

姓名：\_\_\_\_\_ 班级：\_\_\_\_\_ 日期：\_\_\_\_\_

## 怎样写记叙文？ How to write Narrative Essay

### STEP 1: Interpret question & drafting outline 作文审题与拟大纲

(N Level 2025 Q4)

在朋友的劝说下，你不情愿地报名参加了一个你不感兴趣的活动。

zài péngyou de quànshuō xià, nǐ bù qíngyuàn de bào míng cān jiā le yí ge nǐ bù gǎn xìngqù de huódòng.

但是，在活动结束后，你对这个活动的态度完全改变了。试写出这件事情的经过，以及你的感受。

dànshì, zài huódòng jiéshù hòu, nǐ duì zhège huódòng de tàidù wánquán gǎibiàn le. Shì xiě chū zhè jiàn shìqing de jīngguò, yǐjí nǐ de gǎnshòu.

After being persuaded by your friend, you unwillingly signed up for an activity that you were not interested in. However, after the activity ended, your attitude towards the activity completely changed. Write about what happened and describe your feelings.

### 完成文章

(N Level 2025 Q5)

我在一间非常拥挤的快餐店排队领取点好的食物。

wǒ zài yí jiān fēicháng yōngjǐ de kuàicān diàn páiduì lǐngqǔ diǎn hǎo de shíwù.

当我领到食物，准备离开时，看见有个人在用手机拍视频。

dāng wǒ lǐng dào shíwù, zhǔnbèi líkāi shí, kànjiàn yǒu ge rén zài yòng shǒujī pāi shìpín.

我感到好奇.....

wǒ gǎndào hàoqí.....

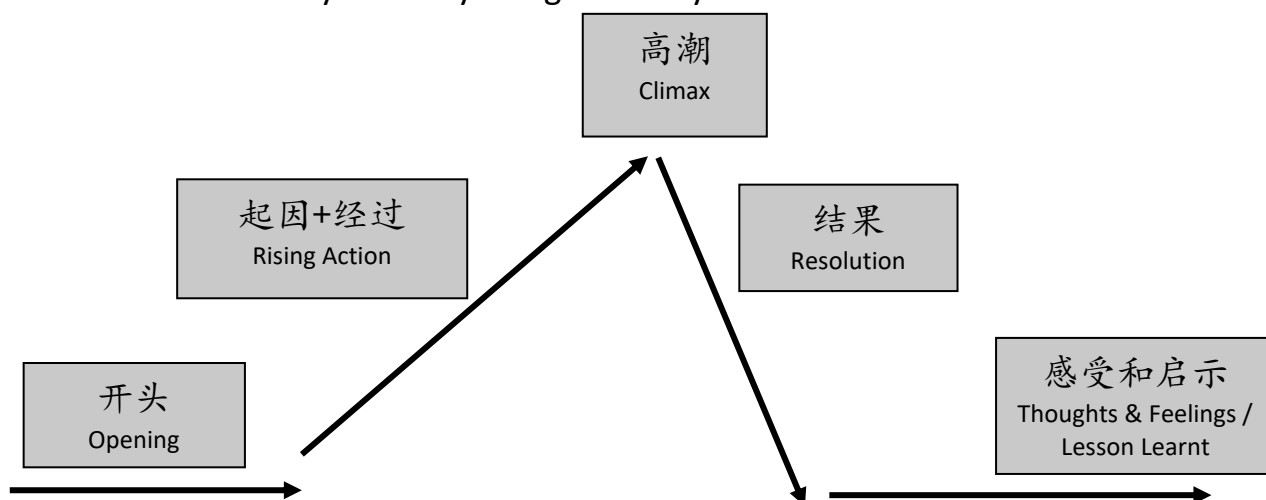
试以上述的文字做开头，完成这篇文章。

shì yǐ shàngshù de wénzì zuò kāitóu, wánchéng zhè piān wénzhāng.

I was queuing up to collect the food I had ordered at a very crowded fast-food restaurant. When I received my food and was about to leave, I saw someone recording a video with his/her mobile phone. I became curious...

Using the above text as the beginning, complete the essay.

Draft the outline of your story using the story mountain.



| Section                                                                                                                     | What to write                                                                                                                                                                                                | Paragraph |
|-----------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|
| <div>开头<br/>Opening</div><br>kāitóu                                                                                         | <b>For Q4:</b> Introduce the setting (where, when, who). Use one of the <u>four opening methods</u> .<br><br><b>For Q5:</b> Copy the opening given in question, but do not copy the last line (instructions) | 1         |
| <div>起因+经过<br/>Rising Action</div><br>qǐyīn + jīngguò                                                                       | What happened? Why did it happen?                                                                                                                                                                            | 2-3       |
| <div>高潮<br/>Climax</div><br>gāocháo                                                                                         | The most exciting/tense/emotional moment. <b>Use descriptive sentences here!</b>                                                                                                                             | 4         |
| <div>结果<br/>Resolution</div><br>jiéguǒ <div>感受和启示<br/>Thoughts &amp; Feelings /<br/>Lesson Learnt</div><br>gǎnshòu + qǐ shì | How did it end? What did you learn?                                                                                                                                                                          | 5         |

