

我自豪

曼迪学会了系鞋带，感到十分自豪。她想与家人分享她的自豪感，可哥哥却说这没啥了不起，妈妈也不在乎……

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Dealing with Feelings

Why a book on feelings?

Parents often ask me for help dealing with their children's feelings. Two factors may contribute to this: (1) Many people were taught to ignore their feelings as children. Now they want to raise their own children differently, but have no idea how. (2) Many of us were taught not to feel proud of our accomplishments. It was often seen as a form of bragging or conceit, rather than healthy self esteem.

How can this book help?

I'm Proud can help children accept their feelings and decide how to respond.

The book models a constructive process for pride. It shows a parent and child discussing feelings openly. The story also offers specific options for children. There are verbal, physical, and creative ways described to express feelings. In addition, *I'm Proud* serves as a role model for parents who wish to change the way they respond to their children's feelings.

How to use *I'm Proud*

I'm Proud becomes more useful with time and repetition. A couple of readings probably won't make a dramatic change. But you can start to help your child transfer the information to real life.

■ **Distinguish between feelings and actions.** Read the book, letting the child choose the options. Ask, "How does Mandy *feel* now? What will she do next?" at the end of each page. More about understanding feelings is on the next page.

■ **Introduce different options.** Children need several ways to cope with feelings that work for them. This story offers nine ideas. When you are done reading, ask your child, "What else could Mandy have done?" Record your child's responses on the "Idea Page" at the end of this book.

■ **Use as a springboard for discussing other situations.** Begin by discussing something that happened to someone else. Ask your child to identify the feelings and the alternatives the child tried. Talk with your child from the perspective of collecting information, rather than what is right or wrong.

For example, assume a friend, Tyrone, drew a picture he liked, but his dad was too busy talking to his mom to look. Ask, "How did Tyrone *feel* when his dad didn't look?" "What did he do first when he felt upset?" "What else did he do?" Possible answers: he interrupted again, he waited, or he gave up.

When your child can distinguish between feelings and behavior for other people, you can review something he or she did in the same non-judgmental way.

Elizabeth Crary, Seattle, WA

怎样处理儿童情感问题

为何需要一本关于儿童情感的书？

家长们经常要求我就如何处理他们孩子的情感问题提供帮助。他们这样要求可能有两个因素。一是他们儿时所受的教育就是忽略他们的情感，如今他们想用一种不同的方式来养育自己的孩子，但却苦于不知如何做。二是我们大多数人被教导不要为自己的成绩而感到自豪。因为这往往被视作是自吹自擂或自高自大，而不是健康的自尊的表现。

这本书有什么用？

《我自豪》可以帮助孩子们接受他们的情感并决定如何作出反应。

本书为建设性地处理自豪提供了一个模式。它展示了家长和孩子是如何公开讨论情感问题的。同时，故事中还为孩子们提供了具体的选项。他们可选择用语言的、行动的或创造性的方式表达自己的情感。此外，《我自豪》也为那些希望改变对其孩子的情感作出反应的方式的家长充当了一个角色模式。

怎样使用《我自豪》

花的时间越长，使用的次数越多，《我自豪》的作用就越大。翻阅几下本书不会带来惹人的变化。不过你可以开始帮助孩子们把书中的东西运用到现实生活中来。

■**区分情感与行为。**念这本书，让你的孩子作出自己的选择。在每页的结尾问：“曼迪现在是什么感觉？”“她下一步会做什么？”下面还有更多关于理解情感的信息。

■**介绍不同的选项。**孩子们需要多种对他们有效的方式来处理自己的情感。本书的故事提供了九种主意。在你念完故事后就问你的孩子：“曼迪还可以怎么做？”把孩子的回答记录在书尾的“主意页”上。

■**把本书做为讨论其他情境的起点。**一开始是讨论发生在别人身上的事，然后让你的孩子学会区分这些情感以及书中孩子试过的处理情感的方法。不要教育他是对还是错，而应从收集信息的角度与你的孩子交谈。

比方说，有一个叫蒂龙的朋友画了张自己很喜欢的画，可他爸爸正忙于跟他妈妈说话，没空看他的画。你可以问孩子：“如果爸爸不看的话，蒂龙是什么感觉？”“他感到心烦意乱，会先做什么？”“他还做了什么？”可能性的回答：他又打扰别人；他等着；他放弃。

当你的孩子能够区别人情感和行为时，你可以回顾一下他或她过去在同样没判断力的情境下作出的反应。

伊丽莎白·克拉里于华盛顿州西雅图市



Mandy woke up. She heard a bird singing. It was going to be a beautiful day. She just knew it. She dressed quickly and then sat down to put on her new shoes.

