



## La-socdadha Hurdada ee U Beddelo Isdejin (Change to Chill)

Qofna si hubaal ah uma oga—inkasta oo culimada saynisku aad iskugu dayeen inay ogaadaan—sababta jidhkeenu ugu baahan yahay hurdada. Waxa aynu og nahay waa sida hurdadu u saameyso bini'aadanka iyo waxa dhaca haddii aanaynu ka helin in inagu filan. Hurdadu waxay kaa caawisa inad fikirtid, xusuusatid, u fiirsatid, sameysid firfircooni jidh oo guud ahaan ad wacnaanta ugu fiican ku jirtid. Waxa kale oo ay badi dadka ka caawisaa in niyad fiican ay yeeshaan. Hurdo kugu filan oo aanad helin oo waxay kuu keeni kartaa dhibaatooyin caafimaad, dhib ah dugsiga ama shaqada iyo GIIGSANAAN. Badi tobaneeyo-jirku waxay u baahan yihiin inta u dhexeysa 8-10 saacadood oo ah hurdo habeenkii. La soco hurdadaada muddo ah todobaad oo arag inta ay tahay xisaabta hurdaadu.

## Sida Loo Isticmaalo La-socdaha Hurdada

Marka ad habeenkii sariirta tagtid fiiri saacadda ama daar wakhti-tiriye ku yaalla qalab elegtaroonig ah. Isla taas oo kale samee marka ad soo toostid subixii. Safafka hoose ku qor waxyaabahan soo socda:

**1. Wakhtigii ad sariirta tagtay** **2. Wakhtigii ad soo toostay** **3. Wakhtiga ay kugu qaadatay inad seexatid.**

Xisaabi tirada saacadaha ee u dhexeeya 1 iyo 2 oo ka jar 3 si ad u heshid isku-darka wakhtiga ad seexatay. Taas ku qor safka 4. Sidoo kale safka 5 ku qor wax kasta oo ad u maleysid inu muhiim yahay oo dhacayay ama ad sameysay ka-hor inta aanad tagin sariirtay ee laga yaabo inu saameeyay hurdadaada.

	1. Wakhtigii an tagay sariirtay	2. Wakhtigii an soo toosay	3. Wakhtigii ay igu qaaday inaan seexdo	4. Isku-darka tirada hurdada	5. Waxyaabaha laga yaabo inay saameeyeen hurdadayda
Arbaca (tusaale)	10:30 habeen	7:30 subax	1 saac	8 saacadood	Texting friends from 10-10:30
Isniin					
Salaasa					
Arbaca					
Khamiis					
Jimce					
Sabti					
Axad					
Celceliska hal todobaad (Isku-darka dhammaan 7 oo loo qaybiyay 7))					