



Wellbeing Bingo



How was your half term?
What did you do that was for your wellbeing?

In the past week I have...

Sung in the shower 	Played with a furry friend 	Had a good sleep 	Spent some time with my family/friends 
Listened to my favourite tune 	Read a good book 	Watched a great movie/TV show 	Eaten something delicious 
Done some exercise 	Stayed hydrated 	Drawn a picture 	Laughed until my cheeks hurt 
Spent some time in a park 	Danced 	Treated myself 	Visited somewhere new 

Let's find out...

Play this game of bingo in your tutor group and find out about each others wellbeing over half-term.

You may want to change/add other ideas to your bingo grid.

Staying well during revision and exams



Year 10 and Year 12

Don't forget to look after yourself during revision and exam time!

Try some of these wellbeing tips and believe in yourself!

If you need to speak to someone:

Student Support Services (SSS) – Staff and rooms:

Year 10 – Mrs Bennett and Mrs Morton – B1.19

Year 12 – Mrs Yardley – A2.10

Websites & apps:

KOOTH - <https://www.kooth.com/>

Forward Thinking - <https://www.forwardthinkingbirmingham.org.uk/>

Young minds - <https://youngminds.org.uk/>

Mind - <https://www.mind.org.uk/>

Childline - <https://www.childline.org.uk/>

The Mix - <https://www.themix.org.uk/>

Wellbeing area:

<https://www.arthurterry.bham.sch.uk/well-being/wellbeing>

We asked young people to give us some wellbeing advice for exam time and this is what they told us:

1. Always take a moment just to breathe, whether in the exam, before or after.
2. Remember that school does offer support, just reach out and ask!
3. Keep your work balanced. Spend time revising, but socialise and relax too.
4. Keep a self-care routine so that your revision is the most productive it can be whilst you feel as good as possible.
5. Break up revision with food and exercise to make sure you stay energised.
6. Remember that results do not define you.
7. Find a revision space and style that works for you: silence, background chatter, music with or without lyrics.
8. Work to your own pace – everyone is different in how they work.
9. If you feel nervous about the time pressure of an exam, practice timing yourself when you revise, or try some test papers.
10. Plan in some treats to reward yourself, and celebrate when it's all over!

