



Faculty of **Education**  
The University of Hong Kong  
香港大學教育學院



Centre for Advancement in Inclusive and Special Education  
Faculty of Education, The University of Hong Kong  
香港大學教育學院融合與特殊教育研究發展中心

# 知識交流研討會2020

## 遊戲教育★尋寶遊戲

### 2020年6月20日





Faculty of **Education**  
The University of Hong Kong  
香港大學教育學院

### 「遊戲教育 ☆ 尋寶遊戲」知識交流研討會

與家長分享如何令孩子在遊戲互動中成長及怎樣透過教遊戲育，  
發掘孩子的特質，如何與孩子建立連繫感，  
和提升他們的社交能力和情商。

**袁文得博士**  
註冊諮詢心理學家、教育心理學家、全球職涯發展師  
香港大學教育學院副教授  
S3班主任(1982) 家長(1993) 狐狸叔叔(2018)  
[https://www.youtube.com/watch?v=DzDJeugGJRA&fbclid=IwAR1Aq5qvDn7b2\\_IW82g27Tzd25gg1nHZik7GI32pWzW9UJEXfnwpxezS4Po](https://www.youtube.com/watch?v=DzDJeugGJRA&fbclid=IwAR1Aq5qvDn7b2_IW82g27Tzd25gg1nHZik7GI32pWzW9UJEXfnwpxezS4Po)



**廖秀卿博士**  
賽馬會「玩學相長」計劃總監

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2020年6月20日 10:30am- 12:00nn  
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## 概要

### 第1部分：如何與孩子建立連繫感

袁文得博士 ( 10 : 30am - 10:45am)

### 第2部分：家中的遊戲教育

廖秀卿博士 ( 10: 45am- 11: 45am)

### 第3部分：公開論壇問答

袁博士、廖博士及所有參加者

( 11 : 45am - 12 : 00nn )



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## Play and Life Skills 生活技能 遊戲

[遊戲]應該被視為教育手段，可以刺激孩子的心理，想像力和生活技能。每場遊戲都是為未來做準備.....。觀察孩子們玩耍時，我們可以看到他們對生活的整體態度。遊戲對每個孩子都至關重要。

[Play] should be seen as educational aids and as stimuli for the child's psyche, imagination and life skills. Every game is a preparation for the future.....In observing children at play, we can see their whole attitude towards life; play is the utmost importance to every child.

-Alfred Adler (1927, p. 83)

Adler, A. (1927/1998). Understanding human nature. Academic Press.



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## 任務一：停一停 那些兒時故事

### 配對活動（3分鐘）

A. 說故事的人：選擇一個專案，與同伴分享您的兒時故事

- ▶ 你最喜歡的休閒活動？
- ▶ 你最喜歡模仿/尊重的人？
- ▶ 你最喜歡的電影？
- ▶ 你最喜歡的書/雜誌？
- ▶ 你最喜歡的諺語/座右銘？
- ▶ 你最喜歡的學校科目/學校活動？
- ▶ 你最喜歡的食物/飲料？
- ▶ 怎麼和為什麼？



B. 傾聽者： 聽傾

Savickas, M.L. (2009). Career-style counseling. In T. J. Sweeney (Ed.), Adlerian counseling and psychotherapy: A practitioner's approach (5th Ed., pp. 183-207). Routledge.



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## The Greatest Gift

“to see with the eyes of another,  
to hear with the ears of another,  
to feel with the heart of another”

--- Adler(1979, 42)

“The greatest gift I can give is to see, hear  
understand, and touch another person”

---Virginia Satir



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- “這是一個聰明的父親，知道自己的孩子。”

- “It is a wise father that knows his own child.” —William Shakespeare (1600).

- 長處 Strengths

- 擔心 Concerns                      目標 Goals

- [https://www.youtube.com/watch?v=DzOJeugGJRA&fbclid=IwAR1Ag5qQn7h2\\_IW82g2TTzd25gg1nHZik7G132pWzW9UJEXfhwpxezS4Po](https://www.youtube.com/watch?v=DzOJeugGJRA&fbclid=IwAR1Ag5qQn7h2_IW82g2TTzd25gg1nHZik7G132pWzW9UJEXfhwpxezS4Po)




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## 阿爾弗利德·阿德勒 - 個體心理學

**Alfred Adler:  
Individual Psychology**

*"The goal of the human soul is conquest, perfection, security, superiority. Every child is faced with so many obstacles in life that no child grows up without striving for some form of significance."*



