

Xagaaga

HAGAHA HAWLQABAD

TIRINTA INTA KA HARSAN KINDERGARTEN



Hagaha Hawlqabaka Xagaaga

WAQTI XIISO BADAN LEH!

Ilmahaagu wuxuu ku socdaa wadadii Kindergarten-ka. Waalidiin badan ayay ku adag tahay inay rumeystaan in ilmahoodu heerkan gaareen. Carruurteenu inagoo arkayna ayay koraan, waqtiga aynu la qaadaneynana waa qaali.

Hawlaha ku jira hagahan waxaa loogu talagaley inaad adiga iyo ilmahaaga wada qabataan xagaagan. Waxay kaa caawin karaan inay u beddelaan khibrado waxbarashoo farxad leh waqtiga gaarka waqtiga gaarka ah ee aad la wadaagto. Cilmi baaristu waxay si cad u muujinaysaa muhiimadda ay leedahay ka qeybgalka waalidiinta ee waxbarshada ilmahooda. Carruurteenu waxay u baahan yihiin inay ogaadaan inaan u malaynayno in dugsiga iyo waxbarashadu ay muhiim yihiin, mid ka mid ah siyaabaha ugu wanaagsan ee tan lagu tusi karo waa inaan ku raaxeysanno inay wax wada bartaan.



Wixii macluumaad dheeraad ah iyo hawlqabadyada
si aad ugu diyaargarowdo Kindergarten-ka
www.mnps.org/countdowntokindergarten

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Fikrado badan oo loogu talagalay waxbarashada xagaaga! Waa kuwan hawlo aad u wanaagsan

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Talooyinka waalidka ee akhriska iyo qoraalka

WAX LA AKHRI ILMAHAAGA

Raadi meel raaxo leh oo aad maalin kasta wax ugu akhrido ilmahaaga. Tani waxay noqon kartaa dhabtaada, ku koolkoolinta sariirta, ama is garab fadhiga miiska ama salootada.

Eeg xagga hore ee buugga. Akhri cinwaanka. Waydii ilmahaaga waxa laga yaabo in buuggu ku saabsan yahay.

Buugga wada akhriya. Ku dhiirigeli ilmahaaga inuu ka hadlo sheekada oo uu aqoonsado sawirada.

Akhri sheekada marar badan haddii uu ilmahaagu ku raaxeysanaayo. Kolka aad dib u akhrineyso, isku day:

- Inaad marmar hakisso si uu ilmahaagu u buuxiyo erayga soo socda ama uu kuu sheego waxa xiga.
- Ilmahaagu ha kuu sheego sheekada markaad boggaga wada rogtaan.
- Ku dhiiri geli ilmahaaga inuu isticmaalo tilmaamo sawir si uu u xusuusto sheekada.

KU DHIIRIGELI ILMAHAAGU INUU WAX QORO

Ilmahaaga sii qalimo midabo leh ama calaamadeeyeyaal iyo waraaqo badan.

Keydi waraaqaha aan loo baahneyn. Ilmahaagu wuxuu iska dhigi karaa inuu buuxiyo foomamka ama kaararka oo dib u celiyo oo wuxuu isticmaali karaa baqshadaha si uu ugu diro waraaqahiisa ama kaararkiisa.

U samee kaarar kelmado fudud si uu ilmahaagu u guuriyo - ku dar magacyada qoyska iyo weeraha sida "waan ku jeclahay" iyo "mahadsanid."

Sii ilmahaaga fursado badan oo uu wax ku qoro: isu dhaafa fariimo; u qor warqad mahadsanid ah ama kaarka dhalashada; samee liiska raashiinka. Xusuusnoow in ilmahaagu uu baranayo sida wax loo qoro, markaa ha ka welwelinhaddii xarafku qalloocan yahayama haddii uu higaadu aanay sax ahayn. Waxaas oo dhan ayaa dib ka iman doona.

Buug u akhri ilmahaaga

KA DHIG WAXBARASHADA MID XIISO LEH!

- Markaad buug la akhrinayso ilmahaaga, fiiri sawirada, oo weydii inay aqoonsadaan oo sharaxaan ashyaada. Weydii ilmahaaga, "Maxaad u malaynaysaa inay dhici doonaan?" Ilmahaagu ha sawiro sawir si uu u sheego sheekadooda.
- Tiri tirada walxahaku jira buugga.
- Tilmaan wixii kala duwanaansho iyo isku mid ahaansho ah oo aad ku aragto sheekada. Weydii ilmahaaga kala duwanaanshaha kale iyo waxyaabaha ay isku midka ah ee ay ku arkaan hareerahooda.
- Haddii ay jiraan erayo qaafiyad leh, u tilmaan ilmahaaga. Dabadeena, si wadajir ah uga fakera arayo kale oo qaafiyad leh.
- Ka dib markaad akhridaan buugga, weydii ilmahaaga qeybtaay ugu jecel yihiin. Qor weedh waxa uu ilmahaagu qeexayo, ilmahaaguna ha u isticmaalo weedhaas hage ahaan si ay u qoraan weedhooda.
- Ka fikir hees carruureed aad kula heesi karto buugga. Tusaale ahaan, haddii buuggu ku saabsan yahay dugsi, magaalo ama gaadiid waxaad ku heesi kartaa "The Wheels on the Bus."



Waxaan rabanaa inaan qoysasku ku dhiirigelino inay soo booqdaan maktabadda xaafadooda si ay kor ugu qaadaan qoraalka iyo isticmaalka agabkooda. Fadlan booqo maktabadda xaafaddaada oo codso kaarka maktabadda oo lacag

THE WHEELS ON THE BUS

The wheels on the bus Go
round and round, Round and
round,
Round and round
The wheels on the bus Go
round and round,
All through the town.

The wipers on the bus
Go swish, swish, swish Swish,
swish, swish Swish, swish,
swish
The wipers on the bus
Go swish, swish, swish All
through the town.

The dog on the bus
Goes Arf! Arf! Arf!
Arf! Arf! Arf! Arf!
Arf! Arf!
The dog on the bus
Goes Arf! Arf! Arf!
All through the town.

Ku celi adigoo isticmaalaya:

Horn: Beep, beep, beep

Lights: Blink, blink, blink

People: Up and down, up and down, up
and down

Babies: Waah, waah, waah!

Moms (or Dads): Shhh, shhh,
shhh!



To Market, To Market

Dukaan ka soo adeegista waxay siinaysaa fursad ku habboon ilmahaaga si uu u arko sida akhriska iyo xisaabta ay faa'iido u yeelaan karaan. Daawo ilmahaaga oo "akhrinaya" calaamadaha ku yaal cuntooyinka ay jecel yihiin oo arag hanka dhoola caddeyntooda!

