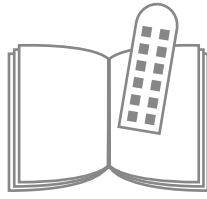


Skills in Afrikaans



Take better
care of
yourself

Kyk beter
na jouself



Ask questions
that guide,
probe and
produce useful
information

Stel peilende
vrae wat
tot nuttige
inligting lei



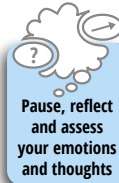
Make an
informed
choice with an
awareness of
consequences

Beplan en
implementer
'n strategie



Structure your
argument

Struktureer
jou
argument



Pause, reflect
and assess
your emotions
and thoughts

Bestuur en
oorweeg jou
emosies en
gedagtes



Represent
your idea or
data in an
image, story
or model

Beeld jou idee
of bevindinge
uit in 'n skets,
draaiboek,
model of
voorstelling



Be willing
to challenge
your thinking
habits

Wees bereid
om 'n
eksperiment
te ontwerp
wat jou denk-
gewoontes
uitdaag



Do your
research and
present your
ideas or
hypothesis

Doen jou
navorsing en
presenteer jou
hipotese



Participate
actively in
productive
dialogue

Neem aktief
deel in
produktiewe
dialoog



Try to
acknowledge
your emotions,
learn from
them - without
becoming them

Wees bewus
en leer van jou
emosies - maar
keer dat dit
allesomvattend
word



Persevere
and work
it out

Druk deur
- bereik jou
doelwitte



Use empathy
to perceive
emotions and
explore
perspectives

Gebruik
empatie om
mense se
emosies aan
te voel en hul
perspektiewe
te begrip



Question
the way you
make moral
judgements

Ondervra jou
eie morele
oordeel



Find, examine
and weigh up
the evidence

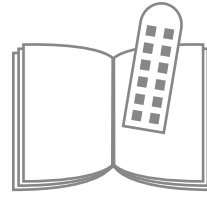
Vind,
ondersoek en
oorweeg die
bewyse



Investigate the
past, predict
the future -
relate it to the
present

Ondersoek die
verlede, voorspel
die toekoms -
bring dit met
nou in verband

Skills in Afrikaans



Take better
care of
yourself

Kyk beter
na jouself



Ask questions
that guide,
probe and
produce useful
information

Stel peilende
vrae wat
tot nuttige
inligting lei



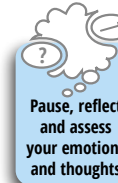
Make an
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'n strategie



Structure your
argument

Struktureer
jou
argument



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and assess
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oorweeg jou
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or model

Beeld jou idee
of bevindinge
uit in 'n skets,
draaiboek,
model of
voorstelling



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habits

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om 'n
eksperiment
te ontwerp
wat jou denk-
gewoontes
uitdaag



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present your
ideas or
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navorsing en
presenteer jou
hipotese



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deel in
produktiewe
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keer dat dit
allesomvattend
word



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- bereik jou
doelwitte



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mense se
emosies aan
te voel en hul
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te begrip



Question
the way you
make moral
judgements

Ondervra jou
eie morele
oordeel



Find, examine
and weigh up
the evidence

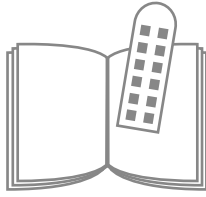
Vind,
ondersoek en
oorweeg die
bewyse



Investigate the
past, predict
the future -
relate it to the
present

Ondersoek die
verlede, voorspel
die toekoms -
bring dit met
nou in verband

Skills in isiNdebele



Take better
care of
yourself

Zithogomele
ngconywana



Ask questions
that guide,
probe and
produce useful
information

Buza imibuzo
ezokuhlala,
ukufunisa
begodu iveze
ilwazi elinesizo



Make an
informed
choice with an
awareness of
consequences

Khetha
ngendlela
etjengisa
ilwazi nokuba
nelemuko
ngemiphumela



Structure your
argument

Hlela
amabanga
wekulumo
yakho



Pause, reflect
and assess
your emotions
and thoughts

Phumula,
cabangisa
begodu
hlola imizwa
nemicabango
yakho



Represent
your idea or
data in an
image, story
or model

Ukukhombisa
nokujamela
ilwazi lakho
ngesithombe
nofana
isiqujani
nofana imodeli



Be willing
to challenge
your thinking
habits

Iba nekareko
yokwakha
bewufumane
ilwazi, ukwazi
ukulimga
umkhumbulo
wakho ngokun-
geneleleko



Do your
research and
present
your ideas or
hypothesis

Yenza
irhubhululo
lakho begodu
wethule u-
mcabango
wakho onga-
kaginisikiswa
(hypothesis)



Participate
actively in
productive
dialogue

Hlanganyela
ngamajadu
kukulu-
miswano
enemiphume-
la emihle



Try to
acknowledge
your emotions,
learn from
them – without
becoming them

Tjheja
ngemizwa
yakho,
ufunde kiyo,
ngaphandle
kokuba ngiyo



Persevere
and work
it out

Bekezela
begodu
uyirarulule



Use empathy
to perceive
emotions and
explore
perspectives

Sebenzisa
izwelo ukubona
imizwa yabo
begodu
uzwisise
indlela
ababona ngayo



Question
the way you
make moral
judgements

Zibuze
ngendlela
othatha ngayo
izahlulelo
ezihle namkha
ezimbi



Find, examine
and weigh up
the evidence

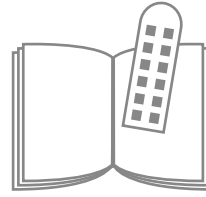
Hlahluba
begodu kala/
hlolisisa
ubufakazi



Investigate the
past, predict
the future –
relate it to the
present

Phenya
okudlulileko –
bonela phambili
ingomuso
– lihlobanise
nesikhathi sanje

Skills in isiNdebele



Take better
care of
yourself

Zithogomele
ngconywana



Ask questions
that guide,
probe and
produce useful
information

Buza imibuzo
ezokuhlala,
ukufunisa
begodu iveze
ilwazi elinesizo



Make an
informed
choice with an
awareness of
consequences

Khetha
ngendlela
etjengisa
ilwazi nokuba
nelemuko
ngemiphumela



Structure your
argument

Hlela
amabanga
wekulumo
yakho



Pause, reflect
and assess
your emotions
and thoughts

Phumula,
cabangisa
begodu
hlola imizwa
nemicabango
yakho



Represent
your idea or
data in an
image, story
or model

Ukukhombisa
nokujamela
ilwazi lakho
ngesithombe
nofana
isiqujani
nofana imodeli



Be willing
to challenge
your thinking
habits

Iba nekareko
yokwakha
bewufumane
ilwazi, ukwazi
ukulimga
umkhumbulo
wakho ngokun-
geneleleko



Do your
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your ideas or
hypothesis

Yenza
irhubhululo
lakho begodu
wethule u-
mcabango
wakho onga-
kaginisikiswa
(hypothesis)



Participate
actively in
productive
dialogue

Hlanganyela
ngamajadu
kukulu-
miswano
enemiphume-
la emihle



Try to
acknowledge
your emotions,
learn from
them – without
becoming them

Tjheja
ngemizwa
yakho,
ufunde kiyo,
ngaphandle
kokuba ngiyo



Persevere
and work
it out

Bekezela
begodu
uyirarulule



Use empathy
to perceive
emotions and
explore
perspectives

Sebenzisa
izwelo ukubona
imizwa yabo
begodu
uzwisise
indlela
ababona ngayo



Question
the way you
make moral
judgements

Zibuze
ngendlela
othatha ngayo
izahlulelo
ezihle namkha
ezimbi



Find, examine
and weigh up
the evidence

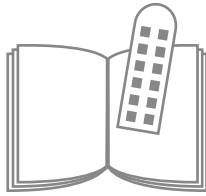
Hlahluba
begodu kala/
hlolisisa
ubufakazi



Investigate the
past, predict
the future –
relate it to the
present

Phenya
okudlulileko –
bonela phambili
ingomuso
– lihlobanise
nesikhathi sanje

Skills in Sepedi



Take better
care of
yourself

Itlhokomele
kaone



Ask questions
that guide,
probe and
produce useful
information

Botšiša
dipotšišo tšeo
di tla hlalago,
nyakišišago
le go tšweletša
tshedimošo
ya go ba le
mohola



Make an
informed
choice with an
awareness of
consequences

Dira kgetho
e theilwego
godimo ga
tsebo ka
temogo le
ditlamorago



Structure your
argument

Beakanya
kgopolo tša
gago tša
ngangišano



Pause, reflect
and assess
your emotions
and thoughts

Kutša, lekola
gomme o
sekaseke
maikutlo le
dikgopolo tša
gago



Represent
your idea or
data in an
image, story
or model

Tšweletša
kgopolo ya
gago goba
tshedimošo ka
seswantšho
goba tiragalo
goba mohlala



Be willing to
challenge
your thinking
habits

Ikemišetše go
hlama go hlohla
ditlwaedi tša
gago tša go
nagana



Do your
research
and present
your ideas or
hypothesis

Dira di-
nyakišišo tša
gago o be o
tšweletše tše
o naganago
gore di tla
direga



Participate
actively in
productive
dialogue

Kgatha tema
ka mafolofolo
dipoledišanong
tše di atlegago



Try to
acknowledge
your emotions,
learn from
them – without
becoming them

Hlokomela
maikutlo a
gago, o ithute
gotswa go
wona, o se
fetoge seo o
se kwago



Persevere
and work
it out

Phegelela mo
bothateng o
fihlelele nhla
ya gago



Use empathy
to perceive
emotions and
explore
perspectives

Šomiša
kwelobohloko
go kwešiša
maikutlo le
kgopolo tša
bona



Question
the way you
make moral
judgements

Botšiša ka
mokgwa wo
o ahlolago
ka wona tše
nepagetšego
le tšeo di sa
nepagalago



Find, examine
and weigh up
the evidence

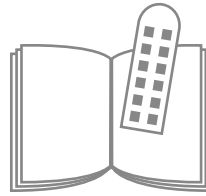
Hlaloša o
be o kale
bohatse



Investigate the
past, predict
the future –
relate it to the
present

Nyakišiša tša
nako ye e
fetilego – bolela
se o se bonago
nako ye e tla go
– di amanye le
tšeo di diregago
gona bjale

Skills in Sepedi



Take better
care of
yourself

Itlhokomele
kaone



Ask questions
that guide,
probe and
produce useful
information

Botšiša
dipotšišo tšeo
di tla hlalago,
nyakišišago
le go tšweletša
tshedimošo
ya go ba le
mohola



Make an
informed
choice with an
awareness of
consequences

Dira kgetho
e theilwego
godimo ga
tsebo ka
temogo le
ditlamorago



Structure your
argument

Beakanya
kgopolo tša
gago tša
ngangišano



Pause, reflect
and assess
your emotions
and thoughts

Kutša, lekola
gomme o
sekaseke
maikutlo le
dikgopolo tša
gago



Represent
your idea or
data in an
image, story
or model

Tšweletša
kgopolo ya
gago goba
tshedimošo ka
seswantšho
goba tiragalo
goba mohlala



Be willing to
challenge
your thinking
habits

Ikemišetše go
hlama go hlohla
ditlwaedi tša
gago tša go
nagana



Do your
research
and present
your ideas or
hypothesis

Dira di-
nyakišišo tša
gago o be o
tšweletše tše
o naganago
gore di tla
direga



Participate
actively in
productive
dialogue

Kgatha tema
ka mafolofolo
dipoledišanong
tše di atlegago



Try to
acknowledge
your emotions,
learn from
them – without
becoming them

Hlokomela
maikutlo a
gago, o ithute
gotswa go
wona, o se
fetoge seo o
se kwago



Persevere
and work
it out

Phegelela mo
bothateng o
fihlelele nhla
ya gago



Use empathy
to perceive
emotions and
explore
perspectives

Šomiša
kwelobohloko
go kwešiša
maikutlo le
kgopolo tša
bona



Question
the way you
make moral
judgements

Botšiša ka
mokgwa wo
o ahlolago
ka wona tše
nepagetšego
le tšeo di sa
nepagalago



Find, examine
and weigh up
the evidence

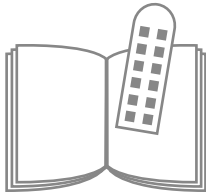
Hlaloša o
be o kale
bohatse



Investigate the
past, predict
the future –
relate it to the
present

Nyakišiša tša
nako ye e
fetilego – bolela
se o se bonago
nako ye e tla go
– di amanye le
tšeo di diregago
gona bjale

Skills in Sesotho



Take better
care of
yourself

Itlhokomele
hantle



Ask questions
that guide,
probe and
produce useful
information

Botsa dipotso
tse tataisang,
batlisa hape
o fane ka
tlhahisoleseding
ye bohlokwa



Make an
informed
choice with an
awareness of
consequences

Etsa kgetho
o na le tsebo
mme o be
le bolemohi
le tsebo ka
ditlamorao



Structure your
argument

Rala nthla
ya hao



Pause, reflect
and assess
your emotions
and thoughts

Kgefutsa,
nahanisisa
mme o lekole
maikutlo le
mehopolo
ya hao



Represent
your idea or
data in an
image, story
or model

Hlahisa
mohopolo
wa hao kapa
dintlha ka
setshwantsho
kapa boemo
kapa mmotlolo



Be willing
to challenge
your thinking
habits

Ikemisetse ho
phepetsana le
ditlwaello tsa
menahano ya
hao



Do your
research
and present
your ideas or
hypothesis

Etsa dipatlisiso
tsa hao mme o
hlahise
kgopolotaba ya
hao e hlokang
ho netefatswa



Participate
actively in
productive
dialogue

Nka
karolo ka
mkgwa o
mafolofolo
dipuisanong
tse molemo



Try to
acknowledge
your emotions,
learn from
them – without
becoming them

Eiellwa
maikutlo a
hao, ithute ho
tswang ho ona,
ntle le hore o
be wona



Persevere
and work
it out

Tiisetse mme
o e sebetse



Use empathy
to perceive
emotions
and explore
perspectives

Sebedisa
kutiwelo bohloko
ho lemoha
maikutlo a bona
mme o utlwisise
mehopolo
ya bona



Question
the way you
make moral
judgements

Ipotsise hore
ke ka baka
lang o etsang
diqeto ka
boitshwara bo
botle le
bo bobe



Find, examine
and weigh up
the evidence

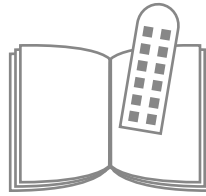
Hlahloba le
ho lekola
bopaki



Investigate the
past, predict
the future –
relate it to the
present

Fuputsa tse
etsahetseng
nakong e fetileng
– noha bokamoso
– bapisa le tsa
kajeno

Skills in Sesotho



Take better
care of
yourself

Itlhokomele
hantle



Ask questions
that guide,
probe and
produce useful
information

Botsa dipotso
tse tataisang,
batlisa hape
o fane ka
tlhahisoleseding
ye bohlokwa



Make an
informed
choice with an
awareness of
consequences

Etsa kgetho
o na le tsebo
mme o be
le bolemohi
le tsebo ka
ditlamorao



Structure your
argument

Rala nthla
ya hao



Pause, reflect
and assess
your emotions
and thoughts

Kgefutsa,
nahanisisa
mme o lekole
maikutlo le
mehopolo
ya hao



Represent
your idea or
data in an
image, story
or model

Hlahisa
mohopolo
wa hao kapa
dintlha ka
setshwantsho
kapa boemo
kapa mmotlolo



Be willing
to challenge
your thinking
habits

Ikemisetse ho
phepetsana le
ditlwaello tsa
menahano ya
hao



Do your
research
and present
your ideas or
hypothesis

Etsa dipatlisiso
tsa hao mme o
hlahise
kgopolotaba ya
hao e hlokang
ho netefatswa



Participate
actively in
productive
dialogue

Nka
karolo ka
mkgwa o
mafolofolo
dipuisanong
tse molemo



Try to
acknowledge
your emotions,
learn from
them – without
becoming them

Eiellwa
maikutlo a
hao, ithute ho
tswang ho ona,
ntle le hore o
be wona



Persevere
and work
it out

Tiisetse mme
o e sebetse



Use empathy
to perceive
emotions
and explore
perspectives

Sebedisa
kutiwelo bohloko
ho lemoha
maikutlo a bona
mme o utlwisise
mehopolo
ya bona



Question
the way you
make moral
judgements

Ipotsise hore
ke ka baka
lang o etsang
diqeto ka
boitshwara bo
botle le
bo bobe



Find, examine
and weigh up
the evidence

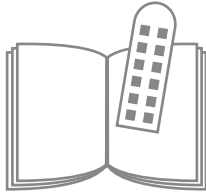
Hlahloba le
ho lekola
bopaki



Investigate the
past, predict
the future –
relate it to the
present

Fuputsa tse
etsahetseng
nakong e fetileng
– noha bokamoso
– bapisa le tsa
kajeno

Skills in Setswana



Take better
care of
yourself

Itlhokomele
ka tsela e e
botoka



Ask questions
that guide,
probe and
produce useful
information

Botsa
dipotso tse di
kaelang, tse di
batlisang le
tse di ntshang
tshedimosetso
e e mosola



Make an
informed
choice with an
awareness of
consequences

Dira tlhopho e
e tshege-
ditswego ke
tshedimosetso
ka kitso ya
ditlamorago



Structure your
argument

Bopa ka
thulaganyo
dintlha tsa
ngangisano
ya gago



Pause, reflect
and assess
your emotions
and thoughts

Kgaotsa,
akanya o bo
o sekaseka
maikutlo le
menagano ya
gago



Represent
your idea or
data in an
image, story
or model

Tlhagisa
mogopolo wa
gago kgotsa
tshedimosetso
ka
setshwantsho
kgotsa popego
kgotsa sekao



Be willing
to challenge
your thinking
habits

Ittelle go
gwetlha
mekgwa ya
gago ya go
akanya



Do your
research
and present
your ideas or
hypothesis

Dira dipatlisiso
tse gago mme
o tlhagise
hipotesisi
(kakanyo) ya
gago



Participate
actively in
productive
dialogue

Tsaya
karolo
e matlhaga
tlhaga mo
dipuisanong
tse di agang



Try to
acknowledge
your emotions,
learn from
them – without
becoming them

O tlhokomele
maikutlo,
ithute sengwe
mo go one, ntle
le go fetoga go
nna one



Persevere
and work
it out

Kgotlhelela
mme o e
rarabolole



Use empathy
to perceive
emotions
and explore
perspectives

Dirisa
kutlwelo
-bothoko go
thaloganya
maikutlo a yo
mongwe le go
thaloganya ka
fa ba lebang
dilo ka teng



Question
the way you
make moral
judgements

Ipotse dipotso
ka tsela e o
e dirisang
go athola se
siamang le se
sa siamang
ka teng



Find, examine
and weigh up
the evidence

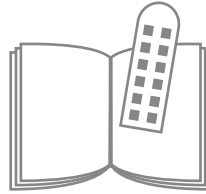
Tlhatlhoba o
bo o lekanye
bosupi



Investigate the
past, predict
the future –
relate it to the
present

Batlisisa tse
di fetileng – o
bolelele pele
isago – e
amanye le tsa
gompieno

Skills in Setswana



Take better
care of
yourself

Itlhokomele
ka tsela e e
botoka



Ask questions
that guide,
probe and
produce useful
information

Botsa
dipotso tse di
kaelang, tse di
batlisang le
tse di ntshang
tshedimosetso
e e mosola



Make an
informed
choice with an
awareness of
consequences

Dira tlhopho e
e tshege-
ditswego ke
tshedimosetso
ka kitso ya
ditlamorago



Structure your
argument

Bopa ka
thulaganyo
dintlha tsa
ngangisano
ya gago



Pause, reflect
and assess
your emotions
and thoughts

Kgaotsa,
akanya o bo
o sekaseka
maikutlo le
menagano ya
gago



Represent
your idea or
data in an
image, story
or model

Tlhagisa
mogopolo wa
gago kgotsa
tshedimosetso
ka
setshwantsho
kgotsa popego
kgotsa sekao



Be willing
to challenge
your thinking
habits

Ittelle go
gwetlha
mekgwa ya
gago ya go
akanya



Do your
research
and present
your ideas or
hypothesis

Dira dipatlisiso
tse gago mme
o tlhagise
hipotesisi
(kakanyo) ya
gago



Participate
actively in
productive
dialogue

Tsaya
karolo
e matlhaga
tlhaga mo
dipuisanong
tse di agang



Try to
acknowledge
your emotions,
learn from
them – without
becoming them

O tlhokomele
maikutlo,
ithute sengwe
mo go one, ntle
le go fetoga go
nna one



Persevere
and work
it out

Kgotlhelela
mme o e
rarabolole



Use empathy
to perceive
emotions
and explore
perspectives

Dirisa
kutlwelo
-bothoko go
thaloganya
maikutlo a yo
mongwe le go
thaloganya ka
fa ba lebang
dilo ka teng



Question
the way you
make moral
judgements

Ipotse dipotso
ka tsela e o
e dirisang
go athola se
siamang le se
sa siamang
ka teng



Find, examine
and weigh up
the evidence

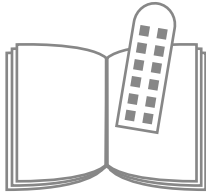
Tlhatlhoba o
bo o lekanye
bosupi



Investigate the
past, predict
the future –
relate it to the
present

Batlisisa tse
di fetileng – o
bolelele pele
isago – e
amanye le tsa
gompieno

Skills in siSwati



Take better
care of
yourself

Tinakekele
kahle



Ask questions
that guide,
probe and
produce useful
information

Buta imibuto
leholako,
lephenyako
nalekhicita
lwati
lolubalulekile



Make an
informed
choice with an
awareness of
consequences

Tsatsa
sincumo
lesisekelwe
kulwati
ngekucondza
miphumela
yakhona



Structure your
argument

Hlela
inkhulumo
yakho



Pause, reflect
and assess
your emotions
and thoughts

Yima,
ucabangise
uphindze
uhlole imivo
nemicabango
yakho



Represent
your idea or
data in an
image, story
or model

Khombisa
umbono
wakho
nobe idatha
ngesitombe
nobe
simo nobe
umfanekiso



Be willing
to challenge
your thinking
habits

Yiba nesifiso
sekufaka
insayeya
kumikhuba
yekucabanga
kwakho



Do your
research and
present
your ideas or
hypothesis

Enta lucwa-
ningo lwakho
bese wetfula
imibono yakho
lenga-
kacinisekiswa
(hypothesis)



Participate
actively in
productive
dialogue

Hlanganyela
ngekutimisela
kutinkhulu-
miswano
letakhako



Try to
acknowledge
your emotions,
learn from
them – without
becoming them

Yati imivo,
fundza kuyo,
ngaphandle
kwekutsi ube
ngiyo



Persevere
and work
it out

Beketela
uphindze
uyisebente



Use empathy
to perceive
emotions
and explore
perspectives

Sebentisa
luvelo kute
ubone imiva
yabo nekutsi
uvise
imicondvo
yabo



Question
the way you
make moral
judgements

Tibute indlela
lowehlulela
ngayo tincumo
letifanele
naletingaka
faneli



Find, examine
and weigh up
the evidence

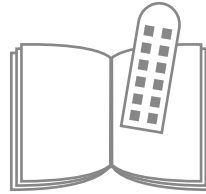
Hlola
uphindze
ulinganise
lobufakazi



Investigate the
past, predict
the future –
relate it to the
present

Phenya
lokundlulile –
cagela likusasa
– lihlobanise
nanyalo

Skills in siSwati



Take better
care of
yourself

Tinakekele
kahle



Ask questions
that guide,
probe and
produce useful
information

Buta imibuto
leholako,
lephenyako
nalekhicita
lwati
lolubalulekile



Make an
informed
choice with an
awareness of
consequences

Tsatsa
sincumo
lesisekelwe
kulwati
ngekucondza
miphumela
yakhona



Structure your
argument

Hlela
inkhulumo
yakho



Pause, reflect
and assess
your emotions
and thoughts

Yima,
ucabangise
uphindze
uhlole imivo
nemicabango
yakho



Represent
your idea or
data in an
image, story
or model

Khombisa
umbono
wakho
nobe idatha
ngesitombe
nobe
simo nobe
umfanekiso



Be willing
to challenge
your thinking
habits

Yiba nesifiso
sekufaka
insayeya
kumikhuba
yekucabanga
kwakho



Do your
research and
present
your ideas or
hypothesis

Enta lucwa-
ningo lwakho
bese wetfula
imibono yakho
lenga-
kacinisekiswa
(hypothesis)



Participate
actively in
productive
dialogue

Hlanganyela
ngekutimisela
kutinkhulu-
miswano
letakhako



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fundza kuyo,
ngaphandle
kwekutsi ube
ngiyo



Persevere
and work
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Beketela
uphindze
uyisebente



Use empathy
to perceive
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luvelo kute
ubone imiva
yabo nekutsi
uvise
imicondvo
yabo



Question
the way you
make moral
judgements

Tibute indlela
lowehlulela
ngayo tincumo
letifanele
naletingaka
faneli



Find, examine
and weigh up
the evidence

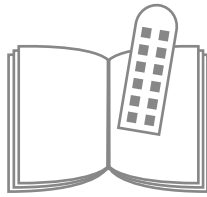
Hlola
uphindze
ulinganise
lobufakazi



Investigate the
past, predict
the future –
relate it to the
present

Phenya
lokundlulile –
cagela likusasa
– lihlobanise
nanyalo

Skills in Tshivenda



Take better
care of
yourself

Dithogomeleni
khwine



Ask questions
that guide,
probe and
produce useful
information

Vhudzisan
mbudziso dzine
dza sumbedza
ngila, u
vhudzisesana
na u bveledza
mafhungo a
ndeme



Make an
informed
choice with an
awareness of
consequences

Nangani ni
na ngivho na
tsivhudzo nga
masiandaitwa



Structure your
argument

Vhekanyani
khani yanu
zwavhudi



Pause, reflect
and assess
your emotions
and thoughts

Imani,
qisedzuluse
ni sedzuluse
zwiipi na
mihumbulo
yanu



Represent
your idea or
data in an
image, story
or model

Sumbedzani
muhumbulo
kana data yanu
nga tshinepe
kana tshifanyiso
kana modele



Be willing
to challenge
your thinking
habits

Diimiseleni u
itela khaedu
ngila ye na
gowela u
humbula ngayo



Do your
research
and present
your ideas or
hypothesis

Itani
tsedzuluso
yanu ni tshise
mahumbu-
lelwa agu



Participate
actively in
productive
dialogue

Dzenelelani
nga u
qimisela kha
nyambedzano i
vhuyedzaho



Try to
acknowledge
your emotions,
learn from
them - without
becoming them

Ni tlogomele
zwiipi, ni
gude khazwo,
ni songo vha
zwiipi



Persevere
and work
it out

Kongelelani
ni shume
phindulo



Use empathy
to perceive
emotions and
explore
perspectives

Shumisani u
pfela vhanwe u
humbulela na
u pfa vhudipfi
havho ni
pfesese he vha
ima hone



Question
the way you
make moral
judgements

Divhudziseni
nga ha ngila
ine na dzhia
maga o teaho



Find, examine
and weigh up
the evidence

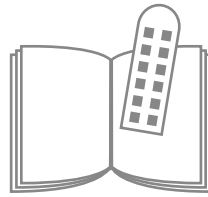
Tolani nga
vhuronwane
ni kale
vhuhanzi



Investigate the
past, predict
the future -
relate it to the
present

Thodisani
zwo fhiraho -
vumbani zwa
matshelo - zwi
vhambedzeni na
zwa zwino

Skills in Tshivenda



Take better
care of
yourself

Dithogomeleni
khwine



Ask questions
that guide,
probe and
produce useful
information

Vhudzisan
mbudziso dzine
dza sumbedza
ngila, u
vhudzisesana
na u bveledza
mafhungo a
ndeme



Make an
informed
choice with an
awareness of
consequences

Nangani ni
na ngivho na
tsivhudzo nga
masiandaitwa



Structure your
argument

Vhekanyani
khani yanu
zwavhudi



Pause, reflect
and assess
your emotions
and thoughts

Imani,
qisedzuluse
ni sedzuluse
zwiipi na
mihumbulo
yanu



Represent
your idea or
data in an
image, story
or model

Sumbedzani
muhumbulo
kana data yanu
nga tshinepe
kana tshifanyiso
kana modele



Be willing
to challenge
your thinking
habits

Diimiseleni u
itela khaedu
ngila ye na
gowela u
humbula ngayo



Do your
research
and present
your ideas or
hypothesis

Itani
tsedzuluso
yanu ni tshise
mahumbu-
lelwa agu



Participate
actively in
productive
dialogue

Dzenelelani
nga u
qimisela kha
nyambedzano i
vhuyedzaho



Try to
acknowledge
your emotions,
learn from
them - without
becoming them

Ni tlogomele
zwiipi, ni
gude khazwo,
ni songo vha
zwiipi



Persevere
and work
it out

Kongelelani
ni shume
phindulo



Use empathy
to perceive
emotions and
explore
perspectives

Shumisani u
pfela vhanwe u
humbulela na
u pfa vhudipfi
havho ni
pfesese he vha
ima hone



Question
the way you
make moral
judgements

Divhudziseni
nga ha ngila
ine na dzhia
maga o teaho



Find, examine
and weigh up
the evidence

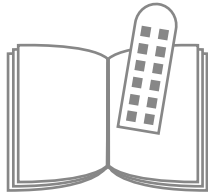
Tolani nga
vhuronwane
ni kale
vhuhanzi



Investigate the
past, predict
the future -
relate it to the
present

Thodisani
zwo fhiraho -
vumbani zwa
matshelo - zwi
vhambedzeni na
zwa zwino

Skills in isiXhosa



Take better
care of
yourself

Hhoya
impilo yakho



Ask questions
that guide,
probe and
produce useful
information

Buza imibuzo
ekhokelayo,
ephanda nzulu
kwakhona
uvelise
isiphumo
esiziinkukacha
eziluncedo



Make an
informed
choice with an
awareness of
consequences

Khetha
okusekelwe
kulwazi,
ngokuqonda
futhi iziphumo
zako



Structure your
argument

Qingqa
ingxoxo
yakho



Pause, reflect
and assess
your emotions
and thoughts

Yithi xha,
cinga
uvandlakanye
uvakalelo
lwakho
neengcinga
zakho



Represent
your idea or
data in an
image, story
or model

Bonakalisa
uluvo okanye
iinkukacha
zakho
ngomfanekiso
okanye
ngemeko okanye
ngomzekelo



Be willing
to challenge
your thinking
habits

Zimisele
ekuhlabeni
amadlala
kwindlela
ocinga ngayo



Do your
research
and present
your ideas or
hypothesis

Yenza upha-
ndo lwakho,
wenze
intethokcazo
ngeembono
ofikelele kuzo
ezingeka-
qinisekiswa
(hypothesis)



Participate
actively in
productive
dialogue

Thatha
inxaxheba
ebonakalayo
kwingxoxo
eneziphumo
ezilulutho



Try to
acknowledge
your emotions,
learn from
them - without
becoming them

Lugqale
uvakalelo
lwakho, funda
kulo, kodwa
ungalawulwa
lulo



Persevere
and work
it out

Zingisa
uzisombululele
ngokwakho



Use empathy
to perceive
emotions
and explore
perspectives

Sebenzisa
ulwazelelwano
ekuqondeni
uvakalelo
lwakhe nase-
kuyibambeni
indlela azibona
ngayo izinto



Question
the way you
make moral
judgements

Zibuze
ngedlela
ozithatha
ngayo izigqibo
ezinentsu-
lungeko



Find, examine
and weigh up
the evidence

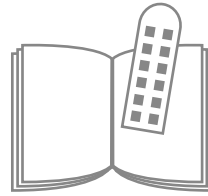
Fumana
ubungqina,
ubuhlobo-hlobo
ubuhlalutye



Investigate the
past, predict
the future -
relate it to the
present

Phengulula
okudlulileyo -
qikelela okuzayo
- kunxulumanise
nokwangoku

Skills in isiXhosa



Take better
care of
yourself

Hhoya
impilo yakho



Ask questions
that guide,
probe and
produce useful
information

Buza imibuzo
ekhokelayo,
ephanda nzulu
kwakhona
uvelise
isiphumo
esiziinkukacha
eziluncedo



Make an
informed
choice with an
awareness of
consequences

Khetha
okusekelwe
kulwazi,
ngokuqonda
futhi iziphumo
zako



Structure your
argument

Qingqa
ingxoxo
yakho



Pause, reflect
and assess
your emotions
and thoughts

Yithi xha,
cinga
uvandlakanye
uvakalelo
lwakho
neengcinga
zakho



Represent
your idea or
data in an
image, story
or model

Bonakalisa
uluvo okanye
iinkukacha
zakho
ngomfanekiso
okanye
ngemeko okanye
ngomzekelo



Be willing
to challenge
your thinking
habits

Zimisele
ekuhlabeni
amadlala
kwindlela
ocinga ngayo



Do your
research
and present
your ideas or
hypothesis

Yenza upha-
ndo lwakho,
wenze
intethokcazo
ngeembono
ofikelele kuzo
ezingeka-
qinisekiswa
(hypothesis)



Participate
actively in
productive
dialogue

Thatha
inxaxheba
ebonakalayo
kwingxoxo
eneziphumo
ezilulutho



Try to
acknowledge
your emotions,
learn from
them - without
becoming them

Lugqale
uvakalelo
lwakho, funda
kulo, kodwa
ungalawulwa
lulo



Persevere
and work
it out

Zingisa
uzisombululele
ngokwakho



Use empathy
to perceive
emotions
and explore
perspectives

Sebenzisa
ulwazelelwano
ekuqondeni
uvakalelo
lwakhe nase-
kuyibambeni
indlela azibona
ngayo izinto



Question
the way you
make moral
judgements

Zibuze
ngedlela
ozithatha
ngayo izigqibo
ezinentsu-
lungeko



Find, examine
and weigh up
the evidence

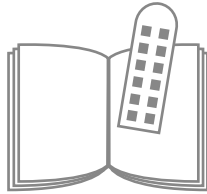
Fumana
ubungqina,
ubuhlobo-hlobo
ubuhlalutye



Investigate the
past, predict
the future -
relate it to the
present

Phengulula
okudlulileyo -
qikelela okuzayo
- kunxulumanise
nokwangoku

Skills in Xitsonga



Take better
care of
yourself

Ti hlayise
kahle



Ask questions
that guide,
probe and
produce useful
information

Vutisa
swivutiso leswi
letelaka, swi
xopaxopaku
na ku humesa
vutivi lebyi
pfunaka



Make an
informed
choice with an
awareness of
consequences

Langa hi
ndlela leyi
seketeriweke
hi vutivi na
ku lemuka
vuyelo



Structure your
argument

Lulamisa
kahle
mavonelo
ya wena



Pause, reflect
and assess
your emotions
and thoughts

Yimanyana,
ehleketisisa
no kambela hi
tintwa ta wena
na mianakanyo
ya wena



Represent
your idea or
data in an
image, story
or model

Kombisa
mianakanyo
ya wena
kumbe vutivi
bya wena hi
xifaniso kumbe
xiringanyeto
kumbe modlele



Be willing
to challenge
your thinking
habits

Ti yimisele
ku endla
nthontho eka
mikhuva ya
maehleketelo
ya wena



Do your
research
and present
your ideas or
hypothesis

Endla
ndzavisiso wa
wena kutani u
humesa xi-
pimanyeto xa
muanakanyo
lowu wa ha
fanelaka ku
seketeriwa
hi vumbhoni
(hypohthesis)



Participate
actively in
productive
dialogue

Nghenelela hi
nghingiriko
eka
mbulavurisano
wa vuyelo



Try to
acknowledge
your emotions,
learn from
them - without
becoming them

Xiyaxiya
matitwelo,
dyondzo eka
wona handle
ko va wena u
va matitwelo
lawa



Persevere
and work
it out

Tiyisela kutani
u ti tirhela
swona



Use empathy
to perceive
emotions and
explore
perspectives

Tirhisa ntwelo
wa van'wana
ku twisisa
matitwelo ya
vona no twisisa
mavonelo ya
vona



Question
the way you
make moral
judgements

Tivutise
ndlela leyi u
ahlulaka hi
yona leswi
nga lulama
na leswi nga
lulamangiku



