



Jirkeyga waa Jirkeyga

Songs and Programme By Chrissy Sykes



Maanta waxaa na baraneynaa jirkeena.

Ma ogtahay in
jirkaaga uu yahay
mid aad u mihiim ah?



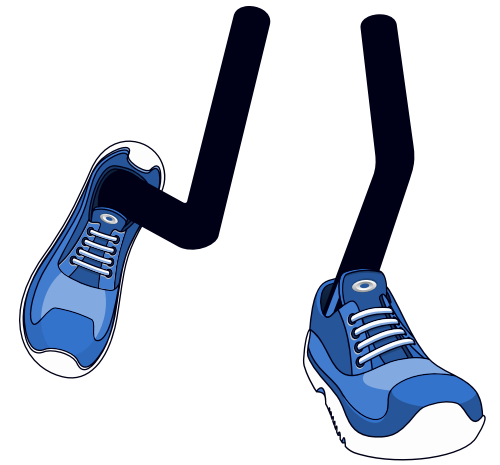
Waa jirka keliya ee
aad leedahay, marka
waa inaad dhawrtaa!



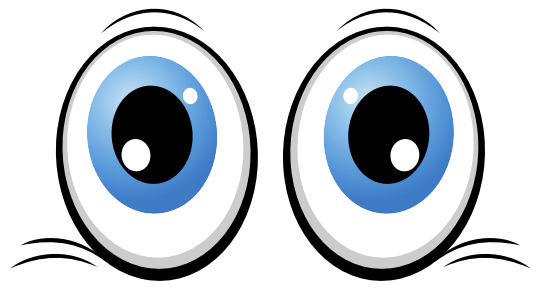
Waxaynu leenahay qaybo kala duwan oo jirkeena ah



Timaha



Lugaha



Indhaha



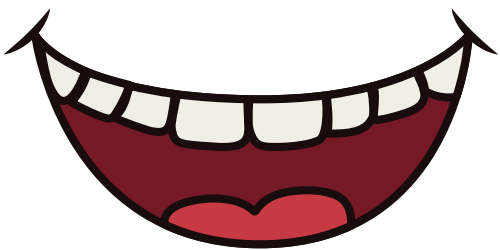
Gacmaha



Sanka



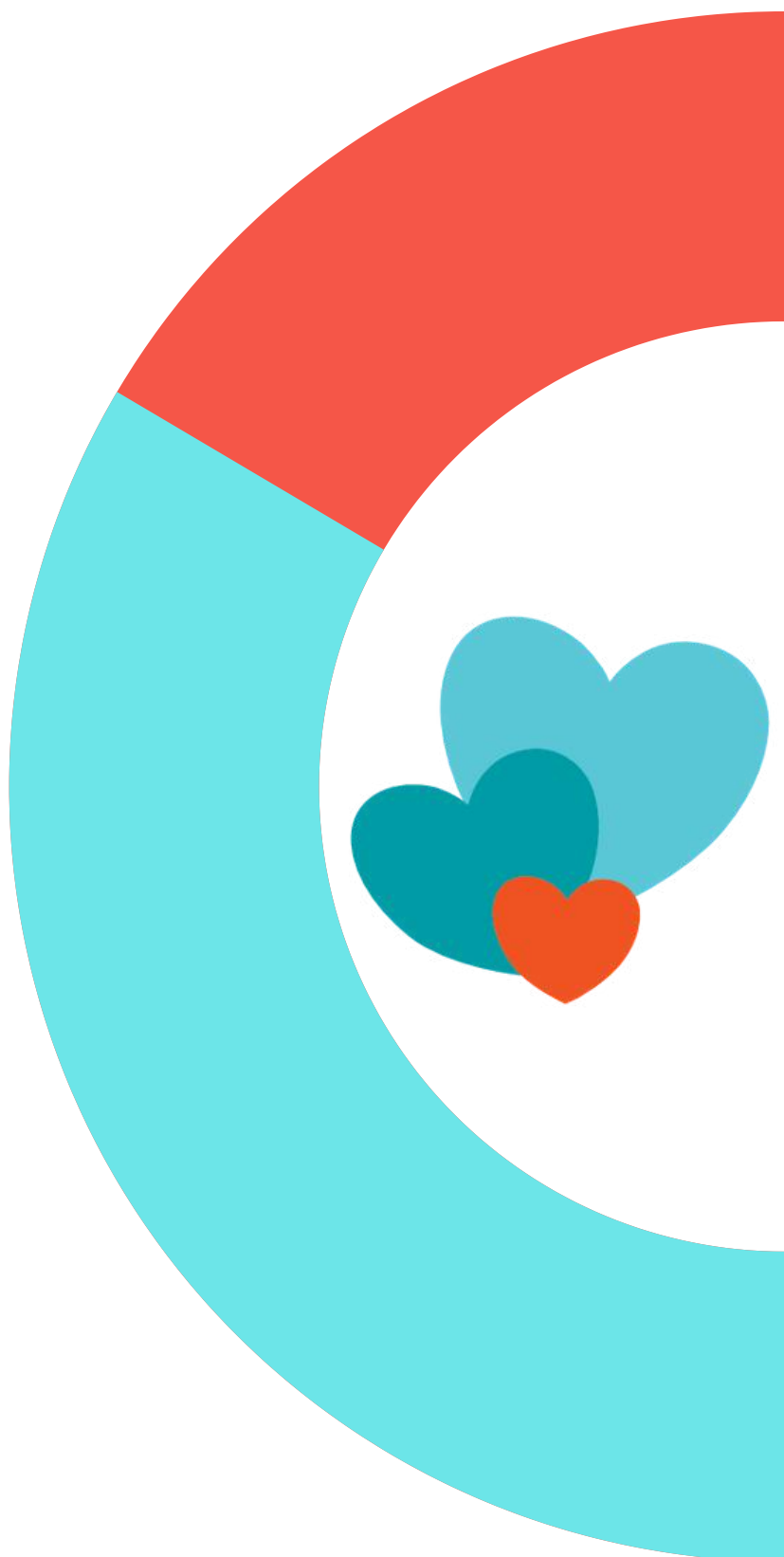
Cagaha



Afka



Faraha



Ma ogtahay halka ay Qeybaha gaarka ahi yaalliin? Qeybaha gaarka ahi waa halka ay ku daboolan yihiin dharka hoose ama dharka dabbaasha.

