

Raising Resilient Kids

教養出有韌性的孩子

Session 3 第三講

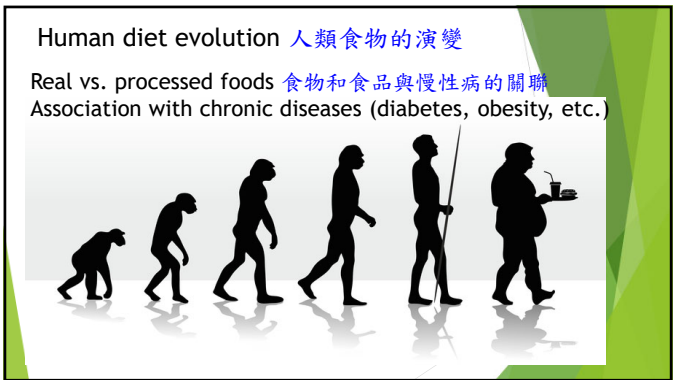
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Nature deficit disorder: Kids, on average, spend 4-7 min outdoor, but 7 h at screens 缺乏大自然症
一天花 4-7 分戶外活動，七小時瞪著螢幕

The Benefit of going outside 戶外活動的好處

- It builds confidence. 建立信心
- It promotes creativity and imagination. 促進創造力和想像
- It teaches responsibility. 教育孩子負責任
- It provides different stimulation. 提供不同的刺激
- It gets kids moving. 讓小孩動起來
- It makes them think. 刺激他們思考
- It reduces stress and fatigue. 降低壓力和疲倦

- ### 8 Principles 八大原則
1. Active Movement 多運動 **Active 活動**
 2. Nature Engagement 與大自然接觸
 3. Simple Foods 飲食簡單 **Balanced 平衡**
 4. Resting Reset 充份休息
 5. Nurturing Relationship 培養人際關係
 6. Faith Formation 信仰陶成 **Connected 接觸**
 7. Positive Mindset 正面思考
 8. Helping Hands 有人幫忙 **Determined 決心**



Kitchen Pantry Audit 廚櫃總檢

Fats/oils 食用油	Meat/poultry/fish/eggs 肉/雞/魚/蛋	Nuts/beans/seeds 堅果/豆/籽
e.g., olive oil	e.g., chicken	e.g., walnuts
Fruits/vegetables 蔬果	Grains/high-fiber cereal 米/高纖麥片	Milk/yogurt/cheese 牛奶/酸乳酪/起司
e.g., apple	e.g., whole wheat bread	e.g., sour cream
Snacks 零食	Drinks 飲料	Other 其他
e.g., chips	e.g., soda	e.g., egg noodles

Kitchen Pantry Audit 廚櫃總整理

>75% of your kitchen pantry should be

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Principle 3 Eat Simply 第三原則吃得簡單

1. Eat simply 簡化食物準備過程；真味即是淡
2. No hurry 別吃太快或邊吃邊做事
3. Drink water 喝水別喝碳酸飲料
4. Healthy snacks(nuts/dried fruit/cold cut)
健康的零食
5. Go picnic 野餐、郊遊
6. vegetables/fruits and happiness, resilience,
and academic performance 蔬菜水果與快樂、
抗壓(增強免疫)和課業表現

Principle 4 Resting Reset 第四原則休息再出發

1. Physical need 身體的需要
2. Mental need 心智的需要
3. Biological clock/circadian rhythm 生物時鐘
4. Insufficient sleep result in睡眠不足引起
poor focus, 注意力減低
reduced cognition, 智力減低
delayed reactions, 反應能力降低
mood swings, and 情緒起伏大
a higher risk for illness 容易生病

Difficulties in Resting 好好休息的困難

1. Lack bodily exercise 缺乏運動
2. Too much noise 噪音大
3. Too much light 光害
4. Too much screen time 看屏幕時間長
5. In 2015, Americans spent 41 billion on
products to help sleep花410億元解決睡眠問題
6. In 2018, 55% Americans reported unused
vacation time (768M days) 少用假期
7. Mentality of staying busy 忙忙忙的心態

Sleep needs by age 各年齡階層所需的睡眠

Infant 4-12 months: 12-16h
 Child 1-2 yrs: 11-14h
 Child 3-4 yrs: 10-13h
 Child 6-12yrs: 9-12h
 Teenager: 8-10h
 Adult: 7-9h

3 principles for Resting Reset 好休息再出發的三原則

1. Strengthen your R (Rest)
Quantity and quality
Form a habit
2. Take a Moment (Relaxation)
Take a break for body, mind, spirit
Schedule for a break
Take one day off
3. Create Restful Space (Restoration)
Organize your home

6 simple steps for taking off 休息一天的六個原則

1. Schedule a full day off 一周休息一天
2. Protect the fringes (no work) 不要把工作帶回家
3. No electronics 別花時間在電子器具上
4. No household projects 別花時間重新裝潢
5. Enjoy nature or worship community 去大自然、去教會
6. Spending off day with family and friends 與家人朋友相聚

Principle 4 Life-giving Relationship 培養有益身心的關係

1. Real families and friends 真正的家人和朋友
NOT on social media 不是網友而已

“Do you know?” study 2010 你知道你的家族歷史嗎？
Aware the “intergenerational self” 知道自己在家族史
helps kids to know they belong to 的位置有助於孩子
something bigger than themselves. 明白他們的重要性



The Rescuing Hug Twins - healing touch

療癒的碰觸

Go visit friends and relatives
親自去探望家人和朋友



Principle 4 Life-giving Relationship 培養有益身心的關係

2. Show up with love 真誠關懷
Good Samaritan 善心的撒瑪黎雅人
My child has no friend at school 我的孩子在學校沒有朋友

Grow and nurture your village 建立自己的群組
Becoming interested in other people 關心別人的需要
get people interested in you. 要求別人關心你的需要
Connect with church people. 與堂區教友建立關係
Connect with your kids. 與自己的孩子建立連關係

Principle 4 Life-giving Relationship 培養有益身心的關係

3. Use high level connections 聽到別人的心聲