



ROLE OF ART THERAPY IN THE PROMOTION OF MENTAL HEALTH

Research Project

Submitted to the department of (Social Work) in partial fulfillment of the
requirements for the degree of B.A in (Social Work)

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Acknowledgment

First, I thank god for protection and the ability he gave me to do my work successfully.

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Abstract

This study is to determine the role of art therapy in the promotion of mental health in an orphanage house in Erbil. The main objective of the researcher is, to analyze the reduction of psychological pressure and make children calm down. Studies' findings have shown that art therapy will improve the social development among children, helping them analyze artwork and making art will help children return to normal status. In order to learn more about art therapy, I aspire to work in this field in the future.

This study has been conducted through the qualitative methods, conducting face-to-face interviews in addition to observation. This study observed, the problem of these children in orphanages that they have difficulty to talk about what is their problem, and how they manage the stress the comes with the problems and cope with them.

In the conclusion, art therapy so important for the orphanage to promote of mental health and rebuild contact and relationships among their children to other, art therapy can help treat a of mental issues and psychological distress.

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Chapter One: Introduction

1.1 Introduction:

Art therapy is a technique rooted in this idea that creative expression can foster healing and mental well-being.(van lith,2016) the three elements of art therapy include: artist (client, in the research children in the orphanage house), artwork types that includes various activities: (spray paintings, drawing ,finger painting, paper mat weaving, embroidery, hand craft, carpenter, working with clay and slime,music), art therapist as a social worker, psychologist, psychiatric, physiotherapy .

It is also called by these other names: occupational therapy, activity therapy, creative therapy, Art therapy can be used to treat a wide range of mental disorders and psychological distress, some conditions that art therapy may be used to treat include: Anxiety, cancer patients, depression, eating disorders, emotional difficulties, post-traumatic stress disorder, psychosocial issues, stress, substance use disorder.

The main purpose of teaching these activities to creative art therapy client is not make them artistic or carpenters skills , the purpose is to teach them the different components of the activities and their therapeutic value(Punithan,2008,49), but nonverbal and symbolic communication and expression and conveyance of complex ideas, emotions and feelings.

Art therapy is gaining popularity in mental health settings because it provides a recovery- oriented, person –centered approach that includes :Emotional, physical, mental, spiritual, social needs and clinical demands.

1.2 Research Problem:

This research paper is about the role of art therapy that hasn't been effectively investigated in our country and our city. There is a gap in the research area, which is important. Subject and researching, helps to find ways for promotion mental health.

As neurink according that "people who have trouble talking, who have been through something too bad to talk about feel embarrassed , and are often under stress and emotional shock".(Rudaw,2016).

At the beginning of these children's arrival in your orphanage house, they feel a kind of strangeness and the impact of their previous life on this treatment will be a way to open them up for this new life and adapt.

1.3 Research Aims:

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- To analyze reduce the psychological pressure and make children calm down.
- To finding out is art therapy will be social development to the artist
- To analyze art work done will children return to normal status

1.4 Research Question:

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- How is art therapy reduce the psychological pressure and make children to calm down?

- Is that art therapist will be the social development to children?
- When the artwork done will the Children return to normal status?

1.5 definition of concept:

1.5.1 Art:

Art that does not attempt to present an aspect of the recognizable worlds is non-objective or non-representational. In such work meaning is communicated through shapes, colors, and textures .defined ... (San chant et al., 2016, 94).

Art defined art is a recreation of reality according to one's values (Torres & Kamhi, 2000, 53).

1.5.2 Art Therapy:

American art therapy association defined art therapy is an integrative mental health and human services profession that enriches the lives of individuals, families, and communities through active art making creative process ,applied psychological theory and human experience within a psychotherapeutic relationship.

Art therapy is a form of psychotherapy that uses art media as its primary mode of communication. Defined (Case, 2014,1).

1.5.3 Mental health:

World health organization (WHO) defined a mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to her or his community.

Mental health defined mental health includes our emotional ,psychological, and social well-being.

