

Waa maxay sababta loo baarayo?

Si loo ogaado

- Waxa ilmuhu karo iyo waxa ku adag
- Caawinta iyo taageerada uu ilmuhu u baahan yahay
- In ilmaha garaadkiisu dhimman yahay



Baaritaanku wuxuu ka kooban yahay



Wadahadal lala yeesho ilmaha/qofka dhallinta yar



Dulmarista taariikhdi korriinka



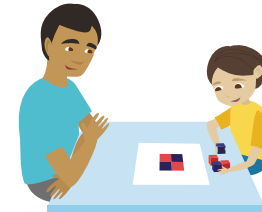
Wadahadal lala yeesho waalidka



Baaritaan dhakhtareed



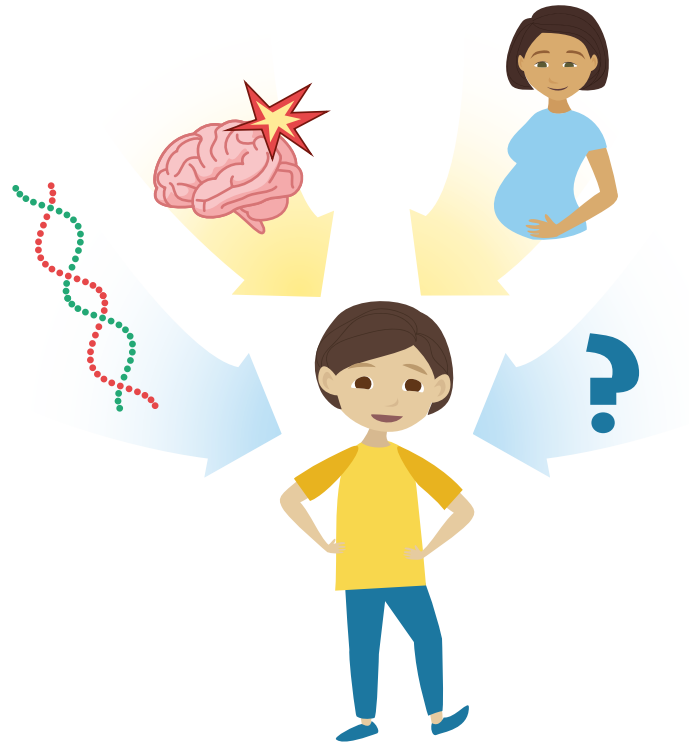
Warbixinta xannaanada carruurta iyo iskoolka



Tijaabooyin uu qaado cilminafsiyaqaan

Maxaa keena inuu dadka qaar garaadkoodu dhimman yahay?

- Hiddasidayaasha
- Dhaawac
- Jirro
- Sabab aan la aqoon



Dadku waa kala duwan yihiin oo qofba waa si

Qof walba wuxuu leeyahay shakhsiyaddiisa, meelo uu ku fican yahay, meelo uu ku liito iyo baahi



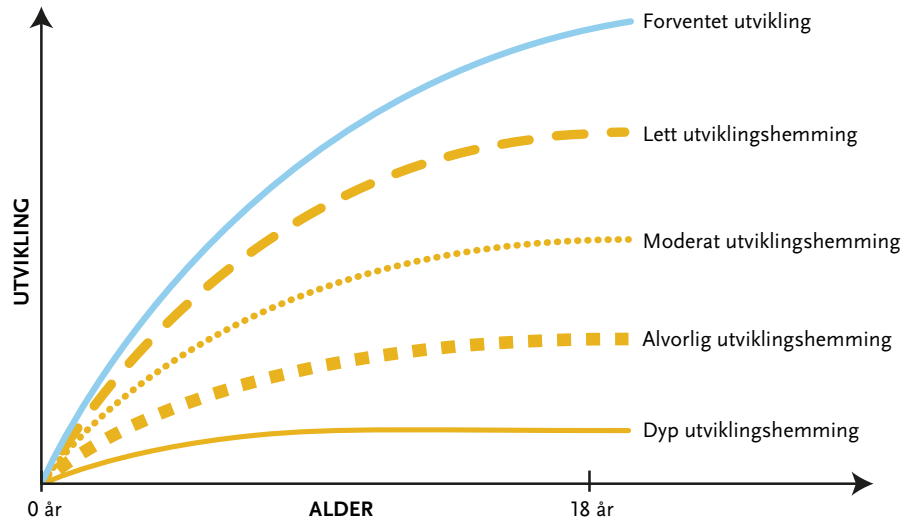
Korriin

- Carruurta korriinkoodu waa kala duwan yahay – qaar baa dhakhso wax u barta, qaarna wakhti intaas ka badan ayay u baahan yihiin
- Way kala duwan yihiin adkaanta waxyaalaha ay carruurtu baran karaan



