

Tirinta

Shaxda Ikhtiyaarka

Ilmahaaga waxa aad u sheegtaa inuu doorto hal ama wax ka badan oo hawlahaa hoose ah. Waxa aad samaysaa ikhtiyaar oo waxaad daba gashaa xirfadaha muhiimka ah ee garaadka iyo hormarka dareenka bulshada. **Waxa aad ka doorataa hawlahaa soo socda si aad u ogaato ilaa inta uu ilmahaagu tirin karo.**

Su'aalaha La Waydiinayo:

- Waxa aad ka dalbataa ilmahaaga inuu tiri ilaa inta uu karo. Waxa aad ku bilawdaa inaad tidhaahdo, "Kow, laba, sadex..."
- Waydii, "Lambarkee ayaa ka danbeeya lixda? Ka danbeeya sadex? Ka danbeeya shan?"
- Waxa aad siisaa ilmahaaga 20 shay oo uu tiriyo. Dheh, "Tiri [shayada]." Marka uu ilmahaagu dhameeyo tirinta waydii, "Isu gayn waa imisa?"

Tilmaamaha	Tirinka	Tirinta Bood	Tuurista Buufinta:
<p>Qoyska: Hel fursad aad ku tirisaan maalinta oo dhan. Ku dhiiri geli ilmahaaga inuu taabto ama uu farta ku fiiqo shayada inta aad tirinaysaan. Waa inaad madadaalo ka dhigtaa oo aad taabataan. Waxa aad heshaan shayo ilmuuu uu jeelaan lahaa in la tiriyo. Caruurta yaryar waxay badanaa ku dhacaan tirooyinka "teen (dhawr iyo tobanada): (13, 14. iwm.) marka ay barnaayaan. Waxa aad aad ugu fiirsata bar barashada tirinta 11-20.</p>	<p>Ilbidhiqsiyada: Ilmahaagu haku nasiibiyoo inta ilbidhiqsi ee ay qaadanayso in la dhamaystiro shaqada (in la labisto, in kabaha la xidho, in la nadiifiyo alaabta). Ilmahaagu hakula tiriyo adiga si wakhtiga loola socdo. Kadib waydii, "Imisa ilbidhiqsi ayay qaadatay? Miyay ahayd intii aad u haysatay?"</p>	<p>Boodista: Waxa aad eegtaa inta jeer ee ilmahaagu ku boodi karo hal lug ama cag. Waxa aad ku dhiiri gelisaa tirinta talaabo kasta oo waxa aad sheegtaan inta midh ee ay tahay kama danbaysta.</p>	<p>Waxa aad buufisaa buufinta. Ilmahaagu ha tiriyo inta shay ee buufintu ku dhacayso marka hawada lagu sii daayo inta ayna ku soo dhicin dhulka.</p>



Tirinta	Tirinta Walxaha: Hel shayada yaryar ee kugu xeeran ee guriga ama banaanka ah (badhanka, dhagaxaanta, roodhida la dubay, marmarka, shilimaanta). Ilmahaagu ha barbarto tirada shayada isaga oo ku ridaya weel.	Tiri Suulasha iyo Faraha: Wawa aad barbarataan tirinta dhamaan faraha iyo suulasha qoyskaaga. Wawa aad ka dhigtaan kaftan - wawa aad ku dartaan ay.	Tiri oo Dhis: Tuur laadhuuda ama laba mid oo laadhuu ah. Ilmahaagu ha raseeyo tirada shayada (buugaagta, qaybaha, shilimaanta) si dhisme looga sameeyo. Wawa aad wadaan ilaa inta dabaqu dumayo.
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