

必修第一册

WELCOME UNIT

■ 派生词形写对

1. exchange *n.* 交换;交流;兑换;互换 ⑤ 交谈;争论 *vt.* 交换;交流;交易;兑换→exchangeable *adj.* 可交换/易的;可兑换的
2. lecture *n.* 讲座;讲课;教训 *vi.* (开)讲座;讲课 *vt.* 训斥→lecturer *n.* 讲师;演讲人
3. register *vt. & vi.* 登记;注册 ⑤ 显示(读数);记录;流露出;显得→registration *n.* 注册;登记;挂号→registry *n.* 登记处;注册处→deregister *vt.* 撤销注册
4. nation *n.* 国家;民族;国民→national *adj.* 国家的;民族的;国有的→nationality *n.* 国籍;民族
5. design *n.* 设计;设计方案;装饰图案;意图 *vt.* 设计;筹划→designer *n.* 设计师 ⑤ *adj.* 由名师设计的;名牌的
6. formal *adj.* 正式的;正规的→formally *adv.* 正式地;正规地;形式上→⑧ informal *adj.* 非正式的;不正规的→formalise/-ize *vt.* 使成为正式的;使定形
7. female *adj.* 女(性)的;雌的 *n.* 雌性动(植)物;女子→⑧ male *adj.* 男(性)的;雄的 *n.* 雄性动(植)物;男子
8. anxious *adj.* 焦虑的;不安的;渴望;非常希望→anxiously *adv.* 焦虑地;不安地→anxiety *n.* 焦虑;不安
9. annoy *vt.* 使恼怒;打扰→annoyed *adj.* 恼怒的;生气的→annoying *adj.* 令人恼怒的;令人生气的→annoyingly *adv.* 恼人地;烦人地→annoyance *n.* 恼怒;令人生气/烦恼的事
10. frightened *adj.* 惊吓的;害怕的→frightening *adj.* 可怕的;吓人的→frighten *vt.* 使害怕→fright *n.* 惊吓;恐怖的经历
11. awkward *adj.* 令人尴尬的;难对付的;笨拙的→awkwardly *adv.* 尴尬地;笨拙地→awkwardness *n.* 尴尬;难为情;笨拙
12. confident *adj.* 自信的;有把握的→confidently *adv.* 自信地;有把握地→confidence *n.* 信心;信任 ⑤ 秘密,机密
13. impress *vt.* 使钦佩;给……留下深刻的好印象;使意识到(重要性或严肃性等);使铭记 *vi.* 留下印象;引人注目→impression *n.* 印象;感想 ⑤ 压痕→impressive *adj.* 印象深刻的;令人敬佩的→impressively *adv.* 令人敬佩地;极其地
14. concentrate *vt. & vi.* 集中(注意力);聚精会神;(使)聚集于 ⑤ *vt.* (使)浓缩 *n.* 浓缩液;浓缩物→concentration *n.* 集中;专心 ⑤ 浓度;含量→concentrated *adj.* 集中的;全力以赴的 ⑤ 浓缩的
15. experiment *n.* 实验;试验 *vi.* 做实验/试验;尝试→experimental *adj.* 实验(性)的→experimenter *n.* 实验者,试验者
16. style *n.* 方式;作风 ⑤ *n.* 样式;款式 *vt.* 把……设计(或缝制)成某种式样→stylish *adj.* 有格调的;时髦的→stylist *n.* 设计师
17. strategy *n.* 策略;策划→strategic *adj.* 战略上的→strategically *adv.* 战略上地;巧妙地
18. explore *vt. & vi.* 探索;勘探;探究→explorer *n.* 探索者;勘探者→exploration *n.* 探索;勘探;探究
19. organise *vt.* 组织;筹备;安排;组建 *vi.* 组建;成立→organiser *n.* 组织者→organisation *n.* 组织;团体;机构→organisational *adj.* 组织的;有组织能力的→organised *adj.* 有条理的;有组织的→⑧ disorganised *adj.* 杂乱无章的
20. improve *vi. & vt.* 改进;改善→improved *adj.* 已改善的;有改进的→improvement *n.* 改善;改进(处)
21. partner *n.* 同伴;配偶;合伙人 *vt.* 结成伙伴,做搭档,配对→partnership *n.* 伙伴关系;合作
22. revise *vt. & vi.* 复习;修改;修订;修正→revision *n.* 复习;修正

■ 主题语块补全

A 组

1. on campus 在校园/校区
2. in the lecture hall 在报告厅
3. in the registration office 在登记处
4. in formal situations 在正式场合
5. visiting exchange student 来访的交换生
6. a senior high school student 一名高中生
7. keep sb. company 陪伴某人

B 组

8. at last 终于;最终
9. concentrate on the experiment 专心做实验
10. leave ... alone 不打扰;不惊动
11. look forward to 盼望;期待
12. make an impression 留下好印象
13. what if 要是……会怎么样呢
14. flash one's mind 闪过某人的脑海

C 组

15. learning strategies/styles 学习策略/方法
16. set learning goals 制定学习目标
17. organise/organize thoughts 整理思路
18. work with partners 与同伴合作
19. take notes 记笔记
20. use flash card 用教学卡片
21. make mind maps 做思维导图

■ 积累常诵——情感细节描写之“高兴、快乐”（一）

形容词	pleased, joyful, glad, happy, delighted, cheerful, merry, overjoyed, bright	副词	happily, gladly, cheerfully, joyfully, merrily
名词	pleasure, delight, enjoyment, joy, happiness	动词	dance 雀跃, beam 眉开眼笑, grin 咧嘴笑
神态 (eyes, face, tears)	①sparkle/twinkle/shine/dance+with joy/delight/happiness 闪烁着/跳跃着喜悦的光芒; ②glow with happiness 洋溢着幸福; ③light up 喜形于色; ④tears of happiness/joy 高兴的泪水	心 悦 (heart)	①one's heart be filled with delight/happiness/joy 满心欢喜; ②one's heart thumped/pounded/hammered with joy/happiness 高兴得心怦怦跳; ③joy welled up in one's heart 喜悦涌上心头
手舞	clap one's hands in delight 高兴地拍手	足蹈	dance/jump for/with joy 高兴地雀跃/跳起来

用表“高兴、快乐”的表达补全下面的微场景并背诵

微场景 1 主题“校园生活”——适应新学校,被接纳后的“高兴、快乐”

①A bright smile blossomed on her face (她的脸上绽放出灿烂的笑容, blossom, 无灵主语句) as she scanned the classroom. “Thank you so much, everyone!” she ②said happily (高兴地说, 副词). ③Half delighted and half grateful (半是高兴, 半是感激, 形容词短语作状语), Eva felt welcomed and embraced on her very first senior high school day. Chase ④beamed (beam), aware that his small gesture had made Eva's first day in her new school an unforgettable one.

