



# Intermediate Lesson Plans

Ideal for Grades 3-6



## “NED’s Testing Tips Rap”

Video Lesson Plan

**Big Ideas:** Do Your Best, Stress Reduction, Test Preparation  
**Printables:** Lyrics Sheet - Follow along with the rap!  
Activity Sheet - Color in each testing tip

## Test Prep

A test rap and three book-based lesson plans will help reduce the stress during test prep days. Resources and activities provide you with **brain breaks** to help your kids be healthy from head to toe.



## Hooray for Diffendofer Day!

by Dr. Seuss with Jack Prelutsky & Lane Smith

**Big Ideas:** Do Your Best, Stress Reduction, Emotions & Feelings, Test Anxiety, Brains Breaks  
**Printables:** Rhyming Words - Write a humorous poem  
Venn Diagram - Compare/Contrast Activity  
NED Doodle - Creative Brain Break

## Key themes:

- Test Preparation
- Do Your Best
- Test Anxiety
- Stress Reduction
- Emotions & Feelings
- Brain Breaks



## Testing Miss Malarkey

by Judy Finchler and illustrated by Kevin O’Malley

**Big Ideas:** Do Your Best, Stress Reduction, Emotions & Feelings, Test Anxiety, Brains Breaks  
**Printables:** Acronym Extravaganza - Create a humorous acronym  
How Do Your Feel? - Identify emotions  
Brain Break Countdown - 10 Brain Breaks song and activity

## Every Lesson:

- Includes **discussion starters** and **questions to check for understanding**
- Has engaging **writing prompts**
- Includes **activities, brain breaks** and at least one **printable activity** or resource



## The Big Test

by Julie Danneberg and illustrated by Judy Love

**Big Ideas:** Do Your Best, Stress Reduction, Emotions & Feelings, Test Anxiety, Brains Breaks  
**Printables:** NED’s Brain Breaks - Four all-class brain break ideas  
Make a Squish Ball - Instructional activity  
Bubble Art - Get creative while practicing bubble fill-in

## Aligned to Common Standards

Every lesson plan aligns with grade-level standards in Reading, Writing, Speaking & Listening and Language.

Every lesson plan supports ASCA Mindsets & Behaviors.

More Lesson Plans at [www.thenedshow.com/lessonplans](http://www.thenedshow.com/lessonplans)





# Intermediate Lesson Plans

Ideal for Grades 3-6

These resources are designed to reduce the stress during test prep days. Resources and activities provide you with **brain breaks** to help your students be healthy from head to toe!

### Every Lesson:

- Identifies **key vocabulary** and **tricky phrasing**
- Includes **discussion starters** and **questions to check for understanding**
- Features engaging **writing prompts**
- Includes **activities** and at least one **printable activity** or resource

### Aligned to Common Standards

Every lesson plan aligns with grade-level standards in **Reading, Writing, Speaking & Listening and Literacy**. Every lesson plan supports **ASCA Mindsets & Behaviors**.

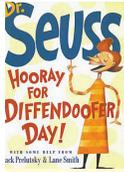
Three book-based lesson plans, plus a classroom video, that will help students do their best on the test



## K-6 Video & Lesson Plan

### NED's Testing Tips Rap ©2012 All for KIDZ 3:31 mins

- **Lyrics Sheet:** Follow along with the rap!
- **Activity Sheet:** Color in each testing tip

	Book Title and Author	Printable Activities	Big Ideas
IDEAL FOR <b>3-6</b> INTERMEDIATE <b>LESSON PLANS</b>	 <p><b>Hooray for Diffendoofer Day!</b> by Dr. Seuss with Jack Prelutsky &amp; Lane Smith</p>	<ul style="list-style-type: none"> <li>• <b>Rhyming Words:</b> Write a humorous poem</li> <li>• <b>Venn Diagram:</b> Compare/Contrast Activity</li> <li>• <b>NED Doodle:</b> Creative Brain Break</li> </ul>	Do Your Best Stress Reduction Emotions & Feelings Test Anxiety
	 <p><b>Testing Miss Malarkey</b> by Judy Finchler and illustrated by Kevin O'Malley</p>	<ul style="list-style-type: none"> <li>• <b>Acronym Extravaganza:</b> Create a humorous acronym</li> <li>• <b>How Do Your Feel?:</b> Identify emotions</li> <li>• <b>Brain Break Countdown:</b> 10 Brain Breaks song and activity</li> </ul>	Brain Breaks
	 <p><b>The Big Test</b> by Julie Danneberg and illustrated by Judy Love</p>	<ul style="list-style-type: none"> <li>• <b>NED's Brain Break:</b> Four all-class brain break ideas</li> <li>• <b>Make a Squish Ball:</b> Instructional activity</li> <li>• <b>Bubble Art:</b> Get creative while practicing bubble fill-in</li> </ul>	



# Video Lesson Plan

NED's Testing Tips Rap

## Themes

Do Your Best  
Stress Reduction  
Test Preparation



[www.thenedshow.com/testing](http://www.thenedshow.com/testing)

Set the tone on test prep with this fun, memorable rap. Three students and two NED performers drop knowledge on preparing for the big test.

*Warning...This catchy rap will stick in your head for days!*

Remind your students....Test prep is a part of EVERY day at school – not just the weeks before a test. Every time you listen, pay attention, practice, review, share, discuss, think, problem solve, and do your homework – **you are actually preparing for test day.** These are simple tips that will help you do your best on the test. Don't stress about it. It's all about knowing how to show what you know!

### Building Background

**BRAIN BREAK:** Encourage students to keep a positive, confident attitude throughout the whole test and try to relax. If they start to feel nervous, teach them to take a few deep breaths to reduce stress.

**Try it:** Breathe in and count to 5. The belly should expand when breathing in. Breathe out and count to 5. The belly should fall when breathing out. Try breathing in through the nose and out through the mouth for a bigger body cleanse and refueling of fresh oxygen, helping you to renew, refresh, refocus and reduce your stress! Remind your students to take a Breathing Brain Break at ANY time during the test.

## Pre-Video Discussion

If your students are not familiar with NED's Test Taking Tips, allow them to brainstorm what those ten tips might be before watching the video. Encourage them to think about what they might do before the test, during the test and after the test. See how many they can correctly predict!

## Discussion Starters

Discuss each tip. What is it? What does it look like for you? Why is it important? How would it help you be ready for testing? *Answers will vary*



Do the work the night before, like packing your back, so you won't be rushed the next day or forget something important.



