

三年级诚信日记怎么写：把说话算数分成三个场景

日记本上写今天我说话算数了，这句话本身没有画面。要让老师看到你怎么算数的，得把这一天拆成三个场景：早上答应、中午想偷懒、晚上完成。三个场景都写到了，日记就立起来了。

先选承诺。就选今天真发生过的一件，比如妈妈说房间太乱，你答应睡前把玩具收进箱子、把书包理好。别选帮奶奶扫地这种没发生的事，编出来的细节容易对不上，写着写着就露馅。

第一个场景写早上答应。交代清楚谁在什么情况下提的要求，你怎么答应的。答应的话要直接引出来：我拍着胸脯说，保证睡前收好。拍胸脯这种小动作一写，答应就显得有分量。

第二个场景写中午想偷懒，这是整篇日记最有趣的地方。写你动过的念头和借口：中午写完作业，我看着地上的玩具箱，心想乱一点也没什么，下午还要下楼跳绳，不如晚上再收。把借口写出来，后面的坚持才显得真。

第三个场景写晚上完成。写你做了什么、花了多长时间、做完身体是什么感觉：晚上八点半，我把积木按大小装进两个盒子，书按高矮排进书架，花了二十分钟，腰有点酸，可是站在门口看房间，地上一个玩具都看不见。

格式别漏：第一行写几月几日、星期几、天气，正文从头到尾用第一人称。感受放在最后一两句，写身体的感觉或者心里的想法，比如原来说话算数不是嘴上说说，是要动手去做的。

语言要像小孩说话。多用短句，可以用打比方，比如玩具像回家一样一个个进了箱子。少用成语，别写妈妈语重心长地对我说，那不像三年级的话。

写完自己检查三件事：三个场景在不在，有没有一处写想法的句子，有没有删掉也不影响的大话。三样都过关，这篇日记就合格了。

How to Write a Grade 3 Honesty Diary: Split Keeping Your Word Into Three Scenes

Writing 'I kept my word today' in the diary tells the reader nothing. To show the teacher how you kept it, split the day into three scenes: promising in the morning, wanting to slack off at noon, finishing at night. With all three scenes on the page, the diary stands up.

Choose the promise first. Pick one thing that really happened today, like Mom saying the room was messy and you promising to put the toys away and tidy your schoolbag before bed. Do not pick something that never happened, like helping grandma sweep; invented details easily fail to add up.

In the first scene, write the morning promise. Say who made the request, in what situation, and how you answered. Put the promise in direct speech: I thumped my chest

and said I guaranteed I would tidy up before bed. A small action like thumping the chest makes the promise feel weighty.

The second scene, wanting to slack off at noon, is the most fun part of the diary. Write the thought and the excuse you used: after finishing homework at noon, I looked at the toy box on the floor and thought, a little messy is fine, I still want to jump rope downstairs this afternoon, better do it at night. Writing the excuse out loud makes the later persistence real.

In the third scene, write the evening finish. Say what you did, how long it took, and how your body felt after: at eight thirty I packed the blocks into two boxes by size and lined the books on the shelf by height, it took twenty minutes, my back was a little sore, but standing at the door I could not see a single toy on the floor.

Do not skip the format: the first line carries the date, the weekday and the weather, and the whole diary stays in the first person. Put the feeling in the last sentence or two, a body feeling or a thought, like keeping your word is not about talking but about doing.

Keep the language like a child talking. Use short sentences, and similes are welcome, like the toys going into the box one by one as if going home. Avoid stacking idioms; do not write 'Mom said to me with deep meaning', that is not how a third grader talks.

After writing, check three things: are all three scenes there, is there at least one sentence of inner thought, and can any grand empty sentence be deleted without loss. Pass all three and the diary is good.

