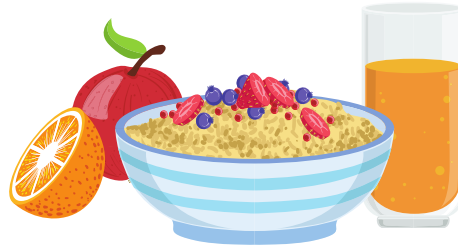


# Test-taking tips to help your child feel confident and prepared



## Get a Good Night's Sleep

Make sure your child gets 8–12 hours of sleep the night before the test.



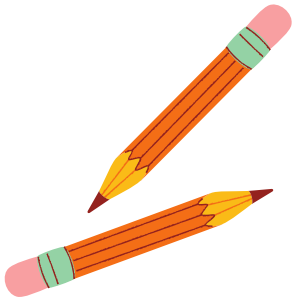
## Eat a Healthy Breakfast

Serve a balanced breakfast with protein and whole grains to fuel their brain.



## Stay Positive

Encourage your child with affirmations like, “You’ve got this!” to boost their confidence.



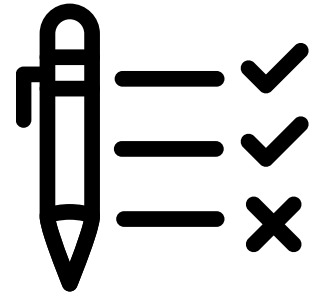
## Prepare Materials

Double-check that they have all necessary supplies, such as pencils, erasers, or calculators.



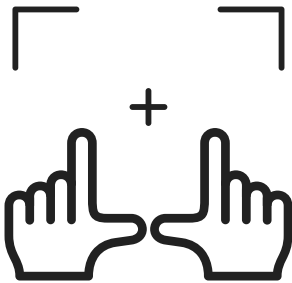
## Practice Relaxation Techniques

Teach deep breathing or mindfulness exercises to manage test anxiety.



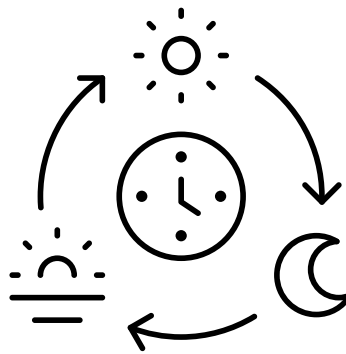
## Encourage Focus

Remind them to read instructions carefully, eliminate wrong answers, and check their work.



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## Stick to Routine

Keep mornings calm and predictable to minimize stress on test days.



## Celebrate Effort

Acknowledge their hard work regardless of the outcome with praise or a small treat.