Heerka dhimmanaanta garaadka

- Dhimmanaanta garaadka waxaa loo kala saaraa mid fudud ila amid aad ah
- Baahida caawintu waxay ku xiran tahay heerka dhimmanaanta garaadka iyo in qofku qabo cudurro kale ama waxyaalo kale oo ku adag oo dheeri ah



Ahaanshaha dhallinyaro iyo qof weyn

Dad badan baa su'aalo iska weydiiya mustaqbalka

- waxbarasho
- shaqo
- wakhtiga firaaqada la yahay
- saaxiibbo
- saaxiib/saaxiibad
- madaxbannaani
- dhaqaale
- hoy
- caafimaad
- laysin baabuur
- galmada
- in ilmo la dhalo



Xaalad waaraysa

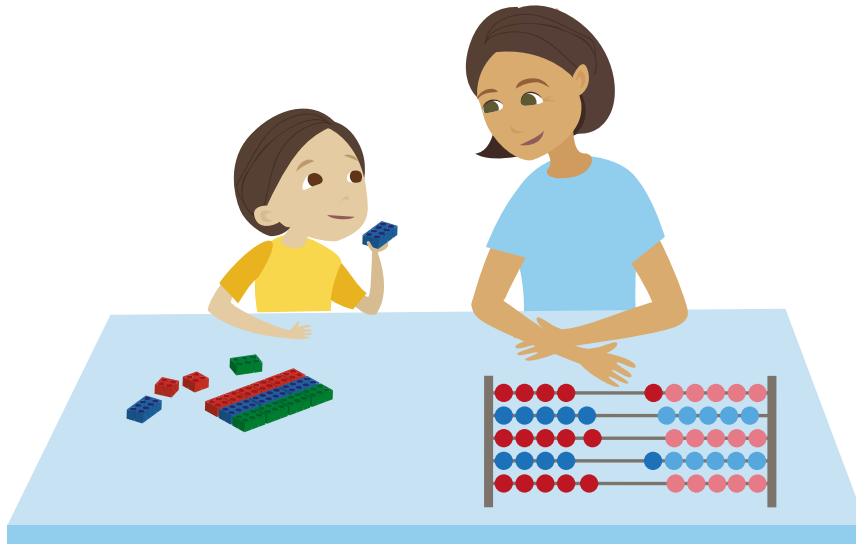
- Dhimmanaanta garaadku* waa xaalad qofku ahaanayo noloshiisa oo dhan
- Jirro ma aha oo sidii hargab kaa bixi mayso
- Dhimmanaanta garaadka waxaa laga yaabaa in aysan korka ka muuqan
- Caawin wanaagsan iyo in qofka wax laysugu dubbarido ayaa muhiim u ah sidii qofku u heli lahaa nolol wanaag iyo firfircooni leh



**Dib udhac kooriinka/Naafanimada koriinka*

Waxbarashada

- Laylisyadu waa inay ahaadaan kuwo adkaantoodu dhexdhexaad tahay
- Wakhti dheer u baahan yahay
- Wuxuu si fiican wax u bartaa marka uu wax ku celceliyo
- Waxaa u fudud inuu wax u barto hab baraatiko ah



Fikirid iyo mas'alo xallin

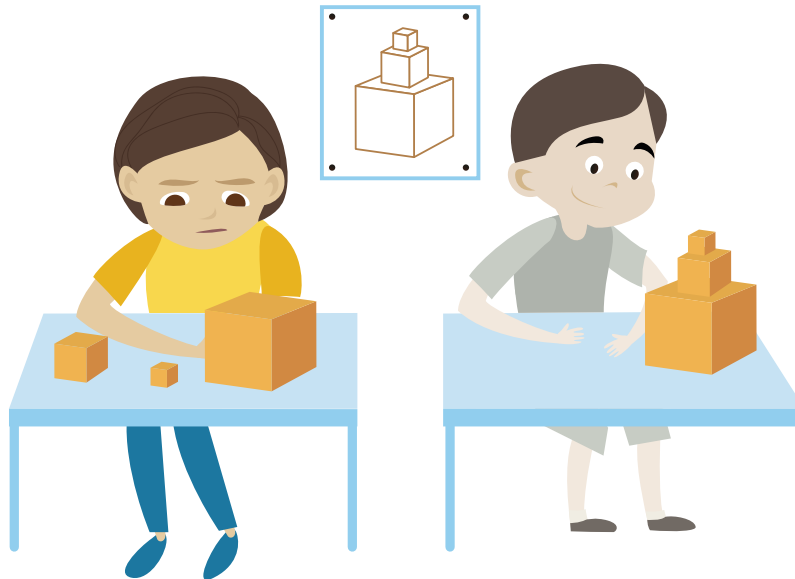
Waxaa ku adkaan kara

- Inuu wixii uu bartay u isticmaalo hab kale ama ku dabakho xaalad kale
- Inuu wax qorsheeyo oo laylis dhammeeyo
- Inuu fahmo waxa uusan arki karin ama taaban karin



