zhē teng

折腾

Verb · turn from side to side; toss about

Example Sentences

tā zhěng yè zài chuáng shàng zhē teng zěn me yě shuì bù zhe
他 整 夜在 床 上 折 腾，怎么也睡不着。

He tossed and turned in bed all night, unable to fall asleep.

tā zhē teng wán jù
他折 腾 玩具。

He is fiddling with the toy.

wèi le yōu huà liú chéng tuán duì fǎn fù zhē teng le duō cì fāng àn
为了优化流程，团队反复折腾了多次方案。

To optimize the process, the team repeatedly revised the plan multiple times.

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

折 折 折 折 折 折 折 折 折 折

腾 腾 腾 腾 腾 腾 腾 腾 腾 腾 腾

腾 腾 腾 腾 腾