

Wasiliana na mtoto wako kiziwi
Communicating with your deaf child

Lugha ya Alama ya Tanzania **Tanzanian Sign Language**

Kitabu cha Kwanza
Book One



Yaliyomo

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Shukrani

Shirika la Deaf Child Worldwide wangependa kuwashukuru Malise Swila, Sarah Namulondo, Nicholas Mpingwa, Paulo Wadugu, Kepher Ombati, Richard Mativu, wazazi, waalimu na wadau mbalimbali kwa mchango wao wakati wa kutengeneza kitabu hiki.

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Utangulizi

Kitabu hiki ni kwa ajili ya wazazi, watoa huduma, walezi na familia wenye uelewa wa msingi katika lugha ya Alama ya Tanzania, ambao wangependa kuongeza ujuzi wa lugha ya alama katika kuwasiliana na watoto wao viziwi kwa kutumia sentensi na tungo rahisi.

Mada za kitabu hiki zimezingatia yale yaliyoelezwa na wazazi wa watoto viziwi kutoka taasisi washirika wetu tulipowauliza masuala gani wangependa kujadili na watoto wao viziwi katika ngazi ya kifamilia, kijamii na maisha ya kijamii.

Tungependa kitabu hiki kiweze;

- Kuzijengea uwezo familia katika kuboresha ujuzi wao katika mawasiliano
- Kuhakikisha watoto viziwi wanajumuishwa katika maisha ya kifamilia na katika jamii zao.
- Kuwajengea watoto viziwi uwezo wa kueleza maoni yao, hisia zao na kuwafundisha stadi za kijamii wanazohitaji katika maisha ya kujitegemea.
- Kuwawezesha watoto viziwi kuonesha uwezo wao.

Introduction

This book is for parents, carers, guardians and families with a basic knowledge of Tanzanian Sign Language (TSL) who want to develop their TSL skills to communicate at a more advanced level with their deaf children using simple phrases and sentences.

The chapters are based on what the parents of deaf children at our partner organisations told us when we asked them about the areas of family, community and social life they wanted to discuss with their children.

We want this book to:

- Empower families to improve their communication skills
- Ensure deaf children are included in their family life and in their communities
- Empower deaf children to express their own views and values and develop the social skills they need to lead independent lives
- Allow deaf children to fulfil their potential

Jinsi ya kutumia kitabu hiki

Lugha ya alama ni lugha ya kuona inayotumia ishara na hisia za uso katika kuwasiliana. Picha katika kitabu hiki zinaonesha namna ya kufanya ishara tofauti. Mishale inaonesha namna ambavyo unapaswa kuelekeza mikono yako wakati wa kufanya kila ishara.

Mwalimu au mkufunzi anapaswa kutolea mfano wa alama.

Kitabu kimeandikwa katika lugha mbili za Kiswahili na Kiingereza, ingawa Kiswahili ndicho kinapewa kipaumbele.

Hiki ni Kitabu chako. Tafadhali nenda nacho nyumbani ufanyie mazoezi uliyojifunza.

How to use this book

Sign language is a visual language using gestures and facial expressions to communicate. The pictures in this book show you how to make different signs. The arrows show you how you should move your hands as you make each sign.

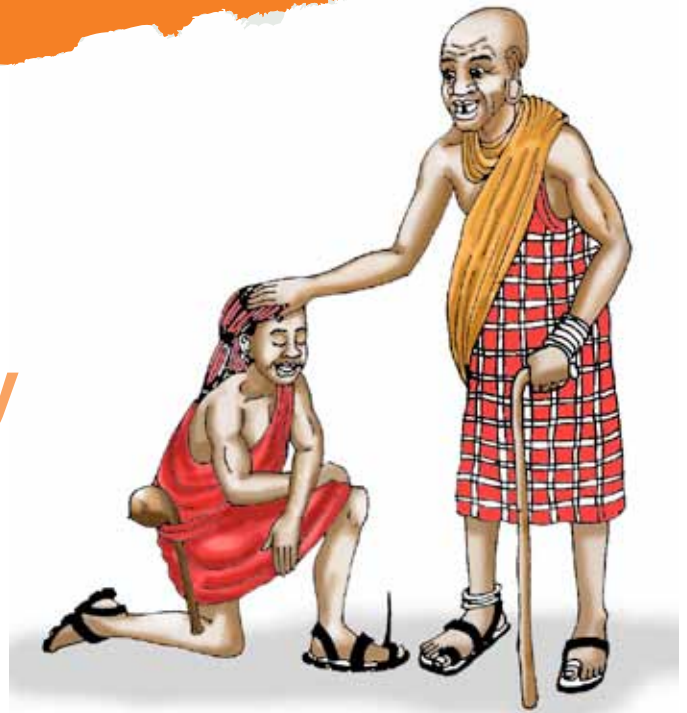
A teacher or trainer should demonstrate the signs for you.

The book is written in both English and Swahili though you will notice Swahili is dominant.

This is your book. Please take it home and practise what you have learned.

Sura ya Kwanza / Chapter one

Salamu na Heshima Greetings and Courtesy



Habari

Asubuhi

Habari ya asubuhi
Good Morning



Habari

Mchana

Habari ya mchana
Good Afternoon



Habari

Jioni

Habari ya jioni
Good Evening



Habari



Usiku

Habari ya usiku
How is your night



Njema
Fine



Salama
Fine



Shikamoo

.....



Marahaba

.....



Hujambo

.....



Amka aje

.....



Amka salama

.....

Heshima/Courtesy



Samahani
Excuse me



Pole
Sorry



Ahsante
Thank you



Shukuru
Appreciate



Tafadhali
Please



Ubarikiwe
Be blessed



Omba
Request



Saidia
Help



Kupenda
To Love



Sentensi



Nani

Wewe ni nani?



Tafadhali

Tafadhali nisaidie



Saidie



.....

.....



Nyumbani



Kwenu



Wapi

Nyumbani kwenu ni wapi?

.....



Kitabu



Chako



Omba



Tafadhali

Tafadhali naomba kitabu chako.

Zoezi La 1

Kazi Ya 1: Kwa vikundi, jaribuni kufanya zoezi la salamu na kumkaribisha rafiki kwenye kikundi chenu.
Kazi Ya 2: Igizo-Wewe kama mzazi, mtoto wako amekuja nyumbani na rafiki yake, unajaribu kumuulizia mengi juu ya rafiki yake. Kwa lugha ya alama, onyesha maswali ambayo ungemuuliza.

Ndugu na marafiki Friends and relatives



Baba
Father



Mama
Mother



Kaka
Brother



Dada
Sister



Babu
Grandfather



Bibi
Grandmother





Mjomba
Uncle



Shangazi
Aunt



Binamu
Cousin



Shemeji
Brother-in-law



Wifi
Sister-in-law



Mchumba
Fiancée



Baba mdogo



Mama mdogo



Baba mdogo



Mama mdogo



Mkwe
In-Law



Mvulana
Boy



Msichana
Girl



Mjukuu
Grandson or
Grand-daughter



Kitukuu
Great grandson



Mtoto
Child



Adui
Enemy



Mpenzi
Lover



Watoto
Children



Rafiki
Friend



Baba mkwe
Mother to my in-law



Mama mkwe
Father to my in-law





Sasa



Wewe



Mimi



Rafiki

Sasa wewe ni rafiki yangu.



