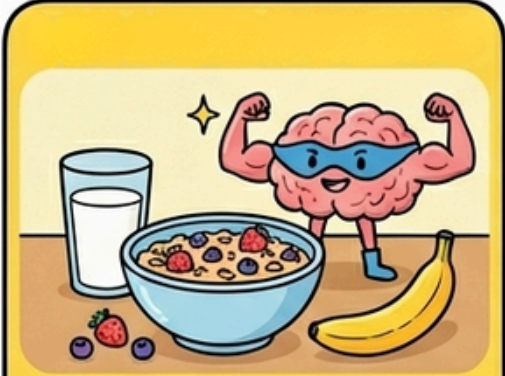




Elementary SUPER STUDENT TESTING TIPS!



1. GET A GOOD NIGHT'S SLEEP
Aim for 9-11 hours of rest.



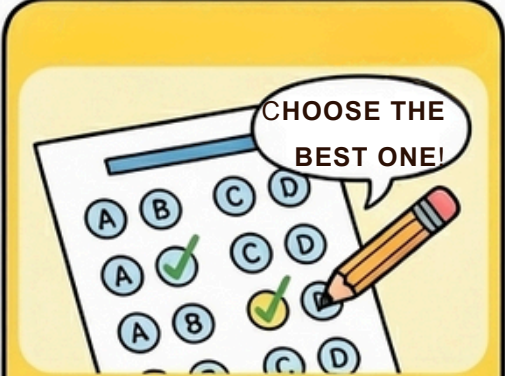
2. EAT A HEALTHY BREAKFAST
Fuel your brain for the day!



3. LISTEN CAREFULLY
Ask if unsure about instructions.



4. READ ALL QUESTIONS
Don't rush; take your time.



5. ANSWER EVERY QUESTION
Make your best choice for each.



6. RELAX AND DO YOUR BEST
You got this! Stay calm.



7. PRACTICE WITH SAMPLES
Try fun games and practice.



8. POSITIVE SELF-TALK
Believe in yourself.



IEP/504 TESTING ACCOMMODATIONS

What Students Need To Know...



**BREAKS DURING
AUDIO FORMATS**

**SMALL GROUP/QUIET
ENVIRONMENTS**

EXTENDED TIME

READER TO READ

**PREFERENTIAL
SEATING**

**ALTERNATIVE
RESPONSE FORMATS**

USING YOUR ACCOMMODATIONS CONFIDENTLY

- Accommodations are outlined in the IEP/504 Plan
- Know what supports you are entitled to
- Know how to request supports/accommodations
- Accommodations are designed to give equal access and to show what you know
- Speak up and ask questions to ensure your SUCCESS!

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

