

# Kunena Zoonu Kuli Ngati Kumanga Mlatho

Makolo, kambiranani ndi ana anu chifukwa chake kunama kuli koipa komanso chifukwa chake kunena zoonu n'kofunika kuti munthu akhale ndi anzake.

Malangizo:

1. Dulani mlatho komanso tizidutswa take.
2. Chotsani tizidutswa timene tili ndi "achule."
3. Manganinso mlatho pogwiritsa ntchito tizidutswa topanda achule.



