



PSHE Knowledge Organiser

Year 11
Term 2
RESILIENCE



Preparing for PPEs



The importance of sleep

Sleep reinforces the learning made in the day and embeds links & connections.

A lack of sleep will prevent you committing new learning to memory. You will have to re-learn it.

A lack of sleep will reinforce feelings of negativity. Someone who is well rested will find the opposite.

If you don't get into a regular, daily routine with sleep you will confuse your internal body clock and sleep won't be as deep.

Wellbeing tips

Taking breaks from technology. It can create strain on the eyes, disrupt sleep, overstimulate your brain and normally technology is linked to a lack of movement.

Spend time outside in nature. Nature is healing, going to your local park or green space and taking a walk is a great way to destress.

Spend time with people who support you. Social interaction and a strong network of support is important for mental health, sharing problems and building social skills

Drink plenty of water. We are over 70% water and dehydration can cause low energy amongst other undesirable symptoms

Eat healthy foods and take regular exercise.

How to revise: the 20 revision techniques that work

1. Make a plan
2. Create a calm study space
3. Prepare a folder for each subject/topic
4. Be clear about your goals and grades
5. Find out exactly how long you've got
6. Understand your gaps
7. Draw up a revision timetable
8. Test yourself
9. Space out your revision
10. Switch topics regularly
11. Use mind maps
12. Self quiz with flash cards
13. Use practise exam papers
14. Time yourself answering questions
15. Do some revision every day
16. Take regular breaks
17. Know your most productive time of day
18. Sleep well
19. Turn up on time
20. Do your best

Good luck for GCSEs from everyone at THIRD SPACE LEARNING



Further help and advice

Childline- Have advice on a wide range of issues. Call 0800 1111

<https://www.childline.org.uk/>

NHS- Have information on medical issues

<https://www.nhs.uk/>

Mind- Mental health support for young people
- <https://www.mind.org.uk/for-young-people/>