

Sai Ram!

“Don’t stop until you are proud”

With the objective of inspiring children to adopt a positive mindset and face exams confidently, we present our next challenge under our program-**“My Behaviour Check Challenge”**

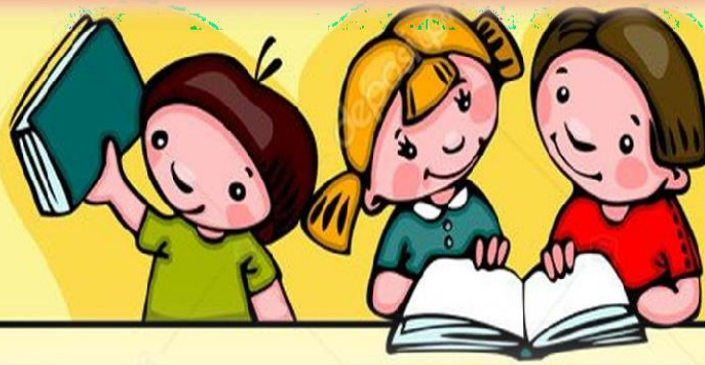
“Navigating Exams with Confidence”

“The power of concentration is the only key to the treasure house of knowledge” Exam is like a game....learn to **PLAY THE GAME** and never be afraid of examsfocus on the big picture and adopt a positive attitude...

-----This the true essence of Educare.

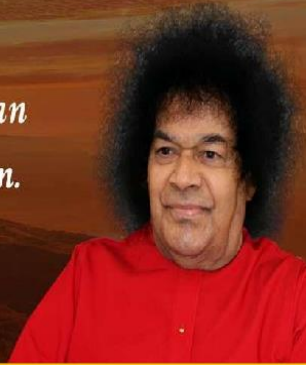
It is not only a test of your academic knowledge but also a test of your calmness, stability and courage. The pressure to perform well and succeed may heighten anxiety levels. This is the time to stay calm and composed and have positive mindset. Study diligently, do your best and forget the rest. Draw energy and inspiration to remain focused and grow stronger and emerge victorious.





*The Cultivation Of Human
Values Alone Is Education.*

~ SATHYA SAI ~



Here are few quick tricks to achieve your goals:

- ✚ Organize your time properly.
- ✚ Take regular breaks and relax
- ✚ Take healthy diet and keep yourself hydrated.
- ✚ Seek support from friends, family or a school counselor if you are feeling overwhelmed or stressed
- ✚ Use flow charts and diagrams for better revision
- ✚ Don't get distracted by social media
- ✚ Listen to some soothing music before retiring to bed to sleep soundly.
- ✚ Meditate and exercise daily.
- ✚ Snacking on healthy food is good for the brain
- ✚ Take feedbacks positively.
- ✚ Reward yourself. ... Keep smiling!

My Behaviour Check Challenge

