

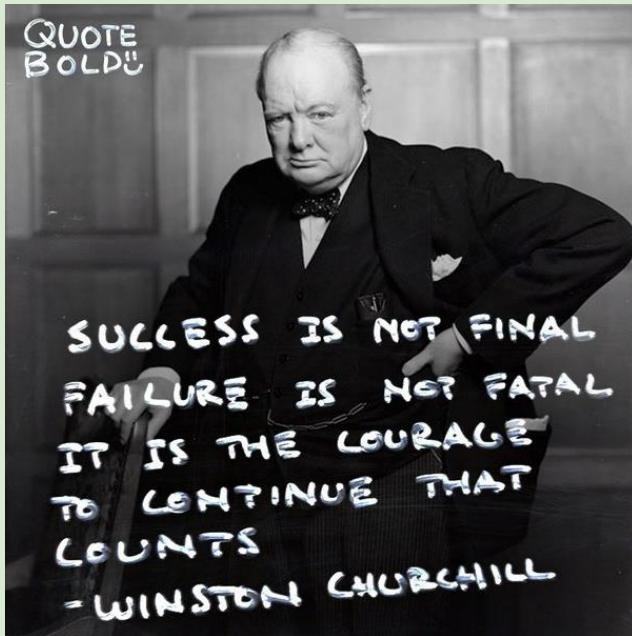
Exam Encouragement FTP 2020

“The best preparation for
tomorrow is doing your best today”
- H Jackson Brown Jr

By: Peer Support Leaders

Introduction:

As the End-Of-Year Examinations are fast-approaching, we hope to help you soothe your nerves and boost your confidence!

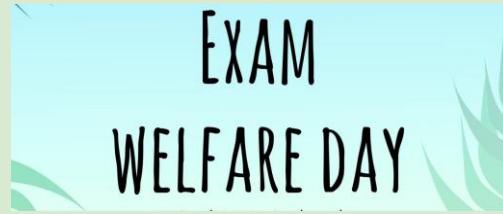


Programme Outline:

ACTIVITY I : 10 minute Kahoot quiz



ACTIVITY II : 5 minute Mini self-care package



ACTIVITY III : 15 minute Encouragement Card Activity



Activity 1

Kahoot Quiz



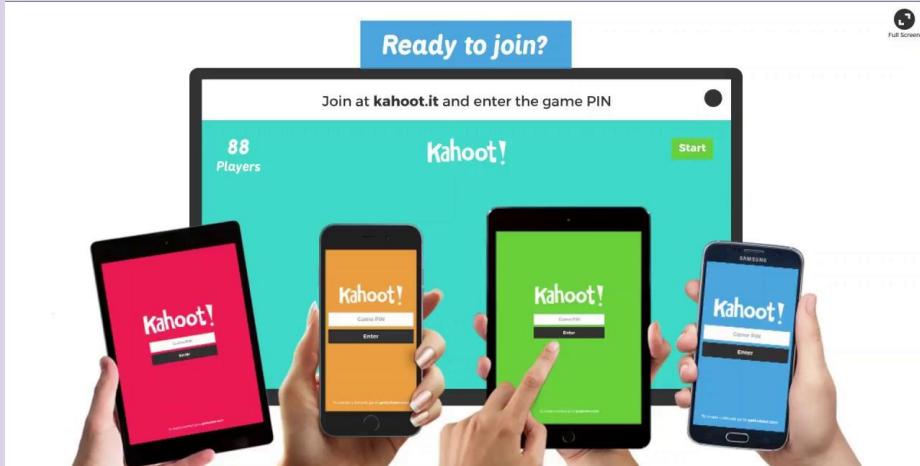


Being PREPARED

includes preparation in academics, as well as a healthy state of mind.

How much do you know about studying?

Take out your phones & head over to our Kahoot Quiz!



PSL / Teacher to set up through this link:

<https://tinyurl.com/PSLEE2020>

- Play as 'Guest'

Self-care kit

Activity 2



Self-Care Kit

It's important to recognize what we need. Being clear about what you want and need can help us to regain confidence and direction in what we want to do.

