# Zimene Mungachite Kuti Muthane ndi Vuto la Kukhumudwa

Pali zinthu ziwiri zimene zingachititse vutoli: (1) zimene mumaganiza komanso (2) zimene mumachita.

## FUFUZANI ZIMENE MUMAGANIZA

Kodi ndimaganiza zotani zomwe zachititsa kuti ndikhumudwe?

**MWACHITSANZO:** Ndilibe anzanga.

Ndiyeno dzifunseni kuti kodi zimene ndikuganizazi ndi **zenizenidi?**

◯ **Inde**

◯ **Ayi**

**Ngati yankho ndi loti inde:** Lembani zimene mungachite mlungu uno kuti muchepetse vuto lanulo.

**MWACHITSANZO:** Ndikufuna ndifufuze zimene ndingachite kuti ndikhale ndi anzanga ambiri. Ndiyesetsa kuti ndipezeko mnzanga mmodzi kapena awiri chifukwa sindingapeze anzanga ambiri nthawi imodzi.

**Ngati yankho ndi loti ayi:** Lembani chiganizo chimodzi kapena ziwiri potsutsa zimene mukuganizazo.

**MWACHITSANZO:** Ndili ndi mnzanga wapamtima dzina lake John, ndipo amandimvetsa.



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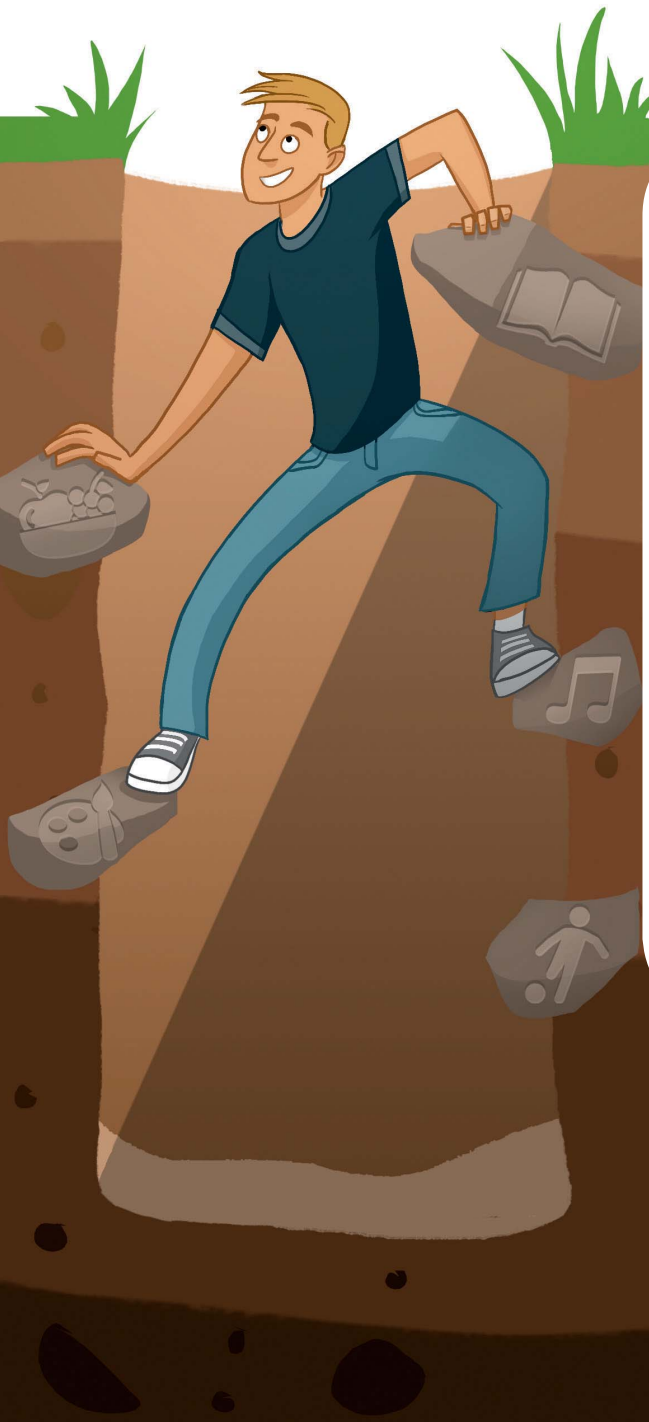
# FUFUZANI ZIMENE MUMACHITA

Kodi ndi zinthu ziti zimene zingakuthandizeni kuti muzisangalala? Chongani chinthu chimodzi kapena ziwiri zomwe mukufuna kuchita mlungu uno:



- ◯ Kuchita masewera olimbitsa thupi
- ◯ Kudya zakudya zopatsa thanzi
- ◯ Kuwerenga
- ◯ Kujambula
- ◯ Kuimba chida choimbira nyimbo
- ◯ Kulemba ndakatulo
- ◯ Kulemba zinthu zina
- ◯ Kuimba foni kapena kukacheza ndi mnzanu
- ◯ Kuphika
- ◯ Kugwira ntchito zosiyanasiyana
- ◯ Kuphunzira luso linalake
- ◯ Kuthandiza munthu wina
- ◯ Zina: _____

**ZIMENE ZINGAKUTHANDIZENI:** Muziyamba ndi zinthu zosavuta. Kenako mungamawonjezere kuchita zinthu zina pang’onopang’ono.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N’chiyani chingakuthandizeni kuti muzichita zinthu zokhudza kulambira kwinaku mukulimbana ndi vuto lanu la kukhumudwa?

**MWACHITSANZO:** Mungasankhe kuwerenga buku la m’Baibulo limene mumakonda, mwina mungawerenge chaputala chimodzi tsiku lililonse.

Konzani ndandanda yowerengera Baibulo:

| TSIKU | NTHAWI |
| --- | --- |
| ✓ Lolemba | ✓ M’mawa |
| Lachiwiri | Masana |
| Lachitatu | Madzulo |
| Lachinayi | |
| Lachisanu | |
| Loweruka | |
| Lamlungu | |

**ZIMENE ZINGAKUTHANDIZENI:** Pangani ndandanda imene mungakwanitse kuitsatira malinga ndi mmene zinthu zilili pa moyo wanu.

## MUZIONA NGATI MUKUSINTHA

Muziona zimene mwakwanitsa kuchita, mwina mwezi uliwonse, kuti muone ngati khalidwe lanu lokhumudwa lija likusintha.

**ZIMENE ZINGAKUTHANDIZENI:** Muzileza mtima. Musaganize kuti mukhoza kusintha khalidwe lanu tsiku limodzi lokha, koma zimatheka mwapang’onong’ono.


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