



عالمى الجميل

# حكاية أيمان

My Sweet World

## Ayman's Tale

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سفير

SAFEER



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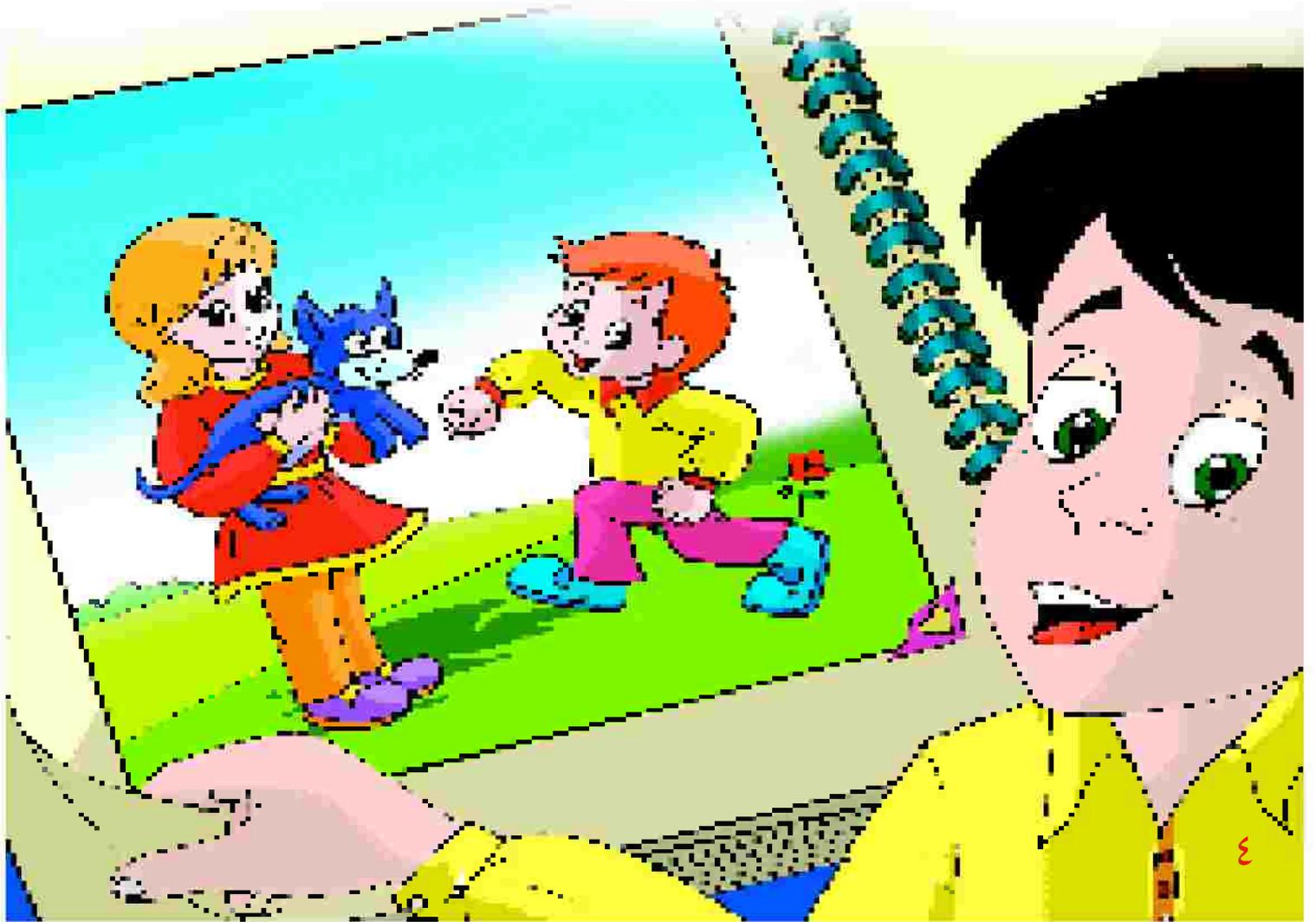
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أَهْلًا وَمَرْحَبًا بِكُمْ.  
هَلْ تَعْرِفُونَ مَنْ أَنَا؟  
أَنَا صَدِيقُكُمْ أَيْمَنُ.  
أَصْدِقَائِي يُسَمُّونَنِي  
«أَيْمَنَ النَّظِيفَ».

