



## Exercise 1

<https://youtu.be/aQRI7BgiLJ0?si=w0CD9jZ7xeYAR-bB>



non-stop nagging

叨叨叨说个不停  
*dāo dāo dāo shuō dé bù tíng*



1. Write down a memorable word or phrase you have picked up from this short clip.
2. How do you feel?

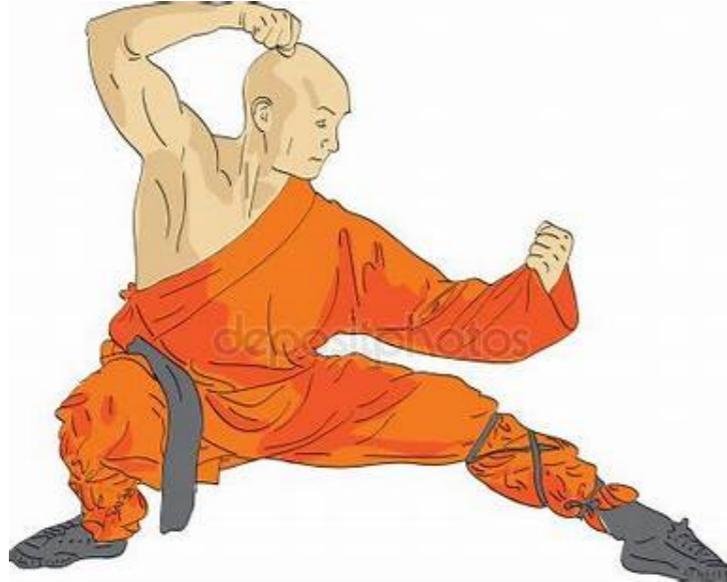
1

2



## Exercise 2

<https://youtube.com/shorts/UBth9bSZjT0?si=ADc9ZsR-jXi3RXOW>



**Please do not imitate**  
请勿模仿  
*qǐng wù mófǎng*

- Watch this short clip about Shaolin qigong, what do you think?

Handwritten-style blue rounded rectangle containing three horizontal lines for writing.