

SESAME WORKSHOP

Welcome Sesame 

**Umhlahlandlela Wemindeni
Ethinteki Ezinghalekeleni
kanye Nezokufuduka**



Welcome Sesame

Isingeniso

Uma izingane nabantu abadala behlangabezana nezimo ezisabisayo nezibafaka engcupheni, izingqondo zabo zibatshela ukuthi “mababaleke, balwe, noma bame bangenzi lutho”. Lena yindlela ingqondo yethu ezama ngayo ukusivikela.

Imindeni ethinteki ezihlekeleleni ingase ibhekane nezimo eziningi ezinjengalezi, futhi amandla ayo okukwazi ukuzinza ngokuba nobudlelwano nabantu abadala abasekelanayo abanjengawe. Ukunakekela kwakho, ubukhona kwakho, kungabasiza bazizwe benethezekile, kanti namasu owabelana ngawo nabo angabasiza bakwazi ukudlula kulezi zimo. Kungakhathaliseki ukuthi ube nezinsuku ezimbalwa noma imizuzu embalwa nje yokuxhumana nabo, ungasiza imindeni ukuba ikwazi ukubhekana nezimo zayo – ezinhle nezimbi – iziqhathanise nokunye okwenzekayo empilweni yayo. Ungakwazi nokuyisiza ukuba iqaphele, ithole, futhi isebenzise amandla ayo kuyo yonke indlela eyihambayo. Imithombo nokwenziwayo okukulo mhlahlandlela kwakhelwe ukuqinisa imindeni ukuba ikwazi ukubhekana nezimo

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ngokuyifundisa izindlela zokumelana noguquko ngenkathi izama ukuqhubeka nokuba nethemba. Imilayezo esemqoka iyavumelana nokuthi kuba nemizwa ejulile uma kunezinguquko ezinkulu, ngenkathi ikhumbuza imindeni ukuthi inamandla, ukukwazi ukumelana nezimo, nesibindi.

Indlela Yokusebenzisa Lo Mhlahlandlela

Kulo mhlahlandlela uzothola imininingwane yabanakekeli abadala namavolontiya, kanye nokwenziwa izingane. Sikhuthaza ukuba ufunde umbhalo wabantu abadala kuqala, lokhu kungenziwa ngawedwana noma njengengxenywe yezingxoxo zeqembu. Umbhalo ngamunye uphakamisa amasu nolimi abantu abadala abanakekelayo namavolontiya abangalusebenzisa ukusiza imindeni yabo ibhekane nezinguquko ebhekana nazo. Imisebenzi eyenziwayo yezingane iphakamisa izindlela ezilula ezingenziwa abantu abadala ukusekela abantwana ngalomasu ngendlela ejabulisayo, enokudlala. Ungenza lezi zinto neqoqo lezingane noma nengane eyodwa ekhaya. Yonke le mithombo kuhloswe ngayo ukuba uyisebenzise njengamathuluzi akho, ongawasebenzisa ngenkathi uwadinga, ukuze asetshenziswe ngendlela ofuna ngayo. Ungabi nomuzwa wokuthi kumele ufeze noma wenze konke okukulo mhlahlandlela. Ungabuyela kuwo noma nini uma usukulungele.

Imithombo efakiwe kulo Mhlahlandlela:



Imibhalo

Imibhalo yabanakekeli abadala.



Imisebenzi eyenziwayo eyimibhalo egaywe emaphepheni nemisebenzi yasekhaya yezingane

Izinto ezenziwayo njengemisebenzi yamaphepha okubhalwa kuwo, amaphepha akhrayonwa ngemibala nemiyalelo yokudlala elula izinto ezenziwayo ekhaya.



Izincwadi Zezindaba

Izincwadi eziqethe amahlanya ongazifunda nezingane zakho ekhaya. Lezi zincwadi zingakwazi futhi ukuba zifundwe ngaphambi kokuba kwenziwe eminye yemisebenzi ephakanyisiwe noma ukhuthaze ingxoxo nezingane zakho.



Okungaphoqiwe: Uhlu lwamavidiyo

Amavidiyo aveza abalingiswa be-Sesame Street besebenzisa amasu afanayo nemininingwane evela emibhalweni nasemisebenzini eyenziwayo. Ukubuka la mavidiyo nezingane zakho nokuxoxa nokuwaxhumanisa nempilo yabo kuzosiza ekuthuthukiseni ukufunda kwabo.

1. Ukwamukelwa Ngabangani Baku-Sesame Street

Kulungile ukuzizwa udumele noma ucasukile ngalokho okwenzekile, futhi ungazi kahle ukuthi yini ezolandela—ushintsho nezingqinamba kungaqhubeka kube yinto eyenzekayo emndenini wakho.

Kubalulekile ukukhumbula ukuthi awuwedwa. Silapha ukukusiza ukuba wazi ukuthi unamandla nokuthi ungawasebenzisa, ukuze ufunde amakhono amasha, usize wena nezingane zakho ukuba nilulame, nibhekane nesimo, futhi nichume esikhathini esizayo. Onodoli bethu abanoboya, abanobungani bangakusiza ukuba ukhulume nezingane zakho ezincane futhi bangenza izingxoxo ezinzima kakhulu zibe lula.



KHUMBULA

Njengoba ubheka le mithombo, yazi ukuthi ukuphepha, ukuvikeleka, nokunethezeka yikona okuza kuqala kuwena. Kulungile ukugxila ekuqinisekiseni nje ukuthi wena nezingane zakho nizizwa niphophile futhi ninethezekile. Ngaleso sikhathi, ukuphefumulela phezulu kungase kube yiyonanto oyidingayo (noma kokunye, kube yiyonanto ongakwazi ukuyenza). Uma usazizwa unengcindezi, kulungile ukuthatha isikhathi sakho uphinde ubuye uma uzizwa usuncono.

Umbhalo Wabantu Abadala: Ukuletha induduzo

Ngezinkathi ezinzima nasezimweni ezibucayi, izingane zingase zibe nomuzwa wokuthi umhlaba uzijikele. Njengomuntu omdala okhathalelanayo, ungasiza izingane zizizwe zinethezekile. Okokuqala, qinisekisa ukuthi wonke umuntu uphephile. Bese ugxila ekwenzeni imizimba ikhululeke.

Lawa amasu angasiza:

- **Phefumulela phezulu.** Phefumula ngekhala lakho bese ukhipha umoya emlonyeni wakho, kancane, kusukela kokuthathu kuya emahlandleni amahlanu.
- **Bala uze ufike kokuhlanu.** Ukubala kungasiza izingane zisuse ukugxila kwazo ekucindezekeleni kwesimo, zibuye zibuye emuva esimweni sangaleso sikhathi. Balani kancane kanye kanye.
- **Qina futhi unethezeka.** Khuthaza izingane ukuba ziqinise imizimba ngamabomu bese ziyayidedela ezingxenyeni ezihlukene zomzimba. Zingaphakamisa amahlombe aye ngasezindlebeni zazo, bese ziyawehlisa ziphinde ziwabuyisele, zime zibe zinde (bese ziyaphinda futhi).

Uma uzizwa usunethezeke kangconywa, noma uma isimo sesingasesibi kakhulu...

Unganikeza Isiqiniseko

Tshela izingane ukuthi kulungile ukuba nemizwa eminingi ehluahlukene, nokuthi zingakhuluma nomzali noma nomunye umuntu omdala ezimethembayo ngaso sonke isikhathi mayelana nalokho ezikucabangayo nezikuzwayo. Ukuthi “Ngiyesaba/ngiyakhathazeka ngezinye izikhathi” kungazisiza zizizwe zilalelwa futhi zineziqiniseko sokuthi azisele zodwa.

Namathela Enqubweni

Kuba khona ukukhululeka ezimweni ezijwayelekile! Ukukhetha okungenani inqubo eyodwa osukwini kwenza izingane zibe nento eziyijahile, njengokucula umlolozelo ofanayo ebusuku, kungenza zizizwe zivikelekile.

Yenza Zizethembe

Ukungaqinisekiseki kungashiya izingane zizizwa zingazithembi, Ungazisiza zikhumbule izinto ezizenza zizizwe zibalulekile Ndawonye, bhalani uhlu lwezitatimende ezinhle mayelana nabo bese ubacela ukuthi bakhethe esisodwa abazolokhu besiphindaphinda usuku lonke.



 EKHASINI ELILANDELAYO: UMSEBENZI WEZINGANE

🎯 Umsebenzi 1: Ikhasi Lokukhrayona Ngemibala

Kungase kuzwakale kulula (noma kuwubuwula!), kodwa ukukhrayona ngemibala kungasiza ekunciphiseni ingcindezi ezinganeni nakubantu abadala. Futhi ukukhrayona ngemibala ndawonye kungakusiza ekudluliseni imibono ebalulekile ezinganeni zakho ngaphandle kokukhuluma:

- Siseqenjini elifanayo.
- Singaba nesikhatshi esimnandi ndawonye.
- Nginawe.
- Ngilalele.
- Nginetshisekelo kuwe.
- Singaxoxa ngemizwa yethu.
- Singenza okuthile okuhle, ngisho noma izwe esikulo lesabeka futhi lihlukile.

Izingane nazo zingazifaka esithombeni esiseceleni kwabangani be-Sesame. Ukuveza imizwa yakho kusetshenziswa ubuciko kungaba yindlela enhle yokubonisa indlela ozizwa ngayo, ungawasebenzisi nhlobo amagama.



Umsebenzi 2: Umdlalo Wendima Yokwehlisa Umoya

Nazi izindlela eziyisithupha ezingane ezingazisebenzisa ukuze zehlise umoya futhi zidambise ingcindezi lapho zizwa zicasukile:



1. Ukuphefumula Ngesisu

Beka izandla zakho esiswini sakho bese uthi "yeka." Donsa umoya uwudonsele phezulu, ngekhala ngenkathi ufutha isisu sakho, bese uwukhipha ngomlomo ngenkathi uvumela isisu sakho ukuba sinciphe.



2. Bala ufike ku-5

Phefumula kakhulu ngenkathi ubala kancane kusuka ku-1 kuya ku-5.



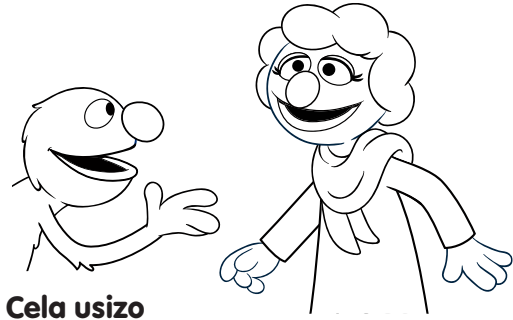
3. Khipha umoya

Vumela imizwa yakho ivele ngokunyakazisa umzimba: shukumisa izandla zakho, gxoba phansi ngezinyawo zakho, uphinde udanse ukuze uveze indlela ozizwa ngayo.



