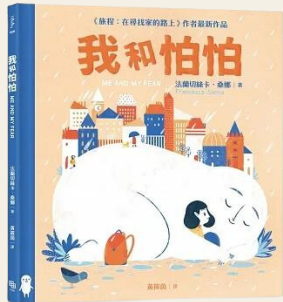


我和怕怕

(Me and My Fear)



Age group:
7-10 YEAR OLDS

Overview

"This is a story about a child who has a little friend named Fear. When they move to a new country, Fear becomes bigger and starts causing worries and challenges. The child feels lonely and dislikes their new school. However, they meet a boy who also has a Fear of his own. They realize that everyone has their own Fear. Together, they overcome their fears and become braver.

This book shows that courage is about facing and overcoming our fears. The main character discovers that finding out that others have fears makes them feel less alone. By acknowledging and understanding their fears, the characters are able to grow and become braver. The book teaches us that it's okay to have fears, but with courage and support, we can face them and find strength within ourselves.

秘密 (mìmi) - ㄇㄧˋ ㄇㄧˋ - secret
 探索 (tànsuǒ) - ㄊㄢˋ ㄙㄨㄛˇ - explore
 環境 (huánjìng) - ㄏㄨㄢˊ ㄍㄨㄥˋ - environment
 生氣 (shēngqì) - ㄕㄨㄥˋ ㄑㄩˋ - angry
 唸錯 (niàncuò) - ㄋㄧˋ ㄘㄨㄛˋ - mispronounce
 孤單 (gūdān) - ㄍㄨ ㄉㄢ - lonely
 操場 (cāochǎng) - ㄘㄠ ㄔㄨㄥˋ - field/playground
 汪汪叫 (wāngwāng jiào) - ㄨㄤ ㄨㄤ ㄐㄧㄠˋ - bark
 秘密的怕怕 (mìmi de pàpà) - ㄇㄧˋ ㄇㄧˋ ㄆㄚˋ ㄆㄚˋ - secret fear
 克服 (kèfú) - ㄎㄜˋ ㄈㄨˊ - overcome

Glossary

Follow-up questions

- 1 How did the main character feel when they first moved to a new country? Did you ever feel the same way in a new or unfamiliar place?
- 2 What is Fear like for the main character? How does Fear affect their daily life and decisions? Can you think of any fears you or someone you know might have?
- 3 What happens when the main character meets the boy who also has a Fear? How does their friendship help them overcome their fears? Have you ever helped a friend or received help from a friend when you were scared?
- 4 Why do you think it's important to face our fears? How does being brave and overcoming fears make us stronger? Can you think of a time when you showed courage and faced something you were afraid of?