

家庭議會家庭教育系列 — 「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

媽媽：女兒 喝些水吧

Mum: Daughter, have some water.

姊姊：謝謝媽媽

Elder Sister: Thanks mum.

妹妹：唉，又沒有人和我一起玩。姊姊，不如先別做功課，和我一起打機吧！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：你看不到我正在溫習嗎？你考完試但我還沒考完，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：我平日也要溫習很多書本，很快就完成了，都不明白你為何要溫習那麼久，是否你差勁？

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：你明白甚麼？「小學雞」，只懂得玩，我小五時的成績都比你現在好很多

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：你說甚麼？你很聰明嗎？

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

媽媽：喂，你們兩個在吵甚麼？

Mum: Hey! What's the fuss about?

姊姊：妹妹經常煩擾我。媽媽，我還是到自修室溫書較好

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

媽媽：你到達自修室通知我吧！

Mum: Alright, let me know when you get there

媽媽：會否打擾你，妹妹？

Mum: Daughter, are you busy?

妹妹：不會

Little Sister: No

媽媽：那陪媽媽到超市，幫忙提東西好嗎？

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

妹妹：媽媽，讓我玩完成這場遊戲，一會兒再外出吧！

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

媽媽：好吧好吧，那你多玩十分鐘便外出去了

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

媽媽：今天很乖巧，陪媽媽出來買菜。怎樣？累嗎？

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

媽媽：那坐在那兒休息一會好嗎？

Mum: Shall we sit there and take a rest?

妹妹：好

Little Sister: Great

媽媽：好吧，先坐在這兒休息一會兒

Mum: Let's sit and take a rest

媽媽：妹妹，姊姊現正讀中三，即將要選科，功課變得深奧，考試測驗多了，你也要需要體諒姊姊才行

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：是她說我打擾她而已

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

媽媽：好像剛才的情況，如果你在打機，但媽媽一定要你出來陪我買菜，那你會怎樣想？

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：我會有點不高興以及覺得媽媽不理會我的感受

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

媽媽：那就是了，你要將這種感覺代入姊姊的角度。如果姊姊要溫習但你打擾她，你覺得她有甚麼感受？妹妹，有時候我們不能只顧自己的感受，也要顧及別人的處境，姊姊不是不想跟你玩，只是想專心一點溫習，待考試完結後，她也很想跟你一起玩，輕鬆一下，對嗎？

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.

媽媽：那麼快溫習完了？

Mum: You finished your study already?

姊姊：不是呀，我遺留了一些筆記在家，媽媽你有否看到？

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

妹妹：呀，等一會，是不是這本？

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

姊姊，對啊，謝謝妹妹，你不生我的氣嗎？

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

妹妹：我知道你正在忙著學校考試，所以沒有時間陪我玩，這個送給你的

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：你自己畫的嗎？

Elder Sister: Did you make it yourself?

妹妹：對

Little Sister: Yes, I did.

姊姊：很漂亮，媽媽你看看

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

媽媽：相親相愛，知不知道

Mum: Remember to love each other, OK?

【專家分享】 [Expert Advice]

家庭發展基金總幹事 羅乃萱女士

General Secretary of Family Development Foundation, Shirley Loo

大家看到剛才的畫面

From what we have just watched,

當然就會很明白為甚麼兩姊妹會吵架

an argument had started between the siblings

因為姊姊說了一句「小學雞」

because the younger sister was labelled "childish".

而妹妹聽到後很生氣便反駁姊姊

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

兩姊妹吵起架來

making their argument became more intense.

姊姊覺得說妹妹一句都不可以

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

不過做得最好的是媽媽

Nevertheless, their mother did a great job.

通常會請媽媽出來評理誰是誰非

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

但是她沒有這樣做

But this mother did not do this.

她懂得嘴巴緊閉

Instead, she kept her lips sealed and avoided

不會立即作出一些判斷

making any judgement when the sibling was arguing.

找來最好的時機跟妹妹聊天

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

甚至當妹妹打機的時候

Even when her little daughter was playing games.

她都會問有否打擾她

She gently asked if she was bothering.

這種就叫作同理心

This is empathy.

是穿上別人的鞋子體會別人的世界
Putting ourselves in others' shoes,

這個媽媽不是用口說
instead of telling her daughter what not to do.

她真的是身體力行做出來
She showed her daughter with her own actions.

妹妹看到自然明白甚麼是體諒
So that her daughter could easily figure out what is "empathy"

亦開始體諒姊姊
and the need to be considerate of her elder sister.

其實一家人有甚麼好爭吵
Remember "Always a Family".

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

甚麼都可以傾談的
all difficulties can be resolved eventually.