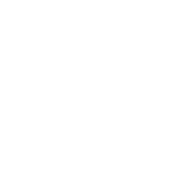
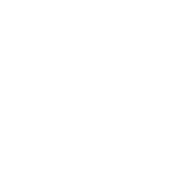
**Remind Your Child of These Stress Reducers for the Day of Testing and During the Test**



**How Does Taking the State Tests Help My Child?**

Eat well and get plenty of sleep.



* It provides you with information that you can use to advocate for supports and services for your child.
* It results in instruction appropriately rigorous for your child’s educational needs.
* It supports high expectations and protects your child from the harm of low expectations.

**How Does Taking the State Tests Help My Child’s School?**

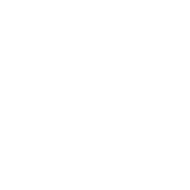


Wear comfortable clothes.

* It holds the school responsible for the learning of all students.
* It gives a complete and accurate picture of how all students in the school are doing, including those with disabilities. When students with disabilities are not included in test results, they are excluded from school improvement plans, and possibly funding allocations based on test results.

10/15/2020

Have all needed materials at hand.



**What are Some Ways to Ensure a Less Stressful State Testing Experience for Your Child?**

* Talk together about what makes testing stressful.
* Work with your child and your child’s teacher on a plan to address stress triggers well before the time of the test.
* Have your child practice using identified stress-reducing strategies (breathing exercises, imagining peaceful scenes) for other possible “stressful” activities prior to testing.

Practice positive self-talk, deep breathing, and use of calming accommodations.



* Work with your child to identify accommodations that help with reducing stress (self-calming object, music, favorite seat location). Be sure they are listed on the IEP and that your child has contributed to the list.
* Use positive language about testing and help your child use positive self-talk (e.g., I can do my best; mistakes are okay; tests are helpful).

Ask questions if you do not understand directions. Know that some questions about the test itself cannot be answered.



* Have your child practice taking tests several times using planned stress-reducing strategies.
* Talk about testing as part of instruction and a regular part of the school day.
* Remind your child that passing the test is not required for promotion or graduation. See the Pathways to Graduation information.

**CONTACT**

(Delete the instructions below and add in your contact information)

Scan the QR code to the left with a smartphone camera to go to QR-Code-Generator.com and create your own custom QR code for your website for free.

**www.yourwebsites.com**

Don't worry if you are unsure about an answer because many tests are designed to ask hard questions.

