

Everyone has his or her good habits. Having good habits makes us a good kid. I'm going to share my good habits with you.

First, I never skip breakfast. Skipping breakfast is not good for our health. It makes us hungry and tired. I have a friend; he never eats breakfast in the morning. One day, when we were having PE lesson, he suddenly fell down. He got a stomachache. Eating breakfast also gives us energy. So, we ought to eat breakfast every morning.

Second, I always do my homework on time. Doing homework on time gives teacher a good impression of us. My teachers always praise that I am a good student. Do you know why? Because I do my homework on time seriously! Doing homework may make you feel bored, but you can learn knowledge and revision quickly!

Third, I do exercise regularly. Doing exercise makes our bodies strong and helps prevent illness. Last week, my friend fell ill because she didn't do exercise regularly. Getting sick is very uncomfortable. I think you don't like to get sick either! Doing exercise also makes us cheerful. You will have more friends if you do more exercise!

Let's keep all the good habits in mind and realized them!