Nani



Rafiki

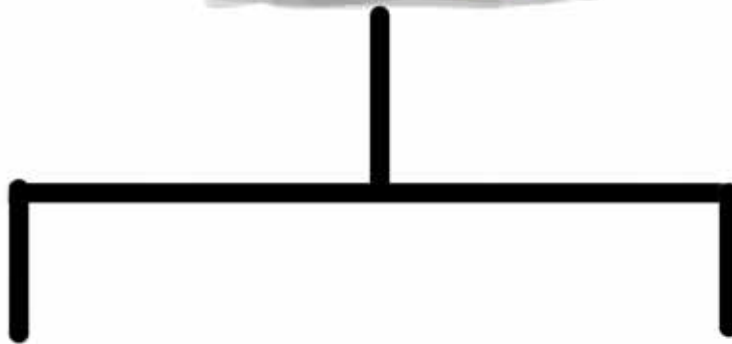


Yako

Rafiki yako ni nani?

Zoezi La 1

Hii ni picha ya familia ya Juma. Juma amevaa shati iliyoandikwa 'A', mwalimu ataonyesha watu kadhaakati ya familia ya Juma kisha utamjibu kwa kumwonesha lugha ya alama ya watu tofautitofauti katika familia.



Hii ni picha ya familia ya Juma. Ndugu zake wamevaa nguo zilizoandikwa alfabeti 'A' kwa lugha ya alama, tambua kila ndugu wa Juma.

Zoezi La 2

Kwa lugha ya alama, eleza picha zifuatazo.



Zoezi La 3

Kwa lugha ya alama jaribu kumweleza mtoto wako kuhusu ndugu walio hapa chini:



Shangazi
Aunt



Binamu
Cousin



Bibi
Grandmother



Mjomba
Uncle



Kaka
Brother



Dada
Sister



Sura ya tatu / Chapter three

Alfabeti ya mkono na namba Fingerspelling and numbers

Alfabeti ya mkono/One Hand Manual Alphabet



A



B



C



D



E



F



G



H



I



J



K



L



M



N



O



P



Q



R



S



T



U



V



W



X



Y



Z

Namba na kuhesabu/Numbers and Counting



1 = moja



2 = mbili



3 = tatu



4 = nne



5 = tano



6 = sita



7 = saba



8 = nane



9 = tisa



10 = kumi



0 = sifuri



1,000 = Elfu



1,000,000 = Milioni



Kumi



Moja

Kumi na moja



Kumi



Sita

Kumi na sita

Sentensi



Jina



Langu



H



A



L



I



M



A

Jina langu ni Halima



Rafiki



Yangu



P



A



U



L



O

Rafiki yangu ni Paulo

Zoezi La 1

Kwa kutumia alfabeti, oneshwa jina lako.

Zoezi La 2

Katika vikundi vya watu wawili wawili, tumieni alfabeti kuonesha maneno ya kawaida kama majina ya miji, watu, vitu na kadhalika. Mtu mmoja ataonesha neno kwa alfabeti na mtajaribu kutambua neno lenyewe.

Zoezi La 3

Fanya majaribio ya kuonesha namba tofauti, miaka na tarehe za kuzaliwa kwa watoto wako.

Sura ya nne / Chapter four

Kwenda Sokoni/ Dukani Going shopping



Sokoni na dukani



Mfuko
Bag



Mkaa
Charcoal



Kisu
Knife



Mafuta ya kupikia
Cooking oil



Matunda
Fruit



Papai
Pawpaw



Chungwa
Orange



Nazi
Coconut



Ndizi
Banana



Nanasi
Pineapple



Mbogamboga
Vegetables



Nyanya
Tomato



Kitunguu
Onion



Chumvi
Salt



Sukari
Sugar



Pilipili
Pepper



Unga
Flour



Mahindi
Maize



Mchele
Rice



Dagaa
Silver fish



Mafuta ya taa
Oil for lamp



Sabuni
Soap



Kwa wingi,
 Unaweza kutumia namba kuonesha wingi kwa Lugha ya Alama ya Tanzania.
 You can use numbers to make plurals in Tanzanian Sign Language.



Chungwa



Kumi

Machungwa Kumi.



Nyanya



Sita

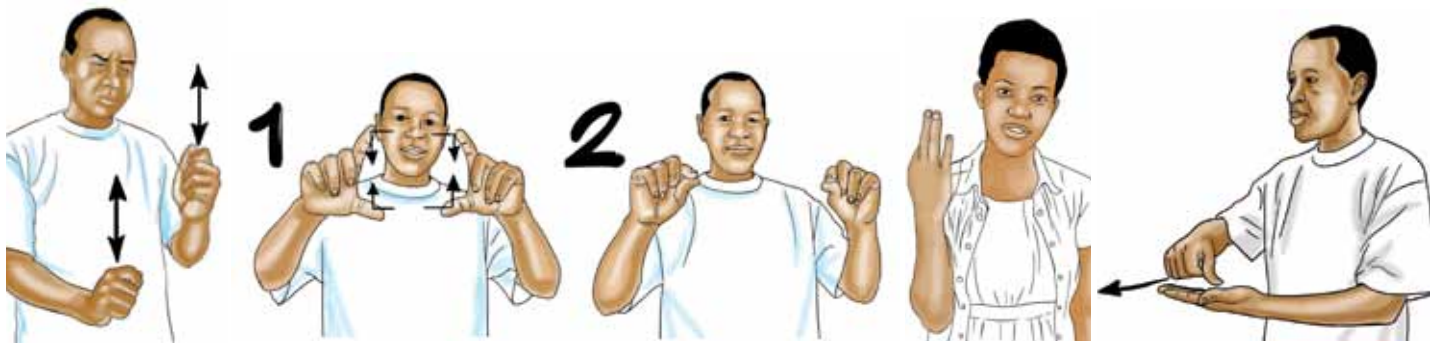


Osha



Nipe

Osha nyanya sita unipatie.



Maziwa

Pakiti

Tatu

Nunua

Nunua pakiti tatu za maziwa.

Zoezi La 1

Kazi Ya1: Fanya zoezi la kuunda sentensi kwa lugha ya alama ukitumia namba kuonesha wingi.

Kazi Ya2: Tumia alama zifuatazo kuunda sentensi.



Kilo
Kilo



Kikombe
Cup



Nusu
Half



Nzima
Full



Ngapi
How much

Sentensi



Kilo



Moja



Sukari



Nunua

Nunua kilo moja ya sukari.



Pakiti



Sita



Maziwa



Shilingi



Ngapi

Pakiti sita za maziwa ni shilingi ngapi?



Chenji

Angalia

Sawa

Hakikisha chenji yako.

Zoezi La 2

Kwa kutumia lugha ya alama, oneshwa kwa jinsi gani ungemtuma mtoto wako dukani kununua bidhaa zifuatazo;

1. Kilo 2 za sukari, pakiti sita za maziwa, kabeji 1na nyanya 5, endapo una shilingi elfu kumi.
2. Mchele kilo 7, chumvi pakiti 3, majani ya chai pakiti 8 na viazi vitamu mafungu tisa.

