

ACTIVITY: BITESIZE EXAM STRESS SESSION PLAN

Resilience Focus Area: **Emotions and Behaviour**

Learning Outcomes:

- Young people to identify signs of stress
- Young people to be able to select and use strategies to help them manage exam stress



Time	Activity	Method	Resources
	SIGN IN & CHECK IN	<p>Ask young people to complete Sign In sheet</p> <p>Ask the group to say how they are feeling from 1-10 and if they want to share why</p>	<p>Sign In Sheet</p> <p>Pen</p>
	WELCOME & LEARNING EXPECTATIONS	<p>Explain to the young people we are working with what the aims and objectives of the session are.</p>	<p>Pen</p> <p>Flipchart</p>
	ICEBREAKER SAY WHAT YOU SEE ACTIVITY	<p>Split the group into teams. Handout a piece of flipchart and a pen to each team. Ask the teams to number themselves and tell them they will need to take it in turns. Explain you will stand in a set position, equidistant to each team. From there, you will give them a word and they will need to go back to their teams and draw something that represents that word. They can't use letters nor their voice, only images. Once someone in the team says the key word, the next person goes, repeats that word to you and you give them the next word. And so it goes on. The first team to complete all of the words is declared the winner. For those familiar with 'Pictionary' it is the same principle.</p>	<p>Flipchart</p> <p>Pens</p> <p>Say What You See List</p>
	DISCUSSION INTRODUCTION TO EXAM STRESS	<p>Talk to the group about how it is understandable that exam stress can be really challenging and how it is a negative reaction to an excessive pressure.</p> <p>Ask the group to discuss 'What is exam stress?' Write down their thoughts on the flipchart</p>	<p>Flipchart</p> <p>Pens</p>

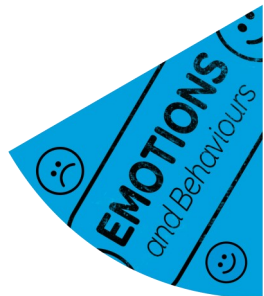
Time	Activity	Method	Resources
	<p>ACTIVITY</p> <p>WATCH THE 'MR BEAN' EXAM SCENE VIDEO</p>	<p>Watch the Youtube clip:</p> <p>https://www.youtube.com/watch?v=9LhLjpsstPY</p> <p><i>There are a number of other clips that could be shown out there, choose one that is best suited to your audience</i></p> <p>Discuss the young people's thoughts from the clip.</p>	<p>Laptop</p> <p>YouTube Link</p> <p>Speakers</p>
	<p>DISCUSSION</p> <p>WHAT IS IT ABOUT TESTS OR EXAMS THAT MAKE YOU FEEL STRESSED?</p>	<p>Ask the group to share some of their fears about tests and exams. Capture these by writing them up on the flipchart. Give the group some suggestions, for example: "What if I go blank and don't remember anything?"</p> <p>Give the group further prompts if required with suggestions including:</p> <ul style="list-style-type: none"> • Fear of failure • Pessimism and thinking the worst • Unrealistic expectations • Feeling unprepared • Ending or starting a new schools year or term • Performance anxiety <p>Display what the group have said</p>	<p>Flipchart</p> <p>Pens</p>
	<p>ACTIVITY</p> <p>SIGNS OF EXAM STRESS</p>	<p>Handout the body outline templates and pens. Ask the group to think of all the signs of stress they can and what that 'looks like'. Give some initial prompts that might include:</p> <ul style="list-style-type: none"> • Skin breakouts • Losing touch with friends • Racing heart and sweating 	<p>Body outline templates</p> <p>Pens</p>

