



# Test-Taking Skills & TEST ANXIETY BUNDLE



# This Bundle Includes:

- 1) Test-Taking Skills & Test Anxiety Workbook & Lesson
- 2) Test-Taking Skills & Test Anxiety Lap Book
- 3) "The Anti-Test Anxiety Society" by Julia Cook Companion
- 4) Test-Taking Skills BINGO Game
- 5) Test-Taking Skills Color by Code Activity



# Test-Taking Skills & Test Anxiety Workbook & Lesson



## 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, 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.

- Count to 10.
- Take deep breaths.
- Talk it out.
- Squeeze a stress ball.
- Positive self-talk.
- Have a drink.
- Relax in a comfy spot.
- Take a relaxation script.

What are your strengths as a test taker?

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

## MY FEELINGS:

Circle your feelings about the test below.

Angry	Confident	Confused	Excited
Scared	Content	Stressed	Worried

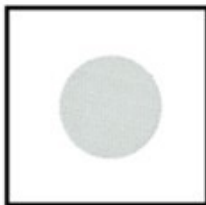
How can you calm your nerves before the test?

How can you think positive during the test?

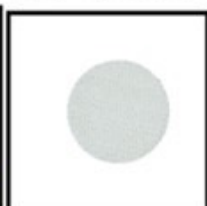
# Test-Taking Skills & Test Anxiety Lap Book

## Test Anxiety

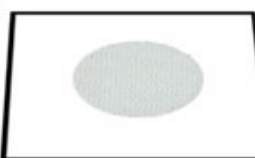
When I think about THE TEST, I FEEL:



When I think about THE TEST, I WORRY about:



To COPE with TEST ANXIETY, I can...



# "The Anti-Test Anxiety Society" by Julia Cook 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

THINK POSITIVE

### TEST-TAKING TIPS

Believe in yourself

Study each day

Picture in brain

Be active

Get enough sleep

Calm your nerves

## Anti-Test Anxiety Society TEST-TAKING TIPS

Read the directions.

Take your time.

Write down helpful notes.

Answer the easy questions first.

DON'T GIVE UP

Cross out wrong answers.

Check your work.

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

# Test-Taking Skills BINGO Game



Keep a steady pace

Talk 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 	<b>FREE SPACE</b> 	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 breaths

Think positive

Get a good night sleep

Eat a healthy breakfast

# Test-Taking Skills Color by Code

