"I" Series
Book #2: "I LOVE YOU"
Love Codes: Kindness & Lovingness

"I love you" seems to be commonly said, but not everyone finds these words easy to verbalize and express. It is especially hard when we were never told how much we are loved when we were little ourselves. Expression of love can be quite different for each culture and country, but learning to understand what is love and how does it feel to be loved are universal, positive and healing.

So teach our children about kindness and lovingness. Love is kind. Kindness is love. Sharing with others is kind. Forgiving someone who offended us is kind. Comforting a sad friend is kind. Giving a hardworking friend a pat on the shoulder is kind support. Ask our children to be kind and loving children and practice being kind and loving.

「我」系列
第二冊：《我愛你》
親子心語：仁慈和愛心

「我愛你」這句話似乎很常說，但並非人人都覺得容易用言語去表達出來。我們還小的時候，若從沒有人告訴我們，他們是多麼的愛我們，我們就更難表達這句話。每一個文化和國家對愛的表達都可能有所不同，但人人都可學習去明白甚麼是愛，以及被愛的感覺是怎樣，這樣做是積極的、療癒的。

所以，要教導我們的孩子關於仁慈和愛心。愛是仁慈，仁慈就是愛。與人分享是仁慈。寬恕那些冒犯我們的人是仁慈。安慰一位悲傷的朋友是仁慈。拍一拍一位正在努力工作的朋友的肩膀，是一種親切的支持。要教導我們的孩子仁慈和愛心，並操練成為這樣的人。

For Children Age: Birth – 3 Years Old
1) Which pictures in the book do we like?
2) What do we like about these pictures?

3) Can we give each other a hug and then say, "I love you"? How about a kiss on the cheek or forehead and then say, "I love you"? Have you enjoyed treats from others? Are you willing to share things you like such as toys, candies or fruits with others?
4) When is our favorite reading time each day?
5) Where do we put this book after we read it? Do we need to turn off the computer, iPad or laptop after we read this book online?

適合年齡：由出生至3歲
1) 我們喜歡這書中的哪些圖畫？
2) 這些圖畫有甚麼吸引我們喜歡？
3) 我們可以互相擁抱一下，然後說「我愛你」嗎？在臉上或額上親一親，然後說「我愛你」又如何？試過有人請你吃甚麼嗎？你願意與人分享你喜歡的東西，例如玩具、糖果或水果嗎？
4) 我們最喜歡在每天甚麼時候一起閱讀？
5) 看完這本書後，我們該把它放在哪裡？我們在網上讀完這本書後，需要關掉電腦、iPad 或筆記本電腦嗎？

For Children Age: 3 – 6 Years Old
1) Which is your favorite part of the book?
2) What is the story about? Which words do you not understand?
3) Who are the people you love? What kind things can you do to show them you love them?
4) Do you remember when you last said, "I love you"? How did it feel? How did the person respond to your "I love you"?
5) Who loves you most in your family? Why do you feel this family member loves you most? What kind things did this person do for you so that you feel loved?
6) If you can add more things to this book, what would you like to add?

適合年齡：3至6歲
1) 你最喜歡這本書的哪一部分？
2) 這個故事是關於甚麼？哪些詞彙是你不明白的？
3) 誰是你心愛的人?你會做甚麼事情，向他們表達你的愛？
4) 你還記得上次說「我愛你」，是在甚麼時候？那時的感覺如何？對方怎樣回應你？
5) 在你家裏誰最愛你？為甚麼你覺得這位家人最愛你？這人為你做了甚麼事，令你感到被愛？
6) 如果你可以在這本書中增添一些內容，你想增添甚麼？

For Children Age: 6 – 10 Years Old

1) How do you spell the words, "I Love You"?
2) What do you like or not like about this book?
3) Do you think this is a happy story or a sad story? Why?
4) What does the word, "love", mean to you? Do you agree that the words, "I love you", are important words to say? Why or why not? If we do not say these words, what are things you can do to still share love with others?
5) What does kindness mean? When do we need to be kind? Please give examples of kindness you have received. Please give examples of kindness you have given to others. Will it differ for children and parents, boys and girls?
6) What does lovingness mean? How can we express love? Please give examples of lovingness you have received. Please give examples of lovingness you have shared with others. Will it differ for children and parents, boys and girls?
7) Are there other words you want to see in a book like this?

適合年齡：6至10歲

1) 你怎麼寫「我愛你」這幾個字？
2) 這本書有甚麼是你喜歡或不喜歡的？
3) 你覺得這是一個快樂的故事，還是一個悲傷的故事？為甚麼？
4) 「愛」這個字對你有甚麼意義？你是否同意「我愛你」這句話很重要？為甚麼重要或不重要？如果不說這句話，你仍可以怎樣來與人分享愛？
5) 仁慈是甚麼意思？我們甚麼時候需要以仁慈待人？請說出曾有人怎樣以仁慈待你。也請說出你曾怎樣以仁慈待人。對於孩子和父母、男孩和女孩，情況會不同嗎？
6) 愛心是甚麼意思？我們可如何向人表達愛？請說出曾有人怎樣去愛你。也請說出你曾怎樣與人分享愛。孩子和父母、男孩和女孩的情況會不同嗎？
7) 你還想在這樣的書中看到其他詞彙嗎？