

WAAKEE KULANKA ISKU DHAWAANSHAHA?

KULAN DHOW

Waxaad u jirsatay 6 fuudh/2 mitir muddo 15 daqiiqo ah ama ka badan.



Waxaad la kulantay qof dhowr jeer oo isu dhow muddo ka badan 24 saacadood (xitaa haddii mar waliba ka yaraa 15 daqiiqo.



Qof ayaad si dhow jidh ahaan u taabatay, sida habsiin.

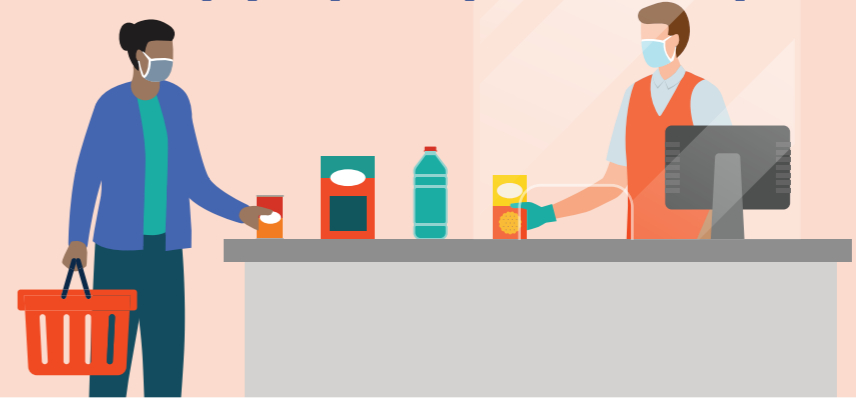


Waxaad kula nooshahay ama ku daryeeshaa isku meel ama guri.

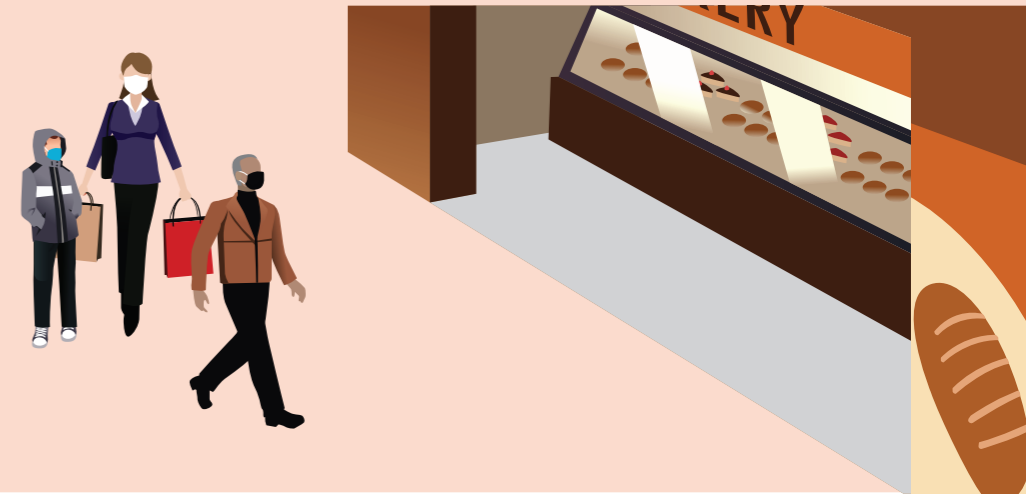


MA AHA KULAN DHOW

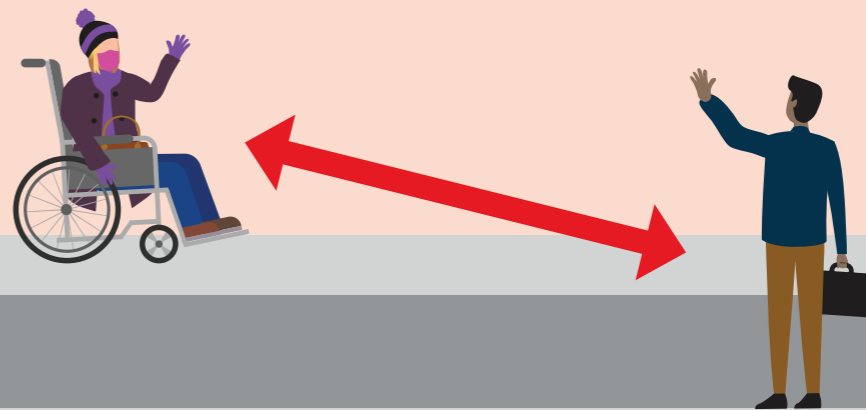
Waxaad la kulantay muddo kooban adigoo xidhan maaskaro iyo/ama wax idin kala qaybiyaa ay meesha yaaleen.



Qof ayaad si degdeg ah u dhaaftay.



Qof ayaad salaantay adigoo masafo ka durugan.



Qof ayaad wax u geysay kaasoo iskarantiilay laakiin uma aad dhawaanin.

