



REPUBLIC OF MALAWI

MINISTRY OF WOMEN AND CHILD DEVELOPMENT

**NDONDOMEKO YA ALEZI
YAKASAMALIDWE KA ANA
ANG'ONO MMAGULU**

**CARE GIVERS GUIDE
(DRAFT)**

PICTURE

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MAU OTSOGOLERA

Ndondomekoyi lalembedwa ndi cholinga chofuna kupatsa luntha ndi nzeru alezi a wana ang'no ammene angagwirire ntchito yosamala ana mmgaulu omwe atsegulidwa malo osiyanasiyana mMalawi muno. Ndondomekoyi ithandizanso kuti alezi athe kupatsa ana chisamaliro choyenera ndi chokwanira komanso kuwaphunzitsa zinthu zoyenera malingana ndi nsinkhu wawo powathandiza kuti akule bwino. Bukuli lithandizanso alezi kuzindikira njira zophunzitsira wana komanso kumvetsetsa kufunikira kophunzira kupyolera mmasewera.

Ntchito yolembe ndondomekoyi ndi imodzi mwa ntchito zankhaninkhani zimene Boma La Malawi kupyolera mu Unduna Woono Chisamaliro Cha Akazi Ndi Ana (Ministry of Women and Child Development) mothandizidwa ndi Bungwe Loona Chisamaliro Cha Ana Padziko Lapansi (UNICEF), pamodzi ndi gulu la Mgwirizano Wa Mabungwe Osamala Ana (National ECD Network). Ndondomekoyi yakonzedwa ndi cholinga chopereka chisamaliro chokwanira kwa ang'onoang'ono amene ali ovutika munjira zosiyanasiyana, monga ana amasisiye, ochokera mabanja osauka, ana olumala, ana oyendayenda, ana amene ali osokonezeka maganizo ndi nzeru, ana othawa nkhondo, ndi ana ena ovutika. Chisamaliro cha ana amenewa ndichofunika kuti chipite patsogolo chifukwa ana osowa chithandizochi ndi ochuluka kwambiri. Chochitisa chisoni ndichakuti chikhalidwe chathu chosamala ana pachibale chikuchepa chifukwa chakukula kwa umphawi ndikusintha kwa chikhalidwe.

Unduna Woono Chisamaliro Cha Akazi Ndi Ana ukufuna kulimbikisa alezi ndi makolo kugwirisa ntchito ndondomekoyi chifukwa ili ndizonse zofunikira posamala ndi kutakasula moyo wa mwana wamng'ono. Ndondomeko Ya Aleziyi yalembedwa kuchokera mmabuku akasamalidwe ka ana ang'ono: ECD Syllabus, ECD Curriculum, ECD Basic Training Manual, ECD Programme Document, Parents and Caregivers Guide, Operational Guidelines and Accreditation System for ECD, ndinso CBCC Profile. Cholinga chamabuku onsewa ndikupitisa patsolo chisamaliro cha ana ang'ono. Mabukuwa akupereka utsogoleri wabwino kwa anthu amene akuyendesa ntchito yosamala ana muno mMalawi. Choncho Ndondomeko Ya Alezi ikupereka muuni kwa alezi mmene angasamalire ana pogwirisa ntchito luntha ndi nzeru zonse zimene zikuperekwa mmabuku amenewa.

Pofuna kuti cholinga cha Ndondomeko Ya Aleziyi imveke bwino kukhuli lagawidwa mwandondomeko motere:

1. Zolinga za magulu a wana/ sukulu zawana ang'ono
2. Msinkhu woyenera kupita kumagulu a wana
3. Zomuyenera mulezi wosamala ana mmagulu
4. Njira zosamalirira ndi kutakasulira ana mmagulu
5. Kakonzedwe ka malo osamalirira ndi kutakasula ana
6. Zipangizo zoyenera mmalo osamalirira ndi kutakasul ana
 - a) Malo ndi zipangizo a zomangamanga
 - b) Malo ndi zipangizo a zachilengedwe

- c) Malo ndi zipangizo a zamasanje/ masewero oyerekeza
 - d) Malo ndi zipangizo a zoyimba ndi zovinavina
 - e) Malo ndi zipangizo a zachikhalidwe ndi miyambo yabwino yamakolo
 - f) Malo ndi zipangizo a zogwiragwira ndi manja (manipulative)
 - g) Malo ndi zipangizo a malo osewera panja pakasi (Outdoor play area)
7. Kasewedwe ndi ana mmagulu
 8. Ndondomeko yatsiku ndi tsiku
 9. Kulandira ana kumalo osamalira ana ang'ono : katemela, kalemba
 10. Kukonzekera kusamala ana mmagulu
 11. Ndondomeko yasaba yakasamlidwe ka ana
 12. Kunena nthano ndi ana
 13. Kukonzekera kuchita zinthu zosiyanasiyana
 14. Kuanikiridwe ka ana mmene akukulira
 15. Zomwe ana angathe kuchita pamisinkhu yosiyanasiyana
 16. Kuona mabuku amene agwiridwa ntchito polemba bdondokoyi.

Poyang'anira nkhani ya kasamaliridwe ka ana ang'ono, boma likufuna kuti liganizire kwambiri mabanja ndi malo momwe mumasamalidwa ana, ndipo pambuyo pake anthu ena onse akhudzidwe. Pali chikhulupiro cha kuti munthu aliyense payekha, mabungwe omwe sali aboma, mabungwe ndi magulu ena onse atenge ndi kugwirisa ntchito ndondomekoyi ndi mosakaika. Ndi njira imeneyi, pali chikhulupiro chakuti ana athu azalandira chisamaliro chokwanira, komanso kuti tizindikira kuti udindo wosamalira ana uli m'manja mwathu.

Ndondomeko imene yalembedwayi ndi chitsimikizo chakuti chisamaliro cha mwana nchokomera ndi nchopindindulira mwana aliyense wa m'Malawi. Ndi ndondomeko yomwe yalembedwayi, chili chonse chokhudza mwana monga moyo, chisamaliro, kukula ndiponso chitukuko cha mwana zidzayenera kuganiziridwa pofuna kuti tsogolo la dziko lino la Malawi lipite patsogolo. Tiyeni tiligwirise ntchito bukuli pofuna kuthesa mavuto awana ndinso kuwatakasula kuti akule bwino.

K. K. Kaluluma
NDUNA WOONA CHISAMALIRO CHA AKAZI NDI ANA

MAU OTHOKOZA

A unduna woyang'anira kuti pasamakhale kusiyana pakati pa amayi ndi abambo ndi chitukuko akuthokoza anthu amene alembedwa mmunsiwa chifukwa chodzipereka kulemba bukuli.

Tikuthokozanso a bungwe la UNICEF pachithandizo chomwe apereka kuti bukuli lichulukitsidwe.

Amene adalemba bukuli ndi:

1. Chalizamudzi Elizabeth Matola, UNICEF CBCC Consultant, Early Childhood Specialist.
2. Lois silo, Lecturer in Early Childhood Education, University of Malawi, Chancellor College, Zomba. Early Childhood Expert
3. Mary Christina Padambo, Executive Director Association of Preschool Playgroups in Malawi, Early Childhood Expert.
4. Francis R.W. Chalamanda, National ECD Coordinator, Ministry of Women and Child Development, Lilongwe, Malawi.
5. Mary Phiri, Director of Chirunga ECD Center, Chancellor College, Zomba, Malawi.

1.0 ZOLINGA ZA MAGULU A WANA/ SUKULU ZAWANA ANG'ONO

Zolinga cha bukuli ndi izi:

- Kukhazikitsa maziko a moyo wake wonse wamwana
- Kuthandiza ana kuti akule bwino munzeru, mmakhalidwe, munsinkhu/ngakhalenso muuzimu.
- Kuthandiza ana kuti akule ndi moyo wathanzi
- Kuwonjezera nzeru zawana kuti akhale okonda ndikudziwa anthu komanso zinthu zowazungulira iwo.
- Kuthandiza ana kuti akule ndi kukhala ndi makhalidwe abwino kuti adzakhale anthu otheka kukhala ndi anthu ena.
- Kumukonzera mwana kuphunzira kwamtsogolo pazinthu zofunika poganiza, poyankhula ngakhalenso kufotokoza, kuyimba ndiponso kuwerenga manambala ndimalemba.
- Kuzoloweza mwana kukhala wodzilimbira yekha ndikukhala wodalilika.
- Kuzindikira zovuta/zosowa zamwana adakali wang'ono ndikumuthandiza moyenera.
- Kuteteza ana kunkhanza zosiyanasiyana.
- Kuthandiza makolo kuti akhale ndi luso loyenera posamalira ana.
- Kuthandiza ana kuzindikira kufunikira kwa chikhalidwe chamakolo awo
- Kupereka chidwi ndi luntha kwa abambo ndi anthu akumudzi pa ntchito yosamala ana ang'ono.

2.0 KUTANTHAUZIRA MAWU:

Ndondomekoyi ikhala yathanthauzo alezi atamvesa mau amuchizungu okhuza kusamalira ana angono. Mawu ofunika kuti awaziwe bwino ndi awa:

- Early Childhood Development
- Early Stimulation
- Early Learning
- Early Care

a) Early:

Liwu loti early lthanthauza kuyambirira, ndipo likuthanthauza kumayambiriro a moyo wa munthu, kuyambira pamene mayi ali ndi pakati (0) mpaka zaka zisanu ndi zitztzu (8).

b) Childhood:

Liwu loti childhood lithanthauza umwana, ena amati chibwana, ndipo likuthanthauza nthawi kuyambira pamene mayi ali ndi pakati, mwana wabadwa mpaka atafika zaka mpaka zaka zisanu ndi zitztzu (8). Iyi ndi nyengo imene mwana akukula mofumira mu bongo, thupi, chikhalidwe ndi muunzimu, choncho amasowa kumusamala mokwanira.

Alezi ena amasangalala kutanthauzira childhood kunena kuti ndi ubwana (mphamzu ndi ulemerero wa mwana), chifukwa mwana ndi mtsogoleri wathu (follow the child's lead/ child focused learning) pamene tikumusamalira. Tsono alezi simabwana koma mwanayo ndiye bwana, ndichifukwa chake akumasulira Childhood kuthanthauza ubwana. Mawu oti ubwana amathauziridwa monyozza kuti kusakhwima mchikhalidwe.

c) Development:

Liwu loti development litanthauza kukula, kusintha, kutakasuka kwa mwana kuyambira umunthu waung'ono, wophweka kusintha kufikira umunthu waukulu, kukhwima mmaganizo, chikhalidwe, ziwalo ndi kachidwe ka zinthu. Liwu limene alezi ambiriamakonda kugwirisa ntchito ndi kutakasuka, Pamene tikumusamala bwino, tikumutakasula kuti amasuke mu mu nzeru, thupi, chikhalidwe, mwambo ndi uzimu.

c) Stimulation:

Liwu loti stimulation likuimiliranso mau oti development, kutakasula, kunmasula, kuchangamusa ndi kugwedeza kuti zabwino zichitike. Stimulation ndizimene timachita kwamwana kuti atakasuke, achite develop. Timamutasula mwana pomudyesa moyenerera, kumulankhula, kusewera naye, kumusekerera, kumuyimbira nyimbo, kuwonesa chikondi, kusewera naye, kumupatsa zosewera, ndi kumuzindikirisa kuti iye ndiwofunikira ndipo atha kuchita zinthu zabwini ndi zopambana zambiri.

d) Learning:

Liwu loti learning likuthanthauza kuphunzira, kusunga ndi kuzaniza zinthu ndi mmutu kapena mmaganizo. Learning ndi mbali ina ya stimulation, mwana amaphunzira pogwirisa ntchito bongo, thupi, ziwalo, chikhalidwe ndi uzimu. Kuphunzira kupyolera kapena kupitirira nzeru, mwana amaphunzira mu umunthu wake wonse.

e) Care:

Liwu loti care litanthauza kusamala, kuchengeta,ndi kupereka zofunira kwa mwana: chakudya, chovala, malo, mankhwala, chofunda, chikondi, kumupatsa mwayi wosewela, malangizo ndi zina zofunikira pa umunthu wake. Mwana aliyense amafunika chisamaliro, koma pali ana ena amafuna chisamaliro chokwanira kuti akule bwino chifukwa chosowa womusala. Ana otere masowa chisamaliro chpadera.

f) Early Childhood Development:

Mawu oti Early Child Development akuthanthauza chisamaliro choyambirira chimene mulezi kapena makolo amapereka kwa mwana kuti atakasuke mokwanira muumunthu wake wonse. Alezi ali ndi undindo wosamlira ana onse amene ali munyengo imeneyi, pakati mpaka zaka 8.

