

給印第安村托兒所的一捲中國音樂帶

Chinese Music at a Native American Preschool

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我的名字叫做古卡拉 (Carla Gutierrez)。我在紅木谷 Redwood Valley Rancheria 的「村幼兒園」當幼教老師已有十年。今天春季某一天，有位同事來我的托兒所。當時我正在放西班牙音樂給小朋友聽，她問我那是什麼音樂，我說是西班牙音樂，她很驚訝於我竟讓小朋友聽西班牙音樂。我還告訴她，除了西班牙樂曲，我也放印地安音樂、美國音樂和童謠等給小朋友聽，以使他們了解各種不同的文化。她問我，音樂能否改變孩子的行為，我告訴她：「會啊，音樂的確能使孩子的行為發生改變。」她聽得很感興趣，問我願不願意也放些中國音樂，我說：「當然可以。」

過幾天，她拿了一捲中國音樂帶來給我，讓我放給小朋友聽。我注意到，在放了這捲音樂帶以後，孩子們的行為舉止有了某些改變。一天早晨，當小朋友正在進教室，我開始放這捲錄音帶，於是看到他們進教室之後，就都安安靜靜地坐好，使整個早上的活動都進行得很順利。那天早晨，我們在良好的氣氛下，一起做了許多事情，像是著色、拼圖、和晨間習作等等。

我有三個小孩，他們也是經常活力充沛地衝進教室裡亂叫亂跑，只是我一放這捲中國錄音帶，他們就都會平靜下來，然後乖乖地把所有功課都給做完。這捲音樂帶，顯然能將兒童那種過度激動的吵鬧，轉為平靜的玩耍。

這捲中國音樂與其他音樂帶最大的不同，是它頗能撫慰心靈，所以小孩子很快地都能接受它。他們甚至跑來問我那是何種音樂呢！有個小女孩還說這音樂聽起來很美妙。所以，每當我說：「聽那美妙的中國音樂，它在唱歌給你聽呢…」，我班上那個好動的小男孩便會安靜下來了。

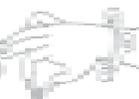
I am a preschool teacher for the Village Preschool at Redwood Valley Rancheria. I have been a preschool teacher for about 10 years. One day this spring, a colleague of mine came into the pre-school while I was playing a Spanish song for the children. She asked me what kind of music I was playing. I told her it was Spanish music. She was surprised to know that I play Spanish music for the children. I told her I also play Native American music, Spanish music, American music, and Nursery Rhyme Songs for the children so they can learn about different cultures. She asked me if the music in general would change the behavior of the children. I told her "Yes, it would definitely change the behavior of the children." She became interested and asked me if I would play Chinese music. I told her "Yes, I would."

A few days later, she brought a Chinese music tape for me to play for the children. After I played the tape, I noticed that the children started to behave differently! One early morning, I played the tape as the children arrived. When the children came into the classroom, they sat down very quietly and the whole morning went peacefully as we did our morning activities. That morning we accomplished a lot. We did coloring, puzzles, and morning worksheets in a very nice atmosphere.

I also have 3 children who usually came into the classroom yelling and running with lots of energy. But, they slowed down when I played the Chinese tape and had a lot more work done for that morning. The music has changed children's overactive play to calm play.

The Chinese music that I have is very soothing and different so the children picked up on it very quickly. They even asked me what kind of music it was! One girl said it sounds pretty. One of my little active boys became calm when I said to him, "Listen to the beautiful Chinese music, the music is singing to you..."

Different types of music have different effects on the children's mood. One day I was playing some fast songs called



不同的音樂對孩子的情緒有著不同的作用。有一天，我放了幾首快節奏的「快樂童歌」。當樂聲響起，孩子們竟然隨之變得十分狂野！以致整班失控，使我不得不跟著他們跳，大概至少鬧了半個鐘頭才靜下來。我們必須到外面去玩，再進教室才重頭開始，我可學到了著捲音樂帶是不適合在清晨播放，以後，我只在外面有下雨時才放這種音樂，好讓他們可以在教室裡跳舞和活動活動。不過，在好天氣的時候，我會放些較為平和的音樂，像是中國音樂或是印地安音樂。

有一天，我想看看倘若小朋友進來，不放音樂會有什麼結果。沒想到，頭一個進教室的小孩居然說：「老師，您忘記放音樂了。」

現在，我不再放那些以前常放的兒歌了，而只放我最喜歡的四種舒緩的音樂：印地安音樂、西班牙音樂、器樂和中國音樂。

我把我這一點從中國音樂上得來的經驗，和其他幼教工作者分享，好讓他們也知道，中國音樂會對兒童行為產生什麼樣的影響，以及選對了音樂，將有助於兒童把注意力放在他所做的事情上面。

我不知道這捲中國音樂帶的名稱，也不知道裡頭唱的是什麼？（編按：這是童音五會念佛，萬佛聖城流通處有售）當孩子問我的時候，我所能告訴他們的，唯有這是中國音樂而已。而孩子們與我都同樣地喜歡它。



Preschool Songs for Fun. When the music was on, the children went wild! We lost control of the whole group and I had to dance with them in order to regain control. It took them at least 30 minutes to calm down. We had to go outside to play and come back into the classroom in order to start all over again. I learned that this tape is not suitable to play in the early morning. I can only play it when it is raining outside so they can dance and move around inside the classroom. But, when the weather is nice, I play more calming music like the Chinese music or Native American music.

One day, I wanted to see what would happen if I didn't play any music when the children arrived. Surprisingly, the first child who arrived in the classroom said to me “

Teacher! You forgot to put the music on!”

Now, I don't play some of the children's music that I used to play. I only play four of my favorite tapes that sound soothing. These are Native American music, Spanish music, instrumental music, and Chinese music.

I have shared my experiences with other childcare providers about how the Chinese music made a difference in the children's behavior. If you choose the right kind of music, it will help children stay focused on what they are doing.

I don't know the name of the Chinese tape or what they are singing about. I only tell the kids that it is Chinese music when they ask. The kids enjoy it as much as I do. [Editor's note: It is a tape sung by children, called “wu hui nian fo” or Five Assemblies Recitation of the Buddha's Name, available at the CTIB Bookstore.]