

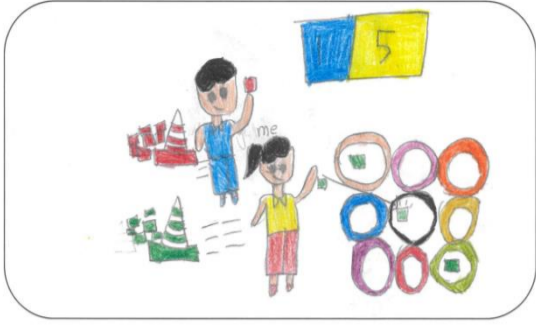


EPS Express

June, 2025



~ Chill Happy Daysss ~



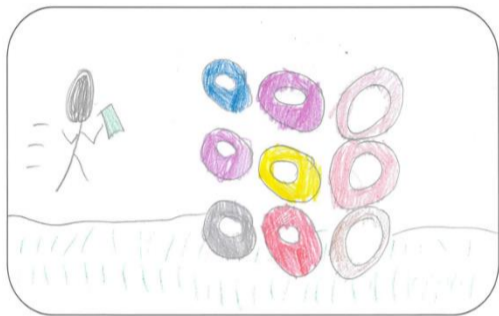
I am from the yellow house. My favourite activity was the "Circle Passing Game". I liked the Chill Happy Daysss because there was no homework to do. (P1 Natania)



I am from the blue house. My favourite activity was the "K-pop Dance" because I learnt a lot of new dance steps. (P2 Joanna)



I am from the purple house. My favourite activity was camping. I liked the Chill Happy Daysss because I had no homework. (P1 Ethan)



I am from the blue house. My favourite activity was the "Tic-Tac-Toe Relay". I liked the Chill Happy Daysss because there were a lot of fun games and activities. (P2 Giselle)



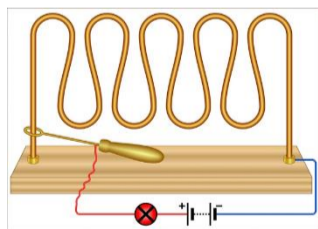
I am from the purple house. My favourite activity was the "Chill Happy Moments". I liked the Chill Happy Daysss because I had no homework. Haha! (P1 Ellie)



I am from the red house. I played the "Ball Catching Game" and "Tic-Tac-Toe". My favourite activity was *Tic-Tac-Toe with Bean Bag Toss*. I won the game many times. I earned twenty-eight happy coins! I made three key chains in "I Teach U Learn". I also played badminton. I enjoyed the Chill Happy Daysss very much because I ate chips with my friends. (P3 Ethan Chan)



I am from the purple house. My favourite game was "Catch The Balls". I liked the Chill Happy Daysss because I could try new food that I had not eaten before. (P2 Danica)



I am from the orange house. I played "Tic-Tac-Toe Relay" and "Electric Circuit Game". My favourite activity was the "Chill Happy Moments" because I got to try dried shredded squid and even played some games. I earned twenty-eight happy coins. I enjoyed the Chill Happy Daysss because it made me happy! (P3 Chan Yin Lai)



I am from the green house. My favourite activity was "I Teach U Learn" because it was fun and I could teach my schoolmates. (P2 Jasmine)



Chill Happy Daysss was a delightful experience for me as a member of the red house. I participated in fun activities like

"Catch The Balls" and the "Circle Passing Game", but my favourite was definitely the "Class Challenge". The first challenge was *Killer*, the second challenge was *Flip the Paper*. I liked the first challenge more! I got thirty-four happy coins so I went to the barbeque activity to enjoy the *Chill Happy Moments*. The Chill Happy Daysss made me very happy. (P4 Audrey)



Chill Happy Daysss was a super enthusiastic experience. I am the captain and member of the blue house. My house members and I played so many games together such as "Catch The Balls" and "Ping Pong Delivery". My favourite game was "Tic-Tac-Toe Relay" because this game brought me happiness. I also learned team work skills and how to assign duties to my lovely members. I earned thirty-six happy coins which are a lot! I enjoyed the Chill Happy Daysss because the whole process was so relaxing and loving! (P4 Eve)



This week was Chill Happy Daysss. It was one of the best weeks I have ever had. Let me tell you more about it. On Thursday, it was the first day of Chill Happy Daysss. First, we listened to a lecture about how to look after your mental health. They also had a Q&A session. If you got an answer right, you would get a super sour lemon candy. The outer layer was super sour, but after a while, the candy became sweeter. This taught me the principle of 'bitter first, then sweet'. The last activity was "I Teach U Learn". We learnt how to raise the flag. It was exciting for my classmates but since I have raised the flag many times before, I was not too surprised. I still thought it was fun! We also skipped rope but I was not very good at it so I hope I can get better at it soon! What an exciting day! (P5 Damian)



Today is the third and final day of the "Chill Happy Daysss". We had three activities, they were *Class Challenge*, *Enjoy Art Together* and *Chill Happy Moments*. In the *Class Challenge*, we had to pair up into groups of five or six and use a marker with strings attached to it to draw various shapes, complete a maze and write

numbers. But we could only hold the strings and everyone had to hold one. When we first drew an arrow sign, someone pulled the string too hard and the line went the opposite direction. How funny! In the second activity, we did calligraphy. I wrote, "Work Hard". I think I did pretty good! In the *Chill Happy Moments*, there were a lot of different activities to choose from. Each cost a different amount of 'Happy Coins', which we earned from all the activities before this. I had 32 coins so I went for hotpot, which cost 30 coins. There was lots of food at the hotpot. It was so delicious. (P5 Vincent)



