise yini izitini zakho? Noma Busi asibashayi abanye ekhaya lethu , cela uVuyo ukuba akubuyisele imoto yakho?"



Ukuze uthole eminye imibono nezinsiza kufundisa, ungaya ekhasini lethu ku www.singakwenza.co.za





Ukufanisa izinamba

Okudingayo:



- ibhokisi lamaqanda noma ibhokisi (iroli)n lethishu
- ubhontshisi, amatshe, istro, umentshisi onqunywe ikhanda
- Isikele ne makha



Ukufanisa izinamba

Ozokwenza:



- Kuzoya ngokuthi umntwana uzosebenza ngaziphi izinombolo, dabula ibhokisi kube izinkomishi zezinombolo ofuna ukuzenza.
- Bhala izinombolo enkomishini ngayinye, uqale esinxeleni ngasenhla umntwana eqala khona uma efunda.
- Sika Phakathi nendawo iroll lethishu
- Ngaphambili ubhale inombolo, ngemuva ubhale amachashazi alingene nenombolo.
- Sika izistro zakho, uziqaze kane (4) sisodwa noma izinti zikamentshisi.



Ukufanisa izinamba

Ozokwenza:



- Nika ingane afake ubhontshisi olingene inombolo esenkomishini yamaqanda, angafaka nezinti, noma izitro enkomishini ngayinye.
- Amachashazi siwafaka ngemuva kwiroll lethishu ngoba senzela umntwana akhumbule ukuthi inombolo ephambili iwubani.
- Bangabala amachashazi uma sebekhohlwe inombolo.
- Ngesikhathi umntwana esekwazi ukubala ngokuzethemba ungaloku unezezela ngazimbili izinombolo.
- Ungaasebenzisa amaroli ethishu ukubala uqala ngenombolo enkulu wehla uya kwencane, sekuyisiqalo sokufunda ukususa.



Ukufanisa izinamba

Inzuzo:



Controlled placement - Ukubeka okuhlelekile, uma kumele ubeke izinto endaweni yazo amehlo kumele ahlale ebheke lapho ukuze ezosiza isandla ukubeka. Ukubeka okuhlelekile kudinga amehlo nezandla kusebenzisane, kudinga nokuthi imithambo ilawuleke kahle ukuze kuzobekwa izinto kahle zingaw. Loku kudingeka bakufunde khonabezo kwazi ukukwenza esikoleni sebe sebenzisa ipeni noma crayon.