Aina za unga zinazohitajika



Mahindi

Unga

Unga wa mahindi



Ngano

Unga

Unga wa ngano.

Zoezi La 3

Tumia picha iliyo hapa chini kuunda sentensi inayoelezea jinsi ya kumtuma mtoto sokoni.



Maneno muhimu ya kuelekeza



Nunua
Buy



Hesabu
Count



Chagua
Choose



Rudisha
Return



Angalia
Look



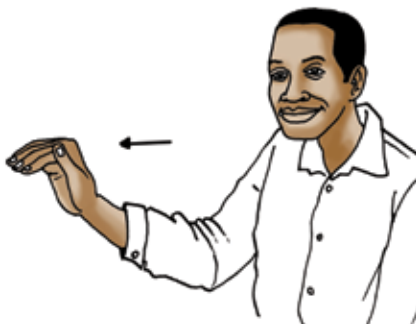
Kimbia
Run



Onesha
Show



Ambia
Tell



Ambia
Tell



Niambie
Tell Me

Vitendo asilia



Kula



Lala



Fagia



Tandika

.....

.....

.....

.....



Fua



Anika



Anua



Pika

.....

.....

.....

.....



Lima



Sijali



Palilia



Piga mswaki

.....

.....

.....

.....



Oga



Nawa mikono



Amka



Kaa





Simama

.....



Njoo

.....



Choma

.....



Shona

.....



Kata

.....



Futa

.....



Chamba

.....



Chemsha

.....



Cheza

.....



Imba

.....

Sentensi



Sokoni



Kimbia



Nyanya



Lete

Kimbia sokoni ukaniletee nyanya.



Nyama



Kilo



Nusu



Nunua



Chenji



Rudisha

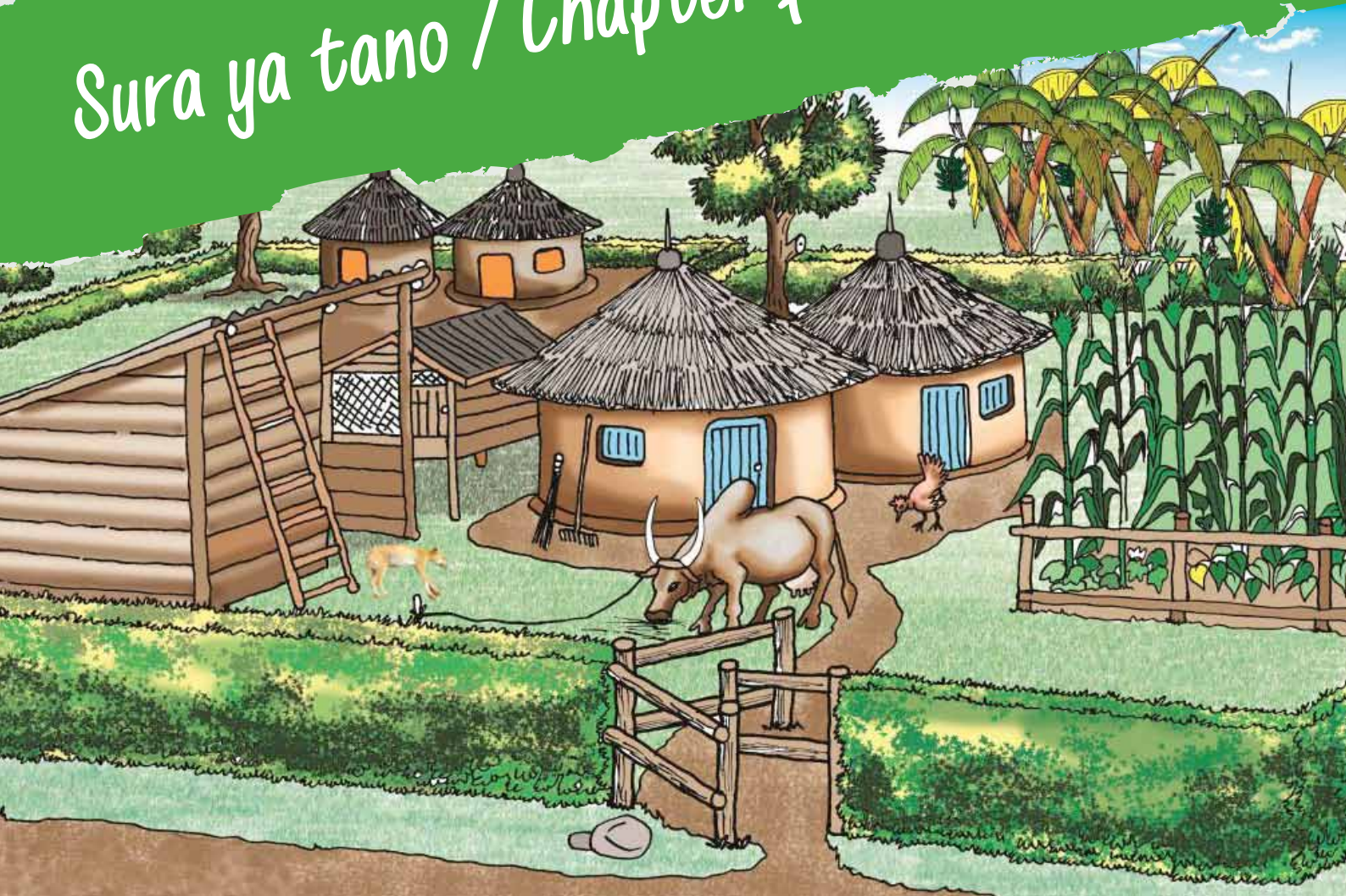
Nunua nyama nusu kilo na unirudishie chenji.

