



長島慈濟人文學校

01/08/2023

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。

兔年即將到來，人文教育組希望用 2023 「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 1/15/2023 至 2/12/2023。

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. 2/20/2023 前把填好的表格上傳到 tcali_gkc2023@us.tzuchi.org

人文教育組會自行評估，表現優異的前三名參加者，會獲得\$25 禮物卡一張以資鼓勵。

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/isEHGbVQFUiDMSXXA>

或送至電子郵箱：tcali_gkc2023@us.tzuchi.org



Tzu Chi Academy Long Island

01/08/2023

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 2023, 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 1/15/2023 to 2/12/2023.

Each individual who joins 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_gkc2023@us.tzuchi.org by 2/20/2023 to join the challenge

Top three (3) students will be selected at the end of the program, and a \$25 Gift Card will be awarded to the winners by Humanity Education Department.

Please share your kind acts photo or video by uploading them onto the following Google Form: <https://forms.gle/isEHGbVQFUdMSXXA>

OR e-mail them to: tcali_gkc2023@us.tzuchi.org