

迪士尼青少年  
英汉双语读物

# Disney · PIXAR INSIDE OUT

美绘  
版

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美国迪士尼公司 / 著 沈勇 / 编

## 头脑特工队

迪士尼经典故事学英文

- 1 原版电影故事
- 2 语法讲座测试
- 3 全真剧照典藏



华东理工大学出版社  
EAST CHINA UNIVERSITY OF SCIENCE AND TECHNOLOGY PRESS





阅读迪士尼经典电影故事, 学习纯正语言、地道表达  
第88届奥斯卡最佳动画长片

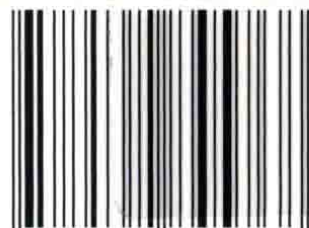
Look who's helping you out of your mind.  
看看脑袋里谁在帮你出主意

## 头脑特工队

Growing up can be a bumpy road, and it's no exception for Riley. Like all of us, Riley is guided by her emotions—Joy, Sadness, Anger, Fear, and Disgust. As Riley and her emotions struggle to adjust a new life, turmoil ensues in Headquarters...

成长是一条崎岖的路, 莱莉也不例外。和所有人一样, 莱莉受到情绪小人, 乐乐、忧忧、怒怒、怕怕和厌厌的引导。在莱莉和情绪小人努力适应新生活时, 情绪总部里的混乱接踵而至……

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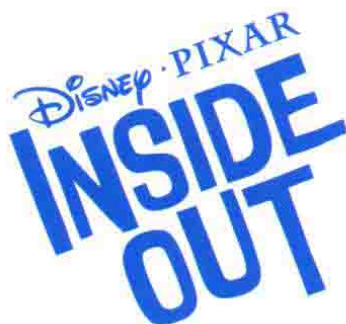
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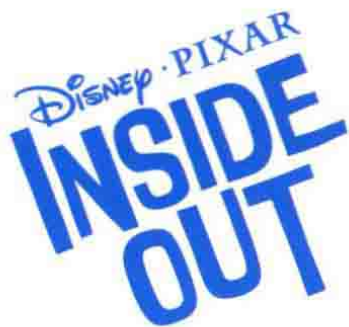
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How to Say “Say”

Activities



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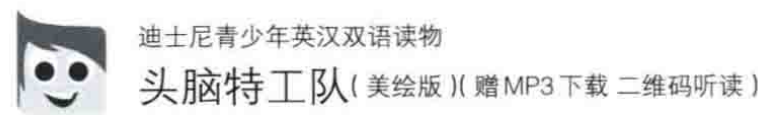
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## 本书特色及使用说明

《迪士尼青少年英汉双语读物》精选迪士尼官方授权的原版电影故事，语言纯正，表达地道，让青少年感受并学习原汁原味的英语。

有趣、有品、有效是本套书的特色：有趣的故事 + 有趣的设计，激发青少年的英文阅读兴趣；高品质的制作 + 迪士尼电影故事所传递的“品格”力量，让青少年在有效学习语言的同时，更好地理解世界、认知自我并更好地热爱生活。



Joy and Sadness continued through Long Term Memory until they met up with a familiar creature. It was Bing Bong, Riley's old *imaginary* friend! He was part cat, part elephant, and part dolphin, and he was made of cotton candy. He and Riley had had many *adventures* in his song-powered *wagon* rocket when she was three.

Bing Bong suggested they take the Train of Thought to Headquarters. He even knew a shortcut to the nearest station.

*imaginary* adj. 想象中的 *adventure* n. 冒险 *wagon* n. 铁路货车



Bing Bong led them to a strange building called *Abstract* Thought. "The station is right through here," he said.

"I read about this place in the manual. We shouldn't go in there," said Sadness. But Joy didn't want to waste any more time. "I'm not missing that train," she said, hurrying after Bing Bong.

*Conflicted*, Sadness followed.

*abstract* adj. 抽象的 *conflict* v. 冲突, 矛盾

01



### 01 单词词组注释

每页标注出重点、难点单词或词组，扫除阅读障碍，便于阅读和学习。

### 02 全真剧照典藏

本书全彩印刷，海量剧照精美呈现，再现电影场景，带来无限想象，丰富阅读体验。

7. As Jangles \_\_\_\_\_ the soundstage, Bing Bong, Sadness, and Joy ran to the Train of Thought and hopped on.
8. Bing Bong, Sadness, and Joy entered a soundstage door and saw a set that looked like Riley's classroom. They ducked behind a costume rack and \_\_\_\_\_ a plan.

## Grammar

### 过去进行时与被动语态

04

#### 过去进行时 (Past continuous tense)

表示过去在某一时刻或某一段时期内正在发生或进行的动作或状态。

过去进行时的构成是:

was/were + doing

- Riley said good-bye to her parents, and then she was off to her new school. So far, the day **was going** great.
- At dinnertime, Riley's parents noticed she **wasn't acting** like herself.

#### 被动语态 (Passive voice)

英语中有两种语态: 主动语态和被动语态。被动语态, 即不知道动作执行者或强调动作承受者的一种语态。

被动语态的过去时态通常是:

was/were + done

- But the fun came to an end when Dad **was called** away for work.
- The islands **were connected** to Headquarters by lightlines.

#### Choice.

- Bing Bong \_\_\_\_\_ (**was making; was made**) of cotton candy.
- Anything that was potentially gross \_\_\_\_\_ (**was handling; was handled**) by Disgust.
- Inside Headquarters, Anger, Disgust, and Fear tried to run things like Joy. But they \_\_\_\_\_ (**were failing; were failed**) miserably.
- Dad's Emotions helped him "put the foot down," and Riley \_\_\_\_\_ (**was sending; was sent**) to her room.
- At school that day, Riley ate lunch by herself. She \_\_\_\_\_ (**was experiencing; was experienced**) an abstract \_\_\_\_\_ (**03**) of her own: loneliness.
- Joy, Sadness, and Bing Bong raced to Dream Productions, where Riley's dreams \_\_\_\_\_ (**were making; were made**).
- Sadness's plan \_\_\_\_\_ (**was working; was worked**): they \_\_\_\_\_ (**were scaring; were scared**) Riley awake!
- Joy and Sadness managed to escape, but Bing Bong \_\_\_\_\_ (**was taking; was taken**) away!
- Meanwhile, Riley \_\_\_\_\_ (**was getting; was gotten**) ready to run away from home.
- Bing Bong noticed he \_\_\_\_\_ (**was starting; was started**) to fade.
- The guards dragged Bing Bong down to the Subconscious, where all of Riley's darkest fears \_\_\_\_\_ (**were keeping; were kept**) behind locked doors.
- In Headquarters, Anger, Fear, and Disgust \_\_\_\_\_ (**were regretting; were regretted**) the plan.
- Riley's parents \_\_\_\_\_ (**were relieving; were relieved**) when she walked through the front door.

## 03 拓展拔高训练

本书练习丰富, 题型多样, 有结合各篇章重难点单词、词组的练习, 也有多层次多形式的阅读练习。

## 04 语法讲座测试

本书结合各篇章语言特色, 讲解重点、难点语法, 避免脱离语境的学习。同时设置练习, 考查对该语法点的掌握情况。

## 05 纯正美音朗读

■ 附赠**纯正美音朗读 MP3 下载**, 同时设置二维码, 便于随扫随听, 打开青少年的英文耳朵, 体验与众不同的听读盛宴。

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# Chapter 1





**O**n the day Riley was born, Joy appeared. Joy was an Emotion. She worked inside Headquarters, the main control center in Riley's mind. There, on the giant *screen*, Joy could see the world through Riley's eyes. She watched with wonder as Riley's parents looked at their daughter *for the first time*.



---

screen *n.* 屏幕 for the first time 初次, 第一次







Joy wanted Riley's life to burst with happiness. Her goal was to keep cheerful yellow memory *spheres* rolling through Headquarters. And since she was the only Emotion, Joy *figured* her job was going to be pretty easy!

But just thirty-three seconds after Riley was born, another Emotion appeared. It was Sadness. As the small blue Emotion took the controls in Headquarters, Riley began to cry. Joy quickly nudged Sadness *aside*.




---

sphere *n.* 球(体)    figure *v.* 认为, 推测    aside *adv.* 在旁边, 在一边

Headquarters soon became more crowded as new Emotions reported for duty.

Each one took his or her turn at the control *panel*—or *console*—and guided Riley through everyday tasks, *interactions*, and challenges. It seemed to Joy that most of the Emotions had an important purpose.

Fear kept Riley safe. If there was a treacherous *power cord* to cross, he was the Emotion to safely guide her to the other side.

panel *n.* 控制板   console *n.* 操纵台   interaction *n.* 互动   power cord 电源线





Anything that was potentially **gross** was handled by Disgust. She helped Riley decide whether to accept it . . . or spit it out!

And no one knew how to handle life's **injustices** better than Anger. He helped Riley stand up for herself and demand fairness.



gross *adj.* 恶心的    injustice *n.* 不公平





But Sadness . . . why did Riley need her? She always seemed to make Riley sad, which was the opposite of what Joy wanted. So Joy tried to keep Sadness off the console in Headquarters *as often as possible*.

Outside Headquarters in Riley's Mind World were Riley's five Islands of Personality: Family, Honesty, **Hockey**, Friendship, and **Goofball**.



as...as possible 尽可能 hockey *n.* 曲棍球 goofball *n.* 傻瓜, 怪人

The islands were connected to Headquarters by lightlines. Riley's core memories, the super-important memories that came from the biggest moments in her life, sent power through the lightlines to keep the islands running.

With Joy *in charge*, Riley had a great childhood. Every day, yellow memory spheres filled up Headquarters. Riley's first eleven years went just as Joy had planned . . . but then everything changed.

---

in charge 在……看管下





## Comprehension

**Choose the best answer according to the chapter you have just read.**

1. On the day Riley was born, Joy appeared and she was an \_\_\_\_\_.  
A. emotion                      B. enemy                      C. entertainment
2. Joy watched with wonder as Riley's \_\_\_\_\_ looked at their daughter for the first time.  
A. mother                      B. father                      C. parents
3. Joy's goal was to keep cheerful \_\_\_\_\_ memory spheres rolling through Headquarters.  
A. yellow                      B. green                      C. blue
4. Since she was the only Emotion, Joy figured her job was going to be \_\_\_\_\_.  
A. very interesting              B. quite busy              C. pretty easy
5. As the small blue Emotion took the controls in Headquarters, Riley began to \_\_\_\_\_.  
A. smile                      B. cry                      C. laugh
6. Headquarters soon became more crowded as new \_\_\_\_\_ reported for duty.  
A. friends                      B. emotions                      C. memories
7. It seemed to Joy that most of the Emotions had \_\_\_\_\_ purpose.  
A. an important              B. no important              C. an interesting
8. No one knew how to handle life's injustices better than \_\_\_\_\_.  
A. Sadness                      B. Joy                      C. Anger



9. Outside Headquarters in Riley's Mind World were Riley's five Islands of Personality: Family, Honesty, \_\_\_\_\_, Friendship, and Goofball.

A. Skating

B. Hockey

C. Basketball

10. With Joy in charge, Riley had a great childhood. Every day, \_\_\_\_\_ memory spheres filled up Headquarters.

A. many colorful

B. many new colored

C. many yellow

## Phrases

### 本章词组表:

burst with... 充满, 装满      filled up 填满; 装满 (+ 地方 / 容器)

nudge sb. aside (用臂肘) 轻轻推开

guide sb. through... 引导 / 带领某人经历 / 走过 ...

stand up for... 为……挺身而出

the opposite of 对立面; 与……相反      keep... doing 保持 / 继续做某事

### Fill in the blanks.

**burst with    filled up    nudged    guided    stand up for**  
**the opposite of    keep**

1. Every day, yellow memory spheres \_\_\_\_\_ Headquarters.

2. Joy wanted Riley's life to \_\_\_\_\_ happiness.

3. Anger helped Riley \_\_\_\_\_ herself and demand fairness.

4. Sadness always seemed to make Riley sad, which was \_\_\_\_\_ what Joy wanted.

5. Riley's core memories sent power through the lightlines to \_\_\_\_\_ the islands running.
6. Joy quickly \_\_\_\_\_ Sadness aside.
7. Each one took his or her turn at the control panel and \_\_\_\_\_ Riley through everyday tasks.

