

...buri bwire bwona obu **TURIKUZOORA EBISYA** hamwe n'OKUHANGAHO ekintu obwo turikwejunisa kyona eki twine hamwe n'ebitwehinguwizize...



...buri bwire bwona obu turikuwira **EKIHIKA** ky'okubuwiriza kwenda kumanya hamwe n'OKUZOORA bingihohaha birikutukwataho nk'abantu hamwe n'abantu batiha...



...buri bwire bwona obu **TURIKUZAANA** kandi **TUKASHEMERWA** obwo turi twenka nainga twine ondiiho muntu...



**OKWEGA**  
nikubaho buri hamwe, obwire bwona kandi n'okwa buri-omwe



OKWEGYERA OMUKA nikushusha ki?

...obwire bwona obu turikuhurira **TURINZIRWE** kandi **TURIKUKUNDWA** n'obu twakuba turikiraba omu bwemeza n'embeera eziguwira



# okwegyera omuka

## Ekipande eki n'ekyoha?

- N'eky'ama againe abaana abaine oburema aha mibiri yaabo hamwe n'abo abatabwine.
- N'ekya buri-omwe – baataata na baamaama, abarezi, abaana, eminyeeto, enyina-emwe, baamaawenkuru na baatatenkuru, baatamento /baamaarimi na baatatenkazi/baamaawento...

## Ekipande eki nikikwata ahari ki?

Nikibaasa kuguma okwega kubaasa kubaho amashomero gaaba gakingire kandi n'abaana bari omuka. Abantu abakuru nibenda kwegyera abaana n'eminyeeto (abantu abato) nk'oku barikwega baaba bari aha mashomero, baitu eki tikyorobi.

Ekipande eki nikyoreka emiringo mingi ei amaka gaatandikire kwejunisa kureebuka ngu abaana n'eminyeeto nibeegyera omuka. Buri muntu weena naabaasa kwejunisa ebiteekateeko bye hamwe n'okuhangahanga kwenda kwombeka n'okwongyera kushemeza emiringo y'okwega egi.

## Ahabw'enki ekipande eki kyakozirwe?

Ekipande nikihwera amaka kwongyera kumanya n'okwetegyereza oku okwegyera omuka kurikubaasa kukorwamu hamwe n'emiringo ei kurikureebekyeramu, oteireho n'oku okwegyera omuka kurikubaasa kuhwera n'okushagika okwegyera ah'eishomero n'omu kyanga kyaitu.

## oku orikubaasa kwejunisa ekipande eki?

- Bamba/hanika ekipande eki aha kisiika ahu buri muntu weena ow'omuka yaanyu arikubaasa kukireeba. Buuzi abaana bakuhwere kucwamu ahu kishemeire kubambwa.
- Reeba aha kipande eki obwire bwona obu orikwendera kukireebaho.
- Teekateeka aha bishushani. Ni bishushani ki ebi orikukira kukunda kureeba?
- Nooreeba ki? Nootekateeka ngu n'enki ekiriyo nikibaho/nikigyenda omumaisho omuri ebyo bishushani?
- Ni biteekateeko ki ebikwatiraine n'okwegyera omuka ebi ekipande eki kirikukuhereza?
- Tihariho bigarukwamu by'ebibuuzo ebi ebihikire nainga ebigwire.

# Ebintu ebi oshemeire kwijukawaaba nooyegyera omuka

okwega nikubaho buri bwire bwona obu TURIKUHURIZANA kandi tukahurikiriza ebintu ebiine amagara hamwe n'ebindi ebitwehinguririize...

- Okuhurizana nikubaho ahagati y'abantu boona, kandi abatari bamwe-na-bamwe. Abantu abakuru nibahurikiriza abaana, abaana nibahurikiriza abantu abakuru, abantu abakuru nibahurikiriza abantu abakuru bataahi baabo, abaana nibahurikiriza abaana bataahi baabo.
- Shaba obuhwezi waaba oine eki otarikwetegyereza. Buri muntu weena naabaasa kukuhwera.
- Tebya ebitebyo orikwejunisa obumanyisa, nk'obwo obukukorwa emikono n'engaro, hamwe n'obukukorwa endeebeka y'ahamaisho nk'okukookootsa ahamaisho, okusheka, okutooreza ekintu nk'emitwarize y'enyaishwa n'ebindi. Reebuka ngu buri omwe naabaasa kukureeba waaba nootebya.
- Hurikiriza ebintu ebiine amagara hamwe n'ebindi ebikwehinguririize – ebinyonyi, enyamaishwa, enjura. Teeraho kukora nari kutooreza amaraka nk'agaabyo.

okwega nikubaho buri bwire bwona obu TURIKUZAANA kandi TUKASHEMERERWA obwo turi twenka nainga twine ondiijo muntu...

