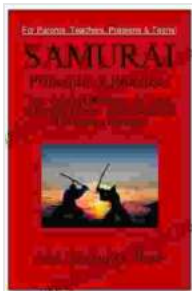


Principles That Will Help Preteens and Teens Excel in School Sports and Social Activities

The preteen and teen years are a time of significant growth and development, both physically and emotionally. For many young people, this is also a time when they begin participating in school sports and other extracurricular activities. While these activities can be a great way for kids to learn new skills, make friends, and have fun, they can also be a source of stress and anxiety.

If you're a preteen or teen who is struggling to balance school sports and social activities, don't despair. There are a few simple principles that you can follow to help you succeed in both areas.



Samurai Principles & Practices For Parents, Teachers & Teens: Principles that Will Help Preteens & Teens in School, Sports, Social Activities & Choosing Careers

by Boye Lafayette De Mente

★★★★★ 5 out of 5

Language : English
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Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 92 pages
Lending : Enabled



1. Set priorities

The first step to balancing school sports and social activities is to set priorities. What are the most important things to you? School? Sports? Socializing? Once you know what your priorities are, you can start to make decisions about how to allocate your time and energy.

For example, if school is your top priority, you may need to limit the amount of time you spend on sports and social activities. Or, if you're passionate about a particular sport, you may need to cut back on your social commitments.

2. Be organized

Once you've set your priorities, it's important to be organized so that you can make the most of your time. Create a schedule that includes time for school, sports, social activities, and other important commitments. Stick to your schedule as much as possible, but be flexible enough to adjust it as needed.

Here are some tips for staying organized:

- Use a planner or calendar to keep track of your appointments and deadlines.
- Set aside specific times for studying, doing homework, and practicing for sports.
- Make a list of your social commitments and prioritize them.
- Learn to say no to commitments that you don't have time for.

3. Get enough sleep

Sleep is essential for both physical and mental health. When you're well-rested, you're better able to focus, learn new things, and make good decisions. Aim for 8-10 hours of sleep each night.

Here are some tips for getting enough sleep:

- Establish a regular sleep schedule and stick to it as much as possible, even on weekends.
- Create a relaxing bedtime routine that includes winding down an hour or two before bed.
- Make sure your bedroom is dark, quiet, and cool.
- Avoid caffeine and alcohol before bed.

4. Eat healthy foods

Eating healthy foods gives you the energy you need to perform well in school and sports. Make sure to eat plenty of fruits, vegetables, whole grains, and lean protein.

Here are some tips for eating healthy:

- Start your day with a healthy breakfast.
- Pack healthy snacks to school and sports practice.
- Make healthy choices when eating out.
- Limit your intake of sugary drinks and processed foods.

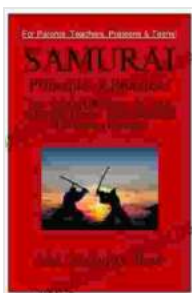
5. Take care of your mental health

Mental health is just as important as physical health. If you're feeling stressed, anxious, or depressed, it can be difficult to focus on school and sports. Talk to a trusted adult if you're struggling with your mental health.

Here are some tips for taking care of your mental health:

- Talk to a friend, family member, or therapist if you're feeling overwhelmed.
- Join a support group or club that meets your interests.
- Spend time in nature.
- Practice relaxation techniques such as yoga or meditation.

Balancing school sports and social activities can be a challenge, but it's possible to do it successfully by following these principles. By setting priorities, staying organized, getting enough sleep, eating healthy foods, and taking care of your mental health, you can achieve your goals in both areas.



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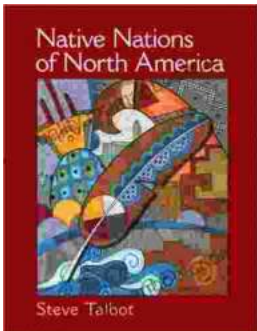
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