

# GO TLWAETŠWA TWATŠI YA CORONA MAELE GO BATSWADI

**GO FA BANA BA GAGO THEKGO MO NAKONG YE  
YA KILETŠO YA MOSEPELO KA BAKA LA COVID 19**

Kgoro ya Thuto ya Motheo e lemogile bohlokwa bja go thuša batswadi le bahlokamedi ba bana gore ba kgone go feta mo nakong ye ya kiletšo ya mosepelo gabotse. Ditaetšo tše tše bonolo di hlamilwe gore di kgone go thuša batswadi le bahlokamedi ba bana gore ba kgone go thekga bana ba bona mo nakong ye. .



**basic education**  
Department  
Basic Education  
REPUBLIC OF SOUTH AFRICA



# Tšhupetšo #1

Hlokomela boemo bjo bo botse bja monagano wa gago le maikwelo



# Eba bonolo mo go wena



Kiletšo ya mosepelo e boima. Ka moka re na le letšhogo, kgateletšo le go hloka bonnete. Seo se ka ba boima kudu go malapa ao a lego ka fase ga kgatelelo ya tša ditšhelete, bao ba lebanego le malwetši a mmele goba a menagano, bao ba dulago mmogo le motho wa go tlaiša, go dula lefelong le lennyane goba ba go itlhakela.

## Na batswadi ba ka dira eng ka se?

- Ka kakaretšo, bana ba gago ba ka kgona go katana le seemo go swana le ka mokgwa woo wena motswadi o lebeletšano go le sona.
- Ge o nyaka gore bana ba gago ba thobe maswafo, le wena bjalo ka motswadi o swaetše go thoba maswafo.
- Bana ba mengwaga ka moka, ba tla latela ditiro le maitshwaro a gago, e sego seo o se bolelago.
- Ka lebaka la seo, o swaetše go hwetša nako yeo e kgethegilego go bolela le batho ba bangwe ba bagolo ka letšhogo la gago, dipelaelo tša gago goba kgateletšo ya gago.
- Ge eba ga go na motho yo o ka bolelago le yena, leka go nyaka thušo go mafapha a thušo ao a lego gona.
- O swanetše go kgona go laola medirišo ya gago le ditlalelo tša gago gore o kgone go dira taetšo ye botse mo baneng.
- Bana ba gago ba swanetše go kgona go kwa gore o kgona go laola le go tšea dipheho tša maleba tša maphelo a bona.

## O ka leletša mang go go thuša?

Moabaditirelo	Naga ka moka goba profense	Mohuta wa tirelo	Boikgokaganyo
Gender Based Violence Command Centre	National	Gender based violence helpline (GBV)	0800 428 428 *120*7867#
Gender Based Violence Command Centre	National	GBV helpline for the deaf and disabled community	Helpme GBV SMS 'help' to 31531
South African Depression and Anxiety Group (SADAG)	National	Helpline for mental disorders, anxiety, depression and suicide	0800 456 789 0800 567 567 (suicide hotline)
CIPLA 24-hr Mental Health Helpline	National	Helpline for mental disorders, anxiety, depression and suicide	0800 456 789 WhatsApp: 076 88 22 77 5
National Crisis Line	National	National Crisis Line 24 hour telephonic counselling service dealing with all forms of abuse, HIV/AIDS, bereavement, suicide and eating disorders	0861 322 322
South African Police Services	National	Report a crime	08600 10111

Moabaditirelo	Naga ka moka goba profense	Mohuta wa tirelo	Boikgokaganyo
South African Police Services	National	Report a crime	08600 10111
South African Depression and Anxiety Group (SADAG) - ADHD	National	ADHD Helpline	0800 55 44 33
Child Welfare South Africa	National	Report child abuse or neglect	0861 452 4110
Childline South Africa	National	Report child abuse or neglect	08000 55555
Police Child Protection Units	National	Report child abuse or neglect	10111 childprotect@saps.org.za
FAMSA – Family and Marriage Association of South Africa	National	Support & education during stressful times	(011) 975–7106/7 national@famsa.org.za
People Opposed to Women Abuse (POWA)	Gauteng	Domestic abuse helpline	011 642 4345/6 itumeleng@powa.co.za
Food Parcel Service	Eastern Cape	Food packages	043 707 6300
Food Parcel Service	Free State	Food packages	051 410 8339
Food Parcel Service	Gauteng	Food packages	011 241 8324
Food Parcel Service	KwaZulu-Natal	Food packages	033 846 3400
Food Parcel Service	Limpopo	Food packages	015 291 7500
Food Parcel Service	Mpumalanga	Food packages	013 754 9428
Food Parcel Service	Northern Cape	Food packages	053 802 4900
Food Parcel Service	North West	Food packages	018 397 3360
Food Parcel Service	Western Cape	Food packages	021 469 0235
South African Social Security Agency (SASSA)	National	Food Parcel Helpline and Registering for COVID-19 Grants	0800 601 011 grantenquiries@sassa.gov.za
Gauteng Government	Gauteng	Food parcel helpline	0800 428 8364 support@gauteng.gov.za



# Tšhupetšo #2

Ela hloko seemo sa monagano le maikwelo a bana ba gago



# Eba le kgokagano le bana ba gago



Bjalo ka batswadi le bahlokamedi ba bana, go bohlokwa go ba le kgokagano le bana ba rena ka mehla. Ka fase ga maemo a a kgateletšo, go bohlokwa kudu go bolela le bana ba rena le go lemoga mekgwa ya bona. Ye ke nako ya phetogo ye kgolo le tlalelo ye kgolo go batho ka moka. Bana bao ba lego mahlalagading ba kgatelelong ye kgolo ka ge dikgokagano tša bona tša bogwera di le bohlokwa kudu ebile seemo se sa kiletšo ya mosepelo le COVID 19 se dira gore go be boima go bona. Bana bao ba lego mahlalagading ba na le kgateletšo ye kgolo, tlalelo le go nyama mo nakong ye.

## Na batswadi ba ka dira eng ka se?

- 1** *Thoma ka go botšiša bana ba gago gore ba tseba eng ka twatši ye le kiletšo ya mosepelo gape le go re ba ikwa bjang ka ditiragalo tše.*
  - Laetša bana ba gago gore o ba fa sekgoba sa go bolela ba lokologile le go abelana dikgopolo tša bona. Theeletša ka kelohloko ge ba bolela. O se ke wa ba tsena ganong. O se ke wa ba phošolla seo ba se bolelago. O se ke wa ba sega goba wa dira metlae ka bona. O se ke wa ba kgaoletša.
  - Ge bana ba gago ba go araba ka bokopana goba ka lentšu le tee, ba botšiše dipotšišo tša go hlohla dikarabo gore ba kgone go bolela kutšwana. Mohlala: 'Na o ra go reng ka seo?' goba na o ka mpotša go feta ka...'
  - O se ke wa fela pelo. Bana ba bantši ba bona batswadi ba bona 'molato' gomme ba lebiše ditlalelo, pefelo, go swaba le bodutu batswading.
  - Ge bana ba gago ba le gare ba bolela, tšea dintlha tša dilo tšeo ba sa di kwešišego le maikwelo a bona ka kgopolong ya gago.
- 2** *Sa go latela, efa bana ba gago tshedimošo yeo e lekanego mengwaga ya bona. Phošolla dikgopolo tšeo di fošagetšego tšeo ba nago le tšona, ba fokoletše tlalelo gomme o ba fe tshepo.*
  - Efa bana tshedimošo ye kopana yeo e nepagetšego.
  - Abela bana tshedimošo ka moya wo o fodilego wo o kwagalago gabotse.
  - O se ke wa dira ditshepišo tšeo o ka se di fihlelelego, go swana le go re, o ka se ke wa tsenwa ke twatši. Eupša o ka ba netefaletša gore o tla leka ka maatla gore ba dule ba bolokegile gammogo le wena.
  - Efa bana ba gago tshepo. Ba botše gore boramahlale le dingaka ba leka ka maatla go hwetša kalafi ya twatši ye gore maphelo a rena a tle a boele sekeng.
  - Araba dipotšišo tša bana gabotse ka mokgwa wo o ka kgonago. Dumela ge eba go na le seo o sa se tsebego. Mohlomongwe o ka bolela ka tsela ye: 'Ke potšišo ye botse. Ga ke na karabo eupša ke tla leka go nyakišiša.'
  - Leka go phošolla go se kwešišego go go ka bago gona ka twatši goba kiletšo ya mosepelo.



## Go hlalošetša bana ba bannyane ka twatši le kiletšo ya mosepelo

- Twatši ke bolwetši, go swana le mokgohlwane goba mooko.
- Go na le twatši ye mpsha mo lefaseng yeo e bitšwago twatši ya Corona.
- Ka lebaka la gore ke twatši ye mpsha, dingaka le boramahlale ba hloka nako ya gore ba ithute ka twatši ye gore ba kgone go e dira go re e se ke ya lwatša batho.
- Gore re kgone go fa dingaka le boramahlale sebaka sa go ithuta ka twatši, re swanetše gore re dule gae lebakanyana.
- Ge dingaka le boramahlale ba re go lokile, re tla thoma go ya mešomong le dikolong gannyane gannyane gore ka moka re bolokege.



