

8 传递温情的蓝丝带

měi guó yí gè xiāng cūn xiǎo zhèn liú chuán zhe zhè me yí gè gù shì
美国一个乡村小镇流传着这么一个故事。

jī jiāng xiè xià jiào zhī de sà bīn nà lǎo shī xiǎng zhe hái néng wéi xué shēng zuò diǎn shén me
即将卸下教职的萨宾娜老师想着还能为学生做些什么。

bú yí huì er tā zǒu xiàng shū zhuō lā kāi le chōu tì ná qǐ gē zài lǐ tóu de sì gēn
不一会儿，她走向书桌，拉开了抽屉，拿起搁在里头的四根
lán sī dài tā xiǎng qǐ le cóng xiǎo bèi fù mǔ pāo qì de xiǎo bǎo luó bié rén yǎn zhōng de
蓝丝带。她想起了从小被父母抛弃的小保罗——别人眼中的

wèn tí xué shēng dàn shì sà bīn nà céng jīng kàn dào xiǎo bǎo luó jiù qǐ shòu shāng de xiǎo sōng shǔ
问题学生，但是萨宾娜曾经看到小保罗救起受伤的小松鼠，
tā xiǎng bāng bāng zhè ge xīn zhōng yǒu ài de hái zǐ
她想帮帮这个心中有爱的孩子。

dì èr tiān sà bīn nà bǎ xiǎo bǎo luó jiào dào bàn gōng shì hòu ná chū nà sì gēn xiǎo
第二天，萨宾娜把小保罗叫到办公室后，拿出那四根小
xiǎo de lán sī dài wēn róu qiě xú xú de shuō bǎo luó zhè shì wǒ xiǎo shí hou yé
小的蓝丝带，温柔且徐徐地说：“保罗，这是我小时候，爷
ye sòng gěi wǒ de yé ye shuō lán sī dài huì dài zhe tā de ài hé zhù fú yì shēng shǒu hù
爷送给我的。爷爷说蓝丝带会带着他的爱和祝福，一生守护
zhe wǒ nǐ shì wǒ shēng mìng zhōng zhòng yào de rén zhī yī suǒ yǐ wǒ jiāng shēng mìng zhōng zuì bǎo
着我。你是我生命中重要的人之一，所以我将生命中最宝
guì de lán sī dài sòng gěi nǐ wǒ zhī dào nǐ zài shēng huó zhōng yù dào tài duō de bù gōng píng hé
贵的蓝丝带送给你。我知道你在生活中遇到太多的不公平和
shāng hài dàn shì nǐ xīn zhōng yǒu ài wǒ xiāng xìn nǐ néng tǐng guò yí qiè fēng yǔ wǒ yě xiāng
伤害，但是你心中有爱，我相信你能挺过一切风雨。我也相
xìn nǐ yǒu néng lì jiāng chéng kěn de ài chuán dì gěi gèng duō de rén nǐ bǎo liú yī gēn lán sī dài
信你有能力将诚恳的爱传递给更多的人。你保留一根蓝丝带，
ràng wǒ de ài hé lì liàng shǒu hù nǐ lìng wài sān gēn jiù chuán chū qù zhào liàng qí tā shēng mìng
让我的爱和力量守护你。另外三根就传出去，照亮其他生命
ba lǎo shī shuō de huà ràng xiǎo bǎo luó gǎn dào mǎn xīn de wēn nuǎn
吧！”老师说的话让小保罗感到满心的温暖。

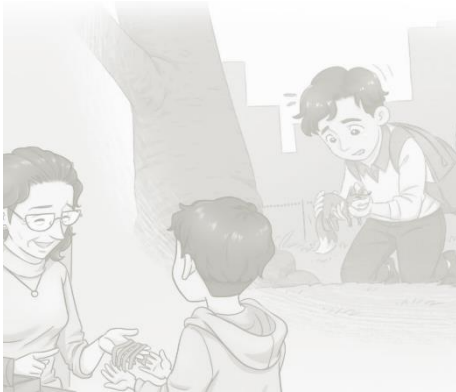
Pass on the blue ribbon of warmth.

There is a story circulating in a rural town in the United States, it goes like this..

Teacher Sabina, who is about to retire from her teaching post, thought about what else she could do for her students. After a while, she went to the desk, opened the **drawer**, and picked up the four blue ribbons inside. She thought of Paul, who was **abandoned by his parents** since he was a child. He is a problematic student in the eyes of others, but Sabina once saw Paul rescue an injured little squirrel, and she wanted to help this loving child.

