

IBALI LAM LASE

# MZANTSI AFRIKA

## LE CORONAVIRUS

INCWADI I (AMABANGA 1-4)



IMPENJELELWE NGU  
"MY PANDEMIC STORY"  
14TH ED. (KLIMAN ET AL)

BETH SILBERT,  
TEMBEKA MZOZOYANA,  
PATTI SILBERT

***Incwadi yokusebenza yomsebenzi okhokelwayo yolutsha lwaseMzantsiAfrika, iintsapho, ootitshala kunye nabagcini babantwana, ngokubhekisele kushicilelo lwe14, “Ibali Lam lombulalazwe”.***

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*Umphandle wenziwe: Gabriel Sieff*

*Abaguquleli: Nomfundo Mfobo; Tholisa Matheza*

### **Intshayelelo kwiNcwadi yeMisebenzi eKhokelwayo ka- 2020: Mzantsi Afrika**

Abantwana kwiintlanga ezingaphezulu kwama - 200, bajongene nemiceli-mingeni yezigulo zengqondo ngexesha lombulalazwe we COVID-19: izigidi ikakhulu zabantu abadala ababathandayo bayagula kwaye basenokusweleka; umceli-mngeni wesibini wesigulo sengqondo luxindezelelo lwengqondo olunxulumene nokuvalwa kwezikolo kunye nokuvalelwa. Amava okuzahlula nawo akhokelele ekwandeni kweepatheni zobundlobongela basekhaya kunye nendlala kubantu abaninzi, zibeke iimfuno ezimandla zomzimba nezengqondo ebantwaneni kunye nakwiintsapho zabo.

Abantwana kunye neentsapho zabo bajongene amanqanaba ahlukeneyo yomothuko. Siyazi ukuba abantwana kunye nolutsha olulambileyo, olunoxindezelelo, abothukileyo kunye naboyikayo abakwazi ukufunda ngokuyimpumelelo. Ngaphezulu kunakuqala, inkxaso ye yengqondo kubaluleke kakhulu – ingakumbi kuluntu olujongene neengxubakaxaka ezininzi nezisigxina.

Ngelixa iinzululwazi zelizwe zombulalazweziphanda ngeemvavanyo ezingcono, unyango kunye namachiza abazali, ootitshala kunye nabagcini-bantwana ndawoyonke banethuba lukuphucula ulwazi kunye nezempilo ngokwasengqondweni nabantwana babo. Le ncwadi yokusebenza yemisebenzi ekhokalayo ilinyathelo elincinci ukuya kwelo cala. Yeyokunika “uncedo lokuqala lonxinzelelo lwengqondo” ngoku.

**Gilbert Kliman, M.D., Medical Director, The Children’s Psychological Health Center, Inc.**

**Ilungiselelwe liPhulo Lophuculo Lwezikolo ngentsebenziswano no Beth Silbert (Shine Literacy) kwimeko yaseMzantsi Afrika.**

## Isikhokelo sooTitshala, Abazali, ooTamkhulu nooMakhulu kunye nabanye Abagcini-bantwana

Njengamntu osebenza nabantwana, kulilungelo lakho ukuzama ukubanceda baqhagamshelane nawe ngexesha lokubaluleka kakhulu kwimpilo zabo. Unganceda ukutshintsha uxinzelelo nemeko yobuhlungu kube ngamava akhayo okufunda nokumelana – enye ekhuthaza intembeko kunye namandla emvakalelo. Xa uzibandakanya nabantwana, ngokucinga kunye nokuba neemvakalelo nabo, kungabanceda ukuba bazive kwehlile ukonganyelwa kwaye bekhuselekile. Le ncwadi yokusebenza yenzelwe ukomeleza wena kunye nabantwana obaziyo, obathandayo kwaye obakhathalelayo.

### Ukunika abantwana “iZandla” zengqondo zokuSebenza kwiNtlekele

Igama elithi “ukunika abantwana izandla zengqondo” –“H.A.N.D.S” – yindlela emfutshane yokuthi abantwana kufuneka bancedwe uku “nxibelelana ngokuNyanisekileyo, ngokuSebenza ngokukhululekileyo, uThungelwano nontanga kunye nabantu abadala, ngoPhuhliso oLuthile.” Le ncwadi yenziwe ngabazali kunye neengcali zempilo yengqondo ukunceda abantwana babe "nezandla", ukuphuhlisa imeko yokuba kulawulo oluthile lokhuseleko lwabo, iimvakalelo kunye nokufunda xa bejamelene neentlekele ezinkulu.

Inoveli yombulalazwe yentsholongwane iKhorona yenyumoniya (ngokusemthethweni ibizwa ngokuba yi “COVID-19”) ingayinto engalunganga kwaphela kumava abantwana – ukudala ilahleko, uloyiko, ixhala, intandabuzo kunye nokudideka; okanye ingasisiganeko esilawulekayo ebantwaneni, engavuselela ukufunda kunye nokukhula. Lonke ikamva lethu lingaphucuka xa thina kunye nabantwana bethu sisebenza kunye. Umbulalazwe lithuba lokuba ilizwe libambisane egameni lekamva lesizukulwana.



## Ukuqalisa

Kuzakunceda ukuba wena (titshala, mzali, mgcini-mntwana) nifunde incwadi yonke ngokwakho phambi kokuba uyibonise umntwana

Incwadi yeyomntwana. Akuyoncwadi yomsebenzi wesikolo ngoko ke akukho mfuneko yokuba banyanzeliswe ukuba benze nawuphi na umsebenzi ngaphandle kwentando yabo. Kufuneka bavunyelwe ukuba bayeke ukusebenzisa incwadi nangaliphi na ixesha befuna, nokuba icandelo aligqitywanga. Yincwadi yomntwana ukuba ayisebenzise ngendlela enentsingiselo kuye. Incwadi akunyanzelekanga ukuba igqitywe ukuze incede.

Kuyabonakala ukuba utitshala angaqalisa inkqubo. Umntwana kufuneka avumeleke ukuba aye nencwadi ekhaya ukuze aqhubeke nayo, nomntu omdala/abantu ababathembileyo kwaye abaziva bekhuselekile xa benabo. **Kubalulekile ukuba wena, umntu omdala, nikhona ukunika inkxaso emntwaneni kule misebenzi. Ukungabikho kwesikhokelo somntu omdala, ukungabikho nyathelo lokuqala lomntu omdala kunye nokungabikho kwenkxaso yezentlalo kubonakaliswe kububungozi kwiimeko zeengxaki.**

### Okootitshala

Ungasebenzisa ibali elithi *Ibali lam lase Mzantsi Afrika le Coronavirus* kwigumbi lakho lokufundela nabantwana usebenza nabo ngamnye okanye kumaqela amancinci. Inkxaso yezentlalo kwigqela ingasebenza kakhulu ekuxhaseni ubunye beqela kunye nasekunciphiseni amaxhala abantwana. Ukuba ufumanisa ukuba umntwana akafuni ukwenza neyiphi na imisebenzi, mkhuthaze ukuba enze eminye imizobo ekhululekileyo okanye abhale kumaphepha angabhalwanga ngemva encwadini, ngelixa uninzi lweklasi lusenza imisebenzi yalo. Umntwana usenokudinga ikhefu/ixesha lokuphumla kwaye kusenokwenzeka ukuba babuyele kumsebenzi xa sele bekulungele ukwenza oko.

### Okwabazali kunye nabagcini-bantwana

Vumela umntwana wakho ukuba akhethe ukuba zeziphi iindawo encwadini angathanda ukusebenza kuzo. Bangasebenza nje imizuzu embalwa, ukuya kwicala lentsimbi yeyure ngexesha. Ungamnceda umntwana wakho ngokubhala oko bafuna ukukuthetha, nokuba bayakwazi ukubhala. Thatha ixesha lakho. Gcina engqondweni intetho yobulumko **'UBUGCISA BUYOKHA, UKUNGXAMA KUYACHITHA'**

Ukuba unabantwana abohlukileyo ngokweminyaka ekhaya, vumela abantwana abancinci bajonge kwaye babe yinxalenye yenkqubo. Ngamanye amaxesha, kusenokufuneka wabelane nabo ngeenyani ezingathandekiyo- nkqu nangabantu umntwana abaziyo abagulayo okanye abaswelekileyo. Ukubamba iinyani kwenza ukuba umntwana angakuthembi.

### Ukuzoba kunye nokufaka imibala, kunye Nendlela eNceda Ngayo

Uninzi lwemisebenzi iqala ngokubuza umntwana ukuba azobe okanye enze umfanekiso. Ukuzoba nokufaka imibala kuyathomalalisa kwaye zezona ndlela zilungileyo zokuba abantwana bavakalise iimvakalelo zabo- nkqu nabo banokubhala. Imifanekiso ikwaluncedo njengesiqalo seengxoxo. Emva kokuba umntwana wakho enze umzobo, ungabuza: "Kwenzeka ntoni kulo mfanekiso?" okanye "Uziva njani ngoku? Oku kunceda umntwana wakho ukuba ave inkathalelo yakho kunye nenkxaso, esazi ukuba " nabo " kwinto abahlangabezana nayo.

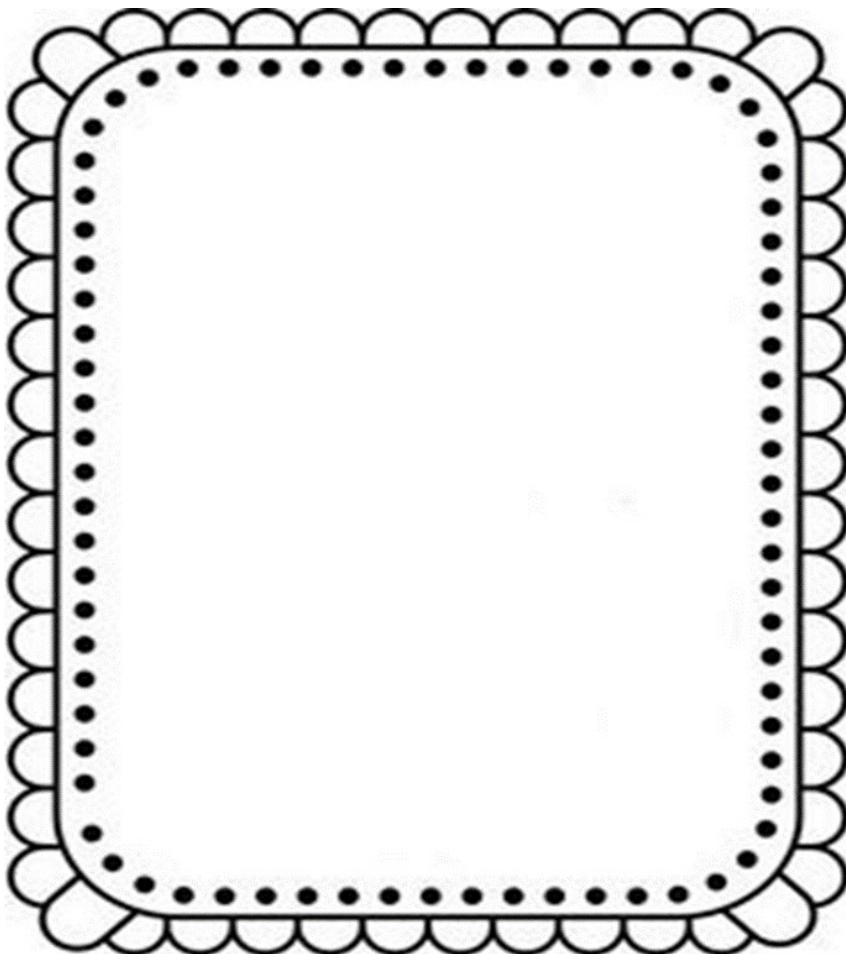
### **Abantu Abadala Abancedayo Banokuzuza Kule Ncwadi**

Wena, mntu omdala, usenokuziva unomthwalo okanye ukhathazekile ngenxa yeziganeko ezifanayo ezichaphazela umntwana wakho- okanye mhlawumbi kufuneka ujongane nabantu abagulayo okanye abanye abantu abanixindezelelo lwengqondo. Nawe ke, ungayifumana le ncwadi iluncedo... ungafumanisa ukuba ukuzoba okanye ukufaka imibala okanye ukubhala ngamava akho kungakunceda uzive uthomalele. Kubalulekile ukukhumbula ukuba nokuba ungakhula kwaye womelele kangakanani, nabani na usenokuxindezeleka ngokwase mphefumlweni. Kodwa nabo abantu abahlukumeze kakhulu banokukhula ngokubhala imbali yabo ngokunceda abantwana.

## **Ibali lam lase Mzantsi Afrika leCoronavirus**

**Igama lam ngu:** \_\_\_\_\_

***Ndim lo***



## Ndingubani

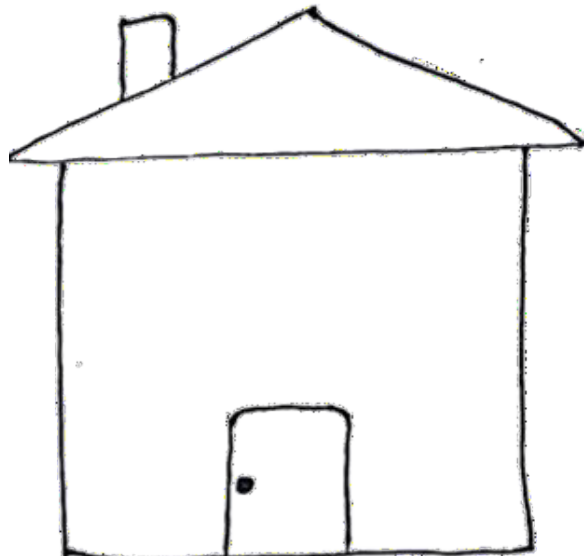
### *Umhla wam wokuzalwa unge...*

Bhala umhla kwikeyiki. Zoba amakhandlela ongeziweyo ukubonisa iminyaka yakho. Faka umbala kwikeyiki ngombala wakho owuthandayo.

