

特特奇遇記

The Adventures of Teddy





給家長和老師的話



「幼營喜動系列」故事圖書乃衛生署「幼營喜動校園」計劃的健康教育刊物之一。首兩冊《蔬菜小超人任務》及《特特奇遇記》現已面世。

現今科技發達，幼兒接觸熒光屏的時間也多了起來。這不但會造成眼睛的不適，更可能影響人與人之間的正常交往及減少進行體能活動等問題。故「幼營喜動校園」計劃便以「減少熒光屏」為主題出版此故事書，希望能以生動的故事和可愛的角色，鼓勵幼兒多以體能活動代替熒幕時間。

可愛的衛生署體能活動吉祥物「鍾意郁」會在書中向幼兒陳述接觸熒幕時間過長的弊端，並鼓勵他們多嘗試不同種類的體能活動來保持身體健康。大家與幼兒一起閱讀故事書的第7、10和15頁時，可派發紙張給他們畫上自己心目中的答案，以加強互動溝通。在閱讀第14頁時，更可和幼兒一起做運動，體驗體能活動箇中的樂趣。

編者
二零一三年十二月

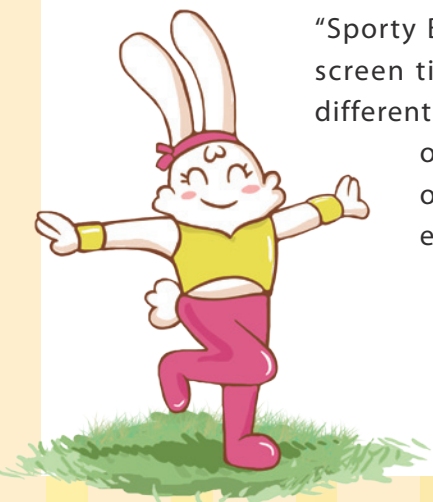
To Parents and Teachers

The "StartSmart Series" is one of the health education materials under the "StartSmart@school.hk" Campaign of the Department of Health. The first two story books - "Vegetable Superkids' Mission" and "The Adventures of Teddy" - are now published.

With the rapid development in technology, children nowadays spend more time in front of screens. That, however, not only causes discomfort to the eyes, but also adversely affects children's social life and reduces the time for physical activity. In view of this, the "StartSmart@school.hk" Campaign has adopted "less screen time" as the theme and published this story book. Through vivid stories and lovely cartoon characters, we hope to encourage children to replace screen time with physical activity.

The lovely physical activity mascot of the Department of Health, "Sporty Bunny", will tell children about the harm brought by prolonged screen time. Children are encouraged to keep a strong body by doing different kinds of physical activity. When you come to pages 7, 11 and 15 of this story book, you can ask the children to draw their answers on a piece of paper. When you reach page 14, you can do some exercise with the children, so as to experience the fun of it.

