



Exam Pack



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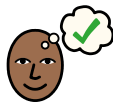
Preparing for Exams

A symbolised guide to support
exam readiness

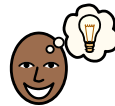
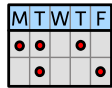


M	T	W	T	F
●	●		●	
	●			●

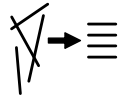
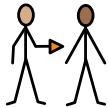
Getting Started



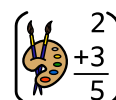
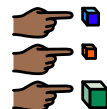
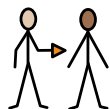
It can be difficult to know how to start your revision.



Making a revision timetable is a good idea.



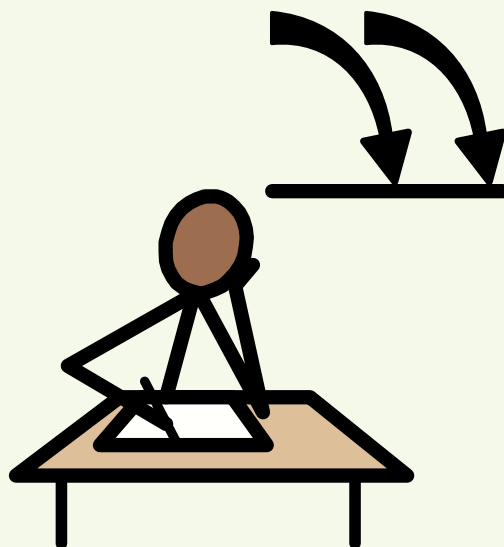
It can help you stay organised.



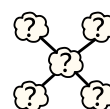
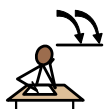
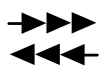
It makes sure you spend enough time on each subject.



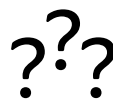
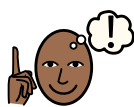
Effective



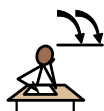
Revision



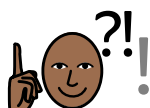
Use active revision methods like flashcards or mind maps.



Past papers help you get used to question styles.



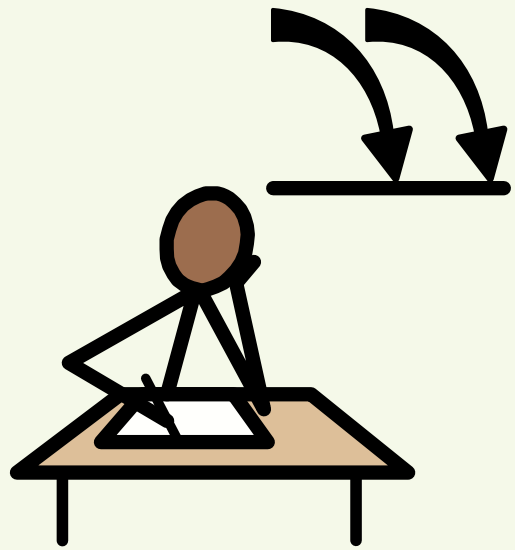
Revise in short chunks to help you stay focused.



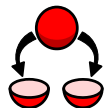
Start with an easier task to help build motivation.



Effective



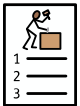
Revision



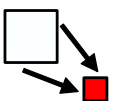
Break large tasks down into smaller steps.



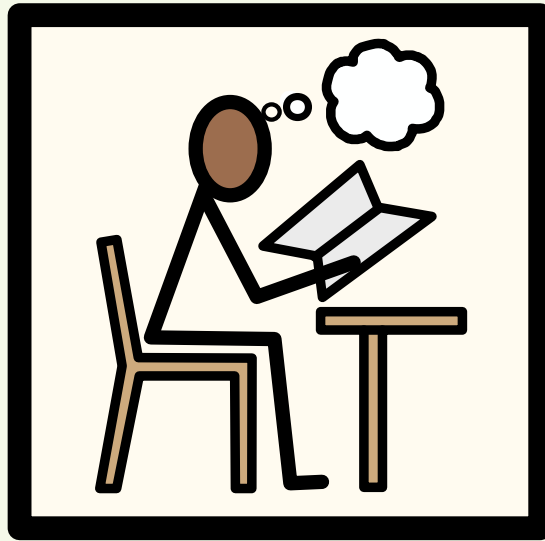
Use timers to help with focus.



Plan time to rest as well as to study.



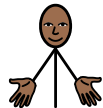
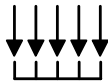
Minimise distractions by putting phones away.



Study Space



Create a study space away from your bed or relaxing spaces.



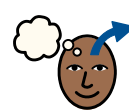
1



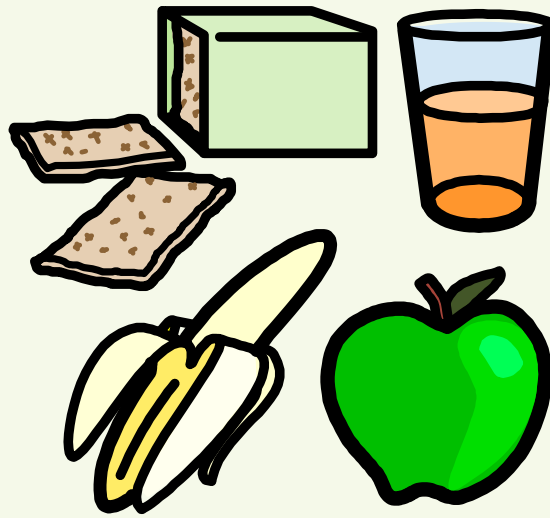
Try to keep everything you need in one study space.



This makes it easier to find your notes and practice papers.



Move away from your study space during breaks so your mind can rest.



Take a Break



You might



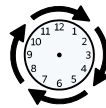
feel like



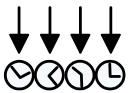
you must



revise



all the time.



But regular



breaks



are important too.



Taking breaks



can help



you stay calm



and focused.



Even a five minute



break

can make



a big difference.



Feeling Anxious



Feeling worried



before



exams

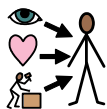
is



completely normal.



You might



experience



a fast



heartbeat,

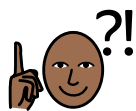


stomach ache

or



overthinking.



Simple



calming



techniques



can help



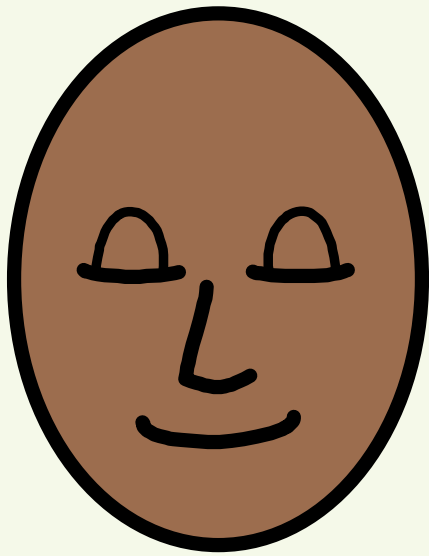
your body relax.



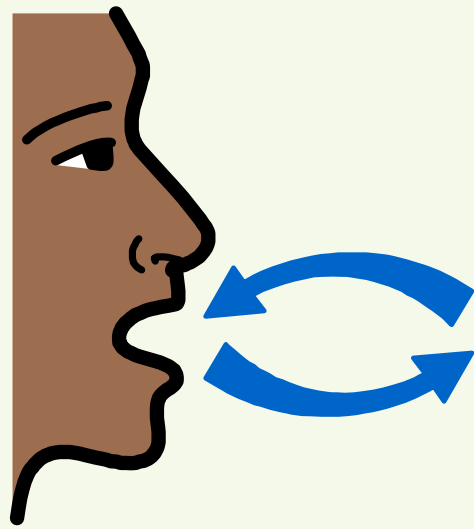
You can do well,



even if you feel anxious.



Calm



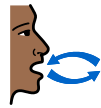
Breathing



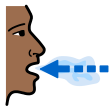
Try



box



breathing:



Breathe in

for

4

seconds

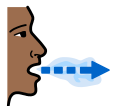


and

hold.



hold.



Breathe out

for

4

seconds



and

hold

again.

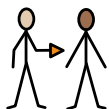


hold



Repeat

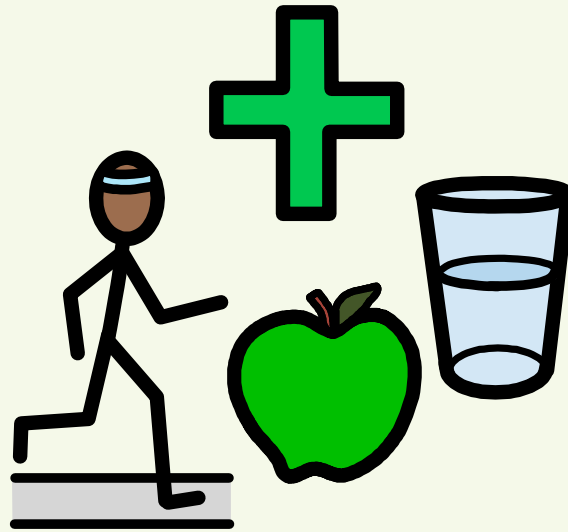
until



you



feel calmer.



