AMAKIMBIRANE

Kora uko ushoboye maze witegure icyo iminsi ihatse.

IHAME RY' ICYUMWERU

Hari abibwira ko mu ubuzima twabaho nta makimbirane, nyamara inyuma ya buri mugabo cyangwa umugore ukomeye hari amateka y' amakimbirane. Iyi mibereho rero yabatoje guca akenge.

Iyo dutera imbere nk' umuntu, twunguka inama nshya ni uko muri izi nama hakaboneka hari byinshi bigenda byiyongeraho. Mu gihe twagiye dutangariza ibi bitekerezo ku bandi, ntabwo bahita batwumva cyangwa se ngo baemeranye natwe. Akenshi havuka amakimbirane iyo ibitekerezo bihabanya ni byabandi bafite. Igice kinini cy' ubuzima bwacu tukimara twiga uburyo twagemura inama zacu ku bandi ndetse nuko twakwakira inama zivuye ku bandi. Ari nako duhanganye na makimbiranye ndetse ni umwuka mubi wayo,tugomba guhinduka abantu beza, kuko muri byo dutahura aho imbaraga n' intege zacu nke zihererereye. Ni muri iyi mpano yo gushishoza no gihitamo dushobora gukemura no kunesha amakimbirane.

Amakimbirane ashobora kudufasha guhindura imyifatire yacu cyangwa tugahora dusharira mu buzima.Duca bugufi kandi tukanabishima maze tukaboneraho guhindura imyifatire yacu ndetse bikadusigira isomo cyangwa gukemanga, ubwibone hamwe no kuba indakoreka. Ntabwo ari bibi kugira amakimbirane bityo rero ntitukagire ubwoba bwo kuba twayisangamo. Ahubwo ntidushobora gukura cyangwa se ngo dutere imbere tutayafite. Ibitekerezo/ inama nyinshi zikunzwe kudacamo kuko ziba zibangamiye imico runaka yaguye abandi neza. Impunduka ntabwo yoroha kandi abantu bamwe ntibazigera bahinduka.

Mu gihe rero, twihaye igihe dushobora kwirinda ibyari kubyara intambara maze bigasenya umubano wacu ndetse ni abo dukorana. Ni byiza kwitegura amakimbirane, kuko tutiteguye ntidushobora kuyatsinda.

Tugomba kwitonda mu gihe twatsinze, kuko bikorohera kwishyira hejuru. Akenshi twigira mu gustindwa kurusha gutsinda. Icyo twiga kidufasha gusobanukirwa kurushaho kugira ngo ubutaha tuzahakosore maze dutsinde.

INYUNGU

1. Mu gihe dufite imyumvire myiza mu gihe cy' amakimbirane tuziga ko gusobanukirwa ibitekerezo by' abandi ndetse ni ibibazo.
2. Tuzatahura aho imbaraga n' intege nke byacu bihererereye. Guhangana na makimbirane bisaba ubuhanga, kwibaza ndetse no gutandukanya icyatsi n' ururo bityo uzakemura ikibazo.
3. Iyo twiyumvishije ko amakimbirane ahoraho kandi azahoraho, tuzagira imyumvire myiza imbere yabo dufitanye ikibazo.
4. Tuzakura maze tujye imbere nk' abantu maze dukemure ibibazo aho kubitera, ndetse no guhakanya ibintu byose.
5. Iyo dufite imyumvire myiza imbere y' ikibazo tuzirinda intambara maze tunoze umubano wacu dufitanye n'abandi.

INTAMBWE ZIKURIKIZWA

1. Uzafate intsinzi hamwe no gutsindwa nka majyambere bityo ntibikabe imbogamizi kuri twe cyangwa se ubuzima bwa bandi.
2. Ntugashyenge mu gihe ubonye itsinzi. Ahubwo ujye wiha akabanga waba

Inzira ni mikorere y' AMAKIMBIRANE

utsinze cyangwa utsinzwe. Bityo rero ni inshingano yawe aho hombi.

3. Ujye wicisha bugufi mu gihe uhiriwe. Guhora ibintu bigenda neza byagutera kugira ubwibone; ushobora kunoza ijambo ryawe ariko ukahaburira inshuti.
4. Itegure gukimbirana, kandi umenye uko wayinjiramo. Ntuzirengagize kwitegura igishobora kuza mu buzima.
5. Mu gihe bishoboka ujye uhangara amakimbirane. Ujye wirinda gukoresha inyandiko mu gukemura impaka.

Umugabo yajyanye umuhungu we mu mukino w' iteramakofi. Maze wa mwana aza kubona umwe mu bakinnyi apfukamye maze arasenga mu nguni. Umuhungu yaje kubaza ise ngo " ese biriya akoze biramufasha? "keretse niba yari yiteguye kurwana" ise aramusibiza. Bityo natwe rero ntitukajye twemera ko abandi batwogeraho uburimiro cyangwa ngo begende tutabahangaye. Mu gihe amakimbirane akemuwe mu buryo nyabwo, akangura buri wese wari uyarimo. Ni uko amaherezo twese tukahigira isomo maze ubuzima bugakomeza. Ibyifuzo n' ibitekerezo bigomba gutangwa kugira ngo harebwe ubushobozi bwabyo. Iyo tugerageje ibitekerezo ndetse ni mpamvu zacu mu nzira yubakiye ku ndanga gaciro na mahame, tuzakomeza mu nzira nyayo bityo tubere n'abandi urumuri.

Umugabo umwe yigeze kuvuga ngo, " amakimbirane ni ingirakamaro kuri njye cyane ku buryo iyo adahari, njye ubwanjye nadayashora!"

IBAZE KANDI USUBIZE

1. Ese wiyumva umeze ute , iyo uri mu makimbirane?
2. Ese yaba yaraguhinduyemo umuntu muzima?
3. Tanga urugero rwaho amakimbirane yaba yaragufashije mu buzima.

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			