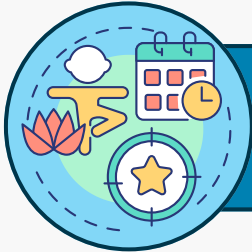


WHAT TO DO NOW EXAMS ARE OVER



1. Clear communication and routines

Can help your child transition smoothly following the end of exams.

2. Support emotional wellbeing

Take away the pressure. For many, the pressure is from within themselves to do well to please their teacher and family. At home reducing the pressure can be helpful.

- Reassure and remind your child of their many skills and strengths, their friendships and any planned holidays/trips that have been organised.
- Don't wait until results day to celebrate. You can acknowledge your child's hard work during exams by treating them to a favourite item or activity now. This then celebrates their effort and commitment, rather than only celebrating results.



3. Build awareness and have open communication with supporting adults

- Advise others, for example of observed behaviours, so they are aware of the need to increase existing supports if required. This could take the form of:
 - allowing the young person sufficient time to do more self-regulation and/or provide additional self-regulatory supports which can be easily accessed via YouTube such as:
 - breathing exercises
 - yoga
 - meditation
 - mindfulness
 - more need for quiet time/access to quiet spaces.



KEY TAKE AWAY MESSAGES TO REMEMBER

- **UNDERSTAND YOUR CHILD'S INDIVIDUAL NEEDS AND PREFERENCES** by asking what they need, providing clear communication (to your child and supporting adults) and taking away any additional pressures. Remind them of their strengths/skills and planned activities over the summer months.
- **CELEBRATE ACHIEVEMENTS** by spending time with your child doing things they enjoy so they, and you, can celebrate the completion of their exam achievements.

