

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

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## Sec 2 Express

### 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 1 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.**
6. **You are free to write anything in the world.**

<http://vanseodesign.com/bloggging/improve-your-writing-with-a-simple-exercise>

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**Term 1**

Week 0, 3 Jan	How I spent my holiday. - What did you do? (eg: travelling, visiting, picking up a new activity) - Who were you with? (friends, family)
Week 1, 10 Jan	What is your best childhood memory? Why?
Week 2, 17 Jan	If you have a million dollar, how would you use the money/ what would you spend it on? Why?
Week 3, 24 Jan	CNY Celebrations
Week 4, 31 Jan	What was the best movie/book you have watched/read in the past year? - Write about the plot, character and memorable scenes.
Week 5, 7 Feb	Some things I hope to learn and/or experience during the Experiential Learning Week.
Week 6, 14 Feb	ELW
Week 7, 21 Feb	What words would you consider to be the most hurting to you? Why? - Personal experiences?
Week 8, 28 Feb	Picture Stimulus: Dad <a href="http://bit.do/eEsNz">http://bit.do/eEsNz</a>  - What is the dad doing? - Why is the girl standing behind him? - Why is she dragging a kite on the floor? - Has she said anything to him? - Does he know she's there? - How is she feeling? - What is she thinking? - Do you think this has happened before? Why/why not?
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	How do you spend time with your family or friends? - Where do you go? - What do you do? - Who do you go with?

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## Term 2

Week 1, 27 Mar	A place you would like to visit. - Why? - What would you do there?
Week 2, 3 Mar	Where would you go hide if you are sad/want to be alone? - Who would you want to see? - What would you do there?
Week 3, 10 Apr	Good Friday
Week 4, 17 Apr	Think about an article you have read recently or a piece of news you heard of (eg. Newspapers, Inspire magazine). What are your views about the issue? Do you agree or disagree with the writer? What have you learnt after reading or knowing about it?
Week 5, 24 Apr	If you have the chance to go anywhere or do anything, where or what would it be?
Week 6, 1 May	Labour Day
Week 7, 8 May	Picture Stimulus: First Flight <a href="http://bit.do/eEsPi">http://bit.do/eEsPi</a>  - How are the owls related? - Which owl is about to take its first flight? How do you know? - How does the young owl feel about flying? - What might it be thinking? Add a thought bubble to the picture. - Is the older owl worried? - What advice might the older owl give to the younger one?
Week 8, 15 May	MYE
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 one piece of news that you have read or heard recently that attracted your attention. Explain why it caught your interest.
Week 2, 10 Jul	What is one distinctive quality that you think most youths possess? Do you think this quality has a positive and/or negative effect on them?
Week 3, 17 Jul	What is one thing (skill, attitude, value) that you have learnt/cultivated in your CCA that is useful in the future?
Week 4, 24 Jul	Describe your ideal house and explain why you want it that way.
Week 5, 31 July	Hari Raya Haji
Week 6, 7 Aug	National Day Celebrations
Week 7, 14 Aug	What is one thing about your country that you are proud of? Why?
Week 8, 21 Aug	Write about a friend who has impacted you. What is one thing that you appreciate about him/her?
Week 9, 28 Aug	Write about an act of kindness you have done to someone and the effect it has on you and that person.
Week 10, 4 Sep	Teachers' Day

### Term 4

Week 1, 18 Sep	My ideal school uniform. (You may want to draw it after describing the features)
Week 2, 25 Sep	Write about a parent-child or teacher-student moment that you have experienced that has left an impact on you.
Week 3, 2 Oct	EOY Exams
Week 4, 9 Oct	EOY Exams
Week 5, 16 Oct	Would you prefer to study via e-learning or come to school? Why? - What are the advantages and disadvantages of each option?