## STEP 2: Write your opening 开头 (choose one method)

| 方法 Method                                                               | 例子 Example                                                                                                                                                                                                                                                                                                           |
|-------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>1. 直接点题</p> <p>zhíjiē diǎn tí</p> <p>(Get straight to the point)</p> | <p>这一天，我的好朋友丽丽兴奋地在休息时间跑来找我。她想让我跟她一起报名参加马拉松赛跑。但是，我一点都不感兴趣。</p> <p>zhè yì tiān, wǒ de hǎo péngyou Lìlì xīngfèn de zài xiūxi shíjiān pǎo lái zhǎo wǒ. Tā xiǎng ràng wǒ gēn tā yìqǐ bào míng cān jiā mǎlā sōng sài pǎo. Dànshì, wǒ yì diǎn dōu bù gǎn xìngqù.</p>                                                        |
| <p>2. 说话</p> <p>shuōhuà</p> <p>(Start with dialogue)</p>                | <p>“参加马拉松？开什么玩笑！这么累的活动，我才不要参加呢！”我想也不想就拒绝了好朋友丽丽的邀请。</p> <p>“cān jiā mǎlā sōng? Kāi shénme wánxiào! Zhème lèi de huódòng, wǒ cái bú yào cān jiā ne!” Wǒ xiǎng yě bù xiǎng jiù jùjué le hǎo péngyou Lìlì de yāoqǐng.</p>                                                                                                |
| <p>3. 倒叙</p> <p>dàoxù</p> <p>(Start with a flashback)</p>               | <p>我一向来都是一个文静的人，很少参加体育活动，对运动也不敢兴趣。我万万想不到，一次活动却让我对运动的态度完全改变了。那件事是这样的……</p> <p>wǒ yí xiàng lái dōu shì yí ge wénjìng de rén, hěn shǎo cān jiā tǐyù huódòng, duì yùndòng yě bù gǎn xìngqù. Wǒ wànwàn xiǎng bú dào, yí cì huódòng què ràng wǒ duì yùndòng de tàidù wánquán gǎi biàn le. Nà jiàn shì shì zhèyàng de……</p> |
| <p>4. 发问</p> <p>fāwèn</p> <p>(Start with a question)</p>                | <p>你有没有被朋友劝说，参加了一个你不感兴趣的活动？</p> <p>我有。</p> <p>nǐ yǒu méiyǒu bèi péngyou quànshuō, cān jiā le yí ge nǐ bù gǎn xìngqù de huódòng? Wǒ yǒu.</p>                                                                                                                                                                          |

### STEP 3: Write your climax 高潮 — use ALL 4 types of descriptions

| 描写句 | ①外貌描写<br>wài mào miáo xiě<br>Description of Appearance                                                                                                                                                    | ②行动描写<br>xíng dòng miáo xiě<br>Description of Actions                                                                                                                                                                                                                      | ③语言描写<br>yǔ yán miáo xiě<br>Description of Speech/Dialogues                                                                                                                                                                             | ④心理描写<br>xīn lǐ miáo xiě<br>Description of Thoughts & Feelings                                                                                                                                                                            |
|-----|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|     | Useful phrases to describe                                                                                                                                                                                |                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                           |
|     | <ul style="list-style-type: none"> <li>长得...<br/>zhǎng dé</li> <li>有一张...<br/>yǒu yì zhāng</li> <li>脸上挂着...<br/>liǎn shàng guà zhe</li> <li>笑容看起...<br/>xiào róng kàn qǐ</li> <li>来...<br/>lái</li> </ul> | <ul style="list-style-type: none"> <li>只见他...又...<br/>zhǐ jiàn tā yòu</li> <li>见他...<br/>jiàn tā</li> <li>他举起双...<br/>tā jǔ qǐ shuāng</li> <li>手...<br/>shǒu</li> <li>一转眼...<br/>yì zhuǎn yǎn</li> <li>说时迟，那...<br/>shuō shí chí nà</li> <li>时快...<br/>shí kuài</li> </ul> | <ul style="list-style-type: none"> <li>Adj + 地...<br/>de</li> <li>说：“...”<br/>shuō</li> <li>我听到一把温...<br/>wǒ tīng dào yì bǎ wēn</li> <li>柔的声音，...<br/>róu de shēng yīn</li> <li>轻轻地说...<br/>qīng qīng de shuō</li> <li>“...”</li> </ul> | <ul style="list-style-type: none"> <li>我心想：<br/>wǒ xīn xiǎng</li> <li>“...”</li> <li>“难道...？”<br/>nán dào</li> <li>“与其...不...<br/>yǔ qí bù</li> <li>如...”<br/>rú</li> <li>“不行！我怎...<br/>bù xíng wǒ zěn</li> <li>能...”<br/>néng</li> </ul> |

