



Information sheet

Year 6 SATs program

We work with Year 6 children in preparation for their SATS tests to help them to release the negative emotions such as worry and fear. This enables them to face the tests in a calm, confident manner.

The year 6 SATs program includes...

Positive Affirmations

Short simple positive statements to encourage the mind to picture a positive expectation and eventually replacing the negative thoughts with new positive ones.

"I am clever, I am confident, I am focused"

Breathing techniques

Increases lung capacity and the level of oxygen in the blood stream. Oxygenated blood stimulates the brain and aids memory. Breathing techniques can stimulate children when they feel tired or lethargic, enables them to focus when they feel overwhelmed, and relaxed when they are feeling anxious or tense

Postures

these are used to release tension, stretch the body, and improve posture, flexibility and vitality. They also develop mental awareness and memory, improve self confidence, and create general feeling of well being.

Relaxation & visualization

This is a time to quiet the body and still the mind. Relaxations and visualization helps children to recognize the difference between tension and relaxation. It strengthens a child's power of concentration and imagination. It encourages calm and soothes emotions.

Gem stones

When nervous, our breathing becomes fast and shallow, resulting in the inability to concentrate. In this program we use a gem stone as a focal point and a reminder to breathe deeply and slowly allowing the mind and body to relax and focus on the task.

Worry People

The children love these! They are usually dressed in their school uniform colours, and are used as a tool to help and encourage the children to release their worries, stress, and concerns that they may have and imagine that they are able to give them to the worry person. This is done just before relaxation takes place, thus allowing the children to get maximum benefit from the relaxation process.

Mandalas

This is a symmetrical pattern used as a focal point during the SATS tests to help clear the mind, reduce stress, and reduce worry. They are particularly good to use as a focal point when doing numeracy and Science Tests (as it stimulates left side of brain).

Benefits of regular Yoga practise...

- Builds flexibility, strength & stamina.
- Breathing exercises strengthen & tone the lungs.
- Boosts self confidence & self esteem.
- Postures massage the internal organs which promotes a healthier inner body.
- Develops a calm & balanced emotional state.
- Techniques taught to remain calm & relaxed in stressful situations.
- Stimulates imagination & creativity.
- Improves concentration, memory & general ability to focus.
- Improves co-ordination.
- Promotes better sleep.

Testimonial

"I have been really impressed with Naomi's pre SATs yoga sessions over the last four years. They just get better and better! The children now approach SATs in a much calmer state than previously and know how to deal effectively with their worries. We now consider Naomi's sessions a vital part of the jigsaw in helping us to ensure that children attain well in their end of Key Stage 2 tests. Highly recommended!"

Julie Wardle

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