

Reading for Acquisition

Reading for Application

Reading for Appreciation

Reading for Argumentation

# 4A视域下高中英语 底蕴阅读探究

English Reading Strategies under 4A Model

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## 序 言

《普通高中英语课程标准(2017年版,2020年修订)》明确指出,高中英语课程要提升学生的英语素养,培养出与国际社会接轨的人才、熟练恰当地运用英语语言交流的学生、能正确认识和鉴别优秀文化并具有文化自信的社会主义接班人、具有思辨能力的社会成员、具备终身学习意识和终身学习能力的人才。普通高中英语课程应在义务教育课程的基础上,帮助学生进一步学习和运用英语基础知识和基本技能,发展跨文化交际能力,为学生汲取文化精华、传播中国文化创造良好的条件。新修订的《普通高中英语课程标准(2017年版,2020年修订)》正式完整地提出英语学科核心素养包括语言能力、文化意识、思维品质和学习能力四个方面,这对高中英语课程提出了新的要求和挑战,促使我们重新认识高中英语课程的目标和定位:从以知识为本的教育理念向以学生发展为本的理念的转变;从以自我为中心向以人为本、以学生为主体的转变。

传统的高中英语教学,更多专注于词汇本身的音、形、意,脱离了语言需要的真实场景。但真正的英语教学,应该蕴藏清晰的逻辑和深邃的思想,传递多样的文化和丰富的情感,培养广阔的视野和高尚的情怀。这些被称为助推学生将来可持续发展的底蕴,也正是本书致力于探究和培养的核心能力。

作为教学第一线的实践者,本书编者对国家新课程改革的根本任务有准确的了解,在钻研英语教学实践规律、把握高考英语的命题特点的基础上,将所学、所见、所闻、所思、所感整理成册,总结出了提高学生阅读的策略,撰写出这本对提高学生英语底蕴阅读能力有实效的专著。除了关注语言本身,本书还致力于提高学生的阅读理解、参与体验、感悟审美、实践创新等能力,从而达到育人的功能。

阅读能力的培养是一个多层次的、循序渐进的语言技能的习得过程。基于此,本书着力于4A视域下高中学生的英语底蕴阅读培养探究。4A即Reading for Acquisition, Reading for Argumentation, Reading for Application和Reading for Appreciation。编者从这四个方面入手,从不同的维度,循序渐进,就如何激发学生英语阅读的积极性、促进学生英语思维、能力、态度和价值观的形成进行探究。本书选材本着多样化、国际化、地道化和与中国特色相结合的原则,根据学生的英语学习实际情况做了相应改编,既让学生浸润在原汁原味的英文报刊文章中,又引导学生结合中国特色社会主义实际,感受如何用英语讲述中华民族的故事,用英语彰

显中国文化的魅力。

第一章“语言输入”(Reading for Acquisition)旨在探讨如何通过文本阅读和语言学习,帮助学生获得积极、有效、真实的语言输入,拓展学生的知识面,增强学生的英语学习兴趣。文章以人与自我、人与社会、人与自然三大主题为载体,兼具信息的真实性、语言的地道性和阅读行为的真实性,同时呈现了高中学段的高频词汇和短语,并对复杂的句子结构及语法进行了分析和阐述。第二章“思维培养”(Reading for Argumentation)着重探讨如何有效培养学生核心素养中的文化意识和批判性思维(critical thinking),通过引导学生对文本进行比较、分析、批判和评价,发展其逻辑思维、批判性思维和创新思维,形成正确的文化认知、文化态度和判断力。第三章“能力提升”(Reading for Application)旨在探讨如何通过精准设题来提升学生的分析能力、综合能力和归纳能力。本章提供的原创或改编题型关注热点、结构合理、知识准确。学生可运用所积累的英语知识辨清所给文段的结构,分析其中的长难句并洞察不同的观点和态度,从而增强语言的敏感性,提升逻辑思维、阅读能力和文化视野。第四章“审美内化”(Reading for Appreciation)以“美”为中心展开探讨,通过诗歌、散文、演讲稿等不同体裁的美文将学生引入一个情感丰富的语言世界,引导学生欣赏语言之美、文化之美、人性之美、世界之美,并以此激发学生热爱英语以及学习英语的热情。

