



## Why a special edition?

Since the outbreak of COVID-19, children have not been able to go the library and reading clubs and have been away from school for a long period of time. To support you as you do your best to keep your family safe, Nalibali has put together this special edition of our supplement to help you with ideas on how your children can continue reading and writing for enjoyment at home. Some activities can be enjoyed by the whole family, while others have been divided into age groups to give you age-appropriate ideas.

## Kungani kube nalushicilelo lolukhetsekile?

Kusukela kwabhedvuka i-COVID-19, bantwana bebangakhoni kuya kumtapotincwadzi nakumaklabhu ekufundza futsi bebangekho esikolweni sikhatsi lesidze. Kukusekela usenta ngalokwendlulele kugcina umndeni wakho uphephile, iNalibali ihlanganise nalu lushicilelo lolukhetsekile lwesengeto sefdu kukusita ngemibono kutsi bantwana bakho bangachubeka njani nekufundza nekubhalela kutijabulisa ekhaya. Leminye imisebenti ingajitjulelwa nguwo wonkhe umndeni, kantsi leminyehluke ngemacambu ebudzala kukunika imibono lefanele leyo minyaka yebudzala.

### HOW PARENTS AND CAREGIVERS CAN SUPPORT CHILDREN

Our first responsibility as parents and caregivers is to care for our children and to keep them safe. This has been a difficult time for families across South Africa. Your children may be feeling stressed or anxious at this time. They may find it difficult to communicate their feelings with you, especially if you seem upset. Try to do the following things to help them.

- ★ Use positive language when talking to your children.
- ★ Invite your children to tell you how they are feeling.
- ★ Do fun things together.
- ★ Let them help you by doing some of the chores.



### READING AND WRITING AT HOME

One of the best ways for you to support your children is by sharing stories with them. Here are some of the benefits of sharing stories.

- ★ Stories help you bond with your children.
- ★ When you tell or read stories to your children, it lets them know that they are important enough for you to make time for them.
- ★ Stories help develop their imagination and creativity.
- ★ Stories also help develop children's language and thinking, especially when they hear or read stories in their home languages.
- ★ Stories often provide children with examples of how people meet the challenges they face.



### BATALI NEBANAKEKELI BANGABASEKELA NJANI BANTFWANA

Umsebenti wetfu wekucala sibatali nebanakekeli kutsi sinakekele bantwana befu futsi sibagine baphephile. Lesi kube sikhatsi lesimatima kakhulu emindenini kuyo yonkhe iNingizimu Afrika. Bantwana bakho bangatava bacindzetelekile noma baphaphulekile kulesikhatsi. Bangakufola kulukhuni kukhuluma nawe ngelulo lwabo, ikakhulukati nawubonakala ukhatsatekile. Zama kwenta loku lokulandzelako kubasita.

- ★ Sebentisa lulwimi loluhle uma ukhuluma nebantwana bakho.
- ★ Memabantwana bakho kutsi bakutjele kutsi bativa njani.
- ★ Yentani nindzawonye tinifo lethlekisako.
- ★ Bayekele bakusite ngekwenza leminyehemisebenti yemalanga onkhe.



### KUFUNDZA NEKUBHALA EKHAYA

Yinye yetindlela letincono kakhulu yekusekela bantwana bakho kwabelana nabo tindzaba. Nati letinye tinzuzo tekwabelana tindzaba.

- ★ Tindzaba tikusita kutsi ubumbane nebantwana bakho.
- ★ Uma ucoca noma ufundzela bantwana bakho tindzaba, kubenta bati kutsi babaluleke ngalokwanele kuwe kutsi wente kutsi ube nesikhatsi sabo.
- ★ Tindzaba tisita kutfufukisa kucabanga kwabo kanye nelikhono lekuticambela.
- ★ Tindzaba futsi tingasita kutfufukisa lulwimi lwebantwana nekucabanga, ikakhulukati uma beva noma bafundza tindzaba ngetilwimi tabo tasekhaya.
- ★ Tindzaba njalo-nje tinika bantwana tibonelo tekutsi banfu bahlangabetana njani netinkinga lababukana nato.



### Improve confidence and learning

Encourage your children's attempts to read and write by making positive comments without focusing on mistakes. By giving them lots of support, you will develop their confidence and improve their learning.



Content for COVID-19 Edition 169 is adapted from *Supporting learners from home – a guide for caregivers*, developed by the Covid-19 ECD and Schooling Group, a working group of Covid-19 People's Coalition



[www.c19peoplescoalition.org.za](http://www.c19peoplescoalition.org.za)

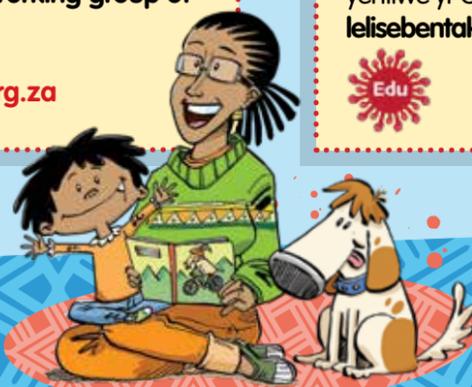
### Yenta ncono kutetsemba nekufundza

Khutsata imitamoyebantwana bakho yekufundza nekubhala ngekuphawula kahle ngaphandle kwekubuka emaphutsa. Ngekubasekela njalonjalo, utawutfufukisa kutetsemba kwabo uphindze wente ncono kufundza kwabo.



Lokucuketfwe Lushicilelo 169 lwe-COVID-19 kutsetfwe kukwesekela bafundzi ekhaya – inkhombandlela yebanakekeli bebantwana, yentiwe yi-Covid-19 ECD kanye neLicembu Lekufundza, licembu lelisebentako leNhlango yeBantfu ye-Covid-19

[www.c19peoplescoalition.org.za](http://www.c19peoplescoalition.org.za)



IT STARTS WITH  
A STORY.  
KUCALA  
NGENDZABA.

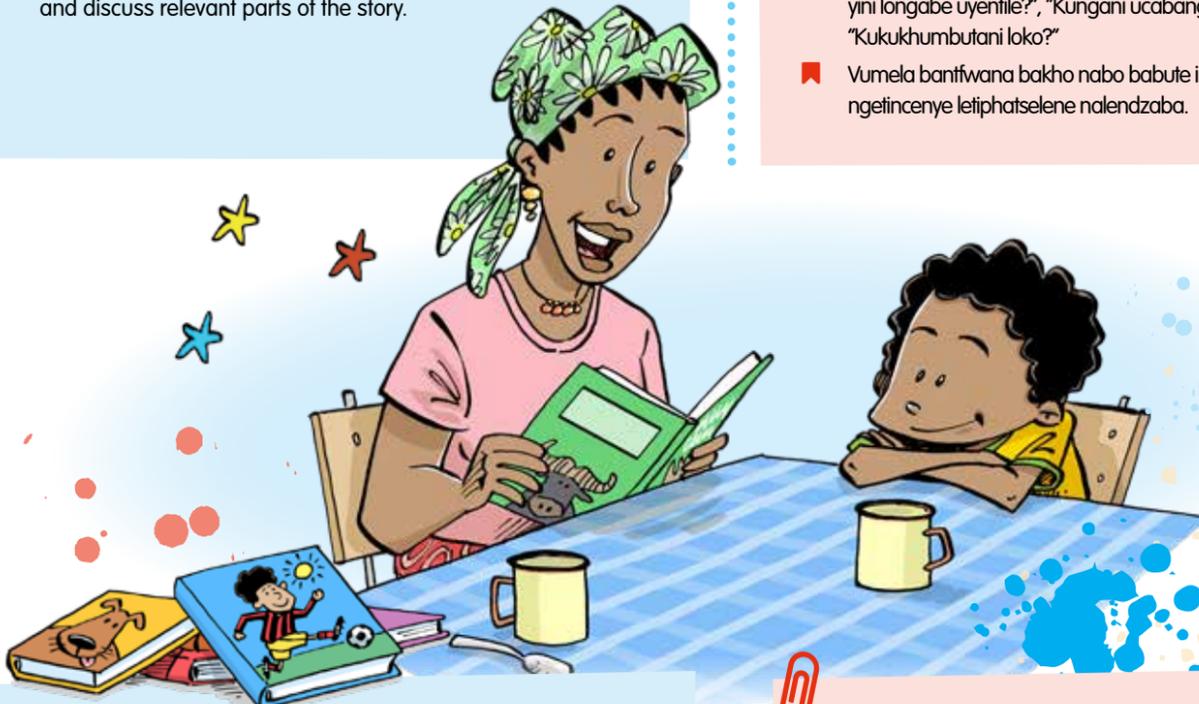
## Get creative!

In this special **Get creative!** there are reading and writing activities for all age groups! Everyone at home has a role to play in developing children's reading and writing, as well as their understanding of how to protect themselves and others from COVID-19. Doing this together can be an enjoyable part of everyday family life. Create a story routine by setting aside a time that works best for all of you.

### Make special storytelling times

Create storytelling times that the whole family can enjoy together.

- Tell stories, sing songs and recite poems you know. This stimulates children's imaginations and develops their language.
- Have story suppers! Once a week, let a family member tell a story during supper time. You could also create a story together by letting one person tell the beginning of a story and then letting everyone else add a bit to the story until it is complete.
- Deepen your children's understanding of the stories they hear by asking open-ended questions. For example, "How would you feel if ...?", "If you were him, what would you have done?", "Why do you think she did that?", "What does that remind you of?"
- Let your children ask questions too! Answer them and discuss relevant parts of the story.



### Read and write for information

To help children remember information better, let them read it or listen to it and then write it down. As a family, make a "Golden rules" poster about COVID-19. Then, at different times during the day, ask your children questions like, "What is the golden rule about coughing and sneezing?"

There are **six golden rules** that we should all follow.

1. Wash your hands with soap and water for at least 20 seconds as often as you can.
2. Do not touch your face with unwashed hands.
3. Cough and sneeze into a tissue or your elbow. Safely throw away your used tissue.
4. When you are outside your home, stay at least 1,5 m away from others.
5. Wear a mask when you leave your home or if you are caring for someone at home who is sick.
6. Stay home if you are sick. In an emergency, contact the National COVID-19 hotline on **0800 029 999** or WhatsApp: **0600 123456**, or contact your healthcare worker.



## Sebentisa buciko bakho!

Kulona lokhetsekile **Sebentisa buciko bakho!** kunemisebenti yokufundza nekubhala yawo onkhe emacembu ebudzala! Wonkhewonkhe ekhaya unenzima lokufanele ayidlale ekhaya ekutfufukiseni kufundza nekubhala kwebantfwana kanye nekuvisisa kwabo kutsi kufanele bativikele njani bona nalabanye ku-COVID-19. Kwenta loku ndzawonye kungaba yincenye lejabulisako yemphilo yemndeni yemalanga onkhe. Yenta luhlelo lwemalanga onkhe lwenzaba ngekubeka eceleni sikhatsi lesitawunisebentela kahle nonkhe.

### Yenta tikhatsi letikhethsekile tekucoca indzaba

Yenta tikhatsi tekucoca indzaba letingajitjulelwa ngumndeni wonkhe ndzawonye.

