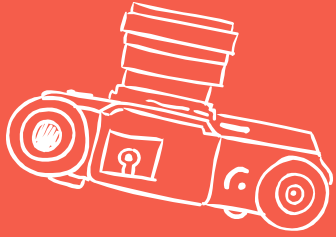


# EXAM STRESS WORKSHOP





# EXAM STRESS

It is normal to experience some worry before an exam – the challenge is how to manage the worry so that it works in your favour rather than against you!

# IS EXAM STRESS HELPFUL?

Helps with  
planning  
and  
staying on  
track

Helps to  
multitask

Motivational

Develops  
resilience

Can  
increase  
performance  
and ability to  
do well

Encouraging

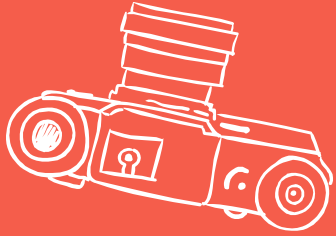


# What signs in students show signs of exam stress that is unhelpful?



# WHAT IT FEELS LIKE TO A CHILD

(PRIMARY SCHOOL)



“You look at your booklet and you’ve got like loads of questions left and you’re like, ‘I can’t do this’. You just want to just sit there and go ‘I can’t do this’ and walk off”.



“If I don’t pass this test, I will never get a good job”.



“Will my secondary school find out?”






# ANXIETY HAS THREE CHARACTERISTICS: WHICH DO YOU THINK COMES FIRST?

## Example

If your friend was told you have a pop quiz. Would you panic first, or think negatively first or feel upset first?



### Anxious behaviour

Feelings - Physical sensations in the body



### Anxious thoughts

# Preparing for the exams (Parents)

Plenty of planning and support.

Encourage them to get all their practical equipment ready the evening before.

Encourage an early bedtime for a restful sleep.

Healthy and nutritious breakfast for optimum focus and concentration

Go over a checklist of all that is needed to minimise forgetting

Give your child lots of encouragement so they feel more positive before they leave.

Let them know how proud you are of them for trying

# After the exams (Parents)



After each exam, allow them the opportunity to talk about how they have done and allow them to do the talking while you listen. Encourage them not to dwell on mistakes they may have felt they have made. They may want some space to compare notes with other friends. You may want to share your experiences of exams as this may reassure them.



Exam results mark the end of one phase in your child's life, and the beginning of another. This can be unsettling and difficult so let them voice their worries and expectations and listen out for any underlying serious issues.



Plan an event to mark the results, whatever they are and have some fun now with your child. Make it clear that you love and value your child for who they are, and not for what happened in an exam.

# TIPS FOR SATS WEEK

Remind them to talk to the people around them and tell them what they think would help you during that week


They are important, but most teachers just want them to do your best

The SATS don't affect what school they get into


Martin Primary make the SATS week really relaxed and aims to support the children through talk time boxes and worry monsters in class with opportunities to talk to adults about what is on their mind and build children's resilience

Concentrate on the tests one at a time.


Don't forget to treat themselves with things like watching their favourite shows, doing sport or having their favourite meal



Get them to pack their bag and clothes the evening before the test, so that they do not have to worry in the mornings





If they are struggling, remind them to talk to their teacher or another adult at school that they trust




Don't forget to celebrate when they are over!


Remember they need to try to eat well and sleep well! Maybe get some exercise or fresh air that week



Use strategies such as writing a timetable for the week.

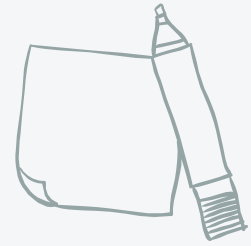


Remind them to talk to their friends and family about how they are feeling. I am sure that others are feeling nervous too





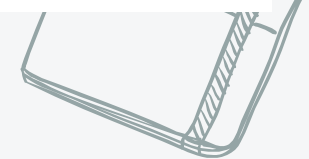
# Balance Activity



This is an activity to help them to identify what can be done to release the pressure of revision and exams

## Instructions

1. Fill out one side of the butterfly with schoolwork needs to be completed and any worries they may have
2. Think about all of the things they do or can start doing to get a good balance in the lead up to your tests (for example, playing a sport, going out with a friend, reading a book, watching your favourite programme)