人類靈魂的目標是  
征服、完美、安全 和 超越。

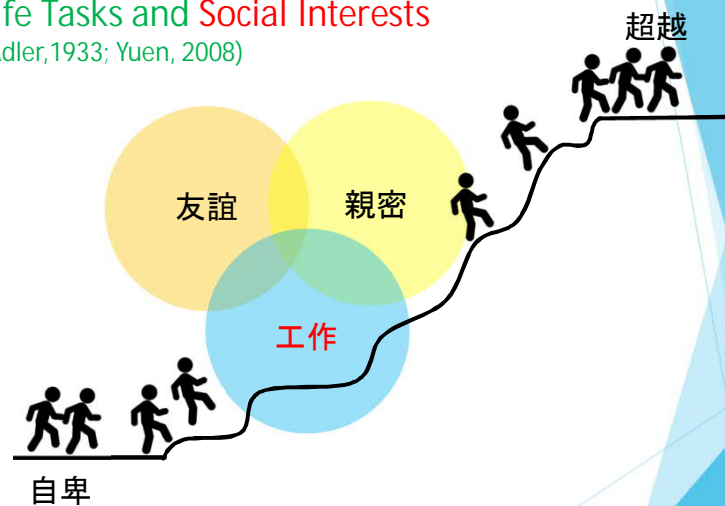
每個孩子在生活中都面臨著如此多的障礙，以至於  
沒有任何一個孩子不在追求某種重要的意義中成長。



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## 生涯任務和社會興趣 Life Tasks and Social Interests (Adler, 1933; Yuen, 2008)



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- 孩子們通過遊戲**溝通交流**。
  - Children **communicate** through play.
- Terry Kottman (2008)

### 阿德找阿德

兒童為本遊戲治療

愛德華 著

李德枝·丘康清 譯



Carlson, J., Kottman, J. et al. (2008). Adlerian play therapy (Video). Boston, Mass: Allyn & Bacon.

Meany-Walen, K.K. & Kottman, J. (2019). Group Adlerian play therapy. International Journal of Play Therapy, 28(1), 1-12.

Axline, V. (1964). Dibs in search of self. New York, NY: Ballantine.



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## 像學習游泳



What do you first do when you learn to swim? You make mistakes, do you not? And what happens? You make other mistakes, and when you have made all the mistakes you possibly can without drowning - and some of them many times over - what do you find? That you can swim? Well - life is just the same as learning to swim! Do not be afraid of making mistakes, for there is no other way of learning how to live!

Alfred Adler

生活就像學習游泳。

不要害怕犯錯誤，  
因為沒有其他方法  
能學會如何生活。



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## 如何與孩子建立連繫感...鼓勵..鼓勵

1. 幫助孩子感受到歸屬感 (停一停 Pause;  
長處 Strengths; 擔心 Concerns; 目標 Goals)
2. 相互尊重和鼓勵 (親密和堅定 Kind&Firm)
3. 是有效的(短期; 長期...)
4. 傳授重要的社交和生活技能 (學術的; 個人;  
社交; 職業; 才華)
5. 邀請兒童發現他們如何為家庭·學校·朋友  
和社區做出貢獻 ----Jane Nelson (2017)

[Nelsen, J. \(2017\). Positive discipline tools for teachers: Effective classroom management for social, emotional and academic success. New York: Harmony.](#)

5 Criteria to Positive Discipline Jane Nelson

<https://www.youtube.com/watch?v=watf-e4H2rsEww>



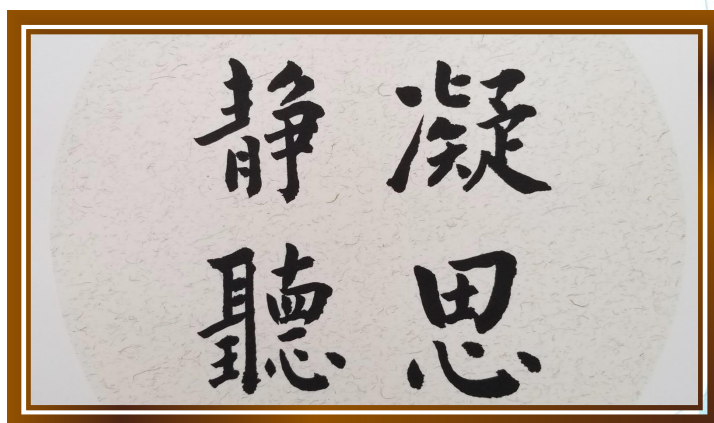
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Meditate...Quiet...Listen...

Breathe in ☺☺☺ Breathe out ☺☺☺

<https://www.youtube.com/watch?v=r0ne1P0TKL8>



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謝謝，很高興與您保時聯繫

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以偉大的愛做小事情。



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## 引用

您可引用本次報告：

袁文得 廖秀卿(2020年6月)。「**遊戲教育 ☆ 尋寶遊戲**」  
知識交流研討會。與家長分享如何令孩子在遊戲互動中成長及怎樣透過教遊戲育，發掘孩子的特質，如何與孩子建立連繫感，和提升他們的社交能力和情商。中國香港: 香港大學教育學院。2020年6月20日。



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