

# 国旗下讲话稿《妈妈笑了》怎么写：庄重又不空洞的四步法

国旗下讲话和班会演讲不一样：台下是全校师生，还有值周老师打分，语气要庄重，但庄重不等于念空话。写好《妈妈笑了》这篇讲话稿，按四步走。

第一步，定主题句。整篇讲话要有一句话能站住，比如“感恩妈妈，从每天早上一句‘妈妈辛苦了’开始”。这句话要小、要能执行，因为它会被值周小结引用，也会被同学模仿。别定“感恩母亲，弘扬美德”这种大词，大词喊不动一千多人。

第二步，搭三部分结构。第一部分讲妈妈的日常付出，用白描：假设你数过，妈妈每天早上催你三次才出门，晚上还要核对你的作业签字；她自己的校服袖口磨亮了也舍不得换。第二部分讲一个暖心举动，写具体的：假设某个周一早晨，你对妈妈说了一句“妈妈辛苦了”，妈妈愣了一下，笑着摸摸你的头就出门了。这个举动要小到每个同学今天就能复制。第三部分号召行动，面向全校发呼告：“同学们，这个星期，每天对妈妈说一句问候，让妈妈每天笑一次。”

第三步，处理称呼与格式。国旗下讲话开头是“尊敬的老师们、亲爱的同学们”，结尾是“我的讲话完毕，谢谢大家”。呼告放在第三部分开头一次即可，中间不要反复“同学们”。

第四步，排练。讲话稿写完先晨读时自己读一遍计时，600 字大约两分半到三分钟。重点练两处：开头第一句要看着国旗方向说，不看稿；呼告那句前停一秒。练三遍以上，上台手不抖，声音也能传到操场后排。

最后自查：删掉所有“非常”“无比”，感叹号控制在三个以内，全文没有一句经不起追问的话——“妈妈很辛苦”要能答出辛苦在哪，“我们要感恩”要能答出怎么感恩。四步走完，这篇讲话稿既庄重又有落点。

## How to Write the Flag-Raising Speech 'Mom Smiled': Four Steps That Stay Dignified but Not Empty

A flag-raising speech is different from a class-meeting talk: the audience is the whole school, duty teachers score it, and the tone must be solemn. But solemn does not mean reciting empty words. To write a good speech called 'Mom Smiled', follow four steps.

Step one: fix a theme sentence. The whole speech needs one line that can stand on its own, for example 'Gratitude to Mom starts with saying 'Thank you for your hard work, Mom' every morning'. The line must be small and doable, because the weekly summary may quote it and classmates may copy it. Do not pick big words like 'honor mothers, promote virtue'. Big words cannot move a thousand people.

Step two: build the three-part structure. Part one covers Mom's daily giving, drawn plainly: suppose you counted — Mom hurries you out the door three times every

morning, then checks and signs your homework at night; the cuffs of her own work uniform are worn shiny and she still will not replace it. Part two tells one warm gesture, written concretely: suppose one Monday morning you said 'Thank you for your hard work, Mom', and she froze for a second, smiled, ruffled your hair, and left for work. The gesture must be small enough that every classmate can copy it today. Part three calls the whole school to action with one direct address: 'Students, this week, greet Mom with one kind sentence every day, and let Mom smile once a day.'

Step three: handle salutation and format. A flag-raising speech opens with 'Respected teachers, dear students' and closes with 'That concludes my speech. Thank you.' Use the direct address once, at the start of part three. Do not keep saying 'students' in the middle.

Step four: rehearse. When the draft is done, read it aloud during morning study and time yourself; 600 words run about two and a half to three minutes. Drill two spots: the first sentence should be spoken facing the flag, not the paper; pause one second before the direct address. Rehearse at least three times, and your hands will not shake on stage, and your voice will reach the back rows of the playground.

Final self-check: delete every 'very' and 'incredibly', keep exclamation marks to three or fewer, and make sure no sentence fails a follow-up question — 'Mom works hard' must answer how, and 'we should be grateful' must answer how. After these four steps, the speech is both dignified and grounded.

