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(for adults & children)

*10 tips to support your
young person to 'shine
brightly through the exam
season storm.'*



1. Make a realistic revision timetable and stick to it.
2. Work in a comfortable, quiet space (noise cancelling headphones can be useful).
3. Break revision into subjects and bite sized chunks.
4. Include online revision video clips and quick quizzes too.
5. Take regular rest and movement breaks
6. Integrate exercise and get outside every day.
7. Fuel your body regularly with healthy food
8. Hydrate your brain by drinking plenty of water.
9. Reward your hard work with something you enjoy.
10. Rest with at least 8 hours sleep every night.

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