



KEREITI

1

BUKA YA
MOITHUTI

Platinum

Bokgoni ho tsa Bophelo

Platinum Bokgoni ho tsa Bophelo Kereiti ya 1 Buka ya Moithuti

Maskew Miller Learning
10 Freedom Way, Milnerton, Cape Town, 7441

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E hatsi swa la 1 ka 2025

ISBN 978-1-779-83444-7
EPDF ISBN 978-1-834-98165-9

Mophatlalatsi: Mihlali Ndzendze
Mohlophisi ya tshwereng: Ru Bailey
E hlophisitswe ke: Lerato Chaka
Moralo wa bokantle ba buka ka: MML Visual Design
Setshwantsho sa bokantle ka: MML Visual Design
Moralo wa buka ka: MML Visual Design
Botaki ka: Chamiqwe Johnson, MML Visual Design, Robin Mcbride, Raphael Mboro, Bernice Kruger, Fungai Mudimu, Angie Bowring, Patrick Latimer, Susie Appleby, Tebatso Machaba, Ken Etberg, Ronell Lareman, Vullgraaf, Danielle Albertyn, Kobus Galloway
Tlhophiswa ya mongolo ka : The Icon Agency
E hatsi swa ke :

Diteboho

Mongodi le mohatishi ba leboha tshebediso ya ditshwantsho hape ho tswa ho:
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Mongodi le mohatishi ba leboha tumello ya ho sebedisa ditema ho tswa ho:
p92, Sockeye Media LLC

Re a o amohela ho Boithabiso ba ho Ithuta

Moithuti ya Ratehang,

Re a o amohela bukeng ena e thabisang! O tla kopana le baphetwa ba hlollang; jwalo ka ha mophetwa e mong le e mong a ikgethile ka tsela ya hae, le wena ho jwalo!



Thabo



Tuck Shop Lady



Lily



Sahil



T. J. Joco



Amina



Zara



Lulama



Jim



Aiden



Khaya

O tla fumana tse latelang bukeng ya hao, tse tla o thusa ho o tataisa leetong le monate le tletseng ho ithuta le ho sibolla.

Ha re qale: Sehlooho ka seng o qala ka tlhahisoleseding ya bohlokwa eo o tla be o ithuta ka yona.

Nako ya ho utulla: Ditshebetso tse monate tse o kgothalletsang ho utulla mehopolong e nngwe, ho ithuta dintlha tse monate le ho rarolla diphazele.

Mantswe a matjha: Ithute mantswe a matjha a tla o thusa ho hodisa tlotalontswa ya hao.

Ha re ekole: Qetellong ya sehlooho ka seng, phetha ditshebetso tsena e le hore o be motlotlo ka hore na o ithutile ho le hongata hakae!

Tekanyiso ya semmuso: Sena se tla leka hore na o utlwisisa ntho e nngwe le e nngwe e rutuweng nakong yohle ya selemo.

Buka ena e tla o kgothalletsa ho sebetso o le mong, le ka dihlopha. Le tla bina, le tantshe le ho ithuta hammoho. Etsa bonnete ba hore o lokisetsa tlelase e nngwe le e nngwe mme o botse titjhere ya hao dipotso tse ngata kamoo o ka kgonang.

Itokisetse ho ithuta, ho bapala le ho etsa le metswalle ya hao.

Ithute hamonate.

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Ke ikgethile.

Ha re qale

1. O bona bana ba bakae setshwantshong?
2. Ba supileng?
3. Na baa tshwana?



Tshebetso 1

Sebetsana ka bobedi.



1. Ke bana ba bakae ba nang le moriri o motsho?
2. Ke bana ba bakae ba apereng dikipa tse tshweu?
3. Moshanyana ya rwetseng dikgalase o apere hempe ya mmala o jwang?
4. Ke bana bafe ba se nang leino kapa meno?

Dintlha tsa botho

Tshebetso 2



Lebitso la ka ke Lina.
Ke dula 10 Main Street,
Bela-Bela. Kajeno, ke
keteka letsatsi la ka la
tswalo.

Sebetsang ka dihlophiso.

1. Bolela hore na Lina o shebahala jwang.
2. Lina o dula hore?
3. Ntlo ya Lina e mmala o jwang?



**Nako ya
ho utulla**

Sebetsa o le mong.

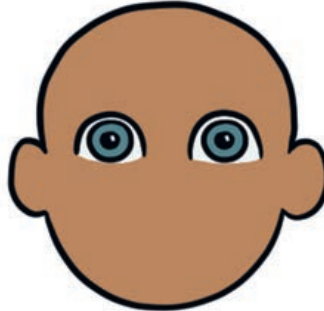
Taka setshwantsho sa hao:

Ngola lebitso la hao, fane, dilemo le aterese.

Re kgethehile hape re a ikgetha



Moriri wa ka



Mahlo a ka



Papisoselo ya ka

Ke ikgethile. Ke shebeha ka tsela e fapaneng le ba lelapa le metswalle ya ka.

Tshebetso 3

Sebetsa o le mona.

1. E re ho wena: Ke ikgethile.
2. Phethela mahloli ka nngwe:

Ke nna moriri o _____.

