



# Ho phela ka bokooa

African Storybook

Sibusiso Khumalo





Vincent ke moqolotsi wa seteishene sa seyalemoya sa RX. O setudiyong sa seyalemoya sa RX ho hatisa lenaneo la hae.

Kajeno lenaneo la Vincent le ka ha bana ba phelang ka maemo a sa jeseng ditheohelang a bophelo.

O ba botsa dipotso ka boiphihlelo ba bona nakong ya ho jaleha ha kokwanahloko ya Khorona.



“Dumelang bamamedi, ke Vincent mona setudiong sa seyalemoyeng sa RX. Kajeno baeti ba ka ke Mulalo, Ashley le Lina,” ke Vincent a lelekela.

Baeti ba itsebisa.

“Sewa sa Khorona e ne e le phephetso, haholo bathong ba sa itekanelang. Ke kopa le bolle bamamedi ba rona ka hona,” Vincent a tswela pele.



Ha qala Mulalo, “Ke na le bohloko bo sa foleng ba mokokotlo. Bo ama mesifa – maoto, matshoho le ho hema.

Ha ke ne ke tshwaeditswe ke lefu la Khorona, mme bo kopana le bohloko bona, di ne di ka mpolaya! Matshwafo a ka a ya fokola. Ne nke ke ka phela!”



Lina a re, "Ke ne ke tshohile haholo. Ke na le bohloko ba letshwea, bo amang matshwafo a ka.

Ha ke ne ke kgohlela kapa ke hemela hodimo, ke ne ke se na bonnete ba hore ke letshwea kapa kokwanahloko ya Khorona. E ka be e amme sefuba sa ka ha bohloko."



Ashley a tshwaela, “Nna ke na le bohloko ba bipolar disorder. E ama keello mme ke nwa meriana ho bo kokobetsa.

Ka nako enngwe, ke ikutlwa ke hloname haholo kapa ke halefile. Ka nakong maikutlo a ka a fetoha kapele, mme ho ba thata ho a laola.”



“Kea leboha ho arolelana le rona boiphihlelo ba lona. Na ho ne ho ena leditlamorao tse ntle tse atsaahetseng nakong ya sewa?” ho botsa Vincent.

“Ke qetile nako e ngata le ba lelapa la ka. Re ne re bapala dipapadi tsa boto mmoho, mme ke natefetswe haholo,” ho bua Lina.



“Le nna ke qetile nako e ngata le ba lelapa la ka. Ka lehlohonolo, ke kgonne ho nwa meriana lapeng,” ho araba Mulalo.

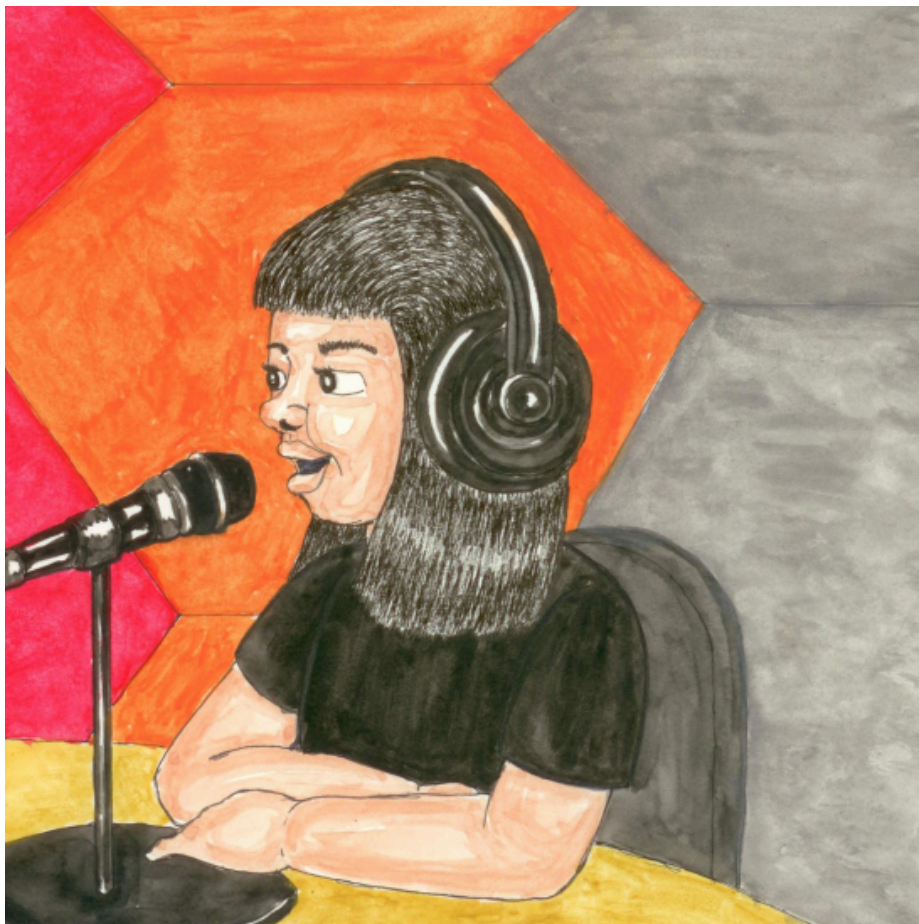
“Ke nkile qeto ya ho sebedisa monyetla ona ho intlafatseng. Ke qetile nako le ba lelapa la ka, le ho inehela ho Modimo le ho rapela,” ke Ashley yeo.





Vincent a sheba nako leboteng la studio. “Ka bomadimabe re se re siilwe ke nako!” ho rialo Vincent.

“Ke mantswe afe a kgothatso ao le ka a fang bana ba bang ba fumanweng ba na le ho kula mmeleng kapa kelellong?” ho botsa Vincent.



Asheley a araba pele, "Ho na le sekgobo se teng bakeng sa batho ba phelang ka mahloko a kelello.

O nkuwa e ka ke lehlanya kapa o batla ho bonwa, mme ke batla hoo ho fetohle. Ho amohelohile ho seitekanele."



Lina a dumellana le Ashley a re, “Keletso ya ka ke hore itlhokomeleng. E bang le mamello ka maemo a lona, mme le tsebe hore le etsa ka hohle hohle ka moo le ka kgonang.”

Mulalo a tlatsetsa, “Le se ke la fela matla, diphephetso di ngata empa le ka kgona ho fihlella ditoro tsa lona.”

## —Dipotso

1. Ngola ditlhaloso tsa mantswa ana: sewa, sekgobo, diphephetso.
2. Ho bolelang ho re 'maemo a bophelo a sa jeseng ditheohelang'.
3. Ho bolelang ho funanwa o na le ho kula mmeleng kapa kelellong?
4. Ke eng e ntle e etsahaletseng ho wena nakong ya sewa?

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Pale ena e theilwe dirapotong tsa radiyo ya RX.  
Radio ena ke ya inthanete ya bana.

Radiyo RX e haswa ho tswa Red Cross War  
Memorial Children's Hospital Motseng wa  
Kapa.

RX e thusa bana ho bua dipale ka ditaba tse ba  
amang tse bohlokwa ho bona.

[Ketelo seyalemoyeng sa RX](#)



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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