



GET READY
TO TEST!



FocusedKids
BRAIN EMPOWERMENT

MOVE, BREATHE, THINK, DO YOUR BEST!

Movement



- **Twisting Windmill.** Stand with your legs in a V position and put your arms out in a T. Inhale, and as you exhale, cross your right hand to your left knee. Return to center, then cross your left hand to your right knee. Repeat 3 times on each side.
- **Roll your shoulders** forward and back. Inhale, as you exhale, take a big sigh.
- **Arm Scissors** Hold arms out to your sides. Cross the right arm over the left arm, then left arm over the right. Remember to cross the midline of your body.
- **Infinity Loop** Trace a figure 8 with your fingers on your desk. Keep your eyes on the movement of your fingertip.

Breathing



Choose your favorite FocusedKids breath. Some options are A, B, C breath, Belly Breathing, Box breathing or buzzing bee breath. To keep yourself more alert, try inhaling for twice as long as you exhale. If you feel stressed and need to find your calm, exhale for twice as long as you inhale.

What are two breaths you will do before and during testing?

- 1)
- 2)

Focusing Strategies



20-20-20 Rule: Every 20 minutes, take a 20-second break and look at something 20 feet away. This helps relax the eye muscles and improves focus.

Finger Tapping: Spread your fingers wide and silently or quietly tap the tip of each finger 5 times slowly. After you get to the last finger, go back and do it again.

5 Senses Focus: Look around and use your 5 senses.

- 1) What are five things you see in your favorite color?
- 2) Tune into four things you hear.
- 3) Touch three different textures.
- 4) Name two things you smell.
- 5) Imagine one thing you wish you could taste.

Affirmations



The power of how you talk to yourself can help you perform better. Try out these phrases and make up some of your own:

- I am prepared for this test and will do my best!
- I believe in myself!
- I am smart & capable!
- My personal affirmation ~

Rest & Recharge



What you do after testing is essential, too! Try some mindful coloring or run around outside to refresh your brain and body. Clear your mind with mindful coloring and relax as the color slowly fills the page. Fresh air can be a great way to recharge. Go outside and move your body; this will keep your brain be more alert for the rest of your day.

Moving, Breathing, Focusing and Resting can help you do your Best on your Test!