

INNOVATION TO PREVENT DECREPIT TEENAGERS



1

Learning Innovation 30.5.30

Apply the study method with 30 minutes of studying, 5 minutes of stretching, 30 minutes of continuing to study again

Prepare learning support

Keep food and drink close by as well as study tools such as books and stationery that are needed to support you while studying.

2



3

sleep patterns 1.2.1

Innovate your sleep hours with a pattern of 1 hour studying, 2 hours sleeping, 1 hour continuing studying again. So that tasks are still completed and sleep needs are fulfilled

Don't be lazy at the boarding house

Do activities such as cleaning the boarding house, so you can still do light activities by washing clothes, sweeping ect

4



5

Say no to junkfood

Let's start eating healthy food, because junk food can cause chronic diseases such as cancer, stroke, diabetes, etc

IT'S TIME TO HEALTH