



## 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, Nal'ibali 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.

## Hobaneng e le kgatiso e ikgethang?

Haesale ho qhoma ha sewa sa COVID-19, bana ba ntse ba sa kgone ho ya dilaboraring le ditlaping tsa ho bala mme ba ntse ba sa ye sekolong ka nako e telele haholo. Bakeng sa ho o tshehetsa ha o ntse o leka ka matla ho boloka ba lelapa la hao ba bolokehile, Nal'ibali e kgobokantse kgatiso ena e ikgethang ya tlatseso ya rona ho o thusa ka mehopolu ya kamoo bana ba hao ba ka tswelang pele ho bala le ho ngola bakeng sa boithabiso ha ba ntse ba le hae. Diketsahalo tse ding di ka natefela lelapa kaofela, ha tse ding di arotswe ka dihlotshwana ho ya ka dilemo bakeng sa ho o fa mehopolu e tshwanetseng dilemo tseo.

### 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.



### KAMOO BATSWADI LE BAHLOKOMEDI BA KA TSHEHETSANG BANA KA TENG

Boikarabelo ba rona ba pele jwaloka batswadi le bahlokomedi ke ho hlokomela bana ba rona le ho ba boloka ba bolokehile. Ena e bile nako e boima bakeng sa malapa Afrika Borwa ka bophara. Bana ba hao e ka nna yaba ba ikutlwa ba sihabetse maikutlo kapa ba na le letswalo ka nako ena. Ba ka nna ba iphumana ba thatafalwa ke ho ithalosa maikutlo a bona ho wena, haholoholo haeba o bonahala o halefile. Leka ho etsa dintho tse latelang ho ba thusa.

- ★ Sebedisa puo e kgothatsang ha o bua le bana ba hao.
- ★ Kopa bana ba hao hore ba o bolelle kamoo ba ikutlwang ka teng.
- ★ Etsang dintho tse thabisang mmoho.
- ★ Ere ba o thusa ka ho etsa mesebetsi e meng ya lelapa.



### HO BALA LE HO NGOLA LAPENG

E nngwe ya dietsela tse ntle ka ho fetisisa ho wena bakeng sa ho tshehetsa bana ba hao ke ka ho abelana dipale le bona. Ena ke e meng ya melemo ya ho abelana dipale.

- ★ Dipale di o thusa ho ba le katamelano le bana ba hao.
- ★ Ha o pheta kapa o balla bana ba hao dipale, sena se etsa hore ba tsebe hore ba bohlokwa ho wena hoo o nang le nako ya bona.
- ★ Dipale di thusa ho bopa boinahanelo le boiqapelo ba bona.
- ★ Dipale hape di thusa ho hodisa puo le monahano wa bana, haholoholo ha ba utlwa kapa ba bala dipale ka dipuo tsa bona tsa lapeng.
- ★ Dipale hangata di fa bana mehlala ya kamoo batho ba shebanang le mathata ao ba thulanang le ona.



### 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)

### Ntlafatsa boitshepo le ho ithuta

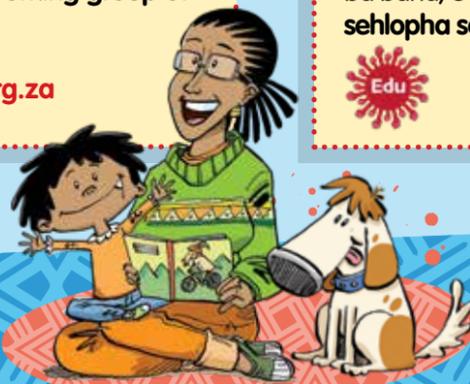
Kgothaletsa diitoko tsa bana ba hao tsa ho bala le ho ngola ka ho etsa diitshwaelo tse kgothatsang ntle le ho tsepamisa maikutlo ho diphoso. Ka ho ba fa tshehetso e ngata, o tla hodisa boitshepo ba bona le ho ntlafatsa ho ithuta ha bona.



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Drive your  
imagination



IT STARTS WITH  
A STORY.  
HO QALA  
KA PALE.

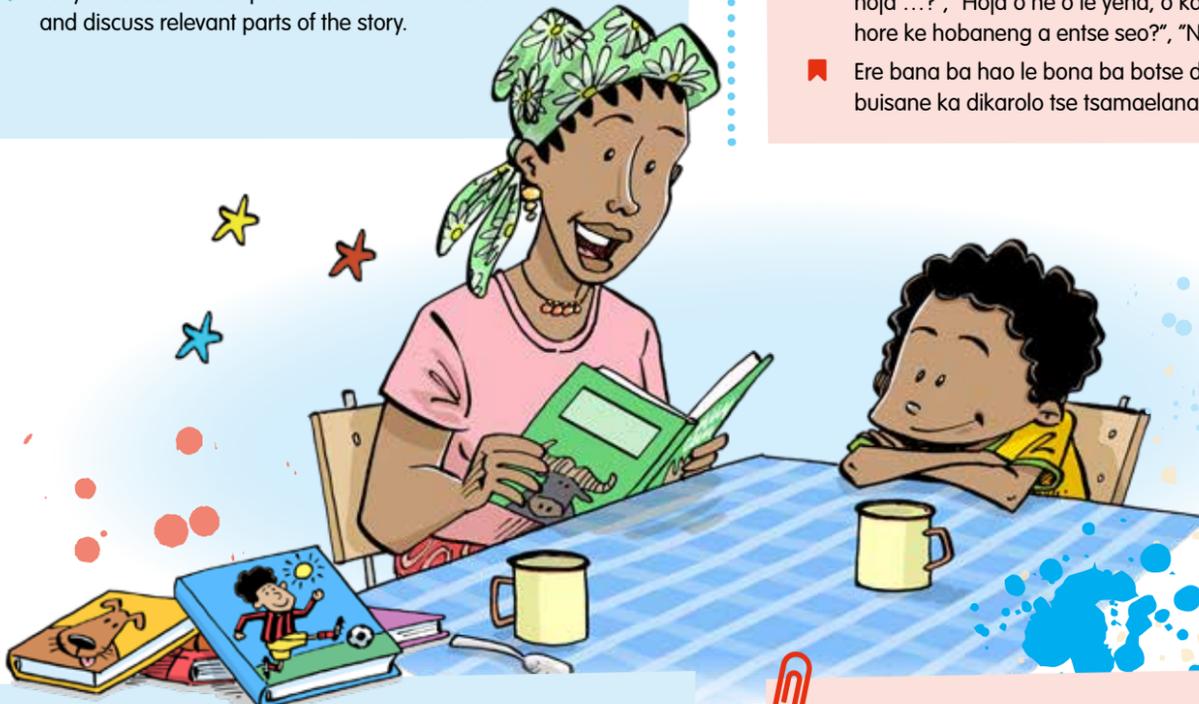
## Get creative!

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.

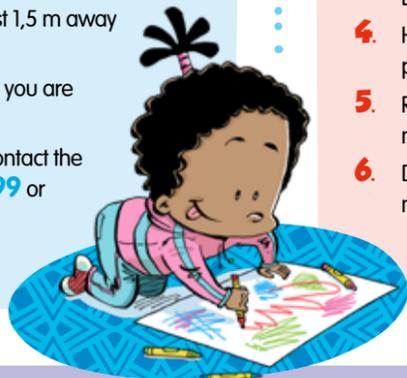


### Read and write for information

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.



## Iqapele!

**Iqapele!** ena e ikgethang ho na le diketsahalo tsa ho bala le ho ngola bakeng sa dihlopha tsa dilemo tsohle! Motho e mong le e mong lapeng o na le seabo seo a se nkang ho ntlafatseng ho bala le ho ngola ha bana, esitana le kutlwisiso ya bona ya kamoo ba ka itshireletsang ka teng le ba bang ho lefu la COVID-19. Ho etsa sena mmoho ho ka ba karolo e natefelang bophelo ba lelapa letsatsi le leng le le leng. Qala tswaelo ya ho pheta pale ka ho bea nako e itseng ka thoko e le sebeletsang hantle kaofela ha lona.

### Etsa dinako tsa ho pheta dipale e be tse ikgethang

Etsa dinako tsa ho pheta dipale tseo lelapa lohle le ka natefelwang ke tsona mmoho.

- Phetang dipale, binang dipina mme le etse dithotokiso tseo le di tsebang. Sena se tsosetsa boinahanelo ba bana mme se ntlafatsa puo ya bona.
- Ebang le mantsiboya a dipale! Hang ka beke, ere setho sa lelapa se phete pale nakong ya dijo tsa mantsiboya. Hape le ka qapa pale mmoho ka ho re motho a le mong a phete qaleho ya pale mme a e fihlele batho ba bang hore ba eketse karolwana paleng ho fihlele e felletse.
- Tebisa kutlwisiso ya bana ba hao ya dipale tseo ba di utlwang ka ho botsa dipotso tse bulehileng. Mohlala, "O ne o tla ikutlwa jwang hoja ...?", "Hoja o ne o le yena, o ka be o entse eng?", "O nahana hore ke hobaneng a entse seo?", "Ntho eo e o hopotsa eng?"
- Ere bana ba hao le bona ba botse dipotso! Di arabe mme le buisane ka dikarolo tse tsamaelanang le pale.

