

2025 年春初一下 Unit 2 How can rules help us? 阅读写作学案

阅读前 (Pre-reading)

There are some rules in our home. What do you think about them?

(1) ---Respect Each Other: Everyone in the family should treat one another with kindness and respect.

---I think that this rule makes the home more _____ (friend), encourages (鼓励) people to _____ (分享) their thoughts freely, and makes sure there are _____ (few) fights.

(2) ---Doing Chores: Every family member should do chores to keep the house clean.

---In my opinion, chores are a great way for every family member to build a sense of teamwork (_____) and they can also learn about responsibility.

阅读中 (While-reading)

寻读 (Scanning) : 定位特定信息 (如日期、人名)

1. There are three parts in a letter.

(To)收信人称呼(Salutation)	Dear Dr.Know,	_____ ,
正文(Body)	/	
写信人署名(Signature)	_____	Best, Dr. Know

略读 (Skimming) 快速阅读获取主旨 (main idea)

2. What does the text mainly talk about?

Alice feels _____ about her family rules and Dr Know gives her _____.

3. What is the text? _____.

细节理解 (Detailed Reading) : 回答问题或填写图表。

4. Why is Alice unhappy?

_____.

5. Does Dr Know think Alice is right?

No, he believes that rules are _____ for our lives.

Look at Para.1 of Alice' s letter and answer the questions.

6. What does Alice need to do before breakfast every day?

She _____ make her bed.

7. Why does Alice have to hurry to school?

Because _____.

8. What must she do or mustn't do at school?

She must _____ and mustn't _____ at school.

Look at Para.1~2 of Dr Know's reply and complete the form.

9. Dr Know's opinion(观点) about "not be late for class"	It shows _____.
10. Dr Know's opinion about "not use your phone in class"	Students need to _____.
11. Dr Know's opinion about "wear a uniform at school"	It helps _____.

Look at Para. 3-4 of Dr Know's reply and answer the questions.

12. How did Dr Know guide Alice?

He suggested that Alice should _____. (By thinking of things she can do.)

13. What does Dr Know think of the rules?

He believes these rules _____.

推断 (Inference) : 根据上下文猜测隐含意义。

14. Which of the following is the right translation of "Dr. Know"? _____

A. 万事通医生 B. 万事通博士

阅读后 (Post-reading)

Read the letters again and complete Alice's notes about her problem. (完成教材 1c)

单元写作: 2c. Write a reply to Eric as Dr Know. Give him some advice.

Dear Dr Know,

Can you help me? I have to follow too many rules at home and at school. I must clean my room every day and I mustn't let my desk get untidy. At school, I can't wear my own clothes. I can't wear my favorite cap either. After school, I can watch TV, but only after I finish my homework, walk the dog and do lots of other things!

I can't even relax at weekends, because I have to practise the violin every day. I never have fun. What can I do?

Yours,

Eric

Dear Eric,

I know it can be difficult to follow many rules. But rules can be good for us.

First, cleaning your room every day is a good habit. It helps you keep your room tidy.

And then, wearing the uniform helps you focus on learning rather than fashion. It also saves time in the morning as there's no need to choose outfits.

Finally, practicing the violin might seem boring, but it might bring you many opportunities in the future.

You can also think about the things you can do. You can play some music while you clean. And you can set a specific time for practice. After that, you do something you enjoy as a reward.

Remember, rules are there to help us, not to make us unhappy.

Best wishes,

Dr Know

Dear Dr Know,

My school has too many rules. Every morning, we must stand quietly outside the classroom. If someone talks, our whole class can't play for 10 minutes. Last week, my friend Jake coughed (cough v. 咳嗽) in the morning meeting. The teacher said he was "breaking the rules". Isn't coughing normal?

Lunchtime is not fun. We only have 15 minutes to eat. We can't share food or sit with friends from other classes. Yesterday, I wanted to sit next to Mike, but a teacher shouted, "Sit where your name is!" Why can't I choose (v. 选择) my seat?

After school, the rules keep coming. Our school bags must be lighter than 5kg. But teachers give us so much homework! I carry books, a water bottle, and a raincoat. Last month, my bag was a little too heavy (just 0.3kg!), and I got in trouble. Are books more important than my back?

Yours,
Sophie

Dear Sophie,

I know school rules can feel unfair, **but first**, let's think why they exist (v. 存在). **Then**, I'll share ideas to make them easier (easy adj. 容易 (的比较级)). **Finally**, you can try small steps to feel happier!

First, the morning quiet rule helps everyone focus. If your class follows it well, ask your teacher: "Can we have 5 more minutes of playtime?"

And then, the lunch rules try to keep things in order. To sit with Mike, you could say: "What if we pick seats on Fridays?" Teachers may say yes!

Next, the heavy bag rule protects your health. Here's an idea: leave books you don't need at school. Check the weather (n. 天气) —no rain? Leave the raincoat at home!

Finally, make rules fun! **First**, finish homework fast? Listen to a song! **Then**, follow rules all week? Draw a picture during break!

Remember: Rules help things work. You're doing great, Sophie!

Best wishes,
Dr Know

Dear Dr Know,

Can you give me advice? My parents are so strict (严格) about screen time. I must turn off my phone by 9 PM every night, even on weekends. I can't watch videos during meals, and I'm not allowed to play online games unless (除非) my homework gets an "A". Last week, my little brother spilled ((使)洒出) juice on my math book, but Mom still said, "No excuses—your phone stays in the kitchen!"

What's worse, I have an English class every Saturday morning. My friends are going to Taibai Park this weekend, but I have to stay home to learn English. Is this fair (公平) ?

Yours,
Lily

Dear Lily,

I know strict rules feel unfair (adj. 不公平). **First**, let's see why your parents do this. **Then**, find ways to talk to them. **Finally**, make small changes to feel happier!

First, the 9 PM phone rule helps you sleep well. Maybe you can say: "If I finish homework early, can I watch a fun video at 8:30?" **And then**, the "A for games" rule helps you study. Try your best not to use any mobile phones. **Next**, Saturday English class is good, but friends are important too. If you study English better, you can have fun in Taibai Park with your friends next time.

Remember: Rules are like maps—they help us find the way. Talk to your parents with a calm (adj. 平静的) voice. Everything will be better. Come on!