



Health and Wellbeing

Review: reviewing a wellbeing workshop

1. Lead-in discussion

Talk with a partner before you write.

1. What advice about wellbeing is useful for students?
2. Would you enjoy a practical workshop about stress?
3. What might make a wellbeing session feel awkward?

Exercise 6 at a glance

Write a review, often for a student magazine. Use an engaging title. Describe key features clearly. Evaluate positives and negatives. Make a clear recommendation.

2. Exam-style task

Your school recently held a wellbeing workshop for students. Your teacher has asked you to write a review of the workshop for the school magazine.

Here are some comments about the wellbeing workshop to help you:

'The breathing activity was calming.'

'Some students did not want to speak.'

'The advice felt realistic.'

'The room was too hot.'

Now write a review of the wellbeing workshop for your school magazine.

The comments may give you some ideas, and you should also use some ideas of your own.

Write about 120 to 160 words.

3. Model review

A Useful Pause in a Busy Week

Can a single workshop really help students deal with stress? It cannot solve everything, but our wellbeing workshop was a useful start.

The session took place during tutor time and focused on sleep, exam stress and simple calming techniques. It was led by a visiting counsellor, who spoke in a calm and friendly way without sounding too serious.

The breathing activity was the most helpful part because it gave students something practical to try straight away. The advice also felt realistic, especially the reminder to take short breaks instead of revising for hours without stopping.

However, not everyone felt comfortable. Some students did not want to speak in front of the group, and the room was too hot, which made it harder to concentrate.

Overall, I would recommend the workshop to students who feel under pressure or want a few practical strategies. Smaller groups and a cooler room would make the next session more relaxed.

4. Explore the model: structure, content and tone

Work with the model review. Underline, label or make short notes.

| Focus | What to find | Done? |
|-------------------|--|-------|
| Review structure | Find the title, hook, key facts, description, opinion and recommendation. | |
| Content point 1 | Where does the writer describe the workshop and its focus? | |
| Content point 2 | Where does the writer develop positive opinions from the comments? | |
| Content point 3 | Where does the writer balance the review with comfort or participation problems? | |
| Audience and tone | Find two places where the review sounds lively or suitable for the reader. | |
| Development | Find one extra detail, example or personal reaction that improves the answer. | |

5. Language from the task prompts

The task prompts can guide your grammar and content choices. Notice which language each prompt naturally needs.

| Prompt | Useful language | Why it fits | Example from the model |
|----------------------------|--------------------------------|---|--------------------------------------|
| what the workshop was like | passive + topic list | You are explaining what the session covered. | was led by... / focused on... |
| evaluation of comments | evaluative language + contrast | You are explaining strengths and balancing them with drawbacks. | the most helpful part / However... |
| recommendation | recommendation + improvement | You are saying who would benefit and adding practical changes. | I would recommend... / would make... |

6. Build a clear review

Notice how review phrases help you move from the opening to the final recommendation.

| Job | Useful review phrases |
|-----------------------|--|
| open with key details | Can a single workshop really help...? / took place during... / focused on... / led by... / calm and friendly |
| evaluate positives | the most helpful part / felt realistic |
| balance negatives | However... / not everyone felt comfortable |
| recommend clearly | Overall, I would recommend... / to students who... / Smaller groups... |

7. Vocabulary and useful review phrases

Use chunks that sound natural for this review. You can also upgrade your writing with precise words and phrases.

| Purpose | Useful chunks / language | Add your own |
|-----------------------|--|--------------|
| describe the workshop | wellbeing workshop / sleep / exam stress / calming techniques | |
| describe positives | breathing activity / calming / realistic advice / short breaks | |
| describe negatives | did not want to speak / too hot / harder to concentrate | |
| sound review-like | useful start / the most helpful part / However... | |
| recommend | under pressure / smaller groups / cooler room / more relaxed | |

8. Plan your own review

Use the same task, or change the details to a similar event, place, service or activity.

| Prompt | My idea | Useful language |
|---------------------|---------|-----------------|
| title and opening | | |
| description / focus | | |
| positive points | | |
| problems or limits | | |
| recommendation | | |

