

Kal Gacal

Ka Gacalku :

- Waa xiriir ka yimaadda niyadda oo isku xira canuga, caruurta , iyo dadka daryeela ba.
- Mujin kalgacal iyo u jabaabid caruurta.

Qoysaska iyo bulshooyinka adduunka waxay kalgacalkoodu u muujiyaan si yaabo kala duwan. Anaguna weynu kala baran karnaa.

Kalgaalku waa muhiim, maxaa yeelay;

- Waxaay caruurta ka caawineysaa in ay noqdaan kuwa wax jeclaan karo, dadkana aamina iyo in ay dareemaan in ay nabagelyo ku suganyihiin.
- Waxay ka caawineysaa caruurta in ay koraan ayna kobcaan.

Waa maxay waxyaalaha aanu sameyn karno?

Caruurta Muluqa (Muujada) ah

- Taabo, dhunko, laabta ku qabo, hadane xambaar maalin kasta canugaaga.
- Soo dhaweyso canugaada marka aad quudineysid.
- Ka fiiri canugaaga idhaha una muusoo (ilka caddey)
- U jimci canugaaga uguna subag gacmo diiran oo xogaa saliid leh.
- Marka uu canugaaga ooyo, kor u soo qaad, taasi waxay canuga ka caawineysaa in uu barto in aad jeceshahay, isla markaasna aad diyaar u tahay marka uu kuu baahdo.
- U hees canugaaga, canugaaga waa u baahanyahay in uu codkaada maqlo mar walba.
- Kula hadal canugaaga cod deggan oo debacsan. Canauga ma fahmi karo kalmadaha aad ku hadleysid balse wuu jeclaan doonaa codkaada.
- Xambaarso canugaaga marka aad waxyaalo qabanaysid. Ilmuhu waa u baahanyihiin in aay aad kuugu dhowyihiin oo jirkiinu is taabanaayo.

Caruurta Yar-Yar

- Sheko u akhri canugaaga. Canugaaga jilbaha saar. Caruurta yar-yar waxay jecelyihiin bugaag kalmado codeysan leh iyo sawiro midabba qurux badan leh.
- Isla ciyaara. Wada qosla.
- Waqti fiican wada qaata. Rux oo heeso macaan u hees canugaaga.
- Hab sii, oo dhunko canugaaga. Caruurta yar yar waxay u baahanyihiin in ay dareemaan jecel iyo nabad gelyo.
- Bar canugaaga kalmado cusub uguna soo cel-celi. Ku dhiira geli canugaaga in uu ka daba dhaho kalmadaha aad ku tiri.
- Heeso hees. Saaro muusikada aad ugu jeceshahay lana ciyaar canugaaga.
- Dhugmo u laahaaw canugaaga. Dhageyso marka uu canugaaga kula hadlaayo.

Maxaad Sameysaa si aad uga dhex dhalisid qoyskaada kalgacal, isaaminaad iyo kalsooni ama badbaado?

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