

Wasiliana na mtoto wako kiziwi
Communicating with your deaf child

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

Kitabu cha Pili
Book Two



Yaliyomo

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Shukrani

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Utangulizi

Kitabu hiki kimekusudiwa kutumika na wazazi au walezi, watoa huduma, walimu na ndugu wa watoto viziwi wenye uelewa wa msingi katika lugha ya Alama ya Tanzania ili waweze kuboresha ujuzi wao katika lugha hii.

Yaliyomo yamezingatia mashauriano yaliyofanyika pamoja na washirika wetu nchini Tanzania wakiwemo watoto viziwi na vijana, wazazi wao, walezi na walimu. Watoto viziwi na vijana walitujulisha baadhi ya maeneo ya jumla ambayo wangependa kuona wazazi wao wanamudu katika kuwasiliana nao, wazazi walitujulisha masuala ambayo wangependa kuwasiliana na watoto wao. Mwisho walimu wa watoto viziwi walitufahamisha mada ambazo wazazi wanapaswa wawe wanaweza kuwasiliana na watoto wao kwa alama.

Tunatumaini kitabu hiki kitaweza:

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

Introduction

This book is meant for parents/guardians, carers, teachers for the deaf and siblings for deaf children with a basic knowledge of Tanzanian Sign Language (TSL) to advance their TSL skills.

The content is based on a wide consultation from deaf children and youth, their parents/guardians and teachers for the deaf under our partner organizations in Tanzania. The deaf children and youth informed us of some of the general areas they would like to be able to see their parents being able to communicate, while the parents also informed us what issues they would like to be able to communicate to their children and lastly, the teachers for the deaf informed us of some topics parents should be able to sign with their children.

We hope this book will:

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

Jinsi ya kutumia kitabu hiki

Lugha ya Alama ni lugha ya uoni 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 kutengeneza kila alama kwa usahihi.

Mkufunzi wa lugha ya Alama anatakiwa kuonesha mfano wa alama kwako na wewe uzirudie kwa kufuatisha. Kitabu kimeonyesha alama kwa picha na Alama mahsusi zimeandikwa katika Kiingereza na Kiswahili. Pia imeachwa nafasi kwaajili yako (au mwalimu/mkufunzi) kuandika alama kwa jinsi ambavyo unaweza kukumbuka kwa urahisi, na tungo na sentensi katika lugha yako kama utapenda.

Hii nakala ya kitabu ni yako, tafadhali nenda nayo nyumbani ukifanyie mazoezi ulichojifunza ili uweze kumudu Lugha ya Alama ya Tanzania. Kumbuka, mtoto wako kiziwi au ndugu zako wanaweza wakatoa fursa nzuri ya kufanya mazoezi na wakati mwingine wanaweza kuwa walimu wako nyumbani.

How to use this book

Sign language is visual language using gestures and facial expressions to communicate. The pictures in this book show you how to sign different words. The arrows show you the hand movements needed to make the sign correctly.

A sign language instructor needs to demonstrate the signs to you and you repeat after them. The book has illustrated signs and the specific signs are also written in English and Swahili. A space is also left for you (or the teacher/instructor) to write the signs in the way you would easily remember, and phrases and sentences in your own language if need be.

This is your book, please take it home with you and keep on practising what you have learnt to be good in TSL. Remember, your deaf child and their siblings can offer a very interesting opportunity to practise and in some cases, they can also be your teacher at home

