



## 第十六单元

# 做情绪的小主人



## 我不怕黑。

wǒ hěn pà hēi yè měi dāng yè wǎn wǒ jiù pà shàng cè suǒ  
我很怕黑夜。每当夜晚，我就怕上厕所，  
yě cóng bù zài yè wǎn xǐ zǎo  
也从不在夜晚洗澡。

yī tiān wǎn shang tíng diàn le wǒ pà dé dà kū bù kěn  
一天晚上，停电了，我怕得大哭，不肯  
shàng chuáng shuì jiào  
上床睡觉。

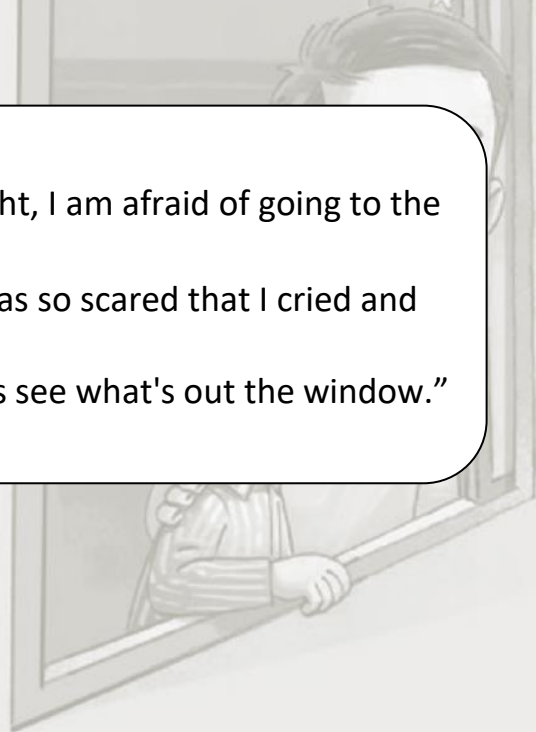
bà ba shuō bú shuì jiào wǒ men kàn kan chuāng wài yǒu  
爸爸说：“不睡觉，我们看看窗外有  
shén me ba  
什么吧。”

### I'm not afraid of the dark

I am afraid of the night. Whenever it is night, I am afraid of going to the toilet, and I never take baths at night.

One night, there was a power outage. I was so scared that I cried and refused to go to bed.

Dad said, "Since you are not sleeping, let's see what's out the window."



月光下，只见小狗在跑来跑去，  
花草也像白天一样摇来摇去。爸爸指  
着树上的小鸟，说：“看，没有灯光，  
小鸟也一样睡觉。”

我才知道，黑夜一点儿也不  
可怕。夜晚和白天一样美好，太阳明  
天一样会升起。

Under the moonlight, I saw the puppy running around, the flowers and plants swayed like they do during the day. Dad pointed to the birds on the tree and said, "Look, even without lights the little birds sleep all the same."

I just learned that the night is not scary at all. The night is as beautiful and good as the day, the sun will rise as usual tomorrow.

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