

根据最新教材和考试大纲编写

全国通用版本

晨

读

晚

练

本书编写组 编

新思维 激发记忆潜力

新方法 培养思维技巧

新模式 提高学习效率

英语

高二上册

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根据最新教材和考试大纲编写



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(本书若有印刷、装订错误,可向承印厂调换)

我想对你说，我是《晨读晚练》。

今天，我带着友好的祝福，迫不及待地走向你。因为你拥有了我，我就拥有了你。你拥有了我，你就多了一份欣喜；我拥有了你，我就多了一份慰藉。

我想对你说，请你用心阅读、练习，也请把我介绍给你认识的人，因为你的成功是我的唯一。

我想对你说，我虽不是什么灵丹药，但却是你取得高分的得力助手。

我想对你说，我虽不是什么金钥匙，但却是你通往理想的敲门金砖。

我想对你说，我虽不是什么救生符，但却是你走向高考的通天阶梯。

我想对你说，军号已吹响，钢枪已擦亮，高考正向你走来。时间，不允许你犹豫；空间不允许你逃避。《晨读晚练》，我来了！

我想对你说：《晨读晚练》出自名师，惠泽你我！

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Unit 1 Getting along with others

晨读 1 Period One Welcome to the unit & Reading

背高频单词

- betray *vt.* 出卖, 背叛
- quiz *n.* 小测验
- pretend *vi. & vt.* 假装; 装扮, 扮作
- cheerful *adj.* 愉快的, 高兴的; 令人愉快的
cheerfully *adv.* 高高兴兴地
- washroom *n.* 洗手间, 厕所 (= restroom/toilet)
- admit *vt. & vi.* 承认; 允许进入, 接纳
admission *n.* 承认; 入会费; 许可
- beg *vt. & vi.* 请求, 恳求; 乞讨
beggar *n.* 乞丐; 穷人
- swear (swore, sworn) *vt. & vi.* 发誓; 郑重承诺; 咒骂, 说脏话
- spy *vi.* 从事间谍活动; 搜集情报 *n.* 间谍
- truly *adv.* 真诚地, 诚恳地, 衷心地
- forgive (forgave, forgiven) *vt.* 原谅, 宽恕
- sincerely *adv.* 真诚地
- childhood *n.* 童年, 幼年
- superb *adj.* 极佳的; 卓越的
super *adj.* 超级的; 极好的
- focus *vi. & vt.* 集中注意力于……; (使)聚焦
n. 焦点; 重点
- pace *n.* 速度; 步伐; 节奏
- manner *n.* 方式; 态度, 举止
- horrible *adj.* 极坏的, 糟糕的; 恐怖的, 令人震惊的
- guilty *adj.* 内疚的; 有罪的
guilt *n.* 罪行; 内疚
guiltily *adv.* 内疚地; 有罪地
- cruel *adj.* 伤人的; 残酷的, 残忍的

cruelty *n.* 残酷; 虐待; 残酷的行为

cruelly *adv.* 残酷地

- remark *n. & vi.* 评论, 谈论
- dislike *vt.* 不喜欢, 厌恶
- argue *vi.* 争吵, 争论
argument *n.* 辩论; 论点; 论据; 争论; 理由
- awkward *adj.* 令人尴尬的, 别扭的; 笨拙的
- apologize/apologise *vi.* 道歉
apology *n.* 道歉; 辩解
- quarrel *n. & vi.* 争吵, 争执
- sensitive *adj.* 易生气的; 敏感的; 体贴的
- athletic *adj.* 擅长运动的; 健壮的
athlete *n.* 运动员
athletics *n.* 体育运动; 田径
- envy *vt. & n.* 羡慕, 忌妒
envious *adj.* 嫉妒的
- blame *vt.* 责备, 指责
n. (坏事或错事的) 责任; 责备, 指责
- gifted *adj.* 有天赋的, 有天才的
- disagreement *n.* 分歧, 争论, 意见不一
agreement *n.* 同意; 一致; 协议

背常考短语

- spy on 暗中监视, 窥探
- keep pace with (与……) 步调一致, (与……) 同步
- before long 不久, 很快
- pretend to be... 假装是……
- admit sb./sth. to be 承认某人/某物是……
admit sb./sth. into/in/to some place 让某人/某物进入某地
- be guilty of sth. 犯……罪行

