1. Remember that all the while you are holding your students in mind, tests and exams can be stressful for you too.

2. Make sure you seek out your friends and colleagues and share the challenges of your day.

3. You can do a lot for a lot of children, but sometimes you can’t do it all. If you are struggling to support a student, enlist the help of other staff members.

4. You may feel very emotionally invested in the young people you teach, so remember your own self-care routines during this time.

5. Celebrate the end of the tests or exams and feel proud of all that you’ve achieved.