In these Chill Happy Daysss, the most unforgettable activity for me was the *Chill Happy Moments*. It was because I could enjoy hotpot with my classmates and schoolmates, which is a very rare opportunity. Also, the food was very tasty. Overall, I had a lot of fun in this activity and I hope there will be Chill Happy Daysss again next year! (P6 Ricky)

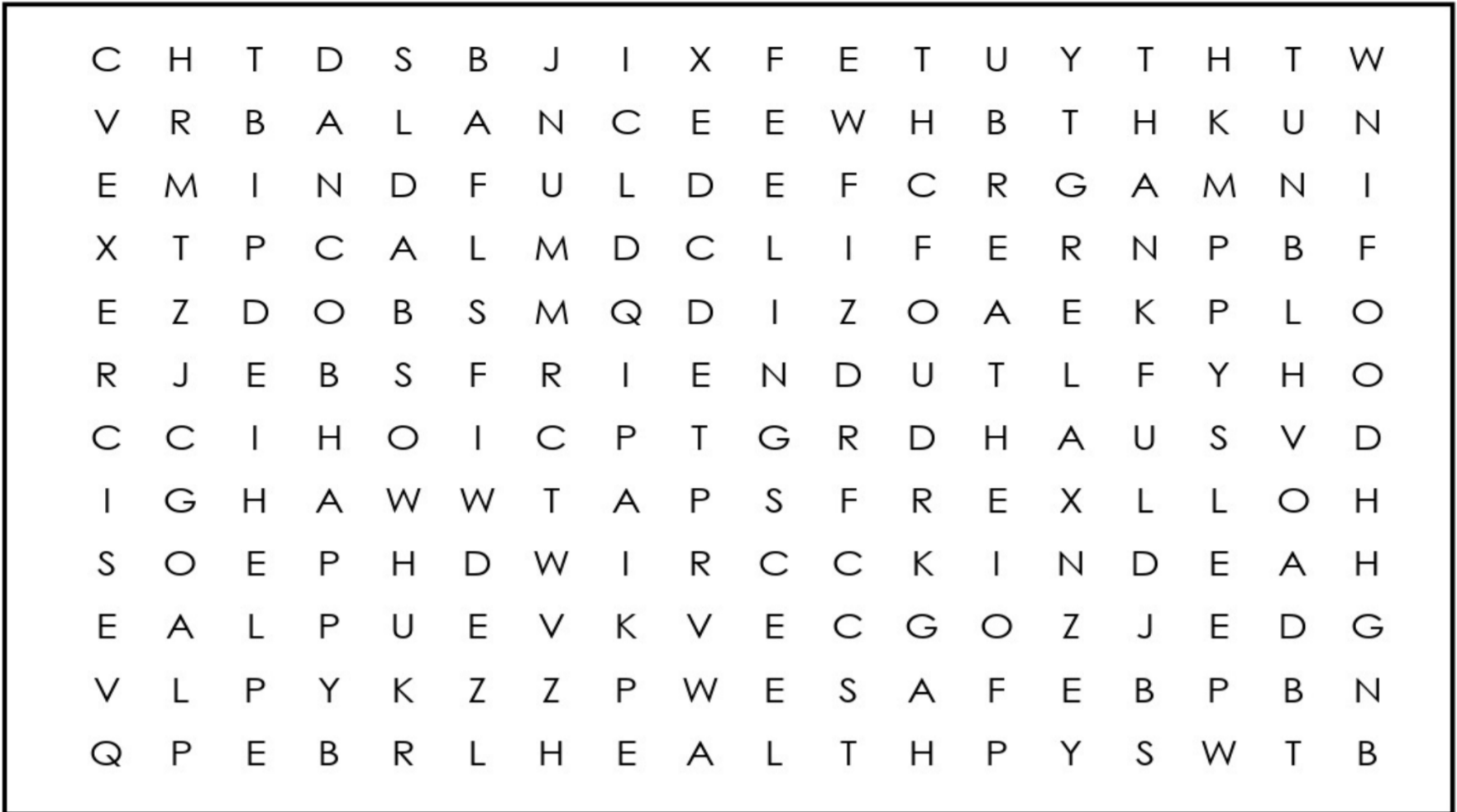


I enjoyed my experiences during the Chill Happy Daysss. My favourite activity was "I Teach U Learn" because I could teach my schoolmates how to dance. In this activity, I learnt that we need to teach our schoolmates patiently and explain every move clearly in order to make them understand. I earned more than thirty coins and I was very satisfied. I would want to have the Chill Happy Daysss again because we can spend more time playing with schoolmates and take a break from schoolwork. (P6 Samantha)



I had a wonderful experience during the Chill Happy Daysss. My favourite activity was the *Chill Happy Moments*. I learnt to share happiness with my friends. I was satisfied that I got 33 coins but I would be even more attentive to earn more coins next time. I would want to have the Chill Happy Daysss again because I can learn and enjoy at the same time. (P6 Belle)

WELLNESS WORD HUNT

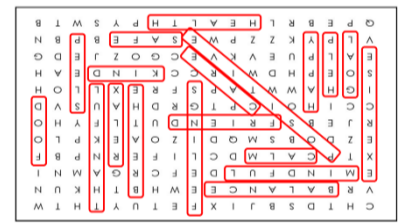


Find the following words in the puzzle.
Words are hidden →, ↓, and ↘.

EXERCISE
POSITIVE
FEELINGS
THANKFUL
MINDFUL
BREATHE
BALANCE

HEALTH
FRIEND
HAPPY
RELAX
SLEEP
FOOD
KIND

CALM
GOAL
HELP
CARE
SAFE



10 Healthy Habits for Kids



How many of the above healthy habits do you have?

- 8-10 → excellent health
- 6-7 → good health
- 4-5 → fair health
- 1-3 → can do better

You Write Comic Corner

P. ____ () Name: _____

