

(初一)

2020 TEENS 报刊课 第28期 (下)

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21st Century

TEENS *Junior*¹

第28/688期初 一 课件
作者 杨为

Read with
me aloud!

Staying in is no problem

青少年在家“抗疫”，用创意鼓舞人心。



词数 540 测试见IV版
建议阅读时间 13分钟

It's been a long holiday. Because of the virus *outbreak* (爆发), many of us have already stayed at home for more than a month! How did you spend your time? Have you done anything special? During this difficult period, some teenagers have come up with new and interesting things to do. They have not only shown how **creative** they are, but also helped to *cheer up* (鼓舞) those who are feeling down. Let's see what they've been up to.

TEENS



Write a rap song

"I close my eyes and *pray* (祈祷) hoping everything will be OK/ the one who can save you is not God/ but an ordinary man in *flesh and blood* (血肉之躯)."

These are a few lines from a rap song written by Liu Yixin and Li Yusheng. They are Senior 3 students from The High School Affiliated to Renmin University in Beijing. Titled *An Empty City* (《空城》), the song has become a hit and **touched** many people. Liu told China Youth Daily that he has read many news stories recently, both good and bad. He wanted to *express* (表达) his own ideas with this song. "I love making music and used to have my own band. Music is the best way for me to express myself. After the college entrance exam this year, I'll make more," Liu said.



Encourage people to dance

Matthew Lee is a 16-year-old Chinese-American. He is now living in Los Angeles, US, but still feels worried about the outbreak in China. When he learned that most Chinese are unable to leave their houses, he decided to encourage them to exercise at home. So he made a dance video with his friends and posted it online. "My friend Jojo was excited about the chance to **lift** people's *spirits* (心情), and she said she would dance her heart out," Lee told TEENS. For the cooldown part of the dance, Lee chose the song *We Are The World*. As Lee said, "I believe that with *sweat* (汗水) and smiles, together, we will make a better day."



扫码可观看
Matthew Lee的
“挥汗战役”加
油舞视频。

Write an English poem

Ma Qichao is a junior 2 student from Baoding, Hebei. Having to stay at home during the outbreak, Ma and his classmates wrote several *acrostic poems* (藏头诗) in English to help cheer people up. "My teacher suggested this form. I found it quite interesting. You can hide a message in the first letters of each line and surprise your readers as they read downwards," Ma said. "The *process* (过程) of writing poems makes me feel that I'm closer to people from Wuhan. I also feel that words are powerful and can carry deep *emotions* (情感)." Here is part of a poem written by Ma.



Pre-reading

Staying
in is **A**
problem



Wu Keying

1. What is her problem?

Clear virus worries

心理防“疫”不能输!



词数 180 测试见IV版
建议阅读时间 7分钟

While-reading

1. What is her problem?

Did you feel scared or worried after the outbreak of the new virus? Thirteen-year-old Wu Keying from Chengdu, Sichuan province, did. She was so **scared** that she once wore a *mask* (口罩) while sleeping at home.

Wu is not alone. Nearly 80 percent of people are deeply worried about the outbreak, according to a *survey* (调查) released on Jan 27 by the Chinese Academy of Social Sciences.

It's *normal* (正常的) to feel worried or *anxious* (焦虑的) during times like this. “The new virus outbreak is a **stressful** event, so we will have these feelings,” said Wang Weihua, an expert on *positive psychology* (积极心理学).

2. Why does some many Chinese have this problem?

While-reading

3. What advice does the author give to them?

How can people stay positive? The first thing is to accept that changes are taking place, wrote Xiong Kewei, a psychological expert at Beijing Normal University. “Life itself is often *unexpected* (无法预料的).

Accepting changes can help us to take action to fight the virus,” Xiong wrote.

Another way to stay *calm* (冷静的) is to keep a *normal routine* (正常作息). “Just do everything you would normally do,” said Li Songwei, a psychologist in Beijing. You can get up and go to bed on time, for example.

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While-reading

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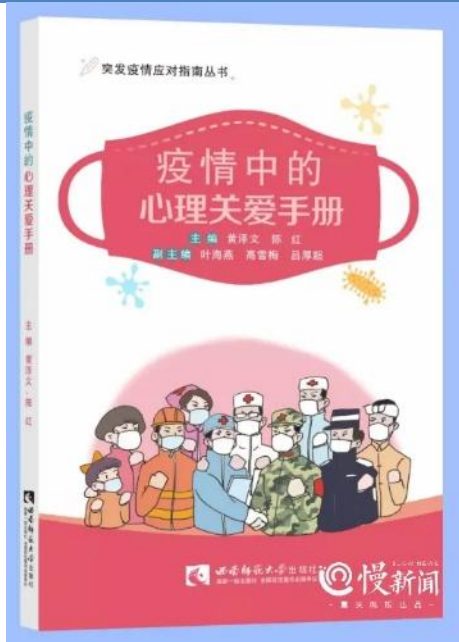
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4. What is paragraph 4 about?

Post-reading



What advice can you give to him?