Zoezi La 4

Vitu Muhimu Vya Kukumbuka

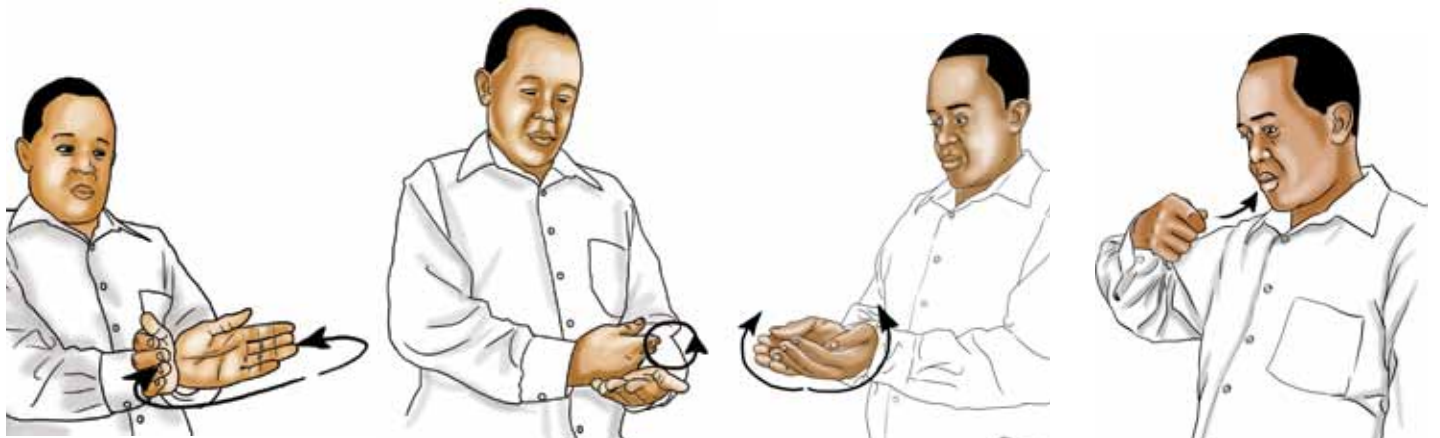
- Wakati ukimuelekeza mtoto wako kwa lugha ya alama tumia vituo kutenganisha majukumu unayotaka ayatekeleze.
- Wafanyabiashara waliopo sokoni huenda wasijue lugha ya alama. Mwambie mtoto wako aorodheshe mahitaji ya sokoni kama ulivyomuelekeza. (Hii ni njia nzuri kuona kama mtoto wako amekuelewa). Mwanao anaweza kutumia orodha aliyonayo kuwasiliana na watu walioko sokoni. Utaratibu huu unaweza kuwa rahisi katika maeneo ya vijijini ambako maduka huwa katika hali ya kiza na bidhaa zinazouzwa hazionekani vizuri na si rahisi kwa mtoto kiziwi kuelekeza aina ya bidhaa anayohitaji kununua.

Sura ya tano / Chapter five



Msamiati wa nyumbani na vyakula Home vocabulary and foods

Vifaa vya nyumbani



Sufuria

Sahani

Bakuli

Kijiko



Kikombe

.....



Bilauri

.....



Jagi

.....



Ndoo

.....



Beseni

.....



Chekecheo

.....



Kisu

.....



Maji

.....



Kabati

.....



Jembe

.....



Rato

.....



Panga

.....



Shoka

.....



Pini

.....



Godoro

.....



Shuka

.....



Blanketi

.....



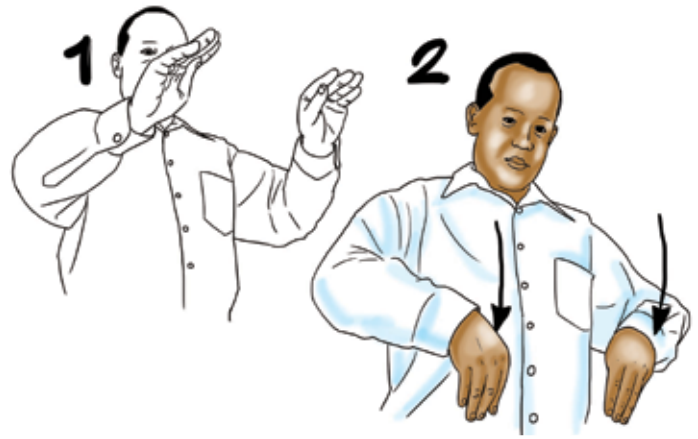
Kanga

.....



Kiti

.....



Mkeka

.....



Chanuo

.....



Saa

.....



Choo

.....



Chujio

.....

Vyakula



Pilau



Ugali



Ndizi



Supu



Nyama



Kuku



Samaki



Maharagwe



Nyama



Chapati



Andazi



Sambusa



Bagia



Kande

Sentensi



B



L



A



N



D



I



N



A



Nyumbani



Safi

Nyumbani kwa Blandina ni pa safi.



Pale



Nyumba



Tatu

Kuna nyumba tatu pale.



Nyumba



Karibu



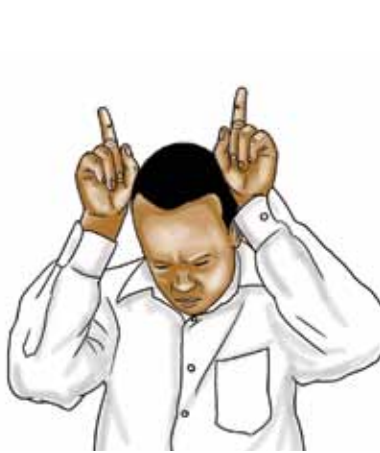
Ng'ombe



Kubwa

Kuna ng'ombe wakubwa kwenye nyumba iliyo karibu.

.....



Ng'ombe



Vuka



Hawezi

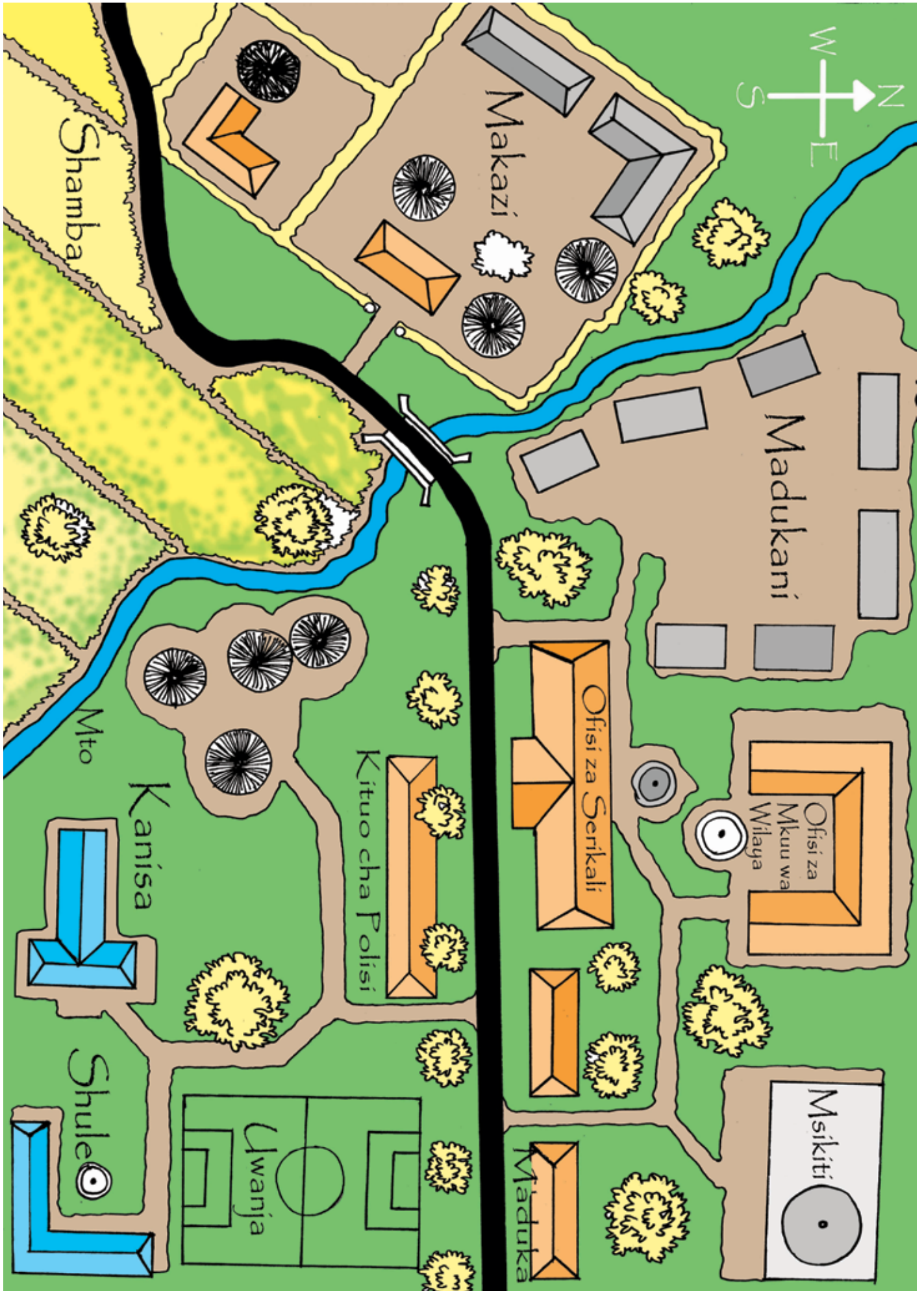
Ng'ombe hawezi kuvuka uzio.

