# 主題：從「牛下女車神」的故事 啟發孩子品格教育

**A.** 內容撮要：

1. 做一個好人
    - 品格=道德價值＋良好品性；需從小培養。
    - 李慧詩以運動員的堅持、毅力示範良好品格。
2. 家庭教育
    - 家長是孩子的第一位，又是終生的老師；品格教育應從幼年、從生活細節開始。
    - 對比觀點：華人家長常以為「大咗就識」，德國家長強調幼時潛移默化（趙麗榮，2012）。
3. 堅毅與成就
    - 面對先天性貧血、2006 年訓練意外致左手重傷（3 次手術），仍持續訓練。
    - 2010 年廣州亞運 500 米計時賽以 33.945 秒破亞洲紀錄奪金，為香港寫歷史。
4. 感恩與回饋
    - 感謝市民支持，促使她「不放棄做一個好人，並成為能幫助香港的人」。
    - 退役後擔任香港單車隊教練，以專長培育新人，回饋香港。

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**B.** 家長反思題：

1. 我在日常生活中如何以身作則，讓孩子從小在家庭裡看見並練習「做一個好人」（如禮貌、負責、感恩、堅毅）？

2. 面對孩子的挫折與困難時，我是否及時提供正向支持與引導，幫助他把困境轉化為成長契機？我還可以怎樣做得更好？

# Subject: Inspiring Character Education Through the Story of Lee Wai Sze

## A. Content Summary:

1. **Be a good person**
   • Character = moral values + good traits; it should start from young age.
   • Lee Wai-sze shows good character through an athlete's persistence and grit.

2. **Family education**
   • Parents are a child's first and lifelong teachers; character education should start in early childhood and in daily life details.
   • Comparison: Many Chinese parents think "they will know when older," while German parents stress early quiet influence (趙麗榮，2012).

3. **Grit and achievement**
   • She faced congenital anemia and a 2006 training accident that badly hurt her left hand (3 surgeries), yet she kept training.
   • At the 2010 Guangzhou Asian Games, she won gold in the 500m time trial in 33.945 seconds, breaking the Asian record and making history for Hong Kong.

4. **Gratitude and giving back**
   • She thanks the public for support, which drives her "to not give up being a good person, and to be someone who helps Hong Kong."
   • After retirement, she became a coach of the Hong Kong cycling team, using her skills to train new talent and give back to Hong Kong.

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## B. Parent reflection questions:

**1.** How do I lead by example in daily life, so my child can see and practice "being a good person" at home from a young age (e.g., politeness, responsibility, gratitude, grit)?

**2.** When my child faces setbacks and difficulties, do I give timely positive support and guidance to turn the problem into a chance to grow? How can I do even better?