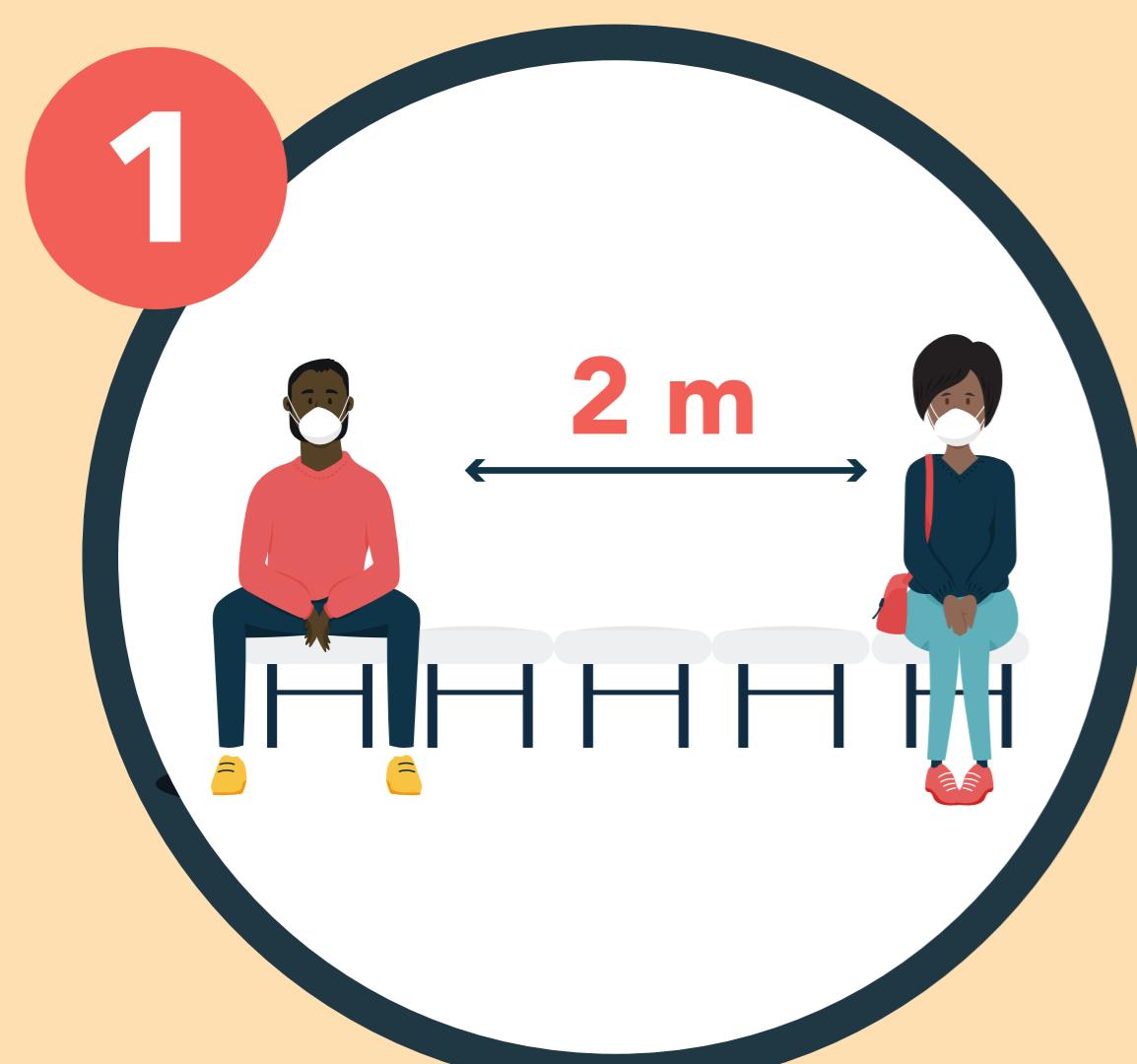




Phepha Endzaweni Yekukhonta

Ngaso sonkhe sikhatsi



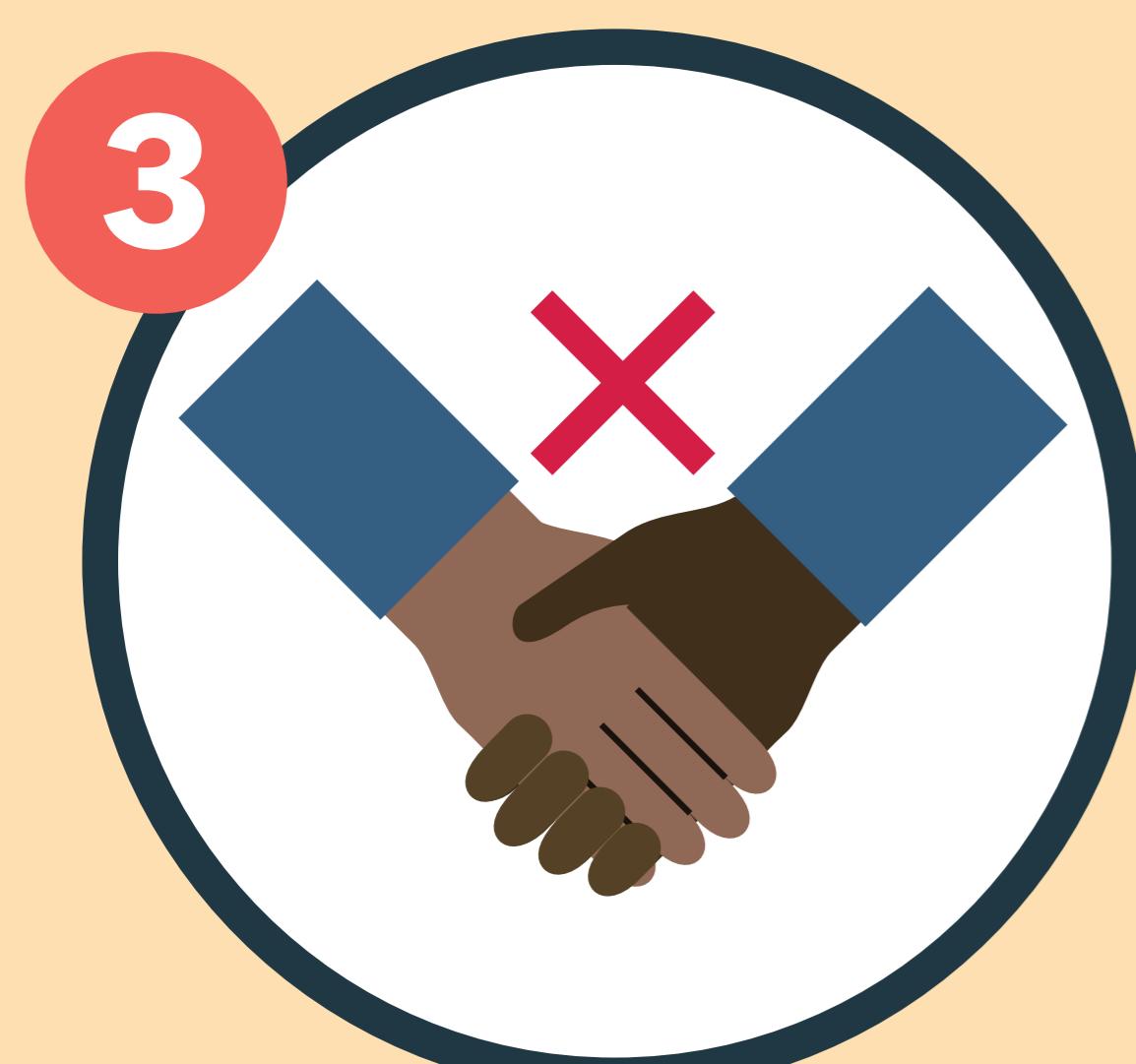
1

Gcina umgamu longemamitha lamabili emkhatsini wakho nalomunye uma ungena, uphuma noma usenkonzwani.