### Ho ngola le ho bala bakeng sa tlhahisoleseding

Ho thusa bana ho hopola tlhahisoleseding hantle, ere ba e bale kapa ba e mamele ebe ba e ngola fatshe. Jwaloka lelapa, etsang phoustara e mabapi le COVID-19 ya "Melao ya bohlokwa". Mme ebe ka dinako tse fapaneng motsheare, o botsa bana ba hao dipotso tse kang, "Molao wa bohlokwa o reng mabapi le ho kgohlela le ho ithimola?"

Ho na le **melao ya bohlokwa e tshelletseng** eo bohle re lokelang ho e latela.

1. Hlatswa matsoho a hao ka sesepa le metsi nako e ka bang metsotswana e 20 kgafetsa kamoo o ka kgonang.
2. O se ke wa itshwaratshwara sefahleho ka matsoho a sa hlatsuwang.
3. Kgohlela le ho ithimolela ka hara thishu kapa ka hara setsu sa hao. Lahla thishu eo o e sebedisitseng.
4. Ha o le ka ntle o tswile lapeng, boloka bonnyane sebaka sa 1,5 m pakeng tsa hao le ba bang.
5. Rwala maske ha o fihla lapeng la hao kapa haeba o hlokometse motho ya kulang lapeng.
6. Dula lapeng haeba o a kula. Maemong a tshohanyetso, ikopanye le mohala wa tshohanyetso wa Naha wa COVID-19 ho **0800 029 999** kapa WhatsApp: **0600 123456**, kapa o ikopanye le mosebeletsi wa tlhokomelo ya bophelo bo botle.



Drive your  
imagination

## 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.

## Ho bapala bonketsisane

Bana ha ba dule ba tseba tsela ya ho arabela ha ba utlwa motho a bua ntho eo e seng nnete. Ka ho bapala bonketsisane, o ka thusa bana ba hao ho ikwetlisetsa bokgoni bona. Ere bohle ba abelane ka mehopolu ya hore ebe motho a ka arabela jwang ha a utlwa tlhahisoleseding e fosahetseng mabapi le COVID-19. Kopa bana ba hao ho tshwantshisa kamoo ba ka arabelang ha motho a bua dintho tse latelang tse fosahetseng. Ba hopotse ho araba ka botshepehi le ka tlhomphe.

- Ke barui feela ba tshwaetswang ke COVID-19.
- COVID-19 ke bohloko ba makgowa kapa Machaena.
- Vaerase ya corona ha e kgone ho phela dibakeng tse tjhesang.
- Ho nwa jinja, konofono le sirilamunu ho tla phekola 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!



## Etsang dipale tse mamelwang

Rekota dipale tsa hao tse mamelwang mmoho le bana ba hao!

- Batla pale e nang le mantswe a fapaneng eo bana ba hao ba ka natefelwang ke yona.
- Ere bana ba hao ba kgethe mophetwa mme ebe le leka mantswe a fapaneng bakeng sa mophetwa wa bona.
- Wena o ka nna wa bala karolo ya mopheti. Dumella bana ba hao ho bala kapa ho pheta pale jwaloka baphetwa ba fapaneng.
- Ere motho e mong yena a etse medumo e felehetsang pale jwaloka diqi tsa maoto kapa medumo ya diphoofofo.
- Ikwetliseng ho bala kapa ho pheta pale e nang le medumo e e felehetsang ho fihlela batho bohle ba tlwaetse dikarolo tsa bona.
- Sebedisa selefouno ho rekota pale ya lona mme ebe le natefelwa ke ho e mamela!

## 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.



## Ngolang mmoho

Bontsha bana ba hao kamoo o sebedisang ho ngola bophelong ba hao ba kamehla, ho etsa mohlala, ha o etsa lenane la ho ya reka mabenkeleng. Mme ebe le etsa diketsahalo tsa ho ngola mmoho.

Etsa bonnete ba hore o bea dipampiri, dikerayone, dipene le dipentshele moo bana ba hao ba ka di fihlellang ha bonolo. Ere ba ngole dinoutsu tsa teboho, melaetsa kapa mangolo a yang ho metswalle le ba lelapa ba dulang hole. Kgothaletsa bana ba hao ho boloka dijenale tseo ho tsona ba ka ngolang ka ntho efe kapa efe eo ba e batlang. Hape le ka etsa dibuka ka ho kopanya maqephe a sa ngolang mmoho ka seteipole le ho ngola dipale le bana ba hao. Bana ba banyenyane ba ka taka ditshwantsho mme wena o ka ngola mantswe ao ba o bolellang ona. Dumella bana ba baholwanyane ho taka le ho ngola ka bobona.



## 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.

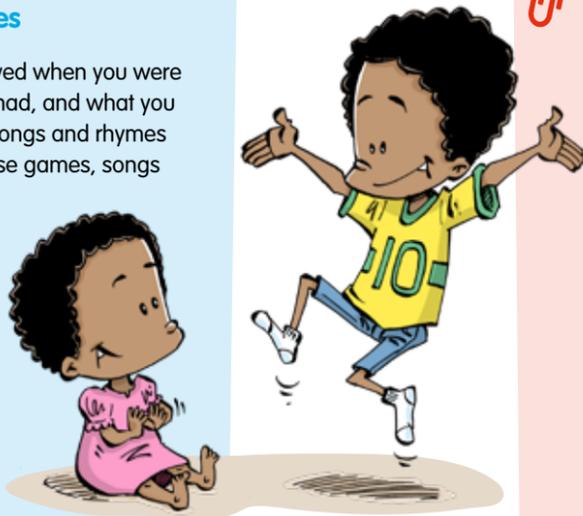
- Make time for them every day.
- Play their favourite games.
- Talk to them often.
- Really listen to them.
- Tell them why you enjoy spending time with them.

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.



## Mehopolo bakeng sa bana ba dilemo tse 0 ho isa ho 3

Ha bana ba ikutlwa ba thabile hape ba sireletsehile, hoo ho ba thusa ho hola hantle. Tsena ke tse ding tsa dintho tseo o ka di etsang ho thusa bana ba hao hore ba ikutlwe ba thabile hape ba bolokehile.

- Eba le nako ya bona kamehla.
- Bapalang dipapadi tseo ba di ratang ka ho fetisisa.
- Bua le bona ka dinako tsohle.
- Ba mamedisise e le ka nnete.
- Ba bolelle hore ke hobaneng o natefelwa ke ho qeta nako le bona.

Masea le bana ba banyenyane ba ithuta ka ho etsa diketsahalo tse fapaneng le wena mmoho le baholwane ba bona. Ba natefelwa ke ho bina dipina, ho bapala dipapadi, ho etsa diraeme, ho mamela dipale, ho pheta dipale, ho taka le ho iketsa eka ba a bala kapa ba a ngola.

### Abelanang dipina, dipapadi le diraeme

Na o sa hopola dipapadi tseo o neng o di bapala ha o sa le ngwana? Na o a hopola hore o ne o natefelwa hakae, le tseo o ithutileng tsona o sa elellwe? Ke dipina le diraeme dife tseo o neng o rata ho di bina le ho di etsa? Abelana ka dipapadi, dipina le diraeme tsena mmoho le bana ba hao.

- Di tla thusa ho hodisa bokgoni ba bana ba puo.
- Di thusa ho aha tshepo le ho matlafatsa kamano pakeng tsa batho ba baholo le bana.
- Di aha boitshepo le ho ithata mme di thusa bana ho theola maikutlo le ho phomola.
- Bana ba ithuta ha bonolo ka papadi le ho ithabisa.

