



Go phela ka mafokodi

African Storybook

Sibusiso Khumalo





Vincent ke mmegi wa seteišene sa Radio RX. O ka studiong go gatiša lenaneo la gagwe.

Lehono, lenaneo la Vincent le bolela ka bana bao ba phelago le seemo seo se hlobaetšago sa maphelo.

O swere dipolelotherišano le bona mabapi le maitemogelo a bona ka nako ya leuba la Covid-19.



“Dumelang batheeletši, yo ke Vincent mo studiong sa Radio RX. Lehono baeng ba ka ke Mulalo, Ashley le Lina,” gwa realo Vincent.

Baeng ba a itsebiša.

Vincent a iša pele, “Leuba la Covid-19 e be e le tlobaboroko kudu go batho bao ba phelago ka malwetši a mangwe a kotsi. Re kgopela go re nke le hlalošetše batheeletši ka taba ye.”



Mulalo a thoma, "Ke na le bolwetši bja go se alafege bjoo bo bitšwago *atrophy* ya mešifa ya mokokotlo. Bjona bo hlasela mešifa ya ka, maoto, matsogo le go hema ga ka.

Ge nkabe twatši ya Corona le bolwetši bja ka di kopane, nkabe di ntšheetše bophelo! Maswafo a ka a a fokola, ka gona twatši ye nkabe e fetile ka bophelo bja ka.



Lina a re, “Le nna ke be ke tšhogile. Ke tshwenywa ke asma, yeo e hlaselago maswafo a ka.

Ge ke gohlola goba ke hemela godimo, ke be ke se na nnete ya go re ke asma goba ke twatši ya Corona. Seemo se nkabe se hlasetše maswafo a ka la go šiiša.”



Ashley a tlaleletša ka tša gagwe, “Nna ke na le bolwetši bja tšharakano ya megalatšhika (*bipolar disorder*). Bolwetši bjo bo hlasela go phela gabotse ga maikutlo a ka. Ke swanetše go phela ka go nwa dihlare gore seemo se se kaonafale.

Ka nako ye nngwe ke kwa ke nyamile kudu goba ke kgopišegile kudu. Ka nako ye nngwe maikutlo a ka a fetoga ka lebelo. Go ba boima go laola maikutlo a ka.”



“Re leboga ge le abelane le rena maitemogelo a lena. Na ekaba ke eng se se botse seo le itemogetšego sona ka nako ya leuba le?” Vincent a botšiša.

“Ke ile ka kgona go fetša nako ye ntši le ba lapa la gešo. Re be re raloka dipapadi mmogo ebile ke tloga ke ipshina ka nnete,” Lina a realo.



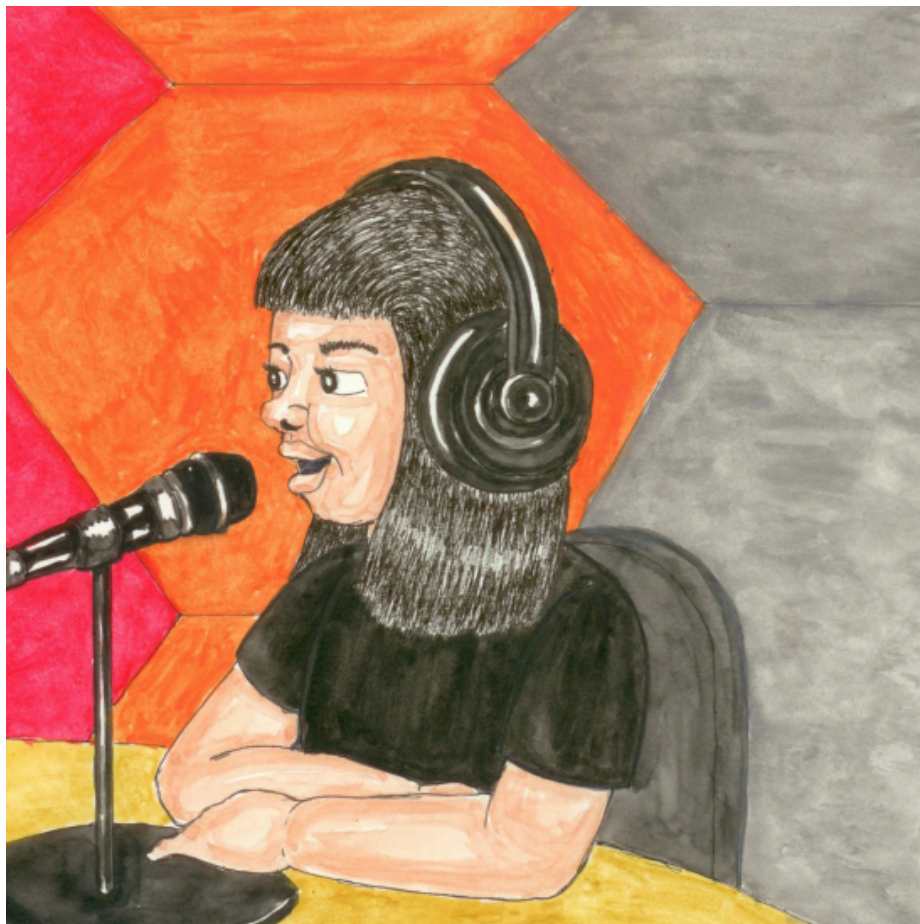
“Le nna ke be ke fetša nako ye ntši ke na le ba lapa la gešo. Mahlatse ke go re ke be ke kgona le go ikalafa ka gae,” Mulalo a fetola.

