



PiXL

PiXL POWER TO PERFORM

PUPIL WORKBOOK



WELLBEING

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IGNITING LEADERS CHANGING LIVES

Are you ready to perform?

We all experience pressure in life sometimes, whether it is before an important sporting competition, completing challenging tasks in school or when we are in an unfamiliar situation, such as starting secondary school. This booklet is designed to help you to develop strategies to cope with different pressures so that you are fully prepared to perform at your best, whatever the situation!

The chart on page 3 shows 8 key areas which we can focus on to help us to be at our best to take on challenges. Think about the questions below and then rate yourself from 1 to 5 for each one. 1 means that you feel that you really need to improve on the area and 5 means that you are very confident. Colour in each bar in the chart to show how confident you are. This will then help you to decide which parts of the booklet you need to work through first.

1. Goals:

Do you know what you want to achieve? Do you think about how it will feel when you achieve it? Do you have a clear plan for how you are going to achieve your goal?



5. Rest and recover:

How do you make sure that you have enough time to rest and recover when life gets busy? Do you know the best ways to rest and recover?



2. Positive mindset:

Do you believe that by working hard, you can get better at something? Do you have a positive, 'can do' attitude? When something is challenging, do you keep on trying rather than giving up?



6. Sleep:

Do you understand the importance of having a good night's sleep? Do you follow a routine that helps you to wind down and prepare to sleep?



3. Physical activity:

Do you know that physical activity helps your brain as well as your body?



7. Mental energy:

Do you know what it means to have mental energy? Do you know how to energise your mind to help you to perform better?



4. Nutrition:

Do you know that what you eat and drink makes a big difference to how you perform? Do you understand what you should eat and drink to help you to feel energised and ready to perform?



8. Keeping calm:

When you are feeling under pressure, do you know what to do to keep yourself calm? Can you explain to someone what they should do to keep calm?



Scaling activity

Use your answers to the questions above to rate yourself from 1 to 5 for each of the areas in the chart (1 means that you need to work on the area and 5 means you are really confident). Colour in each bar to show how confident you are.

Power to perform

Goals
Positive Mindset
Physical Activity
Nutrition
Rest and Recover
Sleep
Mental Energy
Keeping Calm



1 2 3 4 5



Goals

Goals inspire you to push forward with purpose; to get out of bed and into school; to turn off the television or games console and do that homework; to get up off the sofa and exercise. You can think of a goal as the engine which drives you towards your desired outcome. Setting yourself a goal is the first step you will need to achieve success. Focusing on a goal that is important to us can help us to stay motivated so that we put in the effort needed to succeed.

Once you know what you want to achieve, what really matters to you, you can then start thinking about what you need to do to reach your goal. You will need to think about how to organise your time so that you can work towards your goal, but still have plenty of free time for relaxation, spending time with family and friends and for physical activity. It is important that you are flexible with your goals so that you are prepared if you don't manage to reach your goal, or if it takes longer than you planned.

Let's explore how different types of goals can help us, and then you can decide on your own goals!

Outcome goals

An outcome goal is your ultimate goal; the thing that you dream of achieving; your gold medal moment! An outcome goal could be securing a particular job in the future, like being a surgeon, or it might be winning an Olympic medal in a particular sport, or playing in a World Cup match.

Outcome goals often depend on other factors which are out of your control. For example, if your ultimate goal is to win an Olympic medal, that will depend on how well other competitors perform on the day. But it is still important to have an outcome goal as it helps us to dream about what might be possible.

Take a few moments to think quietly about what your ultimate, outcome goal is. Make sure it is the right one for you... it may be very different to the goals of your classmates. Then answer the questions below.





**What is your outcome goal?
What do you really want to achieve?**

Why do you want to achieve this?

What could stop you from achieving your goal?

Imagine you have achieved the goal. How do you feel?

