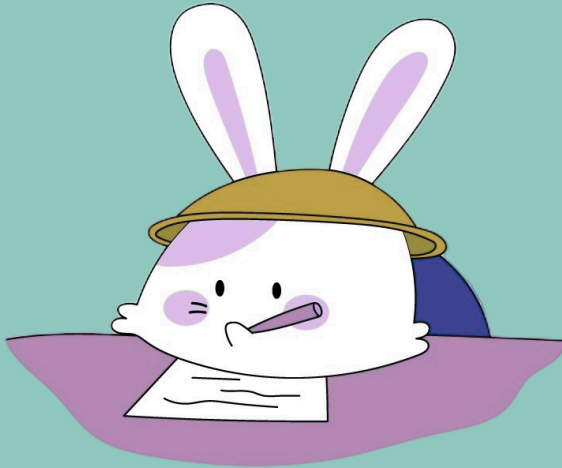


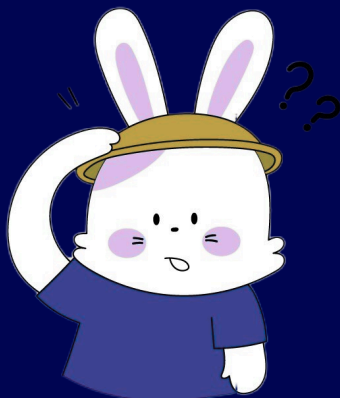
5

wasiya ri brawl wanatsa



Wasiya ibvolwawo wanatsa wayeshi trongo ndziro mawuri kafa

Uyeshi uziro swafi. Kayashangidza neka kusi fetre, neka una hamu awu una hasira. Bvwa wasiya tsano tsizani yitsohusayidiya pare udzisi ke fetre ata uke hayiri mwanapabvi.



Utsojuwa utowe utungu waho (taambu zilwo rohoni haho)

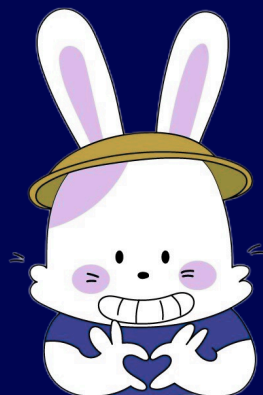
Ulagwa na mtru mbole
umwaminiwo, iyo ushindra
yihutrulidze ata uwelewe zizo
uziyeshiwo rohoni.

Neka kusushindra wa lagwa utsojuwa
« udesine » awu uwangihe.

Usuziye malangadzo yahujibviyawo

Ufanya zitru uzibvendzawo, iyo
usayidiya uka fetre na uddela mwana
pabvi taambu uliwo nazo.

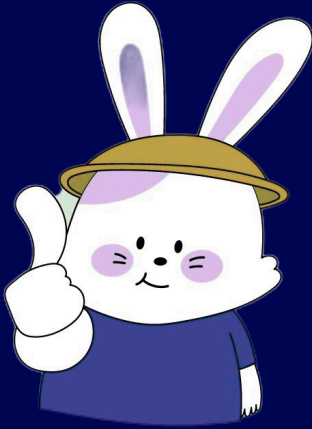
Utsojuwa ungadze, usome shiyo awu
ufanye « sport ».



Sika fetre mwili waho

Wahidzikiya fetre mwilini haho, ata
roho yaho tu itsotruliya.

Usulishe udyo, unwa maji, ulala uku
na ufanya "sport".



Usubuzudze mayendrelewo yaho (udzevu waho)

Fanya djitihadi ulale na uhima lera zaho wazidzoya.

Fanya trongo wakozifanya rangu hale : wendra likoli, uwona wandzani waho, usuwaki, usoma shiyo awu utowa hale kabbla wondro lala.

Utsojuwa ungadze pare udzitrulidze

Mfano wamoriya: bbala hanyo, hedza pumu pwani haho. Bwa hanyo, utowe zi pumu.

Utsojuwa tsena ubbale matso yaho, ufikiri bvahanu udzikiyawo fetre, awu uvulikiye « lamiziki » awu Qur'an itsotrulidzawo roho yaho.





**Jwa amba kusi weke, bvwa mtru
atsoshindrawo ahu bvidze.
Lagwa na mtru mbole umwaminiyo,
ahusayidiye ata udzikiye fetre.**

Traduction faite par l'équipe CMPEA : Nazlli JOMA, psychologue clinicienne, Layla Binti SOILHI MOUELEVOU, éducatrice spécialisée, Faidat ALI ABDOU et Echata IBRAHIM, médiatrices culturelles.



Cn2r
Centre national
de ressources
et de résilience

