

## 泗洪中学创培部高二 下学期英语综合练习十七续写和应用文

读后续写

从“被嘲笑的姓名”到“为自己命名的勇气”——  
一场关于身份认同与自我赋权的成长之旅

故事梗概：

文章讲述了七岁女孩Zahara因名字罕见而在校园嘉年华遭到嘲笑，伤心回家后，在父母的鼓励与帮助下，亲手制作了独一无二的自行车车牌。第二天，她勇敢地将车牌展示出来，坦然向嘲笑她的男孩解释名字的含义是“花朵”，最终赢得了对方的道歉。

有时候，刺痛你的，并不是一句话本身，而是那一刻——你开始怀疑，自己是不是不够“正常”。这道杭州高三二模读后续写，把冲突压缩在一个极具共鸣的场景里：一个名字、一次嘲笑、一场逃离。Zahara并没有做错什么，她只是拥有一个不常见的名字。但正是这份“不同”，在别人的笑声中，被误读成了“问题”。真正的转折，不在于别人是否停止嘲笑，而在于——她是否重新接住了那个本该被骄傲说出的自己。

情节主线 期待 → 受挫 → 被嘲笑 → 否定自我 → 被引导 → 重建认同 → 自信回归

情感递进 开心 → 失落 → 羞辱 → 抗拒 → 触动 → 接纳 → 骄傲

P1（情绪爆发 → 被温柔接住）

第一段的核心 不是“发脾气”，而是：从否定自我，到被重新定义

情节设计：①Zahara 情绪崩溃，说讨厌自己的名字

②父母没有否定情绪，而是讲名字的意义（来源/寓意）

③可以设计一起动手做一个“属于她的名字牌”

关键词：情绪释放 + 被理解 + 被赋予意义

P2（行动表达 → 自我认同）

第二段的核心：把内心的接纳，变成外在表达

情节设计：

①Zahara 情绪 ②Zahara 好友的反应 ③可以写 Zahara 和 Zac 的互动

结尾升华：名字不再是羞耻，而是身份

原文好句鉴赏

1. Her heart soared.

2. The school carnival was buzzing with noise and music.

3. A small knot of disappointment tightened in her stomach.

4. Zahara's cheeks flamed, and the world seemed to shrink to the sound of that cruel version of her name.

官方范文

The moment she got home, Zahara shouted, "I'm done with being called Zahara!" Mom was surprised and asked what was wrong. Frustrated, Zahara recounted the whole story. Hearing it out, mom explained, softly, "Sweetie! Your name means a shining flower! It was the name of a brave Queen in your father's hometown!" Stunned, Zahara fell in deep thought. Soon a new determination sparked within her. "I'm going to let everyone know Zahara is a beautiful name!" she declared. Then she thought of the plate. An idea struck her. She spent the evening carefully crafting one, on which each letter of her name was in the form of a flower.

Her handmade plate on the bike, Zahara left for school early in the morning. As she arrived, the unique, glittering plate immediately caught her classmates' attention. Her best friends, Lily and Chloe, exclaimed, "That's amazing! It's even better than the bought ones!" Zac, who didn't see the plate at first, came over and shouted, "Hey, Za-HAIR-uh!" "It's Zahara!" Meeting his gaze squarely/proudly and confidently, she pointed to the plate. "See? It means 'flower that shines.'" Before he could reply, she hopped on Comet and rode away, leaving the mean jokes far

behind. As she pedaled, she felt a deep sense of pride, knowing that her name was a blessing, not a burden.

## Version2 :

*The moment she got home , Zahara shouted , "I'm done with being called Zahara!"* Her mother appeared at the doorway, a questioning look in her eyes. As Zahara stumbled through her explanation, her heart sank, tears welling up again. Just then, her mother gently smoothed her hair. "Maybe your name is as rare as a comet," she said softly. "So why not make it your own?" Her words settled something inside Zahara and, at the same time, sparked a new idea. Almost at once, she grabbed a blank plate and a handful of colored pens. For the next few hours, she lost herself completely-writing, painting, adding tiny details. Time slipped by unnoticed, and her frustration quietly gave way to a growing thrill. By the end, a one-of-a-kind nameplate lay before her.