Xariiji xariiq qeyb kastoo jirka ah

Timaha

Indhaha

Sanka

Afka

Gacanta

Faraha

Afka

Qeybaha gaarka loo leeyahay

Lugaha



Xariiji xariiq qeyb kastoo jirka ah

Timaha

Indhaha

Sanka

Afka

Gacanta

Faraha

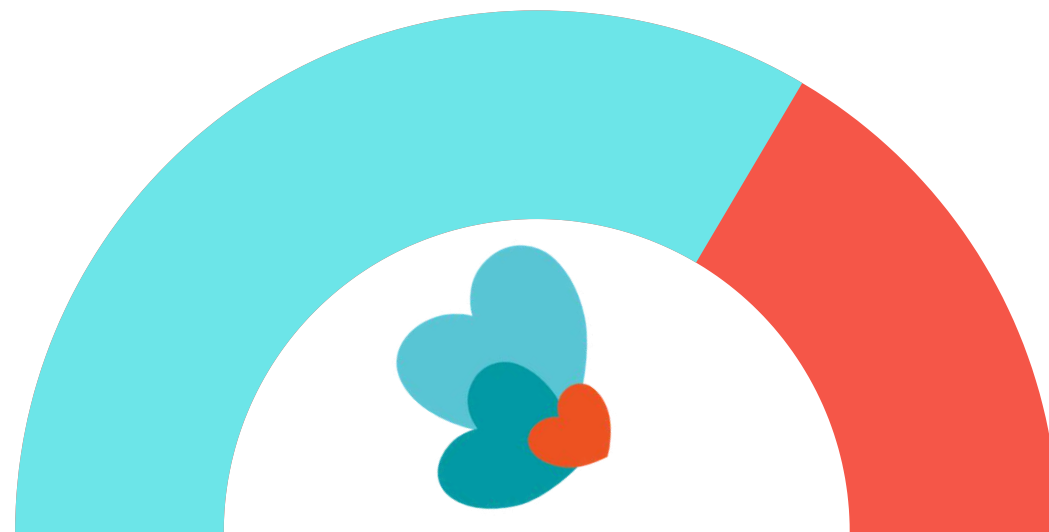
Afka

Qeybaha gaarka loo leeyahay

Lugaha

Kuwani waa waqtiyada kaliya ee qof taaban karo qaybahaaga gaarka ah:

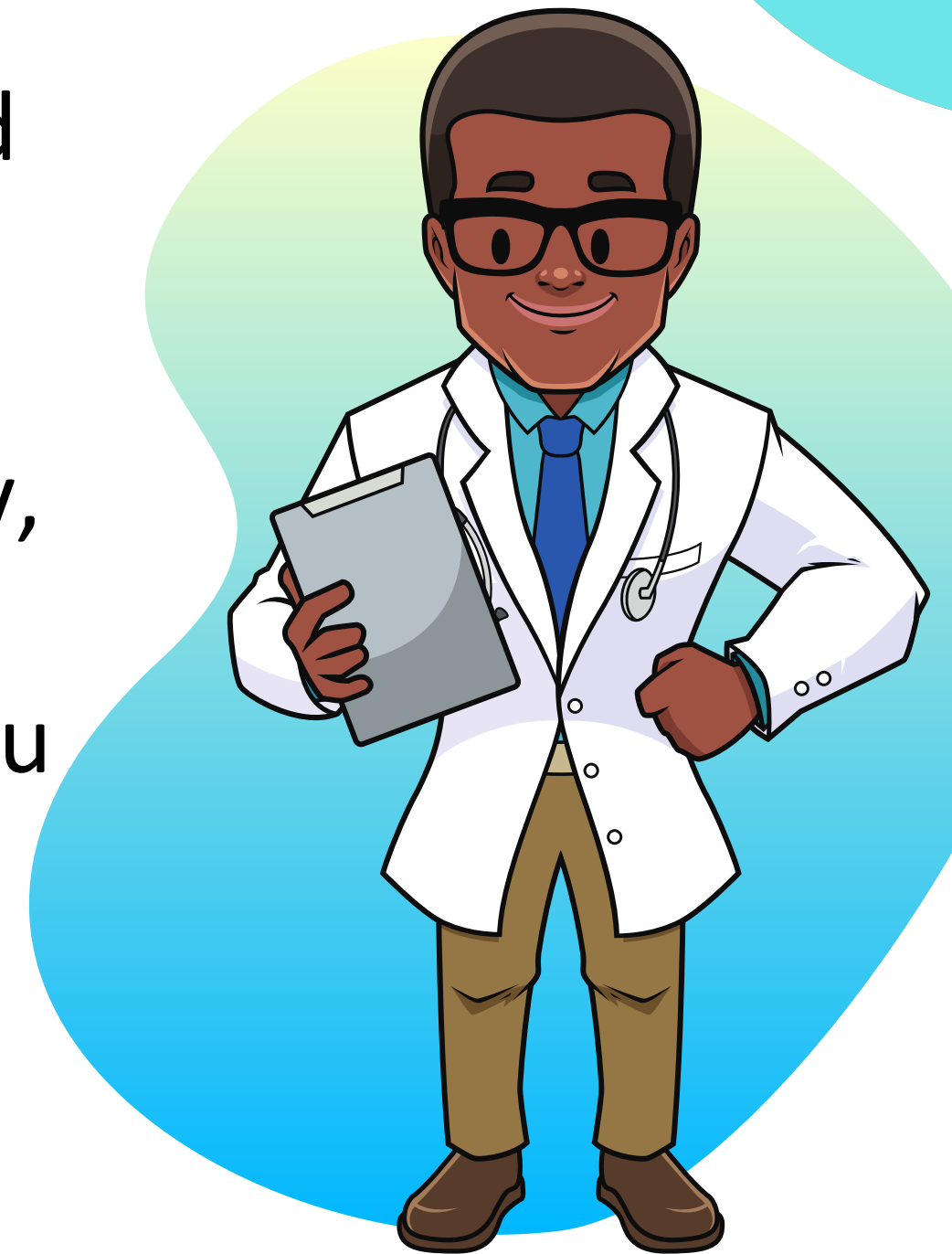
1. Markaad yareyd, hooyadaa, aabbahaaga, ama qofka daryeelaha kuu ah waa inaad dhaqdaa qaybahaaga gaarka ah (maxaa yeelay waxaad da 'yar tahay inaad naftaada u sameyso), laakiin markaad weynaato waxaad baran doontaa sida loo mayro jirkiisa.



2. Haddii qaybahaaga gaarka ahi ay xanuunsan yihiin, hooyo ama aabbe ama daryeelahaaga ayaa laga yaabaa inay dawada halkaas ku dhigaan, laakiin haddii aadan ku qanacsanayn tan waxaad waydiisan kartaa inaad dawada iska dhigtid.

3. Haddii aad xannuunsato ama xanuunsan tahay, dhakhtarku waxaa laga yaabaa inuu taabto qaybahaaga khaaska ah, laakiin waalid ama qof ku daryeelaya ayaa waliba kula joogaya..

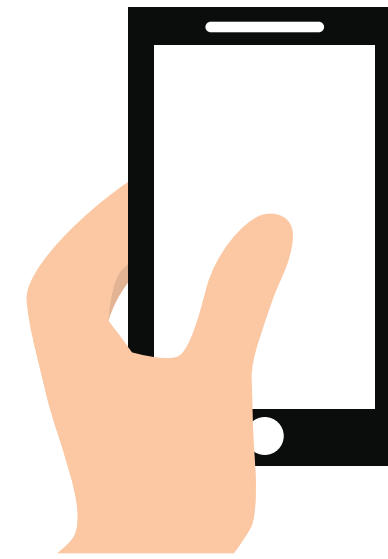
**QOF KALE WAA INUUSAN WALIGIIS TAABAN
QAYBAHAAGA GAARKA AH!**



Waligaa ha u ogolaanin qofna inuu sawiro ka qaado qaybahaada gaarka ah.



dhaho MAYA oo u sheeg qof weyn oo aamin ah.



