爸妈最常使用的 50 句英文

Don't be picky about your food. 不要挑食。

Let me comb your hair. 我来帮你梳头。

Did you put some lotion on your face? 你的脸上擦乳液了吗?

Watch out for cars. 小心车子。

Recess is over! 休息时间结束了。

Sit properly. 坐好。

Don't **doze** off. Sit right up. 不要打瞌睡了。做好!

Did you do well on your test? 考试考得好吗?

What score did you get on the test? 你考了几分?

Move back from the TV. 从电视那里往后退。

Who made such a mess? 是谁弄得这么乱?

Do you want a piggy-back ride? 要我背你吗?

Don't fight with your little brother/sister. 不要跟弟弟/妹妹打架。

Don't hit your brother/sister. 不可以打弟弟/妹妹。

Play nicely with your friends. 要跟朋友好好玩。

Stop whining. 不要再嘀嘀咕咕了。

Don't talk back! 不要顶嘴!

I'm sorry.Let's make up. 对不起。我们和好吧。

孩子最常使用的 50 句英文

Mom, I'm all grown up now. 妈，我现在都长大了。

Tie my hair, please. 请帮我绑头发

Can you get me the **scissors**, Mom? 妈，可以给我剪刀吗?

I'm sorry. It won't happen again. 对不起，我不再这样了。

I don't feel like eating. 我没心情吃饭。

I'm sleepy./ I'm tired. 我困了。

My legs hurt. 我腿痛。

Hold me tight./ Give me a big **hug**. 给我一个大大的拥抱。

Can I take a break? 我可以休息一下吗?

I love you the most in the world. 在这个世界上，我最爱你了。

Wake up, you **sleepyhead**. 起床了，你这个贪睡鬼。

CHAPTER01 忙碌的早晨

Rise and **shine**. 太阳都晒屁股了。

I‘ll **tickle** you if you don‘t wake up. 再不起床的话，我要抓痒痒了。

You should go to bed early to get up early. 你要早睡早起。

Mom, I can‘t keep my eyes open! 妈，我睁不开眼睛!

CHAPTER01-02 早晨打招呼

**Stretch** your body. 伸展下你的身体。

Did you sleep well? 你睡得好吗?

Did you sleep **tight**, my sweetie? 宝贝，睡得好吗?

Hey! Did you get a good night‘s sleep? 早!睡得好吗?

Seems like you‘re in a good **mood**. 看起来你的心情很好。

Why do you look **grumpy** this morning? 为什么今天早上你看起来心情不太好?

Did you have sweet dreams? 你做好梦了吗?

CHAPTER01-03 洗脸

If I do it by myself, I will get my clothes wet. 自己洗的话，我会弄湿衣服的。

Get a clean **towel**. 那一条干净的毛巾。

Watch out for the **slippery** floor. 板很滑，要小心哦。

CHAPTER01-04 刷牙

Brush your teeth properly. 好好地刷牙。

Don‘t forget to brush deep inside. 不要忘记也要刷里面哦。

Clean your teeth and gums thoroughly. 牙和牙床都要彻底刷干净。

**Gargle** and **spit**. 漱口，然后吐掉。

Mom, **squeeze** the **tooth****paste** for me. 妈妈，帮我挤牙膏。

We‘re out of **toothpaste**. 我们没有牙膏了。

If you don‘t take care of your teeth, you‘ll get **cavities**. 如果你不好好照顾你的牙齿，你会有蛀牙。

CHAPTER01-12 梳头发

Tie my hair in a **ponytail**. 请把我的头发绑成马尾。

Tie my hair in **pigtails**. 请把我的头发绑成辫子。

Can you tie my hair? 你能帮我绑头发吗?

Want me to **braid** your hair? 要我帮你绑辫子吗?

I want to untie my hair today. 今天，我要把头发放下来。

Let me part your hair. 让我来帮你把头发分开

Your hair is **fluffy**. 你的头发很蓬松

Do you want **hairpin**? 你要别个发夹吗

Do you want **hairband**? 你要绑发带吗

Your hair is **tangled** up, so I can't comb it. 你的头发都打结了，我梳不开

Brush my hair softly. 轻轻的帮我梳头发

Let me put your hair up. 我来把你的头发梳起来

My hair is **poking** me in my eyes. 我的头发戳到我的眼睛了

I don‘t like this hairstyle. 我不喜欢这个发型。

Can you cut my **bangs**? 你能帮我剪掉刘海吗?

CHAPTER01-13 准备学校用品

You should have your supplies prepared in advance. 你应该事先准备好学校用品。

Starting tomorrow, have it ready beforehand. 从明天开始，要事先准备。

What are your supplies for school today? 今天的学校用品是什么

It's your job to get your supplies. 准备学校用品是你自己的事情。

Did you pack your bag? 你整理好书包了吗

Do you have your lunchbox and water bottle? 便当和水瓶都准备好了吗

Do you have your indoor shoes? 室内拖鞋准备好了吗

I forgot to pack your lunchbox. 我忘记装你的便当了。

I thought I put them in your backpack. 我以为我已经把它们放进你书包了。

You should stop by the **stationery** shop on your way to school. 去学校时顺道去一下文具店。

CHAPTER01-14 催促

The day will be over soon. 一天都要结束了。

Can you give me a ride? 你能开车送我去吗?

Do you know how late you are? 你知道你晚了多久了吗?

