

# TESTING PREPARATION TIPS FOR TEACHERS



Teachers have a front-row seat to testing anxiety, and your energy often sets the tone for the entire room. Here are some simple, practical ways to lower the pressure for your students.



## The "Practice" Run

Walk them through exactly how the day will look. Show them where they will sit and where they put their materials so there are no surprises.

## Keep it Playful

Use a "Testing Superpowers" theme. Remind them that the test is an opportunity for them to show what they've learned.

## Stretch Breaks

Young bodies get restless. Lead a 2-minute "wiggle break" or a quick stretching session between sections.

## Positive Affirmations

Have the class repeat together or silently: "I am focused, I am ready, and I will do my best."

**SHOW WHAT YOU KNOW: CALM MINDS, BRIGHT RESULTS.**

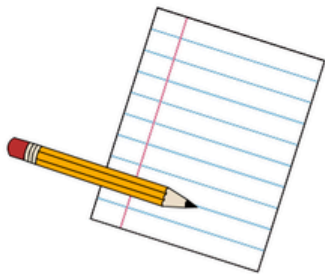


# TIPS FOR TEACHERS

## Implementing IEP & 504 Testing Accommodations What Teachers Need To Know...

### BEFORE THE TEST

- Review IEPs & 504 Plans
- Confirm Testing Guidelines
- Plan logistics early
- Use consistency



### DURING THE TEST

- Follow plans exactly
- Support access, not answers
- Provide accommodations discreetly

### AFTER THE TEST

- Document accommodations
- Reflect on effectiveness
- Share concerns with case manager
- Make team decisions required for changes

### KEY REMINDERS



- Consistency = Compliance
- Ask questions BEFORE TESTING DAY
- Encourage student self-advocacy

# BOOST YOUR STUDENT'S FOCUS WITH INNER EXPLORER!

Testing season can be stressful, but your child's school has a way to approach this: Inner Explorer. This program uses short transitions, sound, or 5–10 minute daily mindfulness practices to help students "reset" their brains, moving from stress to focus.

You can support your student at home by downloading the Inner Explorer HOME app. Practicing together for just a few minutes a day helps your child stay calm, manage "test jitters," and perform their best.



*Breathe.Relax.Thrive*