Get plenty of rest, so your body will be renewed (8.5-11 hours is recommended). Energy comes from adequate, restful sleep. Wake up naturally – you had enough sleep!



# Video Lesson Plan

NED's Testing Tips Rap

## Discussion Starters, Continued



Your brain needs energy from food to work efficiently. Fuel your body with healthy foods that are protein-rich, for greater mental alertness (eggs, nuts, yogurt, cottage cheese, fish, nuts, dried fruits). Avoid junk food/sugars-known as 'brain blocking' foods-that can bring on highs and lows – better to be stabilized during a long test. Just like a marathon runner, eating carbohydrates the day before can make you feel more relaxed, but avoid them right before the test since they might make you feel heavy and sleepy.



Wear comfy clothes, since you'll be sitting for long periods of time. You don't want to be distracted by uncomfortable pants, scratchy shirts, etc.



Relax and breath. Slow your breathing down and it will slow your heart rate down too! Take a few DEEP breaths – bring fresh oxygen into body. Rotate your shoulders. Move them up to your ears and then drop them down. Try to keep them dropped during the test. Don't let your brain think about a pain or annoyance – free your brain to do its best on the test.



Follow directions and read each question. Avoid mistakes by doing what is asked. Carefully read each question and don't skim over, assuming you already know what it asks.



Stay within the bubbles and don't put stray marks on your paper. Make sure it's very obvious which bubble is your answer. Erase carefully – not enough to tear the paper but enough to make the mark go away – if you have 2 answers they will both be wrong even if one is correct.



Move on if you don't know an answer. Don't waste time if you don't know it the first time you read it. It's okay to skip a question but just make sure you keep your answer matched to the correct question...if you skip a question, you will have a blank bubble, line, or answer space to hold its place.



Review – make sure all questions are answered. Look over your test – go back and try again. NEVER GIVE UP...read it a second time and see if it is easier to understand.



Have something to look forward to by planning something fun for after the test! Hard work leads to reward. Celebration lets out a lot of pent up stress.



## Video Lesson Plan

NED's Testing Tips Rap

Read the chorus...what does it mean to let your brain do the rest?



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

Answers will vary. You've got this...you know what you need to know and now it's time to just let your brain do it.

### Writing Prompts

Which tips are you already doing great at? What can you do to get better at all of them? Make a specific goal and decide what you can do to achieve it.

### Activities

#### Memorize the Song

Learn NED's Top 10 Testing Tips and perform it at an all-school assembly, at recess, or for another class as a way to encourage everyone to do their best!

#### So You Think You Can Rap?

Write your own rap about taking tests!

#### Practice the Tips

Share the Ten Tips Activity Sheet or song lyrics sheet with your family. Ask them to help you practice the 10 Tips so that you will be ready for Test Day.

#### Create Posters

Divide the class into 10 groups (partners or triads) and assign each group one of the 10 tips. Students can make posters, banners, flags - anything - to share that tip and helpful info with the rest of the school. Include the benefit of each tip...the 'so what' behind the tip! This gives students a reason to practice it when they know why it's important.

#### Get the Word Out to Parents!

Let your parents know about the Testing Tips! Send them to [www.thenedshow.com/testing](http://www.thenedshow.com/testing) to watch the rap and download lyrics. You can even directly embed the rap video on your school website. It's a great way to invite your families to support their child's best efforts at being ready for the test. Download the 'Reminder for Parents' template letter and customize it with your school's test time. Save the customized PDF on your website so your parents can download, see the tips and put the encouragement notes in their kid's backpacks, lunch boxes, the bathroom mirror or wherever! All of these resources are at [www.thenedshow.com/testing](http://www.thenedshow.com/testing).

PRINTABLE:

Lyrics Sheet

PRINTABLE:

Tips Activity Sheet



Embed the rap on your school website! [Details --->](#)

Resources

### For more info...

NED's testing tips rap video is also available on:  
[youtube.com/NEDucationaltv](http://youtube.com/NEDucationaltv)  
[schooltube.com](http://schooltube.com)

### NED Pencils & Erasers

Did you know you could purchase NED #2 pencils for your test takers? What a great reminder during the test to never give up and do your best! Special savings with NED's test bundle - 30 pencils and 30 NED erasers for \$25.00. Visit [www.thenedshow.com/shop\\_ned](http://www.thenedshow.com/shop_ned).



**N**ever Give Up **E**ncourage Others **D**o Your Best®

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Free lesson plans & resources at [www.theNEDshow.com/teachers](http://www.theNEDshow.com/teachers)



## LYRICS to NED's TESTING RAP

Watch at [www.thenedshow.com/testing](http://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*

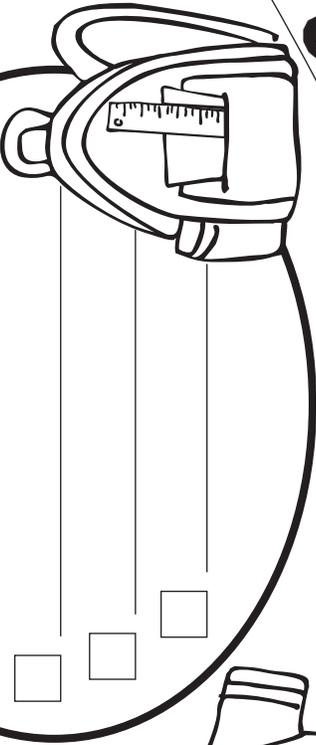
**NED'S TOP 10 TESTING TIPS**

**BEFORE THE TEST...**

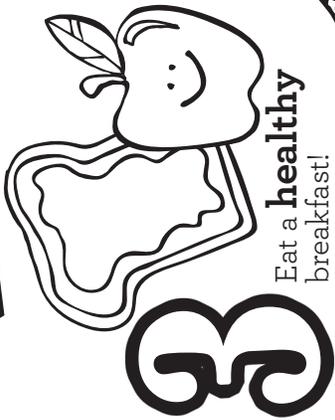


**1 Prepare**  
the night before!

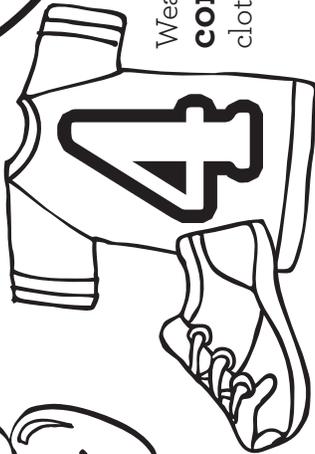
List a few things you want to have ready the night before test day.



