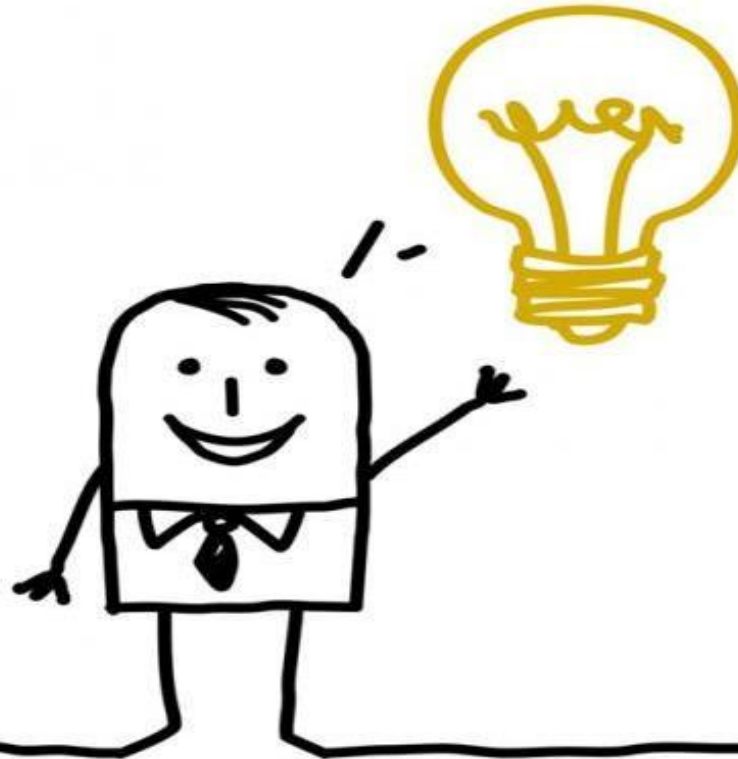




**Top 10 tips to support your child  
through their exams**

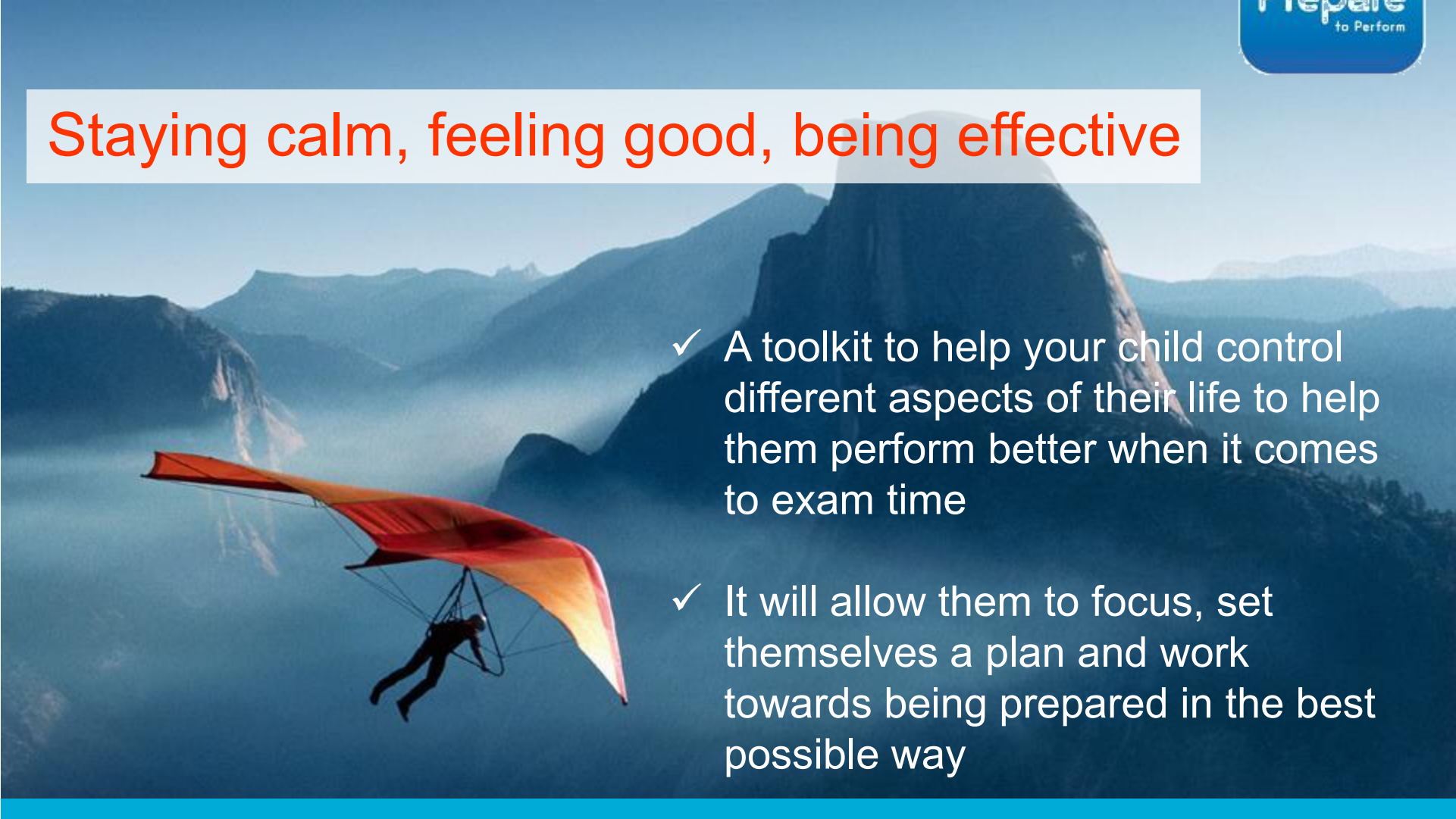
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# What is Prepare to Perform?



