



E hlophisitswe ho  
latela lenane thuto  
la CAPS

Kereiti

3



Bokgoni ho tsa Bophelo  
ka SESOTHO

Buka ya 1  
Kotara ya 1 & 2



ISBN 978-1-4315-0280-6



9 781431 502806



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GRADE 3 – BOOK 1  
TERMS 1 & 2  
ISBN 978-1-4315-0280-6  
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# lenaneo

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Mofumahadi Angie Motshekga, letona la Lafapha la Thuto ya Motheo



Ngaka Reginah Mhaule, Motlatsi wa Letona la Thuto ya Motheo

Dibuka tsena tsa tshebetso di etseditswe bana ba Afrika Borwa tlasa boetapele ba Letona la Thuto ya Motheo, Mof. Angie Motshekga, mmoho le Motlatsa Letona la Thuto ya Motheo, Ngaka Reginah Mhaule.

Dibuka tsa tshebetso tsa Rainbow di bopa karolo ya Lefapha la Thuto ya Motheo, ya thuso e reretsweng ho netefatsa tshebetso ya baithuti ba Afrika borwa dikereiting tse qalang tse tshelatseng. Jwaleka e nngwe ya dintlha tsa bohlokwa tsa Moralo wa Tshebetso ya Mmuso, projeke ena e etsahetse ka tshebetso ya letlole la Polokelo la Setjhaba. Sena se entse hore Lefapha le etse dibuka tsena tsa tshebetso ka dipuo tsohle tsa semmuso, ntle le tefello ya letho.

Re tshepa hore, matitjhere a tla fumana dibuka tsa tshebetso di le bohlokwa mosebetsing wa bona wa letsatsi le letsatsi, le ho etsa bonnete ba hore baithuti ba bona ba etsa kharikhulamo yohle. Re nkile boikarabelo ba ho tataisa titjhere mosebetsing ka enngwe le enngwe ya mesebetsi, ka ho kenyelletsa motshwao a bontshang hore na seo barutwana ba tshwanelang ho se etsa ke sefe.

Re a kgolwa hore bana ba tla natefelwa ke ho sebetsa ka buka ena ha ba ntse ba hola le ho ithuta, le hore wena titjhere, o tla natefelwa mmoho le bana.

Re le lakalletsa katleho ho sebediseng dibuka tsena tsa tshebetso.

Published by the Department of Basic Education  
222 Struben Street  
Pretoria  
South Africa

© Department of Basic Education  
Eleventh edition 2021

ISBN 978-1-4315-0280-6

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# Kereiti

# 3



Bokgoni ho tsa Bophelo  
ka SESOTHO  
Buka ya I



Buka ena ke ya:







# Ditaba ka nna



Kotara ya I – Beke ya I – Leqephe la mosebetsi



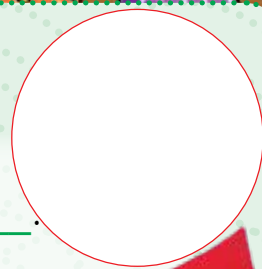
Ha re ngoleng

E mong le e mong wa rona o fapane, mme re kgethehile kaofela. Tlatsa buka ya boitsebiso ka ditaba tsa hao. Rala setempe sa ID. Ha o qetile ho etsa sena bontsha motswalle wa hao karete ena.

Ke eng se tshwanang le se sa tshwaneng pakeng tsa hao le motswalle wa hao?



## Bukana ya boitsebiso



Lebitso: \_\_\_\_\_

Dilemo: \_\_\_\_\_

Letsatsi la tswalo: \_\_\_\_\_

\_\_\_\_\_ selemo      \_\_\_\_\_ kgwedi      \_\_\_\_\_ letsatsi

Sebaka sa tswalo: \_\_\_\_\_

Moshemane kapa ngwanana: \_\_\_\_\_

Puo ya lapeng: \_\_\_\_\_

Mmala wa moriri: \_\_\_\_\_

Bolelele: \_\_\_\_\_ cm

Mmala wa mahlo: \_\_\_\_\_

Mosaeno \_\_\_\_\_

Taaka setshwantsho sa hao.



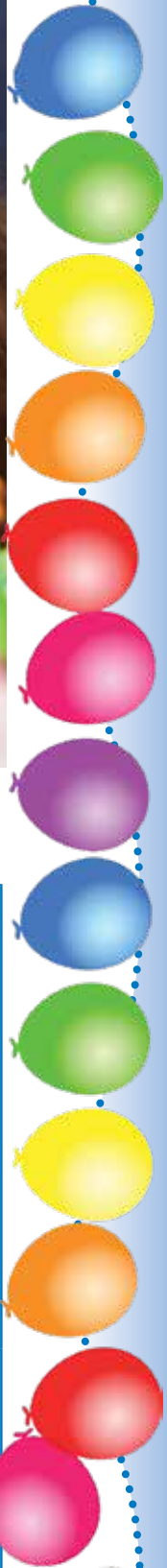


Ha re bueng

Jwale nahana ka tsa bophelo ba hao ho fihlela ha jwale.

Na o ka kgona ho hopola ho fihlela kae? Na o ka hopola letsatsi la hao la tswalo selemong sa bobedi?

Na o ka hopola ha o qala sekolo?



Ha re ngoleng

Tlatsa molanako ka tsa bophelo ba hao.

Ke hlahile ka	Ke qadile ho	Ke qadile sekolo	Ke tlile ho kereiti
kgwedi	bua ka	ka	ya 3 ka
selemo			
20 _____	20 _____	20 _____	20 _____





2

# Sekolo sa heso

Kotara ya I – Beke ya I – Leqephe la mosebetsi



Ha re etseng

Titjhere ya hao e tla o thusa ho bontsha tsa bophelo ba hao moleng o bontshang nako. Re se re o qalletse yona. Titjhere ya hao e tla o bontsha diketsahalo tse ding tsa bohlokwa.

Sekolo sa hao se butswa ka selemo sefe?	Mosuwehlooho wa hao o tlile sekolong ka selemo sefe?	_____	_____
_____	_____	_____	_____

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____



Ha re ngoleng

Histori ya sekolo sa heno ke efe? Fumana dikarabo dipotsong tsena mme o di ngole dibakeng tse siilweng kholomong ya pele. Jwale taaka ditshwantsho ho bontsha histori eo.

Sekolo sa heno se butswa neng?	Taaka setshwantsho sa sekolo sa heno.
_____	
Mosuwehlooho wa pele e ne e le mang?	
_____	







<p>Lepetjo la sekolo e ne e le lefe? Na e ntse e le lona le kajeno?</p> <p>_____</p> <p>_____</p>	<p>Taaka betjhe ya sekolo.</p>
<p>Bolela ho hong ho kgethehileng ka sekolo. (Mohlomong ho ne ho na le morutwana ya kgethehileng, kapa phihlello e ikgethileng.)</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Taaka sesthwantsho ho bontsha ntho ya bohlokwa ka sekolo.</p>



**Tswelang kantle**

Pele o etsa eng kapa eng kantle, ikotlolle jwaloka ka katse. Sena se tla etsa ho be bonolo hore mmele wa hao o thapolohe. Ikotlolle hape ha o se o qetile ho kokobetsa mmele le ho o phodisa. Sena se tla thusa mesifa ya hao hore e se be bohloko. Jwale etsa se etswang ke bana bana.

<p>Titjhare ya hao e tla bitsa lebitso la hao e nto akgela bolo. Kapa bolo pele e wela fatshe.</p>	
<p>Jwale leka ho kapa bolo ka mokokotlo ha motswalle wa hao a e lahlela.</p>	
<p>Lahlela bolo motswalleng wa hao, o bone hore o ka kgona ho e kenya kamokotlaneng.</p>	
<p>Ikotlolle jwalo ka katse hore o thapolohe.</p>	





# 3

# Tsohle ka nna

Kotara ya 1 – Beke ya 2 – Leqephe la mosebetsi



Ha re bueng

Nahana ka se seng se kgahlisang se ileng sa o etsahalla nakong e fetileng. O bolelle motswalle wa hao ka sona hore a o tsebe ka botlalo.









Ha ke ne ke le dilemo di hlano ke ile ka ya lewatleng.