4. Yidwebe

Dweba isithombe sendlela ozizwa ngayo. Cabanga umbala, isimo, nokwakheka komuzwa wakho.



5. Cela usizo

Khuluma nomuntu omdala omethembayo ngendlela ozizwa ngayo. Cela usizo nokwesekwa.

6. Qhamuka nesu

Qala ngokuhlonda injongo yakho. Bese, uhlonza izinyathelo okudingeka ukuba uzithathe ukuze ufinyelele enjengweni yakho.



Dlalani izingoma ezihlukile ezimayelana nezingane ezicasukile, bese nidlala okunye kulamasu okwehlisa umoya Ukuqala, ungakhetha izimo eziyizidlaliso ("Cha! Ukhaphethi wami womlingo ngeke undize!") ukuze ujabulise imizwa bese uveza izimo ezivamile ezilungele izingane ("Angilitholi ithoyizi lami engilithandayo mina engifike nalo!") nokuyilapho okuzomele basebenzise khona indlela enokwehlisa umoya.

Umsebenzi 3: Umdlalo Wokuncoma

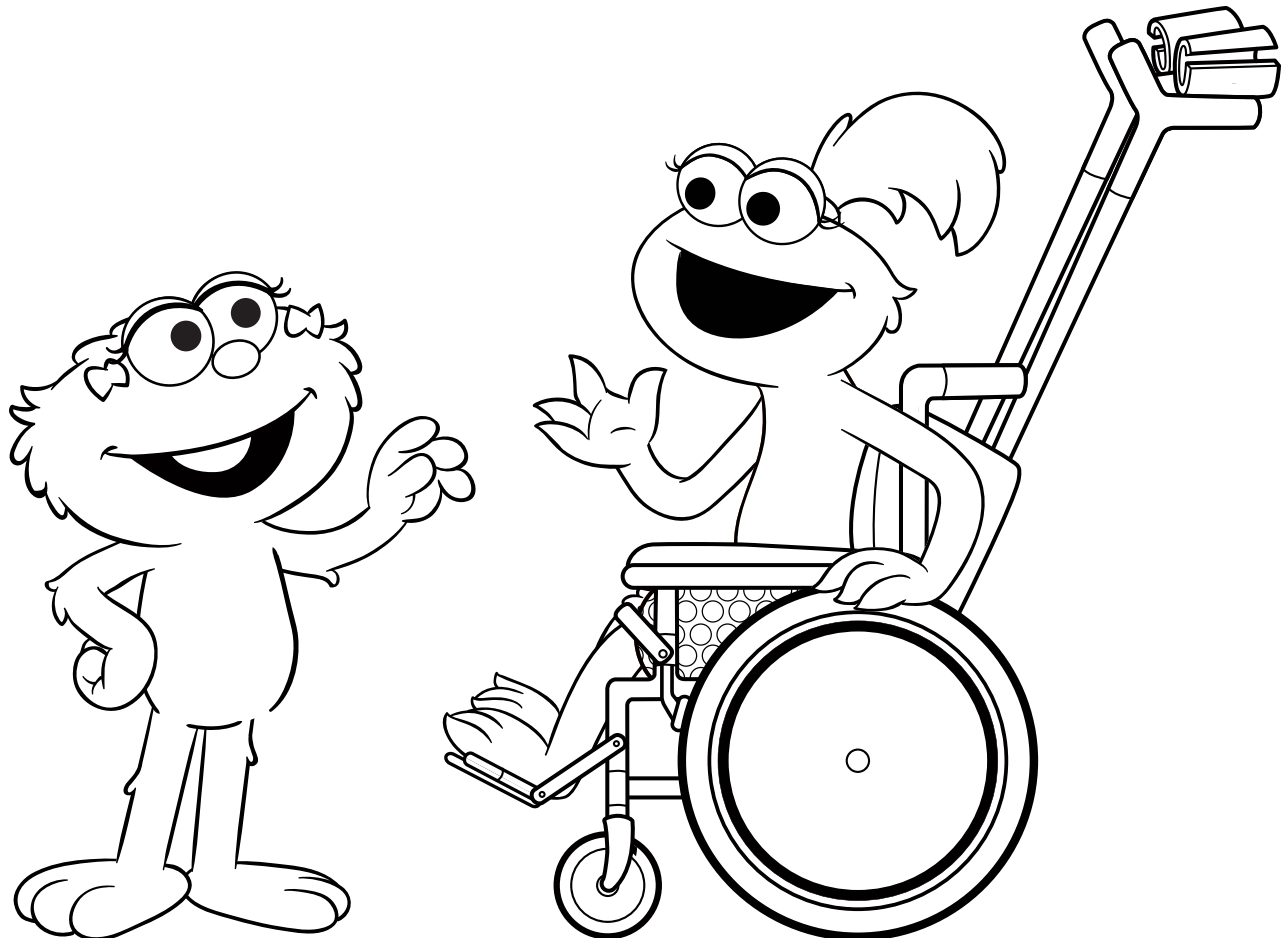
Ukwakha ukuzethemba ezinganeni kungazisiza zibhekane nezinguquko ezinkulu. Ungakhuthaza izingane ukuba zidlale “umdlalo wokuncoma” njengeqembu noma umuntu ngamunye, ngokuzicela ukuba ziqaphele ukuziphatha okuhle noma izingabunjalo kuzona noma kwabanye, bese beyakusho ngokukuphimisa.

Uma nisemaqenjini

Uma nisemaqenjini, ningaqala ngokukhetha ophathina bese uphathina ngamunye acele omunye ukuba amuncome ngokuthile. Njengoba izingane zilokhu zijwayelana, ningashintshana eqenjini nilokhu nizungezana nincomana.

Uma usekhaya

Uma usekhaya, ningancoma amalungu omndeni, futhi ungakhuthaza ingane ukuba icabange ngozikuncoma ngokukodwa usuku ngalunye. Ngokwesibonelo, “Ngiyakuthanda ukuthi nginomusa kubangani bami,” noma “Ngiyaluthanda usizo oluhlinzekayo lokuklina ngemuva kokudla.”



2. Ukubhekana Nezehlakalo Ezishaqisay

Ukulimala emoyeni – indlela ingane esabela ngayo ngokomzimba nangokomoya ezehlakalweni eziyingozi impilo yazo noma ukuphila kwabo ngokomzimba nasemoyeni noma komuntu obaluleke kakhulu kubona – kunomthelela ongapheli.

Kodwa abantu abadala abakhathalelanayo banamandla amakhulu okubuyisela izinto esimweni. Ungasiza izingane zifunde amasu okubhekana nesimo – noma izindlela ezingazenza zibencono – okungasiza ekunciphiseni imiphumela emibi yengcindezi.

Nayi imibono embalwa ezosiza wena kanye nezingane nibhekane nezimo ezinzima noma ezibuhlungu. Eziningi zalezi zindlela zingalandelwa nganoma yisiphi isikhathi, nanoma kuphi. Kungase kudingeke uzame amasu ambalwa okuthola ukuthi yini ekusebenzela kahle. Khumbula ukuthi umuntu ngamunye uhlukile; okungakisiza uzizwe uncono kungase kwehluke kokungasiza ingane yakho. Khumbula: Njengoba ubheka le mithombo, yazi ukuthi ukuphepha, ukuvikeleka, nokunethezeka yikona okuza kuqala kuwena. Kulungile ukugxila ekuqinisekiseni nje ukuthi wena nezingane zakho nizizwa niphophile futhi ninethezekile.



REMEMBER

Ngaleso sikhathi, ukuphefumulela phezulu kungase kube yiyonanto oyidingayo (noma kokunye, kube yiyonanto ongakwazi ukuyenza). Uma usazizwa unengcindezi, kulungile ukuthatha isikhathi sakho uphinde ubuye uma uzizwa usuncono.

Umbhalo Wabazali: Ukusebenzisa Amasu Okunethezeka

Uma ingqondo yethu ingase ikhathazeke ngemizwa emikhulu enjengokwesaba, ukukhathazeka, noma intukuthelo, amasu alula kanye nezinto ezingenziwa ngamazwi kungasiza izingane kanye nabantu abadala ukuba “bakhululeke.” Zama la masu nezingane ezincane (khumbula, angabasebenzela nabantu abadala, futhi!), bese ukhuluma ngezinye izindlela ezingenza uzizwe unethezekile, uphephile, futhi ududuzekile ngazo.

Phefumula

Ukunaka ukuphefumula kwethu kususiza sibuyele esikhathini esikusona ngaleso sikhathi, futhi kungenziwa noma nini, noma kuphi. Donsa umoya uwudonsele phezulu kathathu – wenze ungene kancanyana ekhaleni lakho, bese uwukhipha kancanyana futhi ngomlomo wakho – isisu sakho usizwe sifutheka nanoma sincipha.

Nyakazisa umzimba wakho

Ngezinye izikhathi imizwa yethu mikhulu kakhulu ukuba singayisho. Mema izingane ukuba ziveze imizwa yazo Ngemizimba yazo. Zingagxumela phezulu naphansi, zifinyelele phezulu, zicindezele ibhola eliqinile, zigijime ngesivinini esikhulu, noma zidansele ingoma ekhuthazayo.

Dweba imizwa yakho

Izingane zingaveza imizwa yazo ngobuciko. Ungazicela ukuba zidwebe okuzenze zadangala (noma zadinwa, noma zajabula!), ukuhlolisisa imizwa yazo (“Ukudabuka kwakho kungumbala onjani?” “Kunamuphi umumo?”). Le mibuzo ingasiza izingane zifunde ngemizwa yazo futhi zikhululeke ukukhuluma ngayo.

Gcina ijenali

Nikeza izingane ibhuku lazo lamanothi. Zingabhala noma zidwebe noma yini kulo mayelana nokuthi kwenzekeni osukwini, indaba abaziqambe yona, inkondlo – ukubhala kungazisiza zihlele imicabango yazo futhi ziqonde iminingwane emisha. Uma izingane zingakakwazi ukuzibhalela, zingasho imicabango yazo kuwe, bese wena uyibhala phansi.

Shutheka into entofontofo

Ukuba nento ethile eziyijwayele ngenkathi kuba noguquko, njengengubo yokulala, ucezu lwengubo enombala eziyithandayo, noma isilwane esimvukumvuku, kunganikeza izingane umuzwa wokulondeka.



 EKHASINI ELILANDELAYO: UMSEBENZI WEZINGANE

Umsebenzi 1: Ukuhamba Nokukhuluma

Ukuze uthole eminye imithombo, iya ku-sesamestreetincommunities.org. Kulo msebenzi, imindeni ithatha “uhambo lokuzungeza indawo” nezingane zayo, babheka amagumbi bese kuvela ithuba lokuqala izingxoxo.