当紫禁城遇见卢浮宫,当北京邂逅纽约,我们期待本书能够走到更多师生的手中,真正助力教学。能够帮助学生从理论上提升英语阅读底蕴,在实践中具备可靠的实操性,从而提高英语素养和能力,拥有独特的眼光、丰富的情感和细密的思维,为高中学生的英语底蕴厚植强基,是编者最大的期许。在阵阵油墨馨香中,我们感知语言的世界,提升语言阅读底蕴,为培养具有中国文化情怀的未来国际人才做出力所能及的贡献。

编者

2020年2月

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## 第一章 语言输入

### (Reading for Acquisition)

英语阅读教学是英语教师培养学生核心素养的一个很好的契机,通过阅读让学生根据自己的原有知识对阅读文本进行构建,形成个性化理解,使学生在语言能力、价值取向、情感态度、思维品质方面获得发展(范爱筠,2017)。

#### 一、通过阅读习得词汇的可行性

语言学习首先是从语言输入开始的,那么,如何有效地获得语言的输入呢?在“习得与学习区分假设”中,Krashen 将通常所说的学习分为两种,即“习得”(acquisition)与“学习”(learning)。他指出,“习得”是“下意识的,非正式的,自然的,甚至是拾遗式的语言学习过程”,而“学习”是“有意识地,正式地,明确地学习语言的规则”(Krashen S. D.,1989)。Krashen 认为,刻意的学习并不是词汇获得的最好方式,只有语言习得才能直接地促进第二语言能力的发展,才是人们运用语言时的生产机制。所以,通过阅读自然习得才是掌握第二语言的最佳选择。基于习得的意义和重要性,我们提出了 Reading for Acquisition,选取了承载人与自我、人与社会、人与自然三大主题的 40 篇阅读材料,进行有效的语言输入,即通过阅读地道的英文报刊文章,让学生大量地暴露在纯正的英语语境中,体会同一词汇在不同语境中所表达的不同含义,并能内化运用,自然而然地习得词汇。同时,拓宽学生视野,感悟不同的文化,滋养学生的文化底蕴,培养学生的批判思维,引导学生进行深层次的学习。

影响第二语言习得的因素很多,涉及环境、语言输入、学习者年龄、目的、要求等。在这些因素中,输入是第一位的,是促成语言习得的必要条件。输入假设理论也是 Krashen 第二语言习得理论的核心部分。Krashen 认为,理想状态下的语言输入应具有以下特点:

#### (一)可理解性

可理解性指对意义的理解,而非对形式的理解。学习者听到或读到的可以理解的语言材料,其难度应该稍高于学习者现有的语言水平(Krashen S. D.,1985)。本章选取的语篇贴近学生的生活实际,便于理解。比如,在紧张的生活节奏里,如何让自己轻松地适应环境是很多年轻人想要解决的问题。在 Passage 1 *How Exercise Reduces Anxiety and Makes You Feel More Connected* 中,学生可以通过 400 多词的阅读轻松找到答案。在 Passage 5 *Would You Help a Stranger?* 中,有一句非常朴素的表达——“With the world more connected than ever before, kindness has never

