FREE PRACTICAL RESOURCE

Mock Exam Calm Checklist

A simple seven-day reset for young people who feel overwhelmed, stuck or unsure where to begin.

For young people, parents and carers

SMALL STEPS. LESS PRESSURE. A CLEARER START.

Seeing every child. Hearing every voice.

Free to download, print and share

THE WEEK BEFORE

Make the next step smaller

You do not need a perfect revision plan. Choose one useful task, make it small enough to begin and repeat that approach tomorrow.

A calmer revision block

- ☐ Choose one topic, not a whole subject.
- ☐ Set a timer for 20-25 minutes.
- ☐ Test yourself: recall, questions or flashcards.
- ☐ Take a short break away from the screen.
- ☐ Write down the next step before stopping.

Protect the basics

- ☐ Keep sleep and wake times reasonably steady.
- ☐ Eat and drink regularly.
- ☐ Prepare equipment before the morning.
- ☐ Include movement, fresh air or quiet time.
- ☐ Tell someone if stress is becoming unmanageable.

Try this when starting feels impossible

Say: 'I only have to work for five minutes.' Open the correct page, answer one question or write three bullet points. Starting is the goal; continuing is a bonus.

My seven-day mini plan

Day	One small revision goal	What will help me start?
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		
Day 6		
Day 7		

Keep goals specific: 'Complete five algebra questions' is easier to start than 'Revise maths'.

WHEN PRESSURE RISES

Reset, then choose one action

Stress can make the next step feel bigger than it is. Use this short reset before deciding what to do.

The 60-second reset

- ☐ Put both feet on the floor and drop your shoulders.
- ☐ Breathe out slowly for longer than you breathe in.
- ☐ Name what is happening: 'I feel stressed; I am not in danger.'
- ☐ Choose one action that takes less than five minutes.
- ☐ If you still feel stuck, ask one person for help.

Helpful parent phrases

'What feels hardest to start?'

'Shall we choose one small task together?'

'You do not have to solve everything tonight.'

'What would make tomorrow feel easier?'

Exam-morning check

- ☐ Correct time and location
- ☐ Pens and required equipment
- ☐ Water and suitable food
- ☐ Travel plan and enough time
- ☐ One calm phrase: 'One question at a time.'

Pressure is not the same as progress

If revision repeatedly leads to panic, shutdown, sleeplessness or avoiding school, the answer is not simply more pressure. Speak with the school pastoral team, form tutor, SENDCO or GP as appropriate.

Was this useful?

We are testing practical resources for families and schools. Visit thepastoralhub.co.uk to find more free guidance and tell us what would help next.

General information only. This resource is not medical, therapeutic, legal or emergency advice. If someone is in immediate danger, call 999.