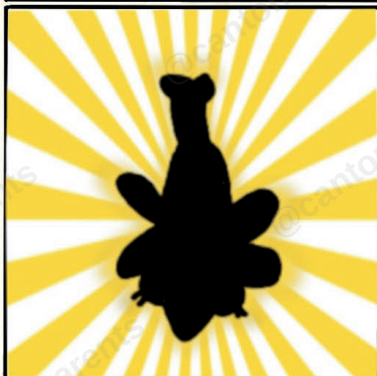




Chapter ONE





keoi⁵ hai⁻⁶ ngo⁵ ge⁻³ hou⁻² pang⁻⁴ jau⁵
 佢係我嘅好朋友
 mou⁻⁴ bat⁻¹
 一毛筆。
 This is my good friend.
 Brushy.



ooooomm^{1^4}
 呵欠!
 Yawn!
 jit⁻⁶ zyu⁻¹ gu⁻¹ lik⁻¹ aa⁻³
 熱朱古力啊。
 Here, hot chocolate.



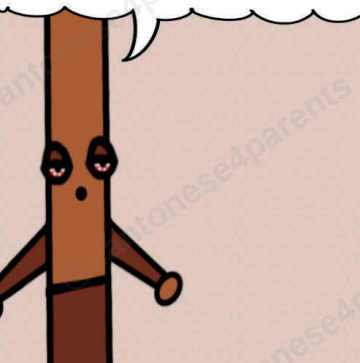
dim⁻² gaai⁻² jau⁵ tiu⁻⁴ cung⁻⁴ hai⁻²
 點解有條蟲㗎
 ngo⁵ bui⁻¹ je⁵ jam⁻² dou⁻⁶ gaa⁻³
 我杯嘢飲度㗎?
 Why is there a bug
 in my drink?



ngo⁵ hai⁻² dou⁻⁶ zam⁻³ gan⁻²
 我㗎度浸緊
 pou⁵ pou⁵ juk⁻⁶ aa⁻³
 泡泡浴啊。
 I am taking a bubble bath.



ngo⁵ jiu⁻³ bui⁻¹ mou⁵ cung⁻⁴ gaa⁻³
 我要杯冇蟲㗎。
 I'd like a drink with
 no bugs, please.

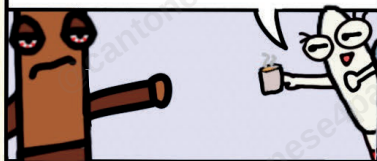


nei⁵ jiu⁻³ me⁻¹ sik⁻¹ ge⁻³
 你要咩色嘅
 mou⁻⁴ cung⁻⁴ aa⁻³
 毛蟲啊?
 What colour of
 caterpillar do you
 want?

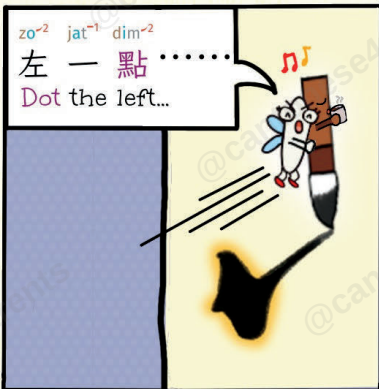


mou⁵ cung⁴
 冇蟲 = no bugs
 mou⁴ cung⁴
 毛蟲 = caterpillar
 They are in different tones.

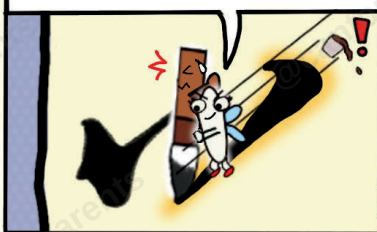
jau₅ ceng⁻² mou₄ bat⁻¹ biu⁻² jin⁻²
 有請毛筆表演
 se⁻² daai₆ zi₆
 寫大字。
 Please welcome Brushy. Time
 for some big writing action!



zo⁻² jat⁻¹ dim⁻²
 左一點……
 Dot the left...



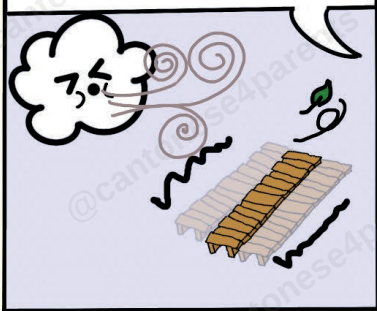
jau₆ jat⁻¹ pit⁻³
 右一撇，
 Left-falling stroke
 on the right.



