

## What can we do when we have bad feelings?

Siu Hiu Man (6A A.M.)



I had to face the swimming examination last week. This examination required me to finish a 25-metre backstroke and breaststroke, and a 50-metre freestyle swim. I worried that I could not complete it because I did not have enough time to practise. During the examination, I felt so nervous that my legs were shaking. I believed I could do better if I could calm down.

After the examination, at home, I told my mother and brother about my worries. Then my mother told me to relax and pay more attention during classes.

Hoping to do better next time, I followed her advice and tried to practise harder. I now have more confidence in facing the examination again.

## My Hobby

Lo Tsz Yuen (6B A.M.)



My hobby is reading books. I have read the series Narnia, Harry Potter, Twilight and Percy Jackson. They are very good adventure stories. I always bring the heavy storybooks in my bag every day, so I can always read them on the train, bus, tram and everywhere. I am reading the Percy Jackson adventure series. I am very interested in the story around Percy and the Greek Gods: Zeus, Poseidon and Hades. I am saving my money to buy the whole series.