

SOCIAL-EMOTIONAL LEARNING · Y6 / GRADE 6

Y6 SATs Anxiety Toolkit

Strategies that help — without making it worse

About SATs anxiety

What anxiety actually is



Strategy 1 — Square breathing

Strategy 2 — Naming the feelings

Strategy 3 — The 'Going Back' rule



Strategy 4 — Self-talk scripts

Strategy 5 — Body anchors

What teachers can do BEFORE the test



What parents can do

When anxiety is severe — escalate

What to have ready by April

- Children know the square breathing technique
- Children have practiced their self-talk script
- Parents know not to ask 'how did it go' after each test
- Children with severe anxiety have accommodations agreed
- Children know the 'mark and move on' rule
- Children know which adults to tell if they're struggling
- Teachers have planned a calm lead-in to each test morning
- School pastoral team is available throughout SATs week

