

9th October 2025

Year 10 and 11 students

Supporting Exam Wellbeing: KS4 Sophrology Club

As exam pressures continue to rise, many parents are understandably concerned about how their children cope not just academically, but emotionally. At our school, we are proud to introduce a new initiative aimed at supporting students' mental wellbeing and enhancing their exam preparation: the **KS4 Sophrology Club**.

What is Sophrology?

Sophrology is a structured mind-body practice that combines **breathing techniques, gentle movement, relaxation, and positive visualisation**. Widely used across Europe, particularly in France, Switzerland, and Belgium, sophrology helps individuals of all ages manage stress, improve focus, and build confidence. Although still relatively new in the UK, sophrology is gaining recognition for its benefits in education. A few pioneering institutions, such as the **University of Sussex**, have already integrated sophrology into student wellbeing programmes. Very few UK schools currently offer sophrology as part of their wellbeing or exam preparation programmes. By launching this club, we are offering our students a unique opportunity to benefit from a proven method that supports both mental health and academic performance.

Why Sophrology for KS4 Students?

The KS4 years are a critical time for students, often marked by academic and emotional pressure. Sophrology offers practical tools to help students:

- **Reduce anxiety and stress** through breathing and relaxation
- **Improve concentration and memorisation** by calming the mind and enhancing mental clarity
- **Build self-confidence** through guided visualisation and self-awareness
- **Develop emotional resilience** to face exams with a sense of calm and control
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These techniques are simple, accessible, and can be practiced independently once learned. They can be easily applied in mocks or exam season. Whether your child

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experiences exam stress, struggles with focus, or simply wants to feel more confident, sophrology can offer meaningful support.

Room 40 on Tuesdays after school.

Email admin@braunton.academy to sign up or see Mrs Duthuit.