Ke nna le mahlo a _____.

Ke nna ho bapala _____.

Mantswe
a matjha

letsatsi la tswalo – letsatsi leo o tswetsweng ka lona

ho ikgetha – ho se be le e tshwanang le yona

Dintho tseo ke kgonang ho di etsa

Ke kgona ho etsa dintho tse fapaneng tse nketsang hore ke kgethehe.

1 2 3 4



Ke kgona ho bala.

Ke tseba medumo ya diphoofolo tse fapaneng.

Ke ka na ho bitsa dibopeho le mebala.

Tshebetso 4

Sebetsang ka bobedi

1. Na o ka bitsa mabitso a dibopeho tsee le mebala ya tsona?



2. Taka gutlotharo e putswa.

3. Rea ho tloha ho nngwe ho isa ho leshome.

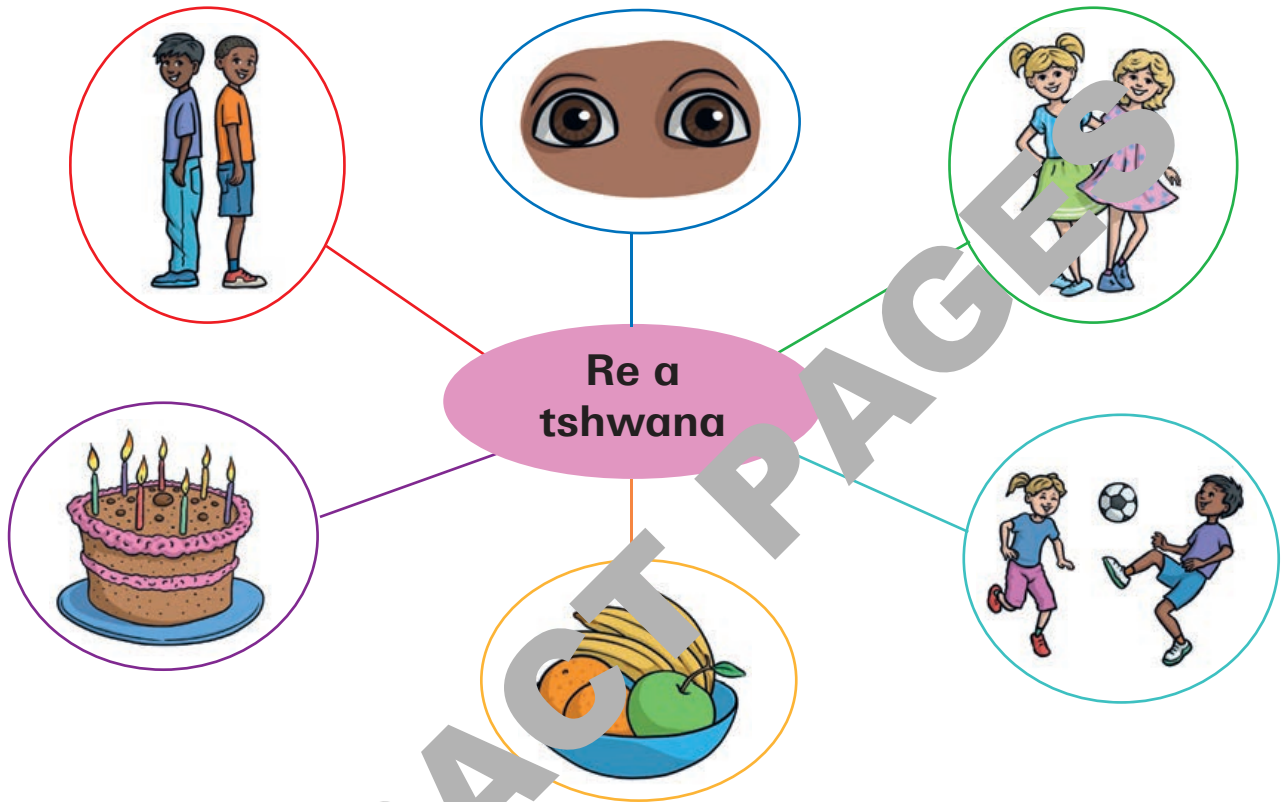


**Nako ya
ho utulla**

Bitsa mabitso a dintho tse tharo tse o ka di etsang.

Ke tshwana jwang le metswalle ya ka?

Tsena ke dintho tse ka tshwanang le tsa metswalle ya ka.



Tshebetso

Sebetso sa ka bobedi.

1. Ke mmala ofe oo le o ratang ka bobedi?
2. Molela tholwana eo le e ratang ka bobedi.
3. Papadi ya lona ya thatohatsi ke efe?
4. Na o ka fumana motho e mong tlelaseng ya hao ya nang le mahlo a mmala o tshwanang le a hao?

Ke fapane jwang le metswalle ya ka?