- Pakati mpaka kubadwa: **kulangiza amayi ndi abambo** kusamala mwana amene sanabadweyo, kupita kusilo, kulandira katemera, kudya

moyenerera, kupuma, kudzisamala ndi kusamalana, kukondana ndikuchosa nkhawa.

- Kubadwa mpaka zaka ziwiri: **kulangiza amayi ndi abambo** kusamala mwanayo, kupita kusilo, kulandira katemera, kudya moyenerera, ukhondo, kudzisamala ndi kusamalana, kukondana ndikuchosa nkhawa, kumulankhula, kusewera naye, kumupatsa nthawi yosewela, ndi kuthamangira naye kuchipatala akadwala.
- Zaka ziwiri mpaka zaka zisanu: kusamala mwana ku Malo Osamalira Ana, **CBCC center**, kumene amakasewera, kudya, kuphunzira, kuyerekeza, kufufuza, ndi kukhwima munzeru, thipi, chikhalidwe ndi uzimu.
- Zaka 6 mpaka 8: **kulangiza makolo ndi aphunzisi kumuthandiza mwana** kukhazukuka bwino ku Sukulu ya Pulaimale. Kuluzanisa zimene amaphunzira kumagulu wa wana ang'no ndi za kupulaimale.

Ndichithu chofunikira kuti alezi mavetse mawu amenewa kuti athe kutsatira bwino Ndondomeko Ya Aleziyi.

3.0 MSINKHU WOYENERA KUPITA KUMAGULU A WANA

Kumagulu a wana kuyenera kubwera ana a zaka zoyambira zitatu mpaka zisanu. Ana ochepera zaka zitatu amasalidwa bwino ndi makolo awo moyenera ndi mwachikondi. Koma chifukwa cha umasiye komanso kutanganidwa kwa makolo ndi alezi osiyanasiyana, kumaguluwa kumapezeka ana azaka zochepera zitatu. Pachifukwa ichi alezi am'magulu awana ayenera kukhala ndi luso losamalira ngakhale ana ochepera msinkhu. Amayi oyembekezera ndinso oyamwisa amapezako mwayi wa uphungu ndi chisamaliro cha mwana amene akumusamalayo.

3.0 ZOMUYENEREZA MLEZI

Mlezi amatenga udindo wamakolo chomwecho ayenera kudziwa bwino zakusamalira ana amisinkhu yonse. Ayenera kudziwanso kwawo Kwa mwana aliyense ndi zovuta zake pochita mgwirizano wabwino ndi makolo kuti athandizane pakakulidwe kawana awo.

Ayenera kukhala wodzipereka, wokonda ntchito yake komanso womvetsa zokonda komanso mavuto amwana aliyense. Akhale wachikondi ndi ana komanso ogwira nawo ntchito limodzi. Akhale waluso, woleza mtima, wachifundo, wachimwemwe, opirira osakondera, wokhulupirika, wachangu komanso waukhondo. Ayeneranso kukhala wathanzi mthupi ngakhalenso mmalingaliro ake kuti athe kusamalira bwino ana amisinkhu yonse.

3.1 UDINDO WAMLEZI PAMENE ANA AKUSEWERA/KUGULU LA WANA

- Kusamalira ana
- Kupeza komanso kupanga zoseweretsa
- Kuonetsetsa kuti mwana aliyense akuchita nawo ndipo akupindula
- Kufunsa ana mafunso pamene akusewera
- Kuwonjezera zoseweretsa pamene ana akusewera
- Kulumikizana ndi makolo pakakulidwe kamwana komanso mmene akuchitira
- Kupangitsa masewera kukhala osangalatsa
- Kutsogolera ana
- Kuphunzitsa ana makhalidwe abwino pokhala chitsanzo chabwino
- Kuzindikira zosowa za wana onse ndikuwathandiza moyenera.
- Kulimbikitsa ana kuti adzilankhula powafunsa mafunso
- Kupereka nthawi yokwanira yamasewera
- Kusinthasinth masewera ndi zosewerera.
- Kusamalira malo a wana komanso zosewerera.
- Kuwonetsetsa kuti ana onse akukula athanzi komanso ndi makhalidwe abwino.
- Kusewera ndi ana
- Kuwawonesa zinthu zochitisa chidwi zomwe zawazungulira

3.2 UDINDO WAMAKOLO

Makolo ali ndi udindo waukulu pa ntchito yosamala ana ang'ono. Udindo wamakolo sumatha pamene ana atumizidwa kumalo osamalira ana. Choncho makolo ayenera kuchita izi:

- Kuonetsetsa kuti ana awo akupita kugulu la wana tsiku ndi tsiku
- Kuthandizana ndi mlezi pakakulidwe kawana awo
- Kuonetsetsa kuti ana awo akukula athanzi
- Kupeza zakudya za wana ndi zosowa zina zapamalo a wana.
- Kupeza zoseweretsa za ana
- Kuthandiza ntchito zakugulu la wana
- Kumanga malo ophunzirira
- Kupereka maganizo awo pazomwe ana ayenera kuchita
- Kuchita misonkhano yopititsira mtsogolo gulu lawana awo
- Kuwasambisa ana asanapite kumagulu osamalira ana
- Kudyesa ana mokwanira ndi chakudya choyenerera
- Kuwatengera ana kuchipatala akadwala
- Kulangiza ana zachikhalidwe chawo choyenerera

4.0 NJIRA ZOPHUNZITSIRA ANA

Pali njira zambiri zimene alezi ayenera kutsatira pogwira ntchito yawo. Yina mwanjirazi imodzi yoyenera komanso yodalilika ndi yosavuta/yophweka ndiyo yogwiritsa ntchito masewera. Ndichilengedwe chawana kuti adzisewera. Kusewera ndi chinthu chomwe ana amachita mwakufuna kwao. Posewera ana amawonetsa

kusangalala komanso amaphunzira zinthu zosiyanasiyana mosavuta komanso mwansanga. Pogwiritsa ntchito njirayi ana apatsidwe mwayi wosewera ndi zipangizo zosiyanasiyana. Njira zina zosamalilira ana ndikutakasula umunthu wao nazi: kuyerekeza, kuwapasa chakudya choyenerera, kuwaphunzisa makhalidwe abwino ndi oyenerera, kuwona ndi kusatira zochitika, kupemphera nawo limodzi, kuyendera malo ochitisa chidwi, ndi njira zina. Njira zina zomwe mungagwiritse ntchito ndi izi:

- Kufunsa ndi kuyankha mafunso
- Kuwapatsa ana mpata wochita zinthu kuti akhale aluso
- Kuwapatsa mpata wosewera ndi ana anzawo
- Kuwaonetsa ana zinthu zachilengedwe zomwe zawazungulira.
- Kuchita zinthu mobwerezabwereza
- Kuwapatsa ana mpata wokonza zinthu zomwe alakwitsa.
- Kusonyeza zitsanzo zabwino.
- Kukambirana za zinthu zosiyanasiyana
- Kufotokoza nthano
- Kupereka mwayi kwa ana onse ,ngakhale olumala,kusankha zomwe akufuna kusewera nazo
- Kupatsa ana mwayi wophunzira zinenero zosiyanasiyana pamene akusewera ndi anzawo.
- Kupatsa ana mpata wophunzira utsogoleri pochita masewera.
- Kupatsa ana mtima wodzidalira pochita ndikutha kualiza zinthu zosiyanasiyana mwa iwo wokha.

Onetsetsani kuti mukugwiritsa ntchito njira zonsezi pamene mukugwira ntchito ndi ana ang'ono. Pamene ana akusewera ndi anzawo komanso ndi zipangizo zosiyanasiyana amadziwa zinthu zambiri komanso amakula ndi nzeru. Amaphunziranso kugwirirazana, kugawana, kuchitira zinthu limodzi komanso kudikira pamene ana ena akugwiritsa ntchito zida zina.

5.0 KUKONZA MALO OSAMALIRA NDI KUTASULA ANA/ NGODYA:

Pozindikira kuti ana amaphunzira bwino kupyolera mmasewera, ndikofunika kwambiri kuti alezi akonze malo osewerera osiyanasiyana. Malo ophunzirira ana okhala ndi zipangizo zokwanira komanso okonzedwa bwino amawapindulira ana munjira zambiri. Amapatsa ana mpata wochita zinthu modzidalira, kuganiza zinthu zomwe akufuna kuchita, komanso amapatsa ana onse ngakhale olumala mwayi wochita masewera omwe akufuna. Malo osewerera ana akhale opita mpweya komanso owala bwino. (Croft, 2000). *Malowo ayenera kukhala opanda zinthu zimene zingawavulaze.*

5.1 MALO OSEWERERA AMENE MLEZI AYENERA KUKONZA. (Ngodya)

- Malo owerengera (Library/book corner)
- Zomangamanga (Block Area)
- Zaluso (Art Area)
- Zachilengedwe (Nature Area)
- Masewera oyerekeza/Masanje (Imaginative Play Area)
- Zamaimbidwe (Music)
- Masewera apanja/kubwalo (Outdoor Play area)
- Zogwiragwira ndi manja (Manipulatives)
- Zauzimu (Moral and Spiritual)

Onetsetsani kuti ana akuphunzira zauzimu ndi chikhalidwe choyenera chamakolo awo.

5.2 ZOYENERA KUTSATIRA POKONZA MALO OSEWERERA

Pokonza malo osewerera onetsetsani kuti

- Zosewerera zonse zaikidwa mwaluso ndi mwaukhondo mungodya zosiyanasiyana.
- Zosewerera ziikidwe malo oti ana akhonza kutenga ndikubwenzera akatha kugwiritsa ntchito
- Zogwiritsa ntchito ana zipatulidwe ndi zipangizo za mlezi.
- Malo owerengera asakhale pafupi ndi zosewera zamapkhokoso.
- Zoseweretsa ana zikhale zosapangitsa ngozi komanso mautoto ojambulira asakhale aukali.
- Ana akhale ndi mwayi wopanganawo malo osewerera

Dziwani kuti maphunziro kapena kuti malo onse amene akonzedwa ndi wogwirizana (wolunzanana lunzana) pakagwiritsidwe kake kanthito. Pamene ana akusewera mungodyazi onetsetsani kuti malo ndiwotakasuka.

6.0 ZIPANGIZO ZOYENERA KUIKIDWA MUNGODYA/MMALO OSEWERERA.

6.1. MALO OWERENGERA (LIBRARY/BOOK CORNER)

6.2 ZOLINGA

- Kuthandiza ana kukhala ndi chidwi chowelenga
- Kuphunzitsa ana kuzindikira kufunika kwa mabukhu

- Kuphunzitsa ana kasamalidwe ndi kagwiritsidwe ka mabuku
- Kuphunzitsa ana zinenero

6.3 ZIPANGIZO

Malo owerengera akhale owala mokwanira.

