



W1-3

用心的一天



小兒語古文解釋

The Explanation of Wisdom for Children



無心之失，說開罷手。
一差半錯，哪個沒有。



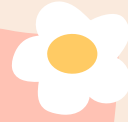
誰都有犯錯的時候。如果是我們無心犯下的錯誤，只要下次注意，不要再做錯就好了。

Everyone makes mistakes. If we make mistakes but not on purpose, we should pay attention and try not to make the same mistake again.

參考「淨宗學院」製作《小兒語》第一集影片釋義



閱讀前，聊一聊



Before Reading

1.

邊翻書邊找一找「沒關係」這三個字，你會發現圖畫書中一直出現喔！

Look for the words "it's okay" while flipping through the book, and you will find that they appear all the time in the picture book!

2.

你犯過錯嗎？

你希望你犯錯的時候別人怎麼對你？

Have you ever made a mistake?

How do you want others to treat you when you make a mistake?

3.

說說看做什麼事情會用到「心」呢？

你覺得「用心」是什麼意思？

Let's talk about what you can do that uses your "heart"?
What do you think "mindful" means?



閱讀中，聊一聊



During Reading

4.

P.13

怎麼幫助自己注意每天穿合適的衣服上學呢？

How would you remind yourself to wear appropriate clothes for school daily?

P.15

怎麼提醒自己注意不打翻東西呢？

How to remind yourself not to knock things over?

P.17

怎麼提醒自己注意不撞到東西，不讓自己受傷呢？

How would you remind yourself not to bump into things or get hurt?

P.19

別人撞倒你了，你處理的方法和阿妹一樣嗎？

If someone bumped into you, would you handle it the same way as A-Mei?

P.20

你覺得開門的小女生，是故意要撞到阿妹嗎？為什麼？她下次可以怎麼注意呢？

Do you think the little girl who opened the door deliberately wanted to hit A-Mei? Why?
How can she pay attention next time?

P.23

你覺得阿妹被球打到是誰的問題？

Whose fault do you think it is that A-Mei was hit by the ball?

P.34

聽到別人讚美你，發現你的努力，你有什麼感覺？

How do you feel when others praise you and recognize your efforts?

P.40

請翻到書上第40頁，跟著一起唱唱看！🎵

Please turn to page 40. Let's sing along!



閱讀後，聊一聊

After Reading

5.

陪阿弟想一想

Let's think about it with A-Di

每個人都會犯錯嗎？為什麼犯錯是正常的？

Does everyone make mistakes? Why is it normal to make mistakes?

如果有人不小心做錯了事，我們可以怎麼辦呢？」

What can we do to help if someone makes a mistake?

當你自己犯錯時，你希望別人怎麼對待你？

How do you want others to treat you when you make a mistake yourself?

你覺得學會道歉和接受別人的道歉重要嗎？為什麼？

Do you think it's important to learn to apologize and accept apologies from others? Why?



6.



聽聽「心」的聲音



Listen to the Voice of Your "Heart"

可以練習3分鐘，如果喜歡再慢慢拉長時間喔～

跟著指示一起聽聽看心的聲音吧！

1. 找一個安靜的地方坐下來或是躺下來，閉上眼睛，
2. 將專注力集中於一個目標：呼吸
3. 留意及觀察自己自然的身體變化。
4. 嘗試安靜地觀察自己，並將專注力保持在此時此刻，留意這念頭、想法或情緒給自己帶來的反應。

你聽到了什麼「心」的聲音呢？



Let's practice for three minutes (or longer if you enjoy it!).
Follow these steps to listen to the voice of your heart:

1. Find a quiet place. Sit or lie down comfortably and gently close your eyes.
2. Focus your attention on one thing—your breathing.
3. Observe the natural changes in your body.
4. Stay present and simply notice your thoughts, ideas, and emotions. How do they make you feel?

What "voice" of your heart did you hear? ✨



如何陪伴孩子聽到心的聲音？

Pracrtice



1. 設定時間(鬧鐘聲設為輕音樂，不然會被嚇到)
2. 引導孩子找到最舒服的姿勢，閉上眼睛，全身放鬆(把身體每個部位都放到最鬆的狀態)
3. 引導孩子慢慢地吸氣，同時觀察身體的變化
 - 身體有什麼感覺？
 - 有聽到什麼聲音嗎？
4. 慢慢吐氣，同時觀察自己身體的變化
5. 重複3-4次吸氣與吐氣，盡量拉長吸氣與吐氣的時間，並持續觀察身體的變化
6. 討論和回應感受
 - 有聽到心的聲音嗎？
 - 身體有感覺變得輕飄飄的嗎？

1. Set a timer, choosing soft music for the alarm sound so it won't startle the students.
2. Guide the children to find comfortable positions, close their eyes, and relax their entire bodies. Help them release tension and allow every part of their bodies to become loose and at ease.
3. Gently guide them to take a slow breath in, noticing any sensations in their bodies, asking
 - How do your bodies feel?
 - Did you hear any voice?
4. Slowly breathe out, continuing to observe any changes in the bodies.
5. Repeat this breathing cycle 3-4 times, making each breath a little longer. Pay attention to how the bodies respond.
6. Discuss their experiences and encourage reflection, asking
 - Did you hear the voice of your hearts?
 - Did your bodies start to feel light and floaty?



用心計畫表

Mindful Plan



想一想，要怎麼提醒自己保持用心呢？

最近有什麼不好的習慣想要改掉呢？你想要怎麼做？

建議家長也可以一起許下願望，家長和孩子一起會更有動力哦！

Think about it. How can you remind yourself to stay focused and mindful? Do you have any bad habits you want to change?

How do you plan to work on them? Making a wish together with your child can make it more fun and motivating.

我的簽名 My signature	我可以再表現更厲害的事 Things I can do better	我想要這樣做 What I will do
阿弟	早上起床不賴床	晚上不看電視， 早點睡覺

認識漢字

Learning Chinese Characters is Fun



心這個字是從心臟的形狀來的，代表人的感覺和想法。

The character "心" comes from the shape of a heart and represents a person's feelings and thoughts.

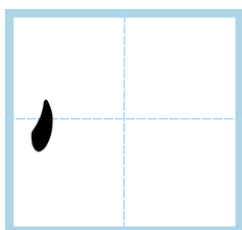
- 例如：心情 • For example: Mood.

練習

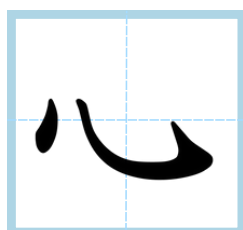
Practice

請小朋友照筆畫練習寫字：

Practice writing this character according to its stroke order.



第 1 畫



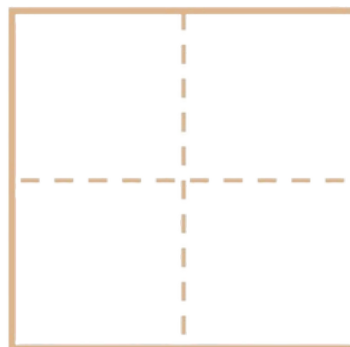
第 2 畫



第 3 畫



第 4 畫



• 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>