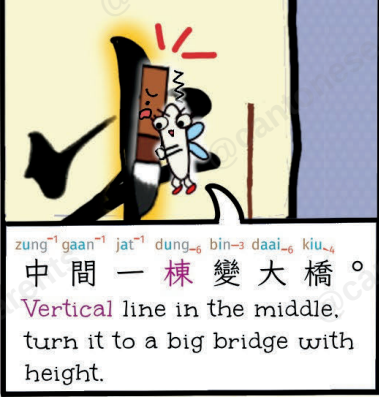
haa₆ min₆ jat⁻¹ waang₄
 下面一橫
 hei⁻² tiu₄ kiu₄
 起條橋，
 Below is a horizontal
 bridge in sight.



daai₆ fung⁻¹ ceoi⁻¹ dou⁻³
 大風吹到
 jiu₄ aa⁻³ jiu₄
 搖啊搖!
 When the wind blows,
 whoa, hold tight!



zung⁻¹ gaan⁻¹ jat⁻¹ dung₆ bin⁻³ daai₆ kiu₄
 中間一棟變大橋。
 Vertical line in the middle,
 turn it to a big bridge with
 height.



zo⁻² goek⁻³ pit⁻³

左腳撇……

A left-falling stroke...



jau⁻⁶ goek⁻³ naat⁻⁶

右腳捺，

A right-falling stroke.



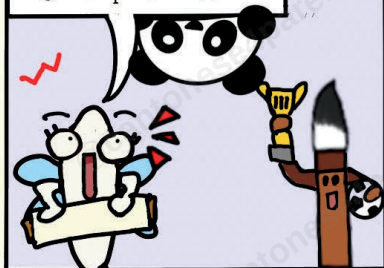
go⁻³ go⁻³ tai⁻² dou⁻³

個個睇到

hau⁻² maak⁻³ maak⁻³

口擘擘。

Everyone stares,
mouths open wide
(like they just saw
a giant panda!).

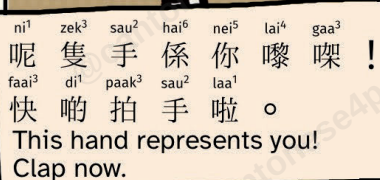
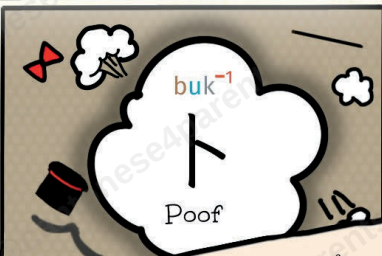
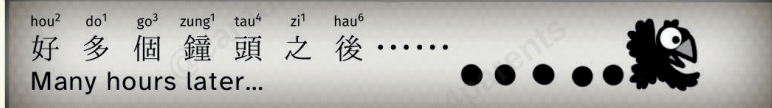


dim⁻² gaai⁻² gam⁻² ge⁻²

點解咁嘅？

Why is it like this?







* jat¹ gau⁶ faan⁶
一嚟飯 means "a lump of rice".
In Cantonese, it is used to describe
someone who takes a long time to
react.





heoi³ dou³ ni¹ zoeng¹ zeoi³ mei¹ zung⁶ jau⁵
 去 到 呢 章 最 尾 , 仲 有
 di¹ kei⁴ taa¹ fong¹ faat³ ho² ji⁵ bong¹ nei⁵
 啲 其 他 方 法 可 以 幫 你
 laang⁵ zing⁶ lok⁶ lai⁴ gaa³
 冷 靜 落 嚟 㗎

At the end of this chapter, there are some other ways to help you calm down.



wai-3

喂!
Hey!



mai,5 zau-2 aa-3

咪走啊!
Don't run away!



mai,5 zau-2 bou-2
米走寶
RICE Fair

mou-4 bat-1 hai-2 bin-1 ne-1

毛筆喺邊呢?
Where's Brushy?



