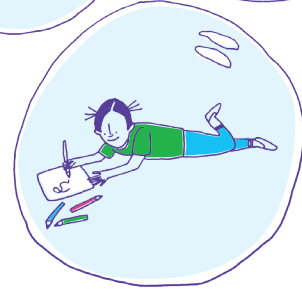


# Tindlela letine tekuhlala uphaphile futsi ukahle



## Hlala umbonyile

nawukhwehlela noma uthimula mbonya ngemkhono noma ngendololwane.



## Tentise ngatsi usekhatsi kwebhaluni

futsi ukwati kuthinta ekugcineni. Tama kunga vumeli bantfu bangene kilo.

(ungakhathateki nakwentekile bangenel!)



## Hlanta tandla takho

tikhatsi letinengi ngelusuku. Sebentisa insipho nemanti bese wenta ungajahi futsi ngekucopehelela.



## Ungatsinti

buso bakho (umlomo, likhala, nemehlo) ngetandla takho.

NASINGENTA LOKU LOKUNE SITABE SISITA KUGCINA  
WONKE MUNTFU ONDLEKILE FUTSI APHEPHILE!

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