Editor
December, 2013

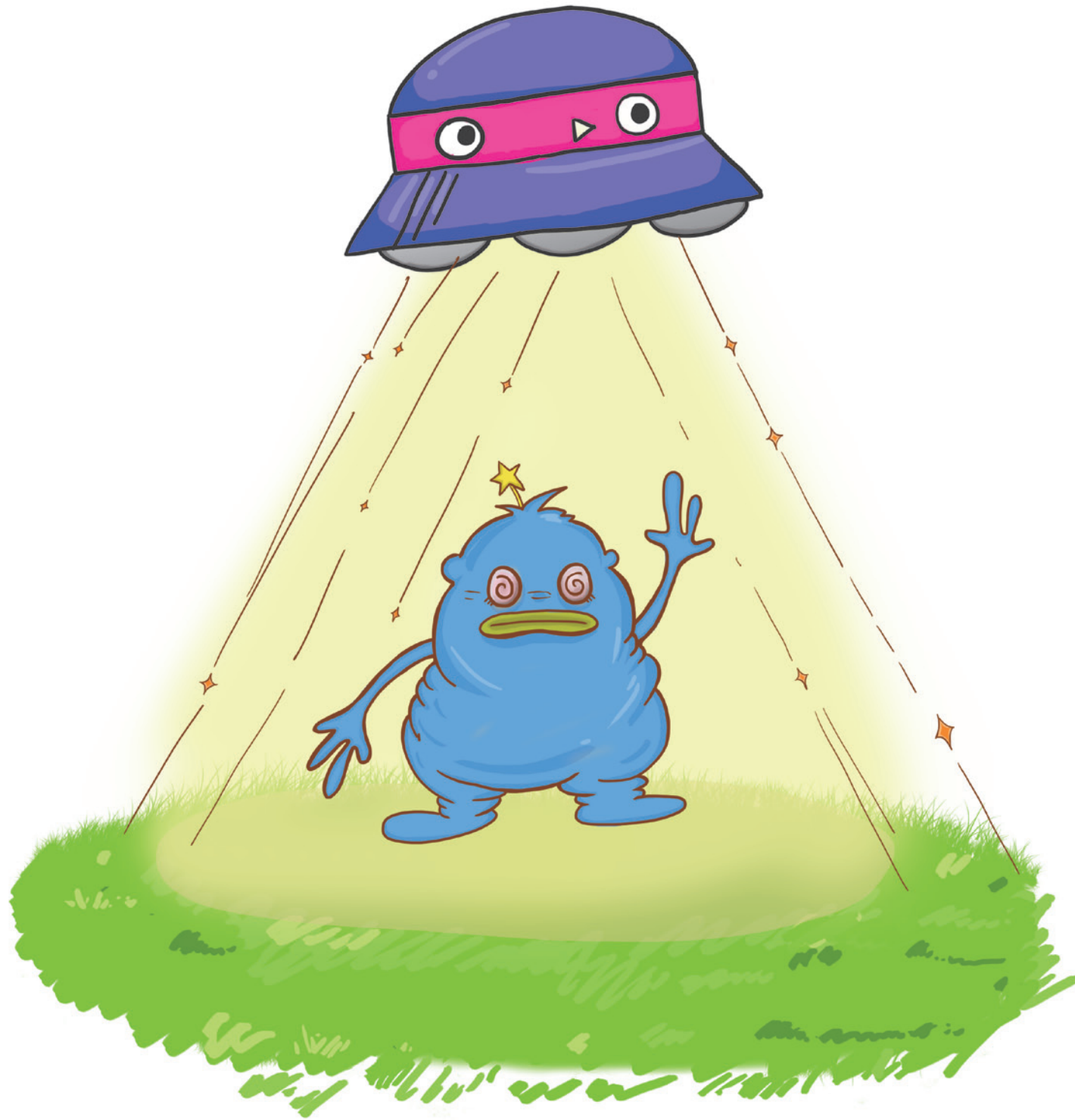


小朋友，我叫鍾意郁，
你們好嗎？



Hello, I am Sporty Bunny.
How are you?

