

# 理想的孩子

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孩子，你要始终记得——

人有必要绝对诚实。

真理一定会取得最后的胜利。

只要愿意努力，就可以不断地取得进步。

## 理想的孩子

### 脾气好

当事情的进展或决策对他不利的时候，他不会生气。

### 乐于拼搏

无论他做什么，都会尽自己所能做到最好，并继续坚持，即便是失败似乎已成定局。他始终直思直行。

### 诚实

无论后果会怎样，他从不害怕说出真相。

### **有耐心**

如果需要长时间等待才能看到努力的结果，他不会因此而灰心丧气。

### **有耐受力**

他直面无法回避的困难和痛苦，而不会抱怨。

### **坚韧**

无论需要继续努力多长时间，他会始终坚持不懈。

### **沉着**

他以平常心面对成功与失败。

### **勇敢**

无论会遭遇多少次挫败，他始终坚持奋斗，直到取得最后的胜利。

### **乐观**

他知道如何微笑着面对任何情境，并保持一颗快乐的心。

### **谦虚**

他不会因成功而自满，也不会感觉自己比同伴更优秀。

### **慷慨大气**

他欣赏别人的优点，始终乐意帮助他人取得成功。

### **公正、守纪**

他遵守纪律，始终诚实。

## 理想的孩子

在学校里热爱学习；  
在运动场上爱好运动；  
在就餐时享受食物；  
在睡觉时安然入睡；  
始终对周围的一切充满爱心；  
对神圣的恩典充满信心，对“神圣者”满怀深深的崇敬。

## 运动精神

遵守规则。  
相信同伴。  
保持良好的心态，不发脾气。  
保持身体健康。  
在失败面前不沮丧。  
在胜利面前不骄傲。  
保持健全的灵魂，清醒的头脑和健康的身体。  
全身心投入运动。

## 一个好的运动员

### 勇敢

在运动场上，他不会嘲笑（别人犯下的）错误；他不会因对手的失利而欢呼；他将对手视为客人，而不是敌人。

在学校里，他会为领导、同学和老师们的着想。

在生活中，他尊重他人，待人如人待己。

### 谦让

在运动场上，他为团队的利益而非个人的荣誉而拼搏；他甚至会为了团队而牺牲自己的声誉；他是一个有风度的赢家。

在学校里，他不会因成功而自满，也不会感觉自己比同伴更优秀。

在生活中，他不会“吹嘘”他将要做什么；也不会夸耀自己做过些什么。

### 慷慨大气

在运动场上，他为对手的精彩表现而鼓掌。

在学校里，他欣赏别人的优点。

在生活中，他不会嘲笑低迷的人而是会鼓励他。他不害怕清晰、直接地表达自己的观点。

### 乐于拼搏

在运动场上，他努力拼搏，即便可能已经被打败；他接受不利的决定；他是一个有风度的输家。

在学校里，他做好自己的事情，并继续坚持，即便是失败似乎已成定局。他始终直思直行。

在生活中，无论多么困难，他都会做好自己分内之事；他微笑着接受逆境，并敢于再次尝试。

### 守纪

在运动场上，他服从运动规则。

在学校里，他遵守所有的规定。

在生活中，他遵守有助于促进和谐的规则。

### 公正

在运动场上，他友好待人，努力拼搏，不弄虚作假；如果对手受伤了，他会提供帮助。

在学校里，他不浪费自己或老师的时间。他始终诚实。

在生活中，他公正地看待一个问题的正反面。

# Ideal Child

The Mother

## **WHAT A CHILD SHOULD ALWAYS REMEMBER**

The necessity of an absolute sincerity.

The certitude of Truth's final victory.

The possibility of constant progress with the will to achieve.

## **AN IDEAL CHILD**

### **IS GOOD-TEMPERED**

He does not become angry when things seem to go against him or decisions are not in his favour.

### **IS GAME**

Whatever he does he does it to the best of his capacity and keeps on doing in the face of almost certain failure. He always thinks straight and acts straight.

### **IS TRUTHFUL**

He never fears to say the truth whatever may be the consequences.

### **IS PATIENT**

He does not get disheartened if he has to wait a long time to see the results of his efforts.

### **IS ENDURING**

He faces the inevitable difficulties and sufferings without grumbling.

### **IS PERSEVERING**

He never slackens his effort however long it has to last.

### **IS POISED**

He keeps equanimity in success as well as in failure.

### **IS COURAGEOUS**

He always goes on fighting for the final victory though he may meet with many defeats.

### **IS CHEERFUL**

He knows how to smile and keep a happy heart in all circumstances.

### **IS MODEST**

He does not become conceited over his success, neither does he feel himself superior to his comrades.

### **IS GENEROUS**

He appreciates the merits of others and is always ready to help another to succeed.

### **IS FAIR AND OBEDIENT**

He observes the discipline and is always honest.

### **THE IDEAL CHILD**

... likes to study when he is in school,

... he likes to play when he is in the playground,

... he like to eat at meal-time,

... he likes to sleep at bed-time,

... and always he is full of love for all those around him,

... full of confidence in the divine Grace, full of deep respect for the Divine.

## **CODE OF SPORTSMANSHIP**

Keep the rules.

Keep faith with your comrade.

Keep your temper.

Keep yourself fit.

Keep a stout heart in defeat.

Keep your pride under in victory.

Keep a sound soul, a clean mind, and a healthy body.

Play the game.

## **A GOOD SPORTSMAN IS COURAGEOUS**

ON THE FIELD he does not jeer at errors; he does not cheer at the opponent's defeat; he treats them as guests, not enemies.

IN SCHOOL, he is considerate to the authorities, the fellow students, and the teachers.

IN LIFE he is respectful to others; he treats them as he would be treated.

## **IS MODEST**

ON THE FIELD he works for the good of the team rather than for individual honour; he will even sacrifice his own prestige for his team; he is a gracious winner.

IN SCHOOL he does not become conceited over his success, neither does he feel himself superior to his class-mates.

IN LIFE he does not "blow" about what he is going to do; he does not boast about what he has done.

## **IS GENEROUS**

ON THE FIELD he applauds a good play of his opponents.

IN SCHOOL he appreciates another's merit.

IN LIFE he does not ridicule the man who is “down” but encourages him. He is not afraid to voice his opinions straightforwardly and clearly.

### **IS GAME**

ON THE FIELD he plays hard; he fights though he may be already defeated; he accepts adverse decisions; he is a good loser.

IN SCHOOL he does his work, he keeps on working in the face of almost certain failure. He has the vim to think straight, the pluck to act straight.

IN LIFE he does his part however hard it may be; he accepts reverses with a smile and tries again.

### **IS OBEDIENT**

ON THE FIELD he observes the rules of the games.

IN SCHOOL he observes all the regulations.

IN LIFE he respects the rules which help to promote harmony.

### **IS FAIR**

ON THE FIELD he competes in a clean, hard-fought but friendly way; he helps an injured opponent.

IN SCHOOL he does not waste his time nor that of the teachers. He is always honest.

IN LIFE he sees impartially both sides of a question.