

话题写作：运动与健康（功能类型：推荐信）

假设你是红星中学高三学生李华。你班交换生 Jim 打算利用寒假在家锻炼身体，发来邮件向你咨询。请你给他写一封回信，内容包括：

1. 推荐一款 app 和推荐理由；
2. 给出运动建议。

Possible Beginnings:

Glad to hear from you! Learning that you're planning to exercise at home during winter vacation, I'm very willing to recommend an app to you and give you some advice on how to exercise.

Possible Endings:

Hope my tips can be of some help to you. Wish you a meaningful holiday along with workouts.

Body parts:

要点 1: 推荐一款 App 和推荐理由:

- Among all the fitness apps I've tried, Keep is definitely the best.
- having a variety of functions / training courses
  - It is highly recommended for its large number of training videos, meeting the need of users of all levels.

keep track of your progress

As for best workout apps, "Keep" definitely tops the list.

- providing personalized training plans
- Not only can it schedule a personal exercise plan based on your needs, but it can also offer immediate instructions to correct your motions.

要点 2: 给出运动建议

- Here are a few tips you should keep in mind while working out.
- As for suggestions on exercising at home, I think you'd better ... may ...
- Since I'm also keen on indoor exercise, there are some suggestions I'd like to share with you.



2024 届高三英语话题写作：运动与健康（推荐信）

### Possible Version 1

Dear Jim,

Knowing that you plan to do exercise at home during the winter vacation, I'm writing to recommend an app called Keep.

Keep has various functions customized for users of all levels. Keep provides ~~various teaching videos for users of all levels~~, so I think the app is your best choice. First, your time of exercise will be recorded, from which you'll know whether you get enough exercise. Besides, since Keep also serves as an online community, it will be easy for you to know more people with the same exercise hobby as yours.

When you do exercise, I suggest you wear a pair of sneakers, which helps you avoid injuries. Then, don't forget to do stretching after your exercise, as too hard training may get your body hurt. Please do it properly.

I do hope this app can be of help to you. Wish you success in achieving your target in exercising.

Yours,

Li Hua

proper time, suitable plan,  
don't be too exhausted,  
do some warm-ups.

(141 words)

### Possible Version 2

Dear Jim,

Glad to hear from you. Learning about your plan to do some exercise at home during the winter vacation, I am more than delighted to help you prepare for it.

What I strongly recommend to you is the app Codoon. It is committed to providing one-stop sports solutions including fitness teaching and fitness diet guidance, which means it is scientific and all-round. Also, after assessing your current physical condition, it can recommend to you appropriate exercise plans which are tailored to your needs.

To get a good start, let me offer you some tips. First, do not push yourself beyond your limit at the beginning, or else you may find it hard to continue. Besides, try to follow the plan the app has customized for you, since only through persistent exercise can you really work out.

What do you think? Looking forward to your reply!

Yours,

Li Hua

(145 words)



Useful Expressions (推荐寒假活动并提醒注意事项):

1. 提到振奋人心的活动 speaking of fascinating activities
2. 闪现在我脑海 flash into my mind
3. 参观即将到来的展览 visit the upcoming exhibition
4. 欣赏参展的珍贵品的魅力 appreciate the beauty of the great treasures on display
5. 探索中国文化的魅力 explore the glamour / charm of Chinese culture
6. 享受雪景 enjoy the snow scenes
7. 拥有广博的中国历史知识 have an extensive knowledge of Chinese history
8. 使你自己沉浸在...的气氛中 immerse yourself in the atmosphere of...
9. 在农历 12 月 29 这天 on the 29th day of the twelfth lunar month
10. 象征团结和好运 stand for unity and good luck
11. 激起你的兴趣 arouse your interest ★
12. 穿件厚外套 wear a thick coat
13. 提前订票/提前预约 book the ticket / make a reservation in advance
14. 在官网查阅更多信息 check the official website for more information
15. 戴上/摘下口罩 wear / take off face masks
16. 请求同意 ask for permission
17. (听起来) 吸引你 sound appealing / appeal to you
18. 既然你一直都对中国文化很感兴趣, 我强烈推荐你参观即将到来的春节期间的展览。

Since you have long been interested in Chinese culture, I strongly recommend you to visit the upcoming exhibition on Spring Festival.

19. 冬天是北京最吸引人的季节, 有很多活动可以参加。

Winter is the most attractive season in Beijing and there are various activities to enjoy.

20. 我很乐意向你推荐元宵节展览, 我觉得很值得去参观。

I'm more than willing to recommend the Lantern Festival exhibition to you, which I think is well worth a visit.

21. 你能学到很多中国历史知识, 还能完全沉浸在庆祝春节的气氛当中。

You can have an extensive knowledge of Chinese history and totally immerse yourself in the atmosphere of observing the Spring Festival.

22. 你不仅可以和老师们一起包饺子, 还能制作象征团结和好运的中国结。

Not only can you make dumplings with teachers, but also you can make Chinese knot that stands for unity and good luck.



Date:

Title:

23. 从京剧表演到传统中国小吃，总有能激起你兴趣的东西。

From the performances of Peking Opera to traditional Chinese snacks, there is always something that may arouse your interest.

24. 你不能错过这个展览，因为它是博物馆史上第一次在晚上开放。

You should not miss the exhibition because it's the first time in its history that the museum will open at night!

25. 既然这个展览很受欢迎，你最好提前在网上预约。

Since the exhibition is very popular, you'd better book the ticket online in advance.

26. 此外，你还可以上官网查阅更多关于这个展览的信息，这样你能制定个计划，优先安排你想看的展品。

Besides, you can check the official website for more information about the exhibition, so that you can develop a plan and prioritize the exhibits you want to see.

27. 尽管很有趣很吸引人，但是北京的冬天很冷，更别提我们将在冰上活动。

Fun and amazing as it is, the winter in Beijing is very freezing, not to mention we will be on ice.

28. 希望我的推荐对你有帮助。祝你节日愉快！

I hope my recommendation can be of some help to you. Wish you a happy holiday.

29. 听起来很吸引人，对吧？希望你喜欢。祝你假期愉快！

Sounds appealing, doesn't it? Hope you like it. Wish you a happy vacation!



假设你是红星中学高三学生李华。你班的英国交换生 Jim 打算留在北京过寒假，写信向你询问寒假期间可以参加的活动。请给他回封邮件，内容包括：

1. 推荐的活动；
2. 提醒注意事项。

### Possible Version 1

Glad to hear that you'll spend the winter vacation in Beijing. Since you have long been interested in Chinese culture, I strongly recommend you to visit the upcoming exhibition on Spring Festival.

The exhibition "Celebrating the Spring Festival in the Forbidden City" is open from January to March. There you can experience how the royal family celebrated the Spring Festival. In addition, you can appreciate the beauty of the great treasures on display, which will offer you a great chance to explore the Chinese culture.

Since the exhibition is very popular, you'd better book the ticket online in advance. Besides, you can check the official website for more information about the exhibition, so that you can develop a plan and prioritize the exhibits you want to see.