Staying calm, feeling good, being effective

- ✓ A toolkit to help your child control different aspects of their life to help them perform better when it comes to exam time
- ✓ It will allow them to focus, set themselves a plan and work towards being prepared in the best possible way



# 1. Being a role model



**Set a good example by modelling the behaviour you want your child to adopt...**

- Planning for the week
- Eating healthily and well
- Keeping hydrated
- Leading an active life
- Staying calm
- Being organised
- Good sleep habits



## 2. Goal Setting



- **Encourage** them to keep their goals planner visible – e.g. printed and displayed on their bedroom wall
- **Help focus** them and talk to them about their goals regularly
- Give **positive reinforcement**
- **Connect** with them about ‘**why**’ and ‘**what**’ they want to achieve



### 3. Keeping Active

- Encourage them to keep active on a daily basis
- Carry out exercise in manageable chunks e.g. 3 x 20 min sessions throughout the day
- Plan to do active things together on a weekend
- Go out for a walk together and get some fresh air
- Help them plan out their weekly exercise schedule in advance
- After exercise your brain functions well, so encourage a revision session afterwards

60  
minutes  
per day



## 4. Healthy Eating



- Plan your family meals for the week – breakfast, snacks, lunches and evening meals
- Carry out a weekly food shop and make sure you write a list
- Avoid high sugary and fatty foods or drinks
- Aim to eat clean, fresh and healthy foods
- Have a couple of 'treat' meals / or meals out per week
- Use the Mark Lloyd recipes and meal planner as guidance
- Encourage them to eat breakfast everyday
- Hydration is key to brain functioning so make sure your child carries a bottle of water with them



## 4. Healthy Eating



Eating the right food and drink can energise your system, improve alertness and sustain your child through the long exams

### A BALANCING ACT

Keep your sugar levels under control.