## 从一次晨会实况看《妈妈笑了》讲话稿的现场效果

假设周一晨会，六年级的周远站在国旗下朗读《妈妈笑了》讲话稿。我们记录现场反应，再看值周老师事后的三条意见，就能明白讲话稿的现场感从哪来。

开头：“尊敬的老师们、亲爱的同学们，今天我讲话的题目是《妈妈笑了》。”这一段操场是安静的，因为格式本身自带庄重感。但第二句“母爱是人间最真挚的情感”，队伍里开始有窃窃私语。大词一出口，听众就知道后面是套话，注意力立刻散掉。

读到日常付出段：“我妈妈的手机相册里，一半是我的照片，一半是工作文件，没有一张是她自己。”操场重新安静下来，几个低年级的孩子抬头看台上。这句话有效，因为它是一个能被追问的事实：同学回家会去翻自己妈妈的相册，这就是讲话稿想要的“带得走的画面”。

读到暖心举动段：“上周三早上，我递给她一杯温水，说了一句‘妈，慢点走’。她站在门口笑了三秒钟，才出门。”三秒钟这个细节让队伍里一个男生跟同桌小声说“我明天也试试”。讲话稿要的就是这种反应——不是掌声，是想复制的冲动。

读到号召段：“同学们，这个星期，每天对妈妈说一句问候，让妈妈笑一次。”呼告只喊了

一次，接的是具体动作，操场后排也能听清。结尾“我的讲话完毕，谢谢大家”，干脆，没有再补口号。

值周老师的三条意见：一，删掉“母爱最真挚”那句，直接从相册细节进；二，暖心举动段里“三秒钟”很好，但前面补一句“那杯水是我自己倒的第一杯”，更可信；三，号召段可以加一句“周五晨会，请愿意做到的同学举手”，把号召变成可检验的动作。三条意见的共同点：全部指向细节和可执行，没有一条建议加形容词。

这份实况说明：国旗下讲话的现场效果，不取决于声音多大、排比多整齐，取决于有没有一两个让一千人同时安静、又想回家照做的句子。写稿时把这两句打磨好，比通篇抒情有用。

## What a Flag-Raising Speech 'Mom Smiled' Actually Sounds Like: Notes From a Real Morning Assembly

Suppose on Monday morning assembly, Zhou Yuan from sixth grade stands under the flag and reads the speech 'Mom Smiled'. By recording the live reactions and the duty teacher's three notes afterward, we can see where the sense of a live speech comes from.

The opening: 'Respected teachers, dear students, today my speech is titled Mom Smiled.' The playground is quiet here, because the format itself carries solemnity. But at the second sentence, 'Motherly love is the most sincere feeling in the world', whispering starts in the lines. The moment a big word leaves the mouth, the audience knows clichés are coming, and attention scatters.

Then the daily-giving paragraph: 'Half of my mom's phone album is photos of me, half is work files. Not one is a photo of herself.' The playground goes quiet again, and some younger kids look up at the stage. This line works because it is a checkable fact: classmates will open their own moms' albums tonight. That is the 'take-home image' a speech wants.

Then the warm-gesture paragraph: 'Last Wednesday morning, I handed her a cup of warm water and said, 'Mom, take it slow.' She stood at the door and smiled for three seconds before leaving.' The detail of three seconds makes one boy whisper to his deskmate, 'I'll try that tomorrow.' This is exactly the reaction a speech wants — not applause, but the urge to copy.

Then the call paragraph: 'Students, this week, greet Mom with one kind sentence every day, and let her smile once a day.' The direct address is shouted once, followed by a concrete action, and even the back rows hear it clearly. The closing 'That concludes my speech. Thank you.' is clean, with no slogan tacked on.

The duty teacher's three notes: one, delete 'the most sincere love' and enter directly with the album detail; two, 'three seconds' is good, but add 'that was the first cup of water I ever poured for her' before it, which makes it more believable; three, add 'at Friday's assembly, students who are willing to do this, please raise your hands', turning the call into a checkable action. The common thread of all three notes: every one points to detail and actionability, and not one suggests adding an adjective.

