



Rest PAPER

PRIMARY SCHOOL LEARNING ESCAPE (PSLE)

PRACTICE BOOKLET

Nickname: _____

Class: ()

Instructions to candidates

1. Open this booklet when you feel like taking a break.
2. Follow the instructions to feel calmer and have a bit of fun.
3. If any page makes you feel uncomfortable, skip it. It's totally ok!
4. Talk to an adult you trust if you need help.
5. Take as long as you like, and be kind to yourself.

Note to parents:

This activity book is created for general use - to help students relax, unwind and destress. It is not a replacement for professional mental health care.

If any activity or picture is upsetting or uncomfortable for your child, please encourage them to skip that page.

If you have concerns about your child's mental well-being, please seek support from a qualified mental health professional.



SCAN TO LEARN MORE

SECTION A

Multiple Choice Farming

1. Fill in the circles to grow your very own farm. Use a 2B pencil colours!



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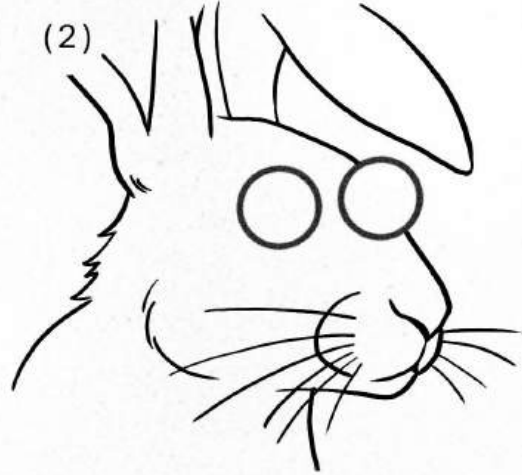
SECTION B
Complete the Eyes

2. The following creatures are missing their eyes. Draw them new ones and make them completely ridiculous.

(1)



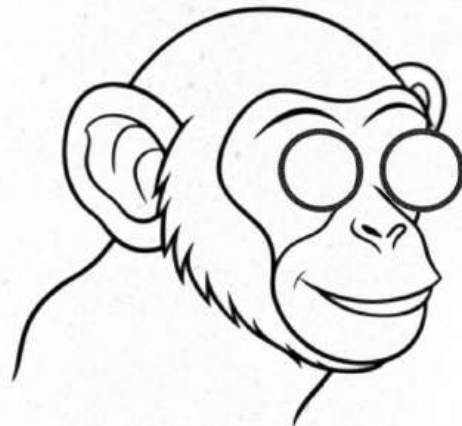
(2)



(3)



(4)



(5)

