

好词怎么变成好段：心跳加速、手脚并用、破水而出三个扩段示范

摘抄本上「心跳加速」是词，作文里它得是一段话。扩段有三个步骤：给词配一个身体反应，按时间顺序排两三个动作，最后用一个感官收尾。下面用三个必用素材各做一遍示范，每段一百字上下，正好能嵌进一篇六百字的作文。

心跳加速扩段示范：「轮到我下水了。还没走到池边，心跳先快了，一下一下顶到耳朵里。我咽了口唾沫，手心在泳裤上蹭了两下都没蹭干。脚碰到水的那一秒，我整个人像被电了一下，缩回台阶上站住。」拆解：词变成「顶到耳朵」的身体反应，动作按「走近、咽唾沫、蹭手心、碰水、缩回」排，收尾的「像被电了一下」是感觉。全程没出现「紧张」二字。

手脚并用扩段示范：「教练说再练十组漂腿。到第五组，胳膊开始往下沉；第七组，我得手脚并用才浮得住——腿赶紧打两下，手再划一下，像踩着一个看不见的楼梯。第十组结束，我扒着池边，手指头攥着瓷砖不放。」拆解：手脚并用出现在第七组这个具体节点上，前面有第五组的铺垫，后面有攥瓷砖的余波。一个词嵌进时间线，段落就立住了。

破水而出扩段示范：「我憋足气往池底沉，手指碰到那个塑料圈，指尖一碰就往上蹿。破水而出的瞬间，耳朵里的闷声哗地退开，灯一盏一盏变清楚，我大口吸气，鼻子里全是消毒水味。」拆解：破水而出放在动作链的顶点，前面是沉、碰、蹿三个动作，后面用听觉（闷声退开）、视觉（灯变清楚）、嗅觉（消毒水味）三个感官收尾。

自己练的时候按这个流程：先在摘抄本上挑一个词，写下它发生前的一件事、发生时身体哪个部位有反应、结束后剩下什么感觉，三样连起来就是一段。三个素材各练一遍，再串成「练习一挑战一成功」三段，一篇作文的骨架就有了。扩段练的是把词用活，比再抄十个新词有用。

Turning Good Words into Good Paragraphs: Demos Built on Heartbeat, Limbs, and Breaking the Surface

'Racing heartbeat' is a word in a notebook; in an essay it has to become a paragraph. Expanding a word into a paragraph takes three steps: attach one body reaction to the word, line up two or three actions in time order, and close with a sense. Here is one demo per required material, each around a hundred words - just right to fit inside a six-hundred-word essay.

Heartbeat demo: 'It was my turn in the water. Before I even reached the edge, my heart was already pounding, thumping against my ears one beat at a time. I swallowed, wiped my palms twice on my trunks, and they still stayed wet. The second my foot touched the water my whole body jerked, and I shrank back to stand on the step.' Breakdown: the word becomes the body reaction 'thumping against the ears'; actions run 'approach, swallow, wipe, touch, shrink back'; the close 'like an electric shock' is a feeling. The word 'nervous' never appears.

Limbs demo: 'The coach said ten more sets of kick drills. By the fifth set my arms began to sink; by the seventh I needed hands and feet working together just to stay afloat - two quick kicks, one pull, like climbing a staircase nobody could see. When the tenth set ended, I clung to the edge, fingers gripping the tiles.' Breakdown: 'hands and feet together' lands at the specific seventh set, with the fifth set as buildup and the gripping as aftermath. One word embedded in a timeline holds the paragraph up.

Surface demo: 'I filled my lungs and sank toward the bottom; my fingers brushed the plastic ring and I shot straight up. The instant I broke the surface, the muffled roar in my ears fell away, the lights sharpened one by one, and I gulped air that smelled entirely of chlorine.' Breakdown: 'broke the surface' sits at the peak of an action chain - sink, touch, rise - and the close uses hearing, sight and smell in turn.

To practice: pick one word from your notebook, write down what happened just before it, which part of the body reacted during it, and what sensation remained after. String the three together and you have a paragraph. Drill all three materials, then link them into practice - challenge - success, and the skeleton of an essay exists. Drilling word-to-paragraph beats copying ten more new words.