Nako ya ho utulla

1. Ke dintho dife ka metswalle e nmedi tse tshwanang setshwantshong sa ...
2. Ke eng e fapaneng papeng tsa banana ba babedi ba setshwantshong ...
3. Na metswalle e nmedi e setshwantshong sa ho qetela e rata dintho tse tshwanang?

fapana – ha dintho di sa tshwane

aterese – sebaka seo o dulang ho sona

Mantswe
a matjha

Ha re lekole

Sebetsa o le mong. 

1. Ngola lebitso la hao le fane.
2. O dilemo di kae?
3. Letsatsi la hao la tswalo le neng?
4. Aterese ya hao ke mang?
5. Bolela ntho e le nngwe eo o ranyang ho e etsa.
6. Taka setshwantsho sa hao le motswalle wa hao.

EXTRACT PAGES





Ho qala letsatsi la rona sekolong.

Ha re qale

Sheba setshwantsho.

1. O kgona ho bona eng ka pela moaho wa sekolo?
2. Baithuti ba etsang ha ba fihla sekolong hoseng ho hong le ho hong?
3. O ya sekolong ka nako efe?



Tshebetso 1

Sebetsa o le mong.

1. Taka setshwantsho sa hao o apere yunifomo ya sekolo.
2. Ngola leha se se le sekolo sa hao tlasa setshwantsho.



**Nako ya
ho utulla**

O rata eng ka
sekolo sa hao?

**Mantswe
a matjha**

sekolo – moo motho a yang ho ithuta

moithuti – motho ya kenang sekolo

yunifomo – diaparo tse kgethehileng tse aparwang sekolong

Lebitso la sekolo, titjhere le mosuwehlooho

Tshebetso 2



Monghadi Mphahlele ke mosuwehlooho wa rona. O dumedisa bana ba Kereiti ya I. Titjhere ya rona ke Mofumahadi Brown.

Sebetsang ka dihlopha

1. Ke mang mosuwehlooho wa sekolo?
2. Lebitso la titjhere e mang?
3. Mosebetsi wa mosuwehlooho ke ofe sekolong?



Nako ya
matjha

Lebitso la titjhere ya hao ke mang le mosuwehlooho?

mosuwehlooho – motho ya ikarabellang sekolong

titjhere – motho ya bohlokwa ya o thusang ho ithuta dintho tse ntjha

Mantswe
a matjha

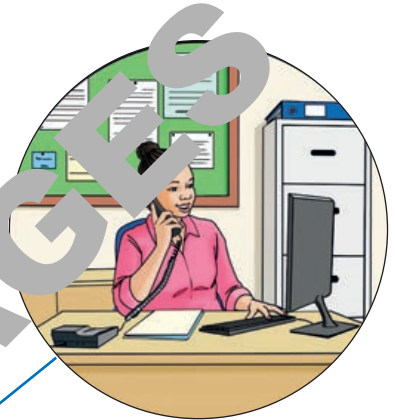
Moo o ka fumanang dibaka tse fapaneng sekolong



Lebala la ho
bapala



Mosuwehlooho



Ofisi ya sekolo



Hol ya sekolo



Matlwana

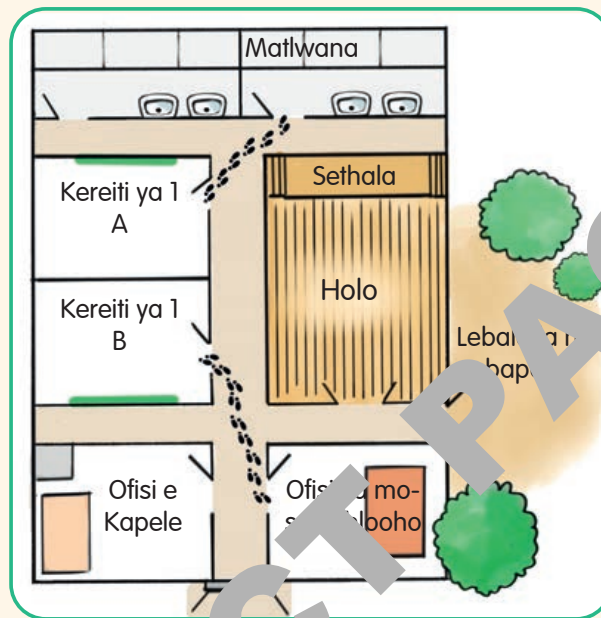


Tlelase



Nako ya ho utulla

Sheba **mmapa** wa sekolo.



Sebetsang ka dihlopha.

1. Bala mehato ho uena o tlang ya mosuwehlooho.
2. Bala mehato ho uena matlwanaeng.
3. Ngola palame ya mehato fatshe.
4. Na o ka bolela dibaka tse siyo tseo le nang le tsona sekolong sa hao?

Mantswe
a matjha

mmapa – setshwantsho se bontshang moo dibaka di leng teng

tlelase – phaposi eo ho yona ho etswang dithuto

lebala la ho bapala – sebaka sa ho bapala kantle

Ditlhophiso le melao ya tlalase



Tshebetso 3

Sebetsang ka bobedi.



Sheba ditshwantsho tse leqepheng la 13.

Ka bukeng ya hao ya mesebetsi, nyalanya setshwantsho le mosebetsi. O etseditswe ya p...

