****

**USAID Advancing Nutrition Peer Groups Implementation Research in Zimbabwe**

*Prototype 2D: Drama Development Aid*

**Table of Contents**

[Kumazwido achibelesyo eechi 1](#_Toc149143239)

[Option 1: Chitobelezyo chakubyala kaano 2](#_Toc149143240)

[Nzila yakugwasilizya mamama aLead mbubeelede kubelesya chitobelezyo chakaano kakubyala 2](#_Toc149143241)

[Byala kaano kachitobelezyo 2](#_Toc149143242)

[Twaano luzutu 4](#_Toc149143243)

[Kapanzi kabili: chitobelezyo chitanzi chamusobano usumpukide 5](#_Toc149143244)

[Nzila yakugwasilizya mamama aLead mukubelesya chitobelezyo chamusobano usumpukide 5](#_Toc149143245)

[Chitobelezyo chamusobano usumpukide 6](#_Toc149143246)

## Kumazwido achibelesyo eechi

Chibelesyo eechi chakabambilwa kugwasya babeleki bakabunga kaCare mukutondeezya chitondeezyo chijatika mumamojuluzi amachitilo mabotu ngibakatobelezya akubweza.kukozya kuzwidilila muchichitiko eechi chiboneka, mamama baLead beelede kubelesya chitobelezyo eechi kugwasya baCaregivers mutubunga twabo kuchitila kusumpuls misobano iyeme kulinzibakasweene aazyo. Misobano ikonzya kutondeezya zyiingi nzibakaswaana aazyo alimwi kuti bapange, kuyanda kutobelezya milawu yakwiiya yabapati (mbuuli kubeza kuli zyachiindi nzibazi kuti bachite misobano, kabanjizya masikkiluzi mupapenzi ayendelana ngibaswaania) amasikkiluzi mabotu (alimbuuli kwaambuzyania, kumvwanana aakati kanu, kukonzya kubelesya chiindi akubelekela aamwi).Kabunga kana kuti mama uzulwiida kabunga welede kusala kwa Option 1 kana kuti Option 2 kukubumba musobano.

Chibelesyo eechi chakapangwa akusumpulwa kakubelesegwa nsandulo/ mazembe akazwa kubasimayakilane mamama abagwasilizyi(caregivers),kabunga kamamama aLead, antoomwe abasumpuli bakabunga kabagwasilizyi kagwasigwa aba Amalima Loko bakuzilikiti zyaTsholotsho, Lupane akuBinga. Chitondeezya buyumuyumu antoomwe amyeenya mibotu yakugwasizya kusandula nchito zibandawukidwe azilangililwa kumbuzisisyo yawumwi awumwi ayamumawokisyopu achilikiti. Buyumuyumu oobu amyeenya mibotu ibikkilizya chiyandisyo chilazitobelezegwa zyaatala akunyonsya abulondosi aakati kabasimayakilane mamama, kabazi kuti kulitumwi tubunga, basimayakilane mamama tabayeti pe buyumuyumu kukabunga kuti babinisyane naa kuyooma aatala antuto, mpo mamama basimayakilane babotelwa kuchita misobano akubachiyandisyo chakusumpula misobano yabo. Muzibaka zyiingi ziyanda bagwasilizyi, tubunga ootu tuyoyinkilila anembo mukubikkwa kuti tukagwasilizye mukubambwa akubambulula nzila yoonse yachitobelezyo/ chibelesyo kuchitila kuti chibe abukoloondo akuvwilika kubotu kuziyandisyo zyababeleki.

