

R.E.S.T.

Hello P6 boys. This is Mdm Ong. Tomorrow is your first written paper for PSLE. I believe you would have done all that you could leading up to this day. Let me just share briefly what else you can do today, to make yourself more comfortable and confident tomorrow.

I'm using the acronym R.E.S.T. to encourage you.

R – renew your mind. Ask yourself what you are feeding your mind right now. Are you saying things that discourage yourself, e.g. *"I'm sure to fail. I should have done more studying!"*, *"I hate PSLE, I don't understand why I have to sit for it."*, *"I'm gonna feel sick tomorrow"*, etc.. Or, are you having uplifting thoughts like *"I've done the best that I could."*, *"I've been responsible in getting this far. I feel well-prepared."*, *"This exam is to assess all that I've successfully accumulated these past few years."*, *"God is with me!"*
Remember, you choose what to tell yourself.

E – eat well tonight and tomorrow morning. Keep it simple by not over-indulging in a heavy dinner or breakfast. Make sure your meals will not cause any physical discomfort like stomachache or nausea. And be thankful for the people who have prepared the food for you. It is their way of supporting you this week.

S – sleep well, get your full 8hrs sleep. Go to bed early and wake up with sufficient time to get ready to come to school. Sleep is a gift from God as it is a time for Him to renew our bodies and to rejuvenate us sufficiently for the next day.

T – talk to Jesus, pray! Tell him everything you feel, give thanks to him for bringing you thus far in your primary education. Reflect on the Lord's Prayer or on some of His promises, like *"He will never leave nor forsake me"*, *"God is my Shalom peace"*. It delights Him and I'm sure He will give you peace as you end with amen.

That wraps up the thought for today. Let us now pray.

Heavenly Father, thank you for the past few days of rest. Help us to fully comprehend what it means to rest in You, knowing full well that Your plans for us for the next week, and beyond, are good. Thank you. Amen.