



How can you create a positive learning environment at home?

How can you support with your child's mental health through an exam period?

**Excellence is: Being Ready, Resilient, Respectful**



# How can you create a positive learning environment at home?

Excellence is: Being Ready, Resilient, Respectful



**Excellence is: Being Ready, Resilient, Respectful**

Have a  
designated  
work space at  
specific times



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Ensure the space  
is **clear of**  
**distractions**



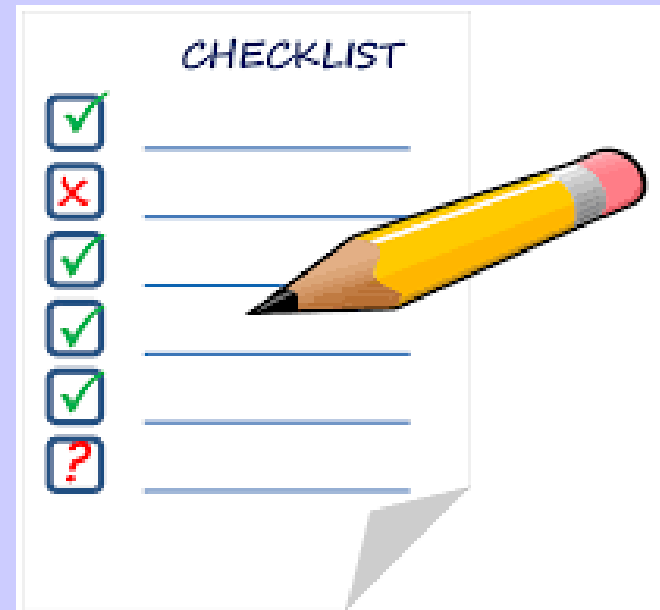
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Ensure the space is clean and has all the equipment needed



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Ensure there is an **achievable plan** that is **purposeful**



Assessment and Revision Planning

Mon 22 <sup>nd</sup> May	Tues 23 <sup>rd</sup> May	Wed 24 <sup>th</sup> May	Thurs 25 <sup>th</sup> May	Fri 26 <sup>th</sup> May	Sat 27 <sup>th</sup> May	Sun 28 <sup>th</sup> May

## What is Revision?

The process of learning content and how apply it.

