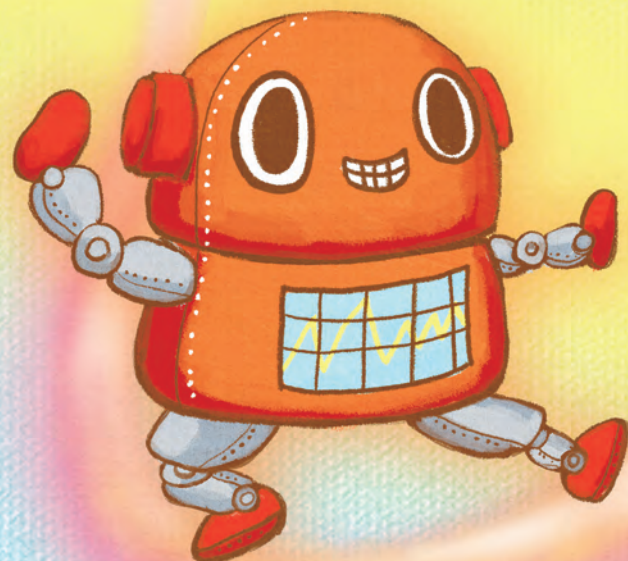


Secret of The But's Family to Forget Worries

This book belongs to

Written by Shirley LOO
Illustrated by Jan KOON





Preface to *Secret of The But's Family to Forget Worries*

Life will always go through ups and downs. No matter how old you are, you have the chance to encounter difficulties and setbacks. Students, you may have been discouraged because your results were not quite satisfactory, or you may be disappointed by not getting along well with your classmates and friends. Adults also have their worries, such as job prospects, financial burdens, and so on. Just think about it, when faced with adversity, will you rise to the challenge, or escape and give up? Will you frankly tell your family about your difficulties and troubles? By publishing the third storybook of the But's family, *Secret of The But's Family to Forget Worries*, the Family Council would like readers to think about how to overcome and face adversity. And when our family meets with adversity, what role should we play?

Secret of The But's Family to Forget Worries tells the diverse difficulties and worries encountered by members of the But's family. As a result, Birdie Peter, Nicky and Heidi embarked on a journey to find the "Secret to Forget Worries". The story not only embraces the three family core values promoted by the Family Council, namely "Love and Care", "Respect and Responsibility" and "Communication and Harmony", it also closely follows the theme of the Council's publicity campaign this year, which is "Family: A Hub to Cheer You Up". A strong family relationship is essential to an individual's resilience in the face of adversity. The family is the most powerful backing in such times. By communicating more with your family, understanding everyone's difficulties, and bearing and facing adversity with them together, the problem will always be solved.

Secret of The But's Family to Forget Worries is suitable for children aged 9 to 11 to read on their own. Parents are certainly encouraged to read and discuss the story together with their children, so as to promote the parent-child relationship and deepen their mutual understanding. I hope that when you enjoy the reading, everyone will get the "Secret to Forget Worries" with the But's family, maintain an optimistic attitude in the face of adversity, and understand that every difficulty and crisis will eventually bring opportunities to grow. If you face difficulties in the future, please do not give up. Let your family cheers you up, and confront the challenges with the support and care of your family!

PANG, Melissa Kaye, BBS, MH, JP
Chairperson, Family Council



Foreword

According to the definition in the dictionary, the "secret book" is an extraordinarily rare book. It is often found in the study of martial arts. Obtaining a unique secret book is often the key to victory in martial arts novels. Through the story of *Secret of The But's Family to Forget Worries*, what Ms Shirley LOO wants to pass on to readers is how to protect the soul and establish the rare "secret" of mindfulness.

This time, the story happens to the three energetic characters, i.e. Nicky, Heidi and Birdie Peter. Their names in Chinese are so playful that make people laugh. The siblings are similar in age to the target readers, making it easy for the readers to take on the roles and share their feelings. Ms Shirley LOO tells the readers in a relaxing way how to develop positive thinking, rebuild your beliefs, and regain strength to pursue your ideals of life by passing the five levels of missions. These five difficult tasks are different, and the story is full of twists and turns, which lead the readers to go on adventures with the protagonists and think about the problems together. The readers will definitely feel the joy when reading.

In addition to building up mindfulness for readers, this story also brings out another message, i.e. the importance of a harmonious family relationship. Everyone in the But's family will encourage and help each other when they know that other family members are encountering difficulties. Through their love for their family, even the children with limited abilities could still bravely break through the barriers to obtain the "Secret to Forget Worries". From the story of the But's family, we realise that when a family loves each other, any problem can be solved easily.

The author's writing style is fresh and full of humour. It is commendable that she can easily deliver the messages about actively fighting against adversity, paying attention to emotional health, and supporting each other in a family. I would like to recommend the book *Secret of The But's Family to Forget Worries* to all readers, and hope you all can acquire the great skill of "forgetting worries and having fun"!

HO How-sim





The Wisdom in the Face of Adversity

I am very adventurous. It was true when I was a child, and it is still true when I grow up.

During my childhood, I lived in the countryside for a while. At that time, I did not have much homework. After class, I would join my neighbours' children to explore everywhere. I believe that these experiences of exploring secluded spots gave me the wisdom to face adversity.

When getting older, there become fewer dangerous places to explore. However, I often feel that it is good to expose myself more and gain more experience when we are still young and strong. The spirit of exploration, regardless of age, is worth maintaining.

My past experience and stories have also become the blueprint of today's *Secret of The But's Family to Forget Worries*.

When creating this story, I often wondered what elements should be put into it to make this adventure authentic and amusing without losing its positive meaning.

So this time, I chose Nicky and Heidi as the main characters, because their ages are close to those of our target readers (children in upper primary schools). And surely, the story cannot go without Birdie Peter, who is lively and always comes forward.

As for the scenes, it is better to choose the school, which everyone is familiar with, so that it will have more empathy for the story. The main plot is about how Nicky and Heidi, the brother and sister who love their family, complete the five levels and get the "Secret to Forget Worries" to help their family members solve their problems.

In fact, this is what I have heard from many students. Through teaching students to write, I often have opportunities to meet upper primary school students. In the eyes of their parents, children at this age begin to rebel, have their own circle of friends, and seldom share their thoughts with their parents. However, they just appear indifferent. Deep down in their hearts, they can see and remember every move of the difficult situations faced by their parents.

The adventure story of *Secret of The But's Family to Forget Worries* was written under such observations and atmosphere.

