

Preparing your child emotionally for an exam

TALK TO US

OFF THE RECORD



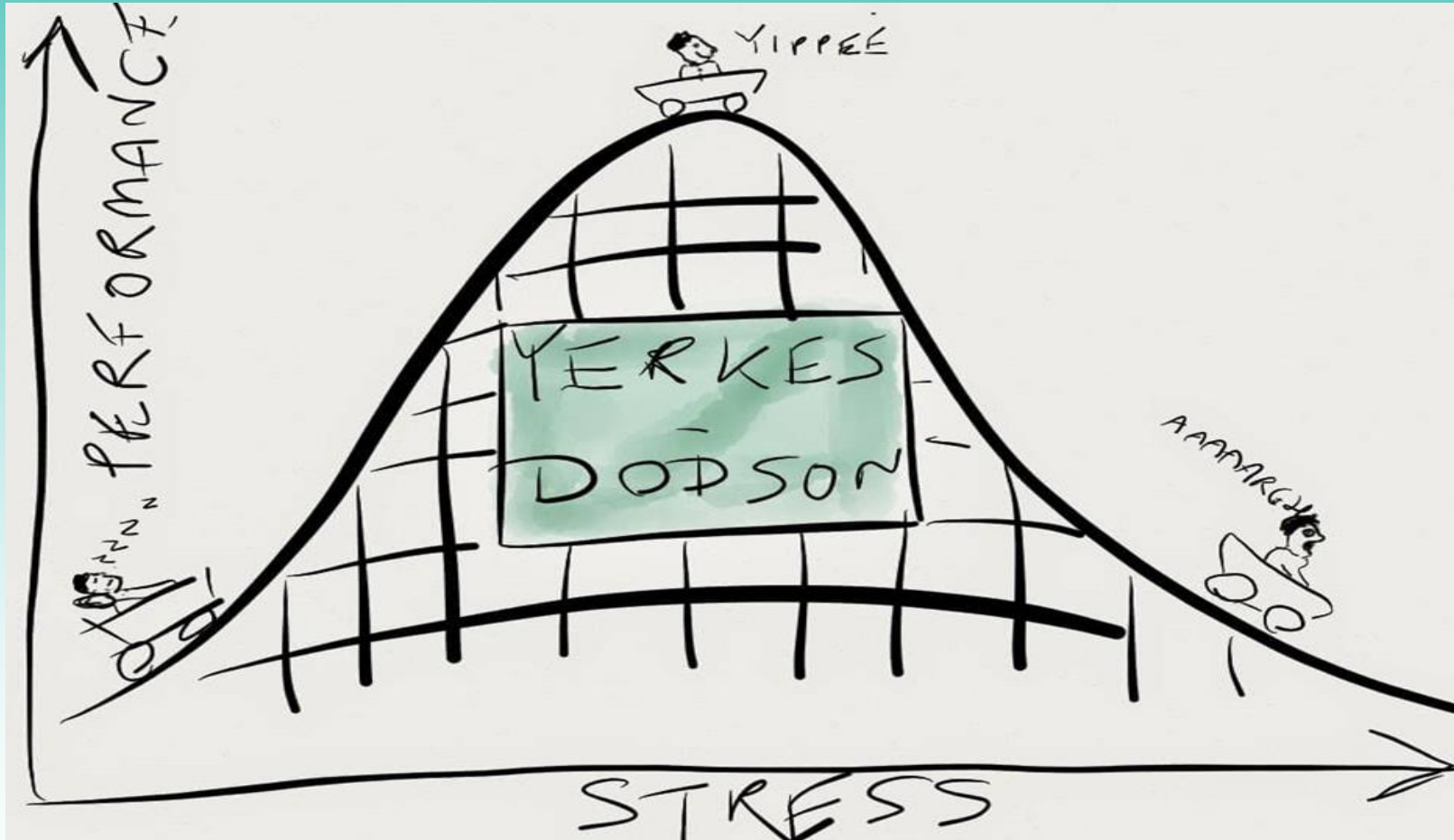
**Are you OK
Croydon?**

cdi You Talk,
We Listen
Croydon Drop In

Remember, it is normal to worry before an exam – the challenge is how to manage the worry so that it works for you rather than against you!