微场景 2 主题“优秀品行”——与司机见面还车费时的“高兴、快乐”——2024·新课标 I 卷续写片段

Four days later, when I was back in Vienna, I called Gunter as promised. Recognizing my voice, he ⑤sounded pleasantly surprised (听起来又惊又喜). The instant we met, I strode to him smilingly, reached out and hugged him tightly. I handed him the taxi fare and gave him the extra 10 tip I had promised, which he would not accept. “Call me and buy me a beer next time you are in Vienna,” ⑥he said with a big smile (他笑容满面地说, 介词短语). I nodded, ⑦my heart filled with joy (我满心欢喜, 独立主格). Gunter's kindness had not only got me to my destination but also turned a cold evening into a warm and memorable one I would cherish for years to come.

UNIT 1 TEENAGE LIFE

■ 派生词形写对

1. volunteer *n.* 志愿者; 主动做某事的人 *v.* 自愿做; 义务做; 无偿做 → voluntary *adj.* 自愿的; 志愿的 → voluntarily *adv.* 自愿地; 无偿地; 义务地
2. prefer *vt.* 较喜欢 → preference *n.* 喜爱; 偏爱; 偏爱的事物 → preferable *adj.* 较适合; 更可取 → preferential *adj.* 优先的; 优待的 → preferred/preferred/preferring (过去式/过去分词/现在分词)
3. content *n.* 内容; (书、讲话、节目等的) 主题; 满意; 满足 *adj.* 满足; 愿意 *vt.* 满足; 满意 → contents *n. (pl.)* 目录 → contented *adj.* 满足的
4. movement *n.* 动作; 运动; 活动 → move *vt. & vi.* 移动; 活动; 搬家 *vt.* 使感动 → movable *adj.* 可移动的; 活动的 → moved *adj.* 感动的 → unmoved *adj.* 冷漠的; 无动于衷的 → moving *adj.* 令人感动的; 移动的
5. suitable *adj.* 合适的; 适用的 → ⑧ unsuitable *adj.* 不合适的 → suitably *adv.* 适合地 → suitability *n.* 适合 → suit *vt.* 适合 → suited *adj.* 合适; 适宜; 适当
6. debate *n.* 辩论; 争论 *vt. & vi.* 辩论; 争论 → debatable *adj.* 可争辩的; 有争议的 → debater *n.* 辩论者
7. teenage *adj.* 十几岁的 (指 13 岁至 19 岁); 青少年的 → teenager *n.* (13 至 19 岁之间的) 青少年
8. actually *adv.* 事实上; 的确 → actual *adj.* 实际的

9. challenge *n.* 挑战;艰巨任务;(比赛等的)邀请,提议;质疑 *vt.* 怀疑;向.....挑战;考查,考验;查问→challenger *n.* 挑战者

→challenging *adj.* 挑战性的→challenged *adj.* 有残疾的→unchallenged *adj.* 不被怀疑的;没有异议的

→unchallengeable *adj.* 不容置辩的

10. confuse *vt.* 使糊涂;使迷惑→confusing *adj.* 难以理解的;不清楚的→confused *adj.* 糊涂的;迷惑的→confusion *n.* 困惑;混淆;混乱

11. fluent *adj.* (尤指外语)流利的;熟练的→fluently *adv.* 流利地;流畅地→fluency *n.* 流利;流畅

12. graduate *vi. & vt.* 毕业;获得学位 *n.* 毕业生→graduation *n.* 毕业

13. recommend *vt.* 建议;推荐;介绍→recommendation *n.* 建议/推荐(信);介绍

14. advance *n.* 前进;发展;进步 *vi.* 前进;发展 *vt.* 促进;推动;提前 ⑤ *vt.* 提出 *adj.* 预先的;事先的→advanced *adj.* 高级的;高等的;先进的

⑥ 晚期的

15. obviously *adv.* 显然;明显地→obvious *adj.* 明显的→⑦ unobvious *adj.* 不明显的

16. quit *vi. & vt.* 停止;戒掉;离开→quitter *n.* 半途而废者→quit(quitted)/quit(quitted)/quitting (过去式/过去分词/现在分词)

17. responsible *adj.* 负责的;有责任的 ⑤ 作为原因→responsibility *n.* 责任;义务→irresponsible *adj.* 不负责任的

18. solution *n.* 解决办法;答案→solve *vt.* 解决;解答→unsolved *adj.* 未解决的

19. schedule *n.* 工作计划;日程安排 *vt.* 安排;预定→scheduled *adj.* 事先安排/计划的→reschedule *vt.* 将.....改期;重新安排

20. editor *n.* 主编;编辑;编者→edit *vt. & vi.* 编辑;剪辑→editorial *adj.* 编辑的;编者的

21. adventure *n.* 冒险;奇遇;冒险精神→adventurous *adj.* 有冒险精神的;大胆开拓的;刺激不断的;惊险的→adventurer *n.* 冒险家;冒险者→misadventure *n.* 厄运;恶运;不幸遭遇

22. youth *n.* 青年时期;青春→youthful *adj.* 青年的;青春的;显得年轻的

23. survival *n.* 生存;幸存;幸存事物→survive *v.* 生存;存活;幸存;艰难度过→survivor *n.* 幸存者→surviving *adj.* 幸存的;残存的

24. expert *n.* 专家;行家 *adj.* 熟练的;内行的;专家的→expertise *n.* 专门知识;专长

25. behaviour *n.* 行为;举止→behavioural *adj.* 行为方面的;行为科学的→behave *vi.* 表现 *vt. & vi.* 表现得体→⑧ misbehave *vt. & vi.* 行为不端

26. attract *vt.* 吸引;引起.....的注意(或兴趣) ⑤ 招引→attractive *adj.* 迷人的;有吸引力的→attractiveness *n.* 吸引力→attraction *n.* 吸引;吸引力;有吸引力的事物→attractant *n.* (对动物等的)引诱物,引诱剂

27. focus *vi. & vt.* 集中(精力、注意力等);(使)调节焦距 *n.* 中心;重点;焦点→focus(s)ed *adj.* 注意力集中的;目标明确的→⑨ unfocused *adj.* 目光分散的;目的不明确的

28. addict *n.* 对.....入迷的人;吸毒成瘾的人→addicted *adj.* 有瘾的;上瘾的;入迷的→addictive *adj.* 使人上瘾的;让人入迷的→addiction *n.* 瘾;入迷

29. adult *n.* 成年人 *adj.* 成年的;成熟的→adulthood *n.* 成年

■ 主题语块补全

A 组

1. prefer ... to ... 喜欢.....多于.....