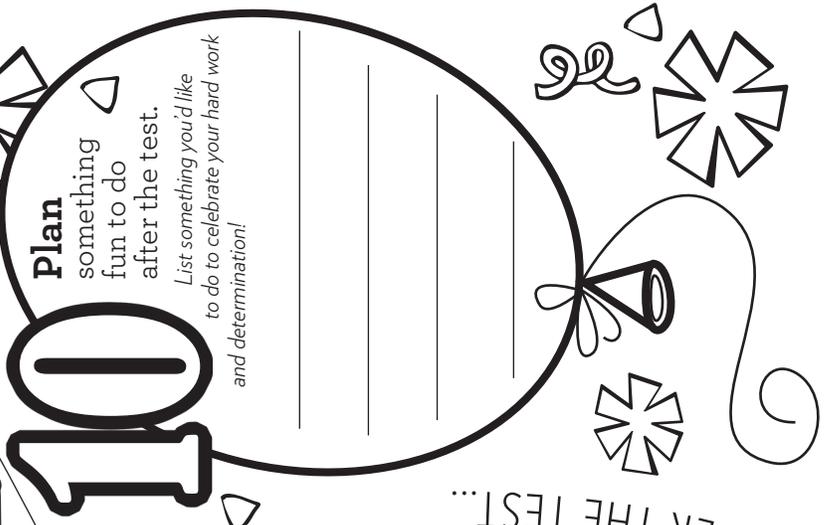
**2 Go to bed early.**



**3 Eat a healthy breakfast!**



**4 Wear comfortable clothes.**



**5 Plan**

something fun to do after the test.

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



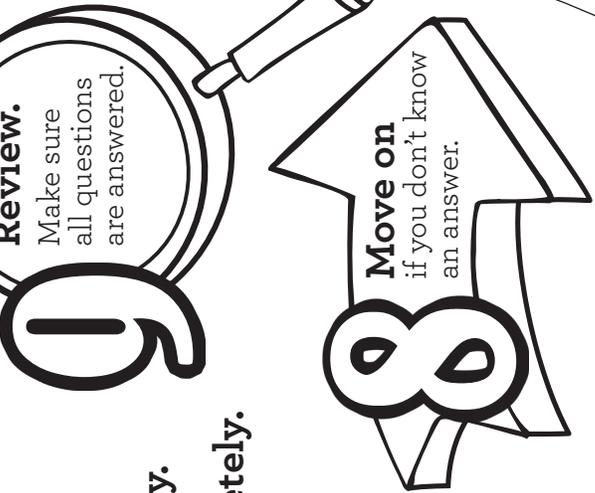
**6 Write neatly.**

Erase completely.



**7 Follow directions.**

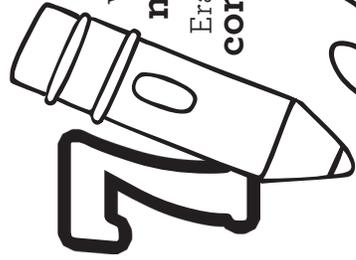
Read each question.



**8 Move on**

Make sure all questions are answered.

if you don't know an answer.



**9 Relax!**

Take slow, deep, breaths.



**10 Review.**

Make sure all questions are answered.

**DURING THE TEST...**

**AFTER THE TEST...**

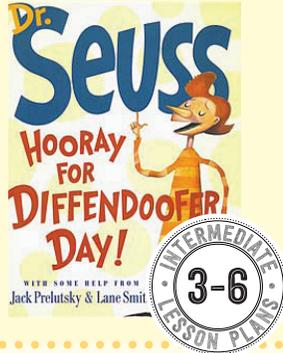


# Hooray for Diffendooper Day!

Dr. Seuss with Jack Prelutsky & Lane Smith

## Themes

Do Your Best  
Stress Reduction  
Emotions & Feelings  
Test Anxiety  
Brain Breaks



If you believe “learning how to think” should be fun, visit Diffendooper School! This school is unlike any other school for miles and miles around but like all schools – they must take a special test! The teachers are confident that Diffendooper students are ready for any test because the kids have been taught how to think. Yet someone – the principal – is quite stressed out. This rhythmic story will have kids laughing – even your stressed out principal would laugh.

**Note to teachers:** Teaching to the test is not key to helping students think thoughtfully! When you teach them how to think every day – that’s true test prep! You know why you are teaching what you are teaching but do your students know why they are learning what they are learning? NED encourages you to make your test prep intentional and transparent as well as sensible, effective and engaging! Don’t forget to give their young brains a break throughout the process.

### Building Background

You can sense when your students are getting stressed and need a brain break! Reenergize your learners throughout the day by getting their blood pumping and their brains refueled. Brain breaks can awaken your kids and help them renew, refresh, refocus and reduce stress – especially during test taking time! What are their favorite brain breaks – movement, breathing, pretend, play, challenges, song, dance, puzzles, etc?

**Giving the brain a break is one of the best things you can do for learning.**

### DID YOU KNOW?

Flexibility can be defined as “*the quality of bending easily without breaking.*” This applies to both your body (movement) and your mind (adjusting to changing conditions) Brain breaks throughout the learning day can benefit both kinds of flexibility and help our kids to not break under the pressure of the test!

## Discussion Starters

1. Why do you think Mr. Lowe, the principal, is the very saddest man at the school? Has your principal ever acted like Mr. Lowe? Describe the situation.  
*Answers will vary. Worry! Test pressure.*
2. Miss Bonkers made this quote:  
*“We’ve taught you that the earth is round,  
that red and white make pink,  
and something else that matters more  
We’ve taught you how to think.”*

Discuss the meaning. Does thinking matter more? WHY or WHY NOT? How have you been taught to think this year? What strategies can you use when you must think about answers you don’t have?

*Answers will vary. Problem solve, divergent thinking, draw inferences, synthesize, activate prior knowledge...*

### Aligned to Common Standards

For correlation information for all of our lesson plans, please visit [theNEDshow.com/lessonplans](http://theNEDshow.com/lessonplans)



# Hooray for Diffendofer Day!

Dr. Seuss with Jack Prelutsky & Lane Smith



For school celebrations or special events ideas, check out the NED Family Fun Night and Field Day resources.

