

Mehato e menne ya ho dula o tshireletshehile o phetse hantle



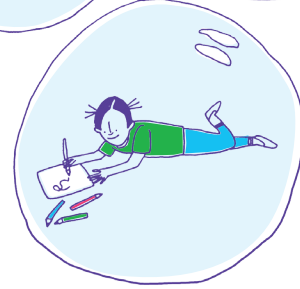
A re dule re kwetse

ho khohlola, le ho itshemola ka sephaka kapo ka setsu.



Hlwekisa matsoho

makhetlo a mangata ka letsatsi. Sebedisa sesepa le metsi o etse ha butle le ka makhethe.



Ikaketse o le hare ha sebudula

o ka tsoara mafello ea eona. Leka hore o se ke oa dumella ba bang ba kene ho pudula ea hao. (Empa o se ke oa kgathatseha ha ba kena ka nako tse ding!).



O se ke oa tshwara

sefahleo (molomo, dinko kapa mahlo) ka matsoho a hao.

HA RE ETSA DINTHO TSENA TSE NNE, RE THUSA HO HLOKOMELA HO RE KAOFELA RE DULE RE TSHIRELETSEHILE RE PHETSE HANTLE!