



# My Pre-performance routine

Name: \_\_\_\_\_

From Head to Toe Academy

## Checklist/Controllables

I am in control of..

I am not in control of..

Things to pack..



## Performance day morning routine

Wake time... 5am

5-5:45am... Shower, breakfast

5:45am-6:45.. Hair & Makeup

6:45am -7.. Breathe, Meditation, focus time

7am -7:15.. Meet with teachers..

7:15am: Begin warm up



## Affirmation

I will inspire others.

I enjoy a challenge - challenges make me stronger.



## Movement prep

### Raise:

A, B, C skips

light jog/shuttle runs

Single leg hops

### Activate & Mobilise:

Mini band/theraband work

Incnchworms

Quad - releve

Spiderman

Close Open gate

Dynamic pigeon

Ostrich

knees - chest

Walking cut

Downdog heel walks Toy Soldiers

### Prepare:

5 secs high knees

8 bars on - 8 bars off

5 secs bunny bounds

5 secs sharp cuts

5 secs drill.



## Notes

I will recognise negative thoughts & reframe them

Create music playlist

Find out what time I need to be back stage



Breathe

Visualise

Your best self



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## Movement prep

Raise:

Activate & Mobilise:

## Performance day morning routine

Prepare:

## Affirmation

## Notes

*Visualise*  
*Your best self*

*Breathe*