

Modelling values can succeed only when your lives are healthy [NOTE THAT THIS IS IN THEIR HANDOUT BOOKLET]

只有生命健康，塑造价值观方能成功

[注意：在他们的手册里有]

One thing that is clear is that, while it is very difficult if not impossible to change the nature of pupils or other causes of teacher stress, it is possible to change the way in which we react to these stressors. The following are some questions that teachers may wish to reflect on regarding their own values and what might have influenced them, as a first step to enhancing their own job-related physical, mental and emotional well-being. It is hoped that these reflections might lead to insights about changes. The suggestions are based on the framework of five universal human values that are the basis of SSEHV.

很清楚的一点就是，尽管很难，甚至无法改变学生的本性或者造成教师压力的其他原因，但是我们却有可能改变我们应对这些压力的方式。作为促进教师身体、精神和情感的健康第一步，我们提出以下这些问题，让教师根据自己已有的价值观来反思出对他们造成影响的各种因素。希望这些反思可以引导其洞察到一些变化。这些建议是基于塞斯亚赛人文价值教育五个通用的人类价值的理论框架上的。

Truth: "If teachers do not follow the normal ethics of truthfulness etc., how can they instil good habits and values in children?" (Sathya Sai Baba)

真理：“如果教师不遵守正常的道德真实性，他们又怎能够培养孩子的好习惯和价值观？”（塞斯亚赛巴巴）

On reflection of my own experience, I realise that one of my mistakes was not being truthful with myself that I was in a situation I was unable to cope with. As McCarty (1993) has said, we need to "state precisely what the risk behaviour is, along with the realising consequences" (p.52).

反思我的经验，意识到我的错误之一是没有对自己诚实，这是我无法应付的情况。正如麦卡蒂（1993）所说，我们需要“”

When you were at school, was there ever a time when one of your teachers was untruthful about something? How did this make you feel? Was there any time when a teacher was bitterly truthful in a way that hurt you or another pupil?

你上学的时候，其中一位老师是否不诚实？你有什么感受？是否有老师非常诚实，却某种程度上伤害了你或者其他学生？

- Are there any ways in which you can be more open in dealing with your pupils - or your colleagues? This does not mean that you have to be blunt or to hurt somebody else's feelings by telling them something unkind. But it does mean telling them what you feel or believe in a thoughtful way. If you are not good at doing this then make a promise to yourself to consciously practise the art until you become skilled at it. For example, when correcting children you could say, "I don't like the way you answered that question. I like it better when you give me a sensible answer and I know that you have put thought into it." Or you could say, "I don't really like the way you have done this piece of work. I prefer it when you do it more slowly and make fewer mistakes". This means that you are making it very clear to the other person why you are not happy and how you would prefer her to behave. Of course, it is still the other person's free choice to behave in one way or another, so do your best not to become angry if she continues to behave in the manner which you said you did not like. Once

you have told your truth, let it go. If, at a later time, you see the same wrong thing being done again you can repeat your statement with patience, and then let it go again.

有没有一些更开放的方式来解决你的学生或者同事的问题？这不是说你必须很直接或者以告知不好的事情来伤害他们的感受。但是这确实意味着你会很巧妙地告诉他们你的感受或者想法。如果你不擅长做这些，那么对你自己做一个承诺，要有意识地践行这种艺术，一直到你很擅长。例如，当纠正你的学生的时候你可以说：“我不喜欢你回答问题的方式。如果你给我一个更明智的答案，我会更喜欢，因为我知道你已经深入思考它了。”或者你可以说：“我不喜欢你做这个作业的方式，如果你能够做得慢一点，减少一些错误，我会更喜欢。”这意味着你已经很清楚地让其他人知道，你不开心，你会希望他表现得更好。当然，怎样表现，这仍然是别人的自由选择。如果他还是继续按照他的而你不喜欢的方式做事，尽量不要生气。一旦你已经说出了事实，那就这样吧！如果在以后的时间，你又看到同样的错误行为，你可以耐心地重复你的声明，顺其自然。

Right action: "If a pupil has a vice, he alone suffers from it. But if a teacher has a vice, thousands are polluted." (Sathya Sai Baba)

正当行为: "如果一个孩子身上有恶习，他独自地承受。但是如果一个老师有恶习，那么很多人将被玷污。" (塞斯亚赛巴巴)

- Do you make certain that the environment you have established for the children is clean and tidy, and encourage them to take responsibility for contributing to this? An organised environment is one effective way of reducing stress.

你确定你为学生们创造的环境是干净的？鼓励他们环境的干净负责任？一个有组织的环境是一种减轻压力的有效途径。

- Try not to become angry if a child cannot understand something or makes a mistake, because this can lead to fear of failure. Show the child how to recover from the mistake and try again. Tell him/her about a famous person who was not afraid to make mistakes, or about some of the mistakes you have made - but also encourage accuracy and patiently ask them to correct their careless errors. You will feel better about this than if you react with anger.