Ha ke ne ke le dilemo tse 4 ke ile ka wa leboteng



Ha re bueng

Bolella motswalle wa hao ka moo motho enwa a fetohileng ho tloha boseeng ho fihlela e e ba mosadi.

		
lesea	ngwana	ngwana sekolo
		
morwetsana	mosadi / motswadi / mme	motho ya tsofetseng / nkgono







Ha re bueng



Sebetsang dihlopheng tsa lona. Qapang pina mme le tantshe.  
Sehlopheng sa hao, ngola mantswe a pina dibakeng tse siilweng ka tlaase. Jwale bontsha tlelase hore o bina jwang ha o ntse o tantsha.

Large empty rectangular box for drawing or writing.



Clipboard with fields for: Tityhere: Mosaena: Mohla:





# 4

# Boholo le botsofadi

Kotara ya 1 – Beke ya 2 – Leqephe la mosebetsi



Ha re bueng

Bua ka hore bana ba baholo le batho ba baholo ba fapane jwang le wena.

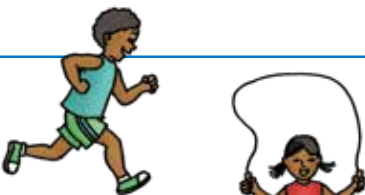




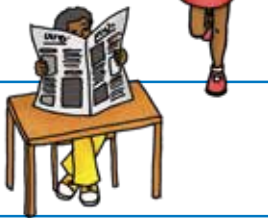



















Ha nako e ntse e tsamaya  
 batho ba a tsofala. Mmala  
 wa moriri o a fetoha,  
 mantswe a bona a fetoha,  
 dinama tsa bona di a  
 eketseha mme ba hlalefa  
 le ho feta.

Batho ba fetoha jwang ha ba hola?



Ha re ngoleng

Ke dintho dife tse latelang tseo o di etsang ho fapana le ka moo batswadi ba hao ba di etsang.

	Nna		Batswadi ba ka	
	Ee	Tjhee	Ee	Tjhee
Ho matha o sa kgathale. 				
Ho tlola. 				
Ho bala koranta. 				
Ho kganna koloji. 				
Ho bapala sefateng. 				





Ha re bineng

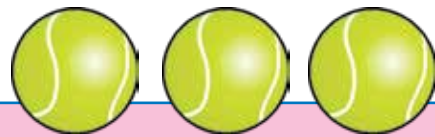
A re itokisetseng ho bina.  
Etsang medumo ena.

Modumo o potlakileng jwalo ka modumo wa ambolense.  
 Modumo o bonolo, jwale ka pina e binelwang ngwana hore a robale.  
 Modumo o tshwanang le wa dinonyana ha di bina.  
 Modumo o motenya jwalo ka tau ha e puruma.



Tswelang kantle

Na o ka kapa bolo?

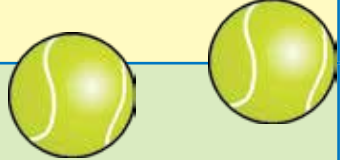
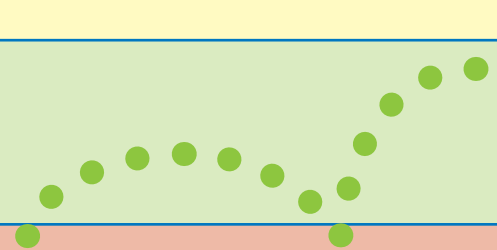


Akgela bolo ya tenese moyeng, mme o e kape ka matsoho a mabedi.



E lahlele hodimo o nto opa diatla pele o e kapa.

Bapadisa bolo ya tenese fatshe.



Jwale etsa bete o sebedisa pampiri e matahantsweng kapa sekoto sa patsi. E sebedise ho otlala bolo fatshe hore e qhome.

Jwale ikotlolle jwale ka katse.





Kotara ya 1 – Beke ya 3 – Leqephe la mosebetsi

# Maikutlo



Ha re bueng

Sheba ditshwantsho tse latelang, bolela hore bana bana ba ikutlwa jwang. Na o kile wa ikutlwa ka mokgwa ona? Tlatsa ka moo ngwana ka mong a ikutlwang ka teng. Sebedisa mantswe a na ho o thusa.

hlomoha

thabile

swabile

tshoha

motlotlo

halefile



Tswelang kantle

Bapala papadi ya thenese ya ba banyenyane o ukwetlisa ho otlela pele le morao.





Ha re bueng

Ke eng se o thabisang?

Ke eng se o etsang hore o hlomohe?

Ke eng se o tshosang?

Ke eng se etsang hore o halefe?



Ha re ngoleng

Ngola hara bukatsatsi ka letsatsi leo o ikutlwileng o thabile haholo. Hlalosa se etsahetseng ho wena.

*Bukatsatsi e ratehang*

Handwriting practice area with horizontal lines.

Ngola hara bukatsatsi ka letsatsi leo o ikutlwileng o hloname. Bolela ho etsahetseng hore o hloname jwalo.

*Bukatsatsi e ratehang*

Handwriting practice area with horizontal lines.







# 6

# Ntho tseo ke di ratang

Kotara ya 1 – Beke ya 3 – Leqephe la mosebetsi



Ha re ngoleng

Bolella sehlopha sa hao hore o rata ho etsa eng(dinitho) haholo. Jwale ngola mabitso a dinitho tse na dibakeng tse siilweng mmapeng wa mohopolo.

Blank pink notepad with two horizontal lines.



Blank yellow notepad with two horizontal lines.



DINTHO  
TSEO KE  
RATANG  
HO DI  
ETSA



Blank purple notepad with two horizontal lines.

Blank green notepad with two horizontal lines.



Blank light blue notepad with two horizontal lines.



Blank light blue notepad with two horizontal lines.



Ha re etseng ditshwantsho

Jwale sebedisa mmapa wa mohopolo ho ngola serapa ka seo o natefelwang ke ho se etsa le hore hobaneng se o natefela.

### Se natefelang haholo




Ha re etseng

Sebedisa hlama ya ho bapala ho etsa sefahleho se thabileng le se hlonameng.



Ha re bueng

Botsa metswalle e 5 hore ke eng seo ba ratang ho se etsa. Khalara boloko e l nako le nako ha ba rata se itseng.

5					
4					
3					
2					
1					
	Ho bina	Ho bala	Ho penta	Dipapadi	Mmetse



Titjhene:  
Mosaeno:  
Mohl:

Ke ntho efe e ratwang haholo?





Kotara ya 1 – Beke ya 4 – Leqephe la mosebetsi

# Maikutlo



Ha re bueng

Shebang ditshwantsho tsena le bue ka hore le ka thusa bana bana ho etsa dintho tse nepahetseng jwang. Taaka karabo tse nepahetseng.

	Na ha o kgone ho lebella moo o yang!	
	Ntshwarele! e re ke o thuse ho phahamisa dintho tsena!	
	Jo! ke ena bolo ya hao.	
	Jo! tsamaya o ilo bapala sebakeng se seng!	
	Ke ya ka, o ka se e fumane.	
	Tlo, ha re arolelane tjhokolete.	



Ha re ngoleng

Metswalle e nepahetseng e etsa eng?



Ha ke etsa ntho e fosahetseng ke kopa tshwarelo.



Ha ke bona metswalle ya ka e sokola ke a ba thusa.







Ngola dintho tse ding tse 4 tseo metswalle e lokileng e di etsang.






Ha re bueng

Sheba ditshwantsho tsena. Bua ka hore o bona eng setshwantshong se seng le se seng. Kgetha setshwantsho se le seng o etse tshwantshiso ka sona.



Jwale ngola tshwantshiso ka setshwantsho seo o se kgethileng. Tlatsa mabitsa a baphetwa kholomong ya pele.




Tswelang kantle

Leka ho etsa dintho tsena tse latelang.

- Matha ho potoloha lebala. Ha titjhene ya hao a re "tjhentjha" o tshwanela ho matha o potapote, o nke tsela e fapaneng.
- Jwale qhomisa bolo o tsamaye o ye pele ka nako e le nngwe.





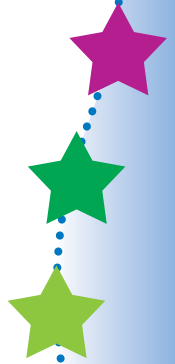


Ha re ngoleng

Etsa setshwantsho sa motswalle wa hao, kapa titjhere ya hao e kgethehileng. Ngola lebitso la hae.



## Batho ba kgethehileng bophelong ba ka



Jwale ngola tlhaloso ya batho bana le hore hobaneng ba kgethehile tjena.






# Tsa bophelo bo botle le thuso ya pele



Ha re bueng

Bua ka se etsahalang setshwantshong sena.

