

游泳日记里的五个常见毛病：大人腔、流水账和假道理

三年级孩子写游泳日记，毛病集中在五个地方。每个毛病都给一个错句和一个改好的句子，对照着改最快。

毛病一：格式缺项。正文直接开始，没有日期和天气；或者日期写了，天气空着。改正：每篇日记第一行固定写日期、星期、天气三样，写成8月12日，星期三，晴，养成习惯就不用每次想。

毛病二：开头绕远路。错句：今天一大早，妈妈就带我去去了游泳池，一路上我还买了根冰棍。改法：日记只写今天最要紧的一件事，开头第一句直接进主题，今天游泳课，我第一次把头埋进了水里。买冰棍跟埋头的突破没关系，删掉不心疼。

毛病三：报流水账。错句的样子是：到了泳池，我们做准备活动，然后练漂浮，然后练憋气，然后教练让我们排队，然后下课了。全篇都是然后，每件事一句话，没有一件写细。改法：从这一天里挑出印象最深的一件事，只写它，其他事一句话带过或者不写。练憋气练了一整节课，就只写憋气，排队和下课都不写。

毛病四：大人腔。错句：通过这次练习，我受到了很大的鼓舞，心情十分激动。这种句子不是小孩说的话，是背下来的大人话。改法：换成身体反应和小孩的话，没呛水！我大声说我做到了。判断方法很简单，把句子读出声，听听自己平时会不会这样说话，不会就说别的。

毛病五：结尾硬加道理。错句：今天我明白了，做任何事情都要坚持不懈。道理本身没错，但一个憋气五秒的日记撑不起这么大的道理，读起来假。改法：把道理换成发现和打算，原来把头埋进水里不可怕，明天我要憋十秒。发现小一点，打算具体一点，结尾就稳了。

家长辅导时别代写句子，只提问：当时你的手在干什么？教练做完是什么样子？你数到几？谁在旁边？孩子回答出来的话，基本就是好句子，直接让他抄进日记。五个毛病里，流水账最难自己发现，改完让孩子朗读一遍，凡是连续出现三个然后的段落，就是该砍掉重写的时候。

Five Common Flaws in Swimming Diaries: Adult Voice, Running Accounts, and Fake Lessons

When third graders write swimming diaries, the problems cluster in five places. Each flaw below comes with a wrong sentence and a fixed one, and comparing the pair is the fastest way to revise.

Flaw one: missing format items. The body starts directly with no date or weather, or the date is there but the weather is blank. Fix: the first line of every diary carries date, weekday, and weather, written as Wednesday, August 12, sunny, until it becomes a habit.

Flaw two: a wandering opening. Wrong sentence: Early this morning mom took me to the swimming pool, and I even bought an ice pop on the way. Fix: a diary writes only the most important thing of the day, and the first sentence goes straight in, today

in swimming class I put my head under water for the first time. The ice pop has nothing to do with the breakthrough, so cutting it costs nothing.

Flaw three: a running account. It looks like this: we arrived, did warm-ups, then practiced floating, then breath holding, then lined up, then class ended. Every event gets one sentence and nothing is written in detail. Fix: pick the one event that left the deepest mark and write only that, covering everything else in one sentence or not at all. If the whole class was breath holding practice, write only breath holding, and skip the lining up and the dismissal.

Flaw four: adult voice. Wrong sentence: Through this exercise I was greatly inspired and my feelings were extremely agitated. No child talks like this; it is memorized adult language. Fix: replace it with body reactions and child words, no water in my nose, I shouted that I did it. The test is simple: read the sentence aloud and ask whether you would ever say it that way; if not, say something else.

Flaw five: a forced moral at the end. Wrong sentence: Today I understood that we must persevere in everything. The moral itself is fine, but a diary about holding breath for five seconds cannot carry such a big lesson, and it reads as false. Fix: swap the moral for a discovery and a plan, turns out putting my head under water is not scary, and tomorrow I will try ten seconds. Keep the discovery small and the plan concrete, and the ending holds.

When parents help, do not write the sentences for the child; ask questions instead: what were your hands doing at that moment? What did the coach look like afterward? What number did you count to? Who was nearby? The child's answers are usually good sentences, and he can copy them straight into the diary. Of the five flaws, the running account is the hardest to spot alone, so after revising, have the child read the diary aloud, and any paragraph with three then in a row is the one to cut and rewrite.