7. make remarks on/upon/about/at 对……谈论/评论 (= comment on/upon; make comments on/upon)
8. argue with/over/about 争论/争吵……
argue sb. into/out of 说服某人干/不干……
9. blame sb. for sth. /doing sth. 因某事而责备某人/责备某人做了某事
blame sth. on sb. 把某事归咎于某人
be to blame (for) 应(为……)承担责任
accept/bear/take the blame for sth. 对某事负责任
put/lay the blame for sth. on sb. 将某事归咎于某人
10. accuse sb. of sth. 指责/指控某人某事
11. cannot help (doing) sth. 忍不住, 情不自禁干……
12. be sensitive to 对……易生气的; 敏感的



背经典句型

1. I **feel betrayed** by my friend Hannah. 我觉得我的朋友汉娜背叛了我。
2. I **must have sounded** very proud of myself after the quiz, saying how easy it was and how I was sure to get a good grade. 考试之后, 我一定是听上去洋洋得意, 说考题实在太简单了, 我肯定能取得好成绩。
3. Afterwards, I **pretended to be** cheerful, but Hannah sensed something was wrong. 后来, 我假装很开心, 但汉娜还是觉察到哪儿有点不对劲。
4. Everyone **must have been laughing** behind my back! 大家一定都在背后嘲笑我!
5. She said that someone **must have been spying** on us in the washroom, but I didn't believe her explanation. 她说一定是有人在洗手间偷听我们的谈话, 但我不相信她的解释。
6. He **got annoyed, saying** it wasn't his fault if he couldn't play as well as me, and that I shouldn't talk to him in this manner. 他也被惹火了, 说他的球技不如我不是他的错, 还说我不该那样和他说话。

7. He **accused me of** some really bad things **just to** hurt me. 为了伤害我, 他指责我做了一些非常不好的事情。
8. I **feel really guilty** because I **made some cruel remarks** too, but I dislike seeing our team lose. 我感到很内疚, 因为我也说了一些残酷无情的话, 但我不喜欢看到我们队输球。
9. Football is very important to me, but **so is** our friendship. 足球对我来说很重要, 但是我们的友谊也是如此。
10. Yesterday, I **saw him talking** to another boy, Peter, and I **cannot help wondering if** he wants Peter to be his best friend instead of me. 昨天, 我看见他和另一个男孩彼得说话, 我忍不住想他是不是想让彼得取代我做他最好的朋友。
11. I told my brother about the quarrel, but he said Matthew is just too sensitive and perhaps **a little bitter** because I am really athletic and good at football, and that I had better find another friend. 我把吵架的事告诉了我哥哥, 但他说马修只是太敏感, 可能还有一点嫉妒, 因为我身强体壮, 足球踢得很好, 他建议我最好另找一个朋友。



赏美文

It is an art to know how to get on with friends and keep friendship. Even if you two are good friends, there are chances of misunderstanding each other. Whenever it happens, you must learn to respect each other. It is no use quarrelling with each other or blaming for it. Share his/her feelings and give him/her a chance to think about what has happened. Meanwhile, anyone must remember, some things are important in life, so is friendship. Whatever great trouble your friend has, support him/her, share his/her feelings, and your friendship will/can develop.

晚练 1

I. 语境填词

- She closed her eyes and _____ (假装) to be asleep.
- She was more _____ (cheer) than any other student before falling sick.
- He gained _____ (admit) into this university.
- She didn't let anyone know what she _____ (true) felt.
- Had he not apologized to her, she would not have _____ (forgive) him.
- I _____ (sincere) hope you'll come with us.
- His heart sickened at the thought of that _____ (恐怖的) scene.
- He had no sense of shame and never felt _____ (guilt).
- We'll never forget the _____ (cruel) of the invaders.
- We accepted the agreement without _____ (argue).
- It's a little _____ (尴尬的), because he's my friend but I'm still his boss.
- He _____ (apology) to her for not going to her party.
- The couple was _____ (争吵) furiously about whose turn it was to cook the dinner.
- Don't be so _____ (sense) and I was not criticizing you.
- John is an _____ (athlete) boy and he is good at running.
- He saw the _____ (envy) look in the other boy's eyes.
- Man is the only creature that is _____ (gift) with speech.
- There's a lot of _____ (disagree) among politicians on this issue.

