



Lesson Plan: Exam anxiety management

Age group: Teenage learners

Life Competency: Emotional Development

Language focus: The first conditional

Aim: *This task aims to help learners access their emotions and anxieties towards exam preparation. It aims to help learners understand their emotional response to examinations and practise using conditionals to help them develop strategies for dealing with negative emotions.*

Step 1:

In breakout rooms, get learners to brainstorm the negative emotions they may feel towards exams.

Step 2:

In the classroom chat box, one by one, each learner should write the beginning of a conditional “if I am worried about failing the exam,”

Step 3:

The next learner must then respond to that by closing the conditional with something like “I will remember that I can always try it again”. If you think your learners might struggle to come up with ideas, then you could ask them to research strategies for homework before class or you could share some examples of your own.

Step 4:

The learner who gave the response then writes the first half of another conditional and this continues until it loops back to the first learner to close.

Step 5:

Capture these conditional sentences and share them as a document for all the learners to have for exam anxiety guidance.

For support whilst teaching this lesson, refer to either the [Teenage Learners](#) or [Emotional Development](#) booklet, from the [Cambridge Life Competencies Framework](#).

