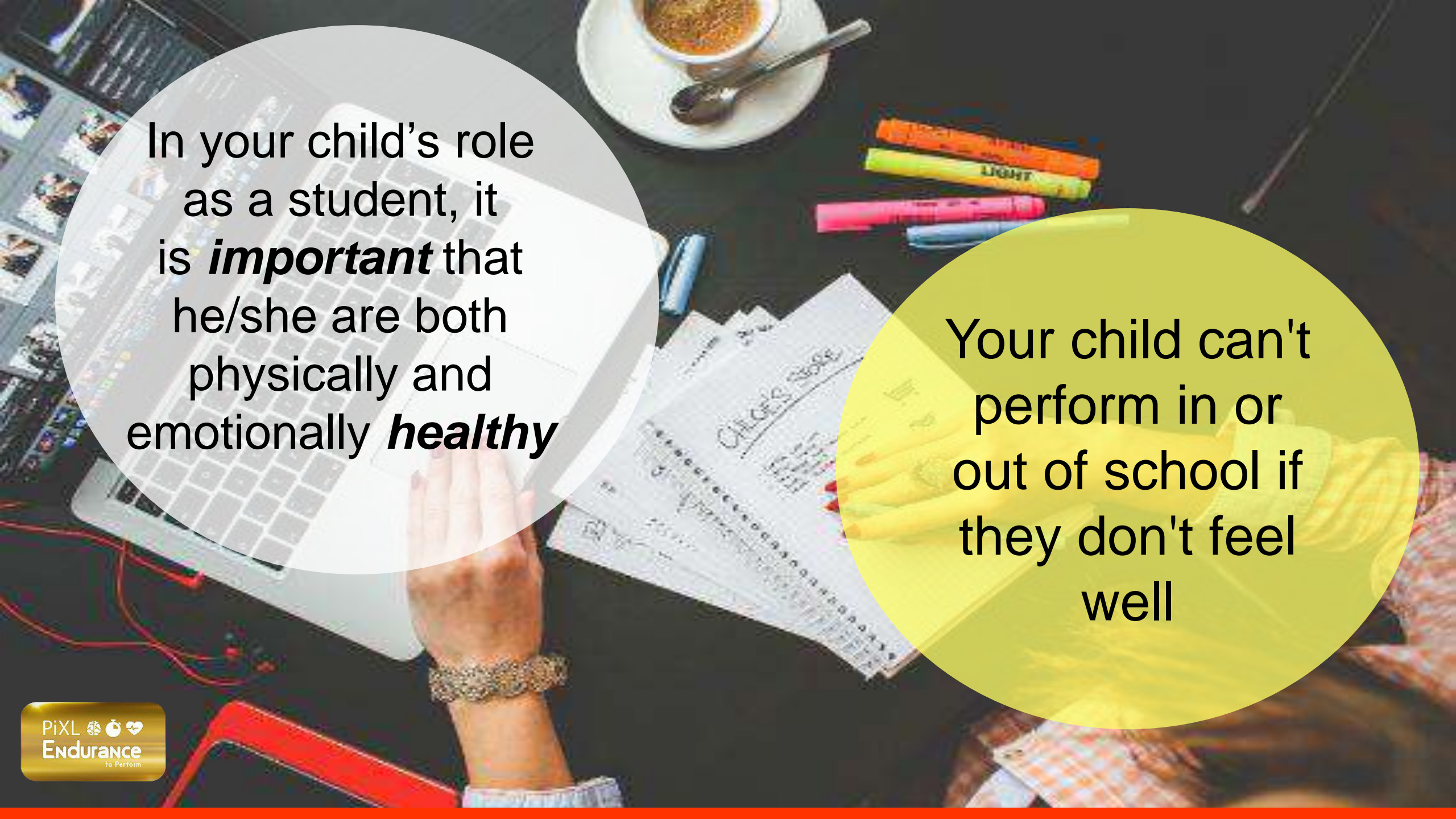


Prepare

to


Perform



A top-down view of a student's desk. On the left, a silver laptop is open. In the center, a white coffee cup with a spoon sits on a saucer. To the right, several colorful highlighters are scattered. In the foreground, a person's hand is visible, wearing a gold bracelet and a watch. The desk is covered with papers, including one with a grid and some handwritten notes. The background is dark, possibly a wall or another part of the desk.

In your child's role as a student, it is ***important*** that he/she are both physically and emotionally ***healthy***

Your child can't perform in or out of school if they don't feel well



Being healthy means that their body and mind function as they are supposed to

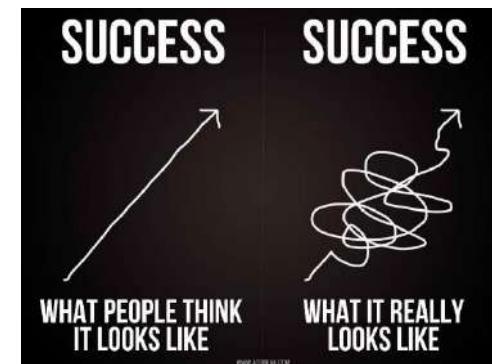
They can maintain their health by taking care of themselves in many different ways

We can all grow



We can all grow with the Growth Mindset

- Know what you want – **Goals**
- Want/desire to achieve it – **Motivation**
- Work hard at the right things – **Focus**
- Always believe you can achieve it – **Belief**



Performance Goals

Measurable

If you are to achieve your outcome goal, what do you need to deliver in your performance?

