

Paragraph on Early Rising

Question:

What is early rising?

What does an early riser enjoy in the morning?

How much is it important for keeping sound health and mind?

How does early rising help earning more money?

What their boons do early rising to bring for an early riser?

Answer: Early rising is the habit of getting from bed early in the morning. It is beneficial to a man in various ways. It makes a man healthy, wealthy and wise. The man who rises early can enjoy the beauty of this morning. He can go out for a walk in the open air and can breathe the soothing air of the morning. It improves his health and refreshes his mind. 'A sound man in a sound body' is a wise saying. He can also enjoy the sweet notes of the birds and the beautiful sights of nature. Early rising makes a man wealthy too. An early riser can start his day's work early and finds more time to do his works carefully. He can do more time to do his works carefully. He can do more work and earn more than others who rise late. It is said an hours' sleep before twelve is better than three hours' sleep after twelve. We should all follow the wise saying, early to bed and early to rise; makes a man healthy, wealthy and wise.'

Or,

Early Rising

Question: Answer the following questions to form a continuous paragraph. (100 words)

What is early rising?

What are the benefits of it?

Why do you like to rise early?

What are the things that one can enjoy in the morning?

Answer: The habit of getting up early in the morning is called early rising. The benefits of early rising are many. The benefits have been poetically stated: 'Early to bed and early to rise. Makes a man healthy, wealthy and wise.' Early rising is a good habit. An early riser can have a good start of the day's work. He can have finished a lot of work before others get up. Work done early in the morning is well done. At that time the mind and the body remain fresh. An early riser can take physical exercise in the morning breeze. It gives him energy for the day's toil and moil. Thus, he can finish all his work well in time. So, he will not be late for going to bed and will enjoy a sound sleep. After a restful sleep throughout the night, he will rise early the next morning to begin the work of another day. That is why I like to rise early. The habit of early rising should be formed from the very childhood.

Or,

Paragraph on Early Rising

Question: Write a paragraph about 'Early Rising.' Your paragraph should include the answers to the following questions.

What is early rising?

How does it benefit one?

Who gets enough time to work?

How can an early-riser perform more works?

What happens to a person who does not rise early?

How does nature remain in the morning?

What does an English proverb say at this point?

Answer: Early rising is the habit of getting up from bed early in the

morning. If one wishes to rise early in the morning, he can make it into a habit. This habit is very useful to a man. It improves his health and gives him energy. An early riser can perform his daily work on time. He has nothing to worry about. He is never in a haste. On the other hand, a person, who does not get up early generally faces some problems. He may be late for office, may miss schedule or even fail to perform his daily work timely. He also suffers from bad health. He cannot enjoy the fresh air of the morning. Early risers, on the other hand, can take the advantages of a beautiful time. They can go out for a morning walk. They can hear the songs of birds, see the smiling leaves and flowers and can inhale the pure morning air. They can perform their morning prayer. All these help them enjoy a healthy life physically and mentally because the nature is completely calm and quiet then. The beautiful gifts and colorful nature reminds everybody of the almighty creator. So, the early riser can enjoy all these and be benefited. An English proverb says, "Early to bed and early to rise makes a man healthy, wealthy and wise." So, we should be sincere to form the habit of early rising.