



Kwiya a ng'anda

Ino mukamwini cikwankwani eeci nguni?

- Eeci cikwankwani nca **mikwasyi yoonse** ila bana bajisi alimwi abatajisi bulema
- Eeci cikwankwani nca **bantu boonse** - bamamama abamatata, basikulanganya, bana, bakubusi, banabokwabo, bamakaapanyina abamsayaanyinakulu, baaisya a bacizyi babataata ababamaama

Ino cikwankwani eci ncaanzi?

Cilakonzya kutakaza ya zikolo zyakajalwa abana bali ang'anda. Ibapati balayanda kugwasya bana abakubusi kwiya mbuli mbobaiya kucikolo, pele tacili cuuba kucita boobu.

Eeci cikwankwani cilatutondezya nzila zinjanji mikwasyi nzyoibelesya kale kwiya ang'anda. Muntu uuli woonse ulakonzya kubelesya mizeezo yabo beni a maanu aabo kutegewa bayungizye ku nzila eezi zya kwiya.

Ino nkaambo nzi cikwankwani eeci cakapangwa?

Cikwankwani eeci cilagwasya mikwasyi kuziba zinji kujatikizya **kwiya mbokucitika ang'anda** alimwi mbuli kuyila ang'anda mbokukonzya kugwasya kusumpula lwiyo kucikolo alimwi amuciinga coonse.

Mbotukonzya kubelesya cikwankwani eeci?

- Amucibikke cikwankwani abwaanda kutegewa muntu uuli woonse mu mukwasyi kakonzya kucibona. Kamubabuya bana banu kuti basale mpobayanda kuti mucibikke.
- Amulange acikwankwani eeci kufumbwa ciindi.
- Amuyeeye kujatikizya zifwanikiso eezi. Ino ncifwanikiso nzi ncomuyanda kulangalanga kapati?
- Ino mwabona nzi? Muyeeya kuti ncinzi cicitika mu cifwanikiso eeci?
- Ino mizeezo nzi ncocimupa kujatikizya kuyila ang'anda?
- Taakwe bwiinguzi buluzi naa bulubide.

Zintu zyomweelede kuyeeya nomwiya ang'anda

Kwiya kulacitika ciindi coonse **TWASWILLALANA** umwi aumwi akuswiilila buumi butuzingulukide...

- Kuswiilila kulacitika aakati ka bantu boonse. Bapati balaswiilila bana, bana balaswiilila bapati, bapati balaswiilila bapatinyina alimwi bana balaswiilila bananya.
- Amubuzyanye mpomutavwisisiyi zimwi zintu. Muntu uuli woonse ulakonzya kumugwasya.
- Amwaane twaano kubelesya kunyanyaasya mubili ambomuboneka kubusu. Amubone kuti muntu woonse ulakonzya kumubona ciindi nomwaana twano.
- Amuswiilile ku buumi bumizingulukide - bayuni, banyama, amvwula. Amusole kulila na kucita mbuli bayuni, banyama amvula mbozimvwika na kuvvuuma.

Kwiya kulacitika ciindi coonse **NOTUSOBANA** a **KUKKOMANA** notuli tollikke alimwi abeenzuma...

- Buzuba abuzuba, amweendeende mbuli mbomukonzya. Amuzyane. Amusotoke. Amwaalabane ansi.
- Amucinche zisobano kutegewa muntu uuli woonse akonzye kusangana muzisobano eezi. Eci cilakonzya kwaamba kucinca milawo naa kucinca bweende bwacisobano.
- Amubambe zisobano zipya akuyisya bamwi mbobakonzya kuzisobana.
- Nomuli molikke, mulakonzya kuumuna naa kucita milimo kweendelanya ambomulimwva.

Kwiya kulacitika ciindi coonse **NOTUYANDISIYA KUZYIBA** a **KUJANA** zinji zijatikizya ndiswe alimwi aumwi amweenzinyina...

- Amusole kucita cintu cipy, nokuba kuti nciyumu kumatalikilo.
- Amwiye kuzwa kuli umwi amweenzinyina. Amulangaule muntu umwi ukonzya kumuyiisa nzyomuyanda kuzyiba.
- Amulime zyakulya. Amulanganye cisamu. Amubambulule cintu cimwi. Amuyake cintu cimwi. Amucinculule cintu cimwi.
- Amubuze mibuzyo: Ino nkaambo nzi eci ncocicitika? Ino eeci cibeleka buti? Ncinzi cikonzya kicitika ikuti ndacicinca eeci?

Kwiya kulacitika ciindi coonse **TWALIPANGILA** a **KULENGA** cintu kwiinda mukubelesya nzyotujisi mubusena motubede...

- Amubelesye zintu ziganika nkombube, mbuli mabbodela akaindi, zibbokesi, tusamu a bulongo kupanga zintu zinji zyaandeene. Kufumbwa cintu cilakonzya kubelesyegwa kumugwasya kwiya.
- Amubelesye mizeezo yenu azintu nzyomwajana kupanga twaano. Twaano ootu tulakonzya kuba 'twamasimpe' naa 'twakulengeleyza buyo'.
- Amusobane twaano ootu mumizeezo yenu. Amwaabilane aumwi ncaapanga mumuzeezo wakwe. Amwaane kaano aka!
- Amutendulule mabbala kuzwa ku kuzibbokesi zyakaindi akupanga mabala.

Kwiya kulacitika ciindi coonse **KUKWABILILWA** a **KUYANDWA** nokuba kuti twajana buyumuyumu ...

- Kulimwua kukwabililwa a kuyandwa njentalisyo ya kwiya alusumpuko. Kakunyina kulimwua kukwabililwa a kuyandwa inga cakatazya kapati kwiya ku muntu uuli wonse.
- Amukwabililane akugwasyanya umwi aumwi. Amutondezye lubomba kuli umwi aumwi, ikapati muziindi zyabuyumuyumu.
- Kukwabililana kulacitika aakati kaumwi aumwi. Bapati balakwabilila bana, bana balakwabilila bapati, bapati balakwabilila bapatinyina alimwi bana balakwabilila bananya.
- Aumwi muntu ulaiya akulanga mbuli bamwi bantu bamuzungulukide mbobapona. Amutondezye bube mbomuyanda kubona mu bantu bambi