II. 完成句子

- He does not _____ a physicist. 他并不自命为物理学家。
- He admitted _____ the car/ _____ the car.
他承认偷了车。
- I _____ a lie. 我撒了个谎, 因此觉得很内疚。
- She _____ their service. 对于他们的服务, 她做出了礼貌的评价。
- I'm not going to _____ tonight. 我今晚不想与你争辩。
- The children _____ the accident. 那次事故怪不着孩子们。
- He rushed into the room, _____. 他一脸严肃地冲进房间。
- Your father _____ now. 你爸爸现在肯定在家里。
- He insisted that he _____ the money and that he _____. 他坚持说他没有偷钱, 不应该被带走。
- I saw it and _____. 我看见了, 他也看见了。
- Tom won the game. 汤姆赢了那场比赛。
— _____. 确实如此。
- I _____ when I saw his haircut. 当我看到他的发型时, 忍不住笑了。
- The girl _____ other people's comments.
这个女孩对别人的评价很敏感。
- He simply disliked _____ me and avoided me whenever possible.
他就是不喜欢和我一起工作, 只要有可能他总是避开我。

III. 阅读理解

Dear Dad,

Today I was at the shopping mall and I spent a lot of time reading the Father's Day cards. They all had a special message that in some way or another

reflected how I feel about you. Yet as I selected and read, it occurred to me that not a single card said what I really want to say to you.

You'll soon be 84 years old, Dad, and you and I will have had 55 Father's Days together. I haven't always been with you on Father's Day but I've always been with you in my heart.

You know, Dad, there was a time when we were separated by the generation gap. You stood on one side of the Great Divide and I on the other.

The Father-Daughter Duel shifted into high gear (档位) when you taught me to drive the old Dodge and I decided I would drive the 54 Chevy whether you liked it or not. The police officer who sent me home, after you reported the Chevy stolen, didn't have much tolerance for a stubborn 16-year-old, while you were so tolerant about it, Dad, and I think that was probably what made it the worst night of my life.

Our relationship greatly improved when I married a man you liked, and things really turned around when we began making babies right and left. Somewhere along the line, the generation gap disappeared. I suppose I saw us and our relationship as aging together, rather like a fine wine.

But the strangest thing happened last week. I was at a stop sign and I watched as you turned the corner in your car. It didn't immediately occur to me that it was you because the man driving looked so elderly and fragile behind the wheel of that huge car. It was rather like a slap in the face delivered from out of nowhere. Perhaps I saw your age for the first time that day.

I guess what I'm trying to say, Dad, is what every son and daughter wants to say to their Dad today. Honoring a father on Father's Day is about respect and sharing and acceptance and tolerance and giving and taking. It's about loving someone more than words can say, and it's wishing that never had to end.

I love you, Dad.

Love,
Jenny

- () 1. How did Jenny probably feel on the night she was sent home by the police?
A. Disappointed. B. Nervous.
C. Guilty. D. Frightened.
- () 2. We can learn from the passage that Jenny and her father _____.
A. kept in touch by writing to each other
B. are separated due to the generation gap
C. have been getting along very well
D. had a hard time understanding each other
- () 3. Why did Jenny feel strange when she saw her father last week?
A. She seldom saw him driving that huge car.
B. She had never realized his being old and weak.
C. She didn't expect to meet with him there.
D. She had never seen him driving so slowly before.
- () 4. Jenny wrote her father this letter to _____.
A. tell him about their conflicts
B. say sorry for her being stubborn
C. express her gratitude to him
D. remind him of the early incident

IV. 书面表达

英语中“please”“thank you”“sorry”等礼貌用语具有增进友谊、改善关系、化解矛盾等神奇的力量，因而被称为“magic words”。请“Magic Power of Polite Words”为题写一篇 100 词左右的英语作文。

晨读 2 Period Two Word power & Grammar and usage

 背高频单词

1. mailbox *n.* 邮箱
2. algebra *n.* 代数
3. arithmetic *n.* 算术
4. Easter *n.* 复活节
5. amusement *n.* 娱乐, 消遣
amuse *v.* 娱乐; 消遣; 使……发笑
6. amused *adj.* 愉快的; 顽皮的; 被逗乐的; 觉得好笑的
7. amusing *adj.* 有趣的; 引人发笑的
8. circus *n.* 马戏表演; 马戏团
9. online *adv.* & *adj.* 在线(的)
10. identity *n.* 身份
identify *vt.* 鉴定; 识别; 认明
identification *n.* 确认; 鉴定; 识别; 身份证明
identified *adj.* 经鉴定的
11. absurd *adj.* 荒唐的, 怪诞的