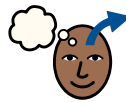
Healthy Habits



Getting good sleep



helps



your memory

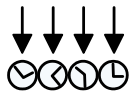
and



focus.



Eating



regularly



and



drinking water



help



you feel



less tired.



Moving your body,



stretching

or



short walks



help



you recharge.



Try to avoid



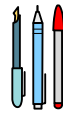
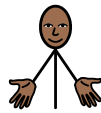
too much



caffeine.



The Night Before an Exam



Pack everything you need, such as pens and a calculator.



Avoid last minute cramming and try to relax.



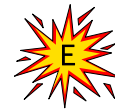
Try a calming activity before you go to sleep.



Go to bed early and try to get a good night's sleep.



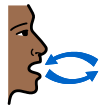
Exam Day



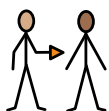
Even if you are nervous, eat something to give you energy.



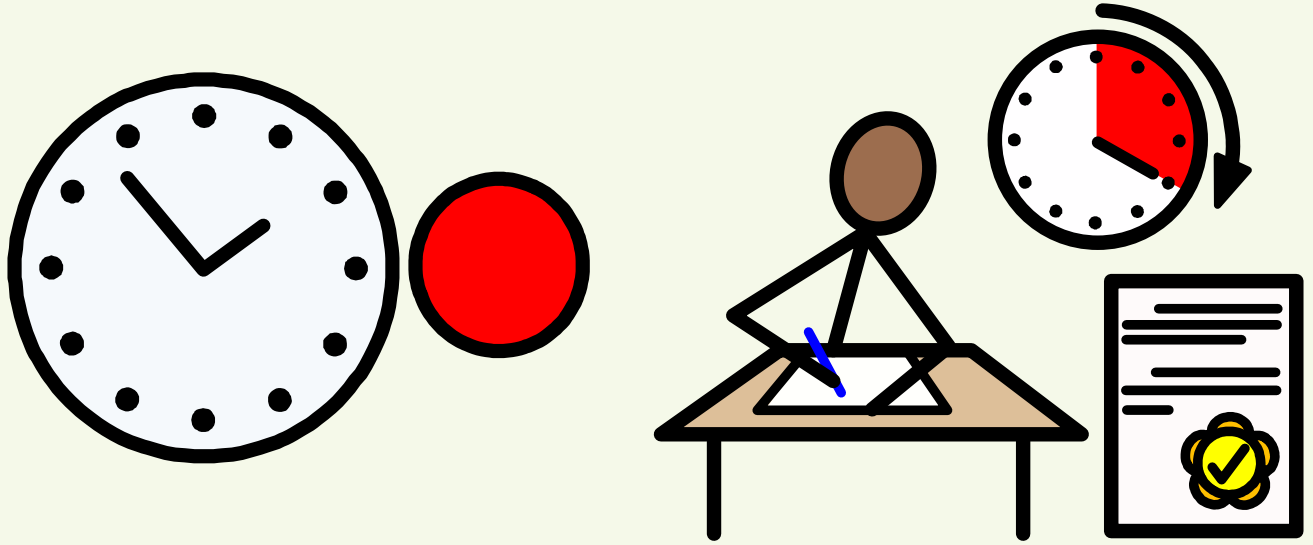
Arrive early so you don't feel rushed.



Try breathing exercises to help stay calm.



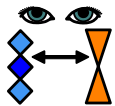
Remind yourself that you're prepared and doing your best.



After an Exam



Try not



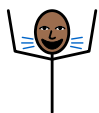
to compare



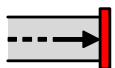
answers



with others.



Celebrate



finishing



another

exam.



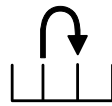
Have a break



before



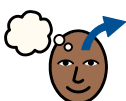
thinking about



the next



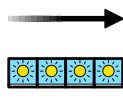
one.



Remember:

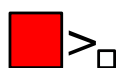


your



future

is



bigger than

1

1



exam.



Help and Support



You can



Speak to



staff

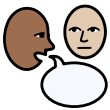


at your school

or



college.



Talking to



a person

that



you trust



can help.



Well being

or



counselling



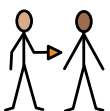
services



can offer



extra support.



You are



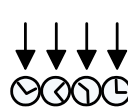
not alone

and

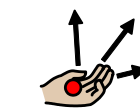


help

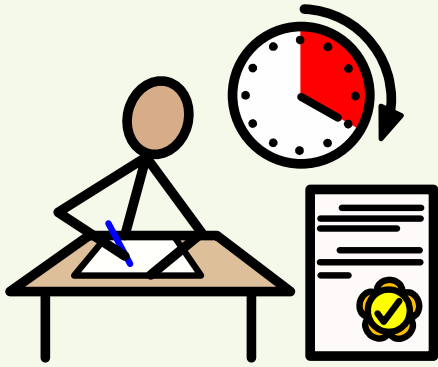
is



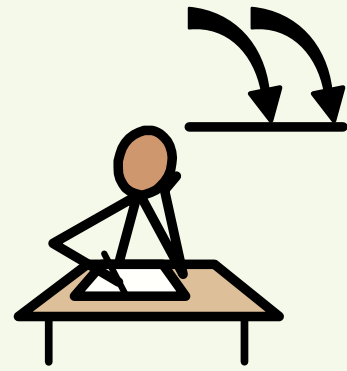
always



available.



exam



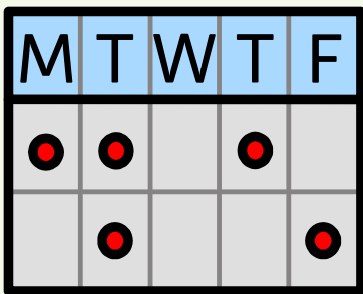
revision



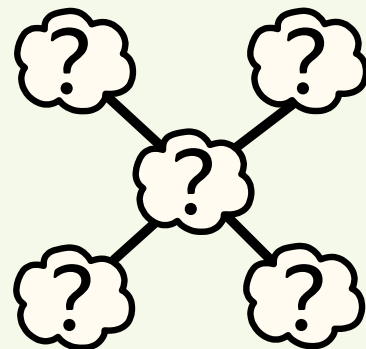
cramming



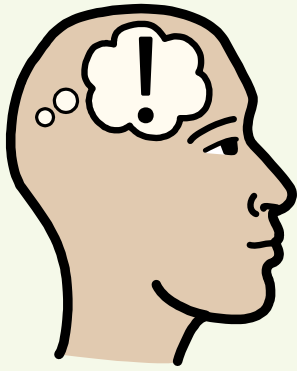
study



timetable



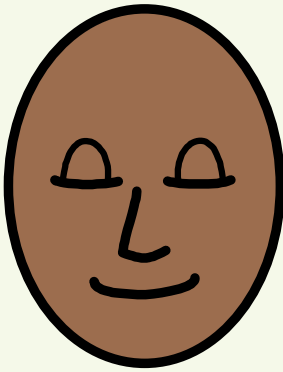
mind maps



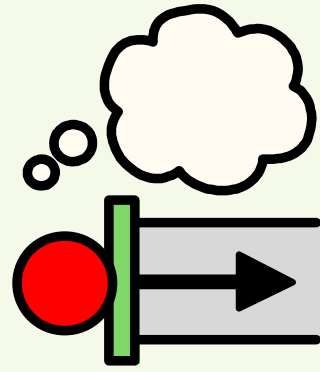
focus



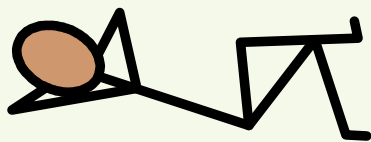
anxious



calm



prepared



relax



support



Taking Exams

A Story to Help



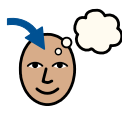


Exams



can

show



what I have learned



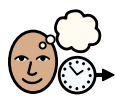
in school.



I may



not know



what to expect



in the exams.



I can prepare

by

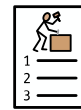


revising,



asking for help

and



planning my time.



It is okay

to



take exams

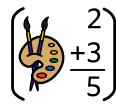


one step

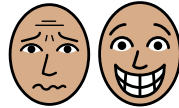


at a time.