Chapter Two: Literature Review

Ivanova (1999, 2-4) entitled Art practices with orphan- children in Bulgaria an online Article, the collecting data a qualitative method and observation .presents therapeutic art practices carried out with 60 orphan children in the small town of Ugarchin in northern Bulgaria . In 1999 a group of artists and teachers developed a varied program of art activities for these children.

These activities included two 1 - week visits and the opening of five art workshops - Art History , Ceramics , Painting , Installation Art , and Fashion Design . Given the high level of illiteracy among the children, as well as their difficulty verbalizing feelings and ideas, the group understood that the visual arts would provide a direct and immediate link to the children.

The goals were to counteract negative influences in their lives, to improve their overall psychological and emotional state, and to broaden their cultural interests and understanding. The result based on personal observation; validate therapeutic art practices as effective in a difficult context..Ivanova. A said that "art therapy allows for the revealing of unconscious processes that exit in human psyche" That read a research an artistic works were used as a means of nonverbal assessment in psychoanalyses.

Shukla. , Choudhari , Gaidhane. , Syeds, (2022, 3-6) entitled Role of Art Therapy in the Promotion of Mental Health: A Critical Review in Wardh Art therapy used most commonly to treat

mental illnesses and can aid in controlling manifestations correlated with psychosocially challenging behaviors, slowing cognitive decline, and enhancing the quality of life. Art therapy can help people express themselves more freely, improve their mental health, and improve interpersonal relationships.

The basis of art therapy is established on the idea that people can recover and feel better via artistic expression. This review examines the current research on how active participation in the arts might improve mental health. A detailed literature search was carried out utilizing essential databases such as PubMed, the WHO's mental health database, and Google and Google Scholar.

This review study looks into research done on art therapy and its potential advantages for adult mental health rehabilitation. It focuses on visual art therapy since it's a key to reducing variation within the "creative arts" and defines the peculiar elements and effectiveness of art therapy used by mental health services. It was found that the use of art therapy as an adjunct treatment showed improved mental health in patients.

Hand book of art therapy online book machiodi.a, according that "Developmental approach to art therapy uses normative creative and mental growth as a guide to understanding the individual" (Malchiodi, 2003,93) of course, if you understand the individual, you can help him better mental health and eliminate the short comings or problems in his life sooner.

The book online about child art therapy writer Rubin's in Canada ,2005.Rubin argued that "indeed, the expressive arts are vital both to healthy personality growth and to therapy and to therapy precisely" (Rubin, 2005,384)

Art therapy is a way or a therapy to improve the emotional aspects of the individual, to improve the psychological and social aspect. The main goal of this art therapy is to help the individual and grow back to a normal

An a report on pills, but art therapy for trauma victims, writer That Judit Neurink "as a therapist, sometimes we cannot ask directly ,what is your problem, how do you feel? But with therapy, we can open the door to make people talk about them selves" (Rudaw, 2016). A report about traumatized victims of war and violence in Iraq.

In addition, art therapy actually very useful in Kurdish community because that makes shame and taboo to person have a psychological problems and disorder ,this art therapy is often referred to activity therapy and is more palatable to people because you are teaching the individual their skills and know-how in the therapy process, and you are indirectly dealing with it. With that individual's mentality.

Psychoanalytic theory, working with art therapy, Psychoanalytic theory method of treating mental disorders, which emphasize unconscious mental process and is sometimes described as " depth psychology"

More than any other form of psychology perceives that art is deeply rooted in the unconscious depth of the children (artist). (Ackerman, 2018)

2.1 Art and Kurdish

If we look at Kurdish history in terms of art, how they incorporated art into their lives ,And how they used it, Kurdish women and men have always been skilled and have Their own hands and arms, women are engaged in carpet weaving, hand crafts, sewing, and men are more engaged in carpentry and blacksmithing ,also made pots and canteens.... etc. Which was part of their daily work and it is being busy.