#### ① 描写人物外貌的佳句 Description of Appearance

| 形容头发 tóufa 的短句<br>hair                                                                                                   |
|--------------------------------------------------------------------------------------------------------------------------|
| 姐姐有一头又黑又亮的披肩长发。<br>My older sister has long, black and shiny hair that falls to her shoulders.                           |
| 妹妹有一头美丽的卷发，像洋娃娃一样。<br>My younger sister has beautiful curly hair, just like a doll.                                      |
| 他刚睡醒，蓬松的头发乱糟糟的，像鸟窝一样。<br>He had just woken up, and his fluffy, messy hair looked like a bird's nest.                     |
| 一位白发苍苍的老奶奶，拎着一大袋水果，上了巴士。<br>An elderly grandmother with completely white hair carried a large bag of fruit onto the bus. |
| 他的头发梳得很整齐，油光发亮。<br>His hair was neatly combed and shiny.                                                                 |
| 他染了一头金发，长长的刘海遮住了半张脸。<br>He dyed his hair blonde, and his long fringe covered half of his face.                           |

| 形容眼睛 yǎnjīng 的短句<br>eyes                                                                                              |
|-----------------------------------------------------------------------------------------------------------------------|
| 爸爸的眼睛布满了血丝，我知道他整晚都没有睡好。<br>My father's eyes were bloodshot. I knew he had not slept well the whole night.             |
| 妈妈那双慈爱的眼睛久久地注视着我。<br>My mother's loving eyes gazed at me for a long time.                                             |
| 弟弟那张圆脸上，一双大眼睛充满天真，也饱含着顽皮。<br>On my younger brother's round face, his big eyes were full of innocence and playfulness. |
| 老师严厉的目光中充满了责备。<br>The teacher's stern gaze was full of blame.                                                         |
| 我两眼呆呆地望着老师，什么话都说不出来。<br>I stared blankly at the teacher and could not say a word.                                     |

| 形容身材 shēncái 的短句<br>body shape                                                                                                                                   |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 我的身形特别矮小，上了中学以后还频频被误认为小学生。<br>I am particularly short and small, and even after entering secondary school, people often mistook me for a primary school student. |
| 她身材苗条，走起路来十分轻盈。<br>She has a slim figure and walks very lightly and gracefully.                                                                                  |
| 他身材魁梧，有宽宽的肩膀、厚实的胸膛。<br>He has a strong, muscular build, with broad shoulders and a solid chest.                                                                  |
| 没想到，长得人高马大、四肢健壮的他，言行举止却像个幼稚的小孩。<br>Unexpectedly, although he was tall and strongly built, his words and actions were like those of an immature child.            |

② 描写人物行动的佳句 xíng dòng Description of Actions

| 形容行走 <b>xíngzǒu</b> 的短句<br><b>walking</b>                                                                                                            |
|------------------------------------------------------------------------------------------------------------------------------------------------------|
| 老婆婆打着雨伞，一步一颠艰难地走着。<br>The old lady walked with difficulty, stumbling along while holding an umbrella.                                                |
| 看着他垂头丧气，步伐缓慢地离开，我真不忍心对他隐瞒真相。<br>Seeing him leave slowly with his head hanging in disappointment, I really could not bear to hide the truth from him. |
| 他的脚受伤了，走起路来一瘸一拐的。<br>His foot was injured, so he walked with a limp.                                                                                 |
| 我拖着疲惫的步伐跟在妈妈后面。<br>I dragged my tired feet and followed behind my mother.                                                                            |
| 情急之下，他一个箭步地跨了过去，用肩膀把对方撞倒在地。<br>In his desperation, he quickly rushed forward and knocked the other person to the ground with his shoulder.           |
| 她踮起脚尖，蹑手蹑脚地慢慢靠近厕所，生怕吵醒了熟睡的宝宝。<br>She tiptoed quietly towards the toilet, afraid that she might wake the sleeping baby.                               |

| 形容跑 <b>pǎo</b> /跳 <b>tiào</b> 的短句<br><b>running/jumping</b>                                                                                                          |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 我使出全身力气奔跑着，耳边风声呼呼，什么也顾不得了，只拼命地跑。<br>I ran with all my strength. The wind whooshed past my ears, and I could think of nothing else except running as fast as I could. |
| 那家伙跑起来如风似电，转眼就不见踪影。<br>That guy ran as fast as the wind and lightning and disappeared in the blink of an eye.                                                        |
| 她像离弦的箭，一下子冲到了终点。<br>She was like an arrow released from a bow and quickly rushed to the finish line.                                                                 |
| 我不管三七二十一，甩掉鞋子，欢呼着扑向大海的怀抱。<br>Without thinking twice, I kicked off my shoes and happily rushed into the embrace of the sea.                                           |
| 他飞起一脚射门，那球在空中划出一道弧线，流星般地射向球门。<br>He kicked the ball towards the goal. The ball traced an arc through the air and shot towards the goal like a shooting star.         |

一听说训育主任来了，同学们像无头苍蝇一样东奔西跑，四处乱窜。  
As soon as they heard that the discipline master had arrived, the students ran around in all directions like headless flies.