## Grammar

### It seems that... VS sb. seems to...

**It seems that...** 可与 **sb. seems to...** 进行句型转换:

本章实例 1:

*It seemed to Joy that* most of the Emotions had an important purpose.

= To Joy, most of the Emotions *seemed to* have an important purpose.

本章实例 2:

*It seemed that* Sadness always made Riley sad, which was the opposite of what Joy wanted.

= Sadness always *seemed to* make Riley sad, which was the opposite of what Joy wanted.

同样的句型还有:

1. *It appeared that* Riley's parents felt very happy over the progress of the girl.

= Riley's parents *appeared to* feel very happy over the progress of the girl.

2. *It was said* that Joy could see the world through Riley's eyes.  
= *Joy was said* to be able to see the world through Riley's eyes.

## 形容词比较级和最高级

1. No one knew how to handle life's injustices *better than* Anger.

当把一个人或物同另外一个人或物比较时, 就需要用到形容词比较级。

2. Riley's super-important memory came from *the biggest* moments in her life.

三者或者三者以上的人或物进行比较时, 需要使用形容词的最高级。

在英语中, 在表示“比较……”和“最……”时, 形容词要用特别的形式, 称为“比较级”和“最高级”, 原来的形容词称为“原级”。

形容词的比较级和最高级的构成方法如下:

1. 单音节形容词和少数双音节形容词一般情况下在词尾加 **-er** 或 **-est**:

**small, smaller, smallest**; 以不发音字母 **e** 结尾的单词加 **-r** 或 **-st**:

**large, larger, largest**; 以辅音字母 + **y** 结尾的词, 变 **y** 为 **i** 再加 **-er** 或 **-est**: **busy, busier, busiest**; 以重读闭音节结尾且末尾只有一个辅音字母的词, 应双写该辅音字母再加 **-er, -est**, **big, bigger, biggest**

2. 在多音节形容词和多数双音节形容词前加 **more** 或 **most** 构成比较级或最高级:

**important, more important, most important**

3. 不规则变化:

**good/well, better, best; bad/ill, worse, worst; many/much, more, most; little, less, least; far, farther/further, farthest/furthest**



## Fill in the blanks.

**best   darkest   later   nearest   better   higher**

1. \_\_\_\_\_ that evening, Riley ignored her father's attempts to cheer her up, and Goofball Island started to fall apart!
2. Meanwhile, Riley was on her laptop computer, chatting with her \_\_\_\_\_ friend, Meg, in Minnesota.
3. Bing Bong suggested they take the Train of Thought to Headquarters. He even knew a shortcut to the \_\_\_\_\_ station.
4. The guards dragged Bing Bong down to the Subconscious, where all of Riley's \_\_\_\_\_ fears were kept behind locked doors.
5. Without Joy's noticing, Bing Bong jumped out. The rocket soared \_\_\_\_\_ . . . and made it over the ledge!
6. Joy chased Sadness through Long Term Memory and into Imagination Land. "Riley's \_\_\_\_\_ off without me!" she yelled as she hopped onto a cloud and floated away.



## Translation 中文翻译

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### 第一章

**P.07** 茉莉出生的那天,乐乐也出现了。乐乐是个情绪小人。她在大脑总部工作,那是茉莉大脑的主控中心。在那里,乐乐可以在巨大的屏幕上,通过茉莉的眼睛看到外面的世界。当茉莉的爸爸妈妈第一次看着女儿的时候,乐乐惊奇地盯着眼前的一幕。

**P.08** 乐乐希望茉莉的生活充满幸福。她的任务是保持令人愉快的黄色记忆球不断滚过大脑总部。因为乐乐是那里唯一的情绪小人,她认为自己的工作相当简单!

然而,茉莉出生后仅仅 33 秒,另一个情绪小人出现了。那是忧心。蓝色情绪小人占领了大脑总部的控制台,茉莉开始哭了起来。乐乐赶紧把忧心赶到一边去。

**P.09** 随着新的情绪小人陆续报到,大脑总部很快变得更加拥挤了。

每个情绪小人轮流走上控制仪表盘——或者控制台——引导着茉莉经历各种日常事务、互动以及挑战。在乐乐看来,大多数的情绪小人都有各自重要的使命。

怕怕负责茉莉的安全。如果遇到可能有危险的电源线时,这个情绪小人就会引导茉莉安全地绕开。

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**P.10** 任何有可能引起反感的東西都由厭厭處理。她幫助萊莉決定是接受……還是厭棄！

沒有人比怒怒更懂得如何處理生活中的不公了。他幫助萊莉挺身而出，尋求公平。

**P.11** 但是，憂憂……為什麼萊莉會需要她呢？她似乎總讓萊莉傷心，這與乐乐的愿望恰恰相反。因此，乐乐常常设法让忧忧尽量远离大脑总部的控制台。

在大腦總部外，萊莉的心理世界里还有五座个性小岛：家庭岛、诚实岛、冰球岛、友情岛和淘气岛。

**P.12** 这些岛屿通过光缆与大脑总部连接。萊莉的核心记忆——那些极其重要的记忆来自她生活中最重大的时刻，记忆球通过光缆给那些个性小岛发送能量。

在乐乐的掌控下，萊莉度过了美好的童年。每天，大腦總部里充滿了黃色记忆球。萊莉生命中的前十一年过得就像乐乐计划的那样……但是，后来，一切都变了。

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# Chapter 2

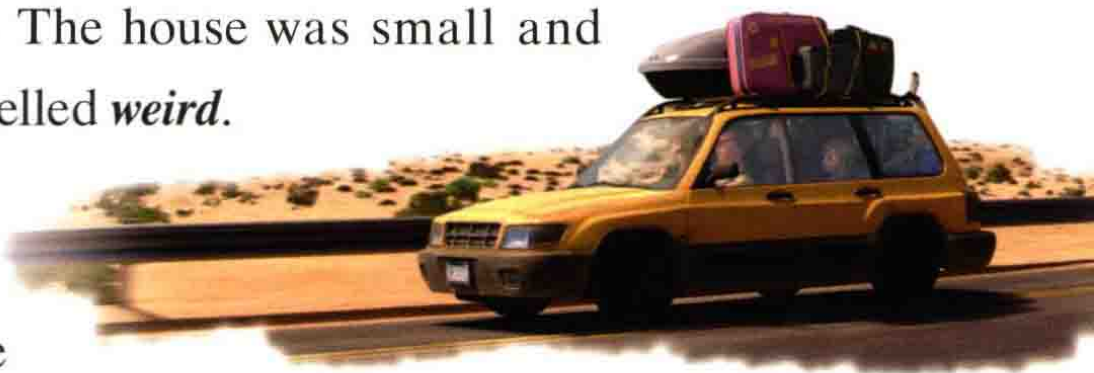


Riley's parents sold their house in Minnesota, packed up, and moved the family to San Francisco!

When they arrived at their new home, the Emotions were horrified. The house was small and *spooky*, and it smelled *weird*.

Joy tried to *keep everyone's spirits up*. "I've got a great idea!" she yelled, *plugging* an idea bulb into the console.

Riley suddenly grabbed her hockey stick and the family played a goofy game of living room hockey.



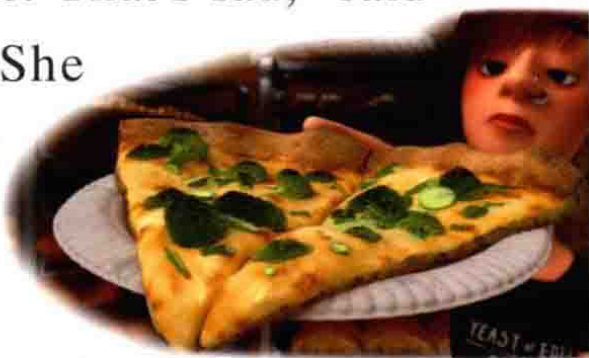
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spooky *adj.* 阴森森的    weird *adj.* 怪异的    keep one's spirit up 保持高昂的情绪  
plug *v.* 插入, 塞入



But the fun *came to an end* when Dad was called away for work.

“Oh, he doesn’t love us anymore. That’s sad,” said Sadness. “I should drive, right?” She stepped up to the console but Joy blocked her. “Riley hasn’t had lunch!” Joy *yelped*.



Riley and Mom went out for pizza, but that was a *disaster*, too. The pizza had *broccoli* on it!

Disgust was horrified. “That’s it. I’m done,” she said, walking off.



come to an end 结束 yelp v. 尖叫 disaster n. 灾难 broccoli n. 西兰花  
ruin v. 摧毁 cheer sb. up 使某人高兴 tell sb. not to do sth. 让某人不要做某事  
fortunately adv. 幸运地 power up 通电



Anger lost it. “Congratulations, San Francisco, you’ve *ruined* pizza!”

As Riley and Mom walked back home, Joy tried to *cheer Riley up* with a happy memory from the road trip. But Sadness touched the memory and turned it blue!

“Good going, Sadness,” said Disgust. “When Riley thinks of that moment with Dad, she’s gonna feel sad. Bravo.”

Joy *told Sadness not to touch* any more memories, but Sadness couldn’t help herself. She knocked a core memory out of the core memory holder, causing Goofball Island to go dark.

*Fortunately*, Joy put it back and Goofball *powered up* again.



Joy had to *keep Sadness away from* all of Riley's memories, so she told her to read mind *manuals*, the *instructional* guides to the Mind World. "You lucky dog! You're reading these cool things. I gotta go work. Life is so unfair," said Joy.

Meanwhile, the other Emotions complained.

"This move has been a bust," said Anger.

Joy tried to get them to see the bright side, but they refused.

---

keep away from 远离    manual *n.* 手册, 指南    instructional *adj.* 指导的







When Riley's mom came into her bedroom that night, the Emotions *expected* more bad news. But instead, Mom thanked Riley for being such a happy girl. The Emotions were shocked!

Once Riley fell asleep, Joy *recalled* one of Riley's favorite skating memories for her to dream about.

"Don't you worry," Joy said to Riley as she skated in time to the memory. "I'm gonna *make sure* that tomorrow is another great day. I promise."

---

expect v. 认为……会发生    recall v. 回想; 召回    make sure 确保, 保证



The next morning, Joy was ready. “Okay, first day of school!” she said. Joy gave everyone an *assignment*—including Sadness.



“This is the Circle of Sadness. Your job is to make sure that all the sadness stays inside of it,” she said.

Riley said good-bye to her parents, and then she *was off* to her new school. *So far*, the day was going great.



At the beginning of class, Riley's teacher asked Riley about Minnesota. Joy recalled a happy memory and Riley smiled. "We go out on the lake almost every weekend," she said. Then, suddenly, she felt *gloomy*.

Sadness had made another happy memory sad!



assignment *n.* 任务   be off to 离开去某地   so far 到目前为止   gloomy *adj.* 悲观的, 阴郁的



Riley cried in front of everyone, and for the first time ever a blue core memory rolled into Headquarters!

