# I LOVE MYSELF
# **NGIYAZITHANDA**

Grade R Companion Activity Pack
**Iphakethe Lemisebenzi Elihambisana Nencwadi Yendaba Yebanga R**

A practical support resource for parents, teachers, caregivers, and homeschooling families.
**Insiza esebenzisekayo yokweseka abazali, othisha, abanakekeli, nemindeni efundisela ekhaya.**



Learning • Feelings • Growing
**Ukufunda • Imizwa • Ukukhula**

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# LOOK CLOSELY AT THE PICTURE: WHAT DO YOU SEE?
# **BHEKA KAHLE ISITHOMBE: UBONANI?**

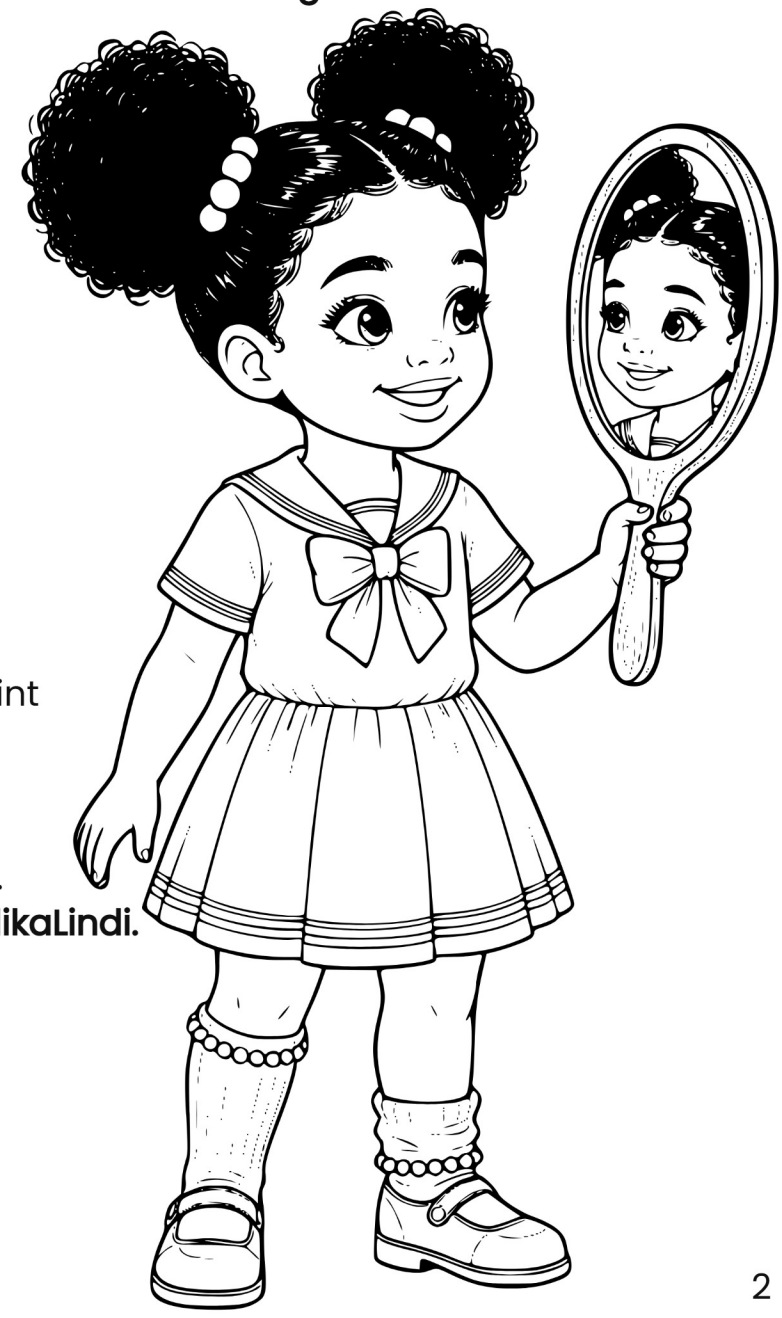
Adult guidance: Allow the child to point and respond to the questions.
**Bhekani isithombe ndawonye. Vumela ingane ikhombe, ikhulume, futhi iphendule imibuzo.**

What is Lindi holding?
**ULindi uphetheni?**

What does Lindi see in the mirror?
**Yini uLindi ayibonayo esibukweni?**

Do you think Lindi feels happy with the way she looks?
**Ucabanga ukuthi uLindi uzizwa ejabule ngendlela abukeka ngayo?**

When you look in the mirror, do you also feel good about yourself?
**Uma uzibuka esibukweni, ingabe nawe uzizwa kahle ngawe?**



Adult guidance: Allow the child to point out the following:
**Isiqondiso sabadala: Vumela ingane ikhombe lokhu okulandelayo:**

Show me the bow on Lindi's dress.
**Ngibonise ifindo leribhoni elokhweni likaLindi.**

Show me Lindi's hair.
**Ngibonise izinwele zikaLindi.**

Show me Lindi's socks.
**Ngibonise amasokisi kaLindi.**

Show me Lindi's shoes.
**Ngibonise izicathulo zikaLindi.**

# MY SELF-LOVE POSE
# UKUMA KWAMI KOKUZITHANDA

Adult guidance: Read each line slowly. Allow the child to copy the movements and end in a strong self-love pose.
**Isiqondiso sabadala: Funda umugqa ngamunye kancane. Vumela ingane ilandele ukunyakaza bese iphetha ngokuma ngokuzithanda.**



Chorus to accompany the movements:

Feet on the floor,
stand up tall.

