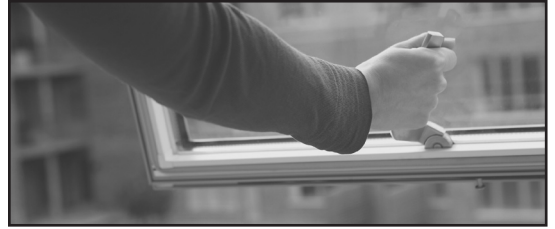


U DEGANOW SI CAAFIMAAD LEH – DHEDODANA ISKA FOGEE

4 taloo wanaagsan, sidii aqalkaagu u ahaan lahaa mid daryeel leh

1: Hawo sii – maalin kasta ugu yaraan
2 x 10 daqiiqo daqadaha wadafur.



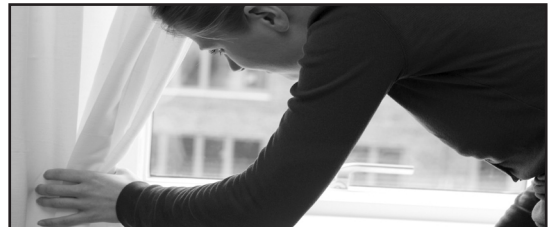
2: Aqalka gudihiisa haku qalijin dharka.



3: Dhedadu ha baxdo. shido hawo
qaadayaasha markaad cuntada
samaynayso. Dhulka iyo darbiyada
qaliji ama tirtir markaad qubaysato.



4: Isha ku hay calamadaha dhedadda,
caarada iyo bolol sida dhibco madow
xigeen ah marka daaquadaha la furo.



la xiriir:

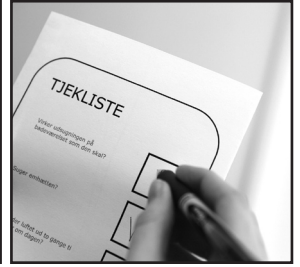
Tlf:

Sprog: Somalisk

BOLOLKA CARYEYSAN WAA IN LA CIRIB TIRAA

5 shan talaabo oo looga baabi'yo bololkaas gurigaaga

- 1: Ka eeg aqalkaaga sababta keentay dhedadaas, ma shaqaynayaan hawo qadaha iyo keenaha sidii loogu tala galay?
Wax biyaha daynaya ama dhaawac tuubooyinka aqalka?
Ma xasuusataa inaad aqalka hawo siiso si dhedadu u baxdo.



- 2: Tirtir sababahaas!



- 3: Meelaha yar: waxaad ku dhaqi kartaa daawooyinka wax lagu dhaqo (sida Klorin ama Rodalon). 20 daqiiqo ka dib dawada ka dhaq.



- 4: Isha ku hay in dhadadii soo noqotay.



- 5: la xiriir shaqaalaha guryaha xaafadaada hadii aadan xalin karin kaligaa. Halkaan ayaad ka helaysaa caawimo iyo la talin.

