

【范文】

How to deal with our stress?

Stress is common in our life, but we can deal with it in healthy ways.

First, we can exercise regularly, like running or playing sports to relax our bodies. Second, we should eat healthy food to stay active. Third, try to talk to friends, parents, or teachers when feeling worried—they can help us. Keeping a positive mood is important too. Finally, if we feel very terrible, don't be afraid, and we can ask a doctor for advice.

Remember, taking small steps can make a big difference!

【详解】

第一步：审题立意

确定文体和时态：议论文，以一般现在时为主。

明确要点：围绕“*How to deal with our stress?*”，完整覆盖 4 个写作要点，词数 90 词左右。

确定人称：第一人称复数（*we/our*）。

注意事项：不得出现真实个人信息，全文连贯通顺。

第二步：构思布局

开头段：点明压力是生活常态，引出健康应对的方法。

主体段：按写作要点依次介绍应对压力的具体做法。

结尾段：总结观点，鼓励积极应对。

第三步：要点展开

要点一：积极锻炼与健康饮食。

核心词汇：*exercise regularly/eat healthy food/relax our bodies/stay active...*

要点二：与朋友、父母或老师交流，保持好心情。

核心词汇：*talk to friends/parents/teachers/keep a positive mood/get help from others...*

要点三：给爱好留点时间。

核心词汇：*spare time for hobbies/calm down/reduce stress...*

要点四：如果经常压力大，建议去看医生。

核心词汇：*ask a doctor for advice/deal with stress properly...*

明确要点：成长中的烦恼（如学习压力/人际矛盾）、解决烦恼的方法（至少 2 点）、感悟与建议。

确定人称：第一人称（I/my）。

注意事项：不得透露真实姓名和学校名称；词数控制在 80-100 词。

第二步：构思布局

开头段：总起句，点明成长中会遇到烦恼，引出自己的烦恼。

主体段：具体说明烦恼内容，详细阐述 2 种解决方法。

结尾段：总结感悟，向同龄人提出积极建议。

第三步：要点展开

要点一：成长中的烦恼。

烦恼选择：study pressure/getting along with friends...

烦恼描述：I often feel stressed about exams./I have too much homework to do./I argued with my best friend./I feel worried about my exams.

烦恼影响：I can't sleep well./I feel stressed./I don't want to talk to others.

要点二：解决烦恼的方法（至少 2 点）。

方法 1 选择：do sports/listen to music/talk to teachers or parents/read books...

方法 1 说明：I do sports like running to relax./Facing them bravely makes us stronger.

方法 2 选择：make a study plan/communicate with friends openly/ask teachers for help...

方法 2 说明：I make a study plan and follow it step by step./I also talk to my parents or friends when I feel worried.

要点三：感悟与建议

感悟表达：Now I understand that problems are a part of life./Facing them bravely makes us stronger.

同龄建议：I suggest teenagers share troubles and find positive ways to solve them./Life will be brighter if we keep trying.

【范文】

Dear Jack,

I'm sorry to hear that you have some troubles in your growth. Growing up is never easy, and I have met the same problems before. Here is some advice for you.

To make new friends, you can talk to your classmates actively and take part in school activities and join in after-school clubs. It's a good way to know more people, just like what I did last term. To reduce study pressure, exercise every day and listen to music when you feel tired. You can also talk with your parents and friends. To deal with confusion about the future, find out your hobbies and strengths, set small goals and try your best to achieve them.

I hope my advice can help you. Everything will be better, and you will grow a lot from these troubles.

Yours,
Li Hua

【详解】

写作步骤

第一步：审题立意

确定文体和时态：电子邮件，以一般现在时为主。

明确要点：如何结交新朋友、如何缓解学习压力、如何面对未来迷茫。

确定人称：第一人称(I/my)。

注意事项：不得透露真实姓名和学校名称。

第二步：构思布局

开头段：已给出，表达共情并引出建议。

主体段：分点阐述结交新朋友、缓解学习压力、面对未来迷茫三大建议，覆盖所有要点。

结尾段：已给出，表达祝愿与鼓励。

第三步：要点展开

要点一：结交新朋友。

talk to your classmates actively/take part in school activities and join in after-school clubs...