KUQALA, qala ingxoxo:

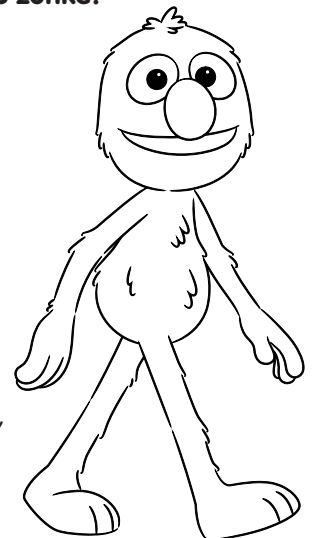
- Buza abazali, abanakekeli, namavolontiya, “Ucabanga ukuthi ingane yakho isho ukuthini uma ibheka noma ikhomba okuthile? Yini engadala ukuthi ikhombe?” (Kuyindlela eveza ukuthi ifisa ukukubonisa okuthile kumbe ukukutshela ngakho, noma mhlawumbe ufuna imininingwane eyengeziwe ngento ethile.)
- Uma ababambiqhaza sebeyivezile imibono yabo, phawula: “Kuhle ukulandela umkhondo wengane yakho njengendawo yokuqala yokufundisa nokufunda. Kuhle kakhulu uma uhambisana nezinto azithandayo; kusiza ekuthuthukeni kwabo.

NGEMVA KWALOKHO, mema abazali, abanakekeli, namavolontiya ukuba bahambe egunjini babheke izinto ezikhona, bavumele izingane ukuba zihole uhambo. Batshele ukuthi “balandela” okuthandwa yizingane!

- Khuthaza abantu abadala ukuba babuze imibuzo eholela kokuthile, ngokusebenzisa izimizwa emihlanu njengohlaka “Kuzwakala kanjani lokho? Ingabe ithambile noma inzima? Yimuphi lowo mbala? Yimuphi umsindo owenziwa yilesi silwane?”
- Bangakwazi futhi ukuzenza “abaxoxi bendaba” futhi baphawule ngalokho ingane ekuqaphelayo: “Ohho, ngicabanga ukuthi umbala oluhlaza okwesibhakabhaka kungase ube umbala owuthanda kakhulu”; “Yaze yawugqinsi leyo ncwadi!”
- Uma ingane ingumntwana, phakamisa ukuthi abazali babambe ingane ezingeni lamehlo ezinto abakhuluma ngazo, khomba, futhi ubeke ubuso babo ebusweni babantwana babo, ukhulume kancane futhi ungamemezi ubabheke emehlweni.

OKOKUGCINA, hlanganani futhi bese ubuza imindeni ngezinye izikhathi zansuku zonke:

- “Yiziphi ezinye izindlela ongase ube nezingxoxo ezinjengalezi nengane yakho?”
- Veza ukubaluleka kokulandisa ngemisebenzi yansuku zonke, uphendule Uma izingane zikhuluma ulimi lwazo lwezingane olungezwakali, futhi uphinde lokho okushiwo yizingane.
- Ithi, “Ake sicabange ngezinye izindlela zokusebenzisa ulimi ongazisebenzisa nengane yakho ekhaya.”
- Phetha ngokuthi, “Ngakho ukuba nengxoxo enonile ngolimi kufana nokuyisa ibhola emuva naphambili, ukuphendulana, nokugcina ingxoxo iqhubeka isikhathi eside ngangokunokwenzeka, nokuyilapho kusetshenziswa izinhlobo eziningi zamagama.”



Umsebenzi 2: Isikali semizwa

Lesi sithombe sisiza ingane yakho ibone amagama emizwa ehlukeni. Ningadlala umdlalo wokulingisa imizwa ndawonye phambi kwesibuko futhi nihlanganise lokhu nokunye okujabulisayo, okunjengalokhu:

- Yicele ukuba ilingise izithombe ngazinye njengoba izibuka esibukweni.
- Yisho imizwa ngaminye lapho ingane yakho iyilingisa bese uyicela ukuba iphinde igama.
- Yicele ukuba ikhumbule isikhathi eyazizwa ngaso ngendlela ehlukeni, futhi isho ukuthi kungani yayizizwa ngaleyo ndlela.
- Buza ingane yakho ukuthi yayizwa kuyiphi ingxenye yomzimba wayo leyo mizwa. Kwakunjani?
- Shintsha umdlalo – lingisa izithombe bese ucela ingane yakho ukuthi iqagele igama lomuzwa owulingisayo.
- Yisho umuzwa bese ucela ingane yakho ukuba iwulingise ngaphandle kokubuka isithombe.
- Cela ingane yakho ukuba ikhethe ukuthi izizwa kanjani manje, futhi ichaze ukuthi izizwa ngezinga elingakanani.
- Uma unengane engaphezu kweyodwa, zicele ukuba zidlale le midlalo ndawonye.



Umsebenzi 3: Khiphela Ngaphandle, Ukunyakaza Okuzoyikhipha

Kulo msebenzi uzobonisa abantwana izindlela zokuvocavoca umzimba ezilula okubonisa ezingasebenzisa ukulolonga imizimba yazo ukuze zehlise umoya futhi zibhekane nemizwa enzima. Inhloso yalo msebenzi ukufundisa ngezinye izindlela zokwehlisa umoya nokubhekana nesimo ngenkathi izingane zinyakazisa imizimba yazo, zilalele imihlahlandlela, zilandele okushiwoyo. Njengoba uhlabelela, sebenzisa izandla zakho ukushaya ihlombe nezinyawo zakho ukugxoba phansi okulula yakha isigqi sokunyakaza.

Ekupheleni komsebenzi, buza ingane yakho ukuthi umsebenzi uwenze yazizwa kanjani. Ingabe isazizwa idumele njengoba beyidumele ngaphambi kokuzivocavoca?

*Uma ngidumele, kuyasiza uku (shaya izandla) yi (shaya izandla) khipha (shaya izandla).
Uma ngidumele, kuyasiza uku (gxoba phansi) yi (gxoba phansi) khipha (gxoba phansi).*

NGIYAKHALA IPHUME. (Yenza ubuso obukhalayo ngezingalo ezigoqiwe ngezandla ezikhomba amehlo).

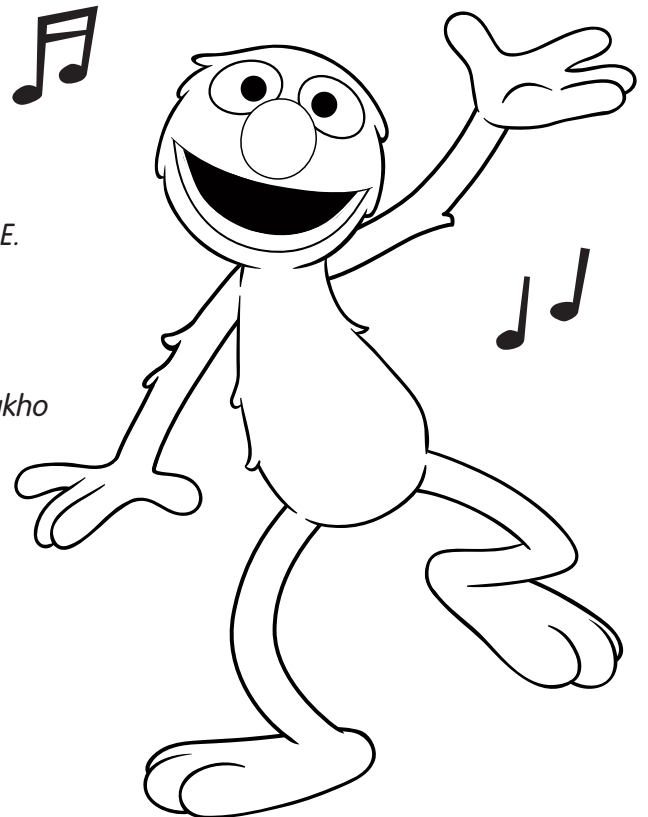
Ngidonsa umoya NGAPHAKATHI nangaphandle. (Phefumulela phezulu ngekhalala, beka izandla esiswini sakho, phefumula ngomlomo wakho, yenza lokhu izikhathi ezintathu).

*Uma ngidumele, kuyasiza uku (shaya izandla) yi (shaya izandla) khipha (shaya izandla).
Uma ngidumele, kuyasiza uku (gxoba phansi) yi (gxoba phansi) khipha (gxoba phansi).*

Ngizigoqa izingalo zami bese NGIYAYIPITSHIZA IPHUME. (Songa izingalo zakho emhlanje wakho futhi upitshize kakhulu amehlo evaliwe).

NGIYASHO "NGIDANGELE" (Beka izandla emlonyeni wakho ulingise ukumemeza, yisho amagama ngokucacile futhi ngesizotha kumuntu oseduze nawe).

Uma ngidangele, kuyasiza uku (shaya ihlombe) yi (shaya ihlombe) khipha (shaya ihlombe).



3. Ukubhekana Nezinguquko Ezinkulu

Ngisho nezinguquko ezincane kakhulu, njengokulungela ukuphuma endlini, kungaba nzima ezinganeni ezincane, ngoba zibhekana nezinto eziningi ezintsha nxazonke! Akumangalisi ukuthi uguquko olukhulu oluphawulekayo lungaba nzima kakhulu ebantwaneni.

Uguquko olunjengalolu cishe luzosho ukubhekana nemizwa emikhulu. Ukwamukela umuzwa wokuba umndeni ohlangene kungakusiza ukuba udlule ezikhathini ezinzima zalokhu ngokuzethemba okukhulu. Imithombo ekulo mqulu inikeza amasu ambalwa alula angase asize umndeni wakho uzizwe uvikeleke kakhudlwana futhi uhlangene ngesikhathi soshintsho olukhulu.



KHUMBULA

Njengoba ubheka le mithombo, yazi ukuthi ukuphepha, ukuvikeleka, nokunethezeka yikona okuza kuqala kuwena. Kulungile ukugxila ekuqinisekiseni nje ukuthi wena nezingane zakho nizizwa niphephile futhi ninethezekile. Ngaleso sikhathi, ukuphefumulela phezulu kungase kube yiyonanto oyidingayo (noma kokunye, kube yiyonanto ongakwazi ukuyenza). Uma usazizwa unengcindezi, kulungile ukuthatha isikhathi sakho uphinde ubuye uma uzizwa usuncono.

Umbhalo Wabantu Abadala: Ukuqonda Nokuchaza Uguquko

Uguquko oluyingxenywe yokuphila.

