

# Waxeynu Noqon Karaa Qaar Xallila Dhibaatooyinka

*Marka Aynu Guriga Joogno!*



Waxaa qoray Meghan von der Embse, Rochelle Lentini,  
Rachel Anderson, Anne Wimmer, & Sarah Payton

Waxaa af Soomaali ku turjumey Yussuf Mohamed Issa

## ChallengingBehavior.org

The reproduction of this document is encouraged. Permission to copy is not required. If modified or used in another format, please cite original source. This is a product of the National Center for Pyramid Model Innovations and was made possible by Cooperative Agreement #H326B170003 which is funded by the U.S. Department of Education, Office of Special Education Programs. However, those contents do not necessarily represent the policy of the Department of Education, and you should not assume endorsement by the Federal Government.

Pub: 11/04/20



Wali dhibaato ma ku qabsatey?



Qof kasta wey ku dhacdaa. Dhibaatooyinku mararka qaar kood waxey keeni karaan in aynu dareeno murugo, cadho, maangad (wareer), ama jihowareer.



**Murugo**



**Cadho**



**Maangad (wareer)**



**Jihowareer**

Haddii aan dhibaato qabo, wax baan ka qaban karaa.  
Waxaan tijaabin karaa xal iga caawin kara dhibkeyga.



Haddii ay dhibi i hayso, ugu horeyn waa in aan is  
wediyo wuxuu dhibku yahey oo aan fakiro...

**Dhib teydu maxey tahey?**



**Talaabada 1**

Waana in aan ka fakiro si aan u sahlo dhibka...

**Ka fakir, ka fakir, ka fakir xal.**



**Talaabada 2**

# Eeg xalalkan aan isku dayi karo qaar ka mid ah!

**Sug mar kaaga**



**Soo qaaddo  
goor sheegto**



**Wadaag**



**Dheh, "Ma ila  
ciyaari kartaa?"**



**Dheh, "Fadlan, jooji"**



**Dalbo caawimo**



**Hab isii dheh  
(Laabta igu qabo)**



**Isticmaal weedho  
naxariis leh**



**Wakhti qaado  
nasasho ah**



Maxaa dhici kara haddaan isku dayo  
inaan isticmaalo xalal keygan...

**Ma dhib baa ka iman karta?**

**Siduu qof waliba dareemi karaa?**



**Talaabada 3**



Ka dib...  
**isku day!**

Haddii uu xal keygu shaqeyn waayo waa  
inaan ka fakiro, fakiro, fakiro xal kale.



**Talaabada 4**

Aynu isku dayno in aynu  
noqono qaar xallila  
dhibaatooyinka...

Wixii bey iga qaateen.



Kali ayaan ahey waxaanan  
rabaa in aad ila ciyaartid.

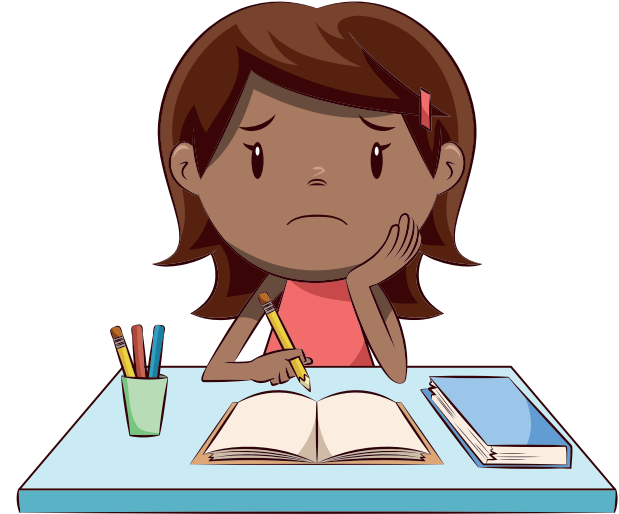
Waan maan gadmey  
(wareerey).



Wey i dhibayaan.



Tani aad ayey iigu adagtahey.



Kaligey ayaan rabaa tan inaan ku ciyaaro.



Dareen keygii ayey wax u dhimeen.



# Talaabooyinka Xallinta Dhibaata



Waxeynu baraneynaa maalin kasta in  
aynu noqono Dhib Xaliyayaal!



# Tusmeyn Waalidka ah: Suuradeynta Dhibaatooyinka



Si mug leh oo lagaga qeyb noqon karo xal raadiska dhibaatooyinku waa isticmaalka suuradaha iyo sheeko xariirta ku saabsan dhibka iyo xal u raadis kiisa kala duwan ee ay caruurtu fahmi karto, adeegsanna karaan. Istimaal kaadhahka suuradeynta si aad u aliftid sheeko.

- Adiga iyo ilamhaagu wada eegga sawirka.
- Kala sheekeyso ilmahaaga sawirka. Waxaad odhan kartaa:
  - “Eeg, wey wareertey! Dhib ayaa heysata.”
  - “Aad ayuu u rabaa tooyga. Waxaan ka yaabanahey waxa uu inan kaasi sameyn lahaa ee uu ku xallili lahaa dhibkaa?”
  - “Sida gabadhan oo kale ayaad u murugooneysey. Ma xasuusataa sidaad u rabtey in laabta lagu galiyo?”
  - “Maxaad ku aragtaa sawirkan. Waxey u eeg tahey in caruurtani ay isticmaalayaan kalmado qalafsan. Waxaan ka yaabanahey caruurtani waxey sameyn lahaayeen si ay u xallilaan dhibaatooyin kan?”
  - “Eeg sawirkaa. Waxaan u qabaa in ilmahani uu wareersan yahey. Wuxuu sawirku leeyahey “tani aad ayey iigu adagtahey”. Ma xasuusataa markii aad sameysey \_\_\_\_\_ taasi aad ayey kuugu adkeyd? Waxaan ka yaabanahey waxa uu ilmahani sameyn lahaa ee uu ku xallili lahaa dhibkan?”

Marka aad ilmahaaga kala hadleysid sawirada, waxaad leedahey iyo halka fahamka ilmuhu taagan yahey ha isu dhigmaan. Tusaale ahaan, u isticmaal sheeko caruureed fudud ilmaha afkiisu ama faham kiisuba kooban yahey.

# Tilmaammaha Bushqada Xalka



1. Daabaco/brint gareyso sawirada Bushqadda Xalka ama ku xareyso teleefen kaaga sawiradan. Sawirada qaradooda waxaad ku adkeyn kartaa haddaad bac ku dahaadhid, ku xabkeysid kartoon, ama aad waraaqaha wax laga dhex arko dhex galisid.
2. Akhri Waxeynu Noqon Karaa Qaar Xallila Dhibaatooyinka Marka Guriga Aynu Joongo! Tani waa sheeko aad ilmahaaga ku bareyso Talaabooyinka Xalinta Dhibka..
3. Ku bilow ilmaha Bushqadda Xallinta/Maareynta adoo dhowr wax oo kaliya maareyn tooda mar kiiba soo qaadanaya.
4. Meel ilmuhu ka arki karo dhig bushqada xalinta/maareynta si uu markasta u isticmaali karo (sida adigoo soo sudhaya gidaarka, ama ku xareysta tablet kaaga).
5. Xasuusi caruurtu iney isticmaalaan Bushqada Xalka marka ay rabaan in ay xallilaan dhibaatooyin.
6. Sii dhiri galin badan marka ilmahaagu isticmaalo Bushqada Xalka.
7. Koolkooli ilmahaaga marka uu isticmaalo Bushqada Xalinta (tusaale, “Bal eeg, waxaad isticmaaleysaa Bushqada Xal Raadinta si aad u xallishid dhib).



# Bushqadda Xalka/ Maarenyta

Sug mar kaaga



Soo qaaddo  
goor sheegto



Wadaag



Dheh, "Ma ila  
ciyaari kartaa?"



Dheh, "Fadlan, jooji"



Dalbo caawimo



Hab isii dheh  
(Laabta igu qabo)



Isticmaal weedho  
naxariis leh



Wakhti qaado  
nasasho ah