I'll speed up. 我会快点。

I'm not waiting for you any longer. 我不等你了。

I'm leaving before you. 我要先走了。

it will be a hard habit to break. 这个习惯将很难改掉。

Time is **ticking** away. 时间飞快过去了。

CHAPTER01-15 穿鞋子

Change your shoes to **sneakers**. 换上运动鞋。

Your shoes are on the wrong feet. 你的鞋子穿错脚了。

Switch shoes. 交换穿一下。

Don't step on the back of your shoes. 不要踩到鞋后跟。

These shoes are old and **torn（ tear 的过去分词）**. 这鞋子又旧又破。

My **shoelaces** are untied, Mom. 妈妈，我的鞋带松开了。

My shoelaces won't stay tied. 我的鞋带一直松开。

Can you tie my shoes? 你能帮我绑鞋带吗

Those shoes don't match your clothes. 那鞋子跟你的衣服不搭。

Put your shoes on the shoe **rack**. 把鞋子放在鞋架上。

You've outgrown your shoes. 你已经长到鞋子穿不下了。

I want to wear my dress shoes. 我要穿我的皮鞋。

CHAPTER01-15 穿鞋子-鞋子的种类

**运动鞋 sneakers, sports shoes**

**拖鞋 slippers,** **flip-****flops**

**平底单鞋（flats）**

**高跟鞋（****pumps）**

CHAPTER01-16 上学前打招呼

Have fun with your friends. 跟朋友们好好玩喔。

Be good at school. **Behave**! 好好待在学校，要听话!

Come home right after school. 放学后，立刻回家。

I'll go pick you up. 我会去接你。

CHAPTER01-17 妈妈的叮咛

Always cross at **crosswalks**. 穿越马路一定要走在斑马线上。

Be careful when you cross the street. 你过马路时，要小心。

Watch for the traffic lights. 要看红绿灯。

Don't play with your cell phone on the street. 不要在路上玩你的手机。

Don't ever follow strangers. 绝对不可以跟陌生人走。

Go along the broad street. 要走在大马路上。

Don't go down the narrow back street. 不可以走到狭窄的巷弄。

Eat plenty for lunch. 午餐要吃饱。

If you meet a **bully**, tell me at once. 如果你看到有人被欺负，要立刻告诉我

CHAPTER01-18 使用电梯/楼梯

The elevator is going up / down. 电梯上来/下来了

What floor should we press? 我们要按哪一楼呢

What floor are you going to?

Don't **lean** on the elevator door. 不要靠在电梯门上。

Don't **goof** around in the elevator. 不要在电梯内捣蛋。

Don't goof around on the steps. You might get hurt. 不可以在楼梯捣蛋，你会受伤的。

Let's take the stairs. 我们走楼梯吧。

Be careful! You might get **stuck** in the door. 小心!你会被门夹住的。

Let's get out/off 我们出去吧。

Don't hang on the **handrail**. 不要握住栏杆不放。

Go down one step at a time. 一次走一个阶梯。

CHAPTER01-19 搭校车

I like riding on the school bus. 我喜欢搭校车。

Go line up nicely for the bus. 去好好排队等公车。

I'll be the first in line. 我会排在第一个。

Get on the bus one after another. / Get on the bus one by one. 按顺序一个一个上公车。

Don't cut in line. 不要插队。

CHAPTER02 做家事

CHAPTER02-01 用吸尘器

Can you move your toys so I can **vacuum**? 你能一开你的玩具，让我用一下吸尘器吗?

I just want to get the dust off. 我只是要拍掉灰尘。

Ew, **gross**! 咦，好恶心!

CHAPTER02-02 扫地/擦地板

Let's wipe the floor. 我们来擦地板吧。

I'm going to sweep the floor today. 今天我要扫地。

We're going to wipe the room with a **rag**. 我们要用抹布擦房间。

My knees hurt after kneeling down. 跪完之后，我的膝盖好痛喔。

CHAPTER02-03 整理玩具

Why is there such a mess. 为什么这么乱?

You should clean up after you play. 玩完之后，你应该整理的。

I was just about to clean them up. 我正打算要整理。

Pick up the blocks and the other toys. 收拾积木和其他玩具。

Put it back where it was. 把那个放回原位。

You should put away your own toys. 你应该收拾自己的玩具。

You **deserve** a **sticker** for cleaning up. 因为你都收拾好了，你应该得到一个贴纸。

CHAPTER02-04 打扫房间及整理书桌

The bookshelves are all messed up. 书架已经乱得不像样了。

I won't mess it up the next time. 下次，我不会再弄得这样脏乱了。

Please empty the trash can. 请把垃圾桶清空。

Your bed is so messy. 你的床太脏乱了。

CHAPTER02-05 洗碗

We should do the dishes. 我们应该去洗碗。

Put the dishes in the sink. 把碗盘放在洗碗槽内。

Put on the **rubber** **gloves** and put the **liquid** soap on the **sponge**. 戴上橡胶手套，再把洗碗精挤在海绵上

Wash them carefully so there is no **residue** left. 仔细清洗，不要留下食物残渣。

Use hot water to wash off the **grease**. 用热水把油垢洗掉。

Place the dripping bowls upside down on the rack. 请把湿的碗倒过来放在架子上。

Dry the **plates** with a dish **towel**. 用洗碗的毛巾把盘子擦干。

Load the dishes in the dishwasher. 把碗放进洗碗机。

The **detergent** should go in here. 把洗洁剂放进这里。

CHAPTER02-06 洗衣服

I'm going to do the **laundry**. 我要去洗衣服了。

There are **stains** on the shirt. 这件衬衫沾上汗渍了。

We're going to boil the whites and towels. 我们来烫白衣服和毛巾吧。

I'll hand-wash this. 这个我用手洗。

We have to dry-clean those clothes. 那些衣服必须干洗。

CHAPTER02-07 晾衣服

Will you help me hang the clothes? 你能帮我晾这些衣服吗?

Put it on the drying **rack**. 晾在晾衣架上。

Put the shirt on the hanger. 把衬衫挂在衣架上。

Shake each item and put it on the rack. 一件件抖开之后，再把它们晾上去。

These are my **briefs**. 这是我的内裤。

Wow, Dad's trunks are super big! 哇，爸爸的内裤好大!

The **stain**'s not completely out. 汗渍没有完全洗掉。

CHAPTER02-08 折衣服

The laundry is all dry. 衣服都干了。

Can you help me get the clothes off? 你能帮我收衣服吗?

Can you help me fold the clothes? 你能帮我折衣服吗?

