Balance Activity

This activity is helpful for children to identify things they can do to release the pressures of revision and exams.

- Using the wings template, ask children to fill out one side of the butterfly with what needs to get done in their school work (and possible worries).

- Then ask them to think about all the things they do (or could do) to get a good balance in the run up to tests or exams, e.g. playing sport, going out with a friend, reading a good book, watching their favourite programme.

- Some children may not be able to think of many positive activities to do with their time, so it might be good to do this in pairs or small groups.

- Explain the importance of having a good mix to help them relax, de-stress and recharge. And encourage them to put these positive activities into their revision timetable too.

- You could revisit this by asking the children what de-stressing activities they are enjoying and finding helpful each week.
Butterfly of Balance

Fill in the butterfly wings.
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Activity for children

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