Full Name	Index No.	Class

Anglo-Chinese School (Barker Road)

PRELIMINARY EXAMINATION 2024
SECONDARY 4 EXPRESS / 5 NORMAL (ACADEMIC)

ENGLISH LANGUAGE
1184/01

1 HOUR 50 MINUTES

13 August 2024

INSERT

*This document consists of **2** printed pages and **2** blank pages.*

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Section B

Read the leaflet below and use the information to answer the question on page 3 of the Question Booklet.

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https://www.mentalwellnesssingapore.com

Mental Wellness Singapore is back with an exciting line-up of activities!

Deep Sleep Workshop

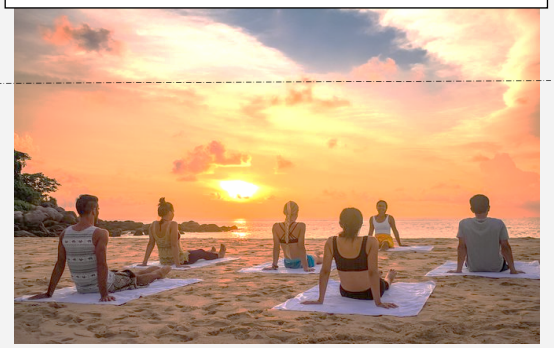


Join us for an interactive workshop on deep sleep.

Whether you're struggling with insomnia, restless nights, or simply want to optimise your sleep, this workshop will:

- explore the science of sleep
- explain why sleep is important for overall health and well-being
- provide you with the knowledge and tools you need to achieve deep, rejuvenating sleep on a consistent basis

Yoga by the Beach



Be invited back into nature for this practice at the beachfront of East Coast Park.

- Enjoy the gentle warmth of the rising sun, accompanied by the ebb and flow of the waves as you enter a slow, meditative flow
- Be in a state of calm and gratitude
- Gentle, long stretches designed to release tension and create more space in both body and mind

Art Jamming



De-stress and unleash your creativity.

- 2.5 hours of painting on a 16-inch by 20-inch canvas with materials provided (aprons, paints, easels, brushes)
- Our in-house artists will be around to support anyone who needs artistic guidance
- Enjoy soft music, complimentary soft drink or a cup of hot beverage

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