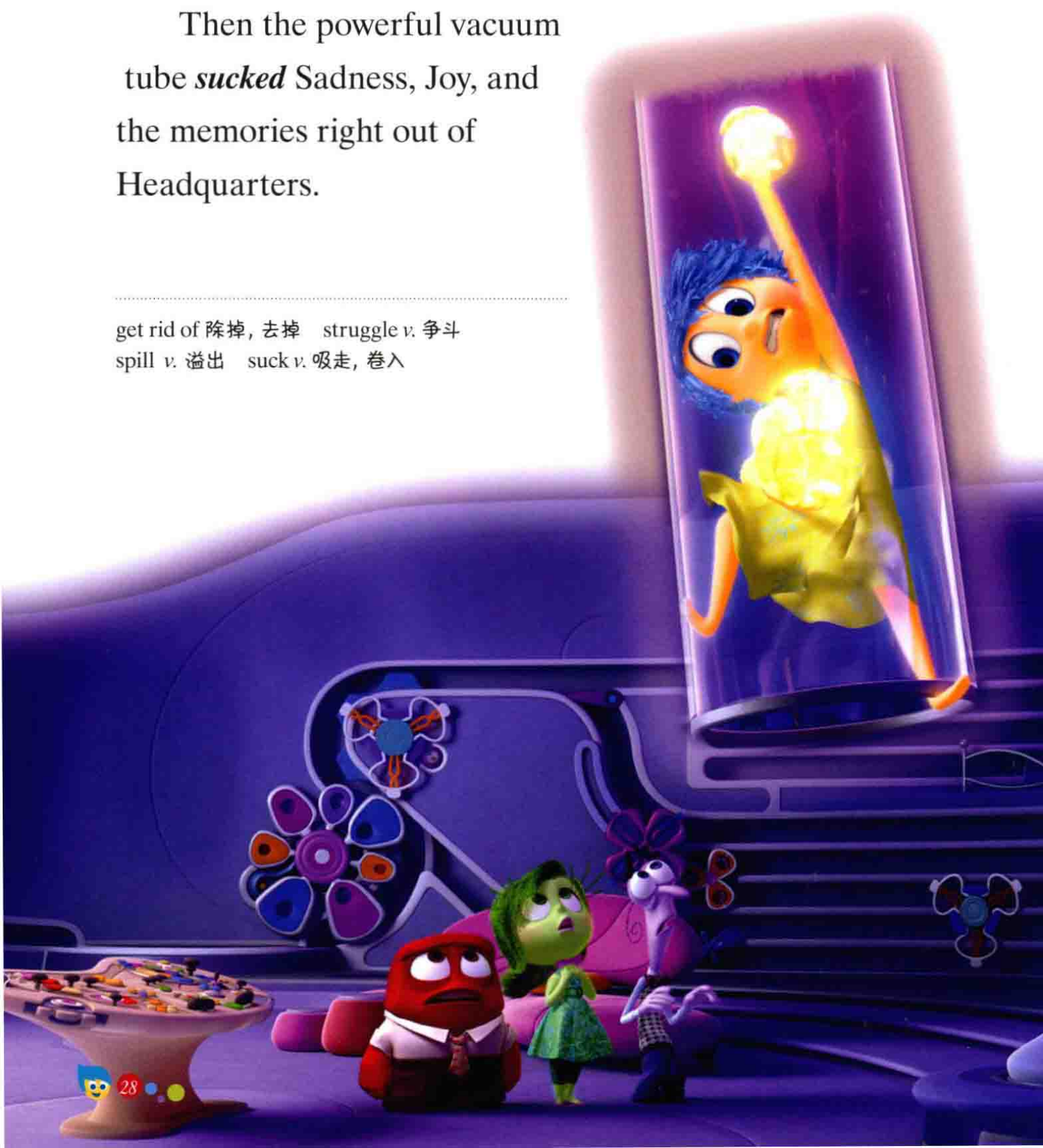
Joy tried to *get rid of* the new core memory through a vacuum tube. “Joy, no,” said Sadness, stopping her.

As they *struggled*, they bumped into the holder, and the five core memories *spilled* out. All the personality islands went dark!

Then the powerful vacuum tube *sucked* Sadness, Joy, and the memories right out of Headquarters.

---

get rid of 除掉, 去掉   struggle v. 争斗  
spill v. 溢出   suck v. 吸走, 卷入





### Comprehension

**Choose the best answer according to the chapter you have just read.**

1. Riley's parents sold their house in \_\_\_\_\_, packed up, and moved the family to \_\_\_\_\_.

- A. Minnesota; San Francisco      B. the UK; the USA  
C. San Francisco; Minnesota

2. Riley suddenly grabbed her hockey stick and the family played hockey \_\_\_\_\_.

- A. in the garden      B. in the living room      C. in the street

3. But the fun came to an end when Dad was called away \_\_\_\_\_.

- A. to play hockey      B. for work      C. the carrot

4. Disgust was horrified at \_\_\_\_\_ on the pizza.

- A. the broccoli      B. the cabbage      C. the carrot

5. Joy tried to cheer Riley up with a happy memory from the road trip. But Sadness touched the memory and turned it \_\_\_\_\_.

- A. green      B. red      C. blue

6. Joy had to keep Sadness away from all of Riley's memories, so she told her to read \_\_\_\_\_, the instructional guides to the Mind World.

- A. mind manuals      B. great novels      C. new magazines

7. As Joy and Sadness fought against each other, they bumped into \_\_\_\_\_.

- A. the table      B. the holder      C. the wall

8. When Riley's mom came into her bedroom that night, the Emotions expected \_\_\_\_\_, but Mom thanked Riley for being such a happy girl.

A. more good news      B. some funny stories      C. more bad news

9. Once Riley fell asleep, Joy recalled Riley's favorite \_\_\_\_\_ memories for her to dream about.

A. skating      B. swimming      C. singing

10. On the first day of school, Riley's teacher asked her about \_\_\_\_\_.

A. Maryland      B. Miami      C. Minnesota

## Phrases

### can't help to do 与 can't help doing 的区别

Joy told Sadness not to touch any more memories, but Sadness *couldn't help herself*.

couldn't help oneself 表示“忍不住；情不自禁”。

**1. can't help doing sth. 和 can't help but do sth.**

表示“忍不住；情不自禁”。

Joy *couldn't help laughing* when she heard the funny story.

**2. can't help (to) do sth.** 表示“不能帮助做某事”。

Father *can't help (Riley to) ease* her pain because he was busy.

# Grammar

## 常用不及物动词 (系动词) + 表语结构用法

系表结构由两部分构成: 连系动词和表语。连系动词根据意义可以分为三类:

- **be 动词: am, is, are, was, were...**
- **感官动词: sound, look, taste, feel, smell...**
- **趋势动词: appear, become, grow, get, turn, seem, remain...**

本章实例:

1. The house was small and spooky, and it *smelled weird*.
2. Once Riley *fell asleep*, Joy recalled one of Riley's favorite skating memories for her to dream about.
3. Riley was off to her new school. So far, the day was *going great*.
4. "We go out on the lake almost every weekend," she said. Then, suddenly, she *felt gloomy*.
5. All the personality islands *went dark*!

常用不及物动词 + 表语

appear young (*calm*)

come easy (*safe*)

go mad (*crazy, wrong, blind*)

get angry (*ill, wet, excited*)

fall asleep (*ill, short, flat*)

feel good (*sleepy*)

keep quiet (*silent*)

look fit (*well, young, tired*)

make certain (*sure, ready*)

prove effective (*correct*)

remain still (*unchanged*)

seem happy

stand still

stay young (*fresh, the same*)

turn 12 years old

turn out true



## Conjunctions(连词)

连词是用来连接词与词、词组与词组或句子与句子,表示某种逻辑关系的虚词。

连词可以表并列、承接、转折、因果、选择、假设、比较、让步等关系。

**Complete the following sentences by using the words in the box. Each word can only be used once.**

so but because when if until

1. After Riley was born, Riley began to cry\_\_\_\_\_ Sadness appeared.
2. Riley's first eleven years went just as Joy had planned\_\_\_\_\_ then everything changed.
3. The Emotions were horrified\_\_\_\_\_ Riley and her parents arrived at their new home.
4. Fear was the Emotion to safely guide Riley to the other side\_\_\_\_\_ there was danger in front.
5. Sadness was always the opposite of what Joy wanted\_\_\_\_\_ Joy tried to keep Sadness off the console in Headquarters as often as possible.
6. Joy and Sadness continued through Long Term Memory \_\_\_\_\_ they met up with Bing Bong.

### 第二章

**P.21** 茉莉的爸爸妈妈卖掉了在明尼苏达州的房子，收拾行李，全家搬到了旧金山！

他们来到新家时，情绪小人们都被吓坏了。房子很小，令人害怕，还有一股怪怪的味道。

乐乐试图让大家打起精神。“我有个好主意！”她喊着，并将一个点子球嵌入控制台。

茉莉突然抓起她的冰球棒，全家人在客厅玩起了搞笑的冰球赛。

**P.22** 但这时，爸爸被一个电话叫去上班了，欢乐结束了。

“哦，他再也不爱我们了。真伤心，” 忧忧说，“该由我来操控了，对吗？”她走上控制台，但是乐乐拦住了她。“茉莉还没有吃午饭呢！”乐乐叫喊了起来。

于是茉莉和妈妈出去吃比萨，但是，很不幸，比萨上居然有西兰花！

厌厌吓坏了。“够了，我受不了了。”她说说着走开了。

**P.23** 怒怒很生气。“恭喜你，旧金山，你把比萨给毁了！”

茉莉和妈妈徒步回家，乐乐想用以前公路旅行的快乐记忆让茉莉开心起来。但忧忧触碰了记忆球，把它变成了蓝色！

“忧忧，瞧你干的好事，” 厌厌说。“现在只要茉莉一想起和爸爸在一起的那段记忆，她就会很难过。干得好。”

乐乐警告忧忧不准再碰任何记忆球，但是，忧忧控制不住自己。她撞了一下核心记忆持有人，上面的核心记忆球掉了出来，使得淘气岛变得一片漆黑。

幸好，乐乐把记忆球放回了原处，淘气岛又重新启动。

**P.24** 乐乐不得不让忧忧远离茉莉所有的记忆球，因此，她叫忧忧去阅读大脑手册——心理世界指导手册。”你真幸运！你在读这些很酷的东西，而我却要去做工作了。生活太不公平了，”乐乐说道。

---



与此同时，其他的情绪小人开始抱怨起来。

“这次搬家真是一个失败，”怒怒说。

乐乐试图让他们看到美好的一面，但是他们拒绝了。

**P.25** 晚上，妈妈来到茉莉的卧室，情绪小人们原本以为会有更多的坏消息。可是相反，妈妈感谢了茉莉，因为她是一个如此快乐的小姑娘。情绪小人们感到很震惊！

茉莉刚睡着，乐乐召来了茉莉最珍贵的溜冰记忆球让她可以进入梦境。

“不要担心，”乐乐对茉莉说，她顺利地滑进了这段记忆。“我可以保证明天又会是美好的一天。我保证。”

**P.26** 第二天早上，乐乐做好了准备。“好吧，第一天上学！”她说。乐乐给了每个情绪小人一项任务——包括忧忧。

“这是忧忧的圆圈。你的工作是确保所有的悲伤都待在这个圆圈里，”她说道。

茉莉告别了爸爸妈妈，出发去新学校。目前看来，今天还不错。

**P.27** 课堂一开始，老师便让茉莉介绍一下明尼苏达州。乐乐召来了一个快乐记忆球，茉莉笑了。“我们几乎每个周末都去湖上，”她说。接着，她突然感到悲伤。

这时忧忧把另一个快乐的记忆球变成了悲伤！

**P.28** 茉莉当着所有人的面哭了，一个蓝色的核心记忆球第一次滚进了大脑总部！

乐乐企图用真空管吸走那个新的核心记忆球。“乐乐，别，”忧忧说着去阻止乐乐。

在争抢的时候，他们碰到了核心记忆持有人，五个核心记忆球掉了出来。所有的个性小岛变成了一片黑暗！

接着，强大的真空管把忧忧、乐乐以及那些记忆球从大脑总部里吸走了。



# Chapter 3





Joy and Sadness were *whooshed* into the Mind World, and *deposited* into a bin of memory spheres. Joy quickly gathered all five yellow core memories. The blue core memory was missing.

“We can fix this,” said Joy. “We just have to get back to Headquarters, plug the core memories in, and Riley will be back to normal.”

They ran to Goofball Island and then began to walk across the lightline.

---

whoosh v. 飞快移动    deposit v. 放置



Inside Headquarters, Anger, Disgust, and Fear tried to run things like Joy. They were failing *miserably*.

At dinnertime, Riley's parents noticed she wasn't *acting like* herself. Inside Mom's and Dad's minds, their Emotions *scrambled* as they tried to figure out what was going on with Riley.

---

miserably *adv.* 糟糕地    act like 表现得像……    scramble *v.* 抢夺





When Riley's parents asked her questions, she got more and more *agitated* and Anger began to boil.

Fear tried to calm him. "No, no, no, stay happy!"

But Anger *shoved* him away and took control. Soon Riley exploded. "Just shut up!" she yelled.

Dad's Emotions helped him "put the foot down," and Riley was sent to her room.



agitate v. 不安   shove v. 猛推   attempt n. 企图   cheer up (使) 振作起来  
crumble v. 瓦解



Later that evening, Riley ignored her father's *attempts* to *cheer her up*, and Goofball Island started to fall apart!

“Run!” yelled Joy. She and Sadness raced back across the lightline to solid ground just in time to watch Goofball Island *crumble* into the abyss below.



“We’ll just have to go around!” said Joy. She marched toward the endless shelves of Long Term Memory, *dragging* Sadness behind her.

They walked for hours through the *maze* of shelves in Long Term Memory.

Soon they *spotted* two Mind Workers called Forgetters.

Their job was to send old memories down to the Memory Dump.

“Nothing comes back from the dump,” said one of the Forgetters.

---

drag v. 拖拽    maze n. 迷宫    spot v. 认出







Meanwhile, Riley was on her laptop computer, *chatting with* her best friend, Meg, in Minnesota. When Meg mentioned a new friend, Anger *took over* and Riley rudely slammed her laptop shut.

