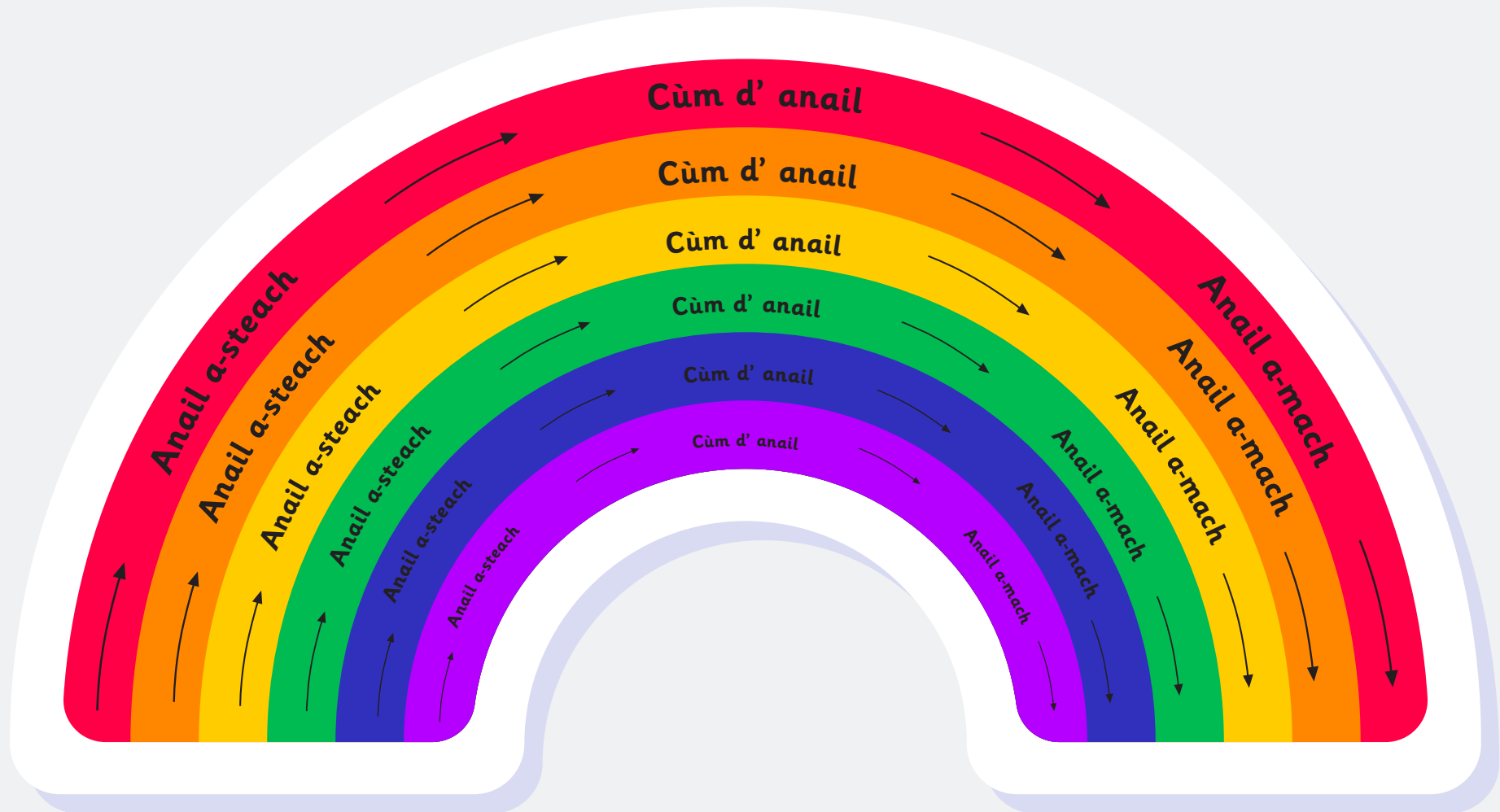




# Anail a' bhogha-fhrois

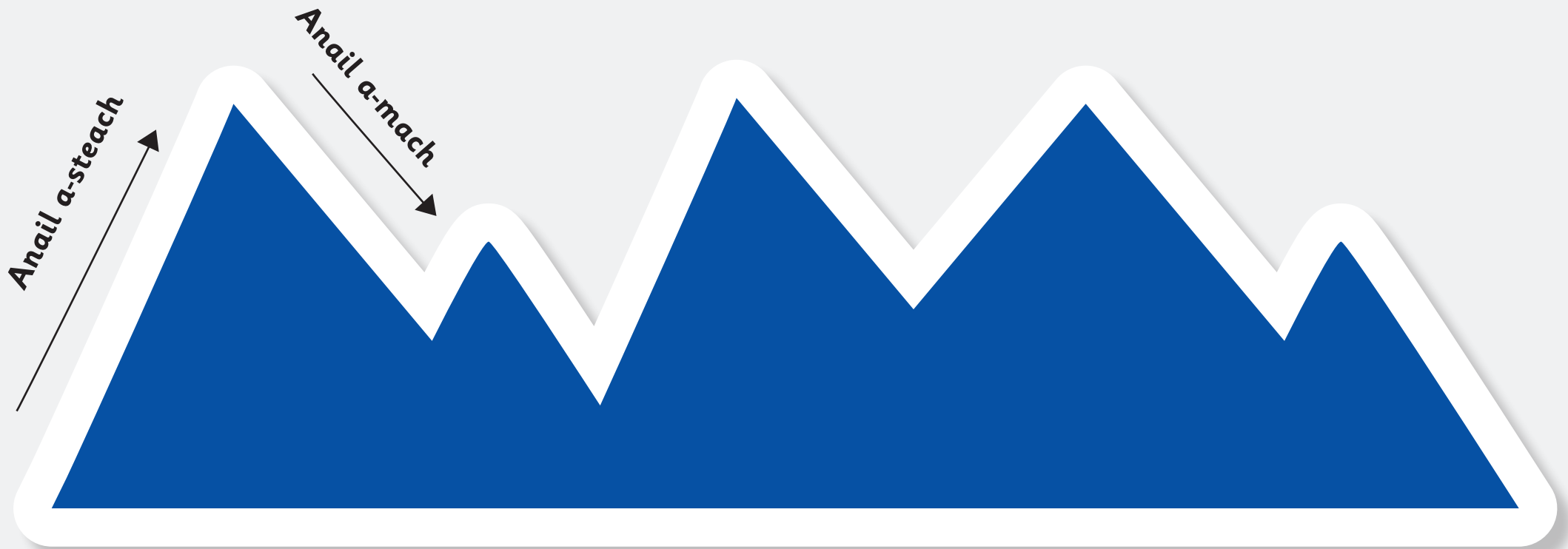
Gu slaodach, lean gach dath den bhogha-fhrois le do chorrach a' tarraing anail a-steach nuair a tha thu a' dol suas, cùm d' anail aig a' mhullach agus leig d' anail a-mach nuair a tha thu a' tighinn a-nuas.





# Anail nam beann

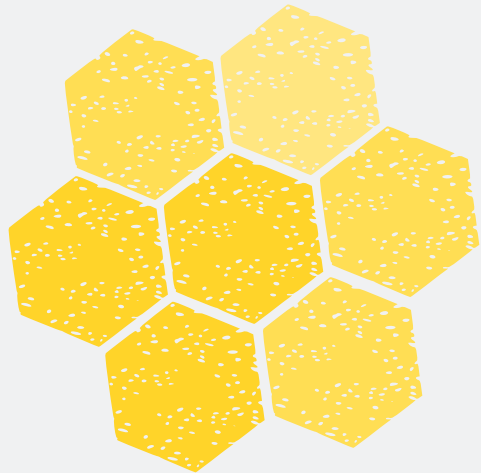
Lean cumadh nam beanntan le do chorrach gu slaodach. Tarraing anail a-steach nuair a tha thu a' sreap nam beann agus leig d' anail a-mach nuair a tha thu a' tighinn a-nuas. Faodaidh tu a dhèanamh cho tric 's a thogras tu.