特特是呆呆星人，
今天從呆呆星前來探望我。
他的樣子跟我們不一樣！



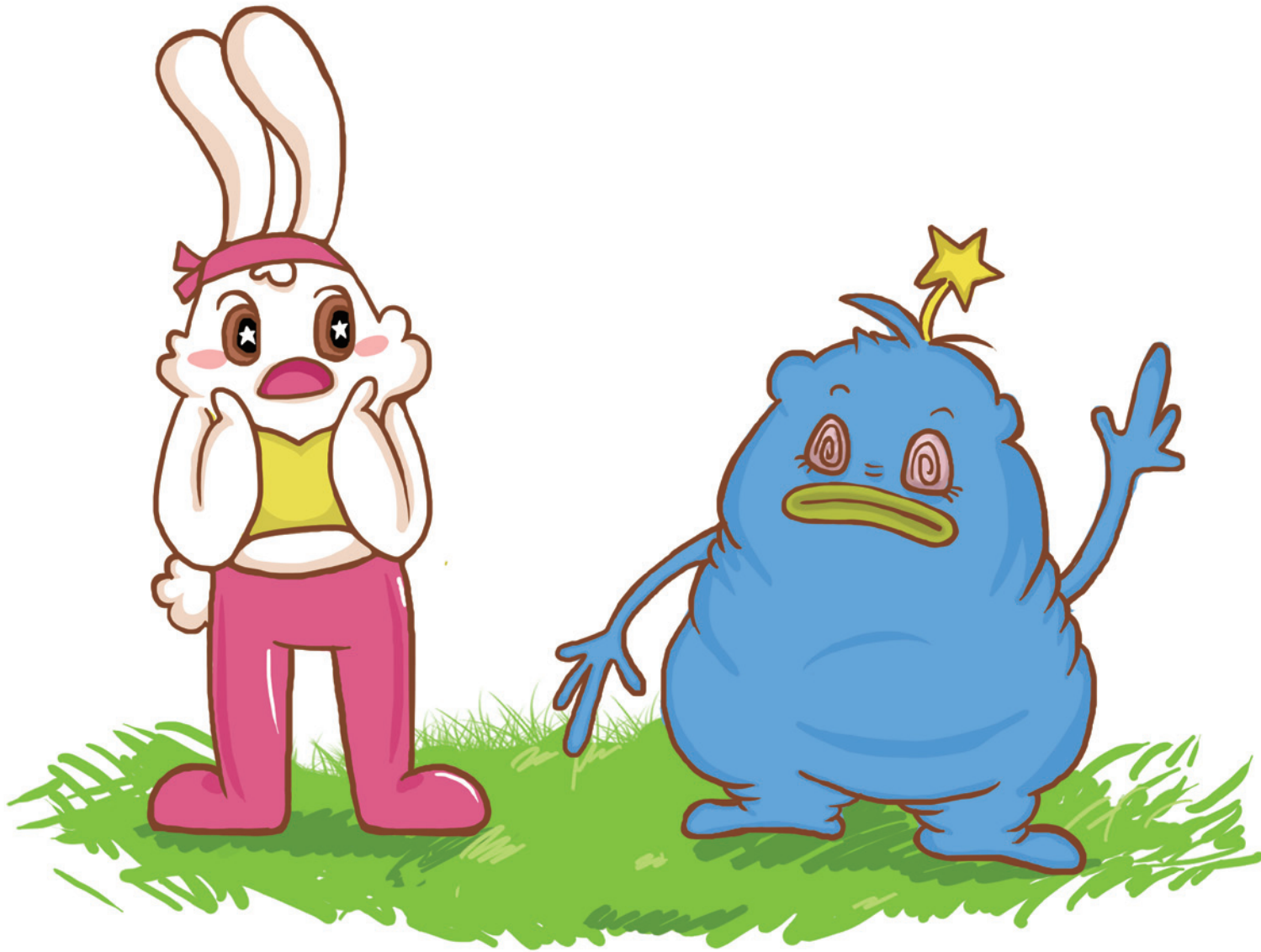
Teddy is from Planet InActive.
Today, he has come all the way from
his home planet to visit me.
He looks different from us.



原來特特每天除了上學，
就只會看電視和上網，從來不做運動。

Every day, Teddy goes to school and does nothing else
except watch TV and surf the Internet.
He never does any exercise.

鍾意郁：「你長時間坐在
熒光屏前，不做運動，
這樣對身體實在不好！」



Sporty Bunny says,
"You sit in front of the screen all day long
and do not do any exercise. This is really
bad for your health!"

特特驚訝地說：「真的嗎？
從來沒有呆呆星人
這樣告訴過我呢！」



"Really?" Teddy exclaims.
"No one from Planet InActive
has ever told me about that!"

A cartoon illustration of a stage with light-colored curtains. On the left side, there is a block of text in Chinese. On the right side, there is a cartoon rabbit with long white ears, wearing a yellow shirt and a pink headband, holding a blue ball with a yellow star on it. Next to the rabbit is a young girl with black hair, wearing a green shirt and purple pants, holding the rabbit's hand. The background is a simple stage setting with curtains.



Come join us:

小朋友，你想到可以用靈活的身手做什麼呢？



鍾意郁：「特特啊！為什麼你不繼續
跟我們一起運動呢？」

Sporty Bunny asks, "Teddy, why
don't you keep on exercising
with us?"



特特喘呼呼的說：
「雖然玩得很開心，但我實在太累了，
需要休息一下！」

Catching his breath, Teddy says,
"It's a lot of fun, but I'm really
tired now. I need to take a rest!"

Sporty Bunny says, "You may feel a bit uneasy because you are not used to running around much. Exercise more often, and you will become more energetic!"

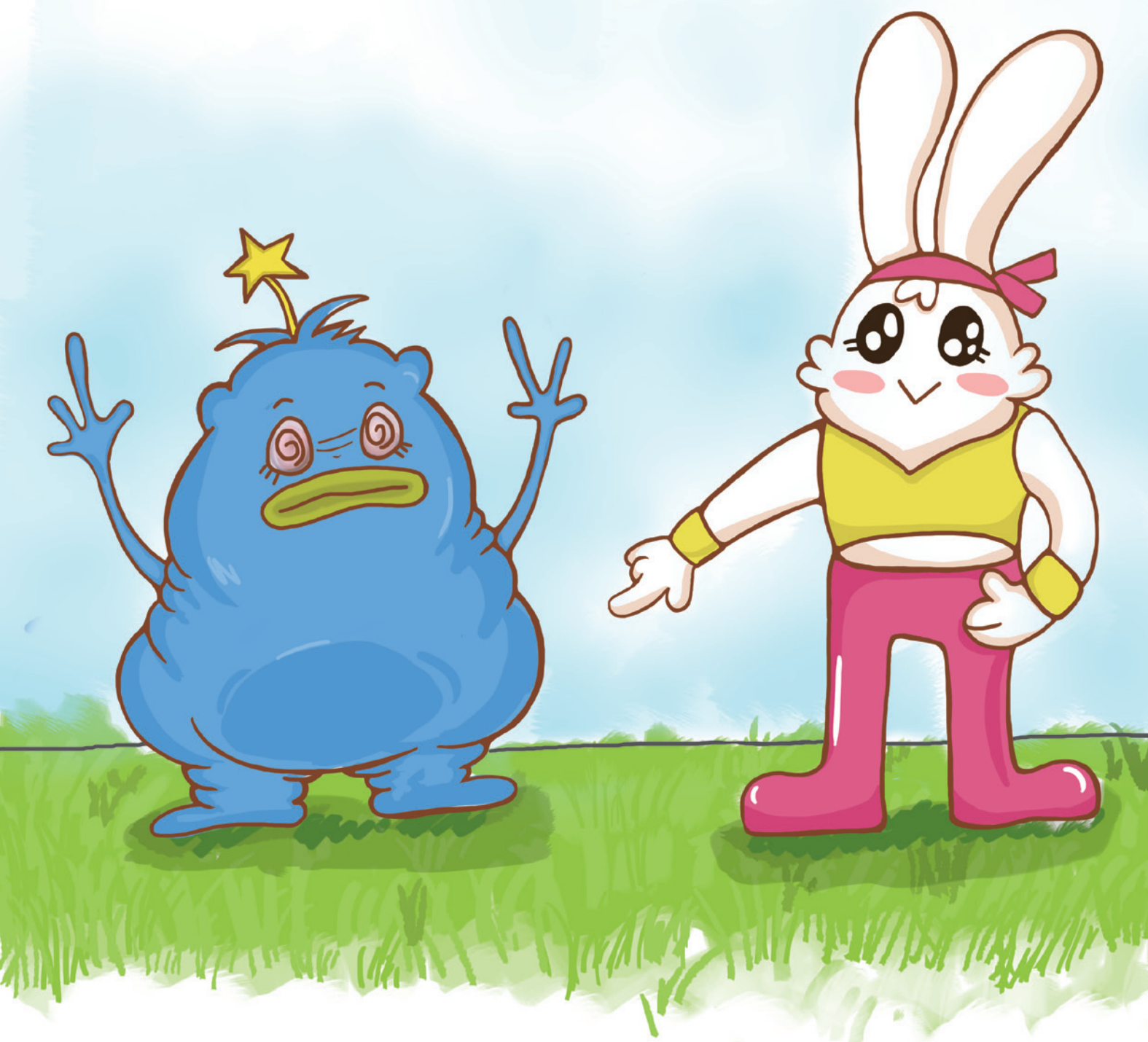
鍾意郁：「你平時少活動，
所以會有些不習慣；
只要多運動，才會有
充沛的體力！」

小朋友，你喜歡做什麼
運動呢？

Kids, what kind of exercise do you
like to do?



鍾意郁：「唉！特特為什麼
長得胖嘟嘟的呢？」



Sporty Bunny asks, "Why is Teddy
so chubby?"

特特：「我以前可不是
這樣的！自從我整天坐着
看電視和上網，缺少運動，
便開始變胖了。」



Teddy says, "I was not like this before!
But ever since I started sitting still on the sofa
all day long watching TV and surfing
the Internet, my weight has shot up."

