

THINK TWICE BEFORE WALKING ON ICE

Ka fakar laba jeer inta aadan ku socon barafka



This book is translated in both English and Somali.

Minnesota is special for being the land of more than 10,000 lakes, but that's not all that makes our state unique. We also have very cold winters, and most of our lakes freeze over with enough ice that you can walk on them!

But walking on ice can be dangerous if you are not careful. Never walk on the ice without an adult who has checked to make sure it's okay.

Buugan waxa lagu turjumay afafka Ingiriisiga iyo af-soomaali.

Minnesota waxay gaar caan ku tahay dhul in ka badan 10,000 haro leh, laakiin taasi maahan waxa ka dhigaya gobolkeena mid gaar ah. Waxa kale oo aanu haysanaa jiilaal aad u qabow, inta badan harooyinkayagu waxa qabowgooda gaaran qabow ku filan oo aad ku dul socon karto!

Laakin kudul socoshada barafka waxay noqon kartaa khatar haddii aadan ka taxadarin. Waligaa barafka

ha ku dul socon iyadoon qof weyn uusan hubin in lagu dul socon karo.

One cold winter day, Jaime was playing with his friend Mariel at his house by the lake. Before going out to play, Jaime's mom reminded them not to go near the ice.

Maalin jiilaal oo qabow, Jaime waxa uu saaxiibkiis Mariel kula ciyaarayey harada gurigiisa u dhow. Kahor inta aysan u bixin ciyaarta, Jaime hooyadeed waxay xasuusisay inaysan u dhawaan barafka.



Jaime and Mariel made snow angels.

Jaime iyo Mariel waxay barafka ka dhiseen qof.



They built a snowman.

Waxay dhiseen nin baraf ah.



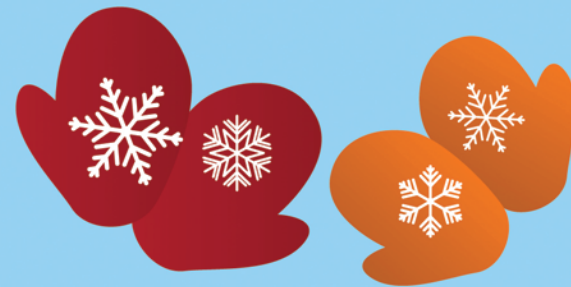
They made snow forts.

Waxay samaysteen qalcado baraf ah.



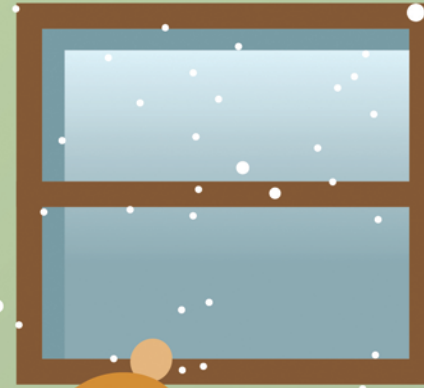
They inspected snowflakes.

Waxay kormeereen meelaha barafka.



As they were running out of things to do, Jaime noticed his new puppy, Rio, watching them from the back door.

Markii ay ka dhammaanayeen waxyaalihii ay samayn lahaayeen, Jaime waxa uu ogaaday in eygiisa cusub, Rio, uu ka daawanaya albaabka dambe.



Jaime and Mariel went to let Rio out to play in the snow. As soon as they opened the door, Rio ran past them and into the deep snow.

Jaime iyo Mariel waxay aadeen inay Rio oo ay u ogolaadaan inuu ku ciyaaraan barafka. Isla markii ay albaabka ka fureen, Rio ayaa orday orod buu ku dhaafay oo wuxuu galay baraf qoto dheer.



Mariel chased after Rio and without realizing, ran out onto the snow-covered ice. Before she could get off the ice, she fell through into freezing cold water!

Mariel ayaa dabagashay Rio oo iyada oo aan ogayn, dhexgashay barafkii qoto dheer leh. Intii aanay barafkii ka soo bexin ayay biyo qabow ku dhex dhacday!



When Jaime realized what happened, he remembered what his mom told him about never going on the ice—not even to help someone.

Markii Jaime uu gartay waxa dhacay, waxa uu xasuustay waxa ay hooyadii u sheegtay ee ku saabsan in aanu waligiis baraf ku gelin—xataa inuusan qof caawin.



Stay calm! Put your arms on the ice! I'll go get help!

Isdeji! Gacmahaaga saar barafka! Waxaan raadinayaa caawimaad!

It was so cold that Mariel couldn't think straight. She was struggling to breathe, like when she played tag at recess. Rio ran to Mariel and started barking for help. Unlike Mariel, Rio did not break through the ice because he was so much lighter than her.

Cimiladu aad bay u qabowday, Marielna si fiican ugama fikirin karin. Way ku adkeyd inay neefsato, sida marka ay ciyaarto tag-ga inta lagu jiro birirfta dugsiga. Rio wuxuu u orday Mariel agteeda, wuxuuna bilaabay inuu qayliyo si gargaar loo helo. Rio ma kuma uusan dhicin barafka sida Mariel sababtoo ah aad buu uga fududaa.