Haddii qof isku dayo inuu taabto qaybahaaga gaarka ah



dhaho MAYA oo u sheeg qof weyn oo aamin ah.



MAYA!

**Sababta oo ah jirkaagu waa khaas, qofna
yuusan ku dhaawici!**

Cidna kuma garaaci karto
Cidna kuuma wuu ku gubi karaa

***HADDII QOFNA SAMEEYO
WAX UUN DHAAWICI KARA JIRKAAGA,
WAXAAD U BAAHAN TAHAY INAAD
U SHEEGTO QOF WEYN OO AAMIN AH***



Markuu Aanu Ka Hadlo Dareenka

Ma ogtahay in aan dhamaanteen isku dareen isku mid nahay?



Mararka qaar waan
faraxsanahay



Mararka qaar waan
murugaysanahay



Mararka qaar waanu
xanaaqnaa



mararka qaarkood waanu
qosolnaa



Mararka qaar waan
murugsan nahay



Waxaa jira noocyo badan oo kala duwan oo dareen ah.

Wajigi kastaa wuxuu leeyahay dareen.

Ma sheegi kartaa dareenka ay yihiin?



Mararka qaar waxaan helnaa dareen aan raaxo lahayn markay dadku isku dayaan inay taabtaan jidhkeena, ama isku dayaan inay naga dhigaan waxyaabo aan ognahay inay khaldan yihiin. **Markii aad dareento in wax khaldan yihiin ama aad dareento raaxo la'aan waxaad dhahdaa MAYA, oo u sheeg . qof weyn oo aamin ah.**

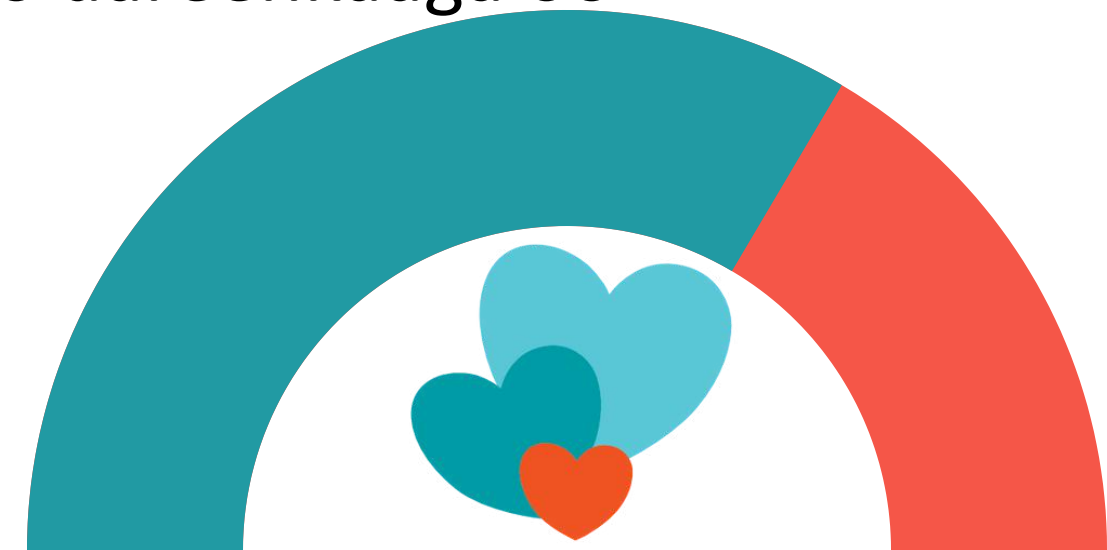


HADDII AAN U SAMEEYN XAQA XAQIJJIN, HA SAMEYNI!



Miyaad maqashay cadaadiska asxaabta?

Miyaad maqashay cadaadiska asxaabta? Tani waa markii carruurta kale isku dayaan inay helaan inaad sameyso waxyaabo ay kaa doonayaan inaad sameyso, xiitaa haddii aysan ahayn waxaad dooneysid samee. Waxay noqon kartaa inay iyagu kaa doonayaan inaad ciyaartid ciyaar aadan dooneynin ciyaar, ama waxaa laga yaabaa inay kaa doonayaan inaad aado meel ama wax aad adigu sameyso ogaato inaad ahayn inaad sameyso. Dhageyso dareenkaaga oo xusuusnow qaanuunka:



HADDII AAN U SAMEEYN XAQA XAQIJJIN, HA SAMEYNI!

Waa Maxay Xoog U Shegashada (cagajuglayntu) ?

Cagajuglayntu waa marka dadku isku dayaan inay ku dhaawacaan ereyo ama waxay isku dayayaan inay ku garaacaan ama ku garaacaan. Hadday dadku u isticmaalaan ereyo si ay kuu cagajugleeyaan:

Is DEji-MAXAYSO - ISKA jir BOOC-BOOCsiGA -

Haddii qof isku dayo inuu ku dhaawaco, ku garaaco, ama riixo Adeegso codkaaga - Qayl "MAYA! JOOJI! I CAAWI!"
Ku dhaqaaq geesinimo Kadib had iyo jeer u sheeg qof. Haddii adiga ama qof kale loo xoogsheegto, waligaa ha u dhigin naftaada naftaada

ERAYADA DHAAWAC
MAYA, JOOJI, CAAWI



Aynu wax ku baranno qaar ka mid ah “Kawaran Haddii Ciyaar.”

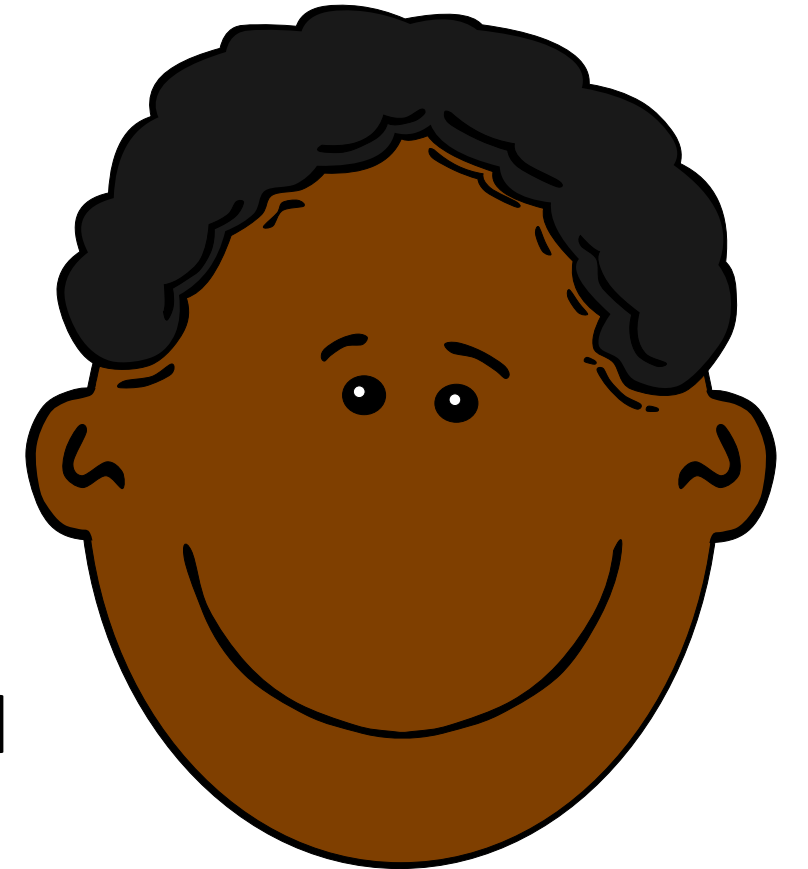
Ma taqaan waxa shisheeye yahay?

