10 · WORKSHEET

Wellbeing check-in

Date _____

Name _____

A quick, private look at how things are going outside the work itself. It is a prompt for noticing and talking, not a test or an assessment, and there are no right answers. You choose whether to share it.

THIS WEEK, HOW HAVE I BEEN WITH...	CIRCLE THE WORDS THAT FIT
Sleep	Not great · Up and down · Mostly fine · Good
Energy	Not great · Up and down · Mostly fine · Good
Eating and drinking regularly	Not great · Up and down · Mostly fine · Good
Moving, or getting outside	Not great · Up and down · Mostly fine · Good
Time with people I like	Not great · Up and down · Mostly fine · Good
Time for things I enjoy	Not great · Up and down · Mostly fine · Good
Feeling about my studies	Worried · A bit unsure · OK · Confident

SOMETHING THAT WENT WELL, OR THAT I ENJOYED

SOMETHING ON MY MIND

ONE SMALL THING THAT WOULD HELP NEXT WEEK

WHO I COULD TALK TO

A parent or carer, a friend, a relative, a tutor, a GP

If things feel like too much

If worry, stress or low mood starts to affect sleep, eating or everyday life, talk to someone you trust, and think about contacting your GP. NHS pages on mental health for children, teenagers and young adults, including dealing with exam stress, are at nhs.uk/mental-health/children-and-young-adults. If you think someone is in immediate danger, call 999.