These are now considered part of art therapy and are used to treat mental conditions ,They made household items; their household items were their own work and products ,If we look at the museums in our country, we see that there are many interesting and noble examples, part of the skills of the ancient Kurdish individual.

So in their work you see the answer to the mixture of color, capable and intelligence of the time without any equipment, Keyhan Mahmadi said that " art issues are raised that are actually difficult to say" (poilitic press,2020) psychologically, he has improved a lot and is happy with his simple life, they have rarely been mentally ill.

The some reason they are less likely to suffer from mental illness is that people are making goods their own living and they

produced, already they produced, and the Kurdish people in their big houses with crowded families,. Another reason why more people lived in rural areas is that

Being in nature can calm the mind. More over The life of the Kurdish individual now, they live mostly in the city, and do not bother to buy their goods.

The number of family members has decreased; social relationships between families have weakened. The houses are small, it has made them less isolated and thinks about themselves because thinking too much and constantly is the main to be mental illness. This creates moodlessness and some mental illnesses among individuals.

Nihad Jami that said; " art has not become a part of Kurdish life" (poilitic press, 2020)

Chapter three: methodology and data analysis

3.1 Method

In scientific research, the issue of method is very important and directs the research to provide scientific results. In this research, it relies on quality methods.

Qualitative research methods are designed in a manner that helps reveal the behavior and perception of a target audience with reference to a particular topic. The results of qualitative methods are more descriptive and the inferences can be drawn quite easily from the data that is obtained. Qualitative research methods originated in the social and behavioral sciences .today our world is more complicated and it is difficult to understand what people think and perceive (Questionpro, 2020).

Choosing the qualitative research that best way for gathering information. Also attempt to get in depth opinion from participants, also use methods which interview and observation to want to know specific information.

3.2 Obstacle research

Problems faced during research accuracy e respond were inadequate during the interviews because the social workers knew very little about art therapy knew very little about the importance of this treatment and how it was used and they also used them as activity, I couldn't fully observation it because some children were at school then I will go, another problem is that we couldn't do a case study because of lack time , case study require long term observation, case study is a method better for understanding an effect and change in the art therapy , to get us better results.

3.3 Sampling and Data collection:

Identify relevant sites for our research ,conduct fieldwork and interview social workers as options (social welfare directorate /Erbil/ Khanda house),as for the qualitative method, six social worker and two activity room teachers were interviewed ,and the interviewees were all working at that orphanage / Khanda house

but the one interview was online, on Facebook messenger one-hour video call.

Conduct observation, we were a drew freely in groups of eight children, six girls and two boys, ages between four to eleven for an hour and a half.

3.4 Data Analysis:

3.4.1 Interview data analysis:

1. What kind of mental illness or problem does children in this cell? The mental conditions that exist among these children such as: they have PTSD, trauma, depression, anxiety, shame, bipolar, stubborn, agitated, anxious, bored, they have a lot of violent behave, aggression, swearing, fighting with each other, especially boys, and having attention issues. One of the social workers said:"

Most of the children here have symptoms of mental illness, such as illness and diagnosis that may appear as get older"

2. What causes these mental problems in these children?

The reason for the presence of mental conditions among these children is due to the lack of compassion and love of parents, seeing problems, fighting and chaos we live in cells and then separation from family," here we can say that the cause of mental illness in these children is the environment, the home environment in which they lived was the main cause" all the social workers had same opinion.

Point of view children currently living in cells come by court order, some are children one of the parents who have died, or whose parents have been arrested, or whose spouses have divorced and remarried and have not accepted their children, due to deep family problems, these children are forced to live there.

3. Which type of art therapy uses in orphan house? Painting, crafts such as textile, slime, and industrial pottery, collage, music.

4. Do they go to the drawing room and draw every day in the week? They do it three to four times of a week. The social worker said that most of the time we don't have a very specific time, when I see a child very upset, I use it immediately.

Point of view as far as I noticed, it was used more as an activity than a treatment. Two He of social workers said that we used it as a treatment to improve the child is condition.

