

一段作文示范：三类心情素材怎么落进同一天

假设一篇《难忘的一天》写的是一次朗诵比赛。下面把三类心情素材放进三个时段，每段后面点评为什么这样放。

上台前，候场。原文：快轮到我了，我好紧张，心怦怦跳，手心出汗，眼眶都热了，我一定能行的！点评：三个素材挤在一句里，还接了口号，等于把素材表抄进作文。改后：候场区只有一把椅子，我坐着，把右手在裤子上蹭了两下，又蹭了两下。前面的人念到一半，我跟着无声地动嘴，嘴是干的。点评：只留手心出汗，但让它带出两个动作，紧张不用说出来。

比赛中，高潮。原文：我大声地朗诵，心里非常激动，心跳加速，同学们都认真听。点评：心跳加速放在高潮反而无效，因为高潮该写事件本身。改后：念到第二段，我的声音开始抖。我停了一拍，听见后排有人挪了一下椅子。那一拍里，我的心口像被人敲了一鼓。然后我接着念，声音反而稳了。点评：心跳只出现在停顿那一拍，一鼓对应一拍，素材钉在具体瞬间上才有效。

结束后，领奖。原文：我得了二等奖，我感动得流下了眼泪，这真是难忘的一天。点评：眼眶发热被感动得流下了眼泪顶替，情绪写满了。改后：老师把奖状递给我，说你的停顿救了你。我把奖状卷起来夹在腋下，走到走廊，眼睛热了一下，对着窗户看了几秒才回教室。点评：眼眶发热停在热了一下，救了你这句话让感动有了来处。

分配原则：一天里三个时段，一个时段只用一类素材，心跳钉在高潮的停顿上，手心用在开头候场，眼眶用在结尾领奖。一段一反应，全文三类素材各出现一次，就不会堆砌。

One Sample Paragraph Set: Three Feeling Materials Inside One Day

Suppose an essay titled 'A Memorable Day' is about a recitation contest. Below, three feeling materials are placed into three time slots, and each paragraph is followed by a note on why it sits there.

Before going on stage, in the waiting area. Original: It is almost my turn, I am so nervous, my heart pounds, my palms sweat, my eyes are hot, I can do it! Critique: three materials crammed into one sentence plus a slogan, which is copying the material table into the essay. Revised: there was only one chair in the waiting area. I sat and wiped my right hand twice on my trousers, then twice more. The contestant ahead reached the middle of her piece, and I mouthed along without sound. My mouth was dry. Critique: only sweaty palms remain, but they carry two actions, so nervousness never has to be named.

During the contest, the climax. Original: I recited loudly, my heart was very excited, my heartbeat raced, and everyone listened carefully. Critique: putting a racing heartbeat at the climax backfires, because the climax belongs to the event itself. Revised: at the second stanza my voice began to shake. I paused for one beat

and heard someone in the back row shift their chair. In that beat, my chest felt like a drum being struck. Then I went on, and my voice steadied. Critique: the heartbeat appears only in that single beat of the pause; one drum hit matches one beat, and the material works when nailed to a specific instant.

Afterward, the award. Original: I won second prize, I cried tears of gratitude, what an unforgettable day. Critique: teary eyes got replaced by cried tears of gratitude, and the feeling is maxed out. Revised: the teacher handed me the certificate and said your pause saved you. I rolled the certificate up under my arm, walked into the corridor, my eyes went hot for a second, and I looked at the window for a few seconds before going back to class. Critique: the eyes stop at hot for a second, and the line your pause saved you gives the feeling a source.

The allocation rule: three time slots in one day, one feeling material per slot. The heartbeat is nailed to the pause at the climax, sweaty palms open the waiting scene, teary eyes close the award scene. One reaction per paragraph, each material used once, and piling up cannot happen.