

读后感三步法：选一个触动点，连一段经历，写一个道理

很多小学生写读后感，写着写着就成了情节简介：前面复述故事，最后写一句我很感动，中间什么都没有。问题出在情节和感悟之间没有桥。三步可以搭起这座桥。

第一步，选一个触动点。不要试图写整本书，一篇读后感只装得下一个时刻。挑那个让你心里一动的地方：三打白骨精里孙悟空被师父错怪赶走的那一刻，真假美猴王里六耳猕猴冒充悟空闹到菩萨面前的那一刻，或者历经八十一难终于站在真经前的那一刻。触动点的检验标准很简单：想起来就有话想说。

第二步，联系自己的经历。问自己：我遇到过类似的事吗？被妈妈误会过却不肯相信，和同学争过同一个岗位，学钢琴学到一半想放弃。挑和触动点最贴近的一段经历，用两三句话写清楚，要有时间、地点和细节。书和生活的连接点找到了，感悟就有了根。

第三步，写一个自己的道理。不要写我们应该学习孙悟空不畏艰险的精神这类大话，写你真正想明白的那一条：被误会不等于放弃解释，真正的对手常常是自己的懒惰。

最后给两组可以直接套用的句式。开头：读《西游记》后，最让我触动的是____。结尾：取经路在我身上还在走，下次再遇到____，我会想起书里的____。句式帮你起步，但空格处必须填自己的真事，读后感才是你的。

Three Steps to a Good Reading Response: One Touching Point, One Experience, One Lesson

Many elementary students turn a reading response into a plot summary: the first half retells the story, the last line says I was very moved, and there is nothing in between. The problem is that no bridge exists between the plot and the feeling. Three steps can build that bridge.

Step one is to choose one touching point. Do not try to write about the whole book, because one reading response can hold only one moment. Pick the place where your heart moved: the moment Sun Wukong is wrongly blamed and driven away in Three Strikes against the White Bone Demon, the moment the six-eared macaque impersonates Wukong and the fight reaches the Bodhisattva, or the moment the four travelers finally stand before the true scriptures after eighty-one trials. The test of a touching point is simple: thinking of it gives you something to say.

Step two is to connect it to your own life. Ask yourself: have I met something similar? Misunderstood by Mom and not believed, competing with a classmate for the same position, wanting to quit the piano halfway. Choose the experience closest to the touching point and write it in two or three sentences, with time, place, and detail. Once the connection between the book and real life is found, the feeling has roots.

Step three is to state one lesson of your own. Do not write big slogans like we should learn Wukong's brave spirit. Write the small truth you actually understood: being misunderstood does not mean giving up explaining, and the real rival is often my own laziness.

Finally, two sentence patterns you can use at once. Opening: After reading Journey to the West, the moment that touched me most is _____. Closing: The road to the scriptures is still walking inside me, and next time I meet _____, I will remember _____ from the book. The patterns help you start, but the blanks must be filled with your own true story, or the response is not yours.