拓展 1 与人的性格相关的高频形容词

1. generous 慷慨大方的
2. warm-hearted 热心肠的, 友好的
3. reliable 可靠的
4. open-minded 思想开明的
5. dishonest 不诚实的
6. narrow-minded 狭隘的, 小心眼的
7. stubborn 固执的
8. bad-tempered 脾气不好的
9. unreliable 不可靠的
10. strong-minded 有主见的
11. dependable 可信赖的, 可靠的
12. talkative 健谈的; 爱说话的
13. calm 镇静的, 沉着的
14. clumsy 笨拙的, 愚笨的
15. confident 自信的; 有信心的
16. considerate 体贴的; 体谅他人的; 考虑周到的
17. determined 坚决的; 坚定的

18. diligent 勤勉的; 勤奋的; 用功的

拓展 2 与人际关系相关的高频词汇(1)

1. acquaintance *n.* 熟人, (与某人)认识
2. anxiety *n.* 担忧, 焦虑
anxious *adj.* 忧虑的, 焦急的
3. apologize *vi.* 道歉, 谢罪
apology *n.* 道歉; 歉意
4. appreciate *v.* 欣赏; 感激
5. argue *vi.* 争辩, 争论
argument *n.* 争论, 辩论
6. associate *v.* & *n.* 联想; 联系; 交往
n. 同事; 伙伴
7. barrier *n.* 屏障, 障碍
8. beneficial *adj.* 有利的, 有帮助的, 有用的
benefit *n.* 益处, 好处 *v.* 受益; 有益于
9. bother *vt.* 打扰, 烦扰
10. colleague *n.* 同事
11. comfort *n.* 安慰; 慰问
comfortable *adj.* 舒服的; 安逸的; 舒服自在的
12. communicate *n.* 交际; 传达(感情, 信息等)
communication *n.* 交际, 交往; 通讯
13. companion *n.* 同伴; 同事
14. complain *v.* 抱怨; 投诉
15. conflict *n.* 冲突
16. congratulate *vt.* 祝贺
congratulation *n.* 祝贺, 庆贺
17. conscience *n.* 良心, 良知, 内疚
18. consider *vt.* 考虑
considerate *adj.* 体贴的; 体谅他人的; 考虑周到的
consideration *n.* 考虑; 关心
19. consult *v.* 请教, 商量
20. conversation *n.* 对话
21. correspond *vi.* 一致; 与……相当; (与人)通信, 有书信往来
22. debate *n.* & *v.* 讨论, 辩论

23. dilemma *n.* (进退两难的)窘境, 困境
 24. disagree *vi.* 意见不一致
 disagreement *n.* 意见不一致; 相违; 争论
 25. embarrass *vt.* 使窘迫, 使尴尬
 26. equal *adj.* 平等的 *vt.* 等于, 比得上
 equality *n.* 平等
 27. exchange *n. & vt.* 交换, 调换; 交流
 28. excuse *n.* 借口, 辩解 *vt.* 原谅, 宽恕



背常考短语

amusement park 游乐场

拓展3 与人际关系相关的高频短语(1)

1. be ready to help others 乐于助人
2. be disappointed with sb. 对某人感到失望
3. be confident of sth. /in sb. 对某事/某人有信心
4. be satisfied/content with 对……满意
5. be popular with 受……欢迎
6. be to blame 应受责备
7. be worried about 担心……
8. be concerned about 关心, 挂念
9. complain about 抱怨
10. communicate with 与……交流



背经典句型

1. He is **such a warm-hearted** man that we all admire him very much. 他是一个如此热心肠的人, 以至于我们都很敬佩他。
2. **With** friendship, life is happy and harmonious. **Without** friendship, life is hostile and unfortunate. 拥有友谊, 生活就会快乐又和谐; 没有友谊, 生活就会充满敌意与不幸。
3. We should be kind to one another, **which is essential to** enjoy a harmonious life. 我们应当彼此友善, 这对于享受和谐的生活是绝对重要的。
4. I **didn't** realize the importance of cooperating with others **until** I was chosen monitor of my class in my senior middle school. 直到上高中我被选为班长时,我才意识到与别人合作的重要性。

5. A friend is someone **whom** you could tell everything to, like your deepest feelings and thoughts and also the one who understands **what you are going through**. 朋友是那个你可以向他倾诉一切, 比如你内心深处的感情和想法, 并且懂得你所正在经历的事情的人。
6. **It is also a virtue to** forgive and forget, especially in such a competitive and stressful society. 原谅和宽恕也是一种美德, 尤其是在这样充满竞争和压力的社会。
7. Instead of blaming each other, we should communicate more and put ourselves **in others' place, which can help us** have a better understanding of others. 不要彼此责备, 我们应该多交流, 从对方角度考虑, 这将有助于我们更好地了解对方。



背美文

假定你是李华, 下个月你将去英国学习。请给你的笔友 Peter 写封信, 告诉他你想利用周末时间来参加社区志愿者活动, 以便亲身体会生活。要点如下:

1. 表达心情; 2. 询问信息; 3. 表达愿望。

注意: 1. 词数 100 左右;

2. 可以适当增加细节, 以使行文连贯;
3. 开头语和结束语已为你写好。

Dear Peter,

How is everything going? _____

I'd appreciate your reply soon and I can't wait to see you next month.

Yours,

Li Hua

【参考范文】

Dear Peter,

How is everything going? It's great that I

will come to Britain next month and see you finally. I feel excited and look forward to studying in your country.

I heard that we could do some volunteer work as a student there. Would you kindly tell me what volunteer work I could do in the community close to my school, and if there is any chance for me to

do it on weekends? I believe your valuable guidance can help with my study in Britain.

I'd appreciate your reply soon and I can't wait to see you next month.

*Yours,
Li Hua*

晚练 2

I. 语境填词

- I would never choose to watch cricket as an _____ (amuse).
- However _____ (amuse) the story is, I have to put it away and focus my attention on study this week.
- The journalist did not want to reveal the _____ (identify) of his informant(线人).
- In modern world, fingerprinting as a means of _____ (identify) has been widely used in many fields.
- The idea that number "13" brings bad luck seems quite _____ (荒谬的).

II. 完形填空

It was Mother's Day and I was shopping at the local supermarket with my five-year-old son, Tenyson. As we were 1, we realized that only minutes earlier an 2 woman had fallen over at the entrance and hit her head on the ground. 3 was with her, but there was blood everywhere and the woman was embarrassed and clearly in shock. 4 a lot of people stopped to help out. 5 we were walking towards the scene, Tenyson became very 6 about what had happened to the elderly couple. He 7 to me, "Mom, it's not much fun falling over in front of 8." Seeing that there was a flower stall(摊位) at the front of the supermarket, he added, "Why shouldn't we 9 the lady a flower? It will make her feel

better." I was 10 that he'd come up with this 11 idea. So we went over and told the flower seller 12 we wanted. "Just take it," she replied. "I 13 take your money for such a wonderful 14."

By now medical staff had arrived, and were 15 the injured woman. We gave the flower to the woman's husband and I told him it was 16 my son. At that, the old man started crying and said, "Thank you very much." He then turned to me, "You have a 17 son. Happy Mother's Day to you."

The man bent down and gave his wife the flower, telling her who it was from. 18 being badly hurt, the old lady looked up at Tenyson with 19 in her eyes and gave him a little 20.

- ()1. A. leaving B. driving
 C. moving D. stopping
- ()2. A. injured B. awkward
 C. honest D. elderly
- ()3. A. Her husband B. My son
 C. The crowd D. The seller
- ()4. A. Specifically B. Particularly
 C. Interestingly D. Fortunately
- ()5. A. If B. Since
 C. While D. Unless
- ()6. A. guilty B. curious
 C. angry D. worried
- ()7. A. complained B. said
 C. lied D. responded

- ()8. A. no one B. someone
 C. everyone D. anyone
- ()9. A. lend B. bring
 C. leave D. buy
- ()10. A. amazed B. shocked
 C. puzzled D. concerned
- ()11. A. wise B. sweet
 C. innocent D. crazy
- ()12. A. which B. when
 C. what D. whether
- ()13. A. must not B. can't
 C. may not D. needn't
- ()14. A. scene B. habit
 C. flower D. deed
- ()15. A. checking with B. looking after
 C. operating on D. paying for
- ()16. A. from B. to
 C. with D. about
- ()17. A. respectful B. cheerful
 C. successful D. wonderful
- ()18. A. Out of B. Regardless of
 C. Thanks to D. As to
- ()19. A. love B. hope
 C. pity D. pain
- ()20. A. idea B. money
 C. smile D. comfort

