

Tallooyinka aad NAFTAADA ku daryeeli kartid

KHADKA KU XIRNAAW

Runtii waa muhiim in lala xiriiri asxaabta, kooxaha bulshada iyo qoyska – iyadoo la isticmaalayo khadka tooska ah, telefoonka ama boostada

La xiriir:

- Kuwa aadan la hadlin in mudo ah
- Qof laga yaabo inuu dareemayo go'doon/karantiil
- Dadka guriga jooga
- Ka caawi kuwa ku aqoon yar teknoolajiyada si ay u galaan warbaahinta bulshada
- Diyaar xaflad / isu imaatin qayaali ah
- Martigeli/aasaas ciyaar khadka ah habeenkii



KORORSO XIRFADAJA

Naftaada u qorsheey wax ku adag - hadda waa waqti wanaagsan oo la barto xirfad cusub

- Yaad dooneysaa inaad noqoto? U dadaal
- Raadi ugu yaraan hal shay oo aad sameyso maalin kasta taas oo adiga kaa farxisa
- Guriga ka qabo shaqo
- Xulo waqti go'an iyo goob aad ku dhammayso shaqada dugsiga



AHAAW MID CAAFIMAAD QABA

Joogtee jadwal caafimaad

- Hurdada: qorsheyso wakhti aad soo kici karto marka ay tahay 00
- Cun
- Jimicsi sameeyo
- Baashaal
- Hawo cusub

Haddii aad dareentid caajis iyo daal waxaad u baahan tahay inaad dhaqdhaqaaq sameeyso!



BAARITAANKA SHUCUUREED

U fiirso shucuurtaada

- La wadaag welwelkaaga dadka kale - way ku caawinaysaa
- Qaado waqti aad ku dhageysato waxyaalaha ay dadka kale ka walwalsan yihiin - waxaa laga yaabaa inaad u xallin karin iyaga laakiin inaad dhagaysato ayaa caawin karta
- La ciyaar qof
- Ka fogoow fiirinta warbixinada joogtada ah

U fiirso jawigaaga maskaxeed iyo waxyaabaha kaa dhiga inaad dareento fiicnaan ama xumaan



KU RAAXAYSO WAKHTIGA

Deji jirkaaga iyo maskaxdaada - waxaa muhiim ah inaad nasasho ka qaadata fikiritaanka xitaa dhowr daqiiqo ha noqotee

- Beddel diiradda
- Ku faa'ideyso wakhtiga hadda ah
- Jirkaaga deji, u neefso calooshaada
- Naftaada ku daa hawsha
- Tijaabi ablikeeshinka iska warhaynta

Hadba sidii aad ugu tababarato ayay kuu caawin doontaa marka aad u baahan tahay



QORSHAYSO MAALINTAADA

Markii hawliha caadiga la waayo waxay keeni kartaa jahwareer

- Waqtiga sida ugu fiican uga faa'ideyso
- Daryeel naftaada

Samee qorshe iyo
#BeatTheBoredom



WAREEJINTA XOGTA MASKAXDA

Liiska

- Waxa aad jeceshahay inaad samayso
- Waxa aad rabto inaad gaadho
- Dadka adiga muhiim kuu ah

Fikradaha & ablikeeshanada

Khadka ku xirnaaw



Qof wac
Cunno la cun qoyskaaga
Ciyaarta habeenka la cayaar qoyska
Saaxiib la tartan
La xaal wareyso xilliga ciyaarta
Fiidiyowgu kula xiriir qoyska

Waxa jira habab badan oo lagula xidhiidhi
karo asxaabta iyo qoyska. Iskuulka waxaa
laga yaabaa inuu soo diro macluumaad
kusaabsan qaababka loola xiriiro
Had iyo jeer khadka ku xirnaaw - kala hadal
waxyaabaha aad ka welwelsan tahay qof
mas'uul ah FOMO iyo u xoogsheegadka
internetka ayaa saamayn kara caafimaadka
maskaxda - ka fiiri [Thinkuknow](#) ama [Own It](#)

Xirfado Samayso



Baro ciyaar cusub oo turub ah
Cunto kari
Qoob-ka-ciyaarka cusub
Samee xoogaa DIY ah
Samee xoogaa muusig ah
Baro xirfada kubbadda cagta

[BBC Bitesize Daily & Food](#)
[Duolingo](#)
[Seek by iNaturalist](#)
[Fender Play Guitar lessons](#)
Fiiri emaylka iyo websaydhka iskuulka
[The STAR](#) - Isugeynta waxbarista ee
xilliyada Khamiista

Ahaaw mid qaba Caafimaad



Aadida orotan
Isku day yoga
Ku tababaro cayaarta tik tok
Samaayso alaarmi ku soo kiciya
Isku day fasal/jadwal jimicsi oo onleen ah
Is Qallaji Isniinta - ha cabin cabitaanka
tamarta

[Map my run](#)
[Habitica](#)
Yoga kujira YouTube
[7 minute workout](#)
[Couch to 5k](#)

Baaritaanka Shucuurta



Xusuus-qor ka hayso sida aad dareemayso
Isku naxariiso
Hayso joornaalka mahadnaqa
Xaal warayso asxaabta
Naftaada ku muuji farshaxanka