Sura ya Kwanza / Chapter one

Shuleni na michezo

School, sports and games



Shule
School



Masomo
Studies



Kiingereza
English



Uraia
Citizenship



Kiswahili
Swahili



Sayansi
Science



Historia
History



Dawati
Desk



Meza
Table



Chaki
Chalk



Kiti
Chair



Ubao
Blackboard



Rula
Ruler



Daftari
Exercise book



Kalamu
Pen



Kitabu
Book



Mwalimu
Teacher



Mwanafunzi
Pupil



Kiranja
Prefect



Huduma
Service



Monita
Monitor



Maktaba
Library



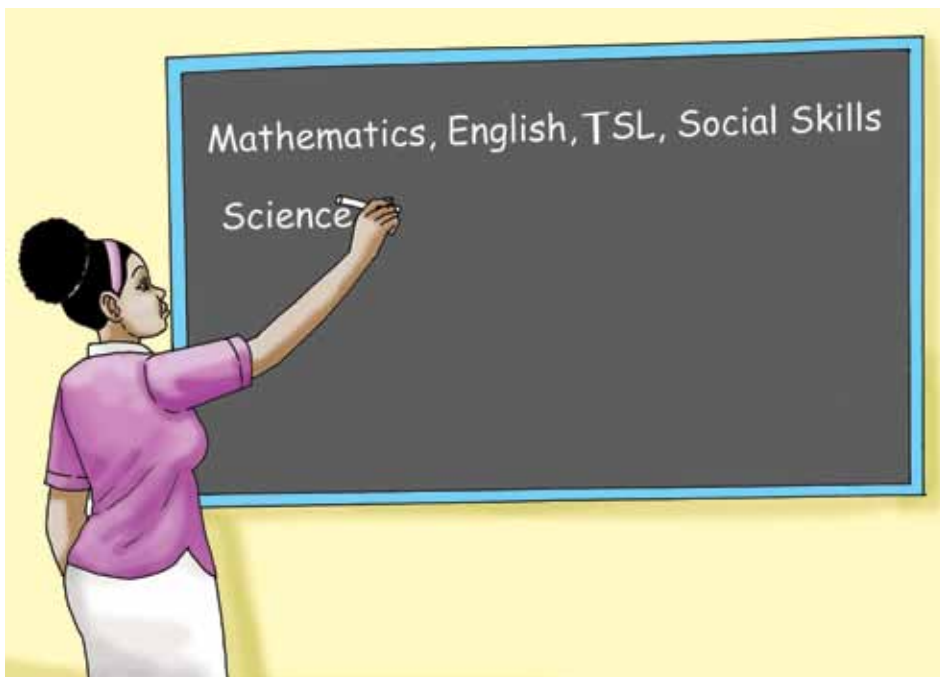
Maji
Water



Maua
Flowers



Bustani
Garden



Michezo



Mpira
Ball



Refa
Referee



Ngoma
Drum



Filimbi
Whistle



Sarakasi
Acrobatics



Kuogelea
Swimming



Mpira wa pete
Netball



Soksi
Socks



Kurusha tufe
Shot put



Kurusha mkuki
Javelin

Zoezi la 1.

Sentensi



Shule



Msingi



Mtoto



Wangu



Maliza

Mtoto wangu amemaliza shule ya msingi

.....



Shule



Sare



Bluu

Sare za shule ni za bluu

.....



Mei



Mpira wa Miguu



Nyesha

Mwezi Mei tulicheza mpira wa miguu wakati mvua ikinyesha.

.....

Zoezi la 2.

Fanya majaribio kutoa alama za mazungumzo yafuatayo

Baba: M-A-R-I-A HABARI
Habari Maria

Maria: BABA SHIKAMOO
Shikamoo Baba

Baba: HABARI SHULE
Habari za shule

Maria: NZURI KULA, SOMA LAKINI...
Nzuri, tumesoma vizuri, tumekula vizuri, lakini...

Baba: TATIZO NINI
Lakini tatizo ni nini?

Maria: TAKA PESA MATUMIZI, KITABU, DAWA MENO, KALAMU RANGI, RULA
Nahitaji kitabu, dawa ya meno, kalamu ya rangi, rula na pesa za matumizi.

Baba: SAWA SIJALI, LEO MIMI NUNUA YOTE
Sawa usijali, leo nitanunua vyote

Mambo muhimu ya kukumbuka

Watoto wengi viziwi ni wazuri katika michezo. Ni vizuri kwa mzazi kuwa na mwamko na kutoa ushirikiano kuendeleza kipaji chake cha michezo. Kwa mfano; Ikiwa mtoto ana kipaji au anapenda mpira wa miguu, kila mara fuatilia ratiba yake ya ushiriki katika michezo, ikiwa amefunga goli au timu gani imeshinda. Shule ikikubali unaweza kuhudhuria mashindano ya michezo na shule nyingine.

