Tips for Concentration

Have a drink of water (through a sports top bottle where you've to suck the water out)

Quiet

versus

noisy space

Get regular exercise

Use a fidget

Look at the person talking/teaching

Have a movement break – between classes, before/during homework

Use a timer

Take notes

(assists focus & memory)

Get good quality sleep

Ensure you're comfortable

WAYS TO MANAGE STRESS

Get regular exercise

Good nutrition (daily fruit and vegetables, carbohydrates for energy, avoid high sugar and caffeine, drink water)

Get good quality sleep

Do activities/hobbies you enjoy – listen to/play music, read, draw/paint, cook/bake, walk etc.

Reward yourself – think of something nice you can do when you've finished your 'to do' list

Do deep breathing exercises

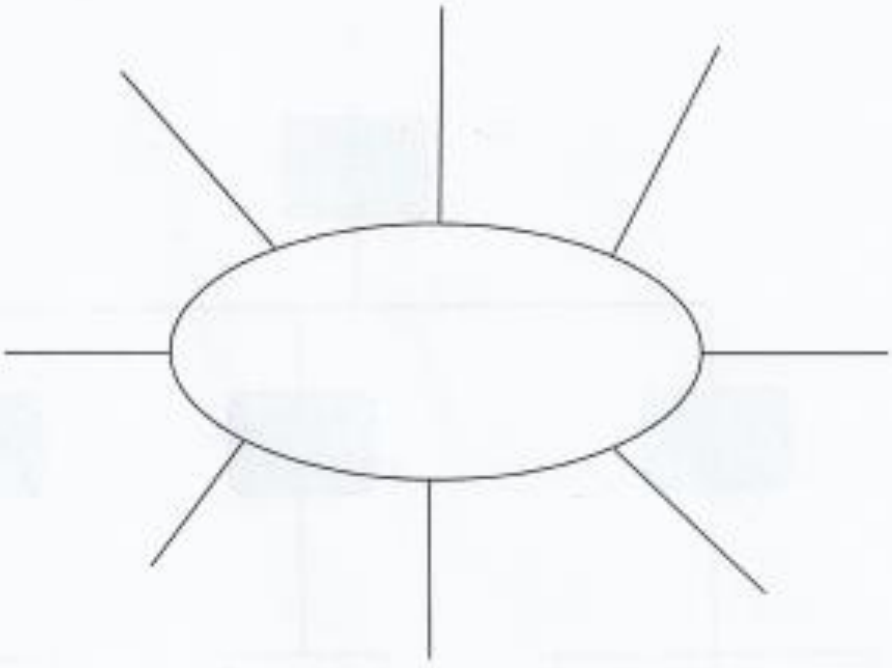
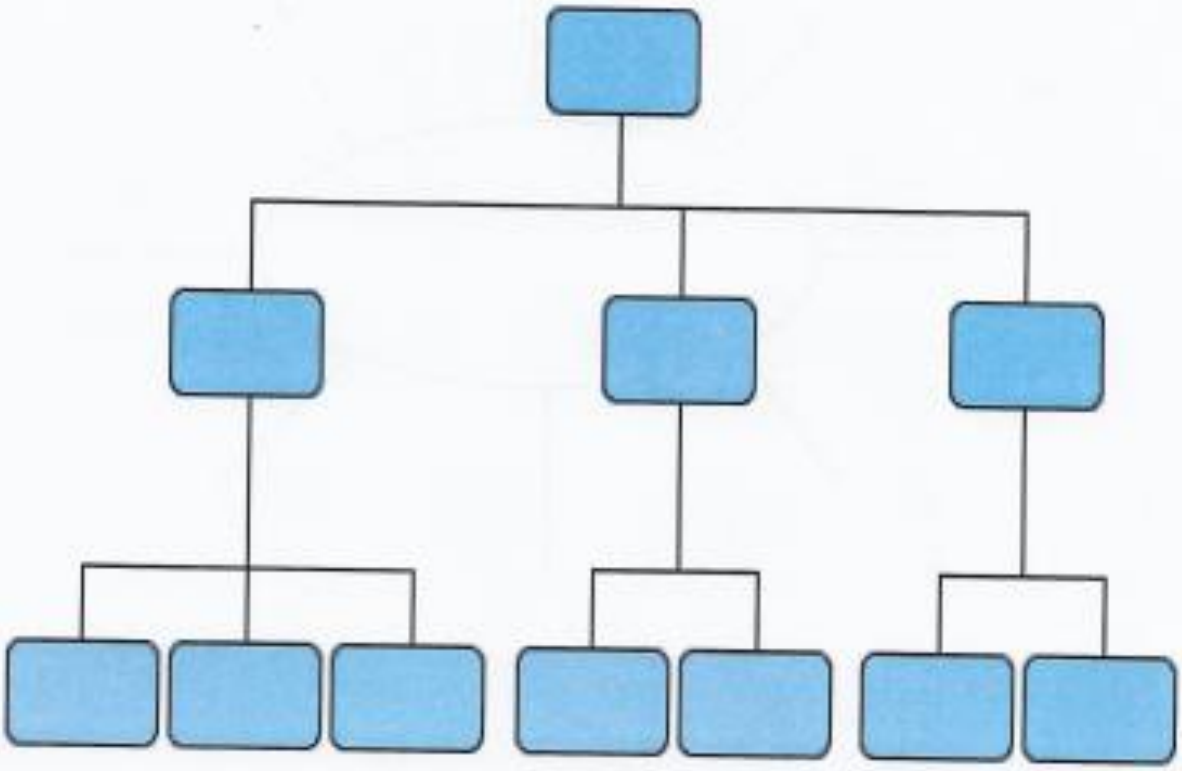
Reduce screentime – especially during school week

Go outdoors – get some fresh air!

Talk to someone – a parent, friend, teacher etc.

Title/Topic	
Key points	Notes
Summary	

Mind Map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