.....

Zoezi La 1

Tumia picha iliyopo mwanzoni mwa sura hii kuunda sentensi nyingi uwezavyo kwa kutumia lugha ya alama kuelezea nyumba ya Blandina.

Maeneo muhimu unayotakiwa kuyafahamu



Sentensi



Mto



Karibu



Nyumbani

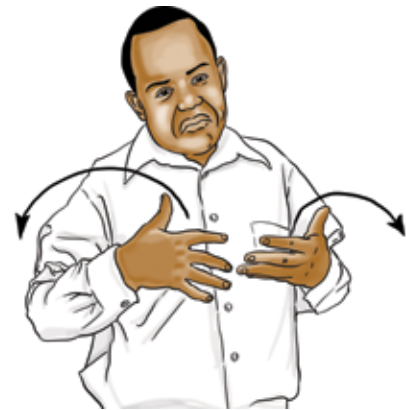
Nyumbani ni karibu na mto.



Pale



Hospitali



Hamna

Hamna hospitali pale



Shule



Wapi

Shule iko wapi?

Mambo muhimu ya kuzingatia

- Tumia michoro kuelezea uelekeo utakaoweza kumsaidia mtoto wako kiziwi kuelewa maeneo ambayo hajawahi kufika.

Maeneo ya Tanzania



Dar es salaam

.....



Mwenge

.....



Arusha

.....



Kinondoni

.....



Moshi

.....



Magomeni

.....



Morogoro

.....



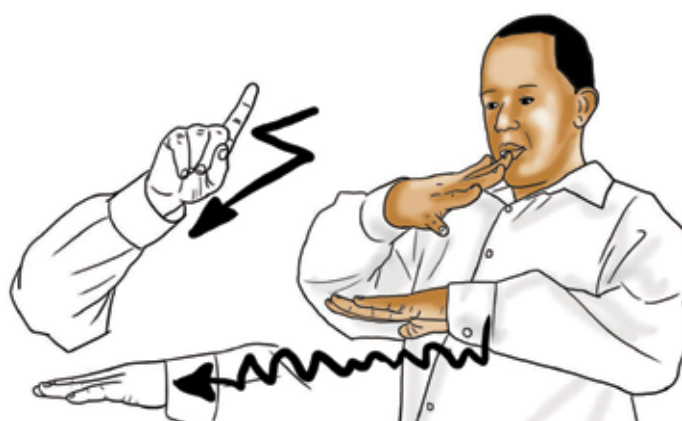
Tanga

.....



Kilimanjaro

.....



Zanzibar

.....

Sentensi



Moshi



Mahindi



Stawi

Moshi kumestawi mahindi.



Dar es Salaam



Jiji



Kubwa



T



Z

Dar es Salaam ndilo jiji kubwa nchini Tanzania.



Dodoma



Zabibu



Stawi

Zabibu hustawi kwa wingi Dodoma.



Dar es Salaam



Kilimanjaro



Mbali

Kutoka Dar es Salaam hadi Kilimanjaro ni mbali.

Zoezi La 2

Kwa kutumia lugha ya alama unda sentensi ukitumia vifaa vya usafiri vilivyoainishwa hapa chini. Mwalimu atakuonesha alama zenyewe halafu uzitumie kuunda sentensi.

Zoezi La 3

Kazi Ya1: Tumia lugha ya alama kuonesha shughuli mbalimbali zinazofanyika katika mikoa ya Tanzania.

Kazi Ya2: Chukua kadi inayoonesha jina la mahali. Onesha alama ya eneo hilo kisha elezea baadhi ya taarifa kuhusu eneo hilo. Kwa mfano; utafikaje, gharama za usafiri wa tekisi, umaarufu wa eneo hilo.

Sura ya sita / Chapter six

Haki za watoto Children's rights



Mtoto

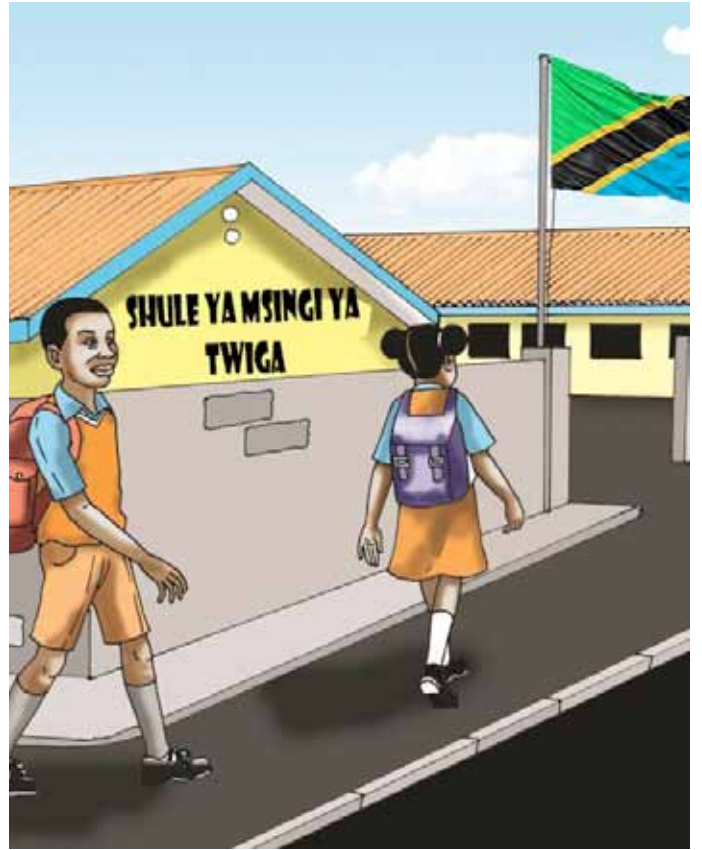
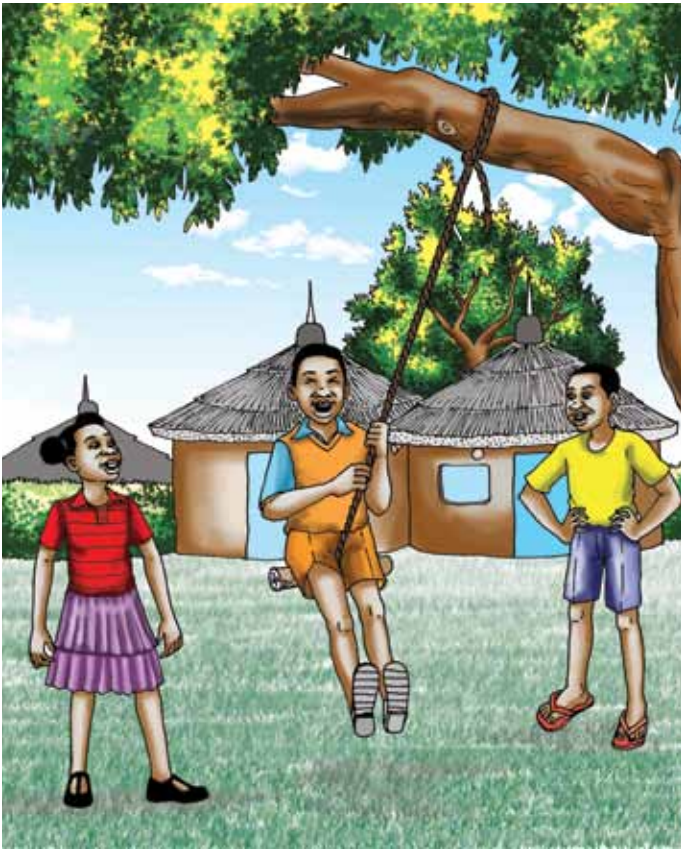