- Keydi calaamadaha cuntooyinka aad inta badan aad cuntid. U qaado calaamadaha dukaanka cuntada, hel alaabtaas, oo ku rid gaadhiga.
- Soo hel warqadaha xayaysiinta, wargeys, ama kuuboonno. Ilmahaaga haku wareejiyo dhammaan sawirada goobo oo ku sawiro afargeesle sawirada qaab labajibbaaran.
Hawshan ku sii wad qaabab kale.
- Kala hadal cunto kasta markaad ku riddo gaaringa — Qaabka iyo midabka uu leeyahay? Ka hadal cuntooyinka aad jeceshahay. Ciyaara ciyaar is yeelyeel ah oo ku saabsan waxa carruurtaadu u adeegi doonaan casho ama xafladda shaahitaanka. U daa doqonnimo hot dogs leh ranch iyo sharoobada shulkulaatada.
- U oggoloow ilmahaaga inuu doorto hal khudaar ama miro cusub oo uu jeclaan lahaa inuu isku dayo
- Ka hel bogga iibka warqadda xayaysiinta dukaanka xaafaddaada. La akhri ilmahaaga. U oggoloow ilmahaagu inuu ku dul meereysto alaabta add qorshaynayso inaad iibsato.
- Ka jar kuubannada oo ku caawi ilmahaaga inuu isku aadiyo kuubanka iyo alaabta cuntada. Dabadeed, sii lacagayaha.



Akhri "Tops and Bottoms" by Janet Stevens

Let's Go Out and Play

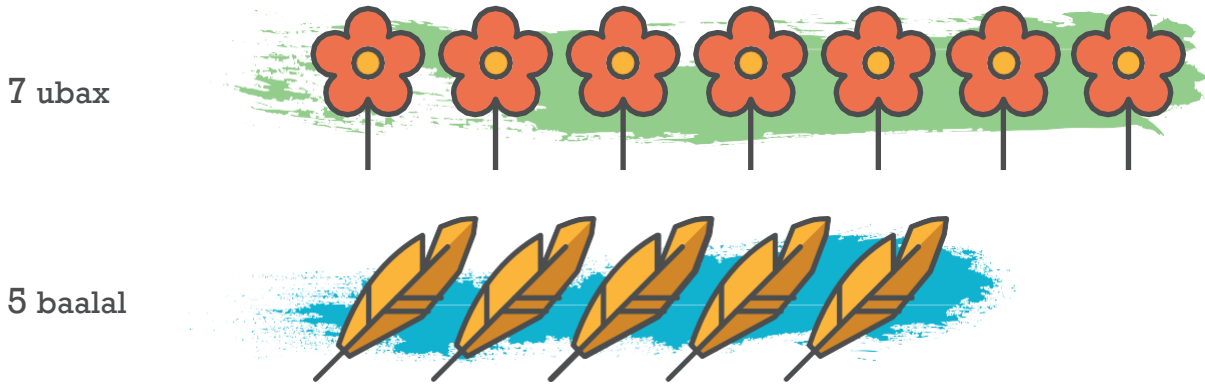
Waxaa waxyaabo badan oo lagu sahamiyo dibadda! Socodka oo kaliya waxa uu bixiyaa fursado badan oo waxbarasho. Ka faa'iideyso xiisaha dabiiciga ah ee uu ilmahaagu u qabo adduunka nagu wareegsan. Carruurta badankoodu waxay jecel yihiin inay ku cayaaraan dhaxagyada iyo ulaha, biyaha iyo dhoobada. Sii qaar ka mid ah dhar duug ah, oo kudhiirgeli ilmahaaga inuu celceliyo qaar ka mid ah qoraaladiisa "daydka dambe."

- Istickmaal biyo iyo buraash duuga ah. Ku dhiirgeli ilmahaaga inuu erayo ku "qoro" jidka, balbalada ama dhinaca gurigaaga. Hubi inaad u sheegto ilmahaaga inuu midkan biyo KALIYA ku sameeyo.
- Raadi "tamaashiirta dhagaxa ah." Kani waa dhagax calaamado ku samayn doona laamiga ama dariiqa gaadhiga. U oggoloow ilmahaagu inuu isticmaalo dhagaxiisa si uu u qoro farriimo ama sawiro sawirro.
- Samee rinji ka samaysan dhoobo! Isku qas biyaha wasakhda ilaa aad ka helayso rinji isku kaan ah. Sii ilmahaaga buraasha duug ah ama ilmahaagu ha isticmaalaan fartooda si ay ugu sawiraan ama ugu qoraan xarfo laamiga ama jidka. Sii ilmahaag xoogaa biyo ah si uu isaga raaciyo marka uu dhammeeyo.
- Istickmaal laamo jajaban si aad uga samaeyso xarfo iyo erayo.
- Banaanka u baxa oo sawir cirka adoo isticmaalaya midabka buluuga ah. Maxay yihiin waxyaabokale oo buluug ah?
- Waraabinta dhirta ama ubaxa waxay bari kartaa ilmahaaga dabeecadda, sidoo kale waxay ka caawin kartaa ilmahaaga inuu noqdo qof mas'uul oo ku celceliyo tiradooda. Tusaale ahaan, weydii ilmahaaga inuu siiyo 8 koob oo biyo ah geed kasta, ama markaad isticmaaleyso tuubada biyaha, waraabi geed kasta ilaa inta ay ku qaadanayso adiga iyo ilmahaaga inaad tirisaan 10 ama 12.



Akhri "Quick as a Cricket" by Audrey Wood

- Carruurtu waxay jecel yihiin inay ururiyaan waxyaabaha dabiiciga ah. Sii ilmahaaga sawir iyo liis alaabo ah oo laga heli karo deyrka ama baarkaha. Tusaale:

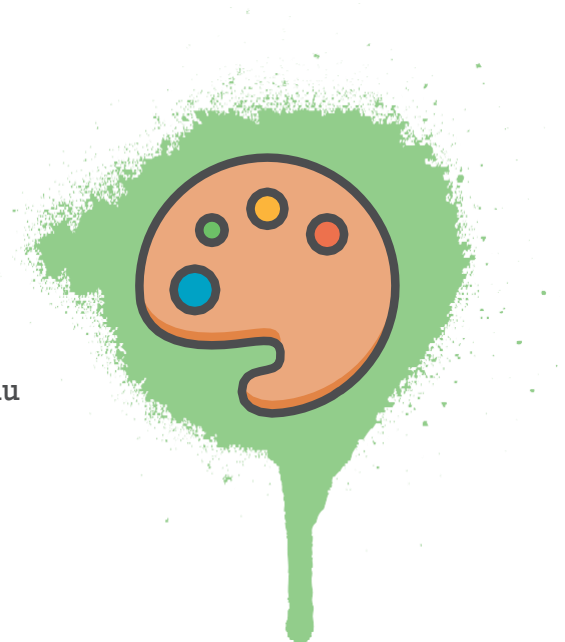


- Markaad booqaneysaan baarkaha ama garoonka ciyaarta, ilmahaagu wuxuu xisaabin karaa inta ay qaadaneyso dhamaystirka hawlaha qaarkood. Tusaale ahaan, "Tiri oo arag inta ay qaadaneyso inaad hoos ugu simbiirixadt looxa simbiirixashada, si aad jaranjarada u korto, ama aad ku guurguurato tunnelka.
- Carruurtu waxay jecel yihiin inay isku daraan ciidda, biyaha, dhagaxyada iyo caleemaha oo ay ka dhigaan inay cunto tahay. Sii ilmahaaga weel duug ah oo loo isticmaali karo bannaanka: caagagga caanaha dhumaha subagga, baaldiyada, iwm Waxay isku dari karaan cuntooyinka xiisaha leh waxayna ku celcelinayaan xirfadaka xisaabta. Dolshe samee. Ku dar 5 qaado ciid ah, 1 koob oo biyo ah iyo 8 dhagax. Ku qurxi doolahah 10xabbo oo shumac la jajebiyay.
- Beer baradho! Ka jar gabal barasho ah oo wata "isha" oo ku rid baaquli yar. Ka caawi ilmahaaga inuu qeyb ka mid ah baradhada ku daboolo biyo. Fiiri maalin kasta, mar dhowna waxaa arki doontaa xididdo koraya. Marka ay dhowr xididdo koraan, baradhada ku rid koob ciidi ku jirto. Bannaanka ku beer marka ay aad ugu weynaato koobka. Waxaad wax ku saabsan ku qori kartaa joornaalka xagaagga ee xagga dambe ee buug yarahan.
- Soco socod wax dhageysi ah. Joojioo dhageyso codadka. Maxay yihiin? Gaari xamuul ah? Shimbir? Caws jare? Isku day inaad du dayataan. Ka hadal waxaad socodkaaga ku aragto. Samee liis leh erayo iyo sawirro fudud. Marka xiga oo socod aadeyso, qaado liiska. Isku day inaad isla waxyaabahaas hesho.

Mashaariicda Fanka ee Faraha Badan

Carruurta waxay jecel yihiin inay arkaan hal abuurkooda oo qaabeysan. Halkan waxaa ha fikrado badan opo lagu dhiirigelinayo hal abuurka ilmahaaga. Xusuusnoow, dadka waaweyn waa inay giib joogka ahaadaab hawlaha fanka ee soo socda:

- Qaabab u jar isbuunyada duug ah. Dhexgali rinji oo ku cadaadi warqad si aad u heasho sawir muuqaal ah oo madadaalo leh!
- Samee boorka "All About Me." Ka caawi ilmahaaga inuu ka fikiro siyaabo kale oo isu qeexo. Maxay jecel yihiin inay sameeyaan? Cuntooyinke ayay jecel yihiin inay cunaan? Waa maxay midabka ay jecel yihiin? Kula dheji wargeys ama sawirro boosterka. Sawir masawir ama ku dheji waxyaabo qaarkood sida tigitka filim aad jeceshahay. La wadaag boorka qoyska iyo asxaabta.
- Samee daf aad u ruxdo muusigga. Ku qurxi labada saxan warqadeedka qalimo midabo leh. Saxamada mid ka buuxi bariis, makarooni ama digir waaweyn. Saxanka kaler foorari oo kor saar saxanka koowaad kulana dheji shorooto.
- Ka samee xylophone adiga oo ku shubaya xaddi kale duwan oo biyo ah dhalooyinka maran. Isticmaal dhalooyin isku mid ah. Ilmahaagu waxa uu ku garaaci karaa dhinacyada weel kasta qaado alwaax ah, waxa uu maqli karaa dhawaaqyada muusiga ee kala duwan, waxaaxa uu sameyn karaa hees ciyaareed.



Hababka Madadaalad ee Midabeynta

KU MIDABEYNTA CRAYON-KA

Ku samee nakhshad warqad midabyo lehka dibna kor "kaga dhaq" rinjiga

KU MIDBAYENTA QALABKA

Warqad ayaa dhexda laga laabey ka dibna waa la furey Dhowr dhibcood oo rinji ah ayaa la dul dhigayaa hal dhinac. Warqadda ayaa dib loo laabey oo si adag ayaa loo riixey. Tani waxay abuurtaa naqshad wanqarar ah. Daabacaadda wargeyska ayay si fiican ugu shaqeysaa.

MIDABEYNTA MARMARKA

Jar warqad si ay ula ekaato gunta qardaaska kabaha. Marmar ku dhex muquuri rinji rib ah, ku rid qardaaska oo ku rog hareeraha. Ama si toos ah rinjiga u mari warqadda marka hore ka dibna ku dar marmarka. Kubadaha Ping pong sidoo kale ayay u shaqeeyaan.

MIDABEYNTA WALXO KALA DUWAN

Tiro ka mid ah maadooyinka ayaa bixiya waayo aragnimada qaab dhismeedka: maro, isbuunyo, warqadaha gacmaha lagu masaxo, maqaar, qardaasyada ukunta, warqadda almuuniyamka, warqadda jiingadda ah, tuubooyinka boostada, dambiilaha bacda ah, koobabka muffin-ka, warqadda wax-ka ah, bir, dhagaxyo iwm.

KUULASHA

$\frac{1}{2}$ koob cusbo

$\frac{1}{4}$ koob budada galleyda

$\frac{1}{4}$ koob biyo (kulul)

cunto midabeeye (ikhtiyaari)

Biyaha kulul ku mil cusbada, ku walaaq budada galleyda iyo midabeynta cuntada. Cajiin ilaa inta sinaadaan. Jar warqad yar, u samee qaabab, ku dheji biin yar ama qalin yar iyagoo dul saaraya warqadda wax-ka ah. Marka kuulaha qallalaan, ka bixi ulaha oo dun ku tax.



Akhri "Harold & the Purple Crayon" by Crocket Johnson

KU MIDABEYNTA FARAHA ee CUSBADA IYO BURKA

1 koob daqiiq ah

1 ½ koob cusbo

¼ koob biyo

cunto midabeeye

Biyo ku walaac bur iyo cusbo. Rinjigu wuxuu yeealn doonaa tayo sare.

