



Children and Young People: Revision Support Guide

Inside, you'll find simple tips, activities and advice around how to look after your mental health and wellbeing during exams!



www.lancashiremind.org.uk

Mental health & wellbeing support across Lancashire
Empowering young minds for a brighter future!



cypcoaching@lancashiremind.org.uk
Registered Charity 1081427
Created April 2026

Revision help & support organisations

childline

Childline's website contains lots of different support, including a 1-1 chat with a counsellor.

Call **0800 1111** – you can also send them an email and talk to a counsellor on their website: www.childline.org.uk. Operates **24/7**

student minds

Student Minds is the UK's student mental health charity. Their website contains lots of useful resources and tips.

www.studentminds.org.uk

BBC BITESIZE

BBC Bitesize is a free online study support resource designed to help with learning, revision and homework

www.bbc.co.uk/bitesize

kooth

Get free, safe and anonymous support.

Mini-activities to boost your wellbeing

A judgement-free forum to get advice, help others and share your story

kooth.com

YOUNGMINDS

Their website is full of advice and information giving you the tools to look after your mental health.

www.youngminds.org.uk

THE MIX
Essential support for under 25s

Their website contains lots of support and guidance. You can also text **85258** for urgent mental health support

www.themix.org.uk

Our top tips for exams and revision!

Stay Positive!

Believe in Yourself
You can do this!