Available at:

[www.thenedshow.com/fieldday](http://www.thenedshow.com/fieldday)  
and  
[www.thenedshow.com/family-fun-night.html](http://www.thenedshow.com/family-fun-night.html)

3. Make a quick list of how Diffendofer School celebrated their Great Test Scores? Why is a celebration important after a test?

Answers will vary. Cartwheels, Take a bow, declare a holiday, pizza, milk & cake, an assembly, laughter, whoop it up, holler, sing a song. Something to look forward to after a hard activity. Reward for good effort. Way to release penned up stress after the test.

4. Brainstorm ideas for a Post-Test Celebration at your school. Visit with your principal and see if you can make your celebration a reality!

## Writing Prompts

How could learning be more fun for you?

What was your favorite thing to learn this year? Describe what you learned, how you learned it and why it was your favorite.

Reflect on how and why your thinking has changed after reading this book. I used to think \_\_\_\_\_ about the test but now I think \_\_\_\_\_.

## Activities

### Hooray for [Your School]!

Write a humorous rhyming poem about your school! Can you add a tune and make it a song? You might start out by making a list of key words that have to do with testing and brainstorm some rhyming words first. *Note: Rhyming words sometimes bend the rules a little to fit! Try to include some encouraging words to remind your classmates to...*

*Never give up and do your BEST  
Give it your all and take that TEST!*

Wow...that rhymes....best and test! You can use this in your song if you want to! **Challenge:** Could every line rhyme with test? Dr. Seuss would say "HOORAY!"

### Is Your School a Diffendofer School?

Create a Venn diagram and compare your school, your teachers, the approach to test taking and celebration with the Diffendofer School. What's the same? What's different? Use your diagrams to discuss what changes your school might be able to make to become more like a Diffendofer School.

### Rest Your Noodle - Color a Doodle!

Coloring is a great way to relax. The detailed designs take over negative thoughts and worries that may dominate our brains. It takes focus and attention to color detailed line drawings. When we change kid's focus from learning to this drawing and then back to learning - we are helping to calm their minds and refocus for important learning.

PRINTABLE:  
**Rhyming Words**

PRINTABLE:  
**Venn Diagram**

PRINTABLE:  
**NED Doodle**

Resources

### For more info...

Accelerated Reading Quiz: 19490

### NED Pencils & Erasers

Did you know you could purchase NED #2 pencils for your test takers? What a great reminder during the test to never give up and do your best! Special savings with NED's test bundle - 30 pencils and 30 NED erasers for \$25.00. Visit [www.thenedshow.com/shop\\_ned](http://www.thenedshow.com/shop_ned).



Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Rhyming Words

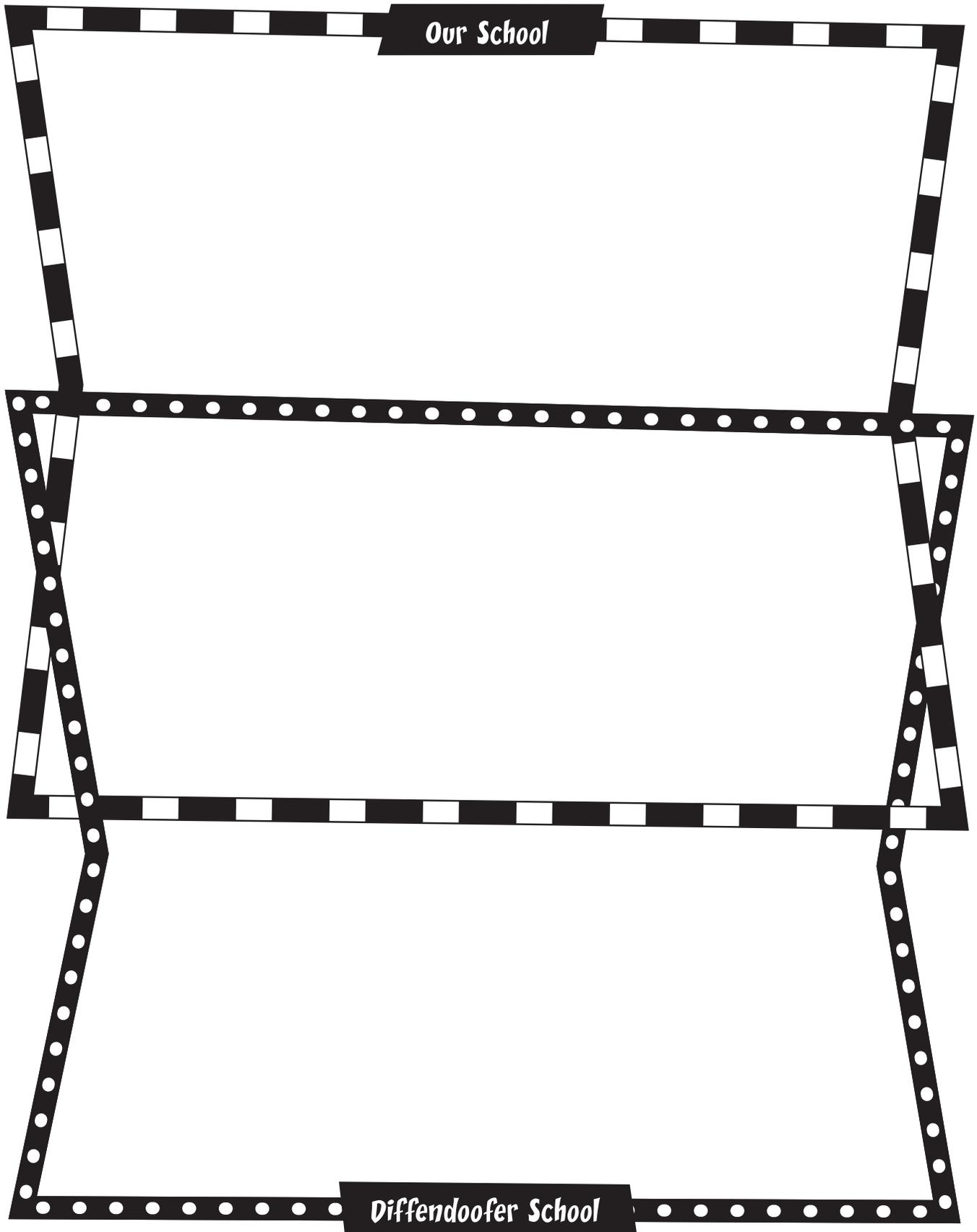
Write a humorous rhyming poem about your school! Start out by making some key words that have to do with testing. Then, brainstorm rhyming words for each testing-related word that you.

