

姐姐，我成长路上的明灯

从我记事起，姐姐就像一盏温暖的灯，总在我迷茫或害怕的时候照亮我前行的道路。小时候，我做作业总是慢吞吞，经常写错字、算错题。每次我因为困难而垂头丧气，姐姐总会耐心地坐在我身旁，教我如何一步步分析题目，如何整理思路。她从不责怪我，而是用鼓励的语气让我感受到信心和力量。

除了学习，姐姐还是我生活中的陪伴者。记得每个周末，她都会陪我到小区的操场上跑步、打球，即使天气寒冷或阳光炙热，她也总是陪在我身边。她会教我跑步的方法，告诉我如何调整呼吸，如何在运动中感受快乐。那段时光不仅让我变得更健康，也让我学会了坚持与耐心。

在与同学相处的过程中，姐姐同样给予了我很多帮助。有一次，我和朋友因为小事争吵，我心里委屈极了，甚至想躲开大家不去学校。姐姐看出了我的情绪，她耐心地开导我，帮我分析事情的原因，并教我用合适的方式去表达自己的感受。最后，我勇敢地向朋友道歉，也收获了更加稳固的友谊。

在成长的岁月里，姐姐一直是我的依靠和榜样。她的温暖、耐心和善良，让我明白了什么是真正的关心与爱护。如今，我也希望能够像她一样，成为一个温暖而可靠的人，去帮助身边的人，去照亮他人的生活。感谢姐姐陪伴我走过那些青涩而难忘的岁月，她是最亲的人，也是我永远的依靠。

My Sister, the Guiding Light of My Growth

Since I can remember, my sister has been like a warm light, always illuminating my path when I feel lost or scared. When I was little, I always did my homework slowly and often made mistakes in writing or calculating. Whenever I felt discouraged by these difficulties, my sister would patiently sit beside me and teach me how to analyze problems step by step and organize my thoughts. She never blamed me but encouraged me, giving me confidence and strength.

Beyond studying, my sister was also my companion in life. I remember every weekend, she would take me to the playground to run or play ball. No matter if it was cold or hot, she would always stay by my side. She taught me how to run properly, adjust my breathing, and enjoy the process. Those moments not only made me healthier but also taught me persistence and patience.

She also helped me a lot in dealing with classmates. Once, I had an argument with a friend over a trivial matter and felt very upset, even wanting to avoid school. My sister noticed my emotions and patiently guided me, helping me analyze the cause and teaching me how to express my feelings appropriately. In the end, I bravely apologized and strengthened my friendship.

Throughout my growing years, my sister has been my support and role model. Her

warmth, patience, and kindness taught me what true care and love are. Now, I hope to become a warm and reliable person like her, helping those around me and illuminating their lives. I am grateful for my sister's companionship through those tender and unforgettable years; she is my dearest person and my eternal support.