**形容手部动作 shǒubù dòngzuò 的短句**  
**hand movements**

我先用抹布把窗户上的灰尘擦干净，然后拎来一桶水，用净水把抹布洗干净。  
First, I used a cloth to wipe the dust off the window. Then I brought over a bucket of water and washed the cloth clean.

妈妈夹起一大块鱼肉，细心地去掉那些鱼刺，然后送到我的碗里。My mother picked up a large piece of fish, carefully removed the bones, and then put it into my bowl.

他“叭”地丢掉笔，“哗哗”地撕掉刚才写的那张纸，气恼地把它丢进垃圾桶。He threw down his pen with a “clack”, tore up the paper he had just written on, and angrily threw it into the rubbish bin.

我从老师手中郑重地接过获奖证书，激动得热泪盈眶。  
I solemnly received the certificate from the teacher, my eyes filling with tears of excitement.

**形容目视 mùshì 的短句**  
**looking**

我狠狠地瞪了那家伙一眼。  
I glared fiercely at that guy.

我偷偷地瞥了女孩一眼.....  
I secretly glanced at the girl...

妈妈从上到下地把我打量了一番，然后整一整我的衣领，满意地说：“真帅气！”  
Mum looked me up and down, then straightened my collar and said happily, “You look so handsome!”

自从那场误会之后，我和文明不再像以前那么亲密，偶尔目光相遇了，双双都迅速低下头去，或者转移视线。  
Ever since that misunderstanding, Wen Ming and I were no longer as close as before. Whenever our eyes met, we would both quickly lower our heads or look away.

|                                                                                                       |
|-------------------------------------------------------------------------------------------------------|
| 他目不转睛地看着老师做实验。                                                                                        |
| He watched the teacher conduct the experiment, without taking his eyes off.                           |
| 课室里 30 多双眼睛盯着老师，聚精会神地听课。                                                                              |
| More than 30 pairs of eyes were fixed on the teacher as the students listened attentively.            |
| 她上课时总是东瞧瞧、西望望，一副漫不经心的样子。                                                                              |
| During lessons, she was always looking here and there, appearing completely careless and inattentive. |
| 她对着窗外望得出神了，似乎有什么心事。                                                                                   |
| She stared out of the window absent-mindedly, as if something was troubling her.                      |

| 形容站起 zhàn qǐ / 坐下 zuò xià 动作的短句<br>standing up / sitting down                                                           |
|-------------------------------------------------------------------------------------------------------------------------|
| 他上了车，一看到有个空位，就一屁股地坐了下来。                                                                                                 |
| When he got on the bus and saw an empty seat, he immediately plopped himself down.                                      |
| 他慌忙地站起来，又翻出裤袋，又拍拍胸前的口袋，却怎么也找不到钥匙。                                                                                       |
| He hurriedly stood up and searched through his trouser pockets and chest pocket, but he simply could not find his keys. |

### ③描写人物语言的佳句 yǔ yán Description of Speech/Dialogues

| 形容吵架 chǎo jià 的短句<br>quarrel/argument                                                                                                                                 |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| “我就知道是你干的！看你做了什么好事！”<br>“I knew it was you! Look at what you've done!”                                                                                                |
| “你根本不了解事情的经过，就不要随便怪我！”我忍不住提高了声音，心中的怒火越烧越旺。<br>“You don't even know what happened, don't you just put the blame on me!” I raised my voice as the rage within me rises. |
| “我都说了不是我做的，你为什么就是不相信我？”我忍不住提高了声音。<br>“I told you that I did not do it. Why don't you believe me?” I can't help but raised my voice.                                   |
| “够了！我不想再听你解释了！”<br>“Enough! I don't want to hear your explanation anymore!”                                                                                           |
| “你每次都只想到自己，从来没有想过我的感受！”<br>“You only think about yourself and never think about my feelings!”                                                                         |
| “你走开！我现在不想看到你！”<br>“Go away! I don't want to see you right now!”                                                                                                      |
| “随便你！以后你爱怎样就怎样！”<br>“Whatever! From now on, do whatever you want!”                                                                                                    |

| 形容对质 duì zhì/背叛 bèi pàn 的短句<br>Confrontation/betrayal                                                                                                                                                                                                      |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| “我一直把你当最好的朋友，你怎么可以这样对我？”我红着眼眶，声音微微发抖，心中充满了失望和委屈。<br>“I've always treated you as my best friend. How could you treat me like this?” My eyes were red, my voice trembled slightly, and my heart was filled with disappointment and a sense of being wronged. |
| “我那么相信你，你为什么要骗我？”<br>“I trusted you so much. Why did you lie to me?”                                                                                                                                                                                       |
| “你为什么要在背后说我的坏话？”<br>“Why did you say bad things about me behind my back?”                                                                                                                                                                                  |

