

# Test-Taking Tips for Elementary School Students

## Teacher Lesson Plan

**Elementary Grades:** 3 – 5

**Purpose:** This lesson focuses on preparing students for taking high-stakes tests. Students who have enough sleep, eat a nutritious breakfast, wear comfortable clothes, and arrive at school early or on time, tend to perform better on school tasks.

**Lesson Time:** 30 minutes

**Activity:** Teacher-directed small group or whole class discussion.

- Students should complete the *Test-taking Tips for Elementary Students SURVEY* questions on their own.
- The teacher discusses the SURVEY questions and then presents **The FACTS** as stated below.
- The students can list **The FACTS** on their *Test-taking Tips for Elementary School Students* reflection sheet. **PLEASE NOTE:** The most important facts that the students should know are stated below in **boldface print**.

| Test Taking Tips for Elementary School Students  |   |            |
|--|---|------------|
| <b>Directions:</b> BEFORE taking a test, there are many things that you should do. Complete the survey below. After you complete the survey, your teacher will give you the FACTS. |   |            |
| Please complete the SURVEY questions listed below.   |   |            |
| <b>SURVEY QUESTIONS</b>  | <b>Test takers need to <u>get plenty of rest.</u></b><br>How many hours do you usually sleep at night?<br>Do you think that's enough rest?<br>Why?  | The FACTS: |
|  | <b>Test takers need to <u>eat a nutritious breakfast.</u></b><br>Do you usually eat breakfast?<br>If so, what do you eat?<br>Do you think that this is a good breakfast for you to eat?<br>Why?     | The FACTS: |
|  | <b>Test takers need to <u>wear comfortable clothes.</u></b><br>What do you usually wear to school?<br>Are you ever uncomfortable in the clothes you wear to school? Why?                            | The FACTS: |
|  | <b>Test takers need to <u>arrive at school on time.</u></b><br>What time do you usually get to school?<br>Are you ever late for school?<br>Why do you think it's important to be at school on time? | The FACTS: |
| <small>The School District of Palm Beach County, FL<br/>Department of Safe Schools</small>   |   |            |
| <small>Single School Culture © for ACADEMICS</small>   |   |            |

### The FACTS:

Sleep requirements for **7-12 year old children** fall into a range. Most children this age need **9.5 - 11 hours of sleep per day**.

**WHY do you need sleep?** **The average child has a busy day.** For example, there is school, taking care of pets, going to sports practice, going to afterschool activities, and doing your homework.

**Sleep allows your body to rest.** When your body doesn't have enough hours to rest, you may feel tired and cranky, or you may be unable to think clearly.

You might have trouble following directions, or doing a school assignment that's normally easy may feel impossible to do. If you get 9.5 hours of sleep and feel tired – you might try getting 10.5 hours of sleep.

**Sleep is also important for your brain.** Although no one is exactly sure what work the brain does when you're asleep, many scientists think that the brain sorts through and stores information, replaces chemicals, and solves problems.

### THE FACTS:

- **7-12 year old children need 9.5 - 11 hours of sleep per day because the average child has a busy day.**
- **Sleep allows your body to rest. Sleep is also important for your brain.**

# Test-Taking Tips for Elementary School Students

## Teacher Lesson Plan

### The FACTS:

Studies show that students who eat breakfast do better in school.

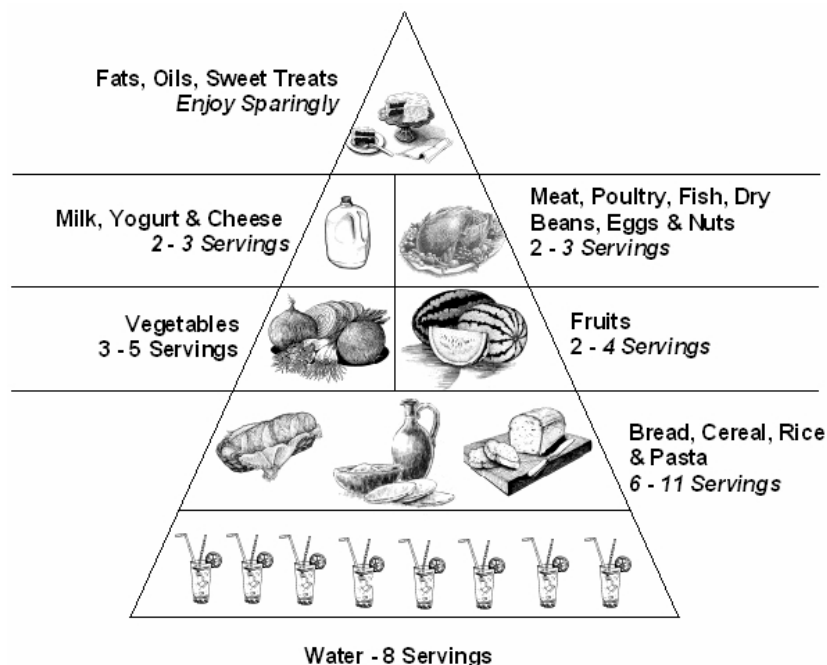
**Breakfast** not only jumpstarts a kid's day, it **provides the energy needed to get through a busy morning!** A nutritious breakfast might include at least **three of the five central food groups as listed on the Food Pyramid.** For example, fruit, whole grain toast or cereal, and low-fat milk would be a good breakfast. The energy from the carbohydrates, protein and fat is released over the course of the morning. This means that students can go several hours without feeling hungry and can focus on learning until snack or lunch time.