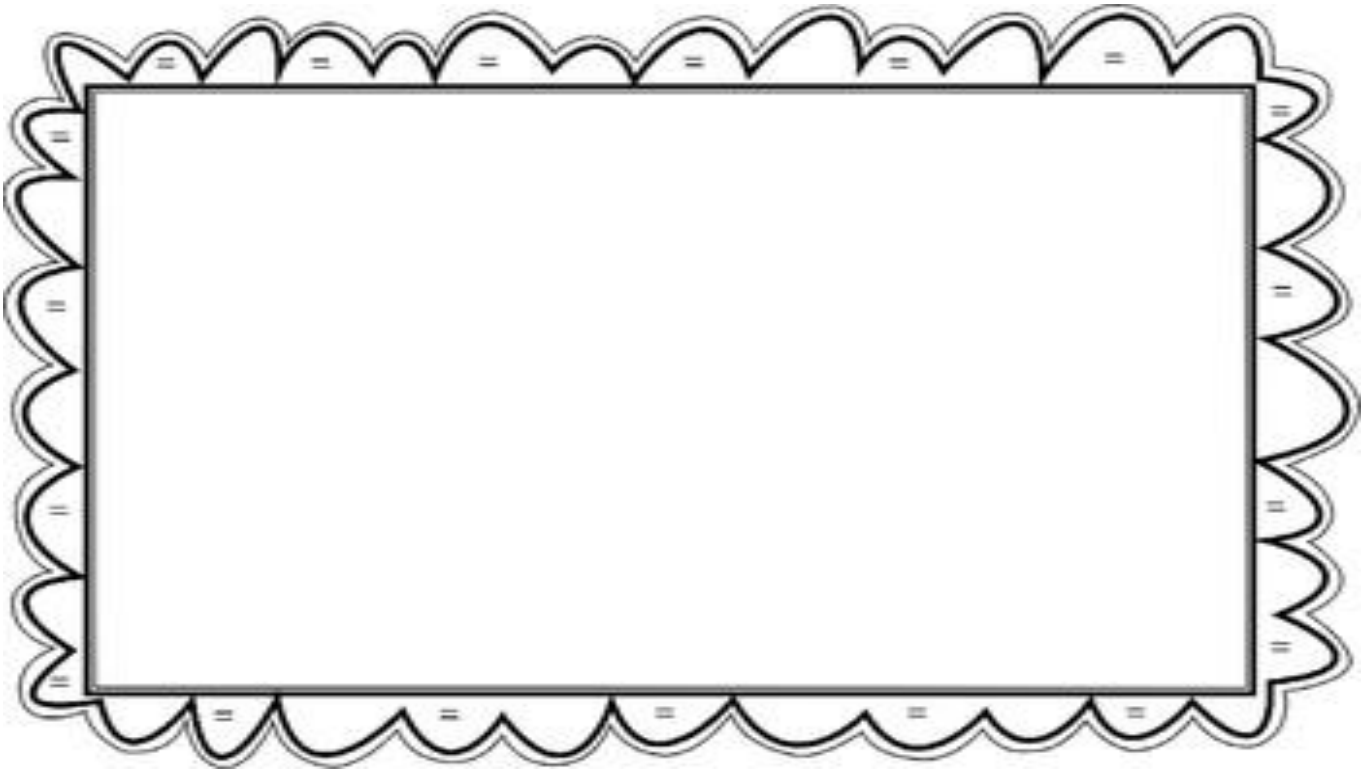


### *Ndihlala e...*

Bhala idilesi yakho ngaphakathi endlini. Ungazoba inani ecangweni okanye kwiphahla nokuba kuphi apho ungathanda ukuyibhala khona. Usenokongeza nantoni na ongathanda ukuyongeza, kwikhaya lakho.



***Aba ngabantu abahlala nam***



Ukuba uyathanda ukubhala amagama abo, ungawabhala emfanekisweni.

***Lo ngumzobo wam nomntu ondithandayo kwaye ondikhathaleleyo***



**Yintoni endithanda ukuyenza?**



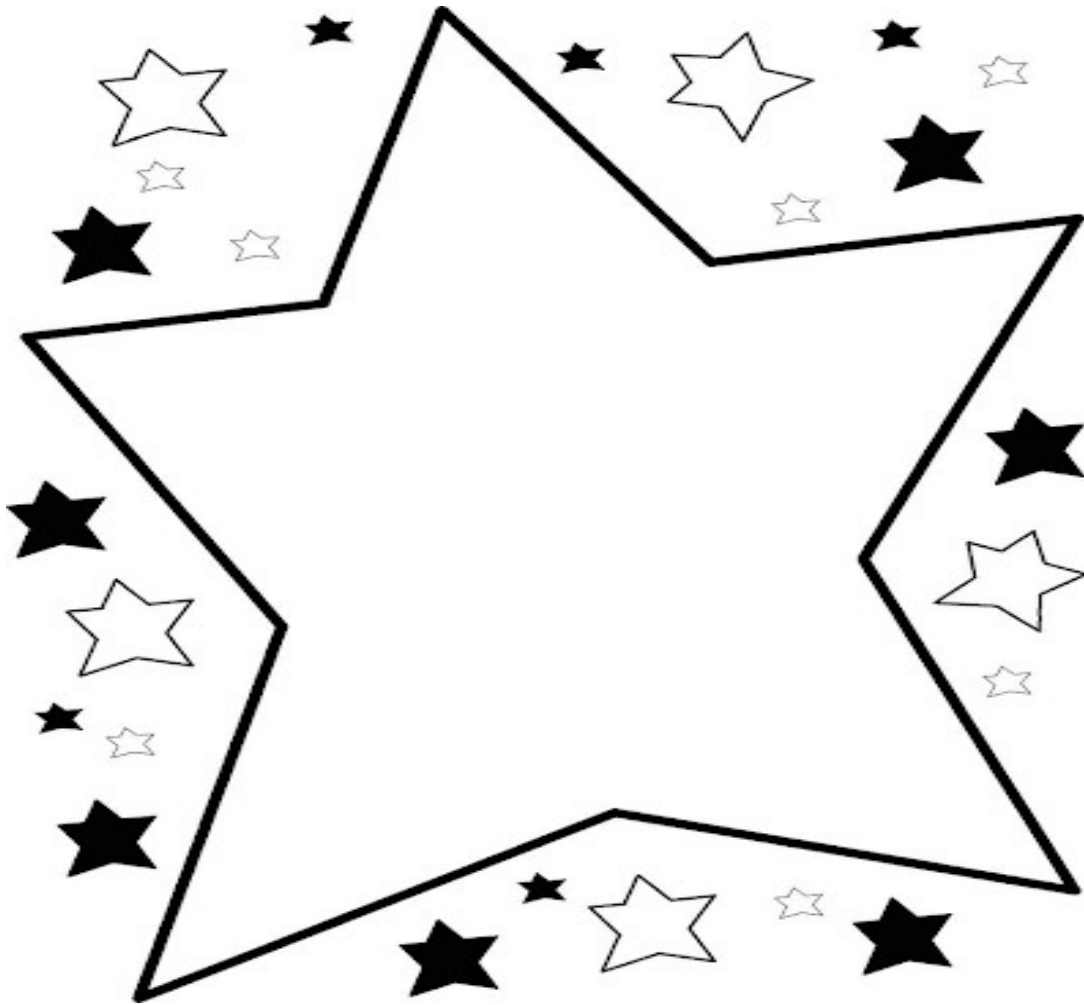
Zoba isangqa kumfanekiso obonisa into othanda ukuyenza. Kule ndawo ingezantsi, zoba umfanekiso wenye into othanda ukuyenza.

A large rectangular frame made of lines. At each of the four corners, there are three stars. At the midpoint of each of the four sides, there are three stars. This frame is intended for drawing a picture of something the child likes to do.



***Xa ndivala amehlo ndicinga ngomnqweno, ndinqwenela.....***

Zoba umnqweno wakho kwinkwenkwezi yomnqweno.

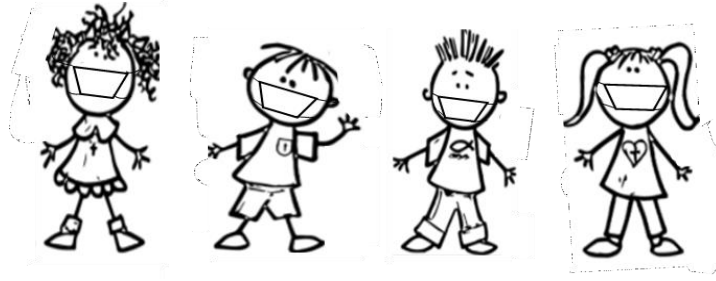


Ukuba ungathanda ukubhala umnqweno wakho, ungawubhala apha. Ukuba udingauncedo, cela umntu okhulileyo okuncedayo ngale ncwadi, akuncedise ukubhala.

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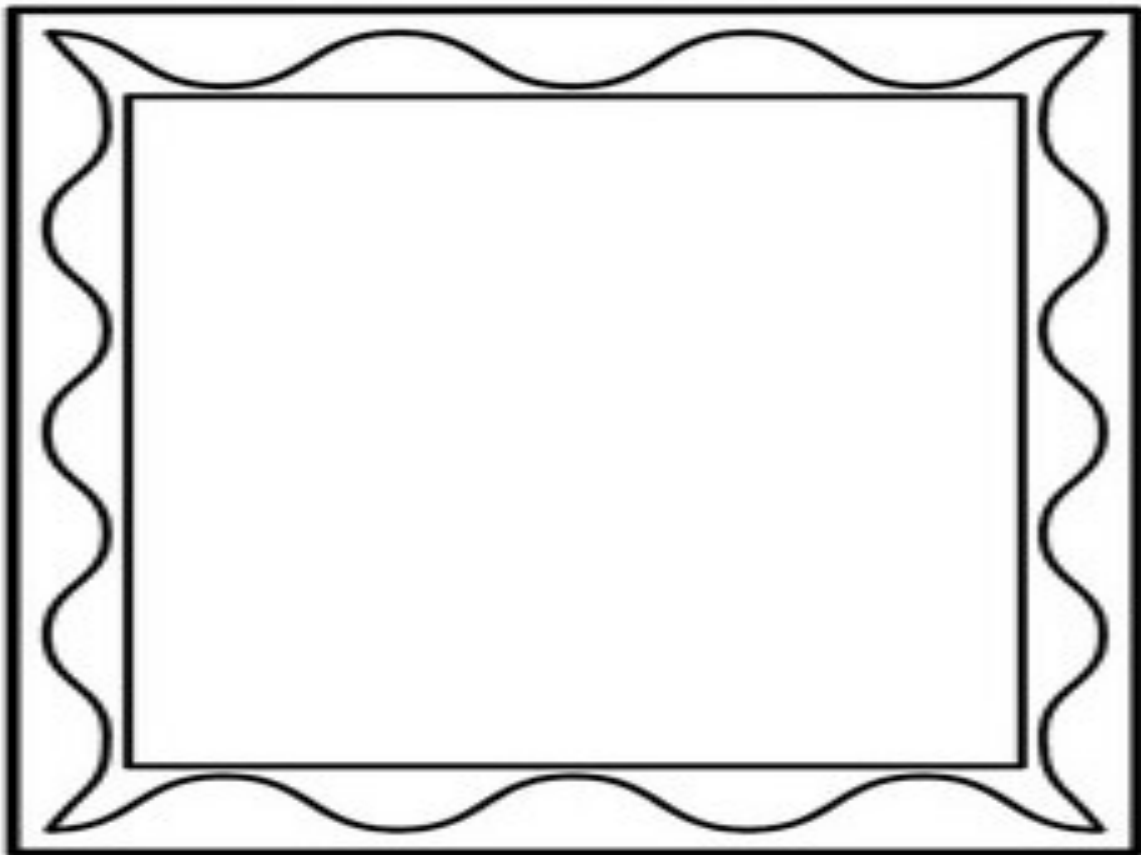
## Abahlobo bam



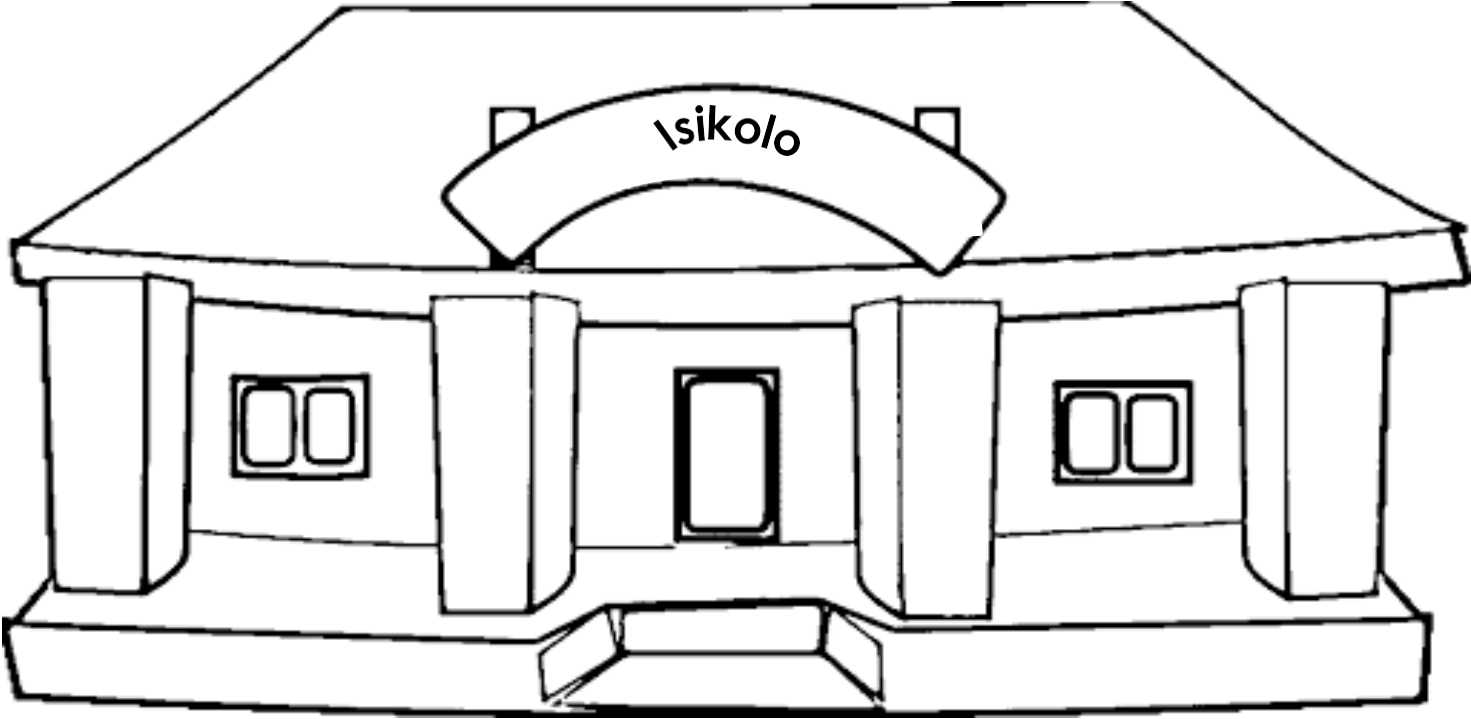
*Igama lomhlobo wam ngu* \_\_\_\_\_

*Amanyane amagama abahlobo bam ngoo* \_\_\_\_\_

*Lo ngumfanekiso wam nabahlobo bam*



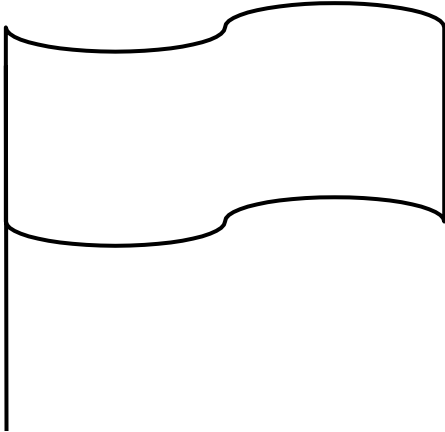
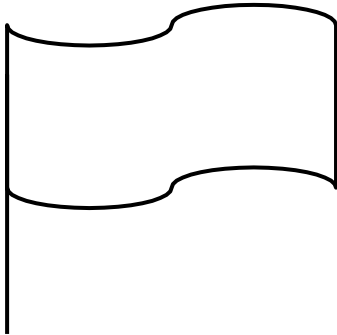
**Malunga nesikolo sam**