WE NEED A BIT OF STRESS... BUT NOT TOO MUCH



TALK TO US

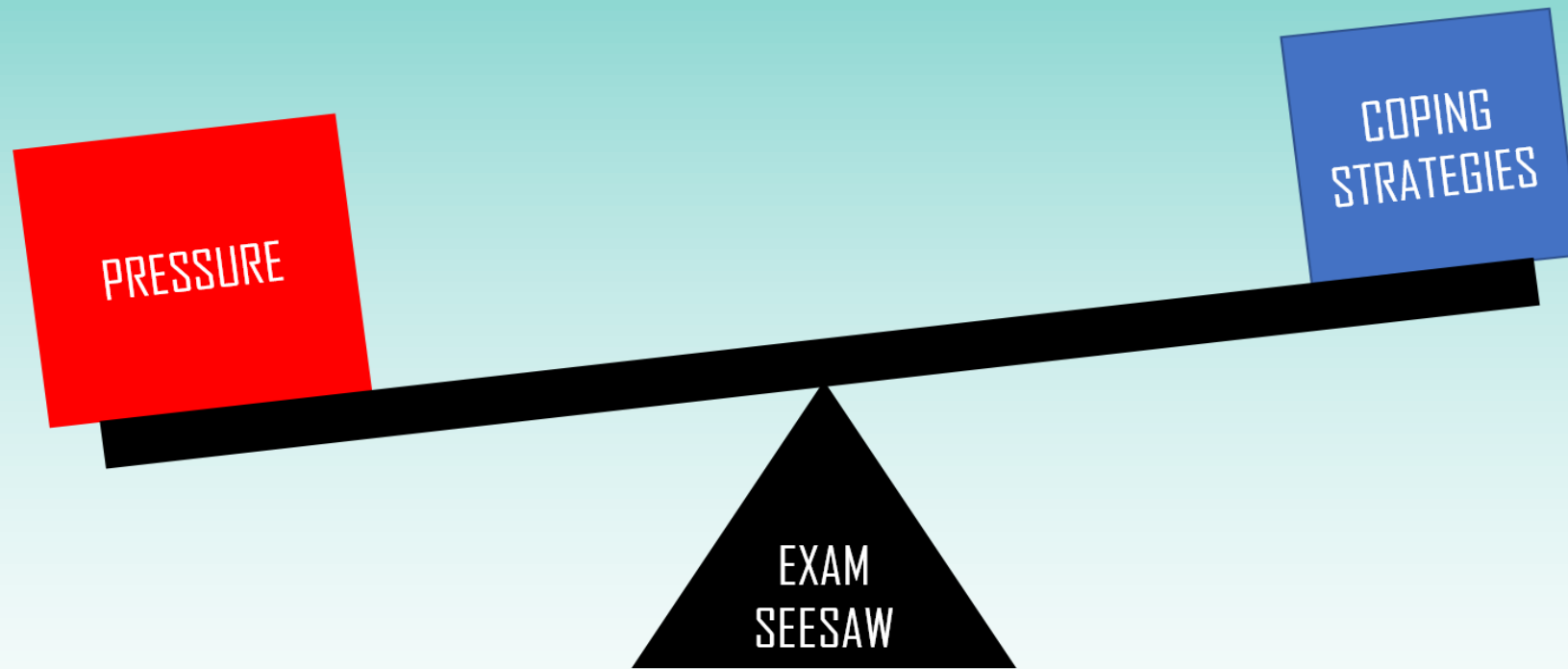
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Finding the balance



