



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 Meyrista Gacmahayga

Carruur fara badan ayaa u baahan taageero markay baranayaan xirfad cusub. In loo kala qaado xirfad tallaaboojin 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 surtagal ah inaad siiso ilmahaaga nidaam muuqaal ah oo kala horreeya. Taasina asal ahaan waxa weeye sawirro taxane ah oo ku tusinaaya tallaaboojinka lagama maarmaanka u ah in la dhammaystiro hawl. Wuxaanad isticmaali kartaa sawirro dhab ah, sawirro xarrijin ah, ama astaamo sawirro ah. Marka aad isticmaalayso nidaam muuqaal ah oo kala horreeya, ku dheji m eel la siman aragtida indhaha ilmahaaga, fartana ku fiiq sawirka, oo akhri tallabada ka hor intaadan dhammaystirin hawsha adigoo adeegsanaya cod aad u sarreya.

Waxaa kale oo aad isticmaali kartaa sawirrada si aad u samaysato ciyaar adiga kuu gooni ah oo leh nidaam kala horreeya. Si hawl yari ah u daabaco sawirrada,

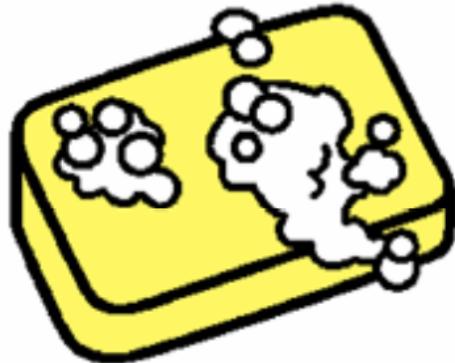
kana jar meeshay ku yaallaan, ilmahaaguna haku tababbarto asagoo tallaaboojinku siday isugu xigaan u kala hormarinaya. Waxaa kale oo aad samayn kartaa ciyaar wax la is-waafaqsiiyo adigoo labo nuqul (koobi) ka samaynaya hannaanka ay wax isugu xigaan. Si isku mid ahna ugu dheji hal nuqul xaanshida dhismaha (construction paper) nuqulka kalena ha isticmaalo ilmahaagu si uu isu waafaqsiiyo isula doonto kaaranka isku midka ah.

Bar ilmahaaga siduu u meyrto gamcahiisa kadib markuu isticmaalo musqusha, cunto-cunista ka hor iyo kadibba iyo hawlo kharbudaad ah kadib. Mushqusha dugsiga ilmahaagu wax ka barto ama meesha carruurta lagu hayo wuu ka duwanaan doonaa tan guriga ee uu u bartay. Sidas darteed, waxa waajib ah inaad tustid siduu u isticmaali lahaa meesha ay ku jirto saabuunta dareeraha ah iyo qalabka lagu qallajisto gacmaha. Haddii dugsiga ilmahaagu dhigtaa uu isticmaalo tuwaallo ka samaysan xaanshi (waraaq), xasuusi ilmahaaga inuu ku rido qashin-qubka markuu dhammaysto qallajinta gacmahiisa.

Halkan waxa ah tusaale muujinaya siduu u kala horreeyo hannaanka 'gacmo-meyristu' lana isticmaalo marka guriga la joogo:



**qaado
saabuun**



**gacmaha
dhaqo**



xir biyaha



qallaji gacmaha