# THE BACK-UP TEAM

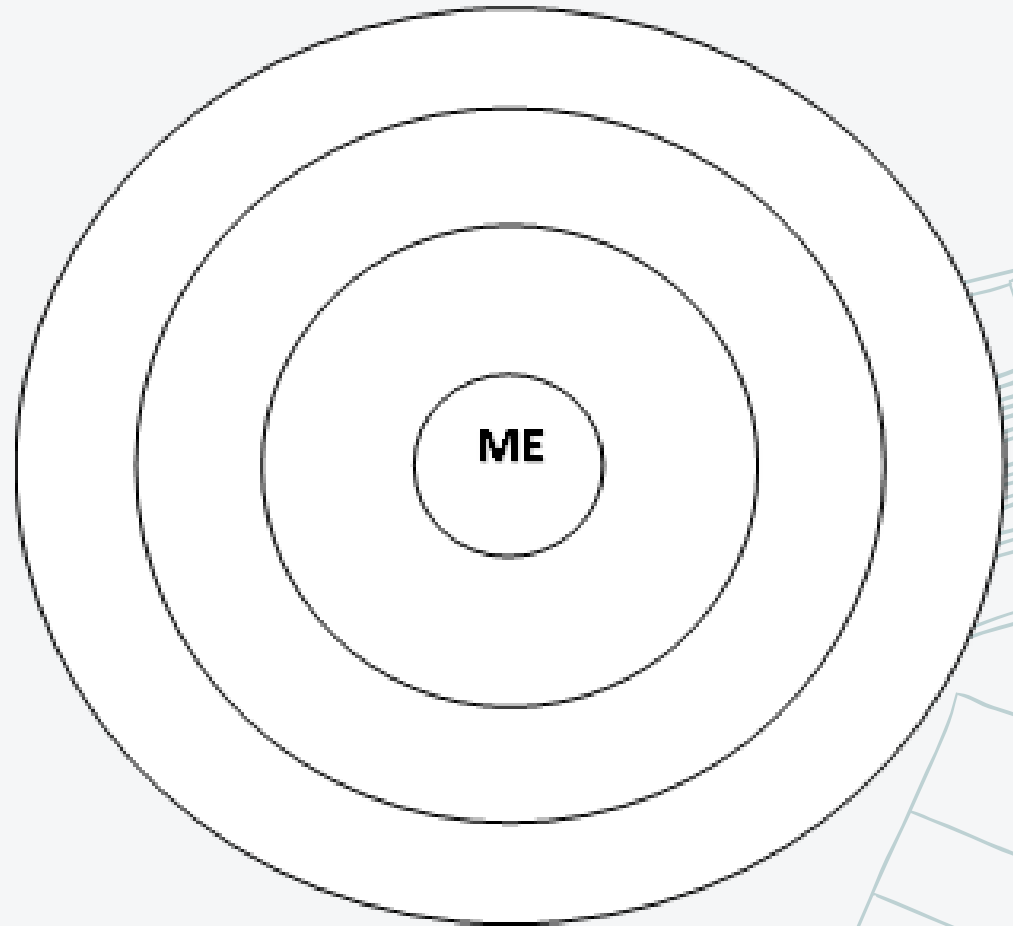
Who is in your back-up team?

What sort of support can they offer?

- Emotional?
- Practical?
- Talking?
- A hug?
- Learning?
- Make you laugh/fun?

The back-up team works better if the people who are in it, know they are in it.

How could you let them know they are part of yours?



# HOW TO KEEP CALM.

## Belly Breathing

Belly breathing is a great way to calm down when you are upset.

Imagine that there is a balloon in your belly.

As you take a big breath in through your nose, try to fill up the balloon so that your belly puffs up.

Now breathe out through your mouth (like blowing bubble) and let all of the air out of the balloon.

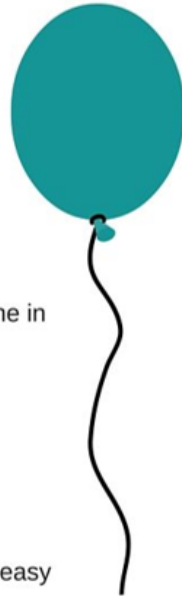
Take slow breaths. Try to count to 4 as you breathe in and count to 4 as you breathe out.

