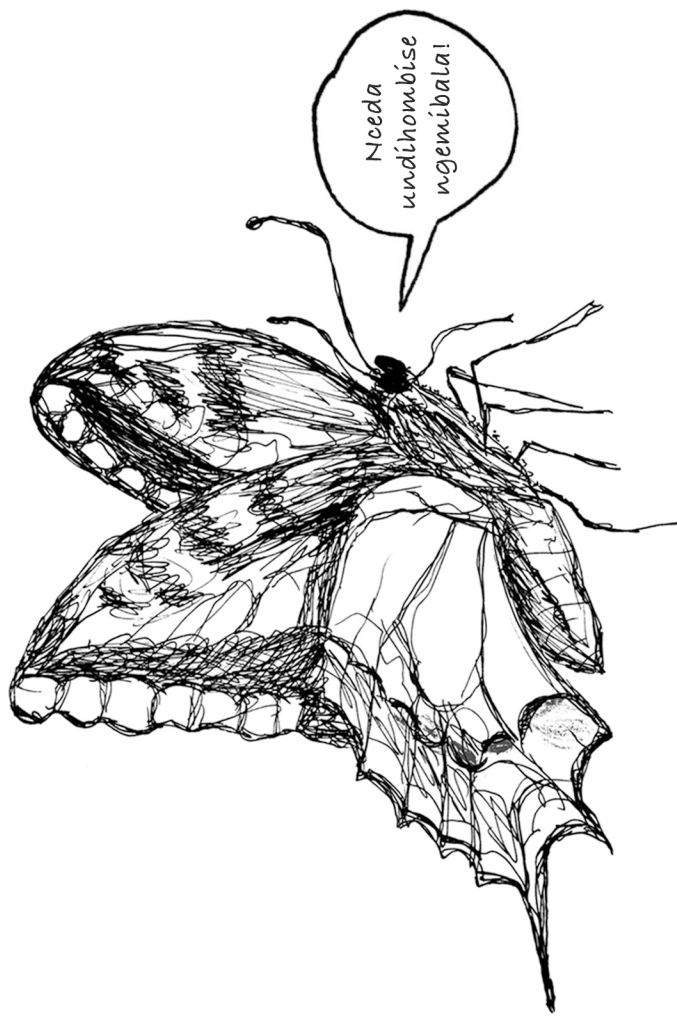


UMSEBENZI WAMACWECWE OBUCHWEPHETSHE

isiXhosa version



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EDITOR AND DESIGNER: AMY CORNFIELD

ISIXHOSA TRANSLATORS: SINDISWA & NOSIPHO VOKWANA

PUBLISHED BY

Butterfly Art Project

ENCOURAGING CREATIVITY AND HEALING THROUGH ART

www.butterflyartproject.org

The Butterfly Art Project is an NGO based on the southern most tip of Africa, in Cape Town, South Africa. BAP trains, mentors and supports adults working with children marginalised communities bringing psycho-social support through art.

These art activity sheets were created for children during the 2020 Covid-19 Lockdown in South Africa. Many children suffer in isolation at home, while not going to school or allowed to visit friends. It is our hope that these creative activities bring relief to many all over the world, now and in years to come. The recommended age group is 7-99 years.

Please support our organisation with your donation.



Snap here to pay

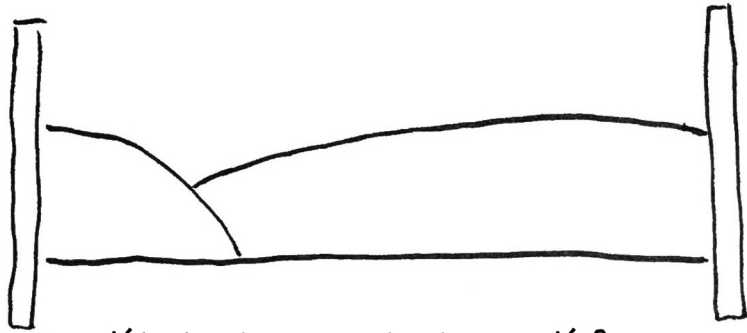
SnapScan

INDLELA ENDINGATHINTELA NGAYO OKOSULELEKA KOBHUBHANE COVID 19

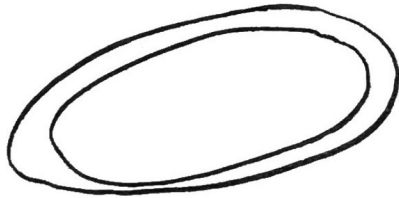
Zoba eyakho iposta.

Ndihlamba izandla zam rhoqo ngesephu namanzi okanye ngesicoci sandla.		Ndihlala endlini kangangoko ndinako.
Xa ndikohlela, okanye ndithimla, ndigquma umlomo, kwakunye nempumlo ngengqiniba okanye nge tshetu.		Xa ndisiva umkhuhlane nokhohlo-khohlo olomileyo, nokuphefumla wzima ndifuna uncedo olukhawulezileyo.
Lumkela ukubamba amehlo, impumlo, kunye nomlomo ngezandla ezingahlanjwanga.		Ndicina umga ongange 1.5 mitha kwabantu endingahlali nabo.

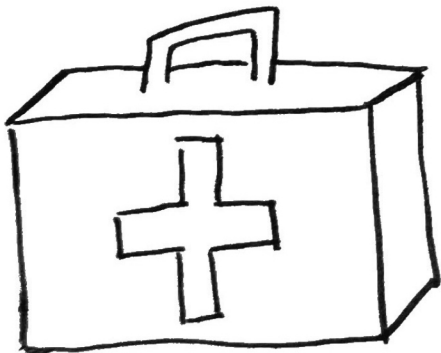
XA NDIGULAYO...



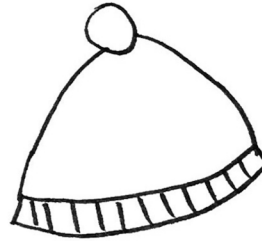
Ndilala kangakoko ndifuna.



Ndisela iiLitre ezimbini ukuya kwezintathu zamanzi ashushu ane lamuni okanye iti yemithi kwaye nditya xa ndiziva ndifuna ukutya.



Ndifuna uncedo lukaqhisha xa ndingaziva kakuhle.



Zigcine shushu nge bhotile yamanzi ashushu ezinyaweni, ngonxiba iikawusi, nesikhafu nange langa.

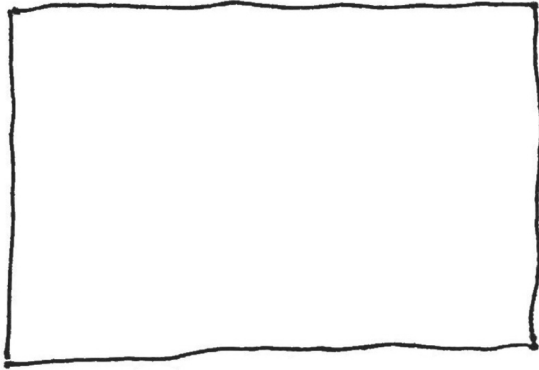


Ndijonga iqondo lobushushu.

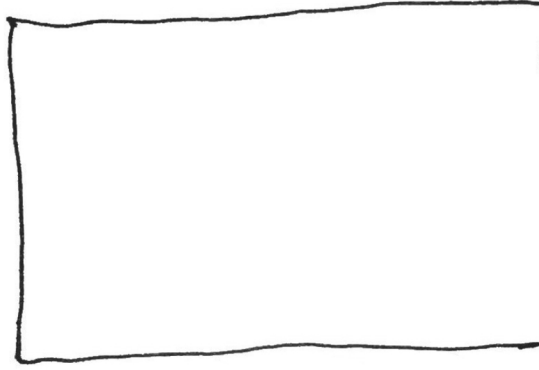
...KWAYE XA NDINGCONO NDIFUNA:

- ☐ ukumamela amabali
- ☐ ukubuka umabona kude
- ☐ ukuzoba kwaye ndigcobise
- ☐ ukudlala nabahlobo bam
- ☐ ukufunda incwadi
- ☐ ukudlala phandle
- ☐ ukuzithathela uhambo
- ☐ ukuyoqubha
- ☐ ukunyuka intaba
- ☐ ukutyelela...

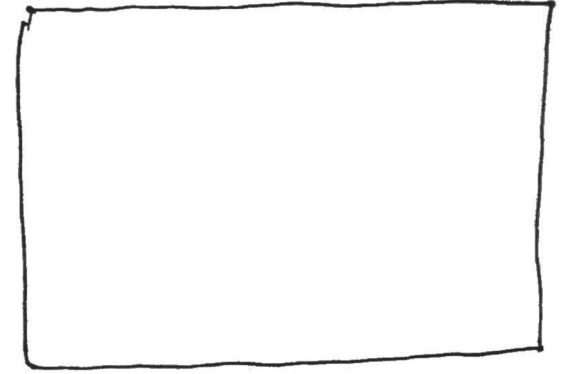
UKUHLALA USEMPILWENI



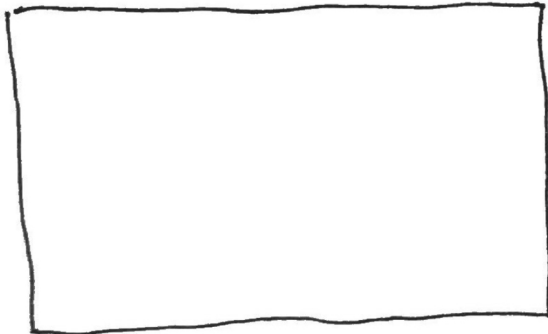
Ndilala kakuhle.



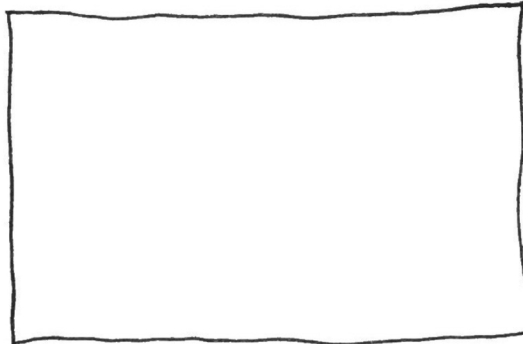
Nditya iziqhamo kunye nemifuno
ngokwaneleyo



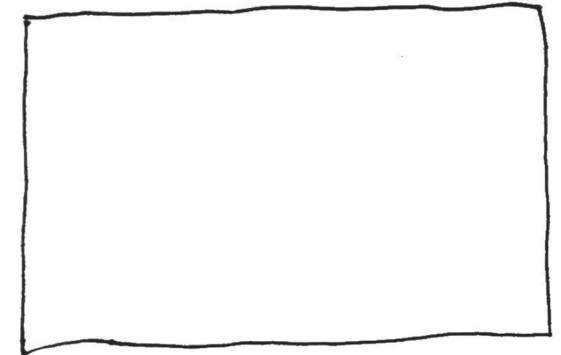
Ndisela amanzi rhoqo ngemini.
Ngamanye amaxesha ndisela amanzi
adiki-diki ane lamuni.



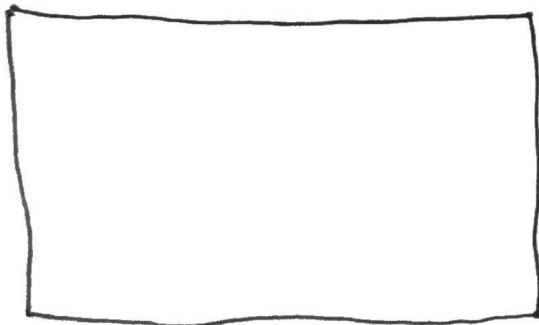
Ndiyazi voca-voca kathathu
ngeveki.



