

Welcome to the resources section for the Next Steps digital pack.

The link for the presentation on Prezi is here:
<https://prezi.com/view/E8dVHlfavH3cxOUSZOvh/>

The digital magazine which is designed to accompany this presentation can be found on Flipsnack here:
<https://www.flipsnack.com/UOLSWC/next-steps.html>

Below is a list of resources and how to use them, and on the following pages you will find the resources themselves.

Myths v Reality

Within the presentation there is a section on 'Myths V Reality' where we hope to shed some light on some common misconceptions students may have before going to university. Before reading those we have provided, get pupils to write down some of their worries or myths they have about university. If they don't get answered by the myths we have, take some time after to discuss these.

Wellbeing Bingo:

Wellbeing Bingo can be used in either groups or for individuals.

For Groups:

Students speak to others in the room and find an activity that they have completed in the last 7 days, which they then tick off of their sheet. The aim is to tick off as many boxes as possible, and if you cross off all of the activities you win! It may be an idea to implement a time limit to encourage students to move around more and speak to as many people as possible.

For Individuals:

This is a great tool to help students reflect and look at their self-care routine. They cross off any activity they have done in the last 7 days, and can see any patterns, or how much they invest in their self care. The activities that haven't been crossed off can also serve as inspiration for future self care routines.

Ask It Basket:

This is a great activity to encourage students to ask any questions they may have on the subject. Get students to write down questions they have before the session, or partway through and put them in a basket. After the presentation, open up the questions and answer them if they haven't been answered already. This can then encourage group participation and conversation where appropriate.

Wellbeing Bingo!

In the past week have I...

<p>Played on a games console</p> 	<p>Given a compliment</p> 	<p>Had a good sleep</p> 	<p>Spent time with family/friends</p> 
<p>Listened to music</p> 	<p>Read a book/article</p> 	<p>Watched a film/TV</p> 	<p>Eaten something delicious</p> 
<p>Done some exercise</p> 	<p>Stayed hydrated</p> 	<p>Been creative</p> 	<p>Laughed out loud</p> 
<p>Spent time outside</p> 	<p>Danced</p> 	<p>Treated myself</p> 	<p>Visited a new place</p> 