

# Samee Adiga Nafsadaada

Sidee bay intaasoo cayaar iyo riyaq farxadeed ay uga caawineysaa in ilmaheygu ay ugu diyaar garoowaan iskuul?

Meeqaa jeer baad maqashay dhawaantaan cunugaaga oo dhahaya, "Aniga keligeey baa sameyn karo!" Maxa hada keenay? Sababta ah waqtigii uu dhiganaayey dugsiga xanaanada, ilmaha yaryari waxay isku dayayaan in ay qabsadaan wax kasto keligood. Isla mar ahaantaana waxy jecel yihiin in ay fiirsadaan waxa dadka sameeyaan oo ay ku daydaan. Inta xiiseyntoodu gaarsiisan tahay in ay noqdaan qof isku filan oo ay qabtaan in ay gaaraan oo ku dhiiro geli in aa ku dhiiro gelisid same adiga keligaa (DIY).

Isku day in aad ku sameysid guriga!

- Is bar in aad shushubtid. U daa cunugaaga in uu barto sida uu ushuban lahaa biyaha ama ugu shub shubi lahaa koobab yar yar iyo garaafaha yar. U sheeg cunugaaga in uu koobku yahay "ebar" kadibna waa in uu biyaha ku shubaa ilaa koobka uu ka "buuxsamo". Isku day in biyaha laga dhameeyo garaafaha hadana biyaha ka dhameey koobabka oo garaafaha ku shub shub. Oo hadana ku fiiri koobab kala waaweyn.
- Ka caawi guriga dhexdiisa ah. Iska caawinta guriga howsha dhexdiisa ah iyo qabsashada tookada waxay tahay farxad iyo rayn rayn. Ilmuhu waxay kaa caawin karaan doorashada tookada hadii ay nabad u tahay oo an dhibaato dhicid iyo leh aysan ku jirin— ku xareynta tooyska meelhooda, diyaarinta miisaska, dhaqida weelasha, iyo isku aad aadinta dharka wasqda sida ay isku raaci karaan.
- Ku labiso dhar. Marka ugu horeysa u daa in mudo ah oo uu ilmahaaga uu marna dharka ku xirto marna iskaga bixiyo. Hadiise uu cunugaaga uusan daneyneyn in uu gashto dharka keligiis. Hadiise kale sug inta uu keligiis ka gashanayo inta aadan ku bilaabin adiga. Isticmaal buug ama dool si ay ugu bar bartaan.



Illustrations by Corey Smigliani

# Samee Adiga Nafsadaada

Sidee bay intaasoo cayaar iyo riyaq farxadeed ay uga caawineysaa in ilmaheygu ay ugu diyaar garoowaan iskuul?

Meeqaa jeer baad maqashay dhawaantaan cunugaaga oo dhahaya, "Aniga keligeey baa sameyn karo!" Maxa hada keenay? Sababta ah waqtigii uu dhiganaayey dugsiga xanaanada, ilmaha yaryari waxay isku dayayaan in ay qabsadaan wax kasto keligood. Isla mar ahaantaana waxy jecel yihiin in ay fiirsadaan waxa dadka sameeyaan oo ay ku daydaan. Inta xiiseyntoodu gaarsiisan tahay in ay noqdaan qof isku filan oo ay qabtaan in ay gaaraan oo ku dhiiro geli in aa ku dhiiro gelisid same adiga keligaa (DIY).

Isku day in aad ku sameysid guriga!

- Is bar in aad shushubtid. U daa cunugaaga in uu barto sida uu ushuban lahaa biyaha ama ugu shub shubi lahaa koobab yar yar iyo garaafaha yar. U sheeg cunugaaga in uu koobku yahay "ebar" kadibna waa in uu biyaha ku shubaa ilaa koobka uu ka "buuxsamo". Isku day in biyaha laga dhameeyo garaafaha hadana biyaha ka dhameey koobabka oo garaafaha ku shub shub. Oo hadana ku fiiri koobab kala waaweyn.
- Ka caawi guriga dhexdiisa ah. Iska caawinta guriga howsha dhexdiisa ah iyo qabsashada tookada waxay tahay farxad iyo rayn rayn. Ilmuhu waxay kaa caawin karaan doorashada tookada hadii ay nabad u tahay oo an dhibaato dhicid iyo leh aysan ku jirin— ku xareynta tooyska meelhooda, diyaarinta miisaska, dhaqida weelasha, iyo isku aad aadinta dharka wasqda sida ay isku raaci karaan.
- Ku labiso dhar. Marka ugu horeysa u daa in mudo ah oo uu ilmahaaga uu marna dharka ku xirto marna iskaga bixiyo. Hadiise uu cunugaaga uusan daneyneyn in uu gashto dharka keligiis. Hadiise kale sug inta uu keligiis ka gashanayo inta aadan ku bilaabin adiga. Isticmaal buug ama dool si ay ugu bar bartaan.



Illustrations by Corey Smigliani