Some days it can feel like your mates are just better at this whole 11+ thing than you.

REFLECTION PROMPT / RESPONSE

Who do you compare yourself with? Scribble down what you reckon they've got that you haven't. Then read it back and see if it's actually true.

MICRO ACTIVITY

"One thing I am brilliant at that has nothing to do with exams is:" ☆

SOMETHING LOVELY ABOUT TODAY I'M GRATEFUL FOR IS:

AFFIRMATION

I am not a rank in a class list. I am me, the only one there is, and that is already more than enough!

A free page from My 11+ Exam Wellbeing and Confidence Journal, Boys' Edition. Baba Jays Books, www.babajaysbooks.com