Fold it in half like this. 像这样对半折。

CHAPTER02-09 烫衣服

The shirt's all **wrinkled**. 这件衬衫都皱皱的。

The **iron**'s too hot. 熨斗太烫，

We need to **spray** it with water first. 我们需要先喷点水。

We need to straighten out the wrinkles by ironing. 我们是为了弄平皱褶才烫衣服的。

We should iron Mommy's **apron**. 我们应该烫一下妈咪的围裙。

**Pleated** skirts are hard to iron. 百褶裙很难烫。

The **collar**'s straight now. 现在这个衣服领很挺吧。

It's still hot after we pull the **cord** out. 拔掉插头后，还是有一段时间很烫。

CHAPTER02-10 照顾花草

Let's put some water in the flower pots. 我们放点水到花盆里吧。

The flower's **withered**. 这些花都枯了。

How much should I pour? 我可以浇多少?

**Tilt** the watering can more. 把浇水壶再倾斜一点。

This flower has a strong **scent**. Smell. 这花好香喔。闻闻看。

The flowers are in full **blossom**. 花都全开了。

This tree bears fruit. 这棵树结果实了。

The **sprouts** have come up. 发芽了。

This plant has no flowers growing. 这植物是不开花的。

CHAPTER02-11 修东西

I broke it by accident. 我不小心弄破了。

We shouldn't just get **rid** of it. Let's try to fix it. 不可以只是丢掉，我们修修看。

CHAPTER02-12 吃午餐

Want to eat at home or out? 要在家吃，还是出去吃?

Want to order something for lunch? 午餐要不要叫外送?

Can I eat **ramen**? 我可以吃拉面吗?

I'll get the fishbones out. 我来拿掉鱼刺。

Fast food isn't good for you. 速食对身体不好。

You finished an entire plate very quickly. 你很快就吃完一整盘了。

CHAPTER04 从傍晚到晚上

CHAPTER04-01 爸爸要下班

Go **greet** your daddy, kids. 孩子，快去跟爸爸打招呼。

Sweetie, Daddy missed you a lot. 甜心，爸爸好想你喔。

CHAPTER04-02 吃晚餐

What do you want for dinner? I want **pasta**. 我想吃意大利面。

Mom, I'll help you set the table. 妈，我帮你准备餐桌。

Can you set the spoons? 你能把汤匙拿来啊?

I made some **bulgogi**. 我做了韩式烤肉。

I can't eat anymore because I'm stuffed. 我太饱了，再也吃不下了。

CHAPTER04-03 看电视

It's my favorite show. 这是我最喜爱的节目。

Sit straight while watching. 看得时候要坐正。

Sit properly, Sweetie. 甜心，坐好。

Will you turn down the **volume**? 你能把音量调低吗

You always watch **dramas**, Mom. 妈妈，你一直都在看电视剧。

**Soap** **opera** time! 是连续剧的时间耶

CHAPTER04-04 吃宵夜

Mom, can you fix me a snack? 妈，你能帮我做宵夜吗?

It's not good for your **tummy** to eat before going to sleep. 睡前吃东西对你的胃不好。

You can't eat **ramen**. 你不可以吃拉面。

CHAPTER04-05 跟爸爸玩

Let's play **hide and seek**. 我们来玩捉迷藏。

Catch me, Dad! 爸，来捉我。

CHAPTER04-06 洗澡

Take off your clothes. 脱掉衣服。

The **tub** is filled now. 浴缸的水都满了。

Want to get into the **tub** now? 现在要进去浴缸了吗?

Don't fool around. 不要捣蛋了。

**Rub** the soap and make some **foam**. 搓一下肥皂，会有泡泡喔。

**Rub** the **sponge** to make some foam. 揉搓海绵，把泡泡弄出来。

Look! I've got soap bubble. 看!我身上的肥皂泡泡。

Ouch! My eyes **sting**. 哎呦!我的眼睛很刺痛。

Give yourself a final **rinse**. 最后在冲下水。

Don't **splash** water on Mom. 不要把水溅到妈妈身上。

CHAPTER04-07 洗头

My head is **itchy**. 我头好痒。

Let's make some **foam** with the **shampoo**. 把洗发精搓出泡泡来。

Let's **rinse** your hair. 把头发冲干净吧。

The hair conditioner will make your hair softer. 润发乳会让你的头发更柔顺喔。

I'll dry your hair with a blow dryer. 我用吹风机来吹干你的头发。

CHAPTER04-08 擦乳液

Let's put on some **lotion**. 我们来擦乳液吧。

Smell the **scent**. 闻一下气味。

**Spread** it out well and rub it well. 推开它，好好搓一搓

Don't **squeeze** out too much. 不要挤太多。

You look **fabulous**. 你看起来棒极了。

CHAPTER04-09 穿睡衣

Change into your **pajamas**. 换上你的睡衣。

You look cute in your sleepwear. 你穿上睡衣后，好可爱。

CHAPTER04-10 写日记

You should keep a diary every day. 你应该每天写日记。

Will you make a title? 你要写标题吗?

CHAPTER04-11 睡前讲故事

Let me read you a story. 我给你讲个故事吧

Mom's **throat** hurts too. Let's stop now. 妈妈的喉咙也痛了, 就到此为止吧.

CHAPTER04-12 各自睡

Now that you're in **elementary** school, go to sleep in your room. 既然你已经读小学了，去自己的房间睡

This **doll** will be with you. 这个娃娃会跟你在一起。

CHAPTER04-13 睡前打招呼

Let me **tuck** you in. 让我帮你盖好被子。

You need to go to sleep early to wake up early. 你要早睡早起。

CHAPTER04-14 睡觉中醒来

Mom, I had a **nightmare** 妈,我做了个恶梦

Mom, I wet the bed. 妈,我尿床了。

The **mosquitoes** are annoying me. 蚊子一直打扰我。

I'll get the **repellent**. 我来喷防蚊液。

I had a dream I was getting **chased** by a **monster** 我梦到我被怪物追赶。

Sleep with your favorite bear in your arms. 抱着你最喜欢的熊宝宝睡吧。

I'll sing you a **lullaby** 我唱摇篮曲给你听。

CHAPTER04-15 美国小孩喜欢的节日-复活节

Let's **decorate** the **Easter** eggs. 让我们装饰复活节彩蛋吧。

Let's start the Easter egg hunt now! 让我们开始寻找复活节彩蛋吧!