Na o kile wa tswa mokola?  
O lokela ho etsa eng ha o tswa mokola?



Na o tseba moo lebokose la sekolo la Thuso ya Pele le leng? Bolela hokae. Le

## Seo o tlamehang ho se etsa ha o tswa mokola

1 Dula fatshe o dullele pele, hlooho ya hao e shebe fatshe.

2 Tshwara nko ya hao. E kwale metsotso e mmedi, mme o heme ka molomo.

3 Beha ho hong ho batang kamora molala wa hao jwaloka thaole e mongobo kapa maqhwa a phuthetsweng ka thaole.

4 Se mine ha mokola o fela.

5 Ha madi a sa emise kamora metsotso e 15, bona ngaka kapa mooki.

Phutholoha.  
Hangata ha se lebaka la ho tshoha. Hopola ho se ame madi a motho e mong.



# Tlhokomelo ya maqeba



A re baleng

Ha re kgone ho bona dikokwanahloko, empa di hohle. Ha re itshehile, re tshwanetse ho boloka leqeba le hlwekile hore le se kenwe ke dikokwanahloko.



Ha re bueng

Hlalosetsa metswalle ya hao hore leqeba le hlwekiswa jwang.

## Tsela ya ho thibela madi leqebeng

O se ke wa tshwara madi a motho e mong.

Ha o thusa motho e mong rwala ditlelafo tsa matsoho kamehla.

Emisa ho tswa ha madi ka ho phahamisa letsoho hore le be ka hodima pelo.

Leka ho thibela madi ka ho hatella leqeba ka lesela le hlwekileng.

Ha leqeba le tebile mme le ntse le tswa madi, bona ngaka kapa e ya tleliniking.

Fumana nomoro ya tshohanyetso eo o ka e letsetsang. Mohala: \_\_\_\_\_



# Ho tjha

Ha o tshwara ntho e tjhesang o tla tjha.

O lokela ho etsa eng ha motho e mong a tjhele?



1 Tsokotsa leqeba la mollo tlasa metsi a batang metsotso e ka bang 10. Sena se thusa ho phodisa letlalo.



2 Haeba diaparo di itshwareletse mmeleng, o se ke wa di hloobola.



3 Tlohela leqeba la mollo le bulehile mme o bone hore le se be lebe ho feta.



4 Haeba moo o tjheleng ho tebile kapa ho le boholo bo fetang bokahare ba letsoho la hao bona ngaka hang hang.



Tswelang kantle

Qhomela hole.

Nka dithupa tse tharo kapa dikoto tse tharo tsa mohala. Kamora ho qhoma pakeng tsa tsona, di arohanye haholo ho bona hore ke mang ya ka qhomelang hole.

Tshwaya hore o ka tlola sebaka se sekae.

Sheba hore motswalle wa hao a ka tlola ho feta wena.



Tswelang kantle

Etsa kiribae.

Fanang sebaka le motswalle wa hao le be dikiribae.



Jwale nehanang monyetla ho sotha ropo hore metswalle ya hao e tlole.





Ha re bueng

Ho etsahalang ditshwantshong tsenā?  
Batho ba ka tjha jwang?



Ngola melao ya bohlokwa ya ho hopolwa ha o hloka ho thusa ka:

Ho tswa mokola

Maqeba

Ho tjha



# Polokeho ya mmele



Ha re bueng

Re lokela ho hlokomela mmele ya rona.  
 Maikutlo a rona a dumela ha re rata se seng,  
 mme re lakatsa hore se ka tswela pele.  
 Maikutlo a rona ha a dumele ha ho na le se sa  
 re kgotsofatseng, mme re batla hore re emise.



Ha re ngoleng

Tshwaya no ✓ ha setshwantsho se bontsha ketso e  
 bolokehileng, mme X haeaba ketso eo e sa bolokeha.  
 Jwale ngola polelo tlasa setshwantsho ka seng ho bolela  
 hore hobaneng o kgetha hore ho bolokehile kapa tjhe.



Mme o a o rata.

Tlo le nna ka koloing.  
 Ke tla o neha dipompong.

Ha ke o tsebe.  
 Tsamaya!



Ha ke o rate.

---



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Jwale o shebahala o le motle.

---



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## Ho hana

Ha ho bobebe ho hana, empa o tlamehile ho hana ha ho na le se sa o tshwarang hantle.

Ha motho e mong a sa o tshwara hantle, bua ka sena ho motswadi eo o mo tshepang.



Ha re ngoleng

Kgetha batho ba 3 bao o kaba tshepang ebe o bolela hore hobaneng o ba tshepa.

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Ngola hore o ka tlaleha ketsahalo e mpe e etsahetseng jwang ho motho eo o mo tshepang.

---



---



---

Titjhare:

Mosaena:

Mohla:



# Ho itlhokomela



Ha re bueng

Sheba ditshwantsho tse na ka hloko. Bona hore o ka bolela pale. Qetela pudulwana ya ho qetela.

Tloho, ke tla o isa lebenkeleng.



Tjhe, ntlohele!



Ho etsahetseng?



Blank writing area with horizontal lines for a response.



Ha re bueng

Buisanang kahoo ngwanana a ikutlwileng kateng, seo a se entseng le seo wena o ka beng o se entse maamong a jwalo.



Ha re ngoleng

Ngola melawana e mehlano ya polokeho.  
Qala molao o mong le o mong ka:

Bana ha ba a tlameha ho...

Handwriting practice area with a spiral binding at the top and several horizontal lines for writing.



Ha re etseng

Etsa lesira ho bontsha maikutlo.

Nka qeto ya hore o rata hore sekasefahleho sa hao se bontshe eng.

Etsa setshwantsho pampiring.

E sehe.

Seha mahlo.

Kgabisa ka pampiri ya mmala.



Tswelang kantle

Itokisetse ho matha lebelo.

Ema boemong bo nepahetseng ba ho qala lebelo.

Mamela titjhere ya hao e re:

Ka mangwele fatshe, loka, matha!

Jwale etsa tsela e sitisang.



Titjhere:  
Mosaeno:  
Mohla:



# Ho tshwara mmele wa ka o bolokehile



Ha re bueng

Re na le boikarabelo ba ho boloka mmele ya rona e phetse hantle. Bana bana ba etsang se nepahetseng mmeleng ya bona?



## Ke dintho dife tse sa lokang tseo batho ba di etsang?

Na o a tseba hore ho tsuba ha ho a loka mmeleng ya rona?

Na o a tseba hore motho ha a tsuba pela hao ha ho a loka mmeleng wa hao?

Ho tsuba ho senya mmele ya rona jwang?



Ha re ngoleng

Taka polelo e nngwe le e nngwe ka letshwao la nnete le mafosisa ho bontsha hore ntho ke **nnete** kapa **mafosisa**.

	Kwae e na le tatso e monate.
	Ha ke dula pela motho ya tsubang sena se ka silafatsa mmele wa ka.
	Ho tsuba ho ka etsa meno a hao a be masehla.
	Ho tsuba ho baka mafu a lehano.
	O ka tshwarwa ke sefuba se sebe ka lebaka la ho tsuba.
	Ho tsuba ho ka baka kankere.



# Melao ya bophelo bo botle

Ke tshwanetse ho hlatswa meno kamora ho ja le pele ke ilo robala. Ke tlamehile ho kama moriri pele ke ya sekolong. Ke tshwanetse ho hlatswa meno kamora ho ja le pele ke ilo robala. Ke tshwanetse ho boloka manala a makgutshwane mme a hlwekileng. Ke tlamehile ho hlatswa matsoho kamora hore ke kgutle ntlwaneng. Ke tshwanetse ho hlatswa matsoho a ka ha ke hlaha ntlwaneng le pele ke tshwara dijo.



Ha re ithabiseng

Ba lokela ho apara eng hore ba dule ba bolokelehile? Nyalanya ditshwantsho ka ho taka mola ho tloha ditshwantshong tse moleng o hodimo ho leba ditshwantshong tse nepahetseng moleng o ka tlaase.



Eba mafolofolo ka ho bapala papadi ya kerikete ya ba banyenyane.



Ha re ithabiseng

Titjhere ya hao e tla bapala mmimo o itseng. E mamele mme hamorao o otle monwana wa hao ho latela morethetho desekeng ya hao.





14

# Ditokelo le boikarabelo

Kotara ya 1 – Beke ya 8 – Leqephe la mosebetsi



A re baleng



Ka nako tse ding bana ba tlameha ho thusa ba habo bona ka mosebetsi.

