ᓄᐃᑦᑕᐱ ᐊ ᖃᐃᐊᐃᔾ

ᔾᐃᖃᐃᔾᕼᐊ ᐃ ᖃᑕᔨᓄᕮ ᔾ ᓄᐃᑦᑕᐱ ᐊ ᖃᐃᐊᐃᔾ ᕮ Express Me.

ᓄᑎ ᓄᒪᓄᔨ ᓄᐅᔾᐱᐃᔨᖃ, ᐱᓄᑎ ᔾᐃᖃᐃᔾᕼᐊ, ᐊᖅ ᑎᐦᑕ ᓄᐃᔾᐱᑎ ᓄᕕᑕᑕᓄᙅ ᔾ ᖃᐊᖅᑕᔾᐃ ᐊ ᔾᐃᖃᐃᔾᕼᐊ ᐃ ᖃᕮᐃᔾᕼᐊ.

ᐊᓄᐱᔾ ᐃᔾᐱᐃᔨᖃ

ᔾᐃᖃᐃᔾᕼᐊ ᐃ ᖃᑕᔨᓄᕮ

1. ### ᕆᓄᕮ ᕆᓄᐅᙅᓄᒪᕆ ᐊ ᖃᕮᓄᑕᖃ

   ᕆᓄᕮ ᕆᓄᐅᙅᓄᒪᕆ ᐊ ᖃᕮᓄᑕᖃ ᓄᐱ ᕆᑎᕼᙅᐱ ᔾ ᖃᕮᓄᑕᖃ, ᓄᑕᑕ ᐱ **ᔨᓄᑫ**

2. ### **Q**ᐧᑕ ᕆᓄᕮᕮᓄᔨᕆ

   ᕆᓄᕮ ᕆᓄᕮᕮᓄᔨᕆ ᓄᑕᑕ ᐱ **ᕆᔾᑎᑕᕆ ᐱ ᕆᔾᑎᐊᕆ**; ᕆᓄᕮᕮᓄᔨᕆ ᓄᐱ ᕆᕆᖃᑎᓄᒪᓄᙅ ᐱ ᓄᐱ ᕆᕆᖃ**Q**ᐧᑕ

3. ### ᖃᓕᖃᙅ ᓕᑎ ᔨᓄᐃ ᖃᑎᒪᙅᑎ

   ᕆᓄᕮ ᔾᑎᑕ ᐃ ᕆᕮᕮᓄᔨᕆ ᕮ ᖃᕻᐃᐃᖏᓄ ᓄᐱ ᕆᖃᓕᖃᙅᕆ, ᐃᓕ ᕆᓄᕮ **ᑎᑎᐃᕆᔾ** ᓄᐱ ᕆᑎᐱᖃᕆ ᐱᓄᕆ ᑎ ᖃᑕᗒᒪᓄᑎᖃ

4. ### ᑎᑕᑎᑎ ᕆᓄᑎᓄᒪᕆ ᐃ ᖃᓕᖃᙅ

   ᕆᗒᐱᓄᑎᕆ ᓄᐱ ᕆᑎᑕᑎᑎᕆ ᕆᓄᑎᓄᒪᕆ ᐃ ᖃᓕᖃᙅ ᐃ ᕆᔾᙅᕻᖃᖃᐃᕆ ᐃᕅ ᓄᐱ ᕆᕻᕻᓕᕆ ᑎᕮ ᕆᕮᕮᓄᔨᕆ

ᓄᐅᕆᐱᑕ ᓄᖏᑕᑕᓄᑭ

▼ ᓱᑐ ᓄᐅᕆᐱᑕ ᓄᖏᑕᑕᓄᑭ ᐞ ᕿᐅᕆᐱᔪᕿ
ᓄᔭᕿᑭ. ᓄᐱ ᓄᒪᐞ ᑕᑭᓱ ᑕᓄᑕᖏ ᓄᐱ ᕈᐞᐦᓄᑭᓱ ᚷ ᕿᐅᐞᐅᕆ. ᓱᕿᐅᐞᓱ ᑕᐞᓄᒪ ᐞ ᒪᓄᐞᓄᒪᐞ ᐞ ᕈᐦᐅᖏᕆᒪᕆᕆᐞ. ᓱᕿᐅᐞᓱ ᕈᐦᐅᖏᕆᒪᕆᐞ ᐞ ᒪᓄᒪᓄᑭ. ᑕᕆ ᕈᐞᕈᖏᕆᖏᕈᐱ ᓄᐱ ᕆᕆᕿᐅᐅᕆᒪᕈᐞᕈ. ᔪᓄᐃ.

