



	VISAMBIZGO	Zuwa	KUSAYINA	CHAKUKACHITA KUKAYA
1.	Kovidi -19			Kutawuzgana kwambula chasa, kukhosomolera pawekha nakuvwala Mask
2.	Kugeza mumawoko			Kupanga twakugezeramo mumawoko na sopo
3.	Kujipwererera			Kuzenga vyakugezeramo na kugeza zuba lililose
4.	S Nthenda za pa thupi			Kupereka mankhwala kwa mwana waliyose wakoleka na matenda agha
5.	Nthenda za pamoyo			Kukhala na khichini liwemi , kubenekerera chakulya, kulyera payekha
6.	Kumala kwa maji muthupi			Kusambira nthowa yakapangiro ka maji ya Thanzi[ maji ya Sugar
7.	Nthenda zakusuzgikira pakuthuta			Kukhala nakhichini la mawindow pa moza na chipinda chakugonako nako kubenge window liwemi
8.	Kunnya mavi pawalo			Kulekerathu kunnya mu thondo
9.	Wuchanda wuwemi			Kubenekerera chibenekerero pa chimbuzi. Kuzenga vimbuzi viwemi
10.	Nyongolosi			Kuchizga bana wose awo mbaluwale
11.	Uko kwafuma maji			Kutunga maji pa malo ghakuvikiririka makora
12.	Kasungiro ka maji			Kujalapo vibenekerero pa maji nyengo zose
13.	Kupanga maji kuti ghabe ghawemi			Kusuja maji na nthowa yakuzomelezgeka
14.	Lukojo			Kupima mbumba yose pa nyumba na kuchizga wose.
15.	Maleriya			Banthu wose bagonenge mumaneti
16.	Kalyero kawemi			Kulya chakulya chakwenerera. Chamagulu ghose
17.	Chakulya chakukwanira			Kulima madimba gha zimphanwe na vipaso
18.	Kasungiro ka chakulya			Kupanga vyakubikamo mphangwe zakwanika
19.	Kapwererero ka bana			Bana wose bapokerenge katemera
20.	Kujipwererera kwa bamama pala bali ku mwezi			Bamama bagwiriskirenge ntchito tusalu tuwemi twakuchapa makora
21.	Umoza pakati pa bamama na badada			Bana banakazi bapike mwabi wakusambira sukulu mwakukwana
22.	Nthenda ya edzi na nthenda zinyakhe zakufumira kukugonana			Kupima mbumba yose nakupeleka mankhwala
23.	Kutolapo gawo pa chitukuko chili chose mu chigaba chithu/ kachemero ka vitukuko mu chigaba chithu			Kugwira vitukuko pamoza na banyako nyengo zose . Nakutolapo gawo pa mlimo wuli wose.
24.	Kumanya / nakusankha vitukuko vyakukhumbikira muchigaba			Kufufuza ntchito izo zakukhumbikwira chomene mu chigaba chithu
25.	Ntchito izo zingamanya kwiza na ndalama muchigaba			Kudumbiskana nakusankha ntchito za malonda izo zingatipasa ndarama pa wumoyo withu
26.	Nthowa zakamazgiro ka masuzgo			Kuwona umo tikumazgiro masuzgo ghithu kunyumba.
27.	Kuwona/ nakusanda umo nchito yikwendera			Pala mwana waluwala tikuchita vichi ku nyumba
28.	Sewero la za chitukuko			Kuchitira lumoza sewero na kwimba sumu
29.	Chikondwerero chakupokera satifiketi pawumaliro			Kubapo pa wungano wukulu wakupokera masatifiketi