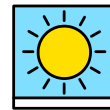
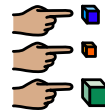
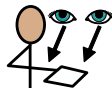
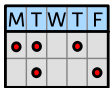
M	T	W	T	F
●	●		●	
	●			●



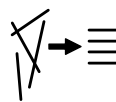
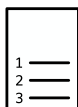
I may have several exams in different subjects.



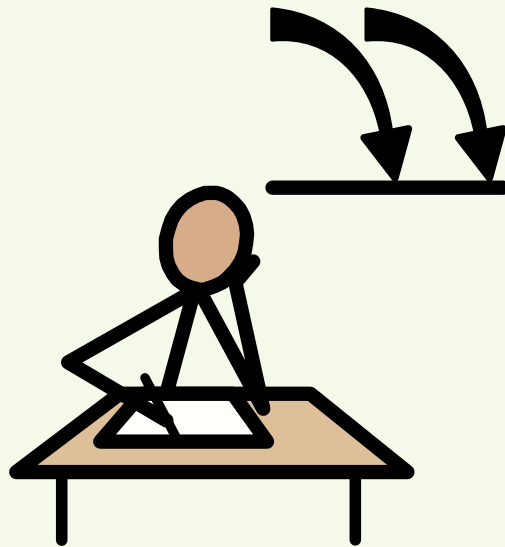
I might feel nervous, excited, or both.



My timetable shows me what is happening each day.



Knowing the plan can make me feel more organised.



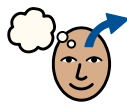
Revision



helps



my brain



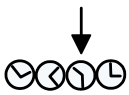
remember



information



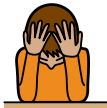
for exams.



Sometimes



I might



feel overwhelmed by



how much



I need to revise.



I can

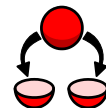


break

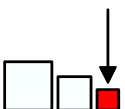


my revision

into



smaller, manageable pieces.



Small

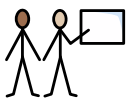
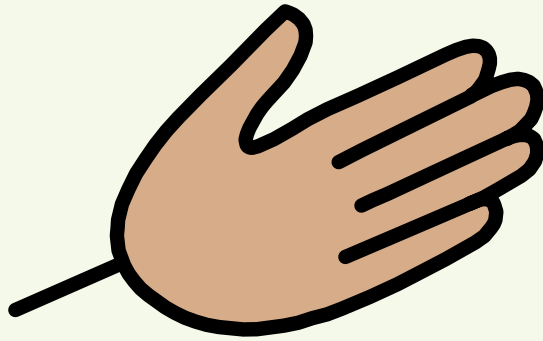


steps

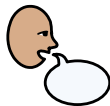
can make



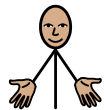
a big difference.



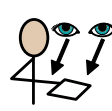
My teachers and family want to help me during exam time.



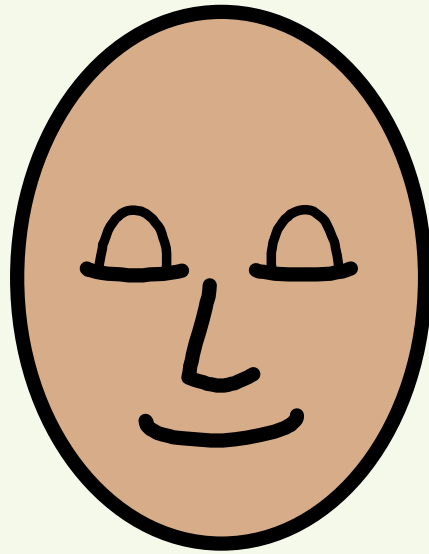
I may feel worried about admitting I don't understand something.



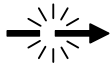
I can ask for help when I need it.



Asking questions is a good thing and shows I am trying my best.



Exams

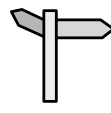


can take place

in



different



places

around



school.

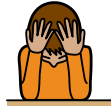


I might



feel nervous

or



stressed

when I enter



the exam



room.



I can take deep breaths



to help



myself stay calm.



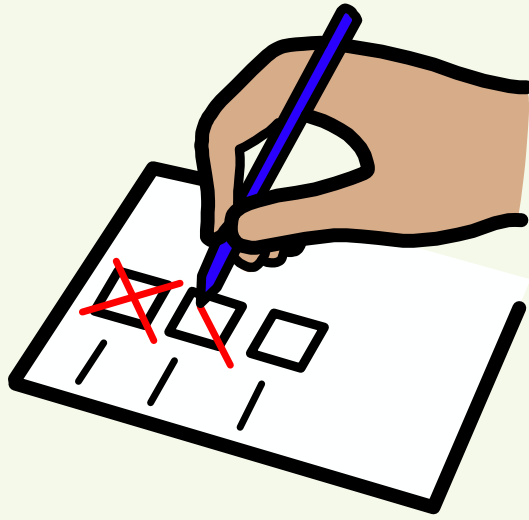
Calming myself



can help



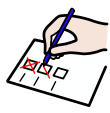
me think clearly.



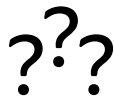
During



exams,



I will answer



questions about



what I have learned.



I may



worry about



getting answers

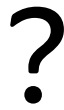


wrong.



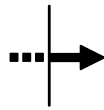
I can try

each



question

and



move on

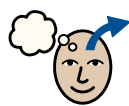
if



I get stuck.



The most important



thing to remember

is



to try my best.



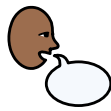
After



an exam,



people



may talk about



their answers.



Hearing



other people's



answers



might



make me doubt myself.



I can



choose



to walk away

or



think about



how I felt



during the exam.



Other people



might

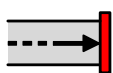
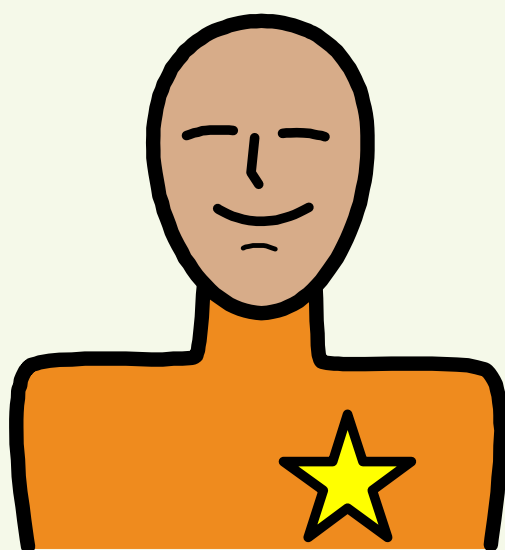


doubt themselves

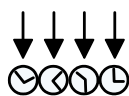
too,



even if they don't say it.



When the exams end, I can relax.



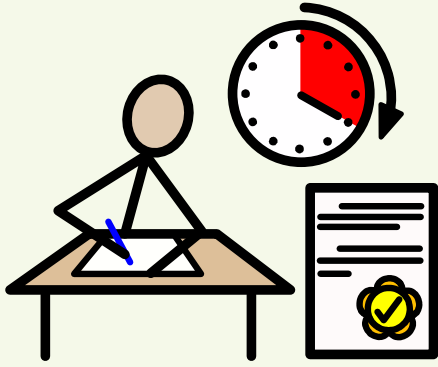
I can continue with my usual routine.



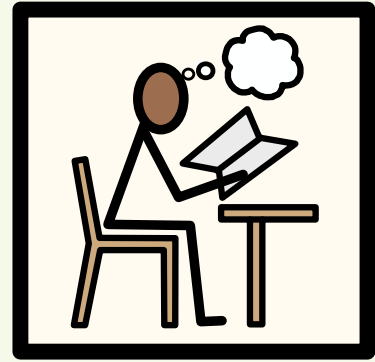
I might feel relieved, proud, or tired.



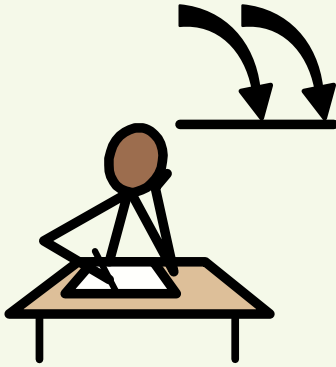
Many people believe in me and are proud of my effort.



