

诚信作文三步选材法：一件小事、一次犹豫、一个变化

第一步，选事。翻一遍记忆，只挑一件小事：打碎了东西有没有说、考试没考好有没有改分数、多找了零钱还不还。事件越小越好写，因为小事情节短，你能把每一步都写清楚。别选捡到巨款交失主这类大事，编不出细节，只会写成口号。选好后在草稿纸顶上写一句话：我写的是哪件事，我当时的选择是什么。

第二步，写犹豫。诚信作文最值钱的部分不是说老实话，而是说老实话之前的挣扎。把犹豫拆成三个瞬间：第一瞬间，事情发生了，比如试卷发下来，发现老师多加了五分。第二瞬间，心里冒出两个声音，一个说擦掉改回来，一个说就这样吧没人发现。第三瞬间，身体先动了，比如手把卷子翻过去扣在桌上。写犹豫不用形容词，写动作和心里想的句子，两句话就够。

第三步，写承认和变化。承认要写过程，不写结果一笔带过。假设写去找老师：走到讲台用了五步，每步都在想要不要回去；开口第一句是老师我有个题想问，第二句才是这五分不该是我的。承认之后写心里的变化，用身体感觉写：胸口那块堵着的地方松了，晚上作业写得特别快。变化写完了，结尾一句点题就够。

可套用的开头句式：那件事过去很久了，可每次想起它，我的手心还是会出汗。那是一次很小很小的事，小到大人都不当回事，但我记到现在。可套用的结尾句式：那天以后我明白，老实说出来的那几秒钟最难，也最轻松。分数可以改，心里那本账改不了。开头设悬念，结尾点道理，中间的犹豫和承认写具体，道理自然站得住。

三步之外还有一个检查动作：写完读一遍，用铅笔圈出所有我很诚实、我很感动、我明白了这类句子，数一数超过三个就删到三个以内。它们出现得越多，说明该写的动作和感觉越少。删掉后空出来的位置，补上当时的一个动作或一句心里话，文章立刻实在起来。这个圈句子检查花两分钟，比重写一遍省时间。

A Three-Step Material Method for Essays on Honesty: One Small Event, One Hesitation, One Change

Step one: choose the event. Search your memory and pick only one small thing: something you broke and whether you said so, a bad test score you were tempted to alter, or extra change you were handed and whether you returned it. The smaller the event, the easier it is to write, because small events are short and you can clarify every step. Do not pick big events like returning a huge sum of money; you cannot invent the details, and it turns into slogans. After choosing, write one line at the top of your draft: which event I am writing, and what I chose at the time.

Step two: write the hesitation. The most valuable part of an honesty essay is not telling the truth, but the struggle before telling it. Break the hesitation into three moments. First moment: the thing happens, the test comes back and you notice

the teacher added five points by mistake. Second moment: two voices appear in your head, one says cross it out and fix it, the other says leave it, nobody will notice. Third moment: your body moves first, for example your hand flips the paper face down on the desk. Do not use adjectives for hesitation; write the action and the sentence you thought, two sentences are enough.

Step three: write the confession and the change. Describe the confession as a process, not a one-line result. Suppose you go to the teacher: it takes five steps to reach the podium, and each step you consider turning back; your first sentence is Teacher, there is a question I want to ask, and the second is these five points should not be mine. After the confession, write the inner change through body feelings: the tight place in my chest loosened, and that night my homework went unusually fast. Once the change is written, one closing sentence makes the point.

Opening patterns you can borrow: That event is long past, yet every time I recall it my palms still sweat. It was a very, very small thing, too small for adults to notice, but I remember it to this day. Closing patterns: After that day I understood that the few seconds of telling the truth are the hardest and also the most relieving. Scores can be changed; the ledger in your heart cannot. Open with suspense, close with the lesson, write the hesitation and the confession concretely, and the lesson stands on its own.

Beyond the three steps there is one checking move: reread the draft and circle every sentence like I was honest, I was moved, I understood. If there are more than three, cut them down to three. The more they appear, the fewer actions and feelings were actually written. Fill the emptied space with one action or one inner thought from the moment, and the essay becomes solid at once. This circling check takes two minutes and saves far more than rewriting.