When Jaime told his mom, she called 911 right away. Then she went to the closet and grabbed a life jacket and a long rope.

Markii Jaime uu u sheegay hooyadii, waxay wacday 911 isla markiiba. Dabadeed waxay tagtay qolkii armaajooyinka oo ay soo qaadatay jaakad badbaado ah iyo xadhig dheer.



They ran back to the lake, but stayed on the shore where it was safe. Jaime's mom tossed the life jacket to Mariel and told her to put it on. Then she tossed the rope to her and told her to wrap it around her hands and kick her feet.

Waxay ku noqdeen baddii, laakiin waxay ku hadheen xeebta meesha ay nab tahay. Jaime hooyadeed waxay ku tuurtay jaakadda badbaadada Mariel waxayna u sheegtay inay xidhato. Kadib intay xadhigii ku soo tuurtay ayay u sheegtay in ay gacmaha ku duubto oo cagaha laado.



While Mariel kicked, Jaime's mom pulled hard on the rope and dragged Mariel onto the ice.

Intuu Mariel laaday, hooyada Jaime waxay si adag u soo jiiday xadhigga waxayna ku jiiday Mariel barafka.



Do not stand up! Roll towards me and try to stay flat so you don't break the ice!

Ha istaagin! Dhankayga u soo rog oo isku day inaad si siman u ekaato si aadan barafka u jebin!

By the time Mariel got back to shore and in the house, the emergency response had arrived.

Markii ay Mariel ku soo noqotay xeebta iyo guriga, jawaabta degdega ah ayaa timid.



They checked Mariel's body temperature to make sure that she was not at risk of **hypothermia**. Once they confirmed that she was okay, they advised her to stay inside and drink hot chocolate to warm up.

Hypothermia is when your body loses heat faster than it can make heat. If your body gets too cold, it can be deadly. That's why it is important to get checked by a medic if you fall through the ice.

Waxay hubiyeen heerkulka jirka ee Mariel si ay u hubiyaan inaysan halis ugu jirin hypothermia . Markii ay xaqiijiyeen inay fiican tahay, waxay kula taliyeen inay gudaha ku jirto oo ay cabto shukulaato kulul si ay u kululaato.

Hypothermia waa marka jirkaagu uu lumiyo kulaylkiisa si ka dhakhso badan marka loo eego inta kuleyl uu jirkaaga samayn karo. Haddii jirkaagu aad u qaboobo, waxay taasi noqon kartaa dhimasho. Taasi waa sababta ay muhiim u tahay in dhakhtar uu ku baaro haddii aad ku dhacdo barafka.



Jaime's mom shared some tips to stay safe on the ice.

1. Never go on the ice without an adult.
2. Always check the ice with a tape measure.
3. Wear a life jacket or float coat.
4. Remember that ice can be thick in one spot but thin just a few feet away.

Hooyadii Jaime waxay la wadaagtay talooyin ku saabsan sida loogu badbaado barafka.

1. Marna ha galin barafka adigoon qof weyn la socon.
2. Had iyo jeer isticmaal qalab cabbira (tape measure) si aad u hubiso dhumucda barafka.
3. Xir jaakad badbaado ama jaakad dabaasha.
4. Xasuuso in barafku meel adag yahay, meel kalena dhowr tallaabo u jirta uu dhuuban karo.



