**读后续写背诵素材：**

**好词好句100句(上)**

**Day 1 (第1句-10句)**

01. **Noticing Susan’s unhappiness,** Rose secretly suggested making a crown with flowers to please her.

02. As the family walked to the door to leave, **the mother came running back**, gave me a hug and whispered, “Thanks for being our angels today.”

03. **Feeling familiar with the voice,** she turns round and saw…

04. **A small smile may make a big difference.**

05. **It was** this unique experience t**hat** made me understand whatever difficulty (= no matter what difficulty) we are faced with (= we may face), we mustn’t give up our hope.

06. What happened today made me realize that f**orgiveness is a kind of virtue.**

07. She explained that her mother was badly ill last night, **which contributed to her fault.**

08. I will **treasure/value our friendship forever.**

09. **Jennifer’s sleepy eyes opened wide and her face wore a smile that brightened up the whole room.**

10. She understood that **her daughter meant much more than anything else in the world.**

**【参考翻译】**

**01. 罗丝注意到苏珊的不快，偷偷地建议用花做一顶皇冠来取悦她。**

**02. 当一家人走到门口离开时，母亲跑回来，给了我一个拥抱，低声说：“谢谢你今天是我们的天使。”**

**03. 感觉熟悉的声音，她转过身来，看到...**

**04. 一个小小的微笑可能会有很大的不同。**

**05. 正是这种独特的经历使我理解了我们所面临的任何困难(=无论遇到什么困难)，我们不能放弃我们的希望。**

**06. 今天发生的事情让我意识到宽恕是一种美德。**

**07. 她解释说她母亲昨晚病得很重，这也是她的错。**

**08. 我将永远珍惜/珍惜我们的友谊。**

**09.詹妮弗困倦的眼睛睁得很大，她的脸上带着微笑，使整个房间都明亮起来。**

**10. 她明白，她女儿的意义远比世界上任何东西都重要。**

**Day 2 (第11句-20句)**

11. **Dad cleared his throat and said in a serious voice, “**….”

12. **Hoping it could be sent to one who badly needed it.**

13. At that time, you **were badly in need of** money to pay the fee and you had to….Then why didn’t you **keep it for yourself**?

14. Although I don’t have much money, I can live happily; **but if I lose honesty, I won’t be happy any more. In a long run, I will be a loser.**

15. I kept **avoiding eye contact with** him, ….

16. I made up my mind to **find out/figure out** how to fit in with them/how to get along with them.

17. The teacher is paying particular/close attention to Mary, **who is constantly putting forward questions** in class in order **to rank among** the best pupils.

18. **It took her great courage to tell dad** that….

19. This will be **a great financial sacrifice for her parents** who have already been paying for her college.

20. I left the site **in tears**. **In a split second** the drunk driver had torn the passer-by into pieces.

**【参考翻译】**

**11. 爸爸清了清嗓子，严肃地说：“......”**

**12. 希望能寄给急需的人。**

**13. 当时，你急需钱来支付这笔费用，你不得不...。 那你为什么不自己留着呢？**

**14. 虽然我没有多少钱，但我可以快乐地生活；但是如果我失去了诚实，我就不会再快乐了。 从长远来看，我会成为一个失败者。**

**15. 我一直避免和他眼神接触，......**

**16. 我下定决心要弄清楚如何适应他们/如何与他们相处。**

**17. 老师特别注意玛丽，她经常在课堂上提出问题，以便在最好的学生中排名。**

**. 18她鼓起勇气告诉爸爸...。**

**19. 这对她的父母来说将是一个巨大的经济牺牲，他们已经为她的大学付出了代价。**

**20. . 我泪流满面地离开了工地，不一会儿，醉汉把过路人撕成了碎片。**

**Day 3 (第21句-30句)**

21. One person, **on losing a job or a special relationship**, may feel **as if it is the end of the world** and **sink into** terrible suffering for months, years, or even a lifetime.

22. Nothing can **replace what we have lost**, the fresh air and the blue sky.

23. And **the spirit of generosity behind the projec**t appears to be **spreading**.

24. I **put aside my uneasiness** and said, …

25. “**There couldn't be anything that's more incorrect，**” Merrigan said.

26. He was **so proud of his success that he refused to listen to advice**.

27. Life can be **so wonderful, full of adventure and joy**. It can also be **full of challenges, setbacks(挫折) and heartbreaks.**

28. **No** invention has received **more** praise and abuse **than** the Internet.