III. 语法填空

阅读下面材料,在空白处填入适当的内容(1个单词)或括号内单词的正确形式。

Tom went to the seaside to spend his holiday last summer with his family. One day, he was swimming in the river when someone shouted, "Look out! There is 1. _____ shark not far away!" On hearing the shout, Tom was scared to 2. _____ (die) because he was scared of its dangerous characteristic. "Just don't worry, Tom!" His father said, "But in order to avoid 3. _____ (harm), let's go back to our hotel."

They stayed at the seaside for several weeks.

Though the weather was much hotter than that in their hometown, Tom got 4. _____ (use) to it and felt at home. Every morning, he got up 5. _____ (early) than his parents and went for breakfast ahead of time. Then he went to have a chat with his new friend, Jack, who he happened to come 6. _____ during his holiday. Jack was a native and he was familiar with the seaside well. He was a man with good 7. _____ (qualify). Soon they became very good friends. After they 8. _____ (part), they kept 9. _____ (write) to each other. Now, Tom still often hears from Jack. They talked in their letters about the things and persons 10. _____ they remembered at the seaside.

IV. 阅读理解

I was never very neat, while my roommate Kate was extremely organized. Each of her objects had its place, but mine always hid somewhere. She even labeled(贴标签)everything. I always looked for everything. Over time, Kate got neater and I got messier. She would push my dirty clothing over, and I would lay my books on her tidy desk. We both got tired of each other.

War broke out one evening. Kate came into the room. Soon, I heard her screaming, "Take your shoes away! Why under my bed!" Deafened, I saw my shoes flying at me. I jumped to my feet and started yelling. She yelled back louder.

The room was filled with anger. We could not have stayed together for a single minute but for a phone call. Kate answered it. From her end of the conversation, I could tell right away her grandma was seriously ill. When she hung up, she quickly crawled(爬) under her covers, sobbing.

Obviously, that was not something she should not go through alone. All of a sudden, a warm feeling of sympathy rose up in my heart.

Slowly, I collected the pencils, took back the books, made my bed, cleaned the socks and swept the

floor, even on her side. I got so into my work that I even didn't notice Kate had sat up. She was watching, her tears dried and her expression one of disbelief. Then, she reached out her hands to grasp mine. I looked up into her eyes. She smiled at me, "Thanks."

Kate and I stayed roommates for the rest of the year. We didn't always agree, but we learned the key to living together: giving in, cleaning up and holding on.

- () 1. What made Kate so angry one evening?
- She couldn't find her books.
 - She heard the author shouting loud.
 - She got the news that her grandma was ill.
 - She saw the author's shoes beneath her bed.

- () 2. The author tidied up the room most probably because _____.
- she was scared by Kate's anger
 - she hated herself for being so messy
 - she wanted to show her care
 - she was asked by Kate to do so
- () 3. How is Paragraph 1 mainly developed?
- By analyzing causes.
 - By showing differences.
 - By describing a process.
 - By following time order.
- () 4. What might be the best title for the story?
- My Friend Kate
 - Hard Work Pays Off
 - How to Be Organized
 - Learning to Be Roommates

晨读 3 Period Three Task



背高频单词

- hopeless *adj.* 没有好转希望的, 无望的; 糟透的
- overcome (overcame, overcome) *vt.* 克服, 解决
- acquaintance *n.* 泛泛之交, 熟人; 略有交情, (与某人)认识
acquaint vt. 使了解, 使熟知, 告知

拓展 4 与人际关系相关的高频词汇(2)

- express *vt.* 表达; 表示 *n.* 快车, 特快专递
expression n. 表达; 词句; 表示; 表情
- favour(美 favor) *n.* 恩惠; 好意; 帮助
- forgive *vt.* 原谅, 宽恕
- get-together 聚会; 联欢会
- grateful *adj.* 感激的, 感谢的
- greet *vt.* 问候; 向……致敬
greeting n. 祝贺
- harmony *n.* 融洽, 和睦
- invitation *n.* 邀请, 请帖
invite vt. 邀请, 招待

