

OPTIMISE your well-being

Optimise
Stars

macmillan
education

EXAM CALM:

TOP TIPS TO STAY COOL, CALM AND COLLECTED!

Don't cram just before exams

Review regularly instead of last-minute studying.



Deep breaths

Close your eyes and take three slow breaths before starting.



Positive thoughts only

Tell yourself:
"I've prepared well,
and I can do this!"



Sleep well, eat well

A good night's sleep and a healthy breakfast = better focus.



Plan your time

Allocate minutes for each question and move on if you're stuck.



You've got this!

HOW DO YOU FEEL TODAY?

I'M A BIT NERVOUS, BUT I'LL TRY MY BEST!



I FEEL CONFIDENT!



I'M EXCITED TO SHOW WHAT I'VE LEARNED.

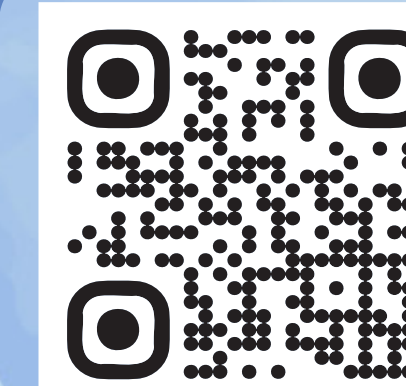


I'M FEELING CALM AND FOCUSED.



Motivation
station

Add your motivational
message here!



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