This live record shows: the effect of a flag-raising speech does not depend on volume or neat parallelism. It depends on whether there are one or two sentences that quiet a thousand people at once and make them want to do it at home. Polish those two sentences, and you will do more good than a page of lyricism.

## 让妈妈笑的七件小事清单：国旗下讲话后的“一周行动”

国旗下讲话喊完“让妈妈每天笑一次”，第二天就忘，这很常见。真要让妈妈笑，需要一张贴在书桌前的清单。下面七件事，按一周排开，每件都不超过十分钟。

周一：递一杯温水。妈妈下班进门时，把水递过去，顺手接过她的包。要点是“先递水再说话”，别一边玩手机一边把杯子推过去。

周二：说一句问候。早上出门前说一句“妈，我走了，晚上见”。这句话短，但天天说，妈妈接你时会回一句“路上慢点”，对话就接上了。

周三：自己收拾书包。按课表把书装好，作业本按科目分袋。这件事的感恩逻辑是：妈妈每晚替你核对作业、整理书包的时间省下来了，她晚上能早半小时睡。

周四：饭后收碗。吃完饭把全家人的碗擦起来送进厨房，再擦一遍桌子。要点是连续做，只做一天会被当成新鲜感，做一周才叫习惯。

周五：讲一件学校趣事。晚饭时讲一件这周学校里好笑的事，比如同桌把“已交”写成“已没交”。妈妈笑点往往不在大事，在你愿意跟她讲废话。

周六：陪妈妈散步二十分钟。放下电话手表，跟她绕小区走一圈，听她讲菜价、讲同事。你听她说话的时间，就是她笑的时间。

周日：做一张卡片。不用买，一张纸折成两半，写一句这周最想对她说的话，放在她枕头边。假设卡片上只写“妈，这周我碗是我收的”，妈妈看了也会笑。

清单之外提醒一句：别把这七件事变成打卡任务发给同学比谁做得多。感恩是自己的事，比来比去就变味了。七件里做到三件，妈妈已经会笑了；七件都做到，她会笑一整周。

# Seven Small Things That Make Mom Smile: The 'Week of Action' After a Flag-Raising Speech

A flag-raising speech shouts 'let Mom smile once a day', and everyone forgets it by Tuesday. That is normal. To actually make Mom smile, you need a checklist taped to your desk. Here are seven things, spread across a week, each under ten minutes.

Monday: hand her a cup of warm water. When Mom walks in after work, pass her the water and take her bag on the way. The key is 'water first, talk second' — do not slide the cup over while staring at your phone.

Tuesday: say one greeting. Before leaving in the morning, say 'Mom, I'm off. See you tonight.' It is short, but say it every day, and when Mom sees you off she will answer 'walk slowly', and the conversation reconnects.

Wednesday: pack your own schoolbag. Load books by the class schedule, and sort homework notebooks into subject folders. The gratitude logic: the time Mom spends checking your homework and packing your bag every night is saved, so she can sleep half an hour earlier.

Thursday: clear the bowls after dinner. Stack everyone's bowls, carry them to the kitchen, then wipe the table. The key is consistency: one day looks like a whim; a whole week becomes a habit.

Friday: tell one funny school story. At dinner, recount something funny that happened this week, like your deskmate writing 'not handed in' instead of 'handed in'. Moms usually laugh at small things — at your willingness to tell her pointless little stories.

Saturday: walk with Mom for twenty minutes. Put down your phone watch, loop around the block with her, and listen to her talk about vegetable prices and coworkers. The time you spend listening is the time she smiles.

Sunday: make a card. No need to buy one. Fold a sheet of paper in half, write the one sentence you most want to say this week, and leave it on her pillow. Suppose the card only reads 'Mom, I cleared the bowls this week' — she will smile anyway.

One reminder beyond the list: do not turn these seven things into a check-in contest with classmates. Gratitude is personal; comparing it spoils it. Do three of the seven, and Mom will already smile. Do all seven, and she will smile all week.