



# STUDENTS LEADING CHANGE WITH ADULTS:

A best practices guide for presentations, created by students like you

## Know Your Stuff



Look around you and talk to your principal, teachers, and other students about what health and wellness challenges they see in your school. The more people you talk to, the more ideas you'll have, plus you'll have much more support in your school.

Check out The Learning Connection Mini-Lesson on your [FuelUpToPlay60.com](http://FuelUpToPlay60.com) Dashboard and read the [Wellness Impact Report](#) to connect healthy eating and physical activity to how your brain works.

## Be Prepared and Specific

Choose which main points you want to get across, and be specific! Make sure your ideas can be backed up with real facts, and you will feel confident about your presentation. Keep it short, sweet, and focused on the facts!

## Keep it Simple



Have something like a poster, PowerPoint, or PDF you can share when giving your presentation. Don't read everything in your presentation, but it can help you stay on track and shows exactly how much effort you've put into this!

## Tell a Story

Don't forget to explain why health and wellness are so important! A story about students performing better academically after eating a healthy breakfast or taking an In Class Physical Activity Break can make a huge difference! Pick one short, specific story that supports your research.

## Be Yourself

It's okay to be nervous - it means it's important to you! Know your own nervous habits (freezing up, looking at the floor, or getting distracted), and make a game plan for if you get stage fright. Don't worry about getting everything perfect - the best presentations are the most natural ones, and that includes making mistakes!



## Follow Up

After the presentation, don't forget to send a thank you to the adult you're working with and suggest what you think should happen next! This will help them remember your presentation and shows you're a great team member, too!

