

MINNESOTA

WALK! BIKE! FUN!

Soco! Kaxee Baasgeel! Maaweelo!



XEERARKA WADADA

- 1 Joogso nalalka cas & joogso calaamadaha joogsiga.
- 2 Ku kaxee midigta oo ah layn toosan.
- 3 Sheeg oo signalgaree leexashooyinkaaga.
- 4 Iska ilaali baabuurta, dadka lugeynaya & khataraha jidka.
- 5 Ha lagu arko

SHEEG OO SIGNALGAREE LEEXASHOYINKAAGA!



JOOGSO



LEEXASHO
BIDIX



LEEXASHO
MIDIG

KA HOR INTA AANAD KAXEYN:

Samee Talaabooyinka Hubinta Dhakhso ah

A Hubi Hawada Shaagaga

B Hubi bareegyada

C Hubi Wareegeyaasha,
Silsiladda & Cajaladda



Samee kaxeyn yar si aad u hubisid dhammaan ka hor inta aanad tagin!

BADBAADI MADAXAAGA

Markasta Xidho Koofiyad Adag!

Booska Koofiyadda Adag Waa in koofiyaddaada adagi ay si siman u saaran tahay madaxaaga oo hoos u saaran tahay dhaforkaaga – oo balac ahaan hal far ama laba farood ka sareyso suniyahaaga.

Xejiyeyaasha Dhinaca Hagaaji gijiyeyaasha ku yaala labada dhinac ee xejiyeyasha si ay qaab ah “V” ugu sameeyaan hoosta dheg kasta oo ah wax yar xagga hore.

Leekaanshaha Ugu Dambeeya Koofiyaddaada adagi si fiican ma kuu leeg tahay? Si weyn u fur afkaaga...hamaansi weyn! Waa in koofiyaddu hoos u jiidayso madaxa.



INDHO



DHEGO



AF