**学案**

Passage 1: (2023年全国甲卷七选五)

Tricks To Becoming A Patient Person

Here's a riddle: What do traffic jams,long lines and waiting for a vacation to start all have in common?There's one answer. 36\_\_\_

In the Digital Age, we’re used to having what we need immediately and right at our fingertips. However, research suggests that if we practiced patience, we’d be a whole lot better off. Here are several tricks.

●Practice gratitude(感激)

Thankfulness has a lot of benefits:Research shows it makes us happier,less stressed and even more optimistic. 37\_\_."Showing thankfulness can foster self-control," said Ye Li, researcher at the University of California.

●Make yourself wait

Instant gratification(满足) may seem like the most "feel good"option at the time,but psychology research suggests waiting for things actually makes us happier in the long run. And the only way for us to get into the habit of waiting is to practice.38\_\_ Put off watching your favorite show until the weekend or wait 10 extra minutes before going for that cake.You’ll soon find that the more patience you practice

the more you start to apply it to other, more annoying situations.

●39\_\_\_

So many of us have the belief that being comfortable is the only state we will tolerate, and when we

experience something outside of our comfort zone,we get impatient about the circumstances. You should

learn to say to yourself," 40\_\_\_." You’ll then gradually become more patient.

A. Find your causes

B. Start with small tasks

C. Accept the uncomfortable

D. All this adds up to a state of hurry

E. It can also help us practice more patience

F.This is merely uncomfortable, not intolerable

G. They're all situations where we could use a little extra patience

Passage 2: (2023年全国乙卷七选五)

Indoor plants might look as if they just sit around not doing much, but in many ways they are the unsung heroes of the home. 36 , but studies have shown that they can promote people's well-being by improving their mood(心情)，reducing stress and helping their memory. What's more, indoor plants are easy to look after and are not very expensive.

What are indoor plants?

Indoor plants, also known as houseplants or pot plants, are plants that like to grow indoors. Many of these species(物种) are not ideally suited to growing outside in the UK, especially in the winter. 37\_

Why are indoor plants good for you?

Will Spoelstra, who works at the Royal Botanic Gardens, says, " 38 . I find during the winter months, plants around the house can really lift your mood. " Several studies have backed this up and found that indoor plants can improve creativity, focus and memory. There is also research showing that pot plants can clean the air around them by removing harmful gases, such as carbon dioxide. They also remove some harmful chemicals from paints or cooking. 39\_\_\_

Which plants can you grow?

Aloe vera, peace lilies and spider plants are some of the species that are easy to grow indoors. You can buy plants from supermarkets, garden centers or online. Younger plants are often cheaper than fully grown ones, and you get to care for them as they mature---which is part of the joy of owning plants. 40 . " Spoelstra says. "It can bring a new interest and focus into people's lives and help to make the link between home and nature.

A. All plants are different

B. Not only do they look beautiful

C. There are many benefits to growing plants indoors

D. Instead , they grow better inside, where it is warmer

E. Plants like peace lilies and devil's ivy are among the best

F. Changing the pot of your plant from time to time will also help

G. Learning about the requirements of each plant can be very rewarding.

同频训练：

1. Plan ahead. Most long-distance trains, especially the sleeping car accommodations, sell out very quickly. \_\_\_\_\_\_(36) But no matter when you travel, it's a good idea to make your reservations at least 90 days in advance.(2023年1月浙江卷)
2. Train trips aren’t for impatient types.

B. You'll have views from both sides of the train.

C. The temperature on rail cars is often hard to control.

D. That's particularly true during busy summer months.

E. You might have to wait longer than 24 hours to catch the next one.

F. Chances are the cost will be a lot less than the cost of one bedroom.

G. He may also book you in a sleeping car that’s right next to the diner.

2. ·Set a regular date.

