

- ✓ **Get organised** - Plan a time table, set time aside, draw up an 'Exam / Revision to do list'
- ✓ **Revision Phone Apps** - Use for Revising & Planning (Pocket Schedule / My Study Life / Exam Countdown / Gojimo)
- ✓ **Relaxation Phone Apps** - Use these apps:- (Calm / Dreamy Kid / Headspace / Kids Yoga Deck / Breathing Bubbles / Smiling Mind / Calm Counter / Emotionary / Take A Chill / Chill Outz / Super Stretch Yoga / Relax Melodies)
- ✓ **Flashcards** - Create yourself some simple bullet point flashcards, break topics down into chunks
- ✓ **Stories** - Remember things by creating funny images and stories in your head
- ✓ **Ask for help** - Don't be scared to ask parents & teachers for some extra support to help you prepare
- ✓ **Revise** - Make sure that you feel confident, break revision down into small chunks, set up a study group
- ✓ **Positive visualisation** - Close your eyes, see, feel, hear, sense yourself doing well, imagine yourself during the exam
- ✓ **Take a break** - Regular study breaks, you can only absorb so much information at once
- ✓ **Walk outside** - Getting some fresh air is a great way to de-stress & clear your mind
- ✓ **Eat healthy** - Brain food such as fish, veg, wholegrain, fruits, nuts are all good for boosting your brain
- ✓ **Body** - Do the body scanning, also get up & stretch, walk around the room, move position or location
- ✓ **Drink water** - Avoid drinks that make you hyper like pop, red bull, coffee
- ✓ **Music** - Play calming & relaxing tunes
- ✓ **Exercise** - Swim, dance, run, walk, this is great for creating happy chemicals
- ✓ **Sleep** - Get a good sleep night before your exam, go to bed early
- ✓ **Create calm** - Before going to sleep have a bath, use lavender oil on your pillow, turn off mobile phones, TV's, video games & basically anything that distracts you or keeps you awake
- ✓ **Think positive** - Don't feed the anxious negative thinking or beliefs about yourself such as I can't do this, I am going to fail
- ✓ **Use Positive affirmations** - "I am capable, I am clever, I can pass my exams, I will do well, I am confident, I am enough, I will do my best")
- ✓ **Deep breathing** - Counting Breathing, Finger Tip, Square Breathing, Nostril / Mouth Breathing
- ✓ **Social Media Detox** - When revising put your phone away, turn it off, turn off notifications, put up a 'Do Not Disturb' message on your status
- ✓ **Stop comparing** - One of the biggest things that make people feel down is not feeling they are good enough. Recognise your own skills, subject strengths, talents & abilities
- ✓ **Patience** - Don't be so hard on yourself, try your best, realise that it can take time to get facts to sink in
- ✓ **Positive visualisation** - Close your eyes, see, feel, hear, sense yourself feeling calm & relaxed
- ✓ **Self Help Therapies** - Have a massage, get a relaxation treatment, do some meditation or yoga
- ✓ **Expectations** - You have permission to relax & let it go! What will be, will be, you will always find a way to achieve in life