Empa bana ha ba tlameha ho sebetsa ka thata jwale ka batho ba baholo.



Bana ba tlamehile hore ba be le nako ya ho bapala le ho ya sekolong.



Sheba ditshwantsho tsena. Etsa letshwao mesebetsing e loketseng bana? Tadima ditshwantsho tsena. Tshwaya mesebetsi e loketseng bana. Jwale ngola polelo tlasa setshwantsho ka seng ho bolela hore hobaneng o hopola hore o loketse kapa ha o a lokela bana.

 <p>Anna o rekisa ditholwana letsatsi lohle, mme o sitwa ho ya sekolong.</p>	 <p>Ka mora nako ya sekolo Lisa o nosetsa serapa sa meroho.</p>



 <div data-bbox="631 267 748 369" style="border: 1px solid green; width: 67px; height: 45px; margin-left: 10px;"></div> <p data-bbox="286 539 737 641">Peter o jara ditene hobane o sebeletsa seahi.</p>	 <div data-bbox="1274 267 1390 369" style="border: 1px solid green; width: 67px; height: 45px; margin-left: 10px;"></div> <p data-bbox="946 539 1310 641">Jabu le Bongi ba thusa ho hlatswa.</p>



Ha re bueng

O etsa mosebetsi o feng hae? O etsa mosebetsi o feng sekolong ho thusa titjhere wa hao?




Tswelang kantle

Etsisa ho etsa mesebetsi e itseng e fapaneng. Sehlopha sa hao se nohe hore ke mesebetsi efe eo o e etsang.



Tlamma maoto ebe le a matha.



Jwale kwetlisa ho raha bolo ya maoto mme o bone hore o ka e rahela bohole bo bokae.







Ha re bueng

Bolella motswalle wa hao hore bana  
bana ba roba melao e feng.



Sekolo se seng le se seng  
se na le melao e thusang  
tsamaiso ya sekolo hantle.

Tlase e nngwe le e  
nngwe e na le melao eo re  
tlamehang ho e latela.





Ha re ngoleng

Ngola melao e mene ya sehlopha ya hao.

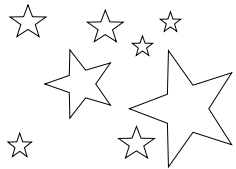


A large spiral-bound notebook with several blank horizontal lines for writing.

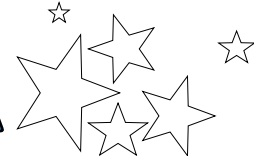












Ha re bueng

Bala ditokelo le boikarabelo bona, mme o bue le motswalle wa hao hore e nngwe le e nngwe e bolela eng.



# BOIKARABELO BA BATJHA BA AFRIKA BORWA



<p><b>Tekatekano</b></p> <p>Tshwara motho e mong ka ho lekana le ka tshwanelo. O se ke wa kgetholla.</p> 	<p><b>Seriti sa Botho</b></p> <p>Hlompha motho e mong le e mong. Eba le mohau mme o hlokomele ba bang.</p> 	<p><b>Bophelo</b></p> <p>Bophelo bohle bo bohlokwa. Hlompha bophelo bohle.</p> 	<p><b>Lelapa</b></p> <p>Hlopha le ho hlokomela batswadi ba hao. Eba mohau le ho tshepahalala ho ba lelapa la hao.</p> 
<p><b>Thuto</b></p> <p>Kena sekolo, ithute le ho sebetsa ka thata. Hlompha melao ya sekolo.</p> 	<p><b>Mosebetsi</b></p> <p>Thusa ba lelapa la hao ka mosebetsi wa lapeng. Bana ha ba a tshwanela ho hatellwa ho batla mosebetsi.</p> 	<p><b>Tokoloho le tshireletseho</b></p> <p>O se ke wa utlwisa ba bang bohloko, o se iketse mmampodi kapa wa dumella ba bang ho etsa jwalo. Rarolla dikgohlano ka mokgwa wa kgotso.</p> 	<p><b>Thepa</b></p> <p>Hlokomela thepa ya ba bang. O se ke wa senya le ho utswa thepa ya ba bang.</p> 
<p><b>Bodumedi, Tumelo le Maikutlo</b></p> <p>Hlompha ditumelo le maikutlo a ba bang.</p> 	<p><b>Thepa</b></p> <p>Hlokomela lefatshe. O se ke wa senya metsi le motlakase. Hlokomela diphoofolo le dimela tsa naha. Boloka lelapa le ticoloho di hlwekile di bolokehile.</p> 	<p><b>Boahi</b></p> <p>Eba moahi wa Afrika Borwa ya tshepahalang ya lokileng. Ikamahanye le melao, mme o netefatse hore le ba bang ba etsa jwalo.</p> 	<p><b>Bolokolohi ba ho hlahisa maikutlo</b></p> <p>O se ke wa tsamaisa leshano le lehloyo. Hlokomela hore ba bang ha ba rwakuwe kapa ho utlwiswa bohloko.</p> 







Kotara ya 1 – Beke ya 8 – Leqephe la mosebetsi

# 16a Matsatsi a bodumedi le matsatsi a mang a kgethehileng



Ha re bueng

Kgetha e nngwe ya ditumelo tse na. Fuputsa haholwanyana ka yona. Lokisetsa tlelase ya hao pehelo. Leka ho tla le dibuka kapa ditshwantsho ho bontsha sena.



boHindu



boIslam



boJuda



boKeresete

Re tshwanela ho hlomphe batho ba ditumelo kaofela.

Bodumedi ba hao ke bofe? \_\_\_\_\_

Bodumedi ba motswalle wa hao wa hloho ya kgomo ke bofe? \_\_\_\_\_

Mohla: .....



# Re a hlahloba

16b



Ha re ngoleng

Tlatsa karete ka wena.

Lebitso la ka \_\_\_\_\_

Sefane sa ka ke \_\_\_\_\_

Letsatsi la ka la tswalo ke \_\_\_\_\_

Kereiti ya ka ke \_\_\_\_\_

Sekolo sa ka ke \_\_\_\_\_

Nomoro ya ka ya mohala ke \_\_\_\_\_

Aterese ya ka ke \_\_\_\_\_

Nomoro ya tshohanyetso ke \_\_\_\_\_

Papadi ya ka eo ke e ratang ke \_\_\_\_\_

Mmala oo ke o ratang haholo ke \_\_\_\_\_

Motswalle wa ka wa hloho ya kgomo ke \_\_\_\_\_

Ke eng se nthabisang \_\_\_\_\_

Ke eng se ntlhomolang \_\_\_\_\_

Ke eng se nkgalefisang \_\_\_\_\_

Seo ke se tsebang haholo \_\_\_\_\_

Kotara ya 1 – Beke ya 8 – Leqephe la mosebetsi

Tithere:  
Mosaeno:  
Moha:



Ha re bueng

Sheba dihlotshwana tsa dijo mme o bue le motswalle wa hao ka tsona: Ke dijo difeng sehlopheng se seng le se seng? Hobaneng sehlopha se seng le se seng sa dijo se re loketse?

## Diporoteine

Diporotine di haha disele tse ntjha hore mmele ya rona e hole.



## Divitamine

Divitamine le diminerale di thusa mmele ya rona ho lwantsha tshwaetsano le ho dula re phetse hantle.



Tswelang kantle

Kopa titjhare ya hao ho o bontsha ho bapala "founu e robehileng". Hamorao kwetlisa ho akgela bolo.



# Dikhabohaetereite

Dijo tse na di re etsa hore re be mafolofolo.



## Deiri

Dijo tsa lebesa di matlafatsa masapo a rona, haholo ha re sa le batjha mme masapo a rona a sa hola.



Ha re ngoleng

Etsa lenane la dijo tseo o di jeleng maobane. Kholomong ya ho qetela, bolela hore dijo tseo ke diporotheini, dikhabohaedereiti, tholwana kapa moroho.

Dijo tseo ke di jeleng maobane	Mofuta wa sejo







18

Kotara ya 2 – Beke ya 1 – Leqephe la mosebetsi









# Mekgwa ya rona ya ho ja

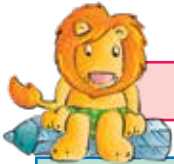


Ha re bueng

Botsa metswalle ya hao e mene ka seo ba ratang ho se ja. Sheba dijo tse fapaneng mme o take (✓) ha o rata dijo, le (✗) ha o sa rate dijo.

Tlatsa mabitso a ditso tse sehlotshwana sa metswalle ya hao.