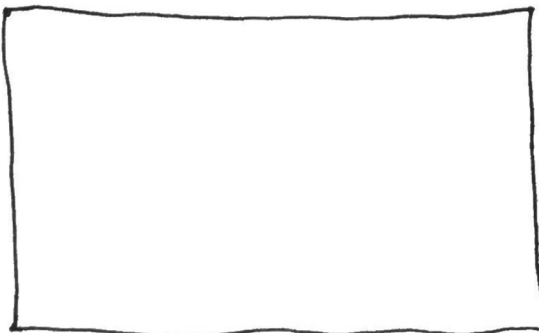
Ndihlala nezihlobo zam
sincokole.



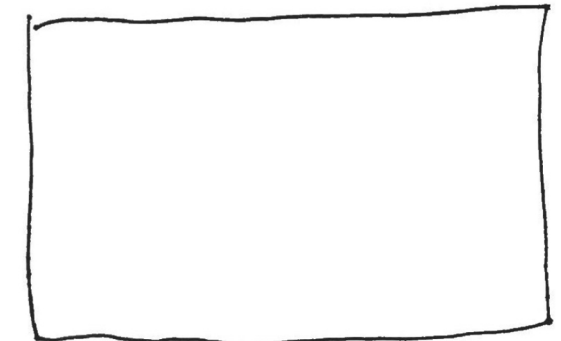
Ukungathathi iziyobisi



Hlamba izandla rhoqo.

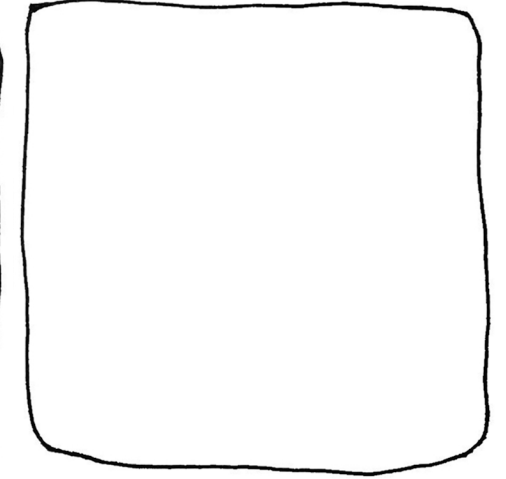
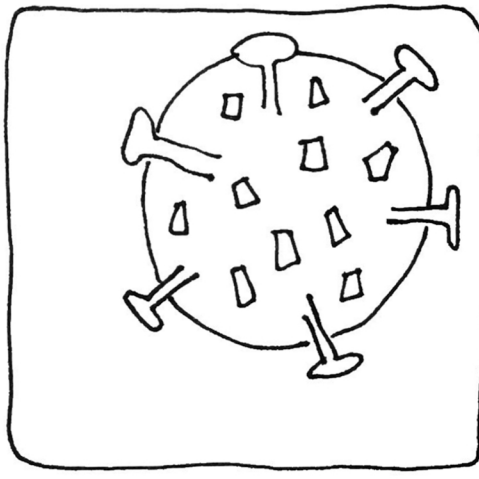
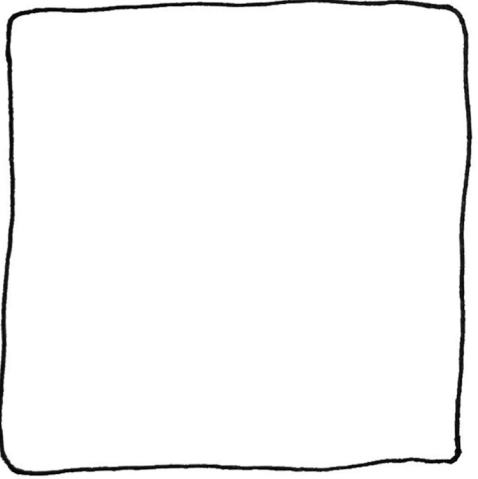
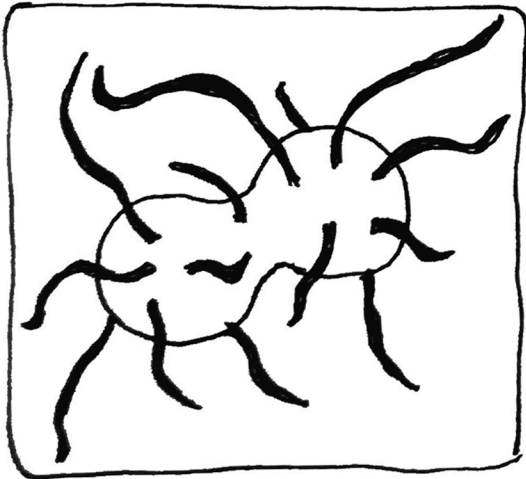
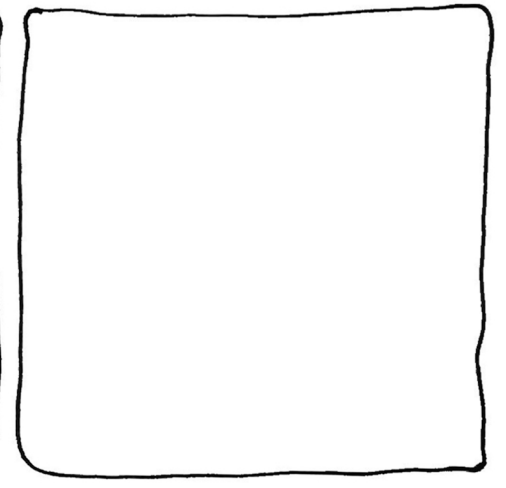
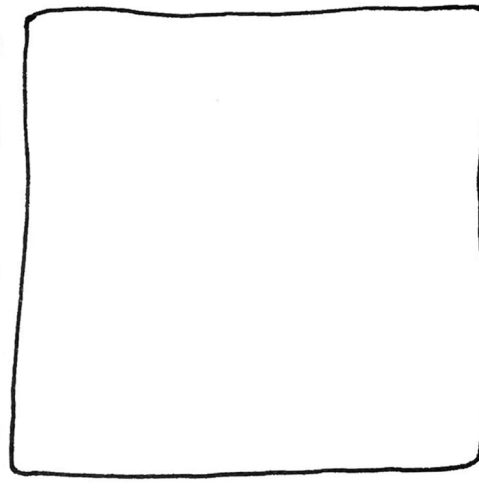
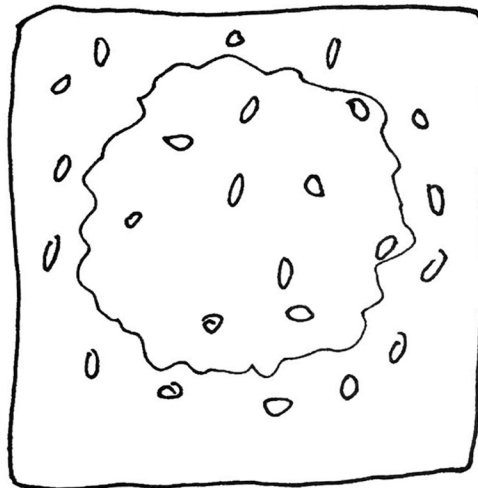
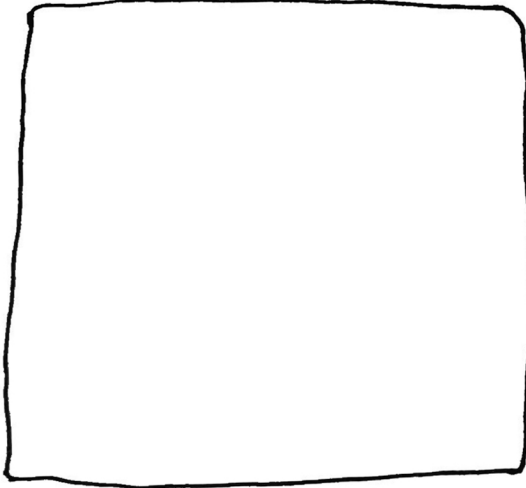


Ngoku fumana ilanga ukuze
ndifumane uVitamin D



Ndizama ukungafaki uxinzelelo
engqondweni.

INCWADI YAM YENCAZELO MAGAMA EGQAMILEYO.

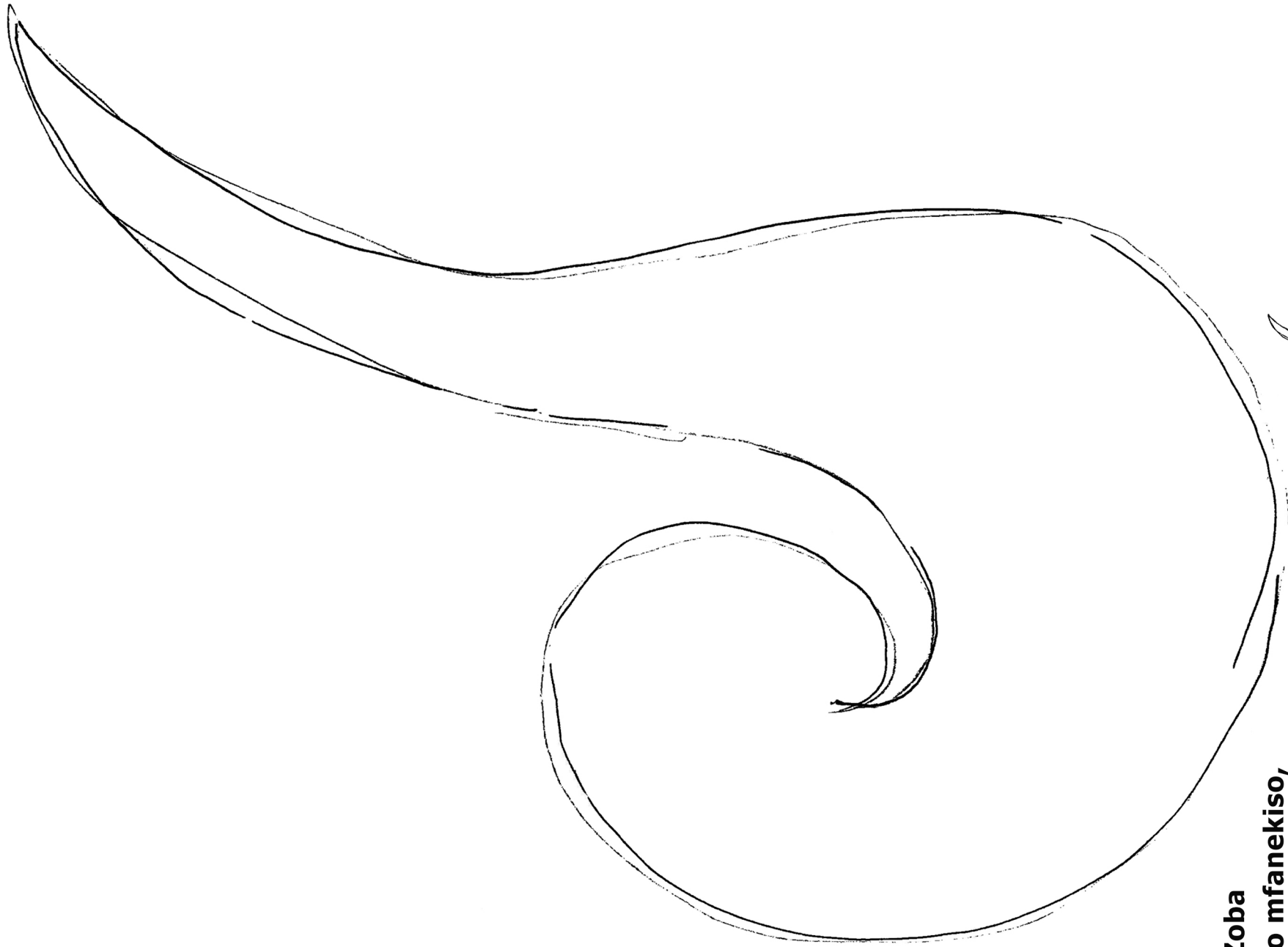


Kwinto ongayithandiyo: BOMVU; Kwinto oyazi kakhulu: LUHLAZA; Kwinto ongayaziyo: LIBHELU; Indlela ofuna ukiziva

