

My skills in Afrikaans

Ask questions about the things you want to know



Vra vrae oor goed wat jy wil weet

Give a reason for what you think



Gee redes vir jou denke

Work it out yourself



Werk dit self uit

Find out more (ask someone - look it up)



Vind meer uit (vra 'n person en doen navrae)

Make something to show what you think it is like



Maak iets om te wys hoe jy dink dit is

Think about your thinking



Dink oor wat jy dink

Observe and describe



Let op en beskryf dit

What's new? Try it



Wats nuut? Probeer dit

Look back - look forward



Kyk terug - kyk vorentoe

Share and compare



Deel met mekaar en vergelyk

Be kind to yourself



Wees gaaf met jouself

Talk about your feelings



Praat oor jou gevoelens/ Praat oor hoe jy voel

Show why it is helpful or harmful



Wys uit hoe dit behulpsaam of nadelig / skadelik kan wees

Try to feel what someone else is feeling



Probeer iemand anders se gevoelens ervaar

Choose what works best for you



Kies wat werk die beste vir jou

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My skills in isiNdebele



Ask questions about the things you want to know

Buza imibuzo ngezinto ofuna ukuzazi



Give a reason for what you think

Yenza into ukutjengisa ukuthi ucabanga bona injani



Work it out yourself

Irarulule ngokwakho



Find out more (ask someone - look it up)

Funisisa okunengi (buza omunye - zifunele)



Make something to show what you think it is like

Yenza into eveza ukuthi ucabanga njani



Think about your thinking

Cabanga ngendlela ocabanga ngayo



Observe and describe

Qala ngelihlo elibukhali begodu hiathulula



What's new? Try it

Khuyini okutjha? Kuzame



Look back - look forward

Qala emva - qala phambili



Share and compare

Yabelana begodu umadanise



Be kind to yourself

Yiba nesisa kuwe



Talk about your feelings

Khuluma ngemizwa yakho



Show why it is helpful or harmful

Khombisa bonyana kubayini ilisizo namkha ilimazako



Try to feel what someone else is feeling

Zama ukuzwa indlela omunye umuntu azizwa ngayo



Choose what works best for you

Khetha lokho okukusebezela kuhle khulu

My skills in isiNdebele



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My skills in Sepedi

Ask questions about the things you want to know



Botšiša dipotšišo ka dilo tšeo o nyakang go di tseba

Give a reason for what you think



Efa lebaka la seo o se naganago

Work it out yourself



Šomana le yona ka bo wena

Find out more (ask someone - look it up)



Nyakišiša go ya pele (botšišayo mongwe - e lebelele)

Make something to show what you think it is like



Dira se sengwe go bontšha gore o naganaga gore se bjanga

Think about your thinking



Nagana ka tsela yeo o naganago ka yona

Observe and describe



Lebelela botse o be o hlaloše

What's new? Try it



Ke eng se seswa? Se leke

Look back - look forward



Lebelela morago - lebelela pele

Share and compare



Abelana le babangwegomme o bapiše

Be kind to yourself



Ikgagele

Talk about your feelings



Bolela ka maikutlo a gago

Show why it is helpful or harmful



Bontšha gore ke ka lebaka la eng e thuša goba e gobatša

Try to feel what someone else is feeling



Leka go kwa seo motho yo mongwe a se kwago

Choose what works best for you



Kgetha seo se go šomelang bokaone

My skills in Sepedi

Ask questions about the things you want to know



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My skills in Sesotho

Ask questions about the things you want to know



Botsa dipotso ka dintho tse o batlang ho ditseba

Give a reason for what you think



Fana ka lebaka la seo o se nahanang

Work it out yourself



Iketsetse yona ka bowena

Find out more (ask someone - look it up)



Batlisa haholwanyane (botsa motho e mong - itjhebele yona)

Make something to show what you think it is like



Etsa ntho e itseng ho bontsha hore na seo o se nahanang se jwang

Think about your thinking



Nahana ka tsela eo o nahanang ka yona

Observe and describe



Sheba ka ho ela hloko mme o hlalose

What's new? Try it



Kee ng e ntjha? E leke

Look back - look forward



Hetla - sheba pele

Share and compare



Arorelana le ba bang mme o bapise

Be kind to yourself



Ikgauhele

Talk about your feelings



Bua ka maikutlo a hao

Show why it is helpful or harmful



Bontsha hore hobaneng e thusa kapa e le kotsi

Try to feel what someone else is feeling



Leka ho utlwa seo motho e mong a se utliwang

Choose what works best for you



Kgetha se o sebeletsang hantle haholo

My skills in Sesotho

Ask questions about the things you want to know



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Give a reason for what you think



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Work it out yourself



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Think about your thinking



Nahana ka tsela eo o nahanang ka yona

Observe and describe



Sheba ka ho ela hloko mme o hlalose

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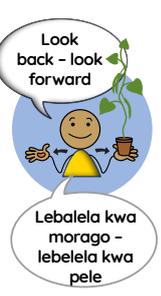
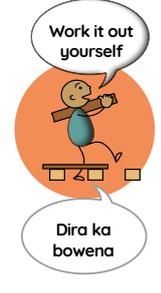
Leka ho utlwa seo motho e mong a se utliwang

Choose what works best for you



Kgetha se o sebeletsang hantle haholo

My skills in Setswana



My skills in Setswana



My skills in siSwati



Ask questions about the things you want to know

Buta imibuto ngetinfo lofuna kutati



Give a reason for what you think

Niketa sizatfu saloku lokucabangako



Work it out yourself

Yisebente ngekwakho



Find out more (ask someone - look it up)

Tfola kabanti (buta lomunye umuntfu - funisisa)



Make something to show what you think it is like

Yenta info kute ukhombise kutsi ucabanga kutsi injani



Think about your thinking

Cabanga ngeku cabanga kwakho



Observe and describe

Bukisisa bese uyachaza



What's new? Try it

Yini lensha? Yizame



Look back - look forward

Buka emuva - buka phambili



Share and compare

Abela uphindze ucatsanise



Be kind to yourself

Yiba nemusa kuwe



Talk about your feelings

Khuluma ngemivo yakho



Show why it is helpful or harmful

Khombisa kutsi kungani kulusito nobe kungalimata



Try to feel what someone else is feeling

Zama kuva kutsi lomunye umuntfu uvani



Choose what works best for you

Khetsa lokukusebentela kancono kwendlula konkhe

My skills in siSwati



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Khetsa lokukusebentela kancono kwendlula konkhe

My skills in Tshivenda

<p>Ask questions about the things you want to know</p>  <p>Vhudzisani mbudziso nga zwine na ṭoda u zwi divha</p>	<p>Give a reason for what you think</p>  <p>Neani tshiti tsha zwine na khou humbula</p>	<p>Work it out yourself</p>  <p>Itani uri ni zwi pfesese inwi mune</p>
<p>Find out more (ask someone - look it up)</p>  <p>Wanulusani zwinzhi (vhudzisani munwe muthu - zwi ṭode)</p>	<p>Make something to show what you think it is like</p>  <p>Itani tshinwe tshithu u sumbedza zwine na humbulela zwi hano</p>	<p>Think about your thinking</p>  <p>Humbulani nga kuhumbulele kwaṅu</p>
<p>Observe and describe</p>  <p>Sedzani ni ṭalutshedze</p>	<p>What's new? Try it</p>  <p>Ndi zwifhio zwiswa? Zwi lingedzeni</p>	<p>Look back - look forward</p>  <p>Sedzani murahu - sedzani phanḁa</p>
<p>Share and compare</p>  <p>Kovhelani ni vhambedze</p>	<p>Be kind to yourself</p>  <p>Ivhani na vuhwawho kha inwi mune</p>	<p>Talk about your feelings</p>  <p>Ambani nga ha vhudipfi haṅu</p>
<p>Show why it is helpful or harmful</p>  <p>Sumbedzani uri ndingani zwi tshi thusa kana u huvhadza</p>	<p>Try to feel what someone else is feeling</p>  <p>Lingedzani u pfa zwine munwe muthu a khou zwi pfa</p>	<p>Choose what works best for you</p>  <p>Nangani zwine zwa shuma khwiṅe kha inwi</p>

My skills in Tshivenda

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My skills in isiXhosa



Ask questions about the things you want to know

Buza imibuzo ngezinto ofuna ukuzazi



Give a reason for what you think

Nika isizathu soko ukucingayo



Work it out yourself

Zisombululele ngokwakho



Find out more (ask someone - look it up)

Funa okuthe kratya (buza emntwini - yikhangele ezincwadini nakwezinye iimbalo)



Make something to show what you think it is like

Yenza into ebonakalisa ukuba ucinga ukuba injani na



Think about your thinking

Cinga ngendlela ocinga ngayo



Observe and describe

Qwalasela uze uchaze



What's new? Try it

Yintoni entsha? Yizame



Look back - look forward

Jonga ngemva - jonga ngaphambili



Share and compare

Yabelana nabanye nithelekise



Be kind to yourself

Ziphathe ngobubele



Talk about your feelings

Thetha ngovakalelo lwakho



Show why it is helpful or harmful

Bonisa ukuba kutheni kuluncedo okanye kuyingozi



Try to feel what someone else is feeling

Zama ukuvelana nomnye umntu



Choose what works best for you

Khetha eyona ndlela ikulungela kakhulu wena

My skills in isiXhosa



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My skills in Xitsonga



Ask questions about the things you want to know

Vutisa swivutiso hi swilo leswi u lavaka ku swi tiva



Give a reason for what you think

Nyika xivangelo (rhizini) ya leswi wena u ehleketaka swona



Work it out yourself

Titirheli swona hi wexe



Find out more (ask someone - look it up)

Lavisisa /Kumisisa swin'wana (vutisa wun'wana - tilanguteli hi wexe)



Make something to show what you think it is like

Endla xo karhi ku kombisa leswi u ehleketaka leswo i xa njhani



Think about your thinking

Ehleketaka hi mahleketelelo ya wena



Observe and describe

Languta hi vuxiyaxiyi kutani u hlamusela hi vuenti leswi endlekaka



What's new? Try it

I ncini lexintshwa? Xi ringeti



Look back - look forward

Languta endzhaku - languta emahlweni



Share and compare

Avelana na ku pimanisa



Be kind to yourself

Va na na musa eka wena n'winji



Talk about your feelings

Vulavula hi matitwelo ya wena



Show why it is helpful or harmful

Kombisa leswo hikokwalaho ka yini swi pfuna kumbe ku vavisa



Try to feel what someone else is feeling

Ringeta ku twa hi ndlela leyi munhu wun'wana a ti twaka hi yona



Choose what works best for you

Langa lexi xi tirhaka ku antswa ngopfu eka wena

My skills in Xitsonga



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Choose what works best for you

Langa lexi xi tirhaka ku antswa ngopfu eka wena

My skills in isiZulu



Ask questions about the things you want to know

Buza imibuzo ngezinto ofuna ukuzazi



Give a reason for what you think

Nikeza isizathu salokho okucabangayo



Work it out yourself

Zitholele wena ngokwakho



Find out more (ask someone - look it up)

Thola okuningi (cela omunye ukuthi akufune - zifunele)



Make something to show what you think it is like

Yenza okuthile ukukhombisa indlela ocabanga ukuthi kunjengayo



Think about your thinking

Cabanga ngendlela ocabanga ngayo



Observe and describe

Bheka okwenzekayo ebese uchaza kabanzi



What's new? Try it

Yini okusha? Kuzame



Look back - look forward

Bheka emuva - bheka phambili



Share and compare

Yabelana kanye nokuqhathanisa



Be kind to yourself

Yiba nomusa kuwe



Talk about your feelings

Khuluma ngemizwa yakho



Show why it is helpful or harmful

Bonisa ukuthi kungani kuwusizo noma kulimaza



Try to feel what someone else is feeling

Zama ukuzwa lokho okuzwiwa ngomunye umuntu



Choose what works best for you

Khetha okusebenza kangcono kuwe

My skills in isiZulu



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