Ukuphila nokukhubazeka

African Storybook

Sibusiso Khumalo

isiNdebele

Longer paragraphs

UVincent umbikiindaba wesiTetjhi somRhatjho i-RX. Usesitetjhini somRhatjho i-RX ukobana azokugadangisa ihlelo lakhe.

Namhlanjesi ihlelo likaVincent likhuluma ngabantwana abanamalwele emizimbeni.

Ubahlunga ngamalemuko ababe nawo ngesikhathi sikamabhubhisa we-*Covid*-19.

“Lotjhani balaleli, okhulumako nguVincent esiTetjhini somRhatjho i-RX. Namhlanjesi iinthekeli zami nguMulalo, ngu-Ashley noLina,” kutjho uVincent.

Iinthekeli nazo ziyatjho bona zibobani zibuyaphi.

UVincent uragela phambili, “Umabhubhisa we-*Covid*-19 bewutjhijila khulu abantu abaphila nokukhubazeka. Ngibawa khenitjele abalaleli bethu ngalokho.”

UMulalo uyathoma, “Nginobulwele obungapholiko ngelimi lesiyeni obubizwa ngokuthiwa yi-*spinal muscular atrophy*. Buthinta imisipha yami – iinyawo zami, imikhono kanye nokuphefumula.

Nangabe i-*Coronavirus* nobulwele bami kuthe ukuhlangana kwabambisana, ngabe angisaphili ephasini! Amaphaphu wami abuthakathaka begodu nakangenwa yingogwana leya ngabe angisekho!”

ULina uthi, “Nami ngangithuke khulu. Nginobulwele besifuba obubizwa ngokuthiwa yi-asthma, bona buthinta amaphaphu.

Lokha nangikhohlelako namkha ngibhalelwa kuphefumula, bengingasenaso isiqiniseko sokobana bekuyi-asthma namkha bekuyingogwana ye-*Corona*. Beyizokuthinta kumbi khulu amaphaphu wami.”

U-Ashley naye ungezelela ngokuthi, “Mina-ke nginobulwele bomkhumbulo ngelimi lesiyeni obubizwa ngokuthiwa yi-*bipolar disoder*. Buthinta ipilo yomkhumbulo wami begodu kufanele ngihlale ngisela amapilisi.

Kwesinye isikhathi ngizizwa ngitlhuwe khulu, namkha ngikwate khulu. Kwesinye isikhathi imizwa yami itjhuguluka msinya. Kungaba budisi khulu ukulawula imizwa yami.”

“Ngiyathokoza ukobana nabelane nathi ngamalemuko lawo. Ingabe beyikhona into ehle kini ngesikhathi sakamabhubhisa?” kubuza uVincent.

“Mina ngakghona ukuhlala isikhathi esinengi nomndeni wami. Sasidlala imidlalo sisoke begodu ngakuthabela khulu lokho,” kutjho uLina.

“Nami ngaba nesikhathi esihle nomndeni wami. Ngetjhudu, ngangikghona ukuzelapha ngisekhaya,” kuphendula uMulalo.

“Mina-ke ngabona kungcono ukusebenzisa isikhathesi njengethuba lokuba ngcono. Ngahlala kamnandi nomndeni wami. Ngaphendukela nakuZimu ngathandaza nokuthandaza,” kutjho u-Ashley.

UVincent uqala isikhathi sakhe emthangaleni. “Wu! Ngebhadi isikhathi sinomona, sesiphelelwa sikhathi!” kutjho uVincent.

“Mayelana nabanye abantwana abatholwa banobulwele bomkhumbulo namkha banokukhubazeka emzimbeni, ngimaphi amazwi eningabakhuthaza ngawo?” kubuza uVincent.

U-Ashley uphendula ntanzi, “Kunokubekana amabala okwenziwa babantu lokha nawugula ngomkhumbulo.

Uthathwa njengehlanya namkha kuthiwe ufuna itjhejo, mina ngifuna lokho kutjhuguluke. Kulungile ukobana ugule.”

ULina naye uvumelana naye uthi, “Mina isiyeleliso enginaso kwabanye kukobana kufanele ube nomusa kuwe. Uzibekezelele wena ngokwakho. Ngalokho wenza into ehle kuwe.”

UMulalo ungezelela ngokuthi, “Ungaziliseleli! Iye khona zikhona iintjhijilo kodwana usengaphumelela emabhudangweni wakho.”

——Imibuzo

1. Tlola ihlathululo yamagama la: ubulwele, ubulwele obungapholiko, ukubeka amabala.
2. Thola amagama endatjaneni atjho okufanako nalokhu: iseluleko, kokuthoma, ngidanile.
3. Kutjho ukuthini ukutholwa unobulwele bomkhumbulo namkha ukuba nokukhubazeka emzimbeni?
4. Ungamsekela njani umuntu ophila nokukhubazeka emzimbeni?
5. Ucabanga bona ngibuphi ubudisi imindeni eqalana nabo nangabe inelunga lomndeni eliphila nokukhubazeka?
6. Ngimiphi imizwa oba nobudisi bokuyilawula? Kubayini?
7. UMulalo uthi, “Ngetjhudu, ngakghona ukuzelapha ekhaya.” Kuhlala kuphephile ukuzelapha? Hlathulula.

Indatjana esencwadini le imayelana nemibiko yomRhatjho i-RX. Umrhatjho i-RX kusitetjhi somrhatjho wethungelelwano, wenzelwe abantwana bewusetjenziswa bantwana.

UmRhatjho i-RX usebenza ukusuka esibhedlela i-the Red Cross War Memorial Children's Hospital e-Cape Town.

UmRhatjho i-RX usiza abantwana ukobana bacoce iindatjana ngezinto eziqakathekileko kibo.

Vakatjhela umRhatjho i-RX

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Ulwazi Lwethu

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

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