Her smile faded. She couldn't tie her shoes. She wanted to tie them more than anything else in the world, but she couldn't make her fingers work right.

Her old shoes had velcro instead of shoelaces. They were easy to fasten. Her new shoes had red laces and she wanted to tie them herself. Mom said it was okay to ask for help when you need it, but she didn't want help.

曼迪起床了。她听到小鸟在歌唱。今天会是一个好日子。她就知道会是好天。她迅速穿好衣服,然后坐下来穿她的新鞋子。

她的笑容不见了。她不会系鞋带。她好想把它们系起来,但她的手指就是不听使唤。

以前她的鞋子都是尼龙搭袢的,没有用鞋带,所以很容易穿。她的新鞋子有红色的鞋带,她想自己来系。妈妈说,若是需要帮助可以叫她,但她不想要人帮忙。

Mandy heard the bird again. It seemed to say “*Try-a-gain. Try-a-gain.*”

“Okay,” she said, “I will.” She slipped her feet into the new shoes. “Now, let’s see...right over left and under, then make a loop...” she said to herself.

The more she tried, the more discouraged she became. “Everybody can tie their shoes but me,” Mandy thought. Her brother could tie his shoes. Her sister could tie her shoes. Even her best friends, Emily and Jeremy, could tie their shoes.

“Mandy, time for breakfast,” her mother called. As she got up, the bird sang, “*Try-a-gain. Try-a-gain.*”

“Okay,” she said to herself, “one more time.” She sat down and carefully went through the steps. Right over left, and under. Make a loop. Right over left, and under again.

“It worked! This time it worked,” she hollered excitedly. “I did it! I did it! I did it!”

She went racing off to tell her family.

曼迪又听见小鸟在叫了，好像在说：“再试一次，再试一次。”

“好吧，”她说，“我会的。”她把脚伸进新鞋子。“现在我们来看看……右边的放到左边的上面，穿出来，打个结……”她自言自语。

她越试越没信心。“人人都会系鞋带，除了我。”曼迪想。她哥哥会系鞋带，她姐姐也会系，甚至她最要好的朋友埃米莉和杰里米也会系他们的鞋带。

“曼迪，吃早饭了。”她妈妈叫她了。她站起身来，小鸟又在唱了：“再试一次，再试一次。”

“好吧，”她对自己说，“再来一次。”她坐下来，仔细地一步步做。右边的放到左边的上面，穿过去，打个结。右边的放到左边的上面，再穿过去。

“行了。这次成功了。”她兴奋地大叫，“我做到了！我做到了！我做到了！”

她跑着去告诉她的家人。



The first person she saw was her brother. “Brian,” she called happily, “I tied my shoes this morning!”

“Big deal,” Brian replied, “any baby can tie her shoes.”

“But it’s important...” she began as Brian disappeared into the bathroom. Mandy turned and went down to breakfast.

“Mommy, Mommy, guess what? I tied my shoes. I did it all by myself,” she said excitedly.

“That’s fine, honey,” Mom replied. “Now hurry up and eat your cereal so you won’t be late for school.”

“But, Mom, I tied my shoes,” Mandy repeated.

“Yes, dear,” Mom answered. “Tell me about it later when I have more time.”

Mandy plopped down in her chair. “Mom doesn’t really care,” she thought.

As she walked to school, she thought about what happened. She wasn’t looking where she was going. Mandy bumped into Mrs. Walker, who was sitting on the sidewalk weeding her flower bed.

她看到的第一个人是她的哥哥。“布莱恩,”她开心地喊道,“今天早上我自己系了鞋带!”

“了不起啊,”布莱恩说,“哪个小孩都会系鞋带的。”

