



Ukuphila nokukhubazeka

African Storybook

Sibusiso Khumalo





UVincent yintatheli yesikhululo sikanomathotholo iRX.
Uzokushicilela inkqubo yakhe kwisikhululo iRX.

Namhlanje uzakube exoxa nabantwana abaphila
neemeko zempilo ezimandundu.

Uzakube esenza udliwano ndlebe ngamava abo
exesha likabhubane i-Khovid 19.



“Molweni baphulaphuli, nguVincent lo kwinkqubo yosasazo eRX. Iindwendwe zam namhlanje nguMulalo, uAshley noLina,” utshilo uVincent zaze iindwendwe zazazisa.

Uqhube wathi, “Ubhubane iKhovid-19 ube nomceli mngeni kuluntu jikelele. Ndicela nibalisele abaphulaphula ngemiceli mngeni enithe najongana nayo ngeli xesha leKhovid.”



“Ndinesifo esinganyangekiyo esibizwa ngokuba yisipinal muscular atrophy ngelasemzini. Esi sifo sichaphazela izihlunu, imilenze, iingalo nendlela endiphefumla ngayo. Itsho ke lonto yenze ukuba ndibe nemiphunga ebuthathaka.

Ukuba ke bendinokuthi ndifunyanwe yintsholongwane ikhorona, ngekuphelile ngam,” uqale watsho uMulalo.



“Nam bendihleli nje ndisoyika. Ndinesifo esibizwa ngokuba yi*asthma*. Esi sisifo semiphunga esinganyangekiyo esibangela ukudumba nokuncipha kwemijelo yomoya, nto leyo eyenza kube nzima ukuphefumla. Bendisithi xa ndikhohlela okanye ndiminxeke isifuba ndingaqiniseki nokuba yile ntsholongwane iKhorona okanye sesisifo ndinaso.

Ukuba ibiyiKhorona ibizakusihlasela ngamandla isifuba sam,” ulandelize watsho uLina.



UAshley wongeze ngelithi, “Ndinemeko ebizwa ngokuba yi *bipolar disorder*. Le yimeko ephawulwa kukutshintshatshintsha kwemo yengqondo echaphazela iimvakalelo zam, amandla am nendlela endisebenza ngayo. Kuye kufuneke ndiyisele amayeza.

Ngamanye amaxesha ndiziva ndilusizi kakhulu, ngamanye amaxesha ndiba nomsindo, kuba nzima ukulawula indlela endiziva ngayo.”



“Ndiyabulela ngokwabelana nathi ngamava enu. Ikhona enye into enifuna ukusixelela yona?” uqhube wabuza uVincent.

“Ndiye ndakwazi ukuchitha ixesha elininzi nabantu basekhaya. Besidlala imidlalo eyahlukeneyo endithe ndayonwabela,” utshilo uLina.



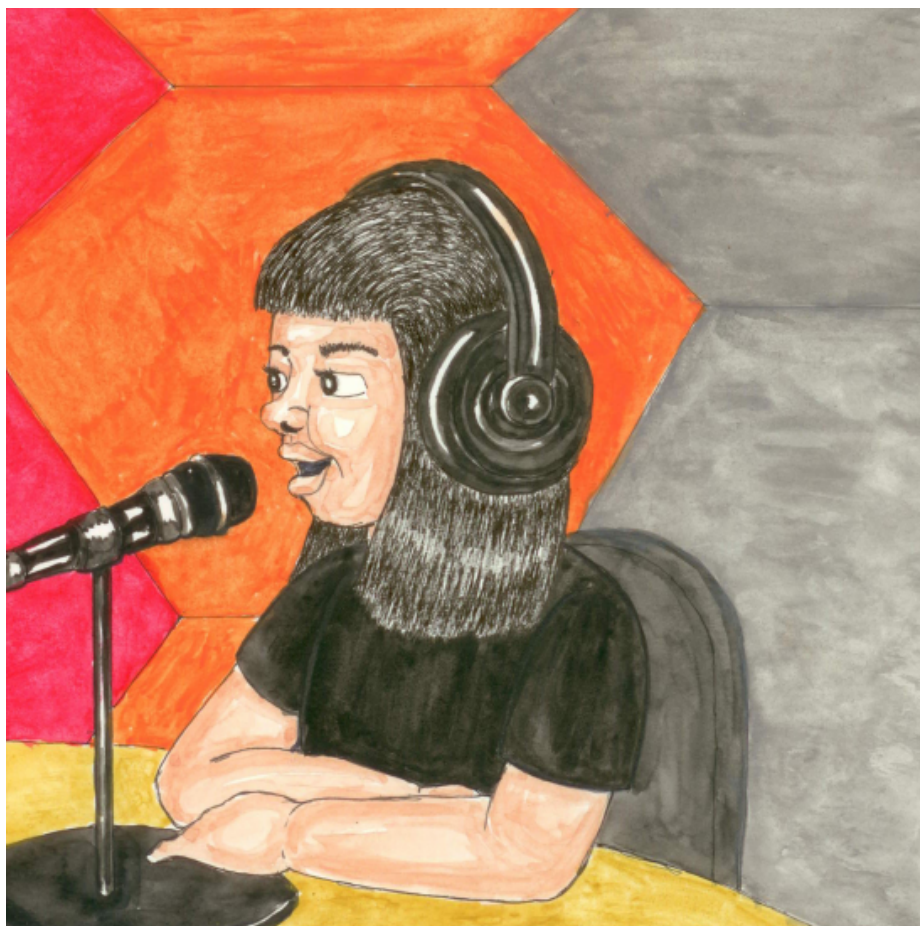
“Nam ndiye ndachitha ixesha elimnandi nabantu basekhaya. Ngethamsanqa bendikwazi ukuziselela amayeza am ngelixa ndisekhaya,” utshilo uMulalo.