KU MIDABEYNTA FARAHA PUDDING-KA

pudding la diyaariyay ama la kariyay ayaa laga yaabaa in loo isticmaalo waayo aragnimo ka duwan. Markaad cunto wax ku midabeynayso, u sharax carruurta, "Maanta waxaan farta ku midabeynaynaa pudding. Maalin kale ayaan ka dhigan doonaa cunto fudud." Dhammaan rinjiyada waa in lagu keydiyaa dhalooyin si adag u daboolan oo qaboob.

GLARCH (SLIMY GOOP)

1 koob Elmer's glue

1 koob budo dareere ah

Ku dul shub budada dareeraha ah koolada oo si tartiib ah qaado isgu laab. Marka xabagtu fadhiisato, ku dul shub budo dheeraad ah. Glarciga wuxuu noqdaa mid adag oo aa cinjirsan u ah marka laga shaqeeyo. Marka ay aad u adkaato, ku raaci biyo qaboob si aad uga ssarto budada.

FARA MIDABEYNTA AASAASIGA AH (RECIPE 1)

1 koob daqiiqa

1 qaaddo cusbo

3 koobood biyo

qaboob ah Isku qas bur, milix iyo biyo qaboow oo ku qas double boiler. Kari ilaa ay adkaato, adigoo ku garaacaya qase ama qasaha korantada ah.

FARA MIDABEYNTA AASAASIGA AH (RECIPE 2)

3 koob oo saabuunta dharka lagu meyrobiyo

Ku rid saabuunta baaquli meel dhexaad ah. Si tartiib ah biyo ugu dar. Ku qas qasaha korontada ah si ay u jilicsanaato oo u sinaato aadna u sarreyso.

PLAYDOUGH BISIL

2 koob daqiiq ah

1 koob cusbo ah

4 qaaddo cream of tartar

2 koob biyo ah

2 qaaddo saliid ah

cunto midabeeya (ikhtiyaari)

Xawaash sida qorfe ama dhega yare udgoon (ikhtiyaari)

Isku qas bur, cusbo iyo cream of tartar isticmaal digsi culus. Isku dar oo qas biyo, saliid, midab iyo xawaash. Ku kululee dabka saddex daqiiqadood ama ilaa inta isku jirka uu kor u soo kacayo. Ka qaad dabka oo isla markiiba cajiin. Ku keydi weel aan hawadu gelin. Dhoobada waxay haysaa dhowr bilood.

Mar kale Iyo Wadadda



Raacitaanka baabuurta, baska ama tareenka wuxuu noqon karaa waqti aad ugu fiican in la raadiyo xarfo iyo lambaro dhammaan hareeraheena! Ku xayirnaanta taraafikada waxay isu rogi kartaa fursadda ugu habboon ee lagu ciyaaro waxbarashoo iyo ciyaaraha xusuusta. Ku dhiirigeli carruurta inay isticmaalaan male awaalkooda!

- U qaado baabuurka sabuurad ay weheliso warqad wax lagu qoro. Waxaad samay kartaa mid wata kartoon culus iyo laba biibiile oo dhar ah. Ku dhiirigeli ilmahaaga inuu qoro ama sawiro waxyaabaha uu arko.
- Baabuurka ku qaado xarfaha birlabta ah iyo xaashida buskudka. Ka caawi ilmahaaga inuu higgaadiyo erayada ama claamadaha aad aragto.
- Duub sheekada aad jeceshahay oo ciyaar markaad la raaceyso.
- Ciyaar “Read the Road.” Ilmahaaga ha ku dhawaaqo claamadaha: Wal-Mart, iwm.
- Dooro xaraf ama lambar. Fiiri qofka marka hore arki kara calaamad ama taargada.
- Ciyaara nooc ka mid ah “I Spy” adigoo isticmaalaya erayo qaafiyad leh. Say, “I spy something that sounds like “bree” (tree) or “bar” (car).”
- Tiri waxyaabaha xiisaha leh. Tusaale ahaan, “Meeqa nal traafik ayaad tirin kartaa intaan guriga tegin? Baabuurta boliiska? Kaalimaha shidaalka? Dhugdugleey? Calaamadaha joogsiga? Baabuurta guduudan?”
- Raadi dhammaan lambarada aad heli karto. Sii ilmahaaga liiska lambarada 0-10. Ku tartama si loo arko cidda heli karta dhammaan tirooyinka marka hore.



Akhri “On the Go” by Ann Norris

Madadaalada Luuqadda & Xisaabta

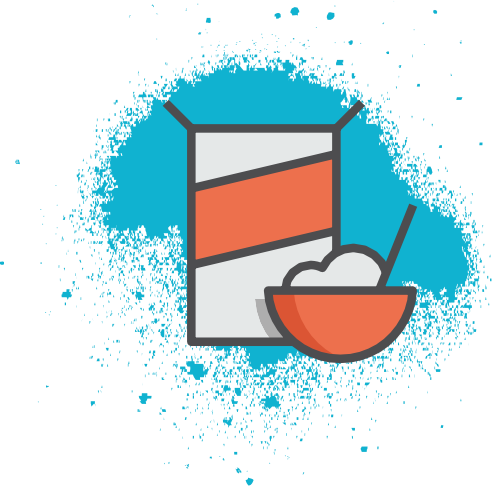
Barashada jaceylka waxbarashada waa hadiyad cajiib ah oo aad la wadaagto ilmahaaga. Ka faai'iideyso waxqabadyadan waxbarasho ee kor u qaadaya xirfadaha hore ee luuqadda iyo xisaabta.

- Sii ilmahaaga tababar badan oo qorista magacooda adiga oo siinaya shorootad wax lagu duubo oo ku dhiirigeli ilmahaaga inuu sameeyo calaamado. Dabadeed ku martiqaad ilmahaaga inuu magacooda ku dhejiyaan waxyaabaha ay leeyihiin.
- Isticmaalka waxyaabaha xiisaha leh ayaa qorista ka dhigaya madadaalo. Isku day inaad kareemka xiirashada ku balaariso tareey balaastig ah ama miiska dushiisa. Weydii cunugaaga inuu qoro magaciisa ama sawiro sawir.
- Ka jar wargeysyada sawirada xiisaha leh. Ilmahaaga ha sameeyo sheekooyin iyaga ku saabsan. Qor waxay ka dhaheyso sawirkeeda. Weydii su'aalo sida, "Maxaa sawirkaaga ka socda?"
- Guuri lambarada ku daabacan jadwalka dhammaadka buuggan. Hawshani waxay dhiirigelinaysaa aqoonsiga lambarada iyo sidoo kale isticmaalka taariikhda.
- Isku day hawlahaan xiisaha leh ee xisaabta adigoo isticmaalaya sagxadda kaararka:
 - ◆ Kaararka kooxuhu waxay u kala baxann 10 qeybood
 - ◆ Qaab u kala sooc kaararka
 - ◆ Lambar ku kala sooc kaararka
 - ◆ U diyaari kaararka siday u kala horreeyaan
 - ◆ Ciyaar "Go Fish"



