

Waves for Change Take 5

Ukuzilolonga umphefumlo sisixhobo esiluncedo kakhulu ukuze siphole, sigxile kwaye siphumle.

E Waves for Change, sifundisa abaqeqeshi nabantwana bethu ngendlela yokusebenzisa i Take 5 ekhaya, elwandle, emsebenzini okanye esikolweni - naphina!!!!- ukuze uzive upholile kwaye umelane nemizwa yakho.

iTake 5 ikwancedana noba uguqule indlela oziva ngayo xa usoyika, unexhala kwaye unovalo.

Ngokugxila emizimbeni yethu okanye isimo, kunokugxila kwimvakalelo ezisixhalabisayo, sinika ingqondo yethu nemizimba yethu ithuba elibalulekilyo lokuzipholisa.

Xa sipholile, siziva ngcono, sisempilweni and senza izigqibo ezingcono ngezinto esizithethayo nesizenzayo.



Ngaphantsi yimiyalelo yase W4C Take 5.

1. Qinisekisa ukuba wonke umntu uhleli kakuhle ngokukhululekileyo
2. Wonke umntu makaphefumlele ngaphakathi ngempumlo, ubale kube kane. Qinisekisa uba uphefumla ngokuthe ngcembe, kodwa ungayingamandla ude uphelelwe ngumoya ude ube noloyiko.
3. Khupha umphefumlo ngomlomo ubale 1,2,3,4.
4. Usaphefumla njalo ngempumlo kwakhona, mamela iizandi ezikungqongileyo. Zimamele ngononophelo. Ungaxhalabi ngeengcinga zakho - mazize ziphinde zihambe. Phefumla ngomlomo izihlandlo zibene : 1,2,3,4.
5. Phinda uphefumle ngeempumlo kwakhona kwaye umamele iimvakalelo emzimbeni wakho. Uva shushu, uyagodola? Ukuxelela ntoni umzimba wakho? Phefumla kwaye uthathe ingqalelo kokwenzeka kuwe ngaphakathi. Phinda uphefumlele ngaphakathi, ugcwalise imiphunga kwaye uyeke iingcinga zakho zifike zihambe ngaphandle kokukhathazeka. Phefumlela phandle ngomlomo wakho.
6. Ngoku lixsha lokuphefumla okokugqibela. Phefumlela ngaphakathi nzulu ngeempumlo ubale kube kane: 1,2,3,4. Uwubambe umphefumlo, ugcine umoya ngaphakathi. Wubambe ubale kube kane, uwuve umoya emiphungeni yakho. Amandla wakho mawagxile kulento uyivayo....wandule uwukhulule umoya ngomlomo wakho. Xa sele ukulungele, ungavula amehlo wakho uthe ngcembe.
7. Uziva njani emveni kwe Take 5. Upholile? Uphumle? Unamandla? Ugxilile?

Khumbula, ungayenza iTake 5 naninina, naphina xa ufuna uyenza, ukunceda wena, abahlobo kunye nosapho ukuze bazive bepholile kwaye besemandleni kwaye ube Bananas.