Let's Plant the Seeds of Happiness!

しあわせのたねをまこう！

让我们种下幸福的种子！

有一天，在一个神奇的森林深处，一位名叫艾米莉 (Amely) 的赋权精灵从天空中飘然而至。
“大家好！让我们一起种下幸福的种子吧！”她欢快地说。

One day, deep in a magical forest, an empowerment fairy named Amely floated down from the sky.
“Hello, everyone! Let’s plant some Seeds of Happiness together!” she said cheerfully.

很快，五个孩子跑来见她：
热爱科学的尼欧，喜欢画画的米罗，
酷爱奔跑的赞恩，很会讲故事的米卡，
以及擅长关心他人的艾利。

Soon, five children came to meet her:
Neo, who loves science,
Milo, who loves painting,
Zane, who loves to run,
Mika, who tells great stories,
and Eli, who is great at caring for others.

“幸福的种子？那是什么？”米卡问道。
艾米莉微笑着回答：
“那是能让每个人都微笑的神奇种子。
但它们需要不止一个人才能长大。”

“Happiness seeds? What are those?” Mika asked.
Amely smiled and replied,
“They are special seeds that make everyone smile.
But they need more than one person to grow.”

what can you do?

你能做什么?

尼欧热爱科学——尼欧能做什么？米罗喜欢画画——米罗能做什么？赞恩酷爱奔跑——赞恩能做什么？米卡很会讲故事——米卡能做什么？艾利喜欢帮助人——艾利能做什么？我们一起想想吧！

Neo loves science—what can he do?
Milo loves painting—what can he do?
Zane loves to run—what can he do?
Mika tells stories—what can she do?
Eli loves helping—what can she do?
Let's think together!

“我来好好地把种子种下去！”赞恩举起手说。
“我来检查哪种土壤最合适，”尼欧说。
“我要在漂亮的洒水壶上画上画！”米罗说。
“我要为种子编一首歌和一个故事！”米卡说。
“我会帮大家清洁双手，在你们累的时候送茶来，”艾利说。

“I’ll plant the seeds really well!” said Zane, raising his hand.
“I’ll check what kind of soil is best,” said Neo.
“I’ll draw pictures on a pretty watering can!” said Milo.
“I’ll make up a song and a story for the seed!” said Mika.
“I’ll help clean everyone’s hands and bring tea when you're tired,” said Eli.