Shisheeye waa qof aynaan garanaynin!

Shisheeyuhu wuxuu noqon karaa nin ama gabadh, qof duq ah ama da 'yar, qof midab kasta leh, iyo qof ka tirsan koox bulsheed kasta.

Dhamaan maahan shisheeyaha maahan dad xun! Haddii qof aad jeceshahay ama aad aaminto uu ku bariro qof aadan aqoon, qofkaas shisheeyaha ah wuxuu noqon karaa saaxiib.

LAKIINA.... ilaa qof aad jeceshahay oo aad aaminto uu ku bariro qof aadan aqoon, waa inaadan waligaa lahadlin ama aadan keligaa ula tagin..



Ciyaartan ayaa ah in lagu baro sida loo sameeyo xaaladaha adag:

Maxaad sameyn lahayd haddii ilmo ilaaliye ama qof qoyskaaga ka mid ahi isku dayo inuu taabto qaybahaaga gaarka ah?

Waxaad ku qayli doontaa MAYA oo waxaad u ordaaysaa inaad u sheegto qof weyn ah oo aamin ah.

Maxaad sameyn laheyd haddii aad bannaanka ku ciyaareyso oo qof ayaa leh Waxaa laga badiyay eeydooda waxayna ku weydiisteen inaad u timaado caawimaad raadinta isaga?

Waxaad ku qayli doontaa MAYA oo waxaad u ordaaysaa inaad u sheegto qof weyn ah oo aamin ah.



Maxaad samayn lahayd haddii qof albaabka gurigiina garaaco oo aad kaligaa joogtid?

a) Waligaa albaab ha furin

b) U wac deriskaaga ama qaraabadaada haddii aysan ka tagin

c) U wac booliiska hadaadan helin caawimaad oo aad ka baqeyso

Ka waran haddii qof qalaad ahi uu u yimaado inuu kaa qaado dugsiga oo yiraahdo "hooyadaa ama aabbahaa ayaa iga codsaday inaan ku qaado oo guriga kuu qaado".

Maxaad sameyn lahayd?

Qeyli MAYA oo orod oo u sheeg qof weyn oo aamin ah.

Haddii qofka qaladka ahi yaqaanno magaca Hooyo iyo aabbaha, iyo magacyada Aunties iyo adeerayaasha, miyaad u malayn lahayd inay reerkaaga yaqaanaan? Waxay ka heli karaan macluumaadkaan oo dhan internetka, waana inaad weli:

Qeyli MAYA oo orod oo u sheeg qof weyn oo aamin ah.



Qofka weyn ee aaminka

Qofka weyn ee aaminka ah waa qof aad sheegi karto haddii aad dhibaato ku qabtid, qof aad ku kalsoon tahay inaad lahadasho iyo inaad ogtahay inuu ku caawin doono. Halkan waxaa ah liis dadka qaar aad u sheegi karto haddii aad dhib qabtid.

