

Be a "Smartie" with these Test-Taking Tips!



Before the test...

- Get a good night's sleep
- Eat a good breakfast
- Come to school on time
- Think positively - your attitude has a big influence!
- Remember that your teachers have been preparing you all year for this!

During the test...

- Do your best - show what you know!
- Read the directions carefully and completely
- Read all parts of the question before answering
- To boost your confidence, answer questions you definitely know the answer to first (this will leave more time for more difficult questions)
- Make sure to mark which questions you skipped so you can go back and answer them
- Fill in the bubbles completely
- Do NOT leave an answer blank
- Answer ALL parts of a question
- Check and recheck your answers after completing - use the whole time given to you!

After the test...

- Keep thinking positively - you did your best!
- Relax and calm down - IT'S OVER! 😊

Brain Gym Exercises

1. **Cross Crawl** - Helps with spelling, writing, listening, reading and comprehension by coordinating the right and left brain.



* Stand or sit. Place your right hand across the body to the left knee as you raise it, and then do the same thing for the left hand on the right knee just as if you were marching. Do this for 2-3 minutes.

2. **Brain Buttons** - Increases blood flow to the brain. The extra blood flow switches the brain ON and improves attention required for learning & performing.

* Position one hand so that there is as wide as possible between the thumb and index finger, like a large letter "L." Place your index and thumb into the slight indentations below the collar bone on each side of the sternum. Press lightly in a pulsing manner. At the same time put the other hand over the navel area of the stomach. Gently press on these points for about 2 minutes.

3. **Hook ups** - Improves mood and lessens anxiety.



* Stand or sit with the right leg crossed over the left at the ankles. Take your right wrist and cross it over the left wrist and link up the fingers so that the right wrist is on top. Bend the elbows out and turn the fingers in towards the body until they rest on the sternum in the center of the chest. Keep the ankles crossed and the wrists crossed and then breathe evenly in this position for a few minutes. You should feel calmer after that time.