### 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.



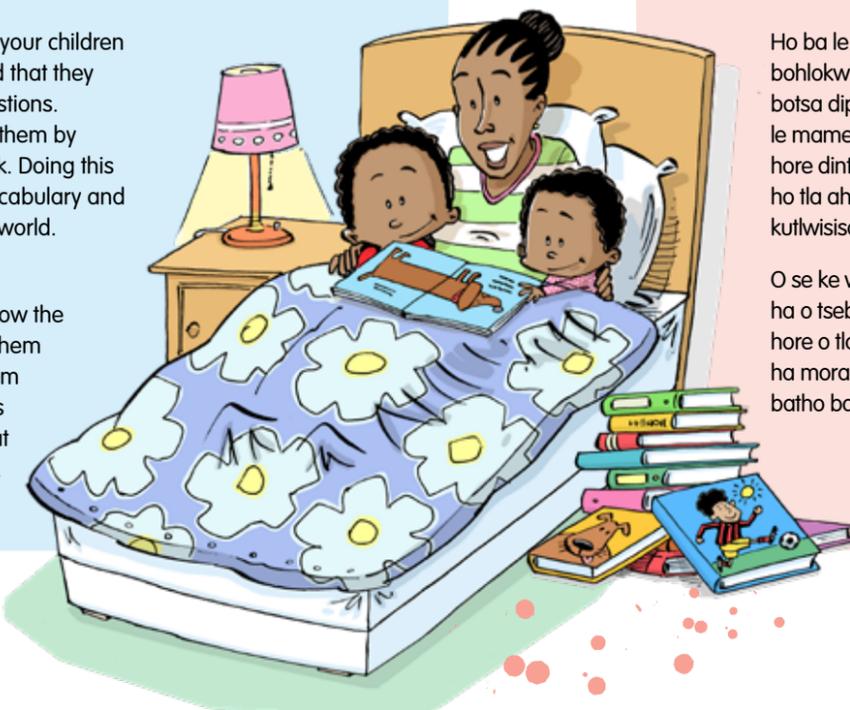
### Abelana ka dibuka

- Ho fihlela masea a kgona ho dula ka boona, ho bobebe ho ba kuka mme o ba bee hodima hao ba o furaletse ebe o tshwara buka ka pela bona.
- Dibuka tse nang le ditshwantsho tse bonolo kapa dinepe tsa difahleho tsa masea di sebetsa hantle baneng ba banyenyane.
- Supa le ho bolela dintho tse fapaneng ka hara dibuka. Buang ka seo le se bonang le le babedi ditshwantshong. Ho etsa sena ho thusa bana ba hao ba banyenyane ho ithuta mantswe le ho ithuta ka tsohle tse ba potileng bophelong.

### 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.



### Etsa nako ya ho buisana

Ho ba le dipuisano le bana ba hao ho bohlokwa. O ka fumana hore hangata ba botsa dipotso tse ngata tsa "hobaneng". Eba le mamello mme o ba kgothatse ka ho hlalosa hore dintho di sebetsa jwang. Ho etsa sena ho tla ahella ho tlotlontswe ya bana ba hao le kutlwisiso ya bona ya lefatsho.

O se ke wa tshaba ho bolella bana ba hao hore ha o tsebe karabo ya potso e itseng. Ba bolelle hore o tla ya batlisisa mme o ba tsebise karabo ha morao. Sena se ba thusa ho utlwisisa hore batho ba baholo le bona ba ntse ba ithuta.



Drive your imagination

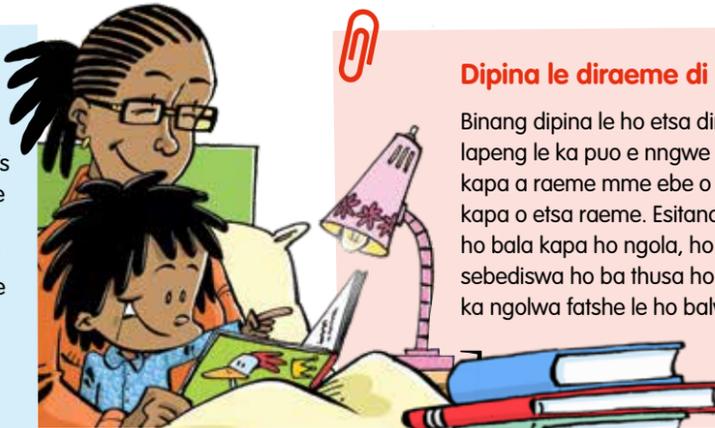
## Ideas for 3- to 6-year-olds

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.



## Mehopolo bakeng sa bana ba dilemo tse 3 ho isa ho 6

Bana ba ithuta dintho tse ngata bophelong ba bona ba letsatsi le letsatsi. Ka ho etsa diketsahalo tse natefelang mmoho le bana ba hao, o ka thusa ho hodisa tlitlontswe ya bona le kutlwisiso ya bona ya lefatshe.



### Dipina le diraeme di aha bokgoni ba puo

Binang dipina le ho etsa diraeme ka puo ya bana ba hao ya lapeng le ka puo e nngwe ya tlatsitso. Ngola mantswa a pina kapa a raeme mme ebe o supa mantswa ha o ntse o bina kapa o etsa raeme. Esitana leha bana ba hao ba eso tsebe ho bala kapa ho ngola, ho bona mantswa a ngotsweng a sebediswa ho ba thusa ho utlwisisa hore seo re se buang, se ka ngolwa fatshe le ho balwa, kgafetsa le kgafetsa.



### Sebedisang dikutlo tsa lona

Ere bana ba hao ba sebedise dikutlo tsa bona ho sibolla!

- ♥ **Kutlo ya ho fofonela:** Bapala papadi ya ho noha mmoho le bana ba hao. Ere bana ba hao ba kwale mahlo ka lesela. Jwale tshela dijo tse nang le monko o matla ka dikotlolwaneng, ho etsa mohlala, asene, dipanana, poire ya kheri le kofi. Ere bana ba hao ba nohe hore ke eng e ka sekotlolwaneng ka seng ka ho e fofonela feela.
- ♥ **Kutlo ya ho thetsa:** Ere bana ba hao ba kwale mahlo hape ka lesela. Kenya dintho tse mmalwa tse sa thubeheng, tse kang kgaba le borosolo ya meno, ka hara selopo. Ere bana ba hao ba ntsho nitho ka selopong. Na ba ka noha hore nitho eo ke eng ka ho e thetsa feela?
- ♥ **Kutlo ya ho mamela:** Tlatsa ditshelo tse nyane ka dintho tse fapaneng, jwaloka santa, majwe, difaha kapa dikwahelo tsa dibotlolo. Kopa bana ba hao ho kwala mahlo a bona le ho mamela ha o tsukutla setshelo ka seng. Botsa, "Na e entse modumo o hodimo kapa o tlase? Le nahana hore ke hobaneng ha e entse modumo o hodimo kapa o tlase?"



### 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.

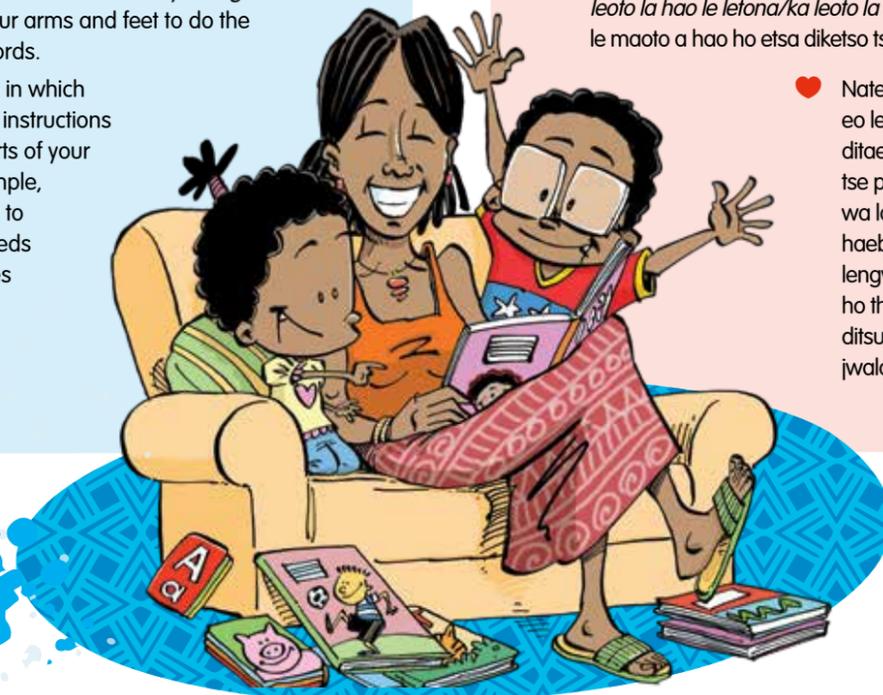
- ♥ Play call-out games, like this one: *Lizzy, Lizzy, stir the porridge ... with your right arm/with your left arm/with your right foot/with your left foot.* Use your arms and feet to do the actions as you say the words.
- ♥ Have fun playing a game in which you take turns calling out instructions to "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!



### Ithute ka mmele wa hao

Bapalang dipapadi tse na ho thusa bana ba hao ho ithuta ka mmele ya bona.

- ♥ Bapalang dipapadi tsa ho hoeletsana, tse kang: *Lizzy, Lizzy, fuduwa motoho ... ka letsoho la hao le letona/ka letsoho la hao le letshehadi/ka leoto la hao le letona/ka leoto la hao le letshehadi.* Sebedisa matsoho le maoto a hao ho etsa diketso tse na ho ntse o bua mantswa ana.
- ♥ Natefelwang ke ho bapala papadi eo le fanang sebaka sa ho fana ka ditaelo tsa ho "kopanya" dikarolo tse pedi tse fapaneng tsa mmele wa lona mmoho. Ho etsa mohlala, haeba e mong wa lona a re, "Setsu lengweleng!", eba bohle ba tlameha ho thetsa mangwele ka se le seng sa ditsu tsa bona, mme ba dule ba entse jwalo metsotswana e mmalwa!



