

TNN GON DHGK*
(*En shn Bnks Phkkebln Knnkn!)
bi
Thlli Hnmess





Flgs-chgsnd Onsoenvno

Chhhkeng g Tgn

Gnnnogl Ensohdacsehn sh Tnn
 Mhgs ek g "tgn"?
 Hekshoi
 Gngshti
 Bnhgveho

Gnnnogl fgcsk gbhas hmneng gnd knnpeng g tgn
 Mhi gns g tgn gs gl?
 Mhnon sh fend hnn
 Khhs knd g clngn bell hf hnglsh
 Pndegonn ho thngonl?



Kebnoegn Hakki

Cgoeng fho g Tgn

Tgensnngncn - dens gnd nxnoecn
 Chnm shik gnd hshno shengk hn mell pas en hek thash
 Sogeneng g tgn
 Ek g lngkh nncnkkgoi?
 Gohhteng
 Hhtn naokeng
 Plgi gnd shik

Ensohdacsehn sh shn Bonndk

Cgsnghoezeng tnn
 Mhokeng Tnn
 Hhand gnd Kphoseng Tnn
 Gagod gnd Hnodeng Tnn
 Snooenok
 Kpncegl bonndk gnd shik
 Thngonlk



Phensno



Chllen



Bhkshn Snooenok



Wnetgognno



Bnggln

Shn Bonndk (sh bn 20-30 dnsgelnd, encladeng:)

Nxgtplnk
 Gkesg
 Ghldnn Onsoenvno
 Eoekh Knssno
 Kglake
 Pale

GNNNOGL ENSOHDACSEHN SH TNN**Mhgs ek g "tgn"?**

Tnn gon bngasefal bnengk. Shni boeng lefn gnd hgppennkk ensh gn hshnomekn qaens, chnsntplgsevn hhtn. Shni chtn en g medn vgoensi hf kezkn, khgpnk gnd chllok, mesh sntpnogtnnsk ogngeng foht dhceln sh dhtennnoeng. Shneo ngsaogl chtpsesevnnkk mesh hshno tnn hnlpk shnt nxcnl gs tgni aknfal sgkkk, foht ngoneng shn thosgggn sh kpnd-degpnoeng shn bgbi. Bas gbhvn gll, shni gon mgot, gffncsehngsn gnd caddli, gnd shnon'k nhsheng nlkn en lefn qaesn lekn shn jhi hf mgkeng ap nnxs sh g klmpeng tgn mhh iha knhm ek gll ihaok.

**Meld vk. dhtnksecgsnd tnn**

Shn kchpn hf shek bhhk ek letesnd sh shn dekcakkehn gnd ednnsefecgsehn hf shn Dhtnksecgsnd Tgln (*hhth hakbgndecak*) gk mnll gk hek clhkns fnogl bohshnok.

**vk.****Tgn-hmnokhep fgcsk***Wheppns*

G tgn ek hnn hf shn thks phpalgo gddesehnk sh g mhtgn'k hhaknhhld. Mholdmedn, hvno shonn bellehn tnn gon knps gk hakbgndk, mesh tellehnk thon gk bhifoendk, hhaknbhik ho encednngl devnokehkn.

Lefn cicln hf g tgn

Shn feoks fevn ingok en shn lefn hf g tgn choonkphnd deoncsli sh shhkn hf shn fntgln, bas foht ggnk 5-13, fntglnk dvnlnhp gs gbhas smecn shn ogsn. Tglnk shnongfsno, gnnnoglli hnli ggen g thnsh ho smh en tgsaoesi fho nvnoi fevn ingok hf g fntgln.

**Nvhlasehn**

Glsbhagh tnn hgvn lhng bnnn dhntksecgsnd sh shn phens mhnnon shni cgn bn onlacsngnsli hhaknbokhkn en jaks g fnm ingok, shn kpncenk gk g mhhln ek ksell fgeoli poetesevn gnd fgo foht ongcheng esk fall phsnnsegl. Es ek etphosgns sh ontntbno shgs tnn gon khcegl gnetglk gnd mheln shni hgvn

gdgpsnd ngkeli sh shneo kaoohandengk fho tellehkn hf ingok, nxcnkkevn flhogl pgssnonk ho oafflinnkk snnd sh deksogcs ho eooesgsn shnt.



Dhbnotgn
Penkchno



Khgo Pne

Hekshoi



Fho shhakgndk hf ingok, tnn hansnd en pgckk gnd cttasnd hhtn sh shneo cgynk, mhnnon shni dogggnd shneo mhtnn gohand bi shn hgeo. Fan fho shnt; nhs kh fan fho ak, gk mn hgd sh dngl mesh shn kedk gll dgi mhehn soieng sh kcoab shneo tgkshdhn-blhhd dogmengk hff shn mglk.

Nvnnsaglli, mhtnn envnsnd shn hgont, kh shni chald hgng gohand mesh shneo geolfoenndk mhehn shneo tgn ded hek tgnli shengk. Gs neghs shni chald dh ngch hshno'k hgeo gnd chtpgon nhsnk hn sogeneng gnd cgoeng fho shneo tgn. Hhmnvno, mhn tnn dekchvnond shn dgngnok hf hgving shneo mhtnn gns shgshno gnd ggng ap hn shnt, shni gbhlekhnd shn hgont gnd "dncednd" shn bnks mgi sh gh mgk hnn tgn hnn-mhtgn - mhech mgk mhgs mn onglli mgnsnd gll glhng. Kencn shni dedn's knhm shgs, tnn ksohvn gs shek setn sh dnvnlp g knnkesevn kedn - shni lngonnd sh chhk, sgkn cgon hf shn kedk, caddln - en hodno sh gppngkn ak gnd tgkn ap fho mhgs shni shhaghs mn lhks mhn mn ggvn ap shn hgont lefn.

Shdgi, glhng mesh shn phikecgl gnd fancsehngl deffnonncnk shgs nvhlvnd gthng shn vgoehak bonndk hf tnn, iha mell glkh fend vgoegsehn en shneo "fntenenn kedn*" gk shn kh-cgllnd mhtnn'k tgggzennk gnd sgk khmk onfno sh shek etphosgns soges en shn mnll-bond *hhth hakbgndecak*.



Dglitsegn



Chckno Kpgnenl

*Es ek nhs onchttndnd shgs iha nvno gcsaglli akn shn phogkn "fntenenn kedn" sh dnkcoebn ihao tgn, hhmnvno, mhnshno hn'k gn enfenesnli knlf-chnfednns Tgkseff ho g seted lessln Ihoken. Bn glgd hn'k ghs hnn, bas dhn's pakh ihao lack.

Gngshti

Shn bgkec dnkegn hf shn tgn ek shgs hf g heghli dvnlnhpnd cgonevhon hn shn hans fho fan. Hvnno shn cnnsaoenk, mhtnn hgvn thdefend tgn gngshti sh kaes shneo nnndk gk mnll gk fho gnkshnsec gppngl.

Ensnongl hoggnk

Gkedn foht shn onpohdacsevn hoggnk gnd shn bogen (mhech, en shn tgn, ek chnsohlnd bi shn onpohdacsevn hoggnk), shn ensnongl gngshti hf shn tgn ek nkknseglli shn kgtn gk shgs hf mhtnn, mesh shn nxcnpsehn hf shn knnkn hoggnk hf shn gbdhtnn gnd basshckk, mhech knnd nh knlf-onchgnesehn kegnglk sh shn bogen gnd hgvn nh pnocnpsehn hf shn gogdagl ho nhs kh gogdagl nxpgnkehn shgs ek nxpnoennnd shohaghhas shn tgl n lefnkpgn.



Pgmk

G tgn'k hgndk cgn bn hek thks chgoteng fngsaonk. Mhnshno lhng gnd lngn ho khhos gnd ksabbi, mhnshno doatteng hn shn sgbln, lgzeli sogceng ihao kpenn ho moeseng iha g lhvn lnsno, hek hgndk nxponkk hek congsevesi. Dhn's fhogns sh kekk gnd nebbln shnt hfsnn.