There's the Easter **Bunny** over there. 那边有复活节兔子耶。

CHAPTER04-16 美国小孩喜欢的节日-万圣节前夕

Let's make a jack-o-**lantern** together 我们一起来做杰克灯吧。

Cut a circle around the **stem** and lift it off. 在茎的周围用刀划一圈，然后拿起来。

**Scoop** out the seeds and sticky interior by using a big spoon. 用大汤匙把籽和粘稠的内容物都挖出来

Draw the features on the **pumpkin** by using a pen. 用笔在南瓜上画脸。

Clear away the **rough** edges inside the pumpkin. 把南瓜内侧粗糙的边角整理一下。

Put a **lit** candle in and close the **lid**. 放入点亮的蜡烛后，盖上盖子

CHAPTER05 表达称赞

CHAPTER05-01 亲密的称呼

You **cutie**. 小可爱。

Come here, my **princess**. 来这里，我的公主。

CHAPTER05-02 说我爱你

You are my **treasure**. 你是我的宝藏。

I love you more than words can say. 我太爱你了，已经不能用言语来表达。

I love you just the way you are. 我就爱这样的你。

CHAPTER05-03 称赞外貌

Wow, you look **fabulous**! 哇，你看起来棒极了!

You look like a **prince/****princess.** 你看起来像个小王子/小公主。

CHAPTER05-04 称赞

Great!/**Terrific**! 好厉害!/了不起!

Super! Just **fantastic**! 太棒了!了不起!

Your hard work **pays off,** right? 你的努力得到了好的结果，对吧?

Two **thumbs up**! 给你两个赞!

I guess **your efforts were rewarded**. 我猜你的努力得到回报了。

you're really **modest**. 你真的很谦虚。

CHAPTER05-05 恭喜

Congratulations! You won first place. 恭喜!你得到第一各

Congratulations on your **award**! 恭喜你得奖了

Congratulations on your good grades! 恭喜你得到好成绩

**Hooray**! You made it! 万岁!你成功了!

You are the **champ** today! 今天你是冠军

Come here. I'll give you a hug. 快过来。我要抱抱你

Let's give a round of **applause**! 大家拍手鼓掌

I'll treat you to a wonderful dinner as a reward. 妈妈请你吃好吃的晚餐作为奖赏

CHAPTER05-06 认同

Absolutely!/Certainly! 一点也没错。/当然。

I know how you feel. 我知道你的心情。

From your point of view, that could be. 站在你的立场，那是有可能的。

I've felt that way before. 我以前也是那觉得。

CHAPTER05-07 纾解压力

Mom, I think I'm a **scaredy** **pants**. 妈妈，我想我是个胆小鬼。

Are you scared? 你很害怕吗？

Be brave. 要有勇气

Take a deep breath. 深呼吸。

Mommy was just like you when I was your age. 妈妈在你的年纪时也是这样。

You're not a **coward**. 你不是个胆小鬼。

Make up your own mind. It's up to you. 下定决心，这完全取决于你。

CHAPTER05-08 鼓励

Cheer up. 打起精神。

I'll cheer you up. 我会让你振作起来。

I messed up again. 我又搞砸了。

Why are you so down? 为什么这样低落?

You can do it. I trust in you. 你可以的。我相信你。

I feel **ashamed**. 我觉得很丢脸。

Couldn't be worse. Just wait and see. 不会再更糟了。等着看看吧。

CHAPTER06 偶尔也会挨骂

CHAPTER06-01 和朋友吵架

Friends shouldn't **curse** at each other. 朋友是不可以互相骂对方的。

If you keep fighting, I won't let you hang out together. 如果你继续打架，我不会再让你们一起玩。

Your friend made you upset. 你的朋友让你心烦了。

Put yourself in his/her shoes. 站在他/她的立场想一想。

CHAPTER06-02 兄弟姐妹吵架

Don't be rude to your brother and talk like that. 不可以对你的哥哥无理，还顶撞他。

Don't **spit**. 不要吐口水。

You'll get a timeout if you spit again. 如果你再吐口水，你就给我去面壁思过。

You know you might get a timeout, huh? 你知道你可能被处罚，知道吧?

You both want to get punished? 你们两个都想受罚吗?

You are a big brother. please act **mature**. 你是哥哥，要有哥哥的样子。

CHAPTER06-03 吵着要买东西

You should not be demanding. 你不能有这么多要求。

Why don't you buy it with your **allowance**? 你为什么不用你的零用钱买呢?

You can get this when you collect 30 good job stickers. 如果你能集到30个奖励贴纸的话，我就给你买。

CHAPTER06-04 不专心

Speed up!/Hurry up! 快点做!

Are you getting **distracted**? 你慌神了吗?

Why are you so distracted? 你为什么这样散漫呢?

Can I do it later after finishing this **comic** book? 我可以看完这本漫画书后再去做吗?

# CHAPTER06-05 说谎

I won't **scold** you, so tell me the truth. 我不责备你，告诉我实话。

I accidentally told a lie. 我是无意中说谎的。

You don't want to be **a liar**, do you? 你也不想成为一个说谎的人，对吧?

It was not **appropriate**. 那是不正确的。

You could be lying without knowing it. 你可能会不自觉地说谎。

It's important to **repent**. 反省是很重要的。

CHAPTER06-06 拖拖拉拉

Time's already up? 时间都已经到了吧?

It's almost time. 时间几乎快到了。

Not yet. 还没好。

Why do you do this all the time? 为什么你老是这样呢?

I'm sick of it!/I'm tired of it! 我已经厌烦了。

CHAPTER06-07 顽皮捣蛋

Don't get into trouble. 不要胡闹。

CHAPTER06-08 吵闹

Use your inside voice. 小声说话。

Could you be quiet since I'm on the phone? 我在讲电话，你不能安静一点吗?

