

# Taageerida ardayda oo Joogta Guriga: Fasallada 6-8

*Waxaa markii hore sameeyay Dugsiyada Dadwaynaha ee Degmada Howard (Howard County Public Schools); waxaa loo diyaarshay Dugsiyada Dadwaynaha ee Denver (Denver Public Schools)*

## Dulmarka

Tusmadaan waxaa loo sameeyay inay bixiso fikrado lagula fal galaayo ardayda ku jiray hawlaha waxbarashada inta dugsiyadu xiran yihiin cudurka COVID-19 awgiis. Hawlaha liiska ku jira waxaa loogu talagalay inay gacan ka gaystaan ilaalinta firfircoonaanta garaadka ardaydeena intay guriga joogaan. Fikradaha shaqadu badal uma noqonayaan casharka heerka koobaad ah ee aan dugsiyada ku bixino. Talaabooyinka ugu fiican ee casharada koobaad waxaa la samaynayaa marka ardaydu kusoo laabtaan dugsiga.

Hawlaha iyo shaqooyinka ardaydu guriga ku samaynayaan waxaa loo adeegsan doonaa qiimayn ahaan ama waxaa lagu darayaa qayb kamid ah fasalka ardayda. Qoysasku waa inay akhriyaan liiska hoose (oo ay markii hore lahaayeen Howard County Public Schools loona dabaqay si ay u isticmaalaan Denver Public Schools) ayna doortaan dookhyada ku haboon, ay heli karaan, kuna haboon da'da ilmahooda.

## Dagso Jadwalka Hawlaha Maalin kasta

<b>8:00 AM-9:00</b>	<b>Kac oo Diyaar Noqo</b>	Cun quraac, labiso, una diyaar garoow maalinta
<b>9:00 AM-11:00</b>	<b>Waqtiga Waxbarashada</b>	Ka dooro hal ama ka badan dookhyada ku jira liiska hoose.
<b>11:00 AM-12:00</b>	<b>Waqtiga Shaashada</b>	Ka dooro hal ama ka badan oo nashaadaadka shaashada ah oo ku jira liiska hoose.
<b>12:00 PM-2:00</b>	<b>Qadada iyo Waqtiga Fasaxa</b>	
<b>2:00 AM-3:00</b>	<b>Waqtiga Waxbarashada</b>	Ka dooro hal ama ka badan dookhyada ku jira liiska hoose.
<b>3:00 AM-4:00</b>	<b>Aqrinta</b>	Akhri buug ama ka dooro buug aalada oonleenka ah oo ku jira mid kamid ah ilaha

		hoos ku qoran.
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## Shaqooyinka Guud

- Daawon warar warbaahinta, dhagayso wararka raadiyaha dadwaynaha, iyo/ama akhri mujalaadka wararka. Qiimayn ku samee tayada ilaha la adeegsanaayo iyo sidoo kale xogta lasoo bandhigay. Ka fakar qodobada soo socda:
  - Intee in le'eg ayaa lagu kalsoonaan karaa ilaha tixraaca ku jira? Waa maxay wax istaba marinta ka imaan karta?
  - Ma tahay xogta/tirakoobyada lasoo bandhigay mid sax ah oo la isku halayn karo?
- Sii wad inaad ka shaqayso shaqooyin kasta oo mudada fog ah kuwaasoo ay kuu dhiibeen macalimiintooda.
- Dib u eegis ku samee shaqada fasalka iyo layliyada guriga.
- Dooro buug aad akhrido. Ka fakar inaad ka jawaabto 1 su'aal 20 daqiiqo ood akhris wadaba.
  - Ma jiraa wax kamid ah jilaayaasha oo ku xasuusinaaya aad taqaanay noloshaada?? Qofkee sidee ayuuna kuu xasuusiyay?
  - Waa sidee jilayaasha, goobta, iyo caqabaduhu sida kuwa ku jira sheekooyinka kale ee aad akhriday?
  - Ma lagu xasuusiyay wax noloshaada soo maray intaad akhrinaysay sheekadaan? Maxaa ku xasuusiyay sideese kuu xasuusiyay?
  - Maxay sheekadaan kugu keentaa inaad ka fakarto ama la yaabto?
- Daawo barnaamij dukumantari ah ood ka daawato taleefishinka, interneetka, iyo/ama adeegga khadka interneetka. Aqoonso sheegashada u sameeyay qoraaga filinka ama agaasimaha. Waa maxay cadaynta ay kooxdu u adeegsadeen taageerida sheegashadooda. (Tusaalooyinka: *He Named Me Malala* -Netflix; *Life, Animated* -Hulu; *Bully* -Amazon; *Girl Rising* -Tubi; *Wonder Women! The Untold Story of American Superheroines* -Amazon, Tubi)

