

雅思口语“全能 10 条”套句训练

低难度（10 组）

1. 听播客能放松身心
2. 拼乐高让我一直觉得有趣
3. 写日记帮我释放压力
4. 刷短视频是很好的消遣
5. 学花艺让生活更有趣
6. 喝热可可让我心情好
7. 参加书友会帮我拓展社交
8. 读人物传记丰富我的认知
9. 做瑜伽让身心都舒展
10. 逛美术馆提升审美

中高难度（20 组）

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2. 比起逛街，我觉得做手工更能增添生活趣味
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18. 参加读书马拉松，沉浸阅读又交流思想
19. 学做创意早餐，点亮清晨还增添趣味
20. 跟着纪录片学做菜，学技能又长见识

答案与解析

低难度（10 组）

1. 听播客能放松身心

- 答案 1: Listening to podcasts relaxes my body and refreshes my mind.
- 答案 2: It relaxes me to listen to podcasts.
- 解析: 用动名词作主语和 it 作形式主语，简单直接，符合“放松身心”的套句表达，适合描述日常放松方式。

2. 拼乐高让我一直觉得有趣

- 答案 1: Building Lego amuses me all the time.
- 答案 2: I find building Lego really fun.
- 解析: “amuse”和“fun”都体现“觉得有趣”，句式简单，适合表达爱好带来的乐趣。

3. 写日记帮我释放压力

- 答案 1: Keeping a diary helps me reduce stress.
- 答案 2: I can let off steam by keeping a diary.
- 解析: “reduce stress”和“let off steam”都是“释放压力”的常用表达，通过不同句式练习核心套句。

4. 刷短视频是很好的消遣

- 答案 1: Watching short videos is a good way to kill time.

- 答案 2: It's great to kill time by watching short videos.
- 解析: “kill time” 是“消遣”的常用套句, 两种句式都简单易懂, 适合高中生掌握。

5. 学花艺让生活更有趣

- 答案 1: Learning flower arrangement makes life more interesting.
- 答案 2: Studying flower arrangement adds fun to my life.
- 解析: “makes...more interesting” 和 “adds fun to” 都能表达“让生活更有趣”, 贴近高中生表达水平。

6. 喝热可可让我心情好

- 答案 1: Drinking hot cocoa puts me in a good mood.
- 答案 2: Hot cocoa makes me feel happy.
- 解析: 简单句式表达“让心情好”, 词汇和语法难度适合高中生, 容易掌握。

7. 参加书友会帮我拓展社交

- 答案 1: Joining a book club helps me make more friends.
- 答案 2: I can expand my social circle by joining a book club.
- 解析: “make more friends” 和 “expand social circle” 都是“拓展社交”的通俗表达, 符合高中生认知。

8. 读人物传记丰富我的认知

- 答案 1: Reading biographies enriches my knowledge.
- 答案 2: I learn a lot from reading biographies.
- 解析: 用简单词汇表达“丰富认知”, “enriches my knowledge” 和 “learn a lot” 都很基础, 便于练习。

9. 做瑜伽让身心都舒展

- 答案 1: Doing yoga makes my body and mind relaxed.
- 答案 2: Yoga helps me loosen up physically and mentally.
- 解析: 两种表达都围绕“身心舒展”, 词汇难度低, 适合高中生运用。

10. 逛美术馆提升审美

- 答案 1: Visiting art galleries improves my aesthetic ability.
- 答案 2: Going to art galleries helps me develop a better sense of beauty.
- 解析: 用简单词汇解释“提升审美”，句式不复杂，符合高中生水平。

中高难度（20 组）

11. 虽然学编程很难，但它能锻炼思维

- 答案 1: Though learning programming is hard, it trains my thinking.
- 答案 2: Learning programming is difficult, but it can exercise my mind.
- 解析: 用“though”“but”引导让步和转折，表达“锻炼思维”，词汇和语法适合高中生理解。

12. 比起逛街，我觉得做手工更能增添生活趣味

- 答案 1: I think doing crafts adds more fun to life than shopping.
- 答案 2: Compared with shopping, doing handwork makes life more interesting.
- 解析: “than”和“compared with”用于比较，表达“增添生活趣味”，难度适中。

13. 只有坚持晨跑，才能真正缓解压力

- 答案 1: Only by keeping morning runs can I really reduce stress.
- 答案 2: I can truly let off pressure only if I stick to morning running.
- 解析: “only by”“only if”引导条件，表达“缓解压力”，句式稍复杂但高中生可掌握。

14. 无论多忙，听古典乐都能让我心情好

- 答案 1: No matter how busy I am, listening to classical music cheers me up.
- 答案 2: However busy I am, classical music can put me in a good mood.
- 解析: “no matter how”“however”引导让步，表达“让心情好”，符合高中生学习的语法点。

15. 线上英语角帮我提升口语，还拓展社交

- 答案 1: Online English corners help me improve my speaking and make more friends.
- 答案 2: I can enhance my oral English and expand my social circle through online English corners.
- 解析: 用并列结构表达双重好处，词汇和句式适合高中生练习。