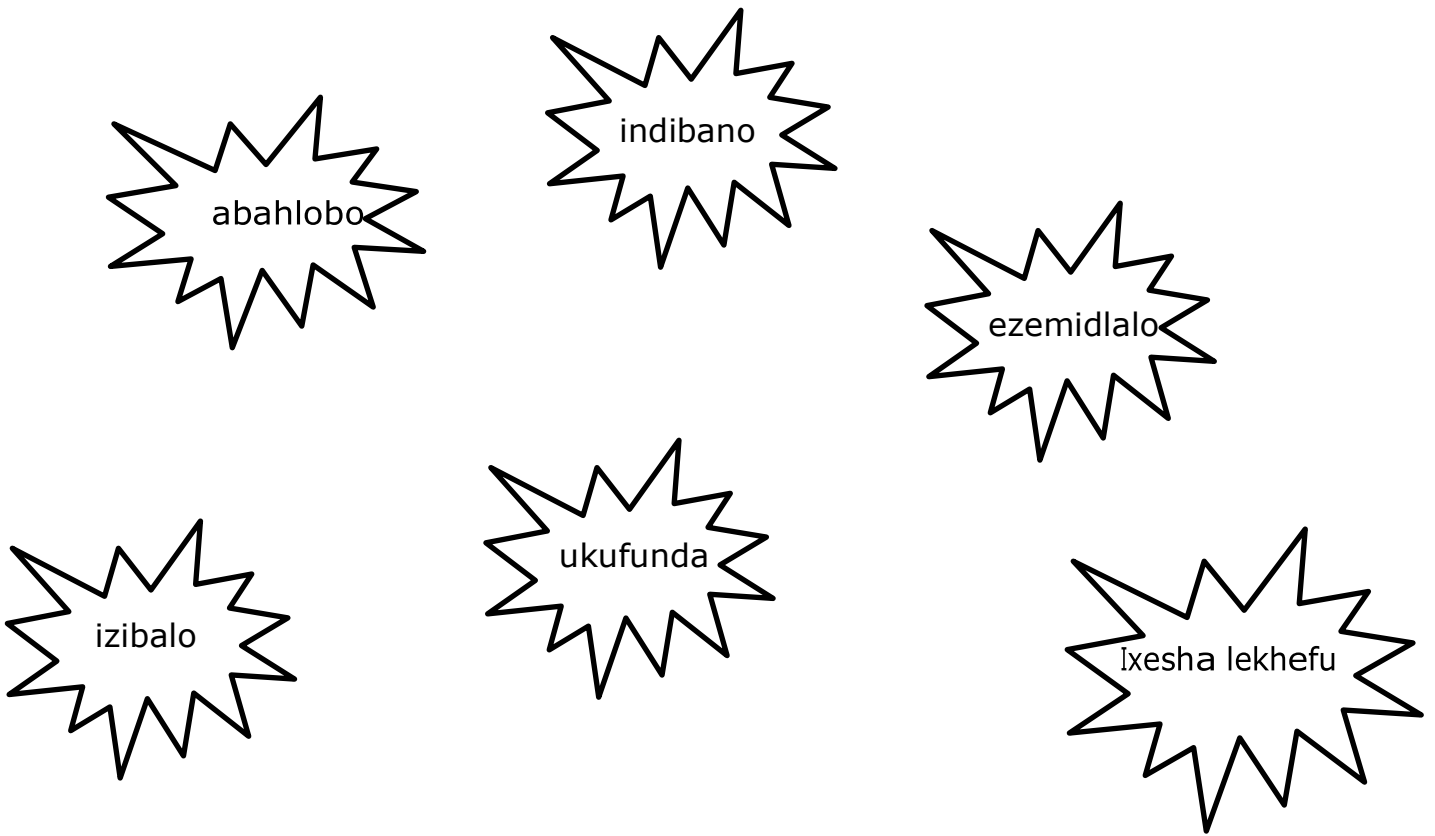
Khetha indawo, kwisakhiwo sesikolo, ubhale igama lesikolo sakho.

***NdikwiBanga ....(libhale kule flegi).***

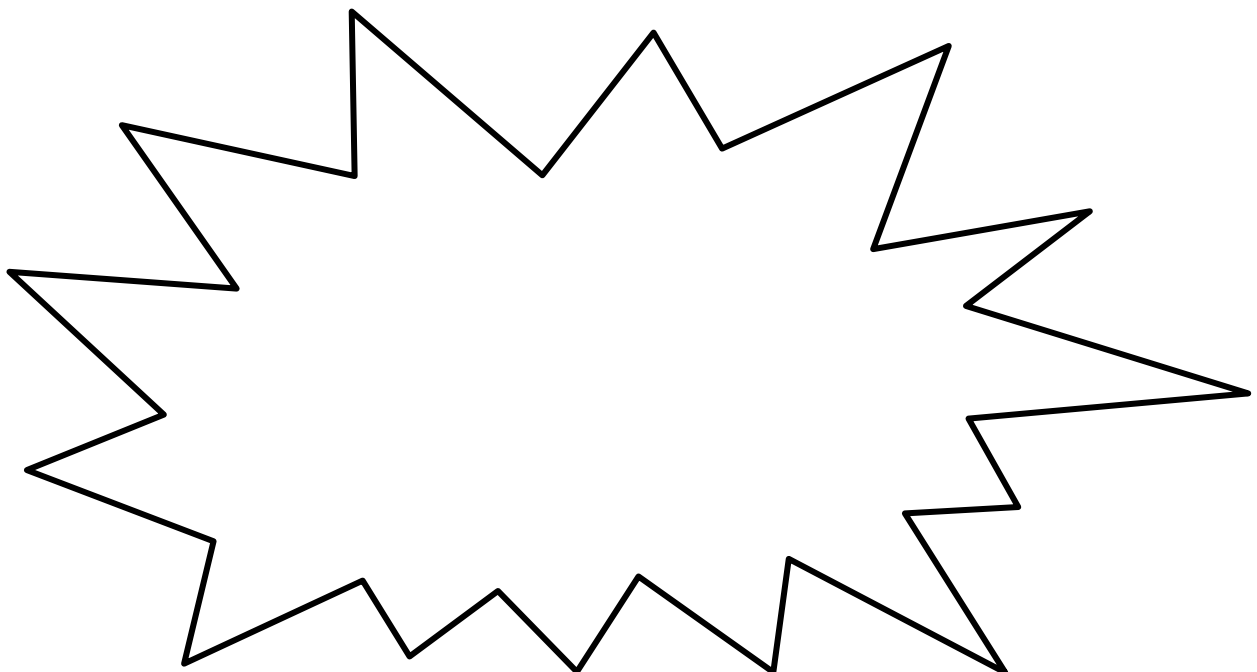
***Igama likatitshala wam ngu...(bhala kule flegi)***



**Ezi zizinto endizithandayo ngesikolo** ...Zoba isangqa kwizinto ozithandayo.



**Into endiyithanda kakhulu ngesikolo yi...** Cinga ngegama elinye uze ulibize ukhwaza. Kungaba yinto eyahlukileyo kumagama akwinkwenkwezi ngasentla. Ngoku, kwinkwenkwezi enkulu engezantsi, bhala igama lakho - okanye ungabhala isivakalisi okanye izivakalisi ezimbalwa.



# Ukuhlala ekhaya

Ngexesha lovaleleko akukho mntu owakwazi ukuya esikolweni

**Le yindlela endandiziva ngayo...**



ndiphoxekile



ndimangalisiwe



ndinexhala



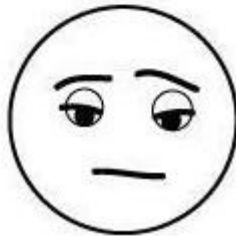
ndikhuselekile



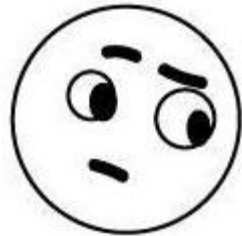
ndonwabile



ukucaphuka



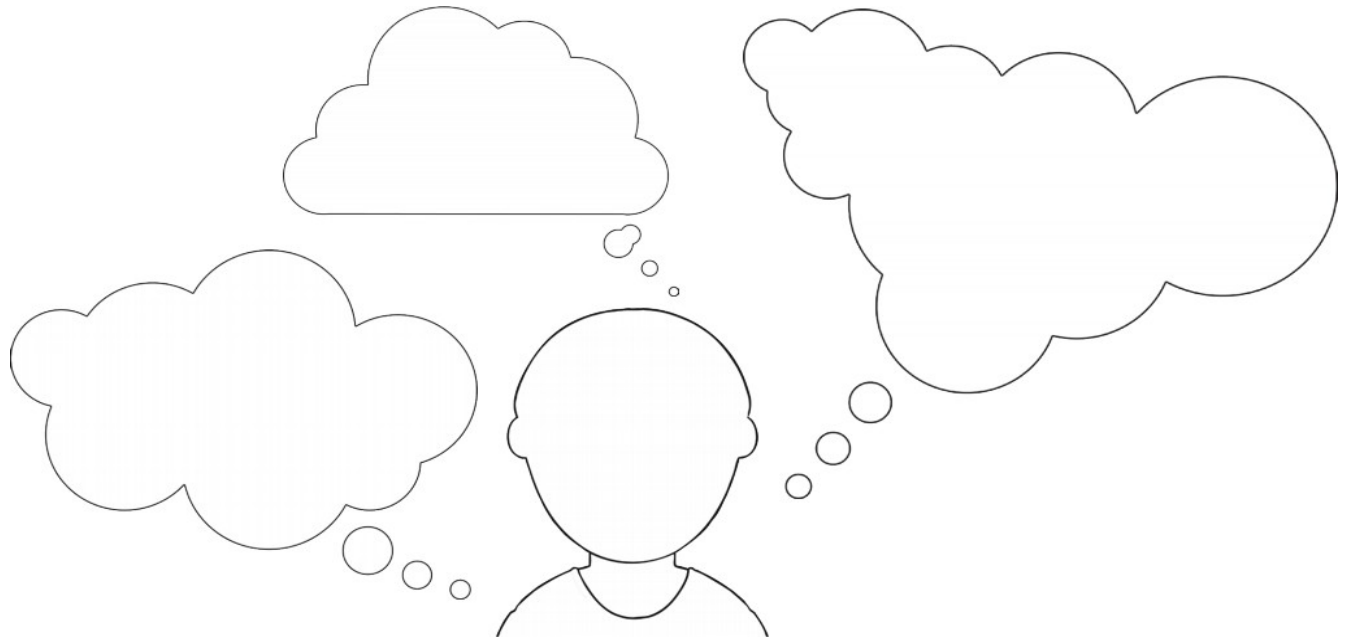
ndiyoyika



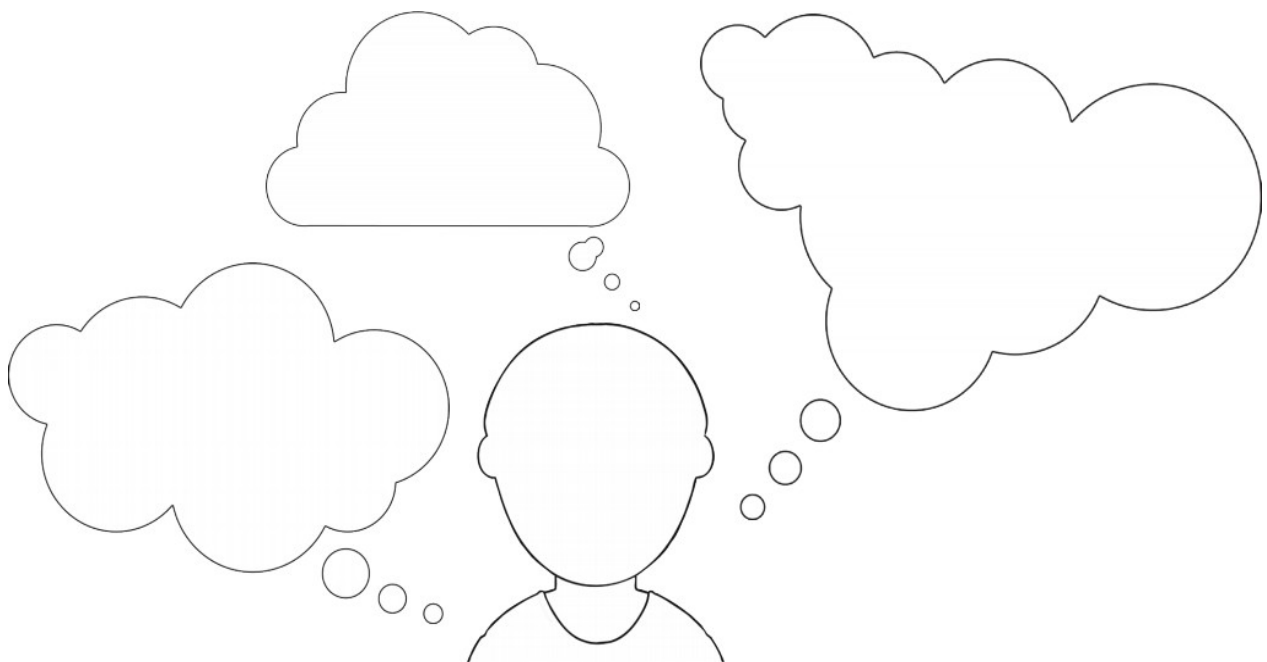
ndikhatazekile

Ungawatshatisa amagama nemifanekiso? Krwela umgca osuka kwigama ngalinye uye kumfanekiso ocinga ukuba uhambelana nelogama. Yeyiphi kwezi mvakalelo oye waziva ngayo xa ubungakwazi ukuya esikolweni? Faka umbala kwezo mbuso.

