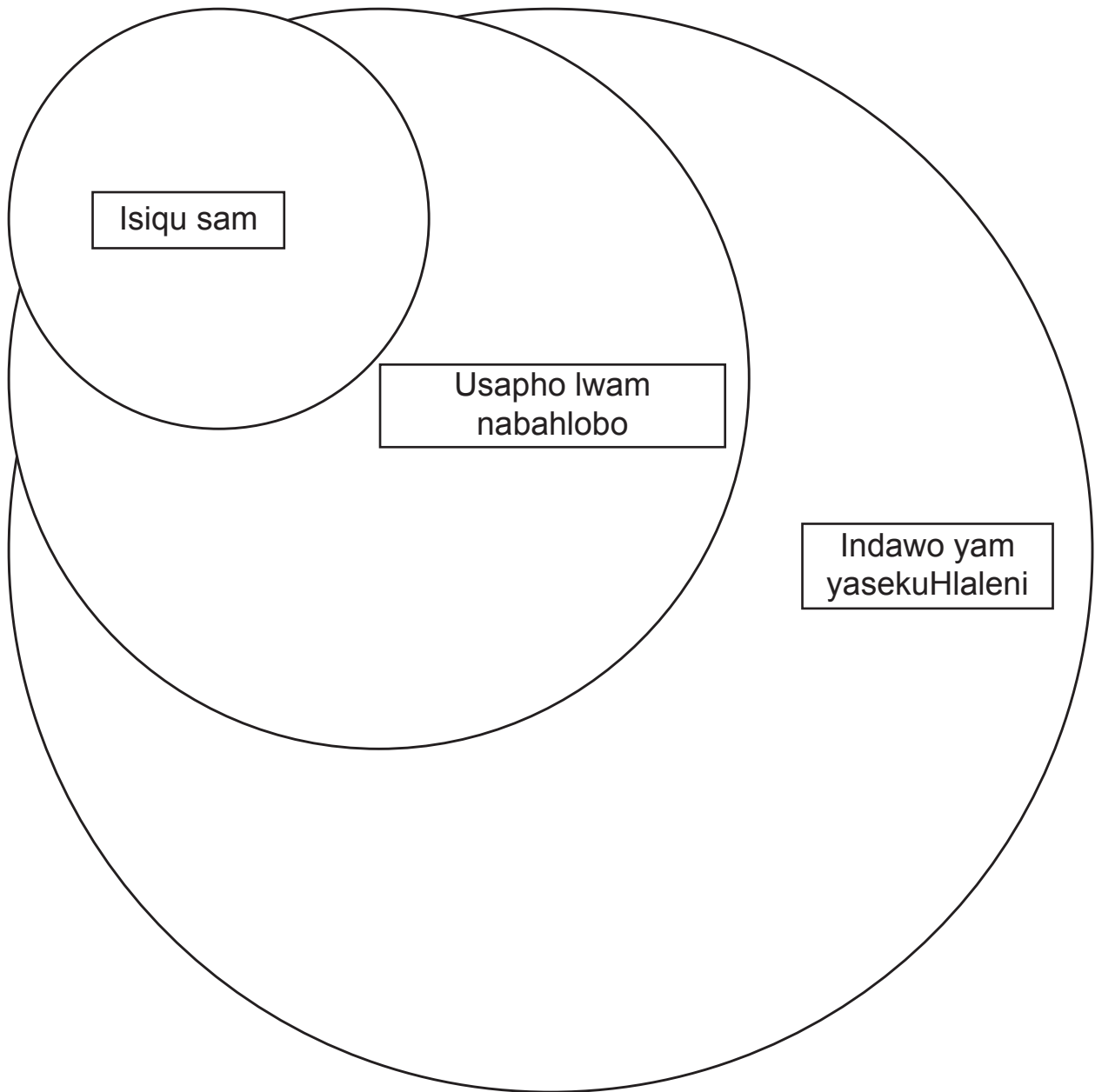
