

BE THE  
ROLE MODEL  
YOU NEEDED  
WHEN YOU  
WERE YOUNGER

EVERYTHING YOU DO,  
YOU'LL DO BETTER WITH A  
GOOD NIGHT'S SLEEP,

ARIANNA HUFFINGTON  
PICTUREQUOTES.COM

TAKE A DEEP BREATH.  
GET PRESENT IN THE MOMENT  
AND ASK YOURSELF  
WHAT IS IMPORTANT  
THIS VERY SECOND.

-Drew McKeon, ESSENTIALISM

# Perform your Best



THERE  
COMES A TIME  
WHEN YOU  
HAVE TO CHOOSE  
BETWEEN  
TURNING THE  
PAGE AND  
CLOSING THE  
BOOK.

Children are great  
imitators. so give  
them something  
great to imitate.

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GOALS HAVE TO  
BE REALISTIC  
AND FLEXIBLE

SHANNON MILLER  
PICTUREQUOTES.COM

Work  
Smarter  
not  
harder.

SUPPORTING  
ANOTHER'S SUCCESS  
WON'T EVER  
DAMPEN YOURS.

Disconnect from  
technology  
and reconnect  
with each other.


- Rosemary Wiseman  
QUOTEDIARY.COM

Almost everything  
will work again if  
you unplug it for a  
few minutes,  
including YOU."

-Anne Lamott

# How can you help your child and support them to perform well in the Mock Exams?

1. Being a role model
2. Help them set realistic goals
3. Keep them active
4. Healthy eating
5. Give them time out
6. Ensure they have a regular and sensible sleep pattern
7. Unplug the technology at an agreed time
8. Stay calm and cool
9. Believe in them
10. Be supportive



Each day you can support your child to make choices which can impact how they perform during the exam period