

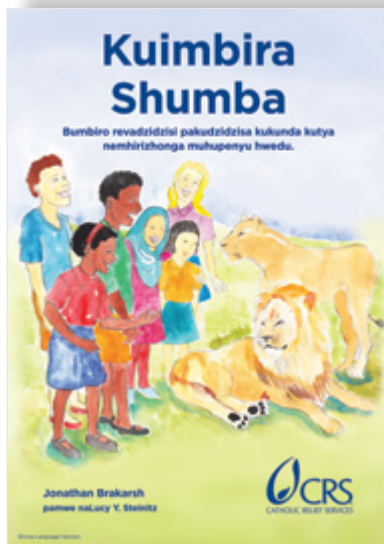
Kuimbira Shumba

**Bumbiro revadzidzisi pakudzidzisa kukunda kutya
nemhirizhonga muhupenyu hwedu.**



Jonathan Brakarsh
pamwe naLucy Y. Steinitz


CATHOLIC RELIEF SERVICES



Kuimbira Shumba: Bumbiro revadzidzisi pakudzidzisa kukunda kutya nemhirizhonga muhupenyu hwedu. Rine zviitiko zvevana nevehidiki vakasangana kana kuona mhirizhonga mumhuri, muzvikoro nemunharaunda. Musangano uyu unobatsira vana nevehidiki kuti vawane zvinovabatsira kuti vakunde kutya nemhirizhonga muhupenyu hwavo.
Mifananidzo yakaitwa na Marika Matengu

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Nezvemunyori

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Vacherechedzwa nemunyori

Bhuku rino reKuimbira Shumba: Bumbiro revadzidzisi pakudzidzisa kukunda kutya nemhirizhonga mukati mehupenyu hwedu, rinotiratidza kuti tese takabatana. Hapana chatinokwanisa kuita tiritoga. Pane vakauya isu tisati tavepo, nevanofamba nesu panzendo dzedu. Bhuku iri hushumiri hwerudo, hwakatsigirwa nehuchenjeri, kushanda nesimba, zvinosanganikwa nazvo muhupenyu, ruzivo nemutsa hwevanhu vakawanda. Ndinoda kutenda vanhu Vacherechedzwa nerubatsiro rwavo:

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Verenga **Supplement*** rinokubatsira kudzidzisa vadzidzisi nerumwe ruzivo rwekunyora ongororo.

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

CHIKAMU 1: SUMO

Tinokugamuchirai kuKuimbira Shumba: Bumiro revadzidzisi pakudzidzisa kukunda kutya nemhirizhonga muhupenyu hwedu! Gwaro iri nderevana, nevechidiki vane makore masere zvichikwira vakasangana kana kuona mhirizhonga mumhuri dzavo, kuchikoro kana munharaunda. Chinangwa chegwaro rino ndechekubatsira vana nevechidiki kukurudzira ruzivo, nesimba kuti vakunde zvine mutsindo kutya nemhirizhonga muhupenyu hwavo.

Sei gwaro iri rakakosha

Kubva mutsvakurudzo uye nyaya dzinobuda munhau, tinoona kuti mhirizhonga chinhu chatekeshera pasi rose, uye chinoitika munzvimbo dzakawanda - munyika dzedu, nharaunda, mudzimba nezvikoro. Kana ikasarapwa, mhedzisiro yemhirizhonga inonyanya kukuvadza vana uye inogona kuvakanganisa kweupenyu hwavo hwose. Zvinokonzerwa nemhirizhonga zvinogona kuzobudikira muzvizvarwa zvamangwana.

Pane tsvakurudzo huru pamusoro pezvinokonzereswa nemhirizhonga pautano hwepfungwa nehwenyama hwevana. Pamusoro pezvo,^{1,2} ruzivo rwakanangana nenyika nezvemhirizhonga inoitirwa vana, runogona kuwanikwa kubva kumasangano akaita seUNICEF neCenters for Disease Control and Prevention.^{3,4}

Mhirizhonga, sekutsanangurwa kwakaitwa mugwaro rino, inoreva zviitiko zvekushungurudzwa kwepanyama, kwepabonde kana kwepfungwa, kukuvara, kushandiswa kana kurasikirwa kukuru - kana kutyisidzirwa nenzira idzi. Mhando dzemhirizhonga dzinotariswa mukuimbira Shumba dzakasiyana uye dzinosanganisira (asi hadzina kugumira ku):

- Kudheerera kwakanangana nekuremara kwemwana kana kusiyana kwake nevamwe
- Kurwisana mukati memhuri
- Kushungurudzwa kwevana nekutengeswa kwevana
- Mhando dzose dzekushandiswa kwepabonde
- Kutamiswa zvine chisimba
- Kurwadziswa, kusungwa kana kupondwa kwenhengo dzemhuri imwe chete
- Hondo nekurwisana nekunetsana



.....
Kana pasina kurapwa,
mhedzisiro yemhirizhonga
inonyanya kukuvadza vana
uye inogona kuvakanganisa
kweupenyu hwavo hwose.
.....

1. National Child Traumatic Stress Network www.nctsn.org

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

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

Kana vana vakatarisana nedambudziko rinotyisidzira hupenyu, dambudziko rekuramba achishungurudzwa kana mhirizhonga, kana kuvhiringidzwa kwehupenyu kuburikidza nezvinhu zvakaita sedutu remvura, kana dambudziko rehutachiona hweEbola, tsinga dzavo dzemuviri dzinoita kuti vafunge kuzvirerutsira neimwe yenzira idzi “kurwa, kutiza, kana kuomesa mitezo”. Madhonzero epfungwa, dzazvo (cortical function), pamwe nekugona kwavo kufunga, zvinowanzokurirwa nekuda kwekutungidzwa kwe tsinga inonzi (hippocampus, amygdala). Kushanda kwetsinga iyi kunokonzera kushunguridzikana kwakanyanya, nekukanganisika kwemuviri kwenguva refu. Nekuda kwekuti mwana haakwanise kugadzirisa dambudziko iri, zvinogona kuita kuti mwana asuduruke kubva pane vamwe, nekuda kwekunzwa kunyara uye kushaya simba nekuda kwezvakaiteka kwaari kare uye zvazvino. Kurasikirwa kwekuzvimirira uye kuwedzera kwekunetseka mupfungwa, kunowedzera njodzi muhupenyu hwemwana yoitazve kuti agowanikidzwa neimwe mhirizhonga ramangwana rake.^{5 6}

Ichi ndicho chikonzero chatakagadzira gwaro iri. Gwaro rino chibereko chebasa remakore akawanda. Muna 2013, Dr. Jonathan Brakarsh, Chiremba wepfungwa dzevana, namuzvare Jane Fisher, nyanzvi yezvekushungurudzika kwevana, vakabatana neAfrica Community Publishing and Sangano reDevelopment Trust (ACPDT-Zimbabwe) kuita ongororo yenzira idzo mhirizhonga inobata vana muZimbabwe. Bhuku rakabuda mutsvakurudzo iyi, (*Singing to the Lions: Enhancing children's voices, participation, and protection*) Kuimbira Shumba: *Kukurudzira mazwi evana, kubatirana uye kudzivirira*, rakanga rakasiyana nekuti raibatandiza kutsikiswa kwetsvakiridzo munharaunda, nekurapa kwepfungwa, uye kupihwa kwemabasa makuru kuvana sevatsviki vezivo, vafambisi, vanyori nevataro vemifananidzo. Chirongwa chazvino chakatsigirwa neve Catholic Relief Services, chakaenda mberi ndokupa nzira dzinobatika dzekubatsira vana uye vanhu vane moyo wekubatsira mukana wekukunda mhirizhonga nekutya pakati pavo. Gwaro rino rakapiwa zita rekuti (*Singing to the Lions*), Kuimbira shumba Izita rakatoredzerwa pahope dzakaitwa na Jonathan Brakarsh. Akarota vanhu vaishungurudza vana vachishanduka kuita shumba ndokubva pawana akatanga kudziimbira kudzamara dzadzikama uye dzave kusekerera nemufaro. Uyezve kune rungano rwevanhu verudzi rwechiTonga rune chekuita nekuimbira shumba. Gwaro rekutanga re the Africa Community Publishing and Development Trust (ACPDT) rakanemerwa maringe nengano iyi.



.....

Kuimbira shumba musangano une magwaro nhanhatu rinopa vana hunyanzvi hwekutanga kugadzirisa kukanganisa kunounzwa kuburikidza nemhirizhonga nekushungurudzwa muhupenyu hwavo uye nokuvaporesa.

.....

Zvichadzidzwa nevana nevechidiki

Kuimbira shumba igwaro rine zvidzidzo zvitanhatu, rinopa vana hunyanzvi hwekutanga kukanganiswa kukanganiswa kunokonzerwa nemhirizhonga nekushungurudzwa muhupenyu hwavo uye nokuporesa. Izvi zvinosanganisira hunyanzvi hwekudzidza kuzvidzivirira nekuzvimirira kubva zviitiko zvazvino zvemhirizhonga uye kushungurudzwa. Rinobatsira zvakare kugadzira zvikamu zvekuchengetedzwa kwevana uye kutanga kugadzirisa zvakaiteka kare zvakashata uye zvinoparadza. Musangano weKuimbira shumba unoshuvira kupa vana simba rekusangana nezvinoshungurudza mune ramangwana nekuchinjika uye nenyasha.

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

Vana vazhinji vachabatsirwa nemusangano wegwaro rino vanhu vakasangana nematambudziko akawanda - kufa kwevabereki; kubatanidzirwa pakurwisana kwemauto; mhirizhonga mudzimba; zvepabonde, kushungurudzwa mupfungwa uye pamuviri; uye kushandiswa kwevana. Nguva yatiri iyi inguva yakakosha kuvana nevakuru. Vazhinji vari kusangana nendudzi dzakasiyana dzemhirizhonga vachiri vadiki. Vakafanira kuti vadzidze dzimwe nzira dzitsva dzekupindura kukuvadza muhupenyu hwavo. Vana vari kugara munzvimbo umo vanoona mhirizhonga vokura vachitevedzera nzira idzi. Kuona zvakadai kunokonzerwa kuti vashaye chimiro pane vamwe uye kuvhiringika mupfungwa zvakananyanya.

Tinoderedza sei kukanganiswa kunounzwa nemhirizhonga muhupenyu hwevana? Sezvo kushungurudzika kuchigona kuva chikamu cheupenyu kune vazhinji vevana, ndizvo zvakaitawo simba rekutsungirira. Uku ndiko kugona kwatinako tese kuti tidzoke kubva mukutya, kushaya simba uye kupererwa nezano muhupenyu hwedu. Tinokwanisa kuvaka hushingi patinosangana nematambudziko ehupenyu.

Musangano uyu unotarisa kudzidzisa vana unyanzvi hwekuwedzera kusimba kwavo nekutsvaga nzira dzinoshanda dzekushandura mamiriro ezvinhu zvavakatarisana nazvo kana, mamiriro ezvinhu asingagone kushanduka nekukasika, kudzidza mhinduro itsva. Musangano uyu unobatsira vatori vechikamu kuti vapindure zvine mutsindo uye nemaitiro ekutya nemhirizhonga muhupenyu hwavo. Kune nzvimbo nhanhatu dzehunyanzvi uye ruzivo:

1. Kuti vana vadzidze nzira dzekuzvidzikamisa, dzinosanganisira kufema, kufamba-famba, uye kufungisisa, kuitira kuti vagone kuderedza kushanda kwehuropi hwavo hwepfungwa, izvo zvinovhiringika pavanosangana nematambudziko makuru. Chinangwa ndechokuti vana vakwanise kuita sarudzo dzine hungwaru, dzisina kuunzwa kuburikidzwa nokutya.
2. Kuti vana vashandure maonero avanozwiita asina kunaka; sevanofanirwa kushungurudzwa, zvinovaita kuti vanzwe kushaya simba. Vanokurudzirwa kushandura muono uyu nekuratidzwa zvavanogona uye zvimwe zvakanaka zviri mavari.
3. Kuti vana vaderedze kuzvisudurudza pane vamwe kana kusekwa (kureva kuwedzera kushamwaridzana) nekuona kuti havasi vega asi vari chikamu chemambure akakura emhuri, shamwari nenharaunda.
4. Kuti vana vanzwisise kukanganisa kunounzwa nekutya pamwe nemhirizhonga muhupenyu hwavo uye kuona zviwanikwa zvese zvemukati (mukati mavo), uye zvekunze (kuziva wekuenda kwaari munguva dzekushungurudzika).
5. Kuti vana vaone nzira dzekukurira mhirizhonga nekutya muhupenyu hwavo (kureva kusimudzira kuzviitira) nekuongorora matambudziko nekuita zvirongwa zvakanatwa.



.....
**Maitiro ekuzvidzikamisa
 anobatsira kudzikisa kuita
 kwetsinga dzeuropi
 Inokurirwa zvakananyanya
 panguva yekusangana
 nezvinoshungurudza.**

Musangano ndewani

Kuimbira Shumba rakanyanya kuitirwa vana nevechidiki, vane makore gumi neimwe zvichikwira; vakaparadzaniswa kuva mapoka ezera akakodzera. Vana vane makore sere kusvika gumi vanogona kutora chikamu nerutsigiro rwakawedzerwa uye kumwe kurerutswa kwechinyorwa (ona pazasi). Gwaro rino rinonyanya kutarisisa kune avo vari kusangana kana kuona mhirizhonga nekushungurudzwa muhupenyu hwavo.

Kune vana vane makore sere kusvika gumi ezera, musangano mupfupi wakapfava unoshanda zviri nani. Ita kuti musangano uchangamuke kuburikidza nezvakawanda zvinopa simba nenhaurirano pfupi. Kana mwana asingakwanisi kutara mufananidzo, ita kuti vaite mitambo yekufamba-famba, uye vashandise zvizo kuratidza pfungwa dzavo. Ona Kushanda nevana Peji rechitanhatu (Page 6) kuti uwane rumwe ruzivo.

Kunyangwe rakanyorerwa vana nevechidiki, gwaro remusangano uyu rinogona kushandiswawo nevanhu vakuru kuvabatsira kudzora kushushikana kwavo, kutora matanho maererano nezvehupenyu hwavo zvinokonzera kutya, uye mukuita izvi vave vabereki vari nani kuburikidza nekuzanisisira kuvana vavo nzira dzekupindura zvinobudirira kumhirizhonga nekushungurudzwa. Tarisa gwaro rakapfupiswa rezviito zvevakuru, ona iyo Wedzero, Peji guminetatu. Neimwe nzira tiri kupa vana uye vanhu vakuru vane hanya nechidziviro kumhirizhonga. Munogona kuona zvimwe zvingabatsira vakuru apa, [Supplement](#), Page 13

Vabereki nevachengeti vanoita basa guru pakuva nehanya nemigumiro yemhirizhonga pavana—kubva pakudheerwa kusvika pakushungurudzwa kwepabonde, kusvika kumhirizhonga inotsigirwa nehurumende. Vabereki nevachengeti ndivo vamiriri vekutanga vemanzwiro evana, sezvo vachivabatsira kugadzirisa zvakasiyana siyana zvemanzwiro uye matambudziko. Nokudaro, vabereki nevachengeti vanobatanidzwa nekutora chikamu mumisangano yepre-workshop uye chikamu chinotwa mushure memusangano. Pane tarisiro yekuti vachatora danho rakati kurei muhupenyu hwevana.

Vatungamiri venharaunda nevezvitendero vanoitawo basa rakakosha, naizvozvo vachakokwa kumusangano wepre-workshop kuti varatidzwe muchidimbu nezvenyaya iyi yokuimbira shumba. Pachave nemusangano mushure memusangano wedzidziso yevana pachasangana vatungamiri venharaunda nevana kuti vagadzirise mhinduro yemhirizhonga nekushungurudzwa muhupenyu hwavo (ona Chikamu chepiri). Vakoma nevanin'ina, vatariri, varairidzi venharaunda uye vakuru vakasangana nemhirizhonga kana zviitiko zvinoshungurudza vanogona kuwana kubatsirwa mukutora chikamu muchirongwa ichi nezviitwa zvayo.



.....

Vabereki nevachengeti ndivo vamiriri vekutanga vemanzwiro evana, sezvo vachivabatsira kugadzirisa zvakasiyana-siyana zvemanzwiro uye matambudziko.

.....

Chikamu 2: KUITA KUIMBIRA SHUMBA

Tsananguro

Kuimbira Shumba inyaya inoenderera mberi yekuziva zvauri uye inopakura kugoneswa, zvichikonzera kugadzirwa kwemifananidzo mitsva, hukama, nemibatanidzwa mitsva uye zvokubata. Rakanyorwa senhaurirano pakati pemudzidzisi uye vatori vechikamu. Mudzidzisi anokurudzirwa kuti awedzere zvakasaruudzika, rupawo rwehunhu hwake, pamwe neruzivo rwehupenyu hwake kuwedzera hudzamu kumusangano.

Kuimbira Shumba chironzwa chinombwa nemadingindira matanhatu:

- I. Mauya
- II. Kuziva kuti tiri vanaani
- III. Kunzwisisa kutya nemhirizhonga
- IV. Kusimbisa zvatiri
- V. Kuita zvisungu
- VI. Kufambira mberi

Ziva kuti mugwaro rose iri izwi rekuti 'vana' rinoshandiswa kusanganisa mazera ese. Mudzidzisi anozofanira kugadzirisa izwi iri kuti rienderane nezera revatori vechikamu. Semuenzaniso, vanhu vanopfuura makore gumi nemashanu vangangoda kunzi 'vechidiki' kana kuti 'jaya nemhandara'.

Vatori vechikamu uye vatungamiri

Vatori vechikamu vachazivikanwa sei?

Vatori vechikamu vana vachasarudzwa nenharaunda - kungave nevadzidzisi, vabereki, vatungamiriri vezvitendero, nezvimwewo. Musangano unonyanya kutarisa vana vanosangana nemhirizhonga pachavo kana vana vanobva mumhuri munowanikwa mhirizhonga nekushungurudzwa. Zvingave zvinobatsira kuva nevana vakasiyana-siyana, sezvo kutya kuchigona kuvapo kunyange muhupenyu hwevana vanoita sevakanyatsogadzikana. Panofanira kunge paine vatori vechikamu gumi nevashanu kusvika makumi maviri nevashanu mumusangano - uye makumi maviri ari iwo nhamba inokurudzirwa - yakakamurwa mumapoka anoenderana nezera. Kuimbira Shumba inoitirwa vese vakamboona kana kusangana nemhirizhonga kana zviitiko zvinoshungurudza muhupenyu hwavo.

Ndivanaani vatungamiri uye ndeapi mabasa avanoita?

Panodiwa Vadzidzisi vaviri, pamwe chete nemunhu wekushanda naye anobva munharaunda ane ruzivo kana hunyanzvi hwakupanga mazano kana kupa rubatsiro kune vanoremerwa nenhau dzepfungwa. Zvichienderana nemamiriro enzvimbo, munhu wemunharaunda uyu anogonawo kushanda semumwe wevadzidzisi.

Munhu wezvishandiso wemunharaunda anofanira kuti agone kupa



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**Kutya kunowanikwa
kunyange muhupenyu
hwevana vanoita
sevakanyatsogadzikana**
.....

rubatsiro ari ega panguva yemusangano kana zvichidiwa, uye agone kutumira vana kune rumwe rubatsiro rwakadzama uye kutevera mushure mevana kana musangano wopera. Munhu ane ruzivo uye achange aine hukama nevana nevehidiki mushure memusangano (semuenzaniso achibatirana navo sechikamu chekirabhu yevana kana boka revehidiki), kuita zviiwa nekubatsira vatori vechikamu kushandisa hunyanzvi hwavakadzidza.

Pakudoma vadzidzisi, sarudza vanhu vanozivikanwa nekuremekedzwa nevana kana vanotova neruzivo uye vakasununguka kushanda nevana. Mudzidzisi akanaka anofanira kunge:

- ✓ Akasimba
- ✓ Ane mazano akasiyana-siyana uye akafaranuka
- ✓ Munhu anoziva zvinodiwa nevana
- ✓ Mutambi wechikwata anokwanisa kushanda nevamwe
- ✓ Munhu anogona kudyidzana nevamwe
- ✓ Anoziva tsika dzeboka ravari kushanda naro
- ✓ Munhu akasununguka kusangana nematambudziko uye manzwiro evana
- ✓ Asingashori vamwe, zvikuru sei ane ruzivo ruzere
- ✓ Muteereri akanaka
- ✓ Munhu anogona kunakidzwa mukutamba nevana nevachiri kuyaruka
- ✓ Munhu akafaranuka

Zvinotarisirwa kuti vatungamiri vanokwanisa kuunza dzimwe dzetsika nemagariro emudunhu ravo kumusangano – kuburukidza mukuimba, mune zvemweya, kutamba uye ngano - kuitira kuti tsika dzemunharaunda dzibudikire mune zviri kushandiswa kudzidzisa vana.

Kushanda nevana

Nzira inodyidzana vanhu vakuru nevana zvikuru sei vana vakavhiringidzika, inokosha zvikuru. Pazasi pane zvinyorwa zviviri - chekutanga chinopa mazano ekuti vadzidzisi vangadyidzana sei nevana, uye chechipiri chinopa mazano ezvekuita kana vana vakabatikana kana kuvhiringika panguva yemusangano.

Kudyidzana nevana

- a. Itai kuti vana vaite zvemitambo kana zvichigoneka. Vanodzidza kuburukidza nekufamba kwemiviri yavo, kwete nemashoko edu.
- b. Shandisa izwi rakasiyana siyana uye kumhanya kwezwi nekunyorovera kwezwi kwakasiyana kuti vana - varambe vakateya nzeve.
- c. Ratidza kuda kuziva uye kufarira zviri kuitwa nevana uye nezveupenyu hwavo.
- d. Chengeta mirairo iri nyore uye pfupi.
- e. Ipa kurudziro uye rumbidzo nokuda kwepfungwa dzomwana mumwe nomumwe kuhurukuro.

Chii chaunofanira kuita kana mwana akabatikana kana kuvhiringika panguva yemusangano

- a. Tarisisa kushungurudzika: Mwana anoshandura izwi rake kuita izwi rechipwere; anozvibvisa mune vamwe vanhu kana kuratidza kusafarira /kushaya henyu muzviitiko; kutaura kwake kunoratidza kudzima zvachose.



Vadzidzisi vanokwanisa kuunza dzimwe dzetsika nemagariro emudunhu ravo kumusangano – kuburukidza mukuimba, mune zvemweya, kutamba uye ngano - kuitira kuti tsika dzemunharaunda dzibudikire mune zviri kushandiswa kudzidzisa vana.

- b. Chiito: Zivisa munhu wekushandisa kana mudzidzisi. Ongorora mamiriro emanzwiro emwana. Muratidze tsitsi uye simbisa mwana. Kana zvichiita, tsvaga chiri kumugumbura. (Ona Kuimbira Shumba, zvidzidzo, Zvinofanirwa kuitwa nevakuru, Page 5). Pedzisa nechitwa chekudzikamisa (Zvandinogona kuona, kunzwa nekubata). Ona chinamatidzwa chokutanga, **Appendix 1**.
- c. Kana mwana akaburitsa pachena kuti akashungurudzwa pabonde, ona chinamatirwa chetatu, **Appendix 3**.

Kana mwana akabatikana, zvinopa mwana mukana wokutanga kugadzirisa marwadzo ari mukati make. Kana mwana wacho achizodzikama nerubatsiro rwevadzidzisi kana iye pachake, izvi zvinoratidza kukwanisa kutsva kwemwana kutarisana nemanzwiro akasimba.

Gwaro rakagadzirwa sei?

Gwaro iri rinotarisa nezvemusangano, asi kubudirira kwechirongwa chakakura kunoenderana nekubatanidzwa kwevabereki, vachengeti nevatungamiriri venzvimbo vachiteerera vana nevechidiki, musangano usati watanga uye wapera, pazvinhu zvinovabata. Pazasi pane tsananguro pfupi yezvekuita musangano usati watanga uye wapera. Richitevedzerwa netafura inodonongodza zviitwa zvese zvinosanganisirwa musangano, nguva dzakatarwa kuita mabasa ose uye panotanga nekupera module yega yega.

Musangano usati watanga

Avo venyu vanoziva basa rekusimudzira nharaunda vanogona kunge vari kutoita izvi. Kune vachangotanga kupinda mundima, zvakanosha kuti vatange vasangana nevatungamiriri venzvimbo iyi kuti vatsanangure chinangwa chemusangano, Kuimbira Shumba, vovana rutsigiro rwavo. Zvakakoshawo kuti usangane nevabereki (vachengeti) uye vana kuti uwane mvumo yavo yekutora chikamu. Kutu uwane tsananguro yakadzama yemisangano, ndapota tarisa chidzidzo chepiri, **Appendix 2**.



Kubudirira kwechirongwa kunoenderana nekubatanidzwa kwevabereki, vachengeti nevatungamiriri venzvimbo mukutsigira chirongwa chekunzwikwa kwemazwi evana nevechidiki pazvinhu zvine chekuita navo.

Musangano usati waitwa sanganai nevana nevatungamiriri vemunharaunda (vamiriri vehurumende, vezvitendero nevenharaunda) uye/kana nhengo dzeChild Protection Committee.	Maminetsi makumi matanhatu kusvika makumi mapfumbamwe, vhiki rimwe pamberi pemusangano chaiwo
Musangano usati waitwa sanganai nevabereki/vachengeti nevana vari kuti chikamu, kuti muvatsanangure kuti Kuimbira Shumba chirongwa chinoita nezvei. Kumbirai mvumo (kuvabereki) newirirano (yevana). Vana vanofanira kuzadzisa fomu reongororo rinozadziswa Musangano usati watanga.	Maminetsi makumi matanhatu kusvika makumi mapfumbamwe, vhiki rimwe pamberi pemusangano

Pakupera kwemusangano

Pakupera kwezuva rega rega, ita “chikamu chekupeta” apo unobvunza vatori vechikamu kuti ndezvipi zviitwa zvavanyanya kufarira uye zvavadzidza.

Mushure memusangano

Vatori vechikamu mumusangano vanofanira kuziva kuti zvichemo zvavo zvichadzoserwa kunharaunda kuti zvigadziriswe. Mienzaniso ingava yekushandiswa kwevana, kushungurudzwa pabonde, kuona kupondwa, kushungurudzwa panyama nepapfungwa, kana kusiya chikoro nekuda kwekushaya mari. Zvakakosha kuti boka revakuru vane simba ritaure nyaya dzekuchengetedzwa kwevana nenhengo dzemusangano kuti

dzigadzirise zvinovaka. Kana musangano wakareba kwemavhiki akati wandei, ipapo musangano wekudzivirira vana unogona kuitika mushure mezvidzidzo zvetatu. Nhengo dzemusangano dzinokwanisa kugovera zvavakadzidza nekutaura kuchikoro kwavo kana pane rimwe gungano. Misangano miviri iyi inotsanangurwa zvakadzama mu **Appendix 2**.

