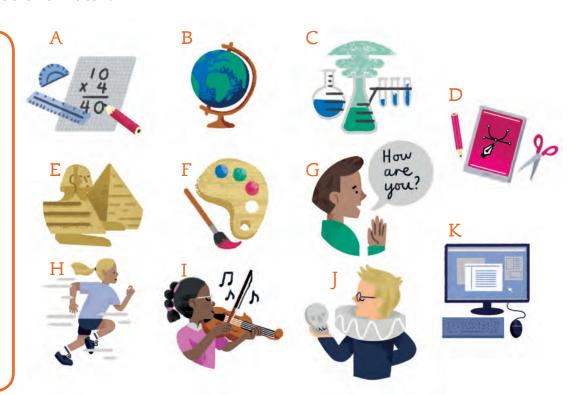1   **Read and match.**

art
computing
design and
technology
drama
English
geography
history
maths
music
PE
science

A

B

C

D

E

F

G

How
are
you?

K

H

I

J

2   **Which subjects do you have tests in?**

We have tests in:

3 **How do you feel when you have a test? Think and tick (✓).**

A ☐ It's difficult to sleep.

B ☐ It's easy to sleep.

C ☐ I feel normal.

D ☐ I feel nervous.

E ☐ I feel sick.

F ☐ It's difficult to remember things.

G ☐ It's easy to remember things.

H ☐ I feel excited.

4 **Talk to a friend.**

When I have a test...

What games
do you play with
your friends?

🎧 'Quick! Get into the spaceship! The aliens are coming!' Paul shouts at his computer. He's playing an online space game with his friends. And he's angry because his friends are too slow.

GAME OVER

Make a sand timer

You need:

two plastic bottles

a funnel
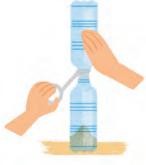
some clean, dry sand

paper and sticky tape

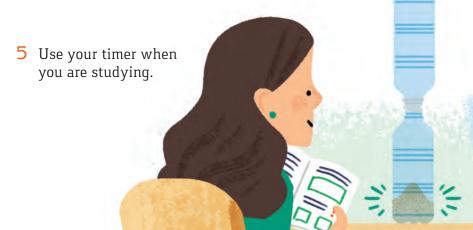a pencil

1 Put some sand in the first bottle.

2 Tape a piece of paper over the top of the bottle. Make a very small hole in the paper with a pencil.

3 Tape the bottles together.

4 Turn your timer upside down and time how long it takes the sand to go through. If you like, add more sand or make the hole bigger.

5 Use your timer when you are studying.

THAT'S 30 MINUTES. TIME FOR A BREAK!