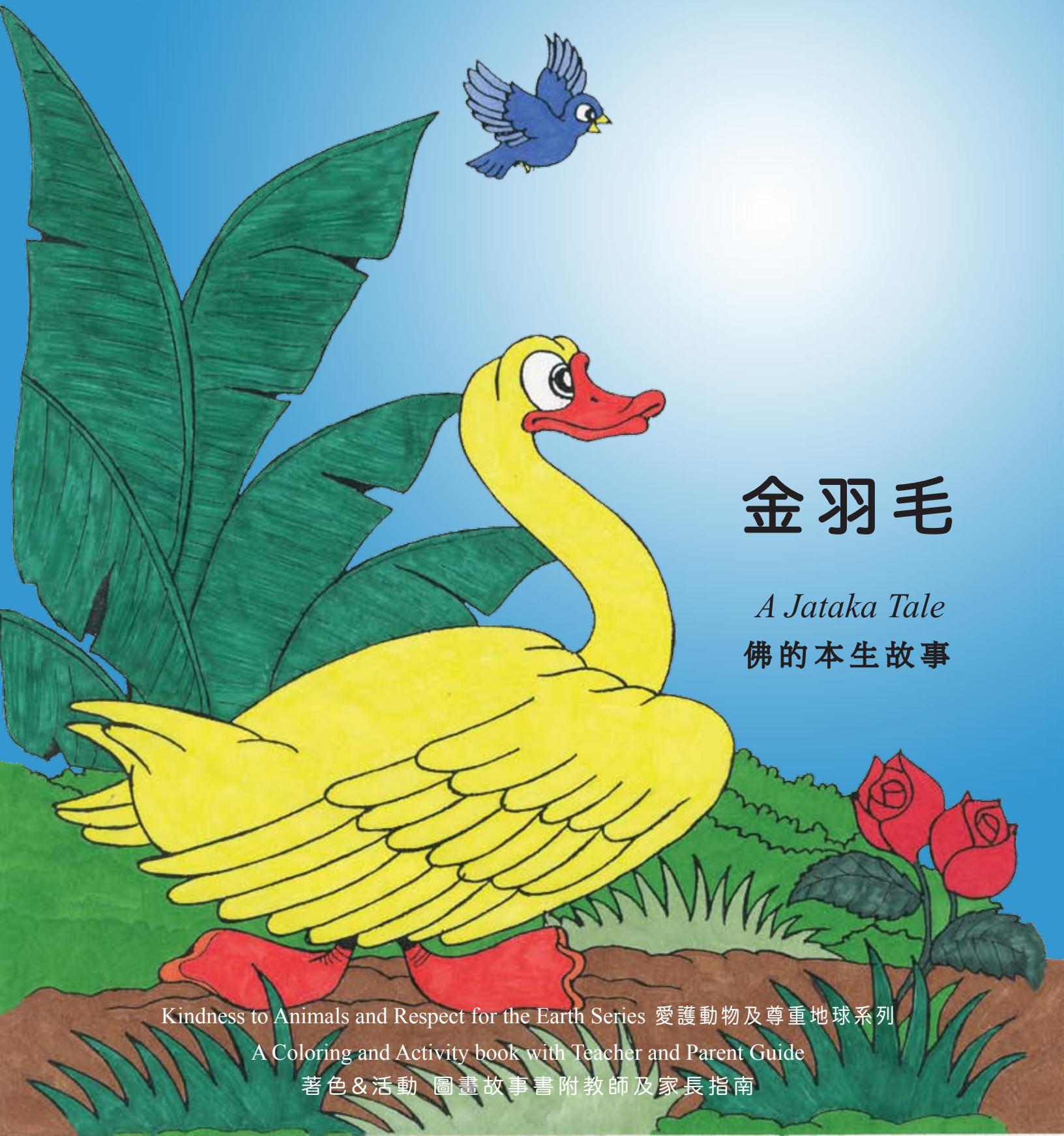


The ***Golden Feather***



金羽毛

A Jataka Tale
佛的本生故事

Kindness to Animals and Respect for the Earth Series 愛護動物及尊重地球系列

A Coloring and Activity book with Teacher and Parent Guide

著色 & 活動 圖畫故事書附教師及家長指南

Once a long time ago, the Buddha appeared in the world as a poor man to teach people to be kind and generous. The man had a wife and two children. They lived in a small hut on the edge of the forest. All day long the man cut wood and sold it in the market. No matter how hard he worked, there was never enough food for his family to eat and clothes fit for them to wear. His wife nagged him from sunup to sundown, and the children cried from hunger in their sleep. And all day long he asked himself. "What can I do to make the lives of my family better?"

很久很久以前，佛陀示現到這個世間，作為一個窮人，來教導人們要仁慈和寬厚。這個窮人有一個妻子和兩個小孩，他們住在森林旁邊的一個小屋子裡。他整天砍柴，拿到市場上賣錢。然而不管他多麼努力的工作，他的家人還是沒有足夠的食物吃，也沒有合適的衣服穿。他的妻子從早到晚不停地嘮叨，小孩也餓到在睡夢中哭醒。每天他都問自己：「我要怎麼做才能讓家人過好日子呢？」



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or some reason, the man fell ill and died. On the night he died, both his children had the same dream. They dreamed that their father appeared to them and said, "Do not be sad, my dear children, for I will return and help you soon. You will recognize me by my golden wings."

The next day, the children told their mother about the dream, "Hush, little ones," she said. "It's only a dream. Don't worry me." So the children said no more to her. But they never forgot the dream.