## Go hlalošetša bana bao ba lego kgauswi le go tšwa mahlalagading le bao ba tšwilego mahlalagading ka twatši le kiletšo ya mosepelo

*Temošo: Šomiša kgetho ya gago gore o fa bana ba gago tshedimošo ye kaakang. O se ke wa godiša kgateletšo goba tlalelo ya bona.*

- Twatši ke bolwetši, go swana le mokgohlwane goba mooko.
- Go na le twatši ye mpsha mo lefaseng yeo e bitšwago twatši ya Corona goba COVID 19. Se se emetše go re: Corona Virus Disease of 2019 (Bolwetši bjo bo bakwago ke twatši ya Corona ya 2019).
- Twatši e phatlalala magareng ga batho bao ba batamelanego, go swana le ge motho yo a nago le twatši a gohlola goba a ethimola. E ka phatlalatšwa gape ge o swara lefelo goba selo seo se šetšego se na le twatši. Mohlala, ge motho yo a nago le twatši a ka ethimolela tafoleng gomme wena wa swara tafola yeo, o ka itokela twatši ge o ka swara molomo, nko goba mahlo a gago.
- Twatši e ama batho ka ditsela tšeo di fapanego:
  - Batho ba bangwe ba na le twatši, eupša ga ba ikwe ba lwala. Re re ga ba na ditaetšo.



- Batho ba bantši ba ikwa ba lwala beke goba tše pedi. Ba ikwa ba fiša kudu mmeleng, mmele o le bohloko goba ba gohlola. Ke moka morago ga fao ba hlapologelwe ba fole.
- Peresente ye nnyane ya batho e lwala kudu gomme ba swanetše go dula sepetlele lebakanyana.
- Ga se gantši batho ba mengwaga ya ka fase ga ye 18 ba eba le ditaetšo tša twatši, ebile ga se gantši ba lwala kudu. Ge ba ka lwala, ba kgona go fola gabotse.
- Ka lebaka la gore twatši ye ke ye mpsha, dingaka le boramahlale ba hloka nako ya go ithuta ka yona gore ba kgone go hwetša kalafi.
- Gore re kgone go fa dingaka le boramahlale sebaka sa go ithuta ka twatši, re swanetše go dula gae lebakanyana.
- Nako ye ya kiletšo ya mosepelo efa mmušo sebaka sa go dira ditokišetšo lefapheng la tša maphelo – go ruta bašomi ba maokelong go dira dipeakanyo tšeo di swanetšego, go reka didirišwa tšeo di lekanego maokelo ka moka le go thwala bašomi bao ba lekanego maokelong.
- Ge phatlalatšo ya twatši e le ka fase ga taolo, le maokelo a rena a lokile gore a ka hlokomela balwetši ba bantši, kiletšo ya mosepelo e ka fokotšwa gannyane gannyane.
- Batho ba ka thoma go ya mešomong le dikolong gannyane gannyane.
- Ba bantši ba rena ba swanetše go dirwa diteko, gape go sa na le melao ye mentši yeo e swanetšego go latelwa gore twatši ye e be ka fase ga taolo.

**3** *Lebelela maswao ao a laetšago gore ngwana wa gago ga a kgone go emela seemo se. (A mangwe a maswao a a bonala go bana bao ba tšwilego mahlalagading.)*

- Go nyama goba go lla ntle le lebaka.
- Pefelo le tlalelo ntle le lebaka.
- Go se tšee karolo go mešongwana yeo a thabelago go e dira ka mehla ka gae.
- Go hloka kgahlego ya go dula le ba lapa goba bagwera mo didirišweng tša go itloša bodutu tša theknolotši.
- Go nganga le go lwa le ba lapa ka didirišwa tša theknolotši.
- Go lapa le go hloka maatla.
- Go robala kudu goba go palelwa ke go robala.
- Diphetogo tša mekgwa ya go ja.
- Dipefelo, dikgoelelo le mekgwa yeo e sego ya bolokega.
- Go ikgobatša (Mohl. Go itshega, go iphiša goba go ikgobatša)

## **Go hlokomela bana le bana bao ba tšwilego mahlalagading bao ba sa kgonego go emela seemo sa kiletšo ya mosepelo**

- Bolela le bana ba gago ka mekgwa ya bona yeo e sa amogelegego yeo o ka ratago ba e fetola gomme o ba fe le dihlatlolano tšeo ba ka di šomišago.
- Ge mekgwa ya bona e laetša phetogo ye botse, ba fe theto ka phetogo yeo o e bonago. (Mohlala: Ke ile ka thaba ge o be o bolela le nna ka moya wo o fodilego.)
- Efa bana ba gago lerato le lentši. Ba botše go re o a ba rata. Ba theeletše ge ba bolela le wena. Ge eba le kiletšong ya mosepelo mmogo, ba gokare o ba bontšhe lerato.
- Efa bana ba gago tshepo- bolelang ka bophelo morago ga kiletšo ya mosepelo. Bolelang ka go bona bagwera gape, go boela sekolong, go bapala ka ntle le dipolane goba ditoro tša bokamoso bja bona.
- Ge seemo se sa kaonafale goba se mpefala go ya pele, nyaka thušo go mafapha a thušo.



# Tšhupetšo #3

Hlokomela gore bana ba gago ba phetše botse mmeleng



# Dula o bolokegile ebile o phetše gabotse

Go na le melawana ye bonolo yeo rena le bana ba rena re swanetšego go e latela gore re itšhireletše go twatši ye.

## Na batswadi ba ka dira eng ka se?

*Ruta bana ba gago go šomiša melawana ye mehlano ya gauta ya go re ba dule ba šireletšegile go COVID-19. Dira tšhupetšo ya mekgwa ye go bana ba gago.*

- 1** Hlapa diatla ka meetse le sesepe gantši ka mo go kgonegago. Gohla diatla ka sesepe metsotswana ye e ka bago masomapedi. Hlapa megogorupa, ka morago ga diatla le mekgahlo ga menwana.
- 2** Leka ka maatla gore o se sware sefahlego sa gago. Ditwatši di tsena mebeleng ya rena ka melomo le dinko, ka fao re swanetše go leka ka maatla go se di sware.
- 3** Gohlolola goba o ethimolele ka gare ga sejabana sa gago. Ge o šomišitše pampišana e lahle le semetseng.
- 4** Ge eba o swanetše go tšwa ka gae, ema dimitara tše 1.5 kgojana le batho ba bangwe. Le se ke la gokarana, la swarana ka matsogo goba la swara batho ba bangwe. Ge o kgona apara maseke ge o etšwa.
- 5** Ge o ekwa o na le phišo ye kgolo mmeleng, o ekwa bohloko mmeleng goba o gohlola, botša motho yo mogolo.

# Tšhupetšo #4

Thala setlwaedi sa letšatši le bana ba gago



# Ditlwaedi di dira gore bophelo bo kwagale bo bolokegile ebile bo swana le ka mehla



Bjalo ka batswadi le bahlokamedi ba bana, re swanetše go aga mokgwa wa tšhireletšego le mokgwa wa go dira gore go lebelelege bjale ka mehlang ge bana ba rena ba sa emetše go boela sekolong. Re swanetše go kgokaganya bana ba rena le bophelo bja ka mehla ka go ba diriša dilo tšeo ba tlwaetšego go di dira ka mokgwa wo re ka kgonago.

## Na batswadi ba ka dira eng ka se?

- 1 Šoma le bana ba gago go thala setlwaedi seo se tla šomelago lapa la lena.**
  - Dula fase o tšee pene le pampiri gomme o ahlaahle le bana ba gago ka ditlwaedi.
  - Ba hlalošetše gore ditlwaedi di dira gore bophelo bo kaonafale ka gae ebile di fokotša dingangišano le go se kwane.
  - Ba hlalošetše gore kiletšo ya mosepelo e baka kgateletšo go lena bjalo ka batswadi ebile go ka thuša kudu ge bana ba ka le fa thekgo le tšhomišano ye botse.
  - Bolelang ka mešongwana yeo e swanetšego go akaretšwa ka gare ga setlwaedi sa letšatši. Kgothaletša bana ba gago go tla ka mešongwana ye. Gopotša bana ba gago gore ba tlo boela 'bophelong bja bona bja ka mehla', ka fao ga se ba swanela go lahlegelwa ke bokgoni bja bona.
  - Ba hlalošetše gore ba ka ba le ditlwaedi tšeo di fapanego go ya ka mengwaga ya bona.
  - Netefatša gore ditlwaedi tša bana le wena di a go šomela. Netefatša gore bana ba dira mešongwana yeo e swanetšego go dirwa le gore dijo di jewa ka nako yeo e kgotsofatšago ba lapa ka moka.
- 2 Šoma le bana ba gago go netefatša gore ba latela ditlwaedi tša bona.**
  - Ge ditlwaedi di šetše di hlamilwe, botšiša yo mongwe le yo mongwe wa bana ba gago gore o amogela ditlwaedi tšeo, le go re o tla leka ka maatla go di latela.
  - Dira tšhate ye bonolo ya ngwana yo mongwe le yo mongwe.
  - Fega ditšhate tše moo di bonalago.
  - 'Ruta' bana ba gago go latela ditlwaedi mo matšatšing a mathomo ka go ba gopotša go lebelela ditlwaedi tša bona le go latelela gore ba dira mešongwana ya bona. Se se ka ba boima mathomong eupša se tla dira bophelo gore bo be bonolo nakong ye e tlogo.
  - Ka morago ga matšatši a mmalwa boledišana le bana ba gago go bona gore ba latela ditlwaedi gabotse.
  - Ge eba ga ba di latele, ba botšiše gore ke ka lebaka la eng ba sa di latele.
  - O se ke wa ngangabala kudu ebile o se ke wa ikokeletša kgateletšo kudu ka ditlwaedi tše, eupša ge yo mongwe wa bana a sa di latele ka moka goba a sa leke go di latela go swanetše go ba le ditlamorago.



