



G2-1

學會不抱怨，
把事情做好

論語古文解釋

The Explanation of The Analects

不怨天，不尤人。

遇到困難時，不埋怨上天，也不責怪別人，要懂得承擔責任。

When facing difficulties, don't complain about fate or blame others. Learn to take responsibility.

參考財團法人臺南市至善教育基金會網站於出版品介紹與解釋





閱讀前，聊一聊



Before Reading



你有沒有忍不住抱怨某些事情的經驗？說一說。

Have you ever found yourself complaining about something? Tell me about it.

當你聽到別人抱怨，你有什麼想法與感受？

When you hear others complain, what are your thoughts and feelings?





閱讀中，聊一聊

During Reading



P.22-P.23

阿弟說：「今天真倒楣。」因為鬧鐘、玩具、椅子、公車還有媽媽，讓他一整天過得不太順利，你同意他的說法嗎？為什麼？

Do you agree with A-Di's statement, "I am having a bad day"? He blames the alarm clock, toys, chair, bus, and even his mom for making his day difficult. Why or why not?

P.24-P.25

阿弟看起來很不開心，如果你是大樹爺爺，你會想和他說什麼話呢？

A-Di looks very unhappy. If you were Grandpa Tree, what would you say to him?

P.28-P.29

阿弟睡過頭並不是鬧鐘害的，你覺得除了大樹爺爺的建議，他還可以怎麼做？

A-Di overslept, but it wasn't the alarm clock's fault. In addition to Grandpa Tree's advice, what else do you think he could do?

P.30-P.31

阿弟被玩具絆倒並不是玩具害的，你覺得除了大樹爺爺的建議，他還可以怎麼做？



A-Di tripped over his toys, but it wasn't the toys' fault. Besides Grandpa Tree's advice, what else do you think he could do?

P.32-P.33

阿弟撞到椅子並不是椅子害的，你覺得除了大樹爺爺的建議，他還可以怎麼做？

A-Di bumped into the chair, but it wasn't the chair's fault. Besides Grandpa Tree's advice, what else do you think he could do?

P.34-P.35

阿弟沒搭上公車並不是公車害的，你覺得除了大樹爺爺的建議，他還可以怎麼做？



A-Di missed the bus, but it wasn't the bus's fault. Besides Grandpa Tree's advice, what else do you think he could do?

P.36-P.37

阿弟沒帶課本並不是媽媽害的，你覺得除了大樹爺爺的建議，他還可以怎麼做？

A-Di forgot his textbook, but it wasn't his mom's fault. Besides Grandpa Tree's advice, what else do you think he could do?

閱讀後，聊一聊

After Reading



◎想你在讀這本書之前提到的抱怨經驗，你認為怎麼做會更好？

Think back to the time you complained about something. What do you think you could have done better?

如果我們總是抱怨，會對自己和周圍的人造成什麼影響？

If we complain all the time, what impact will it have on ourselves and those around us?

當別人抱怨或責怪你時，你會怎麼想？

How do you feel when someone complains or blames you?

當我們想抱怨時，可以怎麼做？

What can we do instead of complaining?





「不抱怨」小劇場

"No Complaints" Theater



首先，讓小孩在小組內認領家庭角色，
如：爸爸、媽媽、哥哥、姊姊、弟弟、妹
妹、爺爺、奶奶……

接著，主持活動的大人作為旁白為小組讀
出狀況情境題，請孩子根據這個情境演出
他們溝通的過程，但是這個過程裡面，不
能有抱怨的言語。

這個活動聽起來像是在演戲，其實是在練
習用適合的語氣正向說話。如果是家長帶
著一個孩子做活動，便可以減少人物、簡
化情境。

First, have the children take on family roles within their group, such as Dad, Mom, Brother, Sister, Grandpa, or Grandma.

Next, the adult leading the activity will read a scenario aloud. The children will then act out how they would communicate in that situation—but without using any complaining words.

This activity may seem like acting, but it's just a way to practice speaking positively and appropriately. If a parent does this with just one child, they can simplify the roles and scenario.

情境舉例

姊姊和妹妹一起在公園裡玩，媽媽叮囑兩個人
一定要一起行動，但他們一個人想要玩翹翹
板、一個人想要玩盪鞦韆……

Example Scenario:

Two sisters are playing in the park. Mom told them they must stay together. However, one wants to play on the seesaw, while the other wants to swing on the swings...

活動舉例

Examples of Activity



主持人讀情境(不需演)：

一大早，媽媽便和哥哥一起找鉛筆盒，爸爸正準備穿鞋子出門上班，妹妹在玄關等著媽媽和哥哥準備一起上學，因為一直找不到，哥哥和妹妹已經快要遲到卻還沒有辦法出門……妹妹這時會說什麼呢？

The host reads (no acting needed):

Mother and Brother are looking for a pencil case early in the morning. Father is getting ready to wear his shoes and work. Sister is waiting at the entrance for Mother and Brother to go to school together. Because they cannot find it, Brother and Sister are almost late, but they have no way out. What will Sister say at this time?



飾演妹妹的小孩：

快要遲到了，我可以幫什麼忙嗎？
需要我幫忙一起找嗎？

The child playing Little Sister could say:
"We're almost late! How can I help?"
"Do you need me to help look for it?"



主持人：

妹妹問了問題，哥哥會怎麼說呢？

Host: The sister asked a question. What would the brother say?



飾演哥哥的小孩：

謝謝妹妹，可以幫我找找書包裡面有沒有鉛筆盒嗎？

The child who plays the role of brother:

Thank you, sister. Can you help me look for a pencil case in my school bag?



主持人：

哥哥回答了，這時候，爸爸說話了，爸爸會說些什麼呢？

Host: The brother answered. At this time, Dad spoke. What would Dad say?



飾演爸爸的小孩：

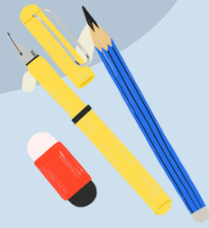
我有個建議，要不要先去學校，今天先跟同學借筆？或者哥哥可以問問妹妹能不能借你筆。

The child who plays the father:

I have a suggestion for you. How about you go to school first and borrow a pen from classmates today? You can also ask your sister if she can lend you a pen.

我是收納高手

Master of Organizing



請小朋友查看自己的書包，將書包裡的東西畫在左邊的圈圈中，
試著將這些東西分類、圈在一起，想想這些東西如何擺放會更整齊呢？
重新整理過書包之後，請與你隔壁同學分享自己如何整理書包。

Ask the children to check their school bag and draw the items inside in the circle on the left.

Try to classify and circle these things together. Think about how to place these things more neatly.

After rearranging your school bag, please share how you organized it with your classmates.

認識漢字

Learning Chinese Characters is Fun



guǒ
果

「果」字是樹上長滿了果實的樣子。

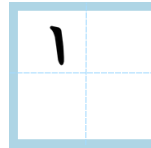
The character "果" looks like a tree with many fruits.

- 例如：水果
- For example: Fruit.

練習
Practice

請小朋友照筆畫練習寫字：

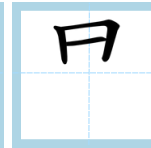
Practice writing this character according to its stroke order.



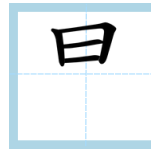
第1畫



第2畫



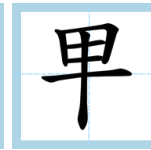
第3畫



第4畫



第5畫



第6畫



第7畫



第8畫