Zoezi la 3.

Jaribu kujadiliana kuhusu timu na taifa maarufu katika michezo duniani. Pia mnaweza kuzungumzia timu bora zilizopo katika eneo lenu.

Sura ya pili / Chapter two

Dini Religion



Dini
Religion



Wakristo
Christians



Wapagani
Pagans



Padri
Priest



Mchungaji
Pastor



Shehe
Sheikh



Kaswida

.....



Kanzu
Robe



Papa
Pope



Biblia
Bible



Korani
Quran



Asifiwe
Praise



Imamu
Imam



Askofu
Bishop





Msikiti
Mosque



Msalaba
Cross



Yesu
Jesus



Mtume
Prophet



Kanisa
Church



Salaam aleykhum

.....



Aleykhum salaam

.....

Mambo muhimu ya kukumbuka

Watoto wengi, wakiwemo viziwi, hufurahi pindi wanaposhiriki misa/ibada na shule za mafindisho ya jumapili. Mtoto kiziwi atafaidika zaidi ikiwa misa/ibada itaendeshwa kwa Lugha ya Alama ya Tanzania au kukiwa na mkalimani wa lugha ya alama kanisani/msikitini. Ulizia kama kanisa au msikiti una ina huduma ya mkalimani wa lugha ya alama.

Sentensi



Msalaba



Yesu



Kufa

Yesu alikufa msalabani



Jumapili



Kanisa



Familia



Nenda

Jumapili, familia huenda kanisani.



Mimi



Biblia



Soma

Mimi nasoma Biblia.

Mazingira na Hali ya Hewa Natural Environment and the Weather



Joto
Hot



Mvua
Rain



Baridi
Cold



Kipupwe



Mafuriko
Floods



Kiangazi



Jua
Sun

.....

.....



Mawingu
Clouds



Mwezi
Moon



Nyota
Star



Upepo
Wind



Kimbunga
Hurricane



Oksijeni
Oxygen

Mambo muhimu ya kukumbuka

Ikiwa unasafiri na mtoto kiziwi, hakikisha unamwambia sehemu mnyoenda siku moja kabla ya tarehe ya safari. Ikiwa mlishawahi kwenda sehemu hiyo jaribu kumkumbusha. Ikiwa hajawahi kufika au amesahau sehemu husika, tumia picha au vitu vyovyote kutoa ujumbe. Wakati wa safari mtoto kiziwi atakuwa anaangalia sana mazingira ya nje, hivyo tumia fursa hiyo kumfundisha msamiati mbalimbali.

Zoezi La 1

Angalia kwa makini picha zilizopo hapo chini, kwa kutumia lugha ya alama jaribu kuonesha kile unachoona katika picha.



Zoezi La 2

Sentensi za mazoezi



Jana



Mama



Pika



Chakula



Mchana



Chelewa

Jana mama alichelewa kupika chakula cha mchana.

.....

Sura ya nne / Chapter four

Mjini na Ndani ya Ofisi The City and Inside an Office



Sokoni na mjini



Mjini
City/Town



Lori
Lorry



Basi
Bus



Daladala
Public van



Ofisi
Office



Meli
Ship



Mtumbwi
Boat



Nyumba
House



Barabara
Road



Daraja
Bridge



Bajaji

.....



Machinga

.....



