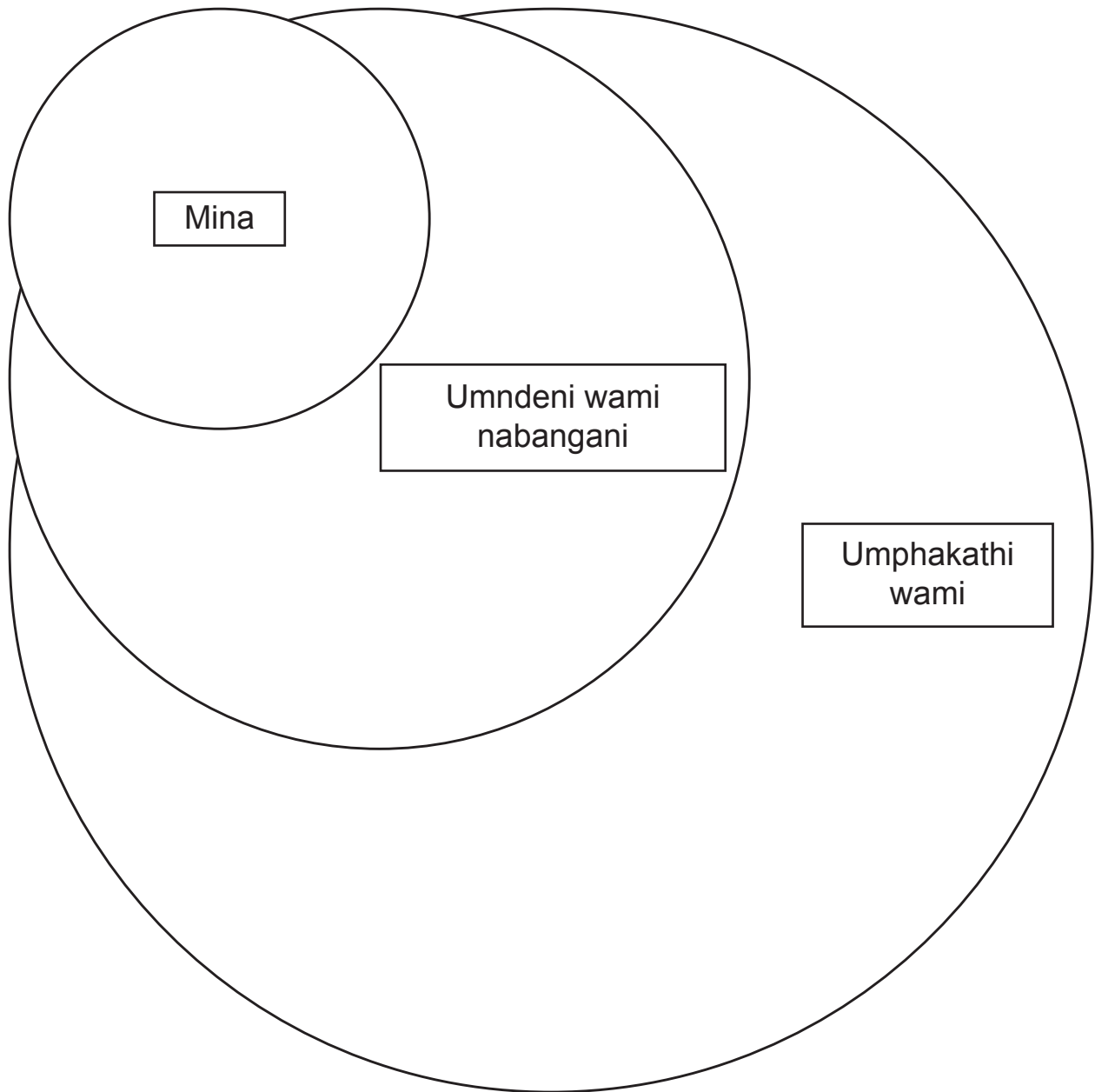
