

# 晚自习的陪伴

今天晚上，我在书桌前准备做作业，感觉有些困倦。妈妈看到了，轻轻走到我身边，把灯调亮一点，又给我倒了一杯热牛奶。我抿了一口，感到一股暖意传到心里。

开始写作业的时候，我遇到了一道难题，心里有点着急。妈妈看到了，坐下来陪我分析题目，一步一步耐心讲解，不急不躁。她总能把复杂的问题讲得简单明白，让我慢慢理解。慢慢地，我的心情也变得平静，甚至有些期待接下来的题目。

做作业的过程中，妈妈偶尔提醒我休息一下，伸展手脚，避免疲劳。我感到很贴心，也更加专注。我们一边做题一边聊天，谈学校的趣事、班级的情况，甚至聊一些生活小技巧，气氛轻松愉快。

作业全部完成后，妈妈夸我认真努力，我也感到自己今天有了进步。她提醒我要早点休息，明天才能精神饱满地去上学。我点点头，心里充满感激。

今天晚自习的陪伴让我明白，学习不只是个人的努力，有家人的鼓励和陪伴，困难也会变得容易，心情也会更加轻松。生活中最温暖的时光，往往就是这样简单而真实的日常。

## Evening Study Companionship

Tonight, I was sitting at my desk getting ready to do homework, feeling a bit sleepy. Mom noticed and quietly came over, brightening the lamp a little and pouring me a glass of warm milk. Taking a sip, I felt a wave of warmth spread through me.

When I started my homework, I encountered a difficult problem and felt anxious. Mom saw this and sat down with me, patiently explaining the problem step by step, without rushing. She always makes complicated problems easy to understand, and slowly, I felt calm and even looked forward to the next questions.

During the homework session, Mom occasionally reminded me to take short breaks, stretch my hands and legs, to avoid fatigue. I felt cared for and became more focused. We worked on problems while chatting about school, classmates, and even some life tips. The atmosphere was relaxed and joyful.

After finishing all my homework, Mom praised my effort, and I felt that I had made progress today. She reminded me to go to bed early to be energetic for school tomorrow. I nodded, filled with gratitude.

Tonight's study companionship made me realize that learning is not only about individual effort. With family's encouragement and company, difficulties become easier, and moods become lighter. The warmest moments in life are often these simple and genuine daily experiences.