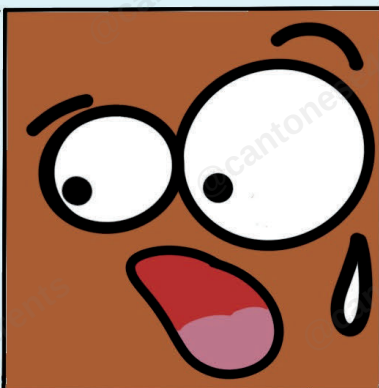
ting⁴ jat¹ ting⁴ nam² jat¹ nam²
停一停，諗一諗。



wan² maai⁴ ni¹ di¹ aa¹
搵埋呢啲嘢。

Pause and think. Find these too.

tung₄ ngo₅ waan² zuk¹ ji¹ jan¹
同我玩捉伊人？
nei₅ mai₆ hai² dou₆ lo¹
你咪喺度囉。
Are you trying to play hide
and seek with me? Got you!



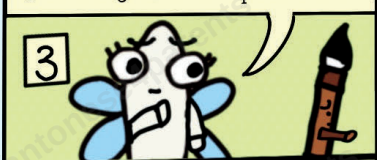
ngo₅ jau₅ di¹ m₄ hoi¹ sam¹ aa₆
我有啲唔開心啊。
I feel a little sad.



jan¹ wai₆ nei₅ siu³ ngo₅
因為你笑我，
ngo₅ hau² naan₄ sau₆
我好難受。
It made me feel
uncomfortable when you
laughed at me like this.



ngo₅ soeng² nei₅ zyun¹ zung₆ ngo₅
我想你尊重我。
I want you to respect me.



deoi³ m₄ zyu₆
對唔住！
I am sorry!

1 2 3 go² di¹ deoi³ waa⁶ pou⁵ pou⁵
1 2 3 個 啲 對 話 泡 泡 ，
hai⁶ gaan² daan¹ ge³ saam¹ bou⁶ kuk¹
係 簡 單 嘅 三 部 曲 ，
bong¹ nei⁵ jung⁴ ji⁶ di¹ gong² ceot¹ nei⁵
幫 你 容 易 啲 講 出 你
ge³ nam² faat³ tung⁴ maai⁴ gam² sau⁶
嘅 諗 法 同 埋 感 受 。
The 123 speech
bubbles are a
simple three-step
guide to help you
say what you're
thinking and how
you feel.

gam⁻¹ ci⁻³ jyun⁻⁴ loeng⁻⁶ nei⁻⁵ laa⁻¹
今次原諒你啦。

pang⁻⁴ jau⁻⁵ aa⁻¹ maa⁻³
朋友吓嘛。

Alright, I'll forgive you this time.
We're friends.



gam⁻¹ jat⁻⁶ ting⁻¹ jat⁻⁶
今日、聽日、

hau⁻⁶ jat⁻⁶ tung⁻⁴ maa⁻⁴ daai⁻⁶ hau⁻⁶ jat⁻⁶
後日同埋大後日

ge⁻³ gung⁻¹ fo⁻³
嘅功課……

For the homework today,
tomorrow, the day after
tomorrow, and
the day after that...



zau⁻⁶ kaau⁻³ saai⁻³ nei⁻⁵ laa⁻³
就靠晒你喇。

I'm counting on you.



aa⁻³
啊！

Oh!



zaang⁻¹ di⁻¹ m⁻⁴ gei⁻³ dak⁻¹ tim⁻¹
爭啲唔記得㗎。

I almost forgot.



bei⁻² nei⁻⁵ gaa⁻³
畀你㗎。

It's for you.



can⁻¹ oi⁻³ ge⁻³ siu⁻² pang⁻⁴ jau⁻⁵
親愛嘅小朋友：

gung⁻¹ hei⁻² nei⁻⁵
恭喜你！

ngo⁻⁵ dei⁻⁶ soeng⁻² jiu⁻¹ cing⁻² nei⁻⁵ heoi⁻³
我哋想邀請你去

caam⁻¹ gaa⁻¹ mai⁻⁵ zau⁻² bou⁻² ge⁻³
參加米走寶嘅

mo⁻¹ faat⁻³ si⁻⁵ zaap⁻⁶ fan⁻³ lin⁻⁶
魔法市集訓練。

hei⁻¹ mong⁻⁶ dou⁻³ si⁻⁴ gin⁻³ dou⁻² nei⁻⁵ laa⁻¹
希望到時見到你啦。

Dear friend,

Congratulations! We'd love to
invite you to join the R.I.C.E. fair
training. Hope to see you there.