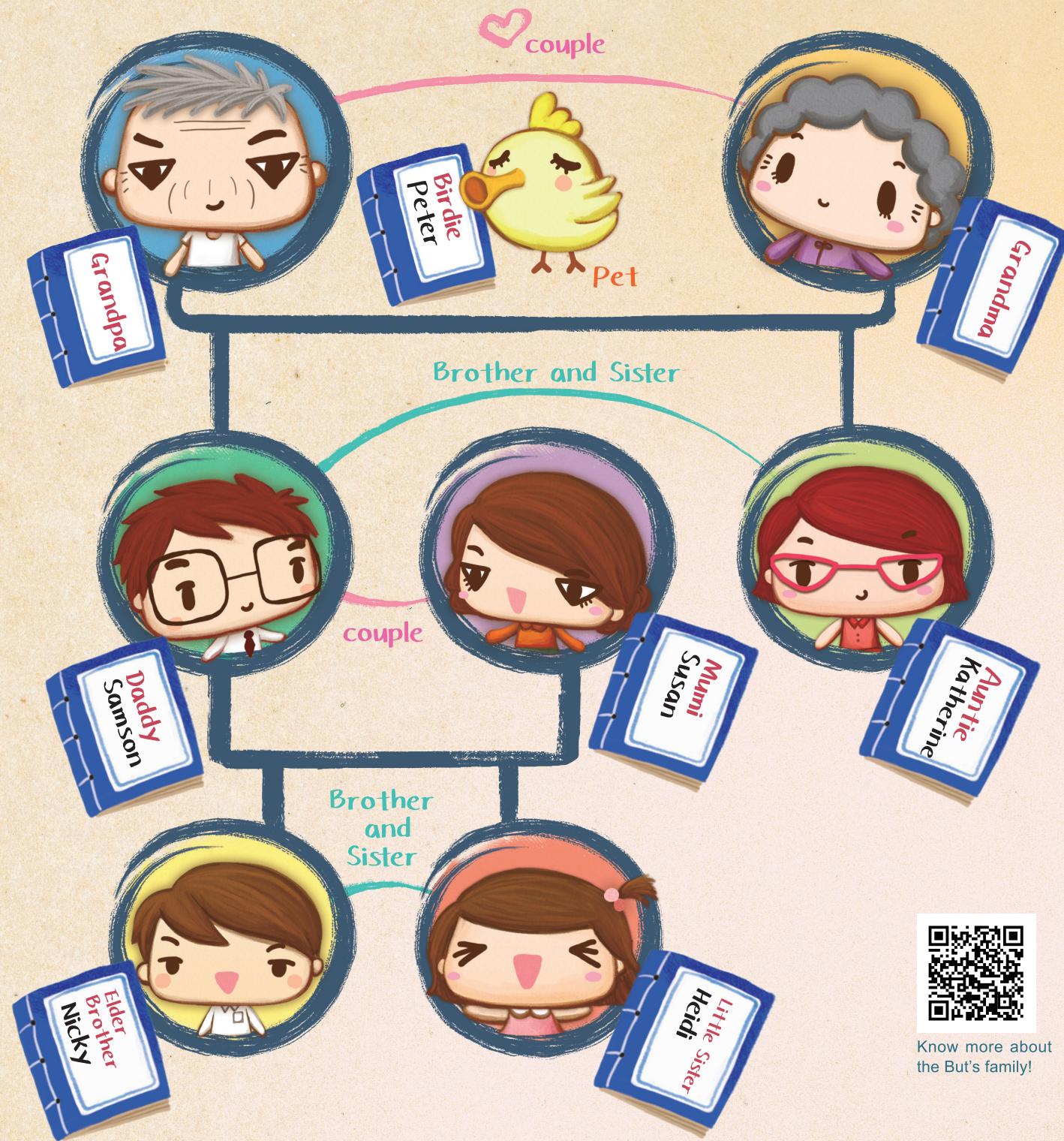
From *Secret of The But's Family to Forget Worries*, you can read that even when one or two family members in the But's family have worries, the whole family will help each other out. You can also feel the deep connections among the family members when they share their sorrows, help and encourage each other. Furthermore, I also expect that you can read about the calmness, perseverance, and devotion of Nicky and Heidi when they encounter difficulties.

What are my expectations for this book? That is, I hope that my little readers can get some tips and light from the reflections and secrets learned from this story, so as to face future challenges and the tempering of time.

Shirley LOO

The But's family

Daddy and Mumi live with Grandpa and Grandma. Auntie Katherine is close to Grandma and often drops by to visit her. Recently, the atmosphere at home is not very good. Daddy, Mumi and Nicky are all gloomy. Birdie Peter and Heidi really want to help them forget their worries. What is the good way to do it?



Know more about
the But's family!

Chapter 1 The family is in trouble

As usual, Heidi sits in the sitting room, waiting for Daddy to come home and help her study Maths.

Heidi is expecting Daddy to arrive soon when she hears the sound of the key unlocking the door. Unexpectedly, Daddy goes straight into his room in silence, without saying hello to Heidi.

Heidi pokes her head around the door of the room and vaguely hears Daddy say: "The company has just fired my peer Archie. He has worked in the company for fifteen years. He is a veteran staff member. How can the company simply fire him? Would I be the next one?"

Heidi sees Mumi pat Daddy on his shoulder and comfort him. "Don't be afraid. **'Everything will be all right in the end!'** Heidi, Nicky and I, together with Grandpa, Grandma and Auntie, everyone supports you!"

"Your mother is sick these days. You have to take care of her at her place every day, and you can't hold it anymore!" Daddy speaks to Mumi.

Heidi thinks that Mumi and Daddy's problems are family matters. She should tell her elder brother Nicky. Although Mumi and Daddy often think that they are young and ignorant, Heidi always hopes to help share their worries. So she just goes straight to Nicky's room and knocks on the door. "Knock, knock, knock."

Heidi pushes the door in, and Nicky takes off the earphones. Before Nicky asks what happened, Heidi just tells him about the conversation between Mumi and Daddy right away, whether Nicky wants to hear it or not.

"Daddy has his troubles, and so have I! I have just got the results of the Internal Assessments, and I missed them. I'm afraid I won't be able to go straight to my favourite secondary school!" At first, Nicky did not want to tell his sister the bad news, but he cannot hold it anymore. Nicky feels bad in his heart, just like bad things happened one after another. Will there be more? He does not want to think about it anymore, so he just goes to play electronic games.

As her brother is cold to her, Heidi can only go back to her room. Seeing Heidi's worried look, Birdie Peter, who claims to know everything in the world, could not help but interrupt.

"Heidi, don't worry!"

"How can I not be worried? Daddy is afraid of losing his job, and Mumi is worried about my grandmother's illness. My elder brother is afraid of not being admitted to his favourite secondary school. I don't know how to comfort them. Do you have a way?"

"Of course! You know I've always been well-informed. Some time ago, I heard that a book called "Secret to Forget Worries" is hidden in your school. It was designed to help people in need. But, the school is afraid that bad guys may use the book in a wrong way, so it designed a barrier activity which requires brain and muscle. Only those students who are intelligent, energetic and willing to help others can join this activity. Let's ask Nicky to try it together, okay?"

After knowing the solution, Heidi shouts excitedly, "Certainly!". She and Birdie Peter enter Nicky's room and persuade him to join them. As they are so sincere, Nicky can only agree.



Don't be afraid.
'Everything will be
all right in the end!'

Back to school together and face difficulties



Heidi, Nicky and Birdie Peter return to school at a swift pace. They ask someone in the school and know that Heidi's class teacher Miss Cheung is responsible for the activity.

After Miss Cheung listens to their request, she frowns and says, the "Secret to Forget Worries" isn't something that everyone can get. It'll only be given to people who have a good heart and are not afraid of defeat. They have to pass five levels of missions to get it."

Five levels? What are the five levels? Will it be difficult? When Nicky hears this, he is a little hesitant. Five levels are too many! Can they handle it? If we can only pass three levels, what punishment will you have?

"If you can't pass the levels, there will be no punishment. The biggest punishment is not getting the book... Um, do you want to go home and think about it before you decide to participate?"

Seeing Nicky a bit hesitant, Heidi cannot hold and says, "No problem, we have Birdie Peter. We can have discussions along the way and certainly can get over it."

Birdie Peter is overjoyed to hear Heidi's praise. It looks so proud that it keeps flapping its wings.

At this time, Miss Cheung points to the school's dance studio and says, "As you are so confident, you should hurry up and try it! The dance studio is the first level: 'Get out of the box!'"

As soon as Birdie Peter hears "Get out of the box", he is so excited. This is because he has always felt that being trapped in a cage or frame will close people's minds, and their thinking will become more and more negative.



Let go of worries and get out of the box

(Level One: Dance Studio)

As soon as Nicky pushes the door, he sees an upright mirror in the dance studio. There is a red and green indicator light on the top of the mirror. A long strip of note is pasted next to the mirror, which reads:

Look at your true self, you can afford to lose indeed!