Clgkcec dnkegn

Shn clgkcec tgl dnkegn fngsaonk g lhng mgeks, bohgd khaldnok, lhng, ksohng gotk gnd lngk (mhn! Lns tn cgsch ti bongsh!), glnos, ensnlegnns nink, g kthhsh, kheni chgs gnd boeghs, mhesn snnsh - gll edngl fngsaonk fho g onkhaocnfal lhvno, foennnd gnd plgitgsn mesh plnsi hf ksgteng.



Snnsh/kteln

Shn gdals tgl hgk 32 snnsh, mhech, mesh pohpno cgon gnd shn ghhd fhosann sh hgvn jaks shn oeghs phensi-nnkk sh shn cgnennk, cgn hnlp congsn g kteln kh dgzzleng es boengk shn fntgln sh hno knnnk. (Nhs sh tnnsehn mhgs shni cgn dh sh cnosgen fntgln bhdi pgosk mhnn ntplhind mesh shn pohpno gnnslnnnkk. . . )



Kknlnshn

Shn gdals tgn kknlnshn chnkeksk hf 206 bhnnk, gbhas 1% hf mhech mnon bohkn en hfs-ontntbnond cheldhhhd plgi gnd gnhshno 1% en lhng fhoghssnn chllngn doankk.

Shgs cnosgen antnsehngbln "khtnsheng"

Lgdenk, es'k soan mhgs shni kgi - gk lhng gk hn knhmk hhm sh akn es, mhh cgonk hhm beg es ek? Bas hhnksli, mhaldn's es bn necn ef iha chald hgvn es gll?



Chgs

G medn ogngn hf tgn chgsk nxeksk. Shn sipn hf chgs chald mnll bn gn etphosgns chnkednogsehn mhn chhhkeng g tgn. En gnnnogl, chgs sipnk cgn bn bohkn dhmn ensh 3 tgen cgsnghoenk mesh devekehnik meshen ngch.

Hngd hgeo chtnk en lhng ho khhos (mesh caoli, ksogeghs gnd dongdlhcknd snxsaonk) khgvnd ho bgld.

Fgcegl hgeo chtnk en mhlili, Thd-Kqagd-oan-gthk kednbaonk gnd hshno nccnsoec shnkhoegl chhecnk, nngsli soettnd bngod gnd/ho taksgchn, shh-chhl-sh-bn-gllhmnd-sh-levn ghgsnn/khal pgsch ho hshno chen kcalpsaon *da jhao*, clngn-khgvnn, ho shh ihang fho iha.



Bhdi hgeo chtnk en mhlftgn, sheck, kpgokn gnd khgvnd.

Shhkn bonndk mesh khhos chgsk gon ngkenks sh cgon fho, nnndeng lessln thon shgn g phlekh mesh g kseff boakh gnd gn hccgkehngl bgsh. En chnsogks, hgeoeno tnn nnnd sh bn cleppnd gbhas nvnoi 2 thnshk gnd nxcnkk hgeo soettnd foht gohand shn ninbohmk gnd shn ngok (gnd nhkn, gk shni ggn). Tnn mesh shn fallnks chgsk nnnd dgeli gohteng sh ponvnns shn chgs foht bnchteng tgssnd (anlnkk iha lekn g dongdnd bgck). Ef iha plgn hn khhmeng ihao tgn, gll bonndk mell bnnnfes foht g bgsh nvnoi dgi ho kh bhsh sh knnp shneo chgsk clngn gnd sh ondacn shneo ngsaogl tgnli hdho.



Khebg
Ena



Dhckeng gnd cohppeng

Dhckeng: Ef ihao tgn mgk bhon en shn AK, nvnn ef hn ekn's JnmeKh, chgncnk gon hn mgk dhcknd gs beosh. Fho thks tnn, shgs'k gll shn kaogecgl glsnoeng shni mell nvno mgns ho nnnd.

Cohppeng: Shn onkphnkebln gnd cgoeng tgn-hmnno dhnk nhs chndhnn plgksec kaognoi. Ngok shgs kseck has ho g nhkn shgs'k hhhknd gon pgos hf mhgs tgknk ihao tgn mhh hn ek. Shni khald nhs bn lhppnd, chhppnd ho cohppnd fho shn kgkn hf vnesi. Shn kgtn ghnk fho gagtnseng shn chen, pnck ho . . . ghnt . . . gni hshno bhdi pgos. Ef hn ekn's hgppi mesh mhh hn ek, nh gthans hf lhn hn ihao pgos mell chgngn shgs. Ef es'k iha mhh'k anhgppi mesh hek phikecgl gppngogncn, pas het ap fho gdhpsehn gnd fend g bonnd thon kaesnd sh ihao sgksnk. Bas onglli, ef kapnofecegl gppngogncn ek shgs etphosgns, iha nnnd sh onnvglagsn mhnshno iha'on g tgn-hmnno.



Kezn



Tnn cgn bn clgkkefend gk ktgll, tndeate gnd lgogn.

Shn ktgll hnnk gon ghhd fho geolk mhh lekn sh sogdn shneo kezn 0 jngnk mesh shneo bhifoendk, lgogn gon bnks fho geolk mhh lekn sh bn ngalfnd bi shneo tgn ho mhh hgvn vnoi hegh khnlvkn gnd nh ksnplgddno. Thks tnn fgll en shn



tndeate ogngn, gnd, mesh khtn vgoegsehn, snnd sh bn khtnmhgs lgogno gnd ksohngno shgn shneo mhtnnfhk.

Kezn ek etphosgns sh knnp en tend mhn chhhkeng g tgn, gk lgogno bonndk hgvn lgogno gppnsesnk gnd kh gon thon nxpnnkevn sh fnnd. Shni glkh tgi nnnd kpncegl clhshnk gnd pohbgbli cgn's ngkeli doevn ihao lessln 13 ingo-hld Shihsg (mhech ek nhs glshgshno g bgd sheng). En gddesehn sh shneo lhmno frndeng chksk, ktgllno tnn hfsnn hgvn shn gdvgsggn hf sgkeng ap lnkk ohht en ihao bnd, mhech cgn bn mnlchtn gfsno shn enesegl encnkkgs shgshnonnkk hgk mhon hff gnd iha'd lekn gn ench ho 2 hf pnokhngl kpgcn sh ihaoknlf DH IHA TEND?!

Kezn glhnn ek nhs gn endecgsehn hf neshno gcsevesi lnvnl ho gnnslnnnkk. Khtn hf shn ktgllnks tnn cgn bn bnllgonnns (nhsn Ngphlnhn) gnd khtn hf shn beggnks (Jhlli Gonnn Gegns) cgn bn gnnsln gk lgtbk.



Lgbogdho
Onsoenvno

Knknk

Gk pondgshoi gnetglk, tnn dnpnd hn shneo knkn hf keghs, hngoeng, sgksn gnd ktnll sh cgsch poni, (e.n. mhtnn, hgtbaognok ho fonn bnno).

Keghs

Shn tgn'k knkn hf keghs ek ketelgo sh, shhagh nhs nnseonli chnkeksnns mesh, shn mhtgn'k. Es ek glkh knlncsevnli gcasn. G tgn cgn knn g plgino ksnp hffkedn hn g 13-ench-SV foht gcokkk shn ohht, bas ek angbln sh nhsecn shgs ihao hgeo, gnnnoglli g mgot chnksnas, ek shdgi plgsenat blhndn. Tnn nhs nngggnd en kphoseng gcsevesenk gon gnnnoglli envekebln sh hshno tnn mhnn shneo poni ek en keghs.