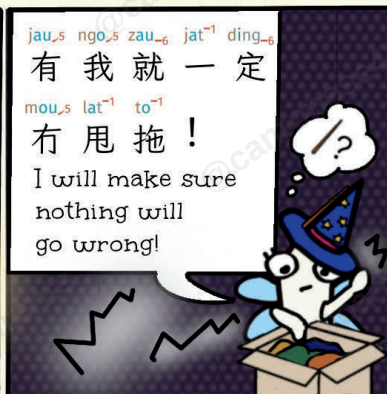
fan⁻³ lin⁻⁶ kei⁻⁴ gaan⁻¹ wui⁻⁵ jau⁻⁵ m⁻⁴ tung⁻⁴ ge⁻³ tiu⁻¹ zin⁻³
訓練期間會有唔同嘅挑戰。

zeoi⁻³ hau⁻⁶ jyu⁻⁴ gwo⁻² nei⁻⁵ sing⁻⁴ gung⁻¹ gwo⁻³ gwaan⁻¹
最後如果你成功過關，

zau⁻⁶ ho⁻² ji⁻⁵ heoi⁻³ si⁻⁵ zaap⁻⁶ baai⁻² dong⁻³ laa⁻³
就可以去市集擺檔喇！

There will be different challenges during the training. If
you beat the final one, you'll earn a spot to sell at the fair!





ngo₅ zi⁻² bat⁻¹ gwo⁻³ hai₆ jat⁻¹ fan₆
我只不過係一份
mou₄ liu₄ jiu⁻³ lai₄ siu⁻³ nei₅
無聊、要嚟笑你
ge⁻³ lai₅ mat₆
嘅禮物……
I was just a silly gift, given
to you just to tease you...



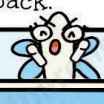
nei₅ jing⁻¹ goi⁻¹ m₄ soeng⁻² ngo₅
你應該唔想我
zoi⁻³ hai⁻² dou₆ gaa⁻³ laa⁻³
再喺度㗎喇。
You probably don't want
me here anymore.



gin⁻³ dou⁻² nei₅ tiu⁻³ lai₄ tiu⁻³ heoi⁻³
見到你跳嚟跳去，
tai₄ seng⁻² zo⁻² ngo₅
提醒咗我……
Seeing you bounce around
like that reminded me...



seoi⁻¹ jin₄ zi⁻¹ cin₄ bei⁻² jan₄ siu⁻³
雖然之前畀人笑，
daan₆ hai₆ laang₅ zing₆ zo⁻² lok₆ lai₄
但係冷靜咗落嚟
zi⁻¹ hau₆ ho⁻² ji₅ daan₆ faan⁻¹
之後可以彈返
hei⁻² san⁻¹ They laughed. I
起身。calmed down and
bounced back.



bat⁻¹ jyu₄ nei₅ lau₄ dai⁻¹ laa⁻¹
不如你留低啦？
Can you stay, please?



hou⁻² aa⁻³
好啊！
Sure!



mai⁹ zau² bou² si⁵ zaap⁶ jap⁶ min⁶ ge³
米走寶市集入面嘅「R」
zau⁶ hai⁶ kong³ jik⁶ lik⁶
就係抗逆力 Resilience。
jau⁵ kong³ jik⁶ lik⁶ ge³ jan⁴ m⁴ hai⁶ m⁴ wui⁵
有抗逆力嘅人唔係唔會
dit³ dou² ji⁴ hai⁶ dit³ zo² zi¹ hau⁶ sik¹ dak¹
跌倒，而係跌咗之後識得
hei² faan¹ san¹
起返身。

The "R" in the R.I.C.E.
Fair stands for
Resilience. Having
resilience doesn't
mean you'll never fall;
it means you know how
to get back up
afterward.

nei₅ sei⁻¹ jiu₃ laang₅ zing₆ go⁻² zan₆

你需要冷靜個陣...

When you want to feel calm...



fong₃ sung⁻¹
放鬆
Relax



soeng⁻² zoeng₆
想像
Imagine



lin₄ git₃
連結
Connect



taam₃ sok₃
探索
Explore

ngaan₄ sik⁻¹ fu⁻¹ kap⁻¹ faat₃

顏色呼吸法 COLOUR BREATHING



sau⁻² sin⁻¹ sam⁻¹ fu⁻¹ kap⁻¹ fong₃ sung⁻¹
首先，深呼吸放鬆。
First, relax with deep breathing.



gan⁻¹ zyu₆ nam⁻² jat⁻¹ zung⁻² ling₆ nei₅ hoi⁻¹ sam⁻¹ ge₃ ngaan₄ sik⁻¹
跟住，諗一種令你開心嘅顏色
tung₄ maai₄ jat⁻¹ zung⁻² nei₅ m₄ zung⁻¹ ji₃ ge₃ ngaan₄ sik⁻¹
同埋一種你唔鍾意嘅顏色。

