



zuò xī

作息

Noun · work and rest

Example Sentences

guī lǜ de zuò xī duì jiàn kāng fēi cháng zhòng yào
规律的作息对健康非常重要。

A regular work and rest schedule is very important for health.

wǒ měi tiān àn shí zuò xī
我每天按时作息。

I keep a regular daily routine every day.

guī lǜ de zuò xī duì jiàn kāng hěn zhòng yào
规律的作息对健康很重要。

A regular routine is very important for health.

Trace each character, then write the word on your own.

作	作	作	作	作	作	作	作	作	作	
息	息	息	息	息	息	息	息	息	息	息
息	息									