



Do Your Best- Parent Information

Greetings Parents!

Soul Shoppe is teaching about **Doing Your Best** at your child's school this month.

The main tools we are teaching are:

- **Be Smart** - this is not about being the "smartest" in your class, this tool teaches tips on how to tackle tasks in a smart way
- **Be Strong** - this is not about being the toughest person, it's about keeping the brain and body functioning for top performance
- **Be Ready** - tips to keep the brain prepared and ready to handle stress and challenges

We will focus on how to tackle challenges, such as the challenge of doing well on school standardized tests.

You can help your child **Do Their Best** during testing time by:

- Helping them get to bed on time for a **good night's sleep**
- Providing a **nutritious breakfast**—especially on the morning of tests
- Laying out everything that is needed **the night before** a test (pencil, eraser, calculator)
- Not scheduling **doctor/dentist appointments** or trips during testing time
- **Arriving at school on time**, calmly, and stress free.
- **Celebrating** with your child after a testing day! (go to a park on the way home, give extra hugs and compliments)
- Expressing **confidence** in your child
- Encouraging kids to take the tests **seriously**