

Printable

Bulletin Board Kit!

“NED’s Top Ten Testing Tips”

Create a bulletin board that reminds your students of ten simple testing tips that will help them prepare and do their best!

What you will need:

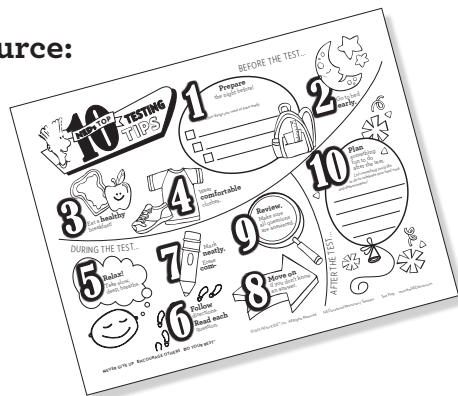
- **Twelve** 8.5x11” sheets of paper
- **Color printer**
- **Bulletin board** or wall space
- **Colored butcher paper** or matte plastic tablecloth (you can find these at a dollar store) for the background.
- **Scalloped trim** for the border (optional)

Directions:

- **Print** pages 2-13 (cardstock recommended)
- **Cut out** each printout on the thin outline
- **Tap** together the header (pages 2 & 3)
- **Assemble and Attach** items to the bulletin board or wall using sticky tack or a stapler.

Additional Resource:

Download and print out NED’s Top 10 Testing Tips classroom activity/ coloring sheet.





NED'S TOP



**TESTING
TIPS**

1



Prepare
the night before!