Friendship Island *groaned*!

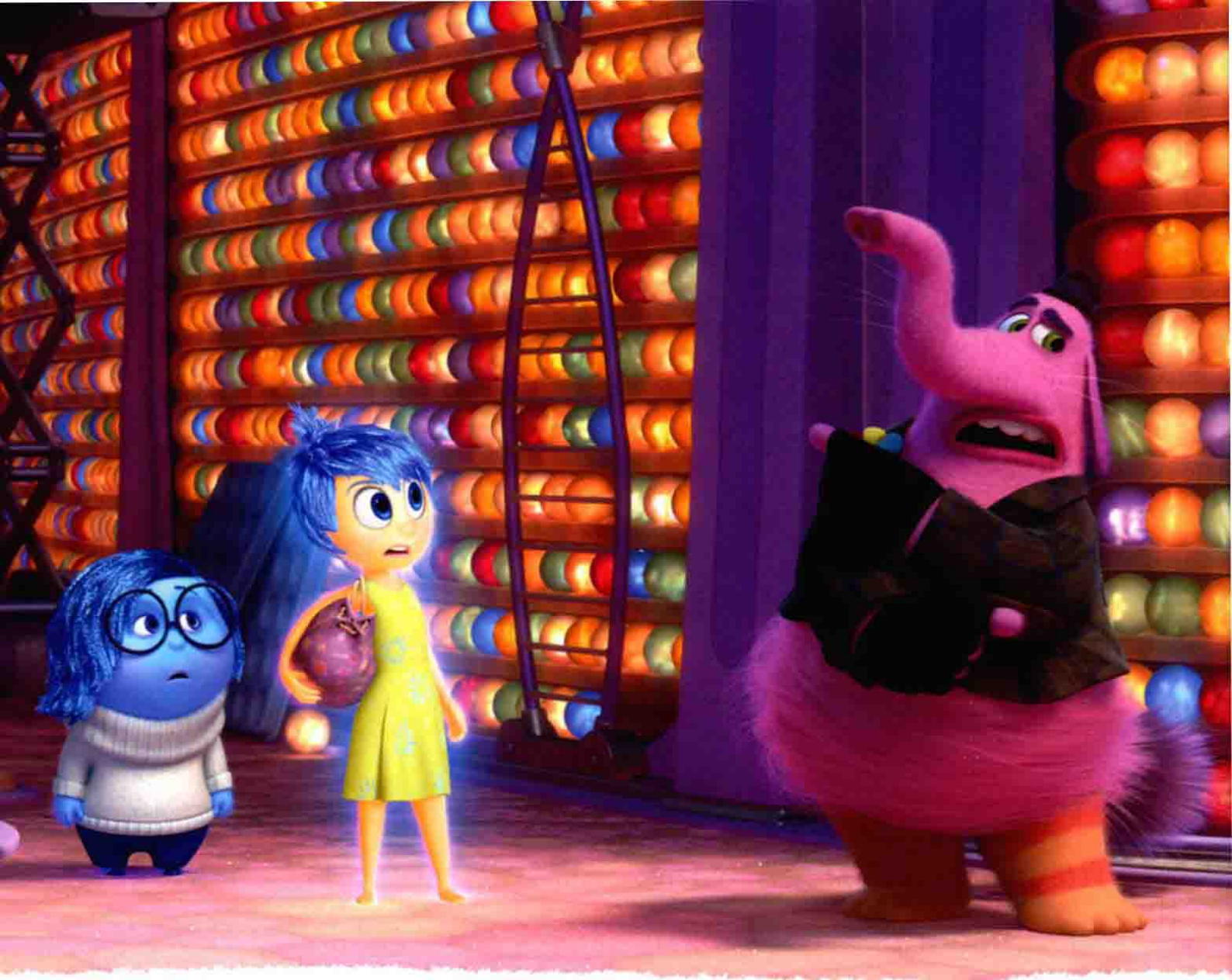
Joy ran to see Friendship Island sink into the Memory Dump. It was *painful* for Joy to *witness* the islands crumbling into the darkness. It was like losing parts of Riley's personality.

“Oh, Riley loved that one. And now it's gone,” said Sadness. “Good-bye, friendship. Hello, loneliness.”

---

chat with 与某人交谈   take over 接管   groan v. 呻吟   painful adj. 痛苦的   witness v. 目击





Joy and Sadness continued through Long Term Memory until they met up with a familiar creature. It was Bing Bong, Riley's old *imaginary* friend! He was part cat, part elephant, and part dolphin, and he was made of cotton candy. He and Riley had had many *adventures* in his song-powered *wagon* rocket when she was three.

Bing Bong suggested they take the Train of Thought to Headquarters. He even knew a shortcut to the nearest station.

---

imaginary *adj.* 想象中的    adventure *n.* 冒险    wagon *n.* 铁路货车



Bing Bong led them to a strange building called *Abstract* Thought. “The station is right through here,” he said.

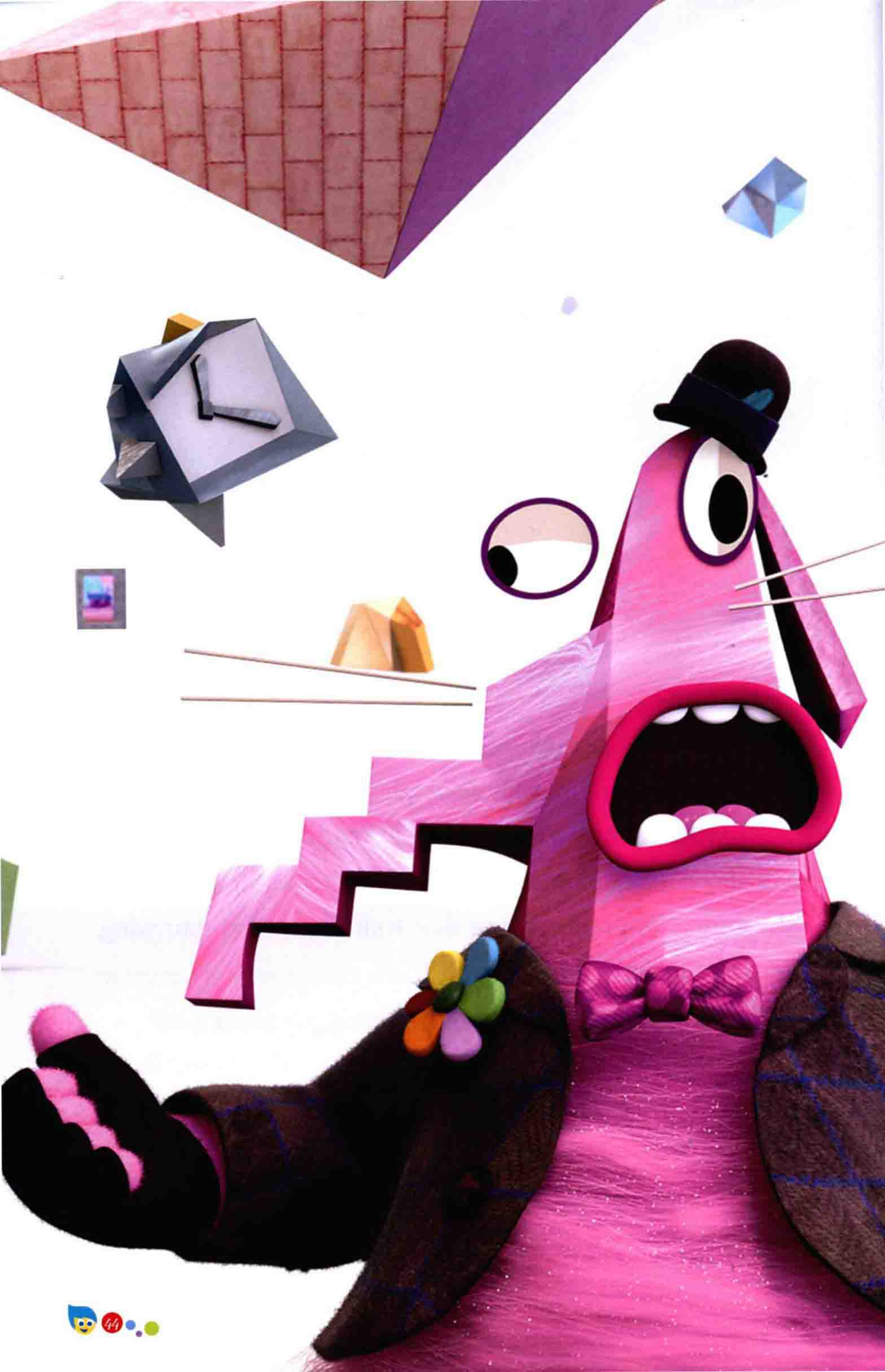
“I read about this place in the manual. We shouldn’t go in there,” said Sadness. But Joy didn’t want to waste any more time. “I’m not missing that train,” she said, hurrying after Bing Bong.

*Conflicted*, Sadness followed.

---

abstract *adj.* 抽象的    conflict *v.* 冲突, 矛盾





At school that day, Riley ate lunch by herself. She was experiencing an abstract thought of her own: loneliness.

Once they were inside the building, they heard the door slam and the room brightened.

“Oh, no,” cried Sadness. “They turned it on.”

Their bodies started to change into basic shapes. “We’re abstracting!” yelled Sadness.

As they continued to *transform*, they struggled toward the exit *on the other side of* the room. When they finally made it out, they saw the train leaving.

---

transform v. 变形    on the other side of 在另一侧





### Comprehension

**Are these sentences true (T) or false (F)?**

1. At dinnertime, Riley's parents noticed she was quite happy. (     )
2. After dinner, when Riley's parents asked her questions, she got more and more nervous. (     )
3. Later that evening, Goofball Island started to fall apart. (     )
4. Forgetters' job was to send old memories to the Headquarters. (     )
5. When Riley's best friend, Meg mentioned a new friend, Riley rudely slammed her laptop shut. (     )
6. Bing Bong was Riley's old imaginary friend. (     )
7. Bing Bong was part dog, part elephant, and part dolphin, and he was made of cotton candy. (     )
8. At school that day, Riley ate lunch by herself. She felt lonely. (     )



## Phrases

“没有了”有三种说法: **be gone/ missing/ lost**。其中 **gone**、**missing** 和 **lost** 都是用作形容词。

- “Oh, Riley loved that one. And now it’s *gone*,” said Sadness.  
“Good-bye, friendship. Hello, loneliness.”
- The blue core memory was *gone*.
- The blue core memory was *missing*.
- The blue core memory was *lost*.

需要注意的是, **missing** 有两种含义, 分别为“错过”和“想念”, 需放入语境中正确理解。

- Joy didn’t want to waste any more time. “I’m not *missing* that train,” she said, hurrying after Bing Bong. (错过)
- Riley *missed* her best friend, Meg, in Minnesota. (想念)

**drag**、**pull**、**draw** 和 **push** 的区别

**drag**、**pull**、**draw** 和 **push** 都有“拖、拉”的意思, 但具体用法有所不同。

- **drag** 指艰难而缓慢地“拖”“拉”笨重的东西, 含“费力和用劲”之意, 无明显的方向性;
- **pull** 为普通用语, 指用力“拉”, 但不强调力的大小和“拉”的方式, 用得比较广泛, 与 **push** 相对应;
- **draw** 通常指拖或拉向自己, 多指拖拉较轻的物体, 不太费力, 表示持续平稳地“拉”。



试比较:

- He **dragged** heavy stones with ropes over his shoulder. 他把绳索放在肩上拖拽巨石。
- He **pulled** / **pushed** the door and rushed out. 他拉 / 推开门, 冲了出去。
- He **drew** the curtain apart. 他拉开了窗帘。

本章实例:

1. She marched toward the endless shelves of Long Term Memory, **dragging** Sadness behind her.
2. The Emotions watched as Sadness stepped up to the console and gently **pulled** the idea bulb out.
3. Joy wanted to hurry to the train station, but Bing Bong saw his wagon rocket being **pushed** over the cliff.

