

# Ten Golden Virtues

Poems and Murals

By Instilling Goodness Elementary and Developing Virtue High Schools

## 十種黃金美德

詩與牆壁彩繪作品集

育良小學培德中學創作

Article written by Bhikshuni Jin Rou with insights from our teaching staff  
比丘尼近柔及育良培德學校教師 文



The entire school, from kindergarten to high school, teamed up to create *Ten Golden Virtues*, a book of poems and artwork. Based on Confucian principles, the poems come from the students' voices, reflecting the influence of their diverse cultural backgrounds: Asian, Pomo Native, Hispanic, and Anglo. The poems express how these virtues play a daily role in their daily lives, while the

從幼兒園到高中，全校師生聯手創作《十種黃金美德》——這是一本集結詩和藝術作品的著作。書中以儒家思想為基礎的詩道出學生的心聲，也反映不同文化背景所帶來的影響：亞洲文化、波莫（北美原住民）文化、西班牙文化和英語文化圈。詩裡闡述這些美德如何在學生

murals gracing the campus buildings serve as visual expressions of their inner spirit and aspirations for a better world. The book was created as a special gift for schools that attend Cherishing Youth Day at our schools in May.

K-6 grades wrote the poems, parents photographed the murals, and Bhikshu Jin He, in Malaysia, made them into a book. He reflects, “When viewed in person, the murals radiate a unique presence that is lost when translated into a book format. The idea behind the book design was to highlight the intricately painted elements drawn by the children and honor them as complimenting the whole composition.”

Our schools are at the City of Ten Thousand Buddhas, a Buddhist center in Ukiah, California. In partnership with parents, we work to instill and develop these core virtues in our students and guide them into becoming outstanding citizens.

When I began teaching in 1985, there were no suitable Buddhist books for my students. Captivated by the wisdom in Buddhist stories, I shared them with my students in fun and simple ways. They drew pictures of the stories, creating our very first books. This marked the birth of Instilling Goodness Books Publication. Our collection has grown to include award-winning books by new authors, illustrators, and designers, inspired by the ten virtues and the late Master Hsuan Hua’s wisdom and guidance. Many are translated into French, Chinese, Spanish, and other languages.

As a teacher, I encourage children to tap into their spiritual side by writing, exploring nature, and growing food. My favorite activity is making paper “kindness chains,” linking friends and families with heartfelt messages.

In this part, our teachers will share their experiences teaching the virtues and offer creative ideas for parents to nurture these virtues at home. The virtues include compassion, kindness, fairness, reverence for parents, friendship, respect, citizenship, humility, integrity, and trustworthiness,

### **Terri Nicholson, Writing Arts:**

Compassion and Kindness go together. Compassion is wanting to help someone, and kindness is doing something to help. I teach kindness and compassion by modeling it in my classroom, carefully treating students the way I hope they will treat each other. I find that everyday interactions build a

們的日常生活中發揮作用，而校舍的牆壁彩繪則是他們心靈和期待一個更好的世界的視覺呈現。這本書也作為一份特別的禮物，送給參與本校五月懷少節活動的其他學校。

幼兒園到國小的學生們寫詩，家長們拍攝牆壁彩繪，馬來西亞籍的比丘近合師將些作品編排成一本書。他的感想是：「親眼觀賞時，這些牆壁彩繪散發出一種獨特的存在感，而當作品轉化成書籍排列時，這種存在感隨即消失。版面設計的原始理念是表彰孩子們精巧的繪圖元素以及他們的作品構思。」

本校位於加州瑜珈市萬佛聖城。我們與家長攜手，致力培養學生們這些核心美德，引導他們成為優秀的公民。

我於1985年初任教職，當時缺乏適合學生們的佛教書籍。深受佛教故事中的智慧所吸引，我用有趣、簡單的方式與學生們分享。他們為故事畫了圖畫，創作出我們的第一批書，也標記育良出版社的誕生。我們的圖書系列包括新銳作家、插畫家和設計師的獲獎書籍，這些書籍的創作靈感來自十種美德，以及宣公上人的智慧與教導。眾多書籍被翻譯成法文、中文、西班牙文和其他語言。

作為一名教師，我鼓勵孩子們透過寫作、探索大自然和種植可食用植物來發掘他們的靈性層面。我最喜歡的活動是製作紙「善鏈」，用真誠的信息將朋友和家人聯繫起來。

在這部分，我們的教師們將分享他們教授德育的經驗，並提供家長們在家中培養美德的一些巧思。這些美德包括——慈悲、善良、公平、恭敬父母、友誼、尊重、公德、謙遜、正直和守信。

### **易果參，寫作藝術教師**

慈悲與善良是相輔相成的。慈悲是想幫助別人，善良是做有助他人的事。

foundation for treating oneself and others with kindness and compassion in more challenging situations. An effective way to encourage these two virtues is through literature and reading stories at home with family.

### **Rita Yee, 3-4 Grades:**

Fairness means seeing the world without bias. My students role-play diverse characters from their favorite stories, which helps them see situations from different viewpoints, expanding their understanding. Parents can try this at home: Everyone imagines they are ants and shares their day. Take turns acting out other animals and things.

### **June Bemis, Pre-K**

Reverence for Parents, or filial piety, means being kind and respectful to parents and caring for them when they are old. My students like to make up skits and act out what it means to be filial or not. Sometimes, they do things to surprise their parents and make them happy.

### **Yidan Wang, Art and Music**

Friendship is enjoying each other's company and sharing good and bad times. Art and music are "big" in my classroom, helping students explore friendship in unique and meaningful ways, such as "making friendship soup."