3- Welcome every body! Do you know who I am? My name is Ayman. My friends call me clean Ayman.

أَعْرِفْكُمْ أَوْلًا بِأَخْتِي هَالَةَ وَأَخِي هَانِي.



4- First, I would like to introduce to you my sister Hala and my brother Hani.

أَمَّا هَؤُلَاءِ فَهَمْ أَصْدِقَائِي. أَحِبُّهُمْ وَيُحِبُّونَنِي.  
الآن تَسْأَلُونَنِي: لِمَاذَا يُسَمُّونَنِي أَيْمَنَ النَّظِيفَ.



5- These are my friends. I like them and they like me. You are wondering.. why do they call me clean Ayman?

أَنَا أَحِبُّ النَّظَافَةَ جِدًّا.  
وَلِي مَعَهَا حِكَايَاتٌ وَمَوَاقِفٌ  
طَرِيفَةٌ.



6- I love cleanliness and I can tell you lots of stories about it.

فَأَنَا أَفْرَحُ كَثِيرًا عِنْدَمَا أَسْتَحِمُّ.  
فَالأَسْتِحْمَامُ يُحَافِظُ  
عَلَى نِظَافَةِ جِسْمِي.  
وَيُشْعِرُنِي بِالنَّشَاطِ  
وَالْحَيَوِيَّةِ.



7- First of all, I really love taking a shower everyday.

Taking a shower keeps me clean and makes me fresh and energetic.

وَفِي الْمَدْرَسَةِ أَغْسِلُ يَدَيَّ قَبْلَ الْأَكْلِ وَبَعْدَهُ..

