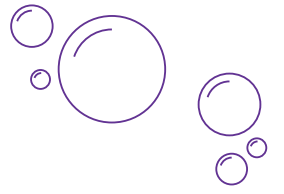


O etsa jwang



Ho hlapa matsoho hantle le khafetsa

Hona ho ka thusa ho thibela ho haswa ha dikokoana hloko le mafu

Hlapa matsoho a hao le ao a bana ba hao ka ho nepahetseng.

- ✓ Hlapa matsoho ka sesepa le metsi a tsamaeang.
- ✗ O se ke oa hlapa matsoho kasekotlolong, hona ho ka hasa dikokoana hloko. Ha o se na metsi sebedisa lebotlolo la plastiki ho etsa tippy tap.
- ✓ Etsa bo nnete ba hore ngoana e mong le e mong ho hlapa matsoho bonyane ba metsotsoana e mashume a mabedi (20 seconds).

Hlapa matsoho a hao le matsoho a bana khafetsa.

(O ka lekantsa ka ho bina happy birthday ha bedi)

- ✓ Maqalong a di thuto, ha bana ba fithla le hape pele ba etsa mesebetsi.
- ✓ Pele o etsa dijo
- ✓ Pele o eja dijo tse bobebe, dijo kapa o enwa.
- ✓ Kamora ho sebedisa ntloana
- ✓ Kamora ho khohlola
- ✓ Kamora ho hlokomela ngoana ea kolang kapa ea lemetseng

