

የወላጅ ምርቃት

A Parent Blessing

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Acknowledgment

To my parents who made me do
all the housework and schoolwork by giving a
continuous blessing.

Parent blessing is just like a hug it takes
a load of stress and gives positive energy.



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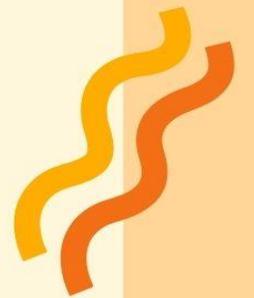
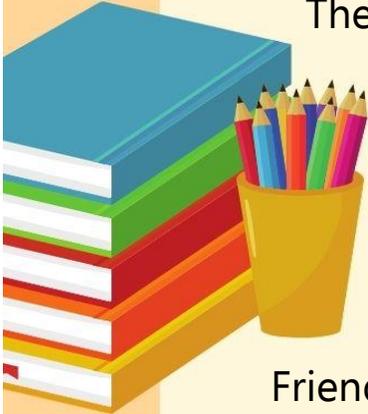
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Objective

၄၂၅

The parent's blessing is a very important part of life. The good words that come out of a parent makes a big difference down the road for years to come.

A parent who always speaks highly of their child ends up being a successful and happy child.

A cursed child will likely be a problem adult.

In this book, children can read how some issues are discussed with parents. Parents can read them too.

Most of the information in the book is my understanding of life. There could be different ways of explanation by other people or sources.

Reader **discretion** is advised.

These are non-referenced ideas based solely on the understanding I learned from different times and places in my life. They cannot be a reference for school unless supplemented by reputable sources.

Where ever you were born, where ever you grow up



Where ever you are now cannot change.

Just do your best each day.

The future will be fine byitself.

ጠብቅ መለሰ

ጠብቅ በጥር ወር በሃያ ሦስተኛ ቀን ሺህ ዘጠኝ መቶ ሰባ ስድስት ዓመተ ምሕረት ተወለደ።

የእኅቱ ሰርግ ቀን ነበር። የመጀመሪያ ስሙ ድግስ ነበር። በሰባት ዓመቱ፣ በሬ፣ ላም፣ አህያ፣ ፍዩል፣ እና በግ መጠበቅ ጀመረ። ጎበዝ እረኛ ስለነበር ስሙ ጠብቅ ተባለ ።

ዝናብ ሲመጣ የሰር ጌሳ ይጠቀም ነበር። ስምንት ዓመት ሲሆነው የላስቲክ ጌሳ ተገዛለት። ሲረጉብ ስለማይከብድ የተሻለ ነው።

ቤት ውስጥ አማርኛ ተማረ። በዘጠኝ ዓመቱ ሁለተኛ ክፍል ገባ።

ትምህርት ይከብደኛል ብሎ ስለሚፈራ ሁልጊዜ ያነባል። ሥራ እየሠራም ያነባል።

ሳያስበው አንደኛ ደረጃ፣ ከዛ ሁለተኛ ደረጃ፣ ከዛ አስራ ሁለተኛ ክፍል ጨረሰ። እረኝነቱን አላቋጠም ነበር።

ከዛም ሀኪም ሆነ። እናቱ ስትመክረው እንዲህ ትለው ነበር።

“ጥሩ ሰው ከሆንክ ሁሉ ሰው ይወድሃል። ምንም ባታደርግላቸውም። ”

በሁለት ሺህ አራት ወደ አሜሪካ መጣ።

አሁን ሀኪም ነው። አማርኛ ማስተማር ይወዳል።

የድግስ ምክር። በልጅነታችሁ ሥራ መስራት ፣ ኃላፊነት መውሰድ ተለማመዱ።

ፈረ ከሆናችሁ ጎበዝ ትሆናላችሁ ጎበዝ ከሆናችሁ ሰው ሁሉ ይወዳችሁል።

Tebq Melese

Tebq was born on the twenty-third day of January 1976.

It was his sister's wedding day. His original name was Fiesta because he was born on a party day. At the age of seven, he started looking after cows, donkeys, goats, and sheep. He was a good shepherd to the point of changing his name to be the keeper (Tebiq). When it rained, he used a grass cover. When he was eight years old, a plastic poncho was bought for him. It was an upgrade as it is less heavy when wet. He learned Amharic at home. He entered the second grade at the age of nine. He always reads because he is afraid that education will be difficult for him. He works, reads, works, and reads.

He completed elementary, and high school school while helping at home. Without knowing he ended up to be a doctor.

This was his mother's advice

“If you are a good person, everyone will love you even if you don't do anything for them”

He came to America in 2004.

He is now a medical doctor but has a love of teaching Amharic.

His advice.

