



Fold along this line and glue this section to the inner front cover of your book.

Sec 1 Express
Term 1

Week 1, 10 Jan	Some things I look forward to in my secondary school. - Who? (friends/ classmates/ teachers) - What? (subjects/ CCAs/ other experiences) - Why do you look forward to these?
Week 2, 17 Jan	I am me. - Something unique about yourself. - Your likes/dislikes.
Week 3, 24 Jan	CNY Celebrations
Week 4, 31 Jan	Friendship. - Who are your good friends? - What are the criteria to be a good friend?
Week 5, 7 Feb	Some things I hope to learn and/or experience during the Experiential Learning Week. - What could I learn or experience? - How will these experiences help me in the future?
Week 6, 14 Feb	ELW
Week 7, 21 Feb	Reflection on Secondary School life so far. - Studies - School activities - Commitments
Week 8, 28 Feb	Picture Stimulus: The Escape https://bit.ly/2GLN1R8  Why are all of these people on the boat? What has happened? How do they feel about it? How did they manage to get so much onto the boat (including a house!)? Where do you think this is? Why? [Link to Geography and current events]
Week 9, 6 Mar	*Free Topic. This week, you may write about anything you want. It could be about your day/ week, your hobby, a story, anything that comes to your mind!
Week 10, 13 Mar	Write about a wish you have. - Wishes for yourself/others - Dreams that you would like to achieve some day

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Term 2

Week 1, 27 Mar	My CCA - Why did you choose this CCA? - What have you learnt so far?
Week 2, 3 Mar	My favourite sport or celebrity. - Reasons why I like this sport/ person. - What can I learn from this sport/ person?
Week 3, 10 Apr	Good Friday
Week 4, 17 Apr	Commendation Day
Week 5, 24 Apr	What do you do during your free time? - Your hobby - How did you pick up/start this hobby?
Week 6, 1 May	Labour Day
Week 7, 8 May	Picture Stimulus: I Believe I Can http://bit.do/eD8JY  Do you think this is the first time the bird has walked on water? The title is 'I Believe I Can'. If the bird doubted itself, do you think it would still be able to walk across the water? How important is self-belief? Have you ever 'failed' because you lacked confidence? Have you ever succeeded because you believed you could?
Week 8, 15 May	Write about the books that you have read recently. - What are the books about? - What is inspiring about the books/stories?
Week 9, 22 May	Marking Day/ Home-Based Learning
Week 10, 29 May	Community Day

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Term 3

Week 1, 3 Jul	Write about three things that are important to you.
Week 2, 10 Jul	What is the best gift you have ever received or given? - How did you feel when you received/ gave the gift?
Week 3, 17 Jul	What do you do when you are sad or angry? - Write about 2 things that you do to cope with your emotions.
Week 4, 24 Jul	What makes you happy? - Different people derive happiness from different things. How about yourself?
Week 5, 31 July	Hari Raya Haji
Week 6, 7 Aug	National Day Celebrations
Week 7, 14 Aug	Write about a time when you were disappointed with someone/ about something. - What did you do to resolve the issue? - What happened in the end?
Week 8, 21 Aug	What crazy adventure would you want to take?
Week 9, 28 Aug	Qualities I look for in a friend.
Week 10, 4 Sep	Teachers' Day

Term 4

Week 1, 18 Sep	What would you invent to make the world a better place? - How would it make the world a better place?
Week 2, 25 Sep	Write about your memorable moments this year so far.
Week 3, 2 Oct	EOY Exams
Week 4, 9 Oct	EOY Exams
Week 5, 16 Oct	"We should have a longer recess time." Do you agree? Why?

