

NKENE TWI IGAMENE KOMUKITHI GWO CORONA

- Napu kale aluhe uule woometa mbali pokati keni namukweni
- Yoga omake goye olwindji nawa lela, nothewa, pomeya taga tondoka uule wo seekonde omilongo mbali.
- **ITUNGILA OKAPOMBA KO "TIPPY TAP"**
Omukalo gwoku yoga omake goye omwaanawa, omupu lela gwo gu na ombiliha nuundjolowele kumana



EFALOMO (NKENE WU NA OKU SHI NINGA)

Elandulathano ndika ota li ku ulikile nkene to vulu oku ninga okapomba koye ko "tippy tap", okapomba okapu oku eta po, to ka ningi megumbo lyoye opo wu kale wu na omeya gokwiiyoga komake, wa fa owala wu na okapomba komeya.



SHOKA WA PUMBWA



1. Oongundhi mbali dhuule wa konda ometa yimwe kashona (1.1M)
2. Uuti uyali uushona
3. Oshisaaha nenge ekatana lyoku teta
4. Omboha yimwe
5. Ongodhi
6. Okandini koolita ntano (5l)
7. Othewa yomeya nenge okapambu kothewa
8. Okashako ka tulwa uumanya

Yanuna epandja opo wu landule nkene wu na oku shi ninga

NKENE TO SHI NINGI

1.

OKULONGEKIDHA OONGUDHI

Kutha oongundhi dhoje nenge iitenda mbyoka yuule wometa yimwe lwaampoka. Mangela ongodhi kuyimwe yomoongundhi.

2.

OKUNDHINDHILIKA MPOKA TO TSU OMBULULU



Ndhindhilika kokandini koye mpoka tapu kala ombululu yoosentimeta omulongo nambali okuza kokasiikilo oku uka pevi

3.

ENYEKA OMBOHA NOMULILO



Kwata omboha noshange ndee to yi enyeka

4.

OKU TSA OMBULULU



Tsa ombululu kokandini kokene mpa wa meta, ngweye to tsu woo ombululu onkwawo kokasiikilo kokandini

5.

TULA MO ONGODHI



Pititha ongodhi ndjoka we yi mangela kokati mombululu ndjoka wa tsa kokasiikilo

6.

DHITIKA ONGODHI



Ninga edhita kehulilo lyongodhi yoye opo kayi pite mo mombululu yokasiikilo

7.

OKU SHI TULA KUMWE ASHIHE



Siikila okandini. Okati koye paife owe ka kwatela kumwe nokandini nongodhi.

8.

OKU UDHITHA OKANDINI



Udhitha okandini koye sigo opokambululu hoka wa tsa kokandini, ngweye to gwedha mo othewa yiyiyaha nenge othewa yilwe yomeya

9.

OKUDHIKILA OONGUNDHI DHOYE MEVI



Fulila oongudhi dhoje mevi oku ya muule woo sentimeta (30cm) lwaampoka. Pokati koongundhi napu pite oosentimeta omilongo heyali (70cm) lwaampoka

10.

OKUTSILIKA OKANDINI



Pititha okati monkoga yokandini ngweye to egeke okati koongundhi. Ongodhi nayi kale ngaa ye endejelela ya thiga po oosentimeta 15 lwaampoka okuza pevi

11.

OKALAMBO KOMEYA



Pokati koopala thiga po okalambo koosentimeta 50cm x 50cm lwaampoka ko kay a mevi noosentimeta 20cm lwaampoka. Mokalambo tula mo uumanya wokuungulita, opo omeya ga pwiinine kuumanya, ka ga ninge po okalambo komeya nenge iitapili. Pamukalo gu li ngeyi oto kaleke woo oomwe kokule shaashi ita pu kala wee omeya ga talama mokalambo.

12.

NKENE TO LONGITHA OKAPOMBA KOYE KO TIPPY TAP



Lyatela poho okati hoka ka mangelwa kongodhi ndyoka yi li kokandini. Pamukalo gu li ngeyi okandini ota ka tika kashona, go omeya ta ga tondoka gu uka pevi. Tutika omake goye ngweye to etha ko manga opo wi igwayeke othewa. Lyatela ishewe okati pevi opo wi isimule ngweye wu mane oku iyoga komake goye.