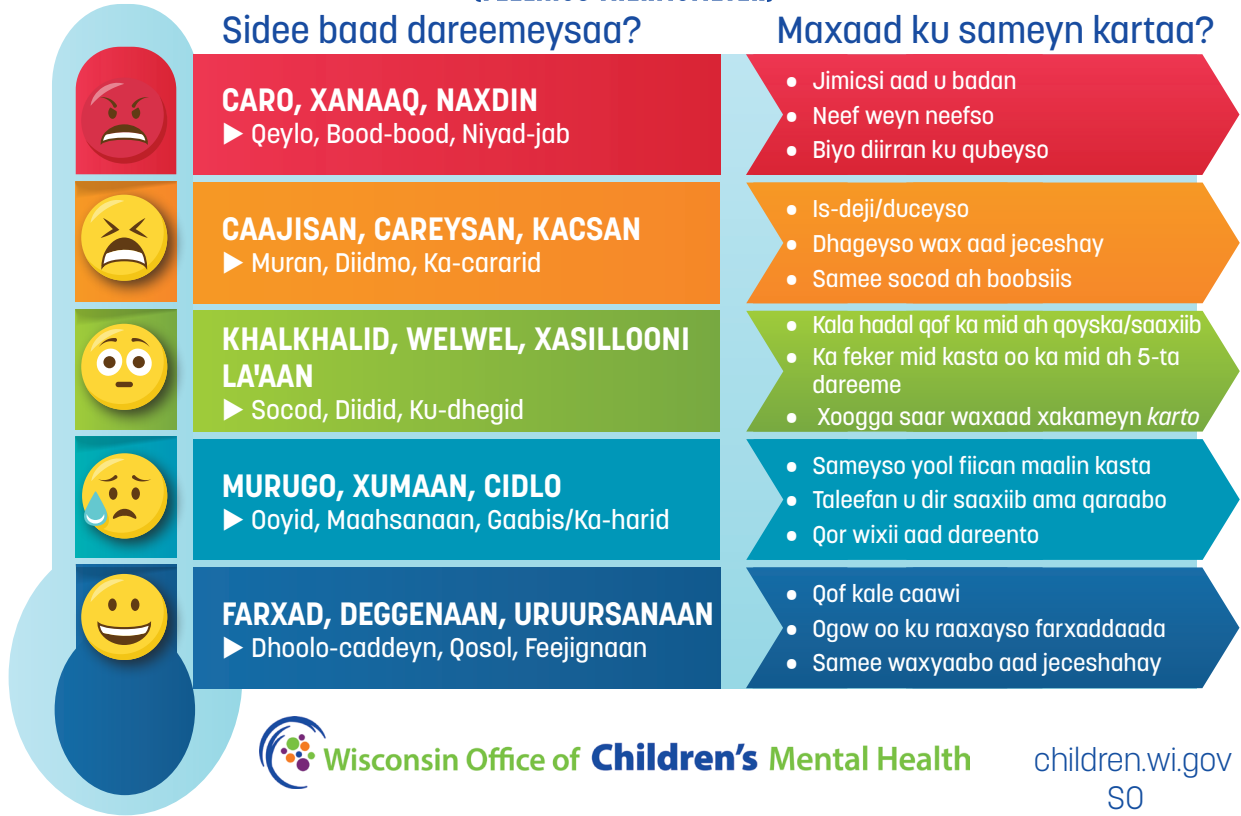


# DAREEMIDDA QANDHA - CABBIRKA

(FEELINGS THERMOMETER)



Wisconsin Office of Children's Mental Health

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SO

## 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 nooc ee 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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