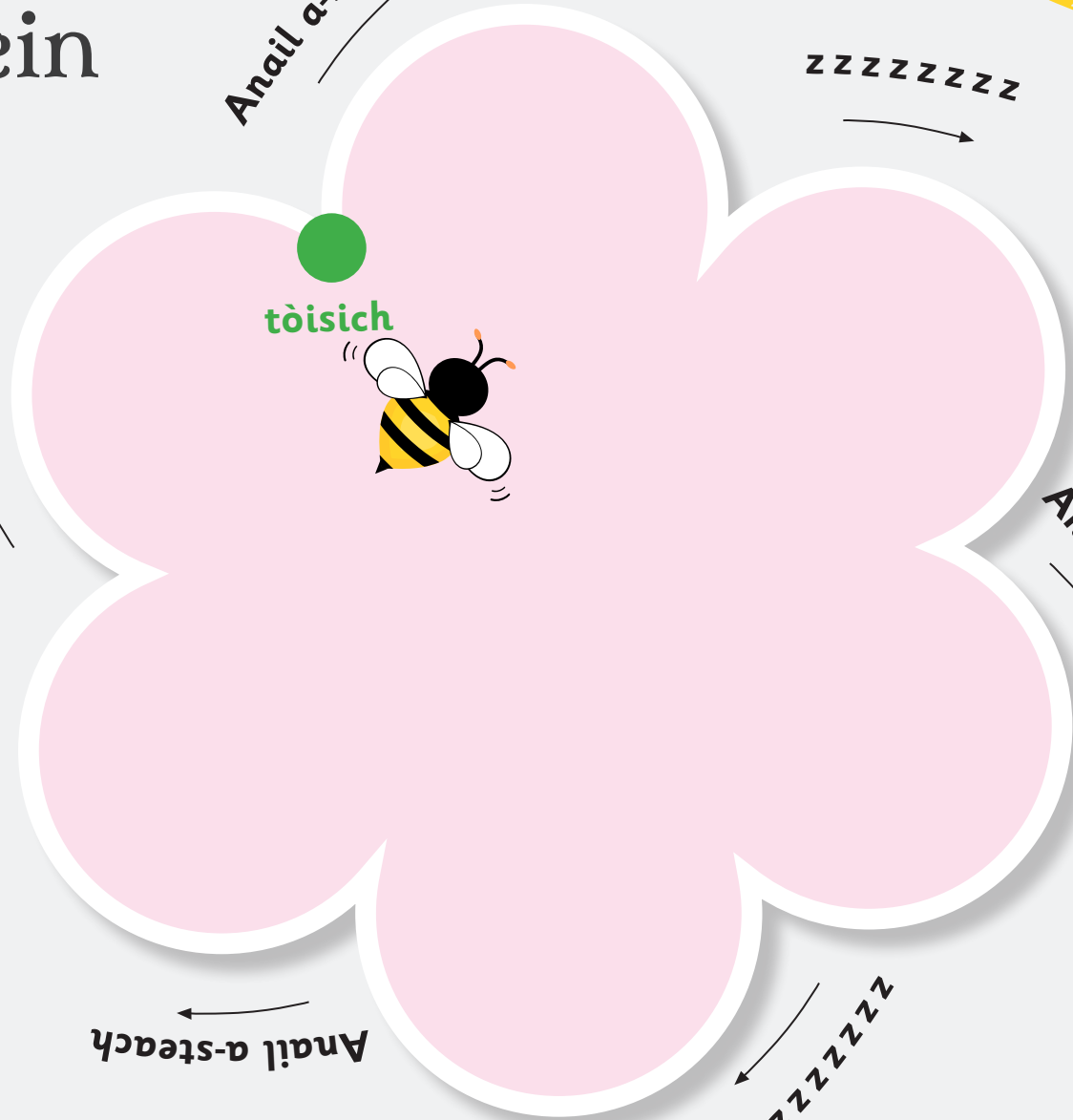


# Anail an t-seillein

Gluais do chorrach timcheall air an dìthean. Tarraing anail a-steach tro do shròin agus nuair a leigeas tu d' anail a-mach, dèan fuaim mar srann seillein.



