

# Samee Adiga Nafsadaada

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## Waxa aad dhihi kartid:

- "Waa caadi waaye aan Iska Nadiifino." – Daadinta iyo wasaqaynta waxa aay ka mid tahay sida wax loo barto nafsadaada.
- "La soo bax dhar aad xeratid?" U daa ilmahaaga in uu la soo baxa dharka uu xiran lahaa maalintaasi hadan sii fursad uu asaga uu u xirto.
- "Shinyeerku waa wax adag xirashadiisa. Isku day mar walba!" Guluuusyada iyo suumanka iyo botoonada intaba waxay qaataan isticmaalka faraha dhaqaajinteeda.

## Akhri Dhamaan idilkood:

*Happy Dresser (Happy Series)*, Sally Hewitt and Craig Cameron

*On My Own: Helping Kids Help Themselves*, Tova Navarra and Tom Keer

*Why Do I Need to Eat Fruits & Veggies?*, Educational Activities

*Mrs. Clean Jean's Housekeeping with Kids: Family Pick-Up Lines (and Household Routines) That Work with Less Work from You*, Tara Aronson

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