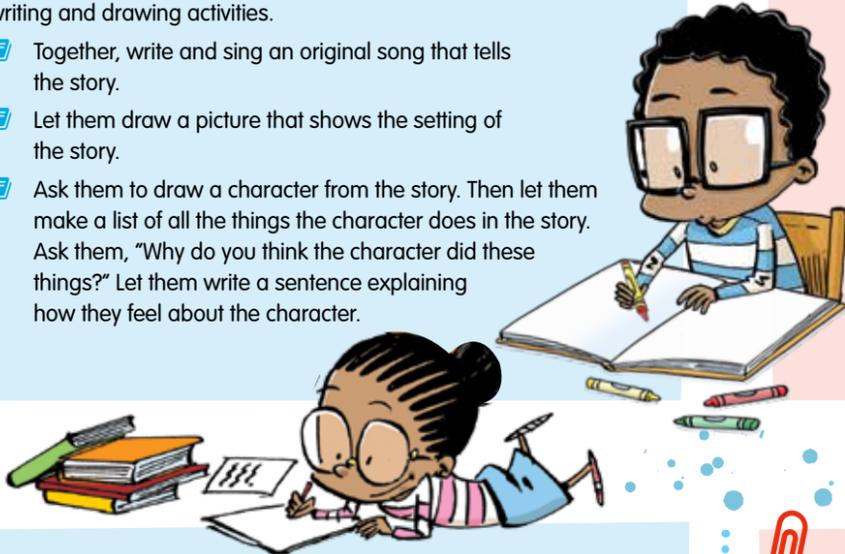
## Ideas for 6- to 9-year-olds

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.



### Mamelang dipale

Jwaloka lelapa, mamelang dipale radiong. Le ka etela websaete ya rona ho [www.nalibali.org](http://www.nalibali.org) ho fumana sekejule sa kgaso bakeng sa dipale tsa radio tsa Nalibali. Hape le ka nna la mamela dipale tse hatisisweng ka ho tlanya ho lehokela le ho karolo ya "Story resources" websaeteng ya rona.

## Mehopolo bakeng sa ba dilemo tse 6 ho isa ho 9

Ho ngola le ho bala di a tsamaelana. Ho ngola ho thusa bana ho ithuta hore mantswe a ka ngolwa fatshe mme ebe a balwa hape makgetlo kgafetsa le kgafetsa.

### Ho ngola le ho taka

Kamora hoba bana ba hao ba mametse pale, ere ba leke tse ding tsa diketsahalo tse na tsa ho ngola le ho taka.

- 1. Mmoho, ngolang le ho bina pina ya sethatho e phetang pale.
- 2. Ere ba take setshwantsho se bontshang moo pale e etsahallang.
- 3. Ba kope ho taka mophetwa wa paleng eo. Jwale ere ba etse lenane la dintho tsohle tseo mophetwa eo a di etsang paleng. Ba botse, "Le nahana hore ke hobaneng ha mophetwa a entse dintho tsee?" Ere ba ngole polelo e hlalosing kamoo ba ikutlwang ka teng ka mophetwa eo.

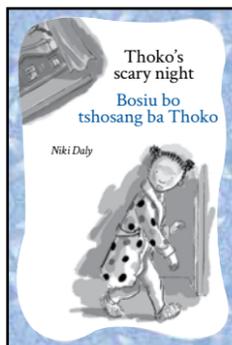
### Iketsetse buka ya hao ya dipale

Latelang mehato ena ho sebetisa mmoho jwaloka lelapa ho etsa buka ya dipale.

- 1. Mmoho etsang qeto ya hore pale e tla bua ka eng. Nahanang ka: moo pale e etsahalang teng, baphetwa ba sehlooho ke bomang, bothata ke bofe ka hara pale le hore bothata bona bo tla rarollwa jwang.
- 2. Etsang buka e sa ngolang letho ka ho mena maqephe a mmalwa a pampiri ka halofo.
- 3. Ere diho tse fapaneng tsa lelapa di ngole karolo ya pale leqepheng ka leng la buka e sa ngolang letho.
- 4. Ere bohle ba fumane sebaka sa ho taka ditshwantsho bakeng sa pale eo.
- 5. Natefelwang ke ho bala buka ya lona mmoho!

### 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.

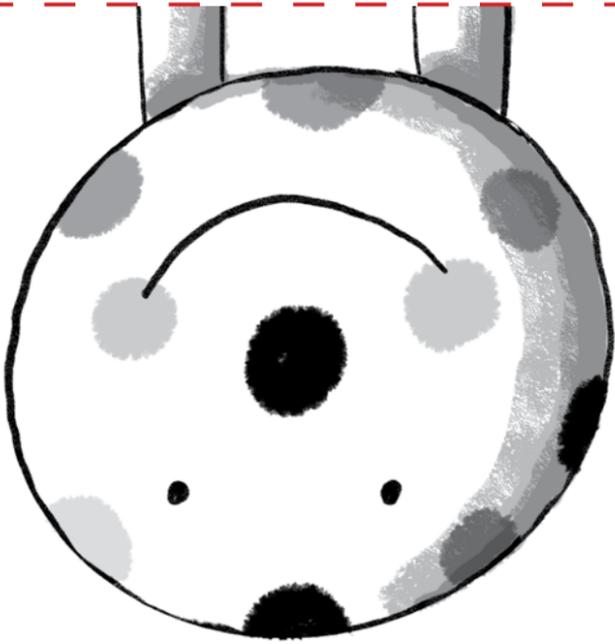


### Iketsetse buka e sehwanng-le-ho-ipolokelwa e le NNGWE

1. Ntsha leqephe la 7 ho isa ho la 10 tlatsetsong ena.
2. Sebedisa leqephehadi lena ho etsa buka. Latela diitaelo tse ka tlase ho etsa buka.
  - a) Mena leqephehadi ka halofo hodima mola wa matheba a mats'ho.
  - b) Le mene ka halofo hape hodima mola wa matheba a matala.
  - c) Seha hodima mela ya matheba a mafubedu.



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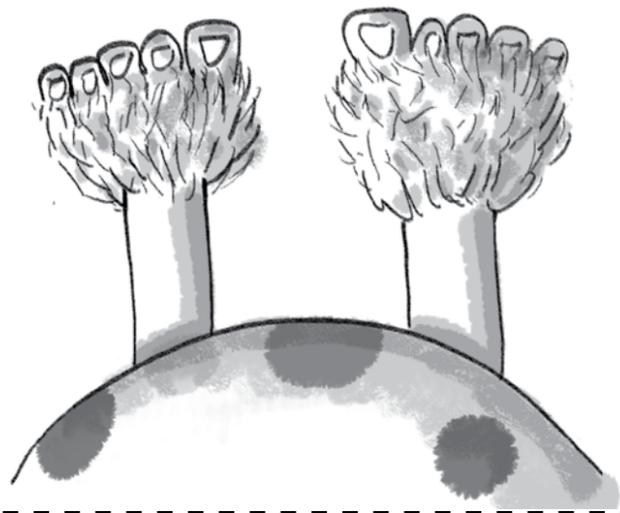


“It’s very round and covered in polka dots,”  
whispered Mama.  
“Like my dressing gown,” said Thoko.  
“What else?”

“E yhiya haholo mme e na le mathabathaba  
hohle,” ha hveshetsa Mme.  
“Jwaloka gaone ya ka ya bosiu,” ha rialo  
Thoko. “Le eng hape?”

“What does it look like?” whispered Thoko.  
“It has big fluffy pink feet,” whispered Mama.  
“Like my slippers,” said Thoko. “What else?”

“Se shebahala jwang?” Thoko a hveshetsa.  
“Se na le maoto a pinki a boya,” Mme  
a hveshetsa.  
“Jwaloka diselepara tsa ka,” ha rialo Thoko.  
“Le eng hape?”



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).

Ena ke kgatiso e fetotsweng ya “Thoko’s scary night” ho tswa pokellong ya *What’s up! Thoko* e phatlaladitsweng ke Jacana Media mme e fumanaha mabenkeleng a dibuka le inthaneteng ho [www.jacana.co.za](http://www.jacana.co.za). Pale ena e fumanaha ka English, Afrikaans, isiXhosa le isiZulu. Jacana e phatlalatsa dibuka bakeng sa babadi ba banyenyane ka dipuo tsohle tse leshome le motso o mong tsa semmuso tsa Afrika Borwa. Ho fumana ditaba tse ding mabapi le dihlooho tsa Jacana eya ho [www.jacana.co.za](http://www.jacana.co.za).