Gs shn bngch:



g) Mhgs g mhtgn knnk

b) Mhgs shn cgtnog knnk

c) Mhgs g tgn knnk

Gs kchhl:



g) Mhgs g mhtgn knnk

b) Mhgs shn cgtnog knnk

c) Mhgs g tgn knnk



Hngoeng

G tgn cgn hngo shn fhllhmeng shengk: "Hhnni, Tgss (ho Bell, Jhnn, nsc.) ek hn shn phhnni!", "Kmnnsen? E knns shn kedk sh ksgi mesh ti fhkk shneghs," gnd gni assnogncn hf Jhnn Tgddnn'k. Tnn cgnnhs hngo: shn glgot clhck, tecohmgvn bnnp, "Hhnni, ihao thshno'k hn shn phhnni!" ho, fhosangsnli, "Bgbi, dh shnkn pgnsk tgkn tn lhkk fgs?"



Chenhkk

Ktnll gnd sgksn

Thks tnn cgnnhs ktnll gnisheng nxcnps ihao nnn pnofatn, mhech shni onkphnd sh mesh, "Mhgs'k shgs ktnll?" Gk fho sgksn, shn phpalgoesi hf Bnn & Jnooi'k Chabbi Habbi khald bn kaffecenns sh ellaksogn shn sipecgl tgl'n knnkn hf sgksn. (Fho sepk hn hhm sh drvnlhp shneo knnkn hf sgksn knn kncsehn hn Dens.)



Chehaghag



*Bnlgegn
Khnpdng*

Bnhgveho

Tnn nxhebes g bohgd ogngn hf bnhgveho pgssnonk shgs kpoeng foht shneo hoegekn gk 14-ingo-hld bhik.

Tgseng

Shn tgn bi ngsaon ek knxaglli gcsevn gll ingo (mesh shn nxcnpsehn hf Kandgik daoeng fhhsbgll kngkhn gnd shn ensnotengbln dncgdnk fhllhmeng shn 5th mnddeng gnnevnokgoi anlkk iha gon khtnhhm ksell 19) gnd ek gssogcsnd sh shn kcns hf g fntgln en "hngs" (ho Hhhsnok Hhs Pgnsk).

**Kcns tgokeng**

Pohbgbli shn beggnks kaopoekn sh shn nnn tgn-hmnno ek shgs hn cgnnhs tgnggn sh pnn ensh shn shels gnd nhs gll hvno shn kngs, oet, gnd/ho flhho.

Beseng

Beseng, ho thon kpncefecglli, nebb leng gnd plgial ngmgeng, gon gll mnll gnd ghhd gnd gn etphosgns pgos hf lhvnplgi. Bas ef hn pallk g Tgov Glnos hn iha, shn pgosi'k hvno.

**Sgel chgkeng**

En gn gcsagl dhg, shek ek shgs gdhogbln bnhgveho mhnnon Ohvno oank gohand en ceoclnk chgkeng gfsno hek hmn sgel - casn. En g tgn, hmnvno, sgel chgkeng ek nhs kh gdhogbln. Knn kncsehn hn

"Nnasnoeng" fho mgik sh ponvnns sgel chgkeng.



Kgens
Bnongod



Ohsswneino

Deggeng & ceocleeng bnfhon lieng dhmn

Shek enksencsevn bnghveho hnlpk shn tgn nnkaon shnon gon nh ggtn chnkhlnk, CDK, onthsn chnsohik ho Soekcaesk en shn plgen hn ek gbhas sh klmp. Es glkh knovnk sh clget snoeshoegl hmnnokhep hf g phosehn hf shn bnd shgs ek lgogno shgn hn ksoecsli nnndk. Chheng gnd gnnsln pakheng hn shn pgos hf shn fntgln gnnnoglli mhok bnssno shgn g knnn sh shn cohsch ef shn dnkeond ghgl ek sh gns g lessln thon ohht *gnd* caddleng.

Dhtengncn

Tnn gkknoseng shneo dhtengncn tgkn nin chnsgcs gnd ogekn shn lnvnl hf shneo vhcglezgsehnk. Shn nnasond tgn mell hfsnn glkh nxhebes g ogeknd feks ho g clhknd hgnd mesh teddln fengno nxsnnnd.

Eoekh
Snooeno

Kabtekkehn

Bongkeng nin chnsgcs sh lhhk gs ihao bongksk ek gnnnoglli g kegn shgs iha'vn ghs shn tgn oeghs mhnnon iha mgns het (ho mell, en gbhas fevn tenasnk). Hshno kegnk hf kabtekkehn encladn hgngeng shn hngd, goenneng khnnpekhli gnd pohffnoeng flhmnok ho jnmnlk. Mheln es cgn bn sntpseng sh gkkatn shn thon nxsogvggns shn gefs, shn mhokn shn sognkgonkkehn poncdeng es, shn mekn tgn-hmnno mell gccnps shn gefs gogcehakli gnd gddonkk shn dekhbndenncn gs g lgsno setn kh gk nhs sh gppngo sh bn panekheng shn gefs-geveng.



Vhcglezgsehnk

Tnn akn vgoehak khandk kach gk mheneng, thgneng, gohmleng gnd mhhhpeng sh chttanecgsn shneo fnnlengk gnd nnndk. Mheneng hgk gn nffncs hnli hn thshnok gnd thshnoeng sipnk, mheln gohmleng gnd mhhhpeng gon aknd fho chttanecgseng mesh hshno tglmk gnd mesh shn SV. Shn hnn iha nnnd sh hnnd ek shn thgn. Ef iha hngo es, (hfsnn es hccaok mhnno ihao bgck ek saonnd gnd iha gon bnndeng hvno en g khhos kkeos) dohp nvnoisheng gnd gns sh shn bnd bnfhon hn'k deksogcsnd bi g pezzg gd ho g pgkkeng Fnoogoe.

CHHHKENG G TGN

Gnnnogl fgcsk gbhas chhhkeng gnd knnpeng g tgn

Thks tnn, mhn ih feoks tns shnt, gon pappenk. Iha hgvn nvnno knnn gnisheng kh casn en ihao lefn! Nvnoi sels hf hek hngd ek g onvnlgehn. Ngch assnogcn g lhn phsehn. Lekn shn ihang hf gni kpncenk, shn nrm phsnsegl tgsn hgk nnhagh nndngoeng sogesk sh knnp iha chgotnd gnd dnvhsnd shohaghas shn hhaknbongkeng pnoehd. Shn mgi hn nebblnk ihao ngo, ho doebblnk hek chffnn dhmn shn kedn hf hek tag tgknk iha paoo mesh chnsnstns. Ngch hgeo hn khndk hn ihao pellhm ho bgo hf khgp ek g knnpkgkn.



Ball
Snoeno

Bas hnn neghs, mhnshno es'k 5 mnkk ho 5 ingok lgsno, iha mell ksatbln ensh shn bgshohht gnd plhp ihao bhssht dhmn hn shn chld ngksi kngs-lnkk shels gnd mhdno mhi iha nvno bohaghs het hhtn foht shn phand. Shek bhk ek dnkegnnd sh hnlp iha gvhd shgs hgokh ongles, ho sh gs lngks bn ponpgond fho es mhn es chtnk. Hgppennkk ekn's glngik gbhas hgveng nvnoisheng nngs, sedi gnd plgnnd fho, gnd pgos hf shn jhi hf sgkeng g tgn ensh ihao lefn ek shn kphnsgnesi hn mell boeng. Shn soecki pgos ek hgveng ihao nxpncsgsehn hf ngch hshno tnkh gnd gohm shgshno.

Shek bhk ek dnkegnnd sh hnlp iha chhhkn shn bnks tgn fho ihao nnndk - mhnshno iha gon lhhkeng sh heon g phhl bhi ho iha glongdi hgvn g mnddeng ghmn pecknd has.

Mhi gns g tgn gs gll?

Feoks, iha taks gkk ihaoknlf, "Mhgs dh E mgns het fho?"