been more important.”这让读者明白,在人际交往中,善良和乐于助人是传统美德。强调乐于助人,是鼓励立己达人精神的体现。在自我意识日渐强化的今天,强调乐于助人有着强烈的时代进步意义,是社会主义核心价值观的体现。这篇富有温度的文章让学生能感同身受,把这种传统美德传递下去,让世界变得更美好。Passage 6 *Forgive More to Have a Better Sleep* 让学生明白不会原谅的人往往会在不愉快的想法和感觉上徘徊,比如愤怒、责怪和后悔。然而,原谅自己和他人的过错可以让自己身心愉悦,得到更好的睡眠,对生活更加满意,使自己和身边的人生活更幸福。众所周知,“爱美之心,人皆有之”,尤其是青少年时期的女孩子们,追求时尚和前卫,特别是在着装方面总是容易和父母的审美产生冲突,让父母头疼,解决这一问题的答案就在 Passage 8 *How to Talk to a Teenage Daughter about Clothes That Aren't "Appropriate" for School* 一文中。这些话题贴近学生的生活实际,容易让学生产生共鸣和共情,宛如心灵鸡汤,引发学习者的深度思考。

### (二) 足够的输入量

学语言就像是建房子,再好的图纸也离不开砖瓦等材料,词汇就是建语言这栋房子必需的材料。语言学家 Wilkins 在 *Linguistics in Language Teaching* 一书中论述了词汇教学在交际中的重要性:“Without vocabulary, nothing can be conveyed.” (Wilkins D. A., 1972) 没有足够的词汇,就无法用语言表达自己的思想情感或了解别人的观点和想法,也就没有正常的交流。语言输入的数量和质量是语言习得发生的物质前提和基础,只有大量的、有效的语言输入才有可能达成语言习得,也就是要大量地、有效地听或读地道的语言材料,才能实现学习语言的最终目的,即流利地表达。目前我国英语教学的效果不太理想,其中一个重要原因就是忽视了语言输入量所起的作用。语言学习者要想掌握英语的特点,光靠做几道题、读几篇文章是不可能的,需要的是持之以恒的课内和课外的阅读——通过大量的高质量的语言输入,浸入语言场景中,最终实现水到渠成的输出。

在 Reading for Acquisition 部分,阅读语篇的篇幅从 200 到 800 词不等,话题接近学生生活实际,结合学生学习能力,编排由易到难、层层深入,无论从语篇的质量还是语篇的数量上来说都利于语言的习得。学生可以结合自身学情,坚持阅读,浸入语言环境,逐步增加阅读量,提高阅读速度,通过大量有效的语言输入,自然习得词汇,为输出奠定坚实的基础。

### (三) 趣味性

学生在接收语言材料时,只有减少其心理障碍,让其自觉对输入的语言信息进行加工,才能保证较高的信息吸收率。只有那些学生不知道而又想知道的东西才能激发起他们的学习兴趣。因此,无论是课堂教学还是课外学习,输入的语言材料都要有意义、有趣味 (Krashen S. D., 1985)。Reading for Acquisition 部分的文章

题材和体裁多种多样,涉及环境、健康、宠物、旅行、人物、电影、体育等多个热点话题,不仅有助于学生树立正确的价值观和人生观,开阔视野,是有意义的阅读,而且选取的与这些话题有关的文章生动有趣,能激发学生学习英语的兴趣。比如: Passage 13 *Is “Mommy Brain” Really the Case?* 从女性生理角度解释女性“一孕傻三年”的原因,呈现了相关研究结果,让学生能更直观地理解女性在孕育时期的“非常态”表现,专业的阐述更有说服力和吸引力。 Passage 11 *Third-hand Smoke* 这个标题吸引学生去了解什么是三手烟,三手烟有什么危害,以及如何解决这一问题。这篇文章提倡绿色健康的生活方式,让学生更加关注身体健康。 Passage 18 *Zhang Weili Captured the UFC Women’s Strawweight Title in Style* 为学生介绍了格斗女王张伟丽十年磨一剑的 UFC 冠军之路。通过阅读这篇文章,学生见证了中国体育的全方位崛起,具有激发学生爱国情怀的意义。同时,学生了解到张伟丽成功背后的艰辛,使学生感同身受,想更多地了解这个话题,从而激发学习兴趣。通过阅读 Passage 36 *The Humble Beaver Is Dragging Earth Deeper into the Climate Crisis* 一文,让学生关注环境问题,敬畏生命,爱护人类共同的家园——地球,呼吁更多人关注人类命运共同体。

