

# DABBAAL-DEGGA ARDAYDA EE FASALKA GUDIHIISA AH

Ku kalmee in fasalkaagu iska daayo in cunto loo isticmaalo abaalmarino. Waxaa la isticmaali karaa hadiyad aan ka koobnayn cunto marka lagu jiro munaasabada dhalashooyinka iyo xafladaha kaleba. Waxyaabahan waxaa ka mid ah:

- Qalin-qori
- Qalimaan
- Kalooraati
- Qalimaanta wax lagu calaamadeeyo (Markers)
- Tir-tire (Eraser)
- Kuubaanno (Coupons)
- Silsiladda furaha lagu xidho (Key chains)
- Xargaha Kabaha (Shoelaces)
- Jijinta gacmaha (gabdhaha)
- Faraanti
- Silsilada Qoorta (gabdhaha)
- Buugaagta Qoraalka
- Buugaagta Wax lagu sawiro
- Waraaqaha dhajiska ah ee (Sticker tattoos)
- Dhuumaha loo yaqaano (Crazy straws)
- Jeestada loo yaqaano (Sidewalk chalk)

**Dib-uga-fikir dabbaal-degyada fasalka sida xafladaha dhalashooyinka, adigoo diiradda saaraya waxyaabo aan ahayn cunto, islamarkaana ku soo kordhinaya fasalka dhaqdhaqaaqyo. Intii aad ilmahaaga usoo dhiibi lahayd doorshe ama waxyaabo macmacaan si uu ula wadaago ardayda fasalka, waxaad samayn kartaa inaad:**

1. Imahaaga ugu soo labbisto dhar gaar ah oo wanaagsan
2. Ilmahaagu doorto ciyaar uu ku ciyaaro qolka jimicsiga ama inta lagu jiro biririfta
3. Fasalka u qabato xaflad qoob-ka-ciyaar ah
4. Macallinka weydiisato in ilmahaaga la siiyo biririf dheeraad ah maalinta xaflada dhalashadiisa
5. Ilmahaaga u soo dhiibto buugga uu jecelyahay si

macallinka ama shakhsi kale uu ardayda fasalka ugu akhriyo

6. Inaad macallinka weydiiso in ilmahaaga loo magacaabi karo xil gooni ah munaasabadda maalinta dhalashadiisa (tusaale, Line Leader, Teacher's Assistant – Hoggaamiyaha laynka, Kalkaaliyaha Macallinka



**Si aad u hesho talooyin badan oo ku saabsan fasal caafimaad qaba, booqo [spps.org/wellness](https://spps.org/wellness)**

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Dib-uga-fikir dabbaal-degyada xafladaha adigoo gabi ahaanba ka joojinaya fasalka ilmahaaga dabbaal-degyada cuntada iyo cabitaanka ah. Sidan ayaa u sahlan, u caafimaad badan una ammaansan ardayda iyo macallimiintaba.

Cunto in lagu dabbaal-dego waxay ka mamnuucaysaa in ardayda qabta xasaasiyada ama xaaladaha caafimaad ay ka qaybqaataan xaflada. Sidoo kale, waxay culays ku tahay qoysaska inay fasalka oo dhan cunto u soo gadaan. Macallinkaaga weydii siyaabo ka sahlan oo haddana BILAASH ah ood ugu dabbaal-degi karto dhalashada ilmahaaga.

## **TOBAN siyaabood oo iskuulka gudihiisa loogu dabbaal-degi karo maalmaha dhalashada iyadoon wax cunta ah ku jirin:**

1. Fasalka u qabo 10 daqiiqo oo xaflad qoob-ka-ciyaar ah
2. Ilmahaaga u soo dhiib buugga uu jecelyahay si macallinka ama shakhsi kale uu ardayda fasalka ugu akhriyo
3. Ilmahaaga ugu soo labbis dhar gaar ah oo wanaagsan
4. Macallinka weydiiso in ilmahaaga la siiyo biririf dheeraad ah maalinta xaflada dhalashadiisa
5. Iskuulka dhexdiisa kula qadee ilmahaaga
6. Fasalka u soo abaabul farshaxan gaar ah
7. Macallinka weydiiso in ilmahaaga loo magacaabi karo xil gooni ah munaasabadda maalinta dhalashadiisa (tusaale, Line Leader, Teacher's Assistant – Hoggaamiyaha laynka, Kalkaaliyaha Macallinka)
8. Samee santuuq gaar ah oo ay ilmuhu isugu diraan tahniyadda dhalashooyinkooda
9. Ilmahaaga fasalka ha la yimaado sairro ama fiidiyowyo ay iyagu leeyihiin si ay fasalka ula wadaagaan
10. Macallinka weydii in ilmahaaga loo qoondayn karo inuu waxyaabo gaar ah oo inta badan aan la isticmaalin uu ku ciyaari karo (sida, baalashuut)



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Sida caafimaadku ku jiro ugu abaal mari ardayda guulaha ay gaaraan!

Abaalmarinnada cunnooyinka ah sida pizza-da iyo nanaca waxay:

- Ilmaha ku siyaadin karaan cayil/baruur
- Ka mamnuucayaan in ardayda qabta xasaasiyada ama xaaladaha caafimaad ay ka qaybqaataan xaflada

**TOBAN talooyin oo ku saabsan xafladaha fasalka gudihiisa ah oo cunto aysan ku jirin:**

1. Bannaanka ku qaado wakhti dheeraad ah adigoo ciyaaraya
2. Fasalka u qabo xaflad qoob-ka-ciyaar ah
3. Fasalka u soo abaabul mashruuc farshaxan ah oo gaar ah
4. Dhar gooni ah u dooro munaasabada maalinta (sida, Pajama Day, ama inuu ardaygu u soo labisto sida jilaaga uu jecelyahay)
5. Ku ciyaar waxyaabo gaar ah oo inta badan aan la isticmaalin (sida, baalashuut, scooters)
6. Samee ciyaarta (scavenger hunt) oo ah in wax la qariyo oo fasalka laga dhex raadiyo
7. Fasalka u qabo bandhig kartiyeed tayeysan
8. Wakhti dheeraad qaado
9. Dooro safar gaaban oo waxbarasho oo gaar ah
10. Muusiko dhageyso marka aad shaqeynayso

