

**HOUSTON TEXANS**  **HOUSTON TEXANS**



# TACKLE ★ THE ★ STAAR

PRESENTED BY



**ACTIVITY BOOK**

**HOUSTON TEXANS**  **HOUSTON TEXANS**



Dear Families,

Thank you for supporting your child as they prepare for the STAAR test. This activity book is designed to help kids learn skills to reduce test anxiety and healthy habits that make a big difference on test day.

### **Preparing Their Body**

#### Sleep:

Help your child get 8-9 hours of rest, limit screens before bed, keep a consistent sleep schedule, and create a calming nighttime routine. Light physical activity earlier in the day can also support better sleep.

#### Nutrition:

Balanced meals, good hydration, foods rich in Omega 3s, and a healthy breakfast on test day help boost focus and energy.

### **Preparing Their Mind**

It's normal for kids to feel nervous before a test. But when stress becomes overwhelming, it may show up as stomachaches, headaches, trouble focusing, overthinking, or avoiding test-related work.

You can help by:

- Talking with your child about how they feel and reminding them that effort matters.
- Making a simple plan together for studying, test-day routines, and strategies to stay calm.

We hope Tackle the STAAR helps your child feel better prepared and confident. Thank you for being a vital part of their success.



**JOIN TORO'S  
KIDS CLUB!**

# TACKLE THE STAAR

When you prepare to take the STAAR test, it's like the Houston Texans preparing for a game. The players have to prepare their bodies and minds to do the right things to be successful, just like you do to tackle the STAAR!

Here are some activities you can do throughout the year to help you prepare your body and mind for the STAAR!

## PREPARE YOUR BODY

### EXERCISE

Play and be active for at least 60 minutes a day.

### NUTRITION

Use the plate method to determine what you should be eating at breakfast, lunch and dinner.

### SLEEP

Get 8 hours of sleep every night.

## PREPARE YOUR MIND

Pay attention in class.

Listen carefully to your teacher.

Do all of your homework.



Texas Children's®

# PREPARE YOUR BODY

TORO likes to include a few of these exercises in his daily routine. Pick some with your parents' or coaches' help that you might want to try!

## STRETCH

Reach down to your feet without bending your knees. Can you reach? Reach up to the sky slowly and back to your feet.

## WARM UP

Slow marching in place is how TORO gets ready to lead a parade!

## WALL SITS

Seems easy, but you try it! Pretend you are sitting in an imaginary chair with your back against the wall and your feet firm on the floor. Can you last over a minute? How about 2?

## JUMPING JACKS

For a full body workout, TORO gets his heart rate going with jumping jacks!



## BALANCE CHALLENGE

TORO stands on one leg for as long as he can, then switches legs and tries to last longer on his other leg. He switches between legs to see how long he can go! This helps build his focus and stability.

## COOL DOWN

Sit down criss-cross. Put your hand on your belly. Breathe in and Breathe out. This helps both your brain and body calm down.

WHAT IS AN EXERCISE  
YOU LOVE THAT TORO  
SHOULD TRY?

---

---

# PREPARE YOUR BODY

## PLATE METHOD

Use the plate method to help with portion control and to get the proper balance of nutrients your body needs!

### FRUITS

Any fruit or 100% fruit juice counts as part of the fruit group. They can be fresh, canned, frozen or dried.

### VEGETABLES

Vegetables are organized into five groups: dark-green, starchy, red and orange, beans and peas (legumes), and other vegetables.



### DAIRY

Most dairy choices should be fat-free or low-fat. Cream cheese, cream and butter are not part of this group.



### GRAINS

Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product.

### PROTEIN

Meat and poultry choices should be lean or low-fat. Beans and peas are also part of this group.

### FOODS TO AVOID

- chips
- sodas
- fried food
- cookies & cakes
- candy
- hot dogs

## CHECK YOUR PLATE

About half of your plate should be fruits and vegetables. Add protein, some grains and dairy, and you have a healthy meal to help you conquer the day!

# COLOR TORO

## TORO'S POWER POSE

Give it a try when you need an extra boost of confidence!