Inhale...2...3...4

Exhale...2...3...4

Repeat until you are calm.

Remember to practice every day until it becomes easy to use when you need it.



Carolyn Mehlomakulu, LMFT, ATR  
[www.therapywithcarolyn.com](http://www.therapywithcarolyn.com)

5 4 3 2 1

## SLOW DOWN & CALM DOWN

FIRST- TAKE 3 SLOW BELLY BREATHS!

5 List 5 things you can SEE



4 List 4 things you can FEEL



3 List 3 things you can HEAR



2 List 2 things you can SMELL



1 List something you like to TASTE



FINISHED? - TAKE ANOTHER 3 SLOW BELLY BREATHS



## REMEMBER TO:

- 1) Plan
- 2) Break things down
- 3) Prioritise – what is **MOST** important? What needs to be done **FIRST**? Where is it **EASIEST** to start?
- 4) Manage your time – we can only concentrate for 20–30 minutes on average so take short breaks and think about when you're most productive



# PLAN FOR AFTER



WATCHING TV / A FUNNY FILM /  
YOUTUBE CLIPS

HAVING A BATH



BAKING

LISTENING TO MUSIC –  
HAVE A “RELAXING”  
PLAYLIST

SPENDING TIME WITH PETS



DOING NAILS / MAKE UP / FACE  
MASK

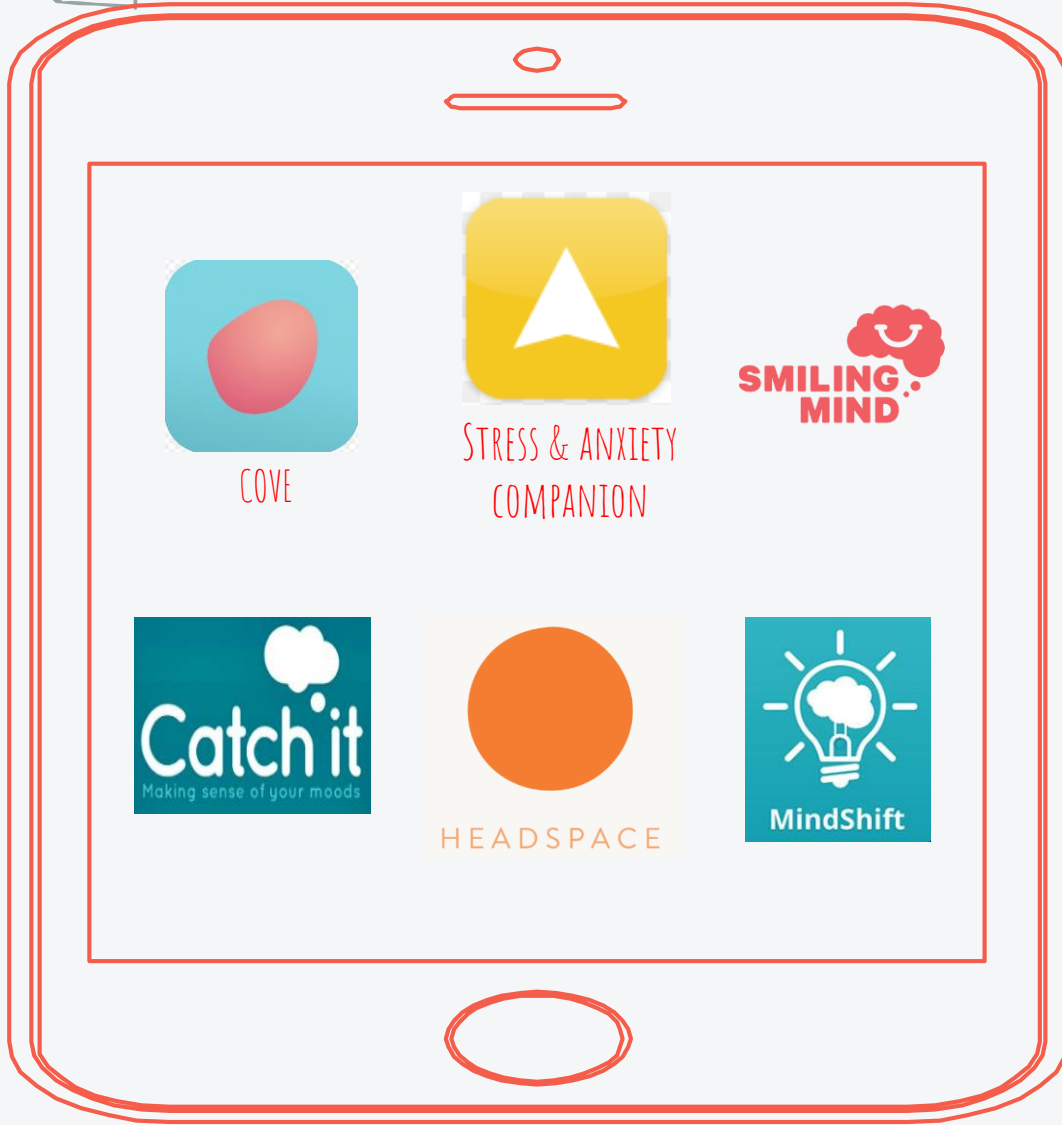
DOING SOMETHING PHYSICAL E.G. GO  
FOR A WALK, PLAY FOOTBALL, GO  
SKATEBOARDING

