

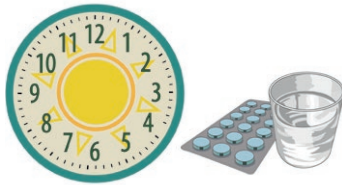
BARNAAMIJKA DAAWEYNTA CUDURKA ISNADAAMISKA IYO KA HORTAGIISA

Qofkee ayay khasab tahay in la daaweeyo?

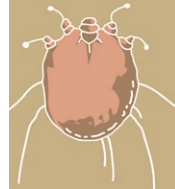
Waxaa khasab ah in la daaweeyo qof kasta oo adiga si toos ah kuu taabta ama kuula xiriira (qolka, meelaha dadka lala wadaago) hal mar.

Maxay khasab kuugu tahay in aad qaadatid labbo qiyaasood oo daawo ah?

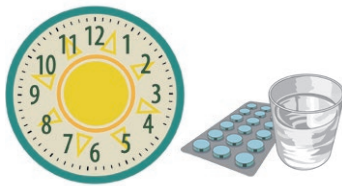
Qiyaasta 1aad



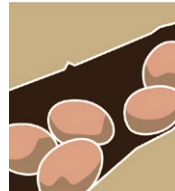
Qiyaasta koowaad ee daawada waxay dilaysaa dulinada waaweyn



Qiyaasta 2aad



Qiyaasta labbaad waxay dishaa ukumaha jabsaday



Maalinta 0

Diyaari alaabtaada



Ku dhaq dharkaaga shukumaanada heer kulka darajada boqolkiiba 60°



Ku xir dharkaaga wasakhaysan bac



Buufi dharkaaga, kabahaaga kuwaas oo aan lagu dhaqi karin makiinada dharka lagu dhaqo



Uga tag dharkan iyo kabahaan bacda muddo 48saacadood ah

Maalinta 1

Taariikhda, saacada

Qaado qiyaasta 1aad ee daawadaada



8saacadood ka dib marka aad qaadatid daawada:

Dhaq jirkaaga iyo timahaaga



Jar cidiyahaaga (gacmaha iyo lugaha)



Xiro dhar nadiif ah



Dhaq dharka, go'yada shukumaanada seddexda maalin ee u dambaysa



Nadiifi qol kasta oo la fadhiisto

Ku nadiifi makiinada korontada



Fur dariishada

! Dhammaan waxaa waajib ku ah in ay ka baxaan qolka oona qofna soo gelin gudaha 8 saacadood ee ku xigta kadib marka la nadiifiyo.

Maalinta 14

Taariikhda, saacada

- Qaado qiyaasta**
1aad ee daawadaada



8saacadood ka dib marka aad qaadatid daawada:

- Dhaq jirkaaga iyo timahaaga



Jar cidiyahaaga (gacmaha iyo lugaha)

Xiro dhar nadiif ah



- Dhaq dharka, go'yada shukumaanada seddexda maalin ee u dambaysa**



- Nadiifi qol kasta oo la fadhiisto**

Ku nadiifi makiinada korontada



Fur dariishada

! Dhammaan waxaa waajib ku ah in ay ka baxaan qolka oona qofna soo gelin gudaha 8 saacadood ee ku xigta kadib marka la nadiifiyo.

Soo jeedinada

Maalin walba

Qubeyso



Xiro dhar hooseed-nadiif ah



Labbo jeer todobaadkii

Ku dhaq timahaaga-shaambo



Todobaad kasta

Jar cidiyahaaga (gacmaha iyo lugaha)



Dhaq dharka shukumaanka, go'yada iyo daboolka

Si joogto ah ugu nadiifi qolka fadhiga makiinada korontada wax lagu xaaqo



Nasteexooyinka loogu talagalay **nadaafada fiican**

Jirka

Dhaq gacamahaaga:

- ▶ ka hor inta aadan wax cunin
- ▶ kadib marka aad isticmaashid musqusha



Isku habbeynta qalabka

Ku xir dharkaaga wasakhaysan bac si uusan ugu darsamin kuwa nadiifka ah.

