坐满一个小时：爷爷教我的耐心课

我是出了名的坐不住。上课扭来扭去，在家写作业两分钟就要起来喝一次水，妈妈老说我像只小猴子。这个暑假，爷爷带我去河边钓鱼，给我上了一堂我永远不会忘的课，课的名字叫：安安静静坐满一个小时。

一大早我们到了河边。河边有大树，有凉荫，风从水面上吹过来，凉丝丝的。爷爷摆好板凳，和饵，甩竿，鱼漂落在水面上。爷爷说：今天你不用钓到一条鱼，只要能一动不动坐满一个小时，就算学会了。我心想这有什么难的。结果这是我做过的最难的事之一。五分钟后我的腿想动，十分钟后我想把鱼竿拿起来看看，十五分钟后我想问爷爷一百个问题：鱼怎么还不上钩？钩上到底有没有饵？鱼有耳朵吗？爷爷不理我，眼睛一直盯着鱼漂。

我咬着牙忍。我看着鱼漂，数它周围的小水波。鱼漂上面红下面白，在水上轻轻晃。过了很久，我看见它上下点了两下，有小鱼在偷吃饵。我想起爷爷教过：漂轻轻点的时候不要抬竿，那是小鱼在尝。我憋住气等。接着鱼漂猛地往下一沉，躺倒在水面上。我抬竿！竿梢弯了，一条小鱼从水里飞了出来，在鱼线上晃。

那条小鱼三个手指长，圆圆的脑袋，亮晶晶的眼睛，在草地上啪嗒啪嗒跳。我跳起来冲爷爷喊，笑得停不下来。爷爷看了看说：你看，你不是坐不住，你只是没找到值得坐着等的东西。这句话我想了很久。是真的，我在家拼飞机模型能坐两个小时，我以前只是从来没为钓鱼坐过。

后来我又甩了几竿，每一次坐的时间都比上一次长。第二次又钓上一条小鱼。第三次鱼漂点了好几下，我抬晚了，钩上来饵没了，爷爷说那是条聪明的小鱼，偷了饵就跑。太阳变毒了，我们收摊回家。我提着桶，里面有两条小鱼，我走路的样子像个英雄。

这件暑假趣事教会了我什么是耐心。耐心不是干熬，是全心全意盯着自己等的东西，让手等到该动的那一刻。现在我写作业想站起来的时候，就想起水面上那个红白相间的鱼漂，又能坐得住了。河边的那个早上，是我暑假里最难忘的趣事。

Sitting Still for One Hour: The Patience Lesson Grandpa Taught Me

I am the kind of child who cannot sit still. In class I wiggle in my chair, and when I do homework at home I get up to drink water every two minutes. My mother always calls me a little monkey. This summer vacation, my grandpa took me fishing by the river, and he gave me a lesson I will never forget. The name of the lesson is simple: sit still for one whole hour.

We arrived at the river early in the morning. The riverbank had tall trees and cool shade, and a fresh wind blew across the water. Grandpa set up the stool, mixed the bait, cast the line, and let the float settle on the water. Then he told me: today you do not need to catch a single fish. If you can sit still for one hour without moving, you have already learned the most important thing. I thought that

would be easy. It turned out to be one of the hardest things I have ever done. After five minutes my legs wanted to move. After ten minutes I wanted to pick up the rod and look at it. After fifteen minutes I wanted to ask grandpa a hundred questions: Why are the fish not biting? Is there really bait on the hook? Do fish have ears? Grandpa did not answer me. His eyes stayed on the float.

I bit my tongue and endured it. I watched the float. I counted the little ripples around it. The float was red on top and white below, and it rocked gently on the water. After a long time, I saw it move up and down twice. A small fish was nibbling the bait. I remembered what grandpa had taught me: when the float only taps a little, do not lift the rod, because that is just a little fish tasting the bait. So I held my breath and waited. Then the float went down hard once and lay sideways on the water. I lifted the rod! The tip bent, and out of the water flew a small fish, swinging on the line.

The little fish was about three fingers long, with a round head and bright eyes, slapping on the grass. I jumped up and shouted to grandpa, and I could not stop smiling. Grandpa looked at it and said: You see, you are not unable to sit still. You just never had a reason worth sitting still for. I thought about that sentence for a long time. It was true. When I build model planes at home, I can sit for two hours. I had simply never tried to sit still for fishing before.

After that I cast again, and each time I sat still longer than before. The second time I caught another small fish. The third time the float tapped many times but I lifted too late, and when the hook came up the bait was gone. Grandpa said that was a clever little fish that stole the bait and ran away. When the sun became too hot, we packed up and went home. I carried the bucket with two small fish inside, and I walked like a hero.

That summer memory taught me what patience really is. Patience is not suffering in silence. Patience is watching for something you want with your whole heart, and letting your hands wait until the right moment. Now, when I am doing homework and feel like getting up, I remember the red-and-white float on the water, and I can sit still again. That morning by the river is the most unforgettable fun thing of my whole summer vacation.