

姓名: \_\_\_\_\_ 班級: \_\_\_\_\_

jìng sī yǔ: jìn běn fèn zuò shì  
 靜思語：盡本分做事 (Be a rule model)

兒女的本分就是一個“孝”字。常言說：“百善孝為先”，從小讓孩子懂得有孝心，有責任心，就是懂得積福。孩子有孝心，長大後他就會全心全意為眾生服務。孩子有責任心，他出社會就懂得造福，盡忠職守，老年後他一定享福。 Filial piety is the ways of respect, deference and loyalty to one's parents. Children that learn and practice filial piety develop responsibility as well as contribute to the society. Later on, they will grow up to be a lovable and successful person.



善行卡 Good Deed Card

日期Date	星期一 Monday	星期二 Tuesday	星期三 Wednesday	星期四 Thursday	星期五 Friday	星期六 Saturday	星期日 Sunday	備註 Note
按時起床睡覺 Wake up and go to bed on Time								
清潔自立 Self-Cleaning (Washing hands, brushing teeth, shower, etc.)								
鍛鍊身體 Exercise 認真學習 Study and Read								
愛惜糧食 Not Waste Food 懂得分享 Sharing								
愛做家事 Help with Chores 整理房間 Clean the bedroom								
兄弟和睦 Be kind to siblings 有禮貌 Polite and Have Mannerism								
少看電視 Watch TV Less 少玩遊戲 Play Games Less								
聽父母話 Listen to your parents 不發脾氣 Not get Mad/Upset								
口說好話 Say Something Positive 環保 Recycle								