



Ukuphila nokukhubazeka

African Storybook

Sibusiso Khumalo





U-Vincent uyintatheli yesiteshi i-RX Radio. Usezindlini zomsakazo ukuzoqopha uhlelo lwakhe.

Namhlanje uhlelo luka-Vincent lugxile ezinganeni eziphila nezimo zempilo ezingezinhle.

Uxoxisana nazo mayelana nezimo ezizithola zibhekene nazo ngalesi sikhathi sobhubhane lwekhovidi.



“Sanibonani balaleli, ngu-Vincent ezindlini zokusakaza i-RX Radio. Namhlanje izivakashi zami engizoxoxa nazo uMulalo, u-Ashley, no-Lina,” kusho u-Vincent.

Izivakashi ziyazethula.

U-Vincent uyaqhubeka, “Ubhubhane lwekhovidi luze nezinselelo ezinzima kakhulu kubantu abakhubazekile. Ningachazela abalaleli bethu ngalokho.”



UMulalo uyaqala, “Nginesifo engiphila naso esithikameza ukusebenza kwezicubu zami: imilenze, izandla, nokuphefumula. Ngesilungu sibizwa nge *spinal muscular atrophy*.

Uma igciwane lekhovidi lalingase lihlangane nokugula kwami, ngangingafa nokufa. Amaphaphu ami awasebenzi njengoba kufanele, uma ayengangenwa yigciwane lekhovidi kwakungase konakale.”



U-Lina wathi, “Nami ngangithuke kakhulu. Nginesifuba esicinanayo esenza ningakwazi ukuphefumula kahle.

Uma nje ngikhwehlela noma ngiqala ukuphefumulela phezulu, ngangingazi noma isifuba lesi esicinanayo engisijwayele noma sekuyiyo ikhovid. Yayingasilimaza kakhulu isifuba sami.”



U-Ashley uyaphawula, “Nginesifo sengqondo esibizwa nge *bipolar disorder*. Sithikameza ukusebenza kwengqondo futhi ngithatha imithi yokuselapha.

Ngesinye isikhathi ngizizwa ngidangele kakhulu noma ngithukuthele. Ngesinye isikhathi imizwa yami ishintsha ngokushesha. Kuba nzima kakhulu ukulawula imizwa yami.”



“Ngiyabonga ngokusixoxela ngezimo enibhekane nazo. Ingabe ikhona into enhle eniyizuzile ngesikhathi sobhubhane lwekhovidi?” kubuza u-Vincent.

“Ngikwazile ukuchitha isikhathi esiningi nomndeni wami. Sasidlala imidlalo yezingqwembe ndawonye, lokho bengikuthokozela kakhulu,” kusho u-Lina.



