



Saint Paul **BLAST OFF** TO KINDERGARTEN

Janaayo

Dugsiga Ha Laysu Diyaariyo

Xirafadaha Layliska Bishaan

- Ilmahaaga bar in siyaabo fiican laysugu khiilafo. Kala hadal sida uu iskaashi ula dhexmaari lahaa kuwa kale iyo siyaabaha lagu muujiyo carada, wareerka, in si ra'yi duwan lagu dhiibto ayadoon uusan dhicin gacanqaad, qaniinyo, ama dabecado kale ee aan loo dulqaadanin karinin.
- Ilmahaaga ku abaabi in ay isticmaalaan "fadlan" iyo "mahadsanid" adiga aad ereyadaasi ku dhaqantid. Marka ay isticmaalaanna u mahadceli ilmahaaga.

Hawlaha

- Adeegsashada "Feelings Puppets (Bomboolada Wax Dareema) aya ilmahaaga ka cawiinaysa waxa ku saabsan dareemka. Ilmahaaga ha sawiro ama sawirro ha isugu aadiyo si ay u soo baxaan wejiyada farxadda, murugada, carada, iyo yaabka. Sheeka gaaban uga sheeke oo ilmaaga inta boombolada kor u qaado ha ugu metelo sida ay dadka sheekada ku jira ficilkooda yahay. Kaddibna ilmahaaga sheekada ha sheego adigana boombalada dareemo ou yeel.
- Ilmahaaga weydii, "Maxaa kaa farxiya?" jawaabahooda ku qof booska banaanaan iyo kaddibna heeska "Feeling Song- Heesaha Dareemka" ku aaddi "Are You Sleeping?" Heeska dhowr jeer ku celceli adiga oo ku dara dareemo kale sida: xanaaqsan (fiiri sida aan gafuurka u taagayo), shaacireya (fiiri sida aan u boodboodayo), murugada (fiiri sida aan u oynayo)

*Waan faraxsanahay, waan faraxsanahay.
Fiiri sida aan u dhoolo caddenayo, fiiri sida aan u
dhoolo caddeynayo
Farxad, farxad, farxad,
_____ ayaa iga farxiya.
Eeg sidaan u dhoolo caddaynayo, u dhoolo
caddaynayo.*

*Caro ayaan dareemaya, Caro ayaan dareemayaa..
Eeg sida aan wejiga u kuuso, u kuuso, eeg sida aan u
kuuso
Caro, caro, caro.
_____ iga caraysii..
Eeg sida aan wejiga u kuuso, u kuuso, eeg sida aan u
kuuso*

Buugagga Caruurta Buugag dheeraad waxa laga helaa shabakadda internetka www.blastofftok.org

- *Feelings* uu qoray Alik
- *My Many Colored Days* uu qoray Dr. Seuss
- *Today I Feel Silly and Other Moods that Make My Day* ay qortay Jamie Lee Curtis
- *Things that Make You Feel Good/Things that Make You Feel Bad* uu qoray Todd Parr

Books for Parents Further listings available at www.blastofftok.org

- *Bringing Up a Moral Child: A New Approach for Teaching Your Child to Be Kind, Just, and Responsible* uu qoray Michael Schulman

Akhris Ha Laysu Diyaariyo

Xirafadaha Layliska Bishaan

- U soo gad qalmaan, calaameeyada, iyo warqadaha ilmahaagana ku dhiirrigali in ay wax sawiro ama xarriqo. Marka layska doondoono in wax la qor qoro ama wax la akhristo waa tillaabo muhiim oo qofka ka dhigaysa akhris iyo qoraa!
- Ilmahaaga ku caawi in uu isticmaalo gacamaha adiga oo u ogolaada in uu isticlaalo qalmaanta midabyada leh, qalmaanta, iyo maqasyada. Warqadaha wax lagu qoro ku xarayso meelo kale ee guriga kamid ah.

Caafimaadka Ha Laga Qaado

Xirafadaha Tababar-qaadashada Bishaan

- Dugsi maalmeedka ilmahaaga waxa ay noqonaysaa wax si joogto loo raacayo, iyo arrimo la filayo in ay dhacaan isla wakhtigaas maalin kasta. Saymayso jadwal maalmeedkaaga oo kamid yihiin soo kicidda; quraacda, qadada iyo cashada; wakhtiga maawelada; wakhtiga daraasaadka iyo shaqada; wakhtiga nasashada; wakhtiga seexashada. Dhiso wakhti seexasho ee cunuggaaga siinaysa 11 – 13 saacadood ee habeenkii uu ku seexo. Diyaarso jadowalka wakhtiga la seexanayo taaso ilmahaaga u sheegaysa wakhtigan waa wakhtiga jifka laysu diyaarinayo. U sheeg waxa aad maalintaas qabatay. Waxyaalo deggaansha ah samayso sida book la akhrisanayo ama sheekada lagu seexinayo.

Faahfaahin dheeraad ah booqo shabakadda internetka www.blastofftok.org