Ha re ngoleng

Sheba tafole eo o e tlatsitseng mme o arabe dipotso tse na.

Ke dijo difeng tseo metswalle ya hao e sa di ratesiseng?

O nahana hore metswalle ya hao e na le kgetho e nepahetseng ya dijo?

Hobaneng o nahana jwalo?



Ha re ithabiseng

Kopa titjhare ya hao ho o bontsha ho bapala founu e robehileng.





Ha re ngoleng

Ngola lenane la dijo tse nepahetseng tseo re lokelang ho di ja ka mehla.

Spiral notebook with blank lined pages for writing.

Re tshwanetse ho qoba eng?

Letswai le lengata hoba le tla re neha phallo e phahameng ya madi ha re se re hodile.

Tswekere e ngata hoba e tla re neha lefu la tswekere ha re se re hodile.

Tswekere e ngata hoba e a nontsha.

Dinomaphodi, dikuku le ditjhipisi tse ngata.



Ha re ngoleng

Ngola resepe ya sejo seo o se ratang haholo.



Resepe ya \_\_\_\_\_

Ke hloka disebediswa dife?

Ke tshwanetse ho latela ditaelo dife?

Clipboard with fields for: Tithere: Mosaeno: Mohla:

# 19

# Mekgwa e metle ya ho ja



Ha re ngoleng

Thabo le Nomsa ba tseleng ya ho ya khefing ya Sunshine. Ba lokela ho reka dijo tseo ba tla di pheha mantsiboya. Ba thuse ho etsa menyu wa dijo tseo.



Tswelang kantle

Nehanang monyetla ho sotha ropo hore motswalle wa hao a tlole.







Ha re ngoleng

Ngola dintho tseo ba lokelang ho di reka, bontsha le theko ya tsona lenaneng la ntho tseo ba tlo di reka. Thabo le Nomsa ba lefile bokae ha ba reka dijo?

Lenane la ntho tse rekwang

Theko

Lenane la ntho tse rekwang	Theko



Ha re ngoleng

Tsela tsa hao tsa ho ja di nepahetse? Kgabisa ka sefahleho se bonyang ho bontsha mokgwa o nepahetseng wa ho ja.

Mekgwa ya ka ya ho ja

	Ee	Tjhe
Ke ja ka pela TV ka mehla		
Ke rata ditholwana le meroho		
Ke rata dijo tse mafura jwalo ka ditjhipisi		
Ha ke rate metsi, ke rata dinomaphodi		
Ha ke je meroho		
Ke hlafuna dijo tsa ka hantle		
Ke ja dijo tsa hoseng pele ke ya sekolong		



Bala hore o kgabisitse difahleho tse bontshang ho bonya tse kae. \_\_\_\_\_



# Ho ja hantle

Ha re etseng

Taaka kapa o kgorametsa ditshwantsho tsa dijo ho bontsha dijo tsa phepo e ntle.



A re baleng

## Melao ya ho ja hantle

Hlatswa matsoho pele o tshwara dijo.

Se siye dijo di sa kwahelwa.

Se je dijo tsa kgale kapa tse bodileng.

Sebedisa mahlaku a meroho ho etsa  
moitedi tshimong.

Lema meroho ya hao.



Ha re etseng

Taaka setshwantsho ho bontsha e meng ya melao ena.





# Dikokonyana

Kotara ya 2 – Beke ya 3 – Leqephe la mosebetsi



Ha re bueng

Bua ka karolo tsa mmele tse fapaneng tsa dikokonyana.

Dikokonyana di na le karolo tse tharo tsa mmele: hlooho, karolo e ka hodimo ya mmele, karolo e ka tlase ya mmele. Di na le maoto a tsheletseng le dinakana tse pedi.



Ha re etseng

Fana ka mabitso karolong tse fapaneng tsa mmele. Etsa mola o tlohang lebitsong le nepahetseng ho ya ho karolo ya mmele e nepahetseng.

Hlooho

Manaka

Karolo e ka hodimo ya mmele

Leihlo

Leoto

Karolo e ka tlase ya mmele



Tswelang kantle

Boba jwaloka notshi, fofa jwaloka serurubele mme o tlole jwaloka tsie. Jwale o loketse papadi ya bolo!



Ha re ngoleng

Etsa mola ho bapisa lebitso le kokonyana e nepahetseng.  
Bolela hore ke dikokonyana dife tse kotsi le tse molemo ho rona.



Notshi



Monwang



Ntsintsi



Bohlwa



Tsie



Serurubele



Maleshwane



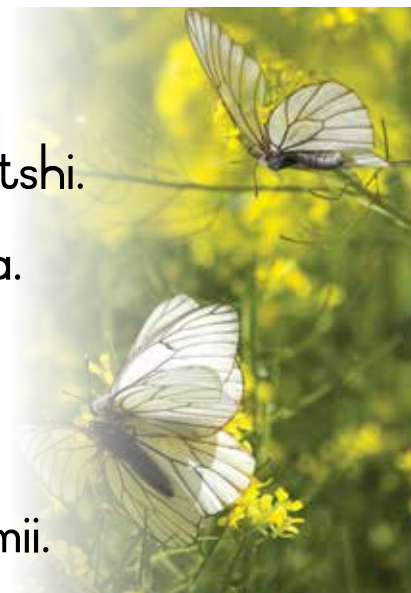
Mmoto

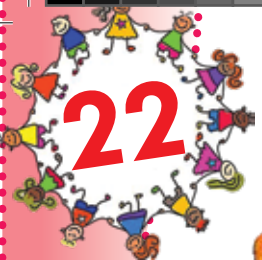


Ha re ngoleng

Jwale tlatsa dikgeo ka mantswe a  
ka hodimo a nepahetseng.

\_\_\_\_\_ e etsa mahe a dinotshi.  
 \_\_\_\_\_ se nontsha dipalesa.  
 \_\_\_\_\_ o hasanya malaria.  
 \_\_\_\_\_ e hasanya mafu.  
 \_\_\_\_\_ di ja dijalo tsa balemii.





# 22

## Tse ding ka ha dikokonyana



Ha re bueng

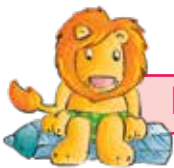
Sheba ditshwantsho tse latelang o bolelle motswalle wa hao hore hobaneng dinotshi di le molemo ho rona.



Dinotshi di hasanya monontsha. Sena se bohlokwa hore dijalo di hole.



Dinotshi di etsa mahe a dinotshi/mamepe.



Ha re ngoleng

Ngola lebitso la kokonyana e nngwe le e nngwe sebakeng se latelang.



\_\_\_\_\_ se nyanya lero dipaleseng.



\_\_\_\_\_ e na le maoto a matla a morao hore e qhome.





\_\_\_\_\_ bo sebedisa  
dinakana tsa tsona ho buisana le tse ding.



\_\_\_\_\_ hasanya monontsha ho tloha  
sejalong se seng ho ya ho  
se seng.



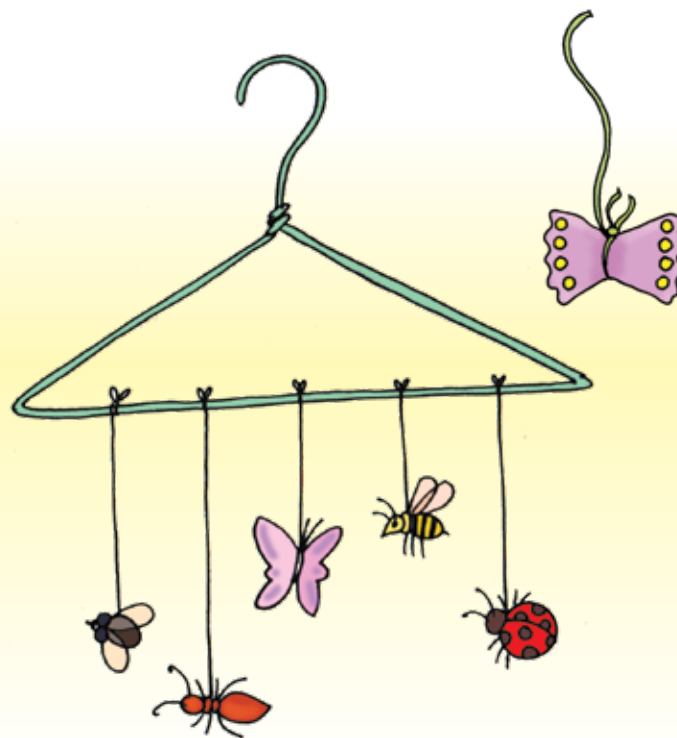
\_\_\_\_\_ di hasanya kokwana hloko.



