

瑤瑤

與

世界上最有型的T恤

YOYO

AND THE

WORLD'S COOLEST T-SHIRT



人物介紹

ABOUT THE CHARACTERS



YOYO 瑤瑤

瑤瑤是學校全年級裡個子最小的學生，但她有一樣秘密武器：她擁有全世界上最有型的T恤！

Yoyo is the smallest kid in her year at school. But she has a secret weapon: she owns the world's coolest T-shirt!



KEVIN 凱文

凱文是瑤瑤的弟弟，他愛他的姊姊、他的跆拳道課和地球！他暗地裡也非常、非常想要瑤瑤的T恤……

Kevin is Yoyo's little brother. He loves his big sister, his Tae Kwon Do classes and the planet! He also secretly really, REALLY wants Yoyo's T-shirt...



MUM 媽媽

媽媽日間的工作是會計師……她工作忙碌，很勤力和很愛她的孩子們，也很愛整潔的家。

Mum's an accountant by day... She's busy, hard-working and loves her kids. She also loves a tidy apartment!



DAD 爸爸

爸爸不用工作的時候，有如個發明家。他總愛用零碎的材料弄東弄西，弄得一片混亂，媽媽總要為他收拾。

Dad is a bit of an inventor in his time off work. He likes making things out of scraps and invariably makes a mess which Mum has to clean up...again!



GRANDPA 公公

公公和他一家一起住。他愛強身健體、打麻雀和跟他的朋友在晚上聚會。他愛引用中國著名哲學家孔子的名句。

Grandpa lives with the family. He loves keeping fit, playing mahjong, and hanging out with his friends in the evening. He likes to quote the famous ancient Chinese philosopher Confucius.




FROSTY 白雪雪

白雪雪是他們家的狗狗。他愛家裡的每一個人，特別愛媽媽，尤其是當她做叉燒包的時候。


Frosty is the family's dog. He loves them all equally but especially loves Mum when she's cooking char siu bao.

這本書屬於：
THIS BOOK BELONGS TO:



瑤瑤是學校全年級裡個子最小的學生，但她有一樣秘密武器：全世界最有型的T恤！

YOYO IS THE SMALLEST KID IN HER YEAR AT SCHOOL. BUT SHE HAS A SECRET WEAPON: SHE OWNS THE WORLD'S COOLEST T-SHIRT!



那是薇姨姨——居住在紐約的時髦姨婆，在瑤瑤八歲生日時送她的生日禮物。

IT WAS A GIFT FOR HER 8TH BIRTHDAY, FROM ALINTIE MAY, HER GROOVY GREAT AUNT WHO LIVES IN NYC.



在便服日的那天，瑤瑤第一次穿著它上學。

YOYO WEARS IT TO SCHOOL FOR THE FIRST TIME ON NON-UNIFORM DAY.



自那一天開始，T恤便給瑤瑤帶來了超能力。
THAT DAY, THE T-SHIRT GIVES YOYO SUPER-POWERS.



於是，她就把握了所有機會穿上她的T恤：把T恤穿在校服底下，連放假或是不用上學的時候都穿著…




SO SHE WEARS HER T-SHIRT AS OFTEN AS SHE CAN, UNDER HER SCHOOL UNIFORM, AT THE WEEKEND, ON HOLIDAYS...

但凡媽媽想要洗它時，她都會和媽媽吵架，而她的弟弟凱文總是留意著。

YOYO ARGUES WITH HER MUM WHENEVER MUM WANTS TO WASH IT, AND HER LITTLE BROTHER KEVIN ALWAYS WATCHES.





我的老師說每當我們洗衣服都會用掉很多珍貴的水。如果我們想要拯救地球，我們應該等到衣服真的很髒時才洗！

MY TEACHER SAYS WASHING OUR CLOTHES USES LOTS OF PRECIOUS WATER. IF WE WANT TO SAVE THE PLANET WE SHOULD ONLY WASH CLOTHES WHEN THEY'RE REALLY DIRTY!



媽媽，我的T恤真的很乾淨！

MUM, MY T-SHIRT'S REALLY CLEAN!



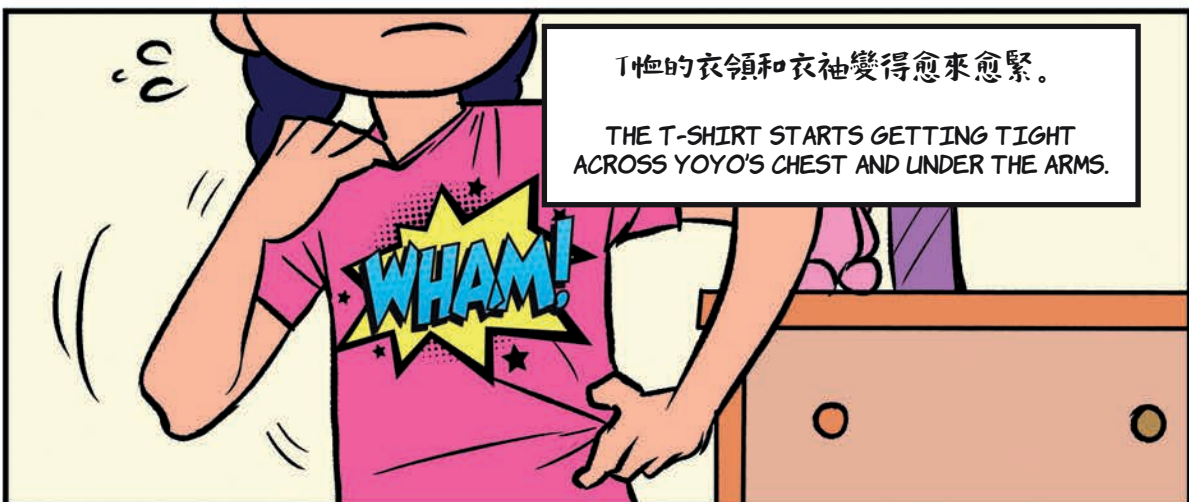
日子一天一天的過去...

AS TIME PASSES...



T恤的衣領和衣袖變得愈來愈緊。

THE T-SHIRT STARTS GETTING TIGHT
ACROSS YOYO'S CHEST AND UNDER THE ARMS.




是時候把那件T恤扔到垃圾桶了。

IT'S TIME TO PUT THAT T-SHIRT IN THE
RUBBISH BIN.






不可以！
NOOOOOOOOOOOOOO!



你不可以把我的超能力T恤扔進垃圾桶裡！
求求你讓我一直穿著吧，就多穿一個月吧！

YOU CAN'T PUT MY SUPER-POWER T-SHIRT IN THE
RUBBISH BIN! LET ME KEEP WEARING IT -
PLE-E-E-A-SE - JUST FOR ONE MORE MONTH!

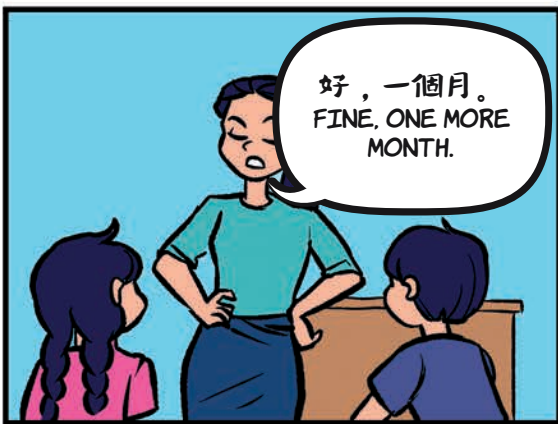


我的老師說如果我們要拯救地球，我們永遠
也不應該把衣服扔進垃圾桶裡！

MY TEACHER SAYS TO SAVE THE PLANET WE SHOULD
NEVER PUT CLOTHES IN THE RUBBISH BIN!

