



Wakhtiga Seexashada

Ku hormarinta hurdadaa ilmahaaga hawlaha wakhtiga seexadka!

Hawlaha hurdadu waxay kor u qaadaan xidhiidhka ka dhaxeeya daryeelaha iyo ilmaha. Hawlaha wakhtiga huradu waxay hormarisaa jawiga, heerka kacsanaanta, iyo badqabka ilmaha.



Wakhti seexashadu waa wakhti kaliya, oo hawlo soo noqnoqda oo si joogto ah loo sameeyo kahor inta aan la seexan habeen kasta. Hawlahaasi waxay ka caawinayaan ilmahaaga hurdada isaga oo istajinaya oo soo seexanaya.

Daraasadaha ayaa muujiya in caruurta raacda hawlaha wakhtiga hurdada ay seexdaan mudo ka dheer oo ayna badanaa soo toosin. Mudada dheer faa'idooyinkan waxay isku dabaleysaa u diyaar garaw waxbarashada iyo xidhiidhka dadka ee wanaagsan.



Wixii baahiyaha maalinlaha ah, xirfadlayaasha caafimaadku waxay ku taliyaan xadiga hurdada ee soo socda:

Da'da	Xadiga Hurdada
Dhalashada ilaa 3 bilood jir	16-18 saacadood
4 bilood ilaa 12 bilood	12-16 saacadood
1 sano ilaa 2 sano	11-14 saacadood
3 sano ilaa 5 sano	10-13 saacadood
6 sano ilaa 12 sano	9-12 saacadood



DENVER HEALTH

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FOR LIFE'S JOURNEY



Talaabooyinka Guusha:

1. Hawlaha wakhtiga seexashada oo qoyskaaga lala sameeyo.
2. Markasta waxa aad ilmahaaga u diyaarisaa hawsha xigta. Tusaale ahaan, waxa aad odhan kartaa “Shan daqiiqo kadib waynu maydhanaynaa.”
3. Waxa aad isku daydaa inaad habeen kasta isku wax samaysaan, laakiin xasuuso inay iska caadi tahay hadii aanad habeen kasta sideeda u samaynin!
4. Fududee hawlahaaga oo waxa aad ka dhigtaa wax adiga iyo qoyskaaga idiin fudud.
5. Ku xadid isticmaalka teknooloojiyada kahor wakhtiga seexashada ilaa 1 saaco kahor.
6. Waa iska caadi in wakhtiga seexashada wax laga badalo marka uu ilmuhu koro.
7. Waxaad ku xadidaa isticmaalka teknooloojiyada ugu yaraan hal saacad kahor wakhtiga seexashada.

U Sharax Jadwalka Hurada

Hawsha	Saacada	Tusaale
Wax cunista	6 galabmimo	Wax Cunista ama Cuntada Fudud
Nadaafada	6:30 galabnimo	Maydhiga iyo Cadayashada
Xidhiidhka	7 habeenimo	Akhriska sheekada wakhtiga seexadka
Tooshka	7:30 habeenimo	Boga Gelinta, Lulista, ama Duugista
Bakhtiinta Laydhka	8 habeenimo	Nabadgalyaynta

