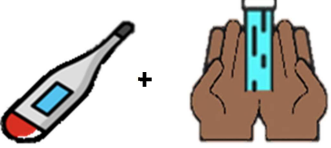

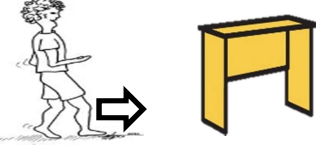
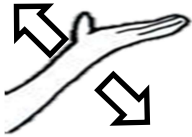










<p>1.</p> 	<p>Isikrini se-Covid- Thatha izinga lokushisa bese uhlanza izandla</p>	<p>7.</p> 	<p>Bingelela udokotela: mazise ngenkinga/ mukhombe/ ukuthi kubuhlungu kuphi. Udokotela uzokuhlola</p>
<p>2.</p> 	<p>Iya kumamukeli wezivakashi</p>	<p>8.</p> 	<p>Ithi uyabonga futhi uvalalise</p>
<p>3.</p> 	<p>Munike ikhadi lakho lokuqokwa/ irejista</p>	<p>9.</p> 	<p>Iya ekhemisi</p>
<p>4.</p> 	<p>Linda ifayili lakho</p>	<p>10.</p> 	<p>Ima emgqeni. Khumbula ukuchelelana nomuntu ophambi kwakho</p>
<p>5.</p> 	<p>Hlala esihlalweni ulinde umuntu ozokubiza</p>	<p>11.</p> 	<p>Landa imithi yakho</p>
<p>6.</p> 	<p>Iya kudokotela uma igama lakho libizwa</p>	<p>12.</p> 	<p>Iya ekhaya</p>

Lolu uhlelo olubonakalayo. Uhlelo olubukwayo lungasiza abantu baqonde ukuthi inqubo elandelayo noma inqubo isebenza kanjani. Kusiza kakhulu abantu abakhubazekile ngokwenqondonoma i-Autism, ukubasiza baqonde okufanele bakwenze ngokulandelayo noma okuzolandela ngokulandelayo. Lapho umuntu akwazi ukubona ukuthi kuzokwenzekani ngokulandelayo kunganciphisa ukukhathazeka kwakhe futhi kwandise ukuzimela kwakhe. Ukuze usebenzise ishejuli yokubuka, ngaphambi kokuba umsebenzi uhlale nomuntu bese umchazela inqubo ngesinyathelo, ukhombisa izithombe lapho uhamba. Ngesikhathi senqubo ngaphambi kwesinyathelo ngasinye bonisa umuntu isithombe futhi lapho leso sinyathelo sesiphelile babonise ukuthi uqhubekela esinyathelweni esilandelayo.

*Symbols from www.Bildstod.se and ^https://vecteezy.com