

Jimicsiga Xoogga iyo Isku Dheelitirka

Jimicsiga xoogga iyo dheellitirku waxay muhiim u yihiin sida waxqabadka adkeysiga. Muruqyada xoogga badan iyo dheelitirnaanta oo la hagaajiyay waxay sahlaan in la sameeyo hawl maalmeedka waxayna caawiyaan ka hortagga dhicitaanka. Isku day inaad sameeyso jimicsiga xooggan iyo dheellitirka ugu yaraan 2 maalmood todobaadkii. Waa kuwan tusaalayaal.



Kahor intaadan bilaabin:

- Haddii aad ku cusub tahay jimicsiga ama aanad firfircoonayn in muddo ah, la hadal dhakhtarkaaga si aad u aragto haddii jimicsiyadani ay kugu habboon yihiin.
- Haddii aad dareento xanuun, neef qabasho ama dawakhaad markaad samaynayso jimicsigan jooji oo la hadal dhakhtarkaaga.



Markaad jimicsanayso:

- Xiro dhar raaxo leh iyo kabo taageero leh. Kabaha orodka ama socodka ayaa ah ikhtiyaar wanaagsan.
- Si aad uga hortagto dhaawac, isku kuleyli 5 daqiiqo oo socod ah ama kor socodka goobta. Qaado 5 daqiiqo si aad isu qaboojiso dhamaadka.
- Ku qabo dhabarka kursi deggan (taayiro la'aan) si aad taageero u hesho.
- Isticmaal dhaqdhaqaaqyo gaabis ah oo la xakameeyey. Xusuusnow inaad si tartiib ah u neefsato. Neeftaada ha isku celin.
- Ku bilow inaad sameeyso jimicsi kasta ugu yaraan 5 jeer, iyo ilaa 15 jeer haddii aad awooddo.

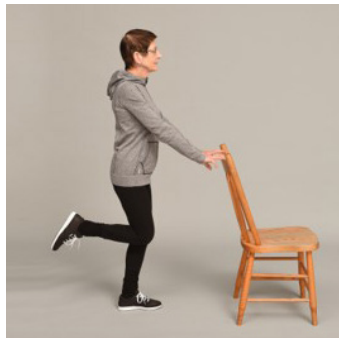
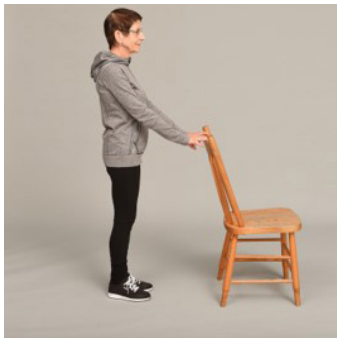


Sida aad u horumariso:

- Jimicsigu wuu fududaan doonaa marka xooggaagu soo fiicnaado. Tani waxay ka dhigan tahay inaad diyaar u tahay inaad wax badan qabato! Haddii aad jimicsi kasta samayn karto 15 jeer, mar kale ku celi dhammaan jimicsiyada iyo xitaa mar saddexaad haddii aad awooddo.
- Kordhi wakhtiga aad booska haysato, ilaa 10 ilbiriqsi.
- Marka aad dareento xasillooni, isku taxaluji adigoo ku haysanaya kursiga hal gacan keliya. Iskuday hal cidhifka farta ah ama gacmo la'aan marka dheelitirkaagu soo hagaago.

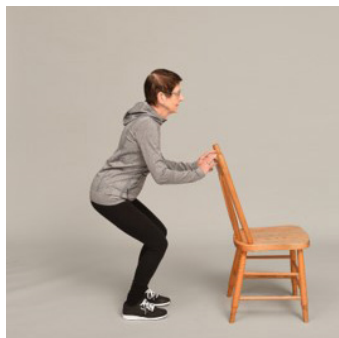
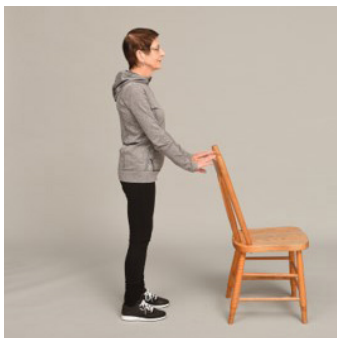
Magaalada Ottawa waxay iska fogaynaysaa mas'uuliyad kasta oo ka imanaysa iyo wixii la xidhiidha jimicsiyada lagu muujiyay boodhkan.