**"What keeps
me going is
goals."**

Muhammad Ali



Performance goals

To achieve an outcome goal, you need to know what steps you have to take to be successful. Performance goals are a good way of helping you to do this. They are goals that will improve your performance, which makes it more likely that you will achieve your outcome goal! These are goals that you should be in control of. It is completely down to you if you achieve them or not.

How to set a performance goal

1. Be realistic and specific. What will you do and when? This will increase your chances of getting it done.
2. Break each goal into small, simple chunks. The easier you make it to complete each step of the goal, the more likely it is that you will eventually achieve it.
3. Each goal must have a target time frame. You may find it useful to make a note of this in a weekly planner.
4. Write down your goals on a piece of paper and keep them close by. It's important that you make a record of them; it will keep you focused and remind you of what still has to be done. Read the list every day to keep them at the forefront of your mind.
5. Don't bite off more than you can chew. Start off with a relatively small number of goals and gradually increase their number and size as you get better at completing them.

How do you choose performance goals?

Imagine that your outcome goal is to become a surgeon. You know that this means that you will need to work really hard and concentrate in school so that you can achieve the qualifications needed to help you to get into university. So you need to think of small goals that will help you to be at your best in every lesson so that you can concentrate and perform at your best.

Performance goals for this person might be:

- I will sleep for 10 hours every night.
- I will attend the after-school science club every week.
- I will wake up 15 minutes earlier each morning so I'm not late for school.
- I will eat a healthy breakfast every morning so I can concentrate on my learning.



Your turn!

Think about your own outcome goal. What goals will help you to achieve it?
Write at least 5 goals below.

1	
2	
3	
4	
5	
6	
7	
8	

If you need some inspiration to help you to think of the right goals for you, try the exercise below.

List all your strengths which will help to improve your performance so that you can achieve your outcome goal. Try to list 20 strengths. The more, the better!

This could link to your lifestyle (for example, eating and sleeping habits), your subject knowledge (for example, having a good understanding of science or achieving good scores in an assessment), your character (for example, having self-control and staying calm under pressure), or it could link to your support network (for example, friends, family and teachers who support you).

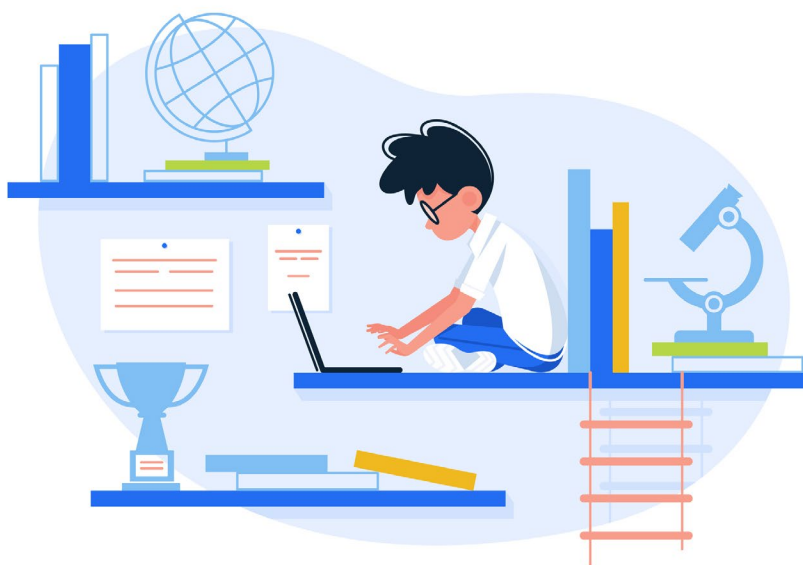




Now list the areas that you need to develop or get better at.

For example, it might be that you feel that you need to get better at calculations or fractions in maths, or you may feel that you need to spend less time on your games console and more time being physically active to make sure that you are able to perform at your best.

Look at your answers in both boxes above. Now decide which are the most important strengths... the ones that will be the most helpful for achieving your outcome goal. Do the same for your areas of development... which ones are going to stand in your way and stop you from achieving your outcome goal? These are the ones that you need to make performance goals for!





