



URhulumente  
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EzeMfundo

IWCED

UKuTshintsha  
iNdlela yoKwenza

# “MASITHETHE NGEEMFUNDISO EZISISISEKO”



ISICWANGCISO ESINGOKUTSHINTSHA INDELELA YOKWENZA  
(TRANSFORM TO PERFORM (T2P) STRATEGY)

**IINCOKO EZINGEEMFUNDISO  
EZISISISEKO ZASEKHAYA**

# Intshayelelo

ISebe iWCED lingwenela ukukhulisa umfundi, oqeqeshwe ngeemfundiso ezisisiseko, nosebenzela iimfuno zentlalo ezisekelwe ekuhlonipheni idemokhrasi, ukulingana, isidima sobuntu kunye nobulungisa kwezentlalo njengoko kukhuthazwayo kumGaqa-siseko weRiphablikhi yaseMzantsi Afrika. Ukuphumeza oku, iSebe iWCED liqalise isiCwangciso sokuTshintsha iNdlela yoKwenza (*Transform to Perform Strategy*) (T2P) esinenjongo yokulungisa iintliziyo zootitshala nabafundi esinokuthi ngoko ke sigqithiselwa kubazali noluntu ngokubanzi. Umbono weSebe iWCED ngokusebenzisa eli phulo kukuqinisekisa ukuba imfundo esemgangathweni kumntwana ngamnye, kwisikolo ngasinye, kwiklasi nganye, ifikelela kubo bonke abahlali kwiphondo.

Imantra evunywe liSebe iWCED ikucacisa gca ukuba ***umFundi Makangene aFunde aPhume aye kuKhonza (Learner Must Enter to Learn and Leave to Serve) yaye uTitshala Makangene aKhonze yaye aQhubeke ukuFunda (Teacher Must Enter to Serve and Continue to Learn)***. Xa abafundi bengena esikolweni okanye egumbini lokufundela, kufuneka bakhokelelwe gca kwinjongo yabo esikolweni kunye nayiarhente yobuqu babo kulo njongo. Umfundi okhunjuzwa ngale njongo ngexesha ngalinye engena naxa ephuma kwigumbi lokufundela/esikolweni uya kuzivulela ukuzuza amava okufunda.

Iimfundiso ezisisiseko ziyinxenye yoluntu ngokubanzi yaye ziyafumaneka kwiimeko ezahlukeneyo, o.k.t. ekhaya, esikolweni, ekholejini, emsebenzini, ekuhlaleni, kuluntu ngokubanzi, njl. njl. Abantwana banokuqalisa ukufumana ulwazi ngeemfundiso ezisisiseko yaye baziquke kwimisebenzi nakwiingcinga zabo zemihla ngemihla. Izikolo, imibutho, abahlali kunye neentsapho zinoxanduva oluhlangeneyo lokwakha ubumbano lwezentlalo kunye nokudala uvakalelo loBuntu. Ukubethelela ezi mfundiso zisisiseko ngempumelelo, kufuneka zifakwe ekhaya, esikolweni, ekholejini, emsebenzini, njl. njl. yonke imihla. Iimfundiso ezisisiseko neengcinga esiphila ngazo zichaphazela indlela esinxibelelana ngayo nabanye kunye nakuyo yonke imisebenzi kokusingqongileyo nakuluntu ngokubanzi.

# Masithethe ngeemfundiso ezisisiseko

“UMasithethe ngeeMfundiso ezisiSiseko” sisixhobo sokufunda esikhuthaza incoko malunga neemfundiso ezisisiseko ngenjongo yokuphucula izakhono zobomi ngaphandle kwegumbi lokufundela ukulungiselela uncedo olumandla kuluntu ngokubanzi ngokukhuthaza incoko engeemfundiso ezisisiseko ezikolweni nasekhaya. Sinenjongo yokuxhobisa abafundi ekwenzeni oku kulandelayo:

- Ukuthakazelela iyantlukwano ngentlonipho nangokunyamezela;
- Ukumelana nemeko yokusingqongileyo esoloko itshintsha;
- Ukuqonda ukuba amalungelo ahamba nemisebenzi eluxanduva;
- Ukunceda ekutshintsheni isimo sikazwelonke saseMzantsi Afrika;
- Ukufumana ulwazi lweemfundiso ezisisiseko;
- Ukufumana ulwazi lokuvakalisa olu lwazi kwabanye;
- Ukufumana ulwazi lweemfundiso ezisisiseko zabanye;
- Ukufumana ulwazi lokusebenzisana ngolwazi ekwabelwana ngalo lweemfundiso ezisisiseko; kunye
- Nokufumana ulwazi lokubonisa ingqiqo yabo ngendlela abaziphatha ngayo kunye nolwimi olubonisa uvumelwano lwentsebenziswano lwezi mfundiso zisisiseko.