Akhri "Circles, Squares, Everywhere" by Max Grover

- Sii noocyo kala duwanoo walxaha guriga ah sida baaquli, buug, gasac, koob ama sanduuqa siiriyaalka. Sii qalin iyo warqad. Ilmahaagu wuxuu u raadraaci karaa shay kasta hal dhinac si uu qaab u helo.
- Keydi daboolka weelka margarine-ka. Qaab u jar bartamaha daboolka. (Dadka Waaweyn oo Kaliya!) Tani waxay abuurtaa stencil. Ilmahaagu wuxuu warqadda la raaci karaa qaab kasta.
- Boorso sii ilmahaaga. Sii isaga/iyada hawsha adag ee ah in la helo waxyaabo badan sida in goobo la geliyo weelkeeda/weelkiisa. Si la mid ah u samee qaababka kale.
- Ciyaar “I Spy” si loo dhiirigeliyo aqoonsiga qaabka. Tusaale ahaan, “I spy something that is a rectangle.”
- Ka qari dhawr shay oo macne u leh ilmahaaga (sunuud, baabuur yaryar, nacnac). Bixi tilaamo gaar ah adigoo isticmaalaya erayo ay ka mid yihiin in ka badan, hoos, ku xiga, iyo kor, si ay gacan uga geysato ehliitaanka hantida qarsoon. Tusaale ahaan, “Jikada gal, fur albaabka armaajada ee ka hooseeya saxanka oo eeg gadaasha oo ka eeg isbuunyada gadaasheeda.” Lama filaan! Isku bad abddela qarinta walxaha ama hantida.
- Ka fadhiiso miiska ka soo horjeedka ilmahaaga adigoo wata laba baal oo waraaqo ah iyo midabyo. Tilmaamo ka sii sawirada warqadda lagu sawirayo. Laga yaabe inaad tiraahda: “Sawir xariiq dheer oo cas. Saddex goobo ku dul wareeji dusha xariiqa cas. Hadda, sanduuq ku sawir xariiqa cas hoostiisa. Nin ku sawir sanduuqa dhexdiisa.” U oggoloow ilmahaagu markiisa inuu ku siiyo tilmaamo!
- Markaad cunto diyaarinayso, sii tilmaamo gaar ah oo ku saabsan helitaanka alaabta cuntada adigoo isticmaalaya erayo ay ka mid yihiin gudaha, dibadda, hore gadaal kor iyo salka. Tusaale ahaan, “Ka fiiri halka sare ee gudaha qaboojiyaha. Eeg casiirka liimada gadaasheed oo caanaha soo hel.”



Akhri “The Shape of Things” by Dayle Ann Dodds

- Samee goop! Waxaad u baahantahay: budada galleyda, biyo iyo weel caag ah. Walxahani waxay sameeyaan isku jir xiiso leh. U sheeg ilmahaaga inuu weelka ku daro 10 qaado oo budada galleyda ah. Ka dibna ku dar in le'eg oo biyo ah. Ku dhiirigeli inay tiriyaan qaadda kasta marka ay ku darayaan isku jirka. Marka ilmahaagu isku daro labadan walxood, way ku raaxeysan doontaa tijaabinta iyo u fiirsashada “Goop.”
- Buug ka samee warqad adigoo bartanka ka laabaya. Sawir masawar si aad uga sheekeyso. Ka caawi ilmahaaga inuu qoro erayo ama u qor ilmahaaga. Ha kuu akhriyo waqtiga seexashada!
- Warqad waxaad u qortaa xubin qoyska ah ama saaxiib ah ilmahaaga oo ku daawanaya. Weydii ilmahaaga inuu kuu yeeriyo weedh ama labo, ka dibna ha ku saxiixaan magacooda iyo midkaaga warqadda.
- Warqad u qor ilmahaag oo boostada ku soo dir. Daawo raynrayntooda marka ay ku helaan boostada.



- Uga sheekee ilmahaaga carruurnimadaadi oo weydii inay dib kuugu sheegaan.
- Cayaara ciyaar u baahan tirinta: Dhuudhumashoow; Mother, May I?; Nalka Cas, Nalka Cagaaran; and Hop Scotch.
- Ku gur weelcaag ah xarfahaaga birlabta ah. Rux oo mid ka soo saar. Imisa xaraf ayaad magacaabi kartaa?



Akhri “The Jolly Postman” by Janet & Alan Ahlberg

- Ka caawi ilmahaaga inuu ka fikiro erayo qaafiyad leh. Halxiraayaal ka samee. “Waxaan ka fakerayaa shay la qaafiyad ah cunto kariye. Waxay leedahay erayo iyo sawiro (book).” Samee weedho qaafiyad leh: “Fred sat on the _____ (bed). Ann turned on the _____ (fan). Mandy likes to eat _____ (candy).”
- Samee erayo aan macno lahayn oo la jaanqaadaya kuwa dhabta ah, sida “wettuce” or “belephant.” Eeg haddii uu ilmahaagu qiyaasi karo ereyga dhabta ah.
- Sii ilmahaaga saddex koob oo warqad ka samaysan (mid kasta ka kale ka cabbir duwan yahay) iyo raso laws ah oo qolokooda wata. Marka hore weydii ilmahaaga inuu "garto", ama "qiyaaso" jawaabta su'aalaha soo socda:
- Imisa laws ayuu koobka ugu yar qaadi karaa? Imissa lwas ayay qaadi karaan koobabka waaweyn? Koob-(bab)kee qaadi kara in ka badan 10 laws? In ka yar shan? Ka dibna u oggoloow ilamahaaga inuu buuxiyo koobabka si loo go'aamiyo haddii qiyaastoodu sax tahay.
- Cabbir salka daaqadda adigoo isbada dhiagaya findhicilo gees ka gees. Imisa findhicil ayaad ku dhererisay? Ku cabbir isla meeshaa laabis, baloogyo ama xarig. Isku day inaad sidaan oo kale u cabbirto walxo kale.
- Ka caawi ilmahaaga inuu haysto joornaalka xagaaga. Waxay sawiri karaan ama wax ka qori karaan waxyaabaiihii dhacay inta lagu jiro xagaaga. Xusuusnow inaad ku dhiirgeliso marka ay isku dayaan inay qoraan erayo haka wererin far kurxoon ama higaad quman!



