

# 梅伊第一天上學

(Mae's First Day of School)



Age group:  
4-6 YEAR OLDS

Overview

"Mae's First Day of School" tells the story of Mae, who initially resists going to school but eventually overcomes her fear with the help of her mom, a new friend named Pearl, and their teacher. Mae's fear of going to school is represented by her reluctance to change clothes, have breakfast, and put on her coat. However, as Mae interacts with Pearl and their teacher, they discover that they share common fears and concerns about a school, such as not being liked or forgetting things. Through their support and reassurance, Mae realizes she is not alone in her fears and finds the courage to face her first day of school. The book highlights the theme of overcoming fear. Mae's initial resistance and worry about attending school reflect common fears that many children experience when faced with new environments or challenges. By introducing the character of Pearl and their teacher, who share similar anxieties, the story shows that fear is a normal part of the learning process. The connection formed between Mae, Pearl, and their teacher serves as a support system that helps them overcome their individual fears and gain confidence.

1. 抗拒 (kàng jù) - ㄎㄤˋ ㄐㄩˋ - Resists
2. 猶豫 (yóu yù) - ㄩˊ ㄩˋ - Reluctance
3. 安慰 (ān wèi) - ㄢㄢ ㄨㄟˋ - Reassurance
4. 環境 (huán jìng) - ㄏㄨㄢˊ ㄐㄩㄥˋ - Environment
5. 焦慮 (jiāo lǜ) - ㄐㄞ ㄠ ㄌㄩˋ - Anxieties
6. 個別的 (gè bié de) - ㄍㄜˋ ㄅㄧㄝˊ ㄉㄜ - Individual
7. 克服 (kè fú) - ㄎㄜˋ ㄈㄨˊ - Overcoming
8. 自信 (zì xìn) - ㄗㄩˋ ㄒㄩㄣˋ - Confidence
9. 互動 (hù dòng) - ㄏㄨˋ ㄉㄨㄥˋ - Interacts
10. 關注 (guān zhù) - ㄍㄨㄢ ㄓㄨˋ - Concerns

Glossary

Follow-up questions

- 1 Have you ever felt nervous or scared about starting something new? How did you overcome those feelings?
- 2 Why do you think Mae didn't want to change her clothes, have breakfast, or put on her coat? What do you think was making her feel worried about going to school?
- 3 Can you think of a time when making a new friend or meeting a teacher made you feel more comfortable in a new situation?
- 4 What are some things that Mae, Pearl, and their teacher did to support each other and overcome their fears? How can we support our friends when they feel scared or worried?