Thus, we want you to do something for yourself today.

The PSL Board would like to encourage you with a couple of gifts.

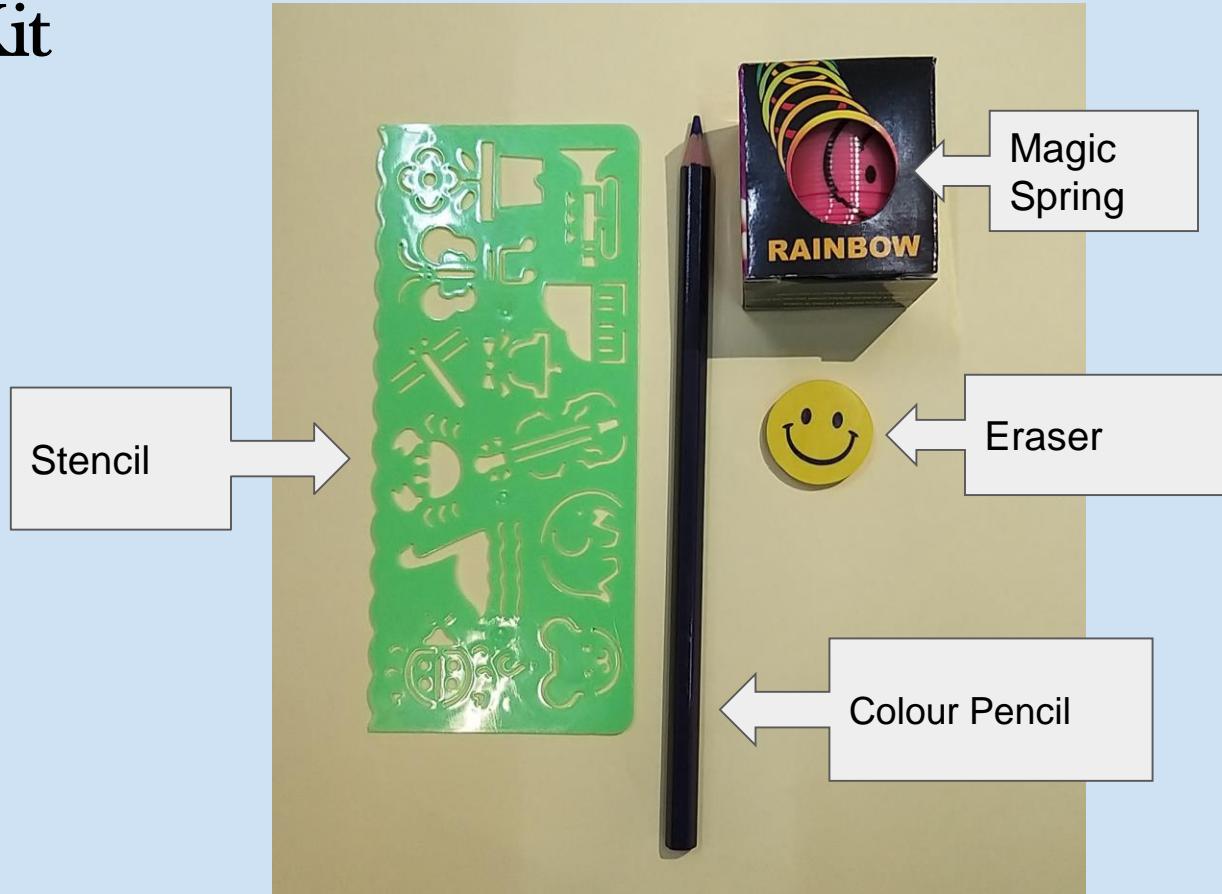
Take one of each to complete your Self-Care kit.



Self-Care Study Kit

Here are the components for the Study Kit!

Comes with X1 printout of the Exam Bingo card as well



Study Bingo Boost!

Having trouble self-revising? Use Exam Bingo that the PSL Board have prepared for you!

