

## Waxbarasho Wadajir ah Tallaabo kasta oo la qaado

MAGAALADA TORONTO | KOOXDA ADEEGGA CARRUUNIMADA HORE: COMMUNITY LIVING TORONTO | XARUNTA MEESHA SURREY (SURREY PLACE CENTRE)

### **XAANSHI TILMAAN-BIXINEED**

## Hannaanka Kala Horreysiinta Waqtiga Cuntada Fudud

Carruur fara badan ayaa u baahan taageero markay baranayaan xirfado cusub. In loo kala qaado xirfad tallaabooyin aad u yarna waxay ilmaha ka caawin kartaa inuu barto halkii marba hal tallaabo. Tiro ahaan inta tallaabo oo xirfad ama hawl loo kala qaadayana waxay ku xiran tahay baahida ilmahaaga.

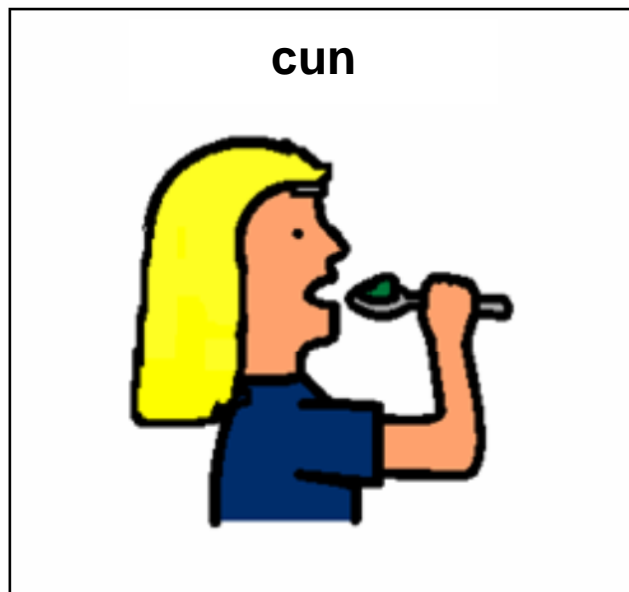
Waxaa suurtagal ah inaad siiso ilmahaaga nidaam muuqaal ah oo kala horreeya. Taasina asal ahaan waxa weeye sawirro taxane ah oo ku tusinaaya tallaabooyinka lagama maarmaanka u ah in la dhammasystiro hawl. Waxaanad isticmaali kartaa sawirro dhab ah, sawirro xarriijin ah, ama astaamo sawirro ah. Marka aad isticmaalayso nidaam muuqaal ah oo kala horreeya, ku dheji meel la siman aragtida

indhaha ilmahaaga, fatana ku fiiq, oo akhri tallaabada ka hor intaadan dhammaystirin hawsha.

Waxaa kale oo aad isticmaali kartaa sawirrada si aad u samaysato ciyaar adiga kuu gooni ah oo leh nidaam kala horeeya. Si hawl yari ah u daabaco sawirrada, kana jar meeshay ku yaallaan, ilmahaaguna haku tababbarto asagoo tallaabooyinku siday isugu xigaan u kala hormarinaya. Waxaa kale oo aad samayn kartaa ciyaar wax la is-waafaqsiiyo adigoo labo nuqul (koobi) ka samaynaya hannaanka ay wax isugu xigaan. Hal nuqul si nidaamsan ugu dheji xaanshida dhismaha (construction Paper) nuqulka kalena ha isticmaalo ilmahaagu si uu isu waafaqsiiyo isulana doonto kaararka isku midka ah.

***Halkan waxa ah tusaale muujinaya hannaanka loo kala hormariyo waqtiga 'cuntada fudud' lana isticmaalo marka la joogo guriga.***





*Hannaanka Kala Horreysiinta Waqtiga Cuntada Fudud, waa socotaa*

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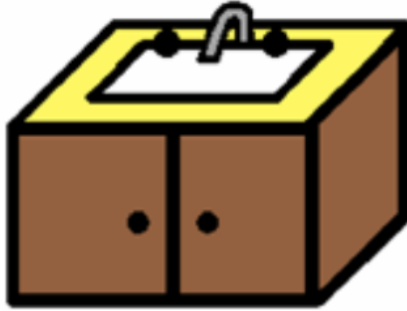
**cab**



**Xoor qashinka**



**Suxuunta ku rid  
meesha weelka lagu  
dhaqo**

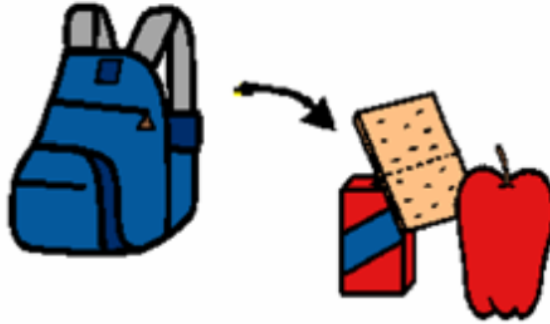


*Halka waxa ah tusaale muujinaya 'waqtiga cuntada fudud' lana isticmaali marka la joogo dugsiga.*

**Soo qaado  
shandadda  
buugaagta**



**La soo bax  
cuntada fudud**



**cun**



**cab**



**Xoor qashinka**