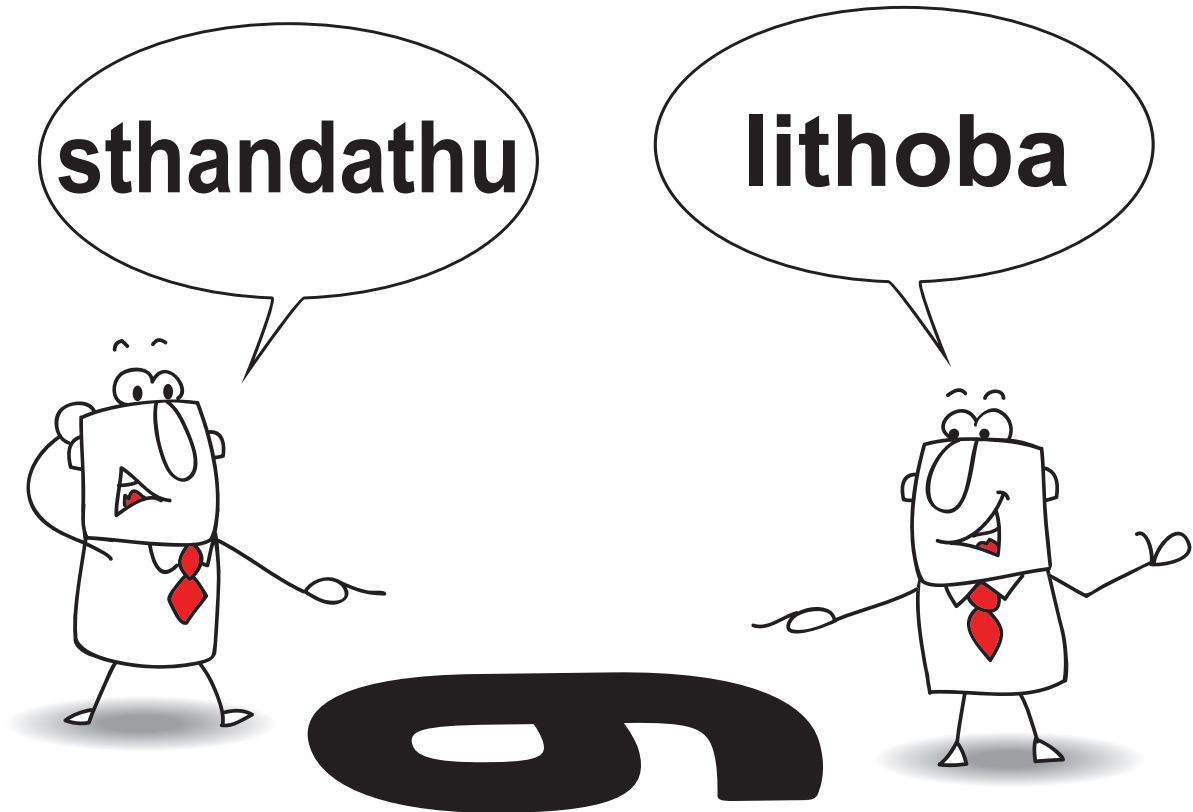