The next day, after Sabina called Paul to her office, she took out the four little blue ribbons and said softly and slowly: "Paul, my grandfather gave them to me when I

was a child. Grandpa said these blue ribbons carry his love and blessings, and they will look after me my whole life. You are one of the important persons in my life, so I will give you my precious blue ribbons. I know life was not fair to you, you were hurt but you have love in your heart. I believe that you can overcome all storms. I also believe that you have the ability to pass on your sincere love to more people. You keep one of the blue ribbons, let my love and strength protect you. Pass on the other three to light up other lives!" what the teacher said warmed Paul's heart.



xiǎo bǎo luó huí dào jiā sī kǎo zhe gāi bǎ lán
小保罗回到家，思考着该把蓝
sī dài sòng gěi shuí tā xiǎng qǐ le lín jū —— bàn
丝带送给谁。他想起了邻居——半
gōng bàn dú de dà xué shēng luó ēn gē ge luó ēn zuì
工半读的大学生罗恩哥哥。罗恩最

jìn yīn wéi gōng zuò yā lì dà ér qíng xù dī luò xiǎo bǎo luó xiàng tā jiǎng shù le lán sī dài de
近因为工作压力大而情绪低落。小保罗向他讲述了蓝丝带的
yóu lái bìng jiāng sān gēn sī dài sòng gěi tā gěi le tā lì liàng hé yǒng qì suí hòu luó
由来，并将三根丝带送给他，给了他力量和勇气。随后，罗
ēn jiāng liǎng gēn lán sī dài gěi le lǎo bǎn léi ēn gǎn xiè lǎo bǎn gěi le tā gōng zuò nà duì tā
恩将两根蓝丝带给了老板雷恩，感谢老板给了他工作，那对他
ér yán shì mò dà de ēn huì bìng xiàng lǎo bǎn chéng nuò tā huì hé lǎo bǎn yì qǐ dù guò nán
而言是莫大的恩惠，并向老板承诺，他会和老板一起渡过难
guān shēn shòu gǎn dòng de léi ēn huí dào jiā hòu biàn jiāng qí zhōng yì gēn lán sī dài sòng gěi le
关。深受感动的雷恩回到家后，便将其其中一根蓝丝带送给了
nǚ ér lán sī dài de gù shì jiù zhè yàng zài shè qū lǐ yī chuán shí shí chuán bǎi zuì hòu
女儿。蓝丝带的故事就这样在社区里一传十，十传百，最后
chuán biàn le zhěng gè xiǎo zhèn
传遍了整个小镇。

Paul went home, thinking about who to give the blue ribbons to. He thought of his neighbour Ron, a part-time college student. Ron has been feeling down lately due to stress at work. Paul told him about the origin of the blue ribbons and gave him the three. The ribbons gave Ron strength and courage. Afterwards, Ron brought two blue ribbons to his boss Ryan, thanking him for giving him a job that turned out to be of great help to Ron. He promised his boss that they will ride out the difficulties at work together. After being deeply moved, Ryan returned home and gave one of the blue ribbons to his daughter. Just like this, the story of the blue ribbons spread quickly in the community.

hòu lái yí gè míng jiào hǎi lì sī de měi guó fù nǚ chuàng zào le yí fēn zhōng lán sī
后来，一个名叫海莉思的美国妇女创造了一分钟蓝丝
dài bān jiǎng yí shì jiè cǐ lái biǎo dá tā duì rén men de zàn měi hé gǎn xiè tā fā xiàn bù fēn
带颁奖仪式，借此来表达她对人们的赞美和感谢。她发现不分
nián líng zhǒng zú zōng jiào huò zhě shè huì dì wèi měi gè rén dōu xū yào dé dào kěn dìng
年龄、种族、宗教或者社会地位，每个人都需要得到肯定、
zūn zhòng yǐ jí zàn xǔ yīn cǐ tā mǎi le yī qiān tiáo lán sī dài sòng gěi shēn biān de rén
尊重以及赞许。因此，她买了一千条蓝丝带送给身边的人，
biǎo dá xiè yì liǎng gè xīng qī nèi jiù yǒu yī qiān rén shōu dào lán sī dài hěn kuài de
表达谢意。两个星期内，就有一千人收到蓝丝带。很快的，
lán sī dài zài xiào yuán hé shè qū fā huī le xiào yǐng xué shēng de chéng jì gǎi shàn le shào nián
蓝丝带在校园和社区发挥了效应：学生的成绩改善了，少年
de zì xìn zēng qiáng le
的自信增强了……

