

Ukuhlabelela Izilwane

**Ugwalo lwabaqhubi bohlelo olokuncedisa ukumelana
lokwesaba lodlame empilweni zethu**



**Lulotshwe nguJonathan Brakarsh
lo Lucy Steinitz**

CRS
CATHOLIC RELIEF SERVICES



Ukuhlabelela Izilwane: Ugwalo lwabaqhubi bohlelo olokuncedisa ukumelana lokwesaba lodlame empilweni zethu lumumethe imisebenzi lemidlalo yabontanga labasakhulayo asebeyehlelwe noma asebebone udlame ezimulini, ezikolweni, noma ezigabeni lapho abahlala khona. Lumhlangano wokufundisana uncedisa ontanga labasakhulayo ukuthi bethuthukise ukwenelisa lokuqina kwabo ukuze benelise ukumelana lokwesaba lodlame ezimpilweni zabo.

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I-Catholic Relief Services ithanda ukubonga lokuthakazelela imifanekiso etholakala kusukela kukhasi lokuqala (1) kusiya fika kukhasi lesitshiyagalombili (8) eyadwetshwa ngu Marika Matengu eyaqala ukubonakala egwalweni olubizwa kuthiwa - Family Health International (2009) *The way we care: A guide for managers of programs serving vulnerable children and youth* olwalotshwa ngu Lucy Y. Steinitz. Imifanekiso yezilwane etholakala kukhasi 31 lo 41 idwetshwe ngu Tichaona Mudhobhi

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I-Catholic Relief Services iyinhlanganiselo esemthethweni yokusiza abantu emhlabeni wonke yomphakathi wamaKatholika wase-United States. Usizo lwe-CRS kanye lomsebenzi wokuthuthukisa izizwe ufezwa ngezinhlelo zokubhekana nezimo eziphuthumayo, i-HIV, ezempilakahlle, ezokulima, imfundo, i-microfinance kanye lokwakha ukuthula. I-CRS inciphisa ukuhlupheka futhi inikeze usizo kubantu abadinga usizo emazweni angaphezu kwekhulu elilodwa, kungakhathalekile imihlobo yabantu, inkolo noma ubuzwe.

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Mayelana lomlobi

U-Dkt. Jonathan Brakarsh uyisazi sokusebenza kwenqondo zabantwana ohlala e-Zimbabwe. Ulokuzinikela okukhulu kokuthuthukisa usizo lwezempilakahle yengqondo ezisekelwe emphakathini, ezisiza ekuphenduleni izindingo zokwengqondo lezenhlalakahle zabantwana ababuthakathaka labasengozini. Lolu lugwalo lwakhe lwesithathu olumayelana lokwelatshwa kwabantwana. Uselobe ingwalo ezilandelayo: Say and Play: A tool for young children and those who care for them (2009, Project Concern International), lezingwalo ezithile zeJourney of Life, esezitolikelwe ezindimini ezinengi njalo zasetshenziswa emazweni adlula amatshumi amathathu (30) (2004, 2005, Regional Psychosocial Support Initiative).

UDkt. Lucy Y. Steinitz, ingcitshi kwezokuvikela abantwana e-Catholic Relief Services, ufake isandla kulolugwalo njalo wahola ukwenziwa kwalo.

Intakazelelo yomlobi

Njengokugcizelelwa kulolugwalo, *Ukuhlabelela Izilwane: Ugwalo lwabaqhubi bohlelo olokuncedisa ukumelana lokwesaba lodlame empilweni zethu*, "sonke sibambene". Akulalutho olungenziwa ngumuntu oyedwa. Kulalabo ababekhona singakabikhona, kuzokuba lalabo abasikhaphayo ohambweni lwethu. Lolugwalo lungumsebenzi wothando osekkelwe yinkalipho, ukusebenza nzima, ulwazi, kanye lomusa wabantu abanengi. Ngithanda ukubonga abantu abalandelayo ngosizo lwabo:

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U-Kathy Bond Stewart, u-Jane Fisher, leAfrica Community Publishing and Development Trust (ACPDT) ngokuphathisa losekelo lwabo. Ugwalo esaluloba sonke, labantwana abangu-154 ngomnyaka ka 2013, *Singing to the Lions: Enhancing children's voices, participation and protection*, lwaletsa ukutshiseka kokuthi siqhubeke ngomsebenzi lowu obaluleke kangaka.

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U-Barbara Kaim, yena owachitha isikhathi esinengi kakhulu engisiza ukuhlela imicabango lamasu ami.

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* <http://www.crs.org/our-work-overseas/research-publications/singing-lions>

Isigaba 1: Isambulo

Siyakwamukela ekuhlabeleleni izilwane - Ugwalo lwabaqhubi bohlelo olokuncedisa ukumelana lokwesaba lodlame empilweni zethu! Lolugwalo ngolwabantwana labontanga abaleminyaka eyisitshiyagalombili kusiya phezulu asebehlangeane njalo asebebone udlame ezimulini, ezikolweni, noma ezigabeni zabo. Lumsebenzi uzama ukuncedisa ontanga labasakhulayo ukuthi bethuthukise ukwenelisa lokuqina kwabo ekumelaneni lokwesaba lodlame empilweni zabo.

Kungani lolugwalo lubalulekile

Kusukela ephenyweni lwabezemfundo lasezindabeni siyananzelela ukuthi udlame luyinto yomhlaba wonke njalo lwenzeka endaweni ezinengi – emazweni ethu, lapho esakhele khona, ngekhaya, kanye lasezikolweni zethu. Nxa loludlame lungalungiswanga, impumelo yalo iyingozi njalo iyalimaza ikakhulu abantwana iphinde iphazamise impilo zabo. Ubuhlungu lobu bucina buzwiwa yizizukulwane ezilandela ngemva.

Kusukela ephenyweni lwabezemfundo, kulobufakazi obukhulu mgomthelela wodlame empilweni yengqondo leenyama yabantwana. Phezu kwalolulwazi kulolwazi oluqondane lamazwe mayelana lokuhlukuluzwa kwabantwana okungatholakala enhlanganisweni ezifana leUNICEF le Center for Disease Control and Prevention.^{3 4}

Kulolugwalo, udlame lugoqela ukuhlukunyezwa enyameni lase moyeni, ukulinyazwa, ukuphathwa kalukhuni, lokubanjwa ngamandla ukungena emacansini – kumbe ukwethuselwa ngazo zonke lezi zinto. Imihlobo yodlame ecatsangelwe kulolugwalo itshiyene njalo igoqela (kodwa akucini lapho):

- Ukuhlukumezwa komtwana ngenxa yokukhubazeka noma umehluko wakhe
- Ukulwa kwabantu ngekhaya
- Ukuhlukunyezwa kanye lokutshontshwa lokuthengiswa kwabantwana
- Yonke imihlobo yokuhlukunyezwa lokubanjwa ngamandla kwezamacansi
- Ukukhitshwa elizweni kumbe endaweni umuntu ahlala khona ngenkani
- Ukuhlukunyezwa, ukubotshwa, kumbe ukubulawa kwamalunga emuli
- Impi lengxabano lapho okusetshenziswa khona izikhali.



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Nxa loludlame lungalungiswanga, impumelo yalo iyingozi njalo iyalimaza ikakhulu abantwana iphinde iphazamise impilo zabo
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1. National Child Traumatic Stress Network www.nctsn.org

2. Centers for Disease Control and Prevention, Adverse Childhood Events Study www.cdc.gov/violenceprevention/acestudy

3. Centers for Disease Control and Prevention, Violence Against Children Survey, www.cdc.gov/violenceprevention/vacs/

4. UNICEF, World Prevalence of Violence Against Children. www.unicef.org/media/media_75530.html

Nxa abantwana bemelane lesimo esilobungozi, isimo sokuhlukunyezwa kumbe udlame, kumbe ngemva kwengozi zemvelo ezingafana le-tsunami kumbe ugubhane lweEbola kumbe i-Covid, isimo semizwa yabo siyangena esimeni “sokulwa, sokubaleka, kumbe esokuma benganyikinyeki.” Imicabango yabo isuka ikhulelwe yimizwa yabo. Ukukhulelwa yimizwa lokhu kubangela ukungcindezeleka okungezelelweyo (i-stress), okungabhidliza umuntu ngemva kwesikhathi eside. Ukwahluleka ukumelana lezimo ezibethusayo, kwenza abantwana beninele abangane lezihlobo zabo khatshana ngenxa yenhloni lokungabi lamandla, okubangelwa yizehlakalo zakudala leziyabe zisenzakala ngalesosikhathi. Lokhu kulahlekelwa yikuzimela, lokwanda kokuba sengozini kwemizwa, kuyengeza izingozi lamathuba odlame lokuhloswa komntwana khathesi kumbe kwelizayo.^{5 6}

Kungakho saloba lolugwalo, lona oluyimpumela yeminyaka eminengi yomsebenzi. Ngomnyaka ka-2013, uDkt. Jonathan Brakarsh, isazi sokusebenza kwengqondo zabantwana, lonkosazana Jane Fisher, ingcitshi endabeni zokuhlukumezeka, basebenzisana leAfrica Community Publishing and Development Trust (ACPDT-Zimbabwe) ukuze bahlale izindlela udlame oluhlukumeza ngayo abantwana eZimbabwe. Ugwalo olwabhalwa kusentshenziswa lokhu kuhlolwa, uSinging to the Lions, Enhancing children’s voices, participation, and protection, lwalumahluko ngendlela olwahlanganisa imbono yabantwana lolwazi lwengcitshi lokwelatshwa kwengqondo, njalo lwapha abantwana izindima ezinkulu zokuba ngabaphenyi, abaqhubi bohlelo, abalobi njalo abadwebi. Lolugwalo olusekelwa yiCatholic Relief Services, lumemethekisa lumsebenzi ngokuletha uhlelo olulempumela ezibambekayo ekusizeni abantwana labadala ukuze benqobe ukwesaba lodlame lapho abahlala khona. Icebo lokubiza lolugwalo “Ukuhlabelela Izilwane” lwafika kuJonathan Brakarsh ephutsheni, lapho uJonathan abona abahlukumezayo bonke bentshintsha besiba yizilwane kodwa abantwana bathi beqalisa ukuhlabelela, izilwane zathobeka, zabobotheka, zabhonga ngenjabulo. Kulenganekwane yesiTonga⁷ emayelana lokuhlabelela izilwane eyakhuthaza i-ACPDT ukuthi isebenzise ibizo elifanayo egwalweni lwayo.



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**Lumhlangano wokufundisa
 olamamojula ayisithupha
 uyancedisa abantwana
 ukuthi benelise ukunciphisa
 impumela yodlame
 lokuhlukunyezwa empilweni
 zabo njalo uyabancedisa
 ukuthi baphole.**

Abantwana labasakhulayo bazafundani

Ukuhlabelela izilwane ngumhlangano wokufundisa olamamojula ayisithupha oncedisa abantwana ukuthi benelise ukunciphisa impumela yodlame lokuhlukunyezwa empilweni zabo njalo uyabancedisa ukuthi baphole. Lokhu kugogela ukufunda ukumelana lodlame lokuhlukumezeka abahlangana lakho insuku zonke, ukuqinisa ukuvikelwa komphakathi, lokuqala ukuxazulula ukuhlukumezeka lokungaphathwa kahle abangabe bedlule kikho. Lumhlangano wokufundisa uyapha abantwana amandla wokumelana lokuhlukumezeka abangahlangana lakho empilweni.

Inengi labantu elizaba yingxenye yalumhlangano wokufundisana ngabantu abahlukunyezwa kungaba yikufa kwabazali; impi; udlame ngekhaya; ukuhlukunyezwa ngokocansi, ngokwemizwa, lasenyameni; lokusetshenziswa kwabantwana abangakafiki ezingeni lokusebenza (child labor). Kubalulekile ukuthi abantwana labadala befunde indlela ezintsha zokumelana

5. Michel Silvestre PhD, personal communication, EMDR Training for Children Seminar, May 2016

6. Levine, Peter and Kline, Maggie (2008) *Trauma-proofing your kids*. Berkeley: North Atlantic Books

7. An ethnic group in Zimbabwe.

lokuhlukumezeka empilweni zabo. Abantwana baphila lapho ababona njalo babeyingxenye yodlame kumbe ukuhlukunyezwa besasebancane. Lokhu kuyabafundisa udlame. Ukuzazi kwabo lokwenelisa ukuzisiza kuyabhidlizeka njalo lokhu kungabangela ukudangala (depression).

Singanciphisa njani impumela yodlame empilweni zabantwana? Njengalokhu ukuhlukumezeka kuyingxenye yempilo zabantwana abanengi, amandla okuqina lawo akhona. Lawa ngamandla esilawo ukuthi siphakame sitshiye ukwesaba lokungabi lamandla. Sonke siyenelisa ukuthi siqine sikwazi ukumelana lendubo esihlangana lazo empilweni.

Ngalomhlangano wokufundisana sethemba sizafundisa abantwana ukuthi babe lokwenelisa ukwakha ukuqina kwabo lokuthola amasu okuguqula izimo ezibahluphayo kumbe, nxa isimo singaguquleki khonaphokhonapho, befunde indlela ezitshiyeneyo ezokumelana laso. Lumhlangano unceda abahlanganyeli ukuba bamelane lokwesaba lodlame ngendlela ebasebenzelayo. Kulempawu eziyisithupha zokwenelisa lolwazi ezihloswe yilumhlangano:

1. Ukuthi abantwana befunde indlela zokuzithoba, eziqoqela ukuphefumula, ukuzamazama, lokuzindla, ukuze bemelane lokukhulelwa yimizwa yabo okuvame ukwenzakala nxa besengozini, kucine kubenza ukuthi behluleke ukucabanga kuhle. Isiqokoqela yikuthi abantwana benelise ukwenza izinqumo ngokuphangisa njalo ngendlela elusizo kibo besenzisa ukucabanga hatshi ukwesaba.
2. Ukuze abantwana benelise ukuguqula imibono yabo isuka kulapho abazibona befanele ukuhlukunyezwa okubenza bezizwe bengelamandla, isiya lapho abathola ulwazi ngamathalenta abo lezinto abayenelisa ukuzenza.
3. Ukuthi abantwana bame ukuninela abantu khatshana ngenxa yokuzibandlulula (ukwengeza ukubambana ezigabeni lapho abahlala khona) ngokunanzelela ukuthi ababodwa kodwa bayingxenye yelunga elikhulu lemuli, abangane, lomphakathi.
4. Ukuze abantwana bazwisise impumela yokwesaba lodlame empilweni zabo, lokuthi bananzelele izinto ezingabasiza eziphakathi kwabo lezingaphandle (ulwazi lokuthi bahambe kubani nxa behlangana lohlupho)
5. Ukuze abantwana benanzelele indlela zokumelana lodlame lokwesana empilweni zabo (ukuqinisa ukuzisiza) ngokucubungula inhlupho abahlangana lazo lokuphuma lamacebo okwenza ukuze bemelane lenhlupho lezi
6. Ukuthi abantwana babelethemba lenhloso yekusasa labo



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Indlela zokuzithoba ziyasiza ukumelana lokukhulelwa yimizwa, okujwayele ukuphazamisa imicabango nxa wehlelwe ludubo.
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Ukuhlabelela Izilwane kuguqula njani impilo

Indingimba yendaba yoKuhlabelela Izilwane iyikuthi impilo zabantwana labasakhulayo asebakhe badlula ekuhlukunyezweni lokwesaba ingaguqulwa, ukwenzela ukuthi babelolwazi lesibindi sokumelana lokubahlukumezayo. Bazabe sebefunde ukusebenzisa indlela ezitshiyeneyo zokuzithoba. Abasoze beqhubeke besesaba ukuzwa ukwesaba, ngoba bazafunda ukuthi ukwesaba okulingeneyo kuhle ngoba kuyabanika amandla njalo kuyabenza begxile. Njalo nxa bezizwa bekhulelwa yikwesaba, bazabakwazi ukuthi ukuphefumula lezinye indlela kuzabanceda ukuthi bezwe ngcono. Bazananzelela amandla abalawo lokuthi bewasebenzise njani. Abasoze beqhubeke bezisola lalapho okungasomlandu wabo khona. Bazakwenelisa ukucubungula inhlupho ezibukeka zingaphezu kwamandla abo benelise ukuphuma lamanyathelo amancane abangawathatha. Bazabesebefunde ukuqakatheka kokuthintana labanye ukuze bengazizwa bebodwa. Impumela izaba yikuthi, ebantwaneni abanengi, ukwesaba akusoze kuqhubeke kubabusa.

Lumhlangano wokufundisana ngokabani

Ukuhlabelela Izilwane kwenzelwa abantwana labasakhulayo, abaleminyaka elitshumi lanye (11) kusiya phezulu, behlukaniswe ngamaqembu eminyaka afaneleyo. Abantwana abaleminyaka eyisitshiyagambili (8) kusiya kwelitshumi (10) bengaphatheka kulumhlangano uba bephiwe usekelo olungezelelweyo lokululazisa ulimi okubafaneleyo (khangela okubhalwe phansi). Inhlalo yalumhlangano iyilabo abehlalelwe kumbe abafakaze udlame lokuhlukumezeka empilweni zabo.

Ebantwaneni abaleminyaka engu8 kusiya ku10, umhlangano omfitshane njalo olula uyandise ukuba ngcono. Uqinisekise ukuthi umhlangano uyachaza njalo ulemidlalo eminengi lokuxoxisana okufitshane. Nxa umntwana engenelisi ukudweba, umekele azekelise ngomzimba wakhe, esebenzisa ubuso lokuhambahamba ukuthi etshengise amasu akhe. Khangela Ukusebenza Labantwana (**Khasi 6**) ukuze ufunde okujulileyo ngalokhu. Imisebenzi esebenza kuhle labantwana abancane (8-10) yile elandelayo: Umsebenzi 1, 6, 8 - 18, 20, 21, lo 23.

Noma ukuhlabelela izilwane kwalotshelwa abantwana labasakhulayo, lumhlangano wokufundisana ungasetshenziswa labadala ubasize ukumelana lovalo lezinto ezibenza besabe. Ekwenzeni lokhu bazasizakala ukuba ngabazali abangcono lokuba yisibonelo esihle ebantwaneni babo. Ukuze ubone ukuthi ungethula njani lumhlangano ebazalini ngamafitshane, khangela ku**Supplement, Khasi 13**. Ngezinye indlela, siyasiza abazali labantwana ngejekiseni ezabanceda ukumelana lodlame.

Abazali lalabo abanakekela abantwana badlala indima enkulu ekunanzeleleni impumela yodlame empilweni yabantwana – kusukela ekuhlukunyezweni yilabo abazenza iziqhwaga kusiya ekuhlukunyezweni kocansi lokunye ukuhlukunyezwa esingabe singakulobanga lapha. Abazali lalabo abanakekela abantwana bandise ukusiza abantwana ukuze bamelane lemizwa ebakhulelayo. Ngakhoke abazali labanakekela abantwana bayingxenywe yalowumsebenzi ngokuphatheka emihlanganweni eyenzakala phambili langemva komhlangano wokufundisana esithemba ukuthi kuzenza bethakazelele indima abangayidlala empilweni zabantwana.

Abakhokheli besigaba labezomoya labo balendima enkulu abayidlalayo njalo kumele bememwe emhlanganweni oyenzakala phambili komhlangano wokufundisana ukuze becetshiswe ngendaba yokuhlabelela izilwane. Kuzaphinda kube lomhlangano ngemva komhlangano wokufundisana lapho abakhokheli abazahlangana labantwana ukuze bethuthukise indlela zokumelana lodlame lokuhlukumezeka kwabantwana (khangela Isigaba sesibili). Abafowabo abadala, abanakekela abantwana, labakhathalela abantwana esigabeni abangabe behlelwe ludlame noma izehlakalo ezibuhlungu labo bengathola uncedo ngokuphatheka kwabo emhlanganweni wokufundisana lemisebenzi ephakathi komhlangano.



Abazali lalabo abanakekela abantwana bandise ukusiza abantwana ukuze bamelane lemizwa ebakhulelayo.

Isigaba 2: Ukusebenzisa Ukuhlabelela Izilwane

Ukubuka konke

Ukuhlabelela Izilwane kuyindaba eqhubekayo yokutholwa kanye lokunika amandla, okuhoela ekudaleni kwezithombe zakho ezintsha, ukusebenzisana emphakathini okutsha kanye lokuqala ukuthatha amanyathelo. Lolugwalo lulotshwe njengengxoxo phakathi komphathi wohlelo lalabo abaphatheka emhlanganweni. Umqhubi wohlelo uyakhuthazwa ukuthi esebenzise ubuciko lokwenelisa kwakhe lalokhu asedlule kikho empilweni ukuze engeze ukujula komhlangano wokufundisana.

Ukuhlabelela Izilwane kulenhlelo eziyisithupha:

- I. Ukwamukela
- II. Ukubazazi ukuthi singobani
- III. Ukuzwisisa ukwesaba lodlame
- IV. Ukuziqinisa
- V. Ukuxhumana labanye
- VI. Ukuqhubekela phambili

Nanzelela ukuthi kulolugwalo ibala elithi 'abantwana' lisetshenziswe kabanzi njalo ligoqela wonke amaqembu obudala (abantwana labasakhulayo). Umqhubi wohlelo uyakhuthazwa ukuthi evumelanise leli gama leminyaka yokuzalwa yabahlanganyeli. Ngokwesibonelo, abantu abaleminyaka 15 kusiyaphezulu yokuzalwa bengafisa ukubizwa njengentsha kumbe amajaha lamantombazane.

Abahlanganyeli labaqhubi bohlelo

Abahlanganyeli bakhethwa njani?

Abanye abantwana bazakhethwa yisigaba – kungaba ngababalisi, abazali, abakhokheli bezomoya, etc. – beqakathekisa ikakhulu labo abantwana asebedlule kumbe asebehlange lodlame lokuhlukunyezwa. Kuyasiza ukuba labantwana abatshiyetshiyeneyo, ngoba ukwesaba kungatholakala lakulabo abacatshangelwa ukuthi abala okubahluphayo. Kumele kube labahlanganyeli abangu15 kuya ku 25 emhlanganweni owodwa – kodwa inani le20 liyakhuthazwa kakhulu – beyehlukaniswe ngamaqembu eminyaka yokuzalwa. Ukuhlabelela Izilwane kwenzelwe labo abafakaza noma asebake badlula ekuhlukunyezweni kanye lezimweni ezibuhlungu empilweni zabo.

Ngobani abaqhubi bohlelo njalo ndima bani abayidlalayo?

Abaqhubi bohlelo ababili abancedisanayo bayadingeka, kanye lomuntu osizayo ovela esigabeni ololwazi lobuciko ekwelulekeni lekusizeni abantu ngokuxoxisana labo lokweluleka ngokwenqondo ukuze aphe usizo emntwaneni ongaludinga emhlanganweni, lokupha usizo losekelo lokudlulisela, ngemva komhlangano. Umuntu osizayo uzaba lobudlelwano labantwana lentsha ngemva komhlangano wokufundisana (e.g. njengengxenywe yeqembu labantwana kumbe elentsha), besenza eminye yemisebenzi abazabe bephatheke kuyo



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**Ukwesaba kungatholakala
lakulabo abantwana
abacatshangelwa ukuthi
abala okubahluphayo.**
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emhlanganweni, njalo esiza abahlanganyeli ukuze besebenzise ubuciko lolwazi abayabe belufundile emhlanganweni.

Ekukhetheni abaqhubi bohlelo, khethani abantu abaziwayo njalo abahlonitshwa ngabantwana, abakhululekileyo labazingcitshi zokusenza labantwana. Umqhubi wohlelo oqondileyo kufanele:

- ✓ Ebelomdlandla
- ✓ Ebe-creative futhi evumelana lezimo
- ✓ Ebelokuzwela izidingo zabantwana
- ✓ Umdlali weqembu okwazi ukusebenza labanye
- ✓ Osebenza ngokubambisana hatshi ngokuncintisana
- ✓ Okwazi isiko leqembu asebenza lalo
- ✓ Okhululekileyo ukubhekana lezinkinga lemizwa yabantwana
- ✓ Ongela kwahlulela
- ✓ Okwaziyo ukulalela
- ✓ Okwazi ukujabulela umdlandla wabantwana kanye lentsha
- ✓ Othanda ubumnandi

Silethemba lokuthi abaqhubi bohlelo bazaletsha isici esiqinileyo samasiko emhlanganweni wokufunda – ukuhlabelela, ukudansa kanye lezinganekwane – ukwenzela ukuthi isiko lendawo lihlanganiswe layo yonke imisebenzi yalumdalo kanye lezinikeza amandla.

Ukusebenza labantwana

Indlela abadala abasebenzisana ngayo labantwana, ikakhulu abahlukumezekileyo, ibaluleke kakhulu. Ngaphansi kulezinhlw ezimbili – uluhlu lwakuqala lunikeza indlela zokuthi ungaxhumana njani labantwana kabanzi, olwesibili lunika izeluleko zokuthi abaqhubi bohlelo benzeni nxa abantwana bengaphathekanga kuhle emhlanganweni wokufundisana.

Sizebenzisana njani labantwana

- a. Khuthaza abantwana ukuthi belolonge imizimba belingise konke lapho okweneliseka khona. Abantwana bafunda ngokuhamba kwemizimba yabo kulamazwi ethu.
- b. Sebenzisa iphimbo lakho ngendlela ezitshiyeneyo ukuze ulondoloze ukutshiseka kwabo.
- c. Tshengisa ukutshiseka lokuthakazelela lokhu okwenziwa ngabantwana langempilo zabo.
- d. Gcina imilayo ilula futhi imfitshane.
- e. Nika isikhuthazo lodumo ngokuphatheka komntwana ngamunye ngamunye engxoxweni

Okufanele ukwenze uba umntwana engaphatheka kubi

- a. Nanzelela ukucindezeleka: Ingane ingatshintsha iphimbo iqalise ukukhuluma njengomntwana omncane; ukuzikhipha emphakathini loba ukuswela ukutshiseka/ukuphatheka emisebenzini yomhlangano; ukuphonguba duma kumbe ububanzi bemizwa obukhawulezekileyo.
- b. Isenzo: Yazisa umuntu osizayo kumbe umqhubi wohlelo. Hlola isimo semizwa yomntwana. Umzwele futhi umqinise. Uma kusenza, thola ukuthi kuyini okungamphathi kahle. Khangela **iSinging to the Lions Supplement**, *What adults need to do*, **Page 5**. Phetha ngohlelo **lokugxilisa** (Engikubonayo, engikuzwayo, engikuthintayo)



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Abaqhubi bohlelo bangaletsha isici samasiko esiqinileyo – ukuhlabelela, ukudansa, lezinganekwane – ukwenzela ukuthi isiko lendawo lilumbane lemisebenzi yonke yomhlangano.

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Bheka **Isichasiselo 1.**

- c. Umntwana engakutshela ukuthi uhlukunyezwe ngokocansi khangela **Isichasiselo 3.**

Umntwana engaphatheka kubi muphe ithuba lokuthi axazulule lobubuhlungu, ubuhlungu obuphakathi kwakhe budede. Nxa umntwana engenelisa ukuthobeka ngenxa yosizo lwabaqhubi bohlelo kumbe ngawakhe amandla, lokhu kutshengisa ukuthi uselokwenelisa okutsha kokumelana lemizwa elamandla.

Ugwalo lolu lwakhiwe njani?

Ugwalo lolu lugxile emhlanganweni wokufunda, kodwa impumelelo yohlelo olubanzi incike ekuphathekeni kwabazali, labo abanakekela abantwana, lenkokheli yendawo, belalela abantwana lentsha, ngaphambi langemuva komhlangano wokufundisana, ngezinto ezibakhathazayo. Ngaphansi kulokuchasisa okufitshane mayelana lalokhu okufanele kwenziwe ngaphambili langemuva komhlangano wokufundisana. Ngemva kokuchasisa kulandela itafula echaza imisebenzi yonke efakwe emhlanganweni wokufunda lokuthi imojula inye ngayinye iqala iphinde iphele nini.

Ngaphambi komhlangano wokufundisana

Labo abakwazi umsebenzi wokuthuthukisa umphakathi kungenzeka ukuthi bayakwenza lokhu. Kulabo abasaqala umsebenzi waloluhlobo kubalulekile ukuthi bahlangane lenkokheli yendawo ukuze babachasisele ngenhloso yomhlangano wokufundisana, Ukuhlabelela Izilwane, bethole lokwesekwa. Kubalulekile futhi ukuthi bahlangane labazali (abanakekela abantwana), kanye labantwana ukuze bethole imvumo yabo yokuthi abantwana bephatheke emhlanganweni. Ukuze uthole ingcazelo ebanzi ngalemihlangano, sicela ukhangele **Isichasiselo sesibili.**



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Impumelelo yohlelo olubanzi incike ekuphathekeni kwabazali, labo abanakekela abantwana, lenkokheli yendawo, belalela abantwana lentsha besethula izinto ezibakhathazayo.