2. suitable for 对.....适合的

3. volunteer club 志愿者俱乐部

4. clean up 打扫(或清除)干净

5. a heated debate 激烈的争论

6. work at a soup kitchen 在食品救济站干活

B 组

8. quit trying 放弃尝试

9. keep up with 跟上

10. drop out of 辍学;退学

11. sign up (for sth.) 报名(参加课程)

12. make the team 成为队员

13. get used to 习惯于;适应

14. be responsible for 对.....负责

C 组

16. hot topics 热点话题

17. adventure camp 探险营

18. survival skills 生存技能

19. be attracted to 喜爱

20. addicted to 对.....很入迷

21. focus on 集中;特别关注

22. try out for 参加选拔

7. <u>hand out</u> food to the homeless 给无家可归者分发食物	15. <u>make a workable schedule</u> 制订可行的计划	23. an <u>expert</u> in <u>teenager</u> psychology 青少年心理学家
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■ 积累常诵——情感细节描写之“高兴、快乐” (二)

融情于景,借环境烘托人物的“高兴”或直接利用表“快乐”的词汇描写场景

蓝天 白云	white clouds floated in the blue sky 朵朵白云飘在蔚蓝的天空	微风 拂面	a light/spring breeze kissed sb.'s cheeks 微风/春风亲吻某人的面颊
日月 星辰	①warm sunlight flooded in 温暖的阳光倾泻而入; ②be bathed in sunlight/soft moonlight 沐浴在阳光中/柔和的月光中; ③stars twinkled at sb. happily/with joy 星星高兴地向某人眨眼		
花草 树木	①the air is filled with the pleasant smell of flowers 空气中弥漫着宜人的花香; ②flowers bloom 花儿盛开; ③green grass 绿草如茵		
场景/ 动物等	①laughter lingered 笑声不绝于耳; ②happiness 等“喜乐”词汇+filled+地点名词……喜气洋洋; ③there was a cheer in every face 大家脸上洋溢着欢乐; ④birds chirped merrily 鸟儿欢快地啾啾鸣唱		

用表“高兴、快乐”的表达补全下面的微场景并背诵

微场景 3 主题“友情感悟”——成为朋友后的“高兴、快乐”

Turning around, I saw Diane ①flying to me like a joyful bird (像快乐的小鸟向我飞奔过来,比喻). She exclaimed that she would befriend me. I ②grinned with delight (高兴得咧嘴笑). As the breeze kissed our cheeks, we talked a lot and I was pleasantly surprised to find we had a lot in common. ③The sunny afternoon witnessed our pleasant chat (在这个阳光灿烂的下午,我们愉快地聊天,无灵主语句), and our hearts got closer thanks to the pure friendship.

微场景 4 主题“善行互助”——问题解决后的“高兴、快乐”——新高考 I 卷续写“爆米花计划”片段

After several attempts, they finally made it, ④with the popcorn singing happily in the pan (爆米花在锅里欢快地歌唱,with 复合结构). The next few hours saw the children ⑤merrily (merry) pop and package the corn. ⑥Enormous joy filled every corner of the yard (整个院子喜气洋洋,无灵主语句). As night fell, stars appeared in the sky, ⑦twinkling their eyes at them with joy (高兴地向他们眨眼睛,拟人).

UNIT 2 TRAVELLING AROUND

■ 派生词形写对

1. apply *vi. & vt.* 申请;请求 *vt.* 应用;涂(油漆、乳剂);敷 ④ 手压;脚踩;勤奋工作;努力学习→applied *adj.* 应用的;实用的→applicable *adj.* 适用→application *n.* 申请(书);应用;涂抹;敷用 ⑤ 勤奋;努力→applicant *n.* 申请人
2. rent *vt.* 租用;出租 *vi.* 租用;租金为 *n.* 租金→rented *adj.* 租用的→rental *n.* 出租;租赁;租金
3. pack *vi. & vt.* 收拾(行李) *vt.* 包装 *n.* (商品的)纸包;纸袋;大包;一群→packed *adj.* 挤满人的;有大量……的→unpack *vi. & vt.* 打开(箱、包等)取→package *n.* 包裹;包装盒 *vt.* 将……包装好
4. amazing *adj.* 令人惊奇的;令人惊喜的→amaze *vt.* 使惊奇;使惊愕→amazingly *adv.* 惊人地→amazed *adj.* 惊奇的;惊喜的→amazement *n.* 惊奇;惊愕