Isangqa soXanduva



6 okanye 9?



Amanyathelo ama-5 ukuya kuvelwano

INYATHELO 1: QAPHELA!

- Ingaba uthini umhlobo wakho?
- Ingaba ungalucacisa njani ulwimi lwakhe lomzimba?

INYATHELO 2: QHAGAMSHELA!

- Yenza uqhagamshelwano lwakho lokuba umhlobo wakho uva kanjani.
- Ingaba kunini apho uve imvakalelo efanayo?

INYATHELO 3: YIBANOMBONO!

- Ingaba ucinga umhlobo wakho uva kanjani ngoku?
- Ingaba ungava kanjani ukuba oku kungenzeka kuwe?

INYATHELO 4: BUZA!

- Buza ukuba umhlobo wakho uva kanjani.

INYATHELO 5: THATHA AMANYATHELO!

- Mamela kakuhle kumhlobo wakho ethetha ngeemvakalelo zakhe. Jongana emehlweni.
- Bonisa umhlobo wakho ukuba uyakhathala ngamazwi akho neemvakalelo.

Iikhadi zovavanyo lovelwano



Umhlobo wakho osenyongweni, uSara, unomona ngomhlobo wakho omtsha osanda kumenza uLeila. Ngenye imini lomgcwa wemoto, uSara waqalisa wanyonyoba kwaye wenza amazwi asileyo malunga nemoto kamama kaLeila ayiqhubayo. ULeila uyeva kuthethwa kwaye abenentloni; uyamazi umama kaLeila usanda kulahlekelwa ngumsebenzi wakhe. Ingaba ungenzani?

Umhlobo wakho osenyonweni, uMateo, sele eqaile ukuhlelisa ngoJayden ngokufunda kancinci. Ekuqaleni ucinge iyahlekisa, kodwa uluvo lukaMateo kuJayden lusuke lwalubi. Ngokwenyani, uJayden ngoku unentloni zokufunda akhwaze phambi kweklasi yonke, kwaye ubeka intloko yakhe phantsi nani xa ebiziwe ukuba aphenyule umbuzo. Abanye abafundi eklasini basacinga into ibithethwe nguMateo kwaye ukuthimla kuyahlekisa xa uJayden kufuneke efundile. Ingaba ungenzani?

Umntu orhabaa esikolweni kunye nabanye abahlobo bakhe bangqonga umfundi ngexesha lokuphumla. Bahlekisa ngezihlangu zakhe ezimdaka. Ingaba ungenzani?

Abantwana bakhetha amaqela omdlalo ebaseball ngexesha leP.E. Abafundi ababini bashiyekile, kodwa baphambili abafuni kubkhetha. Ingaba ungenzani?

UShania wayinobhiyozo lokuzalwa. Iklasi yonke imenyiwe ngaphandle komfundi omnye. Ingaba ungenzani?

Umfundi omtsha uza egumbini lokufundela namaqhakuva amabi neeglasi ezinkulu. Abanye abantwana eklasini baqalisa bahleke. Ngexesha lokutya, uyazihlalela. Ingaba ungenzani?

U-online kwaye ufumane umyalezo ohlekisa ngomnye ofunda nabo ethunyelwe kwabanye abafundi kwiklasi yakho. Lo ofunda naye kuhlekiswa ngaye akayazi imiyalezo esecaleni yeqela. Ingaba ungenzani?

UKayla uchebe ngokutsha, kwaye umntu wenwele umchebe zamfutshane kakhulu inwele zakhe ngemazamo kunoko ebekufuna. Bonke abahlobo bakhe bathi ufana nenkwenkwe. UKayla ucacile unomsindo. Ingaba ungenzani?

Uvelwano Ibanga lesiThathu-Ibanga lesiHlanu

Ukubonakalisa imbeko

Ingaba ndingayibonakalisa njani imbeko?

