

HO HLALOSA TSEO O KA DI ETSANG LE TSEO O KA SE DI ETSENG

Sesebediswa sa ditshwantso se entsweng ke Setsi sa AAC

Translation by Ms Jwalane Tshepe, LSPID team, DoE, Free State

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Ha thibelo ya metsamao e fetoha ho ya ka maemo, le di dintho tse dummelletsweng le tse sa dumellwang di a fetoha. Hore re fane ka sesebediswa sa ditshwantso se hlalosang tse dummelletsweng le tse sa dumellwang ka maemo a nako ya thibelo ya metsamaoho batho ba hlokang tshehetso ka ditshwantso, re bokantse sesebediswa sa mantla bakeng sa batswadi le bahlokomedi.

Ho etsa sesebediswa

Hatisa/Printa maqhepehe 2-6 ka mokgwa o latelang. Seha ditshwantso tse maqhepheng 3-4 ka bonngwe ka bonngwe.

Kgomaretsa ditshwantso tse sehilweng ka sekgomaretsi ho 'tse dummelletsweng' (leq 5) kapa 'tse sa dumelwang' (leq 6) leqephengka ho tshwaneleha. Ha maemo a nako ya thibelo ya metsamao e fetoha, o ka isa ditshwantsho tsa diketso moo ho tshwanelehang ho ya ka hore di dumelletswe kapa ha di a dumellwa.

O ka kenya ditshwantso tsa hao tseo o di ratang (mohlala: ho tswa dimakasineng kapa tse o itaketseng tsona).

Hao se na mochini o hatisang dipampiri

O ka iketsetsa sesebediswa sa hao ka mohlala ona, o sebedisa mekgabiso ya hao! Taka, kgomaretsa ditshwantso tse tswang dimakasineng, jwalojwalo.

Ho sebedisa sesebediswa

Beha sesebediswa mo ho bonahlang-o ka se fanyeha leboteng, rakeng kapa lemating, ho etsa mohlala. Hlalosetsa motho ya hlokang tshehetso ya ditshwantsho tseo re lokelang ho di hopola, tse re ka di etsang le tseo re ka se di etseng, o supe setshwantsho se amanang le seo se le seng ka nako. Hlalosa ha melao e fetoha, o tlose ditshwantso tse sehilweng o di ise leqepheng le nepahetseng.



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DINTHO TSEO RE LOKELANG HO DI HOPOLA KA NAKO TSOHLE

Hlatswa matsoho kgafetsa



Kgohlella ka setsung sa hao



Rwala seitshereletso sa molomo le
nko ha o tswa



Ema thoko le ba bang



Ditshwantso tsa diketsahalo (seha kathoko)

Ho ba le ba lelapa la hao



Letsetsa metswallle le lelapa



Rwala seitshereletso sa molomo le nko ha o le taxing, o dule thoko le ba bang



Reka ditlhoko tsa bohlokwa



Reka kapa fumana meriana ya hao



Ho ithuta le ho bala



Ikwetlise lapeng ka jareteng ya hao



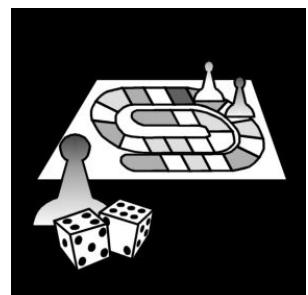
Shebella thelevishine



O ka tsamaya kapa wa matha



Bapala dipapadi katlung



Ditshwantso tsa diketsahalo (seha kathoko)

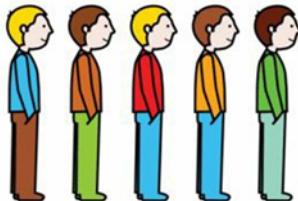
Eya kerekeng



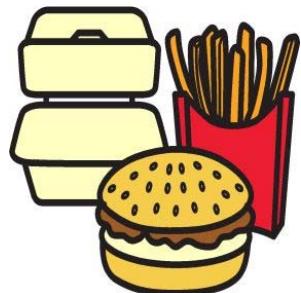
Eya konsareteng kapa papading ya bolo



Ema pela ba bang



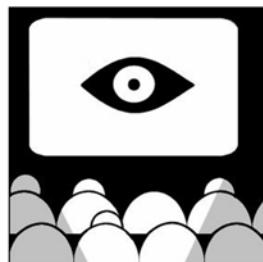
Reka dijo tse o yang hae ka tsona



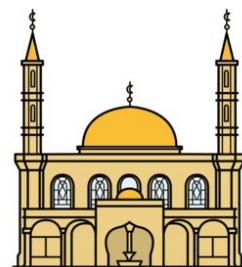
Eya moketjaneng kapa lenyalong



Eya baeskopong



Eya ntlong ya thapelo



Etela metswallle le ba lelapa



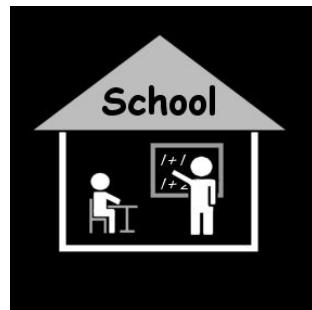
Eya sinagogeng



Eya pakeng



Eya sekolong



Eya mosebetsing





Dintho tseo re ka kgonang ho di etsa boemong__



Dintho tseo re ka se kgoneng ho di etsa boemong ba__