Chiitiko chekudzivirira vana mushure memusangano nevatungamiriri venzvimbo (vamiriri vehurumende, vezvitendero nevenharaunda) uye/kana nhengo dzeKomiti yekuchengetedzwa kwevana.	Maminetsi makumi matanhatu kusvika makumi mapfumbamwe
Musangano weongororo unoitwa mushure meMusangano pamwe chete nevachengeti/vabereki pazuva remhemberero dzechikoro, pane rimwe dariro, kana kudaidza vabereki kumusangano unokosha.	Maminetsi makumi matanhatu kusvika makumi mapfumbamwe
Makirabhu evana nevehidiki kuti ape rumwe rubatsiro nekutevera.	Zvichienderera mberi
Kuongororwa kwevana: Mwedzi mitatu kusvika mwedzi mina mushure memusangano.	Maminetsi makumi matatu

Rondedzero uye kuronga kwemusangano

Musangano unogona kuitwa kwemazuva matatu akazara (zvidzidzo zviviri pazuva) kana mazuva matanhatu vanhu vachisangana kwechikamu chezuva, vasingasweri (chidzidzo chimwe pazuva, semuenzaniso, kana kamwe pasvondo). Nguva inochengetedzeka zvakanaka kana misangano ikangonangana nekutevedza zvidzidzo sekutarwa kwazvo. Chidzo chimwe nechimwe chinotarisirwa kuita maawa matatu pachizoitwa risesi (kanguva kapfupi kekuzorora nechepakati).

Vana vachakamurwa kuita misangano inoenderana nemazera ravo. Misangano inogona kusiyaniwa kuti vasikana pavo vakomana pavo, kana kusanganiswa zvichienderana netsika dzemunharaunda. Zvakanakisisa kana vechidiki nevachiri kuyaruka vaparadzaniswe. Vechidiki (gumi nepfumbamwe zvichikwira) vanogonawo kuona musangano uchienderana navo asi ivo vanofanirwa kuve neboka ravo).

Nguva dziri kutaurwa pano ndedzekufungidzira. Zviitiko zvese zvakakosha saka musaite zvekumhanya-mhanya. Ipai vana nguva yakakwana yekubvunza mibvunzo uye kutora chikamu munhaurirano. Zvimwe zviitwa zvingada kugadziriswa kuti zvienderane netsika nemagariro uye zvinoenderana nezera. Kana Musangano ukaitwa mushure mekupokana kana kusagadzika munharaunda kana pakati pevanhu, zvimwe zvidzidzo zvinoda kugadziriswa zvakare. Semuenzaniso kuwedzera nguva pachiiitiko chekufema nekudzikamisa. Zvimwe zviri kuitika munharaunda zvinogona kukurukurwa pamwe nevana. Zvikurusei kana pakava neshanduko, ivai nechokwadi kuti hurukuro hadzizopinze vana munjodzi pamiviri yavo kana mupfungwa.

Tanga zuva rega rega nekutamba kana kuimba. Kunze kwezuva rokutanga, bvunza mangwanani ega ega kuti vanhu vanoyeukei kubva zuro wacho uye kuti vakashandisa sei zvavakadzidza muhupenyu hwavo. Kana uri kuita zvidzidzo zvapakatsanurwa nemazuva mashoma kana vhiki, bvunza iyi mibvunzo pakutanga kwechidzidzo chega chega. Zuva rega rega kana chidzidzo chave kunopera, bvunza munhu wese kuti ndezvipi zviitwa zvaafarira uye zvaadzidza. Pakupera kwezuva rega rega kana zvidzidzo, zvinokurudzirwa kuti pave nenguva pfupi yechiitiko chekufema, izvi vanoita vari mudenderedzwa. Shandisa yaunoda kubva mumusangano uno kana kutarisa pa. **Appendix I**.



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Zvimwe zviitwa zvingada kugadziriswa kuti zviratidze zvinokosheswa mutsika nemagariro uye kuti zvive zvinoenderana nezera revana.

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Chidzidzo chekutanga

Dingindira rekutanga (I): Tinokugamuchirai kuKuimbira shumba.	
Chiitiko chekutanga: Nhanganyaya	Maminitsi makumi matatu
Dingindira rechipiri (II): Kuziva kuti tiri vanani	
Chiitiko Chechipiri: Muti Weupenyu	Maminitsi zana namakumi maviri

Chidzidzo chechipiri

<i>Chiitiko Chechitatu: Dzokororo 1 - Kuimbira Shumba</i>	Maminitsi gumi neshanu
Dingindira retatu (III): Kunzwisisa kutya nemhirizhonga	
Chiitiko chechina: Kunzwisisa mhirizhonga	Maminitsi makumi masere
Chiitiko chechishanu: Dzimwewo mhinduro kumhirizhonga	Maminitsi makumi maviri
Chiitiko chechitanhatu: Kunzwisisa kutya	Maminitsi makumi mashanu
Dingindira rechina (IV): Kusimbisa zvatiri	
Chiitiko chechinomwe: Shandura chiteshi!	Maminitsi makumi mana

Chidzidzo chetatu

Chiitiko chechisere: Nzvimbo yakachengetedzeka mukati medu	Maminitsi makumi maviri
Chiitiko chechipfumbamwe: Masikweya mana	Maminitsi makumi matanhatu
Chiitiko chegumi: Gomo, Mvura, Mhepo, Moto	Maminitsi makumi matanhatu
Chiitiko chegumi nerimwe: Haisi mhosva yangu	Maminitsi makumi mana

Chidzidzo Chechina

Chiitiko chegumi nepiri: Kuregedza matambudziko	Maminitsi makumi mana
Chiitiko cheguminetatu: Muti wePfuma	Maminitsi makumi mana
Chiitiko chegumi neina: Chidzidzo 2: Kuimbira Shumba	Maminitsi gumi nepiri
Dingindira rechishanu (V): Kuita zvinongedzo	
Chiitiko chegumi neshanu: Shumba pagomo! Tiza, Tiza, Tiza!	Maminitsi gumi neshanu
Chiitiko chegumi nenhanhatu: Nzvimbo dzakachengetedzeka uye dzine njodzi	Maminitsi makumi matanhatu neshanu

Chidzidzo cheshanu

Chiitiko gumi nenomwe: Mutambo weVabatsiri	Maminitsi makumi mana
Chiitiko chegumi nesere: Kukurira shumba	Maminitsi makumi mashanu
Dingindira renhanhatu (VI): Kufambira mberi	
Chiitiko chegumi nepfumbamwe: Matanho madiki ekukwira gomo	Maminitsi makumi mashanu
Chiitiko chegumi nembiri: Kukudzana	Maminitsi makumimana

Chidzidzo chenhanhatu

Chiitiko chemakumi maviri neimwe: Mharidzo	Maminitsi makumi matanhatu
Chiitiko chemakumimaviri nepiri: Ongororo	Maminitsi makumi matatu
Chiitiko chemakumi maviri netatu: Mhemberero yekuimbira Shumba	Maminitsi makumi matanhatu

Kushandisa gwaro iri sechikamu chechirongwa chikuru

Musangano wevechidiki uyu unoparura chirongwa chakakura chekuita munharaunda nevana nevakuru. Kubva mumusangano uyu, panotarisirwa kuti paumbwe komiti yevana kana yevechidiki kuti ione zvinhu zvikuru zvinobuda. Dare rinobva rasangana nevanhu vakuru vane hanya uye vane simba voshanda pamwe chete kugadzirisa nyaya idzi. Munhu wezvekushandisa - munhu mukuru ari pamusangano uye anoshanda semupi wezano uye achabatandiza veKuimbira Shumba nevenharaunda - achava nebasa rakakosha mukubatanidza komiti yevana nenharaunda yakakura (ona chinamatidzwa chepiri - **Appendix 2**). Musangano uyu unogona zvakare kubatana nechirongwa chihombe chekuumba runyararo munharaunda uye kusimbaradza zvimwe zvirongwa zvine chekuita neizvozvo.

Zviitwa zvemusangano uyu zvinokwanisa kudzikororwazve nekufamba kwenguva, kana musangano wopera. Mapoka ehurukuro kana makirabhu eKuimbira shumba anogona kusangana svondo rega-rega kuti adzidzire hunyanzvi hwavanenge vakadzidza mumusangano, pamwe chete nekukurukura nekugoverana zvavakasangana nazvo.

Ndezvipi zvinhu zvinodiwa pamusangano?

- Mapepa emaposita/bepa guru (seti mbiri)
- Peki yemapepa erwudzi rwe A4 ekuzonyorera nekutara mifananidzo
- Zvinyoreso, chimwe pamwana
- Makarayoni kana zvinyoreswa zvemavara akasiyana emufananidzo
- Tepi inonama gobvu - imwe (shoma)
- Bhora rekukanda (rinogona kugadzirwa nepepanhau netepi)
- Bhora retambo kana shinda
- Saga hombe, bhokisi, kana tswanda
- Matombo makuru ekuzadza bhokisi kana tswanda
- Mifananidzo mikuru inotevera: (a) Mufananidzo weshumba ichidzvova Chiitiko 1, Peji gumi netatu (13); (b) Mufananidzo wevana vachiimba (Chiitiko 1, Peji guminepiri); (c) Mufananidzo weboka rimwe revana vari kutya, kumwe kudzikama (Chiitiko 14, Peji mananavatu). Dhinda makopi matatu kana mana emufananidzo wega wega kuti vana vagone kuaona zviri nyore. Dzinofanirwa kunge dziri A4 saizi (8 x 11 inches).
- Wairesi hombe, kompuyuta uye sipika inogona kuburitsa mimhanzi ine ruzha. Kana izvi zvisipo, zviridzwa zvemuno zvinogona kushandiswa nemunhu ari kutamba kana kuimba.
- Tsambabhuku kana makadhibhokisi anogona kushandiswa senzvimbo yakaoma pakunyora
- Mafomu akakwana emvumo uye Ongororo (maviri pamwana)
- Ingipedhi yekudhinda zvigunwe (kana vabereki/vachengeti vasingakwanisi kusaina mazita avo)
- Makopi efomu reOngororo (Chinamatidzwa chesere) kumwana wega wega: musangano usati watanga uye wopera, uye kwopera mwedzi mitatu.
- Makopi eChitupa Chekubudirira (Chinamatidzwa chegumi)
- Mategi emazita

Kuti uwane rumwe ruzivo, ona horokodwa uye chinamatidzwa.

Kumwe kuverenga kunowanikwawo mufaira yerutsigiro yezvinyorwa pawebhusaiti yeCRS.

Kugadziriswa kwekamuri

Kana zvichibvira, itirai musangano muimba huru ine zvigaro zvakarongwa kuita denderedzwa mosiya nzvimbo huru pakati. Vadzidzisi vanomira mukati medenderedzwa voshandisawo nzvimbo yedenderedzwa kune zvimwe zvezviitwa.

CHIKAMU 3: ZVIITIKO ZVEMUMUSANGANO



DINGINDIRA REKUTANGA: TINOKUGAMUCHIRAI KUKUIMBIRA SHUMBA



Chiziviso chemudzidzisi: Dingindira iri rinobatsira vatori vechikamu kuti vagadzikane mumusangano nekunzwisisa gwara rauchatora mumazuva matatu aCherechedzvera. Kana vatori vechikamu vasati vapedza kuzadisa zvinodiwa pafomu re ongororo yekutanga (Chinamatidzwa chesere **Appendix 8**), vakumbire kuti vazviite musangano usati watanga.

CHIITIKO CHEKUTANGA: NHANGANYAYA

Chinangwa	Kubatsira vatori vechikamu vese kuti vanzwe kugadzikana uye kuongorora manzwisisiro avo ekutanga kwemusangano.		
Zvekushandisa zvinodiwa	- Mifananidzo yeKuimbira Shumba - mumwe mufananidzo weshumba mbiri dzichidzvova, mumwe wevana vachiimba (ona mapeji gumi nembiri ne guminetatu) - Kompiyuta nemasipika emimhanzi.		MAMINITSI MAKUMI MATANHATU

Zano: Mune dzimwe nyika, shumba inogona kusazivikanwa. Unogona kushandura uchiisa imwe mhuka inoenderana netsika dzemunharaunda yenyu, semuenzaniso kushandisa nyoka huru kana ingwe. Chinamatidzwa chinonganisira mimwe mifananidzo yechinangwa ichi. Ona mapeji makumi manomwe netatu ne makuminenomwe neina.

Chikamu chekutanga: Kugamuchirwa (Maminitsi makumi maviri)

Ridzai nziyo dzinonakidza dzinotambika vana pavanopinda, kana kuti tangai nekuimba kana mumhanzi usipo. Tamba wakasununguka nenzira inoratidza kuti uyu uchava musangano wakati siyanei uye uchadzidzisa nenzira yakareruka uine ruzivo, nemitambo inonakidza. Vana vachipinda mukamuri, vadzidzisi vanovakoka kuti vatambe. Munhu wose anotamba pamwe chete. Ridza mimhanzi zvishoma nezvishoma uchidzikisa ruzha rwewairesi zvinyoro nyoro kana mati tambei.

Zano: Mangwanani ega ega ridza mimhanzi vanhu vachipinda mukamuri vachikoka vatori vechikamu kuti vatambe. Mushure memazuva epi netatu emusangano, bvunza munhu wese zvaanorangarira kubva zuva rapfuura uye mashandisiro avakaita zvavanenge vadzidza. Kana munhu wose achitenderana nazvo, munyengetero unogona kuwedzerwa pakutanga kwezuva.





Vadzidzisi vanozvisuma. Zvadaro, vanokumbira vana kuti vanyore zita ravanoda kusheedzwa naro mumusangano pategi rezita. Vana vanogona kuzvisuma nokutaura mazita avo. Izvi zvakaringana. Kana vachida, vana vanogona kutaura chero chavanenge vakasununguka kutaura pamusoro pake. (Mienzaniso: Mimhanzi kana chikafu chavanoda; chinhu chimwe chete chavanoda nezvavasingadi, kwavanobva. Bvunzai vana vechidiki, mutambo wavanofarira kana chikafu. Asi musavamanikidza; vamwe vana vanogona kunge vachinyara pakutanga.)

Zvaungasarudza: Kana uchida kubatsira vana kuti vasununguke vari pamwe chete, edza **Mutambo uyu**. Mudenderedzwa guru, shevedzera chinhu chimwe chete chingaite kuti vana vangave vakafanana. Semuenzaniso, Ndiani akapfeka zvitsvuku? Ndiani anobva [kune imwe nharaunda]? Ndiani anoda masvomhu? Ndiani anofarira kutamba nhabvu? etc. Vana vane zvinhu zvakafanana vanofanira kumhanyira pakati pedenderedzwa nekukurumidza. Itai kuti vana vagadzire mapoka avo vega.

Mudzidzisi anoisa mifananidzo miviri yevana neyeshumba pamadziro panoonekwa nevana vese. Mifananidzo inofanira kuva pedyo kuitira kuti shumba nevana vatarisane. Mudzidzisi anonongedzera kumifananidzo uye anobvunza mibvunzo iCherechedzvera. Anopa mukana wekurukuro.

Mudzidzisi anobvunza kuti:

- *Chii chiri kuitika mumufananidzo uyu?*
- *Vana vari kuitei? Sei vachiita izvi?*
- *Ko shumba dziri kuitei?*
- *Munoziva here vanhu vanoita seshumba pamufananidzo uyu? Ndiudze nezvavo.*
- *Unofunga kuti chii chichazoitika?*

Chikamu chechipiri: Dzidza nezveshumba (Maminitsi makumi mana)

Mudzidzisi anobvunza: Ungada kuva ani: shumba kana vana vari kuimba? (pihwa mhinduro). Pane mumwe wenyu akamboimbira shumba here? (pihwa mhinduro).

1. *Chekutanga, unogona kuva shumba kana kahanda. Femera mukati uye, pandinoverenga katatu, ndinoda kuti mose mutambanudze zvigunwe zvenyu kunge nzwara dzeshumba uye modzvova nezwi guru nesimba rose kuti vanhu vakunzwei munyika yose! Potsi, piri, tatu (Munhu wese anodzvova)! Paunodzvova inzwa simba reshumba!*
2. *Handisi kukunzwai, saka ngatiite zvakare nezwi guru! (Zano: Vana vasingadi ruzha vanogona kuvhara nzeve dzavo kana kudzvova kurikavavhundutsa, kana kuti vanogona kuita setuhanda vodzvova zvishomanana.)*
3. *Ndiudzei nezveshumba. Chii chadzinogona kuita? (Mushure mekuwana mhinduro, mudzidzisi anopindura kuti shumba dzinogona kuita hukasha uye dzinotyisa.)*
4. *Shumba dzinoita kuti tinzwe sei? Shumba dzinotyisa. Asi chii chinoitika kana tikaimbira shumba sezviri pamufananidzo? (Mudzidzisi anotora vanhu vashoma kuti vave shumba ovakumbira kuti vadzvova uye vatyise. Mudzidzisi anoita kuti vamwe vose vaite basa revana vosarudza rwiyo voruimba).*
5. *Zvino, ngatiimbirei shumba tione zvinoitika. (Munhu wese anoimba shumba dzichidzvova dzichienda kuvana).*

Mudzidzisi anobvunza kuti: *Chii chinoitika kana tikaimbira shumba? (kuwana mhinduro kubva kuvatori vechikamu). Kana uchiimbira shumba haunzwe kudzvova zvakananyanya. Shumba hadzichanyanyi kutyisa. Shumba ndidzo dzatinotyia. Patinoimba kune zvatinyotyia, zvinoita zvishoma nezvi zvishoma. Ichi ndochinangwa chemusangano uno weKuimbira VaShumba.*

DINGINDIRA RECHIPIRI. KUZIVA KUTI TIRI VANANI



Chiziviso chemudzidzisi: Kuti tifambe muhupenyu uye tikwanise kurarama nekusafungira, kutya, uye kushushikana kwezuva nezuva, tinofanira kuziva nekunzwa midzi yedu, zvikasadaro tinogona kurasika isu pachedu. Tinofanira kuziva kwatakabva nekwatiri kuenda.

CHIITIKO CHEPIRI : MUTI WEHUPENYU			
Chinangwa	Kubatsira mumwe nemumwe mutori wechikamu ichi kuziva zvaari uye chiono chehupenyu hwake. (maminetsi zana nemakumi maviri ane zororo reputugadzike pakati)		
Zvekushandisa zvinodiwa	- Mapepa mahombe emudzidzi wega wega - Zvinyoreso, zvemavara akasiyana, makrayoni		MAMINITSI ZANA NEMAKUMI MAVIRI

Mudzidzisi anoti: *Ngatitangei nekuziva zvakawanda nezve hupenyu hwedu nekuti izvi zvinozotibatsira pakutya kwedu. Tichaona zvatiri uye nemasimba edu. Patinoziva zvakanyanya nezve hupenyu hwedu uye nezvesimba redu, tinobva tanyanya kusatya kana kutyisidzirwa nevamwe.*

Chikamu chekutanga: Kuita (Maminitsi gumi)

Zano: Unogona kusiya chikamu ichi pamusangano une vechidiki kana wevanhu vakuru kana uchifunga kuti havazonakidzwa nacho.

Mudzidzisi anoti: Chiitiko ichi, **Muti weUpenyu**, chinotidzidzisa nezvemidzi yedu, kwatinobva uye nezvatiri. Inotidzidzisa nezvatinogona, kuti tive nekugutsikana nehushingi mune masikirwo edu kana chimiro uye simba. Zvinotiratidzawo mapazi edu, kwatiri kuenda nehupenyu hwedu.

1. *Munhu wese simuka uve muti wakareba. Ndiratidze kuti ungaitasei muviri wako kuti uve muti wakareba.*
2. *Chii chiri pasi pemuti unopinda muvhu? (imbomira - pihwa mhinduro) Midzi. Ndiratidze midzi. Midzi yemuti ndeyei? (wana mhinduro) Inzwa midzi yemuti. Rega makumbo ako netsoka zvitambanuke zvakadzika muvhu uye akuite kuti uve nesimba.*
3. *Toramba tichikwira nemuti wedu, chii chinotevera? (wana mhinduro) **Hunde**. Ndiratidze hunde. Ndechei? Inzwa kusimba kwehunde yemuti - ine makore ayo akanaka uye makore akaipa asi inoramba ichikura. Inokura nekureba nekufamba kwemakore uye inofambisa muti wacho mudenga.*
4. *Ndechipi chikamu chomuti chinosvika kudenga? (wana mhinduro) **Mapazi**. Ndiratidze mapazi emuti, anosvika kudenga. Mapazi emuti ndechii? Anotakura michero yakanaka yekudya, uye mashizha kuti atipe mumvuri.*
5. *Zvino ndiratidzei mashizha emuti. Anoitei? Anoita kuti titonhorerwe pakupisa kwemasikati.*
6. *Zvino ndiratidzei **muchero** wemuti. Wakanaka kudya mazuva akunopisa.*



Mashizha: Matarenda
angu(zvandinogona),
hunyanzvi uye
zvandakakohwa

Mapazi: Tarisiro yangu
nezvishuwo zvangu

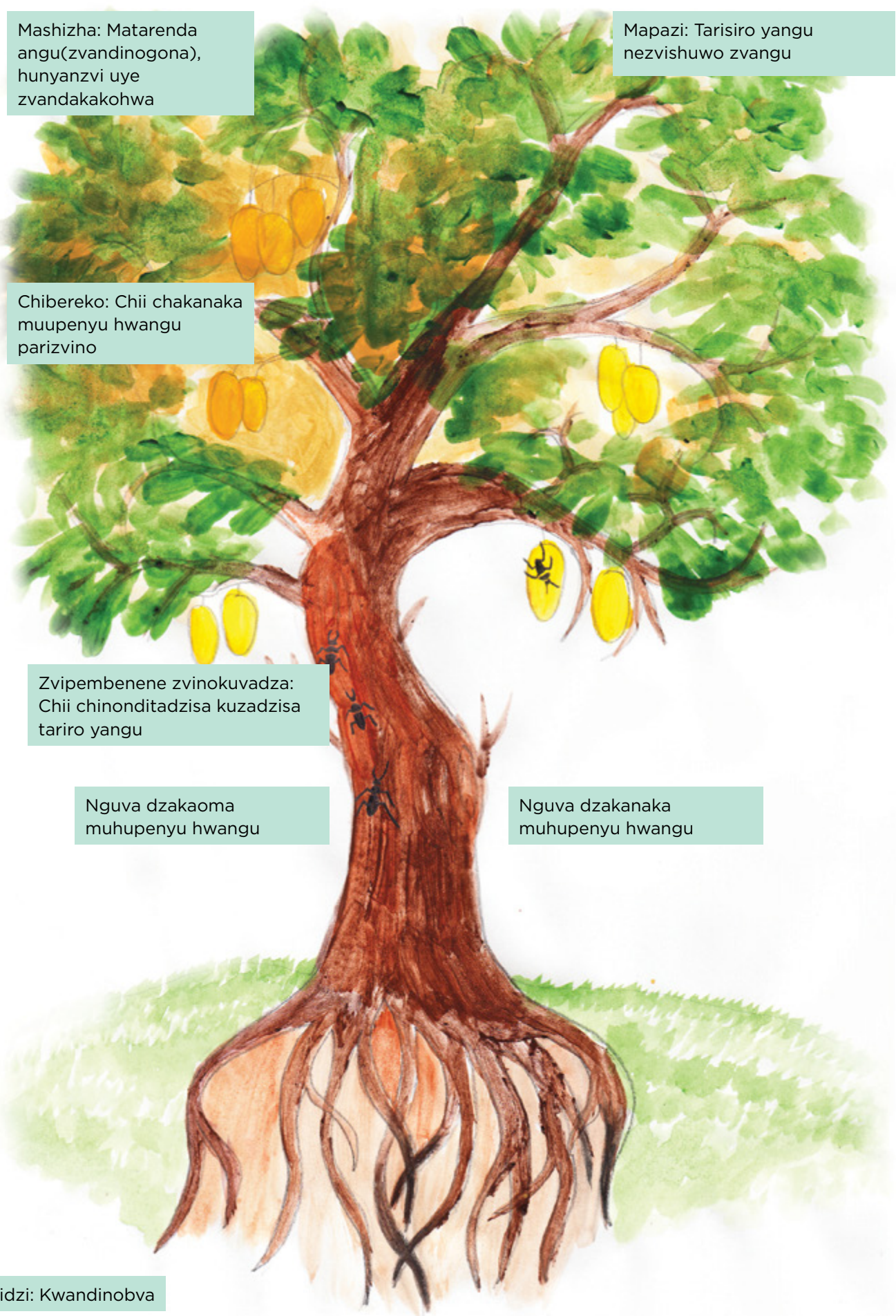
Chibereko: Chii chakanaka
muupenyu hwangu
parizvino

Zvipembenene zvinokuvadza:
Chii chinonditadzisa kuzadzisa
tariro yangu

Nguva dzakaoma
muhupenyu hwangu

Nguva dzakanaka
muhupenyu hwangu

Midzi: Kwandinobva



Chikamu chechipiri: Kutara mifananidzo (Maminitsi makumi mashanu)

Mudzidzisi anoti: Mumwe nemumwe wedu anotara mufananidzo wemuti wake pabepa guru. (Ipa bepa guru kune mumwe nemumwe wevatori vechikamu, muchigovera zvinyoreso zvemavara akasiyana siyana.)

Mudzidzisi anoratidza mufananidzo weMuti weHupenyu kuvatori vechikamu. (**Sarudzo:** Mudzidzisi anotara mufananidzo wechikamu chimwe nechimwe chemuti paanenge achitaura.)

Mudzidzisi anoti: Uyu ndiwo Muti wako weHupenyu unotaura newe. Yakakamurwa kuita zvikamu zvitatu: **MIDZI**, **HUNDE**, uye **KUMUSORO**, iyo ine mapazi ane mashizha nemichero.

Iwe wakafanira kubvunza mibvunzo yakanangana nechimwe nechimwe chikamu chemuti. Mirira kusvikira vana vapedza chikamu ichocho chekutara mufananidzo vasati vaenda kumibvunzo. Famba-famba mukamuri uye tarisa mifananidzo yemiti kuti uone kuti vana varikunzwisisa.

1. **Tara mufananidzo weMIDZI** unyore kwaunobva, uye kunobva vabereki vako, hama dzako nemadziteguru. Unobva kuguta ripi kana kumusha kupi? Vabereki vako vanobva kuguta ripi kana kumusha kupi? Sekuru naambuya vako vanobva kudhorobha ripi kana kumusha kupi? Iyi ndiyo midzi yako. Midzi inogona zvakare kuve vanhu vakakuda uye vakakubatsira muhupenyu hwako. Hazvina mhosva kwaunofamba muhupenyu, midzi yako iri muvhu iri, munzvimbo ino.

Zano: Yeuchidza vatori vechikamu kuti vanogona kushandisa chiratidzo kana mufananidzo, kana kunyora kwakavaomera.