“Ke tšere sephetho sa go šomiša nako ye ka mokgwa wa maleba. Nna le ba lapa re kgonne go ba ngata e tee. Ke ile ka sokologela go Modimo, ka rapela,” Ashley a realo.



Vincent a lebelela sešupanako lebotong la ka studiong gomme a re: “Ka bomadimabe nako e re dutše ka phefong!”

“Na le ka hlohleletša bjang bana ba bangwe bao go šetšwego go utollotšwe gore ba na le malwetši a monagano goba a mmeleng?” Vincent a botšiša.



Ashley a araba pele, "Batho ba e tšea gore ke dihlong go swarwa ke bolwetši bja monagano.

O tšewa bjalo ka motho yo a hlakanego hlogo goba yo a nyakago go bonwa. Ke nyaka go fetoša seo. Go lokile go ba maemong a go se loke."



Lina a dumela a re, “Keletšo ya ka go ba bangwe ke go re o ikamogele. O se ke wa iphelela pelo. O dira bokaone bjo o ka bo kgonago.”

Mulalo a tlaleletša, “Gape o se ke wa ineela! Le ge go na le mathata, efela o ka kgona go fihlelela ditoro tša gago.”

—Dipotšišo

1. Ngwala tlhalošo ya mantšu a: seemo, go se alafege, bolwetši bja monagano.
2. Hwetša mantšu mo kanegelong ao a hlalošago selo se tee le a: kudu, kakanyo, sebaka.
3. Efa mehuta ye meraro ya malwetši a kotsi.
4. Na go be go na le se se botse mo go wena seo se bego se le gona goba se direga ka nako ya leuba la Corona?

Pukukanegelo ye e theilwe godimo ga dipego tša bana tša Radio RX. Radio RX ke seteišene sa seyalemoya sa inthanete sa bana seo se tšweletšwago le go diragatšwa ke bana, ba direla bana.

Seteišene se, se gašwa go tšwa Bookelong bja Bana bja Red Cross War Memorial go la Kapa.

Radio RX e thuša bana go anega dikanegelo mabapi le ditaba tšeo di lego bohlokwa mo go bona.

[Etela RX Radio](#)



Ulwazi Lwethu is a Zenex Foundation funded and initiated project to develop a series of graded and leisure African language readers and teacher support materials. This project is targeted at teaching and supporting learners in the Foundation Phase to improve their home language reading and understanding. The readers have been originated in nine African languages in collaboration with Molteno Institute for Language and Literacies, Nelson Mandela Institute for Education and Rural Development, Room to Read South Africa, and Saide. All resources are developed as Open Education Resources (OER).



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Title: Go phela ka mafokodi

Author/s: African Storybook

Translator/s: Dikeledi Queen Shai

Illustrator/s: Sibusiso Khumalo


Assurer/s: Connie Makgabo

Language: Sepedi



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