

U bedel Waqtiga Sugidda Waqti Ciyaar

Aan runta wajahno, waa jahawareer iyo caajis, caruurta iyo dadka waaweynba in aay sugaan. Qofna kuma farxaayo. Laakiin waxaa jira siyaabo loogu bedelo caajiska madadaalo, iyadoo waqtiga sugitaanka loogu bedelayo fursad waxbarasho iyo xiriir.

Is-diyaari

Nolosha qoyska waxaa jira waqtiyo badan oo aay tahay in aad wax sugto: xafiiska dhaqtarka, maqaayadda, safka halka lacagta laga bixiyo ee dukaanada-waaweyn. Waqtiga la geliyo ku safridda gaari ama bas waa sugitaan kale, gaar ahaan marka socodka gawaarida uu xun yahay. Hore ayaad u og tahay in caruurtaada aay u badan tahay in aay caajisaan ama deganaan-la'aan noqdaan xaaladahan. Haddii sugitaanka uu dheeraado, waxay u badan tahay in aay bilaabaan edeb-darro. Markii aad diyaar tahay, waad ka hor tagi kartaa dhibaatooyinkan. Caruurtaada waxay kaa heli doonaan hab ka wanaagsan yuusid oo aay maskaxdaada kuu soo jeediyaan. Waxaad diyaar ula noqon doontaa ciyaar ka wanaagsan “foorjeey walaalkeey oo ka oohisii.”

Bedel dareenka-maskaxeed

Farsamooyin yar-yar ayaa bedeli kara dareenka maskaxda. Ka fikir waxa kaa caawiya in aad dhaafto waqti caajis badan. Wax la fiiriyo? La dhageysto? Laga fikiro? Waxyaabahan ayaa caruurtana wax u tara, inkastoo aay sidoo kale ka helaan fursad aay ku dhaqdhaqaaq. Caruurta waaweyn fikir iyo hadal ka badan kuwa yar-yar ayeey sameyn karaan; caruurta yar-yar waxay kaaga baahnaan doonaan tilmaan iyo ku-howlanaan dheeraad ah.

Talooyinkan badankood uma baahna qalab, marka laga reebo mararka qaar qalin qori iyo warqad. Waxaad ku hagaajin kartaa da'da iyo xiisaha ilmahaada iyo meesha aad wax ku sugayso.

Heeso – Baro erayada heesaha qaarkood ama alifo kuwaada ku saabsan waxa aad sameyn doonto marka sugitaanka uu dhamaado. Marka aad alifto beydad cusub oo heeso caan ah, waxay jiri karaan muddo dheer. Hees heeso leh dhaqdhaqaaq gacmeed si qof walba uu u dhaqaaqo.

Ciyaaro Erayo ah – Ciyaara ciyaaro erayo-cusub iyo xusuus ah. Tusaale, qof walba markiisa ayuu dooranaya xaraf isagoo dhahaya “Waxaan tagey dukaanka xayawaanada oo aan ka soo iibsaday xayawaan magaciisa ka bilowdo...” Dadka kale waa in aay helaan xayawaanka uu ahaan karo. Marka xayawaanka idinka dhamaadaan isku day dukaanka cuntada iyo ubaxlayaasha. Caruurta waaweyn waxay isticmaali karaan qalin-qori si aay kuula ciyaaraan ciyaaro warqad lagu dul ciyaaro.

Ciyaaro fikirid ah – Eeg agagaarkaaga oo soo hel laba sheey oo is shabaha, tusaale, laba geed, oo ka hadal sida aay isugu eg yihiin iyo sida aay u kala duwan yihiin. Ciyaara ciyaarta qari oo soo hel adinkoo baakadaha sokorta dhigaya miiska maqaayadda dushiisa oo midkood hoos gelinaya lacagta-birta ah (coin). Ilmahaada maskaxdiisa soo jeedi adigoo weydiinaya su'aalo “waali ah”: Maxaa dhici lahaa haddii dinosaur uu rabi

lahaa in uu raaco roller coaster?

Sheekooyin – Si aad waqtiga u dhaafsiiso, waxaad u sheegi kartaa sheeko dhaqankaaga ah ama mid ayaad ugu alifi kartaa meesha. Ama waxaad alifi kartaan sheeko aad iska kaashataan: qof walba wuxuu sheegayaa dhowr jumladood ka dibna wuu sii gudbinayaa. Qolka lagu sugo dhaqtarka marka aad joogto, dooro wargeys oo sheeko ka samee. Weydii caruurtaada sawirka halka aay jeclaan lahaayeen in aay ka booqdaan.

Sheekeysii - Uga faa'iideyso waqtiga sugitaanka in aad ogaato wax dheeraad ah oo ku saabsan caruurtaada. Ka hadla waxa aay ugu jecel yihiin. La qorsheey xafladdooda dhalashada ee soo socota.

Farshaxanka – Qofba qofka kale calaacashiisa ama gacantiisa dusheeda sawir ha ku sameeyo oo ha isku dayo in uu sheego waxa qofka kale sawiray. Eega looxaanta xayeysiinta oo ka hadla waxa ku qoran iyo midabada.