一篇三年级诚信日记的逐段点评：乱房间那天怎么改具体

假设有孩子写了这样一篇日记：今天妈妈让我整理房间，我答应了。中午我不想整理，晚上我还是整理了。妈妈夸我是说话算数的好孩子。全文五句话，每件事都提到了，却像一份值班记录。

第一段的问题在答应太轻。答应是这篇日记的起点，可原文里答应只是我答应了四个字。改法是把答应的过程放慢：妈妈指着床底下露出半截的乐高盒子问我打算怎么办，我说今天一定收好，说完还顺手把拖鞋踢到盒子旁边。有指、有问、有答、有小动作，答应才站得住。

第二段的问题在想偷懒写得太快。我不想整理五个字把最有戏的部分一笔带过。可以补两层：先写身体怎么偷懒，我往沙发上一躺，抱着抱枕说再歇十分钟；再写心里怎么找理由，房间乱又不是我的错，玩具是全家一起玩的。两层写出来，读者会笑，因为每个孩子都干过这种事。

第三段的问题在完成像报账。晚上我还是整理了，然后呢？整理这个动作本身最有内容：先把散在客厅的乐高按颜色分进三个保鲜盒，再把床底下的盒子拖出来时带出一只失踪两周的袜子，最后把脏衣服团进洗衣篮。顺序一列，二十分钟的劳动就有了。

结尾的妈妈夸我属于替读者下结论。夸可以留，但要换成更有画面的写法：妈妈站在房门口说了句咦，然后从包里摸出一块巧克力放在书桌上。巧克力的出现就是夸奖，不用写夸我是好孩子。

日期天气也顺手改一下。原文写晴，可正文里提到下午下雨收不了跳绳，前后对不上。日记里的天气要和正文的事互相帮忙：写整理时窗外在下雨，正好解释为什么哪儿也没去、只能待在家里收拾。

改完对照一遍：原文五句，改后每句都变成了一个能看见的画面。诚信日记的诚信不在口号里，在答应时的那句话、偷懒时的那个念头、完成时的那二十分钟里。

Line-by-Line Notes on a Grade 3 Honesty Diary: Making the Messy Room Day Concrete

Suppose a child wrote this diary: Today Mom asked me to tidy my room and I agreed. At noon I did not want to, but at night I did it anyway. Mom praised me for keeping my word. Five sentences, every event mentioned, yet it reads like a duty log.

The first paragraph fails because the promise is too light. The promise is the starting point of this diary, but in the original it is just the words 'I agreed'. The fix is to slow the moment down: Mom pointed at a Lego box poking out from under the bed and asked what I planned to do; I said I would definitely put it away today, then kicked a slipper next to the box as an afterthought. Pointing, asking, answering, a small action – now the promise stands.

The second paragraph fails because the laziness is over too fast. Five words brush past the most dramatic part. Add two layers: first the body being lazy, I flopped onto the sofa, hugged a cushion and said ten more minutes of rest; then the mind making excuses, the messy room is not my fault, the toys were played with by the whole family. Write both layers and readers smile, because every child has done this.

The third paragraph fails because finishing reads like an expense report. At night I did it anyway – then what? The tidying itself is the richest material: first sort the Legos scattered in the living room into three containers by color, then drag the box from under the bed and bring out a sock missing for two weeks, finally roll the dirty clothes into the laundry basket. List the order and twenty minutes of labor appear.

The ending where Mom praises me decides the conclusion for the reader. The praise can stay, but replace it with something more visual: Mom stood at the room door and said 'oh?', then fished a chocolate bar out of her bag and put it on the desk. The chocolate is the praise; no need to write 'a good child who keeps his word'.

Fix the date and weather too. The original says sunny, but the text mentions rain in the afternoon stopping jump rope outside - a contradiction. Make the weather help the story: say it was raining while tidying, which explains why the child stayed home and had nothing else to do.

Compare before and after: five flat sentences became five visible scenes. The honesty in an honesty diary is not in slogans; it is in the sentence you said when promising, the thought you had when slacking, and the twenty minutes you actually spent.