2. **Tara mufananidzo weHUNDE** uye, kurudyi rwemuti, nyora zvimwe zvezviitiko zvakanaka muhupenyu hwako. Chii chakaita kuti ufare? Ndedzipi nguva dzawaipemberera? Kurutivi rworuboshwe rwemuti, nyora nezve nguva dzakaoma dzawakasangana nadzo muupenyu hwako. Kana iwe wakanga uine nguva yakaoma zvikuru muupenyu hwako, unogona kuzviratidza sevanga pamuti kana bazi rakatyoka. Zvione uchikwira mumuti, kubva kumidzi kusvika pahunde uyezve pamapazi.
3. Chitara mufananidzo we**MAPAZI**. Pamapazi, nyora tariro yako nezvishuwo zveramangwana.
4. Pa**MASHIZHA**, nyora matarenda ako (zvaunogona), hunyanzvi (zvaunokwanisa kuita), uye zvawakagona muhupenyu. Chii chaunogona? (Mienzaniso: Ndakasimba; ndinogona kuchengeta vamwe zvakanaka; ndiri muteereri akanaka)
5. Pabazi rega rega tara mufananidzo we**MUCHERO**- zvibereko ndizvo zvinhu zvakanaka muhupenyu hwako ikozvino. Zvibereko zvinogonawo kuva vanhu vanokubatsira, vanokuda kana kukukurudzira iye zvino (vadzidzisi, vatungamiriri vezvitendero, kunyange munhu wausina kumboonana naye).

Sarudzo: Chekupedzisira, tara mufananidzo we**ZVIPEMBENENE** ZVINOKUVADZA zvinova zvipingaidzo mukati mehupenyu hwako. Izvi ndizvo zvinhu muhupenyu hwako zvinokutadzisa kuzadzisa tariro yako. Zvingavawo zvinhu zvaunofunga pamusoro pehupenyu hwako zvinodzongonyedza kukura kwako, somuenzaniso kufunga kuti haukoshi kana kuti uri benzi.



Chikamu chetatu: Hurukuro (Maminitsi makumi mana namashanu)

Itai kuti vana vasangane vaviri vaviri vobvunzana mibvunzo KANA sarudza vanozvipira vashoma kuti varatidze miti yavo kuboka guru. Zvavachapakurira vamwe vari kumberi ngazvirege kureba manhingi.

Zano: Usamanikidza vana kumira kumberi vachiratidza munhu wese muti wake, vamwe vana vanogona vasingade kugovera mufananidzo wavo. Kana vana vazhinji vachida kupa, vanoverengeka vanogona kuita saizvozvo mangwanani ega ega emusangano.

Zano: Unogona kuita izvi semubvunzurudzo uchishandisa mibvunzo iri pazasi kana kubvumira varatidziri kuti vataure nezvemuti wavo nenzira yavanoda. Utarisise nguva yako, uye usarega mwana mumwe chete kana vaviri vachivharira hurukuro. Chinangwa ndechekuti vatori vechikamu vave nemaonero akanaka pamusoro pavo - ematarenda avo, hunyanzvi uye zvavakawana - kunyangwe kuomerwa kwehupenyu.

Misoro yehurukuro yekugadzira nyaya yakanaka yehupenyu hwako:

- Ndiudze nezve **Mudzi** wako, kwaigara vabereki vako vachikura uye kumusha kwemadziteguru ako.
- Ndiudze nezve **Hunde**, inguva dzipi kana zviitiko zvawaona zvakaoma muhupenyu uye izvo zvave zvakanaka.

Zano: Kune vechidiki nevakuru, bvunza kuti zvii zvavakadzidza kubva muzviitiko izvi?

- Ndivanaani vakakosha muhupenyu hwako? Chipa chako nehunyanzvi zvakakubatsira sei muhupenyu hwako? (Somuenzaniso, kuita moyo murefu kwakandibatsira kukunda nguva dzakaoma uye kumirira kusvikira zvinhu zvashanduka kuva zviri nani; pandinenge ndisingazivi zvokuita ndinotsvaka rubatsiro kubva kune vamwe; mukutarisana nenhamo ndinogona kuseka uye zvinondibatsira kuwana mhinduro).
- Ndezvipi zvaunotarisa uye zvishuwo zvemangwana. Ndeapi mashoko etariro muhupenyu hwako
- Kana hupenyu hwaoma iwe unozviudza kuti kudii uenderere mberi?

Zano: Kana mwana akagumbuka paanenge achitaura nyaya yake, ita kuti mubatsiri asangane naye panze panguva ino. Kana vanhu vakati wandei vakagumburwa nezviri kutaurwa nemumwe munhu, itai kuti vanhu vese vauye mudenderedzwa, mobatana maoko. Mudzidzisi anosimbisa kuti mumusangano uyu tiri tese. Tese tine zvinorwadza uye zvinofadza muhupenyu.

Mudzidzisi anoti: Tese tine kutya, uye zvinhu zvakaipa zvinogona kuitika kune chero ani wedu, asi hatisi toga. Isu takabatana nevamwe. Tine zvakanaka zvakanaka. Tose tinowana mufaro nemarwadzo. Tese tine unyanzvi uye simba rinotibatsira kukunda zvipingamupinyi. Isu tose tinobva kune imwe nzvimbo; tese tine midzi inotiyeuchidza zvati. Tinogovera ivhu rimwe chete nemvura. Uye semuti, tinogona kuzviporesa uye kana mapazi edu - **tariro yedu** - inochekwa, zvitsva zvinogona kukura zvakasimba. Tinokwanisa kuwana simba redu kubva kune avo vakauya pamberi pedu, kubva mukutenda kwedu, kubva kumhuri dzedu, shamwari nevadzidzisi, uye kubva kuvanhu vakatibatsira patinenge tichikura.

Chikamu chechina: Kufamba (Maminitsi gumi nemashanu)

Kumbira munhu wese kuti aturike mifananidzo wemuti wake pamadziro mamwe chete kugadzira sango. Vakoke kuti vatarise muti umwe neumwe.

Mudzidzisi anoti: Hupenyu hwedu chikamu chesango matinokura tose, takabatana. Ngatifambei musango uye titarise miti yemumwe nemumwe. Ona kukura uye kusimba kwesango redu. Ona kuti miti yedu inokura sei pamwe chete. Hatisi toga.

Zano: Kana zvichiita, chengetai miti iri pamadziro pamazuva ose emusangano. Udza vana kuti vanogona kutora mifananidzo yavo panopera musangano.

MODULE 2

CHIITIKO CHECHITATU 3: Dzokororo yekutanga : Kuimbira Shumba

Chinangwa	Kuongorora zvakare dingindira reKuimbira Shumba.		
Zvekushandisa zvinodiwa	Mapikicha eshumba mbiri dzatamboshandisa kwekutanga		MAMINITSI GUMI MASHANU

Bvunza vatori vechikamu kuti vachiri kuyeuka here zvavakaita muchidzidzo chekutanga. Woisa mufananidzo weshumba mbiri musango rakaumbwa neMiti yeUpenyu.

Cherechedza: Kana chidzidzo chekutanga nechidzidzo chechipiri chakasiyana nevhiki imwe chete, mudzidzisi achafanira kuturika mifananidzo yesango zvakare pachitiko ichi.

Mudzidzisi anoti:

- Shumba vanhu vese, zvitendero uye zvinhu zvatinotya muhupenyu. Ndedzipi dzimwe dzeshumba muhupenyu hwedu? (pihwa mhinduro)*
- Zvino chitarira shumba dziri musango. Uri kuonei? (wana mhinduro)*
- Shumba dzakapoterredzwa, dzakapfigirwa. Dzakajaira kuvhima munzvimbo dzakashama asi muno musango dzakaomerwa. Kana tichiziva kuti tiri vanaani, uyezve tiine simba semiti, tikaramba takabatana nevamwe, shumba hadzigoni kutikuvadza. Simba radzo rinoita diki.*



Zano: Kana zvichidikanwa, shandisa pfupiso ine simba pano.

Mudzidzisi anoti: Ikozvino tava kuziva zvakanwanda pamusoro pezvati uye nemasimba edu. Zvino, ngatinzwisise zvakanwanda pamusoro pekutya uye mhirizhonga inogona kutitorera simba redu, uye zvatingaite kuti tive takasimba mukati medu.

DINGINDIRA RECHITATU. KUNZWISISA KUTYA NEMHIRIZHONGA



Chiziviso kumudzidzisi: Kunzwisisa mamiro ekutya nemhirizhonga kunotibatsira kudzikisa kutya kwedu nemavhundukiro atinoita.

CHIITIKO CHECHINA: KUNZWISISA MHIRIZHONGA			
Chinangwa	Kubatsira vatori vechikamu kuti vanzwisise mamiro emhirizhonga nemaitiro ayo.		
Zvekushandisa zvinodiwa	Bhora rakagadzirwa nemapera uye tepi		MAMINETSI MAKUMI MASERE

Chikamu chekutanga: Mhando dzemhirizhonga (Maminetsi makumi maviri)

Mudzidzisi anobvunza kuti: *Ndedzipi nzira dzakasiyana dzinorwadzisana vanhu nadzo?* (wana mhinduro)

Mushure mekunzwa mhinduro, mudzidzisi anobvunza mibvunzo inotevera, achiwana mhinduro mushure memubvunzo wega wega. Cherechedza kuti hausi kukumbira vana kuti vataure mazita evanhu vakabatwa nemhirizhonga; kungobvuma chete kuti vanoziva vamwe vanhu vakasangana nazvo.

Mudzidzisi anoti:

- Dzimwe nguva vanhu vanogona kukuvadzana nemashoko. Wakambozviona here izvi zvichiitika, shamwari dzakakuvadzwa nemashoko?*
- Vanhu vanogonawo kukuvadza muviri wemunhu. Unoziva vanhu vane izvi zvakaitika kwavari here?*

Zano: Kana vatori vechikamu vasingade kutaura nezvenyaya idzi, ipa mimwe mienzaniso. Kuchikoro (kudheerera, kutsvinyira mwana akasiyana nevamwe, kurohwa). Pamba (kudhakwa, mhirizhonga mudzimba). Munharaunda (mhirizhonga yemauto nemapurisa, kurwisana, kuita chiseko chevamwe, kuba, kurwisana).

Zano: Bvuma uye simbisa nyaya dzese dzinotaurwa nevana; usaedza kuderedza chimwe chazvo. Usanyora mhinduro pabhodhi kana pachati; kurukurai nyaya idzi zvogumira ipapo.

Chikamu chechipiri: Mutambo wekurwadziwa

Taurira vana kuti vasimuke, vaswatuke vopinda mudenderedzwa huru.

Mudzidzisi anoti:

- Ndiani anorangarira zvatambotaurirana? Ndeipi mifananidzo yekurwadziwa kwatingaitwa isu nevanhu, kana vamwewo? (Mifananidzo: Kurwa, kurohwa, kudherera, kusarudzwa, kubirwa, kubhinywa, nekuparadzirwa imba).*

Zano: Kana zvikasataurwa bvunza nezve kusarudzwa kwemunhu pamusana pekuva neruvara rweganda rwakasiyana nevamwe, kwaanobva, chimiro chake, kuremara, kana kungotaridzika zvisina kujairirwa nevamwe.

- *Chii chinoitika kune munhu akarwadziswa, kana akarwiswa? Chii chinoitika kuizwi rake? Vanogona here kutaura vachipikisana nezvakaitika?*
- *Chii chinoitika kumuviri wavo?*
- *Pane nzira dzakawanda dzekurwadzisana! Kana vanhu vakarwadzisa iwe, kana kuti munhu waunoziva zvinoita kuti ude kuita sei- Kuzvivhumbamira wakavhara kumeso kwako woyedza kuti nyika itsakatike, kurova uchidzorera, kana kuti unonzwa kuda kutiza? (pihwa mhinduro) Kana zvimwe? (pihwa mhinduro)*

*Ikonzvino ngatitangei nomumwe mutambo unonzi: **Mutambo wekurwadziswa**. Ndichakanda bhora. Kana ukabata bhora unotiratidza kuti uriwe warwadziswa unoita sei?*

- *Kana uchida kuti nyika yose inyangadike, kuti ufuratre zvese zviri kuitika, gara pasi, kana kuchonjomara. Wokanda bhora kune mumwewo munhu.*
- *Kana uchida kutiza, buda mudenderedzwa wogara nechepanze paro. Wokandira mumwe munhu bhora*
- *Kana uchida kudzorera mira kunge wave kuda kurwa. Wokandira mumwe bhora. Bhora rinomiririra mhirizhonga kana kurwadziswa.*

Tanga nekukandira mwana mumwe chete bhora. Womuudza kuti aratidze kuti akanangwa nemhirizhonga anopindura sei? Kana munhu wose akanda bhora, mubatsiri wechirongwa anogumisa mutambo.

Muchidimbu mudzidzisi anoti: Munhu wese tarisa denderedzwa redu, unoonei? (Pihwa mhinduro, motaura pamusoro pekuti ndeipi mhinduro ine vakawanda pachikwata chavo)

- *Hona zvinoita mhirizhonga. Ko kana munhu wese akayedza kuuraya mumwe munhu? Chii chingaitika kwatiri tose?*
- *Ukatiza kubva kuchikoro kana kubva kumba, zvinoita kuti unzwe zvirinani here? Ko kana ukatiza zvobva zvatowedzera kuipa?*
- *Mhirizhonga inotikanganisa nenzira dzakasiyana siyana. Mhirizhonga inokanganisa kugadzikana kwedu uye kuti tinopindura chiitiko ichi sei.*

Senzira yekubatanidza kumutambo unotevera, Mudzidzisi anoti: Mhirizhonga haibate arikuitirwa hutsinye chete, asi inobata nevakamukomberedza. Patinoona panoitwa mhirizhonga, tinobatikana zvakananyanya – Tinobatwa nekutya, kuvenga nezimwewo.



Manotsi emudzidzisi: Kutu muwane rumwe ruzivo nezve zvimwe zvinokonzereswa nemhirizhonga pavana, tarisai “Kuputsa kudzororwa kunoita mhirizhonga” Peji 8 [Chiwedzera](#).

Chikamu Chechitatu: Mutambo wekutenderera nekutenderera

Mudzidzisi anoti: Uyu mutambo wekutenderera nekutenderera; unoratidza zvinoitika kana mhirizhonga ikapinda muhupenyu hwedu.

Munhu wese ngaamire mudenderedzwa, mumwe kumashure kwemumwe, makatarisa gotsi remumwe wako. Munhu mumwe anotanga kuisa ruoko rwake pabendekeke remunhu ari pamberi pake odaidzira kuti “Iwe!” ari pamberi otevera kusvikira munhu wese awana mukana wekuisa ruoko rwake pabendekeke reari pamberi pake odaidzira kuti “Iwe!” kusvika uye atanga abata rake bendekeke.

Mudzidzisi anoti: Saka chii chaitika apa? (pihwa mhinduro) Mhirizhonga inotenderera nekutenderera. Munhu kana vanhu vakatanga mhirizhonga vanodzokerwa nayo. Munhu arwadziswa anozorwadzisawo vake. Makambozviona here izvi muhupenyu hwako kana hweumumwe munhu? (pihwa mhinduro)

Mudzidzisi ozopa pfupiso: Zvatadzidza ndezvekuti mhirizhonga inogadzira imwe mhirizhonga. Mumutambo unotevera tichatarisa imwe nzira yatingamisa denderedzwa remhirizhonga. Zvinoda kutanga nesu. Tisati taenda mberi, ngatimbodzikanisai pfungwa nekamutambo kekufema. Ngatigarei tose pasi.

Mutambo wekudzikanisa Ndirikuonei, kunzwei, nekubatei.

Patinonzwa kubatikana nokuda kwezvinenge zvaitika zvakanosha kuti tizvibanidze nenyika. Kamutambo aka kanotibatsira kuti tiite izvi:

Mudzidzisi anoti: Reva zvinhu zvina zvaurikuona. Reva zvinhu zvina zvaurikunzwa. Reva zvinhu zvina zvauri kukwanisa kubata. Zvibate. Reva zvinhu zvitatu zvauri kuona. Reva zvinhu zvitatu zvauri kunzwa. Reva zvinhu zvitatu zvauri kukwanisa kubata. Zvibate. Reva zvinhu zviviri zvauri kuona. Reva zvinhu zviviri zvauri kunzwa. Reva zvinhu zviviri zvauri kukwanisa kubata. Zvibate. Reva chinhu chimwe chauri kuona. Reva chinhu chimwe chauri kunzwa. Reva chinhu chimwe chauri kukwanisa kubata. Chibate. Chifemera mukati, wofemera kunze zvinyoro nyoro. Urikunzwa sei?

Batisa: Pane nzvimbo dzekuti vana vane kubatikana kwakasimba kunovhiringidza kuteerera, shandisa mutambo uyu . Tarisa Appendix 1 kune mimwe mitambo yekufema inobatsira.

CHIITIKO CHECHISHANU: IMWEWO MINDURO YAKASIYANA KUMHIRIZHONGA.

Chinangwa	Kuitira kuti vana vadzidzire imwewo mhinduro yakanaka yavangaite kana vatarisana nemhirizhonga.		MAMINITSI MAKUMI MAVIRI
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Hurukuro Maminitsi Makumi maviri

Mudzidzisi anoti: Yedza kurangarira vanhu vose vaunoziva vakamboratidza simba nekutsunga vatarisana nemhirizhonga. (pihwa mhinduro pamibvunzo a and b)

- Vakaiteyi?
- Vakawana zviraramiso zvavo kupi? (Vabvunze nezve raramo yavo ivo, neyavanowana kune vamwewo vabatsiri. Raramiso yavo se utirira, kuzvifadza. Raramiso inobva mumhuri nemuvavakidzani vavo.

Chii chatingakwanisa kuita -mumwe nemumwe wedu kuti timise mhongamupopoto nemhirizhonganga muhupenyu hwedu? (Ita kuti vana vakupe mienzaniso) (Mienzaniso inosanganisira: Kuudza vabereki kuti vanonzwa sei kana vachirwadziwa navo; Kusvika kumisangano yekukurudzirana yekuzvikoro, kubatsira kudzivirira kutengeswa kwevana kana kubatirirwa kwavo; kunamata)

Mudzidzisi anoti: Chii chingakubatsira kupfuura zvimwe zvese?

CHIITIKO CHECHITANHATU: KUNZWISISA KUTYA

Chinangwa

Kuitira kuti vana vadzidze kuti kutya kunotishandura sei nekuti tingaiiteyi kuti tidzikamise kutya uku.



MAMINITSI
MAKUMI
MAVIRI
MASHANU

Chikamu chekutanga: Kutya kushoma

Mudzidzisi anoti: Kutya kushoma kunotibatsira. Kunoita kuti tigadzirire kutarisana nengozi.

Wona mupfungwa dzako: Gara wakavhara maziso. Fungidzira kuti uri kufamba wanonoka kubva kuchikoro, kana kuti kumunda urikufamba mumugwagwa wega uchifunga kuti hauna kuchengetedzeka. Urikuzwa sei? Chii chirikuitika kumuviri wako? Hana yako irikurova here? Unonzwa zvose zvirikuitika, chero karuzha kadiki-diki. Unochangamuka. Chifungidzira kuti wave kufamba muchiedza kana kwaunogona kuve wakachengetedzeka. Kutya kushoma kunobatsira kuti uzeze kuwanikwa munzvimbo dzinokupinza munjodzi. (vhurai maziso)

Mudzidzisi anoti: Urikuona here kuti kutya kushoma kunogona kukubatsira?



Chikamu Chechipiri: Kuremadzwa nekutya

Mudzidzisi anoti: Pane kutya kukuru kunogona kutoremadza munhu. Ipapo ndipo patinofanira kushandisa “Kufema kwakareba”. Kana uchinge urikutya chaizvo, ita kufema kwakareba kairi. Unofema uchibuditsa kutya kwose. Inzwa makumbo ako achibata pasi, inzwa kuti chigaro chakatsigira muviri wako zvakanaka. Femera mukati nemumhuno, wotanga nekuzadza dumbu rako nemweya, zvichikwira kumbabvu, wogumisira nemuchipfuva. Fema zvine udzamu, zvinyoro-nyoro nemumhuno yako (woverenga katatu) wobva watanga kufemera kunze **nemumuromo mbichana mbichana** kuita kunge urikuridza muridzo(verenga kana). Urikufema uchibudista kutya kwose. Ngatidzokororei. Inzwa makumbo ako achibata pasi, inzwa kuti chigaro chakatsigira muviri wako sei. Femera mukati nemumhuno(verenga katatu) wobva watanga kufemera kunze **nemumuromo mbichana mbichana**(verenga kana). Isa mifungo yako yose pakufema zvinyoro nyoro. Munhu wese arikunzwa sei?

Mudzidzisi anoti: Pane nhetembo inonzi Rusununguko kubva mukutya inogona kutibatsira kana tabatwa nekutya kukuru.

Mudzidzisi overenga mukunzwa kwevanhu vose: Anoverenga nhetembo yose kekutanga nezwi guru. Kechipiri vana vose vanotevera mushure make. Anoverenga mutsara umwe kamwe chete vana votevedzera kaviri. Pane mutsara umwe neumwe vanofemera mukati, vodzokorora manzwi, voshandisa maoko avo kutevedzera vachifemera kunze.

Rusununguko kubva mukutya

Kutya, ndinoti ENDA! (Femera mukati, utaure mazwi aya, vofemera kunze zvine chisimba uchidzinga kutya nemaoko ako) **Kunetseka ndinoti ENDA!** (Femera mukati, utaure mazwi aya, wofemera kunze zvine chisimba uchidzinga kunetseka nemaoko ako)

Kugadzikana HUYA! (Femera mukati zvinyoro nyoro, uchizvibvumbamira)

Rudo HUYA! (Femera mukati zvinyoro nyoro, uchizvibvumbamira)

Zano: Unogona kunyora nhetembo iyi pabepa guru modzokorora pano neapo mumusangano wedu.

Mudzidzisi anoti: Mave kunzwa sei? (Pihwa mhinduro)

Kumagumo, mudzidzisi anoti: Kutya kushoma kwakanaka nekuti kunoita kuti moyo yedu irove nekukurumidza isu tobva tachangamuka. Zvinobatsira zvakare kuti maziso edu awedzere kuona, nzeve dzedu dziwedzere kunzwa. Togara takagadzirira chiito. Asi kana tava nekutya kukuru tinokwanisa kuzoremadzwa nakwo. Ipapo ndipo patinofanira kushandisa “Kufema kwakareba” pamwe nekudzokorora nhetembo “Kusunungurwa mukutya

DINGINDIRA IV KUSIMBISA ZVATIRI



Mudzidzisi anoti: Tinochengetedza sei muono wedu wakanaka pamusoro pehupenyu hwedu kunyangwe tambosangana nemhirizhonga mukurarama kwedu? Chikamu ichi chinotipa unyanzvi hunoita kuti tikwanise kuzvidzora tonangisa simba remanzwiro edu mukuderedza kutya nekukunda zvimhingamupinyu zvinotitadzisa. Tinofanira kuvavarira kuti unhu uripasi apo huve muhupenyu hwedu.

- **Huvepo:** Kunzwa kubatana nevamwe vanhu varipo, usinganzwe seuriwega
- **Kutarisira** kuti zvinhu zvichanaka, kunyangwe munguva yekuomesesa kwezvinhu
- **Kutenda** kuti takakodzera, nekuona vamwe sevakakoshawo
- **Kugamuchirwa nevamwe**
- **Kuva nechinangwa:** Kuona kunge hupenyu hwedu hune chinangwa
- **Kunzwa kuchengetedzwa:** Kunzwa kunge takachengetedzwa

CHIITIKO CHECHINOMWE: KUSHANDURA CHITESHI

Chinangwa	Kubatisira vana kuti vaongorore kuti mafungiro edu anoshandura manzwiro. Tikafunga zvakasiana manzwiro edu anosiyana, Manzwiro edu anotigonesa kuwana mhinduro.		MAMINITSI MAKUMI MANA
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Zano: Kana uchishanda nevana vasingazive chivhitivhiti (TV) nemawairesi tsvaga umwe mufananidzo sekunge: maruva ane nhindi dzakawanda

Mudzidzisi anoti: *Tabva kudzidza nzira dzekuzvidzikamisa kana tabatwa nekutya - kufema zvinyoro nyoro. Tave kuda kudzidza dzimwe nzira dzekupindura kana tichinge tatarisana nenguva dzekutsamwa, dzekusuwa kana kuti dzekutya. Kana paita munhu arikuvavarira kutivhiringidza, zvii zvatingaite kuti tinzwe zvirinani? (Pihwa mhinduro sekuti: kubatanidzwa nevamwe, kuwana tariro, kuva nhengo yechikwata chemutambo kana boka, kana kunamata) Zvese zviri zvinhu zvakanaka.*

Mudzidzisi anobvunza:

- Vangani venyu vanonzwa kuti vane shamwari, vabereki kana hama dzinogona kukuteerera kana uri kunetseka kana kutya? Simudza ruoko rwako.
- Vangani venyu vangati inhengo dzechikwata uye vanonzwa kugamuchirwa muchikwata ichocho? Kungave kukereke, boka, kana chero mumwe musangano? Simudza ruoko rwako.
- Vangani venyu vane zvimwe zvavanoita sekuimba, kunamata, kunyora nhetembo kana kufamba kuti ufefeterwe? Simudza ruoko rwako.
- Vangani venyu vane tariro yekuti hupenyu hwavo huchashanduka huchiva nani pane zvauri nhasi? Simudza ruoko rwako.

Zano: Batisira vana vasina kusimudza maoko apa. Panoda kuti uzovabatsira kuti umwe neumwe azive zvinhu zviri maari zvinoita kuti anzwe semunhu akakodzera. Kana vana vane tariro vari vashoma, zvinongedzere wosimbisa kukosha kwekukumbira rubatsiro kubva kune vanhu vavanogara navo.

Mudzidzisi oenderera mberi: *Kana pakaita munhu anoda kuti tinzwe zvakaipa hazvireve kuti isu tinofanira kunzwa saizvozvo. Tinogona kushandura zvatiri kunzwa. Tikashandura mafungiro edu, tinokwanisa kushandura zvaticunzwa. (Pihwa mufanidzo nevana kuti vanokwanisa kushandura sei zvavari kunzwa kana pakaita munhu anoda kuti vanzwe zvakaipa- unogona kupa mienzaniso kana pakashaya yataurwa. Tikafunga kuti hatina kukosha tinodzamirwa. Tikafunga kuti takangwara kana kuti tine zvipo, tinonzwa kufara. Tikashandura zvatinonzwa, tinokwanisa kushandura mafungiro edu. Mufananidzo: Kana tirikufara, tichinakidzwa nehupenyu, tinofunga pfungwa dzinofadza.*



- Isu tose takaita semawairesi kana chivhitivhiti? Unoziva kuti nei? (Pihwa mhinduro)
- Tine zviteshi zvakanwanda. Ndechipi chiteshi chaungati ndicho chaunodisira pawairesi kana pachivhitivhiti? (Pihwa mhinduro)
- Fungidzira kuti uri wairesi kana chivhitivhiti une zviteshi zvipi? (Pihwa mhinduro, shandisa zvimwe zviteshi zvaturwa muchikamu chinotevera)
- Chokwadi. Tine zviteshi zvakanwanda.

