



yí rán zì dé
怡然自得

adjective/idiom · content and at ease / self-satisfied

Example Sentences

tā zuò zài gōng yuán lǐ kàn zhe xiǎo niǎo yí rán zì dé
他坐在公园里，看着小鸟，怡然自得。

He sat in the park, watching the birds, feeling content and at ease.

tā dú zì pǐn chá nà fèn yí rán zì dé de shén qíng lìng rén xiàn mù
他独自品茶，那份怡然自得的神情令人羡慕。

He savored tea alone, and his content and at ease expression was enviable.

zài fēn rǎo de huì yì zhōng tā wèi hé néng bǎo chí rú cǐ yí rán zì dé de zhuàng tài
在纷扰的会议中，他为何能保持如此怡然自得的状况？

Amidst the chaotic meeting, how can he maintain such a self-satisfied state?

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

怡	怡	怡	怡	怡	怡	怡	怡	怡	怡	怡
然	然	然	然	然	然	然	然	然	然	然
然	然	然	然							
自	自	自	自	自	自	自	自	自		



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continued practice

Continue tracing each character, then write the word on your own.

得	得	得	得	得	得	得	得	得	得	得
得	得	得								
