

十天观察日记范文：从不敢下水到碰到池壁，附逐则点评

下面节选一篇四年级观察日记的三则，每则后面跟一段点评，看看好日记好在哪，自己写的时候照着改。

第一则：十月一日，晴。今天第一次下水。水刚漫到肩膀，我的心就跳得很快，像有人从里面敲门。我双手扣着浮板，指节都白了，教练让我把脸埋进水里，我摇头，水花溅到鼻子上，呛得咳了半天。点评：这一则没有写一个怕字，但敲门的心跳、发白的指节、溅上鼻子的水花，全是怕的证据。写情绪不用点名情绪，把身体反应摆出来就够了。

第二则：十月五日，多云。今天练漂浮。教练托着我的背，让我全身放松。我一开始绷着，身子像一块木板压在水上；后来一松，肚子反而浮起来了，耳朵在水里嗡嗡响，像隔着一层墙听人说话。手一抬，脚就往下掉，原来人是靠后背躺在水上的。点评：绷着沉、松着浮，这个反常识的发现就是观察日记最值钱的部分。嗡嗡的耳朵是把听觉写进了日记，很多孩子只写眼睛看到的，忘了耳朵和皮肤。

第三则：十月十日，晴。今天不扶板了。我蹬壁出发，数着自己的动作：划手、蹬腿、划手、蹬腿，数到十二下，指尖碰到了池壁。我扒着池边喘气，水从下巴往下滴。十天，我从不把脸进水里，到游完了一整条泳道。点评：数到十二下是全文最亮的一笔，距离被数出来了，进步就有了刻度。结尾只写喘气和水滴，没有喊口号，反而让人信服。

三则连起来看，会发现详写的只有三天，中间的日子全部跳过。这正是观察日记的写法：不求天天有，但求写下的每一天都有画面、有证据。

自己改的时候，可以照着三步做：第一步，给每则日记补上日期和天气，让它先像观察记录；第二步，删掉重复的感叹，把同一句高兴只留一次；第三步，挑出画面最多的三则详写，其余合并成过渡句。改完把三则连着读一遍，如果读的时候脑子里能出现池边的画面，这组日记就算成了。

A Sample Ten-Day Observation Diary: From Fear to Touching the Wall, With Notes on Each Entry

Below are three entries from a fourth grader's observation diary, each followed by a short note showing what makes it work, so children can compare and revise their own pages.

Entry one: October 1, sunny. First time in the water. When it reached my shoulder, my heart pounded like someone knocking from the inside. I gripped the kick board until my knuckles went white. The coach asked me to put my face in; I shook my head, water splashed onto my nose, and I coughed for ages. Note: the entry never uses the word fear, yet the knocking heartbeat, white knuckles, and splashed nose are all evidence of it. Show the body, not the label.

Entry two: October 5, cloudy. Practicing floating. The coach supported my back

and told me to relax. At first I stayed stiff, a board pressing on the water; then I let go, and my belly rose instead. My ears hummed under the surface, like hearing people through a wall. Lift a hand and the feet sink, so the body really lies on the water by its back. Note: stiff sinks, relaxed floats is a counterintuitive discovery, and discoveries are the most valuable part of an observation diary. The humming ears bring hearing into the page; many children only write what eyes see.

Entry three: October 10, sunny. No board today. I pushed off the wall and counted my moves: pull, kick, pull, kick, up to twelve, and my fingertips touched the wall. I hung on the edge gasping, water dripping from my chin. Ten days ago I could not put my face in water; today I finished a whole lane. Note: counting to twelve is the brightest stroke in the piece, because distance gains a scale and progress becomes measurable. The ending shows only gasping and dripping water, no slogan, and that is what convinces.

Read together, only three days are written in full; the middle days are skipped entirely. That is exactly how an observation diary works: not one entry per day, but every written day carrying a picture and evidence.

When revising your own set, follow three steps. First, add a date and the weather to each entry so it reads like an observation record. Second, delete repeated exclamations and keep each happy sentence only once. Third, pick the three entries with the most pictures to write in full and merge the rest into bridges. Then read the three entries straight through: if the pool edge appears in your mind while reading, the set has succeeded.