



Kindness

品格教育：仁慈

Character Education with Teacher Dom

跟 Dom 老師上品格教育

Notice

注意

Help

幫忙

Share

分享

Cheer

加油

4

ways to be kind

種仁慈的方法

5

kind sentences in English

句仁慈的英文

1

kind act starts the next one

個仁慈的舉動，帶動下一個

Hello! I am Dom.

哈囉！我是 Dom。

I come from California, USA.

我從美國加州來。

I heard Siling kids fly kites and dance with lions. Wow!

聽說西嶺的小朋友會放風箏、還會舞獅。哇！

Today's word is kindness.

今天的關鍵字是：仁慈。



Wave your hand and say: "Hello, Dom!"

揮揮手，說：「Hello, Dom!」

What Is Kindness?

什麼是仁慈？

Kindness means you see what someone needs — and you do something nice to help.

仁慈，就是看見別人需要什麼——然後做一件好事幫助他。

notice
注意

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Show Me: KINDNESS

做給我看：仁慈

Look, help, smile!

看一看、幫一幫、笑一笑！



**LOOK — who needs
help?**

看一看——誰需要幫忙？



**HELP — hold out
your hand**

幫一幫——伸出你的手



**SMILE — say “Are
you OK?”**

笑一笑——說「你還好
嗎？」



Stand Up If...

如果是你，就站起來！

1

Stand up if a friend shared something with you today.

今天有朋友跟你分享東西的，站起來。

2

Stand up if you helped someone this week.

這個星期有幫過別人的，站起來。

3

Stand up if you said "thank you" or "are you OK?" today.

今天有說過「謝謝」或「你還好嗎」的，站起來。

Kindness is already here at Siling. Let's make it grow!

仁慈已經在西嶺了。我們讓它長得更大！

Kind or Not Kind? 1/2

仁慈，還是不仁慈？

KIND

仁慈



Sharing my umbrella

跟同學一起撐傘



Laughing when someone falls

別人跌倒時笑他



Picking up her books

幫她把書撿起來



Saying "You can't play"

說「你不能玩」

👍 Thumbs up for KIND, thumbs down for NOT KIND! · 仁慈比讚，不仁慈比倒讚！

Kind or Not Kind? 1/2

仁慈，還是不仁慈？

KIND

仁慈



Sharing my umbrella

跟同學一起撐傘

→ **KIND** 仁慈



Picking up her books

幫她把書撿起來

→ **KIND** 仁慈

NOT KIND

不仁慈



Laughing when someone falls

別人跌倒時笑他

→ **NOT KIND** 不仁慈



Saying "You can't play"

說「你不能玩」

→ **NOT KIND** 不仁慈

👍 Thumbs up for KIND, thumbs down for NOT KIND! · 仁慈比讚，不仁慈比倒讚！

Kind or Not Kind? 2/2

仁慈，還是不仁慈？

KIND
仁慈



Lending a crayon
借蠟筆給同學



Cheering for a friend
幫朋友加油

NOT KIND
不仁慈



Taking the last one first
搶走最後一個



Stepping on the flowers
踩花園裡的花

👍 Thumbs up for KIND, thumbs down for NOT KIND! · 仁慈比讚，不仁慈比倒讚！

Kind or Not Kind? 2/2

仁慈，還是不仁慈？

KIND
仁慈



Lending a crayon

借蠟筆給同學

→ **KIND** 仁慈



Cheering for a friend

幫朋友加油

→ **KIND** 仁慈

NOT KIND
不仁慈



Taking the last one first

搶走最後一個

→ **NOT KIND** 不仁慈



Stepping on the flowers

踩花園裡的花

→ **NOT KIND** 不仁慈

👍 Thumbs up for KIND, thumbs down for NOT KIND! · 仁慈比讚，不仁慈比倒讚！



It is raining. Your friend has no umbrella. What can you do?

下雨了，你的朋友沒有傘。你可以怎麼做？

A

**Run away
fast**

趕快跑走

B

**Share my
umbrella**

跟他一起撐

C

**Laugh at
him**

笑他

D

Say nothing 什麼都不說



Tap any option to reveal · 點任一選項公布答案



It is raining. Your friend has no umbrella. What can you do?

下雨了，你的朋友沒有傘。你可以怎麼做？

B

Share my umbrella

跟他一起撐



Share it! One umbrella keeps two friends dry.

一起撐！一把傘，兩個朋友都不會淋濕。



A classmate drops all her books. What is the kind thing to do?

同學的書全部掉在地上。怎麼做才是仁慈？

A

Help pick them up

幫忙撿起來

B

Step over them

跨過去

C

Tell her she is clumsy

說她笨手笨腳

D

Just watch

在旁邊看



Tap any option to reveal · 點任一選項公布答案



A classmate drops all her books. What is the kind thing to do?