ICE IS NEVER 100% SAFE

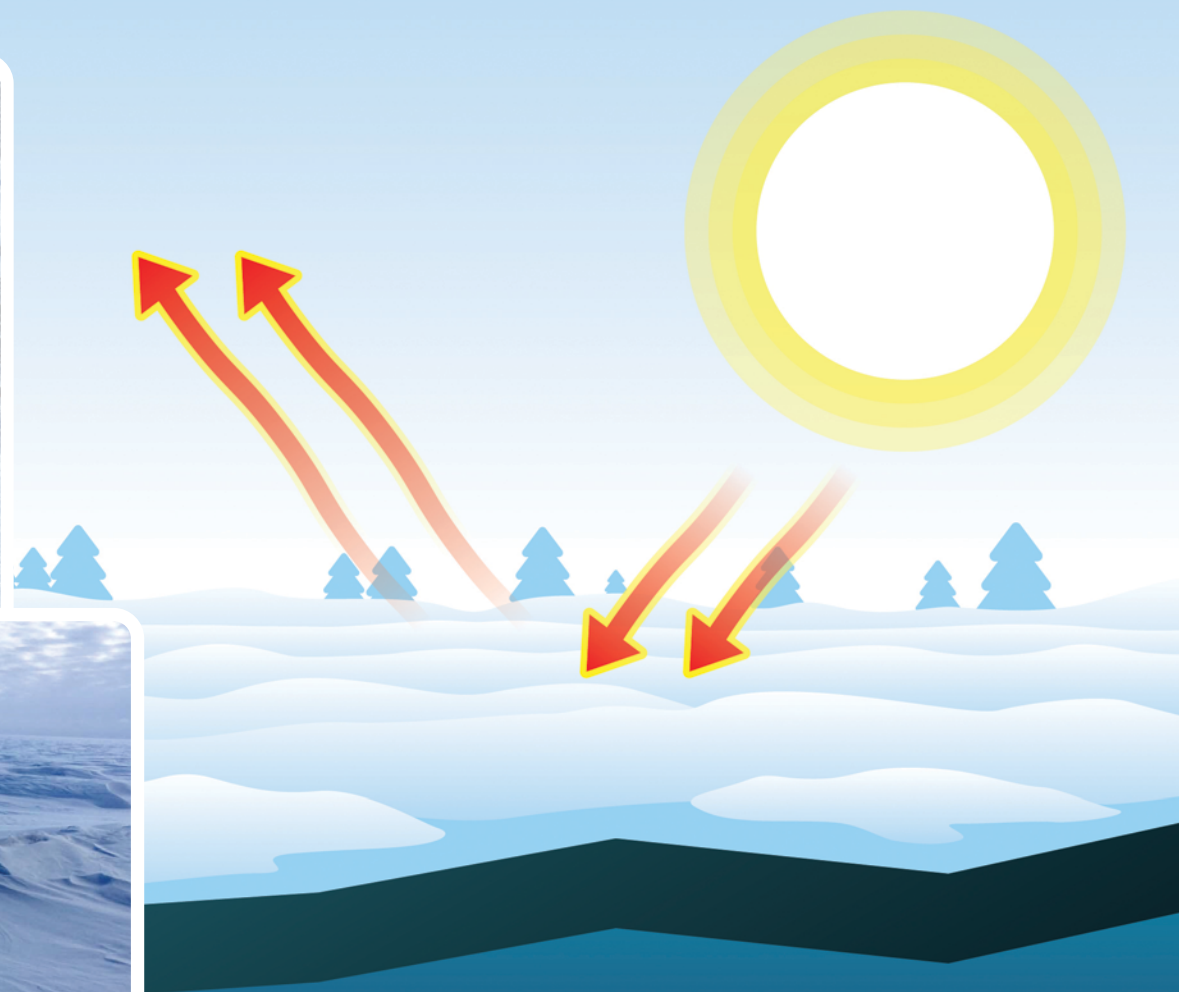
Recommended Minimum Ice Thickness

(Guidelines for New, Clear Ice Only)



