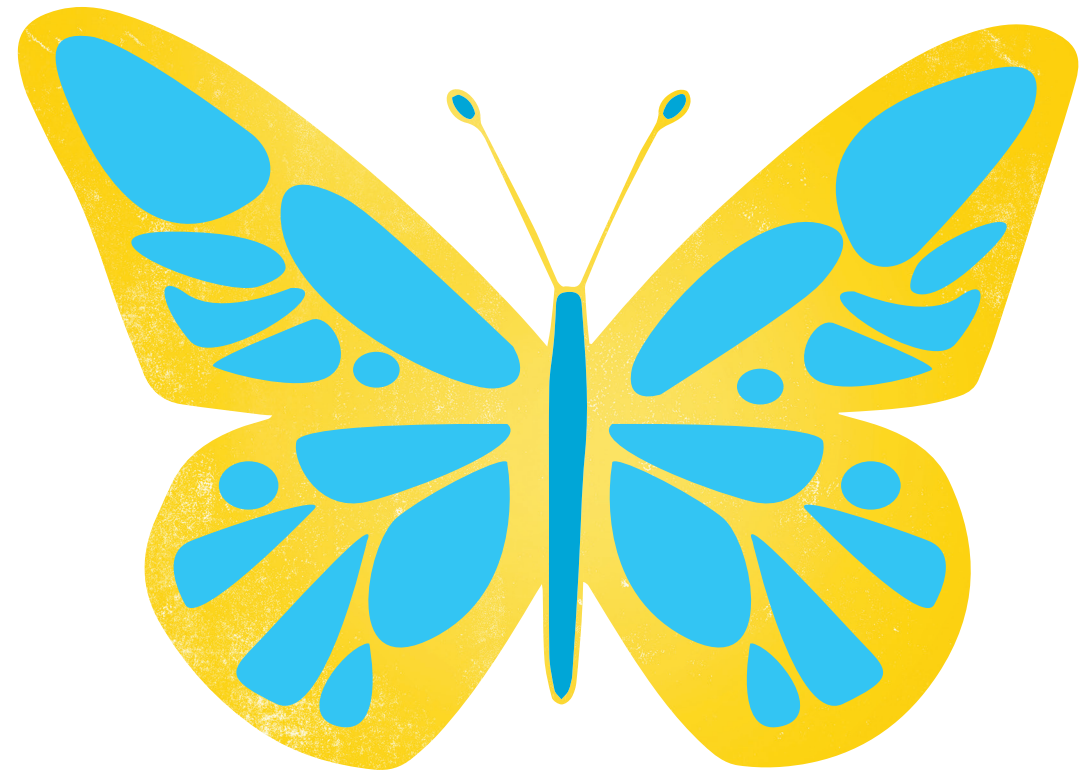


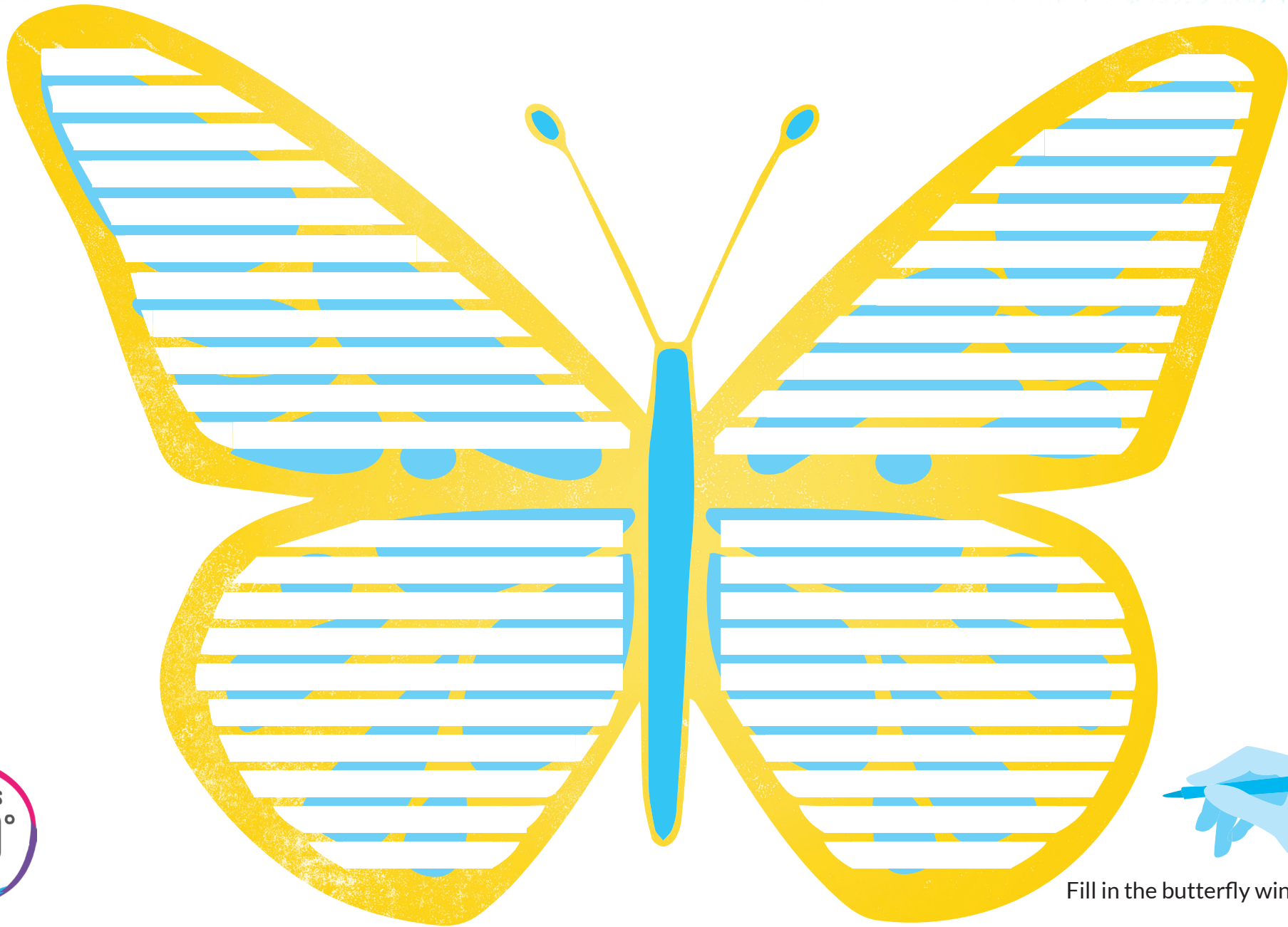
Balance Activity

This activity is helpful for children to identify things they can do to release the pressures of revision and exams.

- Using the wings template, ask children to fill out one side of the butterfly with what needs to get done in their school work (and possible worries).
- Then ask them to think about all the things they do (or could do) to get a good balance in the run up to tests or exams, e.g. playing sport, going out with a friend, reading a good book, watching their favourite programme.
