



Gratitude

品格教育：感恩

Character Education with Teacher Dom

跟 Dom 老師上品格教育

Who Helps Us?

誰在幫我們

100 Years of Hands

一百年的手

Say Thank You

說謝謝

Our Card

我們的感謝卡

1923

the year your school was
born

你們學校誕生的那一年

100+

years of people who cared for
it

年來照顧這所學校的人

1

thank-you card from each of
you

張你親手寫的感謝卡

Hello! I am Dom.

哈囉！我是 Dom。

I come from California, USA.

我從美國加州來。

Today I came up the mountain to meet you.

今天我上山來認識你們。

Today's word is gratitude.

今天的關鍵字是：感恩。



Before 1:30 today, who did something for you?

今天下午一點半以前，有誰為你做了什麼？

What Is Gratitude?

什麼是感恩？

Gratitude means noticing what other people do for you — and then saying thank you, or giving something back.

感恩，就是注意到別人為你做了什麼——然後說聲謝謝，或是回饋一點什麼。

notice

注意到

thank

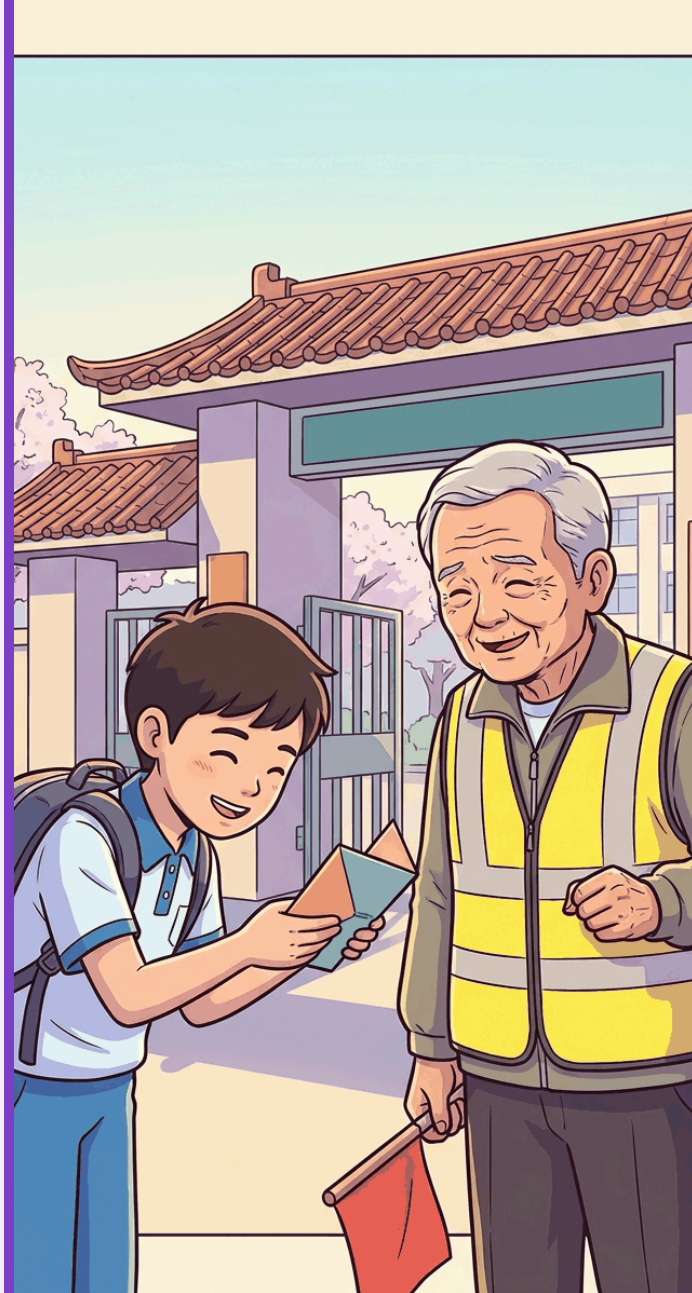
感謝

appreciate

珍惜

**give
back**

回饋





Stand Up If...