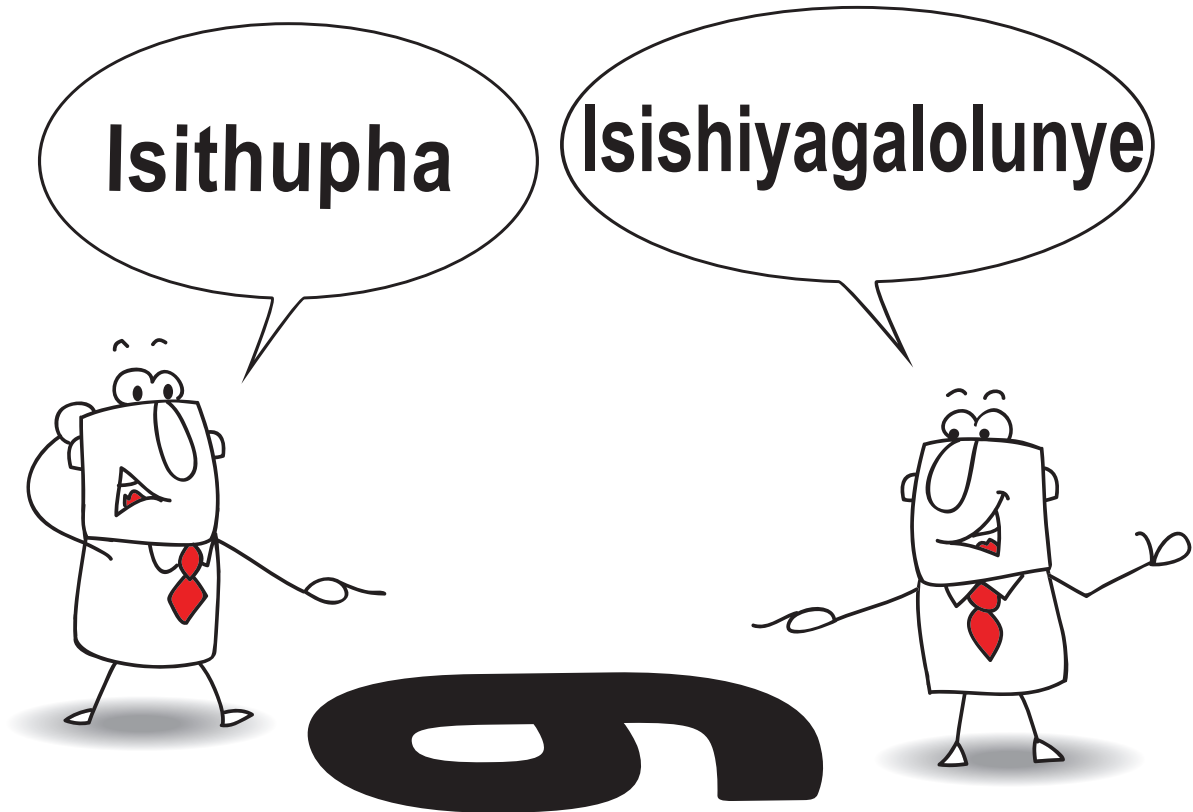


