

Take a **quiz** to discover your needs in exam preparation

Which **tool** will you choose to prepare for your exams?



1 TELESCOPE



2 DARTBOARD



3 ACTION CARD



4 FLYING HAT



5 PLUSH CUSHION



6 THUNDERSTICKS

1. TELESCOPE

LOOK AHEAD

- ♡ Overcome hurdles with a growth mindset
- ♡ Engage in positive self-talk: "Do my best and no regrets"

2. DARTBOARD

SET SMALL GOALS

- ♡ Start with small goals which will make you motivated to achieve
- ♡ Reward yourself with treats when you achieve your goals

3. ACTION CARD

START EASY

- ♡ Make a To-Do list
- ♡ Do the easy one first

4. FLYING HAT

TAKE BREAKS

- ♡ Schedule short breaks to unwind
- ♡ Engage in relaxing activities like deep breathing, stretching, or listening to music

5. PLUSH CUSHION

TAKE CARE OF YOURSELF

- ♡ Have adequate sleep
- ♡ Have a healthy diet

6. THUNDERSTICKS

HAVE SUPPORT BUDDIES

- ♡ You'll never walk alone. Stay connected with friends
- ♡ A family meal warms your heart

StudyTips, # MentalHealth, # Wellbeing



Supporting Children During Exams



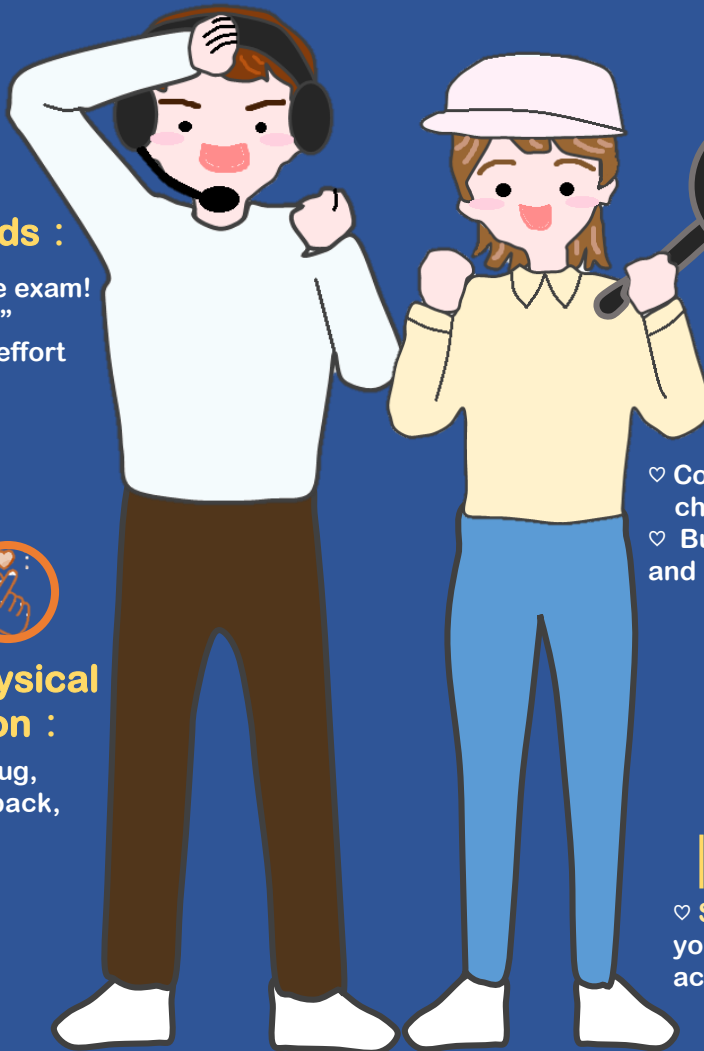
Affirmative Words :

- ♡ “You work hard for the exam! I really appreciate that!”
- ♡ “I see that you’ve put effort when you are doing the revision.”



Appropriate Physical Communication :

- ♡ Give your child a hug, smile, or pat his/her back, arms or shoulders



Warm-hearted Support :

- ♡ Cook the dishes that your child like
- ♡ Buy your child the supplies and stationery that he/she needs



Dedicated Time :

- ♡ Spend quality time with your child. Do some healthy activities together

