



yōu rán zì dé

悠然自得

adj./idiom · leisurely and carefree; relaxed and contented

Example Sentences

yé ye zuò zài yuàn zi lǐ de téng yǐ shang hē zhe chá xiǎn de yōu rán zì dé
爷爷坐在院子里的藤椅上，喝着茶，显得悠然自得。

Grandpa sat in the rattan chair in the yard,
drinking tea, looking relaxed and at ease.

bié rén dōu zài máng zhe jiā bān tā què yōu rán zì dé de fān zhe zá zhì
别人都在忙着加班，他却悠然自得地翻着杂志。

While everyone else was busy working
overtime, he was leisurely and at ease flipping
through a magazine.

kǎo shì jié shù hòu tā yōu rán zì dé de zǒu zài huí jiā de lù shang yì diǎn yě bù zhāo jí
考试结束后，她悠然自得地走在回家的路上，一点也不着急。

After the exam ended, she walked home
relaxed and at ease, not at all anxious.

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

悠	悠	悠	悠	悠	悠	悠	悠	悠	悠	悠
悠	悠	悠								
然	然	然	然	然	然	然	然	然	然	然
然	然	然	然							
自	自	自	自	自	自	自	自	自		



yōu rán zì dé
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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								