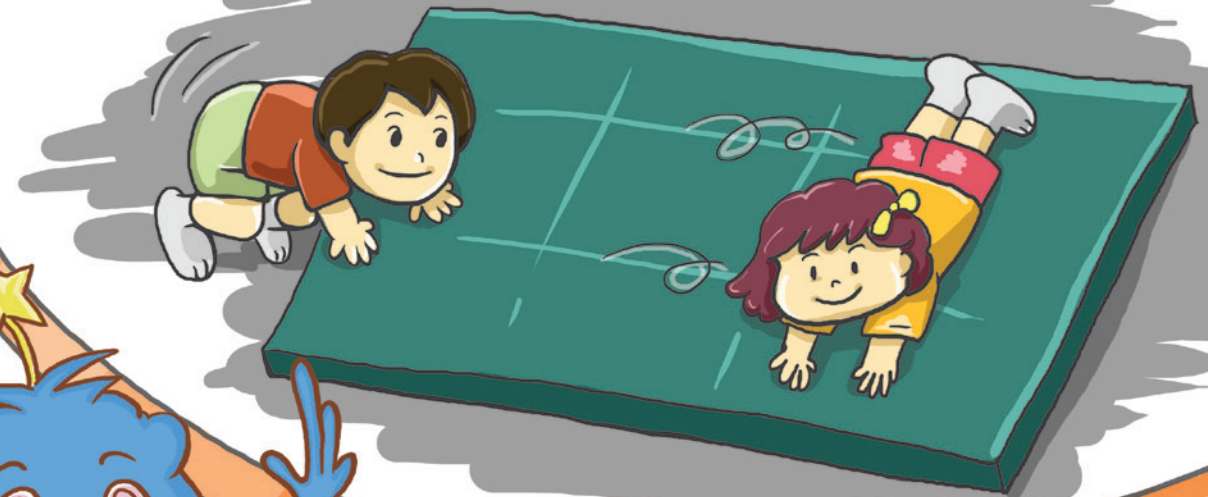
鍾意郁：「如果你不想過胖，就要
多做運動。運動時，你還可以認識
更多朋友，生活健康又愉快！」



Sporty Bunny says, "If you don't want to get
chubby, you have to do more exercise. By
doing exercise, you can even make more
friends and become healthier and happier."



小朋友，你喜歡
跟朋友一起做
哪些運動呢？



Kids, what kind of exercise do you
like to do with your friends?



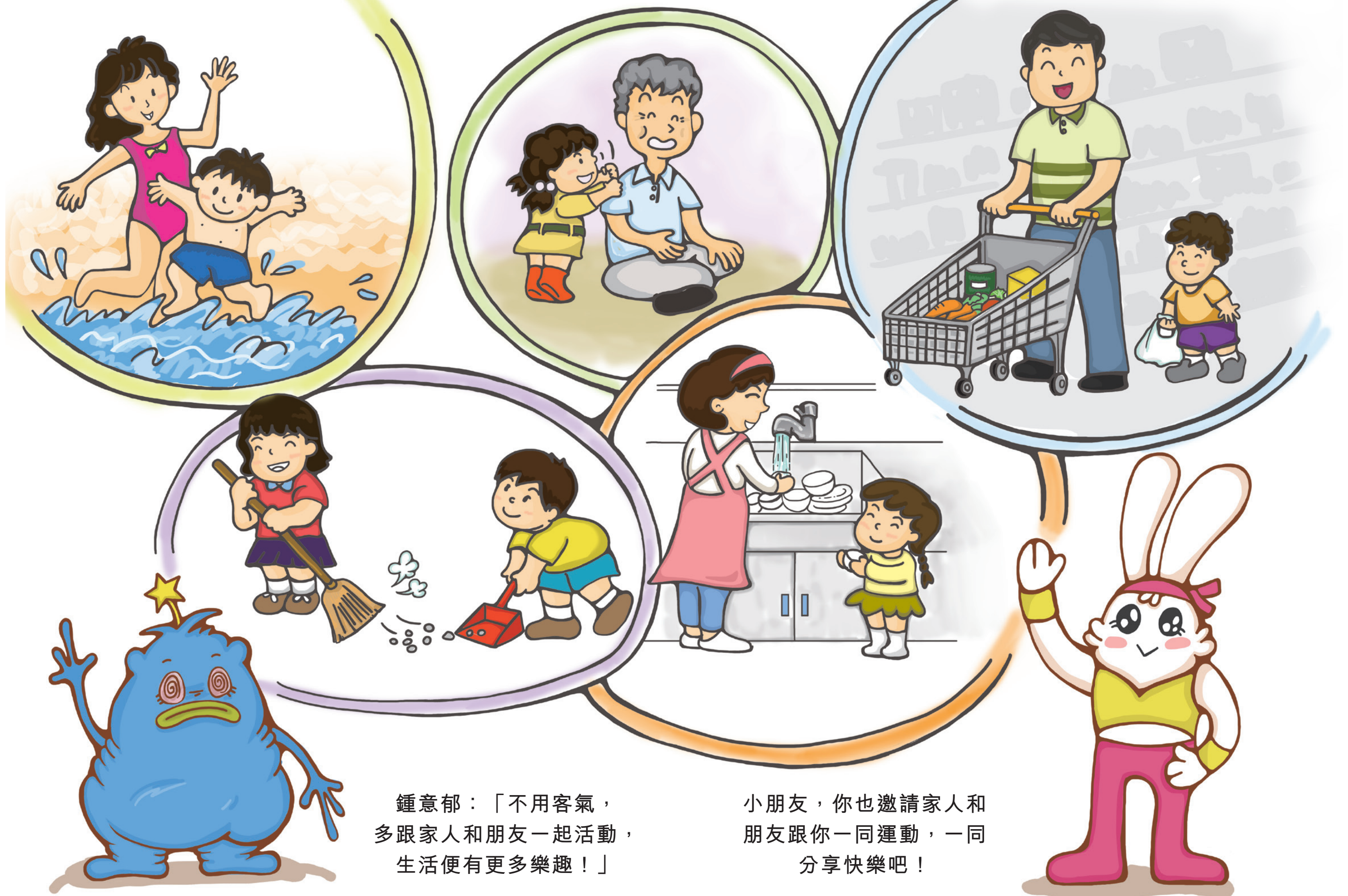
鍾意郁：「特特，你有沒有發現，
跟我們交談多了，說起話來也比以前流暢！
讓我給你一個『讚』！」