當衣服不再合身時，應該把它留給別人穿……

WHEN WE GROW OUT OF THEM WE SHOULD GIVE THEM
TO SOMEONE ELSE TO WEAR...



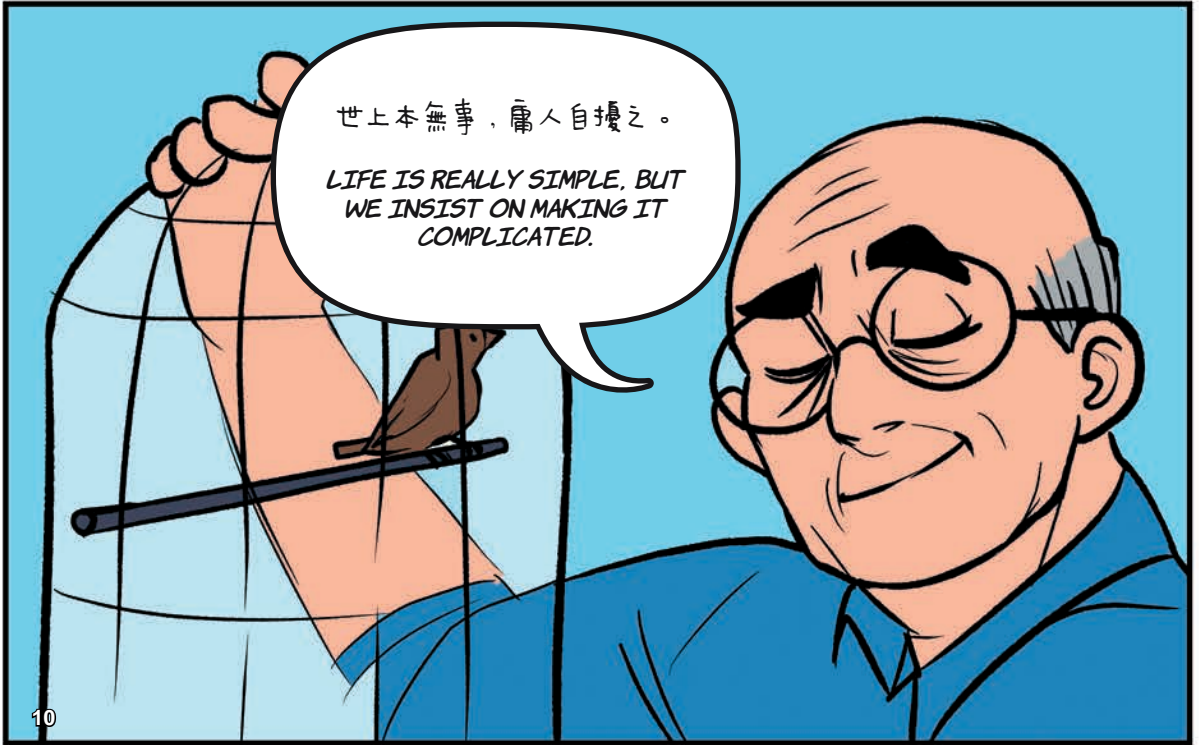
好，一個月。
FINE, ONE MORE
MONTH.



……像
我這樣個子較小
的人？
...SOMEONE SMALLER
LIKE ME?



自此，瑤瑤每天強行穿上她的T恤。
YOYO CONTINUES TO STRUGGLE INTO HER T-SHIRT EVERY DAY.



世上本無事，庸人自擾之。
LIFE IS REALLY SIMPLE, BUT
WE INSIST ON MAKING IT
COMPLICATED.

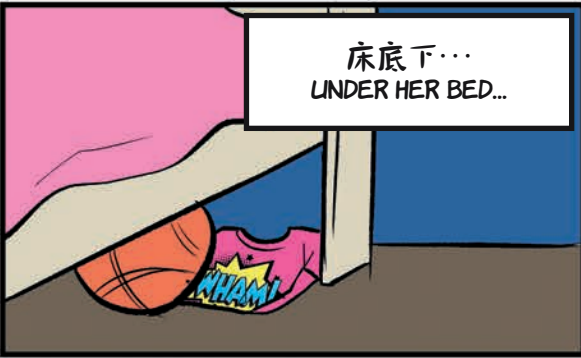


瑤瑤只好一直瞞著媽媽把T恤藏起來：
SO YOYO TRIES TO HIDE THE T-SHIRT FROM MUM:

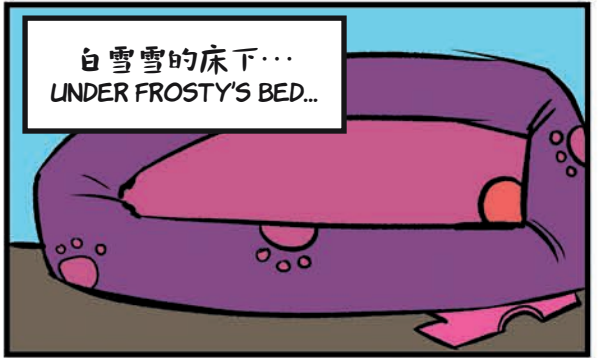


噢……
HMM...

床底下…
UNDER HER BED...



白雪雪的床下…
UNDER FROSTY'S BED...

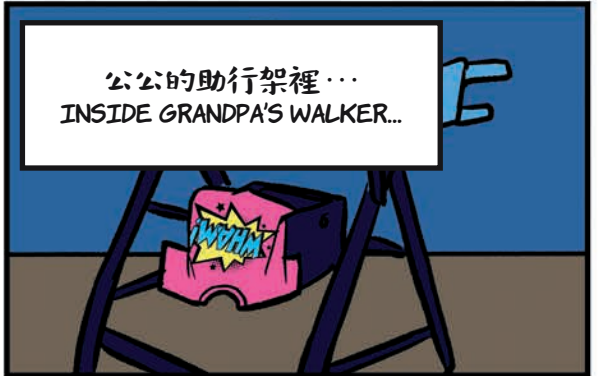


凱文的跆拳道裝備
袋裡…

INSIDE KEVIN'S TAE
KWON DO KIT BAG...



公公的助行架裡…
INSIDE GRANDPA'S WALKER...



但媽媽每次都總是
有辦法找到，然後
扔進垃圾桶裡。

BUT MUM FINDS IT
EVERY TIME AND
PUTS IT IN THE
RUBBISH BIN.



