sawirrada: www.canva.com

Euroopan unionin osarahoittama

Talooyin ku saabsan cadayashada ilkaha

SOMALI

JOOGTEYN

Ilkaha waa in la cadayo subaxdii iyo fiidkii.

Ilkaha waa in la cadayo 2 daqiiqo mar kasta.

Ilmuhu waa inuu yeeshaa burush ilko oo ku habboon da'diisa.

AAN WADA CADAYNO

Isla mar cadaysta ilkihiinna.
U muuji ilmaha sida loo cadaydo!

Waad u oggolaan kartaa ilmaha inuu marka hore cadayo ilkahaaga. Markaas kadib wuxuu u fududaan karaa inuu aqbalo cadayashada ilkihiisa.

Ka dhiga cadayashada ilkaha waqti wadajir ah oo xiiso leh.

AAN EEGNO ILKAHA

Baar oo baro ilkahaaga adigoo isticmaalaya muraayad. Immisa ilko ayaa aragtay?

Ilmaha waxaa u fududaan karta inuu aqbalo in burushka afka la geliyo haddii uu ka arko muraayadda dhexdeeda.

SAACAD

Waxaad tijaabin kartaa saacadaha tirinaya waqtiga, si ilmuhu ugu fududaato inuu arko inta daqiiqo ee haray.

Tusaalooyin:
Aadaalaha Vegemi, Aadaalaha Time mouser

JIRITAAN FIICAN

Imuhu ma ku jiraa jago raaxo leh?

Miyuu fiican yahay inuu istaago mise fadhiisto marka la cadayanayo?

HEESO IYO GABAYO

Isku day in aad si wadajir ah u samaysataan gabay ama hees yar oo ku saabsan ilkaha oo baxsha jeermisyada ilkaha.

YouTube-ka waxaad ka heli kartaa heeso diyaarsan oo ku saabsan cadayashada ilkaha.

JOOGTEYN

DULQAAD

JAWI FARXAD LEH

Tampereen ammattikorkeakoulu

Pirkanmaan hyvinvointialue

TAMPERE