Year 10	**Lesson 3 Coping with Exam Stress**
Ground Rules	**Slide of ground rules**
Warm-up	Introduction outlining positive and negative effects on body and mind In Groups of 4: • Discuss and list what you think the sources of exam stress are • Share them with the class Feedback and discussion - use Causes of Exam Stress and compare with feedback • Teacher to record feedback
Lesson Aims	Today we are going to - taken from the PSHE Association Curriculum Framework 2014 (updated 2017) • Understand strategies for managing exam stress and emotional wellbeing
Anxiety And Stress	Test Anxiety, affects most people even if confident and know the subject – stress causes this In Groups of 4: • Using the Signs of Stress handout, look at some of the symptoms and make 2 lists: – List 1 of those that you think are normal stress and pressure associated with exams and tests – List 2, those that you think are more serious and where you think people should seek help – Explain the reasons for your choices Feedback and Class discussion • Teacher can record as appropriate
Dealing With Stress	How Do I Deal With Stress, sprawled in front of TV, being online or trying to catch up with sleep at weekends don't help No magic wand, we have to learn to control stress through positive action
Strategies For Dealing With Stress	• Teacher can record responses to action below as appropriate Be careful about what you eat and drink: • Class – what sort of things can you do here? Discuss and use examples as comparison

	Get Enough Sleep: • Class – what sort of things can you do here? Discuss and use examples as comparison Take Regular Exercise: • Class – what sort of things can you do here? Discuss and use examples as comparison Control Your Breathing, how doing this effectively reduces stress Make Time For Fun, building important leisure time into your schedule
How To Manage	Exam Stress No Problem! A short video where students identify issues and approaches in how to resolve them Discuss and feedback • Teacher can record as appropriate Improve Your Study Skills, being in control reduces stress Class Exercise: • Can any of you share your good practice on how you prepare for exams and how this reduces your stress levels Feedback and Class discussion – use Improve Your Study Skills, Planning and Study To Learn examples as comparisons against the ones the class have highlighted • Teacher can record as appropriate
Personal Planning	Personal Exercise: • Complete your personal plan including activity against each of the criteria – an example completed personal plan is included to guide you • What impact do you think producing and sticking to your plan will have on your stress levels and mental health? • Be prepared to share one area from your plan and impact with the class Feedback and Class discussion – use Improve Your Study Skills examples as comparisons against the ones the class have highlighted • Teacher can record as appropriate
Help and Support	Where to go for any help and support and a handout listing organisations they can approach confidentially As School Nurses visit schools at different times and days, teachers need to ensure they

	cover their schools dates and accessibility rules in this section
	Teachers need to cover the 'Your guide to children and young people's emotional health services
Evaluation	Your reflection and feedback is important!
	• Use 'What I Learned Today' evaluation form – students to complete these anonymously and hand them in for teacher to review and assess.