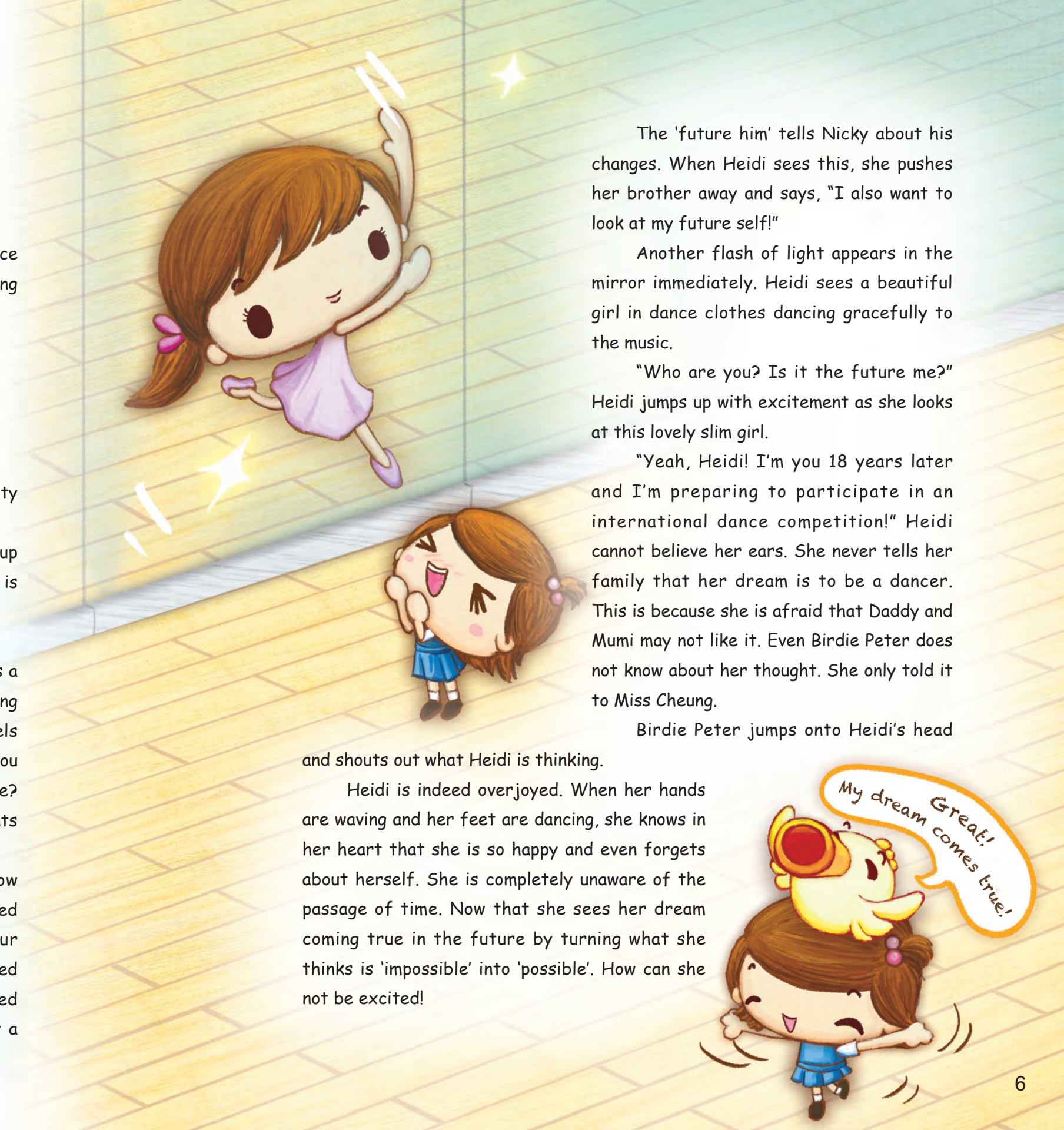
After reading this sentence, Nicky trembles in his heart, as if electricity is flowing through his body. There is a kind of unspeakable excitement.

Suddenly, a flash of light appears in the mirror, and an image shows up slowly. Nicky sees a handsome young man who looks very much like himself. He is holding a tablet computer in his hand.

"Who are you?" Nicky is puzzled.

"I'm you 15 years from now! I'm working as a manager in a famous computer company!" Looking at the 'future him' in front of him, Nicky feels unbelievable. Nicky questions the 'future him', "You said that I'll have a good career in the future? But I didn't do well in the Internal Assessments this time. How could it be possible!"

"You didn't get knocked down by the low marks in the Assessments. Instead, you decided to study hard and encouraged yourself. Your grades improved so fast. Later, you were admitted to your favourite university. After you worked hard for a few years, you were recruited by a famous computer company in the city!"



The 'future him' tells Nicky about his changes. When Heidi sees this, she pushes her brother away and says, "I also want to look at my future self!"

Another flash of light appears in the mirror immediately. Heidi sees a beautiful girl in dance clothes dancing gracefully to the music.

"Who are you? Is it the future me?" Heidi jumps up with excitement as she looks at this lovely slim girl.

"Yeah, Heidi! I'm you 18 years later and I'm preparing to participate in an international dance competition!" Heidi cannot believe her ears. She never tells her family that her dream is to be a dancer. This is because she is afraid that Daddy and Mumi may not like it. Even Birdie Peter does not know about her thought. She only told it to Miss Cheung.

Birdie Peter jumps onto Heidi's head

and shouts out what Heidi is thinking.

Heidi is indeed overjoyed. When her hands are waving and her feet are dancing, she knows in her heart that she is so happy and even forgets about herself. She is completely unaware of the passage of time. Now that she sees her dream coming true in the future by turning what she thinks is 'impossible' into 'possible'. How can she not be excited!



"Come, come! Let today's Heidi and Nicky dance a 'Forget Worries Dance' with the future Heidi and Nicky." The future Nicky proposes. The future Heidi says, "Yes, pay attention to the lyrics, follow our dance steps, cheer for each other. If you can follow our movements without mistakes, you will pass Level One!"

The music starts to play. Heidi and Nicky in the mirror sing and dance to the lyrics.

Raise your hands and clap your palms,
Drop your hands and pat your thighs.
Pat, pat, pat, pat, pat and you'll soon revive.
Pat on the left, pat on the right,
and say goodbye to troubles.
Swing to the left, swing to the right,
and shake off the frame of thought.
The left elbow touches the right knee, the mind becomes more flexible.
The right elbow touches the left knee,
problems will certainly be settled.
Take a big step, please try to step into my frame.
Take a big step, I'll try to step into your frame.

When they sing this verse, Heidi and Nicky notice that each of them is surrounded by a frame formed by light at their feet. They follow the future Nicky and Heidi, jump into each other's light frame and exchange their positions.

The music continues, but it gets more and more exciting.

The future Heidi and Nicky in the mirror perfectly demonstrate how to step into each other's frame, showing their open attitude. The harmony of their dance steps shows that they sync with each other. Outside the mirror, Heidi and Nicky also sing along and follow what they do.

Something amazing happens. When Nicky steps into Heidi's frame, the mirror shows Heidi's expression of anxiety when she hears Daddy and Mumi's talk. Nicky sees Heidi's helplessness and immediately comforts her by patting her shoulder.

Heidi also jumps into Nicky's frame without hesitation. What appears in the mirror is that Nicky is depressed when he receives the school report and is lectured by the teacher. Heidi sees Nicky's discouraged look and immediately cheers him up with a 'come on' gesture.

