

亲爱的志愿者们：

转眼间，我们 2010 年秋季的各项活动已经进行到中期阶段。

一直以来，CAI 的志愿者团队就像个大家庭一样，大家用爱凝结成一股暖流不断涌到需要我们帮助孩子的身边，给充满渴望的孩子带去希望。

非常感谢大家的坚持、耐心和细致的工作。我们相信，我们的努力会让更多的孩子展露天真的笑容！

Dear CAI Volunteers,

Time really flies as it's already the middle of our 2010 semester programs.

CAI's volunteers have always been like one big family, using warmth and love to help these children, as well as give them hope.

Thank you very much for your persistence, patience, and meticulous work. We truly believe that all our efforts bring smiles to the faces of these children and will help them be happier.

Best wishes!
CAI Team



志愿者心得 Volunteer Experience

这周我们的课堂上，在做心理健康活动时，有 3 个小朋友哭了。这次经历让我们感受到很多。她们还非常小，却承担了很多心理压力。从通州回来的路上，我也感到非常地无助，因为自己一个人的力量是非常渺小的。

在他们身上，我们看到是他们的多动、好奇、好学，善良、善思、善学。整个课程中，孩子们那一句句发自内心，发自肺腑唱出的歌和孩子们那一声声可以掀开房顶的齐声回答让我们的心也变得纯净激动和有满足感。孩子们唱出来的那两首歌，是我们听过的最动听的一个版本。

我想这就是为什么我们这些志愿者会聚到一起的原因了吧，我们在一起可以给孩子们更多的希望和爱。

--安澜@通州音乐组

This week during our programs, during the mental health activities, three of the students cried. This made us feel and realize many things. These children are so small, but they have undergone tremendous psychological pressures and stresses. On the way back from Tongzhou, I felt very helpless because as one person, I have so little power to change anything.

We see the students as active, curious, studious, kind-hearted, critical thinkers, and critical learners. Throughout the program, the children sing the songs from their hearts and their loud answers let us feel pure excitement and satisfaction. When the students sang the two songs, it was like hearing the most beautiful versions of these songs that we have ever heard.

I think this is the reason why all of us volunteers have come together, together we can give these children more hope and love.

--- An Lan from Tongzhou Music Group

"We are really lucky with our school. There are still around 24 students showing up for the program every week and they really love playing basketball."

--- Karla Wriedt, Shuren Basketball program

“我们很幸运能够在这所学校。每个星期总是有 24 名学生到学校上课而且她们非常非常希望打篮球。”

---- Karla Wriedt , 树仁学校篮球项目

精彩掠影 Memorable Pictures



Teaching Tips 教学小技巧

👍 及时赞美

只要学生表现出良好的行为，教师就应该及时鼓励强化，巩固这种行为，久而久之，学生就会养成自然而持久的良好行为习惯。

How to Complement Students

Teachers should praise the students when they are showing good behavior. Teachers should encourage this kind of good behavior through praise so that over time, students will naturally develop good behavior for the long-term.

👍 赞美要“言之有物”

就是要赞美得“到位”，所以，“到位”的赞美，就是多说些细节，并说出自己的感受。学生真正的自尊心来自于取得一些可喜可贺的成就，而来自老师赞美恰恰是证明这些成就。这可以帮助学生树立自尊，增强克服困难，解决问题的能力。但如果太随意，学生就无法明确知道自己为什么会受到赞美。在赞美的时候，老师应该告诉他赞美的原因，他也会因此继续好的表现。

Praise Only When There Is Reason To Praise

Instead of generally praising the student, talk in more detail with the student about how you are feeling and how they are feeling and what they are doing is good. Students will better their self-esteem from their own success and praise from the teachers is evidence of this success. This kind of help will lead the students to build their own self-esteem, overcome difficulties, and increase their abilities in solving problems. If you just casually praise the students all the time, they will be confused as to why they are being praised. If the teacher tells the student exactly why he or she is being praised, then they will understand what they need to do to continue doing well in the program.

👍 赞美词要符合实际，令对方最受用

一是孩子心知肚明，你是骗他、哄他的，他由此也就顺着学会了说瞎话来哄人；二是过度赞美让孩子不清楚自己的位置，自我膨胀，不能应付没有赞美时的失败挫折；三是当孩子确实不具备该项能力时，因为我们的赞美，他害怕让父母失望，失去父母的爱，因此可能会焦虑难安，更受挫折。

Praise Realistically and Make It Beneficial For The Students

First, these students are very intuitive, so they can tell if you are not telling the truth and attempting to coax him or her into doing something. In turn, they may also lie to you as well. Second, children who are over-praised often don't realize that they should be respectful and have over-inflated egos. In addition, they may not be able to cope with frustrations and failures without being praised. Third, if we praise the student for everything they do and forget to do this in the future, they may feel that they have done something wrong and may feel like this will disappoint their parents or that they will lose their parent's love. This can lead to more anxiety, unease, and setbacks for the student.



Teaching Tips 教学小技巧



- ❖ 如果你们感觉课堂人数较多，课堂纪律存在问题，尝试将班级分为几个小组，每个志愿者负责一个小组。If you feel that the class is too big and classroom management is a problem, try dividing the class into smaller groups and assigning a couple of volunteers to each group.
- ❖ 发挥各组成员的优势，确保所有小组所有成员都参与到教学中
Make sure you include all team members and work to their strengths.
- ❖ 在课程中可以考虑设一名计时员。学生们在写日记或做其他活动，例如美术，清楚的告诉学生时间的倒数。你可以参照下面的时间倒数或者你自己的方式。1) 告诉学生完成这部分任务需要多长时间；2) 告诉学生还剩一半的时间；3) 告诉学生还剩五分钟时间；4) 告诉学生还剩二分钟时间；5) 课程结束，开始一起整理教室——打扫卫生，你可以给学生任务和责任。Consider having a time keeper in your program. Give the students a count down when they are doing diary entries and other individual activities like art. Try the following count down, or your own variation... 1.) Tell the students how long they have to complete a task 2.) Tell them when half of this time has passed 3.) Tell them when they have five minutes left. 4.) Tell them when they have two minutes left. 5.) Stop the whole class and tidy up together - you can give students jobs and responsibilities
- ❖ 灵活多变——如果课堂并不是完全按照你当初设想的那样，请不要慌张。教师总是不断的教学和课堂中总结自己的经验和想法。如果你有什么好的教学方法或经验，请告诉我们，分享给其他的人。Be flexible - don't panic if a class doesn't go exactly as you planned. Teachers develop some of their methods and ideas in the classroom. If you have any great ideas or successful methods that you'd like to share, please tell us.



- ❖ 征集下个学期的活动或游戏想法！我们会在不久将提交的表格发给大家，如果你有什么好的创意或想法，请告诉我们！
We want your input on game and activity ideas for next semester. We'll be sending out a submission template soon, so please put on your thinking caps so you can let us know about your great ideas!
- ❖ 关于项目，如果你有不错的照片或者故事，也请告诉我们，分享给大家~
If you have good pictures or stories related with program that you' like to share, please tell us.