精选的 40 篇文章涉及人物、职业、科普知识、健康与医疗、饮食、运动、节假日及活动、旅游、交通、全球变暖、极端天气、地震灾害等诸多话题,这些话题贴近学生的生活实际,是学生们感兴趣的话题。

总之,Reading for Acquisition 部分的文章都具有第二语言习得理论的语言输入的三大特点,即第二语言习得所需的可理解的、有足够输入量的、具有趣味性的素材,有助于学生轻松有效地习得英语。

## 二、通过阅读习得词汇的有效性

Krashen 提出的输入性假说(input hypothesis)认为,学生通过在阅读中关注信息学到了词汇和拼写,附带习得牵涉到无意识的习得以及学生大脑中对习得知识的无意识的表示,学生可以学会需要掌握的单词(Krashen S. D., 1989)。

词汇是学习一门外语的关键。学习词汇有很多途径,其中通过阅读来附带地习得词汇被公认为是学习词汇的一种重要方法。然而在阅读过程中,学生遇到最多的问题就是由于生词的出现而不能完全理解阅读材料的意思。生词注释被证明是一种帮助学生更好地理解文章的有效方式,并且对第二语言阅读中的词汇附带习得也具有重大意义(徐雯,2016)。

基于以上理论,Reading for Acquisition 部分对高中英语高频词汇的地道表达进行了呈现,对于非课标词汇进行了注释,对复杂的句子结构及语法进行了分析和阐述,帮助学生在相应的语境中去理解和掌握词语搭配、句法运用等知识,并在真实语境中理解词汇,从而使学生能灵活运用词汇,表达更自然、流畅、准确。例如

Passage 25 *E-learning Rises amid Coronavirus Outbreak* 中呈现了打卡的地道表达——clock in。Passage 11 *Third-hand Smoke* 中呈现了 release 的一词多义。Passage 29 *You've Been Calculating Your Dog's Age WRONG* 中呈现了 address 作动词、意为“设法解决；处理；对付”的用法。还有 Passage 5 *Would You Help a Stranger?* 中 feature 的不同词性的不同意义等。阅读本章文章有利于学生理解和掌握英语词汇的一词多义和地道的表达。通过阅读，学生还可以掌握构词法，如词缀法、转化法、合成法等，如 emotional, technique, freshly, inhospitable, embarrassed, yearbook, once-barron, crackdown, household, blacklist 等，并能根据构词法原理去猜测词义，增强语言运用能力和阅读理解能力。除了词汇的注释之外，对句子结构的分析也是帮助学生习得语言的有效方法，如在 Passage 34 *Hadley Jo Lange Relies on Her Beloved Service Dog* 中，Ariel is a seizure alert service dog who can warn those around Hadley before she has a seizure, be it at home or at her school, the St. Patrick Catholic School in Louisville, Kentucky. 这个长难句的分析如下：who can warn those around Hadley before she has a seizure 是定语从句，先行词为 dog，be it at home or at her school 是让步状语从句，the St. Patrick Catholic School in Louisville, Kentucky 是 school 的同位语。通过对复杂的句子结构及语法进行分析和阐述，学生能更快更好地理解句义，熟悉语法功能，表达也会更加流畅和自然。

在习得词汇的表面含义时，学生还能在自然真实的语境中了解词汇背后所蕴含的社会历史、文字艺术等语言文化知识。因为词义反映了一定的客观世界和社会实践，它们还随社会文化、民族习惯、语言环境、社会发展等因素而变化。