- ✓ E.g. achieving 65% in my biology exam
- ✓ E.g. getting 8 hours sleep a night
- ✓
- ✓
- ✓
- ✓
- ✓
- ✓
- ✓

SMART

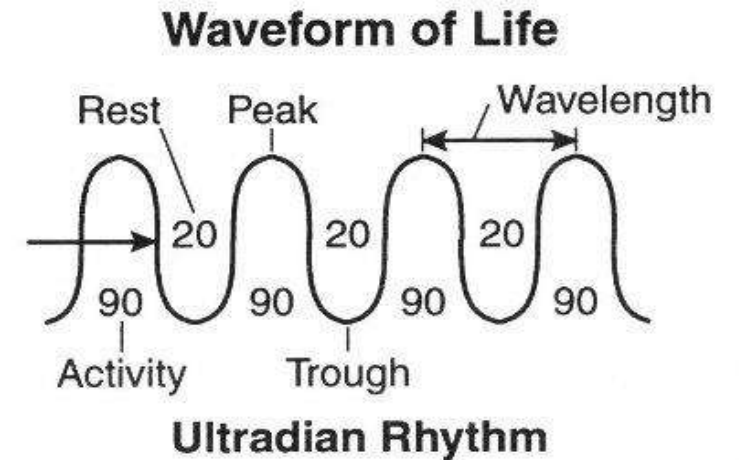
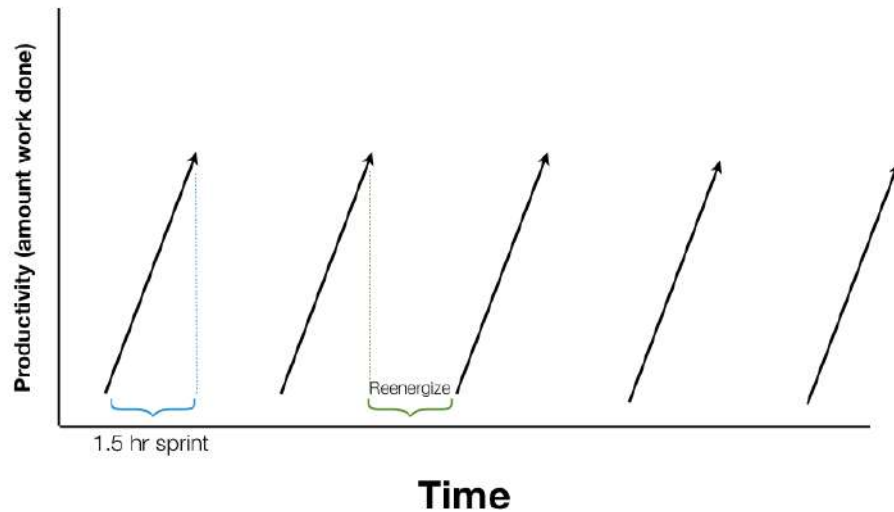
Aligned to your Outcome

Remember to regularly check if you are on track.
Celebrate it!

During revision - work in 45 to 90 minute intervals

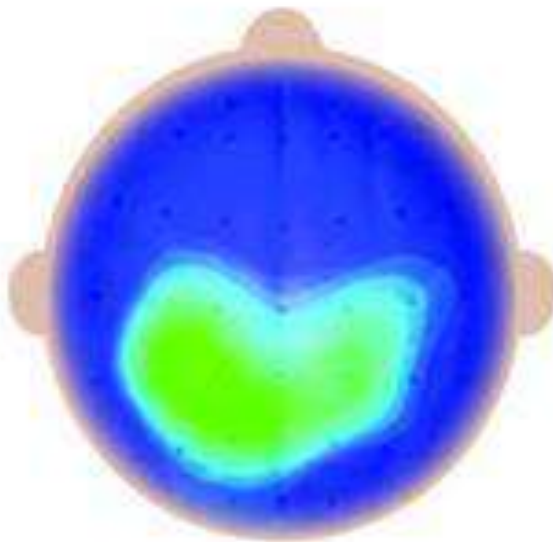
- Your brain uses up more glucose than any other bodily activity. Typically you will have spent most of it after 45-90 minutes
- So take a break: Get up, go for a walk, have a snack, do something completely different to recharge.

PRODUCTIVE PEOPLE WORK SMARTER, NOT HARDER.