## Shaqooyinka Mawduuca Gaarka ah

### Cilmiyada Bulshada ee Dugsiga Sare

Waqti Ku qaado MMawduucyada Koorsooyin Iskudhafan (<https://www.youtube.com/user/crashcourse>). Waxaad adeegsan kartaa Taariikhda Maraykanka, Taariikhda Aduunka, Dawlada, Dhaqaalaha iyo waxyaabo kale oo badan. Ku biloow daawashada mawduucyada aad horay ugu baratay fasalka, laakiin waad akhrin kartaa kuwo cusub. Xaqiiji inaad iskuday aadna aqoonsato sheegashooyinka lagu sheegtay muuqaalka iyo cadaynta muujinaysa saxnaanta sheegashooyinkaas. Markaad daawato sheeko, ka baaraan dag inaad raadiso ood u adeegsato "Dukiintiga Layaabka leh." Sharax sababta aad u dooratay dukumiintigaan iyo sababta ay ula xariirto sheekada aad hadda daawatay.

### Farshaxanka Barashada Luuqada ee Dugsiga Sare

- Raadso buugaagta loo badalay filimka. Waa maxay farqiga aad ogaatay? Waa maxay qaababka hal abuurka leh ee agaasimuhu usoo nooleeyay sheekada? Waxaad adeegsan kartaa ishaan <https://www.goodreads.com/list/tag/book-to-film>
- Akhri miraha mid kamid ah sheekooyink aad jeceshahay taasoo ah mid ku haboon dugsiga. Aqoonso sadex aaladood oo lagu adeegsaday heesta dhexdeeda kadibna sharax adeegsigooda iyo saamayntooda. Aaladaha waxaa ku jira : isbarbar dhig, sarbeed, mataalid, sifayn, siiqada hadalka, laxanka, dareenka, iyo codka.

### Sayniska Dugsiga Sare

Kala saar xaalad iyo xaalado: Liiska Cajaa'ibta Sayniska (Wonder of Science) kadibna daawo muuqaalka la socda (<https://thewonderofscience.com/phenomenal>). Dhamee shaqooyinka soo socda:

- Dhis sharaxaad ku aadan xaalada. Su'aalo nooc ee ah ayaa ka qabtaa xaalada?

- Dhis naqshad (sida sawiro, sharaxaad, xariirada xisaabta, fahanka qoralaka, la socoshada kumbuyuutarka iyo soo laalaabashada muuqata) si aad u muujiso fikradaha iyo sharaxaadaha.
- Qiimee oo fasiraad ka bixi xogta laga baxshay xaalada.
- Wax ku sababee kuna dood sifo leh cadayn si aad u aqoonsato sharaxaada ugu fiican ee xaalada dabiiciga ah ama xalka ugu fiican ee aad ku xalin karto dhibaataada dhanka naqshada.
- Soo qaado, qiimayn ku samee, oo gudbi xogta si qeexan oo sax ah una gudbi qofka ehelka ah ama saaxiib.

## Xisaabta Dugsiga Sare

- Tusaale muuqda ka baro dabiicada xisaabta adoo go'aaminaaya tirada dhibcaha ku yaala bogga qeexaayana sida aad u aragtay tirooyinka qaababka kala duwan, adoo adeegsanaaya nashaadaadka la heli karo:  
<https://www.youcubed.org/wp-content/uploads/2019/08/WIM-Dot-Card-and-Number-Talks-Grades-K-12.pdf>.
- Raadso oo abuur naqshad cabir aad ku samayso. Qeex sida aad u arkayso naqshada oo kobcaysa. Adeegso matalaado badan si aad u muujiso sida naqshadu u kobcayso: erayada, jaan-tuska, shaxda, muuqalaka, ama qeexitaanka aljabrada. Muuji xariirada u dhaxeeya bandhigyada adoo adeegsanaaya tirinta midabka ah, falaaro, iyo erayo.

## Luuqadaha Aduunka

Akhri, dhagayso, iyo/ama arag ilaha saxda ah ee ku qoran luuqadaada hooyo ugu yaraan muddo 15 daqiiqo ah maalintii. Samayso liiska akhriska/dhagaysiga/daawashada. Ku qor luuqadaada hooyo waxaad akhriday/dhagaysatay/daawatay, adoo niyada galinaaya himilooyinka Waxa aad Samayn karto ee aqoonta luuqadaada hooyo.