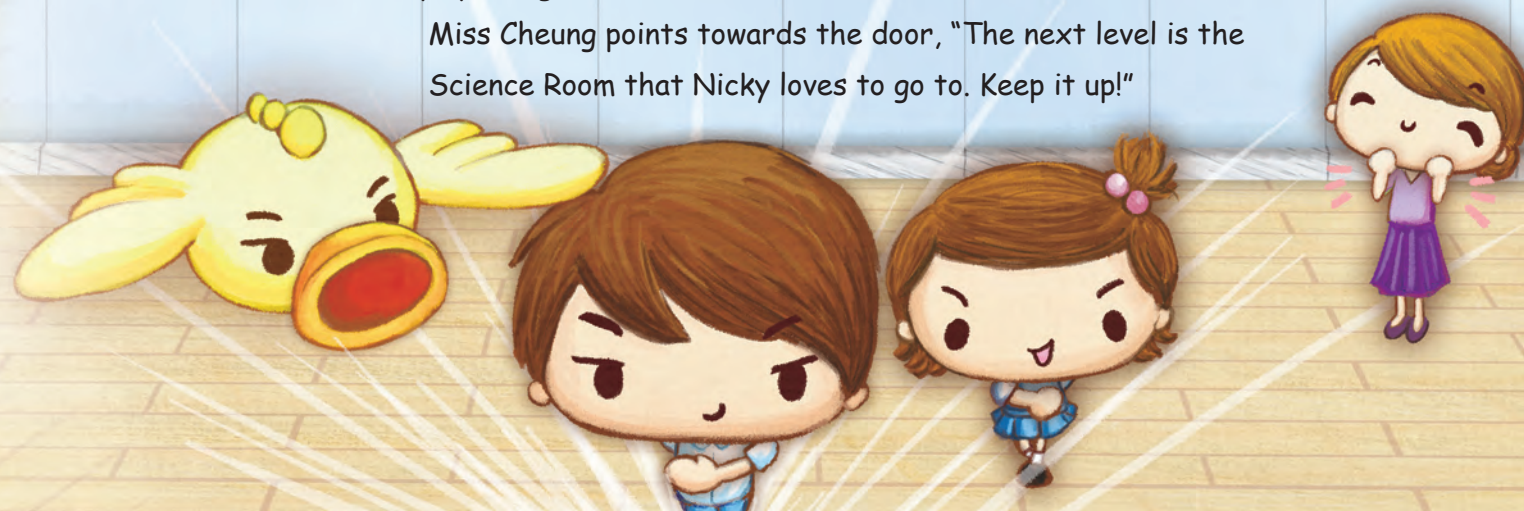
When the brother and sister encourage each other, the two light frames surrounding them on the ground suddenly disappear.

Heidi has a good sense of pitch and tempo, and her movements are flexible. Nicky dances with Heidi with an admiring look. The brother and sister work very well together. The tempo and movements are very accurate and nothing goes wrong. Miss Cheung watches them dance so good and applauds loudly.

The music stops. At this moment, the indicator light above the mirror turns green. A sentence appears on the mirror: **"Let go of your worries, get out of the box! Come on!"**

When Birdie Peter sees this, he says loudly, "We've passed Level One. Hurry up and go to Level Two!"

Miss Cheung points towards the door, "The next level is the Science Room that Nicky loves to go to. Keep it up!"



Chapter 4

Do not fear the dark, go towards to the light

(Level Two: Science Room)



Nicky takes Heidi and runs straight to the door of the Science Room, leaving Birdie Peter behind.

"You two, wait for me, okay?" Fortunately, Birdie Peter flaps its wings and quickly follows them. At this moment, the door of the Science Room opens with a bang. Vincy and Perry from the neighbouring class come out. They run out in panic and say angrily, "It's dark inside, so terrifying... You guys shouldn't go in anyway!"

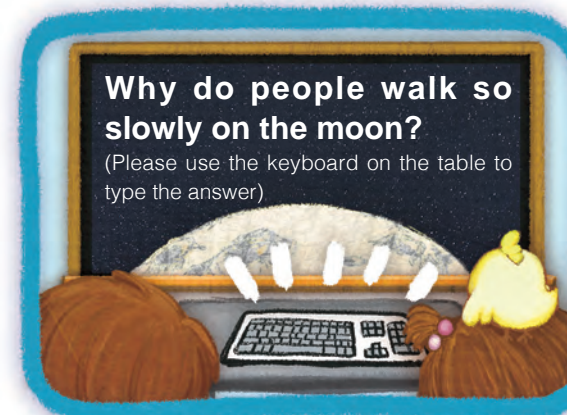
When Nicky heard the word 'dark', he remembers that Daddy took him on an experience journey called 'Exploration in the dark' a year ago. He was put in the dark world of the blind. From then on, he is no longer afraid of the dark as before. But Heidi is young and she draws back a little when she hears the word 'dark'.

"I'm afraid of the dark! Let's not pass this level!" Heidi grabs Nicky's hand, trying to persuade him to quit.

"No! I'm not afraid of the dark. You can just hold my hand!" Nicky shows no fear. He is holding Heidi's hand while he is pushing open the door of the Science Room.

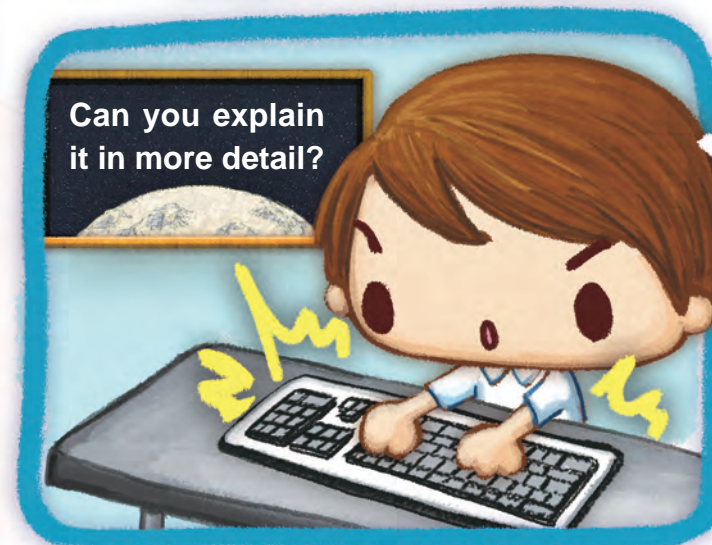
"Don't be afraid! Heidi, I'm here!" Birdie Peter pats its chest on Nicky's head.

The door is pushed open with a squeak. It is so dark inside that they can see nothing. Fortunately, Nicky is familiar with the furnishings of the Science Room, and finds the light switch quickly. When he presses it, a moon appears on the blackboard with the question of Level Two written on it:



Because the moon has no gravity!

No! It's because the moon's gravity is much less than the Earth's!



The gravity on the moon is only one-sixth of that on the Earth. Therefore, the friction between an astronaut's feet and the surface of the moon is only one-sixth of the surface of the Earth. It is very difficult to walk, so he walks so slowly.

Totally correct!

No matter how dark it is,
you must go forward to the light.

Nicky looks at Heidi and says, "This is a hint for the next level."

As soon as Birdie Peter sees it, he flies away from the Science Room at once. Then Birdie Peter sees the lights in the Maths Room on the third floor are all on, which make the place very bright.

"Come with me, go upstairs to the Maths Room!" Nicky is holding Heidi's hand and walks hurriedly.

Unexpected and difficult to calculate

(Level Three: Maths Room)

When they come to the Maths Room, their Maths teacher, Mr Chan, is already standing there waiting for them. Mr Chan is straightforward. "I've four envelopes in my hand, and each envelope contains a question. To pass this level, you've to draw three envelopes and answer the three questions correctly," he says after greeting each other.

Heidi draws the first question and reads, "When will four minus one equal five?"

"It mustn't be an addition or subtraction of numbers." Nicky is sensitive to numbers. He will not fall for the trick.

"Does it have anything to do with graphics?"

When Birdie Peter mentions it, Nicky gets it. "A square minus a corner becomes a pentagon, isn't it?"

"Completely correct! Go and draw the second question!" It is Nicky's turn.

"There are eight '8's. How can you make it equal to 1000?" Nicky is thinking as he is reading it. Seeing her brother working so hard, Heidi also picks up a pen to calculate on a piece of white paper.



$$8+8+8+88+888$$



"I know! Then the answer is 1000." Heidi has a good memory and remembers playing brain-teasers with her classmates at school. This is one of the questions.

"Question Three, it's my turn!" Birdie Peter takes out an envelope from Mr Chan's hand with his beak.

"The third question is: **Mother and Father have four daughters, and each daughter has a younger brother. How many people are there in this family?**" Mr Chan says in a clear voice for Birdie Peter.



"I know, it's seven: four daughters, one younger brother plus father and mother." Nicky sees through the trick of the question, so he reacts quickly.



"Isn't it a daughter with a younger brother?" Heidi still does not understand.

"The four daughters should have the same younger brother!" Nicky explains to Heidi.

"I see! Even though I don't have a younger brother, I understand this answer!" As usual, Birdie Peter shows off his cleverness.