Macro Cheat Sheet

| Carbohydrates                                                                                                                                                                                                                         |                                                                            | Proteins                                                                                                                                                                    |                                                                                                                                                                                             |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Breads<br>Rice<br>Couscous<br>Cereals<br>Bran<br>Potatoes<br>Pasta<br>Oats<br>Cream of Wheat<br>Corn<br>English Muffins<br>Pancakes<br>Whole Wheat/<br>Whole Grains<br>Vegetables<br>Squash<br>Pumpkin<br>Berries<br>Fruits<br>Sugars | Beans<br>Sprouted<br>Grains<br>Quinoa<br>Most Yogurts<br>Skim Milk<br>Peas | Chicken<br>Turkey<br>Egg Whites<br>Fish<br>Buffalo<br>Bison<br>Whey Protein<br>Turkey Bacon<br>Lean Beef<br>Low/Non-fat<br>cottage<br>cheese<br>Low/Non-fat<br>greek yogurt | Eggs<br>Salmon<br>Bacon<br>Chia Seeds<br>Cottage<br>Cheese<br>Whole Fat<br>Milk<br>Duck<br>Whole-Fat<br>Yogurt<br>Acocado<br>Nut Butters<br>Egg Yolks<br>Nuts<br>Oils<br>Olives<br>Flaxseed |
|                                                                                                                                                                                                                                       |                                                                            |                                                                                                                                                                             | <b>Fats</b>                                                                                                                                                                                 |

### 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

### UP THE B'S & OMEGA 3'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 / Salmon

Whole Grains / Brown rice  
Almonds / Pecans  
Eggs

## **KICKED IN THE BULLS Theresa May to ban sale of energy drinks to kids in sugary beverages crackdown**

The sweeping ban was announced during the PM's tour of Africa after the high caffeine drinks have been linked to suicides

Red Bull has more than 80mg of caffeine in a single 250ml can - putting it well within in the scope of the ban.

Monster Energy which comes in 440ml cans has 140mg caffeine per serving.

Ministers claim that excessive consumption of these drinks has already been linked to health issues in children like headaches, sleep problems, stomach aches and hyperactivity.

And teachers claim the drinks lead to bad behaviour in the classrooms - with British adolescents consuming 50 per cent more cans than European school kids.

## 5. Time Out



Encourage them to build in opportunities to take some time out every week, away from study. For example:

- Going out for food
- Seeing friends
- Having a bath
- Listening to music
- Reading a book
- Doing a hobby
- Going shopping
- Going to the cinema



# TAKING TIME OUT

IS AS IMPORTANT AS PUTTING TIME IN

## 6.Sleep Patterns



- Young people need between 8 – 9 hours sleep per night
- Help your child create a relaxing evening routine
- Make sure they don't eat too late at night
- Avoid giving them caffeine or sugary drinks late at night
- Make sure they don't work or revise too late before going to bed
- Encourage them to switch off from social media / technology at least an hour before bedtime



# 7. Unplugging



- ✓ Encourage them to unplug from technology everyday
- ✓ Help them switch off from technology at least 30 mins- 1 hr before going to sleep
- ✓ Support your child to appreciate the world around them rather than being governed by their phone
- ✓ Make sure they put their phone away, & on silent, while they are concentrating on tasks / revision / homework
- ✓ Help them learn to have the control to not be obsessed with their phone
- ✓ Choose some time each day/week to switch off and unplug from technology with them



## 8. Staying Cool & Calm



- Set a good example by staying calm yourself
- Create a relaxing environment for your child
- Help them plan out coping strategies to deal with their stress
- Give them positive distractions away from studying
- Help them understand their stress & to focus on controlling the controllables
- Promote a balance of their academic studies & other activities during the week