“但这很重要……”她刚开口布莱恩就钻到卫生间去了。曼迪只好转身下楼吃早饭。

“妈咪,妈咪,猜猜发什么事了。我自己系鞋带了。我自己做到的!”她兴奋地说道。

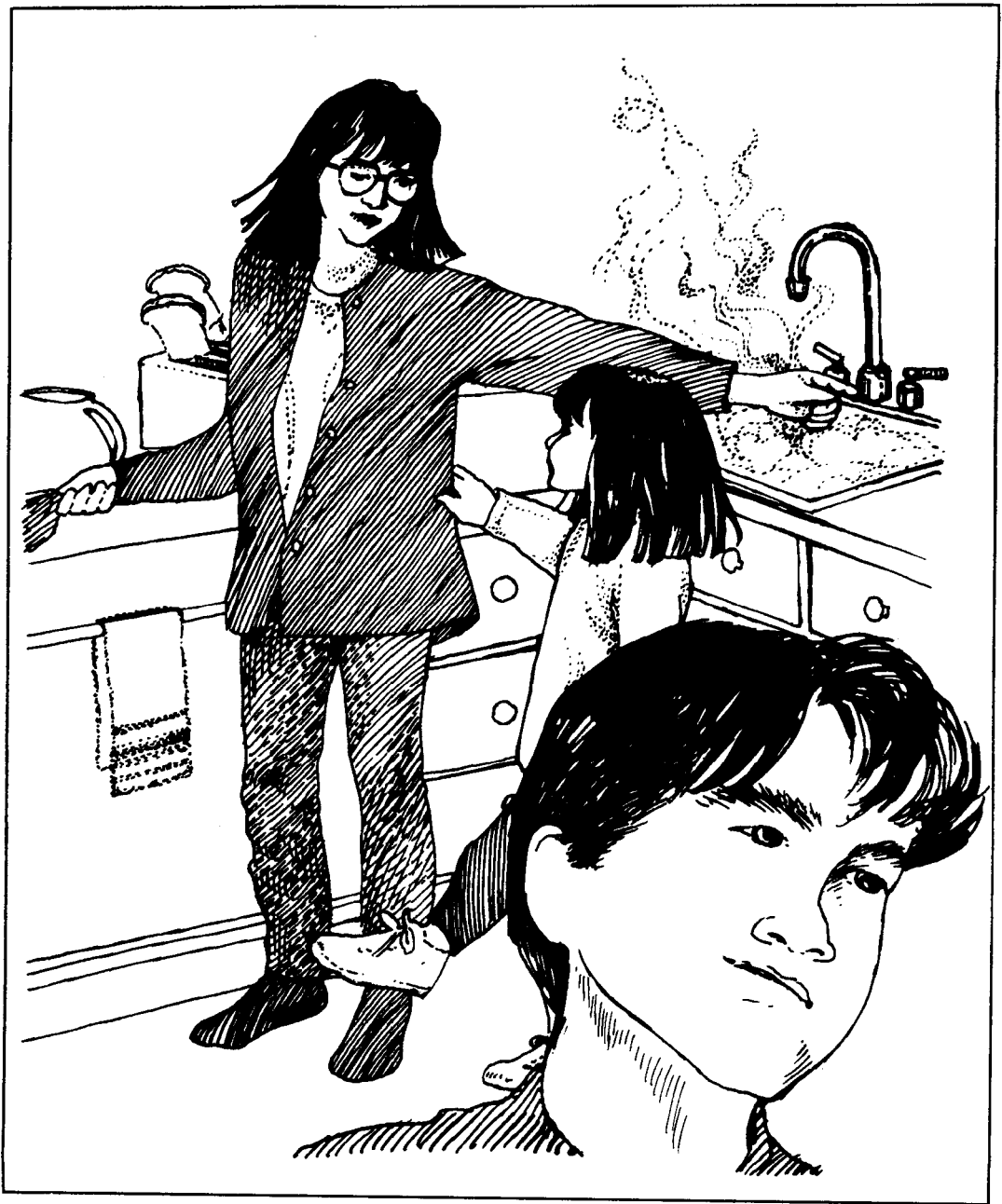
“很不错,宝贝儿。”妈妈说,“现在动作快一点,吃你的麦片粥,不然上学要迟到了。”

“但是妈妈,我自己系了鞋带。”曼迪又说了一遍。

“是的,亲爱的,”妈妈回答,“等我有空你再告诉我吧。”

曼迪一屁股坐在椅子上。“妈妈并不是真的关心。”她想。

她走在上学的路上时,想着刚才发生的事。她没好好看前面的路,迎面撞到了正蹲在人行道上为她的花圃除草的沃克太太。



“Goodness Mandy, you look like the bottom fell out of your world. What happened?” she asked.

“I tied my shoes this morning all by myself, and nobody cares.”

“Oh that is sad. What are you going to do about it?” Mrs. Walker asked.

“Nothing. What can I do?” Mandy answered.

“Well, I can think of several things. You could—

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That’s a lot of ideas. Do any of them sound good?”

