

# ISAT: BELIEVE, ACHIEVE, SUCCEED



## RELAXATION STRATEGIES

### **Deep Breath**

1. Take a deep breath.
2. Hold it for about 3 seconds.
3. Then, let it out all at once. As you let it out, let your jaw relax, your shoulders relax and think "calm".
4. Let your teeth remain slightly apart, with enough space between your front teeth to fit a pencil.

### **Equalized Breathing**

1. Take 4 seconds to breathe in and 4 seconds to breathe out. Count "1 one-thousand, 2 one-thousand, 3 one-thousand, 4 one-thousand."
2. Do this 4 or 5 times.

### **Abdominal Breathing**

1. Put one hand on your chest and the other hand on your belly button.
2. Now breathe so that only the hand on your belly moves - as you breathe in, the hand moves out and moves in as you exhale. The upper hand on your chest does not move.
3. Watch your hands as you breathe and see if you can breathe with only the lower hand moving.

### **Imagine**

1. Think of a place that you find peaceful and relaxing, and take a trip there now! It can be real or imaginary.
2. Get into a comfortable position and close your eyes.
3. Focus for a minute on your breathing.
4. Now go to your special place. Think about it, see the place, smell it, hear all the sounds, feel it all around you.
5. Stay in your favorite place and focus on your breathing.
6. When you are ready, you may return slowly.
7. Take a minute to open your eyes and read just as you feel reenergized and refreshed.

### **1 to 8 Breathing**

1. Slowly inhale counting one, pause for a moment, and slowly exhale counting two.
2. Slowly inhale counting three, pause for a moment, and slowly exhale counting four.
3. Slowly inhale counting five, pause for a moment, and slowly exhale counting six.
4. Slowly inhale counting seven, pause for a moment, and slowly exhale counting eight.
5. Try to feel the cool air as you inhale and the warmth of your breath as you exhale.

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## HELPFUL TIPS

### THE NIGHT BEFORE...

- ◆ Go to bed on time
- ◆ Solve any problems that you are having with your family or friends before the day of the test
- ◆ Talk to your parents about any concerns or worries that you might have about the test.

### THE MORNING OF THE TEST

- ◆ Eat a good breakfast
- ◆ Dress in layers so that you can take layers off or out them on, depending on the temperature of the room.
- ◆ Bring a nutritious snack to school, even if you normally don't. Avoid salty foods that may make you thirsty while testing.
- ◆ Bring a water bottle to school the day of the test. Water makes up more of the brain than any other organ of the body. Drinking water before and during the test can keep your brain hydrated and helps alleviate stress.
- ◆ THINK POSITIVE

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## HELPFUL TIPS

### MATH

- ◆ When using scratch paper, double check to make sure that you have copied the problem correctly from the test booklet.
- ◆ Line up the numbers correctly ( ones, tens, hundreds) when you are adding or subtracting.
- ◆ If your answer does not match one of the choices, reread the problem, recopy the numbers, and try solving it again.

### CHECK YOUR WORK

- ◆ If you finish early, check to make sure you have answered all of the questions.
- ◆ Double check your answers to see if you made any “silly” mistakes.
- ◆ Check to make sure that you have filled in the bubbles completely and that you have erased any extra marks as well.

### PACE YOURSELF

- ◆ Don’t spend too much time on any one question. Do your best and then move on.

### RELAX

- ◆ If your arm gets tired, during testing, it is probably due to the grip that you have on your pencil. Relax the grip and give your muscles a break.
- ◆ Go through a relaxation strategy or two. Do not do anything that will disturb others.
- ◆ Remember, it is ok to not know *everything*. The test will have some difficult questions on it. Not all of the questions are supposed to be easy. Just do the best you can.

### KIDS TIPS FOR TEST SUCCESS

- ◆ “I answer the questions I know first and skip over the ones that I don’t know. Then I can go back to finish them later.” ( Carlos)
- ◆ “I try to listen to my teacher’s instructions carefully and read all the directions. Then I don’t make silly mistakes. “ ( Michaela)
- ◆ “Even when I think I know the right answer, I read all the answer choices anyway. I don’t want to miss anything.” (Angelica)
- ◆ “If I finish early, I look over my answer sheet to make sure no question has two answers, my test bubbles are completely filled in, and there are no stray marks.” ( Matt)

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## **SOUND OFF- Extended Response**

I do know, what I've been told  
We are just as good as gold.  
Extended Response, we're not scared  
You know that we are all prepared.  
Sound Off ... ISAT  
Sound Off ... ISAT  
Read the question first, it's true  
So that you know just what to do.  
Read the passage, look for clues  
Use them as evidence for you.  
Sound Off ... ISAT  
Sound Off ... ISAT  
Read the passage a second time  
Being prepared is not a crime.  
When you've finished reading then  
It's time to restate the question.  
Sound Off ... ISAT  
Sound Off ... ISAT  
Find some evidence as your support  
For the idea that you report.  
One or two pieces of text  
Then interpret them to do your best!  
Sound Off ... ISAT  
Sound Off ... ISAT  
Then to keep the judge from dozing  
Explain what you've learned as the closing.  
Add a textual connection  
Ending with Sound Off ... ISAT  
Sound Off ... ISAT  
the extension!