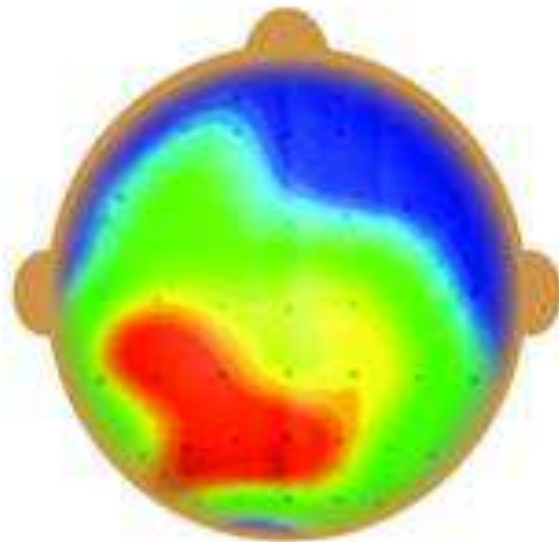


Physically active students have more active brains

BRAIN SCANS OF STUDENTS TAKING A TEST:



after 20 minutes of
sitting quietly



after 20 minutes of
walking



Red areas are very active; **Blue** areas are least active

TASK: What exercise do you currently do on a weekly basis?

1. How could you build more physical activity into your daily routines?

2. Plan out a weekly schedule that will fit in around your commitments



Examples of building physical activity into your daily lives

Exercise could be completed in small chunks
e.g. 3 x 20 minutes sessions per day

- 10 min walk to school
- 10 min walk at lunch time
- 30 min after school sports club / gym / swim
- 10 min stretching / flexibility

60
minutes
per day

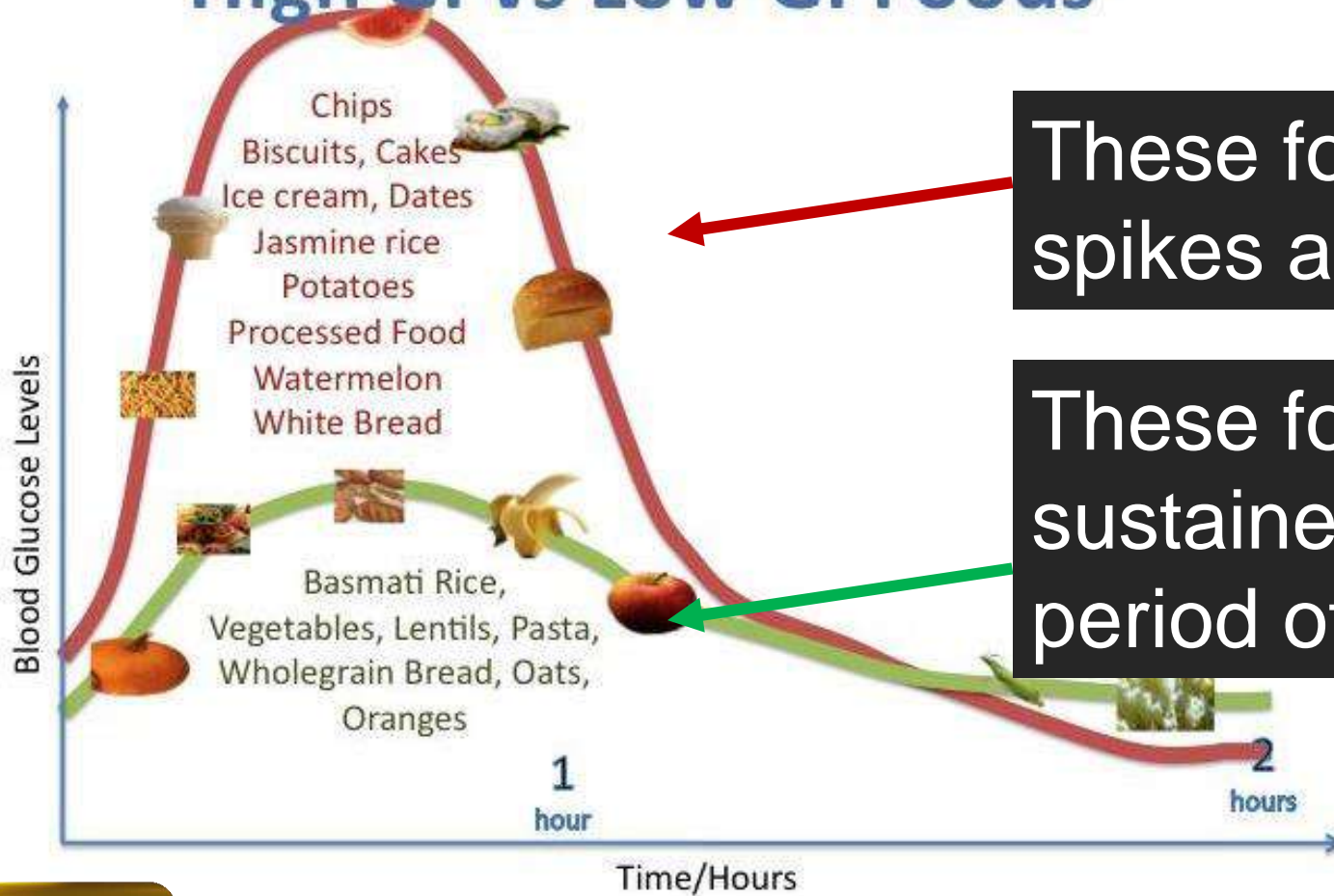
Nutrition & stress

A collage of healthy food items including a green apple, almonds, a measuring tape, a bowl of quinoa, grapefruit slices, a kiwi slice, a glass of water, and strawberries.