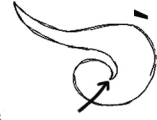
Krwela okanye zoba isangqa... Kwinto oyithandayo: UMBALA WESIBHAKABHAKA;

Confronted sympathetic Critized Let down
desperate enthusiastic troubled unsettled
overwhelmed hurt alive appreciative shy
relaxed amused frazzled outraged satisfied furious responsible
clueless determined bitter safe creative astonished fuming
alarmed inspired withdrawn stronghanded puzzled scared attracted longing irritated capable stubborn
mean frustrated Sorrowful isolated heartbroken relieved delicate apprehensive hateful signed afraid Sleepy depressed
great perplexed captivated prepared violent inhibited invigorated exhausted blessed bugged hostile silly distressed
resentful aroused Punished on top of hopeless guilty resigned healthy disgruntled anxious awkward tender
focused upset 96% charming burning abused peaceful concerned grumpy calm
discouraged joyful alert challenged amazed supportive weepy grateful
dismayed gloomy certain inadequate bored ashamed

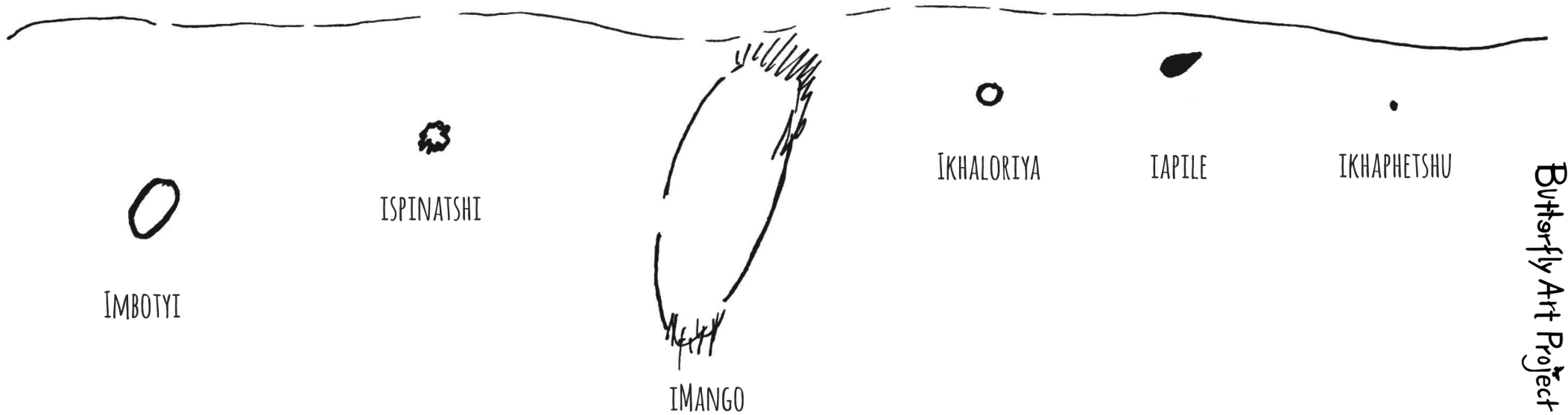
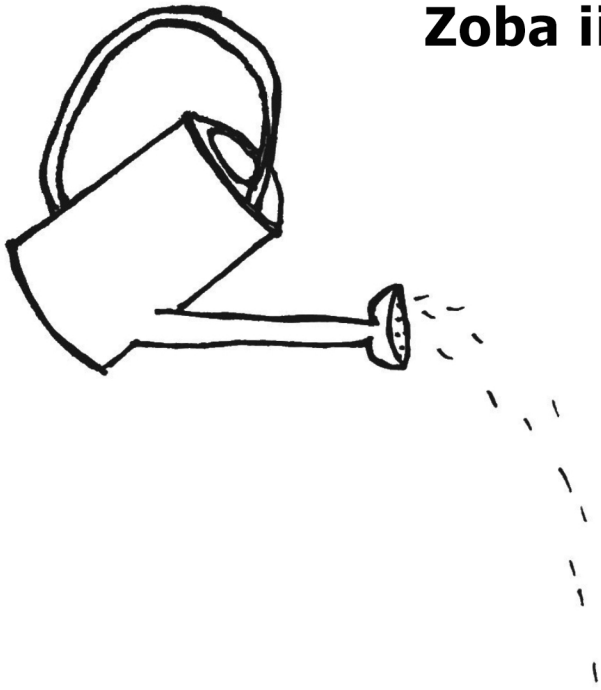
ngayo kaninzi: MTHUBI. Ungafaka isangqa kwi gama kabini. Butterfly Art Project

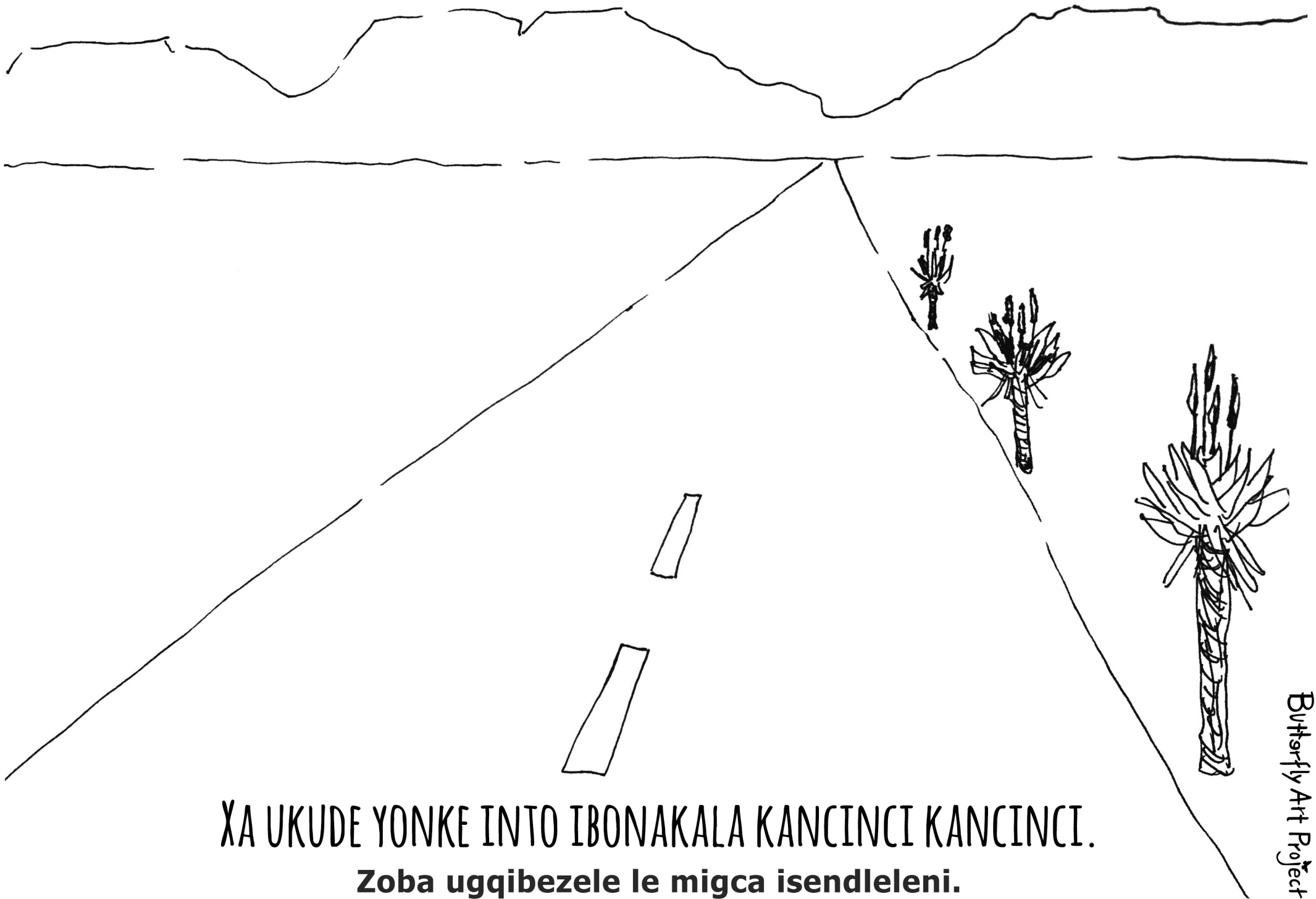


Zoba
lo mfanekiso,
kangangoko uthanda
phezu kwalomzobo ukhoyo. Qala apha
njengoko uzobela ukufika kwincam. Yima phefumlela ngaphandle
kwindlela ehlayo ejikelela ngaphakathi. Buyela ekuqaleni. Yima.
Phinda ekuqaleni.

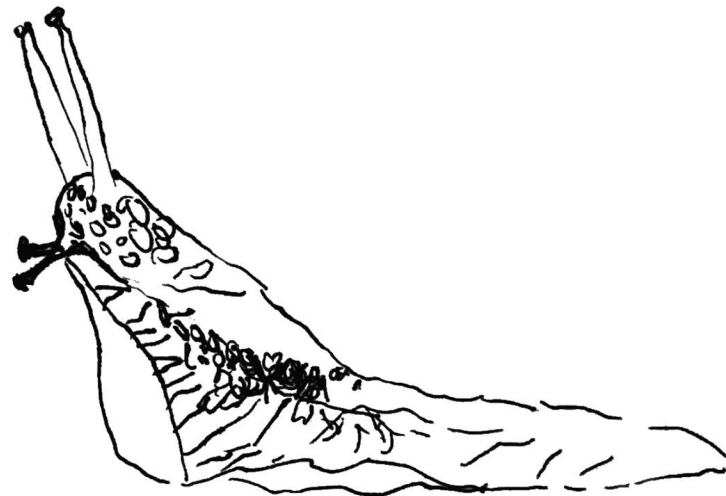
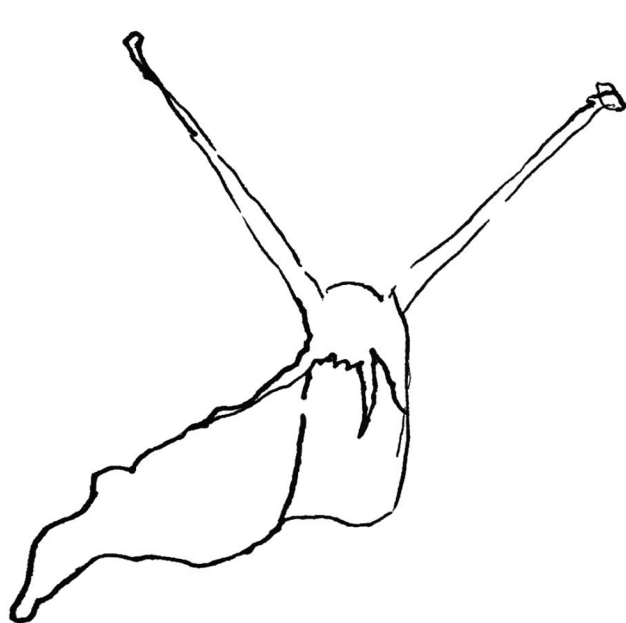


Zoba iintyatyambo ezikhula kwezi mbewu.