5.Do the pictures they take reflect the life they have lived?

Most of the time the pictures they take reflect the life they have lived, so good and bad, optimistic and pessimistic are the problems in their pictures and they often draw their interests and hobbies.

6. Art therapy has helped these children improve their self-expression?

Of course, it has changed, and it varies according to the case and the child .Depending on the child is problem and the time it take to make changes, changes will occur gradually, especially for those who are shocked and isolated it is best for them to use this treatment in groups.

7. Did art therapy play a role in improving the psychological aspects of these children?

Yes, of course it plays a role, because art therapy allows children to process what has happened to them by drawing, help them express their unpleasant feelings, which they have experienced through unpleasant events. It helps these children to develop mentally.

8. Has art therapy helped children rebuild contact?

It has led to their communication, especially the use of art through groups, the use of art in groups has created a spirit of cooperation and help among them, establish a spirits of friendship and tolerance among the children, facilitates social aspects expertise of in a supportive surroundings by way of dialog and learn how to deal with other peoples.

9. After art therapy, the child becomes normal and calm again?

Depending on the child, some will relax for ten minutes or some Childs the whole day, emptying them of their pressure, especiallyfor boys has a lot of aggressive behavior, without art therapy, we cannot calm him down with anything else.

10. What is the role of the social worker in this process?

The role of the social workers is so important to the success of the art therapy process, and depends on the social workers skills and intelligence, you should also choose the type of art according to your child's interests, and allow him to express his feelings. Finally, if he feels comfortable, share the picture with him and show it to others,

You have to ask him what he meant by the picture he took, this will help you trust the child more and express your feelings, and two of the social workers said: " I give bigger ones tasks such as writing as part of art therapy".

3.4.2 Observation:

Each of the children there has a family problem or because of the absence of parents for whatever reason, therefore now lives in the orphanage house. we were a drew freely in groups of eight children, six girls and two boys, ages between four to eleven for an hour and a half ,The paintings they drew reflected their lives and the things they had seen, and some of their paintings expressed their desires and aspirations.

Of the eight children we drew the paintings of normality used optimistic colors, expect for one who drew a sad painting Arab girl six- years- old was there because of family problems and their mother had burned herself cause they lived in a cell, the colors she used black and orange drew a frightened face that the face shouts, my interpretation of the painting is that the orange color indicates the fire, and this girl had a twisted circular line in the picture that depression and trauma.

Most of the pictures they take are closed painting of what we are in the cell every day and what they have done because of the environment they live in it was presence of a child there .for example, the day I was there when I activated them, two of cakes because it was a child's birthday. And one of the things I noticed in the paintings was that they had a lot of heart shapes on their paintings in the previous paintings they showed me, when asked them to draw for me, they drew for me: likewise, paintings was that they had heart shape, my reading ass a social worker of their portrayal is that a kind of lack of parental love and affection has caused them to quickly accept anyone who is sweet person with them and come into hug.

Point of view it showed that they were deprived of their parents mercy, needed their families to return to them, that's why all staff and social workers and teachers and the nursemaid called their dad and mom, they put their absences on paper, and I noticed in the paintings they took that they had paintings of themselves at home with their parents.

Those I saw used patterns of art therapies with children; the first is in groups that have activity rooms that include sports, music, ceramics and painting. The ceramics and drawing room, where they draw and teach subject and children repeat it.

Second is that each social workers uses group art therapy in his cell daily as an activity and looks at their behavior to see how they are doing and how they changed Behavior and mentally. Only one social worker uses individual art therapy.

Chapter Four: Findings and Discussion

Art Therapy has a strong effect on improving the psychological aspect of these children, and art therapy does not have a positive effect on children of all ages for women and men. The effect art therapy same as crying when you are excessively bored and impatience, or talking to a very trusted person. And this is one of art therapy strengths point. Because most of the children there do not have anyone close to them visit them it, or see them, this is a very good way for children. When art therapy is used in the right way, it helps us to be better aware of the child's mentally, it makes the social worker be aware of the continuous condition child's.