Ha re etseng

Etsa kokonyana e tsamaye.

- E tla le hangere ho tswa hae.
- Seha kokonyana leqepheng le ka morao ho buka.
- Di fanyehe hengareng ya jase.



Titjhere:  
Mosaena:  
Mohla:





Kotara ya 2 – Beke ya 4 – Leqephe la mosebetsi

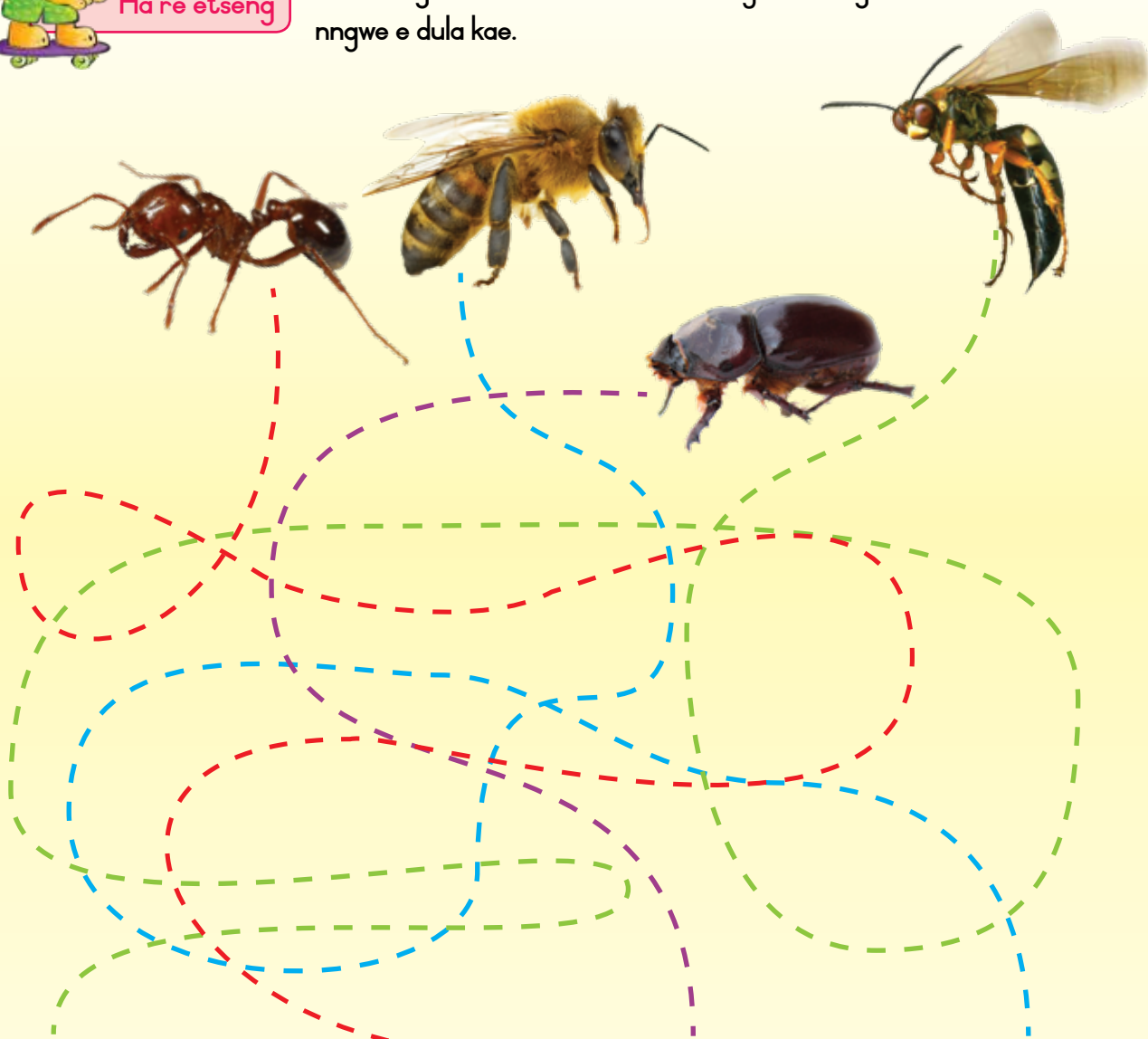
23

# Mahae a dikokonyana



Ha re etseng

Latella kgwele ho fumana hore kokonyana e nngwe le e nngwe e dula kae.





Ha re etseng

Tsamaya ho pota lebala la sekolo o leke ho bona dikokonyana tse fapaneng tseo o ka di fumanang.



Ha re ngoleng



O bone dikokonyana difeng ka ntle? Kgetha e le nngwe o ngole lebitso la yona mona.

Kokonyana ena e ja mofuta ofeng wa dijo?

Kokonyana ya hao e tsamaya butle kapa kapele?

Kokonyana ya hao e molemo? Hobaneng o re jwalo?

Kokonyana ya hao e kotsi jwang? O ka etsa eng ha e o lomme?



Ha re ithabiseng

Jwale rala le ho taaka kokonyana ya hao mme o e rehe lebitso.





# Bontsha bokgoni ba hao



Ha re etseng

## Etsa serurubele sa hao

O tla hloka: Pampiri ya A4  
 Kerayone ya mafura  
 Sekere  
 Sekgomaretsi  
 Peipi ya ho hlwekisa  
 Rolo ya pampiri ya ntlwaneng e se nang pampiri



Taaka setshwantsho sa serurubele, o bontshe mmele wa sona o mosesane, o molelele. Le mapheo a mabedi. Kgabisa mapheo a serurubele sa hao ka paterone tsa mmala e fapaneng. Etsa hore mapheo ka bobedi a tshwane. Seha serurubele. Kgorametsa mmele wa serurubele rolong ya pampiri ya ntlwana. Etsa dinakana o sebedisa sehlwekisi se mennweng habedi. E kgorametse hlohong ya serurubele.





**Tswelang kantle** Leka dipapadi tsena.



**Seteishene 1:**

**Baseketebolo:** Otlanya bolo fatshe o matha matswedintsweke.



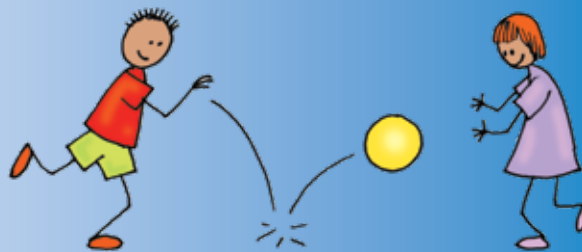
**Seteishene 2:**

**Hoki:** Sebedisa molamu wa hoki ho tsamaisa bolo ho e isa dipalong.



**Seteishene 3:**

**Netebolo:** Lahlela bolo o lahlelle motswalle wa hao o ntse o matha.



**Seteishene 4:**

**Rakebi:** Matha ka bolo o e fetise.



**Seteishene 5:**

**Bolo ya maoto:** Rahela bolo dipalong.



# Masakana a bophelo

Lesakana la bophelo le bontsha mehato e fapaneng ya tswelopele. Mehato e latela tsela e itseng. Sheba bophelo ba senqanqane le serurubele mme o bue ka mehato e fapaneng ya bophelo.

## Lesakana la bophelo ba senqanqane



Ha re bueng

Sheba setshwantsho o bontshe hore senqanqane se fetoha eng nakong ya sona ya bophelo.

- 1 Dinqanqane tse pedi di a kopana hore di nontshe mahe.
- 2 Senqanqane se setshehadi se behela mahe.
- 3 Mokudubete o monyenyanane o nang le matshwafohlapi a ka ntle le mohatla wa lephewana la hlapi.
- 4 Mokudubete o hola maoto.
- 5 Mohatlana o a nyamela.
- 6 Senqanqane se seholo se seng se na le matshwafo le ho lahla matshwafohlapi a ka ntle.

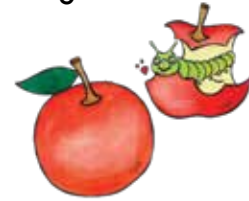
Mohla: .....