Esikolweni



Ekhaya



Ekuhlaleni



Ikhadi lovavanyo lwembeko

<p>Ikhadi 1</p> <p>Ititshala kaJohnn ucela ikhadi ukuba bakhuphe incwadi zabo zokubala nepensila. UJohnny uyacaphuka kuba ulibele ukwenza umsebenzi wakhe wasekhaa kwaye akayikhuphi incwadi yakhe yezibalo okanye ipensile. Xa utitshala wakhe emkhumbuzo ngemiyalelo, kwakhona akayilandeli. Ingaba uJohn uyahlonipha? Ingaba uJohnny angenzani ukubonakalisa intlonipho kutitshala wakhe?</p>	<p>Ikhadi 2</p> <p>USarah usepakini; ujula ibhegi yakhe yamazambane phantsi xa egqibile kwaye abaleke ayokudlala koojinge. Ingaba uSarah uyahlonipha? Ingaba uSarah engenza ntoni ukubonakalisa intlonipho ekuhlaleni?</p>
<p>Ikhadi 3</p> <p>UBen ubaleka ephasejini xa esiya kwigumbi lokuhlambela. UTitshala akazi uyamcela ahambe UBen uyamzulisela utitshala kwaye aqhubeke ebaleka. Ingaba uBen uyahlonipha? Ingaba uBen angenzani ukubonakalisa intlonipho esikolweni?</p>	<p>Ikhadi 4</p> <p>Utitshala kaAnna uxelela utitshala ukuba babeke iithabhulethi ecaleni kwaye babuyele ezihlalweni zabo. UAnna ufuna nyhani ukugqiba umdlalo awudlalayo, ngoku ayawuzulisela umyalelo kwaye aqhubeke edlala etafulni. Ingaba uAnna uyahlonipha? Ingaba uAnna angenzani ukubonakalisa intlonipho kutitshala wakhe?</p>
<p>Ikhadi 5</p> <p>Iqela likaEric lebaseball khange liphumelele kumdlalo omkhulu. UEric wayinomsindo kakhulu. Xa yaye ilixesha lokuba lamaqala mabini axhawule izandla, uEric wahlala phantsi akavuma ukubamba izandla nelinye iqela. Ingaba uEric uyahlonipha? Ingaba uEric angenza ntoni ukubonakalisa intlonipho?</p>	<p>Ikhadi 6</p> <p>Umama kaSean umxelele ukuba akanokwazi ukuyokudlala nabahlobo bakhe ade acoce igumbi lakhe. USean khange afune ukucoca igumbi lakhe, kodwa ebefuna nyhani ukudlala phandle. USean waya kwigumbi eliphezulu wacoca igumbi lakhe njengokuba umama wakhe ecelile. Ingaba uSean uyahlonipha?</p>
<p>Ikhadi 7</p> <p>Umakhulu kaSerena wenze ipasta kwisidlo sangokuhlwa. USerena akayithandi ipasta. Kwitafle yedinala, uyakhwaza umakhulu wakhe ngokenza ipasta amxelele ukuba ngoyena opheka kakubi kakhulu. Ingaba uSerena uyahlonipha? Ingaba uSerena angenzani ukubonakalisa intlonipho kumakhulu wakhe?</p>	<p>Ikhadi 8</p> <p>Ngexesha ikabonisa utsho, abafana ababini bayaqalisa bahleke xa omnye abafunda naye echaza ukuba yeyiphi eyona muvi ayithandayo. Bayahleka bathi yimuvi edikayo Ingaba aba bafundi bayamlhlonipha abafunda naye? Ingaba abafana bangenzani ukubonakalisa imbeko?</p>

Isempula yoMcaphulo Malunga Nokuthembeka

Ukuthembeka kwenyaniso kukwenza into lunguleyo, usazi ukuba akukho mntu oza kuyazi ukuba uyenzile okanye hayi. —UOprah Winfrey

"Ukukhetha iingcinga zakho kunye nonyathelo kususela kumgangatho kunokuzifunela wena okokwakho." —Akwaziwa

"Nabani owenza nje ngenyaniso kwiimeko ezincinane kanako ukuthenjwa nezinto ezibalulekile." —UAlbert Einstein

"Ixesha lisoloko lilungile ukwenza oko kulungile." —UMartin Luther King, Jr.

"Ukuthembeka kukwenza into elungileyo, nokuba akukho mntu obukeleyo."

—UC. S. Lewis

"Ubulumko kukwazi indlela elungileyo okufanele uyithathe... ukuthembeka kukuthatha lo ndlela."

—Akwaziwa

"Ayiyo lento siyithetha esidlangalaleni, kodwa apho sihamba khona noko sikwenza emfihlakalweni. —USir Francis Bacon

"Ukubanenyani akunako ukunika abahobo abaninzi, kodwa iza kufunela abalungileyo." —UJohn Lennon

Imeko yokuthembeka

Fundela iklasi yakho ezimeko. Abafundi kufuneka bakhethe ukuba bangenzani ngemeko nganye kwaye baye kwicala eifanele legumbi- 1 okanye 2.

1. Umhlobo wakho uzile, kwaye nobabini nikwikhompuyutha kamama wakho. Umhlobo wakho ufuna niye kwiwebhusayithi oyaziyo ukuba umama wakho akafuni uyindwendwele. Nangona, umama wakho usaye kwammelwana imizuzwan embalwa, ngoku wena nabahlobo bakho ninodwa. Ingaba unga...

