

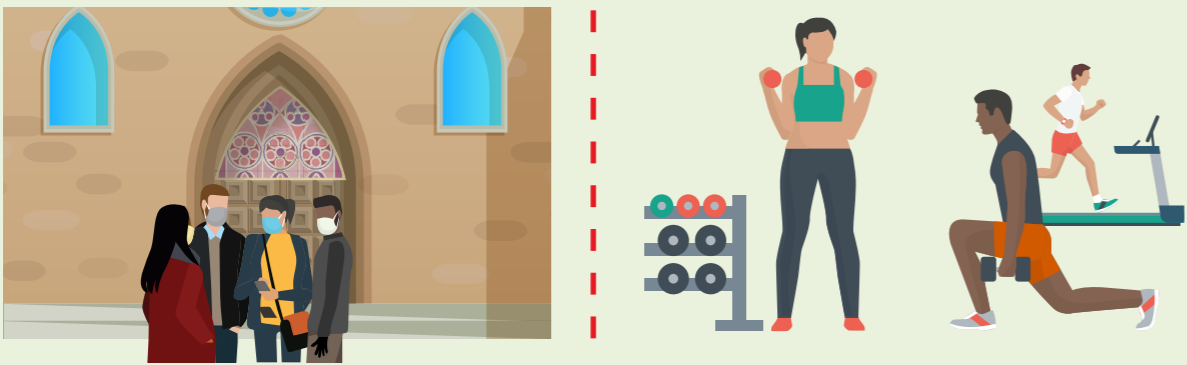
WAAKEE KULANKA ISKU DHAWAANSHAHA?

KULAN DHOW

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



Waxaad la kulantay ama ag istaagtay dhow qof dhowr qof.



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



Qof ayaa waxaad kula nooshahay ama ku daryeeshaa isku meel ama isku 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 adiga oo aan u dhaweyn.



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