如果孩子无法理解某些东西或者做错了，尽量不要愤怒，因为这会导致失败恐惧。告诉孩子如何从错误中恢复过来并且重来一次。告诉他/她关于一个不怕犯错的名人，或者一些你们犯过的错误——但仍然鼓励并耐心地叫他们改正自己不小心犯下的错。你会觉得这比你生气好一点。

- As teachers, be aware of our own habits and behaviours so that we can avoid showing any disrespectful behaviour towards the children. If we become angry then they see this as being our confirmation that anger is an "OK" behaviour. If they hear us gossiping or putting somebody down, then they will think it is acceptable for them to do the same. If they hear us criticising other adults or other children in the class, then they will take their cues from us in this regard. So, as it becomes more difficult for us to earn children's respect, it becomes more important for us to model respectful behaviour for them.

作为教师，要清楚我们自己的生活习惯和行为，使我们能够避免表现出任何对孩子不尊重的行为。如果他们看到我们生气而认为生气是一件“没问题”的行

为而得到我们批准的，如果他们听到我们在闲聊或者在贬低某人，他们就会认为他们这样做也是可以接受的。如果他们听到我们评论其他成年人或班里的学生，那么他们就会在此找到暗示。因此，当我们想赢得学生的尊重变得更困难的时候，我们为他们作出尊重的示范行为就变得更重要。

Peace: 和平

- What are the things that can make a teacher angry? Think about some of your own teachers and the way they acted or reacted when they were angry. Try to remember how you felt when this was happening, either because you were on the receiving end, or because you were a pupil in the class witnessing the incident. What about some times when a teacher might have been expected to become angry but didn't? Did his/her reaction lead to a satisfactory outcome?
有什么事情能够使老师生气呢？想想自己的一些老师在生气的时候的反应。当这种事情发生的时候，记住你的感觉，不管因为你是被攻击的目标，还是因为你是班级里的此事件的目击者。有时候一个老师明明要生气了，但是却没有，会怎样呢？他/她的反应令人满意吗？
- If you are frequently upsetting your own equilibrium by getting angry or frustrated at certain situations, you are wasting a lot of time and a lot of your own energy. If you can stay in a balanced frame you will probably be surprised to find how much more energy you have to complete your day's tasks, and at how much extra time you are able to create for yourself.
如果你经常因生气或者沮丧搅乱平衡，那么你浪费了不少时间和精力。如果你能够保持平衡，你会惊奇地发现，有多少的精力你要用于完成你的日常工作，有多少多余的时间你能够为你自己创造生活。
- Find ways to be able to feel a constant state of inner peace yourself, as you will be less likely to feel angry, disappointed or let down, and the many conflicts that we are all faced with in our daily lives will cease to bother you.
想办法能够让你感受内心平和的状态，那么你会更少地生气、失望或者沮丧，我们在生活中面对的许多冲突也将会远离你。
- Forgive others and to let go of old hurts before they have a chance to become out of control and damaging.
原谅别人，在旧伤没有机会变成控制和破坏性的东西之前，放弃它。
- If you are in a situation where the other person is in a state of turmoil then just by simply maintaining your own centre of balance you are creating a feeling of peace that will have an effect on the other person as well.
如果你和其他人一样处于一个混乱的状态，只要简单地保持你的平衡，那么你就能创建一种平和的感觉，进而也会影响他人。
- If you respond to pupils with gentleness and do not allow yourself to disturb your sense of inner peace by becoming angry then you will provide a model that will help them in the development of their own inner peace.
- 如果你温柔地对学生作出反应，不让生气扰乱了你内心的平和，那么你就为他们提供了一个发展他们内心平和的榜样。
- When necessary to punish pupils, use punishments that require pupils to reflect on the causes and the consequences of their conflicts or anger and to suggest more positive alternatives.

- 当必须惩罚学生时，要求学生反思造成他们冲突和生气的原因和结果，并建议更积极的做法。
- Speak to pupils in an appropriate tone to help them to recognise the importance of remaining in a constant state of peace .
用适当的音调跟学生说话，帮助他们认识到保持平和状态的重要性。

Love: “Teachers who will promote qualities of mutual love and regard in their students are sorely needed today. You can teach love to students only through love.” (Sathya Sai Baba)

爱：“今天迫切需要那些会提高学生互爱和互相关心品质的老师。你只能够通过爱而教予学生爱。”（塞斯亚赛巴巴）

- Consciously practise sending the feeling of unconditional compassion or love (without any expectations of return or reward, or expectations that they will behave in a particular way towards you) towards your colleagues and pupils. You will probably find that your relationships with other people are changing because you are able to respond to the situations around you with a different attitude and you will also begin to find that you are more accepting of others' faults and weaknesses.
- 自觉地给予你的同事和学生无条件的同情或者爱的感觉（没有期望得到回报，或者没有期望他们将和你对待他们一样对待你）。你可能会发现，由于你能够以不同的态度响应你周围的情况，你和其他人的关系正在发生变化，而且，你也开始发现，你更容易接受别人的错误和弱点。
- Communicate with your pupils or colleagues from heart to heart, rather than from head to head.
- 与您的孩子和同事要发自内心，而不是交头接耳。
- When you need to correct your pupils or tell them when their behaviour is inappropriate, try to make them with compassion rather than anger. You will also find that this is less taxing and less stressful for you, because you will be able to let go of distressing situations more easily and will not be in as much danger of damage to your own physical and mental well-being.
- 当你需要纠正你的学生或者让他们知道他们的行为是不恰当时，试着让他们感到怜悯而不是生气。你会发现这样会更省力、更轻松，因为你使令人烦恼的局面变得轻松，而且，不会损害自己的身体和精神健康。