



zì rú

自如

Adjective · At ease

Example Sentences

tā zài tái shàng yǎn jiǎng shí biǎo xiàn dé fēi cháng zì rú
他在台上演讲时表现得非常自如。

He performed very at ease when giving a speech on stage.

tā zǒu lù hěn zì rú
他走路很自如。

He walks very naturally.

tā shuō huà zì rú yì diǎn yě bù jǐn zhāng
她说话自如，一点也不紧张。

She speaks fluently and is not nervous at all.

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

自	自	自	自	自	自	自	自	自		
如	如	如	如	如	如	如	如	如		