范文点评：《多找的五块钱》好在哪里，差在哪里

下面是一篇虚构的四年级学生范文，节选三段，每段后点评。

原文第一段：周六我帮妈妈买酱油，售货员阿姨找钱时，把五块看成了十块，多找了我五块。我攥着钱走出店门，走了十几步，兜里的钱像烫手一样。点评：事件小而清楚，一句话交代完。钱像烫手这个感觉好，它写出了第一瞬间的心虚，没有说我当时很矛盾这种空话。

原文第二段：回家路上我想了两个主意。第一个，把这五块存进我的存钱罐，反正不是我骗来的。第二个，送回去。走回店门口时我假装看货架，其实是在给自己攒勇气。点评：两个主意就是心里那两个声音，写成了具体的打算，这是全文最好的地方。假装看货架这个动作把第三瞬间写活了，勇气是攒出来的，不是喊出来的。

原文第三段：后来我回去把钱还了，阿姨夸我是诚实的好孩子。通过这件事，我懂得了做人要诚实，诚实是中华民族的传统美德。点评：还钱的过程全被跳过了，从门口直接跳到被表扬，最该写的开口那两句话没有了。最后一句滑回背口号，传统美德跟这个孩子刚才的紧张毫无关系，删掉不损失任何东西。

修改对照：把第三段改成我听见自己说阿姨您多找我钱了，声音小得像蚊子，阿姨愣了一下，从抽屉里数了五块换回去。走出店门，兜里轻了，我心里也轻了。改后没有一句道理，但诚实这件事整个立住了。孩子自查自己的作文时用这条标准：如果删掉最后一段道理，故事还成立吗？成立，说明前面写到位了；不成立，说明该补的是过程，不是道理。

顺带说第一段的一个小毛病：开头先写周六我帮妈妈买酱油，这个帮妈妈跑腿的铺垫可以留，但不少同学会把铺垫写成三段，从妈妈怎么吩咐写到路上怎么踢石子。点评这篇范文时提醒孩子：交代事件背景的句子不要超过两句，背景是为事件服务的，酱油只是让五块钱出现的原因，不是文章的主角。

Model Essay Review: What Works and What Fails in The Five Extra Yuan

Below is a fictional model essay by a fourth grader. Three excerpts follow, each with a review.

Paragraph one: On Saturday I went to buy soy sauce for Mom. When the shopkeeper lady gave change, she mistook a five for a ten and handed me five yuan too much. I clutched the money out of the shop, and after a dozen steps the bills in my pocket felt hot to the touch. Review: the event is small and clear, settled in one sentence. The hot-money feeling is good; it shows the guilt of the first moment without the empty line I felt very conflicted.

Paragraph two: On the way home I thought of two plans. One, put the five yuan into my piggy bank, since I did not cheat for it anyway. Two, bring it back. When I walked back to the shop door I pretended to look at the shelves, but really I was saving up courage. Review: the two plans are those two inner voices, written as concrete intentions, and this is the best part of the essay. Pretending to browse brings the third moment to life; courage is saved up step by step, not shouted.

Paragraph three: Later I went back and returned the money, and the lady praised me as an honest good child. Through this event, I learned that one must be honest, and honesty is a traditional virtue of the Chinese nation. Review: the whole process of returning the money is skipped, jumping from the door straight to praise, and the two sentences of speaking up, the part that most needed writing, are gone. The last line slides back into reciting slogans; traditional virtue has nothing to do with the

nervousness this child just showed, and deleting it loses nothing.

Revision comparison: rewrite paragraph three as I heard myself say Madam you gave me too much change, my voice small as a mosquito; the lady paused, then counted five yuan from the drawer to make it right. Walking out, my pocket was lighter, and so was my heart. The revised version states no lesson, yet honesty stands completely. When children audit their own essays, use this test: if the final moral paragraph were deleted, does the story still hold? If yes, the writing before it works; if no, what is missing is process, not moral.

One small flaw in paragraph one is worth mentioning: it opens with On Saturday I went to buy soy sauce for Mom, and this errand setup can stay, but many students stretch the setup into three paragraphs, from how Mom gave the order to how they kicked pebbles on the road. When reviewing this model, remind children: background sentences should not exceed two lines; background serves the event, and the soy sauce is only the reason the five yuan appeared, not the main character of the essay.