“ If you worry, you will work hard. If you work hard you will be successful. If you are successful people love you for no reason”

ሱሪ ዝቅ ዝቅ

ሞላ ኢትዮጵያ ውስጥ ከገበሬ ቤተሰቦች ተወለደ።

አሜሪካ ከመጣ ሃያ ዓመት ሆኖታል።

የመጀመሪያ ሴት ልጁ ቤዛ በጣም ታዛዥ ናት ።

በሥርዓት ፀጉሯን ትሠራለች። ቀሚስ ስትለብስ ታምራለች ።

ሁለተኛ ልጁ ግን በጣም ዘመናዊ ነው።

ከወላጆቹ ይልቅ ስልኩን ያከብራል፤ ። ሱሪው ታች የወረደ ነው።

አባቱ መምከር ሲፈልግ እኔ ባንተ ዕድሜ ከብት አግድ ፤ እርሻ አግዝ ነበር። ልጁ አቤል ግን ምንም ለመስማት አያስብም።

አባቱ የልጁን ዝቅ ያለ ሱሪና የሚታይ ውስጥ ሱሪው ከትዕግስቱ በላይ ሆነበት።

አባቱ ጥሩ ዘዴ አሰበ።

አንድ ቀን አባቱ ልክ እንደ ልጁ ሱሪውን ዝቅ አርጎ ውስጥ ሱሪውን እያሳየ ከአቤል ፊት መራመድ ጀመረ።

ልጁ አቤል አይቶ በጣም አፈረ።

አባቱም አንተ ላይም እንደዚህ ያስጠላል አለው።

አላውኩም ነበር ይቅርታ አባዩ አለ።

ሥርዓት ያለው አለባበስ ያስከብራል እንጂ ዘመናዊ አያረግም።

The boy with the pant

Molla was born into a humble farming family in Ethiopia. After twenty years in America, he had built a new life, but his values remained deeply rooted in tradition.

His eldest child, Bieza, was a respectful and well-mannered girl. She carried herself with grace, wearing her long traditional dresses and styling her hair neatly. Abel, his younger son, embodied modernity—more attached to his iPhone than to family conversations. His sagging pants and visible underwear frustrated his father.

Whenever Molla tried to advise Abel, he would begin, "When I was your age, I was watching cattle and helping on the farm." But Abel had no interest in listening.

Unable to tolerate the sagging pants any longer, Molla devised a plan. One day, he walked around the house with his own pants sagging, imitating his son.

Abel looked up, stunned. Embarrassed by the sight, he blurted out, "I didn't know it looked this bad!" He apologized and started dressing more appropriately.



The way you present yourself matters—dressing with care reflects self-respect and dignity.

Write about your normal and modern dress code differences.

እግዚአብሔርን ያናገረችው ልጅ

አንድ ቀን አንዲት ራሷን የማትወድ ልጅ እግዚአብሔርን

መንገድ ላይ አገኘችው። እግዚአብሔርም ልጅቱ አዝና ሲያያት

ምን ላድርግላት ብሎ አሰበ ።

ልጇቱንም " የፈለግሽውን ጠይቂ አደርግልሻለሁ" አላት ።

እሷም ብዙ አሰበች። ሌላ ወላጆች ቢኖሩኝስ አለች ።

አይ ወላጆች ይሸሉኛል ብላ ወሰነች ።

ቆዳዩ ሌላ ቀለም ቢሆንስ ብላ አሰበችና ይቅርብኝ አለች ።

ፀጉሬ ቢቀየርስ ብላ አሰበች። ቢቀየር ጥሩ አይደለም አለች።

ብታስብ ብታስብ እግዚአብሔርን የምትጠይቀው አጣች።

በል ደንና ዋል አመሰግናለሁ ብላ እየተደሰተች ሄደች ።

በአላችሁ ደስተኛ ሁኑ።

The girl who talked to God

One day, a girl who felt unhappy with her appearance encountered God on the road. Seeing her sorrow, God paused and pondered how He might help.

"I will grant you anything you desire," He offered gently.

The girl considered many possibilities. She wondered, *What if I had different parents?* But as she reflected, she realized her parents were exactly who she needed.



She thought, *what if my skin color changed?* But deep down, she decided she was fine just as she was.

She imagined having hair like her friends, but none of their styles felt right for her. *Changing isn't always the answer,* she thought.

After much contemplation, she saw herself with fresh eyes and embraced what was already hers. Smiling, she thanked God and bid Him farewell—content, joyful, and at peace.

True happiness comes from appreciating what you already have.

