

十天学游泳的观察日记怎么写：只挑三天详写，其余一笔带过

观察日记记录的是变化。十天学游泳，每天都有事发生，但并不是每天都值得写满一整段。想把这组日记写清楚，第一步反而是做减法：从十天里挑出三个最重要的日子，其余的日子用一句话带过。

第一个要详写的日子是第一天，任务是写怕水。别只写我害怕，要写怕水长什么样子：站在池边不敢把脚伸进水里，水刚过肩膀心就咚咚跳，手指死死扣着浮板，指节都发白了。观察日记的重点是观察，先把自己在池边的样子看清楚，再落到纸上。

第二个详写的日子是第五天，任务是写漂浮。这是十天里第一个真正的进步点。写漂浮要写身体的感觉：后背贴着水面，耳朵一半泡在水里，听见嗡嗡的声音，手一松，身子居然没有往下沉。把这种又轻又稳的感觉写出来，读者就能明白这一天为什么值得记。

第三个详写的日子是第十天，任务是写游出一段。这一段要写出距离感：蹬了六下腿，手一撑，指尖碰到了池壁。用数动作的办法量出距离，比写我游到了对岸更具体。结尾收一句当天的真实感受就够了，不用写坚持就是胜利之类的大道理。

剩下的七天怎么处理？挑一两天补一句过渡就行，比如第三天又呛了一口水，第七天敢独自扶板漂了。其余日子可以合并成一句：中间几天都在练换气，进步不快，但没有退步。

最后一个小技巧：每则日记开头写一句当天的天气或水温，比如今天太阳很大，水摸着不凉。观察日记观察日记，有了这些观察点，整组日记才像观察，而不是一堆普通日记凑在一起。

还有一点：三个详写的日子顺序不能乱。有人想把最精彩的第十天放在最前面，再回头写第一天。观察日记是按日期排的，第一天的怕，正是为了和第十天对照。顺序对了，读者才会在第十天真正替你高兴，也为第一天的你捏一把汗。

How to Write a Ten-Day Swimming Observation Diary: Detail Three Days, Summarize the Rest

An observation diary records change. Ten days of swimming lessons are full of events, but not every day deserves a full entry. The first step is subtraction: pick the three most important days and let the rest pass in one sentence.

The first day to write in detail is day one, and its task is fear. Do not just write that you were scared; write what fear looks like: standing at the pool edge without daring to put a foot in, heart pounding when the water reaches your shoulder, fingers gripping the kick board until they turn pale. Observation comes first; look closely at yourself by the pool, then put it on paper.

The second detailed day is day five, and its task is floating. This is the first real progress point. Describe the feeling of the body: your back resting on the water, one ear half submerged humming with sound, and when you let go, your body does

not sink. Capture that light, steady feeling and readers will understand why this day matters.

The third detailed day is day ten, and its task is swimming a distance. Give the distance a measure: six kicks, one push, and your fingertips touch the wall. Counting movements beats writing that you reached the other side. End with one honest feeling from that day; skip the big lesson about perseverance.

What about the other seven days? Add one or two short bridges, such as swallowing water again on day three or floating alone with the board on day seven. Merge the rest into one line: the middle days were all breathing practice, slow progress but no retreat.

One last trick: open each entry with the weather or water temperature, such as a blazing sun and water that felt warm. These small observations turn a stack of diary pages into a real observation record.

One more point: the three detailed days must keep their order. Some writers want to put exciting day ten first, then look back at day one. An observation diary follows dates. The fear of day one exists precisely to contrast with day ten; keep the order and readers will truly cheer for you on day ten, while still worrying about the you of day one.