



MOPHATO

3

BUKA YA  
MORUTABANA

# Platinum

Dikhoutu le Diroboto

Ditokelo tsotlhe di sireleditswe. Ga go karolo ya kgatiso e, e e ka boelediwang, ya bolokwa mo mofuteng o o ka tlhagiswang gape ka ona, kgotsa ya gaswa mo sebopegong sengwe le sengwe kgotsa ka mokgwa o o rileng (eleketeroniki, ka motšhine, ka kgatiso kgotsa ka mokgwa o mongwe o o sa dumeletsegeng) ntle le gore go bonwe tumelano e e kwadilweng fa fatshe ya mong wa ditshiamelo tse di sireleditsweng tsa bokwadi pele.

Fa o batla go rebolelwa tetla ya go ka gatisa lekgetlo le lengwe gape kgotsa go dirisa karolo nngwe le nngwe ya buka eno, o kopiwa gore o ikgolaganye le Setlhophla se se rebolelanang ka Ditshwanelo le Tetla mo go 021 532 6000 kgotsa ka go romela imeile mo go rightsgranting@mml.co.za. Go begela tshenyo ya ditshwanelo tsa mokwadi, tsweetswee romela imeili go copyright@mml.co.za.

Kgatiso ya 1 ka 2025

ISBN 978-1-834-95315-1

ePDF ISBN 978-1-834-98745-3

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Morutabana yo o rategang .....	vi
1. Botlhokwa jwa go kwala dikhoutu le diroboto .....	vii
2. Go kwala khoutu le Diroboto mo Kgatong ya Motheo .....	vii
3. Tsela ya go dirisa motseletsele ono .....	viii
4. Dikarolo tsa Kaedi ya Morutabana .....	xiii
5. Molebokakaretso .....	xiii
6. Dikgono tse di Rileng .....	xv
7. Go Kopanya Go kwala khoutu le Diroboto mo Kgatong ya Motheo .....	xvii
8. Kabelo ya nako .....	xvii
9. Pharologanyo, Tekatekano le Kakaretso .....	xviii
10. Go dira phaposiborutelo e e akaretsang batho botlhe le fa ba farologane .....	xx
11. Mokgwa wa go ruta o o akaretsang .....	xxii
12. Tsela ya go Ruta go Kwala Dikhoutu le Diroboto .....	xxiii
13. Go laola thuto ka tsela e rategang .....	xxv
14. Go laola phaposiborutelo e kgolo .....	xxvi
15. Go Dirisa Mokgwa wa go Ithuta ka go Tlhama le go Dirisa Ditemosi .....	xxvii
16. Tikologo e nngwe .....	xxvii
17. Go Tshetshisa Mefuta e Farologaneng ya go Ruta .....	xxviii
18. Tsekelelo jwa Morutabana .....	xxix
19. Tlhahobho .....	xxx
20. Khoutu ya palelo .....	xxxii
21. Leano le le Akantshiwang la go Ruta .....	xxxii

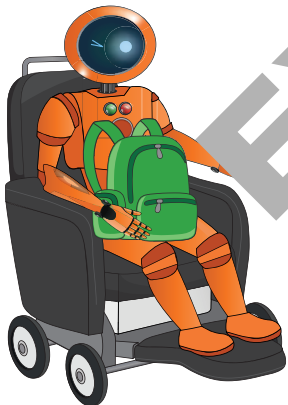
# Diteng

## Paka 1



Beke 1: Fa e le gore? Morago eng? .....	1
Beke 2: Ke ga me fela .....	5
Beke 3: A re thale .....	8
Beke 4: Maikutlo ke eng? .....	11
Beke 5: Sedirisiwa sa me sa Thuso ya ntlha .....	13
Beke 6: Ditshwetso tse di itekanetseng .....	17
Beke 7: A re age koloï .....	21
Beke 8: Mokwalo wa me wa dijithale .....	23
Beke 9: Ditswhanelo tsa gago le tsa .....	27
Beke 10: Ke dira jang maikarabelo? .....	31

## Paka 2



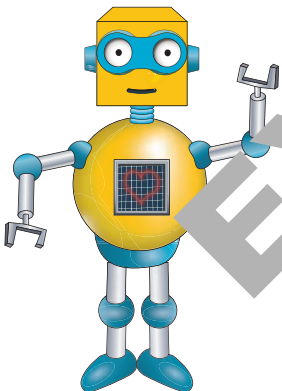
Beke 1: Ja dikhatlha getse tse di itekanetseng .....	35
Beke 2: Ke tshwa tse go tlopha .....	38
Beke 3: Dikgato tse di siameng le dilo tse di dirilwang ka mašwi .....	41
Beke 4: Mashenekegi tse dintle .....	45
Beke 5: Seno se kaya eng? .....	48
Beke 6: Bothata ke eng? .....	52
Beke 7: Tsaya dikgato tse di latelang .....	56
Beke 8: Dikgato tsa botshelo .....	62
Beke 9: Rarabolola bothata jwa matlakala .....	66
Beke 10: Dirisa gape Dira sešwa Fokotsa .....	71

## Paka 3



Beke 1: Batho ba ba re thusang .....	76
Beke 2: Go gatisa dipaterone .....	80
Beke 3: Iwantsha kgotlhelego .....	84
Beke 4: Go dira sejana sa paper mâché .....	87
Beke 5: Go kopolola ka Braille .....	90
Beke 6: Kgabisa kgameo ya gago .....	93
Beke 7: Ka fao thekenoloji e fetogileng .....	98
Beke 8: Diroboto mo lefaufaung .....	101
Beke 9: Kwa sekgweng sa sekgala .....	104
Beke 10: Go batla dikarolo tsa letsatsa .....	107

## Paka 4



Beke 1: Dikuno le ditshepo .....	110
Beke 2: Diroboto mo lefaufaung .....	115
Beke 3: Fikolelo tsa go pholosa .....	119
Beke 4: Go tseletsa foreime ya gago .....	122
Beke 5: Go fenyisa setsuatsue .....	126
Beke 6: Go lekanya maemo a bosa .....	130
Beke 7: Go kwala khoutu – puo ya rona ya sephiri .....	134
Beke 8: Thekenoloji e a re thusa .....	138
Beke 9: Diphologolo tse di re thusang .....	141
Beke 10: Dinotshe tse di berekang thata .....	145

## Morutabana yo o rategang

Letsatsi le lengwe le le lengwe fa o tsena mo phaposiborutelong ya gago, ga o tsene fela mo lefelong le le tletseng di tseke le dibuka. O tsena mo lefelong leo go bopiwang isagwe ya batho gone le mo go simololwang maitemogelo a mašwa. O na le maatla a a seng kana ka sepe a go tlotlheletsa, go kaela le go nonotsha baeteledipele ba rona ba kamoso, batlhami le badiradiphologo ba rona. Fa o dira seno ka lorato, ga e kitla e nna kgang fela ya go ruta o tlopo jala dipeo tsa bopelonomi, bopelokgale, go tlotla batho le mowa wa lhuba mo dipelong tsa bana bano.

Re a itse gore ga se ka metlha go leng bonolo. Dikgwetlho sa nna morutabana, segolobogolo kwa dikolong tse di senang ditlhatse di lekaneng, ka dinako tse dingwe di ka dira gore o ikutlwe o feekane maikutlo. Le fa go ntse jalo, kgwetlho nngwe le nngwe e o lebanang le yone go naya tshono ya go dira pharologanyo ya mmatota. O bontsho barutwana ba gago gore ba ka kgona go dira sengwe le sengwe le gore go tlofetswe gore ba kgone go fitlhelela dilo tse dikgolo mo botshelong.

Ke gone ka moo mokgwa wa rona wa go tlo tla o tlleng go go thusa. E re ka re o tthamile re akantse ka CAPS, re tlo go tthoma mogopolo mo go ruteng ka tsela e e akaretsang bana botlhe a go tlo ra gore ngwana mongwe le mongwe a ikutlwe e le karolo ya se go huiwa ka sona. Ditshwantsho, dikgang le dithuto tse di tla bong di se se tlo tla di tllile go akaretsa maemo otlhe a rona a a farologaneng, mme seno se tlo thusa morutwana mongwe le mongwe gore a ikutlwe e le karolo ya se go diragalang mo phaposiborutelong.

Ga re a go lebalale boitekanelo jwa gago bo botlhokwa thata fela jaaka re lebeletse gore barutwana ba gago ba atlege. Re akareleditse di dirisiwa tse o ka di dirisang ka bowena gore o nne o tlotlheletsegile ebile o itekanetse, ka gonne re a itse gore o ikutlwa sentle barutwana ba gago le bone ba tla atlega. Fa o itumetse, seno ga se tlotlheletse fela tsela e o rutang ka yona gape se aga ka nna e o molemo le barutwana ba gago mme ba tla ikaega ka wena go bona tshologo le go tlotlhelediwa mo botshelong.

Fa Aforika Borwa e tsweletse go dira gore Basic Education Law Amendments Act (BELA) e nne molao ka 2024, maitlhommo a rona a go dira gore thulaganyo ya thuto e nne e e lekalekaneng le e akaretsang botlhe a gola le go feta. Seabe se o tlleng go nna le sona mo maitlhomong ano e tllile go nna se segolo tota, mme go thaloganya CAPS le BELA go tla dira gore phaposiborutelo ya gago e nne lefelo le mo go lona barutwana ba gago ba baakanyediwang go atlega.

Ke wena yo o tlileng go thusa gore go nne le diphetogo tse di molemo mme seabe sa gago mo phaposiborutelong e tlike go nna se se segolo thata. Fa o ntse o ruta, itse gore ga o kaele barutwana ba gago fela; o bopela metse ya rona, naga ya rona le lefatshe la rona isagwe e e molemo.

Re lebogela sengwe le sengwe se o se dirang!

## 1. Botlhokwa jwa go kwala dikhoutu le diroboto

Ijoo nna wee! Re lebane le serutwa se se ntšhwa gotlhelele—se se tšhwanang se tshosa e bile se na le thotloetso! Go kwala dikhoutu? Re akanya ka motheo yo o obegileng mo godimo ga sekirini sa khomphiuta, a seka ka tsedimose tso e e ka tlhologangwang ke batho ba se kae fela ba batho ba bang. Diroboto? Seo se utlwala jaaka sengwe se se tswang mo baeseng ya ditlhamane tsa saense! A ga re a tshwanela go leta dingwaga ditlhamane a matlhamano gore diroboto di laole lefatshe? A diroboto ga se tshwanele saense le baithutalobopo fela? Ke ka ntlha yang fa seno se tshwanetse sa tsama jaaka barutabana?

Dikgang tse di monate ke tse: go kwala dikhoutu ga go lebege go le thata jaaka go lebelala. Tota e bile, re kwala dikhoutu letsatsi le letsatsi, mme re ntse re dira jalo ka lobaka lo lolaele. Le fa gone re na tshwanelwa ke go ithuta dilo tse dintšhwa gore re kgone go ruta baithuti ba rona ba tsela e e nang le dipelo, seo ke sone se se itumedisang!

Re tshela mo lefatsheng mo go lone kgatelopele e e bofefo ya thekenoloji e leng selo se se ka go itumedisang. E nna e ntse e fetoga, mme le rona re tshwanetse go fetoga go lone. Goreng? Ka gone re baakanyetsa baithuti ba rona isagwe e lefatshe e ruang.