Ingaba zikhona izinto obungazithandi ngokuhlala ekhaya ngexesha lokuvalwa? Thetha ngezimvo zakho nomntu okhulileyo. Zoba okanye ubhale uluvo kwiqamza lengcinga ngalinye. Zizobe uziva ukhathazekile



Ingaba zikhona izinto ozithandileyo ngokuhlala ekhaya ngexesha lokuvalwa? Thetha ngezi zimvo kunye nomntu wakho okhulileyo. Zoba okanye ubhale uluvo kwiqamza lengcinga ngalinye. Usenokuzoba uncumo, umfanekiso owonwabileyo wesiqu sakho.



## Amaxhala wam

*Xa ndandiqala ukuva ngentsholongwane iKhorona, ndaziva...*

<b>Andinalo ixhala</b>	
<b>Ndinexhala kancinci</b>	
<b>Ndinexhala kakhulu</b>	
<b>Ndinexhala ngakumbi</b>	

Beka I ☑ kwibhokisi efanelekileyo

***Ndandikhathazeke ngo...***

ngam

*umama wam*

*umakhula wam*

utata wam

*utatomkhulu*

*um/abahlobo bam*

u/oodadewethu

*umzala wam*

*u/oobhuti bam*

utitshala wam

Zoba isangqa kumntu (okanye abantu) obukhathazekile ngabo. Kwibhloko engenanto,ungabhala phantsi nawuphi na omnye umntu obukhathazekile ngaye.

Yintoni ubuziva ukhathazeke ngayo? Thetha nomntu okhulileyo okuncedayo, malunga noku. Emva koko gqibezela kwisivakalisi.

***Ndaziva ndikhathazekile kukuba\_\_\_\_\_***

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Ingaba ukhona umntu omaziyo oye wagula? Bhala okwenzekileyo ngezantsi.

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Le ntaka inkulu ibizwa ngokuba yiNtaka yeNkululeko. Zoba umfanekiso walomntu, ehleli okanye emile okanye elele kwiNtaka yeNkululeko. Khetha indawo kwintaka ubhale igama lalo mntu.



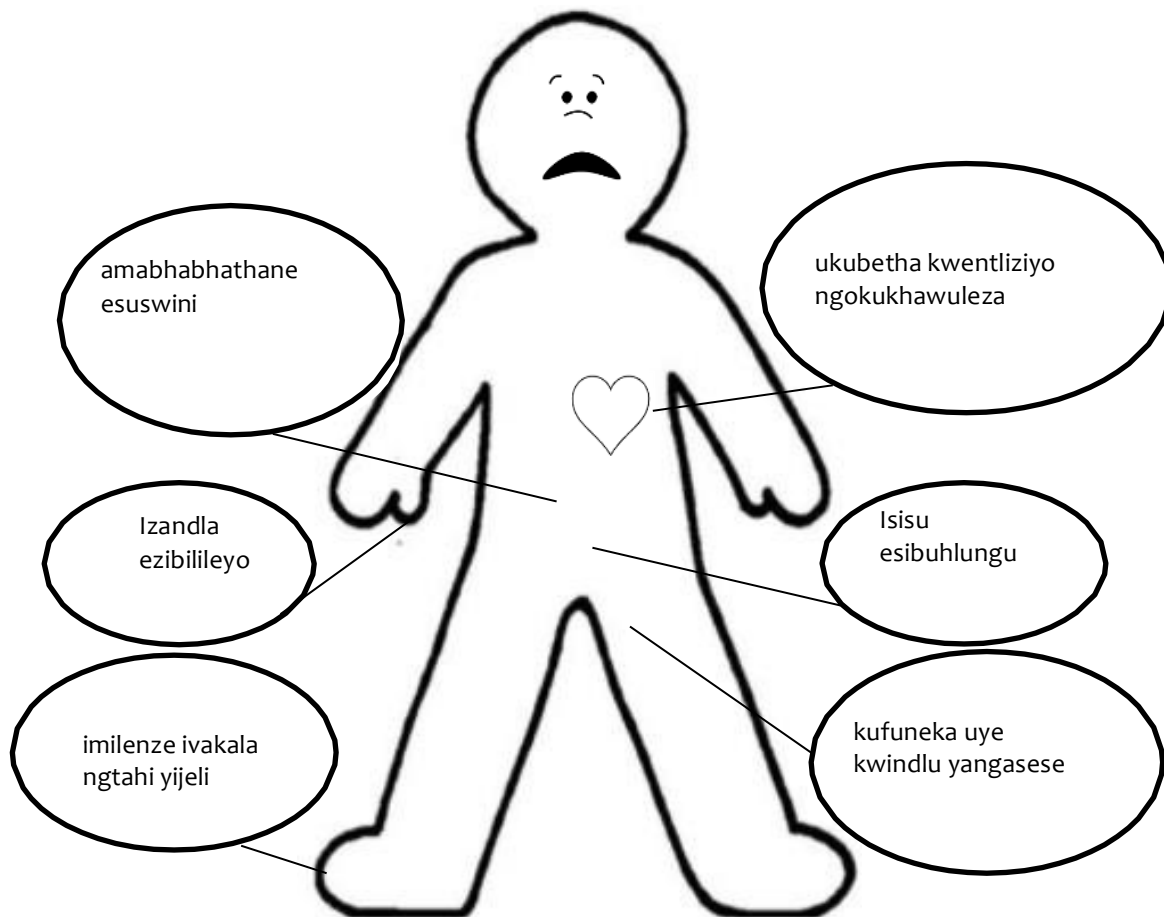
Yintoni ongathanda ukuyithetha kulomntu? Ungayithetha ngokuvakalayo, ukuba uyafuna.



## Ngamanye amaxesha ndisaziva ndikhathazekile

Yinyani	
Asiyonyani	

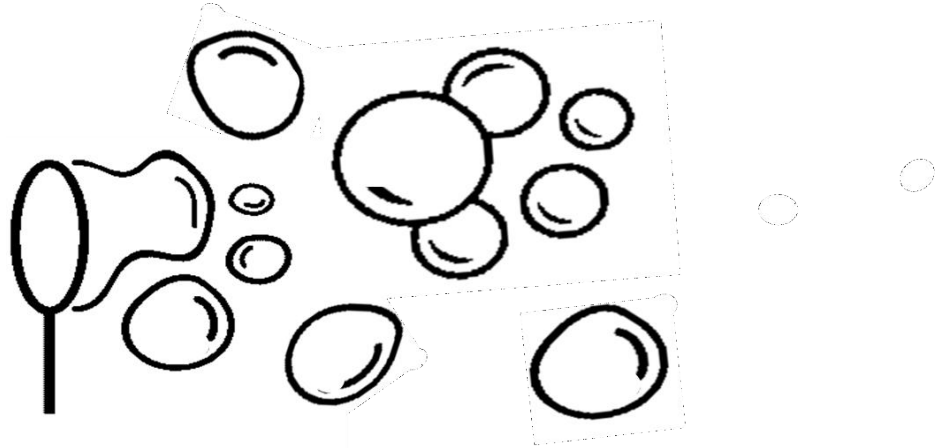
Ukuba uziva unexhala ngoku, vala amehlo wakho kwaye ucinge ukuba kuphi emzimbeni wakho apho uva ixhala. Beka izandla zakho kwelo lungu lomzimba. Ukuba awuziva unexhala ngoku, kodwa uyayikhumbula imvakalelo yexhala emzimbeni wakho, ibiphi loo mvakalelo? Cinga ngombala wexhala lakho uze ufake umbala kuso nasiphi na isangqa ozivayo ngoku okanye obukhe wasiva ngaphambili.



**Amaxhala ngamanye amaxesha ayabambeka kwimizimba yethu, kodwa akathandi ukubalapho. Kuba umkhulu kwaye womelele kunexhala lakho, ungalinceda liphume emzimbeni wakho. Nazi izinto onokuzenza...**

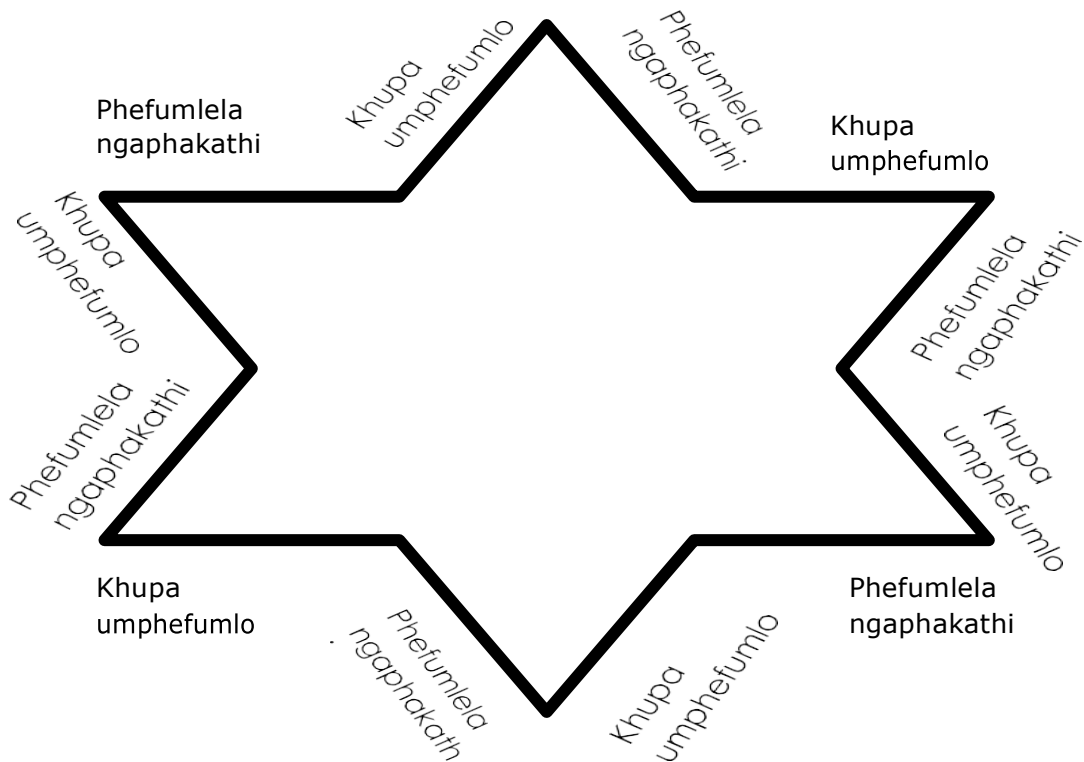
Amaqamza eXhala

Cinga ngazo zonke iinkxalabo ezahlukeneyo onokuba nazo. Bhala ixhala ngalinye ngaphakathi kwiqamza. Ukuba udinga uncedo ngokubhala, cela umntu okhulileyo ukuba akubhalele wona. Ngalo lonke ixesha ixhala lakho libhalwa phantsi, thatha umoya onzulu kwaye ucinge ngokuwuphephetha.



Inkwenkwezi yeXhala

Sebenzisa umnwe wakho ukucinezela ulandelela inkwenkwezi njengoko uthatha umoya onzulu ukuphefumlela ngaphakathi, uze uphefumle nzulu ngaphandle. Zama ukuphefumla njengenkwenkwezi ngomzimba wakho uphela.



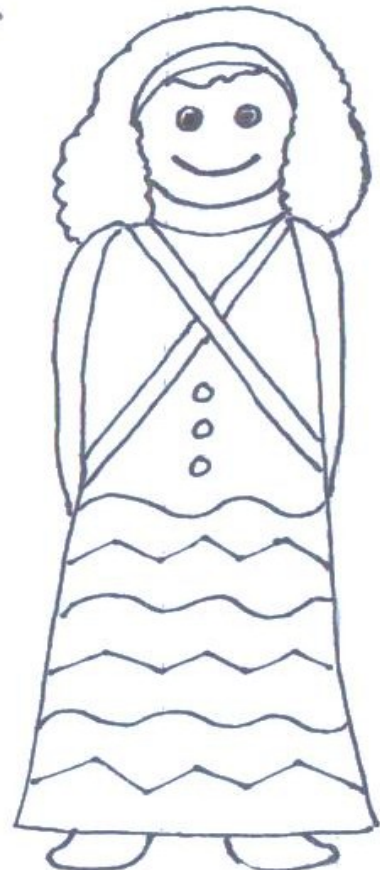
## UMhlobo weXhala

'Umhlobo weXhala' unganceda ukukhupha ixhala emzimbeni wakho.

NgamaQamza eXhala kunye neNkwenkwezi yeXhala, sisebenzisa umphefumlo wethu kunye nemizimba yethu. NgaBahlobo beXhala, kufuneka usebenzise ilizwi lakho namagama. I 'buddy' lelinye igama lo...mhlobo'.

Abahlobo beXhala basoloko benoncumo ebusweni babo nothando ezintliziyweni zabo. 'Umhlobo weXhala' ukhona ukumamela ixhala lakho.

Khetha nomnye waba Bahlobo beXhala ukuba abe ngumhlobo wakho okhethekileyo. Faka umbala kuMhlobo wakho weXhala, ufake umbala owuthandayo ezimpahleni Zakhe.



Nokuba uMhlobo wakho weXhala akanakwazi ukuthetha nawe, bangamamela. Xa unexhala, jonga kuMhlobo wakho weXhala kwaye umxelele ngalo.

Kunganceda ukusebenzisa ilizwi lakho kunye namagama **nabantu bokwenene**. Abantu esibathembayo bangasanceda ukuba sikhuphe amaxhala emizimbeni yethu. Kuthetha ukuthini xa kusithiwa: 'abantu esibathembayo' ?

