

A Story

Tomorrow is Ted's tenth birthday. Ted has a lot of bad habits. He wants to make some changes when he is ten years old to fix his problems. He sets some targets and makes some resolutions to improve himself.

Ted watches TV every night. He watches TV until midnight so he doesn't get enough sleep. He always gets up late in the morning. One day, Ted wakes up at 9:00a.m.; he is surprised because he is late for school! Now he is going to go to bed early. Then he won't be late for school.

Ted always fails his tests because he doesn't study hard. He is unhappy when he fails his test. He doesn't want to fail his tests again and again so he is going to read more books and study hard. Then he will get high marks.

Ted's eating habits are bad too. He usually eats too much junk food. He likes to eat sugary food such as sweets, chocolate and ice-cream. He eats too much sugary food so he is overweight and unhealthy. He feels blue because all of his classmates always laugh at him. He is going to do more exercise. Then he will be fit.

Ted's parents are happy because Ted is going to make some changes to fix his problems. They encourage Ted. He is happy because he won't be late for school or fail his tests now.

I have a bad habit too. I go to bed very late so I always feel tired. To fix this problem, I am going to go to bed at 9:30 p.m., so I won't feel tired anymore. I'm sure that I can fix my problem by myself.

A Story

Tomorrow is Ted's tenth birthday. Ted has a lot of bad habits. He wants to make some changes when he is ten years old so as to fix his problems. He sets some targets and makes some resolutions to improve himself.

Ted watches TV every night until 11:30 p.m. So he always gets up late in the morning. He feels sad. He ought to go to bed early, then he will not be late for school.

Ted fails his tests because he doesn't do revision. He feels upset. He ought to do more revision and exercises, then he will not fail the tests.

Ted eats too much junk food. He needs to eat less junk food such as chips, fried chicken wings and cheese balls. Ted is fat. He ought to do more sports, then he will be fit and healthy.

Ted's parents are happy because Ted is going to make some changes to fix his problems. They encourage Ted to fix his problems by himself. Ted is happy too!

My bad habit is eating too much junk food .I can fix the problem by myself, but sometimes I need my mum to tell me to eat less junk food. I have confidence I can fix my bad habit.