ዘፈን እና እስክስታ

ከማደጋችሁ ጋር ተያይዞ ከባህልና ሃይማኖት ስብስብ መሳተፍ

ይጠበቅባችኋል።

መዝፈን በተለይ ሰርግ ላይ ኃጢአት አይደለም ።

የባህል ዘፈኖች መሰረታዊ እንቅስቃሴዎች አሏቸው።

ዘፍኝ ላልሆነ ሰው ያስፈራሉ።

ነገር ግን ምቱን ብቻ በመከተል ሳታፍሩ መሳተፍ ትችላላችሁ ።

በመቶዎች የሚቆጠሩ ሰዎች ሰርግ ላይ የሚዘፍኑት እንደራሳቸው አርገው

ነው ።

ዘላቅሁ ተቀላቀሉና ጋባዦችን አስደስቱ ።

የኑሮ ውስጥ ቁንጮ የሆኑ ማጣፈጫ ናቸው።

አያምልጣችሁ ።

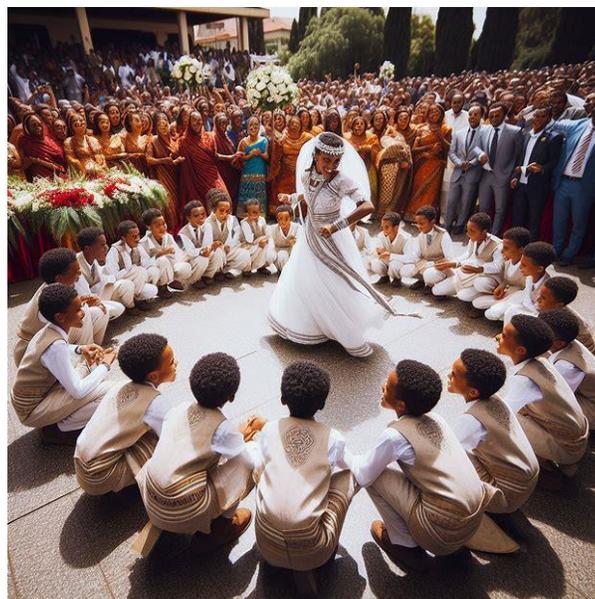
Eskista Dance

As you grow, participating in religious and cultural gatherings becomes a meaningful part of life. Dancing at a wedding is not only acceptable—it's a joyful way to honor tradition. Ethiopian cultural dances are simple yet vibrant, allowing everyone to join in, regardless of experience.

While non-professional dancers may find the movements intimidating at first, the beauty of Ethiopian dance lies in its rhythm and collective spirit. By following the simple steps and letting go of hesitation, you can immerse yourself in this rich cultural experience.

At a wedding, hundreds of people move in their own unique way, each contributing to the celebration. Why not join them? Dive in, bring joy to the hosts, and savor the moment. These are life's special peaks—don't let them pass you by.

Pick one Ethiopian dance style, practice it frequently, and make it a regular part of your routine.



Pick an Ethiopian style and practice it frequently. Write about how you will schedule it to master.

የኢትዮጵያ ዘፈኖች

ትግርኛ

በክብ መስመር እንከስ እያላችሁ በምቱ መሠረት ትራመዱ።

እንደ አስፈላጊነቱ ተጨማሪ እንቅስቃሴ አድርጉ ።

ወሎ

ትክሻን ሁለት ጊዜ መታ መታ ማድረግ

ጉራግኛ

በተራ በተራ ከጉልበት ፊት ለፊት በዝላይ ማጨብጨብ

ወላይትኛ

መቀመጫን ከምቱ ጋር ማወዛወዝ

አሮምኛ

እየዘለሉ ደረትን ሁለት ጊዜ ማንቀሳቀስ

ጎንደርኛ

ከምቱ ጋር አንገትና ደረትን ወደፊት ማድረግ ። ራስንና ትክሻን ወደ ኋላ ማድረግ።

ጎጃምኛ

ትክሻን ማንቀጥቀጥ

Ethiopian Dances

Ethiopian dances are vibrant expressions of culture and identity. Practicing these steps regularly will help you embrace the movement with confidence!

Tigrigna

You step in circles, limping one leg at a time, keeping pace with the beat.

Wello

You shake your shoulder twice slowly along with the beat Shake your shoulders twice, slowly, in rhythm with the music.

Guragiegna

Clap alternately in front of your knee, leaning forward mimicking the motion of a jump rope.

Wolaytgna

Move your hips fluidly, syncing with the beat.

Oromgna

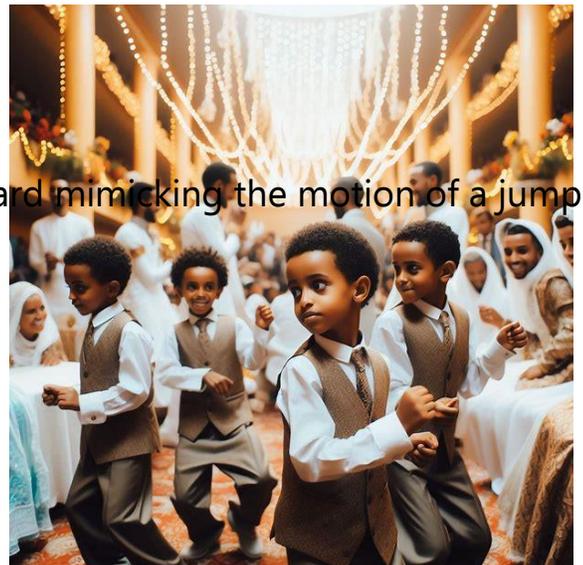
You bounce lightly, shifting your chest twice as you jump.

Gondergna

Push your neck and chest forward while pulling your head and shoulders back.

Gojamgna

Make a rapid shoulder-shivering motion to match the rhythm.