- matter *n.* 要紧事, 事情; 问题
vi. 要紧, 有重大关系
- mature *adj.* 成熟的
- merciful *adj.* 仁慈的; 宽大的
mercy n. 怜悯
- misunderstand *vt.* 误会; 不理解
- modest *adj.* 谦虚的; 谦逊的
- offer *n.* & *vt.* 提供; 建议
- oppose *vt.* 反对; 反抗
opposite n. 相反, 对面 *adj.* 相反的, 对面的
- patience *n.* 容忍; 耐心
- personally *adv.* 就自己而言
- persuade *vt.* 说服, 劝说
- promise *n.* & *v.* 答应, 允诺
- promote *vt.* 促进, 推动, 促销, 晋升
- quarrel *vi.* 争吵, 吵架
- reason *vi.* 评理, 劝说 *n.* 理由, 原因
reasonable adj. 合乎情理的
- relate *vi.* 有关; 涉及

relation *n.* 关系; 亲属

relationship *n.* 关系

relative *n.* 亲属, 亲戚

24. reliable *adj.* 可信赖的, 可依靠的

25. reputation *n.* 名声, 名誉

26. sensitive *adj.* 敏感的, 容易生气的

27. treat *vt.* 对待, 看待

28. trust *vt.* 相信, 信任, 信赖



背常考短语

get through (用电话)接通

拓展5 与人际关系相关的高频短语(2)

1. get along/on well with 与……关系良好

2. help (sb.) out 帮助(某人)摆脱困境

3. have words with... 和……发生口角

4. have a lot in common 有许多共同之处

5. keep company with 和……结交

6. make friends with sb. 和某人交朋友

7. share feelings and ideas with 与……分享感受和观点

8. show respect for 尊重

9. think of others 为别人着想

10. work together 共同努力



背经典句型

1. **To avoid such conflicts**, we should **be kind** to one another, **which is essential to** enjoy a harmonious life. 为了避免这样的冲突, 我们应该对他人态度友好, 这是享有和谐生活的必要条件。

2. Being polite is **the most important step to** develop relationship among friends. 礼貌是建立朋友关系当中最重要的一步。

3. **What I want to stress is that** each of us should listen more to others. 我想强调的是我们中的每一个人都应该更多地倾听别人。

4. **Just as the saying goes**, "One tree doesn't make a forest", our success **is based on** cooperating with others. 正如谚语所言: "独木难成林", 我们的成功是建立在与别人合作的基础上的。

5. We **are expected to** say "Thanks" when people help us, and **make an apology with** "Sorry". 当人们帮助我们时我们应该说声“谢谢”, 道歉时说声“对不起”。

6. **The majority of students believe that** interest will **provide** them **with** more opportunities to develop their interpersonal skills, **which** may **put** them **in a favorable position** in the future job markets. 大部分学生相信, 兴趣会使他们有更多机会发展人际交往能力, 而这对他们未来找工作是非常有好处的。

7. He **is generous with** his time in **offering help to** us, **for which** we feel grateful. 他毫不吝啬自己的时间, 主动为我们提供帮助, 所以我们都对他感激不尽。



赏美文

请根据以下提示, 并结合事例, 用英语写一篇短文。

We all know that "sticks and stones may break our bones", but we should also be aware that words can hurt people, too.

注意: ①无须写标题, 不得照抄英语提示语; ②除诗歌外, 文体不限; ③文中不得透露个人姓名和学校名称; ④词数 100 左右。

【参考范文】

My deskmate admires my fluent English very much and I usually feel encouraged by his compliments.

One day, when we learned the new word "eccentric" in class, we were asked to make a sentence with it. I volunteered to do it by saying "My deskmate is an eccentric boy whose clothes never fit him." Hearing this, the whole class burst

into laughter and my deskmate's face turned red. After class, I learned from the teacher that my deskmate would have dropped out of school if he hadn't been helped by others. My mindless words must have hurt him deeply.

Not until then did I realize words could be powerful in both positive and negative ways. We should avoid hurting others if we can't always be encouraging when we speak.

晚练 3

I. 语境填词

- The doctor said the old man's serious condition was _____ (hope).
- There will be no difficulty in the world that they cannot _____ (克服).
- He is not a friend of mine, only an _____ (熟人).
- I called him up once again, but I still couldn't get _____.

