

# Be Thankful for Everything

# Parent-Child Writing Competition (The 1<sup>st</sup> Prizes)

親子徵文比賽

# 《感恩便條》

1C 何梓曦(家長:何德業)

有一天中午,我看見了何梓曦正在從她的筆記簿中 拿了數張紙出來。

我好奇地問了她:「曦曦,這幾張紙用來幹甚麼呢?」 她拿起筆對着我說:「在學校裏,老師教了我們要感 恩,要感謝身邊的人。我想寫一番説話,感謝您們!」 以下便是她寫給我們的説話……

給親愛的奶奶:「謝謝您,因為您做飯給我吃,照顧 我和教我做功課。真的謝謝您呀!」

給親愛的爺爺:「謝謝您,您早前要很早起牀,為我 排隊看中醫和照顧我!」

給親愛的爸爸:「謝謝您,陪伴我温習功課和一起做 運動。」

給親愛的媽媽:「謝謝您,疼愛我和帶我去公園玩

給親愛的姑姑:「謝謝您,買衣服給我穿和買零食給 我吃。」



在我們大人眼中,這一切 都是微不足道或者只是責任, 將之視為理所當然,從來都不 覺得需要得到別人的回報或向 別人表達謝意,反而只會計較 別人給予多少。但真正的感 恩,就是不將別人的幫助或 給予的一切視為理所當然, 要感激幫助過自己的人!

### 《森林惠的感恩大會》

2C 王濼言(家長:梁潤燕)

今天天氣晴朗,吹着 陣陣涼風,小蝴蝶在陽光 下飛着飛着,來到了森林 小河的旁邊,牠看到動物 們圍成一圈在談天。

「感謝昨天的一場 雨,讓小草沾上露珠,我 今天可以有水喝了。」小 青蛙説。

「昨天刮起大風,把 我的小種子吹到充滿養分 的泥土裏,他們很快就會

長出小苗來。真感謝風伯伯幫了我的大忙。」蒲公英説。

「昨晚下大雨時,閃電和雷聲嚇了我一跳。感恩我<mark>找到</mark> 一個隱蔽的樹洞,毒蛇也因為風雨交加沒有出來獵食,我們 一家才可以安然渡過一夜。」小松鼠説。

「昨晚那場雨真大呀!感恩雨水讓快要乾涸的小河水位 上升,我又可以自由自在地暢泳了。」小魚説。

小蝴蝶聽着動物們的話,想起昨晚大風大雨時,自己因 <mark>為</mark>兩翼被雨水弄濕而大發脾氣,心想:風雨為我帶來不便, <mark>我就覺得生氣。森林裏的小動物面對同樣的天氣,卻懂得以</mark> 感恩的心面對困難。我明白了,常懷着感恩的心,就能看見

小蝴蝶看着雨後的陽光,説:「我要感謝大自然,在風雨 <mark>過後給我温暖的陽光和輕柔的微風,讓我可以在森林裏愉快</mark> 地散步,享受生命中的每一天。」

### 《四季的禮物》

3B 鍾 澄(家長:張育芬)

感恩春天 感恩秋天 送我一幅書 送我一塊調色板 有青綠無垠的田野 麥浪是金黃 歡快流淌的小溪 楓葉是火紅 輕靈跳躍的雨點 天空是湛藍 還有那繽紛斑斕 農夫的張張笑臉 綻滿山坡的花

感恩冬天 感恩夏天 送我一支舞 送我一曲樂章 翩飛的落葉 荷尖上 飄揚的雪花 蜻蜓揮着指揮棒 迴蕩的笑話 樹蔭下金蟬引吭高歌 旋轉的,冰上 池塘邊青蛙低吟淺唱 小伙伴們滑出的步伐

草叢裏蟋蟀 奮力把熱鬧奏響



### Gifts From the Four Seasons

3B Zhong Ching Clarice (Parent: Zhang Yu Fen)

Be thankful to Spring Be thankful to Summer for sending me a gift of a painting Verdant fields are expanding On the trip of the lotus Cheerful stream is running Gentle raindrops are caressing And colorful flowers on the mountain are leisurely blooming their best to strike up lively

for sending me a gift of a melody dragonfly is waving his baton In the tree, cicadas begin to sing Beside the pond, frogs are chanting In the grass, crickets are trying