29. Dozens of cases show that willpower is **one of the most important habits for a person's success.**

30. **With the help and encouragement of** her mother, she **overcome many difficulties** and **succeeded in learning** ….

**【参考翻译】**

**21.一个人，在失去一份工作或一段特殊的关系时，可能会觉得这是世界末日，陷入几个月、几年甚至一生的可怕痛苦。**

**22.没有什么能取代我们失去的，新鲜的空气和蓝天。**

**23.项目背后的慷慨精神似乎正在蔓延。**

**24.我放下不安，说，......**

**25.“没有比这更不正确的了，”梅里根说。**

**26.他为自己的成功感到骄傲，以至于拒绝听取建议。**

**27. 生活可以如此精彩，充满冒险和欢乐。 它也可能充满挑战、挫折(挫折)和心碎。**

**28. 没有一项发明比互联网受到更多的赞扬和滥用。**

**29. 几十个案例表明，意志力是一个人成功最重要的习惯之一。**

**30.在母亲的帮助和鼓励下，她克服了许多困难，成功地学习了 ….**

**Day 4 (第31句-40句)**

31. **After learning what situation I was in**, my teacher, Michael encouraged me **to step out of trouble bravely and confidently.**

32. There is **nothing better than being praised by my teacher** before my classmates.

33. Good understanding among friends makes each other’s life richful, career successful. **A true friend may share your sorrows as well as your happiness.**

34. Happiness is **in the mind,** **not in outside events and circumstances.**

35. Beautiful things happen when you **distance yourself from negative thinking.**

36. It’s so easy to be negative when things go wrong, or blame others for negative outcomes in your life. **But do negativity and blame change anything for the better?**

37. **If you want to make a difference in the world, start with the world around you.**

38. Sometimes you have to walk away from people, **not because you don’t care, but because they don’t.**

39. **It’s a tough pill to swallow,** but it’s necessary medicine.

40. Most of the successful people **were not born into success**; they simply did, and continue to do, things **that help them realize their full potential**.

**【参考翻译】**

**31.在了解了我所处的情况后，我的老师迈克尔鼓励我勇敢和自信地走出困境。**

**32.没有什么比在同学面前被老师表扬更好的了。**

**33. 朋友之间的良好理解使彼此的生活丰富多彩，事业成功。 一个真正的朋友可以分享你的悲伤和幸福。**

**34. 幸福在头脑中，而不是在外部事件和环境中。**

**35.当你远离消极思维时，美好的事情就会发生。**

**36. 当事情出了问题，或者把你生活中的负面结果归咎于他人时，你很容易成为消极的人。 但是消极和责备是否会改变一切？**

**37.如果你想在世界上有所作为，从你周围的世界开始。**

**38.有时你必须远离别人，不是因为你不在乎，而是因为他们不关心。**

**39.这是一种难以吞咽的药丸，但它是必要的药物。**

**40. 大多数成功的人不是天生就成功的；他们只是做了一些帮助他们充分发挥潜力的事情，并继续做下去。**

**Day 5 (第41句-50句)**

41. Success is not final, and failure is not fatal(致命的). **It is the courage to continue that counts/matters.**

42. No matter what happens, **always have the belief that** the things you desire may not happen today, but they will happen.

43. Continue to do your work and**, eventually,** someone will **praise and appreciate what you do.**

44. I woke up this morning to, and walked out **to experience a sunrise of astonishing beauty.**

45. Immediately, I **feel the urge to share this breathtaking moment with** sb….

46. The most beautiful sunrise I’d ever seen was **slipping through my fingers.**

47. **When you set goals and take action in your life,** you will eventually learn that there will be times when you succeed and there will be times when you fail, and **both are equally important in the long run.**

48. **Anything worth achieving takes great effort.**

49. There is **no exercise better for the heart and soul than** reaching out and lifting others up.

50. While I’m not against buying new products **that add value to our lives,** most of the money we spend on things will not make us any happier in the long run **unless we’re investing in our personal growth and taking action in the meantime.**

