

## Did you know?



'Don't Break the Chain' is a method of success originally created by Jerry Seinfeld. Jerry placed an X on a calendar for every day he completed writing new material. After a few days a chain of X's formed and the goal is to NOT break the chain by carrying out work for every day of the year.

Research shows that habits can transform any part of our lives. Getting the right habits in place prior to exams can make a huge difference to pupils' success. The 'Don't Break the Chain' strategy is a constant reminder which can help pupils stay disciplined, be determined and keep motivated.

Pupils can set their own goals and targets, which may be to complete revision or homework every other day, exercise four times per week or drink two litres of water a day. The chain could be colour-coded for each activity or goal they set themselves and the key is to mark it off and not to break the chain they have set themselves to achieve.

## What can you do?

- Print off and have a calendar displayed for your child to use. Work with your child to set realistic goals and milestones. Offer them some mini-rewards when they achieve them to help keep them focused and motivated to carry on and succeed.
- Encourage and work with your child to get into positive daily routines to keep the chain connected for a few weeks at least. Consistency is the key so encourage your child to keep it simple and

manageable. Eventually, routines will become a habit and your child could add in new goals.

- Try the 'Don't Break the Chain' habit yourself so you are involved in the challenge as well and can support your child to stay on track. Encourage your child to stay on track using positive reinforcement. Make sure your child reflects on their progress every week or so to see where they are and if they need to change some of the habits they have decided to work on.