እንቁጣጣሽ

ዘመን መለወጫ መስከረም አንድ ይከበራል።

የረዥም የዝናብ ወቅት ማብቃቱ ደስ ይላል።

በብዙ የእንቁጣጣሽ አበባዎች ይታያሉ።

ጥሩ የአየር ሁኔታ እና የትምህርት ቤት መጀመሪያ መሆኑ

በዓሉን ምርጫ በዓል ያደርገዋል ።

ጣፋጭ ድፎ ዳቦ ከሌሎች ጣፋጭ ምግቦች እና ልዩ የሬዲዮ

ፕሮግራሞች በዓሉን ያሳምሩታል።

ጎረቤታዎች በየተራ ይገባበዛሉ ።

መልካም አዲስ ዓመት ለማለት

እ-ን-ቁ-ጣ-ጣ-ሽ

ትላለቹህ።



Happy New Year

The new year is celebrated on September 1 by the Ethiopian calendar.

It is a happy time as it is the end of the long rainy season.

Yellow daisy flowers show up everywhere.

The nice weather and the beginning of school make the celebration the best holiday for everyone.



The tasty fluffy bread along with other treats and special radio programs are very valuable parts of the New Year celebration.

Neighbors eat food, and drink coffee by rotation many times in a day.

You say " enquTaTash" to say Happy New Year.

Write about your favorite holiday.

ሁሉ አማረው

ዳዊት የሚባል ሁሉን መሆን የሚወድ ልጅ ነበር።

ሁሉን መሆን ይፈልጋል።

እግር ኳስ ተጫዋች፣ ቴኒስ፣ ቅርጫት ኳስ፣ ሯጭ እና ያየውን ሁሉ መሆን ይፈልጋል።

ሁሉንም ሞከረ ነገር ግን አንዱንም በደንብ አይጨውትም።

ምክንያቱም ከብዙ ስፖርቶች በኋላ ስለሚደክመው።

አንድ ቀን ወላጆቹን ምን ይሻለኛል ብሎ ጠየቀ።

ወላጆቹም ስለጠየቀ ደስ አላቸው።

ዳዊት በእግሩ ኳስ መቆጣጠር ስለሚችል እግር ኳስ ብቻ ብትጫወት ይሻላል አሉት ።

እሱም ደስ አለው።

በእግር ኳስም ጎበዝ ተጫዋች ሆነ።

ወላጆቹ እቤት ውስጥ አስተማሪዎች ናቸው።

የእናንተን ጠንካራና ደካማ ጎን ያውቃሉ ።

The boy who likes everything

There was a child named David loves to be everything.

He wants to be a soccer player; tennis player, basketball player, runner, and anything he sees.

He tried but didn't do well in any of them as he is tired from too many activities. One day he asked his parents what was best for me. His parents were happy when he asked.

David is good at foot skills, so it's better if he plays soccer.

He was happy and did well after that.

Your parents are your teachers at home.

They know what your strengths and weaknesses are.

Write about what your parents always nag you and change it for a good purpose.

ወርቁ እና ቆሌ

ወርቁ ስለ ቆሌ ማብራራት በጣም ይወዳል።

የማስተርስ ዲግሪ የተማረ ይመስላል።

እንደ እሱ አገላለጽ የቆሌ ብዛት ከሕዝብ ብዛት ጋር እኩል ነው።

ቆሌዎች በዓይን አይታዩም። ቀን ሰው ማታ ቆሌ ዓለምን ይጠቀማሉ ብሎ ያስባል።

ቆሌዎች በጥበብ የሚስተካከላቸው የለም።

እንዲያውም ፈረንጆች ከኢትዮጵያ በበርሚል እያፈኑ እየወሰዱ መኪና

እንዲንቀሳቀስ፤ መኪና አየር ላይ እንዲበር ይጠቀሙባቸዋል።

ማታ ማታ ወንዝ ውስጥ ልጆቻቸውን ሲያጥቡ ልጆች ሲያለቅሱ ይሰማል።

እኩለ ሌሊት ሲሆን ሙብራት ያበራሉ።

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Worqu and The Spirit

Worqu is so good at explaining about spirits (qole) as if he did a master's degree in it.

According to him, the number of qole colonies is equal to the number of people. The colonies are invisible. Human rule the day and they rule the night world.

The qoles have all the mighty skills and talents. In fact, the white men kidnapps them in barrels from Ethiopia to use them in running and flying cars (planes).



At night, he says you could hear the cries of the qole kids taking bath in the river pools. When it is midnight, they even turn on the lights.

ወርቁ እና ቆሌ

አንድ ቀን ማታ ከቤተሰቦቹ ጋር ሳይተኛ እኩለ ሌሊት ሆነ።

ከቤቱ ባሻገር የሚንቀሳቀስ መብራት አየ። ጠመንጃ አንሥቶ ተኮሰበት ።

መብራቱ መንቀሳቀሱን አላቆመም። ወርቁ አለ " ልክ ነኝ ሳይጠን ሥጋ ስለሌለው ጥይቱ በሰውነቱ አልፎ ሳይገለው ይሄዳል።"

በነገታው የአጎቱን ልጅ መንገድ ላይ አገኘው። ማታ ወንዝ አካባቢ ያየውን

ማዉራት ሲጀምር የአጎቱ ልጅ እንዲህ አለ። እኔ ነበርኩ ወንዙ አካባቢ በባትሪ

የጠፋ አህያን ሳፈላልግ አደርኩ።

ወርቁ ባደረገው የተሳሳተ የቆሌ ታሪክ ችግር እንዳለው ተረዳ።

አእምሮ ሥራ ሲያጣ አላስፈላጊ ነገር ያስባል።

አእምሮን ለእውነት ለጥሩ ነገር እናውለው።

Worqu and The Ghost

One night when he was chatting with his family at midnight he saw a moving light across the river.