*Her handmade plate on the bike , Zahara left for school early in the morning. It swayed slightly as she rode, with bold golden letters spelling "ZAHARA,"* edged with small, gleaming comets. The colors were vivid, the design delicate, impossible to ignore. As she wove through the morning crowd, heads turned one after another. A quiet confidence began to bloom inside her. "It's amazing!" Lily and Chloe's eyes lit up as they crowded around her. "I made it myself," Zahara said, her face breaking into a bright smile. After school, Zac approached her, his cheeks flushed, and mumbled an apology for his sneering the day before. She forgave him, of course, because she understood now that every name like "Zahara" is as precious as a comet, meant to shine brightly, without fear.

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*With her handmade plate attached to her bike, Zahara left for school early the next morning.* As she arrived, the glistening name plate soon caught her classmates' attention. Hearing the praise and admiration from others, Zahara felt a sense of pride rising within her. She rode her bike, Comet, straight to Zac and said, "I'm glad you noticed my name plate! My name isn't something for you to make fun of. It carries my family's love for me." After saying this, she rode away gracefully on Comet, leaving Zac frozen in place. Bathed in warm sunlight and feeling the breeze against her face, Zahara smiled like sunlit petals, her glistening name shining on Comet.

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into her mind: "I'm going to make my own plate, which is as unique as my name!" That night, she made a sparkling plate with her name "ZAHARA."

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**张恒铭** *With her handmade plate on the bike, Zahara left for school early in the morning.* A gentle breeze kissed her cheeks as she rode Comet with newfound confidence, the golden letters shining brightly in the sun. At the carnival, Zac and his friends were still there. This time, Zahara did not run away. Instead, she held her head high, her eyes full of light. Seeing the beautiful plate, the boys stopped laughing and looked amazed. In that moment, Zahara realized that her name was like a crown—just as unique and wonderful as her beloved Comet.

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The next morning, with her handmade plate on her bike, Zahara left for school early. The plate was made of bright yellow paper, with each letter outlined in red. As she rode to school, she felt a little nervous but also proud. When she arrived, Lily and Chloe ran over. They praised the unique plate and were eager to make one like Zahara's. Just then, Zac walked by. He looked at the yellow plate, his face turning red. "I'm sorry," he said. "It is a really good name!" Zahara nodded with pride. "It is a symbol of my family's love for me, and it is as good as any name—including Zac's, I think."

1.她一回到家，扎哈拉就大喊：“我受够别人总这么叫我扎哈拉了！”

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2.这番话让扎哈拉猛然怔住，陷入了沉思。

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3.一到教室，这块别致又闪闪发光的牌子立刻吸引了同学们的目光。

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4.不等他回应，她便跳上彗星自行车疾驰而去，将那些刻薄的嘲笑远远抛在身后。

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5.骑行途中，一股强烈的自豪感涌上心头。她终于明白，自己的名字是一份美好的馈赠，而非沉重的负担。

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## 应用文解析

### 一、列提纲

#### Para 1（开头）问候+回应来信/引入话题

例：I'm glad to share my favorite way of reading with you.

#### Para 2（主体：方式+理由）

点明方式：My favorite way is reading e-books on my phone.

理由1（便捷）：I can read anytime, anywhere-on the bus or before sleep.

理由2（经济/护眼）：It saves money, and I can adjust the font and brightness.

补充一句（可选，体现How）：

Sometimes I also listen to audio books while doing housework.

#### Para 3（结尾+读者意识）

询问对方：What's your preferred way to read?

期待回复/结束语：Looking forward to your reply.+ Best wishes, Li Hua

#### 注意：体现“读者意识”与“情感价值”

读者意识：Dear Chris,How's everything going?

适当询问对方或表达分享意愿：What about you? I'd love to hear your favorite way.

情感价值：

让Chris感受到你对这种阅读方式的真实喜爱和积极体验，同时也传递阅读的快乐。

使用情感词:I really enjoy.. It makes reading so much easier. I'm amazed by how convenient it is.

分享小故事或习惯:I often listen to audio books while jogging-it's like having a storyteller with me.

## 二、核心词汇与短语

电子书 e-book/ digital book

手机阅读 reading on a smartphone

阅读器 e-reader(e. g., Kindle)