16. 周末去徒步，既放松身心又丰富经历

- 答案 1: Going hiking on weekends both relaxes me and enriches my experience.
- 答案 2: Hiking on weekends not only makes me relaxed but also adds to my experience.
- 解析: “both...and...”“not only...but also...” 连接并列成分，表达多重意义，难度适中。

17. 看科幻电影，既能娱乐又能激发想象力

- 答案 1: Watching sci-fi movies can both entertain me and inspire my imagination.
- 答案 2: Sci-fi movies are entertaining and can also stimulate my creativity.
- 解析: 简单词汇表达“娱乐”和“激发想象力”，句式结构清晰，适合高中生。

18. 学茶道，能培养气质还懂传统文化

- 答案 1: Learning tea ceremony can cultivate my temperament and help me understand traditional culture.
- 答案 2: Studying tea art develops my personality and makes me know more about traditional culture.
- 解析: 用基础词汇表达“培养气质”和“懂传统文化”，难度符合高中生水平。

19. 参加公益活动，能传递善意又扩大社交圈

- 答案 1: Taking part in public welfare activities can pass on kindness and expand my social circle.
- 答案 2: Participating in charity activities helps me spread goodwill and make more friends.
- 解析: “pass on kindness”“spread goodwill”都是“传递善意”的表达，句式简单。

20. 每天背单词，为雅思备考积累知识、磨炼意志

- 答案 1: Memorizing words every day accumulates knowledge and trains my will for IELTS preparation.
- 答案 2: I build up knowledge and strengthen my will by reciting words daily for IELTS.
- 解析: 用“accumulates”“build up”表达“积累知识”，“trains”“strengthen”表达“磨炼意志”，难度适中。

21. 看脱口秀，能开怀大笑还学流行表达

- 答案 1: Watching talk shows makes me laugh a lot and learn popular expressions.

- 答案 2: Talk shows can make me laugh heartily and help me pick up popular phrases.
- 解析: 简单词汇表达“开怀大笑”和“学流行表达”, 适合高中生练习。

22. 研究家谱, 能了解家族历史又沉淀心性

- 答案 1: Studying family trees helps me learn about family history and calm my mind.
- 答案 2: Researching genealogy makes me understand my family's past and settle my mood.
- 解析: “learn about”“understand”表达“了解”, “calm my mind”“settle my mood”表达“沉淀心性”, 难度不高。

23. 做手账, 让生活有条理还满是仪式感

- 答案 1: Keeping a hand account makes life organized and full of a sense of ritual.
- 答案 2: Doing a bullet journal brings order to life and fills it with ritual.
- 解析: 用简单词汇解释“有条理”和“仪式感”, 高中生容易理解和运用。

24. 学即兴戏剧, 锻炼应变力又拓展社交

- 答案 1: Learning improvisational drama trains my adaptability and helps me make more friends.
- 答案 2: Studying improv exercises my ability to respond quickly and expands my social circle.
- 解析: “trains”“exercises”表达“锻炼”, “adaptability”“ability to respond quickly”表达“应变力”, 难度适中。

25. 周末整理房间, 放松身心还提升效率

- 答案 1: Tidying up the room on weekends relaxes me and improves efficiency.
- 答案 2: I can relax and become more efficient by cleaning my room on weekends.
- 解析: 简单句式表达“放松身心”和“提升效率”, 适合高中生掌握。

26. 听播客学历史, 丰富知识还拓宽视野

- 答案 1: Learning history through podcasts enriches my knowledge and broadens my horizons.
- 答案 2: Listening to history podcasts helps me gain more knowledge and widen my view.

- 解析：“enriches knowledge”“gain more knowledge”表达“丰富知识”，“broadens horizons”“widen view”表达“拓宽视野”，基础且常用。

27. 尝试街头摄影，捕捉瞬间还培养审美

- 答案 1：Trying street photography helps capture moments and develop aesthetic sense.
- 答案 2：Doing street photography allows me to catch fleeting moments and improve my taste.
- 解析：用简单词汇表达“捕捉瞬间”和“培养审美”，难度符合高中生水平。

28. 参加读书马拉松，沉浸阅读又交流思想

- 答案 1：Joining a reading marathon makes me enjoy reading deeply and exchange ideas.
- 答案 2：Participating in a book marathon lets me be immersed in reading and share thoughts.
- 解析：“enjoy reading deeply”“be immersed in reading”表达“沉浸阅读”，“exchange ideas”“share thoughts”表达“交流思想”，句式简单。

29. 学做创意早餐，点亮清晨还增添趣味

- 答案 1：Learning to make creative breakfasts brightens the morning and adds fun.
- 答案 2：Making creative breakfasts lights up the early morning and brings more joy.
- 解析：用生动的词汇表达“点亮清晨”和“增添趣味”，适合高中生运用。

30. 跟着纪录片学做菜，学技能又长见识

- 答案 1：Learning to cook from documentaries helps me acquire skills and gain experience.
- 答案 2：I can learn cooking skills and broaden my knowledge by following documentaries.
- 解析：“acquire skills”“learn skills”表达“学技能”，“gain experience”“broaden knowledge”表达“长见识”，难度适中。