综上所述，Reading for Acquisition 部分的语篇为与学生生活和认知相关的、富有趣味性、容易被理解的阅读材料。这一部分的阅读不仅有助于提高学生的语言技能，而且有助于学生拓展课外知识面、提升能力、增强自信心、培养兴趣和养成良好的学习习惯，是第二语言习得的良好途径。学生通过多文化、多角度的广泛阅读，习得大量词汇，拓宽视野，培养文化意识，滋养文化底蕴，最终实现英语核心素养的达成。

## Passage 1 How Exercise Reduces Anxiety and Makes You Feel More Connected

话题：健康 主题：人与自我 词数：410

We all know exercise makes your body healthier and helps you live longer. A growing body of research shows exercise is also linked to a wide range of mood-based and social benefits. People who are physically active are more satisfied with their lives,

have a stronger sense of purpose, feel more gratitude, are more connected to their communities, and are less likely to be lonely or anxious. Why? A big part has to do with how being active affects the brain. Here are three surprising ways that exercise is good for your mind.

### **Exercise Makes You Brave**

Exercise increases connections among areas of the brain that calm anxiety. Regular physical activity can also modify the default state of the nervous system so that it becomes more balanced and less prone (倾向于) to fight, flight or fright. The latest research even suggests that after lactate (乳酸盐) is released by muscles, it travels through the bloodstream to the brain, where it can reduce anxiety and protect against depression.

### **Moving with Others Builds Trust and Belonging**

Group exercise, such as yoga or dance, is one of the most powerful ways to experience joy. Moving our bodies triggers a release of endorphins (内啡肽). This is why dancers often show an increase in pain tolerance. But endorphins don't just make us feel good; they help us bond, too. People who share an endorphin rush feel closer to one another afterward. It's a powerful mechanism for forming friendships.

### **Trying a New Activity Can Transform Your Self-image**

A woman shared a story about how when she was in her early 20s and severely depressed, she made a plan to take her own life. The day she intended to go through with it, she went to the gym for one last workout. She deadlifted 185 pounds, a personal best. When she put the bar down, she realized that she didn't want to die. Instead, she remembers, "I wanted to see how strong I could become." Five years later, she can deadlift 300 pounds. To discover a new part of yourself, choose a movement that reflects the qualities you want to develop.

Any form of exercise can lead to these effects. Move in whatever way you feel good or makes you feel good about yourself. And know that you are not just strengthening your heart and your muscles. You are also strengthening your capacity to experience happiness, connection and courage.

## **Words**

gratitude [ˈgrætɪtjuːd] *n.* 感激

default [dɪˈfɔːlt] *n./v.* 默认

modify [ˈmɒdɪfaɪ] *v.* 调整, 修改

trigger [ˈtrɪɡə(r)] *v.* 引发, 触动; *n.* 诱因

afterward [ 'ɑ:ftəwəd ] *adv.* 后来

mechanism [ 'mekənɪzəm ] *n.* 机制

### Phrases

be linked to 与……相关联

a wide range of 范围广的

a sense of purpose 使命感

intend to do 打算做

### Sentences

The day she intended to go through with it, she went to the gym for one last workout.

句子分析:此句为复杂句。前半句为 the day 引导的时间状语从句。

## Passage 2 Don't Make This Common Vacation-planning Mistake

话题:旅行

主题:人与自我

词数:355

How valuable is your vacation time? That can be a difficult question to answer, even for someone like Mike Golpa, a busy dentist from Las Vegas.

“I have taken longer flights and endured longer stopovers when I've had the time,” he says. “When I don't have the time, I'll pay the higher fees and go with the shorter wait and better use of my time. I prefer to go slow and be relaxed than to feel rushed and exhausted.”

All travelers must make that determination—time or money? I'm constantly amazed that people will spend hours online to save \$5 or \$10 on a hotel room. Many of these people are educated professionals whose time is worth hundreds of dollars an hour.

Andrea Norfolk, founder of Shoreline Destinations, a travel agency specializing in destination weddings, says many travelers focus too much on the cost of the trip. For instance, most travelers prefer getting to their resort by mid-afternoon so they still have the remainder of the travel day to settle in and start to relax.

