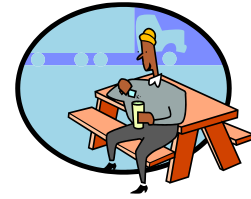




SUPERVISED REST BREAKS



Rest breaks can help if you find it hard to concentrate or get very tired or stressed.

You are NOT allowed to talk about the exam during your break.

There are 2 main ways in which you can use these breaks:

- Stay in the room where you taking the exam
 - Tell an adult and they will time how long you take for a break
- Go outside the room with an adult and go for a short walk / stretch your legs.
 - The adult will time how long you are outside

You should be able to take a break when you need but it will depend on a member of staff being available to take you out. You may have to wait. Carry on working until the adult is with you.

Remember that if you have another exam on the same day you will need time to have a good break in between and still fit both exams in - do not take more breaks than you really need.

The time you take for your break(s) will be added onto the time you have for your exam eg. you take 1 break of 5m and another 7m, then 12m is added onto the end time. You won't get more time, but you won't waste any either.

Things you may want to do in your break:

- Have drink of water
- Eat a banana if you are allowed
- Stretch your body a little - rotate your shoulders, neck and ankles; arch your back and breathe deeply. Be careful not to disturb others
- Think of something positive to help yourself relax.

