

BUUGTAYM



# Faa'iidada

ilmahaaga oo aad

La Akhrido

Hordhaca waxaa qortay  
Jacqueline Wilson

PEARSON  
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Somali Edition

Buugyarahen waxaa ilmahaaga hadiyad u siiyay shirkadda daabacaadda iyo waxbarashada ee Pearson. Booktaym waxaa la sameeyay 2006 waxaana lala kaashaday jaaratiga madaxbannaan ee Buugtarasti si ay ugu dhiirrigeliyaan carruurta inay jeclaadaan wax akhriska.

Warbixin dheeraad ah waxaad ka helikartaa jeldiga u dambeeya.



# Wadaagga buugta



Waxaa dhici karta inaad ilmahaaga hore ula wadaagi jirtay buugta



Ilmahaaga oo buug lala wadaagaa waa wax wacan. Waa waqtigii aad isku soo dhowaan lahaydeen, wada qoslilahay-deen ee aad wada sheekaysan lahaydeen.



Waxaa kale oo wacan in qoyska oo dhami ka qaybqaataan – walaalaha lab iyo dheddigba, ayeeyooyinka iyo awooweyaasha – dadka ugu muhiimsan qoyska oo dhan.



Markaan yaraa, hantida ugu muhiimsan ee aan haystay waxay ahayd buugtayda. Buug kasta waan akhriyaa oo haddana ku celiyaa, markaasaan sheeko cusub sawirrada ka sameeyaa.

Weliba waxaa sii wacan marka qof wayni buug uu u akhriyo ilmaha ee ay isku maaweeliyaan oo ku raaxaystaan.

Waxaan waalidiinta iyo mas'uulkaba ku dhiirri gelinayaan inay buugta sare ugu akhriyaan carruurta xitaa marka ay carruurtu iskood u akhrisan karaan. Haddii ay carruurtu sidaas kula qabsato markaa noloshooda oo dhan sidaas ayay wax u akhriyi doonaan.

Jacqueline Wilson

Jacqueline Wilson, Jildaranis Looriyeet, 2005-07



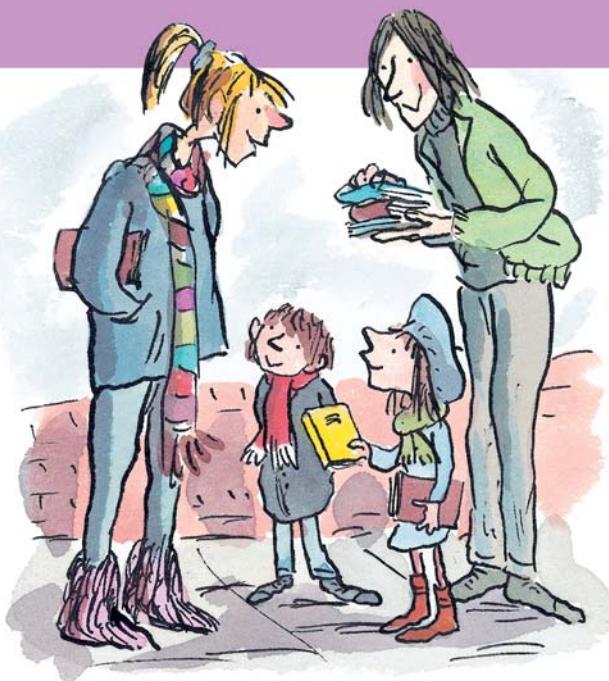
# Su'aalaha qaarkood oo laga jawaabay

Xaggaan ka helayaa buug  
munaasib ah?

- Ilmahaaga dhegayso si aad u ogaaato nooca buugta uu jecelyahay.
- Waxaad waydiin kartaa waalidiinta kale iyo macallinka ilmahaaga noocyada la akhriyo.
- Waxaa kale oo laga helikaraa buugta la ammaanayo mактабадда, duкаамада buugta iibиya iyo websaytyada.

Maxaan sameeyaa haddii ilmahaygu doorto buug adag?

Adigu qayb u akhri oo ka hadla sawirada iyo fekradaha. Carruurta buugta adag way jeelaan karaan haddii aad u akhrido.



## Sidaan waqtii ugu helayaa?

Inaad wada akhrisataan toban illaa labaatan miridh maalintii amaba dhowr jeer usbuucii, ayaa waxtar wayn u noqonaysa.



Carruurta haddaan afkayga hooyo  
ugu akhriyo ka warrama?

Carruurta waa u wacantahay inay sheekoojin  
iyo heeso carruureedba ku maqlaan afka  
guriga lagaga hadlo. Carruurtu aad bay dadka  
waawayn ugaga fiicanyihiin inay laba  
luqadood bartaan.



Maxay ilmahayga ugu qaadatay  
muddo ka dheer carruurta kale  
inuu wax akhriyo?

Carruurta badankeedu waxay akhriska  
bartaan inta u dhaxaysa afar illaa toddoba  
jir, laakiin runtii carruurta qofba si  
gooniya ayuu u bartaa. Waxaa muhiim ah  
inayogaadaan in buugtu xiiso leedahay.

# Xasuuso waxyaabahan soo socda



Waxyaabaha kala duwan ayaa wacan. Ku dhiirri geli ilmahaagu inuu akhriyo waxyaabaha isaga xiise geliya. Tusaale ahaan sida buugta jilidda, maagasiinada, buugta kaftanka laga barto, kuwa gabayada, iyo buugta rabbaayadaha ama kuwa ciyaaraha.



Waxaa kale oo wacan in ilmahaagu ku arko adiga oo wax akhriyaaya – buugta, waraaqaha, emaylka, tusmada cuntada, jaraa'idka iyo maagasiinada.



Isku day inaad eegto buug kasta oo dugsiga laga keeno oo wada akhriya buugga ilmahaagu ugu jecelyahay.



# Buugta loo akhriyo carruurta marka la seexinaayo



Runtii waa wax aad u macaan  
in la wadaago sheekooyinka  
lagu seexdo

Sida in loo ballanqaado hal sheeko oo  
kale, ama tii xalay oo la dhammeeyo  
carruurta way jeclaysiisaa inay  
hurdada isu diyaariyaan.

Sheekada sariirta loogu akhriyo  
ilmaha waxay u kordhisaa dareen  
whehel iyo in la jecelyahay.



Sheekada sariirta loogu akhriyo  
ilmaha waxay kale oo ina siisaa  
xasuus xitaa marka aynu waynaano.



Waxaa ka sii wacan marka reerka  
oo dhami ka qayb qaato – waxay  
taasi tustaa in la qiimaynayo  
sheekooyinka iyo wax akhriska.





BUUGTAYW



# Ilmahaaga buug la wadaag



Meel gaar ah iyo waqtii gaar oo aad ku wada akhrisataan samaysta.



Ka sheekhee sawirrada. Taasi waxay ilmaha ka caawinaysaa in sheekadu macno samayso.



Kuwada qosla qaybta qosolka leh.



Buugga sidii wax nool uga sheekhee – waxaad sawirtaa waxyaabaha uu ilmahaagu jecelyahay dabeedna sheeko kawada sameeya.

Halkan waxaa ku yaalla websaytyo aad ka heli karto war bixin dheeraad ah Pearson, Buugtarasti iyo buugta carruurta:

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Waxaanuu ugu mahad celinanaa Jacqueline Wilson(2005-07);  
Lynley Dodd (2006) iyo Allan Ahlberg (2007),  
hadiyaddan buugta ee ay noogu deeqeen.  
Geraldine Taylor, qoraa;  
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