

## Taageerida ardayda oo Joogta Guriga: Pre-K

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 carruurta ku jiray hawlaha waxbarashada inta dugsiyadu xiran yihiin cudurka COVID-19 awgiis. Hawlaha liiska hoose ku jira waxaa loogu talagalay inay gacan ka gaystaan ilaalinta firfircoonaanta garaadka carruurta intay guriga joogaan. Fikradaha shaqadu badal uma noqonayaan casharka heerka koobaad ah ee dugsiyada lagu baxsho. Talaabooyinka ugu fiican ee casharada koobaad waxaa la samaynayaa marka ardaydu kusoo laabtaan dugsiga.

Hawlaha iyo shaqooyinka carruurta guriga ku samaynayaan waxaa loo adeegsan doonaa qiimayn ahaan ama waxaa lagu darayaa qayb kamid ah fasalka ardayda. Qoysasku waa inay akhriyaan liiska dookhyada la xushay ee ku haboon ilmahooda ayna heli karaan. Nashaadaadka waxaa la samayn karaa wax ka badan hal mar.

### 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-10:00</b>	<b>Waqtiga Waxbarashada</b>	Ka dooro hal ama ka badan dookhyada ku jira liiska hoose.
<b>10:00 AM-10:30</b>	<b>Doorashada Xorta ah</b>	Dooro shaqo sida legos, wax sawirada, cunto karinta, googaalaysiga, ciyaaraha boorka
<b>10:30 AM-11:00</b>	<b>Waqtiga Shaashada</b>	Ka dooro hal ama ka badan oo nashaadaadka shaashada ah oo ku jira liiska hoose.
<b>11:00 AM-12:00</b>	<b>Qadada iyo Waqtiga Fasaxa</b>	Cun qado, soo wareeg ama banaanka kusoo ciyaar
<b>12:00 PM-1:00</b>	<b>Waqtiga Waxbarashada</b>	Ka dooro hal ama ka badan dookhyada ku jira liiska hoose.
<b>1:00 AM-1:30</b>	<b>Doorashada Xorta ah</b>	Dooro shaqo sida legos, wax sawirada, cunto karinta, googaalaysiga, ciyaaraha boorka

<b>1:30 AM-2:00</b>	<b>Aqrinta</b>	Akhri buug ama ka dooro buug aalada oonleenta ah oo ku jira mid kamid ah ilaha hoos ku qoran.
<b>2:00 AM-2:30</b>	<b>Waqtiga Banaan aadista</b>	Soo wareeg ama banaanka kusoo ciyaar
<b>2:30 AM-3:00</b>	<b>Waqtiga Shaashada</b>	Ka dooro hal ama ka badan oo nashaadaadka shaashada ah oo ku jira liiska hoose.
<b>3:00 AM-4:00</b>	<b>Doorashada Xorta ah</b>	Dooro shaqo sida legos, wax sawirada, cunto karinta, googaalaysiga, ciyaaraha boorka

## Dookhyada Hawsha Tacliinta

Qayb kasta oo casharka kamid ah waxay leedahay dookhyada "Boorka Dookha". Ka fikir inaad hawlo kaladuwan ka doorato mawduucyo dhaw ah oo kaladuwan maalin kasta. Dookhyadaan waxaa ku jira fursadaha jimicsiga jirka, akhrinta buugta, iyo adeegsiga tignooloojiyada, ilaha oonleenta ah, iyo barnaamijyada taleefishinka. Wada sheekaysiga aad la samayso cunugaaga ee ku saabsan shaqooyinka ay samaynayaan ayaa gacan ka gaysan doona taageerida xirfadaha hadalka iyo fahanka.

Fadlan adeegso shaxda soo socota (oo ay markii hore lahaayeen Dugsiyada Dadwaynaha ee Degmada Howard (Howard County Public Schools) ayna dabaqeen adeegsigooda Dugsiyada Danwaynaha ee Denver (Denver Public Schools) si aad uga caawiso cunugaaga doorashada shaqooyin kaladuwan maalin kasta si aad u dhiiri galiso sii wadista casharka ee dhammaan mawduucyada:



Mawduuca	Dookha 1	Dookha 2	Dookha 3	Dookha 4
<b>Luuqada Iyo Aqoonta</b>	Akhri buugta maalin kasta ama adeegso aalada moobilka si aad u hesho sheekooyin ku jira Maktabada Dadwaynaha ee Degmada Denver.	Ku hingaadi magacaaga magneedyo. Raadi walxaha ku biloowda isku xarafka. Samee erayo ay isku laxan yihiin magacaaga. Ku celceli magayacyada xubnaha qoyska.	Ku tababaro qorista magacaaga iyo magacyada xubnaha qoyskaaga. Sawir sawiro si aad iskugu aadiso. Sawirada ka samee sheeko si aad si wadajir ah ugu akhrido.	La hees heeso qoyskaaga. Ciyar gaymamka erayga iyo codka. Samee erayada doqonimadu ka muuqato.
<b>Xisaabaadka</b>	Raadi qaabka. Meeqa qaab dhismeed ayaad heli kartaa? Iskuday inaad hesho goobinada, sadex xagalada, isku wareegyada, iyo afar geesoodiyada. Raadi Goobinada qariirada, lix geesood leh, iyo ahraamta sadex xagalka ah.	Tiri alaabta taala guriga. Meeqa saxan ayaad cashada ku cuntaan? Meeqa sigisaan ayaa ku jirta qaanadaada? Meeqa xayawaan boonbale ah ayaad haysataa?	Kooxo ka dhig alaabta sida sigisaanta, istiikarada, boonbalayaasha. Tiri tirada alaabta ku jirta koox kasta. Kooxdee ayaa leh alaab badan ama yar?	Dhis qaabab adoo adeegsanaaya xirmooyin, legos, ama bokisyo maran. Isbarbardhig ku samee xajmiyada. Waa meeqa dheerarka dabaqaagu? Waa meeqa balaca dabaqaagu? Sawir dabaqaaga.
<b>Saayniska</b>	Hayso joornaalka sayniska guriga! Wax cusub ku dar maalin kasta adoo qoraaya ama sawiraaya. Maxaad la yaabtaa? Maxaad aragtaa (ujeedaa, maqlaysaa, dareemaysaa)?	Guriga ma kuu joogaa xayawaan rabaayad ah? Ma ujeedaa wax xayawaano ah oo banaanka jooga? Ama, ma haysataa xayawaanada boonbalada ah ood jeceshahay? Sawir masawirad muujinaysa waxay samaynaayan, adoo adeegsanaaya faahfaahinta ugu badan ee aad heli karto.	Ka fakar sababta iyo saamaynta. Maxay kula tahay inay dhici lahaayeen haddii aad tartiib u riixdo kubada? Haddii aad si adag u riixdo kubada? Waa maxay boonbalayaasha kale ee aad u riixi karto qaabab kala duwan?	Adeegso dareenkaaga si aad u fahanto. Gudaha gurigaaga, maxaa jilicsan, adag, sabibax ah? Maxaa kharaar, macaan, dhanaan? Maxaa sameeya cod dheer? Maxaa sameeya cod dabacsan?
<b>Cilmiga Bulshada</b>	Fiiri sawirada qoyska kana hadal dadka iyo goobaha. Qeex meelaha. Sidee ayay ula mid yihiin ama uga	Samee liiska hawlaha iyo shaqooyinka fudud si aad ugu samayso guriga. La soco waxaad samayso. Ma bari kartaa qof kale	Ciyaar gaymka boorka maalin kasta. Waa maxay sharciyada ay tahay inaad raacdo? Maxay ka siman yihiin maxayse ku kala	Ka hadal oo akhri xogta shaqooyinka kala duwan ee bulshada ka dhex jira. Sidee ayay shaqooyinka u

	duwan yihiin gurigaaga?	sida loo smaeeyo shaqooyinka guriga?	duwan yihiin gaymamku? Gaymkee ayaad jeceshahay?	caawiyaan dadka? Shaqadee ayaad jeclaan lahayd inaad qabato? Waa maxay sababtu?
<b>Faya Qabka Jirka iyo Hormarinta Dhaqdhaqaaqa jirka</b>	Isku aruuri miraha iyo khudaarta. Gacan ka gayso samayn cuntooyin fudud oo caafimaad leh si aad ula wadaagto qoyskaaga.	Dhis isku xirnaanta isha iyo gacmaha adoo ciyaaraaya wax qabashada, ku buudista xariga, gacanta iyo ishana isku mar la raacaaya xarfaha.	Samee shaqooyinka gacanta ka gaysta dhisida murqaha: socodka, boodista, raqlaynta, faras ku orodka, suul qabashada. Baro sida ay u socdaan xayawaanada aad jeceshahay.	Samee shaqooyinka ka caawinaaya murqaha inay kobcaan: wax sawirada, riinjiyaynta, u adeegsiga maqaska inaad wax ku jarto, dhuubo wax ku dhis.
<b>Farshaxanka Dhaqdhaqaaqa</b>	U adeegso alaabaha kaladuwan ee guriga si aad iskugu garaacdo. Samee hees. Ciyaar codadka dhawaaqa dheer iyo kuwa dabacsan.	Adeegso biyo, midabka cuntada, istiikarada popsicle, iyo ruqubyada barafka si aad u samayso riijingi baraf ah. U riijiyee sawirada saaxiibadaa iyo qoyskaaga.	Dhagayso oo ku dheel noocyo kaladuwan oo heeso ah (tusaale, pop, hip-hop, kuwa miyiga, kuwa qaraamiga, R&B). Raac naqshad cusub maalin kasta.	Jil sheekada aad jeceshahay adoo xiranaaya dharka dhaqanka. Ama, samayso boonbalayaal oo u adeegso inay jilaan sheekooyinka aad jeceshahay.

## 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 Oonleena 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