Haki

Mtoto haki

Mifano mizuri ya haki za watoto.







Watoto



Haki



Mifano

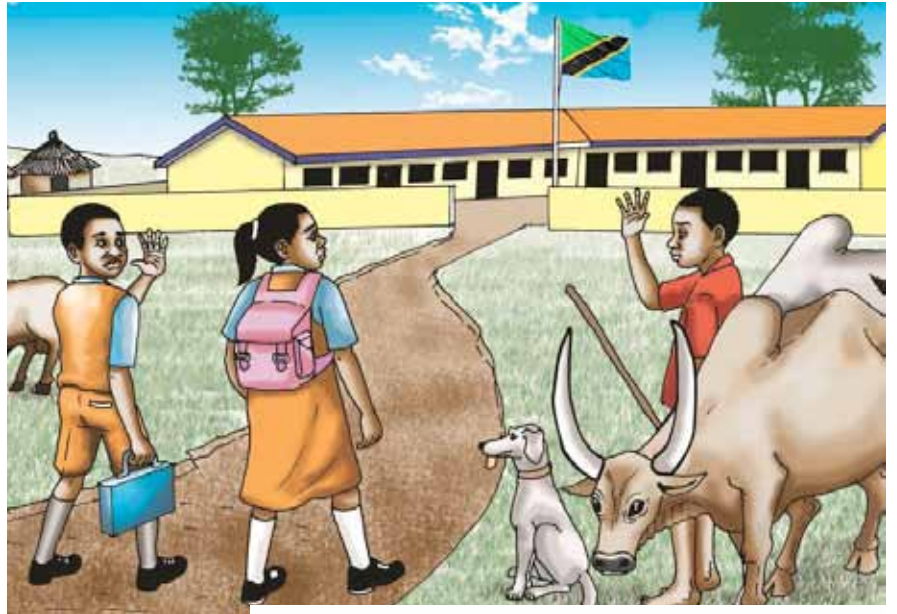


Mbaya

Ukiukwaji wa Haki za watoto

Ukiukwaji wa Haki za watoto

Mifano ya ukiukwaji wa haki za watoto



Alama zinazoweza kukusaidia kueleza unyanyasaji wa kijinsi Signs that may help you to explain sexual abuse



Mguso mbaya
Bad touch



Hatarishi
Danger



Danganya
Cheat



Baka
Rape



Uke
Vagina



Uume
Penis



Titi
Breast



Maumivu 1
Pain



Maumivu 2
Pain



Ngono
Sex



Mpenzi
Love



Soma
Read/Learn



Somo
Lesson

Mambo muhimu ya kuzingatia

Watoto viziwi wanatakiwa kufundishwa juu ya:

- Tofauti kati ya mguso mzuri na mbaya.
- Jinsi ya kutoa taarifa ya mguso mbaya na kutoficha
- Jinsi ya kupiga yowe na kuomba msaada kama kukiwepo na unyanyasaji wa kijinsia.
- Kutokubali zawadi ili kufanya mapenzi

Sentensi



Shule

Kwenda

Kila

Sika

Vizuri

Ni vizuri kila siku kwenda shule.

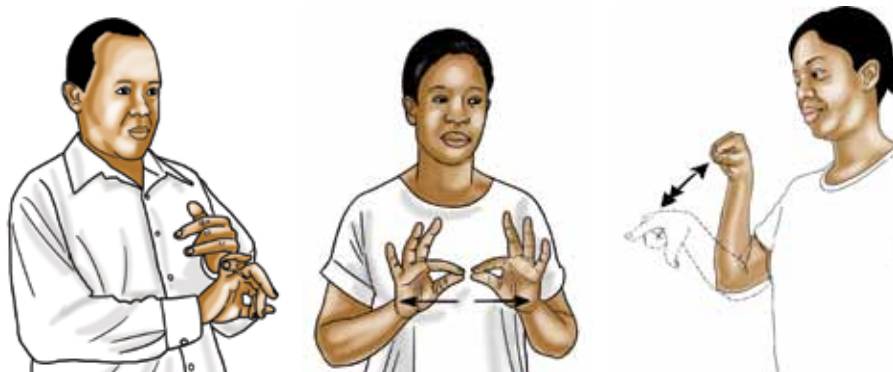


Usiku

Tembea

Mbaya

Si vizuri kutembea nyakati za usiku.

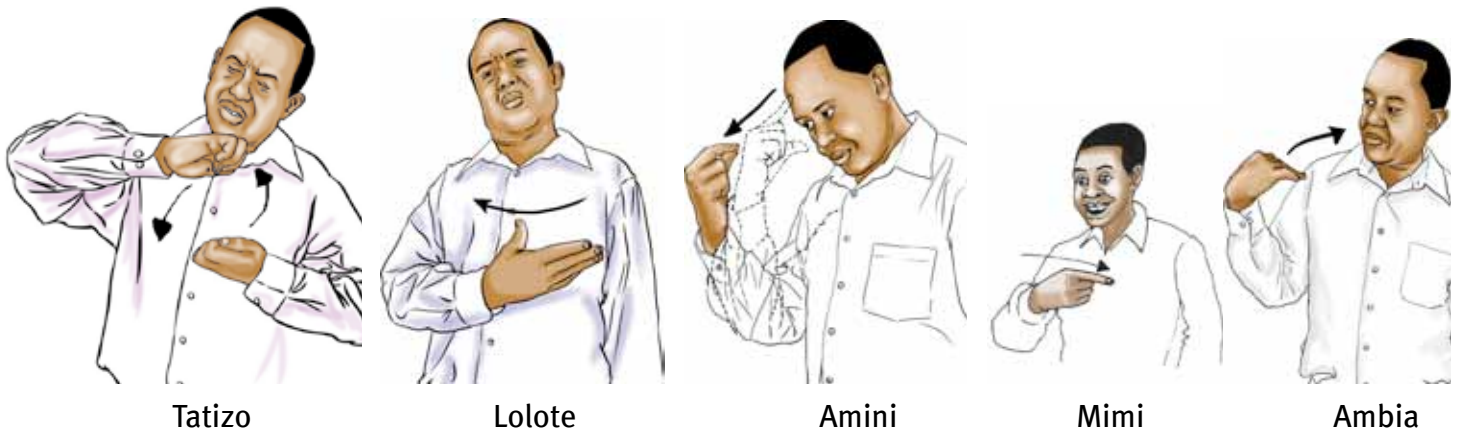


Rafiki

Nzuri

Chagua

Chagua marafiki wazuri



Tatizo

Lolote

Amini

Mimi

Ambia

Niamini na uniambie ikiwa una tatizo lolote.

