

Below you'll find the video's accompanying story, divided into sections with Hanzi, pinyin, translation and **keywords highlighted**.

Take the time to read through carefully. It's better to understand than to skim, but don't feel you need to understand every *single word*.

General comprehension is the goal here.

We suggest starting with the Hanzi and referencing the pinyin/translations when necessary. Have fun!

1151 Days of Braces film: <https://youtu.be/wlUkXLqEQ28>

Vocabulary PDF: <https://fragrantmandarin.com/youtube/braces>



Ella 矫牙的过程 | Ella's teeth straightening process

Graded: HSK 4

Ella 是一个很自卑的中国女生，因为她有颗大龅牙，平时不敢大笑。

*Ella shì yī gè hěn **zì bēi** de zhōng guó nǚ shēng , yīn wéi tā yǒu kē dà **bào yá** , píng shí bù gǎn dà xiào 。*

Ella was a Chinese girl with **low self-esteem**. Because she had a **projecting tooth**, she didn't normally like to smile.

突然有一天，她决定要去矫牙。但是她的妈妈不同意，因为矫牙意味着要戴牙套。她妈妈觉得戴牙套太痛苦了，一点都不值得。

tū rán yǒu yī tiān , tā jué dìng yào qù **jiǎo yá** . dàn shì tā de mā ma bù tóng yì , yīn wéi **jiǎo yá** yì wèi zhe yào dài **yá tào** . tā mā ma jué de dài yá tào tài tòng kǔ le , yī diǎn dōu bù zhí de 。

There was suddenly a day when she decided to **fix her teeth**. But her mum didn't agree to it, because **straightening your teeth** means wearing **braces**. Her mum thought wearing braces was too difficult and not at all worth the trouble.

但是为了牙齿的美观，为了以后可以自信地大笑，Ella觉得她必须要去矫牙，她不会后悔的！

dàn shì wèi le yá chǐ de **měi guān** , wèi le yǐ hòu kě yǐ zì xìn de dà xiào , Ella jué de tā bì xū yào qù jiǎo yá , tā bú huì **hòu huǐ** de !

But in order to make her teeth **look good**, in order to be able smile confidently and big in the future, Ella believed that she must get braces. She would not **regret** it!

她的朋友给她介绍了一位很好的牙医：李医生，李医生给Ella讲了牙齿正畸的优点和缺点，让她做好心理准备，Ella很淡定，她说自己一定会好好配合医生。

tā de péng yǒu gěi tā jiè shào le yī wèi hěn hǎo de **yá yī** : lǐ yī shēng , lǐ yī shēng gěi Ella jiǎng le yá chǐ **zhèng jī** de **yōu diǎn** hé **quē diǎn** , ràng tā zuò hǎo **xīn lǐ zhǔn bèi** , Ella hěn **dàn dìng** , tā shuō zì jǐ yī dìng huì hǎo hǎo **pèi hé** yī shēng 。

Her friends introduced her to a very good **dentist**. Dr Li explained the **pros** and **cons** of **orthodontics** to Ella. She told her to make **mental preparation**. Ella was **calm**. She said that she would definitely **cooperate** well with her dentist.



所以，Ella从那以后就戴上了牙套，慢慢地，她的大门牙变得越来越整齐，越来越美观，缺点就是说话的时候不清楚，有点大舌头。

suǒyǐ , Ella cóng nà yǐ hòu jiù dài shàng le **yá tài** , màn màn de , tā de **dà mén yá** biàn de yuè lái yuè **zhěng qí** , yuè lái yuè **měi guān** , **quē diǎn** jiù shì shuō huà de shí hou bù qīng chǔ , yǒu diǎn **dà shé tóu** 。

So, since then onwards, Ella wore **braces**. Gradually, her **front teeth** became **straighter** and **straighter**. **Prettier** and **prettier**. The **bad thing** was that when she spoke it wasn't perfectly clear and she had a little **lisp**.

李医生真是个专业的牙医，她每次都很耐心地帮Ella调整牙套的位置，就这样Ella的牙齿慢慢对齐了，也终于可以用两边的牙齿同时咀嚼了，吃起来东西来非常方便。

lǐ yī shēng zhēn shì gè zhuān yè de yá yī , tā měi cì dōu hěn nài xīn de bāng Ella **tiǎo zhěng yá tài** de wèi zhì , jiù zhè yàng Ella de yá chǐ màn màn **duì qí** le , yě zhōng yú kě yǐ yòng liǎng biān de yá chǐ tóng shí jǔ jué le , chī qǐ dōng xī lái fēi cháng fāng biàn 。

Dr Li was an absolute professional. Every time she helped Ella **adjust** the position of her **braces** patiently. Like this, Ella's teeth slowly **aligned**. She could finally use both sides of teeth to **chew**. It was so easy to eat.



矫牙期间最痛苦的事情就是挂橡皮筋和打骨钉。但是Ella从来没有后悔。

jiǎo yá qī jiān zuì tòng kǔ de shì qing jiù shì guà **xiàng pí jīn** hé dǎ gǔ **dīng** 。 dàn shì Ella cóng lái méi yǒu hòu huǐ 。

The most painful thing when **straightening** her teeth was having **rubber bands** and **nails** fitted. But Ella was never **regretful**.

终于有一天，她的牙医告诉她可以拆牙套了，Ella送走了她的“朋友”，非常开心。为了不让牙齿反弹，变得跟矫牙前

一样，所以牙套拆掉以后需要每天戴保持器。

zhōng yú yǒu yī tiān , tā de yá yī gào sù tā kě yǐ chāi **yá tào** le , Ella **sòng zǒu** le tā de “ péng yǒu ” , fēi cháng kāi xīn 。 wèi le bú ràng yá chǐ **fǎn tán** , biàn dé gēn **jiǎo yá** qián yī yàng , suǒ yǐ **yá tào** chāi diào yǐ hòu xū yào měi tiān dài **bǎo chí qì** 。

There finally came a day when her dentist told her she could remove her **braces**. Ella **said goodbye** to her “friends”. She was very happy. In order to not let her teeth **revert** to the same as before she had had her teeth **straightened**, she had to wear a **retainer** every day after having her **braces** out.

Ella 矫牙的故事还在继续…

Ella **jiǎo yá** de gù shì hái zài jì xù ...

The story of Ella's **teeth straightening** hasn't ended yet...

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We hope that you've found this extra learning story useful. If you have, please let us know over on our YouTube or Patreon!

Happy learning,

Ella & Scott