Someone with a healthy balanced diet is less likely to be stressed

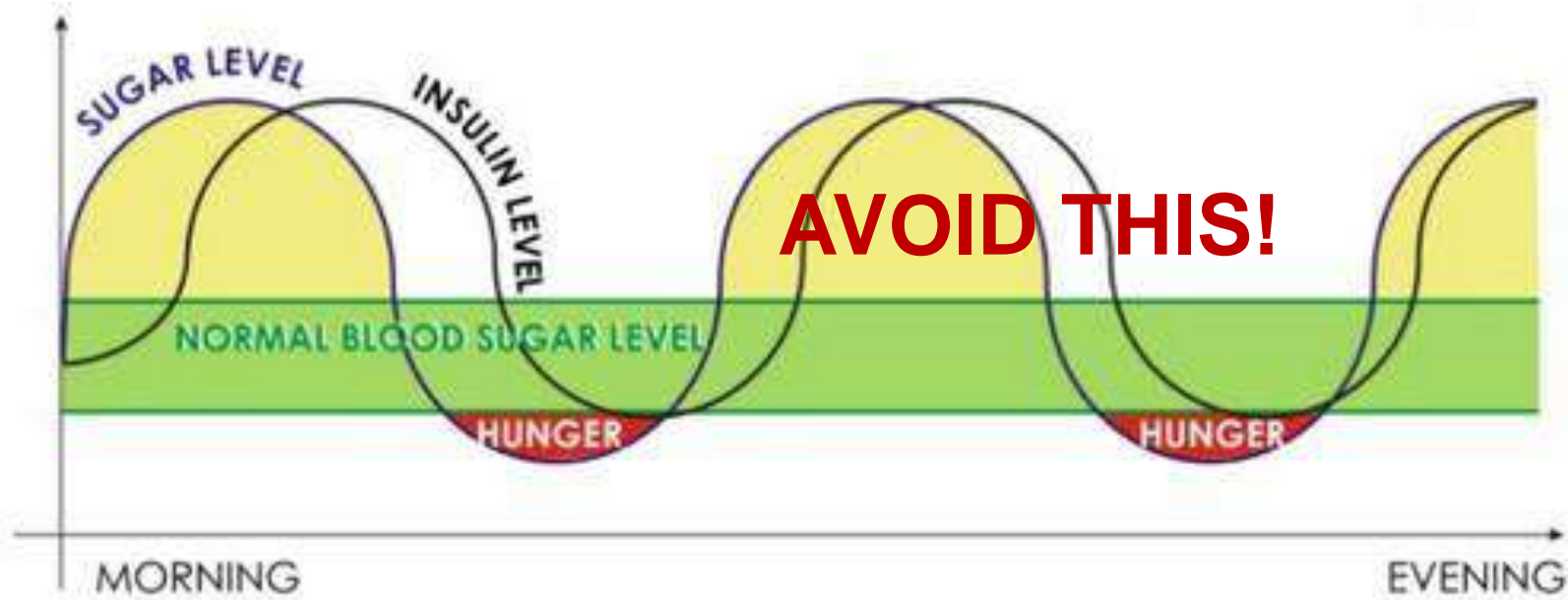
How protein affect blood sugar levels

High GI vs Low GI Foods

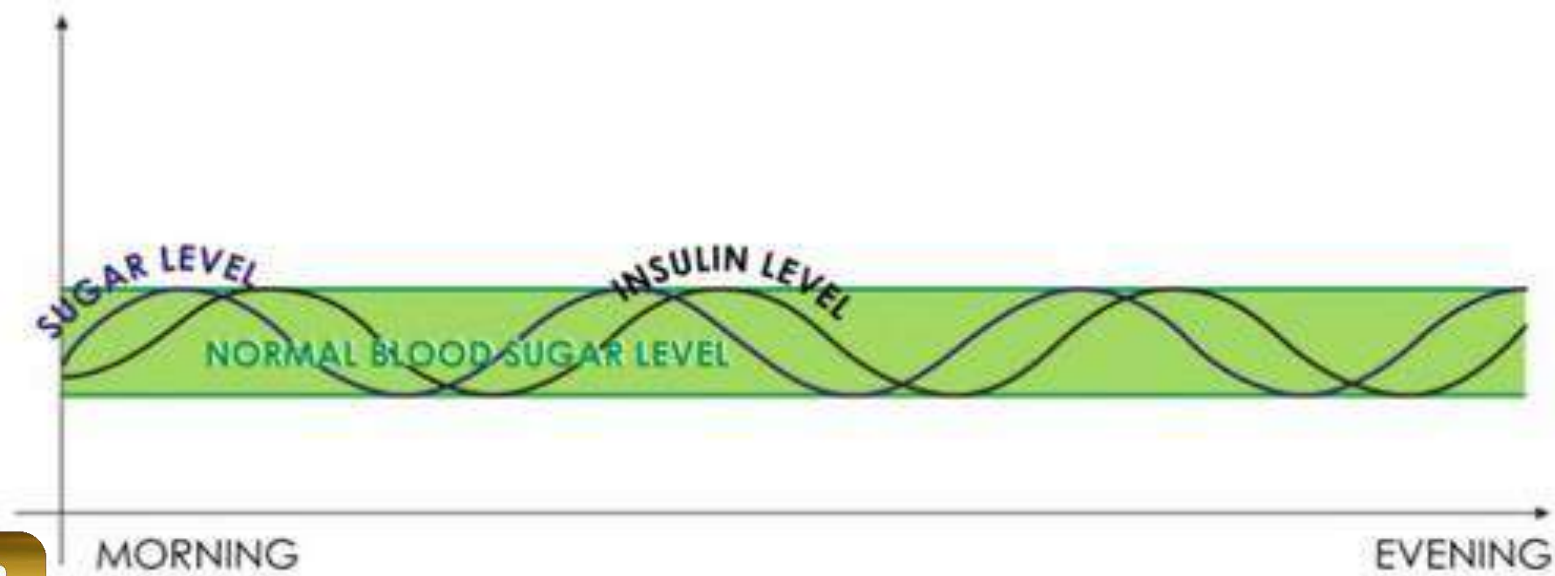


These foods will give you energy spikes and then you will crash

These foods will give you sustained energy over a longer period of time



Excess insulin triggers sugar craving



Your blood sugar and energy levels should be slow and steady not swinging wildly up and down

Energy boosting Foods

UP THE B'S

B vitamins are directly involved in creating energy at a cellular level & will give you an energy boost

Green vegetables
Asparagus / Spinach
Broccoli
Yoghurt

Chicken / Turkey / Salmon
Whole Grains / Brown rice
Almonds / Pecans
Eggs

MIGHTY MAGNESIUM

Magnesium is involved in over 1000 enzymatic reactions in the body. It's vitally important in providing our cells with energy

Green vegetables
Nuts
Pulses
Fish
Bananas

A BALANCING ACT

Keep your sugar levels under control

Carbohydrates

Breads
Rice
Couscous
Cereals
Bran
Potatoes
Pasta
Oats
Cream of Wheat
Corn
English Muffins
Pancakes
Whole Wheat/
Whole Grains
Vegetables
Squash
Pumpkin
Berries
Fruits
Sugars

Macro Cheat Sheet

Proteins

Beans
Sprouted
Grains
Quinoa
Most Yogurts
Skim Milk
Peas
Chicken
Turkey
Egg Whites
Fish
Buffalo
Bison
Whey Protein
Turkey Bacon
Lean Beef
Low/Non-fat
cottage
cheese
Low/Non-fat
greek yogurt

Eggs
Salmon
Bacon
Chia Seeds
Cottage
Cheese
Whole Fat
Milk
Duck
Whole-Fat
Yogurt

Acocado
Nut Butters
Egg Yolks
Nuts
Oils
Olives
Flaxseed

Fats

DEHYDRATION CAUSES HEADACHES,
TIREDNESS AND CAN HINDER YOUR MENTAL
PERFORMANCE AT SCHOOL