**【参考翻译】**

**41. 成功不是最终的，失败不是致命的(致命的)。这是继续下去的勇气。**

**42.无论发生什么事，都要有这样的信念：你所渴望的事情可能不会在今天发生，但它们会发生。**

**43.继续做你的工作，最终，有人会赞扬和欣赏你所做的。**

**44.我今天早上醒来，走出去体验了一场美丽的日出。**

**45.立刻，我感觉到与某人分享这个令人惊叹的时刻的冲动...。**

**46. 我所见过的最美丽的日出是从我的手指滑过。**

**47. 当你在你的生活中设定目标并采取行动时，你最终会知道，你会有成功的时候，也会有失败的时候，从长远来看，两者都同样重要。**

**48. 任何值得取得的成就都需要付出巨大的努力。**

**49.没有比伸出手把别人扶起来更能锻炼心灵的了。**

**50.虽然我并不反对购买能为我们的生活增加价值的新产品，但从长远来看，我们花在事情上的大部分钱不会让我们更快乐，除非我们投资于我们的个人成长，同时采取行动。**

****

**Day 6 (第51句-60句)**

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

52**. Her words still hurt, “The trouble with you is that you won't put yourself in my place. Can't you see things from my point of view？”**

53**. I shook my head stubbornly.**

54. However, when something did interest me, **I could become absorbed**.

55. **A heavy rain ruined the dinner.**

56. Our own experience working together on health, development, and energy the last twenty years **has been one of the most rewarding parts of our lives.**

57**. When asked about happiness,** we usually think of something extraordinary, an absolute delight.

58. Over the next 17 years, he became **one of the staff's most valued contributors.**

59. Literature is **a beautiful, richly furnished room where you might find many an hour of rest and refreshment.**

60. We all know that the cost of education will continue to be **a significant burden on the family budget.**

**【参考翻译】**

**51. 显然，这是她不应该独自经历的事情。 突然，一种温暖的同情感在我的心里升起。**

**52. 她的话仍然很伤人，“你的麻烦是你不会把自己放在我的位置上。 你不能从我的角度看问题吗？”**

**53.我固执地摇了摇头。**

**54. 然而，当我对某件事感兴趣时，我就会全神贯注.**

**55. 一场大雨毁了晚餐。**

**56. 在过去的二十年里，我们在健康、发展和能源方面共同努力的经验是我们生活中最有价值的部分之一。**

**57.当被问及幸福时，我们通常会想到一些不寻常的事情，一种绝对的快乐。**

**58.在接下来的17年里，他成为员工最有价值的贡献者之一。**

**59.文学是一个美丽的，家具丰富的房间，你可以在那里找到许多小时的休息和茶点。**

**60.我们都知道，教育费用将继续是家庭预算的重大负担。**

**Day 7 (第61句-70句)**

61. Responsibility is **the price every man must pay for freedom.**

62**. If you break the rules, you will be fined.**

63. Mothers' devotion to children **can hardly be calculated.**

65. One day, **mentally exhausted,** I wrote down all the reasons why this problem could not be solved.

66. I left my seat quietly, **giving him some privacy to finish his conversation.**

67. His appearance created **an atmosphere of tension.**

68. I learnt that **shouting and threats of punishment would result in a disaster.**

69. **Years ago, a critical event occurred in my life** that would change it forever.

70. And it is proving to be **an increasingly powerful tool** in encouraging people to purchase.

**【参考翻译】**

**61.责任是每个人必须为自由付出的代价。**

**62. 如果你违反规则，你将被罚款。**

**63. 母亲对儿童的奉献是难以计算的。**

**65.有一天，我精神疲惫，写下了这个问题无法解决的所有原因。**

**66.我悄悄地离开了座位，给了他一些隐私来完成他的谈话。**

**67.他的出现营造了一种紧张的气氛。**

**68.我知道喊叫和威胁惩罚会导致灾难。**

**69. 几年前，我的生活中发生了一个将永远改变它的关键事件。**

**70. 它被证明是一个越来越强大的工具，鼓励人们购买。**

**Day 8 (第71句-80句)**

71. Research findings seem to indicate that the creation by a great artist is **as permanent an achievement as the discovery by a great scientist.**

72. As long as the building in question is pleasing and does not dominate(影响) its surroundings too much, **it often improves the attractiveness of the area.**

73. Two years ago, while Cathy was watching the Olympics, **a dream came into her sweet little head—to be a swimmer.**

74. **Enjoying the beauty of nature benefits one's health.**

75. **The park was full of freshness and beauty of spring, with the sun shining and birds singing.**

76. I am very moved that the driver took so much trouble to send it to my school, **which will always remind me to be kind and helpful.**

77. … **in the belief that** everyone should have the right to perform，and they did so in a public house disused for years.