- | | |
|----|----------------------------|
| 10 | Nako ya ho ya lapeng |
| | Etsang mola |
| | Pakolla mokotla wa ka |
| | Nako ya dijo tsa motsheare |
| | Dumedisa titjhere ya ka |
| | Beha mokotla wa ka |
| | Tshepe e a lla |
| | Nako ya lebalala ho papala |
| | Mosebetsi oa mmeteng |
| | Qala ho se etsa |



Nako ya ho utulla

Na tlelase ya hao e na le melao? Bolela **melao e mmedi** ya tlelase eo o lokelang ho e latela.

Mantswe a matjha

tlwaelo –

ho etsa ntho ka tsela e tshwanang letsatsi le letsatsi

melao – kamoo batho kapa motho a lokelang ho itshwara ka teng.

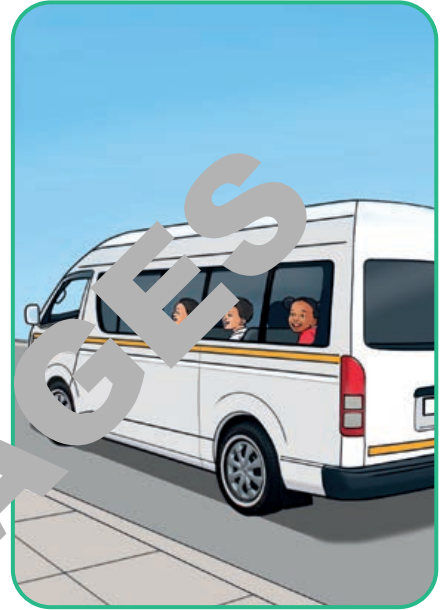
Ke fihla jwang sekolong?



James le Siphon
ba ya ka maoto
sekolong.



Meike o ya ka
baesekele sekolong.



Frances, Josh
le Kaylee ba ya
sekolong ka tekesi.




Hlonelwa le Buhle ba
palamiswa koloing ya
Mme wa bona.



Abdullah o ya sekolong
ka bese.

Tshebetso 4

Sebetsang ka dihlopha. 
Bana baa ba ya sekolong ka eng?

1. Hlonewa le Buhle



2. Abdullah



3. Sipho le James



4. Meike



5. Frances, Joseph le Kaylee



**Nako ya
ho utulla**

1. Wena o fihla jwang sekolong?
2. Ke mekgwa efe e meng eo bana ba ka fihlang sekolong ka yona?

Ha re lekole

Sebetsa o le mong. 

Phethela polelo.

1. Ke ya sekolong ka _____.
2. Lebitso la mosuwehlooho wa ka ke _____.
3. Lebitso la titjhere ya ka ke _____.
4. Sepalangwang seo ke se shebisang ho ya sekolong ke _____.

Araba: E kapa Tjhe.

1. Ke kgona ho funana tsela e yang sekolong sa ka.
2. Ke a tseba na baba la ho bapala le hokae.
3. Ofisi ya mosuwehlooho e hole le tlelase ya ka.
4. Matlana a haufi le tlelase ya ka.
5. Sepalo sa ka se na le laeborari.



Sehlooho sa 3 Ditlwaelo tsa bophelo bo botle



Mokgwa wa bophelo bo botle.

Ha re qale

Ditlwaelo tsa bophelo botle di loketse mmele wa hao. Tsona ke:

Ho ja dijo
tsa phepo e
ntle

Ho robala
nako e
lekaneng

Ho
ikwetlisa

Ho baka
mmele ga rona
ho hwekile

Tshebetso 1

Sebetsang ka dihlopha.

1. Hobaneng ha re lokela ho borosola meno a rona letsatsi ka lena?
2. Sheba ditshwa tso. Ke tlwaelo efe ya bophelo bo botle eo o tla emehang ho e etsa letsatsi le letsatsi?



**Nako ya
ho utulla**

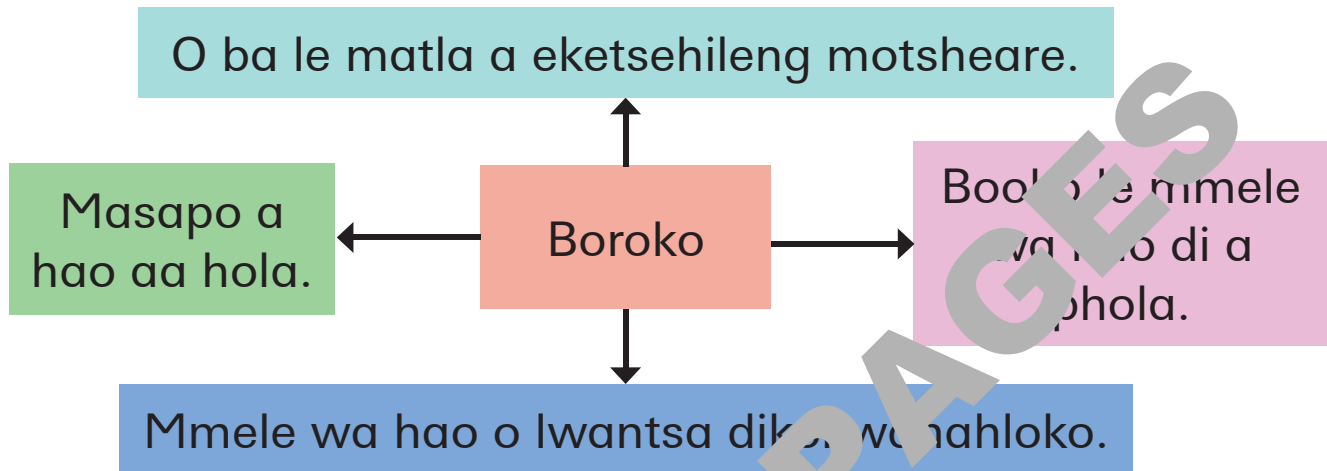
Ke hobaneng ha ho robala e le tlwaelo ya bohlokwa?

