



DAILY HABITS EXERCISE

Confidence: (*Example: Doing 10 press ups when you wake up*)

We find one of the best ways to wake up and feel confident, ready to go about our day in a decisive manner, with our head held high is to do some form of physical exercise. For many of our students doing a set of 10 to 50 press-ups as soon as they wake up does two things, it helps prepare them for their assessments in class and it wakes up them, gets the blood pumping and makes us feel fresh and active!

Concentration: (*Example: Doing a self-control test for 2 minutes*)

There are two very simple things we ask our students to do to improve their concentration at home. Make your bed and meditate. By making our bed we feel organised. It may feel like a boring task that has little purpose other than to make our parents happy, but being in an organised, tidy and calm environment helps us concentrate. We leave our room already feeling a sense of achievement. By spending 2-3 minutes meditating each morning students sit with their eyes closed and focus on their breathing, just as they are taught to in class. These few moments of pausing prevent our minds from going straight into a busy day (reacting) and give us a chance to evaluate our values, which leaves us with Conduct...

Conduct: (*Example: Clearing the table after breakfast*)

We have found one of the best ways to improve a person's mindset, their behaviour and their conduct, is to make them aware of how fortunate they are whatever their situation. We ask students to write down each morning 3 things that they are grateful for. This can be as small as sleeping on a comfy bed, having breakfast ready for them or being part of an awesome community. The lists grow and grows as students build this daily habit and the result is an overwhelming feeling of gratitude. This decreases anxiety and boosts our happiness. We then ask students to think of one thing they can do in the morning to make someone other than themselves happy.