

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 hlatshulula



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

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Try to feel what someone else is feeling

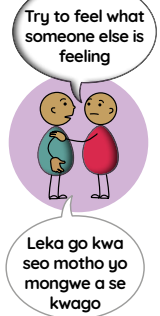
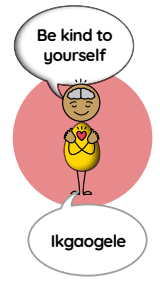
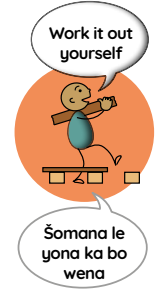
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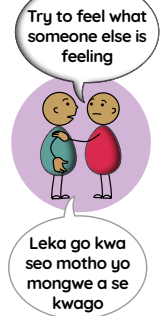
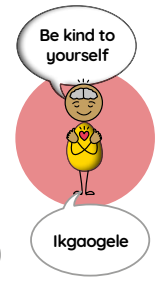
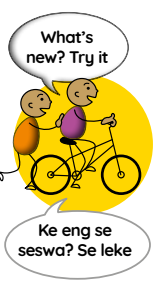
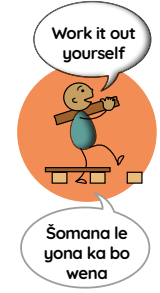
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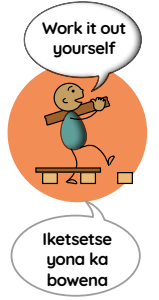
My skills in Sepedi



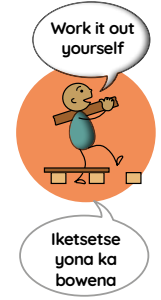
My skills in Sepedi



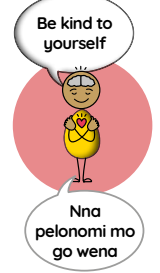
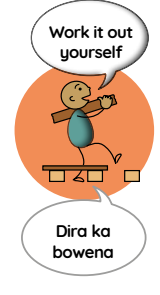
My skills in Sesotho



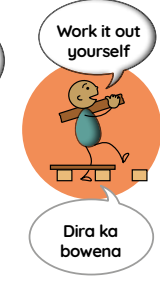
My skills in Sesotho



My skills in Setswana



My skills in Setswana



My skills in siSwati



Ask questions about the things you want to know

Buta imibuto ngetintfo 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 intfo kute ukhombise kutsi ucabanga kutsi injani



Think about your thinking

Cabanga ngekcubanga kwakho



Observe and describe

Bukisise 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

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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 Tshivenda

 <p>Ask questions about the things you want to know</p> <p>Vhudzisani mbudzisonga zwine na tḡḡa u zwi ḡivha</p>	 <p>Give a reason for what you think</p> <p>Neani tshiitisi 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 tḡḡe)</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 kwaḡu</p>
 <p>Observe and describe</p> <p>Sedzani ni ṭalutshedze</p>	 <p>What's new? Try it</p> <p>Nḡi zwifhio zwiswa? Zwi linedzeni</p>	 <p>Look back - look forward</p> <p>Sedzani murahu - sedzani phanḡa</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 vhuḡipfi haḡu</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>Nḡangani zwine zwa shuma khwiḡe kha inwi</p>

My skills in Tshivenda

 <p>Ask questions about the things you want to know</p> <p>Vhudzisani mbudzisonga zwine na tḡḡa u zwi ḡivha</p>	 <p>Give a reason for what you think</p> <p>Neani tshiitisi tsha zwine na khou humbula</p>	 <p>Work it out yourself</p> <p>Itani uri ni zwi pfesese inwi mune</p>
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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 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



Ask questions about the things you want to know

Buza imibuzo ngezinto ofuna ukuzazi



Give a reason for what you think

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Zama ukuvelana nomnye umntu


















Choose what works best for you

Khetha eyona ndlela ikulungela kakhulu wena

My skills in Xitsonga

 <p>Ask questions about the things you want to know</p> <p>Vutisa swivutiso hi swilo leswi u lavaka ku swi tiva</p>	 <p>Give a reason for what you think</p> <p>Nyika xivangelo (rhizini) ya leswi wena u ehleketaka swona</p>	 <p>Work it out yourself</p> <p>Titirheli swona hi wexe</p>
 <p>Find out more (ask someone - look it up)</p> <p>Lavisisa /Kumisisa swin'wana (vutisa wun'wana - tilanguteli hi wexe)</p>	 <p>Make something to show what you think it is like</p> <p>Endla xo karhi ku kombisa leswi u ehleketaka leswo i xa njhani</p>	 <p>Think about your thinking</p> <p>Ehleketela hi mahleketelelo ya wena</p>
 <p>Observe and describe</p> <p>Languta hi vuxiyaxiyi kutani u hlamusela hi vuenti leswi endlekaka</p>	 <p>What's new? Try it</p> <p>I ncini lexintshwa? Xi ringeti</p>	 <p>Look back - look forward</p> <p>Languta endzhaku - languta emahlweni</p>
 <p>Share and compare</p> <p>Avelana na ku pimanisa</p>	 <p>Be kind to yourself</p> <p>Va na na musa eka wena n'winyi</p>	 <p>Talk about your feelings</p> <p>Vulavula hi matitwelo ya wena</p>
 <p>Show why it is helpful or harmful</p> <p>Kombisa leswo hikokwalaho ka yini swi pfuna kumbe ku vavisa</p>	 <p>Try to feel what someone else is feeling</p> <p>Ringeta ku twa hi ndlela leyi munhu wun'wana a ti twaka hi yona</p>	 <p>Choose what works best for you</p> <p>Langa lexi xi tirhaka ku antswa ngopfu eka wena</p>

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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 - zifune)



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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Bheka okwenzekayo ebese uchaza kabanzi



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