

我兴奋

安妮和杰西今天过生日，这对双胞胎表现得异常兴奋。他们想给妈妈帮忙，却帮了个大倒忙……

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Dealing with Feelings

Why a book on feeling Excited?

Parents often ask me for help dealing with their children's feelings. This may be because many people were taught to ignore their feelings as children. Now they want to raise their own children differently, but have no idea how.

How can this book help?

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

The book models a constructive process for handling feelings. 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 Excited* 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 Excited*

I'm Excited 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 do Annie and Jessie feel now? What will they do next?" at the end of each page.

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

■ **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 visiting friend, Mike, did not want to go home. Ask, "How did Mike feel when it was time to go home?" "What did he do first when he felt upset?" "What else did he do?" Possible answers might be: he ignored the request, he said "No", or he scowled and said "Okay."

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, Washington

怎样处理儿童情感问题

为何需要一本关于兴奋的书？

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。这也许是因为许多人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。

这本书有什么用？

《我兴奋》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情感问题提供了一个模式。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。他们可以选择用语言的、行动的或创造性的方式来表达自己的情感。此外，《我兴奋》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《我兴奋》

花的时间越长，使用的次数越多，《我兴奋》的作用就越大。翻阅几下本书不会带来惹人注目的变化。不过你可以开始帮助你的孩子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：“安妮和杰西现在是什么感觉？”“他们下一步会做什么？”

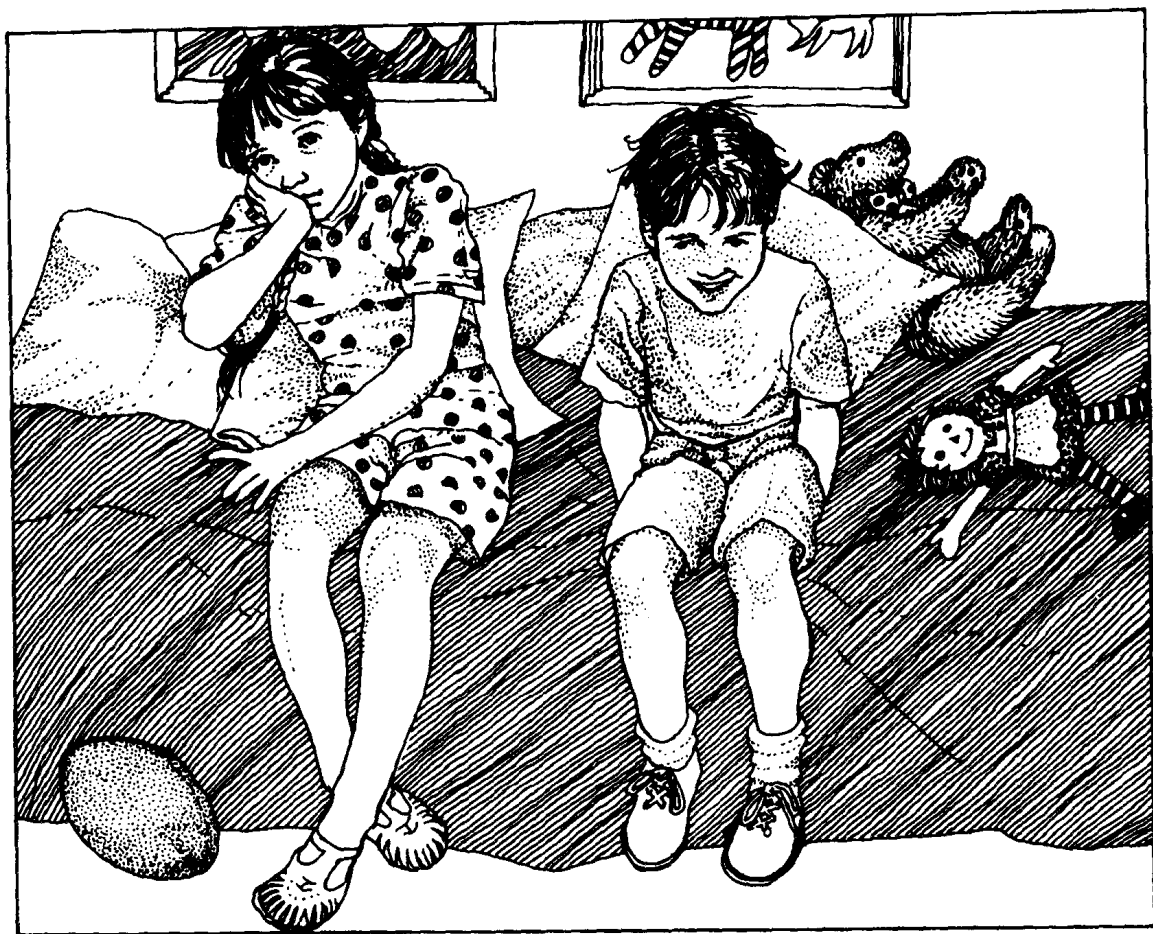
■**介绍不同的选项。**孩子们需要多种对他们有效的方式来处理自己的情感。本书的故事提供了十种主意。你在念完故事后就问你的孩子：“安妮和杰西还可以怎么做？”把孩子的回答记录在书尾的“主意页”上。

