



Wellbeing activities to support revision



Acceptance

- Accept that because something important is riding at the end – exam results – and that you will inevitably feel stressed. It is a normal bodily reaction.
- Be the best that you can be, but be aware of your body and emotions.
- Accept that your routine will differ over the revision/exam period but you must keep your fundamental routines in place i.e. eating, sleeping, spending time with family and friends.



Have you tried this one? “Snacking” not “bingeing”

USE A STOPCLOCK during revision and be super strict with yourself.

An example of how you can chunk revision could be that 60 mins can be broken down to:

10 mins of **reading** your lesson notes in your book.

REST for 5 mins.

10 mins of **writing** down what you can remember from the first 10 mins via a revision method e.g. bullet points, mind maps etc.

REST for 5 mins.

10 mins – **recap** what you missed out on first reading and add this in with a different coloured pen (these are the bits you need to practise the most!)

REST for 5 mins.

15 mins – complete an **exam question** and check your marking.



Have you tried this one? Breathing techniques

For increased energy

- Sit up tall and relax your shoulders
- Keep your mouth closed and inhale rapidly through your nose with quick, short breaths; then exhale through your mouth
- Do this for 10 seconds
- Take a 15-30 second break and breathe normally
- Repeat several times

[Headspace | Mini meditation | Breathe - YouTube](#)



[Headspace | Mini Meditation | Let Go of Stress - YouTube](#)

For relaxation **Box breathing:**

- Breathe in for four seconds through your nose, counting the breath in your head
- Hold for four seconds
- Breathe out for four seconds, through your mouth, counting the breath in your head. This helps to regulate your nervous system and help you feel calm.



Have you tried this one? Exercise

FITNESS FACTS:

1. Exercise relieves stress.
2. Exercise improves memory retention.
3. Exercise increases focus and concentration.
4. Exercise boosts your overall energy.

Even if you don't like exercise, take the time to try it as it will help you! Try a 5 -15 minute HIIT workout.

[5 Minute Move | Kids Workout 1 | The Body Coach TV - YouTube](#)



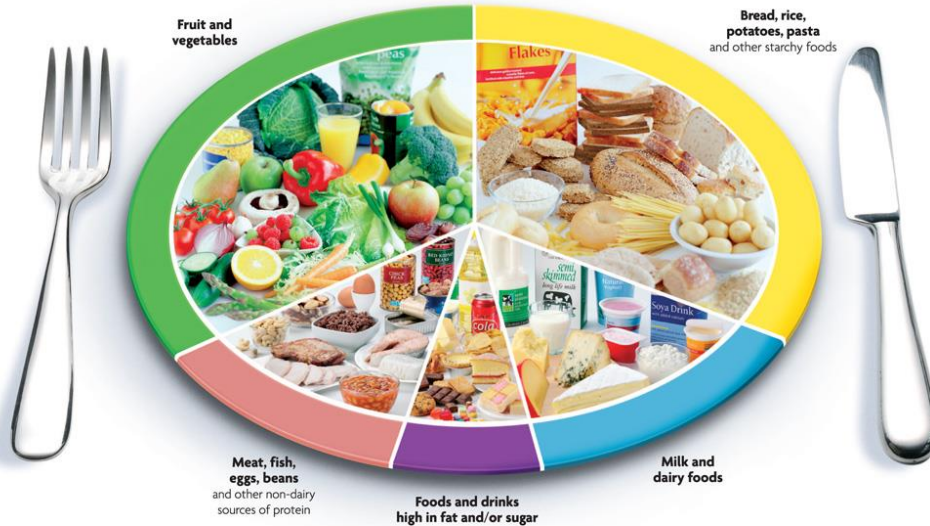


Have you tried this one? Food and nutrition

What to Eat whilst Revising for GCSE's A-Levels & Uni Exams - YouTube

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.





Have a go...

- Plan your evening meals with family this week.
- Do some exercise – if this is brand new for you, try a Joe Wicks workout or even just go for a 15 minute walk. Outdoors is best!
- Do some breathing/grounding exercises. There are plenty on the internet you can further research.
- Consider doing some meditation. Headspace has free videos on Youtube:

[Sunday Scaries | A Mini-Meditation for Our Wellbeing this Week - YouTube](#)

- Remember snack, don't binge with your revision timetable. Less is more...start early and it becomes simple recall. Start late and it becomes stressful.



KEEP YOUR THOUGHTS POSITIVE
BECAUSE YOUR THOUGHTS BECOME
YOUR WORDS.

KEEP YOUR WORDS POSITIVE
BECAUSE YOUR WORDS BECOME
YOUR BEHAVIOR.

KEEP YOUR BEHAVIOR POSITIVE
BECAUSE YOUR BEHAVIOR BECOMES
YOUR HABITS.

KEEP YOUR HABITS POSITIVE
BECAUSE YOUR HABITS BECOME
YOUR VALUES.

KEEP YOUR VALUES POSITIVE
BECAUSE YOUR VALUES BECOME
YOUR DESTINY.

~ MAHATMA GANDHI