



— AN INITIATIVE OF HEALTHY CPS —

HEALTHY TESTING

During standardized testing, students sit the majority of the day, which can increase stress and anxiousness. Healthy students make better learners and test takers. *Keep in mind that schools cannot serve or sell unhealthy foods or beverages during the school day (including fundraisers, celebrations, and rewards) and no foods may be served during school meal times.*

Consider these healthy testing ideas that CPS schools have successfully used:

- **Before** the test, encourage students to take a 10-15 minute walk around the hallways or outside around the building, incorporate mild stretching, or play silent speed ball to get blood flowing.
- Spend 10-15 minutes **between** testing playing Fitness Bingo. Have each bingo space indicate a short burst of fitness activity (i.e. 15 jumping jacks, 15 times touching toes, etc.) and have the students perform the chosen activity before finding the space on their bingo sheet.
- Play Silent Speed Ball, Charades, or Simon Says **between** tests
- For more brain break activity ideas, sign up for **GoNoodle** for free. Use Activation Code: CPS-1 to access free online videos and physical activity resources.
- Test Prep Movement Interventions ideas courtesy of BOKS Burst to use **before, between** or **after** testing:
 - Hurdle Hops, Squats, Fast Feet*
 1. 15 seconds of hopping side to side over a pretend hurdle
 2. 5 squats
 3. 15 seconds
 4. 5 Squats
 5. 15 seconds of Fast Feet (like a football player)
 6. 5 squats
 7. Repeat
 - Tabata Jumping Jacks*
 1. 20 seconds of fast jumping jacks
 2. 10 seconds of rest
 3. Repeat this 4 to 8 times

Don't forget to let us know what creative ways your school found to celebrate in a healthy way. Submit success stories [here](#) or on the LearnWELL Knowledge Center page.



Success Story

As a level 3 school, we were working hard on academics to move forward. I shared data on the benefits of exercise and hydration with my principal, and she was persuaded. We purchased a plastic water bottle for every student, practiced walking in the hallways and performed brain-enhancing exercises in the classroom.

When testing started, all grade levels walked in the hallways and gym. Students were also encouraged to take a 4-8 ounce drink of water before testing and do relaxation exercises during testing as a way to relax during testing.

Weeks later our test scores improved so that we are now a level 1 performing school. We were one of five schools in the city who had the greatest increase in test scores. Our school was mentioned in the Chicago Sun-Times along with four other high performing schools. The hard work that our teachers and students put into improving math, science, and reading surely played an important role, but we were all impressed with the impact that physical activity had on our school testing results.

- Belmont-Cragin School