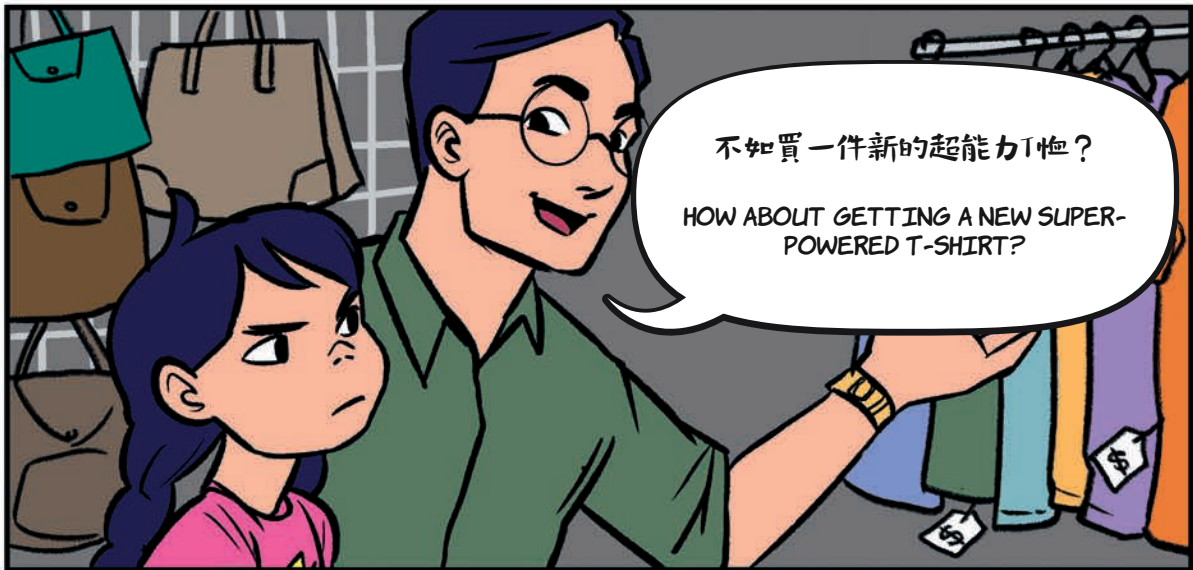
而凱文每次都為瑤瑤撿回來。
AND KEVIN RESCUES IT FOR YOYO
EVERY TIME.





週末的時候，爸爸帶瑤瑤和
凱文去逛街。

ON THE WEEKEND, DAD TAKES
YOYO AND KEVIN SHOPPING.



不如買一件新的超能力T恤？

HOW ABOUT GETTING A NEW SUPER-
POWERED T-SHIRT?

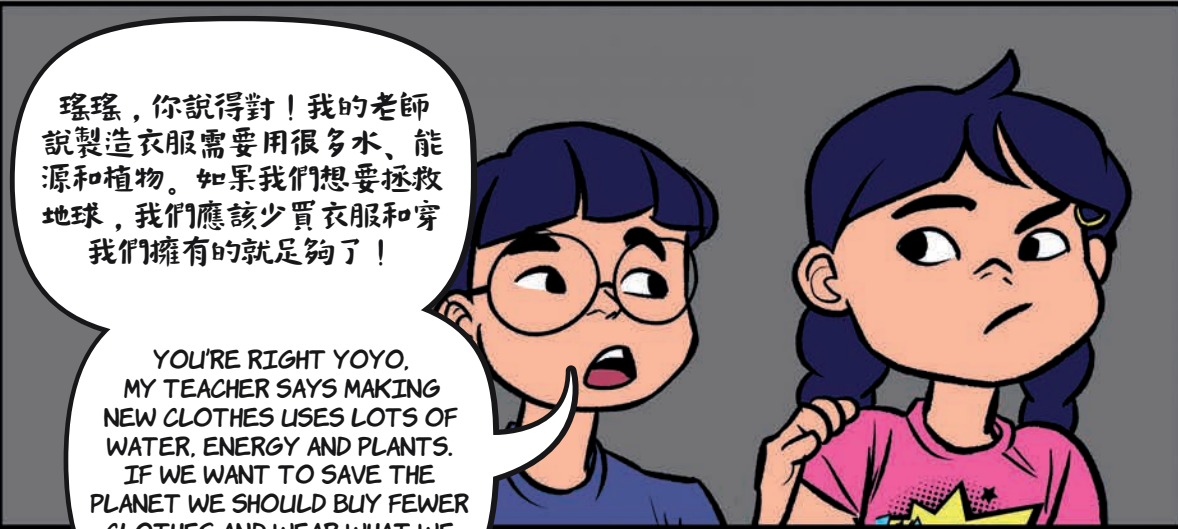


我不想要新的T恤！

I DON'T WANT A NEW
T-SHIRT!

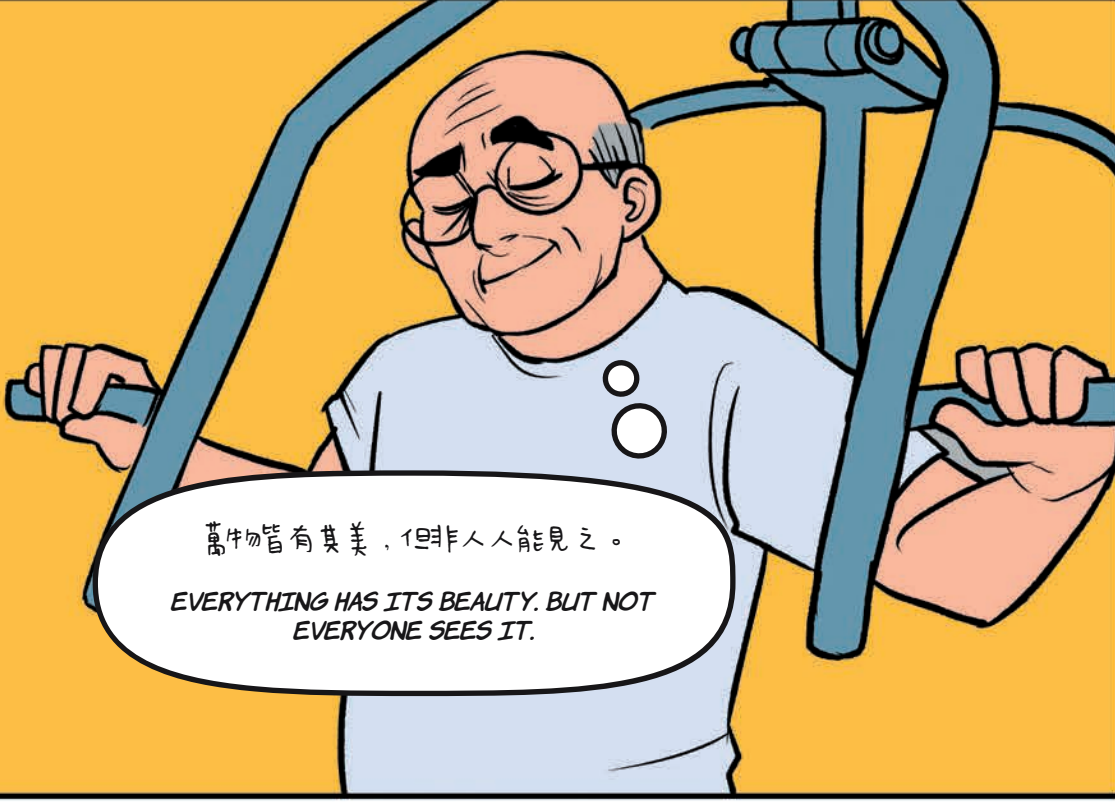
新的很沉悶！我想要舊的那件！我
們有的是回憶！

NEW IS *BORING*! I WANT MY OLD T-SHIRT! WE
HAVE HISTORY!



瑤瑤，你說得對！我的老師說製造衣服需要用很多水、能源和植物。如果我們想要拯救地球，我們應該少買衣服和穿我們擁有的就足夠了！

YOU'RE RIGHT YOYO,
MY TEACHER SAYS MAKING
NEW CLOTHES USES LOTS OF
WATER, ENERGY AND PLANTS.
IF WE WANT TO SAVE THE
PLANET WE SHOULD BUY FEWER
CLOTHES AND WEAR WHAT WE
HAVE INSTEAD!



萬物皆有其美，但非人人能見之。
EVERYTHING HAS ITS BEAUTY. BUT NOT
EVERYONE SEES IT.

