

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.

范文点评：一篇400字日出日记好在哪里、差在哪里

假设四年级的李小满写了一篇日记《第一次看日出》，原文是这样的：五月十日，星期六，晴。今天我很开心，因为我要去看日出。早上我和爸爸出发了。路上的风景很美。到了山上，天还是黑的。过了一会儿，天边红了，非常美丽。又过了一会儿，太阳出来了，金光闪闪，壮观极

了。我爱看日出。

先说它做对的地方。时间线是清楚的：出发、山上天黑、天边红、太阳出来，四个阶段都在，没有跳步。这对四年级来说已经合格，因为很多同学的日记会把中间过程整个跳过，直接从家里写到太阳出来了。

再看毛病在哪里。第一处：路上的风景很美。什么风景？黑漆漆的路上能看见什么？这句话是凑字数的，删掉不影响。第二处：非常美丽、壮观极了。连续两个大词，读者脑子里什么画面都没有。第三处：全文找不到我。除了我和爸爸出发了，我没有任何动作、任何反应。看日出的人是你，日记里却把你藏起来了。

逐段改。出发段改成：闹钟五点二十响，我闭着眼睛摸到拖鞋，差点踩到猫。厨房里爸爸已经煮好了鸡蛋，塞给我一个还烫手的。这样出发就有了温度和时间。天黑段改成：山顶上只能看见天空和山之间一条缝，分不清哪边是天哪边是山，我有点怀疑来错了地方。这样天黑就有了具体的黑。

泛红段改成：那条缝先变成灰色，然后灰色里透出一丝蓝，蓝的下面又有一条橙色的线，像谁用蜡笔在山的边上画了一道。云本来看不见，现在一朵一朵显出来，边上是亮的，中间还是暗的。这一段没有用美丽，但画面出来了。

太阳跃出段改成：橙色的线中间鼓起一个小包，包越来越大，变成一个半圆，半圆的边缘亮得我看不清。它升得很慢，慢到我以为它卡住了。然后它突然往上一跳，整个圆球挂在了天上，我的脸一下子暖了。最后一句感受放一段：原来太阳出来的时候是会跳的，我以前从来没注意过。

改完对比字数：原文加标点不到一百五十字，改后接近四百字。多出来的不是废话，是鸡蛋烫手、踩猫、蜡笔、脸暖这些具体的东西。点评自己作文时就用这三问：这句有没有画面？这个大词能不能换成一个看到的细节？我在不在文章里？

Model Essay Review: What Works and What Fails in a 400-Word Sunrise Diary

Suppose a fourth grader named Li Xiaoman wrote a diary called 'My First Sunrise'. The original goes like this: May 10, Saturday, sunny. Today I am very happy because I am going to watch the sunrise. In the morning my dad and I set off. The scenery on the way was beautiful. When we got to the mountain, it was still dark. After a while, the edge of the sky turned red, very beautiful. After a while more, the sun came out, glittering with golden light, absolutely spectacular. I love watching sunrises.

First, what it did right. The timeline is clear: setting off, darkness on the mountain, the sky turning red, the sun coming out. All four stages are there, with no jumps. For a fourth grader this already passes, because many students skip the middle entirely and write straight from home to the sun being up.

Now the problems. First: the scenery on the way was beautiful. What scenery? What can you see on a pitch-black road? This sentence is padding; deleting it changes nothing. Second: 'very beautiful' and 'absolutely spectacular'. Two big words in a row, and the reader gets no picture at all. Third: 'I' is missing from the whole piece. Apart from 'my dad and I set off', I have no action and no reaction. You are the one watching the sunrise, but you hid yourself in your own diary.

Fix it paragraph by paragraph. The departure paragraph becomes: the alarm went off at 5:20, I found my slippers with my eyes closed and almost stepped on the cat. In the kitchen Dad had already boiled eggs and handed me one that was still too hot to hold. Now the departure has warmth and time. The darkness paragraph becomes: on the summit I could only see a seam between sky and mountain, could not tell which was sky and which was mountain, and I started to doubt we had come to the wrong place. Now the darkness is concrete.

The red-sky paragraph becomes: the seam turned gray first, then a bit of blue showed through the gray, and under the blue ran an orange line, as if someone had drawn a stroke of crayon along the edge of the mountain. The clouds had been invisible; now they appeared one by one, bright at the edges but still dark in the middle. This paragraph never says 'beautiful', yet the picture is there.

The sunrise paragraph becomes: a small bump swelled in the middle of the orange line, the bump grew into a half circle, and the rim of it was so bright I could not look straight. It rose very slowly, so slowly I thought it had gotten stuck. Then it suddenly jumped up, and the whole ball hung in the sky, and my face turned warm all at once. Put the final feeling in its own paragraph: so the sun does jump when it comes out, and I had never noticed before.

