



zhèn zuò

振作

Adjective, Verb · Cheer up / Perk up

Example Sentences

rú guǒ yí wèi chén nì yú guò qù de shī bài nǐ jiāng yǒng yuǎn wú fǎ zhēn zhèng zhèn zuò
如果一味沉溺于过去的失败，你将永远无法真正振作。

If you keep wallowing in past failures, you will never truly cheer up.

tīng wán nà chǎng zhèn fèn rén xīn de yǎn jiǎng hòu zhěng gè tuán duì dōu zhèn zuò le qǐ lái
听完那场振奋人心的演讲后，整个团队都振作了起来。

After listening to that inspiring speech, the entire team perked up.

jìn guǎn zāo yù le zhòng dà cuò zhé tā réng nǚ lì zhèn zuò zhǎn xiàn chū jīng rén de rèn xìng
尽管遭遇了重大挫折，他仍努力振作，展现出惊人的韧性。

Despite suffering a major setback, he still managed to cheer up and demonstrated remarkable resilience.

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

振	振	振	振	振	振	振	振	振	振	振
振	振									
作	作	作	作	作	作	作	作	作	作	作