然後有一天，當瑤瑤強行穿上她的T恤時，衣袖下破掉了。

THEN ONE DAY, AS YOYO STRUGGLES INTO HER T-SHIRT, IT RIPS UNDER THE ARMS.



好了，承認吧。那件T恤
一定要拿去扔掉！

OKAY, NOW ADMIT IT. THAT
T-SHIRT HAS TO GO!



但是我們不能修補它嗎……？

BUT COULDN'T WE FIX IT...?

讓我也可以擁有它……

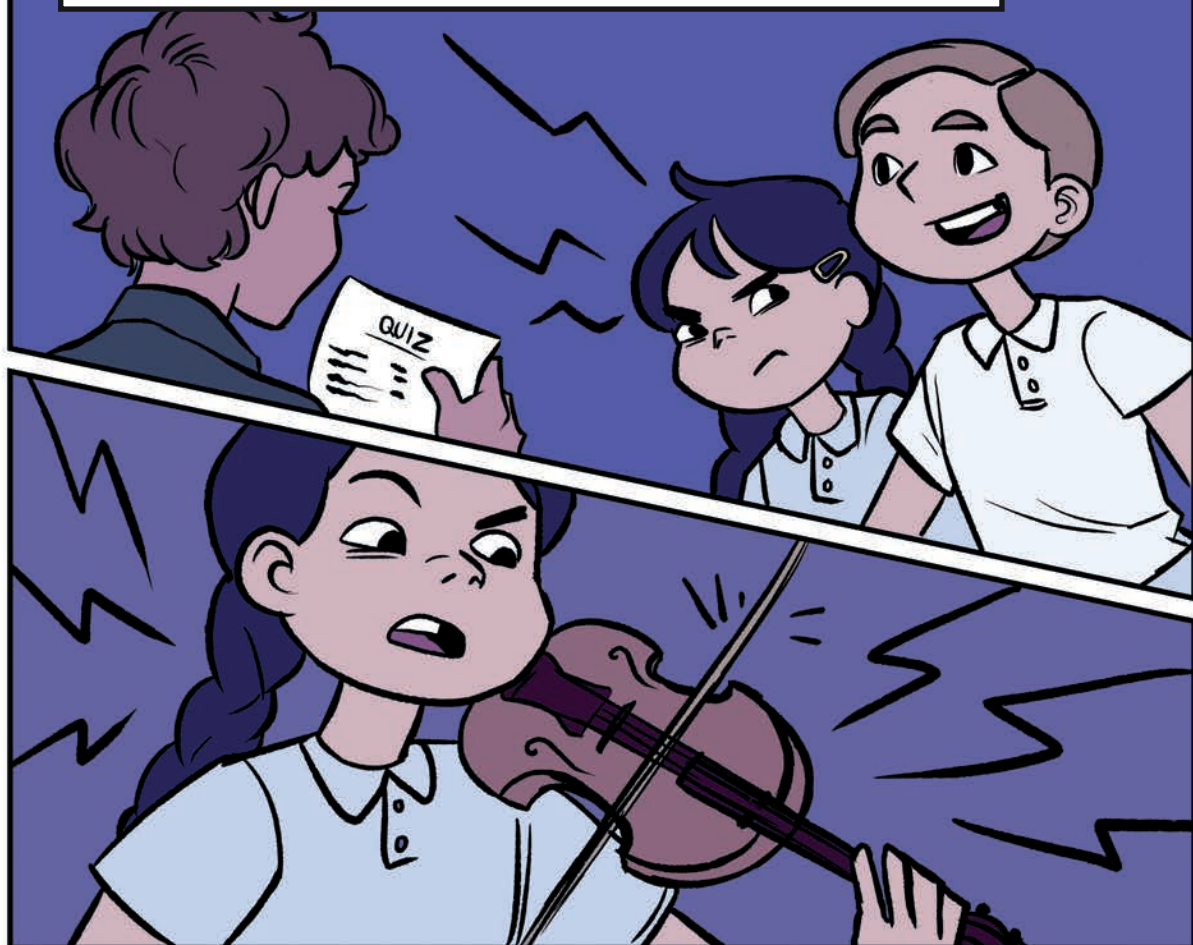
AND THEN I COULD HAVE IT...





那個晚上，瑤瑤可怕地夢見了自己沒有了她的T恤。

THAT NIGHT, YOYO HAS A NIGHTMARE ABOUT LIFE WITHOUT HER T-SHIRT.





當天晚上，爸爸正在與凱文
一同完成功課。

THAT EVENING, DAD IS HELPING
KEVIN WITH HIS HOMEWORK.



首先把衣袖剪掉，把衣領加寬
成為袋口，然後剪下衣服的底
部作為肩帶……

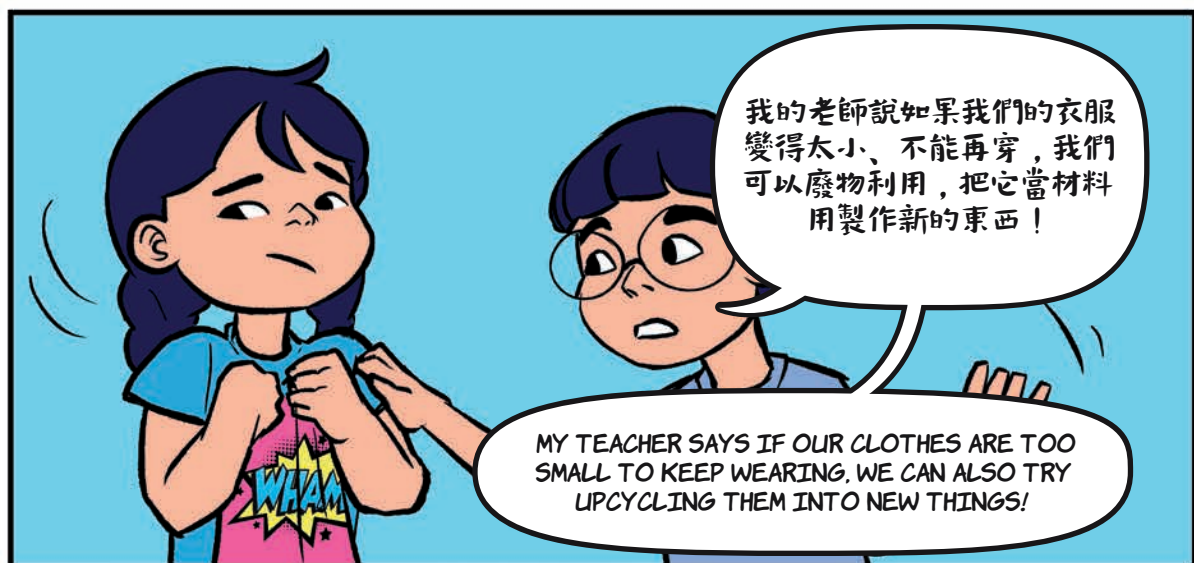
SO YOU CUT OFF THE
SLEEVES, AND WIDEN THE
NECK TO MAKE THE TOP OF
THE BAG. THEN YOU CUT
STRIPS OFF THE BOTTOM TO
MAKE THE STRAPS...





絕對不可以!
NO WAY!

誰都不能夠剪開我的
T恤!
NOBODY'S CUTTING UP MY
T-SHIRT!




我的老師說如果我們的衣服
變得太小、不能再穿，我們
可以廢物利用，把它當材料
用製作新的東西!

MY TEACHER SAYS IF OUR CLOTHES ARE TOO
SMALL TO KEEP WEARING, WE CAN ALSO TRY
UPCYCLING THEM INTO NEW THINGS!

第二天...


THE NEXT DAY...





