



Kickstart your day with Mr Akhtar's A.M HUSTLE!



WHO?

All year groups/ teachers/ family members welcome

WHAT?

MEDITATION- reduce stress, raise self-awareness
GRATITUDES - control anxiety, connect with emotions
AFFIRMATIONS - be, do, have - instructions becoming a belief
VISION - flood subconscious with an inevitable to do list
INSPIRATION - care, competence, character
ACTIVITY - ✓ off to raise self-esteem/ setting daily intentions



WHEN?

Monday to Friday
7:00am to 7:30am

WHERE?

Microsoft Teams

PMA: positive mental attitude
Optimism and hope are vital to the development of a PMA. This concept is the opposite of negativity, defeatism and hopelessness

WHY?

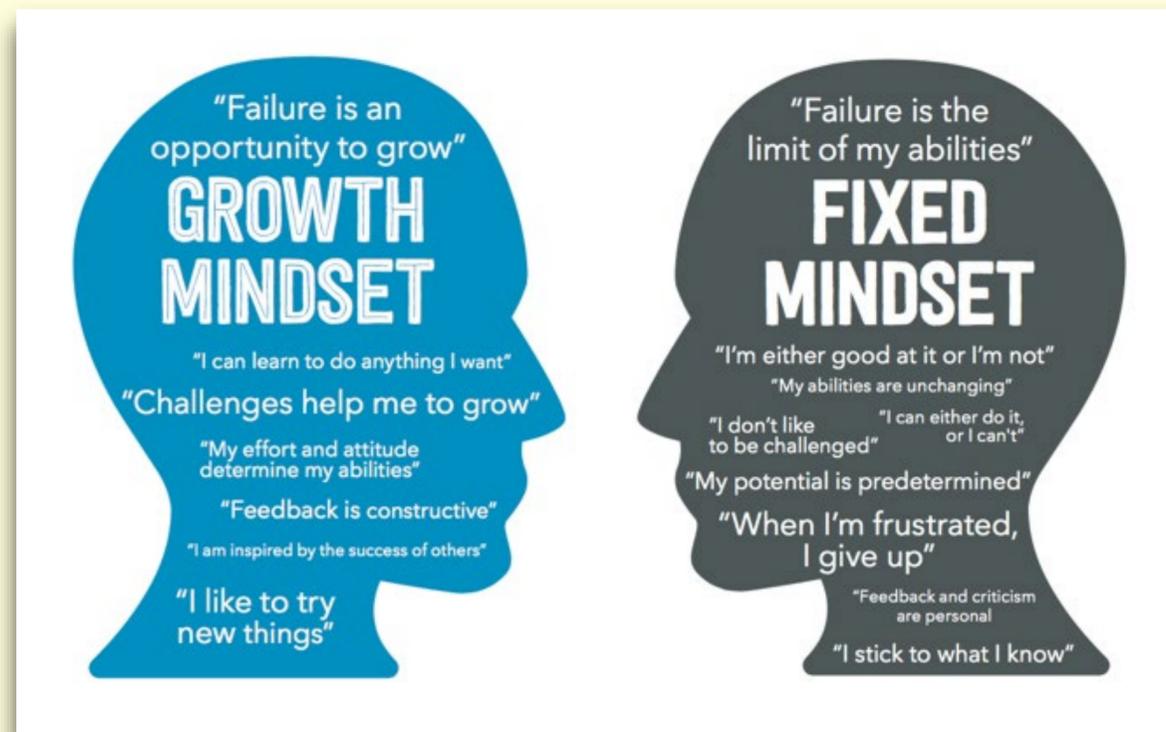
You spend 8,000 hours in school in your lifetime. Completing a 30-minute morning routine will help you to become motivated to work on yourself and make the most out of your educational journey here at ICHS and beyond

You are the author of your life - adopt habits with systems in order to build success

BUILDING STRONG CHILDREN IS EASIER THAN FIXING BROKEN ADULTS



DO YOU HAVE A FIXED OR A GROWTH MINDSET?



The global pandemic has had us all experience a wave of emotions. It's perfectly normal to feel anxious, stressed & slightly lost at times.

There are 24 hours in a day - 8 are spent sleeping, 8 are spent studying/ working. How are you spending your remaining 8?

Joining A.M HUSTLE every morning will:

- Equip you with the skills to plan & achieve short-medium-long term goals.
- Help you develop tenacity, resilience & a growth mindset to cope with challenges.
- Encourage you to adopt simple habits that will motivate you to persevere.
- Above all, allow you to be a part of a community of like-minded people, all striving to improve their ways & make the most out of their educational journey.

All you need is a blank journal, a pen & the internet!

Meditation helps to improve physical, mental & emotional well-being

Journaling helps to build resilience, self-belief, competence and character

More info at:



PositivePsychology.com

www.positivepsychology.com/daily-affirmations/
www.positivepsychology.com/benefits-of-journaling/

Mindfulness



<https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/>



Build Unbreakable Self Discipline With These 5 Rules

Say "Thank You" (Denzel Washington)

The Miracle Morning by Hal Elrod

Build Self Confidence & Self Esteem-Documentary Film 2020

MARCH 2021

JUNE 2021

INTERVIEW

Teacher supports pupils with motivational morning sessions initiative

Cash Boyle



Published: 12:00 PM March 18, 2021



Art teacher Naz Akhtar has been running morning affirmation sessions for the boys at Ilford County High School since early February, with the initiative proving invaluable for pupils' emotional well-being during this testing time. - Credit: Naz Akhtar

A teacher at Ilford County High School is helping pupils develop beyond the classroom with morning affirmation sessions designed to boost motivation and self-esteem.

Naz Akhtar - an art teacher at the all-boys school in Fremantle Road, Barkingside -

'I know how much they help': Teacher to continue motivational sessions

Cash Boyle



Published: 4:27 PM June 23, 2021



Naz Akhtar gave pupils at Ilford County High feedback sheets to help him tailor the sessions moving forward. - Credit: Cash Boyle

A teacher has vowed to continue morning affirmation sessions that he is hosting to boost pupils' self-esteem.

Launched in February, Naz Akhtar hosts AM Hustle, a 30-minute booster every weekday morning, which aims to maximise the day ahead at Ilford County High School.