Mo motseletseleleng ono, re tla lo kaela go ralala lefatshe le le sa itsiweng la go kwala dikhoutu le diroboto ka go kwala khoutu ntle le go dirisa khomphiuta.

Ga go dirisa barutabana ba dirisa diboto tse dintsho, ditšhoko le dikarata tsa go ithuta mo phaposiborutelong. Mme ke nako ya go amogela diphetogo le go tlamela barutwana ba rona ka bokgoni jo ba tla bo tlhokang mo motlheng ono wa dijithale!

## 2. Go kwala khoutu le Diroboto mo Kgatong ya Motheo

Re a lo amogela mo Go kwala khoutu le Diroboto Mophato 1! Motseletseleleng ono o na le Buka ya Morutwana le Kaedi ya Morutabana e e rotloetsang go ruta ka katlego ya Go kwala khoutu le Diroboto mo Mophatong 1. Go kwala khoutu le

Diroboto Mophato 1 e kwadilwe go ya ka ditlhokego tsa dikaelo tsa Pegelo ya Pholisi ya Kharikhulamo le Tlhatlhobo (CAPS). Ka jalo, fa o dirisa motseletsele ono wa ditlhogo, o ka tlhomamisa gore se se mo kharikhulamong se akareditswe ka botlalo.

Go kwala khoutu le Diroboto go dirilwe ka tsela e e kgethegileng go tsamaisana le CAPS ya Go kwala khoutu le Diroboto ka ditsela tse di latelang.

### **3. Tsela ya go dirisa motseletsele ono**

#### **3.1. Dikarolo Tsa Buka ya Morutwana**

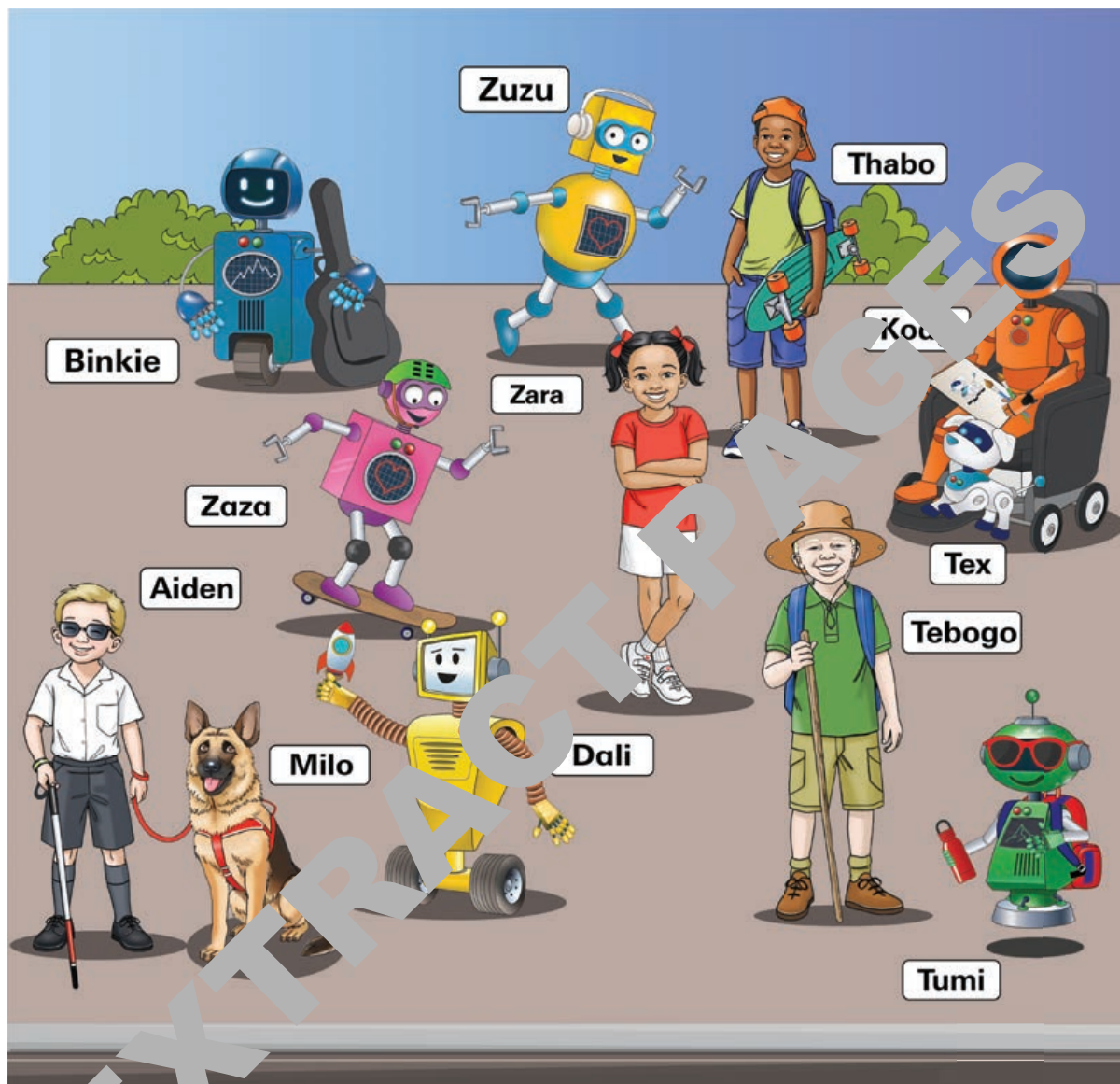
- Buka ya Morutwana e na le setlhogo se se boeletswang go tsamaisanang le ditiro tsa beke nngwe le nngwe, se se dirang go tsamaisane le boitemogelo jwa go ithuta jo bo tshwaraganeng le jo bo kgatlhale.
- Beke nngwe le nngwe e na le tiragalo e ntšha e e gwetlhang barutwana go dirisa kitso ya bone mo maemong a a mosola. Mopapa barutwana go thala nngwe ya difatlhego tse nne mo dibung tsa bone kgotsa ba supe monwana o le mongwe go ya go e le mene go tsamaisane matsapa a bone mo tirong.
- Karolo ya “A re Simolole” e dirisa juaka ntina ya go simolola go sekaseka kitso ya ntsha ya barutwana mme e tsamaisanya ka tlhamalalo le tshedimosetso e ba tlhokang go e ithuta.
- Kwa bokhutlong jwa beke nngwe le nngwe, karolo ya “Go Itlhatlhoba” e naya barutwana tšhono ya go tsamaisanya ka tiro ya bone, go ba rotloetsa go tsaya kgato ka kelotlho. Mafoko a a ithuta.
- Mo godimong moo, go na le karolo ya “Lefoko le le ntšhwa” e e tlhalosang mafoko a a sa tsholelelang a a fitlhelwang mo dithutong, e leng se se thusang barutwana go oketsa tlotlofoko ya bone ka tsela e e mosola.

**Matshwao:**



















Mo bukeng eno yotlhe re tsentse ditshwantsho tse di supang mofuta wa go ithuta le ditiro tse di dirwang.















	Go rulaganya ka bobedi: nako ya go dira le tsala ya me
	Go ithuta ka tirisanommogo: nako ya go dira jaaka sekhopha
	Go dira dilo ka tsela e e mosola: nako ya go dirisa diatla tsa me le boboko jwa me
	Go thala: nako ya go thala le go kwala
	Go bua: nako ya go bua ka dilo
	Go magano: nako ya go dirisa boboko le monagano
	Motsamao wa mmele: ke nako ya go tsamaisa mmele wa me
	nako ya go kwala khoutu
	go kwala khoutu ka go tshameka

### 3.2. Kopa le sethopho

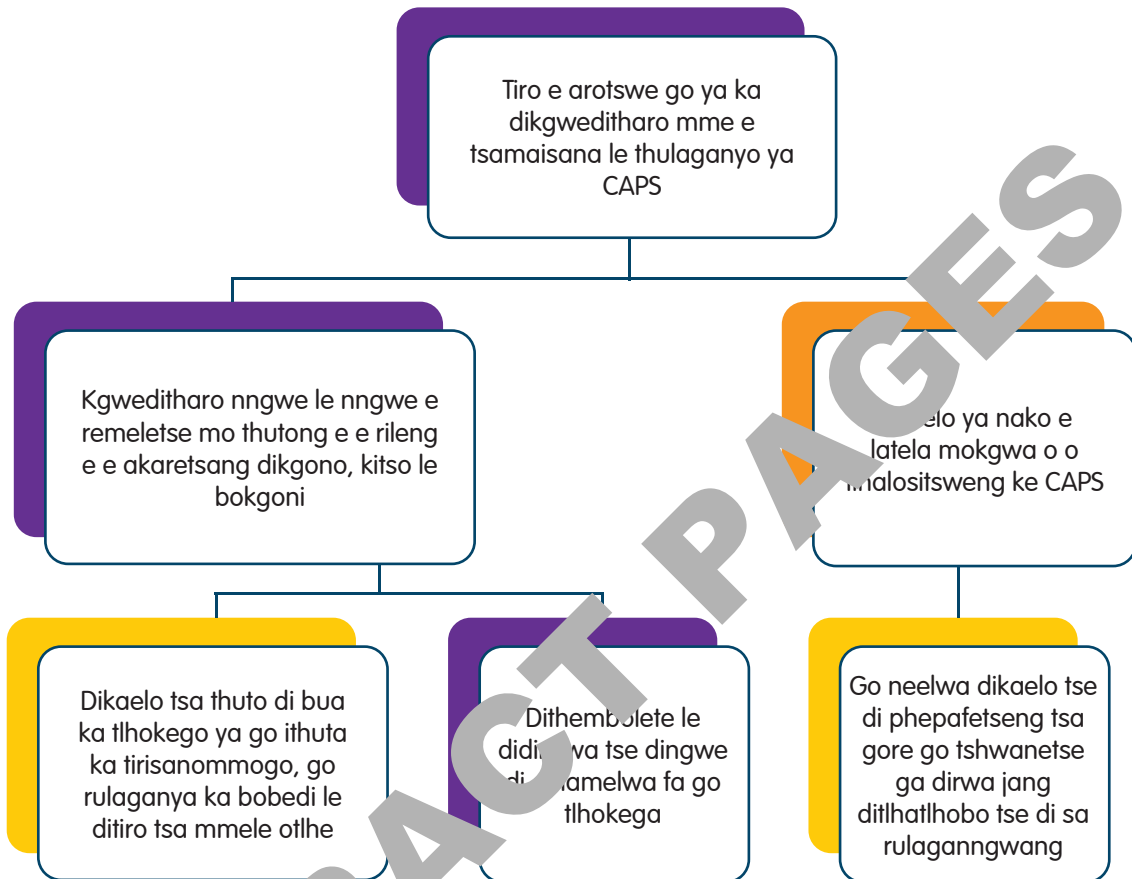


### 3.3. Dikarata tsa go kwala khoutu

Karata ya go kwala khoutu	Letshwao	Tihaloso (tiro)	Karata ya go kwala khoutu	Letshwao	Tihaloso (tiro)
	<b>Kwa pele</b>	Tsamaya kgato e le nngwe go ya kwa pele.		<b>Boeletsa makgetlo a le matlhano</b>	Boeletsa tiro makgetlo a le matlhano.
	<b>Godimo</b>	Tsamaya kgato e le nngwe go ya kwa godimo.			
	<b>Tlase</b>	Tsamaya kgato e le nngwe go ya tlase.		<b>Poapoeletso (Modikologo)</b>	Letshwao la modikologo le go bolelela go boeletsa matlhano ya dikgato.
	<b>Molema</b>	Tsamaya kgato e le nngwe go ya molemeng.		<b>Letshwao la leta</b>	Letshwao la leta le go bolelela go emisa metsotswana e mebedi.
	<b>Moja</b>	Tsamaya kgato e le nngwe go ya mojeng.		<b>Modumo</b>	Letshwao la modumo le go bolelela go reetsa modumo.
	<b>Retologela ka fa molemeng</b>	Retologela ka fa molemeng.		<b>Bina (Motantsho)</b>	Letshwao la motantsho le go bolelela go tantsha gangwe.
	<b>Retologela ka fa mojeng</b>	Retologela ka fa mojeng.		<b>Bua</b>	Letshwao la go bua le go bolelela go bua.
	<b>Fa/morago</b>	Fa (polelo), morago dira seno (dira tiro).		<b>Retologa (Dikologa)</b>	Letshwao la go dikologa le go bolelela go dikologa gangwe. (Retologa ka gotlhe).
	<b>Sekamela kwa pele</b>	Sekamisetsa mmele wa gago kwa pele.		<b>Thala</b>	Letshwao la go thala le go bolelela go thala.
	<b>Sekamela kwa morago</b>	Sekamisetsa mmele wa gago kwa morago.		<b>Phaphata (Opa diatla)</b>	Letshwao la opa diatla le go bolelela go opa diatla gangwe.