“Ndiye ndagqiba ekubeni ndilisebenzise njengethuba elingcono lokusondelelana ngakumbi nosapho lwam eli xesha. Ndiye ndazisondeza nakuThixo ndithandaza,” utshilo uAshley.



UVincent ukrwaqule iwotshi eludongeni wathi, “Ixesha selixhatshwe yinja.

Ningathini ukukhuthaza abanye abantwana abaphila nezigulo ezichaphazela ingqondo okanye amalungu athile omzimba?” wabuza.



Uphendule kuqala uAshley wathi, “Kukho ukubekwa ibala luluntu xa unesifo okanye uphazamisekile ngokwasengqondweni, ujongwe njengegeza okanye kuthiwe ufuna ingqalelo eninzi.

Ndingathanda itshintshe loonto. Kulungile ukuba ungahambi kakuhle. Kulungile ukungaziva mnandi.”



ULina uvumelane naye esithi, “Eyam ingcebiso kukuba uziphathe ngomonde, ngobubele, wenza konke onakho nokusemandleni akho.”

Wongeza naye uMulalo wathi, “Unganikezeli, noxa imininzi imiceli mngeni, ungawafezekisa onke amaphupha akho.”

—Imibuzo

1. Bhala intsingiselo yala magama: Imeko, engapheliyo (isifo), ibala (isifo).
2. Khangela apha ebalini amagama athetha into enye nala: kakhulu, icebiso, ithuba.
3. Kuthetha ukuthini ukufunyaniswa unesifo sengqondo okanye ingulo esemzimbeni?
4. Ungamxhasa njani umntu ophila ngokukhubazeka komzimba?
5. Zeziphi iingxaki ocinga ukuba zijongene neentsapho ezinelungu elikhubazekileyo?
6. Zeziphi iimvakalelo ozifumana zinzima ukuzilawula? Ngoba?
7. Uthi uMulalo, "Ngethamsanqa bendikwazi ukuziselela amayeza am ngelixa ndisekhaya." Kusoloko kukhuselekile ukuzisebenzisela amayeza ekhaya? Chaza.

Eli bali lisekelwe kwiingxelo zeRX Radio. IRX Radio sisikhululo sika nomathotholo wabantwana esikwi-intanethi, esilawulwa ngabantwana besenzela abanye abantwana.

IRX Radio isebenzela kwisibhedlele sabantwana iRed Cross War Memorial eKapa.

IRX Radio incedisana nabantwana ukuba babalise ngezinto ezibalulekileyo kubo.

[Tyelela iRX 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).



basic education

Department:
Basic Education
REPUBLIC OF SOUTH AFRICA

*The Ulwazi Lwethu readers and storybooks have
been quality assured and approved by DBE.*

Your attribution should include the following:

Title: Ukuphila nokukhubazeka

Author/s: African Storybook

Translator/s: Sheila Mandlate

Illustrator/s: Sibusiso Khumalo

Assurer/s: Bulelwa Nokele, Angelinah Dazela

Language: isiXhosa



© Zenex Foundation - Saide 2025 (Updated Edition)

CC BY includes the following elements:

BY – Credit must be given to the creator

