

家庭议会家庭教育系列 — 「童心同步」

Family Council Family Education Package — Caring for Our Kids

第五集：姐妹「同」心

Episode 5: The Sisterhood

字幕稿

Transcript

妈妈：女儿 喝些水吧

Mum: Daughter, have some water.

姊姊：谢谢妈妈

Elder Sister: Thanks mum.

妹妹：唉，又没有人和我一起玩。姊姊，不如先别做功课，和我一起打机吧！喂呀，姊姊，姊姊

Little Sister: Why there's no one to play with me? Sister, why don't you put aside your homework and play with me? Hey, sister. Sister.

姊姊：你看不到我正在温习吗？你考完试但我还没考完，你自己玩吧！

Elder Sister: Don't you see I'm studying? I'm studying for my exams. Go play yourself!

妹妹：我平日也要温习很多书本，很快就完成了，都不明白你为何要温习那么久，是否你差劲？

Little Sister: I have a lot of textbooks to study too. But I finished them quickly. What took you so long to finish yours? It must be your problem.

姊姊：你明白甚么？「小学鸡」，只懂得玩，我小五时的成绩都比你现在好很多

Elder Sister: You are childish! You know nothing about my study! All you know is playing. When I was in Primary 5, my school grades were much better than that of yours now!

妹妹：你说甚么？你很聪明吗？

Little Sister: What? You aren't any better!

妈妈：喂，你们两个在吵甚么？

Mum: Hey! What's the fuss about?

姊姊：妹妹经常烦扰我。妈妈，我还是到自修室温书较好

Elder Sister: She always disturbs my study. Mum, I'd better go to the study room.

妈妈：你到达自修室通知我吧！

Mum: Alright, let me know when you get there

妈妈：会否打扰你，妹妹？

Mum: Daughter, are you busy?

妹妹：不会

Little Sister: No

妈妈：那陪妈妈到超市，帮忙提东西好吗？

Mum: I'm going to the supermarket. Will you give me a helping hand?

妹妹：妈妈，让我玩完这场游戏，一会儿再外出吧！

Little Sister: Mum, let me finish this game first.

妈妈：好吧好吧，那你多玩十分钟便外出去了

Mum: Alright. We will go out 10 minutes later.

妈妈：今天很乖巧，陪妈妈出来买菜。怎样？累吗？

Mum: You're such a good girl. I'm happy that you helped me out. Are you tired?

妹妹：累

Little Sister: I'm tired

妈妈：那坐在那儿休息一会好吗？

Mum: Shall we sit there and take a rest?

妹妹：好

Little Sister: Great

妈妈：好吧，先坐在这儿休息一会儿

Mum: Let's sit and take a rest

妈妈：妹妹，姊姊现正读中三，即将要选科，功课变得深奥，考试测验多了，你也要需要体谅姊姊才行

Mum: Daughter, your sister is studying in Secondary 3. She will choose the subjects for further study soon. Her homework is getting more and more difficult and she is having more and more exams and tests. You have to be considerate of her situation.

妹妹：是她说我打扰她而已

Little Sister: It's her who blamed on me.

妈妈：好像刚才的情况，如果你在打机，但妈妈一定要你出来陪我买菜，那你会怎样想？

Mum: Just like what happened at home. Imagine if I ordered you to stop playing game and forced you to go shopping with me. How would you feel?

妹妹：我会有点不高兴以及觉得妈妈不理睬我的感受

Little Sister: I would be unhappy and thought that Mummy didn't care about my feelings.

妈妈：那就是了，你要将这种感觉代入姊姊的角度。如果姊姊要温习但你打扰她，你觉得她有甚么感受？妹妹，有时候我们不能只顾自己的感受，也要顾及别人的处境，姊姊不是不想跟你玩，只是想专心一点温习，待考试完结后，她也很想跟你一起玩，轻松一下，对吗？

Mum: That's right. Now, put yourself in your sister's shoes. If your younger sister kept disturbing your study. How would you feel? Daughter, Sometimes, we can't be selfish and have to be considerate of others. Your sister would definitely want to play with you later. She just needs more focus on her study now. After her exams are finished, she will definitely want to relax and play with you.

妹妹：我知道了

Little Sister: I've got it

妹妹：姊姊

Little Sister: Sister.

妈妈：那么快温习完了？

Mum: You finished your study already?

姊姊：不是呀，我遗留了一些笔记在家，妈妈你有否看到？

Elder Sister: No, I forgot to bring my notebook. Mum, did you see it?

妹妹：呀，等一会，是不是这本？

Little Sister: Oh! Wait! Is this your notebook?

姊姊，对啊，谢谢妹妹，你不生我的气吗？

Elder Sister: Yes, it is. Thank you, sister. Aren't you angry with me?

妹妹：我知道你正在忙着学校考试，所以没有时间陪我玩，这个送给你的

Little Sister: I know you are busy with your exams so you don't have time playing with me. This is a present for you.

姊姊：你自己画的吗？

Elder Sister: Did you make it yourself?

妹妹：对

Little Sister: Yes, I did.

姊姊：很漂亮，妈妈你看看

Elder Sister: Mum, look! It's so nice.

妈妈：相亲相爱，知不知道

Mum: Remember to love each other, OK?

【专家分享】 [Expert Advice]

家庭发展基金总干事 罗乃萱女士

General Secretary of Family Development Foundation, Shirley Loo

大家看到刚才的画面

From what we have just watched,

当然就会很明白为甚么两姊妹会吵架

an argument had started between the siblings

因为姊姊说了一句「小学鸡」

because the younger sister was labelled "childish".

而妹妹听到后很生气便反驳姊姊

The younger sister then felt angry and talked back to her elder sister,

两姊妹吵起架来

making their argument became more intense.

姊姊觉得说妹妹一句都不可以

The elder sister thought that her younger sister was being nonsense.

不过做得最好的是妈妈

Nevertheless, their mother did a great job.

通常会请妈妈出来评理谁是谁非

Usually, the mother would be the one who judge between right and wrong in an argument.

但是她没有这样做

But this mother did not do this.

她懂得嘴巴紧闭

Instead, she kept her lips sealed and avoided

不会立即作出一些判断

making any judgement when the sibling was arguing.

找来最好的时机跟妹妹聊天

She tried to find the right time to talk to the little daughter.

甚至当妹妹打机的时候

Even when her little daughter was playing games.

她都会问有否打扰她

She gently asked if she was bothering.

这种就叫作同理心

This is empathy.

是穿上别人的鞋子体会别人的世界
Putting ourselves in others' shoes,

这个妈妈不是用口说
instead of telling her daughter what not to do.

她真的是身体力行做出来
She showed her daughter with her own actions.

妹妹看到自然明白甚么是体谅
So that her daughter could easily figure out what is "empathy"

亦开始体谅姊姊
and the need to be considerate of her elder sister.

其实一家人有甚么好争吵
Remember "Always a Family".

大家彼此包容，有商有量
When all family members are considerate and willing to talk,

甚么都可以倾谈的
all difficulties can be resolved eventually.