	<b>Sekamela ka fa molemeng</b>	Sekamisetsa mmele wa gago ka fa molemeng.		<b>Go keteka (Tsholeletsa seatla kwa godimo)</b>	Letshwao la tsholeletsa seatla kwa godimo le go bolelela go dumela ka go tsholeletsa seatla kwa godimo.
<b>Koaeni leringska</b>	<b>Sekamela ka fa mojang</b>	Sekamisetsa mmele wa gago ka fa mojang.		<b>Latela</b>	Letshwao la latela le go bolelela go latela.
	<b>Tsholetsa (Sela)</b>	Sela selo.	<b>5</b>	<b>Kgorometsa</b>	Letshwao la kgorometsa le go bolelela go kgorometsa.
	<b>Baya fa fatshe</b>	Baya selo fatshe.		<b>Goga</b>	Letshwao la goga le go bolelela go goga.
	<b>Simolola</b>	Letshwao la simolola le go bontsha fao letshwao la go simolola le leng teng.		<b>Go siame (Kgononope kwa godimo)</b>	Letshwao la kgononope kwa godimo le dirisediwa go re ee.
	<b>Tsamaya</b>	Letshwao la tsamaya le go bontsha gore o simolola leng.		<b>Ga go a siama (Kgononope kwa tlase)</b>	Kgononope kwa tlase e dirisediwa go re nnyaa.
	<b>Ema</b>	Letshwao la emisa le go bontsha gore o emise leng.		<b>Nagana</b>	Letshwao la nagana le go bolelela go: <ul style="list-style-type: none"> <li>• nagana ka sengwe.</li> <li>• itlhamele (kakanyo);</li> <li>• loga leano</li> </ul>
<b>2</b>	<b>Boeletsa tiro a le mabedi</b>	Boeletsa tiro makgetlo a le mabedi.		<b>Tlola</b>	Letshwao la tlola le go bolelela go tlola gangwe.
<b>3</b>	<b>Boeletsa makgetlo a le mararo</b>	Boeletsa tiro makgetlo a le mararo.		<b>Tlola sengwe (Tlola mo godimo)</b>	Letshwao la go tlola mo godimo le go bolelela go tlola mo godimo ga sengwe.
<b>4</b>	<b>Boeletsa makgetlo a le mane</b>	Boeletsa tiro makgetlo a le mane.			

## 4. Dikarolo tsa Kaedi ya Morutabana

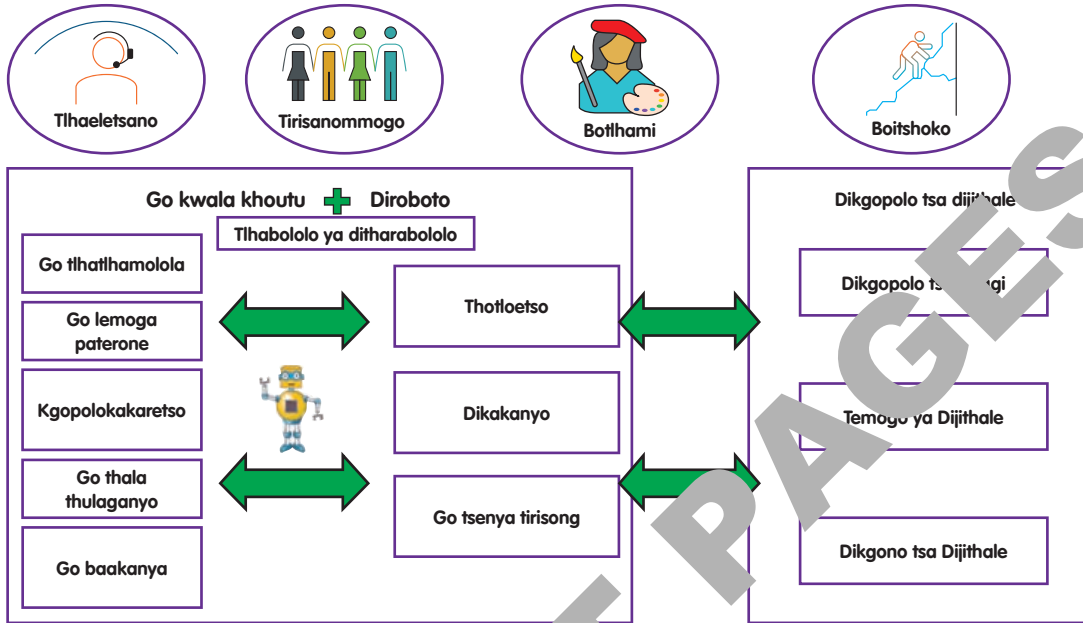


## 5. Molebana le karetso

### 5.1. Go kopanya khoutu le diroboto ke eng?

- Go dira diroboto le diroboto go kopanya melaometheo ya go dira diroboto le go dira diroboto, go di aga le go di dirisa.
- Go tsisa dikgopolo, mekgwa le ditsela tsa go dira dithulaganyo go laola diroboto gore di dire ditiro tse di rileng.
- E akaretsa dikgopolo tsa dijithale tse di buang ka megopolo e e farologaneng, melawana le ditsamaiso tse di amanang le dithekenoloji tsa dijithale le tiriso ya tsone.

- Kharikhulamo ya Go kwala khoutu le Diroboto e ikaegile ka dipilara tse di latelang, jaaka go bontshitswe mo setshwantshong se se fa tlase:



## Go kwala khoutu le Diroboto

### Kharikhulamo ya Go kwala khoutu le Diroboto e theilwe mo dikgopolong tse di latelang:

- **Go kwala khoutu** ke go kwala ditaelo tse khomphiuta e ka di thaloganyang le go di latela. Ke tse e bano ba bolelelang dikhomphiuta ka yone gore di dire eng, kgato ka kgato go di dira gore di dire ditiro tse di farologaneng.
- **Diroboto** e kanyanya mense le boenjenerere go dira metšhine e e kgonang go lemoga se se dikologileng, go dira ditshwetso le go dira ditiro tse e di dirang e le nosi. Tšhanya karutwana tšhono ya go ithuta, go lekeletsa le go itirela dilo tsa bo diroboto di tlhoma mogopolo mo go tlhamiweng, ditiragatso le ditiro ya diroboto.
- **Dikgopolo tsa dijithale** go akaretša mefuta e e farologaneng ya bokgoni le go thaloganya tse di thusang baithuti go dirisa thekenoloji ka tsela e e nang le mosola le ka maikarabelo.

## 5.2. Maitlhomong a a rileng:

- Tlhabolola bokgoni jwa go rarabolola mathata ka go akanya ka dikhomphiuta
- Tokafatsa tsela ya go akanya ka go tlhama dilo gore go nne le tharabololo e e tlhamang dilo tse dintšhwa e e tsepameng mo bathong.





- Nna karolo ya kokomana ya batho ba ba akanyang ka tsela e e botlhale ba ba dirisang dikhoutu, diroboto le bokgoni jwa go dirisa didirisiwa tsa dijithale go tlhalosa megopolo ya bone.
- Rotloetsa go tlhama dilo, go akanya ka tsela e e masisi, go dirisana mmogo, go buisana le go dira dilo tse dintšhwa
- Dira dilo ka tsela e e nang le boikarabelo le ka tsela e e nang le dipolelo mo lefatsheng la didirisiwa tsa dijithale.
- Tlhaloganya ka fa thekenoloji e amang setšhaba ka teng.
- Aga boikanyo jwa go lebana le dikgwetlho ka go dirisa dikhomphiuta le go akanya ka tsela e e tshwanetseng.

## 6. Dikgono tse di Rileng

### 6.1. Go nagana jaaka khomphiuta

- Go akanya ka dikhomphiuta ke mokgwa wa go rarabolola mathata o o akaretsang go kgaoganya mathata a rararaaneng ka dikarolo tse dinnye tse di laolegang
- E thusa barutwana go tokafatša bokgoni jwa bone jwa go rarabolola mathata a go kwala khoutu le a diroboto. Bokgoni jono gape bo ka dirisiwa go rarabolola mathata a letšatsi le letsatsi.
- Ke tsela ya go akanya le bokgoni jo bo dirisiwang go rarabolola mathata le go dira ditiro ka tsela e e nang le dipolelo.
- Go akanya o dirisa dikhomphiuta go thusa batho go bona tharabololo e batho le dikhomphiuta di ka e tlhaloganyang.
- Go akanya go dirisa dikhomphiuta ga se ga saense ya dikhomphiuta fela; go ka dirisa mo dikarolong tse di farologaneng le mo maemong a letšatsi le letsatsi, go thusa batho go akanya ka tsela e e utlwalang le e tshwanetseng.

**E akaretsa dikarolo tse di latelang:**

 <p><b>Kgopolokakaretso:</b> Go tlhoma mogopolo mo tshedimosetsong e e botlhokwa le e e maleba le go itlhokomolosa tshedimosetso e e seng botlhokwa le e e seng maleba</p>	 <p><b>Go tthatlhamolola:</b> Go rarabolola bothata ba raraaneng ka go bo kgaoganya ka dikarolo tse dinnye tse di kgonang go laetsega</p>
 <p><b>Go lemoga paterone:</b> Go lemoga diitshwano le dipharologano. Go lemoga dipaterone tse di tshwanang mo mathateng a mangwe go go thusa go rarabolola bothata jo bošwa.</p>	 <p><b>Thulagano:</b> Go tshalosa tatelano e e tlhomameng ya dilo tse kgotsa ditaelo tsa go dira tiro.</p>

Mo dirobotong, barutwana ba dirisa go akanya ka dikhomphiuta go tlhama, go aga le go rulaganya diroboto. Tse di roboto eno e dirang ka yone e bontsha ka fa ba ileng ba dirisa tsela eno go akanya ka teng fa ba ntse ba leka le go baakanya khoutu ya bone.