Umhlangano ongaphambi komhlangano wezingane wokufunda okhokha abakhokheli bendawo (abamele uhulumende, ezenkolo, nomphakathi) kanye/noma amalunga ekhomithi lokuvikelwa kwezingane kuleyo ndawo	Imizuzu engu-60 kusiya ku-90, iviki eyodwa ngaphambi komhlangano wokufundisana
Umhlangano ongaphambi komhlangano wokufundisana okhokha abazali/abanakekeli kanye labantwana abazaphatheka emhlanganweni wokufunda echaza ukuthi Ukuhlabelela Izilwane kumayelana lani, ukuthola imvumo ebazalini, kanye lemvumo yabantwana. Abantwana kumele begcwalise ifomu lokuhlola langaphambi komhlangano wokufundisana.	Imizuzu engu-60 kusiya ku-90, iviki eyodwa ngaphambi komhlangano wokufundisana

Ekupheleni komhlangano wokufundisana

Ekupheleni kosuku ngalunye, lugogelolusuku ngokubuza abayingxenywe yomhlangano wokufundisana ukuthi yiphi imisebenzi abayithakazelele kakhulu lokuthi kuyini abakufundileyo.

Ngemva komhlangano wokufundisana

Abaphatheka emhlanganweni wokufundisana kumele babekwazi ukuthi ukukhathazeka kwabo kuzabuyiselwa emphakathini ukuze kube khona okuthile okwenziwayo mayelana lalokhu kukhathazeka. Isibonelo singaba yikuhlukunyezwa kwabantwana ngomsebenzi, ukuhlukunyezwa ngokocansi, ukubona ukubulawa komuntu, ukuhlukunyezwa ngokwemizwa langokomzwelo, noma ukutshiya isikolo ngenxa yokuswela imali.

Kubalulekile ukuthi iqembu labadala abahloniphekayo libhekane lezindaba zokuvikela abantwana labayabe bephatheke emhlanganweni

wokufundisana ukuze kuthuthukiswe izixazululo ezakhayo. Uba umhlangano wokwabelana ulwazi usabalale amaviki ambalwa, umhlangano wokuvikela abantwana ungaba ngemva kwemojula yesithathu. Amalunga omhlangano wokufundisana angabelana labanye lokhu abakufundileyo ngokwethula esikolweni kumbe kweyinye inkundla. Yomibili lemhlangano ichazwe kabanzi ku**Sichasiselo sesibili**.

Umsebenzi wokuvikela abantwana ongemva komhlangano labakhokheli bendawo (uhulumende, abamele abezenkolo, nomphakathi) kanye/noma amalunga ekhomithi yendawo yokuvikelwa kwabantwana	Imizuzu engu-60 kusiya ku-90
Isethulo sangemva komhlangano kubanakekeli babantwana labazali ngosuku lomcimbi wesikolo, kwenye inkundla, loba ukubiza abazali emhlanganweni ohloselwe isethulo.	Imizuzu engu-60 kusiya ku-90
Amaqembu kumbe amakilabhu abantwana lentsha ukuze aphe ukwesekwa okwengeziweyo lokulandelela.	Okuqhubekayo
Ukulandelela ukuqapha nokuhlola okwenziwa ngabantwana: Izinyanga ezintathu kusiya kwezine ngemva komhlangano wokufundisana.	Imizuzu engu-30

Ukwakhwa komhlangano wokufundisana

Umhlangano wokufundisana ungabanjwa izinsuku ezintathu ezigcweleyo (amamojula amabili ngelanga) noma izinsuku eziyisithupha (imojula eyodwa ngosuku e.g. kanye ngeviki) Ukugcinwa kwesikhathi kugcinwa ngokuhambisana lemojula, yona elinganiselwa ukuthi idonsa okwamahola amathathu kanye lekhefu elifitshane phakathi laphakathi kwemojula.

Abantwana bazayehlukaniswa bengenise emhlanganweni yokufundisana efanele iminyaka yabo. Imihlangano yokufundisana ingaba ngobulili obubodwa noma obuxubeneyo kusiya ngesiko lendawo. Kungcono nxa intsha encane llendala bengehlukaniswa. Abantu abadala abasebatsha (19+) nabo bengathola ukuthi lumhlangano wokufundisana ubalulekile kodwa kufanele babe leqembu labo bodwa.

Izikhathi eziphakanyiswe lapha ziyalinganiselwa. Yonke imisebenzi ibalulekile njalo ungayijahi. Nika abantwana isikhathi eseneleyo sokubuzisa imibuzo lokuphatheka engxoxweni. Eminye imisebenzi ingadinga ukuthi itshintshwe ihambisane lamasiko lokufaneleka kweminyaka. Emiphakathini yangemva kokuxabana noma engahlalisekanga, kungadingeka izinguquko ezengeziweyo, okunjengokuchitha isikhathi esinengi emisebenzini yokuphefumula lokugxilisa noma ukuhlanganisa lezimo abangabe bedlula kizo ekuxoxeni. Ikakhulukazi uma kusenziwa izinguquko, qinisekisa ukuthi azichayi izingane ekulimaleni ngokomzima kanye lokwemizwa.

Qala usuku lunye ngokugida kumbe ukuhlabelela. Ngaphandle kwelanga lokuqala, ekuseni nxa uqala usuku buza abantwana ukuthi bakhumbulani ngokufundwe ngosuku oludlulileyo lokuthi bakusebenzisa njani empilweni zabo. Uma usenza amamojula ehlukane ngezinsuku ezimbalwa noma iviki, buza le mibuzo ekuqaleni kwemojula ngayinye. Ngaphambi kokuphela kosuku ngalunye noma imojula, buza wonke umuntu ukuthi yiphi imisebenzi ayithandileyo lokuthi ufundeni. Ukuze uqede usuku ngalunye noma imojula, kukhuthazwa ukuthi kwenziwe umsebenzi omfitshane wokuphefumula abantu bonke besesigombolozini. Sebenzisa owodwa owuthandayo emhlanganweni wokufundisana kumbe ukhethe ezikuSichasiselo 1.



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Eminye imisebenzi ingadinga ukuthi itshintshwe ihambisane lamasiko lokufaneleka kweminyaka.

Imojula 1

Uhlelo 1: Ukwamukela ekuhlabeleleni izilwane	
Umsebenzi 1: Ukwazana	Imizuzu engu-60
Uhlelo 2: Ukubazazi ukuthi singobani	
Umsebenzi 2: Isihlahla sempilo	Imizuzu engu-120

Imojula 2

Umsebenzi 3: Ukuphinda 1 – Ukuhlabelela Izilwane	Imizuzu engu-15
Uhlelo 3: Ukuzwisisa ukwesaba lodlame	
Umsebenzi 4: Ukuzwisisa Udlame	Imizuzu engu-80
Umsebenzi 5: Indlela ezimahluko zokumelana lodlame	Imizuzu engu-20
Umsebenzi 6: Ukuzwisisa ukwesaba	Imizuzu engu-25
Uhlelo 4: Ukuziqinisa	
Umsebenzi 7: Tshintsha umsakazo nje	Imizuzu engu-40

Imojula 3

Umsebenzi 8: Indawo ephephileyo phakathi kwethu	Imizuzu engu-20
Umsebenzi 9: Izikweya ezine	Imizuzu engu-60
Umsebenzi 10: Intaba, Amanzi, Umoya, Umlilo	Imizuzu engu-60
Umsebenzi 11: Akuso mlandu wami	Imizuzu engu-40

Imojula 4

Umsebenzi 12: Ukudedela izinkinga	Imizuzu engu-40
Umsebenzi 13: Isihlahla samagugu	Imizuzu engu-40
Umsebenzi 14: Ukuphinda 2 – Ukuhlabelela Izilwane	Imizuzu engu-20
Uhlelo 5: Ukuxhumana labanye	
Umsebenzi 15: Kulesilwane entabeni! Gijima, gijima, gijima!	Imizuzu engu-15
Umsebenzi 16: Indawo eziphephileyo lendawo eziyingozi	Imizuzu engu-65

Imojula 5

Umsebenzi 17: Umdlalo wabancedisi	Imizuzu engu-40
Umsebenzi 18: Ukuqila isilwane	Imizuzu engu-50
Uhlelo 6: Ukuqhubekela phambili	
Umsebenzi 19: Amanyathelo amancane okuqansa intaba	Imizuzu engu-50
Umsebenzi 20: Ukuhloniphana	Imizuzu engu-40

Imojula 6

Umsebenzi 21: Imilayezo	Imizuzu engu-60
Umsebenzi 22: Ukuhlola ukuzwisisa	Imizuzu engu-30
Umsebenzi 23: Ukuhlabelela izilwane – Umcimbi	Imizuzu engu-60
Hlabelelani ligide, kumbe liqede masinya	Ukuvala

Lolugwalo njengengxenywe yohlelo olukhulu

Lomhlangano wokwabelana ulwazi wabantu abatsha uyisisusa sohlelo olukhulu lokusebenza komphakathi lwabantwana kanye labantu abadala. Kulo umhlangano kulethemba lokuthi kuzabunjwa ikhomithi lezingane noma lentsha elizokhangela izinto ezibalulekileyo ezivelayo. Ikhomithi leli selingahlanganyelana labantu abadala abahloniphekayo labalamandla lisebenze ngokubambisana labo ukubhekana lalezinkinga. Umuntu omdala osizayo oyabe ebe yingxenywe yomhlangano wokufundisana usebenza njengomeluleki lokuxhumana lomphakathi – uzadlala indima enkulu ekuxhumaniseni ikhomithi yabantwana lomphakathi omkhulu (khangela Isichasiselo sesibili). Lomhlangano wokufundisana ungaphinde uxhunyaniswe lemisebenzi yesikhathi eside yokwakha ukuthula kanye lezinye inhlelo esigabeni ukuze impumela yawo ithuthuke.

Imisebenzi yalomhlangano ingaphindwa ngokuhamba kwesikhathi uma umhlangano suphelile. Amaqembu okuxoxisana kumbe ama-club Okuhlabelela Izilwane angahlangana kanye ngeviki ukuze balolonge ulwazi abaluthole emhlanganweni, baxoxisane futhi njalo ngokuthi balusebenzisa njani lolu lwazi ezimpilweni zabo lokuthi lubasebenzela njani.

Yiziphi izinto ezidingakalayo kumhlangano wokufundisana

- Ama-Poster Sheets kumbe amaphepha eFlip Chart (amabhuku amabili – two sets)
- Iphakethi lamaphepha angelamzila (A4) awokubhalela lokudwebela
- Amapheni, ayenela bonke abantwana
- Ama-crayon kumbe ama mighty marker alemibala etshiyeneyo awokudweba
- I-masking tape (i-roll eyodwa)
- Ibhola lokuphosa (lingenziwa ngamaphepha)
- Intambo ende (ball of string or yarn)
- Ibhokisi, isaka, kumbe ingcebethu enkulu
- Amatshe amakhulu angagcwala phakathi kwebhokisi kumbe ingcebethu
- Imifanekiso eprintiweyo: a) **Ikhasi 13** – Umfanekiso wesilwane esibhongayo; b) **Ikhasi 12** – Umfanekiso wabantwana abahlabelayo; (c) **Ikhasi 43** – Umfanekiso weqembu labantwana abethukileyo, leyinye lapho ababukeka kungekho okubakhathazayo. Printa imifanekiso emithathu noma emine yomufanekiso munye ukwenzela ukuthi abantwana beyibone lula. Imifanekiso le kumele ibeyi-A4 size (8 x 11 inches).
- Isistimu yomculo, ikhompuyutha nesipikha esingavulwa sizwakale phezulu. Uba lokhu kungatholakali kungasetshenziswa ingungu kumbe isigubhu labantu abaculayo.
- Amabhuku okubhalela noma amakhadibhodi angasetshenziswa njengendawo eqinileyo yokubhalela
- Amafomu eyeneleyo emvumo lawokuhlola (amabili emntwaneni ngamunye)
- Amakhophi efomu lokuhlola (**Isichasiselo 8**) emntwaneni ngamunye: ngaphambi langemva komhlangano wokufundisana, nangemva kwezinyanga ezintathu
- Amakhophi esithupha sempumelelo (**Isichasiselo 10**)
- Amathegi amagama

Ukuze uthole ulwazi olungezelelweyo, khangela izichasiselo kanye lesengezo/ [Supplement](#). Okunye ukufunda kuyatholakala futhi emibhalweni esekelayo ebulenjini ku-[CRS website](#).

Ukuhlelwa kwendlu

Nxa kusenzaka, umhlangano wokufundisana kumele ubanjelwe endlini enkulu elezihlalo ezigombolozele igceke eliphakathi kwendawo. Abaqhubi bohlelo bazama phakathi kwesigombolozile lesi besebenzise igceke eliphakathi kwesigombolozile kweminye imisebenzi.

ISIGABA 3:

IMISEBENZI YOMHLANGANO WOKUFUNDISANA



UHLELO 1. UKWAMUKELA EKHULABELELENI IZILWANE



Kuwe mqhubi wohlelo: Loluhlelo lunceda abantwana ukuthi bazinze njalo bakhululeke emhlanganweni njalo bazwisise indlela umhlangano ezayithatha ensukwini ezintathu ezilandelayo. Nxa abantwana bengakaqedi ukuhlolwa kwangaphambili (Isichasiselo 8), bacele ukuthi bakwenze ngaphambi kokuqala komhlangano wokufundisana.

Umsebenzi 1: Ukwazana

Inhloso	Ukunceda bonke abayingxenywe yomhlangano wokufundisana ukuthi bezinze bezizwe bekhululekile lokuhlola ukuzwisisa kwabo komhlangano		
Izinto ezidingekayo	- Imifanekiso yokuhlabelela izilwane – owodwa owesilwane sibhonga, omunye owabantwana abahlabeleyo (khasi 12 lo 13) - Ikhompuyutha le lesistimu yomculo		IMIZUZU ENGU-60

Isixwayiso: Kwamanye amazwe, isilwane singabe singaziwa. Yenza umhlangano ujoyelane lesiko lendawo. Umzekeliso walokhu yikusebenzisa umfanekiso wenyoka enkulu kumbe ingwe. Ezichasiselweni kulemifanekiso etshiyeneyo yokufezisa leyingqongolo. Khangela **ukhasi 73 lo 74**.

Ingxenywe 1: Ukwemukela (Imizuzu engu-20)

Tshaya ingoma yokugida emnandi njengoba abantwana bengena, kumbe uqale ngokuhlabelela nxa umculo ungekho. Gida ngendlela ekhululekileyo etshengisa ukuthi lokhu kuzoba yikufunda okulomahluko, okugcwele ukunyakaza lemidlalo. Njengoba abantwana bengena endlini, abaphathi bohlelo kumele bebameme ukuthi bagide ndawonye labo. Wonke umuntu uzagida ndawonye. Kancane kancane wenze ingoma ithambe.

Isixwayiso: Ngamalanga omhlangano wonke nxa abantu bengena endlini umeme abantwana ukuthi bagide. Ngemva kokugida ngezinsuku zesibili lesithathu zomhlangano, buza umuntu wonke ukuthi kuyini akukhumbulayo ngayizolo lokuthi basebenzise njani lokhu abakufundileyo. Uma wonke umuntu evuma, kungangezelelwa umthandazo wokuvula ekuqaleni kosuku.

Abaqhubi bohlelo bazazethula. Ngemva kwalokhu bazacela abantwana ukuthi babhale kuthegi lebizu igama abafiza ukubizwa ngalo komhlangano wokufundisana. Abantwana bengazethula ngokutsho ibizo labo. Lokhu kwanele. Nxa bethanda, bengatsho iloba yini abangafuna ukutshela abanye ngabo. (**Isibonelo:** Ingoma noma ukudla abakuthandayo; into eyodwa abayithandayo labangayithandiyo; ukuthi bavelangaphi. Abantwana abancane, bengakhuluma ukuthi yiwuphi umdlalo abawuthandayo kumbe ukudla. Kodwa ungabancindezeli; abanye abantwana bengabe belenhloni ekuqaleni.





Ongakukhetha: Uma ufuna ukusiza abantwana ukuthi bakhululeke kakhulu omunye komunye, zama lo mdlalo. Esigombolozini esikhulu, memeza into eyodwa abantwana abangabe befana ngayo. Isibonelo, Ngubani ogqoke okubomvu? Ngubani ovela endaweni ethile? Ngubani othanda inombole? Ngubani othanda ukudlala ibhola? etc. Abantwana abalento leyo efanayo kufanele bagijime bangene phakathi kwesigombolozini ngokuphangisa. Cela abantwana bezenzele ezabo izigaba abafana ngazo.

Umqhubi wohlelo kanamathisele imifanekiso yabantwana abahlabelayo lezilwane ezibhongayo emdulwini lapho abantwana abangayibona khona. Imifanekiso le kumele ibe duze la duze ukwenzela ukuthi abantwana abahlabelayo lezilwane bekhangelane. Umqhubi wohlelo kakhombe emifanekisweni ebuze imibuzo elandelayo. Vumela isikhathi esithile esengxoxo.

Umqhubi wohlelo uyabuza:

- *Kuyini okwenzakala emfanekisweni?*
- *Abantwana bayenzani? Kungani besenza lokhu?*
- *Izilwane zona ziyenzani?*
- *Kulabantu obaziyo abayenza njengezilwane ezisemfanekisweni lowu? Ngitshele ngabo.*
- *Ubonangani kuyini okuzayenzakala?*

Ingxenye 2: Funda ngezilwane (Imizuzu engu-40)

Umqhubi wohlelo uyabuza: Wena ungakhetha ukuba yini: izilwane kumbe abantwana abahlabelayo? (thola impendulo). Bakhona yini asebakhe bahlabela izilwane? (thola impendulo)

1. *Okokuqala ungaba yizilwane kumbe umdlwane waso. Phefumula udonse umoya kakhulu, ngingabala kube kuthathu, ngifuna lonke lelule iminwe yenu njengenzipho zesilwane libhonge kakhulukazi ukuze abantu bezwe elizweni lonke! Kunye, Kubili, Kuthathu (Wonke umuntu uyabhonga)! Lapho ubhonga, zwana amandla esilwane!*
2. *Angilizwa, kasiphinde futhi njalo sikhweze amazwi! (Isixwayiso: Abantwana abangathandi msindo bengavala indlebe zabo nxa ukubhonga kubethusa, kumbe bengaba yimidlwane yesilwane bebhonge okulingeneyo.)*
3. *Ngitsheleli ngezilwane. Kuyini eziyenelisa ukukwenza? (Ngemva kokuthola impendulo, umqhubi wohlelo engangezelela ukuthi izilwane ziyingozi njalo ziyethusa)*
4. *Izilwane zisenza sizizwe njani? Izilwane ziyasethusa. Kodwa kuyini okwenzakalayo singazihlabela njengasemfanekisweni? (Umqhubi wohlelo kakhetha abantu abalutshwana ukuthi babe yizilwane ebacele ukuthi babhonge bethuse. Umqhubi wohlelo katshele wonke umuntu oseleyo ukuthi edlale indima yabantwana bekhetha ingoma bayihlabela)*
5. *Asihlabeleni izilwane sibone ukuthi kuzayenzakalani. (Wonke umuntu uyahlabela ngapha izilwane zibhonga zibuya duze labantwana).*

Umqhubi wohlelo uyabuza: Kuyini okwenzakalayo nxa sihlabelela izilwane? (Thola impendulo) Nxa sihlabelela izilwane ukubhonga kwazo asikuzwa kangako. Izilwane lazo zicina zingasayethusi kangako. Izilwane lezi zimele into esizesabayo. Nxa sihlabelela into esizesabayo, ziyadeda, zinciphe, zinciphe, zibe zincane. Lumhlangano wokufundisana ukuhlabelela izilwane umayelana lakhonokhu.

UHLELO 2. UKUBAZAZI



Kuwe mqhubi wohlelo: Ukuze siqhubeke ngokuphila lokuthi sibhekane nakho konke ukungaqiniseki, ukwesaba, kanye nokusincindezelayo insuku zonke, sidinga ukubakwazi futhi sizwe impande zethu, ngaphandle kwalokho singalahleka. Kudingeka sazi ukuthi sisukangaphi lokuthi siyangaphi.

Umsebenzi 2: Isihlahla sempilo

Inhloso	Ukusiza umhlanganyeli ngamunye ngamunye ukuthi azazi ukuthi ungubani kanye lombono wempilo yakhe. (Imizuzu engu-120 lekhefu letiye ngaphakathi)		
Izinto ezidingekayo	- Amaphepha amakhulu (flipchart paper) umntwana ngamunye uphiwa elilodwa. - Amapheni, amamakha emibala eyehlukeneyo lama-khrayoni.		IMIZUZU ENGU- 120

Umqhubi wohlelo uthi: Ake siqale ngokubazazi ukuthi singobani ngoba lokhu kuzasisiza ngokwesaba kwethu. Sizabakwazi ukuthi singobani lamandla esilawo. Lapho sisiba kwazi okugxilileyo ngokuthi singobani, asisoze sesabe noma sesatshiswe ngabanye.

Ingxenye 1: Ukulingisa (Imizuzu engu-10)

Isixwayiso: Ungatshiya lingxenye nxa usebenza lentsha ekhulileyo uma ucabanga ukuthi abasoze bayithakazelele.

Umqhubi wohlelo uthi: Lomsebenzi, **Isihlahla sempilo**, usifundisa ngempande zethu, lapho esivela khona, lokuthi singobani. Uyasifundisa ngamandla esilawo kwenzela ukuthi sibe lesibindi njalo sibe lamandla. Iphinda isikhombise ingatsha zethu, ukuthi siyangaphi empilweni zethu.

1. Wonke umuntu kasukume ebe njengesihlahla esikhulu. Ngitshengisa ukuthi ungenza njani umzimba wakho ube yisihlahla eside.
2. Kuyini okungaphansi kwesihlahla okungena emhlabathini? (mana mbijana – thola impendulo) **Zimpande**. Ngitshengisa impande. Impande zisiza ngani esihlahleni? Zwana impande zesihlahla sakho. Yenza imilenze lenyawo zakho kugxile phansi kukuphe amandla.
3. Kusiya phezulu esihlahleni, kuyini okulandelayo? (thola impendulo) **Isigodo, Isiqu kumbe Umzimba**. Ngitshengisa isigodo. Sisebenza ukwenzani? Sizwe isigodo sesihlahla esiqinileyo – sileminyaka emihle leminyaka emibi kodwa siyaqhubeka sikhula. Iminyaka isedlula siyaqhubeka sisiba side sihambisa isihlahla phezulu esibhakabhakeni.
4. Yiphi ingxenye yesihlahla eya phezulu esibhakabhakeni? (thola impendulo) **Zingatsha**. Ngitshengisa ingatsha zesihlahla zikhula zisiya esibhakabhakeni. Luyini usizo lwengatsha? Ziyathwala izithelo ezimnandi zokudla ziphinde zithwale amahlamvu asipha umthunzi.
5. Ngitshengisa **amahlamvu** esihlahla. Ayenzani wona? Ayasipha umthunzi singatshiswa lilanga emini.
6. Khathesi ngitshengisa **izithelo** zesihlahla. Zimnandi ukudla ikakhulu nxa kutshisa.



Amahlamvu: amathalenta
ami, ubuciko kwami
lempumelelo

Ingatsha:
Engikukhangeleleyo
lengikufisayo

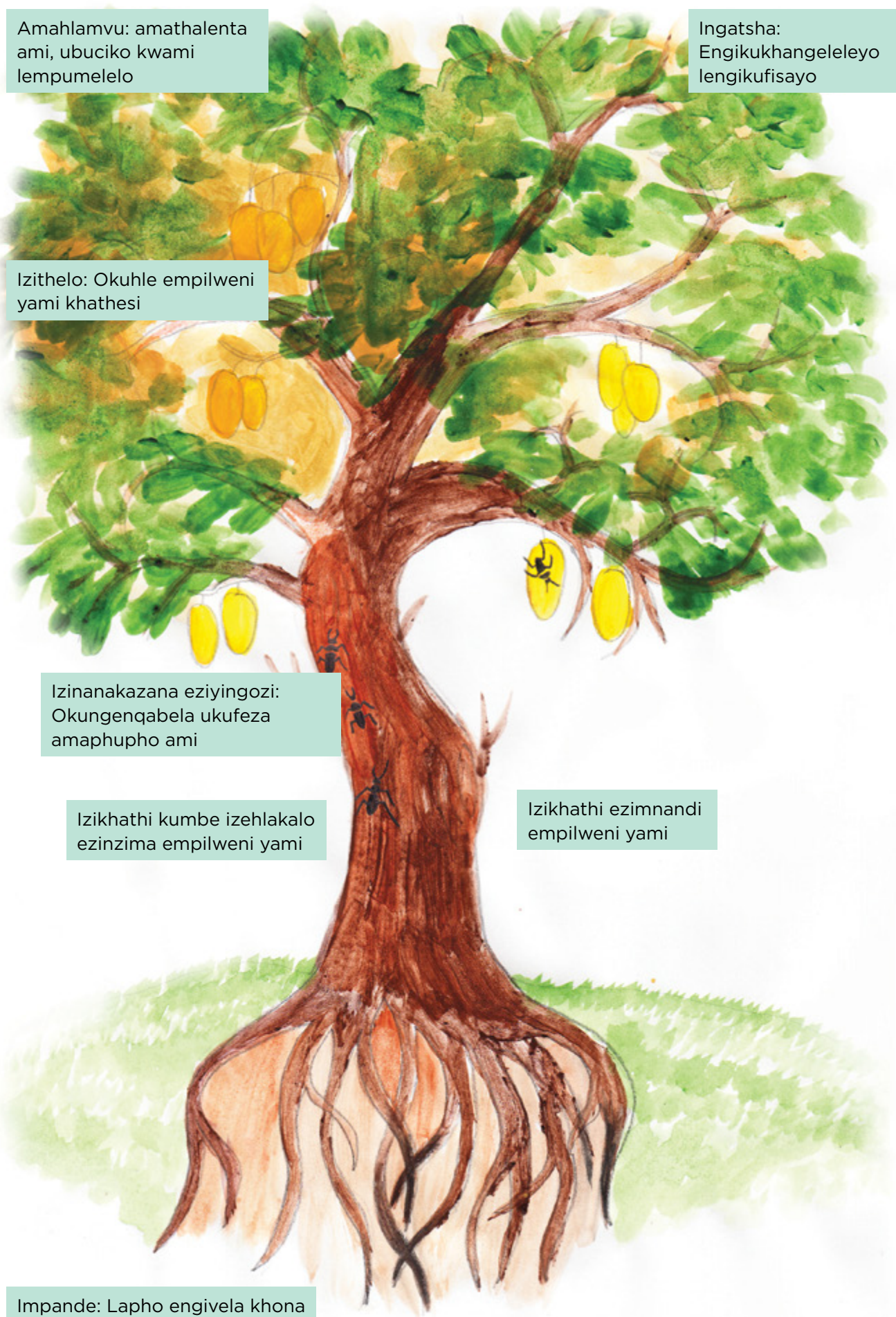
Izithelo: Okuhle empilweni
yami khathesi

Izinanakazana eziyingozi:
Okungenqabela ukufeza
amaphupho ami

Izikhathi kumbe izehlakalo
ezinzima empilweni yami

Izikhathi ezimnandi
empilweni yami

Impande: Lapho engivela khona



Ingxenye 2: Ukudweba (Imizuzu engu-50)

Umqhubi wohlelo uthi: *Ephepheni elikhulu sizadweba isihlahla sethu ngamunye ngamunye. (Nika wonke umhlanganyeli iphepha lakhe elikhulu lamapheni, amakhrayoni, lama-marker)*

Umqhubi wohlelo katshengise abahlanganyeli umfanekiso wesihlahla sempilo. (**Enye indlela:** Umqhubi wohlelo kadweba ingxenye inye ngayinye yesihlahla ngapha ekhuluma)

Umqhubi wohlelo uthi: *Lesi yisihlahla sempilo esimayelana lawe. Siyehlukaniswe saba zingxenye ezintathu: **IMPANDE, ISIGODO, LAPHEZULU**, lapho okulengatsha ezilamahlamvu lezithelo.*

Kuzadingeka ukuthi ubuze imbuzo ethile ngenxenye lengxenye yesihlahla. Umelele abantwana baqede ingxenye ethile yokudweba ungakabuzi eminye imibuzo. Bhoda phakathi kwendlu ukhangela imifanekiso abayidwebayo ukuze uqinisekise ukuthi bayazwisisa.

1. Dweba **IMPANDE** ubhale lapho ovela khona, lapho abazali bakho lezihlobo labokhokho bakho abavela khona. Uvela kuliphi idolobho kumbe isigaba? Abazali bakho bavela kuliphi idolobho kumbe isigaba? Ogogo labokhulu bakho bavela kuliphi idolobho kumbe isigaba? Lezi zimpande zakho. Impande zakho zingaphinda zibe ngabantu abakuthandayo abalusizo empilweni yakho. Loba ungavakatsha uye ngaphi empilweni impande zakho zisemhlabathini lowu, endaweni leyi.

Isixwayiso: Khumbuza abahlanganyeli ukuthi bangadweba uphawu kumbe isithombe nxa ukubhala kubazimela.