Extra topics	Would you prefer to eat in a fast-food restaurant, hawker centre or restaurant? Why?  If you are granted 3 wishes, what you would wish for? Why?  If you were to invent something, what would it be? How will it be useful to you or others?
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## Sec 2 Normal (Academic)

### 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 1 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.**
6. **You are free to write anything in the world.**

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### Term 1

Week 0, 3 Jan	How I spent my holiday. - What did you do? (eg: travelling, visiting, picking up a new activity) - Who were you with? (friends, family)
Week 1, 10 Jan	What is your best childhood memory? - (eg: visiting a place, spending time with a person you loved, preschool life, games you learnt) - Why was it the best?
Week 2, 17 Jan	My idol. - Who is this person? (a singer, an actor, a politician, a family member, a teacher) - What did the person do that you consider him/her as your idol? - What is special about this person?
Week 3, 24 Jan	CNY Celebrations
Week 4, 31 Jan	A country I would like to visit and why. - Name the country. The location of the country. (Europe, Asia, Middle East etc) - What do you know about the country? - The uniqueness of the country. (culture, scenery, food, people)
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?


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Week 6, 14 Feb	ELW
Week 7, 21 Feb	<p>What would you do when you feel stressed?</p> <ul style="list-style-type: none"> <li>- How often do you feel stressed?</li> <li>- What causes these stresses?</li> </ul>
Week 8, 28 Feb	<p>Picture Stimulus: Special  <a href="https://bit.ly/2VoqDRe">https://bit.ly/2VoqDRe</a></p>  <ul style="list-style-type: none"> <li>- Who are the people? What is their relationship?</li> <li>- Why are they here?</li> <li>- What are they doing? Why?</li> <li>- How are they feeling?</li> <li>- Why do people stargaze?</li> <li>- Why do you think this image is called 'Special'?</li> <li>- What is special to you?</li> </ul>
Week 9, 6 Mar	Write about a special moment you've shared with someone.
Week 10, 13 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>

## Term 2

Week 1, 27 Mar	<p>If you have a superpower, what would it be?</p> <ul style="list-style-type: none"> <li>- Why you chose that superpower?</li> <li>- What can you do with that superpower?</li> <li>- What are the consequences of having that superpower?</li> </ul>
Week 2, 3 Mar	<p>Do you like camps?</p> <ul style="list-style-type: none"> <li>- If you like, explain why you like them. (eg; learn new skills, be part of a team etc)</li> <li>- If you don't like, give your reasons (eg: too challenging, discomfort etc)</li> </ul>
Week 3, 10 Apr	Good Friday
Week 4, 17 Apr	Commendation Day
Week 5, 24 Apr	<p>Write about an experience of overcoming a fear.</p> <ul style="list-style-type: none"> <li>- What was that fear?</li> <li>-What causes the fear?</li> <li>-How do you feel after you overcame it?</li> </ul>
Week 6, 1 May	Labour Day

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Week 7, 8 May	<p>Picture Stimulus: I Believe I Can  <a href="http://bit.do/eD8JY">http://bit.do/eD8JY</a></p>  <ul style="list-style-type: none"> <li>- Describe the picture – What is happening here?</li> <li>- Is the bird walking on the water? How? Why?</li> <li>- Is this bird special? Can it fly?</li> <li>- Do you think this is the first time the bird has walked on water?</li> <li>- 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?</li> <li>- How important is self-belief?</li> <li>- Has anyone ever achieved something other people thought to be impossible? What qualities did they have?</li> </ul> <p>Alternative topic: Confidence</p> <ul style="list-style-type: none"> <li>- Have you ever 'failed' because you lacked confidence?</li> <li>- Have you ever succeeded because you believed you could?</li> <li>- What does failure feel like? What about success?</li> <li>- How do you overcome failure?</li> </ul>
Week 8, 15 May	MYE
Week 9, 22 May	Marking Day/ Home-Based Learning
Week 10, 29 May	Community Day