## Mešongwana yeo e ka akaretšwago ka gare ga setlwaedi sa letšatši

- 1 Go robala.** Bana ba swanetše go robala di iri tše 9-10 ka bošego bjo tee. Bana bao ba tšwilego mahlalagading ba swanetše go robala di iri tše 8-9 ka bošego bjo tee.
- 2 Go hlapa le go apara.** Hlohleletša bana go hlapa le go apara letšatši le lengwe le le lengwe.
- 3 Dijo.** Lekang go bea nako ya go swana ya dijo. Ge go kgonega efa bana ba gago dijo gararo ka letšatši o ba fe dijonyana tša phepo mo magareng. Leka go ba le poledišano ya lapa.
- 4 Mešomo ya ka gae.** Leka go beakanya di iri tše 1-3 tša go dira mešongwana ya ka gae letšatši le lengwe le le lengwe. Mešongwana ya ka gae e swanetše go akaretša dilo tša go swana le go alola mepete, go hlatswa dibjana, go swiela bj. bj. Efoga go fa bana mešongwana yeo e tla dirago gore ba tšwe ka gae, ye mengwe ya mešomo ba ka e dira ka jarateng.
- 5 Go itšhidulla.** Go bohlokwa gore bana ba itšhidulle ka mehla. Go itšhidulla go dira gore motho yo mongwe le yo mongwe a ikwe bokaone. Nagana ka boitšhidullo bjo bo ka kgonegago sekgobeng sa lena sa kiletšo ya mosepelo. Le ka kitima felo go tee, le ka fofa fofa, le ka kgorometša fase goba boitšhidullo bjo le ka bo kgonago.
- 6 Go ithuta.** O ka bea nako ya go ithuta ya iri le seripa ya bana ba go fihla go mphato wa 3. Diiri tše 2.5 tša bana ba mphato wa 4-6, diiri tše 3-4 go bana ba mphato wa 7-12 ka letšatši.
- 7 Go bala.** Hlohleletša bana ba gago go bala mo nakong ye. Leka ka maatla go nyakela bana ba gago dipuku tša go bala. Bea nako ye e ka bago diiri tše 1-2 ka letšatši tša go bala.
- 8 Nako ya go se dire selo.** Bea nako yeo e šetšego ya letšatši bjalo ka nako ya go se dire selo. Bana ba ka šomiša nako ye ka mokgwa wo ba ratago. Ba ka thabela le go ipshina ka nako ye.



## Mohlala wa setlwaedi sa ngwana wa mphato wa 4-6

08h00	Tsoga, hlapa o apare
08h30	Difihlolo
09h00	Mešongwana ya ka gae ya mesong
10h00	Dijonyana le nako ya go se dire selo
10h30	Nako ya go ithuta
12h30	Nako ya go se dire selo
13h00	Matena
14h00	Nako ya go se dire selo goba go khutša
15h00	Go itšhidulla
15h30	Go bala
16h30	Mešongwana ya ka gae ya mathapama
17h30	Nako ya go se dire selo
18h30	Dijo tša mantšiboa le go phutha
19h30	Go hlapa le go fetola diaparo
20h00	Nako ya go se dire selo
21h30	Nako ya go robala

# Tšhupetšo #5

Seo o swanetšego go se dira ka 'nako ya go ithuta.'



# Go ithuta go swanetše go ba bohlokwa ebile go kwagale



Kgoro ya Thuto ya Motheo (DBE) ga se ya letela gore batswadi e be barutiši mo nakong ye ya kiletšo ya mosepelo. Ebile ga se ya lebelela gore bana ba ithute kharikhulamo. O kgopelwa go re o amogele tshepišo ya rena ya go re ge bana ba boela sekolong go tla ba le leano leo le lokišeditšwego la go re bana ba kgone go ithuta ka moka dilo tšeo ba swanetšego go ithuta. Le ge go le bjalo, re nyaka gore batswadi goba bahlokamedi ba bana ba netefatše gore bana ba ithuta dilo tša bohlokwa mo nakong ye ya kiletšo ya mosepelo.

Go bohlokwa gore bana ka moka ba be le 'kgokagano' le bophelo bja sekolo. Se ga se bolele gore ba swanetše go ba le kgokagano le sekolo. Eupša, se ra gore ga se ba swanela go lebala seo ba ithutilego sona le gore ga se ba swanela go lebala go theeletša, go bala le go fetša mešongwana yeo ba e filwego. Ba swanetše go dira mešongwana ya go bušetša, go swara ka kgopolo seo ba se rutilwego; go bala le go kwešiša dingwalwa; go feleletša mešongwana ya go ngwala; go itlwaetša go ithuta Mmetse le dipalelo tša Thutamahlale. Mešongwana ye e tla thuša barutwana ka boitokišetšo bja bona bja go boela sekolong. E tla ba bakgoni ba seo ba šetšego ba ithutile gape ba tla tlwaela ditshepetšo tša go ithuta. Ba tla tlabakelwa go šoma ka thata le ka lebelo leo ba lebanego le lona ge ba boela sekolong.

## Seo batswadi ba ka se dirago ka se?

- 1** *Ba direle sekgoba seo se swanetšego sa go dira mošomo wa bona o be o ba thuše go beakanya didirišwa tša bona.*
  - Beakanya lefelo leo le swanetšego la bana la go ithuta. E ka ba tafoleng ya ka moraleng goba ka phapošing ya bojelo goba e ka ba sekgoba mo fase. Hlohleletša bana go šomela lefelong le tee bjalo ka karolo ya setlwaedi.
  - Hlohleletša bana ba gago go ntšha dipuku tša bona ka moka gomme ba netefatše gore di beakantšwe gabotse.
  - Kgoboketša didirišwa tša go dira mošomo ka moka ka gare ga mekotlana ya go ya sekolong. Netefatša gore ba na le dipene, diphensele le tše dingwe tšeo ba ka di hlokago go dira mošomo.
  - Sa mafelelo, kgoboketša ditlabakelo tša go bala ka moka, e kaba dipuku tša go bala, Dipuku tša Mešomo tša Kgoro ya Thuto ya Motheo, dimakasine, dipuku tša dikanegelo, dikuranta le Beibele, bj.bj.
- 2** *Šomiša mananeo ao dikolo di a abago.*
  - Ge bana ba gago ba tsena sekolo seo se nago le didirišwa tša go kgona go ikgokaganya le batswadi ba bafe lenaneo la dithuto la nakong ye ya kiletšo ya mosepelo, hle šomiša mananeo ao.
  - Thekga ngwana wa gago ka mokgwa wo o ka kgonago gore a kgone go dira mošomo wo wa nako ya kiletšo ya mosepelo.

**3** *Lebelela tatelano ye ya mananeo ao a filwego a mešongwana ya go ithuta gomme o a akeretše mo setlwaeding sa ka mehla sa bana ba gago.*

- Lenaneo le mešongwana yeo e lekaneditšwego go ya ka mengwaga le loketšwe ka mo fase go ya ka mephato.
- Mešongwana ye e ka dirwa ntle le go šomiša didirišwa tšeo di oketšegilego, khomphutha goba inthanete.
- Mešongwana ye ka moka e bohlokwa gape e ka thuša ngwana wa gago gore a dule a kgokagane le sekolo le thuto.

## **Mešongwana ya barutwana ba mphato wa R-3**

*Temošo: Barutwana ba bannyane ba nyaka thušo ka mešongwana ya bona efela sesi goba buti le yena a ka thuša.*

**1** *Go balela*

- Kgoboketša maswikana, dinawa goba makarone gore bana ba gago ba di šomiše go balela.
- Thuša bana ba gago go itlwaetša go bala ba šomiša maswikana.
- Ge o na le nako thuša bana ba gago go bala go feta moo ba kgonago go bala go fihla gona.
- Laetša bana ba gago go šomiša maswikana go bala ka bo2, bo3, bo4, bo5 le ka bo10.
- Laetša bana ba gago go šomiša maswikana go balela morago.

**2** *Go hlakantšha le go ntšha*

- Šomiša maswikana go thuša bana ba gago go itlwaetša go hlakantšha le go ntšha. Mphatong wa 1 le 2 ba swanetše go itlwaetša go hlakantšha le go ntšha go fihla ka 10. Mphatong wa 3 bana ba ka itlwaetša go fihla ka 20.

**3** *Go bapala lebenkele*

- Bea dintlankana tša go laetša gore dilo ke bokae ka ntlong. O ka bea godimo ga dijo, diphahlo goba diaparo.
- Dira tšhelete ya go bapadiša ka go kgeila dipampišana gomme o ngwale boleng bja tšhelete mo godimo. O ka thala le dikhoine godimo ga pampišana.
- Tšhentšhanang go ba ralebenkele goba moreki le bana.
- Lekola dipalelo tša bana ba gago gore o kgone go netefatša gore ba kwešiša tšhomišo ya tšhelete.

**4** *Medumo ya ditlhaka*

- Phutha letlakala gomme o le gagole ka diripana tše nnyane tša dikwere.
- Ngwala tlhaka go sekwere se sengwe le se sengwe.
- Phatlalatša diripana tša dipampišana. Šupa ditlhaka tša go fapafapana gomme o kgopele bana ba go botše medumo ya ditlhaka tšeo.
- Kgotela bana ba gago go bopa mantšu a go fapana ba šomiša dikwere tša ditlhaka. Ge ba le gare ba kopanya medumo ba swanetše go bitša medumo ke moka ba bale mantšu.
- Sa go latela, kgotela bana ba gago go ngwala mantšu a fase. Ge o se na letlakala, šomiša le lengwe go tšwa pukung ya ngwana wa gago ya sekolo.





## 5 Go bala

- Laela bana ba gago go itlwaetša go bala ka go šomiša puku ya go bala goba Puku ya Mešomo ya Kgoro ya Thuto ya Motheo.
- Eya mathomong a puku gomme o thome fao.
- Ge bana ba gago ba sa kgone go bala lentšu, ba thuše go bitša medumo ya lona.
- Ge bana ba gago ba feditše go bala kanegelo, ba botšiše gore kanegelo e bolela ka eng?