2. Dweba **ISIGODO**, esandleni sokudla saso, bhala ezinye zezinto ezakuthokozisayo empilweni. Kuyini okwakujabulisayo? Yiziphi izikhathi owazithakazelelayo? Esandleni senxele sesihlahla, bhala ezinye zezikhathi ezibuhlungu owadlula kizo empilweni yakho. Nxa wadlula esikhathini ezibuhlungu kakhulu ungabonisa ngesilonda esihlahleni kumbe ngogatsha olwephukileyo. Zibone uqansa isihlahla, usuka empandeni, usiya esigodweni uze ufike engatsheni.
3. Dweba **INGATSHA**. Engatsheni bhala okukhangelelelo lokufisayo ngekusasa lakho.
4. **EMAHLAMVINI** bhala amathalenta akho (lokhu okwenza kuhle), ubuciko bakho (lokhu owenelisa ukukwenza), lempumelelo yakho (lokhu osewakufezayo). Kuyini okwenza kuhle? (Izibonelo: Uqinile; uyanelisa ukunakekela abanye; uyalalela abanye nxa bekhuluma)
5. Kugaja lunye ngalunye dweba **IZITHELO** – izithelo zimele izinto ezinhle empilweni yakho khathesi. Izithelo zingaba ngabantu abalusizo kuwe, abakuthandayo kumbe abakukhuthazayo (ababalisi, inkokheli zenkolo, noma labantu ongazake uhlangane labo).

Ongakukhetha: Okokucina, dweba **izinanakazana eziyingozi** eziyimgoqo empilweni yakho. Lokhu kungabe kuyizinto ezikwenqabela ukufeza amaphupho akho. Zingaphinda njalo zibe yinkolo ongabe ulazo ngawe eziphambanisa ukuthuthuka kwakho, ezinjengokucabanga ukuthi awulutho kumbe uyisiwula.



Ingxenye 3: Ukuxoxisana (Imizuzu engu-45)

Cela abantwana behlangane ngababili ngababili babelane izihlahla zabo bebuzane imibuzo kumbe ukhethe amavolontiya ambalwa ukuthi abele iqembu jikelele izihlahla zabo. Gcina ukwabelana lokhu kube kufitshane.

Isixwayiso: Ukwabelana labanye kuya ngokuzithandela njengoba abanye abantwana bengabe bengafisi ukwaba ukudweba kwabo. Nxa kulabantwana abanengi abafisa ukwabelana leqembu, abambalwa bangethula ekuseni umhlangano ungakaqali ngamalanga alandelayo.

Isixwayiso: Lokhu ungakwenza kube njengengxoxo usebenzisa imibuzo engaphansi kumbe uvumele abethuli bakhulume ngezihlahla zabo ngaloba yiphi indlela abayifunayo. Zwelana lesikhathi, ungabi lengane eyodwa loba ezimbili kuphela ezibusa ingxoxo. Inhloso yokuxoxisana iyikuthi abahlanganyeli bathuthukise umbono omuhle ngabo – ngamathalente abo, abakwenelisayo, kanye lasebephumelele kikho ngaphezu kobunzima bempilo.

Izihloko zengxoxo ukuze udale indaba eyakhayo yempilo yakho.

- Ngitshela nge**Mpande** zakho, lapho okwakuhlala khona abazali bakho besakhula lapho okwakuhlala khona okhokho bakho.
- Ngitshela nge**Sigodo** sakho, ukuthi yiziphi izikhathi kumbe izehlakalo ezazinzima lalezo ezakujabulisayo

Isixwayiso: Kwabasha kanye labantu abadala, buza ukuthi yiziphi izifundo abazitholileyo kulokhu abahlangane lakho?

- Ngobani abantu ababalulekileyo empilweni yakho? Amathalenta lobuciko bakho sekukuncede njani empilweni? (Isibonelo: ukubekezela sekuke kwangisiza ukudlula ezikhathini ezinzima lokuthi ngilinde isimo size sibengcono; nxa ngingakwazi okokwenza ngiyacela uncdo kwabanye; lapho ngibhekane losizi ngiyakwazi ukuhleka futhi lokho kuyangisiza ukuba ngithole isixazululo.
- Kuyini okukhangeleleyo lokufisayo ngekusasa lakho. Kuyini ozitshela khona ukuthi ubelethemba – nxa impilo isibanzima uzitshelani ukuthi uqhubeke ?

Isixwayiso: Uba umntwana engaphatheka kubi ngesikhathi exoxa indaba yakhe, cela umuntu osizayo ukuthi ahlangele laye phandle ngalesi sikhathi. Uba abantu abambalwa bengaphathekanga kuhle ngokukhulunywayo, cela wonke umuntu embuthanweni ukuthi lenze isigombolozu libambene izandla. Umqhubi wohlelo kagcizelele ukuthi kulomhlango wokufundisana sibambene. Sonke silezinhlungu nokusijabulisayo empilweni zethu njalo sihlangele ngazo lapha.

Umqhubi wohlelo uthi: Sonke silokwesaba, lezinto ezimbi zingenzeka kuloba ngubani phakathi kwethu, kodwa asisodwa. Sibambene labanye. Kulento ezinengi esifanana ngazo. Sonke siyezwa injabulo lobuhlungu. Sonke silobuciko lamandla angasinceda ukuthi simelane lemigoqo. Sonke kulapho esivela khona; sonke silempande ezisikhumbuza ukuthi singobani. Sihlanganyela inhlalathi lamanzi afanayo. Njengesihlahla, siyenelisa ukuzisilisa njalo ingatsha zethu – **amathemba ethu** – engaqunywa, ezinye ezintsha eziqinileyo ziyakhula. Amandla ethu siwathatha kulabo ababuya muva, ekholweni lwethu, ezimulini zethu, ebanganini lababalisi bethu, lasebantwini abadlale indima ekukhuleni kwethu.

Ingxenye 4: Ukuhamba (Imizuzu engu-15)

Cela wonke umuntu ukuthi ephanyeke isihlahla sakhe emdulwini sibe seceleni kwezinye ukuze zenze igusu. Khokha abahlanganyeli ukuthi bekhangele izihlahla lezi.

Umqhubi wohlelo uthi: Impilo zethu ziyingxenye yegusu lapho esikhula khona sonke sibambene. Asihambeni eguswini sikhangele izihlahla zabanye. Khangela ukuthi igusu lethu likhulu njalo lilamandla njani. Khangela ukuthi izihlahla zonke zikhula kuhle zonke. Asisodwa.

Isixwayiso: Nxa kusenza gcina izihlahla lezi emdulwini amalanga onke omhlango. Tshela abantwana ukuthi nxa befuna bengahamba lezihlala zabo ngekhaya ekupheleni komhlango wokufundisana.



Umsebenzi 3: Ukuphinda 1 - Ukuhlabelela Izilwane

Inhloso	Ukugxila endingimbeni yokuhlabelela izilwane		
Izinto ezidingekayo	- Imifanekiso yezilwane ezimbili esetshenziswe kumojula 1 - I-tape yokunamathisela		IMIZUZU ENGU-15

Cela abahlanganyeli bakhumbule njalo batsho abakwenzileyo kumojula 1. Bese ufaka umfanekiso wezilwane ezimbili eguswini elakhiwe ngezihlahla zokuphila.

Kuwe mqhubi wohlelo: Nxa kuleviki phakathi kwemojula 1 lemojula 2, umqhubi wohlelo kumele ephanyeke izihlahla njalo ukwenzela umsebenzi lowu.



Umqhubi wohlelo uthi:

- Izilwane ngabantu bonke, izinkolo lezinto esizesabayo empilweni. Yiziphi ezinye izilwane empilweni yakho? (thola impendulo)*
- Khathesi bheka izilwane phakathi kwegusu. Ubonani? (thola impendulo)*
- Izilwane zigonjolozelwe, zivalelwe. Zijwayele ukuzingela egcekeni elivulekileyo kodwa lapha eguswini kubanzima kizo. Nxa sikwazi ukuthi singobani, siqinile njengezihlahla, sibambene labanye, izilwane azisoze zisilimaze. Amandla azo aya esibamancane.*

Isixwayiso: Nxa kudingeka, sebenzisa isikhuthazi esinika amandla (energizer) lapha.

Umqhubi wohlelo uthi: Sesilolwazi olubanzi mayelana lokuthi singobani lamandla ethu. Kasidluleleni phambili sizwisise kabanzi ngokwesaba lodlame okungathatha amandla ethu, lokuthi singenzani ukuthi siziqinise.

UHLELO 3. UKUZWISISA UKWESABA LODLAME



Kuwe mqhubi wohlelo: Ukuzwisisa ukwesaba lodlame kuyasiza ukuphungula ukwesaba lokusabela kobugwala.

Umsebenzi 4: Ukuzwisisa udlame

Inhloso	Ukuncedisa abahlanganyeli ukuthi bezwisise udlame lempumela, yalo		
Izinto ezidingekayo	Ibhola elenziwe ngamaphepha elokusebenzisa kungxenywe yesithathu yomsebenzi lowu		IMIZUZU ENGU-80

Ingxenye 1: Inhlobo zodlame (Imizuzu engu-20)

Umqhubi wohlelo uyabuza: Yiziphi indlela abantu abangalimizana ngazo (thola impendulo)

Ngemva kokuzwa impendulo, umqhubi wohlelo kabuze imibuzo elandelayo, ethole impendulo ngemva kombuzo munye ngamunye. Qaphela ukuthi asihlosanga ukubuza abantwana amabizo abantu asebake behlelwa ludlame; kodwa sifuna bananzelele ukuthi bayakwazi abantu asebake behlelwa yibungozi lobu.

Umqhubi wohlelo uthi:

- Kwesinye isikhathi abantu bayalimizana ngenkulumo. Sewake wabona lokhu kusenzakala, lapho abangane bakho abalinyazwa yinkulumo khona?
- Abantu bayanelisa njalo ukulimaza umzimba womuntu. Kulabantu obaziyo asebakebehllelwa yingozi le?
- Ukulimala lodlame kungaba ngokomzimba kumbe okwamazwi, noma ngalokho okubonileyo kumbe okuzwileyo. Kungenzeka futhi ezindaweni ezinengi ezehlukene, isibonelo:
 - ü Sewake wabona umuntu elinyazwa esikolo? Kuyini okuyabe kwenzakele?
 - ü Sewake wabona umuntu elinyazwa ngibo? Kuyini okuyabe kwenzakele?
 - ü Sewake wabona umuntu elinyazwa esigabeni? Kuyini okuyabe kwenzakele?

Isixwayiso: Nxa abantu belenhloni kumbe besesaba ukukhuluma ngendaba lezi, phana imizekeliso. Esikolweni (ubuqhawaga, ukuqala umntwana omahluko, kumbe ukujeziswa ngokomzimba). Ngekhaya (ukudakwa, udlame ngekhaya). Esigabeni (udlame lwamasotsha lamapholisa, ukuhlaselwa, inkethabetshabi, ukutshontsha, ukulwa).

Isixwayiso: Yamukela futhi uqinisekise zonke izindaba ezivezwa ngabantwana; ungazami ukunciphisa kumbe ukululazisa noma yiphi yazo. Ungabhali izimpendulo emdulwini; kwanele ukuxoxa kuphela ngezindaba.

Ingxenye 2: Umdlalo wobuhlungu (Imizuzu engu-45)

Tshela abahlanganyeli ukuthi basukume, bazelule, besebesiba yingxenye yesigombolozisi esikhulu.

Umqhubi wohlelo uthi:

- *Ngubani okhumbula ingxoxo yethu ekuqaleni? Sithe yiziphi izindlela abantu abangakulimaza kumbe belimaze abanye ngazo? (Izibonelo: ukulwa, ukutshaya abanye, ubuqhwaya, ukuninela abanye khatshana, ukutshontsha, ukudlwengula, lokubhidliza izindlu).*

Isixwayiso: Nxa kungaqanjwanga, buza nge-stigma; ukuninela abanye khatshana ngenxa yokuthi 'bangumbala ongayisiwo', kumbe ukuthi bangumhlobo ongayisiwo, ukuthi bakhubazekile, kumbe ukuthi babukeka ngendlela engajwayelekanga.

- *Kwenzakalani emuntwini olinyaziweyo kumbe ohlaselweyo. Kuyini okwenzakala kuphimbo lakhe? Uyenelisa ukukhuluma aphikisane lalokho okwenzakeleyo na?*
- *Kwenzakalani emzimbeni wakhe?*
- *Kulendlela ezinengi abantu abangalimazana ngazo! Uzwa kusithi wenzeni nxa abantu belimaza wena kumbe abantu obaziyo – uyazigoqa ubeke izandla ebusweni ufise ukuthi umhlaba unyamalale, uyabisela, kumbe uyabaleka? (thola impendulo). Kukhona okunye yini okwenzayo esingabe sikutshiyile? (thola impendulo)*

*Khathesi asidlaleni umdlalo obizwa kuthwa **ngumdlalo wobuhlungu**. Ngizaphosa ibhola. Ungalibamba usitshengise ukuthi wena uyenza njani nxa umuntu engakulimaza.*

- *Nxa ufuna ukuzama ukunyamalalisa umhlaba, unganaki yonkinto eyenzakalayo, uzaqutha kumbe uhlale phansi. Ngemva kwalokhu uzaphosela ibhola omunye.*
- *Nxa ufuna ukubaleka, uzaphuma ngaphandle kwesigombolozisi uhlale ngaphandle kwaso. Ngemva kwalokhu uzaphosela omunye ibhola.*
- *Nxa ufuna ukubisela kumbe ukuthola ukuziphindiselela ngena esimweni sokulwa. Ngemva kwalokhu phosela omunye ibhola. Ibhola limele udlame lokulinyazwa. Kasiqhubekeni siphosela labo abangophoselwanga esigombolozini ibhola. Wonke umuntu kumele aphose ibhola kanye ukuze ekucineni komdlalo kungabikhona ongakaphosi ibhola.*

Qala ngokuphosela ibhola emuntwini oyedwa. Cela lowo muntu ukuthi etshengise ukuthi yena engenzanani nxa elinyazwa. Nxa wonke umuntu esephosile ibhola, umqhubi wohlelo kumele amise umdlalo.

Ukufinyeza, umqhubi wohlelo uthi: *Sonke kasikhangele isigombolozisi sethu, sibonani? (thola impendulo, futhi ubeke amazwana ukuthi yiziphi impendulo ezivame kakhulu zodlame kuleli qembu.*

- *Khangela ukuthi udlame lusenzani? Kungenzakalani nxa wonke umuntu engazama ukubulala omunye? Kungayenzakalani kithi sonke?*
- *Ungabaleka esikolweni kumbe ngekhaya, kungakuthokozisa lokhu? Ungabaleka isimo sibe sibi ngamandla ke?*
- *Kulendlela ezinengi udlame olusiphambanisa ngazo. Udlame luyaphambanisa indlela esizizwa ngayo lamanyathelo esiwathathayo.*

Njengendlela yokubambanisa lomdlalo olandelayo umqhubi wohlelo uthi: Udlame alulimazi kuphela lowu olutholayo, kodwa labantu abaseceleni kwakhe. Nxa sibona udlame luyasenza ukuthi sibe lemizwa engaphezu kwamandla ethu – ukwesaba, inzondo, etc. Imizwa efana lokwesaba lenzondo isenza sifune ukwenzani? (thola impendulo)



Kuwe mqhubi wohlelo: *Ukuze uthole ulwazi olubanzi ngomthelela wodlame ebantwaneni, khangela u-Breaking the Cycles of Violence kukhasi 8 le [Supplement](#).*

Ingxenye 3: Umdlalo wokubhoda-bhoda (imizuzu engu-15)

Umqhubi wohlelo uthi: Lo ngumdlalo woku**Bhoda-Bhoda** ositshengisa kabanzi ukuthi kuyini okuthatha indawo udlame lungabasempilweni zethu.

Wonke umuntu kame esigombolozini, omunye ngemva komunye kwenzela ukuthi omunye lomunye ekhangele umhlane womunye. Umuntu oyedwa uqala ngokubeka isandla sakhe asiqinise ehlombe lomuntu ophambi kwakhe ngapha ememeza esithi “Wena!” Bese umuntu olandelayo enze okufanayo emuntwini ophambi kwakhe ngokubeka isandla sakhe asiqinise ehlombe lomuntu ophambi kwakhe ngapha ememeza esithi “Wena!” Ekucineni, lo oqale ngomdlalo uzabekwa laye isandla siqinise phezu kwehlombe lakhe.

Umqhubi wohlelo uthi: Kuyini okwenzakalayo lapha? (thola impendulo) Udlame luyabhoda-bhoda. Udlame luyabhoda luphinde luphenduke emuntwini kumbe eqenjini lapho oluqalise khona, kumbe abantu abalinyaziweyo labo bacina belimaza abanye. Sewake wakubona yini lokhu empilweni yakho kumbe empilweni yomunye umuntu? (thola impendulo) Eziqhwageni, umuntu olamandla uyalimaza umuntu ongelamandla lomuntu ongelamandla ethole indlela yokulimaza umuntu olamandla. Kuyabe lulokhe kubhoda.

Umqhubi wohlelo ufinqa athi: Esikufundileyo yikuthi udlame ludala olunye udlame. Kumsebenzi olandelayo sizakhangela eyinye yezindlela esingazisebenzisa ukumisa udlame. Kumele kuqale phakathi kwethu. Singakadluleli phambili, asenzeni umsebenzi omfitshane wokuphefumula ukuze sehlise imiqondo yethu. Asihlalani phansi sonke.

Umsebenzi wokugxila – Engikubonayo, Engikuzwayo, lengingakubamba.

Lapho silemizwa engaphezu kwamandla ethu ngezinto ezithile, kubalulekile ukuzizwa sengathi sixhumene lomhlaba. Lumsebenzi wokugxila uyasisiza ukuthi senze njalo:

Umqhubi wohlelo uthi: Qamba into ezine ozibonayo. Qamba into ezine ozizwayo. Qamba into ezine ongazibamba. Zibambe. Qamba into ezintathu ozibonayo. Qamba into ezintathu ozizwayo. Qamba into ezintathu ongazibamba. Zibambe. Qamba into ezimbili ozibonayo. Qamba into ezimbili ozizwayo. Qamba into ezimbili ongazibamba. Zibambe. Qamba into eyodwa oyibonayo. Qamba into eyodwa oyizwayo. Qamba into eyodwa ongayibamba. Ibambe.

Gaphela: Nxa kulezimo lapho abahlanganyeli abakhulelwa yimizwa, sebenzisa lomsebenzi. Khangela **Isichasiselo 1** ukuze uthole eminye imisebenzi eyokuphefumula engenziwa.

UMSEBENZI 5: INDLELA EZIMAHLUKO ZOKUMELANA LODLAME

Inhloso	Ukuze abahlanganyeli befunde indlela ezakhayo zokumelana lodlame		IMIZUZU ENGU-20
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Ukuxoxisana (imizuzu engu-20)

Umqhubi wohlelo uthi: Cabanga ngabantu obaziyo abatshengisa amandla lokuqina lapho bebhokane lodlame: (thola impendulo zemibuzo a lo b)

- Bayenzanjani?
- Yiziphi izinto abazisebenzisayo? (Buza mayelana lezinto eziphakathi kwabo lezingaphandle. Isibonelo, Izinto eziphakathi kwabo: isineke, ukubekezela, amahlaya. Izinto ezingaphandle: ukuncediswa yimuli kumbe umdeni, abadala esigabeni)

Kuyini esingakwenza – ngamunye ngamunye – ukuthi simise udlame empilweni zethu? (thola izibonelo ebantwaneni) (Izibonelo zigoqela: Ukutshela abazali ukuthi sizizwa njani bengasilimaza; ukwenza amaqembu esikolo awokusekelana, ukukhuleka)

Umqhubi wohlelo uthi: Yiziphi indlela ezingasinceda kakhulu?

Umsebenzi 6: Ukuzwisisa ukwesaba

Inhloso

Ukuthi abahlanganyeli bafunde ukuthi ukwesaba kusithinta njani lokuthi kuyini esingakwenza ukuthi sehlise ukwesaba kwethu



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Ingxenye 1: Ukwesaba okuncane (imizuzu engu-10)

Umqhubi wohlelo uthi: *Ukwesaba okuncane kungasanceda. Kuyasilungiselela ukuthi simelane lengozi.*

Ukubona ngelihlo lengqondo: *Hlala phansi uvale amehlo akho. Ake sithi bekufanele usebenze sekuhlwile esikolo kumbe emasimini; uhamba wedwa emgwaqweni njalo uyakwazi ukuthi indawo leyi ayisondawo ephephileyo. Uzizwa njani? Kuyini okwenzakalayo emzimbeni wakho? Nanzelela ukuthi inhliziyoyakho isitshaya masinya. Usuqala ukuzwa imisindo ngendlela ebalulekileyo. Uqaphele kakhulu. Ake sithi usuqala ukuhamba ngaphansi kokukhanya noma lapho ongaphephela khona. Lokhu ukwesaba okuncane kuyakusiza ukuba uzikhiphe esimweni esiyingozi.*



Umqhubi wohlelo uthi: *Uyabona ukuthi ukwesaba okuncane kungakusiza njani? (thola impendulo)*

Ingxenye 2: Ukwesaba okukhubazayo (imizuzu engu-15)

Umqhubi wohlelo uthi: *Kodwa kulokwesaba okukhulu okuqeda amandla. Ezimweni ezinje kumele sisebenzise "Ukuphefumula Okude". Nxa usesaba kakhulu, yenza ukuphefumula okude kabili. Uyabe uphefumulela phandle konke ukwesaba kwakho. Zwana inyawo zakho phansi kumbe indlela isitulo ohlezi kiso esisekela ngayo umzimba wakho. Uzaphefumulela phakathi ngamakhala akho, ugcwalisa isisu sakho kuqala, emva kwalokho imbambo zakho, besekucina ngesifuba sakho. Donsa umoya ojulileyo, kancane kancane ngamakhala akho (ubala okuthathu) ubusuphefumulela **phandle kancane kancane ngomlomo** njengomuntu otshaya umlozwi ongela msindo (ubala kane). Uphefumulela phandle konke ukwesaba kwakho. Masikwenze futhi. Zwana inyawo zakho phansi loba umzimba wakho esitulweni, bese udonsa umoya ojulileyo, kancane kancane ungene ngamakhala akho (ubala kathathu) bese uphefumulela phandle **kancane kancane ngomlomo** (ubala kane). Gxila ekuphefumuleni kancane kancane. Wonke umuntu uzizwa njani?*

Umqhubi wohlelo uthi: *Kulenkondlo eyokukhululeka ekwesabeni engasisiza ngokwesaba okukhulu.*

Umqhubi wohlelo uzakhaya inkondlo elandelayo kanye bese wonke umuntu etsho ndawonye, etsho umzila omunye kabili. Ngomzila ngamunye dons a umoya kakhulu, ukhulume amabala, ubusunyakazisa izandla uphefumulela phandle.

Ukukhululeka Ekwesabeni

Kwesaba, ngithi HAMB A! (donsa umoya kakhulu, ukhulume amabala, ubusufuqela ukwesaba khatshana ngezandla zakho ngapha uphefumulela phandle)

Kukhathazeka, ngithi HAMB A! (donsa umoya kakhulu, ukhulume amabala, ubusufuqela ukukhathazeka khatshana ngezandla zakho ngapha uphefumulela phandle)

Kuthula, ngithi BUYA! (phefumulela phakathi kancane kancane, uzigona)

Thando, ngithi BUYA! (phefumulela phakathi kancane kancane, uzigona)

Isixwayiso: Linkondlo ingabhalwa ephepheni elikhulu (flip-chart paper) iphindaphindwe ngezikhathi ezitshiyeneyo emhlanganweni wokufundisana.

Umqhubi wohlelo uthi: *Uzizwanjani khathesi? (thola impendulo)*

Ephetha, umqhubi wohlelo uthi: *Ukwesaba okuncane kuhle ngoba kuyenza inhliziyoyethu itshaye masinya njalo kusenza siqaphele kakhulu. Kuyasenza sibone kuhle njalo sizwe ngendlela ebalulekileyo. Siyabe sesilungele ukwenza okuthile. Kodwa nxa silokwesaba okukhulu singakhubazeka. Laphoke sidinga ukwenza "Ukuphefumula okude" lokuthi siphinde inkondlo ethi Ukukhululeka Ekwesabeni.*

UHLELO 4 – UKUZIQUINISA



Kuwe mqhubi wohlelo: Siwulondoloza njani umbono olamandla, omuhle ngathi ngaphezu kwakho konke esihlangana lakho okungamndi empilweni zethu? Lesi sigaba sisinika ubuciko bokulawula lokugxilisa impilo yethu yemizwa kanye lokunciphisa ukwesaba kwethu njalo siqobe imigoqo esivimbelayo. Kudingeka ukuthi siqinisekise ukuthi imfanelo ezingaphansi ziba yingxeny yempilo yethu:

- **Ukuba ngowalapho:** Ukuzizwa uxhumene labanye abantu, awuwedwa
- **Ukubalethemba** ukuthi izinto zizabangcono, ngitsho langezikhathi zethu zobumnyama loba ezinzima kakhulu
- **Ukukholelwa** ukuthi sibalulekile, ukuziqakathekisa
- **Ukuqakathekiswa** ngabanye abantu
- **Ukuba lenjongo:** ukuba lomuzwa wokuthi ukuphila kwethu kulenjongo
- **Ukuzizwa uvikelekile:** ukuba lomuzwa wokuphepha

Umsebenzi 7: Tshintsha umsakazo nje!

Inhloso	Ukusiza abahlanganyeli ukuthi benanzelele ukuthi imicabango yethu iyathinta indlela esizizwa ngayo. Nxa singenelisa ukucabanga ngendlela emahluko, sizazizwa mahluko. Njalo indlela esizizwa ngayo iyathinta ukwenelisa kwethu ukuxazulula inkinga.		IMIZUZE ENGU- 40
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Isixwayiso: Nxa usebenza labantu abangakwazi umabonakude (TV) kumbe i-radio, zama ukuthola omunye umfanekiso “njengeluba elilamahlamvu amanengi”.

Umqhubi wohlelo uthi: *Siqeda kufunda indlela eyodwa esingazithulisa ngayo nxa sisesaba – ngokuphefumula okujulileyo, kancane kancane. Khathesi sizafunda ezinye indlela zokusebenzisa nxa sizizwa sizondile, sidanile kumbe sisesaba. Nxa umuntu ezama ukusenza sizwe kubi, yiziphi izinto esingazenza ukuthi sizwe ngcono? (thola impendulo. Isibonelo: ukuxhumana labanye, ukubalethemba lokuthi kuzolunga, ukuba yingxeny yeqembu elithile kumbe ukukhuleka) Zonke lezi yizinto ezinhle.*

Umqhubi wohlelo uyabuza:

- *Bangaki lapha abalabangane, abazali kumbe izihlobo ezingakulalela nxa ulokukhathazeka kumbe ukwesaba? Phakamisa isandla sakho*
- *Bangaki lapha abayingxeny yeqembu lapho abazizwa beyamukelekile? Kungabe kusenkonzweni, amaqembu esikolo (ama-club); kumbe amanye amaqembu. Phakamisa isandla sakho.*
- *Bangaki lapha abayenza okunye okuthile, njengokuhlabela, ukukhuleka, ukubhala inkondlo, kumbe ukuhamba phandle? Phakamisa isandla sakho.*
- *Bangaki lapha abalethemba lokuthi impilo yabo ingatshintsha ibengcono? Phakamisa isandla sakho*

Isixwayiso: Qaphela abantu abangaphakamisi izandla zabo. Kungadingeka ukuthi ubasize benanzelele amandla abo lezinto ngabo ezibenza beqakatheke. Nxa kulehleka labahlanganyeli abalethemba, kuvume lokhu njalo ugcizelele ukubaluleka kokufinyelela kubantu abaseduze kwakho ukuze uthole ukuxhaswa.

Umqhubi wohlelo uyaqhubeka: *Lapho umuntu othile ezama ukusenza sizizwe kubi, akufanelanga sizizwe ngaleyo ndlela. Singafunda ukutshintsha imizwa yethu. Nxa singenelisa ukutshintsha imicabango yethu, singatshintsha imizwa yethu. (Thola izibonelo kubahlanganyeli ukuthi bengatshintsha njani imizwa yabo lapho othile ebona bephatheke kubi – unganika isibonelo lesi nxa singaqanjwanga – uba sicabanga ukuthi asilutho, sizaphatheka kubi; uba sicabanga ukuthi sihlakaniphile lokuthi silokwenelisa okuthile, sizazizwa sijabule.) Njalo nxa singatshintsha imizwa yethu, singatshintsha ukucabanga kwethu. (Isibonelo: Uba sizizwa sijabulile njalo sijabulela ukuphila, sicabanga imicabango ejabulisayo.)*



- *Sonke sinjengama-radio labomabonakude (TV). Uyakwazi ukuthi yindaba ngisitshonjalo? (thola impendulo)*
- *Silemisakazo eminengi. Yiphi imisakazo oyithakazelelayo ku-radio kumbe kumabonakude? (thola impendulo)*
- *Ake sithi wena uyi-radio kumbe ungumabonakude, yiphi imisakazo olayo? (thola impendulo njalo usebenzise eminye yalemisakazo eqanjwe lapha kungxenywe elandelayo)*
- *Kulungile. Kulemisakazo eminengi esilayo.*

Isixwayiso: Abahlanganyeli bazabe bemile ngenyawo kuze kuphele umsebenzi lowu.