It's distracting. 真的让人很烦。

CHAPTER06-09 顶嘴

Stop talking back. 不要回嘴。

Don't start with me. 不要招惹我。

I'm not going to hold back if you say one more word. 如果你再多一句话，我就不再忍耐了。

CHAPTER06-10 没礼貌

Please behave. 要有礼貌。

You should know better than that. 你应该要更懂事。

Apologize for your behavior. 你要对你的行为道歉。

CHAPTER06-11 闹别扭

Why are you annoyed? 你为什么不开心?

Stop it. It's really bugging me. 停止，这真的让我很烦。

Stop **whining**. 不要再嘀嘀咕咕的了。

Why are you getting angry at Mommy? 为什么你生妈妈的气呢?

CHAPTER06-12 处罚

You should be grounded. 你一定要被处罚。

But you should be responsible for your actions. 但是你应该对你的行为负责。

It's all for your own good. 这都是为了你好。

CHAPTER06-13 道歉

I mean it. 我是诚心地道歉。

Say sorry **sincerely**. 诚心地说对不起。

Let's get along. 我们和好吧。

I didn't do it on purpose. 我不是故意那样的。

CHAPTER06-14 和解

Why did you let out a **huge** **sigh**? 为什么叹那样大的气?

You must have been **devastated**. 你一定很受伤吧?

CHAPTER07 劝告

CHAPTER07-01 指出错误

That's what I'm not pleased with. 那是我不喜欢的行为。

CHAPTER07-02 发脾气时的教训

Stop taking out your anger. 停止发脾气。

The one who controls his anger wins. 谁能忍住脾气，谁就是赢家。

Don't **frown**. Smile. 不要皱眉头了，笑一笑。

I'm just so mad I don't know what to do。 我只是太生气，所以不知道该做什么。

Then I'm going to get mad at you, too. 那么，我也要对你发脾气了。

CHAPTER07-03 告诫不要在户外乱跑

Don't run. You could **trip** and fall. 不要跑，你会跌倒的。

Be extra careful on a **curve**. 在转弯处要特别小心。

Walk on the inner side of the sidewalk. 走在人行道内侧。

Be careful! There's someone in your way. 小心!前面有人。

I was shocked because I thought I had lost you. 我以为跟你走丢了，吓了一跳。

Oh, gosh! It was a close call. 哦，千钧一发。

CHAPTER07-04 告诫不要在室内乱跑

Walk on your **tiptoes**. 踮起脚尖走。

Don't jump off the **couch**. 不要从沙发上跳下来.

There is dust everywhere. 到处都是灰尘.

The **janitor** is going to come up. 警卫要上来了.

Do you like it if you hear **stomping** from upstairs neighbor? 你会喜欢听到从楼上的邻居传来脚踏的声音吗?

CHAPTER07-05 阻上危险的行动

Step back/Move back. 往后退.

Let me put this out of your reach. 我把这个放在你拿不到的地方.

CHAPTER07-06 不要碰哥哥妹妹的东西

Your sister really cares about it. 你妹妹真的很珍惜那个东西.

CHAPTER07-07 劝告不要涂鸦

Who **scribbled** all over the wall? 是谁把墙壁涂鸦得乱七八糟?

This won't come off. 这是擦不掉的.

CHAPTER07-08 小心陌生人

Tell your teacher or mom if something **weird** happens. 如果发生奇怪的事要告诉老师或妈妈.

Just say no firmly. 要坚决地说不.

Only walk on busy streets. 你要走大路.

CHAPTER07-09 身体很脏时

**Germs** will love to live in you. 细菌会喜欢跟你一起住的.

CHAPTER07-10 房间脏乱时

There's no room to walk. 我连可以走的空间都没有了

**Junk** is all over the place. 整个地方都是垃圾.

Let's **organize** them by color. 我需要整理. 我们按照颜色整理它们.

Place them according to their size. 根据大小把它们放好.

CHAPTER07-11 打人时

Wan me to call the cops? 你要我去叫警察吗?

CHAPTER08 习惯养成

CHAPTER08-01 正确坐姿

Don't watch TV while laying down. 不要躺着看电视.

Sit properly. 坐好.

Sit **crisscross**. 盘腿坐.

Straighten your back. 腰挺直.

Keep your back straight. 腰挺直.

Sit on your **bottom**. 屁股贴着椅子

Don't just **perch** on the chair. 不要跨坐.

Mom, the desk/chair is too **wobbly**. 妈妈, 这书桌/椅子太晃.

Don't put your hand under your **chin**. 不要托住下巴.

lean against the back of the chair. 背要靠着椅背.

Don't stand on the **swivel** chair. 不要站在旋转椅上.

Don't **spin** on the chair. 不要转椅子.

Don't sit on your knees. 不要跪坐.

Don't shake your legs. 不要抖脚.

Your back might be **bent** later. 以后你的背会弯曲的.

If you sit like that, your **waist** will be **bent**. 你那样坐的话,你的腰会弯曲的.

I'm afraid you'll a **swayback**. 我怕你会有脊椎弯曲的问题.

CHAPTER08-02 拿铅笔

Hold your pencil right. 拿好铅笔.

Don't hold on it too hard. 不要握得太用力

CHAPTER08-03 写字

Try to write along the line. 试着沿着线写.

Your handwriting is **sloppy**. 你写得字太潦草了.

I think you got the **punctuation** wrong. 我想你用错标点符号了.

CHAPTER08-04 看电视

Lean on the cushion behind you. 靠在后面的靠垫

Don't press the remote on and on. 不要一直按遥控器

You keep flipping through the channels. 你一直在换频道

I think you're **obsessed** with TV. 我想你电视中毒了

CHAPTER08-05 把东西放回原位

Put it where it belongs. 把它物归原位

Put the used things back into their place. 把用过的东西放回原处

Put the things where they belongs so you can find them easily. 把东西放在原位，这样你能很容易找到

CHAPTER08-06 整理衣服

I'll **sew** this for you. 我来帮你把这缝好

These clothes are out of season, so let's put them back. 我们把你不穿的衣服放进箱子内吧

How about **donating** the clothes that you don't wear? 把你不穿的衣服捐出去，如何?