Jonga kwezi zivakalisi zilandelayo. Ukuba zinzima ukuzifunda, umntu okhulileyo okuncedisayo angazifunda nawe, Faka isangqa kwibhloko ukuba sithetha ukuba **SINOKUMTHEMBA** omnye umntu.

umntu endiziva  
ndikhuselekile ukuba

umntu  
ondikhohlakaleleyo

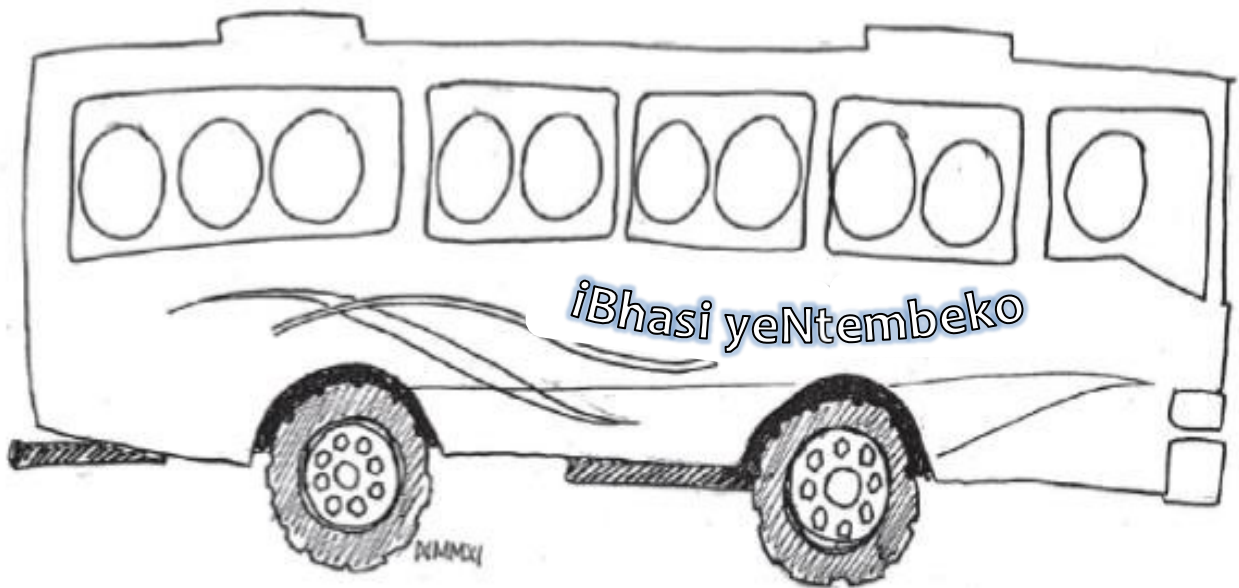
umntu oxokayo kum

umntu ondikhuselayo

umntu ondilimazayo

umntu ondikhathalelayo

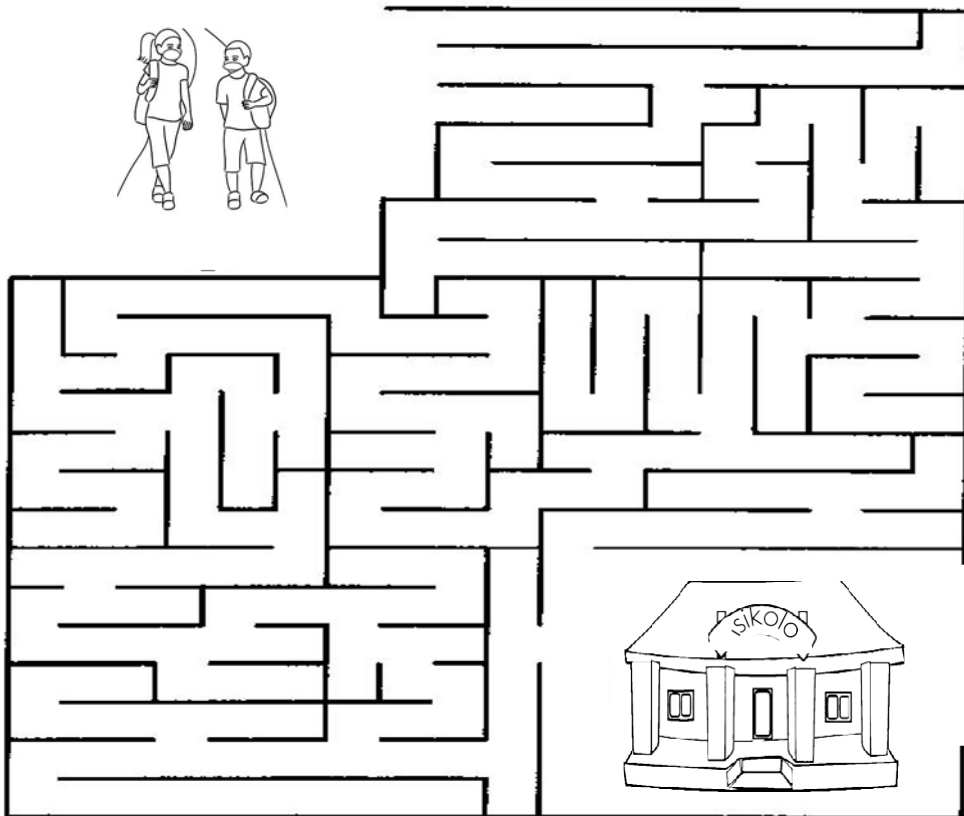
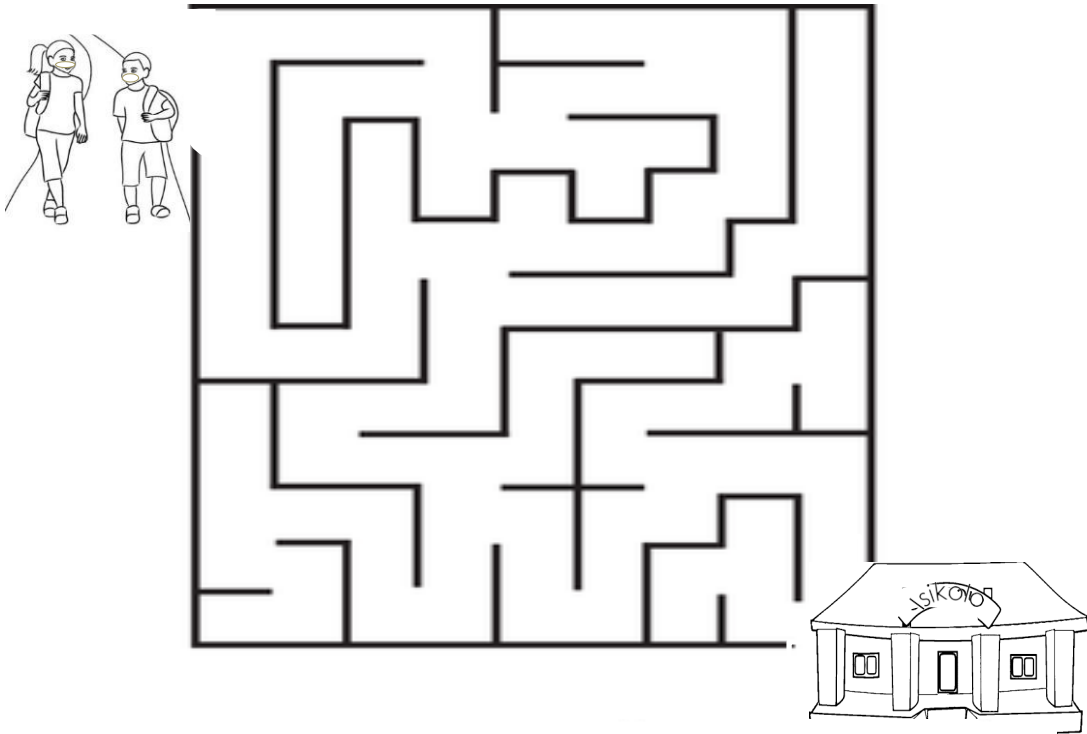
Nantsi iBhasi yeNtembeko. Abantu obathembayo bahleli ebhasini. Zoba ubuso babo bonke abantu obathandayo nobathembayo. Ungawabhala nawo amagama abo.



Xa unexhala, khetha umntu abemnye okanye abaninzi kwiBhasi yeNtembeko ukubaxelela ngexhala lakho. Ukuthetha ngexhala lakho kunganceda ukususa ixhala.

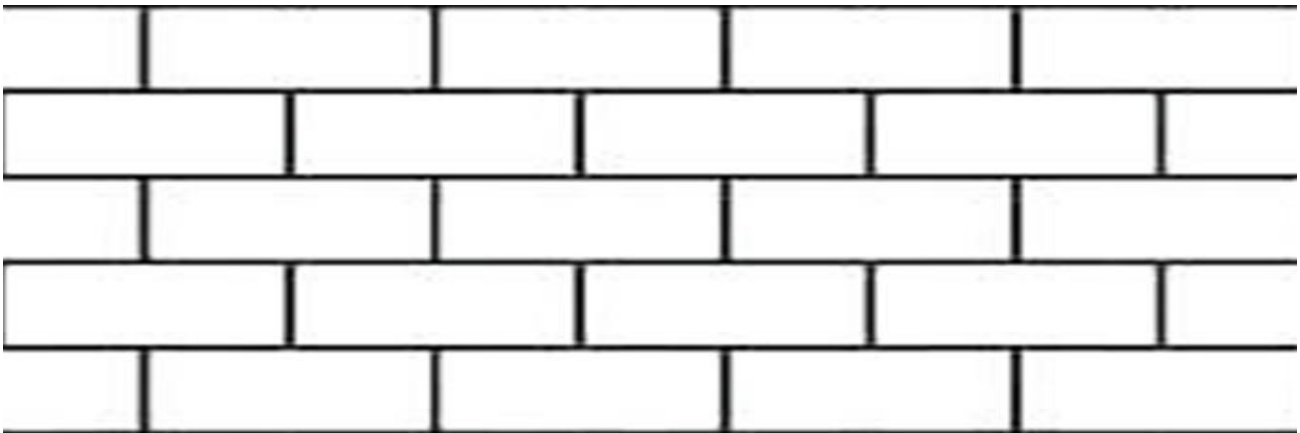
Ungayifumana indlela ebuyela esikolweni ngale meyizi? Inani u-1 yindlela elula ukufika esikolweni. Inani u-2 yindlela enzima yokufika esikolweni. Yeyiphi indlela onokuthanda ukuhamba ngayo?

1



Waziva njani xa ubuyela esikolweni? Masenze uDonga lweMvakalelo.

Jonga izitena zemvakalelo ekupheleni kwephepha. Khetha ukuba zesiphi izitena ofuna ukuzisebenzisa ukwakha uDonga lwakho lweMvakalelo . Ungakhetha imvakalelo enye okanye iimvakalelo ezininzi. Bhala phantsi amagama kudonga lwakho lwemvakalelo. Ungabhala igama elifanayo amaxesha amaninzi ngendlela othanda ngayo. Ukuba kunzima ukubhala, cela umntu okhulileyo okuncedayo ukuba akuncede uwabhale phantsi

