



## 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 have some bad habits and I want to change them.

I always spend too much time after school playing computer games and I often forget to do homework. I should spend less time playing computer games because I want to finish my homework on time. Moreover, playing games for too long hurts my eyes. I think it is very difficult to get rid of this bad habit, but I will limit my computer game time to fifty minutes per day.

Since I sometimes get up late in the morning, I have to skip breakfast and get to school late. Skipping breakfast makes me feel hungry and tired. I should go to bed earlier and be punctual because I want to stay awake during the day, and I do not want to miss out on anything in my lessons.

Additionally, I always bite my fingernails because they are too long. Keeping fingernails long is dangerous because it is dirty and unhygienic. I should cut my fingernails regularly to prevent germs from entering my body.

I hope I can develop these good habits since they are very important for me and my wellbeing.