Positive mindset

Positive mindset is about embracing new challenges, having a “can do” attitude and not giving up when things get tough. But how can having a positive mindset help us to improve our performance?

- **Goals:** You are more likely to achieve your goals because you believe that, with some hard work, it is possible. You will not give up on your goals easily!
- **Motivation:** You will feel more motivated because you know that your hard work WILL make a difference and will help you to get where you want to be.
- **Learning:** You will learn more because you will use mistakes as an opportunity to improve, rather than a reason to give up. You will also learn by listening to feedback and advice that other people give you.
- **Confidence:** You will believe that you can achieve what you want and will have the confidence to take on challenges.





Think about some of the challenges that you might face as you work towards achieving your outcome goal. What could go wrong and stand in your way? Below each one, write down what you could do or say if you have a positive mindset.

For example:

I don't do as well as I want to in a maths assessment.

Positive mindset: I will use this as an opportunity to improve. I will speak to my teacher and ask what I can do differently next time.

Challenge: _____

Positive mindset:

Challenge: _____

Positive mindset:

Challenge: _____

Positive mindset:

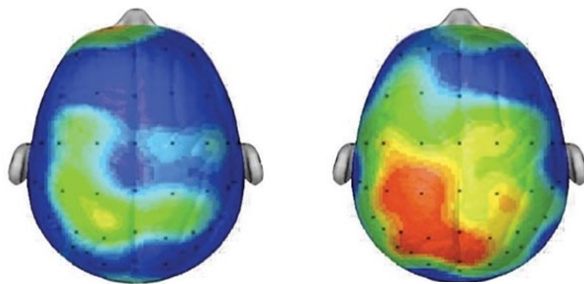


Physical activity

Did you know that regular physical activity impacts the brain? It:

- boosts your memory.
- improves your concentration.
- helps reduce stress.
- lengthens attention span.

Composite of 20 student brains taking the same test



After sitting quietly

After 20-minute walk

This means that physically active pupils have more active brains. Your brain functions well after exercise so why not try to complete a learning task or some revision after you have completed physical activity?

You might find that by doing exercise first, you feel more confident in your learning!

You should be aiming to do 60 minutes of physical activity a day. Ideally focus on these three areas:

- **Cardiovascular** - benefits your heart, circulatory system and lungs.
- **Endurance** - benefits you by improving your stamina, so you can do things for longer.
- **Flexibility** - aimed at giving you greater range of motion in joints and more suppleness in your body.

You don't need to complete 60 minutes a day all at once so think about how this could be broken down into smaller chunks such as:

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

Create a weekly planner using the template below to help you to plan when you will be physically active. Make sure that you plan for at least 60 minutes of activity each day. You can use the Fit Tips below to help you think of activities to include.





Fit Tips:

1. Plan your weekly workouts.
2. Have a morning stretching routine e.g., yoga poses, meditation, seated stretching exercises.
3. Walk or be active to or from school.
4. Get some fresh air at break and lunch times.
5. Carry out some exercises whilst sitting down such as arm stretches, leg lifts and shoulder rolls.
6. Be active during break times.
7. Carry out housework or tidy your bedroom.
8. Push yourself to work harder each time.
9. Plan to do 30 minutes of cardio exercise at least three days a week.
10. Do something you enjoy so you will keep doing it and stay motivated!



	Activities <i>(include the amount of time you will spend on each one)</i>	Total amount of physical activity
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

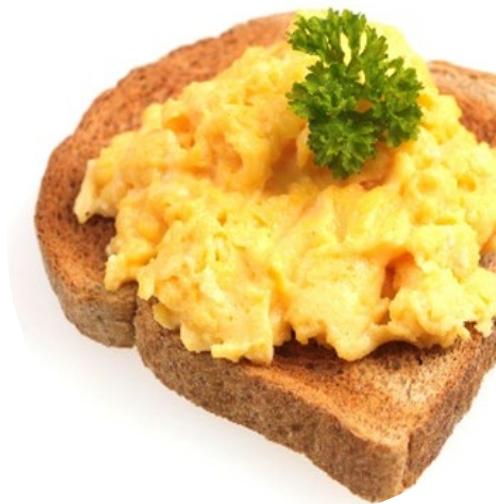


Nutrition: power yourself to perform

You need to fuel your body with the right foods at the right times to energise your system, improve your alertness and sustain you through your performance. The wrong food choices can make you feel sluggish, jittery, burned out and crash your energy levels. Use the following nutrition tips to help you perform at your best when it matters.