## 6 Go ngwala

- Ge o se na letlakala, šomiša la dipuku tša bana ba gago tša sekolo.
- Efa bana ba gago sehlogo gore ba thale seswantšho ka sona ba be ba ngwale ka sona, go swana le: mogwera wa gago wa potege; seo o se nyakago ka letšatši la gago la matswalo; papadi yeo o e ratago; ba lapa la geno.
- Botša bana ba gago gore ba nagane pele ka seo ba nyakago go se thala le go se ngwala.
- Sa go latela, ba botše ba thale sethalwa sa dikanegelo tša bona.
- Ke moka, ge e le bana ba mphato wa R goba wa 1, ba kgopela gore ba ngwale lentšu le tee goba a mabedi ka seo se lego seswantšhong.
- Go bana ba mphato wa 2 goba wa 3, ba kgopele gore ba ngwale lefoko le tee goba a mabedi ka seswantšho. Ba thuše go thoma lefoko ge go hlokagala.
- Ge bana ba gago ba feditše go ngwala, ba kgopele gore ba go hlalošetše gore ba ngwetše ka eng. Ba botšiše dipotšišo morago ga fao o ba fe dipoelo.



## Mešongwana ya barutwana ba mephato ya 4–9

### 1 Ditafole tša katišo (Mephato 4–6)

- Laela bana ba gago gore ba boeletše ditafole tša go fapana go fihlela ba di tseba ka hlogo.

### 2 Mmetse wa hlogo

- Botšiša bana ba gago dipotšišo tša Mmetse wa bomolomo go bona ge eba ba ka di araba ka tshwanelo, ka pejana.
- Tše e ka ba dipotšišo tša go hlakantšha goba go ntšha, go atiša goba go arola, goba e ka ba dipotšišo tše di kopantšwego. Thoma ka dipotšišo tše bonolo gomme o latele ka go dira tše bothata. Šomiša sebaledi sa sellathekeng sa gago go leloka gore dikarabo tša bana ba gago di nepagetše!

### 3 Go bušeletša dipalo le dipalelo

- Eya mathomong a dipuku tša bana ba gago tša Mmetse goba Puku ya Mešomo ya Mmetse ya Kgoro ya Thuto ya Motheo.
- Laela bana ba gago gore ba dire mošongwana o tee goba ye mebedi ka letšatši gomme o bone gore ba kgona go dira dipalelo.
- Leka go fa bana ba gago mehlala ye mengwe yeo e swanago le ya ka Pukung ya bona goba Pukung ya Mešomo gore ba e dire.

### 4 Go bala le kakaretšo

- Laela bana ba gago go itlwaetša go bala go tšwa Dipukung tša bona tša Leleme la Gae le ya Lelemetlaleletšo la Pele goba Dipuku tša Mešomo tša Kgoro ya Thuto ya Motheo (Go fihla go Mphato wa 6).
- Eya mathomong a puku gomme o thome fao.
- Laela bana ba gago go itlwaetša go balela sengwalwa godimo, go fihlela ba kgona go bala ka thelelo, go bala gabotse ka maikutlo. Ke moka ba tle ba go balele.
- Ge go na le dipotšišo ka sengwalwa, laela bana ba gago go araba dipotšišo tše ka go ngwala. Ge o se na letlakala kgopela bana ba gago go ngwala ka dipukung tša sekolo.
- Sa go latela, ngwala mafoko a go thoma godimo ga letlakala, ke moka o laele bana ba gago go ngwala mafoko a mantši ka moo ba ka kgonago ka dipukung tša bona tša go ngwalela. Dira se ka sengwalwa se sengwe le se sengwe seo bana ba gago ba se balago.
  - Sengwalwa se se bolela ka...
  - Moanengwathwadi ke...(ge a le gona)
  - Ke e ratile / ga se ka e rata ka gobane...
  - Ke ithutile go re....
  - Se se nkgopotša....
  - Ke nagana go re .... O dirile selo sa maleba / selo seo e sego sa maleba ka gore....
  - Ge nkabe ke le...(leina la moanegwa) Nkabe ke...(ge e kgonega)

### 5 Go bušeletša dithuto tše dingwe

- Laela bana ba gago go kgoboketša dipuku tša go bala le tša go ngwalela tša dithuto tše dingwe.
- Tšatši le lengwe le le lengwe ba swanetše go lebelela thuto ye nngwe yeo ba ka e bušeletšago.

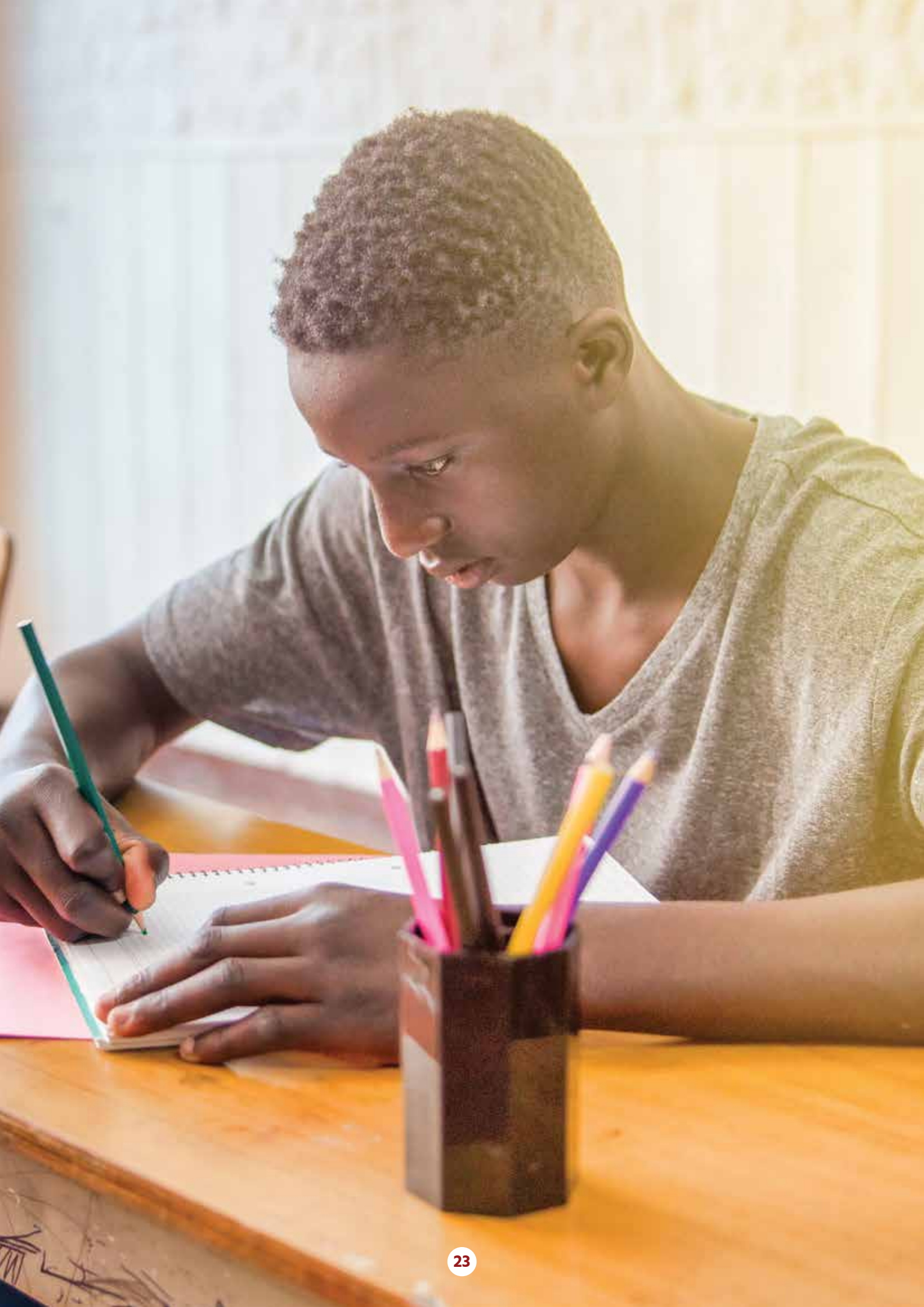


- Ba swanetše go thoma mathomong a puku ya go bala goba ya go ngwalela gomme ba bale le dinoutsu ka moka. Ba swanetše gore ba ngwale mešongwana ya ka pukung yeo go akaretša le yeo ba e dirilego go Kotara ya 1.
- Ge ba le gare ba dira mošomo wo, laela bana ba gago gore ba netefatše gore ba kwešiša seo ba se balago le seo ba se dirago. Ge ba sa kwešiša ba ka go botšiša goba ba botšiša buti, sesi goba ba leletša bagwera ba ba ka kgonago go ba thuša mogala.
- Laela bana ba gago go leka go swara ka hlogo tshedimošo ye ntši ka mo go ka kgonegago e le tokišetšo ya ge go boelwa sekolong.
- Ge bana ba gago ba na le dipampiri tša meleko tša kgale mohlomongwe tša Kotara ya 1, ba ka leka go ngwala meleko yeo gape gomme ba ngwale dikarabo ka dipukung tša bona.