公公，我需要你的建議。我真的——
真的——真的很想留著我的T恤！

GRANDPA, I NEED YOUR ADVICE. I REALLY,
REALLY, REALLY WANT TO KEEP MY T-SHIRT!



身寸有似乎君子，失諸正告焉，反求諸其身。

WHEN IT IS OBVIOUS THAT THE GOALS CANNOT BE
REACHED, DON'T ADJUST THE GOALS. ADJUST THE
ACTION STEPS.



後來...

LATER THAT DAY...

瑤瑤和她的朋友們一起放學，乘地鐵回家。

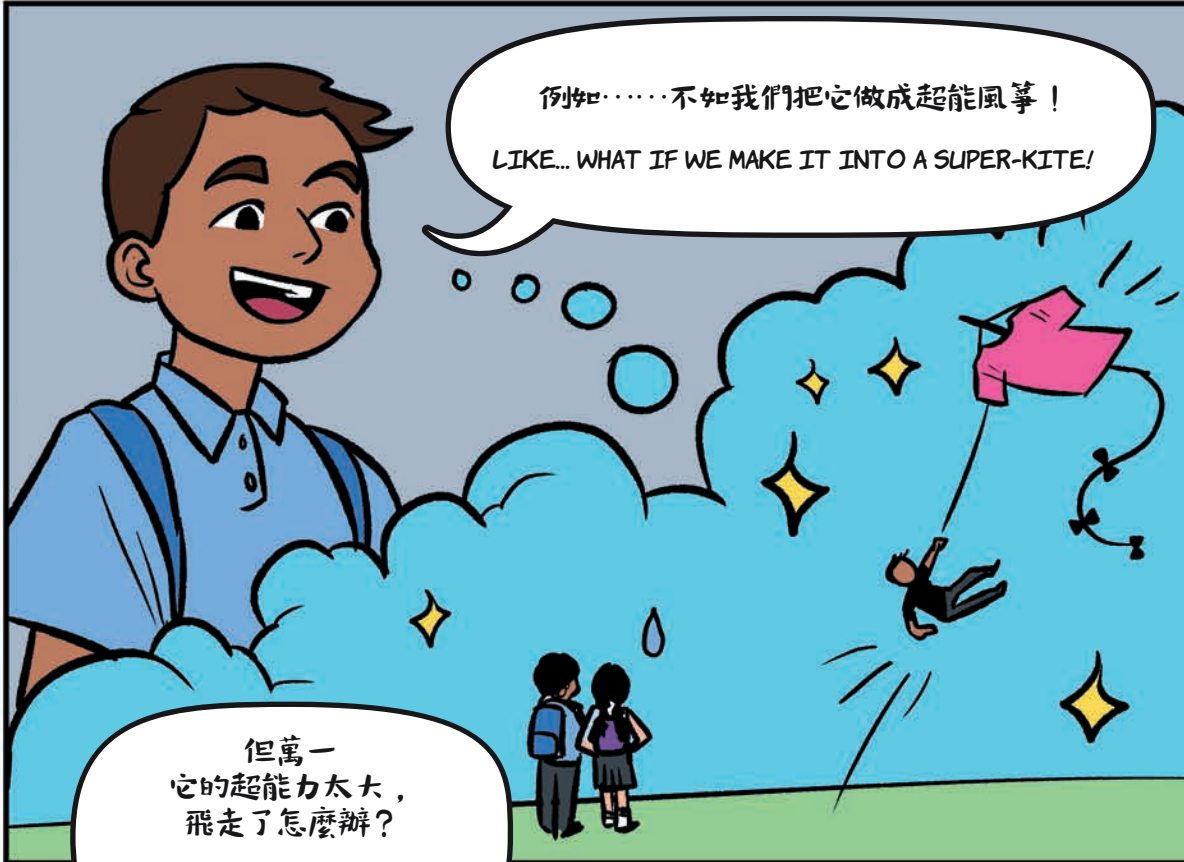
YOYO IS COMING HOME FROM SCHOOL ON THE MTR WITH HER FRIENDS.

媽媽要我給她一個充分的理由解釋為什麼我應該把T恤留著……然後爸爸想要把它剪開一片片……公公還說了什麼「求諸其身」，我根本不懂他的意思！

SO MUM SAYS I HAVE TO GIVE HER ONE GOOD REASON WHY I SHOULD KEEP IT... AND DAD WANTS TO CHOP IT INTO PIECES... AND GRANDPA SAYS SOMETHING ABOUT ADJUSTING THE ACTION STEPS! I HAVE NO IDEA WHAT HE MEANS!

或者他的意思是要留著T恤，但把它用作其他用途？


MAYBE HE MEANS TO KEEP YOUR T-SHIRT, BUT USE IT FOR SOMETHING DIFFERENT?



例如……不如我們把它做成超能風箏！
LIKE... WHAT IF WE MAKE IT INTO A SUPER-KITE!

但萬一
它的超能力太大，
飛走了怎麼辦？

BUT WHAT IF IT'S SO
POWERFUL IT FLIES AWAY?



那如果做成超能校旗呢？
那大概會給予全校超能力吧！

THEN WHAT ABOUT A SUPER
SCHOOL FLAG? IT COULD GIVE
THE WHOLE SCHOOL SUPER-
POWERS!

不知為何，我覺得
校長不會贊成的……

SOMEHOW I DON'T THINK THE
PRINCIPAL WILL APPROVE...

我姨姨的狗狗會在
冬天時穿舊的T恤保暖！

MY AUNTIE'S DOG WEARS OLD
T-SHIRTS IN WINTER TO KEEP
HIM WARM!

試也不用試。

DON'T EVEN TRY IT.

但對白雪雪來說
太——太——太小了。

BUT IT'S WAAAAAY TOO
SMALL FOR FROSTY.



那個晚上……瑤瑤沮喪地回到家裡。

THAT EVENING... YOYO DISCONSOLATELY RETURNS HOME.

我今天收到學校發的電郵！他們說會在星期六的學校開放日舉行衣物收集活動，為慈善機構將舊衣物進行義賣！

I GOT AN EMAIL FROM SCHOOL TODAY! THEY'RE HAVING A CLOTHING DRIVE SO THEY CAN SELL THE CLOTHES FOR CHARITY AT THE SCHOOL FAIR ON SATURDAY!

