HEALTHY TESTING TIPS

TEACH HEALTHIER

Follow these tips to keep your students healthy and boost their performance during testing:

Get plenty of sleep 24 and 48 hours before testing.
Lack of sleep limits the brain's ability to concentrate and solve problems, as well as impairs memory. Encourage your students to get 8 hours of sleep each night for two nights leading into testing.

Eat a healthy breakfast packed with lean protein and fiber.
A healthy breakfast helps prime the brain for learning, including increasing cognitive speed and memory. Make sure your students eat a healthy breakfast on test day.

Schedule 20 minutes of physical activity before testing.
Research shows that physical activity can immediately benefit academic performance, including improved reading comprehension, increased attention, and memory. Use the free Teach Healthier App for fun energizer activities you can do in the classroom on test day.

Eat a healthy lunch and provide healthy snacks.
Healthy meals and snacks help give students the boosts of energy they need to stay energized and attentive during testing. Make sure your cafeteria is supporting the classroom all year round, and especially during test season.

Take a breath.
Deep breathing is an effective way to reduce stress. Mindful breathing also helps relax and recharge the mind. Take a few minutes to lead your students in breathing exercises during testing breaks [see other side of this card].

References
Active Living Research, Alliance for A Healthier Generation, and The Robert Wood Johnson Foundation

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