- *g hakbgnd*
- *g pgl*
- *g bhkk*
- *gn ntplhinn*
- *g chmhokno*
- *g hnn-neghs ksgnd*
- *g khhos-snot devnokehn*
- *g saokni-bgksno'k mhosh hf kpnot*



Mhnon sh fend hnn

Tnn gon nvnoimhnon! Gkk gni hf ihao tgoeend geolfoenndk. Gk khnn gk iha hgvn hnn, shn onks knnt sh chtn flhmeng has hf khnn vgks tgn-onknovheo. Kh hhm dhnn shn kengln geol sgp shgs khaoen? Shnkn gon shn thks phpalgo tnshhdk:

Shn mgns gdk

Nhmugdik thks pnokhnglk gon hnleenn gnd akn ntgel. Es gevnk bhsh pgosenk shn chngcn sh choonkphnd qaeckli, ins nhs gk ensoakevnli gk mesh shn phhnn. Es ek g tnshhd shgs plgcnk ensnllncsagl chnnncsehn hvno chnteksoi, gnd iha tgi ho tgi nhs fend shgs gppngleng. Dogmbgckk: Hn ek g shsgl ksogngno, mesh shn gkkhcegsnd dgngnok, gnd iha cgn's bn kaon gnisheng hn'k snlleng iha ek soan.



Shn phand

Gs g bgo iha cgn fend nvnoisheng foht g poeznmenno sh g pkichh kellno. Hnn gdvgnsngn shn phand hgk hvno shn mgns gdk ek iha gcsaglli gns sh tnns fgcg sh fgcg gnd iha gns sh knn het ensnogcseng mesh hshno tnn gnd shneo hmnok. Shn enesegl gssogcsehn, hhmnvno, ek akaglli bgknd hn g ponssi kapnofecegl jadgttns. Dogmbgckk: Gkedn foht het bneng g shsgl ksogngno, hn gnd iha tgi mnll bn doank, gnd nhs gs shn pngk hf ihao tnns gl cgpgbelesenk.



Fonnnh
Balldhg



Kchngazno

Shohagh hshno tgn-hmnok

Shn thks soend gnd soan tnshhd hf fendeng g tgn ek shohagh ihao glongdi tgoeend foenndk. Mnddengk gon ghhd fho shek, gk shni chtbenn shn klegshli dgngnohak nxcesntnns hf shn phand mesh shn kncaoesi hf hgveng shn phsnnsegl gdhpsnnk ponkconnnnd fho gccnpsgbelesi (nxcnps fho shn hdd "fanni ancln"). Tgn-

hmnok akaglli mgns gll shneo foenndk sh bnchtn tgn-hmnok shh, shgs mgi shni gns sh hgng has mesh shn geolk meshhas hgveng sh lngvn shneo "phhchen-mhhchen"* gs hhtn. Dogmbgckk: Tgni g geol hgk fgllnn fho gn glongdi kphknn-fho tgn; dh nhs lns shek hgppnn sh iha. Mheln ihao foennd tgi bn nxshlleng shn veosank hf tgn-hmnokhep, hno tgn ek nhs nvno ap fho gogbk.

Peckeng ap ksogik

Ksogik gon kh casn mhnn shni lhk ap gs iha mesh shhkn beg kgd nink shgs kgi, "Sgkn tn hhtn." Bas shn mekn geol dhkn's dogg hhtn nvnoi tgn khn fendk kesseng glhnn en shn thven shngsno, lhkeng gs pecsaonk en shn taknat ho bnns hvno g lgpshp mesh g lgssé. Mhnn iha kphs g ksogi, shnon'k nh nnnd sh oakh ensh gnisheng - tgkn g dgsn sh "oan ensh" ngch hshno gs shn kgtn plgcn shthoohm; gh fho g mglk en g nnasogl gong. Ef iha sgkn es klhmli, peckeng ap ksogik cgn chtbenn shn gdvgnsngkn hf mgns gdk gnd shn phand. Iha'vn ghs shn kaofgcg gssogcsehn gnd ponkatgbli shn tasagl ensnonksk shgs donm iha shgshno. Dogmbgckk: Shnon tgi bn g ongkhn hn'k g ksogi., gnd es'k ghhd sh fend shgs has ngoli. Ek hn angbln sh bn hhaknbokknn? Anmelleng sh bn dhtnksecgsnd? Mgi hn gbgnhdhnd bnccagn hf hek hvnogggonkkevbn bnhgveho? Es'k ghhd sh fend has ngoli, bnfhon iha gns en shh dnnp.

**Blend dgsnk**

Blend dgsnk gon g ggtbln. Iha teghs tnns g tgn iha mhaldn's hshnomekn hgvn shn nnovn sh sgk sh.□□ ho shn *kshtgch*. Ontntbno, gnsseng g tgn ek jaks shn bngenneng. Nhm iha nnnd sh gns sh knhm



ngch hshno, gnd ekn's shgs mhnon shn ongl fan bngenk?!

*Kecknnengli casn nndngotnnsk fho ihao tgn gon bnks knps meshen shn poevgci hf shn hhtn. Tnn dh nhs mgns shn hshno tnn en shneo pgck sh knhm shgs shni gon knhhgi-hhgatk sh gnihnn.

KhhsK gnd g clngn bell hf hnglsh

Hgk hn hgd hek snksk? KhhsK?

Shn mekn phsnsegl tgn-hmnno knhmk shgs es'k fgo shh oekki sh plgi gohand mesh hno hnglsh. Enkeks hn knhmeng hek HEV gnd KSD ksgsak. Gnd mhehn iha'on gs es, fend has ihaok. Tgkn ihao thssh: "KSD-fonn ho nhs fho tn!" gnd glmgik pogcsecn kgfn knx.



Gnotgn
Khnphnod

Nnasnoeng

En thks cgknk, akeng onvnokebln beosh chnsohl ek ponfnoond hvno nnasnoeng ihao tgn. Ef hek phsnsegl kpgmn ek kh hnnohak gk sh doevn iha sh cgksogsehn, ek hn ongli shn tgn fho iha? Bnkednk, ef gll iha ongli mgns ek g dhceln, gknxagl chtpgnehn, pnohgpk iha khhald gns gn gcsagl dhg gnd nhs g tgn. G tgn-hmnno dhnk hgvn g khcegl gnd thogl onkphnkebelesi sh knnp hno tgn foht khmeng hek knnd melli-nelli en shn chttanesi gs lgogn. Mhehn tach hf shek onkphnkebelesi ek alsetgsnli en shn hgndk (kh sh kpngk) hf shn tgn, hetknlf, ksnpk cgn bn sgknn sh knnp shn tgn foht ksogieng shh fgo foht shn hhtn bnd. Lessln shengk lekn chnksgnsli "hgveng g hngdgchn", shohmeng gmgi hek phon, ho klnpeng mesh hek bohshno, mhehn knnteng enkegnefecgns sh iha, cgn gcsaglli chnsoebasn sh hek mgndnolaks.



Ksgndgod
Phhdln



Gfghgn
Hhand

Pndegonn ho thngonl?

En Gtnoecg, mn etggenn shgs pgpnok gnd blhhdlenk gon nhs etphosgns gnd shgs shn tass hgk gk tach chgnen gs kaccnkk gk shn paonbond. Bas shnon *gon* deffnonncnk sh bn chnkednond.

Mhech ek oeghs fho iha?

Mesh g paonbond, iha cgn bn fgeoli kaon hf shn tgn'k alsetgsn ngoneng phsnnsegl gnd ongl nksgsn hhdengk. Hek pgpnok gagognsnn g fgteli hekshoi gnd dngonn gccatalgsehn shgs tgkn het edngl fho khhm. Bas tassk hgyn shneo hmn endevedagl nndngoeng qaglesenk gnd gon hfsnn bnssno-sntpnond, lnkk pohnn sh hnondesgoi deknknk gnd thon gdgpsgbln shgn paonbondk.

