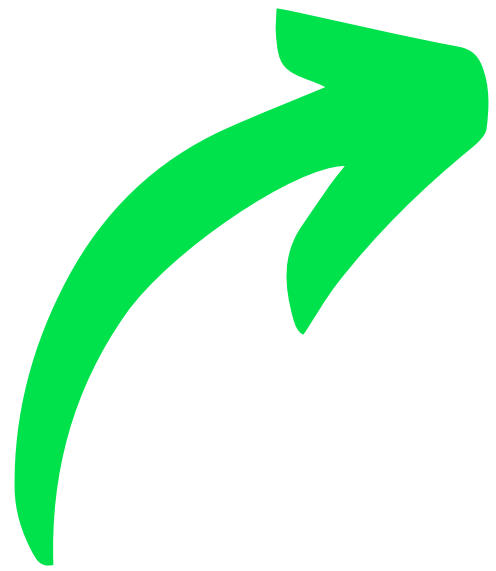


Ma sahlana barashada luuqad kugu cusub.

Ka joog inaadan ku dhegin qadka **gaduudan!**

Dhacdooyinka aan sahlaneyn



Dhaqsaha luuqada hadalka?

Imtixaan!!!

Jamac, Jumlo?

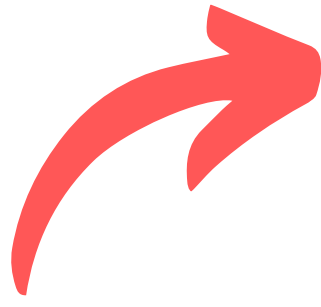


Hab dhaqameed wanaagsan

Bareeg baan qaadan, waana is
baxnaanin
Wakhti ayaan siin inaan waxbarto
Mar kalaan isku dayi
Siyaabo farxad leh oon finnishka ku
bartana waan raadin

Fikradaha wanaagsan

Ma dhowa arrinkan, balse waan gaari karaa!
Waxaan wax ku baranayaa taakteyda
Waxaan ku socdaa jiho sax ah

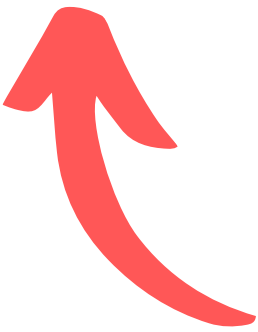


Hab dhaqameedka xun

Waxba haba baran
Quusasho
Saa'id ayaan wax u bartaa, sidaa
darteed waan necbahay
waxbarashada

Fikradaha qaldan

Weligeey baran mayo finnish!
Tani suurogal ma aha
Kuma wanaagsani tan
Inta kale ayaa dhaqso iga hor baratey



Dareenka aan wanaagsaneyn iyo falcelinta jirka

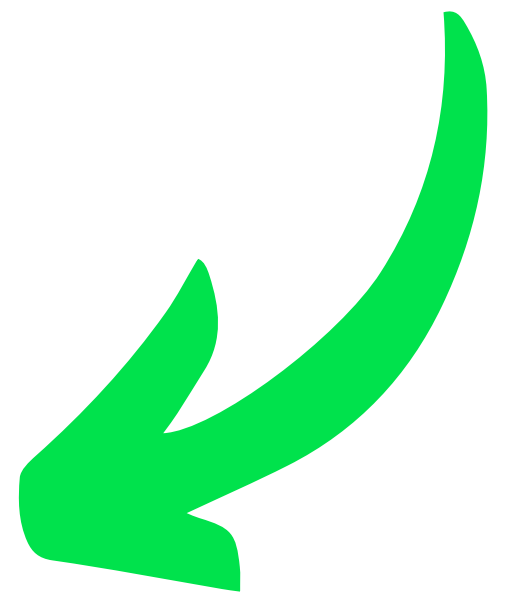
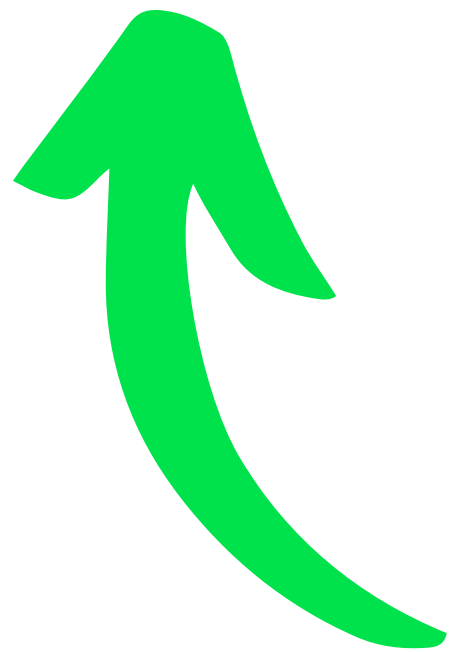
Dareenka: cirriiri, jahwareer, qalbi jab, caro, niyad jab