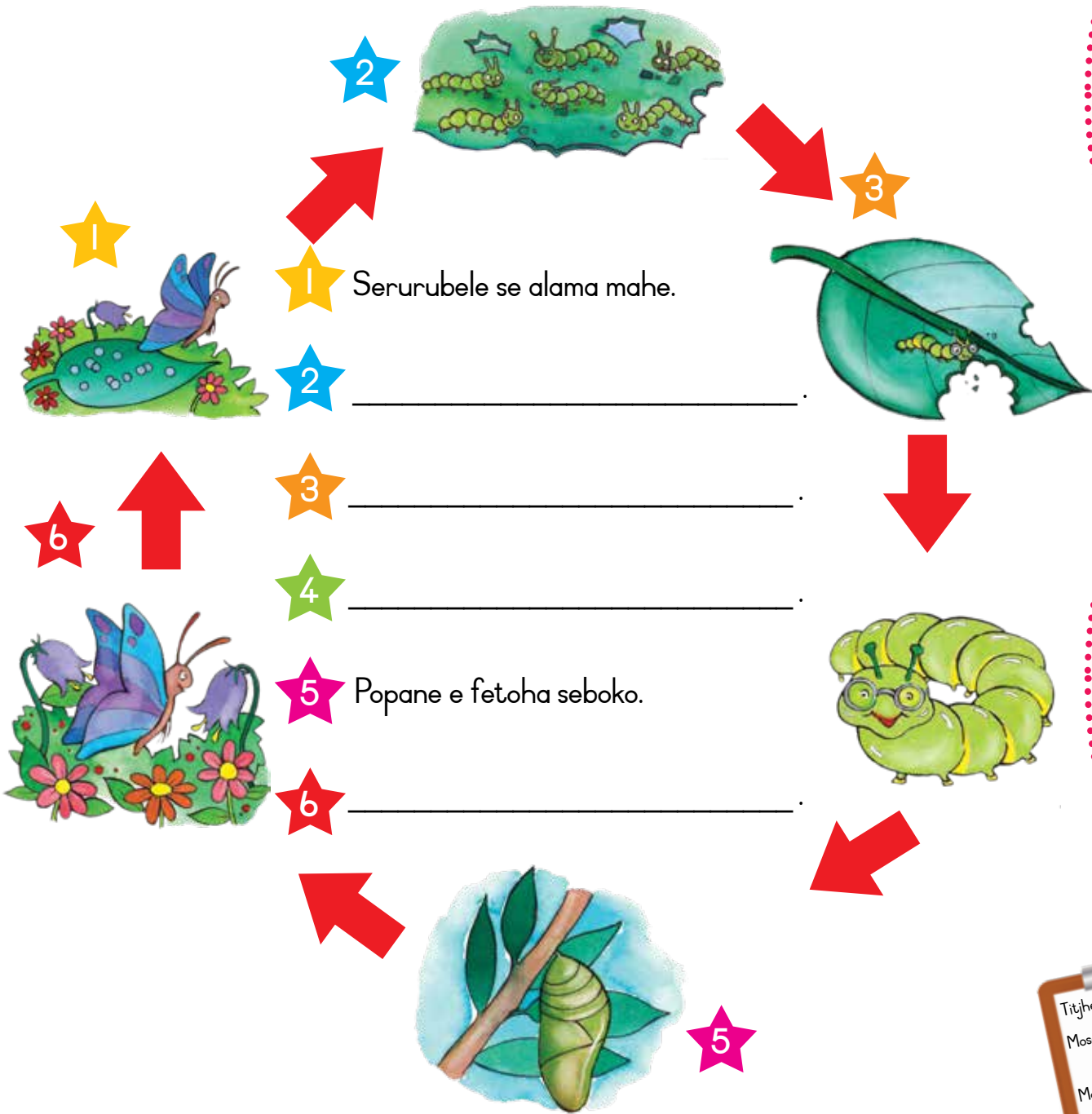


Ha re etseng

Jwale tadima ho potoloha ha bophelo ba serurubele.  
Tlatsa se etsahalang sebopelong se seng le se seng lesakaneng  
ya bophelo. Re o thusitse ka maemo a mabedi.



## Lesakana le bontshang bophelo ba serurubele



Tithere: \_\_\_\_\_  
 Mosaena: \_\_\_\_\_  
 Mohla: \_\_\_\_\_



# Masakana a bophelo

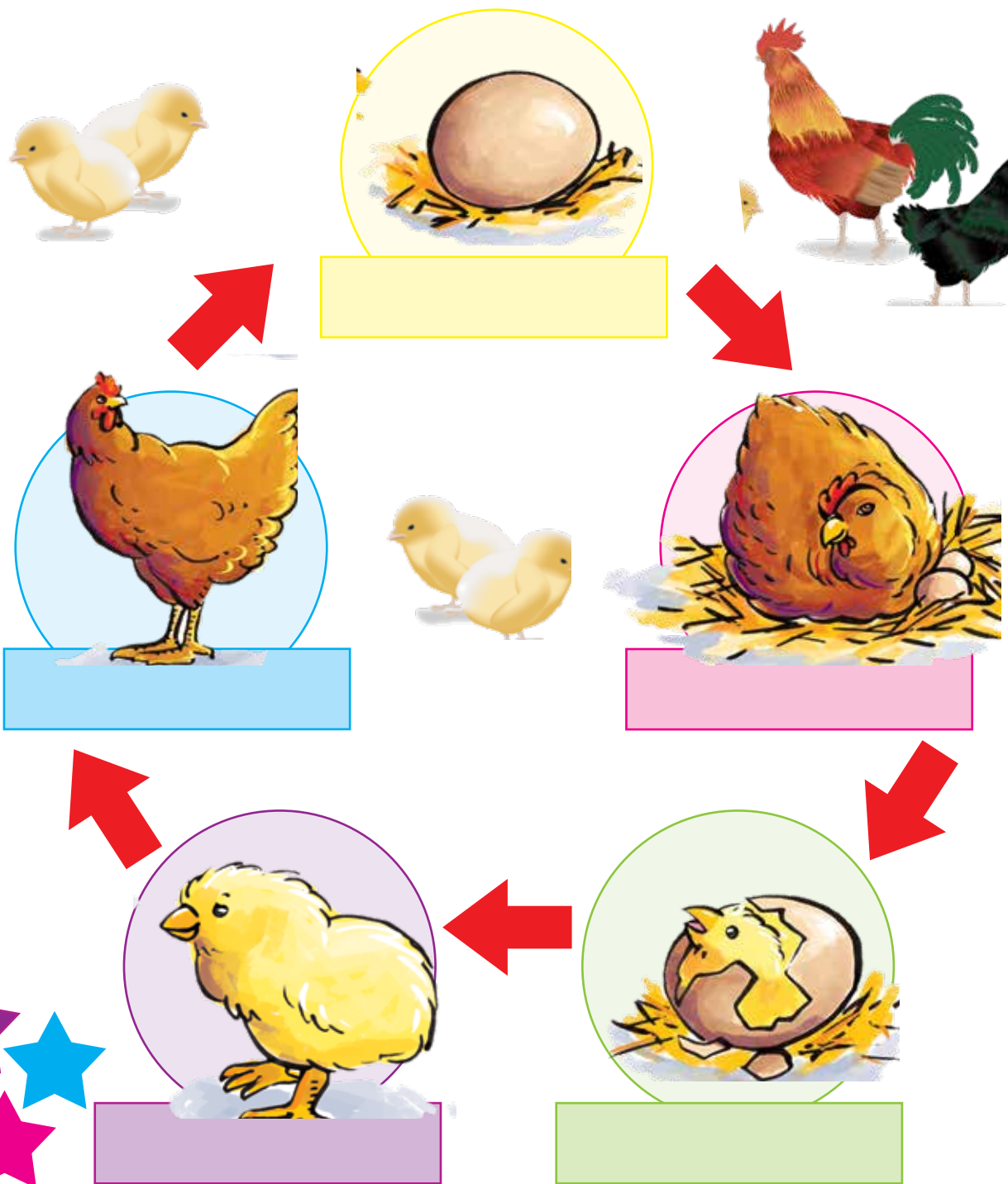
Kotara ya 2 – Beke ya 5 – Leqephe la mosebetsi



Ha re bueng

Sheba ditshwantsho o bue le motswalle wa hao ka bophelo ba kgoho.  
Jwale ngola se etsahalang boemong bo bong le bo bong.

## Bophelo ba kgoho





Ha re etseng

Jwale etsa lesakana la hao la bophelo. Fana ka mabitso setshwantshong se seng le se seng lebiding la pale ho bontsha lesakana la bophelo ba katse. Sebedisa dihlooho tse latelang ho o thusa.