tlwaelo – ntho eo o e etsang letsatsi le letsatsi
mokgwa wa bophelo – kamoo o phelang

**Mantswe
a matjha**

Boroko

Boroko bo bohlokwa haholo bakeng sa mmele ya rona hobane:



Hore o robale hantle bosiu, o loka o be o le ka dikobong ka hora ya borobedi.

Tshebetso 2

Sebetsa o le robane 

1. Taka sephwantsho sa hao o robetse.
2. Ngole hore na o nahana ho etsahalang ho mmele wa hao ha o robetse.

dikokwanahloko – dintho tse phelang tse nyenyane tseo re ke keng ra di bona. Di ka kgona ho ba molemo bakeng sa mmele ya rona hape di ka boela ha etsa hore re kule.

Lentswe
le letjha

Ho ja dijo tsa phepo e ntle

Ho ja dijo tsa phepo e ntle ho o thusa ho matlafala.

Dijo tsa phepo e ntle di kenyelletsa ditholwana, dinama le meroho.



Tshebetso 3

Sebetsang ka dihlophiso.

1. Etsa phouseto e ntle ya dijo e bontshang dijo tsohle tsa phepo e ntle le diseneke tseo o di tsebang.
2. O ka taka ditholwana kapa wa di seha ho tswa le marangeng kapa makasineng mme wa di mahareisa phousetareng ya hao.
3. Bontsha baithutimmoho le wena phousetara ya hao.



**Nako ya
ho utulla**

Bolela mabitso a ditholwana tsohle le meroho yohle ao o a tsebang.

Tshebediso e nepahetseng ya ntlwana

Hore na re lapeng kapa sekolong, re ka nna ra lokela ho arolelana ntlwana le batho ba bang. Ho bohlokwa hore o ithute mekgwa ya bophelo bo botle ya ntlwana.



Kamehla siya sebaka sa ntlwana se hlwekile kamora ho e sebedisa.



O seke wa sena pampiri ya ntlwana.



Kamehla o hlatswe matsoho ha o qeta ho sebedisa ntlwana.



**Lako ya
ho utulla**

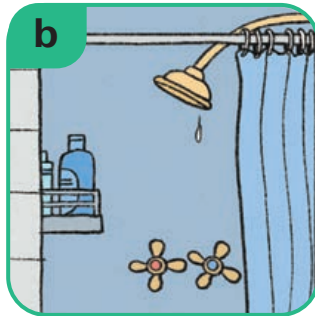
Ha ntlwana e sa hlweka o lokela ho etsang?

Hopola sena:

Hlatswa ntlwana ka mora ho e sebedisa ebe o kwala pompo ha o qetile ho hlapa matsoho.

Ho ipoloka o hlwekile

Re boloka mmele ya rona e hlwekile ka ho etsa dintho tse na:



Tshebetso 4

Sebetsang na bobedi.

1. Bala hore na ho etsahalang setshwantshong.
2. O boloka mmele wa hao o hlwekile jwang?
3. O ka hlapa meno a hao neng?
4. Hobaneng ha ho le bohlokwa ho boloka mmele ya rona e hlwekile?

Boikwetliso le papadi kgafetsa

Boloka mmele wa hao o phetse hantle ka ho ikwetlisa le ho bapala.

Tsena ke tse ding tsa ditsela tseo ka tsona re bapalang le ho **ikwetlisa**:



Ho bapala dipapadi



Ho bala buka



Ho etsa bonono

Tshebetso 5

Sebetsang ka bobeli: 

1. Ke boikwetliso efe boo o ratang ho bo etsa?
2. O ikwetlisa ka makgetlo a makae ka beke?
3. O bapala papadi efe sekolong?



Nako ya ho utulla

Na ho shebella thelevishene nako yohle ke tlwaelo e ntle?

Lentswe le letjha

boikwetliso – diketso tseo o di etsang ho boloka mmele wa hao o phetse hantle

Ha re lekole

Sebetsa o le mong. 

1. Taka ditlwaelo tsa bophelo bo botle tseo o ka di etsang hoseng pele o ya sekolong.
2. Ke ditlwaelo dife tsa bohlokwa tseo o ka di etsang ha o le sekolong?
3. Ha ke hlapa matsoho kapa ke mosola meno ke tlameha ho kwala _____.