Another thing to remember is that **a healthy breakfast should contain some protein and some fiber.** Protein can come from low-fat meats, eggs, beans or dairy. Fiber can be found in whole grains, vegetables and fruits. Another good example of a healthy breakfast might be something simple like a hard-boiled egg, an orange, and a bowl of whole grain cereal with low-fat milk.

**There are certain types of breakfast foods that you should avoid!** A breakfast made up **primarily of sugary foods**, such as doughnuts, fruit drinks, or soft drinks, causes a quick rise in blood sugar and energy. About an hour after eating this breakfast, your blood sugar and energy decline rapidly, and bring on symptoms of hunger and fatigue.

### THE FACTS:

- *Breakfast provides the energy needed to get through a busy morning!*
- *A healthy breakfast should contain some protein and some fiber.*
- *Breakfast made of primarily sugary foods should be avoided. These might include doughnuts, fruit drinks, or soft drinks.*



# Test-Taking Tips for Elementary School Students

## Teacher Lesson Plan

### The FACTS:

Does your classroom ever get too cold or too hot? You might want to **dress in layers**. For example, wear a sweater and if it gets too hot you will be able to take it off. Next, make sure that you **don't wear anything too tight or too loose** – you will feel uncomfortable all day.

One last thought, I know that glasses are not clothing, but **if you are supposed to wear GLASSES, wear them!**

### THE FACTS:

- *Dress for the temperature of your classroom.*
- *Dress in layers.*
- *Don't wear anything too tight or too loose.*
- *if you are supposed to wear GLASSES, wear them!*

### The FACTS:

**Being on time for school is important.** If you take the bus, you will get to school at your usual time. If you eat breakfast in the cafeteria, make sure that you eat and then go directly to your classroom. If you walk to school, it is important to give yourself plenty of time so that you won't have to rush. **Sometimes when you have to rush it makes you "worry."** On test days, you don't want to waste your energy worrying.

**Your teacher needs to begin class and start the test early in the morning. She or he would be disappointed if you couldn't start the test with the rest of your classmates. So, be on time.**

### THE FACTS:

- *Being on time for school is important.*
- *Sometimes when you have to rush it makes you "worry."*

### References:

How Much Sleep Do Children Need? <http://www.webmd.com/>

School Nutrition: Nutrition Explorations. <http://www.webmed.com>

Test-taking Tips. [http://www.zeinah.com/ashland/test\\_taking\\_tips.htm](http://www.zeinah.com/ashland/test_taking_tips.htm)



# Test-Taking Tips for Elementary School Students



**Directions:** **BEFORE** taking a test, there are many things that you should do. Complete the survey below. After you complete the survey, your teacher will give you **The FACTS**.

Please complete the SURVEY questions listed below.

Test takers need to **get plenty of rest.**

How many hours do you usually sleep at night? \_\_\_\_\_

Do you think that's enough rest? \_\_\_\_\_ Why?

**The FACTS:**

Test takers need to **eat a nutritious breakfast.**

Do you usually eat breakfast? \_\_\_\_\_

If so, what do you eat?

Do you think that this is a good breakfast for you to eat? \_\_\_\_\_ Why?

**The FACTS:**

Test takers need to **wear comfortable clothes.**

What do you usually wear to school?

Are you ever **NOT** comfortable in the clothes you wear to school? \_\_\_\_\_ Why?

**The FACTS:**

Test takers need to **arrive at school on time.**

What time do you usually get to school? \_\_\_\_\_

Are you ever late for school? \_\_\_\_\_

Why do you think it's important to be at school on time?

**The FACTS:**