

第一句: The father and child were awakened/were woken up by the singing of birds on the second morning of camping in the mountains. The child rubbed his sleepy eyes and looked at the rolling mountain tops in the distance. The sun shone through the gaps in the leaves, forming golden spots on the ground. He suddenly realized that this was the first time in a long time that he had seen the beauty of nature so clearly, and all this was because his father took him away from the hustle and bustle /the disturbance of his mobile phone

第二句 Deeply touched by the splendid scenery, he could hardly wait to embark on the exploration /begin to explore. He no longer thought about the games and videos on his mobile phone, but threw himself into the embrace/arms of nature. No longer thinking about..., he was totally immersed in the beauty of nature. He bent down , carefully observing the texture of each stone, feeling the veins of the leaves, as if he had discovered countless novel worlds.

第三句: As night fell, the stars twinkled/shone brightly in the darkening sky. The child lay in the tent, listening intently to his father telling stories about the mountains, and gradually falling asleep. He dreamed of every happy moment spent with his father in the mountains. Those days without mobile phones became his most precious memories in his life. He also realized that this camp not only made him get rid of/break free from the dependence on mobile phones for a while, but also made him rediscover the neglected/ignored beauty in his life.

1. hand me a brightly-wrapped parcel with a big red bow 2. tear the parcel open/unfold the delicately-wrapped gift 3. smile back happily at me with deep wrinkles around her eyes

4. tear off the wrapping paper

5. smile lovingly at sb

6. stand there in awkward silence

7. smile as broadly as I could

8. All the hours of sewing were worth it, when I saw the look of joy on her face.

9. I walked away, pretending not to have heard anything. 10. "Thank you." I said, trying to sound convincing

By chance, Anne overheard her grandmother telling her mother how she had stayed up several nights sewing the dress. A mix of guilt and gratitude filled her heart. Resolved/Determined to make up for her lie, the next evening, Anne appeared at the family dinner wearing the bright pink dress. Seeing her grandmother's tearful eyes, she walked over, held her hand, and whispered. "It's much warmer than I thought, Grandma." Grandma's eyes welled up with tears as she reached out and pulled Anne into a warm embrace. "I always knew pink was your color," she whispered softly into Anne's ear, her voice trembling with emotion. She gently smoothed the fabric of the dress with her aged hands. "Seeing you wear this means more to me than you'll ever know." In that heartfelt moment, the white lie transformed into a deeper understanding between them.

By chance, I heard Grandma sighing at her old sewing machine in the bedroom, and my heart sank right away—I knew she might have overheard my phone call. That night, I dug out the bright pink dress, ironed it carefully, and was to put it on to visit Grandma the next day.

She froze for a second when she saw me, but the wrinkles around her eyes softened. I twirled (转动; 扭动) a little: "Grandma, I didn't notice before—this color makes me look so lively. Even the neighbors asked where I got such a nice dress." Grandma smiled and touched the sleeve of my dress. I held her hand, knowing this little white lie had finally wrapped us in warm tenderness. 包裹在温暖的温柔中.

想方设法 When I found out that Grandma had accidentally discovered the truth, I regretted telling the lie that ended up hurting her. My mind raced as I tried to think of ways to comfort her. Pacing back and forth in my room, I finally decided to honestly share what was on my mind.

Eventually, as the last rays of sunlight were falling on the sand, we arrived at our desert camp. Stars were already shining brightly in the darkening sky and it was getting cold with the approach of the night. Three camels, slowly chewing, were resting on their knees and watching our arrival with interest. 2. The wind was blowing grains of sand; The sun was beating down hard and bright; The sky was a deep shade of blue that I had never seen before; The mysterious beauty of the desert was about to reveal itself before us. The colours of the dunes contrasted strikingly with the blue of the cloudless sky.

Despite the hot sun beating down on them, their spirits remained high, laughter accompanying their work as they filled bag after bag. Their laughter and songs filled the park, making the cleanup seem more like a fun game.

续写: Sample 1: As I stood on the stage, my heart beat violently. My face turned pale, and my mind went blank. I could not remember what I was supposed to say. I was at a loss what to do when I saw my teammates smiling at me with trustful looks. It was then that I realized that I should try my best for our team. Instantly, I reorganized my thoughts, and proceeded to speak into

the microphone. When I was finished, all my teammates stood up and applauded loudly. It was at the precise moment that I realized that I made it through the situation.

Sample 2: As I stood on the stage, my heart beat violently. The bright lights blurred (使模糊不清) my vision for a moment, and the faces in the audience seemed like a sea of uncertainty. I adjusted the microphone, took another deep breath, and began to speak. To my surprise, the words started flowing. I spoke about our adventures, the values we learned, and the friendship that bonded us. Slowly, my nervousness turned into passion. The audience nodded and smiled, and that gave me courage. When I concluded, the applause was thunderous. In that moment, I understood—sometimes, bravery isn't the absence of fear, but the will to move forward despite it.

