

### **Module 3: Silent thinking**

#### **模块 3: 静思**

#### **Module objectives:**

#### **模块目标:**

On completion of this module, participants will be able to:

为了完成本模块，参与者能够:

- Describe various purposes for silent thinking
- 说出静思多方面的目的
- Explain to children why silent thinking is beneficial
- 向孩子们解释静思的好处
- Design and implement silent thinking regularly in their classes for different purposes
- 定期在班级里设计和开展不同目的的静思活动
- Document the benefits of regular silent thinking for their pupils and themselves
- 为孩子们和自己记录下定期静思活动的好处

#### **Module length:**

#### **模块时长:**

6 weeks

6 周

#### **Contents of Module:**

#### **模块的内容:**

- PowerPoint presentation for lecture to be presented by facilitator
- 主持人提供会议 ppt
- Sample scripts for silent thinking (Documents 2, 3 and 4)
- 静思的样本稿子 (文档 2、3 和 4)
- Silent Thinking Resource Book [still under preparation] (Document 5) [Note you may also give them the enclosed article Silent Thinking, but this will be superseded by the book when it is ready]
- 静思资源课本[仍在准备中] (文档 5) [注意你也要给他们关于静思的附录的文章，但是课本准备好之后，这些文章将被取代。]
- Videos of teachers using silent thinking in their classrooms (Document 6)
- 教师在班级里使用静思的视频 (文档 6)
- Lesson plan template and feedback checklist. (Documents 7 & 8).
- 教学计划模板和反馈清单 (文档 7&8)
- Silent thinking diary template (document 9)
- 静思日记模板 (文档 9)

#### **Before Salon 1, for teachers to do in self study:**

Teachers read the Silent Thinking Resource (Document 5)

在进行第一个沙龙之前，教师自学需要做的:

阅读静思资源 (文档 5)

## Salon 1 沙龙 1

- Give the lecture using the PowerPoint presentation (Document 1)
- 借助 ppt，进行讲座（文档 1）
- Share the results of previous silent thinking research (to be updated by ISSE team and sent to the facilitators before the salon)
- 分享先前静思研究的成果（国际人文价值教育学院研究团队进行更新并在沙龙之前发给主持者）
- Watch and discuss the videos (Document 6). Does it appear that these children have learned to focus and concentrate well during silent thinking? What should we do if there are some who do not participate? What can you observe about the teachers' behaviours and mannerisms?
- 观看和讨论视频（文档 6）。这是否显示，这些孩子在静思中已经学会了集中注意力？如果他们中有一些人不参加的话，我们应该怎样做？在教师的行为举止中你能看到什么？
- Ask teachers to work in small groups to take turns to lead their groupmates in different types of silent thinking: (a) for relaxation and settling down; (b) for introducing a lesson topic; (c) for thinking about a behaviour, moral or value that the children need to work on; (c) for solving a problem or reflecting on what has been learned.
- 要求教师以小组方式进行工作，以轮流引导他们的同伴进行不同类型的静思：  
（1）为了放松和安定；（2）为了介绍一个课题；（3）为了思考学生需要的行为、道德或价值观；（4）为了解决一个问题或者反思学到的东西

### **Before Salon 2, for teachers to do in self study**

在进行第二个沙龙之前，教师自学需要做的

- Do silent thinking in at least 3 classes per week (for 2-5 minutes). (Teachers can be encouraged to work together in teams to share each other's silent thinking scripts, to reduce the workload)
- 每周至少有 3 个班级进行静思活动（持续 2-5 分钟）。（鼓励教师进行团队合作，分享彼此的静思手稿，减少工作量）
- Select 6 students. After one month interview the students, and bring your interview results to Salon 2. Questions to be asked are:
- 挑选 6 个学生。进行为期一个月的学生访谈之后，带上你的访谈结果到沙龙 2。要问的问题是：
  1. Do you like doing silent thinking? Why/why not?  
你喜欢静思活动吗？为什么喜欢/不喜欢？
  2. What are your favorite kinds of silent thinking?  
你最喜欢的静思方式是什么？
  3. Does silent thinking help you in your schoolwork in any way? How?  
静思活动在哪些方面有助于你的学习？是如何体现的？
  4. Does silent thinking help you in your daily life in any way? How?  
静思活动在哪些方面有助于你的日常生活？是如何体现的？

5. Has your use of silent thinking had any effect on anyone else, eg your friends or family? 你使用静思活动以来，对其他人有什么影响吗，比如你的朋友或家庭？

### **Salon 2 (after 1 month)**

#### 沙龙 2(一个月之后)

- Teachers share examples of silent thinking they have been using and share the findings from their first round of interviews with 6 pupils.  
教师分享他们使用的静思的例子并分享他们对六个学生进行第一轮访谈的结果。
- In small groups, teachers list the benefits, problems and their questions about silent thinking.  
在小组内，教师提取出静思的益处、问题和他们的疑问。
- Question and answer about issues raised in the discussion  
对讨论中的主题进行提问和回答。
- Form a plan for making any necessary modifications to their silent thinking plan for the coming months  
在接下来的月份里，做一个对他们的静思计划做适当修改的安排。
- Watch and analyse the video clips about silent thinking. Discuss whether the children are engaged in the task  
观看和分析关于静思的视频。讨论学生是否有参与任务。
  - Do the demonstration lessons, with a focus on using silent thinking in a constructive way. Use the enclosed lesson plan template and feedback checklist. (Documents 7&8).  
以创造性的方式集中使用静思的示范课展示。使用附带的教学计划和反馈清单（文档 7&8）。

### **After Salon 2**

#### 沙龙 2 之后

- Continue to use silent thinking in at least 3 lessons per week and continue to interview the same 6 students every 3 months until the end of the project.  
每周继续进行至少 3 次的静思活动以及每 3 个月采访同样的 6 位学生，直到这个项目结束。
- Introduce silent thinking into staff meetings. Invite teachers to take turns to lead it. Discuss the effects from time to time in staff meeting. (Optional: You may wish to ask teachers to fill out the Silent Thinking Diary, Document 9)
- 在员工会议上介绍静思，邀请教师轮流阅读并且不断地讨论静思的效果。（可选择的：你或许可以让教师完成静思日志，文档 9）