

TEST READINESS - WORKSHEET

	How does this healthy habit help your brain?	How does it help learning?	Describe how you could practice doing this.	How might it help you do better on a test?
EXERCISE	<i>Exercise helps the brain grow. It makes the brain more ready to learn. It improves mental sharpness. It improves attention. It increases blood flow to the brain.</i>	<i>Exercise before math class improves test scores. Walking improves problem solving by 10%. Movement for 10 minutes helps kids stay on task longer. Twenty minutes of walking improves student reading scores</i>	<i>Pick a movement that makes you breathe harder. March around the room or dance to lively music.</i>	<i>Exercise might help me pay better attention to test directions. If I can solve problems better, I might make better choices on the test. If I can stay on task longer, I might be able to focus at the end of the test.</i>
SLEEP	<i>Sleep helps the brain to be more creative. It helps make connections in the brain to improve memory. It helps concentration. It helps save what has been learned.</i>	<i>Getting enough sleep improves math, reading and vocabulary test scores and grades. Sleep improves memory.</i>	<i>Get 10 to 11 hours of sleep. Go to bed around 8 p.m. Get ready for bed an hour before bedtime. Turn off computer, TV, cell phones and video games. Do a quiet activity like reading.</i>	<i>With enough sleep, I might pay better attention to the directions. I might not get stuck on a wrong answer. Since sleep helps my memory, I might be more likely to remember the right answer.</i>
EAT BREAKFAST	<i>Breakfast gives the brain glycogen (a food energy) so the brain can work.</i>	<i>Breakfast improves math and reading test scores. It improves memory. It helps students think and pay better attention. It improves mood and concentration.</i>	<i>For breakfast, eat whole grains (cereal, toast, oatmeal), protein (nuts, peanut butter, milk, yogurt, cheese or eggs), and fruit for natural sweetness.</i>	<i>If I can think and concentrate better, I might be able to understand the questions better. Since breakfast improves memory, I might be able to remember how to do a math problem better.</i>
	What happens when a student feels very nervous during a test?	What is test anxiety and what are its symptoms?	Describe how you could practice doing this.	How might it help you do better on a test?
PRACTICE DEEP BREATHING	<i>Being very nervous makes it hard to think clearly, pay attention and do your best.</i>	<i>Test anxiety is a feeling of panic before, during or after a test. Symptoms include upset stomach, headache, sweating, feeling hot or cold, dizziness and panic.</i>	<i>Deep breathing is taking slow deep breaths in through the nose and out through the mouth.</i>	<i>Feeling calmer might stop the feelings of panic that makes my brain freeze or makes my mind race.</i>

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