



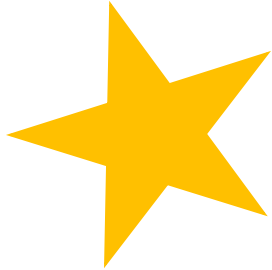
Preparing for tests

- To understand what anxiety is
- To understand the different terms used to describe anxiety
- To understand why we experience anxiety
- To learn strategies that can help





Our 5 Golden Reminders



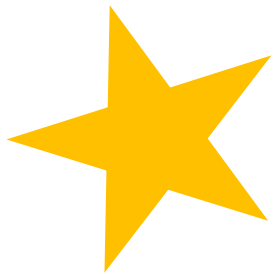
1) Good listening

2) Raise your hand if you have a question.

3) Be caring towards ourselves and others

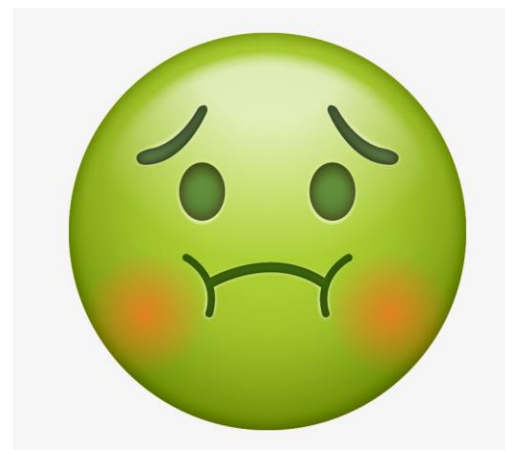
4) Get involved- no question is a silly question!

5) Confidentiality





How do you feel about your tests coming up?





Sometimes we can feel anxious about taking tests



This is normal!



**What do you think
anxiety is?**





Anxiety is **NORMAL** and an emotion that **EVERYONE** will feel at some point in their lives.

Anxiety can keep us safe, it lets us know when there is danger so we can react to this.





Body symptoms you may feel about taking a test





FIGHT

FLIGHT



FREEZE





What can we do to help us when we feel anxious about tests?





**1) Notice the worry
and write it down.**



**2) Can we do anything
about the worry?
yes or no
if yes, problem solve**





3) Let the worry go.

4) Change your focus of attention onto something else.



CJ is due to sit their SATS next week and they are feeling really worried about them. Some of their worries are:

What if I can't do them?

What if my mind goes blank and I freeze?

What if my pencil breaks in the middle of the test?



**1) Notice the worry
and write it down.**

**2) Can we do anything
about the worry?**

yes or no


if yes, problem solve.

3) Let the worry go.

**4) Change your focus
of attention onto
something else.**





Grounding technique

5 Things You Can See 

4 Things You Can Feel 

3 Things You Can Hear 

2 Things You Can Smell 

1 Thing You Can Taste 



Breathing technique

Rainbow Breathing





Other things which can help



Sleep



Environment



Eating healthily

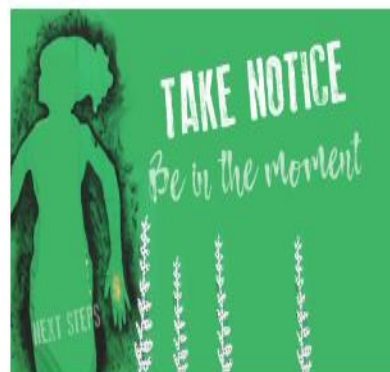
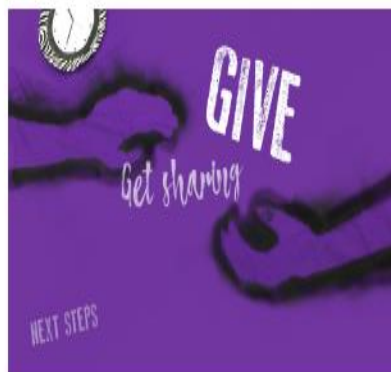


Realistic revision timetable

WEEK						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Revision		Revision		Revision		
	Revision				Break	
Walk			Cinema			
		See friends		Netflix		
			Revision			
	Football					



5 ways to wellbeing





And remember...



Today we have covered...

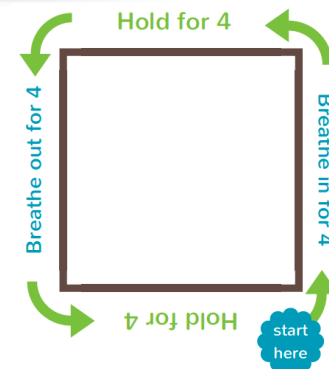
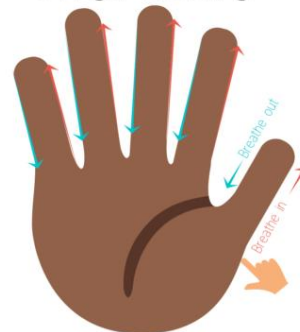
Ways to tackle anxiety symptoms:

- Using a worry box
- Breathing techniques
- Grounding techniques

How tests may cause us to feel anxious.

The importance of finding the balance between revision and life.

5 Finger Breathing









Thank you for listening. Any questions?