Falcelinta jirka: hurdo la'aan, foojignaani la'aan, xasuus xumo, murqo xanuun

Dareenka wanaagsan iyo falcelinta jirka

Dareenka: nafis, dulqaad, geesinimo, aqbalid, isku kalsooni

Falcelinta jirka: hurdo wanaagsan, foojignaani fiican, xasuus wanaagsan, dabacsanaan jirka



Haddii aad si wanaagsan wax u baraneyso isla mar ahaantaasna
ka shaqeyneyso ladnaanshahaaga,

qadka **cagaaran** ee wanaagsan ka gal!



Qadka cagaaran qaado

Garashada fikirkaaga

Fikirku waa arrimaha, kuwaasoo aad nafsadaada la wadaagto sida, "tani ma sahlana, laakiin waan awooda" fikirkuna saameyn weyn buu ku leeyahay waxa aad sameyneyso. Fikirka ku caawinaya kuna dhiirigalinaya inaad wax barato waa maxay?

Saddex fikir oo igu dhiirigalinaya ina caawinaya inaan wax barto:

1. _____
2. _____
3. _____

Garashada jirkaaga

Barashada luuqada ma aha waxay u baahan tahay maskax keliya. Waxaa fahankaagu wanaagsanaanayaa markaad joogto aad u aalamiiteyso, hurdo wanaagsan seexato, cunto nafaqa leh cunto, fayodhowrka jirkaaga ka shaqeyso ayaad si wanaagsan wax u baran kartaa.

Saddex arrimood, kuwaasood ku horumarin kartid fayodhowrka jirkaaga:

1. _____
2. _____
3. _____

Garashada dareenka:

Marxadaha waxbarasho waxaa la xiriira inta badan culeysyo dareen aan wanaagsaneyn. Taasi waa wax caadiya. Dareenku marna waa la dareemaa marna lama dareemo. Qofina had iyo goor iskama faraxsana. Farxad daro markaad dareento, waxaad kaga gudbi kartaa inaad garato waxa sababaya. Waxaad ka dhigan kartaa "In aad markaas wajahdey jaho wareer" Markaa waxaad yeeshaa inaad nafisto qunyar neefsato, kadibna aad ogaato tan inuu wakhti yar kadib ku deynayo

Saddex dereen, taasoo suural "wakhti yar"dareento, markii aad baraneyso luuqada finnishka:

1. _____
2. _____
3. _____

Garashada hab dhaqanka

Maxaad sameysaa, markaad culeys dareento? Ma shaqo aad u badan ayaad sameysaa kadibna kuga keenta dareenka xun? Ma ka hortaktaa inuu culeys kusoo fuulo iyo shaqo? Hab dhaqan sidee ah ayaa ku caawiya si ay howshaadii kuugu qabsoonto?

Saddex arrimood, kuwaasoon aan sameyn igana caawinaya aniga inaan waxbarto:

1. _____
2. _____
3. _____