Art therapy has helped them to rebuild their relationships with the environment in which live, and it has helped them to them establish a spirit of friendship and cooperation among the children. Art therapy gives these children life, so that they can try to build a new life again and adapt to them environment in the orphanage house.

And most of the children in the orphanage house are under social and psychological pressure, or rather under psychological; it helps to break their fears and pressures after doing art therapy.

The benefit Group art therapy is that it reduces their feelings of shame and increases their sense of security. Choosing children, six girls and two boys, aged between four to eleven who are called middle child hood, I think they are developing intellectually and socially, going to kindergarten and school trying to make connections, you will also communicate with peers and teachers in environment school, and learn about reading and manners, he will be away from the family a little bit, taking responsibility and aware for things on his own.

When they draw together, we understand the child better, as a social worker, after doing art therapy: you ask them what you have drawn? What you have drawn what like about it? , why used colors?, why you like the colors?, if someone has drawn them?, we ask them who they are?, we understand the child better?, we know what he likes ,loves ,and hates . This is how we understand whether the child is depressed or strong inter personality .Be aware of the Childs be aware of Childs continuous condition. Art therapy is a great comfort for those who are broken by life.

Chapter Five: Conclusion, Recommendation

5.1 Conclusion

Finally, we found that art therapy is used to promote psychological aspect for Orphaned house, an important part is to improve their psychological, social, behavioral, and intellectual and concentration, more over it reduces fear and shame of isolation, resulting in improved self-esteem, self-development and confidence.

In summary, art therapy positive effect on the children applications can help treat a wide range of mental issues and psychological distress.

5.2 Recommendation

- ❖ Organize conferences, meetings and workshops for social workers and orphanage staff; learn about these therapy, techniques and applications.
- ❖ Doing more research on art therapy and consequences.
- ❖ Every Kurdish individual and learn how to use it, the importance information of this subject can be used at home daily, treat yourself when you suffer from a mental condition, because a in Kurdish culture going to psychiatric as a stigma for the person.
- ❖ Unfortunately, there is little extent for professional learning here in Kurdistan, and what exists is not professional, the importance of studying about art therapy, especially in collages of humanities educational departments and medicine that have direct contact with people.

- ❖ Art therapy is used in Kurdistan, in some center and directorate such as a reforms, refugees, rehabilitation of the disabled, psychiatric and nankali hospitals, but it is as pastime not as a cure, if used therapeutically, the results will be better.

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Annex1:

حكومة إقليم كردستان العراق
رئاسة مجلس الوزراء
وزارة التعليم العالي و البحث العلمي
رئاسة جامعة صلاح الدين - أربيل
كلية الآداب
الموارد البشرية

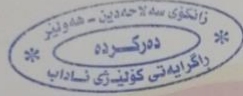


Kurdistan Regional Government-Iraq
Council of Ministers
Ministry of Higher Education and Scientific research
Salahaddin University - Erbil
College of Arts\ Human Resources

حكومة تى هه ريمى كوردستان - عراق
سه روكا يه تى نهجومه نى وه زيران
وه زاره تى خويندنى بالا و تويزينه وهى زانستى
سه روكا يه تى زانكوى سه لاهه دين - هه وليتر
كۆليزى ئاداب
سه رچاوه مرؤيهه كان

No:

Date:



ژماره: ٤٥١

ريکوت ١٤٠٣ / ٢٠٢٢ زاینی

بۆ / به رێوه به رایه تى چاودێرى كۆمه لایه تى / هه ولیتر / مالى خه نده

ب / ئاسانكارى

سلاو و ریز...

داواكارین ئاسانكارى بکه ن بۆ قوتابى (ساوین یاسین عوسمان) له قوناغى چواره مى بهشى (کارى كۆمه لایه تى) كۆلیزه که مان به مه بهستى نه جامدانى تويزينه وهى ده رچوون بئويستى به هاوکارى به ریزتانه , هاوکاریتان جیگای ریزه .
له گه ل ریزدا

پ.د. قادر محمد حسن
راگری كۆلیز

وئنه يه ك یۆ:

- سكرتاریه تى به ریزراگری كۆلیز. له گه ل ریزدا...
- به ریزی راگری كۆلیز. له گه ل ریزدا...
- ده ركرده .

