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# **~ Lesson 1 ~**

## **The Child Within**

### **The Education:**

..... made my day.

The simple pleasures in life

I have a youthful heart and a positive attitude.

No matter how old I get, I am always a child at heart.

Bounce back

See the world through the eyes of a child.

carefree

Don't worry, be happy.

### **The Entertainment:**

Michelle: Patrick and I are extremely happy today.

Patrick: In fact, our whole family is extremely happy.

Michelle: Because we received an adorable piece of mail...

Patrick: ...from a very young friend, Angela.

Michelle: Yes, though only five years old, Angela is a dedicated PEN listener.

- Patrick: A while back, she made a card and sent it to us.
- Michelle: And even enclosed a picture of herself.
- Patrick: Angela is so adorable!
- Michelle: Anyway, she said on her card,
- “Dear Uncle Patrick and Aunt Michelle,  
I made this card for you, wishing you a  
happy Chinese New Year. I hope you’ll make  
programs for children and broadcast some fun  
English stories and songs. I love learning  
English.”
- Patrick: Her words warm my heart.
- Michelle: After our parents read her card, they couldn’t  
stop smiling.
- Patrick: Angela’s card *made their day*.
- Michelle: Yes, Angela *made my day*.
- Patrick: When something or someone *makes your day*, it  
means that this person, object, or event makes  
you very happy and cheerful all day long.
- Michelle: Angela’s card *made my day*.

Patrick: Definitely. Our family spent the whole day listening to nursery rhymes and reading children's stories.

Michelle: We felt like kids that day.

Patrick: We have all been children once and have appreciated *the simple pleasures in life*...

Michelle: ...such as catching butterflies, listening to bedtime stories, and going wild on the swings.

Patrick: But once we grow up, we stop doing these things.

Michelle: And that's a real shame.

Patrick: Because no matter how old we get, there is always a child within us.

Michelle: Once I had a talk with a famous writer, Han Suyin.

Patrick: Isn't she eighty years old?

Michelle: Yes, but she told me, "Michellé, I might look old but I'm not."

Patrick: I don't quite follow.

- Michelle:** Grand Auntie Han keeps her heart and mind young and vigorous by staying optimistic and active.
- Patrick:** Today, we want each of our listeners to go inside of themselves and find that happy, innocent child they once were.
- Michelle:** That's right. For the next thirty minutes, we want each of you to become a child again and think back to the things that you once loved and enjoyed.
- Patrick:** Let's appreciate *the simple pleasures in life*.
- Michelle:** The wonderful afternoon spent swimming in the river.
- Patrick:** The candies in our pockets.
- Michelle:** And jumping rope.
- Patrick:** When Michelle, Jeffrey, and I were young, we loved playing marbles and growing vegetables in our mother's garden.
- Michelle:** Those were the good old days.
- Patrick:** But as adults, we have more responsibilities and worries.

Michelle: And that's all part of growing up.

Patrick: We worry about school, about starting a family, about getting a job.

Michelle: Our lives become complicated, and very few things make us happy.

Patrick: That's because we forget the child within us...

Michelle: ...and all those wonderful things that used to make our hearts sing.

Patrick: Angela's mother told us that Angela stays up late every night, waiting for PEN.

Michelle: When our voices come on, she smiles and slowly falls asleep, dreaming happy dreams.

Patrick: Listeners, do you remember some of those little things that used to make you happy?

Michelle: Today, we'll help you find that happy child you once were.

Patrick: Here is our lesson.

Michelle: . . . . *makes my day.*  
*The simple pleasures in life.*

*I have a youthful heart and a positive attitude.  
No matter how old I get, I am always a child at heart.*

Patrick: Children are amazing. No matter what happens to them, they always *bounce back* quickly.

Michelle: To *bounce back* means to recover.

Patrick: Nothing gets them down for too long because many things *seen through the eyes of a child* are beautiful and amazing.

Michelle: Children are creative and imaginative.

Patrick: For example, falling petals fascinate our little nephew.

Michelle: Because they remind him of snowflakes.

Patrick: Instead of thinking the flower is dying, he always says, "Look, the flower is snowing." Isn't that cute?

Michelle: Boy, I wish I were a kid again.

Patrick: Listeners, when you feel sad or disappointed, just try to *see the world through the eyes of a child*...

Michelle: ...and everything will seem different. Let the child show you a whole new world.

Patrick: That reminds me. Angela says that she loves all the songs from Disney's animated motion pictures.

Michelle: So now we're going to play a song from the movie, *Aladdin*.

Patrick: "A Whole New World," sung by Ali and Princess Jasmin.

Michelle: Here is "A Whole New World."

Music

Michelle: That was "A Whole New World," from the movie, *Aladdin*.

Patrick: Hey Michelle! If you were a kid again, what would you do?

Michelle: I would eat ice cream and sit on the swings all day. What would you do?

Patrick: Humm. . . . If I were a kid, I would play volleyball on the beach.



Michelle: Sounds wonderful.

Patrick: Michelle, I love children's *carefree* attitudes.

Michelle: Me too. *Don't worry, be happy!*

Patrick: All they have to do is grow, play, and learn.

Michelle: Speaking of learning, let's review.

Patrick: . . . . *made my day.*

*The simple pleasures in life*

*I have a youthful heart and a positive attitude.*

*No matter how old I get, I am always a child at heart.*

*Bounce back*

*See the world through the eyes of a child.*

*carefree*

*Don't worry, be happy.*

Michelle: In the eighties, there was a popular song called, "Don't Worry, Be Happy."

