

Wobble Week

For Year 11 students...

12th - 16th Feb
Well-being
room

A week of activities to support students who might be feeling a bit overwhelmed by the build up to mock exams.

IT'S OK TO FEEL THIS WAY



Program for the week

Wednesday Breaktime Exam stress workshops with Compass	Friday Lunchtime Rowing Challenge	Tuesday Lunchtime Mindfulness and grounding technique with a cup of tea and cake!	Monday Lunch Crochet	Friday Lunchtime 10 minute activity ideas with Miss Sharpe ☺
			Thursday Lunch Pebble making	



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



Your time,
your words,
your presence