

秋日的果园奇遇

今天的阳光特别温柔，微风中带着一丝凉意。我一早就背上小篮子，兴奋地前往乡下的果园。这是一个位于小村庄边缘的果园，秋天的果实已经成熟，挂满了枝头，红的苹果、黄的柿子、紫色的葡萄，每一种都让人忍不住伸手去摘。走进果园，一股泥土混合果香的味道扑面而来，让人心情瞬间放松。

我先从苹果树开始，每摘下一个苹果，我都会轻轻擦拭掉树叶上的露水，感受果实的温度。阳光洒在果实上，闪着晶莹的光，就像一颗颗小灯笼。然后我又来到柿子树下，柿子像小灯笼般挂满枝头，捧在手里有一种温暖的感觉。最有趣的是葡萄园，我学着农场叔叔的样子，把一串串紫色的葡萄小心剪下放入篮子，忍不住尝了一颗，甜中带酸，鲜美极了。

在果园里忙碌了一上午，我的手上沾满了果汁和泥土，但心里却格外踏实。看着满满一篮子的收获，我感受到劳动的喜悦，也体会到自然给予的馈赠。回程的路上，我想着明年秋天再来，带上更多朋友，一起体验这份纯粹的快乐。

An Autumn Adventure in the Orchard

The sunlight today was particularly gentle, with a slight cool breeze in the air. I set off early in the morning with a small basket, excited to head to the countryside orchard. It's located at the edge of a small village, and in autumn, the fruits are fully ripe, hanging from the branches—red apples, yellow persimmons, purple grapes—all tempting me to pick them. As I stepped into the orchard, the mixed scent of soil and fruit filled the air, instantly relaxing my mood.

I started with the apple trees, gently wiping off the dew from each apple I picked and feeling its warmth. Sunlight glinted on the fruit, sparkling like tiny lanterns. Then I moved to the persimmon trees, where the fruits hung like little lights, warm in my hands. The most fun was the vineyard, where I carefully cut clusters of grapes following the farm uncle's instructions. I couldn't resist tasting one—it was sweet with a hint of tartness, absolutely delicious.

After a morning of harvesting, my hands were sticky with juice and dirt, yet I felt deeply content. Seeing my basket full of fruits, I experienced the joy of labor and the gift of nature. On the way back, I thought about returning next autumn with more friends to share in this simple, pure happiness.

秋日的田间课堂

今天我们班去了郊外的农田，进行一场秋季劳动实践。阳光透过薄雾洒在田野上，金黄色的稻穗随风摇曳，像是在向我们招手。老师让我们先观察农作物的成熟情况，我仔细地看每一株稻子，它们饱满的谷粒在阳光下闪闪发光，让人觉得劳动的意义就在这里。

随后我们开始动手打谷。开始时动作有些笨拙，把谷粒洒了一地，但在老师的指导下慢慢掌握了技巧。手中那一把把金黄的稻谷，仿佛承载着整个秋天的丰收。我们还轮流体验了收菜和摘南瓜，每一次弯腰，每一次提篮子，都让我感受到与自然的亲密联系。

在田间的劳动过程中，我的心情从最初的新奇转为专注，再到最后的满足。收获不仅是物质上的果实，更是一种对勤劳和自然的尊重。回到学校，望着自己的劳动成果，我觉得这一天的秋日体验将会成为记忆中最温暖的一页。

Autumn Lessons in the Field

Today our class went to the countryside fields for an autumn labor practice. Sunlight filtered through a thin mist over the fields, and the golden rice swayed in the wind, as if waving to us. The teacher asked us to observe the crops' maturity, and I carefully examined each stalk of rice. The plump grains glistened in the sunlight, making me realize the significance of hard work.

Then we began threshing. At first, our movements were clumsy, spilling grains everywhere, but with the teacher's guidance, we gradually learned the technique. Each handful of golden rice seemed to carry the essence of the whole autumn harvest. We also took turns picking vegetables and pumpkins. Every bend and lift connected us closely to nature.

During the work in the fields, my mood shifted from curiosity to focus, and finally to satisfaction. The harvest was not only about the physical fruits but also about respect for labor and nature. Back at school, looking at what we had accomplished, I felt this autumn experience would remain a warm memory for years to come.