CHAPTER08-06 整理衣服-有关收纳的表达

drawer 抽屉

closet 壁柜

clothes hanger 衣架

coat hanger 大衣衣架

**peg** 挂衣服的衣架或者木钉

storage container 保管箱

**hamper** 洗衣篮

CHAPTER08-07 吃饭礼仪

Don't talk with food in your mouth./ Don't talk with your mouth full. 食物在嘴里时，不要说话

Don't **smack** your lips when you eat. 吃饭时，不可以啧啧作响

Turn your head when **coughing**. 咳嗽时，一定要转过头去

Be careful not to drop the food. 小心不要把食物掉出来。

Don't spill your soup. 不要把汤洒出来

Chew with your mouth closed. 闭上嘴巴咀嚼

Don't lick your fingers, Use a **napkin**. 不要舔手指，要用纸巾擦

Don't ever **burp** at the table. 不要在餐桌上打嗝

It's not polite to blow your nose at the table. 在餐桌上擤鼻涕是没礼貌的行为

CHAPTER09 孩子们常用的表达

CHAPTER09-01 找东西

I told you to put your things in their places 我告诉过你要把东西放在原位

CHAPTER09-02 要东西

Will you get me the remote? 你可以帮我拿遥控器吗?

CHAPTER09-03 做事拖拉时

Don't push me. 不要催我

I have no more strength to do it. 我已经没有力气去做了

Finish it right this minute. 现在就把它完成!

It's been pushed back a week. 这已经拖了一个星期了

There's no time, Stop pushing it back. 没有时间，不要再拖了

CHAPTER09-04 要求在夗玩一会

Why does time fly? 为什么时间过得这么快

You had enough fun, I guess. 我想你已经玩得差不多了

CHAPTER09-05 表示讨厌

That's not fun. 那不好玩

My friends will make fun of me. 我的朋友会取笑我的

CHAPTER09-06 生气

Stop bothering me. 不要再惹我

It's no use getting angry. 生气也是没有用的

CHAPTER09-07 表示不公平

You always **nag** me! 你总是对我唠叨

I don't want hand-me-downs. 我不要别人不要的衣服。

If something bothers you, tell me. Don't hold back. 如果有什么事在烦你告诉我。不要忍住不说。

CHAPTER10 爸爸正在讲理由

CHAPTER10-01 说晚回家/很忙

There's traffic. I think I'm running a little late. 现在塞车，我想会晚一点。

I'm busy keeping my deadline. 我忙着在期限内完成工作。

CHAPTER10-02 妈妈的唠叨

How come I should pick up after you? 为什么我要在你后面帮你捡?

You should get rid of your love handles. 你应该消除你的腰间赘肉。

love handle 腰间赘肉

beer belly 啤酒肚

**stubborn** fat 顽固性脂肪

**flabby** arms 拜拜肉

gain weight / put on weight 增重，长胖

get fat 发胖

**plump** up 长胖了

fatten sb. up 使…变胖

CHAPTER10-03 爸爸的周末约定

You can take my word for it. 你可以相信我的话。

I'll try to make it work for you this time. 这次我为你达成这件事。

I'll **tuck** you into bed on Saturdays and Sundays. 我会在周六和周日哄你入睡。

You don't have to do a thing this weekend 亲爱的，这个周末你什么也不需要做。

CHAPTER10-04 爸爸的解释

I was trying to make it up to you. 我本来打算补偿你的。

CHAPTER10-05 安慰疲惫的爸爸

Dad, we're always behind you. 爸，我们一直在背后支持你。

Don't let yourself down. 不要灰心。

**Straighten** your shoulders. 舒展一下肩膀

CHAPTER10-06 表达对孩子的爱和关心 Praise

You're being so good. 你真是个好孩子。

CHAPTER10-07 宽扎节 Kwanzaa

It is a festival that lasts for a week from December 26 to January 1. It is a festival for African-Americans living in America. 住在美国的非洲裔美国人

What do people do during Kwanzaa? 宽扎节要做什么呢?

They have a candlelight **ceremony** and exchange gifts. 他们会举行烛光典礼，还有交换礼物。

CHAPTER10-08 光明节 Hanukkah

It's a **Jewish** festival that lasts for eight days. 这是犹太人连续八天的节日。

Hanukkah is also known as the "festival of lights". 光明节也叫做“光的庆典”。

For the eight days of Hanukkah candles are lit one by one. 光明节的八天中，一天点一根蜡烛。

They use a special candle stick called **Menorah**. 他们会使用名叫 Menorah 的烛台。

CHAPTER 11 孩子们喜欢的基本游戏

CHAPTER11-01 要求一起玩的时候

I wonder what's fun to play. 我想知道有什么好玩的。

Are you ready to have fun? 你准备好要玩有趣的吗?

Mom, let's solve a puzzle. 妈，和我一起拼图。

CHAPTER11-02 下次和你玩

It's too late. Let's play a lot tomorrow. 太晚了，明天我们再大玩特玩。

Then when can you find time?/ When are you free then? 那么，你什么时候有时间呢?

CHAPTER11-03 约定玩的时间

Let's set up a time to play. 我们来定个时间吧。

I'll set the timer for 30 minutes. 我吧定时器设定 30 分钟。

When the timer goes off, we'll stop. 定时器一响，我们就停止。

Just one more round, please. 让我再多玩一回，拜托。

Next time, you should keep your word. 下次，你要遵守你说的话。

Time's up! Done! 时间到了!结束!

The alarm went off! 闹钟响了!

When I play, an hour feels like a second. 我玩的时候，一个小时感觉就像一秒钟

You should tell playtime from work time. 你应该分清楚玩的时间和学习的时间。

# CHAPTER11-05 剪刀石头布

Let's play rock, paper, scissors. 我们来玩剪刀石头布吧。

You put two fingers out, and that's scissors. 伸出两根手指就是剪刀了。

Paper is **stretching** out your hand. 布只要张开手就是了。

Rock beats scissors. 石头赢剪刀。

Rock can **smash** scissors. 石头可以打碎剪刀。

Paper can wrap rock. 布可以包住石头。

If you both make the same thing, it's a draw. 如果双方都出一样的话，就是平手。

It's **cheating** if you make it late. 出太晚，也是犯规。

Follow the rules. 要遵守规则。

You lost. 你输了。

CHAPTER11-06 捉迷藏

Let's play hide and seek. 我们来玩捉迷藏吧。

You shouldn't **peek**./No peeking. 你不可以偷看。

Find a good hiding spot. 找一个好的隐藏地点。

**Duck** your head. I can see you. 弯下你的头，我能看到你。

CHAPTER11-07 捉人游戏

Who wants to play tag? 有人要玩捉人游戏吗?