Ukhetho 1: ...ndwendwela iwebusayithi? Umama wakho akakho khaya ngoku kwaye ngekhe azi ukuba uyindwendwele.

Ukhetho 2: ...xelela umhlobo wakho ukuba makaye kwenye iwebhusayithi okanye nenze enye into? Uza kuba sengxakini ukuba undwendwela iwebhusayithi.

2. Khange ufumane thuba lakufundela uvavanyo lwakho lamagama, kwaye umakhulu wakho ukuxelele ukuba ufumane u"A" kuvavanyo ukuya kwimoli naye kule mpelaveki. Ngexesha lovavanyo, uyabona ukuba ungazibona lula iimpendulo zomfundi ohleli ecaleni kwakho. Ingaba unga...

Ukhetho 1: ...ungakopa kuvavanyo lomnye? Uyamazi ufundile kwaye kunoba unempendulo ezilungileyo!

Ukhetho 2: ...khetha ukwenza umsebenzi wakho? Ungangamfumani u"A" kodwa khange ukope.

3. Ubone umhlobo wakho osenyongweni eseba imali kubhaka womnye umfundi ekhasini yakho. Ingaba unga...

Ukhetho 1: ...xela oko ukubonile kutitshala wakho? Uyamazi umhlobo wakho anganomsindo, kodwa umfundi kwiklasi yakho ngoku akanamali ysidlo sasemini

Ukhetho 2: ...ungatsho kwanto? Ibingenguwe owebe imali!

Ukuthembeka Ibanga lesiThathu-Ibanga lesiHlanu

Ishiti yee Ngcinga ezilungileyo

Ndikrelekrele.

Ndisebenza nzima.

Ndinobubele.

Ndinoxanduva.

Ndixhomekekile.

Ndiyahlekisa.

Ndinomtsalane.

Ndiyagqwesa kwezemidlalo.

Ndimngumntu ofunda kakuhle.

Ndiyancedisa.

Ndiyagqwesa kwizibalo.

Ndiyahlonipha.

Ndiyathandwa

Ndinobubele

Ndinobugcisa.

Ishiti yeeNgcinga ezigwenxa

Ndisisiphukuphuku.

Andikhe ndenze nto elungileyo.

Andigqwesi kwezemidlalo.

Akukho mntu ofuna ukuba ngumhlobo wam.

Yonke into inzima.

Andikwai kuzoba.

Wonke umntu ukhohlakele.

Utitshala wam usoloko endingxolela.

Ndiyazicaphukela izibalo.

Ubhudi wam akafuni ukudlala nam.

Ixesha lokuphumla esikolweni libi.

Ndongeyna mntu ofunda kakubi.

Ndiza kutshona isikolo.

Ndisoloko ndingxanyelwa ukwenza imisetyenzana ekhaya.

Andikhe ndenze nto yonwabisayo.

Iinjongo zokunyamezela

Injongo yam yexesha elide: _____

Xa ndigqiba injongo yam, iza kubonakala njenge...

linjongo zokunyamezela

Xa ndigqiba injongo yam, iza kubonakala njenge...

Injongo yexesha elifutshane 1:



Injongo yexesha elifutshane 2:



Injongo yexesha elifutshane 3:



Injongo yexesha elifutshane 4:



Injongo yexesha elifutshane 5:

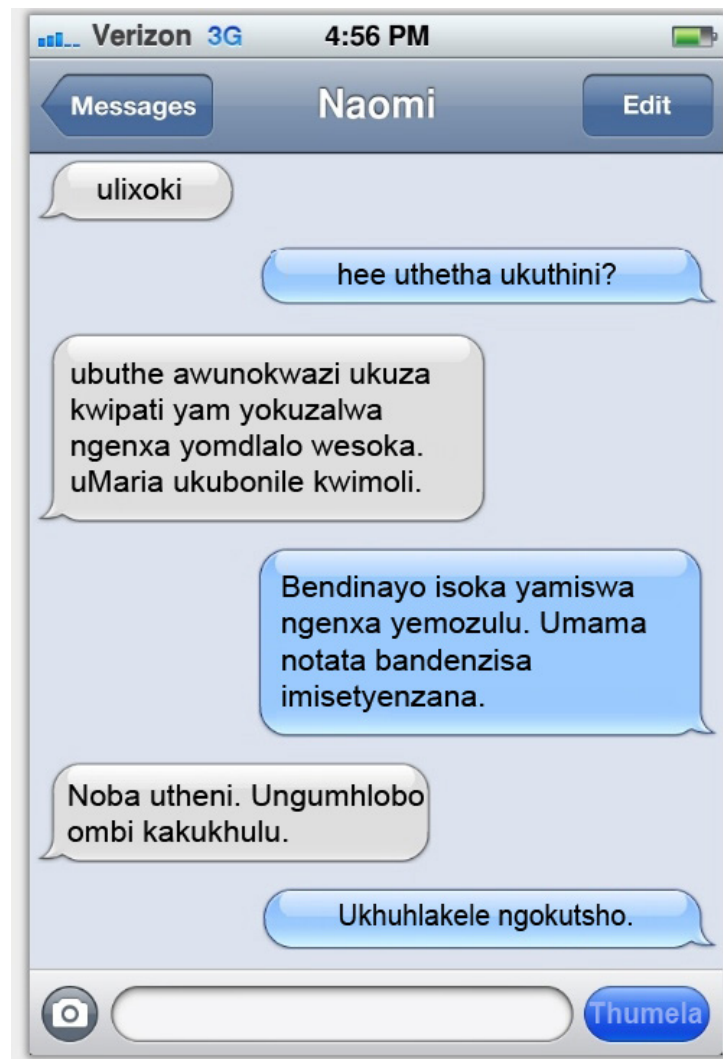


linjongo zeXesha eLide Zam:

Isampula “I-You-Message”

Funda imiyalezo ebhaliwe phakathi kukaNaomi (*imiyalezo emhlophe*) nomhlobo wakhe (*imiyalezo eluhlaza*).

Ingaba ungava kanjani ukuba ubungumhlobo kaNaomi?



Ukuprekthiza i“I-Message”

Mkhomba-ndlela: Funda le mizekelo ilandelayo

Zobone njengezinto ebezisenzeka kuwe, nitsho, nibhalelane i“I-Massge” kumzekeelo ngamnye.

UMZEKELO:

Umama wakho ukwenza uchebe iinwele zakho ngaphambi kokuba undwendwele oomkhulu. Kodwa ufuna iinwele zakho zihlale zinjalo.

Ndiva **khathazekile**

xa u **ndenze nditshitshe iinwele zam**

ngokuba **Ndithanda indlela iinwele zam ezibukela ngayo ngoku.**

1. Omnye wakwiqela lakho ebehlekisa ngezihlangu zakho ozinxiba kwiprekthizi.

Ndiva _____

xa u _____

ngokuba _____.

2. Ofunda nabo eklasini abazukuvumela ujoyine umdlalo wabo ngerisesi.

Ndiva _____

xa u _____

ngokuba _____.