Sample 3: As I stood on the stage, my heart beat violently. With butterflies in my stomach, I began my speech, with my teammates' encouraging words echoing in my ears. With newfound determination for the fame of our team, I made it to the end, despite it not being perfect. After the speech, thrilled and excited, I quickened my pace and sprinted to my team, yelling, "I made it!". As time passes, I have forgotten many things, but the memory of this experience never fades away--it reminds me the true growth comes from the bravery to take on the responsibility and overcome inner fear.

As I stood on the stage, my heart beat violently. The sea of faces before me made me dizzy, but I forced myself to look at the microphone. Taking another deep breath, I began. "Dear distinguished guests and fellow scouts..." My voice was still a bit shaky, but I pushed through/but I quickly recollect my thought and became composed. As I spoke, I recalled the countless activities we'd organized over the year, the laughter and the challenges. The words flowed more smoothly, and I could feel my confidence growing. When I finished, a wave of applause erupted. I stepped off the stage, exhausted but relieved, knowing I had done the right thing. At that moment, it dawned on me that true growth often lies just beyond the borders of our fears/true growth often lies in the bravery of assuming responsibility and overcoming our inner fear.

But there was really no way out of the situation. I had to take the responsibility for the presentation. Taking a deep breath, I picked up the copy of the speech and headed to a quiet corner. With the copy in hand and the memory of Sean's rehearsal fresh in my mind, I started practicing. My voice trembled at first, but gradually, I found my rhythm. I reminded myself of the responsibility on my shoulders — not just for the scouts' fame, but for the trust my teammates had placed in me. By the time I felt somewhat prepared, the ceremony was about to begin.

But there was really no way out of the situation. My teammates' expectant eyes were fixed on me, and the clock was ticking. Taking a deep breath, I nodded in agreement. I realized I wouldn't let all the efforts we had put in throughout the year be ruined. With trembling hands/With the renewed determination, I grabbed the copy of Sean's speech and rushed to a quiet corner. I skimmed through the content, familiarizing myself with the key points. Before I realized it, it was time for me to make the summary speech.

But there was really no way out of the situation. Noticing my nervousness, my teammates gathered around me, comforting and encouraging me. Moved by their trust, my terror gradually gave way to a sense of responsibility, and the nearly extinguished(破灭的; 熄灭的) spark of hope was rekindled. Taking a deep breath, I applied myself to reciting the summary speech and imitating Sean's accent. As time passed, it was time for me to make the speech; all my teammates patted my shoulders.

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第一段: Sitting alone in the corner of the classroom, Jack stared blankly at his script, his head hanging low. Seeing/At the sight of his depression (看到他的沮丧我们的反应), we gathered around him, comforting him. With our support surrounding him, the heavy atmosphere began to

lift. Suddenly, inspiration struck me (解决方法)—we could adapt the script to include his injury! Faces brightening with excitement, the group instantly cheered/echoed in agreement, their lively chatter and laughter filling the classroom. With the storyline skillfully modified (修改), we practiced tirelessly (具体如何实施), Jack's crutches becoming a meaningful symbol in the play, his confidence growing as we were ready for the upcoming performance.

第一段: Sitting alone in the corner of the classroom, Jack stared blankly at his script, his head hanging low. Noticing his frustration, we all came to him and tried to comfort him(我们的反应). Then Jack raised his head and asked “How can I make it to the stage with my broken leg?” His voice trembled with guilt and sadness, but his eyes glittered with a strong desire. At his words, we immediately gathered around, discussing how to revise the script to include his injury, change lines and plots accordingly(解决方法). Soon with newfound determination and our encouragement, Jack, began to rehearse again with us. Over time, Jack's eyes gradually brightened (情绪的转变) with his vivid expressions and rich emotional voice on the stage.

活动意义: These activities are highly meaningful. They not only teach us practical skills, and foster a sense of responsibility, but also help us appreciate the value of hard work. Through teamwork, we build stronger friendships and most importantly labor practices connect us with the society and cultivate a spirit of dedication.

Understand the relationship between cultivation and harvesting

活动内容: To cultivate students' practical labor skills and make them taste the pleasure of harvest, our school regularly organizes students to agricultural labor activities at our school's farm. We not only take part in basic farming operations like land ploughing/plowing and seeds sowing, but also conduct regular field management, like weeding and watering. What is the most striking part is our participation in vegetable and fruit picking. Despite being tired, we do taste the real meaning and pleasure of labor work.

The understanding of sportsmanship: Like the Olympic motto “Faster, Higher, Stronger”, the true meaning of sportsmanship means being devoted to achieving sporting excellence and pushing the boundaries of human achievements. More importantly keep everything in perspective, especially loss in a game. Win with humility, lose with grace, and do both with dignity.