

洗碗日记怎么写：收拾碗筷、泡泡、摸头三个素材的写法

日记开头两行不能省：第一行写几月几日星期几，第二行写天气，晴、阴、下雨都行。示例：十月十八日 星期六 晴。写完这两行直接进事情，不要写今天我做了一件有意义的事，这句话一出现，日记就假了。

三个素材按事情先后排：先收拾碗筷，再洗碗，最后妈妈摸头。顺序不能乱，因为摸头是结果，得等碗洗完才能出现。

收拾碗筷这段写两个动作就够：把碗擦起来，擦成三个，端到水池边，筷子横放在碗顶上。注意筷子横放这个细节，这是真的收拾过碗的人才写得出的，没洗过碗的人只会写我把碗拿到厨房。

泡泡这段是全文最好玩的地方，要放大写。挤洗洁精挤多了还是挤少了，泡泡是什么形状，哪个碗上的泡泡最难冲。示例：洗洁精我只挤了一滴，搓出来的泡泡比想象的多，碗边上挂着一圈小泡泡，像给碗戴了花边。冲的时候泡泡不肯走，手指一碰它就啪地破一个。写泡泡别用漂亮、有趣这种词，写它像什么、碰它会怎样，读的人自己会觉得有趣。

妈妈摸头这段是收尾，写法是动作加一句短话。示例：妈妈过来摸了摸我的头，说碗底冲得干净。摸头之前要安排妈妈的一个反应，她先看碗，再摸头，顺序不能反。摸头那句话要短，七个字以内，说太长就不像妈妈了。

日记结尾不加感想。今天真开心、我长大了，这两句都删。碗洗完、摸完头、话说完，日记就结束，停在事情上。低中年级日记最讨喜的地方就是不停在道理上，停在手上还留着泡泡这种地方。

最后检查三样：日期天气两行在不在；三个素材是不是按收拾、洗、摸头的顺序；泡泡那段有没有像什么或者碰它会怎样。三样都在，这篇日记就立住了，字数不够就在泡泡那段加一两句，别在结尾加感想。

How to Write a Dishwashing Diary: Clearing Dishes, Bubbles, and a Pat on the Head

A diary starts with two lines you cannot skip: the first line gives the date and weekday, the second gives the weather, sunny, cloudy, or rainy. Example: Saturday, October 18, sunny. After those two lines go straight into the event, and never write today I did something meaningful, because once that sentence appears the diary turns fake.

Put the three materials in the order things happened: first clearing the dishes, then washing them, then moms pat on the head. The order cannot flip, because the pat is the result and has to wait until the bowls are done.

For the clearing part, two actions are enough: stack the bowls into three, carry them to the sink, lay the chopsticks across the top of the stack. Notice the chopsticks detail, only someone who really cleared the table writes that, everyone else just says I brought the bowls to the kitchen.

The bubbles part is the most fun place in the diary, so write it big. Did you squeeze too much detergent or too little, what shape were the bubbles, which bowl was hardest to rinse. Example: I squeezed only one drop of detergent, yet the bubbles came out more than I imagined, a ring of small bubbles hung on the rim like a lace collar for the bowl. When rinsing, the bubbles refused to leave, and my finger popped them one by one with a tiny bang. Do not use words like beautiful or interesting for the bubbles; write what they look like and what happens when you touch them, and readers will find them interesting on their own.

The pat on the head is the ending, written as an action plus one short line. Example: mom came over and patted my head, saying the bottoms of the bowls were rinsed clean. Before the pat, arrange one reaction from mom, she looks at the bowls first, then walks over and pats my head, saying only one short line, the bottoms are rinsed clean. Keep her words within a sentence, and do not write her eyes shining or tears running, those belong to compositions, not to diaries.

The diary stops at the event, no lesson attached. When the washing is done, close the diary right there. Do not add sentences like I understood how hard mom works or labor is glorious. If a feeling is truly needed, hide it inside an action, for example I put the last bowl into the cabinet and closed the door lightly. Whether the reader feels the growth is up to the reader, the diary itself does not explain it.

Before finishing, check three things. First, check the format, are the date, weekday and weather written on the first line. Second, check the order, are tidying the bowls, the bubbles and the pat on the head written in sequence, each taking its own paragraph. Third, check the language, count how many empty words like happy, meaningful, unforgettable appear in the whole text, and delete them one by one until only actions, sounds and small details are left. A diary with these three checks done reads like a real kid record, and the title requirement of three hundred words is naturally met.