|                                                                         |
|-------------------------------------------------------------------------|
| “亏我一直这么信任你，没想到你竟然背叛我！”                                                  |
| “I trusted you so much, and I never thought you would betray me!”       |
| “你明明答应过我要保守秘密，为什么又反悔？”                                                  |
| “You promised me to keep the secret. Why did you go back on your word?” |
| “原来我一直都看错你了！”                                                           |
| “It turns out I was wrong about you all along!”                         |

| 形容劝告 <b>quàn gào</b> 的短句<br><b>persuade/advice/warn</b>                                                                     |
|-----------------------------------------------------------------------------------------------------------------------------|
| “你冷静下来想一想，事情变成这样，你有错吗？”爸爸平静地问。                                                                                              |
| “Calm down and think about it. Don't you think you were partly at fault for things turning out this way?” Dad asked calmly. |
| “你刚才是不是太冲动了？你这样对爸爸说话，会让他伤心的。”妈妈苦口婆心地劝说。                                                                                     |
| “Were you being too impulsive just now? Speaking to Dad like that will hurt his feelings,” Mum advised earnestly.           |
| “你先别急，事情还没有弄清楚，不要随便下结论。”                                                                                                    |
| “Don't rush. We haven't found out what happened yet, so don't jump to conclusions.”                                         |
| “你应该先听听他的解释，也许事情不是你想的那样。”                                                                                                   |
| “You should listen to his explanation first. Maybe things aren't what you think.”                                           |
| “不要因为一时的生气，说出伤人的话。等大家冷静下来，再好好沟通吧？”                                                                                          |
| “Don't say hurtful words in a moment of anger. Let's all cool down, and talk again?”                                        |
| “我们都是一家人，有什么事情不能好好说吗？”                                                                                                      |
| “We're all family. Is there anything we can't talk about calmly?”                                                           |
| “朋友之间有什么误会，说清楚就好了，不要为了小事伤了感情。”                                                                                              |
| “If there is a misunderstanding between friends, just talk it out. Don't hurt the friendship over a small matter.”          |

| 形容鼓励 <b>gǔ lì</b> 的短句<br><b>encouragement</b>           |
|---------------------------------------------------------|
| “人生不可能一帆风顺，遇到困难并不可怕，只要勇敢面对，就一定能够克服！”妈妈轻轻拍了拍我的肩膀，微笑着鼓励我。 |

|                                                                                                                                                                                                           |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>"Life cannot always be smooth sailing. Difficulties are not something to fear; as long as we face them bravely, we can overcome them!" Mum patted me on my shoulders, and smiled in encouragement.</p> |
| <p>“相信自己，勇敢地去试一试吧！”朋友握着我的手，坚定地说道。<br/>"Believe in yourself and be brave enough to give it a try!" my friend said, holding my hand firmly.</p>                                                             |
| <p>“别灰心，再试一次，你一定可以的！”<br/>"Don't lose heart. Try again. You can do it!"</p>                                                                                                                               |
| <p>“失败并不可怕，重要的是你不要放弃！”<br/>"Failure isn't scary. What's important is that you don't give up!"</p>                                                                                                         |
| <p>“你已经做得很好了，不要怀疑自己！”<br/>"You've already done very well. Don't doubt yourself!"</p>                                                                                                                      |
| <p>“别担心，我会一直陪着你的。”他温柔地安慰我。<br/>"Don't worry, I will always be with you," he comforted me gently.</p>                                                                                                      |

#### ④描写人物心理的佳句 xīn lǐ Description of Thoughts & Feelings

| 形容伤心/难过 shāngxīn / nánguò 的短句<br>sadness                                                                                                             |
|------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>我伤心地哭着，泪水像断了线的珍珠/像明亮的露珠一般滚落下来。<br/>I cried sadly as tears rolled down like pearls falling from a broken string / like bright dewdrops.</p>        |
| <p>他说着说着，伤心的泪水从眼角流了出来，顺着脸颊滑落。<br/>As he spoke, sad tears flowed from the corners of his eyes and rolled down his cheeks.</p>                         |
| <p>话还没说完，他的眼眶泛红，声音哽咽，再也说不下去了。<br/>Before he could finish speaking, his eyes became red and his voice choked with emotion. He could not continue.</p> |
| <p>难言的痛苦，像一把利刀刺向我的心。<br/>The indescribable pain felt like a sharp knife stabbing my heart.</p>                                                       |
| <p>心里沉甸甸的，像是压着千斤中的大石头。<br/>My heart felt extremely heavy, as if it were being crushed by a huge rock weighing a thousand tons.</p>                   |
| <p>投入母亲怀里，我不禁放声大哭。<br/>I threw myself into my mother's arms and could not help crying loudly.</p>                                                    |

