

怎么写一诺千金的朗诵诗：承诺、天平、阳光三步构思法

朗诵诗和普通作文不一样：它是要站在台上念给全班听的，句子要站得直，节奏要踩得准，还得让听众一听就懂。写一诺千金这个题目，提纲给了三个核心意象——承诺、天平、阳光。把它们按三步摆好，一首十二到十六行的儿童诗就立起来了。

第一步，用承诺开篇，把诗落到一件小事上。别一开口就写诚信伟大，要从孩子自己的事说起：答应同学明天还书，答应妈妈不再赖床，答应好朋友保守秘密。承诺越小越真，听众越容易点头。句式可以整齐一点，比如连续三行都用我答应开头，一排站过去，气势就出来了。

第二步，用天平做诗的身子，把看不见的诚信称出来。天平是个好意象：它告诉孩子，话也有重量。可以写心里有一杆天平，一端放着一句话，一端放着做没做到；做到了，天平平平的，心里稳稳的。这一节可以安排四到六行，是全诗讲道理的部分，但道理要让天平自己演，不要直接喊出来。

第三步，用阳光收尾，把守信的感觉变成看得见的光。守信是什么感觉？孩子说不清，但阳光说得清：像早上第一缕阳光落在课桌上，亮亮的，暖暖的，什么都不用藏。结尾两到四行可以让阳光铺满全诗，比如说到做到的人，走到哪里都晒得到太阳。朗诵到这一节，声音可以放开，全班的情绪就托起来了。

三步之间也要留过渡句，让意象互相认识。承诺交给天平，可以用夜里听见轻轻的声音；天平交给阳光，可以用天平平平的时候，头顶就亮了。过渡句不用长，一行就够，诗的气脉就通了。

三步之外再检查两件事：一是行数，十二到十六行，班级朗诵两三个人分段念正好；二是韵脚，不用每行都押，偶数行押上就行，念起来顺口。把承诺、天平、阳光按三步排好，你的诗就既有骨架，又有光。

How to Write a Recitation Poem on Keeping Promises: A Three-Step Method Using Promise, Balance, and Sunshine

A recitation poem is not an ordinary essay: it stands on stage and is read aloud to the whole class, so its sentences must stand straight, its rhythm must land true, and listeners must understand at first hearing. For the topic of a promise worth a thousand gold, the outline gives three core images - promise, balance, and sunshine. Arrange them in three steps and a children's poem of twelve to sixteen lines rises on its own.

Step one: open with the promise, landing the poem on a small event. Do not begin by proclaiming that honesty is great; start from a child's own business: promising a classmate to return the book tomorrow, promising Mom to stop oversleeping, promising a best friend to keep the secret. The smaller the promise, the truer it feels, and the more the audience nods. Keep the lines neat, for instance three lines in a row all starting with I promise, and the momentum appears.

Step two: use the balance as the body of the poem, weighing out the invisible honesty. The balance is a fine image: it tells children that words have weight. Write that inside the heart stands a scale, one end holding a sentence, the other holding whether it was kept; when kept, the beam sits level and the heart sits steady. Give this section four to six lines – it is where the poem reasons, but let the balance act out the reasoning instead of shouting it.

Step three: close with sunshine, turning the feeling of trustworthiness into visible light. What does it feel like to keep a promise? Children cannot say, but sunshine can: like the first ray of morning falling on a school desk, bright and warm, with nothing to hide. Let the last two to four lines spread sunshine over the whole poem, for example: those who keep their words walk into sunlight wherever they go. When the class recites this section, voices can open up and the whole room lifts.

Also leave bridge lines between the steps so the images get acquainted. To hand the promise over to the balance, use the soft sound heard at night; to hand the balance over to sunshine, use when the beam is level, the sky overhead turns bright. A bridge line need not be long – one line is enough, and the poem's breath runs through.

Beyond the three steps, check two things: line count, twelve to sixteen lines, just right for two or three students to split on stage; and rhyme, no need to rhyme every line, rhyming the even lines is enough to roll off the tongue. Arrange promise, balance, and sunshine in three steps, and your poem has both a skeleton and light.