Indha sarcaadka Muusikada



Waxqabadyadani waxay ilamahaagu ku bartaan xirfadaha luuqadda iyagoo ku heesaya, qaafiyad iyo erayo cusub. Carruurta waxay kaloo wax ku bartaan laxanka iyo qaababka (xirfado muhiim u ah xisaabta) iyagoo adeegsanaya muusig. Iyo, intaadiga iyo ilamahaagu aad dheeleysaan oo aad waregsaneysaan, waxaad ka shaqeyn donntaan horumarinta murqaha waaweyn.

- Daar nuusig aad jeceshahay. Ku dhiirigeli ilmahaaga inuu sacabka ama dhawaqa la qabasado. Hees aad jeceshahay wada qaada. U isticmaal makarafoonkaaga qaadada weyn ee jikada. Kor u qaad heestaada.
- Si aad ilmahaaga uga caawiso inuu maqlo dhawaaqyada qaafiyada ah ku hees aan macno lahayn, “THE NAME GAME.” Isticmaal magaca qof kasta oo qoyska ah.

MAGACOOW CIYAARTA

Mike, Mike, Mo-bike
Banana-fana, Fo-fike Mi-My-
Mo-Mike MIKE!

Lisa, Lisa, Bo-bisa Banana-
fana, Fo-fisa
Mi-My-Mo-Misa LISA!

- Qaad heesta ABC inta aad gacmaha dhageyso. Ha joojin ilaa aad ka gaareyso Z. Tani waxay qaadataa inta u dhaxeeyso 20-25 ilbiriqsi, waqtiga loogu taliyay in loogaga takhaluso dhammaan jeermiskaas xun-xun.



Akhri “Crocodile Beat” by Gail Jorgensen

- Qaad heesta ABC adoo kor u fuulaya jaranjarooyinka - tallaabo kasta hal xaraf. Xarafkee ayaad ku joogsatay?
- Heestan si wadajir ah ugu heesa, kuna sacaba tumya xaraf kasta markaad qorto BINGO's name. Marka xiga isku day inaad isticmaasho magaca ilmahaaga. Hubi inaad hal mar ku sacbiso xaraf kasta oo magaciisa ah.

BINGO

Waxaa jirey nin beeraley ah oo lahaa eey
Waxaana la oran jirey BINGO.

B-I-N-G-O!

B-I-N-G-O!

B-I-N-G-O!

BINGO-na ahaa magaciisa!

Waxaa jirey ilmo, ilmo aad u
wanaagsan LESLIE-na wuxuu ahaa
magaceeda-oh

L-E-S-L-I-E

L-E-S-L-I-E

L-E-S-L-I-E

LESLIE wuxuu ahaa magaceeda!



- Ku celceli dhawaaqyo kala duwan. Ku celi “Alligator Pie” adiga oo isticmaalaya codad kala duwan: deep, low voice; high, squeaky voice; fast voice; slow voice; opera voice; robot voice.

ALLIGATOR PIE

Alligator pie, alligator pie
If I don't get some, I think I'm gonna cry!
Give away the green grass.
Give away the sky.
But don't give away my alligator pie!!!



Akhri “The Happy Hedgehog Band” by Jill Barton

U bood jiipta aad jeceshahay. Waxaa halkan ah laba heesood oo caan ah oo sidoo kale loo samayn karo sida ciyaarah sacabka:

MISS MARY MACK

Miss Mary Mack, Mack, Mack
All dressed in black, black, black
With silver buttons, buttons, buttons
All down her back, back, back

She asked her mother, mother, mother For fifty
cents, cents, cents
To see the elephant, elephant, elephant Jump over
the fence, fence, fence.

He jumped so high, high, high
He touched the sky, sky, sky
And he never came back, back, back
Til the fourth of Ju-ly, ly, ly

TEDDY BEAR

Teddy bear, teddy bear, turn around Teddy bear,
teddy bear, touch the ground Teddy bear, teddy
bear, tie your shoe

Teddy bear, teddy bear, that will do
Teddy bear, teddy bear, go up the stair Teddy
bear, teddy bear, comb your hair

Teddy bear, teddy bear, turn out the light Teddy
bear, teddy bear, say good night!

- Hees carruureedku waxay ku fiican yihiin akhrinta iyo luuqeeynta. Si wadajir ah u dheha, adinkoo sacabka tumaya. U sameeya idinkoo is ruxaya. Sameeya heeso cusub. Ka hadal erayda cusub ee xiisaha leh. “Tuffet” kursi yar oo kor loo qaadey. Ilmahaaga wuxuu ka yeeli karaa barkin yar inuu yahay tuffet-keeda. Isku day xoogaa “curds and whey” qeybta “Let’s Eat”.



LITTLE MISS MUFFET

Sat on a tuffet
Eating her curds and whey
Along came a spider
And sat down beside her
And frightened Miss Muffet away!

- Sing the familiar song, “Head, Shoulders, Knees and Toes.” Kaba soo qaada inwax walba ku socdaan si tartiib ah. Ka dib dedejiya. Tilmaan qeybaha jirkaaga markkad heesyso.

HEADS, SHOULDERS, KNEES & TOES

Head, shoulders, knees and toes Knees
and toes
Head, shoulders, knees and toes Knees
and toes

Eyes and ears and mouth and nose Head,
shoulders, knees and toes
Knees and toes

- Ku heesa maalamaha toddobaadka oo idil oo ku luuqeeya “Twinkle, Twinkle Little Star.”

Sunday, Monday, Tuesday, Wednesday Thursday,
Friday, Saturday
Sunday, Monday, Tuesday, Wednesday Thursday,
Friday, Saturday



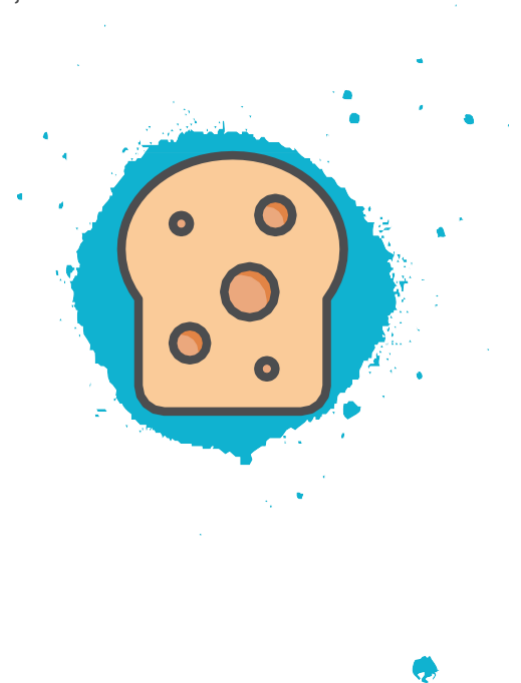
Aan wax Cuno

Carruurta waxay caadiyan jecel yihiin inay kaa caawiyen jikada, gaar ahaan marka ay cunto ku lug leedahay. Cunta karintu waa hab fiican oo lagu barto sida loo raaco tilmaamaha. Markaan cabbirno oo aan isku qaseyno walxaha, waxaan baranaeynaa xisaabta, iyo sidoo xirfadaha sayniska. Qof weyn waa inuu joogaa hawlaha soo socda:

- Meel dhig qaddarka sadxa ah ee maadooyinka loo baahan yahay ku rid weel yar, dabadeedna u oggloow ilmuhu inuu ku tiriyo baaquli wax lagu qaso. Tusaale ahaan, si loo wada sameeyo rootiga galleyda, ku cabbir dhammaan galleyda loo baahan yahay baaquli yar. Adigoo isticmaalaya qaaddo, ku dhiiri geli ilmahaaga inuu ku daro galleyda isku jirka. Ilmuhu ha tiriyo malgacad kasta marka uu ku darayo isku jirka. Hawlaha soo socda waa tusaalayaal badan:
 - Ku dar 10 qaaddo oo sokor ah weelka shaasha la barafeeyay.
 - Tiri inta qaaddo ee ku jirta xirmada Jell-O.
 - Tiri inta qaaddo oo qamax ah ee uu qaadayo baaquliga qamaxa.
 - Tiri inta baastada ah ee uu qaadi karo koob yar.
 - Walaac isku jirka ilaa inta aad ka tiriso 10.
- U oggoloow ilmahaaga inuu ku celceliyo xirfadaha dhageysiga isaga oo samaynaya cunto fudud sida waafaqasan tilmaamahaaga afeed. Sii walxaha loo isticmaalo cuntada fudud. Sii ilmahaaga tilmaamo ay ka mid yihiin, “Rootiga saxanka saar. Mari rooti peanut butter. Dusha ka saar 10sabiib ah.”



- Waxaad sii saa cunto fudud oo leh qaabka goobada. Tusaalooyinka qaarkood waxaa ka mid ah qajaarka, muuska iyo buskudka la qaboojiyo. Hadda isku day afar geesle iyo saddex geesle.
- Isku qas cuntada fudud sida saltine crackers, tortilla chips, round crackers or vanilla wafers.
- Fidi cajiinka la qaboojiyay ama guriga lagu sameeyay. Ilamahaagu waxa uu gacmihiisa cajiinka ugu samayn karaa qaab am xarfo. Ku dhiirii geli inay magacaabaan qaab kasta marka ay uu shaqeynayo
- Ka caawi ilmahaaga inuu rootiga ku rido toaster-ka. Tiri si aad u aragto inta ay qaadaneyso ka hor intaanu rootiga soo boodin.
- Ilmahaagu ha tiriyo tirada fargeetooyinka, qaadooyinka, iyo aftiryada uu u baahan yahay qoyska.
- Goob kasta dhig, hal saxan, hal farheeto iyo hal aftir.



Akhri “Lunch” by Denise Fleming

Ku kari Waxoogaa madadaalo ah

Cunto karintu waa hab ku habboon in wax lagu barto sababtoo ah waxay ku lugleedahay dhammaan shanta dareemayaal. Xissab luuqad, sayniska, nafaqeynta, bulsheed, xarako yar iyo xirfad shucuureed dhammaantood sidoo kale, waa ka qeyb cunto karinta!

DIIWAANKA QURAAJADA

Maaddooyinka: celery, peanut butter ama cream cheese, sabiib

Ku fidi peanut butter, ama cream cheese, derida celery (log). Dul saar sabiibka (quraanjada).

APPLE DELIGHTS

Maaddooyinka: tufaaxa cas, peanut butter, marshmallow-ga yaryar

U jarjar tufaaxa siddeed qeybood. KU fidi peanut butter jeex, ka dibna afar marshmallows korka ka saar. Ku dar jeex kale, oo waxaad haysataa dhoolo caddeyn weyn.

FROZEN BANANAS

Maaddooyinka: muus, ulaha popsicle

Muuska fiiqa oo bartanka ka jar. Geli usha popsicle-ka oo qabooji.

CURDS AND WHEY

Maaddooyinka: cottage cheese, cananaas la jejebiyay

Ku gas baaquli yar $\frac{1}{2}$ koob cottage cheese iyo $\frac{1}{4}$ koob cananaas la jejebiyay.

CHEESE BALLS

Maaddooyinka: cream cheese, grated cheese, lows la jarjarey ama qamax la shiiday

Ku dar 1 qaado oo kareem ah cheese iyo 1 qaado oo grated cheddar cheese koob yar isugu gas. Ka samee kubbad yar oo ku rogrog llowska ama qamaxa la shiidey.



BUNNY SALAD

Maaddooyinka: pear la kala barey, sabiib, cottage cheese, carrot-ka

Saar pear-ka barkii saxan loogu talagalay jirka bakeylaha. Ku dar sabiib sida sankaa iyo indhaha, cottage cheese sida saynta, iyo carrot-ka sida dhegaha.

CINNAMON APPLE SAUCE

Maaddooyinka: tufaax qasacdeysan oo shiidan, nacnac kulul oo qorfe ah

Ku shub koob yar ½ koob tufaax shiidan ah. Tiri 10 nacnac oo qorfe ah oo ku rid koobka. Walaaq, walaaq, walaaq. Applesauce-ku wuxuu isu rigi doonaa casaan quruxsan wuxuuna yeelan doonaa dhadhan qorfe.

LITTLE BEAR'S PORRIDGE

Maaddooyinka: oatmeal, sokor bunny ah, caano, sabiib

U diyaari oatmeal-ka si waafaqsan tilmaamaha. Ku dar sokor bunny, caano, iyo sabiib.

CRACKER CREATIONS

Maaddooyinka: crackers leh qaabab kaladuwan, peanut butter, iyo mindiyo caag ahama ulo alwaax ah

Isticmaal peanut butter sida xabagta, ka samee guryo, gawaari, iyo farshaxanno aad cuni kartot.

