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In the village of Pixie Pines, there lived a curious girl named Ella. Her mind was always buzzing with wonder. Every day was an adventure, but her nights held the most magic.

One night, as the stars twinkled like diamonds, Ella **snuggled**¹ into her bed and soon drifted into a deep sleep. Her dreams carried her high above the clouds, and she landed in a place called Harmony Hills.

在一个叫「精灵松林」的小村庄里,住着一个叫艾拉的小女孩。她对一切事物充满好奇。每一天对她来说都是冒险与挑战。但其实,她觉得夜晚才是最神奇的时光!

一天夜里,星星像钻石般在夜空中闪烁¹。艾拉舒服地躺在床上,很快就进入了梦乡。她在梦里穿过高高的云层,来到了一个叫 「和谐山谷」的地方。





在山谷的脚下,有一座古老的寺院。一位年轻的小和尚——灵心,正在那里等待着她。他的眼睛闪烁着慈爱的光芒,他微笑着迎着艾拉的到来。

"欢迎来到梦之寺!"他微笑着说。

灵心的肩上挂着一个小袋子,袋子里照射出 神秘的光芒。





Intrigued³, Ella could not help but ask, "What a lovely bag you have! Why does it glow like that?"

Ling Xin's smile deepened. "This," he said, gently patting the bag, "contains the magical seeds of the heart. They hold the power to change your world if you use them wisely and with care."

艾拉忍不住好奇地问道:"你的袋子真漂亮! 为什么它会发出这样的光芒呢?"

灵心微笑着,轻轻拍了拍袋子说道:"这里装着心灵的神奇种子。如果你明智及谨慎²的使用它们,它们将赋予你改变世界的能力。"

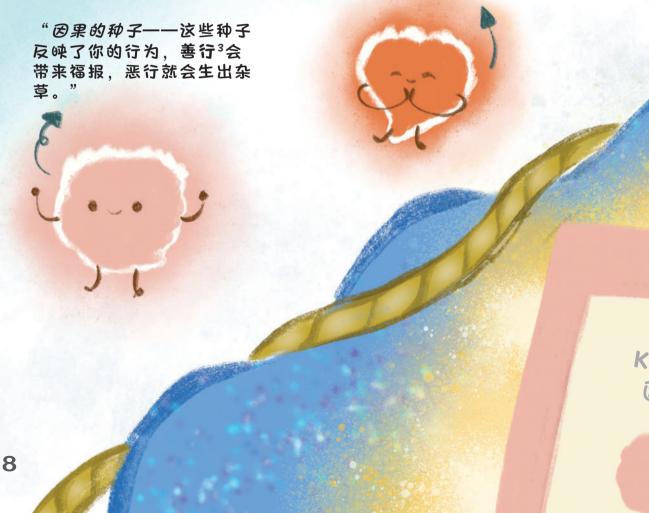
Ling Xin put his hand in the bag and **revealed**⁴ six glowing packets of seeds to Ella:

灵心从袋子里拿出六包闪闪 发光的种子,一一向艾拉介 绍道:

"Seeds of Karma — these reflect your actions, good deeds grow blessings, while harmful ones sprout weeds," he explained.

"Seeds of Compassion — these blossom into flowers of love, be kind to everyone, and watch how they fill the world with warmth!"

"慈悲的种子——这些种子会开出爱心的花朵,善良地对待所有人,你将看到世界充满温暖!"







"Seeds of Filial Piety — these flowers honour your family, treat them with respect and care, and they will blossom with tenderness."

"*孝顺的种子*——这些花朵象征 对家人的爱,如果以尊重、体贴 的心对待家人,这些种子就会开 出温暖的花朵。"



"Seeds of Gratitude — these sparkle with joy, appreciate all the good in your life, and they will brighten your days!"







With a heart full of determination, Ella took the seeds and began her quest.

First, she helped in Radiant Village, where she planted the Seeds of Karma by fixing toys and sharing her homemade cookies. The villagers beamed with gratitude as their smiles flourished like flowers in spring.

艾拉怀着坚定的心,带上种子,开始了她的探索之旅。

首先,她来到光明村,通过帮忙修复玩具、分享自制饼干,播下了 因果的种子。村民们非常感激艾拉,脸上都**洋溢**5着如春天花朵盛开 般的笑容。 Next, she cheered up a grumpy hedgehog with soothing stories and sweet treats. With these, she planted the *Seeds of Compassion*, transforming the hedgehog's frown into a soft and grateful smile.

接着,她用温暖的故事与甜点安慰了一只闷闷不乐的刺猬。这个举动,让她种下了慈悲的种子,刺猬脸上的皱眉也变成了温柔而感激的微笑。











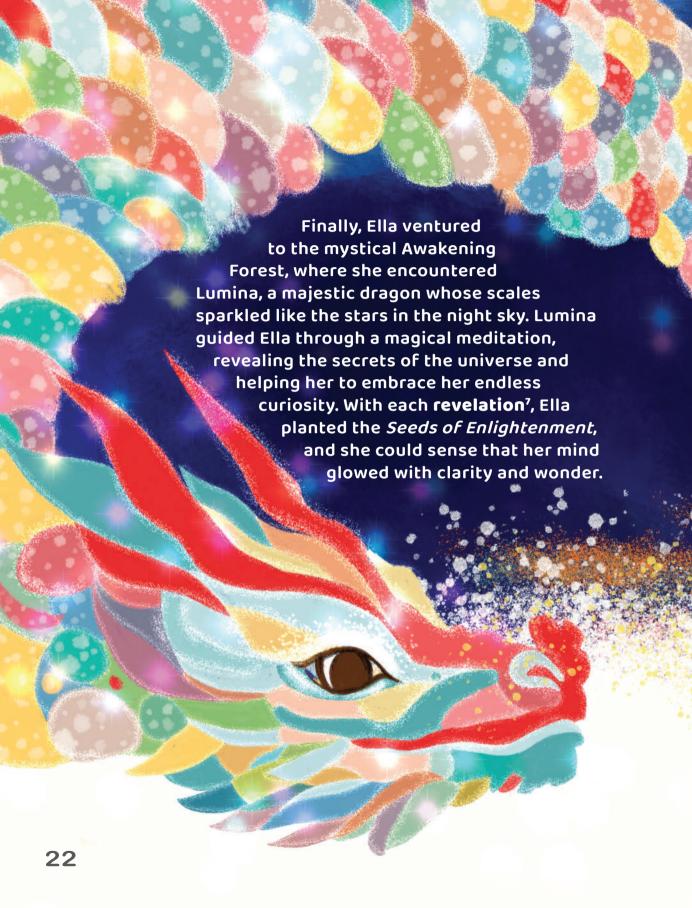


©到家后,艾拉帮助父母完成家务以表达她的爱与尊敬,种下了 孝顺的种子。这些种子开出了深情厚谊⁶的亲情之花,家人之间的 亲情也像根系一样紧紧相连着。 At Rainbow Lake, she fed ducklings and expressed gratitude for the beauty around her. As she planted the *Seeds of Gratitude*, the lake shimmered with even more vibrant colours, reflecting the joy she felt within.

在彩虹湖边,艾拉喂养小鸭子,并对周围的美景心怀感恩。当她种 下*感恩的种子*时,湖水的色彩更加绚丽⁷,映出了她心中的喜悦。









最后,艾拉来到神秘的觉醒森林,她在这里遇到了璐米娜———条鳞片闪烁如星空且威严的巨龙。璐米娜带领艾拉进行了一场神奇的冥想⁸,揭示了宇宙的奥秘,让艾拉拥抱这无尽的好奇心。在每个启发中,艾拉都种下了*觉醒的种子*,她能感觉到自己的心灵焕发出清澈和奇妙的光彩。





Moral of the Story:

The journey to wisdom and happiness begins with small, kind actions. By making good choices, showing compassion, seeking knowledge, honouring our parents and elders, expressing gratitude, and embracing curiosity, we can transform our lives and the world around us, one seed at a time.

故事的启发:

通往智慧和幸福的旅程始于小小的善行。做出对的选择, 展现慈悲心,追求知识,尊敬父母和长辈,表达感恩并拥抱 好奇心,我们可以一步步改变自己和周围的世界。





What seeds have you planted?
What seeds would you like to plant?
What other small acts of kindness can
you do to make someone smile?











思考时间:

你种下了哪些种子? 你希望种下哪些种子? 还有什么小小的善行, 可以让他人微笑呢?

Let's learn some words

- Snuggled When you sit or lie close to someone or something to feel warm and cosy.
- 2. **Shimmered** When something shines with a soft, wavy light.
- 3. Intrigued When something makes you feel very curious, and you want to know more about it.



- 4. **Revealed** When something hidden is shown or uncovered, like opening a present to see what is inside.
- 5. **Enlightenment** When you suddenly understand something very important and feel wise.
- 6. Intertwined When two things twist or wrap around each other.
- 7. Revelation When you discover something new and surprising that you did not know before.
- 8. **Reminiscing** When you think about something that happened in the past and remember it.



词汇注解:

1. 闪烁: 一闪一闪地发光。

2. 谨慎: 小心、注意, 不随便行动。

3. 善行:帮助别人的好事情。

4. 感恩:感谢别人对自己的帮助或生活中的美好。

5. 洋溢: 充满、散发出快乐的样子。

6. 深情厚谊: 深厚的感情。

7. 绚丽: 颜色非常鲜艳、美丽。

8. 冥想:安静地闭上眼睛思考,让心平静下来。



Activity 1: Word search

Now that you have learnt some new words, (found on page 28) it is time to search for them in this puzzle! Hint: The words may be placed horizontally, vertically, diagonally, or spelled backwards. Happy searching!

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Activity 2: Plant good seeds!

