

MY NATURAL HAIR

nywele zangu za asili



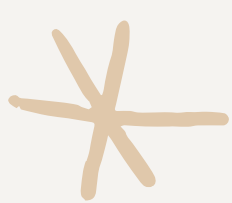
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Mimi ni msichana mrembo.

Mimi nina nywele za asili.

Napenda nywele zangu za asili.

Nywele zangu, fahari yangu!



I am a beautiful girl.

I have natural hair.

I love my natural hair.

My hair, my pride!

Nywele zangu za asili ni fupi.

Fupi na za kupendeza.

Napenda kuchana nywele zangu fupi.

Nywele zangu, fahari yangu!



My natural hair is short.

Short and beautiful.

I love combing my short hair.

My hair, my pride!

Nywele zangu za asili ni ndefu.

Ndefu na za kung'aa.

Napenda kubana nywele zangu ndefu.

Nywele zangu, fahari yangu!



My natural hair is long.

Long and shiny.

I like to tie my long hair.

My hair, my pride!

Naweza kusuka nywele zangu za asili.

Leo nimesuka mistari.

Nikifumua nitasuka mabutu.

Nywele zangu, fahari yangu!



I can braid my natural hair.

Today I have a cornrows style.

When I undo it I will braid bantu knots

My hair, my pride!

Naweza kuchana au kunyoa.

Nachana kwa chanuo dogo au kubwa.

Nichane au ninyoe nywele zangu zinapendeza.

Nywele zangu, fahari yangu!



I can comb out or cut my hair.

I use a small or a big comb.

Whether I comb or cut it, my hair looks beautiful.

My hair, my pride!

**Mimi ninaosha nywele zangu za asili.
Natumia maji baridi au ya vuguvugu.
Napenda nywele zangu safi.
Nywele zangu, fahari yangu!**



I am washing my natural hair.
I use cold or warm water.
I love my clean hair.
My hair, my pride!

Napenda kusuka mitindo mbalimbali.

Leo ninaenda kwa msusi.

Msusi atanisuka rasta na kuweka shanga.

Nywele zangu, fahari yangu!



I like braiding different styles.

Today I am going to a hairstylist.

The hairstylist will braid my hair and put beads.

My hair, my pride

Napenda kutunza nywele zangu.

Napaka mafuta ya nazi au ya mzeituni.

Nafunga kitambaa kabla ya kulala.

Nywele zangu, fahari yangu!



I love taking care of my hair .

I apply coconut or olive oil.

I wrap a scarf before going to bed.

My hair, my pride.

Napenda nywele zangu za asili.

Ziwe fupi au ndefu, nazipenda nywele zangu.

Nisuke au ninyoe, nazipenda nywele zangu.

Nichane au nibane, nazipenda nywele zangu.

Nywele zangu, fahari yangu!



I love my natural hair.

Whether it's short or long, I love my hair.

Whether I braid it or cut it, I love my hair.

Whether I comb it or tie it, I love my hair.

My hair, my pride!

ZOEZI

Chagua jibu sahihi – Pick the right answer

1. Kitabu hiki kinahusu nini?

- a. Chakula
- b. Nywele za asili
- c. Namba

2. Kazi ya msusi ni nini?

- a. Kusuka nywele
- b. Kunyoa nywele
- c. Kufundisha

3. Kinyume cha nywele ndefu ni nini?

- a. Nywele nyeusi
- b. Nywele nyekundu
- c. Nywele fupi

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