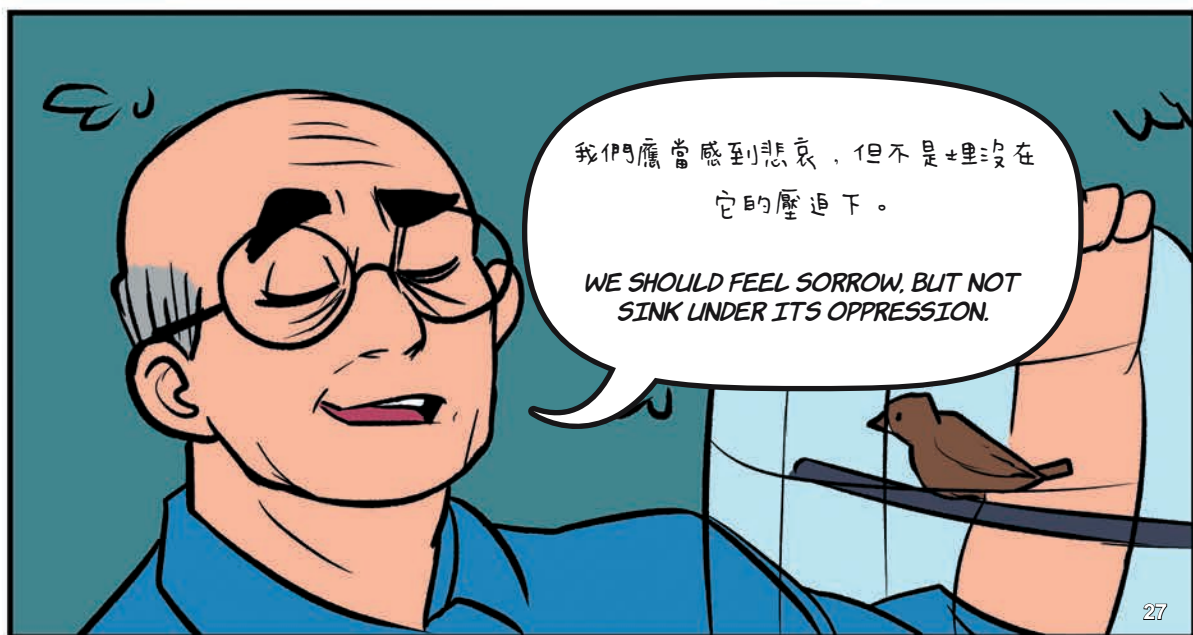
快去把你不再穿的舊衣服拿出來，放到這個袋裡。

GO AND FETCH ALL THE CLOTHES YOU DON'T WEAR ANYMORE AND PUT THEM IN THIS BAG.

還有瑤瑤——一定要把那件T恤也放進去！

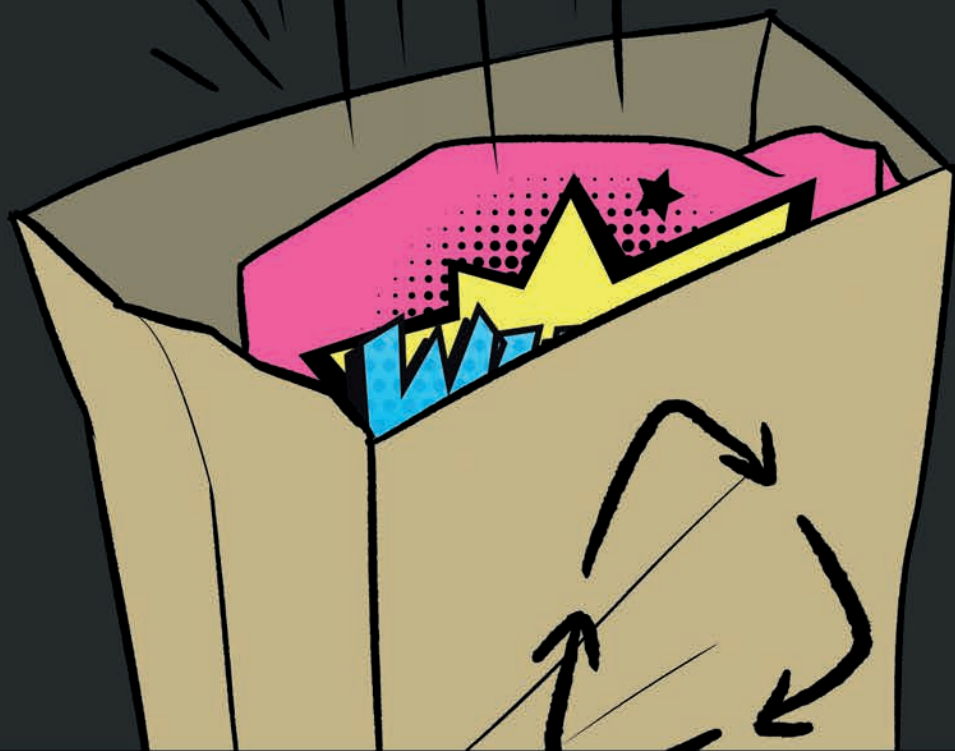
AND YOYO - MAKE SURE TO INCLUDE THAT T-SHIRT!





瑤瑤傷心地把T恤放進回收袋子裡。

YOYO SADLY DROPS THE T-SHIRT INTO THE RECYCLING BAG.



星期六那天...

THAT SATURDAY...

瑤瑤和她的家人朋友全都來到了學校開放日。


YOYO AND HER FAMILY AND FRIENDS ARE ALL AT THE SCHOOL FAIR.



我們試找找你的
T恤吧。也許我們可
以把它買回來！


LET'S SEE IF
WE CAN FIND YOUR
T-SHIRT. MAYBE WE CAN
BUY IT BACK!





如果你真的找不到，那麼
它或者已經被賣給了會跟你一樣那
麼愛它、常常穿著的人。

IF YOU REALLY CAN'T FIND IT, IT'S
PROBABLY ALREADY BEEN SOLD TO SOMEONE
ELSE WHO WILL LOVE AND WEAR IT
JUST LIKE YOU DID.



如果在今天活動完結前還在的話，我們
會給慈善機構轉贈給很有需要的小朋友。
無論怎樣，它會有個好歸宿。

IF IT'S STILL HERE AT THE END OF THE DAY WE
WILL DONATE IT TO A CHARITY WHO WILL GIVE
IT TO A CHILD WHO REALLY NEEDS IT.
EITHER WAY, IT WILL GO TO A GOOD HOME.