I hope my recommendation can be of some help to you. Wish you a happy holiday. (143 words)

### Possible Version 2

Glad to hear that you are staying in Beijing for your winter vacation! I'm writing to recommend to you some activities you can participate in.

Winter is the most attractive season in Beijing and there are various activities to enjoy. Among them, I highly recommend you to visit "the Spring Festival Exhibition" in the National Museum, where you can learn about our holiday traditions and even experience some of them. As for outdoor activities, you can go skiing in the mountains and enjoy the snow scenes.

While participating in these activities, there are things you need to pay attention to. At the museum, you need to wear facial masks and remain quiet while enjoying the exhibitions. Also, remember to ask for permission before taking pictures. If you plan to go skiing, make sure to bring enough clothes since it's going to be very cold!

Sounds appealing, doesn't it? Hope you like it. Wish you a happy vacation! (157 words)

### Possible Version 3

It's great to hear that you are going to spend your winter holiday in Beijing!

Knowing that you are fascinated by Chinese traditional culture, I recommend you to go to MiaoHui, which is held to celebrate the Spring Festival every year. From the performances of Peking Opera to traditional Chinese snacks, there is always something that may arouse your interest. Participating in this activity, you will receive a wealth of experience and exposure to traditional Chinese culture, which is why I consider MiaoHui an ideal activity for you.

Since the weather of Beijing during the winter holiday can be pretty cold, you'd better go to MiaoHui in the afternoon when the sun is high and the air is warm. And don't forget to put on some warm clothes.

Hope my recommendation can be helpful. If there's anything else I can do for you, just drop me a line.

(148 words)



## 书面表达第一节:

43. Besides what is mentioned in the passage, what do you think of the movement of Flygskam?

(In about 40 words)

## Possible versions:

## Positive:

1. (4/4.5) I think the movement of Flygskam reflects the increasing environmental awareness and a sense of responsibility of the public. It's an action to express care and gratitude for our planet. It urges people to take action themselves to help preserve the environment and will contribute to a better world. (49 words)

2. (4 分) I think it is reasonable. It encourages people to use more environmentally friendly transportation than airplanes, so it may help to limit the expansion of the aviation. This can help to cut down the global emission and then offer us a better environment. Even a small step that improves our environment matters. (52 words by Class 1 盛仁杰)

3. (4 分) I think the movement of Flygskam is reasonable. Since the environment is being damaged by human activities, we need a movement like "Flygskam" to raise people's awareness of protecting the Earth. Besides, this movement can also force airlines to figure out environmentally friendly solutions to the problems. (47 words by Class 1 李玥莹)

4. (4 分) The movement of Flygskam is worthwhile. Not only can it raise social awareness to the pollution caused by flights, but it can also stress the importance on global environment problems. Flygskam sets up a platform for those who try to be of some help to the earth. (47 words by Class 5 陈励晶)

5. (4 分) I think the movement has a positive impact on environmental protection. First, it successfully raised people's awareness on reducing emissions and engaged more people in the protecting activities, which will be of some benefits to the earth; Second, it reminds us of rethinking about our living style, helping us change into greener living habits. (54 words by Class 13 张雨萌)

## Negative:

1. (4 分) I think the movement of Flygskam is unacceptable. First, the declining of numbers people taking planes forces airplane companies to lay off workers, which will make thousands of pilots unemployed. Second, abandoning the aviation will make business trips more time-consuming and less efficient, resulting in a slower growth of world economy. (51 words)

2. (4 分) It's not convincing. It is development that keeps related technologies advancing and thus improves fuel-efficiency and other aspects to reduce pollution. By simply encouraging not



to take flights, airlines will make less profit and less investment in technological advancement will in turn leave pollution an unsolved problem. (47 words by Class 1 王宇腾)

3. (3.5) I think the movement of Flygskam is unnecessary. On the one hand, airplane is an important transportation, which allows us to travel around the world quickly; on the other hand, when people choose to travel by plane, airlines get profits, which promotes the growing of economy. (46 words by Class 8 李有媛)

**Neutral:**

1. (4分) I think this movement has both advantages and disadvantages. On one hand, the movement calls on people to fight against pollution by changing their way of travelling. On the other hand, the movement places embarrassment onto the passengers while it doesn't help to improve the technologies for production. (48 words by Class 12 张未然)

2. (4分) I think the movement of Flygskam is necessary as it stresses the negative impact of flying on the environment and it raises the awareness of people to fly less. However, hoping many people to accept it is impossible, as the aviation is one of the most important means of transport we use today. (53 words by Class 13 段美文)

**书面表达第二节:**

假设你是红星中学高三学生李华。你的英国好友 Jim 给你发邮件分享了他的新年计划，并询问你在新的一年里除学业之外有何打算。请你用英文给他回复，内容包括：

- 1. 你最想做的事; 这一年!
- 2. 说明其原因。

→ 对“我”的意义。(这篇文章特有的)

**Possible version:**

It's great to hear from you and thank you for sharing your New Year's plans with me. Regarding myself, there are two things I am most eager to pursue in the upcoming year other than my studies.

Fristly, I plan to take up my old hobby of writing and write a book about the struggles and dreams of my teenage years. It will not only fulfill my passion for writing but also serve as a memoir of my youth. Secondly, I want to challenge myself to become stronger and fitter by joining a sports club or just incorporating daily workouts into my routine. I believe that investing in my physical health will positively impact all aspects of my life.

Take care and Happy New Year!

(125 words)





Date:

Title:

Dear Jim,

Nice to hear from you! It seems that you're going to have a meaningful new year and I also have my own plan for the coming year.

When it comes to new year's plans, reading traditional poems tops the list. Although I've always been appealed to Chinese poems, I ~~often~~ study it for my exams, so I can't really enjoy them. Since I'll go through my entrance exam to the college next year and I'll have plenty of time after that, I'm going to read more poems for fun. What's more, I'm sure that I can get an up-close look into the ancient world from the works of famous poets, such as Li Bai, Du Fu, which can give me a real taste of Chinese culture.





高三下英语作文素材 (统练一 海淀期末 2024)

假设你是红星中学学生会主席李华。你校将在春节期间举行中外学生联欢会。请你用英文写一封邮件通知交换生，内容包括：

1. 目的与安排；
2. 报名方式。

Possible version 1

Dear friends,

I am Li Hua, President of the Student Union. I am so glad to inform you of the upcoming Students' Party, where local and international students will have a wonderful time.

This cultural event aims to create a warm Spring Festival experience and foster cultural exchange. Scheduled to be held in our school auditorium from 19:00 to 21:00 on February 4, it features traditional Chinese dances and folk instrument performances. In addition, you can enjoy making and tasting jiaozi, a unique delicacy representing the festival's essence. It is worth mentioning that there is also a section for you to give performances reflecting your unique cultures.

Welcome to join us and feel the festive atmosphere! To sign up, please contact us via email at party2024@hx.edu.cn by February 2.

Sincerely,  
Li Hua

活动介绍少用人做主语  
多用非谓/从句!!!

Possible version 2

Dear friends,

As the president of the Student Union, I am thrilled to share with you the upcoming Students' Party, where local and international students will unite to celebrate the Spring Festival in the hall at 7:00 p.m. on February 4th.