护眼 eye-friendly / protect one's eyes

调亮度 adjust brightness

省钱cost-effective / save money

做笔记 take notes/ highlight

油墨香 smell of ink and paper

纸质书paper book/ printed book

听书 audiobook

便捷性convenience/ portability

调字体adjust font size/ type

夜间模式night mode

免费资源free resources/ public domain books

翻页感 page-turning experience / tactile feel

收藏价值collection value

分散注意力 distracting

多任务处理 multitask

眼睛疲劳 eye strain

沉浸式体验 immersive reading experience

### 三、纸质阅读的好处

提高专注力 improve concentration/ build focus

屏蔽干扰 shut out distractions

更好地保留信息 retain information better

增加词汇量 increase vocabulary

让人放松平静 a relaxing, calming activity

翻页的沙沙声 the whisper of a turning page

一个可以慢下来的地方 a place to slow down

感官的盛宴 a feast of the senses

书在手上的重量 the weight of a book in one's hands

油墨和纸张的气味 the scent of ink and paper

### 四、数字阅读的好处

随时随地阅读 read anytime, anywhere

碎片时间变成阅读时间 turn pockets of time into reading moments

在阅读和听书之间自如切换 switch seamlessly from reading to listening

一本书从不真正离开我 the book never really leaves me

即时访问数千本书 instant access to thousands of books

内置词典，快速查词 built-in dictionary for quick word lookup

有声书让故事鲜活起来 audiobooks make stories come alive

保持动力 stay motivated

### 五、表达选择与理由

纸的引力从未松开过我 the pull of a paper book has never loosened its hold

赢得了我的青睐 has won me over

我最喜欢的是..... What I love most is...

最让我惊喜的 What surprises me most

这个分心时代难得的礼物 a rare gift in our distracted age

任何发光的屏幕都无法复制 no glowing screen can ever replicate

### 范文一

Dear Chris,

Knowing you'd like to know my favorite way of reading, I'm writing to share it with you.

I prefer mobile reading and listening to audio books in my spare time. It is extremely convenient for me to read anytime and anywhere. Besides, various reading resources are available online, which helps broaden my horizons greatly. What's more, listening to books lets me make full use of my fragmented time and relax myself easily.

What about your reading habit? Looking forward to your reply.

Yours,

Li Hua

### 范文二

How is everything going? You recently asked about my preferred reading method given the rising popularity of digital reading.

Personally, I am still strongly attached to traditional paper books. Primarily, holding a physical book and flipping through its pages offers an immersive and tactile experience that screens cannot replicate. Furthermore, unlike mobile phones which constantly interrupt us with notifications, printed books provide a distraction-free environment. This perfectly enables me to concentrate fully and engage in deep thinking.

What about your preference? I'd love to hear your thoughts.

### 范文三

Glad to receive your letter! When it comes to my favorite way of reading, I personally prefer reading on my mobile phone.

The biggest advantage lies in its great convenience. I can enjoy reading anytime and anywhere, whether I'm on the bus, having a break between classes, or relaxing in bed. Besides, it allows me to make full use of my fragmented spare time. There is no need to carry heavy physical books around, because I can keep thousands of electronic books right in

my pocket all the time. What's more, numerous reading apps provide a large number of free book chapters, which makes online reading really cost-effective.

I'm curious about your reading habits as well. Could you share your favorite reading method with me?

#### 范文四

Great to hear from you! When it comes to reading, my favorite way is listening to audiobooks.

The biggest advantage is that it relieves strain on my eyes. After staring at screens for long hours at school, listening to audiobooks is really a wonderful relaxation for my tired eyes. Besides, I can enjoy audiobooks while walking outdoors, doing housework at home, or simply lying in bed to rest. It lets me fully free up my hands and make good use of my fragmented time. What's more, professional narrators can perfectly interpret the stories with their vivid voices, bringing every plot and character to life in a way that silent reading sometimes cannot match.

What about you? I'm really curious about your reading habits, and I'd love to share more ideas with you!

Yours,  
Li Hua

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## Version2 :

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The next morning, with her handmade plate on her bike, Zahara left for school early. The plate was made of bright yellow paper, with each letter outlined in red. As she rode to school, she felt a little nervous but also proud. When she arrived, Lily and Chloe ran over. They praised

the unique plate and were eager to make one like Zahara's. Just then, Zac walked by. He looked at the yellow plate, his face turning red. "I'm sorry," he said. "It is a really good name!" Zahara nodded with pride. "It is a symbol of my family's love for me, and it is as good as any name—including Zac's, I think."

1.她一回到家，扎哈拉就大喊：“我受够别人总这么叫我扎哈拉了！”

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2.这番话让扎哈拉猛然怔住，陷入了沉思。

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3.一到教室，这块别致又闪闪发光的牌子立刻吸引了同学们的目光。

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4.不等他回应，她便跳上彗星自行车疾驰而去，将那些刻薄的嘲笑远远抛在身后。

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5.骑行途中，一股强烈的自豪感涌上心头。她终于明白，自己的名字是一份美好的馈赠，而非沉重的负担。

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