

Cheem tsis pub kom kab mob kis rau  
koj thiab rau lwm tus neeg!

# Vov koj lub qhov ncauj thaum hnoo



Vov koj lub qhov ncauj  
thiab qhov ntswg nrog  
ntaub so ntswg thaum  
hnoo los yog txham

Muab koj daim ntawv so  
ntswg pov thoob kib nyiab.



Hnoo los yog txham  
rau koj lub tes tsho,  
tsis yog koj bxhais tes.

## Ntxuav tes lawv qab ntawm koj hnoo los yog txham tas.



Ntxuav tes nrog  
xab bus thiab dej  
sov los 20 xes  
nkoo los yog



Ntxuav tes nrog  
cawv cuaj caum  
los tau ib yam.



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