Zano: Vana vanoramba vakamira kusvikira chiitiko chapera.

Ngatisimukei mundiratidze zviteshi izvi:

- Chiteshi chekufara (Munhu wese ngaasekerere)
- Chiteshi chekusuwa (Munhu wese ngaaita chiso chekusuwa)
- Chiteshi chekutsamwa (Munhu wese ngaaita chiso chekutsamwa)
- Chiteshi chekumitambo (Munhu wese ngaatevedzere mutambo waanofarira)
- Chiteshi chekutya (Munhu wese ngaaita chiso chekutya)
- Chiteshi cherufaro (Munhu wese ngaaita chinhu chinoratidza kufara)
- Chiteshi chekutamba (Munhu wese ngaatambe)
- Chiteshi cherudo (Munhu wese ngaatsvode ruoko rwake)
- Chiteshi chaunofarira pari zvino ndechipi? (Pihwa mhinduro)

Batisa: Kana vana vachida kubatsirwa kuti chii chirikutarisirwa kuti varatidze, ratidza, chiso chekufara, chiso chakasuwa, chiso chakagutsikana (seyatinopfeka paya patinenge taguta)

Mudzidzisi anoti: *Fungidzira kuti uri wega mumba mune chivhitivhiti newairesi, pane chirongwa chausingafarire. Unodii? Unoshandura chiteshi. Unokwanisa kuita zvimwe chete izvozvo mumusoro mako, mumafungiro ako.*

Mudzidzisi anoti: Pese patinoshandura chiteshi tinonzwa zvakasiana! Ngatizviiteyi izvezvi. Shandura chiteshi!

(Ita kuti vana vaite mufambo unoratidza kuti vashandura chiteshi. Se muenzaniso wekuti kufambisa mapendekeke Uchienda mberi kana kumashure) Uripachiteshi chipi? (Pihwa mhinduro muchidimbu)

Funga nezve chinhu chinokufadza. Chione mupfungwa dzako. Inzwa kunge wakachibata nemaoko ako. Chinzwe nenzeve dzako. Zvatinofunga nezvazvo zvinoshandura kuti tirikunzwa sei. Saka chingoshandura chiteshi! Tiri pachiteshi ndechekufara!

Mudzidzisi anoti: *Kana chiteshi chekutsamwa kana chekutya chikabaka, zviudze kuti “Ndizvo zvandirikunzwa. Ndaka tsamwa izvozvi. Kana kuti ndirikutya ikozvino. Asi zvakanwanda ndirikuda kubatirira kune zvandiri kunzwa kwenguva yakareba here? Zvinondibatsira here?” Toti tagadzirira, tavekuda kuregedza zvati kunzwa, todii? (Pihwa mhinduro) Chingoshandura chiteshi! (Munhu wese oita zvekufambisa mapendekeke zvatanboita kumusoro)*

Zano: Kana vasingagone kuzvisarudzira chiteshi vega vavhunze kuti: Urikuda chiteshi chekutamba, chiteshi cherudo, chiteshi chekufara? Ndiratidzei



Mudzidzisi anoti: *Pane imwe nzira yekushandura chiteshi. Kufemera mukati zvine hudzamu wofemera kunze zvinyoro nyoro katatu. Paunofemera kunze unoti “Haaah”. Ngatizviiteyi. (Mudzidzisi obva atungamirira achifemera mukati zvishoma nezvishoma ofemera kunze achiti “haaah”) Chidzamisa pfungwa dzako uchirangarira nguva yaiva ne kugadzikana, yakadzikamira. Inogona kuva nguva yawaiva neshamwari yako, pamwe uchiona chivhitivhiti, kana kuteerera mumhanzi. Femera mukatizve zvinyoro nyoro wofemera kunze zvinyoro nyoro, iti “haaah”. Tinokuchingamidzai kuchiteshi chekugadzikana. (Garai henyu pasi mose)*

Hurukuro: Mudzidzisi anoita hurukuro diki yekunzwisisa kuti munhu wese arikunzwa sei panopera chiitiko ichi. Mudzidzisi obvunza vana kuti vachashandisa sei chidzidzo ichi muhupenyu hwavo.

Kunanganisa hurukuro yedu zvine hudzamu mudzidzisi anobvunza: *Mungagona kundiudzawo here nezve nguva yawanga wakatsamwa wakasarudza kushandura chiteshi? Mungakwanise kunditaurira nezvenguva yawaitya ukasarudza kuregera kutya uku wakushandura chiteshi?*

Mudzidzisi kana umwe wevana akange aine nyaya inoratidza kuti vakaregedzera zvavainzwa zvaiparadza upenyu, vanagona kutaura nezvezvo.

Muenzaniso: Mukadzi wababa vaSara aigara achimuitisa basa remumba_ kupfuura kutuma kwaaaita vana vake. Izvi zvaitsamwisa Sara zvekuti aigara achingozvifunga.

Nerimwe zuva Sara aona kuti aifarira kuimba. “Pamwe” akafunga, “ndinogona kuzova muimbi kana ndakura.

Sara akasarudza kuti achadzidzira kuimba pese paanenge achiita basa rake. Zvaisaita kuti agare achiimba nenzwi repamusoro, asi munguva idzodzo aifunga dzimbo dzaainge achida kuzoimba. Aiita zvekufema zvinyoro nyoro zvinodzikamisa kazhinji. Sara akaramba achiitiswa basa remumba asi ainge ave kunzwa zvirinani nezvazvo. Ainge asisina kutsamwa nguva dzose. Izvi zvakamubatsira kuti ananganidze pfungwa kuchikoro. Akashandura mhinduro yake kune zvaaisangana nazvo kunyangwe zvisina kushanduka..

Mudzidzisi anokumbira munhu wese kuti asimuke

Mukugumisa mudzidzisi anoti: Kazhinji kacho hatikwanise kushandura zvinhu zvirikuitika kwatiri, asi tinokwanisa kushandura kuti tinodaira sei kwazviri. Tinokwanisa kushandura chiteshi (Mudzidzisi oita mufambo we mapendekete nemunhu wese.



MODULE 3

CHIITIKO CHECHISERE: NZVIMBO YAKACHENGETEDZEKA MUKATI MEDU.

Chinangwa

Kuratidza vana kuti pavanenge vachinzwa kuremerwa nenyaya dzhupenyu, pane nzvimbo yavanokwanisa kuenda mukati mavo. (Kuona mupfungwa)



**MAMINITSI
MAKUMI
MAVIRI**

Mudzidzisi: *Tadzidza nzira dzekuzvidzikamisa nekufema. Uye tadzidza kushandura chiteshi kana taneta nekunzwa hashu, kusuwa, kana kutya. Iyezvino tichadzidza kuti pane “nzvimbo yakachengetedzeka” yatinogona kupinda mukati medu. Munzvimbo umu tinowana kugadzikana, kunyaradzwa, kunyangwe hupenyu hwakaoma sei.*



Chiziviso chemudzidzisi: Verenga nyaya yekuona mupfungwa irikutevera. Udza munhu wese kuti avhare maziso ake uye azvibvumbamire nemaoko ake, wopesanisa maoko wakaisa zvanza zvemaoko ake pamapendekete (rekurudyi kuruboshwe, rekuruboshwe kurudyi) paunenge uchiverenga nyaya iyi taurira munhu wese kuti arove rove pabendekete pake neruoko rwakapesana rwekune rimwi divi. Akatanga rimwe bendekete oShanduranisa oita rimwe ruoko rwacho. Izvi zvinozivikanwa nezita rokuti “Mbundiyo yeShavishavi” (Butterfly hug) nekuti ruoko rwako runo rova-rova bendekete kuita kunge mapapiro eShavishavi (Butterfly) panguva imwe chete iyoyo unenge wakazvimbundira (Ona mufananidza we Mbundiyo yeShavishavi papeji 28). Udza vana kuti vanofanira kuramba vachirova-rova mapendekete avo kusvikira chiitiko ichi chapera. Chinangwa cheMbundiyo yeShavishavi (Butterfly hug) ndechekubvumidza pfungwa kuti dzinzwe mazwi echiitiko chenzvimbo yakachengetedzeka zvakadzama

Mudzidzisi anofanira kuverenga zvinyoronyoro kuti vana vasununguke. Tura befu paunosvika pandima yoga yoga. Kutu mashoko anyatsonyura pakadzika.

Mudzidzisi anoti: *Vharai maziso enyu. Torai befu katatu, zvinyoro nyoro. Zvinzwe uchisununguka. Chifunga NZVIMBO YAKACHENGETEDZEKA, nzvimbo yechokwadi yokuti unokwanisa kuendako. Inogona kunge iri mukati kana kuti panze. Kana pasina nzvimbo yakachengetedzeka yemachokwadi yauri kufunga, gadzirira nzvimbo mupfungwa dzako. Iyi inzvimbo yauchanzwa zvakanaka chaizvo uye uchapombonoka zvikuru. Iye zvino wamira munzvimbo yakachengetedzeka.*

- **Femedza mhengo. Chii chauri kufemedza? Unogona kunzwa kunge hwema hweuswa kana kuti hwema hwe zviri kubikwa hurikubuda kubva kuimba yekubikira kana chimwewo chinhu.**
- **Inzwa** pasi (Ivhu kana uriri) pakamira makumbo ako
- **Inzwa** ruzha - rwemiti, rweshiri, rwemota kana rumwe ruzhawo.
- **Ravira mhengo** -pane kanhapitapi kari mumuromo mako.
- **Ramba wakavhara maziso ako. Mupfungwa dzako, Tarisa** munzvimbo yakachengetedzwa iyi. **Tarisa** kumberi kwako. **Tarisa** mativi ose. Uri kuoonei?

Mupfungwa dzako, farira nzvimbo iyi, Inzwa kugadzikana munzvimbo iyi. Ongorora kana paine zvauri kunzwa mumuviri wako -wakasununguka here? Kana paine pari kurwadza kana pakasungikana mumuviri wako, chama ipapo munguva ino wofema zvakanzwa. Nebefu roga roga inzwa uchiwedzera kusununguka mbichana mbichana. Ipo pano ndipo panzvimbo YAKACHENGETEDZEKA. Unogona kuenda ikoko chero panguva yawasarudza, chako kuvhara maziso ako wofema zvaine udzamu. Nebefu rega rega, inzwa uchiwedzera kugadzikana. Wakasununguka zvakanzwa, wakagutsikana zvakanzwa, uye une kugadzikana kwakadi. Nakidzwa nazvo. (Mira maminetsi mairi, uchipa vanhu vese mukana wekunakidzwa zvavo.)



Mudzidzisi batisisa: Rangaridza vana kuti kana vakangovhiringidzwa vachida kunzwa zvakanaka vanogona kuita “mbundiro ye Shavishavi” (Butterfly hug)

Iyezvino yave nguva yekudzoka muimba yatiri. Ndichaverenga katatu movhura maziso enyu. Poshi -urikunzwa simba mumuviri wako. Piri -Unogona kudzokera kunzvimbo yakachengetedzeka chero pawadira. Tatu -vhura maziso, wakunzwa kumuka, nekuchangamuka, nekufefeterwa.

Hurukuro: Unonzwa sei kuziva kuti une nzvimbo yakachengetedzeka iri mukati mako?

Zano: Usabvunza vana kuti vakuzarurire nzvimbo dzavo dzakachengetedzeka

CHIITIKO CHEPFUMBAMWE: MASIKWEYA MANA

Chinangwa	Kugonesa vana unyanzvi hunovabatsira kuzorodza nekupodza kutambudzika; irizve nzira yavanokwanisa kushandisa pese pavadira.		
Zvekushandisa zvinodiwa	- Penzura, nechinyoreso, kana makala - Bepa re A4 size (remubhuku), rimwe pamwana wega wega		MAMINITSI MAKUMI MATANHATU

Zano: Musashandise mamaka kuita chiitiko ichi, sezvo achioneka nekuseri kwebepa kuchaiswa mimwe mifananidzo.



Mudzidzisi batisisa: Kunyangwe chiitiko ichi chichigona kusimudza kunzwa kwakasimba muvana, mumagumo emutambo uyu vakawanda vevana ava vachange vakunzwa zvakanaka, vachiratidza kutapudzika kwekurwadziwa mupfungwa nemumanzwiro. Vana vese vachakumbirwa kuti varove Ngoma (pasina ngoma shandisai chigaro, tafura, kana kuti rovai pasi kana madziro) Vakatarisa pamufananidzo. Izvi zvinoitwa nekuti kurova ngoma kunobatsira pfungwa dzedu kuti dzifunge zvinhu nekukurumidza zvichibatsira kuti kutya kwedu kupere nekukurumidza.

Mudzidzisi anoti: Funga nezve nzvimbo yako yakachengetedzeka, gadzira mufananidzo wenzvimbo iyi uchizadzisa bepa rako rese. Chitarisa mufananidzo wako rova ngoma mbichana mbichana (Rova Ngoma iyi ka20) Urikunzwa sei?

Divi rokutanga - Nzvimbo yakachengetedzeka (Mufananidzo)

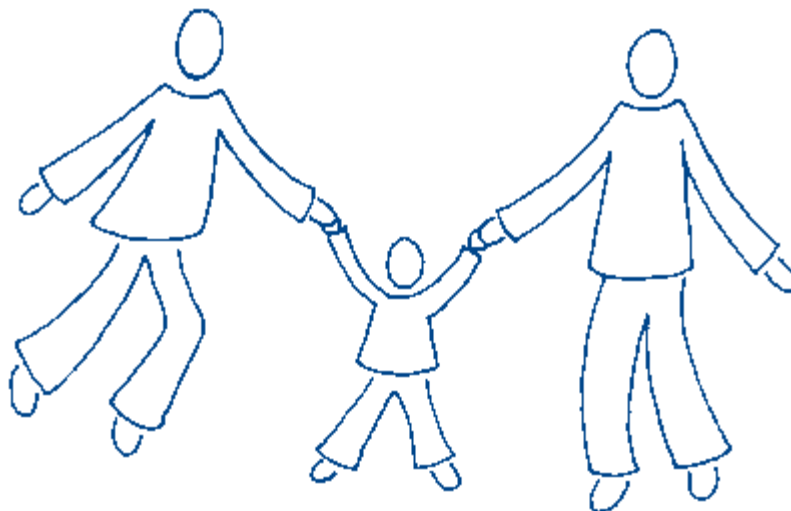


Image courtesy of www.aperfectworld.org

Chitaurira vana kuti vapindure bepa ravo. Vopeta bepa ravo kairi kuti iite mativi mana. Voisa manhamba vachiti 1 ne2 kumusoro, 3 na4 kuzasi. Vaudze vatare mufananidzo wezvinotyisa kudivi irori asi vanyatsoteerera mirairo yavachapihwa nounngwaru.

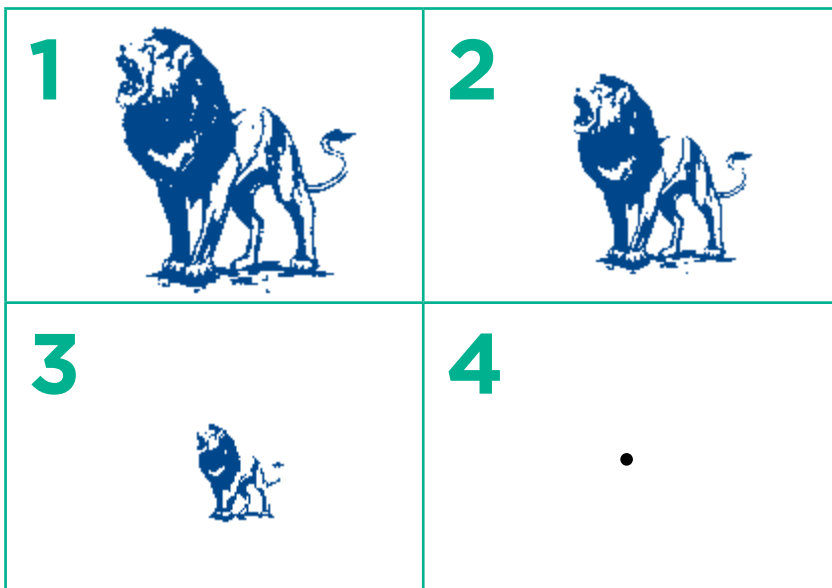
Mudzidzisi anoti: *Zvione mupfungwa dzako uchitora chero chinokutyisa wochiita chidiki kuti usazochitye. Izvi ndizvo zvatakuda kudzidza.*

1. **Mudzidzisi anoti:** *Chipindurudza bepa rako kudivi rokutanga rawanyora nhamba 1 wotara mufananidzo wendangariro kana kuti wechinhu chinokutyisa. Kana usina chaunoziva isa mufananidzo weshumba ine mazino anopinza. Ita kuti mufananidzo uzadze divi rose. Iye zvino ngatiite chiito chekurova-rova wakatarisa mufananidzo uyu. Ndokuudza kuti uchimira. (Pese pavacharova ngoma vanoridza ka20 zvinyoro nyoro)*

Mirai. Murikunzwa sei? Urikuzvinzwa sei mumuviri wako? Tarisa mufananidzo rova ngoma zvinyoro nyoro. Wagona (Mhinduro dzishoma dzinoita pamibvunzo yoga yoga.)

2. *Padivi rechipiri tara mufananidzo wakaita sewekutanga asi kari kadiki-diki kakaenzana nechigunwe chihombe cheruoko kubva kumusoro uchienda kuzasi. Tarisa mufananidzo uyu. Rova-rova zvakare wakautarisa. Chimira. Urikunzwa sei mumuviri wako? Wagona. Ita seunoridza Ngoma yako zvakare.*
3. *Padivi rechitatu tara mufananidzo wechinokutyisa chatova chidikidiki, kuda kuenzana nenzara yechigumwe chako. Rova-rova zvakare wakautarisa. Chimira. Urikunzwa sei mumuviri mako? Ona kuti pese paunotara kamufananidzo kadiki unonzwa zviri nani pane zvawanga uri kunzwa pakutanga.*
4. *Padivi rechina tara mufananidzo wechinokutyisa chatova chiduku sedonwe(.) Rova-rova wakautarisa. Chimira. Tura befu, femera mukati wofemera kunze. Chimira. Urikunzwa sei mumuviri wako? Zvasiyana nezvawanga uchimbonzwa here?*
5. *Ikozvino chidzokera kumufananidzo wawakatara weNzvimbo Yakachengetedzeka (Kune rimwe divi rebepa) Tarisa mufananidzo ridza ngoma zvinyoro nyoro wakavhara maziso. Tura befu, fema zvakadzama uchifemera mukati, wofemera kunze. Terera ruzha rwakakukomberedza. Terera kufema kwako, inzwa kusimudzira kwawakaitwa nechigaro chako. Hona Nzvimbo Yakachengetedzwa mupfungwa dzako. Bata zvinhu zvirimunzvimbo iyi, Fema zvakadzama. Bata zvinhu zviri muNzvimbo yakachengetedza futi. Paunopedza tura befu, ofemera kunze. Vhura maziso ako zvishoma nezvishoma.*

Divi rechipiri: Mifananidzo yezvinhu zvinotyisa (Uyu mufananidzo wacho).



Hurukuro: Mudzidzisi anobvunza vana kuti varikunzwa sei, vachienzanisa nezvavanga vachinzwa patanga chirongwa. Mudzidzisi anoyemura vana nekukwanisa kudzora zvinovatyisa. Mudzidzisi anoudza vana kuti vanogona kutakura bepa rine masikweya mana kumba.



Rangaridza vana kuti kana vakanzwa kusuwa, kutsamwa kana kutya pavanenge vari kumba, kuchikoro, vanokwanisa Chiitiko

Chemasikweya mana vobva vanzwa zvirinani

CHIITIKO CHEGUMI: Gomo, Mvura, Mhepo neMoto

Chinangwa

Kubatsira vana kuti vakwanise kufambidzana nezvisikwa zvakatipoterredza kuti vashandise simba rezvinhu izvi kudaira mifungo yakasimba kana kuti zvinhu zvakaoma.



**MAMINITSI
GUMI
MATANHATU**



Mudzidzisi batisa: Pane nzira dzekunamata nenzira dzemweya dzinoshandisa zvakatipoterredza kusimbisa vanonetseka uye kuvaporesa. Chiitiko ichi chinobatsira vana kuti vashandise simba rinowanikwa muzvinhu zvakatipoterredza kuti vadzamise kufambidzana kwavanoita nesimba riri mavari, zvichivabatsira kuwana nzira zhinji dzekupindura zvinhu zvakasiyana zvavanosangana nazvo. Mumagumo, nyatsoona kuti vana vese vanyatso nzwisisa musiyano wesimba raka pfava, nerakaoma.

Chidimbu chekutanga: Hurukuro (Maminetsi 10)

Batisa: Vana vachazviona mupfungwa dzavo vari chimwe chezvinhu zvakavakomberedza. Vachafambisa miviri yavo segomo, mvura, moto nemhepo. Kana vakumbirwa kuti “vave” segomo vanofanira kuita nekunzwa segomo. Zvinoita sei kuti munhu aite kunge gomo.

Mudzidzisi anoti: Kana tikawanikwa tiri munzvimbo dzakaoma, tinofanira kuva nemhinduro kune zvinhu zvakatikomberedza -sezvizvi; **gomo, mvura, mhepo kana kuti moto.**

1. Iva **Gomo** -Mira segomo. Hapana chinokwanisa kukukuvadza. Unesimba zhinji. Famba segomo. Unonzwa sei mukati mako kana ukava gomo? Udza vana vataure kuti ivo varikunzwa sei
2. Tobva tava **mvura** -Yakanyorovera inoyerera, inokwanisa kupfuura chero chiripamberi payo. Famba semvura. Unokwanisa kuyerera uchipfuura pachero chiri pamberi pako. Unokwanisa kungomira usingafambewo. Mira, kunge mvura irimudziva musi usina mhepo. Unonzwa sei mukati mako kana ukava mvura? (Pihwa mhinduro)
3. Tobva tava **mhepo** -Usingaremi uye uchimhanya. Unogara uchingofamba. Hapana chinokumisa. Famba semhepo. Ngatifungei semhepo, bvumidza pfungwa dzako kuti dziende nechero nzira pasina zvimhinga mupinyu. Tinokwanisa kufambisa mifungo yedu nechero nzira yatada. (Unogona kudai: Garai panze moona mafambiro emiti nemakore zvichisundwa nemhepo) Zvakasiyanei kuva mhepo nekuva gomo? (pihwa mhinduro)
4. Tobva tava **moto** -Une simba. Unokwanisa kuparadza chero chinhu. Utori simba. Kuita kunge zuva raunzwa pano panyika. Zvione semuchisa urikubvira. (Unogona kudai tungidza muchisa. Wobatidza kenduru woti vana variongorore.) Chizviona sekenduru. Chizviona sezimoto ziguru guru. Moto uyu unokwanisa kupa vanhu chiedza kuti vakwanise kuona. Urikunzwa sei?
5. Mobva madzoka kuzoita segomo. Rakasimba, rinomira, rakatarira.

Mudzidzisi anoti: Chii chinotika mukati mako paunenge uri zvinhu izvi - gomo, mvura, mhepo, moto? Ndechipi chawanyanya kufarira?



Chidimbu chechipiri Mutambo/ Maminitsi makumi mana

Mudzidzisi anopatsanura vanhu kupinda mumapoka mana. Boka roga roga rinopihwa chisikwa charo (gomo, mvura, mhepo, moto) kuti rishandise mumutambo unoratidza chiitiko chavanosarudza ivo kubva mune yakatarwa pazasi: Vana vane maninetsi gumi(10) kuti vagadzirire, voita maminitsi matatu kana mana(3-4) ekuratidzira. Mudzidzi anofanira kusimbisa kuti mutambo unofanira kunge uri mupfupi.

- *Urikudheererwa kuchikoro. (Gomo)*
- *Mufananidzo wechiitiko chemuhupenyu hwako. (Mvura)*
- *Baba vako vauya kumba vakadhakwa uye vakakutsamwira. (Mhepo)*
- *Munhu wausingazive arikuda kupaza kuti apinde mumba menyu(Moto)*

Kumagumo emutambo **mudzidzisi anobvunza**: Madzidzei pamaona mitambo iyi?



Mudzidzisi batisisa: Uchishandisa mienzaniso yemitambo iyi tsanangura kuti haufaniri kungotiza pose paunosangana nezvinokutyisa. Ukataura kana kurwa nechinokutyisa, sezvaitwa nevanhu pavanga vachiita mitambo yavo, unogona kutarisana nezvaunotya zvirinani.



Chidimbu Chechitatu Simba rakaoma nesimba rakanyorovera

Mudzidzisi anoti: Pane dzimwe nguva zvakanaka kuti uve mvura, dzimwe nguva kuva gomo, dzimwe nguva moto kana mhepo. Panzvimbo nenguva dzakasiyana panoda kupindurwa zvakasiyana. Dzimwe nguva panoda kupindurwa nechisimba kunge moto kana gomo, Kuva moto kana gomo isimba rakaoma. Munhu noshandisa simba rakaoma kana akatarisana nekudzvinyirirwa kana kuti achida kumanikidzwa kuita chinhu chakaipa.

Zano (Kana ukasarura): Mudzidzisi anogona kuratidza simba rakaoma nekusunda munhu anomisidzana navo. Musanyanye kusunda munhu kusvikira adonha.

Mudzidzisi anoenderera mberi: Dzimwe nguva tinofanira kunyenyeredza munhu, kutora imwe nzira kana kuti totiza chiitiko chacho. Kuita kunge mvura inonyenyeredza dombo. Hatimisidzane nekupikisana nemumwe munhu. Tinofamba navo, tinozvityora toramba tichiyerera. Kuita kunge mvura kana kuti mhepo **isimba rakanyorovera**.

Zano (Kana ukasarura): Mudzidzisi anogona kuratidza muenzaniso nekubvumidza kuti munhu avasunde. Mumuenzaniso uyu mudzidzisi haapokane nemunhu uyu anongobuda munzira make, vomudhonza zvinyoro nyoro achienda divi raagara arikuenda naro. Munhu anopedzisira akufamba pamwe chete nemudzidzisi

Mudzidzisi anobvunza: Ndeipi mienzaniso muhupenyu wako ingade kushandiswa chisimba chakaoma? (Muenzaniso: Mhinduro yepaunotarisa nemunhu anesimba rakapfuura kana kuti rakafanana nerako, uchishandisa mashoko kana simba remaoko ako uchitarisana neari kupikisana newe.) Ndeyipi imwe mienzaniso yesimba rakanyorovera muhupenyu hwenyu? (Mienzaniso: Kutaurirana, kutaura zvakanaka kune munhu anehasha, kana kuti akatsamwa.) Mienzaniso yendudzi dzesimba iyi yakakosha, zvingoenderana nenzvimbo yaungada kuishandisa.