## Mešongwana ya barutwana ba mephato ya 10-12

- 1 Gopotša bana ba gago gore pele ga kiletšo ya mesepelo, ba be ba šetše ba feditše teetharong ya mošomo wa ngwaga.
- 2 Ba hlalošetše gore ge ba bušetša, ba kwešiša ebile ba swara ka hlogo mešomo ye, ba itlwaetša Mmetse le dipalelo tša Thutamahlale tšeo ba ithutilego tšona, gona ba tla be ba kgona teetharong ya mošomo wa ngwaga ka moka.
- 3 Hlohleletša bana ba gago go dira pušetšo ya Mmetse le go itlwaetša ka mehla. Ge go na le seo ba sa se kwešišego ba ka botšiša yo mongwe yo mogolo goba ba leletša mogwera goba yo mongwe wa leloko yo a ka kgonago go ba thuša.
- 4 Hlohleletša bana ba gago go dira pušetšo ya Mošomo wa Leleme la Gae le Lelemetlaleletšo la Pele le go itlwaetša ka mehla. Se se akaretša go bala ka mokgwa wo o ka kgonago ka gona ka lebaka la go re Mephatong ya 10-12, barutwana ba swanetše go bala dipuku tše pedi tša dingwalwa, tšeo di kgethilwego ngwaga wo mongwe le wo mongwe. Bana ba gago ba swanetše go ba le dikgatišo tšeo. E ka ba direkto, dikanelokopana, dipadi goba diterama.
- 5 Kgopela bana ba gago go dira pušetšo yeo e oketšegilego le go swara ka hlogo mešomo ya dithuto tše dingwe letšatši le lengwe le le lengwe. Ba swanetše go bala puku ya go bala le dintlha ka gare ga dipuku tša bona tša go ngwalela. O swanetše go leka go bala dipotšišo goba mešongwana yeo ba ka e feleletšago ka noši. O swanetše go ngwala dikakaretšo tša tshedimošo ka moka gomme ba di swara ka hlogo.
- 6 Go mephato ya 10-12, go bohlokwa kudu gore o leke go fihlelela thutišo ya go tšwela pele ya dithuto tša bohlokwa. Thoma ka go lebelela peakanyo ya Thelebišene le ya Seyalemoya yeo e filwego – go bona ge eba go na le mananeo ao a amago dithuto tša bana ba gago gomme o ba hlohleletše go bogela goba go theeletša dithuto tšeo.
- 7 Hlokomela gore bana ba gago ba šoma diiri tše 3-4 ka letšatši.
- 8 Mo mephatong ya 10-12 go bohlokwa gore barutwana ba dule ba tseba gore go direga eng, go kwešiša le go ba le bokgoni bja dilo tšeo ba di rutilwego le go di bušetša gantši.
- 9 Bolela le bana ba gago ka mošomo wa bona. Leka go humana gore ke eng seo ba se kgonago ke eng seo se ba belaetšago.
- 10 Leka go bona gore o ka se ba humanele thušo go bagolwane ba bona, moagišane goba mogwera ge go kgonega, eupša o se ke wa roba melao ya kiletšo ya mesepelo.  
**Temošo:** Ge o na le sellathekeng sa go kgona go tsena inthaneteng, thepoletse goba khomphutha ka gae, leka gore bana ba gago ba kgone go fihlelela didirišwa tša inthaneteng tšeo di ka mo thušago. Tše dingwe tša didirišwa tše ga di hloke data. Se se a laetšwa go lenaneo la didirišwa tša inthaneteng.







# Tšhupetšo #6

Šomiša theknolotši ka katlego



# Mehuta ka moka ya go ithuta e swanetše go direga

O se ke wa nagana gore ngwana wa gago o a ithuta ge a lebeletše lenaneo la thuto - mohlomongwe a ka ba a ikgopolela tša gagwe feela! Go bohlokwa gore o thuše bana ba gago go šomiša theknolotši ka katlego ka mabaka a go ithuta.

## Na batswadi ba ka dira eng ka se?

- 1** *Ba ka tšea monyetla wa Thelebišene, Seyalemoya goba Mananeo a Thuto ao ba ka a fihlelelago inthaneteng.*
  - Go na le tatelano ya Mananeo a Thuto le Didirišwa tšeo di sepelago le ditšhupetšo tše.
  - Lebeledišiša tatelano ye ka kelohloko gore o kgone go bona lenaneo leo le ka thušago bana ba gago.
  - Hlohleletša bana ba Mephato ya 10-12 go lebelela mananeo a Thelebišene ao a rutago Mmetse, Thutamahlale le Mabokgoni a Polelo le mareo.
  - Gape, nyaka didirišwa tša go bala tša ditšithale tšeo o ka di hwetšago tša bana ba gago gore ba kgone go di bala sellathekeng sa maemo a go kgona go šomiša inthanete, thepoleteng goba khomphutheng. Lemoga gore diwepesaete tša 'lekgetho la lefeela' di šomišwa ntle le tefo – ga o hloke data go fihlelela diwepesaete tše.
- 2** *Thuša bana ba gago go kgetha mananeo a maleba le a dire karolo ya ditlwaedi tša bona.*
  - Lebelela ditaetšo tša mananeo gammogo le bana ba gago gore le kgone go kgetha mananeo a maleba.
  - Dirang se e sa le nako – lebelelang lenaneo tatelano mathomong a beke.
  - Dira gore mešongwana ye e be karolo ya ditlwaedi tša bana ba gago mo karolong ya 'nako ya go ithuta.'
  - Netefatša gore go na le tekatekano mešongwaneng ya bana ba gago ya go ithuta – Ga se ba swanela go fetša nako ka moka ba lebeletše thelebišene goba sellathekeng.
- 3** *Netefatša gore bana ba gago ba itokišeditše thuto ya thelebišene goba ya seyalemoya.*
  - Pele lenaneo le thoma, netefatša gore bana ba swere dipuku tša maleba tša go ithuta goba tša go ngwalela.
  - Ba swanetše go swara pene, phensele, rula le didirišwa tše dingwe tšeo ba ka di hlokago.
  - Ke kgopolo ye botse kudu go swara le pukuntšu, kudu go bana ba ba golwane.
  - Thuša bana ba gago go bulela thutišo yeo ba tlogo ba le boitemogelo bja diteng ka yona. Dira seo ka go lebelela sehlogo sa thutišo yeo e lego ka pukung ya gagwe yeo a ithutago ka yona le go lebelela thutišo yeo e fetilego.
- 4** *Hlokomela bana ba gago ge ba lebeletše lenaneo.*
  - Lebelela bana ba gago ge ba lebeletše goba ba theeditše lenaneo.
  - Ba hlohleletše gore ba ngwale dinoutsu ge ba le gare ba theeditše goba ba lebeletše lenaneo gore ba kgone go gopola seo ba ithutilego sona. Ba swanetše go ngwala gape le dipotšišo tšeo ba ka bago ba na le tšona.

- 5** *Swarang poledišano ye kopana ka seo ba ithutilego sona.*
- Mafelelong a lenaneo, lekola gore bana ba gago ba ngwetše dinoutsu.
  - Sa go latela, swarang poledišano ye kopano ka lenaneo. O ka botšiša dipotšišo tša go swana le tše:
    - Na lenaneo le le be le kgahliša? Ke ka lebaka la eng o realo?
    - Na o ithutile eng go tšwa go lona?
    - Na go na le seo o sa se kwešišago goba seo o se nago bonnete bja sona?
    - Na o na le potšišo ye nngwe ka sehlogo se?
    - Na o badile ka se ka gare ga puku ya gago ya go ithuta?
- 6** *Beakanyetša dithuto tša go šala morago tšeo di hlokegago.*
- Ge eba go na le selo seo se gakantšhago goba se sahlakago, o ka thuša bana ba gago ka go:
    - Nyaka thuto ye nngwe gape yeo e bolelago ka sehlogo seo gomme wa e lokela setlwaeding sa ngwana gago.
    - Lebelelang mmogo diteng tša thutišo gape.
    - Kgopela thušo go ngwana yo mogolo, mogwera goba yo mongwe wa leloko.

*For more information, visit the Covid-19 Portal:*

*[www.sacoronavirus.co.za](http://www.sacoronavirus.co.za)*

*Emergency Hotline: 0800 029 999*

*What's App Support Line: 0600 123456*

# DIDIŘIŐWA TŐŐA THUTO

# COVID 19



**basic education**  
Department:  
Basic Education  
REPUBLIC OF SOUTH AFRICA





## Tatelano ya Mananeo a Thelebišene

Nako ye e Beilwego	Mphato	Thuto	Letšatši	Tšhanele
00:00 – 04:00	12	Grade 12 Revision	Mon – Sun	DSTV 139 Or OVHD 134
00:00 – 06:00	12	Grade 12 Revision	Mon – Sun	OVDH 122
05:00 – 06:00	10 – 12	Maths	Mon	SABC 1
05:00 – 06:00	10 – 12	Physical Sciences	Tue	SABC 1
05:00 – 06:00	10 – 12	English FAL	Wed	SABC 1
05:00 – 06:00	10 – 12	Accounting	Fri	SABC 1
05:00 – 06:00	1 – 3	Literacy	Sat – Sun	DSTV 139 Or OVHD 134
05:00 – 06:00	10 – 12	Life Sciences	Thur	SABC 1
06:00 – 07:00	10 – 11	English FAL, Maths, Physical Sciences	Mon – Fri	SABC 3
06:00 – 21:00	1 – 9	Mindset PoP (Primary School)	Mon – Sun	DSTV 317
09:30 – 10:00	10 – 12	Home Languages	Mon – Fri	SABC 2
10:00 – 11:00	12	Geography, Life Sciences, Accounting, Mathematics, Physical Sciences	Mon – Fri	SABC 2
11:00 – 23:00	10 – 12	All	Mon – Sun	DSTV 139 Or OVHD 134