- Some children may not be able to think of many positive activities to do with their time, so it might be good to do this in pairs or small groups.
- Explain the importance of having a good mix to help them relax, de-stress and recharge. And encourage them to put these positive activities into their revision timetable too.
- You could revisit this by asking the children what de-stressing activities they are enjoying and finding helpful each week.



Butterfly of Balance



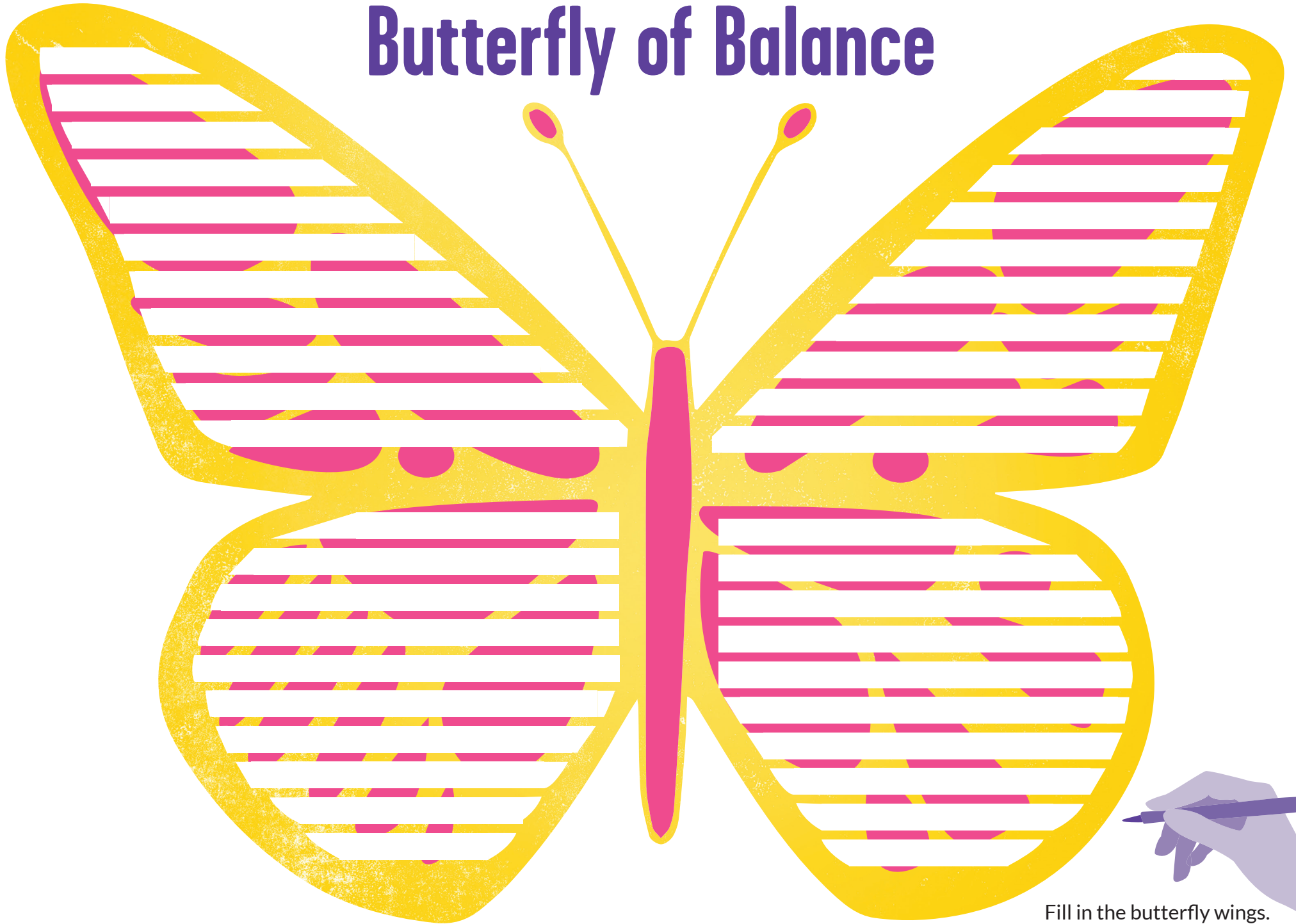
Fill in the butterfly wings.

