

Movement for

TEST SUCCESS

Make Test Review Active:

- Instruct students to move their chairs back from their desks, remain seated, and close their eyes. Read a series of test-related true or false statements aloud. If students think it is true, they should stand up. If they believe it is false, they should remain seated. After each statement, tell students to open their eyes only after everyone has assumed their chosen position. Review the correct answer.
- Bring the class outside or to the gym to review for tests. Stand at one end of the field or gym and instruct the class to stand at the other. One by one, ask your students review questions. If they answer correctly, they can run a designated number steps to you; if they answer incorrectly, they are to stay where they are and do some kind of exercise (jumping jacks, toe touches, high knees, etc.). To speed up the process, place students into teams.

Pre-Test Exercises:

- To get students' blood flowing before a test lead them on a quiet 5-minute walk around the building.
- To loosen up tension:
 - Stretch arms overhead
 - Forearm stretch
 - Wiggle jaw
 - Touch toes
 - Deep breathing – in through nose and out through mouth
 - Yawn
 - Arm circles
 - Rub ear lobes
 - Clench fists/stretch fingers out wide
 - Neck circles
- Exercises for mental clarity:
 - **WHITE CRANE:** Place palms together overhead. Raise right leg so quad is parallel with the floor and knee is bent. Slightly bend left leg and focus eyes on a spot on the wall in front of you. Balance like this for 30 seconds then switch legs.
 - **WRIST SHAKE:** Place hands 12 inches apart about 6 inches in front of face with palms facing towards each other and thumbs pointed towards ears. Keeping shoulders and elbows relatively still, shake wrists and forearms in a front-to-back motion. Breathe deeply and continue for 20 seconds.
 - **HIP AND ARM SWING:** Stand in an athletic stance with knees slightly bent, back straight, and feet a bit more than shoulder width apart. Leading with hips, rotate your body with arms loose and head turning with shoulders. Allow arms to flop around, following the movement of the hips. Continue for 30 seconds.

Smart moves!

Research shows that movement can help increase brain activity, so try these exercises with your students to help them do their best on tests.

