

Middle School

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.



Brain Storming

Encourage them to spend the first two minutes before the test starts to scribble down formulas, dates, or keywords they're afraid they'll forget.

The "Privacy" Promise

Remind them that their scores are private. Knowing that their friends won't see their results lowers social anxiety.

Focus On The Goal

Encourage students to try their best to answer each question to the best of their ability before the test starts.

Normalize Mistakes

Tell them: "You may find a question you don't know. That's okay. Take your time, clear your mind."

TOOLS FOR TESTS, SUPPORT FOR SUCCESS.

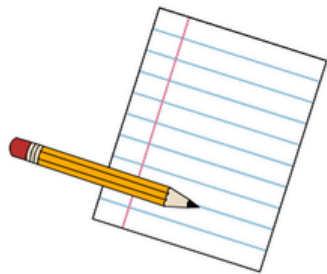


TIPS FOR TEACHERS

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