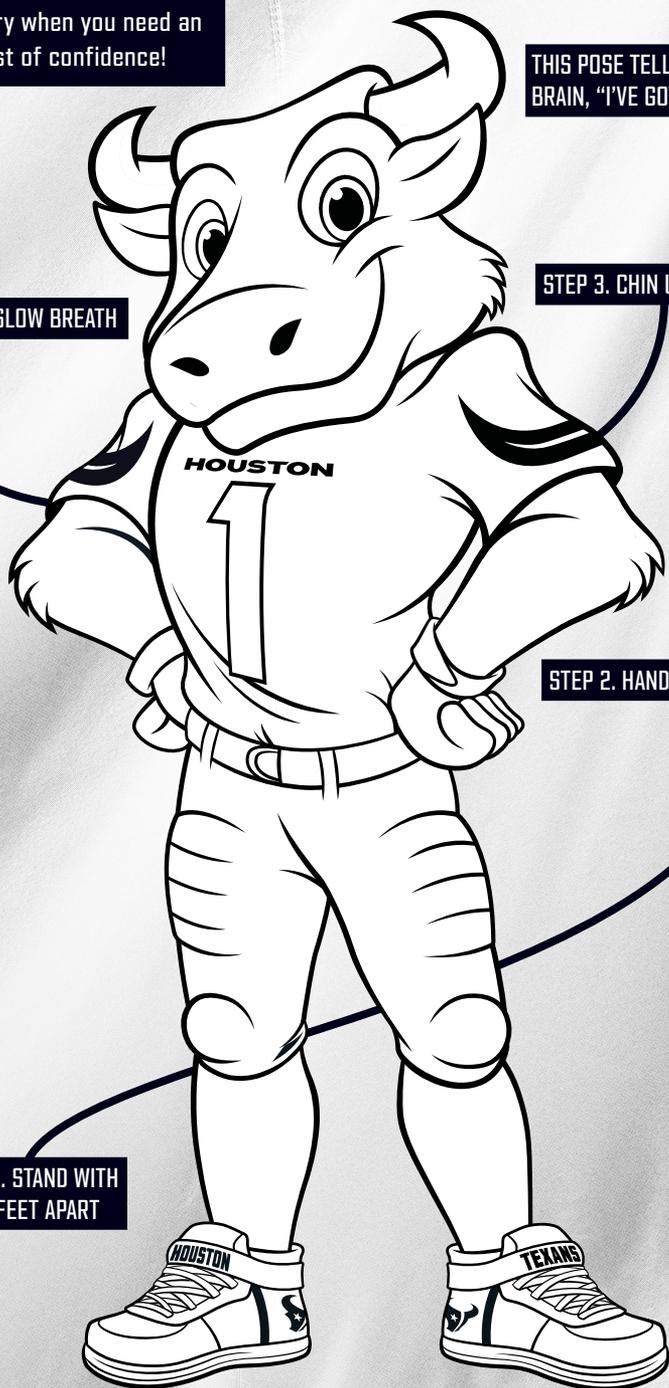
THIS POSE TELLS YOUR BRAIN, "I'VE GOT THIS."

STEP 4. TAKE A SLOW BREATH

STEP 3. CHIN UP.

STEP 2. HANDS ON YOUR HIPS

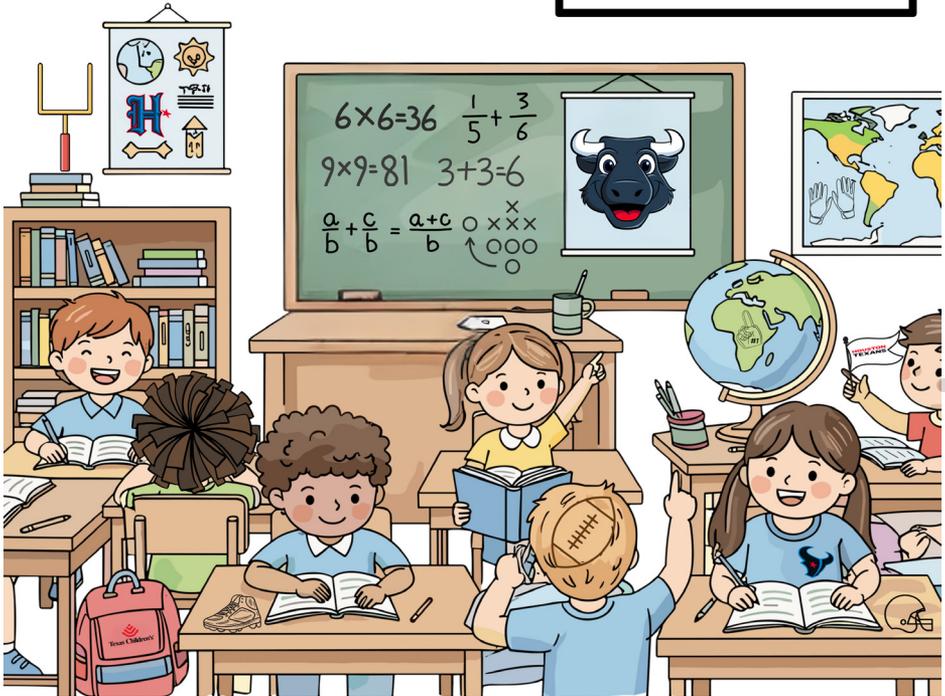
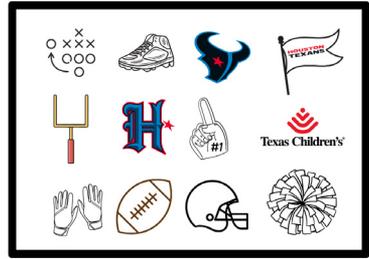
STEP 1. STAND WITH YOUR FEET APART



# PREPARE YOUR MIND

Sometimes you might need to take a break and reset. If you are feeling overwhelmed try to focus on the small details around you. Look around and notice what you see, feel, smell, and maybe even taste!

