



biē qì
憋气

verb · hold one's breath; feel suffocated or stifled

Example Sentences

Tā zài shuǐ lǐ biē qì néng biē yī fēn zhōng
他在水里憋气能憋一分钟。

He can hold his breath underwater for one minute.

shòu le wěi qu què bù néng shuō tā xīn lǐ hěn biē qì
受了委屈却不能说，他心里很憋气。

He felt wronged but couldn't speak up, so he felt very stifled inside.

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

憋	憋	憋	憋	憋	憋	憋	憋	憋	憋	憋
气	气	气	气	气	气	气				