P - Preparation

Start the day with a nutritious breakfast. Your brain needs the energy from food to work efficiently. You need to keep your mental focus on your work and not on your hunger. The best breakfasts should include slow-release carbohydrates, such as porridge oats, wholegrain bread or low-sugar muesli, as these provide slow-release energy. Add a protein food, such as milk, yoghurt or eggs, to keep you feeling full for longer. You can also add a banana, berries or nuts and seeds. If you really cannot stomach food then try having a healthy smoothie.



E - Energy Levels

Eat at regular times throughout the day and avoid high-sugar foods such as pastries, sweets, caffeine and fizzy drinks. These will give you energy highs and crashes. The aim is to keep your blood sugars and energy levels stable by eating a combination of wholegrain carbohydrates, proteins and healthy fats. Example foods for lunch include a wholegrain sandwich, jacket or sweet potatoes with tuna, baked beans or a protein filling, wholegrain rice or pasta mixed with protein, wholemeal roll/wrap with cold meat, fish, egg, cheese or peanut butter, and salad or omelette with cheese, ham, mushrooms or tomatoes.



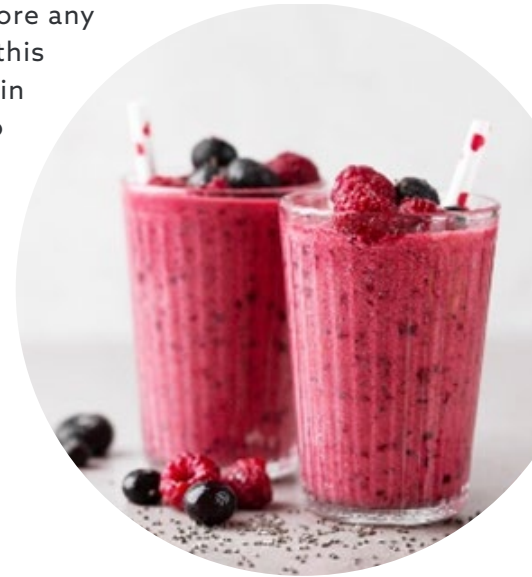


R - Re-hydrate

Drink a glass of water, ideally with lemon, at the start of the day. Carry a bottle of water around with you and make sure you are fully hydrated before any kind of performance. Limit your caffeine, fizzy or sugary drinks as this will lead to energy highs and lows. Dehydration can cause your brain to shut down, not work effectively and give you headaches. Aim to drink at least 2 litres of water every day to help you think faster, keep focused and give your brain energy to function.

F - Focus Fuels

Snack on brain boosting foods throughout the day such as fresh and dried fruit, nuts and seeds. Snacks such as peanut butter on rice cakes or cottage cheese on celery sticks, cheese and oat cakes or crackers, toast and marmite or peanut butter, non-sugary popcorn, yogurt, raw vegetables (like carrots, avocado, peppers or tomatoes) or a small amount of dark chocolate are all good options.



O - Omega 3s

Omega 3 has been shown to help brain function and increases concentration. It also helps to improve your immune system when your body and mind are stressed. The best source of Omega 3 is oily fish such as mackerel, sardines, salmon and trout. A great lunch would be fish on wholemeal toast. Other foods include walnuts, chia seeds, spinach and eggs. You could even take a supplement of cod liver oil tablets.