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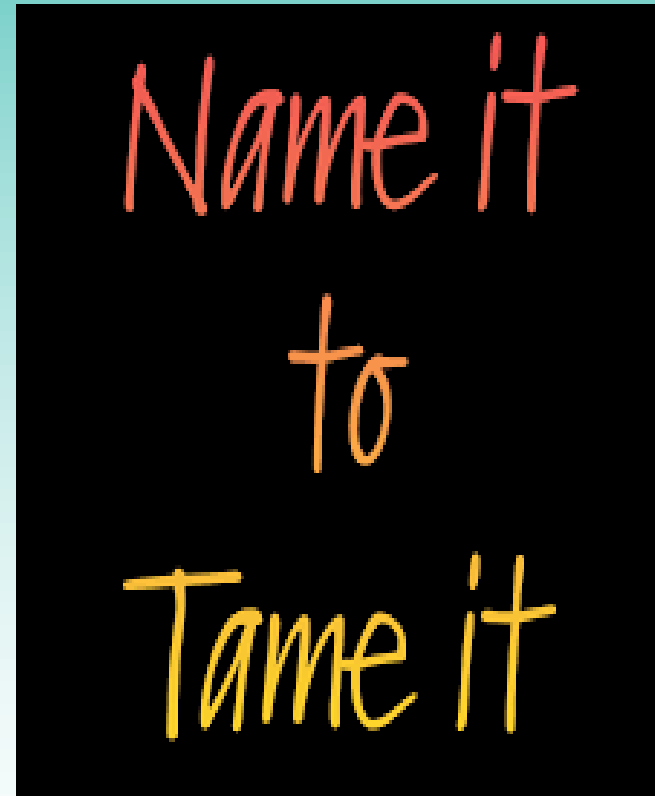
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**Are you OK
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How are you feeling?



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Help them to notice how they are feeling

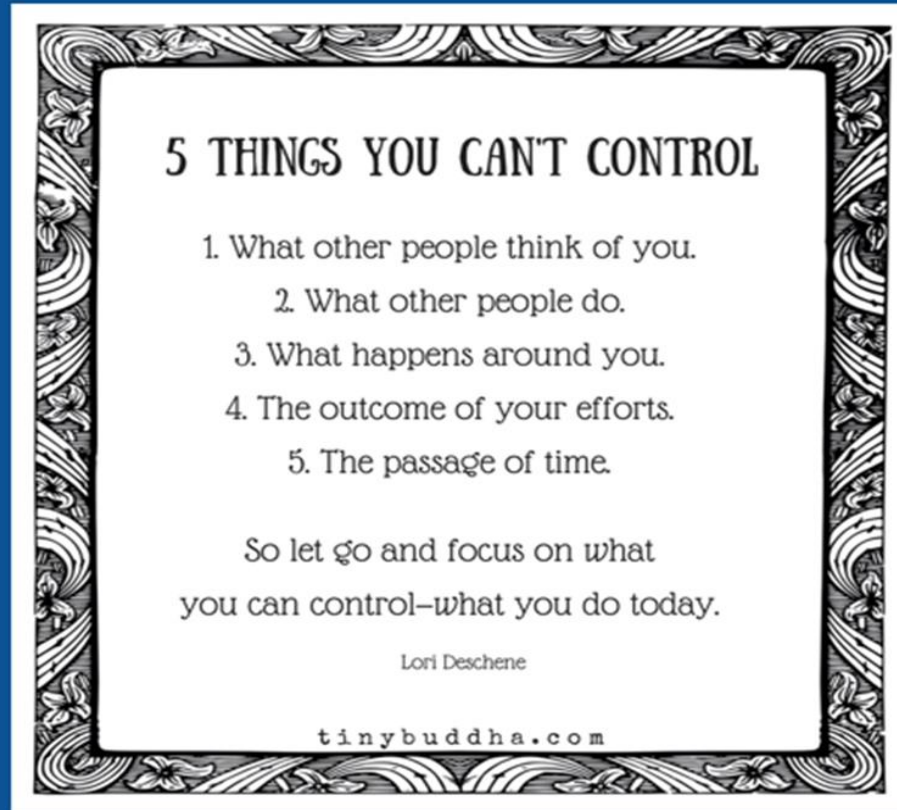
Be available to talk if they need to

In the moment: acknowledge how they are feeling and how difficult it is

Praise them for the effort they are putting in, rather than focusing on results

Reassure them – reinforce that you are and will be proud of them no matter what happens