## Option 1: Chitobelezyo chakubyala kaano

### Nzila yakugwasilizya mamama aLead mbubeelede kubelesya chitobelezyo chakaano kakubyala

1. Muchiindi chakuyiisigwa kwamamama aLead, aabila chitondeezyo chakaano kakubyala mpawo ubagwasilizye mbukeelede kubelesegwa. Mutabi ulokwendelezya, kaana kuti babeleka nkuko ulako kubaisya atala anzila yakubelesya chibelesyo echi. Mama waLead ulakozya kugwasikana kukubelesya citobelezyo echi cha Drama Development. Zilakonzya kumugwasizya: kukubamba ciindi, cimwi ciindi musobano ulabumbwa usikulekwe kusobanwa. Naa Mama waLead waba acisinizyo cakuti wanvwisizya chibelesyo ecii, ulakoo kuuya kuyocitalika mukabunga kakwe. Chibelesyo echi cilakonzeka kuyozibisigwa mukabunga kacili ciiyo kana kuti kulimusobano. Mama waLead uyowambila kabunga kuti kayobumba misobano kwindila mulizezyo nzibiya mucindi chaciyo (module) azezyo zyambulwa atala aciiyo ncibiya nzibe nzizyo zitabe mumusobano wabo.
2. kuti mama waLead kalambamvwisisisya aatala anzibatobelezya (guide) alimwi kamvwa kabotu kuti bakabunga kakwe babelesye chitobelezyo, bakonzya kweeta chitobelezyo eecho kukabunga. Chitobelezyo(guide) eecho cheelede kutalisya akupandululwa muchiindi chiitiko nichinochitwa.
3. muchiindi chachitondeezyo chijatika chamuswaangano wakabunga kaCare (muchiindi chikkwana 1hour), mama waLead weelede kunanizya bakabunga kakwe kaCare nzila yakusumpula musobano. Musobano ngubachita weelede kutondeezya zyiiyo nzibakachita akumanisya mumojulu yalinolino.
4. **kusalula:** naa musobano wasumpulwa mukulembwa, bakabunga kaCare bakonzya kuchita musobano kuli ba Amalima Loko kabeendelezya ziitiko mbuuli kupa kulya, chiitiko chakunjizya bamuluundu (Amalima Loko days), bulondosi akwaambuula aatala akulya kubotu, theatre days, azimwi). Kuti bakabunga kaCare kabatayandi kusobana kubeebeli, bamamama baLead beelede kusungilizya kabunga kukkala kabasobana kabatana buzya basumpuli naa Field Officer kuti babambile kuti bazosobane kunembo aabeebeli. Kukkala kabasobana kweelede kuchitilwa kabunga kuti bazibile mpawo nchichiindi mama waLead mpakonzya kubuzya basumpuli kuti musobano wakaba kabotu kuti ukonzye kusobanwa. Kwaamba kakuchili chiindi kugwasizya basumpuli kuti bajane mweenya wakubambila ziyandikana kuti musobano uchitwe.

Kumamanino, kwiinda mulugwasyo lwabasumpuli, bamamama baLead bakonzya kumanizya kweendelezya akululika bakabunga kaCare kuti bakonzye kusobana

### Byala kaano kachitobelezyo

Mamama aLead akonzya kubelesya kaano kanseke (seed), mukuchita zyiingi zyiitiko, kugwasya bakabunga kaCare kuti basumpule musobano wabo kababelesya zitobela

1. talisya antalisyo yakupandulula chiitiko chakubyala lwaano kukabunga kaCare kwiindila mukupandulula makanze anzila yakuchita chiitiko eecho.

**Makanze achiitiko:** kweendelezya chitondeezyo chiboneka mukuyooma kwajilo kwakabunga kaCare kwiinda mukusumpula musobano kubelesya lwaano lwa“nseke” (seed) antanzo itendelani azyakasweene kabunga kaCare.

Langa kapanzi kabili kusika kuli kane kutobelezya nzila.

|  |
| --- |
| **Zimwi Nzila Zyaku Zambula bantu. Muunda Wabanyama (Animal Farm)**  Oyu musobano, weeteledwe kuti ucite bantu bamukabunga bangunuke kulumwi awumwi. Misobano ilashupa loko kubantu balansoni ecii cibaka cilapanga kuti musobano ube muuba loko kuti wonse muntu acite zintu zipya. Yubulusya bantu kuti bachengelele mukwenda kwabo, beende chakutafwambana kambo wonse muntu ulifwinyine (ujalide menso). Mucitulule musobano oyu kuskila bonse bantu bamukabunga bangunuka.   1. Kumbila muntu wonse mukabunga abweze kapepa muchikwama. Munoli banyama baane amububili bwabo (mwanakazi amwalumi) aba bakonzya kuba (mubwa, kaceeta, kakiti, inzovu). 2. Bamana kubweza, bonse ngabimikile bajale menso abo. Bayede kwendenda kabafwinyine menso kabalobulila mboli munyama nguba bweza. 3. Oyo wabweza munyama wendelana unobulila zikozyene, mububili bwabo banobuyandulana kusikila bakajanane. 4. Lumwi bajatana maboko, balajula menso basikukale ansi munganda kabalokwebela bamwi kabalokuyandulana. 5. Musobano oyu uyomana kabali bajanana boonse. |

2. buzya kabunga kaCare kuti balayanda na kusobana musobano ngubakachita. Eezi zikonzya kugwasilizya kuti kuyandulwe ulemba ziitiko (mulange kuchipanzi chane). Kuti kabunga kakayanda kuchita musobano, mwiite umwi ulipedelede kulemba aansi kwaambuzyania kuzochitwa akabunga. Kuti takwe walipeda, mama waLead weelede kubweza chibaka eecho.

