

ISKA CABBIR KULEYLKA DAREENKAAGA

(TAKE YOUR EMOTIONAL TEMPERATURE)

Cabbiraha Dareenka waxa uu sheegayo waa dareenka jirkaaga oo waxaa lugugula talin doonaa sida aad adigu wax uga beddeli karto farxaddaada marka ay xaaladdu kugu adag tahay.

Sida qandha-sheegaha, Cabbiraha Dareenka waxa uu ku tusayaa marka uu cabbirka dareenkaagu diirran yahay ee aad kululaaneyso, oo waxaaba laga yaabo in aad gaarto heer khatar ah. Natiijada la akhrinayo waa buluug (heer fiican) ilaa iyo guduud (heer kacsaan ah), oo ka dibna waxaa kuu soo baxaya talooyin ah waxyaabaha ay tahay in heer kasta la sameeyo si la isaga yareeyo carada, niyad-jabka, khalkhalka, iyo murugada.

Sawirka natijada Cabbiraha Dareenka ku dheji qaboojiyaha cuntada si ay u arkaan oo ay dadka qoysku sidaas oo kale maalintii u sameeyaan dhowr jeer, oo waxa aad ku caawineyso waa midabka buluugga ah ama farxad.

Dhinaca kale ka eego sida looga hadlo dareenkaaga.

DAREEMIDDA QANDHA - CABBIRKA

(FEELINGS THERMOMETER)

Sidee baad dareemaysaa?

Maxaad ku sameyn kartaa?



CARO, XANAAQ, NAXDIN
► Qeylo, Bood-bood, Niyad-jab

- Jimicsi aad u badan
- Neef weyn neefso
- Biyo diirran ku qubeyso



CAAJISAN, CAREYSAN, KACSAN
► Muran, Diidmo, Ka-cararid

- Is-deji/duceeyso
- Dhageyso wax aad jeceshay
- Samee sood ah baabsiis



KHALKHALID, WELWEL, XASILLOONI LA'AAN
► Socod, Diidid, Ku-dhegid

- Kala haddi qof ka mid ah qoyska/soo-xiib
- Ka feker mid kasta oo ka mid ah 5-ta dareeme
- Xoogga saar waxaad xakameyn karta



MURUGO, XUMAAN, CIDLO
► Qoyid, Maahsanaan, Gaabis/Ka-harid

- Sameyso yaal fiican maalin kasta
- Taleefan u dir saaxiib ama qaraabo
- Qor wixii aad dareento



FARXAD, DEGGANAAN, URUURSANAAN
► Dhaalo-caddeyn, Qoosid, Feejignaan

- Qof kale caawi
- Ogow oo ku raaxayso farxaddaada
- Samee waxyaabo aad jeceshay



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Sida loo isicmaalo Cabbiraha Dareenka iyo in laga Hadlo Dareenka

Carruurta weydii su'aalo soo socda:

- ▶ Midabkee ayaa hadda kuu soo baxay? Muxuu jirkaaga lagaaga sheegay markaad midabkaas haysato?
- ▶ Maxaad sameyneysaa si aad u hesho midabka buluugga ah?
- ▶ Ma isticmaashay wax ka mid ah xeeladaha Cabbiraha Dareenka?
- ▶ Maxaa kuu shaqeynaya markaad hesho guduud?
- ▶ Sidee baad qof ugu caawin kartaa in uu helo buluug?
- ▶ Sheeg wax kale oo kuu shaqeynaya si aad uga tagto oranjiga oo aad ku gaarto buluugga.
- ▶ Miyey jiraan wakhti maalintii ku fiican in ay qoyska oo dhan iska cabbiraan midabka Dareenkooda?
- ▶ Hawlo noocee ah ayaad dadka qoyska ku caawinaya si ay u helaan buluug, ama midabka fiican?

Dadka qaarkood, dareenkooda in ay ogaadaan ma aha wax fudud. Carruurta waa in loo sheego in ay fiican tahay in la ogaado dareenka. Waxay noqoneysaa in la barto oo la isku xiri karo dareenka iyo qoraalka lagu sharxayo. Haddii aysan isla markaas sameyn karin, mar kale ha u soo noqdaan.

Wixii macluumaad dheeraad ah ▶



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