Isiphumo esibalulekileyo sika-“Masithethe ngeeMfundiso ezisiSiseko” (“Let’s Talk Values”) kukudala iqonga leencoko malunga neemfundiso ezisisiseko. Apha ngezantsi luluhlu ubuncinane lweemfundiso ezisisiseko eziyi-100 ezinokusetyenziselwa ukuqalisa iincoko ngeemfundiso ezisisiseko. Sinenjongo yokukhuthaza imeko apho abantwana banokufumana amava eemfundiso ezisisiseko ngaloo nto “Bayenzayo”, “Bayibonayo” kunye “naBayivayo”.

UKWAMKELA	UKUKHALIPHA	ULONWABO	UTHANDO	UKWABELANA
UKUPHENDULA NGOKWENZAYO	IMBEKO	ISISA	INTOBEKO	UKUNYANISEKA
UKUVUMA	UBUCHULE BOKUCINGA	UKULUNGA	UKULULAMA	AMANDLA
UKUZIMELA	UKUZIMISELA	UBUBELE	UBUNENE	IMPUMELELO
UKUQWALASELA	ISIDIMA	UMBULELO	UCWANGCO	INKXASO
ULWAZI	INKUTHALO	UKUKHULA	UBUTSHA-NTLIZIYO	UKUSEBENZA NGOKWAMAQELA
UBUKROTI	UBUCHULE	UKONWABA	UMONDE	UMBULELO
INZOLO	UVELWANO	UKUBA LUNCEDO	UXOLO	UKUCINGA NGOMNYE
UKUBA NAKO	INYAMEKO	INTEMBEKO	UKUZITHEMBA	UNYAMEZELO
UKUKHATHALA	INZONDELELO	IWONGA	UKUFIKA NGEXESHA	NGOKUSEKUHLINI
ISISA	UKULINGANA	ITHEMBA	UKUBA NENJONGO	INTEMBEKO
UKUCOCEKA	IMIKHWA YENTSULUNGEKO	INTOBEKO	UKWAMKELWA	UKUTHEMBEKA
UKUZINIKELA	UKUGQWESA	UKUZIMELA	UKUTHEMBEKA	UKUNYANISEKA
UNXIBELELWANO	UBULUNGISA	INKUTHAZO	INYAMEKO	UBUNTU
UBUCHULE	UKUTSHINTSHEKA	IMFEZEKO	INTLONIPHO	IMVUMELWANO
UKUZITHEMBA	UKUGQALISELA	UKUVUYA	UXANDUVA	IMFANO YODWA
UKUQONDA	UXOLELWANISO	UBULUNGISA	UKUPHENDULA NGOKUKHAWULEZA	UMANYANO
INGQWALASELO	INKULULEKO	UBUBELE	UKHUSELEKO	UMBONO
UKUNGAGUQU-GUQU- KI	UBUBELE	ULWAZI	UKUZOLA	UBOMI
INTSEBENZISWANO	UBUHLOBO	UBUNKOKELI	INKONZO	UBULUMKO

# UMSEBENZI: UBUBELE

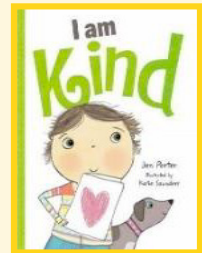
Iintethwana ezingqinayo (affirmations) ziintethwana ezakhayo ezinokukunceda ekuceleni umngeni yaye woyise iingcinga ezingakhiyo. Xa uziphinda-phinda ukuzithetha qho yaye ukholelwa kuzo, ungaqalisa ukwenza iinguqu ezakhayo.

<https://ripplekindness.org/why-affirmations-are-important-for-children/>

Njengoko abantwana befunda iindlela zokuziphatha neziqhagamshelana nengqondo yabo, iintethwana ezingqinayo (affirmations) zisebenza kakuhle ekukhuliseni ukuzithemba ebuntwaneni, obuya kuhlala nabo kubomi babo bonke. Abantwana bayawonwabela amagama acengcelezwayo namabinzana aqhelekileyo, ngoko ke kufuneka sibe nobuchule bokucinga.