3. bala malembe akaano kembuto mpawo ubuzye bakabunga kaCare mbubeelede kumanisya kaano. Nzilinzizyo, musobano weelede kuba abasobani beelede kuchitila kuti kabunga akamwi kaCare kabe azyakuchita mumusobano. Kucitila kuti muntu wonse ajana chakucita, bantu babikwe mumusobona kwindila mulizezyo nzibakonzya kucita.Musobano taweelede kutola maminesi alikkumi kusika kukkumi amusanu (10-15) kuti uchitwe.

4. kuti bakabunga kaCare basala kusobana musobano wabo kubeebeli, mama wakabunga kaLead ukonzya kwaambuula abasumpuli naa ba Amalima Loko Field Officer kuti bakonzye kuyanduula zyakuchita zyaAmalima Loko kabeendelezya ziitiko mbuuli kupa kulya, chiitiko chakunjizya bamuluundu (Amalima Loko days), bulondosi akwaambuula aatala akulya kubotu, theatre days, azimwi). Kuchitila kuzosobana. Bamamama baLead beelede kusungilizya kabunga kukkala kabasobana kabatana sobana kunembo lyabeebeli. Kukkala kabasobana kweelede kuchitilwa kabunga kuti bazibile. Kwaamba kakuchili chiindi kugwasizya basumpuli kuti bajane mweenya wakubambila ziyandikana kuti musobano uchitwe.

### Twaano luzutu

* **Kunyonsya luzutu kutapi mwana kumbi kulya**: maKhumalo ulangilila kutumbuka mwana wakwe mutaanzi mumyeenzi iitobela. Ukkala amulumi wakwe abazyali bakwe amukulana wakwe ukwetwe. Kukkilinika, maKhumalo wakayiiya kuti weelede kusanguna kunyonsya mwana mpawawo nazyalwa mpawo amunyonsye luzutu kwamyeezi musanu awumwi (6). Pesi wakalizi loko kuti banyinazyala tebakamulekela mwanaabo musimbi kunyonsya luzutu katapi mwana kulya muchiindi chamyeezi musanu awumwi. Nkinkaako ulokukatazikana alimwi ulachiyandisyo chakubuzya mulumi wakwe aatala anzyanga ulakonzya kuchita…….
* **Kaano kalangene akulya kuyaka mubili kataanzi:** maMoyo wakala mwana mulombe ulamunyaka uumwi utegwa Thulani amusimbi ulaminyaka ilimusanu. Wakalizi kuti mwanaakwe mulombe weelede kulya kwaandeene kuyaka kubikkilizya mayi, nyama, chisyu amichelo pesi Thulani walikuyandisya lweele loko. Wisi wali kuyandisya kuula akuza amabbisiketi mpo eezi zyalikubotezya mwana musimbi. Eechi chaamba kuti Thulani alakwe wakali kukumbila mabbisiketi aaya mpawo katayandi kulya kulimbuli nyama amichelo. MaMoyo wakayeya kubuzya kubenzinyina kuti achite biyeni…
* **Kaano kalangene akulya kuyaka mubili kabili:** babelesi babulondosi bakabuzya maMpofu kuti mwana wakwe ulamyeezi musanu ayitatu (8) Zanele weelede kulya nyama amayi. Mulumi wamaMpofu ubeleka kuSouth Africa alimwi tatumizyi pe lyoonse mali kumuunzi, nkinkaako mwanakazi takonzyi kuula kulya ooku kuyandika. Pesi uyanda kuti mwanaakwe akomene kabotu keebeka. Wakubona kakulikabotu kuba uumwi wakabunga kaCare kuti ajane lugwasyo lwakumanisya mapenzi aakwe kumamama alaluzibo aatala anzizyo…
* **Zyakulya Zyamulunda:** Nomsa ulila ma biscuits azimwi zinono zilachilachuka tayandi kwezya kulya chikkafu chili mbuli matangazungu olo gele. MaMpofu wayeya kubuzya kubenzinyina kuti achite buti nkambi ulikatazikide kuti Nomsa takojana kulya kuyaka mubili pe. Mulumi wa MaMpofu ubeleka ku south Africa mpo tatumizyi chonse chindi pe mali yakulya nkambo Kako MaMpofu takonzyi pe kula chikaffu muzintolo zyamulundu. Batabilizi bakambila MaMpofu kuti mwanakwe Nomsa mbukunga ulamwezi ilikhumi welede kulya chikkafu chiyaka mubili aboobo welede kumupa chikkafu chijanika mulundu chili mbuli nyaangu, matangazungu, lwele lwamabuyu, a buungu. MaMpofu mukuti uyanda kuti mwanakwe akomene kaponede obotu mpo kachenjede wayeya kunjila kukabunga ka Care kuti ajane nchenjezyo zyakuti ulalimana bweni penzi lyakwe kuti ayiye kuli amwi ma mama mpo ajane mwenya wakunjila mutubunga twakujika mulundu.
* **Bumba Yako Imbuto:** kwindila mubuyumumu kana kuti mulizyacitwa mukabunga kanu, bumba musobano (drama) yako kobeesya citondetezyo ciili a “Kapanzi kabili (Option 2”: Original Drama Development Guide”.