## Farshaxanka

Buugaagta wax lagu sawiro ayaa ah qaabka ugu fudud ee aad ku aruurin karto fikradahaaga iyo farshaxanka. Buugaaga wax sawirada ama bog kasta ood haysato iyo qalab kasta ood wax ku sawirto ee aad heli karto:



- Sawir qayb mir ah maalin kasta ilaa ay ka qurunto.
  - Sawir aad kasoo qaadatay fikirka xayawaanka rabaayada ah.
  - Iskudar 3 xayawaan oo jira si aad u abuurto makhluuq cusub.
  - Sawir xxayawaan ciyaaraaya qalabka muusikada.
  - Sawir tiro saxano ah kahor intaan la dhaqin.
  - Sawir qalab loogu talagalay xirfad gaar ah.
- Sawir sadex waxyaabood oo kamid ah khaldaadka aad samaysay.
- [Lifaayada Webka Shaqada Farshaxanka Badan ku jiro:](#)
- <https://mpt.pbslearningmedia.org/subjects/the-arts/visual-art/>

## Muusiga

- Adoo adeegsanaaya wax qorista caadiga ah, sawir 3 cabir oo waawayn kadibna ku ciyaar ama ku hees.
- Abuur laxan adoo adeegsanaaya alaabta guriga adoo si tartiib ah u garaacaaya.
- Dhagayso hees kadibna qeex nooca heesta adoo adeegsanaaya taxliilin/fanka kooxda.
- Dooro buddhiga heesta maalintaada kadibna qeex sababta aad u dooratay heesta.
- Aqoonso laxanada sida dabiiciga ah aad ugu abuurtay gurigaaga.

## Xogta Maktabada

- Akhri mujalaad iyo naqshado kaladuwan. Xogta dhijitaalka ah ayaad ku aaladan kartaa falaashka.

- Abuuro su'aalo la xariira mawduuc aad shaqsiyan u xiisaynayso ama la xariira manhajka. Samee cilmi baaris adoo adeegsanaaya 6 hanaan ee Waawayn ([https://www.hcpss.org/f/academics/media/factsheet\\_big6.pdf](https://www.hcpss.org/f/academics/media/factsheet_big6.pdf)) ama hanaan kale oo su'aalo waydiin ah si aad uga jawaabto su'aalahaas.

## Waxbarashada Jirka iyo Caafimaadka

Maalin kasta, samee 10 jimicsi ood ka dooranayso liiska hoose. Iskuday oo ka dooro dhawr jimicsi qayb kasta oo jir dhiska ah. Qaybaha jimicsiga waxaa ku jira jimicsiga wadnaha, awooda murqaha, jimicsiga murqaha, dabacsanaanta seedaha, isku aruurinta jirka.

### Jimicsiyada

- 10 bush ab
- 30 sakin oo isfidin ah
- 10 jiif-joogsi ah
- 10 jeer ood Sara-joogsi ah
- 10 jilbo laab ah
- 30 Jimicsiga Boodboodka
- 1 daqiiqo oo ruclayn aad hal meel ku samaynayso
- 1 daqiiqo ood jilbaha kor u qaadayso
- 10 aad gacmaha inta dhulka dhigto jirkaaga kale kor u qaadayso
- 10 bush abyada socodka wata ah
- Fadhiga aad Lugaha oo fidsan aad farahooda gacanta kusoo taabanayso
- 20 ood gacmaha si fudud u wareejinayso (horay iyo gadaal)
- 20 ood gacmaha si wayn u wareejinayso (horay iyo gadaal)
- 10 daqiiqo ood kusoo wareegayso aaga xaafada

- 20 ood inta jeego u seexato lugaha dhulka waxyar ka qadayso
- 30-sikin ood iskala fidinayso
- Kusoo or-orod aaga gurigaaga 3 jeer
- 30-sikin ood dhabarka kala fidinayso
- 30-sikin ood lugaha kala fidinayso