## Grammar

### Prepositions(介词)

介词一般用于名词或者代词前面, 表示该词与句中其他成分的关系。介词后面的名词或代词称为介词宾语(如果是人称代词, 则要用宾格)。介词和介词宾语合在一起构成介词短语。熟悉介词的固定搭配在介词学习中很重要。

**Fill in the blanks with prepositions in the box. Each word can only be used once.**

in on at by through with to

1. The islands were connected to Headquarters \_\_\_\_\_  
lightlines.
2. \_\_\_\_\_ the day Riley was born, Joy appeared. Joy was an  
Emotion.
3. Disgust made Anger mad and used the flames from his head  
to cut \_\_\_\_\_ the glass.
4. Riley's core memories came from the biggest moments  
\_\_\_\_\_ her life.
5. \_\_\_\_\_ the beginning of class, Riley's teacher asked Riley  
about Minnesota.
6. \_\_\_\_\_ Joy in charge, Riley had a great childhood.
7. Riley's parents sold their house in Minnesota, packed up, and  
moved the family \_\_\_\_\_ San Francisco!





## Translation 中文翻译

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### 第三章

**P.36** 乐乐和忧忧被吸到了心理世界，然后被扔进了记忆球的垃圾箱里。乐乐迅速抓起那五个黄色的核心记忆球。但蓝色的核心记忆球已经失踪了。

“我们一定能搞定的，”乐乐说。“我们只是要回到大脑总部，把核心记忆球放回原处，茉莉就会恢复正常。”

他们向淘气岛跑去，接着，开始穿越光缆。

**P.37** 大脑总部里，怒怒、厌厌和怕怕想要像乐乐那样履行职责，但都不幸失败了。

吃晚饭时，爸爸妈妈发现茉莉不像往常那样。在爸爸妈妈的大脑里，他们的情绪小人在竭力翻找，想弄清楚茉莉究竟怎么了。

**P.38** 当爸爸妈妈向茉莉询问时，茉莉变得越发不安起来，怒怒开始勃然大怒。怕怕试图安慰他。“别，别，别，请保持愉快！”

但怒怒推开了他，并且占据了控制台。茉莉很快爆发了。“给我闭嘴！”她叫道。爸爸的情绪小人帮助他“使出了狠招”，茉莉被送回了自己的房间。

**P.39** 当晚，爸爸试图让茉莉振作起来，但她置之不理，淘气岛开始土崩瓦解了！

“快跑！”乐乐大喊。她和忧忧跑着穿越光缆，眼看着淘气岛在他们下面崩塌掉入深渊，幸好他们及时回到了坚实的陆地。

**P.40** “我们只能绕道！”乐乐说。她拽着忧忧走向无止无尽的长期记忆球储存库货架。

他们走了几个小时，穿过迷宫一样的长期记忆球储存库货架。

很快他们发现了两个叫遗忘员的记忆清洁工。

遗忘员的工作就是把旧的记忆球扔到记忆填埋场里。

“任何东西都不可能从记忆填埋场里出去，”其中一个遗忘员说。

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.....

**P.41** 与此同时，茉莉在用笔记本电脑和她在明尼苏达州最好的朋友梅格聊天。当梅格提到了一个新朋友时，怒怒掌控了控制台，茉莉重重地将她的笔记本电脑猛地合了起来。

友谊岛发出了呻吟！

乐乐跑过去看见友谊岛正沉入记忆填埋场。她眼睁睁地看着这些岛屿坠入了黑暗，痛不欲生。这就等于茉莉失去了她的部分性格。

“哦，茉莉所珍爱的友谊岛，现在竟然消失了，”忧心说。“再见了，友谊！你好啊，孤独！”

**P.42** 乐乐和忧心继续在长期记忆储存库穿越，直到他们遇到了一个熟悉的家伙。那是冰棒，茉莉想象中的朋友！他是棉花糖做的，部分像猫，部分像大象，还有一部分像海豚。三岁时，茉莉曾经坐过冰棒的这艘依靠歌声驱动的火箭船，他们有过许多奇遇。

冰棒建议他们乘思想列车去大脑总部。甚至他还知道去最近的火车站的捷径。

**P.43** 冰棒把他们带到一个奇怪的叫作抽象思维的建筑前。“穿过这房子就是车站了，”他说。

“我在手册里读到过这个地方。我们不该进去，”忧心说道。但是，乐乐不想再浪费时间。“我不想错过那趟火车，”她边说边紧紧地跟着冰棒。

忧心犹豫不决地跟了进去。

**P.45** 那天在学校，茉莉独自一人吃着午餐。她正在亲身经历一种抽象思维：孤独。

他们刚刚走进这幢建筑，就听到门“砰”的一声关上了，整个屋子亮了起来。

“哦，不，”忧心喊道，“有人打开了开关。”

他们的身体开始变成一个一个部件。“我们正在被抽象化！”忧心大喊。

随着不断地变形，他们挣扎着奔向屋子的另一侧出口。当他们最终走出屋子时，只见火车正在远去。

.....



# Chapter 4





“There’s another station,” Bing Bong said, pointing toward Imagination Land. “If we hurry, we can catch it!”

Bing Bong was *thrilled* to give Joy and Sadness a quick tour of Imagination Land.

He took them to Trophy Town, French Fry Forest, and Cloud Town, which was Joy’s favorite. There was even something new that Bing Bong hadn’t seen before: an Imaginary Boyfriend Generator.



“Oh, gaa,” *muttered* Joy.

thrill v. 激动    mutter v. 自言自语, 小声咕哝





Inside Headquarters, the three Emotions *prepared for* Riley's hockey *tryouts*.

"If she tries to use Hockey Island, it's going down," said Disgust.

"Which is why I've recalled every hockey memory I can think of," said Fear.

He jammed old hockey memories into the core memory holder, hoping they would power the island, but they shot right out.

"That's it!" Anger yelled, taking control.

Riley threw her stick and *stormed off* the ice, causing Hockey Island to collapse!



Joy wanted to hurry to the train station, but Bing Bong saw his wagon rocket being pushed over the cliff.

“No, no, no! You can’t take my rocket to the dump! Riley and I are going to the moon!” said Bing Bong, chasing after it. But it was too late—his rocket was gone.

Sadness *comforted* Bing Bong as he cried candy tears. “I bet you and Riley had great adventures,” she told him.

After a while, Bing Bong *wiped* his eyes. “I’m okay now,” he said.

Joy couldn’t believe it: Sadness had actually helped him feel better.



prepare for 为……做准备 tryout *n.* 选拔赛 storm off 愤然离开  
comfort *v.* 安慰 wipe *v.* 擦去





Bing Bong led them to the station just *in time*, and they all climbed aboard the Train of Thought. But it wasn't long before the train came to an *abrupt* stop.

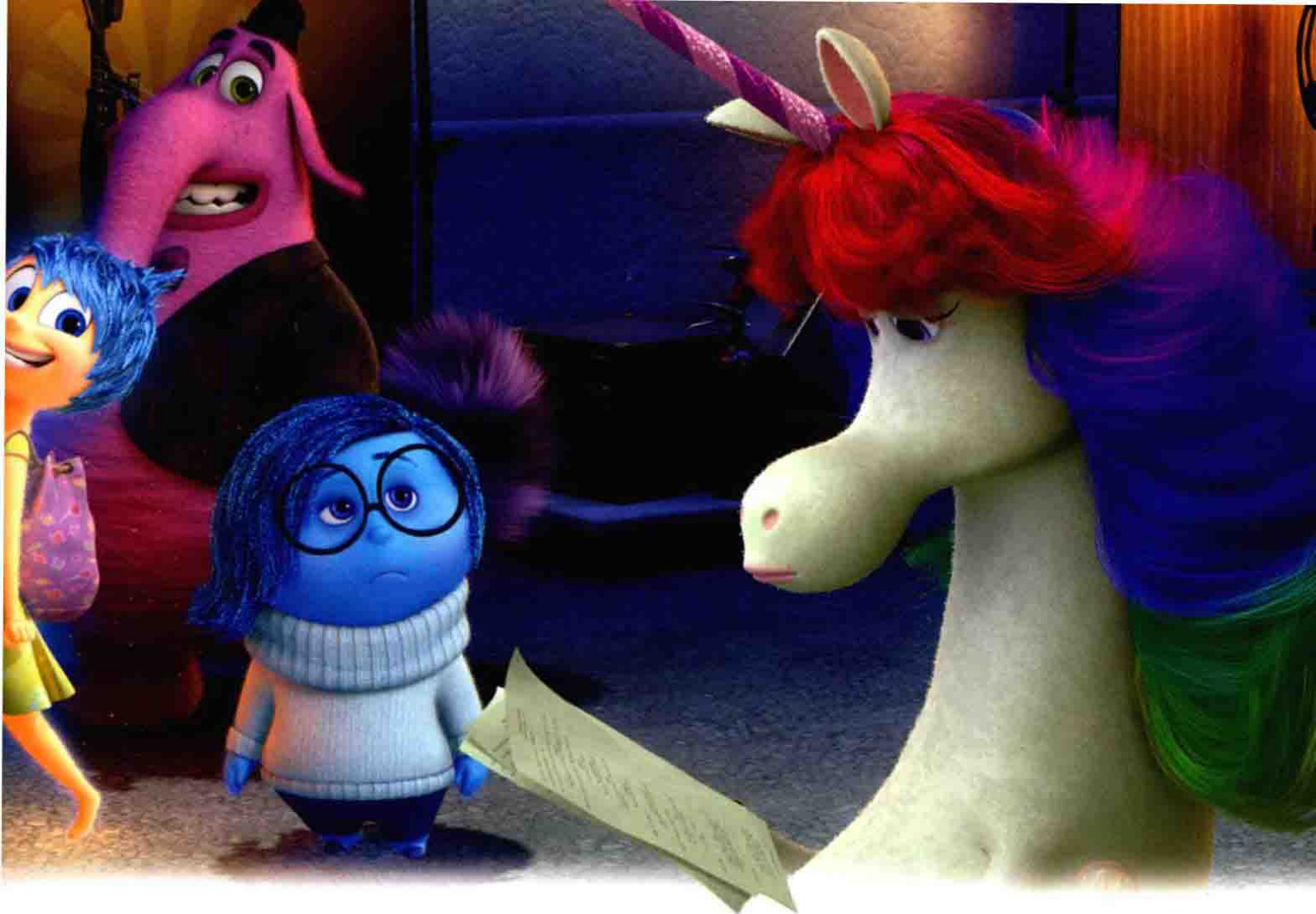
“Riley’s gone to sleep,” said the train engineer. “We’re all *on break*.”

They couldn’t wait until morning for the train to start running again!

Sadness had an idea: “How about we wake her up?”

---

in time 及时   abrupt *adj.* 突然的   on break 中断



Joy, Sadness, and Bing Bong raced to Dream Productions, where Riley's dreams were made.

"Whoa! This place is huge," said Joy, looking around in *awe*.

She even spotted Rainbow Unicorn—her favorite dream star.



awe *n.* 惊叹, 敬畏



They entered a *soundstage* door and saw a set that looked like Riley's classroom. They *ducked* behind a *costume rack* and came up with a plan. Sadness thought a scary dream would wake Riley, but Joy didn't want that.

"We'll excite her awake!" she said. Joy found a dog costume and handed half to Sadness. Then the two of them sneaked onto the set.



The dream director told the cameraman to add the reality *distortion* filter. He *slipped* the special lens on the camera, and the Dream Productions cast suddenly looked like Riley's teacher and classmates!



Fear was on Dream Duty in Headquarters, so he watched as the dog *pranced* onto the screen.

The costume suddenly *ripped*, *revealing* Joy and Sadness. But through the reality distortion filter, it looked like the dog had split in half!

---

soundstage *n.* 摄影棚    duck *v.* 潜入    costume *n.* 演出服    rack *n.* 支架  
distortion *n.* 扭曲, 失真    slip *v.* 滑    prance *v.* 欢蹦乱跳    rip *v.* 扯破, 撕坏    reveal *v.* 显露





“It’s just a dream, it’s just a dream, it’s just a dream . . .”

Fear *chanted*.

Sadness’s plan was working: they were scaring Riley awake!

But then the director spotted the *intruders* on the set and called security. Joy and Sadness managed to escape, but Bing Bong was taken away!

The guards dragged Bing Bong down to the Subconscious, where all of Riley’s darkest fears were kept behind locked doors.

chant v. 反复说 intruder n. 闯入者 on top of 在……顶部 clown n. 小丑  
honk v. 鸣, 按 intense adj. 紧张的 chug v. (火车) 咔嚓咔嚓地前进

Joy and Sadness sneaked inside. They avoided Grandma's vacuum cleaner and the stairs to the basement, and found Bing Bong inside a balloon cage *on top of* a horrific *clown* named Jangles! Joy quietly climbed up the clown's belly and freed Bing Bong.

Looking at Jangles, Joy and Sadness knew what they had to do to wake up Riley. They *honked* the giant clown's nose to wake him and led him straight to Dream Productions!

