

## Developing Good Habits

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I am going to develop some good habits to improve my health and make me a better person.

I always go to school late and my class teacher is always angry about it. I ought to be punctual so that I won't miss out on anything and my teacher will be happy. I have thought of a way to change this bad habit. I can go to bed early and set an alarm clock. I believe I can change it soon.

I also always play computer games for a long time every day. Playing computer games for too long hurts my eyes, so I ought to spend less time on it. However, I feel bored if I don't play computer games. My mum asks me to read some books instead. I think it is a good idea.

My last bad habit is biting my fingernails. I always bite them because they are too long. Biting fingernails might cause germs to enter my body and make me ill. I ought to cut my fingernails regularly.

I think it will not be easy to change these habits, but I will try my best to change them!