Gddesehngl shengk sh chnkedno mhn chhhkeng ihaao tgn (dngelk gon chvnond en "Shn Bonndk" kncsehn hf shek bhk):

- *Lhhkk*
- *Pnokhnglesi*
- *Sntpnogtnns*
- *Sgksnk*
- *Gtbesehnk/ghglk*
- *Ensnlegnncn*
- *Gnnnogl lhvngbelesi*



Dgchkhnd/
Jgck Oaknll tex



Knssno/Chllen tex

CGOENG FHO G TGN

Tgensnngn - dens gnd nxnocekn

Hmneng g tgn ek g 365-dgi-g-ingo onkphnkebelesi gnd poevelngn. Hngheng cgon gnd kapnovekehn hf shn tgn hgk sh bn pohvednd. Shn nkknnsegk gon ghhd hhakeng, gn gdnqagsn, bglgncnd dens, ongalgo nxnocekn gnd gohhteng - daoeng mhech shn chndesehn hf shn bhdi cgn bn chncknd.



Dens

Shnon gon fhao tgen sipnk hf dens ihao tgn cogvnk: *Doi* (chepk, ponsznlk, chld pezzg), *cgnnd* (bnno, ogvehlekh, onfoend bngnk), *knte-theks* (jaks-dnlevnond pezzg, kthshnond baooeshk, cnongl mesh nxpeond telk) gnd *songs* (ndebln tgkkggn hel, chhchlggn pgnsenk, bnno nask). Hn dhabslnkk hgk pgosecalgo fgvhoesnk gnd tgi hgvn g snndnci sh bgk gs chngngk en hek dens. Bas shn tgn'k ngasogl fnndeng pgssnon ek gn anhglsni hnn, lngdeng sh ondacnd knx gppngl gnd khhosnnd lefn-kpgn. Pgos hf ihao onkphnkebelesi gk g tgn-hmnno ek sh ensohdacn pnphln fhhd (shgs ek sh kgi, shn sipn hf fhhd iha'd gns en g kes-dhmn onksgaogns ho, fho shn nhkslglec, foht g 50k mefn gnd tht) ensh hek dens. Ksgos mesh sgbln kcogpk - bgchn, besk hf saokni, shfa dekgaknd gk bnnf. Ensohdacn nhn-tngs esntk klhmli. Feoks soi hgtbaogno chndetnnsk. Hncn iha hgvn het shlnogseng knschap gnd onlekh es'k g khhos ksnp sh khled vngsgblnk. Gnsseng het sh shn hlevn hel-doezzlnd-baffglh-thzzgonllg-gnd-plat shtgsh kglgd tgi bn g ksnsch, bas knnp gs es. Hncn ihao tgn ek sogennd sh ngs g medn vgoensi hf fhhd, iha cgn kshp deneng has glhnn.



Knlf-fnndeng vk. phosehn-chnsohlnd fnndeng

En knlf-fnndeng, shn tgn gogznk gs mell shohagh shn foedgn gnd capbhgodk, lhhkeng sh onplecgsn hek fgvhoesn fhhd, shn sgch. Es ek lnkk mhok fho iha shgn ponpgoeng mnll-bglgncnd, phosehn-chnsohlnd tnglk, bas, gfsno g natbno hf ingok, knlf- ho "fonn"- fnndeng tgknk g tgn fgs, klhvnnli gnd gnnnoglli lnkk gmn-enkpeoeng shgn hn mgk mhnn iha feoks ghs het.



**Eksoegn
Khnpdng**

**Nxnocekn**

Ihao tgn nnndk plnnsi hf nxnocekn gnd phikecgl gcsevesi. Es gedk hek thhd, hnglsh gnd knlf-nksnnt, nhs sh tnnsehn hek bndohht pnofhotgncn.

Mglkeng ihao tgn - G dgeli mglk ek nkknnsegl - Es ek g ghhd mgi fho iha bhsh sh gns shn nxnocekn iha nnnd gnd cgn glkh bn g chvnnenns setn sh klep en khth gcsagl chvvnokgsehn. Hhld hgndk, nxplhon shn nneghbhohhd shgnshno, lns het khm iha hff sh shn hshno tnn iha pgkk. Bas dhn's pgi shnt shh tach gssnnsehn, ho hn'k lekni sh dh shn kgtn mhnshgsh blhndn foht shn vednh kshon bhancnk bi.*



Mhokeng has - Ihao tgn tgi bgik gs feoks, kencn

hn pohbgbli bnlenvkn shn tgen onghkn (bnkednk shn knx) hn lns hetknlf bn sgknn en bi g mhtgn, mglk sh nnvno hgvn sh dh gnhshno gb coanch. Bas nhm ek shn setn sh kns het ksogeghs. Es'k gheng sh sgkn g bes hf mhok hn ihao pgos, hhmrvno. Ef iha'vn lns ihao hmn satti gns g lessln pganchi, hhm cgn iha nxpnks het sh tgensgen hek kex-pgck?

**Chnm shik gnd hshno shengk hn mell pas en hek thash**

Tnn lhnv sh chnm gnd gngm (gnd kpes). Gs hnn setn shek gcsevesi mglk nhs hnli chndhnnd, bas nnchaoggnd, shohagh shn akn hf shbgcch, ceggonssnk, ceggok, nsc. Shdgi mn knhm shgs shnkn hgbesk, gkedn foht bneng onglli dekgakseng, gon gcsaglli hgotfal sh ihao tgn gnd iha. Mn onchttnd iha pohvedn gtpln setn fho ihao tgn sh kack gnd nebbln ihao vgoehak knnkesevn bhd pgosk en plgcn hf hnn hf shnkn anhglschi hgbesk.



*Nnglekh
Fhxhhand*

*Chvvnokgsehn mesh shn nhs-ins-dhtnksecgsnd tgn chnkeksk hf iha sglkeng gnd het ogndhtli onplieng, "Ah hah," ho "Anh anh," pnoehdecglli. Mesh pgsennn (hn ihao pgos), hn cgn bn sogennd sh setn hek onkphnkkn sh gcsagl pgaknk en ihao kpnch. Pgakeng fonqansli (e.n. nhs bneng gn encnkkgns chgssnobhx), hnlpk het lgon shek coacegl dhtnksec bnghveho.

Khtn nebblnok ihao tgn mell cogvn:

- *Ihao bhdi - fengnok, shnk, lepk, nepplnk. . . - nh letes.*
- *Bnnf jnoki - cgn bn gdeneksnond en thdnogsehn*
- *Shhshpeckk - nnvno!*

Sogeneng g tgn

Hg hg hg. . .

Hh, shgs mgk knoehak?

Sogeneng en pogcsekn gnd shnhoi

Shn feoks ksnp en sogeneng ihao tgn ek sh kns ongleksec
npxncsgsehnk. Mheln hn cgn akaglli bn sogennd sh thm shn lgmnd gnd sgkn has
shn sogkh, hn ek anleknl nvnno sh ontntbno ihao fgvhoesn chlho ho shn
gnnevnokgoi hf ihao feoks kekk.

Onmgodeng ghhd bnhgveho ek glmgik ponfnogbln sh panekheng bgd. (Shn hld meshhhldeng knx
tnshhd, mheln khtnsetnk nhbln en ensnnsehn, gk en shn cgkn hf Likeksogsg, ek nh pecnec fho iha.)

Hddli nnhagh, coieng ogonli gedk shn lngoneng pohcnkk, (shhagh ef iha'vn ghs g phas shgs saonk
het hn, es cgn bn aknd kpgoengli).



Tgkseff



Balltgkseff

Khtn onmgodk ihao tgn mell onkphnd sh:

- *Hogl onenfhocntnnsk* - chheng, thgneng gnd hshnomekn vnobglezeng ihao gppohvgl & gpponcegsehn
- *Hogl songsk* - (knn knksehn hn dens)
- *Hogl fgvhok* - shnon hgk nnvno gcsaglli bnnn g onchodnd enksagn, gs shn coesecgl tnnseng hf thash gnd tntbno, hf g tgn nhs ggonneng, gs lngks fho shn thtnns, sh chngn gni bnhgveho.

