àn nà

按捺

verb · to restrain, to hold back

Example Sentence

Tā nǔ lì àn nà zhù jī dòng de xīn qíng píng jìng de huí dá le wèn tí
她努力按捺住激动的心情，平静地回答了问题。

She tried hard to suppress her excitement and answered the question calmly.

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