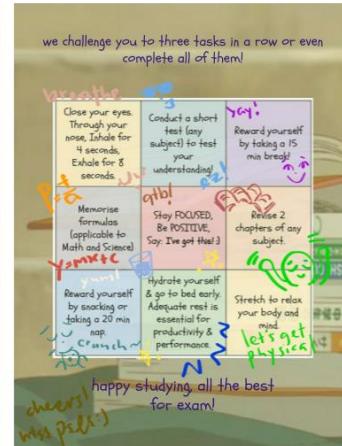
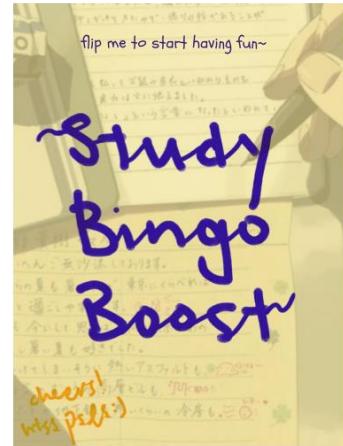
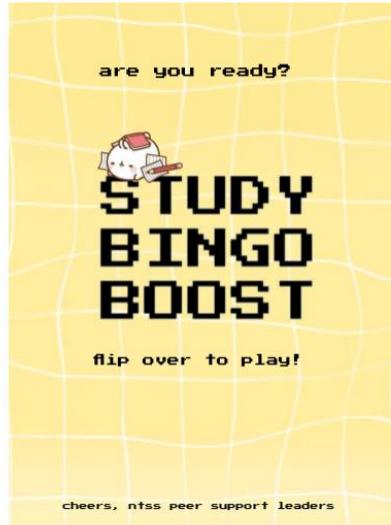
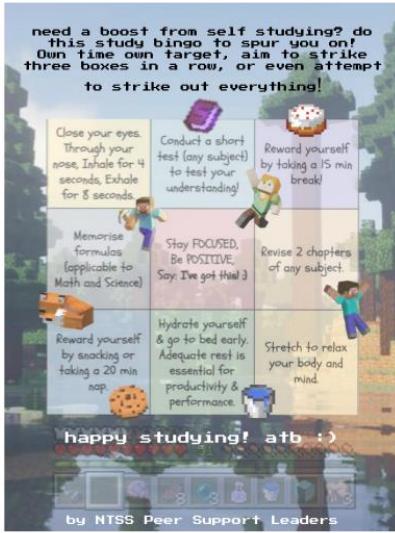
It is a 3x3 box bingo. The tasks are super easy so you can complete it at your own time own pace.

We hope this can help you to continue your own revision after you have completed the bingo :)

STUDY BINGO BOOST

- There is no prize to be won :(
- However, take this as a 'own time own target' kind of activity!
- Be the first to strike out three in a row!

<p>Close your eyes. Through your nose, Inhale for 4 seconds, Exhale for 8 seconds.</p>	<p>Conduct a short test (any subject) to test your understanding!</p>	<p>Reward yourself by taking a 15 min break!</p>
<p>Memorise formulas (applicable to Math and Science)</p>	<p>Stay FOCUSED, Be POSITIVE, Say: I've got this! :)</p>	<p>Revise 2 chapters of any subject.</p>
<p>Reward yourself by snacking or taking a 20 min nap.</p>	<p>Hydrate yourself & go to bed early. Adequate rest is essential for productivity & performance.</p>	<p>Stretch to relax your body and mind.</p>



Activity 3

Encouragement Cards

YOU CAN DO IT!
YOU'VE GOT THIS!



Encouragement Cards

Step 1: Receive 1 blank Yellow A4 paper.

Follow the tutorial to fold it into a booklet!