SHOPPING

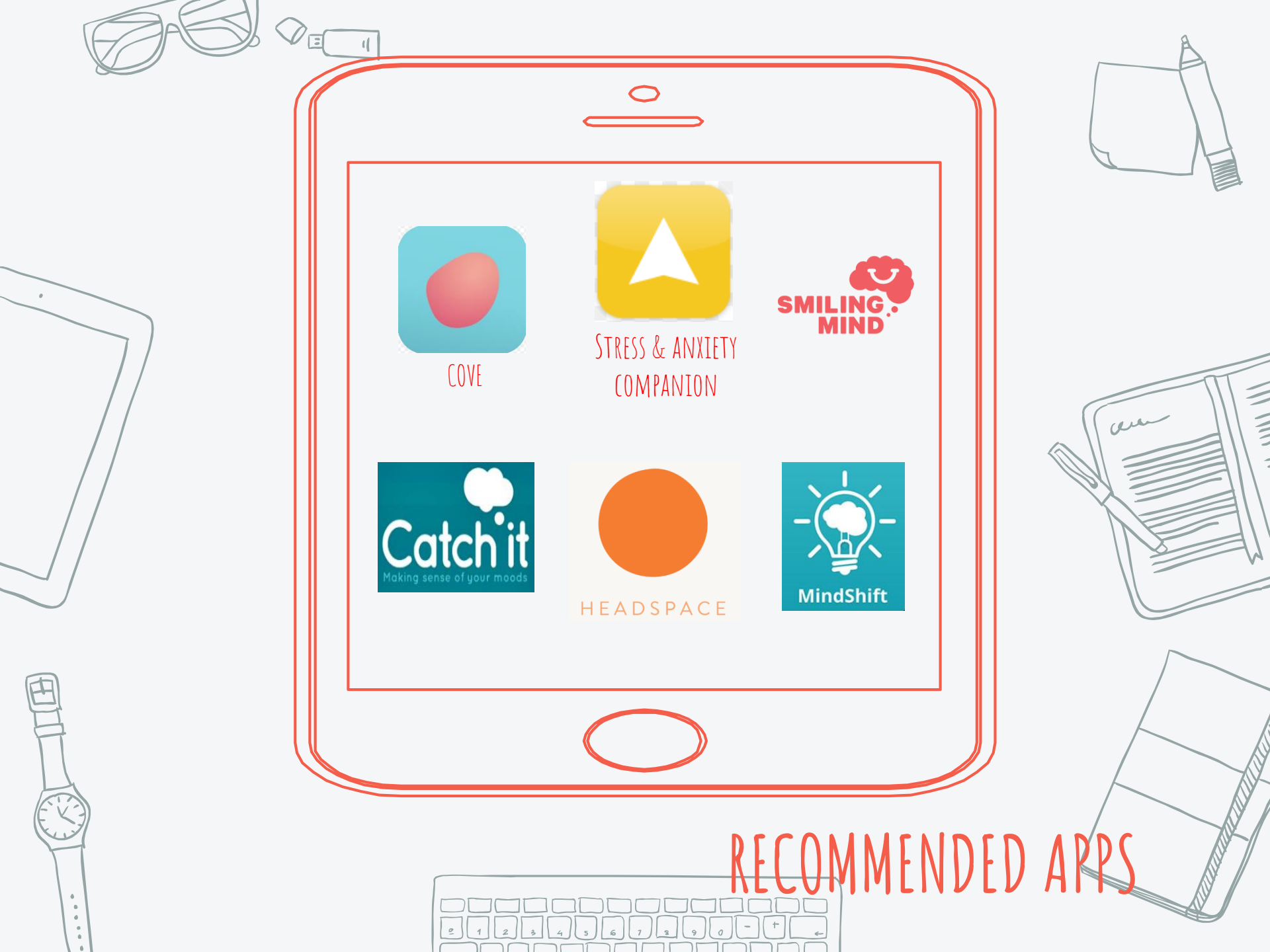


PLAYING ON THE  
PLAYSTATION / XBOX





# RECOMMENDED APPS







A guide for young people

## Exam stress



Pressure to do well in exams can be overwhelming and affect your mental health. Here's our advice if it's all getting a bit too much.

