

Xeeladaha Isdejinta

(exerpt from <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/5-4-3-2-1-countdown-to-make-anxiety-blast-off>)

Qof waliba welwel mar mar wuu dareemaa. Laakiin waxaa jira waxyaabo aad samayn karto si aad u yarayso dareenadaas. Jimicsiyada dejina ayaa kaa caawin kara yaraynta welwelka, maskaxdaada in aad dejiso oo waxayna kaa caawin kartaa inaad ku jeedsato agagaarkaaga wakhtigan xaadirka ah oo aadna ka fogaato waxa sababi kara inaad walwal dareento.

Raadso meel deggan, xoogaa neefta oo u jiid oo isku day in aad isdejiso adiga oo isticmaalaya Shantaada Dareen halkan:

Isku dejinta adiga oo isticmaalaya Shantaada Dareen

Waa maxay:

- 5 WAXYAABAHA AAD ARKI KARTO 
- 4 WAXYAABAHA AAD DAREEMI KARTO 
- 3 WAXYAABAHA AAD MAQLI KARTO 
- 2 WAXYAABAHA AAD URIN KARTO 
- 1 WAXYAABAHA AAD DHADHAMIN KARTO 

Fikradaha:

QORRA XDA
SAWIRKA DARBIGA KU DHEGAN
DADKA
SOCODKA
DABAYL SOCOTA
LUGAHA DHULKA DULSAARAN
QALINQORI GACANTA KUJIRA
SHIMBIRAHA HEESAYA
SAACADDA SOCOTA
HOONKA BAABUURTA
CUNTO KA TIMAADA KAFATEERIYADA
SAABUUNTA DHARKA OO DHARKA DULSAARAN
CAWSKA MAR DHOW LAGOOYEY
NAC NAAC/GEEDKA SHAAHA (MINT)
QURAAAC
DAAWADA CADAYGA ILKAHA

"Ii sheeg oo waan iloobi. I bar oo waan xasuusan. Iga qaybgelin oo waan baran."
Benjamin Franklin



Ulaa Dareenka Taabashada

Usha jallaatada ku koollee waxyaabo uu dareenkooda taabashadu kala duwanyahay ama ka fiiri bogagga 2-3 ee hoos ku yaal waxqabadyo dheeraad ah.

*Sida howlaha aan qabano oo dhan ay yihiin, hubi inaad kormeerayso wakhtiga oo dhan si aad uga hortagto in ilmuhu liqo oo ku saxdo ama shilalka.



Fikradaha Dareenka

Taabashada:

- Duubka Cudbiga (Cotton Balls)
- Dunta duuban sida kubada (Pom Poms)
- Sharooto
- Warqad ciidda
- Cidiyo jaraha sima (Nail file)
- Duubka nacnaca oo maran
- Lego
- Baasto aan la karinin
- Bariis aan la karinin
- Digir aan la karinin
- Riban/Sharaxaad (Ribbon)
- Dun
- Maro
- Caleen
- Batoon/badhan
- Baadadyo/baalal
- Baada wax lagu xiro (Bubble wrap)
- Xariga kabaha
- Inboonji/Isbuunyo
- Xawaash qorfe
- Baag warqad ah

Sharraxaada

fikradaha:

- Kala dhaadeer
- Jilicsan
- Dhogor leh
- Xoq xoqan
- Jilicsan sida xariirta
- Siman
- Adag
- Taagtaagan
- Adag/Qalafsan
- Jilicsan
- Qeylo leh
- Dhalaalaya
- Demsan/aan dhalaan lahayn
- Jaccedsan
- Qodax leh
- Bir ah
- Isla siman
- Midabo leh
- Ur leh
- Dhegdeg leh

Xawaashyada & Dhaldhalaalka

<https://crayonboxchronicles.com/2013/08/16/spice-sprinkles-painting/>

Alaabada loo baahan yahay:

- Digsiga Doolshaha (Cupcake pan)
- Xawaashyo udgoon oo kala duwan iyo dhaldhalaal
- Biyo
- Burushka rinjiga
- Waraaqr

Ku dhiirigeli ilmahaaga in uu biyo ku shubo biyo koob kasta, isku dhex qaso, ursado, oo rinjiyeeyo. Weydii ilmahaaga urka uu jecelyahay/ay jeceshahay, neceb yahay, xusuusinaya cuntooyinka qaarkood.

(MAGACA ILMAHA)

Gacanta ilmahaaga ku sawir ama ka samee sawirkeeda oo rinjiyeysan kadiba qurxi adiga oo isticmaalaya walxaha aad guriga ka heli karto ama deegaanka laga helo:

WAXAA LA DAREEMAYA...

Isku koollee waxyaabaha kala duwan ee aad ka heli kartaan guriga ama deegaanka oo waydii ilmahaaga in uu kuugu faahfaahiyo sida ay tahay sadarka hoose:

