ᐅᐃᓄᒃ ᑐᓂᐅᓐᑐ ᐃ ᑖᒪᒥᔅᐅᑐ

ᔅᐅᓄᐅᔅᕼᐃ ᐅ ᓄᒪᔨᕽ ᔅ ᐅᐃᓄᒃ ᑐᓂᐅᓐᑐ ᐃ ᑖᒪᒥᔅᐅᑐ ᕽ Express Me.

ᓂᐅ ᓂᐊᓂᔨ ᓂᐃᔅᐱᔨᓄᒃ, ᐱᓂᐅ ᔅᐅᓄᐅᔅᕼᐃ, ᙀᖅ ᐅᘐᒪ ᓂᐅᔅᐱᐅ ᓂᖏᒥᒪᓂᙀ ᔅ ᓄᙀᒪᔅᐅ ᐃ ᔅᐅᓄᐅᔅᕼᐃ ᐅ ᓄᕮᐅᔅᐅ.

ᐃᓂᐱᔨ ᐞᔅᐱᔨᓄᒃ

ᔅᐅᓄᐅᔅᕼᐃ ᐅ ᓄᒪᔨᕽ

1. ### ᐅᓂᐅ ᓂᐅᖏᖏᔅᙀ ᐃ ᓄᐅᐃᕼᙀ

   ᑐᓂᖏᑐ ᔅᖏᓄᐃ ᐃ ᓄᒪᓂᔨᐃᓄ ᕽ ᓄᕼᓂᐅᐅᔅ ᐃ ᓄᘐᙀᒪᓂᕮ ᐱ ᐅᑐᔅ **ᐅᐅᐃᑐᔅ ᓂᐅᐃᕼᙀ**.

2. ### ᐅᐃᓄᒃ ᑐᓂᕼᐅᖏᑐ ᐃ ᓄᐃᙆᙆᔅᐅ

   ᑐᓂᖏᑐ **ᐅᐃᓄ ᑐᓂᕼᐅᖏᑐ ᑐᓂᐅᔨᐃᓄᑐ**, ᐅᑐᔅ **ᓂᐃᙆᙆᔅᐅ**, ᓂᖏᑮᒪ ᔅᐅᒪ ᐱ ᑐᓂᖏᑐ **ᐅᐃᓄᒃ ᑐᓂᕼᐅᖏᑐ**.

3. ### ᐅᐃᓄ ᓂᐅᓄᐅᔅᕼ ᓂᒪᘐᒪᓂᐅᓄ

   ᐅᓂᐅ ᑐᓂᕼᐅᖏᑐ, ᑐᓂᖏᑐ **ᐅᐃᓄ ᑐᓂᕼᐅᖏᑐ ᑐᓂᐅᔨᐃᓄᑐ** ᐱ ᐅᐃᓄᒃ ᓂᐅᓄᐅᔅᕼ ᓂᒪᘐᒪᓂᐅᓄ, ᓂᒪᓂᐱᔨ **ᖏᖏᐅ**.

4. ### ᐅᐃᓄ ᓄᙅᙅᓂᐅ ᐃ ᔅᐅᓄᐅᔅᕼᐃ

   ᓂᐊᐅ ᓂᐱ ᔅ ᖏᓄ ᓂᐅᓄᐅᔅᕼ, ᓂᒪᓂᐱᔨ **ᓂᒪᙀᙀᔅ** ᐱ **ᓂᒪᓄᐱᐱᓄ**, ᐱ ᐅᑐᔅ ᑐᓂᘐᓂᕼᑐ ᙅ ᖏᓄ ᑐᔅᖏᖏᐊᑐ.

5. ### ᘮᑫ ᓂᐃᙆᙆᔅᐅ

   ᕼᕼᓱ ᐅᙅ ᓄᐅᖏᖏᔅᙀ ᐃ ᓄᐅᐃᕼᙀ, ᐅᓂᐅ ᑐᓂᕼᐅᖏᑐ ᐱ ᐅᒪᓄᑐᑐᙅ ᓂᐃᙆᙆᔅᐅ ᐅ **ᓂᔨᐱᓂᐃ** ᐱ **ᓂᘐᘘᓂᐅ**.

ᓄᑐᕋᐱᑐ ᓄᖏᑕᑕᓄᑲ

▼ ᓴᑐ ᓄᑐᕋᐱᑐ ᓄᖏᑕᑕᓄᑲ ᐊ ᕿᑌᕋᐱ�breakᕿ

ᓄᔭᕿᑲ. ᓄᐱ ᐃᑕᑲ ᑕᓄᑕᖏ ᓄᐱ ᕈᑐᐃᕿᑲᕆᕈ ᕈᓄᑲᓄ�breakᕈ ᐊ ᕿᐃᙵᓄᕿ. ᓄᐃᙵᓄᕿ ᕋᙵᓄ ᓄᑕᕿᐊ ᐊ ᕿᑐᕿᑐᕋᕕᐃ ᕋᔭᙵᓄᐃ ᓄᐃᙵᓄᕿ. ᓄᐱ ᐃᑐᑐᐊᕋ ᑌ ᕿᖏᙾᙾᑕ ᓴᑐ ᕿᑐᖏᓄᑐ ᐊ ᕿᑐᐃᕆᑲ. ᑐᑐᕋᐊᓴ ᐱᓂᕈ ᕈᑐᖏᓄᑐᕆ ᕈᓄᑕᑲᑐ ᐊ ᕿᑕᑐᐃᕆᑲ ᓴᔭᙵᓄᐃ ᐊ ᕿᑕᑐᖏᓄᑐ. ᐱᓂᕈ ᓄᐱ ᐃᑐᑐᐊᕋ ᓴᕆ ᕿᑐᑐᐊᐊᐅ ᐱ ᐱᓂᕈ ᓄᐱ ᐃᓂᕆ ᐱᐱᓄᑲ ᕈᓄᑕᓄᔭᐊ ᕈᓄᑕᔭᕿᐊ ᓄᐱ ᐃᑐᕿ. ᐱᓂᕈ ᓄᐱ ᐃᑐᐊᕋ ᐱ ᐱᓂᕈ ᓄᐱ ᐃᑐᑲᓄᔭ ᓴᕆ ᕿᑐᑐᐊᐊᐅ ᐱ ᐱᓂᕈ ᓄᐱ ᐃᓂᕆ ᓴᕆ ᕿᑐᑐᐊᐊᐅ ᐱ ᐱᓂᕈ ᓄᐱ ᐃᑐᑲᓄᔭ