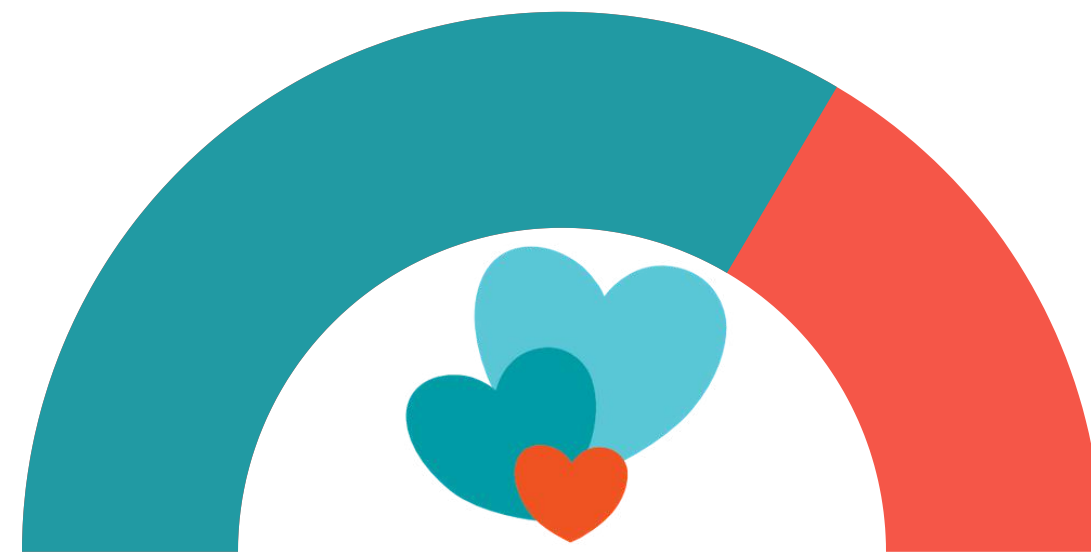
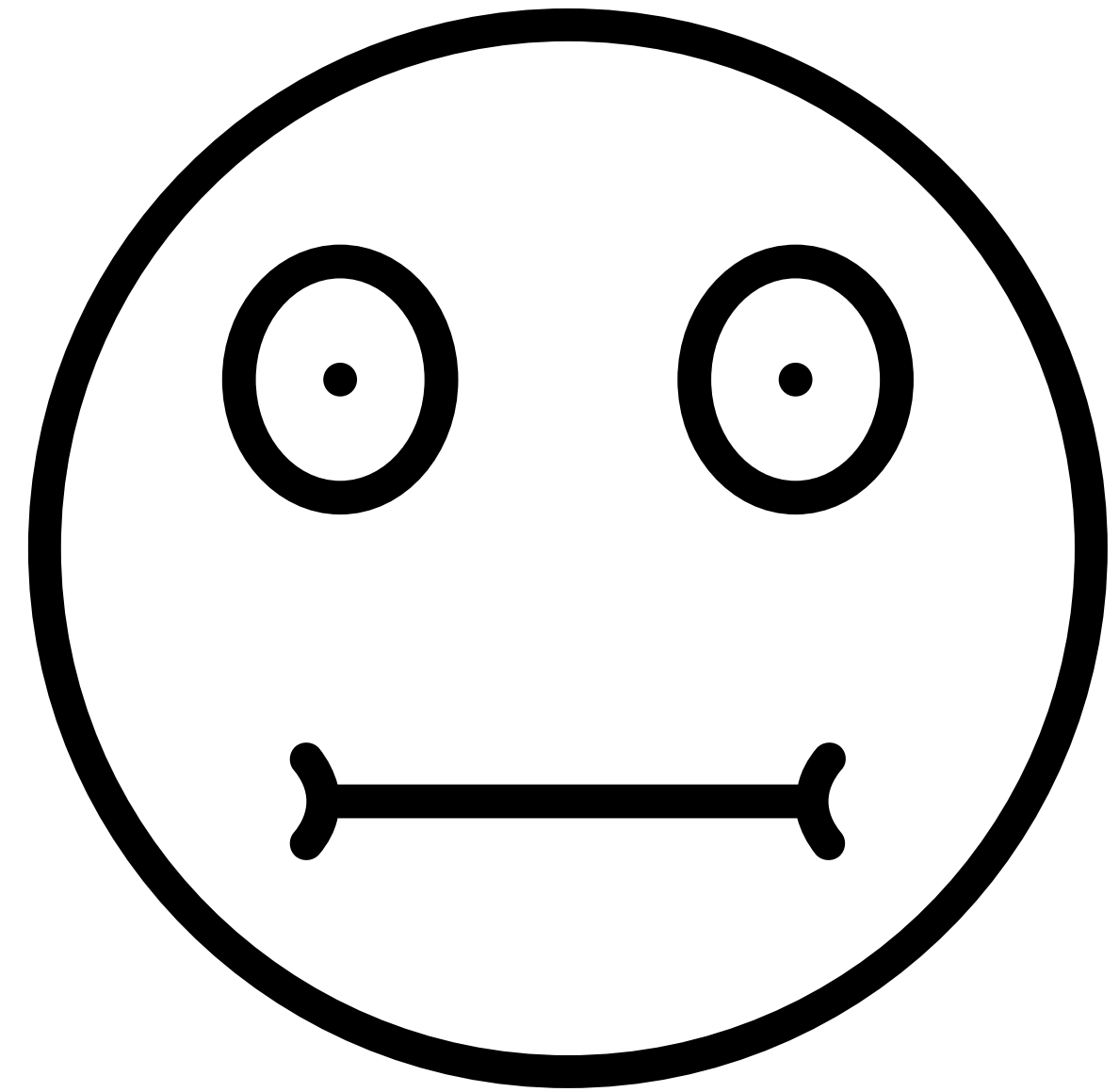
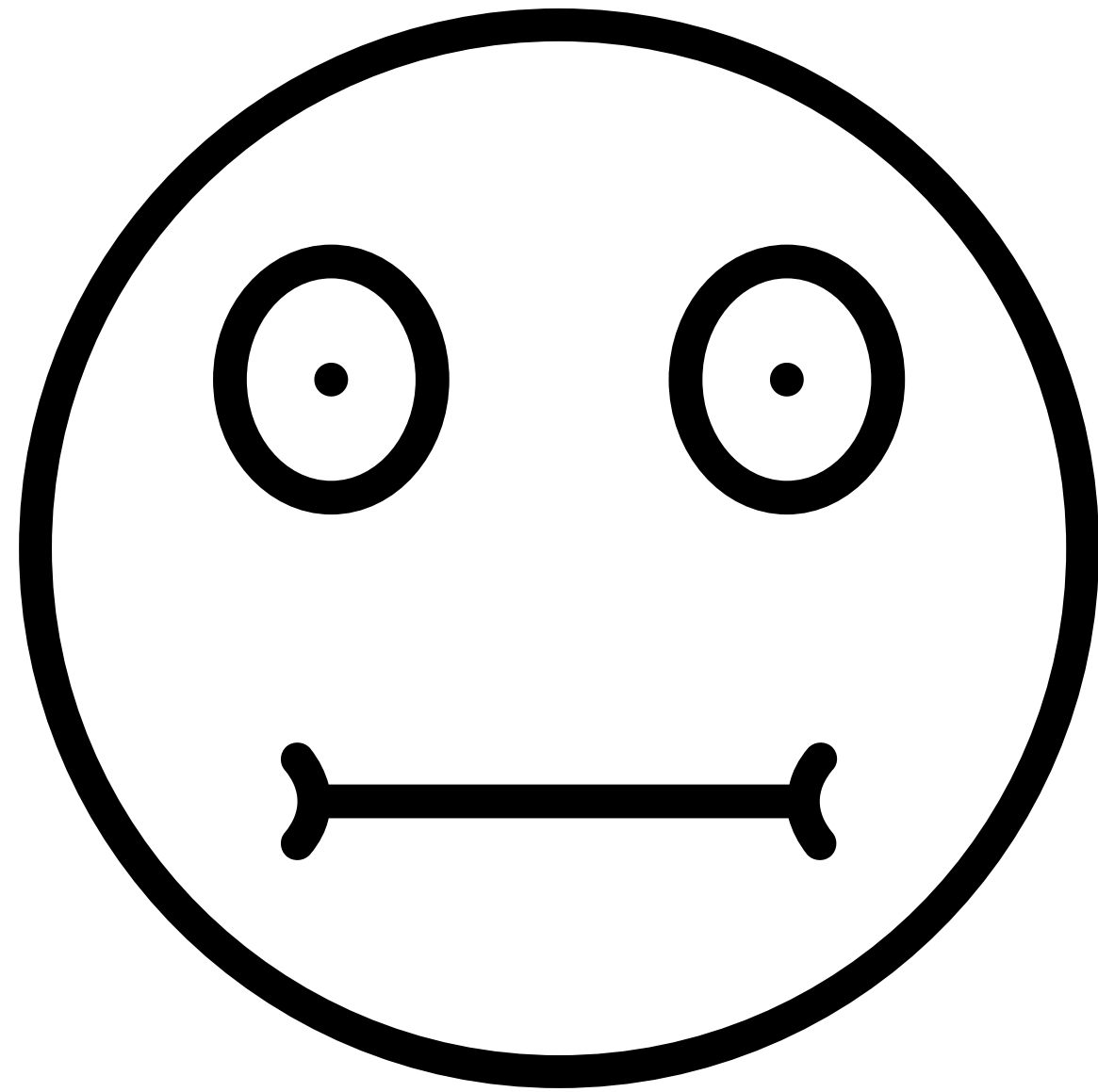



Hooyo
Abbaahaa
Ayeeyo
Awoow
Walaal Weyn ama
Walaasha
Eddo Ama Habaryar



Macalin
Adeer
Maamule ama Madaxa Boliiska
Madaxa ee Neighbor
Wadaad
Ruux Hogaamiye

Ma ka fikiri kartaa qof kale oo aad lahadli karto haddii aad dhib ku qabtid?
Qor cidda aad u sheegi karto isla markaana wejigooda hoos u sawiri.