Xawaare

Wuxuu u baahan yahay wakhti dheer si uu u fikiro, u fahmo oo wax u qabto



Feejignaan

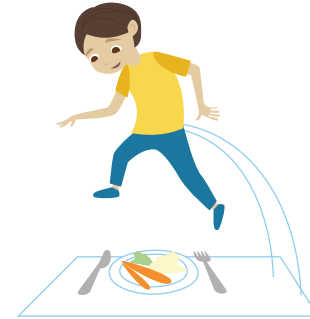
Waxaa ku adkaan kara

- Inuu muddo dheer isla hal laylis ka shaqeeyo
- Inuu dhawr wax isku hal mar ka fikiro
- Inuu dhawr farriimood hal mar wada maqlo



Luuqad

- Inta badan wakhti dheer buu u baahan yahay si uu wax u yiraahdo
- Ma isticmaalo ereyo badan oo adag
- Jumlado gaagaaban ayuu isticmaalaa
- Way ku adag tahay inuu dadka fahmo markay isticmaalaan jumlado dhaadheer iyo ereyo adag
- Way ku adag tahay inuu dadka fahmo markay isticmaalaan jumlad macne daahsoon leh - sida «qadada in laga boodo»
- Dadka qaar baa u baahan sawirro, in gacmaha lagala hadlo ama habab kale oo laysula hadlo



