

# KEEPING CALM IN EXAMS



# DEALING WITH STRESS...

Now we'll talk about how to stay calm in your exams. Not just on the exam day itself but the lead up to it as well. First, let's talk about...

- When you imagine yourself sitting your exams in the summer, how do you feel? Are you relaxed? Excited? A bit nervous? Really worried? A mixture of feelings?
- What worries do you have, if any?
- What kinds of things do you try to help yourself when you get worried? How useful have you found these strategies?



How I feel when  
I am in an exam

What I am  
worried about

What helps  
when I am  
worried



# STRESS IN THE BODY

Let's watch a short video on: [Stress & The Body](#)



Meet **HERE** when you have finished

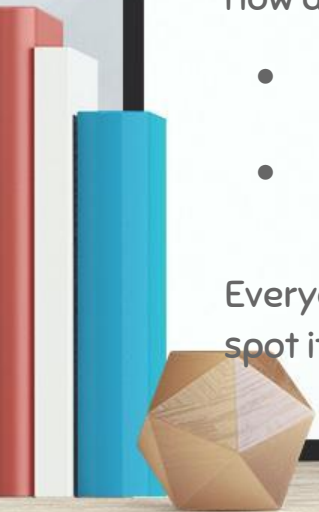
# STRESS IN THE BODY

Stress is a survival mechanism and a normal part of life. It is there to help us! Like an internal alarm system, it alerts us to danger and helps our bodies prepare to deal with it. But sometimes the alarm goes off when there is no real danger. Too much of a good thing becomes not so good, and actually gets in our way!

How does your body tell you that you're stressed?

- Where do you feel the stress in your body? (*Head, hands, arms, legs, tummy, chest, heart, hands... other*)
- What does the feeling feel like for you? (*Hot, cold, stabbing, dull, moving, still, sore, fluttering, buzzing... other*)

Everyone is different. It's good to know our own personal signs of stress – that way we can spot it early and know we need to do something to help ourselves to relax.



# DEALING WITH STRESS

Which suggestions might work for you when you feel stressed in the lead up to exams?

*Please put your name by the suggestions you think may help you.*

- Deep breaths:
- Exercise/Sport:
- Get in Control (Make a Plan):
- Don't Stress Alone/Talk to Someone:
- Have a laugh:
- Get into nature/Chill with pets:
- Distract yourself/Give yourself something to do instead of worrying:
- Do something creative:





# SITTING THE EXAM- PART 1

When you are sitting in the exam room it may be hard to use some of your techniques. Exercise for example. However you can try the following...

- Deep breaths, especially with long, slow exhales. Try breathing in for a count of 4, hold it in for 7, and exhale for 8...
- Speak kindly to yourself – 'I can do this', 'I am a good person', 'I am doing fine'...
- Remind yourself that you are in control, you are well prepared, you can do it...
- Remind yourself that you are not alone, there are other Red Balloon students doing exams and your teachers, family and friends are cheering you on...



## SITTING THE EXAM- PART 2

- Even the people who have set the exams, and who are there on the day to help you, want you to do well...
- Use humour – What is funny about the situation? Or what funny thing have you seen on YouTube or the internet lately? Have a quiet laugh to yourself...
- Think of a safe, relaxing space in nature – a desert island, the ocean, a rainforest – let your mind take you there for a couple of minutes to calm yourself down.
- Think of your pets – if they could talk to you – what would they say right now?
- Focus on right now – Instead of worrying about the future, try to focus on doing the question in front of you, right now...





## THINKING RIGHT – HELPFUL THOUGHTS TO REMEMBER

<u>Before The Test</u>	<u>During The Test</u>	<u>After The Test</u>
<ul style="list-style-type: none"><li>• This test is an opportunity to show what I do know.</li><li>• Some anxiety helps me focus.</li><li>• I have worried about failing before and I usually do okay.</li><li>• I don't need to be perfect just the best I can.</li><li>• Even if I fail, my whole life doesn't depend on this on test.</li><li>• This is not as big a deal as it feels. It is just one subject, in one grade, in my whole life</li></ul>	<ul style="list-style-type: none"><li>• I can do this.</li><li>• It is normal to feel anxiety during tests.</li><li>• Anxiety goes up and down like a wave. Ride the wave and then focus back on the test.</li><li>• If I can't think of the answer skip it and return to it later.</li><li>• If I get overwhelmed, stop, breathe. Drop my shoulders and relax my body into my seat.</li><li>• It is not helpful to look around and compare myself to others right now. It's more helpful to bring my attention back to the test and give it my best effort.</li></ul>	<ul style="list-style-type: none"><li>• I DID IT!</li><li>• What's done is done. Worrying about my mark now won't change anything.</li><li>• I won't even remember this test in a few months.</li><li>• I'm a work in progress. I'll keep working on my test anxiety and it will get better.</li></ul>

USE THE SPACE BELOW TO ADD YOUR OWN HELPFUL THOUGHTS...




## FINAL THOUGHTS...

2



positive bunny post



WHAT WAS HELPFUL AND WHAT WILL YOU TRY TO TAKE AWAY WITH YOU FROM TODAY?