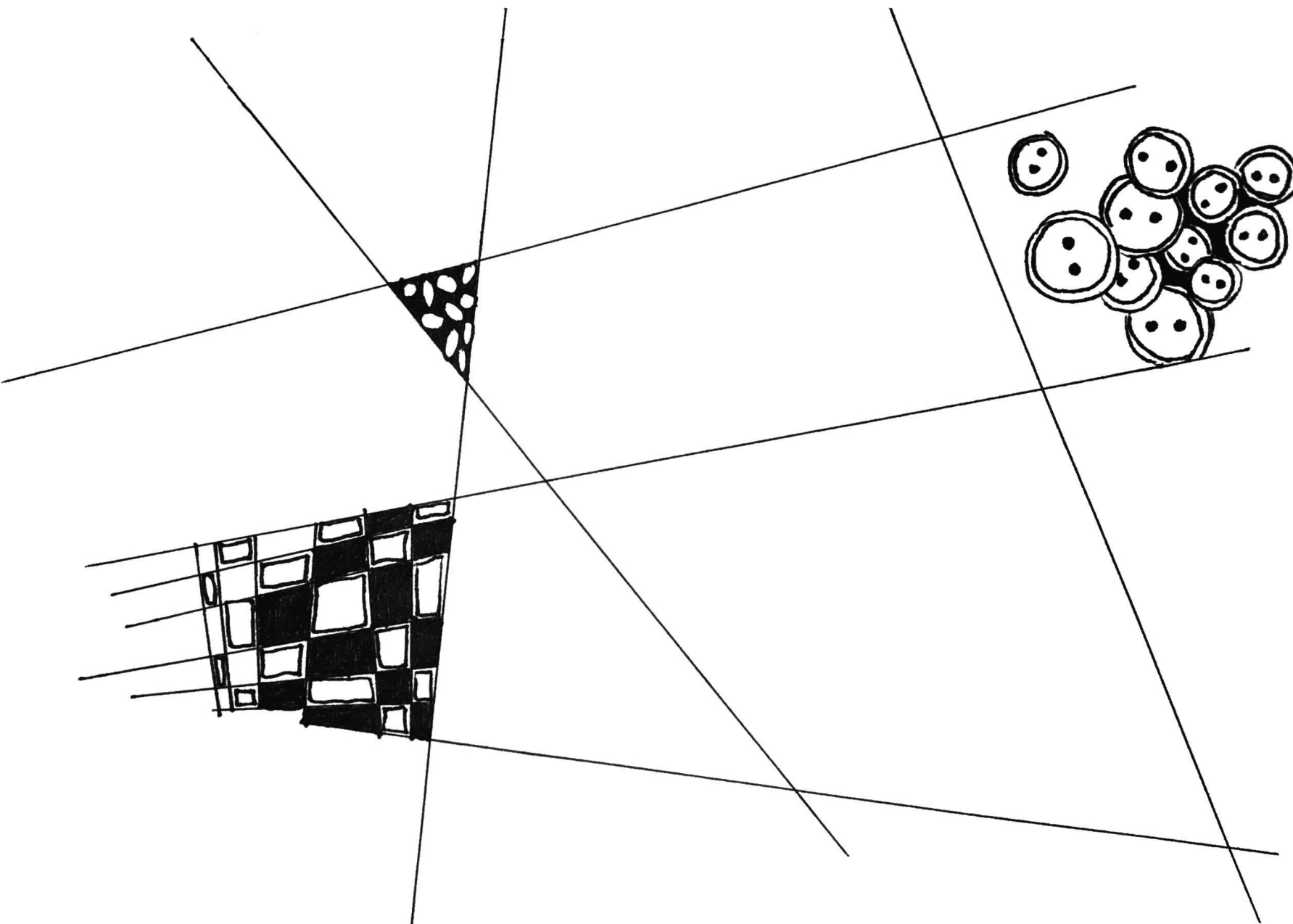


**XA UKUDE YONKE INTO IBONAKALA KANCINCI KANCINCI.
Zoba uggibezele le migca isendleleni.**

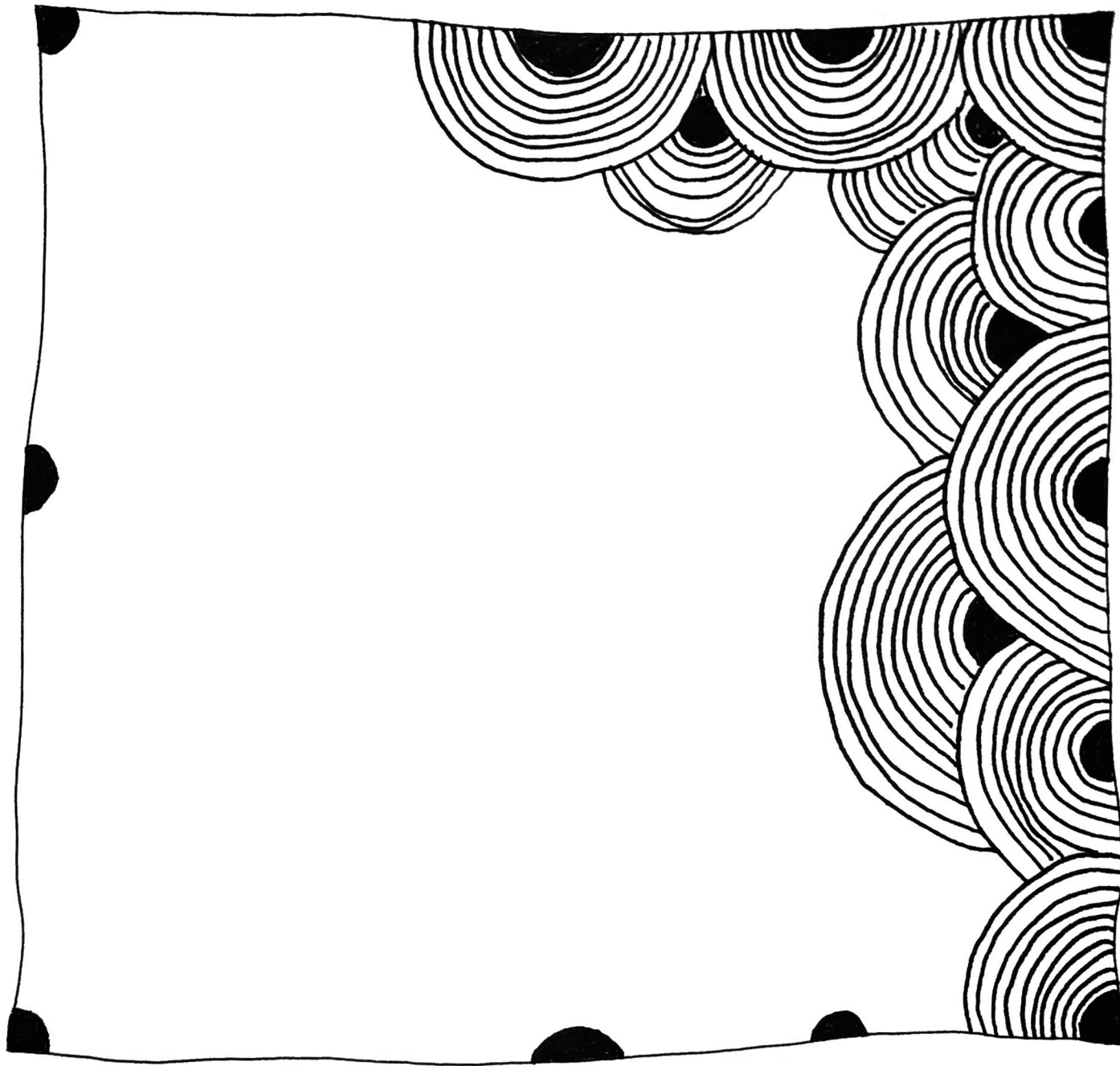


IMINYIKI AYINAMAKHAYA. ZIPHI IZINDLU ZAZO?

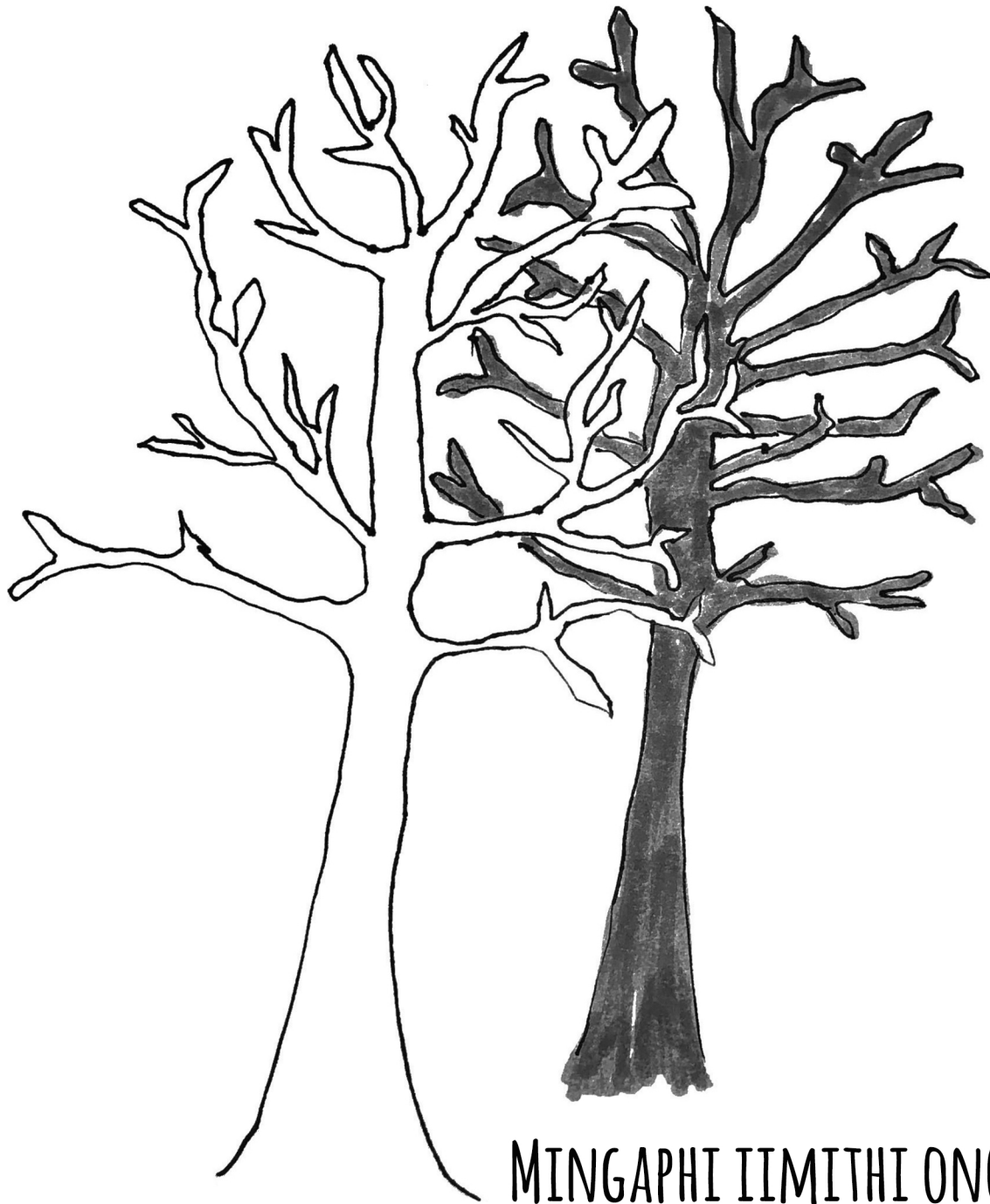
Zoba izindlu zazo.