**6.2. Go akanya ka tselo**

- Go akanya ka tselo go tlhama go tlhoma mogopolo mo bathong e bile go rotloetsa go tshala le bokgoni jwa go tlhama le go dira dilo tse dintšhwa.

E latela thulaganyo e e latelang ya dikgato tse tharo:

- Go akanya ka go tlhama ke mokgwa wa go rarabolola mathata o o kopanyang tlhamego o popego mme o tsepamisitse mo go thaloganyeng le go rarabolola dikgwetlho.

Se se latelang se tshalosa thulaganyo ya go tlhama:

- **Go utlwela botlhoko:** go thaloganya gore modirisi wa bofelo ke mang mo maemong a a rileng.
- **Tlhalosa:** go tshalosa ka botlalo dilo tse badirisi ba di tlhokang, go akaretsa bokgoni jwa bone dikgele tsa bone le melaometheo ya bone ya konokono.
- **Go akanya:** go akaretsa go tlhama dikakanyo le ditharabololo ka go dirisa mekgwa e e farologaneng.

- **Setlhangwa sa ntlha:** e akaretsa go tlhama tharabololo e le nngwe kgotsa go feta go rarabolola bothata.
- **Tlhatlhoba:** go sekaseka go nonofa ga tharabololo.

## 7. Go Kopanya Go kwala khoutu le Diroboto mo Kgatong ya Motheo

<p><b>Dithulaganyo</b> Mo go <b>ruteng go bala le go kwala</b>, go rulaganya dilo ka tatelano le go sobokanya go na le seabe sa botlhokwa</p> <p>Mo <b>dipalong</b>, go kgaoganya mathata a a raraaneng ka dikgato tse dinnye tse di motlhofo ke tsela e e botlhokwa ya go rarabolola mathata</p>	<p><b>Go fetolela go dikarolo tse dinnye</b> Mo go tsa <b>saense ya dikhomphiuta</b> le <b>dipalo</b>, go kgaoganya tiro ka dikarolwana tse dinnye tse o kgonang go di laola go dira gore go nne motlhofo go e rarabolola</p>	<p><b>Dikgopolo tsa Taolo</b> Mo go <b>kwala khoutu</b>, batlisisa no e nraelo di tsa ntlha ka yona mo go tsa among</p> <p>Mo go tsa <b>dipalo</b>, go akanya tsela ya go batlisisa go kaya go dirisa mabaka le go leka mekgwa e e farologaneng go rarabolola mathata</p>
<p><b>Go kwala khoutu le puo ya tiholego</b> Go ithuta go kwala khoutu gantsi go tshwantshiwa le go ithuta <b>puo e ntšhwa</b></p>	<p><b>Go tlhama</b> Go tlhama didiriswa ya diroboto go golaganya le dikarolo tsa <b>Baki jwa Tlhamo</b> le go kopanya dikarolo tsa <b>Dikgopolo tsa Botshelo</b></p>	<p><b>Dikgopolo tsa dijithale</b> Dintlha tse di jaaka ditlamorago tsa thekenoloji le go nna moagi wa dijithale di amana le <b>Dikgono tsa Botshelo (Go Itekanela ga Botho le ga Loago)</b></p>

## 8. Kabelo ya nako

Go ya ka Papano ya tholisi ya Kharikhulamo le Tlhatlhoba (CAPS), Go kwala khoutu le diroboto di abelwa ura e le nngwe mo potologong ya matsatsi a le mathano mo Mophatong R go ya go 2, le diura di le pedi mo potologong ya matsatsi a le mathano mo Mophatong wa 3.

Tafole e batelang e bontsha kabo ya nako ka paka ya Mophato 1:

Mophato 1 = % ka beke	Paka 1	Paka 2	Paka 3	Paka 4
Go lemoga Paterone	15	15	15	15
Dithulaganyo & Go kwala khoutu	50	50	50	50
Diroboto	30	30	30	30
Dikgopolo tsa Dijithale	5	5	5	5
Palogotlhe	10 dibeke	10 dibeke	10 dibeke	10 dibeke

## 9. Pharologanyo, Tekatekano le Kakaretso



### Ditlhophapha tsa dipharologanyo

#### Lebokose 1: Ditlhophapha tsa dipharologanyo

Sethlopha sa pharologanyo	Tlhaloso	E akareditswe jwale mo bukeng
<b>1. Pharologanyo ya Setso le Morafe</b>	Seno se raya gore re tsentse ditso le merafe tse di farologaneng, go dira gore barutwana ba ithute ka dipot le meetlo ya batho ba ba farologaneng.	Re tsentse baanelwa, bakwadi le batho ba ba itsegeng mo phositoring go tswa kwa ditsong tse dintsi tse di farologaneng. Dikgang le dikao tse akaretsang meetlo, dingwao le dipuo tse di farologaneng. Seno se thusa barutwana go ithuta ka ditso tsa batho ba bangwe le go ba thusa go tla go tlhoa batho ba bangwe ka gore ba ithute ka histori ya batho ba le dikgwetlho tse ba lebanang le tsona.
<b>2. Pharologanyo ya Bong</b>	Pharologanyo ya setso se raya go emela bong jwa mme seno se raya go buisana ka tsabele ya batho ba bong jwa rileng ka nang le sona, baanelwa ba sa batleng go kgethololwa ka bong le ba ba fetolang bong jwa bona nako nngwe le nngwe.	O tla lemoga gore re lekalekantse bong jwa tlhe mo mokwalong, mo ditshwantshong le mo dikaong tse re di dirisang. Re tsentse baanelwa ba ba sa batleng go kgethololwa ka bong le ba ba fetolang bong jwa bone eleng dilo tse di gwetlhang ditlwaelo tsa diabe tsa bong. Ka sekao go bontshitswe basimane le basetsana ba dira ditiro tse di farologaneng, go tloga mo go thuseng mo phaposing ya boapeelo go ya kwa dilong tsa saense le botsweretsi, go rotloetsa tekatekano ya bong.
<b>3. Pharologanyo ya loago le ikononi</b>	Seno se raya go tsenya batho ba maemo a a farologaneng a ikononi le go tlotla ka go sa lekalekane ga maemo a ikononi.	Re tsentse batho ba ba tswang kwa maemong a a farologaneng a ikononi, go bontsha dikgwetlho tse di leng teng tse di amanang le go bona thuto, ditirelo tsa boitekanelo le ditlamelo. Seno se thusa barutwana go tlwaelana le batho ba mmatota le go buisana le bona ka maemo a a farologaneng a ikononi mme seno se dira gore ba bue ka tshosologo.

<p><b>4. Pharologanyo ya Dipuo</b></p>	<p>Pharologanyo ya dipuo e raya gore re akareleditse dipuo tse di farologaneng le go tlotla dipuo tse di buiwang ke batho ba le mmalwa fela.</p>	<p>O tlile go bona dikgang tse di amang dipuo tse di farologaneng le go rotloetsa barutwana go tlotla dipuo tse dingwe tse di buiwang ke batho ba le mmalwa. Gape re tsentse dikao tse di bontshang botlhokwa jwa go ranola le go fetolela dipuo tse dingwe segolobogolo tse di buiwang ke batho ba le bantsi, maitlhommo e le go thusa barutwana go akaretsa dilo tse dintsi mo metlotlong yabona.</p>
<p><b>5. Bogole le go kgona go tsena mo dikagong</b></p>	<p>Seno se tlile go sekaseka thata batho ba ba tshelang ka bogole le go bua ka dilo tse di ba kgoreletsang go tsena mo dikagong dingwe.</p>	<p>Go akareditswe baanelwa ba ba tshelang ka bogole, go tlhomamisa gore ba tsenngwe mo dikganyeng le mo ditirong tse dikgosi. Gape re tlotla ka dikgang tse di malebane go tihlelela dilo dingwe, e ka tswa mo dikganyeng, ka mafaratlhatlha kgotsa mo goiseng oago mme re dirisa puo e e bonolo. Seno se tshela gore barutwana ba ba amogele go tshela unwela botlhoko mme ba ba tlhaloganye.</p>
<p><b>6. Tshekamelo ya Thobalano le go akaretsa LGBTQ+</b></p>	<p>LGBTQ+ e emela Lesbian (basadi ba ba ratanang le basadi ba bangwe), Gay (bannaba ba ratanang le banna ba bangwe), Bisexual (bong jo bobedi), Transgender (Bong jo bo fetotsweng), Queer or Questioning (ka se sa tlwaelegang), le tse dingwe. Letshwao la "+" le emela ba ba tshekamelo ya thobalano, ba ba tlhomologang ka bong le le ba ba bangwe, ba ba o o sa tsheleng, ba ba jang ba ba se nang bong, ba ba dirang thobalano le mo tse le mongwe mosadi kgotsa nonna, batho ba se nang kgatlhego ya thobalano go tlhelele le batho ba ba bong jo bo farologanang. Lefoko leno le akaretsa batho botlhe ba ba welang mo ditlhalosong tse di boletsweng fa godimo.</p>	<p>Batho ba ba tshelang e le ba LGBTQ+ ba emisele go tshela mo dibukeng tsotlhe tsa rona. Re akareditswe dikao le maemo tse di tlhalosang dikgang tse di mabapi le LGBTQ+ le ditshiamelo tsa rona, mme gape ra bua ka go tla tlhaolele, gore re tshela barutwana gore ba tlhaloganye le go tlotla go farologana mo dikganyeng tsa thobalano.</p>
<p><b>7. Pharologanyo ya Bodumedi le Dilo tsa Semoya</b></p>	<p>Seno se akaretsa go tsenyeletsa ditumelo tse di farologaneng le go rotloetsa go tlotla dingwao tse di farologaneng tsa semoya.</p>	<p>Dibuka tsa rona di na le dikgang tse di rutang barutwana ka ditumelo tse di farologaneng le dingwao tsa semoya. Gape re rotloeditse gore ditumelo tse di farologaneng di dirisane mmogo gore ba tlotlane le go tlhaloganyana gareng ga ditumelo. Go tsentswe le dipono tsa batho ba ba farologaneng gore ditumelo tsotlhe di nne le kemedi e e molemo mo setshabeng.</p>

<b>8. Pharologanyo ya Dingwaga</b>	Pharologanyo ya dingwaga e akaretsa batho ba dingwaga tse di farologaneng le go buisana ka kgang ya go tsofala.	Mo dibukeng tsa rona o tla bona dikao tsa baanelwa go tloga go bana go fitlha go batho ba ba godileng. Re buile thata gape le ka botlhokwa jwa go amana ga dikokomana, ra tlotla ka dikgang tse di amanang le bogodi jaaka go rola tiro le go tlhaolwa ga batho ba ba tsofetseng kwa ditirong. Seno se thusa barutwana go tlhaloganya botlhokwa jwa batho botlhe mo setšhabeng.
<b>9. Pharologanyo ya thutafatshe</b>	Pharologanyo ya thutafatshe e emela batho le mathata ao ba nang le ona mo dikarolong le mo ditikologong tse di farologaneng, mo lefatsheng lotlhe le mo nageng ya rona.	Dibuka tseno di akaretsa dikgang tse di amanang ka dikarolo tse di farologaneng tsa lefatsheng go bua ka mathata a lefatsheng lotlhe le go nang nao mo nageng ya rona ga barutwana ba ka a tlhaloganyang motlho. Ke tse di dikao tse di lekalekaneng tsa maemo a meesetoropo le kwa magaeng, go bontsha ditekanyo le melemo tse di leng teng mo tlhaloganyo ka nngwe.
<b>10. Pharologanyo ya Tlhaloganyo le go Ithuta</b>	Seno se akaretsa mefuta e e farologaneng ya go ithuta, bokgoni le go tlhaloganya dilo tse di farologaneng, tse di jaaka malwetse a tlhaloganyo.	Re ruta pharologanyo ya tlhaloganyo le go ithuta ka go tsenyeletsa mefuta e e farologaneng ya go ithuta e e atlesegileng mekgwa e e farologaneng ya go ithuta. Dintlha mo phaposiborutelong di dirilwe gore di akareise barutwana ba ba nang le ditlhoko tse di farologaneng tsa go ithuta, go ba tsenyeletsa mo mekolong. Gape re tsentse le ditlhatlhobo tse di tlatletsang tse o ka di dirisang.

