

日出观察日记怎么写：定时间点、记变化、加自己

看日出是观察日记的经典题目，但很多同学写完只有两句：太阳升起来了，非常美丽。问题出在你把整个过程看成了一瞬间，没有把它拆成几个阶段。写好日出观察日记就三步：定时间点、记变化、加自己。

第一步，定三个时间点。第一个是凌晨出发，比如五点半，天还是黑的，路灯亮着；第二个是天边泛红，黑暗变淡，云朵显出轮廓；第三个是太阳跃出地平线，从半个圆弧到整个圆球。每个时间点写一段，文章就自然按时间顺序展开了。

第二步，在每个时间点记三种变化：颜色、形状、光线。颜色从黑变灰，从灰变蓝，天边先橙黄再橙红，最后可能带点粉紫。形状上，云先是没有轮廓，后来镶上金边；太阳先露出小半个弧，再慢慢上升，最后猛地一跳。光线上，路灯变暗，远处的树从黑影变成能看清树干树枝。每个时间点挑两三种变化写，不用全都写。

第三步，加自己的动作和感受。动作很具体：闹钟五点半响，你不肯从热被窝里出来；骑车路上揉了揉两次眼睛；太阳出来时你喊了一声出来了，声音把桥下的鸟吓了一跳。感受写一句就够，放在段落末尾，比如那一刻我突然明白为什么有人说日出值得等。不要堆感叹。

对比两种写法。写法一：日出真壮观，美得让人说不出话。写法二：天边先是橙黄色，像谁打翻了一杯茶；几分钟后颜色加深成橙红，河面上的云一朵一朵亮起来。写法二字数多，但有画面。观察日记的目标就是把画面写出来，形容词是画面的敌人。

日记格式别漏：第一行写几月几日、星期、天气，正文另起。段落之间用接着、过了一会儿、大约十分钟后这类词衔接，时间线索才清楚。

两个实操提示。一，提前一天查好日出时间，留出二十分钟余量，在天边泛红之前到达观察点；二，起不了早可以用同样方法观察日落，时间点换成太阳西斜、晚霞、太阳落山，结构完全一样。

How to Write a Sunrise Observation Diary: Fix Time Points, Record Changes, Add Yourself

Watching a sunrise is a classic topic for observation diaries, but many students end up with only two sentences: the sun rose, and it was beautiful. The problem is that you saw the whole process as a single moment instead of breaking it into stages. A good sunrise diary has three steps: fix time points, record changes, and add yourself.

Step one: fix three time points. The first is the early morning departure, say 5:30, when the sky is still black and the street lamps are on. The second is when the edge of the sky turns red, the darkness fades, and clouds show their outlines. The third is when the sun leaps over the horizon, from half an arc to a full ball. Write

one paragraph for each time point, and the diary naturally follows the order of time.

Step two: at each time point, record three kinds of change: color, shape, and light. Color goes from black to gray, gray to blue; the edge of the sky turns orange-yellow first, then orange-red, and finally maybe a little pink-purple. In shape, clouds first have no outline, then get a golden edge; the sun first shows a small arc, then rises slowly, and finally gives a sudden jump. In light, street lamps grow dim, and distant trees change from dark shadows into trunks and branches you can see clearly. Pick two or three changes at each time point; you don't need to write all of them.

Step three: add your own actions and feelings. Actions are concrete: the alarm went off at 5:30 and you refused to leave the warm blanket; you rubbed your eyes twice on the bike; when the sun came out you shouted 'it's out', and the sound startled the birds under the bridge. One sentence of feeling is enough, placed at the end of a paragraph, like 'at that moment I suddenly understood why people say a sunrise is worth waiting for'. Don't pile up exclamations.

Compare two versions. Version one: the sunrise was spectacular, too beautiful for words. Version two: the edge of the sky was orange-yellow first, as if someone had spilled a cup of tea; minutes later the color deepened into orange-red, and the clouds over the river lit up one by one. Version two has more words but also a picture. The goal of an observation diary is to write the picture, and adjectives are the enemy of the picture.

Don't miss the diary format: the first line carries the date, the weekday, and the weather, and the body starts on a new line. Between paragraphs, use words like 'then', 'a little while later', 'about ten minutes later' to keep the timeline clear.

Two practical tips. First, check the sunrise time the day before and leave a twenty-minute margin, so you reach the watching spot before the sky turns red. Second, if you can't get up early, use the same method on a sunset: replace the time points with the sun tilting west, the evening glow, and the sun going down; the structure is exactly the same.