Imijikelezo Yokubophezeleka



6 noma 9?



Izinyathelo ezingu-5 zokuzwela

ISINYATHELO 1: NAKA!

- Uthini umngani wakho?
- Ungakuchaza kanjani ukukhuluma kwakhe komzimba?

ISINYATHELO 2: XHUMA!

- Yenza uxhumo lomuntu siqu ukuthi umngani wakho uzizwa kanjani.
- Uhlangabezane nini nomuzwa ofanayo?

ISINYATHELO 3: CABANGA!

- Ucabanga ukuthi umngani wakho uzizwa kanjani manje?
- Ubukade ungazizwa kanjani uma lokhu kwakwenzeka kuwe?

ISINYATHELO 4: BUZA!

- Buza ukuthi umngani wakho uzizwa kanjani.

ISINYATHELO 5: YENZA!

- Lalela kahle uma umngani wakho ekhuluma ngemizwa yakhe. Yenza ukuxhumana kwamehlo.
- Bonisa umngani wakho ukuthi uyamnakekela ngamagama akho nezenzo.

Amakhadi Esimo Sokuzwela



Umngani wakho omkhulu, u-Sarah, unomona ngomngani omusha osanda kuhlanguka naye, u-Leila. Ngolunye usuku phakathi ne-carpool line, u-Sarah uqala ukuphoqa nokukhuluma kabi ngokushayela kukamama ka-Leila. U-Leila uyamuzwa futhi uyahlambalazeka; uyazi ukuthi umama ka-Leila usanda kulahlekelwa umsebenzi wakhe. Kufanele wenze ini?

Umngani wakho omkhulu, u-Mateo, uqale ukuhlekisa ngo-Jayden ngokuba umfundi ongasheshi. Ekuqaleni ubucabanga ukuthi kuyahlekisa, kodwa amazwana ka-Mateo ku-Jayden abemuncu. Empeleni, u-Jayden uhlambalazekile manje ngokufundela phezu eklasini, futhi ubhekisa ikhanda lakhe phansi noma kunini uma kufanele aphenyule umbuzo. Abanye abafundi eklasini basacabanga ukuthi amazwana ka-Mateo ayahlekisa uma u-Jayden kufanele afunde. Kufanele wenze ini?

Isidlwangudlwangu esikoleni nabangani baso abambalwa bazungeze umfundi. Bahlekisa ngezicathulo zakhe. Kufanele wenze ini?

Izingane zikhetha amaqembu e-baseball phakathi ne-P.E. Abafundi ababili basele, kodwa okapteni abafuni ukubakhetha. Kufanele wenze ini?

U-Shaina unephathi yosuku lokuzalwa. Iklasi lonke limenyiwe ngaphandle komfundi oyedwa. Kufanele wenze ini?

Umfundi omusha uza eklasini lakho une-acne embi nezibuko ezinkulu. Ezinye izingane eklasini ziqala ukuhleka. Ngesikhathi sokudla, uhlala eyedwa. Kufanele wenze ini?

Uxhumeke ku-inthanethi futhi uthola umlayezo ohlekisa ngomunye ofunda naye othunyelwe kwabanye abafundi eklasini lakho. Ofunda naye okuhlekiswa ngaye akazi lutho ngomlayezo weqembu oyimfihlo. Kufanele wenze ini?

U-Kayla wenze ukugunda okusha, futhi umuntu owaye emgunda ugunde ngephutha izinwele zakhe zaba zincane kunendlela azifuna ngayo. Bonke abangani bakho bathi ubukeka njengomfana. U-Kayla uthukuthele ngempela. Kufanele wenze ini?

Ukuzwela Ibanga Lesithathu—Ibanga Lesihlanu

Ukuhlaziya Kwesimo Sokuzwela

Igama: _____

1. Ingabe ucabanga ukuthi umuntu osesimweni sakho uzizwa kanjani?

2. Ingabe lesi simo sizokwenza uzizwe kanjani?

3. Uma ubone lesi simo empilweni yangempela, ungenza ini ukubonisa ukuzwela?

Ukubonisa Inhlonipho

Ngingayibonisa Kanjani Inhlonipho?