"Teddy," says Sporty Bunny, "Have you noticed that having
chatted with us for some time, you talk more fluently.
Thumbs up to you!"



特特很滿足地說：「哇！原來運動還有這
個好處！我也謝謝你們跟我一起玩呢！」

Contented, Teddy says, "Wow, I can't believe that exercise
can be so good! Thank you for having fun with me!"



鍾意郁：「不用客氣，
多跟家人和朋友一起活動，
生活便有更多樂趣！」

小朋友，你也邀請家人和
朋友跟你一同運動，一同
分享快樂吧！

"You are welcome!" says Sporty Bunny. "Exercise more often with
your family and friends, and life will be much more fun!"

Kids, why don't you invite your family and friends to exercise
together with you for more fun?

特特：「今天玩得真開心！我回去後要跟
其他呆呆星人分享做運動的益處，再見！」

Teddy says, "I've had so much fun today! When I'm home
again, I must tell my folks all the good things
about doing exercise. Goodbye!"



小朋友，你知道運動有什麼益處嗎？

Kids, what benefits do you think exercise will bring you?



後記

熒幕活動往往令幼兒活在虛擬世界內，妨礙他們健康的身心發展。大家應從幼兒的生活小節入手，為他們建立少看熒光屏、多做體能活動的健康生活習慣。大家可參考以下建議：

宜

- 定立規矩，限制每天的熒幕時間於兩小時內
- 用膳時把電視關上，並藉此令幼兒學好「餐桌禮儀」
- 看電視時做些簡單的運動，如伸展動作和跳舞
- 多以親子活動，如閱讀、講故事、唱歌跳舞等活動代替熒幕時間

不宜

- 在幼兒的房間設置電視機和電腦
- 以熒幕時間（例如看電視）的增減作為對幼兒的賞罰
- 把智能手提電話或平板電腦等放置在幼兒容易接觸到的地方
- 以打罵和「沒收」的方式阻止幼兒作熒幕活動



衛生署「幼營喜動校園」計劃專題網頁 (<http://www.startsmart.gov.hk>) 已上載了一些相關健康教育資源，供家長和老師參考。

Epilogue

Children can be easily attracted to the virtual world by screen gadgets, hindering their physical and mental development. By introducing minor changes to our everyday life, you can actually help your children establish healthy daily habits with less screen time and more physical activity. Here are some useful tips:

DOs

- Set rules – limit screen time to no more than 2 hours every day.
- Switch off TV when dining. This is a good opportunity to teach your children the table etiquette.
- Invite your children to do some simple exercise like stretching and dancing while watching TV.
- Replace screen time with family activities, such as reading, storytelling, singing and dancing.

DON'Ts

- Equip the children's room with TV and computers.
- Take screen time (e.g. watching TV) as reward or punishment.
- Place the smart phone or tablet PC within the reach of the children.
- Interrupt their screen time by scolding or confiscation.

You are welcome to browse the thematic website of the "StartSmart@school.hk" Campaign of the Department of Health (<http://www.startsmart.gov.hk>) for relevant health education resources.





衛生署

Department of Health