R - Re-think brain blockers

On performance days, stay away from foods made of white flour, such as cookies, cereal bars, pastries, cakes and muffins, which require added time and energy to digest. Also avoid foods that are high in refined sugar, such as chocolates, desserts, and sweets as these won't keep you stable during a long performance. Avoid sugary, fizzy or energy drinks and limit your caffeine, as it can increase your nervousness.

Avoid heavy carbohydrate meals as these can make you feel sluggish if eaten in large quantities. Eat lighter meals, making sure it is enough to feel satisfied but not so much as to feel full, and don't try out foods that you haven't had before!



M - Macro-nutrients

Have a combination of protein, fats, and carbs at every meal on test days. You need protein to provide amino acids that create dopamine and norepinephrine. These brain chemicals make you feel more alert, attentive, and energetic. You need complex carbs that turn into glucose which fuels your brain. Carbs also create serotonin which can help you feel calm and put you in a positive frame of mind about your test. Having some healthy fats can keep you feeling full for longer and help stabilize your blood sugar levels.

Carbohydrates			Macro cheat sheet		
Breads	Pancakes		Proteins		Fats
Rice	Whole Wheat/	Beans	Chicken	Eggs	Avocado
Couscous	Whole Grains	Sprouted Grains	Turkey	Salmon	Nut butters
Cereals	Vegetables	Quinoa	Egg Whites	Bacon	Egg yolks
Bran	Squash	Most Yogurts	Fish	Chia Seeds	Nuts
Potatoes	Pumpkin	Skim Milk	Buffalo	Cottage cheese	Oils
Pasta	Berries	Peas	Bison	Whole-fat milk	Olives
Oats	Fruits		Whey Bacon	Duck	Flaxseed
Cream of Wheat	Sugars		Lean Beef	Whole-fat yogurt	
Corn			Low/Non-fat cottage cheese		
English Muffins			Low/Non-fat Greek yogurt		

Up the Bs

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

- Green vegetables
- Asparagus/ Spinach/Broccoli
- Yogurt
- 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



Nutrition: Breakfast Smoothies

Smoothies are easy to make and can really help if you can't stomach breakfast or are short of time in the morning. Fuel yourself with the right brain boosting nutrients by trying out some of these yummy smoothie recipes.



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

- 1 small banana
- 1 large tbsp. peanut butter
- Handful of blueberries
- 1 tbsp. oats
- 50 ml plain yoghurt
- 50 ml of water or almond milk



This shake is packed with protein, fibre, healthy fats, nutrients, and probiotics.

- A few ice cubes
- Handful of spinach
- 2 cubes frozen mixed berries
- 50ml plain yoghurt
- 1 tbsp. walnuts
- 1 tbsp. ground flaxseed



Help detox your system with this delicious pink detox. Beetroot is a liver-cleanser and avocado will help lower blood pressure, lubricate the joints and is an anti-inflammatory.

- 1/4 avocado
- 1 celery stalk
- 1/2 punnet of strawberries
- 1/2 beetroot
- 2 tablespoons lemon juice
- 1/2 apple
- 3 ice cubes
- 100 ml coconut water



With a kick of protein, healthy fats and fibre, you'll be doing your body a favour by providing it with this well-balanced, energy-inducing drink.

- Handful of kale
- 1/2 banana
- strawberries
- 1/2 small apple
- 10 almonds
- 1 tbsp. chia seeds
- 1/2 teaspoon cinnamon
- 100ml almond milk
- A few ice cubes



Nutrition: Build your own breakfast smoothies

Use this guide to help you build your own delicious smoothie.

Pick a...