■**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，假设你邀请一个叫迈克的朋友来家做客，而他却不想回家。你可以问孩子：“该回家了，迈克会有什么感觉？”“迈克感到心烦意乱，他会先做什么？”“他还做了什么？”可能性的回答：他对别人的请求置之不理；他说“不”；他愁眉苦脸地说“好吧。”

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有判断力的情境下作出的反应。

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Annie and Jesse were sitting in their room trying to be good. It was so hard to be good and quiet when it was their birthday.

Everything was exciting. The party wasn't until afternoon. There would be friends, presents, games, and food. It was hard to wait.

"I'm tired of waiting, Annie," Jesse complained to his twin.

安妮和杰西坐在他们的房间，想表现得乖一点。要他们在生日这天安安分分的实在太难了。

一切都让人感到兴奋。生日聚会要下午才开始，届时会有很多朋友、礼物、游戏和食物，真让人急不可耐。

"我等不及了，安妮。"杰西对他的孪生姐姐说。

“Me too,” Annie agreed, “I’m so excited. I’ll pop if I don’t do something. Let’s help Mom,” she suggested. They ran to find her.

“Mom, we want to help,” Annie announced excitedly.

“Fine,” Mom replied. “You can help clean the bathroom.”

Annie sprayed cleaner on the bathroom mirror. Jesse wiped it off. Annie sprayed a line on the mirror and said, “Wipe that.” when he did, she sprayed again higher. “Do that,” she challenged. Soon, window cleaner spray was all over the room.

“Annie, Jesse. Stop that! Now you have to wipe the walls as well the mirror,” Mom said.

When they were finished cleaning the bathroom, Annie asked, “Mom, what can we do now?”

“If you can keep your mind on what you’re doing, you can make tuna sandwiches. I’ll work on the cake,” Mom replied.

“Goodie, goodie, goodie,” the twins chanted as they danced around the kitchen. As they made each sandwich they decided who would get it. “this is for Robbie,” Jesse announced. “This is for Grandpa,” Annie responded.

“No, I want Grandpa’s sandwich,” Jesse objected, as he reached to move it to his pile.

“我也是,”安妮赞同道,“我好兴奋呀。要是不做点什么我可憋不住。我们去帮妈妈的忙吧。”她建议。于是他们跑去找她。

“妈妈,我们想帮忙。”安妮激动地宣布道。

“好啊,”妈妈回答,“你们可以帮忙打扫卫生间。”

安妮把清洁剂喷到卫生间的镜子上,杰西把它擦掉。安妮在镜子上喷了一条直线,说:“把这擦掉。”杰西擦完了,她又喷高了一点。“擦那个。”安妮向他挑战道。一会儿工夫,玻璃清洁剂被喷得到处都是。

“安妮,杰西。住手!现在你们连墙带镜要一起擦了。”妈妈说。

他们擦完卫生间后,安妮问:“妈妈,我们现在干什么?”

“如果你们能专心干活的话,你们可以做金枪鱼三明治。我来做蛋糕。”妈妈回答。

“好的,好的,好的。”双胞胎在厨房里边唱边跳。他们一边做三明治一边决定谁吃哪一块。“这块是给罗比的。”杰西宣布道。“这块给爷爷。”安妮响应道。

“不,我要吃爷爷的那一块三明治。”杰西边表示反对,边伸手要把它移往他的那一堆。



Annie pushed his arm away and knocked the tuna filling on the floor. The bowl broke and the tuna fish flew all over. Mom glared at the twins. "Calm down, you two," she warned, "or you'll ruin the party. If you kids *really* want to help—stay in your room!"

"Okay," they said soberly and went to their room.

"It's hard to be good when it's your birthday," Annie moaned as they flopped on the bed together.

"Yeah," Jesse said glumly. Then he started to think about the party and got excited again. "Annie, what kind of frosting do you think we'll have on our cake?" he asked.

"I hope it's chocolate. Let's ask Mom," Annie suggested. "If we ask nicely, she won't mind."

Mom was frosting the cake when Annie and Jesse arrived. "Hooray, chocolate!" the twins chanted excitedly as they jumped up and down around her. Jesse slipped. Both twins fell into Mom, and the cake fell into the sink.

"I don't believe this!" said Mom, exasperated.

Annie and Jesse stared at the broken cake. "We didn't mean to do it," Annie sobbed. "Can you fix the cake?" Jesse asked anxiously.

安妮把他的手臂推开，把金枪鱼馅儿碰撞到了地上。盘子打破了，金枪鱼飞散得到处都是。妈妈瞪着双胞胎。“静一静，你们两个。”她警告他们，“要不然你们会把聚会弄得一团糟的。如果你们两个小孩要真想帮忙，那就给我呆在房间里！”

“好吧。”他们庄重地答应道，然后就回到了自己的房间。

两人一头倒在床上。“生日的时候要乖一点太难了。”安妮哀叹道。

“是啊。”杰西闷闷不乐地说。可他一想起聚会的事就又兴奋起来了。他问安妮：“安妮，你猜我们的蛋糕上会放什么糖霜呢？”

“我希望能是巧克力的。我们来问问妈妈吧。”安妮建议。“我们好好地问，她不会介意的。”

安妮和杰西来到厨房时，妈妈正在给蛋糕加糖霜。“好哇，是巧克力。”双胞胎激动地不停地赞美，围着妈妈上窜下跳。杰西脚一滑，两人都跌倒在妈妈身上，蛋糕翻到了洗涤槽中。

“我难以相信会发生这样的事。”妈妈发火了。

安妮和杰西盯着摔坏的蛋糕。“我们不是故意的。”安妮抽泣着。“您能弄好它吗？”杰西急切地问。



“I don't know, Jesse, I'll do what I can, but some things can't be fixed. Maybe we'll have to have candles on sandwiches or ice cream.”

“Please fix it, Mom,” Jesse begged.

“What am I going to do with you two?” Mom wondered. “I need to work and you two have lots of excited energy. You need to channel all your energy into something constructive. How can you do that?”

“I don't know,” Annie said, looking at her twin.

“Do you want some ideas?” Mom asked. They nodded. “Well, I can think of five things,” Mom said. “You could—

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Have a Teddy Bear picnicpage 24

Play a quiet gamepage 26

That's a lot of ideas. What will you try first?”

“我不知道,杰西。我只能尽力而为,但有些东西是修补不起来的。也许我们只能在三明治上或冰淇淋上点蜡烛了。”

“请你把它弄好吧,妈妈。”杰西恳求道。

“我拿你们两个怎么办呢?”妈妈惊叹道,“我要干活而你们却有使不完的劲儿。你们得把你们所有的劲儿都用到其他有意义的事上去。你们怎么才能做到呢?”

“我不知道。”安妮回答时看着她的孪生弟弟。

“你们想要些主意吗?”妈妈问。他们点点头。

“好吧,我可以想出五件事来,”妈妈说,“你们可以——

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跟爷爷谈谈第 16 页

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这儿有不少主意。你们先试哪一个?”

Which do you think Annie and Jesse will try first?

Turn to the page your child chooses. If no ideas is chosen, turn the page.

你认为安妮和杰西会先试哪一个?

翻到你的孩子选的那一页。如果什么主意也没被选中,翻到下一页。



Do Somthing Active

“Let’s play tag,” offered Jesse.

Annie saw her mother’s scowl and added,
“Out back.”

They grabbed their coats and ran outside.
“you’re it,” Jesse said as he tagged his sister.