This party aims to foster closer bonds and enhance mutual understanding among students. It will commence with a traditional Chinese dragon dance, a symbol of good luck, followed by a western band performance filled with joyful melodies to set the celebratory tone. Then, a team puzzle-solving game will challenge you and your teammates, calling for collective intelligence and cooperation. The evening will culminate/end in a rousing chorus of "Auld Lang Syne" (友谊地久天长) by all students, wrapping up the event on a memorable note.

To ensure your spot, please complete the attached form by February 2nd. Your participation is integral to making this night unforgettable.

We eagerly anticipate your enthusiastic involvement.

Sincerely,  
Lihua



5.22

Students' version:

▲第二节 (20分)

I am Li Hua from Hong Xing High School, writing to inform you that a party <sup>in our school</sup> for our students will be held during the Spring Festival.

This party aims to strengthen the ties between us from different nations.

As the Spring Festival represents prosperity, reunion and new hope for the future, it is a vehicle for knowing each other. Lanterns and festoons will be decorated to increase the atmosphere. As for the arrangement, the main stage is ready for talent show

regarding the festival. You will <sup>also</sup> guess the riddle on the lanterns and win <sup>special gifts</sup> for prizes.

Besides, <sup>there will be</sup> a part called "Let's say hello to 2024" where you can send wishes to "your 2024" and others. Other fun activities to closely knit us are also prepared

The activity <sup>is on</sup> ~~start~~ next Friday in the school's playground. You can sign up for it through our school's online website, ~~as well as through~~

I hope this can be a chance to connect us. I am looking forward to your coming.

**Purpose:**

❖ To improve the mutual understanding of different cultures between Chinese and international students.

e.g. Through diverse activities like gala performances, food sharing, knowledge competitions, literary and artistic exhibitions, etc. on Chinese and foreign cultures, Chinese and international students will improve mutual understanding of different cultures.

❖ To enhance the understanding of Chinese culture between Chinese and international students.

e.g. At the party, traditional Chinese culture, customs and habits can be displayed, allowing Chinese and international students to better understand the profoundness of Chinese culture and enhance cultural communication and exchange.

❖ To promote friendship and cooperation between Chinese and international students.

e.g. By taking part in interactive games such as team-building activities, fun sports in the joint party, Chinese and international students have opportunities to communicate and cooperate with each other, therefore promoting the friendship and cooperation between them.

❖ To appreciate the beauty of respective art forms/cultures between Chinese and international students.

e.g. Students' Party provides a platform for cultural exchange, which allows students from diverse backgrounds to appreciate each other's singing, dancing, painting and other art forms. This exchange fosters a deeper understanding and respect for each other's cultures, appreciating the beauty and promoting harmony and cooperation among the participants.

**Arrangement:**

\*Time: e.g. at 7.p.m. on February 2nd, 2024/ on February 2nd, 2024, at 19:00



Date:

Title:

**\*Location:** e.g. the school gymnasium or auditorium.

**\*Participants:** e.g. Chinese and international students, teachers, school leaders, etc.

**\*Host and judges:** Determine the host and judges (if needed).

**\*Activities:** Arrange suitable activities for both Chinese and international students.

e.g. opening dance, interactive games between Chinese and International students, theatrical performances, lucky draws, traditional Chinese snacks, etc.

### **Relationships between Purpose & Activities**

**Cultural performances:** Chinese and international students can perform traditional music, dance, drama, etc., to showcase their respective cultures.

**Interactive games:** It organizes interactive games to enhance the friendship and cooperation between Chinese and international students, such as team-building activities, fun sports, etc.

**Food sharing:** Chinese and international students can share their respective national specialties to promote cultural exchange and understanding through tasting different cuisines.

**Knowledge competition:** It organizes knowledge competitions on Chinese and international cultures, history, languages, etc., to enhance mutual understanding of different cultures.

**Literary and artistic competitions:** Chinese and international students can participate in singing, painting, photography and other literary and artistic competitions to showcase their talents and creativity.

**Language exchange:** It sets up a language exchange zone to provide opportunities for Chinese and international students to learn each other's languages and interact, promoting the blending of language cultures.

**Cultural exhibitions:** It exhibits cultural works of Chinese and international students, such as handicrafts, ethnic costumes, etc., to showcase the unique charm of various cultures.

**Gala performances:** It organizes a gala performance with themes of Chinese and international cultures, including music, dance, drama and other performing arts, to demonstrate the integration of diverse cultures.

**Movie screenings:** It plays movies that reflect Chinese and foreign cultures, allowing students to understand different countries' cultures and histories through images.

**Interactive experiences:** It sets up interactive experience zones, such as VR experiences, virtual reality technology, etc., to allow Chinese and international students to participate in interactive experiences together, enhancing mutual understanding and interaction.

### **Registration**

**\*Registration date:** e.g. To sign up, please reply with your name and student ID by February 1st.

**\*Registration method:** Multiple registration methods are available.

e.g. online registration, telephone registration, on-site registration, etc.

**\*Registration materials:** e.g. name, student ID, photos, registration form, etc.

**\*Note:** Pay attention to the **registration deadline**, fill in the correct contact information, etc. (if needed)





Date:

Title:

Dear Friends,

Aiming to foster a deeper relationship between students from all over the world, as well as celebrating the Spring Festival, our school is going to hold a party on Feb. 9<sup>th</sup> at the school auditorium. I'm writing to inform you of it and invite you to come.

There'll be several workshops where you can get a taste of Chinese folk arts, such as paper-cutting. Then, we'll make dumplings together while watching some performances provided by Chinese students. If you're willing, we'll also set time for you to present your own cultural art works. Thus, you can not only exchange culture with us, but also experience the happy and dynamite vibe of Chinese new year.

We're sincerely looking forward to your coming. If you'd like to join us, please come and find me in Class 13, Grade 12 before Feb. 5<sup>th</sup>.



阅读表达小作文

43. Apart from the ways mentioned in the passage, what can you do to avoid “nomophobia”? (In about 40 words)

- ✓ To avoid “nomophobia”, we can utilize smartphone tracking apps. Installing apps that monitor screen time and provide insights into usage patterns helps us increase awareness of smartphone addiction. By using these apps, we can gain a better control over the phone usage and reduce our dependence on the smartphone.
- ✓ In order to avoid “nomophobia”, we can establish tech-free zones. Designating areas in our home or workplace where smartphones are not allowed can help create boundaries and reduce the temptation to constantly check the phone.
- ✓ We can practice mindful phone usage by being intentional about when and why to use the device. Before reaching for the smartphone, pause and assess whether it is necessary or if it is simply a habit. Being mindful of our impulses can help us make more deliberate choices about phone use.
- ✓ We can turn off non-essential notifications on the phone to avoid “nomophobia”. By disabling notifications for apps that are not urgent or necessary, we can focus on essential tasks without constant interruptions or distractions.
- ✓ We can use alternative methods for certain activities to avoid “nomophobia”. For example, instead of using the phone for entertainment, we can read a book or engage in a hobby that does not involve technology. Participating in various offline activities such as reading, exercising, or socializing can provide a healthy balance and decrease reliance on smartphones.
- ✓ We can seek professional help or support. If smartphone addiction significantly impacts daily life or mental health, reaching out to a therapist, counselor, or support group can provide guidance and strategies for overcoming addictive behaviors related to smartphone usage.