## Kapanzi kabili: chitobelezyo chitanzi chamusobano usumpukide

### Nzila yakugwasilizya mamama aLead mukubelesya chitobelezyo chamusobano usumpukide

1. Muchiindi chakuyiisigwa kwamamama aLead, aabila Drama Development Guide abamamama baLead. Weelede kubeendelezya kubayiisya zyoonse zitondezyedwe muchitobelezyo. Eezi zikonzya kuba lugwasyo kubabuzya kuchita musobano kabali bamvwisisisya chitobelezyo mbuchibeleka ( kukonzya kujata chiindi, musobano ulapangwa pesi kutasobanidwe pe.
2. kuti mama waLead kalambamvwisisisya aatala anzibatobelezya (guide) alimwi kamvwa kabotu kuti bakabunga kakwe bakabelesye, bakonzya kweeta chitobelezyo eecho kukabunga. Chitobelezyo(guide) eecho cheelede kutalisya akupandululwa kumatalikilo amojulu aawo mama waLead mpapandulula kuti kumamanino amojulu, kabunga kaCare kazochita musobano wako kabatobelezya nzibakachitamumojulu. Muchiindi chakupandulula ntalisyo yachitobelezyo, mama waLead weelede kutalisya akupandulula mojulu Kalanga machitilo(behaviour) ayeelede kawuli musongosongo wamusobano ngubazochita.
3. muchiindi chakuchita muswaangano wachibaka chilazitondeezyo ziboneka mukabunga kaCare, mama waLead weelede kuyezya kabunga kuti bazochita musobano kumamanino amojulu alimwi akusungilizya bakabunga kaCare kutondeezya buyumuyumu mbubakaswaanana aabo mukuchita machitilo ayeelede.. mama waLead weelede kubaambila kuti buyumuyumu oobu bukonzya kugwasya mukusumpula kupangwa kwamusobano ngubakonzya kuzochita. Mama waLead ukonzya kullekkoda chifwiinsyo chabuyumuyumu bubandawukidwe, kuchitila kuti takwe makani pe abasikuchita bakabunga kaCare akonzya kubapa penzi ajanika mukulikkodwa. Mukozyanisyo, mama waLead ukonzya kubona kuti muchiindi chakuchita mojulu yakunyonsya mwana utanaalya mpo kwajanika kuti “mamazyala wakapa mwana maanzi”. Chifwiinsyo chiloobu tachitondeezyi pe kuti ngwani unga waamba eezi, pesi zikonzya kupa kuti bantu babe achiindi chakuyeya muchiindi chakusumpula musobano kachili chiinda.
4. muchiindi chachitondeezyo chijatika chamuswaangano wakabunga kaCare ( muchiindi chikkwana 1hour), mamama waLead weelede kunanizya bakabunga kakwe kaCare nzila yakusumpula musobano. Musobano ngubachita weelede kutondeezya zyiiyo nzibakachita mumojulu yalinolino, alimwi penzi lilimuntanzo lyeelede kuba penzi naa buyumuyumu bakabunga mbubakaswaanana aabo mukweezya kutobelezya kuchita machitilo alimumojulu njibakachita.

