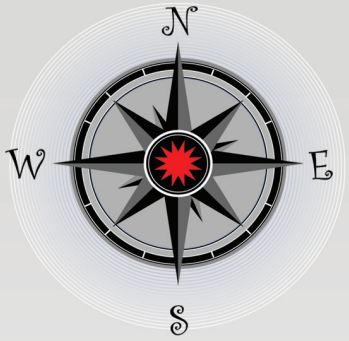
IMYITEGURO



Buri gikorwa gihambaye gishobozwa n' imyiteguro myiza.

IHAME RY' ICYUMWERU

Tugomba kubaho ubuzima bwacu nkaho tuzapfa ejo, ariko kandi tugakora imigambi yacu nkaho tuzabaho imyaka amajana. Ni ibintu bike cyane bigerwaho nta cyerekezo cy' ejo hazaza ndeste ni umugambi wo kubushyira mu bikorwa. Ubuzima bwacu bwose bushobora guhinduka bwiza turamutse twihaye umugambi usobanutse. Tudafite umugambi, ubuzima bwacu ntacyobutugezaho cyangwa se ngo buduheshe agaciro.

Kugira ngo umugambi wacu ushoboke ukenera icyerekezo; ugire intego hamwe n' inzira idufasha kubigeraho. Tudafite umugambi inzozi zacu zizahera mu gihirahiro. Ntidushobora gutekera neza ku bitwerekeyeho, abo dukunda cyangwa se imirimo dukora ndetse n' imigambi y' ubuzima bitihise ubuzima bwacu buzagengwa na bandi. Icyerekezo giha ubuzima bwacu intego kandi bigaherekezwa n' intego zo twihaye.

Kimwe mu bishimisha ubuzima bwacu ni ukugira ishya /ihirwe. Buri mugambi mwiza ugira intego/ imihigo y' igihe gito cyangwa iyi gihe kinini kandi bikagengwa n' igihe wihaye kugira ngo tumenye intambwe twateye. Aho rero bikaba inzira y' inshingano n' amategeko bisaba. Ibaze nawe gukina umupira w' igikapu nta gikapu gihari, cyangwa se undi mukino ariko udafite aho batsindira. Kuko ntidushobora kumeya uko umukino uhagaze haba gutsinda cyangwa gutsindwa. Birakomeye rero gufata ikiruhuko utazi aho uzerekeza na mafaranga bizagufata. Kuko kugira umugambi nibyo bidutera umunezero.Umugambi uratwereka ukanaduha uburyo bwose bwo kubigeraho, aho tuzaba , ni cyo tuzaba dukora. Kugira imigambi no gusohoza umugambi bituma ubuzima bworoha kandi bukanaryoha.

Si buri kimwe dutegura gishobora kugenda neza, ariko byibuze dukora dukurikije umugambi maze tugakosora. Iyo twubakiye ku ndangagaciro zishobora kubyara ibyiza, bizaduhira.

INYUNGU

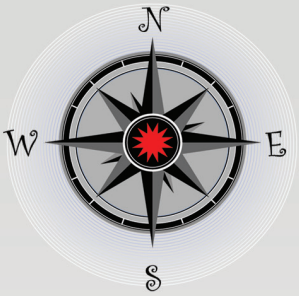
1. Ubuzima buzaduhira cyane. Iyo witeguye ubuzima bugira inzira ifatika, bube nk' ubufindo , bityo biguheshe icyubahiro mu bakuzi. Uko umugambi uteguye neza nicyo kizaguhesha imbaraga zo kuzamuka mu ntera zose zishoboka.
2. Ubuzima bwawe buzagira gahunda kandi bugire agaciro bityo haboneke n' amahirwe yo kuba wazamurwa mu ntera hamwe no mishinga ikomeye.
3. Ushobora gupima umusaruro maze umugambi wawe ukakubera amategeko ukurikiza, ufite ndetse n' inshingano.
4. Uzagaragara nk' umuntu ugera ku musaruro, kuko uba uzi neza aho ugomba gutsinda igitego cy' ubuzima.

Mu gihe utazi aho werekeza, inzira yose izakugezayo, kwitegura ni nko kurasa ku ntego, kwiha intego nziza rero ni ukwitoza, ukigira imbere utera intambwe mu mugambi wihaye. Iyo ubwenge bwawe buhugiye ku mpamvu , icyo gihe uzaba ufite amahirwe yo kugera ku ntego zawe.

INTAMBWE ZIKURIKIZWA

1. Gira icyerekezo. Iyo ufite icyerekezo, uzaba ushakisha inzira zose zishoboka maze ubwenge bwawe buhugire ku ntego. Ni uko intege n' imbaraga bizaherekeza

Inzira ni mikorere ku MYITEGURO



ibyo wifuza. Icyerekezo niwo musingi w' imyiteguro.

2. Sobanura icyerekezo binoze. Maze icyo cyerekezo kizakubera intego. Iyo umaze kugira intego isobanutse, ugeraho ukayibonamo buri igihe.
3. Fata inzira/ ingamba.Ingamba zigira akamaro gakomeye cyane kagufasha kugera kuri cya cyerekezo kuko haba habonetse uburyo bworoshye bwo kubigeraho. Ujye wibuka ko imyiteguro myiza igira intego z' igihe gito hamwe n' ikirekire biherekejwe n' igihe bikorerwamo kizwi.
4. Zirikana kandi ko umgambi wawe wakomeje umurego wari uriho. Bitihise ibyo wagezeho byose bizatakaza agaciro.
5. Buri munsi ujye ubyuka maze wibaze uko uri bukaze ingufu z' imikorere ku mugambi wawe.
6. Ujye utera amaso mu nzagihe maze wibaze uko uzaba umeze umurimo warangiye. Isuzumeho ingeso mbi waba ufite maze uzihane none.
7. Ujye kandi wigenera igihe mu minsi y' icyumweru maze ukigenere umugambi wawe. Ikindi ni uko uzajye wibaza ku ngaruka byagirira umuryango ndetse n' inshuti zawe.

Imyiteguro rero ni nka vitensi y' indenge iyigeza ku butaka, iramutse itabayeho inzozi zose zahera mu kirere.

IBAZE KANDI USUBIZE

1. Ese wifuza kuzagera kuki cyangwa kuba iki?
2. Ese wifuza kubigeraho ute?
3. Ese ni izihe nzitizi wahura nazo uramutse ukoze umugambi ku nzozi zawe?
4. Ese intego / imihigo yawe ya buri munsi na buri cyumweru ihuye ni umugambi wawe?

Ibuka....Intekerezo zibyara ibikorwa, Ibikorwa bibyara ingeso, Ingeso zirema kamere, yacu Nuko kamere igena ejo hacu hazaza!

Isuzume Kuva kuri 1 kugera 10	1	2	3	4	5	6	7	8	9	10
Kuki wihaye aya manota?										
Nizihe nyungu azabona mu gihe uzamuye amanota yawe?										
Ese ni kihe gikorwa wakwitoza mu ku gerageza inyungu ziri hame??										
Ingengabihe kw' ihame usoma buri munsi	M	T	W	T	F	S	S			