He picked up a gun and shot him. The light didn't stop moving. Worqu said "I am right, as Qole doesn't have flesh the bullet pass through him".

He met his cousin the next day. When he starts to talk about his qole talks, his cousin said "I stayed all night looking for my donkey with torch across the river".

Worqu regretted all the false stories he was told could have almost costed his cousin life.

When the mind is idle, it thinks about unnecessary things.

Let's use our mind for truth and good.

የቡዳ ዓይን

አንድ ልጅ ለማሳደግ መንደር ያስፈልጋል ።

የአንድ ልጅ ሕይወት ለማበላሸት መንደር ያስፈልጋል።

የመንደሩ ነዋሪዎች አንድ ነገር ደጋግመው ቢናገሩ ውሸት እንደ እውነት

ይወሰዳል።

በዓለም ላይ ያሉ ብዙ ሰዎች የሚያምኑት አንዱ ታሪክ የቡዳ ዓይን ነው።

ታሪኩ እንደ በዚህ አስተሳሰብ የተጠመዱ ልጆችና አዋቂዎች ተጋላጭ እንዲሆኑ

ያደርጋል። ተጠቂዎች የአእምሮ በሽተኛ እንዲሆኑ ያደርጋል።

ኅብረተሰቡ የተወሰኑ ሰዎችን የቡዳ ቤተሰቦች ብሎ ደጋግሞ በማውራት

ይሰይማል።

የተበከለ አእምሮ ብዙ ነገር ያደርጋል

Evil eye

It takes a village to raise a child.

It takes a village to destroy a child life.

If the villagers tell something again and again false story becomes a real story. One story that many people in the world believe is evil eye.

The story finds vulnerable one like a beautiful woman or a beautiful child.

If an evil person sees the victim crumbles and gets mentally sick.

Society names a group of people or

a specific person anointed as an

evil person by repetitive rumor.



A poisoned brain can do a lot of things.

Read the book and see the movie Salem Witch Hunt.

አልበርት አንስታይን

እንዴት ነገዝ ሆነ

አልበርት አንስታይን በልጅነቱ ከአባቱ ኮምፓስ ስጦታ ተሰጠው።

እሱ እንዴት ይህ ኮምፓስ መሬትን ሳይነካ የመሬትን ሰሜን ሊያሳይ

ቻለ ብሎ ለብዙ ጊዜ ማስታወሻ ጀመረ።

ሲያስብ ሲያስብ አእምሮው በጣም ከመሥራቱ የተነሣ የሳይንስ ታሪክ

ሰራ።

አእምሮ እና ጡንቻ በደንብ ለመሥራት ብዙ ልምምድ ያስፈልጋል።

አንድ ነገር እንዲሳካ ከፈለጋችሁ በቂ ጊዜ ማስታወሻ መለማመድ

ያስፈልጋል።

How did Albert Einstein become a genius

When he was a child Albert Einstein got a compass gift from his father.

He started to wonder how it showed the Earth's North without touching the ground.



He kept on thinking and thinking to the point of being a super scientist.

Brain and muscle get powerfull if trained more and more.

If you want to be successful give more time of thinking and training.

Write what your life would be.

Sit and think again and again. Try it again and again on what you want to accomplish like Albert Einstein.

አባትና ልጅ

ሞላ የተወለደው በገጠር ኢትዮጵያ ውስጥ ነው።

ወደ አሜሪካ ተሰዶ ፤ አግብቶ ሁለት ልጆች ወልዶ ይኖራል።

እሱ ሁልጊዜ ማውራት ሲጀምር ድሮ **በይህናው** ጊዜ በናንተ እድሜ ሳለን ብሎ ይጀምራል።

“ለአንድ ሰዓት ያህል በእግር ትምህርት ቤት እንጓዛለን።

የግማሽ ቀን ትምህርት ለአራት ሰዓት እንማራለን። ብዙ ሰዓት ቤት ውጭ እንውላለን ።

ከትምህርት በኋላ የእርሻ ሥራ መርዳት ነበረብን ።

ምንም የማንሠራ ከሆን ከፈለግንበት ቦታ ከጓደኞች ጋር መዘር እንችል ነበር ። ”

በሌላ በኩል ልጁ የአሜሪካ ልጆች ኑሮ ይኖራሉ።

ወላጆቹ የጠየቁትን ሁሉ ያቀርባሉ ። የትምህርት ሰዓት ስድስት ሰዓት ነው።

ቤት ፣ በአውቶቡስ እና በትምህርት ቤት ውስጥ መቀመጥ ነው።

ከትምህርት ቤት በኋላ ብዙ ሥራ የለም።

የማን አስተዳደግ ይሻላል?