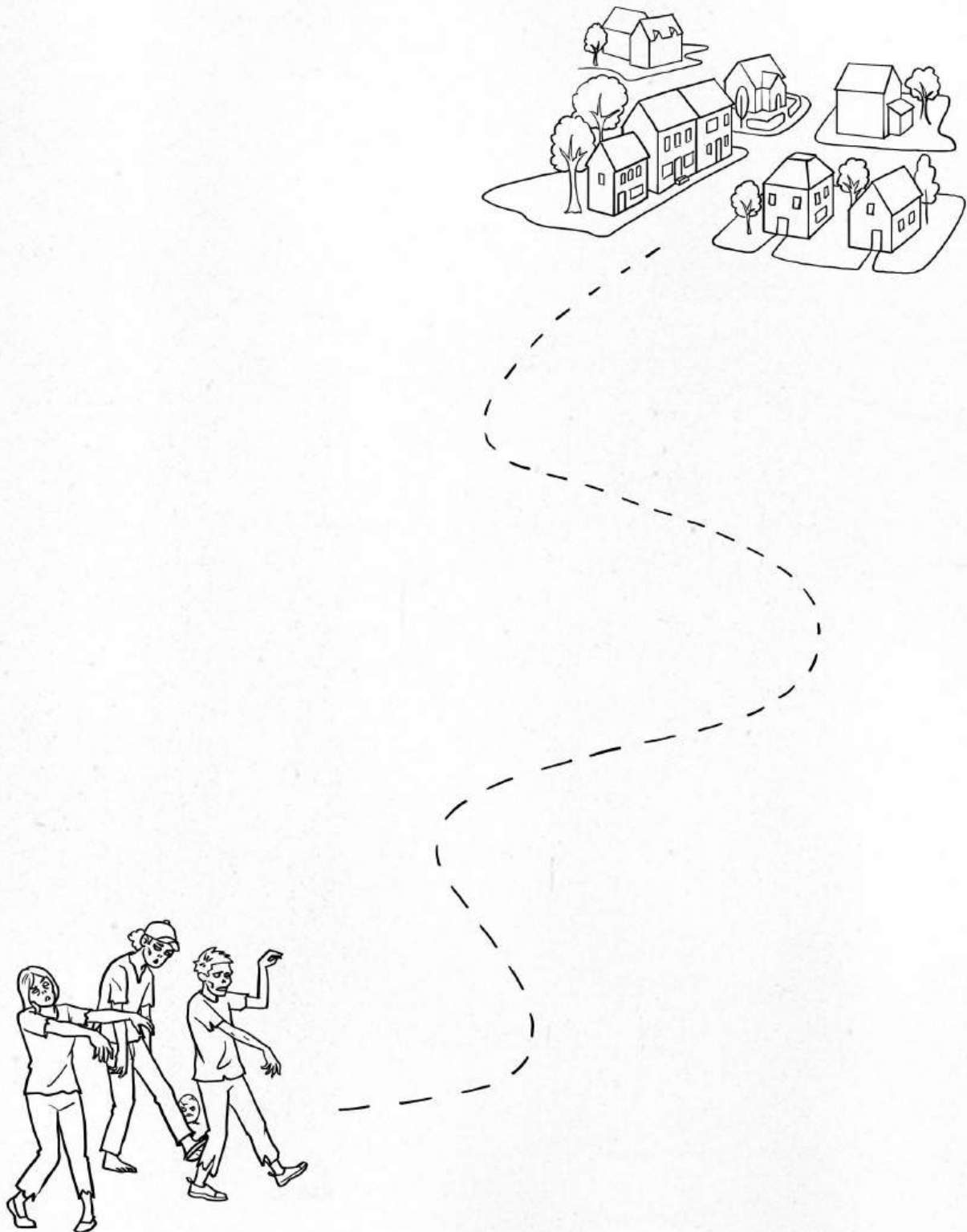


(6)



SECTION C
Crushed Passage

3. Zombies are about to invade Village A. You're its last hope. Crush this page to create mountains and obstacles to block their path. Hurry, they're getting closer!



