

SATs Week Checklist for Parents

Simple reminders to help your child stay calm, confident, and focused during SATs week

Daily Routine Checklist

- ✓ Keep bedtime routine consistent
- ✓ Prioritise sleep over revision
- ✓ Keep mornings calm and unhurried
- ✓ Avoid last-minute pressure

During the Test Reminders

RTQ – Read The Question

- ✓ Underline key words
- ✓ Check what the question is really asking

Show Your Working

- ✓ Write steps down in maths
- ✓ Helps avoid careless mistakes
- ✓ Can gain method marks

Confidence Support

- ✓ Encourage effort, not perfection
- ✓ Avoid comparisons
- ✓ Remind them one question doesn't define the test
- ✓ Keep conversations positive after each paper

Simple Phrases to Say

"Take your time."
"You've got this."
"Just do your best."
"One question at a time."

SATs are a snapshot, not a definition.
Calm routines. Kind words. Confidence.