

# Meelaha Dareenka

## Waa maxay meelaha dareenku?

Meelaha dareenku 'sensory space' waa meel qofku uu aadi karo si uu qofku isku nidaamiyo. Meeshani, waxyaabaha sida qalabka gacmaha lagu dhaqdhaqaaajiyo 'fidget', qalabka lagu bood boodo 'trampoline', qalabka loo isticmaalo isku dheelitirka 'balance beams', ama qalabka lagu ciyaaro 'crash pads' ayaa loo isticmaali karaa in lagu taageero sii deynta tamarta iyada oo la adeegsanayo dhaqdhaqaaq weyn ama waxay deganaansho dhanka niyada ah u leeyihiin isticmaalaha.



5-tii carruurta Oregon ahba 1 ayaa qaba caqabad faragelisa wax barashada ama habdhaqanka, oo ay ku jiraan dyslexia, ADHD, autism-ka, iyo dhibaatooyinka naxdinta leh ee la soo maray.

## Yaa u baahan meel dareen 'sensory space'?

Qof kasta ayaa ka faa'iideysan kara ku isticmaalka qalabka ee meel dareen 'sensory space', laakiin gaar ahaan shantii carruur ahba ah midka sida goonida ah wax u barta. Carruurtani, habdhiska dareenkoodu wuxuu u baahan caawimaad dheeraad ah si ay naftooda u nidaamiyaan. Waxyaabaha lagu bixiyo meel dareen 'sensory space' waxaa laga helaa wax kicintii loo baahnaa ama deganaanshaha dhanka niyada ah si ay u kobcaan.

## “ Waa maxay sababta aanu u isticmaalno meelaha dareenka? ”

Macallimiintu aad bay ugu faraxsan yihiin in ay yeeshaan Meelo Dareen 'Sensory Spaces' oo la heli karo iyaga oo ah qalab ardayda ka caawiya in wax laga qabto walaaca iyo dhibaatooyinka naxdinta leh ee la soo maray. -Denise Wright, Agaasimaha Adeegyada Ardayda, Dugsiga Degmada Centennial

- Meelaha dareenku 'sensory spaces' waxay carruurta ka caawiyaan in ay helaan xaalada maskaxeed ee saxda ee waxbarasho
- Waxay dhiirigeliyaan dhaqdhaqaaqa, kuwaasi oo calaamado wax dejiya u dira maskaxda qofka
- Waxay ardayda baraan sida loo aqoonsado loona daryeelo baahiyahooda u gaarka ah
- Waxay ka caawin kartaa yareynta hab-dhaqanada carqaladeeya waxbarashada
- Waxay bixiyaan meel ammaan ah oo loogu talagalay is nidaaminta
- Waxay baraan wacyi gelinta qof ahaaneed si loo ogaado marka aysan niyadaadu deganayn
- Waxay bixiyaan meel la iskaga ilaaliyo dareen kicida aadka ah 'overstimulation' ama dib u helida tamareed 'recharge'
- Waxay ka caawiyaan yareynta dareenka walwalka iyo walaaca iyaga oo gacan ka geysta horumarinta jawaabo caafimaad leh oo ku aadan walaaca

# Qalabka Dareenka & Farsameynta Dareenka



Qalabka dareenku waxay u saamaxaa ardayda in ay dhaqdhaqaaqaan inta ay maskaxdoodu waxbaranayso. Qalabkani waxa carruurta ka caawiyaa in ay maareeyaan dareenkooda iyo jirkooda si ay diiradda wax u saari karaan inta lagu jiro fasalka iyo wakhtiga shaqada guri. Waxay xoojiyaan xirfadaha is nidaaminta ardayda, waxay kordhiyaan in diiradda wax la saaro, oo dejiyaan ardayga si uu helo xaalada maskaxeed ee saxda ee waxbarasho.

**Waxaa jira noocyo badan oo ah qalabka dareenka oo loogu talagalay in ay carruurta siiyaan dhowr nooc oo kala duwan oo ah kicinta dareenka, sida:**

Qalabka loo isticmaalo isku dheelitirka 'balance beams', kubadaha yoga, kuraaska la isku ruxo si ay u bixiyaan taageerada dareenka keena vestibular (isku dheelitirka)



Isticmaalka labeenta 'lotion' ama cadarka, urinta ubaxa ama isticmaalka saliidaha dabiiciga ah ayaa laga helaa taageerada dareenka (urta)



Muusiga codka dheer leh, ku celcelinta erayada iyo weedhaha (oo sidoo kale loo yaqaano echolalia), iyo ulaha 'rain sticks' ayaa laga helaa dhanka taageerada dhanka maqalka (dhawaqa)



Bustayaasha jilicsan, warqada adag 'sandpaper', iyo waxyaabaha gacmaha lagu dhaqdhaqaaqiyo 'fidget' sida qalabka gacanta lagu xirto ee siibka leh 'zipper bracelets' ama kubadaha culeyska yareeya si ay bixiyaan taageerada dareenka (taabashada)



Cinjirka kala baxa 'stretch bands', sharabaadyada jirka la gashado 'body socks', iyo jaakadaha qofka ku dhegan waxay bixiyaan kicinta murqaha iyo kala goysyada waxaana laga helaa taageerada dareenka qaabka loo joogsado/dhaqdhaqaaqa jirka 'proprioceptive'



Buufinta biyaha 'blowing bubbles' ama buufinta 'balloons' ama cabida biyo kaarboonaysan waxay bixiyaan kicinta xubnaha jirka ee hoose, ama taageerada qaabka loo joogsado/dhaqdhaqaaqa jirka 'proprioceptive'