هیرۆ

E- mail: Arts . college @su.edu.krd

Iraqi Kurdistan Region- Erbil

هه ریمى كوردستانى عراق - هه ولیتر

Annex2:



Annex3:

سلاو نئم كاتةتان باش

تويژينهوهكهمان بهناونيشانيي (رۆلى چارهسه

به هونهر بهرمو پيشبردنى لايهنى دهر و نيسى) وهك بهشيك له بروانامهى به كالزويوس له زانكوى سه لاهدين. ئهم تويژينهوه بهسهر پهرشتى خاتوو (هاژه موحه ممهده). مهبهست له تويژينهوهكهمان ليكولينهويه له چارهسهر به هونهر هوكارى كه بو كه مكر دنهوه فشارى دهر و نيسى وه دهبيته نارامكردنهويي وه چارهسهر هونهريي دهبيته بهرمو پيشبردنى لايهنى كومه لايهتى ئهم مندالانه و پاش كردنى چالاكه هونهرييه كه دهگري نهوه سهر بار و دۆخى نورماليان. بهشدار بونت لهم چاوپيكهوتن پيدانى زانيارىي و سهركهوتنم له تويژينهوهكهمان به گهيشتتم به وهلامى زانستيان و دروستت.

• **تېپىنى :**

- ئهم چاوپيكهوتنه تهنيا بو كۆكردنهوى زانيارىيه و مهبهستى زانستهيهيه وه بهشدار يكر دنت خو بهخشانهيه
- دهنگت ريكورد دمكريبى ئهم ريكوردش پاريزراو دهبي تا كارى تويژينهوهكهمان تهواو دهبي دواتر رهشى دهكه موه.
- ناوت تومار ناكريئ
- ههر پرسيارىك روون نهبوو له لات نازادانه داواى روونكردنهوه بكه.
- ئهگه به ههموو خالانه سهرموه رازيى له خواره له شوينى مهبهست واژوو بكه.

واژووى بهشدار بوو:

پرسيارى چاوپيكهوتن بو تويژه ران و كارمندانى خانهبى
بيسهر پهرشتان

رەگەز: نىر () مى ()

پېشىي بەشداربوو چىيە؟

ماوھىي چەندە كاردەكەيى لە خانەيى بېسەرپەرشتان؟

. چ جۆرە نەخۆشەكەي دەروونى يا كىشەيەك ھەيە لە م خانەدا؟

ھۆكارى دروستبونى كىشە دەروونەكان چىيە لەو مندالانەدا؟

چەند جۆرە چارەسەر بە ھونەرى بەكاردى لە خانەيى بېسەرپەرشتان؟

ئا يا ھەموو رۆژىك دەچنە بۆ ژوورى رەسكردن رەسم دەكەن؟

ئايا ئەو وىنانەيى كە دەكەين رەنگدانەمىي ئەو ژيانە كە تيايدا ژياون؟

چارەسەر بە ھونەر يارمەتى ئەو مندالانەي بەرمو پېشومچوون لە دەر برىنى خودى؟

ئاياچارەسەر بە ھونەر رۆلى ھەبوو لەمىي كەبەرەو پېشچوون دروست بى لەلايەن دەروونى بۆئەو مندالانە؟

ئايا چارەسەر بە ھونەر يارمەتى ئەو مندالانە دەدا بۆدروستكردنى پەيوندى لەگەل يەكدا؟

پاش ئەنجامدانى چارەسەر ھونەرى دەبتە نۆر مالكردنەو ھەيۆر كوردنەو مندالانە؟

رۆلى توئىزەر كۆمەلايەتى/دەروونى چى دەبى لەم پروسەيە؟