Step 2: On the cover page:

- Write your name &
- Design your ideal Emoji

Step 3: Assigned to your row/column + Rotation direction (by PSLs)

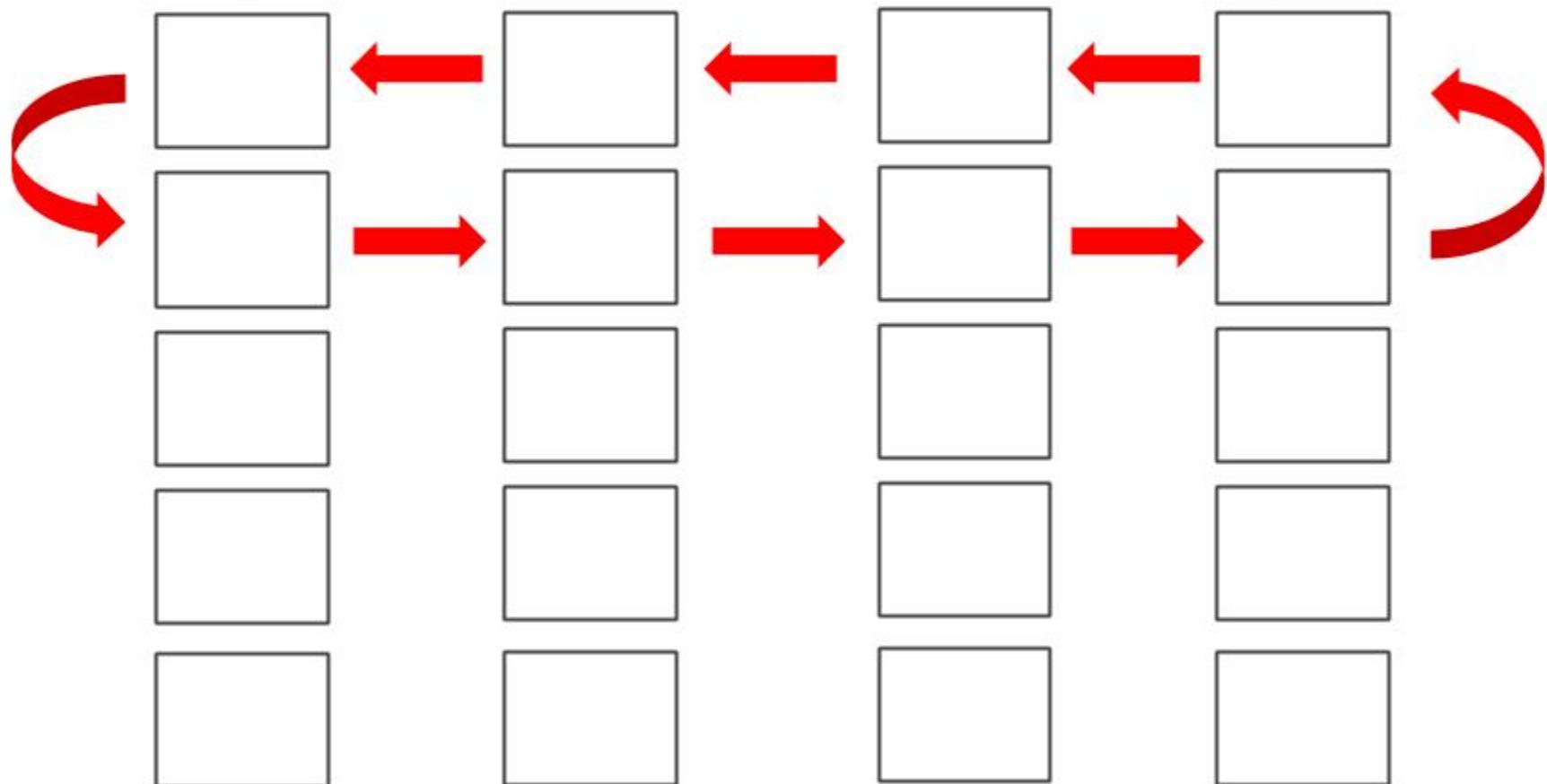
Step 4: Given 1 minute to pen down your heartfelt encouragement.

Pass the booklet down only at the PSL announced 1 minute mark.

Continue till you have written for everyone in your row / column.



