

# Take 5



**Ukudonsa umoya kuyisona sikhali esidingeke kakhulu empilweni.**

**Uma sisaphila siphefumula siyakwazi ukuwusebenzisa lomoya ukuze sithole ukuthula ngaphakathi, futhi sikwazi no kumelana ngqo nezinto ezibalulekile nezisinikeza ukuphumula.**

**1. Hlala kahle phansi , uvale amehlo.**

**2. Uma sekulunge kahle konke, faka umoya ngaphakathi ngamakhala, ubese ubala kane (4x).**

**3. Phefumulela ngaphandle ngomlomo ubale kube yikane (4x) futhi!**

**4. Kathathu ngokujulileyo faka umoya kancane nje ngaphakathi ube usuwukhipha ngaphandle futhi.**

**5. Uma usuqedile, usungawavula kancane amehlo akho. Uthathe lelithuba ukeqhaphele ukuthi lok' uthatha le5 kukwenza uzizwa kanjani.**

**Khumbula, ukuthi lokhu kuzi 'thathele le5 ungakwenza noma yinini noma ngabe ikuphi ukuzisiza kwezomphefumulo wakho, kanye nabangani nanomndeni wakho, nabo basizakale ukuze bazizwe nabo benokuphumula nentokomalo enamandla anele. Manje sizophetha ngokungathekisa ngedlela zobhanana lo osiwudlayo!**