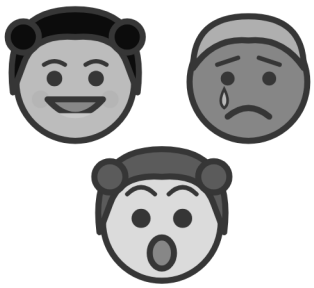
Ninapokasirika

1



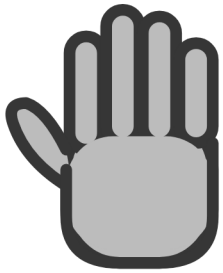
Wakati mwingine ninakasirika.

2



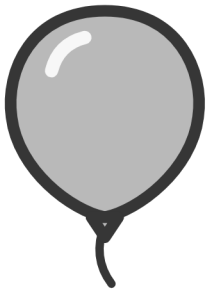
Kila mtu huwa na hisia kubwa wakati mwingine. Ni sawa.

3



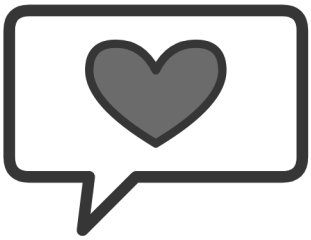
Ninapokasirika, ninaweza kusimama.

4



Ninaweza kuvuta pumzi polepole mara tatu, kama ninapuliza puto.

5



Ninaweza kuomba msaada kwa mtu mzima.

6



Kisha ninatulia tena.

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Hadithi yangu: _____

Mwanzo wa sentensi: **Wakati mwingine… Watu wengine… Ninaweza… Kisha…**

1

2

3

4

5

6

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