| 形容生气 shēngqì 的短句<br>anger                                                                                                                |
|------------------------------------------------------------------------------------------------------------------------------------------|
| 他把牙齿咬得“格格”作响，眼里闪着怒火，好似一头被激怒的狮子。<br>He clenched his teeth angrily, his eyes burning with rage like an enraged lion.                       |
| 他听后，脸色一变，像晴朗的天空骤然布满了乌云。<br>After hearing this, his expression suddenly changed, like a clear sky suddenly covered with dark clouds.      |
| 他听了，一皱眉，一股怒火不由得从两肋窜了上来。<br>After hearing this, he frowned, and a wave of anger rose uncontrollably inside him.                           |
| 他什么也没说，只是严厉地瞪着我们看，那眼神简直就像要射出火光来了。<br>He said nothing and simply glared at us sternly. His eyes seemed as if they could shoot out flames. |
| 他怒骂的声音像沉雷一样滚动着，传得很远很远。<br>His angry shouting rolled like thunder and could be heard from far away.                                       |
| 他气势汹汹地走过来，眼睛里闪烁着无法遏止的怒火。<br>He stormed over angrily, his eyes flashing with uncontrollable rage.                                         |
| 心中的怒火，像一下子从火山口中喷发出来的熔浆。<br>The anger in my heart was like lava suddenly erupting from a volcano.                                         |
| 心中的怒火，像一团火球在胸膛乱滚。<br>The anger in my heart was like a ball of fire rolling wildly inside my chest.                                       |

| 形容心急 xīnjí 的短句<br>anxiety/impatience                                                                                                                      |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------|
| 他守在医院手术室外，不停地徘徊。<br>He waited outside the hospital operating room, pacing back and forth.                                                                 |
| 我的心跳加速，好像心里有个小球跳来跳去。<br>My heartbeat quickened, as if there were a little ball jumping around inside my heart.                                            |
| 眼看快要迟到了，我的心急得像着了火似的。<br>I was about to be late, and I was so anxious that it felt like my heart was on fire.                                              |
| 随着轰隆隆的爆炸声一声声地炸开，大家急得像热锅上的蚂蚁，四处乱窜。<br>As the loud explosions continued, everyone became as anxious as ants on a hot pan, running around in all directions. |

| 形容紧 jǐnzhāng 的短句<br>nervousness                                                                                                                              |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 我紧张得张着嘴，说不出一句话。<br>I was so nervous that I could only open my mouth and could not say a word.                                                                |
| 我的心怦怦直跳，就像十五个吊桶打水——七上八下。<br>My heart was pounding, and I felt extremely nervous and uneasy.                                                                  |
| 我不敢抬头，额头上汗水直冒，手却是冰冷的。<br>I did not dare to raise my head. Sweat poured from my forehead, while my hands were cold.                                           |
| 随着老师脚步声的逼近，我那颗忐忑不安的心越跳越快，像打鼓似的“咚咚”响。<br>As the sound of the teacher's footsteps came closer, my nervous heart beats faster and faster, thumping like a drum. |

| 形容害怕 hàipà 的短句<br>fear                                                                                                                         |
|------------------------------------------------------------------------------------------------------------------------------------------------|
| 我吓得脸青唇白，浑身发抖，站都站不稳。<br>I was so frightened that my face turned pale, my whole body trembled, and I could barely stand.                         |
| 我吓得面如土色，半天说不出话来。<br>I was so frightened that my face turned as pale as earth, and I could not speak for a long time.                           |
| 我的心怦怦直跳，手心也冒出了冷汗。<br>My heart pounded, and my palms broke out in a cold sweat.                                                                 |
| 我的大脑一片空白，一心只想赶快离开这样地方。<br>My mind went completely blank, and all I wanted was to leave this place quickly.                                     |
| 我屏住呼吸，身体微微发抖，紧张地望着眼前的一切。<br>I held my breath, my body trembling slightly as I nervously stared at everything before me.                        |
| 爸爸突然问起这件事，我做贼心虚，目光闪烁，不敢直视他的眼睛。<br>When Dad suddenly asked about the matter, I felt guilty and nervous, my eyes shifting as I avoided his gaze. |

| 形容吃惊 chījīng 的短句<br>surprise/shock                                                                        |
|-----------------------------------------------------------------------------------------------------------|
| 听了这个消息后，他的脸色变了，眼珠子都鼓起来了。<br>After hearing the news, his expression changed and his eyes widened in shock. |
| 目睹这一情景，我惊讶得目瞪口呆。<br>After witnessing this scene, I was so surprised that I was completely stunned.        |
| 我的脸变得像纸一样白，眼睛瞪得圆圆的。<br>My face became as white as paper, and my eyes opened wide.                         |