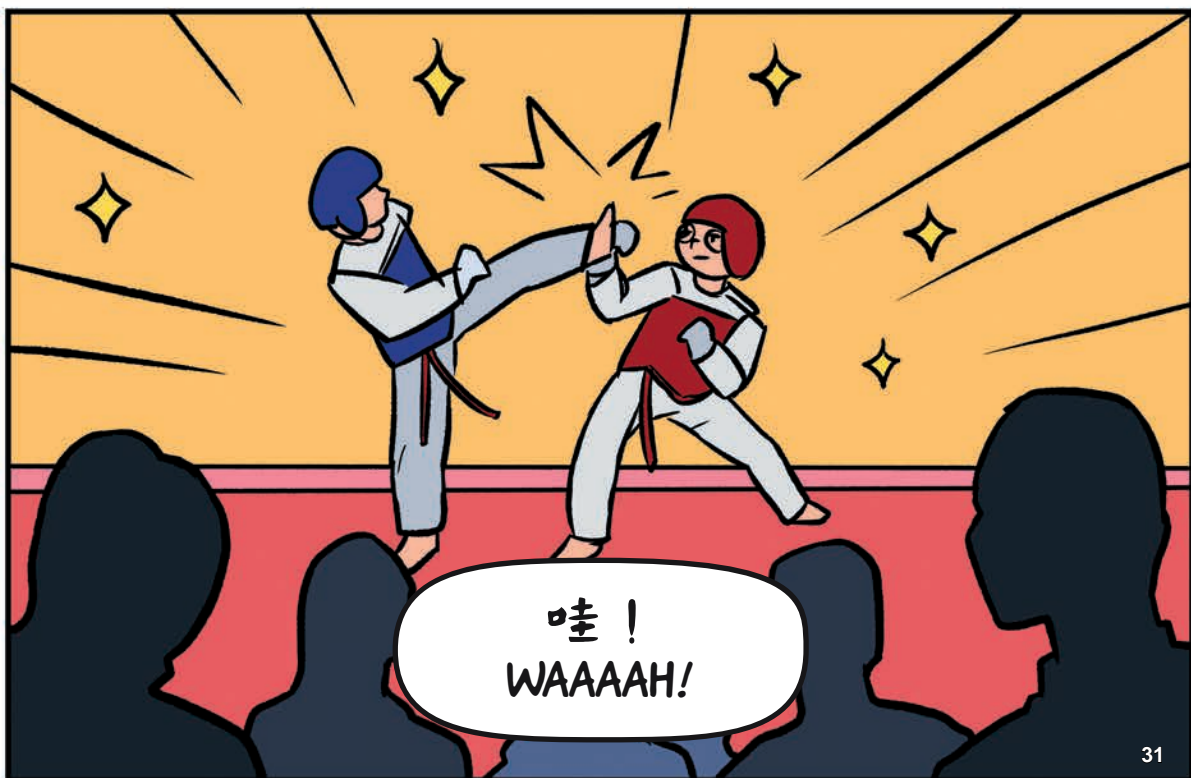
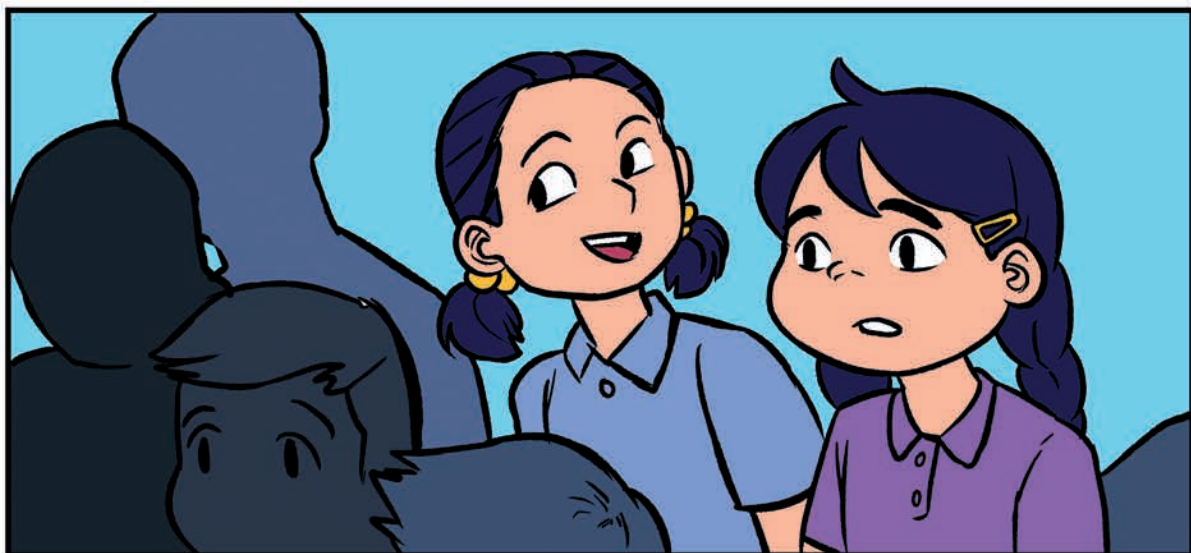


我想大概是吧……

WELL, I GUESS SO...

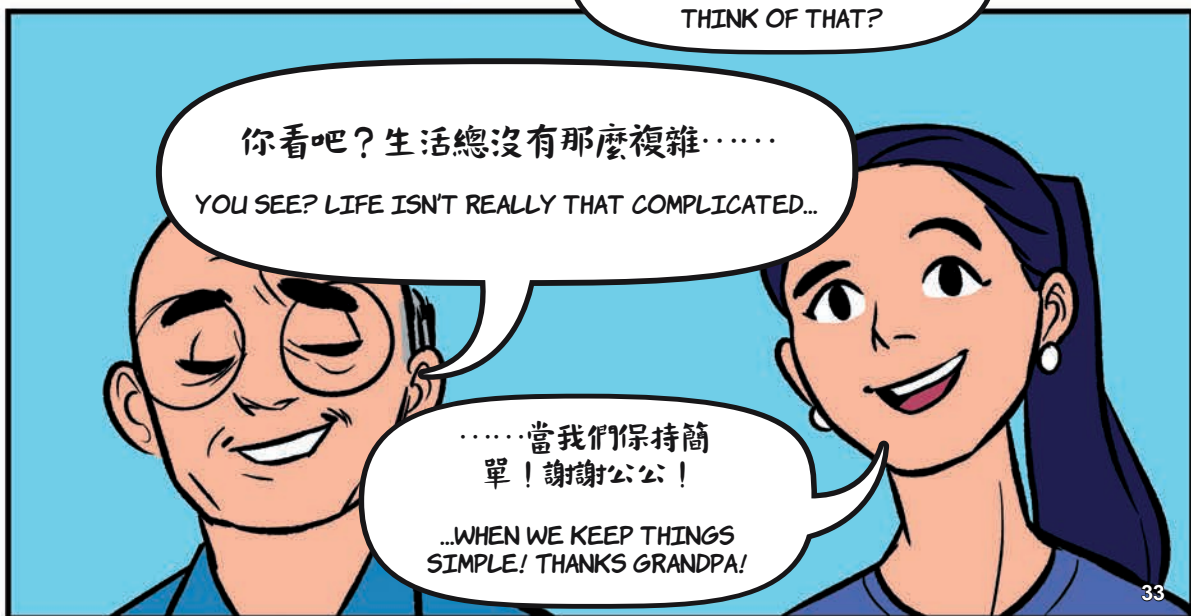
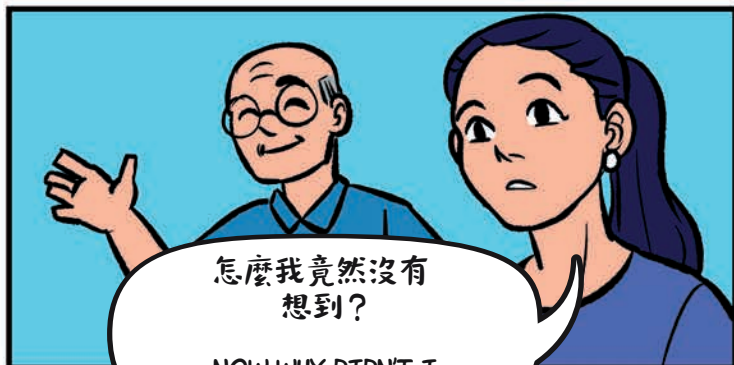
第二天是凱文的跆拳道比賽。

THE NEXT DAY IT'S KEVIN'S TAE KWON DO COMPETITION.





凱文加油！
GO KEVIN!



那天晚上...

THAT EVENING...



你知道為什麼凱文今天表現得這麼好嗎？

YOU KNOW WHY KEVIN DID SO WELL TODAY?

全因為他穿上了我的T恤！
所以他現在擁有了我的超能力！

BECAUSE HE'S WEARING MY T-SHIRT!
SO NOW HE'S GOT MY SUPER-
POWERS!

有可能，但分享有更強大的力量。而且當我們分享我們最愛的東西時，我們會創造出更強大的東西。我們等著看吧。

MAYBE SO, BUT SHARING IS POWERFUL. AND
WHEN WE SHARE WHAT WE LOVE THE MOST,
WE CREATE SOMETHING EVEN BIGGER.
JUST WAIT AND SEE.


一個星期之後...

NEXT WEEK...



嘿！我依然擁有我的超能力！
而且現在的力量更強大！

HEY! I'VE STILL GOT MY SUPER-POWERS!
BUT NOW THEY'RE EVEN STRONGER!



我為你感到很驕傲！你是學校裡最有型的男生！

I'M SO PROUD OF YOU! YOU'RE THE COOLEST DUDE IN SCHOOL!

而且你穿著那件T恤的時候，真的棒極了！我很高興我能與你分享！

AND YOU LOOK AWESOME IN THAT T-SHIRT! I'M SO GLAD I SHARED IT WITH YOU!