መልሱ ሁሉም ጥሩ አስተዳደግ ነው ። ሁሉም **አሉታዊና አዎንታዊ** ጎን አለው ።



Father and son

Molla was born in the countryside in Ethiopia.

He came to the United States and is raising lovely children. He always starts talking like

“In the good generation when we were in your age.....

We had to walk with friends for an hour one way. Stay for a four-hour half-day class.

After school, we had to help on the farm

If nothing to work we can wander with friends wherever we want.”

On the other hand, his son lives the American children life.

Parents offer whatever being asked.

School hours are six hours. It is all sitting in the house, on the bus, and at school.

There is no much work after school.

Whose life is better?

Both are good upbringings. All have their **cons** and **pros**.

Enjoy and use wisely the life you have, not someone's life.

Write about what your life would look like if you were born in your parent generation.

የቤተሰብ ጦርነት

አንዳንድ ግዜ ወንድም ወይም እናት በጣም ያናድዳሉ።

ትንሽ ትንሽ መናደድ የተለመደ ነው።

ነገር ግን በጣም አትናደዱ።

በጣም መናደድ ጥሩ አይደለም።

ወላጅ አስተያየት ሲሰጡ ወይም ሲያዙ ሊያናድድ ይችላል።

ማስተዋል ያለባችሁ ግን የቤተሰብ የተለያዩ ንግግር ለወደፊት ኑሮ መፍትሔ

መማሪያ ነው።

ቤተሰብ ከሁሉም በላይ አስፈላጊ ሀብት መሆኑን ነው።

በችግር ጊዜ ቶሎ የሚደርስ ቤተሰብነው።

ለሁሉም ሰው ጥሩ ሁኔታ ለ.....ም ቢሆን!

Sibling Rivalry

Sometimes a brother or sister makes you very angry.

It's normal to get a little angry but not too much.

It is not good to be too angry.

Parent opinion or instruction is sometimes annoying

but what you need to understand is that a different

conversations is a learning opportunity for life.

Family is the most important asset.

It is family that reaches out in times of need first.

Be good to everyone, even to your

Listen to the song

Don't Take The Girl by Tim McGraw.

Write about what you and your sibling be after 20 years.

ጓደኛ

እንስሳት አንድ ላይ ይሆናሉ።

ብቻውን መሆን እንስሳትን እንዲጨነቁ እና ለአውሬ

ተጋላጭ ያደርጋቸዋል።

የመንፈስ ጭንቀት አንድን ሰው ልብ ህመም የደም ግፊት እና

ጭንቀት እንዲታመም ያደርጋል።

ሁለት አህዮች ወይም ፈረሶች የእንቅልፍ ቦታቸውን ሲያዘጋጁ

በተቃራኒ አቅጣጫዎች ይቆማሉ።

አንዱ ይሌላውን ጀርባ ይጠብቃል።

ወደ አዲስ ቦታዎች ወይም ኮሌጅ ስትሄዱ አደጋ ሊኖር

ይችላል። አንዳንድ ክፉ ሰዎች አሉ።

ሁላችንም ጀርባችንን የሚመለከት ጓደኛ ያስፈልገናል።

Friends

Animals stick together.

Being lonely makes animals depressed and vulnerable to predators.



Depression makes a person to have heart disease, hypertension, and depression

When two donkeys or horses set up their sleep, they stand in opposite directions so one looks the other back.

When going to new places or college there could be a danger.

Some evil people harm vulnerable ones.

We all need to have friends who watch our back

Listen to Michael Bolton's Song " *Lean on me.*"

Write why your best friend is important to you.

የአልጣሽ ጠባሳ

የአልጣሽን ጠባሳ ያየ በሰት አይጨውትም ይባላል።

አንዳንድ ጊዜ ድፍረት ሁላችንም ደስ ይለናል።

ነገር ግን መጥፎ ድፍረት ሊሆኑ ይችላሉ።

ለምሳሌ የምታውቁት ተማሪ ካረገዘች ከእሷ ተማሩ።

አርግዘችሁ አትማሩ።

በሃሽሽና በሲጋራ፣ መጠጥ ሱስ የተጋለጠ ልጅን በማየት ከእሱ ተማሩ።

በራሳችሁ ላይ አትማሩ።

አንዳንድ ጠባሳ አይመለስም ።

ጎበዝ ሰዎች በራስ ሳይሆን ከሌላው ስሕተት ይማራሉ ።

Learn from others' scar

They say whoever sees AlTash's scar will not play with fire.

Sometimes we get excited for adventure.

But it could be a dangerous adventure.



For example, if you see a teenage pregnancy you don't need to try it.

Learn from her mistake.

You can learn by seeing drug addicts, smoking, or alcoholics.

Some scars are permanent.

