

静夜思

Quiet Night Thoughts

唐·李白



听见诗的声音，看见中文的美。

真人朗读：江小北 | 中英双语家长支持版

02-03 使用说明 · 04 读诗 · 05 认词

06-07 低龄陪玩 · 08 接龙 · 09-10 游戏

11 作者 · 12-15 家长导读 · 16 爸爸的话

2-3岁 | 听听玩玩

听、指、模仿 / Listen and play

4-8岁 | 共读表达

跟读、说、玩 / Repeat and talk

小读者 / Name : _____ 日期 / Date : _____

跟着孩子的兴趣，选一种玩法

START HERE / One activity is enough

先听完整朗读，或看示范视频；翻到第4页读诗，第5页认词。今天只选一种游戏，也很好。

想看图、做动作 | 第6–7页

低龄孩子可以指图、学一个词、模仿动作。先玩一两分钟，喜欢再继续。

熟悉诗歌、喜欢接话 | 第8页

大人读第一个字，孩子接后面。接不上时多提示一个字，或一起读完。

喜欢观察、摆卡片 | 第9–10页

第9页按提示看图和做动作，第10页给四句诗排序。大人负责剪卡。

家长先读，陪伴更轻松

第11页认识诗人；第12–15页解释诗意、字词和亲子提问；第16页是朗读者简介与爸爸的话。

排序答案：B → D → A → C。观察与动作没有唯一答案。

A4 / 100%打印。第9页建议彩色，第10页可黑白打印。

Choose a little shared activity

START HERE / A grown-up guides the play

Listen to the complete reading or watch the demo. Enjoy the poem on page 4, then try two or three words on page 5. Everyday words and sentences are led by the adult.

LOOK AND MOVE / PAGES 6-7

Point, copy a sound or make a movement. Start with a minute or two, especially with younger children.

TAKE TURNS / PAGE 8

For a child familiar with the poem: say the first character and pause. Offer another word if needed, or read together.

NOTICE AND SORT / PAGES 9-10

Follow the picture prompts, then arrange four poem strips. Adults do the cutting. Pointing works too.

Meet the poet on page 11. Read Chinese notes on pages 12-13 and English notes on pages 14-15. The reader's note is on page 16.

Poem order: B, D, A, C. Open-ended play has no single answer. Print on A4 at 100%. Page 9 works best in color.

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唐·李白

chuáng qián míng yuè guāng

床 前 明 月 光

yí shì dì shàng shuāng

疑 是 地 上 霜

jǔ tóu wàng míng yuè

举 头 望 明 月

dī tóu sī gù xiāng

低 头 思 故 乡

先听一句，再跟一句。也可以只跟一个字。

拼音按普通话朗读标注；“一、不”在适用处标变调。

认一认，再说一句

WORDS / An adult can read these with the child

yuè liang

月亮

moon

yuè guāng

月光

moonlight

tái tóu

抬头

raise your head

dī tóu

低头

lower your head

jiā

家

home

yè wǎn

夜晚

night

一起说

我看见月亮了。

wǒ kàn jiàn yuè liang le

I can see the moon.

听听、指指，动一动

YOUNGER CHILDREN / Around ages 2-3

从一个动作、一个声音开始。

不要求识字或完整背诵。熟悉这首诗的孩子，也可以直接玩第8页接龙。

01 抬头低头

大人说“举头”或“低头”，孩子跟着做动作。

02 找月亮

指一指图中月亮，再用手画一个圆。

03 想念谁

说一个想念的人；也可以指家人的照片。

用整页图卡陪玩，小卡片由大人保管。孩子只指一指或说一个词也可以；转身离开时就结束。

Listen, point and move

YOUNGER CHILDREN / Around ages 2-3

A gesture, a sound or one word is enough. A child who already knows the poem can also try the turn-taking game on page 8.

01 PLAY TOGETHER

Raise or lower your head when prompted.

02 PLAY TOGETHER

Point to the moon and draw a circle in the air.

03 PLAY TOGETHER

Name someone you miss, or point to their photo.

Use whole pages; keep small cut-out cards with the adult. Let your child respond in a gesture, Mandarin or another familiar language. Stop when the child loses interest.

我开头，你来接

TAKE TURNS / For children familiar with this poem

大人读左边第一个字，停一停；孩子接右边。接不上时多提示一个字，或一起读。玩熟后可以交换角色。

大人开头

孩子接下去

chuáng

床

→

qián míng yuè guāng

前明月光

yí

疑

→

shì dì shàng shuāng

是地上霜

jǔ

举

→

tóu wàng míng yuè

头望明月

dī

低

→

tóu sī gù xiāng

头思故乡

Say the first character, then let your child finish. Offer a hint or read together. Swap roles for fun; this is a game, not a test.

找一找，做一做

NOTICE AND PLAY / Use the picture as a starting point



1 抬头低头

大人说“举头”或“低头”，孩子跟着做动作。

Raise or lower your head when prompted.