Record & Revise

Record voice notes and listen to them back

Keep Healthy

Sleep Well
Drink Water
Move your body
Eat Well

Revision Timetable

To stop stress, plan ahead



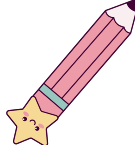
Sticky Notes

Put facts and reminders on post it notes around your room

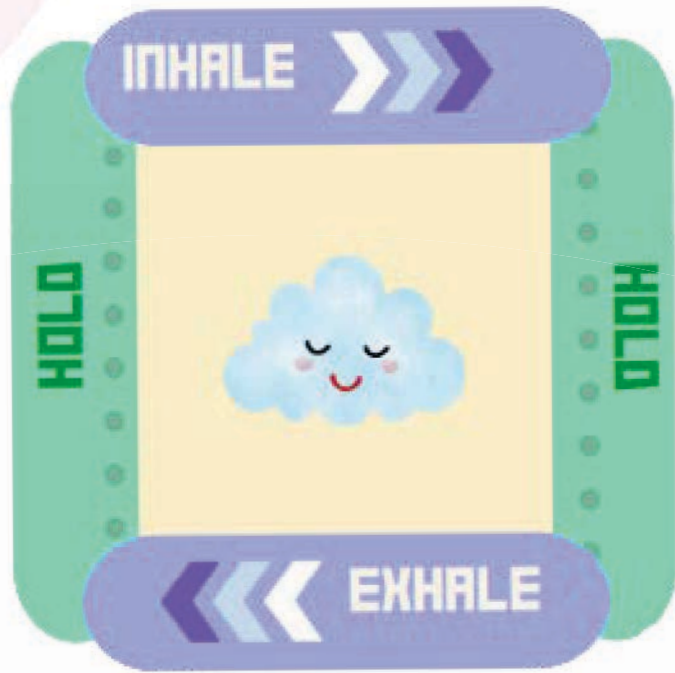
Reward Yourself

After some revision, treat yourself to something you enjoy

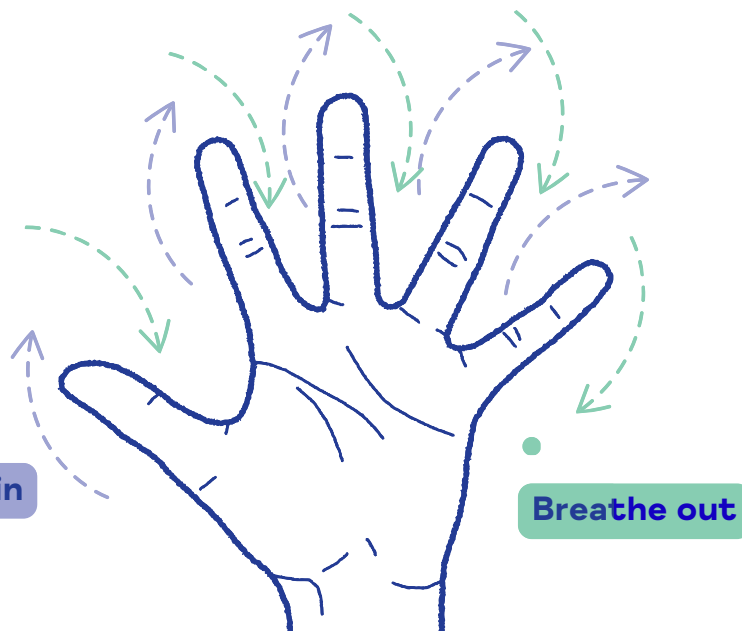
Revision Timetable

Sun				
Sat				
Fri				
Thurs				
Wed				
Tues				
Mon				
	Topic	Break	Topic	Break

Box Breathing



Five finger breathing



Meet your happy chemicals!



Endorphins

The pain killer

Relieves stress & blocks discomfort

- Using essential oils
- Watching a funny movie
- Eating dark chocolate
- Exercising

Dopamine

The reward chemical

Motivation & concentration

- Completing a task
- Self-care activities
- Striving towards a goal
- Eating food

Oxytocin

The love chemical

Increases trust / relationships

- Playing with a pet
- Playing with a baby
- Hugging a loved one
- Giving/receiving a compliment

Serotonin

The mood stabiliser

Wellbeing & happiness

- Meditation
- Running
- Walk through nature
- Having time in the sun
- Improving social behaviour





Mini brain refreshers

What are mini brain refreshers ?

Mini brain refreshers are short, intentional pauses that range from 30 seconds to no more than 5 minutes.

These small actions help our wellbeing massively and reduce the feelings of anxiety and stress!

Try to think of the small things you can do to take mini brain refreshers.

Top Tip - set reminders or times to practice these mini brain breaks!

Some of ours consist of:

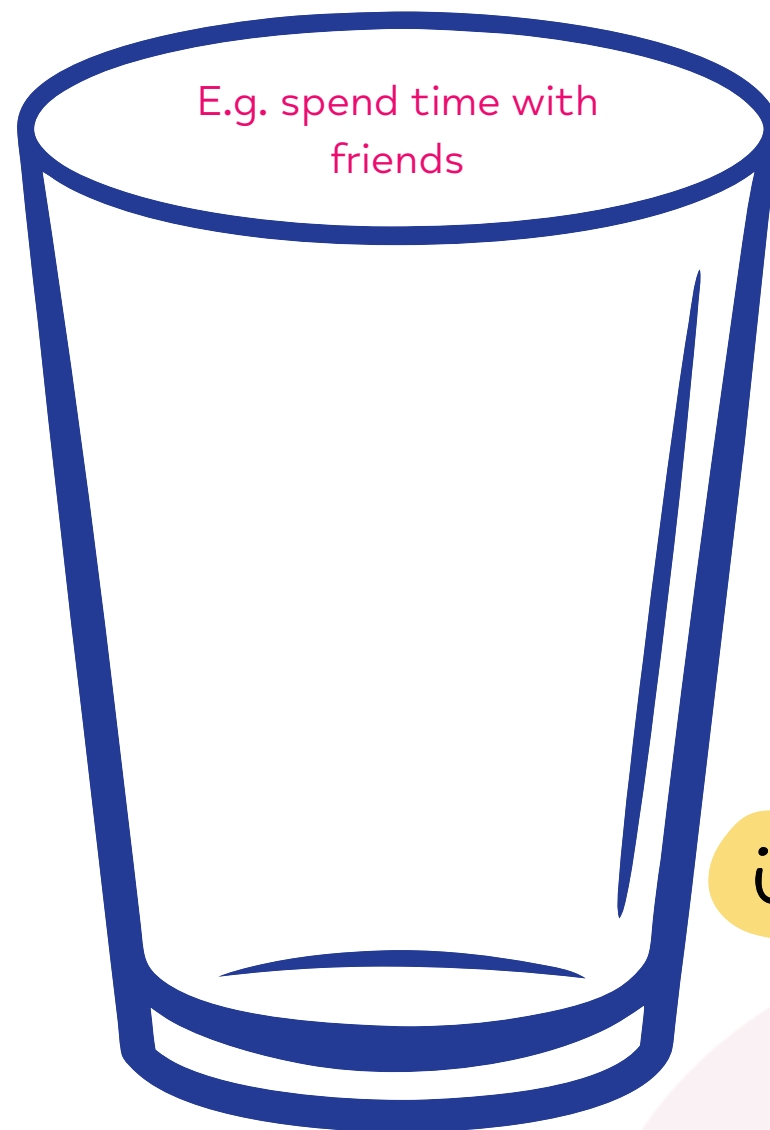
- Gentle stretching
- 5 minute walk
- list 3 good things
- Ask yourself what are you thankful for