- Coca tindzaba, hlabela tingoma futsi usho tilandzelo lotatiko. Loku kuvusa emandla ebantfwana ekuticabangela kuphindze futsi kutfutukise luhwimi lwabo.
- Bani netikhatsi tekudla kwakusihlwa tendzaba! Kanye ngeliviki, vumela lilunga lemndeni licoce indzaba ngesikhatsi sekudla kwakusihlwa. Ningayicamaba indzaba nindzawonye ngekwenza kutsi munye umuntu akhulume ngesicalo sendzaba bese uvumela wonkhewonkhe engete lokuncane kulenzaba ize iphele.
- Julisa kuvisisa kwebantfwana bakho tindzaba labativako ngekubuta imibuto levulekile. Sibonelo, "Bewungatwa njani nangabe ...?", "Kube bewunguye, yini longabe uyentile?", "Kungani ucabange kutsi wenta loko?", "Kukukhumbutani loko?"
- Vumela bantfwana bakho nabo babute imibuto! Baphendule bese nicoca ngetincenye letiphatselene nalenzaba.

### Fundza nekubhalela lwatiso

Kusita bantfwana kukhumbula lwatiso kancono, bavumele bafundze noma balulalele bese balubhala phansi. Ningumndeni, yentani iphosta ye "Mitsello Lebalulekile" ye-COVID-19. Bese kutsi, ngetikhatsi letehlukene nakuchubeka lilanga, buta bantfwana bakho imibuto njengekutsi, "Yini umtsello lomalulekile lomayelana nekukhwehlela nekutsimula?"

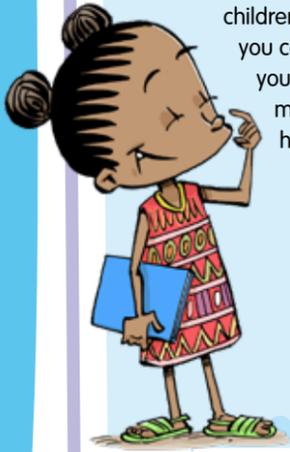
Kukhona **imitsello lebalulekile lesitfupha** lokufanele sonkhe sijilandzele.

1. Geza tandla takho ngemanti nensipho lokungenani imizuzwana lenge-20 njalonjalo.
2. Ungabutsintsi buso bakho ngetandla letingakagezwa.
3. Khwehlela uphindze utsimulele kuthishu noma engcoseni yakho. Yilahle ngalokuphephile lethishu yakho lesebentile.
4. Uma ungaphandle kwelikhaya lakho, khweshelana nalabanye lokungenani nga-1,5 mitha.
5. Gcoka sifonyo uma usuka ekhaya lakho noma uma unakekela lomunye logulako ekhaya.
6. Hlala ekhaya uma ugula. Esimeni lesiphufumako, shayela lenombolo lephufumako yavelonkhe ye-COVID-19 ku-**0800 029 999** noma Whatsapp: **0600 123456**, noma utsintse sisebenti sakho lesinakekela ngetemphilo.



## Role play

Children don't always know how to respond when they hear someone say something that is not true. By doing role play, you can help your children practise this skill. Let everyone share ideas about how you could respond to false information about COVID-19. Ask your children to act out how they would respond if someone made the following false statements. Remind them to be honest and respectful.



- Only rich people get COVID-19.
- COVID-19 is a sickness of white people or Chinese people.
- The coronavirus cannot survive in hot areas.
- Drinking ginger, garlic and lemon will cure COVID-19.

## Kulingisa

Bantwana abati ngaso sonkhe sikhatsi kutsi kufanele baphendvule njani uma beva lomunye asho intfo letsite lengasilo liciniso. Ngekwenta kulingisa, ungabasita bantwana bakho kutetayeta lelikhono. Vumela wonkhewonkhe abelane ngemibono kutsi ungaphendvula njani kulwatiso lolungasilo liciniso nge-COVID-19. Cela bantwana bakho kutsi badlale kutsi bangaphendvula kanjani uma lomunye enta lefitatimende letilandzelako letingesilo liciniso. Bakhumbute kutsi betsembeke futsi bahloniphe.

- Bantfu labanjingile kuphela labatfola i-COVID-19.
- I-COVID-19 isifo sebantfu labamhlophe noma bantfu labangeMashayina.
- Ikhononavayirasi ayiphili etindzaweni letishisako.
- Kunatsa ijinja, galikhi kanye nelilamula kutayilapha i-COVID-19.



## Make audio stories

Record your own audio stories with your children!

- Find a story with different voices that your children will enjoy.
- Let your children choose a character and then try out different voices for their character.
- You can read the part of the narrator. Let your children read or tell the story as the different characters.
- Let someone make sound effects, like footsteps or animal sounds.
- Practise reading or telling the story with sound effects until everyone is comfortable with their part.
- Use a cellphone to record your story and then enjoy listening to it!



## Yenta tindzaba letilalelwako

Rekhoda takho tindzaba letilalelwako nebantwana bakho!

- Tfola indzaba lenemavi lehlukene labatayijabulela bantwana bakho.
- Vumela bantwana bakho bakhetsa umlingisi bese betama emavi lehlukene alomlingisi wabo.
- Ungafundza lencenye yemlandzi. Vumela bantwana bakho bayifundze noma bayicoce lendzaba njengebalingisi labehlukene.
- Vumela lomunye ente imisindvo njetinyatselo tetinyawo noma imisindvo yetilwane.
- Tetayete kufundza noma kuyicoca lendzaba ngekwenta imisindvo baze bonkhe baneliseke ngetindzawo tabo labatidlalako.
- Sebentisa makhalekhikhini wakho kurekhoda indzaba yakho bese ujabulela kuyilalelela!

## Write together

Show your children how you use writing in your daily life, for example, when you write a shopping list. Then do some writing activities together.

Make sure you have paper, crayons, pens and pencils in a place that is easy for your children to reach. Let them write thank you notes, messages, or letters to friends and family who live far away. Encourage your children to keep journals in which they can write about anything they like. You can also make books by stapling blank sheets of paper together and writing stories with your children. Younger children can draw the pictures and you can write the words they tell you. Allow older children to draw and write on their own.



## Bhalani nindzawonye

Khombisa bantwana bakho kutsi ukusebentisa njani kubhala emphilweni yakho yemalanga onkhe, sibonelo, uma ubhala luhlu lwekutsenga. Bese nenta imisebenti yekubhala nindzawonye.

Yenta siciniseko sekutsi unalo liphepha, emakhrayoni, emapheni nemapeniseli endzaweni lapho kulula kutsi bantwana bakho bafikele khona. Bavumele kutsi babhale imilayeto yekubonga, imilayeto noma tincwadzi letiya kubangani babo nemndenilohlala khashane. Khutsata bantwana bakho kutsi babe nemajenali lapho babhala khona nganoma yini labayitsandzako. Ungenta futsi tincwadzi ngekufasela ndzawonye emakhasi emaphepha kanye nekubhala tindzaba nebantwana bakho. Bantwana labancane bangadweba tiifombe bese ubhala lamagama labakutjela wona. Vumela bantwana labadzala badweba futsi babhale bona ngekwabo.



## Ideas for 0- to 3-year-olds

When children feel happy and secure, it helps them develop properly. Here are some things you can do to help your children feel happy and secure.

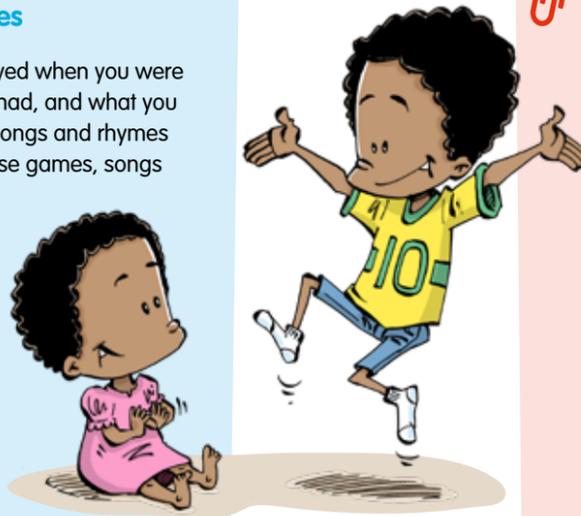
- ✏ Make time for them every day.
- ✏ Play their favourite games.
- ✏ Talk to them often.
- ✏ Really listen to them.
- ✏ Tell them why you enjoy spending time with them.

Babies and toddlers learn by doing different activities with you and their older siblings. They enjoy singing songs, playing games, saying rhymes, listening to stories, telling stories, drawing and pretending to read and write.

### Share songs, games and rhymes

Can you remember the games you played when you were a child? Do you remember the fun you had, and what you learnt without even realising it? Which songs and rhymes did you love to sing and say? Share these games, songs and rhymes with your children.

- ✏ They will help develop children's language skills.
- ✏ They help to build trust and strengthen the bond between adults and children.
- ✏ They build confidence and self-esteem and help children to relax.
- ✏ Children learn easily through play and having fun.



## Imibono yalabaneminyaka yebudzala kusuka ku-0 kuya kule-3

Uma bantwana bativa bajabulile futsi bavikelekile, kuyabasita bakhule kahle. Nati letinye tintfo longatenta kusita bantwana bakho kutsi bativa bajabulile futsi bavikelekile.

- ✏ Yenta sikhatsi sekuba nabo onkhe emalanga.
- ✏ Dlala imidlalo yabo labayitsandza kakhulu kwendlula leminyane.
- ✏ Bakhulumise njalunjalo.
- ✏ Balalelise mbamba.
- ✏ Batjele kutsi kungani ujabulela kucitsa sikhatsi unabo.

Tinswane nebantwana labakhasako bafundza ngekwenza imisebenti lehlukene bakanye nebantwana bakubo labadzala. Bajabulele kuhlabela tingoma, kudlala imidlalo, kusho tilandzelo, kulalela tindzaba, kucoca tindzaba, kudweba nekwenza shangatsi bayafundza futsi bayabhala.

### Yabelana ngetingoma, imidlalo netilandzelo

Ungayikhumbula yini imidlalo lowayidlala ngesikhatsi usengumntwana? Uyakhumbula kujabula lowaba nako, naloko lowakufundza ngaphandle kwekukubona? Nguti phi tingoma netilandzelo lebewutsandza kutihlabela nekutisho? Yabelana ngalemidlalo, tingoma netilandzelo nebantwana bakho.

- ✏ Titawusita kutfufukisa emakhono ebantwana elulwimi.
- ✏ Tisita kwakha kwetsembana nekucinisa lubumbano emkhatsini walabadzala nebantwana.
- ✏ Takha kutetsemba nekutihlonipha futsi tisita bantwana kutsi bakhululeke.
- ✏ Bantwana bafundza kalula ngekudlala nangekutijabulisa.

### Share books

- ✏ Until babies can sit by themselves, it is easiest to put them on your lap with their back against you and to hold the book in front of them.
- ✏ Books that have simple pictures or photographs of babies' faces work well for young babies.
- ✏ Point and name different objects in the books. Talk about what you both see in the pictures. Doing this helps your young children learn words and learn about the world around them.