2 找月亮

指一指图中月亮，再用手画一个圆。

Point to the moon and draw a circle in the air.

3 想念谁

说一个想念的人；也可以指家人的照片。

Name someone you miss, or point to their photo.

把四句诗，排排队

CUT AND SORT / Ask an adult to cut the strips

听朗读，排顺序。不剪也能用手指一指。

A

jǔ tóu wàng míng yuè

举 头 望 明 月

B

chuáng qián míng yuè guāng

床 前 明 月 光

C

dī tóu sī gù xiāng

低 头 思 故 乡

D

yí shì dì shàng shuāng

疑 是 地 上 霜

孩子还不识字？家长读卡片，孩子听声音排队。答案见第2-3页。

Listen and order the lines. Answers: pages 2-3.

认识诗人：李白

Li Bai / Tang dynasty



给家长看的作者简介

李白是唐代诗人。他的诗常有丰富的想象，也写月亮、山水和人与人之间的感情。陪孩子读时，可以先看他写出的画面，再听诗的节奏。

ABOUT THE POET

Li Bai was a Tang-dynasty poet known for vivid imagination. He wrote about the moon, landscapes and human feelings. Begin with the pictures and rhythms in his words.

孩子不用背作者生平。先记得：这位诗人把我们看到、听到的世界写进了诗里。

先读懂，再陪孩子看见

PARENT READING NOTES / Meaning and key words

用白话读懂画面

明亮的月光照在床前，仿佛地面结了一层霜。诗人抬头望着月亮，又低下头，想起自己的故乡。

四个词，讲清楚就够了

疑

好像、以为；诗人把月光看作霜。

举头

抬起头，与下一句“低头”相对。

思

想念。

故乡

自己的家乡，不只是眼前的房子。

把诗意，变成一次小对话

NOTICE / ASK / RESPOND

这首诗好在哪里

先看月光，再写抬头和低头的动作，最后落到想家。和孩子聊时，可以从月亮和家人进入，不必要求孩子表现出悲伤。

可以直接这样带孩子说

先从第5页选两个词，指图带读。再示范：“我看见月亮了。”孩子只说一个词，也可以自然接成完整句。

今天问一个问题就好

大人说“举头”或“低头”，孩子跟着做动作。

孩子不回答时

先由大人示范一次，让孩子用指图或动作回答。已经会背的孩子可以带大人接龙，不需要一遍遍完整背诵。

See the poem come alive

ENGLISH NOTES / A meaning-based rendering

Bright moonlight lies before my bed.
I wonder if it is frost upon the ground.
I raise my head to gaze at the moon.
I lower my head and think of home.

FOUR WORDS TO NOTICE

Yí: to wonder or suppose; the frost is a comparison.

Jǔ tóu: raise the head. Dī tóu: lower it.

Sī: to think of or miss someone or somewhere.

Gù xiāng: one's hometown.

A little conversation together

ENGLISH NOTES / Help your child enjoy the poem

WHAT TO NOTICE

The poem moves from moonlight to two simple actions, then to thoughts of home. Talk about the moon and loved ones; a child does not need to act sad.

ONE EVERYDAY SENTENCE

我看见月亮了。

wǒ kàn jiàn yuè liang le

I can see the moon.

Use page 5 to introduce two words, then model the sentence. Accept a gesture or one word first. The poem uses the original human recording; everyday vocabulary is parent-led.

TRY A SMALL GAME

Point to the moon and draw a circle in the air.

No answer yet? Model a response, or offer a gesture. A child who knows the poem can lead the turn-taking game on page 8.

江小北，也是一个孩子的爸爸

A note from the voice behind these poems

配音演员 · 配音讲师 · “声音的味道”创始人

从事配音工作十余年，参与多部影视剧及纪录片配音，与央视多个频道保持长期合作。也是一位两岁龙宝宝的父亲。

爸爸的话

做这套《听古诗》，我有一个很朴素的愿望：把自己喜欢的中文，慢慢读给孩子听。让孩子听听诗里的声音，看看画里的动物、月亮和四季，再和爸爸妈妈玩一个小小的游戏。

不急着想背下来，也不要每次都回答。愿这些声音，成为我们一起长大时的一点陪伴。

江小北 2026年10月

ABOUT JIANG XIAOBEI

Jiang Xiaobei is a voice actor, voice coach and founder of “Shengyin de Weidao.” With over ten years of voice-over experience in films, television dramas and documentaries, he has long-standing collaborations with several CCTV channels. He is also the father of a two-year-old child born in the Year of the Dragon.

A FATHER'S NOTE

I made this collection with a simple wish: to share the Chinese language I love with my child, little by little. Listen to the sounds, notice the animals, moon and seasons, and enjoy a small game together.

There is no rush to memorize and no need to answer every time. I hope these readings become a warm part of growing up together.

Jiang Xiaobei | October 2026