Asisukumeni- lingitshengise imsakazo le elandelayo

- *Umsakazo wokujabula (wonke umuntu kabobothoke)*
- *Umsakazo wokudana (wonke umuntu kabe lobuso obudanileyo)*
- *Umsakazo wokuzonda (wonke umuntu katshengise ubuso obuzondileyo)*
- *Umsakazo wezemidlalo (wonke umuntu katshengise umdlalo awukhwabithayo)*
- *Umsakazo wokwesaba (wonke umuntu katshengise ubuso obulokwesaba)*
- *Umsakazo wobumnandi lokuhleka (wonke umuntu kenze into ehlekisayo kumbe ejabulisayo)*
- *Umsakazo wokugida (wonke umuntu kagide)*
- *Umsakazo wothando (wonke umuntu kaqabule ingalo yakhe kumbe azange)*
- *Yiwuphi umsakazo owuthakazelela kulayo yonke imisakazo?*

Qaphela: Nxa abahlanganyeli bedinga usizo lokuthi umuzwa kuyini, batshengise ubuso obuthabileyo, ubuso obudanileyo, lobuso obusuthisekileyo (njengokuthi buyabe kunjani nxa umuntu eqeda kudla ukudla okumnandi)

Umqhubi wohlelo uthi: *Ake sithi uwedwa endlini lapho okule-radio kumbe umabonakude njalo kulomsakazo ongawuthandiyo. Ungenzani? Tshintsha umsakazo nje! Ungenza okufanayo engqondweni yakho lasemcabangweni yakho.*

Umqhubi wohlelo uthi: *Ngaso sonke isikhathi singatshintsha umsakazo sizizwa mahluko! Ngakhoke, asikwenze khathesi. Tshintsha umsakazo nje!* (Vumela bonke abahlanganyeli benze umnyakazo wokutshintsha umsakazo, isibonelo, ukunyakazisa amahlombe ngapha uthatha inyathelo elikhulu usiya ohlangothini olulodwa). *Ukuwuphi umsakazo khathesi?* (thola impendulo kafitshane)

Cabanga ulutho oluthile olukwenza uzizwe ujabula. Ulubone engqondweni yakho. Uluzwe ngezandla zakho. Uluzwe ngendlebe. Esikucabangayo kuyatshintsha indlela esizizwa ngayo. Ngakhoke, Tshintsha umsakazo nje! Ngumsakazo wenjabulo!

Umqhubi wohlelo uthi: *Ngakhoke nxa umsakazo wokuzonda kumbe owokwesaba usiza, zitshele ukuthi, “Yiyo indlela engizizwa ngayo khathesi. Ngizondile khathesi. Kumbe ngiyesaba khathesi. Kodwa ngiyafisa na ukubambelela kumizwa leyi okwesikhathi eside? Kuyanginceda na?” Ngakhoke, nxa sesilungele ukudedela imizwa leyi, siyenzanani?* (thola impendulo) **Tshintsha umsakazo nje!** (Wonke umuntu kayenze umnyakazo).



Isixwayiso: Nxa abahlanganyeli bengenelisi ukuzikhethela umsakazo, ubabuze: Ngumsakazo wokugida, ngumsakazo wothando, kumbe ngumsakazo wenjabulo? Ngitshengisa.

Umqhubi wohlelo uthi: *Kuleyinye indlela yokutshintsha umsakazo. Thatha umoya ojulileyo kathathu bese uphefumulela phandle kancane kancane ngapho usithi “haaah”. Asikwenze lokho. (Umqhubi wohlelo uyabakhokhela ekuthatheni umoya kathathu besewukhipha ngomsindo esithi “haaah”) Cabanga ngesikhathi owazizwa khona ulokuthula uhlalisekile. Mhlawumbe wawulomngane wakho omthandayo, kumbe ubukele umabonakude, kumbe ulalele ingoma ezimnandi. Phinda futhi njalo, thatha umoya kancane kancane ubusuphefumulela phandle kancane kancane, usithi “haaah”. Ngiyakwamukela kumsakazo wokuhlaliseka. (Wonke umuntu engahlala phansi)*

Ingxoxo: Umqhubi wohlelo kakhokhele ingxoxo emfitshane mayelana lokuthi abantu bazizwa njani ngemva komsebenzi lowu. Ngemva kwalokhu umqhubi wohlelo kabuze wonke umuntu ukuthi bazasebenzisa njani ubuciko lobu empilweni yabo.

Ukugxilisa ingxoxo, umqhubi wohlelo uyabuza: *Ungangitshela ngesikhathi lapho owazizwa khona uzondile wenza isinqumo sokudedela inzondo utshintshe umsakazo? Ungangitshela ngesikhathi lapho owawuzizwa khona usesaba wacabanga ukukudedela utshintshe umsakazo?*

Nxa umqhubi wohlelo kumbe abahlanganyeli abambalwa belendatshana emayelana lokudedela imizwa eyayibalimaza, bengaxoxa ngayo.

Isibonelo: *U-Stepmother kaSara wayehlala emenza ukuthi enze imisebenzi eminengi kakhulu yasendlini – ukwedlula le eyayisenziwa ngabakhe abantwana. Lokhu kwamthukuthelisa kakhulu uSara njalo wayecabanga ngakho izikhathi zonke.*

Ngelinye ilanga, uSara wananzelela ukuthi uyakukhwabitha ukuhlabela. “Mhlawumbe,” ecabanga, “Ngingaba ngumhlabeleli olodumo ngingakhula.” Ngakho uSara wanquma ukuthi uzabe efunda ukuhlabela ngapha esenza imisebenzi yakhe yangekhaya. Wayengenelisi ukuthi ahlabelele phezulu nsuku zonke, kodwa lapho ayengenelisi khona wayecabanga ngengoma azithandayo. Wayephinda njalo ayenze imisebenze yokuphefumula kancane kancane izikhathi ezinengi. USara kwakusadingeka ukuthi enze imisebenzi yakhe yangekhaya, kodwa wayesezizwa ngcono ngakho. Wayengasathukutheli ngakho ngaso sonke isikhathi futhi lokhu kwamsiza ukuba agxilise ingqondo lapho esesikolweni. Watshintsha indlela amelana lesimo esithile, noma isimo sangekhaya singatshintshanga.

Umqhubi wohlelo kacele wonke umuntu asukume

Ngamafitshane umqhubi wohlelo uthi: *Kuvamile ukuthi asikwazi ukuguqula isimo sethu, kodwa singatshintsha indlela esisabela ngayo esimweni. **Singatshintsha umsakazo nje!*** (umqhubi wohlelo kayenze ukunyakaza labahlanganyeli bonke).





Umsebenzi 8: Indawo ephephileyo phakathi kwethu

Inhloso

Ukutshengisa abahlanyeli ukuthi nxa sisizwa sisindwa yimpilo kulendawo ephephileyo phakathi kwethu esingaya kuyo



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Umqhubi wohlelo uthi: *Sesifunde indlela esingaba lokuthula emoyeni ngokuphefumula. Njalo sesifundile ukuthi singatshintsha njani umsakazo nxa sesidiniwe ukuzizwa sizondile, sidanile kumbe sethukile. Khathesi sizafunda ukuthi “kulendawo ephephileyo” esingahamba khona ephakathi kwethu. Indawo lapho esithola khona ukuthula lokududuzeka loba impilo ingaba nzima njani.*



Kuwe mqhubi wohlelo: Bala indatshana yokubona ngeso lenqondo engaphansi. Cela umhlanganyeli wonke ukuthi avale amehlo akhe besephambanisa ingalo, ebeka izandla kwelinye ihlombe (isandla senxele ehlo mbe lokudla; isandla sokudla ehlo mbe lenxele). Ngesikhathi ubala indaba cela wonke umuntu ukuthi azimbambathe ihlombe ngalinye ngesandla sinye. Lokhu kwaziwa ngokuthi “butterfly hug” kumbe ukwanga kwevevane ngoba izandla zakho zithinta amahlombe akho njengamaphiko eevane futhi ngesikhathi esifanayo uzigona kakhulu (khangela isithombe sokwanga kwevevane ku **khasi 28**) Tshela abahlanganyeli ukuthi kufanele beqhubeka bembambatha amahlombe abo umsebenzi lo uze uphele. Inhloso yokwanga kwevevane lokumbambatha amahlombe yikuthi ingqondo zenelise ukuzwa ngokujulileyo amazwi omsebenzi wendawo ephephileyo.

Umqhubi wohlelo kumele ebale ngelizwi elipholileyo elingajahanga ukuze abahlanganyeli bakhululeke. Mana mbijana phakathi kwemitsho ukuze uqinisekise ukuthi amazwi ayazwisiseka.

Umqhubi wohlelo uthi: *Vala amehlo. Phefumula kathathu ngendlela ejulileyo. Zizwe ukhululekile. Cabanga NGENDAWO EPHEPHILEYO, indawo yangempela ongayo kuyo. Kungaba ngaphakathi loba ngaphandle. Nxa ungenelisi ukucabanga indawo ephephileyo yangempela, cabanga indawo yokuzibumbela. Le yindawo lapho ozizwa kuhle kakhulu njalo ukhululekile. Umile khathesi endaweni leyi ephephileyo.*

- Zwana ukuthi umoya wendawo leyi unuka njani. Kuyini okunukelelayo? Kungabe kubutshani kumbe ukunukelela kokudla okuphekwayo kumbe eyinye into.
- Zwana umhlabathi kumbe isamende esingaphansi kwenyawo zakho.
- Zwana imisindo ekhona lapho – izihlahla, inyoni, amazwi abantu, izimota ezidlulayo, kumbe eminye imisindo.
- Nambitha umoya olapho – unambitheka kamnandi emlonyeni wakho.
- Gcina amehlo akho evaliwe. Engqondweni yakho, **Khangela** lindawo ephephileyo, ephumuzayo. Khangela phambi kwakho. Khangela ohlangothini ngalunye. Ubonani?

Engqondweni yakho, jabulela lindawo. Zwana ukuthi indawo leyi ilokuthula okungakanani. Qaphela noma yiphi imizwa olayo emzimbeni wakho – uzizwa ukhululekile na? Nxa ulobuhlungu noma ukucindezeleka kuloba yiphi ingxenye yomzimba wakho, gxila kulokhu okwesikhatshana uphefumula okujulileyo. Ngokuphefumula ngakunye uzizwa ukhululeka ngokwengeziweyo. Le yindawo yakho EPHEPHILEYO. Ungaya lapho noma nini lapho othanda khona ngokuvala amehlo uphefumule kathathu ngendlela ejulileyo. Ngokuphefumula ngakunye zizwe uphumule kakhulu. Ukuthi uphumule kangakanani, wenelisekile njalo ulokuthula. Kujabulele lokhu. (Linda umzuzu owodwa noma emibili, uvumele wonke umuntu azijabulele)



Kuwe mqhubi wohlelo: Khumbuza abahlanganyeli ukuthi lapho bezizwa bengaphathekanga kuhle kumbe nxa befuna ukuzwa kuhle bengazigona okovevane.

Khathesi sekuyisikhathi sokuphenduka endlini leyi. Ngizabala ngiyefika kokuthathu ubusuvula amehlo akho. Kunye – uzwa amandla emzimbeni wakho. Kubili – uzabuyela endaweni leyi ephephileyo noma nini lapho othanda khona. Kuthathu – vula amehlo, uzizwa uphapheme, uqaphele, njalo uvuselelwe.

Ingxoxo: Kuzwakala njani ukuba lendawo ephephileyo futhi ephumuzayo ngaphakathi kwakho?

Isixwayiso: Ungaceli abantwana ukuthi baveze indawo yabo ephephileyo; lokhu kuyimfihlo yabo.

Umsebenzi 9: Izikweya ezine⁸

Inhloso	Ukuze abahlanganyeli babekwazi ukuthola indlela yokukhulula ukuhlupheka engasetshenziswa njengoba kudingeka.		
Izinto ezidingekayo	- Amapheni, amapenseli kumbe amakhrayoni - Amaphepha (A4 size), elilodwa kumhlanyeli munye.		IMIZUZO ENGU-60

Isixwayiso: Lingasebenzisi ama-marker kulumsebenzi ngoba ungadweba ngemarker iyathutshela lakwelinye icele lapho okufanele kudwetshwe omunye umfanekiso.

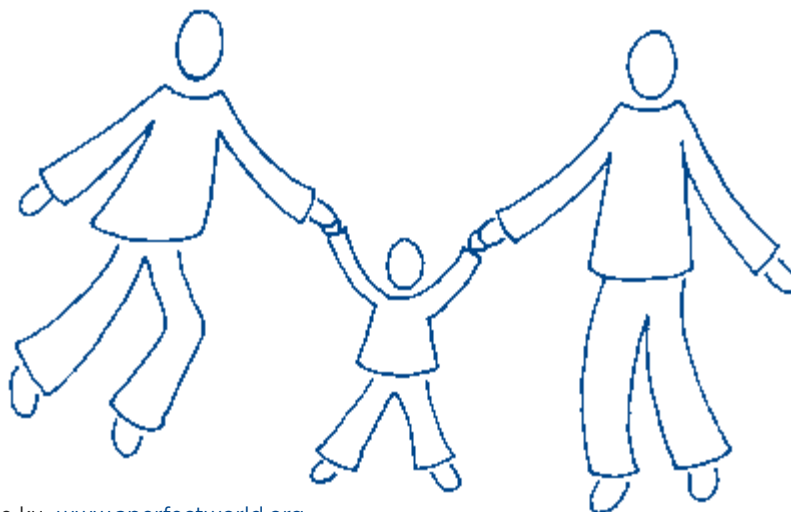


Kuwe mqhubi wohlelo: Noma lumsebenzi ungahle uvuse eminye imizwa elamandla kubahlanganyeli, ekupheleni kwalumsebenzi abantwana bazozizwa ngcono, bethole ukuhlupheka okunciphileyo emicabangweni lasemizweni yabo. Bonke abantwana bazacelwa ukuthi betshaye ingungu (esitulweni, etafuleni, phansi, kumbe emdulwini) lapho bekhangele imifanekiso yabo. Lokhu kungenxa yokuthi ukutshaya ingungu kusiza ingqondo zethu zicabange ngendlela ejulileyo lokuthi ukwesaba kwethu kunciphe masinya.

Phana umhlanganyeli munye iphepha lepheni kumbe ipenseli. Ubacele ukuthi badwebwe indawo yabo ephephileyo – loba uphawu olubakhumbuza leyo ndawo – kugcwale ikhasi lonke. Gcizelela ukuthi kumele basebenzise lonke ikhasi, kodwa eceleni elilodwa kuphela, ngoba elinye icele lizasetshenziselwa into etshiyeneyo.

Umqhubi wohlelo uthi: Cabanga **indawo yakho ephephileyo**. Dweba indawo yakho ephephileyo, ugcwalisa ikhasi lonke kucele elilodwa. Khangela umfanekiso wakho, utshaye ingungu mbijana mbijana (**tshaya ingungu mbijana okwamatshumi amabili**) Uzizwa njani?

Icele lokuqala – Indawo ephephileyo (lesi yisibonelo)



Umfanekiso lo ubolekiwe ku www.aperfectworld.org

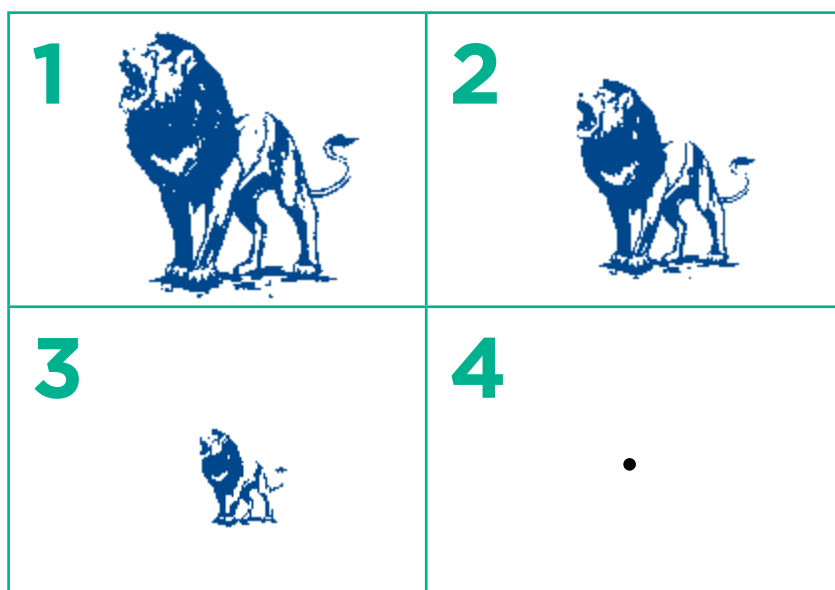
8. Lokhu kubolekwe ku Jarero I., Artigas, L., Hartung, J. (2006) 'EMDR integrative group treatment protocol: A post-disaster trauma intervention for children and adults'. Traumatology, 12, 121-129

Tshela abantwana ukuthi baphendulele iphepha labo beye kwelinye icele. Batshele ukuthi bagoqe iphepha libengamakota, ukuze kube lezikweya ezine. Kababhale inombolo yesikweya ngasinye – Izinombolo 1 lo 2 phezulu, izinombolo 3 lo 4 phansi. Batshele ukuthi bazadweba okuthile okwesabekayo kulelicele lekhasi, kodwa kufanele balalele futhi baqaphelisise ukuze balandele imilayezo yakho.

Umqhubi wohlelo uthi: *Cabanga uma ungathatha noma yini ekwesabisayo uyenze ibencane okokuthi ayisakwethusi. Yilokhu esizakufunda khathesi.*

1. **Umqhubi wohlelo uthi:** *Khathesi phendulela iphepha lakho, **kusikweya sokuqala** esibhalwe inombolo 1, dweba inkumbulo ekwethusayo kumbe loba yini ekwethusayo. Uba ungakwazi, dweba isilwane esethusayo esilamazinyo abukhali. Dweba umfanekiso wakho ubemkhulu, ugcwalise isikweya sonke. Khangela isithombe sakho ngapha utshaya ingungu kancane kancane. Ngizakutshela ukuthi mana. (Ngaso sonke isikhathi, batshaya kancane izikhathi ezingamatshumi amabili) Mana mbijana. Uzizwa njani? Ukuzwa ngaphi emzimbeni wakho? Khangela umfanekiso. Tshaya ingungu kancane kancane futhi. Kuhle. (impendulo ezimbalwa ziyenela embuzweni munye.)*
2. **Kusikweya sesibili,** dweba umfanekiso ofanayo, kodwa ubemncane kulowokuqala, ubengangesithupha sakho kusukela phansi kusiyaphezulu. Khangela isithombe sakho. Tshaya ingungu kancane kancane, uqhubeka ukukhangela isithombe. Mana mbijana. Umzimba wakho uzwa njani khathesi? Kuhle. Asitshaye ingungu futhi.
3. **Kusikweya sesithathu,** dweba lokho okwesabayo, kube kuncane futhi njalo, kube ngangozipho lwakho. Khangela umfanekiso wakhona. Tshaya ingungu kancane kancane. Mana mbijana. Umzimba wakho uzizwa njani khathesi? Nanzelela indlela ozizwa ngcono ngayo nxa ulokhe udweba.
4. **Kusikweya sesine,** dweba umfanekiso njengechatha (.). Tshaya ingungu kancane kancane. Mana. Phefumula kakhulu phakathi ukhiphe umoya mbijana mbijana. Umzimba wakho uzizwa njani khathesi? Kulomahluko kulasekuqaleni?
5. **Khathesi asibuyele emfanekisweni wokuqala owudwebileyo **owendawo yakho ephephileyo**** (kwelinye icele lephepha). Khangela umfanekiso lowu. Tshaya ingungu mbijana mbijana. Vala amehlo akho. Phefumula kakhulu phakathi ukhiphe umoya mbijana mbijana. Lalela imisindo eseceleni kwakho. Lalela ukuphefumula kwakho uzwe futhi indlela umzimba wakho osekulwe yisitulo ohlezi kiso. Uyibone indawo yakho ephephileyo engqondweni yakho. Thinta izinto ezisendaweni yakho ephephileyo. Phefumula ujule. Phinda njalo uthinte izinto ezisendaweni yakho ephephileyo. Nxa usuqedile, phefumula okujulileyo futhi njalo. Bese uvula amehlo akho mbijana mbijana.

Icele lesibili – Izithombe ezine ezilandelanayo zento eyesabekayo. (lesi yisibonelo)



Ingxoxo: Umqhubi wohlelo uyabuza abantwana ukuthi sebezizwa njani khathesi uba beqathanisa lalapho beqala lumsebenzi. Umqhubi wohlelo kancome abantwana ngokubakwazi ululawula lokhu okubethusayo. Umqhubi wohlelo katshele abantwana ukuthi bengathatha izikweya zabo ezine behambe lazo ngekhaya.



Khumbuza abantwana ukuthi nxa bezizwa bedabukile, bethukuthele noma beyethukile ngekhaya noma esikolweni, bayanelisa ukwenza **izikweya ezine** ukuze bezwe ngcono.

Umsebenzi 10: Intaba, Amanzi, Umoya, Umlilo			
Inhloso	Ukuncedisa abahlanganyeli ukuthi bexhumane lemvelo besebenzise amandla abo ukuphendula imizwa elamandla lezimo ezinzima.		IMIZU- ZU ENGU- 60



Kuwe mqhubi wohlelo: Kulemikhuba eminengu yenkolo leyomoya edonsa emvelweni ukuze kutholakale impilo lokwelapha. Lumsebenzi uncedisa abantwana ukuthi basebenzise amandla ezinto ezitshiyeneyo zemvelo ukuze bajulise ukuxhumana kwabo lamandla aphakathi kwabo, lokuthi bethuthukise amasu atshiyeneyo okubhekana lezimo ezihlukahlukene. Ekucineni kwalumsebenzi qinisekisa ukuthi wonke umuntu uyazwisisa umehluko phakathi kwamandla aqinileyo lathambileyo.

Ingxenye 1 – Ingxoxo (imizuzu engu-10)

Qaphela: Abahlanganyeli bazazibona njengalezi zingxenye ezehlukeneyo zemvelo. Bazanyakazisa imizimba yabo njengentaba, amanzi, umlilo, lomoya. Ngokwesibonelo, lapho becelwa ukuthi “babe” njengentaba, kufanele benze futhi bezwe ukuthi kunjani ukuba yintaba.

Umqhubi wohlelo uthi: Nxa sisesimweni esinzima, silesixazululo kulokhu okusizungezileyo – **yintaba, amanzi, umoya, lomlilo.**

1. Iba njenge **ntaba** – Mana njenge ntaba. Akulanto engakulimaza. Ulamandla kakhulu. Hamba njengentaba. Kuyenzakalani phakathi kwakho nxa ungaba yintaba? (abantu kababelane ukuthi bazizwe njani)
2. Bese sisiba ng**amanzi** – Athambile futhi ayageleza, ayanelisa ukudlula noma yini. Hamba hamba endlini njengamanzi. Uyenelisa ukuzungeza noma wuphi umgoqo. Khona ke ungathula futhi ume mpo njengamanzi omthombo. Mana mpo njengechibi lamanzi ngosuku olungelamoya. Kwenzakalani phakathi kwakho nxa ungaba ngamanzi (thola impendulo)
3. Bese sisiba ng**umoya** – Ulula njalo uyashesha. Uhamba njalo. Akula okungakuvimba. Hamba njengomoya. Singacabanga njengomoya, sivumele imicabango yethu iye kunoma yiphi indlela esiyifisayo. (Ongakukhetha: Hlalani phandle libukele ukunyikinyeka kwezihlahla lamayezi efuqwa ngumoya.) Ungabe uzizwa uyehlukeneyo njani nxa ungumoya kulanxa uyintaba? (thola impendulo)
4. Bese sisiba ng**umlilo** – Ulamandla kakhulu. Uyenelisa ukubhidliza citshe yonke into. Ulamandla amsulwa. Njengelanga litshisa umhlaba. Zibone njengomentshisi ovuthayo. (Ongakukhetha: Klwebha umentshisi. Bese ukhanyisa ikhandlela ucele bonke abahlanganyeli ukuthi balibone.) Zibone unjengekhandlela elikhanyisiweyo. Zibone unjengomlilo omkhulu. Lomlilo ungaphinda ulethe ukukhanya ukuze abantu babone. Kuzwakala njani kuwe lokhu?
5. Bese ubuyela entabeni. Ulamandla, umile uqinile, ubukele.

Umqhubi wohlelo uthi: Kwenzakalani phakathi kwakho nxa usiba ngokunye kwalezizinto – intaba, amanzi, umoya, umlilo? Yikuphi okuthanda kakhulu?



Ingxenywe 2: Umdlalo (imizuzu engu-40)

Umqhubi wohlelo wehlukanisa abantu babe ngamaqembu amane. Iqembu ngalinye lizaphiwa into eyodwa (intaba, amanzi, umoya, umlilo) ukuze basebenzise lento ekulingiseni isimo elizikhethela yona kumbe enye yalezi eziphiweyo phansi. Abahlanganyeli bazaba lemisuzo engu-10 yokulungiselela umdlalo wabo kanye lemisuzo engu3 kusiya ku4 yokwethula umdlalo yabo. Abaqhubi bohlelo kumele bagcizelele ukuthi umdlalo wabahlanganyeli kufanele ube mfitshane.

- *Uhlukunyezwa yiziqhwaga esikolo. (Intaba)*
- *Isimo thize empilweni yakho. (Amanzi)*
- *Ubabakho ubuya endlini edakiwe njalo ukuzondele kakhulu. (Umoya)*
- *Kulomuntu ozama ukwephula isivalo egqekeze endlini yangakini. (Umlilo)*

Ekucineni kwemidlalo, **umqhubi wohlelo uyabuza:** *Kuyini esikufundileyo ekubukeleni imidlalo le?*



Kuwe mqhubi wohlelo: Esebenzisa izibonelo ezivela emidlalweni, umqhubi wohlelo kachasise ukuthi akufanelanga ubalekele zonke izinto ezikwethusayo. Uba uhlanganyela njalo umelana lezimo ezikwethusayo, njengoba abantu bebesenza emidlalweni yabo, ungenelisa ukubhekana lokwesaba kwakho ngendlela engcono.

Ingxenywe 3: Amandla aqinileyo lamandla athambileyo (imizuzu engu-10)

Umqhubi wohlelo uthi: *Kwesinye isikhathi kuhle ukuba ngamanzi, kodwa kwesinye kuhle ukuba yintaba, kwezinye izikhathi umlilo kumbe umoya. Izimo ezitshiyeneyo zidinga izenzo ezehlukeneyo. Kwesinye isikhathi siyadinga ukuthi siphendule ngamandla wonke esilawo njengomlilo kumbe njengentaba. Ukuba njengomlilo kumbe intaba ngamandla aqinileyo. Umuntu usebenzisa amandla aqinileyo nxa emelana lokungalingani, kumbe nxa othile ezama ukuphoqeleta okuthile okubi kuye.*

Isixwayiso (Ongakukhetha): *Umqhubi wohlelo engatshengisa amandla aqinileyo ngokufuqa umuntu ozama ukumelana lamandla akhe. Ungafuqi umuntu kakhulu ukuthi eze ewele phansi.*

Umqhubi wohlelo uyaqhubeka: *Kwesinye isikhakhathi kudingeka sibhode ngale kothile, sithathe indlela eyehlukeneyo, noma sibalekele isimo. Sifana lomoya ongelakubanjwa. Sifana lamanzi abhoda ngale kwedwala. Asiphikisani lomunye umuntu. Sihamba labo. Siyazinikezela kodwa silokhu sigeleza. Ukubangamanzi noma umoya **kungamandla athambileyo.***

Isixwayiso (Ongakukhetha): Umqhubi wohlelo engatshengisa amandla athambileyo ngokucela ukuthi umuntu emfuqe. Esibonelweni lesi kumele lomuntu engasebenzisi amandla akhe onke. Esikhundleni sokuthi emelane kumbe ephikisane lomuntu lowu, umqhubi wohlelo, uzaphuma mbijana endleleni ebesedonsa ngesineke umuntu lapho afuqela khona. Umuntu lo ucina esehamba lomqhubi wohlelo.

Umqhubi wohlelo uyabuza: *Yiziphi izibonelo zokusebenzisa amandla aqinileyo empilweni yakho? (Isibonelo: Ukuphendula ngamandla afanayo kumbe angaphezulu, ukusebenzisa amazwi kumbe amandla omzimba, ekukhathazweni ngomunye umuntu.) Yiziphi izibonelo zamandla abuthakathaka empilweni yakho? (Isibonelo: Ukuxoxisana, ukukhuluma kuhle lomuntu othukutheleyo). Kokubili amandla aqinileyo lathambileyo kubalulekile; kusiya ngokuthi isimo sakhona sidinga nhlobo bani yamandla.*



Umsebenzi 11: Akuso mlandu wami!