Shoulders back,
I belong.

Hands on hips,
smile so wide.

I love myself —
with joy and pride!

**Ikhorasi ehambisana nomnyakazo:**

**Izinyawo phansi,**
**ngima ngiqondile.**

**Amahlombe emuva,**
**ngingowalapha.**

**Izandla okhalweni,**
**ngimamatheka kakhulu.**

**Ngiyazithanda —**
**nginenjabulo nokuziqhenya!**

How do you feel when you stand up tall and straight?
**Uzizwa kanjani uma ume uqondile?**

I love myself, just as I am.
**Ngiyazithanda, njengoba nje nginjalo.**

# CHOOSE THE HAPPY FACE
## KHETHA UBUSO OBUJABULILE

Look at the faces and circle the happy face.
**Buka ubuso bese ukokelezela ubuso obujabulile.**



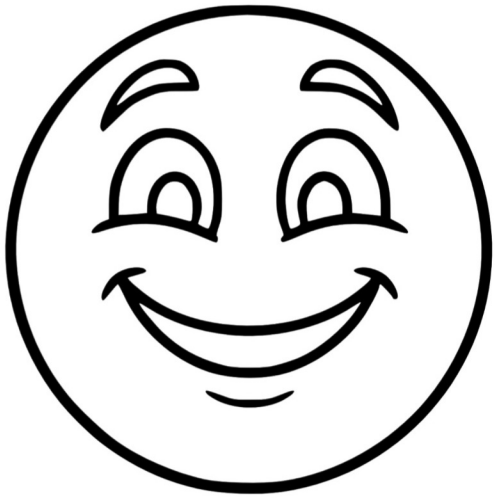
Angry / **Uthukuthele**



Sad / **Udabukile**



Crying / **Uyakhala**



Happy / **Ujabulile**

Point to each face and describe what you see.
**Khomba ubuso ngabunye bese uchaza okubonayo.**

Show me your silly face.
**Ngibonise ubuso bakho obuhlekisayo.**

Do you sometimes feel like crying?
**Ingabe ngezinye izikhathi uzizwa ufuna ukukhala?**

Show me your scared face.
**Ngibonise ubuso bakho obethukile.**

# PRACTISING SELF-LOVE
# UKUZILOLONGA UKUZITHANDA

Use this page to help the child practise kind words with simple body actions.
**Sebenzisa leli khasi ukusiza ingane izijwayeze amazwi anomusa ngezenzo zomzimba ezilula.**




I love myself. — Place both hands on your heart.
**Ngiyazithanda — Beka izandla zombili enhliziyweni yakho.**

I am special. — Stand tall. Shoulders back. Head up.
**Ngikhethekile — Yima uqonde. Amahlombe emuva. Ikhanda phezulu.**

I am loved. — Give yourself a gentle hug.
**Ngiyathandwa — Zange ngobumnene.**

I am enough. — Close your eyes, breathe in, and smile.
**Nganele — Vala amehlo akho, udonse umoya, bese umamatheka.**

*Give yourself a big hug. You are special.*
***Zange kakhulu. Ukhethekile.***

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# CONTINUE THE LEARNING
# QHUBEKA NOKUFUNDA

This activity pack forms part of the *I Love Myself - Ngiyazithanda* learning set.

Use the full set to continue Lindi's learning journey through story, movement, speaking, drawing, feelings, and confidence.

The learning set includes:

- Storybook
- Activity Workbook
- Teacher Guide

**Leli phakethe lemisebenzi liyingxenye yesethi yokufunda ethi *Ngiyazithanda — I Love Myself.***

**Sebenzisa isethi ephelele ukuze uqhubeke nohambo lukaLindi lokufunda ngendaba, ngokunyakaza, ngokukhuluma, ngokudweba, ngemizwa nangokuzethemba.**

**Isethi yokufunda ihlanganisa:**

- **Incwadi Yendaba**
- **Incwadi Yemisebenzi**
- **Umhlahlandlela Kathisha**



CONTINUE THE LEARNING
**QHUBEKA NOKUFUNDA**

Scan the QR code to explore learning resources and activities that accompany the *I Love Myself* collection.
**Skena ikhodi ye-QR ukuze uthole izinsiza zokufunda nemisebenzi ehambisana neqoqo elithi *Ngiyazithanda.***