Makukhethwe imfundiso esisiseko yosapho ngenyanga nganye. Makwenziwe intethwana engqinayo elula eba yinxalenye yexesha losapho. Nantsi eminye yemizekelo yokufundisa abantwana abaselula intethwana engqinayo ukulungiselela ukuziqhelanisa yonke imihla:

- Ek is goedhartig en lief om ander mense te help!
- Ek doen so goed as wat ek kan!
- Ek is spesiaal!
- Ek is lief vir myself! ==Ek gee om



## **Bekräftiging: Die waarde van Goedhartigheid**

“Ek is goedhartig en liefdevol. Ek deel graag met ander mense. Ek is ’n goeie vriend.”

# UMSEBENZI: IIMFUNDISO EZISISISEKO ZOSAPHO

Iimfundiso ezisisiseko zosapho zezo ziphathelele kubume bosapho, umsebenzi, iindima, iinkolo, iingcinga, kunye neengcinga ezingqwenekayo. <https://pandagossips.com/posts/4708>

## **Ingaba sizisebenzisa njani iimfundiso ezisisiseko zethu kusapho lwethu?**

Sisonke sinazo iimfundiso ezisisiseko zosapho. Ngokumalunga nalo msebenzi, kukhuthazwa abazali ukuba bakhethe imfundiso esisiseko yosapho ukubethelela umoya apho usapho lunokufumana amava eemfundiso ezisisiseko malunga “naBakwenzayo”, “aBakubonayo”, “aBakuthethayo” kunye “naBakuvayo”.

Masisebenzise lo mzekelo ulandelayo: Ukukhathala: Kukuba nako ukuzikhathaza ngabanye. Umntu okhathalayo ubonisa umsa, uthando kunye nemfesane ngabanye.



## UMSEBENZI: IIMFUNDISO EZISISISEKO ZOSAPHO

Ithini imfundiso esisiseko engundoqo yosapho lwethu?



# UMSEBENZI: ULONWABO

**Ngumgaqo wempilo-ntle, womoya omhle, wolonwabo, wovuyo, nokuchwayitha, noyokugcoba**

<http://www.momentsaday.com/character-building-activities/>

## **Itshati yolonwabo yethu:**

Yonke imihla xa sifika ekhaya siyacelana omnye nomnye ukuba makachaze into ibe nye esenza savuya ngaloo mini.

### **ITSHATI YOLONWABO YETHU**



#### **NGOMVULO**

Namhlanje ndiyavuya kuba ... Ndiyaphila.

#### **NGOLWESIBINI**

Namhlanje ndiyavuya kuba umama undangile kusanje.

#### **NGOLWESITHATHU**

Namhlanje ndiyavuya kuba ndiye ekhaya ngokukhuselekileyo namhlanje.

#### **NGOLWESINE**

Namhlanje ndiyavuya kuba ndiyakwazi ukwabelana ngesendwitshi nomnye wabahlobo bam esikolweni.

#### **NGOLWESIHLANU**

Namhlanje ndiyavuya kuba ngumhla wokuzalwa kwam.

#### **NGOMGQIBELO**

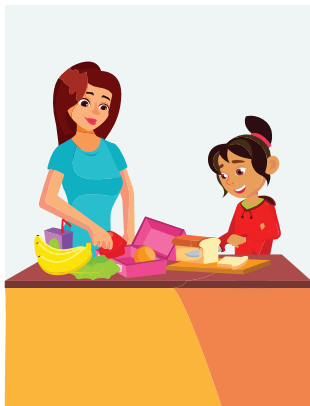
Namhlanje ndiyavuya kuba siza kubukela imuvi endiyithandayo site neepopkhoni.

#### **NGECAWA**

Namhlanje ndiyavuya kuba ndinosapho.

# UMSEBENZI: UXANDUVA

**Umsebenzi okanye imfanelo ekufuneka okanye ekulindleke ukuba uyenze. Ukongamela okuthile. Umnqweno wokuphendula ngezigqibo neempazamo zethu.** <https://growkidsminds.com/gkm003-teaching-responsibility/>



## **Ndinganceda njani ekhaya?**

Qalisa ngokunika abantwana abaselula imisebenzi emincinane yaye wongeze njengoko bebonisa ubuchule besakhono ngasinye. Umzekelo, qalisa ngokuba makabeke ipleyiti yakhe phezu kwesinki, emva koko ngaphakathi esinkini. Okulandelayo, gqithela ekusuleni izitya (ezingophukiyo), emva koko uhlambe izitya. Imisebenzi abantwana abanokunceda ngayo ukususela kwiminyaka beselula yaye bakhiwe njengoko bakhulayo.