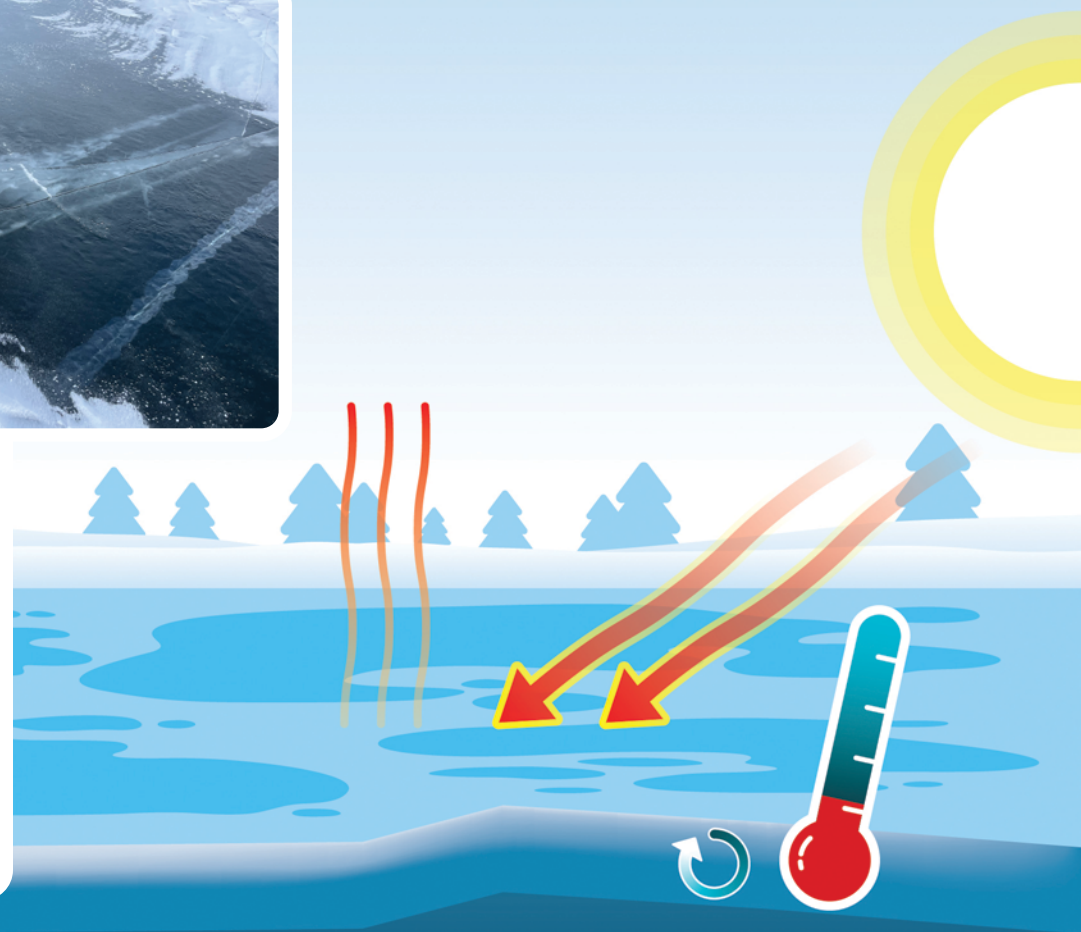
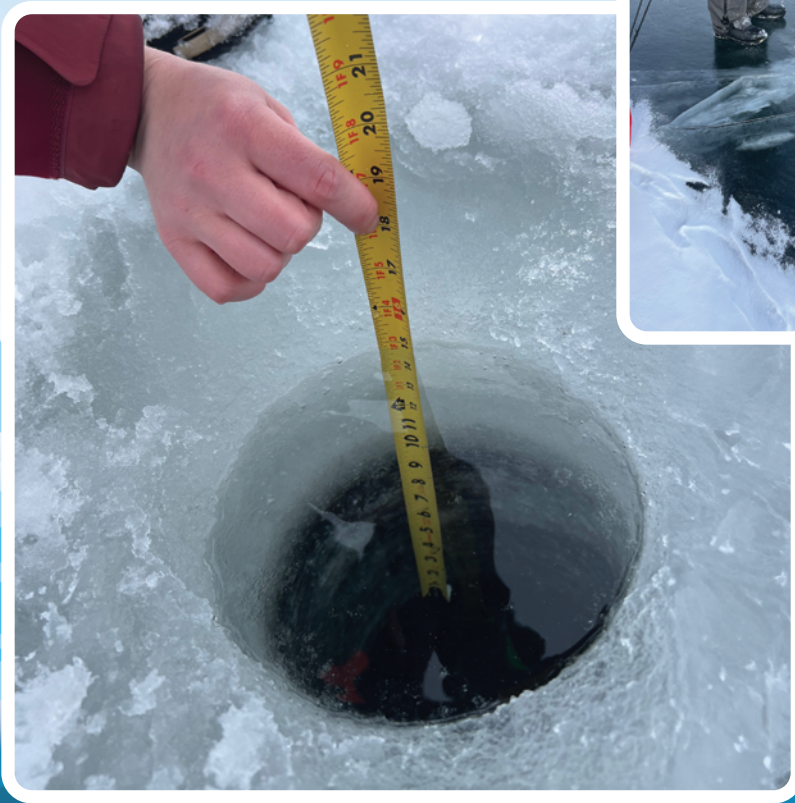
When ice forms on a lake in the beginning of winter, it is usually strong and clear. You should wait for at least 4 inches of new, clear ice before walking on ice with an adult. For a snowmobile, you need at least 5 to 7 inches, and for a truck, 13 inches or more.

Marka barafku ku samaysmo haro xilliga bilowga qaboobaha, badanaa wuu xoog badan yahay oo waa cad yahay. Waa inaad sugtaa ugu yaraan 4 inji oo baraf cusub oo cad ah kahor intaadan ku kor socon adigoo qof weyn la socdo. Haddii aad mooto baraf watahay, waxaad u baahan tahay 5 ilaa 7 inji, haddii aad gaari wadato, ugu yaraan 13 inji ama ka badan.



When snow covers a frozen lake, it acts like a fluffy blanket that insulates the ice. This blanket of snow slows the formation of new ice. Snow can also be really heavy which means the ice won't be able to support as much weight. If the lake in the story wasn't covered in snow, it might have been strong enough to support Mariel's weight.

Marka barafku daboosho haro barafaysan, wuxuu u shaqeeyaa sida buste khafiif ah oo daboolaa barafka. Bustahan barafka ahi wuxuu dib u dhigaa samaysanka baraf cusub. Barafku sidoo kale aad buu u culeys badan yahay taasoo la micno ah in barafku aanu qaadi karin miisaanka badan. Haddii harada sheekadu aysan ku daboolneyn baraf, waxaa laga yaabaa inuu xoogaa adkaa oo uu qaadi lahaa miisaanka Mariel.



When the sun shines brightly during the day, it can melt the snow. At night, when the temperature drops, this melted snow can refreeze and form “white ice”. White ice is not as strong as new, clear ice. Make sure you look carefully at the ice to see that it is new and clear—not old and white or gray. Four inches of new, clear ice might be enough to support one person walking, but that same person could fall through 10 inches of ice if it is old, white, or gray.

