

St. Andrews Scots Sr. Sec. School

9th Avenue, I.P. Extension, Patparganj, Delhi – 110092

Session: 2024-2025

Class V

Subject:English

Paragraph Writing

A Morning Walk

Morning walk is very important for a healthy life. It refreshes the mind and the body and prepares us for the day's work. One can also see the birds chirping on the trees. It is also a good way of spending time with friends. The air is fresh and free of dust and smoke. It is the only time when the roads are not crowded. In the morning, Nature is at its best. The dewdrops on the green grass and leaves of plants look like pearls. The flowers laden with dew merrily wave their heads and spread their fragrance and colours everywhere. The birds sing cheerfully. An early walker feasts his eyes and ears on such sights and sounds. A morning walk rejuvenates the body system. Early morning walk helps the body to overcome, to a great extent, the harm caused by many diseases. It tones up the whole system. It prepares a person for the day's work. You should also go for morning walks. It will keep you healthy and fit.