Esikoleni



Ekhaya



Emphakathini



Amakhadi Esimo Senhlonipho

<p style="text-align: center;">Ikhadi 1</p> <p>Uthisha ka-Johnny ucela iklasi ukukhipha izincwadi zezibalo namapensela. U-Johnny uyahlanya ngoba ukhohlwe ukwenza umsebenzi wesikole wasekhaya futhi akakhiphi incwadi yakhe yezibalo noma ipensela. Uma uthisha wakhe emkhumbuza ngezinkomba, akazilandeli. Ingabe u-Johnny uyahlonipha? Kufanele enze ini u-Johnny ukubonisa inhlonipho kuthisha wakhe?</p>	<p style="text-align: center;">Ikhadi 2</p> <p>U-Sarah usepakini; uphonsela iphepha lakhe lama-chips phansi uma eqeda ugijimela ukuyodlla. Ingabe u-Sarah uyahlonipha? Kufanele enze ini u-Sarah ukubonisa inhlonipho emphakathini?</p>
<p style="text-align: center;">Ikhadi 3</p> <p>U-Ben ugijima ephasejini uma eya ethoyilethi. Uthisha ongamazi umcela ukuba ahambe kahle. U-Ben uziba uthisha futhi uqhubeka nokugijima. Ingabe u-Ben uyahlonipha? Kufanele enze ini u-Ben ukubonisa inhlonipho esikoleni?</p>	<p style="text-align: center;">Ikhadi 4</p> <p>Uthisha ka-Anna utshela iklasi lakhe ukususa amathebhulethi abo futhi babuyele lapho behlala khona. U-Anna empeleni ufuna ukuqedela umdlalo awudlalayo, ngakho-ke uziba umyalo futhi uqhubeka nokudlala kuthebhulethi. Ingabe u-Anna uyahlonipha? Kufanele enze ini u-Anna ukubonisa inhlonipho kuthisha wakhe?</p>
<p style="text-align: center;">Ikhadi 5</p> <p>Iqembu le-baseball lika-Eric aliphumelelanga umdlalo omkhulu. U-Eric wahlanya kakhulu. Uma kuyisikhathi samaqembu omabili sokuxhawulana, u-Eric wahlala ebhentshini futhi wenqaba ukuxhawula elinye iqembu. Ingabe u-Eric uyahlonipha? Kufanele enze ini u-Eric ukubonisa inhlonipho?</p>	<p style="text-align: center;">Ikhadi 6</p> <p>Umama ka-Sean umtshela ukuthi akakwazi ukuyodlala nabangani bakhe aze aqoqe egumbini lakhe. U-Sean akafunanga ukuqoqa egumbini lakhe, kodwa wayefuna ukuyodlala ngaphandle. U-Sean waya ezitezi eziphezulu futhi waqoqa igumbi lakhe njengoba umama wakhe eyalile. Ingabe u-Sean uyahlonipha?</p>
<p style="text-align: center;">Ikhadi 7</p> <p>Ugogo ka-Serena wenze i-pasta njengesidlo sasemini. U-Serena akayithandi i-pasta. Etafuleni lesidlo sasemini, uthethisa ugogo wakhe ngokwenza i-pasta futhi umtshela ukuthi akakwazi nokupheka. Ingabe u-Serena uyahlonipha? Kufanele enze ini u-Serena ukubonisa inhlonipho kugogo wakhe?</p>	<p style="text-align: center;">Ikhadi 8</p> <p>Phakathi kokubonisa nokuxoxa, abafana ababili baqala ukuhleka ngenkathi ofunda nabo abelana ngokuthi iyiphi i-movie yakhe ayithandayo. Bahleka futhi bathi leyo i-movie enesithukuthezi. Ingabe laba bafundi bayamhlonipha omunye umfundi? Kufanele benze ini abafana ukubonisa inhlonipho?</p>

Inhlonipho Ibanga Lesithathu—Ibanga Lesihlanu

Ukucaphuna Kwesampula Ngesithunzi

“Isithunzi sangempela ukwenza into elungile, wazi ukuthi akho muntu ozokwazi noma ngabe uyenzile noma awuyenzanga.” —Oprah Winfrey

“Isithunzi ukukhetha imicabango yakho nezenzo ngokususelwe kumavelu esikhundleni sokususela ekuzuzeni komuntu siqu.” — Akwaziwa

“Noma ubani onganakekeli iqiniso ezintweni ezincane akakwazi ukwethembeka ngezinto ezibalulekile.” —Albert Einstein

“Isikhathi sihlala silungile ukwenza okulungile.” —Martin Luther King, Jr.

“Isithunzi ukwenza into elungile, ngisho noma kungenamuntu obukile.” —C. S. Lewis

“Ukuhlakanipha ukwazi indlela elungile okufanele ithathwe...isithunzi ukuyithatha.”

—Akwaziwa

“Akuyona into esiyishumayela emphakathini, kodwa lapho sihamba khona nesikwenzayo ngokwemfihlo okusinika isithunzi.” —Sir Francis Bacon

“Ukuba neqiniso kungahle kungakutholeli abangani abaningi, kodwa kuzohlala kukutholela abanani abalungile.” —John Lennon

Izimo Zenselele Yesithunzi

Fundela iklasi lakho lezi zimo. Abafundi kufanele bakhethe abangakwenza kusimo ngasinye futhi baye ohlangothini oluqondene lwegumbi—1 noma 2.