*Note: Rhyming words sometimes bend the rules a little to fit!*

Word	1-Syllable Rhymes	2-Syllable Rhymes	3+ Syllable Rhymes
Test	best, guessed, jest, quest, rest, stressed	addressed, at best, confessed, obsessed	at the best, chicken breast, day of rest, cardiac arrest

## Is your school a Diffendoofer School?

**Directions:** Create a Venn diagram that compares your school, your teachers, the approach to test taking and celebration with the Diffendoofer School. What's the same? What's different?



Rest your noodle - color a doodle!



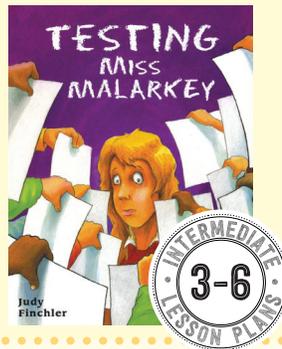


# Testing Miss Malarkey

by Judy Finchler and illustrated by Kevin O'Malley

## Themes

Do Your Best  
Stress Reduction  
Emotions & Feelings  
Test Anxiety  
Brain Breaks



Testing is becoming more and more stressful for our kids as well as teachers and parents. This fun-loving book finds humor in the stress that takes over a school before test day. Laugh with your students and help them to reduce their stress as they DO THEIR BEST to show what they know on the not important-important test!

**Remind your students:** the most valuable test-taking skill they need to learn is how to relax! This story can help normalize their feelings of anxiety before a test and promote shared feelings between classmates. The test may be important but “doing your best” on everything you do in life is way more important in the big picture.

### Building Background

**BRAIN BREAK:** Sometimes the brain needs to have a break! Too much sitting can actually shut the brain down, especially during test taking time. If we want brains to work at their best – we need to get blood moving to bring fresh oxygen and release endorphins. It's scientifically proven that movement can improve mood and cognition. So, give your brain a break today, and everyday. NED's brain breaks will refresh, refocus, and reduce stress in your classroom!

### Key Vocabulary

**Performance anxiety:** when you worry that you won't be able to do your best on something important like the big test or big sporting competition.  
**Acronym:** a word formed from the first letters of each words/or phrase. EX: NED is an acronym. Do you remember what the N, E, and D stand for?

## DID YOU KNOW?

The brain can NOT maintain attention for extended lengths of time. Try giving your students a **one to two minute brain break after every 45-60 minutes of instruction!** 90% of oxygen is stale in the brain after 10 minutes! Encourage your students to take deep breaths of fresh air when you notice them shutting down and disengaging from learning.

## Pre-Reading Discussion

1. It has been said that a picture is worth a thousand words. Show the students the cover and first two illustrations in the book and ask students to share all that these illustrations say about Testing!

*Answers will vary: On the cover: the teacher has wide eyes and no smile. She's overwhelmed. On the First Page: Why would an armored car deliver the test? It's protecting the questions so no one sees them ahead of time, for secrecy. On Title Page: The Delivery Man is a policeman. There are two padlocks, protecting the test. The students look scared and serious. Why does boy on left have a smile?*

## Aligned to Common Standards

For correlation information for all of our lesson plans, please visit [theNEDshow.com/lessonplans](http://theNEDshow.com/lessonplans)



# Testing Miss Malarkey

by Judy Finchler and illustrated by Kevin O'Malley

## 2. How do YOU feel about the upcoming test?

*Answers will vary. Allow kids to discuss honest feelings-make a list of feeling/emotion words that they use. Remind students that sometimes we all feel differently and our feelings aren't wrong! Feelings may differ from one day to the next. We can often do things to change our feelings to be more helpful to our well-being. How can NED help change your feelings about the test?*

## Discussion Starters

### 1. The author had fun naming the characters in the story. Discuss the hidden meanings behind some of their favorite names and why they are funny. Can you think of other funny names that could have been used?

Miss Malarkey	Meaningless talk, nonsense. "Don't give me that malarkey"
Principal Wiggins	Wig out- to become enthusiastic or anxious about something and do crazy things because of it?
Mrs. Slopdown	Slop often refers to food...as a cafeteria worker; she probably hurriedly dropped the food (slop) down on their lunch trays.
Mrs. Magenta	The art teacher has a color name - Magenta is a pinkish/red color.
Mr. Fittanuff	Play on words...."fit enough" for a gym teacher
Dr. Scoreswell	What every teacher hopes their students will do...score well on the test...even the book in the illustration is written by a playful author name....
Mr. Surley	Surly could mean irritable. Why would the janitor be irritable? How would you feel if your job was to clean up throw-up on the floor at school during testing!!!
Nurse Mend	Her job is to make everything better - to mend wounds and hurts means to take care of them.

2. Miss Malarkey said "the test wasn't that important". Is the test important? Why? Why not? *Answers will vary. Teachers, try and keep kids calm about the test by reminding them they have been learners all year long - not just on the day of the test! Remember NED and DO YOUR BEST and NEVER GIVE UP! If you have been a NED head all year long - you will be ready for the test. This is your chance to show what you know!*

3. Discuss performance anxiety. What worries/fears to your students have about the test? *Answers will vary. PANIC! I will choke! I will not do as well as someone else. My fear will paralyze me and I won't be able to answer questions that I know the answers to. I won't have enough time to finish. My pencil will break. I will have to go to the bathroom during the test. I will throw-up...*

4. How can NED's positive messages help your self-talk? How can it help when you reach an obstacle in the test?

*Answers will vary. If students are having a hard time talking about this - have them finish these thought starters:*

*On test day, I will NEVER GIVE UP by...*

*As we get ready for testing, I can ENCOURAGE OTHERS by....*

*When taking the test, I will remember to DO MY BEST by...*



# Testing Miss Malarkey

by Judy Finchler and illustrated by Kevin O'Malley

## Writing Prompt

Complete this sentence: The closer we get to "the test day" ...

Write about how your school is getting ready for the test. Do you see silly things happening, like in the story?