zzzzzzzzzz



Anail a-steach

tòisich

Anail a-steach

Anail a-steach

zzzzzzzzzz

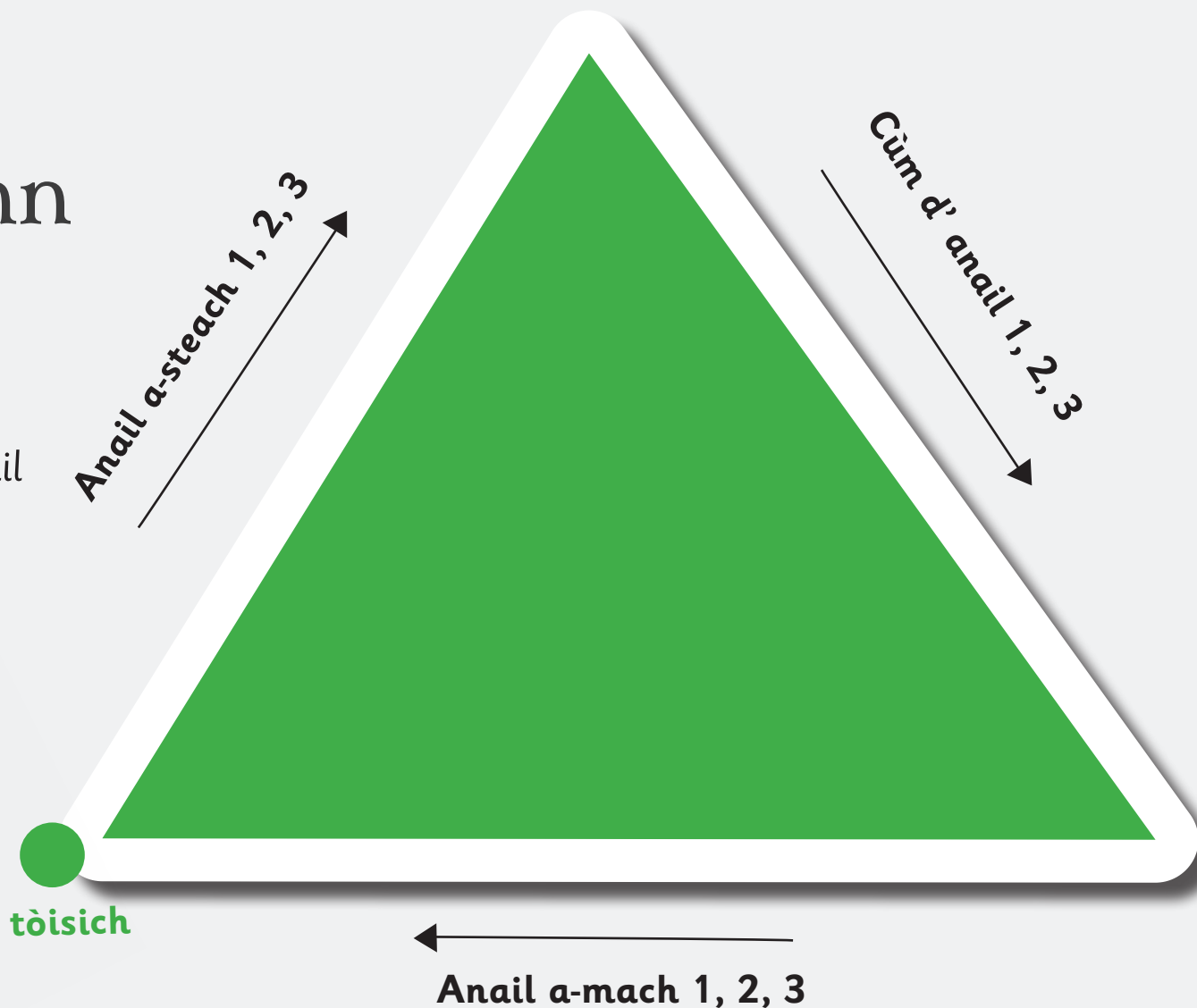
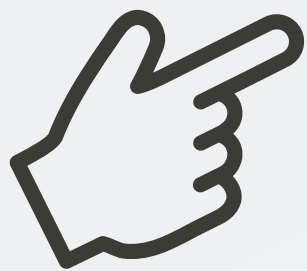
zzzzzzzzzz