|  |
| --- |
| **Optional: Kusalula**  naa musobano wasumpulwa mukulembwa, bakabunga kaCare bakonzya kuchita musobano kuli ba Amalima Loko kabeendelezya ziitiko mbuuli kupa kulya, chiitiko chakunjizya bamuluundu (Amalima Loko days), bulondosi akwaambuula aatala akulya kubotu, theatre days, azimwi). Kuti bakabunga kaCare kabatayandi kusobana kubeebeli, bamamama baLead beelede kusungilizya kabunga kukkala kabasobana kabatana buzya basumpuli naa Field Officer kuti babambile kuti bazosobane kunembo aabeebeli. Kukkala kabasobana kweelede kuchitilwa kabunga kuti bazibile mpawo nchichiindi mama waLead mpakonzya kubuzya basumpuli kuti musobano wakaba kabotu kuti ukonzye kusobanwa. Kwaamba kakuchili chiindi kugwasizya basumpuli kuti bajane mweenya wakubambila ziyandikana kuti musobano uchitwe.  Kumamanino, kwiinda mulugwasyo lwabasumpuli, bamamama baLead bakonzya kumanizya kweendelezya akululika bakabunga kaCare kuti bakonzye kusobana. |

### Chitobelezyo chamusobano usumpukide

1. **Kusala: Kusika kwabantu Mukabunga akubatambula.**

Kana kabunga kakali kapya kana kuti bantu kabalikutanguna kunjila mukabunga, mama waLead ulakumbila bantu bamukabunga kuti balyambe kuti mbani. Kana kabalinvwida, umwi awumwi ngambe kaano kakwe kabotezya kana kuti aabe cintu cibotezya loko chakatika mubuzuba obo. Mama walead ulakonzya kuzulwiida kabunga kwindila mukukomba kana kuti mukwimba.

|  |
| --- |
| **Zimwi Nzila Shaku Zambula bantu. Muunda Wabanyama**  Oyu musobano, weeteledwe kuti ucite bantu bamukabunga bangunuke kulumwi awumwi. Misobano ilashupa loko kubantu balansoni ecii cibaka cilapanga kuti musobano ube muuba loko kuti wonse muntu acite zintu zipya. Yubulusya bantu kuti bachengelele mukwenda kwabo, beende chakutafwambana kambo wonse muntu ulifwinyine (ujalide menso). Mucitulule musobano oyu kuskila bonse bantu bamukabunga bangunuka.   1. Kumbila muntu wonse mukabunga abweze kapepa muchikwama. Munoli banyama baane amububili bwabo (mwanakazi amwalumi) aba bakonzya kuba (mubwa, kaceeta, kakiti, inzovu). 2. Bamana kubweza, bonse ngabimikile bajale menso abo. Bayede kwendenda kabafwinyine menso kabalobulila mboli munyama nguba bweza. 3. Oyo wabweza munyama wendelana unobulila zikozyene, mububili bwabo banobuyandulana kusikila bakajanane. 4. Lumwi bajatana maboko, balajula menso basikukale ansi munganda kabalokwebela bamwi kabalokuyandulana. 5. Musobano oyu uyomana kabali bajanana boonse. |