## Activities

PRINTABLE:

*Acronym Extravaganza*

### Brain Break Activity

What else could N.E.D. stand for? Work in partners or small groups and brainstorm appropriate testing words and humorous phrases about your school during test taking time. Words should begin with the letters N, E and D. Use your list of amazing words to create new acronyms for "N.E.D.'s Test."

PRINTABLE:

*How Do You Feel?*

### How do you feel about the test today?

Use the printable that shows eight different test emotions. Instruct students to circle the emotion that best describes how they are feeling today. If they don't see one that matches, they can draw their own. Students can write a short goal to help them change or maintain their feelings during test prep at the bottom of the page.

PRINTABLE:

*Countdown Activity*

### "The 10 Days of Testing" ....Countdown Activity

Discuss what a brain break is and why it is needed. Plan a NED BRAIN BREAK every day (or repeat anytime during the day when you see your students need it!) Brain breaks can renew, refresh, refocus, and reduce stress for your students! Here are a few easy to do brain breaks...or make up your own!

Resources

### For more info...

Accelerated Reading Quiz: 59570

### NED Pencils & Erasers

Did you know you could purchase NED #2 pencils for your test takers? What a great reminder during the test to never give up and do your best! Special savings with NED's test bundle - 30 pencils and 30 NED erasers for \$25.00. Visit [www.thenedshow.com/shop\\_ned](http://www.thenedshow.com/shop_ned).



# Acronym Extravaganza!

**Directions:** Brainstorm a list of words that describe the test or your school during test prep. Remember, each word on the list must begin with the same initial letter. Try for a range of words from humorous to serious to descriptive.

Example:

**N**

**E**

**D**

*nerve-racking*

*easy*

*doable*

*never-ending*

*exhausting*

*dot-filled*

*no homework*

*endurable*

*day-stealing*

Now, look over your list and create humorous acronyms for "N.E.D.'s Test." Be appropriate in your word choices!

Example: The NED Test: The Never-ending, Exhausting, Dot-filled Test!

The **N** \_\_\_\_\_ **E** \_\_\_\_\_ **D** \_\_\_\_\_ Test!

Next, write out the first letters of the name of your upcoming test (examples: STARR, FCAT, CST, PARCC, etc.). Then, repeat the exercise by making a list of words and a new acronym based on your test name.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

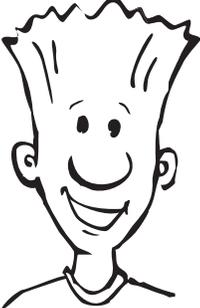
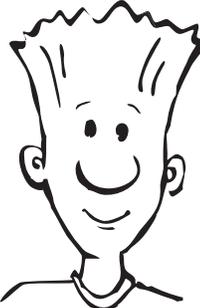
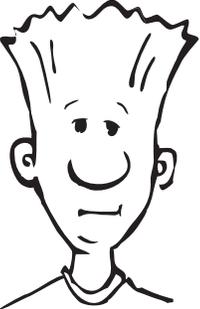
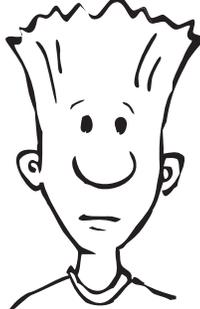
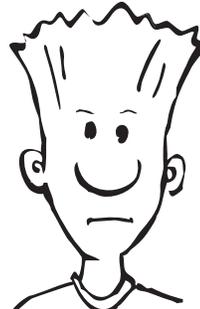
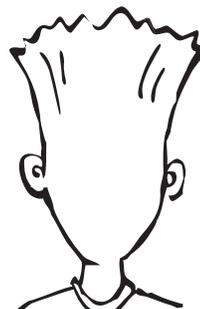
The \_\_\_\_\_ !

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## How do you feel about the test today?

Directions: Circle the face that best describes you today. Don't see one for you? Draw your own!

 <p><b>Confident</b> Bring it on! Let's take it now!</p>	 <p><b>Calm</b> I'm ready and will be fine.</p>	 <p><b>Hopeful</b> I think I can do this</p>
 <p><b>unconcerned</b> What test? It's no big deal.</p>	 <p><b>Concerned</b> I'm a little worried and uneasy</p>	 <p><b>Frustrated</b> Quit talking about it</p>
 <p><b>Nervous</b> I'm scared and worried.</p>	 <p><b>Freaked out</b> I'm dreading it!</p>	 <p>How do <b>YOU</b> feel?</p>

Write a short goal to help you feel confident about the test.

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# “The 10 DAYS of TESTING”

## Countdown Activity

Each day, do the suggested brain break. These brain breaks can be sung to the 12 Days of Christmas tune for a humorous musical brain break! Students can act out each day as it's sung.



On the 10th day of test prep, I gave my brain a break.

**10** jumping jacks

**9** noses twitching

**8** earlobe stretches

**7** silly laughs

**6** sit down stand ups

**FIVE** deep, deep breaths

**4** giant yawns

**3** swimming strokes

**2** friendly handshake

And a stretch that reaches higher than the sky!

**DAY 10**

**jumping jacks**

Repeat 10x

**DAY 5**

**deep, deep breaths**

Repeat 5x

**DAY 9**

**noses twitching**

(rotate your nose in circles)

Repeat 9x

**DAY 4**

**giant yawns**

Repeat 4x

**DAY 8**

**earlobe stretches**

(pinch ears with hands and touch knees with opposite elbow)

Repeat 8x

**DAY 3**

**swimming strokes**

(do the breaststroke, sidestroke, backstroke in the air)

Repeat 3x

**DAY 7**

**silly laughs**

Repeat 7x

**DAY 2**

**friendly handshakes**

(between 2 partners)

Repeat 2x

**DAY 6**

**sit down stand ups**

Repeat 6x

**DAY 1**

**Stretch...**

...to the ceiling, as tall as you can!

Hold it!

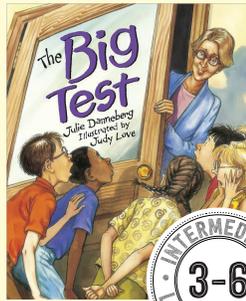


# The Big Test

by Julie Danneberg and illustrated by Judy Love

## Themes

Do Your Best  
Stress Reduction  
Emotions & Feelings  
Test Anxiety  
Brain Breaks



Stress is building as the big test day is getting closer and closer. Even though the students are prepared to show what they know, they can't help getting more and more worried as they practice fill-in-the bubble skills and sitting still for long times. Their teacher has one last, important lesson to teach them.....stop worrying and relax!