CHIITIKO CHEGUMI NEIMWE: HAISI MHOSVA YANGU

Chinangwa	Kubatsira vana kuti vazive kuti hadzisi nguva dzose dzekuti zvinhu zvinenge zviri mhosva yavo, uye kuvasunungura kubva mukuzvipomera mhosva.		
Zvekushandisa zvinodiwa	- Bepa rerudzi rweA4 - Tepi - Zvinyoreso		MAMINITSI MAKUMI MANA



Mudzidzisi batisa: Tinokwanisa kuvaka simba redu kuti risvike pakumisisdzana zvakanwana nezvatinosangana nazvo, asi zvakanosha kuti vana vasaremerwa nemhosva dzisiri dzavo. Nekuti vana vanowanikwa vari panzvimbo yeutera mumhuri dzavo nemuvavakidzani vavo.

Vanogona kurasirirwa mhosva iyo mhosva itori yekumwewo. Kuremerwa kunoita vana vapomerwa mhosva isiri yavo kunokanganisa maonero avanozwiita sevanhu vakakodzera. (Ona mufananidzo uri papeji 35)

1. Mumutambo uyu, vana vanomhanyira kukona kana mhinduro yavo yanga iri “hongu”. Voenda kunerimwe divi reimba kana mhinduro yavo iri “kwete”. Pamhinduro yega yega unobvunza mwana mumwe chete kana vaviri kuti nei vati “hongu” kana kuti nei vati “kwete” kuti vana vagone kuziva kana varivo vane mhosva napamwe pavanenge vasirivo.
2. Mudzidzisi anonyora kuti “HONGU, IMHOSVA YANGU” nemavara makuru pabepa reA4 onamira netepi pamadziro erimwe divi reimba. Panerimwe bepa mudzidzisi anonyora kuti “KWETE, HAISI MHOSVA YANGU” onamira netepi pamadziro erimwe divi reimba.
3. Mudzidzisi anosarudza zvinyorwa zvisere (8). Anosarudza mana kubva muchikamu A osarudza mana (4) kubva muchikamu B.

Sanganisai zvinyorwa zve muzvikamu A neB kuti zvinakidze. Kana paine imwe nguva unogona kuwedzera zvinyorwa

Chikamu A: Imhosva yako here kana...

Mienzaniso yezvinhu zvisiri mhosva yemwana:

- Babamudiki vako vakuvadzwa gumbo ravo vokutuka?
- Baba vako vokurova kuti waunza ripoti yekuchikoro isina kunaka, kunyangwe wayedza nepese paunogona?
- Maita hondo munyika menyu, makufanira kutiza?
- Vabereki vatukana?
- Ukaita zvinhu zvakaipa seuto rechidiki uchinge wamanikidzwa nemagandanga auya kumba kwenyu akakutyisidzira kuti vanokuuraya ukasabatana navo?
- Baba vakaba kuti vawane mari yokubhadhara mari yechikoro chako vobva vasungwa?
- Baba vakasungwa nemapurisa kana kuti masoja?
- Imba yenyu kana kuti nharaunda renyu yarwiswa/ kupindwa nechisimba?
- Mubereki wako akafa neshuramatongo (AIDS)?
- Unobatwa chibharo waenda kunochera mvura kwasviba?

Zano: Munzvimbo dzino chengetedzeka tsika zvakananyanya kusingaite kutaura nyaya dzebonde pachena, unoshandisa izwi rekuti kushungurudzwa pane rekuti “kubhinywa”

Batisa: Kubhinywa / kushungurudzwa haisi mhosva yemunhu abatwa wacho. Hapana akakodzera kubatwa nenzira iyi, kana kushungurudzwa. Mudzidzisi anofanira kusimbisa kuti kunyangwe mwana anga akapfeka nguwo dzakadii, Hapana anoda kubhinywa. Hayimbofa yakava mhosva yemwana.

Chikamu B: Imhosva yako here uka

Mifananidzo yezvinhu zvinogona kunge zviri mhosva yemwana

- Unotumwa kumashopu worasa mari nekuti watadza kuibata zvakanaka?
- Unotadza kukwazisa vayeni vauya zvakanaka nekuti haufarire hama iyoyo?
- Unoregedza kuita basa rechikoro rekumba kunyangwe wanga uine nguva yekuriita?
- Unoenda kunzvimbo yaunoziva kuti kune njodzi (nokuda kwekuti kunorwiwa) wobva wakuvara, kunyangwe wanga warambidzwa kuenda ikoko?
- Kutsvinyira munhu, kumudana nemazita raunoziva kuti ringakonzera zhowe zhowe munzvimbo ine kurwisaniswa?
- Kunonoka kuenda kumba usina wawaudza usina kana chikonzero?
- Kurega kutsvaira ruvaze, usati waenda kunotamba neshamwari dzako?
- Kutamba neshamwari dzinokudzidzisa misikanzwa yekuputa zvinodhaka kana kunwa doro.

Panechinyorwa chose, mudzidzisi anoti: *Mhanya kudivi rimwe remba kana kuti kune rimwe, zvichienderana nekuti mhinduro yako ndi “Hongu. Imhosva yangu” kana kuti “Kwete, mhosva haisi yangu”.*

Sarudza munhu umwe kana vairi kuti vatsanangure kuti neyi vasarudza mhinduro yavo. Tanga neboka rinevanhu washoma. Mwana anogona kusarudza divi rimwe, asabvumidzwe kunyengerera vamwe.

Mudzidzisi anovharisa mutambo uyo nekubvunza: Kana tirisu tinemhosva, tinoita sei mune zvakanaka? (Pihwa mhinduro mumwe kamiiri). Tikapihwa mhosva isiri yedu tinoita sei? (Pihwa mhinduro mumwe kamiiri)

Zano: Ita kamutambo kanochangamutsa kana kuti kekudzikamisa kana kekufema (Hona appendix 1). Kana kuti bvunza boka rako kuti vanemutambo kana rwiyo rwavanokwanisa kuita ruri nyore.



CHIITIKO CHEGUMI NEPIRI (12): KUREGEDERA NHAMO

Chinangwa	Kudzidzisa vana kuti unoregerera sei zviitiko muhupenyu zvinogona kukutadzisa kuenderera mberi nekubudirira muhupenyu		
Zvekushandisa zvinodiwa	• Saga hombe/ bhokisi, kana tswanda • Miti, Matombo kana chero zvinorema zvingaiswa musaga		MAMINITSI MAKUMI MANA

Mudzidzisi anoti: Kuziva kana tiine mhosva uye kuziva kana isiri mhosva yedu zvakanosha nekuti zvinotibatsira kutura zvinorema pamapfudzi edu. Zvinotibatsira kuti tikwanise kutora mutoro wezvose zvatakaita toramba mutoro wezvatisina kuita.

Pano neapo, tinofanira kutsvaira nhamo dzehupenyu dzinogara mukati medu. Nhamo dzinogona kusapera asi tinonzwa kurerukirwa uye tinokwanisa kuona nyika nemaziso akasiyana, zvinogona kuzotitungamirira kumhinduro. Tichaona kuti dzimwe nhamo hadzisi dzedu uye tinogona kudziregera. Tinogona kuwana mazano matsva nekuti tinenge tavekunzwa kurerukurwa nezvirinani. Izvi ndizvo zvatichaita.

Chidimbu 1: Kuisa Nhamo dzedu musaga (maminitsi makumi maviri nemashanu)

Taurira vana kuti vabude panze vanatora miti nematombo anomirira nhamo vobva vadzoka.

Zano: Mudzidzisi anofanira kunge aine zvimwe zvinhu zvinorema musaga make. Kana vana vachizonetseka kuwana matombo nemiti, izvi zvinogona kutsvagwa Musangano usati watanga.

Panodzoka vana mudzidzisi anovarangeridza kuti miti nematombo zvakanirira nhamo dziri muhupenyu hwavo. Ipa vana mukana wekuisa miti nematombo musaga vachipanana mukana. Pavanenge vachiisa zvinhu izvi mutsaga, votaura nhamo yacho zvinonzwika kana nechemumoyo. Mudzidzisi anosimudza saga wotaura nezvekurema kwaro. Vamwe vevana vanogona kuyedza kurisimudza saga racho.

Mudzidzisi anoti: Tingadii nesaga iri renhamo? Pihwa mhinduro nekuwirirana kubva kune boka rose kuti voiteyi nro.

Mudzidzisi anokumbira rubatsiro kubva kune munhu wese kuti vabvise saga rakazara nhamo kuburitsa muhupenyu hwavo. Vanhu vobatsirana kusimudza saga iri vamwe vese vachivatevera vachibuda kuenda kunzvimbo yawiriranwa.

Zano: Kana vanhu vasarudza miti kunyanya munogona kubatidza moto mopisa zviri musaga. Kana ari matombo munogona kuchera gomba mofushira nhamo dzacho kana kutsvaga muti moisa matombo akakomberedza chidzinde chemuti muhombe mochisiya kuti” nyika inzwe nhamo idzi dzocheneswa. Izvi munoitira muchishuwira kuti munhu wese asunungurwe kubva kunhamo dzake dzose.

Pamunobuda panze nesaga renhamo, udza vana kuti panguva yavari kusunungurwa kubva kunhamo, vabatane maoko varimu denderedzwa. Kana zvichiita tsvagai rwuyo rwunoenderana kana kuti gadzirai rwuyo tichibvisa nhamo zvichirerutsa mutoro watanga takatakura.



Chikamu chechipiri (2): Kutsvairira nhamo dzedu kure Maminetsi makumi maviri

Madzokera mumba mudzidzisi anoti: Tomboti pane nhamo dzasaririra, ona mupfungwa dzako nhamo dzose dzichidonha kubva pauri. Kuita kunge mashizha arikudonha kubva mumuti. Kana kuita senyoka irikuvhunhura rukanda. Svetuka uchikwira nekudzika uchidondhedza nhamo dzako dzese pasi. Wapedza yave nguva yekutsvairira nhamo dzese kure,



Mudzidzisi anoti: Munhu wese ngaatore mutsvairo. Zunguza nhamo dzese wodzitsvairira kure! (Mudzidzisi opa munhu wese mitsvairo yekunyepedzera. Vana vese vanoimba vachitsvaira. Tarisisa kuti munhu wese arikutsvairira nhamo dzavo panze pemusuwo.)

Zano: Shandisa nziyo yamunoziva munharaunda yenyu inotaura nezveku tsvaira uchibvisa zvinhu, kana kuchenesa hupenyu hwako. Munhu wese oimba manzwi erwumbo achitsvaira nhamo achidzibuditsa muhupenyu hwake, kana kuti munogadzira rwenyu rwiyo.

Hurukuro: Kana vanhu vese vadzoka mumba, garai pasi. Mudzidzisi obvunza vanhu kuti: Chiitiko ichi changa chirisei kwauri? Chaita kuti unzwe sei? Chii chawanyanya kufarira pachiitiko ichi?

Mudzidzisi anoti: Wave nemutsvairo wako padhuze newe unogara nawo pese paunodira. Chinhu chakakosha kuti tirambe tichiregedzera mitoro yenhamo dzhupenyu hwedu, hatifanire kusiya nhamo dzedu dzichiwanda dzotiremera kusvikira takurirwa.

CHIITIKO CHEGUMI NENHATU (13): MUTI WEPFUMA

Chinangwa

Kubatsira vana kuti vawane nzvimbo mukati mavo munochengeterwa zvinhu zvese zvakanaka zvavo pasina anozokwanisa kuzvitora kubva kwavari.



**MAMINITSI
MAKUMI
MANA**



Mudzidzisi batisa: Chiitiko chinoshimbisa dingindira rechiitiko chatakaita kumashure. Chiitiko che **Nzvimbo yakachengetedzeka mukati medu**. Zvakanaka kuva nenzira dzakasiyana nemifungo inobatsira vana kuti vadzidzire kuti vorarama sei. Ichi chiitiko chakakosha kubatanidza nechiiitiko che **Muti Wehupenyu**

Mudzidzisi anoti: Tadzidza kuti tinoregedzera sei nhamo dzingade kutiremedza. Tadzidza kuti tinokwanisa kuita sezvisikwa zvakatipoteredza -gomo. Mvura, mhengo, kana moto; Kuti zvitiabatsire kuti tikunde nguva dzakaoma. Iko zvino tavekudzidza kuti tinozvichengetedza sei kubva kuvanhu vanoda kuti kuvadza. Kana vanhu vachikushora, vachitaura zvakaipa nezvako uye vasingaone kunaka kurimauri, zvakanakosha kuti iwe wega uzive kuti zvii zvakanaka pauri.



Mudzidzisi batisa: Verenga nyaya iyi usiri kumhanya mhanya uye uchiratidza nemaoko kana chiso zvauri kuverenga. Ita kuti nyaya iyi inakidze kuteerera. Itaure nenzira yekuti iite kunge ngano yepamoto kana inotaurwa vanhu vakunorara. Vana vanofanira kuvhara maziso avo uchivaverengera.

Mudzidzisi anoti: Ndichakutaurirai kanyaya. Iyi nyaya ndeye muti wakatanga kukura kare kare. Unonzi **Muti Wepfuma**. Muti uyi waiti vanhu vakauya kuzoutema nematemo, matemo aityoka. Pavaipedza kuutema nemishina, mishina yacho yaidambuka kana kutyoka. Hapana chaikwanisa kuuraya Muti wePfuma.

Muti WePfuma une njere dzakanyanya, sezvo wararama kwemakore mazhinji. Inzwa kurova kwemoyo wako. Inzwa kufema kwako. Muti Wepfuma unogara mukati mako. Unogara mukurova kwemoyo wako uye mukufema kwako. Muti wepfuma unochengetedza iwe. Funga nezve zvinhu zvese zvakanaka



zvakanaka taurwa nevanhu vanokuda. Nevanhu vane hanya nehupenyu hwako nezvako. Funga zvinhu zvese zvaunogona, hunhu wese hwakanaka hwauinawo. Zvirevere mupfungwa dzako, nyora zvinhu izvi pasi. Uchada kuzvirangarira.

Ikozvino Muti wepfuma wavekukudana. Paunosvika tarisa kureba kwawakaita uye kusimba kwawakaita. Unogona kuona mavanga anoratidza vakambozama kuutema nevanhu vachiedza kuudambura. Paunosvika paMuti Wepfuma wobata makwati awo. Urikuzwa simba remuti! Muti uye wobva wakuvhurikira, kuvhurikira iwe chete. Unoziva iwe chete.

Urikukwanisa kuona kusvika pamwongo pawo chaipo. Urikuona madenderedzwa ese emuti uyu, makore akanaka nemakore akaoma emuti uyu. Makore akanaka ane madenderedzwa akafuta uye mazuva akaoma ane madenderedzwa matete; rimwe chete remadenderedzwa rakamirira gore rawo. Pamongo wemuti pane bhokisi rakagadzirwa nengoda negoridhe. Sverera wosimudza bhokisi iri. Rakanaka. Ririkupenya muchiedza.

Vhura bhokisi woisa zvakanaka pahunhu wako zvese imomo. masimba ako, matarenda ako, nezvinhu zvese zvakanaka pauri -zvese zvinopinda mukati mebhokisi. **Zvinhu zvako!** Chivhara bhokisi, dzosera pakati pemuti, muti wobva wavhara.

Mupfungwa dzako Muti Wepfuma urikutaura uchiti. “Ndichavhurira iwe. Ndichachengetedza zvakanaka zvako zvese, zvinhu zvese zvakanaka muhunhu wako ndozvichengetedza kuti pasava neanokwanisa kukutorera. Vanhu vanogona kurwadzisa muviri wako, but havazokwanise kukuvadza mweya mako. Pese paunodzoka ukavhura bhokisi repfuma, unoona zvakanaka zvose zvauri. Ingonzwa mukati memoyo mako. Ndirimo.”

Isa ruoko rwako pamoyo wako wonzwa Muti Wepfuma uchikura imomo.

Batisisa|: Vana vanoisa maoko pamusoro pemoyo yavo vombosiya aripo maoko kwekanguva, vachinzwa kudziya.

Hurukuro: Mudzidzisi anoti: Vhura maziso ako mbichana mbichana. Tura befu, femera mukati wofemera kunze. Unonzwa sei kuti wave muchengetedzi wezvinhu zvese zvako zvakanaka? (Pihwa mhinduro) Isai maoko enyu pane Muti Wepfuma urimukati mako, imboteerera kwemineti rimwe.

Mudzidzisi anoti: Mukati meMuti Wepfuma mune zvinhu zvese zvakanaka zvinokubatsira kuti unzwe zvakanaka pamusoro pezvauri.



Zano: Ita kamutambo kanochangamutsa kana kuti kekudzikamisa kana kekufema (Hona appendix 1). Kana kuti bvunza boka rako kuti vane mutambo kana rwiyo rwavanokwanisa kuita nyore nyore.



CHIITIKO CHEGUMI NEINA: DZOKORORO YEPIRI - KUIMBIRA SHUMBA

Chinangwa	Kupfupikisa zvidzidzo zvikuru zveChikamu : Kusimbisa zvatiri.		
Zvekushandisa zvinodiwa	Mufananidzo weshumba mbiri dzichidzvova (Ona Peji gumi netatu). Kune mapoka maviri evana (ona Peji makumi mana netatu). Rimwe boka rinoita sevarikutya zvikuru, rimwe rinoratidzika kudzikama uye riri kutarisisa shumba. Vamwe vana veboka iri vari kunyemwerera shumba.		MAMINITSI MAKUMI MAVIRI

Mudzidzisi anobvunza mibvunzo inotevera, achipa nguva yemhinduro.

- *Chii chirikuitika mumufananidzo uyu?*
- *Pane mapoka maviri evana. Vakasiyaneyi?*
- *Unofunga kuti mapoka evana arikufungei?*
- *Shumba dzinofungei padzinoona boka revana rakadzikama, richingotarisa, pasina kugumbuka?*
- *Unofunga kuti vana vari kuitei kuti vadzikame vakatarisa shumba dziri kuvadzvovera?*
- *Tinoziva vanhu vakaita seshumba idzi? Vanenge vari vanhu vanoyedza kutityisidzira. Vanodzvova. Vanoita kuti tinzwe zvakaipa pamusoro pedu. Vanoita kuti tinzwe kupera simba.*
- *Sei vanhu vanoita seshumba ava vachida kuita zvakadai? Sei vachida kutyisidzira, kudheerera, kana kutyisidzira vamwe?*



Mudzidzisi anobvunza kuti: *Tadzidzei kubva pachiitiko ichi? (pihwa mhinduro)*



DINGINDIRA RECHISHANU: KUVAKA HUKAMA



Chiziviso chemudzidzisi: Kana tatarisana nenguva dzakaoma tine sarudzo mbiri

- Kana tisingakwanisi kushandura zvakatipoterredza kana kuti mamiriro ezvinhu zvatiri kurarama mazviri, tinogona kushandura mapinduriro edu kune zviri kuitika. (Izvi zvakakurukurwa muchikamu chapfuura) KANA
- Tinogona kushandura zvakatipoterredza (izvo zvatichakurukura nezvazvo iye zvino) tobvisa zvinoita kuti upenyu hwedu huve nematambudziko.

Muchikamu chino, tichaongorora nzira dzekushandura zviri kuitika kunze uye kugadzira nzvimbo dzakachengeteka dzevana uye kukurudzira vanhu vakuru kuti vave vamiriri venyaya dzevana.

Ichi chikamu chionoongorora zvakare simba renharaunda rekuoporesa. Nharaunda inogona kuita izvi nenzira dzakasiyana:

- **Gadzirai nzvimbo dzakachengeteka dzevana** - vana havagone kuporeswa kana vachinzwa sevasina kuchengeteka.
- **Ipai vabatsiri** - vana havagone kuporeswa kunze kwekunge vawana vamwe vana kana vanhu vakuru vavanogona kutaura navo uye vavanovimba navo.
- Wana mashoko akajeka uye zvichaitwa kubva kuvatungamiriri venharaunda, kubatsira mhuri dzinotungamirirwa nevana dziri panjodzi yekushungurudzwa, uye kukurudzira vanhu kuti vashinge kutaura kuti kushungurudzwa uye chisimba chakaipa uye vitora matanho ekuzvigadzirisa.

Zvakakosha kuti vana vave nerutsigiro rweshamwari nevakuru, kuti vagadzirise nyaya dzavo, sezvo vasingafaniri kutarisirwa kuita shanduko zvachose vari voga.

CHIITIKO CHEGUMI NESHANU: SHUMBA MUGOMO! TIZA TIZA TIZA!

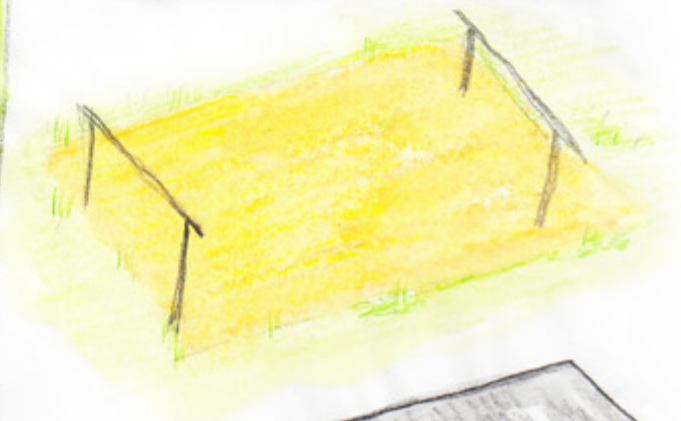
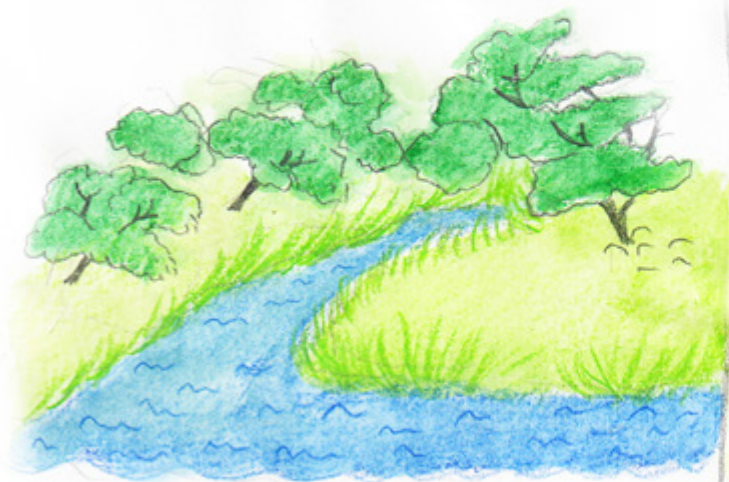
Chinangwa	Chiitiko chekusimbaradza nekuchangamutsa		MAMINITSI GUMI MASHANU
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Mudzidzisi anoti: *Ini ndichashevedzera kuti Shumba mugomo! Tiza, tiza, tiza! Kakatiwandei imi muchamhanya makatevedzana kuita denderedzwa. Pandinorega ndinozoshevedzera nhamba imi mofanira kuungana semapoka mapoka makakwanirana nenhamba yandareva. Kutu zvinakidze ndichataura manhamba mairi imi mopinda mapoka seizvozvo. Semuenzaniso ndikati mapoka evaviviri nevatu unokwanisa kupinda muboka revaviri kana revatu. Pese pandinotaura manhamba mairi unopinda mune boka chero rawada nekukasira. Tese tagadzirira here?*

Mudzidzisi anoshevedzera kuti Shumba mugomo! Tiza, tiza, tiza! Katatu. Vana vose vanoimba vachimhanya vachimutevera. Anozoshevedzera kuti mapoka evaviri vaviri nevatu vatatu. Anozoshevedzera zvakare kuti kuti mapoka evatanhatu nevanomwe. Apedza kudaidza mutsara wekutanga anokurudzira vana kuti kuti vasheedzere manhamba mairi ivo vomhanya kuita mapoka anoenderana. Pakupedzisira mudzidzisi anoshevedzera kuti zana! Kutu van vose ouya pamwe chete muboka rimwe.

Zano: Hapana mwana anofanira kusara asiri muboka kana kuti chikwata ndosaka pachishandiswa manhamba maviri.

Mudzidzisi anoti: *Dzimwe nguva tinokwanisa kurwisana neshumba tiri tega(shumba dzichimirira zvose zvatinoty) kazhinji kacho tinoda kubatsirwa kukunda kutya nemhirizhonga zvatinosangana nazvo muhupenyu. Muchikamu chino chemusangano tichadzidza kuti nzvimbo dzakachengetedzeka uye dzine njodzi munharaunda medu ndedzipi, uyezve vanhu vanokwanisa kutibatsira nezvinotirempera muhupenyu hwedu pamwe nezvatinogonawo kuita isu tichitsigirwa nevabatsiri vanowanikwa munharaunda medu.*



CHIITIKO CHEGUMI NETANHATU. NZVIMBO DZAKACHENGETEDZEKA UYE DZINE NJODZI

Chinangwa	Kuti vabati vemusangano vazive kuti munharaunda mune nzvimbo dzakachengetedzeka uye dzine njodzi, pamwe nekuziva nzira dzekuzvidzivirira kubva kumhirizhonga.		
Zvekushandisa zvinodiwa	- Mapepa makuru kana pepa rekunyorera maposita - Zvinyoreso zvakasiyana siyana kusanganisira maMaka nema kirayoni.		MAMINITSI MAKUMI MATANHATU NEMASHANU

Mudzidzisi anoti: *Mumusangano uno tadzidza kuti tinokwanisa kugadzira nzvimbo yakachengeteka mukati medu, ikozvino tichadzidza kugadzira nzvimbo yakachengetedzeka patinogara, munharaunda muno. Imwe nzira yatinogona kuzvichengetedza nayo kuziva nzvimbo dzakachengetedzeka uye dzine njodzi kwatinogara. Kana taziva izvi tinogona kuwana vanhu vanovandudza nharaunda yedu. Sevana nevechidiki tinogona kuwedzera ruzivo rwedu vanhu vozoitawo pavo.*

Chikamu chokutanga Kutara mufananidzo Maminitsi makumi matatu nemashanu.

- Patsanura vana mumapoka ekwavanogara. Vanogara pedyo nepedyo zvekanhambwe kemaminitsi gumi vopinda muboka ravo. Mapoka aya asafuura vanhu vana.
- Ipa boka rimwe nerimwe bepa guru rekunyorera uvati vatare mufananidzo yenzvimbo dzakachengetedzeka uye dzine njodzi munharaunda mavo. Ngavaise “X” kana kachiso kakasuwa panzvimbo dzine njodzi, voisa “O” kana chiso chakanyemwerera panzvimbo dzakachengetedzeka. Kana vachinge vapedza mapoka ose anoturika mifananidzo iyi kumadziro. Vose vachatora nguva yekutarisisa nzvimbo dzakachengetedzeka uye dzine njodzi dzadomwa kakakwanda. (Mufananidzo uri paPeji 46 ungori muenzaniso)

Chikamu chechipiri Hurukuro (Maminitsi makumi matatu).

