長島慈濟人文學校

農曆新年快到了，在這辭舊迎新的日子裡， 我們有一個習俗就是在新的一年許願 。 有人盤點自己過去一年的收穫， 許願能更上一層樓； 也有人檢討自己， 許願改掉不良的行為與習慣；許願最大的目的， 不外乎讓自己跨出「心」年，也就是下個決心， 重新開始，成就更好的自己。

虎年即將到來， 人文教育組希望用 2022 「慈悲大挑戰」活動來鼓勵孩子們用一個月的時間來挑戰自己， 用行動來培養自己慈悲行善的好習慣。

人文教育組列了一張表格， 提出了「十個善行」供參加者在家或在校內(包括公立學校)實踐。 自願參加者，將以個人為單位。 善行的實踐日期為 1/16/2022 至 2/13/2022。

每位參加者只需要做到以下：

1. 到 http://www.tzuchiacademyli.org 下載表格，用電子檔或紙張格式填寫均可。

2. 每天挑戰自己做善行，在有做到的項目格內，誠實地在打 "V"

3. 2/20/2022 前把填好的表格上傳到 tcali_gkc2022@us.tzuchi.org

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人文教育組會自行評估， 表現優異的前三名參加者， 會獲得神秘禮物一份以資鼓勵。

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願意分享行善照片或影片者可以用以下兩個方式上傳：
Google Form: https://forms.gle/6jGAXmMjeD2jWWmo8 或是將照片/影片/表格傳至 tcali_gkc2022@us.tzuchi.org

# Tzu Chi Academy Long Island

01/12/2022

As the Chinese New Year is approaching, making a resolution is a tradition, in which a person resolves to continue good practices, change an undesired trait or behavior, accomplish a personal goal, or otherwise improve their life at the start of a new year.

Humanity Education Department wishes to promote a program named as " The Great Kindness Challenge" to help all students achieving the goal of Being A Better Me in 2022, and most importantly foster a habit to do Kind Deeds.

We create a Check List with a Perfect Ten(10) kind acts, students are encouraged to join individually and achieve the kind acts either AT HOME or IN SCHOOLS (include public schools) . It covers the time from 1/16/2022 to 2/13/2022.

Each individual who join the program, just need to do the following:

1. Download the form at        http://www.tzuchiacademyli.org electronically or print out a hard copy to make your record
2. Honestly make a check mark "V" on the action(s) you take every day
3. E file the completed check list to tcali_gkc2022@us.tzuchi.org by 2/20/2022 to join the challenge

Top three (3) winners will be selected at the end of the program, and a Surprise Award will be given out by Humanity Education Department.

Please share your kind acts photo or video by uploading it onto the following Google Form: https://forms.gle/6jGAXmMjeD2jWWmo8  or email them to tcali_gkc2022@us.tzuchi.org