5. arrangement *n.* 安排;筹备;约定;整理→arrange *vt. & vi.* 安排;筹备;整理→rearrange *vt.* 重新安排;重新排列
6. extremely *adv.* 极其;非常→extreme *adj.* 极度的 ⑤ *n.* 极端;极度
7. source *n.* 来源;出处 ⑤ *vt.* 从(某地)获取;找出……的来源→sourced *adj.* 有来源的,有出处的
8. narrow *adj.* 狭窄的 ⑤ 狭隘的;勉强的;狭义的 *vi. & vt.* (使)变窄→narrowly *adv.* 勉强地;差一点;狭隘地→narrowness *n.* 狭窄;狭隘
9. flat *adj.* 平坦的;扁平的 *n.* 公寓;单元房 ⑤ *adv.* 平直地,平躺地;直截了当地→flatten *vi. & vt.* (使)变平 *vt.* 击倒;打倒
10. powerful *adj.* 强有力的;有权势的;有影响力的→powerfully *adv.* 强有力地;有权势地;有影响力地→powerless *adj.* 无能为力的;无权的;无影响力的→power *n.* 力量;权力 *vt.* 驱动,推动→empower *vt.* 授权;使自主
11. official *adj.* 官方的;正式的;公务的 *n.* 官员;要员→officially *adv.* 官方地;正式地;公开地→office *n.* 办公室;要职
12. recognise *vt.* 辨别出;承认;意识到;认可→recognition *n.* 承认;认出;赏识→recognisable *adj.* 易于识别的;容易认出的→recognised/-zed *adj.* 公认的;认可的
13. accommodation *n.* 住处;停留处;膳宿→accommodate *vt. & vi.* 提供住宿;容纳 ⑤ 顺应,适应(新情况)
14. unique *adj.* 唯一的;独特的;特有的→uniquely *adv.* 独特地;特别地→uniqueness *n.* 独特性;独一无二
15. admire *vt.* 钦佩;赞赏;欣赏;仰慕→admiration *n.* 钦佩;赞美;羡慕→admirable *adj.* 可钦佩的;值得赞赏的;令人羡慕的→admirer *n.* 钦佩的;赞赏的→admirer *n.* 仰慕者
16. architecture *n.* 建筑设计;建筑学→architect *n.* 建筑设计师
17. civilisation *n.* 文明;文明世界→civilise *vt.* 使文明;使有教养→civilised *adj.* 文明的;有教养的;有礼貌的
18. type *n.* 类型;种类 *vi. & vt.* 打字→typing *n.* 打字;文稿→typist *n.* 打字员→typewriter *n.* 打字机
19. transport *n.* 交通运输系统;交通工具 *vt.* 运输;运送 ⑤ 使产生身临其境的感觉→transporter *n.* 大型载重运输车→transportable *adj.* 可运输
20. economy *n.* 经济;节约→economic *adj.* 经济(上)的;经济学的;合算的→economical *adj.* 经济的;实惠的;节俭的;省钱的→economically *adv.* 在经济上;节俭地;实惠地→economise/-ize *vi.* 节省;节约→economist *n.* 经济学家
21. detail *n.* 细节;详情;细微之处 ⑤ *vt.* 详细列举/说明;详述→detailed *adj.* 详细的;细致的;精细的
22. credit *n.* 借款;信用;称赞;学分 ⑤ *v.* (给银行账户)存入金额;认为是……的功劳→⑥ discredit *vt.* 使丧失信誉;使不相信→creditable *adj.* 值得赞扬的;高尚的
23. request *n. & vt.* 要求;请求→requester *n.* 请求者
24. hike *vi.* 徒步旅行 *vt.* 去……远足 *n.* 远足;徒步旅行→hiking *n.* 远足;徒步旅行→hiker *n.* 远足者;徒步旅行者
25. sight *n.* 景象;视野;视力 ⑤ *vt.* 看见;看到→sighted *adj.* 看得见的;有视力的→sightless *adj.* 看不见的;盲的→sightseeing *n.* 观光;游览
26. view *n.* 视野;景色;看法 *vt.* 看;把……视为→viewer *n.* 电视观众;观看者→viewing *n.* 观看;收看(电视);亲眼目睹的机会
27. unearth *vt.* 挖掘;发掘;发现→earth *n.* 土;泥;大地→earthen *adj.* 泥土做的;陶制的
28. comment *n.* 议论;评论 *vi. & vt.* 发表意见;评论→commentator *n.* 评论员;现场解说员

■ 主题语块补全

A 组

1. get a passport 办理护照
2. apply for a visa 申请签证
3. buy a guidebook/ travel brochure 买旅游指南/手册
4. book return/one-way flight 预订往返/单程航班
5. check in/out (在旅馆、机场等)登记/结账离开(旅馆等)
6. by credit card 用信用卡

B 组

8. tourist destinations 旅游目的地
9. go hiking 去远足
10. take control of 控制;接管
11. admire scenery/views 赏景
12. other than 除……以外
13. apart from 除了……之外还
14. make up 构成;形成
15. (be) unique to sb./sth. (某人、地或物)独具的、特有的

C 组

17. rent a car 租车
18. pack luggage 收拾行李
19. look through 浏览
20. package tour 包价旅游
21. a camping site 营地
22. a sightseeing tour 观光游
23. can't wait to do 迫不及待做
24. get around 四处走动;消息传播
25. make helpful comments 提出有益

7.first/economy/business class 头等/经济/商务舱

16.make a request for help 请求帮助

的意见

■■ 积累常诵——情感细节描写之“激动、兴奋”和“骄傲、自豪”

形容词/副词	excited, thrilled, proud, excitedly, proudly	动词/名词	dance 雀跃, skip 蹦蹦跳跳, excitement, thrill, pride
短语	①to one's excitement/thrill 令某人激动的是; ②contain one's excitement 抑制内心的激动; ③with/in excitement 激动地		
神态(脸、脸颊、眼睛)	①(eyes) sparkle/twinkle/shine/dance with excitement (眼里)闪烁着激动的光芒; ②tears of excitement 激动的泪水; ③sb. glows with pride 脸上洋溢着自豪; ④one's face/cheeks glowed with excitement 激动得脸/面颊通红; ⑤sb./one's face flushed with excitement/sb./one's face be flushed with excitement 激动得满脸通红	heart	①(heart) be filled with excitement/pride 满心激动/满心骄傲/自豪; ②(heart) thump/pound/race with excitement 心激动得怦怦跳
动作	①tremble with excitement 激动得发抖; ②dance/jump with excitement 激动得雀跃/跳起来; ③wag its tail in excitement 兴奋地摇尾巴		

用表“激动、兴奋”和“骄傲、自豪”的表达补全下面的微场景并背诵

微场景 5 主题“挑战自我”——比赛获奖时的“激动、骄傲”——2023·新课标 I 卷续写“写作比赛”片段

I won first prize! And I was the only winner whose mother tongue wasn't English! Half stunned and half overjoyed, I, ①flushed (flush), was greeted by my teacher's proud laughter and my classmates' thunderous applause. Later at the award presentation, I stood on stage clutching my trophy and certificate, ②heart pounding with excitement (心激动得怦怦跳,独立主格).

微场景 6 主题“旅行”——和家人一起宿营的“激动、兴奋”——浙江高考续写“和妈妈旅行”片段

On the journey to the lake, ③Mom's eyes sparkled/twinkled/shone with excitement (妈妈的双眼闪着激动的光芒,无灵主语句). Mom insisted that we camp near the river, and we could ④hear the excitement in her voice (听出她声音中的兴奋). On arrival, Mom couldn't wait to dash out and ⑤excitedly (excited) urged us to put up the tent. Breathing the fresh air, Mom admired the extremely amazing view, ⑥her face glowing/flushing with excitement (激动得满脸通红,独立主格).

