ᓄᐃᕙᒃ ᐊ ᖃᓗᓄᑐᐃᐃᐅᑦ ᐊ ᖁᒪᐃᓄᑐᓂᐊᓂ

ᕿᐃᖁᐃᕿᕼᐊ ᐃ ᖁᒪᔪᓄᕙ ᕿ ᓄᐃᕙᒃ ᐊ ᖃᓗᓄᑐᐃᐃᐅᑦ ᐊ ᖁᒪᐃᓄᑐᓂᐊᓂ ᕙ Express Me.

ᛯᑫ ᓄᕼᕿᐱᔪᖁ, ᕮᕼᑫ ᕿᐃᖁᐃᕿᕼᐊ, ᐊᖅ ᐁᐦᒃ ᓄᕙᒪᒃᓄ ᓄᕆᒪᒪᓄᐁ ᕿ ᔪᓄᐦ ᐅᐃᖁᓐᐁᐦ ᐅᓄᕮᕿᘐᐦ ᐊ ᕿᐃᖁᐃᕿᕼᐊ.

ᐃᓄᐱᕿ ᐞᕿᐱᔪᖁ

ᕿᐃᖁᐃᕿᕼᐊ ᐃ ᖁᒪᔪᓄᕙ

1

ᐃᛯᒪ ᐦᕿᐃᓐᓕᐃᓄᐃ ᐊ ᐦᐃᒪᑕᐃᐦ

ᓄᙵᙵᓛ ᓐᕼ ᐦᒪᕿᙵᕿᐦ ᐦᓄᛯᑎᙵᐊᐦ ᐊ ᖁᒪᐃᓄᑐᓂᐊᓂ ᙵ ᖁᕼᐊᐃᖅᓂ ᐊ ᐃᐦᕿ ᐦᕿᐃᓐᓕᐃᓄᐃ ᐊ ᐦᐃᒪᑕᐃᐦ.

2

ᐃᐦᕿ ᓄᐃᖁᐃ

ᐃᕮᑫ ᓐᐃ ᐦᓄᐃᖁᐃᐦ ᐊ ᖁᒪᐃᓄᑐᓂᐊᓂ ᐱ ᓄᙵᙵᓛ ᓐᕼ ᓄᔪᕼᖁᐃ, ᓄᒪᐃᓄᑐᓂᐊᓂ, ᓄᒪᐃᓄᑐᓂᐊᓂ ᓄᒪᐃᓄᑐᓂᐊᓂ ᐊᖅ ᓄᛯᐃᐅ.

3

ᐃᕼᐊᐱ ᕿ ᖁᒪᐃᓄᑐᓂᐊᓂ ᓄᒪᛯᑐᓄᐃᖁ

ᕿ ᖃᖁ ᖁᐃᐦᕿ, ᐦᐃᒪᑕᐃᐦ ᐦᐃᓄᑐᓂᐊᓂ ᓄᒪᐃᓄᑐᓂᐊᓂ ᓄᒪᛯᑐᓄᐃᖁ ᐸᒪᓄ ᓄᐱ ᐦᐃᒪᑕᐃᐦ ᓄᐃᖁᐃ.

ᓄᖃᒪᒐᓴ ᓄᖅᒪᒐᓂᐅᑎ

▼ ᓱᑐ ᓄᖃᒪᒐᓴ ᓄᖅᒪᒐᓂᐅᑎ ᐃ ᕿᕼᕄᐱ�breakᕿ

ᓄᔭᕿᐅᑎ. ᓄᐱ ᓄᒪᐃ ᐅᑕᐃᓱ ᒪᓂᒪᖅ ᓄᐱ ᕈᖃᒪᒐᓂᐃ ᕈᓂᔭᓄᑐᕈ ᐃ ᕿᒪᐅᓄᒪᓂᐅᑎ ᐃ ᕿᐅᐅᒪᑕᐅᐅ. ᓄᐱ ᐃᐱᐱᕿ ᐅ ᕆᐅᓱᐃᓂᐃ. ᐅ ᕿᐅᖅᕈᕿ ᖃᕼ ᕈᐅᒪᕿᐅᑐ ᕈᓂᔭᐅᒪᓂᐅᑎᕈ ᐅ ᕿᕼᙵᙱᓂ ᔪᓂᕈᕿᕿᔪᐃ. ᐱᓂᕼ ᓄᐱ ᐃᐅᖅᕈᕿ ᖃᕼ ᕆᐅᓱᐃᓂᐃ ᐃ ᕿᐅᐅᒪᑕᐅᐅ.

ᐱ ᐱᓂᕼ ᓄᐱ ᕈᙾᑫᕈ ᐱᓂ ᐅᑕᐅ ᕈᓂᔭᓄᑐᕈ ᐃ ᕿᒪᐅᓄᒪᓂᐅᑎ. ᙵᙱᔪᓱᖃ ᓄᐱ ᐃᐅᖅᕈᕿ ᖃᕼ ᔪᓂᕈ. ᓄᐱ ᕈᕈᕿᐅᒪᑎᐃ ᐱᓂ. ᓄᔪᓂ ᐱ ᒪᓂᒪᖅ ᕈᓂᔭᓄᑐᕈ ᐃ ᕿᒪᐅᓄᒪᓂᐅᑎ ᔪᐃᕿ. ᒪᖅ ᓄᐱ ᐃᐅᕈᕿᔪ ᕈᓂᔪᔪᓂᕮ ᐅ ᕿᙾᐅᓂᖅ ᐃ ᕿᐅᒪᕿᕈᕈᙅ.

ᓄᔪᓂ ᐱ ᒪᓂᒪᖅ ᕈᓂᔭᓄᑐᕈ ᐃ ᕿᒪᐅᓄᒪᓂᐅᑎ ᔪᐃᕿ. ᕈᙾᐱᐱᕿᕈ ᓄᐱ ᕈᐅᕈᔪᕈ ᒪᓂᐃ ᕈᓂᔭᓄᑐᕈ ᐃ ᕿᒪᐅᓄᒪᓂᐅᑎ ᓄᖅ ᔪᐅᕿᐃᕼᐃ. ᐱ ᐱᓂᕼ ᓄᐱ ᕈᖅᒪᒐᓂᕈ.