I'll be the tagger. 我来当抓人的人。

Let me get you, please! 请让我抓住你!

It's hard to breathe!/ Phew, I'm out of breath./Eeee, I'm **exhausted**! 哎呀，好喘喔!

CHAPTER11-08 扮家家酒

I want to play house. 我要玩扮家家酒。

Let's have a tea party. 我们来玩扮家家酒。

Emm... Mommy, it's **yummy**. 嗯嗯，妈妈，好好喝。

We're out of milk. Let's go to the **grocery** store. 没有牛奶了。我们去杂货店吧

CHAPTER11-09 医生游戏

What's troubling you? 你哪里不舒服?

Where exactly do you feel pain? 确切地说，是哪一个部位痛呢?

It **itches** because of my **rash**. 因为疹子，所以很痒。

I'm going to take your temperature. 我来帮你量体温。

Nurse, can you give me my **stethoscope**? 护士，你能把听诊器给我吗?

Take a deep breath in and out. 深呼吸，然后吐气。

We need to do **surgery**. 我们需要动手术。

I'll write you a **prescription**. 我来帮你开处方笺。

I'm going to give you a shot. 我来帮你打针。

It will sting a little bit. 会有一点点刺痛。

I'll put on some **ointment**. 我会涂些药膏。

It hurts a lot, doesn't it? 很疼，不是吗?

Go to the **pharmacy** now. 现在去药局吧。

CHAPTER12 美术游戏

CHAPTER12-01 画画

Look at this **dinosaur** I drew. 看看我画得这只恐龙

I can think of fish, **mermaids**, waves, ships, and **clams**. 我想到鱼、人鱼公主、海浪、船、贝壳

With **crayons**/paints/**pastels**/color pencils. 用蜡笔/颜料/粉蜡笔/色铅笔画。

Let's open the **sketchbook**. 我们打开画画本吧。

Let's draw a **sketch**. 我们来画草图。

Want to add some facial expressions on it? 你要添上脸部表情吗?

CHAPTER12-02 上色

Now let's color the sketch. 现在我们来给草图上色。

Wear this **smock** when you're drawing. 画画时，穿上这件工作服。

The **crayon** is broken. 蜡笔断了。

Put the paint you need on the **palette**./**Squeeze** out the paint on the palette. 把需要的颜料挤在调色盘上。

CHAPTER12-03 美术时间

Prepare the watercolors, brushes, the palette, and the water **reservoir**. 准备水彩、画笔、调色盘，还有水桶。

Let's make a human figure with **clay**. 我们用黏土来做个人形吧。

Put some **glue** on the back side. 在背面涂上一些胶水。

The expression on the face of this person is so real. 这个人的表情很逼真。

CHAPTER12-03 美术时间-美术道具及用语

**crayon** 蜡笔

**pastel** 粉蜡笔

watercolor paint 水彩颜料

oil paint 油画颜料

**easel** 画架

**palette** 调色盘

paint 涂颜料

CHAPTER 12-04 贴纸游戏

Want to **decorate** this with stickers? 要用贴纸来装饰这个吗?

Take off the stickers first. 首先撕下贴纸。

Mom, the sticker won't come off. 妈，这张贴纸撕不下来。

It's okay if it's a bit out of place. 如果有点歪掉，也没关系。

It's not **sticky** enough. 这个不够黏。

It got stuck together by itself. 贴纸自己黏在一起了。

CHAPTER12-05 折纸

Let's do some paper folding./Let's do **origami**. 我们来折纸。

Fold it in half. 把它对半折。

Fold it **diagonally**. 斜斜地折过来。

Prepare some double-sided colored paper. 准备双面的彩纸

Let the corners meet exactly. 要准确地把角对好。

Fold a corner exactly to the middle point. 准确地把一个角对准中间的点折好。

Fold it inside/outside. 往里/外折。

Unfold it. 摊开。

Press it firmly to make a good **crease**. 用力按下去，做出清楚的折痕。

Fold it up/down. 把它折上去/下去。

CHAPTER12-06 使用剪刀/刀子/胶水

Want to cut it with the **zigzag** scissors? 你要用波浪形剪刀剪吗?

When you're done cutting, throw the **shavings** away. 你剪好的话，把纸屑都丢掉。

Be careful! Your finger might get stuck between the scissors. 小心!你的手指可能会被剪刀夹住。

Be careful when you're using a **craft** knife. 使用美工刀时，你要小心一点。

Do you want to use a **glue** stick or liquid glue? 你要使用口红胶，还是胶水?

Roll the paper like this and paste it. 把纸张像这样卷起来后，再黏起来。

CHAPTER12-07 黏土游戏

The legs keep coming off/**bending**. 脚一直掉下来/弯掉。

It's good to use a **carving** knife for this. 这时候雕刻刀是很好用的。

The clay **lump** is too big. 这一块粘土太大了

Put a lump between your **palms** and roll it. 放一块在手掌，然后揉搓它

Your hands are all **muddy**. 你满手都是泥。

We need to store the leftovers in an **airtight** bag. 我们必须把剩余的装进密封袋内。

CHAPTER12-08 积木游戏

Want to play **dominos** with the blocks? 想要用积木来玩骨牌吗?

CHAPTER13 户外活动

CHAPTER13-01 游乐场,和妈妈一起玩

I want to **slide** down the slide. 我想从那座溜滑梯溜下来

Let‘s go down the slide. 我们去玩溜滑梯吧.

Let's get on the **seesaw**. 我们去坐翘翘板吧.

Do you want to **swing**? 你想玩荡秋千吗?

Mom, I‘m scared to go up the top of the **jungle gym**. 妈妈,我害怕爬到攀爬架的顶端上.

CHAPTER13-02 玩沙

Let‘s roll up our **sleeves** first. 我们先把袖子卷起来吧.

I'll put some sand in a bucket with **shovel**. 我要用铲子把沙子装在水桶内.

Let‘s build a **sandcastle**. 我们来盖沙的城堡.

Put some sand over your left hand and pat it with your right hand. 用些沙子盖住你的左手,并用右手轻拍.

I got sand in my eyes. 我的眼睛有沙子跑进来了.

You got sand all over your face. 你的脸都沾满了沙子.

Shake off the sand on your shirt, hands, and feet. 把粘在衬衫,手,还有脚上的沙都抖掉

CHAPTER13-03 玩球

**Bounce** the ball like this 像这样拍球

CHAPTER13-04 棒球

The **pitcher** throws the ball. 投手是投球的人

I'll be the **umpire** 我来当裁判

It‘s a **foul**. 出界了

Three **strikes** and you're out. 三个好球,你出局了

If the ball crosses this line, let's say it's a **homerun** 如果球超过这条线,我们就说这是全垒打

CHAPTER13-05 足球

I‘ll be the striker. 我来当前锋

Dribble the ball.It's like kicking while running. 盘球,看起来像是边跑边踢

You can win by playing good defense. 你可以利用好的防守来赢球

That was close! That almost went in. 好可惜!几乎要进球了

We almost made it. 我们差点得分了

We need to change players. 我们要交换选手

You can't catch the ball with your hands in soccer. 踢足球时.你不可用手接球

Only the goalie can use his hand. 只有守门员可以用手碰球

It‘s a foul if you grab someone's shirt. 如果你抓住某人的衬衫的话就是违规

If you push someone from behind, you‘ll be given a yellow card. 如果你从后面推人,你会得到一张黄牌

I fell because I got tackled 我因为被截球而被绊倒了

Why are you a ball hog? 你为什么一个人踢球?

It's a tie. We are going to a shootout 打成平手.我们要以十二码球来决胜负了

it’s a good time to reflect on what we have achieved, together.

in case of any quires

supply and demand

market demand

Expect the Unexpected 预料意外

as one might expect 正如人们所预料的

expect to do sth

Hierarchy of Needs Theory

class hierarchy

dominance hierarchy

Figure skating 花样滑冰 ; 花式滑冰 ; 花样溜冰

figure out 计算出 ; 想出 ; 理解

stick figure 简笔人物画 ; 简笔画 ; 线图法

figure painting 人物画 ; 看图画画 ; 看图书画 ; 人物绘画

vertex figure 顶点图

Scatter Diagram 散布图 ; 散点图 ; 散布图分析 ; 分布图

Scatter plot 散点图 ; 散点分析 ; 散布图

scatter communication 通信 散射通信

scatter propagation 电子,物 散射传播

Colors changing hue 色彩变化万千 ; 变幻着色彩 ; 色彩不断变换 ; 色彩变幻

hue and cry 喊叫 ; 追捕犯人的喊声 ; 通缉令 ; 追捕犯人时的叫喊声

hue error 色偏 ; 色调误差 ; 色相差

hue circle 色相环 ; 光 色调环 ; 唱片名

hue-rotate 色相旋转 ; 色相 ; 用来改变图片的色相 ; 色相旋

dominant hue 主色调， 支配彩色

endangered species 濒危物种 ; 濒临灭绝的物种 ; 林 濒危种 ; 濒危动物

threatened species 受威胁物种 ; 濒危物种 ; 受胁物种

origin of species 进化 物种起源 ; 物种的起源 ; 物种原始 ; 种源论

Species Diversity 生物 物种多样性 ; 歧异度 ; 种类多样 ; 种歧度

Olympic flame 奥林匹克圣火 ; 奥运圣火 ; 奥运会圣火

flame arrester 阻火器 ; 安全 消焰器 ; 安全 灭火器 ; 灭焰器

The Holy Flame 班得瑞 ; 播放圣火 ; 圣火参考资料

Flaming Mountains 火焰山

Flaming Blade 火炎剑

Flaming Cloud 火烧云

holy water 圣水 ; 天赐圣水 ; 天赐神水

Holy See 圣座 ; 罗马教廷 ; 梵蒂冈教廷

Holy Week 受难周 ; 大主日

Holy Saturday 圣周六 ; 神圣周六 ; 圣星期六

Holy Alliance 神圣同盟

Holy Grail 圣杯 ; 必杀技 ; 姑苏穹窿山兵圣杯

Holy Weapon 武侠七公主 ; 武侠七公主之天剑绝刀 ; 神圣武器

holy lance 命运之矛 ; 圣矛 ; 详细翻译 ; 圣枪

Open Handset Alliance 开放手机联盟 ; 开罢休机同盟 ; 手机联盟 ; 开源手机联盟

Strategic Alliance 策略联盟 ; 战略联盟 ; 联盟战略 ; 策略聯盟

Grail Knight 圣杯骑士

Grail Quest 寻找圣杯

lethal dose 致死量 ; 核 致死剂量 ; 致命剂量 ; 致死中量

Lethal Weapon 致命武器 ; 致命凶器 ; 致命兵器

Ranged Weapon 远程武器 ; 一种投掷或弹道武器

cold weapon 冷兵器

antimatter weapon 反物质武器 ; 反物质兵器

The Divine Weapon 神机箭 ; 预告片 ;

Divine Presence 明圣示现 ; 神性临在 ; 圣光普照

Divine Providence 神圣眷顾 ; 天意

Divine Retribution 神惩

divine right of kings 君权神授说 ; 君权神授 ; 神授王权 ; 王权神授

Divine Word Missionaries 圣言会

London Missionary Society 伦敦传道会 ; 伦敦传教会

missionary selling 推销式销售

lance corporal 准下士 ; 一等兵 ; 上等兵 ; 代理下士

corporal punishment 体罚 ; 肉刑 ; 体刑

temperatura corporal 体温