"Your calculations are very accurate and your responses are quick. But have you ever thought that many things in the world cannot be calculated?"

"Yes! I've heard a saying '**Man proposes, God disposes**'." Birdie Peter remembers Mumi saying this when she knew that her planned trip was cancelled because some of her group members were infected.

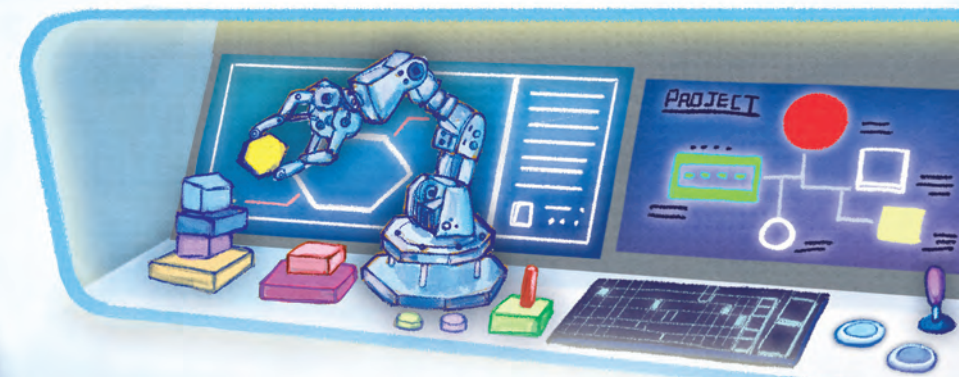
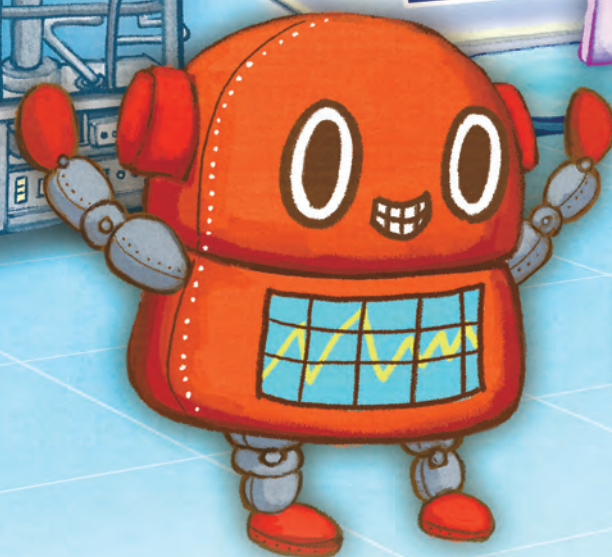
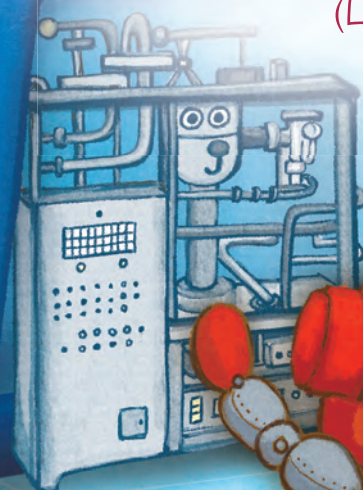
It turns out that the last envelope in Mr Chan's hand contains a clue card. It reads, "**The unexpected is difficult to calculate.**"

"Then what should we do when we face the unexpected?" Heidi asks such a question.

"Your question just leads you to the next level. As you answered so quickly, you can get the clue to the next level, that is to go to the Innovation and Technology Room!" Mr Chan points to the Innovation and Technology Room at the end of the corridor.

Be positive and stay focus; Get rid of the bad things

(Level Four: Innovation and Technology Room)



The electric door of the Innovation and Technology Room senses their arrival and opens slowly. Computers are neatly arranged in the room. There are also all kinds of equipment and instruments used in innovative and technological activities, which make them dazzled. At the moment when they do not know where to start, a voice of 'croak, croak, croak' comes from behind. When they turn to look back, they see the robot 'Gigi', which is newly purchased by the Innovation and Technology Room.

"My name is 'Gigi' from the Innovation and Technology Room. I know everything! What are you looking for?"

Nicky and Heidi tell Gigi all that happened at home to see how it reacts.

"It seems that what your family needs most is some 'words of forgetting worries', which can encourage each other and give positive energy." Gigi is a high-level intelligent robot. It knows how to observe words, analyse and solve problems, and immediately make suggestions.

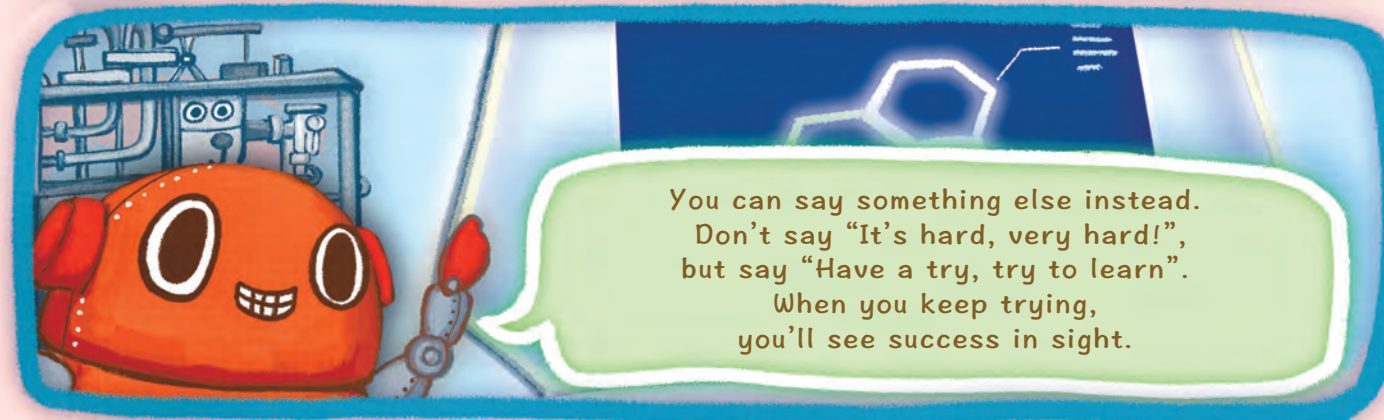
"Okay! Let me give you a few words to encourage others: **Every cloud has a silver lining. Nothing in the world is difficult for one who sets his mind on it. By every experience, a person increases his knowledge.**"

When Nicky hears these, he suddenly realises something. Then he immediately responds, "Yes! These are great sentences when fighting against bad times. They can be used to overcome the voice that makes people give up!"

"The more these 'positive' words you remember, the better!" Birdie Peter can really understand it quickly and is flapping its wings and murmuring to memorise those words.

When Nicky and Heidi hear what Gigi says, they think that Level Four must be easy to clear without answering questions. But it seems that Gigi knows what they think and says:

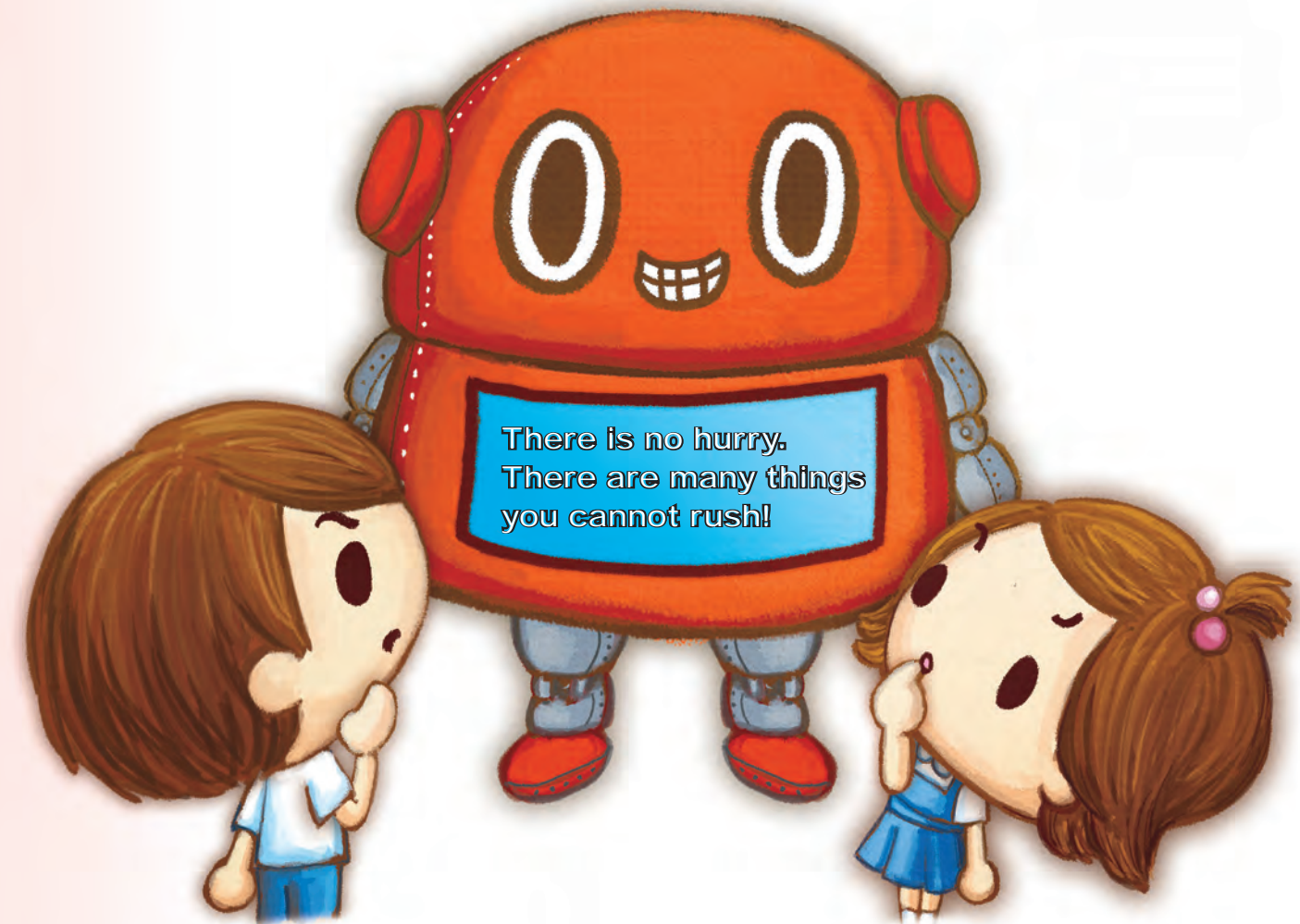
"That's just a start, and now I want you to answer another important question: it's often difficult for people to face bad times because they're trapped by their thinking patterns of the past. Do you find that you have these patterns? You have to answer honestly to get through!" Gigi continues to ask.



Heidi quickly learns the lesson.



"Let's high-five!" At this moment, Nicky seems to be full of energy. After high-fiving with Heidi and Birdie Peter, he cannot wait to ask where the last level is. This clue appears on the electronic screen:



When Nicky hears "There is no hurry", he thinks, "At school, which place is related to 'no hurry'?"

Birdie Peter knows Nicky is lost in thought. It takes this opportunity to jump on his head and brings out Nicky's doubts so that everyone can think about it together.

"Oh! It must be the small hill called 'Snail Hill' in the back garden of the school!" Heidi gets it first this time.



No hurry, there will be a reward

(Level Five: Snail Hill)

The 'Snail Hill' at the back garden of the school is a place where many students come to take a break at recess. Birdie Peter quickly learns the terrain and is eager to lead the way. The 'Snail Hill' is full of colourful wild flowers. Soon after the rainy day, snails on the hill will appear one by one. Their antennae turn round and round to smell where food and water is. The cute behaviour attracts students to come to observe.

On this day, when Nicky and Heidi go there, heavy rain has just fallen. They can only see a giant snail leading the other snails, crawling little by little in a certain direction.

"Is the 'Secret to Forget Worries' hidden in the place where the snails go? But the snails walk so slowly, we don't have time to wait any longer. Let me push it." Nicky urges and sweet-talks the snails, but the little snails are still indifferent to Nicky. It only crawls very slowly at its own gentle pace.

Nicky, can you accept that I'm so slow? Why don't you take a good look at the scenery around this hill while you're here?



Unexpectedly, the snail speaks and points its antennae to both sides of the hill.

Nicky and Heidi look at the snail who can guide them. Although they are surprised, they quickly accept the vision in front of them. After all, today's experience is an unexpected journey.

They all follow the snail's guidance and look to the left. Today, the scenery under the hill is beautiful. The park next to the school is full of flowers as spring is in the air.

Heidi looks to the right. In the school playground, many students are playing rope skipping, hopscotch and other games happily. She wants to join them as she watches them play. But she knows that she has the mission to find the 'Secret to Forget Worries', so she can only hold this longing.



At this time, the giant snail stops in front of a small haystack. When Nicky sees it stopping, he feels that this is where the "Secret to Forget Worries" is hidden. He immediately pushes the weeds away from the haystack with both hands.



It is strange. It is only a small haystack, but it seems that there are too many weeds to clear. Nicky and Heidi try their best to push them away. Birdie Peter also uses its wings to push away the weeds. They work together. At last, the weeds are laid everywhere. Under the soil, what faintly appears in front of them is the "Secret to Forget Worries". The secret book opens, and the secret of forgetting worries appears:



"Thank you! Thank you very much! This is a very practical secret. We'll take it home and share it with our family right away." After they thank the giant snail and its companions, Nicky leaves with Heidi and Birdie Peter.

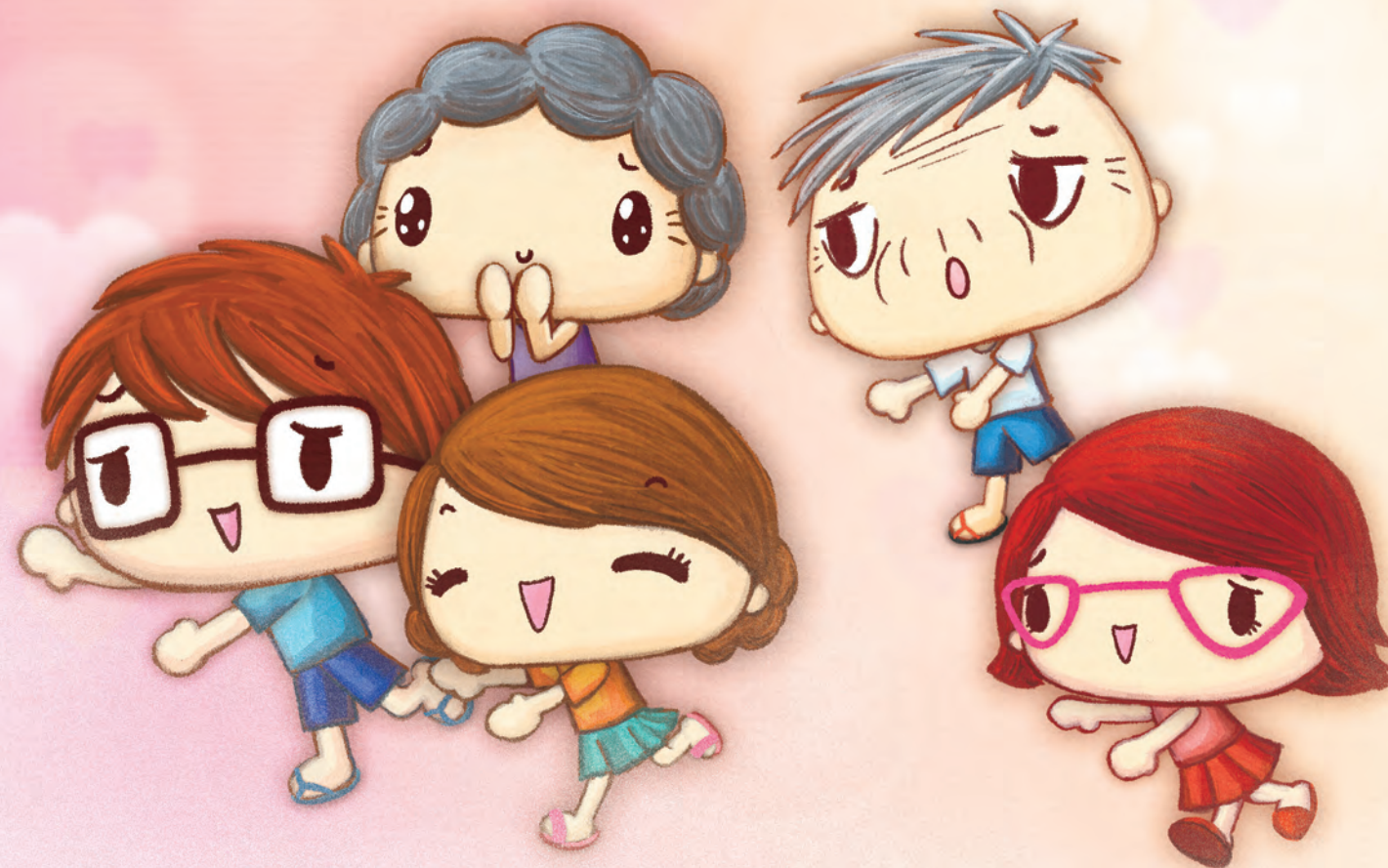
Share the achievements Go home and have a reunion