Dhaqdhaqaaqa – Haddii aad joogtaan meel leh firaqo lagu dhaqdhaqaaqo oo aad tihiin labo qof oo waaweyn, midkiin ayaa safka ku sii jiri kara kan kalena wuxuu caruurta la ciyaari karaa ciyaarta la-is-daba-socdo “follow-the-leader”. Haddii aay tahay in caruurta aay fariistaan, raadi hab aay ku dhaqdhaqaaqin karaan gacmahooda iyo cududdooda, sida sacbin ama maroojinta waxa lagu nadiifiyo tubooyinka adigoo ka sameynaya shaxano yaab leh.

Waxyaabaha ku haboon in aad qaadata – Haddii aad og tahay in aad meel ku xanibmi doonto, boorso ku sii rido sheeyo aay ka mid yihiin qalin-qori, qalimaan midabyo leh, warqad, cajiinka lagu ciyaaro, baabuur yar-yar iyo buugaag. Hana iloobin cunto/cabitaan fudud, waa hab wanaagsan oo lagu bedelo dareenka. Waxaad ku qori kartaa warqado-yar-yar cinwaanada heesaha, magacyada ciyaaraha ama mowduuco sheekooyin oo aad ku ridi kartaa sanduuq. Sanduuqa gaariga ku haay ka dib marka jidka idinku xirmo, weydii caruurta in aay warqad kala soo baxaan sanduuqa si aay go'aansadaan waxa aay sameynayaan.

Marka ku xigta ee aay tahay in aad wax sugto, uga faa'iideyso in aad nasato oo aad caruurtaada la ciyaarto. Caajis, samir-la'aan iyo xanaaq waxay ka dhigi karaan waqtiga aad sugayso mid ka dheer, laakiin marka aad madadaalo ku jirto waqtiga dhaqsuu u dhamaadaa.

Waxaa qoray Betsy Mann

Change Waiting Time to Play Time

Let's face it, it's frustrating and boring to have to wait, both for children and for adults. It doesn't put anyone in a good mood. But there are ways to change boring to fun, by turning waiting time into a chance to learn and connect.

Prepare

There will be many times in family life when you have to wait: at the doctor's office, in a restaurant, at the check-out in the supermarket. The time spent travelling by car or bus is another kind of waiting, especially when traffic's bad. You know ahead of time that your children will likely get bored and restless in these situations. If the waiting lasts too long, they'll probably start to misbehave. When you're prepared, you can prevent problems. You'll give your children a better way to get your attention than whining. You'll be ready with a better game than "tease my brother and make him cry."

Change the mood

A few simple techniques can change the mood. Think about what helps *you* get through a boring time. Something to look at? To listen to? To think about? These will work for children too, though they will also like an opportunity to move. Older children can do more thinking and talking; younger children will need more direction and involvement from you.

Most of the following suggestions don't require any equipment, apart from sometimes pencil and paper. You can adapt them to the age and interests of your children and to the place where you're waiting.

Songs - Learn the words to some songs or make up your own about what you'll do when you've finished waiting. When you add verses to familiar songs, they can last a very long time. For instance, try "The ducks on the bus go quack, quack, quack." and see how many animals you go through. Sing songs with hand gestures to get everyone moving.

Word Games - Play vocabulary and memory games. For instance, each person takes a turn choosing a letter and saying "I went to the pet store and bought an animal whose name started with ...". The others have to find an animal that will fit. Try the grocery store and the florist's when you run out of animals. Older children can play "Hangman" or "Tic-Tac-Toe" with you on a paper placemat.

Thinking games - Look around you and find two similar objects, two trees, for instance, and talk about how they are the same and different. Play a game of hide and find by laying out sugar packets on the restaurant table and hiding a coin under one. Get your child's attention by asking "crazy" questions: What would happen if a dinosaur wanted to ride a roller coaster?

Stories - To pass the time, you can tell a traditional story or make one up on the spot. Or you can invent a cooperative story: each person tells a few sentences then passes it on. In a doctor's waiting room, choose a picture in a magazine and make up a story about it. Ask your children where they would like to visit in the picture.

Conversation - Take advantage of waiting times to learn more about your children. Talk about their favourite things. Plan their next birthday party with them.

Art - Draw pictures on each other's hand or back and guess what the other person drew. Look at billboards or advertising and talk about lines and colours.

Movement - If you are in a place where there is room to move and there are two adults, one person can hold the place in line and the other can take the children for a follow-the-leader walk. If the children must sit, look for ways to move at least their arms and hands, like clapping games or twisting pipe cleaners into odd shapes.

Props - If you know you're going to be stuck waiting someplace, pack a bag with some things like pencils, crayons, paper, play dough, little cars and books. Don't forget a small snack, always a good way to change the mood. You could write song titles, the names of games or conversation topics on little pieces of paper then put them in a box. Keep the box in the car and when you're in a traffic jam, ask children to draw a piece of paper out to decide what to do.

Next time you have to wait, take the opportunity to relax and play with your children. Boredom, impatience and anger will make your waiting time seem longer, but having fun can make time fly.

by Betsy Mann

For more "anywhere" games, see <http://pbskids.org/lions/parentsteachers/resources/anywhere>