

Kolona. Khalani oziwa! Khalani okonzekela!

Maiko ambiri akhuzidwa ndi kalombo ka sopano

► **Zisonyezo zachiziwikile ndi izi:**



Utentha thupi



*Ukosomola kwasopano
kosalekeza*



Ubanika popuma

Kalombo kafalikila ngati munthu omwe alinako akakosomola kapene uyetsemula

Tonse tilindi gawo logwapo pa kuthesa kufalikila kwakalombo aka

► **Tingachite izi kuti tichingilize kutengela.Chitani sopano!**

- Sambani mumanja mobweleza bweleza kusewenzesa sopo ndi madzi.Sambani mwamphindi makumi awiri
- Musagwile mu maso,mu mpuno kapena mu kamwa ndi manja anu
- Khalani ma mitala awiri patali munthu wakwina
- Tsekani pa kamwa ndi mpuno po kosomola ndi poyetsemula
- Osagwilani mumanja-peyani njira ina yopasilana moni
- Sewenzesani sopo ndi madzi posamala malo,malama,zogwilila za ziseko ndi zina
- Osagawana zakudya,zakumwa ndi zonse zanu

Tikasatila malamulo awa,tizichingiliza ise tokha,mabanja athu komanso dela lathu lonse