Omba
Borrow/Beg



Mkokoteni
Cart



Pikipiki
Motorcycle



Ndege
Aeroplane

Ofisini



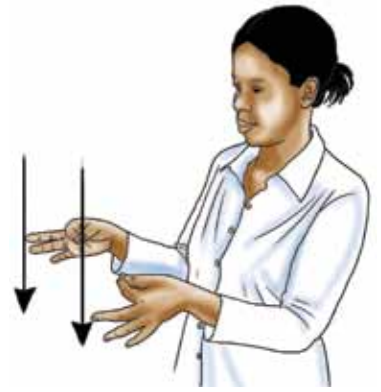
Afisa
Officer



Dereva
Driver



Mlinzi
Watchman



Mhasibu
accountant



Faili
File



Printa
Printer



Karatasi
Paper



Rula
Ruler

Mambo muhimu ya kukumbuka

Watoto viziwi wanatakiwa kufundishwa yafuatayo:

- Jinsi ya kutembea mijini kwa usalama
- Jinsi ya kuvuka barabara na kutumia kivuko chenye alama za punda milia pamoja na taa za kuongozea magari.
- Jinsi ya kuulizia sehemu mbalimbali.
- Jinsi ya kuulizia sehemu ya kupata msaada pindi anapopata matatizo akiwa mjini.

Zoezi La 1

Katika makundi ya wawili wawili, tazameni kwa makini picha hizi mbili. Kwa kutumia lugha ya alama, oneshwa kile kinachoendelea katika picha hizo. Kumbuka kuomba msaada kwa mwalimu wa lugha ya alama kama ukihitajika.



