

Tababar magangelyo

Ujeeddadda tababarkani waa inaad adiga iskaa ugu tababarato sidaad u nafisi laheyd. Ujeeddadduna waa iney kaa caawiso daryeelka maskaxiyan iyo jir ahaan, wax kaaga baxayana majiraan. Tababarkaana ujeeddaddisu waa iney kordhisaa dareenkaaga nabadda iyo inuu jirkaaga iyo maankaagaba dareentid nasiino. Waad iska joojin kartaa tababarka markaad doonto, haddey markaa kula wanaagsanaato inaad joojiso, ama aad u aragto waxaan kuu fiicneyn.

Raadso meel deggan, halkaasoo cid ku qashqasheyso jirin xiliga tababarka. (2s)
Billow tababarka adigoo si fiican isku qaabeeyey. (2s)
Waad sameyn kartaa indhoo ku furan ama kuu xiran, haddey kula wanaagsan tahay (2s)
U foojignow billowga hore inaad dhageysato neeftaada. (5s)
Mar walbood neefta aad afuufto jirkaagu marba marka ka danbeeya wuu nafisi. (10s)

Ku fikir hadda meel, taasoot ku dareemeysid ammaan iyo degenaasho. (10s)
Meel, taasood ku daryeeli karto nafsadaada kuna sii kordhisan kartid is daryeelkaaga. (10s)
Meeshaani waa meeshaadii. (5s)
Ujeeddadduna waa inaad ku dareento niyad-sami sare iyo dareen amni ah. (5s)
Qof kaloo meeshaas kugu qash-qashi karana ma jiro. (10s)

Haddaad rabtana waad sameysan kartaa meel cusub ood niyaadada ka hindisato. (5s)
Wey ahaan kartaa meel qurxoon oo wadan kale; (5s) meel xeeb ah (5s) meel bilicsan (5s) ama jardiino (5s)
Ama wey ahaan kartaa meel kuu qaas ah, qol bilicsan ama dhismo. (10s).
Wey ahaan kartaa sidoo kale meel, taasood horey u booqatey oo xasuus fiican aad ka heysatey (5s)
Wey ahaan kartaa meel, taasood rabi laheyd inaad booqato (3s) Ama meel aad sawiradeeda aragtey. (10s).
Ha kuu ahaato meeshaas meel aad ku dhuumashadeeda jeceshahay. (10s)
Waa meel middabo iyo arrimo badan, taasood ku dareemeyso ammaan buuxa ood u baahan tahay (10s)
Cid aan adiga aheyn halkaa maganta ma geli karto. (5s)
Halkaas maganta ah adigaa mooyee ruux kale masoo geli karo oodan u ogolaan. (5s)
Halkan maganta ah had iyo goor ammaan baad ku tahay. (10s)
Ku dareen goobtan dareemayaashaada oo dhan. (15s)

Qooraanso oo eeg nawaaxiga goobtaada maganta, arag middabada iyo waxyaabaha dhinac yaala. (5s)
Waxyaabo kaloo wanaagsan maxaad aragtaa? (10s)
Sanka la raac, udgoonka/carafata ay goobtaasi leedahay kuna dareen inaad marba marka ka danbeysa dareenka ammaankaagu sii xoogeysanayo. (10s)
Goobtaad joogto ma ka dhadhansaneysaa wax macaan dareenka dhadhanka? (10s)
Maxaad ka dareemeysaa jirkaaga markaad goobtaas ku fikireyso? (10s)
Heerkulbeeg/Cimilo sidee ah? (10s)

U foojignow sawaxanka codka aad ka maqleyso goobtaada maganta. (3s) Cod sidee ah ayaad maqleysaa? (10s). Aqbal sawaxankaas inuu hadba sii siyaado adoo ammaan ku dareemaya. (15s)

U foojignow dareenkaaga, maxaad dareenka jirka aad ku dareemi goobta magantaada? (7s)
Maxaad ka dareemeysaa cagaha (7s),
faraha fiintooda (7s),
wejiga (7s)
maqaarkaaga meelo kala duwan? (10s)
Dareen jirkaaga dareen wanaagsan, kaasood u aragto inaad magan tahay. (15s).

Hadda maadaama aad joogto goobtii magantaada, waxaad u bixisaa magac. (5s)
Magacu wuu ahaan karaa hal xaraf ama erey dhameystiran. (5s).
Magacaan waad isticmaali kartaa, markaad rabto inaad niyadaada geliso goobtaas. (5s).
Waad xasuusan kartaa goobtaada, markaad rabto inaad siyaadiso dareenkaaga ammaan iyo degenaan. (10s)
Waad ku daahi kartaa cabbaar goobtaada maganta,(5s)
kuna raaxeyso aggagaarkaaga ammaan iyo degenaansha. (5s)
Wax walba waa wanaagsan yihiin adiguna ammaan baad tahay (20s)

Waad soo kici kartaa adigoo tirinaya ilaa shan. (3s)
Kow...(3s)
Labo...(3s)
Saddex.neefta jiid intii xad ah.....(3s)
Afar...(3s)
iyo shan. Indhaha fur, haddii ay kuu xirnaayeen. Hadda waad soo jeedaa... (3s)
Sidaada nafis isaga ahow oo naftaada u ogolow wakhti aad ugu soo toosto si wanaagsan.. (5s)
Sidaada neefsiga dheeli-tiran usii wado.. (5s)
Dareen cabaar wixii aad sameyneysey iyo inaad ku raaxeysato wakhtigaagan nasashada (5s)
Goobtaadan maganta ah adiga uun baa adeegsan kara marwalbood u baahan tahay.