洗碗日记300字范文与逐段点评：日期天气这样开头

下面这篇约三百字的洗碗日记，按段拆开点评，每段先引原文要点，再说它做对了什么，可以直接照着换素材。

第一行写四月六日，星期六，晴。点评：日记第一行只要日期、星期、天气三样，一行写完，不占正文字数。有的孩子漏写星期，或者把天气写成“今天天气晴朗，万里无云”，都多余，一个“晴”字就够。

第一段写晚饭后我把碗筷收到水池边，妈妈想洗，我说今天我来。点评：两句话交代起因，收碗筷是题目要求的动作，“今天我来”用对话代替“我自告奋勇”，语言就童真了。开头没有“今天是个难忘的日子”，直接进事情，这是日记和作文的区别。

第二段写打开水龙头水有点凉，碗上沾着米饭粒，抹了洗洁精后碗滑得抓不住，两只手换着拿。点评：凉、滑、米饭粒，全是手上的感觉。“换着拿”这个动作只有真洗过碗才写得出，范文的细节都落在动作和触感上，不写“我认真地洗”。

第三段写泡泡从指缝里挤出来，一串一串挂在水池边，像给水池镶了花边，手一碰，啪地一声破了。点评：泡泡是题目给的素材，这段把它当主角写，有形状（一串一串）、有声音（啪地一声）。全文没有出现“好玩”“有趣”，读者自己觉得好玩。

第四段写冲泡泡时泡泡不肯走，手指挨个弹开它们，最后一个碗冲干净，手指摸上去吱的一声。点评：“吱的一声”是干净碗的标志性声音，用声音写结果，比“碗洗得干干净净”具体十倍。

第五段写妈妈过来看了看碗，摸了摸我的头，说碗底冲得挺干净。点评：摸头是结尾素材，这段的顺序是先看碗、再摸头、最后说一句，话只有一句。没有写妈妈笑了的眼泪，也没有写我心里甜滋滋。

最后一行检查：全文没有“今天真开心”，没有“我懂得了”，感想句数量为零，事情讲完日记就结束。数一下字数，正文加日期行约三百字，正好符合题目。模仿时把洗碗换成扫地、浇花都行，段落任务不变：格式行、起因、动作、放大细节、大人反应、收住。

A Sample 300-Word Dishwashing Diary With Paragraph Notes

The sample diary below is about three hundred words. It is cut into paragraphs and commented one by one, so you can swap in your own material and keep the same paragraph jobs.

The first line reads April sixth, Saturday, sunny. Note: the first line of a diary holds only date, weekday and weather, one line, no body words spent. Some children forget the weekday or write the weather as a whole sentence; one word is enough.

The first paragraph says after dinner I carried the bowls and chopsticks to the sink, mom wanted to wash them, and I said today I will. Note: two sentences give the cause, and the line of dialogue replaces the phrase volunteered, which keeps the voice childlike. There is no opening line about an unforgettable day.

The second paragraph says the water from the tap felt a little cold, rice grains

stuck to the bowls, and after the detergent the bowls were so slippery the hands had to trade them back and forth. Note: cold, slippery, rice grains are all hand feelings. Trading bowls between hands is something only a real washer would notice.

The third paragraph says bubbles squeezed out between the fingers, hanging by the sink in strings like a lace edge, and a touch popped them with a small bang. Note: bubbles are the main character here, with shape and sound. The words fun and interesting never appear, yet the reader feels them.

The fourth paragraph says the bubbles refused to leave during rinsing, the finger flicked them away one by one, and the last bowl squeaked under the finger when clean. Note: the squeak writes the result through sound, far more concrete than spotlessly clean.

The fifth paragraph says mom looked at the bowls, patted my head, and said the bottoms are rinsed quite clean. Note: the order is look first, pat second, one short line last. No shining eyes, no sweet feeling in the heart.

The final check: the text contains no I am so happy and no I understood, the count of lesson sentences is zero, and the diary ends when the event ends. Word count lands near three hundred, meeting the title. To imitate, swap dishwashing for sweeping or watering flowers; the paragraph jobs stay the same: format line, cause, actions, one enlarged detail, one adult reaction, then stop.

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擦端去水池。

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.