Focusing on what you CAN control



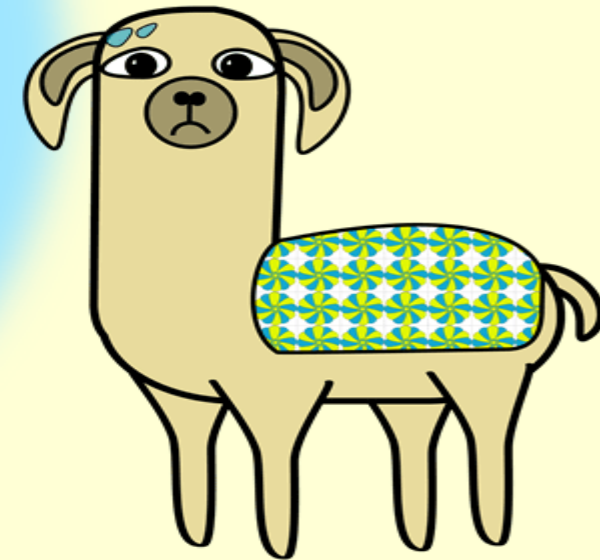
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THE WORRY TREE



Adapted from Butler and Hope 2007



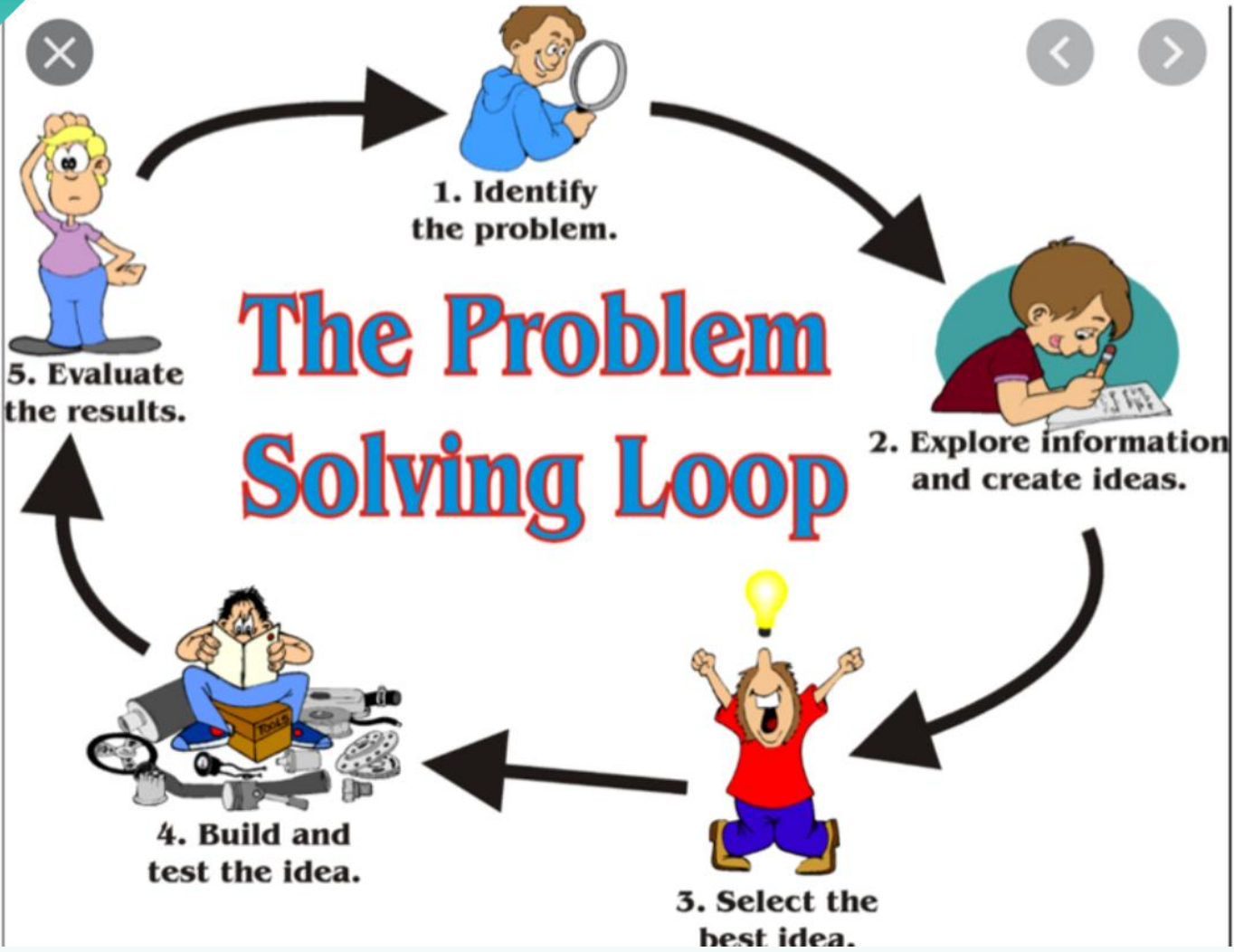
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Name the problem