Ngcwalisa yonke indawo ngemilo eyahlukaneyo.

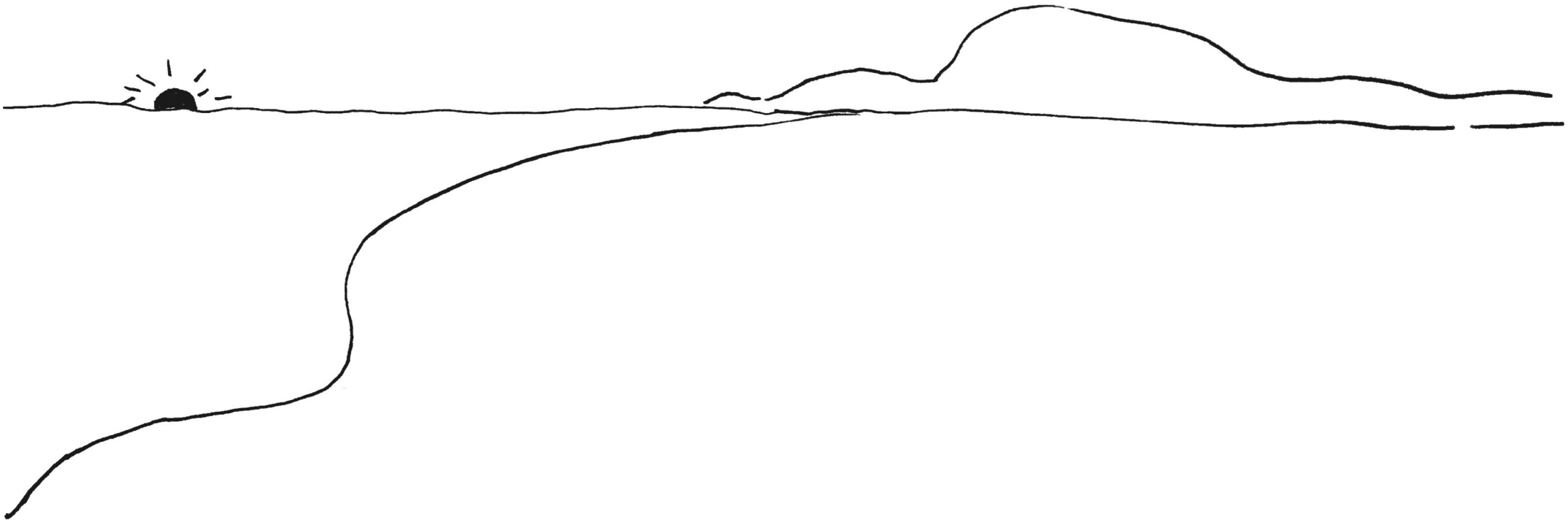


Ndiyenze njani lento? Ungawugqibezela lo mzobo?



MINGAPHI IIMITHI ONOYIFAKELA KWELICWECWE?

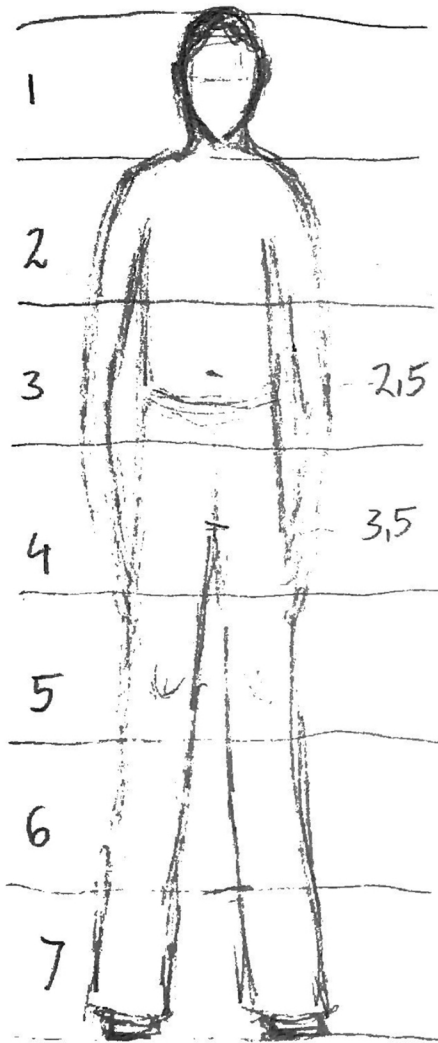
Zoba imithi kangangoko unako, ufake umhlaba, amagqabi nezityalo nezilwanyana.



umlambo uyabaleka, uyabaleka kwaye uyakhula.
umlambo ubalekela emva elwandle.

Zoba lomboniso useleyo.

INDLELA YOKWAHLULA ISITHOMO SABANTU



Isithomo somntu omde silinganiswa ka sixhenxe, nobude bentloko yakhe.

Isithomo somntu omfutshane silinganiswa ka sithandathu nobude be ntloko yakhe.

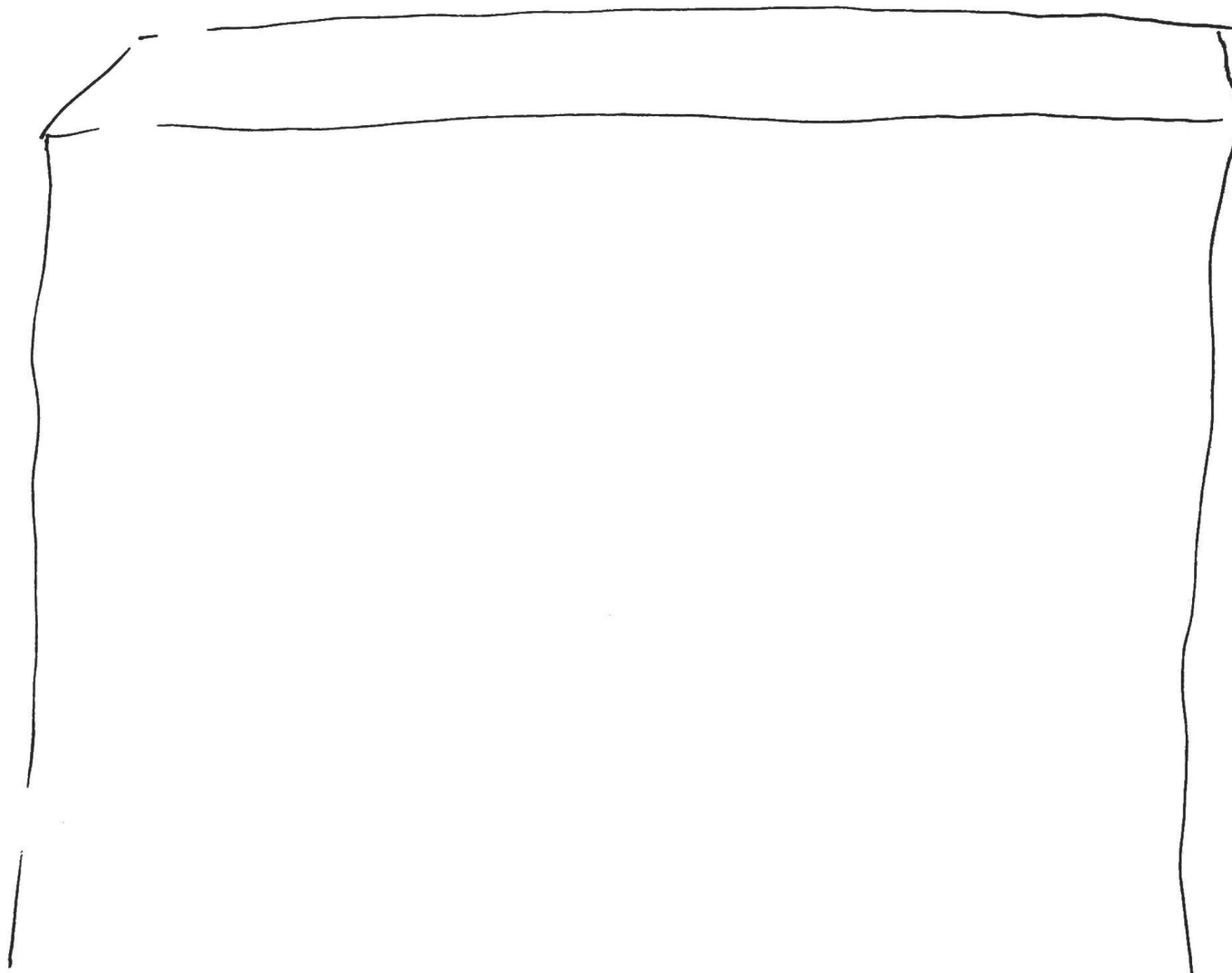
Isithomo somntana silinganiswa kane ukuya kwisithandathu nobude be ntloko yakhe, kuxhomekeka kwi minyaka yakhe.

Zoba usapho.



“Ndikhuselekile, kwaye ndohlala ndikhuselekile.”

