

## 交換一天

### Let's Swap For A Day

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Bilingual

Imagination  
Sprout

Overview

"Let's Swap for a Day" is a delightful tale about two friends, Alphie and Nini, who decide to switch lives because they admire unique aspects of each other's routines. Alphie wishes she could play freely like Nini, while Nini is curious about Alphie's school experiences.

During the swap, Alphie enjoys sleeping in and outdoor activities but faces challenges with food and restroom choices. Meanwhile, Nini delights in school activities, learning, and playing with friends.

Ultimately, both friends realize the importance of being true to themselves and conclude that being themselves is best.

This book sparks imagination through its humorous storyline and the characters' life swap—a theme that resonates with kids. It encourages children to reflect on their own satisfaction with life and appreciate the diversity of experiences. A great conversation starter to discuss topics like self-identity, envy, and gratitude.

#### Glossary

自由 (zìyóu) - freedom

羨慕 (xiànmù) - envy

學校 (xuéxiào) - school

交換 (jiāohuàn) - exchange/swap

飛盤 (fēipán) - frisbee

假髮 (jiǎfà) - wig/toupee

畫圖 (huàtú) - draw pictures

盡情 (jìnqíng) - enjoy to the fullest

狗骨頭 (gǒu gǔtǒu) - dog bone

便當 (biàndāng) - lunchbox meal

尿尿 (niào niào) - pee pee

#### Follow-up questions

1

Why did Alphie and Nini decide to stop swapping and go back to their own lives?

阿妃和妮妮為什麼決定停止交換，回到自己的生活呢？

2

Can you think of a time when you wanted to try someone else's daily routine? What made you curious about it?

你有沒有想過想嘗試別人的日常生活？是什麼讓你對這個感到好奇呢？

3

What does this story show us about liking our own lives and feeling happy with who we are?

這個故事告訴我們要喜歡自己的生活，感到滿足自己是什麼樣子的呢？

4

If you could trade lives with anyone for a day, who would it be and why? Describe your perfect day in that person's shoes.

如果你可以和任何人交換一天生活，你會選擇誰？為什麼呢？描述一下在那個人的生活中過一天的完美時光。

jiāohuàn yītiān

交換一天。

hāluō wǒ shì Ā fēi

哈囉，我是阿妃，

zhè shì wǒde hǎopéngyou nī nī

這是我的好朋友妮妮。

yǒushíhòu wǒ hǎo xiànmù nī nī kěyǐ zhěngtiān zìyóu wánshuǎ

有時候，我好羨慕妮妮可以整天自由玩耍，

nī nī yě hǎo xiànmù wǒ kěyǐ měitiān dào xuéxiào qù

妮妮也好羨慕我可以每天到學校去。

suǒyǐ yǒu yītiān wǒmen juéding yào jiāohuàn shēnghuó

所以有一天我們決定要交換生活。

cāi cāi wǒ zài jiāohuàn rì de zǎoshang zuò le xiē shénme

猜猜我在交換日的早上做了些什麼？

āiyā

哎呀，

yī gè bùxiǎoxīn jiù shuì dào zhōngwǔ

一個不小心就睡到中午。

ér nī nī ne

而妮妮呢？

nī nī dài zhe dàdà de wēixiào

妮妮帶著大大的微笑，



tiào zhe wǔ kāixīn de shàngxué qù

跳著舞，開心的上學去。

cāi cāi wǒ zài jiāohuàn rì de zhōngwǔ zuò le xiē shénme

猜猜我在交換日的中午做了些什麼？

wǒ zài yángguāng xià yóuyǒng

我在陽光下游泳、

gōngyuán wán fēipán

公園玩飛盤，

háiyǒu tōu cáng shōu hǎo bàba de jiǎfà

還有（偷藏）收好爸爸的假髮。

ér nī nī ne

而妮妮呢？

nī nī rènzhēn de tīng lǎoshī shàngkè

妮妮認真的聽老師上課，

kāixīn de huàtú

開心的畫圖，

háiyǒu jìnqíng de gēn tóngxuémen wánshuǎ

還有盡情的跟同學們玩耍！

zhèngdāng yīqiè dōu hěn měihǎo shí ... ..

正當一切都很美好時 ... ..

gūlu gūlu wǒde dùzi hǎo è

咕嚕咕嚕，我的肚子好餓，



kěshì jiālǐ zhǐyǒu gǒu gǔtóu kěyǐ chī  
可是家裡只有狗骨頭可以吃。

gūlu gūlu nī nī dùzi yě hǎo è  
咕嚕咕嚕，妮妮肚子也好餓，

dàn biàndāng lǐ zhǐyǒu lǜ lǜ huáng huáng de dōngxi  
但便當裡只有綠綠黃黃的東西，  
kànqǐlai hǎo qíguài  
看起來好奇怪。

jiē zhù gèng zāogāo le  
接著更糟糕了...

wǒ bùxiǎng zàiwài miàn niàoniào ā  
“我不想在外面尿尿啊！”  
wāngwāng wāng  
“汪汪汪！”

nī nī zài cèsuǒ lǐ yě zhǐ xiǎng wǎng chuāng wài pǎo  
妮妮在廁所裡也只想往窗外跑！

jiù zài zhèshí  
就在這時...

wǒmen bùyào jiāohuàn le  
“我們不要交換了！”

wànsuì  
”萬歲！”

wǒmen kāixīn de dàhǎn  
我們開心的大喊，

háishi zuòzìjǐ zuì bàng le  
”還是做自己最棒了！”