金色秋日的田野漫步

秋天的田野总是带着金色的温暖，我在一个周末独自前往乡村，打算好好享受一段宁静的田野时光。一路上，空气中弥漫着泥土和成熟作物的香味，偶尔还能听到远处传来的鸟鸣声，令人

心神安宁。田间小路两侧，玉米高高耸立，稻谷微微低垂，每一株作物都像在向秋天致意。

我拿着小篮子开始采摘成熟的蔬菜和水果。手指触碰到果实时的冰凉与软绵感，让我忍不住慢慢感受每一次的收获。田野里的每一件事物都充满了生命的律动，我时而蹲下观察稻谷的颗粒，时而弯腰摘下一颗熟透的番茄，每一次动作都让我与自然更加贴近。

午后的阳光照在身上，暖洋洋的，我静静地坐在田埂上，望着自己的篮子，感受到从劳动中获得的满足感。秋天的丰收不仅仅是果实的累积，更是一种心灵的富足。我想，这样的日子，即便只是短短几个小时，也足够让人铭记一生。

A Stroll Through Golden Autumn Fields

Autumn fields always carry a golden warmth. On a weekend, I went alone to the countryside to fully enjoy a quiet stroll through the fields. Along the way, the air was filled with the scent of soil and ripening crops, occasionally interrupted by distant birdsong, which brought peace to my mind. On either side of the narrow path, corn stood tall and rice bowed slightly, as if paying tribute to autumn.

With a small basket in hand, I began picking ripe vegetables and fruits. The cool and soft feel of each fruit in my fingers made me savor every moment of harvesting. Everything in the fields pulsed with life; I crouched to examine the rice grains, bent down to pluck a ripe tomato, and each movement brought me closer to nature.

The afternoon sunlight warmed me as I sat quietly on a field embankment, looking at my basket and feeling the satisfaction from labor. Autumn's harvest is not just the accumulation of fruits but a richness for the soul. Even a few short hours like this are enough to be remembered for a lifetime.

秋日谷仓里的心情日记

清晨，我随着村里的叔叔阿姨来到谷仓，空气中弥漫着干草的香味。阳光透过谷仓的木窗洒在地面上，灰尘在光束里缓缓舞动，仿佛整个谷仓都在慢慢醒来。我们今天的任务是将收割好的谷子整理入仓，并进行简单的筛选和清理。

一开始，我手忙脚乱，谷粒撒了一地，裤子上沾满了泥土和稻草。但在大家的鼓励下，我慢慢掌握了动作的节奏，每一把谷子都被小心地装入袋子里，体会到了劳动带来的成就感。身边的叔叔阿姨会心地笑着说：“年轻人慢慢来，最重要是体验过程。”我点头微笑，心中却涌起一股暖意。

整理完谷子后，我坐在谷仓的木板上，看着满满的谷袋，心情格外宁静。秋天的阳光、谷仓的味道、劳动的汗水，一切都让人感到踏实而满足。回家的路上，我反复回想着今天的点点滴滴，发现自己不仅收获了谷子，更收获了一份内心的平和与对自然的敬畏。

A Diary of Feelings in the Autumn Barn

In the early morning, I went to the barn with the villagers. The air was filled with the scent of dry hay. Sunlight streamed through the wooden windows, and dust danced slowly in the beams, as if the entire barn was gradually waking up. Our task today was to organize the harvested rice into the barn and carry out simple sorting and cleaning.

At first, I was clumsy, spilling grains all over the place, my pants covered in dirt and straw. But with everyone's encouragement, I gradually found the rhythm, carefully filling each sack with rice, experiencing the sense of accomplishment labor brings. The villagers smiled knowingly and said, "Take your time, young one. The process is the most important." I nodded and smiled, a warm feeling rising in my heart.

After finishing, I sat on the wooden planks of the barn, looking at the full sacks, feeling unusually peaceful. The autumn sunlight, the scent of the barn, and the sweat of labor all made me feel grounded and satisfied. On the way home, I kept recalling every detail of today and realized I had gained more than rice—I had gained inner peace and a deep respect for nature.