

8年級英文演說 題目一

Winnie's Pirate Adventure

Winnie the Witch and her big black cat Wilbur were getting ready for a party. It was a fancy dress party. "What will we wear, Wilbur?" asked Winnie. "We'll have to think about that." "Cinderella? NO! A bear? NO! Robin Hood? NO, NO! Then Winnie had a fantastic idea. She waved her magic wand, shouted, **Abacadabra!** And there she was, wearing a pirate costume. Wilbur was in a parrot suit. Winnie was pleased. "We look fantastic!" she said. Wilbur was embarrassed. "We look ridiculous," he thought.

Winnie jumped onto her broomstick, Wilbur jumped onto her shoulder, and they flew off to the party. There were some wonderful costumes at the party. Fairies, clowns, a lion, a princess, some spacemen and lots of pirates. The other pirates admired Winnie's parrot. Wilbur flapped his wings. "All we need now is a treasure map," one pirate said. "I found a treasure map in my pocket," said another pirate. "So all we need now is a ship." "I can do that," said Winnie. She waved her magic wand, shouted, **Abacadabra!**

And there was a pirate ship. "Hurrah!" shouted the pirates. They climbed aboard and sailed away. "Yo-ho-ho!" shouted Winnie's Pirates. "Being a pirate is fun!" They climbed up the masts. They walked the plank, until Winnie fell in. Luckily she could swim.

Winnie's pirates got out the treasure map. There were islands all around their ship. Which one was the treasure island? But then they saw an island that looked exactly like the one on the treasure map. Winnie and her pirates splashed ashore. They climbed to the top of a hill and looked down. They ran down to the hole in the sand and started digging. It was hard work. But at last they dug out the treasure chest. Winnie lifted up the lid. The chest was empty. But Wilbur saw something shining in the sand. What was it? He started to dig and dig. Out came a big shiny box. And inside the box were lots and lots of shiny tins....of sardines! "Meee-yo-ho-ho-!" Wilbur was delighted. He loved sardines. But other pirates were not delighted. Winnie had a wonderful idea. She waved her wand, shouted, **Abacadabra!** And the treasure chest was full of shiny treasure. Now Winnie's pirates were delighted.

Winnie's pirates shared the treasure with his friends. They were delighted, too. Wilbur didn't share his sardines. "Being a pirate is fun, Wilbur," Winnie said. "But being a witch is much more fun."

8年級英文演說 題目二

Ways to Manage Stress

Stress is a common part of life that affects people in various ways. It can be caused by work, relationships, financial problems, or even personal issues. While it is impossible to completely eliminate stress from our lives, there are ways to effectively deal with it and minimize its negative impact. Here are some simple but effective strategies to help you manage stress.

One of the most important things to remember when dealing with stress is to take care of yourself. This includes getting enough sleep, eating a healthy diet, and exercising regularly. When your body is well-rested and nourished, it is better equipped to handle stress. Regular physical activity, such as walking or yoga, can also help reduce stress levels by releasing endorphins, the body's natural mood enhancers.

Another helpful technique is to practice relaxation exercises. Deep breathing, meditation, and progressive muscle relaxation are all effective relaxation techniques that can reduce stress and calm the mind. These techniques can be done anywhere and at any time, making them convenient tools to have in your stress management toolbox.

Additionally, it is important to identify the sources of your stress and find healthy ways to cope with them. If work is causing you stress, it may be helpful to set boundaries, prioritize tasks, and delegate when necessary. If relationships are a major source of stress, consider seeking support from trusted friends or family members, or even professional counseling. Finding healthy outlets for stress, such as engaging in hobbies or creative activities, can also provide a much-needed sense of relief.

In conclusion, stress is a normal part of life, but it is important to manage it effectively to maintain a healthy and balanced lifestyle. By taking care of yourself, practicing relaxation techniques, and finding healthy ways to cope with the sources of your stress, you can effectively deal with stress and minimize its negative impacts. Remember, it's okay to ask for help when needed, and always prioritize your well-being.

8年級英文演說 題目三

World Water Day: A Conversation about Water with Poor Kids

In a small village, a group of children gathered under the shade of a big tree. It was a hot sunny day, and they were playing with empty water bottles. They laughed and shared stories while waiting for their friend, Sara, to arrive. Sara was the only one who had access to clean water in her house.

As Sara joined the group, she noticed the empty bottles and asked, 'What are you guys doing with those bottles?' 'We are pretending to have clean water like you do,' said Ahmed, a young boy from the group.

'Sara, why do we not have clean water like you?' asked Aisha, a girl with sparkling eyes. 'It's not fair,' added Ali. Sara sat down with her friends and started explaining. 'Water is essential for our survival, yet many people, especially those living in poor communities, do not have access to clean water. This leads to many health problems and even deaths.'

The children listened attentively, eager to understand more. Sara continued, 'On World Water Day, people all over the world come together to find solutions to this problem. We need to conserve water and support organizations working to provide clean water to those in need.'

'But how can we help?' asked Omar, a curious boy.

'We can start by using water wisely and not wasting it,' Sara replied. 'We can also spread awareness about the importance of clean water, just like we are doing now. Every little effort counts!'

The children nodded in agreement. They understood that even though they were kids, they could make a difference in the world by learning about water and sharing their knowledge with others.

As the conversation came to an end, the children decided to start a water conservation club in their school. They knew that by educating themselves and others, they could create a brighter future where every child had access to clean water.

On World Water Day, March 22nd, let's remember the importance of water and make a pledge to work together for a better world, where no child goes thirsty.