On the other hand, Sahara De Vore, founder of the Travel Coach Network of travel advisers, says vacations are about more than available time on the ground. “It is important for everyone to acknowledge their intention for their trip,” she says. “You have to weigh what matters. Determine if saving money where you can matter more to you and your travel goals than having more structure in your time.” Only then should you set a budget for your trip. You'll have a much better idea of how much time and money you want to spend traveling, and which is worth more to you. Should you drive or fly? Can you afford the time to make a connecting flight or two, or do you need the nonstop

flight? Do you need a hotel in town, or can you get a vacation rental in the suburbs?

Your vacation time is far more valuable than you might think. Don't let an airline, hotel or online travel agency trick you into devaluing your hard-earned leisure time. That might benefit the company, but almost never you.

## Words

endure [ɪn'djʊə(r)] *v.* 忍耐,持续

exhausted [ɪg'zɔ:stɪd] *adj.* 筋疲力尽的

resort [rɪ'zɔ:t] *n.* 旅游胜地

connecting flight 联运航班

suburb [ˈsʌbɜ:b] *n.* 郊区

leisure [ˈleɪʒə(r)] *n.* 闲暇

stopover [ˈstɒpəʊvə(r)] *n.* 中途停留

specialize [ˈspeʃəlaɪz] *v.* 专门从事或研究

acknowledge [ək'nɒlɪdʒ] *v.* 承认(属实)

nonstop flight 直飞航班

devalue [ˌdi:vælju:] *v.* 使降低价值

## Phrases

for instance 例如

set a budget 做出开支预算

trick sb. into 哄骗某人(做某事)

## Sentences

Only then should you set a budget for your trip.

句子分析:此句为简单句的倒装结构。以“only+状语”为首的句子需要进行部分倒装。

### Passage 3 Why Some Spots on the Planet Are Heating Up Faster Than Others?

话题:全球变暖 主题:人与自然 词数:325

*“What are the fastest warming places on Earth and why are they warming so fast?”*

The planet is heating up unequally. Globally, average temperatures are a little more than 1 degree Celsius (摄氏) warmer than in the preindustrial era (前工业化时期). But roughly one-tenth of the world's surface area has already experienced 2 degrees Celsius of warming—an amount that U.N. scientists say will cause dangerous climate effects.

In New Jersey, lakes that once froze hard in winter are no longer safe for skaters. In Minnesota, a small army of scientists is working to plant new trees in forests that are threatened by the heat. In other parts of the world, warming has been catastrophic. It's killing off sea creatures in important fishing areas, such as the coasts of Uruguay and Angola. It's melting Arctic permafrost (永久冻土), forcing communities in Alaska and Siberia to flee from the lands they had taken up for centuries. In Qatar, temperatures are rising to deadly highs; to survive, the country has adopted the carbon-intensive practice of air conditioning the outdoors. These rapid changes happen when global warming breaks the geophysical processes that determine regional climate.

If the rest of the world is to avoid the same fate, United Nations scientists say, global greenhouse gas emissions must fall by 7.6 percent per year between now and 2030. But nations' commitments under *the Paris Climate Agreement* were nowhere near ambitious enough to meet this target. Even this year, when the COVID-19 pandemic has closed down factories, stopped travel and caused unprecedented (空前的) ruin to the global economy—at huge cost to the world's most vulnerable people—emissions aren't expected to decrease more than 7 or 8 percent. Unless countries promise to play their part in serious changes, emissions next year are expected to shoot back up.

Humanity still has a lot of work to do.