Uma kuba nezinguquko ezinkulu, kungasiza ukukhumbula ukuthi uguquko luyingxenywe lwekwemvelo yokuphila. Ungakhuluma nezingane ngezinto ezishintshayo, nokuthi lezo zinguquko zihle noma ziwusizo kanjani:

- Uma isitshalo sikhula sisuka ekubeni yimbewu, siyabona ukuthi uguquko lungaba luhle.
- Uma izinkathi zonyaka ziguquka unyaka wonke, sijabulela izinto ezintsha, njengokudlala ngaphandle uma ilanga lishisa noma ukugqoka izingubo ezisindayo uma kumakhaza.

Bese ukhuluma ngezinguquko ezithile oke wabhekana nazo noma ongase ubhekane nazo maduzane. Yiziphi izinto ezihle ezenzekile (ngisho nezincane kakhulu)? Yini oyilangazelelayo? Ngokwesibonelo – wenze abangani abasha. Ufunde okuthile okusha. Ubone indawo entsha.

Usizi luyingxenywe lwenguquko.

Imizwa yosizi – kuhlanganisa ukudabuka, intukuthelo, nokudideka – ngokwemvelo uma izinto zishintsha. Kungenzeka ukuthi ukhalela ukulahlekelwa yikhaya lakho, indlela ojwayele ukwenza ngayo izinto, izindawo nezinto eziywayelekile, noma ukufa kothandiweyo wakho. Kuvamile ukuzizwa udangele noma ucasukile ngalokho okwenzekile, nokungaqiniseki ngalokho okungase kwenzekile esikhathini esizayo.

Wonke amalungu omndeni abhekana nosizi ngezindlela ezingafani futhi alapheka ngesivini esingalingani. Usizi lungase luphele isikhashana, luphinde lubuye, bese luyahamba futhi. Ngisho nalapho izingane zibonakala zikahle, ungazikhumbuza ukuthi...

- Kulungile ukuzwa imizwa enzima, ngisho nemizwa ehluke ngasikhathi sinye.
- Singakhumbula indlela izinto ezazivame ukuba ngayo, futhi sijabulele indlela eziyiyona manje.
- Kulungile ukuzizwa ujabule lapho kwenzeka okuthile okuhle noma ukuhleka lapho okuthile kuhlekisa.
- Lapho sizizwa sidabukile, sidiniwe, noma sikhathazekile, kunezinto esingazenza ukuze sizizwe sincono.



Yini eguqukayo? Yini engaguquki?

Kungakududuza ukukhumbula ukuthi akuyona yonke into eguqukayo. Khumbuza izingane ukuthi ngisho nakuba izinto eziningi seziguqukile futhi zizoqhubeka ziguquke, ezinye izinto zizohlala zinjalo:

- Ngiseyimina.
- Sisahlangene.
- Sisangakwazi ukuhleka nokumamatheka ndawonye.
- Sisangakwazi ukuphupha ngekusasa.

Kunezinqubo eziyohlale zinjalo futhi – ungabingelela umndeni Wakho, uphinde uwufisele ukulala kahle futhi ungatshela umndeni wakho ukuthi uyawuthanda.



EKHASINI ELILANDELAYO: UMSEBENZI WEZINGANE

Umsebenzi 1: Iphepha Elikhrayonwa Ngombala

Kungase kuzwakale kulula (noma kuwubuwula!), kodwa ukukhrayona ngemibala kungasiza ekunciphiseni ingcindezi ezinganeni nakubantu abadala. Futhi ukukhrayona ngemibala ndawonye kungakusiza ekudluliseni imibono ebalulekile ezinganeni zakho ngaphandle kokukhuluma:

- Siseqenjini elifanayo.
- Singaba nesikhathi esimnandi ndawonye.
- Ngilapha nawe.
- Ngilalele.
- Nginentshisekelo kuwe.
- Singatshelana imizwa.
- Singenza okuthile okuhle, ngisho noma izwe esikulona lesabeka futhi lihlukile.

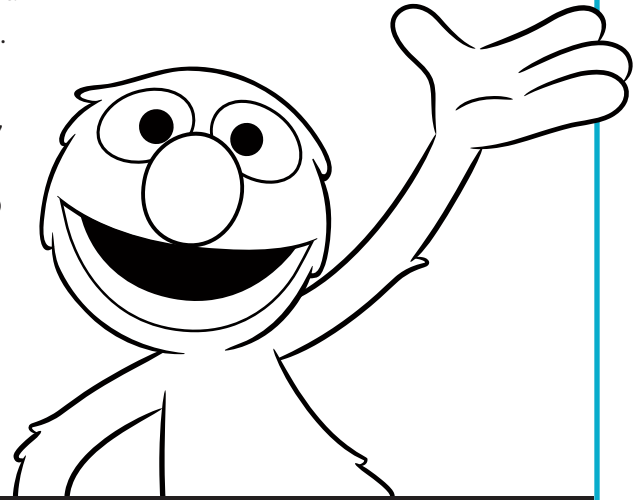
Izingane nazo zingazidweba esithombeni esiseceleni kwabangani be-Sesame. Ukuveza imizwa ngokobuciko kungaba yindlela enhle yokuveza indlela ozizwa ngayo, ungawasebenzisi nhlobo amagama.



Umsebenzi 2: Inqubo Yami Yansuku Zonke

Imikhuba inganikeza ukunethezeka nokuvikeleka ngezikhathi zenguquko. Zama ukufaka okuningi ekuhleleni inqubo yosuku lwengane yakho ngangokunokwenzeka (ukuvuka, ukugqoka, ukudla; usuku lwasekuseni oluhle lwesikoleni; isikhathi sokulala esimile kuhlanganise nomculo wokulala ojwayelekile, njll.).

Ukubuka ngeso lengqondo inqubo yansuku zonke kungasiza ukukhumbuza izingane uhlelo lwazo futhi zilindele uguquko. Khuluma nazo ngenqubo yansuku zonke futhi uhlukanise usuku lube “izingxenye” ezintantu (isib. ekuseni, ntambama, kusihlwa). Cela izingane ukuba zicabange “izinyathelo” ezintathu zenqubo yosuku ngalunye. Ungabhala izinyathelo bese ucela izingane ukuba zidwebe izithombe ezizozisiza zibone futhi zikhumbule okudingeka zikwenze. Faka inqubo yansuku zonke eshadini losuku lwakho njengoba ukhomba okulandelayo futhi ubuza izingane ukuthi yini elandelayo okudingeka ziyenze.



Inqubo yami yansuku zonke

Ekuseni

Ntambama

Kusihlwa

4. Ukufunda Izinto Ezintsha

Izinguquko ezinkulu ngokuvamile zifaka kuzo ukufunda okuningi. Izingane nabantu abadala kuzodingeka bafunde izinqubo ezintsha, imithetho, nemvelo, phakathi kwezinye izinto.

Ukufunda okuningi kungakwenza uzizwe ukhunganathekile, kodwa ukwazi ukuthi bangabafundi abahle kungakha ukuzethemba ezinganeni. Futhi ukufunda izinto ezintsha ndawonye kungasiza imindeneni yakhe ukuxhumana okwahlukile okungayisiza ekubhekaneni nezinsalelo zesikhathi esizayo.

Ukufunda kungenzeka noma nini, noma kuphi – futhi imithombo ekulo mqulu ingakusiza uqale ngokushesha...sakudlala!



KHUMBULA

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Umbhalo Wabantu Abadala: Ukufunda Izinto Ezintsha

Izingane zingabafundi bemvelo, futhi ezikhathini ezinzima ukufunda kungaba umthombo wenduduzo, ithemba, ngisho nenjabulo. Ikhono lengane lokufunda yinto engashintshi ngisho nalapho izimo zokuphila zenza kanjalo. Amakhono abawafundayo angakha ukuzethemba futhi abakhumbuze ukuthi banakho kuningi abanganikela ngakho emphakathini wabo. Phezu kwalokho, ukwabelana ngalokho abakufundile nomndeni noma nabangani kungavusa izingxoxo futhi kuqinise ubuhlobo.

Njengomuntu omdala okhathalelanayo, ungasiza ingane yakho ithuthukise uthando lokufunda ngokukhuthaza ilukuluku labo, ukukhuluma, nokulalela. Bheka le mibono engezansi.



Buza Uzibuze

Uma sikhuthaza izingane ukuba zibheke usuku (nanoma yisiphi isimo esisha) ngelukuluku, sizisiza ukuba zikwazi Ukubheka nezimo, futhi. Mema izingane ukuba zibheke umhlaba ozizungezile njengososayensi, ngokubuza imibuzo: Ubani? Ini? Kuphi? Nini? Yinindaba? Kanjani?

Khumbuza izingane ukuthi kulungile ukubuza imibuzo (futhi kulungile nokuthi ungabi nazo zonke izimpendulo). Ukuzifundela izinto kungaba yingxenye ejabulisayo yenqubo!



Bheka futhi Ufunde

Njengoba uqhubeka nosuku lwakho, qaphela izinhlamvu, izinombolo, imibala, nezimo, uzikhombe.



Phumula futhi Ukhumbule

Izikhathi zokuthula ngaphambi kokulala yizikhathi ezinhle zokucabanga ngalokho izingane ezikufundile osukwini. Buza: “Yini ekumangazile?” “Yini obunentshisekelo kuyona?”

Khona-ke, ngaphambi kokulala, yishoni la mazwi kanyekanye:

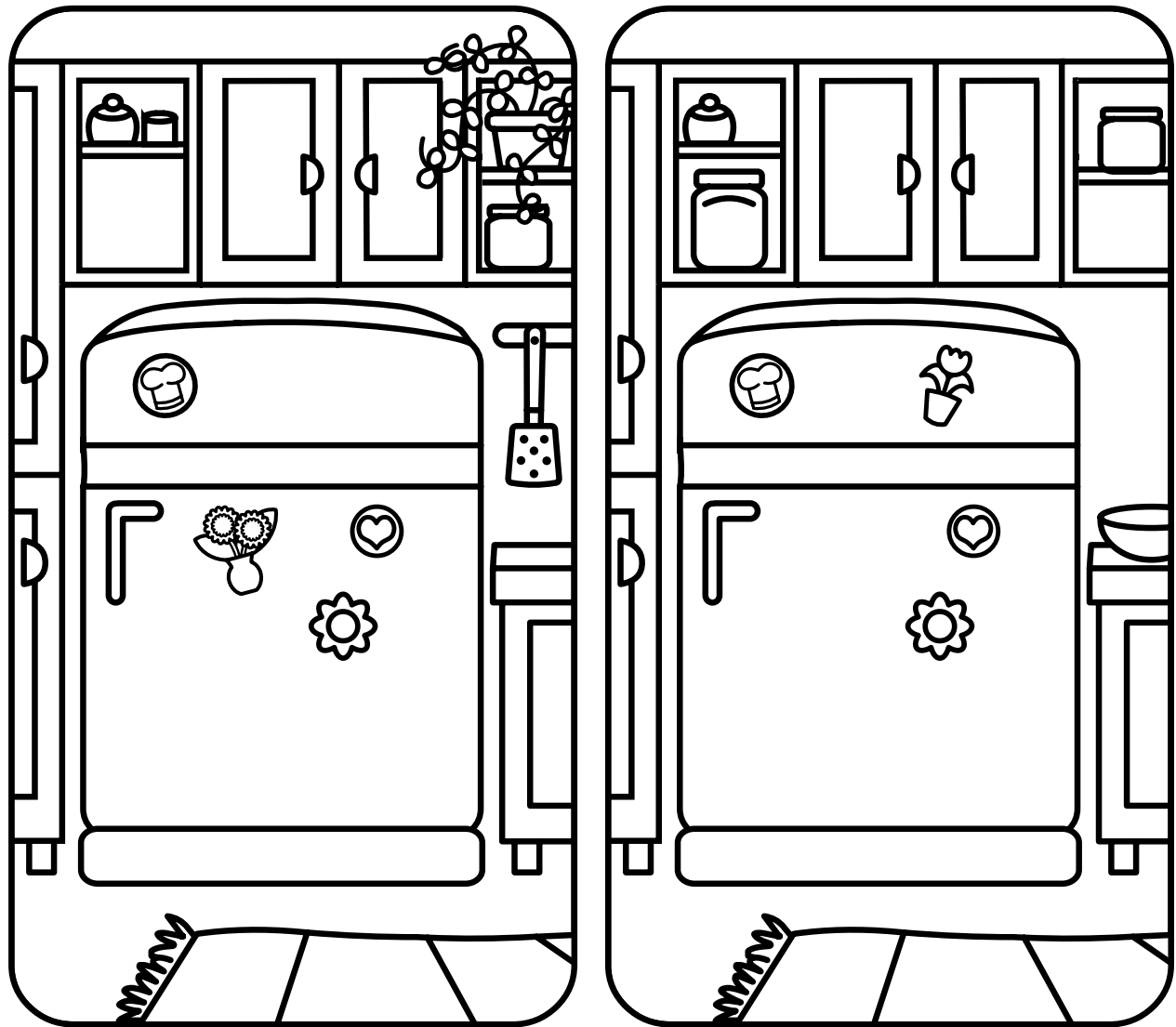
Ngisho noma izinto eziningi sezishintshile futhi zingase zishintshe, ngiseyimi. Ngingafunda izinto ezintsha. Ngingumfundi, futhi akekho ongangithathela lokho.



EKHASINI ELILANDELAYO: UMSEBENZI WEZINGANE

Umsebenzi 1: Thola Umehluko

Ukwenza imisebenzi elula yokufunda yokudlala nengane yakho kungasiza ekuqiniseni ukuxhumana okuqinile, okubaluleke kakhulu ezikhathini zengcindezi. Cela izingane zakho ukuba zibheke umehluko kulezi zithombe ezimbili zekhishi. Zicele ukuthi zisho amagama alezo zinto bese ubala into ngayinye abayitholile. Ngemva kokuba ingane yakho ithole konke okungafani engafaka umbala kukho ohlangothini abaluthandayo.



5. Ukubungaza Ukuthi Singobani

Ezikhathini ezinzima, kulungile ukuzizwa udiniwe futhi ujabule (noma yimiphi imizwa ehlukile) ngisho nangesikhathi esifanayo.

Ukufuna izinto ezinhle ekuphileni kwethu – nakithi – kungasisiza sizizwe sisesimweni esihle kakhulu. Le mithombo inikeza izindlela zokusiza ingane yakho ithuthukise lelo khono, futhi yakhe ukuzethemba endleleni.



KHUMBULA

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Umbhalo Wabazali: Ukwakha Ukuzethemba

Izinguquko ezinkulu nezinguquko zingabangela imizwa eminingi, kuhlenganise nokungazethembi, kwengane yakho. Ukuthuthukisa isimo sengqondo sokuthi “Ngingakwenza” kungasiza ingane yakho iqondise kabusha imizwa yayo engemihle futhi iyisize ibhekane nezinsalelo ngethemba elengeziwe.

Imibono yokudlala engezansi ingasiza ekuthuthukiseni ukuzethemba kwezingane. Zama le mibono lapho wena nomndeni wakho nizizwa ninethezekile ngandlela thile. Ngezikhathi lapho nizizwa nicindezeleke kakhudlwana, phefumulelani phezulu noma nime nizilule nibe bade ninganyakazi, lokho kungasiza izingane zizizwe zixhumene nazo uqobo kanye nesikhathi samanje.

Ngingakwenza...Wena?

Enye into enhle ngoshintsho olukhulu ukuthi ufunda izinto eziningi ezintsha, nsuku zonke. Ukufunda amakhono amasha kungasiza sonke sifunde ukuzethemba!

Zama lo mdlalo omncanyana nengane yakho:

1. Yisho futhi ubonise okuthile ongakwenza, njengokugxuma ngonyawo olulodwa, ukuphonsa ibhola, nomaukudweba izinhlamvu nezinombolo.
2. Bese uyimema ukuba izame. Ithi, “Ngingakwenza. Ungakwazi?”
3. Thattha isikhathi ukuze uvumele ingane yakho ibonise amakhono ayo.
4. Futhi ekugcineni, zijwayeze – futhi ukubungaze lokhu – kaningi!

Ukufeza – okuncane nokukhulu – kunezela embonweni wengane wokuzethemba nengakwazi ukukukhumbula ezikhathini ezinzima. Gcina uhlu lwakho konke ukuphumelela kwengane yakho futhi ubonise uhlu olukhulayo endaweni abangayibona nsuku zonke.

Bala ufike kokuhlanu

Sebenzisa iminwe yakho ukuze ubale uze kufike kokuhlanu. Njengoba ubala, yisho okuthile okuhle ngengane yakho, okunjengokuthi, “Unesibindi” noma “Uyasiza” noma “Unomusa ezinganeni zakini.” Bameme ukuba benze okufanayo kuwe noma kwelinye ilungu lomndeni. Ukukhuthazwa – okuvela kumuntu omdala okhathalelanayo noma ngisho kusuka kuzona ngokwazo – kungasiza izingane zizizwe ziqinisekile.

 EKHASINI ELILANDELAYO: UMSEBENZI WEZINGANE

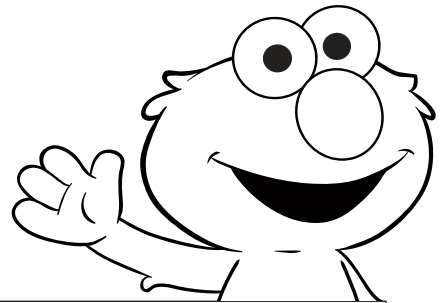


Umsebenzi 1: Nginamandla, Ngingashintsha

Lo msebenzi uphathelene nokuhlola ushintsho oluhle, olungolwemvelo izingane eziluzaphelayo emhlabeni futhi zixhumanise lezo zinguquko ezike zabhekana nazo ngokwazo, zizisiza ekwakheni ukuzethemba mayelana nokubhekana nezinselelo ezintsha. Okokuqala, khuluma ngezinguquko zemvelo esizibona njalo njengesisekelo bese uxhuma lokhu nomqondo wokuqina nokukhula. Ithi:

- “Namuhla sizokhuluma ngezinguquko. Sibona izinguquko emhlabeni osizungezile nsuku zonke. Ngokwesibonelo, ukushintsha kobumnyama bobusuku kube ukukhanya kwemini.”
- “Ukhona yini umuntu ongacabanga ngezinye izinguquko esizibonayo endaweni yethu?” (isib., izinkathi zonyaka ziyashintsha, izihlahla ushintsho, ukushintsha komzimba njengoba sikhula, izilwane ezishintshayo, njll.)”
- “Ngezinye izikhathi izinguquko zingaba nzima, kodwa sinamandla ngokwanele ukuba okukhula ngesikhathi soshintsho.”

Nikeza ingane yakho iphepha futhi uyisize ilandelele isandla sayo. Buza ukuze bacabange ngezinguquko ezinhlanu eke yabhekana nazo futhi idwebe noma ibhala eyodwa emunweni ngamunye (noma uyibhalele uma incane kakhulu). Phetha umsebenzi ngokugcizelela indlela oziqhenya ngayo ngaye ngokukhula nokuqina ngesikhathi salezi zinguquko.



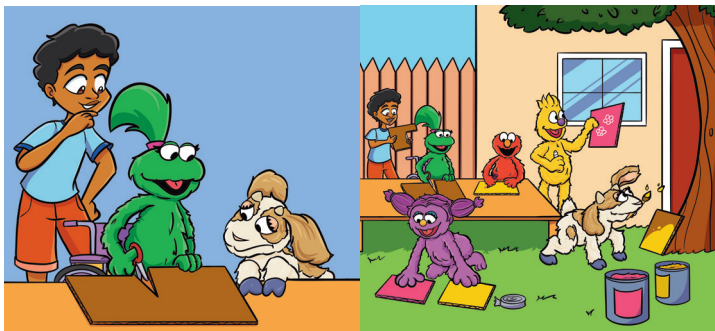
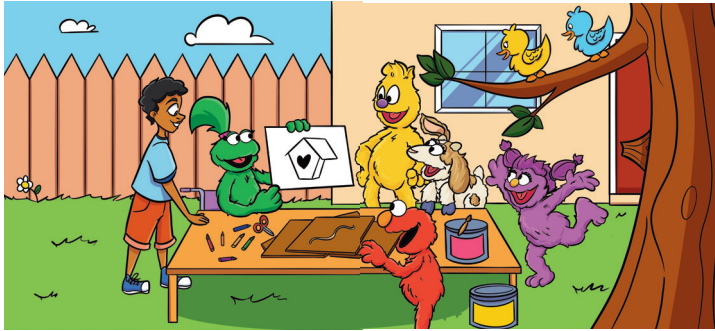
Umsebenzi 2: Amandla Obumbano



Power of Unity

Written by: Rania Turk

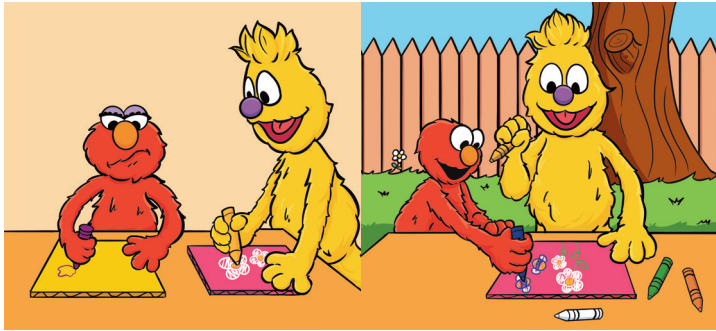
Illustrated by: Amy Diack



Angikwazi ukusebenzisa isikelo
okwamanje!

