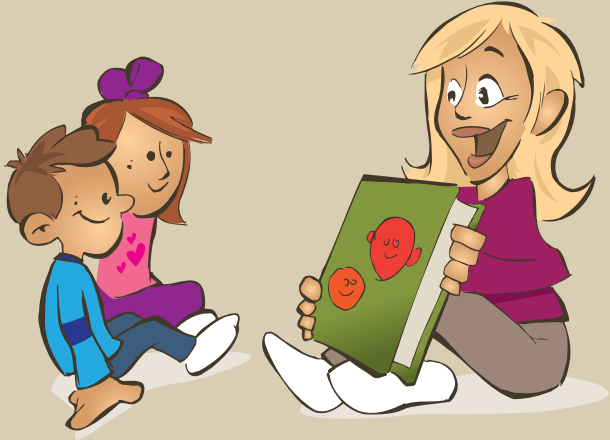


# AKHRISKA WADAHADALEED

## Akhriska ka hor

- Akhri buugga ka hor inta aanad u akhriyin ilmahaaga oo ka qaado fikrad, waxyaabaha aad rabto inaad kala hadasho iyo waxaad ka waydiinayso sheekada.
- Ka dhig wax akhriska mid deggan oo gaar ah.
- Wax uga sheeg ilmaha buugga: tus bogga hore iyo bogga danbe una sheeg cidda qortay buugga iyo cidda samaysay sawirrada.
- Suaalo ka waydii ilmaha muuqaalka buugga.
- Ilmahaagu ha ku fadhiisto wax yar oo ahmiyad gaar ah u leh sheekada.



## Akhriska dhexdiisa

- Markasta u diyaar ahow suaal, intaad buugga akhriyayso. Marka ilmahaagu ku waydiiyo suaal, jooji akhriska oo u jawaab.
- La soco laabraaca ilmahaaga (nysgerrighed), ku dhowow, waydii wuxu xiisaynayo oo dhegayso jawaabaha.



- Uga gur ilmahaaga sidii sheekeeye.
- Ku celinta akhriska, tus buugga oo ku dhiirri geli ilmahaagu, inuu ka sheekeeyo wuxu ka xusuusan karo, sida tusaale ahaan sawirrada. Ku biiri aqoon cusub wuxu yaqaan ilmahaagu.



## Akhriska dabadii



- Ka hadal dulucda sheekada sidoo kale markaad laabto buugga. Adeegso ereyada cusub, ee ku jira buugga – marba markay sii bataan ereyada uu maqlayo ilmahaagu, waxa sii badanaya sidu u xusuusanayo ee isaguna u isticmaalayo.

PAKKEN

SPROG