EXTRACT PAGES



Sehlooho sa 4 Boemo ba lehodimo



Ha re qale

1. O bona mofuta ofe wa boemo ba lehodimo setshwantshong ka seng?
2. Ke diapara dife tseo o lokelang ho di apara ha pula e na?
3. O ikutlwa jwang ha ho tjhesa?
4. O ikutlwa jwang ha ho bata?



Nako
ho...

Eya kantle.

1. Bona mofuta wa lehodimo bo jwang?
2. Tala s'ona o se bonang.









boemo ba lehodimo – kamoo ho tjhesang, ho batang, ho leng moya, pula e na, ho leng mohodi kapa maru a kwaetseng ka teng kantle

Lentswe
le letjha

Tjhate ya boemo ba lehodimo letsatsi le letsatsi

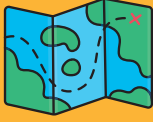
Tshebetso 1

Tjhate ya Boemo ba Lehodimo ba Letsatsi le Letsatsi

 Ho letsatsi	 Ho na pula	 Ho maru	 Ho na le sefelo
 Ho moya	 Ho na le mookodi	 Ho lehlwa	 Ho mohodi

Sebetso o le mong. 

1. Sebetsa tjhate ya boemo ba lehodimo ya letsatsi le letsatsi. Bua ka boemo ba lehodimo boo o bo bonang.
2. Taka tjhate ya hao ya boemo ba lehodimo ya letsatsi le letsatsi e bontshang letsatsi, pula, moya le maru.



Nako ya ho utulla

Ha re bapale mabelo a dikoti tsa seretse.

Etsang mola mme o mathe o siyane le metswalle ya hao
Sebakeng sa ho matha, nahana ka ho tlolela ka hara d... sa
seretse ho fihlela moleng wa ho qetela.

Motlodi ya lebelo ka ho fetisisa wa dikoti tsa seretse... gena
ya hapang!



Boemo ba lehodimo le rona

Nako ya phomolo ya Ramatla ya mariha

Sheba ditshwantsho tse tharo.

Ramatla o thabile. O tlo etela Drakensberg lekgetlong pele ho ya bapala lehlweng le mme wa hae le abuti ya nna, Tshepiso.

Ka mokotleng wa hae, o pakile diatlana tsa hae, jakete e pinki, dikausi tse teteang le dibutsi tse futhu tse seng.

Ka mora leeto le lelelele ka koloi, ba fihlile dithabeng tse nang le lehlwa tsa Drakensberg. Mme wa hae o emisitse koloi mme Ramatla le Tshepiso ba tswa ba potlakile. Ramatla o tshware lehlwa le tletseng letsoho mme a hwelehetsa ka ho makala, lehlwa le hlile le a bata! Bona mme, le etsa hore diatlana tsa hae li bameksi!”



Tshebetso 2

Maneha pale ya nako ya phomolo ya mariha ya Ramatla mme o arabe dibotso.

Sebetsang ka bobedi. 

1. Bua ka hore na o ka lakatsa ho ja le ho nwa eng ka letsatsi le batang.
2. O apara diaparo tse jwang ka matsatsi a batang?



Nako ya ho utulla

Ha re etse katiba ya lehlwa. Titjhere ya hao e tla o thusa.

O tla hloka:

- pampiri
- boya ba khothone
- sekgomaretsi
- dikerayone.



Katiba ya lehlwa e entsweng ka pampiri le boya ba khothone

Matsatsi a bodumedi le matsatsi a mang a kgethehileng

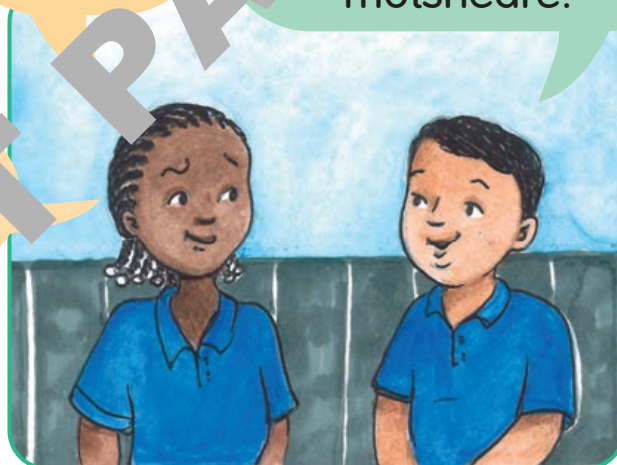
Tameem, hobaneng ha o sa je dijo tsa motsheare kajeno?



Ke ila dijo kajeno, Mpho.

Ho ila ke ho etsang?

Ka bodumedi ba le bong re ila dijo ka paleng e nngwe e nngwe. Ha re je motsheare.



Ho monate ho tseba seo se tseba se. Le ja neng hape?

Re ja ha letsatsi le tseba se. Ha.

Ke a leboha ha o na utlie ka ho ila dijo, Tameem!