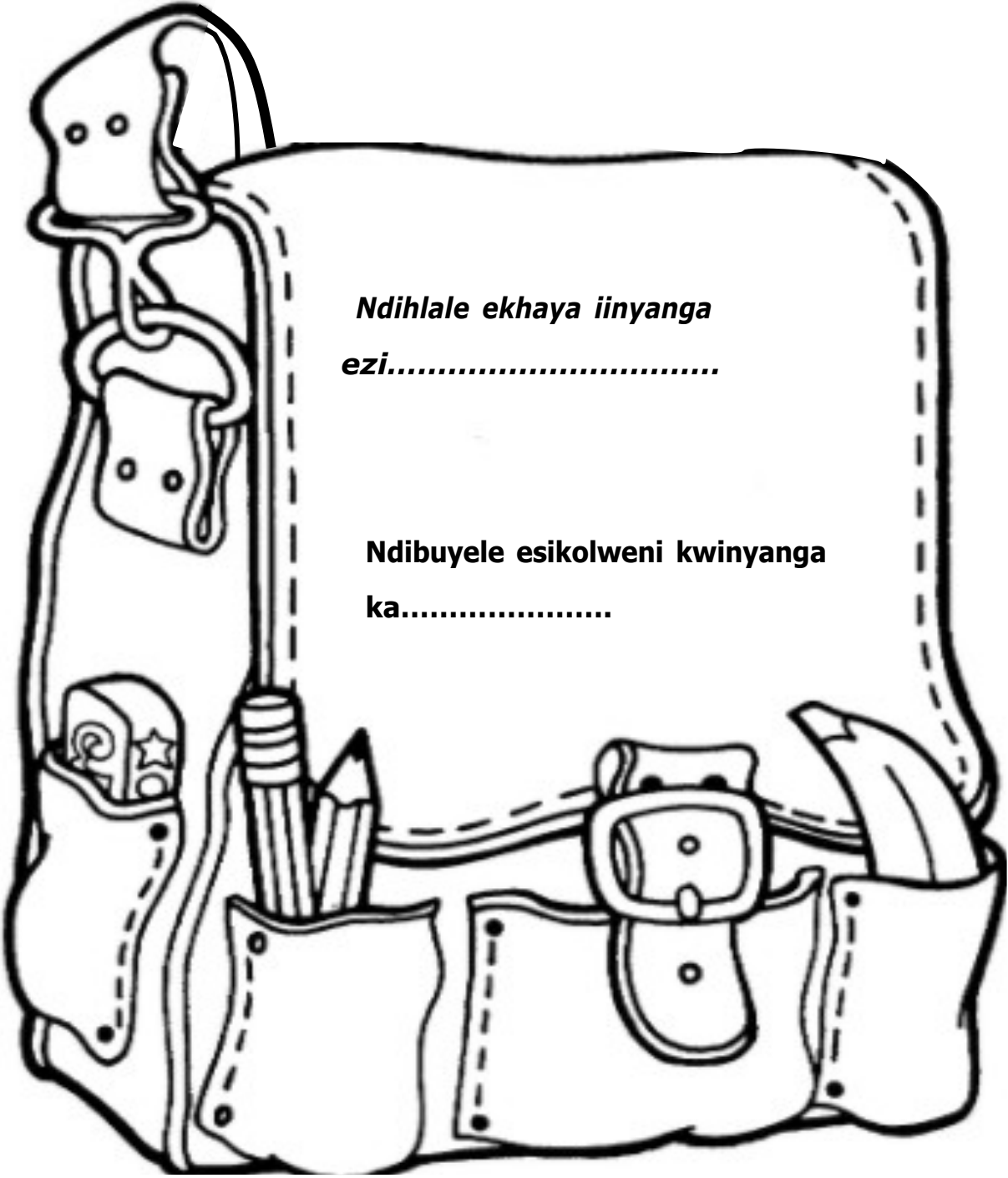


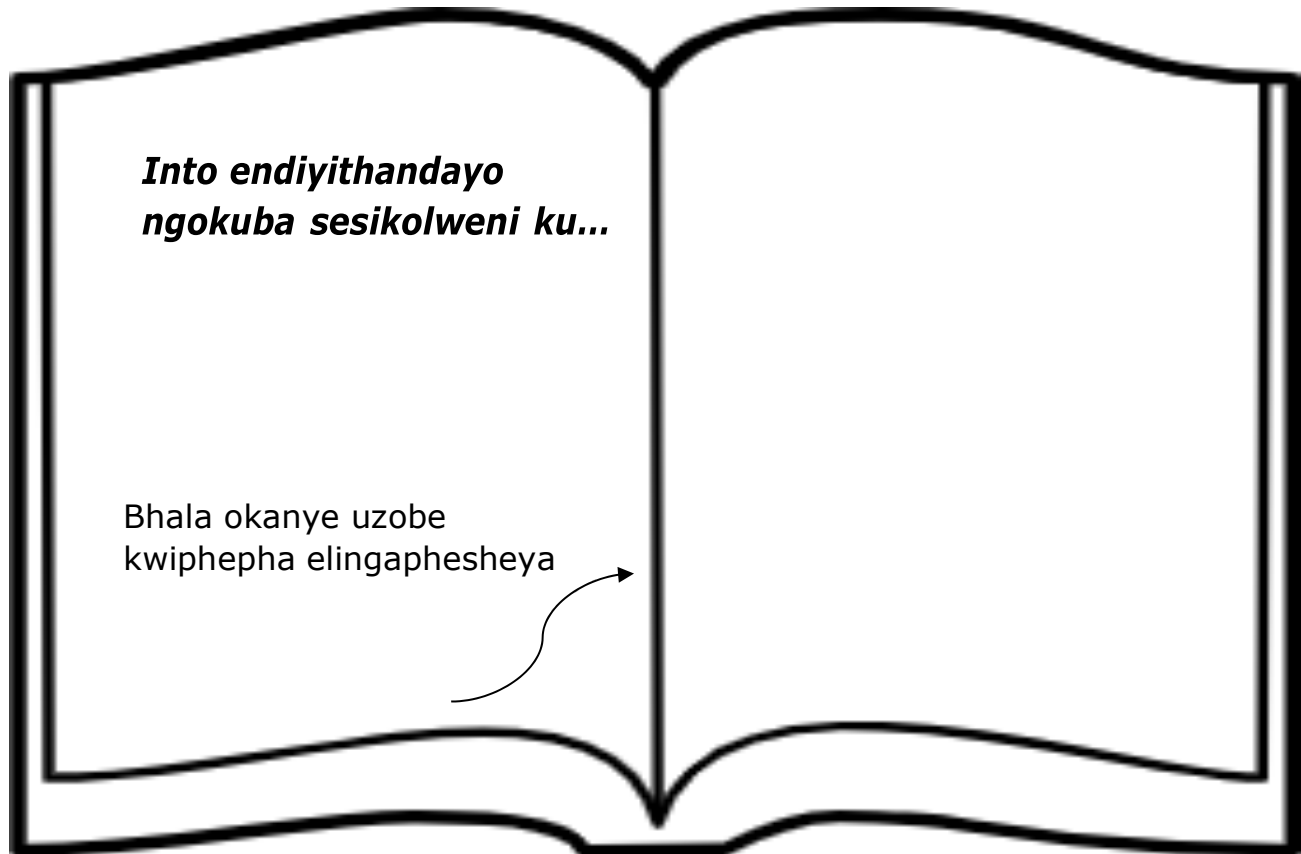
Xa ugqibile ukwenza uDonga lwakho lweMvakalelo, funda amagama akwenza uzive lusizi okanye khathazekileyo. Ngowuphi umbala onokuwukhetha wala magama? Sebenzisa lo mbala ukufaka umbala kwizitena zemvakalelo elusizi. Ngoku funda amagama akwenza wonwabe. Ngowuphi umbala onokuwukhetha wala magama? Sebenzisa lo mbala ukufaka umbala kwizitena zemvakalelo eyonwabileyo.

zoba umfanekiso wakho uhleli okanye umi eLudongeni lwako lweMvakalelo.



Cinga ngezinto ezahlukeneyo oya nazo esikolweni. Zoba ezo zinto kwisithuba esingaphezulu kwale bhegi yesikolo. Gqibezela izivakalisi uze ufakele umbala kulo mfanekiso.



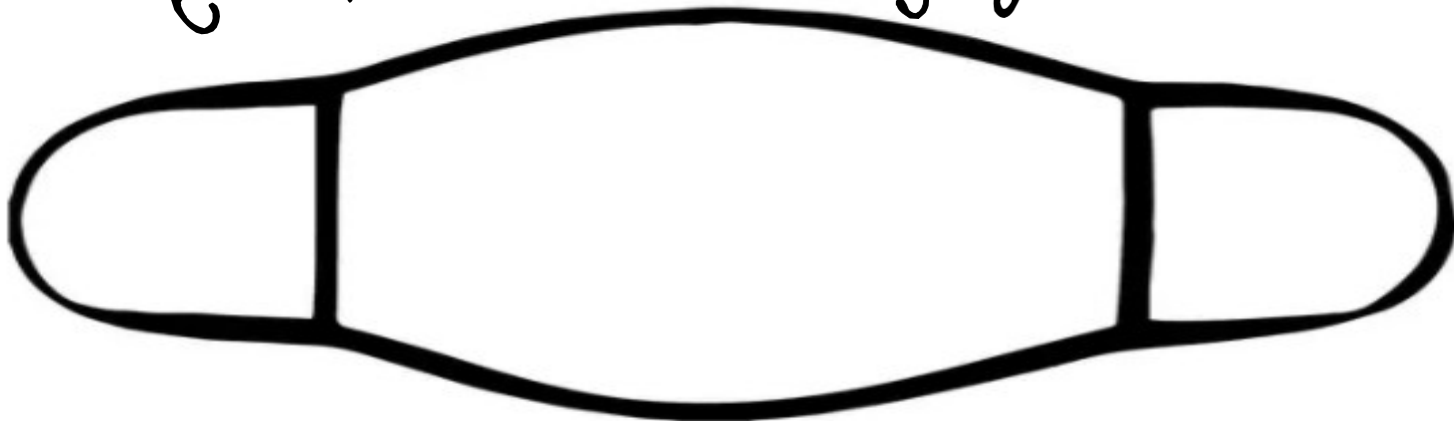






Isichele Sam Sobuso

e a i hele am silungileyo



Esi sichele sobuso sesakho ukuba usihombise. Ungasenza sibonakale ngathi seyakho, isichele sobuso sokwenyani- okanye ungayila entsha. Yongeza iipatheni okanye imifanekiso kwaye usebenzise nayiphi na imibala ongathanda ukuyisebenzisa, ukuyenza ibe sesona sichele sobuso owakhe wasibona.

Khetha isivakalisi esinye ngezantsi – okanye zombini. Khumbula, umntu wakho okhulileyo okuncedisayo angakunceda uyibhale phantsi.

Ndiyakuthanda ukunxiba isichele sobuso kuba \_\_\_\_\_

\_\_\_\_\_

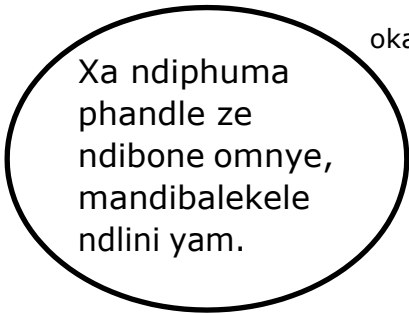
\_\_\_\_\_

Andikuthandi ukunxiba isichele sobuso kuba \_\_\_\_\_

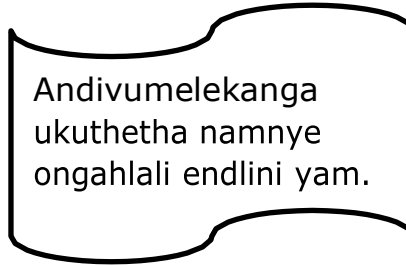
\_\_\_\_\_

# Ukugcina umgama

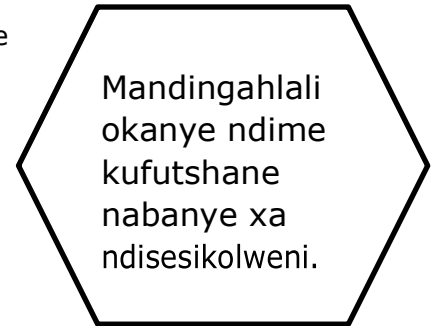
Ukugcina umgama kuthetha ukuba.....



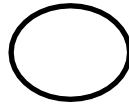
okanye



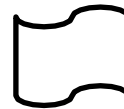
okanye



Yeyiphi kwezimilo echanekileyo?  
Faka umbala kwimilo echanekileyo.



okanye



okanye



?

**Ukugcina umgama kubalulekile kuba** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Andikuthandi ukugcina umgama kuba** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

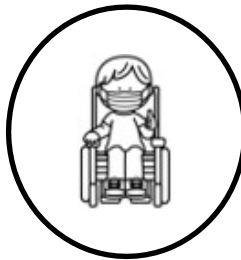
Ukungqubqa  
ngengqiniba



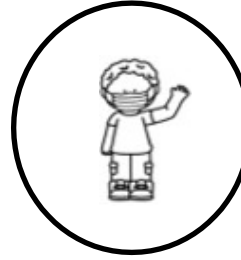
Uxolo



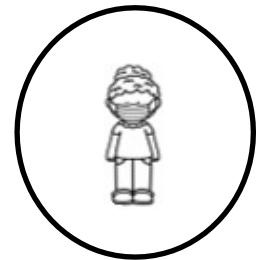
Oobhontsi  
phezulu



Ukuwangawangisa

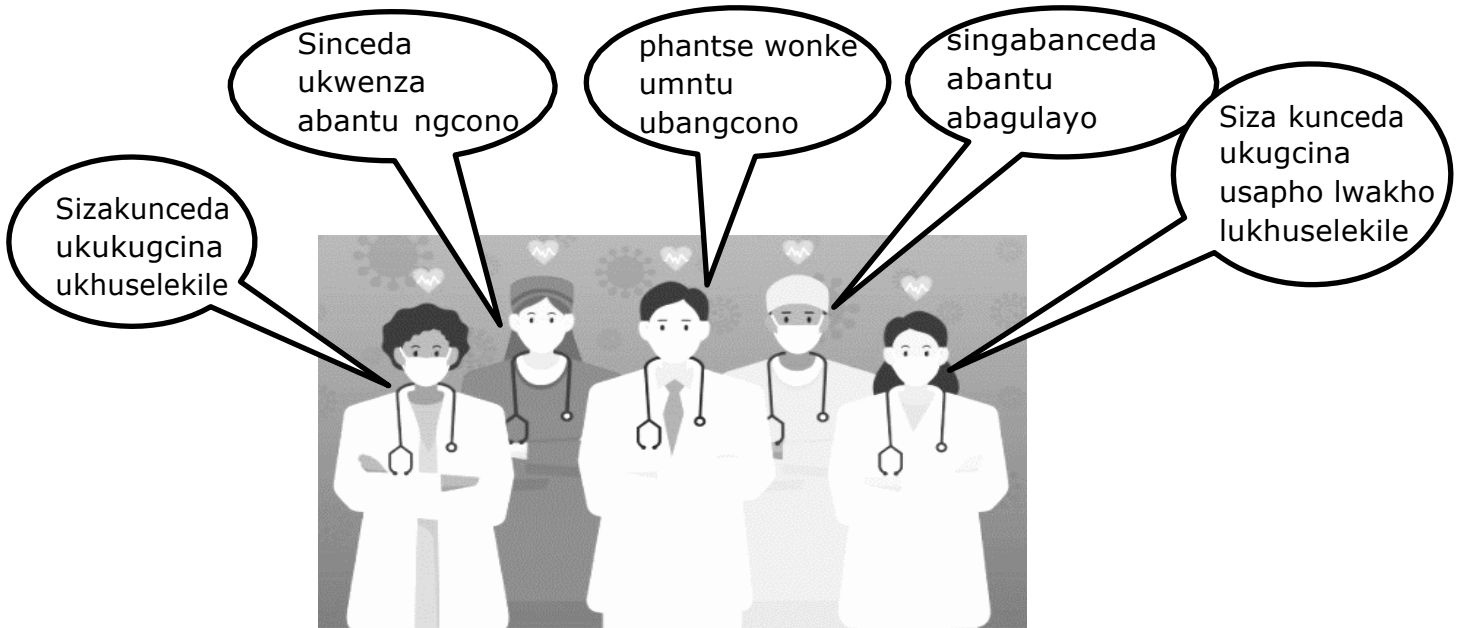


Ukuwink



**Indlela endiyithandayo yokubulisa yi** \_\_\_\_\_

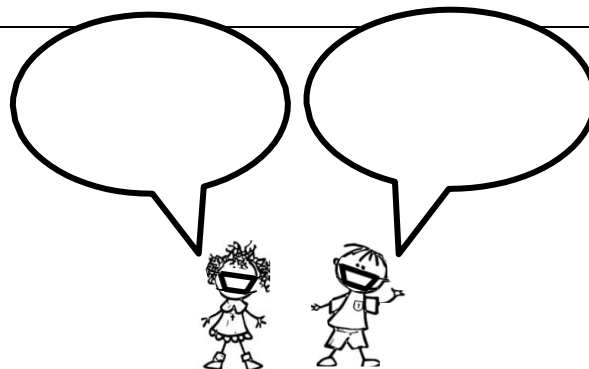
## Abantu Abasancedayo



Ndizakunika  qhwabela oogqirha kunye noonesi bethu. (Bhala ngokwenani)

Zingaphi iindlela onokuthi "enkosi"?