3. Abantwana bakowenu bakubia "inedi" kuba uthanda ukufunda.

Ndiva _____

xa u _____

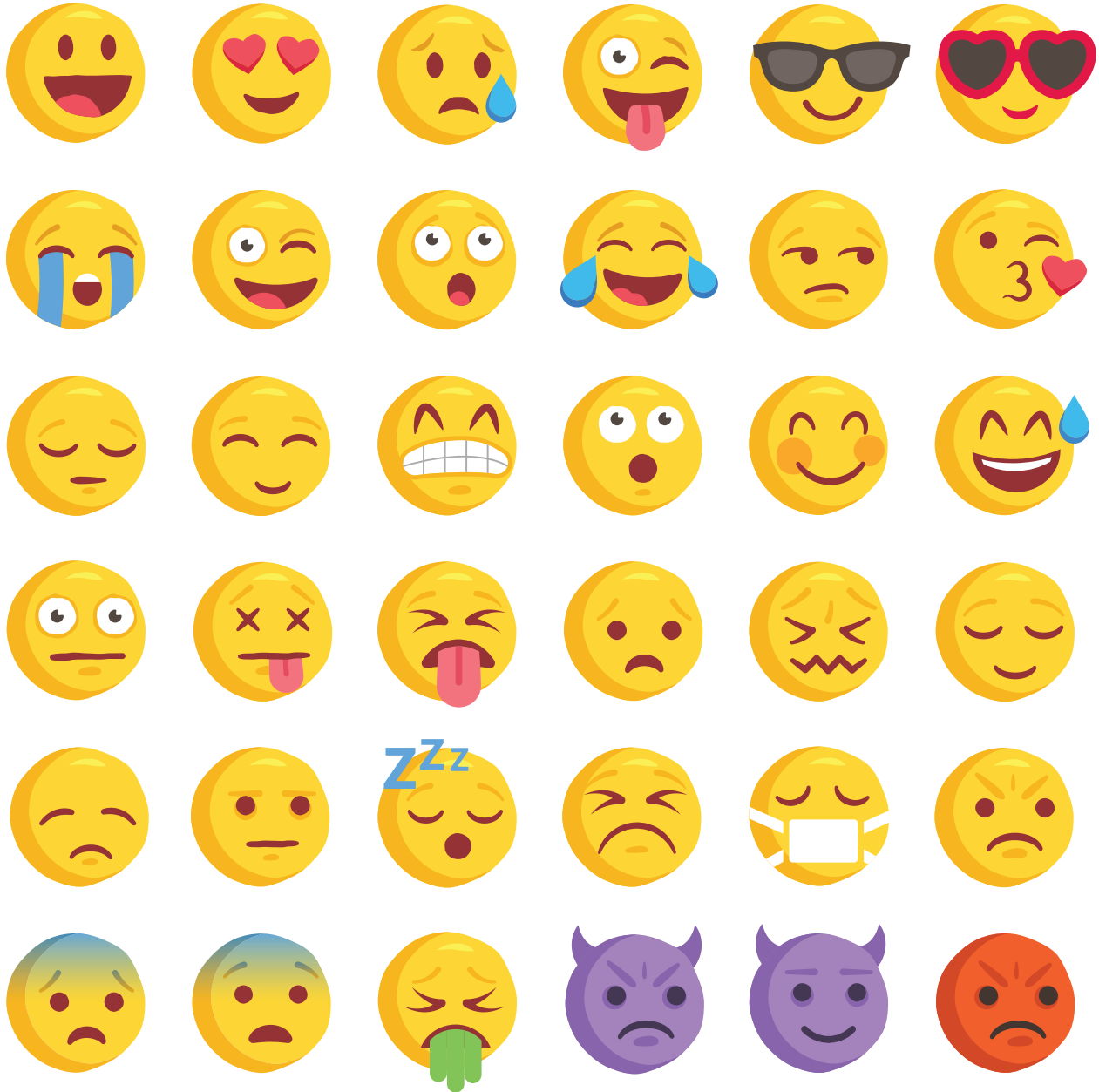
ngokuba _____.