這個窮人不知為什麼生病死了。當天晚上，他的兩個孩子做了同樣的夢。他們的父親在夢中出現，告訴他們：「我親愛的孩子，不要傷心，我會很快地回來幫助你們。你們會從我的金翅膀認出我。」

第二天，孩子們告訴母親這個夢，她說：「別吵了！小孩們，這只是一個夢，別來煩我。」所以孩子們就不再跟她說什麼了。但是他們一直沒有忘記這個夢。



As the days and weeks went by, the family grew poorer and poorer. Their clothes became more ragged and their faces lean with hunger. All they had to sell was a little firewood that they gathered in the forest.

One day a beautiful golden goose flew out of the sky and alighted in a meadow where the children were returning home from gathering firewood. He waddled right up to them, stretched out his long neck, and honked. "Honk! Honk!"

"Look, a golden goose!" the children cried and put down their loads.

日子一天天地過去了，幾個星期後，這家人越來越窮。他們的衣服越來越破爛，他們的臉也因為飢餓而越來越消瘦了。他們能夠賣的，也只是從森林裡撿來的一點柴火罷了。

有一天，一隻美麗的金雁子從天空飛來，停落在一片草原上，撿柴火的孩子們正好經過那裡，準備回家。金雁子搖搖擺擺地走向他們，伸展牠長長的脖子叫著，「呱！ 呱！」

「看啊！一隻金雁子！」孩子們叫著，放下他們撿來的柴火。



“We can buy food and clothes for the old and poor people,” said the daughter.

“The river bridge is broken,” said the son. “We can build a new one.”

“Would you like to go to school?” asked the mother. “I can build a school in the village for all the children.”

With so much to do, the family was happier than ever. But no matter how busy, the mother always took time to give kind advice. “Take my word and don’t be greedy. I should know. And be kind to all creatures, for you never know who your helper is.”

女兒說：「我們可以買食物和衣服，送給老人家和貧窮的人。」

兒子就說：「河上的橋壞了，我們可以建一座新的橋。」

「你們想要上學嗎？」母親問，「我可以在村莊裡，為孩童們蓋一所學校。」有這麼多的事情去做，這一家人比以前更開心了。不論多麼忙，母親總會找時間來忠告別人：「相信我所說的，不要太貪心，這是我應該更早就要想通的。還有，要善待和尊重所有的生命，因為你不知道誰會是你的恩人。」

Moral: 箴言

One who wants everything loses everything.

貪多必失



Kindness Pillows — 慈心枕頭



One of the best ways to teach children is to show that you care for animals. Speak out when you see animals being mistreated and encourage children to do the same. Use everyday situations that present themselves and read them books that teach compassion to animals such as:

教導孩童的最佳方式是表現出你對動物的關心。 出面維護被虐待的動物，並鼓勵孩童出面保護動物。用日常遇到的情況來解說，並為他們講述教導對動物慈悲的書籍，如——

Lassie Come Home. Eric Knight and Marguerite Kirmse. Grades 2-4

My Friend Flicka. Mary O'hara. Grades 2-4

Black Beauty. Anna Sewell. Grades 2-6

Charlotte's Web. E. B. White and Garth Williams, Grades 2-4

Make Way for Ducklings. Robert McCloskey. Grades K-3

Agatha's Featherbed. Carmen Agra Deedy. Grades K-3

Attracting Backyard Wildlife. Bill Merilees. Grades K-6

Herb, the Vegetarian Dragon. Jules Bass. Grades K-6

Hey Little Ant. Phillip and Hannah Hoose. Grades K-3.

Saving Emily. Nicholas Read. Grades 4-6

Tails Are Not for Pulling. Elizabeth Verdick, Pre School-K.

Websites: www.peta.org www.animals.discovery.com
www.compassionatekids.com www.audobon.org

Compassion in the Kitchen — 廚房裡的慈悲

Easy vegetarian recipes for kids
為孩童準備簡單的素食食譜



Hummus 鷹嘴豆泥

1 can [15 ounces] chickpeas 一罐 15 盎司的鷹嘴豆

2 tablespoons tahini 兩湯匙芝麻醬
Juice of 1 lemon 一顆檸檬的汁

Drain the chickpeas and save the liquid. Combine chickpeas, tahini, and lemon juice in a blender or food processor. Add $\frac{1}{4}$ cup saved liquid and have an adult help to blend until mixture is smooth. Spread a little hummus onto a lettuce leaf. Top it off with both a slice of tomato and avocado. Wrap it up.

瀝乾鷹嘴豆，並保留汁液；
用攪拌器或食品加工機混合
鷹嘴豆、芝麻醬和檸檬汁；
加入 $\frac{1}{4}$ 杯存留的鷹嘴豆汁液，
並請成人幫忙，直到攪拌完全。

Lettuce Wraps 生菜包

Serves 4 四人份

1 cup hummus 一杯鷹嘴豆泥

4 large lettuce leaves 四片大生菜葉

4 slices of tomato 四片蕃茄

4 slices of avocado 四片鱷梨 (牛油果)

Cruelty-free Cleanser:
慈心清潔劑

Mix 1 cup vinegar plus 1 cup water in a spray bottle. Clean windows, floors, bathrooms, the car, and everything in the kitchen.

將一杯醋加一杯水混合在噴霧瓶裡。 清洗窗戶、地板、廁所、車子及所有的廚房用品。

Find and color the ways kids are being kind to animals.