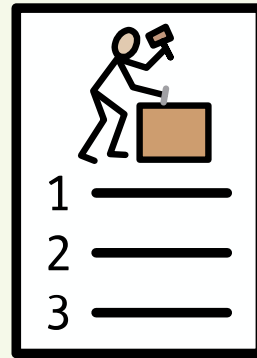
exam



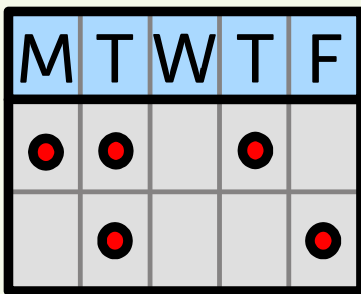
study



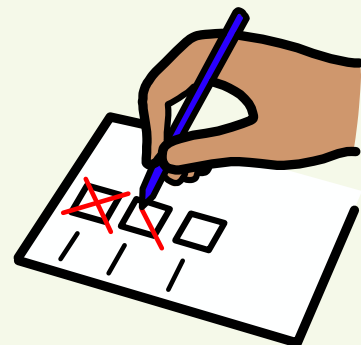
revise



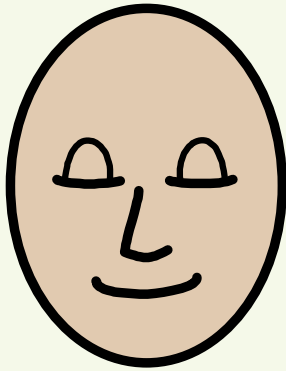
plan



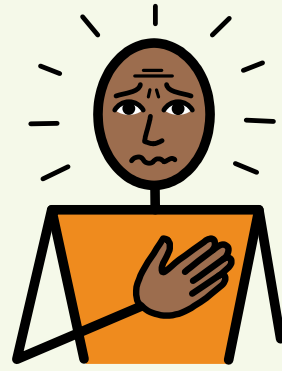
timetable



answers



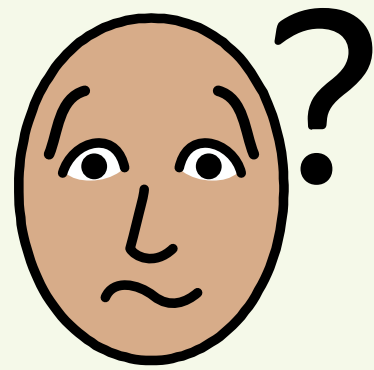
calm



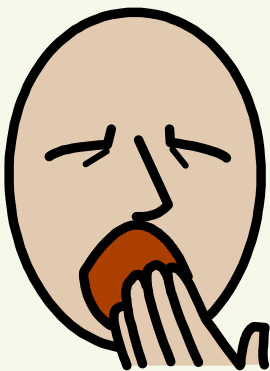
nervous



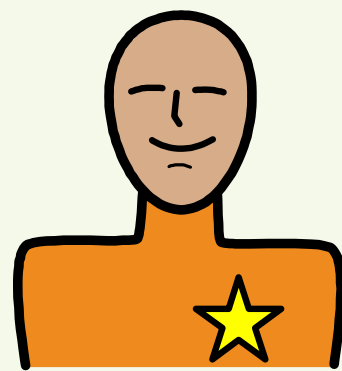
stressed



confused



tired



proud



Exam Day Checklist



Breakfast



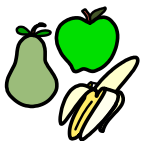
Stationery



Calculator



Water Bottle



Snack



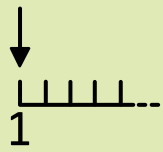
Exam Time



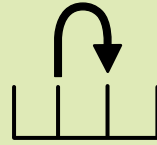
Exam Room



Exam Day Checklist



First



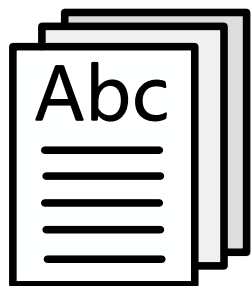
Then



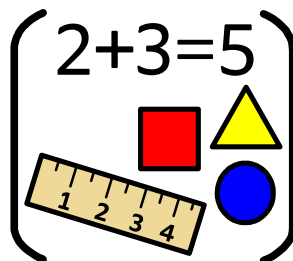
Later



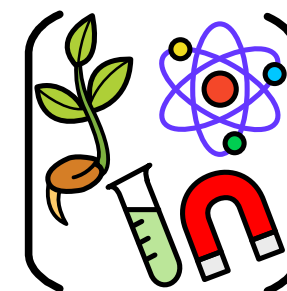
Cut and stick to populate the first, then and later board.



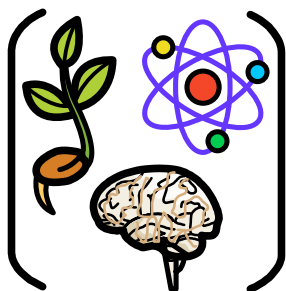
English



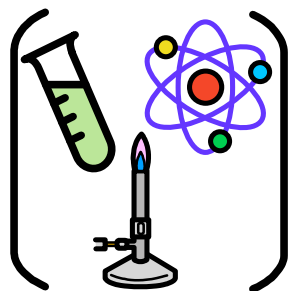
maths



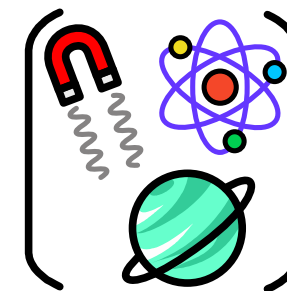
science



biology

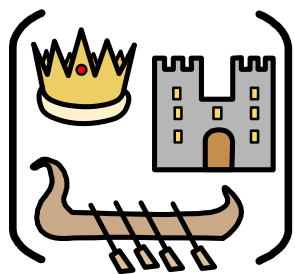


chemistry



physics

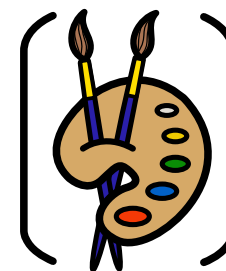
Cut and stick to populate the first, then and later board.



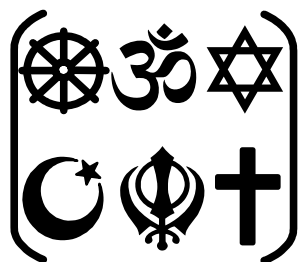
history



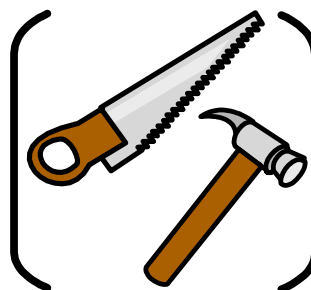
geography



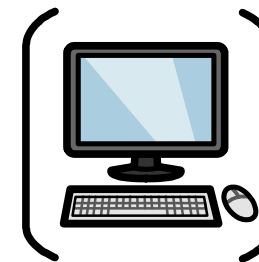
art



RE



DT



IT

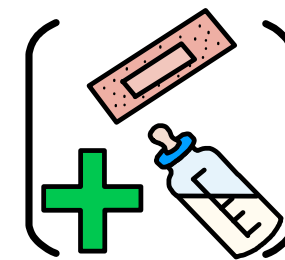
Cut and stick to populate the first, then and later board.



computer
science



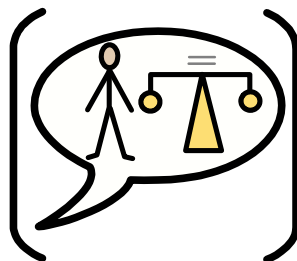
business
studies



health and
social care



PE



citizenship

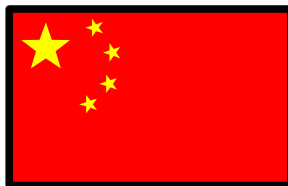


sociology

Cut and stick to populate the first, then and later board.



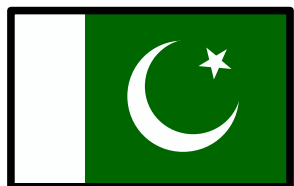
Italian



Mandarin



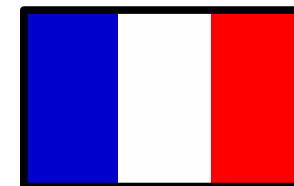
Arabic



Urdu



Welsh



French

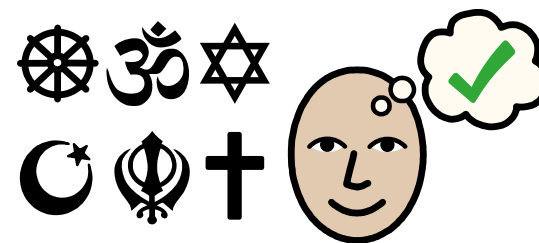
Cut and stick to populate the first, then and later board.



