

# TEST PREP

Do these daily exercises before your test to help calm and focus the brain and body.

## Mindful Movement

Integrate learning and release stress

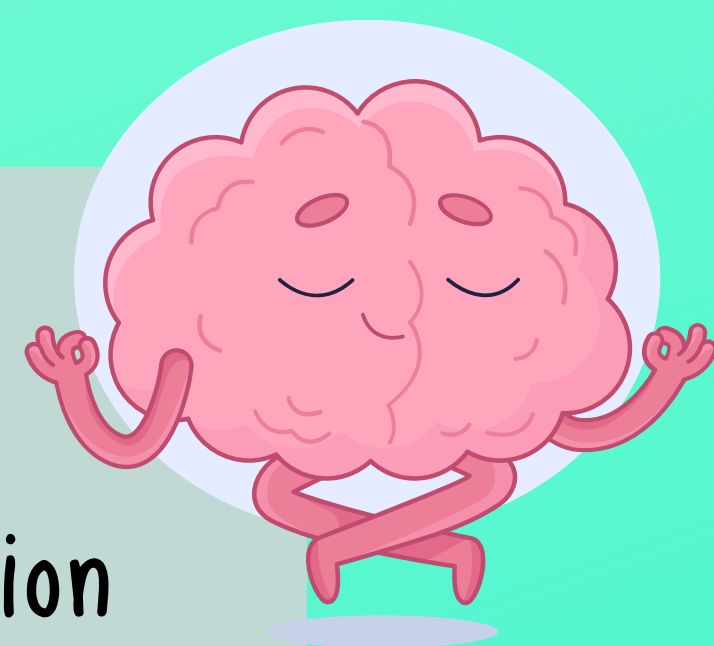


## Chime with Breathing Exercise

Find calm and focus

## Finger Taps

Prep your brain for deeper focus and attention



## Mindful Coloring

Finish early? Help ease your mind and calm your brain



**FocusedKids™**

A Brain Empowerment Program

This daily routine will help all students feel successful while wiring the brain for the ability to gain test taking skills.