cóng yǐ shàng liǎng gè shí lì wǒ men bù nán fā xiàn xiǎo xiǎo lán sī dài chuán dá le yí gè
从以上两个实例，我们不难发现小小蓝丝带传达了一个
xùn xī měi gè rén dōu yǒu qí kě guì zhī chù zhí dé tā rén de zhòng shì hé zūn zhòng wǒ
讯息：每个人都有其可贵之处，值得他人的重视和尊重，我
men yīng bú lìn yú duì bié rén biǎo dá gǎn jī yǔ zàn měi dāng wǒ men dé dào kuā jiǎng hé kěn dìng
们应不吝于对别人表达感激与赞美。当我们得到夸奖和肯定，
huì duì zì jǐ chōng mǎn xìn xīn yě zì rán xué huì qù xīn shǎng tā rén de yōu diǎn tóng shí gèng
会对自己充满信心，也自然学会去欣赏他人的优点，同时更
róng yì qù chēng zàn bié rén
容易去称赞别人。

Sometime later, an American woman named Hayley created a one-minute blue ribbon award ceremony to express her **praise and gratitude**. She discovered that everyone needs **affirmation, respect, and approval**, regardless of age, race, religion or social status. Therefore, she bought a thousand blue ribbons and gave them to those around her to express her gratitude. Within two weeks, a thousand people each received a blue ribbon. Soon, it was evident that the blue ribbons **had an effect** in schools and in the community: the students' grades improved, and teenagers' self-confidence increased...

From the above two examples, it is not difficult to find that the little blue ribbon **conveys a message**: everyone has value and deserves the attention and respect of others, and we should not hesitate to express our gratitude and praise to others. When we get praise and affirmation, we will be confident of ourselves, and we will naturally learn to appreciate the **strengths** of others, and thus becomes easier to praise others.

qù nián jiào shī jié wǒ jiāng lán sī dài shènzhòng de bié zài
去年教师节，我将蓝丝带慎重地别在
xué shēng de yī fu shàng yǒu zhě jǐ yǔ jiā xǔ yǒu zhě jǐ yǔ
学生的衣服上。有者给予嘉许，有者给予

gǔ lì ràng tā men zhī dào tā men zài wǒ shēngmìngzhōng dài lái de
鼓励，让他们知道他们在我生命中带来的
gǎi biàn hái zǐ men zài shōu dào lán sī dài shí lù chū le jīng xǐ
改变。孩子们在收到蓝丝带时，露出了惊喜、

xiū sè kāi xīn děng biǎo qíng wǎng hòu de rì zi lǐ wǒ fā
羞涩、开心等表情。往后的日子里，我发

xiàn dà jiā dōu yǒu le bù tóng chéng dù de gǎi biàn tā men kāi shǐ xué huì fā xiàn bié rén de yōu
现大家都有了不同程度的改变，他们开始学会发现别人的优
diǎn zhè lǐng wǒ bèi gǎn xīn wèi
点，这令我倍感欣慰。

wǒ men bù fāng xiào fǎng hǎi lì sī nǚ shì de fāng shì sòng chū yǒu xíng huò wú xíng de lán
我们不妨效仿海莉思女士的方式，送出有形或无形的蓝
sī dài zhǔ dòng de xiàng rén biǎo dá xiè yì huò zhēn chéng de chēng xǔ tā rén ràng shàn de néng liàng
丝带，主动地向人表达谢意或真诚地称许他人，让善的能量
zài rén qún zhōng chuán dì tǎng ruò rén men dōu néng hù xiāng zàn měi hé gǎn ēn nà me shè huì jiāng
在人群中传递。倘若人们都能互相赞美和感恩，那么社会将
chéng xiàn chū yī piàn xiáng hé yǔ wēn nuǎn de fēn wéi
呈现出一片祥和与温暖的氛围。



On Teacher's Day last year, I **carefully** pinned blue ribbons on the students. To some I give my praise, to others I give my **encouragement**, to let them know the difference they have made in my life. When the children received the blue ribbons, they showed expressions of **surprise, shyness**, and happiness. In the days that followed, I found that everyone had changed somewhat, and they began to learn to discover the strengths of others, which made me very **pleased**.

Why don't we **follow the example** of Madam Hayley to send out physical or symbolic blue ribbons, to **take the initiative** to express our gratitude to others or sincerely praise others and let the energy of kindness spread far and wide. **If** people can praise and be grateful to each other, then the society will be peaceful and full of warmth.