

# 我好平靜

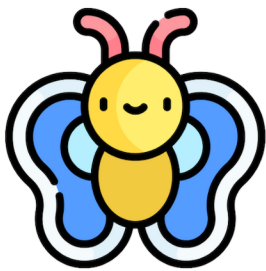
ngo5 hou2 ping4 zing6

*I am calm*



蝴蝶擁抱

wu4 dip6 jung2 pou5



睇下書

tai2 haa5 syu1



吹泡泡

ceoi1 pou5 pou5



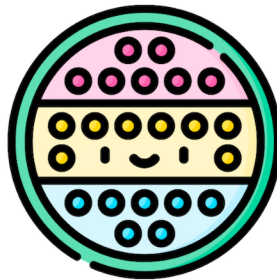
獅子呼吸式

si1 ji2 fu1 kap1 sik1



壓力玩具

aat3 lik6 wun6 geoi6



瑜伽

jyu4 gaa1



閃粉罐

sim2 fan2 gun3



啤啤熊

be1 be1 hung4



油顏色

jau4 ngaan4 sik1

