

# 7 TOP TIPS FOR STRESS-FREE SATS

With pupils experiencing more tests in childhood than ever before, it's no surprise that SATs stress is a real thing.

And no matter how relaxed we try to make children feel, it's to be expected that there will be an element of nervousness and anxiety surrounding SATs week. That's why we've pulled together some quick and easy tips to share with your pupils.

## Brain food

Breakfast is one of the most important meals of the day - try swapping your favourite sugary cereal for wholegrain toast and porridge instead. And throw some fruit into the mix to sweeten things up like bananas, strawberries or blueberries.



## Get some fresh air

It's a great way to de-stress and wake up those tired brains.



## Celebrate success

Stay positive and celebrate your achievements no matter how big or small, whether that be doing well on a test paper or getting in an early night's sleep, it all deserves a pat on the back.



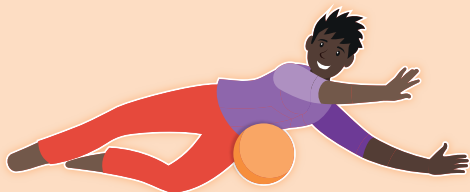
## End on a high

Make a plan to have something to look forward to after SATs weeks. It's important to be proud of all your hard work - maybe arrange a celebratory picnic or hang out with your friends and family at the park, it doesn't have to cost anything, just do something you enjoy!



## Go exercise

Physical activity is great for de-stressing when you feel yourself getting frustrated with practice papers. Take a quick 10-minute break and do something you enjoy - whether that be kicking a ball around or riding your bike, it's up to you!



## Focus on YOU

Don't worry about what your friends and classmates are doing or saying, everyone is different so just focus on doing the best you can, that's what matters.



## Take a break the night before

Cramming in extra practice the night before your test will introduce extra stress, lower confidence and wear you out. It's better to be relaxed and well rested the night before a test.