### Yabelana ngetincwadzi

- ✏ Tize tikwazi tinswane kutihlabela tona ngekwapo, kulula kakhulu kutigona ematsangeni akho imihlane yato iyame kuwe bese ubamba incwadzi phambi kwabo.
- ✏ Tincwadzi letinettifombe letilula noma tiffombe tebuso betinswane tisebenta kahle kakhulu etinswaneni.
- ✏ Khomba bese usho emagama etintfo lehlukene etincwadzini. Coca ngaloko lenikubonako nobabili etiffombeni. Kwenta loku kusita bantwana bakho labancane kufundza emagama nekufundza ngemhlaba lobatungelele.

### Make time to talk

Having conversations with your children is important. You might find that they often ask lots of "why" questions. Be patient and encourage them by explaining how things work. Doing this will build your children's vocabulary and their understanding of the world.

Never be afraid to tell your children that you do not know the answer to a question. Tell them you will find out and let them know the answer later. This helps them understand that adults are still learning too.



### Yenta sikhatsi sekukhuluma

Kubanetingcoco nebantwana bakho kubalulekile. Ungafola kutsi bavamisa kubuta imibuto leminyane letsi "kungani?" Beketela futsi ubakhutsate ngekutsi ubachazele kutsi tintfo tisebenta njani. Kwenta loku kutawukwakha silulumagama sebantwana bakho kanye nekuvisisa kwabo umhlaba.

Ungesabi kutjela bantwana bakho kutsi awuyati imphendvulo yembuto. Batjele kutsi utayifuna bese uyabatisa lemphendvulo muva. Loku kuyabasita kuvisisa kutsi nalabadzala nabo basafundza.



## Ideas for 3- to 6-year-olds

Children learn a lot through their everyday experiences. By doing enjoyable activities with your children, you can help grow their vocabulary and their understanding of the world.



### Songs and rhymes build language skills

Sing or say songs and rhymes in your children's home language and in an additional language too. Write out the words of a song or rhyme and then point to the words as you sing or say them. Even if your children cannot read or write yet, seeing written words being used helps them to understand that what we say, can be written down and read, again and again.



### Use your senses

Let your children use their senses to explore!

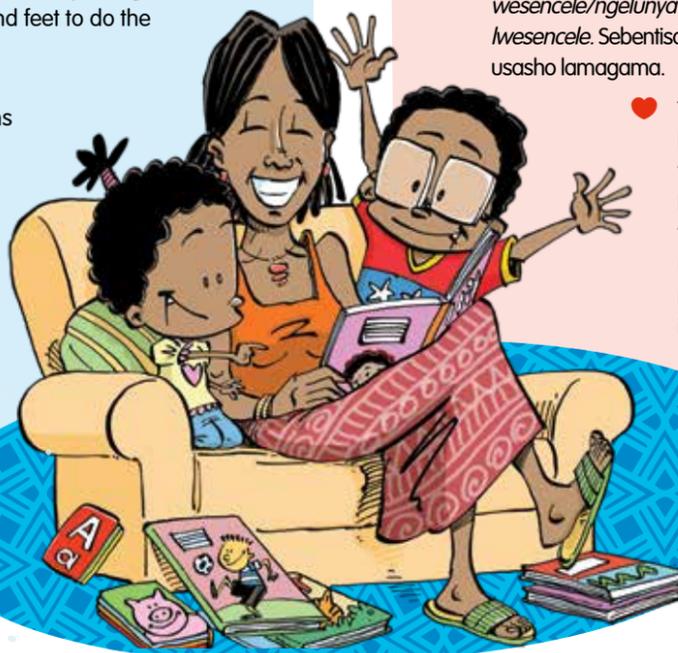
- ♥ **Sense of smell:** Play a guessing game with your children. Let your children put on blindfolds. Then put a few strong-smelling foods in small bowls, for example, vinegar, bananas, curry powder and coffee. Ask your children to guess what is in each bowl by only smelling it.
- ♥ **Sense of touch:** Let your children wear their blindfolds again. Put a few small, non-breakable objects, like a spoon and a toothbrush, into a pillowcase. Ask your children to take an object out of the pillowcase. Can they guess what the object is just by touching it?
- ♥ **Sense of hearing:** Fill small containers with different things, like sand, stones, beads or bottle tops. Ask your children to close their eyes and listen as you shake each container. Ask, "Did it make a loud or a soft sound? Why do you think it made a loud or a soft sound?"



### Learn about your body

Play these games to help your children learn about their bodies.

- ♥ Play call-out games, like this one: *Lizzy, Lizzy, stir the porridge ... with your right arm/with your left arm/with your right foot/with your left foot.* Use your arms and feet to do the actions as you say the words.
- ♥ Have fun playing a game in which you take turns calling out instructions to "stick" two different parts of your bodies together. For example, if one of you says, "Elbow to knee!", then everyone needs to touch one of their knees with one of their elbows, and stay like that for a few seconds!



## Imibono yalabaneminyaka yebudzala kusuka kule-3 kuya kule-6

Bantfwana bafundza lokunyenti etintweni labahlangabetana nato malanga onkhe. Ngekwenta imisebenti lejaulisako nebantfwana bakho, ungasita kukhulisa silulumagama sabo nekuvisisa kwabo umhlaba.



### Tingoma netilandzelo takha emakhono elulwimi

Hlabela noma usho ingoma netilandzelo ngelulwimi lwasekhaya lwebantfwana bakho kanye nelulwimi lolwengetiwe futsi. Bhala lamagama engoma noma esilandzelo bese ukhomba lamagama usahlabela noma uwasho. Nanoma ngabe bantfwana bakho basengakakhoni kufundza noma kubhala, kubona emagama labhaliwe asetjentiswa kubasita kuvisisa kutsi loku lesikushoko, kungabhalwa phansi bese kuyafundwa futsi kuphindwaphindwe.



### Sebentisa imiva yakho

Vumela bafundzi bakho basebentise imiva yabo kuffolisisa!

- ♥ **Umuva wekunukisa:** Dlala umdlalo wekucombela nebantfwana bakho. Vumela bantfwana bakho bafake tintfo tekuvala emehlo. Bese ubeka kudla lokumbalwa lokunuka kakhulu etindishini letincane, sibonelo, iviniga, bhanana, imphushana yakhari nelikhofi. Cela bantfwana kutsi bacombele kutsi kuyini lokusendishini ngayinye ngekukunukisa kuphela.
- ♥ **Umuva wekutsintsa:** Vumela bantfwana bakho bagcoke lokwekuvala emehlo futsi. Beka tintfo letincane letimbalwa letingephuki, njengesipunu, sicubho, ekhatsi esikhwameni semcamelo. Cela bantfwana bakho kutsi bakhipe tintfo kulesikhwama semcamelo. Bangacombela kutsi yini lentfo ngekuyitsintsa?
- ♥ **Umuva wekuva:** Gcwalisa timumatsi letincane ngetintfo letehlukene, njengesihlabati, ematje, buhlalu netivalo temabhodlela. Cela bantfwana bakho kutsi bavale emehlo bese bayalalela usakuhlutisa simumatsi ngasinye. Buta, "Ngabe kwente umsindvo lomkhulu noma lomncane? Kungani ucabanga kutsi kwente umsindvo lomkhulu noma lomncane?"



### Fundza ngemtimba wakho

Dlala lemidlalo kusita bantfwana bakho bafundze ngemtimba yabo.

- ♥ Dlala imidlalo yekumemeta, njengalona lotsi: *Lizzy, Lizzy, bondza liphahishi ... ngemkhono wakho wesekudla/ngemkhono wakho wesencele/ngelunyawo lwakho lwesekudla/ngelunyawo lwakho lwesencele.* Sebentisa imikhono yakho netinyawo kwenta leminyakato usasho lamagama.
- ♥ Tijabulise ngekudlala umdlalo lapho ninikana khona emafuba kumemeta ticondziso teku "namatselisa" ndzawonye timbili tifo temtimba letehlukene. Sibonelo, uma munye wenu atsi, "Ingcoza edvolweni!", bese wonkhewonkhe udzinga kutsintsa linye lemadvolvo kanye nayinye yefingcoza takhe, bese uhlala kanjalo imizuzwana lembalwa!

## Ideas for 6- to 9-year-olds

Writing and reading go hand in hand. Writing helps children to learn that words can be written down and then read again and again.



### Write and draw

After your children have listened to a story, let them try some of these writing and drawing activities.

- 1. Together, write and sing an original song that tells the story.
- 2. Let them draw a picture that shows the setting of the story.
- 3. Ask them to draw a character from the story. Then let them make a list of all the things the character does in the story. Ask them, "Why do you think the character did these things?" Let them write a sentence explaining how they feel about the character.



### Make your own storybook

Follow these steps to work together as a family to create a storybook.

- 1. Together decide what the story will be about. Think about: where the story happens, who the main characters are, what the problem in the story is and how this problem is solved.
- 2. Make a blank book by folding a few sheets of paper in half.
- 3. Let different family members write down a part of the story on each page of the blank book.
- 4. Let everyone take turns drawing pictures for the story.
- 5. Enjoy reading your book together!



### Listen to stories

As a family, listen to stories on the radio. You can visit our website at [www.nalibali.org](http://www.nalibali.org) to find the broadcasting schedule for the Nalibali radio stories. You can also listen to audio stories by clicking on the link in the "Story resources" section on our website.



### Lalela letindzaba

Ningumndeni, lalelani tindzaba emsakatweni wemoya. Ningavakashela iwebhusayithi yefu ku-[www.nalibali.org](http://www.nalibali.org) kuffola luhlelo lwekusakata lwetindzaba takaNalibali temsakato wemoya. Ungalalela futsi tindzaba letilalelwako ngekufacata kulelinki kulencenye ye-"Story resources" kuwebhusayithi yefu.



## Imibono yalabaneminyaka yebudzala kusuka kule-6 kuya kule-9

Kubhala nekufundza kuhamba ndzawonye. Kubhala kusita banfwana bavisise kutsi emagama angabhalwa phansi bese ayafundwa aphindzaphindwe.

### Bhala futsi udwebe

Emvakwekuba banfwana bakho sebalalele indzaba, bavumele betame leminyeye yalemisebenti yekubhala nekudweba.

- 1. Nindzawonye, bhalani futsi nihlebele ingomanchanti lecoca indzaba.
- 2. Bavumele badwebe siffombe lesikhombisa indzawo lapho indzaba yenteka khona.
- 3. Bacele badwebe umlingisi losuka lokulenzaba. Bese ubavumela bente luhlu lwetintfo lomlingisi latentako kulenzaba. Babute, "Kungani nicabanga kutsi lomlingisi wenta letintfo?" Bavumele babhale umusho kutsi bativa njani ngalomlingisi.



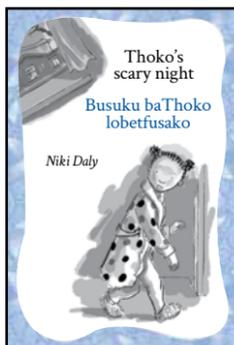
### Yakha yakho incwadzi yetindzaba

Landzela letinyatselo kusebenta ndzawonye njengemndeni kwakha incwadzi yetindzaba.

