

THREE TRIUMPS

Hello P6 boys. This is Mdm Ong. As you go into your three-day study break, let me suggest how you can make the best of each day. I'd like to introduce this thing called Triumphs. What are triumphs? Some of you call them wins (as in winning a game). Triumphs are achievements that you get from putting work into. Triumphs complete our day by nourishing us in different ways. Let me just talk about three of them.

The first is a **physical triumph**. A physical triumph helps us stay fit, improve our bodily functions, help improve moods, boosts energy and even help us sleep well at night. So, perhaps you can spend 10mins a day on a physical activity, like an exercise or sports. You can follow a short workout video or do some gardening after completing your revision. How about standing up to do some stretches after every half hour of studying? Doing housework counts too!

The second is a **mental triumph**. This requires us to stimulate our brains, it helps keep us sharp and focused on tasks. It can even help us relax and soothe our minds. How do we achieve a mental triumph? Complete a puzzle – either a jigsaw puzzle, or a word puzzle or tackle Sudoku puzzles. You can read a short story, and try reading it out loud. Or get on your creative juices – draw or make something for someone at home.

And lastly, the third is a **spiritual triumph**. A spiritual triumph feeds our soul, you gain a sense of peace and purpose in life. Spiritual triumphs include mindful reflective thinking, you can spend time praying, or reflecting on a bible verse. Some of you may even feel spiritually lifted when you have meaningful conversations with a loved one, or when you are in nature in the outdoors.

That's all from me today. Let us now pray.

Heavenly Father, thank You for these three days of rest for our P6 boys. We pray You will help them make good choices in how they use their time, that they will be diligent and work on achieving a physical, mental and spiritual triumph. May their rest be made complete and that which will rejuvenate them sufficiently for the upcoming PSLE exams. Thank you. Amen.