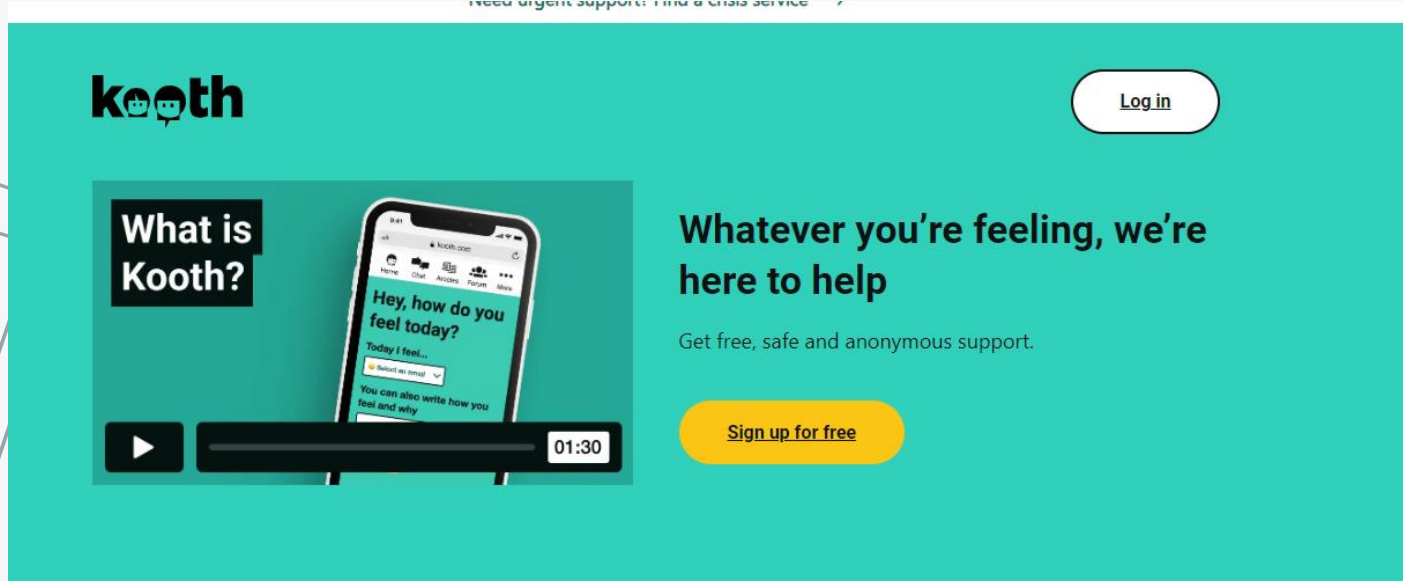
 I am a young person

 I am a parent

 I work with young people



# Kooth



need urgent support? Find a crisis service

**kooth** [Log in](#)

**What is Kooth?**

Hey, how do you feel today?