- Zizitya
- Yigadi
- Kukuhlamba iimpahla
- Kukucoca
- Kukupheka

# UMSEBENZI: UKUNYANISEKA

**Kukuba ngumntu othembayo, onyanisekileyo, ofikelelekayo noyinene. Kukuzithemba ukuba sithi.**

<http://www.yessafechoices.org/parents/character-educationcorner/honesty>



## **Umdlalo ongokunyaniseka:**

Amaxesha amaninzi, isifundo siya kungena kakuhle kakhulu ebantwaneni ukuba bavakalelwa ukuba bonwabile ngokudlala imidlalo.

- Dlalani umdlalo nomntwana wakho apho wenza iintetho ezinyanisekileyo ezimbini ize enye ibe yintetho engeyonyaniso. Kufuneka akhethe ukuba yeyiphi kwezi ntetho ebubuxoki.
- Okulandelayo, mvumele ukuba enze iintetho ezinyanisekileyo athethe nobuxoki.
- Yiphinda-phinde inkqubo ithuba lemijikelo eliqela.
- Nabani na oqashisela ubuxoki obuninzi uyawuphumelela umdlalo.
- Le nkqubo inceda utitshala ekufundiseni umntwana ukuba yintoni inyaniso yaye iyintoni ubuxoki.
- Thenga okanye uzenzele umdlalo webhodi wakho ogxininisa ekunyanisekeni.
- Yenza uluhlu lwamakhadi azizalathisi (index cards) aquka imeko eqikelelwayo yaye umbuze umntwana wakho ukuba ebeya kuphendula njani.
- Thetha ngeziphumo zesigqibo sabo.
- Gqithisela iseti yamakhadi kumntu olandelayo. Gqibezela lo msebenzi ngempela-veki okanye ngexesha lesidlo sangokuhlwa ngobusuku ngabunye.



# UMSEBENZI: UVELWANO

**Lulwazi olunzulu ngeemvakalelo okanye ngemeko yomnye umntu.**

<http://www.zerotothree.org>

Funda amabali malunga novelwano. Fumana amabali angqinelana neminyaka yobudala, anika umdla nagxininisa ixabiso lovelwano ngeendlela ezahlukeneyo.

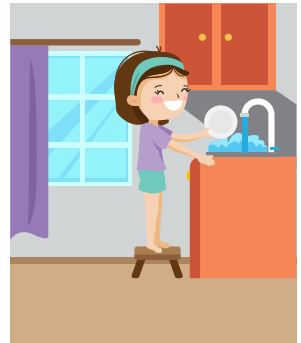
# UMSEBENZI: UKUBA LUNCEDO KWABANYE

**Kukwenzela abanye abantu izinto ezilulutho okwenza umahluko kwabanye.**

[www.momentsaday.com](http://www.momentsaday.com)

## **Ndinganceda njani?**

Cela umntwana wakho ukuba ancedise naphi na anako. Abantwana banokuncedisa ekhaya kwiindlela ezahlukeneyo umz. Ukupakisha iimpahla zabo, ukuncedisa ekhitshini ngokupakisha izitya namacephe neefolokhwe. Ukuba luncedo kwetshati yosapho kunokwenziwa ngomsebenzi wemihla ngemihla ekufuneka wenziwe.



# UMSEBENZI: WEZOTHANDO

**Luthando olunamandla nolushushu (lomzali womntwana). Kukuthanda kakhulu ukufunda.**

[www.momentsaday.com](http://www.momentsaday.com)

## **Ukwabelana kukukhathalelana:**

Yabelanani ngendlela enithanda ukuziva ni thandwa ngazo. Fumanisa ukuba umntwana wakho uthanda ukuziva ethandwa ngayiphi na indlela ngokubuza, “Wazi njani ukuba umntu uyakuthanda?” Cinga ngeempendulo zakho kulo mbuzo kwakhona. Nikanani amathuba nisabelana ngendlela omnye wenu athanda ukuthandwa ngayo enjengokwangana, ukufumana uncendo lomntu othile okanye ukonwabela umdlalo kunye.



# UMSEBENZI: IMBEKO

**Kukuba nentlonipho nokunika ingqwalaselo abanye abantu.**

<https://www.thespruce.com/tips-to-teach-your-children-manners-1216615>

**Enkosi**

**Ndinovelwano  
Noko**

**Nceda**

## lingcebiso zokufundisa imbeko:

**#Bonakalisa  
indlela eyiyo  
yokuziphatha.**

Ukuba ufuna abantwana babenembeko yaye baziphathe kakuhle, kufuneka uqinisekise ukuba wenjenjalo ngokunjalo. Le asiyonkalo apho unokubacela ukuba benze njengokuba uthetha hayi njengokuba usenza. Inyathelo lokuqala lokuba nomntwana onembeko kukuba ngumzali onembeko.