List all the possible solutions(handout 10)

Select the best alternative

Try it out

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Are you OK Croydon?



PROBLEM SOLVING UNHELPFUL THOUGHTS

WHAT IS THE PROBLEM?: I cannot motivate myself to revise for my English exam

LIST ALL OF THE POSSIBLE SOLUTIONS	PROS AND CONS OF EACH SOLUTION	IS THE PLAN DO-ABLE? YES/NO	HOW GOOD IS THE PLAN? RATE 0-10	WHAT HAPPENED?
Create a revision plan	+ I can plan a balanced timetable.	Yes	8	
Don't revise	- I might find it hard + I won't do my best	Yes	0	
Revise with friends	- I won't have to motivate myself + More fun	Yes	7	
Take regular breaks	- Might need to focus on different areas + Rest my brain	Yes	9	
Reward myself	+ Increase motivation	Yes	9	

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SMART Goals

Specific - be clear and specific so your goals are easier to achieve

Measurable - how will you know when it's done. Make it trackable in some way.

Achievable - do you have what you need to achieve the goal, are the steps within your control?

Realistic - don't set unrealistic goals that will lead to burn-out or stress you out more!
Think bitesize, one thing at a time.

Timebound - give yourself a deadline or time limit to achieve it

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Examples of Smart Goals

Poor Goal Setting

Revise more



Smart Goal Setting

By Friday, I will have done 2 hours of revision for maths

Poor Goal Setting

Tidy my workspace



Smart Goal Setting

On Saturday morning I will tidy my workspace before lunch

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HOW TO DEVELOP A GROWTH MINDSET?

✓ PRAISE YOURSELF FOR WORKING HARD

Say this: "I worked so hard on this!"
Instead of: "I am so smart"

✓ TALK ABOUT THE BRAIN

Your brain's pathways develop through effort and practise. You have control over growing your brain!

✓ ACCEPT MISTAKES AS LEARNING OPPORTUNITIES

Speak positively about mistakes and struggles with friends and family, and this help you believe that making mistakes is a natural part of the learning process.

✓ UNDERSTAND THE ROLE OF EMOTIONS IN LEARNING

Our brains are wired to protect us when we feel threatened. Stress symptoms such as feeling sick, stomach aches, and your mind going blank are completely normal. Use relaxation strategies to overcome them!



