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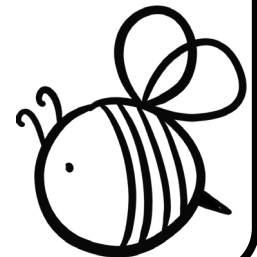
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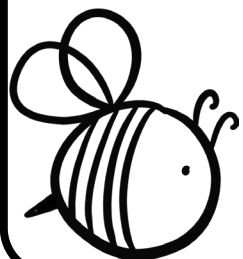
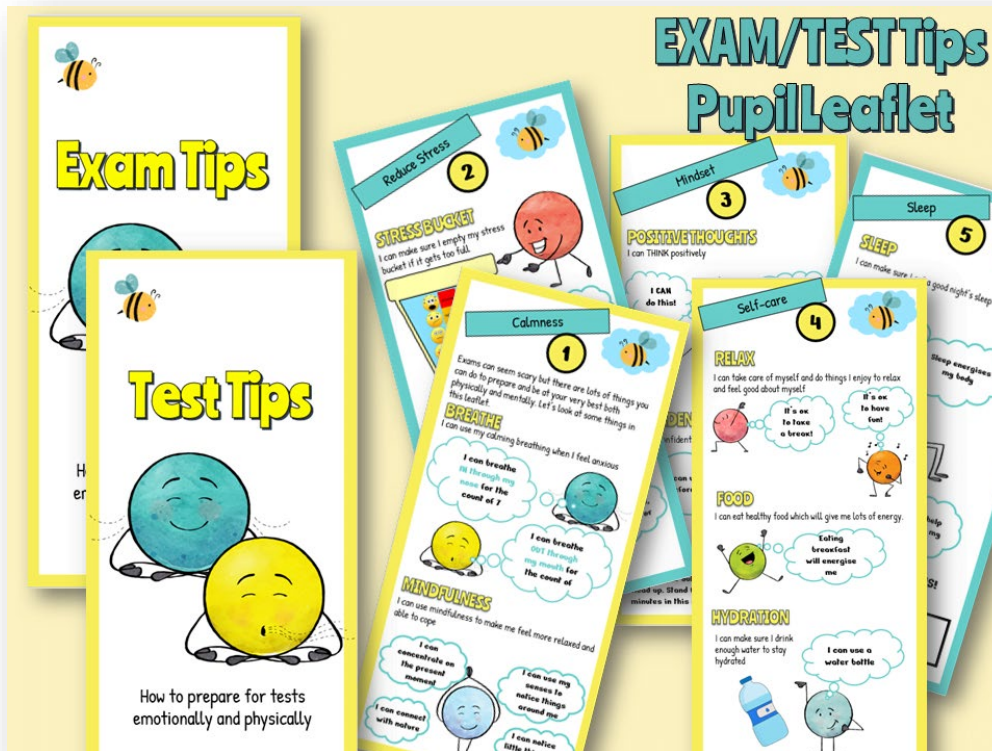




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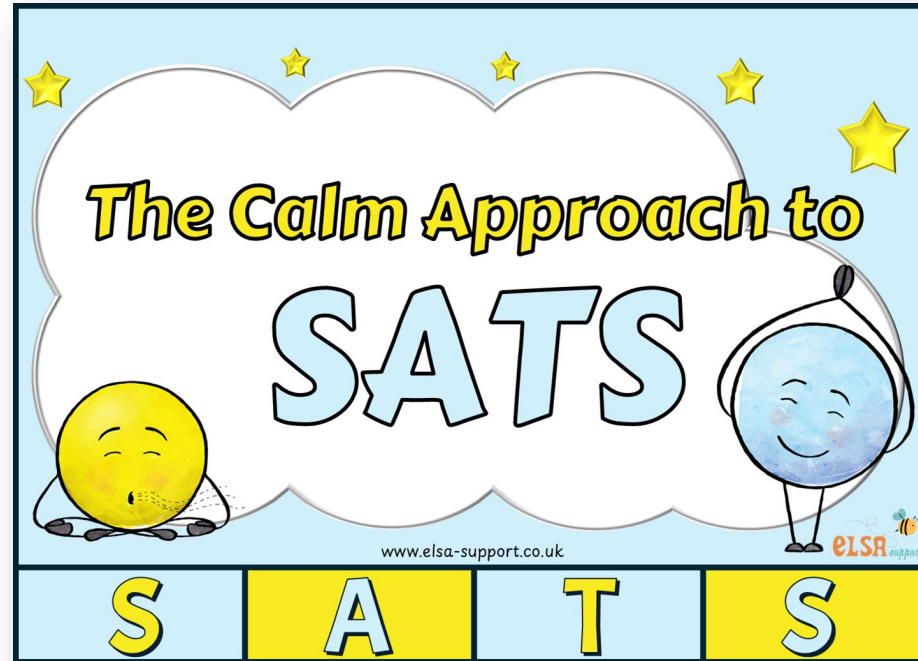


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The calm approach to SATS

Cut out all the pieces, arrange as shown below and staple at the top.