假设你是红星中学高三学生李华。你校英语俱乐部将举办“最美唐诗译文”评选活动。作为活动负责人，请你用英文给外教 Jim 写一封电子邮件，邀请他担任评委，内容包括：

1. 活动介绍;
2. 评委职责。

**Possible Version 1:**

Dear Jim,

This is Li Hua from English Club and I'm writing to invite you to be a judge for our upcoming activity themed "Beautiful Translations of Tang Poetry".

The event, which will start at the beginning of next term, aims to offer students an opportunity to show their competence in English and promote Chinese culture by translating Tang poetry into English. As a judge, you will evaluate the entries based on fluency, accuracy and literary technique, and select the top 5 translations.

Your deep/keen interest in Tang Poetry and expertise in English will make you an ideal judge for this event. Would you like to join us? We're really looking forward to that.

Yours,

Li Hua

evaluate <sup>A</sup> based on B / for B.

**Possible Version 2:**

Dear Jim,

I hope this email finds you well. I am Li Hua, a senior student, and I am reaching out to invite you to be a judge/ delighted to extend an invitation for you to join us as a judge for our upcoming event – the "Beautiful Translations of Tang Poetry" competition.

Organized by the English Club, this competition is scheduled for early May in the School Multipurpose Hall, with an aim to appreciate the beauty of/celebrate the artistry of Tang poetry through translations. Students will present their interpretations of classic Tang poems in English, showcasing/displaying the elegance and depth/profoundness of Chinese literature.

We would appreciate/value your keen insights into poetic expression, and cultural understanding. Your role would involve evaluating the translations for accuracy, creativity, and the ability to convey the essence of these timeless/ageless verses in English.

We believe your expertise would contribute significantly to the success of our event. /Your presence would be an honor for us. We look forward to your positive response/We eagerly await your positive response.

Yours,

Li Hua

brief sb. on sth.



## 阅读表达小作文

43. Do you prefer to have a "shallow" conversation or a "deep" discussion with strangers? And give your reasons. (In about 40 words)

1. I prefer to have a shallow conversation because there is social etiquette (n. customs and rules for polite behaviour) that we need to observe in order not to make others feel offended. Besides, people differ in personalities so it is polite and considerate to respect their boundaries and avoid information they might view as privacy. (48 words)

2. I prefer to have a "shallow" conversation with them. First of all, I'm a shy and reserved person. Talking heart-to-heart and exposing myself to a stranger are too much for me. What's more, I also believe that the foundation of a "deep" discussion is understanding. For strangers who are not familiar with me, such conversation would not be effective. (59 words)

3. I prefer a shallow conversation because it provides an opportunity to develop communication skills, such as active listening, empathy, and expressing my thoughts clearly and effectively, so I can break the ice and become more comfortable in social interactions. Besides, it can also serve as a form of stress relief or distraction from daily pressures. (55 words)

4. I'd prefer a shallow conversation because it can expose me to different viewpoints and experiences, thus expanding my horizons and helping me gain insights into diverse cultures, backgrounds, and beliefs. Plus, sometimes, having light conversations with strangers can lead to unexpected discoveries or connections.

5. I prefer a deep discussion because engaging in a meaningful conversation helps me to enlarge my social circle. Shared intimacy and chemistry between friends come from in-depth communication. Also, it can be beneficial for my mental wellbeing, considering not only the delight of sharing but also the emotional attachment / bonding / connections. (49 words)

6. I'd prefer deep discussion. For one thing, deep discussion shows our enthusiasm and willingness to build a tight bond with others, leaving a better impression and making us closely engaged. For another, an intimate conversation guarantees mutual understanding and spiritual resonance, giving rise to a comprehensive understanding about others. (48 words)

7. I prefer deep discussions. First, sharing moments of my life can serve as an outlet of emotions like thankfulness and embarrassment, which can adjust my mental state and keep myself mentally healthy. Second, deep discussion also plays a role in building trust with other people, thus strengthens my bond with people and establishes more friendship. (55 words)

8. I prefer deep discussions, which allow for a deeper understanding of others and their experiences, so I can develop a greater sense of trust and empathy. By engaging in deep conversations with strangers, I can also gain new perspectives on my own thoughts and beliefs, which provides an opportunity for personal growth and self-discovery. (55 words)



高三下英语作文素材 (统练四 海淀期末 2023)

假设你是红星中学高三学生李华。你校将与国际友好校联合举办主题为“我是美食家 (Gastronome)”的英语线上交流活动，请你用英语写一份发言稿，内容包括：

1. 介绍你学会的一道美食并简述做法；
2. 谈谈学做这道美食的感受及活动的意义。

注意：

1. 词数 100 左右；
2. 开头和结尾已给出，不计入总词数。

提示词语：美食—delicacy

My heart is filled with pride  
for the (profound food) culture  
our country boasts.

Possible Version 1:

I am very delighted to share with you a traditional Chinese delicacy I have learned to make from my parents, dumplings.

As one of the most iconic dishes in Chinese cuisine, dumplings are shaped like silver ingots, representing wealth. When making dumplings, you need to wrap the fillings made of vegetables, meat or seafood with thin pieces of dough. After they are made, you need to put them into boiling water to get them well cooked.

Making dumplings requires teamwork and patience. It is also rewarding to spend time working with family members. [This online sharing offers me a chance to understand our Chinese food culture better.]

Hope you can try it yourself and I am expecting to appreciate delicacies from your culture. (123 words)

cook with labor intensive approach.

be impressed by the artistic touch with the well-balanced colors and arrangement of ingredients.

Possible Version 2:

It is my great honor to be here to introduce a delicacy I have learned to you.

Imagine that, pieces of pork with thick aroma and so yummy when tasting it. Yes, that's braised pork in brown sauce, which is said that Sushi, a poet from Song dynasty first made it. To make the delicious dish ourselves, we need to cut the pork into chunks first. Then, we're supposed to simmer them gently for 20 minutes and add the sauce to proceed to steam. After the meat is brown, we can arrange them on a plate and serve the dish!

When learning this delicacy, I felt really laborious and bustling as I need to remember all the procedures and follow them accurately. But after acquiring it, I was overwhelmed with a sense satisfaction and impressed by the wisdom of ancient people making ordinary ingredient into special dish. And I believe this is also the significance of the activity--enabling us to realize all works will pay off and inspiring us to create and try new things in the monotonous life.

Are you itching to try it yourself? Why not embark on your adventure as a gastronome right!