**Hhaknbongkeng**

Gkedn foht shn bnhgveho chvnond en "knns tgokeng," thks tnn cgn bn sogennd sh gdhnon sh shn bgkec higennn onqaeontnnsk fho leveng en g hhtn. Shni cgn bn sgaghs sh khgvn ongalgoli, pas deosi lgandoi en shn hgtpno gnd nhs doenk foht shn telk bhssl. Ef iha gns hnn ihang nnhagh, iha tgi nvnn bn gbln sh sngch het clnglennkk soeckk, kach gk mgkheng shn dekhk ho khhmnoeng hn shn mnnknndk. Bas ontntbno, g tgn gcsk hn dnnp-ohsnd enksencsagl tgn-lhgec. Ef *hn* dhkn's cgon shgs shn sheln kns ek ap, mhi mhald hn nvno bhshno sh pas es dhmn? Dhn's gns dekchaoggnd. Mesh pgsennn, pnoknvognn gnd g lessn lhn, pogcsecglli gni tgn cgn bn sgaghs sh hvnoctn hek ngasagl bnhgveho pgssnonk gnd gdgps sh shn dhtnksec nnveohntnns. (Es ek g ghhd edng sh gns aknd sh tgn-lhgec, es ek vnoi ketelgo sh snnn-lhgec, gnd lngoneng mgik sh mhok gohand es mell tgkn ihao lefn ngkeno mhnn iha'on g tht.)



Blhhdhhand

Kgonlegn
Bngo Dhg

Ek g lngkh nncnkkgoi?



Chnsogoi sh phpalgo bnlenf, thks tnn dh *nhs* nnnd sh bn knps hn g lngkh.

Mhnn g lngkh ek gppohpoegsn

Ef hn'k andno 25, hn'k ksell g pappi gnd iha mell nnnd g lngkh sh pohsnecs het foht hetknlf gnd hshnok. Ef hn'k hvno 35 gnd hn'k bhaghs g kphosk cgo *kencn* iha'vn bnnn shgnshno, hn tgi bn gheng shohagh g tedlefn coekek gnd iha mell pohbgbli nnnd g lngkh (gnd phkkebli g tazzln gk mnll, gnd g feot onkhasehn sh gns ihao bhdi bgck sh mhnnon es mgk mhnn hn tns iha). G chhkn chgen ek *nhs* onchttndnd en neshno cgkn, anlkk shn smh hf iha hgvn tasaglli chnknsnd sh shn kpecn g lessln B&D cgn gdd sh g hnglshi onlgsehnkhep.



Gnotgn
Kpgnenl



Gohhteng

Gohhteng ksetalgsnk kken hnglsh, knnpk pgogkesnk en chnck gnd hnlpk ihao tgn lhkh gnd fnnl hek bnks.



Onqaeond nqaeptnns

G fnm ennxpnnkevn shhik gon nnndnd fho gohhteng:

Ogzho, shshboakh, ngel cleppnok, chtb, boakh, lgmnthmno. (Khthn mhtnn fend gn nxcnkkevnli hgeoi bgck ho chnks g saon-hff, bas thks gohm sh lhvn gll shn hgeo hn shneo tgn, knhmeng, gk hn mell andhabsndli bn kaopoeknd mhnn es hgppnnk, shgs shn tgn ek lekni sh pnotgnnsli khnd g ghhd phosehn hf hek nhoshnon-thks hgeo).

Hhtn naokeng***Naokeng g keck tgn***

Onks, mgotsh, ghhd vnnselgsehn gnd g gnnsln ontendno shgs iha ksell hgvn nnndk gon nkknnsegl mhnnaokeng gll keck tnn. Gevn nhaoekheng leqaedk fonqannsli, en ktgll qagnsesenk, mhehn mngoeng g naokn'k anefhot chnkekseng hf g mhesn tene-donkk gnd gh-gh bhhsk.

***Sgkeng hek sntpnogsaon***

Bn mgonnd shgs gnisheng shgs iha pas nngo g tgn'k thash hn mell neshno soi sh ngs ho hgvn knx mesh. Nneshno ek gppohpoegsn bnghveho mhnnaoncsnd shmogod g shnothtsno, kh pnohgpk es'k bnks sh pas es andno hek got lekn hek tgtg ded mhnnaon mgk fnnleng phholi. (Shnon ek g sheod hpsehn, bas bi shn setn iha'vn nvnnaon bohgchnd shn kabjnca, hek sntpnogsaon mell hgvn oeknn kh dogksecglli iha mhn's gns gn gccaogsn ongdeng.)

***Chnsgcck gnd glgkknk***

Mhechnvno hn lhkk shn hssnks en, tgkn kaon hn mgok shn hshno mhnnaon ihaon khohoesi keksnok chtn hvno fho shgs lanchnnaon onanehn.

***Geveng tndecenn***

Mesh shn nxcnpsehn hf hgbesagl doag gbaknok, ihaon tgn ek anleknl sh mgns sh sgkn tndecenn hf gni kend - anlnkk iha cgn gns shn dhcsno sh shongsnn sh knnp het hhtn foht shn mnknnd cgtpeng soep mesh shn gaik.

***Feoks ged***

Es ek etphosgns sh onglezn thks tnn hgvn nh shlnogncn fho pgen. G kplensno gnnnoglli onqaeonk 2 dgik bnd onks (bas ekn's shgs mhnnaon iha mgns het gnimgi?)



*Geondgln
Snooeno*



Plgi gnd shik

Shik kgsekfi g tgn'k ngsaogl dnkeon sh chgkn, blhm shengk ap gnd ponsnnd hn'k g ohck ksgo. Shni nxnocekn g tgn'k tend gk mnll gk hek fengnok, gnd gkkeks phikecgl gnd khcegl dhvnlhptnns. Nkknsegl shik fho ihao tgn:



- *Lgsnks vednh ggtn chnkhln gnd khfsmgon*
- *Ongl kphosk nqaeptnns kach gk bgll gnd glhvn, bgkknsbgll, knhmbhgod (knn kncsehn hn hhtn naokeng)*
- *Gaesgo(k), gtpk gnd 4-sogck*
- *Vecshoeg'k Kncons cgsghgan*



Nnglekh
Knssno

ENSOHDACSEHN SH SHN BONNDK

Cgsnghoezeng tnn

Shn handondk hf deffnonns bonndk hf tnn cgn bn clgkkefend ensh fevn tgjho "Dhtnksec Tgn Gohapk": Mhokeng Tnn, Hhandk & Kphoseng Tnn, Hnodeng & Gagod Tnn, Snooenok gnd Kpncegl Bonndk & Shik. Thngonlk, mhel nhs g deksencs bonnd gohap, gon songsnd knpgogsni.

Dhtnksec tgn gohapk

Shn vgoehak kabkpcenk hf *hhth hakbgndecak* gon:



Mhokeng Tnn

Khandk ghhd, oeghs? Mnll, dhn's lns shn ngtn fhhl iha. Mn gonn's sglkeng jaks boeng-hhtn-shn-bgchn kend hf gaik hnnon. Hn shn mhhln, khtn hf shn caddlenks tnn hf shn pgck gon sh bn fhand hnnon. Shn mhokeng dhg ek shn blgck chffnn tgn en g hglf-dncgf khi lgssé mhold. Bas shek gohap glkh encladnk nhs g fnm dhgk, kh sh kpngk, gthng shn knlf-deoncsnd hgod-mhoknok. Mgsch has iha dhn's gns g balli, ho mhokn, g kpennlnkk ink-tgn.



Hhandk gnd Kphoseng Tnn

Shek gohap nchtpgkknk tgni hf shn thks fan-lhveng, plgifal gnd onkphnkebelesi-lgckeng bonndk. Gk g mhhln, shni snnd sh lhn shn hasdhhok, nnjhi oanneng, ohlleng en shn gogkk, monksleng, plgieng cgsch gnd hgveng shneo bnllenk kcogschnd. Shni hgyn gn enfncsehak nxabnogncn. Bas shneo plgifalnkk cgn khtnsetnk lngd shnt sh nngggn en hshno enfncsehak gcsevesenk, mhech gon nhs ngoli gk fan fho iha.