## 9. Belief

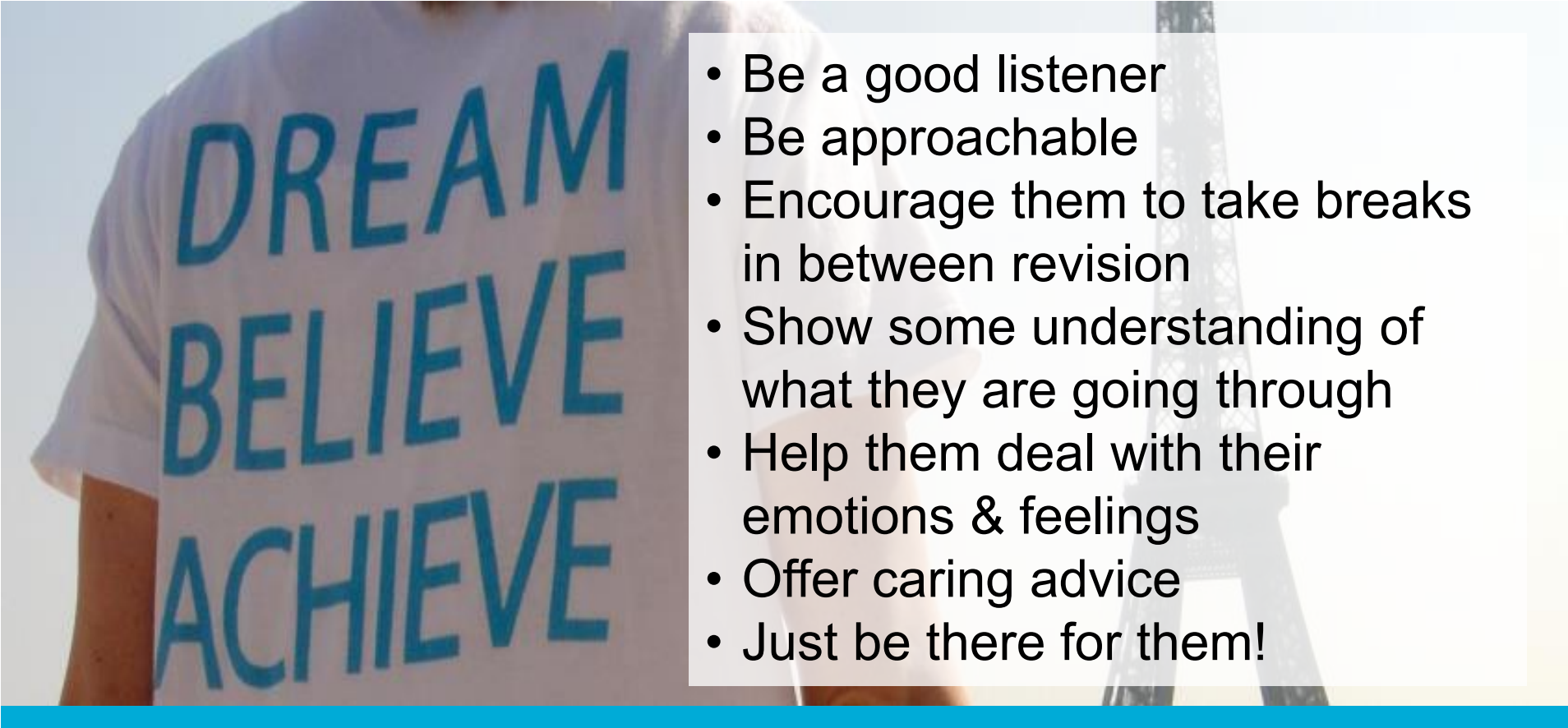


- Give them positive reinforcement
- Boost their confidence daily
- Celebrate any successes and reward them e.g. if they have achieved their mini-goals
- Try not to set your expectations too high
- Show them how proud of them you are
- Highlight things to make them feel good
- Give them the belief in themselves to help them achieve

A person in a white shirt stands on a dark rock at the edge of a cliff, reaching their right arm up towards a large red ball floating in the air. The background shows a bright, hazy sky and a body of water.

**BELIEVE  
YOU CAN  
& YOU'RE  
HALFWAY  
THERE.**

## 10. Be Supportive



- Be a good listener
- Be approachable
- Encourage them to take breaks in between revision
- Show some understanding of what they are going through
- Help them deal with their emotions & feelings
- Offer caring advice
- Just be there for them!