**Stage 1:** Learning the Content



**Stage 2:** Exam Practice



**Stage 3:** Final Learning Checks

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# Key Takeaways

Have a **designated work space** at **specific times**

Ensure there is an **achievable plan** that is **purposeful**

Ensure the space is **clean** and has **all the equipment needed**

Ensure there is an **achievable plan** that is **purposeful**





**How can you support with your child's mental health through an exam period?**

# How can you support with your child's mental health through an exam period?

## What is stress?

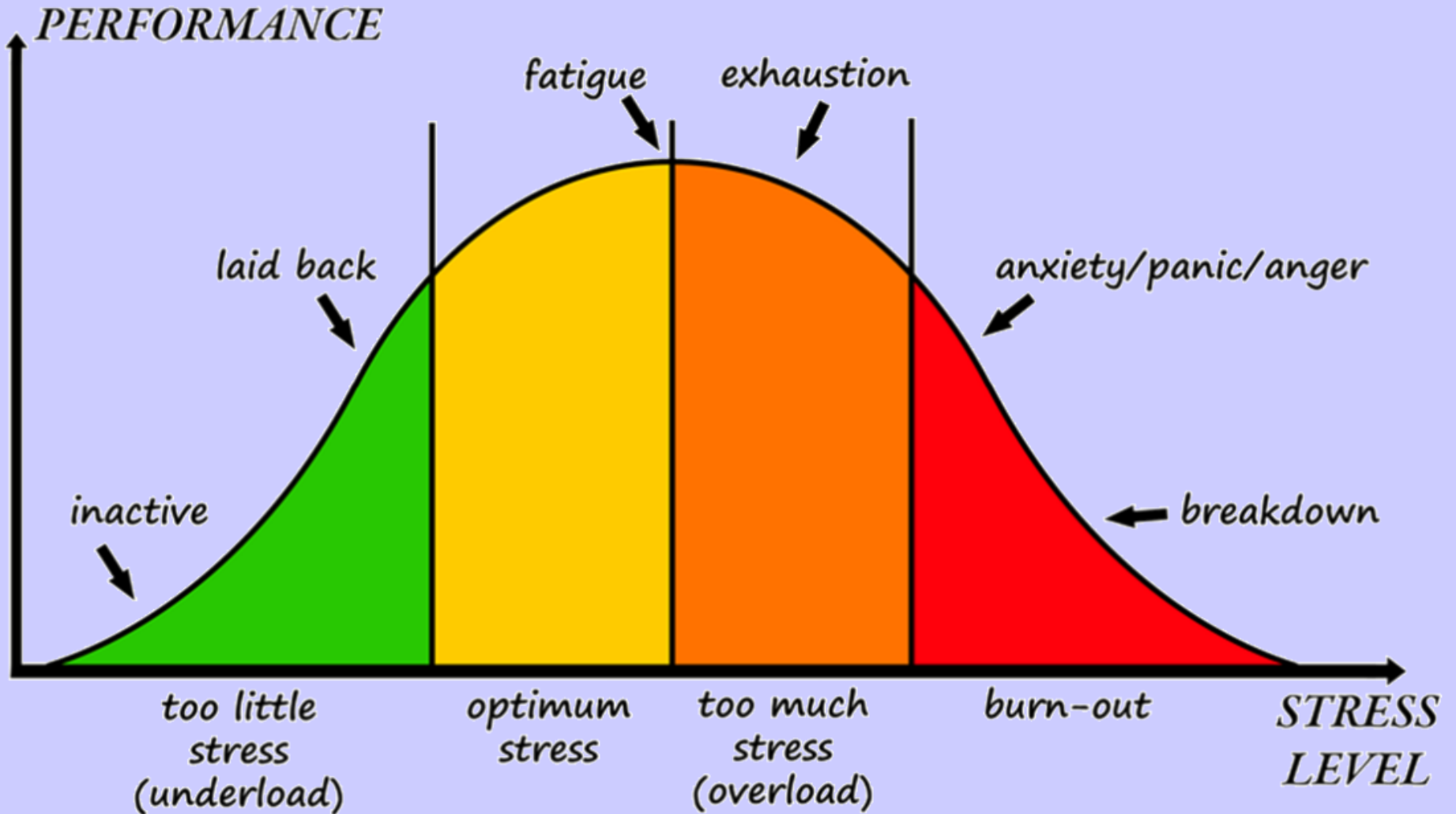
Stress is tension that is caused by going through a hard time such as friendship issues, bereavement, physical illnesses...

Stress normally stops when a situation is resolved or changes

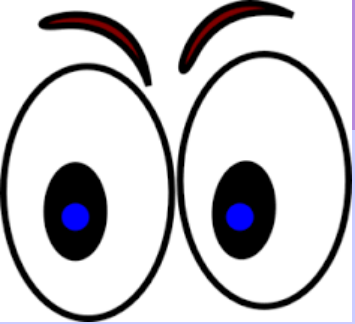
Some amount of pressure, or stress, can be good for us. It can help us to achieve our best

A good level of stress might leave you feeling a bit tired, but shouldn't feel overwhelmed or exhausted.

# STRESS CURVE



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# Symptoms of stress to look out for...



## Sleep

May struggle to sleep or wake up a lot in the night



## Avoid things

School work/ hobbies/ friends

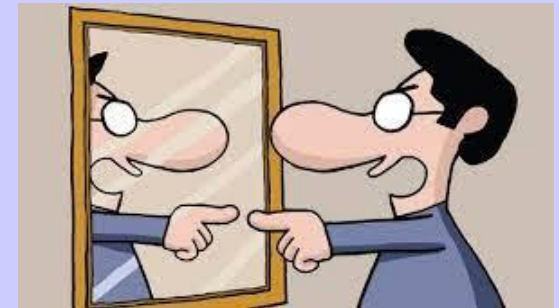


## Physical symptoms

such as headaches, feeling sick, stomach ache or having panic attacks.