诚信作文的四个常见毛病：附每个毛病的改法

毛病一：事例编得太大。写自己捡到钱包交给警察，或者写同学考试作弊被记过。大问题：孩子没经历过，细节全是编的，钱包里有多少钱、警察说了什么都写不出来。自查：这件事我自己经历过吗？没经历过就换。改法：换成教室里的真事，同桌借了橡皮没还，老师问起来自己有没有替它打掩护。经历过的事，闭眼就能想起画面。

毛病二：犹豫一笔带过。全文写我当时很犹豫，很纠结，然后就没有然后了。大问题：犹豫是诚信作文的心脏，心脏跳一下就写完，文章没有起伏。自查：数一数，作文里写犹豫的句子有没有超过三句？改法：把犹豫拆成两个打算加一个动作。假设写改分数：第一个打算，用橡皮擦掉，假装没发过这张卷子；第二个打算，回家再说；动作，卷子被塞进了书包最底层。

毛病三：承认只写结果。我勇敢地向老师承认了错误。一句话把最难的一步抹平了。自查：承认那段有没有写他走到老师跟前用了多久、开口第一句说了什么？改法：把承认拆成走、开口、对方反应三步。假设：我跟着两个同学蹭到办公室门口，腿像灌了铅；开口第一句是老师，这道题我不会；第二句才是卷子上的名字不是我的；老师放下红笔，看了我三秒钟。

毛病四：结尾硬喊口号。诚信是金、诚信是立身之本，直接抄名言。自查：把最后一段整个删掉读一遍，前面的故事能不能自己站住？改法：用身体感觉收尾。假设改成还完钱回家的路上，风一吹，后背的汗凉了，步子却比来时快。感觉写出来，读者自己会得出诚信值得的结论，不需要你替他喊。

四个毛病有一个共同根源：孩子以为诚信作文是要证明我很诚实，其实是要把一次不诚实到诚实的过程写出来。家长辅导时别问你懂得了什么道理，问当时你心里先冒出的念头是什么，身体

做了什么。答案出来了，作文的素材也就出来了。

Four Common Flaws in Essays on Honesty, with a Fix for Each

Flaw one: the event is invented too big. The child writes about finding a wallet and handing it to the police, or a classmate caught cheating. The problem: the child never lived it, so every detail is fabricated, and they cannot write how much was in the wallet or what the officer said. Self-check: did I actually experience this? If not, swap it. Fix: switch to something real from the classroom, like a deskmate borrowing an eraser and not returning it, and whether you covered for it when the teacher asked. For events you lived through, images come back with your eyes closed.

Flaw two: the hesitation is brushed off. The whole essay says I felt so conflicted, so torn, and then it is over. The problem: hesitation is the heart of an honesty essay; if the heart beats once and stops, the essay has no pulse. Self-check: count the sentences about hesitation, are there more than three? Fix: split hesitation into two intentions plus one action. Suppose the essay is about altering a score: first intention, erase it and pretend the paper was never returned; second intention, deal with it after school; action, the paper gets stuffed into the bottom of the schoolbag.

Flaw three: the confession is only its result. I bravely admitted my mistake to the teacher. One sentence flattens the hardest step. Self-check: does the confession paragraph say how long it took to reach the teacher and what the first spoken words were? Fix: break the confession into walking, speaking, and the other person's reaction. Suppose: I tagged along with two classmates to the office door, my legs like lead; my first sentence was Teacher, I cannot do this problem; the second was the name on the paper is not mine; the teacher put down the red pen and looked at me for three seconds.

Flaw four: the ending shouts slogans. Honesty is gold, honesty is the foundation of character, straight quotations. Self-check: delete the final paragraph entirely and reread, does the story before it still stand? Fix: close with a body feeling. Suppose: on the way home after returning the money, the wind cooled the sweat on my back, yet my steps were faster than on the way there. Once the feeling is on paper, readers reach the conclusion that honesty pays on their own, without you shouting it for them.

The four flaws share one root: children think an honesty essay must prove I am honest, when it actually must show one journey from dishonesty to honesty. When

parents coach, do not ask what lesson you learned; ask what thought popped up first in your head at the time, and what your body did. Once those answers exist, the material for the essay already exists.