

ORGANISE

ORGANISE YOURSELF!

Get ready!

Make a revision timetable.

Split your revision into chunks and write down when you are going to learn it.

How are you going to learn it?

Vary your revision methods!

ORGANISE

SORT YOUR ROOM OUT!

Get ready!

Tidy up and make a space to work in.

Make sure you find a space where you can study without interruption.

Remove things that distract you e.g. turn off your phone while you are studying
– **you're worth it!!**

ENERGISE!

**DRINK WATER
REGULARLY**

Get ready!

Water keeps you hydrated – all other drinks your body treat as food.

Keep a glass of water nearby – you should drink 1 ½ to 2 litres of water each day.

Try it!

You WILL notice the difference AND be able to learn more easily.

ENERGISE!

HAVE A BANANA!

Get ready!

Avoid sugary junk foods – they give you a burst of energy, that doesn't last long!

ENERGISE!

JUMP AROUND NOW!

Get
ready!

The more awake you are, the easier it is to learn.

So . . .

Jump around!

Dance!

Go for a run!

Kick a ball around!

Shoot some hoops!

FOR 5 minutes!

ORGANISE

Get
ready!

START SMALL BUT THINK BIG!

Day 1 - Do 2 minutes revision on each subject
each night.

DOUBLE IT

Day 2 - Do 4 minutes revision on each subject
each night.

DOUBLE IT until you are doing half an hour each
night on 4 or 5 subjects!

You're worth it!

ENERGISE!

BREATHE!

Get
ready!

Breathe in through your nose
and out through your mouth,
fully emptying your lungs
before breathing in.

If you start to lose concentration, get up walk
around, breathe! Oxygenate!

Or choose an ENERGISE activity!