

## 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.