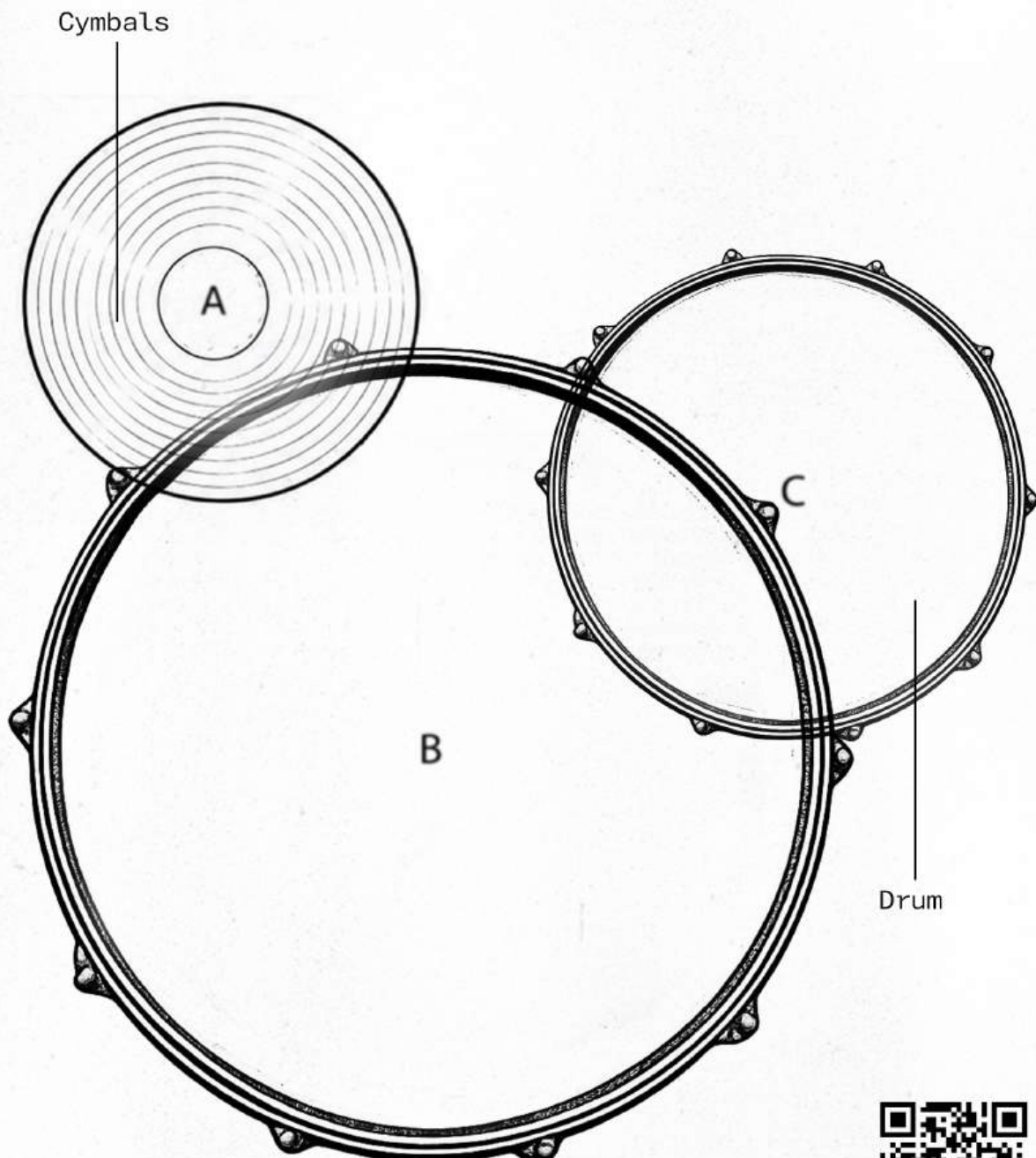
SECTION D
Ham-mouflage

4. Help the hamster hide from enemies. Cut out the holes, head outside and fill them up with real flowers from your walk.



SECTION E
Applied Rhythm

5. Figure X is made up of three circles A, B and C.
The circles may be used as drums. Pick up two pencils, scan the code for music and hit away your worries.



SCAN HERE

SECTION F
Purr-actical Skills

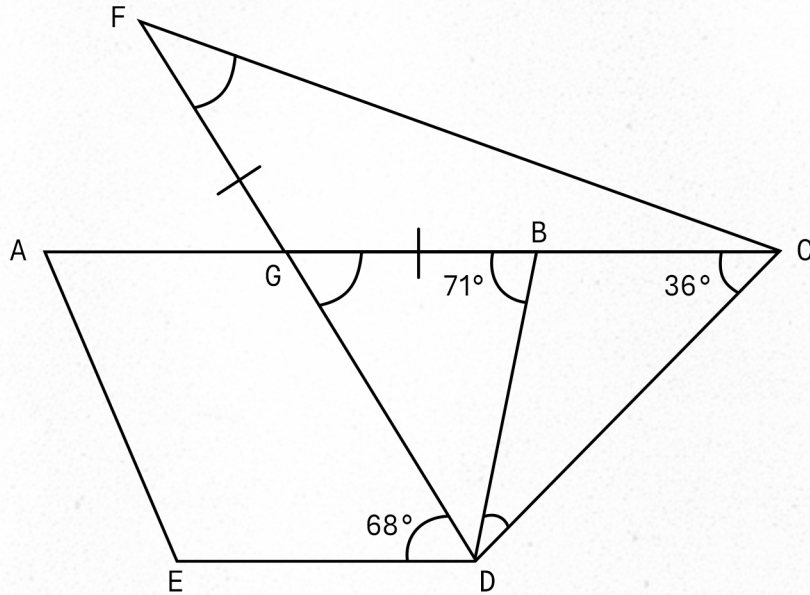
6. Chubby the Cat wants to work out, but is too lazy. Cut along the dotted lines and move him from Point X to Point Y to help him do sit-ups. Repeat as necessary!



SECTION G

Basics of Looking Busy

7. This is a decoy page. Stare at it seriously and nod occasionally so everyone thinks you're studying. No actual studying required.



- (a) Don't find $\angle BDC$.