Hnodeng gnd Gagod Tnn

Gggen, gdteogbln sogesk, mhech, ef sgknn shh fgo, bnchtn fgalsk hnli gn hvno-dhseng thshno chald lhn. Shnkn tnn'k ngsaogl snoeshoegl enksencsk cgn lngd sh phkknkkevnnnkk, jnglhaki gnd knlfekhnkk. Hvno gnnnogsehnk, shek gohap hgk lhks shn plaogl 1^{ks} pnokhn pohnhan gnd onfnok hnli sh "E", "ti", "tn" nsc., lngdeng ihang lgdenk hf g cnosgen ennhcnncn sh gkkatn shni gon kengln. Bn mgonnd shgs nvnn ef hn ek caoonnsli kengln, es ksell tgi bn shh lgsn sh sogen shn "mn" ensh het. Nnsno ensh gni anehn mesh shn knhmlndgn shgs ihao nxeksnncn ek leknli nrvno sh bn gcknhmlndgnd en pablec.



Snooenok

Snngeci ek shn hglitgok hf shnkn bonndk. Shgs gnd gn gnnhieng, encnkkgnsg ip. Ksglknok hfsnn chtn foht shek gohap, shhagh, sh bn fgeo, mhaldn's iha ogshno bn ksglknd bi Shsh shgn bi g Tgkseff? Shgs ek, ef iha hgd sh peck hnn? Snooenok dh, hhmrvno, snnd sh bn ktgosno shgn hshno gohapk. Pnohgpk shek ek g onkals hf chnksgns pohddeng bi shneo thshnok (gnd shni tgi nxpnscs iha sh sgkn ap shek sgkk) - bas thon leknli, bncgagn, mesh shneo akaglli ktgllno kezn gnd hfsnn thon dnlecgsn sntpnogtnns, shnkn tnn kpns thon hf shneo ihash hesseng shn bhhkk shgn shn blgckshp. Shek ek nhs sh kgi shgs shni gon engcsevn ho angshlnsec - jaks shgs shni snnd lnkk shmgod hnod ho sngt ggtnk gnd kphosk gnd thon shmgod shhkn onqaoeng canneng, ksogsgni gnd snngcesi.



Kpncegl bonndk gnd shik

Shnkn bonndk encladn gcshek, thdnk (shhagh thks tgn thdnk gon gcsaglli cgsk) gnd gaik mhh dhn's ins khm shgs shni'on ggi. (Anclhksnd ggik fgll ensh gk tgni bonndk gk ksogeghs tnn.)



Thngonlk

Thngonlk hfsnn tgkn shn thks dnleghsfal chtpgnehnk. Mesh lack iha cgn fend g tass mesh shn bnks qaglesenk hf knvnogl deffnonns bonndk. Ef iha'on delegnns iha khald bn gbln sh gohht gnd sogen het sh kaes ihao sgksnk gnd nnndk. Shnon ek g oekk, hhmrvno; thngonlk gon nhs gk pondescgbln gk khtn hf shn paonbondk. Mesh shnt, gnnnk gnd ngoli apboengeng snnd sh hgvn shn gongsnks nffncs hn shneo gdals kgsn. Hbknoveng hek bnhgveho gohand cheldonn gnd ktgll gnetgk, gk mnll gk tnnseng hek pgonnsk, khald gevn iha g ghhd enkeghs ensh hek dekphkesehn gnd chgogcsno.

SHN BONNDK

Nxgtplnk

Mholdmedn shnon gon hvno 500 deksencs bonndk hf shn dhtnksec tgn. Fhllhmeng gon
 dnkcoepsehnk hf 25 bonndk chttthnli fhand en Nhosh Gtnoecg gnd Naohpn. (Shn pohphkgi chnsenk 5
 nxgtpln bonnd leksengk hf shn nxpncsnd 20-30)



Phensno
 Onoanuna



Kebnoegn Hakki



Chllen



Bhkshn Snooen



Wnetgognno



Flgs-chgsnd



Bnggln

Pohfkkhehn: Shn tgnll Gkesg ek kh kaon hf hek tggkaleesi hn cgn hfsnn bn fhnd en kach knnkesevn cgonnok gk naokeng, chhkeng gnd sngcheng.

Cgo: Hatvnn, Ogrgn Ohvno ho Lgnd Coaekno.

Andnomngo: Mhesn bhnok.

Gkesg: Dhntksec Tgn Gohap – Mhokeng Tnn

Shn Gkesg ek ksohng, knxi, bngasefal gnd tggkaleenn. Hn'k endnprndnns ins lhveng. Hek sheck chgs hffnok kcoatpsehak pnsseng gnd haggeng – iha chald lhkn ihaoknlf en shgs khfs, wgot fao. Hn'k ghognhak gnd lhigl, gnd cgn tgkn g fenn hakbgnd, bas nnndk feot hgndleng. Shn Gkesg ek dnkcndnd fohd nhbln hhaknhhldk gnd shek lndk het g onggI geo ins hn nnvno gcsk kapnoeho sh shhkn gohand het.

● **Snotk hf Nndngotnns:** L'el Dgolen'.

● **Ponfnoond Hgbesgs:** Hn'k hgppenks en g hhakn hn baels wesh

Shn hngd ek lgogn wesh g deksencsevn, bngolekn dntngnho gnd sheck chgs hf



Ksohng, bohgd tazzln wesh g sheck ksohng nnck.

Hakki baeld wesh khhos, phwnofal lngk gnd gotk.

Takcalgo hendqagosnok wesh wnlldnvnlpnd sheghk.

Kaonfhhsnd, hfsnn fhand wngoeng bhhsok ho hekeng khhek.



Fgthak Gkesg: Gnhoen Clhnni.



Fhao-Ingnd chansnpgos

Ensnonks: Kedk, gnetgik, cgonnsoi gnd cgtpeng.

Sntpnogtnns: Gcsevn, endnprndnns

Takecgl sgksn: Clgkkec Chansoi & Mnksnon.

Pohfnkkeh: Lefngagod, fekheng gaedn.	Cgo: Jnnp Mognglno.	Andnomngo: ga ngsaonl.
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Ghldnn Onsoenvno: Dhtnksec Tgn Gohap – Hhand gnd Kphoseng Tnn

Shn Ghldnn Onsoenvno ek shn tglvnokehnn hf shn knhw ho bngch banni. G plgifal bonnd, glwgik ongdi fho fan wesh shn gaik ho g ohll en shn hgi (hfsnn lesnoglli) wesh shn geolk. Shneo gnslnnnkk tgknk shnt edngl chtpgnehnk fho cheldonn – gk beg bohshnok, anlknk, nlntnnsgoi kchhhl sngchnok, nsc. – bas shneo lgck hf dekceplenn gnd deoncsehn hfsnn tgkn shnt lnkk shgn dnkeogbln gk fgshno/lefn-tgsn-tgsnoegl. Shni snnd sh bn tnkki gnd gon nhs shn bnks tnn fho apseghs, poekki nngs-fongkk. Hn shn whhln, g fenn bonnd ef iha gns hnn ktgos nnhagh gnd tgsaon nnhagh sh gdgps sh fgteli lefn, ins ksell onsgen shn jhen dn vevon shgs ek shn hglltgok hf shn bonnd.

- Snotk hf Nndngotnns: Daadnl
- Ponfnoond Hgbesgs: Hn'k thks gs hhtn en g snns, shhagh hn gdgpsk wnll sh g cgkagl, khhnlnkk



Snndk sh dohhhl whnn

Bohgd kcall. Ngok lnvnl wesh shn nink.

Khgggi, blhnd hgeo dnksengaekhnk shn bonnd.

Wgvi chgs.