“天哪,曼迪。你看起来魂不守舍。出什么事了?”她问。

“今天早上我自己系了鞋带,可没人在意。”

“哦,那是挺让人难过的。你打算怎么办呢?”沃克太太问。

“没办法。我能做什么呢?”曼迪问。

“这个嘛,我可以想出好几件事。你可以

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给自己做个奖章第 28 页

这儿有不少主意。听起来有适合你采纳的吗?”

What do you think Mandy will try first?

Turn to the page your child chooses. If no idea is suggested, continue the story.

你认为曼迪会先试哪一个?

翻到你的孩子选的那一页。如果没什么主意被想出,继续往下看。



Collect Ideas

Mandy saw her friend Jeremy just ahead and ran to catch up with him. He was her best friend, aside from Emily that is. "Jeremy, what do you do when you're proud of something?" she asked.

"Well, yesterday when I made a basket in gym, I jumped up and down and clapped my hands," he said.

"What do other people do?" Mandy asked.

"Well," Jeremy thought a bit, "my mom is kind of strange. She twirls around a couple of times and then bows and says 'I'm wonderful.' My sister calls her friends and tells them. Like when she passed her driver's test. She was on the phone for hours. She must have called everyone she knew."

"What if they didn't listen?" Mandy asked.

"I don't think it mattered to her," Jeremy said. "She was proud, even if they didn't care."

"When my cousin Alex is proud, he likes to draw his feelings and put them in a box. He says that way he can take them out later when he needs them."

收集主意

曼迪看到她的好朋友杰里米就在前面，便追了上去。他和埃米莉一样是她最好的朋友。“杰里米，你为某件事感到自豪时会做什么呢？”她问。

“这个嘛，昨天我在体育馆里把一个球投进了篮筐。我跳上跳下，还拍手。”他说。

“其他人会怎么做呢？”曼迪问。

“这个嘛，”杰里米想了想，“我妈有点怪。她会转上几圈，然后鞠躬说‘我很棒’。我姐姐把朋友叫来告诉他们。比如她考取了驾照，她就打了几个小时的电话。她一定是打给她认识的所有的人了。”

“要是他们不听怎么办？”曼迪问。

“我想这对她并不重要，”杰里米说，“即使他们不在乎，她照样很自豪。”

“我表弟亚历克斯感到自豪的时候，他会把他的心情画出来，放到一个盒子里。他说这样以后他如果需要时就可以再拿出来。”

What do you think Mandy will do?

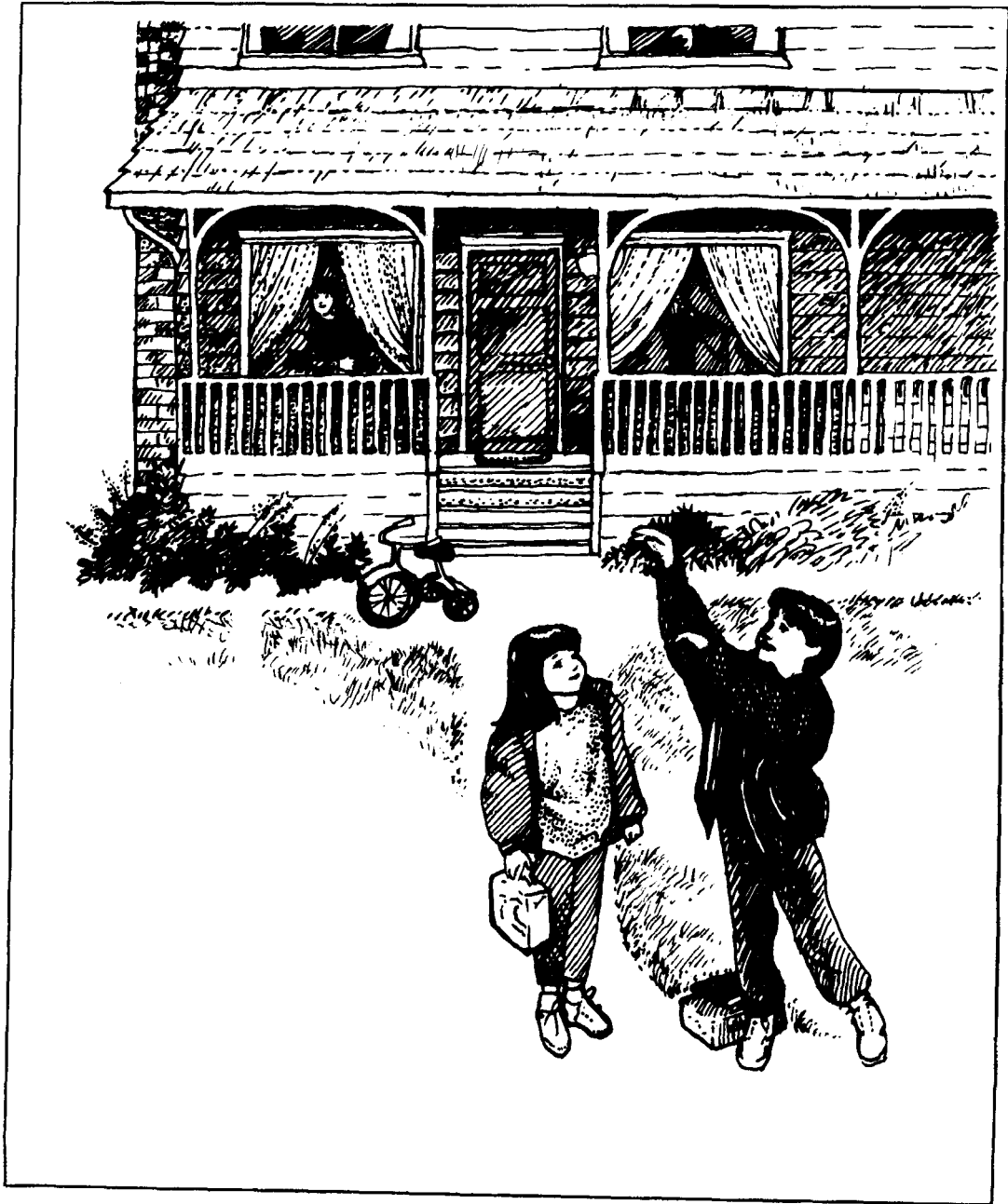
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你认为曼迪会做什么？