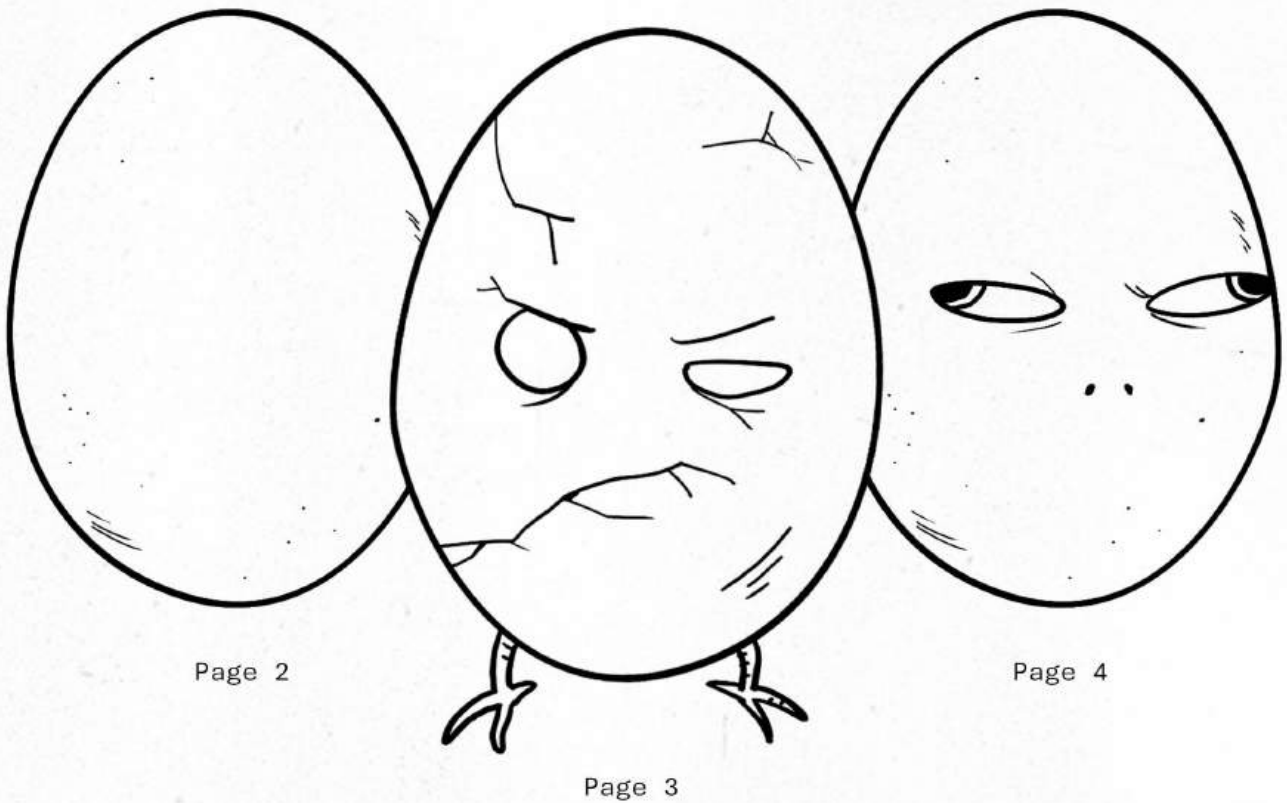
Ans: (a) _____

- (b) Don't find $\angle CFD$.