Teacher's Desk



Here's the twist:

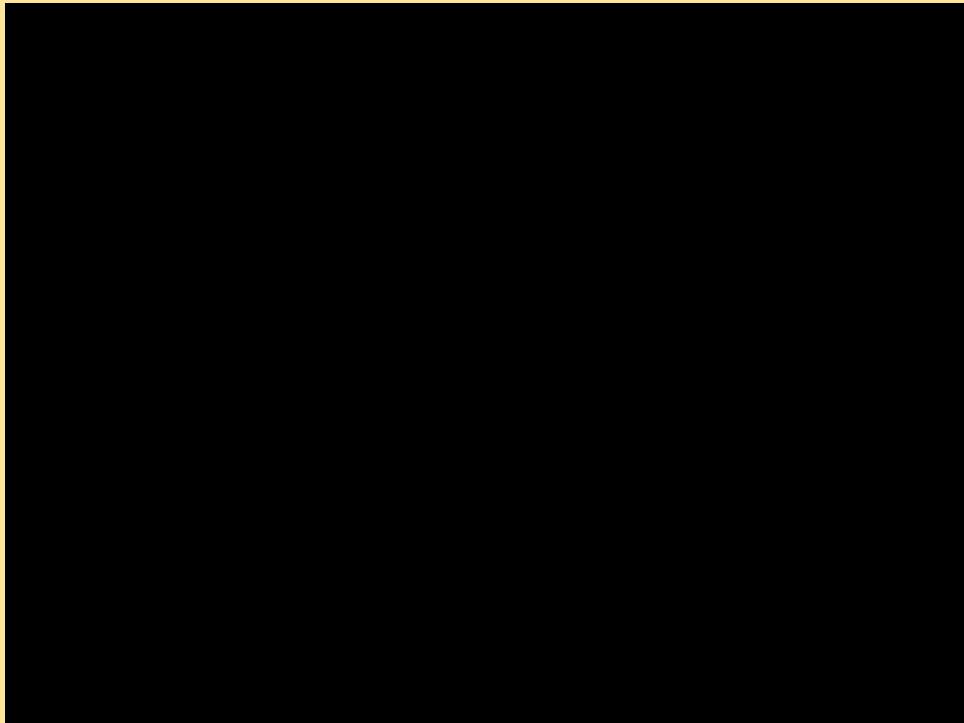
- Minimum word count (25 words)
- Include 3 keywords from the table below

Keywords:

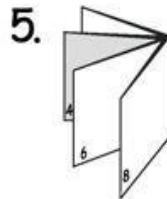
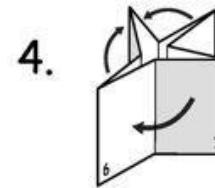
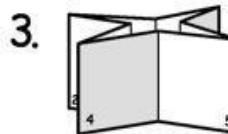
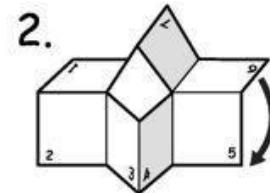
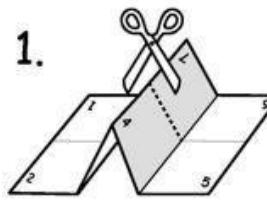
Improvement	Respectable	Believe	Ready	Attitude
Fortunate	Genuine	Accepted	Selfless	Determined
Encouraging	Thriving	Worthy	Creative	Dream
Fantastic	Absolutely	Smile	Talented	Unlimited

Reminder: RESPECT your peers, RESPECT the activity, RESPECT yourself! :)
Kindly DO NOT write or draw any profanities and/or inappropriate images

Booklet Tutorial:



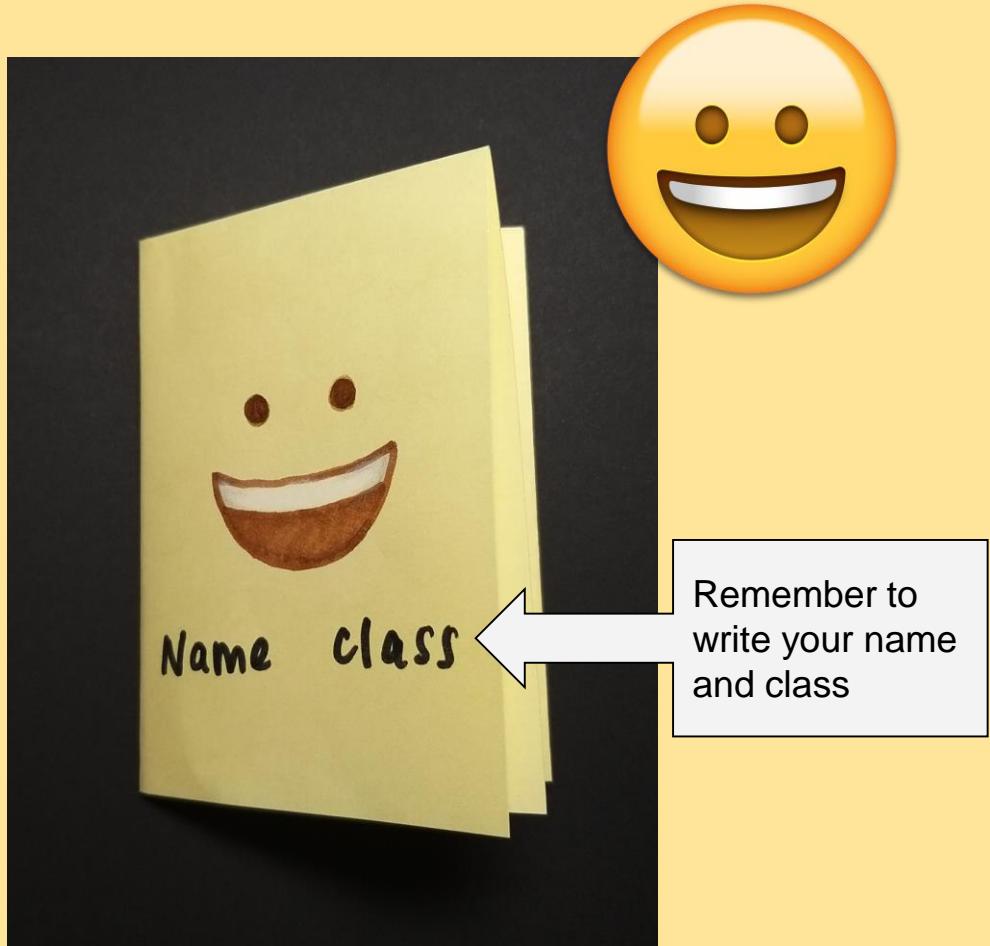
FOLD-A-BOOK Instructions



Example of booklet

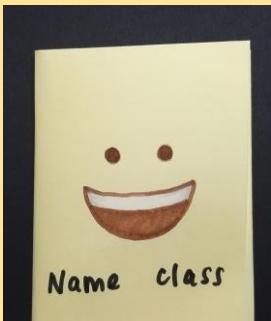
Pick an emoji to draw only
on the FRONT page of
the booklet

Leave the other pages
BLANK



Emoji Booklet Covers

Examples:



forbiddinggoods

For students' reference

- Minimum word count (25 words)
- Include 3 keywords from the table below

Keywords:

Improvement	Respectable	Believe	Ready	Attitude
Fortunate	Genuine	Accepted	Selfless	Determined
Encouraging	Thriving	Worthy	Creative	Dream
Fantastic	Absolutely	Smile	Talented	Unlimited

You can start with:

1. I would like to thank you for...
2. I would like to encourage you too...
3. I would like to affirm you for being...

Reminder: RESPECT your peers, RESPECT the activity, RESPECT yourself! :)
Kindly DO NOT write or draw any profanities and/or inappropriate images

We hope that these activities can help spur you on for the examinations.

You've all come this far and we will always be here for each other.

Wishing you all the best :)



"Just keep swimming Just keep swimming "

THE END 