

Stress Buster Timetable

Here are some best practice ideas to make the test/exams weeks as stress-free as possible. Our Teachers' Insight Group pooled all their good ideas (for primary, secondary and special schools) and came up with a timetable that would really help children cope with the pressure at this time. Of course, it's unlikely that any school would be able to all of these, but we were really inspired by how creative schools were in finding ways to support the mental health of their pupils.

	Monday	Tuesday	Wednesday	Thursday	Friday
Before school	Breakfast club	Breakfast club	Breakfast club	Breakfast club	Breakfast club
Morning		Free time	Assembly - Managing stress		Rounders
During lunch break	Meeting my mentor	Subject drop-ins	Daily mile	Peer mentor support	
Before test/exam	Mindfulness			Listening to music	
After school		Volley ball	Film club		Curiosity Friday

Meet my Mentor

Every child is allocated a member of staff, who supports them during exam/test week.

Breakfast Club

Asking children to come in every morning of SATs week for toast and juice. Relaxed way to start the day and get in on time.

Subject drop-ins

Subject teachers hold open surgery for children to ask about certain questions, topics

Curiosity Friday

Having some down time with staff who bring along a skill, e.g. making smoothies, Zumba dancing, singing, martial arts.

Mindfulness sessions

5/10 minute slots throughout the day to help ground young people. You could use our Balance Activity resource.

Peer mentor support

Having prefects/mentors on hand for chats and advice

Daily Mile

Getting as many students and staff as possible to run for one mile/kilometer. No need for PE kits, just some quick exercise and fresh air