**FIND THE 12 HIDDEN FOOTBALL ITEMS FROM THE PICTURE BOX IN THE CLASSROOM BELOW**



Write a short phrase or mantra you can repeat to yourself to help you feel positive and confident!

---

---

HERE IS TORO'S MANTRA:

**I AM SMART! I AM POSITIVE!  
I AM FOCUSED! I AM READY!**



# PREPARE YOUR MIND

We know you may be excited or nervous as you prepare to take the STAAR test. While both feelings are normal, it's most important to stay calm and focused.

## USE COLORING TO HELP RELAX

Coloring detailed shapes like this football can help you relax so that you can do your best.



## PRACTICE BREATHING AS A CALMING TECHNIQUE

Trace the outside outline of the football as you breathe in going up, pause/hold as you get to the top, and breathe out going back down. repeat slowly.

# TORO'S TEST TAKING TIPS

Use this checklist to help prepare your mind before you take the STAAR test!

## NIGHT BEFORE THE TEST

- Go to bed early.
- Get at least 8 hours of sleep.

## TEST DAY

- Eat a healthy breakfast.
- Get to school on time.
- Stretch and shake the jitters off!
- Take a deep breath before you start.
- Use your STAAR strategies.
- If you get tired, take a short brain break.
- Stay positive!



Texas Children's®

# WORD SEARCH

Look down, across, backwards and diagonal to find words that will prepare you for the STAAR test.

S	Y	Y	X	S	S	E	N	S	O	B	N	Z	T	N
Q	Q	I	L	B	F	T	V	S	R	W	Z	A	A	U
X	K	E	O	H	S	W	R	I	O	K	Z	Y	K	T
U	E	F	I	D	B	C	Z	A	T	J	E	S	F	R
P	K	I	P	P	E	F	H	R	T	I	G	Z	V	I
Z	L	T	J	Z	Y	C	E	O	I	E	S	B	T	T
N	J	S	S	E	K	B	J	S	O	G	G	O	D	I
K	R	O	W	E	M	O	H	F	U	L	F	I	P	O
A	D	K	K	R	L	X	E	Z	D	C	X	E	E	N
Y	N	C	V	A	X	L	I	J	T	S	O	S	L	S
J	S	D	L	P	D	S	R	P	P	R	N	F	Y	L
L	I	S	T	E	N	J	N	W	K	A	D	F	A	T
C	J	B	H	R	Q	O	I	E	X	A	H	B	W	S
J	Y	F	W	P	J	S	E	E	E	S	J	L	D	U
F	W	I	B	I	C	X	T	R	A	A	Q	W	E	O
B	L	W	J	G	E	M	S	H	Q	Z	U	C	G	I
M	A	W	U	R	K	P	T	O	U	R	J	M	F	T
F	B	Q	C	L	T	A	A	G	G	J	C	O	F	F
Q	V	I	P	M	V	J	A	Y	D	U	T	S	C	D
T	S	I	G	N	Z	N	R	D	R	K	Y	D	L	E
E	R	C	F	Y	G	W	S	M	Z	T	Y	J	T	M
U	Z	X	L	H	W	K	V	R	D	K	O	K	I	X
A	K	K	R	E	U	X	L	B	O	Q	M	J	R	J
D	H	P	T	V	U	O	T	J	W	Q	B	H	F	S
U	N	F	T	T	N	Y	P	K	H	Q	O	O	Z	J



**EXERCISE**  
**FOCUS**  
**HOMEWORK**  
**LISTEN**  
**NUTRITION**

**POSITIVE**  
**PREPARE**  
**READ**  
**SCHOOL**  
**SLEEP**

**STAAR**  
**STRATEGIES**  
**STUDY**  
**TEXANS**  
**TORO**



**TORO**  
OFFICIAL MASCOT OF THE HOUSTON TEXANS

@TEXANSTOR01



## BIO

**Position:** Center (of Attention)

**Drafted:** 2001

**Zodiac Sign:** Taurus

**Height:** 7' (On His Tippy-Hooves)

**Weight:** Big enough to bull you over!

**Hoof Size:** 12

**Favorite Colors:**

Liberty White, Deep Steel Blue,  
H-TOWN Blue, and Battle Red

**Favorite Song:** Deep in the Heart of Texas

**Favorite Vacation Spot:**

Spain for Running of the Bulls

**Favorite Cologne:** FurBreeze



## STATS



100 PRESIDENT & FOUNDER OF  
**TORO'S KIDS CLUB**

LEAGUE LEADING AVERAGE OF OVER   
**10 MILLION SMILES ANNUALLY**



**12**   
TIME  
NFL PRO BOWL  
**MASCOT**

SINGLE SEASON RECORD  
OF  
**1,346 YARDS**  
TRAVELED BY ROPE



TORO  
#1

# TORO

OFFICIAL MASCOT OF THE HOUSTON TEXANS