## Tatelano ya Mananeo a Seyalemoyeng

Nako ye e Beilwego	Mphato	Letšatši	Tšhenele ya Seyalemoya	Tšweletšo	Profense
09:00 – 09:30	10 – 12	Mon – Fri	Ukhozi FM	91.5	KZN, Gauteng
10:00 – 11:00	10 – 12	Mon – Fri	KZN Community Radio Stations		KZN
10:15 – 10:45	10 – 12	Mon – Thur	UWFM	93.2	EC
10:30 – 11:30	10 – 12	Mon – Thur	Radio 2000	97.2 & 100 FM	Gauteng
10:50 – 11:50	10 – 12	Mon – Fri	Gagasi FM	99.5	KZN
11:00 – 18:00	10 – 12	Mon – Fri	CAPS Radio	<a href="https://capsradio.co.za/">https://capsradio.co.za/</a>	Online
11:20 – 12:20	10 – 12	Mon – Fri	Vuma FM	103	KZN
13:00 – 14:00	10 – 12	Mon – Fri	East Coast Radio FM	94.00 – 95.90	KZN
13:05 – 14:05	10 – 12	Mon – Fri	Radio Pulpit AM	657 AM	Gauteng, Mpumalanga, KZN
14:30 – 15:00	10 – 12	Mon – Thu	Ikwezikwezi FM	94.5 to 106.3	Mpumalanga, Limpopo, Gauteng
15:00 – 16:00	10 – 12	Mon – Fri	Tut FM	96.2	Gauteng
15:30 – 16:30	10 – 12	Mon – Fri	Lotus FM	87.7 - 106.8	KZN
17:30 – 18:00	4 to 6	Mon – Thu	Thobela FM	87.6 – 92.1	Gauteng

Nako ye e Beilwego	Mphato	Letšatši	Tšhenele ya Seyalemoa	Tšweletšo	Profense
17:30 – 18:00	10 – 12	Mon – Thu	Ligwalagwala FM	87.7, 92.5 to 104	Mpumalanga, Gauteng, NW, Limpopo, Free State
17:30 – 18:00	10 – 12	Tue – Wed	Kangala FM	92.8 FM	West Mpumalanga
17:30 – 18:00	10 – 12	Tue – Wed	kanyamazane FM	107.3 FM	East Mpumalanga
17:30 – 18:00	10 – 12	Tue – Wed	RFM	103.2 FM	East Mpumalanga
17:30 – 18:00	10 – 12	Tue – Wed	Barberton FM	104.1 FM	East Mpumalanga
17:30 – 18:00	10 – 12	Tue – Wed	Bushbuckridge FM	88.4 FM	East Mpumalanga
17:30 – 18:00	10 – 12	Tue – Wed	Emalahleni FM	98.7 FM	West Mpumalanga
17:30 – 18:00	10 – 12	Tue – Wed	Eyethu FM	104.3 FM	West Mpumalanga
17:30 – 18:00	10 – 12	Tue – Wed	Greater Middelburg FM	89.2 FM	West Mpumalanga
17:30 – 18:00	10 – 12	Tue – Wed	Ligwa FM	101.3 FM	South Mpumalanga
17:30 – 18:00	10 – 12	Tue – Wed	Mash FM	91.7 FM	East Mpumalanga
17:30 – 18:00	10 – 12	Tue – Wed	Mkhondo FM	98.9 FM	East Mpumalanga
17:30 – 18:00	10 – 12	Tue – Wed	Moutse FM	96.3 FM	South Limpopo
17:30 – 18:00	10 – 12	Tue – Wed	Nkomazi FM	100.2 FM	East Mpumalanga
17:30 – 18:00	10 – 12	Tue – Wed	Voh FM	905.5 FM	Mpumalanga, Limpopo
17:30 – 18:00	10 – 12	Tue – Wed	Voice of the community	102.9 FM	South Mpumalanga
18:00 – 00:00	12	Mon – Fri	CAPS Radio	<a href="https://capsradio.o.za/">https://capsradio.o.za/</a>	Online
19:30 – 20:00	10 – 12	Mon – Thu	Motsweding FM	89.6	Gauteng, NW, Free State

## Dikgokaganyo tša Mananeokgašo

Tšhanele	Dikgokaganyo
SABC 1	<a href="http://www.sabceducation.co.za/gelezanathi/schedule/">http://www.sabceducation.co.za/gelezanathi/schedule/</a>
SABC 2	<a href="https://mydorpie.com/tv-guide/TV-Guide-South-Africa-SABC-etv-OpenViewHD-DSTV">https://mydorpie.com/tv-guide/TV-Guide-South-Africa-SABC-etv-OpenViewHD-DSTV</a>
SABC 3	<a href="https://mydorpie.com/tv-guide/TV-Guide-South-Africa-SABC-etv-OpenViewHD-DSTV">https://mydorpie.com/tv-guide/TV-Guide-South-Africa-SABC-etv-OpenViewHD-DSTV</a>
DSTV	<a href="https://guide.dstv.com/channels">https://guide.dstv.com/channels</a>
OVHD	<a href="https://kfmulaudzi.files.wordpress.com/2020/03/epg_layout.pdf">https://kfmulaudzi.files.wordpress.com/2020/03/epg_layout.pdf</a> <a href="https://www.openview.co.za/tv-guide">https://www.openview.co.za/tv-guide</a> <a href="https://www.openview.co.za/tv-guide">https://www.openview.co.za/tv-guide</a>

## Mekero ya Inthanete yeo e sa Lefelwego le yeo e Kgonago go Kgokaganya le Mekero ya go Ithuta

Mphato	Leina	Dikgokaganyo	Mohuta wa Sedirišwa (Mekero ya Inthanete, Dithuto tša Elektroniki, Megala ya Merero bj.bj.)	Dikgokaganyo tša lekgetho la lefela
R – 9	DBE Workbooks	<a href="https://www.education.gov.za/Curriculum/LearningandTeachingSupportMaterials(LTSM)/Workbooks.aspx">https://www.education.gov.za/Curriculum/LearningandTeachingSupportMaterials(LTSM)/Workbooks.aspx</a>	Website	Vodacom/MTN / Telkom/Cell C
R – 12	Khan Academy	<a href="https://www.khanacademy.org/">https://www.khanacademy.org/</a>	Website	MTN/Telkom
10 – 12	Self-Study Guides	<a href="https://www.education.gov.za/SelfStudyGuidesGrade10-12.aspx">https://www.education.gov.za/SelfStudyGuidesGrade10-12.aspx</a>	Website	Vodacom/MTN/ Telkom/Cell C
10 – 12	Tech Teachers	<a href="https://www.techteachers.co.za/">https://www.techteachers.co.za/</a>	Website	MTN
7 – 12	Olico ( Maths)	<a href="https://olico.org/">https://olico.org/</a>	Website	MTN
7 – 9	MST Workbooks	<a href="http://www.mstworkbooks.co.za/index.html">http://www.mstworkbooks.co.za/index.html</a>	Website	Vodacom/ Telkom
4 – 12	Siyavula Textbooks	<a href="https://www.siyavula.com/">https://www.siyavula.com/</a>	Website	Vodacom/MTN/ Telkom
4 – 6	Thunderbolt Kids	<a href="http://www.thunderboltkids.co.za/">http://www.thunderboltkids.co.za/</a>	Website	Vodacom
4 – 6	South African Stories	<a href="https://www.education.gov.za/Portals/0/Documents/Publications/Storytime%20Intermediate%20Phase%202015.pdf?ver=2015-03-19-125050-580">https://www.education.gov.za/Portals/0/Documents/Publications/Storytime%20Intermediate%20Phase%202015.pdf?ver=2015-03-19-125050-580</a>	Website	Vodacom
3 – 12	Ece exams	<a href="https://www.ecexams.co.za/ExaminationPapers.htm">https://www.ecexams.co.za/ExaminationPapers.htm</a>	Website	MTN
1 – 12	Vodacom e-school	<a href="https://vodacom.mytopdog.co.za/">https://vodacom.mytopdog.co.za/</a>	Website	Vodacom/MTN
1 – 12	Mindset	<a href="https://learn.mindset.africa//">https://learn.mindset.africa//</a>	Website	Vodacom/MTN/ Telkom
1 – 12	Ecurriculum	<a href="https://www.eccurriculum.co.za/">https://www.eccurriculum.co.za/</a>	Website	MTN
1 – 12	Extra Marks	<a href="http://www.extramarks.co.za/">http://www.extramarks.co.za/</a>	Website and App	MTN
1 – 9	African Storybook	<a href="https://www.africanstorybook.org/">https://www.africanstorybook.org/</a>	Website	Vodacom/MTN/ Telkom
1 – 3	Big Books	<a href="https://www.education.gov.za/Curriculum/LearningandTeachingSupportMaterials(LTSM)/IIALResources.aspx">https://www.education.gov.za/Curriculum/LearningandTeachingSupportMaterials(LTSM)/IIALResources.aspx</a>	Website	Vodacom/MTN/ Telkom/Cell C
1 – 3	Big books	<a href="https://www.education.gov.za/Curriculum/LearningandTeachingSupportMaterials(LTSM)/GradedReadersandBigBookHL.aspx">https://www.education.gov.za/Curriculum/LearningandTeachingSupportMaterials(LTSM)/GradedReadersandBigBookHL.aspx</a>	Website	Vodacom
12	Mind the Gap Study Guides	<a href="https://www.education.gov.za/Curriculum/LearningandTeachingSupportMaterials(LTSM)/MindtheGapStudyGuides.aspx">https://www.education.gov.za/Curriculum/LearningandTeachingSupportMaterials(LTSM)/MindtheGapStudyGuides.aspx</a>	Website	Vodacom/MTN/ Telkom/Cell C