Haddii aad dhibaatooyin qabto aadna isku dayeyso inaad qof u sheegto waxa ku saabsan, kuwan waa qaar ka mid ah dareennada aad ku yeelan karto:
Raadi habka ugu wanaagsan ee wax loo sheegi karo! Xusuusnow **MAR KASTA** qofna uga sheeg dhibaatooyinkaaga ama haddii uu qof ku dhaawaco, ama taabto qaybahaaga gaarka ah.

a) Waxaad dareemi kartaa xishood

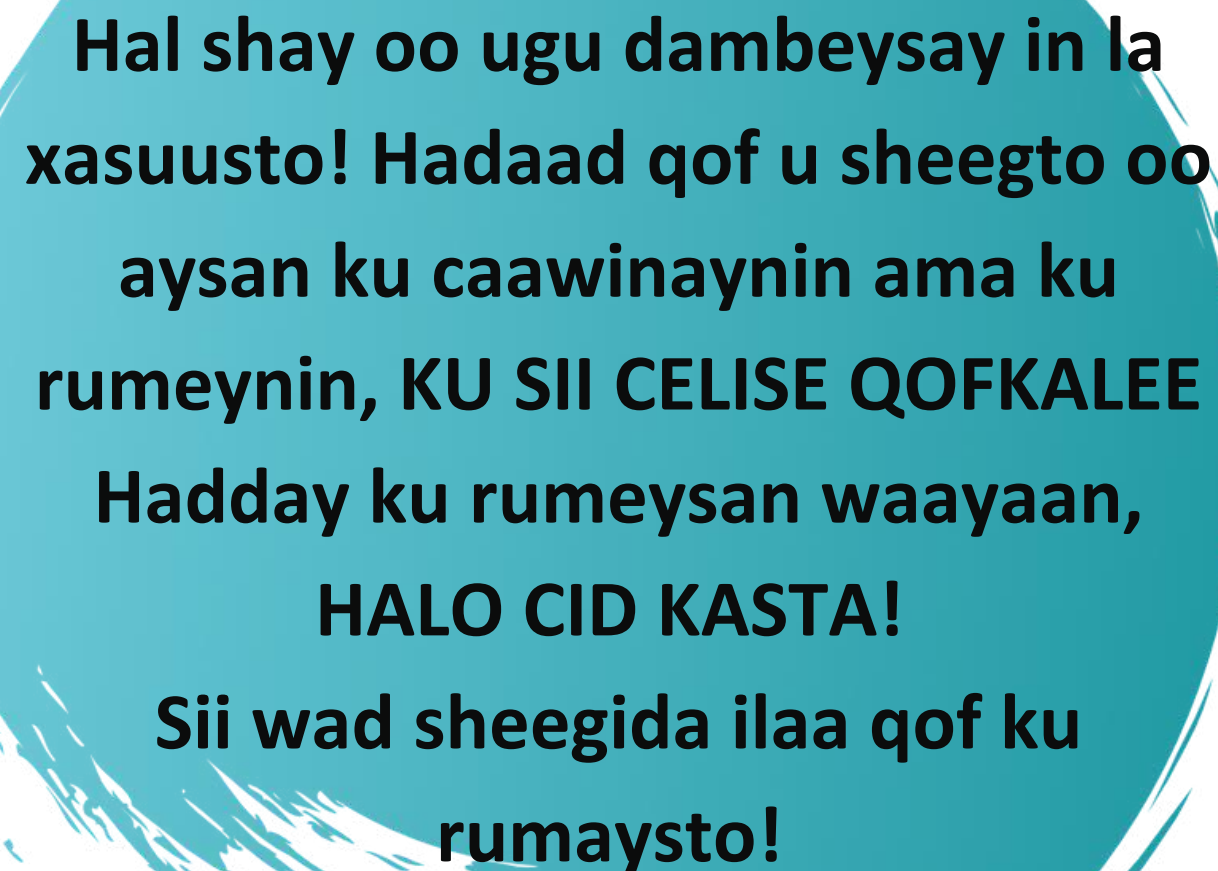
laakiin waa OK- dadka waxay dareemayaan sidan oo kale markay isku dayayaan inay wax ka sheegaan dhibaatooyinkooda

b) Waa kugu adkaan kartaa inaad raadiso ereyada saxda
ah laakiin kaliya u sharax sida ugu wanaagsan ee aad awoodid

Wadnahaaga dhaqso ayuu garaacayaa codkaaguna wuu gariiri karaa -
laakiin si tartiib ah u hadal hadal neefsasho oo tartiib ah

d) waxaa kuu fududaan kara inaad wax yar ka hadasho dhowr maalmood maalmo
gudahood Macno malahan sida aad u sheegto -
ilaa iyo inta waxaad sheegaysaa

e) waxaa kuu sahlan inaad qorto dhibaataada
ka dibna u gudbi qof weyn oo aamin ah



Hal shay oo ugu dambaysay in la xasuusto! Hadaad qof u sheegto oo aysan ku caawinaynin ama ku rumeynin, KU SII CELISE QOFKALEE Hadday ku rumeysan waayaan, HALO CID KASTA! Sii wad sheegida ilaa qof ku rumaysto!



Jacaylku waa mid jilicsan oo naxariis leh.

Waxay kuxirantahay daryeelka, wadaaga, iyo is aaminaadda.

Waxaan jecel nahay inaan waqti la qaadno dadka aan jecel nahay waxaanan jecel nahay inaan wax wada qabanno tusaale ahaan:

Akhrinta Quraanka

Akhrinta Buugaagta

Ciyaarista

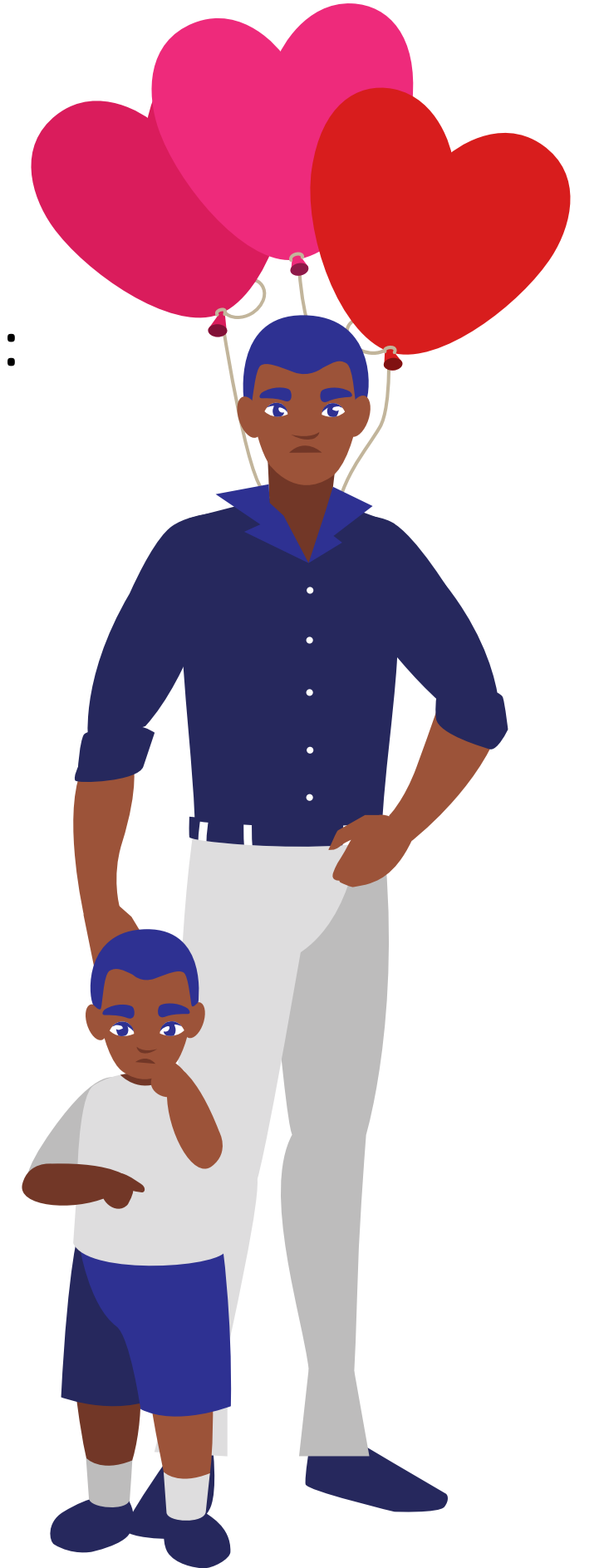
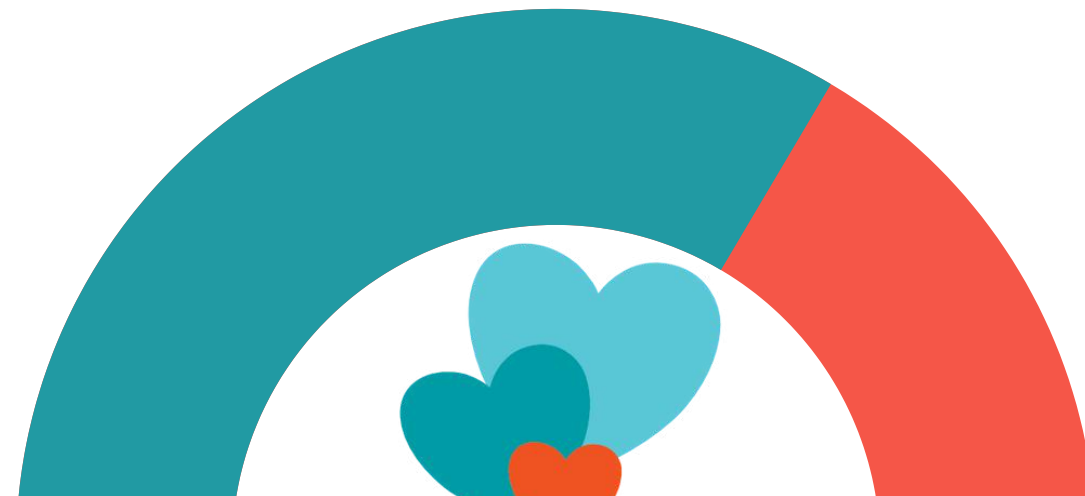
Ciyaaraha

Qaadashada lugeeynta

Qaadashada Dhageysiga Muusikada

Cunno karinista

Daawashada TV-ga ama filimada



Qor qaar ka mid ah waxyaabaha aad jeceshahay inaad la sameyso dadka aad jeceshahay ama sawir ku sawir waxa aad jeceshahay inaad inta badan sameyso.





Marka dadku kuu daryeelaan waxay u baahan yihiin inay hubiyaan in:

1. lagu jecel yahay
2. Waxaad haysataa cunno kugu filan oo aad cunto
3. Waxaad haysataa dhar nadiif ah
4. Waad nadiifisaa ilkahaaga
5. Waad cadayanaysaa timahaaga
6. Qubays baad leedahay
7. Waxay kaa caawinayaan dhibaatooyinkaaga
8. Waxay u joogaan inay kaa caawiyaan haddii aad murugeysan tahay



Waa muhiim in si fiican lagu daryeelo si aad u korto farxad iyo CAAFIMAAD iyo XOOG





MAYA!!!

Dheh MAYA sirta

Aynu baranno sidaa " Maya dheh si qarsoodi " .

Mararka qaarkood markay dadku wax kuu yeeraan ama isku dayaan inay taabtaan qaybahaaga gaarka ah waxay ku weydiisan doonaan inaad qarsoodi u dhigto. Marka, waxaan u baahanahay inaan baranno qaanuunka "Waxaad dhahdaa MAYA Sirta".

Marka dadka samaynaya waxyaabo ay ku dhaawacaan, iyagu ma doonayaan inay dadka kale ogaadaan waxay samaynayaan.

Marka waxay isku deyi doonaan inay kuu sheegaan waxyaabo aan run ahayn:

Waxay dhihi karaan:

- a) Dadku ku dhageysan maayaan HA AAMINNIN AMA RUMEYSAN
- b) Dadku waxay oran doonaan waa qaladkaaga HA AAMINNIN AMA RUMEYSAN
- c) Dadku mar dambe ku jeclaan maayaan ... HA AAMINNIN AMA RUMEYSAN
- d) Dhibaato ayaad ku gelaysoo ... HA AAMINNIN AMA RUMEYSAN
- e) Waan ku dhaawici doonaa hadaad sheegto ... HA AAMINNIN AMA RUMEYSAN
- f) Waxaan dhaawici doonaa qof reerkaaga ka mid ah... HA AAMINNIN



Musiiboyinka waxay ku saabsan yihiin FUN! MAYA MAYAHAY IN AAD SAMEEYO

Goobaab geli haddii ay tahay wax sir ah ama la-yaab.

