



## Dos and Don'ts for SATs Preparation

### Do

- Get to bed early over the weekend before the tests and get lots of sleep.
- Have a final look at the spelling rules
- Go over your tables and anything else you were unsure of during the previous week.
- Make sure you are at school every day during test week - even if you are not feeling too good. We can always contact your parents after the test.
- Enjoy the weekend before the tests!

### Don't

- Get yourself worked up and panicky. You won't do your best if you do.
- Stay up late - you need your sleep!
- Be late for school during test week - you will get yourself in a state - and you need to be calm!