

第一次洗碗到主动分担：写一篇成长演讲稿的完整步骤

“我也能帮妈妈分担”这类演讲稿，写的是转变：从被照顾，到主动做事。转变要写清楚，得按步骤来。

第一步，回忆第一次洗碗。别急着写结果，先写过程里的笨拙：假设第一次洗碗，袖子没卷好，水花溅到围裙上；洗洁精挤多了，碗滑得差点摔出去；妈妈站在厨房门口没插手，只说了句“慢慢来”。这些笨拙的细节是演讲稿最值钱的部分，因为同学都有过同样的笨拙。

第二步，写妈妈的笑。笑要写得不一樣：假设碗洗完，妈妈拿起一个碗对着光看了看，说“比我的还亮”，然后笑了，眼角有细纹。别写“妈妈欣慰地笑了”，欣慰是概括，对着光看碗是画面。

第三步，写自己的自豪。自豪也要具体：假设那晚你破例多站了两分钟，把灶台也擦了；睡前你路过厨房，跟妈妈说“以后饭后我来收碗”。自豪不是“我感到无比骄傲”，是你愿意把这句话真的说出口。

第四步，搭四段结构。第一段场景切入：“上周六晚饭后，我把全家人的碗端进了厨房。”第二段写洗碗过程。第三段写妈妈的笑和自己的自豪。第四段收束加呼告：“同学们，让我们从饭后一只碗开始，帮妈妈分担。”400 字左右，每段一百字上下，正好。

语气建议：这篇讲给中年级同学听，句子要短，一句一个意思。上台时洗碗过程那段放慢，讲到“碗滑得差点摔出去”可以停一下，同学会笑，笑声就是感染力。结尾呼告喊一次，鞠一躬，下台。

自查两件事：全文有没有“第一次”之外的假大空；“妈妈笑了”出现的那一段，能不能让没参与的同学在脑子里看见画面。两问都过关，这篇 400 字的演讲稿就立住了。

From the First Time Washing Dishes to Volunteering: The Full Steps of Writing a Growth Speech

A speech titled 'I Can Share Mom's Work Too' is about a change: from being taken care of to stepping up. To write a change clearly, follow the steps.

Step one: recall the first time you washed dishes. Do not jump to the result. Write the clumsiness of the process first: suppose the first time, you did not roll up your sleeves, and splashes soaked your apron; you squeezed too much dish soap, and a bowl nearly slipped out of your hands; Mom stood at the kitchen door without stepping in, and only said 'take it slow'. These clumsy details are the most valuable part of the speech, because every classmate has been equally clumsy.

Step two: write Mom's smile. Make the smile distinctive: suppose after the dishes were done, Mom held one bowl up to the light, looked at it, said 'cleaner than mine', and smiled, with fine lines at the corners of her eyes. Do not write 'Mom smiled,

gratified'. Gratified is a summary; holding a bowl to the light is a picture.

Step three: write your own pride. Pride must also be concrete: suppose that night you stayed two extra minutes and wiped the stove; before bed you passed the kitchen and told Mom 'I will clear the bowls after dinner from now on'. Pride is not 'I felt incredibly proud'. Pride is being willing to actually say that sentence out loud.

Step four: build a four-paragraph structure. Paragraph one opens with a scene: 'After dinner last Saturday, I carried everyone's bowls into the kitchen.' Paragraph two covers the washing process. Paragraph three covers Mom's smile and your pride. Paragraph four closes with a direct address: 'Classmates, let's start with one bowl after dinner, and share Mom's work.' Around 400 words, about a hundred per paragraph, fits exactly.

Tone advice: this one is for middle-grade students, so keep sentences short, one idea each. On stage, slow down during the washing paragraph, and pause at 'the bowl nearly slipped' — classmates will laugh, and that laugh is the charm of the speech. Shout the closing address once, bow, and step down.

Two self-checks: is there anything in the text besides the 'first time' story that is empty and grand? In the paragraph where Mom smiles, can a classmate who was not there see the picture in their head? Pass both questions, and this 400-word speech stands.