

心情描写素材本：心跳加速、手心出汗、眼眶发热怎么积累和运用

写《难忘的一天》时，心情不能直接写高兴或紧张，要写身体上的反应。下面按三类整理素材，每类先列词语，再给句子，最后示范怎么用。

第一类，心跳加速，用在紧张和害怕的场合。词语：心提到了嗓子眼、心怦怦直跳、心里像揣了只兔子、心跳到了耳朵里。句子：教室里安静得能听见自己的心跳。报幕员念到我名字的那一刻，我的心口像被人敲了一鼓。用法示例：轮到我上台，手心全是汗，心口像被人敲了一鼓，台下的脸一片模糊，我只记得第一句话说得又轻又快。注意心跳的描写一段只用一次，用多了就成了心跳作文。

第二类，手心出汗，用在考试、比赛、第一次做某事的场合。词语：手心冒汗、手心里黏糊糊的、汗把纸都洇湿了、手在裤子上蹭了两下。句子：我攥着准考证，手心的汗把角上那块纸洇软了。用法示例：发卷子前，我把右手在裤子上蹭了两下，还是滑的。卷子发下来，名字那一栏被我按出一个湿指印。手心出汗的好处是能带出动作：蹭裤子、在桌角擦干、把纸洇湿，素材之间会自动连起来。

第三类，眼眶发热，用在感动和被理解的场合。词语：鼻子一酸、眼眶热了、眼泪在眼眶里打转、视线糊了。句子：她把我湿透的书包接过去，我的鼻子突然一酸。用法示例：老师说这句写得真好，我把头低下去，眼眶热了一下，赶紧在本子上把那行字描了一遍。眼眶发热不要接我感动得流下了眼泪，停在热了一下，读者自己会补上后面。

摘抄本怎么用：按身体反应建三栏，心跳、手心、眼眶，每栏收五到八个词条，每个词条后面抄一个自己写的例句，不是抄别人的原句。写作文时从三栏里各挑一处，挑能接上动作的。堆砌是摘抄最大的坑：一段里又心跳又出汗又流泪，等于把摘抄本搬进作文，删到只剩一处最准的。

A Feeling Notebook: Collecting and Using Heartbeat, Sweaty Palms, and Teary Eyes

When writing 'A Memorable Day', feelings cannot be stated as happy or nervous; they must appear as bodily reactions. Below are materials in three groups: each group lists words first, then sentences, and ends with a usage demo.

Group one, racing heartbeat, for nervousness and fear. Words: my heart leaped into my throat, my heart pounded, my heart felt like a rabbit trapped inside, I could hear my own heartbeat. Sentences: the classroom was quiet enough to hear my own heartbeat. The moment the host called my name, my chest felt like a drum being struck. Usage demo: when it was my turn on stage, my palms were wet, my chest felt like a struck drum, the faces below blurred, and I only remember the first sentence came out small and fast. Use the heartbeat once per paragraph; otherwise the essay becomes a heartbeat essay.

Group two, sweaty palms, for exams, competitions, and first times. Words: palms sweating, my palm felt sticky, the sweat soaked the paper, I wiped my hand twice on my trousers. Sentence: I gripped my admission ticket, and the sweat from my palm softened the corner of the paper. Usage demo: before the papers were handed out, I wiped my right hand twice on my trousers, and it was still slippery. When the paper arrived, my name ended with a wet fingerprint. Sweaty palms are useful because they lead into actions: wiping on trousers, drying on the desk corner, soaking the paper. The materials connect themselves.

Group three, teary eyes, for being moved and being understood. Words: my nose stung, my eyes grew hot, tears rolled around in my eyes, my vision blurred. Sentence: she took my soaked schoolbag from me, and my nose stung all at once. Usage demo: when the teacher said this line is well written, I lowered my head, my eyes went hot for a second, and I quickly traced that line again in my notebook. Do not follow teary eyes with I cried tears of gratitude. Stop at went hot for a second, and the reader will finish it.

How to keep the notebook: make three columns by body reaction, heartbeat, palms, eyes, and collect five to eight entries per column. After each entry, copy an example sentence you wrote yourself, not someone else's original. When writing, pick one from each column, preferring the ones that lead into action. Piling up is the biggest trap: heartbeat plus sweat plus tears in one paragraph means you moved the notebook into the essay. Cut until only the single most accurate one remains.