

# DAREEMIDDA QANDHA - CABBIRKA

(FEELINGS THERMOMETER)

Sidee baad dareemeysaa?

Maxaad ku sameyn kartaa?



**CARO, XANAAQ, NAXDIN**

▶ Qeylo, Bood-bood, Niyad-jab

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



**CAAJISAN, CAREYSAN, KACSAN**

▶ Muran, Diidmo, Ka-cararid

- Is-deji/duceyso
- Dhageyso wax aad jeceshay
- Samee socod ah boobsiis



**KHALKHALID, WELWEL, XASILLOONI LA'AAN**

▶ Socod, Diidid, Ku-dhegid

- Kala hadal qof ka mid ah qoyska/saaxiib
- Ka feker mid kasta oo ka mid ah 5-ta dareeme
- Xoogga saar waxaad xakameyn *karto*



**MURUGO, XUMAAN, CIDLO**

▶ Ooyid, Maahsanaan, Gaabis/Ka-harid

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



**FARXAD, DEGGENAAN, URUURSANAAN**

▶ Dhoolo-caddeyn, Qosol, Feejignaan

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



Wisconsin Office of **Children's** Mental Health

children.wi.gov

SO