“No, I’m not. You are,” she said as she
tagged him back.

After a bit, Annie got tired of runing.
“You’re it. I quit,” she panted as she tagged
Jesse. Then she dropped to the ground to rest.
“I’m tired of running,” she said.

“Me too,” Jesse agreed.

“Let’s call Grandpa,” Annie offered.

“Let’s build a fort,” Jesse said at the same
time.

活动活动

“我们来玩抓人游戏吧。”杰西提议。

安妮看到妈妈皱起了眉头，便补充了一
句：“出去玩吧。”

他们抓起外套，跑到屋外。“你是目标。”
杰西说着捉住了安妮。

“不，我不是，你才是呢。”她说着捉住了
杰西。

过了一会儿，安妮跑累了。“你是目标。我
不玩了。”她气喘吁吁地抓住杰西，坐到地上
喘气。“我跑不动了。”她说。

“我也是！”杰西说。

“我们来给爷爷打电话吧。”安妮提议。

“我们来盖个生日城堡吧。”杰西几乎是
同时说道。

**What do you think Annie and Jesse will
do?**

Build a birthday fortpage 14

Talk to Grandpapage 16

你认为安妮和杰西会做什么？

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跟爷爷谈谈第 16 页



Build a Birthday Fort

“Mom, we want to make a fort. Is that okay?” Annie asked.

“As long as you do it in your room, it’s fine with me,” Mom answered.

The twins hurried to their room. “You get the blankets, I’ll get the chairs,” Annie ordered.

Soon they had a fort constructed. They made so much noise, Dad came to check. “What are you guys up to?” he asked.

“This is a birthday fort. Only people who have birthdays today can come in,” Annie answered.

“When you are done playing fort, you can make placemats for your guests,” Dad said as he left.

盖个生日城堡

“妈妈，我们想盖个生日城堡。可以吗？”安妮问道。

“只要是在你们房间里，我没意见。”妈妈回答。

两人飞快地回到房间。“你去拿毯子，我来搬椅子。”安妮吩咐道。

一会儿工夫他们就盖起了一个城堡。他们搞出了很大的声音，爸爸也过来看个究竟。“你们两个家伙在干什么？”他问。

“这是个生日城堡。只有今天过生日的人才可以进来。”安妮回答。

“你们玩够了城堡就来给客人做座位卡吧。”爸爸说完便走开了。

What do you think Annie and Jesse will do next?

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Make placemats Page 22

你认为安妮和杰西接下来会做什么？

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Talk to Grandpa

跟爷爷谈谈

“Mom, will you call Grandpa, please?” Jesse and Annie asked together and waited as Mom dialed.

They held the receiver between them so they could both hear. “What are you two scalawags doing today?” he asked.

“Waiting,” the twins answered glumly. “Grandpa, when you were little, did you get excited waiting for your party?”

“Of course,” he replied. “Who wouldn’t?”

“Did you get in trouble for being too excited?” Annie asked.

“Sometimes,” Grandpa replied. “But I learned to avoid it.”

“What did you do to stay out of trouble?” Jesse asked.

“When the weather was nice I would go out and run. Sometimes there was too much snow for me to go out so I would make up silly poems. If I was very excited I would imagine I was in a quiet place and let all the energy drain out.”

“妈妈,您能给爷爷打电话吗?”杰西和安妮一同问道。他们等妈妈拨通了电话。

他们把听筒放在两人中间以便两人都能听见。“你们这两个小无赖今天干吗了?”爷爷问。

“等待。”双胞胎闷闷不乐地回答。“爷爷,您小时候等待生日聚会时也会很兴奋吗?”

“当然,”他回答,“谁不是呢?”

“你有没有因为太兴奋了而惹麻烦呢?”杰西问。

“有时候,”爷爷回答,“但我学会了避免惹麻烦。”

“你是怎么避免麻烦的呢?”杰西问。

“天气好的话我就出去散步。有时候雪太大,出不去,我就作几首无聊的诗。如果我太兴奋的话,就想像自己处于一个安静的场所,然后让多余的能量慢慢排出去。”

What do you think Annie and Jesse will do next?

Make up silly poemspage 18

Find a quiet placepage 20

你认为安妮和杰西接下来会做什么?

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