Ans: (a) _____

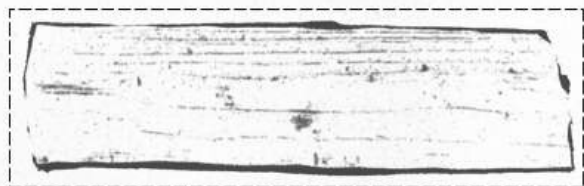
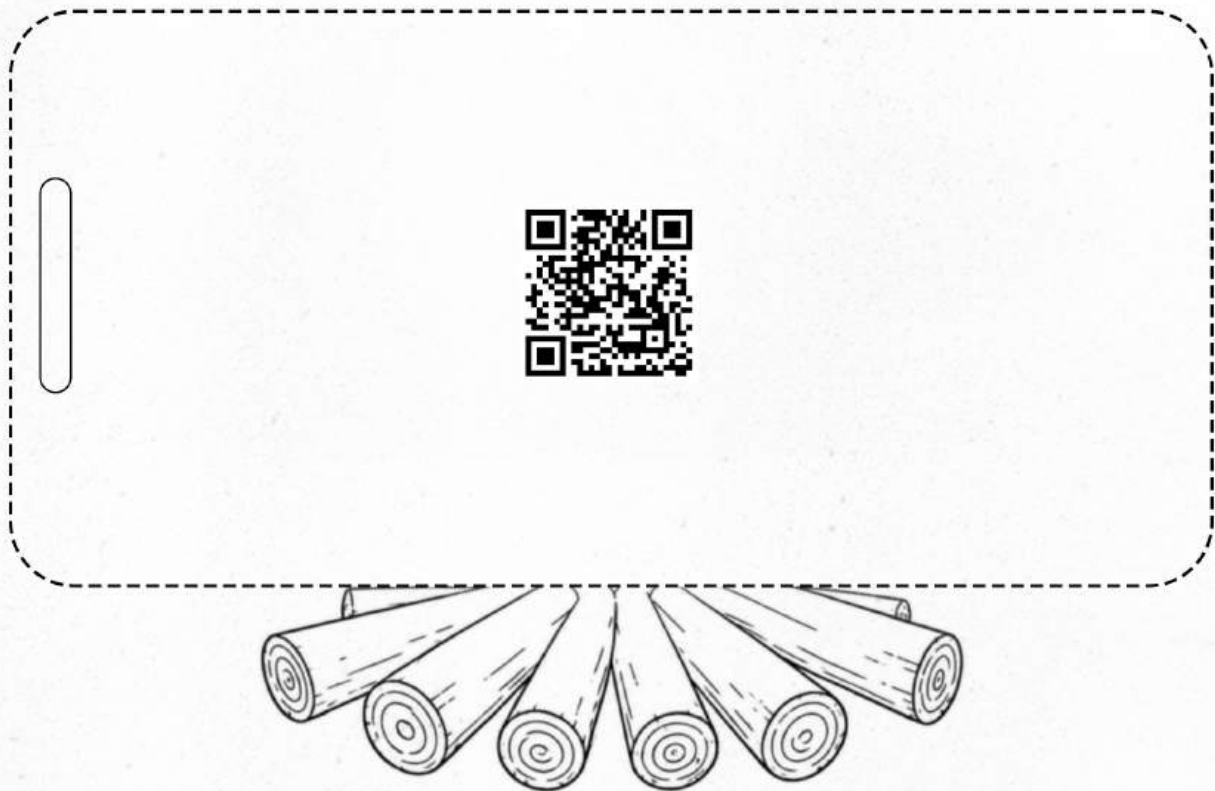
SECTION H
Egg-stra Curricular Activity

8. Stop! Did you spot the eggs hiding on pages 2, 3 and 4? Check back and find them all before you move on.



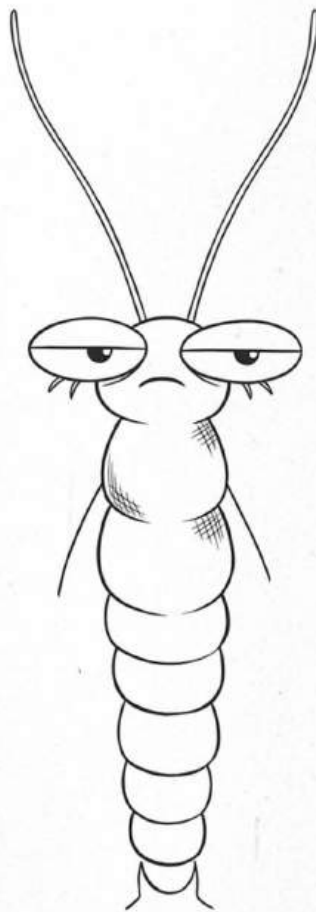
SECTION I
Fill in the Flames

9. The picture below shows a fireplace.
- Scan the QR code and place your phone in the marked area.
 - Write your worries in the wooden blocks, then cut them out and feed them to the flames!



