

# SHINE LIKE A STAR



## HOW TO MASTER EXAMS WITH CALM AND EASE

### THE CHILDREN LEARN:

- How to stay focused before exams and reduce anxiety
- Exercises to calm their nervous system
- How to show up with confidence and deal with worries
- Setting and achieving their goals

*The children further explore how to*

- *build confidence through the power of kindness*
- *strengthen their resilience through mindfulness tools that help dealing with setbacks*
- *playfully improve their speaking skills*
- *experience the power of connecting to their bodies through drama exercises*
- *shift negative mindset and limiting beliefs through creative writing*

**3 lessons / one hour each lesson**

# LESSON STRUCTURE - LESSON 1

Duration: 60 min

Preparation time: 10 min

*mind*

5 min	<b>Getting to know each other</b> Playful game <i>(students get to know each other and teacher better)</i>
10 min	<b>Exploring challenges during exams</b> Drama exercise <i>(working in pairs, present a little scene)</i>
5 min	<b>Reflections</b> Group conversation <i>(students reflect on their scenes)</i>
10 min	<b>How do you want it to be?</b> Drama exercise <i>(working in pairs, present a little scene)</i>

10 min	<p><b>The power of our minds</b></p> <p>Teacher explanation</p> <p><i>(students learn how our brains and bodies work when under stress)</i></p>
5 min	<p><b>The impact of negative self-talk</b></p> <p>Drama exercise</p> <p><i>(working in pairs, game)</i></p>
5 min	<p><b>Reflections</b></p> <p>Group conversation</p> <p><i>(students reflect on their experiences)</i></p>
5 min	<p><b>Write your story</b></p> <p>Journaling exercise</p> <p><i>(students journal about their feelings regarding exams)</i></p>
5 min	<p><b>Closing Circle</b></p> <p>Group exercise</p> <p><i>(students and teacher end lesson in ritualistic way)</i></p>

# LESSON STRUCTURE - LESSON 2

Duration: 60 min

Preparation time: 10 min

body

5 min	<b>Saying hello</b> Playful game <i>(students get to know each other and teacher better)</i>
10 min	<b>Checking in - How did I do?</b> Drama exercise <i>(working in pairs, present a little scene)</i>
5 min	<b>Reflections</b> Group conversation <i>(students reflect on their scenes)</i>
10 min	<b>Boosting Confidence</b> Drama exercise <i>(working in pairs, present a little scene)</i>



5 min	<p><b>The power of our bodies</b></p> <p>Teacher explanation</p> <p><i>(students learn how our relationship to our bodies can support confidence)</i></p>
10 min	<p><b>Giving ourselves a voice</b></p> <p>Drama exercise</p> <p><i>(working in the big group, game)</i></p>
5 min	<p><b>Reflections</b></p> <p>Group conversation</p> <p><i>(students reflect on their experiences)</i></p>
5 min	<p><b>Creative Writing</b></p> <p>Journaling exercise</p> <p><i>(students take notes on a topic they feel passionate about)</i></p>
5 min	<p><b>Closing Circle</b></p> <p>Group exercise</p> <p><i>(students and teacher end lesson in ritualistic way)</i></p>

# LESSON STRUCTURE - LESSON 3

Duration: 60 min

*soul*

Preparation time: 10 min

5 min	<b>Saying hello / Checking in</b> Playful game <i>(students get to know each other and teacher better)</i>
10 min	<b>Warming up</b> Playful games <i>(students warm up their voices)</i>
5 min	<b>Writing a speech</b> Creative Writing Exercise <i>(working alone)</i>
15 min	<b>Speaking up</b> <i>Drama exercise</i> <i>(working in pairs, students practice their speech)</i>

10 min	<b>Voluntary presentations</b> Presentations <i>(students present their results in front of audience - voluntary)</i>
10 min	<b>Kind Feedback</b> Group conversation <i>(students reflect on the given presentations)</i>
5 min	<b>Closing Circle</b> Group exercise <i>(students and teacher end lesson in ritualistic way)</i>

These lessons can be altered if necessary.  
I always see what the group needs and adjust the lesson plan according to the students' needs.

If there are any students with special needs in the class, we can have a conversation about it beforehand so that I can support them best.

The lessons can be held weekly or on three days in a row.

(This program is suitable for children between 12 and 18.  
Smaller groups provide a safer environment for the students to express themselves, but the lessons could be held as a class setting)

*Price: 70 Euros each lesson*