Fill your cup

What can you do to look after yourself and fill your cup during stressful times? Write them below:



E.g. spend time with friends



Self-care apps



HEADSPACE

Meditations, stress-relieving exercises, sleep resources, and more.



Hub of Hope

The UK's largest mental health support directory.



Stay Alive is a suicide prevention resource full of tools and resources to help people stay safe from suicide.



The worry tree app helps you to manage worry by using a journal and CBT practices.



Gratitude is a tool to help you focus on the positive, become more mindful, and live with intention.



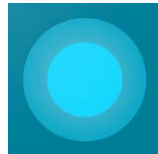
Calm Harm is a free app that helps you manage or resist the urge to self-harm.



3 Good Things is a gratitude-based health diary designed to cultivate a simple yet powerful habit of wellness journaling.



A free online diary journal with lock. You can use it to record daily, secret thoughts, journeys, moods, and any private moments



This is a mindfulness and relaxation app, offering a diverse range of breathing exercises.



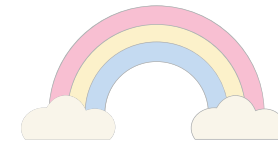
An app that contains a library of free guided meditations.



Uses Cognitive Behavioural framework to help you change anxious thoughts and calm fear responses.

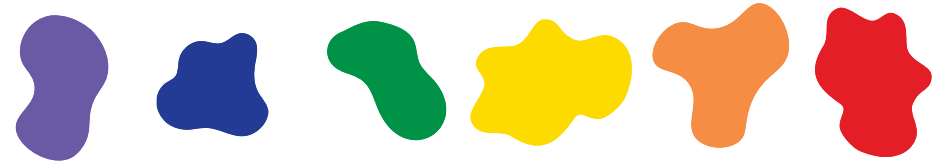


Meditation techniques to aid with stress and sleep.