English <b>Thank you</b>	isiXhosa <b>Enkosi</b>	Afrikaans <b>Dankie</b>	Setswana, Sepedi <b>Ke a Leboga</b>
<b>Ngiyabonga</b> isiZulu, siSwati, isiNdebeli	<b>Ke a leboga</b> Sepedi	<b>Ndza Nkhensa</b> Xitsonga	Tshivenda <b>Ndo Livhuwa</b>



Bhala enkosi ngolwimi lwakho

# Ibali lam lase Mzantsi Afrika le Coronavirus

Le ncwadi ingam. Libali lam. Libali lam le Coronavirus

Ndikhuseleki

Ndomelele

Ndikhaliphile

Ndilungile

Ndintswempu

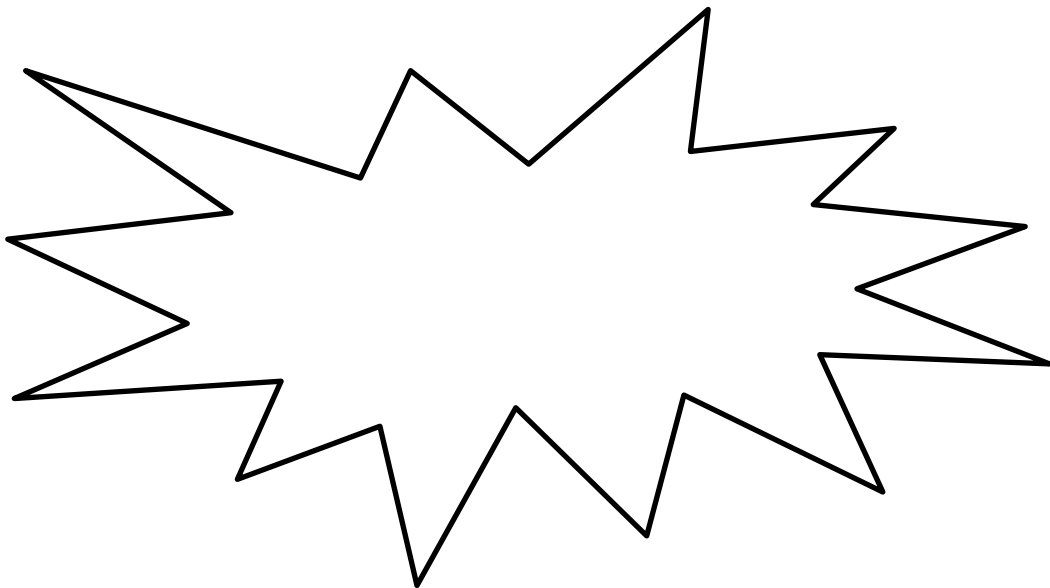
Ndiyathandwa

Ndiluncedo

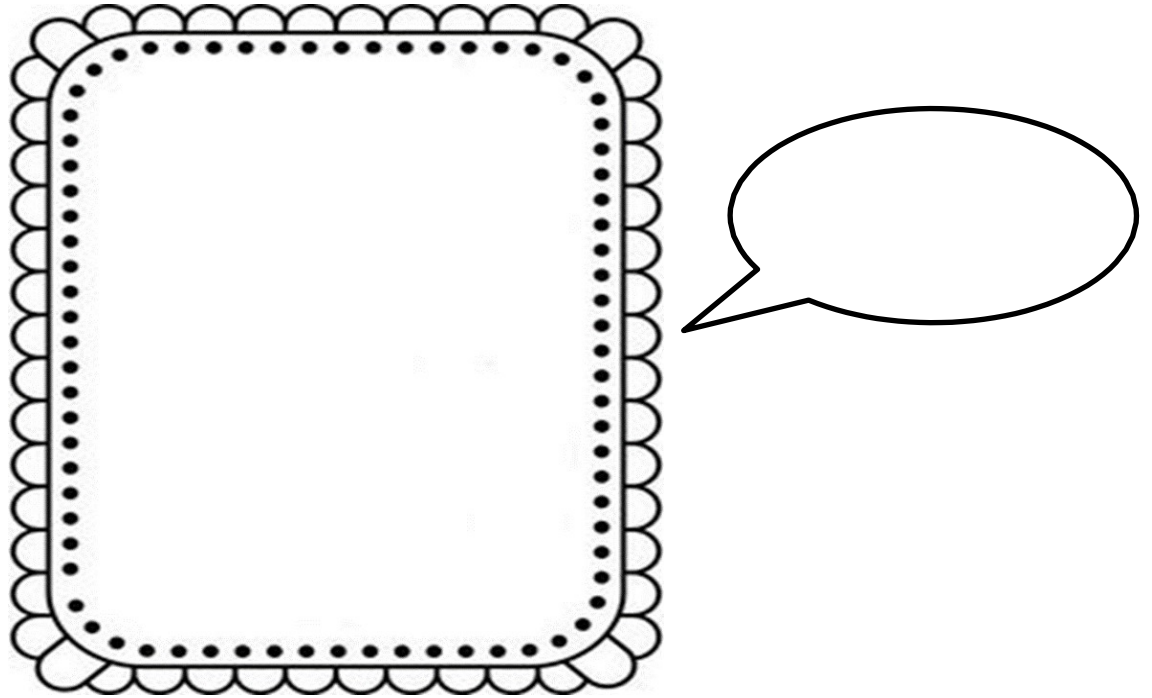
Ndikhethekile

Ndiyamangalisa  
nie ngandlela

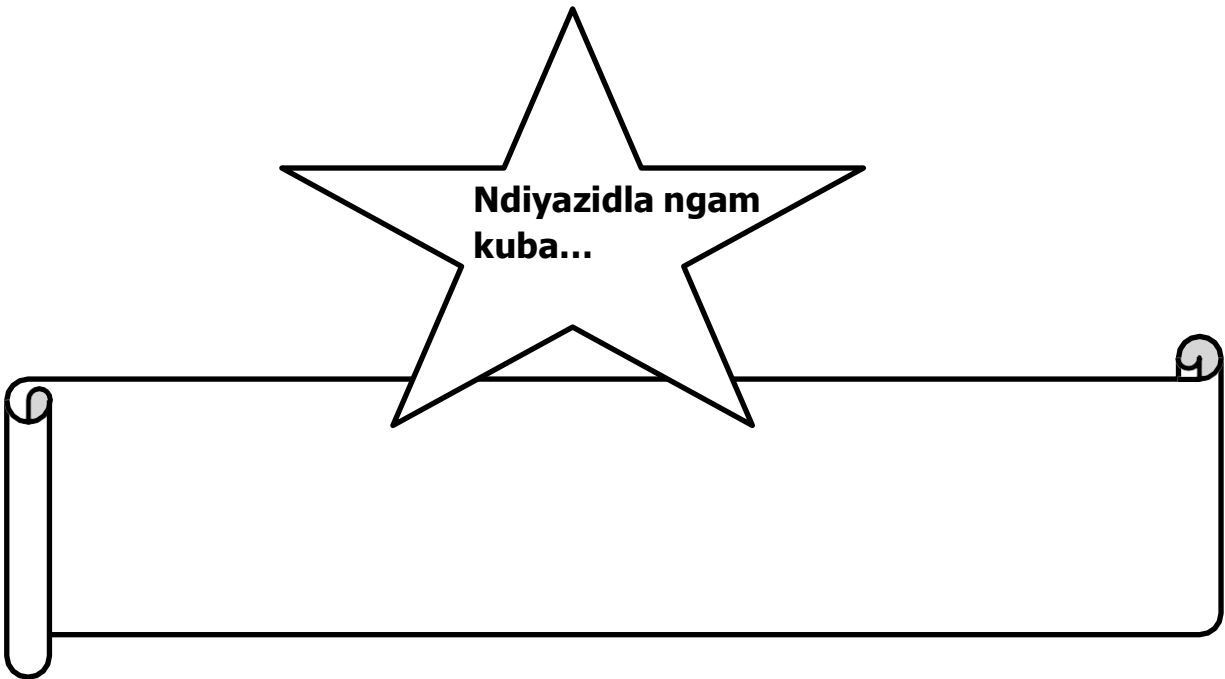
Funda amagama kwinkwenkwezi nganye, ngokuvakalayo, kunye nomncedisi wakho okhulileyo. Khetha enye oyithandayo kwaye uyibhale kwinkwenkwezi engezantsi.



## ***Ndim lo namhlanje***



Kwiqamza lentetho, bhala amagama afanayo nowabhale kwinkwenkwezi engaphambili.

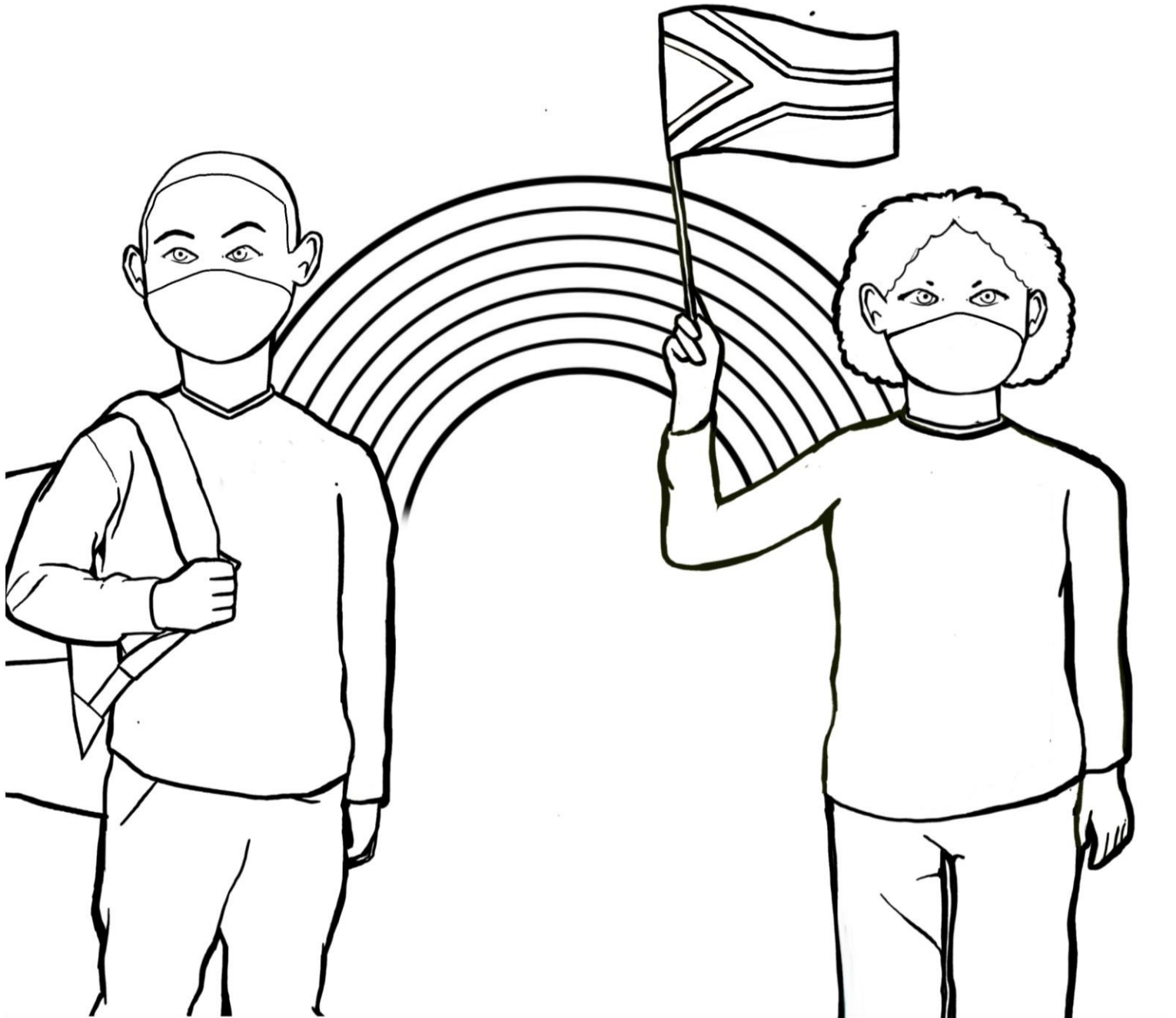


Umhla wanamhlanje ngu \_\_\_\_\_

Aba bantu bandincedile ngale ncwadi \_\_\_\_\_

\_\_\_\_\_

Faka umbala emfanekisweni. Ungongeza noba yintoni oyithandayo kulomfanekiso



# Inkcukacha zaBantu abadala - IZikhokelo zeNkxaso

(Ithathwe kwi: "AMANQAKU ALI-10 ABAZALI ABANGAWASEBENZISA UKUNCEDA ABANTWANA BAQONDEUKUGCINAUMGAMA" - Rebecca Schrag PhD)

## 1. Sonke sikule nto

Abantwana baphendula kakuhle xa sibonakalisa izinto ekunzima ukuziqonda. Bahlala becinga ngehlabathi ngokubhekisele kubantu abalungileyo kunye nabangalunganga, amaqhawe kunye nabantu abakhohlakeleyo. Ukuba sithetha ngeentsholongwane ngokungathi zizikhohlakali ezincinci esizama ukulwa nazo, abantwana banomsebenzi-injongo edlulela ngaphaya kokuthobela nje imiyalelo yabazali babo.

Umzekelo, ungayizoba intsholongwane (kwaye unike umntwana wakho u "msebenzi") ngokuthi, "Okwangoku sonke sisebenza kunye ukunqanda intsholongwane i- khorona ukuba isasazeke. Iindaba ezimnandi zezokuba iintsholongwane azinakutsibela kude kakhulu! Ukuba sihlala kude nabantu, iintsholongwane azinakho ukutsiba zisuka komnye umntu ziye komnye zisigulise sonke

## 2. Naku esinokwenza

Xa sithetha nabantwana ngale nyaniso intsha, kubalulekile ukuba sicacelwe zizinto esingenakuzenza - umzekelo: "Njengangoku, asikwazi ukwanga, okanye sibambe izandla, okanye sibeke iingalo zethu kubahlobo bethu nakwabanye abantu abangahlali nathi. Into esinokuyenza kukuthetha emnxebeni kwaye sithethe nabahlobo bethu kunye nabanye abantu, ukuba nje singasondeli kubo. "

Kubalulekile ukuba uqaphele izinto esinokuzenza ukugcina ulwalamano oluqinileyo nabantu esibathandayo. Emva kwayo yonke loo nto, umgama ngokwasemzimbeni awufani nomgama weemvakalelo, kwaye abantwana abaninzi banokuqonda ukuba kukho iindlela zokuziva usondele kakhulu emntwini, nokuba ungaphandle komzimba.

