

Ila soo xidhiidh

**Su'aalo Degdeg ah
Ama cabashooyin**
Telefoonka caafimaad
ee Kalkaalinta
651-229-3890

**Su'aalo Kale
Oo ku saabsan
Daryeelkaaga**

Rugta bukaanka St. Paul:
Khadka Wicitaanka
Kalkaalisaada
651-578-5000

Bukaanada jooga Goobaha
Kale:
Kala xidhiidh lambarka
Kooxdaada daryeel
caafimaad Gillette.

Ballamo
651-290-8707

Hawlaha Ciyaarta ee Carruurta Xiliga Nasashadda Sariirta

Play Activities for Children on Bed Rest | Somali

waxbarashada bukaanka
DIS062-SO

Da'da-Ilmaha 3

- Moobaylada carruurta
- Caagaga carruurta ku ciyaarto ee gacanta lagu qabto
- Kubbad maro ah oo la tuuro lana qabto
- Xubadda
- Caagaga dhaqaaqa sameeya
- Dhagaysiga muusiga iyo ciyaarta gacmaha
- Buuggaagta iyo fiidyowyada ciyaarta, jiiimka
- Muraayadaha
- Ciyaarta jiiimka
- Raaco gaadhi dhinacyo leh

Da'da 4-6

- Marin wejiga midab
- Gawaadhi, baabuur waa wayn iyo caag sidii sawir jilaa ah
- Sabuurad xarfaha lagu dejiyo
- Tooshash
- Biyaano kaasiya ah
- Bacda sawirka (maro faraha lageliyo ku sawirka kiishashka Ziplock)
- Xadkhaha daasada laga dhiijiyo ee qofka ku dhega
- Qurxinta duubka qalimaan/istikaro
- Loox bir lab ah, Magnadoodle

Da'da 7-13

- Walaxda la tuuro
- Gaadhi rimuut lagu hago
- Ciyaaro elektarooni ah oo gacanta lagu qabto
- Samaynta moobiil si loo qurxiyo siliga
- U isticmaal fareemka sawirka la saaro fanka iyo mashaariicda dugsiga
- Ku sawir tamaashiir, Colorforms, Etch-a-Sketch
- U ogolow ilmaha caawinta hawlaha jadwalka maalin laha ah
- Qorshee safar khiyaali ah (ku dar dharka la xidho)
- Samee buug albam ah
- Kubhada kolleyga oo caag ah iyo leebab xadhko leh loogu lifaaqay dib u keenid
- Samee midhaha la siiyo shimbiraha "wax la isku qurxiyo" (subaga lowska & midhaha la siiyo shimbiraha midhaha geedka baynka) si dibada loo tago daaqada ilmaha
- U keen kalluun rabaayada si loo arko

Socda bogga xiga

Buugaag, DVD-yo iyo kabadan

Raadi qalabka ku saabsan
Naafada, xaaladaha caafimaad
Iyo taageerada daryeel bixiyaha.

**Khayraadada caafimaad iyo
Waxbarasho**

dhismaha jaamacadda St. Paul, ee
u dhaw dabaqa afaraad skyway
651-229-3938
hre@gillettechildrens.com

Da'da 13 iyo ka wayn

- Looxa la saaro sawirka dugsiga ama mashriic faneed
- Helitaanka telefoon si loo waco carruurta
- Warqad qoridda
- Shuuliyada saaxiibo samaysashada
- Xal xidhaala yaasha iyo kelmaddaha la isku hagaajinayo
- Maro midab leh garan wayn oo laga dul xidho duubka
- Xusuus qor, joornaal ama albamka sawirada lagu dejiyo
- Fiidyowyo/buuggaag/ciyaaro elektarooni ah
- Kombiyuutar laabtob ah
- Qurxinta duubka
- Sabuurada qalalan masaxida iyo qalimaan maarkaro ah
- Jadwal
- Marmarka
- Sheekooyin dhegaysiya oo duuban/heeso (leh cod)
- Qalab lagu wada hadlo
- Ku marti qaad saaxiibada in ay ciyaaraan

Waxyabo sida fareemka la saaro looxa oo kale

- Tarayga sariirta leh fur
- Crayola miiska sawirka la saaro oo la qaadi karo
- Fareemada sawirka la saaro oo loogu talo galay sariiraha (waydii kalkaalisada)