UNIT 3 SPORTS AND FITNESS

■■ 派生词形写对

- 1.fitness *n.* 健康;健壮;适合→fit *adj.* 健康的;合适的 *v.* 适合,合身;安置,安装→⑧unfit *adj.* 不健康的;不合适的
- 2.event *n.* 比赛项目;大事;公开活动→eventful *adj.* 多变故的;充满大事的→⑧uneventful *adj.* 平淡的;平静的
- 3.host *vt.* 主办;主持 *n.* 主人;东道主;节目主持人→hostess *n.* 女主人;女主持人
- 4.ski *adj.* 滑雪的 *vi.* 滑雪→skiing *n.* 滑雪(运动)→skier *n.* 滑雪者

5. track *n.* 跑道;足迹;铁路轨道 *vt. & vi.* 追踪;跟踪→tracking *n.* 跟踪;追踪
6. gym *n.* 健身房;体育馆→gymnastics *n.* 体操(训练)
7. sweat *vt.* 使出汗;出汗弄湿 *vi.* 出汗;流汗 *n.* 汗水;出汗→sweaty *adj.* 满是汗的;汗水湿透的
8. legend *n.* 传奇故事(或人物);传说→legendary *adj.* 传奇的;享有盛名的
9. athlete *n.* 运动员;运动健儿→athletic *adj.* 健壮的;运动的→athletics *n.* 田径运动
10. master *n.* 高手;主人 *vt.* 精通;掌握→mastery *n.* 精通;熟练掌握;控制
11. hono(u)r *n.* 荣誉;尊敬;荣幸 *vt.* 给予表扬;尊重 ⑤ 信守;执行→⑧ dishono(u)r *vt.* 使丧失名誉;使丢脸 *n.* 耻辱→honorary *adj.* 荣誉的→hono(u)rable *adj.* 可敬的;体面的
12. glory *n.* 荣誉;光荣;赞美;壮丽;辉煌→glorious *adj.* 壮丽的;辉煌的;光荣的
13. medal *n.* 奖章;勋章→medalist *n.* 奖牌获得者
14. champion *n.* 冠军;优胜者→championship *n.* 锦标赛;冠军赛;冠军称号
15. determination *n.* 决心;决定→determine *vt.* 决定;确定 ⑤ 查明;测定→determined *adj.* 坚决的;坚定的→determinant *n.* 决定因素
16. injure *vt.* 使受伤;损害→injury *n.* 伤害;损伤→injured *adj.* 受伤的;有伤的→⑧ uninjured *adj.* 未受伤的
17. graceful *adj.* 优美的;优雅的→gracefully *adv.* 优雅地→grace *n.* 优美;优雅
18. strength *n.* 力量;体力;实力;长处→strong *adj.* 坚强的;强壮的→strongly *adv.* 强烈地;强大地→strengthen *vt.* 加强;增强;巩固
19. failure *n.* 失败;失败的人(或事物) ⑤ 故障;失灵;未做→fail *vt. & vi.* 未做;失败;不及格;衰退→failed *adj.* 失败的;不成功的
20. compete *vi.* 竞争;对抗;参加比赛→competition *n.* 竞争;比赛→competitor *n.* 竞争者→competitive *adj.* 有竞争力的;竞争性的→competitiveness *n.* 竞争力
21. cheat *vi.* 作弊;舞弊 *vt.* 欺骗;蒙骗 *n.* 欺骗手段;骗子→cheating *n.* 行骗,欺骗行为 *adj.* 欺骗的
22. error *n.* 错误;差错→err *vi.* 犯错误;做错事;出差错
23. positive *adj.* 积极的;正面的;乐观的;肯定的→positively *adv.* 积极地;乐观地;肯定地→⑧ negative *adj.* 消极的
24. stress *n.* 压力;紧张;重音;强调 *vt.* 强调;重读 *vt. & vi.* (使)焦虑不安→stressed *adj.* 焦虑不安;重读的;受压的→stressful *adj.* 压力重的;紧张的
25. diet *n.* 规定饮食;日常饮食 *vi.* 节食→dietary *adj.* 饮食的→dieter *n.* 节食者
26. jog *vi.* 慢跑 *n.* 慢跑 ⑤ *vi. & n.* 轻击,轻撞,轻碰→jogging *n.* 慢跑锻炼
27. slim *adj.* 苗条的;单薄的 ⑤ (机会/可能性)微小的 *vi.* 变苗条;减肥→slimming *n.* 减肥;减轻体重

■ 主题语块补全

A 组

1. sports events 体育项目
2. track and field 田径
3. track meet 田径比赛
4. at a gym 在健身房
5. go skiing 去滑雪
6. go jogging 慢跑
7. host the ski race 举办滑雪比赛
8. keep slim 保持苗条
9. work out 锻炼;计算出;解决
10. sweat one's way to good health 挥
洒汗水变得健康

B 组

11. bring honour and glory 带来荣誉
12. test determination 考验决心
13. fall apart 破裂;破碎;崩溃
14. give up 放弃;投降
15. learn from failures 从失败中学习
16. come along 跟随;到达;进步;赶快
17. work together as a team 团队合作
18. make it 获得成功;准时到达
19. win medals/the championship 赢得
奖牌/冠军
20. the winning captain 获胜队队长

C 组

23. make sense 有道理;合乎情理;表述
清楚
24. pretend to fall down 假装摔倒
25. even if/though 即使;虽然
26. go bananas 发疯
27. cut ... out 停止做(或使用、食用);剪
下
28. rather than 而不是
29. now and then 有时;偶尔
30. compare ... with/to ... 与……比较
31. make a difference 有作用或影响

21.set an example 树立榜样

22.lose heart 丧失信心;泄气

32.be positive about 对……积极

33.an audience of millions 数百万观众

■ 积累常诵——情感细节描写之“恐惧、惊恐”（一）

形容词	afraid, alarmed, scared, scary, frightened, frightening, fearful, panicked, terrified, terrifying	动词/名词	fear, scare, fright, frighten, terror, terrify, panic, tremble/shake/shiver 发抖, freeze 吓呆, sweat 出汗
短语	①be scared out of one's wits 吓得魂不附体; ②be seized with panic 惊慌失措; ③be numb with fear 吓呆; ④swallow one's fear 抑制住恐惧; ⑤scare the life out of sb. 吓得某人魂飞魄散; ⑥scare sb. out of one's wits 吓得某人要死; ⑦be scared/frightened to death 吓得要命		
头发;脸	①(make) one's hair stand on end (使)某人毛骨悚然; ②(face) went white/pale (脸)变得苍白; ③be dead with fright 吓得面无人色; ④scared white face 惊恐煞白的脸		
眼睛;嘴巴	①(eyes) be full of/be filled with fear (眼里)满是恐惧; ②cast a terrified look at 惊恐地看了……一眼; ③let out a scream of terror 发出惊恐的尖叫; ④one's mouth (fell) open in horror/with terror 吓得/惊恐地张口结舌		
心/血	①heart raced/beat/pounded wildly/violently with fear 心吓得怦怦跳; ②one's heart in one's mouth 心提到嗓子眼儿; ③one's heart be stuck in one's throat 心卡在嗓子眼儿; ④one's heart gave a horrible jolt 心里猛地一颤; ⑤blood froze 血液凝固		