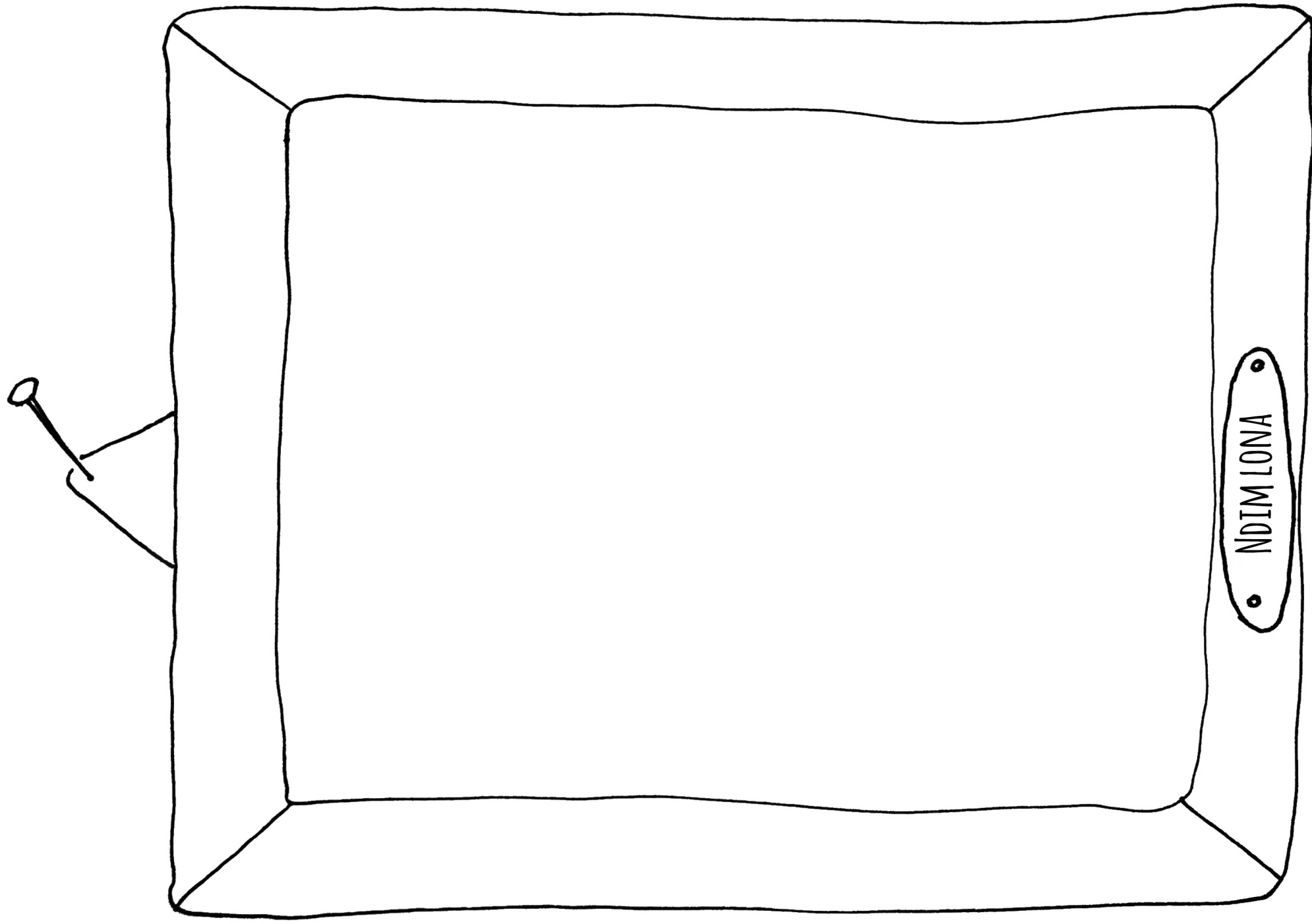
Iyandikhusela ingelosi yam.



NDIYENZE NJANI LENTO?
Ungakwazi ukuqhubeka nalo mzobo.



LAMABHABHATHANE ADINGA IIMPIKO! EZONA ZINKULU!
Zizobe ngokungxamisekileyo!



UKUBA BENDI SISINAMBUZANE... bendízoba nje:



.

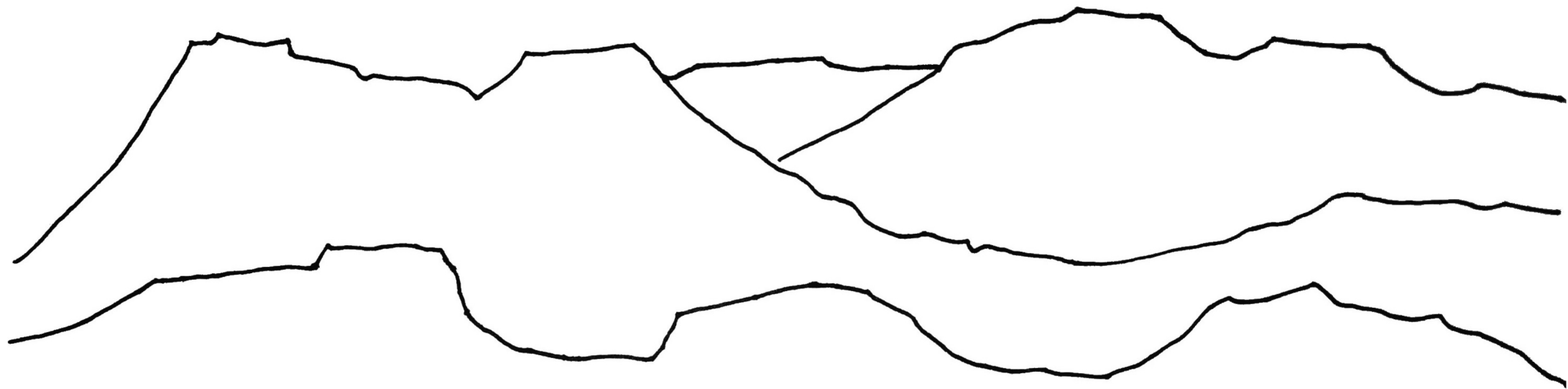
UYAYIBONA LEMBEWANYANA? Ngancedo lakho izokhula kwaye ikhule nengcambu ezomeleleyo. Izokudubula ivele ngaphezu komhlaba. Ikhule igqabi layo lokuqala kwaye ikhule ukuya esibhakabhakeni, phambi koba ikhule amanye amagqabi. Jonga! ibud encinci enombala ongum mangeliso. Ilanga liyavela ibud iqhashumba ibeligqabi elihle lakho wena.

Butterfly Art Project



ZIPHI ZONA?

Zoba phakathi engekhooyo.

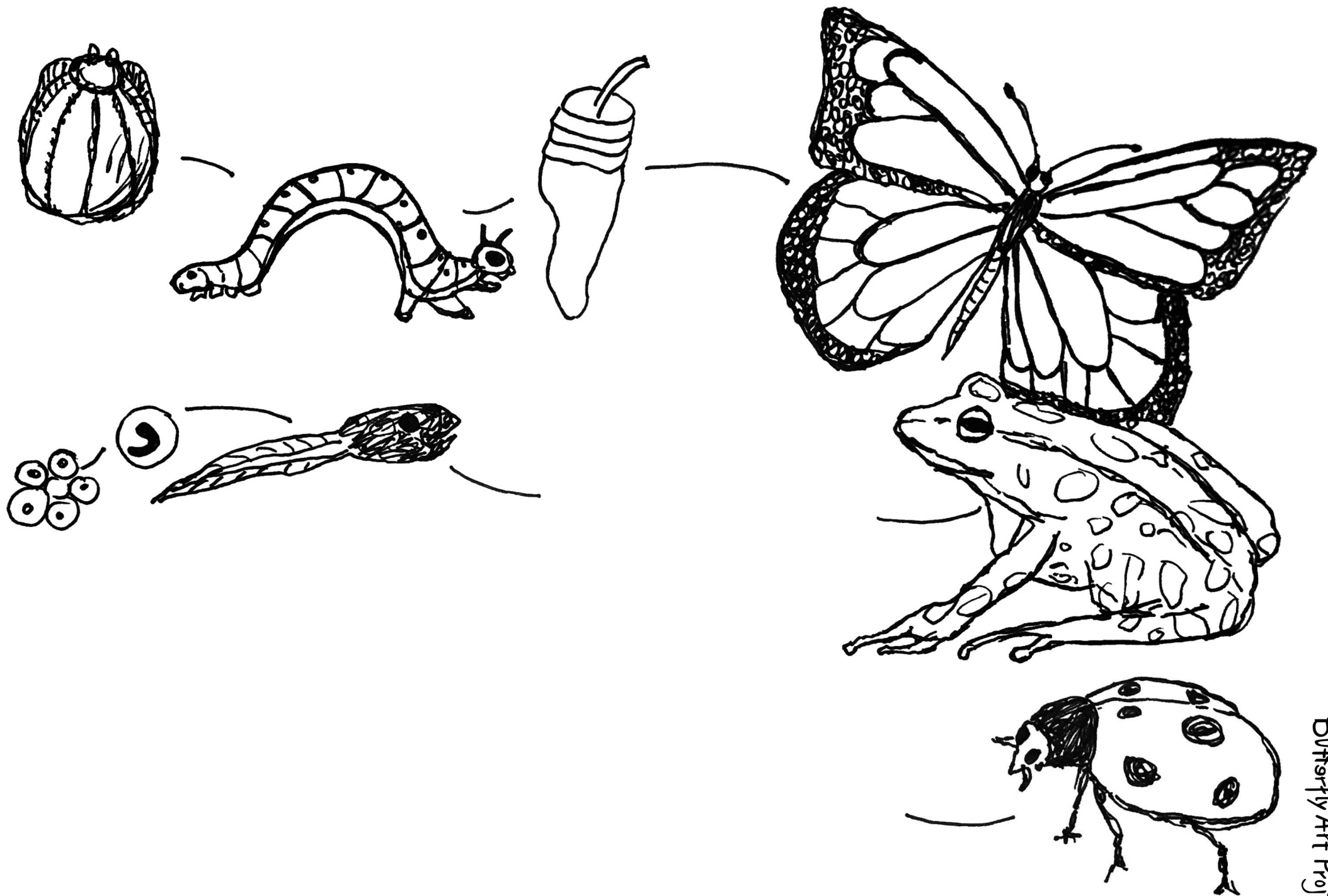


Fakela ezinye iinduli kwintaba, kwaye uyifake imibala.

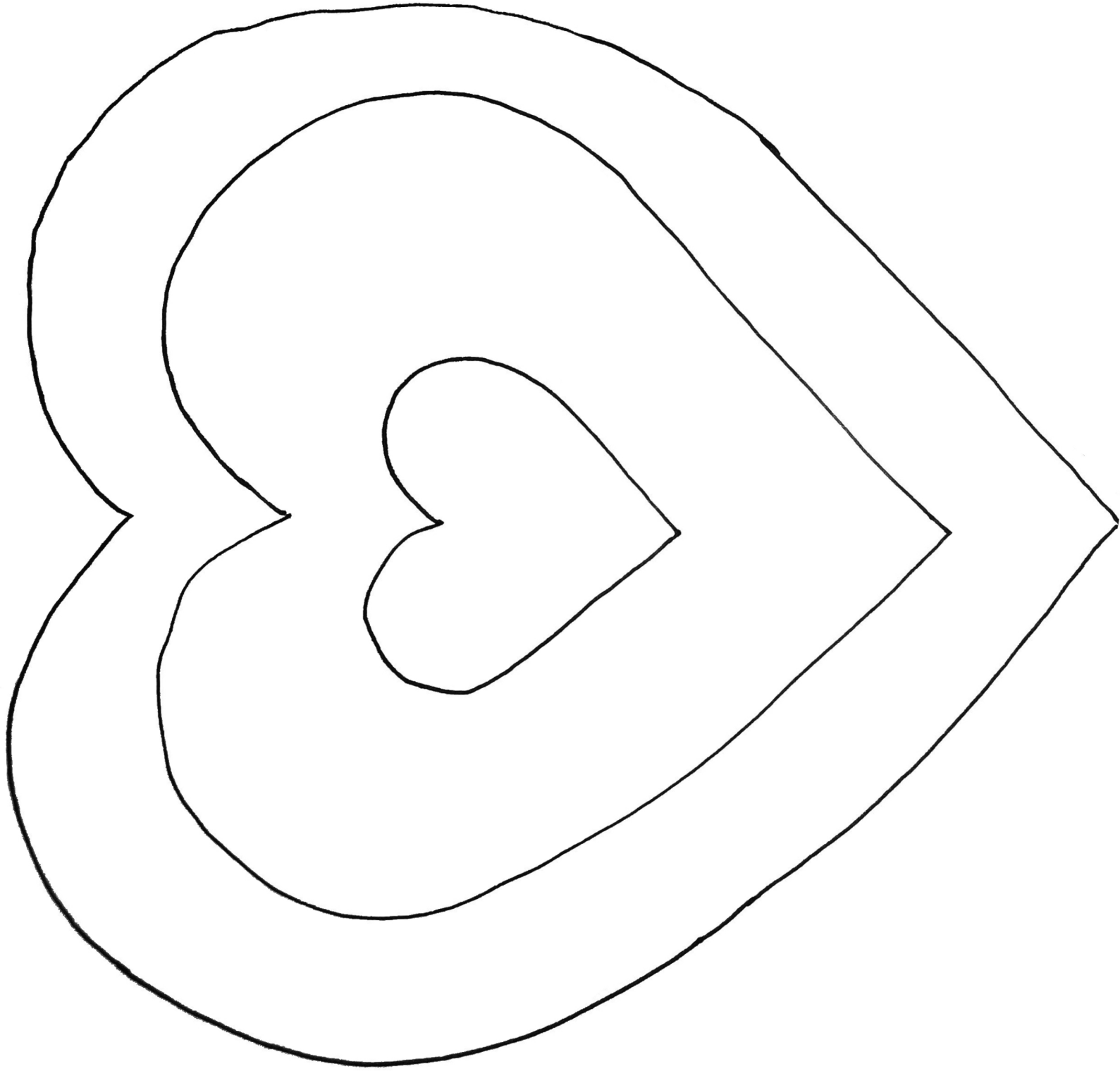
Imibala ibamfiliba xa isiya iba kude.