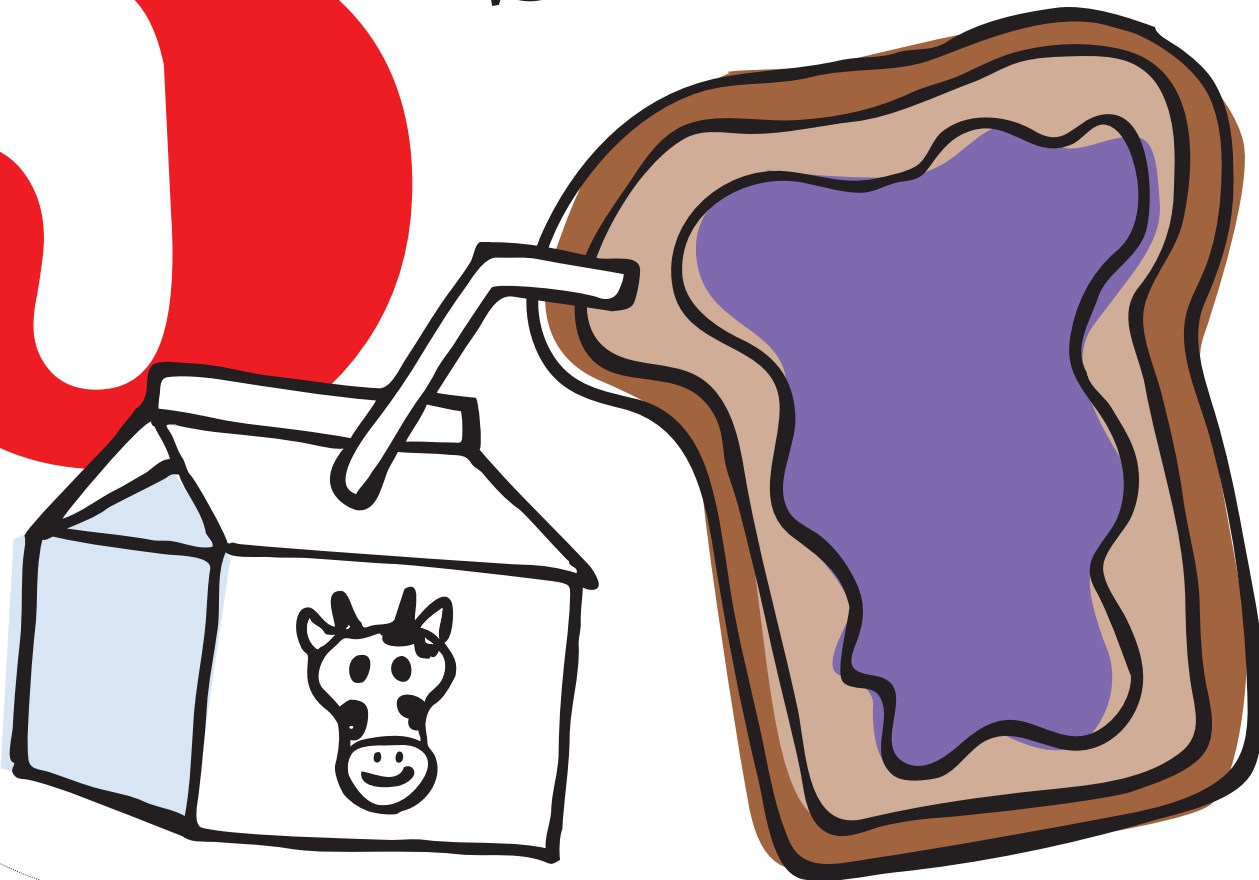
2



Go to bed early.

3

Eat a healthy
breakfast!





4



Wear
comfortable
clothes.

5

Relax...

Take slow,
deep, breaths.



6

Follow
directions.



Read
each question.

Write
neatly.



Erase
completely.

8

**Move
on**

if you don't
know an answer.

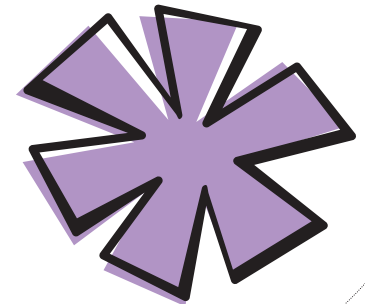
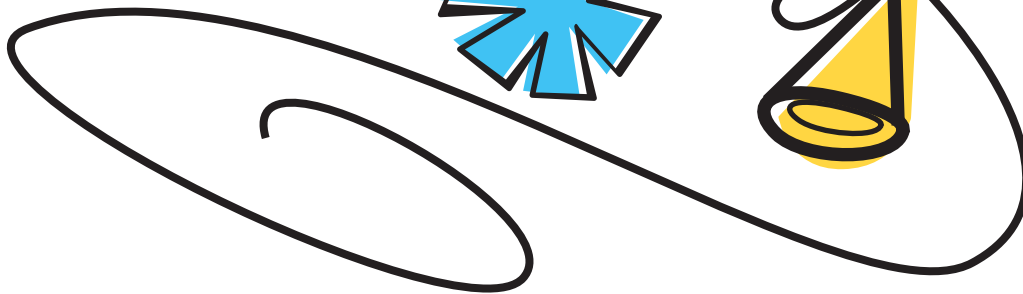
9



Make sure all
questions are answered.

10

Plan
something
fun to do
after the
test!

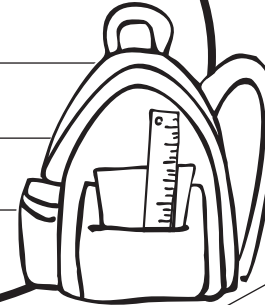


NED'S TOP 10 TESTING TIPS

BEFORE THE TEST...

1

Prepare
the night before!
*List a few things you want to have ready
the night before test day.*



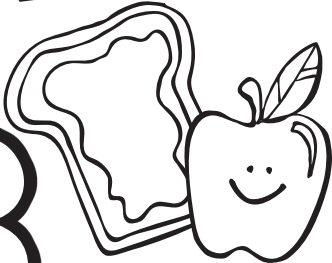
2

**Go to bed
early.**



3

**Eat a healthy
breakfast!**



4

**Wear
comfortable
clothes.**

DURING THE TEST...

