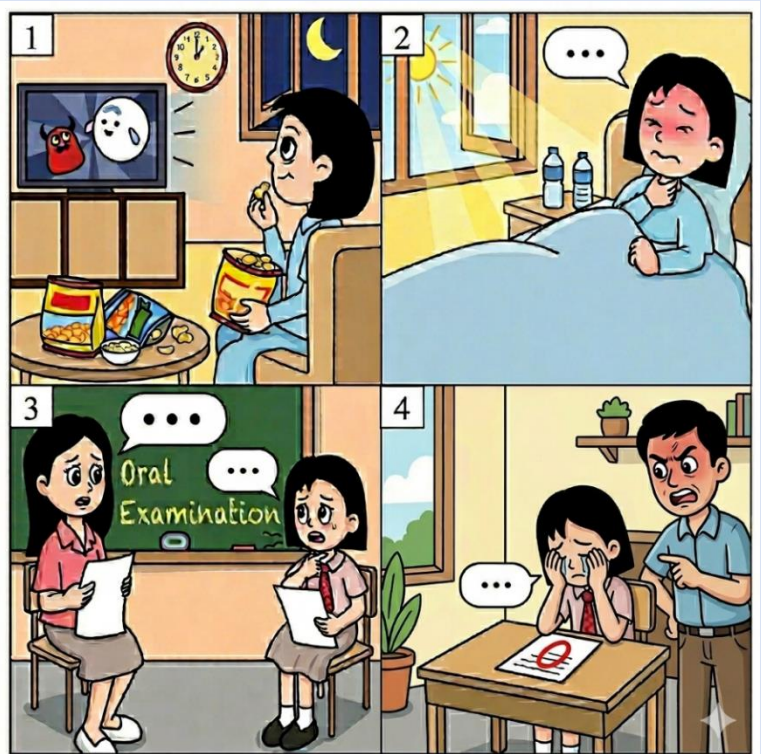


My Bad Day

Last Thursday night, I happily watched TV and ate a lot of chips. Finally, I felt sleepy and went to bed at 1 a.m.

The next day, I felt unwell when I woke up. I had a nasty sore throat and I could not talk at all. However, it was the day of



my English oral examination. I felt very nervous and worried.

During the oral examination, I tried to answer the teacher's questions, but no words came out. I was as sick as a dog and my throat hurt badly. My teacher looked concerned and asked me what had happened.

In the end, I got zero mark and I was very disappointed. My parents punished me because I did not take care of myself. I have learnt that I should prepare well and sleep early before an important day. I will not stay up late again.