

EXAMS



ASK FOR HELP

IF YOU DON'T KNOW ABOUT SOME TOPICS;
ASK FOR HELP.
DON'T FEEL ASHAMED ASKING FOR HELP

ChildLine
0800 1111



EXERCISE, PLAY SPORT,
AND BE ACTIVE. THIS WILL
HELP IMPROVE YOUR ABILITY
TO THINK CLEARLY



REGULAR
EXERCISE



REVISE AND
PREPARE

PLAN YOUR REVISION. FOCUS TIME
ON AREAS WHERE YOU CAN BE
STRONGER. DON'T LEAVE
EVERYTHING TO THE LAST MINUTE



TAKE CARE OF
YOURSELF

PRACTICE BREATHING EXERCISES
& GET GOOD SLEEP - THIS IS
SIMPLE AND MAKES A POSITIVE
IMPACT. 8HRS SLEEP IS HEALTHY.



RELAX AND
GOOD SLEEP

MAKE SURE YOU EAT WELL AND
DRINK PLENTY OF WATER, IT WILL
HELP WITH CONCENTRATION

