

「說話謹慎，節制飲食」

一 品行修養是頤養之道

「頤」是口頰，揭示飲食頤養之道。我們觀察一個人的品行修養，應該先從他的飲食開始，包括吃甚麼，怎樣吃，如何獲得食物等；繼而應該聽他的言語，包括說話的用語，對待不同人說話的內容及語調。這些都反映一個人的修養。故此，如希望得到別人的認同以及好的名聲，保持身心康泰，「說話謹慎，節制飲食」。便是頤養之道。



畫作人感想

畫中要表達的意境是：公雞在守望、母雞教導、小雞們都要付出努力自力更新，每人各盡其職，生活舒泰，合力創造和諧。

參加機構：香港小童群益會 The Boys' & Girls' Clubs Association of Hong Kong
始創於 1936 年，近年來特別關注早期兒童發展，除了積極開拓與幼兒相關的服務，亦把早期兒童發展中「及早介入」的理念融入不同的服務範疇之中，並且連結不同界別的力量，建立「童益聯網」平台，促進各界人士就兒童切身的成長議題互相交流，推動有利兒童發展的社會政策。

畫作人

盧熾華先生（退休人士）

現職手藝師，其書畫獎項遍及中國、日本。為追尋興趣於不同學校及社區中心兼職教授中國畫。他是筆尋賞畫會的主席，自 2015 年起，每年均在香港大學當展出畫展。他是香港小童群益會社區創意中心「想匠」的手藝師。



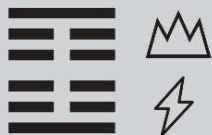
姓名 Name : _____

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感想 Reflection : _____

* 把完成填色的畫作給寫上感想，掃描QR Code 填好小問卷，然後電郵畫作到info@designerworkshop.com.hk 給我們，就可免費提取「易圖思」靜觀圖畫冊一本。





“Speak cautiously and eat in moderation”

– *Character cultivation is the way to wellness*

The word “頤” literally means corners of the mouth including cheeks, which reveals “**Nourishment**” of our well-being in diet and behaviour. When we observe a person's character and self-cultivation, we might consider looking at his diet, including what he eats, how he eats, how he gets his food, etc. We then listen to the way he speaks, the content and tone of his speech to different people. All of these reflect a person's cultivation. If we want to gain the recognition of others; a good reputation and maintain physical and mental well-beings are prerequisites. “Speak cautiously, eat in moderation” is one way to ‘nourish’ wellness.

Artist reflection

Meaning to be conveyed in this drawing; the rooster protects, the hen teaches, and the chicks try to stand on their own feet. Each doing his or her own job, live comfortably and create harmony by working together.

Participating NGO: The Boys’ & Girls’ Clubs Association of Hong Kong was founded in 1936, it has paid special attention to early childhood development in recent years. In addition to actively developing services related to children, the concept of “early intervention” in early childhood development has been integrated into different service areas. Strengths of different sectors are linked together to establish a “Children's Benefits Network” platform to promote exchanges amongst people from all walks of life on children's personal growth issues and promote children development in social policy.

Artist profile

Mr. Lo Chi Wah (retired person), current craftsman, his calligraphy and painting awards have spread all over China and Japan. To pursue his interests, he taught Chinese painting part-time in different schools and community centers. He is the chairman of the Brush Painting Association. Since 2015, he has held an exhibition at the University of Hong Kong every year. He is a craftsman at “Imagination Craftsman”, a community creative center of the Boys' & Girls' Clubs Association of Hong Kong.