Liquid

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

Healthy fat

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

Veggie

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

Fruit

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

Protein/carb

- Greek yoghurt
- Oats
- Granola
- Quinoa

Topper

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



My smoothies

Smoothie name:



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Smoothie name:



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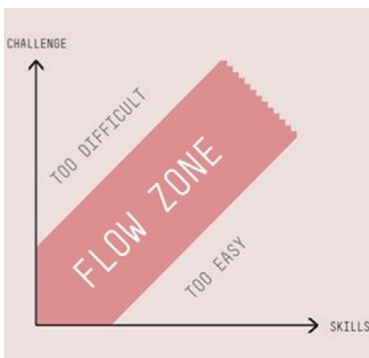


Rest and recovery

Taking a break really helps us to keep calm and improve our performance when we are working, so book things in your diary which are relaxing and time-out from the norm. We all need something to take our minds off the day to day. Good outlets are activities that completely engage our bodies and minds. These are neurologically important activities that give our brain a chance to get back to neutral, to re-boot and re-charge.

The Power of Rest:

- Regeneration of our bodies
- Required for life
- Helps us survive
- Renew and restore cells
- Keeps us functioning well
- Rebuild and revive ourselves
- Productivity and concentration
- Efficiency at school or work
- For growth and development
- To replenish our muscles, bones, tissues and cells



Get yourself in the 'flow'

Flow experiences can occur in different ways for different people. These are moments in which your mind becomes so entirely absorbed in the activity that you "forget yourself" and begin to act effortlessly.

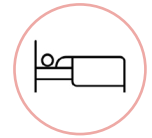
You must see the activities as voluntary, enjoyable, and challenging (but not too challenging) with clear goals towards success.

Activities which can help you rest and recover:

- Drawing
- Writing
- Reading
- Meditation
- Yoga
- Learning a new skill
- Mindfulness
- Sport
- Playing an instrument
- Jigsaw puzzles
- Dancing
- Running
- Painting

To be more productive, healthy and creative, we need to make break-taking a regular practice.





Sleep

What happens if you don't get enough sleep?

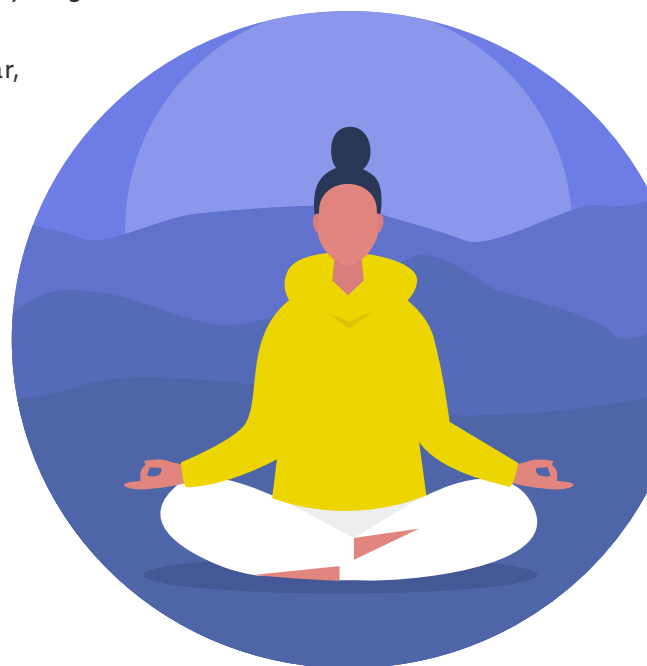
- Reduced decision-making skills
- Shortened attention span
- Poorer memory
- Reduced alertness
- Reduced concentration
- Reduced awareness of the environment and situation
- Reduced work efficiency
- Slower than normal reaction time

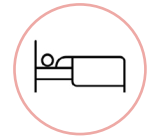
Here are some top tips for getting a better night's sleep. The key is to make some small changes to your sleep routine and give it some time to notice a difference in your sleep habits.

Top Tips

1. **Consistency:** Keep a relatively consistent bedtime and wake time. Staying up late and sleeping in on weekends can disrupt your routine during the week.
2. **Work:** Complete your revision or work by a certain time.
3. **Relaxation and Routine:** Develop a pre-bed routine that is relaxing and familiar. Television, work, computer use, movies and deep/stressful discussions late at night can disrupt sleep.
4. **Unplug:** Shut off all electronics at least 30 mins before you go to sleep.
5. **Stimulants:** Eliminate stimulants like caffeine and sugar, especially later in the day.
6. **Exercise:** Incorporate this daily but not too close to bedtime.
7. **Fullness:** Eating a dinner that makes you overly full can disturb sleep.
8. **Thoughts:** Write them all down before you go to bed so you have a clear mind.