如果是你，就站起來！

1

Stand up if someone made breakfast for you today.

今天有人幫你準備早餐的，站起來。

2

Stand up if someone brought you up the hill to school.

今天有人送你上山來學校的，站起來。

3

Stand up if you said thank you to them.

有跟他們說謝謝的，站起來。

So many people help us every day. We just don't always notice.

每天有好多人在幫我們，只是我們不一定注意到。



Riddle: I start work before you wake up. I cook lunch for the whole school. Who am I?

猜猜我是誰：你還沒起床我就開始工作，我為全校煮午餐。

A

**A crossing
guard**

導護

B

**A school
cook**

午餐廚工

C

A bus driver

公車司機

D

A teacher

老師



Tap any option to reveal · 點任一選項公布答案



Riddle: I start work before you wake up. I cook lunch for the whole school. Who am I?

猜猜我是誰：你還沒起床我就開始工作，我為全校煮午餐。

B

A school cook

午餐廚工



A school cook! Next time you eat lunch, think about whose hands made it.

午餐廚工！下次吃午餐時，想想是誰的手做出來的。

A School Built by 100 Years of Hands

一百年的手，蓋起這所學校

Siling Elementary was born in 1923. Every classroom, every tree and every team is here because someone before you cared.

西嶺國小創校於 1923 年。每一間教室、每一棵樹、每一支校隊，都是因為在你之前有人用心。

alumni
校友

build
建造

care
用心

pass on
傳下去





Your English lessons, clubs and after-school care are free. Who pays for them?

你們的英語課、社團和課後照顧都免費。是誰出的錢？

A

The students

學生自己

B

Siling alumni

西嶺的校友

C

A big company

一家大公司

D

Nobody

沒有人



Tap any option to reveal · 點任一選項公布答案



Your English lessons, clubs and after-school care are free. Who pays for them?

你們的英語課、社團和課後照顧都免費。是誰出的錢？

B

Siling alumni

西嶺的校友



Your alumni! Long ago they sat in your seats. Now they give back so you can learn.

是校友！很久以前他們就坐在你的位子上，現在回來幫助你們學習。

Who Taught the Lion to Dance?

是誰教會獅子跳舞？

Your lion-dance team began in 2016 — but the dance is about 100 years old. Local masters passed it on, step by step.

你們的舞獅隊 2016 年成立——但這套獅藝大約有一百年了，是在地的師傅一步一步傳下來的。

master

師傅

tradition

傳統

practice

練習

pass on

傳承





Siling has something no other elementary school in Taiwan has. What is it?

西嶺有一樣東西，是全台灣其他國小都沒有的。是什麼？

A

**A swimming
pool**

游泳池

B

**A kite
museum**

風箏館

C

**A train
station**

火車站

D

A zoo

動物園



Tap any option to reveal · 點任一選項公布答案



Siling has something no other elementary school in Taiwan has. What is it?

西嶺有一樣東西，是全台灣其他國小都沒有的。是什麼？

B

A kite museum

風箏館



A kite museum, opened in 2002! Teachers and students before you built it, kite by kite.

風箏館，2002 年啟用！是你們之前的老師和學長姐，一只一只風箏做出來的。

True or False? 1/2

真的還假的？手比 ○ 或 ✕

You only need to say thank you for big things.

只有大事才需要說謝謝。

Saying thank you can make YOU happier, too.

說謝謝也會讓自己更快樂。



Tap each one to reveal · 點每一題公布答案

True or False? 1/2

真的還假的？手比 ○ 或 ✕

You only need to say thank you for big things.

只有大事才需要說謝謝。

✕ FALSE

Small things count too — like holding a door.

小事也算——像是幫你扶門。

Saying thank you can make YOU happier, too.