防控新型冠状病毒肺炎疫情
**全国心理援助
热线查询**



心理援助
热线查询

- 31个
省市区心理援助热线
- 300余条
心理援助热线电话
- 24小时
心理援助服务
- 高校心理援助热线
即将接入

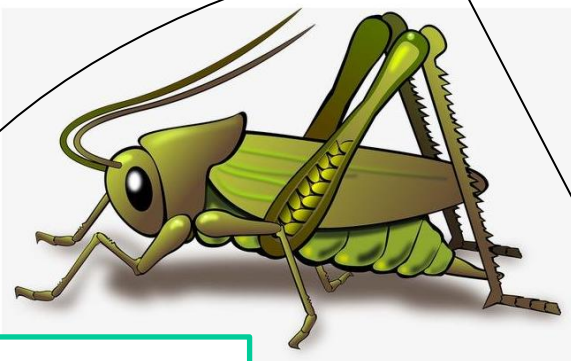
中国政府网 × 健康中国

Pre-reading

1. Will they stay at home in spring! Why?

insects/bugs

---Read the story on P7 to find out.



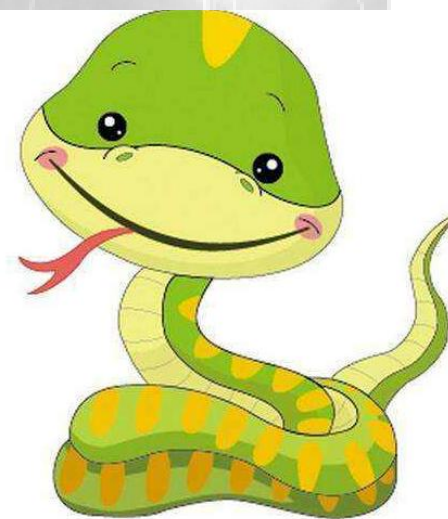
cricket



earthworm



butterfly



snake

pests

CULTURE Q&A | 文化趣问答

Time for bugs to come back to life

CULTURE Q&A | 文化趣问答

Time for bugs to come back to life

为什么惊蛰与虫子有关?

🎧 音频 15:00 测试见IV版
📖 建议阅读时间 7分钟

❓ Why is the solar term (节气) *Jingzhe* (惊蛰) about insects (昆虫)?

📖 *Jingzhe* is one of the 24 solar terms in the Chinese lunar calendar (农历). It means the "awakening (惊醒) of the insects". This year, *Jingzhe* falls on March 5. It has been a key time for spring farming since the days of ancient China.

As the weather gets warmer and more rain starts to fall, insects reappear (重新出现) in spring. Ancient Chinese thought that spring thunderstorms (春雷) would wake up many insects. Earthworms (蚯蚓), crickets (蟋蟀) and snakes all come out. Butterflies and bees also come back.

Spring plowing (春耕), one of the busiest times for farmers, starts during *Jingzhe*. Chinese farmers take insects very seriously. Insects show them changes in nature and help them with their work. For example, with insects buzzing (发出嗡嗡声), it is time to protect crops (庄稼) from pests (害虫). Spring is the most important time of the year for farming. Farmers need to give crops the best possible care during this time. TEEN'S



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力资源”，按日期
文章更新。

While-reading

1. Will they stay at home in spring! Why?
2. In Paragraph 3. "Insects show them changes in nature and help them with their work." What does the underlined word "them" refer to?
3. Which of the facts below about Jingzhe is true?
 - A. Jinzhe falls on March 5 every year.
 - B. Jinzhe is a very important time for spring farming
 - C. Spring plowing starts before Jinzhe.
 - D. During Jinzhe, there must be heavy rain and thunders.

Time for bugs to come back to life

为什么惊蛰与虫子有关?

词数 150 测试见 IV 版
建议阅读时间 7分钟

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reading

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Why?



While-reading

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2020年	<	3月	>	假期安排	返回今天	
—	二	三	四	五	六	日
24 龙头节	25 初三	26 初四	27 初五	28 初六	29 初七	1 初八
2 初九	3 初十	4 十一	5 惊蛰	6 十三	7 十四	8 妇女节
9 十六	10 十七	11 十八	12 植树节	13 二十	14 廿一	15 廿二
16 廿三	17 廿四	18 廿五	19 廿六	20 春分	21 廿八	22 廿九
23 三十	24 初一	25 初二	26 初三	27 初四	28 初五	29 初六
30 初七	31 初八	1 愚人节	2 初十	3 十一	休 4 清明	休 5 十三

2020-03-05

5

二月十二
庚子年【鼠年】
己卯月 丁未日

宜 嫁娶 造车器 纳采 订盟 祭祀 祈福 安机械 移徙

忌 纳畜 理发 合寿木

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crops the

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Post - reading

Philip Larkin, The Trees

The trees are coming into leaf
Like something almost being said;
The recent buds relax and spread,
Their greenness is a kind of grief.
Is it that they are born again
And we grow old?
No, they die too,
Their yearly trick of looking new
Is written down in rings of grain.
Yet still the unresting castles thresh
In full grown thickness every May.
Last year is dead, they seem to say,
Begin afresh, afresh, afresh.

树文/菲利普·拉金，译/陈黎、张芬龄
树正在长叶子
仿佛在告诉我们什么；
新芽松弛，伸展，
它们的绿是一种悲哀。
是不是它们新生
而我们老去？不，它们也会死。
它们年年变新的诡计
写在一环环的谷粒中。
然而这些不安的城堡仍然在每年
五月饱满厚实地打谷。
去年已死，它们似乎在说，
重新，重新，重新开始吧。

Summary

Staying
in is no
problem

Clear virus worries

心理防“疫”不能输!



词数 180 测试见IV版
建议阅读时间 7分钟

CULTURE Q&A | 文化趣问答

Time for bugs to come back to life



Spring is here. Stay positive and keep learning!



二十一世纪英语教育传媒出品