



W1-2

放輕鬆，別緊張



# 小兒語古文解釋

The Explanation of Wisdom for Children



一切言動，都要安詳。

十差九錯，只為慌張。



說話時應該要語氣平和，做事時應該要慢慢來，不要急。  
我們大多數所犯下的錯誤，或說錯話的原因，都是因為  
慌張造成的。

When we speak, we should speak calmly.

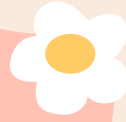
When we do things, we should do them gently.

Most of the mistakes we make or the things we say wrong are  
caused by rushing.

參考「淨宗學院」製作之影片《小兒語》第一集及  
「香港佛陀教育協會」粉絲專頁的《童心說樂園》第一集之影片釋義



# 閱讀前，聊一聊



Before Reading

1.

想一想「緊張」是什麼意思。

Think about what "nervous" means.



你上一次覺得緊張是什麼時候？

When was the last time you felt nervous?

你有什麼放輕鬆的好辦法嗎？

Do you have any good ways to relax?

做怎樣的事情你會覺得放輕鬆了？

What kinds of things make you feel calm and relaxed?

2.

你覺得做事情時保持冷靜做得比較好，  
還是緊張的時候比較好呢？說一說你類似的經驗。

Do you think staying calm helps you do things better, or does  
being nervous work better?

Share an experience you've had like this!





# 閱讀中，聊一聊



During Reading

3.

P.12

發生什麼事？

What happened to him?



看看孩子的回答跟蜜蜂有什麼不一樣？

P.14

發生什麼事？

What happened to them?



Let's see the difference between the kids' answers and the bee's.

P.19

你覺得為什麼會發生這樣的事情呢？

Why do you think this happened?



如何避免這種事情發生？

How can we avoid this from happening again?





# 閱讀後，聊一聊

After Reading

4.

## 陪阿弟想一想

Let's think about it with A-Di!



- 你有因為**著急**或**慌張**而犯錯的經驗嗎？  
怎麼才能避免呢？

Have you ever made a mistake because you were anxious or panicked? How can we avoid it?

- 當你感到**緊張**或**慌張**時，什麼方法能幫助你**安靜**下來？

What methods help you calm down when you feel anxious or panicked?

- 你有在保持**冷靜**後，得到好結果的經驗嗎？

「**冷靜**」怎麼幫助到你呢？

Have you ever experienced good results after staying calm? How can "calmness" help you?



# 情緒冷靜瓶

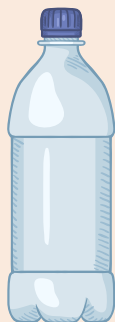
Mind Jar

放輕鬆別緊張，很緊張的時候可以想一些辦法來緩解自己的心情唷！做一個可以幫助冷靜的瓶子，當自己很緊張很慌張的時候，看著裡面的亮粉慢慢掉落，就覺得好像事情也沒什麼大不了的，先冷靜下來再好好面對困難吧！

Take it easy and don't stress! When you're feeling nervous, try some ways to calm yourself down. Here's a unique mind jar to help you relax. When you're anxious or panicking, watch the glitter slowly settle at the bottom — it reminds you that things might not be as bad as they seem. Calm down first, then face the challenge with a clear mind!

## 材料

Materials



塑膠瓶

Plastic bottle



亮粉

Glitter



竹籤

Skewers



膠水

Glue



水

Water

# 開始做囉!

Let's Get Started

## (1)把膠水和水的比例1:4注滿瓶子

Fill the bottle with glue and water in a 1:4 ratio.

## (2)蓋上瓶子搖一搖，將液體充分搖晃均勻

Close the bottle and shake it well to mix the liquid thoroughly.

## (3)把亮粉倒入瓶子，並用竹籤攪拌。

Add glitter to the bottle and stir it with a skewer.

## (4)蓋上蓋子，就完成了。

Seal the lid tightly, and it's done!

## (5)當你感到不開心時，搖動瓶子觀察亮粉往下掉的樣子吧。

When you're feeling upset, shake the bottle and watch the glitter slowly settle down.





# 動手做想一想

Let's Do It

## 材料

Materials



彈珠兩顆

Two marbles



棉線兩條

(20cm)

Two pieces of cotton thread 20 cm



熱熔膠或保麗龍膠

Hot melt glue or styrofoam glue



窄口玻璃瓶

Narrow-mouth glass bottle

能讓一顆彈珠通過，但兩顆彈珠無法通過的瓶口

A bottle that can pass one marble but not two marbles.

**1 請將彈珠黏上棉線的一端。**

Glue the marble to one end of the string.