**# Baqhelise  
ukwenza oku  
ekhaya.**

Asiyonyaniso ukuba abantwana mabafunde iindlela zokuziphatha ngokugqithiselela iingcinga zakho kwezabo (telepathy). Mabayazi ukuba ithini na imigaqo. Baxecele, bacele ukuba babhale, yaye bazame ukuzibandakanya kulonwabo, kwimisebenzi engemigaqo yokuziphatha ngexesha lemidlalo (playtime etiquette activities).

**#Banike  
amazwi.**

Kukho amazwi namabinzana abonisa imbeko ama-5 ekufuneka ibe ngawokuqala kwisigama somntwana ngamnye waseprayimari, o.k.t. “Nceda”, “Enkosi”, “Ndivumelekile?”, “Uxolo” kunye nokuthi: “Hayi, enkosi”.

**#Nika  
umntwana  
wakho oselula  
umyalezo  
owakhayo.**

Abantwana bayakuthanda ukunconywa, ngokukodwa ukuba kusuka kumzali okanye kumntu abamhloniphayo. Amaxesha amaninzi abazali baphendula kuphela kwisimilo somntwana esingathandekiyo, bangazihoyi izinto abaziphumeleleyo kunye nezenzo ezincomekayo. Esi sigqibo singaneziphumo ezibi. Abantwana bafuna ingqwalaselo nangayiphi na indlela benako ukuyifumana, nkqu nokuba oko kuthetha ukuba mabenze izinto ezimbi. Bakhuthaze xa benembeko nesimilo.

**#Yiba  
nomonde.**

Yinyaniso ukuba uninzi lwabantwana bajonge okuziimfuno zabo ngokwendalo. Umzali ngamnye ukuqaphela oku kwangethuba kakhulu kumsebenzi wokuba ngumzali, yaye kuxhomekeke kumzali ukuyijika le nto. Bafundise ukubaluleka bokuhlonipha iimvakalelo kunye neemfuno zabantu. Njengoko befunda ukumamela kakhulu, ukuthetha kancinci, baxabise abanye, yaye bazithobe, uMgaqo osisiSeko ongokuziphatha uya kuqalisa ukuqaqamba ukuya kuphambili.

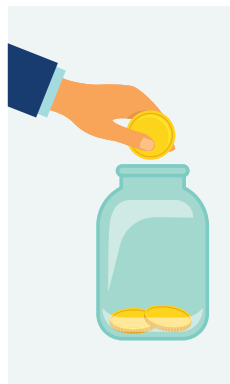
# UMSEBENZI: UKUBA NOMBULELO

**Ubuhle bokuba ngumntu onombulelo. Ukulungela ukubonisa ukuthakazelela nokubuyekeza ububele.**

[www.momentsaday.com](http://www.momentsaday.com)

## **Inggayi “Yokuvakalisa umbulelo”:**

Yenza ingqayi “Yokuvakalisa umbulelo”. Bhekisa umbulelo kothile (yihombise ingqayi ngokomnqweno wakho) yaye ube nezijungqana zamaphepha asele ekulungele ukubhalwa. Usenokufuna ukuyenza umkhwa wemihla ngemihla into yokongeza amakhadi kwingqayi. Bhala izinto ocinga ukuba unombulelo ngazo yonke imihla uzifake kwingqayi. Ekupheleni kweveki, njengosapho, hlalani kunye netyise iingcinga malunga nezinto ebeninombulelo ngazo.



# UMSEBENZI: UKHUSELEKO

**Imeko yokukhuseleka okanye okanye ukungabikho engozini, emngciphekweni okanye wenzakale.**

<http://www.childfun.com/themes/misc/safety/>

## **Ukhuseleko kuqala**

Lo gama uqhubayo ukhwelise abantwana, bafundise intsingiselo “yeerobhothi”/izibane zokulawula izithuthi nokuthethwa ngumbala ngamnye. Umzekelo, kubalulekile ukumisa xa isibane sijika sibe ngumbala obomvu.

Kunokunxulunyaniswa kwakhona nexabiso loku:

- **Umonde:** Ukufunda indlela yokulindela ithuba lakho.
- **Ukunyamezelana:** Kwamkele ukuba bonke abantu bakhangeleka bohlukile, kodwa bonke abantu baneemvakalelo, iimfuno, amathemba kunye namaphupha. Nika abanye ithuba.
- **Imbeko:** Xa omnye umntu ethetha kufuneka “uyeke ” ukuthetha umnike ithuba lokuba agqibe.





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