

# 秋日田野的劳动体验

秋天的阳光温暖而不刺眼，学校组织我们去乡下体验劳动，我怀着好奇和期待踏上了这片金黄的田野。初次接触农活，我还不太熟练，手拿镰刀的小心翼翼，生怕伤到自己或误伤稻谷。田间的风吹过，带着泥土的芳香，仿佛每一阵风都在告诉我收获的来之不易。

刚开始割稻谷时，我觉得动作有些笨拙，每一次弯腰都让腰有些酸疼。身边的同学们有的熟练地挥动着镰刀，有的用小篮子收集稻穗，我却总是慢半拍。然而，当我看到自己亲手割下的稻穗堆成小山时，内心涌起一种说不出的满足感。汗水顺着脸颊滑落，但心里却格外踏实。

劳动的过程并不轻松，但正是这种付出让我们更加理解粮食的珍贵。每一颗金黄的稻粒都凝结着农民伯伯辛勤的汗水。我们分工合作，一边割稻，一边互相加油鼓劲，田野里回荡着我们的笑声和劳动的节奏。阳光洒在稻谷上，闪烁着金色的光芒，让我深刻体会到丰收的喜悦。

经过一天的劳作，我的双手已经布满泥土和水泡，但看着满满一筐筐稻谷，我感到无比充实。劳动让我明白，粮食不是凭空得来的，每一口饭都包含着无数人的努力。我学会了珍惜，也懂得了感恩。这次秋天的劳动体验让我收获的不只是体力的锻炼，更是一份对生活的感悟和对自然的敬畏。

## Autumn Field Labor Experience

The autumn sun was warm but not harsh, and our school organized a trip to the countryside to experience labor. With curiosity and anticipation, I stepped into the golden fields. It was my first time handling farm work, and I was cautious with the sickle, afraid of hurting myself or damaging the rice. The wind across the field carried the fragrance of the soil, as if each breeze was telling me how hard-earned the harvest is.

At first, cutting the rice felt awkward, and bending over made my back ache. Some classmates skillfully swung their sickles, while others collected the rice into small baskets, and I was always a step behind. However, when I saw the pile of rice I had cut with my own hands, a deep sense of satisfaction welled up inside me. Sweat ran down my cheeks, yet my heart felt exceptionally fulfilled.

The process of labor was not easy, but it was precisely this effort that made us understand the value of food. Every golden grain of rice reflected the hard work of farmers. We cooperated, cutting rice together and encouraging each other, filling the field with laughter and the rhythm of labor. Sunlight glimmered on the rice, shining with golden brilliance, and I deeply felt the joy of harvest.

After a day of work, my hands were covered with dirt and blisters, but seeing the baskets full of rice, I felt incredibly satisfied. Labor taught me that food does not come by itself; every bite contains the efforts of countless people. I learned to

cherish and to be grateful. This autumn labor experience gave me not only physical exercise but also a sense of life appreciation and respect for nature.