

# Beating Exam Stress



## Recognising Exam Stress

Signs your child may be feeling pressured include:

- Increased worry or tension
- Headaches, stomach pains, or irritability
- Changes in appetite or sleep patterns
- Loss of interest in activities
- Struggling to concentrate or feeling negative

If you notice these signs, encourage open discussions about their feelings. Reassure them that SATs are just one part of their education and that effort matters more than perfection. You can also speak to their teacher for additional support.

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## Helping Your Child Stay Calm and Focused

### Encourage Regular Breaks

Revision is important, but so is downtime. Set reasonable limits on study time and balance it with relaxation, whether through TV, reading, or outdoor play.

### Stay Active

Physical activity reduces stress and boosts mood. Encourage fun activities like cycling, football, or dancing—anything that gets them moving!

### Get Outdoors

Spending time in nature helps reduce stress. Even a short walk or visit to the park can make a big difference.

### Eat Well

A balanced diet supports concentration and energy levels. Avoid excessive sugary and processed foods, opting instead for nutritious meals that keep your child feeling their best.

### Ensure Plenty of Rest

A good bedtime routine is key to reducing anxiety. Children aged 10-11 should aim for 9-11 hours of sleep per night.

### Plan a Reward

A special treat at the end of SATs—such as a family outing, a trip to the cinema, or a fun activity—gives your child something to look forward to.

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## SATs Week: Stress-Busting Checklist

✓ **Rest before SATs week** – Keep the weekend revision-free and have fun! ✓ **Get a good night's sleep** – Aim for an early bedtime each night. ✓ **Eat a healthy breakfast** – Fuel their brain for the day ahead. ✓ **Be up early** – Avoid rushing in the morning. ✓ **Stay active** – Outdoor play, sports, or even dancing helps! ✓ **Enjoy downtime** – Crafts, baking, or watching TV can help them relax. ✓ **Breathe deeply** – If feeling nervous, take slow breaths before each test. ✓ **Celebrate afterwards** – Plan a fun treat to reward their efforts!

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At Norbreck Primary Academy, we are committed to supporting your child every step of the way. If you have any concerns, please do not hesitate to speak to your child's teacher. Let's work together to make SATs a positive and stress-free experience!