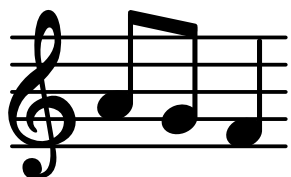
Spanish



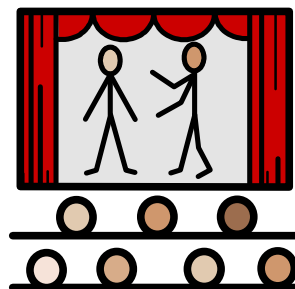
German



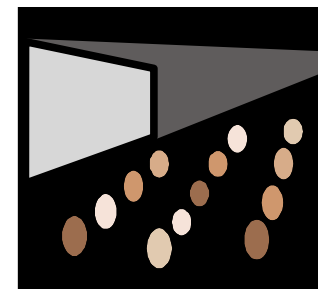
Religion and
Philosophy



music

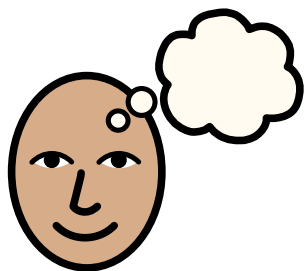


drama

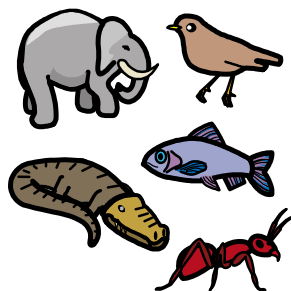


film studies

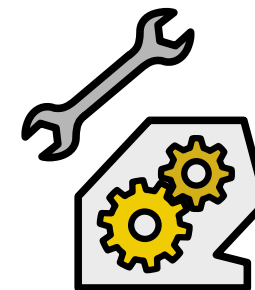
Cut and stick to populate the first, then and later board.



psychology



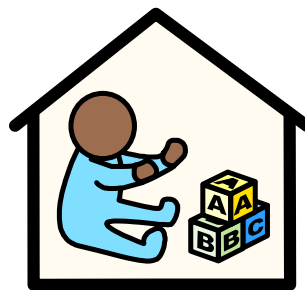
animal care



engineering



photography

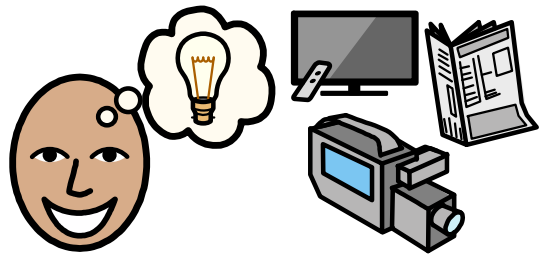


childcare

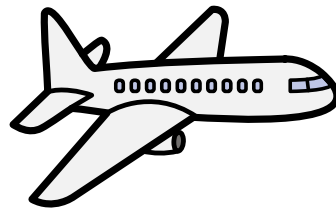


economics

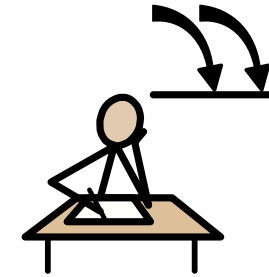
Cut and stick to populate the first, then and later board.



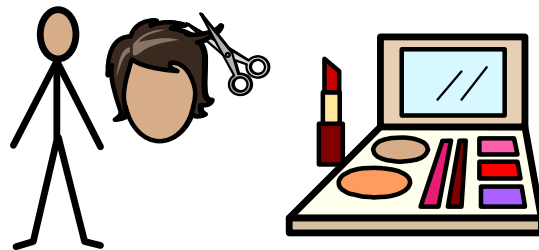
creative
media



travel and
tourism



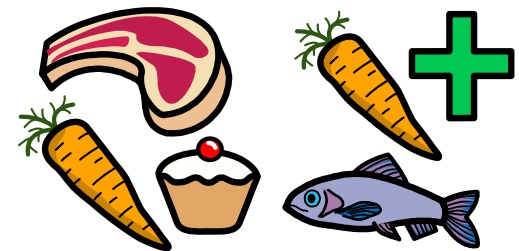
practice
paper



hair and
beauty



catering and
hospitality



food and
nutrition

Cut and stick to populate the first, then and later board.



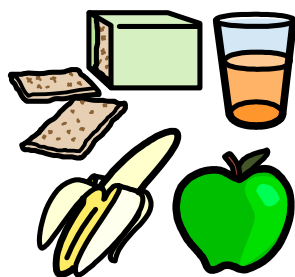
read



rest break



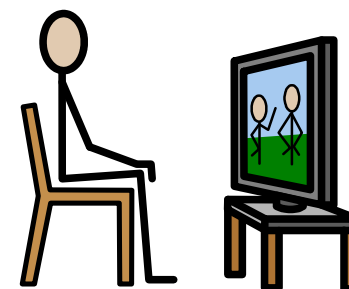
sport science



snack

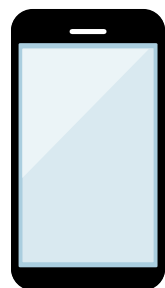


exercise

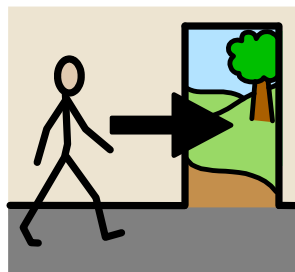


watch TV

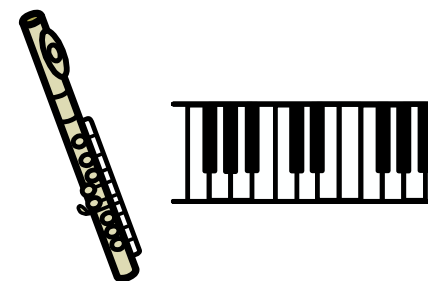
Cut and stick to populate the first, then and later board.



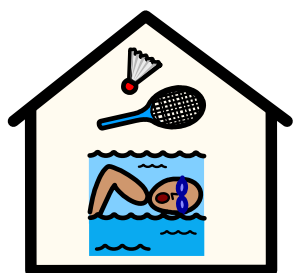
screen time



go for
a walk



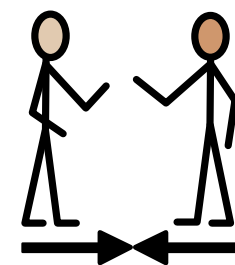
play an
instrument



go to
the gym

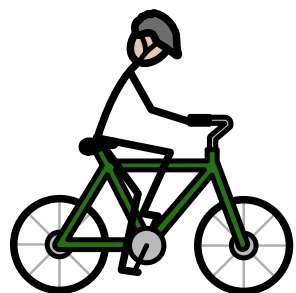


listen
to music

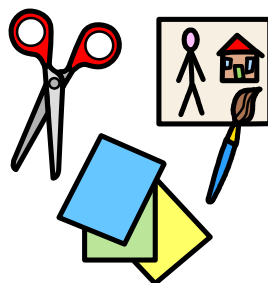


meet
a friend

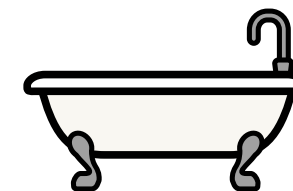
Cut and stick to populate the first, then and later board.