Inhloso	Ukuze abahlanganyeli babekwazi lapho abangelaphutha khona lokubakhulula ekuzisoleni.		
Izinto ezidingekayo	- Amaphepha (A4 size) - I-tape - Ama-marker		IMIZUZO ENGU- 40



Kuwe mqhubi wohlelo: Singakha amandla ethu wokumelana lezimo ezinzima zempilo, kodwa kubalulekile futhi ukuthi abantwana bengabekwa icala ngezinto ezingasophutha labo. Ngenxa yokuthi abantwana abasesimweni esibuthakathaka emulini lasemphakathini, bengacina kuyibo abasolwayo lalapho iphutha likweyinye indawo. Icala abantwana ababalalo nxa besolwa ngokungafanelanga lilimaza ukuzikhangela kwabo njengabantu ababalulekileyo. (Khangela isithombe **kukhasi 35**)

- Kulomdlalo abantwana bazagijimela eceleni elilodwa lendlu nxa impendulo yabo kungu "Yebo" kumbe eceleni eliphambeneyo lendlu nxa impendulo yabo ingu "Hatshi". Ngempendulo ngayinye, uzabuza abantwana ukuthi kungani bethe "Yebo" lokuthi kungani bethe "Hatshi" ukuze usize bonke abantwana bebone ngokucacileyo ukuthi balecala nini lalapho abangelacala khona.
- Umqhubi wohlelo uzabhala "YEBO, NGUMLANDU WAMI" ngamabala amakhulu ephepheni (A4) ebeselinamathisela eceleni elilodwa lendlu kwenzela ukuthi wonke umuntu abone. Kwelinye iphepha (A4) umqhubi wohlelo kabhale ukuthi "HATSHI, AKUSO MLANDU WAMI" anamathisele iphepha lakhona kwelinye icele lendlu.
- Umqhubi wohlelo kakhethe imitsho eyisitshiyagalombili, emine kusigaba A leminyane emine kusigaba B. **Hlanganisa imitsho evela kusigaba A lo B ukuze umdlalo uthakazelelwe ngabahlanganyeli.** Nxa kulesikhathi ungakhetha eminye imitsho yokungezelela.

Isigaba A: Ngumlandu wakho na nxa...

Imitsho engaphansi yizibonelo zalapho abantwana **abangelaphutha** khona:

- Umalumakho ulimele enyaweni usekuthethisa?
- Ubaba wakho ukutshayela ukuthi ulethe umbiko wesikolo ongemuhle, noma uzame ubungcono bakho bonke ezifundweni?
- Kulempi elizweni lakho njalo kube lendingeko yokuthi ubaleke?
- Abazali bakho bayathethisana?
- Uyenze okubi usasengumntwana ngenxa yokuthi amasotsha afika ngakini ekwethusela ngokukubulala uma ungabanga yingxenyane yabo?
- Ubaba wakho weba okuthile ukuze akubhadalele indleko zesikolo wasebotshwa?
- Ubaba wakho ubotshwe ngamapholisa kumbe ngamasotsha?
- Indlu yangini kumbe isigaba lapho ohlala khona sihlaseleliwe?
- Umzali wakho utshonile ngenxa yegcikwane le HIV/AIDS?
- Udlwengulwe ngesikhathi usiyakukha amanzi sekumnyama?

Isixwayiso: Endaweni ezibuthakathaka lapho ongeke ukhulume ngendaba zocansi mgceke, ungasebenzisa igama elithi "ukuhlaselwa" esikhundleni segama elithi "ukudlwengulwa".

Kuwe mqhubi wohlelo: Ukudlwengulwa kumbe ukuhlaselwa akusoze kwafa kwaba ngumlandu womuntu. Akekho ofanelwe yikuhlaselwa. Umqhubi wohlelo kumele agcizelele ukuthi kungakhathalekile ukuthi umntwana ugqokeni kumbe uyenzi, akulamuntu ofuna ukuhlaselwa.

Akusoze kwafa kwaba liphutha lomntwana.

Isigaba B: Ngumlandu wakho na nxa...

Imitsho engaphansi yizibonelo zalapho abantwana **abangabe belephutha** khona:

- Uthunywe ezitolo wabusulahlekelwa yimali ngenxa yokuthi awuyigcinanga kuhle?
- Awubingelelanga isihlobo esivakatshileyo ngenhlonipho ngoba ungasithandi?
- Awenzanga umsebenzi wakho wangekhaya owuphiwe esikolo noma ulesikhathi?
- Uhambe endaweni oyaziyo ukuthi iyingozi (e.g. ngenxa yokulwa) wasulimala, noma ubungavunyelwanga ukuhamba lapho?
- Ubiza omunye umuntu ngamagama ngoba uzama ukumzwise ubuhlungu ngenxa yezingxabano noma impi endaweni yakini?
- Uphuma ebusuku kakhulu ungatshelanga muntu futhi ungelaso isizatho esizwakalayo?
- Awuthanyelanga phambili kwendlu yangakini ungakahambi ukuyadlala ibhola labangane bakho?
- Udlala labangane abakufundisa izidakamizwa noma utshwala, osuqala ukubunatha?

Ngamutsho ngamunye, umqhubi wohlelo uthi: *Gijimela kucele elithile lendlu, kusiya ngokuthi impendulo yakho kumutsho engizawutsho ngu “Yebo, ngumlandu wami” kumbe “Hatshi akusomlandu wami”.*

Khetha umuntu oyedwa kumbe ababili kuqembu ngalinye ukuthi achasise ukuthi kungani ekhethe impendulo ethile. Qala ngeqembu elilabantu abalutshwana. Abantwana bangatshintsha lapho abame khona kodwa akufanelanga bazame ukuncenga abanye eqenjini ukuthi betshintshe umbono wabo.

Umqhubi wohlelo uvala lumdlalo ngamafitshane ngokubuza: Nxa silephutha kumbe umlandu, sikwamukela njani lokhu ngendlela enhle? (thola impendulo eyodwa kumbe ezimbili). Nxa sisolwa kodwa umlandu ungayisiwo wethu, singakubamba njani lokhu? (thola impendulo eyodwa kumbe ezimbili).

Isixwayiso: Yenza umsebenzi wokunika amandla lapha kumbe wenze eyinye yemisebenzi yokugqilisa kumbe eyokuphefumula (khangela **Isichasiselo 1**). Okunye ongakwenza yikucela iqembu ukuthi nxa lisazi umgido omfitshane kumbe ingoma engenziwa ngumuntu wonke kube sekusenziwa ndawonye.



Umsebenzi 12: Ukudedela izinkinga

Inhloso	Ukufundisa abahlanganyeli ukudedela lokho asebehlange lakho empilweni okubenqabela ukuthi baqhubekele phambili lokuthi bathuthuke empilweni.		
Izinto ezidingekayo	- Isaka elikhulu, kumbe ibhokisi kumbe ingcebethu enkulu - Izigodo, amatshe kumbe ezinye izinto ezisindayo zokubeka phakathi kwesaka		IMIZUZU ENGU-40

Umqhubi wohlelo uthi: Ukubakwazi nxa silephutha lanxa singelaphutha kubalulekile ngoba kuyasanceda ukuthi sinciphise umthwalo wokuphila osemahlombe ethu. Kuyasisiza ukuba sithwale umthwalo wemfanelo ngalokho esikwenzileyo lokuthi siyale ukwamukela icala ngalokho esingakwenzanga.

Njalonje, kuyadingeka ukuthi sihlanze izinkinga empilweni yethu eseziqoqekile ngaphakathi kwethu. Inkinga zethu zingabe zingaphelanga, kodwa sizazizwa silula njalo sibekwazi ukubona umhlaba ngendlela eyehlukeneyo okuzasiholela ekutholeni impendulo. Sizananzelela ukuthi ezinye inkinga ayisizo zethu lokuthi singaziyekela. Lokhu kungasisiza ukuthi sibe lemibono emitsha mayelana lendlela yokuxazulula ezinye izinkinga ngoba sizizwa silula kakhulu njalo singcono. Nanku esingakwenza.

Ingxenye 1: Ukubeka inkinga zethu esakeni (imizuzu engu-25)

Tshela abantwana bahambe phandle beyedobha izigodo kumbe amatshe amele inkinga zabo besebephenduka.

Isixwayiso: Umqhubi wohlelo kumele ebesefake into ezisindayo phakathi kwesaka. Nxa izigodo lamatshe okusetshenziswa ngabahlanganyeli kungekho lapho okuhlanganyelwa khona kumele kuqoqwe umsebenzi lo ungakaqali.

Ekuphendukeni kwabantwana umqhubi wohlelo uyabakhumbuza ukuthi izigodo lamatshe kumela inkinga ezisempilweni zabo. Cella omunye lomunye wabantwana babeke izigodo lamatshe abo esakeni ngamunye ngamunye. Njengoba bebeka lokhu esakeni, bengakhetha ukutsho inkinga zakhona wonke umuntu esizwa kumbe bekhulumela enhlizweni. Umqhubi wohlelo uzaphakamisa isaka besekhuluma ngokuthi lisinda okunganani. Abanye abantwana labo bengazama ukuliphakamisa.

Umqhubi wohlelo uyabuza: *Senzeni ngaleli saka lenkinga?* Thola impendulo lokuvumelana eqenjini mayelana lokuthi isaka lenziweni.

Umqhubi wohlelo uzacela uncedo emuntwini wonke ukuthwala isaka leli lezinkinga elisindayo phandle kude lempilo zabo. Abantu abambalwa bazaphakamisa isaka leli elisindayo besiyaphandle njalo wonke umuntu uzabalandela kuyiwa phandle lapho okuvunyelwene khona.

Isixwayiso: Nxa abantu beqoqe izigodo zodwa, kungeneliseka ukuthi kubaswe umlilo kutshiswe konke okuphakathi kwesaka. Nxa kungamatshe, lingagebha igodi ligqibele izinkinga kumbe lithole isihlahla esikhulu libeke amatshe agombolozele isihlahla livumela “uMama uMvelo” ukuthi ezwe inkinga lezi njalo elethe ukukhululwa kwabantu ezinkingeni zabo.

Nxa selihambe lesaka lezinkinga phandle, wonke umuntu kabambane izandla esigombolozini izinkinga zidedelwa. Uma kusenxa, thola ingoma engahlatshelwa ngalesisikathi kumbe iqembu libumbe eyalo ingoma mayelana lokudedela inkinga lokwethula umthwalo osindayo.



Ingxenywe 2: Ukuthanyelela khatshana inkinga zethu (imizuzu engu-20)

Ekuphendukeni endlini, **umqhubi wohlelo uthi:** *Kungenzeka ukuthi kulezinye inkinga eziseleyo, ake sithi lezi nkinga zikhithikela phansi ngasonalesi isikhathi njengamahlamvu esiwa esihlahleni. Kumbé njengenyoka ikhipha amakhasi. Yeqa yeqa udedele zonke inkinga ziwele phansi. Khathesi sekuyisikhathi sokuthi sithanyelele khatshana inkinga zethu.*

Umqhubi wohlelo uthi: *Nanku umthanyelo ngamunye ngamunye wethu. Nyikinyeka uthintithele phansi inkinga zakho ubusuzithanyelela khatshana! (Umqhubi wohlelo kaphe abahlanganyeli imithanyelo yokucabangela/engayisiyo yeqiniso, kuwo wonke umuntu besebeqala ukuthanyela ngapha behlabelela. Qinisekisa ukuthi wonke umuntu uthanyelele inkinga zabo phandle komnyango.)*



Isixwayiso: Sebenzisa ingoma engabe isazakala endaweni emayelana lokuthanyelela khatshana izinto, kumbé ukulungisisa impilo. Wonke umuntu kahlanganyele ekuhlabeleni lengoma ngapha bethanyelela khatshana inkinga, kumbé babumbe eyabo ingoma.

Ukuxoxisana: Wonke umuntu engaphenduka endlini, kahlale phansi. **Umqhubi wohlelo uyabuza wonke umuntu:** *Umsebenzi lowu ubunjani kuwe? Ukwenze wazizwa njani? Kukhona okuthile okukhwabithe kakhulu emsebenzini lowu?*

Umqhubi wohlelo uthi: *Usulomthanyelo wakho eceleni kwakho ongawusebenzisa noma nini nxa uwudinga. Into ebalulekileyo yikuthi siqhubeke sidedela inkinga empilweni zethu, kwenzelukuthi zingacini sezizinengi kakhulu njalo sezisigabhela.*

Umsebenzi 13: Isihlahla samagugu

Inhloso

Ukuncedisa abahlanganyeli ukuthi benze indawo phakathi kwabo egcina konke okuhle ngabo okungeke kuthathwe muntu.



IMIZUZU
ENGU-
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Kuwe mqhubi wohlelo: Lokhu kuqinisa indingimba efana leymsebenzi odlulileyo, **Indawo ephephileyo phakathi kwethu.** Kuqakathekile ukuba lezindlela lemifanekiso ehluahlukeneyo yokunceda abantwana ukuthi bafunde amacebo atshiyeneyo okubhekana lezimo. Lo msebenzi ulokuxhumana le**Sihlahla Sempilo.**

Umqhubi wohlelo uthi: *Sesifundile ukuthi sidedela njani inkinga ezisibandezelayo. Sesifundile ukuthi singaba yizinto ezithile zemvelo – intaba, amanzi, umoya, lomlilo – okungasanceda ukuthi simelane lezimo ezinzima. Kwathesi sizafunda ukuthi sizivikela njani ebantwini abasizwisa ubuhlungu. Nxa abantu bekuchothoza, bekhuluma kubi ngawe, njalo bengaboni okuhle ngawe, kubalulekile ukuthi ubekwazi okuhle ngempela ngawe.*



Kuwe mqhubi wohlelo: Bala lindaba ungajahanga njalo uyenze iphile. Kwenze kuthakazeleke njalo kubemnandi ukukulalela. Ixoxe ngendlela ongaxoxa ngayo inganekwane eceleni komlilo kumbé indaba ngaphambili kokulala. Abantwana kufanele bavale amehlo abo njengoba ufunda indaba.

Umqhubi wohlelo uthi: *Ngizalitshela indatshana. Indatshana le imayelana lesihlahla esaqala ukukhula kudala. Sibizwa ngokuthi **yiSihlahla Samagugu.** Lapho abantu ababezama ukuquma lesi sihlahla ngamahloka, amahloka ayeqamuka. Nxa babezama ukusiquma ngesaha, amasaha abo ayeqamuka. Akulanto eyayisenelisa ukubhidliza iSihlahla Samagugu.*

Isihlahla samagugu silokuhlakanipha okukhulu, njengoba sesiphile iminyaka eminengi kakhulu. Zwana ukutshaya kwenhliziyo yakho. Zwana ukuphefumula kwakho. Isihlahla samagugu siphila phakathi kwakho. Siphiliswa yikutshaya kwenhliziyo yakho lokuphefumula kwakho. Isihlahla samagugu siyakuvikela. Cabanga zonke izinto ezinhle abangani bakho asebaké bazikhuluma ngawe. Cabanga zonke izinto ezinhle abantu abakuthandayo labakukhathalelayo asebaké bazikhuluma ngawe. Cabanga amandla olawo lezimfanelo ezinhle ozaziyo ukuthi ulazo. Uziqambe enqondweni yakho. Engqondweni yakho bhala izinto lezi ezinhle phansi. Kumele uzikhumbule.



Isihlahla samagugu siyakubiza. Nxa ufika kiso uyananzelela ukuthi side lokuthi silamandla anganani. Ungabe unanzelela lempawu lapho abantu ababezama ukusigamula khona. Ufika kiso isihlahla samagugu njalo uthinta amaxolo aso. Amandla lokutshisa kwesihlahla lesi kuyezwakala! Nanso sivuleka isihlahla, sivulekela wena. **Sikwazi wena wedwa.**

Uyabona kuze kuyefika enzikini yesihlahla lesi. Uyazibona zonke izigombolozzi zeminyaka yesihlahla, iminyaka emihle leminyaka enzima. Iminyaka emihle ilezigombolozzi eziqatha kodwa iminyaka enzima ilezigombolozzi ezicakileyo, isigombolozzi sinye ngomnyaka. Enzikini yesihlahla kulebhokisi elenziwe ngegolide lamagugu. Uyalalamela phakathi uphakamise ibhokisi. Lihle. Liyacwazimula ekukhanyeni.

Uvula ibhokisi njalo ubeke uluhlu lwazo zonke imfanelo zakho ezinhle phakathi. Amandla akho, amathalenta akho, lazo zonke izinto ezinhle ngawe – zonke zingena kuleli bhokisi. **Lezi zinto ngezakho!** Bese uvala ibhokisi, ulibisele enzikini yesihlahla, isihlahla sibe sesivaleka.

Phakathi kwengqondo yakho Isihlahla Samagugu sikhuluma lawe. Sithi sona, “Ngizavuleka ngivulekela wena kuphela. Ngizagcina bonke ubuhle bakho, zonke izinto ezinhle ngawe zigcinakele kwenzela ukuthi kungabikhona umuntu ongakuthathela lezi zinto. Abantu bengalimaza umzimba wakho, kodwa ngeke belimaze umphefumulo wakho. Ngizakuvikela, lobuhle obunguwe. Lapho ozaphenduka khona uvule ibhokisi legolide, uzabona ubuhle balokho oyikho khona. Zwana kuphela phakathi kwenhliziyo yakho. Ngikhona lapho.”

Bese ubeka isandla sakho enhlizweni yakho uzwe Isihlahla Samagugu sikhula phakathi.

Qaphela: Abantwana kababeke isandla enhlizweni zabo bebambe njalo okwesikhatshana, besizwa ukufudumala.

Ingxoxo: Umqhubi wohlelo uthi: Vula amehlo akho kancane kancane, ubusudonsa umoya ojulileyo kancane kancane phakathi ubusuwukhipha. Kuzwakala njani ukuba lomvikeli wezinto zonke ezinhle ngawe? (thola impendulo) Beka isandla sakho lapho okulesihlahla samagugu okomuzuzu usizwe mbijana.

Umqhubi wohlelo uthi: IPhakathi kwesihlahla samagugu kulezinto zonke ezinhle ezikunceda ukuthi uzizwe kuhle. Akusadingeki ukuthi ulwise umuntu okulimazayo ngoba uyakwazi okungaphakathi kwakho. Ubuhle bakho busendaweni efihlakeleyo njalo akulamuntu oyenelisa ukukuthathela lokhu.



Isixwayiso: Yenza umsebenzi wokunika amandla lapha kumbe wenze eyinye yemisebenzi yokugqilisa kumbe yokuphefumula (khangela **Isichasiselo 1**). Okunye ongakwenza yikucela iqembu ukuthi nxa lisazi umgido omfitshane kumbe ingoma engenziwa ngumuntu wonke kube sekusenziwa ndawonye.



Umsebenzi 14: Ukuphinda 2 - Ukuhlabelela Izilwane

Inhloso	Ukufinqa izifundo ezibalulekileyo zohlelo lwesine: Ukuziqinisa		
Izinto ezidingekayo	Umfanekiso wezilwane ezibhongayo (Khangela ikhasi 13) lomfanekiso wamaqembu amabili abantwana (khangela ikhasi 43). Elinye iqembu labantwana libukeka lethukile, elinye libukeka lithobekile likhangele izilwane. Abanye abantwana kuqembu leli babukeka bebobotheka.		IMIZUZU ENGU-20

Umqhubi wohlelo uyabuza imibuzo elandelayo esipha abantwana ithuba lokuphendula:

- *Kuyini okwenzakala emfanekisweni?*
- *Kulamaqembu amabili abantwana. Kuyini okumahluko ngabo?*
- *Ucabanga ukuthi iqembu ngalinye labantwana linakanani?*
- *Ucabanga ukuthi izilwane zicabangani nxa zibona abantwana abazinzileyo bebukele izilwane bengenzi lutho?*
- *Ucabanga ukuthi kuyini okwenziwa ngabantwana laba ukuthi behlale bethobekile izilwane zibabhongela?*
- *Uyazi na abantu abafana lezilwane lezi? Laba ngabantu abangazama ukusethusa. Bayabhonga. Basenza sizizwe kubi ngesiyikho khona. Basenza sizizwe singelamandla.*
- *Yindaba abantu laba abayizilwane beziphatha ngaloluhlobo? Yindaba befisa ukuzenza iziqhwaga, besethusa abanye?*



Umqhubi wohlelo uyabuza: *Kuyini esikufundileyo kulumsebenzi?* (thola impendulo)



UHLELO 5. UKUXHUMANA LABANYE



Kuwe mqhubi wohlelo: Uma sibhekane lezimo ezinzima silezinqumo ezimbili:

- Uba singenelisi ukutshintsha indawo noma isimo esiphila kiso, singatshintsha indlela esisabela ngayo kulokhu okwenzakalayo. (Lokhu sixoxe ngakho esigabeni esidlulileyo) KUMBE
- Singatshintsha indawo yethu (sizaxoxa ngalokhu khathesi) njalo sisuse okwenza ukuphila kwethu kube losizi.

Kulesi sigaba, sizahlola indlela zokutshintsha okwenzakala ngaphakathi kwethu ukuze kusungulwe indawo eziphephileyo zabantwana lokukhuthaza abantu abadala ukuthi babe ngabameli bezinkinga zabantwana.

Lesi sigaba siphinda sihlale amandla omphakathi okuzisilisa. Umphakathi ungenza lokhu ngendlela ezitshiyeneyo:

- **Ngokusungula indawo eziphephileyo zabantwana** – abantwana abasoze benelise ukusila uma bezizwa bengaphephanga.
- **Ukunikeza abasizi** – abantwana abangeke basile ngaphandle nxa bengathola abanye, abadala kumbe abantwana, abangakhuluma labo njalo abangabathemba. Noma amapholisa kumbe iziphathamandla zingenelisi ukusiza, kungaba labasizi emphakathini abangathatha amanyathelo afaneleyo.
- **Thola imilayezo ecacileyo nezinyathelo** ezivela kunkokheli zesigaba, lisize amakhaya aphethwe ngabantwana asengozini yokuhlukumezeka, futhi ukhuthaze abantu ukuba babe lesibindi sokukhuluma ukuthi ukuhlukunyezwa lodlame akulunganga njalo kumele bethathe amanyathelo.

Kubalulekile ukuthi abantwana bathole ukwesekwa ngabangane labantu abadala ukuze babhekane lezinkinga zabo njengoba kungafanelanga ukuthi balindelwe ukuthi bafeze utshintsho bebodwa.

Umsebenzi 15: Kulesilwane entabeni! Gijima, gijima, gijima!

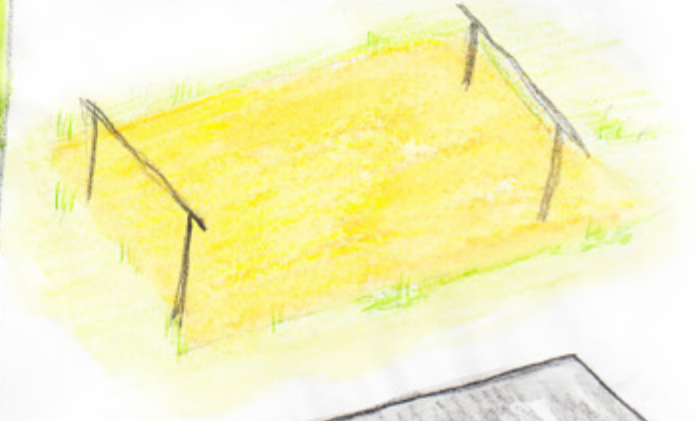
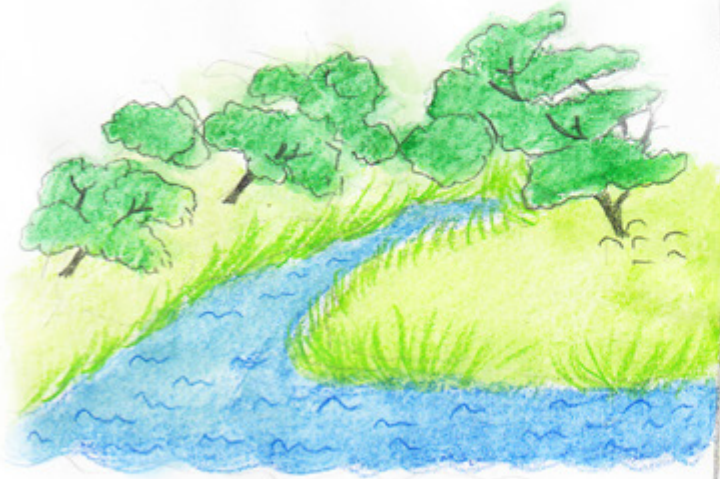
Inhloso	Umdlalo wokunika amandla owengeza ukubambana		IMIZUZO ENGU- 15
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Umqhubi wohlelo uthi: Ngizakhalela ngithi “Kulesilwane entabeni! Gijima, gijima, gijima!” amahlandla ambalwa njalo lina lizabe ligijigijima esigombolozini esikhulu. Ngingama ngimemeze inombolo ethile, kumele liphange lingene emaqenjini awabantu alingana lenombolo eqanjiweyo. Ukukwenza kukhwabitheke kakhulu, ngizamemeza inombolo ezimbili njalo kufanele lingene emaqenjini alezinombolo eziqanjiweyo. Isibonelo, ngingathi “Ngababili ngabathathu” ungakhetha ukuthi ubeseqenjini labantu ababili kumbe abathathu. Ngaso sonke isikhathi engimemeza inombolo ezimbili lizangena emaqenjini ngokuphangisa. Wonke umuntu uselungele lumdlalo na?

Okwenziwayo: Umqhubi wohlelo uyaphinda ukukhalela kathathu esithi, “Kulesilwane entabeni! Gijima, gijima, gijima!” Wonke umuntu uzabe evuma lingoma ngapha egijima. Umqhubi wohlelo uzaqala ngokumemeza athi “Ngababili ngabathathu”. Ngemva kwalokhu uzakhalela ingoma futhi ebesememeza, “Ngabane ngabahlanu”. Umqhubi wohlelo uzaphinda njalo ukukhalela ingoma ebesememeza athi “Ngabayisithupha labayisikhombisa”. Ngemva kokuphinda ukukhalela, umqhubi wohlelo engamema abantwana ukuthi bamemeze inombolo ezimbili abantu bagijime bangene emaqenjini. Ekucineni, umqhubi wohlelo kamemeze inombolo “Ikhu!” ukwenzela ukuthi wonke umuntu angene eqenjini elilodwa elikhulu.

Isixwayiso: Akumelanga kube lomntwana otshiywe ngaphandle kweqembu, yikho kumenyezwa inombolo ezimbili.

Umqhubi wohlelo uthi: Noma kwesinye isikhathi singalwa lezilwane sisodwa (izilwane ziyizo zonke izinto esizesabayo), sivame ukuthembela osizweni lwabanye ukuze sibhekane lokwesaba lodlame empilweni zethu. Kulengxenywe yomhlangano wokufundisana, sizafunda ukuthi indawo eziphephileyo leziyingozi zingaphi esigabeni sethu, abantu abangasisiza ngobunzima obukhona ezimpilweni zethu, lokuthi yiwaphi amanyathelo esingawathatha labangasisiza emphakathini ukuze senze umehluko.



Umsebenzi 16: Indawo eziphephileyo leziyingozi

Inhloso	Ukufundisa abahlanganyeli ukuthi kungaphi esigabeni sabo abangazizwa bephephile lokuthi kungaphi okulobungozi njalo bengazivikela njani kudlame lokuhlukunyezwa.		
Izinto ezidingekayo	- Amaphepha amakhulu (flip chart) - Amapheni, ama-marker lamakhrayoni		IMIZUZU ENGU-65

Umqhubi wohlelo uthi: Kulumhlango wokufundisana sesifundile ukuthi singadala njani indawo ephephileyo phakathi kwethu njalo khathezi sizafunda ukuthi sibumba njani indawo ephephileyo ngaphandle, emhlabeni lapho esiphila khona.

Ingxenywe yokuzivikela ilulwazi lwendawo eziphephileyo lendawo eziyingozi lapho esihlala khona. Nxa sesikwazi lokhu, singenelisa ukuthola abantu abangasisiza ukuthuthukisa izigaba zethu. Njengabantwana lentsha, singapha ulwazi lwethu lobuciko bethu, sibesesidinga ukuthi labazali labo bedlale eyabo indima.

Ingxenywe 1: Ukudweba (imizuzu engu-35)

- Hlukanisa abantu ubenze babe ngamaqembu abasuka endaweni eyodwa – uhambo lwemizuzu engu-10 ukusuka komunye lomunye – iqembu linye lingadluli abantu abane.
- Nika iqembu ngalinye iphepha elikhulu (flip chart sheet) bese ubacela ukuthi badwebe izindawo eziyingozi leziphephileyo esigabeni sabo kumbe lapho abavela khona. Faka u-**X** noma ubuso obudangeleyo ☹ ezindaweni eziyingozi. Faka isigombolozu “**O**” noma ubuso obumamathekayo ☺ endaweni eziphephileyo. Nxa lonke iqembu seliqedile kalinamathisele ukudweba kwabo emdulwini, kudale i-gallery yemifanekiso. Abantu kabakhangele imifanekiso, benanzelele ukuthi yiziphi indawo eziyingozi leziphephileyo eziqanjwe kanengi. (Umfanekiso okukhasi **46** ngumzekeliso nje.)

