

Guided Visualisation: Calm SATs

Activity: Lead students through a guided imagery session where they visualise a calm and successful test-taking experience.

Purpose: Enhances positive thinking and reduces test-related anxiety.

Preparation:

- ★ Have students sit comfortably with their feet flat on the floor and hands resting on their laps.
- ★ Instruct them to close their eyes and take a few deep breaths, inhaling through the nose and exhaling through the mouth.

Visualisation Script:

Imagine you're walking into the exam room feeling calm and confident. You see the desks arranged neatly, and the sunlight streaming through the windows. As you take your seat, you feel the chair supporting you and the smooth surface of the desk under your hands.

You hear the gentle rustle of papers and the quiet murmurs of your classmates settling in. The air carries a faint, familiar scent of pencils and paper.

As the exam begins, you read each question carefully, feeling your mind clear and focused. You recall your revision effortlessly, and with each answer you write, your confidence grows.

You continue through the paper with a steady rhythm, aware of your steady breathing and the supportive environment around you.

Upon completing the exam, you feel proud of what you have done. Picture yourself handing in your paper with a smile, knowing you've done your best.

Now, take a deep breath in through your nose, hold it for a moment, and exhale slowly through your mouth. When you're ready, gently open your eyes, bringing this sense of calm confidence with you.