As Jangles stormed through the soundstage, Bing Bong, Sadness, and Joy ran to the Train of Thought and hopped on.

The *intense* nightmare jolted Riley awake and the train started to *chug*!





## Reflection 4

### Comprehension

**Are these sentences true (T) or false (F)?**

1. Bing Bong gave Joy and Sadness a quick tour of Imagination Land. He took them to Trophy Town, French Fry Forest, and Cloud Town. (    )
2. Riley threw her stick away and ran off the ice, causing Family Island to collapse. (    )
3. Bing Bong led Sadness and Joy to the station just in time, but they did not get on the Train of Thought. (    )
4. When Riley went to sleep, the Train of Thought came to a sudden stop. (    )
5. In the dream, Riley even saw Rainbow Unicorn—her favorite dream star. (    )
6. The dream director told the cameraman to act as a dog. (    )
7. Sadness's plan was to scare Riley awake. (    )
8. Joy and Bing Bong managed to escape, but Sadness was caught by the guards. (    )
9. Joy quietly climbed up the clown's belly and saved Sadness. (    )
10. The intense nightmare made Riley awake and the train started to chug on. (    )

## Phrases

本章词组表:

jam into 塞进去    chase after 追踪    come to a stop 突然停止  
in awe 畏惧地, 敬畏地    came up with 想到了(一个主意); 带来  
sneak into/onto 偷偷地溜进    take away 带走; 拿走  
storm through (像暴风雨一样) 猛地冲过

### Fill in the blanks.

**jammed    chasing after    came to an abrupt stop    in awe**  
**came up with    sneaked onto    was taken away    stormed through**

1. "We'll excite her awake!" she said. Joy found a dog costume and handed half to Sadness. Then the two of them \_\_\_\_\_ the set.
2. Bing Bong led them to the station just in time, and they all climbed aboard the Train of Thought. But it wasn't long before the train \_\_\_\_\_.
3. "Whoa! This place is huge," said Joy, looking around \_\_\_\_\_.
4. But then the director spotted the intruders on the set and called security. Joy and Sadness managed to escape, but Bing Bong \_\_\_\_\_!
5. Fear \_\_\_\_\_ old hockey memories into the core memory holder, hoping they would power the island, but they shot right out.
6. "No, no, no! You can't take my rocket to the dump! Riley and I are going to the moon!" said Bing Bong, \_\_\_\_\_ it.



7. As Jangles \_\_\_\_\_ the soundstage, Bing Bong, Sadness, and Joy ran to the Train of Thought and hopped on.
8. Bing Bong, Sadness, and Joy entered a soundstage door and saw a set that looked like Riley's classroom. They ducked behind a costume rack and \_\_\_\_\_ a plan.

## Grammar

### 过去进行时与被动语态

#### ■ 过去进行时 (Past continuous tense):

表示过去在某一时刻或某一段时间内正在发生或进行的动作或状态。

过去进行时的构成通常是:

**was/were + doing**

- Riley said good-bye to her parents, and then she was off to her new school. So far, the day *was going* great.
- At dinnertime, Riley's parents noticed she *wasn't acting* like herself.

#### ■ 被动语态 (Passive voice):

英语中有两种语态: 主动语态和被动语态。被动语态, 即不知道动作执行者或强调动作承受者的一种语态。

被动语态的过去时构成通常是:

**was/were + done**

- But the fun came to an end when Dad *was called* away for work.
- The islands *were connected* to Headquarters by lightlines.

## Choice.

1. Bing Bong \_\_\_\_\_ (*was making; was made*) of cotton candy.
2. Anything that was potentially gross \_\_\_\_\_ (*was handling; was handled*) by Disgust.
3. Inside Headquarters, Anger, Disgust, and Fear tried to run things like Joy. But they \_\_\_\_\_ (*were failing; were failed*) miserably.
4. Dad's Emotions helped him "put the foot down," and Riley \_\_\_\_\_ (*was sending; was sent*) to her room.
5. At school that day, Riley ate lunch by herself. She \_\_\_\_\_ (*was experiencing; was experienced*) an abstract thought of her own: loneliness.
6. Joy, Sadness, and Bing Bong raced to Dream Productions, where Riley's dreams \_\_\_\_\_ (*were making; were made*).
7. Sadness's plan \_\_\_\_\_ (*was working; was worked*): they \_\_\_\_\_ (*were scaring; were scared*) Riley awake!
8. Joy and Sadness managed to escape, but Bing Bong \_\_\_\_\_ (*was taking; was taken*) away!
9. Meanwhile, Riley \_\_\_\_\_ (*was getting; was gotten*) ready to run away from home.
10. Bing Bong noticed he \_\_\_\_\_ (*was starting; was started*) to fade.
11. The guards dragged Bing Bong down to the Subconscious, where all of Riley's darkest fears \_\_\_\_\_ (*were keeping; were kept*) behind locked doors.
12. In Headquarters, Anger, Fear, and Disgust \_\_\_\_\_ (*were regretting; were regretted*) the plan.
13. Riley's parents \_\_\_\_\_ (*were relieving; were relieved*) when she walked through the front door.



## Translation 中文翻译

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### 第四章

P.53 “还有另外一个车站，”冰棒说着用手指向幻想乐园。“只要抓紧时间，我们还能赶上！”

兴奋的冰棒带着乐乐和忧忧走马观花地参观了一下幻想乐园。

他带着他们去看了奖杯小镇、薯条森林，还有云之城，那是乐乐最喜欢的。甚至有个连冰棒自己都没有见过的新东西：梦幻男友生成器。

“噢，好恶心，”乐乐喃喃自语。

P.54 大脑总部里，三个情绪小人正在准备茉莉的冰球选拔赛。

“如果茉莉要用冰球岛，这场比赛必输无疑，”厌厌说道。

“这就是为什么我在努力召回我能想到的每个与冰球有关的记忆球，”怕怕说。

他将旧的核心记忆球重新塞给了核心记忆持有人，希望他们能够给那个岛屿新能量，但是记忆球又被弹出来了。

“我受够了！”怒怒喊着占据了控制台。茉莉扔下球杆，冲出了球场，继而引起了冰球岛的崩塌！

P.55 乐乐想快点到达火车站，但冰棒却看到他的火箭船被推下了悬崖。

“不，不，不！你们别夺走我的火箭，别把它扔进填埋场！我和茉莉还要飞到月亮上去呢！”冰棒边说边追。但为时已晚——他的火箭船已经不见了。

冰棒的糖果眼泪掉了下来，忧忧安慰冰棒说：“我敢打赌，你和茉莉一起有过很多伟大的冒险经历。”

过了一会儿，冰棒擦干眼泪说：“我没事了。”

乐乐难以置信：忧忧实际上帮助了冰棒，使他感觉好了一些。

P.56 冰棒带领他们及时到了火车站，他们纷纷爬上思想列车。但没过多久火车却戛然而止。

“茉莉睡觉了，”火车司机说，“我们也该休息了。”

他们可不能等到第二天早上火车开动了才走！忧忧想到了一个办法：“我们把茉莉叫醒，怎么样？”

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**P.57** 乐乐、忧忧和冰棒奔向造梦影城，那里在制造茉莉的梦。

“哇！这个地方可真够大的，”乐乐说着，敬畏地环顾四周。

她甚至发现了彩虹独角兽——她最喜欢的梦中明星。

**P.58** 他们走进了摄影棚，看到一个貌似茉莉教室的场景。他们躲在服装架后面，想出了个计划。忧忧觉得可以用噩梦让茉莉醒来，但乐乐不愿意。

“我们可以刺激她醒来！”她说。乐乐发现一套扮作狗的戏服，就交给忧忧一半。然后两人偷偷溜进了拍摄场。

**P.59** 梦境导演让摄影师装上现实再现滤镜。他把特殊的镜头装在相机上，造梦影城的演员们竟然看起来就与茉莉的老师 and 同学一模一样！

怕怕在情绪总部值班时做梦，因此他看见了那条狗在屏幕上活蹦乱跳。

突然，戏服撕裂了，乐乐和忧忧显露了出来。但通过现实再现滤镜，看起来就像那条狗裂成了两半！

**P.60** “这只是个梦，这只是个梦，这只是个梦……”怕怕反复地说着。忧忧的计划起作用了：他们把茉莉吓醒了！

但接着，梦境导演发现了这些闯入场景中的不速之客，叫来了保安。乐乐和忧忧成功逃脱，但冰棒还是被带走了！

保安拽着冰棒来到潜意识，所有茉莉最害怕的黑暗事物都被锁在这里。

**P.61** 乐乐和忧忧偷偷溜了进去。他们躲开了老奶奶的吸尘器，避开了地下室的楼梯。他们发现冰棒被关在气球笼子里，气球笼子放在可怕的小丑叮当身上！乐乐蹑手蹑脚地爬上小丑的肚子，把冰棒救了下来。

乐乐和忧忧看了看叮当，他们知道应该怎样做才能叫醒茉莉了。他们按住这个巨大小丑的鼻子把他弄醒，让他向造梦影城冲去！

当叮当冲过摄影棚的时候，冰棒、忧忧和乐乐跑向思想列车，并跳了上去。

令人窒息的噩梦把茉莉吓醒了，火车开始咔嚓咔嚓地前进！

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# Chapter 5





Back inside Headquarters, Anger had an idea. Since everything turned *awful* after they arrived in San Francisco, he thought Riley should *run away* back to Minnesota. “Who’s with me?” he asked.

Disgust and Fear agreed, and Anger plugged an idea bulb into the console.



awful *adj.* 可怕的, 糟糕的    run away 逃跑, 逃走





On the train, Joy and Sadness discovered they shared the same favorite memory.

“Atta girl! Now you’re getting it!” said Joy.

Sadness stared at the memory, recalling the moment when Riley’s hockey team had lost the big *playoff* game. Riley had missed the winning shot.

Joy sighed. Sadness had remembered it all wrong. Joy *promised to help* Sadness work on her *positive outlook* when they got back to Headquarters.

---

playoff *n.* 最后决赛    promise to do sth. 承诺做某事    positive outlook 积极的看法



Meanwhile, Riley was *getting ready to* run away from home. When she stole her mom's *credit card* to buy a bus ticket, Honesty Island crumbled and caused the Train of Thought tracks to *collapse*.

Workers rushed to help Joy, Sadness, and Bing Bong off the train before it *plummeted* into the dump! “We lost another island. What is happening?” Joy cried.

“Haven’t you heard?” said a Mind Worker. “Riley is running away.”

---

get ready to 准备做某事   credit card 信用卡   collapse v. 坍塌   plummet v. 垂直落下



As Riley left her house and began walking to the bus station, Family Island began to crumble. Then some of the shelves in Long Term Memory broke open, exposing a recall tube. Recall tubes sent memory spheres back up to Headquarters.



“We can get recalled!” Sadness *exclaimed*.

But Joy didn’t want Sadness to turn the core memories blue, so she rode up the tube alone. She didn’t get far. The tube broke open and Joy and all the core memories *fell out*!

exclaim v. 惊叫    fall out 掉队    grab v. 抓住    devastate v. 压垮

As Bing Bong reached out to *grab* Joy, the ground beneath him gave way. Sadness watched from a nearby cliff as Joy and Bing Bong plummeted into the Memory Dump.

Joy was *devastated*. She thought she had failed Riley. She found the memory sphere she and Sadness had talked about on the Train of Thought.







As she watched the memory, she realized something. The joyful part of the memory, when Riley's parents and teammates had come to cheer her up, had happened because Riley had felt sad. Joy finally understood: Riley couldn't be happy without Sadness.

"We have to get back up there!" Joy said to Bing Bong.

Suddenly, Joy had an idea! She and Bing Bong could ride his wagon rocket out of the Memory Dump!



They found the rocket among the *rubble* and hopped in. Then they began to sing as loudly as they could. The rocket soared toward the cliffs above. Joy reached for the *ledge*, but they weren't even close.

They tried again and again but could never get high enough to escape the dump.

Bing Bong noticed he was starting to *fade*. “Come on, Joy, one more time. I’ve got a feeling about this one.”

Without Joy’s noticing, he jumped out. The rocket soared higher and higher . . . and made it over the ledge!

---

rubble *n.* 碎石, 瓦砾    ledge *n.* 暗礁, 壁架    fade *v.* 逐渐消失



“Woo-hoo! Bing Bong, we did it! We—” Joy looked down to see Bing Bong cheering below.