La qabsiga bulshada

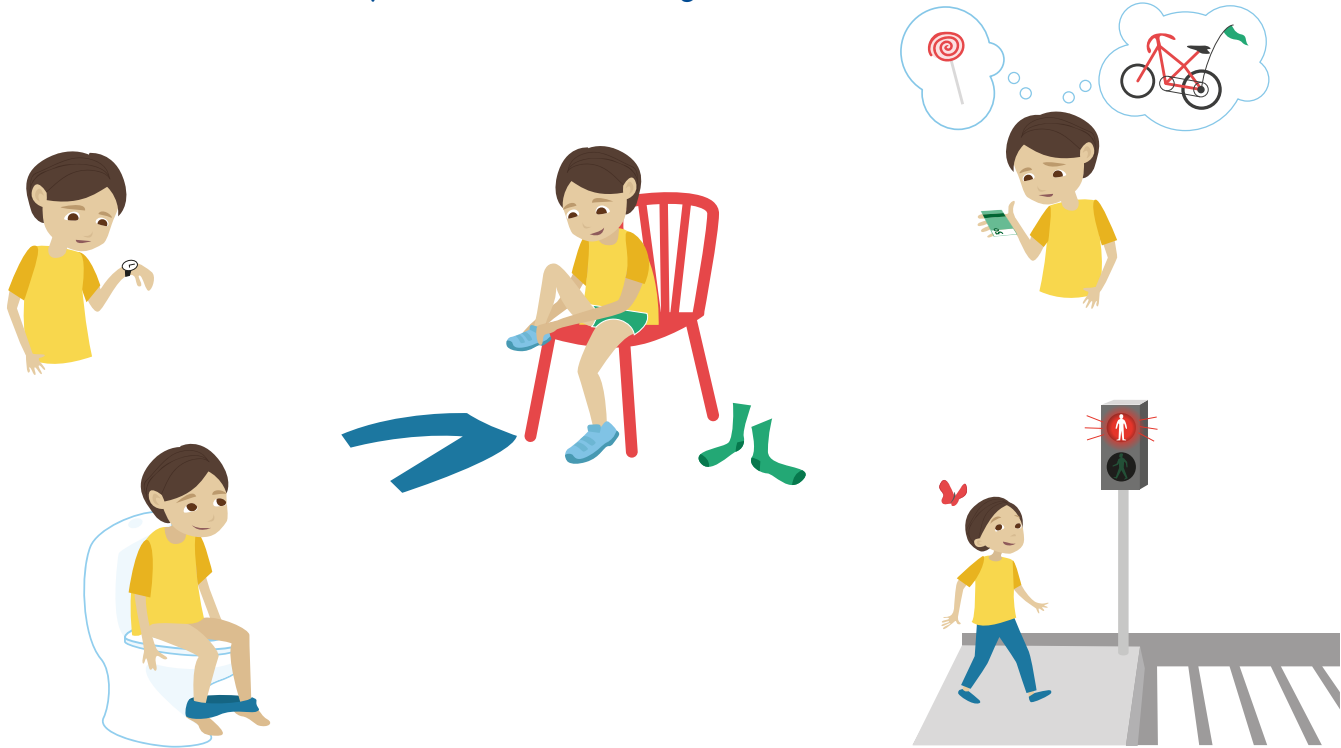
Waxaa ku adkaan kara

- Inuu ogaado sidii uu ciyaarta ugu biiri lahaa oo dadka kale ula ciyaari lahaa
- Inuu fahmo oo barto xeerarka ciyaarta
- Inuu Saaxiibbo yeesho oo haysto
- Inuu xad samaysto si aan loo khiyaanin ama looga faa'iidaysan



Isku filnaasho

Wuxuu u baahan yahay in wax laysugu dubbarido, waana inuu wax ku tababbartaa oo ku celceliyaa si uu isku filnaan u gaaro



Dareenka

Dadka qaar ayay ku adag tahay inay gartaan, sharraxaad ka bixiyaan ama xukumaan dareenkooda



Xukumidda dareenka iyo heerka firfircoonida haddii ay qofka ku adkaadaan waxay keeni karaan dhibaato xagga habdhaqanka ah iyo/ama dhibaato maskaxiyan ah

Heerka firfircoonida

Dadka qaar bay ku adag tahay inay miisaamaan oo wax ka beddelaan heerka firfircoonidooda – qaar ayaa aad u firfircoon, qaarna aad bay u deggan yihiin



Xukumidda dareenka iyo heerka firfircoonida haddii ay qofka ku adkaadaan waxay keeni karaan dhibaato xagga habdhaqanka ah iyo/ama dhibaato maskaxiyah ah

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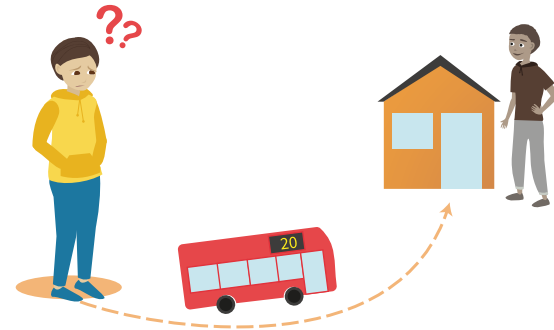
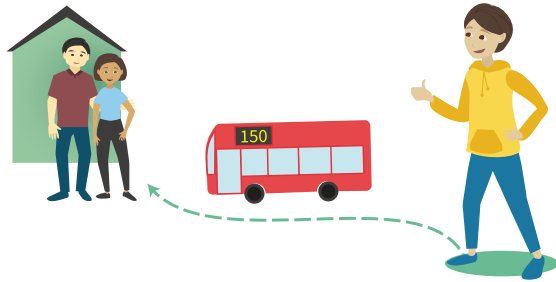
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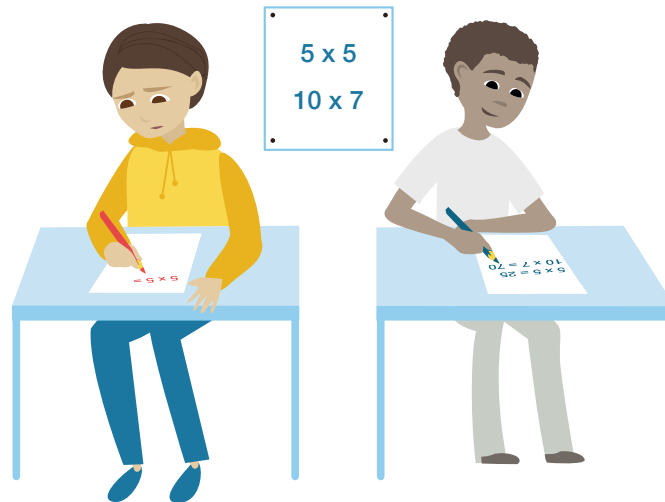
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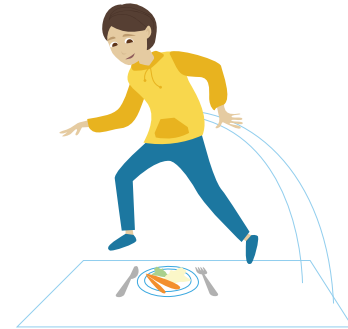
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- Inuu saaxiibbo yeesho oo haysto
- Inuu yaqaanno waxa dadka kale lagala hadli karo oo lala wadaagi karo
- Inuu xad samaysto si aan loo khiyaanin ama looga faa'iidaysan



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