

观察日记怎么写：盯住班主任一天，记下三个时间点

观察日记和平时写的作文不一样：作文可以回忆，观察日记必须当天看、当天记。写「班主任的一天」，先别急着动笔，先给自己派任务——这一天只盯三件事：早晨校门口、中午食堂、傍晚办公室。三个点盯住了，日记就齐了。

盯之前，先准备一个能塞进口袋的小纸条，把三个时间段印在脑子里：七点到七点半，老师在哪儿、跟谁说话；十二点到十二点半，老师坐在哪儿、吃了什么、有没有动筷子；放学后到五点，老师在做什么、桌上摞着多少本作业。观察的时候不用写字，记关键词就行，比如「门口」「弯腰」「汤洒了」，晚上再整理。

观察日记的「数据感」从哪来？从数数来。四年级的孩子不用统计报表，只要会数眼前看得见的东西：老师在校门口弯了几次腰、说了几次「慢点跑」；陪餐时老师盘子里有几样菜、饭吃没吃完；办公桌上作业摞了几摞、红笔换了几次手。假设你早上数到老师说了九次「慢点跑」，这个数字往日记里一放，比「老师很辛苦」有力十倍。

三个场景按时间连起来，每个场景写四到六行。早晨校门口：老师站在门内侧，左手扶着门框，右手每隔几秒抬一下，示意跑着进来的孩子放慢。中午陪餐：老师没坐教师席，坐在我们这排的空位上，盘子里和我们一样的两荤一素，她吃得很慢，眼睛却在看谁挑食。傍晚办公室：你被留下补订正，看见老师改作业改到笔没水，甩了两下继续写，桌角的作业摞得比字典厚。

观察日记最容易犯的错是写成表扬稿。记住你的身份是观察员，不是宣传员：只写你看到的，不写「辛苦了」「伟大」。老师打哈欠也可以写，老师把凉掉的饭倒掉也可以写。真实的观察自带敬意，不需要你喊出来。

最后检查三样：日期天气在不在第一行；三个场景是不是按早、中、晚排的；每个场景里有没有至少一个数字或一个动作。三样都有，这篇观察日记就过关。

How to Write an Observation Diary: Watch Your Homeroom Teacher for One Day and Note Three Time Points

An observation diary differs from the compositions you usually write: a composition can rely on memory, but an observation diary must be watched on the day and recorded on the day. To write 'a day of the homeroom teacher', do not rush to put pen to paper. First assign yourself a task: for this day, watch only three things — the school gate in the morning, the canteen at noon, and the office in the evening. Catch these three points and the diary is complete.

Before watching, prepare a small slip of paper that fits in your pocket, and keep three time slots in your head: seven to seven-thirty, where is the teacher and who is she talking to; twelve to twelve-thirty, where does she sit, what does she eat, does she actually touch her chopsticks; after school until five, what is she doing and how many exercise books are stacked on her desk. While observing, do not write sentences

— just keywords, such as 'gate', 'bending down', 'soup spilled'. Sort them out in the evening.

Where does the 'sense of data' in an observation diary come from? From counting. A fourth grader needs no statistics report; just count what sits in front of your eyes: how many times did the teacher bend down at the gate, how many times did she say 'don't run'; how many dishes were on her tray at lunch, did she finish her rice; how many stacks of homework sat on the office desk, how many times did she switch the red pen between hands. Suppose you counted nine 'don't run's in the morning — put that number in the diary and it is ten times stronger than 'the teacher works hard'.

Join the three scenes in time order and give each four to six lines. Morning at the gate: the teacher stands on the inside of the door, left hand on the frame, right hand lifting every few seconds to slow the children who dash in. Lunch: she does not sit at the teachers' table but takes the empty seat in your row, with the same two meat dishes and one vegetable as everyone else; she eats slowly while her eyes check who is picky about food. Evening in the office: you are kept behind to correct your work and see the teacher grading until her pen runs dry — she shakes it twice and keeps writing, the stack at the corner of her desk thicker than a dictionary.

The easiest mistake is turning the diary into a praise poster. Remember your role is observer, not publicist: write only what you see, never 'how hard she works' or 'how great she is'. You may write that the teacher yawned, and that she poured out her cold food. Real observation carries respect by itself; you do not need to shout it.

Check three things at the end: are the date and weather on the first line; are the three scenes arranged morning, noon, evening; does each scene contain at least one number or one action. If all three are there, this observation diary passes.