TRAIL MIX

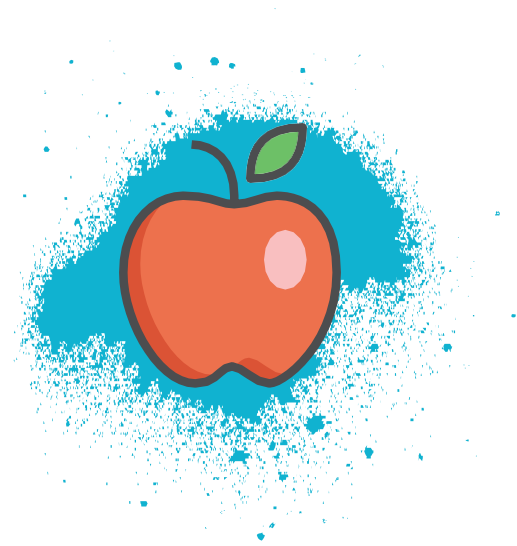
Maaddooyinka: O-shaped cereal, pretzel ulo, lows, sabiib, zippered plastic bag, ice cream cone

Ku shub bacda oo rux si ay isugu darmaan

MUD PIES

Maaddooyinka: 1 package instant chocolate pudding, 2 koob oo caano ah, flat bottom ice cream cones

Ku rid pudding-ka (wasakh) weel caag ah oo dabool leh. Ku dar caano oo si fiican u walaaq. Dabool oo qofba makiisa ha ruxo weelka. Ku qeybi “dhoobada” ice cream cones. Khibradan cunto karinta ahi waa madadaalo ku wanaagsan in dibadda lagu sameeyo.



COOKED O'S

Maaddooyinka: O-shaped cereal, margarine, sokor qorfe leh

Ku dhalaali digsi 2 qaaddo oo margarine ah. Ku dar 3 koob oo cereal ah oo ku saydh sokorta qorfaha leh. Ku walaaq dab yar ilaa ceral-ka dubmo oo dhadhan yeesho.

LETTER PANCAKES

Maaddooyinka: pancake mix, margarine, syrup, squeeze bottle (oo la mid ah kuwa loo isticmaalo ketchup-ka)

U samee cajiinka pancake si waafaqsan tilmaamaha. Ka buuxi cajiinka caaga ketchup-ka, ka dibna ku samee xarfo ama lamabro dusha daawe kulul. Ku qeybi margarine.



PANCAKE FACE

Maaddooyinka: pancake mix, salliid, margarine, iyo syrup

Samee pancake weyn si waafaqsan tilmaamaha ku yaal sanduuqa. Adigoo isticmaalaya mindi caag ah, goo laba goobaabin oo yaryar oo indhaha ah, saddex xagal sankaa ah iyo U afka ah. Adeegso goobooyinka si aad u smayso dhegaha, seddex xaglka si aad koofiyad uga dhigto iyo U-da si aad dhigto dhuunta. Ku buuxi meelaha banaan jelly ama syrup.

PAINTED COOKIES

Maaddooyinka: yolk-ga ukunta, cunto midabeeye, roll or refrigerator sugar cookie dough, cotton swab

U jarjar cajiinka buskudka sokorta gobolo 1/4 inch ah. Ku qas qadar yar oo cunto midabeeyn yolk-ga ukunta ah oo Q-tip ku rinjiyeey naqshad cajiinka buskudka. Ku dub xaashida buskudka si waafaqsan tilmaamaha sanduuqa.

LETTER BREAD

Maaddooyinka: rooti, caano, fcunto midabeeye, kubbad suuf ah

Ku qas qadar yar oo caano ah oo leh dhowr dhibcood oo cunto midabeeye ah. Adigoo isticmaalaya suuf kubbad ah, xarfo ku rinjiyeey ama ku naqshadee caanaha midabka leh. Ku dub tosterka.

GREEN EGGS AND HAM

Ingredients: eggs, green food coloring, sliced ham, margarine

Beat eggs. Cut slices of ham into small pieces and add eggs. Stir in several drops of food coloring. Scramble in a skillet.

PIGS IN A BLANKET

Maaddooyinka: 1 package of crescent rolls, hot dogs, cheese

Slice hot dog about halfway through and stuff with cheese. Roll hot dog up in one section of crescent roll dough. Bake in 375-degree oven approximately for 12 minutes.

PEANUT BUTTER PLAY DOUGH

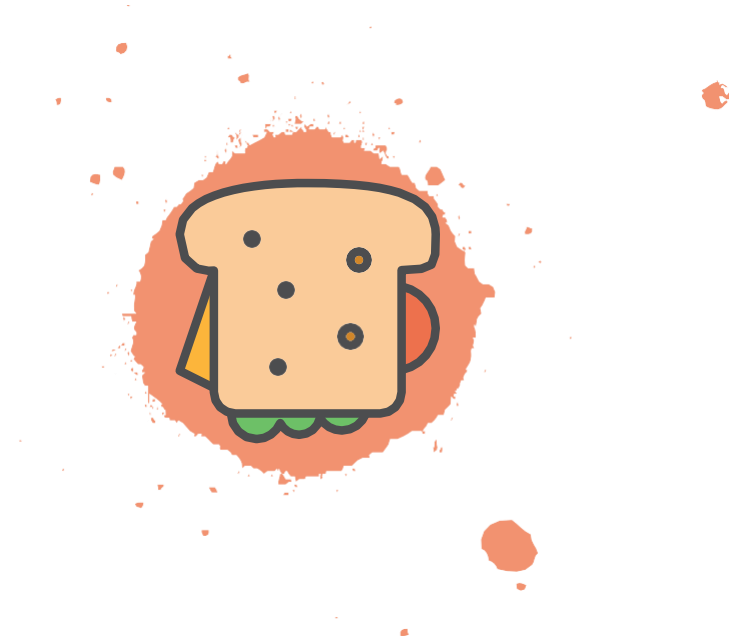
Maaddooyinka: peanut butter siman, malab, caano booraha dufanka yar ee carruurta

Isku qas 1 koob peanut butter, 1 koob oo caano boore ah iyo 1/4 oo koob malab ah ilaa inta ay sinmaan. U duub sidii kubbadiiyo qaabab kale.

SANDWICH SHAPES

Maaddooyinka: rooti, hilib la xaleefay, xaleef fomaajo, buskud googooye

Ku jar buskud googooyaha rootiga, hilibka, iyo formaajada. Isku soo wada duub oo cun.





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Dugsiyada Dadweynaha Metro Nashville (MNPS) kuma sameeyaan takoor ku salaysan isir, diin, caqiido, jinsiga, aqoonsiga jinsiga, jihada galmada, asaka qaranimu, midabka, da'da iyo/ama naafada inay galaan oo marin u helaan barnaamijyada, adeegyada, ama hawlaheeda. MNPS ku ma takooro shaqaaleysigeeda ama habdhaqankeeda shaqaaleynta.

Nuxurka waxaa bixiyay Dugsiyada Degmada ee Mideysan ee Madera & 5 Koowaad ee Degmada Madera