## 10. Go dira phaposiborutelo e e akaretsang batho botlhe le fa ba farologane

### 10.1. Pharologanyo mo phaposiborutelong

Ditsela 1-10 Dira gore phaposiborutelo e nne lefelo le le monate le le akaretsang batho botlhe

#### 1. Dira gore e nne lefelo le le babalesegileng:

Phaposiborutelo e nne lefelo leo barutwana ba ikutlwang ba babalesegile mo mmeleng, mo maikutlong le mo tlhaloganyong. Ba rotloetse gore ba botse dipotso, ba batle go itse le go thusana ka go ithuta mo balekaneng ba bone.

#### 2. Tlhome melao e e tlhamaletseng le e e tlotlegang:

Dira gore bana ba tlotlane le go tshepana ka go tlhome melao e e tlhamaletseng ya mo phaposiborutelong. Fa mongwe le mongwe a itse gore go lebeletswe eng mo go ene, phaposiborutelo e tla nna lefelo le le siametseng botlhe.

**3. Itumelele bana ba ba itshwereng sentle:**

Ela tlhoko bana ba ba itshwereng sentle mme o ba akgole. Fa o ba rotloetsa seno, o tla nna le bana ba bantsi ba ba maitseo!

**4. Go se ke ga sotliwa kgotsa ga kgerisanwa:**

Tlhomamisa gore ga gona ope yoo kgerisang ba bangwe mo phaposiborutelong, le gore morutwana mongwe le mongwe o gololelwe go araba ebile ba tsewa ba le botlhokwa le go akarelediwa mo dilong tsa bangwe.

**5. Puisano e e nang le tlotlo:**

Dira gore bana botlhe ba reetsane le go buisana ka tlotlo. O tse gore go bue motho a le mongwe ka nako mme botlhe ba reetsa ka lalo moko. Rotloetsa tisanommogo! Ke one mokgwa o siameng gore bana ba ithute le go nna baeteledipele ba kamoso.

**6. Rotloetsa gore yo o tshegang a bolelele ba bangwe gore o tshega eng. Dira gore barutwana ba tshege mmogo e sena a tshegane. Go dira dilo lo le mmogo go dira gore go nne monate mo phaposiborutelong.**

**7. Dira gore bana ba dirisanemmogo. Rotloetsa barutwana gore ba nne le tisanommogo le wena le gareng ga bone le batlhokomedi/batsadi ba bona. Fa barutwana ba dirisanammogo seno se tla dira gore go nne le dipoelo tse di molemo.**

**8. Ruta ka ditsela tse di farologaneng. O gopole gore morutwana mongwe le mongwe o na le tsela ya gagwe ya go ithuta. Rotloetsa le go tshegetsatsela tseno tse di farologaneng.**

**9. Rotloetsa barutwana gore ba ithute mo go ba bangwe. Rotloetsa barutwana gore ba ithute dilo tse dingwe mo balekaneng ba bone. Seno se dira gore baitshene le go dirisanammogo.**

**10. Dira gore barutwana ba bangwe ba rute ba bangwe. Thusa barutwana gore ba kgoneng go ruta bana ba bangwe. Ke mokgwa o o monate le o o molemo gore barutwana ba ithute le go kgoneng go nna baeteledipele ba kamoso.**

**10.2. Itumelele go farologana ga morutwana mongwe le mongwe**

Ke selo sa botlhokwa fa barutwana ba ipona le maitemogelo a bone a a farologaneng a bontshiwang mo phaposing. Seno se raya go bontsha pharologano mo mokgweng o a lebegang ka one, a buang ka gone, a itsegeng ka teng, setso sa gagwe, bodumedi, bong, tshekamelo ya thobalano (go akaretsa LGBTQ+) dingwaga le dilo tse ba kgonang go di dira. Dibuka tsa rona di na le baanelwa ba ba farologaneng go bontsha maitemogelo ano a a sa tshwaneng.

Re tlhopha ka kelotlhoko ditshwantsho, tiro e e takilweng le diteng tse di emelang batho ba ba farologaneng, ditikologo le maemo a boammaaruri a a dirang gore re itumelele go tshela mo Aforika Borwa le gongwe le gongwe fela.

Re go rotloetsa gore le wena o dire se se tshwanang mo phaposiborutelong ya gago. Anela dikgang e le go bontsha go sa tshwane ga batho ba ba farologaneng, bontsha dintshwantsho tsa kwa magaeng le mo metseseng opong mme o bua ka batho ba ba nang le bokgoni jo bo farologaneng jwa mme, bokgoni jwa thaloganyo le boitshupo go akareletsa le LGBTQ+. Tlhang ditumelo tse di farologaneng, dingwaga le bong jo bo farologaneng le sekaseke maemo a ikonomi ao barutwana ba gago ba tlhokang go tshokela. Iphe nako ya go ba ruta ka dikgolagano tse re nang le tsone le magaga tse dingwe le batho ba bangwe go ralala Aforika le mo lefatsheng lotlhe. Eno dira seno, o tla bo o thusa gore morutwana mongwe le mongwe o tsewe, a tseelwe kwa godimo le gore ke karolo ya lefatshe lotlhe.

## 11. Mokgwa wa go ruta o o akaretsang

Thuto ya pharologanyo ke mokgwa wa go ruta o o akaretsang o gantsi o tlhomang mogopolo mo dilong tsa barutwana ba di lemogang le go di thaloganya tse di amang dilo tsa botlhokwa ka gore go akareidiwe **pharologanyo** mo go tsone. Seno se re tsewa ka gore barutwana ba tshware kgopolo e e tseneletseng fa ba rutuwa ka ditsela tse di nang le dikao tse dintsi le ditsela tse di senang dikao tse gore ba bone dilo tse di farologaneng ka thuto eno le dilo tse di tshwanang ka yona.

Kgopolo ya motho ya **thuto ya Pharologanyo** ke gore barutwana ba ithuta botoka fa ba bontsiwa tsela e thuto e farologanang ka teng le kafa e tshwanang ka teng mo dilong tsa di rutiwang. Seno se re bontsha gore barutwana ga ba kgone go thaloganya dilo sentle kwantle ga gore ba bone ditsela kgotsa maemo a kgang eno farologaneng ka teng kgotsa e tshwanang ka teng. Fa o bontsha barutwana kgopolo ya se e leng sona le se e seng sona, ba tla kgona go itse go tlhopha seno sa botlhokwa.

Fa re e tlhalosa ka tsela e e bonolo fela, **fa o batla go ithuta kgopolo e e rileng sentle, e ithute dilo tse e fetogang mo go tsona le mo e sa fetogeng teng**. Seno se ba thusa go lemoga dikarolo tsa botlhokwa tsa kgopolo eo. Rona barutabana re ka thusa ka go bontsha dikao tse di farologaneng tse di tlotlomatsang dipharologanyo tseno, gore re thuse barutwana gore ba thaloganye mo go tseneletseng.

Dikarolo tsa konokono tsa thuto ya pharologanyo mo go ruteng le mo go ithuteng di akaretsa:

**11.1. Tlhome mogopolo mo diponagalong tse di bothokwa:** Morutabana o tlhomolola dikarolo tsa bothokwa ka kgopolo e e rileng a bo a re neela dipharologanyo tse di gatisang diponagalo tseo.

**11.2. Dipharologanyo tsa Dipaterone:** Morutabana o dirisa dipaterone tse di farologaneng go thusa barutwana gore di farologana kae le gore di tshwana kae. Dipaterone tseno di akaretsa:

- **Pharologanyo:** Go bontsha dikao tse di farologaneng go tlotlomatsa diphetogo.
- **Kakaretso:** Go dirisa dipharologanyo mo teng ga kgopolo e e rileng gore o tshaloganye thuto mo go feletseng.
- **Karogano:** Go arola karolo nngwe le nngwe gore o bonne bothokwa jwa yona.
- **Go kopanya:** Go kopanya dikarolo tse di bothokwa tse o bone gore di tlhakana jang le kgopolo e e rileng.

**11.3. Temogo:** Fa barutwana ba itemogela dikao tse di farologaneng, ba tla kgona go lemoga dikarolo tse di bothokwa le go nna le kgopolo e e tseneletseng ya se ba se rutiwang.

## 12. Tsela ya go Ruta ga Kwala Dikhoutu le Diroboto

Go ruta le go ithuta go tla a se senno la go ithuta le le ikaegileng ka mathata, le le gatelelang mokgwa wa tlhokomelwa, o o tsepameng wa morutwana.