Nomora mehato 1-4 o di sebedise lebiding la pale.

Katse e nyenyane e a hlaha.	Katse e kgolo.
Katse ya mme e emere dibeke tse 9.	Katse ya mme e nyantsha madingane a yona.

## Lesakana la bophelo ba katse

Titjhene:  
Mosaena:  
Mohl:





# Phoofolo ya ka ya setswalle



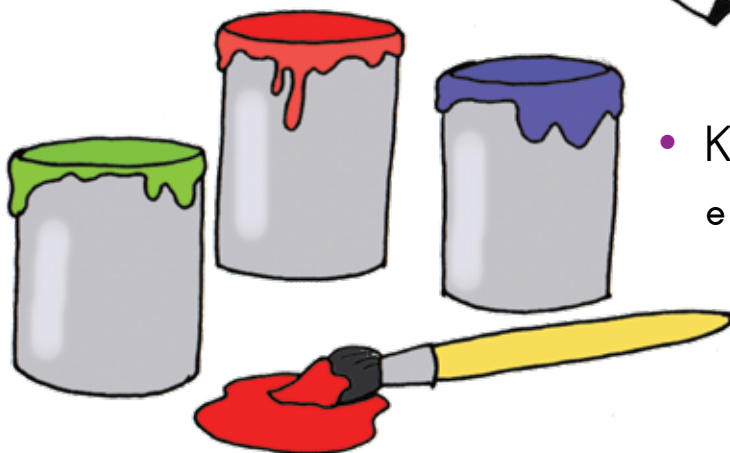
Ha re etseng

Etsa mmaseke wa phoofolo ya setswalle.

O tla hloka: Pampiri ya A-4  
Pensele  
Pente ya phofo le metsi  
Dithupa tsa ho hlwekisa ditsebe



- Etsa setshwantsho sa sefahleho sa katse pampiring.



- Kopanya dipente ho etsa mebala e meraro e fapaneng.

- Sebedisa thutswana ya ditsebe mmaleng o mong le o mong.



- Etsa matheba a mmala e fapaneng ho kgabisa.





Ha re bueng

Bolella motswalle wa hao ka phoofolo ya hao ya  
setswalle kapa ya mang feela.  
Bolela hore o lokela ho e hlokomela jwang.



Ha re etseng

Taaka ditshwantsho tsa ntho tse nne tseo o  
tlamehang ho di etsetsa phoofolo ya hao ya  
setswalle. Jwale ngola se hohelang ka tlasa  
sehlooho se seng le se seng.



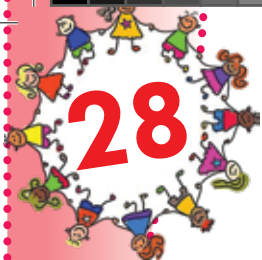
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Empty rectangular box with a purple border and a horizontal line at the bottom for writing.





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# Tlhokomelo ya tikoloho ya rona

Kotara ya 2 – Beke ya 6 – Leqephe la mosebetsi



Ha re bueng

Sheba diphousetara tse latelang o buwe le motswalle wa hao hore di o bolella eng.



Sheba letshwao la ho ntjhafatsa dintho.  
O kile wa bona letshwao le tjena hokae?



Tswelang kantle

Na o ka etsa tantshe o sebedisa dihupu le malente?







**A re baleng**

Re ka boloka tikoloho e hlwekile jwang?

Re lokela ho hopola **FS** le **N**.



**Fokotsa:** Re lokela ho fokotsa ho lahla dinto hohle.

**Sebedisa hape:** Re lokela ho sebedisa dinto tse ding hape pele re ka di lahla.

**Ntjhafatsa:** Re lokela ho fumana mokgwa wa ho sebedisa pampiri,  
dibotlolo le makotikoti.



**Ha re ngoleng**

Tafoleng e latelang ngola mabitso a ntho tseo o ka di ntjhafatsang "recycle". Re se re o qalletse lenaneo.



Ntjhafatsa kgalase	Ntjhafatsa polasitiki	Ntjhafatsa pampiri	Etsa moitedi
Botlolo tsa kgale	Mekotlana ya polasitike	Dikoranta	Mahlaku a meroho



# Ntjhafatsa



Ha re ngoleng

Etsa mola o tlohang dinthong tse ka letsohong le letshehadi ho isa nthong tse ka letsohong le letona. Bontsha hore di ka sebediswa jwang ho etsa dintho tsa bohlokwa.



Jwale etsa mme o ngole mabitso a seo o ka se etsang o sebedisa dintho tse ntjhafaditsweng.

Lebitso la ntho	Taaka setshwantsho se kgethiehleng sa ntho.
E entswe ka	



Ha re ngoleng

Nahana ka dintho tse ka etsang moitedi o motle. Ngola lentswe le leng le le leng ka tlase kholomong e nepahetseng ho qetella tafole. O ka nahana ka tse ding tsa ntho tsa hao, di arohanye ho latela kholomo tse nepahetseng.

mekotlana ya polasitike

dihaba tsa meroho

manala

makotikoti a senomaphodi

dikgaketlana tsa mahe

Dintho tse sa boleng	Dintho tse bolang



Ha re etseng

Etsa phousetara e bontshang thibelo ya ho lahla dintho fatshe. Etsa setshwantsho o ngole molaetsa.







Kotara ya 2 – Beke ya 7 – Leqephe la mosebetsi

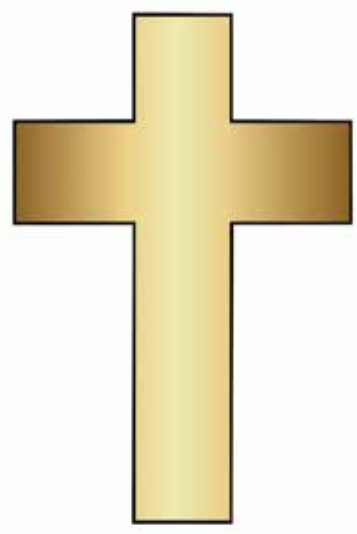
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# Matsatsi a bodumedi le a mang a kgethehileng



Ha re bueng

Bua le motswalle wa hao ka ditumelo tse fapaneng tse sebedisang matshwao ana. Bontsha hore ke lefeng leo e leng la tumelo ya hao. Ha o sa bone letshwao, le etsetse motswalle wa hao.



Sefapano ke letshwao le bontshang bokresete.



Kgwedi e tolokileng le naleli di etsa letshwao la Islam.



Letshwao la ma Juda ke naleli ya David. Morena David e ne e le morena wa Maiseraele.



Letshwao la ma Hindu ke letshwao la OM. Le ngotswe ka puo ya kgale ya Sanskrit e leng puo ya India.

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Mohla: .....

# Dibaka tse fapaneng tsa thapelo



Ha re etseng

Etsa mola o bapisa tumelo e nngwe le e nngwe le sebaka sa thapelo. Ngola lebitso la moaho ka tlasa setshwantsho.

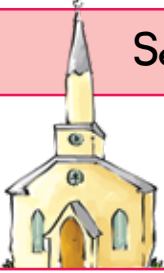
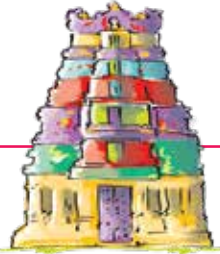


tempele

synagogue

mosque

kereke

Tumelo
Islam
Hinduism
Bokeresete
Judaism

Sebaka sa thapelo	
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 <input type="text"/>	 <input type="text"/>



Ha re etseng

Botsa metswalle e mene hore tumelo ya bona e emelwa ke letshwao lefe. E ngole pela mabitso a bona.

Lebitso la motswalle	Letshwao

Kotara ya 2 – Beke ya 8 – Leqephe la mosebetsi





# LENGOLO LA BOPAKI

la ho geta kereiti ya 3

Bokgoni ho tsa Bophelo buka 1

e abetswe

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Tlatsa lebitso la hao

Letsatsi \_\_\_\_\_

Titjhere \_\_\_\_\_





# Bukantswe ya ka

**A**  
**a**

**G**  
**g**

**B**  
**b**

**H**  
**h**

**C**  
**c**

**I**  
**i**

**D**  
**d**

**J**  
**j**

**E**  
**e**

**K**  
**k**

**F**  
**f**

**L**  
**l**



# Bukantswe ya ka

M  
m

S  
s

N  
n

T  
t

O  
o

U  
u

P  
p

V  
v

Q  
q

W  
w

R  
r

X-Z  
x-z

