



# 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!*



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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**

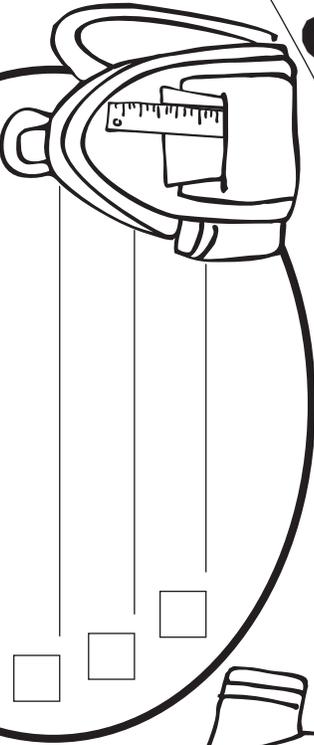
**BEFORE THE TEST...**



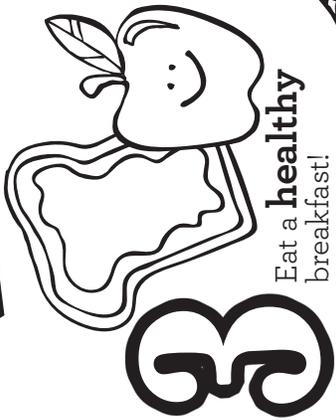
**1 Prepare**

the night before!

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



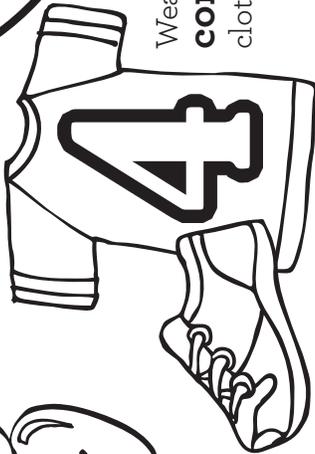
Go to bed **early.**



**3**

Eat a **healthy** breakfast!

Wear **comfortable** clothes.



**4**

**DURING THE TEST...**



**5 Relax!**

Take slow, deep, breaths.



Write **neatly.**

Erase **completely.**

**7**

**9**

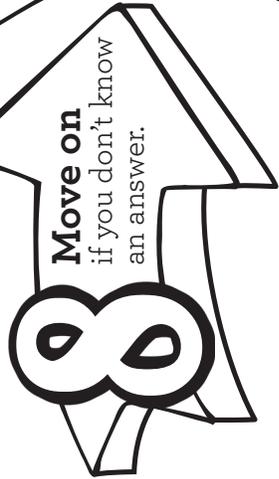
**Review.**

Make sure all questions are answered.



**6**

Follow directions. Read each question.



**8**

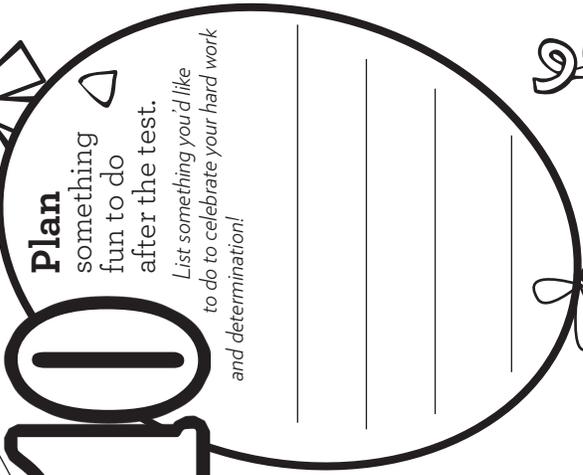
**Move on** if you don't know an answer.

**10**

**Plan**

something fun to do after the test.

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



**AFTER THE TEST...**