[EpicFriends](#)
[Door43](#)
[Rise Above](#)
[Childline Toolbox](#)
[Kooth](#)

Ku raaxayso wakhtiga



La ciyaar xayawaanka guri joogta ah
Isku day jimicsi seddex daqiiqo ah oo
ablikeeshinka iska warhaynta ah
Raadi xayawaannada daruuraha
Samee mashiinta wax lagu jaro
Waqti ku qaado inaad isqurxiso / timaha

[Headspace](#)
[Smiling Mind](#)
Cayaaraha Xalxiraalaha ee khadka
Boorarka
Spotify

Sameey bankiga fikradahaaga

Khadka ku xirnaaw: Magacaw qofka aad la xiriiri doontid



Dhiso Xirfadaha: Xirfado nooc ee ah ayaad jeclaan laheyd inaad samaysato?



Ahaaw mid caafimaad qaba: Liis garee talooyinka ugu sareeya si aad u caafimaad qabtid



Baaritaanka Shucuureed: Yaad la hadli kartaa haddii aad walwal qabto?



Ku raaxayso wakhtigan: Hawlahee kaa caawiya inaad dareento deganaan?



Sameeyso xooggaa yoolalka ah

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| Khadka ku xirnaaw  | | | | | | | | |
| Xirfado Samayso  | | | | | | | | |
| Ahaaw mid qaba Caafimaad  | | | | | | | | |
| Baaritaanka Shucuurta  | | | | | | | | |
| Ku raaxayso wakhtiga  | | | | | | | | |

Qorsheyso maalintaada caadiga ah



Khadka ku xirnaaw



Dhis Xirfado



Ahaaw Mid caafimaad qaba



Baaritaanka Shuurta



Ku raaxayso wakhtiga



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| 10:00 | Iskuul |
| 10:30 | shaqo |
| 11:00 | Baashaal |
| 11:30 | Iskuul |
| 12:00 | shaqo |
| 12:30 | Qado |
| 13:00 | Iskuul |
| 13:30 | shaqo |
| 14:00 | Iskala bixin |
| 14:30 | Aadida orotan |
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| 15:30 | Khadka asxaabta |
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| 17:30 | La cayaar bisada |

Seexo

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| 18:30 | Xirfadaha kubada |
| 19:00 | cagta |
| 19:30 | Xiriir Ayeeyo/ |
| 20:00 | Awoowe |
| 20:30 | |
| 21:00 | La hadal |
| 21:30 | saaxiib |
| 22:00 | Iska warhayn |
| 22:30 | Akhrin |
| 23:00 | Seexasho marka |
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Seexo

Qorsheyso maalintaada caadiga ah



Khadka ku
xirnaaw



Dhis
Xirfado



Ahaaw
Mid caafimaad
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Baaritaanka
Shucuurta



Ku raaxayso
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Tusaale Dib u eeg usbuucaaga

#BeatTheBoredom
Sharraxaadyo



Liiska muusikada ee la wadaagay
La hadlay awoowe/ayeeyo
Cayaaray turub



20 daqiiqo oo gitaar ah
Maalmaha intooda badan



Maareeyey 1 maayl oo orod ah
Soo kacay 10 subaxnimo kahor maalin kasta



Waxaan ku raaxaysanaayey inaan la hadlo Emma fiid kasta



Sameeyey liis muusig ah
Ku isticmaalay 5 daqiiqo dhagaysiga shimbiraha
Soo dejiyey ablikeeshinka iska warhaynta

La soco
hurdadaada

Usbuuca bilaabanaya: 4ta Meey

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| Isniin | 19 | 20 | 21 | 22 | 23 | 24 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| Talaado | 19 | 20 | 21 | 22 | 23 | 24 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| Arbaco | 19 | 20 | 21 | 22 | 23 | 24 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| Khamiis | 19 | 20 | 21 | 22 | 23 | 24 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| Jimco | 19 | 20 | 21 | 22 | 23 | 24 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| Sabti | 19 | 20 | 21 | 22 | 23 | 24 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| Axad | 19 | 20 | 21 | 22 | 23 | 24 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 |

Qiimeey
Jawigaaga
Maskaxeed

| | Isniin | Talaado | Arbaco | Khamiis | Jimco | Sabti | Axad |
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Dib u eeg usbuucaaga

#BeatTheBoredom
Sharraxaadyo

A 2x2 grid of activity boxes. Each box has a grey rectangular label on top. The icons are: top-left (group of people), top-right (star), middle-left (clock), middle-right (head with speech bubble), and bottom-left (person meditating).

La soco
hurdadaada

Usbuuca bilaabanaya:

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| Talaado | 19 | 20 | 21 | 22 | 23 | 24 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| Arbaco | 19 | 20 | 21 | 22 | 23 | 24 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| Khamiis | 19 | 20 | 21 | 22 | 23 | 24 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| Jimco | 19 | 20 | 21 | 22 | 23 | 24 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| Sabti | 19 | 20 | 21 | 22 | 23 | 24 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| Axad | 19 | 20 | 21 | 22 | 23 | 24 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 |

Qiimeey
Jawigaaga
Maskaxeed

Isniin Talaado Arbaco Khamiis Jimco Sabti Axad



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