

Wellbeing for revision & exams

A Student Guide

Know that everyone will have different experiences when studying for exams. It's perfectly normal to feel stressed & anxious

Create a revision timetable & balance that with a plan for rest and social interaction. Quality time away from studying resets your body and your mind

Data, test and exams does not define you as a person. You can only do your best and know that a troubled mind will soon pass

When you are feeling anxious or tired, breathe slowly and deeply. Breathe in, and slowly release your breathe counting

1 2 3 4 5

Practice mindfulness in whenever and wherever possible. It's an excellent form of relaxation and time for you

Create a calming music playlist as this will help to reduce your heart rate and help you with your anxiety

Get plenty of sleep. Drink water and try and stay away from caffeine and fizzy drinks. Water helps with hydration and focusing on your studies

Jot, Write, Doodle, Draw or Audio or Video record your anxiety. Vent your worries in a way that works for you.

Do not suffer in silence. Share your worries and concerns with a friend, parent or teacher

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A Teacher Guide

Remind each learner that emotional and mental preparation is as important as academic performance during the revision and exam season

Teach them simple breathing techniques or offer sensory stress tools such as blu-tak, stress balls, pipe cleaners or doodle pads to help them focus

Encourage students to get some exercise during the school day and to enjoy the fresh air- dopamine fixes are so important for effective learning. Be mindful of artificial lighting when running revision session. It can cause headaches

During revision and exam season, offering breakfast/lunch, sports and other social activities are so helpful for boosting mental and emotional wellbeing

Help students to create a revision timetable which is realistic and manageable. Make sure you show them and guide them to think about rest time as well

Use music in your classroom to support students with revision and study. Only instrumental tracks, none with lyrics otherwise there will be a learning conflict in cognitive processing

Build Directed Improvement Reflection Time (DIRT) during study and revision times so the learners can have quiet thinking time. This is important

Countdowns to exams often create more stress for students. Instead try using positive language that encourages students to be productive with the time they have left

Offer revision & wellbeing spaces in school where students can feel safe and secure when studying

Support students by sharing support sites such as Young Minds, Blurt it Out, or tell them to share their worries with you the teacher, a friend or parent

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A Parent Guide

Help your child stick to a revision, study and social timetable so that they can get some focussed rest time as well as study time. Stick them all over the house

Check-in regularly with your child to see if they are ok? Simple questions like 'Is there anything you need...?' can go a long way

Encourage them to eat a well balanced healthy diet, if possible as this will keep their brains focussed and their bodies healthy. A few cheeky treats here and there

Make or purchase a very special DO NOT DISTURB sign to show how supportive you are of them dedicating revision & study time toward their exams

Never over hype the importance of an exam. Don't put hard pressure on them, just be as emotionally supportive as you can. Remember to tell them how important they are in your life

Create special revision & wellbeing spaces in the home and make sure you inform other members of the family when they need time for revision. Sharing is caring

Reward your child verbally and with a treat such as a mystery drive, cinema, bowling or whatever you know will have an impact. Offer to spend time with them is what helps

Encourage them to stick to a good sleep pattern. Don't be forceful, just lead by example if need be

Exams and revision can be stressful for you too as parents, so be mindful of your own stress and anxiety triggers. Show them your coping mechanisms too