

# 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.