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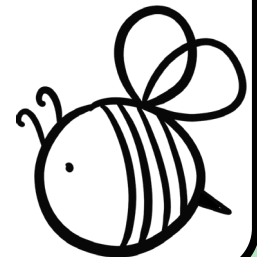
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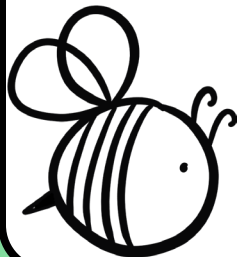




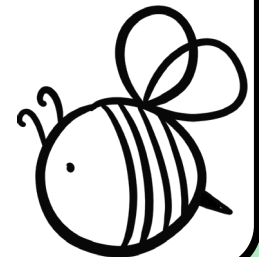
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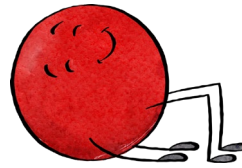
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BREATHE

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



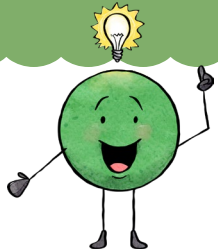
SLEEP

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



HEALTHY FOOD

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



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.



SELF CARE

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



MINDFULNESS

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



MY TEST TIPS





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MY EXAM TIPS