**Note to teachers:** Tests can make students, teachers, and schools anxious, nervous and even a little crazed! Laughing is great for giving the brain a break – so why not laugh and poke fun at the commotion surrounding testing in this story, or even at your school. Hopefully, your class will relax and realize that test-taking is not so bad when they remember NED and never give up and do their best each and every day of school!

### Building Background

**BRAIN BREAK:** Short bursts of movement will help kids get the wiggles out AND increase their ability to refocus on learning. 1-2 minute brain break activities every 45-60 minutes will renew, refresh and reduce stress in your classroom, making the other minutes more productive for learning. NED says...Do more with less time by giving the brain a break throughout your day!

### Key Vocabulary

**Looming:** signs of impending occurrence... “the test is looming”  
Synonyms and related words – approaching, coming, pending, threatening, nearing, inevitable, unavoidable...

### DID YOU KNOW?

Laughter is good for your body. Within minutes of laughing, stress levels drop. This infectious activity can help kids relax so they can DO THEIR BEST while learning!

## Discussion Starters

1. Mrs. Hartwell told her students they were ready to take the Big Test. You are ready too! What have you done all year long to be ready for the test? How can NED help you be ready for the test?  
*Answers will vary. Worked hard, learned a lot, practiced, etc.*
2. Do you “know how to show what you know”? Have your students discuss this quote from the story. Do they know how to do this?  
*Build confidence by talking about what they know and providing some simple test taking tips (see Video Lesson plan for NED's Top Testing Tips). Remember to never give up and do your best!*
3. What is the hardest part of test taking?  
*Answers will vary – sitting still, reading at your seat, working by yourself, reading all the directions, bubble-trouble...*

### Aligned to Common Standards

For correlation information for all of our lesson plans, please visit [theNEDshow.com/lessonplans](http://theNEDshow.com/lessonplans)



# The Big Test

by Julie Danneberg and illustrated by Judy Love

## 4. How do you feel about the test? What can you do to relax?

Answers will vary but allow students to brainstorm what works for them by discussing their worries AND possible solutions! Eliminate distracting noises (headphones), wearing comfortable clothes (slippers), drinking water (water bottles), deep breaths, moving, holding paperclip in fidgety hand, stress balls, relaxing shoulders....

## 5. What is a brain break? Why does your brain need a break?

Answers will vary. Brain breaks can renew, refocus, refresh and reduce stress. By changing up any extended length activity, you adjust the oxygen flow to the brain. More movement means more blood moving, while providing more oxygen, resulting in better attention to learning.

## Writing Prompts

How can NED's positive message help your self-talk? How can it help when you face an obstacle in the test? Choose one of these sentence starters and begin your journal writing.

On test day, I will NEVER GIVE UP by...

As we get ready for testing, I can ENCOURAGE OTHERS by.....

I will remember to DO MY BEST when...

PRINTABLE:

*NED's Brain Breaks*

PRINTABLE:

*Make a Squish Ball*

PRINTABLE:

*Bubble Art*

## Activities

### 4 NED Brain Breaks

See the printable for detailed instructions on four brain breaks. Print BACK to BACK and cut into cards. Add to a ring and start your collection of Brain Breaks.

- 1 **LAUGH IT OUT!** Try some laughter yoga to help un-stress your students!
- 2 **WIGGLE AWAY!** Gradually wiggle from head to toes
- 3 **DETAILED DETAILS!** One-minute drawings
- 4 **VERY GOOD!** Encourage others and yourself with self-talk chanting

**Squeeze away Stress!** 12 year-old Jadan, from the testing tips rap video, shares his step-by-step directions to make a squish ball. Help your students reduce their stress by squeezing it away.

### Bubble Art

Practice filling in test bubbles and create a colorful art pattern.

Resources

### For more info...

Accelerated Reading Quiz:  
144023

### NED Pencils & Erasers

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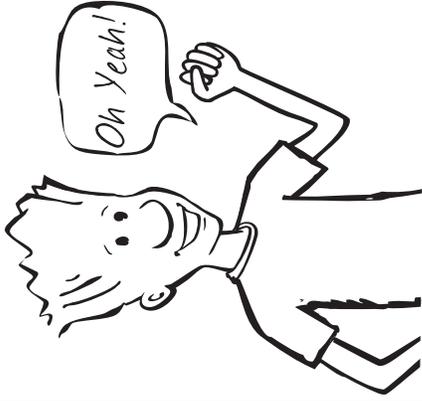


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## LAUGH IT OUT!

Try some laughter yoga to help un-stress your students! Have students stand with feet together, toes apart, shoulders up tall and hands on bellies. Inhale and feel belly expand. As you exhale, force out the air while saying “I, I, Aye, chee wah wah.” Repeat 4-5 times and watch the room fill with laughter! End with “OH YEAH!” and pump your arm in victory.



**NED**

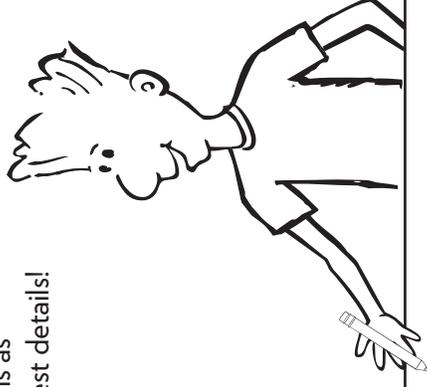
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## DETAILED DETAILS!

Give students 30 seconds to think and 1 minute to make a drawing of \_\_\_\_\_. Encourage them to draw for the entire minute and include as many details as possible. Share and discuss the best details!

Suggestions for drawing:

- Snowflake
- Something with stripes
- A favorite vacation spot
- An alien
- A combo of two animals
- A favorite plate of food
- A superhero



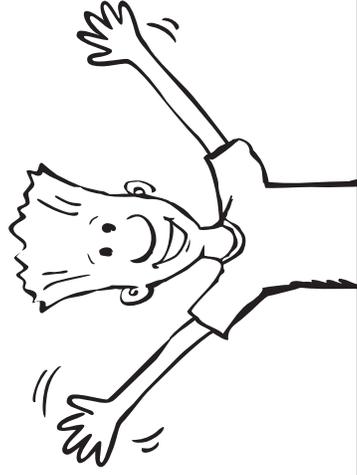
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## WIGGLE AWAY!