### Term 3

Week 1, 3 Jul	<p>My neighbourhood.</p> <ul style="list-style-type: none"> <li>-Tell where do you live</li> <li>- What are the facilities found in the area? (eg: a jogging track, a wet market a fitness corner)</li> <li>-Who uses these facilities?</li> <li>- Who are your neighbors and what are they like?</li> </ul>
Week 2, 10 Jul	<p>What do you desire the most?          (eg: love, money, good relationship, doing well in studies)</p> <ul style="list-style-type: none"> <li>- Why is it the most important thing you desire?</li> <li>- How do you plan to achieve it?</li> </ul>
Week 3, 17 Jul	<p>How important is discipline in your life?</p> <ul style="list-style-type: none"> <li>-What is discipline to you?</li> <li>-Do you have self-discipline?</li> <li>-How does discipline helps an individual in life?</li> </ul>
Week 4, 24 Jul	<p>My passion/ dream in life.</p> <ul style="list-style-type: none"> <li>-Explain the passion or dream</li> <li>-Why this passion or dream?</li> <li>-What are your plans in achieving it?</li> </ul>

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Week 5, 31 July	Hari Raya Haji
Week 6, 7 Aug	National Day Celebrations
Week 7, 14 Aug	<p>If you could start over, what would you do differently?            (eg: as a student, as a friend, as a child)</p> <ul style="list-style-type: none"> <li>- Why you chose this particular thing to start over?</li> <li>- What have gone wrong before?</li> <li>- Do you have any regrets?</li> </ul>
Week 8, 21 Aug	<p>My dream home.</p> <ul style="list-style-type: none"> <li>- What type of house would that be? Describe the house and the location (eg: a five-bedroom bungalow by the beach)</li> <li>- Who you think will be staying with you?</li> <li>-What do you think you can must do to achieve living in this dream home?</li> </ul>
Week 9, 28 Aug	<p>If you received enough money to never need to work again, what would you spend your time doing?            (eg: do voluntary work, travel, spend time with the family and friends)</p>
Week 10, 4 Sep	Teachers' Day

#### Term 4

Week 1, 18 Sep	<p>What is the biggest frustration you're facing now?            (eg: relationship with friends or family members, school work , poor time management)</p> <ul style="list-style-type: none"> <li>- What causes this frustration?</li> <li>- How do you think you can overcome it?</li> <li>- Have you looked for help?</li> </ul>
Week 2, 25 Sep	<p>What do you really love to do?            (eg: baking, travelling playing sports)</p> <ul style="list-style-type: none"> <li>- Do you do it often? Give your reasons.</li> </ul>
Week 3, 2 Oct	EOY Exams
Week 4, 9 Oct	EOY Exams
Week 5, 16 Oct	<p>How much control do you really have over yourself?</p> <ul style="list-style-type: none"> <li>- When you are in a group, are you a leader or a follower?</li> <li>- Are you a victim of technology? (eg: spending too much time on the computer)</li> </ul>

Extra Topics	<p>Three best attractions in Singapore.</p> <ul style="list-style-type: none"> <li>- Give the 3 examples (eg: Sentosa, Changi Airport, Orchard Road)</li> <li>- Explain why each place is attractive to you.</li> <li>- What can people do when they visit these places?</li> </ul> <p>My favourite food.</p> <ul style="list-style-type: none"> <li>- Describe the food.</li> <li>- Is it an ethnic or fusion food?</li> <li>- Who introduce you to the food?</li> <li>- Why is it your favourite?</li> <li>- Where you usually eat this favourite food? (eg: home-cooked, at hawker centre, only during festive season)</li> </ul>
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## Sec 2 Normal (Technical)

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- Feel free to stray from the topic.
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**You should write at least  $\frac{3}{4}$  page (without leaving a line).**