Time	Activity	Method	Resources
	<p>ACTIVITY</p> <p>SIGNS OF EXAM STRESS</p> <p>Continued...</p>	<ul style="list-style-type: none"> • Difficulty making decisions • Mild chest tightness or pain • Nausea or minor stomach upsets • Blaming others, anger or frustration • Problems going to sleep or waking up • Teeth grinding, nail biting and fidgeting • Feeling or thinking negatively about the future • Feeling crank and irritable (increased yelling, crying, swearing, lashing out, etc) 	
	<p>ACTIVITY</p> <p>WATCH THE STRESS BUCKET VIDEO</p>	<p>Watch the YouTube clip:</p> <p>https://www.bing.com/videos/search?q=stress+bucket&&view=detail&mid=DEBBC39C969654D81D8CDEBBC39C969654D81D8C&&FORM=VRDGAR&ru=%2Fvideos%2Fsearch%3Fq%3Dstress%2Bbucket%26FORM%3DHDRSC3</p> <p><i>There are a number of other clips that could be shown out there, choose one that is best suited to your audience</i></p> <p>Discuss the young people's thoughts from the clip.</p>	<p>Laptop</p> <p>YouTube Link</p> <p>Speakers</p>
	<p>DISCUSSION</p> <p>WHAT ARE SOME OF THE THINGS YOU COULD DO TO HELP YOU PREPARE FOR TESTS & EXAMS?</p>	<p>Ask the group to reflect on what they currently do that helps. On flipchart, capture all of their suggestions. Perhaps share some suggestions with them. For example:</p> <ul style="list-style-type: none"> • Helpful things to tell yourself e.g. <i>I tried my best, I did well last time, I have revised and I know this topic, I can plan what I will do</i> • Create a timetable • Use revision techniques 	<p>Flipchart</p> <p>Pens</p>

Time	Activity	Method	Resources
	<p>DISCUSSION</p> <p>WHAT ARE SOME OF THE THINGS YOU COULD DO TO HELP YOU PREPARE FOR TESTS & EXAMS?</p> <p>Continued...</p>	<ul style="list-style-type: none"> • Enjoy social time • Get enough sleep • Eat healthily • Be aware of conflict with others • Practice • Work with someone who also has a test or exam • Take breaks – every 25 minutes • Use flashcards • Use visual diagrams • Read your notes aloud (in funny voices) and then test yourself • Speak to your teacher <p>Discuss with the group what has worked for them. Count up what are the most popular suggestions.</p> <p>Talk about how they prepare leading up to the day of the test / exam. Ask the group if they think about these ideas:</p> <ul style="list-style-type: none"> • Make sure you know when and where the exam is taking place • Plan your route and allow yourself plenty of time • Set the alarm • Pack all of your equipment – pens, notes and bottles of water and snacks • Do some breathing techniques 	

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	<p>ACTIVITY</p> <p>PLAYDOH GAME</p>	<p>Handout pots of playdoh. One pot per person. Ask the group to take some play dough and shape something to represent what they like to do for example a hobby, an interest, a sport, etc. Ask them to keep it to themselves for now.</p> <p>Once everyone has finished, ask the group to share what they have created.</p>	<p>Playdoh pots</p>
	<p>ACTIVITY & RECAP</p> <p>TOP TIPS</p>	<p>Take a small bottle of fizzy pop and shake it up with the lid on. Ask the group what happens if we take off the lid? Use this as a metaphor for what happens when you get too stressed.</p> <p>Review with the group all of the things they have suggested and discussed so far. Ask the group to feedback on what they will take away from the session and use. Ask them to put together their Top Tips for dealing with exam stress. Ask the group to individually complete the template with their ideas. Once completed, collate all of the handouts and take a photograph.</p> <p>See Childline handout: https://www.childline.org.uk/globalassets/info-and-advice/school-work-and-college/school-and-college/exam-stress/beat-exam-stress.pdf</p> <p>Give them the 5 top tips to take away with them.</p> <ol style="list-style-type: none"> 1. Recognise what makes you stressed 2. Try to prepare in advance 3. Be kind to yourself - Remember all your strengths 4. Be proactive and do things to support your emotional wellbeing 	<p>Fizzy Pop Bottle</p> <p>Top Tips for Dealing with Exam Stress template</p> <p>Pens</p> <p>iPhone / Camera</p> <p>Childline Handout</p>

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	ACTIVITY & RECAP TOP TIPS Continued...	Remind the group: REMEMBER you cannot reduce all stress, but you can better manage it! The test or exam results will tell you something, but they will not tell you everything. There are many ways of being smart. You are smart! SO while you are preparing for the test and in the midst of it all, remember there is no way to 'test' all of the amazing and awesome things that make you, YOU!	
	EVALUATION & CLOSE SESSION	Ask the group if they have any feedback or questions. Ask the group to complete the session evaluation forms. And finally, check out with everyone as before	Evaluation Forms Pens