The perfect night's sleep starts long before you get into bed. Use this example sleep routine to help you plan your own:





Hours before bed



My Personal Sleep Routine

Use the top tips below to help you to create a 5-step plan to help you prepare for sleep every night.

Top tips to recharge:

- Turn your phone off!
- Have some alone time
- Try a new hobby
- Get some fresh air
- Go for a walk
- Have a bath
- Try some yoga or stretching
- Do a 5-minute meditation
- Listen to music
- Read a book
- Watch a feel-good film





Mental energy

The mind is one of the biggest contributors to energy levels. The benefits of having high levels of mental energy include happiness, confidence, focus, and increased willpower, motivation, and productivity.

What is mental energy?

- Mood – positive thinking – feeling good – performing well
- Motivation and willpower – initiative
- Focus – effectiveness and duration
- Confidence – perception – performance

Why should you boost your mental energy?

- Accomplish more
- Feel better
- Avoid fatigue



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, worried, anxious, angry, fearful, reactive

Recovery Zone

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

Mental energy boosting strategies:

- Staying relaxed under pressure - "good nervous."
- Focusing on what's important and letting go of everything else.
- Rebounding from mistakes, bad breaks and failures.
- Handling last-minute self-doubts and negative thinking.
- Using mental rehearsal for upcoming performances.
- Motivating yourself by setting personally meaningful and compelling goals.
- Recognising mental traps and avoiding them.
- Developing self-confidence and a positive, go-for-it attitude.
- Watch videos of inspirational people to help you become stronger.



Keeping calm

Why should you work on keeping your cool?

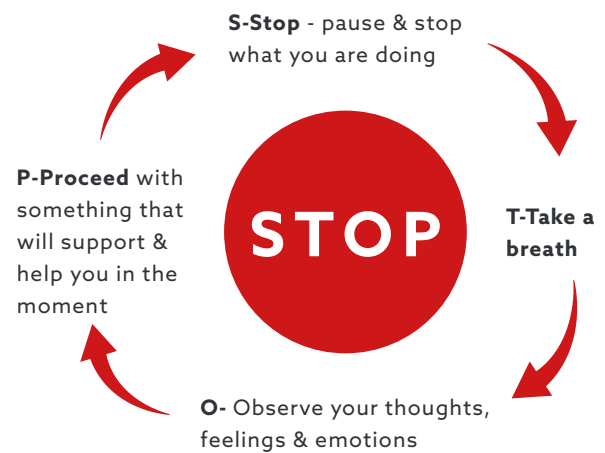
Feeling a bit nervous before a performance is completely normal. However, if our worries get out of hand, they can stop us from performing at our best, so it's important to keep them under control.

How to calm down in under a minute

- Breathe in through your nose and for a slow count of three.
- Push your stomach out as you breathe in.
- Breathe out through your mouth for a slow count of six.
- Repeat two more times.

The mindful unplug

- Try to unplug from technology everyday.
- Switch off from technology at least 30 mins to 1 hr before going to sleep.
- Appreciate the world around you and what you are doing rather than being governed by your phone.
- Put your phone away and on silent while you are concentrating on tasks / revision / homework.
- Learn to have the control to not be obsessed with your phone!
- Choose some time each day and week to switch off and unplug from technology.



Re-focus on performance

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

Your outcome goal is there to motivate you - try to focus on the process when you are performing. Use performance goals to check you are on target to achieve your outcome goal.

Belief

We achieve so much in our lives but all too often the moment passes and the power of the achievement is lost too. Over the next few weeks keep a Belief List.

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!

Belief List

Belief List



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CHANGING LIVES**

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