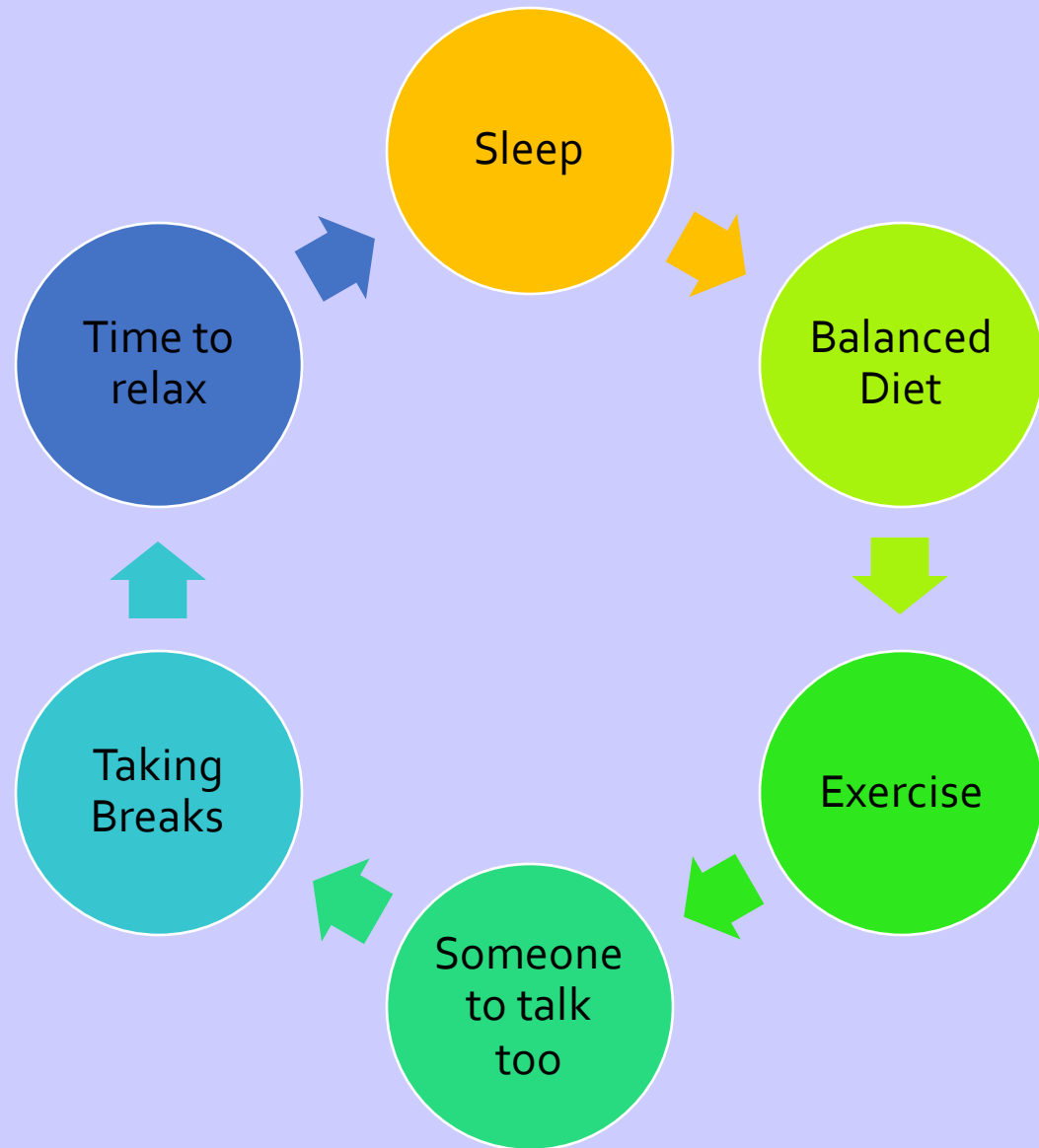
Very emotional and may become tearful or snappy.



Very hard on themselves – calling themselves names such as stupid. They could be perfectionists.

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# How can you help? The Basics..



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# How can you help?

## Validate young peoples feelings

"You're being silly!  
You're so smart,  
You'll do fine!"

VS

"I can see this is really stressful  
for you. Let's think about  
how we can make things easier"

Everyone else gets it and  
I don't.  
I'm the only one

How do you  
know that's true?  
What evidence have  
you got for that?

I'm so stupid.  
I'm an idiot

Would you talk to your  
friend like that?  
If you wouldn't say it  
to a friend, don't  
say it to yourself.

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# Mental health support and resources

[Children and Young People](#)

[Parents and Carers](#)

[Professionals](#)



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