

儿童情绪教育丛书

教育部基础教育研究所

为你叫好!

克服嫉妒心理

KEFUJIDUXINLI



时代文艺出版社

吉林音像出版社

三颗魔豆儿



猜猜看：

1. 每天生活在抱怨中的格格快乐吗？
2. 小神仙想出什么办法来帮助格格？
3. 小朋友们对格格说什么了？
4. 格格明白了什么道理？



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三颗魔豆儿



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gé ge shì yí ge jí dù xīn hěn qiáng de nǚ hái zi yīn
 格格是一个嫉妒心很强的女孩子。因
 wei ài jí dù tā měi tiān dōu shēng huó zài bào yuàn lǐ tā bú
 为爱嫉妒，她每天都生活在抱怨里。她不
 shì shuō zhēn fán rén tā de huā yī fu wèi shén me bǐ wǒ
 是说：“真烦人，她的花衣服为什么比我的
 de hǎo kàn jiù shì shuō qì sǐ wǒ le tā de hóng
 好看？”就是说，“气死我了，她的红
 pí xuē wèi shén me nà me piào liang ne
 皮靴为什么那么漂亮呢？”

【英汉对照】

Gege was a girl
 with great jealousy.
 Because she liked to be
 jealous, she lived in
 complaining every day.
 She often said, "It's so
 boring. Why are her flo-
 wered clothes nicer than
 mine?" or she often said,
 "It's so exasperating.
 Why are her red
 boots so beautiful?"



gé ge bù zhī dào zài tā fáng jiān
格格不知道，在她房间

de qiáng bì lǐ zhù zhe yī wèi xiǎoshénxiān
的墙壁里，住着一位小神仙。

zhèi ge xiǎoshénxiān tè bié ài shuì jiào
这个小神仙特别爱睡觉，

tā yuán lái zhù zài yún cǎi shàng yǒu hǎo
他原来住在云彩上，有好

jǐ cì yīn wèi shuì de tài sǐ
几次，因为睡得太死

le jié guǒ cóng yún tóu diào dào
了，结果从云头掉到

dì xià pì gu shuāi de yòu qīng
地下，屁股摔得又青

yòu zhǒng suǒ yǐ ya tā yí
又肿。所以呀，他一

qì zhī xià jiù zhù dào gé ge jiā
气之下就住到格格家

de qiáng bì lǐ le tā rèn wéi qiáng bì lǐ
的墙壁里了，他认为墙壁里

zuì ān quán
最安全。

【英汉对照】

Gege didn't know a little god living in the wall of her room. This little god liked sleeping very much. He lived on clouds before. For several times he fell from clouds to the ground because he slept too soundly. His butts were hurt black and blue. So, he lived in the wall of Gege's house in a pet. He thought it was the safest in the wall.



xiǎoshénxiāngāngtǎng xià jiù tīng jiàn gé ge de shēng yīn yí biàn yòu yí biàn de chuán jìn lái zhēn tǎo
 小神仙刚躺下，就听见格格的声音一遍又一遍地传进来，“真讨
 yàn tài fán rén le” xiǎoshénxiān shuì bu zháo le shù qǐ ěr duo zǐ xì tīng tīng le hǎo bàn
 厌……太烦人了……” 小神仙睡不着了，竖起耳朵仔细听，听了好半
 tiān zhōng yú tīng míng bai le
 天，终于听明白了。



小神仙喜欢听格格抱怨吗？

【英汉对照】

Little god just lay, he heard Gege's voice coming again and again. "It's disgusting... it's too disgusting..." Little god couldn't sleep. He listened carefully with ears up. He listened for a long time. He finally understood.

tā de lín jū shì yí ge ài jí dù de xiǎo nǚ hái er
他的邻居是一个爱嫉妒的小女孩儿，

tā shòu bu liǎo bié rén bǐ tā hǎo xiǎoshénxiān mō mō zì jǐ
她受不了别人比她好。小神仙摸摸自己

de kǒu dai jué dìng bǎ mó dòu er sòng
的口袋，决定把魔豆儿送

gěi tā zhèi sān kē mó dòu er měi
给她。这三颗魔豆儿，每

yì kē dōu kě yǐ bāng gé ge wánchéng yí
一颗都可以帮格格完成一

ge yuàn wàng xiǎng xiǎng zì jǐ de jì huà
个愿望。想想自己的计划，

xiǎoshénxiān xiào le
小神仙笑了。

【英汉对照】

His neighbor was a little girl with great jealousy. She couldn't stand other people better than her. Little god touched his pocket. He decided to give magic beans to her. Each of three magic beans could help Gege complete a wish. Thinking about his plan, little god smiled.





gé ge yí jiào xǐng lái fā xiàn zì jǐ de zhěn tóu biān er yǒu sān kē mó dòu er gāo xìng jí le
格格一觉醒来，发现自己的枕头边儿有三颗魔豆儿，高兴极了。

【英汉对照】

Gege **woke up**. She found there were three magic beans at her pillow. She was happy very much.

cóng chí fàn kāi shǐ yì zhí dào qù yòu ér yuán de lù shàng tā dōu bǎ mó dòu er zuàn zài shǒu xīn er
从吃饭开始，一直到去幼儿园的路上，她都把魔豆儿攥在手心儿
lǐ shēng pà bèi bié rén fā xiàn
里，生怕被别人发现。

【英汉对照】

From eating breakfast to on the way to kindergarten, she held the magic beans in her hand.
She was afraid they were discovered by other people.