Marka qorraxdu si xoog leh u ifto maalintii, waxay dhalaalisaa barafka. Habeenkii, marka heerkulku hoos u dhaco, barafka dhalaalay wuxuu dib u qaboojiyaa oo samaysmaa “baraf cad.” Barafkan cad ma aha mid xoog badan sida barafka cusub ee cad. Had iyo jeer si taxaddar leh u eeg barafka si aad u hubiso inuu yahay mid cusub oo cad—ee aanu ahayn mid gaboobay, cad ama cirro ah. Afar inji oo baraf cusub oo cad ahi wuxuu qaadi karaa hal qof oo soconaya, laakiin isla qofkaasi wuxuu ku dhici karaa 10 inji oo baraf ah haddii uu barafku gaboobay, cad ama cirro yahay.



From the surface, ice might look the same all across the lake. However, lots of things can cause ice to be thick in one spot and thin in another spot nearby. Wind, sun, fish, and moving water can all cause thin ice.

Stay away from signs that say, “Danger thin ice.” You might see them in narrow spots or under bridges where water is moving faster.

Dusha sare ee harada, meel kasta barafku wuxuu u ekaan karaa mid isku mid ah. Si kastaba ha ahaatee, waxyaabo badan ayaa keeni kara in barafku meel adag ka yahay meel kalena ka dhuuban/qafiif. Dabaysha, qorraxda, kalluunka, iyo biyaha dhaqaaqa ayaa sababi kara baraf dhuuban.

Ka fogow calaamadaha oranaya, “Halista baraf dhuuban.” Waxaa laga yaabaa inaad ku aragto meelaha ciriiriga ah ama hoosta buundooyinka halkaas oo biyuhu dhaqaaqayaan si degdeg ah.

MATCHING

If you go on the ice, make sure to have the proper safety gear. The most important is a foam life jacket or float coat because it will keep you from drowning if you fall into cold water. Even the best swimmers are more likely to drown in cold water because the cold shock causes you to gasp for air, and it causes your body to become weak very quickly.

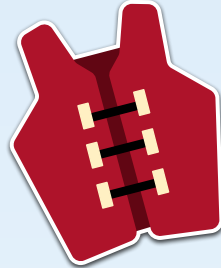
Directions: Match the correct safety item from the word bank to its matching picture. You may only use each word once.



1. _____



2. _____



3. _____



4. _____



5. _____



6. _____



7. _____

ISBARBARDHIG

Haddii aad galeyso barafka, hubi inaad wadataa qalabka badbaadada ee saxda ah. Waxa ugu muhiimsan waa jaakad badbaado oo xumbo ah ama jaakad dabaasha maxaa yeelay waxay kaa ilaalin doontaa inaad quusato haddii aad ku dhacdo biyaha qabow. Xitaa dabaalayaasha ugu fiican ayaa u badan inay ku quustaan biyaha qabow sababtoo ah qabowgu wuxuu keenaa in aad si xoog leh u neefsato, wuxuuna sababaa in jidhkaagu si dhakhso leh u daciifo.

Tilmaamo: Isku barbardhig qalabka badbaadada saxda ah ee ka socda sanduuqa ereyada oo ku dheji sawirkiisa. Hal mar oo keliya isticmaal erey kasta.

Word Bank:

- chisel
- float coat
- ice cleats
- ice picks
- life jacket
- throw rope
- whistle

Sanduuqa Ereyada:

- Qod
- Jaakad dabaasha
- Kabo baraf ah
- Qabasho baraf
- Jaakad badbaadada
- Xadhig tuurista
- Seeriga/firinbiga