وَمُعَلِّمَتِي تَطْلُبُ

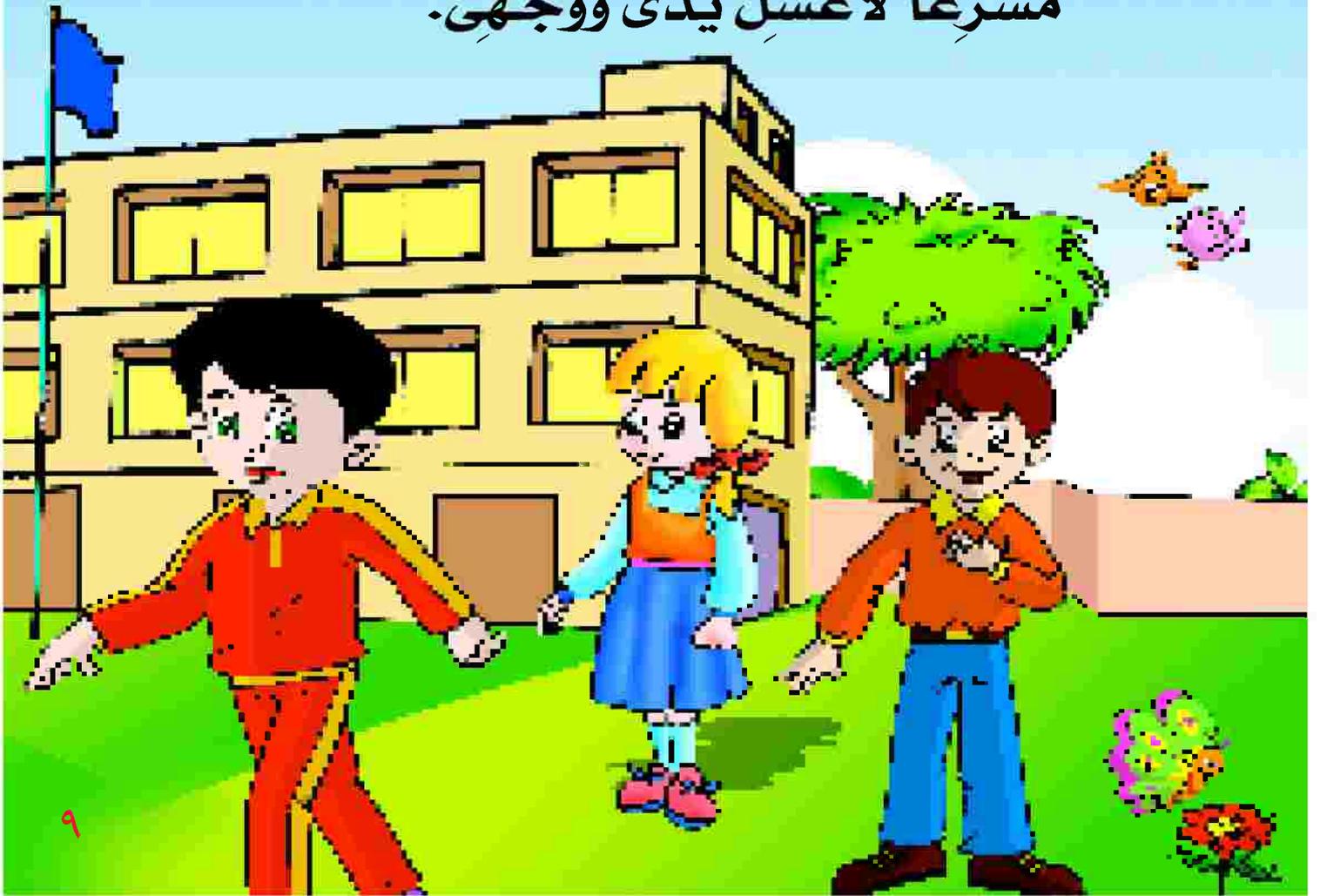
مِنْ زُمَلَائِي أَنْ

يَفْعَلُوا مِثْلِي..



8- At school I wash my hands before and after eating. My teacher asks my colleagues to do the same.

عِنْدَمَا كُنَّا نَنْتَهِي مِنَ اللَّعِبِ كُنْتُ أَجْرِي  
مُسْرِعًا لِأَغْسِلَ يَدَيَّ وَوَجْهِي.



9- When I finish playing, I go quickly to wash my face and hands.

فِي يَوْمٍ طَلَبَتِ الْمُعَلِّمَةُ مِنَ التَّلَامِيذِ  
شَرْحَ الطَّرِيقَةِ الصَّحِيحَةِ لاسْتِخْدَامِ  
الْفُرْشَاةِ فَقَمْتُ وَشَرَحْتُهَا .



10- One day, my teacher asked me to show my colleagues the correct way of using a toothbrush and I did so very well.



أَنَا أَسْتَعْمَلُ الْمِنْدِيلَ بِاسْتِمْرَارٍ.

وَأَغْسِلُ أَنْفِي عِدَّةَ

مَرَّاتٍ يَوْمِيًّا.

وَلَا أَعْطِسُ فِي

وَجْهِ أَحَدٍ.

11- I have a nice handkerchief that I always use and I wash my nose several times a day.  
I never sneeze in anyone's face!

فِي يَوْمٍ أَحْسَسَ أَخِي هَانِي بِالْأَلَمِ فِي أُذُنِهِ فَأَخَذَهُ أَبِي  
إِلَى الطَّيِّبِ.

وَنَصَحَنَا الطَّيِّبُ أَنْ نَهْتَمَّ  
بِنِظَافَةِ الْأُذُنِ .



12- Once Hany my brother had an earache and we took him to the doctor. The doctor advised us to always take care of our ears' cleanliness and wash our ears everyday.

عِنْدَمَا أَعُودُ إِلَى الْبَيْتِ أَغْسِلُ قَدَمِي بِالْمَاءِ

وَالصَّابُونَ، وَأُنَشِّفُهَا

جَيِّدًا.

وَأَلْبَسُ كُلَّ يَوْمٍ

جُورِبًا نَظِيفًا.



13- When I get back home I wash my feet with soap and water and I dry them very well.  
Every day I wear a clean pair of socks.