(195 words)





## 高三下英语作文素材 (统练五 海淀二模 2023)

## 阅读表达小作文

43. Besides painting, what other art form would you use to express beauty? And explain why. (In about 40 words)

1. I use **singing** to express beauty. Because by singing my favorite songs, I can voice my passion and appreciation towards beautiful things in life. Besides, any musical elements like lyrics, melody or rhyme can be expressive conveying beauty and enjoyment to the audience. (44 words)
2. I would use **photography** to express beauty. Photography allows me to capture real-life moments and scenes [with precision and clarity], showcasing the beauty of the world in a unique and captivating/visually striking and powerful way through composition, lighting, and perspective. (37 words)
3. I would use **calligraphy** to express beauty. Calligraphy is a form of artistic writing that shows the elegance and grace of each stroke. Through the careful selection of fonts, styles, and techniques, I can use calligraphy to convey beauty in the written words, creating visually stunning and meaningful compositions. (50 words)
4. I would use <sup>dancing</sup>~~dance~~ to express beauty. Dance is a powerful form of expression that combines movement, music, and emotion to create a visual spectacle. By conveying the beauty and strength in motion, I can connect with audiences and evoke their feelings of joy and inspiration. (47 words)
5. I would use **papercutting** to create vivid designs of delicate flowers and flowing patterns to express beauty. It takes precision and attention to detail to transform a simple sheet of paper into unique artworks, which highlights the beauty of patience and creativity. (43 words)
6. I would use the art of <sup>插花</sup>**floral arrangement** to express beauty. By using flowers of different colors and shapes, I am able to create visually pleasing compositions with the combination of my creativity and nature's beauty. Besides, various arrangements of flowers can evoke emotions and uplift spirits, symbolizing beauty in life. (52 words)



假设你是红星中学高三“传统文化社”社长李华。你校国际部留学生 Jim 邀请你参加他们组织的“China Day”活动并做展示。请你用英语给他写一封电子邮件，内容包括：

1. 接受邀请并表示感谢；
2. 你展示的内容及理由。

Possible version1:

Dear Jim,

I'm writing with great honor to accept your invitation <sup>sth</sup> to your "China Day" event. Thank you so much for offering me this precious opportunity to be part of it.

I'm thinking of presenting Chinese calligraphy. I will introduce and demonstrate the basic techniques of calligraphy, after which I would ask some audience to try writing some characters.

I choose this topic because it is a unique way to appreciate the beauty of Chinese characters and understand the essence of Chinese culture. Moreover, I think only when the audience get involved can they truly understand the beauty of Chinese culture.

How do you like this idea? Tell me if you would like me to change. Best wishes to the event. (119 words)

Yours, Li Hua

Possible version2:

Dear Jim,

I am delighted to accept your invitation to participate in the "China Day" event organized by the international students. Thank you for thinking of me and the Traditional Culture Society for this opportunity.

For my presentation at the event, I would like to showcase the traditional Chinese tea ceremony. I plan to demonstrate the traditional Chinese tea-making process, including the preparation of tea leaves, the brewing techniques (冲泡技术), and the significance of tea in Chinese culture. The tea ceremony is not only a cultural practice in China, but also a way to promote mindfulness, relaxation, and connection with others. I believe it will be a unique and meaningful experience for the international students to learn about the art of tea-making and its significance in Chinese culture.

I am looking forward to sharing the beauty of the Chinese tea ceremony with everyone at the event. (140 words)

Yours, Li Hua

Possible version3:

Dear Jim,

Thank you for inviting me to participate in the "China Day" event organized by the international students at our school. I am truly honored and excited to be a part of this special occasion.

For my presentation at the event, I would like to introduce the traditional Chinese paper-cutting art. Paper-cutting is a unique and beautiful form of folk art in China, with each design carrying its own symbolic meanings. In the paper-cutting activities, I will share some paper-cutting patterns and their cultural implications, giving students hands-on experience. I believe that showcasing this traditional art form will not only add cultural richness to the event but also provide a glimpse into the creativity and craftsmanship of Chinese culture.

I really look forward to showing the essence of China's art on that day. Best wishes to the event. (135 words)

Yours, Li Hua



## 书面表达第二节 (20分)

假设你是红星中学高三学生李华, 你和你校交换生 Jim 准备联合参加学校组织的校园文创设计大赛 (Campus Cultural and Creative Design Competition), 请给 Jim 发邮件, 内容包括:

1. 分享你的创意;
2. 询问 Jim 的建议。

Possible version:

127 words

Dear Jim,

How is it going? I've just had a "light bulb" moment for our entry in the upcoming Campus Cultural and Creative Design Competition, and I can't wait to share it with you to get your thoughts.

How about creating a series of bookmarks? On one side, we'll have our school motto, and on the flip side, breathtaking illustrations showcasing our campus throughout the four seasons. Each bookmark will capture a special moment or scene that perfectly reflects the essence of that particular season. I really think this idea not only nails the competition theme but also offers a practical yet visually stunning product that truly represents the spirit of our school.

What do you think? Would love to hear your thoughts and any suggestions you might have!

Yours,

Li Hua

高分样文:

8+7+8=19 160 words

Hope this email finds you well. As we will participate in the Campus Cultural and Creative Design Competition in collaboration, I'm writing to share my ideas with you and ask for your precious advice.

I've come up with two brief designs. First, a bronze bookmark in the shape of our old school gate. As you know, the gate symbolizes the rich history our school bears, and the elegant and delicate architecture will surely add to the appearance of the bookmark, making it both appealing to the eyes and usable in real life. Second, a stuffed bear wearing our school uniform. The adorable and fluffy bear can become a mascot of our school, giving students lovely memories to cherish and a soft friend to hug at night when they're bothered by school work.

What are your thoughts? Do you think my designs are attractive and practical? How can we improve? Please don't hesitate to tell me! Looking forward to your reply!

7+7+7=17.5 137 words

How is everything going? I have come up with an idea regarding our design of Campus Cultural and Creative Design Competition and I'm writing to share it with you.

My idea is a bookmark with the scenery of our school on it. For one thing, bookmark can fuel students' passion for reading, which undoubtedly adds to the usefulness of our design. For another, the appealing scenery of our school on it can



Date:

Title:

promote students' sense of belonging to our school not only because our school boasts a fantastic scenery, but also because this bookmark can accompany them throughout high school and even in college.

To make it more attractive, I also plan to decorate it with the name of the scenery written in Chinese calligraphy.

What do you think of my idea? Hoping to hear your advice!

7+7+8=18 140 words

I hope you're doing great! Since we are planning to take part in our school's Campus Cultural and Creative Design Competition together, I'd like to share my ideas with you.

How about designing a calendar with our school motto and images showing the beauty of campus life in different seasons on it? For example, we could use an image showing students collecting samples for biology class in the school garden where flowers are blooming to decorate the page for April. On the page for October, a picture about students harvesting vegetables in the school garden would be perfect. These images conveys the core values of our school's culture, such as diligence, creativity and comprehensive development.

What advice do you have? I'm sure your fresh views from an international students perspective will contribute to our success! Looking forward to your reply!

6+7+7=16.5 151 words

The Campus Cultural and Creative Design Competition is coming! I recently had an idea and really hope to share it with you.

