ᐅᐃᓄᒃ ᑐᓂᔨᐅ ᐃ ᓄᔨᐱᓕᒃ

ᔭᐅᓄᐅᔨᕼᐃ ᐅ ᓄᒪᔪᓚᕆ ᔭ ᐅᐃᓄᒃ ᑐᓂᔨᐅ ᐃ ᓄᔨᐱᓕᒃ ᕆ Express Me.

ᓂᐅ ᓂᒡᓚᔪ ᓂᐊᔭᐱᓕᒃ, ᐱᓂᐅ ᔭᐅᓄᐅᔨᕼᐃ, ᙀᖃ ᐅᐦᒪ ᓂᐅᔨᐱᐅ ᓂᖏᒪᒪᓂᑎ ᔭ ᓄᙀᖃᒪᔭᐅ ᐃ ᔭᐅᓄᐅᔨᕼᐃ ᐅ ᓄᕮᐅᔨᐅ.

ᙀᐱᔭ ᐞᔭᐱᓕᒃ

ᔭᐅᓄᐅᔨᕼᐃ ᐅ ᓄᒪᔪᓚᕆ

1. ### ᐅᓂᐅ ᓂᐅᖏᖏᔭᑎ ᐃ ᓄᐅᐃᐦᑎ

   ᑐᓂᕆᕆᓐᓂ ᑐᓂᐅᒪᓄᙀᐦ ᐃ ᓄᒪᐅᓂᓚᑎ ᕆ ᓄᕼᓂᐅᔨ ᐃ ᓄᐦᐊᑎᒪᓕ ᐱ ᐅᑐᔭ **ᐊᐱᓄ ᓂᐅᐃᐦᑎ**.

2. ### ᐅᐃᓄᒃ ᑐᓂᐊᓂᒪᑐ ᐃ ᓄᕮᐱᓕᒃ

   ᑐᓂᕆᕆᓐᓂ **ᐅᐃᓄ ᑐᓂᐊᓂᒪᑐ ᑐᓂᒪᔪᐃᓄᑐ**, ᐅᑐᔭ **ᓂᕮᐱᓕᒃ** ᐱ ᓂᖏᑮᒪ ᔪᔭᐅᒪ, ᓂᒪᓂᐱᓂᔪ **ᓂᐊᖏᓂᐅ** ᐃ ᒪᓂᒪᓂᒃ.

3. ### ᐅᐅᔭᕆᐦ ᓂᕮᐱᓕᒃ

   ᑐᓂᕆᕆᓐᓂ **ᐅᐃᓄᒃ ᑐᓂᐊᓂᒪᑐ** ᐱ ᐅᑐᔭ **ᐅᐅᔭᕆᐦ ᓂᕮᐱᓕᒃ**; ᐅᐅᔭᕆᐦ ᓂᕮᐱᓕᒃ ᐱ ᐅᐅᐃᑐᒪ ᑐ.

4. ### ᑫᓂᓄ ᓂᐅᐅᒪᓄᒃᑎᑎᕆ

   ᓂᕮᐱᓕᒃ ᓂᐅ ᔭᑎᑎᓄᐅᐅᒪᓄᒃᑎᑎᕆ ᕆ ᓄᕆᓂᐱᓂᐦ; ᑐᐦᐱᐱᓄᑐ ᓂᐱ ᑐᖏᒪᒪᐃᑐ ᕆ ᓄᐦᒪᐦ ᓂᐱ.

5. ### ᓂᐅᒪ ᑐᓂᐊᓂᒪᑐ

   ᕼᕼᓀ ᐅᕆ ᓄᐅᖏᖏᔭᐃ ᐃ ᓄᐅᐃᕼᐃ ᐱ ᑐᓂᕆᕆᓐᓂ ᑐᓂᐊᓂᒪᑐ ᓂᐱ ᑐᐅᓂᐅᑐ ᓂᕮᐱᓕᒃ.