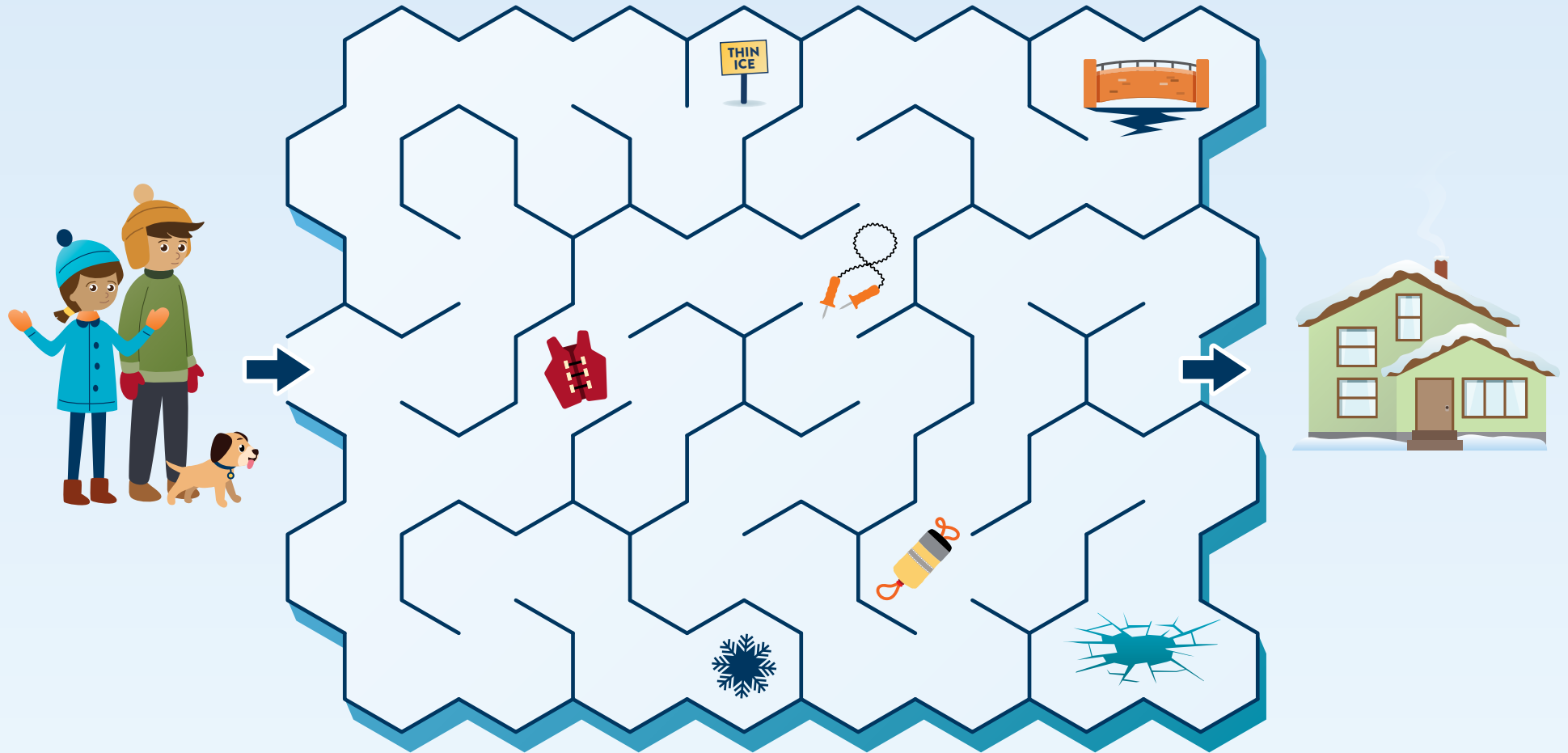


Always let someone know where you are going and what time you plan to return. That way if you don't return on time, someone will know that you need help and where to look for you.

Had iyo jeer qof u sheeg meesha aad tegayso iyo goorta aad qorsheyneyso inaad soo noqoto. Haddii aad waqtigaas ku soo laaban weydo, qofkaasi wuxuu ogaanayaa inaad u baahan tahay caawimaad iyo meesha lagaaga baahanyahay.

MAZE

Find your way through the maze to safely get off the ice.
Watch out for open water, bridges, deep snow, and thin ice signs!



MAZE

Ka hel jidkaaga si nabad ah uga bax barafka. Ka taxaddar biyaha furan, buundooyinka, barafka qoto dheer, iyo calaamadaha barafka dhuuban!

DRAW A PICTURE

1. Draw a picture of a winter activity that you want to do on the ice.
2. On the next page, answer the questions to create a safe plan for your day on the ice.

SAWIR

1. Sawir waxqabad qaboobaha oo aad rabto inaad ku samayso barafka.
2. Bogga xiga, ka jawaab su'aalaha si aad u samayso qorshe badbaado oo loogu talagalay maalintaada barafka.

QUESTIONS

Before you do the activity that you drew on the previous page, it's important to create a safety plan and let someone know where you are going and how long you will be gone. That way they will know where to look for you if you do not return on time. Answer the following questions to create your safety plan.

1. What is your winter activity? / Waa maxay hawshaada qaboobaha aad rabto inaad sameyso?

2. Who will you go with? / Yaa kula socon doona?

3. What safety gear will you bring? / Qalabkee badbaado ayaad wadataa?

4. Where will you go, and how long will you be gone? / Halkee ayaad tegi doontaa, intee ayaad maqnaan doontaa?

5. Who will you tell your plan to? / Yaa aad u sheegi doontaa qorshahaaga?

6. What are three things that you should watch out for when you are on the ice? / Saddex waxyaalood oo aad ka taxaddari doonto marka aad barafka saaran tahay?

SU'AALO

Kahor intaadan samayn hawsha aad sawirtay bogga hore, waxaa muhiim ah inaad samaysato qorshe badbaado oo aad qof u sheegto meesha aad tegayso iyo inta aad maqnaan doonto. Sidaas darteed waxay ogaanayaan meesha laguugu raadraaci karo haddii aad waqtigaas ku soo laaban weydo. Ka jawaab su'aalaha hoos ku qoran si aad u samaysato qorshahaaga badbaado.