1. Umngani wakho ufikile, futhi nobabili nisekhompyutheni kamama wakho. Umngani wakho ufuna ukuvakashela iwebhusayithi owaziyo ukuthi umama wakho akafuni ukuthi uyivakashele. Kodwa, umama wakho usaye kamakhelwane imizuzu embalwa, ngakho-ke wena nomngani wakho ninodwa. Ingabe...

Inketho 1: ...ungayivakashela iwebhusayithi? Umama wakho akekho ekhaya manje, futhi ngeke azi ukuthi uyivakashelile.

Inketho 2: ...tshela umngani wakho ukuthi kufanele uye kwenye iwebhusayithi noma wenze okuthile? Uzongena enkingeni uma uvakashela iwebhusayithi.

2. Awutholanga isikhathi sokufundela uhlolo lwakho lwamagama, futhi ugogo wakho ukutshela ukuthi kufanele uthole u-“A” kuhlolo ukuze uye ezitolo naye kule mpelasonto. Phakathi nohlolo, uqaphela ukuthi ungakwazi ukubona kalula izimpendulo zomfundi ohlezi eceleni kwakho. Ingabe...

Inketho 1: ...ungakopisha uhlolo lomfundi? Uyazi ukuthi ufundile futhi unezimpendulo ezilungile!

Inketho 2: ...ukhetha ukwenza owakho umsebenzi? Ungahle ungatholi u-“A,” kodwa awukopishile.

3. Ubone umngani wakho atshontsha imali yomunye esikhwameni somunye umfundi eklasini lakho. Ingabe...

Inketho 1: ...uyakubika okubonile kuthisha wakho? Uyazi ukuthi umngani wakho angahlanya, kodwa umfundi eklasini lakho akanayo imali yokudla.

Inketho 2: ...awusho lutho? Akuwena wedwa otshontshe imali!

Isithunzi Ibanga Lesithathu—Ibanga Lesihlanu

Ishidi Lemicabango Emihle

Ngihlakaniphile.

Ngisebenza kanzima.

Nginobungani.

Ngibophezelekile.

Ngiyazimela.

Ngiyahlekisa.

Ngiyaheha.

Ngimuhle kwezemidlalo.

Ngiyakwazi ukufunda.

Ngilusizo.

Ngimuhle ezibalweni.

Nginenhlonipho.

Ngiyathandwa.

Ngilungile.

Nginokudala.

Ishidi Lemicabango Emibi

Ngiyisiphukuphuku.

Ayikho into elungile engiyenzayo.

Angilungile kwezemidlalo.

Akho muntu ofuna ukuba umngani wami.

Yonke into inzima.

Angikwazi ukudweba.

Wonke umuntu umuncu.

Uthisha wami uhlala engithethisa.

Ngiyazizonda izibalo.

Ubhuti wami omndala akafuni ukudlala nami.

Ukusubatha kuyakhathaza.

Angikwazi ukufunda.

Ngizohluleka esikoleni.

Ngihlala ngithethiswa ukuze ngenze imisebenzi yami ekhaya.

Ayikho into elungile ejabulisayo.

Izinhloso Zokubekezela

Inhloso yami yesikhathi eside: _____

Uma ngiqedela inhloso yami, kuzoba kanje...

Izinhlalo Zokubekezela

Uma ngiqedela inhloso yami, kuzoba kanje...

Inhloso Yesikhathi Esifushane 1:



Inhloso Yesikhathi Esifushane 2:



Inhloso Yesikhathi Esifushane 3:



Inhloso Yesikhathi Esifushane 4:



Inhloso Yesikhathi Esifushane 5:

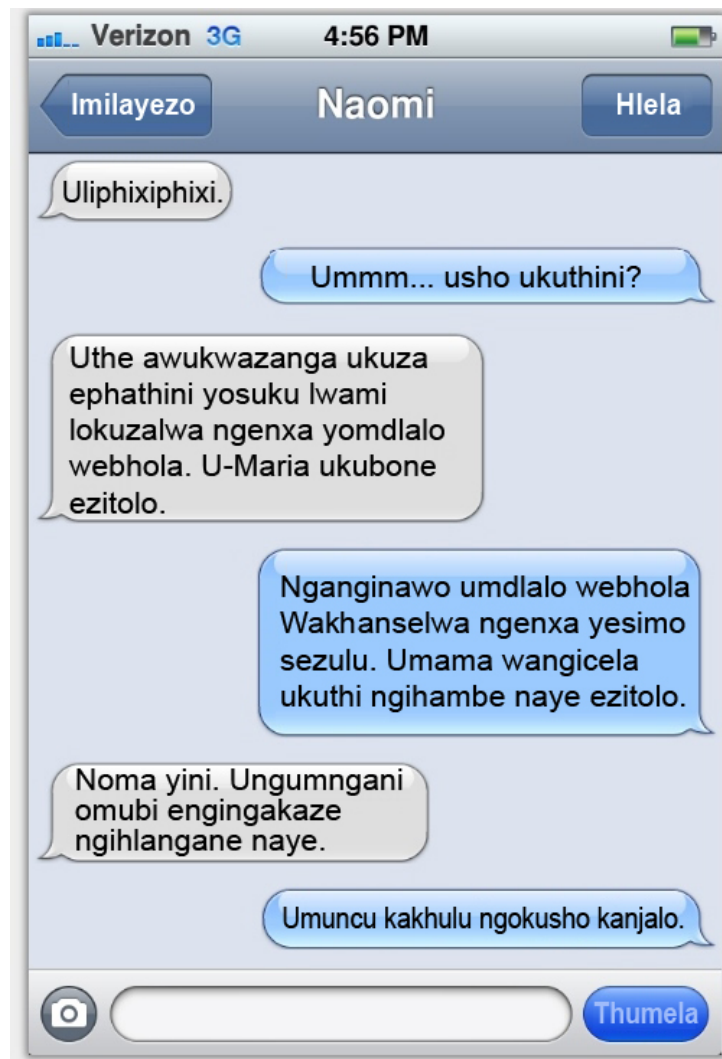


INHLOSO YESIKHATHI ESIDE EQEDIWE:

Isampuli “You-Message”

Funda ingxoxo yombhalo phakathi kuka-Naomi (*imilayezo emhlophe*) nomngani wakhe (*imilayezo eluhlaza*).

Ungazizwa kanjani uma ubukade ungumngani ka-Naomi?



“I-Message” Ukuqeqesha

Izinkomba: Funda izibonelo ezilandelayo.

Cabanga uma ngabe kwenzeka kuwe; bese, bhala eyakho i-“I-Message” kusibonelo ngasinye.

ISIBONELO:

Umama wakho ukwenza ukuthi ugunde izinwele zakho ngaphambi kokuthi uvakashele ogogo bakho. Kodwa ufuna ukuthi izinwele zakho zihlale zinjalo.

Ngiyakuzwa **ukuthukuthela** _____

uma wena **wenza ngishintshe isitayela sami sezinwele** _____

ngoba **Ngiyayithand indlela isitayela sami sibukeka ngakhona.** _____

1. Ilungu leqembu belikade lihlekisa ngezicathulo obukade uzigqokile ekuqeqeshini.

Ngiyakuzwa _____

uma wena _____

ngoba _____.

2. Ofunda nabo ngeke bakuvumele ukuthi ujoyine umdlalo wabo ekusubatheni.

Ngiyakuzwa _____

uma wena _____

ngoba _____.