现在轮到你了！
你准备好种下属于自己的幸福种子了吗？
→ 你想种一颗什么样的种子呢？（在方框里画出来吧！）

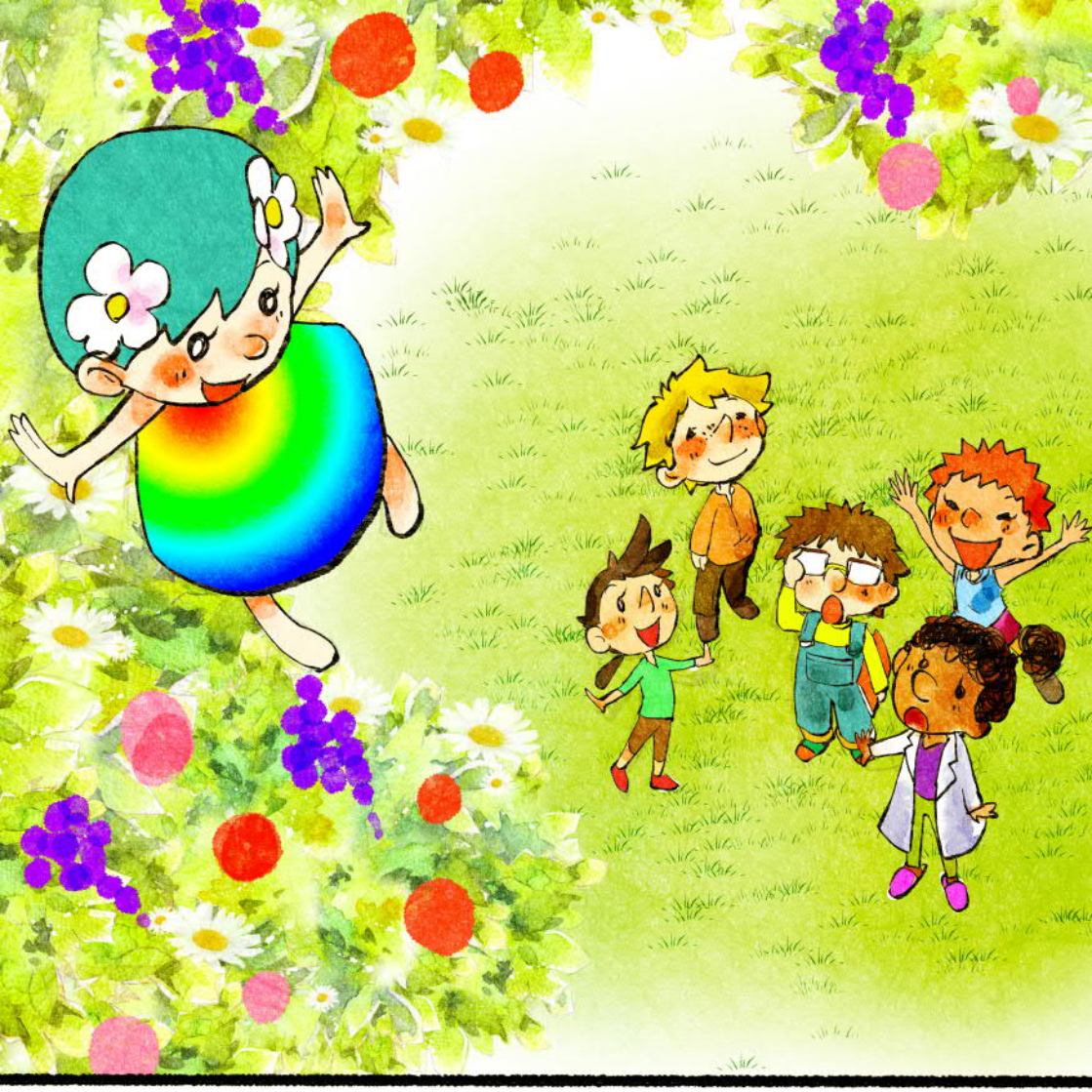
Now it's your turn!
Are you ready to plant your own happiness seed?
→ What kind of seed would you like to plant? (Draw it in the box!)

当大家一起种下种子时，噗！——一颗小嫩芽冒了出来！
“好耶！但它还很小呢，”赞恩说。
“让我们每天都来照顾它，每天都做些新的事情吧！”

When everyone planted the seeds together, pop!
—a tiny sprout appeared!
“Yay! But it’s still so small,” said Zane.
“Let’s take care of it every day, with something new each time!”

第一天：尼欧给嫩芽浇了适量的水。
第二天：米罗做了一把彩虹伞来保护它。
第三天：赞恩跳舞，给它带来了许多快乐的能量。
第四天：米卡讲了一个充满欢乐的故事。
第五天：艾利做了饭团，让大家分享力量。

Day 1: Neo gave the sprout just the right amount of water.
Day 2: Milo made a rainbow umbrella to protect it.
Day 3: Zane danced and gave it lots of happy energy.
Day 4: Mika told a story full of joy.
Day 5: Eli made rice balls for everyone to share their power.



然后在第六天.....
哇！一颗大大的、大大的幸福树从种子里长了出来！
树上结着"友谊葡萄"、"微笑苹果"，还有"感谢之花"。

Then on Day 6...
Wow! A big, big Tree of Happiness grew from the seed!
On the tree hung "Grapes of Friendship," "Smiling Apples,"
and "Thank You Flowers."