CROSSWORD PUZZLE

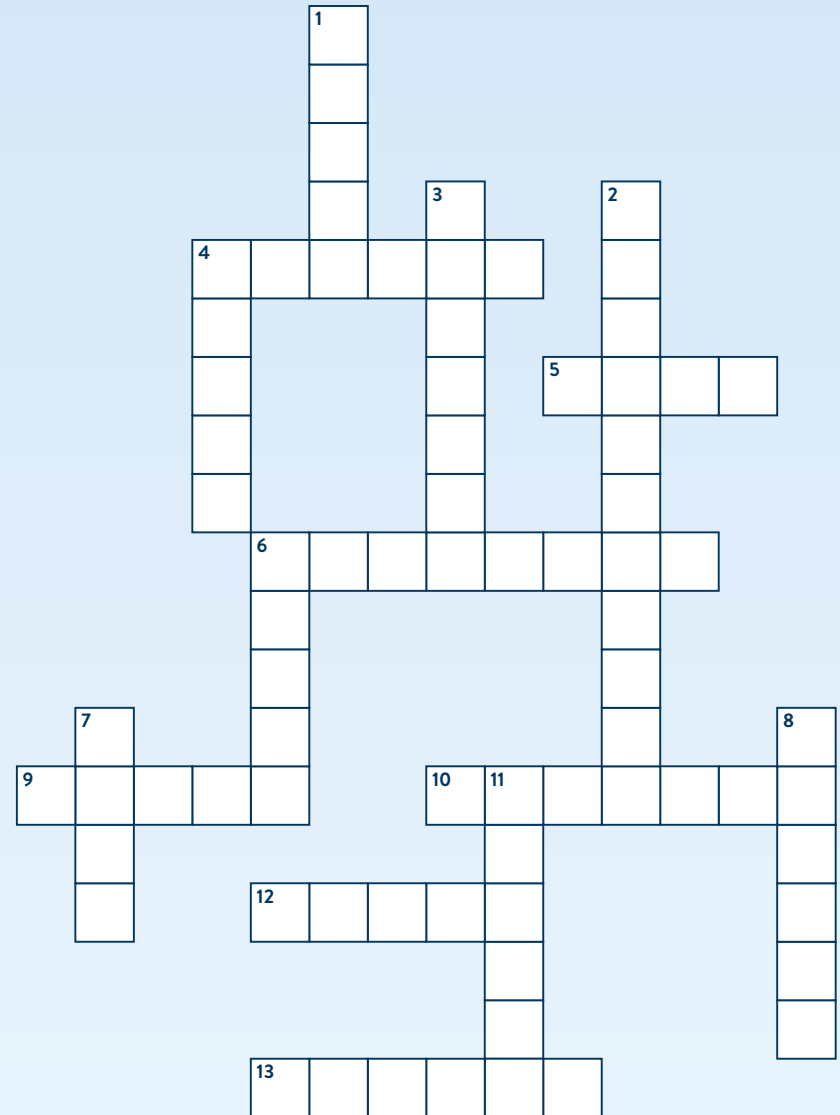
Use the word bank at the bottom to fill in the crossword. If you are stuck, look back in the story to find the answers.

Across

4. Watch out for thin ice in narrow spots and under bridges where the water might be moving _____.
5. New, clear ice should be at least _____ inches thick to walk on it.
6. Trucks need at least _____ inches of new, clear ice.
9. When snow melts and refreezes, it creates _____ ice, which is not as strong as new, clear ice.
10. It is hard to _____ when you fall into cold water.
12. Never walk on the ice without an _____.
13. Wind, sun, fish, and _____ water can cause thin ice.

Down

1. Minnesota is the land of more than 10,000 _____.
2. _____ is when your body loses heat faster than it can make it.
3. Always check the _____ before heading out on the ice.
4. Always wear a foam life jacket or _____ coat on the ice.
6. Always think _____ before walking on ice.
7. Stay away from the signs that say, "Danger _____ ice."
8. Ice might be 4 inches thick in one spot, but only 1 inch thick _____.
11. Always let someone know where you are going and what time you plan to _____.



Word Bank:

- adult
- faster
- four
- lakes
- nearby
- thin
- twice
- white
- breathe
- float
- hypothermia
- moving
- return
- thirteen
- weather

