

**NCPMI**

Xirfadaha Is-Xakameynta: Xeeladaha Neefsashada

Is-Xakameynta waa awoodda lagu aqoonsado laguna maareeyo shucurtaada iyo dabeecadahaaga ee xaaladaha iyo howlaha kala duwan.

Carruurta barta in ay xakameeyaan shucurtooda:

- ▶ Si fudud ay u sameystaan saaxiibo
- ▶ Si fiican ayey u maamulaan niyad jabka
- ▶ Si wanaagsan ayay ula xiriiiraan asxaabta iyo dadka waaweyn
- ▶ Aad uma niyad jabaan

Baarista xirfadaan

Carruurta bar xeeladahaan marka ay dagan yihiin oo ay wax dhageysanayaan. Carruurta xasuusi xeeladaha marka loo baahan yahay in ay dagaan ayago isticmaalaya muqaallo ama qalab.

Neefsashada Xakameysan: Urinta Ubaxa, Afuufka Qalabka Laga Cayaaro oo Wareegto (Pinwheel)

Adiga oo isticmaalaaya muqaalka ku yaalla bogga soo socda, carruurta u dhiib ubaxa si ay u uriyaan (si ay ugu neefsadaan sankooda) ayna afuufaan qalabka lagu ciyaaro oo wareegto (pinwheel) (in ay ka neefsadaan afkooda). Ku celi dhowr jeer.

Neefsashada Carruurta

Carruurta dhabar dhabar ha ugu seexdaan dhulka caloosha na ka saar xayawaannada yar yar ee boombalaha (small stuffed animal). Marka ay carruurta si degdeg ah neefta isku celiyaan (inhale) oo ay neefsadaan (exhale) u sharrax waxa ku dhacaaya xayawaanka yar ee boombalaha (stuffed animal). Kaddib carruurta u sheeg in ay neefsashada yareeyaan ayna u fiirsadaan waxa ku dhacaaya xayawaanka yar ee boombalaha (stuffed animal).

Sida Aad Uga Caawin Karto Carruurta in ay Is-Xakameeyaan

- ▶ Bar rajooyin/shuruudo wanaagsan oo cad maalin kasta.
- ▶ Tusaale ka bixi oo ka hadal sababaha dabeecadaha la doonaaya.
- ▶ Xaqiiji dareenka.
- ▶ Ka caawi luuqadda adigoo magacaabaaya ficillada, dareenka, iyo shucuurta.
- ▶ Bixi jawaab-celin togan oo jawaab u ah qaabka uu ilmaha u maamulaaya dabeecadooda oo ka caawi ilmaha in uu xakameeyo adigoo jilaaya habab la isku dejinaayo marka loo baahdo.
- ▶ Bixi jawaab-celin togan oo jawaab u ah qaabka uu ilmaha u maamulaaya dabeecadooda oo ka caawi ilmaha in uu xakameeyo adigoo jilaaya habab la isku dejinaayo marka loo baahdo.
- ▶ Samee fursado ciyaaraha korinta ku habboon.
- ▶ Maalinta oo dhan kobci madaxbannaanida carruurta.
- ▶ Samee meel u ilmaha u aadi karo nasasho iyo in uu ku dego.

Neefso

Urso ubaxa



Afuuf qalabka lagu ciyaaro oo wareegto (Blow the pinwheel)