Nako ya ho utulla

1. Na o ka bitsa lebitso la bodumedi bo le bong paleng?
2. Na o tseba ka bodumedi bo bong?

Ha re lekole

Thusa Peter hore a phole

Sebetsang ka bobedi. 



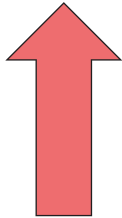

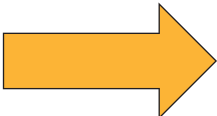
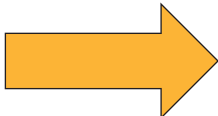
Peter o ikutlwa a tjhesa. O hloka ho phola

Thusa Peter ho fumana lebejanapoo.

Supa lebejanapoo.

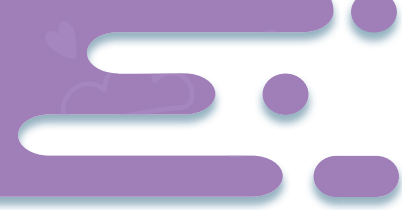
Supa ho Peter.

Peter o batla ho ya ho lebejana-poo. Batela metsu ka monanwa wa hao ho fihlana lebejanapoo.

 <p>Phethela</p>		
 <p>Qala</p>		



Tekanyetso ya semmuso: Kotara ya 1



Potso 1

1. Taka setshwantsho sa hao mme o arabe dipotso tsena.
2. Araba dipotso tsena.
 - a. Lebitso la hao ke mang?
 - b. Fane ya hao ke mang?
 - c. O dilemo di kae?
 - d. O dula kae?
 - e. Letsatsi la hao la tswalo le neng?
 - f. Kgetha mmala oo o o rang ka ho fetisisa:
 - g. Mahlo a hao a mmala o jwang?



lamunu



pinki



tana



putswa



pherese



tshehla



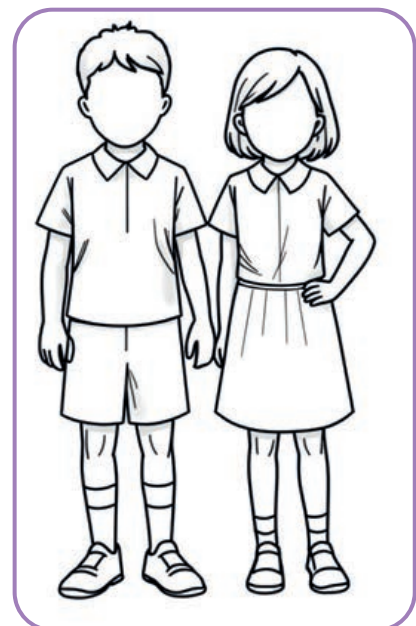
kgubedu



ntsho

Potso 2

1. Taka setshwantsho sa hao o apere yunifomo ya hao ya sekolo mme o arabe dipotso tsena.
 - a. Ngola lebitso la sekolo sa hao.
 - b. Ngola lebitso la titjhere ya hao.
 - c. Lebitso la mosuwehlooho wa sekolo sa hao ke mang?



Potso 3

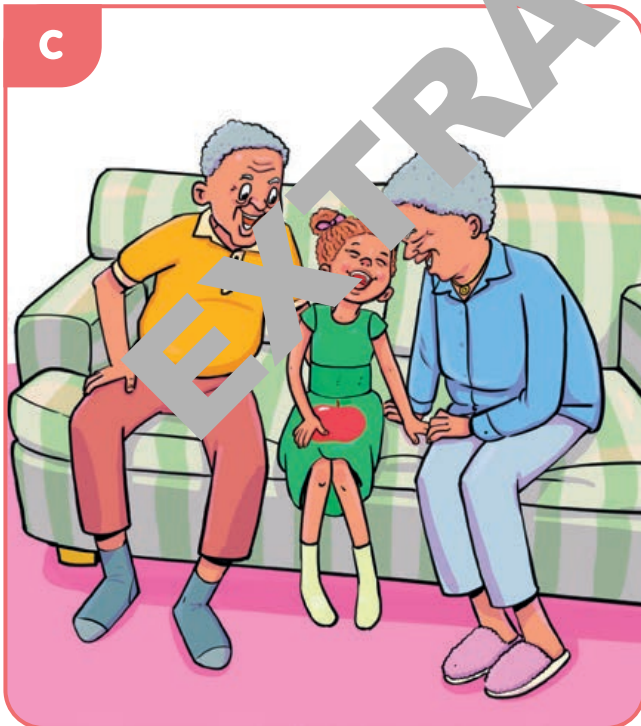
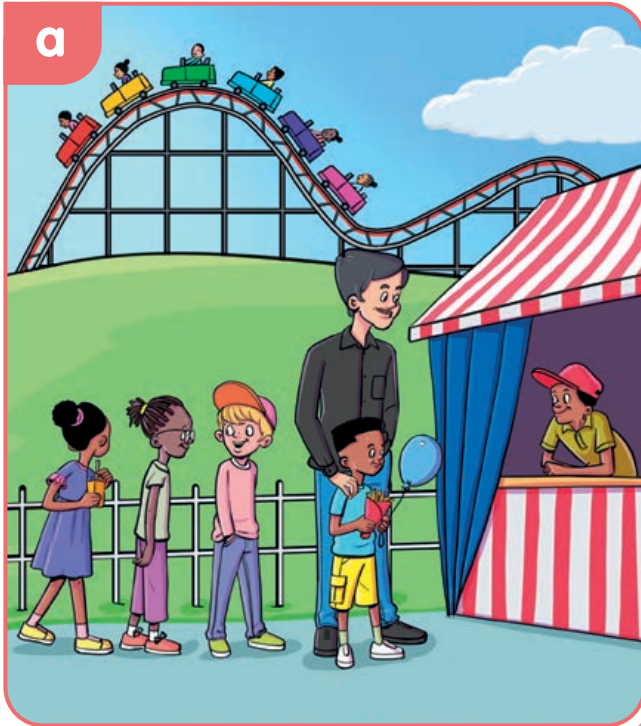
1. Hobaneng ha re hloka ho ba le ditlwaelo tsa bophelo bo botle?
2. Bua ka hore na o ka hlatswa matsoho a hao jwang.