I'm thinking about designing a series of postcards for our school. Remember the paintings of our school's landmark buildings that we drew on art class? It will be perfect to put it on the front of each postcard. It showcases the beauty of our campus and provokes a feeling of belonging in students, teachers and alumni. I'm also planning to put our school emblem and motto at the back. Students can use these postcards on special occasions, or they can simply collect them to remind themselves of their school years.

What do you think of my idea? I've seen your design for your school back in England and greatly appreciate it. I'm looking forward to your outstanding and thought-provoking suggestions! With your effort, we can definitely achieve success.



## 2024 届高三英语一模写作素材

## 书面表达第一节:

43. Besides what is mentioned in the passage, what do you usually do to help you relax in your daily life? (In about 40 words)

## 高分样文:

4.5

I swim on a weekly basis. The gentle feeling of water surrounding my body eases physical pains and softens my tired mind, helping me to relax. What's more, I read books every day. The vivid stories and the enchanting languages transport my thoughts away from daily troubles, helping me to relieve stress and relax.

4.5

I jog daily to help me relax. For one thing, jogging sends more oxygen to my brain and lowers my blood pressure, which reduces my stress level. For another, the sceneries I see when jogging shift my mind from academic burdens, thus relieving my tension and helping me relax.

4.5

I usually do workouts in the gym during leisure time, which helps me sweat away stress and refresh my mind, boosting feelings of relaxation. Additionally, I enjoy taking a walk in the evening, which provides me with a sense of inner peace as well as relaxing my body and mind.

4.5

I often practice yoga to ease my pressure. By stretching my arms and breathing at a slow pace, I can have a chance to pour anxiety and stress out of my mind. Moreover, I often dance <sup>to</sup> with music to help me relax. I can shift my attention to music and beats when choreographing which could greatly help me vent my pressure and feel more relaxed.

4

I prefer to go sightseeing outside to have a relax. Getting closer to the natural scene not only makes me feel (enjoyable and) comfortable, but also helps me calm down and relax. Additionally, jogging is a good way to relieve pressure, which can sweep away negative moods and get myself relaxed with a brighter attitude towards life.



43. What can help you see the world anew? (In about 40 words)

1. Reading can help me see the world anew. Books provide a window into different cultures, perspectives, and experiences, expanding my understanding of the world. Through literature, I can immerse myself in diverse narratives and gain insights that challenge my preconceptions and broaden my outlook. (44 words)
2. Learning a new language helps me see the world anew. Different from my mother tongue, a new language opens a window to a world significantly different from the one I grew up in. With a fresh perspective, I activate half dormant areas in my brain, thus unlocking possibilities otherwise ignored. (50 words)
3. (5 points) Reading poems helps me see the world anew. Poems use literary techniques like metaphor to convey inspiring thoughts, which enhances my understanding of the inner beauty of common things. For instance, I used to perceive bamboo as a plain plant, but after reading Zheng Banqiao's poem, I know they serve as a reminder of bravery and resilience, which motivates me to be a better person. (66 words)
4. (5 points) Performing dramas can help me see the world anew. As each drama show is a presentation of other people's life stories, it provides me an opportunity to gain insights into different cultural backgrounds and outlooks, which helps me to see the world anew. Furthermore, when practicing movements and reciting lines, I am able to reflect on what I would do in the character's position, thus perceiving the world differently. (70 words)
5. (5 points) Reading books can help me see the world anew. Books in different genres help me to learn different kinds of knowledge. From history books, I understand how cultures struggled through time and how human beings went through the long journey to construct the world in which we're now living. From fiction books, I am fascinated by human beings' creativity. These books make me perceive the world in a broader vision. (71 words)



## 高三下英语作文素材 (海淀一模 2024)

假设你是红星中学高三学生李华。六月十四日是世界献血者日 (World Blood Donor Day)，你在京学习的英国好友 Jim 决定当天去献血，并询问你的意愿。请你用英文给他回复一封电子邮件，内容包括：

1. 你的答复及理由；
2. 提醒注意事项。

注意：1. 词数 100 左右；  
2. 开头和结尾已给出，不计入总词数。

### Possible Version 1:

Proud of you for the voluntary decision. It's a pity that I can't join you in this kind act because only in July will I reach 18, the legal age required for blood donation in China. But trust me. It's already on my to-do list for the upcoming summer vacation.

In fact, I have some knowledge about helping save life in this way. It's important to have nutritious foods rich in iron and protein to increase blood quality. Also, don't forget to exercise regularly and manage stress levels effectively to support your overall health.

Although I can't join you this time, I'd love to provide any assistance you find necessary. Write back if you need help. (116 words)

### Possible Version 2:

Your letter came as a nice surprise. I'll be glad to make my first blood donation with you.

I've dreamed of becoming a voluntary blood donor since my grandfather's near-death experience. He often says he owes his life to people who donated their blood. As a fit young man turning 18 next month, I'm ready to give back to society by doing my bit. It'll be the best coming of age gift for myself.

To get better prepared, we should follow a balanced diet rich in iron, get enough sleep and do moderate exercise to stay healthy. Keeping a good mood is also important, for it boosts blood regeneration.

Please let me know if you think of other things to note. (120 words)

### Possible Version 3 from a student (8+8+8/2):

Greetings! I am so pleased to learn that you decide to donate your blood on World Blood Donor Day. Regarding the meaningfulness of this voluntary practice, I am eager to come with you then.

I have always taken an active part in volunteer projects just as you do. So this event, through which we could help those in urgent need with our small acts of kindness, is quite meaningful to me. Moreover, since it is scheduled 4 days after my University Entrance Exam, I could spare full time to pass down my sincerity to others, preparing me to take responsibilities better to serve the society in my future life. I take this day a precious opportunity to showcase my value to the society.

To make that day's blood donation a success, we would need to follow strict requirements. The doctors' instructions there need to be taken as priorities. Furthermore, as we would not be allowed to have sugar intake right before the donation, candies and chocolates are necessities to regain energy after the donation. It is also important to take a peaceful rest afterwards, which ensures our body to recover well. Considering the potential traffic jams, I suggest going there at noon that day.

Hope we have a meaningful and successful donation.

(211 words)

nutritious

x fatty foods





5.28

Date:

Title:

Dear Jim,

I'm really proud to hear that you're going to donate your blood. I really think it's a worthy cause for there're many patients lacking the blood they need. It'll be a great opportunity for us to give back to society and showcase our value, so I'd like to go with you.

However, donating the blood isn't as simple as you may have thought and I'd like to offer some dietary advice. It's important to eat enough food before the donation in case that your blood's sugar level may get too low, which can threaten your health. Also of primary note is that you're encouraged to eat more nutritious food to increase blood quality.

I haven't covered all those things that should be noticed, so we can search for additional information together. Hope the donation to be a success!





## 高三下英语作文素材 (朝阳一模 2024)

假如你是红星中学高三学生李华。在第 16 个全国防灾减灾日到来之际，你们学校开展了一次以“安全进校园”为主题的教育活动。你校国际部交换生 Jim 对此很感兴趣，发来邮件询问。

请你用英文给他回复，内容包括：

1. 活动目的；
2. 活动安排。

注意：1. 词数 100 左右；

2. 开头和结尾已给出，不计入总词数。

提示词：全国防灾减灾日—National Disaster Prevention and Reduction Day

### Possible Version 1:

How is everything going? Knowing that you are interested in the "Safety Education into Campus" event, I am glad to share it with you.