Patrick: And in the nineties, the movie, *The Lion King*, also had a song, expressing this *carefree* attitude.

Michelle: Let's listen to it.

**Patrick:** We should all clap our hands and snap our fingers to the rhythm.

**Michelle:** Let's pretend we're kids again.

**Patrick:** Here is "Hakuna Matata."

**Music**

**Patrick:** That was "Hakuna Matata."

**Michelle:** Oh, no! Our time is almost up.

**Patrick:** We hope everyone enjoyed today's PEN.

**Michelle:** Thank you, Angela, for awaking the child within all of us.

**Patrick:** Keep writing us.

**Michelle:** Until next time.

**Patrick:** Hakuna Matata!

**Michelle:** Bye!

## **~ Lesson 2 ~**

### **Visionary**

#### **The Education:**

hero worshipping

Put someone on a pedestal

visionary

inspiration

Role model

individuality

We are only human.

Be yourself

Don't blindly follow someone.

perfectionist

#### **The Entertainment:**

Patrick: Michelle, a few days ago, I was going through my e-mail and discovered that Bill Gates will be guest speaking at Stanford.

Michelle: How wonderful!

Patrick: No, it's not wonderful.

Michelle: What do you mean? I thought you totally respected this man.

Patrick: That's why it's not wonderful, because I can't hear his speech.

Michelle: Oh, what a shame.

Patrick: That's OK. There is always next time.

Michelle: Pat, since you admire Mr. Gates, why don't you introduce him to our listeners?

Patrick: My pleasure. Bill Gates is the head of Microsoft and one of the richest men in America.

Michelle: And he is only in his forties!

Patrick: Quite young for so much success.

Michelle: Definitely admirable.

Patrick: He started his company from scratch with his partner, Paul Allen.

Michelle: How did he get started?

Patrick: Well, he attended Harvard and worked for a few years. But all the while, he hoped to start a computer software company. Gates believed in his idea whole-heartedly.

Michelle: So Gates was a *visionary*?

Patrick: And that's why I admire him, not because of his wealth or fame, but because he believed in his dreams.

Michelle: Is he your hero?

Patrick: I wouldn't go that far. *Hero worshipping* could be very dangerous.

Michelle: Really?

Patrick: I think everyone needs a *role model* to serve as a guiding light and an *inspiration*. But when you worship a person, you can become blinded to his or her flaws.

Michelle: No one is perfect.

Patrick: Even heroes have flaws. After all, *they are only human*.

Michelle: You are right. *Putting someone on a pedestal* is a dangerous thing to do.

Patrick: *Putting someone on a pedestal* means you think this person is perfect, almost god-like.

Michelle: Since people tend to imitate their heroes, they'll copy the good traits as well as the bad ones, thinking that the flaws are good too.

Patrick: But you can never be exactly like someone else.

Michelle: Everyone is different, so *be yourself*.

Patrick: Keep your *individuality* in mind. *Don't blindly follow someone.*

Michelle: Let's get to today's lesson.

Patrick: *hero worshipping*  
*Put someone on a pedestal*  
*visionary*  
*inspiration*  
*Role model*  
*individuality*  
*Be yourself.*  
*We are only human.*  
*Don't blindly follow someone.*

Michelle: Pat, you are many people's hero and inspiration.

Patrick: So I have to let them know that *I am only human* and have flaws like everyone else.

Michelle: Even though you have admirable qualities.

Patrick: But everyone has admirable qualities. For example, Michelle writes well, and I admire and respect that.

Michelle: Writing well is one of my advantages. But I also have flaws. For example, I'm terrible at math.

Patrick: On PEN, Michelle and I often joke around, poking at each other's flaws.

Michelle: That's right.

Patrick: We're not afraid to admit to our flaws.

Michelle: We don't want to be our listeners' heroes.

Patrick: We want to be your friends. So write or call us.

Michelle: Hey, Pat, share one of your flaws with us.

Patrick: Well, I'm a *perfectionist*.

Michelle: Then you should be flawless.

Patrick: No, a *perfectionist* is not perfect. A *perfectionist* is someone who wants everything to be perfect

Michelle: I got it. But it's impossible to make everything perfect.

Patrick: That's right. Being a perfectionist makes me demanding and picky at times.

Michelle: No offense, but I have to agree.

Patrick: Enough about my imperfections. Let's have some music.

Michelle: All right. Leave it to me. Here is "My Mind," by Ace of Base.

Music

Michelle: That was "My Mind," by Ace of Base.

Patrick: That song made me think of something.

Michelle: What?

Patrick: Visions.

Michelle: What about visions?

Patrick: Visions are ideas and images inside our heads.

Michelle: So a *visionary* is someone who has something on his mind.



**Patrick:** This person can foresee the future.

**Michelle:** Many people associate visions with something seen in a dream.

**Patrick:** Dreams and visions.

**Michelle:** A *visionary* is also a dreamer who can be impractical and unrealistic at times.

**Patrick:** But *visionaries* are believers who have faith in their dreams.

**Michelle:** Gates is a *visionary*.

**Patrick:** I am also a *visionary*.

**Michelle:** You see far and aim high.

**Patrick:** That's right.

**Michelle:** So what do you see now, Mr. *Visionary*?

**Patrick:** Humm... I see a review coming up.

**Michelle:** I guess it's time to study.

**Patrick:** Listeners, repeat after us.