| 形容羞愧 xiūkuì 的短句<br>embarrassment/shame                                                                                                                                               |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 我羞愧得无地自容，恨不得找个地缝钻进去。<br>I was so ashamed that I wished I could find a crack in the ground to hide in.                                                                                |
| 他羞红脸了，头低低的，不敢看别人的眼睛。<br>His face turned red with embarrassment. He lowered his head and did not dare to look others in the eye.                                                      |
| 他侧转着脸，没有勇气看妹妹一眼。<br>He turned his face away and did not have the courage to look at his younger sister.                                                                              |
| 我觉得我的脸好烫，就像发高烧一样。<br>My face felt so hot, as if I had a high fever.                                                                                                                  |
| 她的头轻轻地垂着，眼角上闪着泪光。<br>She gently lowered her head, with tears glistening in the corners of her eyes.                                                                                  |
| 老师的眼睛射出严厉的目光，扎得我抬不起头来。<br>The teacher's stern gaze made me so ashamed that I could not raise my head.                                                                                |
| 每次看到弟弟腿上的疤痕，一股愧疚感就会涌上心头。<br>Every time I see the scar on younger brother's leg, a wave of guilt washed over me.                                                                      |
| 想到自己伤害了朋友，我一直责怪自己，心里充满了愧疚。<br>Thinking about the hurt I have caused my friend, I kept blaming myself, and my heart was filled with guilt.                                            |
| 事情已经发生了，我感到十分后悔。可惜世上没有后悔药，我只能吸取教训。<br>The matter had already happened, and I deeply regretted it. Unfortunately, there is no cure for regret, so I could only learn from my mistake. |

| 形容失望 shīwàng 的短句<br>disappointment                                                                                                                                                  |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 看了考卷上的分数，我的心顿时冷了半截。<br>When I saw the marks on my exam paper, my heart sank.                                                                                                        |
| 唯一的希望破灭了，他像泄了气的气球，瘫坐在地上。<br>His only hope was gone. Like a deflated balloon, he collapsed onto the ground.                                                                          |
| 妈妈的眼神里尽是失望，她微微地叹了一口气，呆滞的目光空空地远望。<br>My mother's eyes were filled with disappointment. She sighed softly and stared blankly into the distance.                                       |
| 我的满腔热情换来的竟是他冰冷的态度，就像一盆冷水浇在我头上，凉到心底。<br>All my enthusiasm was met with his cold attitude. It felt like a basin of cold water had been poured over my head, chilling me to the heart. |

| 形容犹豫 yóuyù 的短句<br>hesitation                                                                                                                                                                                |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 我犹豫了一会儿，不知道该不该接受他的帮助。<br>I hesitated for a while, unsure whether I should accept his help.                                                                                                                  |
| 我当时就像举着的棋子放不下来，怎么也拿不定主意。<br>At that moment, I was like a raised chess piece unplaced, completely unable to make up my mind.                                                                                 |
| 我在房间里踱来踱去，心里不停地嘀咕着：“到底要说，还是不说？”<br>I paced back and forth in the room, constantly wondering to myself, "Should I say it or not?"                                                                            |
| 我心里十分矛盾，不知道该怎么办。<br>I felt very conflicted and didn't know what to do.                                                                                                                                      |
| 我一方面很想向朋友道歉，另一方面又觉得自己没有做错，心里十分矛盾。<br><b>On the one hand</b> , I really wanted to apologize to my friend, <b>but on the other hand</b> , I felt that I hadn't done anything wrong, so I was very conflicted. |
| 我一方面想帮助他，另一方面却害怕惹上麻烦。<br><b>On the one hand</b> , I wanted to help him, <b>but on the other hand</b> , I was afraid of getting into trouble.                                                                |

| 形容开心 kāixīn 的短句<br>happiness                                                                                                                 |
|----------------------------------------------------------------------------------------------------------------------------------------------|
| 心里乐开了花/心里美滋滋的/一颗心像吃了蜜糖一样甜。<br>My heart was blooming with happiness / I felt extremely happy / My heart was as sweet as if I had eaten honey. |
| 我高兴地大笑，就像皮鞋裂了线一样，两只眼睛眯成了一条线。<br>I laughed happily, like the cracks of a leather shoe, my eyes narrowing into slits.                          |
| 听到这个消息，我顿时喜出望外，脸上露出了开心的笑容。<br>When I heard the news, I was pleasantly surprised and broke into a happy smile.                                |
| 我抑制不住喜悦的心情，像只小袋鼠高兴地蹦了起来。<br>I could not contain my happiness and jumped up excitedly like a little kangaroo.                                 |
| 我大喜过望，脚下仿佛踩着一朵幸福的云。<br>I was overjoyed, as if I were walking on a cloud of happiness.                                                        |

