

范文点评：《心里那杆天平》全诗示例与逐节点评

先呈现一首十四行的完整示例诗，再一节一节点评，看承诺、天平、阳光三个意象是怎么排进一首朗诵诗的。

《心里那杆天平》：我答应过同桌，明天还他半块橡皮。我答应过妈妈，清晨不再赖床。我答应过好友，一个秘密守到心上。/ 夜里我听见轻轻的声音，是心里那杆天平在称量：一端放着一句话，一端放着做没做到。/ 天平平平的时候，心也平平的；天平歪了的时候，梦里都打滑。/ 说到做到的人，头顶有一轮太阳；阳光落在肩上，走到哪里都亮亮堂堂。/ 一诺千金不贵，一诺千金不重，它就平平地搁在，我每天的天平上。

逐节点评。第一节三行都用我答应开头，这是朗诵诗里最好用的排比：句式整齐，两三个同学一人念一行，还没讲理，听众先点了头。三件事都小——橡皮、起床、守秘密，小承诺比大口号可信，这是提纲里以承诺为核心意象的正确打开方式。

第二节天平出场，夜里听见轻轻的声音，这一句把天平从物件变成了心里的动静，朗诵时声音要收轻，全班反而会竖起耳朵。一端放着一句话，一端放着做没做到，把抽象的守信称成了看得见的动作，这是全诗的诗眼。

第三节继续用天平做对照：平平的时候心也平平，歪了的时候梦里打滑。梦里都打滑是儿童诗该有的想象，不讲大道理，孩子自己会心一笑。这一节适合全班齐念，节奏感最强。

第四节阳光进来，接住天平：天平平平，头顶就亮亮堂堂，两个意象在这里握手。最后一节把一诺千金放回天平上，首尾闭合，朗诵的收尾句要放慢，一字一顿。全诗十四行，偶数行押ang 韵，念起来顺，听上去亮。三个意象各就各位：承诺起，天平撑，阳光收——这就是一首能上台的诗。

Model Poem Review: The Full Text of The Balance in My Heart with Section-by-Section Comments

First present a complete fourteen-line model poem, then review it section by section to see how the images of promise, balance, and sunshine are arranged inside a recitation poem.

The Balance in My Heart: I promised my deskmate to return half his eraser tomorrow. I promised my mother to stop oversleeping at dawn. I promised my best friend to guard a secret in my heart. / At night I hear a soft sound - it is the balance in my heart weighing: one end holds a sentence, the other holds whether I did it. / When the beam is level, my heart is level too; when the beam tilts, even my dreams slip. / A person who keeps his words carries a sun overhead; sunlight falls on his shoulders, and wherever he walks it is bright and open. / A promise worth a thousand gold costs little, a promise worth a thousand gold weighs little - it rests quite level on the balance of my every day.

Section-by-section comments. The first section starts three lines with I promised, the most useful parallel structure in recitation poetry: neat sentences, two or three students each reading one line, and the audience nods before any lesson is taught. All three promises are small – an eraser, getting up, keeping a secret – and small promises ring truer than big slogans, which is the right way to open on the outline's core image of the promise.

In the second section the balance enters; hearing a soft sound at night turns the balance from an object into a movement of the heart, and the reciter should lower the voice so the whole class leans in. One end holds a sentence, the other holds whether I did it – this weighs abstract trustworthiness into a visible action, and it is the poem's eye.

The third section keeps reasoning by contrast: level beam, level heart; tilted beam, slipping dreams. Slipping dreams is exactly the imagination a children's poem needs; no lecture, and children smile to themselves. This section suits the whole class reciting together, with the strongest rhythm.

In the fourth section sunshine arrives and catches the balance: when the beam is level, the world above the head is bright – the two images shake hands here. The final section places the thousand-gold promise back on the balance, closing the circle; the last recitation line should slow down, word by word. Fourteen lines in all, even lines rhyming on ang, smooth to say and bright to hear. The three images each hold their post: promise opens, balance supports, sunshine closes – that is a poem ready for the stage.