格格为什么怕别人发现魔豆儿?





ér xiǎoshénxiān ne dài
而小神仙呢，戴
zhe yì dǐng gāo gāo de mào zi
着一顶高高的帽子，
ná zhe mó zhàng yōu xián de
拿着魔杖，悠闲地
zuò zài gé gé de yī fu kǒu
坐在格格的衣服口
dai biān er shàng tā tài xiǎo
袋边儿上。他太小
le bié rén gēn běn kàn bu
了，别人根本看不
jiàn tā
见他。

【英汉对照】

What about little god? He had a **tall** hat and held a baton. He sat leisurely on the edge of pocket of Gege's clothes. He was too small. Other people couldn't see him.

dào le yòu ér yuán mén kǒu er xiǎo shén xiān bǎ mó zhàng yì huī suǒ yǒu de xiǎo péng yǒu dōu chàng qǐ gē
到了幼儿园门口儿，小神仙把魔杖一挥，所有的小朋友都唱起歌
er lai tā men de shēng yīn xiàng bǎi líng xiàng yè yīng xiàng yún què xiàng huáng lí dà jiā chàng a tiào
儿来。他们的声音像百灵，像夜莺，像云雀，像黄鹂。大家唱啊、跳
a yòu ér yuán jiǎn zhí biàn chéng le gē jù yuàn
啊，幼儿园简直变成了歌剧院。

【英汉对照】

Arriving at the **gate** of kindergarten, little god waved the baton. All the little friends began to sing. Their voices were like laverock, nightingale, lark and yellowbird. Everyone sang and danced. The kindergarten nearly became an opera house.



kàn jiàn dà jiā dōu chàng gē er gé ge yě rěn bu zhù le tā zhèng tuō mā ma de shǒu pǎo dào yòu
看见大家都唱歌儿，格格也忍不住了，她挣脱妈妈的手，跑到幼
ér yuán de huá tī shàng dà shēng chàng tā zuì xǐ huān de shù yā zi zhèi shǒu gē shì gé ge chàng de zuì
儿园的滑梯上，大声唱她最喜欢的《数鸭子》。这首歌是格格唱的最
ná shǒu de hái dé guo jiǎng ne kě shì jīn tiān bù zhī zěn me le tā
拿手的，还得过奖呢。可是，今天不知怎么了，她
de sǎng zi jǐn jǐn de fā chū de shēng yīn gān gān de biě biě de bié
的嗓子紧紧的，发出的声音干干的、瘪瘪的，别
tí duō nán tīng le
提多难听了。

【英汉对照】

Seeing everyone singing, Gege couldn't stand any more. She broke loose her mum's hand, ran to a slide in the kindergarten and sang her favorite "count **ducks**" loudly. This is the best song Gege could sing. She ever got an award for it. But without knowing what's wrong today, her voice was tight. The sound was dull and dry. It was so scrannel.



kàn jiàn bié de xiǎopéngyǒu chàng gē er dōu bǐ zì jǐ hǎo gé ge jí dù jí le tā ná chū dì yī
看见别的小朋友唱歌儿都**比**自己好，格格嫉妒极了，她拿出第一
kē mó dòu er duì zhe tā xiǎoshēng er shuō mó dòu er mó dòu er wǒ yǒu yí ge yuàn wàng ràng tā
颗魔豆儿，对着它小声儿说：“魔豆儿，魔豆儿，我有一个愿望，让他
men de gē shēng dōu bù rú wǒ
们的歌声都不如我。”

【英汉对照】

Seeing other friends could sing better **than** her, Gege was jealous badly. She took out a grain of magic bean, murmured to it, "Magic bean, magic bean, I have a wish to let their voice be worse than mine."

格格的第一个愿望是什么？



mó dòu er huà chéng pào mò xiāo shī le hěn kuài suǒ yǒu xiǎo péng yǒu de sǎng yīn biàn de hé má què sì
魔豆儿化成泡沫消失了。很快，所有小朋友的嗓音变得和麻雀似
de zhǐ yǒu gé gé yí ge rén zhàn zài huá tī shàng gē shēng yòu cuì yòu tián yā guò le suǒ yǒu de rén
的，只有格格一个人，站在滑梯上，歌声又脆又甜，压过了所有的人。



【英汉对照】

Magic bean became bubble and disappeared. Quickly, all the friends' voice became like sparrow. Only Gege stood on the **slide**. Her voice was clear and sweet. It was better than every-one.

gé ge dé yì de hēng le yì shēng er zhèi shí xiǎoshénxiānzhàn le chū lái tā yòu yì huī
格格得意地“哼”了一声儿。这时，小神仙站了出来，他又一挥
mó zhàng xiǎopéng yǒu yí gè gè de cóng gé ge shēnbiān er zǒu kāi le
魔杖，小朋友一个个地从格格身边儿走开了。

【英汉对照】

Gege snorted happily. At this time, little god stood up. He waved the **baton** again. Little friends went away from Gege one by one.