## 3. Oku akuqhelekanga kwaye kwahlukile.

Abantwana bayathuthuzeleka xa besazi ukuba ababodwa kwiindlela zabo zokusabela iimvakalelo. Ukubonisa ukuba wonke umntu uziva ngendlela efanayo kuya kwenza lukhulu ukubaqinisekisa.

## 4. Izinto ezininzi zisafana.

Xa sivuma indlela izinto ezahlukeneyo ezivakalelwa ngayo ngoku, kufuneka sitsale ingqalelo kwizinto ezifanayo. Oku kunceda abantwana baqaphele ukuba kusekho iindawo ezininzi zobomi babo eziqhelekileyo. Xoxani kunye ngezinto abanokuzenza. Kwaye basathandwa njengangaphambili — enyanisweni, nangakumbi.

## 5. Ukhuselekile.

Abantwana babonisa uxinzelelo lwabo ngeendlela ezahlukeneyo: umzekelo, ukuba bhetyebhetye ngakumbi, ukuba nomsindo okanye uvakalelo ngakumbi, ngokubanzi. Leyindlela yabo yokubonisa ukuba bakhathazekile. Akukho nto ixabiseke kakhulu njengokubanga kwaye ubazise ukuba unabokwaye konke kuzakulunga



## **6. Baninzi kakhulu abantu abakhulileyo abasebenza kunye ukunceda.**

Ngamaxesha obunzima, kubalulekile ukujonga abancedisi. Thetha nabantwana bakho malunga neenzulu-lwazi ezisebenzela ukufumana amayeza alungileyo kunye nezitofu zokugonya, oogqirha kunye nabanye abasebenzi bezempilo, amapolisa kunye nevenkile ezinkulu basebenza nzima ukusinceda sonke.

## **7. Kuyothusa**

Ngokwenene kunjalo! Kwaye abantwana bethu baya kuxhamla ukuba siyayivuma le nto, kunokuba sizame ukuyiphika okanye sihlale sipeyinta umnyama kuyo. Kuyothusa ukuba asikwazi ukuya kwindawo esiyithandayo okanye asikwazi ukwenza imidlalo kwaye asinakudlala ngendlela esasiqhele ngayo nabahlobo bethu. Nomntwana wakho, thetha ngezinye izinto kwaye kulungile ukuthi: "ngenene, iyoyikeka!"

## **8. Kodwa kananjalo, kukho icala eliqaqambileyo.**

Kuhlala kulungile ukubonisa izinto ezilungileyo- kwaye zikhona! Akunyanzelekanga ukuba sivuke kwangethuba ukuya esikolweni! Akunyanzelekanga ukuba siphume kubanda! Thetha nomntwana wakho kwaye nibale zonke izinto ezakhayo

## **9. Sikulento sonke.**

Abantwana — nabantu abakhulileyo — baziva bekhuselekile ngakumbi xa beqaphela ukuba bayinxalenye yoluntu. Kubantwana abancinci, kunokuba luncedo ukubiza wonke omnye umntu ohlala ekhaya abe yinxalenye yokugcina umgama. Kubantwana abadala kunokuthuthuzela ukuthetha ngeedolophu ezahlukeneyo kunye namazwe ahlangebezana noku-umz. "Abantwana abaneminyaka eli-10 kwiindawo ezininzi abavumelekanga ukuba bange izihlobo zabo ngoku."

## **10. Sithatha oku usuku olunye -ngamanye amaxesha nokuba yiyure enye ngexesha.**

Abantwana (kunye kwakhona, nabantu abakhulileyo nabo) bayonganyelwa xa beqala ukucinga malunga nokwenza olu hlenga-hlengiso lobomi ixesha elide. Gxila kwinto ezakwenzeka namhlanje, nakwinto esinokuyenza kwixesha langoku. Kwaye khumbula ukuba ngamanye amaxesha ukunika intuthuzelo ayikokuba "namagama afanelekileyo" konke-kulula njengokwanga okuthatha ixesha elide.

## IMIBULELO: NGUBANI OBHALE LE NCWADI?

**UGilbert Kliman, MD**, nguMlawuli weZiko labantwana lezeMpilo yeNgqondo eSan Francisco, eCalifornia. Uneminyaka engama-50 yamava ekusebenzeni ngentlekele yengqondo. Ungumseki kunye nowayesakuba ngumlawuli wesona sixeko sikhulu sendawo yokubandezeleka kwisizwe, iZiko elingenzi nzuzo loNyango kwii-White Plains, eNew York. Yena kunye nabasebenzi beZiko banceda amawaka amaninzi abantu abaxinzeleleke kakhulu emva kokusweleka, ukonzakala, kunye namava obundlobongela kubandakanya iingozi zeenqwelomoya, izikhukula kunye neenkanyamba, ulwaphulo-mthetho ezidolophini kunye nokungabi namakhaya. Umamkeli ngaphezulu kweenkonzo ezingama-40 kunye nezibonelelo zophando kunye noMhleli weJenali yokuThintela ukuNyanga kwengqondo, ukongeza ngaphezulu kwamanqaku angama-70 enzululwazi, uGqr. Kliman ubhale uMzali oPhendulayo noAlbert Rosenfeld. Le ncwadi yaphumelela ibhaso loncwadi lwamazwe aphesheya "ngeyona ncwadi ibalaseleyo kwihlabathi ngokubhekisele kwimpilo-ntle nokondla abantwana." Nguye umsunguli woNyango lweNethiwekhi olubonakalisayo lwabantwana kumaqela okufundela, kunye nomyili weencwadana zokwenza olo nyango kunye noxwebhu lwalo olufutshane olubizwa ngokuba yiNdlela yokuSebenza yoMsebenzi oKhokelwayo. Kutshanje uphumelele imbasa yeDean Brockman ngethiyori yakhe eNtsha yokuDibanisa i-PTSD, imbasa ka-2016 ka-Anna Freud yophando kunye nenkonzo yakhe yasesikolweni, nakwi-2020 imbasa yokuqala yoLuntu yeAmerican Psychoanalytic Association. Jonga ku [www.childrenspsychologicalhealthcenter.org](http://www.childrenspsychologicalhealthcenter.org) ukufumana inkcazo ephelileyo yomsebenzi wakhe kunye ne-arhente ayikhokelayo.

**U-Anne Kuniyuki Oklan R.N**, umzobi wokuqala wencwadi yokuqala yeBali Lam leNyikima, ngumongikazi kunye nogqirha womzali nomntwana kunye nosapho kunye noMqeqeshi wezengqondo. Ngokudibene noEdward Oklan, M.D., baseka kwaye bayalela UKUKHULELA UKUYA KUBUZALI kwaye wakhonza njengeNgcali yoPhuhliso lweeNtsana. Yena no- Edward Oklan ngabazali babantwana abathathu.

**U-Edward Oklan, M.D., M.P.H.**, NguGqirha wezifo zengqondo womntwana kunye nosapho kwiYunivesithi yaseCalifornia, eSan Francisco, uGqirha Oklan waseka IZIKO LESIQINISEKISO SOKUKHULELWA KUBUZALI NOSAPHO, imodeli yenkqubo engenzi nzuzo enikezela ngeenkonzo zokuthintela impilo kwiintsapho zokuzala kunye nabantwana abancinci abaphantsi koxinzelelo. Uggwesa ngokusebenza nabantwana, abantu abadala kunye neentsapho eziye zafumana kakhulu ubunzima bengqondo, kunye nezenzo eMarin County.

**U-Harriet L. noGqirha Wolfe, M.D** wayenguMongameli weSan Francisco Centre ye-Psychoanalysis, uMlawuli wezeMfundo kwiSebe lezeMpilo yengqondo kwiSibhedlele sase-San Francisco, kunye noMongameli we-American Psychoanalytic Association. Usebenzisa i-psychoanalysis kunye nonyango lwezibini eSan Francisco. Okwangoku unguNjingalwazi wezonyango kwi-Psychiatry kwiYunivesithi yaseCalifornia, eSan Francisco kunye noMongameli onyuliweyo we-International Psychoanalytical Association. Zeziphi iiarhente nabantu abasebenzisanayo ukunceda ukwenza ukuba le ncwadi ikhokelweyo ifumaneke kubantwana, kwiintsapho, kootitshala nakubanakekeli?

The Children's Psychological Health Center, Inc.,  
([www.childrenspsychologicalhealthcenter.org](http://www.childrenspsychologicalhealthcenter.org)), San Francisco, California. 94115.

Gilbert Kliman, MD, Medical Director (see above)

### **Ukutshintshwa kwemifanekiso eMzantsi Afrika**

**Imibulelo:** Clipartlibrary; Colouringkidsboys.com; Childhood101 – Christie Burnett;  
Dreamstime.com; Freepik.com; Getdrawings.com; Justcolour kids; Sweetclipart.com; The Yucky  
Bug; Mrs Cress; WebStock Review.

Khululeka Grief Support – Freedom Bird; Trust Bus

### **Ulungelelwano loMzantsi Afrika kunye neenkukacha zonxibelelwano**

**Patti Silbert:** +27 83 7892044

E-mail: [patti.silbert@uct.ac.za](mailto:patti.silbert@uct.ac.za)

**Patti Silbert:** +27 82 3757728

[tembeka.mzozoyana@uct.ac.za](mailto:tembeka.mzozoyana@uct.ac.za)

Website: <http://www.sdu.uct.ac.za>



UNIVERSITY OF CAPE TOWN  
IYUNIVESITHI YASEKAPA - UNIVERSITEIT VAN KAAPSTAD



i **Beth Silbert:** I-M.Ed (i-UWC) usebenzela iShine Literacy, umbutho ongajonganga kwenza nzuzo ofuna ukuphucula iziphumo zokufunda nokubhala kubantwana abancinci abavela kwiindawo ezihlelekileyo eMzantsi Afrika. UBeth nguMphathi weZiko iGood Hope Seminary Junior School eKapa - indima yakhe kukulawula nokujonga amavolontiya ekunikezeleni ngenkxaso eyodwa kubantwana abakumaBanga 2 no-3 ukomeleza ukufunda kwabo isiNgesi, ukubhala kunye nokuthetha. Usebenze njengotitshala kwiMfundo yaBantwana aBasaqalayo kunye neMfundo yamaBanga aphantsi kunye nasemva kwaphantsi.

ii **Tembeka Mzozoyana:** I-BSW (i-UCT) ngumsebenzi wezeNtlalontle kunye nomququzeleli weZiko lezeMpilo leZikolo leNkqubo yokuPhucula iZikolo (SII) e-UCT. I-SII isebenza ngokubambisana kakhulu neSithili seMfundoseMetro East kunye namaqabane nezikolo ezihlanu. UTembeka ulilungu leQonga laseKhayelitsha eMbindini weSimo soLutsha kunye neQonga leeNkonzo zeMpilo yoLutsha kwaye ube ngum yabafundi olawulayo kwiSebe lezoPhuhliso lwezeNtlalo (Uonontlalontle) e-UCT kule minyaka isixhenxe idlulileyo.

iii **Patti Silbert:** I PhD (i-UCT) nguManeja we weProjekthi yeZiko loPhuculo lweZikolo (SII), kwiCandelo loPhuhliso lweZikolo, kwiSikolo sezeMfundo kwiYunivesithi yaseKapa (UCT). I-SII lelinye lamanyathelo okuphendula kwezentlalo e-UCT, asebenzisana nezikolo ezihlanu eNtshona Koloni ilokishi yase Khayelitsha. Eyona nto iphambili kuPatti kukuphuhlisa iimodeli eziphuculweyo ezipheleleyo, ezidityanisiweyo zokuphucula isikolo ngentsebenziswano, ukuhlangana kunye nokusebenzisana. Upapashe kwilizwe liphela, kwaye ungumhleli wokuqala wale ncwadi: Ubuhlakani obusebenzayo: iYunivesithi-uLuntu-iZikolo (ISilbert, iGalvaan kunye neClark, i-2018, iHSCR Press)

### **Abaguquleli**

**Nomfundo Mfobo:** Nomfundo Mfobo okwinqanaba lesihlanu ngokwesidanga, ekwanguye nomfundi wesidanga B.Ed yingcali kuphuhliso kwabantwana abasantulayo e qondene ngqo nabantwana baka Grade R ngolwasemzini ulwimi exelenga kwicandelo lophuhliso zikolo kwi dyunivesithi yase Kapa.

**Tholisa Matheza:** Tholisa Matheza ufumene isidanga se (B.Ed Honours) kwi dyunivesithi yase Ntshona Kolon oyingcaphephekwizifundo zolwimi lakwaNtu okwicala lophuhliso lwezikolo kwi dyunivesithi yase Kapa.

### ***IKhuphiswano yebali lam lase Mzanti Afrika le Coronavirus***

Siyavuyisana ngokugqiba incwadi! Siyathemba ukuba uyifumene incwadi inomdla kwaye iyila. Ngoku ukuba uyigqibile incwadi ulilungele inyathelo elilandelayo....

Sinqwenela ukuba wabelane ngamava akho ngale Coronavirus kwibali lakho (amagama ayi-120-140 okanye ama-3 - 5 imihlathi) Ungabandakanya umzobo ukuba uyafuna (ukhetho). Ophumeleleyo kwisikolo ngasinye uya kukhethwa ngokusekwe kwibali labo. Amabhaso aya kunikwa umfundi ophumeleleyo kwisikolo ngasinye nakwisikolo ngasinye esithatha inxaxheba

#### **Imiyalelo:**

Ibali kufuneka libe ngumsebenzi wakho, kufuneka ubhalwe ephepheni elahlukileyo, kwaye uxelele amava akho ngale Coronavirus.

Isihloko sebali lakho sithi “*Ibali lam lase Mzantsi frika le Coronavirus*”.

Bhala igama lakho, ifani kunye negama lesikolo sakho phezulu ephepheni.

Onke amangenelo makangeniswe ngomhla okanye phambi komhla woku-1 kuJuni 2021. Ibhokisi yokungenisa esemthethweni imi kufutshane nomnyango we-Hilltop Spar eHarare, eKhayelitsha.

#### ***Umxhasi:***

Ndinombulelo ongazenzisiyo kumxhasi wethu, iHilltop Spar ngayo yonke iminikelo.

#### **Ushicilelo:**

Ukushicilelwa kwale ncwadana kuxhaswe yiHilltop SPAR eHarare Khayelitsha.

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