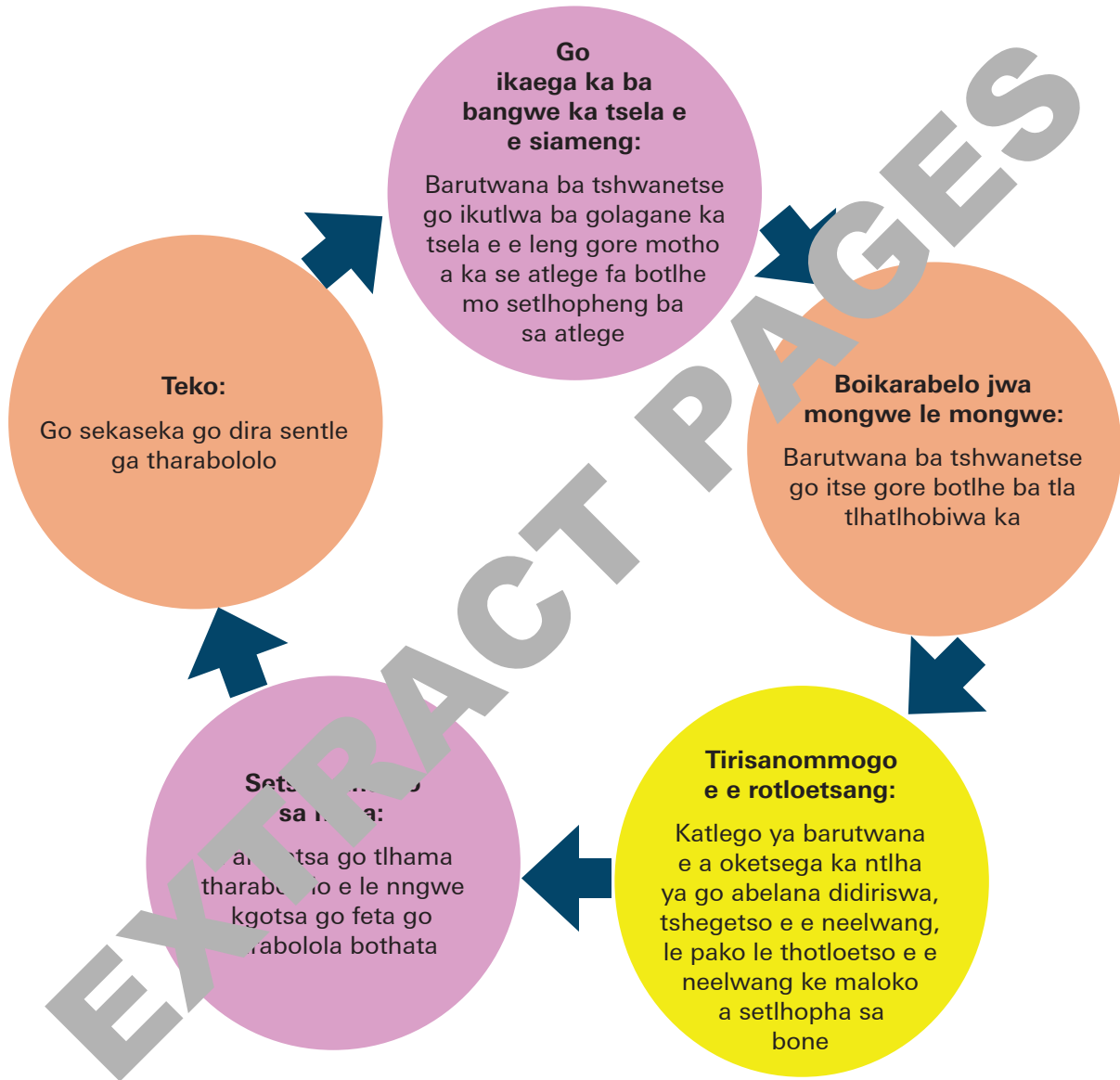
Go Ithuta mo go Tlhabolola Bothata Kgatthanong le Go Ithuta mo go Tlwaelegileng	
<ul style="list-style-type: none"> <li>• Barutwana ba dirisa ditlhopho go rarabolola mathata a a tlwaelegileng.</li> <li>• Tlhabolola bokgoni jwa go dira mo setlhopheng, go buisa tse di dira dipatlisiso.</li> <li>• Go tokafatsa bokgoni jwa go akanya ka tsela e e natisi le go rarabolola mathata.</li> </ul>	<ul style="list-style-type: none"> <li>• Barutabana ba a ruta.</li> <li>• Barutwana ba newa tshedimosetso kwantle ga gore ba dire maiteko a magolo.</li> <li>• E ikaegile ka go ithuta ka tlhogo le go tshwara dilo ka tlhogo.</li> </ul>

### 12.1. Go ithuta ka Tirisanommogo

Go ithuta ka tirisanommogo ke mokgwa wa go ruta o mo go one barutwana ba dirang mmogo ka ditlhopho tse dinnye, ba thusana go ithuta. Seno se dira gore ba itumelele go ithuta e bile se ba thusa go tokafatsa bokgoni jwa bone.

Ditiro tsa go ithuta le ditiro tsa go ithuta di rulaganngwa le go tlhokomelwa ke morutabana, mme leloko lengwe le lengwe la setlhopho le tlhokomela tsela e ba

bangwe ba dirang ka yone mo dithutong tsa bone. Go atlega go tsenya tirisong go ithuta ka tisanommogo, bakwadi ba ba eteletseng pele mo lefapheng leno (David Johnson le Rodger Johnson) ba gatelela go rotloetsa ka maikaelelo dilo tse tlhano tsa motheo (Johnson & Johnson, 2021:55-56)



## 12.2. Go Rulaganyetsa Bobedi ka Bobedi

Go rulaganya ka bobedi ke mokgwa wa go ruta o mo go one barutwana ba babedi ba dirang mmogo go wetsa tiro kgotsa maikaelelo a a tshwanang. Go dira dithulaganyo ka bobedi go tswa mo madirelong a dithulaganyo. Mo thulaganyong ya sekolo, morutwana a le mongwe o tla diragatsa seabe sa "mokgweetsi", mme moithuti yo mongwe ene ke "mosupatsela".

Mokgweetsi = o dirisa khiiboto kgotsa o kwala mo pampiring.

Mosupatsela = dirisa metswedi le ditebosešwa tsa tiro ya mokgweetsi.

Mo motseletseleng ono, ditiro di le dintsi tsa kiriti di tla akaretsa morutwana a le mongwe yo o dirang jaaka “mokwadi wa khoutu,” yo o tla rulaganyang “roboto.” Morutwana o tla tsaya karolo ya “roboto,” go latela ditaello tsa mokwadi wa khoutu.

### 12.3. Go ikatisa ka metlha

Go kwala khoutu le diroboto go tlhoka gore motho a akanye ka tse e masisi, a tsepamise mogopolo le go ikatisa ka metlha. Mokgwa ono o tshwalelletse go nna le boikaelelo, o rulaganngwe sentle, mme o agelwe ka kekelele no kitsong e e setseng e le teng. Go ikatisa ka go rata go akaretsa go nna maikaelelo a a rileng, go utlwa gore ba bangwe ba ikutlwa jang go dira maiteko a go tokafatsa bokgoni jwa gago.

### 12.4. Saense ya go ithuta

Kharikhulamo e kaelwa ke saense ya go ithuta, e e lemogang maano a a gaisang a go ruta a a theilweng mo bosuping go tokafatsang go nna le kitso ka lobaka lo loleele le go tokafatsa dipholo tsa go ithuta.

## 13. Go laola thuto ya tsela e e atlegang

#### Rulaganyetsa kwa pele

Rulaganya dithuto o na le dikgelele di tshamalela le didirisi tsa di siameng. Mmo se boloka maemo se thusa baithuto o nna ba tlolele mogopolo.

#### E dire bonolo

Arola ditiro go nna tse di dikgato tse di potlana, gore barutwana ba di latela ka tsela e e bonolo.

#### Fetofetola Maemo

Iketleetse go fetola thuto ya gago fa o lemoga gore barutwana ga ba tshaloganye kgotsa fa go nna le dikgoreletsi.

#### Akaretsa barutwana

Dirisa ditiro tse di farologaneng gore barutwana ba nne ba kgatlhegetse thuto le go nna le seabe.

#### Laola Nako

Dirisa thulaganyo mme fela o letle barutwana go botsa dipotso le go lekelela dikgopolo tse dišwa.

## 14. Go laola phaphosiborutelo e kgolo

- Go laola diphaposiborutelo tse dikgolo, e leng selo se se tlwaelegileng thata mo dikolong di le dintsi, e ka nna kgwetlho. Go dira dikaelo tse bana botlhe ba tlileng go di ikobela go thusa gore ba go tlotle le gore ba itumelele go ithuta. Go dira gore barutwana ba ithophele mekgwa e ba tlileng go e dirisa mo phaposing le go ipeela dikgele tsa go ithuta go dira gore ba rathele tselo tseno le go di ikobela ka tshosologo. Mekgwa e e siameng ya go laola diphaposiborutelo e akaretsa:
- Go baya meelwane: Tlhalosa sentle melao le meelwane tse di tshimologeng go tloga fela kwa tshimologong mme o ba gopotse yona nako le nako.
- Tlwaelo le popego: Go tlwaela go dira dilo ka molao go thusa go laola diphaposiborutelo tse dikgolo.
- Tiro ya balekane: Go abela barutwana go dira batho ba badi kgotsa e le setlhopha go thusetsa gore ba rutane, ba dirisane le go wana markarabelo e le setlhopha.
- Dithuso tsa pono le tsa kutlo: Dirisa dithuso tsa pono (diphousetara, matshwao a diatla) le dithuso tsa kutlo (mmimo o opa diatla) go godisa ditaelo.
- Taelo e e farologantsweng: Dira gore di tso tsa gago di fitlhelele ditlhoko tse di farologaneng tsa barutwana mo phaposing.
- Go botlhokwa go gakologelwa: Barutwana botlhe ke batho ba ba farologaneng, mme ga go kgonege go tso tsa go tshaloganya le kitso mo ditsong tsothe le kwa ba tswang mo go. Go ithuta go nna teng ka ntlha ya go nna le maitemogelo. Morutwana mongwe le mongwe o na le kitso ya gagwe e e leng teng e e ikamang ka maitemogelo a nako e e fetileng; mongwe le mongwe o tshimologela.
- Gore barutwana ba gago ba dire ka natla, o tshwanetse go ba thusa gore ba itshenye. Morutwana yo o itshepang ke yo o ikemiseditseng go lebana le dikgwetlho mme ka jalo o tla tshaloganya megopolo e mentšhwa motlhofo.
- Tshimologo e e sireletsegileng e mo go yone barutwana ba ikemiseditseng go itsenya mo kotsing le go dira diphoso ke selo se se tlwaelegileng e bile ke karolo ya thulaganyo ya go ithuta. Dira gore barutwana ba atlege fa ba simolola loeto lwa bone lwa go ithuta bokgoni jwa motheo jo bo akareditsweng mo Kgatong ya Motheo ya Seesemane. Seno se raya go simolola mo maemong a bone, go ba naya motheo, le go ba ema nokeng fa ba ntse ba ithuta puo e ntšhwa le go ithuta go bala le go kwala.
- DUMELA MO GO BAO O BA RUTANG! Morutwana mongwe le mongwe o tshwanetse go itse gore go na le mongwe yo o dumelang mo go ene le gore o tla atlega.

## 15. Go Dirisa Mokgwa wa go Ithuta ka go Tlhama le go Dirisa Ditemosi

Go tsenya ditiro tsa go tlhama mo ditlwaelong tsa letsatsi le letsatsi tsa phaposiborutelo go ka dira gore barutwana ba nne le seabe le go tokafatsa tsela e ba tlhaloganyang tikologo ya go ithuta ka yone. Sekao, mmmino o dirisiwa lefatshe ka bophara go dira gore go nne le moya o o siameng, go laola mabotlo le go thusa mo go ithuteng. Dipatlisiso di bontsha gore mmmino o thusa bophara go dira dilo, go bua le go gakologelwa dilo tse o di ithutileng. Fa go dirisa mmmino, netefatsa gore ga o ame ka tsela e e sa siamang barutwana bophara nang le mathata a go utlwa kgotsa a go utlwa ka go akaretsa barutwana mo go tlhopheng mmmino go dira gore e nne boitemogelo jo bo akaretsang botlhe.

Go tshikinyega, go opela go ka tlhotlheletsa barutwana ba thusa go gakologelwa dilo ka go di boaboeletsa, go di opela le go tshidila mmele. Ditiro tseno di dira gore dilo tse di dirwang letsatsi le letsatsi di farologane mme di dira gore go ithuta go nne monate.

## 16. Tikologo e nngwe

Go dira gore go nne le mafelo a farologaneng kgotsa go fetola tsela e phaposiborutelo e rulagantsweng ka yone go ka dira gore go nne motlhofo go ithuta. Ka dinako tse dingwe go tshwarela dithuto kwa ntle kgotsa go rulaganya lefelo la phaposiborutelo sešatšhaba go ka thusa. Fa e le gore ga go kgonege go tsaya maeto a letsatsi a tšhono, go dira diphetogo tse dinnye fela mo phaposing ya borutelo, tse di jang go fetola tsela e ditulo di rulagantsweng ka yone kgotsa go tsenya didirisiwa tse dišwa, go ka dira gore tikologo e nne e e kgatlang.