- 1. Nindzawonye ncumani kutsi lendzaba itawukhuluma ngani. Cabanga ngekutsi: indzaba yenteka kuphi, bobani balingisi labamcoka, iyini inkinga lekhona endzabeni nekutsi lenkinga icatululeka njani.
- 2. Yakha incwadzi lenganalutfo ngekugoba emaphepha lambalwa abe nguhhafu.
- 3. Vumela emalunga lehlukene emndeni kutsi abhale phansi incenye yalenzaba ekhasini ngalinye kulencwadzi lenganalutfo.
- 4. Vumela bonkhe banikane ematfuba ekudweba tiffombe talenzaba.
- 5. Jabulelani kufundza incwadzi yenu nindzawonye!

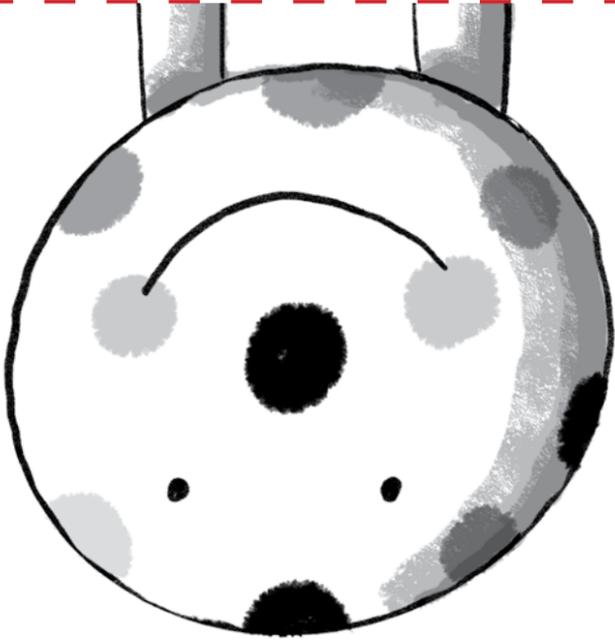
### Create ONE cut-out-and-keep book

1. Take out pages 7 to 10 of this supplement.
2. Use this sheet to make a book. Follow the instructions below to make the book.
  - a) Fold the sheet in half along the black dotted line.
  - b) Fold it in half again along the green dotted line.
  - c) Cut along the red dotted lines.



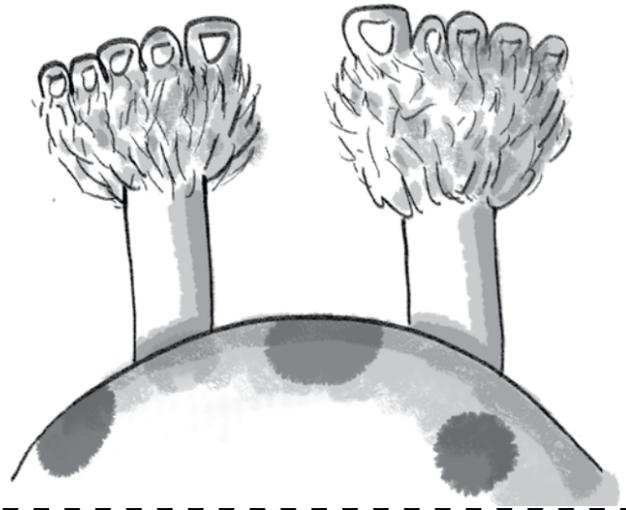
### Takhele YINYE incwadzi lesikwa ikhishwe bese iyaginwa

1. Khipha emakhasi le-7 kuya kule-10 alesengeto.
2. Sebentisa leli shithi kwakha incwadzi. Landzela leticondziso letingentasi kwakha lencwadzi.
  - a) Goba liphepha libe yihhafu ulandzele umugca wemacashati lamnyama.
  - b) Ligobe futsi libe yihhafu ulandzele umugca wemacashati laluhlata.
  - c) Sika ulandzele imigca yemacashati labovu.



“It’s very round and covered in polka dots,”  
whispered Mama.  
“Like my dressing gown,” said Thoko.  
“What else?”  
“Siyindingilizile lenkhulu futsi sinemacashati  
wonkhe umtimba,” kwahleba Make.  
“Njengalegawuni yami,” kwasho Thoko.  
“Nani lokunye?”

“What does it look like?” whispered Thoko.  
“It has big fluffy pink feet,” whispered Mama.  
“Like my slippers,” said Thoko. “What else?”  
“Sibukeke njengani?” kwahleba Thoko.  
“Sintinyawo letinkhulu letiphinki  
letintofonfo,” kwahleba Make.  
“Njengemahliphasi ami ekuhamba endlini,”  
kwasho Thoko. “Nani lokunye?”



We publish what we like

This is an adapted version of “Thoko’s scary night” from the collection *What’s up! Thoko* published by Jacana Media and available in bookstores and online from [www.jacana.co.za](http://www.jacana.co.za). This story is available in English, Afrikaans, isiXhosa and isiZulu. Jacana publishes books for young readers in all eleven official South African languages. To find out more about Jacana titles go to [www.jacana.co.za](http://www.jacana.co.za).

Lona ngumbhalo loguculive we “Thoko’s scary night” lotsetfwe encwadzini lekuligcogco letsi *What’s up! Thoko* leyashicilelwa yiJacana Media futsi iyatfolakala etitolo tetincwadzi naku-inthanethi ku-[www.jacana.co.za](http://www.jacana.co.za). Lenzaba iyatfolakala ngeSingisi, Sibhunu, Sichosa, neSizulu. UJacana ishicilela tincwadzi tebafundzi labasebancane ngato tonkhe tilwimi letilishumi nakunye teNingizimu Afrika. Kuffola kabanti ngetihloko teJacana hamba ku-[www.jacana.co.za](http://www.jacana.co.za).

© Jacana Media (World rights) Tel: 011 628 3200

Nal’ibali is a national reading-for-enjoyment campaign to spark and embed a culture of reading across South Africa. For more information, visit [www.nalibali.org](http://www.nalibali.org) or [www.nalibali.mobi](http://www.nalibali.mobi)



INal’ibali ngumkhankhaso wavelonkhe wekufundzela kutijabulisa kuvusa nekucinisa lisiko lekufundza eNingizimu Afrika yonkhana. Kute uffole lwati lolubanti, vakashela ku-[www.nalibali.org](http://www.nalibali.org) noma ku-[www.nalibali.mobi](http://www.nalibali.mobi)

# Thoko’s scary night

## Busuku baThoko lobetfusako

Niki Daly





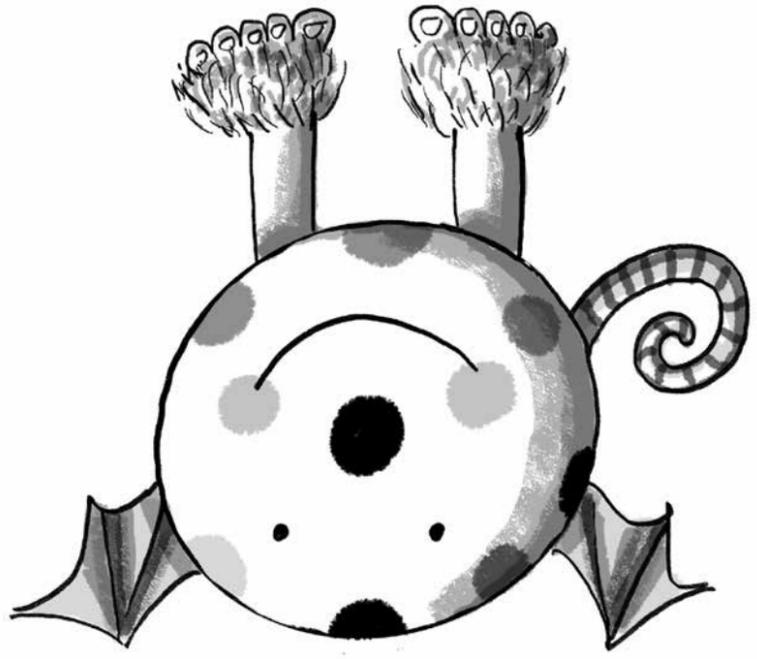
“Ngumoya-nje kuphela lona lohusha kuletincingo lapha ngaphandle,” kwahleba Make.  
 “Cha, hhayi loko!” kwahleba Thoko. “Umsindvo lowetfusako *ngempela* – njengesilwane lesikhulu lesibi lesetfusako.”  
 “Kulungile, lokuncono gibela lapha embhedzeni ulale nami,” kwahleba Make. “Kadze kuvakala njengani?”  
 Thoko watsi, “*Guguguuu-Guguguuu! Hhuhuuuuuu!*”  
 “Lowo ngumsindvo lowentwa ngulesilwane lesikhulu lesihle iGuguguuuu-Guguguuu-Hhooooo-Bhuhhuhuuuuu-, kucosha tilwane letimbi ngempela,” kwasho Make.

One dark windy night, Thoko woke up to a scary sound. It went, “Ghorra-Ghorra!”



Ngalobunye busuku lobumnyama lobunemoya lohusha kakhulu, Thoko wavuswa ngumsindvo lowetfusako. Wavakala utsi, “Guguguuu-Guguguuu!”

“Sinemphumulo lelifumuka njengebhola, timphiko telulwane nemsila loshwilene lojikeletako,” kwahleba Make. “Silunge ngempela.”  
 Ngaleso sikhatsi Thoko wati kutsi Make konkhe loku bekakusho bekatakhele-nje! Kodwa besavele acala kwetela, ngako-ke akazange amphikisa.



“It has a puff-ball nose, bat wings and a curly-whirly tail,” whispered Mama. “It’s really sweet.”  
 Then Thoko knew that Mama was making it all up! But she was already starting to fall asleep, so she didn’t argue.

Outside, the wind dropped.  
 At last, all was quiet and Gogo, Mama and Thoko slept – as snug as three bugs in a rug.



Ngaphandle, umoya wathula.  
 Ekugcineni, konkhe kwathula futsi Gogo, Make naThoko balala – banamatselana njengetimbungulu letintsatfu etjalweni.

Konkhe bekuthulile – ngumoya kuphela  
bewuhusha kuletincingo. Thoko walala Make  
ambambe amkonkoshela. Kwase kuyenteka futsi...  
“Guguguuu-Guguguuu! Hhuhuuuuuu!”  
Ngalesikhatsi lomsindvo longaketayeleki  
wamvusa Make.

“Ghorra-Ghorra! Hooaaaah! Bwoooooo!”  
This time the strange sound woke Mama.  
Ghorra! Hooaaaah! Bwoooooo!”

her. Then it happened again... “Ghorra-  
with Mama’s arms wrapped around  
through the wires. Thoko slept  
only the wind blowing  
All was quiet –



“It’s only the wind blowing through the wires  
outside,” whispered Mama.  
“No, not that!” whispered Thoko. “A really scary  
sound – like a monster.”  
“Well, you’d better climb into bed with me,  
whispered Mama. “What did it sound like?”  
Thoko went, “Ghorra-Ghorra! Hooaaaah! Bwoooooo!”  
“That’s the sound the nice Ghorra-Ghorra-  
Hooaaaah-Bwoooooo-Monster makes to chase away  
really bad monsters,” said Mama.