Butterfly of Balance



Fill in the butterfly wings.

Butterfly of Balance

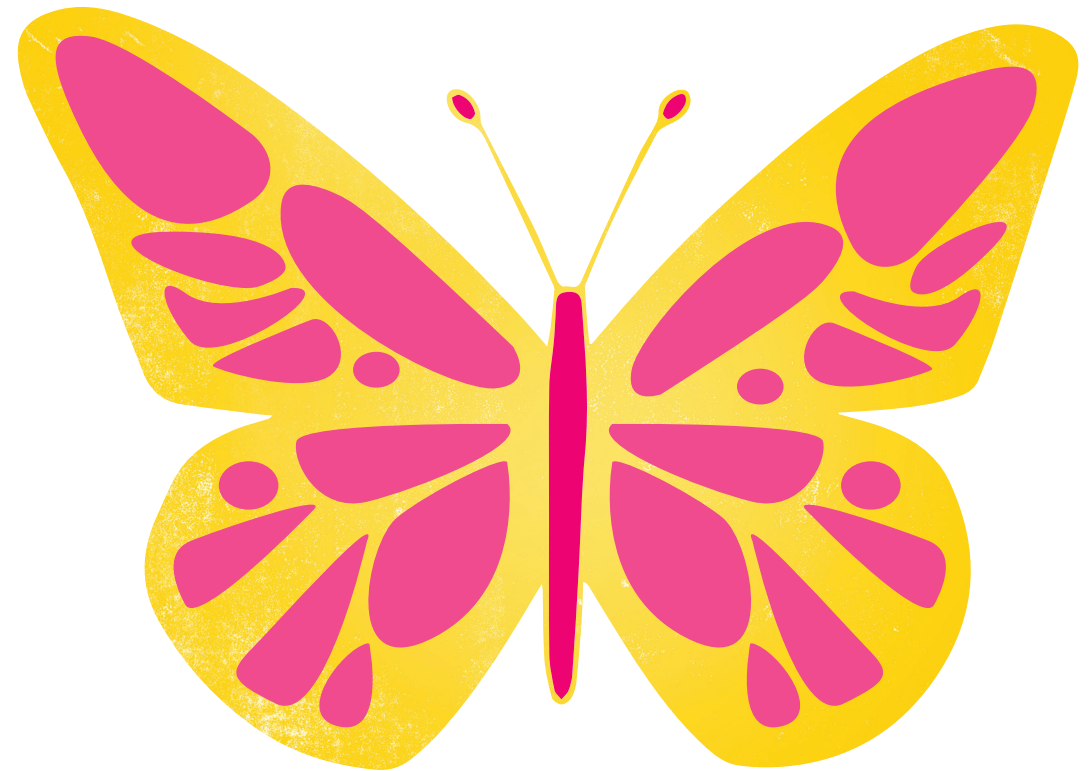


Fill in the butterfly wings.