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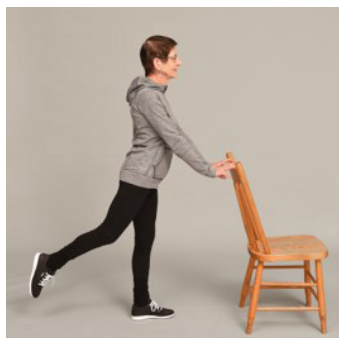
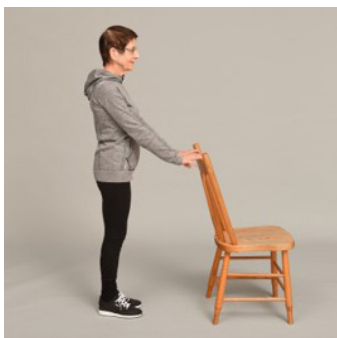
1. Laablaabashada Muruqyada

- Iskutaag cagaha oo wax yar kala fog.
- Jilibka lugtaada taageerada waa inuu yara foorarsado.
- Si tartiib ah jilibkaaga u laab, adigoo ciribtaada u soo jiidaya dhanka baridaada.
- Keliya jilbahaaga laab, kor isu taag.
- Ku hay 2 ilbiriqsi adigoo ku soo celi booskii bilowga.
- Ku celi adigoo isticmaalaya lugta kale.



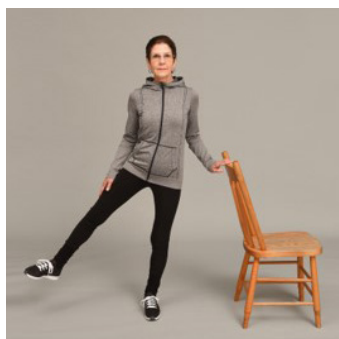
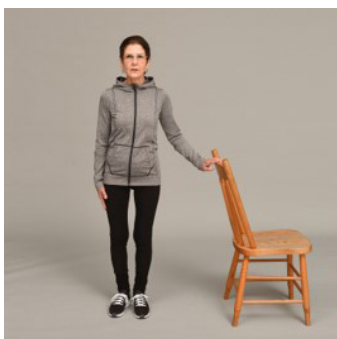
2. Jilba joogsi yaryar

- Iskutaag cagahaaga oo waxyar ka ballaadhan ballaca garabka.
- Si tartiib ah u riix badhidaada markaad jilbahaaga laabto.
- Hay 2 ilbiriqsi oo ku soo celi halkii bilowga.
- Laabtaada iyo madaxa kor u qaad.
- Kani waa jilba joogsi yar ee ha u foorarsan meel fog.



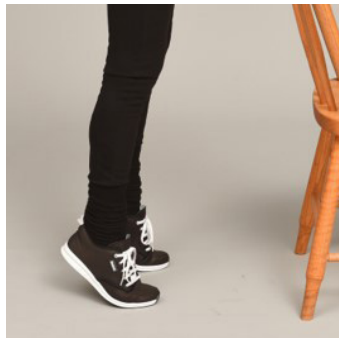
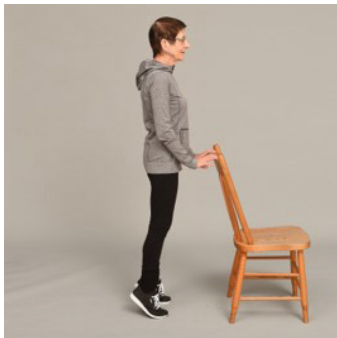
3. Kor u Qaadista Lugta Dambe

- Iskutaag cagaha oo wax yar kala fog.
- Jilibka lugtaada taageerada waa inuu yara foorarsado.
- Si tartiib ah hal lug gadaal kor ugu qaad, adigoo dhabarkaaga toosinaaya.
- Hay 2 ilbiriqsi oo ku soo celi halkii bilowga.
- Ku celi adigoo isticmaalaya lugta kale.



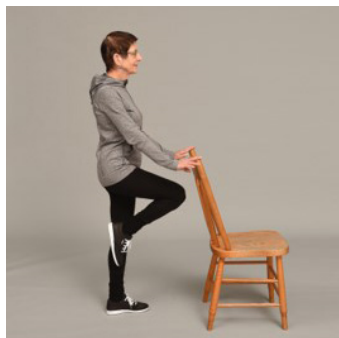
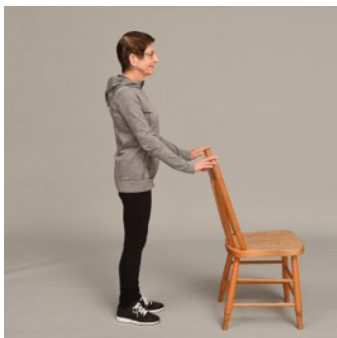
4. Kor u Qaadista Lugta Dhinac

- Iskutaag cagahaaga oo wadajira.
- Jilibka lugtaada taageerada waa inuu yara foorarsado.
- Si tartiib ah hal lug u soo qaad dhinac, dib ugu hay si toos ah oo dheer.
- Cagta hay adigoo horay u fiqaaya.
- Hay 2 ilbiriqsi oo ku soo celi halkii bilowga.
- Ku celi adigoo isticmaalaya lug kale.



