

# 10 TALAABO OO FUDUD

SI AAD UGU RAAXAYSATO NOLOL CAAFIMAAD LEH  
ADIGOO QABO SONKOROW



1

## U QAADO DAAWOYINKAAGA SIDA LAGUU FARAY

- Waxay shaqeyyaan kaliya haddii aad qaadato.



2

## ISKAGA EEG HEERKA SONKORTAADA SIDA LAGU FARAY

- Ogow xadka laga rabo in sonkortaada joogto.
- Ogow waxay tahay in la sameeyo haddii ay aad u surreyso ama u hooseyso.



3

## HA CABBIN AMA HA RUUGIN/CUNIN TUBAAKADA/SIGAARKA

- Hel caawimo si aad u joojiso.



4

## HAD IYO JEER ISKA EEG HEERKA DHIIG KARKAAGA

- Qor si aad u tusto dhakhtarkaaga.
- Ogow xadka laga rabo in dhiig karkaaga ahaado.



5

## CUN CUUNNTO CAAFIMAAD LEH

- Ku dar miro iyo khudaar fiican oo badan.
- Iska yaree dufanka, milixda iyo sonkorta.
- Iska eeg qiyasta cuntada aad cunayso.



6

## JIMICSI SAMEE 30 DAQIIQO MAALINTII INTA BADAN MAALMAHA

- Soco, isticmaal xadhigga jimicsiga, qoob-ka-ciyaar, beerra (beer guriyed/gaadhen)...



7

## MAALIN WALBA CAGAHAAGA FIIRI

- U fiirso finanka, nabarrada, midabka baddelka ama maqaar gubashada.



8

## CAAWIN CODSO MARKA AAD NIYAD JABSAN TAHAY

- U sheeg dhakhtarkaaga haddii aad wali niyad jabsan tahay.



9

## NASO/IS-DAJI OO KU RAAXAYSO NOLOSHAADA MAALIN WALBA!



10

## UGU YARAAN SANADKIIBA MAR:

- U tag dhakhtarkaaga.
- Booqo barahaaga sonkorowga.
- U tag dhakhtarkaaga ilkaha.
- Iska baar indhahaaga.

*Waxaa la sii badin karaa/la daabacan karaa fasax la'aan.*