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Take the Stress Out of State Tests

Teaching healthy habits? It’s worth every second. It keeps your students engaged, motivated and energized. With spring testing on the way, TSET’s [Shape Your Future](https://shapeyourfutureok.com/?utm_medium=email&utm_source=govdelivery&utm_campaign=osde_newsletter&utm_term=articles&utm_content=osde-april-newsletter-syf_home) program has some helpful tips to keep everyone focused in the classroom.

Get Plenty of Sleep

A good night’s sleep is one of the most valuable tools children can have when the big day rolls around. Prioritizing sleep throughout the week will help them feel refreshed, recharged and focused. Encourage students to limit screen time and ditch sugary drinks well before bedtime.

Eat a Good Breakfast

Once a child wakes up refreshed from a restful night’s sleep, they should fuel their body and brain with a healthy and nutritious breakfast! Hunger can be a major distraction when trying to focus. [Healthy Egg Bites](https://shapeyourfutureok.com/recipes/healthy-egg-bites/?utm_medium=email&utm_source=govdelivery&utm_campaign=osde_newsletter&utm_term=articles&utm_content=osde-april-newsletter-syf_healthy_egg_bites), [Overnight Oats](https://shapeyourfutureok.com/recipes/overnight-oats-2/?utm_medium=email&utm_source=govdelivery&utm_campaign=osde_newsletter&utm_term=articles&utm_content=osde-april-newsletter-syf_overnight_oats) or [Breakfast Quesadillas](https://shapeyourfutureok.com/recipes/quick-breakfast-quesadilla/?utm_medium=email&utm_source=govdelivery&utm_campaign=osde_newsletter&utm_term=articles&utm_content=osde-april-newsletter-syf_breakfast_quesadilla) can help avoid the tummy grumbles. Share these easy recipes with students and their families.

Pack Healthy Snacks

Hungry bellies can really throw a wrench into test day. Let your students know if snacks are allowed in the classroom. A few lunchbox-friendly ideas include clementines, whole-grain crackers, carrot sticks, apple slices, grapes and refreshing water. Pack one or two snacks for yourself as well!

Get Physical

Students may be buried in the textbooks; however, getting in a little movement the week of their state assessment will benefit them. They’ll sleep better, have more drive and be able to focus longer. Encourage them to spend time outdoors or trying a workout video – even if just for a few minutes. And consider adding [active breaks during the school day](https://shapeyourfutureok.com/activities/classroom-activities/?utm_medium=email&utm_source=govdelivery&utm_campaign=osde_newsletter&utm_term=articles&utm_content=osde-april-newsletter-syf_active_schoolday_breaks).

Stay Positive

Don’t let stress make students a mess. Be encouraging and open with them about what the tests are and why it’s important to prepare. This will help keep their nerves at bay and set them up for success.

For more healthy classroom resources, head over to our [Teachers](https://shapeyourfutureok.com/teachers/?utm_medium=email&utm_source=govdelivery&utm_campaign=osde_newsletter&utm_term=articles&utm_content=osde-april-newsletter-syf_teachers) page! And while you’re there, be sure to [sign up](https://shapeyourfutureok.com/sign-up-monthly-email/%20?UTM_MEDIUM=EMAIL&UTM_SOURCE=GOVDELIVERY&UTM_CAMPAIGN=OSDE_NEWSLETTER&UTM_TERM=ARTICLES&UTM_CONTENT=OSDE-APRIL-NEWSLETTER--syf_email_signup) for the Shape Your Future bi-monthly Teacher Email. You’ll receive healthy tips, tasty recipes, physical activity ideas and seasonal content to help you make the healthy choice the easy choice for yourself and your students.

Shape Your Future is a program of the Tobacco Settlement Endowment Trust (TSET). TSET’s focus, as outlined in the Oklahoma Constitution, is to reduce Oklahoma’s leading causes of preventable death – tobacco use and obesity – in order to reduce cancer and cardiovascular disease.