

Name _____



Warm Up: Get Active!

Practice moving to prepare your body for a test. Jump, skip, squat, lunge, or kick 10 times.

Helpful Test Prep Strategies

Circle the answer that makes each sentence a helpful test prep strategy.

1. Going to bed (on time / very late) the night before a test helps your brain stay sharp.
2. Taking (deep breaths / repeated sighs) can calm your nerves before starting a test.
3. Thinking to yourself, (*I will fail* / *I can do this*), is a smart way to build confidence.
4. Reading the directions (quickly / carefully) is a good way to avoid mistakes.
5. (Sitting with good posture / Slouching in your chair) helps you stay alert during the test.
6. (Reviewing / Not reviewing) your answers is a helpful way to check your work.
7. (Negative thoughts / Positive thoughts) help your brain stay ready for a test.
8. Skipping a hard question and coming back to it later is (a smart idea / a bad idea).
9. (Stretching quietly at your desk / Jumping up and down beside your desk) can wake up your body without distraction.
10. Thinking, (*Mistakes help me learn.* / *I can't do this*) is the mindset that prepares you best.