Extra Topics	<p>What is your ideal secondary school life? - Write about two things that you would like to change about the current school life.</p> <p>I simply love... - What are somethings that you cannot live without?</p> <p>Write about your favourite place in Singapore. - Why is this your favourite place?</p>
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Remember to:

- Write the date and title at the top of the page.
- Write in paragraphs.
- Add details by asking yourself the **5W1H** (who, what, where, when, why, how)
 - For example, 'What are your thoughts about having healthy meals?' - You can write about **what** healthy meals are, **how** you can have healthy meals, **who** you would encourage to have healthy meals, **why** you should have healthy meals, **where** you can get healthy meals.
- Feel free to stray from the topic.
 - For example, 'If you could go anywhere in the world, where would it be?' - You can write about more than one place if you have run out of ideas for the first place.
- The prompts are there to guide you. Do not answer like a comprehension question.

You should write at least $\frac{3}{4}$ page (without leaving a line).

How to do it?


1. **Don't think** – Write the first thing that comes to mind and keep going without thinking about what comes next.
2. **Keep your hand moving** – Once you start writing, don't stop until the time is up.
3. **Lose control** – You're free to write whatever you want.
4. **Be specific** – Not car, but Volkswagen, not dog, but golden retriever.
5. **Don't worry about punctuation, spelling and grammar.**
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Sec 1 Normal (Academic)

Term 1

Week 1, 10 Jan	<p>Some things I look forward to in my secondary school.</p> <ul style="list-style-type: none"> - Who? (friends/ classmates/ teachers) - What? (subjects/ CCAs/ other experiences) - Why do you look forward to these?
Week 2, 17 Jan	<p>A new habit I would like to have.</p> <ul style="list-style-type: none"> - Why I would like to have this habit? - How will this habit help me in my life? (eg. studies, relationship with family/ friends/ teachers) - Who can help me to start and maintain this habit?
Week 3, 24 Jan	CNY Celebrations
Week 4, 31 Jan	<p>If you were granted a wish, what would you wish for?</p> <ul style="list-style-type: none"> - Why do you want this wish? - How will this wish help/ affect you? - Who will be part of your wish?
Week 5, 7 Feb	<p>Some things I hope to learn and/or experience during the Experiential Learning Week.</p> <ul style="list-style-type: none"> - What could I learn or experience? - How will these experiences help me in the future?
Week 6, 14 Feb	ELW
Week 7, 21 Feb	<p>A person who has inspired me.</p> <ul style="list-style-type: none"> - Who is this person (eg. family member, friend, singer, actor)? - How has this person made me want to be a better person (in terms of relationships with others, studies etc)? - What will I do to be a better person?
Week 8, 28 Feb	<p>Picture Stimulus: Let's fly a kite. https://bit.ly/2zfuGGb</p>  <ul style="list-style-type: none"> - What can you see? - What is happening here? - Where did the whale come from? - What is the boy doing? - Write a short story about a flying whale and a boy.
Week 9, 6 Mar	<p>*Free Topic. This week, you may write about anything you want. It could be about your day/ week, your hobby, a story, anything that comes to your mind!</p>
Week 10, 13 Mar	<p>It is important to be healthy because...</p> <ul style="list-style-type: none"> - Why do we need to be healthy? - What are the ways we can be healthy? - Who can help us to be healthy?

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Term 2

Week 1, 27 Mar	Some things I like to do in my free time. - Why do you enjoy doing these things? - Who do you do these things with? (family, friends?)
Week 2, 3 Mar	I like to read ... (about horror/ romance/ mysteries/ non-fiction/ humor/ manga etc)...because... - the characters - the plot (storyline)
Week 3, 10 Apr	Good Friday
Week 4, 17 Apr	Commendation Day
Week 5, 24 Apr	An act of kindness. - When was the last time I did an act of kindness? - What was this act? - Who was it for? - How did I feel? - Or, what would be an act of kindness I would like to do and why?
Week 6, 1 May	Labour Day
Week 7, 8 May	Picture Stimulus: The Invisible Man https://bit.ly/2QDtUt7  Who is the Invisible Man? Why is he invisible? Why is he carrying someone in his briefcase? Who is that? How did he get there? Is he trying to get out? Where is he going? Tell this story.
Week 8, 15 May	How I plan to spend my June holiday. - Will you be travelling? What will you be doing in Singapore? Go out with friends/family members? Play games?
Week 9, 22 May	Marking Day/ Home-Based Learning
Week 10, 29 May	Community Day