Imibala yeenduli kwintaba engaphambili izoba dlamka kwaye igqame.

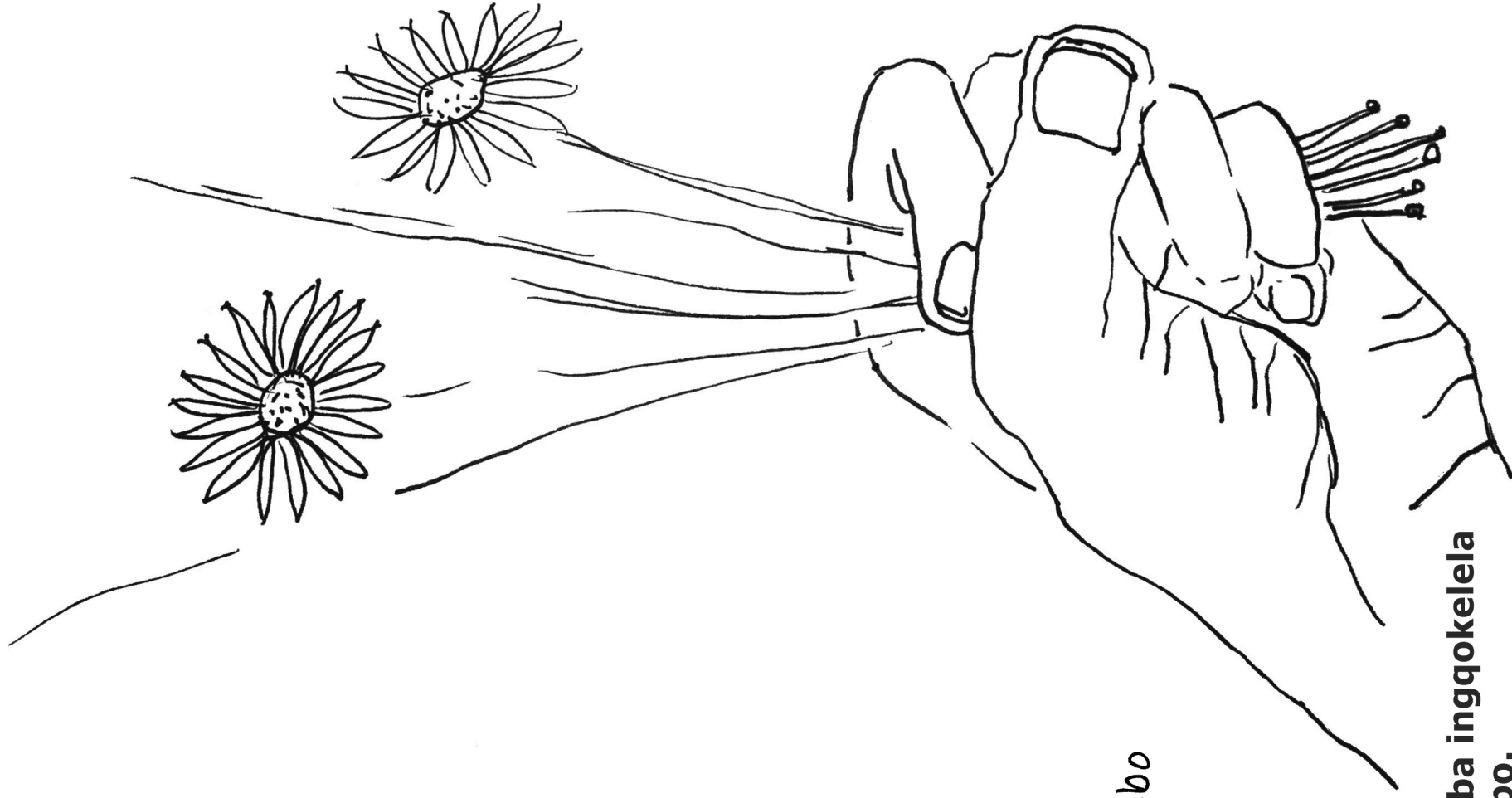
Imibala yenduli izoye inyamalala iye ibamfiliba mpela, ngokuya iba kude.



Qgibezela esisangqa sobomi.



Zoba nangowuphi umbala kwaye nakwintoni na oyithandayo, ngaphakathi kwakunye nasekujikeleni kwentliziyo. Intliziyo yakeho yaphakathi ngeyanaphakade ayitshabalali kwaye iphelele. Intliziyo ephakathi kulapho imvakalelo ikho khona, ukuqumba, ulonwabo, ukonzakala, ukuzithemba, ukudlanka nezinye nezinye. Intliziyo engaphandle ibamba imizwa eyenza unxulumane nelizwe elikungqungileyo, kwaye iyakukhusela.



Intyatyambo
zika

.....

Gqibezela uzoba ingqokelela
yee ntyatyambo.

USUKU LWAM OLUNDIVUYISAYO:

Zoba ngendlela elizoba ngalo.