說謝謝也會讓自己更快樂。

○ TRUE

Scientists have studied it: grateful people often feel happier.

科學家研究過：懂得感恩的人通常比較快樂。



Tap each one to reveal · 點每一題公布答案

True or False? 2/2

真的還假的？手比 ○ 或 ✕

Gratitude is only words.

感恩只是說說而已。

Saying thank you takes a lot of time.

說謝謝要花很多時間。

👉 Tap each one to reveal · 點每一題公布答案

True or False? 2/2

真的還假的？手比 ○ 或 ✕

Gratitude is only words.

感恩只是說說而已。

✕ FALSE

Your alumni showed it with actions. So can you.

你們的校友用行動表現。你也可以。

Saying thank you takes a lot of time.

說謝謝要花很多時間。

✕ FALSE

Five seconds. Try it today!

五秒鐘就夠了。今天就試試看！

👉 Tap each one to reveal · 點每一題公布答案



Say Thank You in English

用英文說謝謝

Thank you for _____.

謝謝你 _____。

I really appreciate your help.

我真的很感謝你的幫忙。

You made my day!

你讓我今天好開心！

We couldn't do it without you.

沒有你，我們做不到。

Thanks a million!

萬分感謝！

30-Second Challenge

30 秒挑戰

In 30 seconds, shout out as many helpers as you can — in English. I will count!

30 秒內，用英文喊出越多「幫助我們的人」越好，我來數！

teacher 老師

nurse 護理師

cook 廚師

driver 司機

coach 教練

farmer 農夫

doctor 醫生

grandma 阿嬤

Record to beat: 16

要打破的紀錄：16 個



Turn and Tell Your Partner

轉過去，告訴你的同學

Who is one person at Siling you want to thank?

在西嶺，你最想感謝的一個人是誰？

I want to thank _____ because _____.

我想感謝 _____，因為 _____。



One minute each. Then I will ask two of you.

每人一分鐘。然後我會請兩位分享。



Write a Thank-You Card

寫一張感謝卡

Dear _____,

親愛的 _____：

Thank you for _____.

謝謝你 _____。

Because of you, _____.

因為有你，_____。

From, _____

_____ 敬上

Give it to them yourself — today!

今天就親手交給他！

Dom on Gratitude

Dom 談感恩



Watch — then tell me: who will get YOUR card?

看完之後，告訴我：你的卡片要送給誰？

3 Things You Can Do Today

今天就可以做的 3 件事

1

Say thank you to a helper — and use their name.

向一位幫助你的人說謝謝——叫出他的名字。

2

Give your card to the person you wrote it for.

把卡片親手交給你寫給的那個人。

3

Help a younger student. One day, YOU will be the alumni.

幫學弟妹一個忙。有一天，你也會是校友。



Dom's neighbors in California say "gracias" every day. Which language is it?

Dom 在加州的鄰居每天都說「gracias」。那是哪一種語言？

A

French

法文

B

Spanish

西班牙文

C

German

德文

D

Japanese

日文



Tap any option to reveal · 點任一選項公布答案



Dom's neighbors in California say "gracias" every day. Which language is it?

Dom 在加州的鄰居每天都說「gracias」。那是哪一種語言？

B

Spanish

西班牙文



Spanish! Merci is French, danke is German, and arigatō is Japanese.

西班牙文！Merci 是法文，danke 是德文，arigatō 是日文。



Leave a Message for Dom

留言給 Dom

Go to our School Tour page and find the Siling Elementary column. No sign-up, no login — tell Dom who you thanked today.

到我們網站的 School Tour 頁面，找到西嶺國小那一欄，免註冊、免登入，告訴 Dom 你今天感謝了誰。

mycultureconnect.org/dom-school-tour.html

Today I thanked _____.

今天我感謝了 _____。

Every school is built by many hands.

每一所學校，都是很多雙手一起蓋起來的。

Thank you, Siling Elementary!

謝謝西嶺國小！