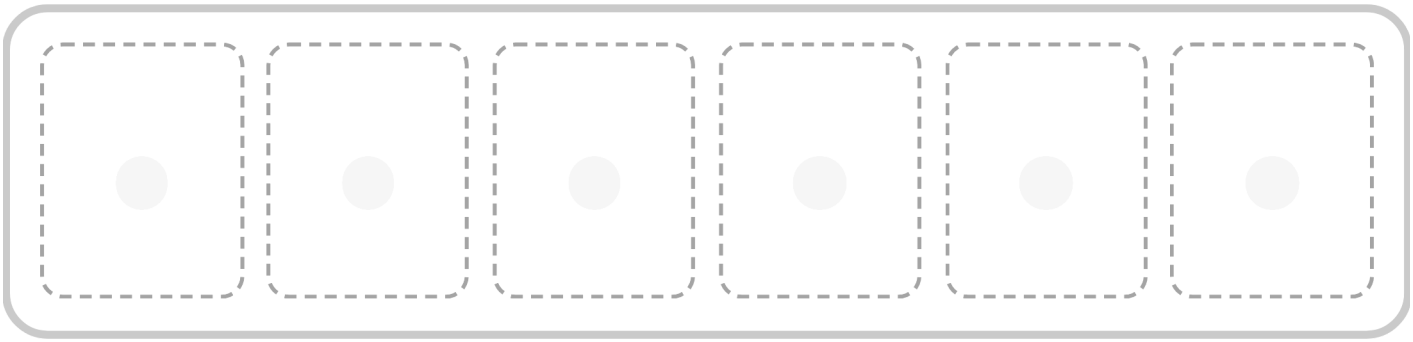
Ratiba ya picha

_____, hii ni siku yako.



Jinsi ya kutumia

1. Chapisha kwenye karatasi nzito au kadi.
2. Funika kadi kwa plastiki na ubandike velkro.
3. Onyesha picha huku ukitamka neno.
4. Tumia kadi zilezile kila siku. Ratiba hukomaa kwa kurudia.

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Kuamka



Choo



Kupiga mswaki



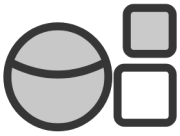
Kuvaa nguo



Kifungua kinywa



Shule



Kucheza



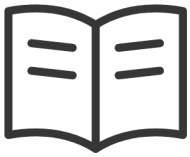
Chakula cha mchana



Kupumzika



Kuoga

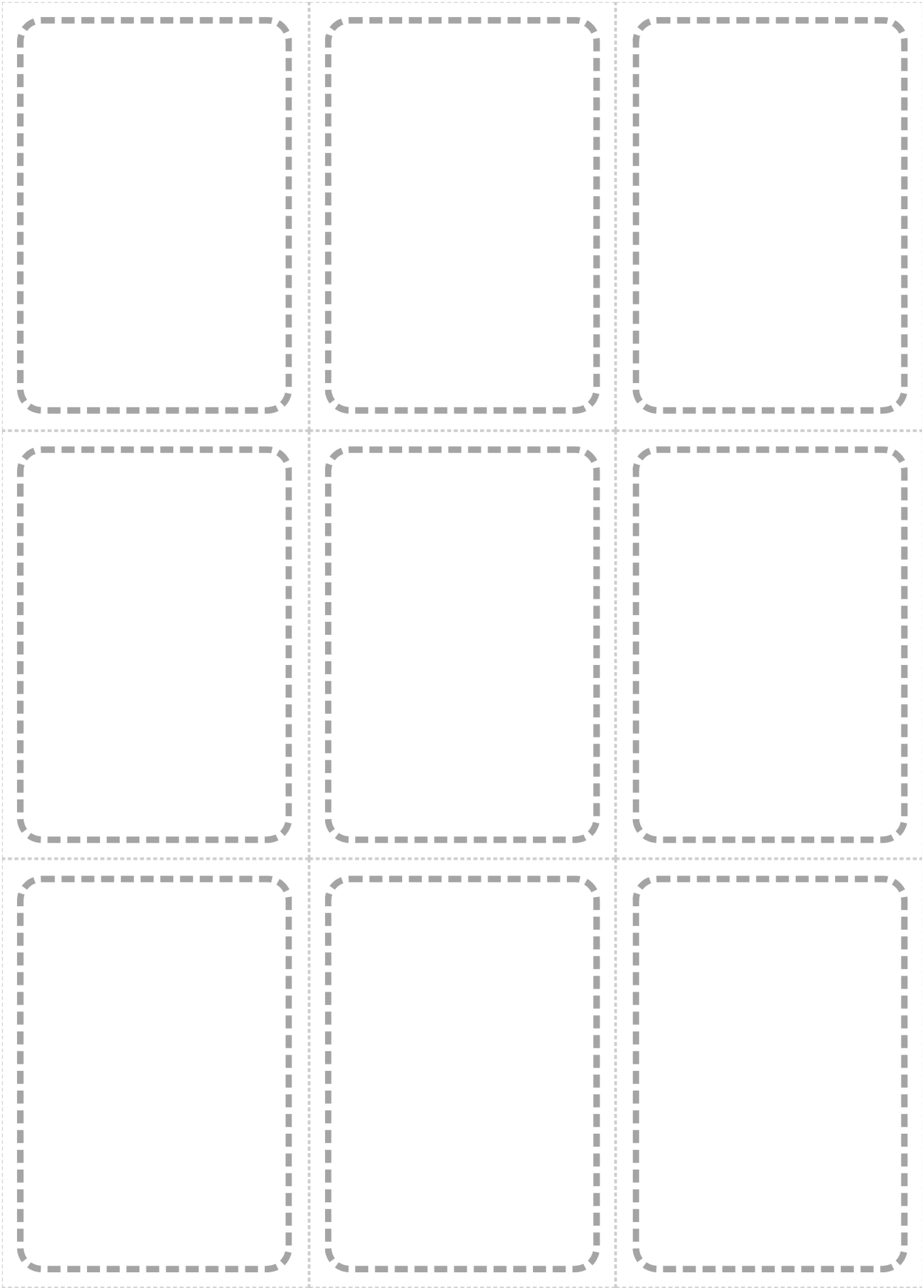


Wakati wa hadithi



Kulala

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