In response to the 16th National Disaster Prevention and Reduction Day, our school organized activities to raise our awareness of self-protection in the face of emergencies. First, an expert from a professional rescue team delivered a lecture on how to react when disasters strike such as fires and earthquakes, equipping us with basics of evacuation. Besides, we made brochures concerning the practical tips on dealing with disasters and handed them out on campus to further spread the safety knowledge among students.

I have prepared an English brochure for you. Hope it will help.

(118 words)

### Possible Version 2:

Nice to hear from you! Learning your great passion in knowing the educational event themed "Safety on Campus", I'm here to tell you something.

This activity was held in response to the upcoming 16<sup>th</sup> National Disaster Prevention and Reduction Day. It aimed to expand our knowledge about the school safety, thus protecting us when disasters happen.

During the activity, we had a series of workshops focused on disaster prevention and response. They involved experts teaching students about different types of disasters, such as earthquakes, fires, and floods, and how to respond to them effectively. We also held a fire drill, where we practiced the proper procedures for safely leaving the school building in case of a fire. 消防演习. fire extinguisher

I hope this information is helpful to you. Feel free to ask if you have any more questions.

(135 words)

### Possible Version 3 (8+7+4=19):

Hope this email finds you well. Learning that you are interested in the event of "Security on Campus", I'm writing to share some information with you.

Our school held this educational activity since the National Disaster Prevention and Reduction Day is around the corner. The activity aimed to raise students' awareness of the importance of safety, and equip students with necessary knowledge to deal with potential disasters.

During the activity, we first participated in a lecture given by the professional, who introduced various disasters and measures to take in different situations. After the course, we had hands-on experience by practicing to put out a fire, designing the escape route in an emergency, and so on. We also got a brochure about natural disasters. (designed)

Remember to take care of yourself and learn about the disasters too. Looking forward to hearing from you.

(120 words)





## 高三下英语作文素材（统练七 朝阳一模 2024）

### 阅读表达 + 作文

43. Besides what is mentioned in the passage, how do gestures benefit you in your life? (In about 40 words)

1. Gestures make it easy for me to convey feelings and better connect with others. For example, when I want to express excitement, waving my hands or nodding vigorously can help me communicate the emotion effectively. That also allows me to build stronger relationships with others. (44 words)
2. Gestures can make my communication more effective. I can point to indicate direction or size so that I can make my message clearer. It is also easy for others to understand what I mean by strengthening the associations between words and concepts. (42 words)
3. Gestures help me better express myself and calm me down when talking. When trying to convey some easier information, it would be more convenient for me to express through making gestures without talking. Also, when talking to people that I'm not familiar with, making gestures can help me better structure my words and thus calm me down. (57 words)
4. In my life, gestures, gestures help me to communicate with the people who have definitely different backgrounds and mother languages, which enables me to establish bonds with more people and offer helps widely. What's more, gestures help me to describe some emotions and feelings which can't be described by simple language and serve as a bridge between people's hearts. (59 words)
5. Gestures can benefit my study in many ways. For example, when I'm trying to remember a passage or a poem, gestures can help me to strengthen my memory of some expressions or key words. I can also figure out what is going on in physics or math problems with the help of gestures. (53 words)





Date:

Title:

Dear Jim,

Nice to hear that you're interested in the 'Safety Education into Campus' event and I've got some details to share with you.

~~As~~ <sup>With</sup> the 16th National Disaster Prevention and Reduction Day ~~approached~~ <sup>approaching</sup>, our school organized the event with the aim of raising our awareness of self-protection in the face of disasters. The event was divided into two parts and the first one involved several lectures on what measures to take when disasters strike, which ~~are~~ <sup>were</sup> delivered by the professional. The second part was a hands-on game in which we ~~can~~ <sup>could</sup> practice evacuation and thus ~~make~~ ourselves calmer when faced with real disasters.

The event generated a really positive response and I'm looking forward to seeing you at the next year's event.



I. 阅读表达小作文

43. What lesson can you learn from the story? (In about 40 words)

Possible ideas:

- respect nature/cooperate (work) with nature
- respect tradition/ancient wisdom
- learn knowledge/skills of survival
- take advantage of what you've got
- never give up
- resilience
- cooperation



Possible versions:

1. I learn that we should realize the close relationship to nature. Instead of trying to fight against nature, it's more crucial to understand that each of us is a member of it, and we depend on nature to live. Therefore, we should learn more knowledge about nature and embrace effective practices to live in harmony with nature. (58 words)
2. In the story, we can see that the kids survived by adapting to the rainforest, which reminds us that humans should never try to take control over nature. Instead, we should respect nature itself and adjust ourselves to it. Besides, the kids' rich knowledge and calmness also helped them a lot, so we should keep our minds cool and learn some survival skills in advance in case of emergency. (70 words)
3. I learnt that we need to value the connection between humans and nature. The miracle of the four kids highlights the importance of building a close relationship with nature. It's nature that nourish us from birth to death, thus we must stay closely connected with nature to gain vitality and survival. (52 words)
4. I learn that the ancient knowledge is still worth learning nowadays. In the story, it is the knowledge of the rainforest collected by Indigenous communities that saved the children's life. So, we should learn things that are valuable for our living, especially the ones that had stood the test of time. (52 words)
5. I can learn that we should not ignore or discard practices passed down from our ancestors. Even knowledge we think to be not suitable for modern life can sometime be of great use. Moreover, knowing something more and preparing basic surviving techniques can really save lives. (47 words)



6. I learn that it is very important to respect and pass down the knowledge which comes from indigenous communities, who have been living in particular regions for many years. The ancient and intimate knowledge can be a lifesaver when extreme situations happen and all modern technologies fail to function. (50 words)

## II. 书面表达

假设你是红星中学高三学生李华，临近毕业，你们班的英语老师请每位同学给新高一学弟学妹写封英文邮件，邮件内容包括：

1. 你的建议；
2. 你的祝愿。

注意：1. 词数 100 左右；

2. 开头和结尾已给出，不计入总词数。

### Possible version 1:

Dear fellow students,

Congratulations (on) becoming a part of our wonderful school community. At the request of our English teacher, I'm reaching out to offer you some advice (on) navigating your time here.

First, treasure every moment spent with your teachers and classmates. Your time here will pass quickly, so seize the opportunity to forge meaningful and lasting connections. Secondly, let go of your past achievements or failures. Instead, focus on the tasks at hand. It is the dedication and effort you invest now that will shape your future. Finally, explore what truly sparks your passion. Take English learning for instance. Whether it's watching movies or reading novels, try to find what genuinely motivates you.

Wishing you all a fulfilling and rewarding journey ahead filled with joy, growth, and success. (127 words)

Yours,

Li Hua

Wish sb. sth.

