

毕业暑假学游泳的日记怎么写：三个场景各占一段，成就感自己会出来

毕业暑假学会游泳，是很多人小学记忆里最亮的一件事。写这样一篇日记，不用从头交代暑假，只要写好三个场景：第一次独立下水、游完一个来回、上岸的那一刻。三个场景各占一段，日记就立起来了。

第一个场景，第一次独立下水，重点是松手那一瞬间。以前总有教练或爸爸扶着，这一天他们退开了。写松手，要写身体的反应：站在浅水区，水深到胸口，手在池边摸了一下才放开，放开之后先没敢动，站了几秒才往前迈步。这几秒的犹豫最真实，别省略。

第二个场景，游完一个来回，重点是数出来的距离。六年级的孩子会自己算数了，写距离就用数：划了多少下手，蹬了多少次腿，中间换了几口气，脚有没有碰到池底的斜坡。一个来回不短，中间一定有过慌，比如换气呛了一下、腿越来越沉。把慌写进去，游完才有分量。

第三个场景，上岸时的喜悦，重点是没忍住的小动作。成就感不用喊出来，写身体自己做了什么：扒着池边笑出了声，甩着水珠跑向休息区，跟妈妈说了一句我游完了。也可以写回头看了一眼水面，那条泳道看起来比早上短了。看一眼这个动作，比一百句我真棒都管用。

三段之外，开头补一句时间，比如毕业后的第一个星期六；结尾补一句回忆感，比如后来每次想起那个暑假，先想起来的还是池子的味道。首尾各一句，日记就有了毕业暑假特有的回望味道。

语言上记住朴实两个字：少用形容词，多用动词。摸、放、站、蹬、扒、甩，这些动作词把三个场景串起来，成就感自己会从字里行间冒出来，根本不用喊。

还有一个常被忽略的点：三个场景之间要有过渡，但不能写成流水账。过渡一句就够，比如下水那段结尾写我站了几秒，才往前迈了一步；来回那段就可以直接从贴着浅水区游开始。场景和场景之间跳一下，日记反而更像日记，因为日记本来就不是把每一分钟都记下来。

How to Write a Graduation-Summer Swimming Diary: Three Scenes, One Paragraph Each

Learning to swim during the summer after graduation is one of the brightest memories of elementary school. A diary like this needs no long setup, only three scenes: entering the water alone for the first time, finishing one round trip, and the moment of climbing out. One paragraph per scene and the diary stands up.

Scene one, entering the water alone, centers on the instant you let go. Before, the coach or a parent always held you; today they stepped back. Write the letting go through the body: standing in the shallow end with water at your chest, touching the pool edge once before releasing your hands, then standing still for a few seconds before stepping forward. Do not skip those seconds of hesitation.

Scene two, the round trip, centers on counted distance. A sixth grader can count: how many pulls, how many kicks, how many breaths, whether your feet found the sloping bottom. A round trip is long, and somewhere in the middle there was panic, a swallowed breath, heavy legs. Put the panic in, and finishing gains weight.

Scene three, the joy on shore, centers on small involuntary actions. Achievement needs no shouting; write what the body did: laughing while hanging on the edge, running to the rest area dripping, telling your mother you finished. You can also write one look back at the water, the lane looking shorter than in the morning. That single glance beats a hundred lines of I am great.

Beyond the three scenes, add one time marker at the start, such as the first Saturday after graduation, and one line of remembrance at the end, such as whenever you recall that summer, the smell of the pool returns first. One line at each end gives the diary the backward glance of a graduation summer.

In language, remember plain: fewer adjectives, more verbs. Touch, release, stand, kick, grip, shake, these verbs string the scenes together, and the achievement rises from the lines by itself without any shouting.

One more often-overlooked point: the three scenes need transitions, but not a laundry list. One sentence is enough. If scene one ends with I stood for a few seconds before stepping forward, scene two can simply begin with swimming along the shallow side. A small jump between scenes makes the page feel more like a real diary, because a diary was never meant to record every minute.