

GEAR UP FOR EXAMS

RESTORE, RESET AND RECONNECT

Exam season is looming and preparation is key! Here are a few mindfulness tips and tricks for this challenging time.

The Five Senses Drill

Use this 3-minute breathing exercise to re-focus your attention and restore focus and calmness.

Take 2 deep breaths then silently note 3 things you see, hear, feel, smell or taste. Then finish with two more breaths.



Click On then Click Off

Take breaks between revision by using specialist relaxation apps, to guide you through mindfulness meditation sessions. Take advantage of revision apps, make flashcards and question papers to test yourself, but remember to click off the social media until your revision session is over!

Here are a couple:

'Stop, Breathe & Think'
'Headspace'
'Quizlet'
'Kahoot!'



Get your Z's in

Sleep is your best friend right now! Getting up at the same time and going to bed in routine is essential for retaining all the information you've revised that day.

Sleep is one of the most powerful ways we can practice mindfulness.



Get Creative!

Take a break and get stuck into a creative activity to rest your mind.

This could be something as simple as colouring an intricate design, to sculpting your masterpiece artwork.



Exam materials shopping list



You will need:

Black pens (x2)

Pencils (x2)

Ruler

Eraser

Pencil sharpener

Highlighter(s)

Clear pencil case

Clear bottle of water
(500ml)



For Mathematics and Science:

Scientific calculator

Protractor

Compass

Coloured pencils for graphs



Question:

Answer:

Theory:

Explained:

Question:

Answer:

Question/Title

Diagram:

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Revision Timetable

WEEK COMMENCING:

	MON	TUES	WED	THURS	FRI	SAT	SUN
9:00 AM							
10:00 AM							
11:00 AM	TIME FOR A BREAK						
12:00 AM							
1:00 PM	TIME FOR A BREAK						
2:00 PM							
3:00 PM							
4:00 PM	TIME FOR A BREAK						
5:00 PM							
6:00 PM							
7:00 PM	TIME FOR A BREAK						
8:00 PM							

Revision Key