3. Abakini bakubiza “ngesiphukuphuku” ngoba uthanda ukufunda.

Ngiyakuzwa _____

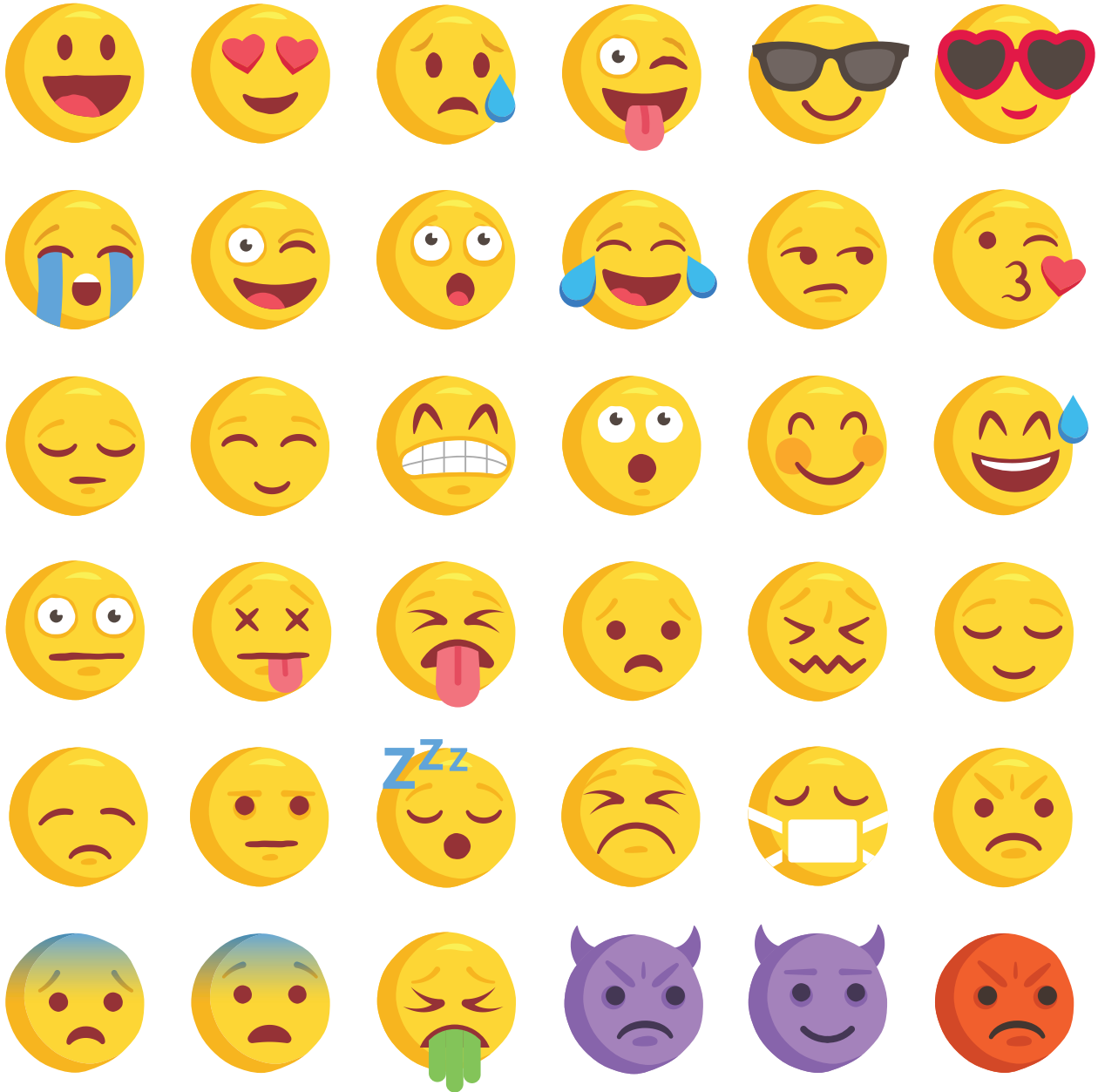
uma wena _____

ngoba _____.