Potso 4

1. Taka ditshwanelo tsa dintho tse tharo tseo o ka di jang ka nwa di nwa ka letsatsi le tjhesang.
2. Etsa se dikauikwe diaparong tseo o ka di aparang ha ho batle.





Ha re qale

Sheba ditshwantsho tse tharo.

1. Ke mang motho ya qabolang ka ho fetisisa lapeng leno?
2. O na le bomotswala ba bakae?
3. O na le lelapa le leholo kapa le lenyane?
4. Ke diketso dife tse monate tseo o di etsang le ba lelapa leno?



Mako a
na tulla

Lelapa ke eng?

bomotswala – bana ba bomalome, borangwane, borakgadi le bommangwane wa hao

tshebetso – ntho eo o e etsang kapa eo o e entseng

Mantswe
a matjha

Seo lelapa e leng sona

Lelapa le entswe ka batho ba tsotellanang le ba ratanang. Ba thusana mme ba arolelana dinako tse kgethehileng hammoho.

Lelapa ka leng le fapane mme le na le batho ba fapaneng ho lona.

Tshebetso 1

Sebetsang ka bobedi. 

Mamela pale ya Lerato.

Lerato o thabela ho
bapala le ho tsamaya
le bomme ba hae ka
bobedi phakeng. Lerato
le lelapa la hae ba qeta
nako e ngata ba pheha
le ho bapala. Ka dinako
tse ding, Lerato o etela
nto e nholo wa hae
mme a nke dikuku tseo a
di bakileng le bomme ba
hae hae.



Tshebetso 1 (e tswela pele)

1. Lerato o rata ho etsa eng le lelapa la hae?
2. Bolela batho ba lelapeng leno.
3. Toroya setshwantsho sa lelapa leno.



**Nako ya
ho utulla**

Bolela motho e moholo ka ho fetisisa e monyenyanane ka ho fetisisa lelapeng leno.

Ditho tsa lelapa leso

Batswadi ba hao, banabeno le dikgaitsemi ke lelapa leno le haufi.

Nkgono wa hao, ntemoholo, bomalome, borangwane, borakgadi, bommangwane le bomotswale ke lelapa leno le atolositsweng.



Lelapa le haufi



Lelapa le atolositsweng

Tshebetso 2

Sebetso sa 2 le mong. 

1. Na ke ba mang eo e leng setho sa lelapa seo o se ratang ho feta bohle?
2. Na ke ba lelapa le haufi kapa le atolositsweng?
3. Setho sa lelapa seo ke se ratang ho feta bohle ke _____ hobane _____.

Ho hlokomelana lapeng

Re tlameha ho hlokomela batho ba bohlokwa maphelong a rona.

Sena se etsa ba ikutlwe ba ratwa hape ba thabile.
Hape se etsa batho kaofela ba ikutlwe ba atamela.



**Nako ya
ho utulla**

Nandi o bontsha nkgono wa hae ho o a n'o tsotella jwang?

Nkgono, na o
hloka thuso?



Tshebetso 3

Sebetsang ka bobedi. 

1. Sheba ditshwantsho mme o di behe ka tatellano e nepahetseng



2. Fananang monyetla ho bolellana pale ka ditshwantsho tse na.

Ha re lekole

Sebetsang ka dihlopha.



Mohato wa 1

Etsa tshwantshiso ho bontsha hore na ditho tsa lelapa ke bomang.

Ditho tsa lelapa tshwantshisong ya hao e tla ba malome/rangwane, rakgadi/nangwane, nkgono, ausi, abuti, Mme le nnete.

Mohato wa 2

Kgetha setho sa lelapa seo o batlang ho ba sona.

Mohato wa 3

Tlisa diaparo tse o nang hae hore o tle o apare jwalo ka setho sa lelapa leo o kgethileng ho ba sona.

Mohato wa 4

Ikwetlile tshwantshiso ya hao le sehlopha sa hao.

Mohato wa 5

Etsa tshwantshiso bakeng sa titjhere le bainnutimmoho le wena.