It was Gogo – snoring her head off!  
Mama pulled Thoko close to her and giggled.  
“It’s not the Ghorra-Ghorra-Hooaaaah-Bwoooooo-  
Monster,” whispered Mama. “It’s the Snoring-Gogo-Monster!”  
They both giggled until the bed shook. Gogo stirred and  
immediately stopped snoring.

BekunguGogo – angasahoni-nje advosa sikhumba!  
Make wadvonsa Thoko wamsondzeta kuye wase uyagegetseka.  
“Akusiso leSilwane lesikhulu iGuguguuu-Guguguuu-  
Hhuhuuuu-Bhuhhuuuuu-,” kwahleba Make. “Silwane lesikhulu-  
lesinguGogo- lohonako – Silwane lesikhulu lesesabekako!”  
Bobabili bagegetseka umbhedze waze watamatama.  
Gogo wanyakata futsi masinyane-nje wabese  
uyayekela kuhona.



Then it stopped and went, “Hooaaaah! Bwoooooo!” like  
some big scary monster breathing down your neck.

Thoko’s room was dark except for streaky shapes that  
shivered against the bedroom wall from a street light.  
Thoko pulled her duvet over her head. But she could still  
hear the sound – deeper and scarier this time, “Ghorra-  
Ghorra! Hooaaaah! Bwoooooo!”

Wabese uyathula waphindza futsi wavakala utsi,  
“Hhuhuuuuu! Bhuhhuuuuuu!” njengalesinye silwane  
lesikhulu lesetfusako siphefumulela entsanyeni yakho.

Likamelo laThoko belimnyama ngaphandle  
kwabobunjwa labadze labancama lebebabonakala  
bachucha elubondzeni lwelikamelo lakhe bakhonjiswa  
kukhanya lobekusuka esibaneni sesitaladi. Thoko  
wadvonsa iduvethi wambonya inhloko yakhe. Kodvwa  
abeloku awuva lomsindvo – kakhulu futsi sewetfusa  
kakhulu ngalesikhatsi, “Guguguuu-Guguguuu! Hhuhuuuuuu!  
Bhuhhuuuuuu!”



Masinyane, Thoko wagcoka emahliphasi akhe ekuhamba endlini negawuni wabese uyagijima nya ekamelweni laMake. "Make! Make!" kwahleba Thoko. "Vuka!" "Yini indaba, Thoko?" kwabuta Make asebutongweni. "Lala!" kwasho Thoko. "Kukhona umsindevo lowetfusako losuka endzaweni tsite." Make wakhanyisa lilambu lakhe lasaceleleni kwembhedze wase uyalalela.

Quickly, Thoko put on her slippers and dressing gown and ran to Mama's bedroom.

"Mama! Mama!" whispered Thoko. "Wake up!"

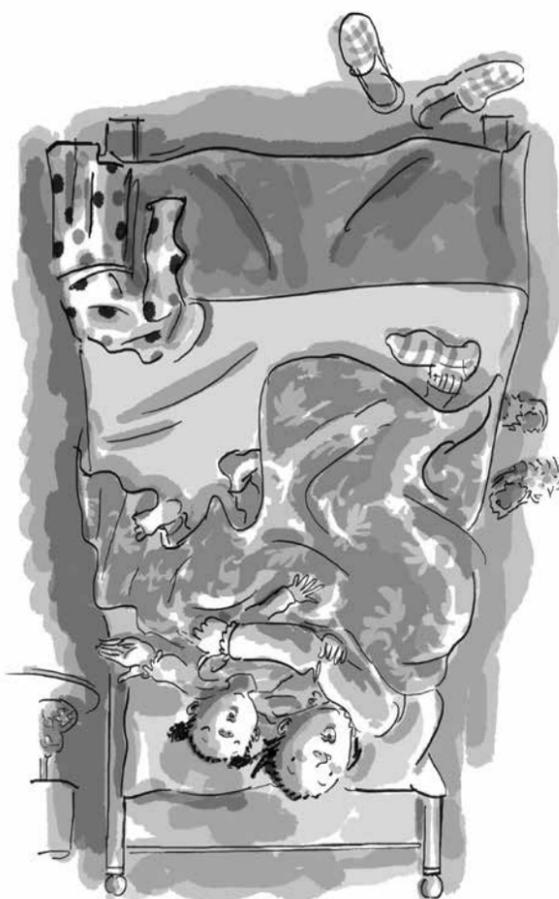
"What's the matter, Thoko?" asked Mama sleepily.

"Listen!" said Thoko. "There's a scary sound coming from somewhere."

Mama switched on her bedside lamp and listened.



Make wetama kuhlala. Kodvwa munye umkhono wakhe besewundzimumundzimu ngenca yekutsi Thoko bekalele etukwawo.



Mama tried sitting up. But her one arm had gone dead from Thoko lying on it.

"Thoko! Thoko!" whispered Mama. "Wake up. This bed's too small for the two of us." Mama got Thoko out of bed and they tiptoed to Gogo's room.

"Climb in!" whispered Mama.

Thoko got in beside Gogo, leaving space for Mama to join her. No sooner had they settled down when ...

"Ghorra-Ghorra! Hooooaah! Bwoooooo!"



"Thoko! Thoko!" kwahleba Make. "Vuka. Lombhedze mncane kakhulu kutsi ungasilingana sobabili." Make wakhipha Thoko embhedzeni babese bayanyonyoba bahamba mantontolwane baya ekamelweni laGogo.

"Gibela ungene ekhatsi!" kwahleba Make.

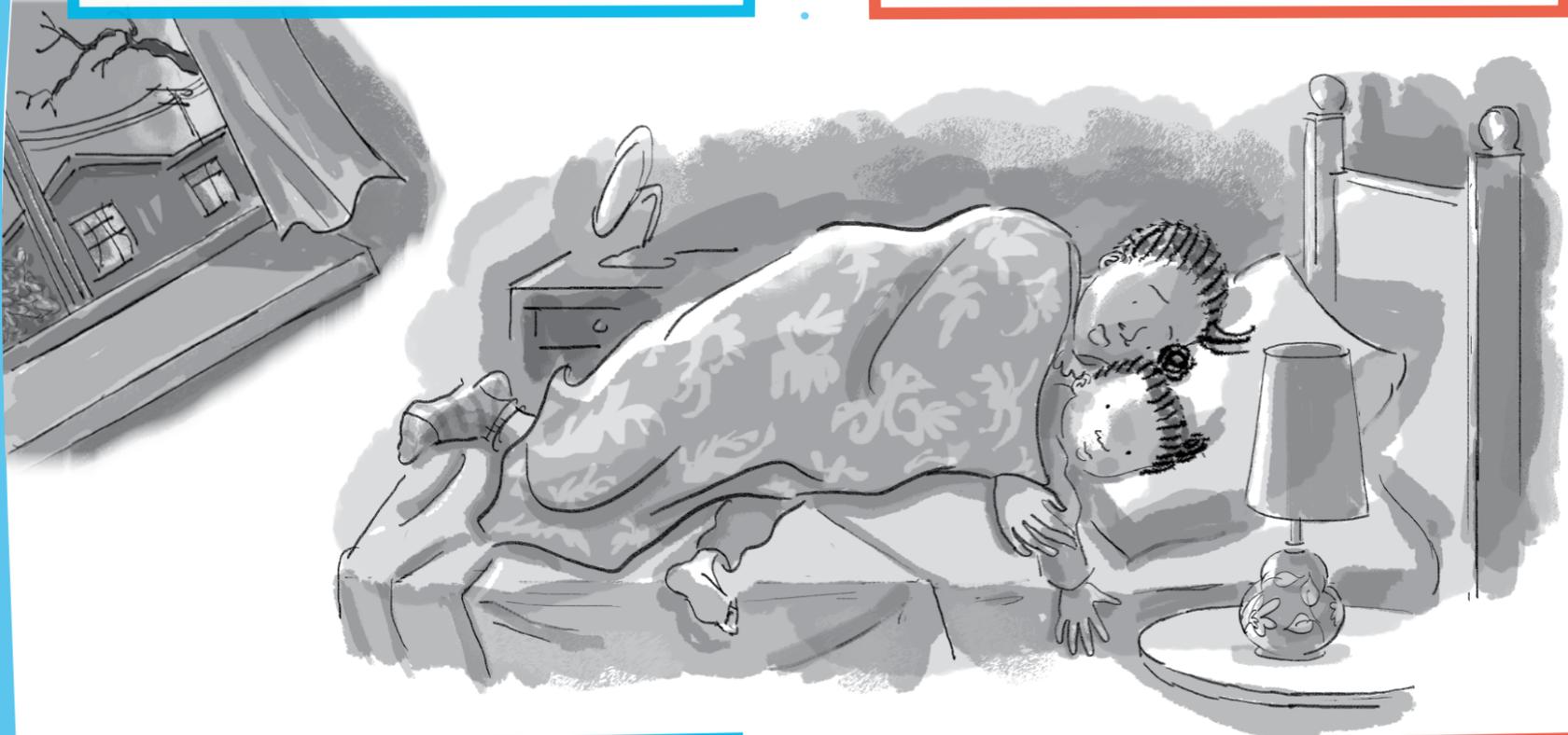
Thoko wangena embhedzeni eceleni kwaGogo, ashiyela Make indzawo yekutsi amjoyine. Bekungakudzala basandza kutinta-nje kwevakala ... "Guguguuuu-Guguguguuuu! Hhuhuhuhuuuu! Bhuhuhuhuuuu!"

## Get story active!

Here are some activities for you to try. They are based on the stories in this edition of the Na'ibali Supplement: *Thoko's scary night* (pages 7 to 10) and *Morongwa's surprise* (page 12).

### Thoko's scary night

- ★ Do you know someone who snores loudly? What does it sound like? Try to write the sound using letters of the alphabet.
- ★ What kind of monster does this snoring noise remind you of? Draw a picture of the monster and then write a few sentences about it.
- ★ Have you ever woken up at night and felt scared? What made you feel scared? Tell or write your story. Use interesting words to say what you heard, saw and how you felt. Draw a picture of your scary night.



## Yenta indzaba ibe nemdlandla!

Nayi leminywe imisebenti yakho longayetama. Isuselwe kuto tonkhe letindzaba letikulolushicilelo lweSengeto sakaNa'ibali: *Busuku baThoko lobetfusako* (ekhasini le-7 kuya kule-10) nalena letsi, *Simangaliso saMorongwa* (likhasi le-13).

### Busuku baThoko lobetfusako

- ★ Kukhona yini lomatiko lohona kakhulu? Kuvakala kungatsi kufana nani? Tama kubhala lomsindvo usebentisa tihlavu te-alfabhethi.
- ★ Luhlobo luni lwesilwane lesikhulu lokuhona lokukhumbuta sona? Dweba sitfombe salesilwane lesikhulu bese ubhala imisho lembalwa ngaso.
- ★ Wake wavuka ebusuku wativa wefukile? Yini leyakwenta weva wefukile? Coca noma bhala indzaba yakho. Sebentisa emagama lachazanako kusho loko lowakuva, balowakubona nekutsi wativa njani. Dweba sitfombe sebusuku bakho lobetfusako.