Eating a nutritious breakfast can help you perform better in exams and during the day



“ Eating the right food and drink can energise your system, improve your alertness and sustain you through the long exam hours ”

Smoothies are easy to make and can really help if you can't stomach breakfast or are short of time in the morning

This delicious blueberry banana blast is just the thing for breakfast! Packed with energizing banana, satiating oats and some peanut butter for your protein.

1 x small banana
1 large tbsp. peanut butter
1/2 cup of blueberries
1 tbsp. oats
1/2 cup 0% fat plain yoghurt
1/2 cup water / ice / almond milk



TASK: Build your own smoothie

PICK A LIQUID

- Water / Ice
- Almond milk (unsweetened)
- Cow's milk
- Soy milk (unsweetened)
- Hemp milk (unsweetened)
- Iced green tea
- Coconut water

PICK A FRUIT

- Apples
- Bananas
- Berries
- Cherries
- Dates
- Pineapple / mango
- Frozen mixed fruit
- Lemon juice

PICK A VEGGIE

- Dark leafy greens: Spinach / Swiss chard / kale
- Pumpkin / sweet potato
- Beets / beet greens
- Cucumber / celery
- Frozen veg mix
- Celery
- Beetroot

PICK A PROTEIN / CARB

- 0% fat Greek yoghurt
- Oats
- Granola
- Quinoa

PICK A HEALTHY FAT

- Avocado
- Walnuts
- Flax, hemp, chia seeds
- Cashews
- Almonds
- Peanut and nut butters

PICK A TOPPER

- Coconut
- Dark chocolate swirls
- Cinnamon
- Fresh fruit
- Sunflower seeds

One of the best ways to maximise your focus is to stay hydrated

“ Even mild dehydration can lead to tiredness, headaches, reduced alertness and diminished concentration ”



Thinking about your daily and weekly routines, would you say you get enough rest, relaxation or down time?



