



zhèn jìng

镇静

Adjective · calm; composed; unruffled

Example Sentences

tā xū yào zhèn jìng yí xià
他需要镇静一下。

He needs to calm down.

nǐ nán dào bù néng zài yā lì xià bǎo chí zhèn jìng ma
你难道不能在压力下保持镇静吗？

Can't you stay calm under pressure?

zài jǐn jí qíng kuàng xià bǎo chí zhèn jìng hěn zhòng yào
在紧急情况下保持镇静很重要。

It's important to stay calm in emergencies.

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

镇	镇	镇	镇	镇	镇	镇	镇	镇	镇	镇
镇	镇	镇	镇	镇	镇	镇				

静	静	静	静	静	静	静	静	静	静	静
静	静	静	静	静	静					