

# REVISION SUPPORT:

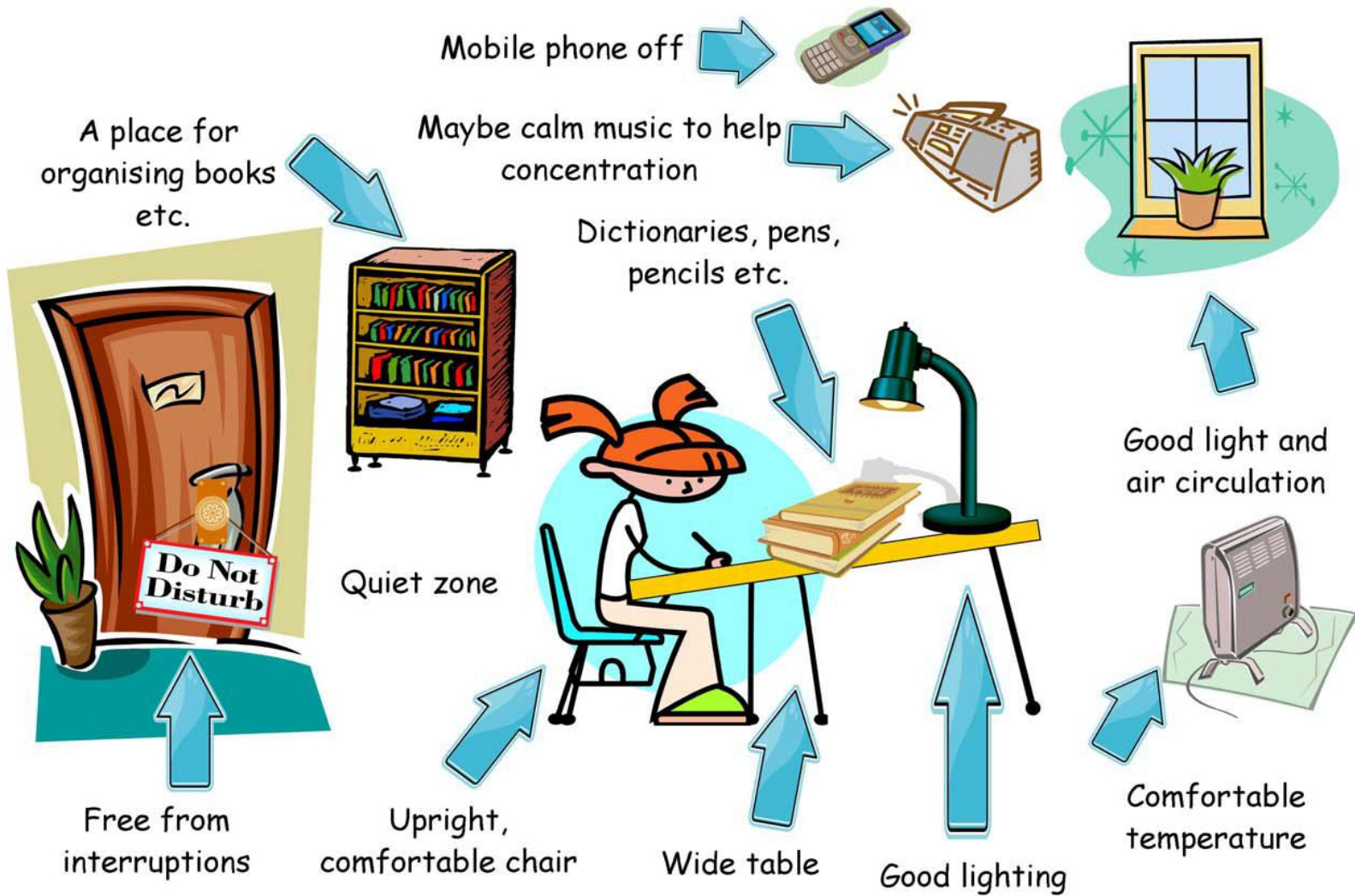
## The ideal study environment

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There are several of ways that parents and carers can support their child at home when they are revising:

- Encourage a regular routine and good study habits
- Use the planner and knowledge organisers to talk about homework and revision
- Spend time together to create a **revision timetable** and conduct **practice testing** using the quizzing technique
- Offer encouragement and praise
- Create an ideal revision environment with the appropriate resources and equipment

# An ideal revision area



**Healthy Child, Healthy Mind, Productive Revision**

## Emotional Support

Everyone falls behind sometimes, and can feel demotivated, overwhelmed and lost. Be quick to notice these signs in your child and offer help.

Look out for these indicators that your child is too stressed:

- They **talk less**.
- Show **less interest** in the things they love.
- Have **mood swings**.
- **Not eating** as much as usual.
- **Sleeping** problems.

Here are some more tips to help minimise your child's anxiety:

- Always **encourage your child to ask for help at school** on any parts of their work they do not understand.
- Be **positive** even if they aren't.
- Stay **supportive**.
- End every conversation on a **good note**.
- Offer **praise and rewards** when they have reached revision milestones.
- Have **regular one to one conversations**. Let your child talk more than you and be attentive.
- **Regularly enquire** if they need anything of you.