Why is it so important to rest and recharge ourselves?

TASK: Get yourself in the 'Flow'

What kinds of things could you do every week to relax you and help your rest?

- ✓ Drawing
- ✓ Writing
- ✓ Reading
- ✓ Meditation
- ✓ Yoga
- ✓ Learning a new skill
- ✓ Mindfulness

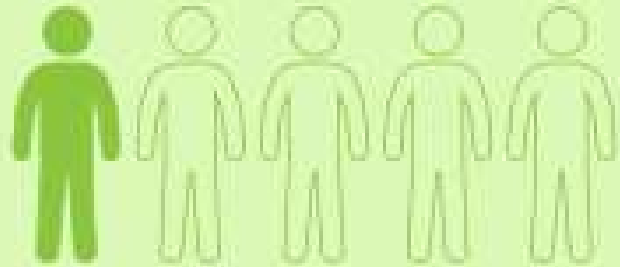
- ✓ Sport
- ✓ Playing an instrument
- ✓ Jigsaw puzzles
- ✓ Dancing
- ✓ Running
- ✓ Painting

TASK: Map out your week with the time you can spend on each of the different categories.



	School / Work	Family / Friends	Physical Activity	Rest / Relaxation
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Lack of sleep



Nearly 1 in 5 teens (18%) say that when they do not get enough sleep, they are *more stressed*.

**SLEEP
DEPRIVATION**

STRESS



More than one-third of teens report fatigue or feeling tired *due to stress*.

You need 8½ to 9 hours sleep per night

DISCUSS: What happens if you don't get enough sleep?

- Reduced decision-making skills
- Poorer memory
- Reduced concentration
- Reduced work efficiency
- Shortened attention span
- Increased risk for weight gain, depression, diabetes and cardiovascular disease
- Reduced alertness
- Poorer judgement
- Reduced awareness of the environment and situation
- Slower than normal reaction time



TASK: Plan your own evening routine to get a better night sleep...



Emotional Fitness Zones

Which
Zone are
you in?

PRODUCTIVE ZONE

RESULTS - High concentration, effective, energetic, proactive

PERFORMANCE ZONE

ACHIEVEMENTS – Focused, in the flow, positive stress, fulfilment, completion

BURNOUT ZONE

TOXIC – Out of control, panic, disconnected, worried, anxious, angry, fearful, reactive

RECOVERY ZONE

ENERGISING – Meditative, relaxed, regenerative, comfortable, peaceful, reflective

DISCUSS: How do exams make you feel?