Zoezi La 2

Sentensi za mazoezi



Moshi

Wiki

Ijayo

Mimi

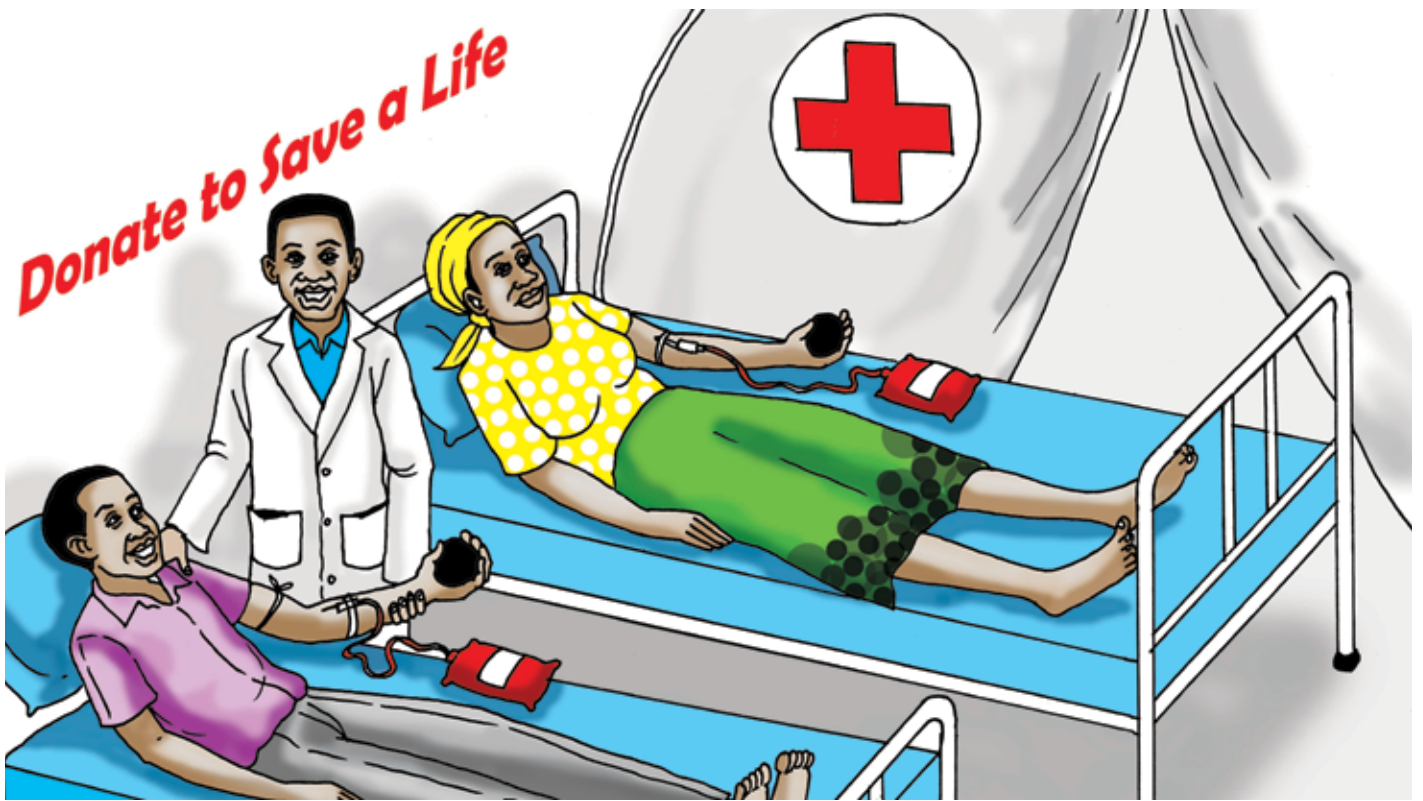
Kwenda

Wiki ijayo nitaenda Moshi.

.....



Afya na Ujana Health and Adolescence



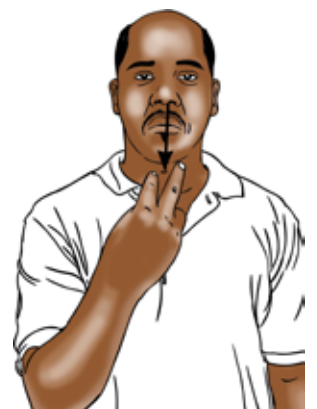
Hedhi
Health



Sindano
Syringe



Afya
Health



Mafua
Cold



Harisha
Diarrhoea

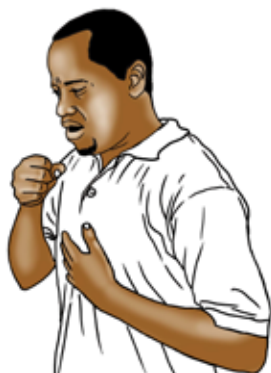


UKIMWI
AIDS



Kufa
Die

Dawa
Medicine



Kikohozi
Coughing



Daktari
Doctor



Malaria
Malaria



Chanjo
Immunization

Ujana/Adolescence



Kuvunja ungo
Puberty

Ndevu
Beard



Matiti
Breasts

Safi
Clean

Siri
Secret

Uume
Penis



Uke
Vagina

Nguvu
Strength

Maumivu
Pain



Ngono
Sex

Shahawa
Semen

Chunusi
Pimples



Mapenzi
Fiancée



Fahamisha
Inform



Kifua
Chest



Kubalehe
Puberty



Bikira
Virgin



Shoga
Gay



Nyonga
Hip



Mavuzi
Pubic Hair

Zoezi La 1

Sentensi za mazoezi



Chanjo



Mtoto



Wangu



Jana



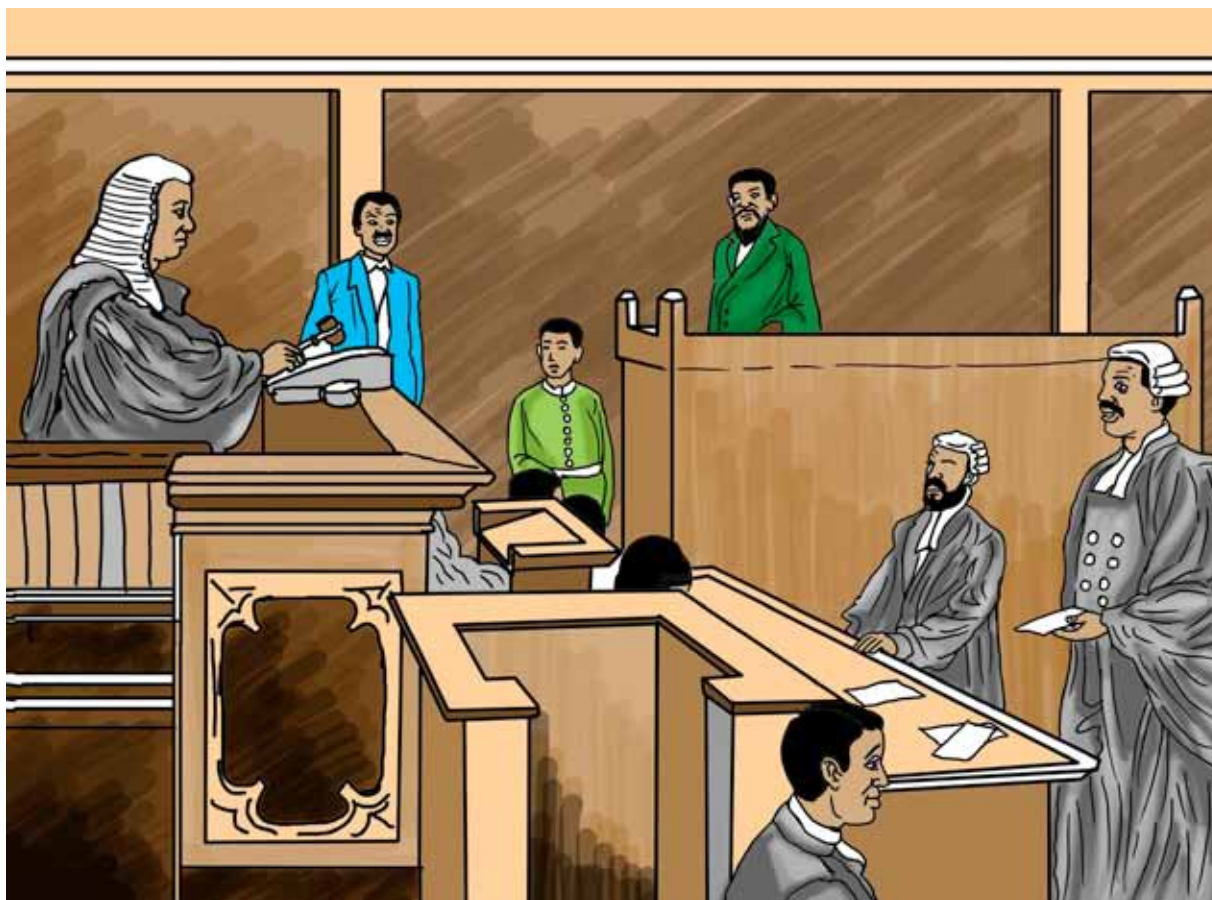
Asubuhi

Jana asubuhi, muuguzi alimpa chanjo mtoto wangu.

.....

Sura ya sita / Chapter six

Bunge, Mahakama na Haki za Watoto Parliament Court and children's rights



Sheria
Law



Katiba
Constitution



Mwongozo
Guideline



Ibara
Article



Kifungu
Section



Mswada
Bill



Mbunge
Member of parliament



Bajeti
Budget



Uchumi
Economy



Unga mkono
Support



Pitisha
Pass/approve



Mamlaka
Authority



Spika
Speaker



Waziri
Minister



Rais
President



Wizara
Ministry



Upinzani
Opposition



Katibu
Secretary



Chama
Party



Mwenyekiti
Chairperson



Kamati
Committee



Serikali
Government



Mtaa
Street



Mkoa
Region



Wilaya
District



Hakimu
Magistrate



Jaji
Judge



Faili
File



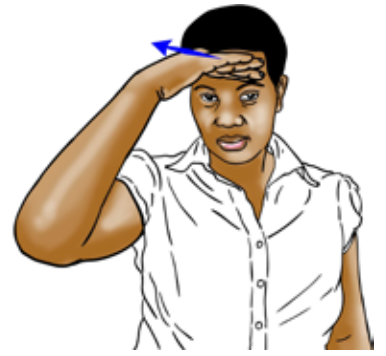
Kubaka
Rape



Rushwa
Bribe



Faini
Fine



Askari
Police



Mahakama
Court



Jambazi
Thug



Jela
Prison



Tapeli
Con man



Mahabusu
Prisoner



Mwizi
Thief

Haki za watoto/Children's Rights



Elimu
Education



Huduma
Service



Afya
Health



Haki
Rights



Kosa
Wrong



Kucheza
Play



Kupumzika
Rest



Kusikilizwa
Listened to



Maamuzi
Decision



Uhuru
Freedom



Mguso mbaya
Bad touch



Adabu
Discipline



Heshima
Respect



Ngonu
Sex



Rika
Age

Zoezi La 1

Angalia kwa makini matukio katika picha, kwa lugha ya alama jaribu kueleza kile kinachoonekana katika picha hizo.



Zoezi la 2

Ni nani viongozi wa siasa katika eneo unaloishi? Kwa lugha ya alama wajadilini na kutambua majina yao. Ni kwa jinsi gani wazazi wanaweza kuhakikisha mahitaji na haki za watoto viziwi zinapewa kipaumbele katika serikali za mitaa.

Zoezi la 3

Sentensi za mazoezi



Ofisi



Bosi



Kazi



Sasa Hivi

Sasa hivi, boshi anafanya kazi ofisini.



Basi



Jiji



Mengi

Jiji letu lina mabasi mengi.



Waziri



Elimu



Mamlaka



Kubwa

Waziri wa elimu ana mamlaka makubwa.

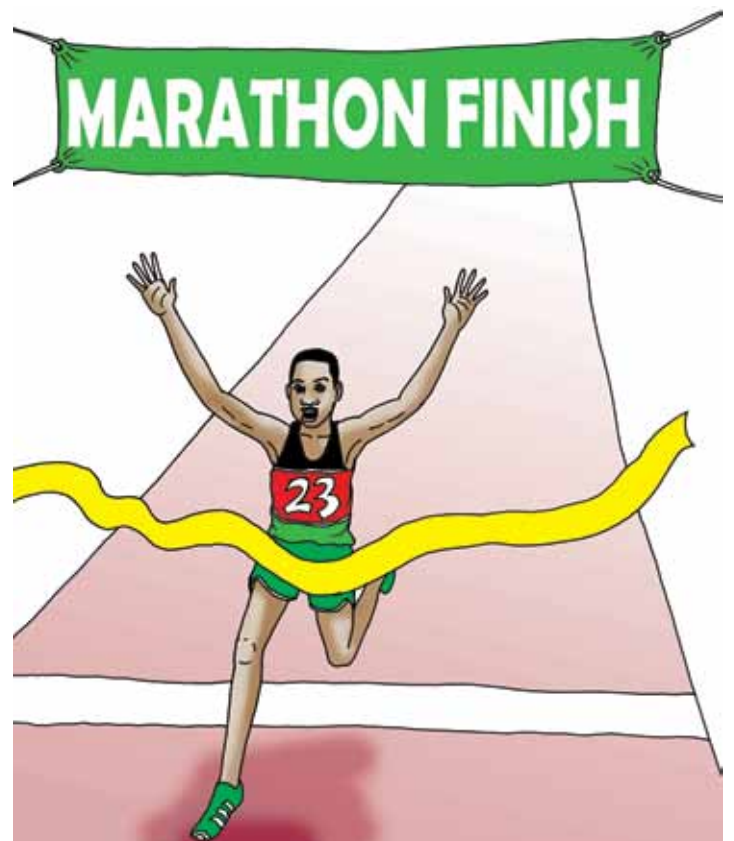
Haki zako;

- Faragha,
- kupumzika na kucheza,
- ulinzi na maandalizi,
- mavazi, chakula na malazi
- Kuishi,
- uhuru wa kuabudu
- ushirikishwaji,
- afya na elimu

Zoezi la 4

Tafadhali angalia picha zifuatazo kwa makini, kwa kutumia lugha ya alama jadilini katika makundi kile kinachoendelea katika picha hizo na jinsi gani zinaweza kutumika kwa watoto viziwi.