Compare the word counts: the original is under one hundred and fifty characters with punctuation; the rewrite is close to four hundred. The extra words are not filler but concrete things: the hot egg, the cat, the crayon, the warm face. When reviewing your own composition, ask three questions: does this sentence have a picture? Can this big word be replaced by one detail you actually saw? Am I in the piece?

看日出日记的五个常见错误，附改正方法

批改过几十篇看日出的日记后，发现错误高度重复。下面五个坑几乎人人踩过，每个都附病句和改法。

错误一：流水账。病句：五点起床，六点出发，七点到山顶，七点半看日出，八点回家。全

篇只有时间没有内容，像值日记录。改法：四个时间点里挑一个重点写，其余一笔带过。重点段至少写五行，包含颜色、形状、光线中至少两种变化。其余时间可以合并成一句：我们骑着车，天亮之前赶到了山顶。

错误二：用大词代替画面。病句：日出真美啊，五彩缤纷，绚丽夺目。三个成语堆在一起，读者什么也看不见。改法：做一个填空：天空的颜色从____变成____，像____。填出来的句子才是日记。比如从深蓝变成灰蓝，灰蓝里渗出橘色，像洗笔的水里洇开了颜料。

错误三：时间跳步。病句：天还是黑的。太阳出来了。中间发生了什么完全空白。改法：补一个过渡段，写从黑到红的过程：先是东边最亮的地方泛白，然后白色里透出浅蓝，浅蓝下面慢慢染上一层橘色。这个过程至少值得三行，因为它是日出日记最值钱的部分。

错误四：漏掉日记格式。有的日记直接从今天我去看日出开头，没有日期、星期、天气。改法：第一行固定写年月日、星期、天气，天气要写实际的，凌晨多云就写多云，别为了好看写晴。正文从第二行开始，开头不要写今天我很开心，直接从闹钟响了或者我们出门了写起。

错误五：感受空喊。病句：啊，大自然真伟大！我爱这美丽的日出！感叹号越多越空。改法：感受只写一句，并且写变化而不是喊口号。比如：回去的路上我困得在车后座睡着了，但梦里全是那个跳出来的圆球。或者：以前只在课文里读日出，这次我自己看见了，课文里的句子忽然都变清楚了。

自查顺序建议：先查格式，再查有没有跳步，然后数重点段行数，最后删感叹号。按这个顺序改一遍，一篇一百字的流水账通常能变成四百字左右的合格观察日记。

Five Common Mistakes in Sunrise Diaries, with Fixes

After marking dozens of sunrise diaries, I found the mistakes repeat themselves. The five traps below are almost universal, each with a typical sick sentence and a fix.

Mistake one: a running account. Sick sentence: up at five, off at six, arrived at the summit at seven, watched the sunrise at seven thirty, home at eight. Times only, no content, like a duty roster. Fix: pick one of the four time points to write in detail and let the rest pass in one stroke. The key paragraph needs at least five lines, covering at least two of color, shape, and light. The other times can merge into one sentence: we rode our bikes and reached the summit before dawn.

Mistake two: big words instead of pictures. Sick sentence: the sunrise was so beautiful, colorful and dazzling. Three idioms stacked, and the reader sees nothing. Fix: fill in this blank: the sky changed from ____ to ____, like _____. The filled sentence is the diary. For example: from deep blue to grayish blue, with orange seeping through, like pigment spreading in the water used to rinse a brush.

Mistake three: jumping over time. Sick sentence: it was still dark. The sun came out. What happened in between is blank. Fix: add a bridge paragraph for the change from dark to red: first the brightest spot in the east turned pale, then pale blue showed through the white, and a layer of orange slowly dyed the underside of the blue. This process deserves at least three lines, because it is the most valuable part of a sunrise diary.

Mistake four: missing diary format. Some diaries start straight with 'today I went to watch the sunrise', with no date, weekday, or weather. Fix: the first line always carries the date, weekday, and weather; write the actual weather, cloudy if it was cloudy at dawn, not sunny just to look nice. The body starts on the second line, and it should open with the alarm ringing or us leaving home, not with 'today I was so happy'.

Mistake five: shouting feelings. Sick sentence: ah, how great nature is! I love this beautiful sunrise! The more exclamation marks, the emptier it gets. Fix: write one sentence of feeling, and write a change rather than a slogan. For example: on the way back I fell asleep in the back seat, but my dreams were full of that jumping ball. Or: I had only read about sunrises in textbooks; this time I saw one myself, and suddenly every sentence in the textbook became clear.

Suggested self-check order: check the format first, then look for time jumps, then count the lines of the key paragraph, and finally delete exclamation marks. One pass in this order usually turns a hundred-character running account into a proper observation diary of around four hundred characters.