









## Chinese and English Penmanship Competition Content

### Primary 4

When you are a young person, you are like a young creek, and you meet many rocks, many obstacles, and difficulties on your way. You hurry to get past these obstacles and get to the ocean.

But as the creek moves down through the fields, it becomes larger and calmer and it can enjoy the reflection of the sky. It's wonderful. You will arrive at the sea anyway so enjoy the journey. Enjoy the sunshine, the sunset, the moon, the birds, the trees, and the many beauties along the way. Taste every moment of your daily life.

**Thich Nhat Hanh**





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### Primary 5

Reading is migratory, an act of transport, from one life to another, one mind to another. Just like geographic travel, reading involves estrangement that comes with the process of dislocating from a familiar context. I gather energy from this kind of movement, this estranging and unsettling, and I welcome it precisely because it's conducive to examination, interrogation, reordering. Travel, imaginative or physical, can sharpen perception and force a measuring of distance and difference.

**Jenny Xie**





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### Primary 6

Regard yourself as a cloud, in the flesh, because you see, clouds never make mistakes. Did you ever see a cloud that was misshapen? Did you ever see a badly designed wave? No, they always do the right thing. But, if you will, treat yourself for a while as a cloud or a wave and realize that you can't make a mistake whatever you do. Because even if you do something that appears totally disastrous, it will all come out in the wash somehow or another. Then through this capacity you will develop a kind of confidence. And through confidence you will be able to trust your own intuition.

**Alan Watts**



