

放飞心情的草坪

春天的午后，我喜欢独自来到城市边缘的一片草坪，手里拿着自己制作的小风筝。草坪宽阔平整，绿草如茵，仿佛是一张柔软的地毯，踩上去令人心情舒畅。远离喧嚣，周围只有风吹过草叶的声音和偶尔鸟儿的鸣叫，让人感到无比的宁静。

将风筝抛向空中，线在手中微微颤动，心情也随之轻快起来。风筝在风中跳跃旋转，仿佛在告诉我世界的宽广与自由。每一次拉线和放线都像是一种与自然的互动，心情随着风筝的起伏而变化。看着风筝越飞越高，烦恼和压力仿佛都随风飘散，只剩下心底的轻松与愉悦。

在草坪上放风筝，不需要华丽的装备，也不需要复杂的技巧，最重要的是享受当下的心境。风轻轻吹过脸颊，阳光洒在身上，呼吸新鲜空气，仿佛整个身体都被自然包围。风筝飞翔的轨迹，像是一条条彩色的线，把我的心情也串连成一幅美丽的画。每一次放风筝，都是一次心灵的旅行，让我更加珍惜与自然的亲密接触。

A Lawn for Releasing the Heart

On a spring afternoon, I enjoy going alone to a lawn on the outskirts of the city, holding a small kite I made myself. The lawn is wide and even, with lush grass like a soft carpet, making each step pleasant. Away from the noise, the only sounds are the wind rustling the grass and occasional birdsong, creating a profound sense of peace.

Throwing the kite into the sky, the line trembles gently in my hand, and my mood lifts. The kite jumps and spins in the wind, as if showing me the vastness and freedom of the world. Every tug and release of the line feels like interacting with nature, my emotions rising and falling with the kite. Watching it soar higher, worries and stress seem to drift away with the wind, leaving only lightness and joy.

Flying kites on the lawn requires no fancy equipment or complex techniques; the key is to enjoy the present moment. The breeze brushes my face, sunlight warms my body, and breathing in the fresh air feels like being enveloped by nature. The kite's colorful flight paths string together my feelings into a beautiful picture. Each kite flight is a journey for the soul, making me cherish the intimate connection with nature even more.