Today I feel...

You can also write how you feel and why

[Sign up for free](#)

01:30

The hero section features a teal background. On the left, there is a video player showing a smartphone screen with the Kooth app interface. The app screen displays the text 'Hey, how do you feel today?' and 'Today I feel...' with a dropdown menu. Below the video player is a play button and a progress bar showing '01:30'. To the right of the video, the main heading reads 'Whatever you're feeling, we're here to help' in a bold, dark font. Below this heading is the subtext 'Get free, safe and anonymous support.' and a prominent yellow button with the text 'Sign up for free'. In the top right corner of the teal area, there is a white 'Log in' button. At the very top of the teal area, there is a small link: 'need urgent support? Find a crisis service'.

## Mini-activities to boost your wellbeing

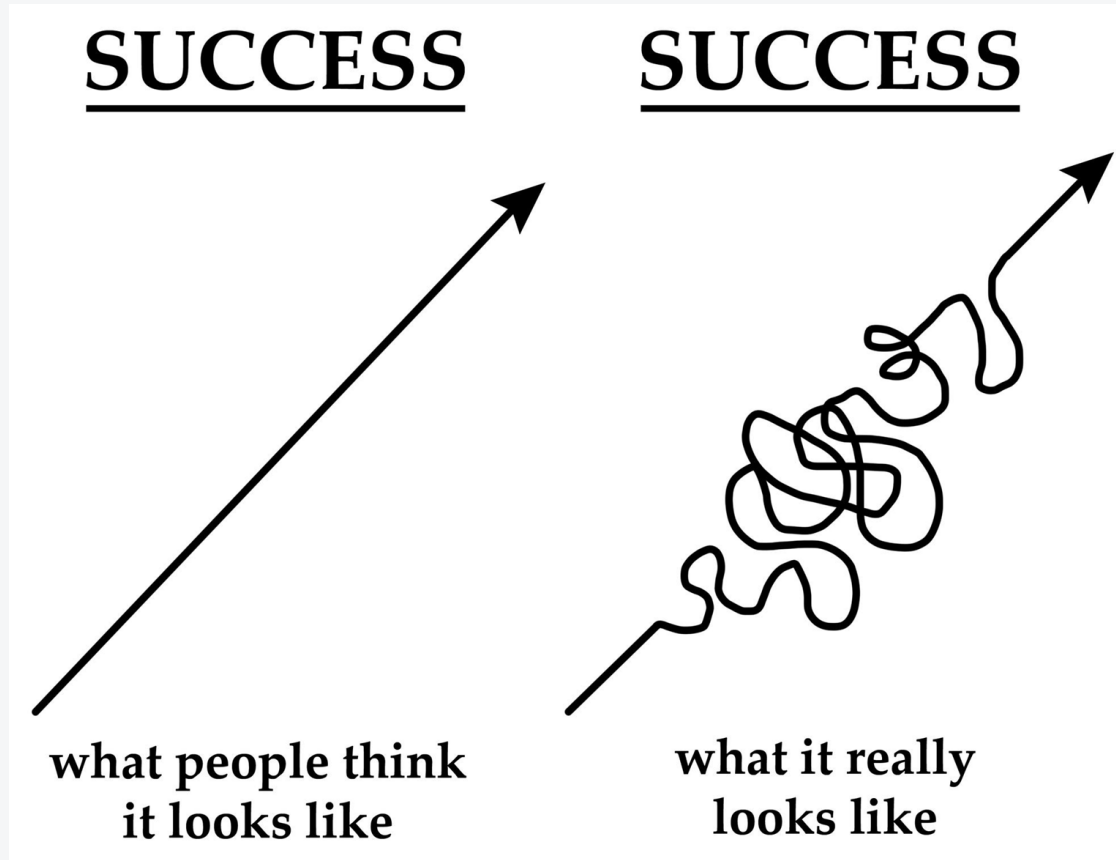
Head over to [Kooth](#), sign up for free to check them out.



*“I failed in some subjects in exams, but my friend passed in all. Now he is an engineer in Microsoft and I am the owner of Microsoft”*

*Bill Gates*

# Something to remember





THANKS!  
**Any questions?**