用表“恐惧、惊恐”的表达补全下面的微场景并背诵

微场景 7 主题“险境求生”——被困电梯时的“恐惧、惊恐”

The lift fell down increasingly fast. There were loud clanking sounds here and there while the lift grew slower and slower. ①My heart pounded hard and fast as my hands turned cold and wet with sweat (我的心怦怦直跳,双手满是冷汗). Unfortunately, the lift came to an abrupt stop. I pressed the buttons hard several times, but the lights on the buttons had gone out. It soon dawned on me that we were trapped. ②My heart gave a terrible jolt (我的心猛地一颤). “We will never get out!” she yelled in panic, ③her eyes filled with/full of fear (眼里满是恐惧,独立主格). A wave of despair washed over me. I felt like we would never make it. In one last effort, I tried banging on the door, screaming at the top of my voice, “Help!!!”

微场景 8 主题“人与动物”——被猛兽追赶时的“恐惧、惊恐”——浙江高考续写“遭遇北极熊”片段

As the polar bear approached, I stopped dead. ④Fear flooded over me (恐惧万分,无灵主语句). I turned to my wife, and ⑤saw her scared white face (看见了她惊恐、煞白的脸). “Come on, run, run!” I yelled, ⑥unable to keep the fear out of my voice (声音里含着无法抑制的恐惧,形容词短语作状语). I tried to pull her away, but she couldn't move, ⑦her mouth open with terror (嘴巴惊恐地张得老大,独立主格).

UNIT 4 NATURAL DISASTERS

■ 派生词形写对

1. disaster *n.* 灾难; 灾害 → disastrous *adj.* 极糟糕的; 灾难性的; 完全失败的
2. flood *n.* 洪水; 大量 *vi.* 淹没; 大量涌入 *vt.* 使灌满水; 淹没; 挤满 *vt. & vi.* 使大受感动; 充满; 照进 → flooded *adj.* 洪水泛滥的; 有大量……的 → flooding *n.* 水灾; 洪水泛滥
3. destroy *vt.* 摧毁; 毁灭 → destruction *n.* 毁坏; 毁灭 → destructive *adj.* 破坏(或毁灭)性的 → destroyed/destroyed (过去式/过去分词)
4. damage *vt.* 损害; 破坏 *n.* 损坏; 损失 → damaging *adj.* 造成破坏的; 有害的 → damaged *adj.* 被损坏的
5. death *n.* 死; 死亡 → die *vi.* 死; 死亡 → dead *adj.* 死的; 不运行的 → deadly *adj.* 致命的; 极度的 *adv.* 极其; 非常 → dying *adj.* 垂死的; 临终的
6. affect *vt.* 影响; (疾病)侵袭; 深深打动 → affection *n.* 喜爱; 钟爱 → unaffected *adj.* 未被改变的; 未受影响的
7. slide *vi. & vt.* (使)滑行; 滑动; (使)快捷而悄声地移动 → slid/slid/sliding (过去式/过去分词/现在分词)
8. volcano *n.* 火山 → volcano(es) (*pl.*) → volcanic *adj.* 火山的; 火山引起的
9. ruin *n. & vt.* 破坏; 毁坏 *vt.* 毁灭 *n.* 毁灭; 破产 → ruins *n. (pl.)* 废墟 → ruined *adj.* 毁坏的; 严重受损的
10. shock *n.* 震惊; 令人震惊的事; 休克 *vt.* (使)震惊 → shocked *adj.* 震惊的 → shocking *adj.* 令人震惊的 → shockingly *adv.* 惊人地; 非常地; 极坏地
11. breathe *vi. & vt.* 呼吸 ⑤ *vt.* 低声说 → breath *n.* 呼吸的空气 → breathing *n.* 呼吸 → breathless *adj.* 气喘吁吁的 → breathlessly *adv.* 气喘吁吁地
12. trap *vt.* 使落入险境; 使陷入圈套 ⑤ 卡住; 夹住; 收集; 吸收 *n.* 险境; 陷阱 → trapped *adj.* 受困的
13. bury *vt.* 埋葬; 安葬; 遮盖; 掩盖; 掩藏(感情、错误等) → burial *n.* 埋葬; 葬礼
14. revive *vt. & vi.* 复活; (使)苏醒 → revival *n.* 振兴; 复苏
15. effort *n.* 努力; 艰难的尝试; 尽力 → effortless *adj.* 不需费力的; 容易的 → effortlessly *adv.* 轻松地; 毫不费劲地
16. wisdom *n.* 智慧; 才智 → wise *adj.* 充满智慧的; 明智的 → ⑥ unwise *adj.* 愚蠢的; 不明智的; 轻率的 → wisely *adv.* 明智地
17. suffer *vt.* 遭受; 蒙受 *vi.* (因疾病、痛苦、悲伤等)受苦; 变差 → suffering *n.* 痛苦; 苦难 → sufferer *n.* 患病者; 受苦者; 受难者
18. context *n.* 上下文; 语境; 背景 → contextual *adj.* 上下文的; 与语境相关的
19. electricity *n.* 电; 电能 ⑤ 强烈的感情; 激动 → electric *adj.* 电的; 用电的; 令人激动的
20. rescue *n. & vt.* 营救; 救援 → rescuer *n.* 救助者
21. shelter *n.* 避难处; 居所; 庇护 *vt.* 保护; 掩蔽 *vi.* 躲避(风雨或危险) → sheltered *adj.* 有遮蔽物的; 受庇护的; 受到保护的
22. erupt *vi. & vt.* (火山)爆发; (岩浆、烟等)喷出; 突然发出(尤指叫喊) → eruption *n.* 爆发; 喷发
23. survive *vi.* 生存; 存活 *vt.* 幸存; 艰难度过; 比……活(或存在)的时间长 → survivor *n.* 幸存者; 生还者 → survival *n.* 幸存; 生还 → surviving *adj.* 幸存的; 残存的; 健在的
24. power *n.* 电力供应; 能量; 力量; 控制力 ⑤ *vt.* 驱动; 推动 → powerful *adj.* 强大的; 强有力的; 有权势的; 有影响力的 → ⑥ powerless *adj.* 无力的; 没有能力的; 无权力的 → powered *adj.* 由……驱动的; 电动的
25. calm *adj.* 镇静的; 沉着的; 平静的 *vt.* 使平静; 使镇静 → calmly *adv.* 镇静地; 平静地 → calmness *n.* 镇静
26. aid *n.* 援助; 帮助; 救援物资 *vi. & vt.* 帮助; 援助 → unaided *adj.* 无外援的; 独立的
27. whistle *vi.* 吹口哨; 发出笛声 *vt.* 吹口哨 *n.* 哨子(声); 呼啸声 → whistling *n.* 吹口哨
28. deliver *vt. & vi.* 递送; 传达 *vt.* 发表; 助产; 接生 → delivery *n.* 递送; 传达
⑤ 演讲方式; 表演风格
29. strike *vi. & vt.* 侵袭; 突击; 击打; 报时; 擦火柴 *vt.* 给(某人以)印象; 突然想到 *vi.* 罢工 *n.* 罢工; 罢课; 袭击 → striking *adj.* 引人注目的; 显著的 → stricken *adj.* 受灾的; 遭受……的 → struck/struck (过去式/过去分词)
30. effect *n.* 影响; 结果; 效果 → effective *adj.* 有效的; 生效的 → ⑥ ineffective *adj.* 无效的 → effectiveness *n.* 有效性
31. sweep *vt. & vi.* 打扫; 清扫; 冲走; (风、雨、雪、火等)席卷 *vi.* 突然袭来 ⑤ *n.* 绵延弯曲的地带 → swept/swept (过去式/过去分词) → sweeping *adj.* 大范围的; 彻底的
32. length *n.* 长; 长度 → long *adj.* 长的 → lengthen *vt. & vi.* (使)变长; (使)延长 → lengthy *adj.* 漫长的; 冗长的
33. summary *n.* 总结; 概括; 概要 → summarise/-ize *vt. & vi.* 总结; 概括