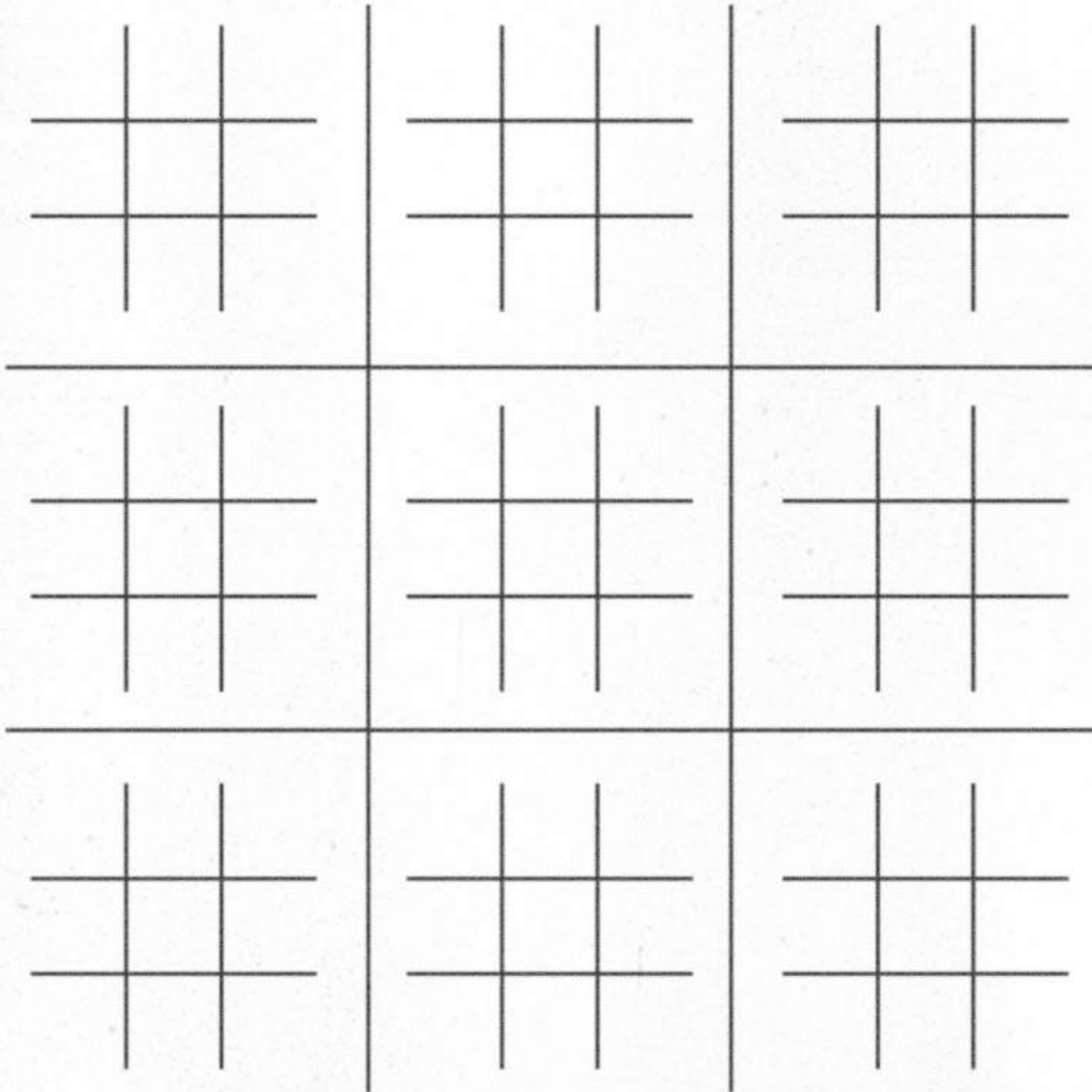
SECTION J
Symmetrical Scribbling

- 10.** The butterfly below is feeling meh without its wings.
Using both left and right hands at the same time, draw it an epic pair.
Don't forget to share it!