Then, think of a colour you like
and a colour you don't like.



zi⁻¹ hau₆ kap⁻¹ jap₆ nei₅ zung⁻¹ ji₃ ge₃ ngaan₄ sik⁻¹ soeng⁻² zoeng₆
之後，吸入你鍾意嘅顏色。想像
keoi₅ wui₅ hai⁻² nei₅ ge₃ san⁻¹ tai⁻² dou₆ zau⁻¹ wai₄ zau⁻²
佢會喺你嘅身體度周圍走。

Next, imagine this colour filling your body
as you breathe in, moving all around.



zeoi₃ hau₆ zoeng⁻¹ m₄ hoi⁻¹ sam⁻¹ ge₃ je₅ tung₄ maai₄ m₄ zung⁻¹ ji₃
最後，將唔開心嘅嘢同埋唔鍾意
ge₃ ngaan₄ sik⁻¹ jat⁻¹ cai₄ fu⁻¹ saai₃ ceot⁻¹ heoi₃
嘅顏色一齊呼晒出去。

At the end, gently breathe out all the sad feelings
and the colours you don't like.



wu⁻⁴ dip⁻² jung⁻² pou⁻⁵ faat⁻³

蝴蝶擁抱法 BUTTERFLY HUG



soeng⁻¹ sau⁻² gaau⁻¹ caa⁻¹ fong⁻³ hai⁻² bok⁻³ tau⁻⁴ hou⁻² ci⁻⁵ bei⁻² go⁻³
雙手交叉，放喺膊頭，好似畀個
hou⁻² daai⁻⁶ ge⁻³ jung⁻² pou⁻⁵ zi⁻⁶ gei⁻² gam⁻² sam⁻¹ fu⁻¹ kap⁻¹
好大嘅擁抱自己咁。深呼吸。

Wrap your arms around yourself, hands on your shoulders, like a big, warm hug. Take a deep breath.

heng⁻⁶ heng⁻¹ leon⁻⁴ lau⁻² paak⁻³ bok⁻³ tau⁻⁴ mui⁻⁵ bin⁻¹ sap⁻⁶ haa⁻⁵ lau⁻⁴ ji⁻³
輕輕輪流拍膊頭，每邊十下。留意
san⁻¹ tai⁻² ge⁻³ gam⁻² gok⁻³ lin⁻⁴ git⁻³ zi⁻⁶ gei⁻² ge⁻³ sam⁻¹ cing⁻⁴
身體嘅感覺，連結自己嘅心情。

Gently tap your shoulders, one side at a time, 10 times each. Pay attention to how your body feels and **connect** with your emotions.



laang⁻⁵ zing⁻⁶ lok⁻⁶ lai⁻⁴ zi⁻¹ hau⁻⁶ nam⁻² haa⁻⁵ faat⁻³ sang⁻¹ me⁻¹ si⁻⁶ ling⁻⁶
冷靜落嚟之後，諗吓發生咩事令
nei⁻⁵ jau⁻⁵ ni⁻¹ zung⁻² gam⁻² gok⁻³ ne⁻¹ taam⁻³ sok⁻³ dim⁻² gaa⁻² wui⁻⁵ gam⁻²
你有呢種感覺呢。探索點解會咁，
hau⁻⁶ ci⁻³ zau⁻⁶ ho⁻² ji⁻⁵ jau⁻⁵ do⁻¹ di⁻¹ zeon⁻² bei⁻⁶ laa⁻³
下次就可以有多啲準備喇。

After calming down, think about what happened and how it made you feel. **Explore** why it happened so you can be more prepared next time.



jau⁻⁵ si⁻⁴ hai⁻² si⁻⁵ zaap⁻⁶ maai⁻⁶ je⁻⁵ geng⁻¹ dou⁻¹ m⁻⁴ ceot⁻¹ kei⁻⁴ gaa⁻³
有時喺市集賣嘢，驚都唔出奇㗎。
si⁻³ haa⁻⁵ ni⁻¹ di⁻¹ fong⁻¹ faat⁻³ ho⁻² nang⁻⁴ wui⁻⁵ bong⁻¹ dou⁻² nei⁻⁵ gaa⁻³
試吓呢啲方法，可能會幫到你㗎！

Sometimes, selling at the fair can feel scary. Try these ideas, they might help you feel better!