ISGOYSKA

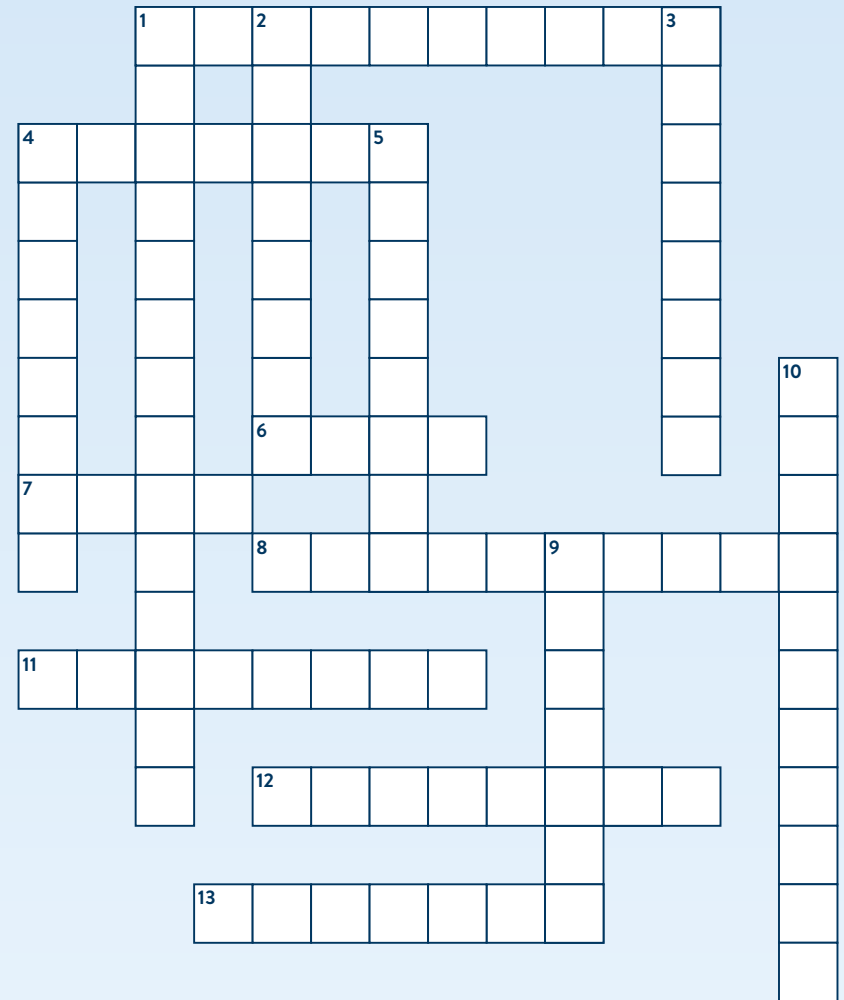
Isticmaal sanduuqa ereyada ee hoose si aad ugu buuxiso shaxda qoraalka. Haddii aad la xayiranto, dib u akhri sheekada si aad u hesho jawaabaha.

Dhinac

1. Ka taxaddar barafka dhuuban meelaha ciriiriga ah iyo hoosta buundooyinka halkaas oo biyuhu udhaqaaqi karaan _____.
4. Marka barafku dhalaalo oo dib u qaboojiyo, wuxuu barafka sameeyaa _____, kaas oo aan xoog u lahayn sida barafka cusub oo cad.
6. Barafka cusub oo cad waa inuu ahaadaa ugu yaraan _____ inji si laguugu socdo.
7. Barafku wuxuu hal goob ka noqon karaa 4 iinji, laakiin meelkana oo _____ wuxuu ka noqon karaa hal iinji.
8. Had iyo jeer qof u sheeg meesha aad tegayso iyo waqtiga aad qorsheyneyso inaad _____.
11. Had iyo jeer xiro jaakadda badbaadada nolosha ama jaakadda _____ marka aad barafka dul saaran tahay.
12. Had iyo jeer _____ ka fikir kahor intaadan barafka ku socon.
13. Ka fogow calaamadaha oranaya, “Halista barafka _____.”

Hoos

1. Gawaaridu waxay u baahan yihiin ugu yaraan _____ inji oo baraf cusub oo cad ah.
2. Dabaysha, qorraxda, kalluunka, iyo biyaha _____ ayaa sababi kara baraf dhuuban.
3. Minnesota waa dhul ka kooban in ka badan 10,000 _____.
4. Had iyo jeer hubi _____ kahor intaadan aadin barafka.
5. Aad bay u adag tahay in la _____ marka aad ku dhacdo biyaha qabow.
9. Marna ha ku dul socon barafka adigoo la socon _____.
10. _____ waa marka jirkaagu lumiyaa kulaylkiisa si ka dheereeya inta uu soo saari karo.



Sanduuqa Ereyada:

- afar
- caddaan
- cimilada
- dhaqaaqa
- dhow
- dhuuban
- harooyin
- hypothermia
- laba jeer
- neefsado
- qof weyn
- sabaynta
- saddex iyo toban
- si deg-deg ah
- soo noqosho

SPOT THE DIFFERENCE

Can you spot the SIX differences between the two pictures?
Circle the differences when you find them!



GARO KALA DUWANAANSHAHA

Ma ogaan kartaa lixda kala duwanaansho ee u dhexeeya labada sawir? Ku wareeji marka aad hesho kala duwanaanshaha!



ANSWER KEY

MATCHING *(page 20)*

1. float coat
2. throw rope
3. life jacket
4. whistle
5. chisel
6. ice cleat
7. ice picks

CROSSWORD PUZZLE *(page 24)*

Across

8. faster
9. four
10. thirteen
9. white
10. breathe
12. adult
13. moving

Down

14. lakes
15. hypothermia
16. weather
17. float
6. twice
7. thin
8. nearby
11. return

FURAHA JAWAABAHA

ISBARBARDHIG *(bogga 20)*

1. jaakad dabaasha
2. xadhig tuurista
3. jaakad badbaado
4. seeriga
5. qod
6. kabo baraf ah
7. qabasho baraf

ISGOYSKA *(bogga 25)*

Dhinac

1. si deg-deg ah
4. caddaan
6. afar
7. dhow
8. soon noqosho
11. sabaynta
12. laba jeer
13. dhuuban

Hoos

1. saddex iyo toban
2. dhaqaaqa
3. harooyin
4. cimilada
5. neefsado
9. qofweyn
10. hypothermia



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