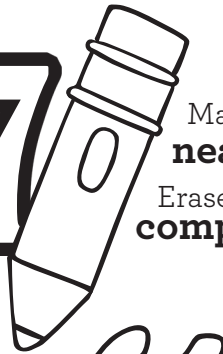
5

Relax!
Take slow,
deep, breaths.



7

**Mark
neatly.**
Erase
completely.



9

Review.
Make sure
all questions
are answered.



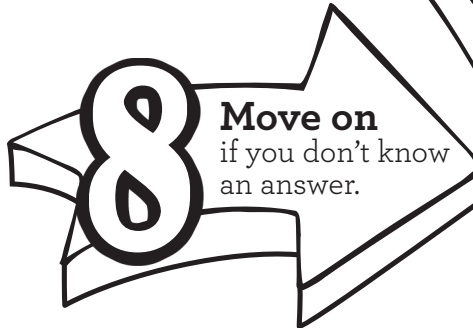
6

**Follow
directions.**
**Read each
question.**



8

Move on
if you don't know
an answer.



AFTER THE TEST...

10

Plan
something
fun to do
after the test.

*List something you'd like
to do to celebrate your hard work
and determination!*





LYRICS *to* NED's TESTING RAP

Watch at www.thenedshow.com/testing


You got a test coming up? That's cool!
NED has some tips that can help you
out. Check it!

1 One!
Let's talk preparation
Pack your bag before bed
Have it all in one location

2 Two!
Go to bed at a decent hour
Wake up nice and early and
Feel the power

3 Three!
Eat some healthy food
Feast on nutrition
Stay away from junk, dude!

4 Four!
Wear comfy clothes
Think test day comfy
From your head to your toes


 *It's just a test
So just go do your best
Take NED's ten testing tips
And let your brain do the rest*

5 Five!
When the test hits your desk
That's about the time
You want to take a deep breath

6 Six!
Read all the directions
This is important
To make the right connections


7 Seven!
When you answer write neatly
If you change your mind
Erase completely


8 Eight!
Think about your pace
Skip if you're stuck
But please don't race


 *Test
So just go do your best
Take NED's ten testing tips
And let your brain do the rest*

9 Nine!
When you think you're done
There's one more thing
Give your test a re-run

10 Ten!
And this will help you get through
Plan something fun
To look forward to!

 *It's just a test
So just go do your best
Take NED's ten testing tips
And let your brain do the rest*

 Congratulations!
You've learned the foundations!
You're a testing sensation
It's time for jubilation!

 *Test
So just go do your best
Take NED's ten testing tips
And let your brain do the rest*

Attention Parents & Guardians...

It's test time!



tips FOR PARENTS

Here are three simple tips to help your child do his/her best on test day!

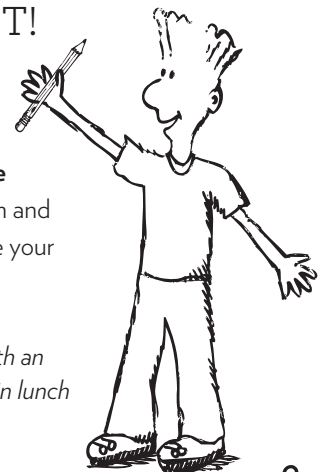
- 1 Prepare for test day the night before**
(So your child doesn't feel rushed in the morning)
- 2 Go to bed early to get a good night's sleep**
(8 ½ to 11 hours is recommended)
- 3 Eat a healthy breakfast**
(Choose fruits & whole grains over sugary foods)

encouragement...

KIDS LOVE IT & NEED IT!

Surprise your child with a special note from you (and NED, their friend who reminds them to **Never give up, Encourage others and Do their best!**) Your enthusiasm and praise for doing his/her best can help reduce your child's test anxiety and boost confidence!

Cut out the NED notes below, personalize with an encouraging message on the back, and place in lunch box or school book!



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I just wanted to say...
★ I am so
PROUD
★ of you!

I know you'll do YOUR best on the test!



Never give up • Encourage Others • Do your best®



You are a test-taking
Champion!



Way to go and
show what you know!



Never give up • Encourage Others • Do your best®

