

RESOURCE BUNDLE

Test-Taking Skills

2nd - 6th Grade

MUSICcity
COUNSELOR

PLAN FOR SUCCESS for the big test!
do my homework, study all I can, and practice my coping skills.
eating a healthy dinner and going to bed early.

POSITIVE VS. NEGATIVE SELF-TALK:
Change negative thoughts into positive thoughts.
Positive Thoughts:
1) I'll pace myself.
2) I'll do my best.
3) I am smart.
4) I'm prepared.

WAYS THAT I CAN...
Write on the bubbles ways to improve and GROW as a...
I can use more positive self-talk.
I can not compare myself to...

MY WORRIES:
Circle your worries about the test below.
My mind going blank, Disappointing others, Not feeling prepared, The questions being too hard, Earning the lowest score, Failing, Panicking during the test, Running out of time.

MY FEELINGS:
Circle your feelings about the test below.
Angry, Confident, Confused, Excited, Scared, Content, Stressed, Worried.



I FEEL:
NERVOUS CALM WORRIED CONFIDENT

When I think about THE TEST, I WORRY about:

DISAPPOINTING OTHERS	PANICKING	BEING WRONG	OUT OF TIME
TECH TROUBLE	SCORING LOWER THAN OTHERS	MY MIND GOING BLANK	FAILING

To COPE with TEST ANXIETY, I can:

STRESS BALL	THINK POSITIVE	DEEP BREATHS	RELAXATION SCRIPT	FOCUS ON ME
COUNT TO 10	SHORT BREAK	COMFY SPOT		
DRINK WATER	TALK IT OUT	GROUND	STRETCH	

THIS BUNDLE INCLUDES **6 Resources**

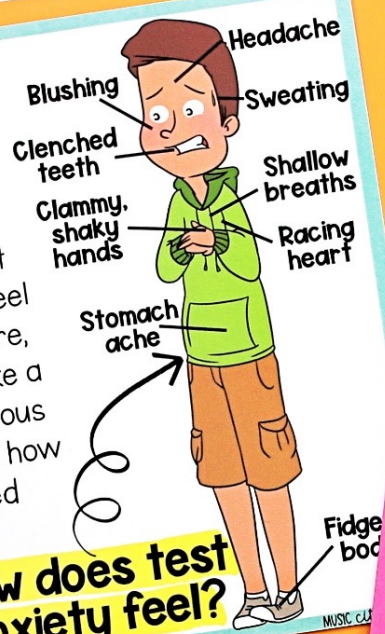
- Test-Taking Tips Lesson
- Test-Taking Skills & Test Anxiety Lesson & Workbook
- Test-Taking Skills Lap Book
- "The Anti-Test Anxiety Society" Companion Lesson
- Test-Taking Skills BINGO Game
- Test-Taking Color by Code

**classroom, group,
& individuals**

TEST-TAKING + TEST ANXIETY LESSON + WORKBOOK

What is TEST ANXIETY?

Have you ever felt nervous or worried before a big test? Just about all of us have! You may feel pressured to get a certain score, or fear failing, or be afraid to make a mistake. When we feel so nervous before a big test that it affects how our body feels, that is called test anxiety.



How does test anxiety feel?

MY COPING SKILLS

Circle the coping skills that you would like to practice.



MY FEELINGS:

Circle your feelings about the test below.



What are your strengths as a test taker?

How will the night before test day look like for you?

How can you calm your nerves before the test?

How can you think positively during the test?

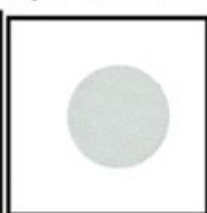
TESTING LAP BOOK

Test Anxiety

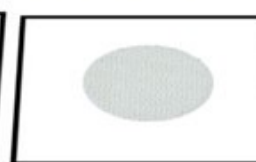
When I think about THE TEST, I FEEL:



When I think about THE TEST, I WORRY about:



To COPE with TEST ANXIETY, I can...



"ANTI-TEST ANXIETY SOCIETY" Companion Lesson



Anti-Test Anxiety Society TEST-TAKING TIPS

Read the directions.

Take your time.

Write down helpful notes.

Answer the easy questions first.

USE FIDGETS

TEST-TAKING TIPS

Believe in yourself

Study each day

Picture in brain

Be active

Get enough sleep

Calm your nerves

THINK POSITIVE

Anti-Test Anxiety Society TEST-TAKING TIPS

Read the directions.

Take your time.

Write down helpful notes.

Answer the easy questions first.

Cross out wrong answers.

Check your work.

DON'T GIVE UP

TAKE BREAKS

TEST ANXIETY

Sweaty body

Furrowed eyebrows

Quick, shallow breaths

Racing heart

Jittery, fidgety feet

Hair standing up on the back of your neck

Tummy ache

Shaky hands

TESTING BINGO GAME



Keep a steady pace

Work out your worries

Check your work

Focus on key words

TEST-TAKING BINGO

Focus on you and your test 	Believe in yourself 	Ask questions 	Stretch 	Drink water
Think positive 	Eliminate wrong answers 	Ignore distractions 	Take a short break 	
Talk out your worries 	Keep a steady pace 	FREE SPACE 	Trust your 	
Read carefully 	Focus on key words 	Count to 10 	Try a relaxation script 	
Show what you know 	Eat a healthy breakfast 	Try a grounding exercise 	Relax in a comfy spot 	

Take deep breath

Think positive

Get a good night sleep


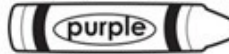

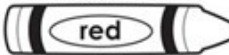



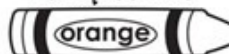
Eat a healthy breakfast


TESTING COLOR BY CODE



Name: _____

TEST SUCCESS COLOR BY CODE

 blue Drink water	 purple Stretch	 pink Take your time
 red Count to 10	 green Ask questions	 brown Study and prepare
 yellow Focus on you	 orange Watch for tricky words	



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