

# 夏日里的溪水

今天的阳光异常明亮，我决定去乡间的小溪边散步。夏天的溪水清澈见底，水面映照着蓝天白云，偶尔有小鱼游过，激起一圈圈涟漪。我坐在溪边的石头上，感受水的凉意，听着潺潺的流水声，心里渐渐平静下来。平日里快节奏的生活让我忽略了大自然的美好，而今天我重新体会到，地球的每一滴水都是生命的源泉。

沿着溪边，我发现一些塑料垃圾漂浮在水面上。我心中一紧，立即捡起它们，顺手清理了一小段水域。虽然只是微不足道的一点努力，但我希望这片溪水能少受污染。夏天的日子里，我也参与了社区的河道清理活动，每一次亲手清理垃圾，都让我对环境保护有了更深刻的理解：保护地球，需要每个人的参与，从点滴做起。

回家的路上，我想着今天的经历，写进日记里。溪水的清凉与透明让我想起，地球是我们共同的家，每一份保护与关爱，都会让我们的家园更美好。夏日的阳光下，我的心像溪水一样清澈，也更加坚定了要为地球贡献力量的决心。

## The Stream in Summer

The sunlight was unusually bright today, so I decided to take a walk by a stream in the countryside. The summer water was crystal clear, reflecting the blue sky and white clouds, and occasionally a small fish would swim by, creating ripples. I sat on a rock by the stream, feeling the coolness of the water and listening to its gentle flow. The fast pace of daily life often makes me overlook the beauty of nature, but today I realized that every drop of water on Earth is a source of life.

Walking along the stream, I noticed some plastic waste floating on the surface. My heart tightened, and I immediately picked them up, cleaning a small section of the water. Although it was a minor effort, I hoped this stream would face less pollution. During summer, I also participated in community river-cleaning activities. Every time I cleaned up trash with my own hands, I gained a deeper understanding of environmental protection: preserving Earth requires everyone's involvement, starting with small actions.

On the way home, I reflected on today's experience and wrote it in my diary. The coolness and clarity of the stream reminded me that Earth is our shared home, and every act of care and protection makes our home more beautiful. Under the summer sunlight, my heart felt as clear as the stream, and I became more determined to contribute to the well-being of our planet.