



zhuàng dǎn

壮胆

verb · to get one's courage up

Example Sentences

tā hē le yī diǎn jiǔ lái zhuàng dǎn
他喝了一点酒来壮胆。

He drank a little alcohol to get his courage up.

tā jiào péng you péi tā yì qǐ qù miàn shì hǎo gěi zì jǐ zhuàng dǎn
她叫朋友陪她一起去面试，好给自己壮胆。

She asked a friend to go with her to the interview to boost her courage.

zài hēi àn de sēn lín lǐ tā dà shēng chàng gē gěi zì jǐ zhuàng dǎn
在黑暗的森林里，他大声唱歌给自己壮胆。

In the dark forest, he sang loudly to get his courage up.

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

壮	壮	壮	壮	壮	壮	壮	壮	壮											
胆	胆	胆	胆	胆	胆	胆	胆	胆	胆	胆									
胆																			