■ 主题语块补全

A 组	B 组	C 组
1.natural <u>disasters</u> 自然灾害	11. <u>tireless</u> efforts 不懈的努力	21. <u>the number of</u> ……的数量
2.as if/ <u>though</u> 似乎;好像;仿佛	12. <u>rescue workers</u> 救援人员	22. <u>on hand</u> 现有
3.in <u>shock</u> 震惊;吃惊	13. <u>medical staff</u> 医务人员	23. <u>first aid kit</u> 急救箱
4. <u>fall down</u> 倒塌	14. <u>show wisdom</u> 表现智慧	24.stay <u>calm</u> 保持镇静
5. <u>blow away</u> 吹走;刮走	15.dig out the <u>trapped</u> 挖出受困者	25. <u>tap on the pipe</u> 敲管道
6. <u>cut across</u> 穿过;贯穿;抄近路	16. <u>be buried in ruins</u> 被埋在废墟中	26. <u>whistle</u> for help 吹口哨求救
7. <u>come to an end</u> 结束	17.build <u>shelters</u> for <u>survivors</u> 为幸存者建 避难处	27.give first <u>aid</u> 进行急救
8.in <u>ruins</u> 严重受损;破败不堪	18. <u>get back up on one's feet</u> 重新站起来	28.call an <u>emergency</u> number 打急救电话
9.be <u>swept</u> away by huge <u>waves</u> 被巨浪卷走	19. <u>go through</u> 经历;仔细检查	29.in the <u>open air</u> 在户外;露天
10. <u>stand at</u> 达到特定水平/数量/高度	20. <u>deliver</u> food and <u>supplies</u> 运送食物和应 急物资	30. <u>as usual</u> 和往常一样

■ 积累常诵——情感细节描写之“恐惧、惊恐” (二)

吓呆	①root sb. to the spot/ground/rooted to the spot/ground 呆立不动; ②freeze with fear/terror/fright/horror 吓呆; ③stand/sit frozen with fear 站/坐着吓傻了	发抖、发软、发僵	①shake/tremble with fear 吓得发抖;胆战心惊;②(knees) knock in fright (双膝)吓得直打颤; ③knees feel weak 双膝发软; ④one's body be rigid/stiff with fear 吓得浑身发僵; ⑤feel like/turn to jelly 开始发软
冒汗	①sweat with fear 吓得直冒汗; ②(palms) sweat (手心)冒汗	毛骨悚然	①send a chill down/up sb.'s spine 令某人脊背发凉,令某人毛骨悚然; ②a chill deep down in one's bones 毛骨悚然
蜷缩、跳、呼吸	①shrink 退缩;畏缩; ②cower 蜷缩; ③jump 猛地一跳; ④make sb. jump 吓某人一跳; ⑤give a gasp of horror 吓得倒吸一口气		

用表“恐惧、惊恐”的表达补全下面的微场景并背诵

微场景 9 主题“险境求生”——遭遇飓风时的“恐惧、惊恐”

It's strange, but I don't really remember much about the hurricane itself. It all happened so quickly. I was sitting in my room with my cat, Smartie, on my lap, when the roof just flew off. All of a sudden, there was sky where the roof had been. ①I was so frightened that I just froze/ I froze with fear/ I was rooted to the spot with fear (我吓呆了). Mom cried to get out quickly, but it was already too late by then. The rain was coming down so hard and so fast. Our street turned into a river in seconds. We were going nowhere.

微场景 10 主题“挑战自我”——学会游泳前的“恐惧、惊恐”

I was always afraid of water. This fear could not be explained, but the moment I stepped near any body of water, ②my legs would feel like/turn to jelly (我会两腿发软). I would imagine myself drowning in the water and thrashing around helplessly. But my school wanted all pupils to pass a swimming test, which ③made me tremble/shake with fear (让我胆战心惊). Once, after a particularly hard swimming lesson, I spotted Kathy swimming gracefully in the pool. Gathering my courage, I asked gently, “Kathy, can you teach me to swim?” She stared at me coldly. It was as if I stood at the edge of an endless ocean, ④my fear appearing like dark storm clouds (我的恐惧就像乌云一样出现了,独立主格) threatening to drown me.