SECTION K
Home-based Playing

11. You and a parent have been challenged to a game of Ultimate Tic-Tac-Toe. Learn the rules below, then battle it out!

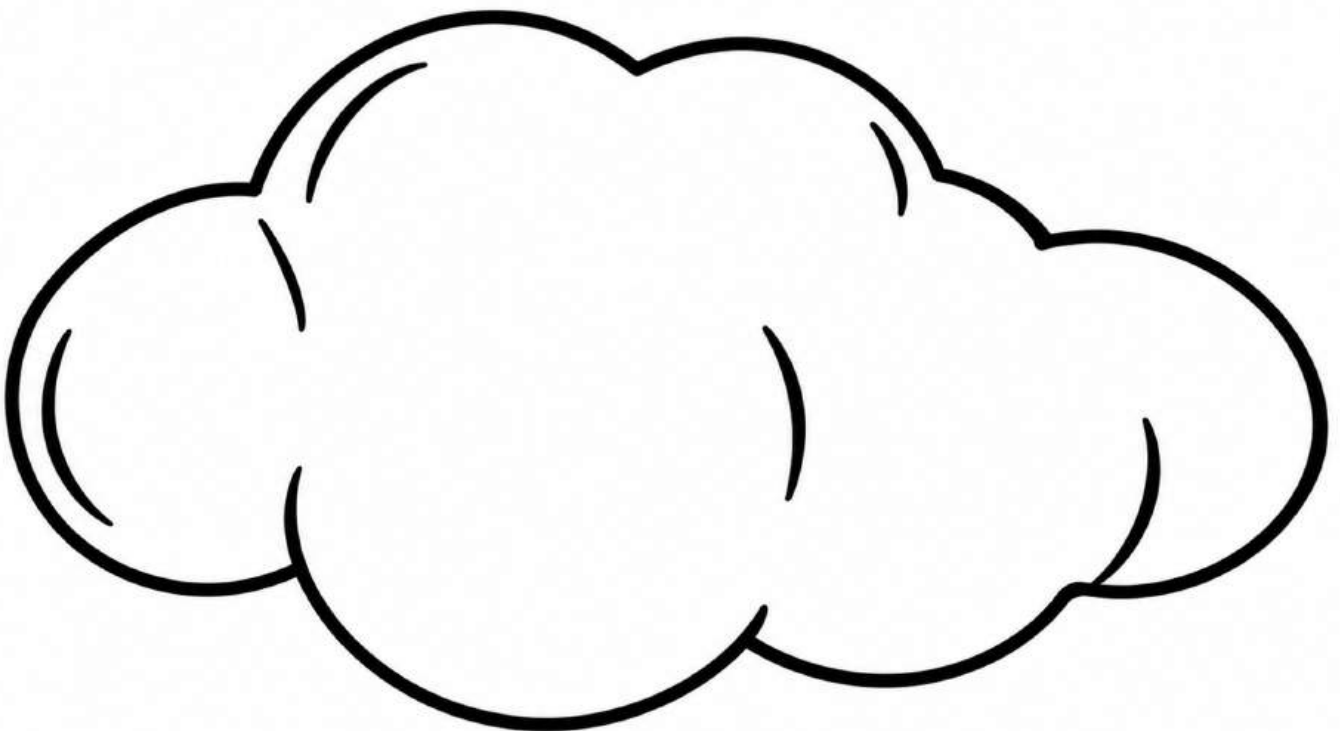


Instructions:

Take turns placing Xs and Os. Complete a small square to claim it.
Claim three squares in a row to win.