### How to do it?


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**Term 1**

Week 0, 3 Jan	How I spent my December holidays. - What did you do? - Who did you spend time with? - Any memorable/ unforgettable events?
Week 1, 10 Jan	Some of my favourite food. - Why do you like these food? - Any specific places you would go to eat these food? - Who would you go with?
Week 2, 17 Jan	An important lesson I have learned? - Who/ where did you learn from? (from a friend/ a tv programme/ a family member - What did you learn? - How has this helped you? - How would you use what you have learnt in your life?
Week 3, 24 Jan	CNY Celebrations
Week 4, 31 Jan	*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 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	Three surprising things people do not know about me. - A habit/ skill? - Why would people be surprised about them?
Week 8, 28 Feb	Picture Stimulus: A Prince <a href="http://bit.do/eEcyS">http://bit.do/eEcyS</a>  - What can you see? What do you think? What do you wonder? - Who or what smashed the glass? - Why is there a tag reading 'Prince'? - Write this story.
Week 9, 6 Mar	Who do you admire most? - A friend/ a singer/ a family member? - Why do you admire this person? - What can you learn from this person?
Week 10, 13 Mar	Three things that scare me. - What are these things? They would be something physical like insects or actions like having to go up on stage. - What would you do when you have to face them?

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## Term 2

Week 1, 27 Mar	My favourite movie/ drama/ book and why? - Do you like it because of the plot/ characters/ actors? - What have you learnt from it? - How can you apply what you have learnt in your life?
Week 2, 3 Mar	Animals. - Which ones do you like/ do not like?) - Why do you like/ do not like them? - Would you like to keep pets? Why?
Week 3, 10 Apr	Good Friday
Week 4, 17 Apr	Commendation Day
Week 5, 24 Apr	My favourite sport/ activity. - Why do you like the sport or activity? - Who do you do it with? - Where would you do it at?
Week 6, 1 May	Labour Day
Week 7, 8 May	Picture Stimulus: Sinking <a href="http://bit.do/eEcAw">http://bit.do/eEcAw</a>  - What has happened? - Why were the animals and the man on the boat in the first place? - What do you think is going to happen? - How could the boat be stopped from sinking? - Write your story.
Week 8, 15 May	MYE
Week 9, 22 May	Marking Day/ Home-Based Learning
Week 10, 29 May	Community Day

## Term 3

Week 1, 3 Jul	Write about a time when you showed courage. - What does courage mean to you? - Who was with you? - When did it happen? - How have you shown courage?
Week 2, 10 Jul	How I spent my Youth Day. - Who did you spend it with? - What did you do? - What would you like to do if you had the chance?
Week 3, 17 Jul	What are the games you enjoy playing? - Physical/ virtual games? - Who do you play with? - Why do you like to play these games? - What can you learn through these games?

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Week 4, 24 Jul	Write about the music you enjoy listening to. - Why do you enjoy these music? - Do your friends also enjoy listening to the same music? - If you do not like to listen to music, you may write about something else you enjoy doing.
Week 5, 31 July	Hari Raya Haji
Week 6, 7 Aug	National Day Celebrations
Week 7, 14 Aug	My favourite celebration. (eg. birthday, festivals) - Who would you celebrate with? - Why is this your favourite celebration? - What do you do during this celebration?
Week 8, 21 Aug	A brave act. - This could be something which actually happened or something you imagined. - When did it happen? - What was the brave act? - What lesson could be learnt from this brave act?
Week 9, 28 Aug	A person I respect most. - A family member/ friend/ singer/ actor? - Why do you respect this person? - What have learnt from this person?
Week 10, 4 Sep	Teachers' Day

#### Term 4

Week 1, 18 Sep	Write about a time you tried something new. - What was it? A new activity? A new food? - When was it? - Who were you with? - Was it an enjoyable experience? - Would you try it again? Why or why not?
Week 2, 25 Sep	What I would do when I feel stressed. - When would you feel stressed? - Who would you go to when you are stressed? - What are some things you would do when you are stressed?
Week 3, 2 Oct	EOY Exams
Week 4, 9 Oct	EOY Exams
Week 5, 16 Oct	Write about a time when you were careless. - When did it happen? - Who were with you? - What happened? - What did you learnt from the experience? - How did you feel about it?

Extra Topics	The most precious thing in my life. - What would that be? ( a person, time, money) - Why is it so precious or dear to you?  A touching moment. - Your own experience or something you read/ watched/ heard about. - What happened? - Why were you touched?
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