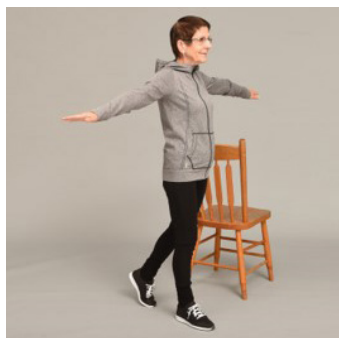
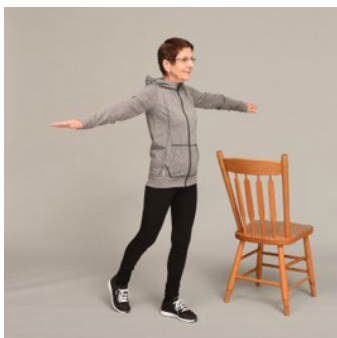
5. Istaag Suul

- Istaag in kala fog balladhka cagaha iyo garabka.
- Si tartiib ah ugu kac kubbadaha cagahaaga.
- Hay 2 ilbiriqsi ka dibna si tartiib ah hoos ugu dhig cidhibta xagga dhulka.
- Ku celi.



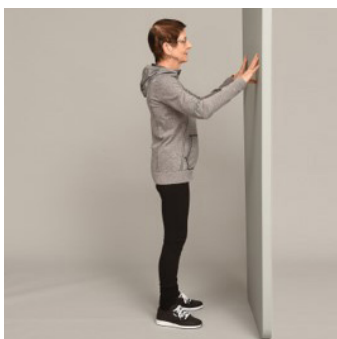
6. Flamingo

- Iskutaag cagaha oo wax yar kala fog.
- Jilibka lugtaada taageerada waa inuu yara foorarsado.
- Istaag oo kor u qaad jilibka midig, adigoo lugta midig leexinaaya kala badhka lugta bidix.
- Ku hay meesha 2 ilbiriqsi kuna soo celi halkii bilowga.
- Ku celi adigoo isticmaalaya lug kale.



7. Socodka khadka

- Dherer isutaag meel u dhow gidaarka ama kowntar xagga horena eeg.
- Hal cag hor dhig kan kale si cagahaagu u sameeyaan xariiq toosan.
- Horey u tallaabo, adigoo ku socda xariiq toosan.
- Ku celi 10 tallaabo ama ka badan
- Is rog oo ku celi jimicsiga.



8. Gidaar kor u riixid

- Gacmahaaga saar gidaarka dhererka garabka.
- Cidhibtaada ku hay dhulka.
- Si tartiib ah u hoos ugu dhig dhinaca gidaarka adoo soo laabaya suxuladaada dhabarkana toos ka dhigaaya. Ku hay 2 ilbiriqsi
- Tartiiib u fidi gacmahaaga si aad ugu soo laabato meeshii bilowga.
- Ku hay 2 ilbiriqsi Suxullada debci (ma xidhna). Ku celi



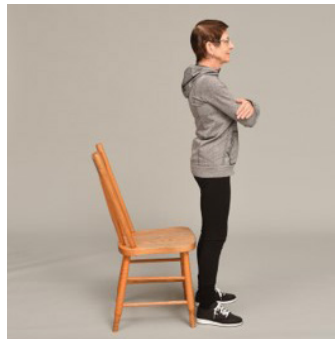
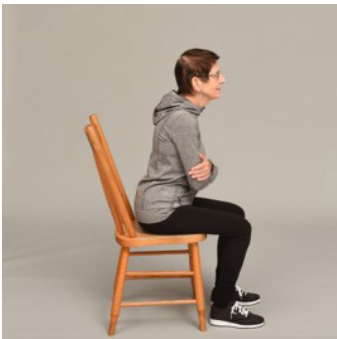
9. Misig Bandhig

- Jimicsigani waa heer kor u qaadid 2.
- Jilibka lugtaada taageerada waa inuu yara foorarsado.
- Hal lug u qaad dhinaca laabta oo ku hay 2
- ilbiriqsiyo, ka dibna lugta sare u qaad oo mar kale ku hay.
- Si tartiib ah ugu soo noqo meeshii bilawga
- Ku celi adigoo isticmaalaya lug kale.



10. Talaabo ka gudub

- U tallaabo dhinac, adoo lugaha kor u qaadaya sidii adigoo ka tallaabsanaya sanduuq yar.
- Ku soo noqo meeshii bilawga adigoo dib uga soo tallabsanaya sanduuqa.
- Ku celi adigoo isticmaalaya lug kale.



11. Fadhiiso si aad isutaagto

- Ku fadhiiso xagga hore ee kursiga iyadoo ay caguhu kala fog yihiin balladhka garabka.
- Waxoogaa hore isu leexi.
- Si tartiib ah u kac, adigoo isticmaalaya lugahaaga, ha isticmaalin gacmaha.
- Horay u sii eeg Joog dheer
- Si aad u fadhiisato: wax yar hore isu leexi, jilbahaaga laab oo si tartiib ah u soo deji badhidaada xagga kursiga.

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