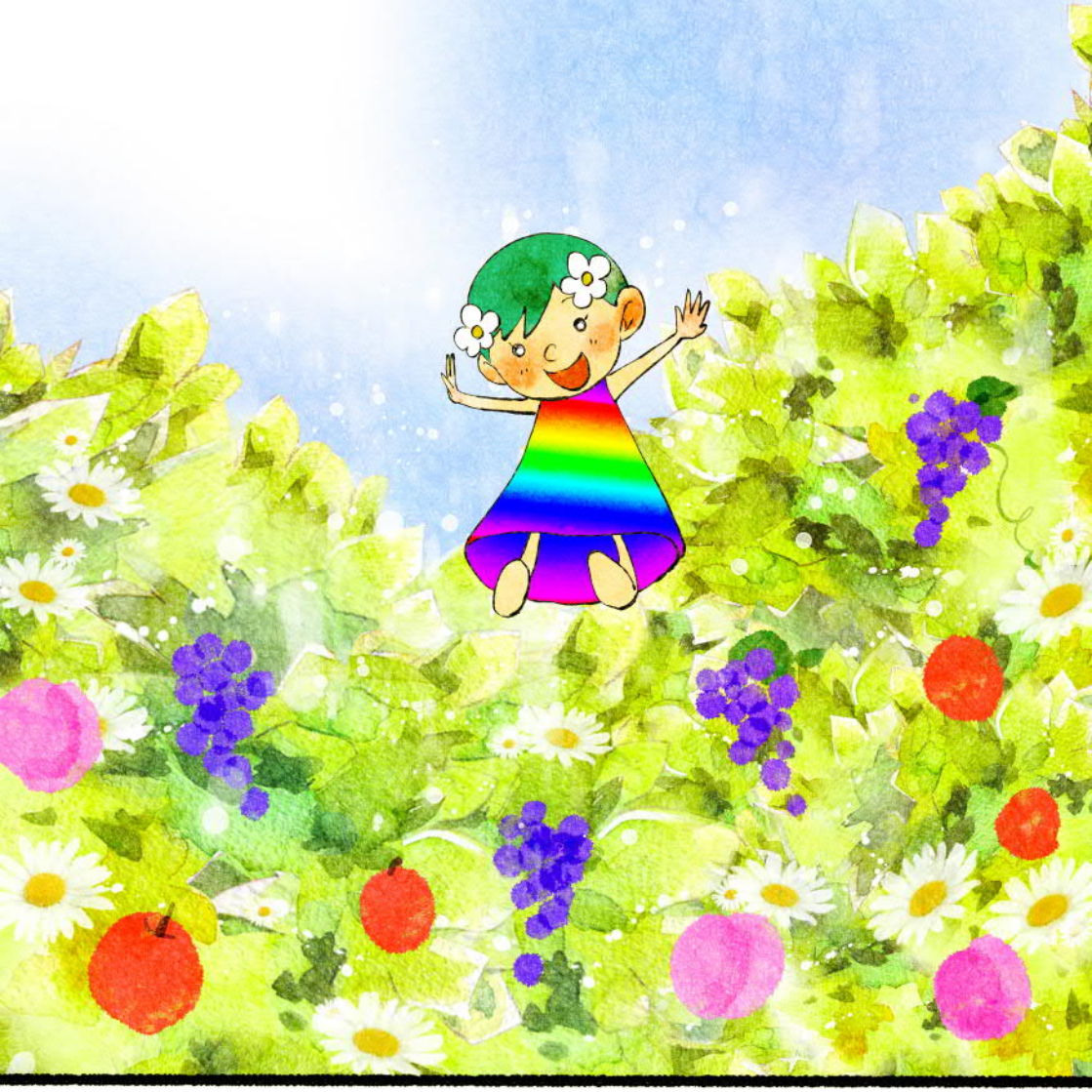
艾米莉说：
“这就叫做 **共创幸福**！当每个人都分享自己独特的天赋，齐心协力时，幸福就能茁壮成长。”

Amely said,

“This is called Co-Creative Wellbeing!

When everyone shares their special talents together,

happiness can grow.”



你也可以和朋友们一起种下幸福的种子！

想一想：

· 你想和谁一起种下你们的幸福树？

· 你们想一起做些什么呢？

You can grow happiness seeds with your friends too!

Let's Think:

·Who would you like to grow your happiness tree with?

·What would you like to do together?

注解：

这个故事教导孩子们：齐心协力运用各自独特的长处能带来快乐，以及"与众不同没关系；事实上，与众不同才精彩！"

它还通过"幸福之树"和"我们共同种下的种子"这些引人入胜的象征，巧妙地引入了"共创"和"幸福"的概念。

Note:

This story teaches children the joy of using their unique strengths together and the idea that “It’s okay to be different; in fact, it’s wonderful to be different.”

It also playfully introduces concepts such as “co-creative” and “wellbeing” through the engaging symbols of the “Tree of Happiness.” and "The seeds that we all grow together.”

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