

观察日记怎么写：定三个时间点，蹲下来看

观察日记和玩水日记不一样，主角不是你，是溪。写它的第一步是定时间点。出门前就本子上写好三行：早晨、中午、傍晚，每个时间去溪边站五分钟。没有时间点，观察就是一团模糊的印象，写出来只有很美很清，什么变化都没有。

早晨这个点，看溪面。站下去先别急着写，问自己：现在溪面上有什么东西是没有的？早晨的答案常常是雾，一层薄雾贴着水面，对岸的柳树只露出上半截。再蹲下来看近处，溪面上漂着一片叶子，它不动，还是慢慢往下游挪？伸手摸一下水，凉。把这些写下来，早晨这一段就有了，雾、半截柳树、挪动的叶子、凉的水，四个东西都在。

中午这个点，看树荫。同一棵柳树，中午的影子缩到脚底下一小团，溪面上亮得睁不开眼。找一块早上有太阳、中午被树荫盖住的石头，做记号，中午再去看它，石头是干的还是湿的，摸上去烫不烫。观察日记最值钱的就是这种前后对照，早上晒得烫手的石头，傍晚摸是凉的，这就是变化，变化就是内容。

傍晚这个点，看蜻蜓。蜻蜓低飞的时候离水面很近，尾巴点一下水，一圈小波纹散开，这叫点水。看一只就够，盯住它来回飞几次、每次落在哪里。它落在枯枝上时，凑近三步看翅膀，四片翅膀是合着的还是张开的。看完记下时间，傍晚六点一刻。

现场只记关键词：雾、半截柳树、叶子挪、石头烫、蜻蜓点水、落枯枝。回家趁晚饭前把关键词扩成句子，每个时间点一段，一段七八十到一百字，开头一行写日期天气，结尾一行写一个明天的问题，比如那片叶子明天还在不在原来的地方。一个问号让日记有了下一天。

How to Write an Observation Diary: Fix Three Time Points and Watch Up Close

An observation diary differs from a water play diary: the main character is not you but the stream. The first step is fixing your time points. Before leaving, write three lines in your notebook: morning, noon, evening, and at each time stand by the stream for five minutes. Without time points, observation stays a blurry impression, and what comes out on paper is only beautiful and clear, with no change at all.

At the morning point, watch the water surface. Do not write right away; ask yourself what is on the surface now that was not there before. The morning answer is often mist, a thin layer hugging the water, with the willow on the far bank showing only its upper half. Then squat and look close: a leaf floats on the surface, is it still, or drifting slowly downstream? Touch the water with your hand, cold. Write these down and the morning paragraph is done: mist, half a willow, a drifting leaf, cold water, all four are there.

At the noon point, watch the tree shade. The same willow shrinks its shadow to a small patch under its trunk, and the water is too bright to stare at. Find a stone

that had sun in the morning and sits in shade by noon, mark it, and go back: is the stone dry or wet, hot to the touch? This before-and-after pairing is the treasure of an observation diary. A stone burning hot at noon feels cool at dusk, and that change is content.

At the dusk point, watch dragonflies. Flying low, a dragonfly skims the surface, taps once, and a small ring spreads, which is called dragonfly dotting water. Watching one is enough: note how many times it flies back and forth and where it lands each time. When it rests on a dead branch, come within three steps and look at its wings, whether the four wings are folded or spread. Record the time, 6:15 in the evening.

On site, write keywords only: mist, half a willow, the leaf drifting, hot stone, dragonfly tapping, landing on the branch. Before dinner, while memory is fresh, expand the keywords into sentences, one paragraph per time point, seventy to a hundred characters each, with date and weather on the first line, and end with one question for tomorrow, such as whether that leaf will still be in the same place. A question mark gives the diary a next day.