



MY STUDY PLANNER

WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 5

MON

TUE

WED

THU

FRI

SAT

SUN

Celebrate effort and progress,
not the end result.



What mistake did you make
today? Let's learn from it!



What is one worry you have
about the upcoming exams?



What is one thing you'd like
us to do this weekend?



"Believe you can,
and you're halfway there."





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Try a new recipe and bake some cookies together!



What is one fun thing you hope to do after the exams?



Before bed, hug your child and tell them how much you love them!



How would you rate your stress level right now (1-10)?



Choose a family movie to watch.

