

Debate Examples For Middle School

Topic: "Benefits of Early Rising".

Honorable Principal, Respected teachers and my dear friends, today I, Kiran, your Head Girl, stand before you all to highlight the far-reaching "Benefits of Early-rising".

"Early to bed and early to rise, makes a person healthy, wealthy and wise."

The words of Benjamin Franklin have been backed by science. It has been proved that morning people are persistent and proactive.

It leads to better performance, greater success, and higher standards of living. Rising up early also relieves stress and tension because

it gives you the time to squeeze in a workout before you get distracted. This is why; morning people tend to be healthier and happier as well as have lower body mass indexes.

For this, one needs to maintain a proper schedule and has to go to bed on time. You should restrict the usage of gadgets immediately before going to bed and these tiny steps will help you become an early riser. Researchers have also said that early morning is the best time to study and gain knowledge.

This will help you in staying ahead in the class and keep your grades up. Most entrepreneurs are early risers as they believe it is the key to a successful, happy and content life.

Hence, if you don't develop a habit of waking up before the rest of the world, you won't be able to change the world.

Thank you.