

学游泳日记里的五个空喊：我真棒、太高兴了和坚持就是胜利

题目要求语言朴实、避免空喊成就，可大多数孩子一写到高兴，手就自动写下那几句老话。逐个看看它们为什么没力量，再给出改法。

空喊一：我真棒。喊完自己棒，读者没有任何感觉，因为他没看见你做了什么。改法是把棒拆成动作：松开池边的那五秒、游到一半停下来又接着走、最后踩到斜坡站起来。动作摆完，棒不棒读者自己会判断。

空喊二：我太高兴了。高兴是结果，不是画面。改法是写高兴之后的身体：腿抖、笑出声没听见、甩着水跑、回头再看一眼泳池。身体不会撒谎，写身体就是写高兴。

空喊三：坚持就是胜利。这句话放在任何一篇日记里都成立，恰恰说明它对这一篇毫无用处。一篇有用的日记，句子只能装得下这一天的事。改法是删掉口号，换成当天的一个具体念头，比如停在中间那一下，我脑子里只想着一件事：别上岸。

空喊四：多亏了教练，多亏了妈妈。感谢可以有，但通篇感谢会把日记写成感谢信，学会游泳的人明明是自己。改法是把功劳写回自己身上：教练只是退开了，真正一根手指一根手指松开池边的是我。感谢留一句就够，放在结尾轻轻带过。

空喊五：我终于学会了。学会是一个结果，日记要写的是学会的过程里那一下。改法是给学会找一个证据：能游一个来回就是证据，脚踩到斜坡站起来就是证据。证据写出来，学会两个字可以不出现，读者也知道你学会了。

改的时候不用一次改完五个，先挑喊得最响的那一个下手。多数人的日记里，我真棒和太高兴了总是挨在一起出现，把这两句删掉，补上松开池边的手指和抖着的腿，整篇的语气立刻就稳下来了。剩下的口号句，读一遍就能自己听出来，越读越觉得它们跟当天的事没有关系。

自查方法很简单：把日记里所有表示成就和情绪的词圈出来，每圈一个，就在旁边补一个只有这天才有的动作或画面。圈完补完，这篇日记基本就告别空喊了。

Five Empty Shouts in a Swimming Diary: I Am Great, So Happy, and Perseverance Wins

The topic asks for plain language and no empty shouting of achievement, yet most children automatically write the same old lines the moment joy appears. Look at why each one lacks power, then fix it.

Shout one: I am great. After declaring it, readers feel nothing because they saw nothing you did. Fix by breaking great into actions: the five seconds after releasing the edge, stopping halfway and continuing, standing up when your feet found the slope. Lay out the actions and readers judge the greatness themselves.

Shout two: I was so happy. Happiness is a result, not a picture. Fix by writing

the body after joy: shaky legs, a laugh you did not hear, running while dripping, one more look at the pool. The body never lies; writing the body is writing happiness.

Shout three: perseverance is victory. This sentence fits every diary ever written, which proves it is useless for this one. A useful diary holds sentences that fit only this day. Fix by deleting the slogan and keeping one concrete thought from that day: when I stopped in the middle, my head held only one thing, do not climb out.

Shout four: thanks to the coach, thanks to mother. Gratitude is fine, but a page of thanks turns the diary into a thank-you letter when the one who learned was you. Fix by returning the credit to yourself: the coach only stepped back; the one releasing the edge finger by finger was me. Keep one light line of thanks at the end.

Shout five: I finally learned it. Learning is a result; the diary should write the moment inside the process. Fix by finding evidence: a full round trip is evidence, feet finding the slope and standing up is evidence. With evidence written, the words learned it never need to appear, and readers still know.

You do not have to fix all five at once; start with the loudest shout. In most diaries, I am great and so happy appear side by side. Delete those two sentences, add the releasing fingers and the shaky legs, and the whole tone steadies at once. The remaining slogans reveal themselves when read aloud; the more you read, the clearer it becomes that they have nothing to do with that day.

The self-check is simple: circle every word that declares achievement or emotion, and beside each circle add one action or picture that belongs only to this day. Finish the circles and the diary has said goodbye to empty shouting.