# Anail nam beann

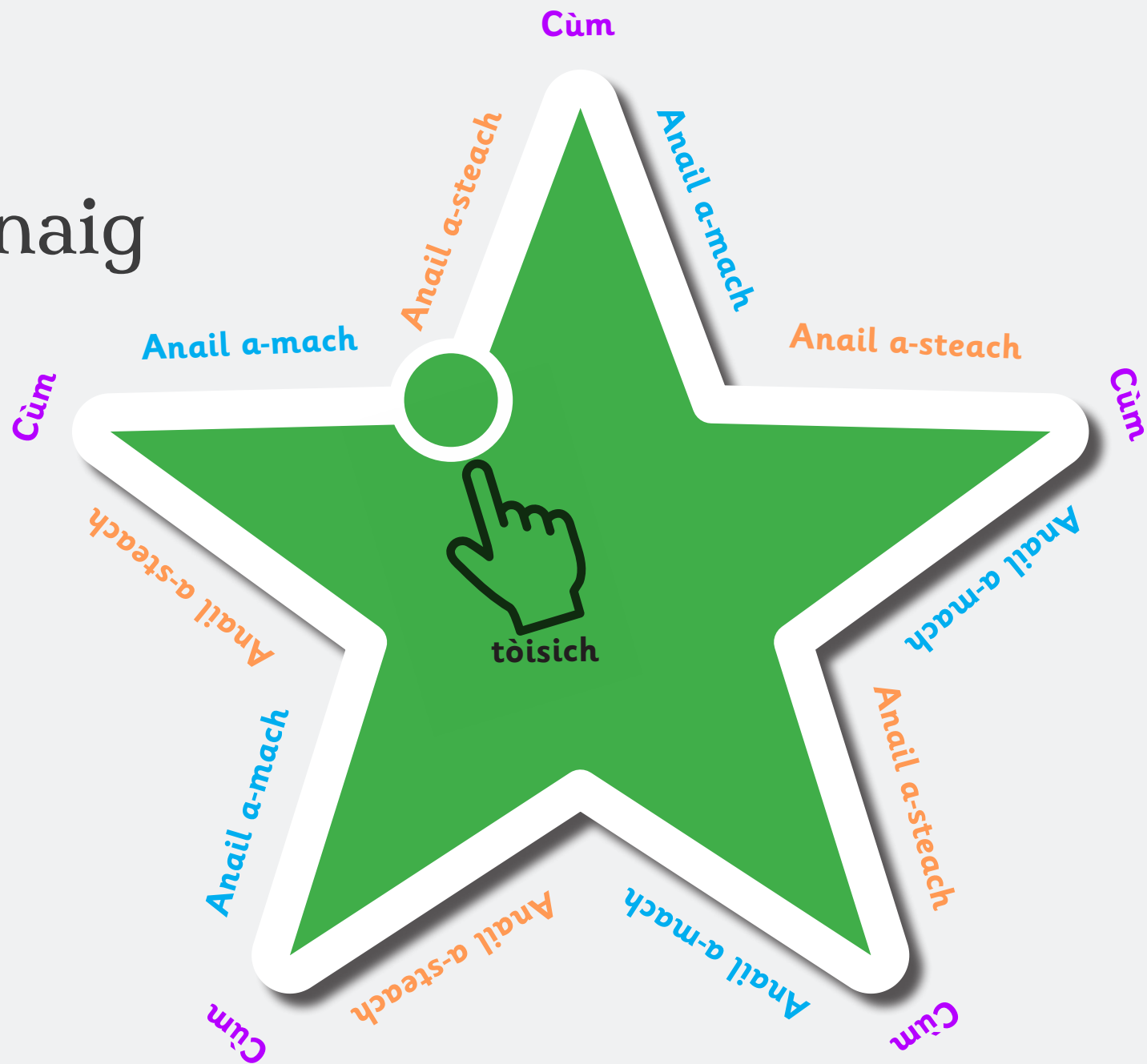
Lean cumadh nam beanntan le do chorrach gu slaodach. Tarraing anail a-steach nuair a tha thu a' sreap nam beann agus leig d' anail a-mach nuair a tha thu a' tighinn a-nuas. Faodaidh tu a dhèanamh cho tric 's a thogras tu.





# Anail na rionnaig

Gluais do chorràg timcheall air an rionnaig a' tarraing anail a-steach, a' cumail d' anail aig a' ghob agus a' leigeil d' anail a-mach. Cùm ort gus am bi thu air a dhol timcheall na rionnaig air fad.