Pindura mibvunzo inotevera

- Ndedzipi nzvimbo dzakachengetedzeka munharaunda menyu? Nemhaka yei dzachengetedzeka*
- Ndedzipi nzvimbo dzine njodzi munharaunda menyu? Nemhaka yei dziine njodzi?*
- Chii chingitwa nevana kuti nzvimbo dzine njodzi dziite sekuchengetedzeka?*
- Chii chingitwa nevanhu vakuru kuti nzvimbo dzine njodzi dziite sekuchengetedzeka?*

Zano: Mazano ekuti nzvimbo dzine njodzi dziite sekuchengetedzeka: Pamunobuda kana kufamba munzvimbo idzi fambai muzvikwata kana kuti fambai nemunhu mukuru kana mubatsiri wechikuru; kutora aimwe nzira yekutenderera asi yakachengetedzeka, kumbirai vehurumende kuti vaise mwenje munzira dzakaita chirima, kumbirai kuti nzvimbo dzakadai dzive nevachengeti vanotenderera kana vanhu vakuru vanoita majana ekurinda nzvimbo dzinogona kushandiswa kwasviba dzakaita sekuchibhorani. Mamwe mazano ndeapi? Kana kuine njodzi kumba tsvaga munhu mukuru akavimbika waungakumbire zvingakubatsira.

Mudzidzisi anoti: *Kugadzirisa nzvimbo dzemunharaunda medu dzine njodzi kuti dzichengeteke kunoda kuti tibatirane pamwe nevanhu vakuru vakavimbika vanogona kuita basa iri. Muchiitiko chinotevera tichaziva kuti vanobatsira ava ndivanaani kuitira patinowirwa nematambudziko in our lives.*

Mutambo wekufema uchizadza dumbu rose nemhepo.

FEMA! Isa maoko ako ese pazasi peguvhu. Pauri kufemera mukati, inzwa dumbu rako richiwedzera kukura. Pauri kufemera kunze, inzwa dumbu rako richirara zvakare. Ita mutambo uyu katatu. Zviudze kuti “DUMBU hombe!” pauri kufemera mukati uye “DUMBU diki” pauri kufemera kunze. Inzwa kutsika kwawakaita pasi netsoka dzako. Inzwa mweya uchipinda mudumbu rako, Uri kunzwasei?

Cherechedza: Mutambo uyu unogona kuitwa pese pakakodzera. Chinangwa chemutambo uyu ndechekuti vana vanzwe kudzikama mavari uye vakaita rimwero nenyika.



CHIITIKO GUMI NENOMWE: MUTAMBO WEVANOTIBATSIRA

Chinangwa	Kunongedzera vabatsiri vanokwanisa kubatsira vana pavanosangana nezvakaoma.		
Zvekushandisa zvinodiwa	• Mapepa erudzi rwe A4 • Zvinyoreso – mamaka • Tepi		MAMINITSI MAKUMI MANA



Tsamba kumudzidzisi: Vabatsiri ndivo vanhu vatinoenda kwavari kana takatarisana nedambudziko kana zvimwe zvinotinetsa, semuenzaniso mukoma, mubereki, mudzidzisi, mukoti, muvakidzani, mbuya kana sekuru nezvimwe zvakadaro. Muchiitiko ichi vana vanotaura kuti vabatsiri vakajairika munharaunda ndevapi. Mazita evabatsiri ava anonyorwa

pabepa rakazvimirira, mapepa aya onamirwa kumadziro. Mudzidzisi anoverenga mienzaniso yematambudziko akasiyana siyana vana vosimuka vachinomira pedyo nebepa rakanyorwa zita kana basa remunhu akafanira kubatsira padambudziko rakaita seiroro. Mushure mezvizvi panoita kahurukuro kadiki kuti sei vana vasarudza munhu uyu panyaya iyi. Mutambo uyu unoratidza vanhu vanonyanya kupoterwa kana mwana achinge awirwa nedambudziko. Vanhu ava ndivo vanofanira kubvunzwa zvirimaringe nekuchengetedzwa kwevana mudunhu/nharaunda iyi. Munokwanisa kudzikorora mutambo uyu kwapera mwedzi mishoma kuti muone kuti pane chinenge chashanduka here.

Mudzidzisi anobvunza: *Ndivanani vanhu vakakoshesesa muhupenyu hwako? Vana vanobatsirana kusarudza mazita evabatsiri vashanu, kwete nemazita epachitupa asi nebasa ravo kana zvavakamirira muhupenyu sekuti, sisi vakuru, mudzidzisi, zvichidaro.*

Zano: Ita kuti vana vaise vanhu vemumhuri vaviri chete kuitira kuti vabatsiri vakawanda vabve kuvanhuwo munharaunda vakaita sevakoti, vadzidzisi, nevavakidzani.

Mudzidzisi anogadzira mapepa matanhatu akamirira vabatsiri vadamwa nevana nerimwe richazonyorwa kuti handizive. Mapepa aya anonamirwa kumadziro akatarumuka kana kunamirwa kuseri kwezigaro; zvigaro zvoiswa zvakaita mutsara mumwe.

Mudzidzisi anoverenga mitsara inotevera nenzwi guru, inoratidza mienzaniso yezviitiko zvakasiyana-siyana

Ndiani anogona kutibatsira kana takatarisana neizvi.....

- *Amai veshamwari yako vari kurwara zvakananyisa uye havachakwanisa kuzvishandira.*
- *Shamwari yako inomanikidzwa kusiya chikoro kuti kahanzvadzi kake kayende iye ogara kumba.*
- *Shamwari yako ari kubatwa chibharo nemunhu anomuchengeta*
- *Shamwari yako anokuudza kuti anoda kuzvikuvadza*
- *Shamwari yako anogara achiona vabereki vake vachipopotedzana pamwe nekurovana*
- *Shamwari yako arikudheererwa kuchikoro*
- *Shamwari yako anoudzwa kuti ari kunoroodzwa kune murume wechikuru/harahwa*
- *Shamwari yako inoparadzana nehama dzake mushure mekuti kwaita njodzi yemafashamu kana kuti hondo*
- *Shamwari yako anogara akasuwa mushure mekuona imba yavo ichiparadzwa munguva yehondo.*
- *Shamwari yako inomanikidzwa kuenda kunorwa nemagandanga*

Zano: Unogona kukumbira vana kuti vataure mamwe mamiriro akasiyana kuwedzera kune apihwa pamusoro apo. Unokwanisa kushandura mienzaniso iyi kana uri Musangano wevanhu vakuru kana kuti zvienderane netsika dzenyu kana nharaunda yenyu.

Panoverengwa muenzaniso umwe neumwe vana vanomhanya vonomira vakaita mutsara mushure memubatsiri wavanogona kunokumbira rubatsiro kwaari. Bvunza boka rinenge rakakura kuti nei vasarudza munhu iyeye.

Zano: Zvakanaka kugara uine rimwe zano, kana mumwe wekubvunza padambudziko. Pane imwe mienzaniso yapihwa **mudzidzisi anobvunza vana vari muboka guru:** Kana uyu wamasarudza asiri kubatsira ndiani mumwe wamunogona kunokumbira?

Kana boka rehandizive rakakura bvunza vana kuti ndiani mumwe wavangona kunokumbira rubatsiro kwaari. Nyora rimwe bepa roiswa pane mamwe modzokorora nyaya imwe chete iyoyo moona kuti vana vangani vanogona kuenda kune munhu uyu.

Pane muenzaniso umwe neumwe nyora pasi kuti mubatsiri asarudzwa nevazhinji ndeupi uyezve vana vanoenda pakanzi handizive. Vanhu vanoenda pakanzi handizive vanoda kubatsirwa zvakananyanya kuratidzwa vabatsiri. Mutsara wemubatsiri anowandirwa unoratidza kuti ndiyani anokosheswa panhau yega yega munharaunda. Munogona kutevera kuvabatsiri ava mushure memusangano muchitarisa kuti vanhu ava vane ruzivo ruzere here.

Hurukuro (Maminitsi gumi) **Mudzidzisi anobvunza kuti** (a) Madzidzei pamutambo uyu? (b) Sarudza mubatsiri mumwe chete wotsanangura kuti mubatsiri uyu anogona kushanda sei nemwana uyu kutapudza dambudziko kana kuri gadzirisa.

CHIITIKO CHEGUMI NESERE KUKURIRA SHUMBA

Chinangwa	Kuvaka nzira dzekuti vana vashandise pakuzvidzivirira kubva pakushungudzwa uye mhirizhonga muhupenyu hwavo		
Zvekushandisa zvinodiwa	Mifananidzo miviri yeshumba dziri kudzvova (tarisa Page 13)		MAMINITSI MAKUMI MANOMWE.

Chikamu chokutanga Kukurira shumba (Maminitsi Makumi maviri)

Mudzidzisi anoti: Kana tiine rubatsiro kubva kushamwari nevabatsiri vanotida, tinokwanisa kukunda matambudziko mazhinji. Kunyangwe tiri tega, haisi nyaya yekusimba kupfuura shumba asi kungwara kuipfuura. Ndoda kukuudzai nyaya yeumwe munhu ainge akangwara zvekuti haana kukuvadzwa neshumba

The lion and the rabbit⁹

Paivepo naTuro aitandaniswa neshumba yaityisa chaizvo. Akazama kutiza shumba asi zvaisabatsira. Turo akabva afunga zano rokupinda mumwena wakadzika. Achingopinda mumwena uya akabva abatwa tsoka yake naShumba. Turo akakasika kufunga zvekuita, akatanga kuseka akati “sekuru Shumba hamuna kundibata, mabata mudzi wemuti”. Nehasha, shumba akabva asiya tsoka yaTuro ndokuzama kubata zvakare obva achizobata mudzi wakareba manje. Turo akachema “ndiregerere iwo sekuru shumba, ndapota ndisiyei nekuti mazondibata manje” Achinzwa



izvi shumba akatanga kudhonza mudzi uya achiti itsoka yaTsuro. Panguva yaidhonzwa mudzi uyu, Tsuro aitobuda neimwe nzira zvake achibva munyatwa. Zvichakadaro, shumba akaramba achidhonza mudzi uya kusvika wadimbuka ndobva azoziva kuti tsuro amukurira. Shumba akabva agara pamusuwo wemwana achimirira tsuro asiri kuziva kuti tsuro atoenda zvake. Zvisineyi, shumba akazoneta nekumirira akabva aenda. Kungwara kunoponesa

Hurukuro: Wadzidzei panyaya iyi?

Pane here akambokurira shumba? (pihwa mhinduro).

Wakambokurira mamwe matambudziko here? (pihwa mhinduro)

Zvino zvataadzidza kuti tinogona kukurira shumba, ngatichiwonei kuti tingaitasei kana shumba dzichizama kuda kutora chinhu kwatiri.

Chidimbu 2: Hautikuvadzi! (Maminitsi 15)



Manotsi kumudzidzi: Shumba chinhu chipi zvacho chinotityisa (mudzidzi anonongedzera mufananidzo weshumba). Inogona kuva hama, musoja, mudheereri, kundengendeka kwenyika kana zvimwewo. Shumba zvimwewo zvinhu kana vanhu vanobvisa mufaro wedu, kungava kuzviti hatinyatsogoni chaizvo, vemhuri vane godo/shanje nesu. Ndevapi vanhu ava muhupenyu hwako? (pihwa mhinduro)

Mumutambo uyu tiri kuzochengetedza chinhu chakakosha zvakananyanya kwatiri kubva kushumba. Funga chinhu chakakosha chaunoda kuchengetedza muhupenyu hwako (miyenzaniso: mukurumbira wako wakanaka, nguva yehudiki hwako, rudo rwune umwe munhu kwauri, ramangwana rako) Tiudzewo chauri kuzochengetedza (pihwa mhinduro). Ngatibatane maoko tigadzire denderedzwa takatarisa kunze. Chinhu chiya chakakosha chatiri kuchengetedza ngachipinde pakati mudenderedzwa. Shumba dzichazama kuchiba. Ngatitsvage nziyo yekuimba kuti tizvisimbise. Itai kuti nyangwe shumba dzikazama zvakaoma sei dzisapinda mukati

Mumutambo uyu vana vari kuchengetedza chinhu chakakosha zvakananyanya. Chinhu ichi chinogona kuva shamwari, ramangwana ravo kana dzidzo yavo pane zvimwe. Rega mwana wega wega azvisarudzire kuti chikoshwa ichi chingava chii. Vanotsvaga nzira yekubatana kuti denderedzwa ravo risimbe kuitira shumba dzinomirira vanhu nemasimba anokwanisa kutora chinhu chavanokoshesa dzisapinda.

Kumbira vanhu vaviri vanozvipira kuva shumba, woudza vamwe kuti vaite denderedzwa vakabatana mawoko uye vakatarisa kunze kuti vawone shumba. Basa ravo ndere kutadzisa shumba kutora chiri mukati medenderedzwa ravo. Vanofanira kugadzira denderedzwa rakabatana voimba kuti shumba isauye. Zvakakosha kuti shumba dziudzwe kuti hadzifaniri kushandisa nzwara uye simba rese kuputsa denderedzwa kuti dzipinde

Zano: Udza vana kuti uyu mutambo, uye shumba dzinofanira kuita sedzinotyisa zvechokwadi, asi ngadzisakuvadze vamwe kana

Zano: udza vana vaviri muchivande kuti kana shumba dzikaputsa denderedzwa kupinda mukati vanofanira kutora chinhu chakakosha chiya chisingawoneki chiri pakati votizira kwavasingabatwi neshumba. Mudzidzi anofanira kuzomisa mutambo

Chidimbu 3: Hurukuro (Maminitsi makumi nemashanu)

- *Wanzwa sei kuvharira shumba kunze?*
- *Shumba dzanzwa sei padzatadza kubata vanhu?*
- *Wanzwa sei pawayedzesera kuita seshumba?*
- *Tingashandure shumba sei pane kuti tisarwisane nayo kana kuitiza?*

Zano: Pihwa nyaya kubva paboka iri pamubvunzo wekupedzisira. Semuyenzaniso: tingaitasei kuti mudheereri ave shamwari yedu, pane kuti tigare tichimutya zuva rega rega? Mhinduro: vanhu vakawanda vanowirirana kuti vataure nemudheereri uyu pamwe chete. Vanoudza mudheereri kuti kana akanetsa umwe wavo havazotambi naye kana kuti vanonoudza mudzidzisi nezvimwewo zvakadaro. Saka zvinenge zvakanakira kuti aite zvakanaka, ouya kunotamba navo.

Mudzidzisi anoti: *Tikabatirana pamwe chete tinenge takasimba. Tikaimba, uye tikawana rubatsiro kubva kune vamwe hatikuvadzwe neshumba. Tikaisa musoro pamwe chete sechikwata tinogona kukurira shumba. Tikaita zvose zvatakurudzirwa apa chese chinotya muhupenyu hachizotityisidira kana kuita sedambudziko huru muhupenyu hwedu.*

Zano: Ita mutambo unopa simba izvezvi kana unodzikamisa vanhu kana wekufema (wona namatidzwa 1 - Appendix 1) Kana kuti, bvunza boka iri kuti rinoziva kamutambo kapfupi here kana nziyo yakarerukira munhu wese

DINGINDIRA RECHITANHATU KUPFUURIRA MBERI

Manotsi kumudzidzisi: chikamu chino chinobatanidza pfungwa nezvidobi/unyanzvi zvese zvakadzidziswa mumusangano uno, kuti vana vave nesimba rakavandudzwa uye tariro. Kana tiri muhurongwa hwekushanduka, tinofunga zvinhu zvatinaoda kusiya, zvatinaoda kuchengeta nekukudza pamusoro pehupenyu hwedu, uye zvatinaokwanisa kuita kuti tive neramangwana riri nane. Mukuita izvi, tese tinofanira kuronga zvikosha zvemafungiro atinoda, zvatinaoda kunzwa nekuita. Pakupera kwechikamu chino, tinogona kuimbira shumba zvechokwadi

CHIITIKO CHEGUMI NEPFUMBAMWE: NHANO DIKI DZEKUKWIDZA GOMO			
Chinangwa	Kubatsira vana kudoma nhanho diki dzavangatore kuti vagone kukurira kupera simba kwavanogona kuita vatarisana nemhirizhonga nekushungurudzwa.		
Zvekushandisa zvinodiwa	- bepa hombe rekunyorera - zvinyoreso zvihombe		MAMINITSI MAKUMI MASHANU



Manotsi kumudzidzisi: chiitiko chino chiri kuvakwa pamusoro pehupenyu hwepedza matambudziko emukati nemupfungwa adzidziswa pachitiko chekushandura chiteshi. Muchitiko chino, pfungwa dziri pakudimbura matambudziko mahombe muzvidimbu zvidiki kuitira kuti zvifambe nhanho nenhanho. Cherechedza kuti chiitiko chino hachisi chekupedza dambudziko, asi ndechekutora nhanho kuenda kudivi rakanaka

Chidimbu 1: Kutora nhanho diki (Maminitsi 15)

Mudzidzisi anotara mufananidzo wegomo hombe pabepa rakafara. Pane nhanho diki pakukwidza gomo

Mudzidzisi anonongedzera nhanho diki dzekukwidza nadzo gomo obva ati: *Dzimwe dzenguva matambudziko atinosangana nawo anoita semahombe zvekuti tinonzwa kuti hatisvike pamusoro tomapedza. Asi tikakwanisa kufunga nhanho dzekutanga dzatinofanira kutora, tinonzwa zviri nane nekuti pane zvatininge taita. Tinogona kusapedza dambudziko nekuzama kamwe chete asi tinenge tatanga kukwidza. Mushure maizvozvo, kutora nhanho dzepamberi kukwidza gomo kunogona kuva nyore kuita.*

Mudzidzisi anoti: *Tiri muzasi megomo rakaporomoka. Wona kuti unokwanisa kubata denga remba rinomiririra pamusoro pegomo. Yedza kusvika pamusoro kubudikidza nekusvetuka kamwe chete, unokwanisa kuzviita here? Zvino chitora chigaro uzame zvakare. Tinoswedera kumusoro nekutora nhanho diki.*

Tinotora nhanho diki mazuva ose kuti tizadzikise zvinangwa zvedu. Wasvikasei pano kubva kwawakarara husiku hwapfuura? (pihwa mhinduro)

Zano: vanhu vachapindura kuti vafamba, vauya nemotokari kana kuti vakwira bhazi. Asi wedzera kuzvitsemura, chekutanga ndechekuti vamuka pavakanga vakarara, vakapfeka hembe, pamwe vakageza, vakadya, vakaunganidza pamwe chete zvavaida kuuya nazvo kumusangano. Zvimwe chinyoreso uye nhumbi dzinodziya. Wabva pamba, ukafamba kudzika nemugwagwa umwe kana miviri. Nyaya hombe ndeyekuti kuita chinhu chidiki ibudiriro uye kunounza musiyano wakanaka



Mudzidzisi anoti: *Nguva dzose tiri kutora nhanho diki kuzadzikisa zvinangwa zvedu asi kana tikavhunduka kana kutsamwa zvakananyanya kana kusuwa, tinokanganwa kuti tinotora nhanho diki mazuva ose. Munguva yatisinosangana nezvatisingakwanisi kutiza kana kushandura, tingaitasei? (rega vanhu vakupe miyenzaniso kubva pahupenyu hwavo pane zvinotevera):*

- *Tinogona kuzviudza chimwe chinhu kuti tinzwe zviri nane (pihwa muenzaniso nevanhu/vadzidzi)*
- *Tinogona kunyatsozvichengetedza (pihwa miyenzaniso)*
- *Tinogona kuwana nzira diki yekupikisa zviri kuitika (pihwa miyenzaniso). Nhanho idzi dzinogona kusashandura nyaya yese asi dzinogona kubatsira kutisweddedza pamusoro pegomo uye tinobva tanzwa kuti tine kasimba pamusoro pehupenyu hwedu.*



Zano: Uyu ndiwo mumwe wemuyenzaniso unogona kupihwa nemudzidzisi: mhuri yangu vapoteri, baba vangu vanouya kumba vakadhakwa vondiroya pavhikendi yega yega. Ndinokwanisa:

- (a)Kuzviudza kuti mangwana ndichaenda kunotaura nemudzidzisi anokwanisa kundibatsira
- (b)kuita chokwadi kuti ndawana zvekudya zvakanwana kuti ndizviriritire
- (c)kutsvaga vanhu vekuru vemumhuri vandingaudze nyaya iyi
- (d)kuhanda kana kuwana nzira diki yekupikisa zviri kuitika kana
- (e)kuudza mudzidzisi wandinofarira ramangwana racho obva andipa pfungwa yekuti ndinokumbira muvakidzani kuti ndingarare kumba kwavo here manheru (pazvese izvi hapana chinopedza dambudziko asi zvinobatsira neimwe nzira)

Mudzidzisi anoti: *Funga nezvedambudziko riri muhupenyu hwako rakakura uye rakaoma kushandura. Ndechipi chinhu chidiki chaungaite chinounza musiyano munyaya yausingakwanisi kushandura? (pihwa mhinduro)*

Mudzidzisi anobvunza:

- *Kana uine saga hombe refurawa kana mupunga panze, apa uri wega uye hauna bhara, ungaripinze sei mumba? (pihwa mhinduro) (Mhinduro: kutakura zvishoma nezvishoma uchiita komichi nekomichi)*
- *Pane here tsumo dzaunoziva dzinoreva kupedza matambudziko mahombe kubudikidza nekutora nhanho diki? (pihwa mhinduro) (Mudzidzisi anogona kupa mimwe miyenzaniso iri pazasi)*

Miyenzaniso:

- *Rwendo rwezviuru zvemamaira rwunotanga nenhanho imwe chete - Lao Tzu*
- *Nzira yakavanzika yekuenda kumberi, kutanga - Mark Twain*
- *Tsotso imwe neimwe inoburitsa svinga - Tsumo yeku Uganda*

Chidimbu 2: Mitambo (Maminitsi 35)

(Maminitsi 10 ekugadzirira, maminitsi 3-5 ekuita mutambo, maminitsi 10 ehurukuro). Isa vana mumapoka matatu, kana zvichikwanisika vakomana ngavave muboka ravo vega, vasikanawo mune ravo uye boka rakasanganiswa vasikana nevakomana. Boka rega rega richaita mutambo mupfupi (maminitsi 3-5) unoratidza nhanho diki dzavanotora pakugadzirisa nyaya yakaoma muhupenyu hwavo. Ita kuti boka rega rega ritare nyaya yaro risati ratanga kuita mutambo. Kohomedza/simbisa kuti boka rega rega ngarinyatsoburitsa pachena nhanho dzavanotora kugadzirisa nyaya/chiitiko chakaoma. Kana boka richida rinogona kuita rwiyo kana nhembo.

Zano: vadzidzisi vanofanira kutenderera mumapoka kuti vabatsire hurongwa hwekugadzirwa kwemutambo

Hurukuro: Wadzidzei? Pane here musiyano panzira yatorwa neboka revakomana nevasikana pakuita nhanho diki dzavo? Mudzidzisi anoti: Nhanho diki dzine simba chaizvo. Tinotora nhanho diki muzviitiko

Mutambo wekufema uchipomba

FEMA! Kana ukanzwa seusiri kuziva pekutangira pakutora nhanho yekutanga kukwidza gomo, zama kufema seunopomba mweya, pakuuburitsa, zvinokupa simba. Muchiitwa chino wakaita sepombi inopomba mvura, isa zvibhakera zvako padhuze nemapfudzi ako zvakatarisa kunze mawoko ako akabhenda. Femera mukati, simudza maoko ako mudenga kusvika apfuura musoro wako, zvibhakera zviriri mumhepo. Femera kunze, wodzikisa zvibhakera zvako kusvika pamapfudzi uchiti “Ho!”. Ita izvi katatu nekukurumidza, uchanzwa kusimbaradzwa. Batisisa: Chiitwa chino chinogona kushandiswa pese pachinodiwa. Chinangwa chacho ndechekubatsira vadzidzi kuti vanzwe kusimba nekuchangamuka.

zvatisingakwanisi kushandura, asi nhanho idzi dzinowananzopedzisira dzashandura zvinhu.

CHIITIKO CHEMAKUMI MAVIRI: KUKUDZANA

Chinangwa	Kuti vanhu vavake mufananidzo wakanaka pamusoro pavo uye kuti vave nemufaro vachiona kufara kunoita vamwe nekuda kwemashoko akanaka avanovapa.		
Zvekushandisa zvinodiwa	• Mapepa erudzi rweA4 ekunyorera • zvinyoreso • Tepi yekunamisa kana mapini • Bhuku rekunyorera kana chekutsimbidzira chakawoma		MAMINITSI MAKUMI MANA



Mudzidzisi anoti: Chiitiko chino chine hochekeche nechemuti wehupfumi kubudikidza nekugadzira bepa rezvinhu zvakanaka zvinofungwa pamusoro pedu nevamwe vari mumusangano uno. Chirizve pakati pehurongwa hutatu hweshanduko: Kusiya zvatisingadi kuchengeta, zvinhu zvatinokudza pamusoro pedu nevamwe iko zvino, uye zvatinogona kuita kuti tive neramangwana riri nane.

Mudzidzisi anoti: Pamashure tambodzidza kuti chimwe chikamu chekuzvishandura isu nehupenyu hwedu kusiya zvinhu zvatisingafaniri kuchengeta, matambudziko ekare, kutya uye hashu zvinotiwisira pasi. Zvino tichatarisa zvatinoda kuremekedza/kukudza pamusoro pedu

Ndezvipi zvinhu zvedu zvakanaka zvatinoda kutenda nekukoshesa? Saka ngatimbovetukai mbichana kuti tibvise zvinhu zvekare zvatinoda kusiya- hashu dzekare, matambudziko ekare, zvinosuwisa zvekare. Ngatizvibvise patiri. (Munhu wese anosvetuka zvishoma achizunza mawoko ake kubvisa zvese paari). Kana uchiri nemutsvairo wako gadzirira, kana wanga usisina ndiri kuuya kunokupa umwe. (mudzidzisi anopa mutsvairo wemupfungwa). Ngatizvitsvairi kubuda muno. (munhu wese anoimba rwiyo rwekutsvairisa vachitsvaira tsvina kubuda pamusuwo). Ikozvino tagadzirira manje





- Ipa mwana wega wega bepa womuudza kuti anyore zita rake pakati pebepa racho, voisa bhokisi kana denderedzwa kukomberedza zita. Mwana wega wega anobva awana umwe mwana anomunamira bepa rake kumusana netepi inonama kana pini rekuchengetedza.
- Ipa mwana wega wega chinyoreso womuudza kuti afambe achinyora kumusana kwevamwe chikonzero chimwe chete chinoita avade kana kuvayemura. Vanokwanisa kunyora kana kutara chiratidzo. Varangaridze kuti vari kunyora zvinhu zvakanaka chete. **Zano:** semuyenzaniso, “ndinofarira nyemwerero yako” “uri mutambi akanaka”
- Kurudzira mwana wese kuti anyore pabepa remwana wese. Mudzidzisi anofanira kupindawo muchitiko/mutambo uyu nevana. Tarisa mufananidzo wekuti chitiko chino chinobuda sei.

Zano: Vana vanogona kushandisa bhuku dete kana kadhibhodhi kutsimbidzira pasi pebepa kuti zvive nyore kunyora. Vanofanira kuva nechokwadi kuti chinyoreso chavo hachitsemuri bepa chikakanganisa hembe dzevamwe vavo.