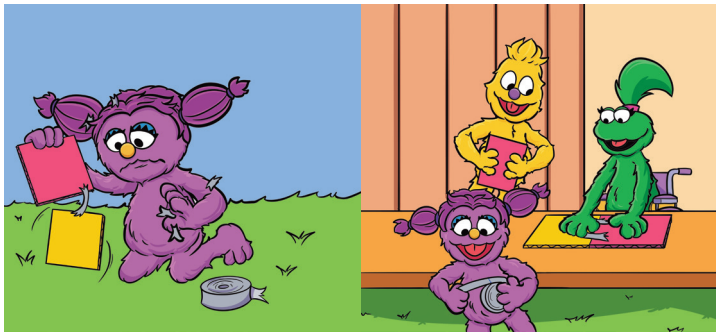
Kodwa, ngiyakwazi ukudweba kahle
nge mibala emihle.

■ Incwadi Yezindaba: Amandla Obumbano, Iyaqhubeka



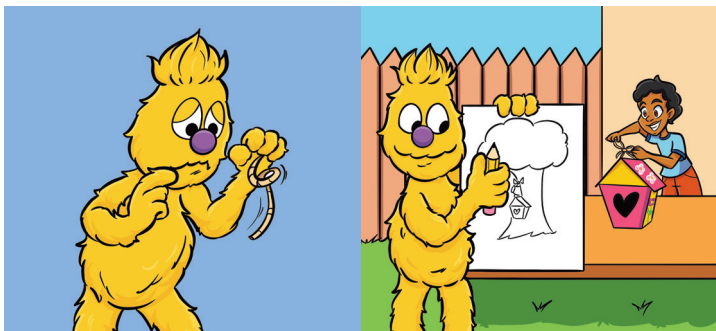
U-Elmo akakwazi ukudweba izimbali ngokucacile okwamanje!

Kodwa, u-Elmo uyakwazi ukudweba izinyosi ezibhuzayo!



Angikwazi ukhlanganisa lezi zingcezu ezimbili zekhadibhodi okwamanje.

Kodwa, ngiyakwazi ukukala ubude betheyiphu esiyidingayo.



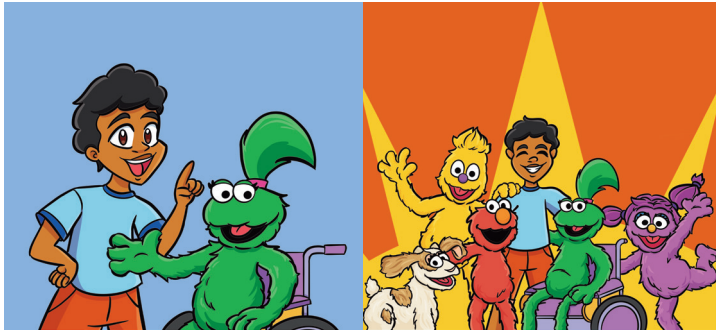
Ngeke ngikwazi ukubopha ifindo eliqinile okwamanje!

...

■ Incwadi Yezindaba: Amandla Obumbano, Iyaqhubeka



...ngizoyilengisa kuphi indlu yezinyoni!



Noma kunezinto ongeke ukwazi ukuzenza...

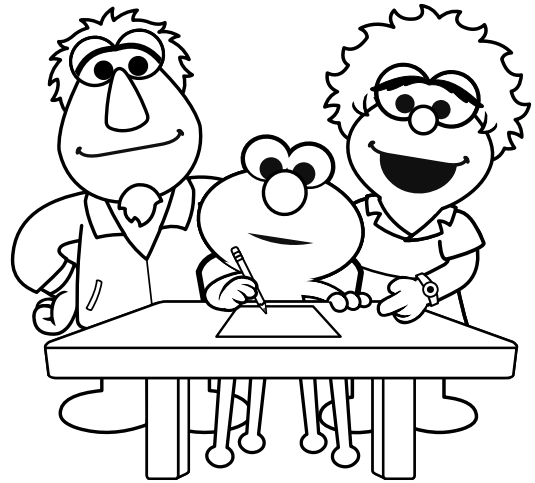
Khumbula nje ukuthi ngosizo oluncane, isineke, isikhathi nokuzijwayeza, uzokwazi ukukwenza.

Futhi kufanele uziqhenye ngalokho ongakwenza!

Umsebenzi 2: Amandla Obumbano

Amandla Obumbano yincwadi ehlola indlela omunye nomunye wethu anamandla namakhono amasha esisebenzela phezu kwawo. Ngamunye wethu anganikela ngokuthile okubalulekile *njengamanje* sibe siqhubeka sifeza izinjongo zethu zamakhono amasha. Ngokubambisana, singafeza izinto ezinhle ndawonye futhi sisekelane.

Ngemva kokufunda le ncwadi nezingane, zicele ukuba zi dwebe okuthile ezingase zikwazi ukukwenza kahle futhi ezingakwazi ukusiza nabanye ukuba bakwenze!



6. Ukuzizwa Usekhaya

Ukululama ngemuva kwenhlekelele akulula neze, futhi okwenzakalayo kuzohambisana noguquko oluhlukile.

Wena nomndeni wakho ningase nihlale esimweni sokungaqinisekiseki isikhathi eside, mhlawumbe nibe nendawo eniyibiza nge“khaya” isikhashana, bese niyasuka noma nihlale nithutha njalo. Uma ungaboni ukuthi indlela enikuyo iholela kuphi, kungasiza ukugxila kulokho ongakulawula, njengokuqinisekisa ukuthi ilungu ngalinyelomndeni liphephile, liyigugu, futhi likwazi ukwenza izinto.

Imithombo ekulo mqule inikeza imibono ethuthukisa umuzwa wokubambisana nomndeni wakho, ilukuluku, nokuzethemba.



KHUMBULA

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Umbhalo Wabazali: Ukujwayela Indawo Nokuxhumana Nabantu

Ukwenza umuzwa wokuzizwa usekhaya emphakathini wakho omusha noma “wesikhashana” kuzothatha isikhathi. Izinyathelo ezincane ezingaguququki zingasiza. Cabanga ngale mibono:

Ukujwayela Indawo

Ngaphambi kokuya emphakathini wakho omusha, yenza konke ongakwenza ukwenza ikhaya lakho elisha “lamanje” libe ngelikhululekile, futhi mema izingane ukuba zikusize.

- Ngokubambisana, ningakhetha ukuthi nizobeka kuphi izinto ezikhethekile noma izithombe zomndeni (noma ningadweba izithombe noma ubhale amagama okukhuthaza enizowabeka abonakale).
- Gcina izingubo zomndeni noma uzame ukusungula amasiko amasha ukuze ubungaze ukuba sendaweni ehlukele ndawonye. Ngokwesibonelo, esidlweni sakusihlwa, shintshanani nixoxe ngezikhathi ezimnandi zosuku lwenu.
- Khumbuza izingane zakho ukuthi umndeni wakho uyithimba futhi ngamunye wenu unendima ekhethekile okumele ayidlale. Khuluma mayelana nendlela eningasizana ngayo usuku ngalunye.
- Yiba nesineke uma izingane zidangele noma ziziphethe ngendlela ehlukele kunokujwayelekile, njengokunamathela kuwe noma ukungayi ukuyolala ngesikhathi sokulala. Ngokuhamba kwesikhathi, ngothando lwakho nosizo, ungazisiza zifunde indlela yokuchuma endaweni yabo entsha.

Ukuxhumana Nabantu

- Mkhuthaze ukuba akhulume ngokuzethemba futhi abe nesineke kwabanye.

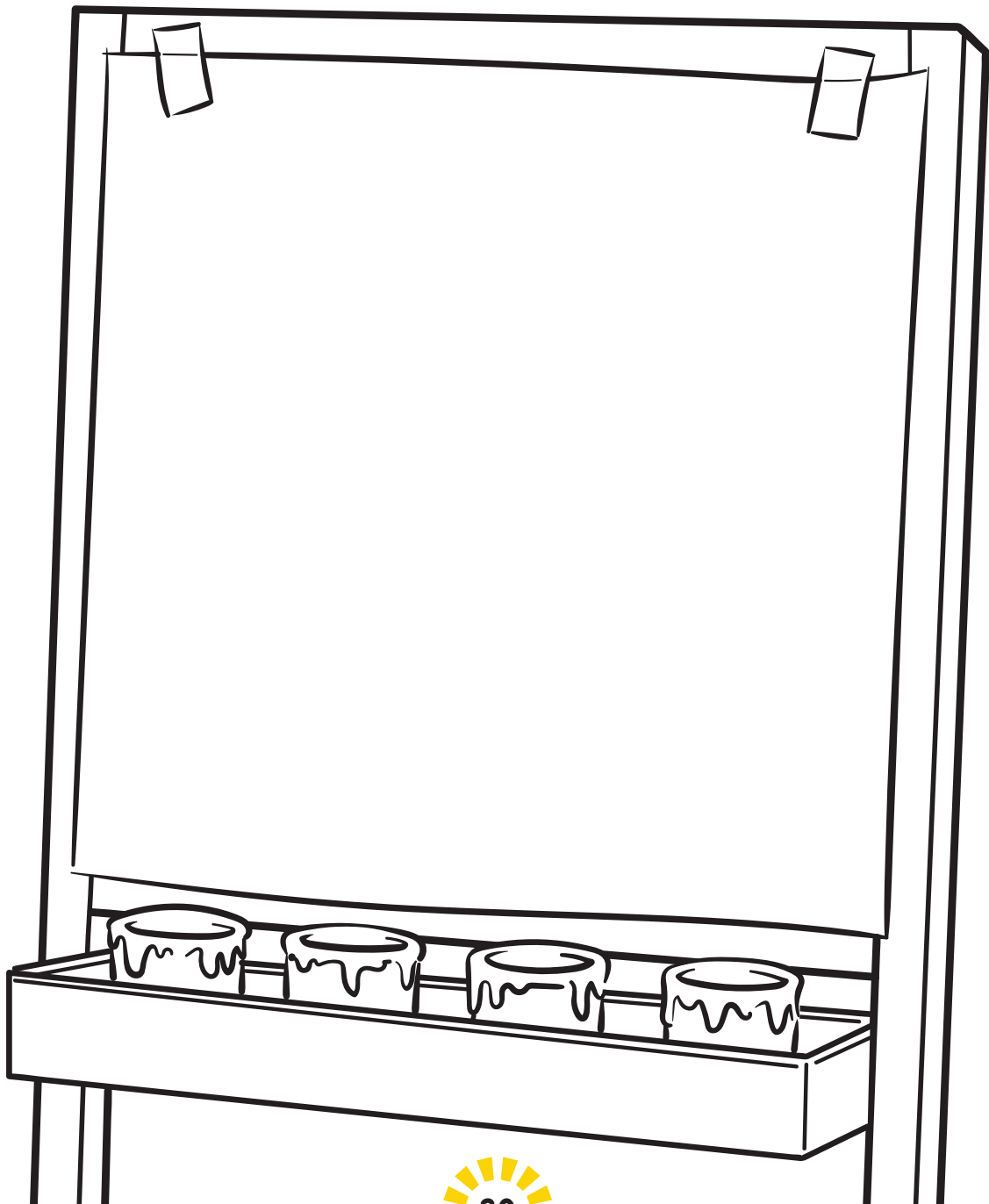
IKuvamile ukwesaba, futhi kungokwemvelo ukwenza amaphutha! Into ebaluleke kakhulu ukuthi qhubeka nokuzama. Khumbula ukuthi ungangahola ngesibonelo. Lapho uxhumana nabantu(ucela usizo, noma ubingelela nje), bonisa ukuphikelela, ithemba nokukhuthazeka.