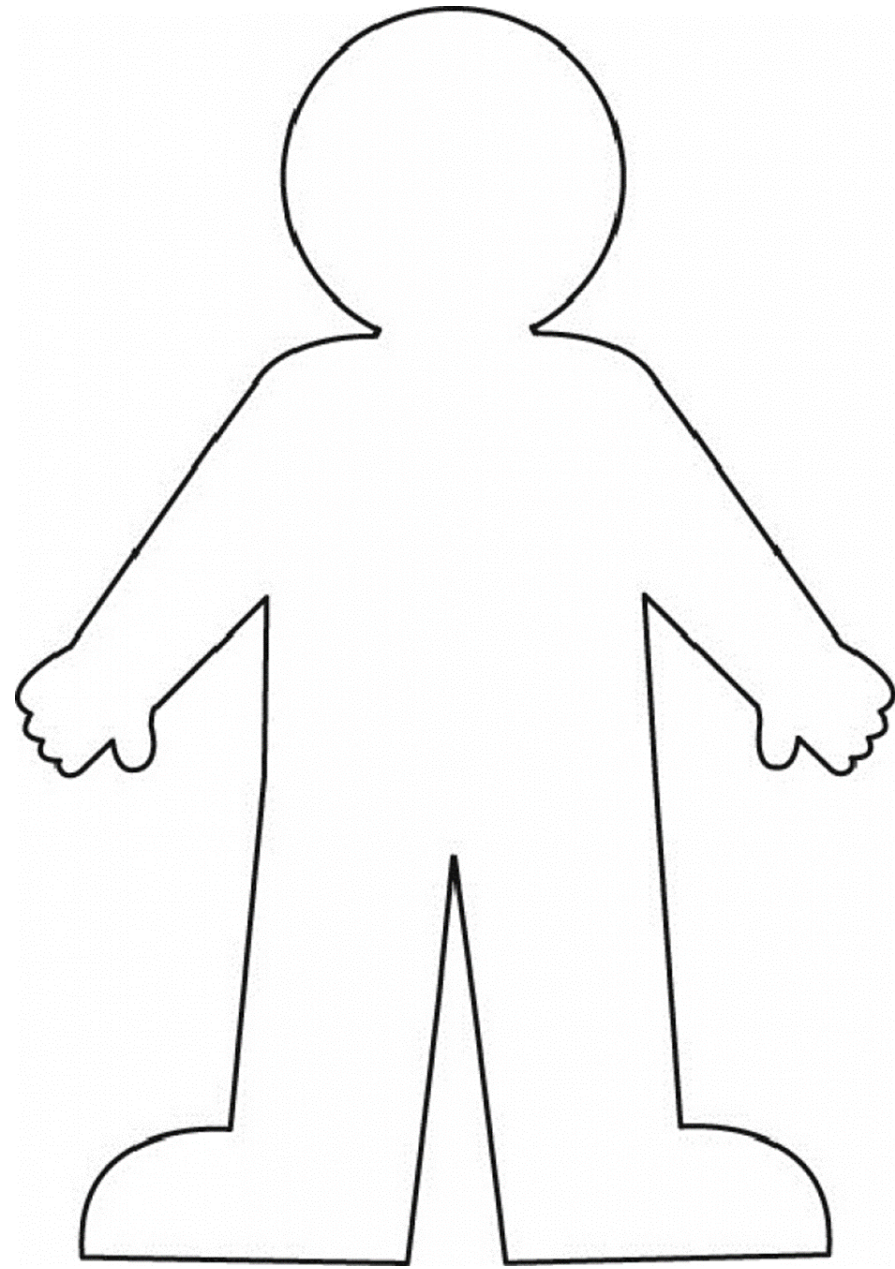


To access more resources, information and advice visit

www.KentResilienceHub.org.uk

www.MoodSpark.org.uk





Dog
Television
Fruit
School
Can of Coke
Long Hair
Mountain
YouTube
Biscuits
Fish
Spaghetti
Clock
Swimming
Mobile
Harry Potter
Music
McDonalds
Castle
Train
HeadStart



PREPARING FOR TESTS & EXAMS

Share other suggestions with them:

- Helpful things to tell yourself e.g. *I tried my best, I did well last time, I have revised and I know this topic, I can plan what I will do*
- Enjoy social time
- Get enough sleep
- Eat healthily
- Be aware of conflict with others
- Practice
- Work with someone who also has a test or exam
- Get some support and speak with your teacher, family & friends, Kooth

On the day:

- Get up early & have a good breakfast
- Do some breathing techniques

In the exam:

- Pace yourself
- Read the instructions before you start
- Ask if anything is unclear
- Read through all of the questions before starting
- Leave time at the end to read through all you have written
- Plan how much time you will need for each session

Don't forget about the HeadStart website, Kooth and Mindfulness – Square Breathing too!