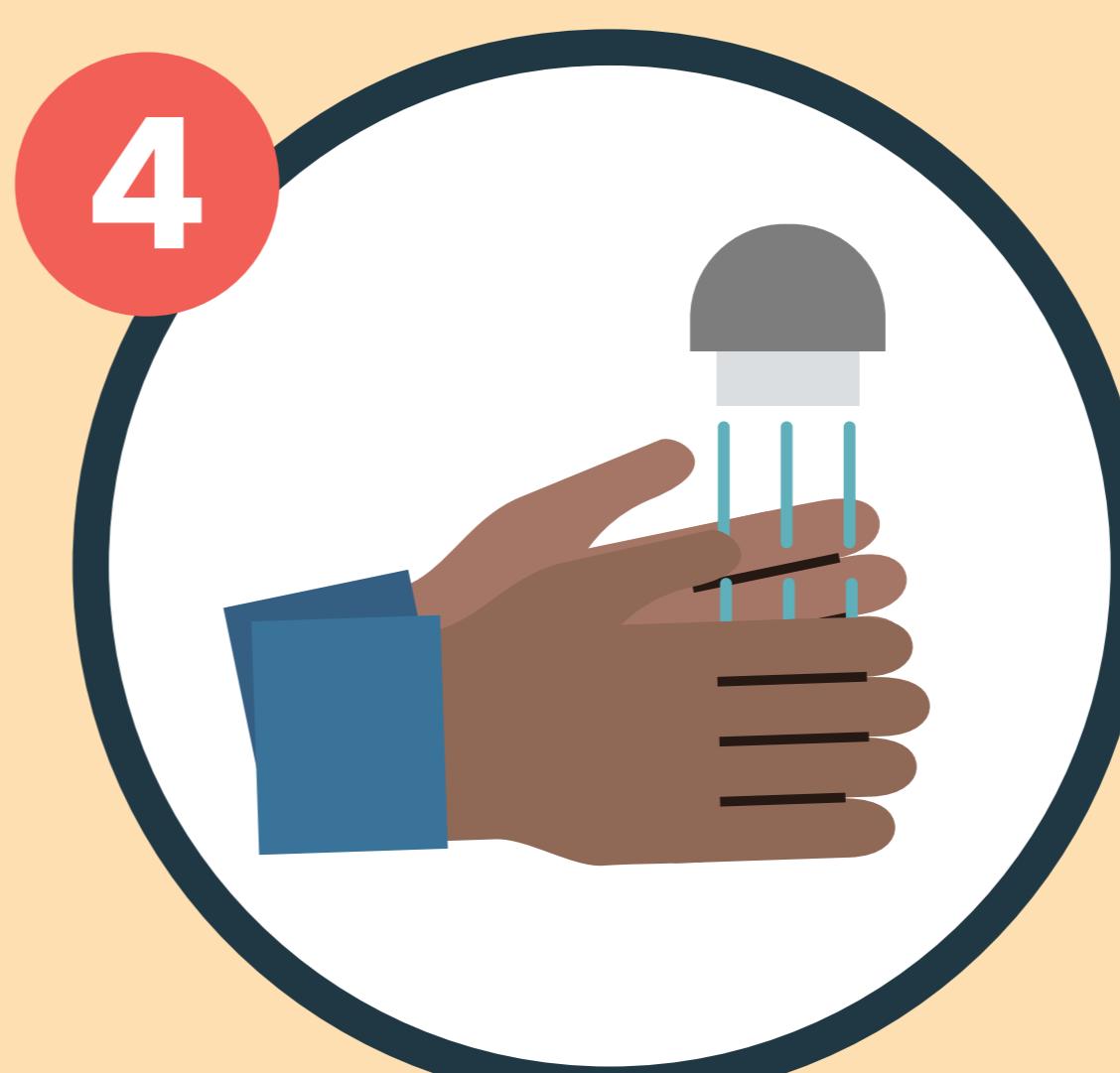
2

Gcoka sifonyo umbonye imphumulo, umlomo nesilevu.



3

Bingelela bazalwane ngentfokoto noma umphakamisele sandla kepha ningachawulani, ningahagani.

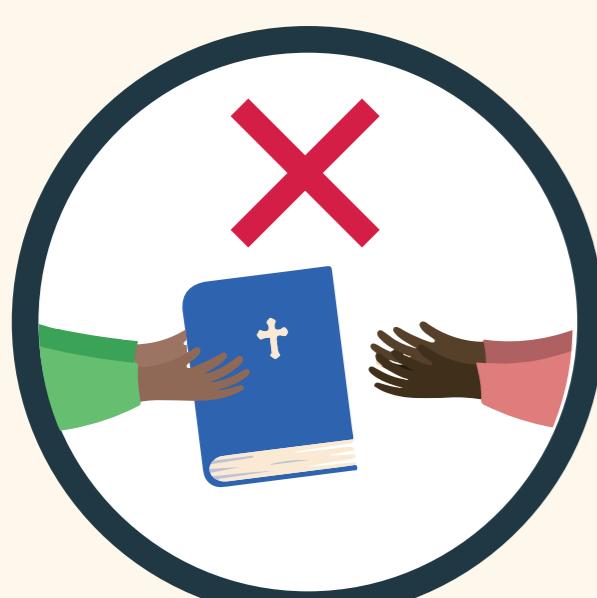


4

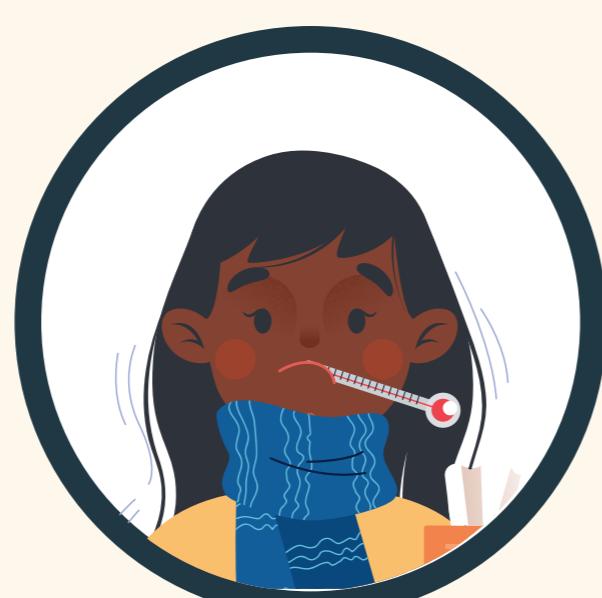
Geza noma usebentise sihlanta tandla imizuzwana lengemashumi lamabili.

Illustrations: www.freepik.com

Letinye Tindlela Tekuphepha



Ningasebentisi noma ningabolekani tintfo tanye.



Uma uva unetimphawu tem'khuhlane, hlala ekhaya emalanga langu 14.



Gcina emafasitelo nemnyango kuvulekile kuze kutewushaye umoya, noma lokungenani nibambele inkonzo ngaphandle.



Nase iphelile inkonzo hlanani phansi, nilindzele lotonisukumisa ngedlela lehlelekile.

Asivikelane!