Kindly go through the following pictures. In groups, using TSL, discuss what is happening in each and how it can apply to the deaf children.



Sura ya saba / Chapter seven

Kueleza sifa za vitu na nyakati Describing objects and telling time





Fupi
Short



Nene
Fat



Kubwa
Big



Rangi
Colour



Nzuri
Good



Safi
Clean



Mrembo
Cute Girl



Ng'ara
Shine



Chafu
Dirty



Nzito
Heavy



Nyepesi
Light



Rahisi
Easy



Tamu
Sweet

Wakati



Asubuhi
Morning



Mchana
Day



Alasiri
Afternoon



Jioni
Evening



Usiku
Night



Usiku wa manane
Midnight



Jana
Yesterday



Kesho
Tomorrow



Leo
Today



Sasa hivi
Right now



Sasa
Now



Zamani
ago



Saa
Time



Machweo
Sun rise



Mawio
Sun set

Mambo muhimu ya kukumbuka

Katika lugha ya alama, msisitizo hutolewa na hisia za sura na maumbo ya mikono ya asili iliyokatika muelekeo fulani. Kwa mfano; unaposisitiza kuhusu jambo Fulani utahitaji kutilia mkazo hisia za sura yako na kuhamisha mikono kwa haraka au polepole kutokana na maana unayoelezea.

Zoezi la 1

Kwa kutumia lugha ya alama oneshwa hisia za sura na mjongeo wa mikono katika maneno yafuatayo;

Kawaida sana
Mrembo sana
Mbaya sana
Chelewa sana
Njaa sana

zaidi
Mrembo zaidi
Mbaya zaidi
Chelewa zaidi
Njaa zaidi

Mrembo
Mbaya
Chelewa
Njaa



Usiku
Night



Manane
Midnight



Jana
Yesterday



Kesho
Tomorrow



Leo
Today



Sasa
Now



Sasa hivi
Right now



Zamani
Ago



Saa
Time/Hour



Machweo
Sunset

Mambo muhimu ya kukumbuka

- Unapotumia lugha ya alama kuonesha wakati/saa, anza na alama ya wakati. Hii itamsaidia mtoto kuelewa namba utakazozitaja baadae.
- Unapotumia lugha ya alama kuonesha wakati, makadirio hutumika zaidi ya wakati hususa, dhana ya kasoro robo au na robo huoneshwa hivi kwa lugha ya alama DAKIKA KUMI TANO au KASORO KUMI TANO.
- Ili kuwa na uhakika oneshwa kama ni asubuhi au jioni.

Zoezi la 2

Kwa kutumia lugha ya alama oneshwa nyakati mbalimbali kama zionekavyo katika saa hapo chini;



Zoezi la 3

Kwa kutumia lugha ya alama unda sentensi zikionesha ni muda gani shughuli zifuatazo hufanyika, ikiwezekana onesho saa na siku husika.



Miezi katika mwaka



mwezi
Month



Januari
January



Februari
February



Machi
March



Aprili
April



Mei
May



Juni
June



Julai
July



Agosti
August



Septemba
September



Octoba
October



Novemba
November



Disemba
December

Siku za wiki/juma



Siku
Day



Jumatatu
Monday



Jumanne
Tuesday



Jumatano
Wednesday



Alhamisi
Thursday



Ijumaa
Friday



Jumamosi
Saturday



Jumapili
Sunday

Zoezi la 4

Chukua karatasi/kadi iliyoandikwa jina la mwezi. Kwa kutumia lugha ya alama oneshwa jina la mwezi na shughuli gani inayofanyika katika mwezi huo. Inaweza kuwa siku ya kuzaliwa, siku ya kufungua shule, msimu wa upandaji, siku ya mapumziko, msimu wa mvua, n.k pia, fanya zoezi hili na watoto wako nyumbani.



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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