Earlier, everyone in the family saw a text message from Nicky: "Heidi, Birdie Peter and I are going back to school to get the "Secret to Forget Worries"." Everyone feels upset because even though Nicky occasionally goes back to school on his own, he rarely takes Heidi with him. The family is worried if the brother and sister can get along well. Besides, Birdie Peter seldom goes out so the family is afraid that it would cause trouble.

"Ding, ding, ding..." The doorbell rings clearly. This makes everyone excited and expecting.

When Nicky enters the door, he is holding the "Secret to Forget Worries" in his hand with an expression of excitement and contentment. He cannot wait to report it to his family.



"We're back. Let me tell everyone what happened with Heidi and Birdie Peter!"

Then they share the process of clearing the five levels with Daddy, Mumi, Grandpa, Grandma and Auntie. Auntie does not go into what happened to the But's family. She only thinks that it is good to have them home safe. However, Auntie vaguely feels that they are a little different from before.



my grandmother's place with you to help take care of her until she recovers, okay?" Mumi is so surprised and touched to embrace Nicky on his shoulder, "Why do you seem to have grown taller today... you've grown up." Nicky smiles and says, "By every experience, a person increases his knowledge."

When Nicky and Heidi are undergoing subtle changes, Birdie Peter also becomes quiet and no longer noisy. It is squatting by the window, thinking about how to pass on the 'positive thoughts' that it 'stored' to everyone in the But's family. It has been thinking and thinking...





Nothing in

the world is difficult
for one who sets his mind on it.

After Nicky helps Mumi, the two of them are walking out of the kitchen with smiling faces. Daddy sees that the family feels easy. He feels much better because he has come up with a plan. So he shares his plan with his family. "Nicky, Heidi, Daddy intends to apply for online computer courses during the epidemic to enrich my knowledge. Let's be good students and work hard together!"

Before Nicky and Heidi are about to say something after hearing what Daddy says, Birdie Peter suddenly says, "Nothing in the world is difficult for one who sets his mind on it." After hearing such words of 'positive thoughts', the But's family bursts into laughter because it is hardly heard from Birdie Peter's mouth. Then the family says together, "Yeah! Daddy, we support you!" Then there is another round of laughter. The But's family has been covered with 'clouds' these days. Some of the problems they face have been solved and some are still pending. However, they strongly believe that **'as long as a family loves and supports each other, there are no problems that cannot be solved!'**



Story highlights

We always encounter many difficulties in life, and so do our family. Although our parents seem to be very capable of shouldering a lot of burdens, they also have their own worries. In the face of adversity, the most important thing is to have a positive attitude, believe in your own abilities, and do not flinch easily. At the same time, try to tell your family frankly about your worries, and work together to find out solutions to the difficulties.



Key learning points

- Evasion cannot solve problems. Face the difficulties with a positive attitude, keep trying and be persevering.
- Think out of the box, break through the limitations, and think from different angles.
- Do not be impatient and anxious when doing things. You can see a new way if you calm down.
- Tell your family and friends about your problems and look for solutions together.
- Be empathetic and willing to help others. When your family and friends are in trouble, do your best to help, support and encourage them.



Think about it

1. What difficulties did Daddy, Mumi and Nicky face? Why did Heidi want to help them?
2. What is the purpose of the “Secret to Forget Worries” which Birdie Peter suggested Heidi go back to school to get? Who can get the “Secret to Forget Worries”?
3. Nicky and Heidi saw their future selves in more than ten years in the mirror. How did they feel? What kind of person do you think you will be when you grow up?
4. The grown-up Nicky and Heidi danced the “Forget Worries Dance” with their present selves. They jumped into each other’s frame. What is the moral of this?
5. Nicky and Heidi solved difficult math problems together in the Maths Room. But in the end, Mr Chan told them that “the unexpected is difficult to calculate”. What kind of mindset does Mr Chan want them to have when facing difficulties?
6. What positive thoughts or words of encouragement have you heard? Tell us about them.
7. What lesson have the impatient Nicky and Heidi learnt from the slowness of the giant snail?
8. The “Secret to Forget Worries” only contains four short sentences. Why can it help people who are facing adversity?
9. How have Nicky and Heidi changed after they successfully passed the five levels? How does the family feel about their changes?

Overcoming adversity with HOPE

HOPE, the four English letters in the “Secret to Forget Worries”, represents the author’s heartfelt reminder to readers:

H **heart—know who you are, keep your promise:** it is to know yourself with sincerity through different experiences. The characteristic of sincerity is good faith that you can do what you have promised and keep the promise. As for earnestness, it means that you should be truthful to yourself and others, and do not pretend. Treat others with sincerity, and they will treat you with sincerity too.

O **pen-minded—open to accept, get rid of the bad and keep the good:** it is an attitude of openness to accept new things. Never be conservative and stubborn, and you should be willing to break through and innovate. However, deep inside your heart, there should be a measure of what is right or wrong. You should know what is “beauty” and what is “good”, differentiating “truth” from “falsehood”. You should know how to reject falsity and remember the truth.

P **ersistence—be persistent and work hard, dare to bear the responsibilities:** when facing difficulty, no matter how difficult or dangerous it is, you have to rise to the challenges and be unyielding. More importantly, when in crisis, you must bear the responsibilities and will not shrink back.

E **mpathy—be empathetic and caring, respect each other:** in the face of adversity, what is needed most is the person who walks with you. Your family is the most solid backing and also the closest and most reliable comrades. If everyone respects each other, helps and encourages each other, you can learn a lot from each other and achieve more.

Parent-child singing time



Scan the QR code with your smartphone and sing the theme song with your child.

Robotic Dogs Detect Landslides ?

Summer is a beautiful season for outdoor activities, but it is also the rainy season in Hong Kong. In case of heavy rainfall when playing outdoors, or even a landslide triggered by heavy rainfall, it not only can spoil your fun but also put your life at risk. Hong Kong is a place with many hills and little flat land. Hillsides can be found everywhere. There were many landslide accidents in the past. What measures does the Government have to prevent landslides from happening?