Long-lasting friendships share the characteristic that both sides equally contact (联系) and share with one another. With busy schedules, squeezing in phone calls can be a challenge. \_\_\_16\_\_\_. (2022年全国乙卷)

A. Remember important dates

B. Compensate by writing letters

C. It is also helpful for you to be a friendship keeper

D. Try to find a time that works for both of you and stick to it

E. Friends need to talk about their preferred methods of communication

F. It is easy to have a sense of connectedness through social media

G. You may be the friend who left or the one who was left behind

3. Recognize all of your strengths. Write them down in a journal. Begin to train your brain to look at strength before weakness. List all of your accomplishments and achievements. You have a job, earned your degree, and you got out of bed today. 4\_\_\_ (2022年新课标I卷)

A. Feeling upset again

B. Where do you start?

C. Nothing is too small to celebrate.

D. Remember, you are only human.

E. Set an intention for self-acceptance.

F. Stop comparing yourself with others.

G. When does the comparison game start?

4. When we change our jobs or schools, it often leaves us without a friend. \_\_\_\_\_\_ But for many of us the process is difficult and requires courage.

A. Making new friends comes easy for some people.

B. For a friendship to develop you need to stay in touch.

5. A successful swap depends on the selection of clothes, the organization of the event, and, obviously, how much fun is had. It’s really easy to do! Here are a few pointers.

● Invite 5—10 people so you have a nice selection. 2 , and there may not be enough things to choose from; more than that, and it becomes uncontrollable（2021年全国甲卷）

1. Less people than that

B. Hold a clothing swap

C. If two people are competing

D. Just keep music playing throughout

E. Donate whatever clothes are left over

F. Have everyone put their clothes in the right spots

G. Tell everyone to bring clean clothes in good condition

6. "I often send postcards to family and friends." he says to China Daily, "but you can imagine that after a while, you never receive as many as you send, and you realize that not everyone is into it 32 ” Seeking other like-minded souls, however, Paulo started looking in a somewhat unlikely place: online. Many would say the Internet is a place for people who have given up on the traditional postal service, but Paulo's hunch（直觉）paid off.（2021年浙江省卷）

A. And that's totally fine

B. That makes it extra hard to learn and practice it

C. He likes to think of sending postcards as a family-friendly hobby

D. Many love to make a connection with someone from across the world.

E. On August 5, the number of postcards exchanged by members topped 31 million.

F. Similarly, if you speak only Chinese, receiving a card in Swedish takes part of the fun away.

G. In short, he loves postcards, and the excitement of getting a hand-written note from someone far away.

7. 39 On our first morning in Paris, I went around the corner to the food market to pick up some groceries. I bought a handful of perfectly ripe small strawberries and a little sweet melon. My husband and I agreed they were the best fruit we had ever eaten. But they cost $18!（ 2021全国新高考Ⅰ卷）

A. Not all the customers are tourists.

B. The quality of life in France is equally excellent.

C. There was a nice kitchen and a comfortable bed.

D. The amazing food is mainly consumed by local farmers.

E. That's not the only reason the French eat less than we do.

F. Our aim was to see if we could live, in some way, like real Parisians.

G. The food is so delicious that you don't need much of it to make you happy.

8. The large color decisions in your rooms concern the walls, ceilings, and floors . Whether you’re looking at wallpaper or paint, the time, effort and relative expense put into it are significant. \_\_\_\_\_\_(40).

A. While all of them are useful

B. Whatever you’re looking for

C. If you’re experimenting with a color

D. Small color choices are the ones we’re most familiar with

E. It’s not really a good idea to use too many small color pieces

F. So it pays to be sure, because you want to get it right the first time

G. Color choices in this range are a step up from the small ones in two major ways

9. Housewarming parties get their name from the fact that a long time ago people would actually bring firewood to a new home as a gift. 40 Now most homes have central heating and don’t use fires to keep warm. （2020年新课标III）

A. This isn’t usual though.

B. It is traditional to bring a gift to a housewarming party.

C. You can also bring food or drinks to share with the other guests.

D. If you're lucky enough to receive gifts, keep them in a safe place.

E. It also gives people a chance to see what the new home looks like.

F. The best house warming parties encourage old friends to get together.

G. This was so that the person could keep their home warm for the winter.