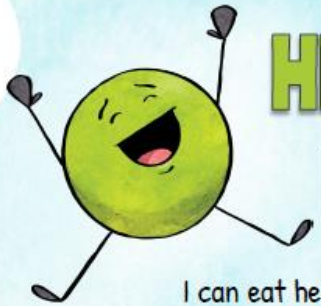
TEST TIPS

BREATHE



I can use my calming breathing when I feel anxious about my test.

HEALTHY FOOD



I can eat healthy food which will give me lots of energy.

MINDFULNESS



I can use mindfulness to make me feel more relaxed and able to cope.

SELF CARE



I can take care of myself and do things I enjoy to relax and feel good about myself before my test.

POSITIVE THOUGHTS



I can use my positive thinking about my test. I CAN do this!

EXERCISE



I can fit some exercise into every day. This will help boost my 'wellbeing' and make me less anxious.

SLEEP



I can make sure I get enough sleep the day before my test.

ELSA support