Starting at your head – wiggle! Kids gradually move the wiggle down their body as you name body parts....Head, shoulders, left hand, right hand, hips, left leg, right leg, left foot, right foot. Invite kids to WIGGLE free form, and then freeze!

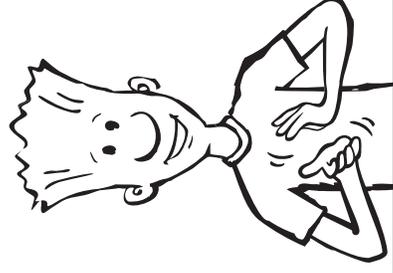


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## VERY GOOD!

Have students stand. Say: “Very good” (clap), “Very good” (clap), “YAY” (raise hands). Repeat but give students intonation directions each time...slow motion, fast motion, low voice, deep voice, high voice, robot voice, etc. Try it with different words: “You’re amazing” (clap), “I’m amazing” (clap) “Woo Hoo” (raise hands).

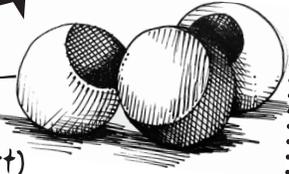
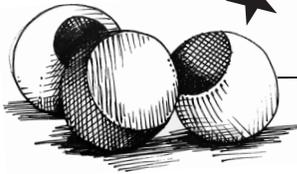


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# HOW TO MAKE A SQUISH BALL

BY JADAN



You will need:

Three balloons (note: one will not be seen)  
 Plastic bottle (2-liter bottles work best)  
 Funnel (if you don't have one, make one out of paper)  
 1 cup rice (1/2 cup for small balloons)  
 Scissors  
 Clear tape

1. Use the funnel to put the rice into the plastic bottle.



2. Blow up the balloon you don't want to see, and fit the neck over the bottle neck.



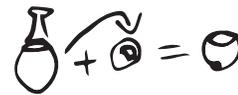
3. Turn the bottle upside-down so the rice flows into the ~~ball~~ balloon. Remove the balloon carefully.



4. Cut off the lumpy part of the balloon neck, and tape the rest of the neck down.



5. Cut the entire neck off of the second balloon, then wrap the neckless balloon around the ball so the taped-down neck of the ball is on the opposite side of the hole on the neckless balloon.



6. Repeat step five, but put on THIS balloon so the hole is on the SAME side as the taped-down neck of the ball.  $\ominus + \ominus = \ominus$

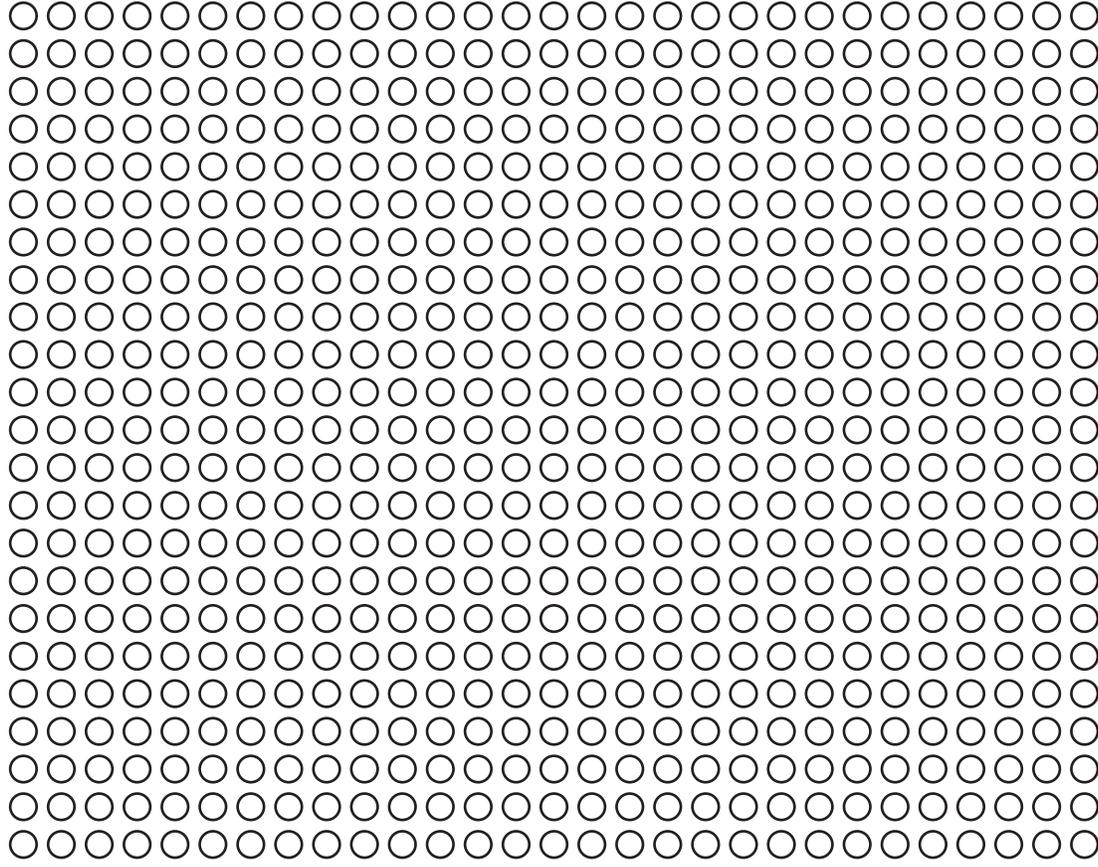
7. You're done! Use as a stress ball or for ~~whistle~~ juggling. The leftover balloon necks make great whistles!



\* Don't use in class

Name: \_\_\_\_\_

**Bubble Art!** Directions: Practice filling in test bubbles! Use colored pencils and practice filling in test bubbles – make a pattern or a piece of art! (Use a #2 pencil for actual test-taking!) Be sure to not make any stray marks. Erase bubbles as thoroughly as possible. Do not erase so hard that a hole is rubbed through the paper.



Name: \_\_\_\_\_

**Bubble Art!** Directions: Practice filling in test bubbles! Use colored pencils and practice filling in test bubbles – make a pattern or a piece of art! (Use a #2 pencil for actual test-taking!) Be sure to not make any stray marks. Erase bubbles as thoroughly as possible. Do not erase so hard that a hole is rubbed through the paper.