UNIT 5 LANGUAGES AROUND THE WORLD

■ 派生词形写对

1. refer *vi.* 提到;参考;查阅 *vt.* 查询;叫……求助于→reference *n.* 指称关系;参考→referred/referred/referring (过去式/过去分词/现在分词)
2. native *adj.* 出生地的;本地的;土著的 *n.* 本地人→natively *adv.* 天生地;天然地
3. variety *n.* (植物、语言等的)变体;异体;多样化;品种→vary *vi.* 不同;变化→various *adj.* 不同的;各种各样的→varied *adj.* 多变的;各种各样的→variation *n.* 变化,变更,变种;变奏(曲)
4. system *n.* 体系;制度;系统→systematic *adj.* 系统的;有条理的→systematically *adv.* 系统地;有条理地
5. base *vt.* 以……为据点;以……为基础 *n.* 底部;根据→based *adj.* 以(某事)为基础的;以……为重要部分(或特征)的→basic *adj.* 基本的;基础的→basically *adv.* 根本上;基本上→basis *n.* 基础
6. symbol *n.* 符号;象征→symbolise/-ize *vt.* 象征;代表→symbolic *adj.* 象征(性)的→symbolically *adj.* 象征(性)地
7. major *adj.* 主要的;重要的;大的 *n.* 主修课程;主修学生 *vi.* 主修;专门研究→majority *n.* 多数;大多数
8. regard *n.* 尊重;关注;注意;关心; (*pl.*) 问候 *vt.* 把……视为;以……看待→regarding *prep.* 关于;至于→disregard *vt.* 不理睬;不顾;漠视 *n.* 漠视;忽视
9. character *n.* 文字;符号;角色;品质;特点→characterize/-ise *vt.* 描述;刻画,是……的特征→characteristic *adj.* 典型的;独特的;特有的 *n.* 特征;特点;品质
10. global *adj.* 全球的;全世界的 ⑤ 整体的;全面的→globally *adv.* 全球地;全世界地;全面地→globe *n.* 全球;球状物;地球仪→globalize/-ise *vi. & vt.* (使)全球化→globalization/-isation *n.* 全球化,全世界化
11. appreciate *vt.* 欣赏;重视;感激 ⑤ 领会;意识到 *vi.* 增值→appreciation *n.* 欣赏;感激;领会;重视→appreciative *adj.* 欣赏的;赏识的;感激的
12. classic *adj.* 传统的;最优秀的;典型的 *n.* 经典作品;名著→classical *adj.* 古典的;传统的
13. calligraphy *n.* 书法;书法艺术→calligrapher *n.* 书法家
14. struggle *n. & vi.* 斗争;奋斗;搏斗 ⑤ *vi.* 艰难地行进 *n.* 难事→struggling *adj.* 艰难奋斗的,苦苦挣扎的
15. specific *adj.* 特定的;明确的;具体的→specifically *adv.* 特定地;明确地;具体地→specify *vt.* 具体说明;明确规定
16. beg *vt.* 恳求;祈求;哀求→beggar *n.* 乞丐
17. equal *n.* 同等的人;相等物 *adj.* 相同的;同样的;平等的 *vt.* 比得上;敌得过 *linking v.* 与……相等,等于→equally *adv.* 相同地;同样地→equality *n.* 平等→⑧ inequality *n.* 不平等
18. demand *n.* 要求;需求 *vt.* 强烈要求;需要 *vi.* 查问→demanding *adj.* 要求高的;费力的;苛求的
19. description *n.* 描写(文字);形容→describe *vt.* 描述;描写→descriptive *adj.* 描述性的;叙述性的
20. relate *vt.* 联系;讲述→related *adj.* 相关的;有联系的;有亲属关系的→interrelated *adj.* 相互关联的→correlated *adj.* 有相互关系的→relation *n.* 关系;联系;亲属

■ 主题语块补全

A 组

1. native/second language 母语/第二语言
2. Chinese calligraphy 中国书法
3. be of great importance 很重要
4. bridge the gap 消除距离
5. aside from 除……之外
6. a positive attitude to life 积极的生活态度

B 组

11. a major factor 主要因素
12. refer to 指的是;描述;提到;查阅
13. ups and downs 浮沉;兴衰;荣辱
14. date back (to ...) 追溯到
15. point of view 观点;看法
16. relate to 与……相关;涉及;谈到
17. an increasing number of 越来越多的

C 组

19. a real struggle 确非易事
20. biggest headache 最大的烦恼
21. have trouble with 有麻烦
22. despite several attempts 尽管尝试几次
23. keep sth. straight in one's mind 记清楚某事
24. specific advice 具体建议

7. play a great role in 起重要作用
8. read classic books 阅读经典书籍
9. no matter where, who, what, etc. 不论……; 不管……
10. can't help but do 忍不住做

18. a means connecting the present and the past 连接古今的途径

25. learn ... by heart 熟记
26. enlarge vocabulary 扩大词汇量
27. communicate with native speakers 与说母语者交流

■ 积累常诵——情感细节描写之“感激、感动”

名词/动词	gratitude, appreciation, thankfulness, thank, move, touch, appreciate, choke	形容词/副词	thankful, thankfully, grateful, gratefully, moved, touched
短语	①have a deep gratitude towards 对……深怀感激; ②with gratitude/appreciation 感激地; ③owe sb. a lot/a great deal 非常感激某人; ④be deeply moved/touched by ...被……深深感动	流泪	①shed tears of gratitude 流下感激的泪水; ②be moved to tears 感动得落泪; ③with a lump in one's throat 哽咽着

用表“感激、感动”的表达补全下面的微场景并背诵

微场景 11 主题“人与动物”——成功救助动物之后的“感激、感动”

As the dolphin was gently released into the calm, welcoming waters, it hesitated for a moment. Amelia approached the dolphin and gently stroked it. The dolphin touched the girl with the tip of its nose in response and made delighted sounds ①as if saying a final thank you (好像在说最后的感谢) before diving gracefully beneath the surface. The crowd erupted in applause, ②their hearts filled with/full of joy and gratitude (他们心中满是高兴与感激, 独立主格) for being witness to such a remarkable rescue.

微场景 12 主题“善行互助”——被助后的“感激、感动”

At that, a big wave of joy and warmth surged through my body. My throat tightened with emotions. I bowed ③gratefully (grateful). I didn't even realize that my eyes had welled up, and ④tears of gratitude were rolling down my face (感激的泪水滑落我的面颊). ⑤I choked my thanks for their help/With a lump in my throat, I thanked them for their help (我哽咽着感谢他们的帮助). Afzal's mother wiped my tears and held me closer.