

10. 如果绿灯没亮, 请等 30 秒。

V. 阅读理解

Everyone has something to worry about. What should you do about it? Here are three steps for you.

1. Find out the problem

You must find out what your problem is first, and then you can know how to solve (解决) it. If it is hard to find out what worries you, go to Step 3 and get some help from others.

2. Think of ways to make it better

Think of some ways that can help you feel better. For example, grades at school are a top worry for children. If that's also your problem, ask yourself these questions:

● Why are grades important?

● How do I prepare for class?

● Do I have a good place to do my homework?

You may feel better after thinking about them. If you can't think of anything to make you feel better, and then it's time to jump to Step 3.

3. Ask for help

When you're worried, you can ask for help. Why? Because you don't know if someone can help you until you share your feelings and let the person try to help. Also, if you tell others, you will feel better, and they can think about ways to help you.

() 1. If you are worried about something, what should you do first according to the passage?

A. Move to a good place.

B. Ask your father for help.

C. Ask yourself some questions.

D. Find out what worries you.

() 2. What are the students worried about most?

A. Their grades.

B. Their family.

C. Their homework.

D. Their friendship.

() 3. Why should you tell others your worries according to the passage?

A. Because others can solve the problems for you.

B. Because others can find someone to help you.

C. Because others can help you find ways to feel better.

D. Because you can share your worries with each other.

() 4. Which of the following is NOT true according to the passage?

A. The writer shows us three steps to do with the problems.

B. Some people have something to worry about but some don't.

C. If you don't know what your problem is, you can ask others for help.

D. Thinking about some ways to make you feel better is helpful.

() 5. What's the best title for the passage?

A. How to Throw Worries Away

B. How to Give Children More Advice

C. Where to Ask for Help

D. How to Live a Colourful Life