三年级诚信日记的五个常见毛病和自查清单

第一个毛病：承诺选得太大。有的孩子写我答应妈妈这学期每天都整理房间。一个学期的承诺没法在一天里写完，写到晚上只能草草收场。改成一次具体的：今晚睡前把书桌收干净。自查问题：我答应的这件事，今天之内能做完吗？

第二个毛病：从头到尾没有想偷懒的念头。有的日记里孩子从早上答应直接到晚上完成，中间一点波动都没有，读起来像表扬稿。真实的孩子一定动过念头。补一句就够：午饭后我瞥了一眼书桌，心想明天收也一样。自查问题：我在日记里承认过自己想偷懒吗？

第三个毛病：完成过程一笔带过。我把房间整理好了，七个字交差。可这篇日记最该放慢的就是这七个字。改成写步骤和用时：先把椅子上的衣服挂回衣柜，再把笔筒里的断笔扔掉，最后擦桌面，一共十五分钟。自查问题：读者能照着我的话把房间收一遍吗？

第四个毛病：结尾喊口号。不少日记最后一句是我以后也要做一个诚实守信的好孩子。这句话放在任何一篇日记末尾都成立，说明它对这篇没有用。换成当天的感受：看着干净的书桌，我觉得答应别人的事做到后，心里特别轻快。自查问题：这句结尾换一篇日记还通用吗？通用就删。

第五个毛病：日期天气和正文打架。有孩子写星期六晴，正文里却说放学后和同学踢球踢到很晚，可又写一整个下午都在整理房间，时间对不上。写之前先在纸上排一遍时间线：几点放学、几点动念头、几点开始收、几点收完。自查问题：正文里的每件事，时间上都排得开吗？

五个毛病之外，还有一条加分项：给日记里最重要的那个瞬间加一个声音或一个颜色。比如积木盒子扣上时咔哒一声，或者把新买的绿色笔筒摆上桌。一个细节就能让整篇日记被记住。

改的时候不用五处一起动。每遍只改一个毛病，改完读一遍，再改下一个。五遍下来，这篇日记基本不会再有硬伤。

Five Common Flaws in a Grade 3 Honesty Diary and a Self-Check List

Flaw one: the promise is too big. Some children write 'I promised Mom I would tidy my room every day this term'. A whole term's promise cannot be finished inside one day, so the ending has to be rushed. Change it to one concrete instance: clean the desk before bed tonight. Self-check: can the thing I promised be done within today?

Flaw two: not a single lazy thought from start to finish. Some diaries jump straight from the morning promise to the evening finish, with no wobble at all, reading like an award citation. A real child always hesitated. One sentence is enough: after lunch I glanced at the desk and thought, tomorrow would be the same. Self-check: did I admit in the diary that I wanted to slack off?

Flaw three: the finishing process is waved away. 'I tidied the room' - seven words and done. Yet those seven words are exactly where the diary should slow down. Rewrite it with steps and time: first hang the clothes from the chair back into the wardrobe, then throw away the broken pens from the pen holder, finally wipe the desktop, fifteen minutes in total. Self-check: could a reader tidy the room by following my words?

Flaw four: the ending shouts a slogan. Many diaries close with 'I will always be an honest and trustworthy child'. That sentence works at the end of any diary, which proves it does nothing for this one. Replace it with the day's feeling: looking at the clean desk, I felt light and glad that I did what I promised. Self-check: would this ending still fit a different diary? If yes, delete it.

Flaw five: the date and weather fight the text. One child wrote 'Saturday, sunny', then said he played soccer with classmates late after school, yet also wrote that he spent the whole afternoon tidying - the times do not add up. Before writing, lay out a timeline on scratch paper: when school ended, when the lazy thought came, when tidying started, when it ended. Self-check: can every event in the text fit on the timeline?

Beyond the five flaws, one bonus move: give the most important moment a sound or a color. The click of the block box snapping shut, or the new green pen holder placed on the desk. One detail makes the whole diary memorable.

When revising, do not fix all five at once. Change one flaw per pass, reread, then take the next. After five passes the diary is nearly free of hard errors.