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Make a Parade

游行

“Jeremy, I want to do something right now!” she announced. “I could twirl around, jump up and down, or we could make a parade. What should I do?”

“You decide. You’re the proud one,” Jeremy said.

“Okay, let’s march,” Mandy decided.

Mandy and Jeremy began to march down the street. They swung their arms and legs and pretended they were leading a big proud band.

“This feels good. I’m not mad at people who don’t listen and my stomach doesn’t hurt from trying to keep the proud feelings inside,” Mandy thought.

“杰里米，我现在就想做些什么！”她宣布，“我可以转圈，跳上跳下。要不我们可以游行。我该做什么呢？”

“你来决定。是你感到自豪。”杰瑞米说。

“好的。我们来游行吧。”曼迪决定了。

曼迪和杰里米开始沿着街道行进。他们手舞足蹈，仿佛是在领着一支自豪的乐队。

“感觉好极了。我不再为别人不听我说而生气了。我的胃也不再因我试图在里面保存自豪感而难受了。”曼迪想。

What do you think Mandy will do next?

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Talk to her dogpage 22

你认为曼迪接下来会做什么？

跟某人谈谈第 16 页

跟她的狗谈谈第 22 页



Talk to Someone

When Mandy got to school, she hung up her coat. Then she said to her teacher, “Ms. Ramos, I did something special this morning.”

“That’s nice. Now sit down,” Ms. Ramos said. “The bell’s about to ring.”

“But, Ms. Ramos, it’s really important. I...” the bell interrupted. Ms. Ramos wasn’t listening. Mandy walked slowly to her chair.

Her mom didn’t care. Her teacher didn’t care. And her brother said it wasn’t a big deal. “Maybe this isn’t such a good day after all,” she thought.

“Maybe I should just forget about it.”

Then she remembered the bird and how it seemed to say “*Try-a-gain. Try-a-gain.*” “Maybe that works with people the same as shoes,” she thought.

What do you think Mandy will do next?

Give up page 18

Tell someone else page 26

和某人谈谈

曼迪来到学校,先挂好外套,然后对她的老师说:“拉莫斯女士,我今天早上做了件特别的事。”

“好极了。现在先坐下,”拉莫斯女士说,“上课铃要响了。”

“但,拉莫斯女士,这件事很重要。我……”铃声打断了她。拉莫斯女士并没有在听。曼迪只好缓缓走到她的座位上。

她妈妈不在乎,老师也不在乎。哥哥说这不是什么了不起的事。“也许今天不是什么好日子。”她想。

“也许我该把它忘了。”

但一会儿她又想起了那只小鸟以及它是怎样唱“再试一次,再试一次”的。“也许对鞋对人都是同样的道理。”她想。

你认为曼迪接下来会做什么?

放弃第 18 页

告诉别的某个人第 26 页

