

Letter to Sam about his problems

Hi Sam,

I read your letter today. I felt really bad after knowing about the problems you are facing right now. I'm writing this letter to help you out.

The first problem you said you have is homework. You said you're completely stressed and the main reason is homework and revision. Talking about homework, which student does not have homework to do? Your classmates also have homework but they manage their time. You should ask your friends about how they manage their time. And you should make a timetable which has time for studies, as well as rest. For revision and quizzes, if you pay good attention in class, and listen to your teacher, you just need to look over your notes once, and you'll be ready for quizzes. If you have a proper time-table, you'll have enough time for everything.

The next problem I read you have is you can't sleep well. You said you

fear tests and are not able to sleep, right? If you have a test and you have forgotten to prepare, don't worry! That's not the last ever test of your life. Taking sleeping pills and drugs like that is not a solution to any problem. You should wake up early, go for a walk, have some fruit and juice at breakfast, pay attention at school, follow the time-table you have made when you reach home, play some games with your family, play some outdoor games with friends, and don't use your phone before you sleep.

Follow this advice and you might get the solution to your problems.

I hope for the best for you. Talk to me anytime you feel bad.

Bhavesh

