

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.