# 高中英语作文：Weekend

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　　Weekends are important. They provide people with the kind of rest and relaxation that are essential to a happy and healthy life. I’m one of those who know how to enjoy their leisure on the weekend. A good sleep at Saturday night usually helps me to recover from the hard labor of the week. A delight Sunday trip to the suburbs makes me fresh and free from any tension.

　　If I stay at home, I usually do some light reading or practice Chinese calligraphy ---- a traditional writing skill which has an extraordinary calming effect. Sometimes mother invites me to help her cook and I am always happy to accept her invitation.A good rest on the weekend always makes me feel happy, energetic, confident and ready to all the hard work ahead of me. You cannot work happily and efficiently until you learn how to rest and relax on the weekend.

**周末**

　　周末很重要。他们提供休息和放松是必不可少的那种快乐和健康生活的人。我为那些谁知道如何享受周末的休闲之一。在星期六晚上的睡眠通常可以帮助我恢复一周的辛勤劳动。一个快乐星期天到郊外旅行，使我神清气爽，无任何紧张。 如果我留在家里，我经常做一些轻阅读或练习汉字书法----一个传统的写作技能，具有非凡的镇定效果。有时母亲请我帮她做饭，我总是乐于接受她的邀请.一个周末好好休息总是让我感到快乐，精力充沛，有信心，并准备向所有辛勤工作在我前面。你不能有效地工作，快乐，直到你学会如何休息和放松的周末。

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