أَمَّا شَعْرِي فَهُوَ نَظِيفٌ وَجَمِيلٌ .  
أَعْتَنِي بِهِ وَأَغْسِلُهُ كُلَّ يَوْمٍ وَأَمْسُطُهُ .



14- My hair is always clean and shiny because I wash it every day and comb it well.  
Actually, I take very good care of my hair.

مَنْزَلِيْ وَاسِعٌ وَجَمِيْلٌ.  
تَدْخُلُهُ الشَّمْسُ طَوَالَ الْيَوْمِ.



15- My house is big and pretty and it is visited by the sun every day.



كُلَّ صَبَاحٍ أُرَتِّبُ حُجْرَتِي.  
وَأَفْتَحُ النِّوَابِذَ لِدُخُولِ الهَوَاءِ.

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16- Every day I tidy my room and I open the windows to let in fresh air.

انظُرُوا إِلَى أُخْتِي هَالَةَ.  
إِنَّهَا تَضَعُ الْفَضَالَاتِ فِي السَّلَّةِ.  
نَحْنُ نُسَاعِدُ أُمَّي فِي أَعْمَالِ  
الْبَيْتِ وَتَرْتِيْبِهِ.



17- Look at my sister! She is putting the garbage in the litterbin.  
We help our mother do her housework.



أُمِّي تَغْطِي الطَّعَامَ دَائِمًا .

وَتَغْسِلُ الْفَاكِهَةَ وَالْخَضِرَاوَاتِ جَيِّدًا .

تَحْفَظُ الْمَأْكُولَاتِ فِي الثَّلَاجَةِ

18- My mother always covers the food well. She also washes the fruit and vegetables thoroughly and stores them in the refrigerator.

هَذَا جَارِي نَبِيلٌ إِنَّهُ مَرِيضٌ .. فَقَدْ أَكَلَ طَعَامًا  
مِنَ الْبَاعَةِ الْمُتَجَوِّلِينَ.



19- My neighbor Nabil fell sick yesterday. He had bought food from wandering food vendors.



مَنْزِلُنَا فِي مَكَانٍ نَظِيفٍ وَجَمِيلٍ.  
حَوْلَهُ أَشْجَارٌ خَضْرَاءُ. نَتَّعَاوَنُ جَمِيعًا فِي نِظَافَةِ  
شَوَارِعِنَا وَحَدَائِقِنَا.

20- Our house is in a clean beautiful place. It is surrounded by green trees.  
We all cooperate to keep our streets and gardens clean.

يَوْمَ إِجَارَتِي أَذْهَبُ إِلَى النَّادِي .  
أَقْضِي فِيهِ وَقْتًا مُمْتَعًا .  
أَحَافِظُ عَلَى نِظَافَتِهِ .  
لَا أُلْقِي شَيْئًا عَلَى الْأَرْضِ .



21- I spend my holidays at the club where I have a very good time. I keep my club clean and never throw anything on the floor.

نَضَعُ القُمَامَةَ فِي الصَّنَادِيقِ المُخَصَّصَةِ لِذَلِكَ.  
تَمُرُّ عَرَبَاتُ جَمْعِ القُمَامَةِ كُلَّ يَوْمٍ لِتَأْخُذَهَا.



22- I put my garbage in the club litterbins instead.

Garbage trucks pass by every day to collect the litter from the litterbins.

نَحْنُ نَشْكُرُ عَمَالَ النِّظَافَةِ  
وَنَحْتَرِمُهُمْ وَنَتَعَامَلُ مَعَهُمْ بِأَدَبٍ.



23- We should respect the garbage collectors and thank them for doing ever such a great job.

النَّظَافَةُ تُجْعَلُكَ مَحْبُوبًا بَيْنَ النَّاسِ.

هَلْ عَرَفْتُمْ الْآنَ يَا أَصْدِقَائِي لِمَاذَا

يُسَمُّونَنِي «أَيْمَنَ النَّظِيفَ» ؟



24- Cleanliness really makes people love you.

Do you know now why my friends like to call me clean Ayman?