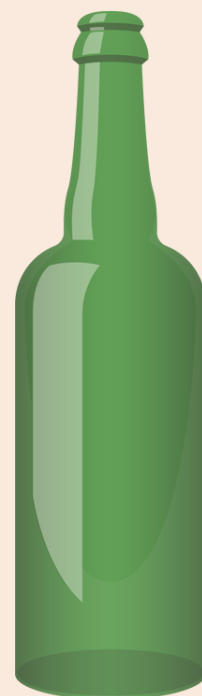
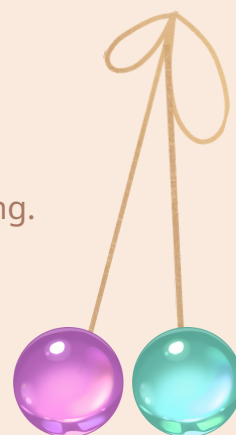
**2 試試看黏上繩子的彈珠是不是可以通過瓶口呢？  
要可以通過才是成功喔！**

Test if the marble with the string can fit through the bottle opening.  
It's a success if it fits!

**3 再做一條步驟一的繩子 + 彈珠吧！**

想一想，現在有兩條彈珠棉線，一個玻璃瓶，  
要怎麼手不碰到玻璃瓶的情況下，把瓶子拿起來呢？  
想到了嗎？

Create another string using a marble, similar to step one. Now,  
think about how to lift a glass bottle using the two marble strings  
without touching it with your hands. Any ideas?





## 思考看看

Let's Think About The Answer

我們有辦法同時放入兩顆彈珠在瓶子裡嗎？

Can we put two marbles into the bottle at the same time?



如果一顆放進去後再放一顆可以嗎？

What if we put one marble in first, then another—does that work?

我們有辦法同時把兩顆彈珠從瓶子裡拿出來嗎？

Can we take two marbles out of the bottle at the same time?

我們有辦法將彈珠一次一顆拿出來嗎？

Can we take the marbles out one by one?



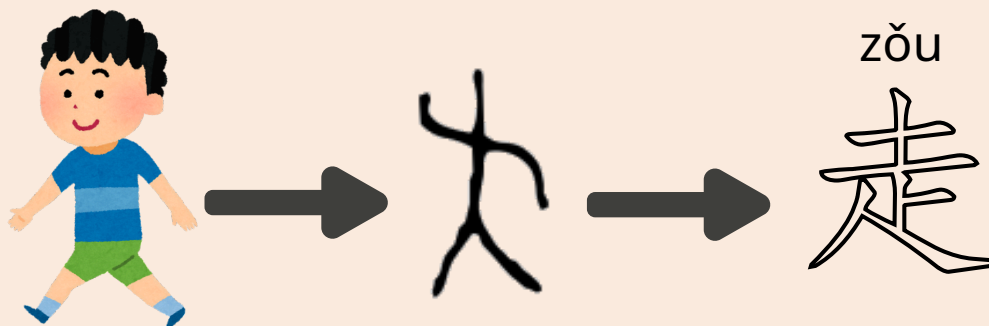
就好像是小兒語說的，一切言動，都要安詳，十差九錯，只為慌張。有的時候慢慢的一顆顆將彈珠拿出來，反而會比慌張的兩顆一次取出，還要來的有效。

Like Wisdom for Children saying, "yí qiè yán dòng, dōu yào ān xiáng, shí chà jiǔ cuò, zhǐ wèi huāng zhāng."

Sometimes, removing marbles one by one is more effective than rushing to grab two at once.

# 認識漢字

Learning Chinese Characters is Fun



「走」這個字就是在畫一個人在往前走呢!

The character "走" looks like a person walking forward.

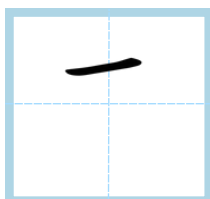
- 例如：走路 • For example, walk.

練習

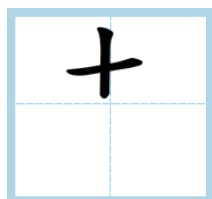
Practice

請小朋友照筆畫練習寫字：

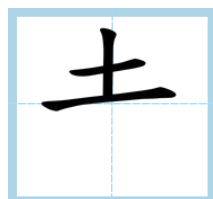
Practice writing this character according to its stroke order.



第1畫



第2畫



第3畫



第4畫



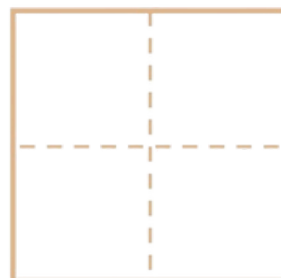
第5畫



第6畫



第7畫



• 筆順圖源自中華民國教育部「國字標準字體筆順學習網」：  
<https://stroke-order.learningweb.moe.edu.tw/index.jsp>