 **EKHASINI ELILANDELAYO: UMSEBENZI WEZINGANE**

Umsebenzi 1: Yenza Incwadi Yasekhaya Entsha

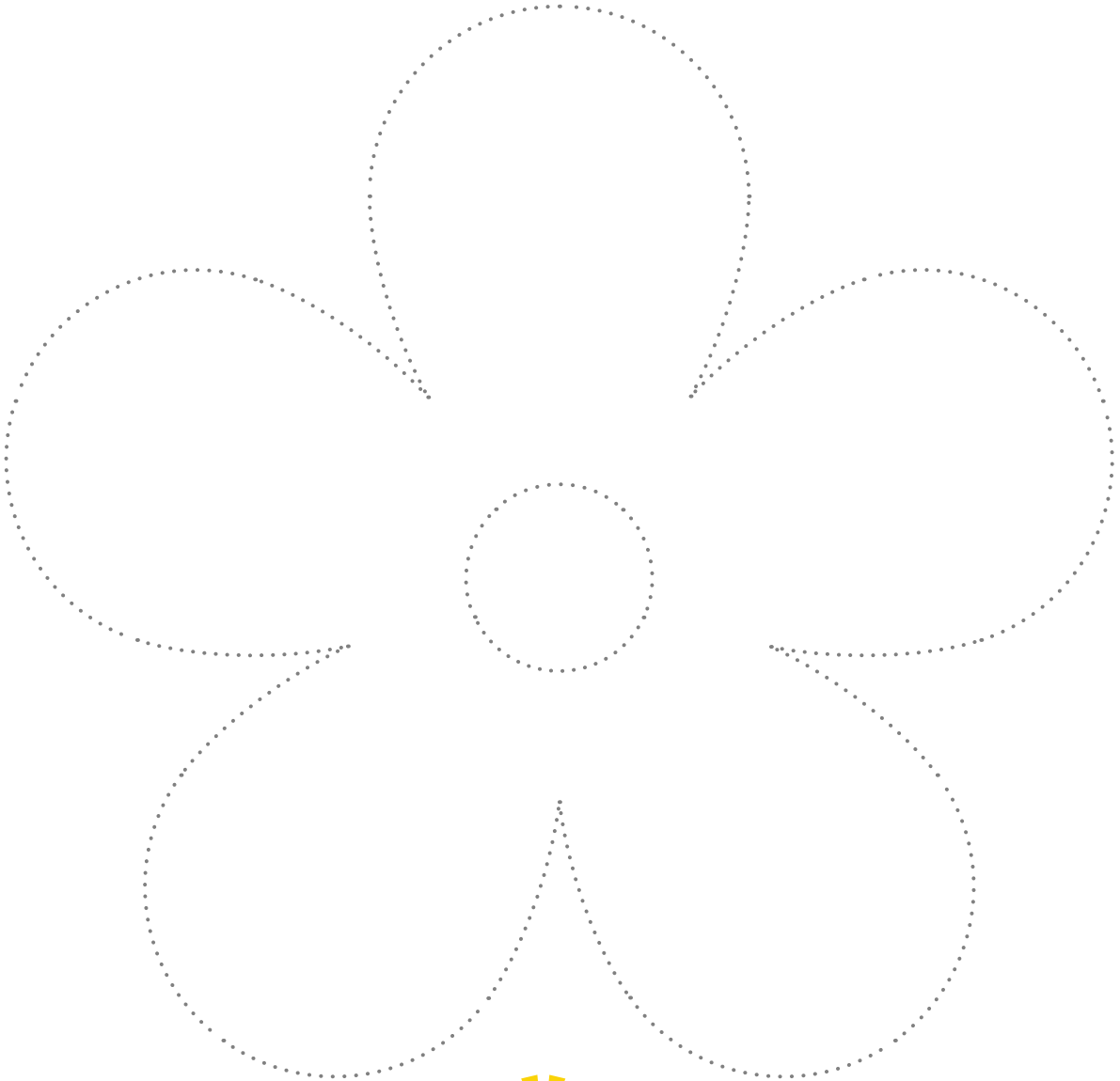
Encwadini ethi *Ikhaya LikaBulbul*, uBulbul uyasuka ekhaya lakhe elidala ulandela abangani bakhe. Ufunda ukuthi ikhaya yilapho uthola khona uthando. Ukukhumbula izindawo noma izinto esizithandayo emakhaya ethu amadala nokuhlonipha leyo nkumbulo emakhaya ethu amasha nakho kungasilethela induduzo. Hla ingane yakho ekuzisunguleleni eyayo incwadi ethi “Ikhaya Elisha” elandisa ngendaba yokuthi ivelaphi kanye nekhaya layo elisha. Ikhuthaze ukudweba into eyodwa noma ezintathu ezithanda kakhulu mayelana nekhaya layo elidala noma umphakathi wayo, nezinto ezimbalwa ezithandayo ekhaya layo elisha. Buza, “Ngabe kukhona okufanayo?” “Ukuphi umehluko?”



Umsebenzi 2: Umsebenzi Wethemba

Lo msebenzi usiza ukukhumbuza izingane ukuthi ngisho nalapho zesaba, kunokuhle okwenzekayo nabantu ababathandayo empilweni abangabheka kubona. Njengesitshalo, sikhula futhi sishintsha nsuku zonke.

Esiqeshini sephepha, dweba (noma wenze izingane zidwebe) imbali enamaphethali amaningi (okungenani amahlanu). Kwiphakathinendawo ngalinye lephethali, zingabhala noma zidwebe okuthile ezikulangazelelayo (noma ungazibhalela). Qala kancane. Ngokwesibonelo, "amathemba" ezingane, kungafaka kukho ukwenza umngani omusha noma ukwenza ukudla okuthandayo nomuntu wakini.



■ Incwadi Yezindaba: Ikhaya Elisha LikaBulbul



Ikhaya LikaBulbul

Ibhalwe nguLarry Houzain

Imifanekiso, nguWaleed Qutteineh



Imifanekiso, nguWaleed Qutteineh Sawubona!
NginguBulbul Onesibindi! Ngiyakuthanda
ukuhamba ezindaweni ezikude nokuhamba
ngibuka umhlaba!

Kodwa, angizalwanga nginesibindi.
Ngisemncane, Ngangesaba izinto eziningi.

Ake sifunde indaba yendlela enginqobe ngayo
ukwesaba kwami.”



UBulbul Owayesamncane wayeyithanda
kakhulu indlu yakhe efudumele, ethokomele.
Yayiyikho konke ayeke aphuphe ngakho.

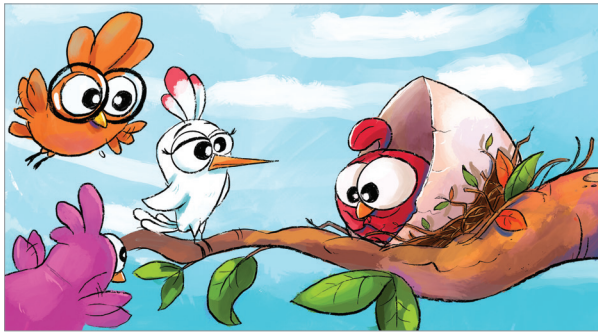
Ngolunye usuku uBulbul uphekela umngani
wakhe ukudlauReesheh esebenzisa
amantongomane awathole eduze
kwendluyakhe. Besadla ndawonye, uReesheh
wathi, “Ngiyabonga ngokudla okumnandi.
Ungumngani wami omkhulu, Bulbul.”

“Futhi ungowami,” kuphendula uBulbul.

“Futhi okumnandi kakhulu ukuthi sidla lokhu
kudla ekhaya lami. Wake walibona ikhaya
elincono kunelami?”

UREesheh wamamatheka wangasho lutho.

■ Incwadi Yezindaba: Ikhaya Elisha LikaBulbul, Iyaqhubeka



Ezinsukwini ezimbalwa ezalandela, uReesheh waphakamisa ukuthi, “Kungani singahambi ndawonye siyofuna ukudla?”

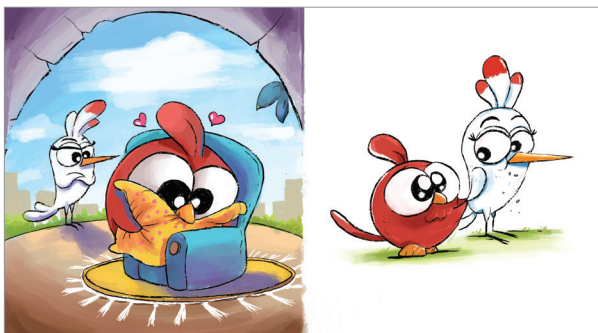
“Siphume?” Kubabaza uBulbul. “Ayikho yini indlela yokuthi kulethwe egobolondweni lami leqanda?”



UReesheh nabangani bancenga uBulbul ukuba Baphume bonke. Bebonke bathola amajikijolo amnandi.

“Amajikijolo alapha awamnandi yini?” Kubuza uReesheh.

Kodwa konke uBulbul wayelokhu ethi, “Ngiyazibuza ukuthi engabe indlu yami ikude kangakanani nalapha?”



Ngaphambi kokuba uBulbul aqede ngisho nokudla, wathi, “Ngicela ungiyise ekhaya, Reesheh. Angiyazi indlela yokubuyela emuva.”

Ngenkathi efika ekhaya, wazijikijela esihlalweni asithandayo. “Ayikho into encono okudlula ukuphumula ekhaya! Angisoze ngayishiya futhi indlu yami enethezekile.”

