

Abril 20, 2020

## 10 Tilmaamo Caafimaadka Maskaxda ah oo loogu talagalay kala durkinta Bulshada ee Coronavirus

(exerpt from <https://womensmentalhealth.org/posts/covid-19-outbreak-flattening-the-anxiety-curve/>.)

- Kala durkinta bulshada macneheedu maaha kala durkinta mooraalka
- Jadwal nasasho oo joogto ah oo aad awoodi karto oo aad faaruqiso jadwalkaaga intii suurogal ah
- Jimicsi ama samee dhaqdhaqaaq maalin kasta
- Akhri buug ama iskuday inaad wax cusub barato maalin kasta
- Wakhti sii waqti wanaagsan oo ku habboon qoyskaaga
- U ogolow naftaada in aad keligaa meel joogto, xitaa haddii ay tahay dhowr daqiiqo ka dib marka aad carruurta sariirta gayso
- Isku day yoga, ka meediteeshin ama nasasho
- Xusuusnow waxyaalaha aad runtii ku raaxaysato sameyntooda iskuna day inaad ku samayso guriga
- Yaree in aad daawato TV-ga iyo wararka internetka
- Biyo dhexgal ama qubeysa maalin walba

Oo xasuusnow:

- Xaaladu way soo fiicnaan doontaa, oo ay dib ugu laaban doontaa sidii caadiga ahayd
- Dadka intooda badani way wanaagsan yihiin, dadkuna way adkaysan doonaan oo ay is caawinayaan
- Waxaad tahay qof adkaysi leh, waxaad kasoo gudubtay caqabado hore; tani waa mid cusub.
- Tani waa xaalad gaar ahaan la yaab leh oo aan horay loo arag; qosolkaa ku caawinaya.
- Si fiican ugu noolow wakhti xaadirkan, ka fikir maanta, wax yar uun ka fikir saddexda maalmood ee soo socda, xitaa wax ka sii yar ka fikir usbuuca soo socda; Xaddid ka fikirka wax ku saabsan bilaha soo socda ama sanadaha soo socda, hadda.

"Ula hadal caruurtaada sidii inay yihiin kuwa ugu caqliga badan, ugu naxariis badan, ugu quruxda badan baniadamka uguna xirfada badan Dunida, madaaa waxa ay rumaysanyihiin uu yahay waxa ay noqon doonaan."  
Brook Hampton

## Kinetic Sand

1 koob ciid yaryar ah

1/2 nus qaado budada istaarji ah

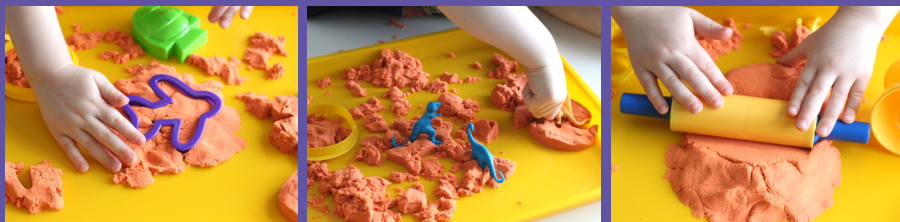
1 qaadada shaaha oo saabuunta weelka ah

Weel ku shub oo sku qas qaybaha ka dibna qallaji 1-2 saacadood ka hor intaadan u isticmaalin ciyaarta.

## Siyaabo madadaalo ah oo loogu ciyaaro Kinetic Sand

(<https://funlearningforkids.com/10-ways-to-play-with-kinetic-sand/>)

- Dinosaurs-isticmaal caaga dinosaur ah si aad ugu dul socodsiiiso carrada ama ku dhex aas si aad uga soo qodid foosilka ("fossils").
- Ku ciyaar maacuunta jikada- u isticmaal farageeto ama qaaddo si aad u qodid, u isticmaal qori lawax si aad isula sintid.
- koobabka cabbirida - ku shub carada koobabka, ka geddi si aad u dhisto "qalcado"
- Maqaska Playdoh-carada ku gooya kuwan
- Qalabka lagu jaro buskudka- u kala goo goo qaabab kala duwan
- Goosashada jallaatada (Ice cream scoop)-Qaaddada ku soo goo carrada si aad uga samayso kubad malaasan ama aad uga metesho doolshe.
- Jaajuur waaweyn (Mega Blocks)- carrada isku qabqabo si aad uga samayso jaajuur oo uga dhisto qalcad.



## Faa'iidooyinka Yoga

<https://www.parents.com/fun/sports/exercise/the-benefits-of-yoga-for-kids/>

Yoga waxay faa'iido u leedahay dadka da' kasta leh. Isku day in aad yoga la samayso caruurtaada si ay ugu noqoto howl madadaalo u leh qoyska oo dhan.

Yoga waxay kor u qaadi kartaa caafimaad qabka guud iyada oo

- Kobcinaysa dabacsanaanta jirka
- Hagaajinaysa isu dheelitirnaanta iyo iskuduwida
- Horumarinaysa diiradda iyo feejignaanta
- Kordhinaysa isku kalsoonida iyo kalsoonaanta
- Adkaynaysa isku xirnaanta jirka iyo maskaxda

Ka eeg Cosmic Kids Yoga wax ku saabsan yoga, joogitaanka maanka iyo nasashada loogu talagalay caruurta 3 sano jir iyo wixii ka weyn ah.

Ka eeg boggaga 2 & 3 ee hoose si aad u hesho siyaabo kale oo xiiso leh oo yoga loola sameeyo caruurtaada!

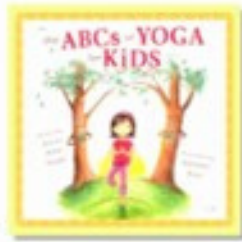


## Koolada Badbaadinta Xayawaanka

(<http://teachersmag.com/posts/animal-tape-rescue-game/>)

Adeegsashada koollada loo isticmalo rinjiyeynta oo buluug ah

si aad ugu dhejiso xayawaanka toyga ah miiska, kursi sare, derbi ama sagxad. Ku dhiirigeli ilmahaaga in uu "badbaadiyo" xayawaanada isaga oo ka fiiqaya koolada. Weydiiso inuu marka hore xayawaan gaar ah soo doorto (tusaale ahaan, xayawaanka liidliid leh ka dibna xayawaan barbaro leh). Tani waa ciyaar wanaagsan oo lagu horumarinayo xirfadaha dhaqdhaqaaqa murqaha yaryar ee jirka.



# ABCda Yoga-da carruurta



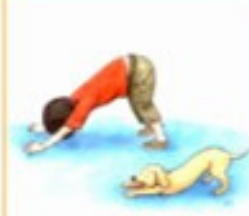
Diyaarad



Balanbaalis



Kobra (mas)



Eey



"Easy Pose"



Rah



Ayaxa



Ilmo faraxsan



Neefta jiid



"Jack In The Box"



Keeyt



Libaax



Doolli/jiir



"New Pose"



Ootar (otter)



Daaus



Boqorad



Carused toy ah



Xuunsho (swan)



Saddex xagal



Uunikaon (unicorn)



Foolkaano



Biyo Dhaca



Eber

# YOGA-DA DEJINTA CARRUURTA



Waan xoog badanahay.



Waan naxariis badanahay.



Waxaan ahay geesi.



Waxaan ahay qof saaxiibtinimo leh.



Waxaan ahay qof caqli badan.

