

FIVE TIPS FOR CALMER TEST-TAKING



1. TALK YOURSELF UP!

Tell yourself things like:

- I can do this!
- I know the material.
- I am ready.
- I have practiced this.
- I am capable.
- I am prepared.



2. VISUALIZE.

Close your eyes and picture yourself doing well on the test. This will boost your confidence!



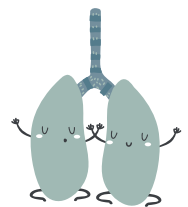
3. RELAX YOUR MUSCLES.

Begin at your toes. Tighten and clench them for three seconds, and then release. Work your way through all the muscles in your body until you've tensed and relaxed them all.



4. TAKE DEEP BREATHS.

This is a great anxiety reliever. Sit up straight and put your hands on the top of your head. Breathe in a slow, deep breath through your nose for five full seconds. Hold that breath in for five seconds. Then breathe out for seven seconds. Repeat until you feel better.



5. GET SILLY!

There are many playful ways to relax before a test.

- Think of something funny!
Like a cat grading the test!
- Get out all the wiggles.
Dance, shake, and move around!
- Raise your hands up above your head!
It will help you to feel victorious.
- Force a smile or laugh.
This will help you feel better.