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Nal’ibali ke letsholo la naha la ho-balla-boithabiso bakeng sa ho tsoseletsa le ho jala tlwaelo ya ho bala Afrika Borwa ka bophara. Bakeng sa tlhahisoleseding e nngwe, etela [www.nalibali.org](http://www.nalibali.org) kapa [www.nalibali.mobi](http://www.nalibali.mobi)



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## Thoko’s scary night

### Bosiu bo tshosang ba Thoko

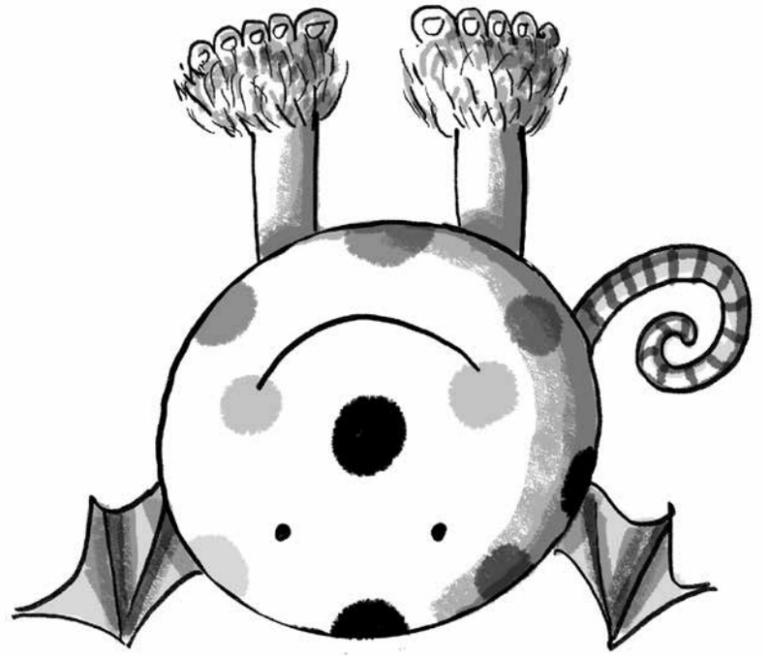
Niki Daly





“Ke moya feela o fokang o fefola ditlapo ka ntle, Mme a hweshetsa.  
 “Tjhe, e seng hoo!” ha hweshetsa Thoko. “Modumo o tshosang e le ka nnete – jwaloka selalome.”  
 “Ho lokile, o ka ma wa kena dikobong le ma mona,” Mme a hweshetsa. “Ke modumo o jwang oo?”  
 Thoko a re, “Kgwarea-Kgwarea! Hwoooooah! Bhuuuuuu!”  
 “O ke modumo oo Selalome se lokileng sa Kgwarea-Kgwarea-Hwoooooah-Bhuuuu o se etsang ho leleka dilalome tse hlileng di sa loka,” ha rialo Mme.

“E na le nko e boya bo bonolo, mapheo a mankgane le mohata o harehleng,” ha hweshetsa Mme. “E na le tswekere.”  
 Yaba Thoko o eellwa hore Mme o ne a mpa a iqapela ditaba tsenal! Empa o ne a se a qadile ho kgaleha, kahoo a se ke a mo phehisa.



“It has a puff-ball nose, bat wings and a curly-whitly 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.

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



Bosiung bo bong bo lefifi bo nang le moya o mongata, Thoko a tso swa ke modumo o tshosang. O ne o utlwahala tjena, “Kgwarea-Kgwarea!”

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



Ka ntle, moya wa emisa.  
 Qetellong, tsohle di ne di kgutsitse mme Nkgono, Mme le Thoko ba kgaleha – ba hakane jwaloka ditshitshidi tse tharo kobong.

Ho ne ho kgutsetse hohle – ele feela moya o ntseng o fefola ditlhapo. Thoko a robala Mme a mo kopile ka diphakata tsa hae. Yaba e a etsahala hape... “Kgwara-Kgwara! Hwoooaaah! Bhuuuuuu!”

tsosa Mme.  
Kgetlong lena modumo o makatsang wa Kgwara! Hwoooaaah! Bhuuuuuu!”

her. Then it happened again... “Ghorra-Ghorra! Hooaaah! Bwoooooo!”  
This time the strange sound woke Mama.  
Ghorra! Hooaaah! Bwoooooo!”  
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! Hooaaah! Bwoooooo!”  
“That’s the sound the nice Ghorra-Ghorra-Hooaaah-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-Hooaaah-Bwoooooo-Monster,” whispered Mama. “It’s the Snoring-Gogo-Monster!”  
They both giggled until the bed shook. Gogo stirred and immediately stopped snoring.

E ne e le Nkgono – a kgona haholo!  
Mme a hulela Thoko ho yena mme a tsheha.  
“Ha se Selalome sa Kgwara-Kgwara-Hwoooaaah-Bhuuuuu,”  
Mme a hweshetsa. “Ke Selalome-se-Nkgono-se-Kgonang!”  
Bobedi ba bona ba keketeha ho fihlela bethe e sisinyeha.  
Nkgono a phethoha mme a tlohela ho kgona hanghang.



Then it stopped and went, “Hooaaah! 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! Hooaaah! Bwoooooo!”

Yaba o a emisa mme wa re, “Hooaaah! Bhuuuuuu!”  
jwaloka selalome se seholo se tshosang ha se hemela molaleng wa hao.

Phaposi ya Thoko e ne e le lefifi ntle le dibopeho tse mela tse neng di thothomela leboteng la phaposi ya ho robala tse neng di bakwa ke kganya ya lebone la seterateng. Thoko a hula kobo ya hae a ikwahela hlooho. Empa o ne a ntse a kgona ho utlwa modumo – o tebileng o seng o tshosa ho feta jwale, “Kgwara-Kgwara! Hooaaah! Bhuuuuuu!”



Ka potlako, Thoko a rwala diselepara tsa hae a apara le gaone mme a mathela ka phaposeng ya ho robala ya Mme. "Mme! Mme!" Thoko a hweshetsa. "Tsoha!" "Molato ke eng, Thoko?" ha botsa Mme a tsoha borokong. "Mama!" ha rialo Thoko. "Ho na le modumo o tshosang o hlahang kaekae?" Mme a boneisa lebone le pela betha ya hae mme a mamela.

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.



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! Hooooaaah! Bwoooooo!"



"Thoko! Thoko!" Mme a hweshetsa. "Tsoha. Betha ena e nyane bakeng sa rona re le babedi." Mme a theola Thoko betheng mme ba nanya ho ya kamoreng ya Nkgono.  
 "Palama!" ha hweshetsa Mme.  
 Thoko a kena dikobong tsa Nkgono, a siya sebaka hore Mme le yena a kene. Ese kgale ba robotse hantle ke ha ... "Kgwarra-Kgwarra! Hwoooooah! Bhuuuuuu!"

Mme a leka ho tsoha a dula. Empa sephaka se seng sa hae se ne se shwele bohatsu hobane Thoko o ne a robotse hodima sona.

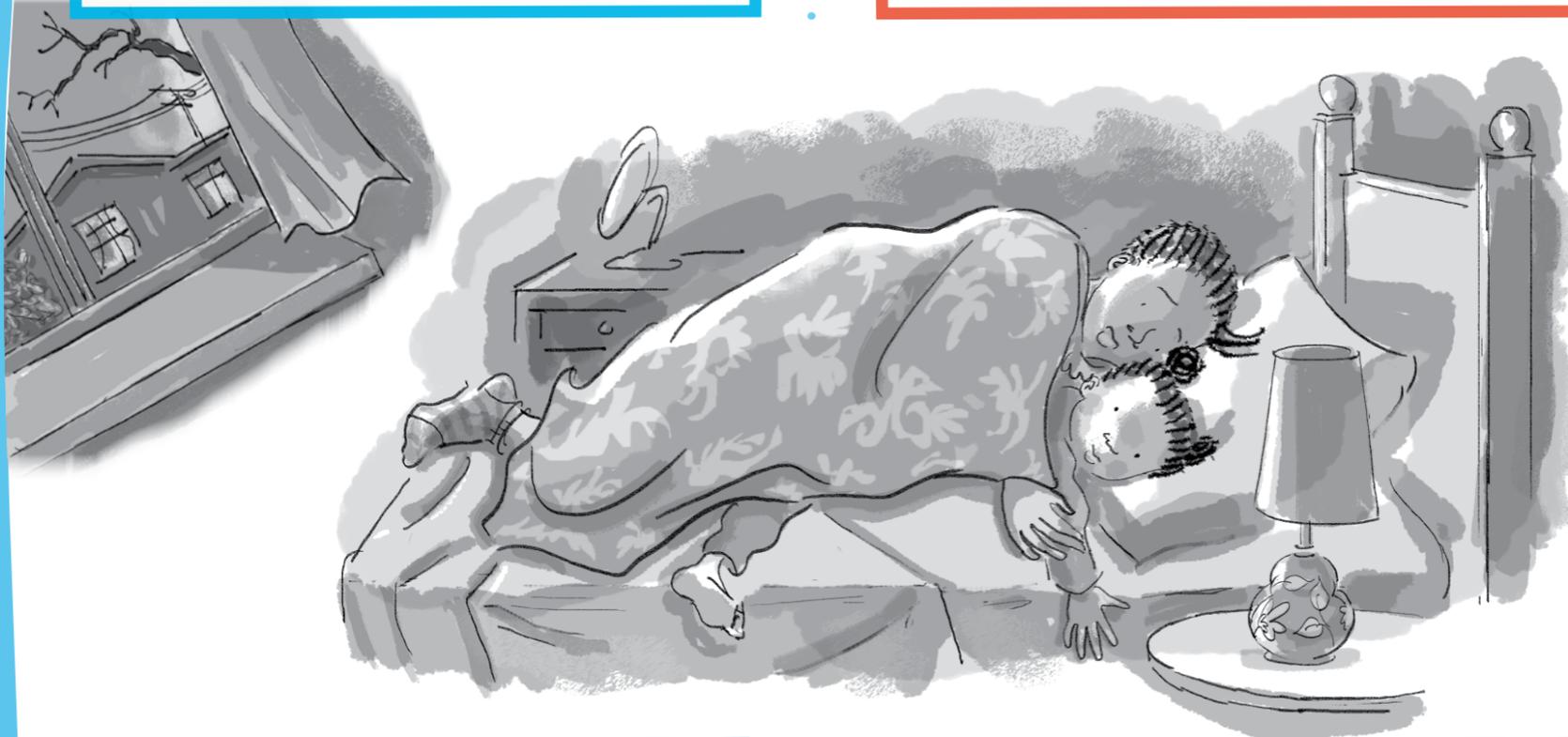
## Get story active!