Panopera chitwa chino, udza vana kuti vabvise mapepa kumusana kwavo kuti vazviverengere.

Hurukuro:

- *Wanga uchinzwa sei vanhu vasati vatanga kunyora bepa rako?*
- *Wanzwa sei pakunyora mapepa evamwe?*
- *Wanzwa sei pawabvisa bepa rako kumusana ukabva wariverenga?*
- *Wanzwa sei uchitendwa/uchikudzwa?*
- *Wanzwasei uchitenda/uchikudza vamwe, kuvaita kuti vanzwe zvakanaka?*

Mudzidzisi anoti: *Rangarira, dzimwe nguva unogona kuita zvinhu zvakashata kana kuti vanhu vanotaura kana kukuitira zvakashata, asi manzwi aya anongoramba ari chikamu chako.*



CHIITIKO MAKUMI MAVIRI NERIMWE TSAMBA/MASHOKO EKURUDZIRO¹¹

Chinangwa	Kuparadzira kurudziro uye tariro, kubva padungamunhu kusvika pasi rose kubudikidza nekupanana mashoko etariro uye uchenjeri kuvana vari pasi rose pamusoro pekukurira kutya nemhirizhonga muhupenyu hwavo		
Zvekushandisa zvinodiwa	• mapepa ari pakati nepakati • Zvinyoreso nezvekupendesa • Shinda yekuitisa mutariko wemunamato		MAMINITSI MAKUMI TANHATU



Mudzidzisi batisa: Tataura zvakakoshera kusiya zvinhu zvekumashure, kuzvikudza nekukudza vamwe nhasi, uye ikozvino kugoverana huchenjeri hwedu nevamwe vana kuti vave neramangwana riri nane

1. Mudzidzisi anosungira shinda kubva kune divi rimwe remba kusvika kune rimwe divi kuitira kuti vana vazoisa mapepa emashoko avo semureza panopera chitiko chino.
2. Tsanangurira vadzidzi kuti umwe neumwe wavo achapihwa bepa raachanyora kana kuita mufananidzo wemashoko etariro kuvana vose mumusha wavo, dhorobha, nyika uye pasi rose, pamusoro pekumisa mhirizhonga kana kuivandudza/kuishandura. Mashoko avo ngaave mapfupi, ane mitsara mishoma. Vakurudzire kushongedza mapepa avo senzira yekupa tariro kune vamwe.
3. Ipa vadzidzi kanguva kekugadzirira mashoko avo. Umwe neumwe wavo anofanira kunyora mashoko ake ozonoisa bepa pashinda yasungirwa iya kuti pave nemutsara “wemireza”

Zano: Shinda yakaiswa mashoko inogona kuwonekwa semutariko wemunamato ucharegedzera minamato uye mashoko ehuchenjeri panofuridza mhengo.

Mudzidzisi anoti: *Mhengo paichafuridza, ichatakura mashoko enyu pasi rose.*

Zano: kana kusina mhengo, ita kuti vadzidzi vafuridze nemawoko avo kuti vatumire mashoko avo pasi rose.

Zano: Mutariko wemunamato wetariro uyu unogona kuchengetwa panopera musangano kuti uiswe panzvimbo paunowonekwa nevana uye vamwe.

11. Zvakatorwa zvine mvumo kuAfrica Community Publishing Development Trust, Harare, Zimbabwe

CHIITIKO CHEMAKUMI MAVIRI NEMAVIRI: MIBVUNZO YEONGORORO

Chinangwa	Kugonesa mudzidzisi kuwana mhinduro yekubudirira kwemusangano		
Zvekushandisa zvinodiwa	• Mafomu eongororo (wona namatidzwa 8)		MAMINITSI MAKUMI MATATU



Mudzidzisi anoti: Chiitiko chino iwongororo yakanyorwa inogona kuverengwa kana vana vasiri kugona kuzviverengera vega. Tarisa namatidzwa 7- Appendix 7 uwone mirayiridzo. Mwana wega wega anonyora fomu rake (namatidzwa 8-(Appendix 8)) ozopa mudzidzisi kana apedza

Zvakakosha kutevera musangano uno nehurongwa hunovaka kubva pazviitiko nezvidzidzo zvakadzidzwa kubva paKuimbira Shumba. Kuti izvi zviitike, vadzidzi vanogona kusarudza komiti inoronga nekuita zvinhu. Mubatsiri wemusangano anoshanda nekomiti kubatsira kudoma zvinhu zvakakosha zvakabuda mumusangano nezvimwe zvinofanira kuitwa nevatungamiri vemunharaunda.

Tarisa namatidzwa 2 - Appendix 2 mushure memusangano kuti uwane rumwe ruzivo

Zano: Ita kamutambo kanosimbaradza vana kana kanodzikamisa kana kekufema (tarisa namatidzwa 1 - Appendix 1) Unogona zvekare, kubvunza boka iri kana richiziva kamutambo kapfupi kana rwiyo rwunogonekwa nemunhu wese.

CHIITIKO CHEMAKUMI MAIRI NEMATATU: MHEMBERERO DZekuimbira Shumba¹²

Chinangwa	Kuvaka ruvimbo muvana mukukwanisa kwavo kushandura kana kukurira mhirizhonga		
Zvekushandisa zvinodiwa	• Mufananidzo miviri, umwe weshumba dziri kudzvova umwe wevana vari kuimba (Tarisa peji 12 ne13)		MAMINITSI MAKUMI TANHATU

1. Isa mufananidzo weshumba dziri kudzvova uye wevana vari kuimba pamadziro
2. Patsanura vadzidzi kuvaisa mumapoka matatu (sanganisa vadzidzi mumapoka akasiyana neavaiva mumitambo yapfuura). Vadzidzi vanogona kusarudza boka ravanoda kupinda mariri:
 - Boka rekutanga rinofanira kutamba kana kuita mutambo vakanyarara (vasingataure) wezvinoreva Kuimbira Shumba kwavari.
 - Boka rechipiri rinofanira kunyora uye kuita detembo, kana kugadzira mufananidzo muhombwe pabepa (mumwechete weboka rese) wezvinoreva Kuimbira Shumba kwavari
 - Boka rechitatu rinofanira kugadzira rwiyo rwezvinoreva Kuimbira Shumba kwavari
3. Vadzidzi vanogona kugadzira mhemberero yekutamba, yenziyo, mitambo kana nhetembo kuti varatidze kuti zvinokwanisika kuimbira shumba uye kukurira mhirizhonga. Boka rimwe nerimwe rinofanira kugadzira uye kuratidza nzira yavanogona kukurira nayo kutya nemhirizhonga muhupenyu hwavo. Kana rwiyo rwekuimbira shumba rwaitwa, vanhu vese vanomira mudenderedzwa vakabatana maoko voimba pamwe chete, kana rwumwe rwiyo rwune chekuita nekuva pamwe chete.

Kana paine zvitupa/masetifiketi anobva apihwa izvezvi (izvi zvinogona kuitwa kana kusaitwa). Tarisa namatidzwa 10 - Appendix 10 uwone chitupa chezadzikiso

12. Zvakatorwa muACPT, Kuimbira Shumba (2012)

NAMATIDZWA 1

Mutambo wekufema

newekudzikamisa vanhu

Mitambo iyi inogona kushandiswa nguva ipi zvayo mumusangano kana mushure mawo.

Zvinokurudzirwa kuti chiitiko chimwe zvacho pamitambo iyi chiitwe pakutanga kana pakupera kwezvava

Mutambo wekufema uchipomba

FEMA! Mumutambo uyu unenge uchiita sepombi yemvura. Isa zvibhakera zvako padhuze nemafudzi ako zvakatarisa kunze mawoko ako akakombama. Femera mukati, simudza mawoko ako mudenga kusvika apfuura musoro wako, zvibhakera zviri mumhepo. Femera kunze, wodzikisa zvibhakera zvako kusvika pamafudzi uchiti “Ho!”. Ita izvi katatu nekukurumidza, uchanzwa kusimbaradzwa

Mutambo wekufema dumbu rakazara

FEMA! Isa mawoko ako ese pazasi peguvhu. Pauri kufemera mukati, inzwa dumbu rako richiwedzera kukura. Pauri kufemera kunze, inzwa dumbu rako richirara zvakare. Ita mutambo uyu katatu. Zviudze kuti “DUMBU hombe!” pauri kufemera mukati uye “DUMBU diki” pauri kufemera kunze. Inzwa kutsika kwawakaita pasi netsoka dzako. Inzwa mweya uchipinda mudumbu rako, Uri kunzwasei?

Mutambo wekufema zvakareba/zvirefu

FEMA! Femera mukati zvakadzama (uchiverenga kusvika pana 3 mumoyo), wobva WAFEMERA kunze zvishoma nezvishoma senge uri kufuridza mweya nemu “straw” kana semuridzo uri pasi pasi (uchiverenga kusvika pana 4 mumoyo). Ngatizvidzokorore zvakare. Inzwa kutsika kwawakaita pasi netsoka dzako, femera mukati zvakadzama (uchiverenga kusvika pa3 mumoyo) wobva wafemera kunze zvishoma nezvishoma (uchiverenga kusvika pana 4 mumoyo). Nyatsoisa pfungwa dzako pakufemera kunze zvishoma nezvishoma, uri kunzwasei?

Kamutambo kekudzikamisa vanhu: Uri kuwonei, uri kunzwei uye kubatei

Patinenge tiine manzwiwo akasimba pamusoro pezvinhu, zvakakosha kuti tinzwe kuti takabatana nepasi. Mutambo uno unokubatsira kuita izvozvo:

Mudzidzisi anoti: *Doma zvinhu zvina zvaunogona kuwona, doma zvinhu zvina zvaunogona kunzwa, doma zvinhu zvina zvaunogona kubata, zvibate. Doma zvinhu zvitatu zvaunogona kuwona, doma zvinhu zvitatu zvaunogona kunzwa, doma zvinhu zvitatu zvaunogona kubata, zvibate. Zvino, doma zvinhu zviviri zvaunogona kuwona, doma zvinhu zviviri zvaunogona kunzwa, doma zvinhu zviviri zvaunogona kubata, zvibate. Zvino, doma chinhu chimwe chete chaunogona kuwona, doma chinhu chimwe chaunogona kunzwa, doma chinhu chimwe chete chaunogona kubata, chibate. Femera mukati zvakakura wobva wafemera kunze zvishoma nezvishoma, uri kunzwasei?*

NAMATIDZWA 2

Musangano wekuperura unoitwa musangano mukuru usati waitwa mumwe unozoitwa kukombera uye waitwa

Nhoroondo

Chirongwa cheKuimbira Shumba chinotidzidzisa nzira mbiri dzatinokwanisa kupindura nadzo kutya uye mhirizhonga muhupenyu hwedu. Yekutanga ndeyekuzama kushandura mamiriro ezvinhu, kunyangwe tisingakwanisi kuwana budiro yakazara, pane zvinhu zvatnogona kuita kuunza shanduko yakanaka uye kuderedza dambudziko. Tinogona kutsvaga rubatsiro, kusimbaradza hukama hwedu neshamwari nevadikana vedu, kugadzira zvidobi/zvidavado zvekupedza matambudziko uye kutora nhanho diki pakutarisana nezvinotinetsa.

Chimwe chinhu chatnogona kuita kuti tisaremerwe nekutya uku ndechekuva nesimba pamusoro pezvatingaite kuti tizvibatsire. Tinogona kudzidzira zvidobi zvekufema uye zvimwe zvinoita tidzikame. Tinogona kunzwa zviri nane kubudikidza nekuziva zvipo zvedu uye hunyanzvi hwatinahwo, uye kuziva kuti takambokurira mamwe matambudziko kumashure uko, zvinoreva kuti tinogona kuzviita zvakare. Vadzidzi muchirongwa cheKuimbira Shumba vanodzidza zvidobi kubudikidza nezviitiko zvakasiyana-siyana, vachifara panguva imwe chete iyoyo.

Musangano usati waitwa

Musangano usati waitwa, zviringwa? zviitiko zviviri zvinofanira kuitwa:

- Nevatungamiriri vemunharaunda (maminitsi 60-90). Sangano riri kutsigira- kana zvichikwanisika vadzidzisi varipowo, vanofanira kusangana nevatungamiriri vemunharaunda (vamiririri vehurumende, nevezvezvitendero uye vemunharaunda), uye komiti yemunharaunda inowona nezvekuchengetedzwa kwevana kuti vaite hurukuro yechinangwa chemusangano uyu pamwe chete nekuti vavatsigire. Shandisa Chikamu 1, Nhanganyaya, uchinyanyonangana nezvichadzidzwa nevana nevehidiki, uye kuti musangano uyu ndewaani. Kana zvakananira ita chiitiko chakapfupiswa sechiratidzo. Semuyenzaniso Chiitiko 8: Nzvimbo yakachengetedzeka mukati medu, chinogona kushandiswa kutsanangura kuti chirongwa cheKuimbira Shumba chinoshanda sei. Kutiva tungamiriri vehurumende nevemunharaunda vanyatsonzwisisa zvimwe zvakanadza nerumwe rudzi rezviitiko tarisa peji 13 ye [Supplement](#) uwone zvedzidziso zviripo.
- Nevabereki uye vana (maminitsi 60-90): Musangano wakafanana newataurwa pamusoro apo unofanira kuitwa nevabereki, vachengeti uye vanorera vana vasarudzwa kupinda muchirongwa chino. Tarisa pamusoro uye shandisa Chikamu 1 chebumbiro rino kutsanangura chinangwa chemusangano uno. Ipapo wobva wakumbira vanhu vakuru kuri vanyore bepa remvumo kutendera vana kupinda mumusangano. Vana vanofanira kunyorawo mvumo yavo pabepa rimwe chete iroro (Namatidzwa 5). Vanhu vakuru pavari kuwona chiratidzo- chinova Chiitiko 8: Nzvimbo yakachengetedzeka mukati medu, vana vanofanira kuita mibvunzo yeongororo musangano usati watanga (Namatidzwa 8).

Vabereki/vachengeti nevana vasina kuuya kumusangano wevanhu vakuru vanofanira kuzonyora bepa remvumo musangano wevana usati watanga. Uyewo vana vasina kunyora mibvunzo yeongororo musangano usati watanga vanofanira kunyora zuva rekutanga, maminitsi 30 musangano usati watanga. Vanofanira kukumbirwa kuti vachimbidze kuuya nekuda kwechikonzero ichi.

ZVAKAKOSHA: Chirongwa cheKuimbira Shumba chinonyatsoshanda kuvana vari munzvimbo kana chirongwa chiri kutoshanda nechekare zvakaitsa sezvikoro, kereke, boka kana chikwata/kirabhu, seboka kana kirabhu/chikwata chevana chinokwanisa kupa rutsigiro rwumwe nekutevera mushure mevana.

Musangano waitwa

Zvimwe zvirongwa zvinozorongwa mushure mekupera kwemusangano kubudikidza nerubatsiro rwevadzidzi (semuyenzaniso komiti inoronga nekupfudza basa mberi: “Action committee”)

- Vamiriri vevana kana vechidiki vanofanira kusangana nevatungamiriri venharaunda uye nhengo dzekomiti inowona nezvekuchengetedzwa kwevana (mamitsi 60-90): Kubudiririra kwemusangano uyu kunobva pakuronga kwakachenjera pakati pevamiriri vevana vakasarudzwa pamusangano uye vabatsiri vechikuru (vadzidzisi vekuchikoro, mutsigiri wepamusangano, vadzidzisi vemusangano, vanhu vakuru vanovimbwa navo). Huwandu hwevamiriri hwevana hahuna kutarwa/kudomwa, vanhu vanozvipira kushanda nevana ngavasununguke kupinda. Vabatsiri vechikuru vanofanira kusangana nevatungamiriri vemunharaunda vasati vasangana nevamiriri vevana/vevechidiki kuti vaite hurukuro yezvinotevera:

- Ndedzipi nyaya dzevana/dzevechidiki dzakabuda mumusangano? Vakapindura nyaya idzi vachiti kudii?
- Vana/vechidiki vangateerwa sei kuti vasanzwe kuremerwa kana kuti yisidzirwa? Vane mazano api? Nhunganirira yakakosha apa ndeyekuti vatungamiriri vechikuru uye nhengo dzekomiti yezvekuchengetedzwa kwevana (kana rimwe boka rakaita seiri) rinofanira kufungidzira kuti vana inyanzvi pane zvine chekuita nehupenyu hwavo. Vana vanoziva zviri nane kupfuura ani naani zvake kuti kuva mwana/wechidiki kwakaitsei, saka mawonero avo nemhinduro dzavo zvinofanira kuremekedzwa.

Nyatsoita kuti pave nevana vakawanda kupfuura vechikuru pamusangano uyu kuitira kuti vana vasanzwe kuremerwa. Kana vanhu vakuru vakaratidza kuva pamusoro itai kuti vabatsiri vechikuru vapindire munyaya yacho kuitira kuti vana vanzwike.

Vamiriri vevana vanofanira kujekesa nyaya dzavanoda kuti dzitaurwe pamusangano uyu dzakabva pamusangano wevana. Mumusangano uyu, vana vanotaura nyaya dzavo uye zvavanoda kuti zviitwe pamusoro padzo. Vanhu vakuru vanopindura nemazano avo. Bumiro rezvinofanira kuitwa rinogadzirwa richiratidza zvakatenderana kuti zviitwe nevana uye zvinofanirwa kuitwa nevanhu vakuru kuti pave neshanduko. Nguva yekuita zvinhu izvi inotaurwa zvirongwa kuti musangano unotevera unoitwa riini

- Musangano wekuratidza vabereki/vachengeti vevana kana vemunharaunda zvakadzidzwa pachirongwa cheKuimbira Shumba. Unogona kuitwa pachirongwa chekuchikoro kana pane rimwewo dariro, kana kusheedza vabereki kumusangano wakakosha. Uyu mukana wekuti vana uye vechidiki vagoverane nevamwe zvavakadzidza. Zvakaitwa paChiitiko 21: Mashoko/Tsamba uye kutamba, detembo nenziyo zvinowanikwa pa Chiitiko 23: Mhemberero - zvinogona kushandiswa apa.
- Makirabhu/zvikwata zvevana nevechidiki (hurukuro yemukirasi kana kereke/chechi). Sezvidimbu zvemakirabhu kana mapoka agara aripo semakereke kana zvikoro, vanhu vakuru vakavimbika navo vanogona kupa mukana kuvana nevechidiki kuti vasangane vachiita zvinotevera:
 - Kutaura zvavakasangana nazvo mukushandisa zvidzidzo zveumusangano Kuimbira Shiri. Vakashandisa sei zviitiko uye zvidzidzo zvakasiyana-siyana zvavakawana?
 - Kutaura nezvematambudziko avainawo muhupenyu hwavo izvezvi kuti vawane mazano ezvekuita kuti vakurire kubva kunhengo dzeboka ravo.
 - Kuita zviitiko zvimwe zveumusangano wavakaita zvinogona kuvabatsira kuramba vachifunga zvakadzama nenyaya idzi.
 - Kushandisa mhinduro nehunyanzvi zvavakawana muhupenyu hwavo
 - Kusangana zvekare kuti vagoverane zvavari kusangana nazvo uye kudzidzira zvimwe zvidobi/hunyanzvi hwekushandisa.

NAMATIDZWA 3

Zvakakadzidza

CHIITIKO CHEDZOKORO CHEKUWEDZERAWO KANA MUCHIDA			
Chinangwa	Pfupiso yezvidzidzo zvakawanikwa. Chiitiko ichi iongororo yakakosha yekuita papfuura mavhiki musangano wopera		
Zvekushandisa zvinodiwa	- Mufananidzo weshumba mbiri dziri kudzvova - Mapepa akaita masikweya - chinyoreso - Chekunamisa/tepi		MAMINITSI MAKUMI MANA KUSVIKA MAKUMI MATANHATU

- Namira mufananidzo weshumba mbiri kumadziro. Pabepa diki (rakakura sechanza cheruwoko) mwana wega wega anonyora mufananidzo kana mashoko echinhu chimwe chavakadzidza pamusoro pekuimbira shumba, chinova nzira imwe yekukurira kutya nemhirizhonga muhupenyu hwavo. Mwana wega wega anofanira kutaura zvinonzwika achiverenga zvaanyora onamira bepa pamadziro zvichiita sekutenderedza weshumba
- Munhu wese anouya kunoverenga mashoko aiswa akatenderedza shumba mbiri
- Mudzidzisi anopa pfupiso yezvidzidzo zvakabatwa nevadzidzi muchidimbu
- Tichipedzisa, mudzidzisi anoti: pane zvinhu zvakawanda zvatinokwanisa kuita kuzvishandura isu uye shumba kuitira kuti tisarambe tichitya. Tarisai muone kupedzwa simba kwaitwa shumba idzi netsamba/mashoko edu.

Zano: Usati wapa pfungwa yekupedzisira, kana paine nguva uye vadzidzi vachakateerera/ vachakachangamuka, mudzidzisi anokwanisa kusimbisa muchidimbu madingindira emusangano. Anogona kubvunza munhu wese kuti adome zvimwe zvezviitiko zvinoenderana nedingindira rimwe nerimwe:

- Kuziva zvatiri (Muti wehupenyu)
- Kunzwisisa kutya nemhirizhonga (Kunzwisisa mhirizhonga, Kunzwisisa kutya)
- Kusimbaradza zvatiri (Chingoshandura chiteshi! Nzvimbo yakachengetedzeka mukati medu, Muti wepfuma)
- Kuvaka hukama (mutambo wevabatsiri, Shumba mugomo! Tiza tiza tiza! Kukurira shumba kufunga)
- Kupfuurura pamberi (nhanho diki, Kukudzana, mashoko/tsamba)

Zviitiko zvakafarirwa pamusangano zvinogona kudzororwa, izvezvi kana panguva yepamberi. Zvimwe zviitiko zvinogona kuwonekwa padandemutande, semuyenzaniso pa: http://capacitar.org/emergency_kits.html

NAMATIDZWA 4

Zvekuita kana mwana akuudza kuti ari kushungurudzwa

Kana mwana akaudza mudzidzisi kana mubatsiri pamusangano kuti akashungurudzwa kana kuti ari kushungurudzwa kana kushandiswa zvisina kufanira, zvakanakosha kuti mudzidzisi aye rutsigiro ipapo uye kuita zvese zvinogonekwa kuchengetedza chiremera nechimiro chemwana. Chekutanga ndechekuti izvi zvinoreva kunyatsoona kuti uri kunyatsopa mwana nzeve dzako uchigara nekuteerereses dambudziko rake. Ipa mwana nguva kuti ataure nyaya yake zvakanakosha kusvikira paanogutsikana kutaura. Usakanganisa mwana achitaura nekuti anokwanisa kusazototaura zvakanakosha. Usaita kuti mwana anzwe kumanikidzikana kubudikidza nemibvunzo yakawanda. Rangaridza mwana kuti zvakanaitika haisi mhosva yake. Usavimbisa mwana zvinhu zvausingakwanisi kuzozadzika, zvinosanganisira zvekuvanza/kana kuchengetedzeka kwenyaya yake.

Mhinduro yako yekutangisisa inogona kupfupiswa mumashoko mashanu akanakosha kuti umataure. Kunyangwe zvazvo mashoko aya asingafaniri kutaurwa sezvaari, zvakanakosha kuti mudzidzisi amarangarire nemusoro wake kuitira kumashandisa paanodiwa:

1. Ndinotenda zvawataura
2. Ndafara kuti wanditaurira
3. Ndine hurombo kuti izvi zvakanaitika kwauri
4. Haisi mhosva yako
5. a) Ndinofanira kuudza umwe munhu anokwanisa kukubatsira (nhengo yemhuri, tete/maiguru/mainini, mapurisa kana kuti:
b) Handei tese kune umwe wevanhu ava kana kunzvimbo dzaunogona kubatsirwa

Kuti utaure kushungurudzwa kwemwana, paanogona kudiwa kuti umhan'are fungidziro dzako kune vehurumende kana umwe munhu anokwanisa kubatsira, anosanganisira anoona nezvekuchengetedzwa kwevana pasangano pako (asi kwete uyu chete). Ita mwana azive kuti uchange uchiita basa wakamumiririra. Mwana anogona kuda kuti usamhan'are, saka unofanira kutsanangura kuti zvakanakoshere kuti udaro kuitira kuti ubatsire pakuchengetedzwa kwake mune ramangwana. Kurukura sarudzo nemwana. Ndeupi munhu waangade kuti apinde muhurukuro iyi? Iva nemoyo murefu uye teerera zvakananyanya. Tsitsi nehanya dzaunopa zvinogona kubatsira mwana zvakananyanya pakubatsira kuti apore kubva mukushungurudzwa mune ramangwana.

Nyatsoona kuti watevera nyaya iyi uchimiririra mwana kuita kuti matanho erubatsiro atorwe.

NAMATIDZWA S FOMU REMVUMO



Kuimbira Shumba: musangano wevana wakagadzirwa neve CRS unotora mazuva matatu akazara kana matanhatu ari zvidimbu zvezuva, wakagadzirwa kubatsira vana uye vanhu vakuru kuti vawedzere ruzivo rwavo rwekukurira kutya mhirizhonga, kushungurudzwa uye kushandiswa muhupenyu hwavo uye munharaunda mavo. Musangano uyu unobata imwe misoro yenyaya inobata-bata inogona kusava nyore kutaura nezvayo. Vadzidzisi varipo kubatsira vana kana vachinge vabatikana.

Vanhu vachapinda muzviitiko zvemusangano uno vanoziviswa kuti kuzvipira, kunoda kuti munhu ange akasununguka, uye kunoda mvumo kubva kumwana nemubereki/muchengeti. Kuti CRS inzwise kushanda kwechirongwa chino kuvana uye kuti ironge kusimukira kwacho, inodawo kubvunza vadzidzi mibvunzo inokosha musangano usati watanga uye paunopera (uchangopera uye panopera mwedzi inokwana mitatu). Hapana mazita anoshandiswa. Dzimwe nguva CRS inoda kutora mifananidzo mumusangano, zvakare izvi zvinoda kuti munhu azvisunungukire azvipire uye mvumo yenyu inokumbirwa.

