



An noumw ewe semirit attentens non sukoon a apochokunata tufichin ar kaieo me nonomwur nein aramas. Non ach angang fengen, famini, chon asukoon, me chon non neeniach sia tongeni anisi ar attentens me anisir emon me emon chon sukoon ar repwe fetano chok won aneen ar kaieo pwe repwe tufich.

Ika mwo ar etiwano sukoon mi mwumuta ika ese mwumuta – iteiten ar etiwano sukoon a winiti atun ar rese kaieo. Ekei ranin etiwano mi kakapacheta: Nupwen emon chon sukoon a etiwano ruu ranin sukoon non ew maram, a winiti 10% non unusen ewe ierin sukoon. Ei a anapano fisefisen an epwe weires ngenir ar kaieo me nonomwur nein chiechier.

(2 ranin etiwano non ew maram x 9 maram = 18 ran/10% ren ranin etiwano sukoon non ew ierin sukoon.)

Sukoon + En = Tufich

Forata Mefenomw	Okoota Mwomw	Tingor Aninis	Nounou Ekkei Ouchean Fofor
Chon sukoon ra tufich ika ra nomw non ew neeni mi tumwunoch me ketiwoch. Sia tongeni aninis ne: - Fori fichi pwe meinisin chon sukoon ir mi apach ngeni emon aramas me non ar sukoon a tongeni katon ika mi wor ar osukosuk me anisir ne atawei. - Anisir chon sukoon ne fori mefener ren chiechier non sukoon. - Okoota ar repwe tufich ne forata och pekin attentens me aporous won met pisekin epet mi epetir me mwen an fis.	Fan ekoch metoch esapw mecheres. Angangen okoota ren masowen nesor me ponon a tongeni amwonata kich ngeni ekoch osukosuk ren: - Transportason (Katon ekoch aneen carpool, bus, tumwunochun fetan/pasiken.) - Oruwen okooten ren nukui murin sukoon me murin an tumwun - Pii pwe epwe kawor och thermometer non imomw. - Ika ke oureki pwe mi wor och semwenin ngasangas ika mater, en mi tongeni tesini me neimw.	Fisit 211info.org kopwe kaieo ren porousen ekewe aninisin non neeniach, ika eisini omw ewe sukoon ren eureur. - Shelter, mwongo, uf - Osukosuken manawen aramas - Watten semwen ika semwen mi kan fifis - Aninisin tumwunun pekin mokur - Aninisin pekin nonomwun aramas - Pekin dentis (aw me ngii) tumwunun manaw	Forata ekoch okooten non imw an epwe mecheres ngeni kemi kopwe towu seni ewe imw. Kuta ekoch aninisin eureur ren ekei metoch: - Foforon angangen nepwin - Aninisin homework - Angangen amwonata - Okoota masowen ran

PWAN EKOCH PISEKIN ANINIS:

Fisit an omw ewe sukoon distrik website ren sopwosopwen porous ika fisit www.every-day-matters.org.



Nei attentens tracker

Attentens iteiten ran a ouchea ngeni tufichin chon sukoon!

Nounou ei tracker omw kopwe choosani ar attentens non ewe ierin sukoon:

1 Ran Popun	2 Ran Popun	3 Ran Popun	4 Ran Popun	5 Ran Popun	6 Ran Popun
7 Ran Popun	8 Ran Popun	9 Ran Popun	10 Ran Popun	11 Ran Popun	12 Ran Popun
13 Ran Popun	14 Ran Popun	15 Ran Popun	16 Ran Popun	17 Ran Popun	18 Ran Popun

Me non ekewe sukoon distrik mi wor 5 ranin sukoon non ew week, ka nomw non tikin etiwano sukoon ika ka etiwano 2 ranin sukoon non ew maram ika 18 ranin sukoon non ew ierin sukoon, mei pachonong etiwano sukoon mi mwumuta ika ese mwumuta.

Mi chou an semwen ese tongeni feino ngeni Sukoon?

Chon sukoon ra tongeni feino ngeni sukoon ika:

- Manip mi chok sereno chonun potun, ekis naw, ika ekis ar newer nge ese wor esisinen semwen.
- Resan mwo angei och sefeien ekisatiw pwichikar me non 24 awa nge ra chikar sefan non ena atun.
- Resan mwo mus ika feinseni non 24 awa.

Iseni chon sukoon neimw ika:

- Ar temperachur mi nuseni 100.4 degrees.
- Ir mi mus ika feinseni.
- Mi onuwen pink ika pwitik non meser.

Kekeri doktor ika:

- Ar temperachur mi nuseni 100.4 non nuseni ruu ran.
- Ir mi kan mumus ika feinseni non nuseni ruu ran.
- Ir mi torir sereno chonun potun non nuseni ew week, nge resapw chikar sefan.

Ekei emwen mi ketiwoch. Aramas meinisin mi sokono. Ika kese anukunuk, kapas eis ngeni noumw ewe doktor.