Here are some activities for you to try. They are based on the stories in this edition of the Nal'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.



## Eba mahlahlaha ka pale!

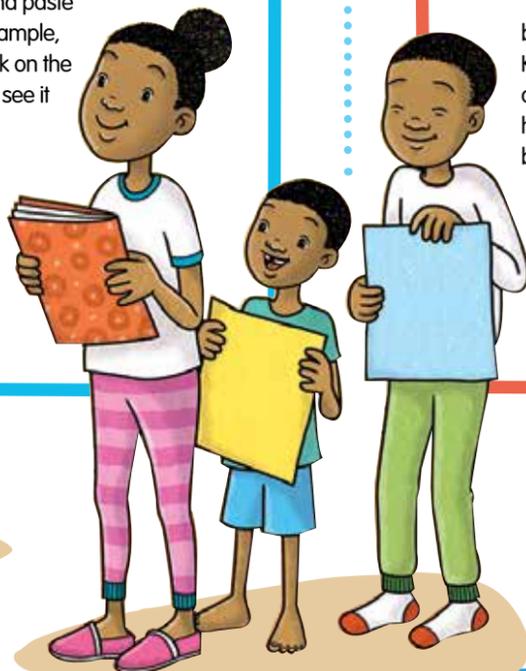
Diketsahalo tse itseng ke tse na tseo o ka di lekang. Di theilwe hodima dipale tsohle tse kgatisong ena ya Tlatsetso ya Nal'ibali: *Bosiu bo tshosang ba Thoko* (leqephe la 7 ho isa ho la 10) le *Morongwa o maketse* (leqephe la 13).

### Bosiu bo tshosang ba Thoko

- ★ Na ho na le motho eo o mo tsebang ya kgonelang hodimo? Makgono oo o utwahala jwang? Leka ho ngola modumo oo o sebedisa dilhaku tsa alefabetete.
- ★ Lerata la ho kgonahae le o hopotsa selalome sefe? Taka setshwantsho sa selalome seo mme ebe o ngola dipolelo tse mmalwa ka sona.
- ★ Na o kile wa tsoha bosiu o ikutlwa o tshohile? O ne o tshositswe ke eng? Pheta kapa o ngole pale ya hao. Sebedisa mantswe a kgahlang ho bolela seo o se utwileng, o se boneng le kamoo o ileng wa ikutlwa kateng. Taka setshwantsho sa bosiu ba hao bo tshosang.

### 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.



### Morongwa o maketse

- ★ Etsa pale ya ditshwantsho e mabapi le lelapa la heno. Nahana ka pale e mabapi le lelapa la heno. Sebedisa dipene kapa dipentshele tse mebala ho ngola mantswe a pale. Batla ditshwantsho dimakasineg tsa kgale. Di sehe o di ntsho mme o di sebedise ho tshwantshisa pale ya hao.
- ★ Hopotsa ba bang ho dula ba ipolokile. Batla dipampiri tse mmalwa kapa khateboto mme o ngole dikgopotso tse kang tse na ho tsona: "Hlatswa matsoho a hao ka sesepa le metsi metsotswana e 20", "Hopola ho rwala maske sefahlehong" le "Se ke wa atamelana le batho ba bang". Iketsetse tse ding tsa dikgopotso tsa hao le wena. Kgabisa dikgopotso tseo mme o di manamise moo batho ba ka di bonang. Ho etsa mohlala, manamisa kgopotso e mabapi le ho rwala maske ka hare ho lemati la ka pele ele hore batho ba e bone pele ba tswela ka ntle.
- ★ Morongwa le dikgaitseti tsa hae ba sebedisa puo ya matsoho ho bua le Mme Maduo. Ke dipuo dife tseo o di tsebang? Ikwetlisa ho sebedisa dipuo tsohle tseo o di tsebang bakeng sa ho bolela ba bang ho dula ba ipolokile.



Drive your imagination



# 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".





# Morongwa o maketse

Ka Lorato Trok ■ Setshwantsho ka Magriet Brink le Leo Daly

Hukung  
Ya dipale



Ka letsatsi la ho qetela la dikolo, pele ho qala matsatsi a phomolo, Morongwa o ne a dutse a kgutsitse deskeng ya hae a mametse ha tithere wa hae, Mof Nchwe, a bolella bana ka kokwanahloko e ntjha e fumanweng. E ne e bitswa kokwanahloko ya corona mme e ne e kudisa batho ba bangata lefatsheng ka bophara.

Ha a ntse a mametse, Morongwa o ne a sa tsebe hore o ikutlwa jwang. Kokwanahloko ena e ne e utlwahala e tshosa, empa leha ho le jwalo Mopresidente o ne a entse tsebiso ya hore dikolo tsohle di tla kwalwa pele ho nako bakeng sa matsatsi a phomolo. Naha yohle e ne e tlo kwallwa ele hore batho bohle ba tle ba bolokehe. Sena se ne se bolela kgefutso e telele ya dikolo, mme e ne e le taba tse monate! Empa Morongwa o ne a se na bonnete ba hore ho kwallwa hona ho bolela eng.

Ka nako ya thuto e latelang, Morongwa o ne a dutse deskeng ya hae a kgutsitse a nahanne ka seo Mof Nchwe a ba boleletseng sona. O ne a ikutlwa a ferekane ebile a kgathatsehile. Leha tithere ya hae a ne a ba boleletse ka kokwanahloko ena le ho kwalwa ha naha, Morongwa o ne a hlile a sa utlwisise ntho tsohle. Tsohle di ne di utlwahala eka ke taba tse mpe haholo.

Kamora nakwana, Morongwa a phahamisa letsoho la hae. "E, Morongwa," ha rialo tithere ya hae.

"Mof Nchwe," Morongwa a qala, "Ke a utlwisisa hore ho na le kokwanahloko e ntjha e ka re kudisang haholo kaofela ha rona mme ke kahoo dikolo di kwalwang kajeno. Empa na o ka re hlalose tsa haholwanyane mabapi le kokwanahloko ee? E kudisa batho jwang?"

"Eo ke potso e ntle, Morongwa," ha rialo Mof Nchwe. "Ere ke o thuse ho utlwisisa taba ena hantle."

Mof Nchwe a phahamisetsa phoustara hodimo. "Taba ya pele, ha kokwanahloko ena ya corona e kena mmeleng wa hao, e ka o bakela lefu le bitswang COVID-19. Kokwanahloko ya corona e ka kena kahara mmele wa hao ha motho ya nang le kokwana ena a ithimola kapa a kgohlela a le haufi le wena. Kokwanahloko ena ya corona e tswa ka molomong wa hae ka marothodi a manyane haholo a metsi. Marothodi ana a ka nna a fihla matsohong a hao. Haeba o ka itshwara molomong, nkong kapa mahlong, kokwanahloko ena e ka kena mmeleng wa hao mme ya o kudisa," Mof Nchwe a hlalosa.

"Ebe re ka ithibela jwang hore re se ke ra fumana kokwanahloko ee?" ha botsa Morongwa.

"O tlameha ho hlapa matsoho a hao ka metsi le sesepa kgafetsa kamoo o ka kgonang. Bala butle ho ya fihla ho mashome a mabedi ha o ntse o hlapa matsoho ho etsa bonnete ba hore a hlwekile. Hape o lokela ho dula hae. O lokela hore o be hole le batho ba bang ba sa duleng le wena lapeng. Haeba o tlamehile ho tswa, o lokela ho rwala maske," ha rialo Mof Nchwe.