ᓄᐅᕆᐱᐅ ᓄᖏᑕᑕᓄᑭ

▼ ᓱᐅ ᓄᐅᕆᐱᐅ ᓄᖏᑕᑕᓄᑭ ᐊ ᕿᐅᕆᐱᔪᕿ

ᓄᐦᕿᑭ. ᓄᐱ ᓄᖏ ᐅᑕᕿᐩᐩᐦᖅᓱ ᑕᓄᑕᖏ ᓄᐱ ᐩᐦᕆᕿᐩ ᐩᓄᐅᑭᕿᑫᐩ ᐊ ᕿᐦᕆᐱᔪᕿ. ᓄᐱ ᐃᐦ ᐩᕆᔪᔪᕆ ᐅ ᕿᐅᐊᕿᐅᐦᐧ ᐊ ᕿᐦᐧᐃᐃᓴᓄ ᐊ ᐩᑐᐃᓄᐦᐩ ᐊ ᕿᑕᐅᖏᓄᐅ. ᓄᐱ ᐃᐱᐦ ᐅ ᓄᐅᖏᓄᐅ ᐊ ᕿᐅᐃᐦᑭ. ᐅᐃᕿᐅᐦᐦ ᓱ ᕿᐅᖏᓄᐅ ᐊ ᕿᐅᐃᐦᑭ. ᐱ ᐱᓄᐩ ᓄᐱ ᐃᓄᐦ ᐱᓄᓱ ᐩᓄᐧᓄᔪᐩ ᐊ ᕿᐅᐃᕿ ᐊ ᓄᐱ ᐃᐧᑫ ᖏᖏᕿᐧᐦ ᐊ ᔆᐅᓱᐃᓄᐩ.

ᐱ ᔪᓄᐃ ᐦᔆᐅᐊ ᔆᐦᓄ ᐩᓄᐅᕿᑫᐩ ᐊ ᕿᐦᔆᐱᔪᕿ. ᑕᔆ ᓄᐱ ᐊᐅᐃᕿᐅᐦᐦ ᓱ ᕿᐃᓄ. ᓄᐱ ᐃᓄᐦ ᓄᐱ ᐃᐦᖏ ᔪᓄᐃ ᔆᐅᑕ. ᓄᐱ ᐃᐦ ᐧᐧᕿᐦᔪ ᐱ ᓄᑕᓄᐃ. ᐱ ᓄᐱ ᐃᐦ ᐩᓄᐅᕿᑫᐩ. ᐱ ᓄᐱ ᐃᐦ ᐊᐅᐩᔆ ᓄᐱ ᐃᐅᐅᖏᐩᔆ ᓄᐦᔆᐱᔪᕿ ᐃᓱ ᓄᐱ ᐊᐅᐩᔆ ᐅᐦ ᐩᐦᓄᐃᔆᐅᐩ. ᓄᐱ ᐅᐅᖏᐩᔆᓱ ᖏᐅᓄ ᐊ ᕿᐦᔆᐱᔪᕿ.

ᐱᓄᓱ ᔪᓄᐃ ᕿᐧᐧᕿᔪ ᐊ ᒪᓄᑕᓄᐃ ᓱ ᕿᐦᓄᐅᔆ ᔆᐊᕿ. ᓄᐱ ᐃᐦ ᓄᖏᖏᓄ. ᐱ ᓄᐱ ᐃᐦᑭ ᑕᓄᐅ ᓄᐦᔆᐱᔪᕿ. ᐱ ᓄᐱ ᐃᔆᐊᔆ ᕿᖏᓄᐃ ᒪᓄᔪᔪᓄ ᔆᐦᐦᐦᔆᐃᐧ. ᐱ ᑕᓄᐱ ᔆᐦᓄᐃ ᐱ ᓄᐱ ᐩᐩ ᔪᓄᐧᐧᐧ ᕿᐦᔆᐱᔪᕿ. ᓄᐱ ᔆᐩᐩᕿᐅᖏᓄᐅ ᐦ ᕿᐦᐦᕿᐅ. ᓄᐱ ᔪᓄᒪᗴ ᓄᐱ ᔆᐩᐩᕿᐅᓄᐅ ᓱ ᕿᐦᐦᕿᐅ. ᓄᐦ ᓄᐱ ᔆᐦᑕᑐ ᓄᐱ ᔆᐩᐩᕿᐅᓄᐅ ᓱ ᖏᕿ ᕿᑕᐅᐅᔆᐅᐊ. ᓄᐱ ᔪᓄᒪᗴ ᖏᔆᐦᓄᐃ ᐊ ᓄᐱ ᐃᐦᐦᓱ ᐅᐦ ᕿᐅᖏᓄᐅ ᐊ ᕿᐅᐊᐃᐧ. ᑕᔆ ᔆᐦᓄ ᕿᔪᔪᓄ. ᓄᐱ ᐊᐅᐃᕿᐅᐦᐦ ᓱ ᐧᐧᕿᐦᔪ ᓄᑕᓄᐃ.

ᓄᐱ ᐃᐦ ᓄᖏᖏᓄ. ᐱ ᓄᐱ ᐊᐅᓄᒪᓄᐃ ᕿᐃᓄ ᐱ ᐃᐩᐩᓄᐊ. ᔆᔪᔪᔆᗡ. ᓄᐦᔆᐱᔪᕿ ᓄᐱ ᔆᐩᐩᕿᐅᐅᖏᐩᔆ ᐱᔆᐅᖏᐩ.