Ingxenywe 2: Ukuxoxisana (imizuzu engu-30)

Phendula imibuzo elandelayo:

- Yiziphi indawo eziphephileyo esigabeni sakho? Kungani usithi ziphephile?*
- Yiziphi indawo eziyingozi esigabeni sakho?*
- Kuyini okungenziwa ngabantwana ukuze indawo eziyingozi zingabi yingozi?*
- Kuyini okungenziwa ngabadala ukuze indawo eziyingozi zingabi yingozi?*

Isixwayiso: Okungenziwa ukuthi indawo eziyingozi zingabi yingozi: Ukuhamba ngamaqembu kumbe labadala ukuze sihlale siphephile; ukuhamba ngendlela etshiyeneyo ephephileyo, noma ingabe inde; ukucela uhulumende wesigaba ukuthi afake izibane zomgwaqo ukwenzela ukuthi kube lokukhanya ebusuku; ukucela abalinda indawo kumbe abadala ukuthi balinde indawo ezisetshenziswa ebusuku ezinjengemigodi yamanzi. Kuleminye imibono na? Ikakhulu nxa kulobungozi ngekhaya, khuluma labantu obathembayo ucele usizo oludingayo.

Umqhubi wohlelo uthi: Ukwenza indawo eziyingozi zibe ngeziphephileyo kugoqela ukusebenzisana labadala abathembekileyo abangenza ukuthi ezindlini lasezigabeni zethu kuhlale kuphephile. Kumsebenzi olandelayo, sizafunda ukuthi ngobani abangasisiza ezimweni ezinzima empilweni.

Ukuphefumula okugcweleyo ngesisu

PHEFUMULA! Beka izandla zakho zombili ngaphansi kwenkaba yakho. Nxa uphefumulela phakathi uezwa isisu sakho sisiba sikhulu. Nxa uphefumulela phandle uezwa isisu sakho sisiba sincane futhi njalo. Zitshela ukuthi isisu sakho simele sibe sikhulu nxa uphefumulela phakathi, sibe sincane nxa uphefumulela phandle. Zwana inyawo zakho phansi. Zwana umoya owuphefumulayo esiswini sakho. Uzizwa njani?

Gaphela: Lumsebenzi ungasetshenziswa noma nini emhlanganweni. Inhloso yawo yikuthi umuntu ezizwe ehlalisekile, egqilile njalo exhumene lomhlaba.



Umsebenzi 17: Umdlalo wabancedisi

Inhloso	Ukunanzelela ukuthi ngobani abangancedisa abahlanganyeli ukuze babasize ekunqobeni izimo ezinzima		
Izinto ezidingekayo	- Amaphepha (A4 -size) - Ama-marker - I-tape		IMIZUZO ENGU- 40



Kuwe mqhubi wohlelo: Abancedisi ngabantu esingahamba kubo nxa sizengozini kumbe esimweni esinzima, lababantu bagoqela abafowethu, umzali, umbalisi, umuntu osebenza lomphakathi, umongikazi, umakhelwane, ugogo kumbe ukhulu, labanye. Kulumlalo, abantwana kumele beqale ngokutsho abancedisi abajwayelekileyo esigabeni sabo. Ibizo lomcedisi ngamunye liyabhalwa ephepheni, amaphepha wonke abesenanyathiselwa emdulwini.

Umqhubi wohlelo uzakwethula izimo ezithile. Ngasimo ngasinye esethulwe ngumqhubi wohlelo, abantwana kufanele baphange bayefola emdulwini phambi komncedisi abangahamba kuye bengehllelwa yilesi simo. Iqembu lizaxoxisana ke ngamafitshane ukuthi kungani abantwana bekhetha umncedisi yenalowo abamkethileyo esimweni esethuliweyo. Ngakhoke lumdlalo uyatshengisa ukuthi yibaphi abantu esigabeni abagijinyelwa kakhulu ezindabeni zokuvikela abantwana. Umncedisi olomfolo omude kakhulu phambi kwebizo lakhe utshengisa ukuthi ngubani kumbe ngobani ababalulekileyo esigabeni ekumelaneni lesimo esithile. Labantu kumele kusetshenziswane labo ezintweni lemisebenzini elokwenza ngabantwana. Ungaphinda lumdlalo ngemva kwenyanga ezithile ukuze ubone ukuthi kungabe kulotshintsho na.

Umqhubi wohlelo uyabuza: Yibaphi abantu ababaluleke kakhulu abalusizo empilweni yakho? (Vumelanani njengeqembu ukukhetha abancedisi abangadluli abahlanu. Lingabhali amagama alabo bantu ephepheni, kodwa lingabhala ukuthi ngobani, isibonelo, udadewethu, umbalisi kumbe abanye.

Isixwayiso: Vumela ukuthi abancedisi abavela emulini bengadluli ababili kwenzela ukuthi abasesigabeni abanengi labo bekhethwe abanjengababalisi, omongikazi labomakhelwane.

Umqhubi wohlelo kabhale umncedisi ngamunye ephepheni elilodwa (A4 size) Kakube lephepha elinye elizalotshwa ukuthi, “Angikwazi”. Beka amaphepha lawa abhaliweyo emdulwini ehlukaniswe zingalo ezimbalwa ukuthi engaminyani, kumbe enanyathiselwe ngemva kwezitulo, izitulo zibesezibekwa emfolweni owodwa okuzenza abantu beqhubeka bebona okulotshwe ngemva.

Umqhubi wohlelo kabale izimo ezilandelayo, ngasinye ngasinye, eqinisekisa ukuthi umuntu wonke uyezwa:

Ngubani ongakusiza nxa...

- *Umama womngane wakho egula kakhulu engasanelisi ukusebenza?*
- *Umngane wakho esephoxwe ukuthi ayekele isikolo kwenzela ukuthi umnawakhe ongumfana ehambe esikolo?*
- *Umngane wakho ehlukenyenzwa ngokocansi ngumzali wakhe?*
- *Umngane wakho engakutshela ukuthi ufuna ukuzilimaza?*
- *Umngane wakho engafakaza abazali bakhe betshingelana betshayana?*
- *Umngane wakho nxa ehlukenyenzwa yiziqhwaga esikolo?*
- *Umngane wakho engatshelwa ukuthi uzatshadiswa lexhegu?*
- *Umngane wakho engehlukaniswa lemuli yakhe ngemva kukazamcolo (kumbe impi)?*
- *Umngane wakho nxa ebone indlu yangibo ibhidlizwa yimpi njalo esetshona edangele?*
- *Umngane wakho engathathwa ngamasotsha kumba labo abavukela umbuso ukuthi abuye azokulwa ndawonye labo?*

Isixwayiso: Ungacela abahlanganyeli ukuthi beqhamuke lezinye izimo ababonangani zingabehlela. Izimo ezingaphezulu ungazitshintsha zihambelane labahlanganyeli abadala kumbe isiko lendawo.

Isimo ngasinye singabalwa, abahlanganyeli kabagijime beyefola phambi komncedisi abangaya kuye bedinga usizo. Buza iqembu elikhulu ukuthi yindaba likhethe umncedi lowu.

Isixwayiso: IKuqakathekile ukuhlala ulecebo elinye ongalisebenzisa. Kwezinye izimo, **umqhubi wohlelo kabuze iqembu elikhulu eliphambi komncedisi othile:** Umncedisi lowu engehluleka ukusiza, ngubani omunye elingaya kuye?

Nxa iqembu elithi alikwazi lilikhulu kakhulu, ubabuze ukuthi ukhona yini omunye umncedisi abangaya kuye, ubhale ibizo lalowo muntu ephepheni umengezelele ebantwini abalusizo ubusuphinda ukubala isimo ubone ukuthi bangaki abantu abangahamba kumuntu yenalowo.

Esimeni ngasinye, bhala phansi ukuthi yibaphi abancedi abalemifolo emide kakhulu, kanye labantu abafola phambi lwephepha elibhalwe “Angikwazi”. Abantu abafola phambi kwephepha elibhalwe “angikwazi” badinga usizo olubalulekileyo ukuthi bananzelele abantu abangabasiza esigabeni. Umncedisi olomfelo omkhulu phambi kwakhe utshengisa ukuthi ngubani oqakathekileyo ekumelaneni laleso simo esigabeni. Ungalandelela ngemva komhlangano wokufundisana ukuze uqinisekise ukuthi abantu abalemifolo emide kusetshenziswa labo esigabeni ngendlela eqinileyo.

Ingxoxo: (Imizuzu engu-10) **Umqhubi wohlelo uyabuz:** (a) *Kuyini okufundileyo emdlalweni lowu?* (b) *Khetha omunye wabancedisi ababhalwe lapha uchasisa ukuthi umuntu lo omdala engasebenzisana njani lomntwana ukuthi bexazulule enye yezimo ekhuluniweyo phezulu.*

Umsebenzi 18: Ukuqila isilwane

Inhloso	Ukwakha amacebo okuthi abahlanganyeli bangazivikela njani ekuhlukunyezweni lodlame empilweni zabo.		
Izinto ezidingekayo	Umfanekiso wezilwane ezimbili ezibhongayo (Khangela ukhasi 13)		IMIZUZU ENGU-50

Ingxenye 1: Ukuqila isilwane (imizuzu engu-20)

Umqhubi wohlelo uthi: Nxa silosekelo lwabangane labancedisi abasikhathalelayo, singanqoba inhlupho zethu ezinengi. Ngitsho lalapho sisodwa, akusikho ukuthi kumele sibe lamandla adlula awesilwane, kodwa kumayelana lokuthi kumele sihlakaniphe ukwedlula isilwane. Ngifuna ukulixoxela inganekwane mayelana lomuntu owayehlakaniphe kakhulu okokuthi isilwane asizange senelise ukumlimaza.

Isilwane lomvundla⁹

Kwakukhona umvundla owayegijinyiswa yisilwane esesabekayo. Wazama ukugijima ngamandla akhe onke ebalekela isilwane kodwa akuzange kusebenze. Umvundla wasenakana ukuthi kungangcono engene emlindini omkhulu. Uthe engena emlindini, isilwane sabamba unyawo lwakhe. Umvundla waphanga wanakana okokwenza wezwakala egigideka ngohleko esithi: “Malume Silwane, awubambanga mina. Ubambe impande yesihlahla.” Ngokuthukuthela okukhulu, sisizwa lokhu isilwane satshiya unyawo lukamvundla. Salalamela futhi isilwane sabamba impande yangempela ke khathesi umvundla wasinda. Kodwa



9. Lenganekwane ethethwe esikweni laseZimbabwe ilotshwe ngumqhubi wohlelo woKuhlabela Izilwane u-Lightwell Mpofu

umvundla wezwakala eklabalala, “Ngiyaxolisa Malume Silwane, ngicela ungekele shuwa!” Sisizwa lokhu, isilwane saqala ukudonsa ngamandla aso onke, sicabanga ukuthi sidonsela umvundla ngaphandle komlindi. Ngalesosikhathi, umvundla waphuma ngesinye isikhala waphepha engozini. Usilwane wasala edonsa, edonsa, impande yaze yaqamuka usilwane wakhona enanzelela ukuthi umvundla umqilile. Wasenquma ukuthi uzamelela umvundla esikhaleni somlindi, engananzeleli ukuthi umvundla usebaleke kudala. Ngemva kwesikhathi eside isilwane sadinwa ukuma sacina sesizihambela. Ukuhlakanipha kuyasiza!

Ingxoxo: Ufundeni kunganekwane leyi? Ukhona lapha osewake waqila isilwane? (thola impendulo) Sewake waqila ezinye inhlupho? (thola impendulo)

Njengoba sesifundile ukuthi singaqila isilwane, asibone ukuthi singenzani lapho izilwane zizama ukusithathela okuthile.

Ingxenye 2: Awungeke usilimaze! (imizuzu engu-15)



Kuwe mqhubi wohlelo: Kulumdlalo, abantwana bazavikela into ebaluleke kakhulu kibo. Kungabe kungumngane, ikusasa labo, kumbe imfundo. Yekela omunye lomunye wabantwana ezikhethele ukuthi linto ebalulekileyo iyini kuye. Kabathole indlela abangacina isigombolozzi sabo siqinile sikwazi ukumelana lezilwane zona ezimele abantu kumbe izinto ezisongela ukuthatha lokho okuligugu ebantwaneni.

Cela ababili abafisayo babe yizilwane. Tshela abanye abantwana ukuthi bazakwenza isigombolozzi bebambane izandla kodwa bekhangelise imizimba yabo ngaphandle kwesigombolozzi ukuze babone izilwane. Umsebenzi wabo ngowokuqinisekisa ukuthi izilwane azithathi okubalukileyo okuphakathi laphakathi kwesigombolozzi. Kumele babe seduze laduze benze isigombolozzi esiqinileyo baphinde behlabele ukuze izilwane zidlalele kude. Kubalulekile ukuthi izilwane zilimukiswe ukuthi akufanelanga zisebenzise inzipho kumbe amandla azo onke ukuthi zingene phakathi kwesigombolozzi.

Umqhubi wohlelo uthi: Isilwane simele noma yini esethusayo. (Umqhubi wohlelo kakhombe emfanekisweni wesilwane) Kungabekuyisihlobo, isotsha, isiqhwaga, ukuzamazama komhlaba kumbe eyinye into. Isilwane futhi siyilezo zinto kumbe abantu abathatha injabulo yethu. Kungabe kuyikukholwa kwethu ukuthi asiyilutho. Kungabe kungamalunga emuli yethu alomona. Yiziphi izilwane empilweni yakho?

Kulumdlalo, sizavikela into ebaluleke kakhulu kithi ukuthi izilwane zingayithinti. Cabanga into ebalulekileyo ofisa ukuyivikela empilweni yakho. (Izibonelo – isithunzi sakho esihle, ubuntu kumbe intsha yakho, uthando oluphiwa ngumuntu othile, ikusasa lakho). Ungasitshela ukuthi kuyini ozakuvikela? (thola impendulo)

Kasibambaneni izandla senze isigombolozzi esikhangele phandle. Into le ebalulekileyo oyivikelayo iphakathi kwesigombolozzi. Izilwane zizazama ukuyitshontsha. Asidingeni ingoma yokuhlabela ezasipha amandla. Qinisekisa ukuthi noma izilwane zingazama njani, azisoze zingene phakathi kwesigombolozzi sethu!

Isixwayiso: Tshela abantwana ukuthi lo ngumdlalo wokulungisela (drama) lokuthi izilwane kazenze angani ziyesabisa, kodwa zingalimazi muntu njalo zingawisi muntu.

Isixwayiso: Ngasese tshela abantwana ababili ukuthi izilwane zingenelisa ukubhobokela esigombolozini kabathathe igugu leli elingabonakaliyo (invisible treasure) bebaleke ngolunye uhlangothi ukwenzela ukuthi izilwane zingalithinti. Umqhubi wohlelo kamise umdlalo.

Ingxenye 3: Ingxoxo (imizuzu engu-15)

- *Bekunjani ukuvalela isilwane?*
- *Izilwane zona bezizizwa njani lapho zingenelisi ukuthatha omunye wenu?*
- *Bekuzwakala kanjani ukuba yisilwane?*
- *Singathambisa njani isilwane esikhundleni sokusebenzisa udlame kumbe ukusibalekela?*

Isixwayiso: Embuzweni wokucina, thola izindaba ezivela eqenjini. Isibonelo, Singenza njani ukuthi isiqgwaga sicine singumngane wethu kulokuphila insuku zonke silokwesaba? Impendulo: Abantu abambalwa bengabambana bayekhuluma lesiqhwaga lesi. Bengatshela isiqhwaga ukuthi engahlupha omunye wabo abasoze bedlale laye kumbe bazamcebela kumbalisi, etc. Ngakho kuyabe kungcono ukuthi eziphathe kahle enelise ukudlala labanye.

Umqhubi wohlelo uthi: *Nxa sibambene siba lamandla angezelelweyo. Nxa sihlabela, silosizo lwabanye, isilwane ngeke sisilimaze. Nxa sihlakaniphile ndawonye njengeqembu, kwesinye isikhathi singenelisa ukuthambisa isilwane. Nxa sisenza lezi zinto, noma yini esiyesabayo empilweni icina ingasabukeki inkulu noma isesabisa.*

Isixwayiso: Yenza umsebenzi wokunika amandla lapha kumbe wenze eyinye yemisebenzi yokugqilisa kumbe eyokuphefumula (khangela **Isichasiselo 1**). Okunye ongakwenza yikucela iqembu ukuthi nxa lisazi umgido omfitshane kumbe ingoma engenziwa ngumuntu wonke kube sekusenziwa ndawonye.

UHLELO 6. UKUQHUBEKELA PHAMBILI

Kuwe mqhubi wohlelo: Lesi sigaba sihlanganisa yonke imibono lamasu afundiswe kumhlangano wokufundisana wokunikeza abahlanganyeli umuzwa wamandla lokuvuselelwa kwethemba. Lapho siqhuba utshintsho sicabanga ngalokho esifuna ukukuyekela, lokhu esifuna ukukugcina lesikuhloniphayo ngathi, lokuthi kuyini esingakwenza ukuba sibe lekusasa engcono. Ekwenzeni lokhu, kufanele sibalulekise indlela esifuna ukucabanga ngayo, ukuzizwa ngayo kanye lokuziphatha ngayo. Ekupheleni kwalesi sigaba singahlabelela izilwane ngempela.

Umsebenzi 19: Amanyathelo amancane okuqansa intaba ¹⁰			
Inhloso	Ukunceda abahlanganyeli bananzelele amanyathelo amancane abangawathatha ukuze bamelane lokuzizwa bengelamandla lapho bebhekane lodlame lokuhlukunyezwa.		
Izinto ezidingekayo	- Iphepha elikhulu (flipchart paper) - Ama-marker		IMIZUZU ENGU-50



Kuwe mqhubi wohlelo: Lomsebenzi wakha phezu kobuciko esibufundileyo kuTshintsha Umsakazo nje! Emsebenzini lowu, sizagqila ekwephuleni inkinga ezinkulu zibe yizicucu ezincane, kwenzela ukuthi kubekhona ingqubekelaphambili ngamanyathelo amancane. Lumsebenzi umayelana lokuthatha amanyathelo amancane eqonde ekuxazululeni inkinga.

Ingxenye 1: Ukuthatha amanyathelo amancane (imizuzu engu 15)

Umqhubi wohlelo kadwebe intaba enkulu ephepheni elikhulu (flipchart paper). Kadwebe lamanyathelo amancane eqansa intaba.

Umqhubi wohlelo kakhombe amanyathelo amancane okuqansa intaba ethi: *Kwesinye isikhathi inhlaphe kumbe inkinga zethu zinkulu okokuthi sicina sisizwa angani asisoze safa sazixazulula. Kodwa singacabanga nje ngamanyathelo okuqala esingawathatha, sizazizwa singcono ngoba kukhona okuthile esiyabe sikwenzile. Singabe singenlisi ukuxazulula zonke inkinga zethu ngomzamo owodwa, kodwa siyabe sesiqalisile ukuqansa. Ngemva kwalokho, ukuthatha amanyathelo amancane okuqansa intaba kungabukeka sekulula ukwenza.*

Umqhubi wohlelo uthi: *Ake sithi siphansi kwentaba enkulu. Uyenelisa na ukubamba uphahla, lona olumele iphezulu yentaba. Zama ukubamba uphahla ngokweqa kanye. Ukhona ongakwenza lokhu? Khathesi, khwela phezulu kwesitulo uzame. Siba seduzane laphezulu singathatha amanyathelo amancane.*

Sithatha amanyathelo amancane nsuku zonke ukuthi sifeze amaphupho ethu. Ufike njani lapha usuka lapho olele khona izolo? (thola impendulo)

Isixwayiso: Abantu bazaphendula besithi bahambe ngenyawo, bagade ibhasi, kumbe babuye ngemota. Kodwa buza usiyaphambili. Okokuqala, bavukile basukuma embhedeni kumbe ecansini. Basebegqoka, mhlawumbe bayageza, bathola okokudla. Basebeqoka akade befisa ukukuthwala besiza emhlanganweni. Mhlawumbe usiba lokubhala lempahla efudumalayo. Basebesuka endlini. Bahamba esitaladeni esithile kumbe ezitaladeni ezimbalwa. Okumqoka yikuthi ukwenza into engabe ibukeka incane okungakanani yingqubekelaphambili njalo iyenza umehluko.

Umqhubi wohlelo uthi: *Sihlala sithatha amanyathelo amancane okufeza amaphupho ethu kodwa lapho silokwesaba, sithukuthele kakhulu noma sidangele, siyakhohlwa ukuthi sithatha amanyathelo amancane insuku zonke.*

10. Lokhu kubolekwe ngemvumo ku ACDPT (2013) *Singing to the lions: Enhancing children's voices, participation and protection*. Cape Town: Fingerprint Cooperative.



Singehlelwa yisimo *esingeke sisibalekele kumbe sisiguqule*, kuyini esingakwenza? (yenza abahlanganyeli baphe imizekeliso evela empilweni zabo yesimo ngasinye kulezi ezilandelayo):

- Singenelisa ukuzitshela okuthile okuzasenza sizizwe ngcono (thola imizekeliso kubahlanganyeli)
- Singaqinisekisa ukuthi siyazinakekela (thola imizekeliso)
- Singathola indlela encane yokulwisa okwenzakalayo (thola imizekeliso)

Lamanyathelo angeke etshintshe isimo sonke kodwa angasisiza ukuthi sifike duzane laphezulu kwentaba sizizwe angani silamandla phezu kwempilo zethu.



Isixwayiso: Lesi yisibonelo esingaphiwa ngumqhubi wohlelo. Imuli yangakithi ngabaphepheli (refugees) Yonke impelaviki ubaba uphenduka endlini edakiwe engitshaye. Engingakwenza: (a) Ngingazitshela ukuthi kusasa ngizahamba ngiyekhuluma lombalisi ongangisiza, (b) Ngingaqinisekisa ukuthi ngithole ukudla okwaneleyo ukuthi nginakekele umzimba wami, (c) Ngingahlanganisa abadala bemuli ukuthi bangisize, (d) Ngingacatsha kumbe ngithole indlela encane yokumelana lalokhu okwenzakalayo, kumbe (e) Ngosuku olulandelayo ngingatshela umbalisi wami engimthakazelelayo ebesephakamisa ukuthi mhlawumbe ngingacela ukuyalala komakhelwane ngempelaviki. (Konke lokhu akungeke kuxazulule inkinga kodwa konke kuyasiza ngendlela ethile.)

Umqhubi wohlelo uthi: Cabanga udubo olukhulu kakhulu empilweni yakho njalo olunzima ukutshintsha. Kuyini okuncane ongakwenza ukuthi kube lotshintsho oluthile esimweni ongeke usiguqule? (thola impendulo)

Umqhubi wohlelo uyabuza:

- Nxa ulesaka elikhulu lempuphu kumbe elerayisi phandle uwedwa endlini ungela bhara (wheelbarrow), ungalingenisa njani endlini? (thola impendulo) (*Impendulo:* Ngenkomitsho ngenkomitsho)
- Zikhona na izaga ozaziyo ezikhuluma ngokuxazulula inkinga ezinkulu ngokuthatha amanyathelo amancane? (thola impendulo) (Umqhubi wohlelo engakhuluma ezinye zezibonelo ezingaphansi).

Izibonelo:

- Uhambo lwamakhilomitha azinkulungwane luqala ngonyathelo olulodwa - Lao Tzu
- Imfihlo yokuphumelela ubephambili kulabanye yikuqalisa - Mark Twain
- Sigodo ngasigodo senza umnyaba - Ugandan Proverb

Ingxenywe 2: Umdlalo (Imizuzu engu-35)

(Imizuzu engu-10 yokuzilungiselela, imizuzu engu3-5 yokwethula umdlalo munye, imizuzu engu-10 yokuxoxisana)

Yehlukanisa abahlanganyeli babe ngamaqembu amathathu. Nxa kusenxa kakube leqembu labafana kuphela, iqembu lamankazana kuphela, leqembu elihlangeneyo elabafana lamankazana. Iqembu ngalinye lizakwenza umdlalo omfitshane (imizuzu engu3 kuya ku5) otshengisa amanyathelo amancane abawathathayo ukuze bemelane lesimo esinzima empilweni yabo. Iqembu ngalinye kalethule isimo salo lingakaqali ukwethula umdlalo. Gcizelela ukuthi iqembu ngalinye kumele litshengise ngokubalulekileyo amanyathelo eliwathetheyo ukumelana lesimo. Nxa iqembu lifisa lingahlabela ingoma kumbe lihaye inkondlo.

Isixwayiso: Abagqugquzeli kababhodabhode emaqenjini bencedisa ukubunjwa kwemidlalo.

Ingxoxo: Sifundeni? Bekulomahluko yini phakathi kwendlela iqembu labafana leqembu lamankazana elithethe ngayo amanyathelo abo? **Umqhubi wohlelo uthi:** Amanyathelo amancane alamandla. Sithatha amanyathelo amancane nxa sisesimweni esingeke sisitshintshe, kodwa amanyathelo lawa acina eguqula isimo.

Umsebenzi wokupompa umoya

PHEFUMULA! Nxa uzizwa angani awenelisi ukuthatha inyathelo lokuqala lokuqansa intaba zama umsebenzi **Wokupompa Umoya. Uzakupha amandla.** Emsebenzini lowu unjengempompi epompa amanzi. Beka ingqindi zakho eceleni kwamahlombe akho zikhangele phandle njalo ingalo zakho zigobile. Nxa uphefumulela phakathi phakamisa ingalo zakho phezulu kwekhanda lakho, ingqindi zibe semoyeni. Phefumulela phandle, ngapha uphendukisa ingqindi eceleni kwamahlombe, usithi “Ho!” Kwenze lokhu ngokushesha amahlandla amathathu elandelana njalo uzazizwa usiba lamandla. **Qaphela:** Lumsebenzi ungasetshenziswa njengoba kudingeka. Inhloso yawo yikunceda abahlanganyeli bezizwe belamandla njalo bephapheme.

Umsebenzi 20: Ukuhloniphana

Inhloso	Ukuze abahlanganyeli bathuthukise umbono omuhle ngabo futhi bajabulele ukubona ukuthi imibono yabo emihle inika njabulo bani kwabanye.		
Izinto ezidingekayo	- Amaphepha akwana wonke umhlanganyeli (A4) - Amapheni - I-tape kumbe ama-pin - Ibhuku kumbe ikhadibhokisi lokuqamelisa		IMIZUZO ENGU-40



Kuwe mqhubi wohlelo: Umsebenzi lo uxhumana **Lesihlahla samagugu** ngokwakha iphepha elilemicabango yonke emihle ngathi ecatshangwa ngabantu abasemhlanganweni. Uyingxenye njalo yezinto ezintathu eziletha inguquko empilweni zethu: Ukudedela lokhu esingasakudingi, izinto esiziqakathekisa ngathi labanye khathezi, lalokhu okufanele sikwenze ukuthi sibe lekusasa elingcono.

Umqhubi wohlelo uthi: Sesifundile ukuthi indlela yokuzitshintsha lokutshintsha impilo zethu ihlanganisa ukudedela izinto esingadingi ukuzigcina, inkinga zakudala, ukwesaba lentukuthelo esisindayo. Khathezi sizakhangela ukuthi kuyini esifuna ukukuhlonipha ngathi. Yiziphi izinto ezinhle ngathi esifisa ukuzikhwabitha lokuzibonga?

Ngakhoke, kasiqale ngokuyeqa yeqa silahle ezinye zalezo zinto ezindala esifuna ukuzilahla – intukuthelo endala, inkinga ezindala, ukunqineka okudala. Asikulahlele phansi. (Wonke umuntu kayeqa-yeqe enyikinya lengalo zakhe ukuze alahle konke). Nxa ulokhe ulomthanyelo wakho, zilungiselele. Nxa ungasela, ngizakupha omunye. (Umqhubi wohlelo kaphe labo abangela mithanyelo yokucabangela/engayisiyo yeqiniso imithanyelo). Asikuthanyelele konke phandle. (Wonke umuntu kahlabale ingoma **yokuthanyela** lapho lithanyelela ingcekeza phandle komnyango). Khathezi sesizilungiselele.



- Phana umntwana ngamunye iphepha (A4) ubacele ukuthi bebhale ibizo labo phakathi laphakathi kwephepha beligombolozele. Wonke umntwana uzacela omunye umuntu ukuthi amnathisele iphepha lakhe emhlane, ngemasking tape kumbe ngesafety pin.
- Phana wonke umntwana ipheni kumbe i-marker umcele ukuthi kabhode ebhala ephepheni elisemhlane wawo wonke umuntu into eyodwa ayithakazelela kumbe ayikhwabitha ngalowo muntu. Bengabhala, kumbe bedwebe uphawu. Ubakhumbuze ukuthi kumele kubhalwe into ezinhle kuphela. **Isixwayiso:** Isibonelo, “Ngiyayithanda indlela obobotheka ngayo,” “Ulomusa,” “Ugida kuhle.”
- Khuthaza umntwana wonke ukuthi abhale ephepheni lomtwana wonke osemhlanganweni. Abaqhubi bohlelo kumele baphatheke emsebenzini lowu ndawonye labantwana. Khangela umfanekiso wokuthi umsebenzi lowu uzabukeka njani.



Isixwayiso: Abantwana bengasebenzisa ibhuku kumbe ikhadibokisi lokuqamelisa ukuze kube lula ukubhala. Kumele baqinisekise ukuthi i-marker ayicwili ngale kwephepha ichithekele empahleni zomunye.

Ekucineni komsebenzi lowu, cela abantwana ukuthi bakhiphe iphepha elisemhlane wabo bebone njalo babale lokhu okubhaliweyo.