1. Waxaan qayb gaar ah u leenahay dhalashadayda Hooyo.

Sirta

Qarsoon

2. Waxaan rabaa inaad ila socoto, yaanan u sheegin Hooyo iyo Aabe.

Sirta

Qarsoon

3. Waxaan rabaa inaan ku dubay keega walaashaada ah.

Sirta

Qarsoon

4. Aan ciyaarin ciyaar taabaneysa laakiin waa inaan cidna u sheegin..

Sirta

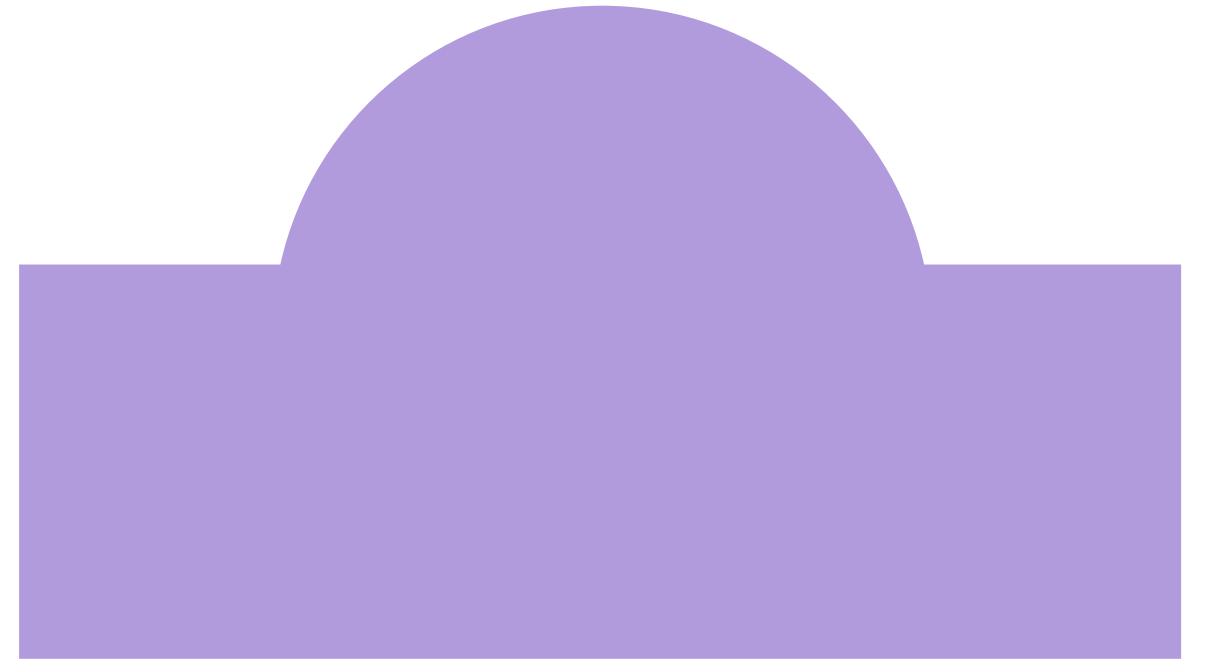
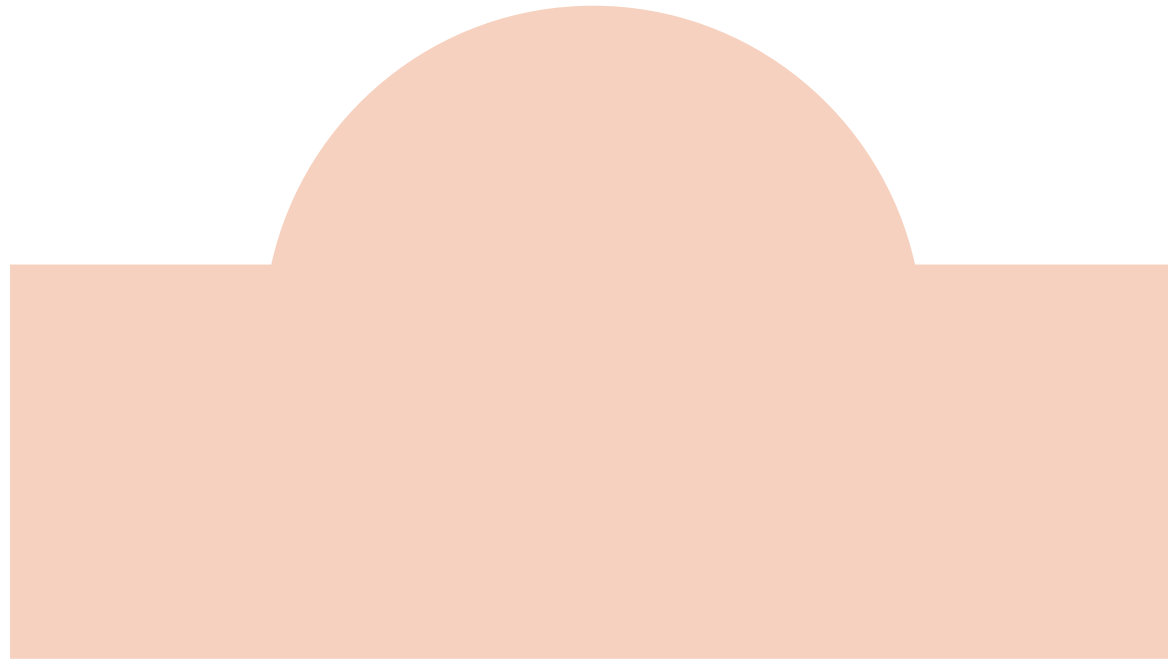
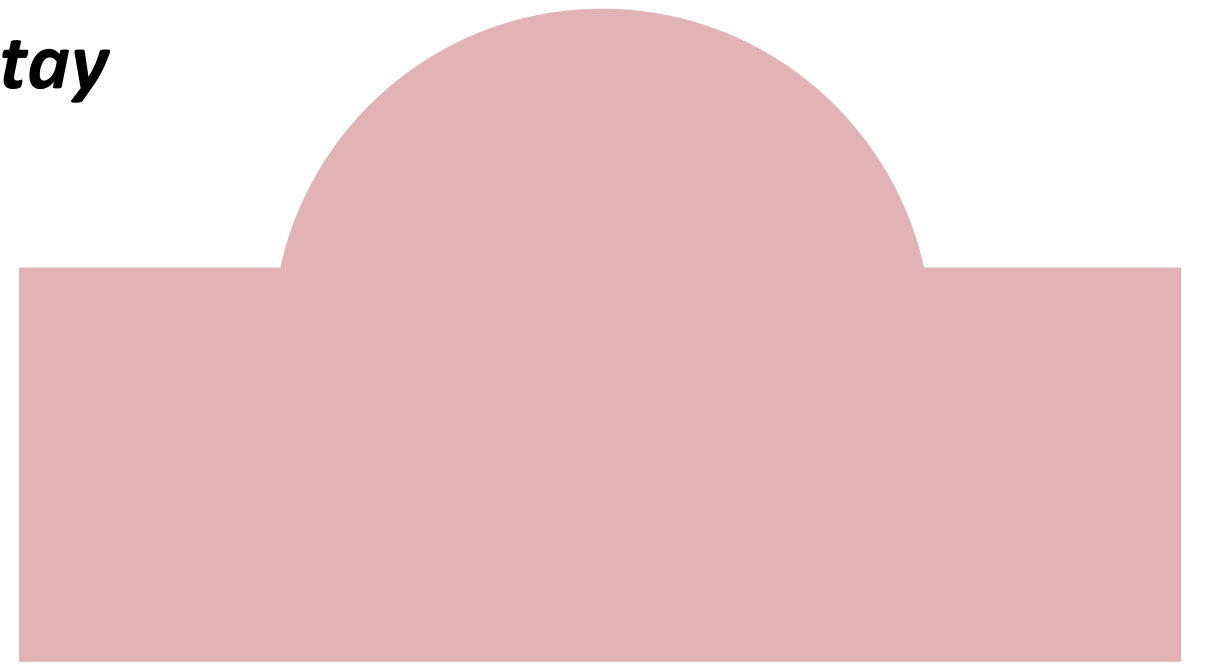
Qarsoon

Haddii qof wax kaa yiraahdo wax ku xumeeyaa, aad dareento raaxo la'aan ama ay taabtaan qeybahaaga gaarka ah oo ay kuu sheegaan inaad sirtaada u xafidid,

Dhaho MAYA oo u sheeg qof weyn oo aamin ah.



***Qor lix waxyaabood oo aad baratay
si aad u ilaaliso jirkaaga!***





Keep safe everyone !!

My Body Is My Body