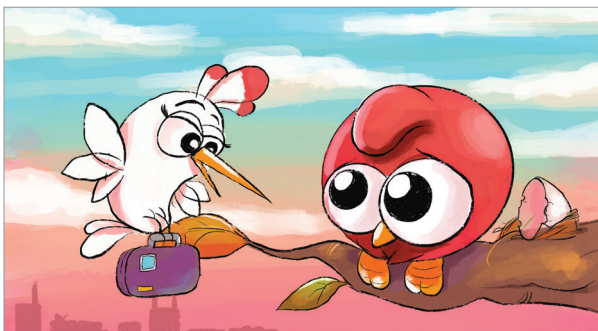
■ Incwadi Yezindaba: Ikhaya Elisha LikaBulbul, Iyaqhubeka



Ngakusasa, uReesheh uphakamisa okunye
“Ake sibhukude echibini eliseduze.”



“Kodwa lelo chibi liminyene kakhulu,” kusho
uBulbul. “Futhi nginechibi lami langasese,
khona lapha. Yini engaba ncono kunalo?”

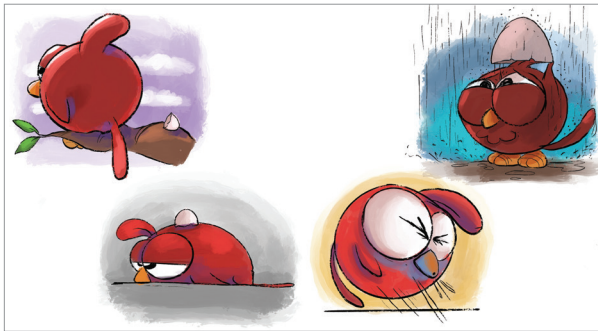


Kwadlula amasonto, uBulbul waqhubeka
wahlala endlini yakhe encane, kwathi
ngolunye usuku wavuma kuReesheh wathi,
“Nxa!... Le ndawo iya ilokhu iba incane
nsuku zonke!”

“Noma uyakhula!” Kusho uReesheh.
Waphinde waqhamuka nesiphakamiso
esisha: Mina nabangani bami sisahamba,
sithatha uhambo lwezinyanga Ezimbalwa.
Uzohlala wedwa lapha, noma
uzohamba nathi?”

“Ngizohlala lapha, yebo!
Ngizolunga ngingedwa.”

■ Incwadi Yezindaba: Ikhaya Elisha LikaBulbul, Iyaqhubeka



Emasontweni ngemva kokuba wonke umuntu ehambile, uBulbul waba sesimweni esingabekezeleleki.

Ashu

“Ngiyamkhumbula uReesheh,” uBulbul wavuma. Ngikhumbula abangani bami.”



Ngakho, nakuba ayezizwa esaba, uBulbul wayishiya indlu yakhe ukuze afune abangani bakhe.

Ngiyethemba ngizobathola ngokushesha, ecabanga.



Wayeyikhumbula kakhulu indlu yakhe. Ekugcineni, wakhuphukela eweni elenyukelayo – wabona uReesheh!

“Ngaze ngajabula ngokuthi ufike lapha,” Kusho uReesheh.

Manje njengoba esethole abangane bakhe, uBulbul wazizwa efudumele futhi ethokomele. “Yebo” Kusho uBulbul. “Leli ikhaya elingcono kakhulu.”

Okungaphoqiwe: Buka futhi Ufunde – Uhlu Lwamavidiyo

Uhlu olungezansi lwamavidiyo luhlanganisa amavidiyo amane akho namavidiyo amahlanu ongawabuka kanye nengane yakho. Xoxani ngendlela abalingiswa abakula mavidiyo ababhekana ngayo nemizwa enzima, izinselelo ezintsha, nezinguquko ezinkulu. Ukubuka ndawonye nokukhuluma nengane yakho kwandisa ukufunda kwayo! Yithokozele.

▶ **Umzuzu kaMae: Ukuzinakekela**

Ukuzithathela isikhashana kungaba nzima, kodwa futhi kunganamandla. Ukuzinakekela kungakusiza ukuba unakekele kancono abanye, ikakhulukazi ngesikhathi sezinguquko ezinkulu. Kule vidiyo, uMae uthatha umzuzu ekhefina lakhe ukukhuthaza abanakekeli ukuba bazitholele isikhathi oswikini lwabo olumatasa. Buka Ukuzinakekela ukuze uthole imibono!

▶ **Umzuzu kaMae: Ingcindezi Enganeni**

Imizwa enzima nengcindezi kuvame ukuvela ekuziphatheni kwezingane ezincane. Kule vidiyo, uMae uthatha umzuzu ukukhuluma nabanakekeli ngalokho okufanele kwenziwe lapho ingane izizwa icindezekile. Bukela Ingcindezi Ezinganeni ukuze uthole amasu awusizo endlela yokubona izimpawu zokucindezeleka ezinganeni ezincane, nendlela ongase ukwazi ngayo ukukulawula.

▶ **Umzuzu kaMae: Isiyingi Sokuphepha**

Njengomuntu omdala okhathalelanayo, ungasiza ingane yakho izizwe iphephile futhi ivikelekile. Ukweseka kwabanye abantu abadala abathembekile nakho kungenza umehluko omkhulu. Kule vidiyo, uMae ithatha umzuzu ukukhuthaza abanakekeli ukuba banikeze izingane zabo abanye abantu abadala abaphephile, abathembekile ukuba bakhulume nabo. Buka Isiyingi Sokuphepha ukuze uthole imibono!

**Finyelela ohlwini lwamavidiyo ngokuvakashela lapha:
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▶ **Umzuzu kaMae: Ukukwazi Ukuzilawula**

Ukuzazisa kuyikhono elibalulekile lokuthi abantu abadala nabo bazijwayeze. Usuku ngalunye, zama ukuzitshela into eyodwa enhle ngawe noma into oyenzile osukwini, njengokuthi “Benginesizotha ngenkathi ngizama ukuxazulula inkinga,” noma “Ngilalele futhi ngaduduza ingane yami.” Kule vidiyo, uMae uthatha umzuzu ukusiza abanakekeli bakhe ukugcina indawo yezingane inethezekile ngokubeka imithetho nangokuphefumulela phezulu. Buka Ukukwazi Ukuzilawula ukuze uthole imibono eyengeziwe!

▶ **Buka, Dlala, Funda: U-Ameera Udangele**

UBasma noJad badlala umdlalo lapho bemi khona ezikhaleni ezinemibala ehlukenene futhi bangahambisa izikwele kuphela kuya ngombala abawugwedla ebhulokhini. UBasma udangele ngoba usesikweleni esibomvana futhi ugingqa umbala obomvana ngakho-ke akakwazi ukunyakaza. Kuphazamisa inkukhu ngomsindo oxwayisa ngemizwa enzima - ngumngane wakhe u-Ameera! U-Ameera wayefuna iqabunga eliphelele kwathi ngenkathi elithola ekugcineni, lalahleka. UBasma noJad bamsiza ukuba ahlonze lo muzwa njengomuzwa “wosizi” futhi bamsize azizwe encono ngokumfundisa indlela yokukhuluma yedwa. Indlela yokukhuluma wedwa yasiza u-Ameera noBasma bazizwa bencono.

▶ **Buka, Dlala, Funda: UGrover Udangele**

UBasma, uJad, uMaZooza, noNkukhu Ozivocavocayo bonke babedlala uBhanana Bhanana Orintshi (uDuck duck goose), kodwa uBasma udumele ngoba uJad lento isimkethele waba yi-Orintshi kathathu. Kwaphazamisa inkukhu ngomsindo oxwayisa ngemizwa enzima – ngumngane wabo uGrover. UGrover walahlekelwa enye yezindandatho zakhe zokugijima azinikezwa ugogo wakhe. UBasma noJad basiza uGrover ukuba ahlonze ukuthi lo muzwa wakhe njengomuzwa “wokudangala” futhi bamsiza ukuba azizwe encono ngokumfundisa ukuthi “awukhiphe.” Indlela yokuwukhipha yasiza bobabili uBasma noGrover bazizwa bencono.

**Finyelela ohlwini lwamavidiyo ngokuvakashela lapha:
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Buka, Dlala, Funda: UCookie Uyasaba

UBasma ubonisa uJad indlu ayakhele ibhungayezi lakhe esisha alifuyile, uLulu, kodwa kuthe uma uBasma eqalaza isikhashana wathola ukuthi uLulu usehambile! Lokhu kwamkhubaza uBasma. Kuthe kusenjalo inkukhu yaphazamisa ngomsindo wayo wokuxwayisa ngemizwa enzima – ngumngane wabo uCookie Monster! UCookie wabhala ingoma yosuku lokuzalwa lukaFudu, kodwa leli phepha lalibukeka limnandi ngakho walidla ngaphambi kokuba amculele ingoma – lokhu kwamenza wadangala ngoba akakhumbuli ukuthi le ngoma ihamba kanjani. UBasma noJad basiza uCookie ahlonze umuzwa wakhe njengomuzwa “wokudangala” futhi bamsiza wazizwa encono ngokuthi “awukhiphe.” Leli su lasiza noBasma njengoba ayeqhubeka nokubheka uLulu futhi wamthola ephephile ezwakala kahle endlini yakhe entsha yebhungayezi!

Buka, Dlala, Funda: UZoe Uyesaba

UBasma, uJad, noGrover badlala i-Body Limbo. Uma sekuyithuba likaBasma, uqala ukwesaba kakhulu. Inkukhu yaphazamisa ngomsindo oxwayisa ngemizwa enzima – ngumngane wabo uZoe! UZoe udlala intambo yokugxuma noNdlovu noFudu, kodwa uZoe uyesaba ukuwa. UBasma noJad basiza uZoe ahlonze umuzwa wakhe njengomuzwa “wokwesaba” futhi bamsiza ukuba azizwe encono ngokumfundisa ukuthi akhulume yedwa. Leli su lalisiza uZoe noBasma bazizwe bengesabi.

Buka, Dlala, Funda: U-Elmo Udiniwe

UBasma ushiya amaphiko amahle ovmvane uJad amenzele wona emvuleni. UJad uthola amaphiko esonakele. Inkukhu iphazamisa ngomsindo oxwayisa ngemizwa enzima – ngumngane wabo u-Elmo! Indlovu ichoboze ibhanoyi lekhadibhodi lika-Elmo futhi manje alisakwazi ukundiza. Ishiya lika-Elmo lishwabene, izingalo zakhe zisongiwe, futhi uphefumulela phezulu ngekhala. UBasma, uJad noNkukhu basiza u-Elmo ukuba anhlonze imizwa yakhe njengomuzwa “wentukuthelo” futhi uzizwe encono ngokuyidweba. UJad usebenzisa inqubo efanayo futhi unquma ukuthi abawadingi amaphiko, yena noBasma bangenza sengathi bayizimvumvane.

**Finyelela ohlwini lwamavidiyo ngokuvakashela lapha:
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