Smart people learn from others' bad mistakes

Write what you learned from your friend's mistake

ሙዝ መላጥ በብልሀት

ምግብን በምታከብሩበት ሁኔታ ትገመታላችሁ።

የምግብ አያያዛችሁ ባህሪያቸውን ያሳያል ።

ምግቡን የምታነሱበት መንገድ።

የምታኝኩበት መንገድ።

ምግብ እየበላችሁ እንዴት እንደምታወሩ

ሁሉም ስለ ስብዕናችሁን ያሳያል ።

እግዚአብሔር ሙዝን ንጹህ አድርጎ አሸጎ ሠራው ።

እናንተ ውስጡን ሳታጨማልቁ ብሉት ።

ቁጥር አንድ ላይ በመቅደድ መላጥ ጀምሩ።

ቁጥር ሁለት ላይ ወደታች ለጡት

ቁጥር ሦስት ላይ ልጣጮች ሳይለያዩ እስኪያልቅ ያዙት ።

እንጀራ በወጥ እንዴት እንደሚበላ ጻፉ

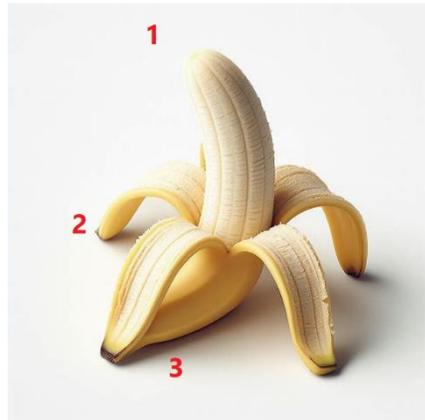
Peeling Banana with Style

You will be judged by the way you respect food.

The way you handle food speaks of your behavior.

The way you pick the food.

The way you chew.



How you talk when eating speaks also speaks of your personality.

God packaged the banana so cleanly that you should not touch the inside with your hand when you eat.

Start by peeling on 1 then peel down through 2 continue while holding on 3.

All the peels should stay connected at 3 when trashed.

You see even a monkey can do it

የፍራፍሬ ዝንብ ወጥመድ

ጥሩ የፍራፍሬ ዝንብ ማባረሪያ ዘዴ ገበያ ላይ የለም።

የምታደርጉት ይህ ነው።

የመስታወት ጠርሙስ ወይም የአበባ ማስቀመጫ እሠሩ።

ውኃ ፣ ስኳር እና ሎሚ ከግማሽ በላይ ሙሉት።

በፕላስቲክ ፎይል ሸፍኑት

የላይኛውን ፎይል በተለያዩ ቦታዎች ላይ በቢላዎ **ጫፍ** ብሱት።

ወደ ውስጥ ለመንሸራተት ቀላል ስለሆነ ይገባሉ።

ነገር ግን ወደ ላይ ተገልብጠው መብረር ስለማይችል ዝንቦች

ወደ ውጭ አይወጡም።

Fruit fly trap

There is no killer spray for fruit flies.

This is what you do.

Get a glass bottle or vase.

Fill with water to more than half.

Add **sugar** and **sliced lemon**. Cover **with plastic foil**

Poke the top foil with a knife **tip** at different spots.

The flies get in as it is easy to **slide** inside but can't fly **out upside** down.



*They have a smaller brain than you. **Prove it by trapping them.***

የፏፏቴው ሰንጠረዥ

ልጆች በገንዘብ የውኃ ፏፏቴ ላይ ሰንጠረዥ ለምን ይጥላሉ?

ትክክለኛውን ምርጫ ይመልሱ

ሀ. ልጆች ሰንጠረዥ መወርወር ስለሚወዱ

ለ. ወደዚህ ይህ ቦታ ተመልሼ እመጣለሁ ለማለት

ሐ. የውኃ ምንጭ ጉድጓድ ስለት ለማቅረብ

መ. ለ እና ሐ

ሠ. አንዳቸውም አይደሉም

መልሱ **መ** ነው

አንድ ጥያቄ እስከ ምርጫው ዳፋ።

Coins of the fountain

Why do children drop coins at the water fountains?



Answer the correct choice

- a. Children love throwing coins
- b. They feel they will come back
- c. They throw for wishing to the well
- d. b and c
- e. None of the above

Answer is **d**

Make your own question and answer choice in Amharic.

የኢትዮጵያ ምግብ ሽታ

የኢትዮጵያ ምግብ በጣም የተራቀቀ ነው።

በጣም ጣፋጭ እና ለጤና ተስማሚ ነው።

ቅመማ ቅመሞች እንደመድኃኒት በክኒን ይሸጣሉ።

ግን አንድ ችግር አለ።

ምግብ ለማብሰል ብዙ ጊዜ ይወስዳል

ቤት ውስጥ፣ ልብስ ወይም እጅ ላይ ሽታው ይቆያል።

የታሸገ ምግብ ከመብላት ወይም ክኒን ከመዋጥ በጥሩ ምግብ በሽታ

መከላከል ይሻላል።

ልብስ ሽታ ማይደርስበት ቦታ ማድረግ

ወደ ውጭ ከመደገፍ በፊት ደጋግሞ እጅን መታጠብ ወይም በሹካ

መብላት ።

ጥሩ ምግብ ጥሩ ሰውነት!

Ethiopian food smell

Ethiopian food is very sophisticated. Very tasty and healthy. There are pills to replace the spices.