Rainbow Grounding

Look around you and try to find the colours in order



Grounding exercise

Name 5 things you can see

Name 4 things you can feel

Name 3 things you can hear

Name 2 things you can smell

Name 1 thing you can taste

Revision Cube

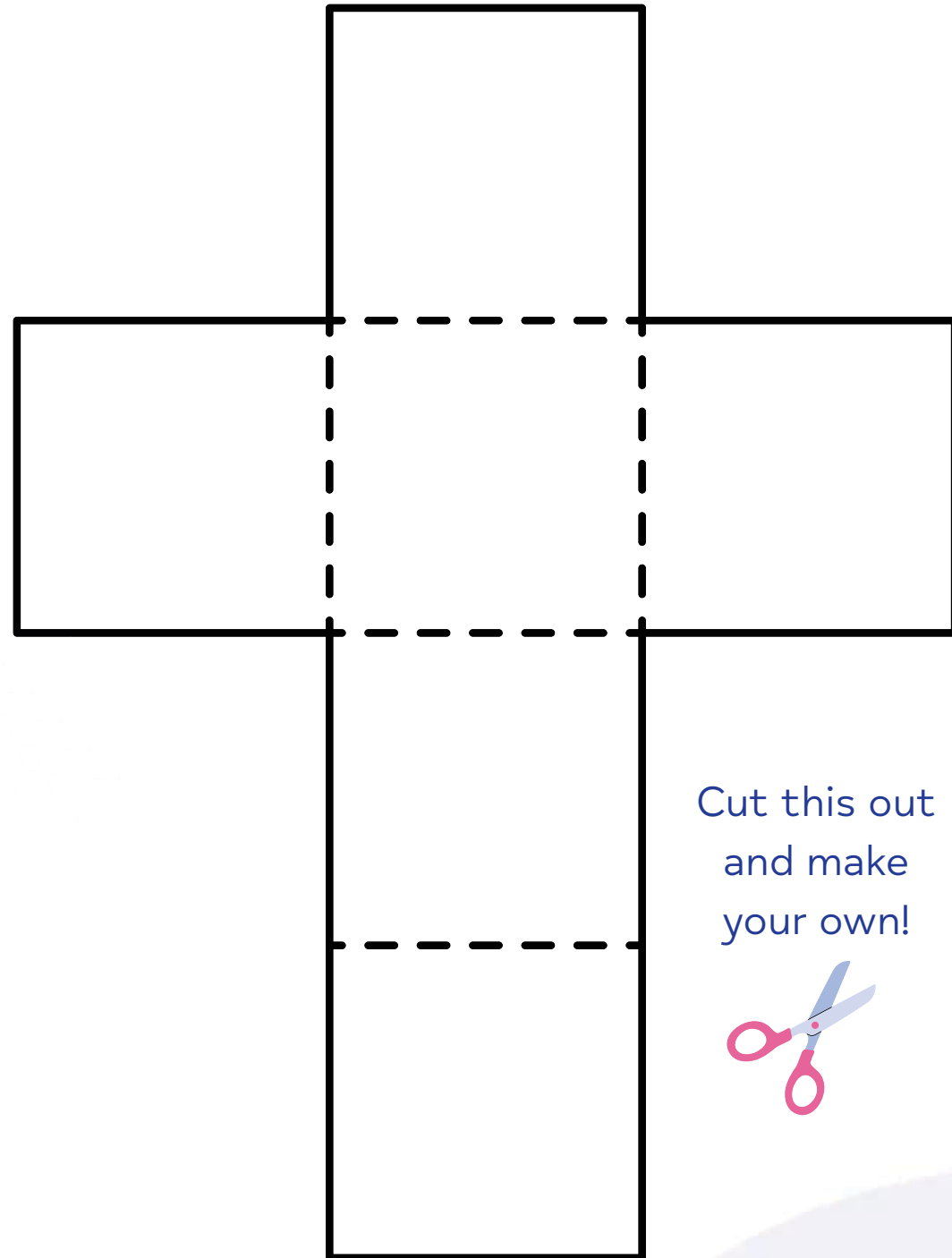
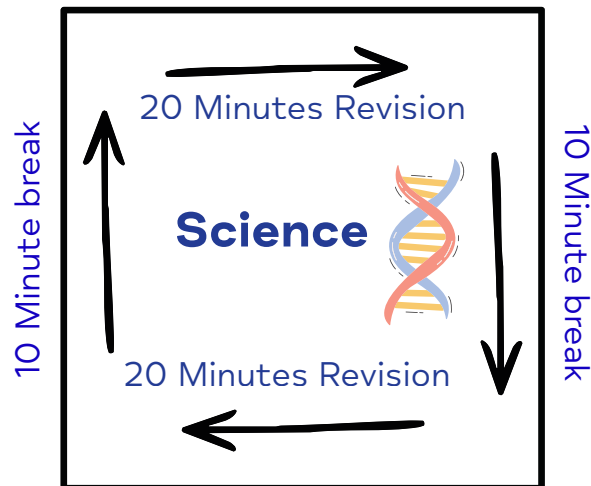
It can be hard to know where to start with revision. We have created a revision cube example to try and approach your revision differently.

How to create a revision cube?

1. Inside the cube add your subjects you need to revise such as English, Maths, Science and any other subjects you would like to revise.
2. Inside each individual square add 20 minutes of study time followed by a 10 minute break. Do this twice to make a full hour of revision!
3. Repeat this for each square to complete your cube.
4. When you have completed your cube net, glue together to make a cube.
5. Roll the cube and whichever subject you land on, revise away!

Top tip:

Each square could look like:



Pomodoro Technique

1

Choose a Task

2

Set a Timer

3

Focus on the task

4

Take a Short Break

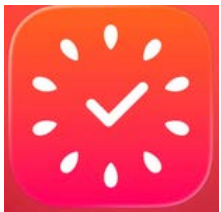
5

Repeat 4 Times

6

Take a Longer Break

You can use apps like these!



Focus To-Do



Flow



Polmodoro -
Focus Timer

Positive Affirmations

I've got this!

I can do hard things!

I can only try my best!

I am capable of lots of things!

This is tough but so am I!

I believe in myself!

I am loved!

If you find yourself worrying, ask yourself:

What's the best thing
that could happen?

How likely is this to
happen?

Is there anything that I
can do about this?

Who can I talk to about
this?