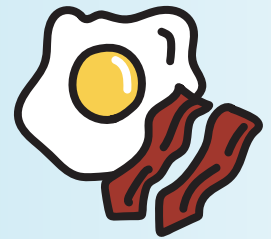


# SUPERHERO TEST TAKING TIPS!



1. Get **9 -11** hours of sleep every night, especially the night before a test. (Sleep improves your ability to focus and learn.)
2. Give yourself a **pep talk**. Wake up and tell yourself “I **CAN** do this,” because **YOU** can!

3. Feed your brain with a healthy **breakfast** and drink plenty of **H2O** to stay hydrated. (No Sugar!)



4. Arrive at school **on time**. (And be prepared.)

5. Before taking your test, sit up straight and **take 3 deep breaths** with your eyes closed.

I CAN DO THIS!

6. Have a **positive** attitude!

I'M GOING TO TRY MY BEST!

7. **Listen**, read **carefully**, and follow all **directions**.



8. Don't get nervous. **Don't rush**. You do not need to be the first one finished.

9. Answer the **easy questions first** and then return to the more **difficult** ones.



10. If you start to lose your focus, take a quick **brain break**. (Rub your temples, stretch your fingers, or take a few deep breaths.)

11. **Review** and **check your answers** after all questions have been completed. (Don't leave any question blank.)



12. **Don't forget**: This test does not measure your **talent**, your **heart**, or your unique **superpower** to **IGNITE GOOD!**®