

The 6 Pillars of Learning

Environment

- Quiet
- Distraction free
- Calm music in the background
- Greens and blues are calming to the brain

Nutrition

- NO processed food
- Lots of fruits and vegetables
- Eat organic as much as possible
- Drink lots of water

Mind Space

- Practice mindfulness daily
- Become aware of your emotions, feelings, and thoughts
- Write in a journal
- Practice yoga
- Learn breathing practices and use them to remain calm

Movement

- Exercise releases neurotransmitters that help you learn better
- Exercise is a great way to release stress
- Go on a walk
- Bounce on a trampoline in between study sessions

Executive Functions

- Use a calendar, schedule everything
- Have a TO DO list
- Highlight directions as you read them to make sure you understand your assignments

Support

- Ask your family for help
- Email your teachers regularly
- Use library resources
- Invest in an Executive Function Coach
- Find or create a study group