

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 Tababbarka Musqusha

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, fartana ku fiiq sawirka, oo akhri

tallaabada ka hor intaadan dhammaystirin hawsha adigoo adeegsanaya cod aad u sarreeya.

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 ssamaynaya hannanka ay wax isugu xigaan. Si isku mid ahna ugu dheji hal nuqul 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 kala horreysiinta 'tababbarka musqushu' siduu isugu xigo lana isticmaali marka la joogo guriga:



**Hoos u dhig
kastoomada**



**Ku fariiso kursiga
musqusha**



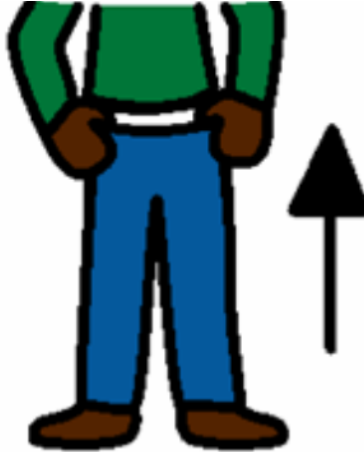
**Qaado istiraashada
musqusha**



Sare u qaad kastoomada



Sare u qaad surwaalka



**biyo raaci
saxarada**