Pamalo amenewa ikani:

- Mabuku osiyanasiyana malingana ndi nsinkhu wa ana. Mabuku awana akhale azithunzi zambiri ndi zowala bwino. Akhale ndi mawu kapena malembo wochepa. Akhale azithunzi zazinthu zomwe zimapezeka mudera lawo komanso asachuluke zithunzi zakunja.
- Makalendala a zithunzi
- Magazine atsopano ngakhale akale. Onetsetsani kuti zithunzi zake sizolaula.
- Matchati azilembo ndi manambala
- Zithunzi zawana ndi akulu akuwerenga
- Zojambula zawana
- Mikeke yokhalira
- Mapilo otsamira
- Mashelefu oika mabuku

7.0 ZOMANGAMANGA

Zomangamanga zimathandiza ana kuwonjezera nzeru komanso pakakulidwe kathupi. Pachifukwachi apatseni ana mwayi omanga zomwe akufuna.

7.1 ZOLINGA

- Kuthandiza ana kuganiza mozama pogwiritsa ntchito zipangizo zosiyanasiyana pomanga.
- Pomanga kugwiritsa ntchito zinthu zosiyanasiyana ana amasiyanitsa pakapangidwe kazinthuzi
- Kuthandiza ana kugwiritsa ntchito ziwalo zazingono ndi zazikulu monga zala, manja, mikono.
- Kuphunzitsa ana luso pochita zinthu mwakufuna kwawo.
- Kuphunzira kuchitira zinthu limodzi komanso kugawana.
- Kulimbikitsa kuphunzira chinenero
- Kulimbikitsa mgwirizano pakati pawana

- Kuphunzira kugwiritsa ntchito zinthu komanso malo owazungulira moyenera.
- Kuthandiza ana kuyerekeza momwe amaonera akulu akamamanga kapena kugwira ntchito.

7.2 ZOMWE MUNGAIKE PAMALOWA/NGODYAYI

- Matabwa opangidwa mosiyanasiyana koma osalala kuopa ngozi. Matabwawa akhonza kukhala a mitundu yosiyanasiyana. Izi zimathandiza ana kuphunzira mitundu pamene akusewera.
- Makatoni
- Zikonyo/zitsong'ontho (zachimanga)
- Magalimoto
- Mabotolo ndi zina zomwe ana angagwiritse ntchito pomanga.

7.3 ZALUSO

Phunziro lazaluso limathandizira pakakulidwe kawana mmadera onse akakulidwe. Ana ambiri amakula akukonda kuonetsa luso lawo pojambula, kumata, kuluka, kulemba ndi kuumba. Ndondomeko yopangira zaluso ndiyofunikira kwamwana kuposa mathero ake. Phunziroli ndilosangalatsa kwa ana. Limapangitsa ana kuphunzira maluso ena ambiri komanso kuwonetsera mmene akuganizira komanso kuyamikira zinthu zokongola ndikusangalala. Zonsezi zimachitika nthawi imodzi. Nkofunikira kuti mlezi awapatse ana zipangizo ndi nthawi yokwanira kuti ana asangalale.

7.4 ZOLINGA

- Kupatsa ana mwayi woonetsa luso lawo pogwiritsa ntchito nzeru ndi luso lawo.
- Kupatsa ana mwayi wofufuza kagwiritsidwe ntchito ka zipangizo zosiyanasiyana monga mautoto osiyanasiyana.
- Kuthandiza wana kuwonetsa chikondi chawo pazinthu zachilengedwe.
- Kuthandiza wana kuonetsa zomwe akuganiza.
- Kupatsa ana chidwi chofuna kupanga, kumaliza ndi kuyamikira zinthu.
- Kuthandiza ana kuganiza mwakuya.
- Kuphunzitsa ana ndondomeko yakapangidwe kazinthu.

7.5 ZOMWE MUNGAIKE PAMALOWA/MUNGODYAYI

- Dongo
 - Mautoto osiyanasiyana (penti) ogula komanso opangidwa
- kuchokera ku phulusa, masamba matimati, njerwa, makala ndi kale. Onetsetsani kuti zomwe

mukugwiritsa popanga penti
sizapoizoni.

- Nthenga za nkuku
- Thonje
- Masileti
- Choko
- Mapepala ndi chekeni kuti ana azijambula
- Masamba ouma
- Mchenga
- Mawaya ofewa
- Manyuzipepala
- Zomatira monga glue
- Chizola (scissors)
- Zidindo zosiyanasiyana (zopanga ndi matabwa ngakhalenso ndi

kachewere) Zikonyo zamaungu ndi zinthu zina zosiyanasiyana zomwe ana angagwiritse ntchito

- Pensulo yamakala
- Mabrush (akusitolo kapena opangidwa kuchokera kunthambi zapichesesi kapena maula)
- Masokosi
- Ulusi kapena zingwe
- Zitsekerero
- Mikanda (ikuluikulu)
- Utuchi
- Zigamba
- Nthenga za nkuku
- Bolodi lalin'gono ndi zina zotero

7.6 Zomwe ana angachite muphunzirili:

- Kuumba
- Kujambula
- Kuchekenira
- Kung'amba
- Kudula
- Kumata
- Kudinda
- Kuluka
- Kupanga magalimoto amawaya
- Kutunga mkanda
- Kudindira/kulemberera

7.7 Zofunika kudziwa

Ana akhonza kusankha masewera amene akufuna kucita mwaiwo wokha koma tsiku liri lonse mlezi asankhe chinthu chimodzi choti achite ndi gulu la ana omwe ali nawo. Ngati pamalopo pali magulu osiyanasiyana, mlezi aliyense asankhe ntchito imodzi yoti ana ake achite monga gulu lina likhonza kuumba dongo, pamene gulu lina likumata, lina likhonzanso kujambula ndi penti kapena machekeni.

Gulu liri lonse likhale ndi ndondomeko yantchito yomwe akufuna kuchita pasabata ndipo zipangizo zikhale zokonzeratu. Pakutha pasabata alezi awonetsetse kuti mwana aliyense wachita ntchito yonse yomwe anakonekera kuti ana achite monga kuumba, kujambula, kumata, kudinda kapena wachita ntchito ina iri yonse yokonzedwa.

8.0 ZACHILENGEDWE.

Mlezi apatse wana mwayi wophunzira pogwiritsa ntchito zinthu zachilengedwe zopezeka mdera lawo. Kudziwa zachilengedwe ndichinthu chosangalatsa ana akamaphunzitsidwa. Ana amatha kulunzanitsa maganizo awo ndi zomwe akuphunzira.

8.1 Zolinga:

- Kuti ana adziwe maina azinthu zachilengedwe
- Kuti aphunzire kusamalira ndi kuyamikira chilengedwe
- Kulimbikitsa wana kuti aziganiza mozama pochita zinthu.
- Kupatsa ana chidwi chofuna kufufuza zinthu mmene zimachitikira
- Kupatsa ana mwayi wofuna kumvetsetsa zinthu mmene zimakhallira/zimachitikira.

8.2 Zomwe ana angachite muphunziroli:

- Kukaona ndi kutola zinthu zachilengedwe
- Kuyimba nyimbo za zinthu zachilengedwe
- Kusamalira matupi awo
- Kusamalira zachilengedwe monga kudzala ndi kuthirira mbewu zosiyanasiyana.
- Kukambirana zanyengo
- Kujambula zinthu zachilengedwe
- Kukambirana zazinthu zopangidwa kuchokera kuzachilengedwe
- Kuweta ziweto
- Kukambirana maina a zinyama, mitengo, mapiri, etc
- Kukambirana mitundu ya anthu
- Kusiyanitsa zinthu zosiyanasiyana monga dothi, mitengo, zinyama etc

8.3 ZOFUNIKA KUDZIWA

Mlezi awonetsetse kuti zomwe ana atolera zisungidwe mmalo oyenerera. Izi zimathandiza kuti ana aphunzire kusamalira zinthu zachilengedwe. Phunzitsani ana kusamalira ndikusaononga zachilengedwe.

9.0 MASEWERA OYEREKEZA/MASANJE.

Phunziroli limawapatsa ana mwayi woyerekeza zinthu zomwe amaona kwao ngakhale mmalo ena. Ana amatha kuonetsera zomwe amasilira atachita kopena zomwe amafuna kudzakhala akadzakula.

9.1 ZOLINGA

- Kulimbikitsa ana kusewera mogwirizana ndi anzawo.

- Kuphuzitsa ana kuonetsera mmene akumvera panthawiyo.
- Kuphunzitsa ana zinenero zosiyanasiyana.
- Kupatsa ana mwayi woyerekeza maudindo osiyanasiyana omwe amasilira.
- Kuthandiza ana kuti akhale odzikhulupirira ndi odzidalira
- Kulimbikitsa kuganiza mwaluso.
- Kuphunzira luso lakabvalidwe ndi kavulidwe kazovala.

9.2 MASEWERA OMWE ANA ANGAYEREKEZE

- Kunyumba
- Kuchipatala
- Kumsika
- Kutchalitchi
- Kusukulu
- Nthano zosiyanasiyana
- Zomwe amaona zikuchitika kumalo kumene akukhala kapena komwe amapita kukayenda ndi zina zotero.
- Kupositi ofesi
- Kuchigayo ndi malo ena

Mlezi akhoza kutenga ana kupita nawo kumalo osiyanasiyana kuti ana akhale ndi luso loyerekeza zomwe aona

9.3 ZIPANGIZO

Sankhani zipangizo malingana ndi mtundu wamasewera omwe ana achite. Mwachitsanzo

9.4 KUNYUMBA

- Ziwiya zakunyumba monga mbale, makapu, mapoto, masupuni, mithiko,
- Zidole
- Nsalu zoberekera zidole
- Zovala
- Matilesi
- Mabulangete
- Zitenje
- Tebulo
- Mipando
- Bedi ndi zina zotero

9.5 KUCHIPATALA

- Timabotolo
- Mapepala
- Zolemba
- Timiyala kapena mbewu
- Tebulo
- Mpando
- Zipangizo zakuchipatala
- Zovala zakuchipatala.

9.6 MFUNDO ZOFUNIKIRA

Mlezi awonetse chidwi pazomwe ana akusewera ndi kuwalimbikitsa. Akhale tcheru kumvetsera ndikuonetsetsa zomwe ana akuchita. Izi zikhonza kuthandiza mlezi kupeza njira zothandizira ana osiyanasiyana malingana ndi mmene akuchitira nthawi yamasewera. Onetsetsani kuti mukusintha zoseweretsa pangodyayi nthawi ndi nthawi. Mlezi alimbikitse ndikuonetsetsa kuti ana onse akutenga mbali mungodya imeneyi.

10.0 KUIMBA NDI KUVINA

Kuumba ndi kuvina ndi zinthu zosangalatsa kwa ana. Mlezi awonetsetse kuti akuwapatsa ana mpata woimba, kuvina komanso kumvetsera nyimbo zosiyanasiyana monga zauzimu, zazingwenyengwenye, zovina, zamakolo wathu ndi zina zotero. Mlezi aitane anthu ena mderalo amene ali ndi luso loimba kudzasangalatsa ana. Onetsetsani kuti ana akuimba nyimbo zansinkhu wawo ndi zatanthauzo.

10.1 Zolinga

- Kuphunzitsa ana kukhala ndi luso lomvetsera ndi kuyesera maimbidwe ndimavinidwe osiyanasiyana.
- Kuphunzira zinenero zosiyanasiyana kupyolera munyimbo
- Kusangalatsa ana
- Kuthandiza mphunzitsi kuzindikira zovuta zawana pamene ana akuchita masewera osiyanasiyana (special needs)
- Kuphunzitsa ana luso loimba ndi kuvina
- Kupatsa ana mwayi owonetsa mmene akumvera.
- Kuphunzitsa ana kugwiritsa ntchito zida zosiyana siyana
- Kulimbitsa ziwalo.
- Kuphunzitsa ana kukonda nyimbo zosiyanasiyana.
- Kupatsa ana chidwi chopeka nyimbo.
- Kuphunzitsa magule amakolo athu komanso amaiko ena.