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Term 3

Week 1, 3 Jul	If you could pick up any skill, what would you choose? - Why would you choose this skill? - Who would you learn from or learn with? - What would you do to pick up the skill?
Week 2, 10 Jul	Have you ever hurt someone else's feelings? How did that make you feel? What did you do eventually?
Week 3, 17 Jul	A person who has inspired me. - Who is this person? (a friend, a family member, a well-known person) - Why/ How does person inspire you? - What can you do to also inspire others?
Week 4, 24 Jul	Describe the qualities of your ideal friend. - Why are these qualities important? - Do you also have these qualities?
Week 5, 31 July	Hari Raya Haji
Week 6, 7 Aug	National Day Celebrations
Week 7, 14 Aug	Do you think that VIA is important? Why or why not? - What are some of your VIA experiences? - What are some of the things you have learnt through these experiences? - What are some VIA you would like to do?
Week 8, 21 Aug	If you were given a million dollars to help others, what would you do? - Who would this group or groups of people be? - How would you make good use of the money to help them? - Why would this help be important to these people?
Week 9, 28 Aug	If you could do something to make Singapore a better place, what would you want to do? - Why is it important to make Singapore a better place? - Who can help you achieve this? - What are the steps you can take to make Singapore a better place?
Week 10, 4 Sep	Teachers' Day

Term 4

Week 1, 18 Sep	Write about three things that are hard for you. - Why do you find them hard? - How can you overcome them? - Who can help you with them?
Week 2, 25 Sep	What are some ways to manage stress? - When do you feel stressed? - What do you do when you are stressed? - Who do you go to when you are stressed?
Week 3, 2 Oct	EOY
Week 4, 9 Oct	EOY
Week 5, 16 Oct	If you could have a super power, what would it be and why? - What can you do with this superpower? - How will it benefit you or other people?

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Extra Topics	<p>It is beneficial for children to own pets. Do you agree?</p> <ul style="list-style-type: none">- What are some things children can gain from having pets?- What are some problems with having a pet? <p>Some of my favourite food are...</p> <ul style="list-style-type: none">- eg. homecooked food? fast-food? hawker food? western food? etc- Why do you like these food?- Any recommendations? (a specific stall that you like) <p>My greatest fear.</p> <ul style="list-style-type: none">- What is my greatest fear?- Why is this my greatest fear?- How can I overcome this fear?- Who can help me to overcome this fear? <p>eg. fear of failure/ insects</p>
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- Feel free to stray from the topic.
 - For example, 'If you could go anywhere in the world, where would it be?' - You can write about more than one place if you have run out of ideas for the first place.
- The prompts are there to guide you. Do not answer like a comprehension question.

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How to do it?


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Sec 1 Normal (Technical)


Term 1

Week 1, 10 Jan	How I felt on the first day of school. - What did you do on this day? - How did it make you feel? - Why did it make you feel this way?
Week 2, 17 Jan	The most important person/ thing in my life. -Who is the person? -What has he/she done? -Why you think he/she is the most important person in your life?
Week 3, 24 Jan	CNY Celebrations
Week 4, 31 Jan	A memorable outing. (with my friends/ family) -Where was the outing? -What did you and your family/friends do? -How did you feel? -Why was the outing so memorable?
Week 5, 7 Feb	Some things I hope to learn and/or experience during the Experiential Learning Week. - What I could learn or experience? - Why do I want to learn these skills? - Why do I want these experiences? - How will these skills/ experiences help me in future?
Week 6, 14 Feb	ELW
Week 7, 21 Feb	My favourite subject in school. Why? -What is your favourite subject? -Write at least three reasons why this is your favourite subject?
Week 8, 28 Feb	Picture Stimulus: An Afternoon Stroll http://bit.do/eExf8  - Who is this person? - Where do you think he is going? - Does he know what's behind him? - Describe the creature him (the eyes, the fangs, the scales...) What is it? Where did it come from? - What is it going to do? - Write about the moment when the person realises that there is something behind him. - How would he find out? - How would he react?
Week 9, 6 Mar	*Free Topic. This week, you may write about anything you want. It could be about your day/ week, your hobby, a story, anything that comes to your mind!
Week 10, 13 Mar	Things I like to do during my free time. -When do you get your free time? -What are some of the things you do during your free time?

