



Euroopan unionin
osarahoittama

Talooyin ku saabsan cadayashada ilkaha

SOMALI





Ma jecli
cadayashada ilkaha!

Aad ayay u dhib
badan tahay!

Sideen ilmaha u caawin karaa?

JOOGTEYN

Ilkaha waa in la cado subaxdii iyo fiidkii.

Ilkaha waa in la cado 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.

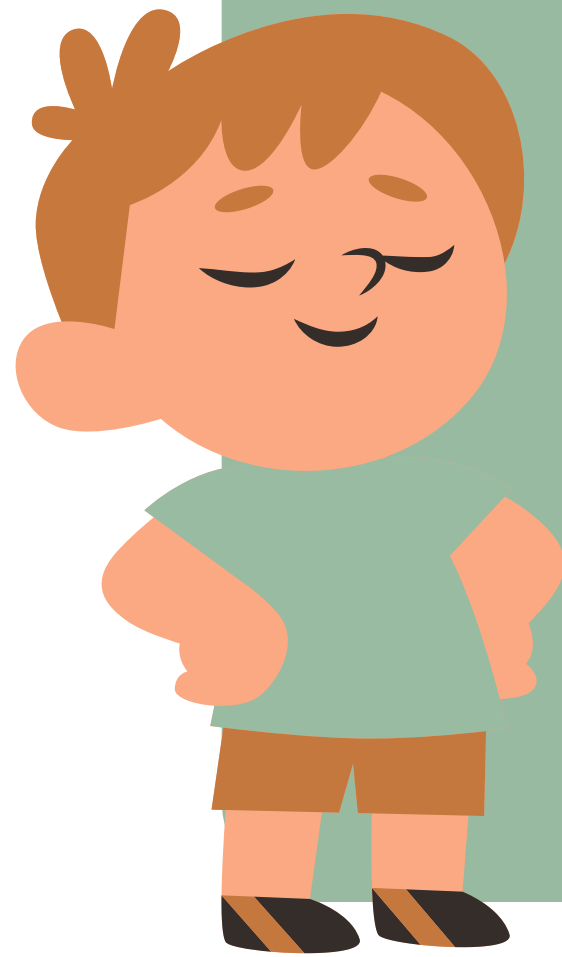
Tusaalooyin:
Aadaalaha Vegemi, Aadaalaha Time mouser



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.



XUSUUSNOW KUWAAN:



JOOGTEYN

DULQAAD

JAWI FARXAD LEH



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Mashruuca Niitty 2 2023–2026

Si wada jir ah qoysaska soogalootiga ah
nolol-maalmeedka wanaagsan



Macluumaad dheeraad ah oo ku
saabsan mashruuca:
<https://projects.tuni.fi/niitty2/>

sawirrada: www.canva.com

Xiriirka agabka
macluumaadka qoyska:
tuni.fi/perheinfo



Pirkanmaan
hyvinvointialue