bike ride



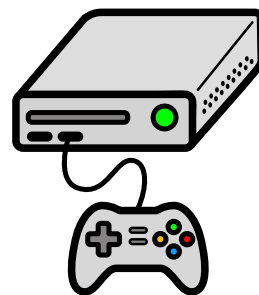
crafts



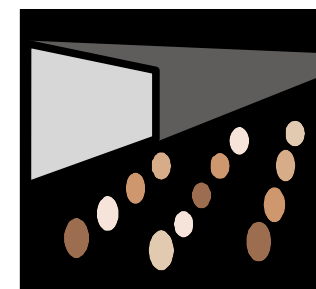
bath



bake

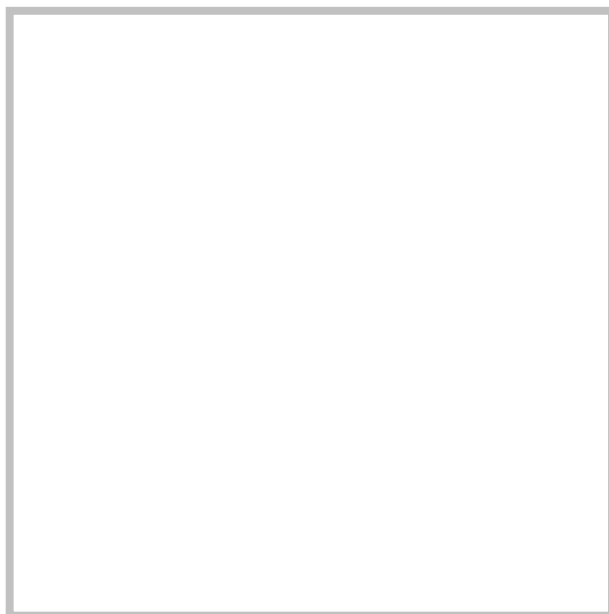
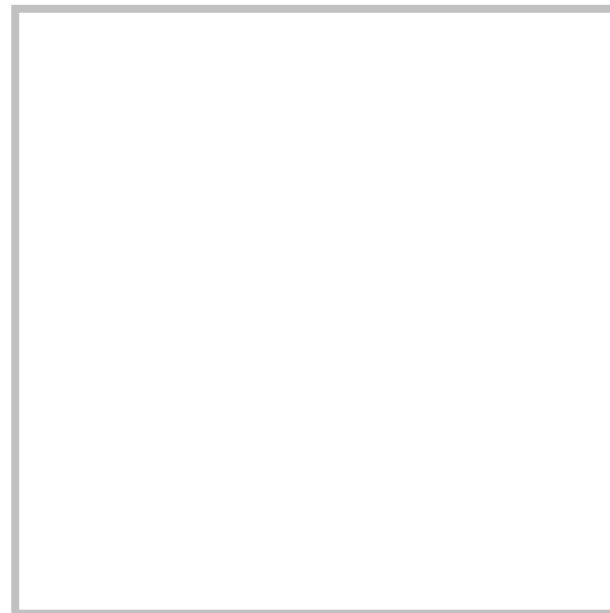
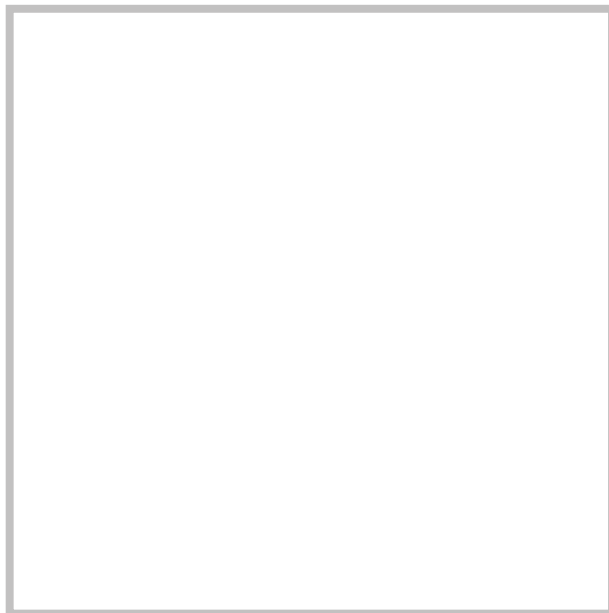
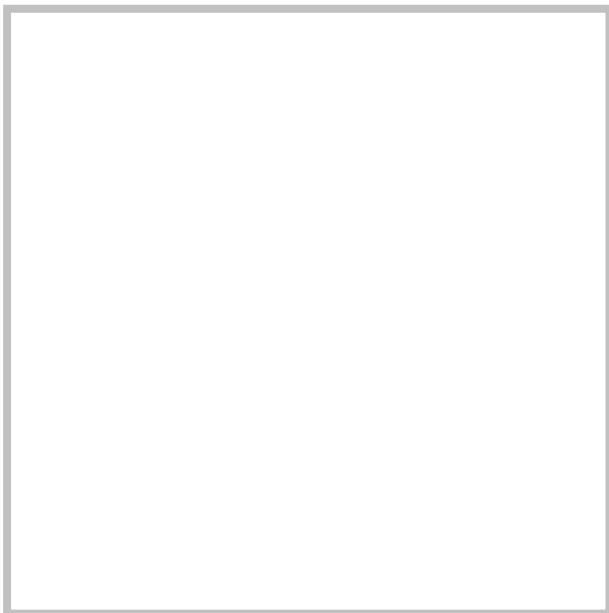


gaming





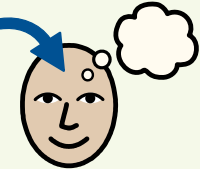
film



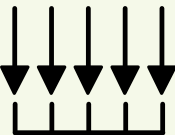
Cut and stick to populate the first, then and later board.





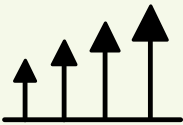


  
Change your mindset

 
This is too hard!

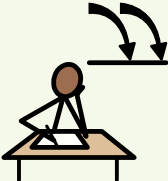

  
My brain is learning.

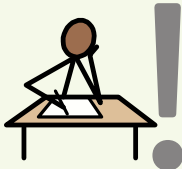


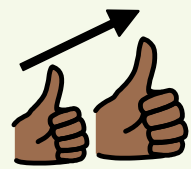
  
I won't remember everything.



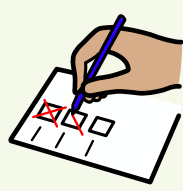

    
Trying helps my brain to grow.




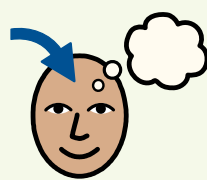


  
Change your mindset

 
This is boring.

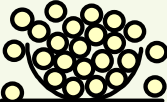
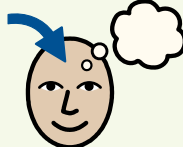
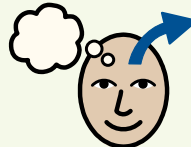
   
Effort helps me improve.

   
What if I get this wrong?


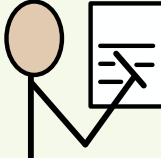


   
Mistakes mean I am learning.



 **Change**  **your**  **mindset**



 **There is too much**  **to learn** **+**  **and remember.**



 **I can**  **take things** **1**  **step**  **at a time.**

 **I**  **can't do this.**



 **Trying** **is**  **enough.**

  
Change your mindset

Empty rectangular box for notes.



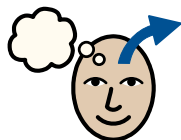
Empty rectangular box for notes.

Empty rectangular box for notes.

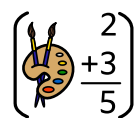


Empty rectangular box for notes.

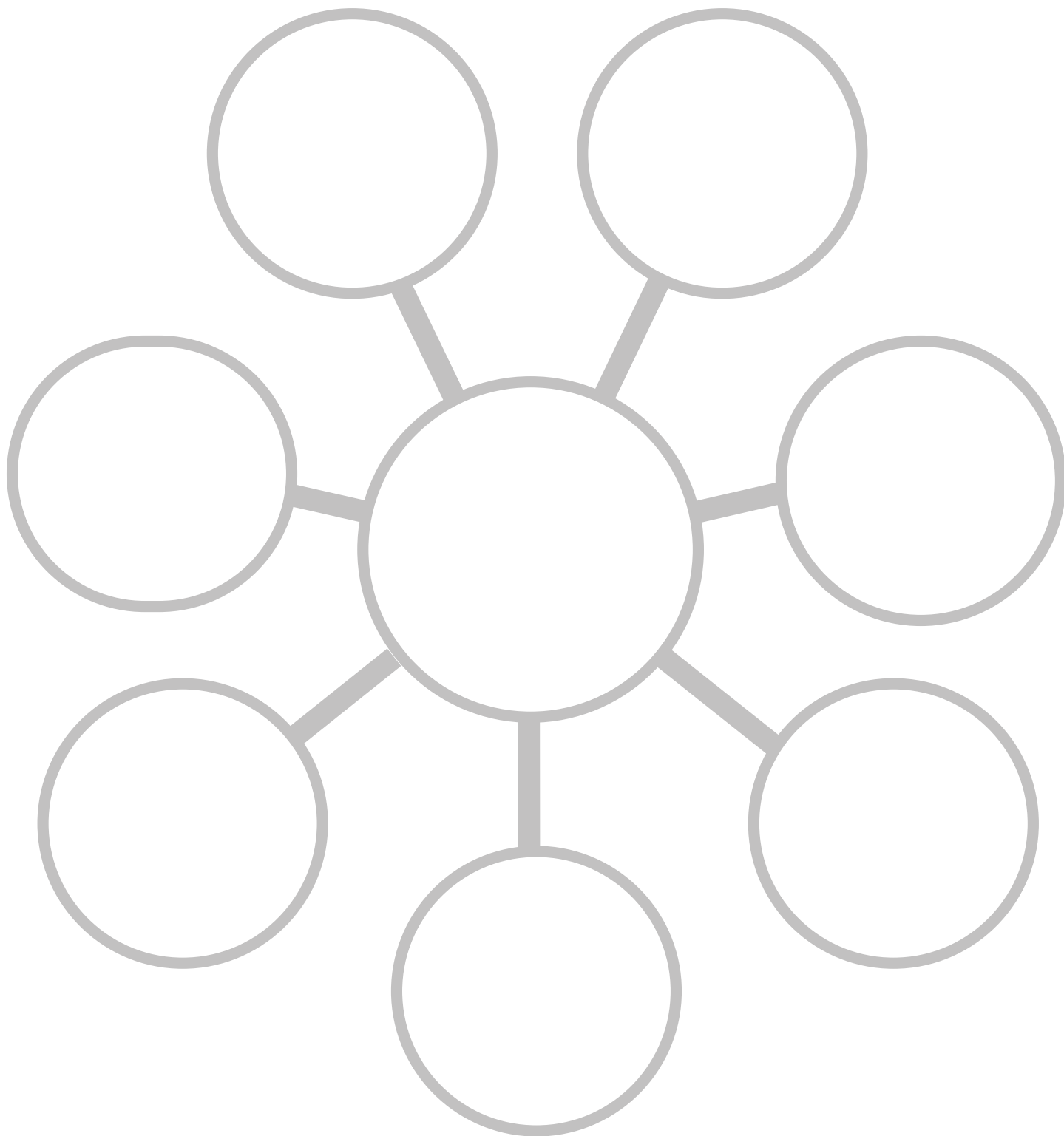




Mind Map



Subject:





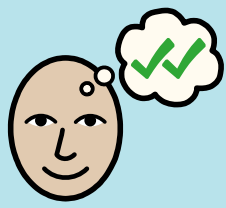
Positive Affirmations



I am
enough



I am
brave



I am
smart



I am
strong



I can do
hard things



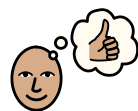
I will
keep going



I've got
this



I am
amazing



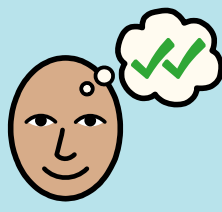
Positive Affirmations



I am
enough



I am
brave



I am
smart



I am
strong



I can do
hard things



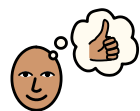
I will
keep going



I've got
this



I am
amazing



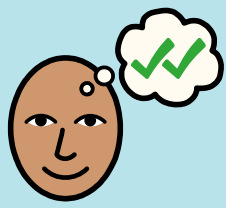
Positive Affirmations



I am
enough



I am
brave



I am
smart



I am
strong



I can do
hard things



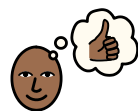
I will
keep going



I've got
this




I am
amazing



Positive



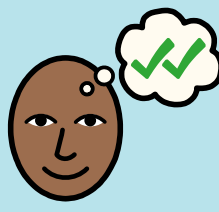
Affirmations



I am
enough



I am
brave



I am
smart



I am
strong



I can do
hard things



I will
keep going



I've got
this

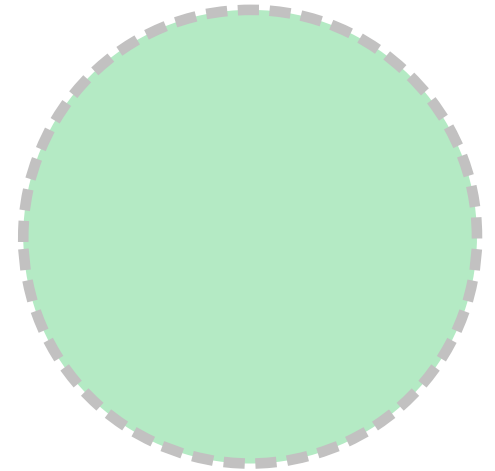
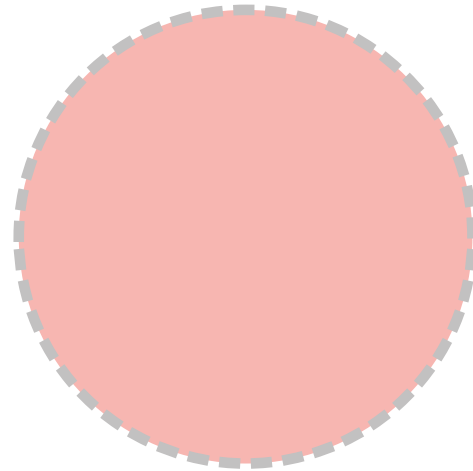
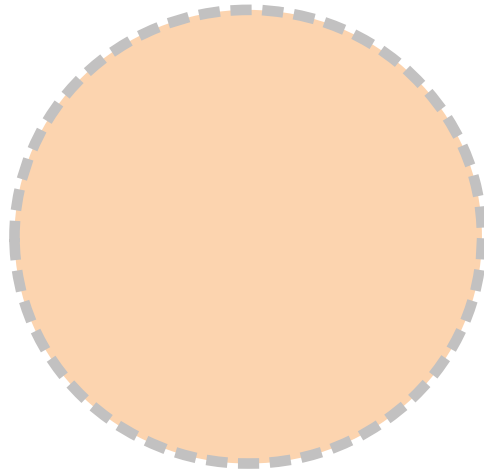
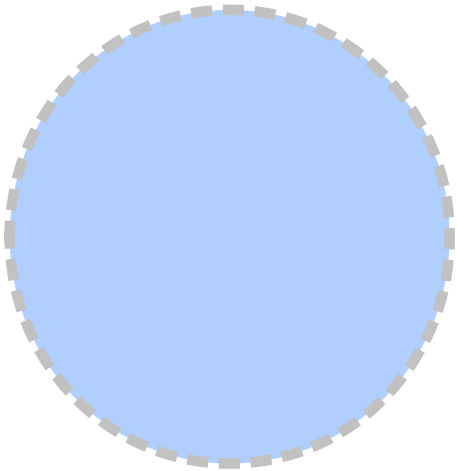
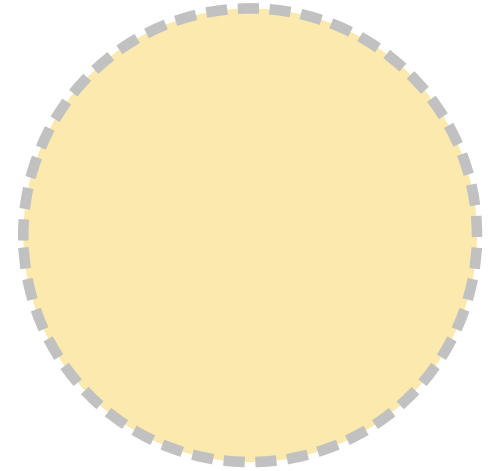
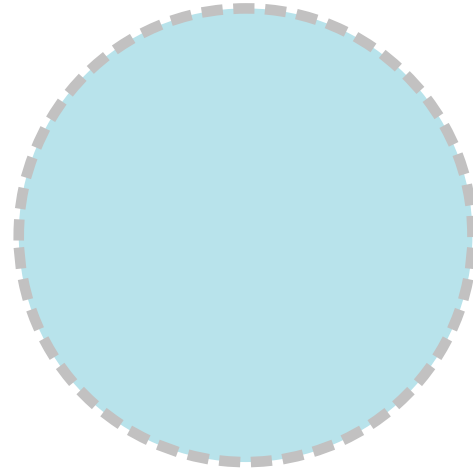
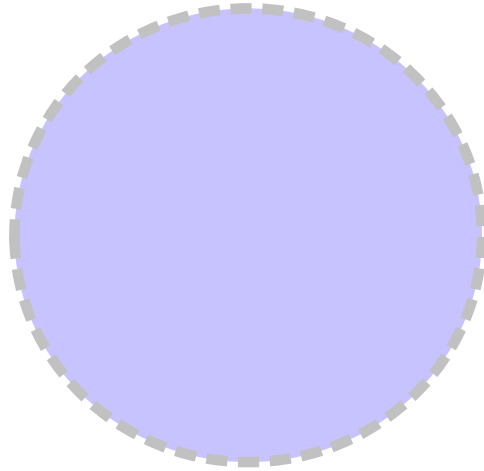
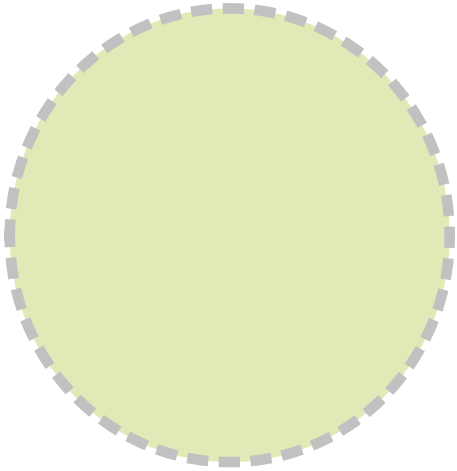


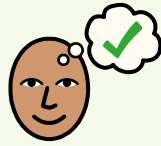
I am
amazing



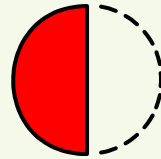
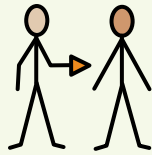
Positive

Affirmations





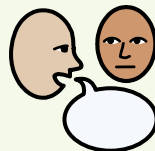
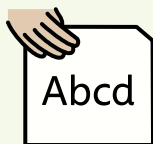
Believe in yourself



and you're halfway there.

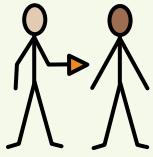


Nothing is impossible.