Be thankful to Autumn for sending me a gift of a palette Waves of wheat are golden Maple leaves are flaming The sky is clear blue And the color of dark copper Is for the smiling faces of farmers

Be thankful to Winter for sending me a gift of a dance Falling leaves are flying White snowflakes are fluttering Laughter of children is echoing With spinning paces, on the ice My little friends are happily skating

# Mum and Dad Are My Best Friends in

This World 1D Yeung Tsz Ching Audrey

(Parent: Chan Phobe)

I would like to thank them for bringing me to this warm family.

When I was small, I was very weak in health. I got sick easily, and always visited hospital. Luckily, I could recover completely with the care of my parents day and night. In addition, my parents are not only my good friends, they are also my guiding stars. Although I sometimes make mistakes, they do not punish me but teach me to learn from my mistakes patiently. Because of their unselfish love and unconditioned sacrifice, I want to xpress my appreciation to them.

### So Far, So Close

2D Wong Hau Yin (Parent: Wong Kwok Kau Steve)

My mother received a letter and there was a little foreign boy's photo attached. She told me that this letter was written by her sponsored child who is living in Ethiopia, Africa. People who live there are very poor. Their life is completely different from ours. They do not have any electricity supply, clean water or food.

After learning his story from my mother, I understood that not all the children in the world were as lucky as I am. They had not given up even though their lives were hard. I felt very sad and I promised myself that I would not give up when I had a hard time. My mother also taught me that we must be grateful for what we possess. I learn to treasure what I have and to study hard. In the future, I must use what I learnt to help people in need.

When I was looking at this little boy's photo and his beautiful smile, I could feel that he was just beside me. Again, I understand that I ought to be grateful for what I have. I should also thank my parents for giving me a safe and happy life. My parents give all their love to me and I won't stop loving them.



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陳慧玲副校長

「心存感恩·共建美好人生」。學校透過多元 化的學習活動,讓學生建立正面的價值觀,並 培養學生建立凡事感恩的態度。其實,只要大

家細心觀察身邊 發現有很多值得 感恩的事情。

> 才是快樂的 呢? 泉源。」我 十分同意這

恩,縱然面對困難,亦能迎難而上,勇敢面對。 相信大家對「半杯水」的故事都耳熟能詳。 沙漠裏有兩個快要渴死的人發現半杯水,其中 一個樂觀的人説:「還有半杯水。」另一個悲 感恩我有半杯水、感恩我有力氣繼續往前走、 界會變得更美、更和諧。 感恩我的身邊仍有好伙伴。在現實生活中,許 多人常常抱怨自己沒有甚麼,卻看不見自己已 經擁有的。試問不懂得感恩的人,又何來快樂

記得我曾經教授過一篇課文——阿濃的 《同聲讚美》,內容是講述城市人生活繁忙, 人們常常為大小事情發生爭執,不能和諧相

相信大家都知道學校本學年的教育主題是就不會輕易被眼前的困難阻撓;人們懂得感處。文中的何伯伯通過寫讚美信成功改變了城 市的氣氛。作者通過何伯伯撰寫「讚美的信」 的故事,帶出「多讚美、少爭吵」能夠調和人 與人之間的關係,社會因而變得和諧。這篇課 文給我一個啟示,使我領悟到人與人之間的關 觀的人說:「只剩半杯水。」樂觀的人最終活 係真是很微妙,行為和情感亦會互相牽引。因 着去走出困境。我想:如果我置身沙漠,我會此,我相信凡事懂得感恩,人也變得積極,世

> 感恩是一種處世哲學,也是生活中的大智 慧。大家要學會感恩,感恩父母無微不至的照 顧、感恩老師循循善誘的教導、感恩友伴不 離不棄的扶持……感恩的重要性超乎我們的想 像,如果大家要活得快樂,那麼就要學會感恩 了。



記得那天是個周六 給學生上中文寫作課的時候 窗邊的桌面忽地多了一件教具 多精緻,是喜鵲嗎?

喜鵲忽地説 我可以不老是站着嗎? 我喜出望外 和學生們一起上課

老師在我們的面前飛起來了 忽前忽後忽左忽右 有時左顧右盼 有時停下來



我輕聲提醒同學們 可以離開座位靠上 不要大動作不要聲張 珍惜這難得的觀察課

必是欣賞這樣的課堂 老師很投入 我們從來都沒有這樣的接近

自課室的門口 老師走了 我們齊齊目送 那一課之後不久 所有學校都停課了

至今不止一季

古時韓信報洗衣大娘一飯之恩 老師給我們上了這一課 在課堂上的演練 都看箇清楚 再厲害的病毒都驅不散

甚麼時候 在筆下就會飛出來 或記敍或擬人或童話 一一活靈,活現



談起「感恩」,相信大家都不會陌生,然而又有多少人能 每天都感恩呢?其實在日常生活中,例如對剛載你到目的地的 司機説聲「謝謝」或「加油」;為走在你後面的人按住門;又 或只是仰望天空、感受好天氣、欣賞大自然景色等等,凡此種 種,都值得我們「感恩」。從今天起,讓我們凡事感恩,過一 個快樂、積極的人生。

劉麗君老師、梁家榕老師

<mark>陳文威先生是香港著名作家,同時也是本校</mark> 中文寫作培訓班導師。陳先生自二零零零年 <mark>起擔任香港藝術發展局文</mark>學藝術審批員一 <mark>職,現時亦是香港校長</mark>合唱團學術顧問。

《三師》

我帶給人們光明,猜猜我是 ? 我就是陽光。

大家好!其實我是很著名的一 立魔術師。我能變出很多圖形,例 如:正方形、三角形……我有很多 用途,我可以照亮一切的東西,讓 植物能夠健康地生長。我既是魔術 師,又是光明師,更是生命師。

這一課,同學們先看一個短片。片中, 先是一片模糊的光,隨着太陽的移動,漸漸 出現四個透亮的方框,上兩個下兩個地排列, 使人想到,也許那本來是一扇窗。

梁焯殷這篇第一人稱的作文,以疑問句 開頭,引人思考,然後説自己是著名的魔術 師,讓讀者繼續追尋。這個寫法很好。但這 位魔術師怎樣變出圖形,當中的過程卻忽略 常説的:細節的魔力。

文章以「三師」作結,是很有力的概括。

我生長在水松板上,根彎彎曲曲的,並有幾片葉子 猜猜我是誰?大家好!我是美麗的蝴蝶蘭。

《蝴蝶蘭道理》

我有一大堆又長又彎的根,根的上方有三片葉子 片是新長出來的葉子,另一片是長長 而翠綠的葉子,第三片是枯萎並剩下

葉脈的葉子。 根,打好基礎,才可以再學習 一些艱深的東西

希望大家將這個「蝴蝶蘭 道理」銘記於心吧!

地板上,影子明顯了。

光,在太陽的微笑下,進來了。

影子時深時淺,不住變化,

時間悄悄、悄悄地溜走了。

早上,清新的晨光進來了;

午時,火辣的太陽照耀着;

黄昏,日落了,又過了一天。

是太陽在作弄我們嗎?不是。

時間悄悄地,跟隨光逃走了……

和人類玩光的追逐。

太陽愛玩

評析:

寫作法是重要的,做甚麼事都一樣,就是要有好的方 法,做來事半功倍;不過,與此同時,好的文字表達能力 也是重要的,否則空有最好的寫作法也表達不出來。

蝴蝶蘭的畫圖。她也善於思考,善於提升,把蝴蝶蘭的成 長與讀寫結合,説來頭頭是道。可以改進的是,倘若能夠 不把道理直説,而是通過更豐富的蝴蝶蘭生態的描述,讓 讀者自己感受到當中藏着的道理,印象便更深刻了。

《陽光的魔術》

### 《我的童話 態來了》

一天,我走進森林,發現了一間小屋。於是 好奇的我決定走進去。原來裏面有很多糖果,我最 喜愛吃的了,所以我便情不自禁地吃起來。

突然,我看到一隻熊。那 隻熊愈走愈近,愈走愈近。牠 **看**見我就問:「你是否吃了我 的糖果?」我説:「是的。」 熊説:「下次你不要再不問自 取了,這次我就原諒你,下次 我就不會原諒你了。」我說:

最後,我和那隻熊成為了

「知道了!」

郭縉謙這個童話裏的孩子,很誠實,他甘冒給 大熊吃掉的危險,坦率承認自己做了的事,也沒有 求饒。最後,大熊原諒了他

這個孩子沒有説他怎樣感恩,但一句「我和那 隻熊成為了朋友」便足以説明。他不是懶於描寫, 了氣氛。就讀小四的他是能寫的。這篇文章的感恩 有兩個層次,一是對大熊的;另一個作者沒有説明 卻讓讀者思考:這個孩子的誠實,是誰教的呢?該 感謝誰呢?

故事使人回味

### 《冬日的路上》

一絲絲的陽光透在小巷,小巷顯得別有情調 我走了進去。「啊!是一條小路!」我感嘆。我看見太

<mark>陽透</mark>過牆壁反射至我的衣上。我挪前了一步。陽光又從我的 衣上滑過了。冬風向我撲面而來:涼風一陣,我想。再向前 望,望到了一棵大樹。即使是冬,葉子還是為我盛開了,頓 時感到一片生機閃耀。路旁播着古典音樂,優雅多了。

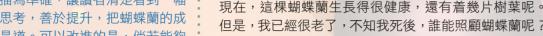
一次無意中的好奇使我發現了優雅的小路,一切也還是 那樣動人,即使是冬日。

我們筆下的文章要打動讀者,首先要打動自己。這便要仔細觀察,尋 找當中重要的元素;接下來,便是關係到組織和違詞造句了。

這也就是從構思到表達,這是一個反覆思考的過程,直到了然於胸 接着還要沉得住氣,按部就班地寫出來。張健豪同學這篇文章精短,沒有 浪費筆墨,把一條別人容易忽略的小巷逐步呈現,充滿了動感,讓人體味 到,那是一個多麼可愛的冬日啊!

這篇短文蘊含着感恩的色彩,作者沒有明示,字裏行間就是那麼一回 事。作者自己跳出來大叫感恩,可能震耳,卻是乏味,人家不會上心之餘, 還可能覺得討厭。讓讀者自己感受到,自然而然,才會留下深刻印象。

|註:以上是中文寫作培訓班學生作品 | 感謝陳文威導師 撰寫評析。



寫作的路上,我們要懂得拐彎。直路是好走的,也容易到達 目的地。然而,我們要問問,寫作的目的是甚麼呢?是快一點讓 讀者看到嗎?抑或是,讓讀者看了之後留下印象?相信,答案應 是後者吧。

《我是水松板》

我是水松板。我的責任就是支撐一

棵蝴蝶蘭。這份工作,我已經做了十年了。

這裏説的拐彎,就是從不同的角度看看,儘可能找個獨特的, 黎懿莉便是這樣做了,水松板上的蝴蝶蘭,人家都自然地注意蝴 蝶蘭,她卻是把目光放在水松板上,引伸出來思考,很有意思 也感人。

抱着這樣的態度,我們便有更多的發現,生活便更豐富多姿

### 《鹅葉榕的遭遇》

大家好! 我是長在路旁的細葉榕。我長在石上。我一邊沐浴 温暖的陽光,一邊觀看街道上的人群。

一天,當我在努力生長新一片翠綠的葉子 時,突然有幾位穿着螢光衣服的人,凶巴巴地看 着我,我十分害怕。之後,我才發現,他們是來 傷害我的!在他們把我弄下來的那一刻,我用 力把根抓緊。最後,雖然我沒有了葉子,但我 還有我的根

我繼續生長

感恩,可以包括對自己不好的人和事。像這株長在路旁的細 葉榕, 遭人拔除, 最後讓它懂得, 把根抓緊的重要, 這對它的-生都是十分重要的。這麼看來,逆境,也是恩了

馬晞悦這篇童話寫來生動,描寫得絲絲入扣。我們要記着-點,作文就是把自己弄清楚了的東西,讓讀者也同樣清楚,否則 人家便不知道你在説甚麼和要説的是甚麼了

文章的末段本來是:現在,我們有一朵白色的花,我非常高 興。大家要像我一樣,遇到困難也要堅持。我改為:我繼續生長。 這已經足夠,留有空間,讓讀者自行咀嚼,嚐到箇中的道理,才 時回甘,不是更好嗎?

## 《蝴蝶蘭的自述》

大家好!我是一株蝴蝶蘭。大家聽到這個名字,都會覺得我是十分 漂亮的,可惜不是。我長滿了根,沒打理過。我只有兩塊葉子,可是在 一場暴風雨中,一塊枯萎了。

由出生到現在,我受盡所有的批評,所有的欺負。我是多麼不願

直到有一天,一個專業攝影師走到我身邊,然後興奮地大叫:「太 好了!這植物最適合了!」説罷,他便給我拍了一張照片。那時,我才 發現原來我的樣子雖然不漂亮,但也很特別。

自此以後,別人説我醜陋時,我就會説:「對,我知道,但我不覺 得有甚麼問題。」為甚麼我會這樣說呢?因為我明白,外表不代表一切。

### 評析:

感恩,首先是要有所感。感,是要有對比才出現的。對比,是要對生活認真,對所經歷的, 不要含糊了事。因為,這都是生命的內容,而生命,就只有一次,不能抹去重來。黃薇甄筆下的 蝴蝶蘭,就是這樣,它因為不是一般人眼中的漂亮,又受到暴風雨的摧殘,人家只會認為它不好 看,但它都挺過來了,然後,一位專業攝影師看見了它,如獲至寶。給它拍照,讓它挺直了腰板。 黃薇甄寫來細膩,把當中的曲折都寫好了,有聲有色,從而讓讀者感奮:感恩,這過程,原來是 平凡而不簡單,誰都可以擁有。

# Thankfulness to My Favourite Teacher

My favourite teacher is Miss Chong. She is my English teacher and I would like to thank her as my English has improved a lot with all her help. She is good at teaching. She does not only make lessons interesting, but also explains the concepts very clearly so that I can understand easily. She tells us the only way to enjoy learning English is to fall in love with the language. She encourages us to read English books for at least 15 minutes per day, write in our diaries once per week and speak more English with classmates in school.

Although she is always very kind to us, she is also very strict and has consequences for us if we do something wrong. However, we all still like her very much

In order to show my thankfulness, I will behave well and try my best to constantly improve my English.

### Be Thankful for Everything

5B Ma Hei Yuet Ruby

There are so many reasons to be thankful for everything and everyone in my life. I know I am not always the most well-behaved kid so I would like to thank Miss Lo for teaching me how to be a good student. I used to find English lessons a bit boring. However, Miss Lo brought it to life this year. I would like to thank her for encouraging me to think deeper, work harder and dream bigger. In order to do better in the coming exams, I will study hard. This is how I want to show my thanks to Miss Lo.

Other people whom I need to be thankful for are my classmates. They are always around to show support. I like to share food and chat with my classmates during recess. We can do homework together and play joyfully. I like my classmates very much.

My parents are truly my best friends. I know I can tell them anything. They attend to my problems either in a serious or relaxed way. No problems are too big for them. They are always there for me whenever I need them. I love my parents very much.

Showing thanks for everything teaches us not to complain about what we do not have. Instead, we should appreciate what we have.

### Be Thankful for Things Around Me

Thankfulness is especially important for everyone in this difficult time of fighting with COVID-19. All of us should feel thankful from our heart because we have the opportunity to live in this wonderful and beautiful world.

First, I am thankful that God gives me a healthy body. I am fortunate to be able to talk to and listen to others. I have eyes to enjoy all the colours and wonders. My nose brings me pleasant flower scents and I am thankful that I have hands to write music and play piano. My feet let me explore different routes in the world. Most importantly, my brain helps me to solve problems and remember all the wonderful experiences I've had in my life so far. It is not a given for people to have a functional body, so I am very thankful to God for giving me a healthy body.

I am thankful that I have a wonderful family at home. They provide me with abundant resources. Every year, I donate red pocket money to the poor children to help them buy food and other school supplies. This might be able to encourage them to acquire more knowledge to improve their living and to help others in need.

> On the other hand, I am grateful that I have a chance to learn at school. I appreciate the good relationship with classmates, friends and teachers. I love to share my thoughts and feelings with them whenever I am glad or sad. The various interesting extracurricular activities and school celebrations make school life exceptionally unique.

> There is so much around to be thankful for. However, it is understandable that we might forget to give thanks when facing tough times. I try to keep positive thoughts in my mind when I feel like I am failing at something. My motto is "The best is yet to come" and this keeps me fuelled and strong. Let us continue to be kind to all we meet and stay thankful for everything around us.

### Medical Heroes

There are so many things to be thankful for in life. Because of the COVID-19 outbreak, I have realized how much the medical professionals sacrificed their lives for us and I would like to

First, I want to say thank you to the doctors. They work day and night to save our lives. They have to sacrifice their time with their loved ones. They also give up their sleep

Second, I want to say thank you to the nurses. They take care of the patients and assist the doctors. They have to spend a lot of time and energy to accommodate each patient.

Doctors and nurses help take care of the patients to keep us healthy and safe. They are our true heroes.



### Thankfulness to the Teachers During the Outbreak of Corona Virus

I am thankful to all the teachers during the suspension of school. Because of COVID-19, I was not able to go to school for more than three months. Over the past few months, the teachers kept working hard to prepare online lessons and homework for us, so that we could keep learning when we were away from school.

After some time during suspension, we started Zoom lessons, which involved doing face to face learning as well. I could see the hard work of the teachers from the videos, PowerPoint slides and other materials they prepared, which gave us a

We finally resumed school on the 8th June after a few months of waiting. I would like to express my thankfulness to all the teachers and I am looking forward to seeing them again.

better understanding of the contents.



### Being Thankful: The Life Long Lesson

6A Chan Wun Him

Some people might not live happily nowadays because of the enormous pressure and stress in life. They always get angry as a result of heavy workload. The following incidents taught me a lesson that thankfulness is an attitude which makes us joyful and cheerful.

Last summer holiday, my mother booked an air ticket to Japan because it was cheaper than usual. I was a bit disappointed because I couldn't travel to my favourite country, Canada. However, I tried to be thankful because I understood that having a trip should not be taken for granted. Some people living in poverty can't afford such a luxurious trip. Moreover, I bet the trip could broaden my horizons as I've never been to the country before. I was impressed by the stunning cityscapes of Tokyo. After travelling to Japan, I found that Japan is also a great place to visit. I had a really wonderful trip.

Another example was my first table tennis competition. I felt completely nervous and my legs were shivering before the game. I didn't perform well in the match. I felt very upset about the result at first. However, I should be thankful that I had the chance to compete as only a selected few were chosen to participate in that game. I tried to view from another perspective and realized that failure is a stepping stone to success. Also, this gave me an opportunity to learn from these mistakes and to try to avoid repeating them in

When I was primary six, our school picnic was cancelled because of unfavourable social conditions. The school set another day for picnic as compensation. However, it was cancelled once again because of the outbreak of COVID-19. I was really sad as my last picnic day of primary school was cancelled. I tried to reassure myself as I understood that safety was the most important after all. Finally, I got over my disappointment.

We shouldn't be thankful only when having fortunate moments in our lives, but in all moments. Every morning, we should be thankful for being able to live, having a family, being able to go to school and having nice teachers. Also, I should be grateful for living in Hong Kong which is such a wealthy and educated society, and an international financial hub.

All the things we enjoy seem to be guaranteed. However, none should be taken for granted. Being thankful is a lifelong lesson that can lead a joyful and cheerful life.





蕭紫寧愛思考。我相信,這是由於思考有一

種魅力,隨着思考而來的發現,是一個接一個的

驚喜。她的思考不是憑空的,這首詩讓我們知道:

那是一種不捨的追尋,讓光也逃不掉她一張思考

的網。她把自己的所得,也許因為得來不易,所

以珍惜地用上最恰當的句子和詞語描寫,不要多

一分也不要少一分——當然,這是不容易的,就

像編織精美的刺繡那樣,包括晨光用清新,午陽

用火辣;時間怎樣從溜走到逃走,處處用心。她