“Ha, ha, ha! You made it! Go save Riley! Take her to the moon for me, okay?” Then he *waved* and faded away.

When Riley’s parents got home, they were surprised to see she wasn’t back from school. They tried calling her cell phone, but she didn’t pick up.

In Headquarters, Anger, Fear, and Disgust were *regretting* the plan.

“This is *madness*!” shouted Anger. “She shouldn’t run away!”

“Let’s get that idea out of her head,” said Disgust.

They tried to remove the idea bulb, but it wouldn’t *budge*. Then they started to *panic* and pushed every button on the console!

---

wave v. 挥手 regret v. 后悔 madness n. 疯狂 budge v. 移动, 推动 panic v. 惊恐



## Comprehension

**Are these sentences true (T) or false (F)?**

1. Anger thought Riley should run away back to Minnesota. ( )
2. Riley was getting ready to run away from home. ( )
3. Riley once stole her mom's credit card to buy a pizza. ( )
4. Riley decided to leave home and began walking to the railway station. ( )
5. Joy and Bing Bong wanted to ride his wagon rocket out of the Memory Dump. ( )
6. Without Joy's noticing, Bing Bong jumped out of the rocket to make Joy soar higher. ( )
7. When Riley's parents got home, they were surprised to see she was sleeping in bed. ( )
8. Riley's parents tried calling her cell phone, but Riley didn't take the phone with her. ( )





# Phrases

本章实例:

They tried calling her cell phone, but she didn't *pick up*.

**pick up** 有很多词义: 接电话, 拾起, 开车接送某人, 使恢复精神, 学得, 购买, 染上(病), 接收(信号), 加速, 等。

- Riley didn't *pick up* the phone when her father called her. 接电话
- Joy *picked up* a blue memory ball. 拾起
- Bing Bong *picked up* Joy with his wagon rocket. 开车接送某人
- Joy *picked up* energy to struggle against Disgust and Sadness.  
使恢复精神
- Riley *picked up* a hobby quickly in the new school. 学得
- Riley's mother *picked up* a pizza on her way home. 购买
- Riley *picked up* a virus in the spooky and weird house. 染上(病)
- Father's radio works well on *picking up* signal. 接收(信号)
- The train *picked up* speed when Riley woke up. 加速



# Grammar

## 双重否定

### ■ 双重否定:

英语句子中常可见到两个表示否定意义的词连用的情况, 这一现象被称为双重否定。这种句子形式上虽为否定, 实则表示强烈的肯定语气。

Joy finally understood: Riley *couldn't* be happy *without* Sadness.

否定词 **no/not/never** 等 + **without...**

• Riley could *not* succeed *without* Joy's help.

没有乐乐的帮助, 莱莉就不能成功。

• Joy and Sadness *never* met *without* quarreling.

乐乐与忧忧每次见面必吵架。

• *No* smoke *without* fire. [谚] 无火不起烟; 无风不起浪。





## 状语从句 (Adverbial Clause)

### ■ 时间状语从句：由 **when; before; until; after; as** 引导

- *When* they arrived at their new home, the Emotions were horrified. The house was small and spooky, and it smelled weird.
- But just thirty-three seconds *after* Riley was born, another Emotion appeared. It was Sadness.
- *As* the small blue Emotion took the controls in Headquarters, Riley began to cry. Joy quickly nudged Sadness aside.
- It wasn't long *before* the train came to an abrupt stop.
- Joy and Sadness continued through Long Term Memory *until* they met up with a familiar creature.

### ■ 原因状语从句：由 **because; since** 引导

- The joyful part of the memory, when Riley's parents and teammates had come to cheer her up, had happened *because* Riley had felt sad.
- *Since* everything turned awful after they arrived in San Francisco, he thought Riley should run away back to Minnesota.

### ■ 条件状语从句：由 **if** 引导

- Fear kept Riley safe. *If* there was a treacherous power cord to cross, he was the Emotion to safely guide her to the other side.

### ■ 比较状语从句：由 **as...as...** 引导

- So Joy tried to keep Sadness off the console in Headquarters *as often as* possible.

## Choice.

1. They couldn't wait \_\_\_\_\_ (*when; until*) it was next morning for the train to start running again!
2. \_\_\_\_\_ (*As; Until*) the small blue Emotion took the controls in Headquarters, Riley began to cry.
3. \_\_\_\_\_ (*Since; When*) everything turned awful \_\_\_\_\_ (*because; after*) they arrived in San Francisco, he thought Riley should run away back to Minnesota.
4. Disgust said, "\_\_\_\_\_ (*Until; If*) she tries to use Hockey Island, it will go down."
5. \_\_\_\_\_ (*When; If*) Meg mentioned a new friend, Anger took over and Riley rudely slammed her laptop shut.
6. \_\_\_\_\_ (*Before; Since*) she was the only Emotion, Joy figured her job was going to be pretty easy!
7. Workers rushed to help Joy, Sadness, and Bing Bong off the train \_\_\_\_\_ (*since; before*) it plummeted into the dump!
8. Headquarters soon became more crowded \_\_\_\_\_ (*if; as*) new Emotions reported for duty.
9. But the fun came to an end \_\_\_\_\_ (*if; when*) Dad was called away for work.
10. They found the rocket among the rubble and hopped in. Then they began to sing as loudly \_\_\_\_\_ (*when; as*) they could.
11. "There's another station," Bing Bong said, pointing toward Imagination Land. "\_\_\_\_\_ (*If; After*) we hurry, we can catch it!"



## Translation 中文翻译

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### 第五章

**P.69** 大脑总部里，怒怒有了个主意。既然他们来到旧金山之后一切都变得很糟，他觉得茉莉应该逃回明尼苏达州。“有谁同意我的想法？”他问道。

厌厌和怕怕同意了，于是怒怒把点子球嵌入控制台。

**P.70** 在火车上，乐乐和忧忧发现他们共同拥有一段美好的记忆。

“好姑娘！现在你也明白了吧！”乐乐说。

忧忧盯着记忆球，回忆着那一刻，茉莉的冰球队输了重要的总决赛。茉莉没能击中制胜一球。

乐乐叹了口气。忧忧把一切都记错了。乐乐答应当他们回到大脑总部后，要帮助忧忧变得乐观。

**P.71** 与此同时，茉莉准备离家出走。她偷了妈妈的信用卡，买了车票，诚实岛崩塌了，继而引起了思想列车轨道的崩溃。

就在火车垂直栽进记忆填埋场之前，几位记忆清洁工冲过来帮助乐乐、忧忧和冰棒下了火车！“我们又失去了一座岛屿。究竟发生了什么？”乐乐哭了。

“你没听说吗？”一位记忆清洁工说，“茉莉离家出走了。”

**P.72** 就在茉莉离开家朝公共汽车站走去时，家庭岛开始崩溃。一些长期记忆储存库的货架也跟着开裂，露出了一根记忆召回管道，记忆召回管道会把记忆球送回到大脑总部。

“我们可以被召回了！”忧忧喊道。

但乐乐不愿意忧忧把核心记忆球变成蓝色，因此她独自乘上了召回管。但她没走多远，召回管道就突然裂开了，乐乐和所有的核心记忆球掉了出来！

**P.73** 冰棒伸手抓住了乐乐，脚下的地面坍塌了。忧忧在附近的悬崖上看着乐乐和冰棒笔直地掉入了记忆填埋场。

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.....

乐乐悲痛欲绝。她觉得自己让茉莉失望了。就在这时，她找到了她和忱忱在思想列车上说起的那个记忆球。

**P.74** 看着记忆球，乐乐有所感悟。正是因为茉莉感到悲伤，爸爸妈妈和队友才会来逗她开心，于是记忆中快乐的部分随之出现。乐乐终于明白：如果没有忱忱，茉莉就无法得到快乐。

“我们必须回到上面去！”乐乐对冰棒说。

突然，乐乐有了主意！她和冰棒可以骑着火箭船离开记忆填埋场！

**P.75** 他们在碎石堆中发现了火箭船，于是跳了上去。接着，他们开始尽可能放声歌唱。火箭朝着悬崖上面飞升。乐乐伸手想抓住岩脊，但是他们离得还不够近。

他们一次次地尝试，想要逃出填埋场，但始终飞得不够高。

冰棒发现自己正在逐渐消失。“加油，乐乐，再试一次。我有预感，这次我们能成功。”

趁乐乐不注意冰棒跳下了火箭。火箭越升越高……最终飞上了岩脊！

**P.76** “啊！冰棒，我们成功啦！我们——”乐乐低头看见冰棒竟然在下面欢呼。

“哈，哈哈！你成功了！快去救茉莉！替我带她去月球，好吗？”说完，他挥了挥手，然后消失了。

爸爸妈妈回到家，惊讶地发现茉莉并没从学校回来。他们试着给她的手机打电话，但是没人接。

大脑总部里，怒怒、怕怕和厌厌开始对先前的计划后悔起来。

“这太疯狂了！”怒怒喊道，“她不应该离家出走的！”

“咱们让她改变主意吧。”厌厌说道。

他们试图把点子球拔下来，但是点子球一动不动。他们开始慌了，用力摁着控制台上的每个按钮！

.....



# Chapter 6





Joy *chased* Sadness through Long Term Memory and into Imagination Land. “Riley’s *better off* without me!” she yelled as she hopped onto a cloud and floated away.

Then Joy had a crazy idea. She used the Imaginary Boyfriend Generator to create a tower of boyfriends.

“Now!” she screamed. All the imaginary boyfriends leaned forward and *launched* Joy onto a trampoline on the crumbling Family Island. She bounced off it and *zoomed* into the air, right toward Sadness.

---

chase v. 追逐   be better off 生活得更好   launch v. 发射   zoom v. 急速上升





“Hang on!” Joy yelled as she grabbed Sadness. The two soared toward Headquarters and smacked right into the window!

Anger, Disgust, and Fear were thrilled to see them. There was just one problem: the windows in Headquarters didn’t open.

Disgust had a brilliant idea. She made Anger mad and used the *flames* from his head to cut through the glass. Joy and Sadness climbed inside.

“Sadness, it’s *up to you*,” said Joy. “Riley needs you.”

---

flame *n.* 火焰    up to you 由你做主

The Emotions watched as Sadness stepped up to the console and gently pulled the idea bulb out.

Inside the bus, Riley stood up. “I wanna get off, ” she said, and ran home.

Riley’s parents were *relieved* when she walked through the front door. In Headquarters, Joy handed the five core memories to Sadness, and each one turned blue. Sadness placed them in the recall unit and they played through Riley’s mind.

---

relieve v. 缓解







Riley began to cry.

“I know you don’t want me to, but . . . I miss home. I miss Minnesota,” Riley said.

Mom and Dad told her they missed Minnesota, too. The three of them *embraced*, and Riley smiled through her tears.

At that moment, a new core memory rolled into Headquarters. It was blue and yellow—all *swirled* together. The sphere settled into the core memory holder and *generated* a brand-new Family Island.

---

embrace v. 拥抱   swirl v. 旋转   generate v. 形成



In the following months, there were a lot of good changes both in Riley's world and in her Mind World. The Emotions were excited about the new Islands of Personality that had formed.

"I like Tragic Vampire Romance Island," said Sadness.

"Boy Band Island. Hope that's just a phase," said Fear.

The Emotions also got an *upgraded* console installed in Headquarters.

"Hey, guys, what's *pub-er-ty*?" asked Disgust, as she *inspected* a large, red button.





Riley had joined a San Francisco hockey team and made some great new friends.

During one of the games, Riley's parents sat in the bleachers, cheering her on.

"Go, foghorns!" shouted Dad.

"Go, Riley!" exclaimed Mom.

Riley felt a little *embarrassed*, but she had to admit—Mom and Dad were pretty *awesome*.



embarrassed *adj.* 尴尬的    awesome *adj.* 极好的

She skated onto the ice, ready to play, as the Emotions prepared.

“All right,” said Joy. “Let’s play some hockey!”

Joy and Sadness stood *side by side* at the console. They knew that working together as a team was the best way to help Riley lead a happy life.

And right now, things were great for Riley. She had *fantastic* new friends, a new hockey team, a new house, and she had turned twelve years old. What could possibly go wrong?