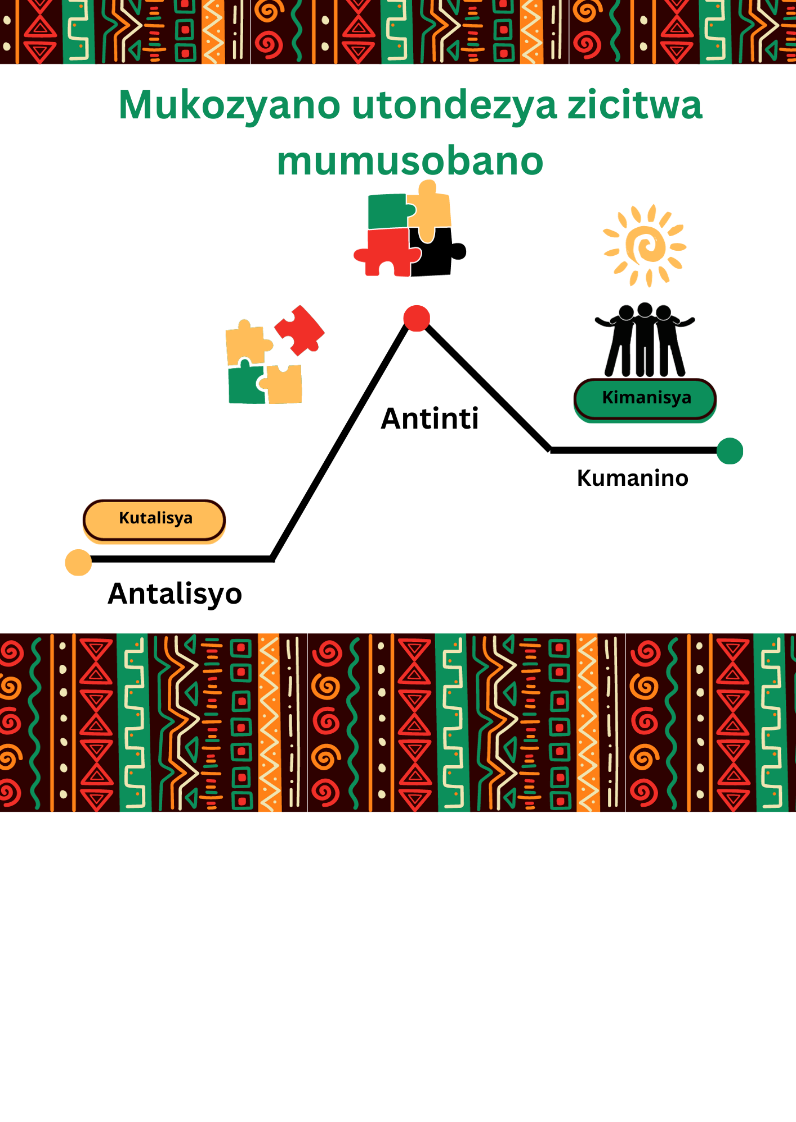
1. **Maminesi Kkumi (10) Dombola Tupanzi Twamusobano Wako Tulintuto**

Muchiindi chakutalisa chamaminesi alikkumi(10), fwambaana kwaamba tupanzi twamusobano wanu. Tebule litobela litondeezya tupanzi twamusobano abupanduluzi bwato kamwi akamwi bugwasilizya mukweendelezya kwamusobano. Tupaanzi twiingi ootu tukonzya kupegwa bupanduluzi kakutobelezegwa nzimwakazuwa mumojulu.

| **Zipanzi** | **Bupanduluzi** |
| --- | --- |
| Musongosongo | *Mulumbeenzi nguyanda kusisya kubantu ujanika mumusobano wako?*  Weelede kuba machitilo naa machitilo alangililwa ngwakayiiya kuchita mojulu eeyi.Ulako kusala milumbe itaindi yobwilwe pe amusobano wako. |
| Ntanzo | *Niinzi zichitika mumusobano wako zitondeezya misongosongo mumulumbe wako?*  Eezi nzichitiko zichitika mukweendelezegwa kwamusobano. Ntanzo iyakilwa aajulu amusongosongo kizyunguluka mupenzi pati lilimumusobano amamanino apenzi eelyo (kayili nintinti eeyi) mpawo kakujalwa amamanino naa masimpilo amusobano.  Ntanzo yeelede kuba penzi lisweene bamwi bakabunga kaCare naa penzi likonzya kuswaanwa awumwi wakabunga lyeendelana anzimwakachita akuzuwa chiindi kamuchita mojulu eeyi. |
| Ntinti/ penzi | *Ndilili penzi musobano wako njulengene aalyo? Kujana penzi eelyo lyamanisisgwa biyeni?*  Antinti amusobano mpawo penzi naa mazwangano alimumusobano naa muntanzo yako mpamanisigilwa. Mpimpawo achipanzi lwaano mpuluyakila kalutansya, nkapanzi kapa musobani mupati makanze aakwe alimwi mpawo anonezya loko mpubadunamina loko babala |
| Basobani/ beenilwaano | *Mbaani mbutabikke mumusobano wako? Mbaani basobani bako?*  Basobani bakonzya kukugwisizya kabotu musobano wako alimwi mbulaluzibo akuchita kwabo mpawo bakonzya kuchita zibotela beebela.  Musobano weelede kuba musobani mupati umwi antoomwe abamwi basobani bamulwana aabo bapa kuti aabe abuyumuyumu naa mapenzi aswaanwa amusobani mupati. |
| Busena achiindi | *Musobano wako uyochitikila kuli?*  Mung’anda? Kuzigilwa? Mugadeni na? zichitiko zyako zyamumusobano ziyochitika mumasena aandeene na? |
| Maboneno aako | *Ngwani ulungulula lwaano lwako?*  Saluzya naa lwaano/ musobano wako uyoba amulungululi naa ntanzo iyowaambuula ayilikke kakutakwe sikulungulula. Kuti wasala kunjizya sikulungulula- zikonzya kugwasya beebeli bako- mulungululi ooyo ukonzya kuba musobani waambuula kubeebeli naa baswiilizyi bamusobano naakuti balikunze kabatensi basobani. |

Buzya kabunga kuti balayanda na kuzosobona musobanbo ngubabumba. Ezi zilacita kuziba kuti kuyandikana sikulemba kana kuti pe (bona kunzila yeci 4). Kana kabunga kakayanda kucita musobono, kumbila umwii wakabunga ulinvwida alembe zilokwambulwa mumusobana. Kuti wabulika, mama waLead welede kulemba nguwe.