As you go through your day, there are plenty of opportunities for you to plant good seeds. Here are some scenarios; see if you can match the good traits with the correct situations! By doing so, you will understand how each seed contributes to your personal growth and helps build better relationships with others.



Be kind and helpful to others, especially when they are feeling down.



Help with chores at home without being asked or make a special drawing or card for them to show you care.



Spend five minutes sitting quietly, focusing on your breath, or thinking about your day. You can also ask yourself questions like, "What did I learn today?"



Read a book or watch an educational video about a topic you find interesting, then share what you learnt with your friends or family.



Tell your teacher how much you appreciate their help or leave a note for a family member saying what you are thankful for.



Share toys or games with a friend, help a sibling with their homework or pick up litter at the park.

card for them to show you care.

Compassion: Be kind and helpful to others, especially when they're feeling down.

your day. You can also ask yourself questions like, "What did I learn today?"

Help with chores at home without being asked or make a special drawing or

Enlightenment: Spend Five minutes sitting quietly, focusing on your breath, or thinking about

Wisdom: Read a book or watch an educational video about a topic you find interesting, then share what you learnt with your friends or family.

family member saying what you are thankful for.

Gratitude: Tell your teacher how much you appreciate their help or leave a note for a

up litter at the park.

Answers:Share toys or games with a friend, help a sibling with their homework, or pick

活动三: 种下善因得种子

在每一天中,我们有许多机会可以播下善的种子。以下是一些场景, 看看你能否将这些美好的品德与正确的情境配对起来!通过这个练习, 你将明白每颗种子如何帮助你成长并建立更好的关系。



对他人友善并乐于助人,尤其是在他们情绪低落的时候。



在家里主动帮忙做家务,可以画一幅画或写一张卡片来表达你的关心。



花五分钟时间静坐,专注于自己的呼吸,或者思考你的一天。你也可以问自己:"今天我学到了什么?"



阅读一本书,或观看一个让你感兴趣的教育视频,然后把学到的知识分享给朋友或家人。



告诉老师,你非常感谢他们的帮助,或给 家人留一张纸条,说说你感恩的事情。



和朋友分享玩具或游戏, 帮兄弟姐妹辅导功课, 或在公园捡垃圾。

等等的女子: 好多大雅学到了小公?" 教师的女子: 在家主边帮忙陈家爷, 或老画一幅特别的画或写张卡片来表还你的关心。 然能的女子: 对他人だ善切乐中的人, 尤其是在他们情绪所落的时候。

觉醒的种子:安静坐五分钟,专注于呼吸,或反思你的一天。也可以问自己:

入深范

Tips for parents:

Help your child internalise the story's valuable lessons about kindness, family, and personal growth, through reflection and action.

Before Reading:

- 1. Introduce: Read the title and describe the picture on the cover.
- Discuss Expectations: Ask your child what they think the story is about based on the title and illustrations. Encourage their imagination.
- 3. **Introduce Key Themes:** Mention kindness, gratitude and family. Ask if they have ever felt grateful or shown kindness.

During Reading:

- Engage with Questions: As you read, pause to ask, "What do you think will happen next?" or "How do you think Ella feels?" to encourage critical thinking.
- Highlight Key Messages: Emphasise the magical seeds and their virtues. Ask which seed your child would like to plant in their life and why.
- 3. **Use Expressive Reading:** Bring the characters to life with different voices and tones.

After Reading:

- 1. **Reflect Together:** Ask about their favourite part and discuss what they have learnt and how to apply those lessons.
- Plant Seeds of _____: Encourage your child to think of a small
 positive act they can do this week. Help them brainstorm ideas and
 plan how to execute them.
- 3. **Engage in the Activities:** Work with your child on the activities.

给家长的小贴士:

帮助您的孩子通过反思与行动,将故事中关于善良、家庭与个人成长的宝贵经验内化于心。

阅读前:

- 1. 引入故事: 先读书名, 并描述封面上的图画。
- 2. 讨论预期: 询问孩子通过书名和插图, 他们觉得故事内容是什么, 鼓励孩子发挥想象力。
- 3. 介绍主题:提到善良、感恩和家庭,问孩子是否曾有过感恩的心或表现出善意。

阅读中:

- 1. 提问互动:在阅读过程中暂停,问孩子:"你觉得接下来会发生 什么?"或"你觉得艾拉的心情如何?"以激发孩子的思考。
- 2.强调主题:特别说明神奇种子及其象征的美德,闷闷孩子想种下哪颗种子,为什么。
- 3. 表达性阅读: 用不同的声音和语调让角色栩栩如生。

阅读后:

- 1.一起反思: 询问孩子最喜欢的部分,并讨论他们学到了什么,以及如何在生活中运用这些价值观。
- 2. 种下____的种子:鼓励孩子想出本周可以做的小善行,帮助他们一起思考并计划如何去实现。
- 3.参与活动: 和孩子一起完成书中的活动。

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