Mphato	Leina	Dikgokaganyo	Mohuta wa Sedirišwa (Mekero ya Inthanete, Dithuto tša Elektroniki, Megala ya Merero bj.bj.)	Dikgokaganyo tša Iekgetho la lefela
12	FET Revision Booklets	<a href="https://www.education.gov.za/Programmes/SecondChanceProgramme/RevisionBookletsFET.aspx">https://www.education.gov.za/Programmes/SecondChanceProgramme/RevisionBookletsFET.aspx</a>	Website	Vodacom/MTN/ Telkom/Cell C
12	Second Chance Matric	<a href="https://www.education.gov.za/secondchance/Home.aspx">https://www.education.gov.za/secondchance/Home.aspx</a>	Website	Vodacom/MTN/ Telkom/Cell C
12	Second Chance Matric	<a href="https://www.education.gov.za/Programmes/SecondChanceProgramme/RadioLessons.aspx">https://www.education.gov.za/Programmes/SecondChanceProgramme/RadioLessons.aspx</a>	Radio Lessons	Vodacom/MTN/ Telkom/Cell C
12	Video Tutorials	<a href="https://www.education.gov.za/Informationfor/Learners/VideoTutorials.aspx">https://www.education.gov.za/Informationfor/Learners/VideoTutorials.aspx</a>	Video Lessons	Vodacom/MTN/ Telkom/Cell C
1-12	School in a Box	<a href="https://schoolinabox.co.za/">https://schoolinabox.co.za/</a>	Interactive site and lessons	Telkom
ALL	WCED ePortal	<a href="https://wcedportal.co.za/">https://wcedportal.co.za/</a>	Website	Vodacom/MTN/ Telkom/Cell C/ MWEB/RAIN/IS
ALL	Cape Teaching & Leadership Institute	<a href="https://wcedctli.co.za/">https://wcedctli.co.za/</a>	Website	Telkom/ Cell C/ MWEB/RAIN/IS
ALL	Western Cape Education Department	<a href="https://wcedonline.westerncape.gov.za/">https://wcedonline.westerncape.gov.za/</a>	Website	Vodacom/MTN/ Telkom/Cell C/ MWEB/RAIN/ VOX/IS
ALL	WCED eLearning	<a href="https://wcedlearn.westerncape.gov.za/">https://wcedlearn.westerncape.gov.za/</a>	Website	Cell C/Telkom/ MWEB/RAIN/ VOX/IS
ALL	WCED COVID-19 Teacher Support	<a href="https://wcedeteacher.wixsite.com/covid19">https://wcedeteacher.wixsite.com/covid19</a>	Website	Telkom/Cell C/ MWEB/RAIN/IS
ALL	WCED Innovation Hub	<a href="https://wcedeteacher.wixsite.com/hubs">https://wcedeteacher.wixsite.com/hubs</a>	Website	Telkom/Cell C/ MWEB/RAIN/IS
ALL	WCED Demystify Coding in Education	<a href="https://wcedeteacher.wixsite.com/coding">https://wcedeteacher.wixsite.com/coding</a>	Website	Telkom/Cell C/ MWEB/RAIN/IS
ALL	WCED Remote Teaching and Learning FOR TEACHERS	<a href="https://wcedeteacher.wixsite.com/eteacher">https://wcedeteacher.wixsite.com/eteacher</a>	Website	Telkom/Cell C/ MWEB/RAIN/IS
ALL	WCED ICT Adoption Strategy	<a href="https://wcedeteacher.wixsite.com/adoption-online">https://wcedeteacher.wixsite.com/adoption-online</a>	Website	Telkom/Cell C/ MWEB/RAIN/IS
ALL	Limina	<a href="https://courses.limina.co.za">https://courses.limina.co.za</a>	Website	Telkom/Cell C/ MWEB/RAIN/ VOX/IS
10-12	Telematic Schools Project	<a href="https://schools.sun.ac.za/login/index.php_">https://schools.sun.ac.za/login/index.php_</a>	Website	Vodacom/ Telkom/Cell C/ MWEB/RAIN/ VOX/IS



## Difaele tša Ditšithale Tšeo o ka di Theetšago Inthaneteng

Mphato	Thuto	Diteng	Kgokaganyo	Sebaka (Di Iri)	Tšhanele/ Leina la Kgokaganyo
All	All	Paid podcasts for all grades and subjects	<a href="https://viaafrika.com/podcast/">https://viaafrika.com/podcast/</a>	N/A	Via Afrika
8 – 9	Mathematics	Euclidean Geometry	<a href="https://soundcloud.com/caps-radio-344950611/dbe-kzn-grade-8-and-9-euclidean-geometry-basic-concepts">https://soundcloud.com/caps-radio-344950611/dbe-kzn-grade-8-and-9-euclidean-geometry-basic-concepts</a>	N/A	Soundcloud
7 – 12	Afrikaans	Improve your Afrikaans speaking, grammar, vocabulary & writing	<a href="https://www.radio-south-africa.co.za/podcasts/learn-afrikaans-afrikaanspod101com">https://www.radio-south-africa.co.za/podcasts/learn-afrikaans-afrikaanspod101com</a>	1 hr	Radio South Africa
7 – 12	Afrikaans	Improve your Afrikaans speaking, grammar, vocabulary & writing	<a href="https://www.radio-south-africa.co.za/podcasts/learn-afrikaans-afrikaanspod101com">https://www.radio-south-africa.co.za/podcasts/learn-afrikaans-afrikaanspod101com</a>	1	Radio South Africa
10 – 12	Geography	N/A	<a href="http://www.yfm.co.za/2020/04/02/grade-12-lessonswithy-geography-history-life-science/">http://www.yfm.co.za/2020/04/02/grade-12-lessonswithy-geography-history-life-science/</a>	1 hr	YFM
10 – 12	History	N/A	<a href="http://www.yfm.co.za/2020/04/02/grade-12-lessonswithy-geography-history-life-science/">http://www.yfm.co.za/2020/04/02/grade-12-lessonswithy-geography-history-life-science/</a>	1 hr	YFM
10 – 12	Life Science	N/A	<a href="http://www.yfm.co.za/2020/04/02/grade-12-lessonswithy-geography-history-life-science/">http://www.yfm.co.za/2020/04/02/grade-12-lessonswithy-geography-history-life-science/</a>	1 hr	YFM
10 – 12	Questions	N/A	<a href="http://www.yfm.co.za/2020/04/02/grade-12-lessonswithy-geography-history-life-science/">http://www.yfm.co.za/2020/04/02/grade-12-lessonswithy-geography-history-life-science/</a>	1 hr	YFM
12	Accounting	Financial Statements	<a href="https://www.ecr.co.za/e-learning-doe/accounting/">https://www.ecr.co.za/e-learning-doe/accounting/</a>	1 hr	East Coast Radio
12	Accounting	Module 1	<a href="http://www.702.co.za/articles/379966/gauteng-matric-revision-2020-tourism">http://www.702.co.za/articles/379966/gauteng-matric-revision-2020-tourism</a>	1 hr	702
12	All	Video tutorials on variety of topics and subjects	<a href="https://www.education.gov.za/Informationfor/Learners/VideoTutorials.aspx">https://www.education.gov.za/Informationfor/Learners/VideoTutorials.aspx</a>	N/A	DBE
12	All	Audio Tutorials	<a href="https://www.education.gov.za/Programmes/SecondChanceProgramme/RadioLessons.aspx">https://www.education.gov.za/Programmes/SecondChanceProgramme/RadioLessons.aspx</a>	N/A	DBE
12	All	Podcasts on subject specific topics for all grades	<a href="https://soundcloud.com/user-331760652">https://soundcloud.com/user-331760652</a>	1 hr	Soundcloud
12	All	Podcasts on subject specific topics for all grades	<a href="https://capsradio.co.za/podcasts-2/">https://capsradio.co.za/podcasts-2/</a>	1 hr	CAPS Radio
12	Business Studies	Module 1	<a href="http://www.702.co.za/articles/379967/gauteng-matric-revision-2020-business-studies-module-1">http://www.702.co.za/articles/379967/gauteng-matric-revision-2020-business-studies-module-1</a>	1 hr	702

Mphato	Thuto	Diteng	Kgokaganyo	Sebaka (Di Iri)	Tšhanele/ Leina la Kgokaganyo
12	Economics	Module 1	<a href="http://www.702.co.za/articles/379965/gauteng-matric-revision-economics-module-1">http://www.702.co.za/articles/379965/gauteng-matric-revision-economics-module-1</a>	1 hr	702
12	English	Revision Exam Paper	<a href="https://www.ecr.co.za/e-learning-doe/english-doe/">https://www.ecr.co.za/e-learning-doe/english-doe/</a>	1 hr	East Coast Radio
12	English FAL	Paper 1 & 3	<a href="https://iono.fm/e/845057">https://iono.fm/e/845057</a>	1 hr	Motsweding FM
12	English FAL	Module 1	<a href="http://www.702.co.za/podcasts/379/gauteng-matric-revision-2020/304895/english-home-language-module-1">http://www.702.co.za/podcasts/379/gauteng-matric-revision-2020/304895/english-home-language-module-1</a>	1 hr	702
12	English SAL	Module 1	<a href="http://www.702.co.za/podcasts/379/gauteng-matric-revision-2020/304897/english-additional-language-module-1">http://www.702.co.za/podcasts/379/gauteng-matric-revision-2020/304897/english-additional-language-module-1</a>	1 hr	702
12	Geography	Mid-latitude cyclones	<a href="https://www.ecr.co.za/e-learning-doe/geography-doe/">https://www.ecr.co.za/e-learning-doe/geography-doe/</a>	1 hr	East Coast Radio
12	Geography	Paper 1	<a href="https://iono.fm/c/3855">https://iono.fm/c/3855</a>	1 hr	Motsweding FM
12	History	Essay – USA 1950 – 1970	<a href="https://www.ecr.co.za/e-learning-doe/history-doe/">https://www.ecr.co.za/e-learning-doe/history-doe/</a>	1 hr	East Coast Radio
12	Mathematics	Trigonometry	<a href="https://iono.fm/c/3855">https://iono.fm/c/3855</a>	30 min	Motsweding FM
12	Maths	Euclidean Geometry	<a href="https://www.ecr.co.za/e-learning-doe/pure-mathematics-doe/">https://www.ecr.co.za/e-learning-doe/pure-mathematics-doe/</a>	1 hr	East Coast Radio
12	Maths Literacy	Data handling and probability	<a href="https://www.ecr.co.za/e-learning-doe/maths-literacy-doe/">https://www.ecr.co.za/e-learning-doe/maths-literacy-doe/</a>	1 hr	East Coast Radio
12	Maths Literacy	N/A	<a href="https://iono.fm/e/845080?fbclid=IwAR2ijC9CArmM42QaLp0X96GU-IZFeTib59it5kIZcEwKcm8eLEn7bFf0dhs">https://iono.fm/e/845080?fbclid=IwAR2ijC9CArmM42QaLp0X96GU-IZFeTib59it5kIZcEwKcm8eLEn7bFf0dhs</a>	1 hr	Motsweding FM
12	Tourism	Module 1	<a href="http://www.702.co.za/podcasts/379/gauteng-matric-revision-2020/305251/tourism-module-1">http://www.702.co.za/podcasts/379/gauteng-matric-revision-2020/305251/tourism-module-1</a>	1 hr	702
10	Accounting	N/A	<a href="https://iono.fm/e/845067">https://iono.fm/e/845067</a>	30 min	Motsweding FM

