

SATS Staying Calm Checklist

When young people are preparing for an important event such as SATS, they may feel uncomfortable emotions including stress, pressure, frustration, worry and disappointment. Young people can be encouraged to try the following ideas to help them feel calm and move back to feeling more comfortable emotions.

My Staying Calm Checklist

Start with getting a good night's sleep.

Repeat to yourself that you are prepared, relaxed and ready.

Listen to a favourite, happy song in the morning to start your day in a positive mood.

Switch off any distractions when you are working such as phones, TVs and music.

Keep drinking water and have regular healthy snacks.



Try writing anything down that is worrying you before you get into bed.

Use a positive affirmation in the mornings to help boost a growth mindset.

Talk to an adult about your feelings.

Try mindful breathing.

Read your favourite book the night before.

Try other relaxation techniques such as, mindful colouring or meditation for a few minutes.

Make your bedroom a calm space.

Think about all the times when you have been worried about something and you have overcome it. Focus on that feeling.

Think about SATS as an opportunity rather than a test.



Use a worry box or designated worry time to help manage any worries.

Count to ten slowly and then repeat if needed.



Think about where you are happiest and imagine that you are there.

Splash your face with cold water.

Get a bath or shower the night before to help you relax and feel refreshed.

Clench and unclench your fists. Think about how your body feels when your fists are tight and then think about how it feels when they are relaxed. Try to keep your body relaxed.