### Possible version 2:

Dear fellow students,

As you embark on your high school journey, I would like to offer you some advice to help you navigate through this exciting phase.

Firstly, stay organized and manage your time wisely [to balance academics, extracurriculars, and personal life]. Secondly, don't hesitate to seek help from teachers or peers when facing challenges. Cherish the friendships and memories you will make together during these years. Lastly, embrace new experiences and opportunities with an



open mind. <sup>Take</sup> As for your English learning, you can participate in debates, drama clubs, or English language competitions. Make the most of resources in our school to enhance your language skills in a fun and interactive way.

I wish you all the best in your high school life. May you make lasting friendships, discover your passions, and achieve success in all your endeavors. (134 words)

Yours,

Li Hua

### Possible version 3:

Dear fellow students,

I'm Li Hua from senior 3. After spending three colorful years here, I have a lot to share with you.

Life in this school can be very exciting with a number of school activities to join and inspiring knowledge to learn. It's a good idea to jointly take part in different activities such as clubs and voluntary work, where you can not only meet like-minded friends but also develop well-rounded life. However, sometimes you may encounter challenges. My advice is that you should try to feel relaxed and turn to your teachers and friends for assistance. They are always nice and willing to give a helping hand.

I sincerely wish ~~that all of you can live~~ a unique and wonderful school life. Hope you can make great progress and feel proud to be a student of our school! (138 words)

Yours, *May you make.*

Li Hua

### Possible version 4:

Dear fellow students,

I'm going to graduate from our school next month and I really don't want to let go of my time spent here. After three years of learning in high school, I've got some advice for you.

First of all, figure out a destination and go there with all your might. Once you've got a purpose, such as a dream school, your passion will be fueled. To coin a phrase, before all is over, ambition never dies, so study hard with your great ambition! What's more, making a specific studying plan that suits you can be instructive and helpful. It's also important to maintain your health. Thus, get a good rest when you're really tired and find some ways to release your stress, such as reading books.

The above is my advice. Hope it helps, and wish you a happy time in high school. I'm also looking forward to seeing you achieve what you desire next year! (156 words)

Yours,

Li Hua



## 高三下英语作文素材 (海淀二模 2024)

### I. 阅读表达小作文

43. How can you exercise being grateful? (In about 40 words)

#### Possible ideas:

- Keep a gratitude journal
- Send gratitude letters
- Express gratitude to others
- Use reminders
- Look for the good
- Mindful reflection
- Do voluntary work

#### Possible versions:

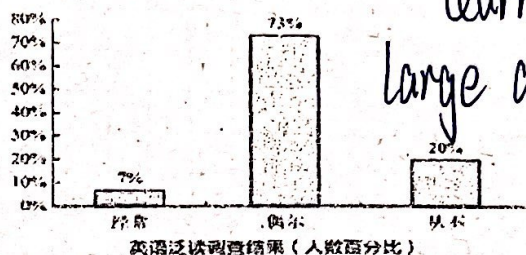
1. I can exercise gratitude in two ways. I would like to say "thank you" timely and sincerely to whoever helps me. I can also surprise them with a gift on special occasions so that they will know how grateful I am for their help. (44words)
2. Writing down small acts of kindness in my dairy serves as a practical way for me to exercise being grateful. For one, this enables me to recall ~~cherish~~<sup>cherished</sup> moments when others help me, thus developing my appreciation for them. For another, I get to know I'm surrounded by warmth and kindness, which foster the sense of satisfaction gratitude and contentment. (60words)
3. I can start a gratitude journal. Each day I write down three things I am thankful for in a notebook. When trapped in the cycle of negativity, I can review those little joys and simple pleasures around me, experiencing a feeling of gratefulness. (43words)
4. There are several ways for me to exercise being grateful. Basically, it's a valid method to keep a diary, recording the tiny happiness and generous person I've met, which will be a long-lasting reminder. Furthermore, Reaching ~~hands~~<sup>out</sup> to my family and friends is a direct way to put my gratitude into practise. While doing kind deeds, I'll be overwhelmed with a sense of fulfillment and thankfulness. (66words)
5. To exercise being grateful, I start by taking time to reflect on the good deeds that strangers or friends have done for me, which allows me to observe more warm acts that I feel grateful for. Then, I write short thank-you notes and send them out with gifts. This enables me to pay forward their kind acts while expressing my wholehearted gratitude. (63words)
6. I can practice gratitude by starting each day with a thankful mindset, expressing appreciation to others, keeping a gratitude journal, or meditating on the things you are grateful for. Being mindful of the present moment and focusing on the positive aspects of life can also cultivate gratitude. (45words)



## II. 写作

假设你是红星中学高三学生李华。近日，应英国好友 Jim 的请求，你帮助他完成了一项关于你班学生英语泛读 (extensive reading) 现状的调查 (见下图)。请用英文给他写一封邮件，内容包括：

1. 调查结果描述；
2. 你的选择及对英语泛读的认识注意：



a way of language learning through large amounts of reading.

注意：

1. 词数 100 左右；
2. 开头和结尾已给出，不计入总词数。

### Possible Version 1:

Dear Jim,

Greetings! In response to your request, I have conducted the survey on English extensive reading. Here are the results:

The majority of the participants (73%) occasionally engage in this practice. Very few (7%) of those surveyed report reading frequently while one fifth (20%) admit they have never done it before.

As a passionate book worm, I definitely vote for the "frequently" option. Extensive reading deepens my appreciation for English, which in turn increases my language proficiency. Second, the worlds created by the authors, either fictional or not, allow me to know society and myself better, enabling me to see the world anew.

I hope you find the above information useful. If you have any other questions, please let me know.

Yours,

Li Hua

(120 words)

### Possible Version 2:

Dear Jim,

I'm glad to tell you the result of the survey on English extensive reading among my classmates.





Date: \_\_\_\_\_ Title: \_\_\_\_\_  
Here is a brief overview: 7% of us engage in extensive reading regularly, 73% do so occasionally, while 20% admit they have never done it before.

As for me, I fall into the "occasionally" category. Extensive reading enhances language skills, broadens knowledge, and fosters creativity. While I'm not as consistent as I'd like to be, I recognize its importance and will try to incorporate it into my routine.

Hopefully, this data aids your research. Looking forward to discussing it further with you.

Yours,

Li Hua

(99 words)

Possible Version 3 from a student (8+8+8/2):

Dear Jim,

I'm glad to inform you that the survey is a success and here are the results.

The majority of my classmates only do extensive English reading occasionally. Seven percent of students do it frequently, which means more than four days a week, while twenty percent of students have never done extensive reading at all.

I feel a bit worried after knowing the result, for I believe extensive reading is so important that I do it frequently, five days a week on average. Initially, I only view it as a way to enlarge my vocabulary and improve my reading speed so as to meet exam requirement. But as I've read more and more books and stories. I find it fascinating that I can grasp the gist of the article quickly without having to check the dictionaries. Also, all the stories I've read quickly build up my literature reservoir.

Is your survey about the kinds of books your classmates read going smoothly? I'm eager to know your results and we may read the same kind of book together.

Yours,

Li Hua

(174 words)