Anxious

Tension

Worried

Moody

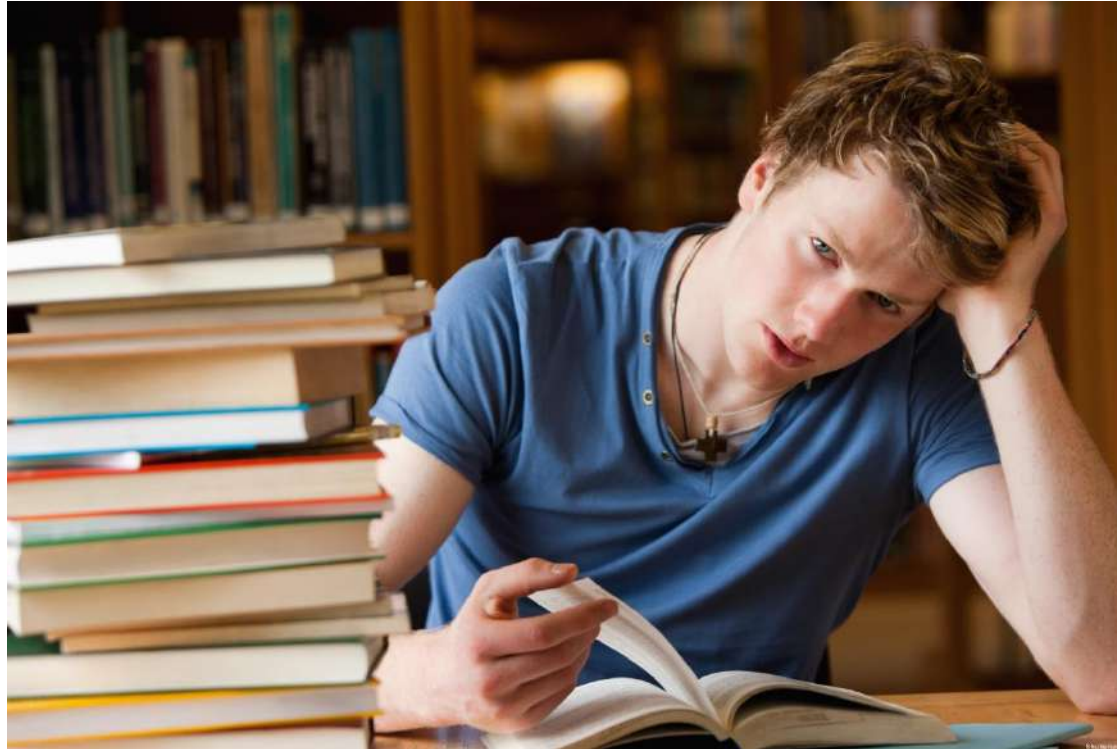
Irritable

Panic Attacks

Fearful

Tiredness

Pressured

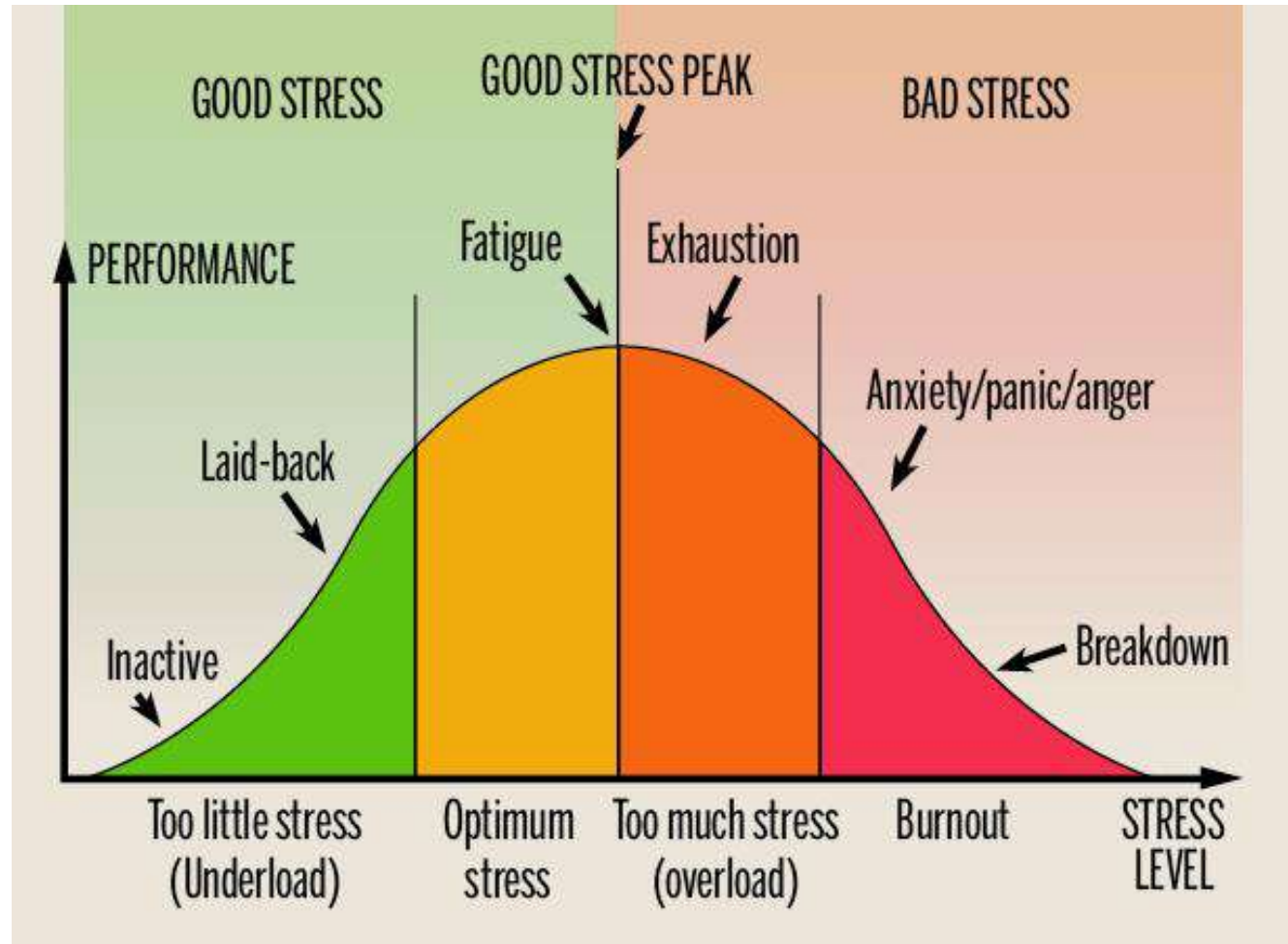


Scared

Lack of sleep

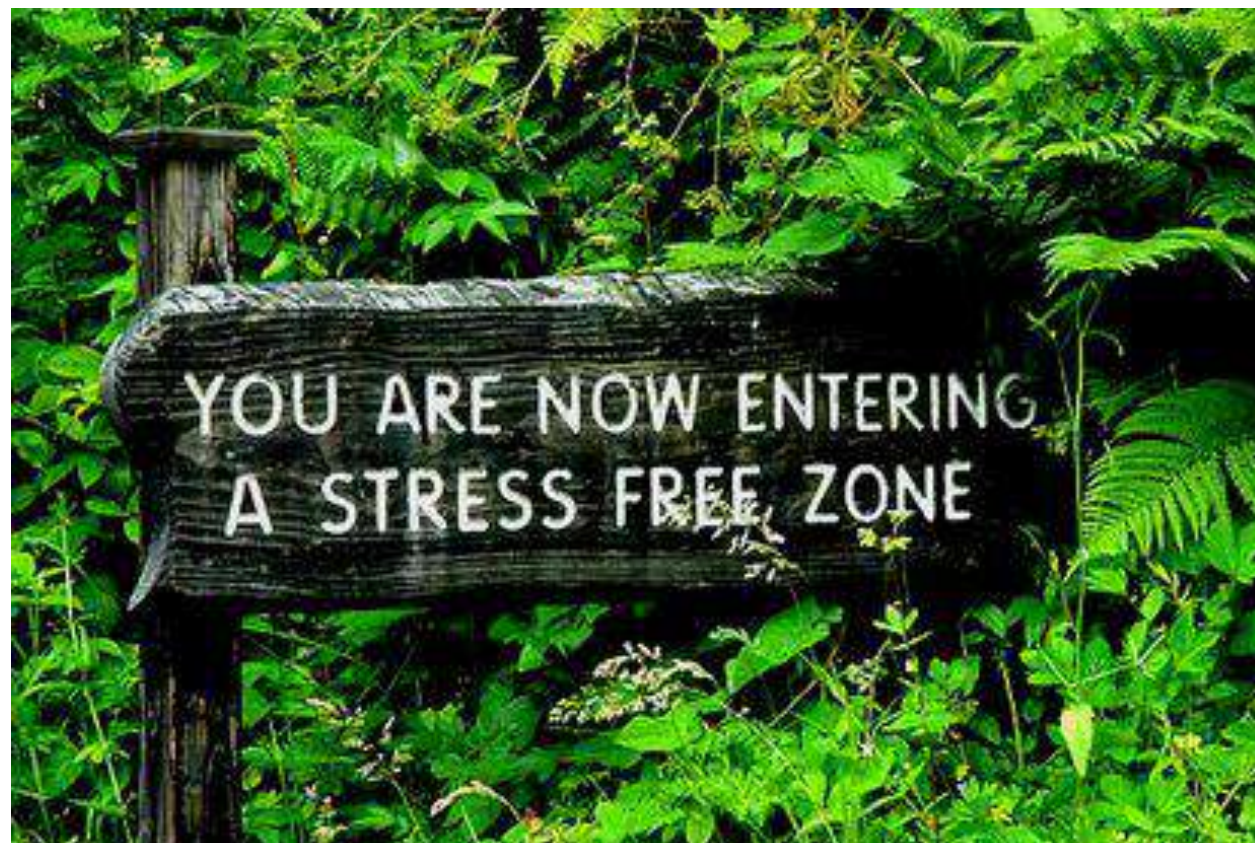
Headache

Is stress Harmful or Helpful?



Stress is a state of mental or emotional strain or tension resulting from adverse or demanding circumstances

DISCUSS: How do you manage your stress at the moment?



What things could you do to help you manage your stress?

TASK: Your stress busting plan

Look at the different techniques and strategies in your workbook and plan out your own stress busting plan to help you cope better.

1. **Planning and priorities** – write down a list of things you need to do to be fully prepared for the exam period – number them in order of priority
2. **Tackling the problems** – you can only control the controllables. Write down everything you can control & focus on to help you with the exam period and try to let go of the things you can't control.
3. **Self-statements** – write down all the statements you could use to help you when you are thinking negatively prior or during an exam.
4. **Dealing with your emotions** – identify any stressful situations you may face and write down a couple of strategies which you can do to help you deal with that situation better.

Refocus on Performance

Be calm, confident & focused

- Develop a winning mindset and perform at your best whilst under pressure.
- To achieve peak performance and succeed, mental preparation is necessary.

Belief - Task

Create your own Belief List

“Believe you can
and you’re halfway
there.”
Theodore Roosevelt

Your Belief list includes
things you have **achieved**,
things you are **proud** of,
things that make you **feel good**.



Nothing is wrong and you can make it as long as you want!

BELIEVE IN YOURSELF – YOU ARE GREAT

This Workshop is Available on the School's Website & on PiXL!

Your student login details for PiXL Endurance are the same as for PiXL Independence which are:-

Link: <https://students.pixl.org.uk>

PiXL School Number: 503938

Password: Indep139