1. **maminesi alikkumi amusanu** (15)- lemba musobano wako: kukulemba musobano walwaano lwako, yeya aatala apenzi muzipanzi zitatu: 1) ntalisyo akutansya kwalwaano 2) ntinti akuselela naa kuyosa kwalwaano 3) mamanino/ masimpilo.



**Antalisyo** (exposition) mpaasangunina lwaano, mpawo atondeezya bweende bwalwaano akulwaana/ penzi liyochitika mulwaano. Antalisyo yamusobano mpawo atondeezya beebela musobani mupati apenzi ndayayoswaanana aalyo.

**Antinti** (climax) mpachipanzi asandukila lwaano lwako. Mpimpawo penzi lyamusobani mupati mpulitondeezya kuyanda kumana. Kulembwa kwakaano kako keelede kutondeezya nzila penzi mbulyakamanisigwa. Kuli na umwi musobani ugwasizya mwenilwaano kupenzi lyakwe? Kuti kakuli boobo, antinti alwaano ayeelede kutondeezya nzila penzi mbulyakamanisigwa.

Kumasimpilo/ kumamanino alwaano mpaamanina lwaano aawa, mpaboneka zichitika penzi nilyamanisigwa

1. **Maminesi Alikkumi (10)-** Pandulula Bube Bwabasobani: myeelwe yabasobani mbusaluzya kuti ubabikke mumusobano beelede kweendelana amweelwe wabantu balimukabunga balangililwa kuchita musobano. Woonse muntu weelede kuba achibaka chakuchita mumusobano kana kabayanda, basobani naa benilwaano bapati beelede kuba bantu bamvwanana, bana, banene, bazukulu abamwi bantu bagwasizya antoomwe akupanga buyumuyumu kuli mbabo. (Kana kakuli balansoni, balanjila mumusobano kabatali kwambula pe (ngabemungomo wakutilila) kana kuti akwimba kutana talika musobana akukumana wawo.

Kuti kulokutobelezya bube/ chiimo chamusobani, weelede kubweeda kulanga kuchipanzi chijisi lwaano. Tondeezya umwi musobani mpanjilila mukaano. Bali mukapaanzi kamwi biyo na? bali mutupanzi tubili na? amwi mututatu? Weelede kusaluzya kulangisisya zinga zilabotezya ntanzo amisongosongo(theme) yalwaano lwako. Kucitila kuti muntu wonse ajana chakucita, bantu babikwe mumusobona kwindila mulizezyo nzibakonzya kucita

1. **Maminesi Alimakumi Atatu Alaamusanu (35)-** Sumpula Kulungulula Kwako: kulungulula nintalisyo yalwaano. Mumusobano, eeli ngandipepa pati. Lino mukuti waba antanzo yako (plot) yapangwa muzipanzi zitatu zyakaano abasobani banga bapegwa zyakuchita zisiyene muntanzo, ukonzya kutalisya kulemba pepa lyamusobano wako. Kuti kabunga kako kaCare kakala bantu bayinda musanu(5), mama waLead weelede kwanzanisya bantu mutubunga tutatu akupa zyakuchita zilimukaano kukabunga kamwi akamwi.

Pa kabunga maminesi alikkumi amusanu(15) kupanga pepa lilabasobani anchito zyabo kazilembedwe muchipanzi chakaano kabo, kabunga kamwi akamwi keelede kukanza kuba apepa litondeezya maminesi musanu kusika kukkumi(5-10) kukusobana kwabo. Kumamanino amaminesi alikkumi amusanu(15) zyakupanga, bunganizya aamwi kabunga kuti babale tupanzi toonse twamalembe alimupepa munzila itobelezeka. Umwi awumwi wakabunga weelede kubweza akutobelezya chiimo chamusobani nchachita mumusobano nibabala. Kana kuti bantu bamukabunga ka Care Group kabatayandi kunjila mumusobano, kabunga ka Care group kalalunda lwiimbo lufwifwi lutaimbwe kabalokutalika akukumana kwamusobano. Ezi nyimbo zilakonzya kwiimbwa ababo batayandi kunjila mumusobano (drama) kucitila kuti woonse muntu ajane zyakucita mukabunga.