## Words

roughly [ˈrʌfli] *adv.* 粗略地

threaten [ˈθreɪn] *v.* 威胁

carbon-intensive 碳密集型的

emission [iˈmɪʃn] *n.* (光、热、气等的)发出,排放

vulnerable [ˈvʌlnərəbl] *adj.* (身体上或感情上)脆弱的

surface [ˈsɜːfɪs] *n.* 表面

catastrophic [ˌkætəˈstrɒfɪk] *adj.* 灾难性的

commitment [kəˈmɪtmənt] *n.* 承诺

## Phrases

flee from 从……逃离

## Sentences

But nations' commitments under *the Paris Climate Agreement* were nowhere near ambitious enough to meet this target.

句子翻译:但各国在《巴黎气候协定》做的承诺远没有达到这一目标的雄心壮志。

## Passage 4 Two Girls' Warm Hearts with Their Handmade Blankets

话题:公益 主题:人与社会 词数:385

Blankets can keep you warm on cold nights. Lucy Blaylock and Tori Holmes make blankets for a different purpose: to comfort people going through difficult times. They want their blankets to feel like a big, warm hug.

Lucy learned to sew three years ago, when she was 8. After she made a flannel (法兰绒) blanket for a friend's birthday, she started to think about other kids who might need a little extra love. She asked her parents if she could organize a giveaway and shared her idea on her mom's Instagram account (*lucysloveblankets*). She received 16 responses from children facing issues such as cancer, autism (自闭症), bullying, divorce and the death of a grandmother. "It makes me excited when I think of the kids getting the package in the mail and opening it," said Lucy. "I always hope they know someone cares about them."

Since 2017, Lucy has donated about 500 Lucy's Love Blankets to kids living in 14 countries and nearly three-dozen states. She spends about two hours sewing the fabric (织物) by machine and hand-stitching her name inside a heart—her logo. For kids interested in volunteering, she recommends they move ahead without overthinking it. "Don't wait until you have everything figured out. Just do it, and keep going," she said. "Even when you feel like it might not be making a big difference, serving other people always matters."

Last July, inspired by Lucy's own experience, Tori, a girl who has been separated from her sick mother since 6-year-old, started to make pairs of blankets for family members kept apart by unfortunate circumstances, such as illness. "I wanted to make a magic blanket that connects people," she said. "This way they have hope that they will be together again."

Tori has given away more than 50 fleece (羊绒) blanket sets, which take her one to two hours to make. She donates the blankets to a children's hospital, the medical-care facility that took care of her mother and the school where her mother teaches. She also made one for her grandmother, who died in April. "Now I have a blanket that matches hers on the edge of my bed," she said. "You're always connected to me, and I'm connected to you."

## Words

blanket [ 'blæŋkɪt ] *n.* 毯子

bully [ 'bʊli ] *v.* 恐吓;欺凌

overthink [ ˌoʊvə'θɪŋk ] *v.* 想得太多

circumstance [ 'sɜ:kəmstəns ] *n.* 环境,状况

sew [ səʊ ] *v.* 缝

recommend [ ˌɪrekə'mend ] *v.* 推荐

inspire [ ɪn'spaɪə(r) ] *v.* 激励,鼓舞

facility [ fə'sɪləti ] *n.* 设施,设备

## Phrases

figure out 搞清楚,弄明白

make a difference 有影响

keep apart 使分开

## Sentences

Last July, inspired by Lucy's own experience, Tori, a girl who has been separated from her sick mother since 6-year-old, started to make pairs of blankets for family members kept apart by unfortunate circumstances...

**句子分析:**此句为复杂句。inspired 为过去分词作原因状语, a girl 为 Tori 的同位语,后接 who 引导的定语从句。kept apart 为过去分词作后置定语。

## **Passage 5 Would You Help a Stranger?**

话题:人际关系      主题:人与社会      词数:358

On Father's Day 2017, a woman paying for her meal at a McDonald's told the cashier that she'd also like to buy the meals of the man with four children in the seat behind her. "Tell him 'Happy Father's Day'," she told the salesclerk.