分享衣服真的很棒！
IT'S COOL TO SHARE CLOTHES!



而且我們也在幫助地球呢！

AND WE'RE HELPING THE PLANET TOO!



學習活動

LEARNING ACTIVITIES

試想一下…… HAVE A THINK ABOUT...

你最喜歡的衣服是什麼？為什麼呢？假若當你長大了，衣服不再合身的時候，你會怎麼辦？

What is your favourite piece of clothing? Why do you love it? What would you do with it if you grew out of it and couldn't wear it anymore?

在凱文的建議中，哪一個是你最喜歡的？為什麼呢？

What is your favourite piece of advice from Kevin? Why?

從公公身上學到的生活智慧，哪一個是你最喜歡的？為什麼呢？公公如何幫助瑤瑤呢？

What life lesson from Grandpa do you like the most? Why? How does Grandpa help Yoyo?

你認為凱文是如何取得為他贏得跆拳道冠軍的T恤？

How do you think Kevin got the T-shirt that helped him win the Tae Kwon Do competition?

你有多強的說服力？ HOW PERSUASIVE ARE YOU?

幻想一下你是凱文。寫一段很有說服力的演說，向媽媽解釋為什麼把舊衣服扔進垃圾桶並不是最好的解決方法。她可以怎樣做才好？凱文的意見是個很好的出發點——阻止衣服扔進垃圾堆填區有什麼好處呢？

Imagine you are Kevin. Write a persuasive speech addressed to Mum, telling her why throwing clothes in the rubbish bin isn't the best solution. What could she do instead? Kevin's advice is a great starting point - what benefits are there to keeping clothes out of the rubbish bin?

又或者你可以創作一套屬於你的漫畫展示你會如何改變媽媽的想法和行動。插畫師 Kathryn 的提議：先計劃好你的故事細節才開始畫——試想像每一個空格是個電影情節，著重最重要的人物和事物，那樣就不會不夠空格完成故事。

Or you can draw your own comic strip about how you would encourage Mum to change her views and actions. **Top tips from Kathryn, our illustrator:** Plan your story in advance before starting - you don't want to run out of panels on your page! Think of each box as a movie-scene, focus on the most important person/object.

動手製作T恤環保袋

MAKE A T-SHIRT TOTE BAG

開始建立循環再用的習慣，像爸爸和凱文一樣製作屬於你的環保袋吧！
Start your own upcycling habit by making your own tote bag like Kevin and Dad!

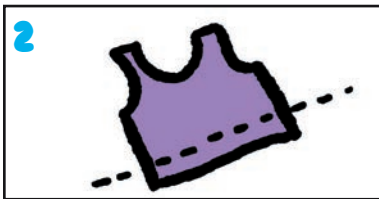
你需要的材料：

Things you need: Old T-shirt 舊T恤 Scissors 剪刀 Marker 墨水筆



剪下衣袖、沿著衣領剪開，衣領會變成環保袋最上的袋口。

Cut off sleeves. Cut around the neckline to make a bigger opening. This will be the top of your tote bag.



把T恤底面反轉，在衣服底下、你想要作為袋底部的位置畫一條直線。

Turn your T-shirt inside out and trace a line across where you want the bottom of your bag to be.



從T恤底部垂直剪成長條狀。記得前後兩面都一起剪！
Cut strips vertically from the bottom of the T-shirt to the line. Make sure you cut both the front and back sides of the shirt at the same time!



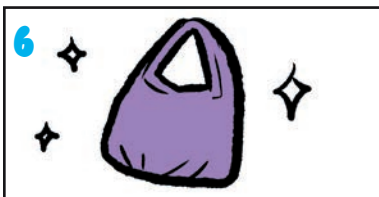
把前後的長條逐一打成結。當你將所有長條打成結後，你會發現每個結之間有個洞。

Tie the front and back strips together. Once all the strips are tied, you will notice small holes between the knots you've tied.



要關閉這些洞，把已打結的長條再互相打結。

To close these holes, tie together the strips on each side of the hole.



最後把袋子反過來，那就完成屬於你的T恤環保袋！
Flip the bag the right side out, and you have completed your very own upcycled T-shirt tote bag!

寫下屬於你的行動計劃，開始減廢吧！

WRITE YOUR OWN ACTION PLAN AND START REDUCING WASTE!

試想想所有你從瑤瑤和她的家人身上學到的，你能做什麼去改變呢？
Think about everything you've learnt from Yoyo and her family and what you can do to make a difference.

今天我能做的事 ……
Something I can do today...

這個星期我能做的事 ……
Something I can do this week...

這個月我能做的事 ……
Something I can do this month...

我能夠鼓勵其他人去做的事 ……
Something I can encourage others to do...



作者及插畫師介紹

ABOUT THE AUTHOR AND ILLUSTRATOR



SARAH BRENNAN

Sarah Brennan 是最暢銷的《Chinese Calendar Tales》系列的作者，她其他著作包括《A Dirty Story》、備受讚譽的《Storm Whale》和給青少年的新作《The Marvellous Adventures of Maggie and Methuselah》。她愛寫有趣的故事、閱讀、針織、園藝和風笛。她討厭購買衣服，並會自豪地穿著她的衣服直到它們變舊。Sarah 很高興能透過這次合作支持 Redress。

Sarah Brennan is the author of the best-selling *Chinese Calendar Tales*, the *Dirty Stories*, the much-acclaimed *Storm Whale*, and a new book for pre-teens, *The Marvellous Adventures of Maggie and Methuselah*. She loves writing funny books, reading, knitting, gardening and the bagpipes. She hates clothes-shopping and proudly wears her clothes until they're ancient! Sarah is delighted to support Redress in this fantastic project.

KATHRYN MANN

Kathryn Mann 從可以拿起鉛筆的年紀時便開始畫畫。她是由 Gestalt Comics 出版的漫畫書《Fly》的插畫家，並參與了 Kickstarter 藝術選集《Before, After and In-Between》。當她不畫畫的時候，她會設計和玩電腦遊戲，亦會購買復古衣服。她熱衷於用創新方法去善用任何東西，即使是舊T恤！

Kathryn Mann has been drawing since she was old enough to hold a pencil. She is the illustrator of the comic book *Fly*, published by Gestalt Comics, as well as contributing to the Kickstarter art anthology *Before, After and In-Between*. When not drawing she is making and playing computer games, or shopping for vintage clothing. Innovation is her passion and that includes finding a use for everything, even old T-shirts!



資助者
FUNDED BY

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這本圖畫書乃由環境及自然保育基金及環境運動委員會撥款資助，屬於「環境及自然保育基金循環時尚學生資源」的一部分。該項目旨在提供實用信息和資源，幫助學生了解如何更好地購買、製作和處理我們的衣服，以及這對人類和地球的影響。

This comic book is funded by the Environment and Conservation Fund and the Environmental Campaign Committee as part of the ECF Circular Fashion Resources for Students project. This project aims to provide practical information and resources to help students understand how we can better buy, make and dispose of our clothes, and the impact this has on people and our planet.

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如欲了解更多，可瀏覽我們的網頁 www.redress.com.hk 或電郵至 info@redress.com.hk。

Redress is a pioneering Hong Kong based environmental charity with a mission to prevent and transform textile waste to catalyse a circular economy and reduce fashion's water, chemical and carbon footprints. Their programmes with designers, educators, consumers, brands and industry bodies work to change mindsets and practices to stop the creation of textile waste now and in the future, as well as creating systems and partnerships that generate and showcase value in existing waste.

For more information, please visit www.redress.com.hk or email to info@redress.com.hk.



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