- Buriizooba/butoosha, tibatamburamu omu muringo gwona ogu orikubaasa. Zina. Guruka. Yehiringisemu.
- Kora empindahinduka omu mizaano kwenda ngu buri omwe weena abeegaitheo reero nawe ayetabe omuri egyo mizaano. Eki nikibaasa kumanyisa ngu nimwija kuhindura omu biragiro ebitegyeka egyo mizaano nainga okuhindura omu muringo ei erikuzanwamu nainga ei erikukorwamu.
- Hangaho emizaano misya kandi oyegyese abandi okugizaana.
- Waaba ori wenka, noobaasa kuceceka nainga kugira ebi waaba nookora kurugiirira aha ku orikuhurira aha bunaku obwo iwe nk'omuntu.

okwega nikubaho buri bwire bwona obu TURIKUGIRA EKIHKA ky'okubuuririza kwenda kumanya hamwe n'OKUZOORA bingihyo aha birikutukwataho nk'abantu hamwe n'abataahi baitu...

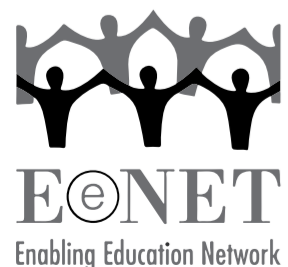
- Gyezaho kukora ekintu kisywa, n'obu kyakuba kigumire aha kubanza (n'obu kyakuba kiine eitandika).
- Mwegyeraneho (buri omwe ayegyere ahari mutaahi we). Sherura omuntu arikubaasa kukwegyera ekintu eki orikwenda kwega.
- Hinga ebyokurya. Reeberera omuti. Gira eki waabaziira. Gira eki waayombeka. Gira eki waahindura kakashemera.
- Buuzi ebibuuzo: N'ahabw'enki eki kirikubaho kiti? Eki nikikora kita? Hakaabaho ki ku naakuhindura eki kintu omu muringo ogu?

okwega nikubaho buri bwire bwona obu TURIKUZOORA EBISYA hamwe n'OKUHANGAHO ekintu obwo turikwejunisa kyona eki twine hamwe n'ebitwehinguririize...

- Yejunise ebikoresibwa ebiriho byona, nk'ecupa ezikuzire, epakiti, obuti n'ebiyondo, kukora ebintu by'emiringo etarikushushana. Buri kintu kyona nikibaasa kwejunisibwa kukuhwera kwega.
- Yejunise ebiteekateeko byawe hamwe n'ebintu ebi oraabone byona kuhangaho ebitebyo. Ebitebyo nibaasa kuba ebyo ebirikukwata aha biriho (nainga ebirabaireho) nainga ebirikukwata aha bitariho (ebitakabaireho) baitu ebi oteekateekire nk'omuntu.
- ana ebitebyo ebi waayeteekateekyera kandi okeekorera. Bagana n'abandi ebitebyo ebi waahangahanga. Tebya, batebeze!
- Shara enyuguta omu bipaketi (pakiti) ebikuzire, reero mpaho okoremu ebigambo.

okwega nikubaho obwire bwona obu turikuhurira TURINZIRWE kandi TURIKUKUNDWA n'obu twakuba turikuraba omu buremeezi n'embeera ezikumire...

- Okuhurira orinzirwe kurungi kandi orikukundwa n'omusingye mukuru gw'okwega, okukura hamwe n'entunguuka. Omuntu weena yaaba ayerarikiire, atarikuhurira arinzirwe kurungi kandi atarikukundwa, nikibaasa kumugumira kwega.
- Buri omwe ate omutima ahari mutaahi we, amureeberere, kandi muherahwerane. Mugirirane embabazi, namunonga omu bunaku obugumire hamwe n'omu mbeera ezitoorobi.
- Okuta omutima aha muntu hamwe n'okureeberera bataahi baawe nikubaho ahagati y'abantu boona kandi n'okwa buri omwe. Abantu abakuru nibata omutima aha baana kandi babareeberera, abaana nibata omutima aha bantu abakuru kandi babareeberera, abantu abakuru nibata omutima aha bantu abakuru bataahi baabo kandi babareeberera, reero n'abaana nabo bata omutima aha baana bataahi baabo kandi babareeberera.
- Buri omwe naayegyera ahari bataahi be kandi atooreza/akopa emitwarize y'abantu abu atwire nabo. Yorekyerera emitwarize ei orikwenda kureeba.



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