78. Library computers on the ground floor are for those **who want to access the wi－fi.**

79. Students' respect is **the best reward for teachers.**

80**. They've grown accustomed to it, …**

**【参考翻译】**

**71. 研究结果似乎表明，伟大艺术家的创作和伟大科学家的发现一样是永久的成就。**

**72. 只要有关建筑是令人愉快的，并且不会太多地支配(影响)它的周围环境，它往往会提高该地区的吸引力。**

**73.两年前，当凯茜在看奥运会的时候，她可爱的小脑袋里出现了一个梦想-成为一名游泳运动员。**

**74.享受大自然的美丽有益于健康。**

**75. 公园里充满了春天的清新和美丽，阳光明媚，鸟儿歌唱。**

**76. 我很感动，司机花了这么多的精力把它送到我的学校，这将永远提醒我要善良和乐于助人。**

**77. 。他们认为每个人都有履行义务的权利，而且他们在一所多年未使用的公共住宅中这样做。**

**78. 一楼的图书馆电脑是为那些想访问wi-fi的人准备的。**

**79.学生的尊重是对老师最好的奖励。**

**80.他们已经习惯了，......**

**Day 9 (第81句-90句)**

81. Sometimes when I **feel lost**，I lie down and shut my eyes, and I go home.

82. … the murderer **got away with** the crime.

83. … **and parking in such spots can result in a fine.**

84. One way children **seek more attention from parents** is by making themselves different from their brothers.

85. ...women are far more likely than men to seek social contact **when they are feeling stressed.**

86.They may phone relatives or friends, or ask directions **if they are lost.**

87. **Don't miss the chance of lending your warm hands to help others!**

88. **It was with sincerity and faithfulness that we created a harmonious atmosphere.**

89. **I enjoyed the friendly atmosphere in class.**

90. We can **contact each other by** video chat every night for half an hour in English and half an hour in Chinese, so that we can improve our oral speaking.

**【参考翻译】**

**81.有时当我感到失落时，我躺下闭上眼睛，然后回家。**

**82.凶手逍遥法外。**

**83.在这些地方…和停车会导致罚款。**

**84. 孩子们寻求父母更多关注的一种方式是使自己与他们的兄弟不同。**

**85. 妇女比男子更有可能在感到压力时寻求社会接触。**

**86.他们可以打电话给亲戚或朋友，或者问路，如果他们迷路了。**

**87.不要错过借你温暖的手帮助别人的机会！**

**88.正是我们用真诚和忠诚创造了和谐的氛围。**

**89. 我喜欢课堂上的友好气氛。**

**90. 我们可以每天晚上通过视频聊天来联系对方，英语半小时，汉语半小时，这样我们就可以提高我们的口语水平。**

**Day 10 (第91句-100句)**

91. ... because they're **surrounded by the digital world.**

92. **Should we just pay lip service or take practical measures to protect it? The answer is definitely the latter.**

93**. He kept walking up and down restlessly,** **his face pale, and his hands shaking slightly.**

94. **From dawn to dusk, he works countless hours …**

95. **This will give you the confidence you need** to get you through the afternoon and go home **feeling accomplished.**

96. Cars have become a popular means of transport，**bringing great convenience to our life.**

97**. However,a plan can bear no fruit without being actually carried out.**

98**. But it is useful to bear in mind that** all such changes come from the technology ...

99. **How can I reward my beloved mom so badly, who has sacrificed everything, even one eye, for her only son!**

100. **On learning the truth, I totally dumbfounded(completely shocked). In a split second, my heart started to be aching and countless things flashed through my mind.**

**【参考翻译】**

**91.因为他们被数字世界包围了。**

**92. 我们应该只是口头上说还是采取实际措施来保护它？ 答案肯定是后者。**

**93.他不停地走来走去，脸色苍白，双手微微颤抖。**

**94. 从黎明到黄昏，他工作了无数个小时......**

**95.这将给你信心，你需要让你度过下午，回家感觉完成。**

**96. 汽车已经成为一种流行的交通工具，给我们的生活带来了极大的便利。**

**97. 然而，一个计划如果不实际执行，就不会有结果。**

**98. 但要记住，所有这些变化都来自技术......**

**99.我怎么能报答我心爱的妈妈，她为了她唯一的儿子牺牲了一切，甚至一只眼睛！**

**100.在得知真相时，我完全目瞪口呆(完全震惊)。 在一瞬间，我的心开始疼痛，无数的东西在我的脑海中闪现。**