# Anail cheàrnagach

Gluais do chorrage timcheall air a' cheàrnaig a' leantainn nan saigheadan. Tarraing anail dhomhainn a-steach, cùm i agus leig a-mach i gu slaodach.



tòisich

Anail a-steach airson 4



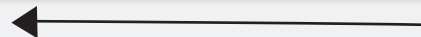
Cùm d' anail airson 4



Anail a-mach airson 4



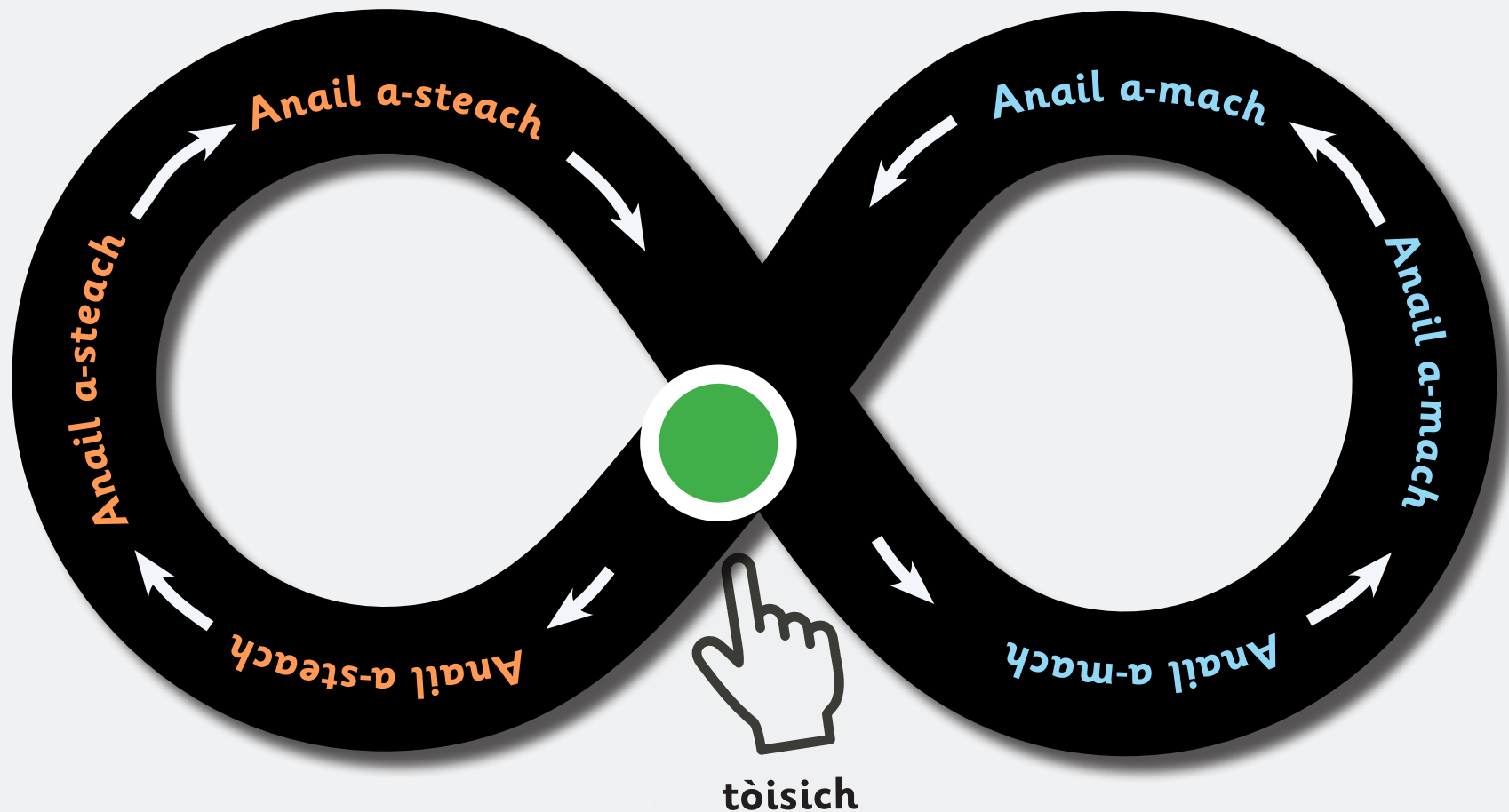
Cùm d' anail airson 4





# Anail a h-ochd

Tòisich anns a' mheadhan agus lean na saigheadan chun an taoibh chli fhad 's a tha thu a' tarraing anail a-steach. Nuair a tha thu air ais anns a' mheadhan, leig d' anail a-mach fhad 's a bhios tu a' leantainn nan saigheadan chun an taoibh dheis. Cùm ort a' leantainn a' phàtrain.





# Anail nas giorra 's nas fhaide

Tòisich faisg air mullach na beinne. Le do chorrach lean na saigheadan a' tarraing anail a-steach airson 3 agus a' leigeil d' anail a-mach airson 4.

