

# TLAWNG THOK DING IN TIMTUAHNAK

Tlawng kai thok cu nauhak pawl leh innsungsang pawl hrang ah a tum zet mi thleng awk nak pakhat asi. Mi thar pawl, hmun thar pawl leh um can daan thar pawl thawn um thlang ding a si tikah kan phur tla si thei ih– a si ngai ngai pei maw ti ih kan tah nak tla si thei. Na fa tha zet in tlawng a thok thei nak dingah na tuah thei mi tam pi a um.

## Tha zet in tlawng kai thok ti mi cu ziang a si?

Inn sungsang pawl leh kilkhawi tu pawl cu nauhak pawl ih hmaisabik saya an si. Inn ih na fa thawn na tuah mi pawl cu an zirnak, an thansonak leh tlawng hrang ih an timtuahnak pawl ah a bawm. Nafa fimzirnak leh thangso nak hrang ih bawmnak tha bik cu lehpannak in asi **lehpannak**.

Thazet in tlawng kai thoknak in nauhak pawl an fimzirnak a bawm ih nuamnak tla a ngah ter deuh. Cun nauhak pawl tlawng ih an nuamawk tikah fimzirnak an peh zawm duh vivo. Tlawng in nafa ih amah pakhat tul mi pawl a ngah thei dingah an zuam nasa ding, a tul asi ahcun a hleice ih bawmnak thawn tla an zuam pi ding. Nangmah khal in nafa tlawng ah thinlung hngamnak, zumawknak a nei thei leh a pehtleihawk theinak ding ah thil pawl a nuam zawngin tuah in nafa na bawm thei asi.

## Inn ih lek leh zir

Lehpan nak hi na fa fimzirnak bawmtu ah a tha bik mi lam zin asi. Lehpannak in thilsiar thiamnak, thilkom thiamnak, pawlkom thiamnak leh thilbangawkmi kom thiamnak a si mi nunsung daih maths lam thiamnak pawl a thanso ter. Lehpannak in nafa lei leh van thil um daan leh thliri um daan pawl a hmuhton ter theh cun thli a sersiam thiam ter asi. Nafa a lek tikah thinlung cangvaihna/ tuarnak lam a zirphah ih tonglam thiamnak leh calai lam thiamnak pawl tla a thangso asi. Hi mi pawl hi inn ah na tuah thei ding mi pawl an si:

- **Nitin cangvaihna pawl:** Nauhak pawl cu nitin cangvaihna asi mi thilsuang, cabuai ret leh thianfaih bawm, thilsawp dingah bangawk mi ret tlang, hnipuan than leh hnipuan a ret nak kel ah ret sal cun thingkung leh innzuat ramsa pawl kilkhawinak in fimnak an zir. *'Sangvut hai ziat kan tul lai?'* lole *'Mawca bangawk mi pawl na hawl thei maw?'* tivek thusutnak pawl thawn nafa fimzirnak na bawm thei.
- **Lehpannak pawl:** A awlzetmi lehpannak a si mi UNO, Sanp, Memory, I Spy leh kuk relh pawl lek mi in nafa fimzirnak a bawm ih mah caan lak daan thu pawl a zirh.
- **Thingtum pawl Saknak:** Thingtum thawn saknak a si mi LEGO, thingtum pawl a silole cahnah sahpi tuah mi thingkuang pawl in a tha zet mi motor lam thiamnak a thanso ter ih nauhak pawl thilthar sersiam thiamnak lamah a feh pi theh le thubuai a fiantersuak thei.
- **Ceimawi thiamnak leh kutzung thiamnak:** Ceimawi thiamnak leh kutzung thiamnak lam cangvaihna in thilthar sersiamnak lam a khaisang ih taksa fate hmang mi thiamnak pawl leh thubuai fiantersuak theinak thiamnak pawl a thangso ter vivo.
- **Duhzawng ih thuum-aw:** Hnipuan hlun thawn thuum aw ih a dang lam mi umcaan daan vek in um awter mi in thilthar sersiamnak leh tonglam thiamnak pawl a thangso ter vivo.
- **Awnmawi, thuanthu leh lam:** Casiar, thuanthu sim, awnmawi ngai leh lam, theh le 'thil mankhung hawl' leknak ah inn lole hmuan kiangkap ih thil hawl mi pawl a zaten in na fa ih tonglam thiamnak pawl a thangso ter vivo.

- **Innleng lekna:** Keevak, tlangkai, bike lole scooter to, lehpannak hmun feh, Innfate sak, bawlung phom leh kai, tennis vuaknak lole a nem mi cricket vuaknak thawn bawlung nem vuak, cerbek lole hnawmbal sungih thil khwar nak pawl zaten in nafa fimzirnak leh thangso nak ah a bawm asi.
- **Zingzoi leh thu suh nak pawl:** Nafa a lek lai ah 'In hmuh thei pei maw...?', 'Hi tin siseh la ziangcang pei ka thei duh...?', 'Hi mi thusuh mi ziang tin na let thei...?' tìvek thusutnakpawl sut aw.
- **Tidan kel tuahmi pawl:** Nitin ten caan kel ih thil tuah mi in na fa ziang si a ruahsannak a nei ding ti a thei ter ih an thinlung tuahnak pawl an zotha/kilkhawi theinak ding ah a bawm. Tidan kel in tuah mi in nauhak pawl an tlawng thawn pehpar in harsahnak pawl a bawm thei. A hleice in itcaan ih tidaan kel tuah mi nei ding a thu pi, tahthimnak: tikholh ih zaanriah ei, itnak hnipuan hruk, haa tuah, cauk pawl siar, cun it tìvek pawl ansi.

## Tlawng kha mah thawn nelawk mi hmun ah tuahaw

'Tlawngkai ding man zo' ti mi hi calai lam fimzirthiam nak a si lo naantlawng hi ziangvek asi ti mi theithiam nak thu leh cu mi ih sin thatnak lam ruahsan nak nei sawn hi asi. Himi thil pawl hi nafa na bawm theinak ding ah na tuah thei ding mi pawl an si:

- Nafa ih tualleng tlawng a silole a tlawng ih an lo tuah sak duh mi nafa tlawng pakhat ih sin pakhat thawnnak tuahding puai pawl ah tel aw.
- Tlawng in siseh lole tlawng ah siseh a feh tik ah feh pi aw.
- Nafa thawn tlawng khat ah an kai tlang ding mi nauhak pawl thawn lek ter aw.
- Ziangtin hnipuan hruk ding, daileng feh daan, kut kholh daan, sunscreen thuh daan, le an tlawng zal than leh thir daan pawl zirh phah in an mah ten tuah thiam ding ah tha pek aw.
- Tlawng thok thlang ding thu rel aw. Tlawng thu lam an phur ding in tuah awla thinphangnak an nei mi thu pawl rel pi aw.
- Tlawng kai thok ding mi thu cauk pawl siar sak aw lole thuanthu sim aw.
- Tlawng theh tik ah ziang cang ding ti mi thu rel awla tuah cia aw.
- Tlawng ziangtik caan an ong ih an phit ti mi cekfel awla ziangtik ah hmuak in ziangtik ah thlah ding ralring cia aw, cuna thlahnak ding le a hmuaknak ding pawl hawl cia aw.
- A si thei le sayama hmin hmang thok aw.

## Ziangtin nafa tualleng tlawng in a lo bawm ding

Tualleng tlawng in nauhak pawl tlawng kai an man thok theinak ding ah an bawm thotho. Tualleng tlawng ah nauhak pawl lehpannak, midang thawn hnaturan tlangnak leh rualpi pawl komawk nak in an thiamnak an thangso ter.

Tualleng tlawng ih syama in nafa tualleng tlawng in tlawng ngai a thawn theinak ding ah **Tlawng thawn Fimzirnak leh Thangsonak Simthannak Ca (Tlawngthawn nak Simthannak Ca)** ngan in an lo bawm ding. Tlawngthawnnak Simthannak Ca cu nafa hmailam tlawngkai nak ding tlawng ah pekhlam asi ding. Kha mi in nafa titheinak, thazang, leh a peih mi pawl le ziang tin ca an zir le thabik ti mi pawl a khihhmuh. Nafa Tlawngthawnnak Simthannak Ca ngan ding ah nangmah tla bawmnak an lo dil ding ih nafa khal in a mah a ruahnak leh a thinlung a tuaraan pawl a sim ve thei ding.

Tlawngthawnnak hrang Simthannak Ca thu thawn pehpar awk in thuhla na thei duh bet asile zangfahten kan zungthen ih website ah rak zoh aw (a tanglam ah a um)

## Tamdeih theifiang dingin zingzoi hrih aw

- [Tlawngkai thok ding hrang a tul mi ruahnak pek thu pawl \(education.vic.gov.au\)](http://education.vic.gov.au)
- [Tualleng tlawng in tlawngngai thawn ding \(education.vic.gov.au\)](http://education.vic.gov.au)
- [Ziangtin tlawng hrih ding leh up ding \(education.vic.gov.au\)](http://education.vic.gov.au)
- [Tlawngkai thok ding: nafa hrang timtuh nak| Nauhakpawl Kilkhawidaan Network](#)
- [Harhdamten Tlawngkai Thok Nak - Thadeuh mi Harhdamnak Lamzin](#)
- [Innsangpawl hrang thlengawk nak lam tlawng thuhla \(education.vic.gov.au\)](http://education.vic.gov.au)