| 形容轻松 qīng sōng 的短句<br>relaxed/relieved                                                                                                           |
|--------------------------------------------------------------------------------------------------------------------------------------------------|
| 我的心情轻松自在，就像迎着海风飞驰的帆船一样轻快。<br>I felt relaxed and carefree, as light and happy as a sailboat speeding along with the sea breeze.                   |
| 听着轻柔的音乐，我的内心心如止水，没有了烦恼。<br>Listening to soft music, my heart became calm and free from worries.                                                  |
| 考试结束后，我感觉像所有的包袱都落地了，整个人都轻松了下来。<br>After the exam ended, I felt as if all my burdens had been put down, and I became relaxed.                     |
| 我长长地舒了一口气，感觉所有的压力都消失了，整个人轻松自在。<br>I heaved a sigh of relieve, all the stresses disappeared, I feel free and light.                               |
| 比赛结束后，我如释重负，终于可以好好休息了。<br>After the competition ended, I felt relieved and could finally have a good rest.                                       |
| 忙碌了一整天后，我终于完成了所有的工作，顿时松了一口气，整个人都轻松自在了。<br>After a busy day, I finally finished all my work and immediately felt relieved and completely at ease. |

| 形容感激 gǎn jī 的短句<br>grateful                                                                                                       |
|-----------------------------------------------------------------------------------------------------------------------------------|
| 想到父母一直以来对我的照顾，我心存感激。<br>Thinking about how my parents have always cared for me, I feel grateful.                                  |
| 在我最困难的时候，朋友一直陪伴着我，我对此感激不尽。<br>My friend stayed by my side when I was going through a difficult time, and I am extremely grateful. |
| 老师的鼓励让我感动不已，也让我更加有信心面对困难。<br>My teacher's encouragement deeply moved me and gave me more confidence to face difficulties.         |
| 那一刻，我的眼眶湿润了，心中充满了感动与感激。<br>At that moment, my eyes became moist, and my heart was filled with emotion and gratitude.              |
| 听到他愿意原谅我，我感动得热泪盈眶。<br>When I heard that he was willing to forgive me, I was so moved that tears filled my eyes.                   |
| 我紧紧握住他的手，感激地说道：“谢谢你的礼物，我一定会好好珍惜。”<br>I held his hand tightly and gratefully said, "Thank you for the gift, I will cherish it."    |
| 我向老师深深地鞠了一躬，感激的泪水不禁流了下来。<br>I bowed deeply to my teacher, tears of gratitude streamed down my face.                               |

| 形容难忘 nánwàng 的短句<br>unforgettable                                                                                                      |
|----------------------------------------------------------------------------------------------------------------------------------------|
| 这件事将永远珍藏在我心中/这件事已深深地烙印在我心中。<br>I will treasure this incident in my heart forever / This incident has been deeply engraved in my heart. |
| 他的身影总是在我脑海中浮现，像电影一样一幕幕地回放。<br>His image always appears in my mind, replaying scene by scene like a movie.                              |
| 虽然钟表可以将时间调回原点，却无法回到过去。<br>Although a clock can be turned back to its starting point, we can never return to the past.                  |

## **STEP 4: Write your ending paragraph – use 抒情句 & 议论句**

**抒情句 shūqíng jù** (Feeling sentence — use "！")

→ Express how you feel about what happened.

Examples:

|                                                                                   |
|-----------------------------------------------------------------------------------|
| 这次的误会如同一场恶梦，我真的不希望它再次发生！                                                          |
| This misunderstanding was like a nightmare, I really hope it never happens again! |
| 朋友的帮助让我感动不已，我一定会把这份感激铭记在心！                                                        |
| My friend's help deeply touched me, and I will always remember this gratitude!    |
| 想到这件事，我的心里至今仍然感到十分温暖！                                                             |
| Thinking about this incident, I still feel very warm inside!                      |

**议论句 yìlùn jù** (Lesson sentence — use “这件事让我明白...”)

→ Express the moral of the story, lesson learnt, important values.

Examples:

|                                                                                                                                                         |
|---------------------------------------------------------------------------------------------------------------------------------------------------------|
| 这件事让我明白，做错事情就应该勇敢承认错误。                                                                                                                                  |
| This taught me that we should bravely admit our mistakes.                                                                                               |
| 这件事让我明白，人与人之间应该互相理解和尊重。                                                                                                                                 |
| This taught me that people should understand and respect one another.                                                                                   |
| 这件事让我明白，朋友之间应该坦诚相对，不要因为误会而伤害彼此。                                                                                                                         |
| This taught me that friends should be honest with each other and not hurt one another because of misunderstandings.                                     |
| 这件事让我明白，说话之前应该三思而后行。                                                                                                                                    |
| This taught me that we should think carefully before speaking.                                                                                          |
| 这件事让我明白，帮助别人也能给自己带来快乐。                                                                                                                                  |
| This taught me that helping others can also bring us happiness.                                                                                         |
| 这件事让我明白，我们应该珍惜身边的亲人和朋友。                                                                                                                                 |
| This taught me that we should treasure our family and friends.                                                                                          |
| 这件事让我明白，别人的原谅并不是理所当然的，我们应该珍惜这份宽容，并努力成为更好的人。                                                                                                             |
| This taught me that other people's forgiveness should never be taken for granted. We should treasure their kindness and strive to become better people. |