Morongwa o ne a ena le dipotso tse ngata bakeng sa tithere ya hae. A phahamisa letsoho hape. "Na ntja ya ka le yona e ka kula, kapa na ebe nka e tshwaetsa?" a botsa.

"Ka lehlonolo, re keke ra tshwaetswa ke kokwanahloko ya corona ho tswa diphoofolong tsa rona tsa lapeng, le rona re keke ra di tshwaetsa," Mof Nchwe a bososela.

Yaba o hlalosa hore kokwanahloko ena e fetiswa ho tswa mothong ho ya ho e mong. "Mang kapa mang a ka nna a e fumana ho mang kapa mang, mme motho ofe kapa ofe a ka e fetisetsa ho e mong," a rialo. "Ke kahoo naha ya rona e tlamehileng ho kwalwa. Batho bohle ba lokela ho dula hae mme ba be hole le batho ba bang ele hore ho se be le motho ya tlang ho kudisa e mong."

Eitse ha Morongwa a sa ntse a kgathatseha ka hore o tla di hopola jwang ditaba tsena kaofela, ele hore a tle a di bolelle mme wa hae le dikgaitsedinyana tsa hae, Mof Nchwe a fa bohle dibukana. "Le ka nna la ya le dibukana tsena lapeng ho ikgopotsa ka bohlokwa ba tlhahisoleseding eo re abelaneng ka yona kajeno," a rialo.

Morongwa o ne a sa ntse a kenya bukana ya hae kahara mokotlana wa hae wa sekolo ha tshepe ya sekolo e lla.

Ntho ya pele eo Morongwa a ileng a e etsa ha a fihla lapeng e bile ho hlapa matsoho ka sesepa le metsi. "Ofentse, Lesedi, tlo hlapeng matsoho le lona," Morongwa a rialo ha a bona dikgaitsedinyana tsa hae di mo shebile. "Balang butle ho fihlela ho mashome a mabedi ha le ntse le hlapa." A etsetsa Mme Maduo letshwa la hore le yena a hlape matsoho.

"Hobaneng re tshwanetse ho hlapa matsoho, Morongwa?" Ofentse a botsa, matsoho a hae a le moyeng.

"Ha re hlapeng matsoho a rona bohle. Ke tla le hlalose tsa ha morao," Morongwa a rialo.

Mme Maduo o ne a makaditswe ke phetoho eo a e bonang ho Morongwa. Baneng ba hae kaofela, ya neng a dula a hopotswa hore a hlape matsoho, e ne e le Morongwa. Ho ne ho thabisa ho bona phetoho ena ho yena. Mme Maduo a bososela, empa hape o ne a batla a sa utlwisise phetoho ena.

Bosiung boo Morongwa a balla ba lelapa labo bukana eo tithere ya hae a mo fileng yona mme a ba hlalose tsa hore COVID-19 ke eng. Yaba o fa Mme Maduo bukana hore a e bale.

Matsatsi a mmalwa kamora moo Morongwa a bona hore dikgaitsedisi tsa hae tse pedi di ne di tshwerwe ke bodutu ka lebaka la ho kwallwa ha naha. "Hei lona ba babedi, ke na le leqheka! Le batla ho natefelwa?" ha botsa Morongwa.

Morongwa a se ke a emela karabo ya bona. Bakeng sa hoo, a leba hukung ya phaposi ya bona e nyane ya ho robala moo Mme Maduo a bolokang dimakasine tsa hae teng. Morongwa a kgetha dimakasine tse mmalwa mme a di ala fatshe. Kamora moo a ntsha dikere, dikerayone, sekgomaretsi le maqephe a pampiri ao malome wa bona a neng a ba reketse ona ha selemo sa sekolo se qala. Ha Lesedi a ntse a shebelletse ausi wa hae, a tona mahlo haholo ke thabo.

Ka matsatsi a latelang a mmalwa motsheare, Morongwa, Ofentse le Lesedi ba ikwalla ka phaposing ya bona ya ho robala mme ba natefelwa haholo ke ho seha ba ntsha ditshwantsho dimakasine. Ho ne ho ena le ho seha ho hongata le ho tsheha ho hongata! "Sena se monate!" ha rialo Lesedi a keketeha.

"Hopola hore ke ntho e makatsang ena, Lesedi. Sena ke sepheo sa matsatsi a rona a phomolo se makatsang," ha rialo Morongwa, a tsikinyetsa maoto a Lesedi.

Yaba ka bosiu bo bong kamora diji tsa mantsiboya, Mme Maduo a makala ho bona bana ba hae ba eme mola pela hae. Ofentse le Lesedi ba ne ba tshwere leqephe la pampiri ka mong mme Morongwa a tshwere buka. "Ke ding tseo?" ha rialo Mme Maduo.



"Ke semaka sa rona sa matsatsi a phomolo bakeng sa hao!" bana bohle ba supa mmoho. "Na re ka o bontsha?" Mme Maduo a dumela ka hlooho.

Ho ne ho bonahala eka Morongwa o ne a thusitse dikgaitsedisi tsa hae ho etsa dipale tsa ditshwantsho bakeng sa ho makatsa mme wa bona. Jwale e ne e le nako ya pontsho le ho pheta pale!

Lesedi a qala. A pheta pale e mabapi le setshwantsho sa hae mme a sebedisa matsohonyana a hae ho etsa puo ya matsoho ele hore Mme a utlwisise pale ya hae. Esitana leha pale ya Lesedi e ne e sa utlwahale hantle ho Morongwa, e ne e qabola mme e etsa hore bohle ba tshehe.

Kamora moo, ya eba sebaka sa Ofentse. O ne a sehile ditshwantsho tsa mme e motle, hape le mapheo a mabedi a maholo a nonyana. Jwale o ne a kgomareditse mapheo ao mahetleng a mme. "Enwa ke wena, Mme," a rialo a supile ho mme wa hae. Yaba o a supa, "O mohale wa rona ya ikgethileng."

Eitse ha e le sebaka sa Morongwa, a bontsha Mme buka ya ditshwantsho eo a e entseng e mabapi le Mme Bere ya sireletsang madinyane a hae. O ne a batla ho etsa bonnete ba hore Mme Maduo o a tseba hore ba mo rata hakae le hore ba motlotlo hakae ka Mme Bere wa bona wa nnete.

Ka nako ena, Mme Maduo o ne a lla mekgo ya thabo mme a haka bana ba hae kaofela ka matsoho a bulehileng haholo jwaloka Mme Bere.

Bana le bona ba ne ba thabile. E mong le e mong o ne a entse pale e fapaneng mme a e pheta ka tsela ya hae. Mme ha ba ntse ba etsa sena, ba ne ba lebetse hohang ka ho kwalwa ha naha! Ho kwalwa? Ke eng yona ntho eo?" ba tsheha kaofela ha bona.

Bakeng sa Morongwa le ba lelapa labo ho kwalwa ha naha e ne e fetohile nako ya thabo ya ho sibolla dintho tse ntjha le ho qala ditlwaelo tse ntjha tsa lelapa. Pokello ya dimakasine tsa Mme Maduo jwale e ne e le ya bohlokwa ho feta pele. Nyakallo e ntjha eo ba lelapa ba iphumanetseng yona ya ho ngola, ho bala le ho pheta dipale e ne e se e le tshibollo e tletseng monyaka ya lelapa lohle.

Dibekeng tse mmalwa tse latelang Mme Maduo, Morongwa, Lesedi le Ofentse ba ile ba qapa, ba bala le ho pheta dipale tse ngata ho feta. Sena se ile sa etsa hore Mme a ipotse hore ebe Mopresidente mohlomong o ne a nahanne Morongwa ha a ne a qala Letsholo la hae la *Thuma Mina* (roma nna) bakeng sa ho aha botjha Afrika Borwa. Ho ne ho bonahala jwalo ho Mme! Hantlentle, lebitso la Morongwa ka Setswana le bolela "ya ronngweng".



## 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.



## Mehopolo bakeng sa bana ba dilemo tse 10 ho isa ho 13

Bana ba dilemong tse na ba ka natefelwa ke ho ithuta haholo ka dintho tseo ba esong ho kopane le tsona pele. Hape ba ka qala ho botsa dipotso hore ke hobaneng ha dintho di le kamoo di leng kateng. Kgothaletsa ngwana wa hao ho batla ho tseba ka lefatshhe!