同學的書全部掉在地上。怎麼做才是仁慈？

A Help pick them up

幫忙撿起來



Help! Many hands make the work light.

幫忙撿！大家一起，事情就變輕鬆。

A Kite Needs Two Friends

風箏需要兩個朋友

One friend holds the string. One friend lets the kite go. Together, it goes up, up, up!

一個人拉線，一個人放手。兩個人一起，風箏就飛高高！

kite
風箏

string
線

together
一起

up
往上





How many people are inside one dancing lion?

一隻舞獅裡面，有幾個人？

A One

一個

B Two

兩個

C Five

五個

D Ten

十個



Tap any option to reveal · 點任一選項公布答案



How many people are inside one dancing lion?

一隻舞獅裡面，有幾個人？

B Two

兩個



Two — the head and the tail! They must help each other every step.

兩個——獅頭和獅尾！每一步都要互相幫忙。

Kind to Every Living Thing

對每一個生命都仁慈



**Look — this is your school! Gentle hands and quiet voices.
Being gentle with animals is kindness, too.**

看——這是你們的學校！輕輕的手、小小的聲音。溫柔對待動物，也是仁慈。

True or False? 1/2

真的還假的？手比 ○ 或 ✕

Kindness is only for my best friends.

只要對好朋友仁慈就好。

A smile can be kindness.

一個微笑也可以是仁慈。



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 ✕

Kindness is only for my best friends.

只要對好朋友仁慈就好。

✕ FALSE

Kindness is for everyone — new friends, too.

仁慈是給每一個人的——新朋友也是。

A smile can be kindness.

一個微笑也可以是仁慈。

○ TRUE

Yes! It is free, and it takes one second.

對！不用錢，而且只要一秒鐘。

👉 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 ✕

Taking care of our garden is kindness.

照顧我們的花園也是仁慈。

Only big kids can be kind.

只有大哥哥大姊姊才能仁慈。

👉 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 ✕

Taking care of our garden is kindness.

照顧我們的花園也是仁慈。

○ TRUE

We are kind to places everyone shares.

大家共用的地方，我們也要愛護。

Only big kids can be kind.

只有大哥哥大姊姊才能仁慈。

✕ FALSE

Anyone can be kind — even today!

每個人都可以——今天就可以！

👉 Tap each one to reveal · 點每一題公布答案

Say It With Me

跟著我唸

Are you OK?

你還好嗎？

Can I help you?

我可以幫你嗎？

Let's play together.

我們一起玩。

Here, you can use mine.

來，你可以用我的。

You can do it!

你做不到！

Act It Out!

演演看！

Two friends act out a kind action — no talking! The class guesses in English.

兩位同學演出一個仁慈的動作——不能說話！全班用英文猜。

share an umbrella 一起撐傘

pick up books 撿書

help a friend up 扶朋友起來

share a crayon 分享蠟筆

water the garden 幫花園澆水

cheer for a friend 幫朋友加油

Can we guess all six?

我們能猜對全部六個嗎？



Turn and Tell Your Partner

轉過去，告訴你的同學

What is one kind thing you can do at school?

在學校，你可以做的一件仁慈的事是什麼？

I can _____.

我可以 _____。



Thirty seconds each. Then I will ask two of you.

每人 30 秒。然後我會請兩位分享。

Dom on Kindness

Dom 談仁慈



Watch closely — what do the friends share at lunch?

仔細看——午餐時，朋友們分享了什麼？

In Dom's cartoon, what did the friends share at lunch?

在 Dom 的動畫裡，午餐時朋友分享了什麼？

A A phone

手機

B

A clean spoon

一支乾淨的湯匙

C

A hat

帽子

D

A kite

風箏



Tap any option to reveal · 點任一選項公布答案



In Dom's cartoon, what did the friends share at lunch?

在 Dom 的動畫裡，午餐時朋友分享了什麼？

B A clean spoon

一支乾淨的湯匙



A clean spoon! Kindness can be very small — and still matter a lot.

一支乾淨的湯匙！仁慈可以很小，卻很重要。

3 Kind Things to Do Today

今天就可以做的 3 件仁慈的事

1

Invite someone to play with you.

邀請一位同學跟你一起玩。

2

Share something — a crayon, a snack, a smile.

分享一樣東西——蠟筆、點心，或一個微笑。

3

Tell a friend: "You can do it!"

跟朋友說：「你做得得到！」



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 one kind thing you did.

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 你做的一件仁慈的事。

mycultureconnect.org/dom-school-tour.html

Today I _____.

今天我 _____。

**One kind act
starts the next one.**

一個仁慈的舉動，會帶動下一個。

Thank you, Siling Elementary!

謝謝西嶺國小！