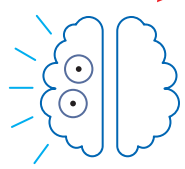
Fa go kgonege, maeto a go ya go bona mafelo a farologaneng a neela ka tšhono ya tšhono go tswa mo maitemogelong a bone. Ka metlha tlhomamisa gore matela a kaelo tsa sekolo sa gago fa o rulaganya maeto. Fa e le gore o ka se tšhona go ya kwa maetong, kopa batsadi kgotsa batho ba mo lefelong la lona gore ba thusa ka dilo tse di amanang le ditlhofo tse go ithutiwang ka tsone go dira gore go ithuta go nne monate.

# 17. Go Tshegetsa Mefuta e Farologaneng ya go Ruta

## 17.1. Lemoga gore barutwana ba ba farologaneng ba ithuta ka ditsela tse di farologaneng

Rotlhe re amogela tshedimosetso, re e dirisa le go e tshalosa ka ditsela tse di farologaneng go ikaegile ka tsela e re ithutang ka yone. Nna o gakolofetse gore mo phaposiborutelong ya gago go tla bo go na le barutwana ba mokgwa wa bone wa go ithuta o farologaneng le wa gago. Bua ka mefuta e e farologaneng ya go ithuta mo phaposiborutelong. Bana bangwe ba tla go bona tshedimosetso e ntšhwa, fa ba bangwe bone ba ithuta botoka kgone utlwa ka ditsebe. Fa o ka kgona go bua ka mekgwa e e farologaneng ya go ithuta, o tla kgona go oketsa bokgoni jwa barutwana, go tokafatsa go itshepa le go itlotla ga bone.

**Mefuta e e Farologaneng ya go Ithuta**



**Go Tlhaloganya Dilo ka Tse e e Utlwalang/ya Dipalo**

- O rata go dira diteko tse, go tlhaloganya dilo go dira ka dipalo.
- O ithuta botoka ka go buya dilo ka ditsela tse di kgantsi le go dira ka ditsebe tse di raraganeng.
- **Dikao tsa tiro:**
- Go ithuta ka bothata
- Rotloetsa barutwana go lekeletsa
- Ba laletse go tla go go thusa kgotsa
- Rulaganya didiriswa tsa phaposiborutelo

**Go Bua ka Puo/Go Utlwa:**

- O rata go bala, go kwala le go anela dikgang
- O ithuta botoka ka go bua, go utlwa le go bona mafoko
- **Dikao tsa ditiro:**
- Tlamela ka tshedimosetso e e kwadilweng
- Buisetsa barutwana
- Ba rotloetse go go bolelela ka kgang kgotsa ka tshedimosetso e ba e buisitseng kgotsa e ba e utlwileng
- Go abelana sengwe se ba se kwadileng
- Ba rotloetse go ya kwa dilaaboraring kgotsa go dira dipatlisiso mo inthaneteng
- Tlamela ka metshameko ya mafoko

**Ditshwantsho:**

- O rata go thala, go aga, go tlhama le go bopa dilo
- O ithuta botoka fa a dirisa mebala, ditshwantsho le ditaekeramo.
- **Dikao tsa tiro**
- Neela ka mefuta e mengwe ya ditshwantsho go na le go dirisa mafoko sekao ditshwantsho, diphousetara, dimmapa tsa tlhaloganyo, ditshwantsho, dikerafo le ditshwantsho.

## 18. Boitekanelo jwa Morutabana

Go ruta ke tiro e e nang le kgatelelo e kgolo go baitsenape ba bantsi. Ga se fela gore ke tiro e e batlang nako e ntsi ya gago mme e na le dikgwetlho di le dintsi tsa go tlhoka didirisiwa, gape e na le dikotsi di le dintsi mo nageng ya rona e e nang le bosenyi le tirisodikgoka tse di kwa godimo. Ka ntlha ya mabaka ano go botlhokwa gore o nne le mekgwa e o e dirisang go itlhokomela, go fokotsa ditiragalo tse o tla iphitlhelang o tsene mo kotsing.

### Go ela tlhoko le go tlhatlhanya

Tsaya metsotso e le mmalwa letsatsi lengwe le lengwe gore o tlhatlhanya, ikatiso ya go hema le go ritibatsa mogopolo di ka go fokoletsa kgatelelo ya maikutlo. Go na le di dirisiwa tsa mahala tsa go tlhatlhanya tse o ka iponelang tsona mo maaneteng tse o ka di dirisang mo phaposiborutelong ya gago ka dinako tsa fa go e tsetse.

### Rotloetsa baagi ba ba tshegetsanang

Tsenela kgotsa o simolola setlhophha sa ba morutabana mmogo le wena go thusana le go ithuta. Go arolelana maitemogelo le go tshegetsa go ka go thusa go lebana le dikgwetlho tsa go ruta le go go naya moswa e o tshesha ya go itshoka.

### Go tshela sentle

Ja sentle, o ikatisa le go tlhoka go nna le tswela la gago. Go nna le mekgwa e e siameng ya ka metlha jaaka go nna le mekgwa, go ja dijo tse di nang le dikotla le go ikatisa ka metlha di tla go thusa go nna le maatla le go sireletsa boitekanelo jwa gago.

### Boitekanelo jwa mogopolo le jwa maikutlo

Go ruta morutabana bašwa leng mo kotsing go ka go batla maikutlo. Go botlhokwa gore o nne le lefelo le le bolokesehileng koo teng o ka buang ka maikarabelo a gago ka maikutlo le go fokotsa boima jwa mogopolo jwa seabe se o se tshamekang.

## 19. Tlhatlhobo

Tlhatlhobo e akaretsa mefuta e e farologaneng ya mekgwa e e dirisiwang go lekanya kgatelopele ya barutwana le go tlhaloganya mo dipalong. Ga se fela ka ga ditlhatlhobo - ke go batlisisa gore barutwana ba tlhaloganya dikgopolo le go dirisa bokgoni jwa bone sentle go le kana kang. Tlhatlhobo e e tsweleng ya barutwana ba kgato ya motheo e tlhophatsa go lekola kgatelopele ya barutwana le dipholo tsa go ruta. E go letla go sekaseka mekgwa ya go ruta le kgatelopele ya morutwana le go dira ditshwetso tse di tshwanetseng tsa go ruta le letsatsi le letsatsi. Ditshekatsheko di tshwanetse go tsenngwa mo thulaganyong mo thulaganyong ya go ruta le go ithuta ka go dirisa mekgwa e e kgang, e e itumedisang le e e rotloetsang go dira gore barutwana ba nne seabe ka matlhagatlhaga.

Tlhatlhobo e akaretsa mekgwa e e farologaneng ya go lekanya kgatelopele ya barutwana le go bona gore ba tlhaloganya dilo tsa go ruta. Fa go dira ditlhatlhobo tseno ka gale di tla go thusa go bona gore barutwana ba tlhaloganya dilo jang le go di dirisa mo botshelong. Mo kgatong ya motheo, go dira ditlhatlhobo tseno nako le nako go go thusa go bona kgatelopele ya morutwana le gore o kgone go ba ruta sentle. Seno se tla go thusa go sekaseka mekgwa e o e dirisang ya go ruta le go bona kgatelopele ya morutwana, mme se tla go thusa go dira ditshwetso tsa ka metlha tse di botlhale le tse di mpele.

### 19.1. Tlhatlhobo ya go ithuta

**Tlhatlhobo ya go ithuta** e tse e tsenngwa mo thulaganyong ya gago ya go ruta, moo teng go neng monate le go nna le seabe mme mekgwa e e dirisiwang e tshwarwa go itumelela seo. E go thusa go bona gore barutwana ba tlhoketshuso e e kana kang le go go kaela gore o kgone go ba ruta ka tsela e e tshwanetseng.

### **Ela tlhoko ka nako ya ditiro**

Leba kafa barutwana ba dirang ditiro tsa bona mme o ba botse dipotso tse di ba kaelang go ba thusa.

### **Dumela le go Gana ka monwana wa kgonope**

Dira seno morago ga thuto go bona gore barutwana ba go tthalogantse.

### **Go itlhatlhoba**

Barutwana ba thala sefatlhego sa roboto se se tsamaisanang le tsela e ba ikutlwang ka yone ka tiro e ba e dirileng sentle.

### **Go rulaganya ka bobedi ka bobedi**

Barutwana ba akanya ka bobone, ba buisana le tsala ya bone, go tswa foromo ba ba tlotla le go tswa go bona gore ba tthaloganya eng.

### **Begela Molekane**

Barutwana ba arolelana tiro ya bona le barutwana mmogo le bona le go ba naya pegelo e e rotloetsang ka ga se ba se dirileng.

### **Ditiro tsa mmele otlhe**

Metshameko e e monate, e e dirwang ke bana botlhe e go thusa go bona gore ba kgona go dira eng.

### **Dipotso tsa nako ithuta**

Leba dipotso tse di nang maikutlo go rotloetsa barutwana go tthalosa megopolo ya bona le go kgona go baya mabaka.

## **19.2. Go dira tlhatlhobo**

**Go dira tlhatlhobo** e tswaletse go dira gore barutwana ba ele tlhoko kgatelopele ya bona, le go ba thusa go tsaya maikarabelo ka se ba ithutang sona. Fa o dira tlhatlhobo ba thusa gore ba tthaloganye se ba ithutang sona, mme ba tla ithuta mme go oka begileng le go ikitsi botoka.

## **19.3. Tlhatlhobo ya go ithuta**

**Tlhatlhobo ya go ithuta** e dira gore o kgone go bona diphithhelelo tsa morutwana mo dikgolong tse di farologaneng ka nako e e rileng, mme seo se go thusa go lekanya kgatelopele yotlhe ya bona le go go thusa go tsaya ditshwetso tse di botlhale mo go se ba se ithutang.