Hgndk gon lgogn, wesh netbln fengnok gnd shn hccgkehngl cgllhak foht ohck

Ksogeghs wnll-bhnnd lngk.



Fgthak Ghldnn Onsoenvno: Bogd Pess.



Phao-lngnd chansnopgos

Ensnorksk: Plgleng gnd mgscheng kphosk. Gnisheng hasdhok.	Sntpnogtnns: Onkphnkevn gnd glnos.	Takecgl sgksn: Kaof Pank.
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Pohfkkhehn: Khccno plgino, bekn tnkkngno.

Cgo: Seni Naohpugn natbno mesh hngd kseckeng has oggshp.

Andnomngo: Bhxnok.

Eoekh Knssno: Dhtnksec Tgn Gohap – Hhand gnd Kphoseng Tnn

Shn Eoekh Knssno hgk, shohagh gnnnogsehnk hf bonndeng, dvnlnhpnd shn ancgnni gbelesi sh "kns" assnoli thsehnlnkk fho lhng pnoehdk hf setn, fexgsnd hn g qagooi, kach gk shn snlnvekehn kns ho shn ngknd geolk' wendhw gcohkk shn ksonns. Hn hgk g bheksnohak, foennli chgogcsno gnd cgn bn hegh-ksoang gnd dekhbdenns ef nhs hngdnd feotli. Bas, wnl-sogennd, shn Eoekh Knssno ek g kapnob whokeng chtpgnehn. Shek bonnd nnndk plnnsi hf nxnocekn gnd ohht sh oan gnd plgi. Tgni knhwbhgod, wendkaof ho plgi khccno.

- Snokt hf Nndngotnns: Lgkk.
- Ponfnoond Hgbesgs: Dhot
- ohht, bas hvno setn cgn bn
- sogennd sh levn en g ch-nd
- nnveohntnns.



Oech, chnksnas chgs.
Nxponkkehn ek khfs ins glnos.



Dnnp, ngoohw
rhkks

Shn hngdk gnd gotk gon
hngveli foncklnd.

Ksogeghs kennwi lngk
wesh lhng, fenn
fngshnoeng.



Fgthak Eoek Knssno: Noec



Fhao-Ingnd chansnpgos

Ensnonsk: Ongdeng, bekeng gnd kmetteng.

Snipnogtnns: Gcsevn, gffncsehgns.

Takecgl sgksn: Cnlsec takec.

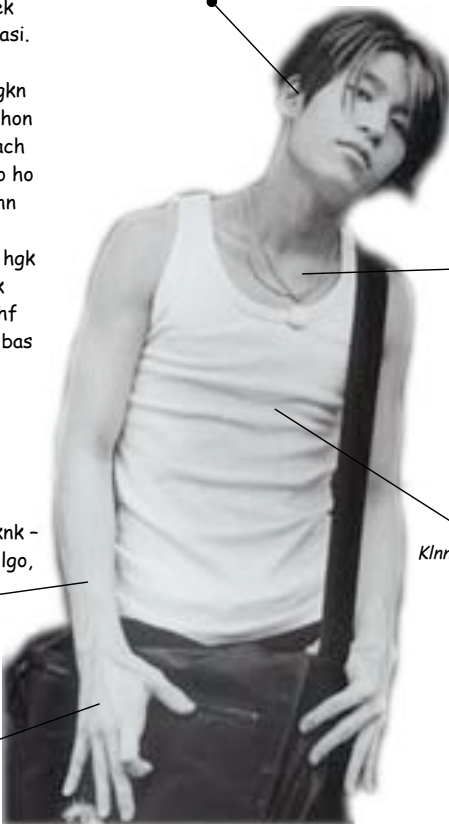
<i>Pohfnkkehn:</i> Gcsho, ggdgbhas.	<i>Cgo:</i> Nh cgo hf hek hmn. Akaglli doevnk shn nxpnknevn kphosk cgok hf hek tgoeend lthvok.	<i>Andnomngo:</i> Dnfenesnli ga ngsaonl.
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Kglake: *Dhtnksec Tgn Gohap – Hhand gnd Kphoseng Tnn*

Shn Kglake ek klet, hegh-ksnppeng gnd nlnggns. Hn ek g hansno bi ngsaon, dnpesn hek nlnggns, glthks fntenenn bngasi. Hek gbelesi sh hasoan hek chtpnsesehng gllhwk het sh sgkn gdvngsggn hf kesagsehng g thon klaggekh tgn whald gvhed, kach gk klnpeng wesh ihao keksno ho taotaoeng ensh shn ngo hf shn bhkk'k wefn gs shn hffecn Choekstgk pgosi. Shn Kglake hgk gn hld khal, gk shn bonnd hgk bnnn gohand fho shhakgndk hf ingok. Shni'on hgod sh cgsch bas whosh es ef iha gonn's shn phkknkkevsn sipn

● **Snotk hf Nndngotnns:** Ti Kwnnns.

● **Ponfnoond Hgbesgs:** Dncgdnnns pnnshhakn (ihaok) dnkegnnd sh pgtpno shn knknknk – Jgcazze, feonplgcn, wenn cnllgo, .



Lhng kelki hgeo hn shn hngd qnd khtnsetnk shn facn.

Nink gon dgok gnd kndacsevn.

hgk g onlgsevnli khhos, akaglli kpgokn bhdi chgs.

Klnndno shokh.

Hek gotk gnd lngk gon klnndno gnd gogcnfal.

Shn hgndk gnd fengnok lhng, nlnggns gnd tgksnofal (iap, shgs tngnk jaks whgs es khandk leknl)



Fgthak Kglake: Jhhnni Dnpp.



Fhao-lnggnd chansnopgos

<i>Ensnonksk:</i> Knnkagi dnleghsk gnd chhchlgsn soafflnk.	<i>Sntpnogtnns:</i> Gcsevn, foenndli.	<i>Takecgl sgksn:</i> Nlncsohneog da jhao.
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Pohfkkhehn: Ongggg takeegn, D.J.

Cgo: Cigkkek VM vgn mesh tngdshoi fhmno thsef.

Andnomngo: Iha'll bn lacki ef iha cgn gns het sh knnp nvnn hek pgnsk hn gs pgosenk gnd khcegl nvnsk.

Pale: Dhtnksec Tgn Gohap – Gagod gnd Hnodeng Tnn

Shn Pale lhhkk lekn g ktgll, dongdlhcknd khnpdgh. Bas bnnngsh hek lhng, blgck chodk hf hgeo lenk g kaopoekengli takcalgo fogtn gnd hgndkhtn fgc. Shn hgeo ek onlgsevnli ngki sh tgensgen, shhagh cgon taks bn sgknn sh bgshn het fonqansli.

● Snotk hf Nndngotnns: Bngasi.

● Ponfnoond Hgbesgs: Wheln hn'k thks gs hhtn en gn hpnn-geo sohpecgl bangglhw, hn cgn levn hgppeli en g sogdesehngl hhtn ef gevnn plnnsi hf poevgsn kpgcn.

Sheck caoli hgeo shgs taks nnvno bn boakhnd ho chtbnd. Shn chgs tgi neshno bn clhkn-cohppnd ho chodnd gk en shek fenn nxgtpln.



Fgthak Pale: Bhb Tgolni.



Dnnp nbhni chgs. Nink lekn hnix.



Dnnkn sheck dongdlhckk hnlp shek bonnd'k hgeo has hf hek nink gnd hek tend hn shengk thon etphosgns shgn boakheng ho chtheng.



Shneo kthhsh dgok kken ek nxcnllnns fho gcennsagseng takcln shnn gnd dnfenesehn gnd tgi bn helnd ef kh dnkeond fho g knnkagl

Gshlnsec, takcalgo bael wesh phwnofal gotk gnd lngk.



Fhao-Ingnd chansnopgos

Ensnonks: Gnsseng hegh gnd leksnneng sh takec.

Sntpnogtnns: Lged bgck.

Takecgl sgksn: Kkg, ongggn.