

Year 6 SATs Preparation

With SATs week rapidly approaching on the week beginning the 12th May Year 6 are busy preparing for the event. Like any important event such as SATs, when people prepare they may begin to feel uncomfortable emotions including stress, pressure, frustration, worry or disappointment. Although these are all natural feelings to have, it is important not to try not to become too worried or anxious about them and try to regulate your feelings and become more comfortable. Here are some ideas to help:

Ways to help wellbeing in the run up to SATs

- Start with getting a good night's sleep.
- Repeat to yourself that you are prepared, relaxed and ready.
- Listen to a favourite, happy song in the morning to start your day in a positive mood.
- Make your bedroom a calm space.
- Switch off any distractions when you are working such as phones, TVs and music.
- Keep drinking water and have regular healthy snacks.
- Try writing anything down that is worrying you before you get into bed.
- Read your favourite book the night before.
- Think about SATS as an opportunity rather than a test.
- Try other relaxation techniques such as, mindful colouring or meditation for a few minutes.
- Think about all the times when you have been worried about something and you have overcome it. Focus on that feeling.
- Use a worry box or designated worry time to help manage any worries.
- Count to ten slowly and then repeat if needed.
- Splash your face with cold water.
- Think about where you are happiest and imagine that you are there.
- Get a bath or shower the night before to help you relax and feel refreshed.
- Clench and unclench your fists. Think about how your body feels when your fists are tight and then think about how it feels when they are relaxed. Try to keep your body relaxed.



Remember: You're almost there - you got this.

If you do have any worries please talk to an adult either at home or at school! We will listen and help however, we can.

Mr Holder and Mrs Ferris