Ingxoxo:

- *Ubuzizwa njani abantu bengakaqalisi ukubhala ephepheni lakho?*
- *Bekuzwakala njani ukubhala emaphepheni abanye?*
- *Bekuzwakala njani ukhipha iphepha emhlane ulibala?*
- *Kuzwakala njani ukuqakathekiswa, ukuhlonitshwa kumbe ukukhwabithwa?*
- *Kuzwakala njani ukuqakathekisa, ukuhlonipha, kumbe ukukhwabitha abanye?*

Umqhubi wohlelo uthi: *Khumbula, kwesinye isikhathi ungenza izinto ezimbi kumbe abanye abantu benze izinto ezimbi kuwe, kodwa amagama lawa asephepheni lakho azahlala njalo eyingxenywe yakho.*



Umsebenzi 21: Imilayezo¹¹

Inhloso	Ukusabalalisa inkuthazo lethemba, inwebeka isuka ekugqileni komuntu ngamunye isiya kulokhu okomhlaba jikelele ngokwabelana imilayezo yethemba lokuhlakanipha mayelana lendlela zokunqoba ukwesaba lodlame ezimpilweni zethu labantwana emhlabeni wonke.		
Izinto ezidingekayo	- Amaphepa (A4) - Amapheni lamakhrayoni - Intambo		IMIZUZU ENGU- 60



Kuwe mqhubi wohlelo: Sesixoxisane ngokubaluleka kokudedela izinto zendulo, ukuzihlonipha lokuhlonipha abanye njalo khathesi sifuna ukwabelana labanye ukuhlakanipha esesilakho ukwenzela ukuthi labo babe lekusasa elingcono.

1. Umqhubi wohlelo kabophele intambo isuka komunye umduli isiya emdulwini okulunye uhlangothi, lapho okuzalengiswa khona imilayezo yabantwana njengamafulegi ekupheleni komsebenzi.
2. Chasisela abahlanganyeli ukuthi omunye lomunye wabo uzaphiwa iphepha lapho azabhalisa kumbe badweba umlayezo wethemba olotshelwe abantwana bonke, esigabeni sabo, edolobheni labo, elizweni labo lasemhlabeni jikelele mayelana lokumisa udlame kumbe ukuluguqula. Imilayezo kumele ibemfitshane, ibe yimizila embalwa ubude bayo. Khuthaza abahlanganyeli ukuthi bacecise imilayezo yabo, njengendlela yokupha ithemba kwabanye.
3. Nika abahlanganyeli isikhathi ukuthi belungise imilayezo yabo. Ngemva kwalokho umntwana ngamunye kufanele etsho umlayezo wakhe uzwakale emuntwini wonke ebesewunamathisela entanjeni elenga ububanzi begumbi ukuze kwakhe umzila “wamafulegi”

Isixwayiso: Intambo elemilayezo ingabonakala njenge “ntambo yomntandazo” ekhulula imithandazo lemilayezo yokuhlakanipha lapho kuvunguza umoya.

Umqhubi wohlelo uthi: *Nxa umoya uvunguza, uzathwala imilayezo yethu uyise emhlabeni jikelele.*

Isixwayiso: Nxa kungela moya ovunguzayo, cela wonke umhlanganyeli aphephethe amafulegi ngezandla zakhe ukuze senze umoya ozahambisa imilayezo emhlabeni jikelele.

Isixwayiso: Lintambo yomthandazo ingagcinwa ngemva komhlangano ukuze iphanyekwe endaweni lapho abahlanganyeli labanye abantwana abangayibona kusasa.

11. Lokhu kusetshenziswe ngemvumo ye Africa Community Publishing and Development Trust, Harare, Zimbabwe

UMSEBENZI 22: UKUHLOLA UKUZWISISA

Inhloso	Ukwenza umqhubi wohlelo athole impendulo yokuhlola impumela yomhlangano wokufundisana.		
Izinto ezidingekayo	Amafomu okuhlola akopiweyo (khangela Isichasiselo 8)		IMIZUZU ENGU-30



Kuwe mqhubi wohlelo: Lokhu yikuhlola okubhalwe phansi okungenziwa lula ngomlomo uma abantwana bengakwazi ukubala lula. Khangela Isichasiselo 7 ukuze uthole imilayo. Umntwana ngamunye ugcalalisa ifomu lakhe lokuhlola (Isichasiselo 8) bese elinikeza umqhubi wohlelo lapho seligcwalisiwe.

Kubalulekile ukulandelisela lumhlangano wokufundisana ngezenzo ezakha phezu kwemisebenzi lezifundo ezitholwe Ekuhlabeleleni Izilwane. Ukuze uqinisekise ukuthi lokhu kuyenzeka, abahlanganyeli bengakhetha iKhomithi Lezenzo. Umuntu wesigabeni oncedisayo uzasebenzisana lekhomithi ukuyisiza ukuhlonza izinto ezibalulekileyo ezivezwe emhlanganweni wokufundisana lezinye izinto ezibalulekileyo elifisa ukusebenza ngazo lenkokheli yomphakathi. Khangela Isichasiselo 2, Ngemva Komhlangano wokufundisana, ukuze uthole ulwazi olwengeziweyo.

Isixwayiso: Yenza umsebenzi wokunika amandla lapha kumbe wenze eyinye yemisebenzi yokugqilisa kumbe eyokuphefumula (khangela Isichasiselo 1). Okunye ongakwenza yikucela iqembu ukuthi nxa lisazi umgido omfitshane kumbe ingoma engenziwa ngumuntu wonke kube sekusenziwa ndawonye.

Umsebenzi 23: Ukuhlabelela Izilwane - Umcimbi!¹²

Inhloso	Ukwakha ukuzethemba kwabantwana lentsha emandleni abo okuguqula noma ukunqoba udlame.		
Izinto ezidingekayo	Umfanekiso wezilwane ezimbili zibhonga labantwana behlabelela (Khangela Ikhasi 12 lo 13)		IMIZUZU ENGU-60

- Namathisela umfanekiso wezilwane zibhonga labantwana behlabelela emdulwini.
- Yehlukanisa abahlanganyeli babe ngamaqembu amathathu (qinisekisa ukuthi uyabaxubanisa kwenzela ukuthi amaqembu ebe labantu abatshiyeneyo kulamaqembu abunjwe ngamuva). Abahlanganyeli bengakhetha ukuthi bafisa ukuya kuliphi iqembu:
 - Iqembu lokuqala kumele ligide kumbe lenze umdlalo ongelankulumo (othuleyo) mayelana lokuthi Ukuhlabelela Izilwane kutshoni kibo.
 - Iqembu lesibili kumele libhale njalo lihaye inkondlo kumbe lidwebe i-poster enkulu ephepheni elikhulu (flipchart paper) mayelana lokuthi Ukuhlabelela Izilwane kutshoni kibo.
 - Iqembu lesithathu kumele libumbe ingoma mayelana lokuthi Ukuhlabelela Izilwane kutshoni kibo.
- Abahlanganyeli kabayenze umcimbi wokugida, ingoma, imidlalo kumbe inkondlo, ukuze betshengise ukuthi kuyeneliseka ukuhlabelela izilwane siqobe udlame. Lonke iqembu kumele lenze njalo litshengise indlela elinganqoba ukwesaba lodlame empilweni zabo. Ngemva kokuhlatselwa kwengoma yoKuhlabelela Izilwane, wonke umuntu kame esigombolozini libambane izandla, liyihlabele lonke lingoma kumbe eyinye ingoma emayelana lokubambana lokubalamandla okumelana lokwesaba. Gidani lihlabele kubengumcimbi.

Nxa kulezithupha (kungakhethwa) zingaphiwa abantwana khathesi. Khangela Isichasiselo 10 ukuze ubone izithupha zokuphumelela.

12. Adapted from ACDPT, *Singing to the Lions* (2012).

ISICHASISELO 1

Imisebenzi yokuphefumula lokuhlaliseka

Imisebenzi le ingasetshenziswa noma nini emhlanganweni wokufundisana kumbe ngemva komhlangano. Kuyakhuthazwa ukuthi kusetshenziswe enye yale misebenzi ekuqaliseni lekupheleni kwalo lonke usuku emhlanganweni.

Umsebenzi wokupompa umoya.

PHEFUMULA! Emsebenzini lowu unjengempompi epompa amanzi. Beka ingqindi zakho eceleni kwamahlombe akho zikhangele phandle njalo ingalo zakho zigobile. Nxa uphefumulela phakathi phakamisa ingalo zakho phezulu kwekhanda lakho, ingqindi zibe semoyeni. Phefumulela phandle, ngapha uphendukisa ingqindi eceleni kwamahlombe, usithi “Ho!” Kwenze lokhu ngokushesha amahlandla amathathu elandelana njalo uzazizwa usiba lamandla.

Umsebenzi wokuphefumula okugcweleyo ngesisu

PHEFUMULA! Beka izandla zakho zombili ngaphansi kwenkaba yakho. Nxa uphefumulela phakathi uzezwa isisu sakho sisiba sikhulu. Nxa uphefumulela phandle uzezwa isisu sakho sisiba sincane futhi njalo. Zitshele ukuthi isisu sakho simele sibe sikhulu nxa uphefumulela phakathi, sibe sincane nxa uphefumulela phandle. Zwana inyawo zakho phansi. Zwana umoya owuphefumulayo esiswini sakho. Uzizwa njani?

Umsebenzi wokuphefumula isikhathi eside

Donsa umoya ojulileyo, kancane kancane ngamakhala akho (ubala okuthathu) ubusuphefumulela phandle kancane kancane ngomlomo njengomuntu otshaya umlozi ongela msindo (ubala kane). Uphefumulela phandle konke ukwesaba kwakho. Masikwenze futhi. Izwa inyawo zakho phansi loba umzimba wakho esitulweni, bese udonsa umoya ojulileyo, kancane kancane ungene ngamakhala akho (ubala kathathu) bese uphefumulela phandle kancane kancane ngomlomo (ubala kane). Vele ugxile ekuphefumuleni kancane kancane. Uzizwa njani?

Umsebenzi wokugxila – Engikubonayo, Engikuzwayo, lengingakubamba.

Lapho silemizwa engaphezu kwamandla ethu ngezinto ezithile, kubalulekile ukuzizwa sengathi sixhumene lomhlaba. Lumsebenzi wokugxila uyasisiza ukuthi senze njalo:

Umqhubi wohlelo uthi: *Qamba into ezine ozibonayo. Qamba into ezine ozizwayo. Qamba into ezine ongazibamba. Zibambe. Qamba into ezintathu ozibonayo. Qamba into ezintathu ozizwayo. Qamba into ezintathu ongazibamba. Zibambe. Qamba into ezimbili ozibonayo. Qamba into ezimbili ozizwayo. Qamba into ezimbili ongazibamba. Zibambe. Qamba into eyodwa oyibonayo. Qamba into eyodwa oyizwayo. Qamba into eyodwa ongayibamba. Yibambe. Uzizwa njani*

ISICHASISELO 2

Ngaphambili Langemuva komhlangano wokufundisana

Isendlalo

Ukuhlabelela Izilwane kusifundisa ukuthi zimbili indlela esingasabela ngazo ekwesabeni lodlame esihlangana lalo empilweni yethu. Okokuqala yikuzama ukuguqula isimo. Ngitsho noma singenelisi ukuzuza impumelelo epheleleyo, zikhona izinto esingazenza ukuze senze umehluko omuhle njalo sinciphise inkinga. Singabakwazi ukufinyelela usizo, siqinise ukuxhumana kwethu labangane kanye labasithandayo, sithuthukise ubuciko bethu bokuxazulula inkinga njalo sithathe amanyathelo amancane okunqoba isimo sethu.

Okunye esingakwenza yikulawula indlela esisabela ngayo ekwesabeni lokhu ukwenzela ukuthi lungasigabheli. Singazijwayeza indlela zokuphefumula lezinye indlela zokuzigqilisa. Singazizwa singcono ngokuthi singobani ngokuqaphela amathalenta ethu lobuciko esilabo, lokuthi sesake sanqoba ubunzima obudlulileyo njalo singakwenza futhi. Abahlanganyeli emhlanganweni woKuhlabelela Izilwane bafunda ubuciko ngokubusebenzisa – langokuzijabulisa okuhle ngesikhathi esifanayo.

Ngaphambili komhlangano wokufundisana

Ngaphambi komhlangano wokufundisana kufanele kubanjwe imihlangano emibili:

- **Lenkokheli zesigaba** (imizuzu engu 60 kuya ku 90): Inhlanganiso exhasayo – njalo nxa kusenxa, labaqhubi bohlelo – kumele bahlangane labakhokheli besigaba (abamele uhulumende, abezenkolo, kanye labamele umphakathi) kanye/noma lamalunga eKhomithi Lokuvikelwa kwabantwana kuleyondawo ukuze baxoxisane ngenjongo yomhlangano wokufundisana lokuthi kucelwe usizo lwabo. Sebenzisa Isigaba 1, Isambulo, ugqile kulokhu Okuzafundwa Ngabantwana lentsha lokuthi luMhlangano Wokufundisana ungokabani. Nxa kuvuma, yenza umzekeliso womsebenzi ofinqiweyo – e.g. Umsebenzi 8: Indawo ephephileyo phakathi kwethu – ukuze uchasise ukuthi Ukuhlabelela Izilwane kusebenza njani. Ukuze uphe ulwazi olujulileyo kuhulumende lenkokheli zesigaba olugqela imizekeliso yemisebenzi emineni, khangela i-Orientation Session kukhasi **13** le [Supplement](#).
- **Labazali labantwana** (imizuzu engu 60 kuya ku 90): Umhlangano ohambelanayo kumele ubanjwe labazali labo abanakekela abantwana labo abakhethwe ukuthi babeyinxenye yomhlangano wokufundisana. Khangela phezu njalo usebenzise Isigaba 1 salolugwalo ukuthi uchasise inhloso yomhlangano wokufundisana. Bese ucela abantu abadala ukuthi basayine **Ifomu yemvumo** ukuze bavumele abantwana babo ukuthi babeyinxenye yomhlangano wokufundisana. Abantwana kumele labo basayine imvumo yabo efomini elifanayo (**Isichasiselo 5**). Besekusithi ngesikhathi abadala betshengiswa umzekeliso womsebenzi – Umsebenzi 8: Indawo ephephileyo phakathi kwethu – abantwana begcwalise **Ifomu yokuhlola** yangaphambi komhlangano wokufundisana (**Isichasiselo 8**)

Abazali labanakekela abantwana abangabuyanga emhlanganweni wabazali labantwana kumele labo basayine **Ifomu yemvumo** umhlangano wokufundisana ungakaqalisi. Njalo abantwana abangagcwalisanga **Ifomu yokuhlola** yangaphambi komhlangano wokufundisana kumele bakwenze lokhu ngelanga lokuqala lomhlangano wokufundisana, imizuzu engu-30 phambi kokuqala komhlangano. Kumele bacelwe ukuthi bebuye masinya ngenxa yasonaleso sizatho.

KUBALULEKILE: Ukuhlabelela Izilwane kusebenza ngcono kakhulu ebantwaneni abayingxenywe yenhlanganiso emisiweyo enjengesikolo noma isonto kumbe eziyingxenywe yeqembu elithile, njengeqembu lentsha noma iklabhu yabantwana, enganika ukusekelwa okwengeziweyo lokulandelelwa.

Ngemva komhlangano wokufundisana

Amaseshini angezelelweyo ahleliwe ngemva komhlangano wokufundisana, ngosizo lwabahlanganyeli (njenge Komithi Lokusebenza)

- **Abamele abantwana noma abatsha bahlangana nenkokheli zesigaba lamalunga ekhomithi yendawo yokuvikela abantwana** (imizuzu engu 60 kuya ku 90): Impumela yalomhlangano incike ekuhloleni kusengaphambili phakathi kwabamele abantwana abakhethwe emhlanganweni wokufundisana labeluleki babo abadala (ababalisi, umuntu osizayo, abaqhubi bohlelo, umuntu omdala othembekileyo) Akulandaba noma bengaze babe bangaki abantwana abatshisekela ukuba yingxenye yalokhu – kabavunyelwe bonke abafunayo.

Abeluleki abadala kufanele behlangane lenkonkeli yesigaba phambi komhlangano labamele abantwana lentsha ukuze baxoxisane ngento ezilandelayo:

1. Yiziphi inkinga zabantwana/lentsha ezilethwe ekunakekeleni kwabo? Basabele njani kulezinkinga?
2. Abantwana kumbe intsha bengalalelwa njani ukuze bengaxakeki njalo bengayethuki? Yiphi imibono abalayo?

Isiqondiso esiyisisekelo siyikuthi inkokheli kanye leKhomithi Yokuvikelwa Kwabantwana kufanele bebekwazi ukuthi **abantwana bazingcitshi empilweni zabo**. Bayazi ngcono kulawo wonke umuntu ukuthi kunjani ukuba ngumntwana loba umuntu omutsha ngakho imibono lezixazululo zabo kufanele zihlonitshwe.

Qinisekisa ukuthi inani labantwana abakulomhlangano lidlula elabadala, ukwenzela ukuthi abantwana bengazizwa begajelwe. Nxa abadala bekhanya bebusa umhlangano kumele abeluleki abakhona emhlanganweni bangenele ukuze kube lesiqiniseko sokuthi abantwana bazwakele.

Abamele abantwana kumele bacace ngezinkinga abafisa ukuzilungisa kulomhlangano kusekelwa yilokhu okwaxoxwa ngesikhathi somhlangano wokufundisana. Kulomhlangano abantwana bazakhuluma ngalezi nkinga lokuthi bafisa ukuthi kwenziweni ngazo. Abantu abadala labo bengaphendula ngemibono lamacebo abo. Icebo lezenzo lizabhalwa lapho okuzenziwa isinqumo sokuthi abantwana bazayenzani, lokuthi abadala bazayenzani ukuze bedale utshintsho. Kuzavunyelwana njalo ukuthi izikhathi okumele kube sekwenziwe okuthile kunini kanye lokuthi umhlangano olandelayo uzakuba nini

- **Isethulo sangemva komhlangano wokufundisana ebazalini/abanakekela abantwana lomphakathi** njengengxenye yomcimbi wesikolo, kwenye inkundla, kumbe ukubiza abazali emhlanganweni osungulelwe sonaleso sizatho. Leli lithuba lokuthi abantwana lentsha babelane ngalokho abakufundileyo. Imisebenzi evela kuMsebenzi 21: Imilayezo, lemidanso, izinkondlo, lezingoma eziphume kuMsebenzi 23: Umcimbi zingasetshenziswa.
- **Amakilabhu abantwana lentsha (noma ingxoxo zesontweni kumbe esikolweni).** Njengengxenye yamakilabhu noma amaqembu asunguliweyo njengamasonto, ama-mosque, noma izikolo, abantu abadala benganika abantwana ithuba lokuhlangana ukuze benze lokhu okulandelayo:
 1. Ukuxoxisana ngalokho abahlangabezane lakho ekusebenziseni izifundo abazitholileyo ngemva komhlangano wokufundisana. Ukuthi bayisebenzisa njani imisebenzi ehlukahlukeneyo lezifundo abazifundileyo emsebenzini yakhona?
 2. Ukukhuluma ngengxaki ezikhona ezimpilweni zabo njalo bathole imibono kumalunga eqembu mayelana lokuthi kuyini okufanele bekwenze ukuze bexazulule lezi ngxaki.
 3. Ukuyenza eminye imisebenzi evela emhlanganweni wokufundisana engabasiza ukuthi bacabange kabanzi ngezinto.
 4. Ukusebenzisa lezi zixazululo lobuciko empilweni zabo.
 5. Ukuhlangana njalo ukuze babelane ulwazi lobuciko.

ISICHASISELO 3

Esikufundileyo

UMSEBENZI WOKUPHINDA ONGAWUKHETHA			
Inhloso	Isifinco sezifundo ezifundiweyo. Umsebenzi lo ulusizo njalo ungasetshenziswa emavikini ambalwa ngemva kokuphela komhlangano wokufundisana		
Izinto ezidingekayo	• Umfanekiso wezilwane ezimbili zibhonga • Amaphepha okubhalela • Amepheni • I-tape		IMIZUZU ENGU-40-60

1. Namathisela umfanekiso wezilwane ezimbili emdulwini. Ephepheni elincane (elingalingana lentende yesandla sakho), umntwana ngamunye kadwebe umfanekiso kumbe ebhale umlayezo ngento eyodwa ayifundileyo ngokuhlabelela izilwane, okutsho ukuthi, indlela eyodwa ayifundileyo eyokunqoba ukwesaba lodlame empilweni yakhe. Umntwana ngamunye kakhulumele phezulu abelane labanye umlayezo wakhe njalo anamathisele umlayezo kumbe umfanekiso wakhe emdulwini ngendlela yokuthi yonke imilayezo lemifanekiso igombolozela izilwane (ukuzithambisa).
2. Wonke umuntu kahambe eyebala imilayezo egombolozele izilwane ezimbili.
3. Umqhubi wohlelo kathi fahlafahla izifundo ezifundwe ngabahlanganyeli.
4. Ekucineni, **umqhubi wohlelo uthi:** Kulento ezinengi esingazenza ukuthi siziguqule lokuguqula izilwane ukuze singaqhubeki sizesaba. Khangela indlela izilwane ezithanjiswe yimilayezo yethu.

Isixwayiso: Ungakakhulumi elokucina, nxa isikhathi sivuma njalo abahlanganyeli besaselomdlamda, umqhubi wohlelo engathinta ngamafitshane inhlelo ezitshiyeneyo zomhlangano wokufundisana, ecele wonke umuntu ukuthi aqambe imisebenzi ephathelana lohlelo ngalunye:

- Ukubazazi (Isihlahla sempilo)
- Ukuzwisisa ukwesaba lodlame (Ukuzwisisa udlame, Ukuzwisisa ukwesaba)
- Ukuziqinisa (Tshintsha umsakazo nje! Indawo ephephileyo phakathi kwethu, Isihlahla samagugu)
- Ukuxhumana labanye (Umdlalo wabancedisi, Kulesilwane entabeni! Gijima, gijima, gijima!, Ukuqila isilwane)
- Ukuqhubekela phambili (Amanyathelo amancane, Ukuhloniphana, Imilayezo)

Imisebenzi ekhwabithwa ngabahlanganyeli evela emhlanganweni wokufundisana ingaphindwa ngalesi sikhathi kumbe ngokuhamba kwesikhathi. Eminye imisebenzi ingatholakala ebulenjini, isibonelo ku: http://capacitar.org/emergency_kits.html

ISICHASISELO 4

Okokwenza nxa umntwana engakutshela ngokuhlukumezeka kwakhe

Nxa umntwana engatshela umqhubi wohlelo kumbe umsizi ukuthi uhlukunyeziwe, kumbe ukuthi uphethwe kubi, kubalulekile ukuthi anikezwe usizo ngokuphangisa njalo umqhubi wohlelo kumbe umsizi kufanele ayenze konke okusemandleni ukuze avikele isithunzi lokuzihlonipha komntwana. Okokuqala lokhu kutsho ukuqinisekisa ukuthi ugxile ngokugcweleyo emntwaneni ngaphandle kokuphambaniseka. Lalelisisa futhi unike umntwana ithuba lokuxoxa indaba yakhe ngokupheleleyo njengoba engahle engaphindi ukukhuluma ngakho. Qinisekisa ukuthi uyalalela ungengezi ungcindezelo ngemibuzo eminengi kakhulu. Khumbuza umntwana ukuthi lokhu okwenzakeleyo akusophutha lakhe. Ungenzi izethembiso ongeke ukwazi ukuzigcina kugoqela ukugcina indaba oyitsheliweyo njengemfihlo.

Impendulo oyipha khonapho ingafinyezwa emitshweni emihlanu ebalulekileyo ukuyitsho. Noma leyi imilayezo ingadingi ukutshiwo ngawo kanye lawamazwi, kuhle ukuthi abaqhubi bohlelo bababambe ngekhandu ukuze bewakhumbule lula nxa kuphakama isidingo:

1. Ngiyakukholwa.
2. Ngiyajabula ukuthi ungitshelile.
3. Ngiyaxolisa ukuthi wehlelwe yilokhu.
4. Akusophutha lakho.
5. a) Ngizadinga ukuthi ngitshele omunye ongakusiza (Ilunga lemuli yakho, ubabakazi, amapholisa) njalo/kumbe
b) Asambe sonke komunye wabantu kumbe endaweni lapho ongathola khona usizo

Endabeni ezimayelana lokuhlukunyezwa kwabantwana, kungabe kudingeka (ngokuvumelana lomthetho wendawo) ukuthi ubike izinsolo zakho kuziphathamandla zikahulumende noma komunye umuntu ongasiza, okuhlanganisa kodwa kungacini nje kumuntu olomlandu wokuvikela abantwana (ukubika lokulandelela) enhlanganisweni yakho. Yazisa umntwana ukuthi uzomthathela amanyathelo. Umntwana engabe engafisi ukuthi ubike lindaba, ngakho ke kumele uchaze ukuthi kubalulekile ukwenza njalo ukuze usize ukuvikela umntwana esikhathini esizayo. Xoxa ngezikhetho ezikhona lomntwana. Ngubani umuntu abangathanda ukumkhokha kuli ngxoxo? Woba lesineke futhi ulalele ngendlela elozwelo. Uzwelo lokunakekela umntwana lungaqinisa kakhulu ukwenelisa komntwana ukuthi alulame kulokhu kuhlukunyezwa esikhathini esizayo.

Qinisekisa ukuthi uyalandelela lomntwana ukuze uqinisekise ukuthi amanyathelo okumvikela athethwe.

ISICHASISELO S

Isibonelo sefomu yemvumo



Ukuhlabelela Izilwane: Ugwalo lwabaqhubi bohlelo olokuncedisa ukumelana lokwesaba lodlame empilweni zethu ngumhlango wabantwana wokufundisana oloshwe ngabe-CRS othatha insuku ezintathu ezigcweleyo kumbe ingxenyane yensuku eziyisithupha, njalo lulungiselwe ukusiza abantwana kanye labantu abadala ukuthi bathuthukise ukwenelisa kwabo kokunqoba ukwesaba lodlame, ukuhlukunyezwa lokuphathwa kubi ezimpilweni zabo lasemphakathini lapho abahlala khona. Umhlango lo uthinta izihloko ezibucadlana ezingabezinzima ukukhuluma ngazo. Ukuphatheka kuyo yonke imisebenzi yaluhlango kungokuzithandela, njalo kudinga imvumo yabo bobabili, umntwana kanye lomzali kumbe lo onakekela umntwana.

Ukuze sizwisiswe impumela yoKuhlabelela Izilwane ebantwaneni lokuthi sihlele ukuthuthukiswa kohlelo esikhathini esizayo, i-CRS ifuna ukubuza imibuzo ethile eyisisekelo kubo bonke abahlanganyeli ngaphambi langemuva komhlango wokufundisana (ngqo ngemva komhlango sibuye siphinde njalo ngemva kwenyanga ezintathu). Akulamagama azasetshenziswa kulokhu. Kwesinye isikhathi i-CRS ingafuna ukuthatha izithombe zomhlango wokufundisana; lokhu kungokuzithandela kwabahlanganyeli njalo imvumo yakho izacelwa.

Mina _____, njengomzali/mnakekeli ngiyapha imvumo yokuthi umntanami/abantwabami ba:

- **phatheke emhlanganweni wokufundisana UKuhlabelela Izilwane**
- **ncedise i-CRS ngokuphendula imibuzo ngokungaziwa (anonymous)**
- **thathwe izithombe emhlanganweni wokufundisana**

Ibizo lomntwana	Iminyaka yokuzalwa	Ukuphatheka	Ukuphendula imibuzo	Ukuthathwa izithombe	Isiginetsha yomzali / umnakekeli	Usuku
		Yebo Hatshi	Yebo Hatshi	Yebo Hatshi		
		Yebo Hatshi	Yebo Hatshi	Yebo Hatshi		
		Yebo Hatshi	Yebo Hatshi	Yebo Hatshi		

Njengomntwana otshiwo ngaphansi, ngiyazwisisa ukuthi ukuphatheka kwami kuyo yonke imisebenzi yomhlango wokufundisana UKuhlabelela Izilwane kungokuzithandela. Ngipha imvumo yami yokuthi ngi:

- **phatheke emhlanganweni wokufundisana UKuhlabelela Izilwane**
- **ncedise i-CRS ngokuphendula imibuzo ngokungaziwa (anonymous)**
- **thathwe izithombe emhlanganweni wokufundisana**

Ibizo lomntwana	Iminyaka yokuzalwa	Ukuphatheka	Ukuphendula imibuzo	Ukuthathwa izithombe	Isiginetsha yomntwana	Usuku
		Yebo Hatshi	Yebo Hatshi	Yebo Hatshi		
		Yebo Hatshi	Yebo Hatshi	Yebo Hatshi		
		Yebo Hatshi	Yebo Hatshi	Yebo Hatshi		

Kufakazwe ngomele i-CRS:

Ibizo (Elokuqala lesibongo)

Isiginetsha

Usuku

Indawo

Isichasiselo 6 Isibonelo serejesta YABABEKHONA

Ibizo lelizwe	Isigaba		Ibizo lenhlanganiso
Ubude bomhlangano	Amalanga angu 3? _____	Ibizo lemininingwane yokuxhumana loMqhubi wohlelo 1	Ibizo lemininingwane yokuxhumana loMqhubi wohlelo 2
	Amalanga adlula 3? _____		

Ukuphatheka komuntu ngamunye: Gcwalisa umzila owodwa ngamhlanganyeli. Tshengisa ukuthi bebekhona kuwaphi amajolula. Tshengisa njalo ngamhlanganyeli ngamunye ukuthi ugcwalisile:

Ifomu lokuhlola:

- Elokuqala, ngaphambi komhlangano wokufundisana
- Elesibili, ngemva komhlangano wokufundisana
- Elesithathu, sekudlule izinyanga ezintathu ngemva komhlangano wokufundisana

Ibizo lomntwana eligcweleyo	Ubulili Umfana/Inkazana	Iminyaka yokuzalwa	Mojula 1	Mojula 2	Mojula 3	Mojula 4	Mojula 5	Mojula 6	Ifomu lokuhlola		
									1	2	3
1											
2											
3											
4											
5											
6											
7											
8											
9											
10											

Printa amakhasi anela inani labantwana.

