

Staff wellbeing tips for exam time



- 1.** Remember that all the while you are holding your students in mind, tests and exams can be stressful for you too.
- 2.** Make sure you seek out your friends and colleagues and share the challenges of your day.
- 3.** You can do a lot for a lot of children, but sometimes you can't do it all. If you are struggling to support a student, enlist the help of other staff members.
- 4.** You may feel very emotionally invested in the young people you teach, so remember your own self-care routines during this time.
- 5.** Celebrate the end of the tests or exams and feel proud of all that you've achieved.