Her small act of kindness was soon repeated 167 times, with each customer offering to pay for the following person's order. The story made national headlines, but Daniel Fessler wasn't surprised. The University of California anthropology (人类学) professor has spent the past several years studying the positive effects of kindness. "With the world more connected than ever before, kindness has never been more important," he said.

Research has already been done at UCLA (University of California, Los Angeles) about how kindness can reduce heart disease, depression and a person's risk for developing cancer, said Darnell Hunt, head of the university's social sciences department. Researchers have begun to study the effects of kindness on depressed

students.

“What are the mechanisms that determine whether somebody is going to be kind or not?” Hunt asked. “Who are these people, and what motivated them to take action?” He added that “kindness is at the core of humans’ ability to cooperate with one another”.

Fessler recently finished a study on whether kindness can contribute to an emotional response that becomes contagious (传染的). The answer is yes. The professor and his research volunteers randomly selected about 8,000 people in Los Angeles to earn \$5 by watching a light video of a person doing backflips (后空翻) or an emotional video of a young man performing kind acts for strangers. At the end of each viewing, people were given the option of donating their \$5 or any other amount they desired to a local children’s hospital, said Fessler.

“They put whatever they wanted in an envelope while the researcher turned her back, and then the envelope was given to another researcher who recorded it and forwarded it to the hospital,” he said. Participants who were shown the video featuring kind acts were more generous with their donations, Fessler observed.

## Words

depression [dɪˈpreʃn] *n.* 抑郁

emotional [ɪˈmɒʃənl] *adj.* 情感的,情绪的

option [ˈɒpʃn] *n.* 选择

feature [ˈfi:tʃə(r)] *v.* 以……为特征

core [kɔ:(r)] *n.* 核心

light [laɪt] *adj.* 轻松的,轻便的

envelope [ˈenvələʊp] *n.* 信封

## Phrases

take action 采取行动

cooperate with 与……合作

## Sentences

What are the mechanisms that determine whether somebody is going to be kind or not?

句子分析:此句为复杂句。that 引导定语从句,修饰 mechanism。此从句中包含一个由 whether 引导的宾语从句。

## Passage 6 Forgive More to Have a Better Sleep

话题:健康 主题:人与自我 词数:384

Many of us toss and turn at night watching the minutes tick by on the clock by the bedside. In fact, one-third of Americans say they lie awake at least a few nights a week. You may have tried a bedtime meditation or a technique such as the military method to help you fall asleep, but according to a study published last month in the *Journal of Psychology and Health*, there's another practice you could consider instead: forgiveness.

Researchers asked 1,423 American adults to rate themselves on how likely they were to forgive themselves for the things they did wrong and forgive others for hurting them. The participants also answered survey questions about how they had slept in the past 30 days, how they would rate their health at the moment, and how satisfied they were with their life.

The results suggest people who were more forgiving were more likely to sleep better and for longer, and in turn, have better physical health. They were also more satisfied with life. This was true of people who were more forgiving of others and people who were more forgiving of themselves—although forgiving others had a stronger relationship with better sleep.

Forgiveness of self and others “may help individuals leave the past day's regrets and offenses in the past and offer an important buffer between the events of the waking day and the start and maintenance of sound sleep,” wrote the researchers, led by Luther College professor Loren Toussaint. Otherwise, as many troubled sleepers have experienced, we might have too much on our minds to get any rest.

People who don't forgive, researchers explain, tend to linger on unpleasant thoughts and feelings, such as anger, blame, and regret. This can involve painful rumination—focused attention and repetitive thoughts about distress. That hatred or bitterness could largely influence sleep quality and well-being, the study suggests.

While we know sleep is important for overall health, this study offers a new perspective on forgiveness as a key factor in achieving healthy sleep. The more we can minimize ruminating (沉思) about unresolved issues, the better our sleep (and, in turn, our overall health) may be.

This study doesn't prove that forgiveness causes better sleep, but it does suggest people who tend to forgive also tend to sleep better.