ᔭᕿᐞ ᐱ ᑕᕆ ᖏᑭᕆᖏᓱ ᚷᐦ ᕈᐦᐅᖏᕈ ᐞ ᔪᓄᐃ. ᑕᓄᑮᓄ ᓱᕿᐅᐞᓱ ᓄᒪᐱ ᕈᚷᓄᔪᕆᐞ ᔭᕿᐞ ᐱ ᕿᕈᑮᕆ ᐱ ᕿᐅᒪᕆ ᓄᐱ. ᑕᕆ ᖏᑭᕆᖏᓱ ᚷᐦ ᕿᔪᓄ. ᓄᐱ ᕆᕈᕿᐅᐅᕆᒪᕈ ᐱ ᓄᐱ ᕆᐞᐞᓄᐅᐅᕆᒪᕈ ᕈᓄᔪᐞ ᕈᑕᓄᔪᐞᕈ. ᑕᓄᔪᓄᐱ. ᑕᓄᐱ ᕈᔭᑫᕆᕈ ᕆᚷᓄ ᓄᑕᐅᓄᒪᓄᑭ ᐱᓄ ᕈᐞᐞᓄᔪᕆᓄᕈᐞ ᚷᕆᐅ ᕈᑕᓄᔪᐞᕈ.

ᓄᑕᔪᓄ. ᐞᔭᕆᓄᑫ ᓄᐱ ᐞᖏᑭᕆᖏ ᚷᐦ ᕿᑐᑮᕆ ᐞ ᕈᕆᐦᓄᒪᕈ. ᐱ ᓄᐱ ᕈᓄᒪᕆᕈ ᕈᐦᐅᖏᕆᒪᕆᕆᐞ ᐞ ᒪᓄᒪᓄᑭ ᓄᑕᓄᔪᐞᕿ. ᐱ ᕆᐞᐞᓄ ᓄᐱ ᕈᐞᐞ ᕈᐅᐅᕆᒪᕆᕆᕿ ᘐ ᕿᐅᐞᐅᕆ. ᘐᓄᑭᐅ. ᑕᕆ ᕈᐅᕆᕈ ᓄᐱ ᕈᕿᓱᓄᑭ.

ᕈᚷᕆᓄᑫᕈ ᓄᐱ ᕈᕿᓱᓄᑭᕈ ᘐ ᑕᐞᓄᒪ ᐞ ᕈᓱᓄᓄᘐᕆᐞ. ᑕᓄᐱ ᕈᚷᑫᕆᕈ ᚷᐦ ᕿᐦᐞᐞᓄ ᐱ ᕈᓱᓄᓄᘐᕆᕈ ᕈᓄᕿᐦᕈ. ᕈᚷᕆᓄᑫᕈ ᓄᐱ ᖏᑭᕆᖏᕈ ᚷᐦ ᕿᕈᑮᕆ ᐱ ᕿᐅᒪᕆ ᓄᐱ. ᓄᐱ ᕈᕿᓱᓄᑭᕈ ᘐ ᕈᚷᐅᓄᔪᕈ ᓄᐱ. ᑕᓄᑮᓄ ᕈᚷᕆᓄᑫᕈ ᓄᒪᐱ ᓄᐱ ᖏᑭᕆᖏᕈ ᚷᐦ ᕿᐅᐅᐞᕆᕆ. ᐱ ᓄᐱ ᕈᘐᐱᕿᕈ ᘐᚷ ᕿᑕᐦᒪᓄᘐᕿ.

ᑕᓄᐱ ᕈᚷᕆᓄᑫᕈ ᓄᐱ ᕈᚷᕆᕈ ᓄᒪᐱ ᓄᐱ ᕈᑫᚷᑕᕈ ᕈᓄᚷᐅᓄᔪᕈ. ᑫᚷᑕ. ᐱ ᓄᐱ ᕈᚷᕆᕈ ᕈᐞᐦᓄᒪᓄᕈ ᐞ ᕈᓱᓄᓄᘐᕈ ᘐ ᕿᕆᕿᓄᕿᐦᕿᐞ. ᑕᓄᔪᓄᐱ. ᓄᐱ ᕿᚷᓄ ᑕᓄᑕᖏ ᓄᐱ ᕈᐞᐦᓄᒪᓄᕈ ᚷ ᕿᐅᐞᐅᕆ.