The Five Elements in My Life

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Abstract

An exploration and reflection of Hao Zhou’s “bitter” moments in life.

KEYWORDS: Experiences, life, reflection, swimming, drowning, learning, life lessons, journaling, creative writing, China, Chinese, ESL.
The Five Elements in Your Life

Everyone has own five tastes of life: sweet, sour, spicy, bitter, salty. The sweet makes you feel happy, the sour can be something that causes you to cry, the spicy makes you angry, the bitter leads you to learn a lesson and salty causes you to change the way to finish the things. I just want to talk about a bitter element in my childhood.

In my memories, when I was a young child, I always played with my friends in the playground or some amusement places. During those times, I always felt happy and free. One day in summer, it was so hot that no one wanted to walk on the street. My father decided to take me to the swimming pool. I was so excited because it was so boring to stay in the house and I wanted to go to some cool place. There were so many people at the swimming pool that I had to wait one hour to enter the fitting room. I hurried to take off my clothes and asked my father to follow me. At that time, I never knew what it was like to be afraid. I saw someone jump into the swimming pool and like a bomb explosions in the water. It caused me curiosity and interest. Is it fun to jump into the swimming pool? I was interested in trying to jump into the pool and the result was something I could not have imaged. I thought I was six years old and I wasn’t tall enough to stand in the swimming pool. When I jumped into swimming pool, I couldn’t see anything in the water because the heaviness of the water pressed on me and my eyes couldn’t open underwater. The only thing I could do was waving my hand to catch something to help me stand. I also swallowed lots of water in my mouth and it felt so terrible. My mind was blank.
Suddenly, I was caught by someone. I turned my head down and coughed. It was bad that I couldn’t throw up anything. My father patted my back and made me feel good. After that happened, I was afraid of going to the swimming pool and I never wanted to swim.

The things never happen like you imagine. When I was in primary school, everyone must learn how to swim because the mortality in swimming was so high. This was aim to protect students from drowning accident. So during every swimming lesson I was so afraid and always wanted to ask for leave the class. The most terrible thing is that every 6th class, we had an exam to test your swimming skill. Everyone should swim in the 6’7, I thought it was so dangerous because I couldn’t stand in the pool. Every exam time, I always stood in the last of line and never went into the pool. In the final class, the coach ordered us to swim in the pool. I was so afraid and got goose bumps. The coach pushed me in the pool. I was so afraid and waved my hand out of the pool. The coach told me to swim and he didn’t help me. I only can use my body to move in the water. It was so hard that I never had stayed a long time in the water. But the coach left the life buoy in front of me. I couldn’t catch it. In the end, I succeeded in finishing the exam and it made me feel tired. In my mind, I thought that it was big success in my life.

In my opinion, these five elements are important experiences in life because it is necessary for everyone to experience the five elements in your life. You could face the difficulties and encourage yourself to fix them. You can learn the class in the difficulties. I think the bitter is the best things to teach your knowledge.