How to Use This Booklet:

S - Slow Down and Breathe

This activity will calm the body. Pupils practice the breathing technique as they colour in the mandala.

A - Affirmations

This activity will calm the mind. Pupils can choose an affirmation from the list or write their own. They can then draw their reflection in the mirror as they repeat their affirmation to themselves.

T - Take Care of Your Body

This activity will calm the body and mind. Pupils can choose 3 things from the list and then draw symbols to represent each one. Eg a bottle for hydration, a bed for sleep, a speech bubble for self talk.

S - Sense the Moment

This is a grounding activity to help pupils stay in the moment. They can doodle, draw or write things in each cloud that they can observe in the present moment.

Staple here



The Calm Approach to

SATS



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Staple here

S low breathing

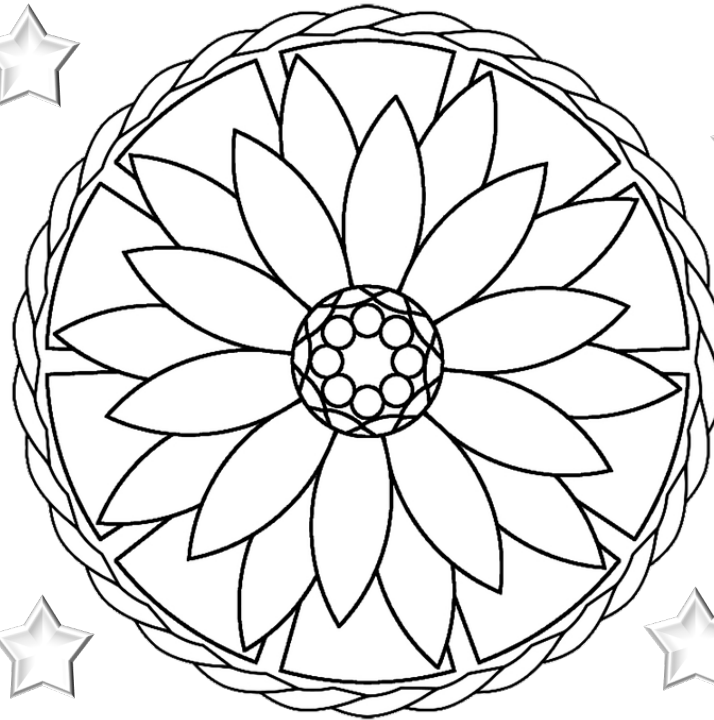
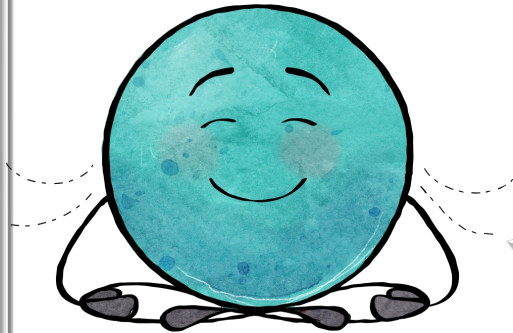
Slow breathing calms the body?

Colour the mandala whilst practising slow and steady breathing.

Breathe in for the count of 7 and out for the count of 11.