### Gudigga Dookha Kobicinta Waxbarashada Caafimaadka

<p>Dooro mawduuc la xariira caafimaadka ood xiisaynayso kadibna calaamadee dookhaaga:</p> <ul style="list-style-type: none"> <li>• Faa'iidooyinka CPR ta Gacmaha Kaliya iyo sida loo sameeyo.</li> <li>• Sigaarka Korontada ah Dhab ahaantii Ma yahay mid badqab leh?</li> <li>• Badbaadada Interneetka – Sidee Naftyada Maan Difaaci Karaa Si oonleen ah?</li> </ul> <p>Farqad wargays kaqor mawduucaaga. Adeegso naqshadaha qoraal wanaagsan. Farqadaadu waa inay ka koobnaadaa ugu yaraan sadex farqadood dheerar ahaan waana inaad ku dartaa sawir ama jaan-tus si aad uga dhigto qoraalkaaga mid akhristayaasha soo jiita.</p>	<p>Dooro mawduuc la xariira caafimaadka ood xiisaynayso kadibna calaamadee dookhaaga:</p> <ul style="list-style-type: none"> <li>• Ku sumoobida Khamriga – Maxay tahay, maxaa ka dhigay mid khatar ah, sidee ayaanse uga hortagi karaa?</li> <li>• Ma tahay Wax caadi ah Inaad Niyad Jab dareento Adoo Kuray ah? Sidee ayaan Caawimaad Ku heli Karaa?</li> <li>• Sidee ayay Cuntooyinka Kurayda iyo Dadka waawayn U kala duwan yihiin?</li> </ul> <p>Samee arimaha soo socda adoo raacaaya mawduuca aad xulatay.</p> <p>Qor nuqul wargays oo la xariira mawduucaaga. Adeegso naqshadaha qoraal wanaagsan. Farqadaadu waa inay ka koobnaadaa ugu yaraan sadex farqadood dheerar ahaan waana inaad ku dartaa sawir ama jaan-tus si aad uga dhigto qoraalkaaga mid akhristayaasha soo jiita.</p>	<p>Dooro mawduuc la xariira caafimaadka ood xiisaynayso kadibna calaamadee dookhaaga:</p> <ul style="list-style-type: none"> <li>• Ma tahay In Kuraydu Loo Ogolaado Adeegsiga Baraha Bulshada?</li> <li>• Wax Midabayntu Si dhab ah Ma u yaraysaa Walaaca?</li> </ul> <p>Samee arimaha soo socda adoo raacaaya mawduuca aad xulatay.</p> <p>Qor nuqul wargays oo la xariira mawduucaaga. Adeegso naqshadaha qoraal wanaagsan. Farqadaadu waa inay ka koobnaadaa ugu yaraan sadex farqadood dheerar ahaan waana inaad ku dartaa sawir ama jaan-tus si aad uga dhigto qoraalkaaga mid akhristayaasha soo jiita.</p>
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## Ilaha Dhijitaalka ah

Halkaan waxaad ka helaysaa dhawr ilood oo lasoo jeediyay oo oonleen ahaan lagu gali karo

- [Barnaamijka Wax ku baro guriga ee \(Scholastic Learn at Home\)](#)
- [PBSKids](#)
- [Maktabada Oonleenta ah ee Denver Public Schools](#)
- [Adeegga Sheekada Taleefanka ee Maktabada Dadwaynaha ee Denver](#) (waxaad ku helaysaa afafka Ingiriiska, Isbaanishka, Amxaariga iyo Vietnamese)
- [Dookhyada Tignooloojiyada Cilmiga ee DPS:](#)
  - Dooro Qaybaha Dugsiga → Dugsigaaga → Gal (School Breakdowns → Your School → Go)!
  - Batoonka [“Ogolaanshaha Waalidka ayaa Qasab ah \(Parent Consent Required\)”](#): Ilaha lagu ogolaaday ogolaanshaha waalidka ee dugsigaaga
  - Batoonka [“Ogolaanshaha Waalidka Qasab Maaha \(Parent Consent Not Required\)”](#): Ilaha ay ogolaatay degmadu

## [Fikradaha nashaadaadka waalidka oo ku qoran afka Isbaanishka](#)

- [Las Provincias](#)
- [Bebesymas](#)
- [Sapos Y Princesas](#)

## [TV ga Waxbarashada](#)

PBS waxay leedahay noocyo kaladuwan oo TV yada waxbarashada ah. Halkaan ayaad ka helaysaa qabaka aad ku gali karto BPS ka aaga Denver.

- [Dhanka Khadka Hawada \(Antenna\)](#)
  - Rocky Mountain PBS: Channel **6.1**
  - RMPBS KIDS: Channel **6.2**
- [Cable TV \(Comcast\)](#)
  - Rocky Mountain PBS: Channel **6 iyo 658**
  - RMPBS KIDS: Channel **245**
  - Create/World\*: Channel **248**
  - Markaad Dalbato: Channel **1** ("Colorado-haaga")
- [Satalaytka \(TV GA TOOSKA AH\)](#)
  - Rocky Mountain PBS: Channel **6**
- [Satalaytka \(Khadka Diishka\)](#)
  - Rocky Mountain PBS HD: Channel **6**