

小学生写日记的四个翻车写法与六条自查清单

日记翻车有固定几种样子，先认出来，再对照改，比空讲多写好记多。

翻车一：把日记当作文写。开头先来一句今天真是有意义的一天，中间塞进好词好句，结尾再喊一遍劳动最光荣。日记不是作文，它记录一天里发生的事，不需要起承转合。改法：删掉所有评价句，直接从动作开始，比如我先把碗擦成两摞端去水池。

翻车二：一天塞太多事。早上上学、课间跳绳、放学洗碗、晚上看电视，每件事一行，像流水账。三百字的日记装不下四件事，每件都只能写成一句话。改法：一天只挑一两件事写，洗碗这件事就写收拾、抹洗、冲净三个动作，其余的事一句带过或者不写。

翻车三：结尾硬加感想。事情刚讲完，马上接一句今天我体会到了妈妈的辛苦，下次我还要帮妈妈干活。感想是作者自己下的结论，读者还没看到细节就被塞了结论，格外假。改法：把感想删掉，换成一个收尾动作，我把最后一个碗放进碗柜，轻轻关上门。读者自己会得出体会。

翻车四：细节全是空话。我认真地洗碗，洗得非常干净，妈妈高兴地笑了。认真、非常、高兴都是空话，看不见画面。改法：每个空话换成一个看得见的东西。认真地洗换成碗滑得抓不住，两只手换着拿；非常干净换成手指摸上去吱的一声；高兴地笑了换成看了看碗，摸了摸我的头。

自查清单第一条：第一行有没有写日期、星期、天气，缺一样补一样。第二条：正文是不是只写了一两件事，超过两件就砍。

第三条：有没有至少两处手上的感觉或眼前的画面，凉、滑、米饭粒、泡泡的形状都算。第四条：泡泡这类素材有没有写出形状和声音，只写抹了洗洁精不算过关。

第五条：大人的反应是不是控制在一两个动作加一句话以内，笑了、摸头、说一句都可以，眼含泪光不算。第六条：把全文的感想句全删掉，事情还完不完整，完整就合格，不完整说明前面动作写少了，回去补动作而不是补感想。

四个翻车写法各配一个改法，六条清单写完过一遍，三百字的洗碗日记基本不会跑偏，童真的语言也自然留在动作和声音里。

Four Common Diary Failures and a Six-Point Self Check

Diary failures come in a few fixed shapes. Recognize them first, then fix them one against one.

Failure one: writing a diary like a composition. It opens with what a meaningful day, fills the middle with fancy phrases, and ends with a slogan about labor. A diary records what happened, it needs no grand structure. Fix: delete every judgment sentence and start with an action, I stacked the bowls into two piles and carried them to the sink.

Failure two: cramming too many events into one day. School, jump rope,

dishwashing, TV, one line each, like a running account. Three hundred words cannot hold four events. Fix: pick one or two events only, and for dishwashing write clearing, scrubbing and rinsing, let the rest pass in one line or drop them.

Failure three: bolting a lesson onto the end. Right after the event comes I realized how hard mom works. The conclusion arrives before the reader has seen any detail, so it rings false. Fix: replace the lesson with a closing action, I put the last bowl in the cabinet and closed the door softly. The reader draws the lesson alone.

Failure four: details made of empty words. I washed carefully, it was very clean, mom smiled happily. Carefully, very, happily show no picture. Fix: trade each empty word for something visible. Carefully becomes the bowl so slippery the hands trade it; very clean becomes the squeak under the finger; smiled happily becomes looked at the bowls and patted my head.

Checklist point one: does the first line carry date, weekday and weather, add whatever is missing. Point two: does the body hold only one or two events, cut anything beyond that.

Point three: are there at least two hand feelings or visible pictures, cold, slippery, rice grains, bubble shapes all count. Point four: did the bubble material get a shape and a sound, merely adding detergent does not pass.

Point five: is the adult reaction kept within one or two actions plus one line of speech; tears in the eyes does not count. Point six: delete every lesson sentence and see whether the event still stands complete; if not, the earlier actions were too thin, so add actions instead of adding feelings.

Four failures with four fixes, plus the six point checklist run once after writing, and a three hundred word dishwashing diary stays on track, with childlike language left naturally inside actions and sounds.