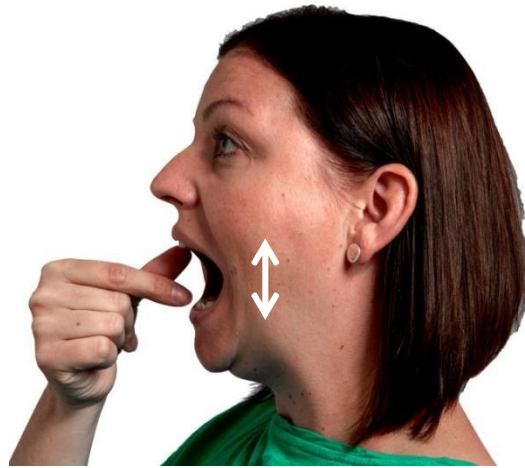


# Faraha ku kala fidinta



Afka u kal aqaad si weyn Carabka gee ilkaha daanka sare oo farta murdisada ku qabo ilkaha daanka hoose. Afka giijo in kale iyadoo aad ku riixayso farta ilkaha. Giiji ilaa 15 – 30 daqiiqo.  
Ku celi 1 – 2 laba jeer.