Ukuhamba ' Emva kwentsasa | Ixesha lesidlo

| |

| |

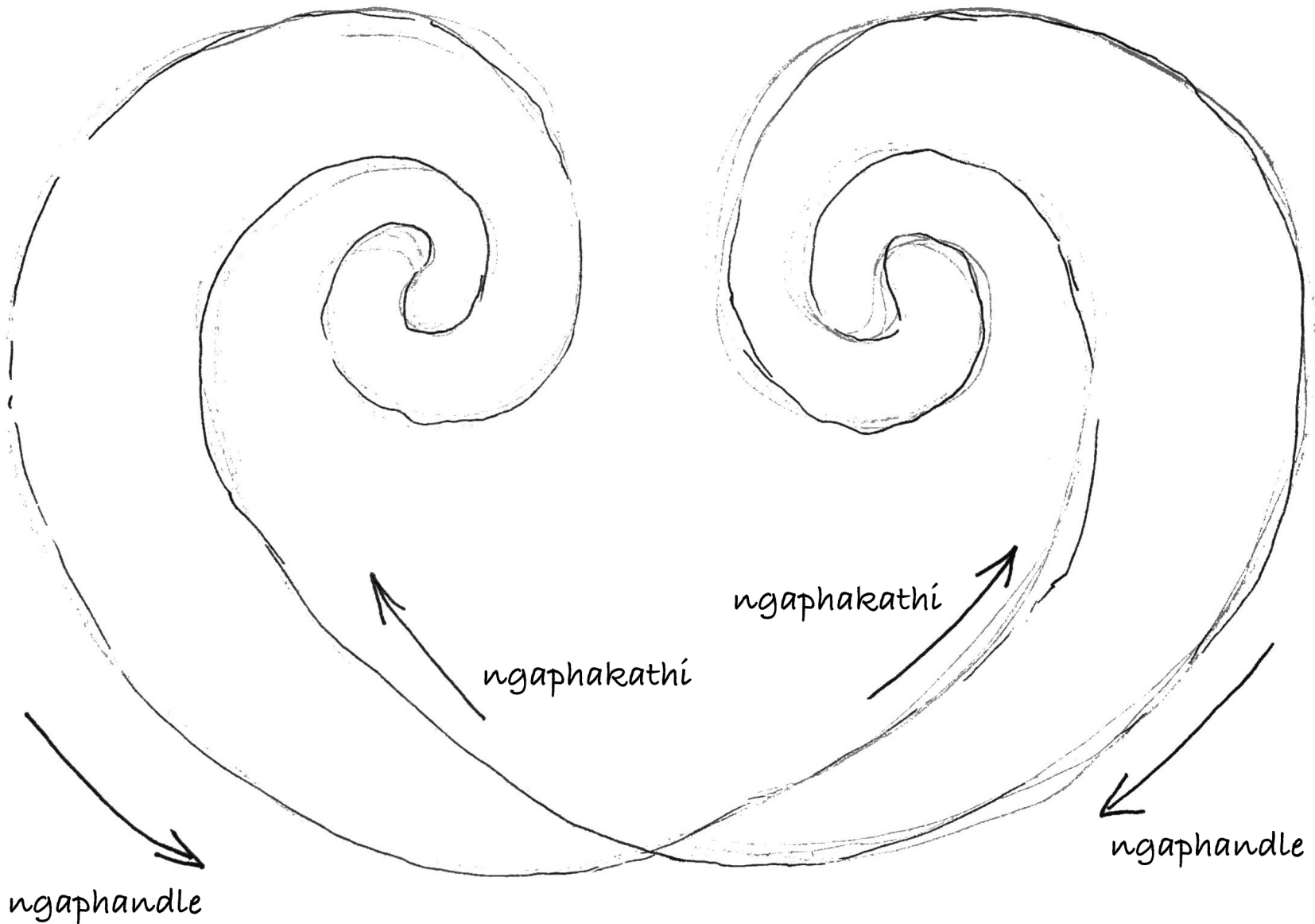
Emva kwemini

Emva kwe Langa

Ixesha loku lala

| |

| |



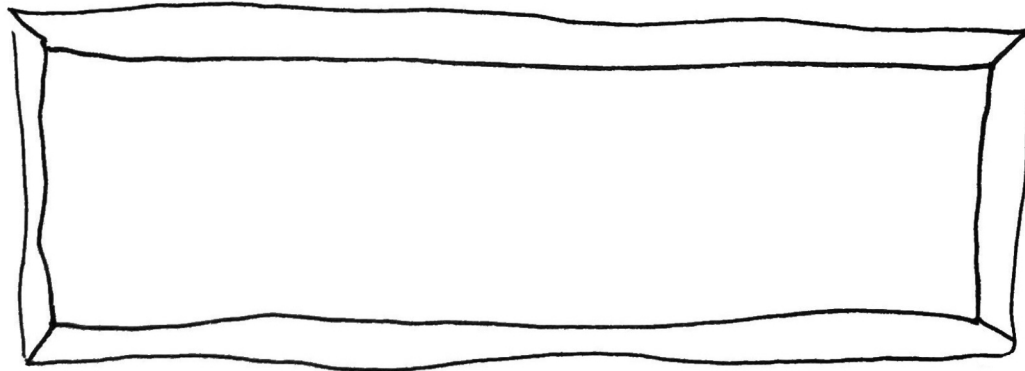
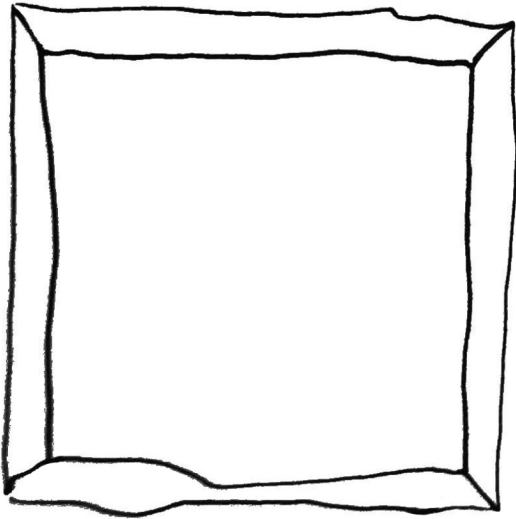
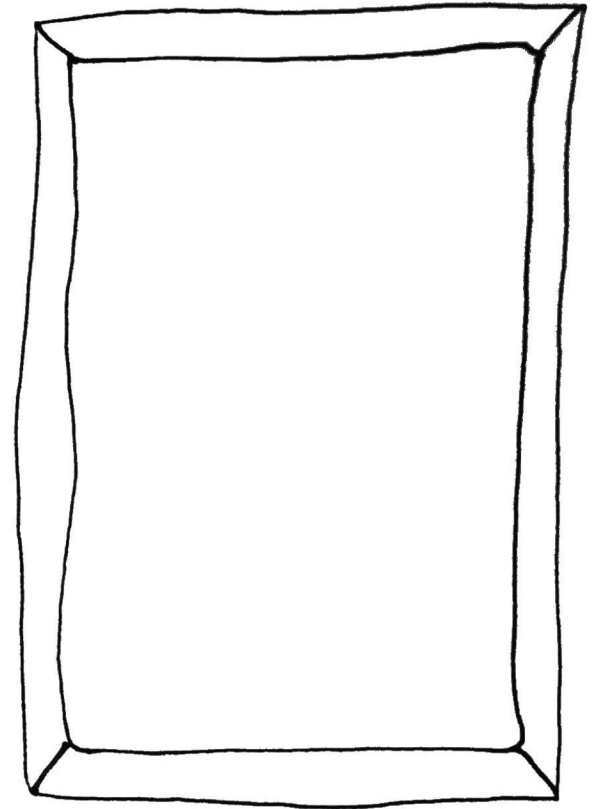
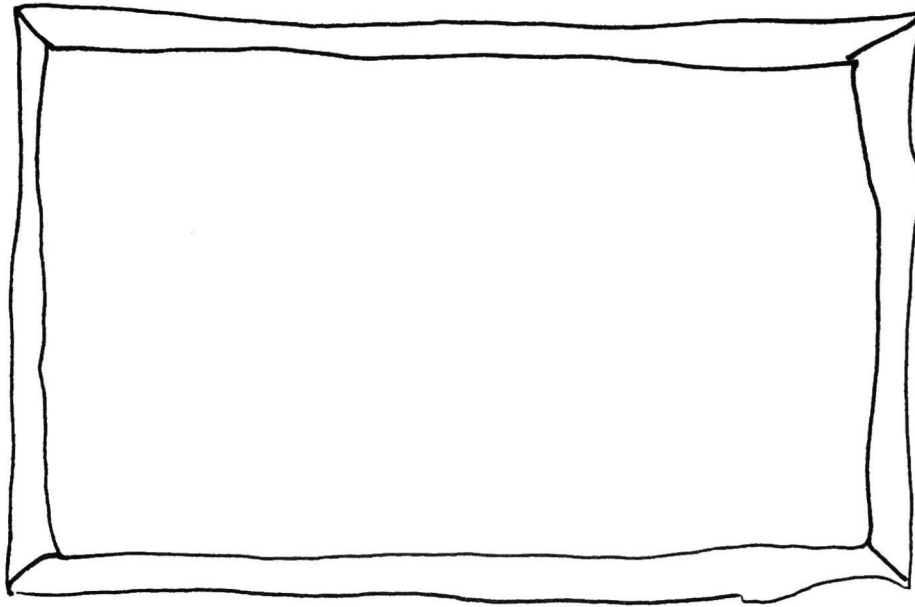
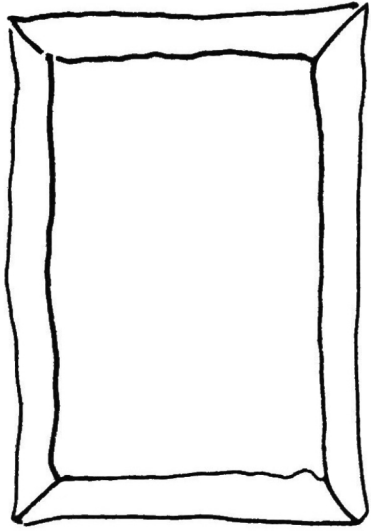
Zoba emoyeni ngalendlela uboniswa ngayo. ukuba uye wanesiyezi yazi ukuba uyakhawulezisa, kungcono wehlise isantya. Yizame ephepheni elikhulu okanye uyizobe emoyeni nge sandla sakho.



Zoba le milo ibe NKULU.

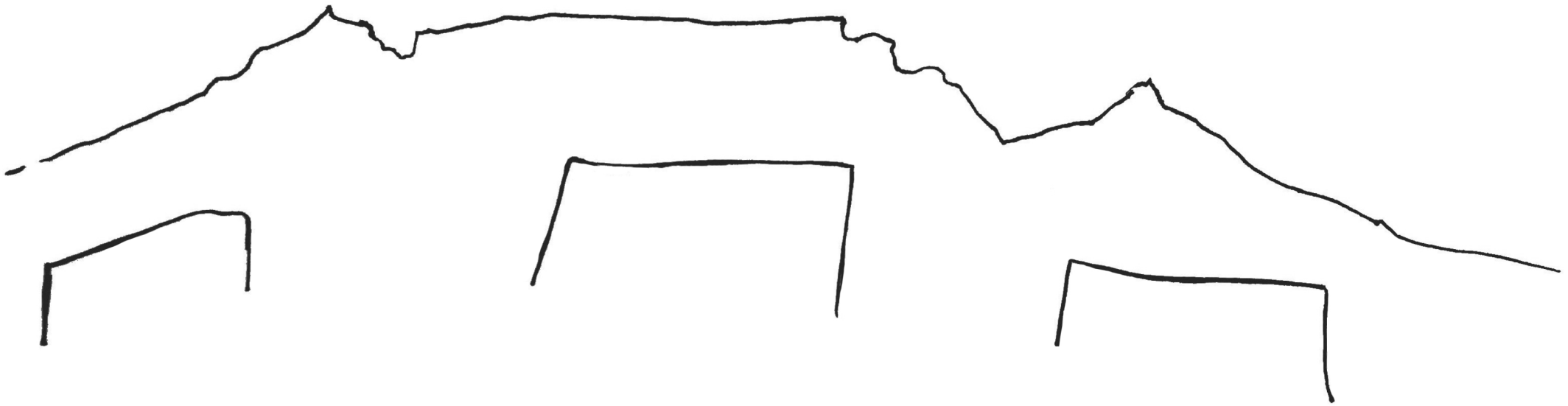
Ngokucotha... kwinyathelo nge nyathelo,
ungakhange uphakamise ipensile.

Zoba izizalwane zakho ozithandayo, kwakunye nabo bangasaphiliyo.

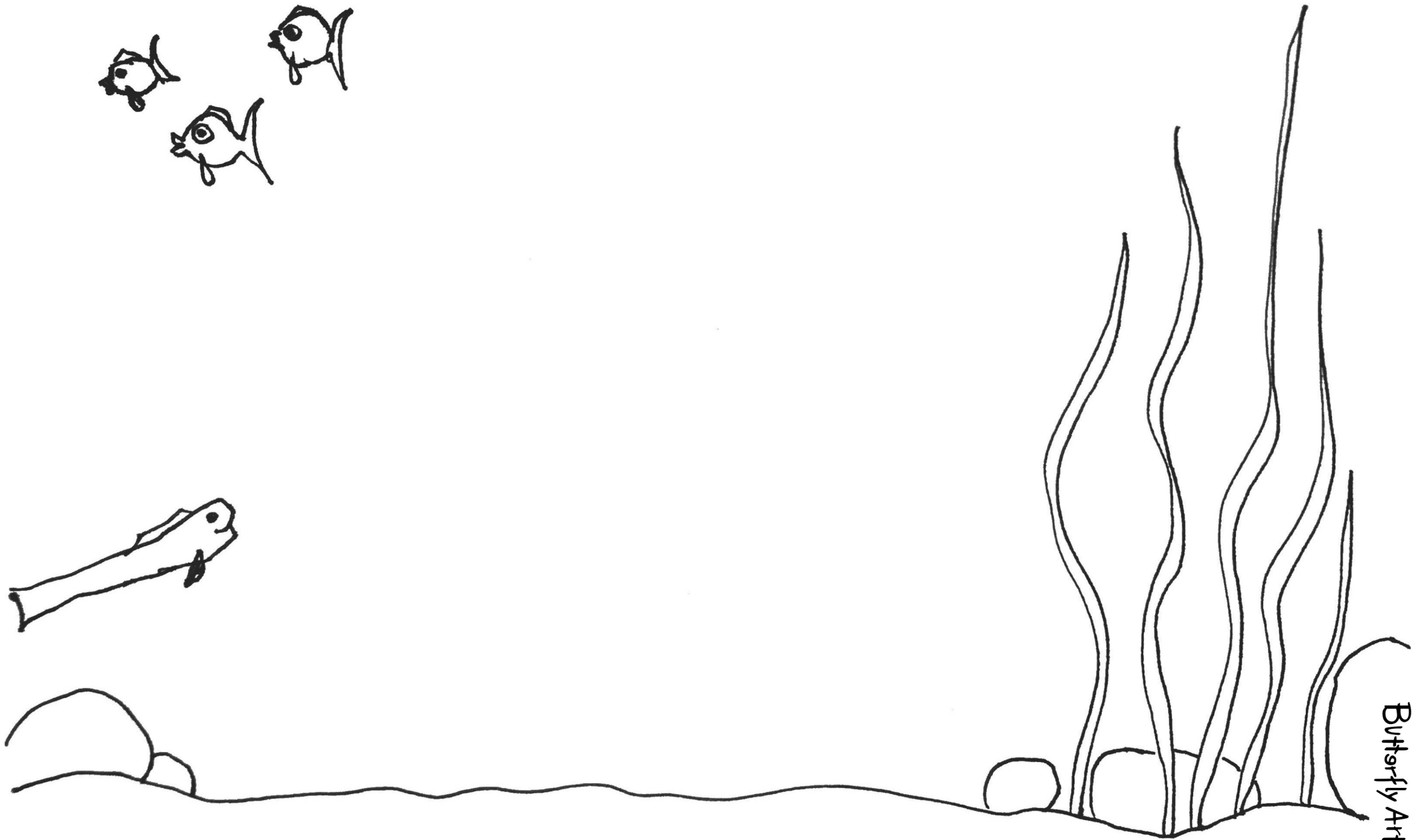




LA NGAMABALA ENGWE, KODWA IPHI YONA INGWE?
Zoba lento ingekhoyo.



ABANTU BASEKUHLALENI
Zoba abamelwane bakho.



UKUBA BENDINGU MAMLAMBO... Bendízojongeka ngoluhlobo: