



USAID Advancing Nutrition Peer Groups Implementation Research in Zimbabwe

Prototype 2D: Drama Development Aid

Table of Contents

Okumayelana lesiqondiso lesi.....	1
Option 1: Uhlelo lokubumba Indaba.....	2
Ukuhlomisa oLead mother ukuze benelise ukusebenzisa isiqondiso sokubumba indaba.....	2
Uhlelo lokubumba Indaba.....	2
Ibhanga lendaba ezihambelana lezinto amalunga asedlule kuzo loba izinto abahlangana lazo.....	4
Option 2: Isiqondiso sokubumba iDrama.....	5
Uhlelo lokuhlomisa oLead Mother ukuze benelise ukusebenzisa lesi siqondiso.....	5
Uhlelo lokubumba Umdlalo.....	6

Okumayelana lesiqondiso lesi

Isiqondiso lesi senzwe ukweseka amalunga eqembu lokunakekela ekuxoxisaneni ngezifundo asebezizile langendlela ezintsha zokwenza izinto asebezisebenzisa lalokho asebezame ukukulandela. Ukuphatheka ekuxoxisaneni, oLead Mother bangasebenzisa lesiqondiso ukusekela abanakekeli abasemaqenjini abo ukuthi benze imidlalo etshengisela izinto abahlangana lazo. Imidlalo leyi ingatshengisa izinto ezitshiyeneyo abahlangana lazo njalo ukuwenza kuzafuneka ukuthi kufakweindlelela zokufunda kwabadala (njengokudweba ngalokhu abake bahlangana lakho ukuthi kwenziwe imidlalo, lokusebenzisa ubuncitshi babo lapho okumele busebenze khona) lezinye indlela (njengokukhuluma, ukukhulumisana labanye abantu, ukubamba isikhathi lokusebenza ndawonye labanye. Iqembu loba uLead mother kumele likhethe indlela eyodwa, eyakuqala loba eyesibili yokwenza idrama hatshi zombili.

Ingcazelo leyi yakhelwe phezulu kwempendulo evela kumalunga eqembu lalabo abanakekela abantwana, oLeadMother labo Promoter bamaqembu anakekelayo asekelwa yiAmalima Loko eTsholotsho, Lupane lase Binga. Isiqondiso lesi siveza ubunzima lamathuba akhona okweseka ukutshintsha izenzo ezichaziweyo leziqakathekileyo kungxoxombuzo esabalayo munye ngamunye langamaqembu atshiyeneyo. Ubunzima lobu lamathuba akhona kugqela: isifiso sokufundiswa okunye okungaysikho sifundo sokumunyisa loba ukufunda ngokuhlazeka, ukunanzelela ukuthi kwamanye amaqembu amalunga eqembu awezi lenkinga abahlangana lazo ukuze zixazululwe eqenjini njalo amalunga eqembu akholisa ukwenza imidlalo

USAID Advancing Nutrition Peer Groups Implementation Research in Zimbabwe

njalo batshengisele ukufisa ukuzenzelela eyabo imidlalo. Ezingxoxweni zonke ezihleliweyo, abaphathi baloluhlelo bazaphinda bahlanganele beqhubekela phambili ngokwakha lokucolisisa isiqondiso lesi ukwenzela ukuthi sibe lusizo njalo sigcwalise izidingo zalabo abaphathekayo kuloluhlelo.

Option 1: Uhlelo lokubumba Indaba

Ukuhlomisa oLead mother ukuze benelise ukusebenzisa isiqondiso sokubumba indaba

1. Ekufundisweni kwaboLead Mother, kumele baphiwe ingcazelo yokubumba indaba. Abaphathi bohlelo bazancedisa uLead mother ngokumchasisela okumayelana lendlela yakukqala yokubumba indaba (Option 1). Olead mother bengakuthola kuluncedo ukuzama ukubumba indaba besebenzisa isiqondiso sokubumba indaba ngesikhathi befundiswa ngabaphathi bohlelo. Lokhu kunganceda ukuthi kuthutshe imbuzo emayelana lesiqondiso lesi, ukugcinan iskhathi, umdlalo usungabunjwa kodwa ungadlalwa. Nxa oLead mother sebezwisisa isiqondiso sokubumba indaba njalo sebezizwa belesbindi besenelisa ukuncedisa amalunga ukubumba indaba, sebengethula isiqondiso lesi kumalunga abo. Ulead mother angethula isiqondiso sokubumba indaba phakathi laphakathi kwesifundo loba ekuqaliseni kwesifundo. Ulead mother uzachasisa ukuthi iqembu lizabumba njani umdlalo wabo besakhela hezu kwezifundo asebezenzile njalo lokhu okukhuthazwa yizifundo zabo kuzakuba yindikimba yendaba yomdlalo wabo.
2. Phakathi laphakathi kokuxoxisana emhlanganweni weqembu (okwesikhathi esingaba lihora elilodwa), uLead Mother engachazela amalunga eqembu lakhe ukuthi bangabumba njani indaba. Indaba abazayakha njengeqembu kumele ikhombise lokhu asebekwenzile ezifundweni asebeziqedile.
3. Uyazikhethela (Optional): Nxa indaba isibunjiwe, iqembu lokunakekela lingafisa ukudlala umdlalo walo emcimbini ongabe uhlelwe yiAmalima Loko, njengokuthi nxa abantu beholiswa ukudla, umcimbi lapho okuphatheka khona umphakathi (amalanga eAmalima Loko, isigaba sokuxoxisana ngokudla okulomsoco, ngamalanga emidlalo, etc). ICare Group nxa ingakhetha ukudlala umdlalo wayo esigabeni, uLead Mother angakhuthaza ukuthi balungiselele okupheleleyo bengakhulumi loPromoter ukuthi balungiselele ukuthi umdlalo lowu bawudlalele isigaba. Lokhu kuyisinqumo seqembu njalo kulapho uLead Mother okumele atshele uPromoter ukuthi sebelungisile umdlalo njalo sebengawudlala. Ukwazisa uPromoter masinyane kuyamsiza ukuthi athole iskhathi eseneleyo ukuthi alungise okungafunakala ngelanga lokudlala lomdlalo.

Okokucina, ngosekelo lukaPromoter, oLead Mother bangaqedisa ukulungiselela ilanga lomdlalo baqondise leqembu labo ngomdlalo wabo.

Uhlelo lokubumba Indaba

OLead Mother bangasebenzisa ibhanga lezitori, uluhlu lwezimo, ukwenza amalunga eqembu abumbe umdlalo besebenzisa indlela ezilandelayo:

1. Qala ngokwethula uhlelo lokubumba indaba eqenjini ngokuchaza isiqokoqela lokulandelana kwezenzakalo ehlelweni lolu.

USAID Advancing Nutrition Peer Groups Implementation Research in Zimbabwe

Isizatho sohlelo: Ukuncedisa isigaba sokucabangisisa uzihlola ngezifundo esezadlulayo ngokubumba indaba usebenzisa indaba ehambelana lendlela ophila ngayo kujongwe lokhu amalunga eqembu aseke ahlalana lakho.

Bona uSigaba 2 lo 4 ukuqhuba uhlelo (See steps 2 through 4 for the process).

Ezinye indlela zokwamukela: Ipulazi lezinnyamazana

Lokhu kwenzelwa ukuthi wonke umuntu ezizwe ekhululekile komunye lomunye. Ukwenza umdlalo kunzima ebantwini abalenhloni, ukwenza lokhu kuzenza ukuthi kube lula emuntwini wonke. Khumbuza abadlali ukuthi kumele benanzelele njalo behambe kancane ngoba wonke umuntu uhamba ecimezile. Phinda umdlalo lowu ukuze wonke umuntu azizwe ekhululekile.

1. Omunye lomunye uzacelwa ukuthi adobhe okuli phetshana esikhwameni. Kuyabe kule nyamazana ezine ezitshiyeneyo ngobubili bazo (inja, inkawu, umangoye, indlovu).
 2. Nxa sebedobhile bonke amaphepha, bonke abadlali kumele basukume bame bavale amehlo. Bazahamba bevale amehlo bekhala njengennyamazana abayidobhileyo.
 3. Lowo odobhe innyamazana efananayo laye uyabe ekhala bedingana bobabili.
 4. Bengabambana izandla bobabili, bayavula amehlo sebesiyahlala phansi bobabili endlini sebubukele abanye bedingana.
 5. Umdlalo uyaphela nxa wonke umuntu sethole omunye wakhe.
-
2. Buza iqembu ukuthi bangafuna ukudlala imdlalo yabo abayibumbayo. Lokhu kuzakutsho nxa kungafuneka ongabe ebhala (bona indlela yesine). Nxa iqembu lingafuna ukuthi badlale umdlalo wabo, nxusa llunga elingafuna ukuthi libe libhala okuyabe kukhulunywa emdlalweni ozabe owenziwa liqembu leli. Nxa engekho ozinekela ukubhala, uLead Mother angadlala indima yokubhala phansi ingxoxo yomdlalo.
 3. Bala indaba ehambelana lendlela ejayelekileyo okuphilwa ngayo njalo ubuze iqembu lokunakekela ukuthi bangawuqedisa njani umdlalo lowu. Ngokufaneleyo, umdlalo lowu kumele ube labalingiswa abenela ukuthi iqembu ngalinye libe lendima kulowo mdlalo. Ukuze wonke umuntu aphaatheke, abalingiswa kumele bakhethwe kukhangelwe ukwenelisa kwabo kundima okumele bayidlale. Umdlalo kumele uthathe isikhathi esingadluli imizuzu elitshumi kumbe itshumi lanhlano.
 4. Nxa iqembu likhethe ukuthi umdlalo lo bawenze esigabeni, uLead Mother angabambisana loPromoter kumbe omunye weAmalima Loko ukukhetha uhlelo olulungiswe yiAmalima Loko njenga nxa abantu bephiwa ukudla kumbe kulohlelo lokuxoxisana lomphakathi (Amalanga eAmalima Loko, amalanga emidlalo, etc) kulungiselelwa lowo mdlalo. Ulead mother engakhuthaza iqembu lakhe ukuthi lizilungiselele ngaphambi kokuthi badlale umdlalo wabo phambi kwabantu. Lokhu kungalungiselelwa nxa iqembu lithethe leso sinqumo. Ukuphangisa ukwazisa abantu ngalesisinqumo kunika okhuthaza ngezempilakahle isikhathi eseneleyo sokulungisa okungabe kufuneka.

Ibhanga lendaba ezihambelana lezinto amalunga asedlule kuzo loba izinto abahlangana lazo

- **Ukunika umntwana uchago lukamama lodwa:** umaKhumalo ukhangelele izibulo lakhe ezinyangeni ezimbalwa. Uhlala lomkakhe labazali bomkakhe, lodadewabo womkakhe owendileyo. Esibhedlela umaKhumalo usefunde ukuthi kumele amunyise umntwana angabeletha njalo anike umntwana uchago lukamama okwenyanga eziyisithupha. Kodwa ke uyakwazi ukuthi umamazala wakhe kazange avumele udadewabo womkakhe ukuthi amunyise kuphela, ngakho ukhathazekile njalo ufuna ukukhuluma lomkakhe mayelana lokuthi kuyini okungcono kakhulu.
- **Ukudla okuhlukahlukeneyo 1:** umaMoyo ulendodana elomnyaka owodwa okuthwa nguThulani lendodakazi eleminyaka emihlanu. Uyakwazi ukuthi indodana yakhe kumele idle ukudla okuhlukahlukeneyo okugogela amaqanda, inyama lezithelo kodwa uThulani ulokhe ethanda ukudla ilambazi. Ubaba wakhe uthanda ukumphathela amanamunede ayabe ewathenge ezitolo njengokuphatha abantwana babo, indodakazi yabo iyakujabulela lokhu. Lokho kutsho ukuthi uThulani laye uyancenga amanamunede njalo kafuni ukuzama ukudla okunjengenyama lezithelo. UmaMoyo usecabange ukubuza umngane wakhe ukuthi enze njani
- **Ukudla okuhlukahlukeneyo 2:** Abezempilakahle batshela umaMpofu ukuthi umntanakhe olenyanga eziyisitshiyagalombili, uZanele, kumele adle inyama lamaqanda. UmkamaMpofu usebenzela eSouth Africa njalo kenelisi ukuthumela imali ngekhaya esikhathini esinengi, ngakho kenelisi ukuthenga lokho kudla. Ufuna umntanakhe akhule kahle ahlakani phe. Usebecabange ukungena eqenjini lokunakekela ukuze athole ukwelulekwa ngabanye omama abalolwazi olungcono ukuthi angenza njani.
- **Ukudla Kwesintu:** Umntwana uNomsa ukhalalela amabhisikiti lokunye okulethshukela, kafuni kuzama ukudla ukudla okunjenge thanga lelambazi elilohlonzi. UMaMpofu secabange ukubuza abangane bakhe ukuthi ayenze njani njengoba ekhathazekile ukuthi umntanakhe uNomsa engabe engatholi ukudla okwakha umzimba. Umkakhe kaMaMpofu usebenza eSouth Africa njalo kenelisi ukuthumeza imali esikhathini esinengi ngakho uMaMpofu kenelisi ukuthenga ukudla ezitolo eziseduze. Okhuthaza ezempilakahle watshela uMaMpofu ukuthi umntanakhe lo olenyanga ezilitshumi uNomsa kumele adle ukudla okulomsoco okwakha umzimba njalo lokuthi uMaMpofu angasebenzise ukudla okulomsoco okutholakala eduze okunjenge ndumba, amathanga lelambazi elilohlonzi elenziwe ngempuphu yomkhomo loba amacimbi. UMaMpofu ufuna umntanakhe akhule kuhle njalo ahlakani phe. Usecabange ukuba yingxenywe ye Care Group ukuze athole izeluleko ukuthi axazulule njani inkinga abhekane layo, ukuthi afunde kwabanye omama ngalokho asebedlule kukho njalo enelise ukuphatheka kumncintiswano yokupheka yesigabeni.
- **Bumba eyakho indaba:** Usakhela ebunzimeni loba uhlupho oluthile oluveziweyo eqenjini, bumba owakho umdlalo (idrama) usebenzisa isiqondiso esingaphansi kuka “Option 2: Isiqondiso sokubumba iDrama engazake yenziwe”

Option 2: Isiqondiso sokubumba iDrama

Uhlelo lokuhlomisa oLead Mother ukuze benelise ukusebenzisa lesi siqondiso

1. Ekufundiseni uLead Mother, nika uLead Mother isiqondiso sokubumba indaba. Ubachasisele isiqondiso lesi umcijo munye ngamunye. Kunganceda ukuthi babambe indaba ukuthi bazwisise ngcono ukuthi isiqondiso lesi zisebenza njani (ukulondoloza isikhathi, umdlalo ungakhiwa kodwa ungenziwa).
2. Nxa oLead Mother sebelokuzwisisa okupheleleyo ngeziqondiso njalo sebekhululekile ukuthi bakhokhele amaqembu abo ekuzisebenziseni, bangabuya lazo emhlanganweni weqembu. Isiqondiso kumele sethulwe ekuqaliseni kwezifundo lapho uLead Mother achasisa khona ukuthi ekucineni kwesifundo, iqembu lokunakekela lizakubumba owabo umdlalo omayelana lalokhu abakufundileyo ngaleso sifundo. Phakathi kohlelo lokwethula ingcazelo, uLead Mother kumele ethule okukhangelelwe ukwenziwa kulesisifundo njengendikimba yendaba abayibumbayo.
3. Phakathi kohlelo lokuxoxisana kumhlangano munye lamunye, uLead Mother angakhumbuza iqembu ukuthi bazabumba umdlalo ekucineni kwezifundo lezi abesekhuthaza amalunga eqembu lokunakekela ukuthi bacabangise ngobunzima asebehlange labo ekusebenziseni imikhuba leyi abakhuthazwa ukuyisebenzisa. ULead Mother angakhuluma kumalunga eqembu lakhe ukuthi lobubunzima bungancedisa ukwakha umdlalo wabo. ULead Mother angaphinda agcine isifinqo esilohlonzi sobunzima obuchaziweyo, ukwenzela ukuthi kungabikhona okukhulunywe ngamalunga okuzabonakala ukuthi kukhulunywe mbani njalo utheni. Njengokuthi, umama okhokhelayo angabhala phansi ukuthi ubunzima ngesikhathi sezifundo zokumunyisa kuphela yikuthi omamazala baphe abantwana amanzi. Isifinqo lesi asiniki ulwazi olupheleleyo obukhomba ukuthi ngubani ongabe ekukhulumile lokhu, kodwa kungenzeka ukuthi lwenele ukukhuthaza ukukhumbula ngeskhathi sokubumba umdlalo ngaphambili esifundweni lesi.
4. Phakathi laphakathi kohlelo lokuxoxisana emhlanganweni weqembu lokunakekela (ongathatha ihola elilodwa), uLead Mother kumele achasisele iqembu lakhe umcijo munye ngamunye okubumba umdlalo. Umdlalo abazawubumba njengeqembu kumele utshengise asebekufundile ezifundweni abasanda kuziqeda, njalo ukuphikisana kwesakhiwo somdlalo kungakhuthaza llunga leqembu elikhangelweyo kuzanywa ukusebenzisa imikhuba ekhuthazwa kulesisifundo.

Uyazikhethela (Optional: Ukudlala idrama)

Umdlalo ungabunjwa, iqembu lokunakekela lingafisa ukuwudlala ehlelweni oluhlelwe yiAmalima Loko njenga nxa abantu bephiwa ukudla, uhlelo lokuxoxisana lomphakathi (amalanga eAmalima Loko, uhlelo lokuxoxisana ngezokudla okulomsoco, amalanga emidlalo, etc). Nxa iqembu lokunakekela lingakhetha ukudlala umdlalo wabo emphakathini, umama okhokhelayo angabakhuthaza ukuthi bazilungiselele ngokupheleleyo engakhulumisani lomkhuthazi wezempilakahle lomunye weAmalima Loko ukuluhlelela lowo mdlalo. Ukulungiselela lokhu kungenziwa nxa iqembu selithethe isinqumo kulapho njalo okumele uLead Mother asebenzisane lomkhuthazi wezempilakahle ukuthi umdlalo usulungiselelwe ukuthi bawudlale mhla welanga. Ukumazisa kusaselesikhathi kuyamnika isikhathi eseneleyo umkhuthazi wezempilakahle ukuthi alungiselele ilanga lokudlalwa kwalowo mdlalo.

Okokucina, ukweseka komkhuthazi wezempilakahle, uLead Mother kungaphelelisa ukulungiselela lowomdlalo njalo kuqondise iqembu labo lokunakekela ngokufaka ukusebenza.

Uhlelo lokubumba Umdlalo

1. Kumizuzo emihlanu | Uyazikhethela: ukufika lokwamukela iqembu.

(<5 Minutes | Optional: Group Check-In and Welcome Activity)

Nxa iqembu lilitsha kumbe omama beqembu bebatsha, uLead Mother uyacela ukuthi bazitsho ukuthi bangobani. Njalo nxa bekhululekile, bengazitsho ngabafitshane bekhuluma lokho abake bahlangana lakho okungajabulisa abanye. OLead Mother bengakwanisa ukuqala ngokuthandaza kumbe ukuhlabelela

Ezinye indlela zokwamukela | Ipulazi lezinnyamazana

Lokhu kwenzelwa ukuthi wonke umuntu ezizwe ekhululekile komunye lomunye. Ukwenza umdlalo kunzima ebantwini abalenhloni, ukwenza lokhu kuzenza ukuthi kube lula emuntwini wonke. Khumbuza abadlali ukuthi kumele benanzelele njalo behambe kancane ngoba wonke umuntu uhamba ecimezile. Phinda umdlalo lowu ukuze wonke umuntu azizwe ekhululekile.

1. Omunye lomunye uzacelwa ukuthi adobhe okuli phetshana esikhwameni. Kuyabe kule nyamazana ezine ezitshiyeneye ngobubili bazo (inja, inkawu, umangoye, indlovu).
2. Nxa sebedobhile bonke amaphepha, bonke abadlali kumele bame bevale amehlo. Bazahamba bevale amehlo bekhala njengenyamazana abayidobhileyo.
3. Lowo odobhe inyamazana efananayo laye uyabe ekhala bedingana bobabili.

4. Bengabambana izandla bobabili, bayavula amehlo sebesiyahlala phansi bobabili endlini sebebukele abanye bedingana.
5. Umdlalo uyaphela nxa wonke umuntu sethole omunye wakhe.

2. Imizuzu elitshumi kusiyaphansi | Qamba okumqoka kumdlalo wenu.

(<10 minutes Outline the essential elements of your drama)

Kumizuzu elitshumi yokuqala kohlelo, wohle utsho okuyikho okuqakathekileyo ngomdlalo wenu. Okulandelayo kuveza imbuzo eqakathekileyo lesifinqo sokunye lokunye okuqukethwe ngumdlalo okuzakuqondisa. Okunengi okuqukethweyo lapha kungavezakala masinya sokusiya ngokuthi iqembu lixoxisane njani esifundweni lesi.

Isigaba	Ingcazelo
Isiqokoqela somdlalo (Theme)	<i>Kuyini isiqokoqela somdlalo wenu?</i> Lokhu kumele kube yindlela yokwenza izinto kumbe isifundo esisondele kundlela yokwenza izinto eselizifundile esifundweni lesi. Khethani imlayezo emqoka embili ngomdlalo wenu.
Okukhombisa isiqokoqela somdlalo (Plot)	<i>Kwenzakalani emdlalweni wenu okukhombisa isiqokoqela somdlalo(okumqoka)?</i> Lokhu kwenzakala ekuhambeni komdlalo. Ukulandelana kwezenzakalo kumele kwakhele phezulu kwesiqokoqela sendaba,kujule enkingenilasekuxazululeni inkinga njalo lokuphetha indaba okubizwa ngokuthi yikuxazulula. Okukhombisa isiqokoqela kungaba luhlupho ilunga leqembu elibhekane lalo loba ubunzima ilunga leqembu eselingahlangana labo okuphathelane lalokho esikufundile.
Ukuphikisana (Climax)	<i>Umdlalo wenu umayelana layiphi inkinga njalo ixazululwa njani inkinga leyo?</i> Indikimba yomdlalo kulapho inkinga evezwe ngumdlalo wenu ixazululwa. Kulapha indaba yenu eyakheka khona, lapho lo omqoka endabeni azwe isizatho sakhe kulo mdlalo, le yiyo indawo echaza kakhulu ngendaba
Abadlali (Characters)	<i>Ngubani ozaphatheka kulowo mdlalo? Ngobani abadlali?</i> Abadlali asebekebaba kusimo leso esiyisiqokoqela somdlalo benza umdlalo uzwisiseke ngcono ngoba bayabe betshengisela into abayaziyo asebedlule kuyo. Imidlalo eminengi ilomdlali oyedwa omqoka njalo kungabakhona futhi umdlali oyedwa onguye oletha inkinga kumdlali omqoka.

Isigaba	Ingcazelo
Indawo lapho umdlalo ozakwenzelwa khona (Setting)	<i>Wenzelwa ngaphi umdlalo wenu?</i> Endlini? emakethe? esivandeni? izenzakalo zomdlalo wenu zenzakala endaweni ezitshiyeneyo na?
Umbono (Point of View)	<i>Ngubani oxoxa indaba yenu?</i> Cabangisisani ukuthi ukhona yini ozaxoxa indaba yenu loba indikimba yendaba izaziveza selisenza umdlalo kungela oyixoxayo indaba ngaphambili kokuthi liwudlale umdlalo. Lingakhetha ozaxoxa indaba ngaphambili kokuthi liwudlale umdlalo wenu –(okungasiza ababukeli benu) lo ozaxoxa indaba uzabe engomunye wabadlali na noma ngomunye ongasuye omunye wabadlali

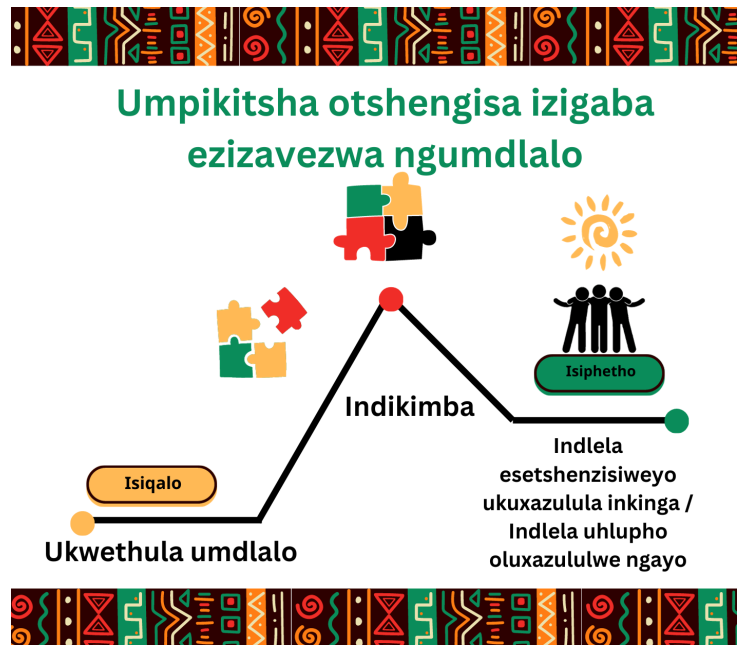
Buza iqembu ukuthi liyafuna yini ukudlala umdlalo eliwubumbileyo. Lokhu kuzayenza kwaziwe ukuthi umdlalo lowu ubhalwe phansi kumbe hatshi (bona kusigaba 4). Nxa iqembu lifuna ukudlala umdlalo, nxusa ilunga leqembu elizimiseleyo ukubhala phansi ingxoxo zomdlalo wonke. Nxa kungela ozimiseleyo, uLead Mother uzabhala yena.

3. **Imizuzu elitshumi lanhlano** | Hlelanini umdlalo wenu (Storyboard your drama Storyboard your drama): Ukuhlela umdlalo wenu kuncedisa ukuthi izinto ezizakwenzakala zibesegekeni. Ukuhlela umdlalo wenu, cabangani ukwenza umdlalo wenu ube yiziqa ezinathu: 1) Yethulani umdlalo wenu lokumqoka ngawo, 2) Indikimba yendaba, and 3) Isiphetho.

Ukwethula umdlalo wenu yikho ukuqala komdlalo. Kwenza lababukeli bazi ukuthi kuhambanjani, ngumdlalo omayelana lani lokuzakwenzakala. Lokuthi ngubani ongumdlali omqoka lapha njalo yiluphi uhlupho abhekane lalo.

Indikimba yendaba kulapho uhlupho umdlali omqoka abhekane lalo luxazululwa. Ekuhleleni kwenu Umdlalo kumele liveze ukuthi uhlupho luzaxazululwa njani. Ukhona yini omunye umdlali ozancedisa lo olohlupho ukuze baxazulule uhlupho lolu. Uma kunjalo, ekuhleleni kwenu indaba yenu kumele liveze ukuthi kuzakwenzakala njani.

Isiphetho yiso esokucina kumdlalo wenu. Kuveza okwenzakala kubadlali ngemvakokuxazulula uhlupho.



4. **Okwemizuzu elitshumi** | Chazanini abadlali (Define your characters): Inani Labantu abazaphatheka emdlalweni wenu kumele lihambelane labo abayabe bezikhethele ukuphatheka kumdlalo lowu. Wonke umuntu kumele kubekhona lapho angaphatheka khona emdlalweni, nxa befisa ukuphatheka. Abadlali abamqoka kumele babe labangane, abazalwa labo, obabakazi, ogogo labanye abanengi ababesekayo loba abayibo abadala uhlupho. Ukuze wonke umuntu aphaatheke, abalingiswa kumelwe bakhethwe kukhangelwe ukwenelisa kwabo ukudlala indima abayiphiweyo. Ulead mother engakhuthaza amalunga alenhloni ukuthi baphatheke ekubumbeni umdlalo lasekuwudlaleni. Njengokuthi, lawa malunga alenhloni aphaatheke ekubumbeni okumqoka ngomdlalo, ukukhetha abalingiswa. Amalunga alenhloni engaphatheka kudrama ngokudlala indima engadingi kukhuluma (njengokuba yikani yokuthelela loab ukuhlabela ingoma ekuqaliseni loba ekucineni komdlalo.

Uma lichaza loba liveza abadlali, buyelani liyehlolisisa lapho elihlele khona indaba yenu. Vezanini ukuthi omunye lomunye wabadlali ungena ngaphi kuzigaba leziyana ezintathu eziqanjweyo nxa kuhlelwa umdlalo. Basendaweni eyodwa na loba ezimbili kumbe zonke zontathu. Liyakhetha sokusiya ngokuthi yikuphi okuvumayo kundaba yenu.

5. **Okwemizuzu engamatshumi amathathu lanhlano** | Bumbani umzimba wendaba yenu (Develop your narrative): Umzimba wendaba yenu singathi yiwo umdlalo wenu. Nxa selithe lakha indaba yenu yaba yizigaba ezintathu, lathatha abadlali labafaka kusigaba sinye ngasinye selingaqala ukubhala umzimba wendaba yenu. Nxa iqembu lenu lilamalunga adlula amahlanu, umama okhokhelayo kumele adabule iqembu libe ngama qembu amathathu ukwenzela ukuthi iqembu elilodwa lenze isigaba esisodwa kulezi ezintathu ezibunjiweyo.

Nika amaqembu imizuzu elitshumi lanhlano ukuze babhale lokho omunye lomunye amele akutsho njalo akwenze emdlalweni. Iqembu linye ngalinye kumele lithathe imizuzu emihlanu kusiya kwelitshumi ukudlala umdlalo wabo. Ekucineni kwemizuzu elitshumi lanhlano yokubhala, hlanganisa iqembu ndawonye ukuthi bebale lokhu akade bekubhala ngokulandelana kwakho. Ilunga linye ngalinye lingahle libale indima eliyidlalayo. Kumbe amaCare Group alamalunga angafuni kuphatheka emdlalweni, leyo Care Group ingabumba ingoma ezimfitshane ukuze bazihlabele umdlalo uqalisa loba ekucineni komdlalo. Ingoam lezi zingahlatshelelwa yilabo abangafuni ukuba ngabadlali kudrama loba iqembu lonke ukwenzela ukupha umuntu wonke ithuba lokuthi aphaatheke abaeyingxenyi ye Drama.

Nxa iqembu selibalile konke lingafisa ukwenza iziqondiso ukwenzela ukuthi indaba yabo icace njalo ibambane. Chithani imizuzu elitshumi lanhlano lixoxisana ngeziqondiso ebelizibhala.