Ini _____, semubereki/muchengeti ndinopa mvumo kuti mwana wangu:

- **Apinde mumusangano weKuimbira Shumba**
- **Abatsire CRS nekupindura mibvunzo zvakahwanda/zvakavanzika**
- **Atorwe mifananidzo mumusangano**

ZITA REMWANA	ZERA	Kupinda mumusangano achibatirana nevamwe	Kutorwa mifananidzo	Kutorwa mifananidzo	Kusaina kwemubereki/muchengeti kana kudhinda nechigunwe	ZUVA
		HONGU KWETE	HONGU KWETE	HONGU KWETE		
		HONGU KWETE	HONGU KWETE	HONGU KWETE		
		HONGU KWETE	HONGU KWETE	HONGU KWETE		

Semwana anyorwa pazasi, ndinonzwisisa kuti kupinda mumusangano nekubatirana nevamwe kwangu kumusangano weKuimbira shumba kwabva pakuzvipira nekusununguka kwangu. Ndapa mvumo yangu

- **Kupinda mumusangano nekubatirana nevamwe**
- **Kubatsira CRS nekupindura mibvunzo zvakahwanda/ndisingazivikanwi**
- **Kutorwa mifananidzo mumusangano**

ZITA REMWANA	ZERA	Kupinda mumusangano achibatirana nevamwe	Kutorwa mifananidzo	Kutorwa mifananidzo	Kusaina kwemubereki/muchengeti kana kudhinda nechigunwe	ZUVA
		HONGU KWETE	HONGU KWETE	HONGU KWETE		
		HONGU KWETE	HONGU KWETE	HONGU KWETE		
		HONGU KWETE	HONGU KWETE	HONGU KWETE		

Chapupu/mumiririri weCRS:

Zita rakazara

siginecha

Zuva

Nzvimbo

NAMATIDZWA 6 MUENZANISO WE REGISTER/BEPA REKUUYA KWEVANA

NYIKA	NHARAUNDA	SANGANO RIRI KUTSIGIRA
KUREBA KWEMUS ANGANO	Mazuva matatu _____ Mazuva anodarika matatu _____	Zita nerunhare rwemudzidzisi wepiri

Kubahirana nevamwe sedungamunhu Zadzisa mutsara umwe wemudzidzi wega wega. Ratidza paaivapo pachidzidzo chega chega. Uyewo ratidza kana mudzidzi akapedza musangano

Fomu remibvunzo yekuongorora kubudirira kwemusangano:

- tanga, musangano usati waitwa
- rechipiri, musangano uchangopera
- rechitatu, kwopera mwedzi mitatu musangano waitwa

ZITA REMWANA	RUDZI MUSIKANA/ MUKOMANA	ZERA	CHIDZIDZO 1	CHIDZIDZO 2	CHIDZIDZO 3	CHIDZIDZO 4	CHIDZIDZO 5	CHIDZIDZO 6	FOMU REONGORORO
1									1 2 3
2									
3									
4									
5									
6									
7									
8									
9									
10									

Dhindisa mapeji anodikanwa.

ipa pfupiso pekupedzisira:

PFUPISO	Huwandu hwevana vatora musangano		Huwandu hwevana VEZERA ages 8-12	Huwandu hwevana VEZERA ages 13+	Huwandu hwevana Pachidzidzo 2	Huwandu hwevana Pachidzidzo 3	Huwandu hwevana Pachidzidzo 4	Huwandu hwevana Pachidzidzo 5	Huwandu hwevana Pachidzidzo 6	Huwandu hwevana VAKAZADZIKISA MAFOMU eONGORORO		
	VAKOMANA	VASIKANA								-1-	-2-	-3-

Makore: isa makore epabhavhadheyi rekupedzisira

NAMATIDZWA 7

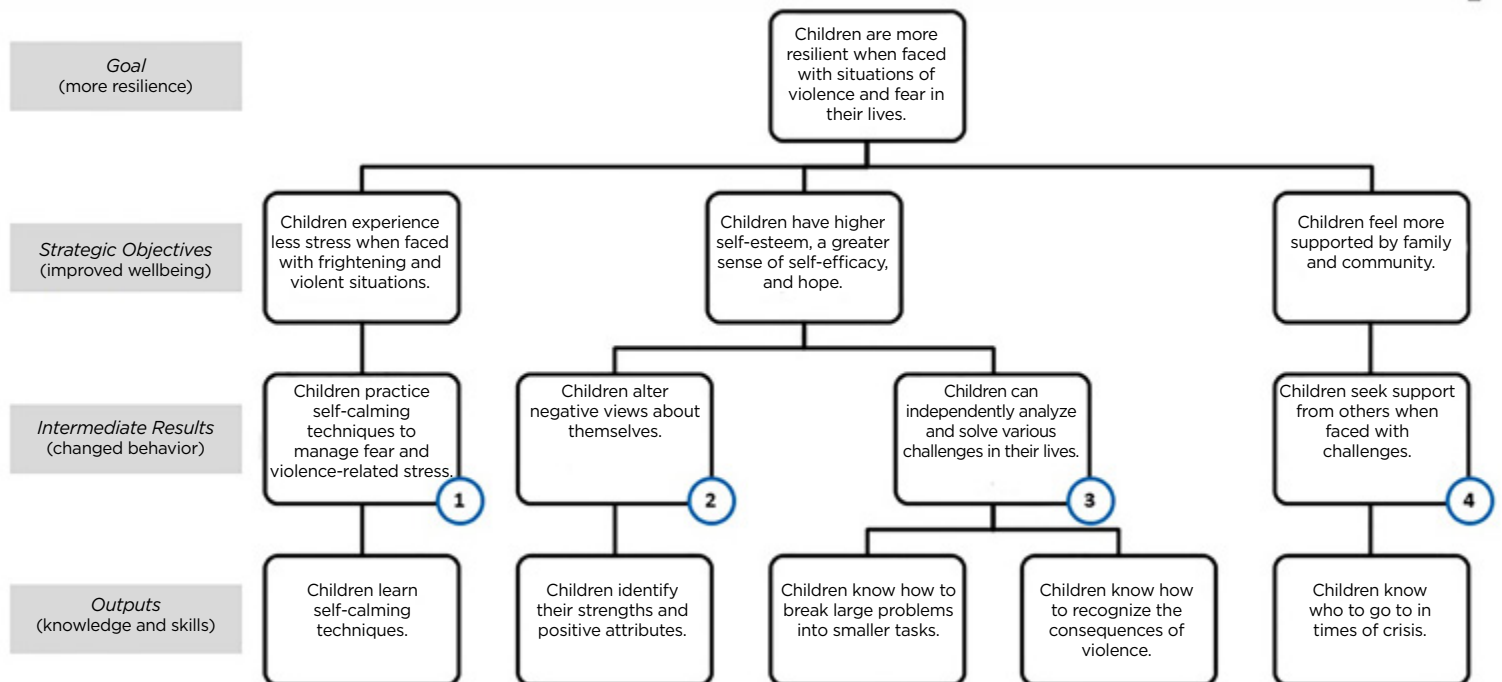
Chirongwa chekutarisira nekuongorora musangano

Namatidzwa 7 ine mirayiridzo yekuti mibvunzo yekuyera musangano weKuimbira Shumba inoitwa sei. Tarisa **Namatidzwa 8** Fomu racho.

Hurongwa huno ndehwekutarisira nekuongorora musangano hwakagadzirwa kuti hushandiswe nevadzidzisi veKuimbira Shumba. Hurongwa uhu hwakagadzirwa kupima goho (huwandu hwevadzidzi, zvidzidzo zvavakapedza nezvimwewo) uye kuti vadzidzi vakabata zvakadii ruzivo, zvidobi/hunyanzvi, uye maitiro akadzidzwa mumusangano. Zvinobva pahwaro hwegoho (tarisa Figure 1) hwakabatana nezvaburitswa nemusangano (ruzivo nehunyanzvi), uye (maitiro) nechirongwa chenguva refu: Vana vanoshinga zvakananya kana vatarisana nenguva dzemhirizhonga uye kutya muhupenyu hwavo.

Figure 1: Singing to the Lions results framework

Singing to the Lions offers a simple method for assessing these desired changes, as well as



Chirongwa cheKuimbira Shumba chinopa nzira iri nyore yekuongorora shanduko inodikanwa, uyezve pfungwa kuvadzidzisi vanoda kuita hwaro hwakasimba hwekuenderera mberi kuwona uye kuongorora chirongwa. Nzira iri nyore yakaiswa pano ine zvinhu zvinoti: bepa rinoratidza mauyiyo evanhu kumusangano, bepa remibvunzo 20 (makumi maviri) yeongororo, (Namatidzwa 8) (yeruzivo, hunyanzvi uye kushandura maitiro). Mibvunzo iyi inobvunzwa vadzidzi kuti vanobvumirana nayo here kana kwete/kusabvumirana nayo. Mubvunzo wega wega wakasungirirwa pachinhu chimwe pazvina zvegoho/zvaburitswa nechirongwa zvenguva yepedyo-pedyo zvakadomwa muFigure 1, uyewozve zviitiko chaizvo zvazvakabuda mazviri (tarisa Figure 2). Mibvunzo iyi inopihwa vadzidzi katatu: 1) Musangano usati watanga 2) Musangano uchangobva kupera 3) newekupedzisira kwapera mwedzi mutatu Musangano waitwa.

Zvine chekuita negoho remusangano nezviitiko

Nha mba.	Mhinduro dzingapiwa : Hongu ndinobvumirana nazvo kana kwete handibvumirane nazvo	Reference to intermediate result	Panowanikwa chiito chinopindirana
1	Kana ndichitya, ndinozama kufunga pamusoro pezvinhu zvinondifadza	1	7, 8
2	Kufema zvisvishoma nezvisvishoma/zvinyoro zvakadzama imwe nzira yekuti ndinzwe zviri nane kana ndiri kutya.	1	8, 12+
3	Pakaitika chinhu chakashata, handina zvimwe zvekuita kunze kwekusuwa nekuda kwezvaitika	2	10
4	Pakaitika zvinhu zvakashata, ndinotenda kuti imhosva yangu	3	11
5	Kana ndichitya, ndinongofunga chete pamusoro pezvinhu zvakashata zvinogona kuitika	1	5, 8, 9, 12
6	Kana munhu achida kuita mhirizhonga kwandiri/kundikuvadza, zvandingaita chete kutiza ndohwanda, kana kumudzorerawo	1	5, 7, 8, 9, 12
7	Kana vabereki vako vachipopotedzana uye votanga kurovana, imhosva yako kuti vari kurovana	3	11
8	Kana matambudziko achiita semahombe, ndinozama kuapedza mbichana mbichana	3	19
9	Kana ndikapinda munguva yakawoma, ndinozama kuzvifunga semunhu akanaka	2	2, 13, 20
10	kana ndiine dambudziko, ndinowanzonzwa mandiri kuti ndiri ndega mudambudziko racho	4	15
11	Ndinoziva munhu mukuru munharaunda yedu wandinogona kutaura naye kana ndiine dambudziko	4	17
12	Kana shamwari yako ikaenda kunze kunochera mvura husiku obva apondwa/arwiswa, imhosva yake kuti apondwa/arwiswa.	3	11
13	Mhirizhonga zvinoreva kukuvadza munhu pamuviri wake, ukakuvadza munhu nemashoko haisi mhirizhonga	3	4
14	Ndinokwanisa kufunga pamusoro pezvinhu zvisvishoma zvandinogonawo./ ndinokwanisa kudoma mupfungwa dzangu zvinhu zvisvishoma zvandinogonawo	2	2
15	Ndinoziva nzvimbo dzinokuvadza nedzakachengetedzeka kwandinogara	4	16
16	Ndinowanzopedza nguva yangu ndichifunga pamusoro pezvinhu zvakashata zviri muhupenyu hwangu	1	7, 8, 9, 12
17	Kana matambudziko achiita semahombe, ndinonzwa mandiri kuti hapana zvandingaita	3	18, 19
18	Ndinoziva kuti vamwe vana vezera rangu vanewo zvakanaka zvekutaura pamusoro pangu	2	20
19	Ndinofunga kuti zvakananyonaka kuti ndisaudze vamwe vanhu matambudziko angu	4	15, 17
20	Kana ndiri kutya ndinokwanisa kuzvidzikamisa	1	5, 7, 8

Pfungwa kuvadzidzisi vanoda kuita hwaro hwakasimba hwekuenderera mberi kuwona uye kuwongorora chironzwa dzinogona kuwonekwa muchinyorwa chakamira chega padandemutande [online](#). Chinosanganisira batanidzo zvikero zvakagadzirwa kuongorora shanduko pakukwanisa kunyatsozvishandira, maonero anozviita mwana wega wega, tariro uye kushinga/hushingi - shanduko yenguva refu yakabva muzvinangwa/muvavariro nedonzvo remusangano zvakarongwa. Zvikero izvi zvakakura uye zvakatiwomei zvakanakira kuti zvishandiswe pakati pepatsanuro yevatori vose vemusangano zvichitungamirwa nevaverengi vane ruzivo.

Mirayiridzo yekushandisa magwaro eOngororo

Vese veCRS vanoshandisa chirongwa cheKuimbira shumba vanofanira kuti vazame kushandisa register remauyiyo evanhu kumusangano, voitisa mibvunzo 20 yekuongorora musangano (usati watanga uye wapera), vobva vaendesa ruzivo urwu kuwebhusaiti inoti singingtothelions@crs.org.

Register (bepa rinoratidza mauyiyo evanhu) kumusangano rinofanira kushandiswa kuratidza vadzidzi vaiva muchidzidzo chega chega uye zuva rega rega remusangano weKuimbira Shumba. Tarisa Namatidzwa 6 kuti uwone zvakaite bepa iri. Vadzidzisi vanogona kugadzira bepa ravo, asi rinofanira kuva nepekunyora zita renyika, nharaunda iri kuitirwa musangano, sangano riri kutsigira musangano uyu, marebero emusanago (zuva rekutanga nereakupedza), mazita nerunhare rwevadzidzisi. Nyora zita, rudzi uye makore emudzidzi wega wega. Maka chidzidzo chega chega chaitwa nemudzidzi (Chidzidzo 1-6) uye mibvunzo yekuongorora musangano yaakanyora (mibvunzo yemusangano usati watanga, wabva kupera uye papera mwedzi mitatu).

Mibvunzo yekuongorora musangano usati watanga uye wapera

Mibvunzo makumi maviri yekuongorora musangano weKuimbira Shumba inofanira kupindurwa katatu panguva dzakasiyana:

1. Mibvunzo yekuongorora musangano usati watanga, inogona kupindurwa chiitiko chekutanga chisati chaitwa, kana pamusangano unoitwa chirongwa chevana chisati chatanga panenge paine vabereki/vachengeti nevana. Kana zvisingaiti, vana vanofanira kukasika kuuya zuva rekutanga kuti vapindure mibvunzo iyi chiitiko chekutanga chisati chaitwa.
2. Mibvunzo yekutanga yekupima musangano wabva kupera, inoitwa musangano uchangobva kupera, mushure mechiitiko chekupedzisira.
3. Mibvunzo yechipiri yekupima musangano waitwa, inoitwa kwapera kana mwedzi mitatu musangano waitwa.

Mibvunzo iyi isati yapihwa kuvana, vadzidzisi vanofanira kupihwa mvumo nevabereki/vachengeti uye vana vacho. Basa remvumo iyi ndere kunyatsoona kuti vadzidzi vari kuziva uye kunzwisisa (a) zvikonzero zviri kuitirwa mibvunzo iyi, (b) mashandisirwo achaitwa mhinduro dzavo nechiyero chinovikwa pakuishandisa, (c) njodzi uye zvazvakanakira kwavari kupindura mibvunzo, uye zvakananyokosha ndezvekuti (d) vane kodzero yekuramba kupindura mibvunzo iyi kana imwe, uye kumira panguva ipi zvayo yavada. nMvumo inofanira kuwanikwa kune Vatori vemusangano nevabereki pachishandiswa bepa remvumo riri paNamatidzwa 5 papeji 65

Vadzidzisi vanofanira kudhindisa bepa rekuongorora musangano vopa mwana wega wega (tarisa Namatidzwa 8). Vasati vapa vadzidzi mapepa yaya, vadzidzisi vanofanira kunyora zita renyika, nharaunda kana pavari kuitira musangano uyu, zuva rekutanga nereakupedza musangano, uye kuti mibvunzo yekuongorora musangano usati watanga here kana uchangobva kupera kana kuti papera mwedzi mitatu.

Vapedza kupa mapepa aya, vadzidzisi vanoudza vadzidzi kuti vaise makore avo (vakura zvakaitei), uye kuti varudzii (munhurume/munhukadzi). Vadzidzi havafaniri kunyora mazita avo, vadzidzisi vanoshandisa zvabuda pamibvunzo kupa chibodzwa chepakati nepakati cheboka rese. Vadzidzi vapedza kunyora makore avo nekuti varudzii, mudzidzisi anofanira **kuvaverengera mirayiridzo zvinonzwikwa zvakanaka**.

Inopa mutsara wemuyenzaniso unoda kuti vadzidzi vabvumirane nawo kana kusabvumirana nawo. Kusvika vapedza, kadenderedzwa (O) ndokanoreva kubvumiranana nazvo, uye kabhokisi () kachireva kusabvumirana nazvo. Vadzidzi vanofanira kupenda kadenderedzwa kana kabhokisi kuratidza mhinduro yavo pamiyenzaniso yakapihwa uye mitsara inotevera.

* Vadzidzisi vanoshuwira kuziva shanduko yedungamunhu vanofanira kuwona Additional guidance on Monitoring and Evaluation papeji 15 yeSupplement iri padandemutande: <http://www.crs.org/our-work-overseas/research-publications/singing-lions>.

Vadzidzi vezera ripi zvaro vanogona kuverenga vanokwanisa kuita vega kana vachida. Imwe nzira yekuita izvi ndeyekuti mudzidzisi averenge mibvunzo zvinonyatsonzwika. Vadzidzi vanobva vaisa mhinduro dzavo mudzidzisi paanenge achiverenga vachitungamirwa.

Vadzidzi vasati vatanga, vadzidzisi vanofanira kuvarangaridza kuti vasateedzera mhinduro dzevamwe, nekuti mhinduro dzavo dzakavanzika nekuchengetedzeka, uye vasanetsekane nekuti mhinduro yakanaka kana yakashata ndeipi, asi kuti vapindure chokwadi chinobva pakuziva nekunzwa mukati kwavanoita. Chiri kudikanwa ipfungwa dzavo/mafungiro avo. Vadzidzisi vanofanira kukurudzira vadzidzi kupindura mibvunzo yese uye vasasiye imwe isina kupindurwa. Vava kutora mapepa, vadzidzisi vanofanira kutarisa kuti hapana mibvunzo isina kupindurwa here. Kana pane isina kupindurwa, vadzidzi ngavakumbirwe kuti vapedzise.

Vadzidzisi ngavape maminitisi 30 kuti mibvunzo ipindurwe (mumusangano wevabereki kana musangano wevana usati watanga), uye panopera musangano wevana (Chiitiko 22 uye panopera mwedzi mitatu). Mibvunzo iyi inogona kutora nguva iri pasi pemaminitisi 30.

Nzira yekuisa nayo zvibodzwa

Kana vadzidzi vapedza kuzadzikisa mafomu, nekupindura mibvunzo, vadzidzisi vanotora mapepa uye voisa zvibodzwa pamhinduro. Chekutanga, vadzidzisi vanofanira kupa chibodzwa 0 kana 1 kumhinduro yese. Imwe mibvunzo ine mhinduro dzisingayenderane. Figure 3 iri pasi inopa ruzivo rwezvibodzwa zvemuvhunzo wega wega. Kana paine mibvunzo isina mhinduro ipa 0 sechibodzwa. Kunyangwe kupa 0 semhinduro risiri zano kwaro rinobetsera kuuunza huremu hwakaringana hweruzivo (data aggregation and analysis). Vadzidzisi vanoshuwira kuziva shanduko yedungamunhu vanofanira kuona Additional guidance on Monitoring and Evaluation papeji 15 yechiwedzera.

Figure 3: Item coding

Item numbers	Response	
1, 2, 8, 9, 11, 14, 15, 18, 20	☐ HONGU	1
	☐ KWETE	0
3, 4, 5, 6, 7, 10, 12, 13, 16, 17, 19	☐ HONGU	0
	☐ KWETE	1

Kuvashandisi veCRS vese, danho rinotevera ndere kunyora dhata pamwe chete nemakore uye rudzi rwemudzidzi papepa remusangano, **Singing to the Lions Data Entry Sheet** rinoiswa dhata rinokwanisa kutorwa padandemutande apa [downloaded](#). Bhuku rezivo iri rakagadzirwa kuti richengetedze ruzivo rwose rwe ongororo yekutanga kwemusangano uye inoitwa mushure memusangano robva ragadzira pfupiso yakaringana. Vapedza kuzadzisa bhuku rezivo iri, vadzidzi vanofanira kurichengetedza votumira kutsamba yedandemutande inoti singingtothelions@crs.org.

Vashandisi vekumamwe masangano vanobvumirwa kushandisa bhuku iri vobva vazoendesa dhata kuCRS, asi vanogona kusarudza kuisa zvibodzwa vega. Rumwe ruzivo rwezvezvibodzwa rwuri paFIGURE 4 papeji rinotevera. Zviwanikwa zvabva kuvashandisi vasiri veCRS zvinogonawo kuiswawo muwongororo nemaripoti/zvinyorwa/misumo ezvimwe zvirongwa.

Figure 4: Kugadzira zvibodzwa uye zvazvinoreva/tsananguro

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 Cherechedza: 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 Cherechedza: 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 Cherechedza: 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 Cherechedza: 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 Cherechedza: 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 Cherechedza: 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 Cherechedza: Score will range from 0-4

NAMATIDZWA 8

FOMU REONGORORO

Mirayiridzo kuvadzidzi

Chekutanga, tiudze makore ako nekuti uri mukomana here kana musikana

- Zera: _____
- Rudzi (maka chimwechete): Mukomana ____ Musikana ____

Zvinotevera; Nyatsoteerera mudzidzisi achikuverengera mitsara iri pazasi, kana kuti iwewe uchikwanisa verenga wega. Funga kuti unobvumirana nazvo here kana kuti haubvumirane nazvo. Kana uchibvumirana nazvo unopenda kadenderedzwa (○), kana usingabvumirani nazvo unopenda kabhokisi (□).

Muenzaniso

CHIREVO	HONGU	KWETE
# Ndinofunga kuti mupunga unonaka kupfuura zvese zvandakambodya	☐	☐

Kana uchibvumirana nazvo

CHIREVO	HONGU	KWETE
# Ndinofunga kuti mupunga unonaka kupfuura zvese zvandakambodya	☒	☐

Kana usingabvumirane nazvo

CHIREVO	HONGU	KWETE
# Ndinofunga kuti mupunga unonaka kupfuura zvese zvandakambodya	☐	☒

	CHIREVO	HONGU	Disagree
1	Kana ndichitya, ndinozama kufunga pamusoro pezvinhu zvinondifadza	☐	☐
2	Kufema zvishoma nezvishoma/zvinyoro zvakashata imwe nzira yekuti ndinzwe zviri nane kana ndiri kutya.	☐	☐
3	Pakaitika chinhu chakashata, handina zvimwe zvekuita kunze kwekusuwa nekuda kwezvaitika	☐	☐
4	Pakaitika zvinhu zvakashata, ndinotenda kuti imhosva yangu.	☐	☐
5	Kana ndichitya, ndinongofunga chete pamusoro pezvinhu zvakashata zvinogona kuitika	☐	☐
6	Kana munhu achida kuita mhirizhonga kwandiri/kundikuvadza, zvandingaita chete kutiza ndohwanda, kana kumudzorerawo	☐	☐
7	Kana vabereki vako vachipopedzana uye votanga kurovana, imhosva yako kuti vari kurovana	☐	☐
8	Kana matambudziko achiita semahombe, ndinozama kuapedza mbichana mbichana	☐	☐
9	Kana ndikapinda munguva yakawoma, ndinozama kuzvifunga semunhu akanaka	☐	☐
10	Kana ndiine dambudziko, ndinowanzonzwa mandiri kuti ndiri ndega mudambudziko racho	☐	☐
11	Ndinoziva munhu mukuru munharaunda yedu wandinogona kutaura naye kana ndiine dambudziko	☐	☐
12	Kana shamwari yako ikaenda kunze kunochera mvura husiku obva apondwa/arwiswa, imhosva yake kuti apondwa/arwiswa.	☐	☐
13	Mhirizhonga zvinoreva kukuvadza munhu pamuviri wake, ukakuvadza munhu nemashoko haisi mhirizhonga	☐	☐
14	Ndinokwanisa kufunga pamusoro pezvinhu zvishoma zvandinogonawo./ ndinokwanisa kudoma mupfungwa dzangu zvinhu zvishoma zvandinogonawo	☐	☐
15	Ndinoziva nzvimbo dzinokuvadza nedzakachengetedzeka kwandinogara	☐	☐
16	Ndinowanzopedza nguva yangu ndichifunga pamusoro pezvinhu zvakashata zviri muhupenyu hwangu	☐	☐
17	Kana matambudziko achiita semahombe, ndinonzwa mandiri kuti hapana zvangaita	☐	☐
18	Ndinoziva kuti vamwe vana vezera rangu vanewo zvakanaka zvekutaura pamusoro pangu	☐	☐
19	Ndinofunga kuti zvakananyonaka kuti ndisaudze vamwe vanhu matambudziko angu	☐	☐
20	Kana ndiri kutya ndinokwanisa kuzvidzikamisa	☐	☐

Mudzidzisi: Pedza chikamu chino usati wapa vadzidzi bepa rino

NYIKA: _____

NHARAUNDA: _____

Tenderedza pane chimwe chete:

- Mibvunzo musangano usati waitwa
- Mibvunzo yekutanga musangano waitwa
- Mibvunzo yechipiri musangano waitwa

Hurefu hwemusangano

Zuva rekutanga: _____

Zuva rekupedza: _____

Zvimwe zvingashandiswe Kutsiva
mifananidzo yeshumba





NAMATIDZWA 10

Chitupa chekupedza Musangano (tarisa peji rinotevera)

Ziva kuti vana vanogona kugadzira kana kushongedza zvitupa zvavo. Papeji rinotevera pane mufananidzo wekuti kana uchishandiswa unoda kugara wadhindiswa. Kupihwa kwezvitupa kunogona kuitwa musangano wopera kana pane umwe musangano weboka iri.

CHITUPA



Chitupa ichi chinopihwa

semucherechedzo kuti akwanisa kuzadzisa

Musangano weKuimbira Shumba

_____ and _____
Masiginecha evadzidzisi

Musi wa

Munzvimbo ye

faith. action. results.

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Kuimbira Shumba: Bumiro revadzidzisi pakudzidzisa kukunda kutya nemhirizhonga mukati mehupenyu hwedu. Gwaro iri hurongwa kuvadzidzisi kuti vakwanise kubatsira vana nevechidiki kuvaka hunyanzvi/zvidobi zvekupedza zvinoburitswa/zvinounzwa nemhirizhonga uye kushungurudzwa muhupenyu hwavo, uye kuti vapore/varapike. Panopera musangano wakatsanangurwa mubumiro rino, vadzidzi vanenge vadzidza kuti vanogona kushandura hupenyu hwavo uye kusakurirwa/kusaremerwa nekutya. Kunyangwe chironzwa chakagadziriwa vana vadiki, zvinosanganisira mitambo, mifananidzo uye nziyo, musangano weKuimbira Shumba unogona kushandiswawo kuvanhu vakuru kuti vabatsirike pakufunganya, kutora matanho pazvinhu zvehupenyu hwavo zvinovapa kutya, pakuita izvi vanobva vava vabereki nevachengeti vari nane chaizvo.