要点二：缓解学习压力。

exercise every day/listen to music/talk with your parents and friends...

要点三：面对未来迷茫

find out your hobbies and strengths/set small goals/try your best to achieve them...

明确要点：叙述一次亲近大自然的经历（如旅游、研学等），并谈谈感悟。

确定人称：第一人称（I/we）。

注意事项：包含所有提示信息，可适当发挥；文中不得出现真实人名、校名、地名等信息；词数 90 词左右。

第二步：构思布局

第一段：叙述亲近大自然的具体经历（时间、地点、活动细节）。

第二段：表达从这次经历中获得的感悟与启示。

第三步：要点展开

经历叙述：Last weekend, I went to a nearby forest park with my friends to get close to nature. We walked along the quiet paths, listening to the birds singing and smelling the fresh flowers. The tall trees shaded us from the sun, and the clear stream made soft sounds.

感悟表达：This experience taught me that nature is our best teacher. It calms our minds and makes us realize how important it is to protect the environment. We should spend more time outdoors to enjoy its beauty and learn to live in harmony with it.

2. 假设你是李华，你的英国笔友 Peter 对中国的自然奇观很感兴趣，他来信询问你最喜欢的一处自然奇观。请你根据以下提示给他回信。

1. 介绍该自然奇观的名称和位置；
2. 描述它的主要特点（如大小、景观、动植物等）；
3. 说明你喜欢它的原因；
4. 邀请他有机会来中国参观。

写作要求：

1. 词数 80-100 词；
2. 语句通顺，逻辑清晰，包含所有要点；
3. 文中不得出现真实人名、校名。

Dear Peter,

Yours,
Li Hua

【范文】

Dear Peter,

I'm glad you're interested in China's natural wonders. My favourite is Jiuzhaigou, a wonderful scenic area in the southwestern part of China.

It's famous for clear lakes and beautiful waterfalls. Many rare plants and lovely animals live in the thick forests there, making it a lively natural world.

I love it because it's so peaceful and makes me feel close to nature. The beautiful sights always fill me with surprise and wonder.

Hope you can visit China one day and see this amazing place with your own eyes!

Yours,
Li Hua

【详解】

第一步：审题立意

确定文体和时态：应用文，以一般现在时为主。

明确要点：介绍中国自然奇观的名称与位置、描述主要特点、说明喜欢的原因、发出参观邀请。

确定人称：第一人称 (I/my)。

注意事项：词数 80-100，语句通顺，逻辑清晰，不得出现真实人名、校名和地名。

第二步：构思布局

开头段：回应笔友兴趣，点明最喜欢的自然奇观。

Yours,
Wang Haoyu

【范文】

Dear Tim,

I'm writing to tell you something about one of the greatest wonders of the natural world in China—the Yarlung Tsangpo Grand Canyon. It's in Xizang, China. And it is the deepest canyon in the world, about 505 kilometres long. The deepest depth of it reaches around 6 kilometres.

As a place that all nature lovers want to visit, the Yarlung Tsangpo Grand Canyon is home to thousands of plants and animals. It's called “the plant museum” and “the animal kingdom”. The best time to visit it is spring and summer.

I'm sure you will have a great time there.

Yours,
Wang Haoyu

【详解】

第一步：审题立意

确定文体和时态：电子邮件，以一般现在时为主。

明确要点：根据所给数据介绍雅鲁藏布大峡谷的基本信息、美誉和最佳旅游时间，并表达推荐与祝愿。

确定人称：第一人称为主。

注意事项：不得透露真实姓名和学校名称。

第二步：构思布局

开头段：介绍峡谷的长度与深度。

主体段：说明峡谷的美誉及其原因。

结尾段：推荐最佳旅游季节并表达祝愿，结尾使用邮件常用语。

第三步：要点展开

要点一：描述长度和深度：in Xizang, China/505 kilometers long/deepest/depth

要点二：描述美誉 thousands of/nature lovers/the plant museum/the animal kingdom