In 2021, the Geotechnical Engineering Office (GEO) of the Civil Engineering and Development Department introduced two robotic dogs named “SPOT” to investigate landslides. The “SPOTs” are not the cute small robotic dogs you see in toy shops. They are “smart-looking” robotic dogs with yellow bodies, strong limbs, and several cameras installed on its head. They are waterproof and agile. They can distinguish up to 2 000 objects, avoid different obstacles and climb over mountains. They are equipped with some data-collecting devices, such as cameras, laser measuring tools, etc. to inspect the landslide sites, analyse the causes of the incidents, and assess the risk of another landslide. The staff of the GEO will explore the installation of more components, such as a robotic arm, on the “SPOTs” as needed, so that they not only can inspect the environment but also help excavate earth, collect samples and clean up sites. Will they have a life-saving function one day?

In addition to inspecting landslides, the “SPOTs” can also carry out fast scans, measure and analyse rock structures at construction sites such as caverns and tunnel sites where rock blasting is required, so as to draw 3D maps and even topographical models, and they can also help record the progress of an engineering project. How convenient and powerful they are!

With the “SPOTs”, it will be much safer for the GEO personnel to inspect landslide sites in the future. They do not have to walk into accident areas in person and the “SPOTs” can do it for them. The risks they have to take will be reduced. In the future, robotic dogs may also incorporate new Artificial Intelligence (AI) programs and establish databases to improve the efficiency of emergency services. We are looking forward to the “growth” of the “SPOTs”!



The robotic dog “SPOT”, which can detect landslides



“SPOT” can walk on hillsides and stairs to perform detection work.

(Information and image source: news.gov.hk)



Mini dictionary

- 1. **Landslide**: The earth and rocks on the mountain have absorbed a lot of water after heavy rain, causing them to become less abrasive. Thus, they are no longer stable and collapse dramatically.
- 2. **Laser measuring tool**: An instrument that uses the speed of laser light to measure the distance. It emits a beam of light to the object, then receives the light reflected from the object, and converts the time of light reflection into the distance between it and the object.
- 3. **Fast scan**: Quickly convert the image of an object into data and then re-transform it into a digital image.
- 4. **3D map**: A three-dimensional model map constructed through virtual reality technology using multimedia elements such as images, graphics and data.
- 5. **Artificial Intelligence (AI)**: The use of innovative technology to make computer systems mimic human intelligence and behaviour.



Let's think

- 1. What are the physical characteristics of the robotic dogs introduced by the Geotechnical Engineering Office?
- 2. What are the functions of the robotic dogs “SPOT”? Name one of them.
- 3. How do the robotic dogs collect data?
- 4. The robotic dogs have a wide range of uses. What new functions can be added in the future?
- 5. Do you think robotic dogs will be the main force for landslide detection in Hong Kong in the future? Why?
- 6. Why does the Geotechnical Engineering Office use robotic dogs to detect landslides and build a database?

Answers:
1. Four limbs, a yellow body, and a camera on its head.
2. Use equipment such as cameras and laser measuring tools to inspect landslide sites, collect data, and assess the risk of another landslide (any one of the answers is fine).
3. Take photographs with cameras, measure data with laser measuring tools, measure and analyse rock structures with a fast scan, and build databases.
4. Install more components such as robotic arms to excavate earth, collect samples and clean up sites; incorporate Artificial Intelligence and improve the efficiency of the next emergency rescue services.
5. Free answers.
6. Because they want to ensure the safety of engineering personnel. Besides, to collect data on landslides to take precautionary measures

The Robots Fighting against the Coronavirus Pandemic

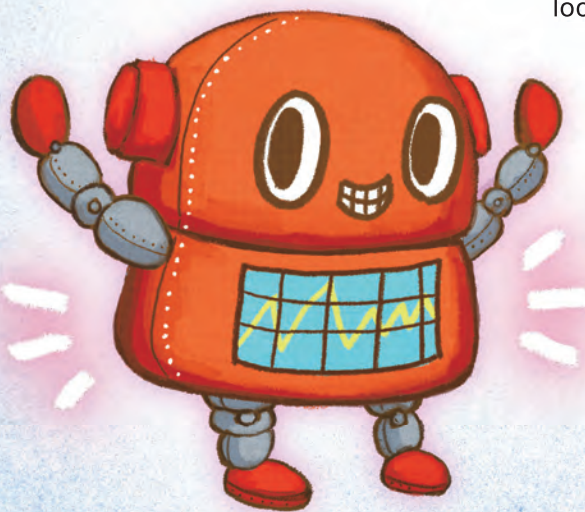
In 2020, the coronavirus pandemic suddenly spread around the world. Many people were infected and even lost their lives. In the beginning, people did not know what this virus was. We only knew that it would cause pneumonia, which reminded Hong Kong people of SARS in 2003. People got into a panic. It would be good if some new technology could defeat the coronavirus. Would there be robots in the world that could defeat the coronavirus?

A local mechanical inventor in Hong Kong experienced the SARS outbreak that year and witnessed the citizens being frightened by the virus, so he hoped to create a robot that can fight viruses one day. Therefore, he is committed to developing a variety of medical and health care robots, hoping that robots can help reduce casualties.

After the outbreak of the coronavirus pandemic, a robot mainly responsible for disinfection of outdoor environments comes out. It has a 360-degree camera, which can be remotely controlled using 5G technology. It knows how to distinguish between objects and pedestrians on the street. As long as it detects a QR code on the street, it will give out disinfection spray on the object. If there is a pedestrian in front of it, it will not spray on him/her. It is a very smart robot. It

is equipped with special wheels, which enable it to move on uneven roads. It has been used to disinfect various locations, such as the Belcher Bay Promenade, and has aroused the interest of many children who passed by.

In addition to the outdoor disinfection robot, a new medical robot has been developed. It is a customised medical robot to be used in the Intensive Care Unit of a public hospital in Hong Kong. Its flexible robotic arm can perform the actions of pressing buttons and twisting, and can precisely control equipment such as ventilators, allowing medical staff to remotely operate the equipment without frequently entering and leaving the Intensive Care Unit, thus reducing their burden and saving time.



These innovative robots can help frontline workers be more productive and reduce their exposure to high-risk areas. It is hoped that in the future, more robots that are beneficial to the society will be developed, so that the application of technology will benefit mankind.



Mini dictionary

- Virus:** A pathogen that can replicate and reproduce itself in an organism. Unlike bacteria, viruses are inanimate self-replicating organisms.
- Disinfection:** Use chemicals to eliminate microorganisms, bacteria, viruses, etc. from the environment to protect human health.
- Omnidirectional camera / 360-degree camera:** a camera with a viewing angle of 360 degrees, which can cover the entire spherical surface and has an all-round shooting function.
- Intensive Care Unit (ICU):** A ward in a hospital that treats critically ill patients.
- Ventilator:** a machine that can help patients with breathing difficulties caused by serious illness to control and regulate breathing, increase pulmonary ventilation and reduce respiratory consumption, thus maintaining the patients' life.



Let's think

- Why are people afraid of the coronavirus?
- How can the outdoor disinfection robot distinguish between pedestrians and objects?
- What is the purpose of making the medical robot?
- What are the functions of the medical robot?
- What functional robots would you like to be developed in the future?

Answers:
1. Because people do not know much about it in the beginning.
2. Detect QR codes on the street with a 360-degree camera in order to identify objects or people.
3. The medical robot is made to allow medical staff to remotely operate the equipment in the Intensive Care Unit without frequently entering and leaving the unit, thus reducing their burden and saving time.
4. It can perform the actions of pressing buttons and twisting, as well as precisely control equipment such as ventilators.
5. Free answers.



Secret of The But's Family to Forget Worries

Published by:  **Family Council**

Published on: **February 2022**

Author: **Shirley LOO**

Illustrator: **Jan KOON**

Editor: **Kristy CHOW**

Printer: **Government Logistics Department**



© Copyright by Family Council and Home Affairs Bureau

All rights reserved • Reproduction by permission only

No part of this publication may be copied, used or reproduced in any form or transmitted or distributed by any electronic or mechanical means, including photocopying, recording or any data storage methods, without prior written permission of the Family Council and the Home Affairs Bureau.

For enquiries, please contact the Family Council Secretariat

Tel: **3509 7045**

Fax: **2591 6002**

Email: **secretariat_family_council@hab.gov.hk**

Website: **www.familycouncil.gov.hk**

