

300字日记范文《今天敢把头埋进水里了》与逐句点评

下面是一篇假设的三年级日记范文，先完整读一遍，再逐句看它好在哪里。

范文：8月12日，星期三，晴。今天游泳课，我第一次把整个头埋进了水里。站在池边的时候，我的手把泳圈抓得紧紧的，指头都白了。教练说，看好了。他吸一口气，脸进水里，眼睛还睁着，在水里数了十下才起来，头发湿湿地贴在脑门上，冲我们笑。轮到我了。我吸了一大口，肚子鼓起来，脸慢慢往下放。水碰到脸，耳朵咕噜咕噜的，我鼻子不敢出气。数到五，我抬起头。没呛水！我大声说我做到了，旁边的小雨给我鼓掌。原来把头埋进水里不可怕。明天我要憋十秒。点评：开头一行日期天气加一句话事件，两行进入正题，没有一句废话。

抓泳圈那句值得学。抓得紧紧的、指头都白了，两个词写尽了紧张，没出现害怕两个字。小朋友写作文常犯的毛病是把心情说出来，这篇把心情藏进身体和动作里，这是它最该被模仿的地方。

教练示范那段，顺序是吸气、下水、睁眼、数数、起来、笑。六个动作一个接一个，像慢镜头。注意他在水里还睁着眼睛，这个细节选得好，小朋友看示范时最惊奇的就是这个，写日记就写自己最惊奇的地方，不用写教练的全部动作。

自己尝试那段用了三个声音：咕噜咕噜的耳朵、不敢出气的鼻子、我做到了的喊声。写下水的经历，声音比样子好写，因为埋进水里看不见，但听得见。没呛水三个字单独成句，加感叹号，那种松了一口气的感觉就出来了。小雨鼓掌一句是别人对突破的反应，比自己夸自己含蓄。

结尾两句，原来不可怕是一句小小的发现，明天憋十秒是一个具体的打算。日记结尾落在下一步，文章就有往前走的劲儿。模仿建议：先照抄它的骨架，日期天气一行、事件一行、犹豫一段、示范一段、尝试一段、发现和打算各一句，再把自己的真实经历填进去。填的时候只挑自己印象深的细节，比如自己数到几、谁在旁边，别照搬范文的十秒和小雨。

A 300-Word Diary Model: Today I Dared to Put My Head Under Water, Line by Line

Below is a model diary written as if by a third grader. Read it through first, then look at it line by line to see what works.

The model: Wednesday, August 12, sunny. Today in swimming class I put my whole head under the water for the first time. Standing at the pool edge, I gripped the swim ring so hard my fingers turned white. The coach said, watch this. He took a breath, put his face in, kept his eyes open, counted to ten under water before coming up, hair wet and flat on his forehead, smiling at us. Then it was my turn. I took a huge breath, my belly puffed up, and I let my face down slowly. The water touched my face, my ears gurgled, and my nose dared not let air out. When I counted to five I lifted my head. No water in my nose! I said out loud that I did it, and Xiao Yu next to me clapped. Turns out putting my head under water is not scary. Tomorrow I will

hold for ten seconds. Comment: one line of date and weather plus one line of event, two lines to the point, zero wasted words.

The swim ring sentence is worth copying. Gripped so hard, fingers turned white: two phrases say everything about nervousness without the word fear. A common problem in young writing is announcing the feeling; this diary hides the feeling in the body and the actions, which is the single best thing to imitate.

In the demonstration paragraph the order is breathe, go in, open eyes, count, come up, smile. Six actions in a row, like slow motion. Note that the coach keeps his eyes open under water. That detail is well chosen, because it is exactly what a child finds most amazing when watching a demo. A diary writes what amazed you most, not everything the coach did.

The trying paragraph uses three sounds: gurgling ears, a nose holding in air, and the shout of I did it. When writing about going under water, sounds are easier than looks, because under water you cannot see but you can hear. The three words for no water in my nose stand alone as a sentence with an exclamation mark, and the relief comes through. Xiao Yu clapping is someone else reacting to the breakthrough, which is humbler than praising yourself.

The ending has two sentences: turns out it is not scary is a small discovery, and tomorrow ten seconds is a concrete plan. Ending a diary on the next step gives the piece forward motion. How to imitate: copy the skeleton first, one line of date and weather, one line of event, one paragraph of hesitation, one of demonstration, one of trying, then one discovery and one plan. Then fill in your own real details, like what number you counted to and who was nearby, instead of copying the ten seconds and Xiao Yu from the model.