### Morongwa's surprise

- ★ Make a picture story about your own family. Think of a story about your family. Use colour pens or pencils to write the words of the story. Look for pictures in old magazines. Cut them out and use them to illustrate your story.
- ★ Remind others to keep safe. Find bits of paper or cardboard and write reminders like these on them: "Wash your hands with soap and water for 20 seconds", "Remember to wear your face mask" and "Practice social distancing". Make up some of your own reminders too. Decorate the reminders and paste them where people can see them. For example, paste the reminder about wearing a mask on the inside of the front door so that people will see it before they leave the house.
- ★ Morongwa and her brothers use sign language to speak to Mama Maduo. What languages do you know? Practise using all the languages you know to tell others to stay safe.

### Simangaliso saMorongwa

- ★ Yakha indzaba yetifombe ngenndeni wakho. Cabanga indzaba ngenndeni wakho. Sebentisa emapheni emibala noma emapeniseli kubhala lamagama alenzaba. Funa tiffombe kumaphephabhuku lamadzala. Tijube utikhiphe bese utisebentisa kuchaza lenzaba yakho.
- ★ Khumbuta labanye kutsi bahlale baphephile. Tfola lipheshana lelincane noma ikhadibhodi bese ubhala tikhumbuti letinjenga leti: "Geza tandla takho ngensipho nemanti imizuzwana lenge-20", "Khumbula kugcoka sifonyo sakho" futsi "Tetayete kukhwesha kulabanye". Nawe takhele letinye takho tikhumbuti futsi. Hlobisa letikhumbuti bese utinamatsisela lapho banifu bangatibona khona. Sibonelo, namatsisela lesikhumbuti ngekugcokwa kwesifonyo ngekhatshi kwesivalo semnyango wangembili kute kutsi banifu basibone ngaphambi kwekuphuma endlini.
- ★ Morongwa nemnakabo basebentisa lulwimi lwetimphawu kukhuluma naMama Maduo. Ngutiphi tilwimi lotatiko? Tetayete kusebentisa tonkhe tilwimi lotatiko kutjela labanye kutsi bahlale baphephile.





# Morongwa's surprise



By Lorato Trok ■ Illustration by Magriet Brink and Leo Daly

On the last day of school, just before the start of the holidays, Morongwa sat quietly at her desk listening to her teacher, Mrs Nchwe, tell the class about a new germ that had been found. It was called the coronavirus and was making many people all over the world very sick.

As she listened, Morongwa didn't know what to feel. The germ sounded really scary, but on the other hand, the president had announced that all schools would close earlier for the holidays. The country was going into lockdown to keep people safe. This meant a very long break from school, and that sounded good! But Morongwa wasn't sure what a lockdown was.

During the next lesson, Morongwa sat quietly at her desk thinking about what Mrs Nchwe had told them. She felt confused and worried. Although her teacher had told them about the virus and the lockdown, Morongwa didn't really understand everything. It all sounded very serious.

After a while, Morongwa raised her hand. "Yes, Morongwa," said her teacher.

"Mrs Nchwe," Morongwa began, "I understand that there is a new virus that can make us all very sick and that is why schools are closing today. But can you please explain more about the virus? How does it make you sick?"

"That's a good question, Morongwa," said Mrs Nchwe. "Let me help you understand better."

Mrs Nchwe put up a poster. "First of all, if the coronavirus gets into your body, it may cause an illness called COVID-19. The coronavirus can get inside your body when someone who has the virus sneezes or coughs near you. The virus comes out of their mouth in small drops of water. These drops can get onto your hands. If you then touch your mouth, nose or eyes, the virus can get into your body and make you sick," Mrs Nchwe explained.

"So how can we stop ourselves from getting the virus?" asked Morongwa.

"You have to wash your hands with water and soap as often as you can. Slowly count to twenty while you wash to make sure your hands are clean. You also have to stay at home. You should stay away from everyone outside your home. If you have to go outside, you must wear a mask," said Mrs Nchwe.

Morongwa had more questions for her teacher. She raised her hand again. "Can my dog get sick, or could I make my dog sick?" she asked.

"Luckily, we can't get the coronavirus from our pets, nor give it to our pets," smiled Mrs Nchwe.

Then she explained that the virus is passed from person to person. "Anyone can get it from anyone, and anyone can give it to anyone," she said. "That is why the country is going into a lockdown. Everyone must stay home and away from other people so that no one can make anyone else sick."

Just as Morongwa was starting to worry about how she was going to remember all these facts so that she could tell her mama and younger brothers, Mrs Nchwe handed out booklets to everyone. "You can take these little books home to remind you about the important information we have shared today," she said.

Morongwa was putting her booklet safely into her school bag when the school bell rang.

The first thing Morongwa did when she got home was to wash her hands with soap and water. "Ofentse, Lesedi, come join me," Morongwa said when she saw her younger brothers watching her. "Slowly count to twenty while you wash." She signed to Mama Maduo to wash her hands too.

"Why do we have to wash our hands, Morongwa?" Ofentse asked, his hands up in the air.

"Let's just all wash our hands. I will explain why later," Morongwa said.

Mama Maduo was surprised by Morongwa's change in attitude. If there was one of her children who always had to be reminded to wash her hands, it was Morongwa. It was good to see this change in her. Mama Maduo smiled, but she was also a little confused about this change.

That night Morongwa read the booklet that her teacher had given her to her family and explained to them what COVID-19 is. Then she gave Mama Maduo the booklet to read.

A few days later Morongwa saw that her two brothers were a bit bored because of the lockdown. "Hey, you two, I've got a plan! Do you want to have fun?" asked Morongwa.

Morongwa did not wait for their answer. Instead she went straight to the corner of their small bedroom where Mama Maduo kept her magazines. Morongwa chose a few magazines and laid them on the floor. Next, she took out the scissors, crayons, glue and sheets of paper that their uncle had bought for them at the beginning of the school year. As Lesedi watched his big sister, his eyes grew wide with excitement.

For the next few afternoons Morongwa, Ofentse and Lesedi locked themselves in their bedroom and had lots of fun cutting out pictures from magazines. There was a lot of cutting and a lot of laughing!

"This is fun!" said a giggling Lesedi.

"Remember that it's a surprise, Lesedi. This is our holiday surprise mission," said Morongwa, tickling Lesedi's legs.

Then, one evening after dinner, Mama Maduo was surprised to see her children lining up next to her. Ofentse and Lesedi were each holding a sheet of paper and Morongwa was holding a book. "What are those?" signed Mama Maduo.



"It is our holiday surprise for you!" the children all signed together. "Can we show you?" Mama Maduo nodded.

It turned out that Morongwa had helped her brothers make picture stories for their mama as a surprise. It was now time for show and tell!

Lesedi went first. He told the story about his picture and also used his little hands to do sign language so that Mama could follow his story. And even though Lesedi's story didn't always make sense to Morongwa, it was funny and made everyone laugh.

Next, it was Ofentse's turn. He had cut out pictures of a beautiful mother and also two big bird wings. Then he had glued the wings onto the mother's shoulders. "This is you, Mama," he said pointing at his mother. Then he signed, "You are our special superhero."

When it was Morongwa's turn, she showed Mama the picture book she had made about a protective Mama Bear and her cubs. She wanted to make sure Mama Maduo knew how much they loved her and how proud they were of their real-life Mama Bear.

By this time, Mama Maduo was crying tears of joy and gave all her children a big, happy bear hug.

The children were happy too. They had each made up a different story and told it in their own way. And while they were doing this, they had completely forgotten about the lockdown! "Lockdown? What lockdown?" they all laughed.

For Morongwa and her family the lockdown had become a happy time to discover new things and start new family traditions. Mama Maduo's magazine collection was now more valuable than ever. The family's new-found enjoyment of writing, reading and telling stories had become a fun-filled family adventure.

Over the next few weeks Mama Maduo, Morongwa, Lesedi and Ofentse created, read and told more and more stories. This made Mama wonder whether perhaps the president had been thinking of Morongwa when he started his *Thuma Mina* (send me) Campaign to rebuild South Africa. It seemed like that to Mama! After all, in Setswana Morongwa's name means "the one who is sent".



# Simangaliso saMorongwa

Likhona  
letindzaba



Ibhalwe nguLorato Trok ■ Umdwebo udwetjwe nguMagriet Brink naLeo Daly

Ngalelilanga lekucina lesikolo, ngaphambi-nje kwekutsi kucala emaholidi, Morongwa bekahleli edeskini lakhe alalele thishela wakhe Nkkt. Nchwe, atjela liklasi ngeligiwane lelisha lebelifolakele. Belibitwa ngekutsi ligciwane lekhrona futsi beligulisa bantfu labanyenti emhlabeni wonkhe.

Asalalela, Morongwa akatanga kutsi ative anjani. Leligciwane belivakala lesabisa ngempela, kodwa ngakulolwe luhlangotsi mengameli besamemetele kutsi tonkhe tikolo tingashesha kuvalelwa emaholidi. Lelive belitawumisa-nsi imisebenti neminyakato kwavelonkhe kuhlatwe emakhaya kute kutsi kugcinwe bantfu baphephile. Loko bekusho sikhatsi lesidze kakhulu bangekho esikolweni, futsi loko bekuvakala kukuhle! Kodwa Morongwa abengenaso siciniseko sekutsi bekuyini kumiswa-nsi kwemisebenti neminyakato kwavelonkhe kuhlatwe emakhaya.

Ngesikhatsi sesifundvo lesalandzela, Morongwa wahlala edeskini lakhe athulile acabanga ngaloku labekabatjela kona Nkkt. Nchwe. Wativa asangene futsi akhatsatekile. Nanoma-nje thishela wabo abebatjelle ngalevayirasi nangalokumiswa-nsi kwemisebenti neminyakato kwavelonkhe kuhlatwe emakhaya, Morongwa akayivisisanga kahle ngempela yonkhe info. Konkhe bekuvakala kumatima kakhulu.

Emva kwesikhathana, Morongwa waphakamisa sandla sakhe. "Yebo, Morongwa," kwasho thishela wakhe.

"Nkkt. Nchwe," Morongwa wacala, "Ngiyevisisa kutsi kukhona ligciwane lelisha lelingasigulisa kakhulu futsi kungako-nje tikolo tivalwa namuhla. Kodwa ungake uchaze kabanti yini ngaleligciwane? Likugulisa kanjani?"

"Ngumbuto lomuhle lowo, Morongwa," kwasho Nkkt. Nchwe. "Ase ngikusite uvise ncono." Nkkt. Nchwe waphakamisa iphosta. "Kwekucala kunako konkhe, uma leligciwane lekhrona lingena emtimbeni wakho, lingadala kugula lokubitwa ngekutsi yi-COVID-19. Leligciwane lekhrona lingangena emtimbeni wakho nangabe lomunye lonalo atsimula noma akhwehlela edvute nawe. Leligciwane liphuma emlonyeni wabo lingemafonsi lamancane ematse. Lamafonsi angahlala etandleni takho. Uma-ke utawubese utsintsa umlomo wakho, impumulo noma emehlo, leligciwane lingangena-ke emtimbeni wakho libese liyakugulisa," kwachaza Nkkt. Nchwe.