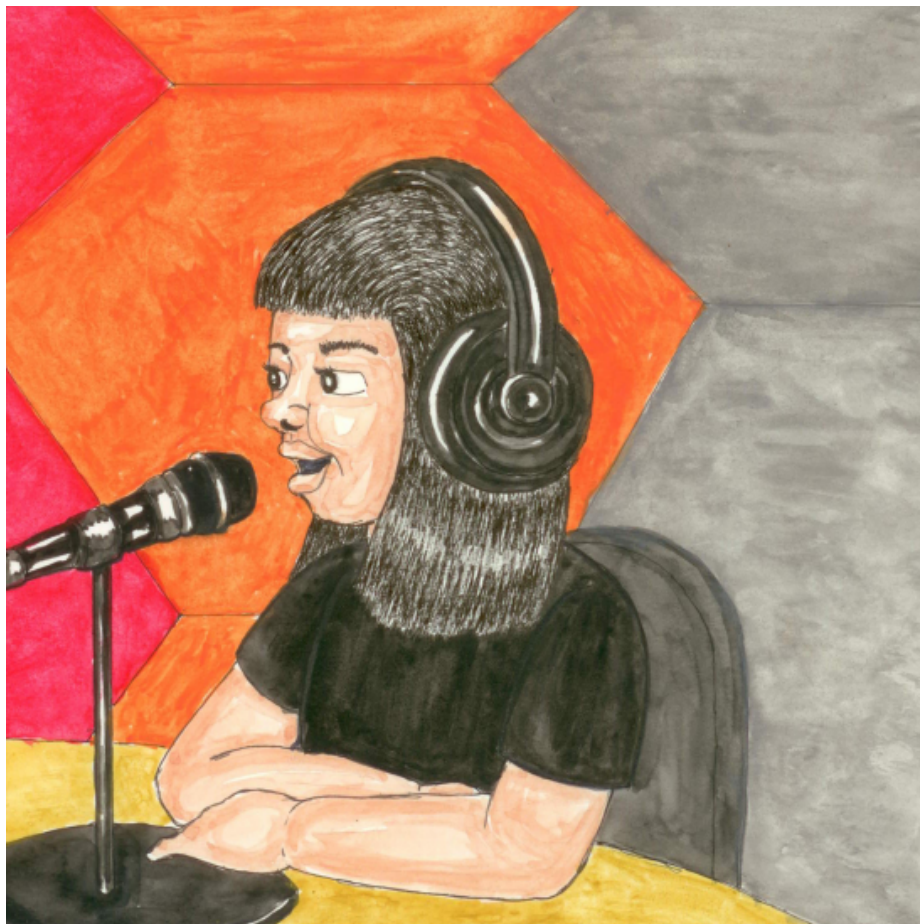
Nami ngibe nesikhathi esimnandi nomndeni wami. Ngenhlanhla bengikwazi ukuzithathela imithi yami kahle ngisekhaya,” kuphendula uMulalo.

“Ngathatha isinqumo sokusebenzisa leli thuba kangcono. Ngithole isikhathi sokuxhumana nomndeni wami. Ngaphinde ngaphenduka ngakhonza uNkulunkulu futhi ngathandaza,” kusho u-Ashley.



U-Vincent ubheka isikhathi ewashini elisodongeni ezindlini zokusakaza. “Ngeshwa wathi sesiphelelwa yisikhathi.”

“Yimaphi amazwi akhuthazayo eningabelana ngawo nezinye izingane ezinokugula ngokomqondo noma emzimbeni?” kubuza u-Vincent.



U-Ashley uphendula kuqala, “Kukhona isithombe esingesihle esakhiwa ngomuntu onesifo esiphazamisa ingqondo.

Kuyaye kuthiwe uyahlanya noma ufuna ukubukwa, ngifuna konke lokho kushintshe. Akuyona into enhle ukungaphili kahle emqondweni.”



U-Lina uyavuma uthi, “Mina iseluleko sami kwabanye ukuthi ziphathe kahle ube nesineke nempilo yakho. Yazi ukuthi wenza konke okusemandleni ngempilo yakho.”

UMulalo uyaqhubeka, “Ungakhathali. Zikhona izinselelo ezimpilweni zethu, kodwa usangawafeza amaphupho akho.”

—Imibuzo

1. Bhala incazelo yala magama: isimo, isifo ophila naso, isithombe esingesihle.
2. Thola amagama kule ndatshana achaza okufanayo nalawa: kakhulu, imibono, ithuba.
3. Kusho ukuthini uma utholwa unesifo esithikameza ingqondo noma umzimba?
4. Ungamsekela kanjani umuntu ophila nokukhubazeka okungokomzimba?
5. Ucabanga ukuthi yibuphi ubunzima imindeneni ebhekana nabo uma inelungu eliphila nokukhubazeka?
6. Yimiphi imizwa othola kunzima ukuyilawula? Kungani?
7. UMulalo uthi, “Ngenhlanhla, ngikwazile ukuzelapha ekhaya.” Ingabe kuhlale kuphephile ukuzelapha? Chaza.

Le ncwadi yezindaba ixoxa ngemibiko yomsakazo i-RX Radio. I-RX Radio ngumsakazo wezingane we-inthanethi futhi osakaza izindaba ezithinta zona.

Isakazela esiteshini esisesibhedlela saseKapa i-Red Cross War Memorial Children's Hospital.

I-RX Radio isiza izingane ukuba zikwazi ukuxoxa izindaba ngezinto ezibalulekile kuzona.

[Vakashela i-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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