ukulungisa ingxaki

Umntu ochazayo



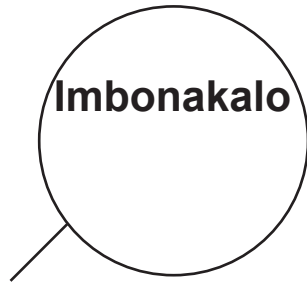
I-Emojis zeMvakalelo



Uluhlu lweMeko yeFuthe lwaBanye

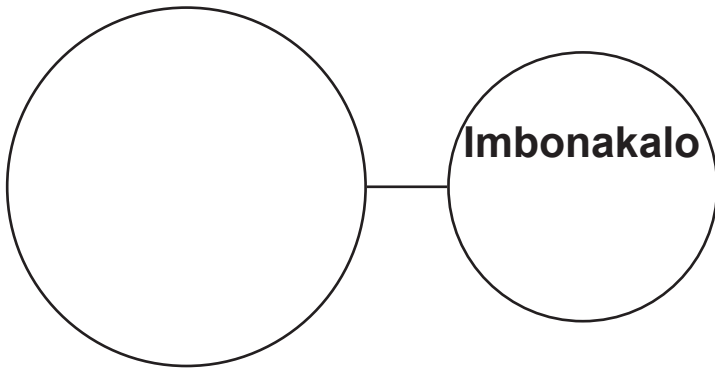
1. Wena neqela labahlobo nidlala isoka kwindawo ekufuphi nendlu yakho. Uxelelwe ukuba ubesekhaya ngokumnyama. Ngaphambi kokuba kubemnyama, umntwana odumileyo wasebumelwaneni uyakumema kunye neqela labahlobo bakho ukuba niye endlwini yakhe ukuba nidlale ithegi yasebusuku ngemvva kwendlu yakowabo. Bonke abahlobo bakho bagqiba ukuba bazakuya, kodwa uyazi ulindelwe ubekoweni ngobumnyama.
2. Ngexesha leklasi yekhompuyutha, omnye ofunda nabo uye kwiwebhusayithi oyaziyo ukuba awuvumelekanga ukuba niye kuyo. Ufuna nawe uye kuloo webhusayithi ukuza akubonise iividiyo "ezipholile". Ofunda naye uthi uyintandanekazi katithala xa ulandela imigagq yasesikolweni onke amaxesha.
3. UGeraldo ufuna nyhani ipere yezihlangu zebhola ekhatywayo. Umakhulu wakhe umthula kwimoli yasekuhlaleni amnike imali yokuba angene ngaphakathi athenge izihlangu. Njengokuba esiya ngakwicandelo llezihlangu, ubona iqela labadlali benxibe ipere efanayo yoshoti bebhola ekhatywayo. Nangona bekukudala efuna izihlangu zebhola ixesha elide, uGeraldo uziva naye efakelwe ifuthe lokuphola afane nabanye abadlali besoka.
4. Kwibhasi eya esikolweni, omnye afunda naye uNaquan uyambuza ukuba angakopa umsebenzi wakhe wasekhaya. UNaquan ufuna ukuthi hayi kuba uyazi oku kukukopa. Kodwa lowo afunda naye uyamxelela ukub, "Ziinedi zodwa ezingavumi ukwabelana ngeempendulo. Ingaba uyafuna ukubizwa inedi?"
5. Xa uDeAnna ekumdaniso wesikolo, intombazana entsha eikolweni uzama ukuza kwaye angene kwisangqa somdaniso wabahlobo bakhe. Bonke abahlobo bakaDeAnna badlala ngamehlo kwaye bazulazule ukuze bavalele intombi entsha ngaphandle. UDeAnna uyaqaphela ukuba intombi entsha ibonakala inomvandedwa, kodwa akafuni kubonakala "engepholanga" kubahlobo bakhe.
6. URachel wayehleli ezithulele kwiklasi yakhe, efunda incwadi njengokuba utitshala wakhe emalele ukuba enze njalo. Wasuka, umhlobo wakhe osenyongweni wamcela agqithise iphepha komnye umfundi. URachel uyoyika ukungena engxakini, kodwa uLeilani umoyikisa ngokuba akazubangumhlobo wakhe osenyongweni kwaphela ukuba akaligqithisi iphepha.

Iwebhu yeMbonakalo



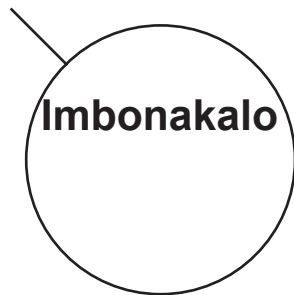
Umzekelo(imi)

- _____
- _____



Umzekelo(imi)

- _____
- _____



Umzekelo(imi)

- _____
- _____

Itshathi yasekuhlaleni

Ndiza kwenza eli lizwe indawo engcono ngo...

Esikolweni	Ekhaya	Kwindawo yam yasekuHlalani