1

Breathe in
1 2 3 4 5 6 7



2

Breathe out
1 2 3 4 5 6 7
8 9 10 11

If you are feeling
worried, stressed or
anxious try this. It
will calm your body

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S

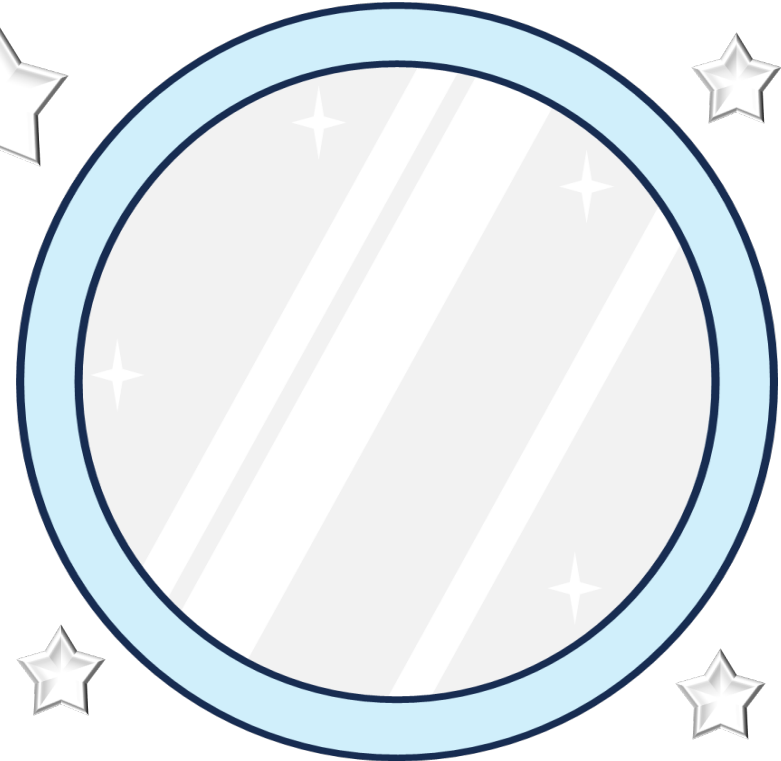
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Affirmations

Affirmations or positive thoughts can calm the mind.
Choose one of these or create your own.

- I have worked hard and am ready
- I can stay calm and focused
- One question at a time - I can do this!
- It's ok to take a deep breath and pause
- I don't have to be perfect, just do my best
- I am capable and strong
- I can handle tricky questions calmly
- I believe in myself
- My efforts matter more than perfection
- I am proud of how far I have come

If you are having negative thoughts, try using your affirmation to calm your mind



Draw your reflection as if you are looking in the mirror. Repeat your affirmation in your mind as you draw. Remember your affirmation and repeat it in your mind often.

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A

Staple here

Take care of yourself

Taking care of yourself is about supporting your whole body and mind.


Choose three things from the checklist that will help you the most.

- I will get good night's sleep
- I will eat a healthy breakfast
- I will drink enough water
- I will do some exercise
- I will take deep breaths when I need to
- I will say something kind to myself
- I will have a quiet moment to relax
- I will speak to someone if I am worried
- I will pack everything I need for school
- I will remember that it's ok to just do my best!

Taking care of yourself will support your whole body and mind. Make sure to do as many of these as possible before the SATs

My SATS
superpowers

Draw symbols to represent the three things below.

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T

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Sense the moment

Staying in the moment is a grounding activity that will keep you in the present moment and focused. Jot or draw things in each cloud that your senses can see, hear, smell, feel and taste right now.



What can you see?



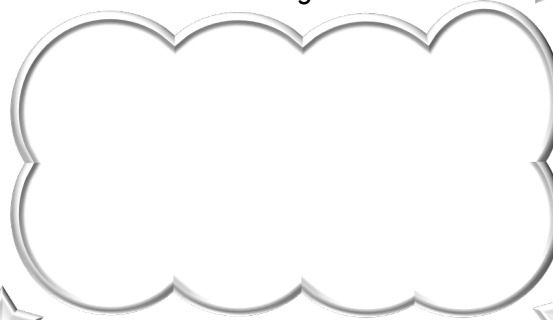
What can you hear?



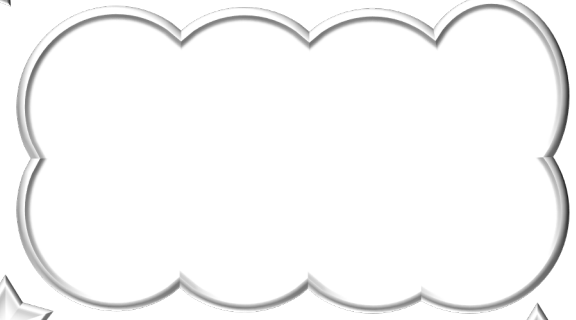
What can you feel?



What can you smell?



What can you taste?



If you are feeling anxious or worried, try using your senses to bring you back to the present moment



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S