"Manje-ke tsine singativikela njani kute kutsi singalifoli leligciwane?" kwabuta Morongwa.

"Kufanele ugeze tandla takho ngemanti nensipho njalonzalo ngekukhona kwakho. Bala kancane uyofika emashumini lamabili usageza kwenta siciniseko kutsi tandla takho tihlobile. Kufuneka futsi uhlale ekhaya. Kufanele uhlale khashane nabo bonkhe labangaphandle kwelikhaya lakho. Uma kudzingeka kutsi uphumele ngaphandle, kufanele ugcoke sifonyo," kwasho Nkkt. Nchwe.

Morongwa bekanemibuto lemnyenti yathishela wakhe. Waphakamisa sandla sakhe futsi. "Inja yami ingagula yini, noma mine ngingayigulisa yiniinja yami?" kwabuta yena.

"Ngenhlanhla, singeke silifole leligciwane etilwaneni tefu tasekhaya, noma silinike tilwane tefu tasekhaya," wamoyitela Nkkt. Nchwe.

Wabese uyachaza kutsi leligciwane lenduliswa kusuka kumuntu munye liye kulomunye umuntu. "Noma ngubani angalifola kunoma ngubani futsi noma ngubani angalindulisela kunoma ngubani," kwasho yena. "Kungako-ke lelive litawumisa-nsi imisebenti neminyakato kwavelonkhe kuhlatwe emakhaya. Wonkhe wonkhe kumele ahlale ekhaya futsi akhweshe kulabanye bantfu kute kutsi kungabikho namunye logulisa nanoma ngubani."

Ngalesikhatsi-nje Morongwa asacala kukhatsateka kutsi abetawakhumbula njani onkhe lamaciniso kute kutsi atokhona kutjela make wakhe nebanakabo labancane, Nkkt. Nchwe wakhapha tincwajana wabanika bonkhe. "Ningaya nato ekhaya letincwajana kute kutsi tinikhumbute ngalotwati lolibalulekile lesabelane ngalo namuhla," kwasho yena.

Morongwa beka faka incwajana yakhe ngalokuphephile esikhwameni sakhe ngesikhatsi kukhala insimbi yesikolo.

Info yekucala Morongwa layenta nakefika ekhaya kwaba kugeza tandla takhe ngemanti nensipho. "Ofentse, Lesedi, buyani ningiyojine," kwasho Morongwa ngesikhatsi abona banakabo labancane bambuka. "Balani kancane niyofika ku-20 ngesikhatsi nigeza." Wakhuluma ngetimphawu watjela Make Maduo kutsi naye akageze tandla takhe.

"Kungani kudzingeke kutsi sigeze tandla tefu, Morongwa?" Ofentse wabuta, tandla takhe tisetulu emoyeni.

"Asigezeni tandla tefu-nje. Ngitawuchaza muva kutsi kungani," kwasho Morongwa.

Make Maduo wamangaliswa kuntjintja kwesimo saMorongwa. Nakunamunye kubantwana bakhe labedzinga kukhunjutwa njalo kutsi ageze tandla takhe, bekunguMorongwa. Kwaba kuhle kubona lolushintjo kuye. Make Maduo wamoyitela, kodwa futsi bekasangene kancane ngalolushintjo.

Ngalobo busuku Morongwa wafundzela umndeni wakhe lencwajana labeyinikwe nguthishela wakhe kutsi ayinike umndeni wakhe wase uyabachazela kutsi yini i-COVID-19. Wabese unika Make Maduo lencwajana kutsi ayifundze.

Ngemuva kwemalanga lambalwa Morongwa wabona labanakabo lababili kutsi banesitunge ngenca yalokumiswa-nsi kwemisebenti neminyakato kwavelonkhe kuhlatwe emakhaya. "Heyi, nine nobabili, nginelisu! Niyafuna kutjabulisa?" kwabuta Morongwa.

Morongwa akatange alindze imphephulo yabo. Esikhundleni saloko wahamba wacondza-ngco kulelikona leligumbi labo lelincane lapho Make Maduo abegcina khona emaphephabhuku akhe. Morongwa wakhetsa emaphephabhuku lambalwa wawabeka phansi esiyilweni. Lokulandzelako wakhapha tikelo, emakhayoni, iglu kanye nemakhasi emaphepha labebawatsengelwe ngumalume wabo ekucaleni kwemnyaka wesikolo. Ngesikhatsi Lesedi abuka dzazewabo lomkhulu, wahlahla emehlo akhe abangaka ngenca yenjabulo.

Kuletintsambama letimbalwa letalandzela Morongwa, Ofentse naLesedi batikhiyela egumbini labo baba nakuningi kwekutjabulisa basika bakhipha tiifombe kumaphephabhuku. Bekukuningi kusika futsi kukuningi nekuhleka!

"Loku kuyajabulisa!" kwasho Lesedi agigitseka.

"Khumbula kutsi simangaliso lesi, Lesedi. Lesi simangaliso semisebenti wefu wemaholidi," kwasho Morongwa, akitalakita umlente waLesedi.

Kwatsi, ngalokunye kuhlwa emva kwekudla kwakusihlwa, Make Maduo wamangala kubona bantwana bakhe beme ludwendwe ecaleni kwakhe. Ofentse naLesedi bebabambe likhasi leliphepha ngamunye bese kutsi Morongwa yena abambe incwadzi. "Kuyini loko?" kukhomba Make Maduo.

"Simangaliso setfu semaholidi sakho!" bonkhe labantwana bakhomba kanyekanye. "Singakukhombisa?" Make Maduo walekutsi inhloko.

Kwavela kutsi Morongwa usite bomnakabo benta tindzaba tetifombe tesimangaliso

samake wabo. Manje besekusikhatsi sekukhombisa nekucoca!

Kwacala Lesedi. Wacoca indzaba ngesifombe sakhe futsi wasebentisa sandla sakhe lesincane kwenta lulwimi lwetimphawu kute kutsi Make atokhona kuyilandzela lendzaba yakhe. Futsi nanoma indzaba yaLesedi beyingayenti ingcondvo ngalesinye sikhatsi kuMorongwa, beyihlekisa futsi yabenta bonkhe bahleka.

Lokulandzelako, kwaba sikhatsi sa-Ofentse. Bekasike wakhapha tiifombe tamake lomuhle kanye natimbili timphiko tetinyoni letinkhulu. Letimphiko bekatnamatsisele ngegulu emahlombe alomake. "Lona nguwe, Make," washo akhomba make wakhe. Wase ukhombisa ngelulwimi lwetimphawu, "Wena ulichawekati lefu lelikhetsekile."

Kwatsi nasekusikhatsi saMorongwa, wakhombisa Make lencwadzi yetifombe lebekayentile ngaMake Bhele kanye nebantwana bakhe. Bekafuna kwenta siciniseko kutsi Make Maduo uyati kutsi bamtsandza ka nganani nekutsi batigcabha njani ngaMake Bhele wabo wangempela lophilako.

Ngalesikhatsi lesi, Make Maduo besakhala tinyembeti tenjabulo wabese ugoni esifubeni sakhe bonkhe bantwana bakhe sikhatsi lesidze ngekwendlela yelibhele.

Labantwana bebajabulile nabo. Bonkhe ngamunye bebente indzaba lehlukile futsi bayicoca ngendlela yabo. Futsi ngalesikhatsi benta loku, besebakhohliwe nya ngalokumiswa-nsi kwemisebenti neminyakato kwavelonkhe kuhlatwe emakhaya! "Kumiswa-nsi kwemisebenti neminyakato nekuhlala ekhaya kwavelonkhe? Kumiswa-nsi kwemisebenti neminyakato kwavelonkhe kuhlatwe emakhaya kwani?" bonkhe bahleka.

KuMorongwa nemndeni wakhe lokumiswa-nsi kwemisebenti neminyakato kwavelonkhe kuhlatwe emakhaya kwase kugucuke sikhatsi sekujabula sekuffola tinto letinsha nekucala emasiko emndeni lamasha. Ligcogo laMake Maduo lemaphephabhuku laselligugu kakhulu kunakucala. Lenjabulo lensha lefolakele yemndeni yekubhala, kufundza, nekucoca tindzaba beseyibe yintfo lensha yemndeni legcwele injabulo.

Kulamaviki lalandzela lambalwa Make Maduo, Morongwa, Lesedi na-Ofentse bacamba, bafundza babuye bacoca letininginingi tindzaba. Loku kwenta Make wamangala kutsi ngabe mhlawumbe mengameli bekacabanga ngaMorongwa uma acala lomkhankhaso wakhe we-*Thuma Mina* (Tfuma mine) kutokwakha kabusha iNingizimu Afrika. KuMake kwabonakala sengatsi kunjalo! Kodwa vele ngeSitswana leligama laMorongwa lisho kutsi "lowo lofunyive."



## Ideas for 10- to 13-year-olds

Children at this age may enjoy learning more about things that they have not been exposed to before. They may also start to question why things are the way they are. Encourage your child to become curious about the world!

### Talk about TV and books

Watching TV helps children develop their critical thinking about what they watch, as well as what they read. Ask them questions, not to test them, but to encourage them to express their opinions and thoughts on what they are watching and reading. For example, you could ask:

- Did you enjoy the show/story? Why or why not?
- Which character did you like the most? Why?
- Which character did you dislike the most? Why?
- Do you think the story is believable? Do these kinds of things really happen?



### Write for a reason

Invite your children to try these writing activities related to a book they have read, a story they have listened to or one of their favourite TV shows.

- Prepare an interview with one of the characters. Write down at least ten questions that would give the character an opportunity to discuss their thoughts and feelings about their role in the story.
- Write a book review. Make sure you provide information about the book's setting and characters, and what the story is about – but don't give away all the details! Remember to also say what you liked and/or didn't like about the book.
- Write a description of three characters from a story you have read. Include these details: what they look like, what feelings they experience and how they relate to other characters. Draw a picture of each character to go with the description.
- Write a short summary of the things you learnt from a story.



### Read non-fiction books

As they get older, some children may find that they enjoy non-fiction books as much as storybooks. Non-fiction books will help them discover new places, things, people and events. It will grow their vocabulary about specific topics and teach them practical skills. Non-fiction books can also teach them words that are used specifically in science, mathematics, history and geography.



## Imibono yalabaneminyaka yebudzala le-10 kuya kule-13

Bantfwana kulomnyaka webudzala bangakujabulela kufundza kabanti ngetinfo labangakaze batibone ngaphambilini. Futsi bangacala kubuta kutsi kungani tinfo tibe ngalendlela letingayo. Khutsata umntfwana wakho kutsi abe ngulofisa kwati ngaloko ngemhlaba!

### Khuluma nge-TV netincwadzi

Kubukela i-TV kusita bantfwana kuffufukisa kucabanga kwabo ngalokuhlaliyako ngaloko labakubukelako, kanye naloko labakufundzako. Babute imibuto, hhayi kubavivinya, kodwa kubakhutsata kutsi bavete imicondvo nemicabango yabo ngaloko labakubukelako nalabakufundzako. Sibonelo, ungabuta:

- Uwujabulele lombukiso/indzaba? Kungani uwujabulele noma kungani ungakawujabuleli?
- Ngumuphi umlingisi lomtsandza kakhulu? Kungani?
- Ngumuphi umlingisi longakamtsandzi kakhulu? Kungani?
- Ucabanga kutsi lendzaba iyakholeweka? Letinfo letinje tiyenteka ngempela?

### Bhalela sizatfu

Mema bantfwana bakho kutsi bazame lemisebenti yekubhala lephatselene nencwadzi labayifundzile, indzaba labayilalele noma munye umbukiso we-TV labawutsandza kakhulu kwendlula leminyane.

- Lungiselela inkhulumoluhlolo namunye walabalingisi. Bhala phansi lokungenani imibuto lelishumi letawunika lomlingisi litfuba lekucoca ngemicabango yabo nemivo tabo ngendzawo labayidlalako kulenzaba.
- Bhala luhlathiyo lwencwadzi. Yenta siciniseko sekutsi uniketa lwatiso ngendzawo nesikhatsi lapho indzaba yenteka khona, balingisi nekutsi lendzaba ikhuluma ngani – kodwa unganiketi yonkhe imininingwane! Khumbula futsi kusho loko lokutsandzile/longakakutsandzi ngalencwadzi.
- Bhala inchazelo yebalingisi labatsatfu labasuka endzabeni loyifundzile. Faka ekhatsi lemininingwane: kutsi babukeka njani, miva mini labayitfolile nekutsi bahlangana njani nalabanye balingisi. Dwweba sitfombe semlingisi ngamunye lesitawuhambisana nalenchazelo.
- Bhala sifinyeto lesifisha saletinfo lotifundze kulenzaba.

### Fundza tincwadzi letingemaciniso

Basabakhula, labanye bantfwana bangatfola kutsi bajabulela tincwadzi letingakacanjwa njengoba bajabulela tincwadzi tetindzaba. Tincwadzi letilicinisitabasita kutsi batfole tindzawo letinsha, tinfo, bantfu netigameko. Titawukhulisa silulumagama sabo ngetihloko letisite futsi tibafundzise emakhono alokwenziwa ngetandla. Tincwadzi letingakacanjwa tingabafundzisa futsi emagama lasetjentiswa macondzana nesayensi, netibalo, temlandvo netelive.

## Ideas for teenagers

Teenagers enjoy trying new things and being independent. Even though it may not always seem like it, they appreciate it when you spend time with them, encourage them to do challenging activities and show an interest in the things that they enjoy.



## Imibono yelusha

Lusha luyakujabulela kuzama tinfo letinsha nekutimela. Nanoma-nje kungabonakali kanjalo sonkhe sikhatsi, bayakuncoma uma ucitsa sikhatsi unabo, bakhutsate kutsi bente imisebenti lelukhuni futsi ukhombise umdlandla ngetinfo labatijabulelako.

### Read, write and learn

- 💡 **Encourage writing.** Suggest that your teenagers keep a lockdown diary or write poetry to express their thoughts and feelings.
- 💡 **Local history.** Let your teenagers do a history project with family members. They can interview you and other adults at home about your early memories of where you grew up, events that happened and how these things affected you. Encourage your teenagers to write down the interviewee's answers or to use a cellphone to record the interview.
- 💡 **Talk about the news.** Teenagers are bombarded with news from radio, television, WhatsApp groups and other social media. As a family, practise being critical about the news so that teenagers can learn to work out what is true and what is false. Here are some questions to ask.
  - ★ From whose perspective is the story being told?
  - ★ Who is speaking? Who is being spoken about?
  - ★ Who has power? How is this power expressed?
  - ★ What is left out and/or taken for granted?
  - ★ Who benefits?
- 💡 **Get reading.** Encourage your teenagers to read on their own and for their own enjoyment. If they don't have access to books, help them find FunDza's online library at: [live.fundza.mobi](http://live.fundza.mobi).
- 💡 **Read aloud.** Reading aloud is not only for young children! It can be fun to read a story or script out loud to or with teenagers. Find scripts to enjoy reading aloud on FunDza's mobisite at: [live.fundza.mobi/catalogue/?genre=chattalogue](http://live.fundza.mobi/catalogue/?genre=chattalogue).
- 💡 **Managing their studies.** Work out a daily routine with your teenagers so that they can keep to regular study times. Also, encourage them to talk to you about what they are studying. This will help them understand and remember what they have learnt. In fact, one of the best ways of checking if you really understand something is to teach it to someone else. So, ask your teenagers to teach you about a topic – in whatever language they prefer.

### Fundza, bhala uphindze ufundze

- 💡 **Khutsata kubhala.** Ncoma kutsi lusha lwakho lube nedayari yekumiswa-nsi kwemisebenti, iminyakato nekuhlala ekhaya kwavelonkhe noma babhale tinkondlo kuveta imicabango nemiva yabo.
- 💡 **Umlandvo wasendzaweni.** Vumela lusha lwakho lwente iphrojekthi yetemlandvo kanye nemalunga emndeni. Bangabuta wena kanye nalabanye bantfu labadzala ekhaya ngetinkumbulo takudzala lapho wakhulela khona, tehlakalo letenteka nekutsi letinfo tayitsintsa njani imphilo yakho. Khutsata lusha lwakho kutsi babhale phansi letimphendvulo talenkhumoluhlo noma basebentise makhalekhikhini kurekhoda lenkhulumoluhlo.
- 💡 **Khuluma ngetindzaba.** Lusha balufumba ngetindzaba letibuya emsakatweni wemoya, kumabonakudze, ku-WhatsApp nakuletinye tinkhundla tekuchumana. Ningumndeni, tetayeteni kucaphela ngaletindzaba kuze kutsi lusha lufundze kuffola kutsi ngukuphi lokulicinisio nalokungesilo licinisio. Nayi leminyane imibuto longayibuta.
  - ★ Lenzaba icocwa isuka emcondweni wabani?
  - ★ Ngubani lokhulumako? Ngubani lokukhulunywa gaye?
  - ★ Ngubani lonemandla? Lamandla avetwe njani?
  - ★ Yini lokusele ngaphandle futsi/noma lokutsatselwe phansi?
  - ★ Ngubani lozuzako?
- 💡 **Cala kufundza.** Khutsata lusha lwakho kutifundzela bona ngekwabo futsi bafundzele kutijabulisa. Uma bangakhoni kufinyelela etincwadzini, basite batfole umtapotincwadzi weFunDza ku-inthanethi ku: [live.fundza.mobi](http://live.fundza.mobi).
- 💡 **Fundza uphimisele.** Kufundza uphimisele akusiko kwebantfwana labancane kuphela! Kungajabulisa kufundzela lusha noma ufundze nalo indzaba noma sikhripthi uphimisele. Tfolo tikhripthi lotawujabulela kutifundza uphimisele kumobhisayithi yeFunDza ku: [live.fundza.mobi/catalogue/?genre=chattalogue](http://live.fundza.mobi/catalogue/?genre=chattalogue).
- 💡 **Kulawula tifundvo tabo.** Yentani luhlelo lwemalanga onkhe nelusha lwakho kuze kutsi balandzele tikhatsi letifanako tekutadisha. Futsi, bakhutsate kutsi bakhulume nawe ngaloko labakutadishako. Loku kutawubasita kutsi bavisise futsi bakhumbule labakufundzile. Empeleni, yinye yetindlela letincono kakhulu tekuhlola kutsi inifo uyivisa ngempela, kutsi uyifundzise lomunye. Ngako-ke cela lusha lwakho lukufundzise ngesihloko lesitsite – nganoma nguluphi luwimi labalunconotako.

# Nal'ibali fun

## Kwekutijabulisa kwakaNal'ibali



### Play this game together!

#### How to play

- ☉ Each player puts a button on the block that says: **Lockdown! Start here.**
- ☉ Take turns to roll the dice and move your button the number of blocks shown on the dice.
- ☉ Follow the instructions in the block you land on.
- ☉ If your button lands at the bottom of a ladder, you can move up to the top of the ladder.
- ☉ If your button lands on the head of a snake, you must slide down to the bottom of the snake.
- ☉ The first player to reach: **You are home! Stay safe!** is the winner.

### Dlalani lomdlalo nindzawonye!

#### Kudlalwa njani

- ☉ Ngamunye umdlali ubeka likinobho ebhulokhini letsi: **Kumiswa-nsi kweminyakato! Cala lapha.**
- ☉ Nikanani emafuba kugcica lelidayisi bese uambisa likinobho lakho lenombolo yemabhlokhi lekhojisiwe edayisini.
- ☉ Landzela ticondziso letikulebhlokhi lowehlele kuyo.
- ☉ Uma likinobho lakho lehlela ngaphansi kulelile, ungahamba uye negetulu kwalelile.
- ☉ Uma likinobho lakho lehlela enhloko yenyoka, kufanele ushelele uye ngaphansi kwalenyoka.
- ☉ Umdlali wekucala kufika ku: **Usekhaya! Hlala uphephile!** Nguye lowinile.

43 Forgot your face mask. Skip a turn. Wakhohlwa sifonyo sakho. Yeca lifuba.	44	45	46	47 Visited a friend. Wavakashela umngani.	48	49 You are home! Stay safe! Usekhaya! Hlala uphephile!
42	41	40 Cleaned the house. Wahlanta lendlu.	39	38	37	36 Shook hands. Wachawula tandla.
29	30 Hugged a friend. Wahaga umngani.	31	32	33	34	35
28	27	26 Used hand sanitiser. Roll again. Wasebentisa isanithayiza yetandla. Gicita futsi.	25	24 Touched your face. Watsintsa buso bakho.	23	22
15	16	17	18 Coughed into hands. Wakhwehlelela ekhatsi etandleni.	19	20	21 Washed hands. Watigeza tandla.
14	13 Sneezed into elbow. Watsimulela engcozeni.	12	11	10	9	8
1 Lockdown! Start here. Kumiswa-nsi kweminyakato! Cala lapha!	2	3	4	5	6 Wore a face mask. Wasigcoka sifonyo.	7

Illustrations/Imidwebo: Magriet Brink and/nLeo Daly

Nal'ibali is here to motivate and support you. **Contact us** by calling our call centre on **02 11 80 40 80**, or in any of these ways:

**Nal'ibali** ikhona kute kutsi ikukhutsate futsi ikwesekele. **Sitsintse** ngekushayela sikhungo setfu setincingo ku-**02 11 80 40 80**, nobe ngayiphi lenye yaletindlela leti:

[www.nalibali.org](http://www.nalibali.org)
[www.nalibali.mobi](http://www.nalibali.mobi)
[nalibaliSA](https://www.facebook.com/nalibaliSA)
[@nalibaliSA](https://twitter.com/nalibaliSA)
[@nalibaliSA](https://www.instagram.com/nalibaliSA)
[info@nalibali.org](mailto:info@nalibali.org)

Produced by The Nal'ibali Trust. Translation by Bella Malangwane. Nal'ibali character illustrations by Rico.

JABAVU

Tembisan

UMLAZI  
EYETHU

Bonus

LENTSWE  
THE VOICE OF MATLOSANA

MPUMA KOLONI  
LATHITHA ILANGA

Mpumalanga  
News