Zoezi La 1

Katika vikundi, kwa kutumia lugha ya alama oneshwa mazungumzo ya matukio yafuatayo:

1. Ajira za watoto
2. Mtoto kutopata elimu
3. Mtoto katika mazingira hatarishi ya unyanyasaji wa kijinsia.
4. Mtoto alielelewa vizuri, aliyeelimishwa vizuri na kutambua haki zake.

Mambo muhimu ya kukumbuka

- Watoto viziwi wanahitaji kuwa na uwezo wa kutoa taarifa kwa watu husika pindi wanaponyanyaswa
- Mfundishe mtoto wako kutoa majina ya alama kwa ndugu na jamaa waishio eneo husika na wanaokutana nao kila wakati. Ukiwa mzazi/mlezi hakikisha unajua alama hizo.
- Mfundishe mtoto wako kuelezea watu kutumia vigezo kama mrefu, mnene, mfupi, mwembamba.

Sura ya saba / Chapter seven

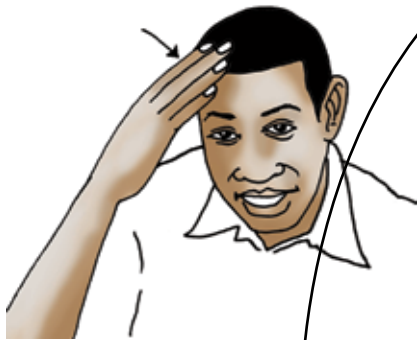
Afya Health



Nywele
Hair



Sikio
Ear



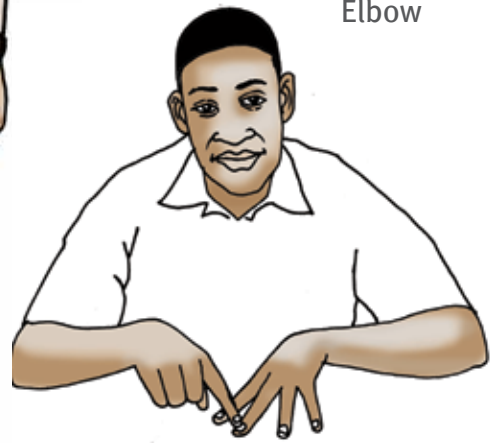
Kichwa
Head



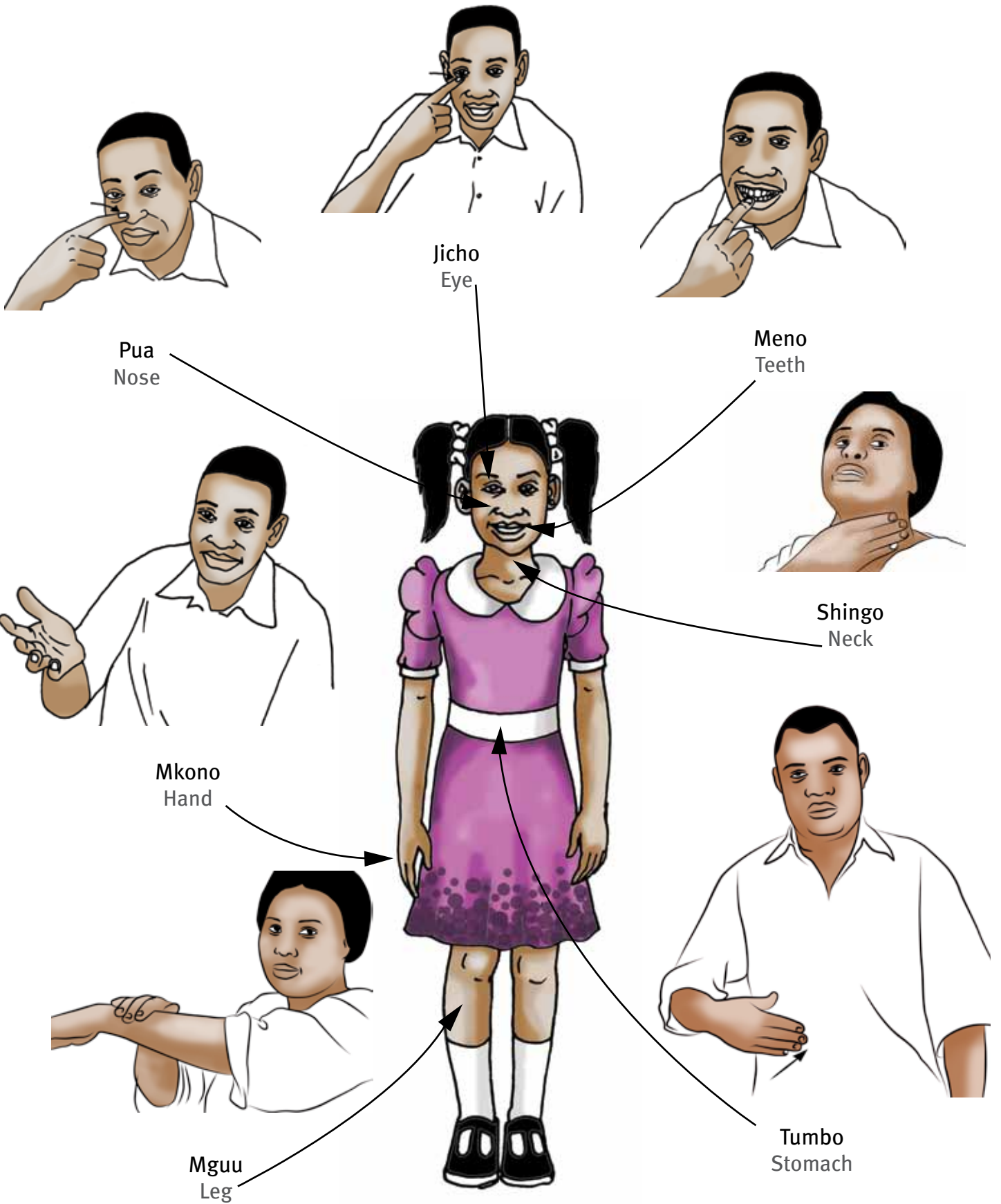
Kiwiko
Elbow



Goti
Knee



Vidole vya mguu
Toes



Afya / Health



Hospitali
Hospital



Osha mikono
Wash Hands



Malaria



Osha vyombo
Wash utensils

.....