Kuti kabunga kamana kubala pepa lyoonse lilakaano, ngakalayanda kuchita funkululo kuchitila kuti kaano kamvwike akutobelezeka loko. Mweelede kukkala maminesi alikkumi amusanu(15) kukuzuwa akuchincha ayandikana kuchincha kabala boonse.

|  |
| --- |
| **MAMINESI KKUMI KUSIKA KKUMI AMUSANU (15) NAA KULIYANDILA**  Kucita musobano: Musobano weleede kutola maminesi alikumi kaziya kukumi amusamu (10-15 minutes) kuzwa kumatalikilo kuya kumamanino. Kabunga ka Care Group kakonzya kusala kubumba lwimbo lufwifwi (lutayindi maminesi otatwe {3 minutes}) lweendelana alwaano lwamusobano, olu lwimbo lulimbwa kumatalikilo akumamanino amusobano   * **Chita Musobano Wako:** mamama aLead ayeelede kwaambuuzyania abasumpuli(promoters) naa kusumpulwa/ kubambililwa kwamusobano kwamana alimwi bakabunga kaCare kuti balibambila kuchitila bamwi beebela musobano. Basumpuli bakonzya kugwasizya bamamama baLead mukwaambuuzyania aba Amalima Loko staff abeendelezi bamuluundu kuti bakonzye kuyanduula busena kunga kulachitilwa musobano.   Kana kuti kabunga kayanda kucita musobano wako mulundu, mama wa Lead weelede kusungilizya kabunga kusana musobano. Oyu musobano ulako kucitwa mukabunga kwindila mukulinvwida kwabantu balimulinkako, mpawo mama waLead weelede kubuzya Promoter kuti musobano wabumbwa kuti ukasobanwe kubanembo lyabantu. Ezi zilacita kuti ba Promoter babe eciindi cikwene cakulungisya zintu ziyandikana muzuba lyamusobano.   * **Izuba lyamusobano:** mama waLead ulambuzyania amama alela ampuli zyabo bazuminane aciindi awo kabunga nikatazo sane musobano wako kunembo lyampuli kana kuti abo mbibakala abo. Bayebela balavwenganwa manene, balummi, abasimabhuku. |

|  |
| --- |
| **Salula: Buumba Musobano wako kwindila munzila zyinji**  Misobano ilako kubumbwa kwinda munzila ziseyene. Ezi zilapa bantu bamukabunga ciindi chakuyeya atala azezyo zitacitike mumusobano kulizicitika kunganda kana kuti bayizye abamwi. Inzila yakucita musobano ilakonzya kulangikanga njeeyi:  **Inzila Ntanzi: Mwizye Musikubumbe Musobano.**  Talisya muswangano wakabunga kako mbolimazuba onse, usikuyungizye ezi zitobela:   * Mumaminesi alima kumi obile (20 Minutes) pandulula ziyandikana mumusobano wako. * Mumaminesi alima kumi otatwe (30 minutes)- lemba musobano wako ansi * Mumaminesi alikumi (10 miinutes)- Amba basikujanika mumusobano. * Kubweda kunganda: bantu bamukabunga balinka bakayeye kuti musobano ulaba buti. Nibabola kucibaka chabili, balako kwizya kana kwamba zibakayeya.   **Chibaka chabili: Kumanisizya akutalisya musobano.**  Talisya muswangano wakabunga kako mbolimazuba onse, usikuyungizye ezi zitobela:   * Mumaminesi alikumi amusanu (15 minutes): mwizye mizezo yanu yakuti musobano wangu uleenda bweeni kuyosika kumamanino. * Mumaminesi alikumi ataatu (30 minutes): Mwinkilile kunembo akubumba kaano kenu. * Mumaminesi alikumi amusanu (15 minutes): Mutalike kucita musobano (Naa kuti mwayanda ciindi cingi chakubumba musobano wanu, mulako kuzicita mulibumbi muzuba nimutaswanane).   **Salula: Abuzuba bwakucita musobano.**   * Kucita musobano mulundu kana kuti kunembo lyabantu. * Kucita musobano kunembo lyampuli. |

1

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.

**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

November 2023