### Buang ka TV le dibuka

Ho shebella TV ho thusa bana ho ntshetsa pele ho nahana ka tshekatsheko mabapi le seo ba se shebelletseng, esitana le seo ba se balang. Ba botse dipotso, e seng ho ba fa teko, empa ho ba kgothaletsa ho hlalisa maikutlo le menahano ya bona mabapi le seo ba se shebelletseng le ho se bala. Ho etsa mohlala, o ka nna wa botsa:

- Na le natefetswe ke pontsho/pale? Hobaneng e le natefetse kapa e sa le natefela?
- Ke mophetwa ofe eo o mo ratileng ho feta? Hobaneng?
- Ke mophetwa ofe eo o sa mo ratang ho feta? Hobaneng?
- Na o nahana hore pale ee e a kgothweha? Na dintho tse kang tse na di hlile di a etsahala?



### Ngola ka lebaka

Mema bana ba hao ho leka diketsahalo tse na tsa ho ngola tse tsamaelanang le buka eo ba e badileng, pale eo ba kileng ba e mamela kapa le leng la mananeo ao ba a ratang ka ho fetisisa a thelevishene.

- Hlophisa inthaviu le e mong wa baphetwa. Ngola bonyane dipotso tse leshome tse ka fang mophetwa monyetla wa ho bua ka mehopolole maikutlo a hae mabapi le seabo sa hae paleng.
- Ngola tshekatsheko ya buka. Etsa bonnete ba hore o fana ka tlhahisoleseding mabapi le tikoloho le baphetwa, le seo pale e buang ka sona – empa o se ke wa ntsha dintlha kaofela! Hopola hape ho bolela seo o se ratileng le/kapa seo o sa se ratang mabapi le buka eo.
- Ngola tlhaloso ya baphetwa ba bararo ba paleng eo o e badileng. Kenyeletsa dintlha tse na: ba shebahala jwang, ba na le maikutlo a jwang le kamoo ba amanang le baphetwa ba bang. Taka setshwantsho sa mophetwa ka mong se tsamaelanang le tlhaloso.
- Ngola kakaretso e kgutshwane ya dintho tseo o ithutileng tsona paleng.



### Bala dibuka tseo e seng tsa maiqapelo

Ha ba ntse ba hola, bana ba bang ba ka fumana hore ba natefelwa ke dibuka tseo e seng tsa maiqapelo jwalo feela ka dibuka tsa dipale. Dibuka tseo e seng tsa maiqapelo di tla ba thusa ho sibolla dibaka, dintho, batho le diketsahalo tse ntlha. Di tla hodisa tlhontswe ya bona mabapi le dihlooho tse itsegang le ho ba ruta bokgoni bo ka sebediswang. Dibuka tseo e seng tsa maiqapelo di ka boela tsa ba ruta mantse a sebediswang ka ho qoholleha bakeng sa saense, mmetse, histori le thutafatshhe.



Drive your imagination

## 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.



## Mehopolo bakeng sa batjha

Batjha ba natefelwa ke ho leka dintho tse ntjha le ho ikemela. Esitana leha ho sa shebahale jwalo ka nako tse ding, ba a thaba ha o qeta nako e itseng le bona, o ba kgothaletsa ho etsa diketsahalo tse ba phephetsang le ha o bontsha thahasello dinthong tse ba natefelang.

### 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](https://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](https://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.

### Bala, ngola le ho ithuta

- 💡 **Kgothaletsa ho ngola.** Hlahisa hore batjha ba hao ba boloke dayari ya ho kwalla lapeng kapa ba ngole dithotokiso ho hlahisa menahano le maikutlo a bona.
- 💡 **Nalane ya lehae.** Ere batjha ba hao ba etse projeke ya nalane le diitho tsa lelapa. Ba ka nna ba etsa inthaviu le wena esitana le batho ba bang ba baholo lapeng mabapi le dintho tseo le di hopolang ha le sa hola, diketsahalo tse etsahetseng le kamoo dintho tse na di ileng tsa le ama kateng. Kgothaletsa batjha ba hao ho ngola dikarabo tsa babotsuwa fatshe kapa ba sebedise diselefouno tsa bona ho rekota inthaviu eo.
  - ★ Pale e phetwa ho ya ka lehlakore la mang?
  - ★ Ke mang ya buang? Ho buuwa ka mang?
  - ★ Ke mang ya nang le matla? Matla ana a bontshwa jwang?
  - ★ Ho siilwe eng mme/kapa ke eng se sa nkelwang hloohong?
  - ★ Ke mang ya fumanang molemo?
- 💡 **Qala ho bala.** Kgothaletsa batjha ba hao ho ipalla ka bobona le bakeng sa boithabiso ba bona. Haeba ba sa kgone ho finyella dibukeng, ba thuse ho fumana laeaborari ya FunDza inthaneteng ho: [live.fundza.mobi](https://live.fundza.mobi).
- 💡 **Balla hodimo.** Ho balla hodimo ha se feela bakeng sa bana ba banyenyane! Ho ka ba monate ho balla pale kapa sengolwa hodimo ha o balla batjha kapa o bala le bona. Fumana dingolwa tse ka le natefelang ha le di balla hodimo ho mobisaete wa FunDza ho: [live.fundza.mobi/catalogue/?genre=chattalogue](https://live.fundza.mobi/catalogue/?genre=chattalogue).
- 💡 **Ho laola dithuto tsa bona.** Etsa tlhophiso ya letsatsi le letsatsi mmoho le batjha ba hao ele hore ba tle ba boloke dinako tse tlwaelehileng tsa ho ithuta. Hape, ba kgothaletse ho bua le wena mabapi le seo ba se balang/ithutang sona. Sena se tla ba thusa ho utlwisisa le ho hopola seo ba ithutileng sona. Hantlentle, e nngwe ya ditsela tse ntle ho fetisisa tsa ho lekola hore o hlile o utlwisisa ho hong ke ho e ruta motho e mong. Kahoo, kopa batjha ba hao ho o ruta ka sehlooho se itseng – ka puo efe kapa efe eo ba e kgethang.

# Nal'ibali fun

## Monate wa Nal'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.

### Bapalang papadi ena mmoho!

#### Mokgwa wa ho bapala

- ☉ Sebapadi ka seng se bea konopo hodima boloko mme se re: **Mokwallo! Qala mona.**
- ☉ Fanang sebaka sa ho lahlela letaese mme le tsamaisa konopo dibolokong ho ya ka makgetlo a letaeseng.
- ☉ Latela ditaelo tse ho boloko boo o keneng ho bona.
- ☉ Haeba konopo ya hao e fella tlase lering, o ka nyoloha ho ya fihla hodimodimo lering eo.
- ☉ Haeba konopo ya hao e fella hodima hlooho ya noha, o lokela ho theosa ho ya fihla mohatlang wa noha.
- ☉ Sebapadi sa pele se tla fihla ho: **O lapeng! Dula o bolokehile!** ke mohlodi.

|  |   |   |   |   |  |  |
|--|---|---|---|---|--|--|
| 43<br><br>Forgot your face mask.<br>Skip a turn.<br>Lebetse maske ya hao ya sefahleho.<br>Tlola ke ho lahlela. | 44<br>→   | 45  | 46<br>  | 47<br>Visited a friend.<br>Etsetse motswalle.   | 48   | 49<br><br>You are home!<br>Stay safe!<br>O lapeng!<br>Dula o bolokehile! |
| 42<br>↑  | 41  | 40<br>Cleaned the house.<br>Hlwekisitse ntlo.   | 39<br>  | 38  | 37<br>   | 36<br>Shook hands.<br>Dumedisane ka matsoho.                             |
| 29<br>↑  | 30<br>Hugged a friend.<br>Hakile motswalle.             | 31  | 32  | 33  | 34<br>   | 35<br>↑  |
| 28<br>   | 27  | 26<br>Used hand sanitiser.<br>Roll again.<br>Sebedisitse sehwekisamatsoho.<br>Lahlela hape. | 25<br>  | 24<br>Touched your face.<br>Itshwere sefahleho. | 23<br>   | 22<br>↑  |
| 15<br>↑  | 16  | 17<br>  | 18<br>Coughed into hands.<br>Kgohleletse ka hara matsoho. | 19  | 20   | 21<br>Washed hands.<br>Hlatswitse matsoho.                               |
| 14<br>↑  | 13<br>Sneezed into elbow.<br>Ithimoletse ka hara setsu. | 12<br>  | 11  | 10<br>  | 9<br>  | 8<br>←   |
| 1<br>Lockdown!<br>Start here.<br>Mokwallo!<br>Qala mona.   | 2<br>→  | 3   | 4   | 5   | 6<br>Wore a face mask.<br>Rwetse maske wa sefahleho. | 7<br>↑   |

Illustrations/Ditshwantsho: Magriet Brink and/le Leo 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** e mona ho tla o kgothatsa le ho o tshehetsa. **Ikopanye le rona** ka ho letsetsa setsing sa rona sa mehala ho **02 11 80 40 80**, kapa ka e nngwe ya ditsela tse lateng:

[www.nalibali.org](http://www.nalibali.org)
[www.nalibali.mobi](http://www.nalibali.mobi)
[nalibaliSA](https://www.facebook.com/nalibaliSA)
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The Herald

**S**owetan  
IN THE KNOW ON THE MOVE.



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