UKIMWI
AIDS



Osha matunda
Wash fruits



Jisikia
Feel



Maji
Water



Afya
Health



Nzuri
Good

Afya Nzuri

.....



Kula



Vizuri



Afya



Njema

Linda afya yako kwa kula vizuri.

Vitendo muhimu



Nawa mikono
Wash hands



Osha vyombo
Wash utensils



Nawa uso
Wash face



Fua nguo
Wash clothes



Osha matunda
Wash fruits



Kudeki
Mop



Kata kucha
Cut nails



Piga mswaki
Brush teeth

Zoezi La 1

Onesha alama ya vitendo vinavyoweza kujitokeza katika picha hii.



Onesha alama ya vitendo vinavyoweza kujitokeza katika picha hii na mahali atakapoelekea kila mtu baada ya hivyo vitendo.



Magonjwa/Magonjwa na dalili



Malaria
Malaria



Matubwitubwi
Mumps



Umwa



Ukimwi
AIDS



Kikohozi
Cough



Kuumwa kichwa
Headache



Kuumwa tumbo
Stomach ache



Kuumwa jino
Tooth ache



Kutapika
Vomiting



Kuharisha
Diarrhoea

Zoezi La 2

Fanyeni zoezi hili mkiwa wawili wawili. Mtu mmoja atashika sehemu ya viungo vya mwili wake na mwingine atoe alama ya kiungo hicho.

Zoezi La 3

Onesha sentensi kwa lugha ya alama kuhusu matukio yafuatayo. Ni nini ambacho mtoto hajakifanya? Na nini mtoto anapaswa kukifanya?





Zoezi La 4

Tumia alama zifuatazo kuunda sentensi, kutoa maelekezo au kuuliza swali.



Nawa mikono
Wash hands



Osha vyombo
Wash utensils



Fua nguo
Wash clothes

Mambo muhimu ya kukumbuka

- Muonekano wa sura na hisia zako zinatakiwa kumuashiria mtoto kuwa unatoa maelekezo, unauliza swali au unaeleza jambo fulani.

Sura ya nane / Chapter eight

Kujieleza Express yourself



Jisikia
Feel



Aje
How

Unajisikia aje?
How do you feel?

Alama muhimu



Furahi
Happy



Huzuni
Sad



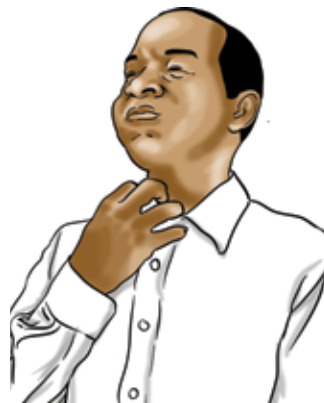
Mshangao
Surprised



Kasirika
Angry



Wasiwasi
Worried



Kera
Irritate



Hamasika
Excited



Choka
Tired



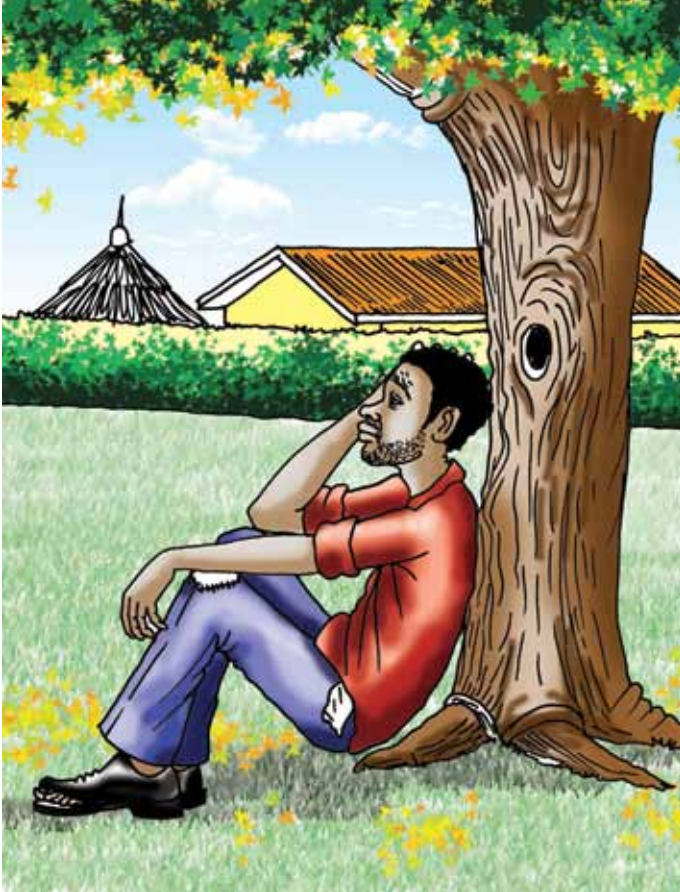
Makini
Attentive



Huduma
Service

Zoezi La 1

Kwa kutumia lugha ya alama onesha hisia za watu waliopo katika picha zilizopo hapa chini.



Zoezi La 2

Tumia sura yako kuonesha hisia zifuatazo:

- Tabasamu
- Dharau
- Hasira
- Sintofahamu
- Vunja moyo
- Furaha
- Mshangao
- Huzuni



Sentensi



Huzuni



Kwanini

Kwa nini una huzuni?

.....



Wewe



Jisikia
Unajisikiaje?



Aje

.....



Nimechoka



Kazi



Asubuhi



Jioni

Nimechoka kwa sababu nimekuwa kazini toka asubuhi hadi jioni

.....

Kusisitiza hisia

Katika matumizi ya lugha ya alama mtu hutumia sura kuonesha hisia mbalimbali kutegemeana na jambo fulani.



Mtihani



Faulu



Mimi



Furahi

Nimefurahi kwa sababu umefaulu mtihani wako.



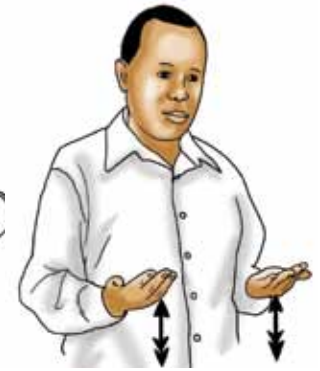
Cheza



Wewe



Furahi



Sasa

Umefurahi kwa sababu ulikuwa ukicheza.



Mimi



Huzuni

Nina huzuni.



Zoezi La 2

Kwa kutumia lugha ya alama unda sentensi mbili au tatu zenye kuonesha hisia tofauti.

Zoezi La 3

Fanya zoezi hili wawili wawili , mmoja aoneshe hisia tofauti za sura na mwingine kwa kutumia lugha alama aoneshe maana ya hisia hizo.

Zoezi La 4

Tumia alama zifuatazo kuunda sentensi:



Mshtuko

.....



Cheka

.....



Kosa

.....



Taarifa

.....



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Deaf Child Worldwide is the international arm of the
National Deaf Children's Society (NDCS).
NDCS is a registered charity in England and Wales
no.1016532 and in Scotland no.SCo40779.

www.deafchildworldwide.org