

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!

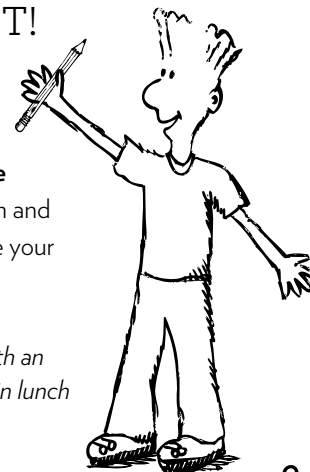
- 1** Prepare for test day the night before  
(So your child doesn't feel rushed in the morning)
- 2** Go to bed early to get a good night's sleep  
(8 ½ to 11 hours is recommended)
- 3** Eat a healthy breakfast  
(Choose fruits & whole grains over sugary foods)

## 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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Additional resources at [www.theNEDshow.com](http://www.theNEDshow.com)

*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®