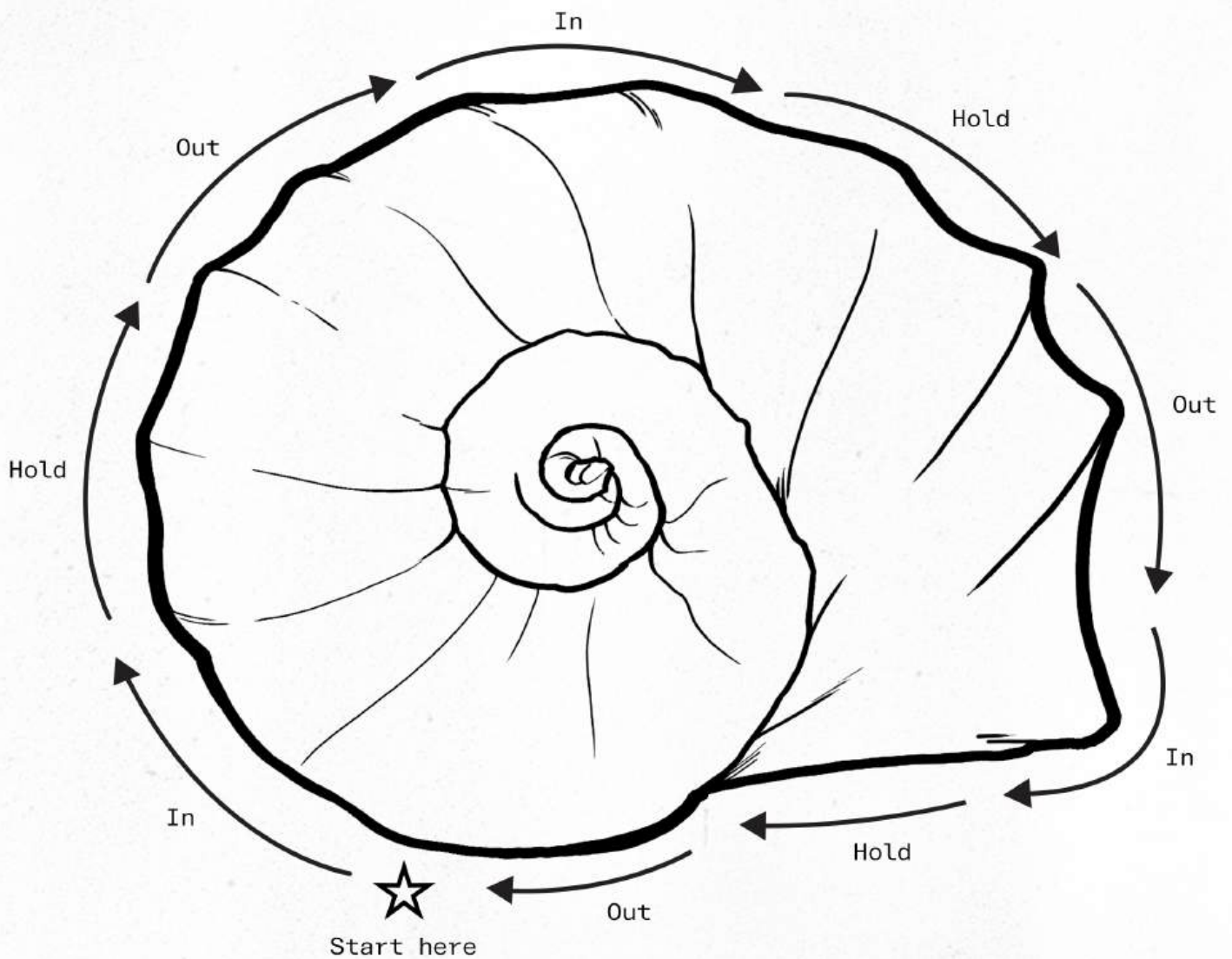
SECTION L
Cloud-assisted Resting

- 12.** The diagram below shows a large, fluffy cloud. Lie on it and relax for 5 minutes. Revisit it whenever you need a short break!



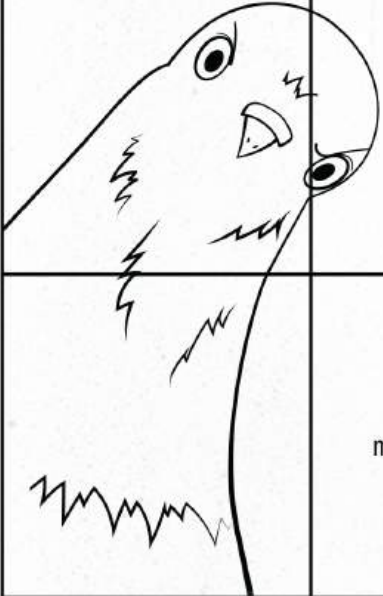
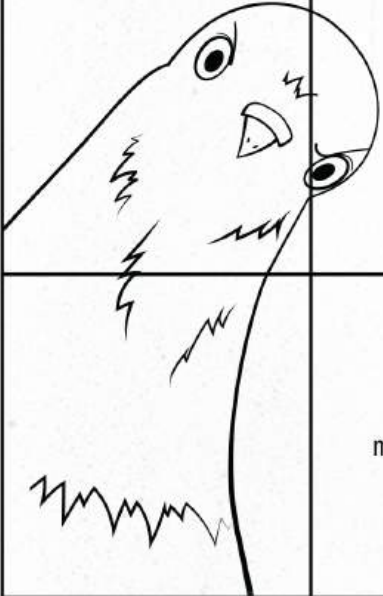
SECTION M
Continuous Calming Down

- 13.** You've been visited by the seashell of calm. Trace your fingers around it slowly, breathing in and out as indicated by the arrows. Continue till you're relaxed.



SECTION N
Window Bingo

14. Study the view outside your window. Cross out every item you spot and complete as many squares as you can!

A weirdly shaped cloud	3 birds in a row	Something yellow
Something pink	A plane	A rainbow
	Something fluffy	Water
	Something moving fast	Something triangular

ABOUT REST PAPERS

Taking short breaks can help you reduce stress and return with better focus.

Rest Papers was created to make those breaks easier – with fun activities that help children pause during exam prep.

If you wish to speak to someone,
send us a WhatsApp text at **6978 2728**
for a confidential chat.



SCAN TO START A CHAT