The word itself says 'I'm possible.'

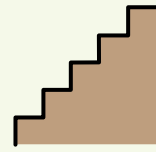




You



don't have to see



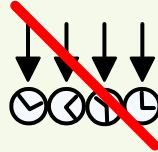
the whole staircase



to take the first step.



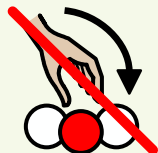
Those who



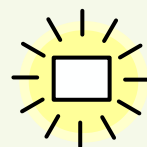
have never



made a mistake

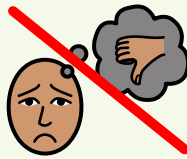


have never tried



anything new.

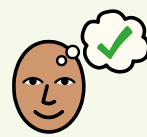
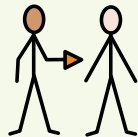




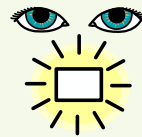
Never give up



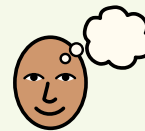
because great things take time.



You are braver than you believe,



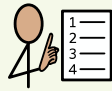
stronger than you seem



and smarter than you think.







Regulation and Relaxation









Controlled Breathing

 **4**  seconds,  **4**,  **7**  seconds.












5 senses







 **5**  things you can see, **4**  things you can touch, **3**  you can hear, **2**  you can smell and **1**  you can taste.



Body Scan




 or  and  close your eyes.





      Imagine a light slowly moving up from your toes to your head.

      Tense, then relax each muscle group as the light travels up your body.







Stretching





   Clasp your hands behind your back.

    Squeeze your upper shoulder blades towards each other.

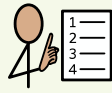


Positive Affirmations

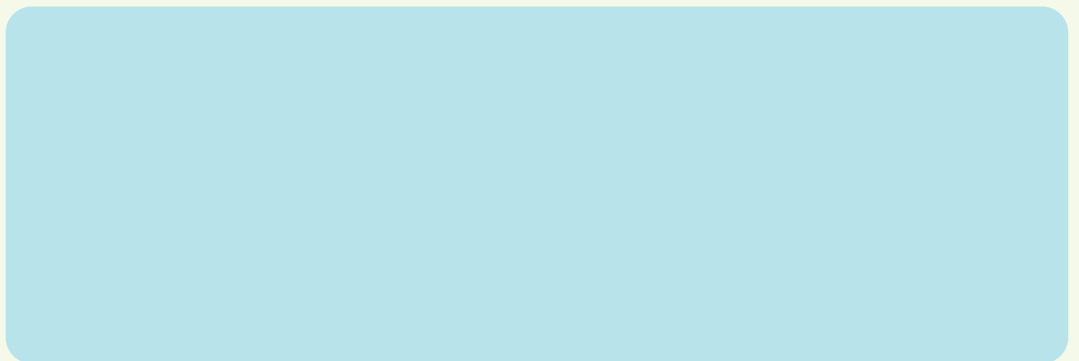
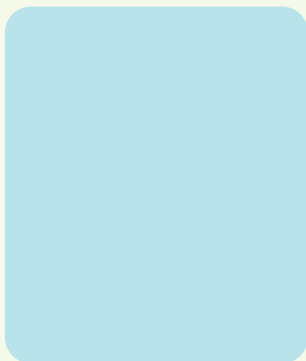
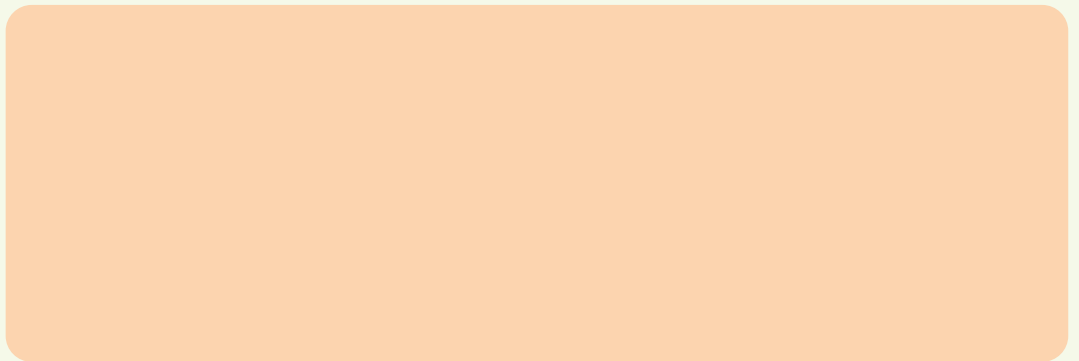
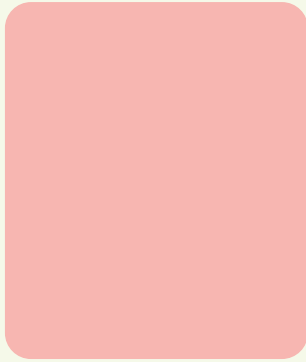
    Replace thoughts of "I'm going to fail," with

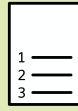
    "I'm capable and I'm prepared for this exam".





Regulation and Relaxation





Revision Planner

Date:

↓
1
Priorities



1.

2.

3.

Tasks

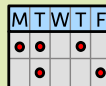
Am

PM

Rest Breaks

Notes





Revision Timetable



Monday



Tuesday



Wednesday



Thursday



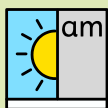
Friday



Saturday



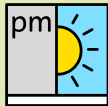
Sunday



AM



Lunch



PM



Relax





Revision Timetable



Monday



Tuesday



Wednesday



Thursday



Friday



Saturday



Sunday



AM

Break



AM

Break



PM

Break



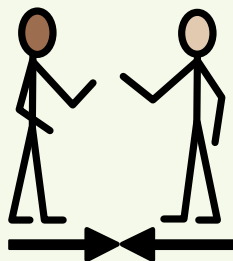
PM





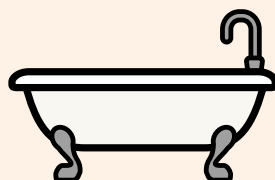
Self Care Tokens

1 Token



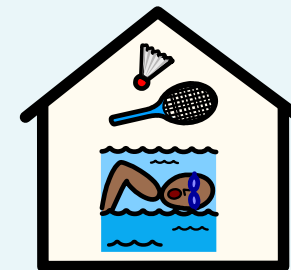
Meet
a friend

1 Token



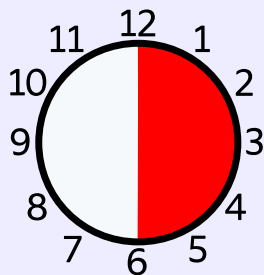
Have
a bath

1 Token



Go to
the gym

1 Token



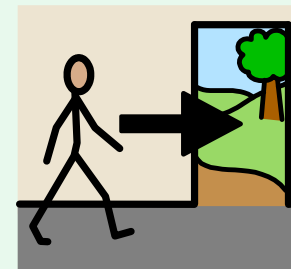
30 minute
break

1 Token



1 hour
break

1 Token

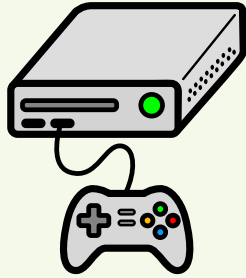


Go for
a walk



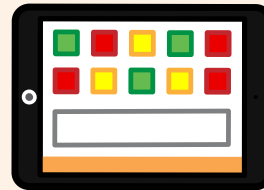
Self Care Tokens

1 Token



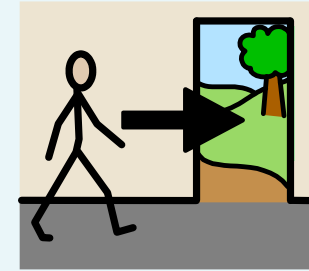
Gaming
Time

1 Token



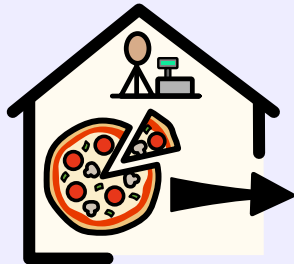
Screen
Time

1 Token



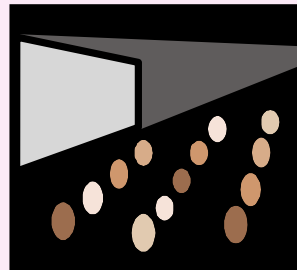
Go for
a coffee

1 Token



Order
a takeaway

1 Token



Watch
a film

1 Token



Bike
ride



Self Care Tokens

1 Token

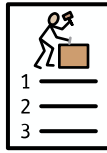
1 Token

1 Token

1 Token

1 Token

1 Token



To do List

Date:

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.



Notes:

