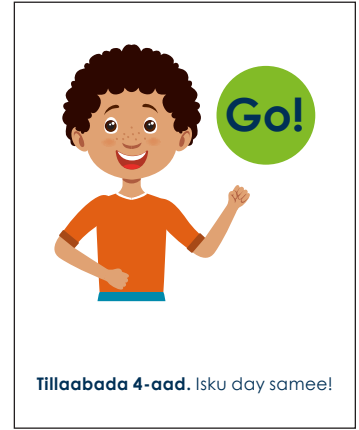
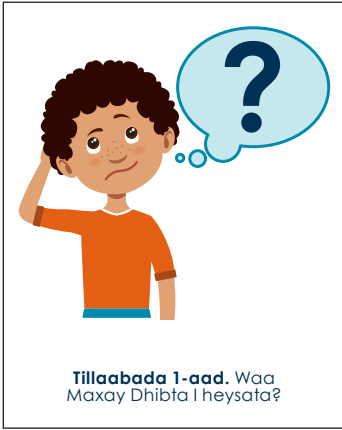


Tillaabooyinka Xalinta Dhibaataada



Barista tillaabooyinka Xalinta Dhibaataada

Marka ay isku dhac wajahaan carruur badan ayaa ku dhib qaba in ay xal haboon la yimaadaan. Waxa ay u dhaqmi karaan qaab caro leh ama waxa ku jahawareeraan in ay xalka ugu toosan ka gaaraan marxalada markaasi heysata. Carruurta waxa ay u baahan yihiin in si muuqata loo baro tillaabooyinka xalinta dhibaataada, in ay awood u yeeshaan in ay dhinacyo badan arrinta ka fiiriyaan, iyo in ay fahmaan in xalku leeyahay cawaaqib. Macallimiintu waxay isticmaali karaan Wiilka ama Gabdhaha Xallinta Dhibaataada iyo Kaararka Qalabka Xalka.

Qalabka Xalka

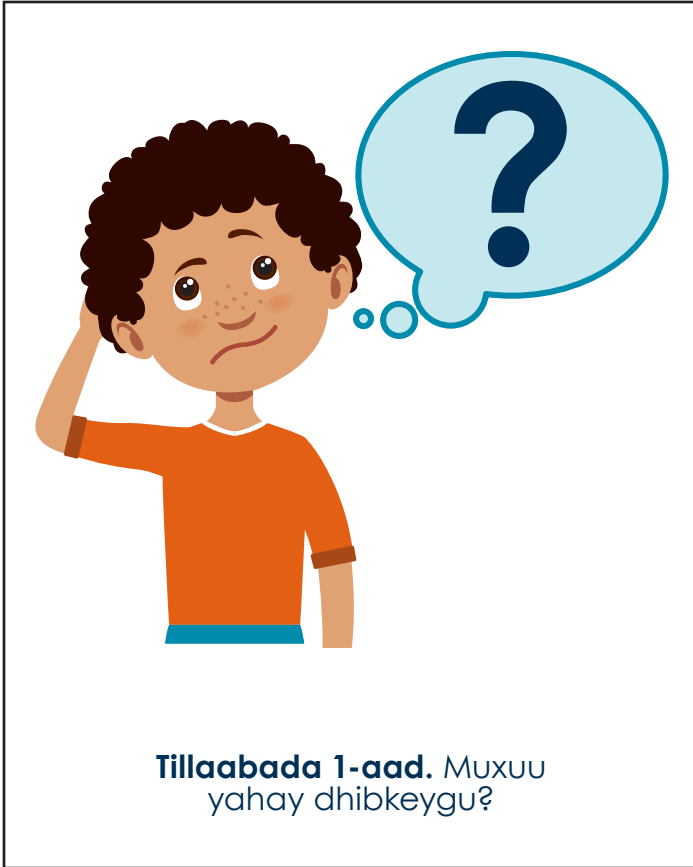
https://challengingbehavior.cbcs.usf.edu/docs/SocialEmotionalSkills_solution-kit.pdf

Bar tillaabooyinka adigoo:

- ▶ Adigoo door ciyaaraya inta lagu jiro Waqtiga Wareegga
- ▶ Isticmaal Boonbaleyaal
- ▶ Adigoo heysta muuqaallo muujinaya tillaabooyinka xalinta dhibaataada ee lagu dhajiyo qolka dhexdiisa
- ▶ Wado u fur xirmooyinka xalka ee qolka ku jira
- ▶ Si ula kac ah u qorshee dhibaatooyin si aad uga caawiso carruurta in ay leyliyaan xalinta noocyada dhibaatooyinka oo dhan



Tillaabooyinka Xalinta Dhibaataada



Problem Solving Steps



Tillaabada 1-aad. Muxuu yahay dhibkeygu?



Tillaabada 2-aad. Feker, feker, oo ka feker xoogaa xalal ah.



Tillaabada 3-aad. Maxaa dhici lahaa haddii...?
Ma noqon laheyd mid bedqabta?
Cadaalad ma ahaan laheyd?
Sidee buu qofwaliba dareemi lahaa?



Tillaabada 4-aad. Isku day samee!