10.2 Zomwe ana angachite muphunziroli

- Kuyimba
- Kuyimba ndi kuvina
- Kuvina potsatira zing'wenyeg'wenye, ngoma ndi mmanja
- Kugwiritsa ntchito zing'wenyeng'wenye
- Kusiyanita kamvekedwe kanyimbo
- Kumvetsera ndi kutsatira zomwe nyimbo ikunena
- Kutchula maina amagule
- Kujambula kapena kuchekenira zida zoimbira
- Kupanga zida zoimbira.
- Kukambirana zamagule amakolo athu komanso kuvina

10.3 Zipangizo/Zida

Sankhani zipangizo malingana ndi phunziro lomwe mwasankha kuchita. Zina mwazida zomwe mungagwiritse ntchito ndi izi

- ng'oma,
- zisekese,
- matabwa,
- Timitengo
- wenzuro,
- mangingeja,
- mangolongondo,
- gitala,
- piyano,
- wailesi,
- bukhu lanyimbo
- Maseche
- Belu
- Komanso ana akhonza kuomba mmanja poimba nyimbo.

10.4 KUPHUNZITSA NYIMBO YATSOPANO

Mlezi apatse ana mwayi wosankha nyimbo zomwe akufuna kuimba komanso nyimbo zina zisankhidwe malinga ndi mutu womwe mlezi wasankha sabata imeneyo.

- Mlezi afotokoze mutu wa nyimbo.
- Afotokoze zomwe nyimbo ikutanthauza.
- Aimbe nyimbo pamene ana akumvetsera
- Ana aimbe mzere umodzi umodzi motsatira mlezi.

- Ana aimbe nyimbo yonse mothandizidwa ndi mlezi
- Ana agwiritse ntchito zida zoimbira komanso kuomba manja ngati nyimbo iri yolola kutero.
- Ana avine kapena kuchita zinthu zina zomwe nyimboyo ikunena monga kuthamanga, kuguba, kuyenda mofulumira, kugona panso, kuseka, kuomba mmanja ndi zina.

Poimba nyimbo ana amaphunzira kusiyantsa kwa mau monga

- Kukweza ndi kutsitsa
- Kufuula ndi kunong'ona
- Kufulumiza ndi kuchedwa
- Kukhala ndi kuima
- Kugona ndi kudzuka
- Kugona chagada kapena chafufumimba
- Kugwada ndi kunjuta
- Kusangalala/kusekerera ndi kukwiya ndi mau ena ofunika.

Masewera ogwiritsa ntchito nyimbowa amathandiza mlezi kuzindikira mavuto ena omwe mwana ali nawo monga kusamva, kusaona, kusatha kutsatira malangizo ngakhale vuto loyenda ndikusewerera limodzi pagulu.

Ana akhonzaso kuphunzitsidwe nyimbo zazinenero zina malinga ngati mlezi akudziwa kutanthauza kwa mau omwe ali munyimbomo

11.0 MASEWERA APANJA/PABWALO

Pokonza malo osewerera panja mlezi ayenera kuganizira masewero osiyanasiyana omwe ana angasewere ndikufunikira kwake. Ayeneranso kuganizira kukula kwa malo apanja. Masewero apanja akonzedwe moganizira ana ndi zosowa zawo. Malowa akonzedwe mwaluso kuti apatse ana chidwi chofuna kusewera panja. Mlezi aganizire zimene ana amatha kuchita malingana ndi misinkhu yawo. Masewera apanja ndiofunikira kwambiri pakakulidwe kawana choncho alezi apeleke mpata kwawana tsiku ndi tsiku wosewera panja. Ana akamasewera panja amakhala ndi mwayi wothamanga, kuponya mpira, kukwera makatungwe kapena mitengo, kukuwa, kupuma mpweya wabwino, kuothera`dzuwa komanso kuona zinthu zachilengedwe ndimmene nyengo ikusinthira.

11.1 ZOLINGA

- Kulimbitsa matupi kuti ana akhale athanzi komanso amphamvu.
- Kuthandiza ana kuti adzitha kuyenda bwino, kukhala, komanso kukhala ndi thupi lotakasuka.

- Kuphunzira kusewera limodzi ndi anzawo.
- Kuphunzira zinenero poyankhulana ndi anzawo komanso alezi.
- Kuthandiza ana kukhala odzidalira pochita zinthu mwaokha.
- Kuphunzira kugwiritsa ntchito ziwiya ndi zipangizo zosiyanasiyana.

11.2 ZOMWE MUNGAIKE PAMALOWA/MUNGODYAYI.

- Mchenga ndi madzi
- Mabotolo apulasitiki osewerera pamchenga
- Mabeseni
- Tizitini tosewerera pamchenga
- Soap wopanga thovu
- Ziwiya zophikira
- Makatungwe
- Makwerero
- Mitondo ndi minsi
- Madeya
- Utuchi
- Mathungwa
- Nsengwa
- Sefa
- Madengu
- Mipira yosiyanasiyana
- Timatumba toika nyemba, chimango, zibalobalo mkati (bean bags)
- Mikombero yamalichero
- Matayala
- Matanelo (tunnels)
- Zingwe
- Mikeka
- Zingerengere
- Kanyumba kochitira chibisalirano
- See-saw
- Thabwa loti ana adziyendapo
- Fanelo
- Kape
- Masamba ouma
- Miyala
- Makapu oyezera
- Ndowa
- Njinga
- Magalimoto amawayaya
- Masiponji
- Timapaipi toulutsira thovu ndi zina zambiri.

11.3 KUSEWERETSA MADZI NDI MCHENGA

Ichi ndi chitsanzo cha sewero limodzi lapanja lomwe ana a misinkhu yonse amakondwera kuchita. Ana akhoza kusewera ndi mchenga wokha kapena madzi wokha komanso akhoza kusewera ndi zonse limodzi. Mchenga ukhoza kukhala ouma kapena wauwisi. Kusewera ndi mchenga ndi madzi ndi chinthu chopambana kwambiri pamoyo wa wana.

Ana akamasewera ndi mchenga ndi madzi amaphunzira:

- Masamu poyeza madzi kapena mchenga
- Kuti zinthu zina (zopepuka) zimayandama komanso zina zimamira (zolemera)
- Kuti mchenga ndiwokhakhakhalala madzi ndiwozizira
- Madzi sagwirika mchenga umagwirika
- Zinthu siziwonekera zikaikidwa mumchenga koma zikaikidwa mmadzi zimaonekera
- Mchenga umadetsa madzi
- Madzi amalowa pansu mukawathira pamchenga
- Kuphika
- Kusefa
- Kuwaza madzi
- Kuchapa zigamba
- Kutsuka ziwiyi
- Maina a zinthu zomwe akuseweretsa ndi zina zambiri

Ana amasangala kwambiri mukawapatsa soap kuti adziulutsa thovu. Apatseni zinthu zambiri zosewerera pamchenga kuti apindule kwambiri.

11.4 MFUNDO ZOFUNIKIRA

Mlezi awonetsetse kuti zosewerera zaikidwa mwaluso ndi mwaukhondo. Aphunzitse ana kusamalira ndi kulongedza akatha kusewera. Ana apatsidwe mwayi wosewera ndi zomwe akufuna komanso apatsane mpata pamasewera osiyanasiyana. Mlezi awonetsetse kuti ana akusewera mwamtendere.

Makolo afotokozeredwe ubwino wosewera ndi madzi ndi mchenga komanso afunsidwe kuveka ana zovala zotakasuka.

12.0 ZAUZIMU NDI CHIKHALIDWE

Phunziro lazauzimu limathandiza wana kukula ndi makhalidwe abwino olemekeza iwo eni, anzawo, makolo awo, katundu wawo ngakhale waena komanso alezi ngakhale akulu onse. Nkofunika kuti ana akule ndichizolowezi cholemekeza ndikuopa Mulungu ndi zolengedwa zonse. Potero adzatha kusamalira matupi awo ngakhale zolengedwa zonse.

12.1 ZOLINGA

- Kuphunzitsa ana kulemekeza Mulungu ndi zolengedwa zonse.
- Kuphunzitsa ana kusamalira matupi awo ndi zolengedwa.
- Kulimbikitsa makhalidwe amene ali ovomerezeka ndi chikhalidwe cha chi Malawi
- Kuphunzitsa ana kuyamikira zozizwitsa ndi kukongola kwa zachilengedwa cha dziko.

12.2 ZIPANGIZO

- Mabuku oyera monga Baibulo, korani, gita etc (Malingana ndi dera lomwe muli kapena ndi kuchuluka kwa anthu opembedza chipembedzo chimodzi)
- Nyimbo zauzimu
- Zithunzi
- Mabuku a nthano zauzimu zoyenera nsinkhu wa ana
- Zithunzi za wanthu osiyanasiyana
- Zithunzi za zinyama, mitengo , mitsinje
- Mapu a dziko la Malawi komanso dziko lonse lapansi
- Mbendera ya dziko la malawi
- Nyimbo yafuko lathu

12.3 ZOMWE ANA ANGACHITE MUPHUNZIROLI

- Kuwaphunzitsa makhalidwe abwino
- Kukumbukira masiku awo obadwa
- Kuphunzira kupemphera mapempero afupiafupi
- Kuimba nyimbo zauzimu
- Kuloweza mau apamtima (mavesi)
- Kukambirana za zinthu zimene Mulungu analenga monga anthu, mitsinje, mitengo, mapiri etc
- Kufotokoza nthano zauzimu
- Kuchita masewero a nthano zazifupizifupi za mmabuku oyera.
- Kuimba nyimbo yafuko lathu
- Kukayenda panja ndikukayamikira chilengedwe
- Kukambirana mbendera yadziko la Malawi

- Kusamalira matupi awo, Kutsuka mmano, kuchapa zigamba, kusamba, kupesa, kuwenga zikhadabo.
- Kukambirana zamitundu ya wanthu ndikumene amachokera.
- Kukambirana za atsogoleri osiyanasiyana monga mafumu, amipingo, andale ndi ena otero.
- Kukambirana zikumbutso zosiyanasiyana zakuMalawi monga tsiku lolandira ufulu wathu, tsiku la anakubala
- Kuphunzitsa ana zazipembedzo zina monga zikondwerero, zikumbutso

12.4 MFUNDO ZOFUNIKA.

Pamene mukuphunzitsa ana zauzimu onetsetsani kuti simukuwalalikira kapena kuwatembenuza kuti achoke kumipingo yawo. Aphunzitseni ana zinthu mmene ziliri mwachidule ndimosavuta kumva. Konzekerani mokwanira kuti ana akasangalale ndi phunziro lanu. Werengani nthano zazifupi ndipo ngati pali zithunzi awonetseni. Sankhani mavesi (mau apamtima) malingana ndi nsinkhu komanso cholinga cha phunziro lanu. Phunzitsani nthano ndi masewero malingana ndi nyengo monga nthawi ya Khirisimisi kambiranani zakubadwa kwa Yesu, pasaka kambiranani za imfa ya Ambuye Yesu. Chitani chimodzi modzi ndi nyengo zina zazipembedzo zina.

13.0 ZOGWIRAGWIRA NDI MANJA (MANIPULATIVES)

Ngodya yazogwiragwira ndiyofunikira pakakulidwe kamwana monga mmene ziriri ngodya zina zonse. Ngodyayi imathandiza ana kuonjezera nzeru posewera ndi zipangizo zosiyanasiyana. Ana amaphunzira kuwerengera, kugwiritsa ntchito maso ndi manja, kuganiza mozama, kupeza nzeru zopezera mayankho, luso losankha ndikusiyanyitsa zinthu. Zipangizo zapangodyayi zikhale zowala ndi zamitundu yosiyanasiyana kuti ana athe kuphunzira mitundu.