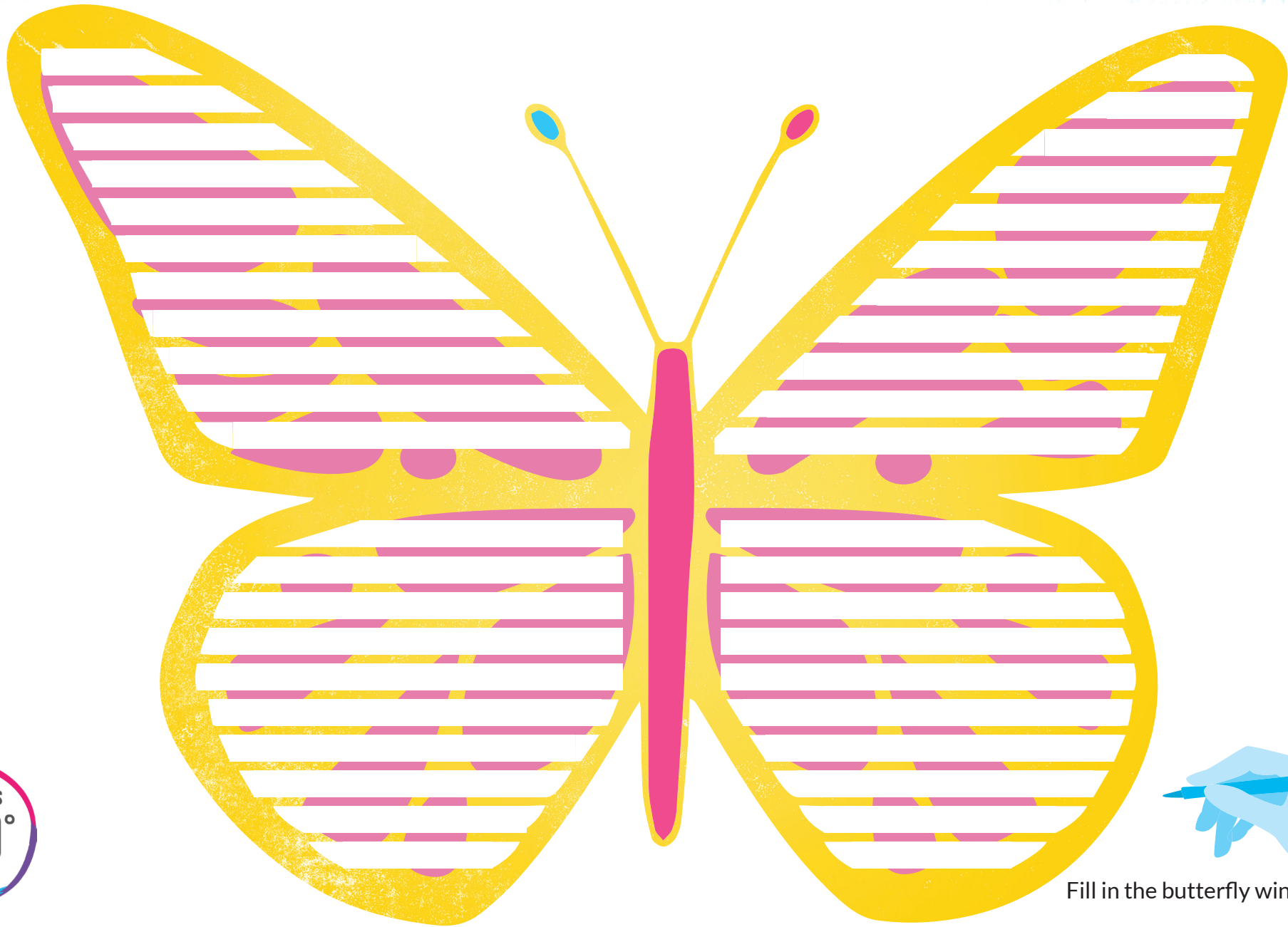
Activity for children

This activity is helpful for children to identify activities they can do to release the pressures of revision and exams.

- Using the wings template, ask children to fill out one side of the butterfly with what needs to get done in their school work (and possible worries).
- Then ask them to think about all the things they do (or could do) to get a good balance in the run up to tests or exams, e.g. playing sport, going out with a friend, reading a good book, watching their favourite programme.
- Some children may not be able to think of many positive activities to do with their time, so it might be good to do this in pairs or small groups.
- Explain the importance of having a good mix to help them relax, de-stress and recharge. And encourage them to put these positive activities into their revision timetable too.
- You could revisit this by asking the children what de-stressing activities they are enjoying and finding helpful each week.



Butterfly of Balance



Fill in the butterfly wings.