## 20. Khoutu ya palelo

KHOUTU YA PALELO	TLHALOSO YA BOKGONI	DIPERESENTE
7	Phitlhelelo ka dinaledi	80–100
6	Phitlhelelo ka matsetseleko	70–79
5	Phitlhelelo e e botlhokwa	60–69
4	Phitlhelelo ka tekano	50–59
3	Phitlhelelo e e lekanyeditsweng	40–49
2	Phitlhelelo ya motheo	30–39
1	Ga a fitlhelela	0–29

## 21. Leano le le Akanngwang la go kuta:

### Mophato 3

Paka 1:		
Beke	Setlhogo	Bokgoni
1.	Ke tshwanetse go ya kae?	C1
		C2
		C3
2.	Tsothe ke ka ga n?	C1
		C2
		C3
		R1
		R2
		D2
3.	A re aale	C3
		R1
		D1
		D6
4.	Maikutlo ke eng?	C1
		C2
		C3
		D3
5.	Khiti ya me ya thuso ya potlako	C3
		R5

6.	Ditshwetso tse di itekanetseng	C1
		C2
		C3
7.	A re ageng koloi	C1
8.	Motlhala wa dijithale	C1
		C2
		D2
		D3
9.	Ditshwanelo tsa gago le ditshwanelo tsa me	C1
		C2
		C3
		R1
		R2
		R6
		D2
10.	Ke maikarabelo jang?	C1
		C2
		C3
		R1
		R2
		D2

**Paka 2:**

Beke	Setlhopha	tsokgoni
1.	Ja dikhabohae le ite se di itekanetseng	C1
		C2
		C3
		C6
2.	Ke tshwanetse go tlhophha	C1
		D2
3.	Dipapoteini tse di siameng tse dilo tse di dirilweng ka mašwi	C2
		C3
		R1
		R2
4.	Ditshenekegi tse dintle	C1
		C2
		C3

5.	Seno se kaya eng?	C1
		C2
		D1
		D2
		C3
6.	Bothata ke eng?	C1
		R5
7.	Tsaya dikgato tse di latelang	C2
		C3
8.	Dikgato tsa botshelo	C1
		C2
		C3
		R6
9.	Rarabolola bothata jwa matlakala	C2
		C3
		D1
		D2
		R6
10.	Dirisa gape, Dira sešwa, Fokotsa	C1
		C2
		C3

### Paka 3:

Beke	Setlhopha	Bokgoni
1.	Batho ba botelele	C2
		C3
		D3
		D1
		R1
		R2
2.	Kgatisa dipaterone	C3
		C4
		C6
		C7
		D2
		D3

3.	Go lwantsha kgotlhelego	C2
		C3
		R2
		R4
4.	Go dira sejana se se dirilweng ka pampiri	C1
		C2
		R5
5.	Go kwala khoutu ka Boreile	C1
		C4 1
		D8
6.	Go kgabisa sejana sa gago	C1
		C2
		C3
		C6
		C7
7.	Tsela e thekenoloji e fetogileng ka yone	C1
		C2
		D1
		D2
		D4
		D5
8.	Diroboto mo lefaufaug	R1
		R2
		R3
		R4
9.	Mo lefaufaug	C1
		C2
		D7
10.	Go amabisa masedi a tlhalelego	C2
		R2
		R6
		D4

**Paka 4:**

<b>Beke</b>	<b>Setlhogo</b>	<b>Bokgoni</b>
1.	Dikuno le ditsamaiso	C1
		C2
		C3
		D1
2.	Diroboto kwa tirong	C3
		C5
		C4
		R2
		R3
		R4
3.	Diroboto di a re namola	C2
		C3
		C6
		C7
4.	Go feleletsa foreimi	C2
		R5
5.	Go itshokela matlakadibe	C3
		D1
		D5
6.	Go lekanya maemo a bosa	C4
		C5
		C6
		C7
7.	Go tswala kh... – puo ya ... ya sepniri	C2
		C4
		C5
		D5
		D7
		D8

8.	Thekenoloji e e re thusang	C2
		C5
		C6
		D1
		D3
		D4
		D6
9.	Diphologolo tse di re thusang	C2
		C4
		C6
		D8
		R6
10.	Dinotshe tse dintle tse di dirang ka natla	C2
		C3
		C4
		C5
		R6

EXTRACT PAGES

# Paka 1 Beke 1: Fa e le gore? Morago eng?

Karolo ya thuto Metswedi e e atlenegisitsweng	Go kwala khoutu		
	A re simolole	Tiro 1	Tiro 1
	<ul style="list-style-type: none"> <li>Bukaya morutwana</li> </ul>	<ul style="list-style-type: none"> <li>Buka ya morutwana</li> </ul>	<ul style="list-style-type: none"> <li>Buka ya morutwana</li> <li>Dikarata tsa go kwala khoutu</li> <li>Dikiriti</li> </ul>
<b>Bokgoni</b>	<b>C1</b> <b>C2</b> <b>C3</b>		
<b>Dikgono</b>	<b>Barutwana ba tla ithuta go:</b> <ul style="list-style-type: none"> <li>✓ Dirisa bokgoni jwa go akanya o dirisa dikhomphiyutame o dire khoutu</li> <li>✓ Diragatsa khoutu</li> <li>✓ Tlhalosa, kopolola le go feleletsa dipaterone</li> </ul>		
<b>Kitso</b>	<b>Barutwana ba tla dira seno ka go:</b> <ul style="list-style-type: none"> <li>✓ Go dirisa bokgoni jwa go akanya ka dikhomphiyutame le go tlhama khoutu</li> <li>✓ Diragatsa khoutu</li> <li>✓ Tlhalosa, kopolola le go feleletsa dipaterone</li> </ul>		

## A o ne o itse?

Gore polelo ya FA se go letla go dira ditshwetso se di ikaegileng ka maemo mangwe.

## Bothata

Leba setshwantsho mo tsebe xx. Bontata sa e Binkie a tshwanetseng go dira tshwetso ka yone ya gore a o tla tsaya diaparo tsa gagwe tsa metshameko tsa Letsatsi la Metshameko kgotsa diaparo tsa gagwe tsa letsatsi le letsatsi. O swetsa jang? Binkie o tshwanetse go fapogela ka fa mojeng go ya go tsaya diaparo tsa gagwe tsa metshameko kgotsa a fapogele ka fa molemeng go ya go tsaya diaparo tsa gagwe tsa letsatsi le letsatsi. Itsise dipolelo tsa FA le MORAGO le maemo. FA a ya go tsaya diaparo tsa gagwe tsa metshameko, MORAGO o tla kgona go tsaya karolo mo tsatsing sa Metshameko.

Binkie o tshwanetse go ya kae?

## A re simolole

- Bontsha barutwana ditshwantsho mo bukeng ya morutwana mme o botse barutwana gore a go na le paterone.
- Letla barutwana go neela ka ditshwaelo tsa bone.
- Botsa barutwana gore ba nagana gore tatelano ke eng. Ba dire gore ba lebe ditshwantsho tse Dali a ba bontshang tsone mme ba boleele se ba se bonang. O ka botsa barutwana gore ke eng se tlang pele,
- Kopa barutwana go neela dikao tsa tatelano. kgotsa paterone.
- Gakolola barutwana gore tatelano le paterone ke eng ka go dirisa dikao tsa mmala.
- Kaela barutwana mme o se ka wa ba naya dikarabo.

## Tiro 1



### Kaedi ya tiro

#### Kokoanya dilwana

#### Kiriti 1



- Kgaoganya barutwana ka tlhopo tsa batho ba le bane.
- Bolelela barutwana gore ba kiriti mme ba supe diaparo tsa metshameko le tsa tsatsi le letsatsi. O ka botsa gore ba kopa gore ba tshware sekipa sa mmala wa botala jwa loapi, dikausu tse di nnye, kgotsa sekipa sa mmala wa namune.
- Tlhalosetsa barutwana gore maikaelelo ke go tlhama khoutu go tswa go motswi o o botala jwa nna mo writing go ya go bokate e e botala jwa loapi.
- Gopota mo mongwe gore ba ka kgona go tsamaya boloko e le nngwe fela ka nna. Ba kopa go dirisa dikarata tsa khoutu go ya kwa pele, go retologela ka fa pele, go retologela ka fa molemeng, go tlolela kwa godimo le go boeletsa.
- Bolelela barutwana gore ba ka nna ba bona dikgoreletsi mo tseleng. Ba botse gore ba akanya gore ba tla dirisa karata efe ya khoutu go tla dikgoreletsi.
- Kopa barutwana gore ba tshwanetse go rulaganya le go leka tsela e ba e tlhamileng.
- Kopa go refosana ditsela tse di tlhamilweng le motho yo mongwe go di sekaseka.
- Kotleetsa barutwana go araba dipotso tsa go tlhatlhoba go akanya ka thulaganyo e ba e latetseng.
- A khoutu e ne ya rarabolola bothata?
  1. Ee, sentle thata.
  2. Sentle.
  3. E ka nna botoka.



**Kiriti 2**

- Bolelela barutwana gore ba lebe mo kiriting ya bobedi mme ba supe motswi o o botala jwa tlhaga, diaparo tsa metshameko, diaparo tse di tlwaelegileng, le boloko ya go emisa.
- Tlhalosetsa barutwana gore maikaelelo ke go tlhama khoutu go tswa mo motswing o o botala jwa tlhaga, ba tseye bobotlana diaparo di le tharo tsa metshameko mme ba feleletse kwa bolokong ya go emisa.
- Gopotsa mongwe le mongwe gore ba ka kgona go tsamaya boloko e le nngwe feela ka nako. Ba kgona go dirisa dikarata tsa khoutu go ya kwa pele, go tlogela ka fa mojeng, retologela ka fa molemeng, go tlolela kwa godimo le go botlala.
- Gopotsa barutwana gore ba tshwanetse go tla diaparo tse di tshwanetse go di dikologa. Ga ba kitla ba dirisa karata ya khoutu ya go di tlogela mme ba dira pele.
- Bolelela barutwana gore ba tshwanetse go rulaganya le go tsa tse e ba e tlhamileng.
- Kopa go refosana ditsela tse di tlhamilweng le motho o mongwe go di sekaseka.
- Rotloetsa barutwana go araba dipotso tsa go itlhatlhama ka thulaganyo e ba e latetseng.

A khoutu e na le diphoso?

1. Nnyaa, ga e na diphoso.
2. Phoso e le nngwe kgotsa tse pedi.
3. Ee, diphoso di le mokawana.

A khoutu e ne ya rarabolola bothata.

1. Ee, sentle thata.
2. Sentle.
3. E ka nna botoka.

**Dipotso tse o tshwanetse go di botsa:**

- A o bona diaparo tsa metshameko?
- A o akanya go ka nna go phutha diaparo tsa metshameko?
- Ke diaparo tsa metshameko di le kae tse o di kokoantseng?
- A o ne ya tshwafatsa khoutu?

**Ditiro tse tse tshwanetse go di dirisa:**

- Mo barutwana ba ba tlhokang go itlwaetsa go le gontsi, o ka ba neela dipolelo tse di tshwanang le tseo ka ditshwantsho tse di mo teng ga dikiriti tse dinnye.
- Tlhalosetsa ka ditlhopho tse pedi tsa diaparo tsa metshameko le tse di tlwaelegileng jaaka go tlogela go tlogela.
- Mo barutwaneng ba ba tlhologanyang kgopolo eno ka bonako, o ka nna wa tsenya, ka sekao, diaparo tse di tlwaelegileng tse di nang le dikgoreletsi. Gape o ka nna wa ba botsa gore a tsela e ba e tshotseng ke yone e khutshwane go di feta tsothe go fitlha kwa ba batlang go ya teng.
- Di disiki di ka dirisiwa jaaka dikgoreletsi tse barutwana ba ka di tsenyang mo tirong e e mo Bukeng ya Morutwana.
- Barutwana ba tla kwala khoutu ya bone le go e leka.
- Ba tshwanetse go kopa tsala ya bone gore e leke khoutu ya bone.
- Ba tshwanetse go leka go khutshwafatsa khoutu.

Go itlhatlhoba

1	2	3	4
Ke motlotlo – Ga ke a ineela	Ke motlotlo – Ke nepile dingwe tsa yone ka go thusiwa	Ke motlotlo – Ke ne ke tlhoka thuso e nnye fela	Ke na le bokgoni – Ke motlotlo thata!

**Mafoko a  
mantšhwa**

**Maemo** – dipolelo tse di fetolang tsela e khoutu... anad... ng  
ka yone, sekao, FA pula e na, MORAGO motsh... nek...  
tla phimolwa  
**Polelo** – Polelo e e go bolelelang sengw...

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