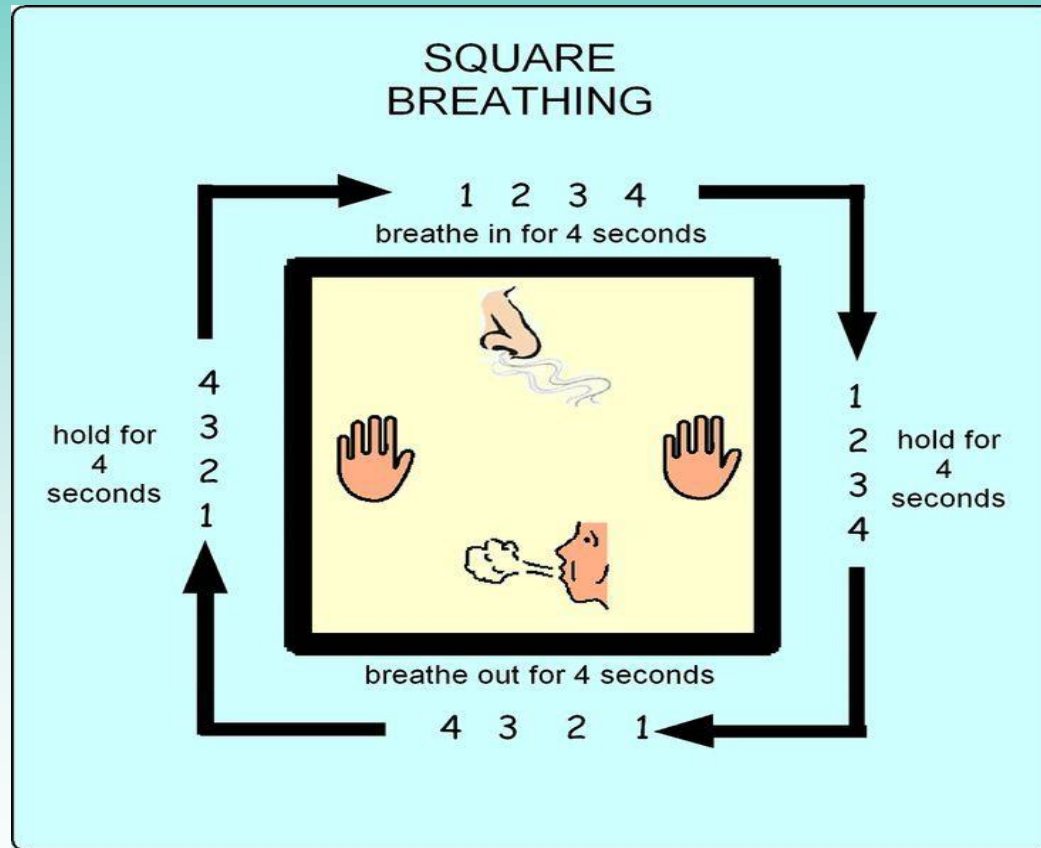
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Some things that can help with stress and anxiety 'in the moment'



ANXIOUS OR STRESSED?

Try progressive muscle relaxation



STEP
1

Make yourself comfortable by sitting or lying down.

Close your eyes if you wish.

STEP
2

STEP
3

Slowly tense each muscle individually for 10 seconds and then release – all while breathing normally.

If you're holding a lot of stress in a certain part of your body, focus on just relaxing that area.

STEP
4

STEP
5

Continue this exercise as long as you want.



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Stay Grounded Using Your 5 Senses

Relax Your Body, Take a Few Deep Breaths and Focus on the Following...

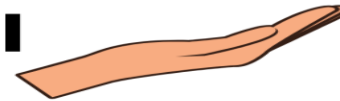
5

Things You Can See



4

Things You Can Feel



3

Things You Can Hear



2

Things You Can Smell



1

Thing You Can Taste



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You are not alone.

Thousands of parents contact us every year and get the help they need.

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E: parents@youngminds.org.uk
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