13.1 ZOLINGA

- Kuthandiza ana kupeza njira zochitira zinthu.
- Kupatsa ana mtima wolimbikira pochita zinthu paokha.
- Kuthandiza mlezi kuzindikira zovuta zawana adakali ang'ono ndukuwathandiza.
- Kuphunzitsa ana kugwira ntchito mogwirizana mmagulu.
- Kupatsa ana mpata owonetsa luso.
- Kuika maziko ophunzira masamu
- Kuphunzira kusiyanyitsa kwa kapangidwe kazinthu

13.2 ZIPANGIZO

- Mikanda ndi zingwe
- Mapazo
- Zitini zosiyana kukula kwake
- Matabwa opangidwa mosiyanasiyana (shapes)
- Manambala
- Zilembo (vawelo ndi afabeti)
- Chikhadi/chipepala choti ana adzisoka
- Mapegi
- Mbewu ndi mikebe yosankhira
- Sikelo yoyesera
- Miyeso (malula)
- Zovala zama zipi, mabatani, zingwe
- Nsapato
- Zitsekerero
- Timatumba ta nyemba
- Timatabwa tamitundu yosiyanasiyana
- Masupuni
- Makapu
- Makadi oti ana adzisankha
- Manambala opangidwa ndi mchenga kapena chipepala chokhakhala
- Zigamba zansalu zopangidwa mosiyanasiyana
- Zakudya zosiyanasiyana monga suga, zipatso ndi zina zotero
- Bolodi
- Masileti
- Choko
- Chekeni
- Mapepala

13.3 ZOMWE ANA ANGACHITE MUPHUNZIROLI

- kutungira mikanda
- Kulumikiza mapazo
- Kusanja zitini malingana ndi kukula kwake
- Kundondomeka manambala
- Kufananitsa zinthu
- Kusoka
- Kumanga ndi kumasula zovala monga nsapato, Malaya
- Kuyeza zinthu zosiyanasiyana monga misinkhu yawo
- Kumvetsera kulira kwazinthu zosiyanasiyana.
- Kuponyerana timatumba tanyemba
- Masewero omangana mmaso
- Kununkhiza zinthu zosiyanasiyana.

- Kulawa zakudya zosiyanasiyana
- Chibisalirano
- Kusewera ndi makadi a zithunzi zosiyanasiyana.
- Kusankha matabwa malingana ndi mitundu, kukula kwake kapena kapangidwe kake. (*ECD Basic training manual, 2004*)

13.4 MFUNDO ZOFUNIKA

Mlezi akonze masewera ochita ndi mwana mmodzimodzi kapena oti ana achite pagulu. Mlezi akhale tcheru pamene ana akusewera kuonetsetsa zomwe ana akuchita ndi kumvetsera zomwe akuyankhula. Izi zikhoza kumuthandiza kuzindikira mavuto a wana monga kusaona, kusamva, kusatha kugwira zinthu, kusazindikira kukoma kwa zinthu komanso kudziwa zina zammene mwanayo amakhallira kwawo ndi zina zotere. Izi zimamuthandizanso mlezi kukonzekera ntchito yamtsogolo malingana ndi zokonda zawana.

14.0 KUGWIRA NTCHITO NDI ANA MMAGULU

Gawani ana mmagulu malingana ndi kuchuka kwa ana komanso alezi. Magulu amathandiza mlezi

- Kudziwa ana ake mosavuta
- Kupereka chithandizo kwa mwana aliyense moyenera
- Kudziwa mwansanga ana omwe sakubwera
- Kukonza zipangizo zokwanira
- Kukonza masewera malinga ndi mnsinkhu wa ana.
- Kuthandiza mwana kudziwa gulu lake

Pogawa mmagulu tsatirani izi:

- Misinkhu yawana
- Mmene ana angathere kuchita zinthu
- Ana ochepera chaka chimodzi mpaka ziwiri akhale asanu pagulu ndipo mlezi akhale mmodzi
- Ana a zaka ziwiri mpaka zitatatu akhale khumi pagulu limodzi ndi mlezi mmodzi.
- Ana A zaka zitatatu mpaka zisanu akhale khumi ndi asanu mpaka makumi awiri ndi mlezi mmodzi.

Ngati nkotheke gulu liri lonse likhale ndi mlezi komanso omuthandizira. Othandizira akhonza kukhala makolo a wana, achinyamata a mmudzi mwana kapena makomiti membala.

Kuti ana azolowere magulu awo gwiritsani ntchito mitundu yosiyanasiyana monga wofiira, wobiriwira, wachikaso kapenanso maina a zinthu monga mbalame, mitengo nyumba, dzuwa, nyenyezi, akalulu ndi zinthu zina zokongola. Maina omwe musankhe asakhale owonetsera tsankho lamtundu wina uli wonse. Magulu achuluke malingana ndi kuchuluka kwa ana komanso ndi zaka zawo.

15.0 NDONDOMEKO YATSIKU NDI TSIKU.

Pali njira zambiri zammene mungakonzere masewero a tsiku ndi tsiku kuti ana asangalale komanso apindule. Mutatha kukonza ngodya zosewerera muyeneranso kudziwa mmene mungazigwiritsire ntchito ngodyazo/malo osewererawo tsiku ndi tsiku.

15.1 CHITSANZO CHA DONGOSOLO LA TSIKU NDI TSIKU KU MAGULU AWANA (CBCC)

<u>GULU 1</u>	<u>GULU 2</u>
<p>7.00 a.m : KUFIKA KWA ALEZI</p> <ul style="list-style-type: none"> • Alezi afike msanga ku malo osewerera ana (CBCC centre) • Aone kuti zofunika kuchita ndi wana ndizokonzedweratu • Aone kuti zophunzilira ziri mmalo mwake • Aone kuti ntchito zonse zochitira limodzi poyamba ndi pachiwiri pomwe zakonzedweratu padera padera komanso kuti malo osewerera ana ndi wosamalika. 	<p>7.00 a.m : KUFIKA KWA ALEZI</p> <ul style="list-style-type: none"> • Alezi afike msanga ku ku malo osewerera ana (CBCC centre) • Aone kuti zofunika kuchita ndi wana ndizokonzedweratu • Aone kuti zophunzilira ziri mmalo mwake • Aone kuti ntchito zonse zochitira limodzi poyamba ndi pachiwiri pomwe zakonzedweratu padera padera komanso kuti malo osewerera ana ndi wosamalika.
<p>7.30 A.M. KUFIKA KWA WANA</p> <p>Ana alandiridwe ndi alezi. Wana apatsidwe mwai wosewera mwakufuna kwao, m'malo ophunzilira/ngodya zokonzedweratu (learning centres)</p>	<p>7.30 A.M. KUFIKA KWA WANA</p> <p>Ana alandiridwe ndi alezi. Wana apatsidwe mwai wosewera mwakufuna kwao, m'malo ophunzilira okonzedweratu /ngodya (learning centres)</p>

<p>7.45 A.M. KUKUMANA PAMODZI MMAWA (MORNING CIRCLE)</p> <ul style="list-style-type: none"> • Gulu lonse pamodzi achite mapemphero. • Aimbe nyimbo yafuko lathu, komanso nyimbo zopatsana moni. • Mlezi afotokoze nthano ya mau a Mulungu mwachidule, • Ana anene mau apa mtima. • Mlezi afotokoze kwa ana cholinga chatsiku limeli 	<p>7.45 A.M. KUKUMANA PAMODZI MMAWA (MORNING CIRCLE)</p> <ul style="list-style-type: none"> • Gulu lonse pamodzi achite mapemphero. • Aimbe nyimbo yafuko lathu komanso nyimbo zopatsana moni. • Mlezi afotokoze nthano ya mau a Mulungu mwachidule. • Ana anene mau apa mtima • Mlezi afotokoze kwa ana cholinga chatsiku limeli
<p>8.00 A.M. KUGWIRA NTCHITO MMAGULU.</p> <p>Aphunzitsi agawane magulu awo wokonzedweratu (Red, Yellow, Blue) kapena maina ena. Mphunzitsi akhale ndi zinthu zonse zimene wakonzekera kuchita ndi gulu lake monga: Wabwera lero ndani, za nyengo, kalindala</p>	<p>8.00 A.M. KUGWIRA NTCHITO MMAGULU.</p> <p>Aphunzitsi agawane magulu awo wokonzedweratu (Red, Yellow, Blue) kapena maina ena. Mphunzitsi akhale ndi zinthu zonse zimene wakonzekera kuchita ndi gulu lake monga: Wabwera lero ndani, za nyengo, kalindala</p>
<p style="text-align: center;">MKATI</p> <p>8.15 a.m.</p> <ul style="list-style-type: none"> • Wana asankhe zomwe akufuna kuchita malingana ndi ngodya zokonzedweratu. Wana ali ndi ufulu kusankha pamene akufuna kugwira ntchito m'malo ophunzilira okonzedweratu. • Mlezi aonetsetse kuti mwana aliyense wachita ntchito yomwe inakonzedwa patsikulo monga kumata, kujambula, kuumba etc. Aitane magulu a wana asanu kapena ndi mmene ana agawidwira/ achulukira ndikugwira nawo ntchito 	<p style="text-align: center;">PANJA</p> <p>8.15 a.m.</p> <ul style="list-style-type: none"> • Ana asewera panja mwakufuna kwawo mungodya zokonzedweratu. • Mlezi aonetsetse kuti mwana aliyense wachita ntchito yomwe inakonzedwa patsikulo monga kuyenda pathabwa, kudumpha chingwe etc. Aitane magulu a wana asanu kapena ndi mmene ana agawidwira/ achulukira ndikugwira nawo ntchito pamene ana ena

<p>pamene ana ena akusewera mungodya zosiyanasiyana.</p>	<p>akusewera mungodya zosiyanasiyana.</p>
<p>9.15 a.m. Kubwezera zogwilira ntchito m'malo mwake ndikusamba m'manja mwadongosolo.</p> <ul style="list-style-type: none"> • Wana abwezere zinthu zimene amagwilira ntchito mmalo mwake • Wana asambe m'manja ndi phulusa kapena sopo mwanjira yoyenera. • Kuthirirana ndi kapu kuti mwana aliyense asambe madzi oyera akatha kusamba m'manja wana akhale pabwalo. <p>Mlezi aliyense aonetsetse kuti ana agulu lake achita zoyenera kukonzekera nthawi yakudya. Pamene ana akusamba mmanja aime pamzere komanso aimbe nyimbo. Mlezi awonetse luso kuti ana asatope kudikira.</p>	<p>9.15 a.m. Kubwezera zogwilira ntchito m'malo mwake ndikusamba m'manja mwadongosolo.</p> <ul style="list-style-type: none"> • Ana aphunzire kubwezera zoseweretsa zonse mmalo ake oyenera. • Wana asambe m'manja ndi phulusa kapena sopo mwanjira yoyenera • Atsirirane ndi kapu kuti mwana aliyense asambe madzi oyera. • Akatha kusamba alowe mkati ndikukhala ndi anzawo pabwalo. <p>Mlezi aliyense aonetsetse kuti ana agulu lake achita zoyenera kukonzekera nthawi yakudya . Pamene ana akusamba mmanja aime pamzere komanso aimbe nyimbo. Mlezi awonetse luso kuti ana asatope kudikira.</p>
<p>9.30 -10.30 A.M. NTHAWI YAKUDYA NDI KUPUMA Ana aphunzitsidwe kufunikira koyamikira chakudya popemphera asanayambe kudya.</p> <ul style="list-style-type: none"> • Nthawi yachakudya ndi nthawi yoti wana adye ndiponso atatha apume pang'ono. • Pamene ana akudya mlezi atengerepo mwayi wofotokozera chakudya chomwe ana akudya ndi ntchito zake mthupi. • Atatha kudya, ndi nthawi yabwino kuwawelengera nthano ya m'buku kenaka kuwapatsa mpata wopuma. 	<p>9.30-10.30 A.M. NTHAWI YAKUDYA NDI KUPUMA Ana aphunzitsidwe kufunikira koyamikira chakudya popemphera asanayambe kudya</p> <ul style="list-style-type: none"> • Nthawi yachakudya ndi nthawi yoti wana adye ndiponso atatha apume pang'ono. • Pamene ana akudya mlezi atengerepo mwayi wofotokozera chakudya chomwe ana akudya ndi ntchito zake mthupi. • Atatha kudya, ndi nthawi yabwino kuwawelengera nthano ya m'buku kenaka kuwapatsa mpata wopuma.

<p>KUSINTHANA (amene anali panja alowe mkati)</p> <p>10.30 a.m</p> <ul style="list-style-type: none"> • Wana asankhe zomwe akufuna kuchita malingana ndi ngodya zokonzedweratu. Wana ali ndi ufulu kusankha pamene akufuna kugwira ntchito m'malo ophunzilira okonzedweratu monga kuwerenga mabuku, kusewera masewera oyerekeza, kutunga mkanda, kujambula ndi zina zotero. • Mlezi aonetsetse kuti mwana aliyense wachita ntchito yomwe inakonzedwa patsikulo monga kumata, kujambula, kuumba etc. Aitane magulu a wana asanu kapena ndi mmene ana agawidwira/ achulukira ndikugwira nawo ntchito pamene ana ena akusewera mungodya zosiyanasiyana. 	<p>KUSINTHANA (amene anali mkati apite panja)</p> <p>10.30 a.m.</p> <ul style="list-style-type: none"> • Ana asewera panja mwakufuna kwawo mungodya zokonzedweratu monga kusinja, kukwera katungwe, kusewera ndi madzi ndi mchenga ndi zina zotero. • Mlezi aonetsetse kuti mwana aliyense wachita ntchito yomwe inakonzedwa patsikulo monga kuyenda pathabwa, kudumpha chingwe etc. Aitane magulu a wana asanu kapena ndi mmene ana agawidwira/ achulukira ndikugwira nawo ntchito pamene ana ena akusewera mungodya zosiyanasiyana.
<p>11.15 a.m.</p> <ul style="list-style-type: none"> • Kutolera zonse zoseweretsa ndikuika mmalo ake oyenera 	<p>11.15 a.m.</p> <ul style="list-style-type: none"> • Kutolera zonse zoseweretsa ndikuika mmalo ake oyenera
<p>KUTSAZIKANA</p> <ul style="list-style-type: none"> • Nthawi imeneyi ndi nthawi imene wana akutsiriza maphunziro awo atsiku limeneli. • Achitireni nthano, ayimbe nyimbo, ndikuchita masewera 	<p>KUTSAZIKANA</p> <ul style="list-style-type: none"> • Nthawi imeneyi ndi nthawi imene wana akutsiriza maphunziro awo atsiku limeneli. • Achitireni nthano, ayimbe nyimbo, ndikuchita masewera

<p>osiyanasiyana. (magulu onse pamodzi)</p> <ul style="list-style-type: none"> Ana atenge zomwe anajambula kapena zimene anachita patsikuli kuti akaonetse makolo. 	<p>osiyanasiyana. (magulu onse a pamodzi)</p> <ul style="list-style-type: none"> Ana atenge zomwe anajambula kapena zimene anachita patsikuli kuti akaonetse makolo.
<p>11.30 -12.00 noon</p> <ul style="list-style-type: none"> Wana abwelere kwao. Mlezi awonetsetse kuti ana akutengedwa ndi anthu omwe akuwadziwa. <p>12.30 p.m.</p> <p>Aphunzitsi onse asanachoke, aonetsetse kuti:</p> <ul style="list-style-type: none"> Zosewelerera zalongedzedwa bwino Aonetsetse kuti zonse zofuna kutsuka zatsukidwa bwino ndipo zalongedzedwa mmalo oyenera. Akonzeratu maphunziro ndi zochitachita za mawa ndikukambirana mmene tsiku layendera. Alezi abwelere kwao 	<p>11.30 -12.30 noon</p> <ul style="list-style-type: none"> Wana abwelere kwao. Mlezi awonetsetse kuti ana akutengedwa ndi anthu omwe akuwadziwa.

Chitsanzo chaperekedwachi chikhonzanso kugwiritsidwa ntchito mosavuta ngakhale magulu a wana atachuluka kuposa awiri. (*APPM, ECD training notes*)

16.0 KULANDIRA ANA

Mlezi alandire ana onse chimodzimodzi komanso awalandire mwansangala. Aonetsetse kuti potsiriza patsiku ana akutengedwa ndi anthu omwe akuwadziwa poteteza anawo kunkhanza zosiyanasiyana. Pamene makolo akubweretsa ana mmawa akambirane nawo mmene mwanayo wagonera komanso mmene wadzukira. Makolo alangizidwe kutengera ana odwala kuchipatala. Mlezi akambiranenso ndi makolo mmene mwanayo wasewerera pamene akudzamutenga. Izi zimathandiza makolo komanso mlezi kuthandizana pakakulidwe kamwana.

16.1 ZOLINGA

- Kuti ana akhale omasuka
- Kuti mlezi awone kuti ndi ana angati abwera patsikulo
- Afufuze ana omwe akudwala ndikukambirana ndi makolo
- Kuti adziwe mlingo wachakudya patsikulo

Pamene ana afika alandiridwe katundu wawo ndipo asungidwe mmalo omwe anawo akhonza kufikira. Ana apatsidwe mwayi wosewera pamalo omwe akufuna. Mlezi mmodzi apitirize kulandira wana pamene wina akusewera ndi ana mungodya zokonzedweratu (*Govt of Malawi and UNICEF, caregivers document*)

17.0 KULEMBA ANA

Ana onse alembedwe mkaundula wapagulu lawana komanso maina onse alembedwe malingana ndi zaka zawana ndikusonyeza kuti mwanayo ndi mkazi kapena mwamuna ndipo zipachikidwe pachipupa. Kulemba ana malinga ndi zaka kumakuthandizani pogawa ana mmagulu. Gwiritsani ntchito njira yotsatirayi polemba ana.

No	dzina la mwana	Tsiku lobadwa	Mamuna/mkazi	mudzi	mfumu yaikulu	Makolo	chipembedzo	odzamutenga
1	Takondwa Nkhulembe	21/11/05	Mkazi	Chiwembe	Kapeni	Chaliza Matola	SDA	Sam Nkhulembe
2								
3								
4								

17.1 KATEMERA

Tsiku lolemba ana pafunikanso kulemba mbiri ya akatemera. Izi zimathandiza mlezi kudziwa ana omwe ali otetezedwa komanso omwe ayenera kulandira akatemera pamene a zaumoyo adzayendere gulu lawo. Kuona makadi a wana kumathandizanso mlezi kutsatira mbiri yakakulidwe kamwana aliyenso.

No	Dzina la mwana	TSIKU LOBADWA	SIKELO TSIKU LOBADWA	BCG	DPT 1 ST 2 ND 3 RD	POLIO 1 ST 2 ND 3 RD	CHIKUKU
1	Takondwa Nkhulembe	21/11/05	3.3Kg	21/11/05	21/11/02	21/11/05	21/08/05
2							
3							
4							

17.2 ZINA ZOFUNIKA KUDZIWA POLEMBA WANA.

- Mbiri yamabadwidwe a mwana
- Thanzi lamwana (maso, kumva, matenda ena omwe amadwala)
- Zomwe mwanayo amatha kuchita (kudya yekha, mmene amagonera, kodi amatha kuvala/kupita kuchimbudzi? Etc)
- Makhalidwe ake (amasewera ndi ena? Amakwiyakwiya? Amaliralira? Ndiwofatsa? Ndiwandeu? Etc)
- Amayankhula?
- Kodi amanene zomwe akufuna?
- Amatha kugwiritsa ntchito chimbudzi? Ndi zina zofunika (*Dodge, 1998*)

18.0 KUKONZEKERA

Mlezi ayenera kukonzekera tsiku ndi tsiku, sabata ndi sabata, mwenzi ndi mwenzi komanso chaka chonse za ntchito yomwe akufuna kuti ana achite. Mlezi ayenera kukhala ndi zolinga zomwe akufuna kuti ana apindule pachiri chonse chimene akuchita. Izi zimamuthandiza kuchonga pamapeto patsiku ngati ana akupindula ndikubwera kugulu lawana.

18.1 UBWINO WOKONZEKERA

- Mlezi amapeza zipangizo zoyenera ndozokwanira munthawi yabwino
- Ngati mlezi wajomba anthu ena kapena anzake amatha kupitiriza ntchito mosavuta
- Ana amapindula kwambiri ndi zochitika kugululo.

19.0 NDONDOMEKO YAPASABATA

Mlezi akonzekere malingana ndi mitu ikuluikulu yomwe akufuna kuti ana aphunzire pasabata. Posankha mitu mlezi ayambe ndi zomwe ana amadziwa kenaka zinthu zatsopano. Ina mwamitu yomwe angasankhe ndi:

- Ineyo
- Banja langa
- Anzanga
- Abale anga
- Mudzi wathu

- Sukulu yathu
- Mitundu ya anthu
- Anthu wofunikira komwe tikhala
- Mitundu
- Ngodya
- Zikumbutso
- Zakudya
- Matenda
- Usiku ndi masana
- Nthawi
- Mitundu ya nsomba
- Zinyama zakuthengo

19.1 CHITSANZO CHA NDONDOMEKO YAPASABATA

SABATA YOYAMBIRA: *JULY 07 2006* **MUTU:** *INEYO*

MFUNDO/LUSO LOTI ANA APHUNZIRE: Ine ndine ndani? Nanga ndimakonda chiyani? Ndimavala chiyani? Kujambula, kuimba

Mlezi asankhe mitu yofanana mungodya zonse zisanu ndi zinayi. Onani chitsanzo chomwe chiri mmunsimu.

MASEWERA OYEREKEZA

Ana asewere ndi zovala zimene akufuna.
Ayerekezere mmene iwowo amavalira.
Ana asewere ndi zidole zosiyanasiyana.

ZALUSO

-Mwana aliyense azijambule yekha komanso akhonza kujambulana mmodzimmodzi pachipepala chachikulu chomwe mwana mmodzi akhonza kugona anzake nkumulemberere komanso kuchekenira zomwe wavala.

-Ana akhonzanso kudinda manja kapena mapazi awo papepala pogwiritsa ntchito mautoto osiyanasiyana

MASEWERA APANJA

Kukambirana ndi wana zamasewera omwe amakonda. Mwana aliyense asewere masewera omwe iye amawakonda. Ana akhonza kufotokoza zifukwa zake.

-Ana akhonza kumata zithunzi zawanthu zojambulidwa kale.

-Ana akhonza kuumba iwo eni.

- **Zovala za wana zosiyanasiyana, madiresi, makabudula, tizitenje, zisoti, nsapato, malamaba komanso zidole.**

- **Mlezi abweretse mpepala, machekeni, penti yamitundu yosiyanasiyana, mabeseni ngakhale mbale zoikira penti, zomatira monga guluu ndi manyuzipepala komanso dongo.**

- **Mlezi abweretse zosewetsa zosiyanasiyana monga mipila, zingwe, mitondo ndi minsi, madzi, akatungwe, njinga, ndado, ndi zina zotero kuti ana akhale ndi mwayi osankha.**

ZOMANGAMANGA

Ana amange zomwe akufuna monga nyumba yawo, chithunzi cha iwo eni, anzawo ndi zina zomwe akufuna.

Mlezi abweretse zomangira monga matabwa, zisononkho. Akambirane ndi ana zomwe akufuna kumanga zokhudzana ndi iwo eni.

ZOGWIRAGWIRA NDI MANJA

Ana apatsidwe mapazo a zithunzi zawanthu kuti alumikize. Akhonzanso kulumikiza zinthu zina zomwe amakonda.

MALO OWERENGERA MABUKU

Mlezi aike mabuku azithunzi zawana, zawanthu amitundu yosiyanasiyana, mapu a Malawi komanso adziko lapansi.

Zonse zomwe ana ajambule zimatidwe pamalowa

ZACHILENGEDWE

Kukambirana ndi wana mmene angasamalire matupi awo monga kusamba mmanja, kusamba mthupi, kuwenga zikhadabo, kupesa, kutsuka mano, kukwecha zikang'a, kuchapa zovala.

KUIMBA NDI KUVINA

Ana aphunzire nyimbo zomwe zikutchula iwo monga:

- “Ndine mwana sindingathe kuguba”
- Kodi nonse mwasamba”

ZAUZIMU NDI CHIKHALIDWE

Kukambirana zazinthu zimene Mlungu analenga monga
-munthu
-mitengo etc
Kukambirana za mitundu ya anthu omwe Mulungu analenga monga kuda,

- Ine ndine mwana, mwana wa atate ndi zina zomwe mlezi akuzidziwa amwenye, azungu, makaladi. Kufotokozera kufunika kolemekeza mitundu yonse ya wanthu.

- **Makolo afunsidwe kupatsa ana zipeso, miswachi, sopo. Mlezi apeze madzi, mabeseni komanso apange miswachi kuchokera kumitengo yamaula, pichesi ndi ina. Onetsani ana zomwe mukufuna achite**

Mlezi apereke zida zoimbira monga magitala, ng'oma, zisekese, ndi zina zomwe ziripo muderalo.

- **Mlezi apeze zithunzi za mitundu ya wanthu osiyanasiyana ngati pali mitundu ina yawanthu pafupi awapemphe kuti abwere kugulu lawana.**
- **Mlezi apeze mapu a dziko lapansi ndipo awonetse ana komwe mitundu yosiyanasiyana imapezeka.**

Mlezi akonze ntchito yasabata lililonse molunzanalunzana. Akhale ndi zolinga zasabatalo komanso asankhiretu ntchito yomwe ana achite paokha komanso motsogozedwa ndi mlezi. (Dodge, 1998)

19.2 NTCHITO YAGULU

Aonetsetse kuti gulu likuchitira limodzi ntchito monga **kuimba, nthano**, ndimasewera ena ofuna gulu (games). Mlezi asankhe ntchito ina yapadera yomwe ana onse achite nawo monga pofuna kuyamikira chilengedwe mlezi akhonza kutengera ana pamalo omwe pamapezeka anthu ambiri monga pamsika, positi ofesi kuti akaone anthu osiyanasiyana malingana ndi phunziro lasabata limenelo. Mlezi asankhenso masewera amodzi amene iye akufuna kuphunzitsa ana onse nthawi yamasewero a panja. Izi zimathandiza mlezi kutha kutsatira bwino mmene ana kuchitira akakhala pagulu komanso kakulidwe kawo malinga ndi zolinga zomwe iye wasankha pasabata.

20.0 NTHANO

Mlezi aonetsetse kuti ana akukambiridwa nthano zosiyanasiyana monga zauzimu kunthawi yammawa, komanso nthano zamakolo athu. Ana akhonzanso kufotokoza nthano zawo kuchokera muzithunzi, mmabuku, komanso nthano zina zomwe anamva. Pamene ana akufotokoza nthano zawo kuchokera muzithunzi, mlezi alembe papepala ndipo amate pakhoma komanso tsiku lina adzabwereze nthanozo.

20.1 ZOLINGA

- Kuti ana aphunzire kulankhula mwandondomeko
- Aphuzire kumvetsera
- Asangalale

20.2 MITUNDU YANTHANO

- Zopeka
- Zochitika
- Zauzimu
- Zachikhalidwe chatu
- Zophunzitsira

20.3 ZIPANGIZO ZONENERA NTHANO

- Mabuku a zithunzi
- Zithunzi
- Zinthu zenizeni
- Zoumbaumba
- Wailesi
- Kanema

20.4 NTHANO ZAWANA ZIKHALE ZOTANI

- Zafifupi
- Zansinkhu wawo (zosalaula)
- Zosaopsya
- Zatanthauzo
- Zosangalatsa

Ana akhonzanso kuchita sewero lanthano zomwe mwawafotokozera. Fotokozani nthano mwaluso komanso potsiriza perekani phunziro lochokera munthanoyo. Mukhonzanso kufunsa ana kuti anene zomwe aphunzira. Pezani makolo kapena anthu ena mdera lanu amene ali ndi luso lofotokozera nthano kuti adzawauze ana nthano. (*APPM, Nthano zawana, unpublished*)

21.0 KUKONZEKERA KUUMBA NDI KUMATA

21.1 KUUMBA

- Mlezi akoweretu dongo lokwanira ndipo alikonze bwino bwino kuti lisakhale ndi tizirombo/tinyongolotsi topatsa ana matenda.
- Mukhonza kuliika dongo mmibulumibulu, kuliboola pakati ndikuika madzi mkumata kenaka kumanga dongo mmasamba antchochi kapena mapepala aplastiki ndikulimphika. Ena amangoliotcha.
- Madzi omwe mwaika mkati amathandiza kuti dongo lanu likhale lofewa nthawi yaitali.
- Dongo ligawidwe malingana ndi nambala yawana pagulu ndipo likhale lokwanira kuumba chinthu
- Apatseni ana masamba a nthochi, zikatoni kapena mapepala a plastiki kuti aziikapo zomwe akuumba.

Ana asanayambe kuumba kambiranani nawo nkhani kapena atengeni panja kuti akaone zinthu zosiyanasiyana. Izi zimawathandiza kuganiza mwansanga zomwe akufuna kuumba. Apatseni mwayi oumba zomwe akufuna. Pamene akuumba mlezi afunse mafunso kwa mwana mmodzimodzi zachinthu chomwe akuumba. Mafunso amathandiza mwana kuika zinthu zinthu zomwe anaiwala monga ziwalo, matayala ndi zina ngati akuumba munthu kapena galimoto. Mlezi awayamikire ana pazomwe akuchita komanso aonjezere dongo kwa amene akufuna lina.

Potsiriza ikani padzuwa zinthu zomwe ana aumba. Mukhonza kulemba maina a zomwe aumba ndikumata pakhoma pafupi ndi zoubidwazo ndipo tsiku lina mukhonza kudzagwirits ntchito ponene nthano. Ana amayamba kuphunzira kuwerenga pamene awona zilembo zosiyanasiyana.

Potsiriza peni peni ana akonze malo omwe amaumbira ndipo asambe mmanja mwadongosolo.

21.2 KUDULA NDI KUMATA

Phunziro lomata ndi phunziro lomwe ana amalikonda kuchita. Limathandiza ana kulimbitsa zala, kuganiza mozama komanso kukhala ndi luso pochita zinthu. Ana amaphunziranso kulanhkula pamene akugwira ntchitoyi.

21.3 KUKONZEKERA KUMATA

Mlezi akonzeretu zida/zipangizo zofunika paphunziroli monga kupeza zomatira monga gluu ndi zina, Kupeza manyuzi akale kapena zithunzi zochokera mmagazine, kutolera nthenga zankhuku, thonje, masamba ouma, zigamba, nchenga kapena zinthu zina zimene ana angamate.

21.4 KUPANGA ZOMATIRA/ GLU WACHINANGWA

- Pezani chinangwa chochuluka malinga ndi gulu la ana omwe muli nawo
- Tsukani chinangwa ndi kuchisenda
- Tsukaninso ndikuchidula mapisi ango'noang'ono
- Sinjani muntondo
- Sefani madzi omwe akutuluka pamene mukusinja
- Phikani madzi achinangwa pamoto wochepera.
- Takasani kuti phala lisabale
- Phulani ngati phala lalimba bwinobwino
- Ikani malo ozizira
- Gwiritsani ntchito.

21.5 KAYENDETSEDWE KAPHUNZIROLI

21.6 Phunziro loyamba

- Aphunzitseni ana kang'ambidwe katizidutswa tamapepala
- Aphunzitseni ana kagwiridwe ka chizola (scissors)
- Kufotokozero ndikuwaonetsa ana kamatidwe pogwiritsa ntchito brashi, kamtengo kapena chala
- Ana adule tizidutswa tating'onoting'ono kugwiritsa ntchito manja kapena chizola kenaka amate papepala

Aphunzitseni ana kuti glu kapena zomatira zimapakidwa kuchinthu chomwe chimatidwe pachinzake

21.7 Phunziro lachiwiri

- Ana ang'ambe tizidutswa tozungulira pogwiritsa ntchito manja kapena chizola
- Amate papepala

21.8 Phunziro lachitatu

- Ana ang'ambe kapena kudula zomwe akufuna kenaka amate papepala.

21.9 Phunziro lachinayi

- Ana ang'ambe kapena kudula ndi chizola tizidutswa tozungulira
- Amate mphepete mwa pepala lina molumikiza.

21.10 Phunziro lachisanu

- Ana ang'ambe kapena adule timabokosi kenaka amate papepala

21.11 Phunziro lachisanu ndi chimodzi ndi maphunziro ena otsatira

- Ana ang'ambe kapena adule tizidutswa titali titali kenaka amate papepala
- Ana ang'ambe kapena adule zomwe akufuna kenaka amate papepala
- Ana adule kapena ang'ambe zithunzi zawanthu kenaka amate
- Ana adule kapena ang'ambe zithunzi zazinyama kenaka amate
- Jambuliranitu pama pepala okwanira ana onse chithunzi cha mtengo wa nthambi. Ana ang'ambe tizidutswa tamapepala ndi kumata panthambi zamtengo wojambulidwa.
- Kambiranani ndi ana zanyumba kenaka auzeni amate kugwiritsa ntchito zinthu monga mchenga, udzu
- Ana amate zilembo zoyamba zamaina awo zomwe mlezi wadula kale.
- Ana amate manambala monga 1 mpaka 5 omwe mlezi wdula kale
- Ana amate kugwiritsa ntchito zigamba, thonje, masamba ouma ndi zomatira zina
- Ana amate kugwiritsa ntchito nthenga zankhuku
- Ana onse amate chithunzi chimodzi chachikulu monga, mtengo, munthu, nkuku ndi zina.

Pamene ana amaliza apatsidwe mwayi wofotokoza zomwe amata. Zomata zonse zawana zimatidwe mkalasi, zina zikidwe mufayelo yamwana aliyense kapena ana atenge kwawo. (*APPM, Activity Book, unpublished*)

22.0 MOMWE MLEZI/ALEZI ANGAMAUNIKIRE KAKULIDWE KA ANA

KUFUNIKIRA KWA KUUNIKIRA KAKULIDWE KA ANA

Mlezi awonetsetse kuti mwana yemwe ali mmanja mwake pa CBCC aunikiridwe moyenera.

Kuunikira mwana ndikofunikila chifukwa kumathandiza mlezi kudziwa momwe angamthandizile mwana mukakulidwe mbali zosiyana-siyana monga (kulimbitsa thupi, kudziwa kusewela ndi anzake, kukula munzeru, kukula muuzimu ndi muchikhalidwe ndi malankhulidwe).

Makolo komanso alezi amafuna kudziwa mmene mwana akukulira komanso mmene akuphunzilira. Kuunikiraku kumaonetselanso momwe mwana akupindulira pa CBCC yanu. Kuunikiraku kumathandizanso alezi kuona ngati mwana akuchita bwino komanso kutha kuphunzira maluso osiyana-siyana, kuphunzila khalidwe la bwino, komanso kuona ngati zomwe timawakonzela ana zikupindula mukukula kwawo.

Kunena mwatchutchuchu, kuunikira ana kumathandiza

1. Kutu mlezi adziwe momwe angakonzekela kuphunzitsa ana maluso osiyana-siyana
2. Kutha kuona mwana/ana amene ali ndi zobvuta zina mukukula kwawo (special needs)
3. Kutha kuona ngati ziphunzitso zathu zili zopindula kapena zodalilika.

Koposanso kuunikiraku kumaonetsela mlezi momwe mwana/ana alili, zomwe mwana/ana angathe kuchita komanso sangathe kuchita ndi momwe angathandizile mwana/ana kukula komanso kuphunzira.

Kuunikila kwabwino kumaonetsetsa/tsela momwe ana akuchitila kumbali zonse za mukakulidwe kawo. Izi zimathandiza mlezi kukonzekela kupatsa/kugawana ndi ana nzeru zakuya. (Gordon, 2000)

22.1 CHITSANZO CHAMOMWE MLEZI ANGAUNIKILE MWANA/ANA MUKAKULIDWE KONSE:

Mbali ya kakulidwe	Zoyenera msinkhu wa mwana	Zommwe mwana akutha koposa msinkhu wake	Zofunika kumuthandizila mwana
<p><u>Kudzisamala</u></p> <ul style="list-style-type: none"> - kutha kudzisamala - kutha kusankha zinthu kapena zochita - kutha kutsatila ndondomeko 	<p>Akutha kudya yekha, kudzithandiza ku chimbudzi, komanso kukonda kusewela panja.</p> <p>Amatha bwino lomwe kutsatira ndondomeko</p>		
<p><u>Kulimbitsa Ziwalo</u></p> <p>1. <i>Minyong'ono ing'ono ing'ono</i></p> <ul style="list-style-type: none"> - kujambula - kuseweletsa zina ndi zina zing'ono zing'ono <p>2. Akatumba akulu akulu</p> <ul style="list-style-type: none"> - kugwila mpila - kujowajowa, kulumpha - kuzendewela 			<p>Kusamala pazokwelakwela, kuopa kwela katungwe, kukonda kuzungulirazung ulira panja</p>
<p><u>Kayankhulidwe</u></p> <ul style="list-style-type: none"> - kulankhula - kumvetsela - kulankhula zomveka - kulongosola 		<p>Kulankhula bwino kwambili, kuthanso kulakhula ndi alezi komanso anzake,</p>	

		kutha kufotokozela nkhani pagulu la anzake	
<u>Munzeru</u> - kulongosola zinthu ndi akulu-akulu - masamu awana - kuwerengera/kusiyanitsa			
<u>Kusewela ndi anzake</u> - kudzidalira - kutsogolera - kutha kupeza anzake - kutha kukhala womasuka/kutha kuchita zina		Kutha kusewela bwino ndi anzake komanso kudzidalira	Mantha ndikutsogolera komanso manyazi etc.

23.0 KUDYA

Cholinga chimodzi chamagulu a wana ndicho kuonetsetsa kuti ana akukula ndi moyo wathanzi. Ana amakula bwino pamene akupatsidwa chakudya choyenera komanso chokwanira. Pamene ana abwera ku gulu lawana mlezi awonetsetse kuti anawo akupatsidwa zakudya zakasinthasintho zophikidwa mwaukhondo komanso zothanizira kuti ana akule ndi moyo wathanzi. Zina mwazakudya zomwe ana angadye ndi:

- Phala lasoya
- Phala lotendera
- Futali wachinangwa kapena mbatata
- Maungu
- Thobwa
- Mkaka
- Nsima ndi nyemba, mazira, nyama yogaya, masamba kapena nsomba zogaya
- Zipatso zopezeka munyengoyo ndi zakudya zina zopezeka mderalo.
- Sibwino kupatsa ana tea pamene asonkhana. Onetsetsani kuti chidwi chanu chiri pakakulidwe kawana.
- Pamene ana akudya zakudya zopatsa thanzi thupi lawo limakhala lathanzi komanso nzeru zawo zimakula. Izi zimathandiza kuti ana azithakuphunzira mosavuta. Kuti mudziwe kuti ana anu akukula bwino onetsetsani kuti sikelo yawo ikutanthauziridwa kwa inu ndi alangizi azaumoyo.

- Phunzitsani ana makhalidwe oyenera pakudya komanso kambiranani zakufunikira kwa zakudya zomwe akudya.
- Aphunzitseni ana kusamba mmanja ndi sopo kapena phulusa asanadye, akamaliza kudya komanso pamene agwiritsa ntchito chimbudzi.
- Mwana aliyense athiriridwe madzi aukhondo posamba mmanja kuopa matenda

(ECD Basic Training manual, 2004)

24.0 ZOMWE ANA AMBIRI ANGATHE KUCHITA PAMISINKHU YOSIYANASIYANA.

Ndikoyenera komanso kufunikira kwambiri kuti mlezi adziwe zakakulidwe kamwana ndi zomwe mwana amatha kuchita pamisinkhu yosiyanasiyana. Izi zimathandiza mlezi kukonza masewero oyenera nsinkhu wa ana amene akugwira nawo ntchito komanso kutsatira bwinobwino kakulidwe kawo. Mfundo zotsatirazi ndizothandiza alezi kumvetsetsa kakulidwe kawana ndipo zagawidwa malinga ndi nsinkhu wa ana kuti iwo athe kugwira nawo ntchito bwino.

24.1 MWENZI UMODZI

- Kulandira katemera wa chifuwa chachikulu (BCG) ndi chifuwa chokoka mtima (DPT).
- Kulembetsedwa maina awo mkaundula
- Kuika manja onse awiri pakamwa
- Kutembenukira kwa anthu owadziwa akamva mau awo
- Kutsatira zinthu zomwe mukuwaonetsa
- Kutsatira kulira kwa zinthu
- Kuyang'anitsitsa mwachidwi kwa mlezi wao

24.2 MIYEZI ISANU NDI UMODZI

- Kutukula mutu ndi chifuwa atagona chafufumimba
- Kugwira/kutsatira zinthu zowala/zonyezimira
- Kugudubukira kumanja komanso kumanzere
- Kukhala okha kapena mothandizidwa pan'gono potsamira zinthu
- Kuyamba kutsanzira zomwe akumva
- Kutsanzira zizindikiro zapankhope monga kukwiya, kuseka ndi zina
- Kusekerera
- Kuyamba kudya zakudya zina zowonjezera mkaka wammawere.

24.3 MIYENZI KHUMI NDI IWIRI (CHAKA CHIMODZI)

- Kulandira katemera wachikuku pa miyenzi isanu ndi iwiri
- Kukwawa ndi manja ndi miyendo komanso kuima
- Kutsanzira zomwe ena akuyankhula komanso phokoso lomwe akumva
- Kuchita zinthu zina zomwe mwanene monga, khala pansi bwera kuno, tiye etc
- Amakonda kusewera komanso kuomba mmanja
- Amatha kunyamula/kutola zinthu ndi zala
- Amatha kunyamula supuni komanso kapu.
- Kuyamba kudya yekha ndi manja.
- Amaonetsera chikondi kwa anthu owadziwa
- Amayamwa pafupipafupi komanso kudya zakudya zina katatu kapena kasanu patsiku.

24.4 ZAKA ZIWIRI

- Kuyenda, kuthamanga ndi kukwerakwera
- Kuloza zinthu kapena zithunzi pamene zatchulidwa monga maso mphuno ndi zina.
- Kunena mau angapo pamodzi (kuyambira miyenzi khumi ndi isanu)
- Kukalakasa papepala akapatsidwa chekeni
- Amakonda nthano ndi nyimbo
- Kutsanzira makhalidwe a ena
- Kudya yekha kugwiritsa ntchito supuni, kapu, mbale
- Kunena ziganizo zamawu awiri kapena atatu
- Amatha kugwiritsa ntchito chimbudzi izi zimayambira mwana akatha chaka ndi miyezi isanu ndi umodzi

24.5 ZAKA ZITATU

- Walk, run, climb, kick and jump
- Amathamanga mosavuta koma amatopa mnsanga
- Kutchula dzina lake ndi zaka
- Kudya yekha
- Amasewera ndi ana ena pang'ono
- Amazindikira manambala ndi mitun du yazinthu
- Amanene ziganizo zamawu awiri kapena zitatu
- Amasewera masewera oyerekeza akapatsidwa zipangizo
- Amayamba kugwira pensulo moyenera ndikujambula zowoneka
- Amazindikira zinthu/kutha kusiyanyitsa
- Amawakha mpira waukulu ndi manja onse ndikuika pachifuwa

- Amatha kuponya mpira ndi mwendo
- Amadumpha kamodzi kapena kawiri
- Amazindikira kununkhira kwazinthu ngakhale asanaone
- Amatsanzira zomwe akulu amachita
- Amalankhula ziganizo zamawu anayi kapena asanu (Amakhala ataphunzira mawu okwanira chikwi chimodzi, 1000)

24.6 ZAKA ZINAYI

- Ama gwira pensulo bwinobwino
- Amazindikira mitundu itatu yazinthu monga (wobiriwira, wofiira, woyera)
- Amakonda kusewera ndi anzake
- Amasiyanitsa kapangidwe kazinthu (mashepi), koma satha kukopela
- Amawakha mpira waukulu ndi kuuponya ndi manja awiri
- Amatha kudumpha katatu
- Amatha kuyenda pamzere woongoka
- Amazindikira kukula kwa chinthu, kapangidwe kake ndi kulemera kwake
- Amatha kusiyanyitsa zinthu zenizeni ndi zongoyerekeza
- Amanena zinthu zomveka

24.7 ZAKA ZISANU MPAKA ZISANU NDI CHIMODZI

- Amatha kujambula zinthu ndikuchekenira mowala ndi mokongola kugwiritsa ntchito mitundu yosiyanasiyana yachekeni komanso mautoto osiyanasiyana.
- Amakonda kuyankhula ndi akulu komanso kuchita zinthu zomwe akulu amachita
- Amakopela mashepi ndi zilembo komanso manambala
- Amawakha mpira waong'ono komanso kuuponya
- Amatha kudumpha ndi mwen do umodzi
- Amatha kuyenda pathabwa lokhomedwa mmwamba pang'ono(balance beam)
- Amazindikira nthawi monga mmawa, madzulu, masana komanso kudziwa kumanja kapena kumanzere.
- Amakonda mabuku komanso kuyerekeza kuwerenga
- Amayankhula ziganizo/masentensi omveka bwino. (Amakhala ataphunzira mawu okwanira 2,000 mpaka 4,000) (*ECD Basic Training Manual 2004; Design ideas for Preschool centres*)

Pamene mlezi aona kuti mwanayo sakukwaniritsa zinthu zambiri zomwe akanayenera kuchita pansinkhu wake, iye ayenera kudziwitsa makolo komanso a zaumoyo kuti athe kumuthandiza moyenera.

KUGWIRA NTCHITO NDI ANA OLUMALA

- Kulumala kulipo Kwa mitundu yosiyanasiyana monga kusaona, kusamva, kulumala ziwalo komanso kusayankhula. Mlezi akhale ndi luso komanso chidwi chogwira ntchito ndi ana osiyanasiyana. Funsani ana ena kuti asewere nawo mosaopa komanso kuwathandiza pazosowa zawo

Ana osaona

- Apatseni zosewerera zikuluzikulu komanso zowala
- Gwiritsani mau nthawi zonse
- Athandizeni ana oterewa kuphunzira pogwiritsa ntchito ziwalo zina monga manja pogwira zinthu zosiyanasiyana
- Aonetseni malo onse sabata yoyamba monga kuchimbudzi, bwalo losewerera ndi malo ena onse ozungulira.

Ana osamva

- Gwiritsani mau komanso onetsetsani kuti simukuyankhula mofulumira
- Gwiritsani mau ndi zizindikiro
- Gwiritsani ntchito zinthu zenizeni pophunzitsa monga mbale, nkuku, mpando ndi zina
- Apatseni zinthu zosewerera zokwanira

Olumala ziwalo

- Apatseni asewere masewera omwe iwo angathe
- Musawasankhire zochita.
- Onetsetsani kuti malo anu ndi oti anawo adzitha kuyenda kapena kukwawa mosavuta.

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