But there is one problem

The long hours of cooking make smell over clothes and hands.

It is better to find a way to deal with smell than eat junk food or tasteless pills

You can hide your clothes in tight closets

Wash your hands multiple times before leaving.

If you don't have good soap, eat with a fork

Good food makes a good body.

A tickling game

እማ ግልገሌ

1. እማ ግልገሌ
2. ጥቁር ፍየሌ
3. ቅጠሌን በልታ
4. ውኃዬን ጠጥታ
5. በዚህ አድርጋ
6. በዚህ አድርጋ
7. ይህ ወንዝ ያሸግራል

አዎ

በዚህ አድርጋ በዚህ አድርጋ በዚህ አድርጋ በዚህ አድርጋ በዚህ አድርጋ በዚህ አድርጋ በ 8

A tickling game

Ema glgelie

1. Mama doeling (baby goat)
2. My back goat
3. Ate my leaf then
4. Drank my water then
5. She then this way
6. She this way
7. Can I pass this river

Yes



This way 8

ደብዳቤ አጻጻፍ

ለውድ እና ተናፋቂ ወንድሜ በለጠ

እንደምን አለህ?

እኔ ካላንተ ናፍቆት በስተቀር

በጣም ደጎና ነኝ ።

የኮሌጅ ትምህርቴን በደንብ እየተማርኩ ነው።

ጥሩ ውጤት አምጥቶ ሥራ ስይዝ በግ እገዛልሃለሁ።

ለዕረፍት በሰኔ እመጣለሁ ።

እስከ ምንገናኝ ድረስ ሰላም ሁን ።

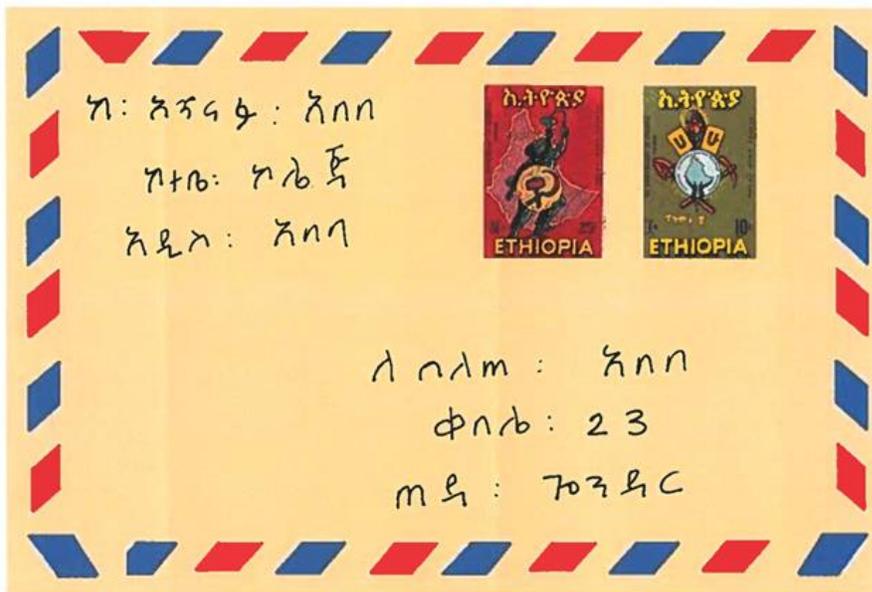
ወንድምህ አጥናፉ ።

Letter writing

My dear and beloved brother

How have you been?

I am fine except for my longing for you



I am doing well in my college classes.

When I graduate and get a good job, I will buy you a sheep.

I will be coming in June for vaccination.

I wish you peace until we meet.

Your brother, ATnafu



A series of horizontal dashed lines for writing.

Write your favorite story in in English.



የሰርግ ጥሪ



ዳዊት እና አስቴር

ሰኞ

12
ግንቦት

ምሳ ሰዓት

አድራሻ

123 ፋሰል ጎዳና ቀበሌ 15 መናፈሻ



የማክበር ሰላምታችን በቅድሚያ እያቀረብን
ከ_____ ጋር መጥተው የልጆችን
ዳዊትና አስቴር
ጋብቻ ደስታ
አብረው እንዲካፈሉ በአክብሮት ጠርተንዎታል ።



የጥሪ ወረቀት እንዳይለይዎ
አክባሪዎ

አስካል መሸሻ እናት
እና
አምሳሉ በቀለ አባት



Wedding Invitation



Dawit & *Aster*

Monday

12
May

12:00

Address

123 Fasil Ave , Qebele 15 Recretion

*By presenting a respectful greeting
we invite you and _____ to come
and celebrate our
son Dawit and Aster
Wedding on May 12, 2016 @ noon.*

*Don't let the invitation letter stay away from you
when you come.*

*Invited by
Askal Meshesha mother
And
Amsalu Begeke , Father*

Thank you
for
reading

Hope you will send me feed Back and Stories you would
like me to add to the coming books.

Contact me on telegram, WhatsApp at

(585) 944 -0490

Thank you

Dr. Azanaw Melese Tassew