

500字日记范文：毕业暑假学会的那件事，附逐段点评

下面是一篇六年级日记范文，写毕业暑假学会游泳的那一天，每段后面附一段点评，看成就感是怎么不喊出来的。

第一段：七月九日，星期六，毕业后的第一个周末。今天下水，没有人扶。水深到胸口，我右手扣着池边，扣了很久，才一根手指一根手指地松开。松开以后我没敢走，就站着，听自己的心跳。站了大概五秒，我才往前迈了一步。点评：成就感日记最容易一开头就飘，这篇偏要写五秒的犹豫。一根手指一根手指地松，是全文最好的细节，害怕和勇气都在这个慢动作里。

第二段：我先贴着浅水区游，划一下手，蹬两下腿，头埋下去再抬起来换气。到池子中间的时候腿开始发沉，换气也呛了一口，我停在原地扶了一下水，没上岸，接着往前。后来我不数了，只记得最后脚踩到了斜坡，我站起来，发现我从这头游到了那头，一个来回。点评：停在原地扶了一下水，没上岸，接着往前，这三个短句是整篇的骨头。成就感的真实来源不是顺利，而是慌过之后没放弃。写学任何技能，都可以照这个路子留一个想停又没停的瞬间。

第三段：上岸的时候腿有点抖，我扒着池边笑了一声，自己都没听见。妈妈在岸上鼓掌，我甩着身上的水跑过去，说，我游了一个来回。回头再看那条泳道，它好像比早上短了。点评：笑了一声自己都没听见，这个细节写的是喜悦超出了自己的预料；泳道变短是错觉，但错觉恰恰是心情。结尾没有一句我真棒，可谁都看得见他有多高兴。

三段连起来，正好是下水、来回、上岸三个场景，每段一个重点，互不重复。自己写的时候照着这个骨架填，把五秒的犹豫、没上岸的停顿、自己没听见的笑，换成你自己的版本就行。

另外注意这篇范文的用词：全文没有一个成语，最长的一句话不过十几个字。六年级的日记不是作文比赛，不需要好词好句堆出来的漂亮。朴实不等于干巴，这篇里有听自己的心跳、泳道变短这样的句子，它们不华丽，但都是只有作者本人才写得出来的东西。写自己的日记时，也去抓这种只有你知道的瞬间。

A 500-Word Diary Sample: That Thing I Learned After Graduation, With Paragraph Notes

Here is a sixth-grade diary sample about the day I learned to swim after graduation, with notes after each paragraph showing how achievement gets written without being shouted.

Paragraph one: July 9, Saturday, the first weekend after graduation. In the water today with no one holding me. The water reached my chest. My right hand gripped the edge for a long time, then released finger by finger. After letting go I did not walk; I just stood there listening to my heartbeat. Maybe five seconds, then one step forward. Note: achievement diaries usually take off too fast; this one insists on five seconds of hesitation. Releasing finger by finger is the best detail in the piece, fear and courage both live in that slow motion.

Paragraph two: I swam along the shallow side, one pull, two kicks, head down then up for a breath. In the middle of the pool my legs grew heavy and I swallowed water; I stopped in place, pressed the water once, did not climb out, and kept going. Later I stopped counting; I only remember my feet finding the slope, me standing up, and realizing I had crossed from one end to the other, a full round trip. Note: stopped in place, pressed the water, did not climb out, kept going, these short clauses are the skeleton of the piece. The real source of achievement is not smoothness but continuing after panic. For any skill, keep one moment of almost stopping that did not happen.

Paragraph three: My legs were shaky getting out. I laughed once while hanging on the edge and did not even hear it myself. My mother clapped on the shore; I ran over dripping and said, I finished a round trip. Looking back, the lane seemed shorter than in the morning. Note: a laugh you do not hear yourself is joy beyond your own expectations; the shrinking lane is an illusion, but illusions are exactly what feelings do. Not one line of I am great, yet everyone can see how happy he was.

The three paragraphs are precisely the three scenes: entering, the round trip, getting out, each with its own focus and no repetition. Use this skeleton and replace the five seconds, the pause in the middle, and the unheard laugh with your own versions.

Also notice the diction: not a single idiom, and the longest sentence runs barely a dozen words. A sixth-grade diary is not an essay contest; it needs no pile of fancy phrases. Plain does not mean dry. This sample has lines like listening to my own heartbeat and the shrinking lane, none of them ornate, all of them writable only by the author himself. In your own diary, hunt for those moments only you know.