Finqa iminingwane yonke esekhasini ngaphansi:

ISIFINGO	Inani lonke labahlanganyeli		Inani labo bonke abaleminyaka yokuzalwa engu 8-12	Inani labo bonke abaleminyaka yokuzalwa engu 13+	Inani labobonke abantwana ku Mojula 2	Inani labobonke abantwana ku Mojula 3	Inani labobonke abantwana ku Mojula 4	Inani labobonke abantwana ku Mojula 5	Inani labobonke abantwana ku Mojula 6	Inani labo bonke abagcwalise amafomu okuhlola		
	Abafana	Amankazana								-1-	-2-	-3-

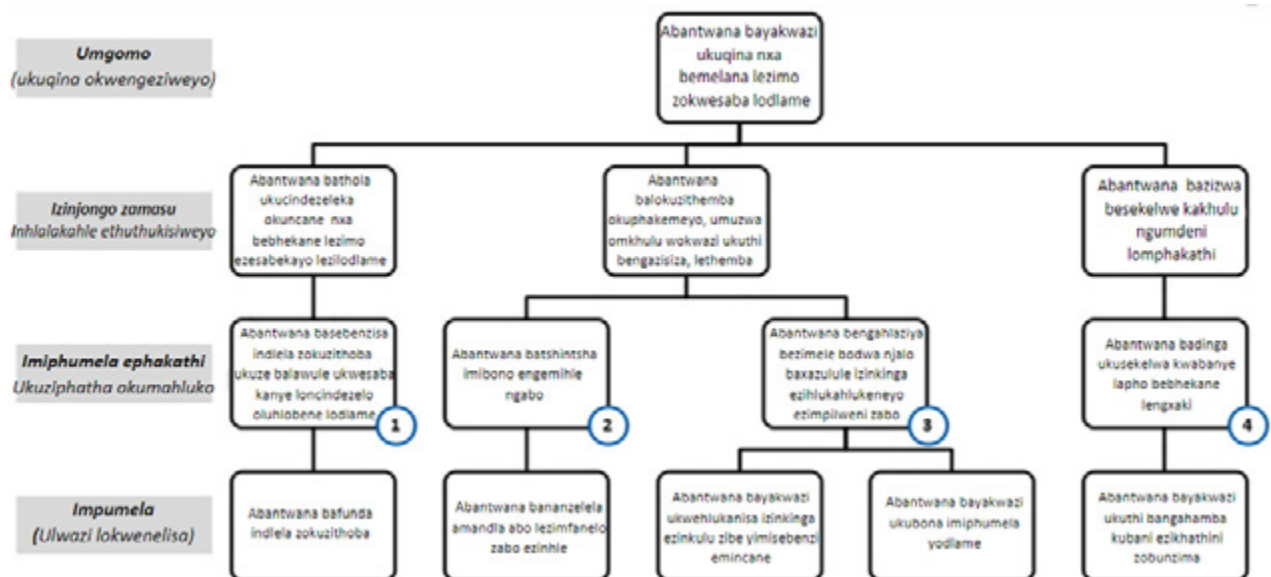
Isichasiselo 7

Icebo lokuqaphela lokuhlola

Isichasiselo 7 simumethe imiyalezo yokusebenzisa ifomu yokuhlola yeKuhlabelela Izilwane. Khangela **Isichasiselo 8** ukuze ubone ifomu yokuhlola.

Icebo leli lokuqaphela lokuhlola lenzelwa ukuthi lisetshenziswe ngabaqhubi bohlelo boKuhlabelela Izilwane. Liyakhelwe ukuhlola impumela yomsebenzi (inani labahlanganyeli, amamojula aqediweyo, etc) lokuthola kwabahlanganyeli ulwazi, ukwenelisa, lokuziphatha okufundiswa yimisebenzi yomhlangano wokufundisana. Icebo leli lisekelwe luhlaka lwempumela (Khangela Umfanekiso 1) oluxhumanisa impumela yomhlangano (ulwazi lokwenelisa) imiphumela ephakathi (ukuziphatha) lomgomo wesikhathi eside: Abantwana bayakwazi ukuqina nxa bemelana lezimo zodlame lokwesaba empilweni zabo.

Umfanekiso 1: Uhlaka lwempumela loKuhlabelela Izilwane



Ukuhlabelela Izilwane kunikeza indlela elula yokuhlola lezi zinguquko ezifiselekayo, kanye neziphakamiso zabaqhubi bohlelo abafisa ukusebenzisa uhlaka lwe-M&E oluqine kakhudlwana. Indlela elula, evezwe lapha, ihlanganisa irejesta yababekhona kanye noluhlu lwemibuzo yokuhlola olulemitsho engu-20 (**Isichasiselo 8**) (ulwazi, ukwenelisa kanye lezinguquko zokuziphatha). Lokhu okukhulunywe muva kuqukethe imitsho lapho abahlanganyeli abacelwa ukuthi bavume noma baphikise. Umutsho ngamunye ubotshwelwe komunye wemiphumela emine emiphumeleni ephakathi kumfanekiso 1 phezulu kanye lasemisebenzini ethile emhlanganweni wokufundisana. Ifomu yemibuzo yokuhlola inikezwa izikhathi ezintathu kubahlanganyeli: (1) ngqo ngaphambi komhlangano wokufundisana (ukuhlola kwangaphambi komhlangano wokufundisana); (2) ngokushesha ngemva komhlangano wokufundisana (ukuhlolwa kokuqala kwangemva komhlangano wokufundisana); kanye (3) lezinyanga ezintathu ngemva komhlangano wokufundisana (ukuhlolwa kwesibili kwangemva komhlangano wokufundisana)

Umfanekiso 2: Ukuxhumanisa impumela lemisebenzi

No.	Umutsho (Isigaba sempendulo: Ngiyavuma/Angivumi)	Ukuxhumanisa lemiphumela engaphakathi	Ukuxhumanisa lemisebenzi yomhlangano wokufundisana
1	Nxa ngisesaba, ngiyazama ukucabanga ngezinto ezingijabulisayo.	1	7, 8
2	Ukuphefumula ngendlela ejulileyo kancane kancane kungenye yezindlela engizizwa ngingcono ngayo nxa ngisesaba.	1	8, 12+
3	Nxa kusenzakala into embi, angilakuzikhethele ngaphandle kokuphatheka kubi ngokwenzakeleyo	2	10
4	Nxa kusenzeka izinto ezimbi, ngikholelwa ukuthi liphutha lami.	3	11
5	Nxa ngisesaba, ngigxila kuphela kuzo zonke izinto ezimbi ezingenzeka.	1	5, 8, 9, 12
6	Uma umuntu elodlame, engikukhethayo yikuba ngibaleke ngiyocatsha kumbe ngimphindisele ngimtshaye lami.	1	5, 7, 8, 9, 12
7	Uma abazali bakho bethethisana bese bexabana belwe, liphutha lakho ukuthi bayalwa.	3	11
8	Lapho izinkinga zizwakala zinkulu, ngiyazama ukubhekana lazo kancane kancane.	3	19
9	Lapho ngizithola ngisesimweni esibi, ngiyazama ukuzibona njengomuntu olungileyo.	2	2, 13, 20
10	Uma ngilenkinga, ngivame ukuba lomuzwa wokuthi ngingedwa enkingeni leyo.	4	15
11	Kulomuntu omdala engimaziyo esigabeni engingakhuluma laye uma ngilenkinga.	4	17
12	Uma umngane wakho ephumela ngaphandle ukuyakukha amanzi ebusuku ebesehlaselwa, kuliphutha lakhe ukuthi uhlaselwe.	3	11
13	Udlame lutsho ukuthi kumele kube lokulimala emzimbeni. Uma ulimaza umuntu ngamazwi akusilodlame.	3	4
14	Ngingacabanga izinto ezimbalwa engizenelisayo	2	2
15	Ngiyazazi indawo eziyingozi leziphephileyo lapho engihlala khona.	4	16
16	Ngivame ukuchitha isikhathi sami nginakana ngezinto ezimbi empilweni yami.	1	7, 8, 9, 12
17	Lapho izinkinga zisiba zinkulu, ngibalomuzwa wokuthi akukho engingakwenza ngazo.	3	18, 19
18	Ngiyakwazi ukuthi abanye abantwana balezinto ezinhle abangazitsho ngami.	2	20
19	Ngibona ukuthi kungcono ukungaxoxi labanye abantu ngezinkinga zami.	4	15, 17
20	Uma ngisesaba, ngiyenelisa ukuzithoba.	1	5, 7, 8

Abaqhubi bohlelo abafisa ukusebenzisa uhlaka lokuqaphela lokuhlola oluqine kakhudlwana bengaluthola [ebulenjini](#). Idokhumenti elisebulenjini ligoqela izixhumanisi eziqondane lezikali eziqinisekisiweyo ezilungiselwe ukuhlola inguquko ekusebenzeni kahle, ukuzethemba, ithemba, lokuqina - izinguquko zesikhathi eside ezihloswe zinjongo zamasu nomgomo womhlangano wokufundisana. Lezi zikali zingafaneleka ngcono ukusebenza phakathi kwesampula encane yabantwana njalo zisetshenziswa ngababali abaqeqetshileyo.

Imilayezo yokuphatha ukuqaphela lokuhlola

Bonke abasebenzisi be-CRS boKuhlabela Izilwane kufanele, basebenzise irejesta yabakhona, basebenzise ifomu yokuhlola eyangaphambi langemva komhlangano, futhi bathumele idatha ku-singingtothelions@crs.org.

Irejesta yababekhona

Irejesta yababekhona kumele isetshenziswe ukuze ihlole ukuthi ngamojula yinye langosuku lunye bangaki abahlanganyeli akade bekhona. Khangela **Isichasiselo 6** ukuze ubone umzekeliso werejesta. Abaqhubi bohlelo bengenxa eyabo, kodwa kumele igoqele ilizwe lesigaba lapho okubanjwe khona umhlangano, inhlangothi esekela lumsebenzi, ubude bomhlangano (ilanga lokuqala lelanga lokucina) lamabizo abaqhubi bohlelo lemininingwane yokubathinta. Qinisekisa ukuthi ulebizo lawo wonke umhlanganyeli, ubulili, leminyaka yakhe yokuzalwa. Maka imojula ngayinye eqedwe ngumntwana (mojula 1 kusiya ku6) lekuhlolwa akugcwalisileyo (ukuhlolwa kwangaphambi komhlangano wokufundisana, ukuhlolwa kokuqala kwangemva komhlangano wokufundisana, lokuhlolwa kwesibili kwangemva komhlangano wokufundisana).

Ukuhlolwa kwangaphambi langemva komhlangano

Ukuhlolwa koKuhlabela Izilwane kumele kwenziwe ngezikhathi ezintathu ezitshiyeneyo:

1. **Ngaphambi komhlangano wokufundisana**, kungakaqali umsebenzi wokuqala womhlangano wokufundisana, lokhu kukhuthazwa ukwenziwa emhlanganweni wabadala labantwana uzenzakala omhlangano wokufundisana ungakenzakali. Nxa lokhu kungenzeki, abantwana kumele bafike kusaselesikhathi ukuze bagcwalise amafomu okuhlola umhlangano wokufundisana ungakaqalisi.
2. **Ukuhlolwa kwakuqala ngemva komhlangano wokufundisana**, ngqo ekupheleni komhlangano ngaphambi komsebenzi wokucina womhlangano.
3. **Ukuhlolwa kwesibili kwangemva komhlangano**, okumele kwenzakala ngemva kwenyanga ezintathu sekuphele umhlangano wokufundisana.

Abantwana bengakagcwalisi amafomu okuhlola kumele umqhubi wohlelo eqale ethole imvumo yabantwana leyabazali/lababanakekeli. Indima edlalwa yikufumana imvumo ngeyokuthi kube lesiqiniseko sokuthi abahlanganyeli bayazwisisa (a) izizatho zokuqoqa lolu lwazi, (b) ukuthi ulwazi lolu luzasetshenziswa njani futhi ngezina elingakanani, (c) ubungozi kanye lenzuzo kubo ngokwabo yokuphatheka emhlanganweni, (d) lamalungelo abo: okwenqaba ukuphatheka ehlelweni, ukwenqaba ukuphendula imibuzo ethile, kanye lokuma nganoma yisiphi isikhathi. Imvumo le kumele itholwe kusetshenziswa **Ifomu yemvumo** etholakala ku**Sichasiselo 5** kukhasi 65

Abaqhubi bohlelo kufanele baphrinte ifomu elilodwa lokuhlola (khangela **Isichasiselo 8**) kumhlanganyeli ngamunye. Ngaphambi kokusabalalisa leli fomu, abaqhubi bohlelo kufanele bagcwalise ingxenye ependiweyo kuhlu lwemibuzo ngalunye, babonise ilizwe lesigaba noma indawo lapho umhlangano wokufundisana obanjelwe khona, izinsuku zokuqala nokuphela komhlangano wokufundisana, lokuthi ingabe yikuhlola kwangaphambi komhlangano wokufundisana (No. 1), ukuhlolwa kokuqala kwangemva komhlangano wokufundisana (No. 2), noma ukuhlolwa kwesibili kwangemva kwe-workshop ezinyangeni ezintathu (No. 3).

Ngemva kokusabalalisa amafomu, abaqhubi bohlelo kufanele bacele abahlanganyeli ukuthi bamake iminyaka yabo yokuzalwa kanye nobulili. Abahlanganyeli akudingeki babhale amagama abo efomini labo; abaqhubi bohlelo bazohlangothisa idatha yokuhlola ukuze babale isilinganiso seqembu jikelele. Ngemva kokuba abahlanganyeli sebemake iminyaka yabo yobudala nobulili, umqhubi wohlelo kufanele afunde Imiyalo Yabahlanganyeli ngokuzwakalayo. Lokhu kunikeza umutsho oyisibonelo esenza abahlanganyeli bavume noma baphikise. Kulo lonke ifomu lokuhlola, uphawu (O) luhlotschaniswa nempendulo ethi Ngiyavuma, futhi izikwele (□) zihlotshaniswa nempendulo ethi Angivumi ukuze inikeze izinketho zokuphendula ezibonakalayo kubahlanganyeli abalenkinga yokubala. Abahlanganyeli kufanele bagcwalise indingilizi noma isikwele ukukhombisa impendulo yabo emutshweni oyisibonelo kanye lasemitshweni elandelayo.

Abahlanganyeli abakwaziyo ukufunda lokubhala banoma yiphi iminyaka bangagcwalisa ifomu ngokuzimela, uma befuna. Nxa kungenjalo, umqhubi wohlelo angabala ngokuzwakalayo umutsho ngamunye osefomini. Abahlanganyeli bangagcwalisa izimpendulo zabo ngokulandela imitsho ekhulunywa ngumqhubi wohlelo.

* Abagugqizeli abafisa ukuhlola utshintsho ngamhlanganyeli ngamhlanganyeli kumele bekhangele *Additional guidance on Monitoring and Evaluation* on Page 15 of the Supplement, available at <http://www.crs.org/our-work-overseas/research-publications/singing-lions>.

Ngaphambi kokuthi abahlanganyeli baqale, abaqhubi bohlelo kufanele babakhumbuze ukuthi akufanelanga bakope izimpendulo zanoma ngubani omunye, ukuthi izimpendulo zabo zizahlala zingaziwa futhi ziyimfihlo, lokuthi akufanelanga bakhathazeke “ngokulungileyo noma okungalunganga”; kulalokho, kufanele baphendule ngokwethembeka, ngokusekelwe yilokho abakwaziyo noma abakuzwayo. Kufuneka owabo umbono. Abaqhubi bohlelo kufanele bakhuthaze abahlanganyeli ukuthi baphendule yonke imibuzo futhi bangatshiyi izikhala. Lapho beqoqa amafomu, abaqhubi bohlelo bengakhangelwa ukuze babone ukuthi abahlanganyeli abatshiyanga izikhala. Uma kulesikhala/izikhala, abahlanganyeli kufanele bacele ukuthi babuyele emuva bagcwalise ifomu.

Abaqhubi bohlelo kufanele banikeze imizuzu engu-30 ukuze kuqediswe ukuhlola ngaphambi kokuqala imisebenzi yoKuhlabelela Izilwane (emhlanganweni wangaphambi komhlangano wokufundisana noma ngaphambi kweseshini yokuqala) nangemva kokuphela komhlangano wokufundisana (Umsebenzi 22 kanye lasekudluleni kwenyanga ezintathu). Kuyenzeka ukuthi ifomu lokuhlola lithathe isikhathi esingaphansi kwemizuzu engu-30 ukugcwalisa.

Indlela yokumaka amafomu

Ngemva kokuthi bonke abahlanganyeli sebewagcwalisile amafomu abo, abaqhubi bohlelo kufanele baqoqe amaphepha wonke futhi bamake izimpendulo. Okokuqala, abaqhubi bohlelo kufanele banikeze ikhodi yezinombolo - 0 noma 1 - empendulweni ngayinye. Ezinye izinto zilekhodi ephendulelweyo. Umfanekiso wesi-3 ngaphansi ubalula ngolwazi lwekhodi yomutsho ngamunye. Qaphela ukuthi uma kukhona noma yiwuphi umbuzo ongaphendulwanga (izimpendulo ezingenalutho) kufanele zifakwe amakhodi ngokuthi 0. Noma nje ukunikeza u-0 - impendulo “engalungile” - ezimpendulweni ezingenalutho kungalunganga, kuyasiza ukuhlanganisa nokuhlaziya idatha. Abaqhubi bohlelo abafisa ukulinganisa utshintsho kumuntu ngamunye kufanele bathole izimpendulo ngendlela ehlukile, futhi kufanele bakhangelise Kumhlahlandlela Owengeziweyo Wokuqapha Lokuhlola **Ekhasini 15** le [Supplement](#).

Umfanekiso 3: Ukukhoda imitsho

Inombolo yomutsho	Impendulo	
1, 2, 8, 9, 11, 14, 15, 18, 20	☐ Ngiyavuma	1
	☐ Angivumi	0
3, 4, 5, 6, 7, 10, 12, 13, 16, 17, 19	☐ Ngiyavuma	0
	☐ Angivumi	1

Kubasebenzisi be-CRS, inyathelo elilandelayo liyikufaka idatha yezinombolo - kanye ledatha yobudala lobulili - Eshithini Lokufaka i-Data loKuhlabelela Izilwane [elingalandwa](#) ebulenjini. Le ncwadi yokusebenzela ye-Excel yakhelwe ukugcina izimpendulo zokuhlola ngaphambi nangemva komhlangano wokufundisana kanye lokwenza ngokuzenzakalelayo isifinyezo sedatha. Ngemva kokuqeda incwadi yokusebenzela ye-Excel, abaqhubi bohlelo kufanele bagcine bese behambisa incwadi yokusebenzela ku-singingtothelions@crs.org.

Abasebenzisi abavela kwezinye izinhlanganiso bamukelekile futhi ukusebenzisa ibhuku lokusebenzela futhi bahambise idatha yabo ku-CRS, kodwa bangaphinda bakhethe ukwenza ukumaka kwabo mathupha. Ulwazi olwengeziwe lokumaka lunikeziwe kuMfanekiso 4 ekhasini elilandelayo. Imiphumela evela kubasebenzisi okungebona abe-CRS ingafakwa lokunye ukuhlola kohlelo noma imibiko.

Umfanekiso 4: Izibalo kanye lencazelo zakhona

Scores	Calculation	Interpretation
Average total Score	Sum responses to all items 1 through 20 and divide by number of participants who completed the assessment.	Higher scores suggest better assimilation of <i>Singing to the Lions</i> content Kuwe mqhubi wohlelo: Score will range from 0-20
Average score for <i>Singing to the Lions</i> “Knowledge and Skills” questions	Sum responses to questions 2, 6, 7, 11, 12, 13, and 15 and divide by number of participants who completed the assessment.	Higher scores suggest better assimilation of <i>Singing to the Lions</i> knowledge and skills Kuwe mqhubi wohlelo: Score will range from 0-7
Average score for <i>Singing to the Lions</i> “Behavior Change” questions	Sum responses to questions 1, 3, 4, 5, 8, 9, 10, 14, 16, 17, 18, 19, and 20 and divide by number of participants who completed the assessment.	Higher scores suggest better assimilation of <i>Singing to the Lions</i> desired behavior changes Kuwe mqhubi wohlelo: Score will range from 0-13
Average score for Intermediate Result 1: Children practice self-calming techniques to manage fear and violence-related stress	Sum responses to questions 1, 2, 5, 6, 16, and 20 and divide by number of participants who completed the assessment.	Higher scores suggest better assimilation of Intermediate Result 1 Kuwe mqhubi wohlelo: Score will range from 0-6
Average score for Intermediate Result 2: Children alter negative views about themselves	Sum responses to questions 3, 9, 14, and 18 and divide by number of participants who completed the assessment.	Higher scores suggest better assimilation of Intermediate Result 2 Kuwe mqhubi wohlelo: Score will range from 0-4
Average score for Intermediate Result 3: Children can independently analyze and solve various challenges in their lives	Sum responses to questions 4, 7, 8, 12, 13, and 17 and divide by number of participants who completed the assessment.	Higher scores suggest better assimilation of Intermediate Result 3 Kuwe mqhubi wohlelo: Score will range from 0-6
Average score for Intermediate Result 4: Children seek support from others when faced with challenges	Sum responses to questions 10, 11, 15, and 19 and divide by number of participants who completed the assessment.	Higher scores suggest better assimilation of Intermediate Result 4 Kuwe mqhubi wohlelo: Score will range from 0-4

ISICHASISELO 8

Ifomu lokuhlola

Imiyalezo yabahlanganyeli:

Okokuqala, sitshele iminyaka yakho yokuzalwa lokuthi ungumfana kumbe inkazana

- Iminyaka yokuzalwa: _____
- Ubulili (Khetha okukodwa): Mfana ____ Nkazana ____

Okulandelayo, lalela umqhubi wohlelo ebala imitsho engaphansi kumbe, nxa usenelisa, zibalele imitsho engaphansi. Nakana ukuthi uyavumelana kumbe awuvumelani lomutsho ngamunye. Nxa uvumelana lawo, gcwalisa isigomboloz (○). Nxa ungavumelani lawo, gcwalisa isikwele (□).

Mqhubi wohlelo: Gcwalisa ingxenye leyi ungakaphi abahlanganyeli ifomu.

Ibizo lelizwe: _____

Ibizo lesigaba: _____

Gombolozela okukodwa:

- Ukuhlola kwangaphambi komhlangano
- Ukuhlola kokuqala kwangemva komhlangano
- Ukuhlola kwesibili kwangemva komhlangano

Ubude bomhlangano

Ilanga lokuqala: _____

Ilanga lokuqeda: _____

Isibonelo

	Umutsho	Ngiyavuma	Angivumi
#	Ngibonangani irayisi yinto emnandi kakhulu ukudlula zonke izinto engake ngazidla	☐	☐

Nxa **Uvumelana** lawo

	Umutsho	Ngiyavuma	Angivumi
#	Ngibonangani irayisi yinto emnandi kakhulu ukudlula zonke izinto engake ngazidla	☒	☐

Nxa **Ungavumelani** lawo

	Umutsho	Ngiyavuma	Angivumi
#	Ngibonangani irayisi yinto emnandi kakhulu ukudlula zonke izinto engake ngazidla	☐	☒

	Umutsho	Ngiyavuma	Angivumi
1	Nxa ngisesaba, ngiyazama ukucabanga ngezinto ezingijabulisayo.	☐	☐
2	Ukuphefumula ngendlela ejulileyo kancane kancane kungenye yezindlela engizizwa ngingcono ngayo nxa ngisesaba.	☐	☐
3	Nxa kusenzakala into embi, angilakuzikhethela ngaphandle kokuphatheka kubi ngokwenzekileyo	☐	☐
4	Nxa kusenzakala izinto ezimbi, ngikholelwa ukuthi liphutha lami.	☐	☐
5	Nxa ngisesaba, ngigxila kuphela kuzo zonke izinto ezimbi ezingenzeka.	☐	☐
6	Uma umuntu elodlame, engikukhethayo yikuba ngibaleke ngiyocatsha kumbe ngimphindisele ngimtshaye lami.	☐	☐
7	Uma abazali bakho bethethisana bese bexabana belwe, liphutha lakho ukuthi bayalwa.	☐	☐
8	Lapho izinkinga zizwakala zinkulu, ngiyazama ukubhekana lazo kancane kancane.	☐	☐
9	Lapho ngizithola ngisesimweni esibi, ngiyazama ukuzibona njengomuntu olungileyo.	☐	☐
10	Uma ngilenkinga, ngivame ukuba lomuzwa wokuthi ngingedwa enkingeni leyo.	☐	☐
11	Kulomuntu omdala engimaziyo esigabeni engingakhuluma laye uma ngilenkinga.	☐	☐
12	Uma umngane wakho ephumela ngaphandle ukuyakukha amanzi ebusuku ebesehlaselwa, kuliphutha lakhe ukuthi uhlaselwe.	☐	☐
13	Udlame lutsho ukuthi kumele kube lokulimala emzimbeni. Uma ulimaza umuntu ngamazwi akusilodlame.	☐	☐
14	Ngingacabanga izinto ezimbalwa engizenelisayo	☐	☐
15	Ngiyazazi indawo eziyingozi leziphephileyo lapho engihlala khona.	☐	☐
16	Ngivame ukuchitha isikhathi sami nginakana ngezinto ezimbi empilweni yami.	☐	☐
17	Lapho izinkinga zisiba zinkulu, ngibalomuzwa wokuthi akukho engingakwenza ngazo.	☐	☐
18	Ngiyakwazi ukuthi abanye abantwana balezinto ezinhle abangazitsho ngami.	☐	☐
19	Ngibona ukuthi kungcono ukungaxoxi labanye abantu ngezinkinga zami.	☐	☐
20	Uma ngisesaba, ngiyenelisa ukuzithoba.	☐	☐

ISICHASISELO 9

Imifanekiso etshiyeneyo engasetshenziswa
esikhundleni somfanekiso wesilwane

Emazweni lapho okungela zilwane, ungatshintsha isilwane usebenzise eyinye inyamazana
enjengenyoka enkulu noma ingwe ukuze kumele ukwesaba kwabantwana. Lapho okukhulunywa
khona ngezilwane egwalweni, ungatshintsha ufake yonaleyo inyamazana oyabe uyikhethile.





ISICHASISELO 10

Isithupha sempumelelo

(Khangela ikhasi elilandelayo)

Qaphela ukuthi abantwana bengazenzela noma bacecise izithupha zabo. Ekhasini elilandelayo kulesibonelo okufanele uma sisetshenziswa siprintwe ngaphambili. Ukusabalalisa kungahle kwenzeke ekupheleni komhlangano wokufundisana kumbe emhlanganweni olandelayo weqembu.

ISITHUPHA



Isithupha lesi siyaqinisekisa ukuthi u-

Uqede ngempumelelo

Umhlangano wokufundisana
Ukuhlabelela Izilwane

lo
Amasiginetsha abaqhubi bohlelo

Usuku

Indawo

Ukholo. Izenzo. Impumela.

Catholic Relief Services, 228 West Lexington Street, Baltimore, Maryland 21201-3443
crs.org

Ukuhlabelela Izilwane: Ugwalo lwabaqhubi bohlelo olokuncedisa ukumelana lokwesaba lodlame empilweni zethu ngumhlahlandlela wabaqhubi bohlelo, ukuze bakwazi ukusiza abantwana kanye lentsha ukuthuthukisa ukwenelisa kwabo ukuxazulula impumela yodlame lokuhlukunyezwa ezimpilweni zabo kanye lokuthi basile. Ekupheleni kwalumhlangano wokufundisana ochazwe kulo mhlahlandlela, abahlanganyeli bazabe sebefundile ukuthi bangelisa ukuguqula izimpilo zabo njalo bangabe besazizwa bebuswa yikwesaba. Noma nje uyenzelwe abantu abatsha, uhlanganisa imidlalo, imifanekiso lezingoma, inkundla yokwabelana ulwazi Ukuhlabelela Izilwane ingasetshenziswa ngabantu abadala ukuze ibasize balawule ukukhathazeka, bathathe amanyathelo ngezici zempilo yabo ezibangela ukwesaba futhi, ngokwenza njalo, babe ngabazali labanakekeli abangcono.

