

Talk through exam -  
from revision lessons

Exam timetable	Seeing the clock
Revision lessons	Hearing the words turn your paper over
Personal revision	Finishing exam
Night before exam	Talking to friends
Day of exam	Traveling home
Leaving home	Going over exam questions in head
Travel to exam	Faces of parents/ carers
Talking to friends before exam	Waiting for results
Walking into exam	Finding results out
Finding table	Faces of parents

The Science Bit -

- Conscious/ unconscious mind
- Prefrontal cortex
- Hippocampus
- Critical faculty

Mindfulness Anxiety SOS 5432....1

Breathe deeply	
Notice your breath, in through the nose out through the mouth	
List 5 things you can SEE	
List 4 things you can HEAR	
List 3 things you can FEEL	
List 2 things you can SMELL	
List 1 thing you can TASTE	

The Learning State.

Hakalau Peripheral Vision

