

## Before an exam

Nerves are normal. They are your body getting ready. Here is a calm routine.

- **The hour before:** water, arrive early, step away from the group panic.
- **Breathe out longer than you breathe in.** In for four, out for six. Repeat.
- **First five minutes:** read the whole paper, start with one you can do, underline the command words.

**If your mind goes blank:** pause, breathe out once, return to a question you can answer.

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## The night before

A calm night is worth more than a late one. Set yourself up to rest.

- Stop new material early. Cramming late costs more than it adds.
- Pack everything tonight: pens, ID, water, the right kit.
- Wind down off the screen. Let your body slow down.
- Sleep is revision. Memory is built while you rest.

**Aim for steady, not perfect.** Rested and calm beats tired and crammed.

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