---

side by side 肩并肩地    fantastic *adj.* 极好的





## Reflection 6

### Comprehension

**Are these sentences true (T) or false (F)?**

1. The Imaginary Boyfriend Generator could create some girlfriends, too. (    )
2. The windows in Headquarters were always open. (    )
3. Disgust made Anger mad so that she could use the flames to cut through the glass. (    )
4. Riley's parents were unhappy when Riley walked through the front door. (    )
5. A new core memory was blue and red—all swirled together. (    )
6. The new core memory settled into the core memory holder and generated a brand-new Family Island. (    )
7. Riley had joined a Minnesota hockey team and made some new friends in San Francisco. (    )
8. During one of the games, Riley's parents sat in the bleachers, cheering her on. (    )
9. In the end, Joy and Sadness stood side by side at the console to work together to help Riley lead a happy life. (    )

## Phrases

本章词组表:

bounce off 跳下 cheer...on 鼓励……加油 cheer...up 让……高兴  
lead a happy / sad life 过着幸福 / 痛苦的生活 cut...through 切割

### Fill in the blanks.

**bounced off cut ...through cheer...up cheer...on  
lead ... life**

1. As Riley and Mom walked back home, Joy tried to \_\_\_\_\_  
Riley \_\_\_\_\_ with a happy memory from the road trip.
2. During one of the games, Riley's parents sat in the bleachers  
to \_\_\_\_\_ her \_\_\_\_\_.
3. Joy and Sadness knew that working together as a team was the  
best way to help Riley \_\_\_\_\_ a happy \_\_\_\_\_.
4. Joy \_\_\_\_\_ it and zoomed into the air, right toward Sadness.
5. Disgust made Anger mad and used the flames from his head  
to \_\_\_\_\_ the glass \_\_\_\_\_.



# Grammar

## doing 或 to do 结构的固定搭配

有些动词或动词短语后接动词不定式, 有些动词或动词短语后接动名词。

含动词不定式的常见短语有: **tell sb.to do sth., be ready to do sth., try to do sth., have to do sth., promise to do sth.**

含动名词的常用短语有: **keep sb.doing sth., see/hear sb.doing sth., thank sb.for doing sth.**

注意: try, see/hear 后既可以 to do, 也可以接 doing。

区别: try to do 表示试图做某事: try doing 表示试着做某事。

see/hear sb.doing 表示看见 / 听见某人做某事, 强调动作正在进行, 而且是看见 / 听见动作的一部分;

see/hear sb.to do 表示看见 / 听见某人做某事, 强调看见 / 听见动作的全过程。

用法相似的动词还有 feel, watch, notice 等感官动词。



## Choice.

1. The super-important memories sent power through the lightlines to keep the islands \_\_\_\_\_ (*running; to run*).
2. The dream director told the cameraman \_\_\_\_\_ (*adding; to add*) the reality-distortion filter.
3. Mom thanked Riley for \_\_\_\_\_ (*being; to be*) such a happy girl. The Emotions were shocked!
4. When they finally made it out, they saw the train \_\_\_\_\_ (*leaving; to leave*).
5. Meanwhile, Riley was ready \_\_\_\_\_ (*running; to run*) away from home.
6. Joy tried \_\_\_\_\_ (*cheering; to cheer*) Riley up with a happy memory. But Sadness touched the memory and turned it blue!
7. Riley felt a little embarrassed, but she had \_\_\_\_\_ (*admitting; to admit*)—Mom and Dad were great.
1. Joy promised \_\_\_\_\_ (*helping; to help*) Sadness work on her positive outlook when they got back to Headquarters.





### 第六章

**P.85** 乐乐追着忧忧穿过了长期记忆储存库，来到幻想乐园。“没有我，茉莉才可以过得更好！”她喊叫着，跳上了一朵云，飘走了。

这时，乐乐有了一个疯狂的想法。她用梦幻男友生成器生成了一大堆男朋友。

“快！”她尖叫道。所有梦幻男友们都身体前倾，然后把乐乐弹到了摇摇欲坠的家庭岛的蹦床上。乐乐从蹦床上弹了起来，飞到空中，朝忧忧冲去。

**P.86** “坚持住！”乐乐喊道，她抓住了忧忧。两个情绪小人向着大脑总部飞去，“哐”地一下正好撞在了窗户上！

怒怒、厌厌和怕怕看到他们很兴奋。但现在有一个问题：无法打开大脑总部的窗户。

厌厌想出个妙招。她先把怒怒激怒，再用他脑袋上的火焰切割玻璃。乐乐和忧忧爬了进去。

“忧忧，全靠你了，”乐乐说，“茉莉需要你。”

**P.87** 情绪小人们看着忧忧走上控制台，轻轻地把点子球拔下来。

公交车里，茉莉站了起来。“我想下车，”她说，跑回家去了。

爸爸妈妈看见茉莉出现在前门时，松了一口气。大脑总部里，乐乐把五个核心记忆球交给了忧忧，所有的记忆球都变成了蓝色。忧忧把它们放在召回装置上，它们在茉莉的脑海里尽情玩耍。

**P.88** 茉莉哭了起来。

“我知道你们不希望我这样，但是……我想家。我想念明尼苏达州，”茉莉说道。

爸爸妈妈告诉她，他们也很想念明尼苏达州。三人拥抱在一起，茉莉流着眼泪，笑了。

就在这时，一个新的核心记忆球滚进了大脑总部。这是个金色和蓝色交织在一起的球。记忆球被交给核心记忆持有人，生成了一座全新的家庭岛。

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**P.89** 在随后的几个月里，很多美好的变化发生在了茉莉的真实世界和她的心理世界中。情绪小人们对出现的新个性小岛都感到异常兴奋。

“我喜欢吸血鬼悲剧爱情岛，” 忧忧说。

“男孩乐队岛。我希望这座岛只是暂时的，” 怕怕说。

情绪小人们还在大脑总部的控制台上安装了升级系统。

“嘿，伙计们，什么是‘青——春——期’？” 厌厌问道，她在仔细地审视着一个红色的大按钮。

**P.90** 茉莉加入了旧金山的一支冰球队，交了一些很棒的新朋友。

其中一场比赛，茉莉的爸爸妈妈坐在露天看台上为她加油。

“加油，雾角队！” 爸爸喊道。

“加油，茉莉！” 妈妈喊道。

茉莉感到有点尴尬，但她不得不承认——爸爸妈妈棒极了。

**P.91** 按照情绪小人事先的安排，茉莉滑进了溜冰场，准备比赛。

“好了，” 乐乐说，“一起来玩冰球吧！”

乐乐和忧忧肩并肩站在控制台旁。他们知道只有团队协作才是帮助茉莉过上幸福生活的最好方式。

现在，对茉莉来说，一切都很棒。她有一些很棒的新朋友，一支崭新的冰球队，一栋新房子，她已经十二岁了。还可能会出什么问题呢？



## General Reflection

### Summary

**Directions:** Complete the following passage by using the words in the box. Each word can only be used once.

A. Anger    B. Minnesota    C. Headquarters    D. San Francisco  
E. road    F. disorders    G. emotions

Growing up can be a hard and rough \_\_\_\_\_1\_\_\_\_\_, and it is no exception for Riley. The little girl has to leave her hometown—\_\_\_\_\_2\_\_\_\_\_, because her father starts a new job in San Francisco. Like all of us, Riley is guided by her emotions—Joy, Fear, \_\_\_\_\_3\_\_\_\_\_, Disgust, and Sadness. The emotions live in \_\_\_\_\_4\_\_\_\_\_, the control center inside Riley's mind. These \_\_\_\_\_5\_\_\_\_\_ help to advise her through everyday life. As Riley and her emotions struggle to adjust to a new life in \_\_\_\_\_6\_\_\_\_\_, a variety of \_\_\_\_\_7\_\_\_\_\_ follow up in Headquarters...

## Who is who?

**Directions:** Complete the following sentences by using the words in the box. Each word can only be used once.

**Bing Bong   Fear   Anger   Sadness   Disgust   Meg   Joy**

1. No one knew how to handle life's injustices better than \_\_\_\_\_. He helped Riley stand up for herself and demand fairness.
2. \_\_\_\_\_ was Riley's old imaginary friend! He was part cat, part elephant, and part dolphin, and he was made of cotton candy.
3. Thirty-three seconds after Riley was born, another Emotion appeared. It was \_\_\_\_\_. As the small blue Emotion took the controls in Headquarters, Riley began to cry.
4. \_\_\_\_\_ wanted Riley's life to be filled with happiness. Her goal was to keep cheerful yellow memory spheres rolling through Headquarters.
5. Anything that was possibly unpleasant things was handled by \_\_\_\_\_. She helped Riley decide whether to accept it . . . or spit it out!
6. \_\_\_\_\_ kept Riley safe. If there was a treacherous power cord to cross, he was the Emotion to safely guide her to the other side.
7. Meanwhile, Riley was on her computer, chatting with her best friend, \_\_\_\_\_, in Minnesota. When she mentioned a new friend, Riley rudely slammed her laptop shut.



## How to Say “Say”(各种“说”)

1. “Riley hasn’t had lunch!” Joy **yelped**.
2. Fear **tried to calm him**, “No, no, no, stay happy!”
3. Anger shoved him away and took control. Soon Riley **exploded**, “Just shut up!”
4. Friendship Island **groaned**!
5. “Oh, gaa,” **muttered** Joy.
6. “It’s just a dream, it’s just a dream, it’s just a dream . . .” Fear **chanted**.
7. “We lost another island. What is happening?” Joy **cried**.
8. “We can get recalled!” Sadness **exclaimed**.
9. “This is madness!” **shouted** Anger. “She shouldn’t run away!”
10. “Now!” she **screamed**. All the imaginary boyfriends leaned forward and launched Joy onto a trampoline on the crumbling Family Island.
11. “Hang on!” Joy **yelled** as she grabbed Sadness. The two soared toward Headquarters and smacked right into the window!

## Activities(活动)

1. Which emotion do you like best in the story? Why?
2. You are Riley. Write a letter to your friend and describe your first day at the new school.
3. Like Riley, you may have some dreams. Describe one of your dreams and explain the relationship between the dream and your daily life.
4. Right now, Riley had fantastic new friends, a new hockey team, a new house, and she had turned twelve years old. What could possibly go wrong? Can you guess?





## 第一章

**Comprehension:** 1. A 2. C 3. A 4. C 5. B 6. B 7. A 8. C 9. B 10. C

**Phrases:** 1. filled up 2. burst with 3. stand up for 4. the opposite of  
5. keep 6. nudged 7. guided

**Grammar:** 1. Later 2. best 3. nearest 4. darkest 5. higher 6. better

## 第二章

**Comprehension:** 1. A 2. B 3. B 4. A 5. C 6. A 7. B 8. C 9. A 10. C

**Grammar:** 1. because 2. but 3. when 4. if 5. so 6. until

## 第三章

**Comprehension:** 1. F 2. T 3. T 4. F 5. T 6. T 7. F 8. T

**Grammar:** 1. by 通过…… 2. On 在某天 3. through 穿过 (玻璃等)  
4. in 在……中 5. At (固定词组) 起初 6. With 随着…… 7. to 到……

## 第四章

**Comprehension:** 1. T 2. F 3. F 4. T 5. F 6. F 7. T 8. F 9. F 10. T

**Phrases:** 1. sneaked onto 2. came to an abrupt stop 3. in awe  
4. was taken away 5. jammed 6. chasing after 7. stormed through  
8. came up with

**Grammar:** 1. was made 2. was handled 3. were failing 4. was sent  
5. was experiencing 6. were made 7. was working; were scaring 8. was taken  
9. was getting 10. was starting 11. were kept 12. were regretting 13. were relieved

## 第五章

**Comprehension:** 1. T 2. T 3. F 4. F 5. T 6. T 7. F 8. F

**Grammar:** 1. until 2. As 3. Since; after 4. If 5. When 6. Since 7. before  
8. as 9. when 10. as 11. If

## 第六章

**Comprehension:** 1. F 2. F 3. T 4. F 5. F 6. T 7. F 8. T 9. T

**Phrases:** 1. cheer ...up 2. cheer...on 3. lead...life 4. bounced off 5. cut ...  
through

**Grammar:** 1. running 2. to add 3. being 4. leaving 5. to run 6. to cheer  
7. to admit 8. to help

**General reflection:** 1. E 2. B 3. A 4. C 5. G 6. D 7. F

**Who is who:** 1. Anger 2. Bing Bong 3. Sadness 4. Joy 5. Disgust  
6. Fear 7. Meg





*This book belongs to*

Date \_\_\_\_\_

I am \_\_\_\_\_ years old.

Right now, \_\_\_\_\_ is  
(Emotion)

in charge of my headquarters.

I can tell because...

\_\_\_\_\_  
\_\_\_\_\_



Images have been losslessly embedded. Information about the original file can be found in PDF attachments. Some stats (more in the PDF attachments):

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