#### Friendship Soup

- One cup of caring
- One cup of kindness
- One cup of fun
- One cup of respect
- One cup of safety
- One cup of trust

Families can create recipes for other virtues and explore friendship through songs like "Count on Me" and "True Colors."

### **Ashley Huynh, Memorization**

Humility is modesty and selflessness. Students memorize verses from *Standards for Students*, a book based on Confucian values, inspiring them to plant seeds of virtuous conduct.

我教導善良與慈悲的方式是在課堂上以身作則，以我希望他們對待彼此的方式謹慎地對待學生。我發現以善良和慈悲對待自己和他人為基礎的日常互動更具挑戰性。培養這兩種美德的有效方法是透過文字—在家中與家人一起閱讀故事。

### **余家瑩, 3-4年級教師**

公平意味著不帶偏見地看世界。我的學生們從他們最喜歡的故事中扮演不同角色，這有助於他們從更多的面向審視情況，也擴大他們的理解力。父母可以在家裡試試這個方法：假想每個人都是螞蟻，分享自己的日常；也試試其他動物扮演和事物分享。

### **歐月珠, 幼兒園教師**

恭敬或孝順父母，就是善待、尊重和奉養父母。我的學生們喜歡編短劇來詮釋什麼是孝，什麼是不孝。有時，他們會給父母親驚喜，讓他們開心。

### **王一丹, 藝術和音樂教師**

友誼是相互陪伴、同甘共苦。藝術與音樂在我的課堂上很重要，幫助學生以獨特而有意義的方式探索友誼，例如「製作友誼湯」。

#### 友誼湯食譜

- 關心一杯
- 善良一杯
- 有趣一杯
- 尊重一杯
- 安全一杯
- 信任一杯

可以和家人一起創造其他美德的食譜，並透過「依靠我」和「本色」等歌曲探索友誼。

### **黃方, 背誦教師**

謙遜就是謙虛、無私。學生背誦《弟

They set goals, create artwork, and compose messages that reflect these values. Parents can influence their children to practice being humble and other virtuous deeds, allowing their seeds of virtue to sprout and grow.

### **Gauthan Chuah, 1-2 Grades**

Respect is being polite and considerate of others, animals, nature, and the things we use. Inspired by *How Full Is Your Bucket?* I keep a “respect bucket” in the classroom. Students jot down thoughtful actions and share them at the day’s end. I also encourage parents to create “buckets” at home and fill them with messages to share during family time.

### **Julia Mark, Theater and Language Arts**

Citizenship is being respectful to others and their things. At the start of the school year, we form small groups and think of ways to create a friendly learning environment. Then, as a whole group, we pick seven as guidelines. We make a colorful poster and keep track of how we're doing. Students share this activity at home.

### **Emelia Moore, 5-6 Grades**

Integrity means doing the right thing even when it's tough or no one is watching. We recently read *The Empty Pot* and discussed the value of integrity. Students shared a time when they showed integrity and drew a picture. Parents can do random acts of kindness with their children to develop integrity at home.

### **Jacqueline Farley, Visual and Theater Arts**

Trustworthiness means keeping commitments and learning from mistakes. In theater arts, making mistakes and turning them into opportunities is the heart of acting. The blindfold walk is a fun way to bolster trust, where a student leads a blindfolded partner on a walk. You'll be surprised how playing this game with your family significantly strengthens trust.

In the collaborative effort of our students and teachers, the creation of Ten Golden Virtues symbolizes the unique expressions of virtues in our lives and our commitment to promoting virtuous living among all beings. ❀

子規》的正文，這是一本具有儒家思想的著作，助長他們播下修身立德的種子。他們設定目標、創作藝術並撰寫傳達這些價值觀的訊息。父母們可以帶動孩子們學習謙遜的行為和其他美德，讓道德的種子發芽、成長。

### **蔡玥涵，1-2年級教師**

尊重是禮貌和體貼別人、動物、大自然和我們使用的物品。受到《你的桶子有多滿？》這本書的啟發，我在教室裡設置一個「尊重桶」。學生們寫下為別人著想的行為，並在一天結束時分享。我也鼓勵家長們在家中設置各種「桶子」，裝滿信息，在家庭時間中分享。

### **茱莉亞·瑪可，戲劇和語言藝術教師**

公德是尊重他人及其事物。在學年開始時，我們將學生們分成幾個小組，營造一個友善的學習環境。此外，作為一個整體，我們制訂七個指導方針。我們製作一張彩色海報，並記錄我們的表現。學生們會在家分享這個活動。

### **伊蜜莉亞·摩爾，5-6年級教師**

正直意味著即使在困難或無人在場的情況下也要做正確的事。我們最近閱讀了《空鍋》這本書，並討論正直的價值。學生們分享自己展現正直的一面，並畫了一幅畫。在家時，家長們可以和孩子們隨機行善，以培養孩子的正直。

### **賈桂林·法利，視覺和表演藝術教師**

守信意味著信守承諾並從錯誤中學習。在表演藝術中，犯錯並將其化為轉機是表演的核心。蒙眼散步是一種增強信任的有趣活動，學生們帶領蒙著眼睛的同伴散步。你將感到意外，與家人一起玩這個遊戲可以增強彼此的信任感。

在全體師生的共同努力下，十種黃金美德的誕生，象徵著美德在我們日常中的獨特表現，以及我們對促進所有眾生良善生活的承諾。 ❀