Find, examine
and weigh up
the evidence

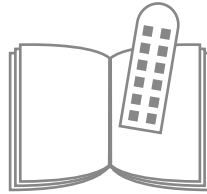
Kambela
na ku pima
vumbhoni



Investigate the
past, predict
the future -
relate it to the
present

Lavisisa leswi nga
humelela eka
nkarhi lowu nga
hundza - bvumba
leswi nga ta
humeleka eka
nkarhi lowu taka
- swi pimanise
na swa nkarhi wa
sweswi

Skills in Xitsonga



Take better
care of
yourself

Ti hlayise
kahle



Ask questions
that guide,
probe and
produce useful
information

Vutisa
swivutiso leswi
letelaka, swi
xopaxopaku
na ku humesa
vutivi lebyi
pfunaka



Make an
informed
choice with an
awareness of
consequences

Langa hi
ndlela leyi
seketeriweke
hi vutivi na
ku lemuka
vuyelo



Structure your
argument

Lulamisa
kahle
mavonelo
ya wena



Pause, reflect
and assess
your emotions
and thoughts

Yimanyana,
ehleketisisa
no kambela hi
tintwa ta wena
na mianakanyo
ya wena



Represent
your idea or
data in an
image, story
or model

Kombisa
mianakanyo
ya wena
kumbe vutivi
bya wena hi
xifaniso kumbe
xiringanyeto
kumbe modlele



Be willing
to challenge
your thinking
habits

Ti yimisele
ku endla
nthontho eka
mikhuva ya
maehleketelo
ya wena



Do your
research
and present
your ideas or
hypothesis

Endla
ndzavisiso wa
wena kutani u
humesa xi-
pimanyeto xa
muanakanyo
lowu wa ha
fanelaka ku
seketeriwa
hi vumbhoni
(hypohthesis)



Participate
actively in
productive
dialogue

Nghenelela hi
nghingiriko
eka
mbulavurisano
wa vuyelo



Try to
acknowledge
your emotions,
learn from
them - without
becoming them

Xiyaxiya
matitwelo,
dyondzo eka
wona handle
ko va wena u
va matitwelo
lawa



Persevere
and work
it out

Tiyisela kutani
u ti tirhela
swona



Use empathy
to perceive
emotions and
explore
perspectives

Tirhisa ntwelo
wa van'wana
ku twisisa
matitwelo ya
vona no twisisa
mavonelo ya
vona



Question
the way you
make moral
judgements

Tivutise
ndlela leyi u
ahlulaka hi
yona leswi
nga lulama
na leswi nga
lulamangiku



Find, examine
and weigh up
the evidence

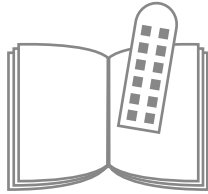
Kambela
na ku pima
vumbhoni



Investigate the
past, predict
the future -
relate it to the
present

Lavisisa leswi nga
humelela eka
nkarhi lowu nga
hundza - bvumba
leswi nga ta
humeleka eka
nkarhi lowu taka
- swi pimanise
na swa nkarhi wa
sweswi

Skills in isiZulu



Take better
care of
yourself

Zinakekele
kangcono



Ask questions
that guide,
probe and
produce useful
information

Buza imibuzo
ezoba umkho-
mbandela,
ephenyisisayo
kanye
nokuqhamuka
nolwazi
oluwusizo



Make an
informed
choice with an
awareness of
consequences

Khetha
ngokusekelwe
kulwazi
ngokuqondisa
imiphumela



Structure your
argument

Hlela kahle
ngononina
ingqikithi
yephuzu
lakho



Pause, reflect
and assess
your emotions
and thoughts

Yima kancane,
buyekeza
kanye
nokuhlola
imizwa kanye
nemicabango
yakho



Represent
your idea or
data in an
image, story
or model

Khombisa
umbono wakho
noma ulwazi
ngomfanekiso
noma
isilinganiso,
noma imodeli



Be willing
to challenge
your thinking
habits

Zimisele
ukufaka
inselele
kwimikhuba
yakho
yokucabanga



Do your
research
and present
your ideas or
hypothesis

Yenza
ucwaningo
lwakho ebese
wethula
isiphakamiso
sombono
osafuna
ukufakazelwa
kabanzi
(hypohthesis)



Participate
actively in
productive
dialogue

Bamba iqhaza
ngomdlandla
kwingxoxo
enomphumela



Try to
acknowledge
your emotions,
learn from
them - without
becoming them

Qaphela imizwa,
funda kuyo,
ngaphandle
kokuthi
iphenduke ibe
nguwe



Persevere
and work
it out

Qiniselela ebese
uzitholela
khona



Use empathy
to perceive
emotions
and explore
perspectives

Zwelana
nomunye
umuntu ukuze
uqondise
ngemizwa
yabo kanye
nokuqondisa
imibono yabo



Question
the way you
make moral
judgements

Zibuze indlela
owehlulela
ngayo okuhle
nokubi



Find, examine
and weigh up
the evidence

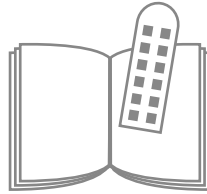
Hlola/
Vivinya kanye
nokukala
ubufakazi



Investigate the
past, predict the
future -
relate it to the
present

Phenyisa
ngokwedlule -
qagela ngekusasa
- kuqhathanisa
nokwenzeka
manje

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