## Dithuto tša Elektroniki/Dithuto tša Didirišwa tša go Theeletšwa le Dibidio

Mphato	Thuto	Diteng	Kgokaganyo	Sebaka (Di Iri)	Tšhanele/ Leina la Kgokaganyo
All	All	Online Lessons Everyday	<a href="https://www.facebook.com/AfricaTeenGeeks/posts/2865287876882195?__n__=K-R">https://www.facebook.com/AfricaTeenGeeks/posts/2865287876882195?__n__=K-R</a>	N/A	African Teen Geeks Facebook
All	All	Videos on all subjects and topics for all grades	<a href="https://www.facebook.com/AfricaTeenGeeks/videos/">https://www.facebook.com/AfricaTeenGeeks/videos/</a>	N/A	African Teen Geeks Facebook
All	All	E-classroom – video tutorials, mock exams & CAPS support content	<a href="https://e-classroom.co.za/">https://e-classroom.co.za/</a>	N/A	E-classroom
All	All	Vodacome E-school – guided content, tasks & tests	<a href="https://vodacom-cleverly.vodacom.mytopdog.co.za/">https://vodacom-cleverly.vodacom.mytopdog.co.za/</a>	N/A	Vodacome E-school
7 – 9	Mathematics, English & Matural Sciences	Online Lessons, worksheets & memos. New content uploaded everyday.	<a href="https://www.worksheetcloud.com/live/classrooms/">https://www.worksheetcloud.com/live/classrooms/</a>	N/A	Worksheet Cloud
4 – 6	Mathematics, English & Matural Sciences	Online Lessons, worksheets & memos. New content uploaded everyday.	<a href="https://www.worksheetcloud.com/live/classrooms/">https://www.worksheetcloud.com/live/classrooms/</a>	N/A	Worksheet Cloud
10 – 12	All	E-school – digital classroom with lessons, asignments & games	<a href="https://seva.co.za/app.html#/dashboard/guest">https://seva.co.za/app.html#/dashboard/guest</a>	N/A	Seva
10 – 12	Mathematics	Video lessons on limits, average gradient and derivitives	<a href="https://www.isasa.org/mathematics-lessons-calculus/">https://www.isasa.org/mathematics-lessons-calculus/</a>	1 hr	Rodean School
1 – 5	All	CAPS aligned online lessons, games & exercises in all subjects & extra subjects	<a href="https://2simple.com/za/purple-mash/">https://2simple.com/za/purple-mash/</a>	N/A	2simple
12	All	Video tutorials on variety of topics and subjects	<a href="https://www.education.gov.za/Informationfor/Learners/VideoTutorials.aspx">https://www.education.gov.za/Informationfor/Learners/VideoTutorials.aspx</a>	N/A	DBE
12	All	Audio Tutorials		N/A	DBE
3	Mathematics & English	New Online Lessons, worksheets & memos uploaded everyday	<a href="https://www.worksheetcloud.com/live/grade-3-online-classroom/">https://www.worksheetcloud.com/live/grade-3-online-classroom/</a>	1	Worksheet Cloud
12	Afrikaans	Online lessons	<a href="https://www.youtube.com/channel/UC_05vZ2jn3iBGQtSR37h_ug">https://www.youtube.com/channel/UC_05vZ2jn3iBGQtSR37h_ug</a>	N/A	You Tube

## Didirišwa tše Dingwe

Mphato	Thuto	Diteng	Kgokaganyo	Tšhanele/ Maina a Dikgokaganyo
All	All	Online Lessons Everyday	<a href="https://www.facebook.com/AfricaTeenGeeks/posts/2865287876882195?__tn__=K-R">https://www.facebook.com/AfricaTeenGeeks/posts/2865287876882195?__tn__=K-R</a>	African Teen Geeks Facebook
All	Various	SABC Education Podcasts on variety of topics	<a href="https://iono.fm/c/3855">https://iono.fm/c/3855</a>	Iono FM
All	All	CAPS aligned materials, podcasts, videos & past papers	<a href="https://capsradio.co.za/">https://capsradio.co.za/</a>	CAPS Radio
All	English	Printable English lessons and worksheets for every grade	<a href="https://remotesupport.achieve3000.com/">https://remotesupport.achieve3000.com/</a>	Achieve 3000
All	All	Videos on all subjects and topics for all grades	<a href="https://www.facebook.com/AfricaTeenGeeks/videos/">https://www.facebook.com/AfricaTeenGeeks/videos/</a>	African Teen Geeks Facebook
All	All	E-classroom – video tutorials, mock exams & CAPS support content	<a href="https://e-classroom.co.za/">https://e-classroom.co.za/</a>	E-classroom
All	All	Vodacom E-school – guided content, tasks & tests	<a href="https://vodacom-cleverly.vodacom.mytopdog.co.za/">https://vodacom-cleverly.vodacom.mytopdog.co.za/</a>	Vodacom E-school
1 – 3				
1 – 3	All	Suggested schedules, worksheets & mixed subject PDF activities	<a href="https://www.isasa.org/ecd-and-foundation-phase-resources-from-st-andrews/">https://www.isasa.org/ecd-and-foundation-phase-resources-from-st-andrews/</a>	St. Andrews School
1 – 3	N/A	Home education schedules and ideas for younger children	<a href="https://www.isasa.org/home-education-schedule-for-younger-children/">https://www.isasa.org/home-education-schedule-for-younger-children/</a>	ISASA
1 – 3	Home Language & English	Comprehensive African Language graded reading resources	<a href="https://vulabula.molteno.co.za/how-use-resources#graded_readers">https://vulabula.molteno.co.za/how-use-resources#graded_readers</a>	Vulabula
1 – 3	All	Lessons, worksheets for all subjects & suggested home schedule routine. Offline resources	<a href="https://sites.google.com/sparkschools.co.za/home-learning/home/foundation-phase?authuser=0">https://sites.google.com/sparkschools.co.za/home-learning/home/foundation-phase?authuser=0</a>	SPARK Schools
7 – 9	Lessons & worksheets	Lessons, worksheets for all subjects & suggested home schedule routine. Offline resources	<a href="https://sites.google.com/sparkschools.co.za/home-learning/home/senior-phase?authuser=0">https://sites.google.com/sparkschools.co.za/home-learning/home/senior-phase?authuser=0</a>	SPARK Schools
4 – 6	All	Offline & online resources & worksheets. CAPS opensource textbooks	<a href="https://sites.google.com/sparkschools.co.za/home-learning/home/intermediate-phase/math?authuser=0">https://sites.google.com/sparkschools.co.za/home-learning/home/intermediate-phase/math?authuser=0</a>	SPARK Schools
1 – 7	English	Worksheets & curriculum information for grade 1 to 7	<a href="https://www.smart-kids.co.za/activity/worksheets">https://www.smart-kids.co.za/activity/worksheets</a>	Smart kids
10 – 12	All	E-school – digital classroom with lessons, assignments & games	<a href="https://seva.co.za/app.html#/dashboard/guest">https://seva.co.za/app.html#/dashboard/guest</a>	Seva



Mphato	Thuto	Diteng	Kgokaganyo	Tšhanele/ Maina a Dikgokaganyo
12	All	Video tutorials on variety of topics and subjects	<a href="https://www.education.gov.za/Informationfor/Learners/VideoTutorials.aspx">https://www.education.gov.za/Informationfor/Learners/VideoTutorials.aspx</a>	DBE
4	Maths, English, Natural Science	Downloadable lesson resources	<a href="https://www.isasa.org/intermediate-phase-resources-from-st-andrews/">https://www.isasa.org/intermediate-phase-resources-from-st-andrews/</a>	St. Andrews School
1 – 12	All	Online library incl. study guides	<a href="https://www.snapplify.com/za/freeaccess">https://www.snapplify.com/za/freeaccess</a>	
1 – 12	All	Full online library	<a href="https://syafunda.co.za/">https://syafunda.co.za/</a>	Syafunda
1 – 6	Reading and Language	Remedial Reading and education	<a href="https://www.bellavistashareonline.org.za/">https://www.bellavistashareonline.org.za/</a>	Bellavista Share