

# Beat SATs stress!

## Objectives

- To look at some stress-reducing strategies for children during their SATs.

## Resources

You might like to make the list of 'stress busting' tactics into an OHT.

## Assembly type

- Class assembly for Year 6.
- Discussion.

## Background

This assembly is useful to do about a month before SATs are taken.

## Introduction

- Repeat the saying, 'Your school days are the happiest days of your life'.
- Tell the children that you hope that this is true in general. However, there are bound to be some things about school that will bother them at one stage or another. Suggest that one of the things that they might be worrying about at the moment are the SATs, and that this is what you are going to talk about in today's assembly.

## Main assembly

- Tell the children that if they are worrying about SATs, they are not alone! Many 11-year-olds show signs of stress before their SATs.
- Go through the following list of possible problems, discussing each one:

- feeling physically ill through stress (with tummy aches or headaches, for example)
- being so busy with revision that there is less time to play with friends
- not wanting to go to school
- suffering anxiety attacks (when you breathe so fast, and your heart beats so fast, that you feel physically ill).

- Conclude by saying that SATs worries can have a major effect and that it is important that the children and the school work together to combat this.
- Go through the following list, which shows how one school tried to relieve children's anxieties about SATs. Discuss each idea, thinking about why it might have been effective and how the children might carry out their own version of it within school.

- We listened to music and did things to help us to relax, like breathing slowly.
- We did things in class that didn't need marking, like making collages or models, or designing board games.
- We worked in groups of threes or fours.
- We did individual topics on something that interested us and we brought in lots of information from home.
- We used circle time to talk about what worried us.
- We did some SATs practice.

## Links

- The children could design a timetable for the week, building in time for revision and relaxation.

## Closing thought or prayer

Dear God, We ask for your help during this stressful time. Help us to concentrate on what we have to do and not to worry. (Amen)