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Term 2

Week 1, 27 Mar	If I can choose to be an animal, which animal would I be and why? -What animal would you be? -Why have you chosen this animal?
Week 2, 3 Mar	Friends. (eg. What type of friends do you like?) -What do you like most about your friends? -How do you spend time with your friends?
Week 3, 10 Apr	Good Friday
Week 4, 17 Apr	Commendation Day
Week 5, 24 Apr	My favourite food -What is your favourite food? -Where do you get this food? -Why is this your favourite food? -Do you want to learn how to cook this food? Why or why not?
Week 6, 1 May	Labour Day
Week 7, 8 May	Picture Stimulus: Power http://bit.do/eExg2  - What is the girl doing? - Why is she holding the book like that? What does her body language suggest? - Why isn't she wearing shoes? - How do the colours in this picture make you feel? - Is there a safe place in this scene? An unsafe/ dangerous place? Is she attacking or defending herself? - Write about what happened before and after this picture/ scene?
Week 8, 15 May	How do you show respect to the people around you? (friends/ family/ teachers/ strangers/ neighbours etc) -Why is respect important? -Where have you learned the value of respect? -How do you show respect?
Week 9, 22 May	Marking Day/ Home-Based Learning
Week 10, 29 May	Community Day

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Term 3

Week 1, 3 Jul	My June Vacation. -What did you do during the vacation? -Who did you spend it with mostly?
Week 2, 10 Jul	Habit 1: Be Proactive - How can I be more proactive in school and at home? -What are some things you do on your own (without being told to do so)? -How do you help out at home? -What are some things you help out with in school?
Week 3, 17 Jul	My favourite Superhero. (can be a real person) -Who is your Superhero? -Why is he/she a superhero to you?
Week 4, 24 Jul	Write about a good deed you had done and how you felt doing it. -When and where was the good deed done? -What is this good deed? -How did you feel?
Week 5, 31 July	Hari Raya Haji
Week 6, 7 Aug	National Day Celebrations
Week 7, 14 Aug	Things I love about my country. - For example, food, people, places, culture. - Why do you like these things? - Why are they special to you?
Week 8, 21 Aug	My Best Friend. - How did you become best friends? - What do you like to do together? - How would you continue this friendship?
Week 9, 28 Aug	Write about a book which you enjoyed reading. - What was the book about? - What did you like about the book? The story? The characters? - What have you learnt from the book?
Week 10, 4 Sep	Teachers' Day

Term 4

Week 1, 18 Sep	Write about a place that is special to you. - Is this place in Singapore? A corner of your house? A park? A mall? - Why is it special to you? - Who would you go with? - Describe the place. What do you see, hear and smell?
Week 2, 25 Sep	My secret talent or skill. - Why is it a secret? - Who taught you the skill? - If you do not have a secret talent or skill, write about a talent or skill you would like to have and why.
Week 3, 2 Oct	EOY Exams
Week 4, 9 Oct	EOY Exams
Week 5, 16 Oct	The best school activity so far.... -What activity did you participate in? -What did you do? -Who were involved? -Why is this your best school activity so far?

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Extra Topics	Write about a time when you helped someone or when someone helped you. - When did this happen? - Who were with you? - What happened? - How did you or the other person show their gratefulness? What is the nicest thing someone has ever done for you? - Who is this person? - What was the nicest thing this person has done for you? - How did it make you feel? My favourite place in school and why. -Which is your favourite place in school? -Why is this your favourite?
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