ISIXAZULULO SESIXAKO ISIKHULUMI SENHLANHLA



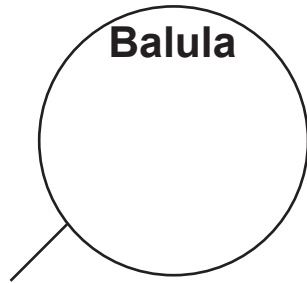
Ama-emoji emizwa



Uhlu Lwezindaba Zengcindezi Yontanga

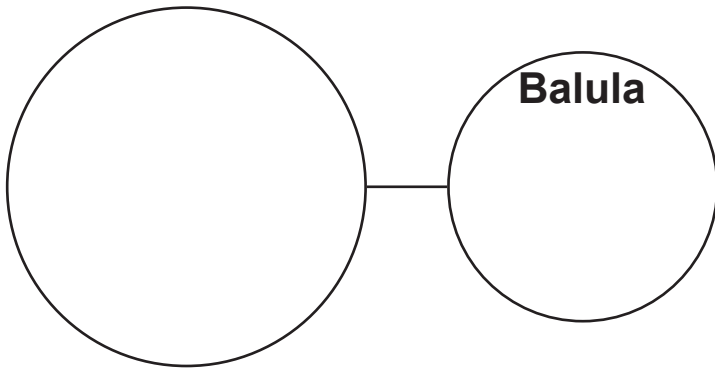
1. Wena neqembu labangani nidlala ibhola enkundleni eceleni kwendlu yakini. Utshelwe ukuthi kufanele ube sekhaya uma kubamnyama. Ngaphambi kokuthi kubemnyama, ingane edumile komakhelwane imema wena neqembu lakho labangani ukuthi nize nizodlala umacashelana ekibo. Bonke abangani bakho banquma ukuya, kodwa uyazi ukuthi kufanele ube sekhaya uma kubamnyama.
2. Phakathi neklasi lekhompyutha, omunye wofunda nabo baye kuwebhusayithi owaziyo ukuthi anivunyelwe ukuba niye kuyo uma nisesikoleni. Ufuna ukuthi nawe ungene kuyo ukuze akwazi ukukubonisa ividiyo “emnandi”. Ofunda naye uthi uyisilima uma ulandela imiyalo yesikole ngaso sonke isikhathi.
3. U-Geraldo empeleni ufuna izicathulo zebhola. Ugogo wakhe umshiya ezitolo zendawo futhi umnika imali yokungena athenge izicathulo. Njengoba eya esitolo sezicathulo, ubona iqembu labadlali bebhola bagqoke izingubo ezifanayo zebhola. Noma ngabe ubekade elindele izicathulo zebhola isikhathi eside, u-Geraldo uzizwa ecindezeleka ukuthi abemuhle futhi alingane nabanye abadlali bebhola.
4. Ebhasini eya esikoleni, afunda naye ucela u-Naquan ukuthi ingabe angakwazi ukukopisha umsebenzi wakhe wesikole owenziwa ekhaya U-Naquan ufuna ukuthi cha ngob uyazi ukuthi ukukopisha lokho. Kodwa afunda naye umtshela ukuthi, “Iziphukuphuku kuphela ezinqaba ukwabelana ngezimpendulo. Ingabe ufuna ukubizwa ngesiphukuphuku?”
5. Uma u-DeAnna esesikoleni somdanso, intombazane entsha esikoleni sakhe iyeza futhi ijoyina abangani bayo emdansweni. Bonke abangani baka-DeAnna bahambisa amehlo bese bayazungeza ukuze bavimbele intombazane entsha. U-DeAnna uqaphela ukuthi intombazane entsha inesithukuthezi, kodwa ayifuni ukubukeka “ingeyinhle” ebanganini bakhe.
6. U-Rachel wayehlezi ethulile eklasini, efunda ibhuku njengoba uthisa eyalile. Mameshana, umngani wakhe omkhulu uhlezi emuva kwakhe ucela ukuthi adlulisele inothi komunye umngani ophambili. U-Rachel uyesaba ukungena enkingeni, kodwa u-Leilani umsongela ngokuthi ngeke esaba ngumngani wakhe omkhulu uma engadlulisi inothi.

Isibaluli Sewebhu



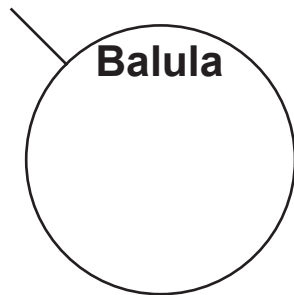
Izibonelo

- _____
- _____



Izibonelo

- _____
- _____



Izibonelo

- _____
- _____

Ishadi Lokuhlalisana

Ngozokwenza lo mhlaba
ube indawo engcono...

Esikoleni	Ekhaya	Emphakathini wami