II. 短文改错

During the summer holiday, I helped my parents did a lot of housework, like cooking, washing and clean the house. At first, I didn't know what to do these things, but thanks to my mother, I learned a lot of. At the end of each day, when my parents came home after a day's hard works, they could see clean house and enjoy the dishes I cooked for them. The smile on their faces were the best reward for my efforts. I felt very happy though exhausting. Helping my parents was challenging and very rewarding. It made my holiday much meaningful.

III. 语法填空

阅读下面材料, 在空白处填入适当的内容(1个单词)或括号内单词的正确形式。

I work in a big factory in a town 1. _____ is quite far from my home. One day, after a whole 2. _____ (day) work, I went back home by bus. That day was 3. _____ long and hard one for me as the stress from work weighed heavily on my mind.

A girl, who I didn't know, sat next to me. She asked me some questions 4. _____ (casual) and we had a short conversation. I thought to myself that she was just a 5. _____ (strange) to me and didn't take much interest.

After a while, she suddenly handed me some chocolates and said that it was her birthday. I immediately responded with a smile and my heart felt free of the stress that I 6. _____ (carry). In a single moment I felt the heaviness of the day 7. _____ (transform) into lightness of a feather. Her simple act gave me joy even if I didn't 8. _____ (particular) enjoy sweets as much. The only thing that I could do was 9. _____ I wished her a long life. I can't remember her face now but 10. _____ (recall) the incident makes me happy.

IV. 阅读理解

Before I had my son, I spent two years working with children with disabilities. I learned that shouting and threats of punishment would result in a disaster. Coming up against their behaviour could only make the job harder and their behaviour more extreme. I found something that worked, though.

There was a very naughty boy in the nursery and a teacher who was generally very confident with the children was asked to take charge of him. One day the boy joined a session in the room next to mine. His appearance created an atmosphere of tension. He spent the entire session running

around, hitting and kicking, and destroying property.

I was in the craft room working with some other children when my co-worker told me that this boy's teacher was in tears, and could not get control of the situation. As we were talking, the boy ran in. I told my co-worker that I would take care of him.

I closed the door. He was full of energy, throwing things around and making a huge mess. But I could see that he was doing all these to annoy me. He needed connection, and this was the only way he knew how to ask for it. So I sat back down and kept quiet. Then he slowed down and began making a rocket. I talked to him about it. We continued like this for a few minutes before I slipped into the conversation:

“So what happened today?”

It was purely a question, no blame or anger in my tone. I believe that if I had criticized him, the gate that was slowly opening would have shut firmly closed. He told me that the teacher didn't let him do what he knew well due to safety but asked him to do what he disliked. He also admitted that he had enjoyed making her run around and saw it as a game. I explained that his teacher had not seen it as a game and was very upset. This again was stated simply as a fact. I suggested that next time he had a session, he talk about what he hoped to do at the start, which might be easier for

everyone. He agreed and was quiet for a moment. Then he looked at me with tears in his eyes before quietly asking if he could go to find his teacher to apologize.

- () 1. The boy made trouble for his teacher because he _____.
- A. was accused of destroying property
B. was told not to yell at other children
C. was made to do things against his will
D. was blamed for creating an air of tension
- () 2. Why didn't the author do anything about the boy's bad behavior at first?
- A. She didn't want to make it worse.
B. She didn't mind the huge mess at all.
C. She was tired of shouting and threats.
D. She hadn't thought of a coping strategy.
- () 3. The author managed to get the boy to talk to her by _____.
- A. playing games with him
B. giving him a good suggestion
C. describing his teacher's feelings
D. avoiding making critical remarks
- () 4. Why did the boy have tears in his eyes in the end?
- A. He was sorry about his reputation.
B. He was regretful about his behavior.
C. He was fearful of the author's warning.
D. He was sad for the author's misunderstanding.

晨读 4 Period Four Project



背高频单词

- twin *adj.* 双胞胎之一的; 成双的
n. 双胞胎之一; 一对相像的事物之一
- apartment *n.* 公寓套房
- topic *n.* 话题
- attitude *n.* 态度, 看法
- anchor *vt.* 扎根于; 使基于; 下锚; 使固定
n. 锚
- cautious *adj.* 小心的, 谨慎的
cautiously *adv.* 慎重地; 谨慎的
caution *n.* 警告; 慎重; 戒备