



Try to make sure they have what they need and what the school suggests.



Suggest useful websites for revision.



Relax some of the usual rules.



Think of 'treats' to surprise them in recognition of hard work.



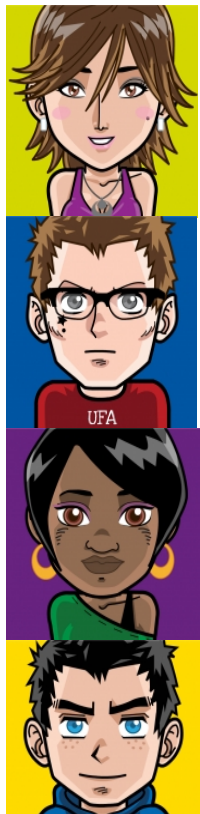
Try to make sure they have somewhere to revise away from other distractions.



Help them plan a revision timetable.



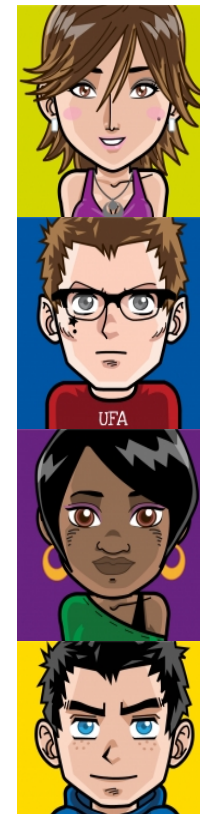
Ask how they're feeling about their revision and what you can do to help.



Encourage use of colour, mind maps, lists etc.



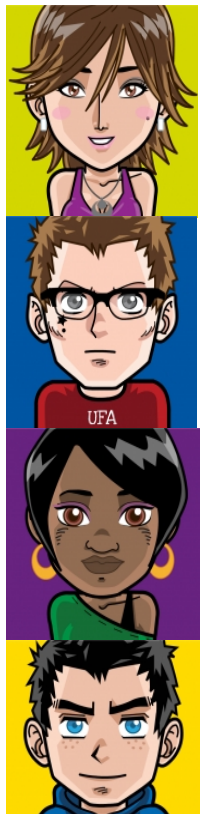
Encourage friends
coming over to revise



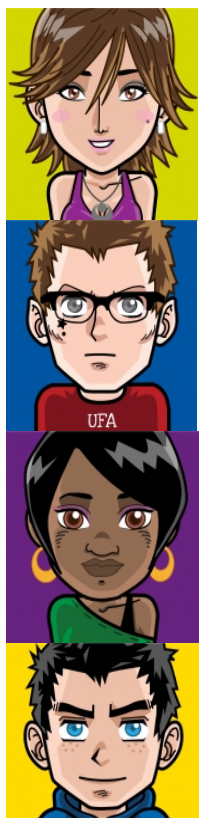
Make their
favourite food!



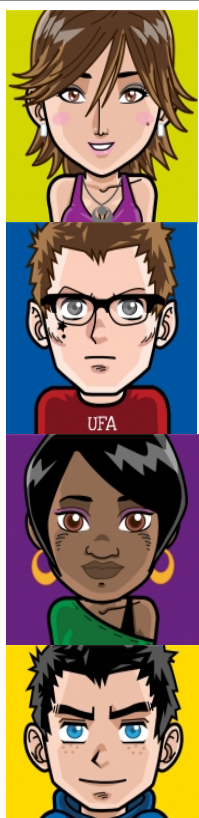
Offer to help ‘test’ them, talk to them about things they’re revising to check their understanding.



Talk to them about the circle of influence and other things from this session.



Try not to talk about it too much, they may be under a lot of pressure from school.



Offer to help them but don't be offended if they don't take you up on the offer!



Encourage BALANCE
mind/body/spirit.



Encourage healthy
patterns of behaviour
that will help with
revision: a good night's
sleep, regular breaks,
healthy food, exercise.