Okwemizuzu elitshumi kusiya kwelitshumi lanhlanu | Uyazikhethela-Dlalani umdlalo wenu

Imidlalo yeDrama kumele ithathe imizuzu engaba litshumi kusiya kutshumi lanhlanu kusukela iqala kuze kubesekucineni. Iqembu lingakhetha ukubumba ingoma (engadluli imizuzu emithathu) ehambelana lokumayelana le Drama ukuze ihlatshelwe ekuqaliseni njalo/loba ekucineni komdlalo

- **Ukwenzela umdlalo emphakathini:** OLead Mother kumele baxhumane loPromoter nxa ukubhala sokuphelile njalo iqembu selilungela ukwenza umdlalo walo phambi kwabantu. Abakhuthaza ezempilakahle kumele basize omama abakhokhelayo ekuhlenganeni lamalunga eAmalima Loko labaphathi besgaba ukubona ukuthi umdlalo lo ungadlalwa kuwuphi umcimbi womphakathi

Nxa iqembu likhethe ukudlala umdlalo wabo hambi kwabantu, uLead mother angabakhuthaza ukuthi balungiselele ukudlala umdlalo. Ukulungiselela lokhu kumele kuvunyelwane ngamalunga eqembu wonke njalo yiskhathi lapho uLeadmother okufanele atshele upromoter ukuthi uumdlalo usulungile usungadlalwa. Ukwazisa upromoter masinyane kuyamnika iskhathi sokulungiselela okufunekayo ukuthi umdlalo wenziwe.
- **Ukwenzela abemuli umdlalo:** OLead Mother kumele baxhumane laba nakekela abantwana lalabo abahlala labo emakhaya ukuthi badinge iskhathi lapho iqembu elizadlala khona umdlalo phambi kwabantu abahlala labo emakhaya

Uyazikhethela: Bumba umdlalo ngezkhathi ezitsheyeneyo

Umdlalo ungabunjwa ngendlela ezitshineyo. Indlela lezi zinika amalunga eqembu isikhathi sokucabanga lokho okufanele ukenziwa emdlalweni ezindlini zabo njalo lokuxoxisana labanye. Uhlelo lokubumba umdlalo lungalandela indlela leyi:

Isgaba sakuqala: Xoxani njalo libumbe umdlalo.

Qala umhlangano weqembu ngendlela elijayele ukwenza ngayo, ungengezelela oku kumhlangano:

- Imizuzo engamatshumi ababili (20 minutes); qamba indlela eziqakathekileyo ekuhleleni umdlalo.
- Imizuzo engamatshumi amathathu (30 Minutes): hlela indlela umdlalo okumele uhambe ngayo.
- Imizuzo elitshumi (10 minutes): khetha njalo uchaze abalingiswa bomdlalo.
- Ukubuyela endlini: Amalunga eqembu sengabuyela ezindlini beyecabanga ukuthi ingxoxo yomdlalo ukuze iyephela. Nxa sebephendukile kusigaba sesibili, amalunga eqembu sebexoxisana ngaloku abakucabangileyo.

Isigaba 2: ukuqedisa lokwenza umdlalo.

USAID Advancing Nutrition Peer Groups Implementation Research in Zimbabwe

- Qala umhlangano weqembu ngendlela elijayele ukwenza ngayo, ungengezelela oku kumhlangano:
- Okwemizuzo elitshumi lanhlanu: xoxisanani ngokuthi lifuna umdlalo wenu ubenjani ukuze uyephela.
- Imizuzo engamatshumi amathathu: qhubekani ngobumba umdlalo.
- Imizuzo elitshumi lanhlanu: yenzani umdlalo wenu. (Qhaphela; nxa lifuna isikhathi esinengi sokwenza umdlalo, lingaqhubeka ngelanga elilandelayo lokuhlangana kwenu.

Uyazikhethela: ukudlala umdlalo.

- Ukudlala emphakathini.
- Ukudlana emulini.



USAID ADVANCING NUTRITION

Implemented by:
JSI Research & Training Institute, Inc.
2733 Crystal Drive
4th Floor
Arlington, VA 22202

Phone: 703-528-7474
Email: info@advancingnutrition.org
Web: advancingnutrition.org

USAID Advancing Nutrition is the Agency's flagship multi-sectoral nutrition project, addressing the root causes of malnutrition to save lives and enhance long-term health and development.

This document is made possible by the generous support of the American people through the United States Agency for International Development (USAID). The contents are the responsibility of JSI Research & Training Institute, Inc. (JSI), and do not necessarily reflect the views of USAID or the United States government.