## Tallooyinka ugu sareeyo lagu hormariyo hadalka, luuqada iyo xiriirka

Ka taxadar suʻaalahaweydiinta wax badan
waxay ka dhigi kartaa
canugaaga inuu
dareemo in la tijaabinay



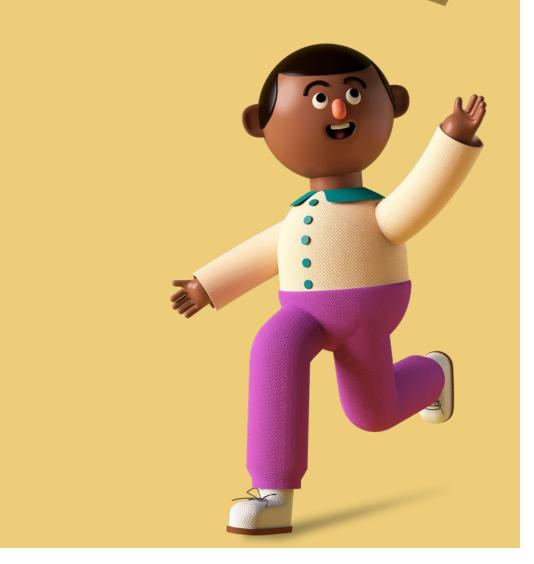
Ka dhig madadaalo wada heesa heeso iyo laxano, kula hadal codad doqon ah



Isticmaal luuqada inta
badan aad ku
kalsoontahay inaad ku
hadashid- looma baahno
inaad af Ingiriis guriga ugu
hadashid

Waji ka waji ula ahaw canugaaga markii aad la hadleysid iyaga- tani waxay siisaa iyaga fursada ugu wanaagsan oo lagu dhageysto oo lagu jawaabo

Xadey waqtiga
shaashada – dami TV
iyo I-Pads ka qeybo ka
mid ah maalinta
canugaaga si
wanaagsan ayuu kaaga
bartaa



Isticmaal jadwalada
maalin walba -- kala
hadal canugaaga wax
ku saabsan
waxyaabaHA aad waDa
sameysaan sida ay uga
dhacaan sida waqtiga
qubeyska, waqtiyada
cuntada, waqtiga jiifka.



Iyada oo la siinayo waqti canugaaga ku jawaabo

carruurta waxay u
 baahanyihiin waqti
 dheeraad ah oo looga
 fakero waxa ay rabaan
 inay dhahaan





