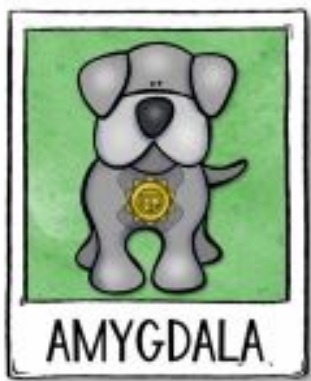


# THE STRESSED BRAIN



When your brain is calm, it's like a closed fist. Your wise owl is in control.



When your brain is stressed, it's like you FLIP A LID. Your wise owl flies away and your guard dog is in control.



The good news is that you can close the lid by making the choice to calm down your guard dog. Name your feeling, take some deep breaths, and think about how your body is feeling!

# THINGS I CAN control



when I go to bed the night before the test

how I speak to myself on test day



if I study or practice



# THINGS I "DONUT" control

when the test is scheduled



the questions on the test



how the room feels, smells, and sounds



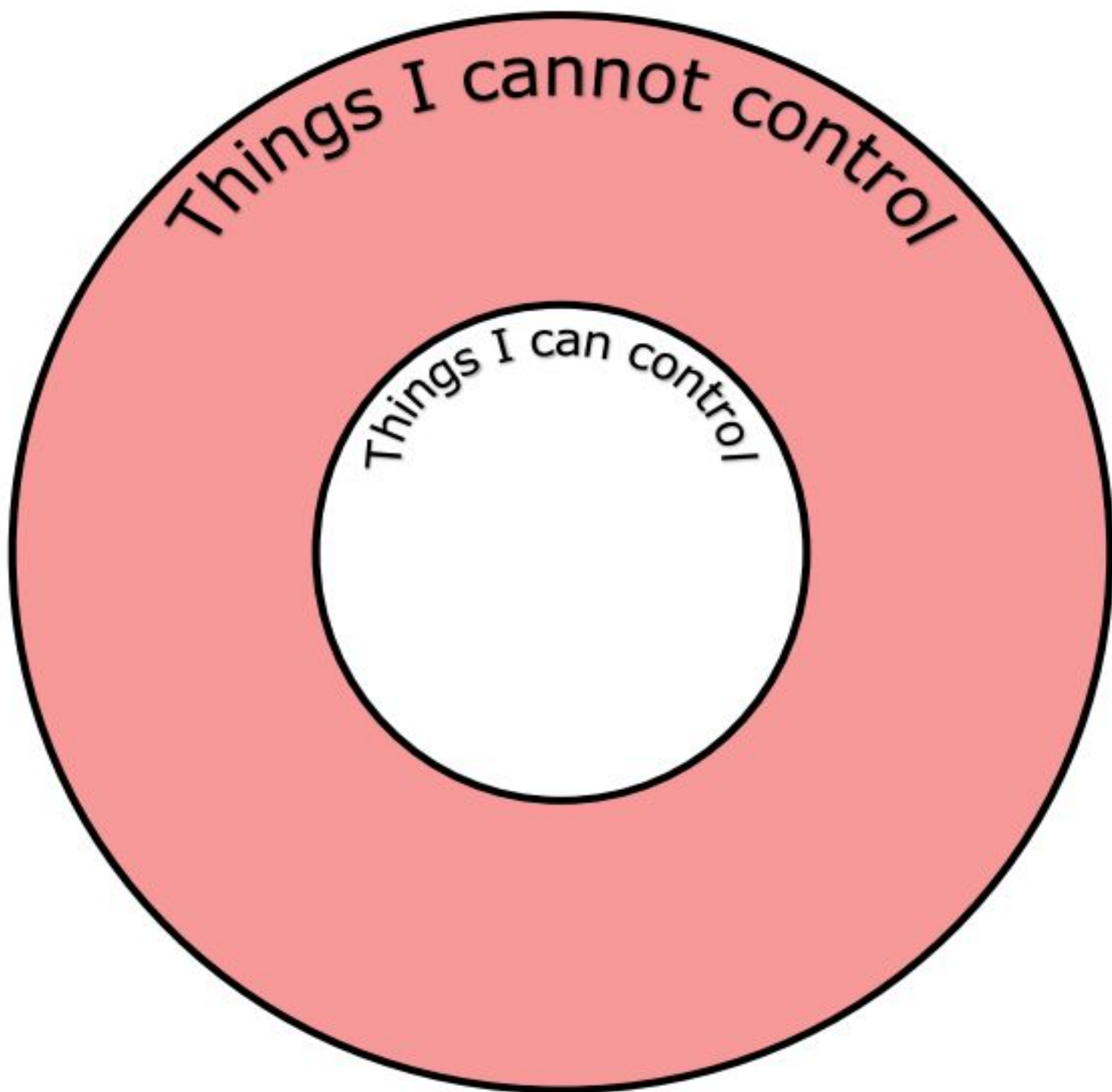
other people's pace or progress





# My Donut of Control

What are some things you can control? Write these in the hole of the donut. What are some things you cannot control? Write these on the donut.



# BEFORE THE test

get organized before bed



get enough sleep



eat a healthy breakfast



arrive at school on time

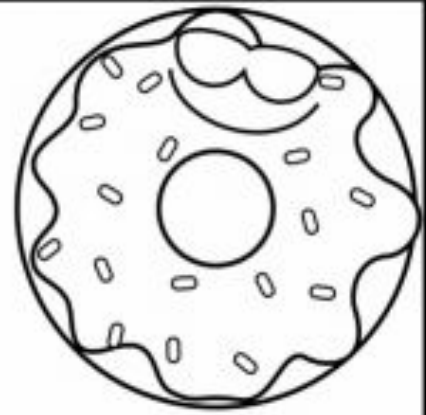


I can do this!

I am smart and prepared.

Speak positively to yourself!

# My Plan for Test Prep Success:



**1** I will do these things to get organized the night before the test:

- Pack my backpack
- Pack my lunch
- Pack a snack
- Set out my clothes
- Set my alarm clock
- Something else:



**2** I will go to bed at:



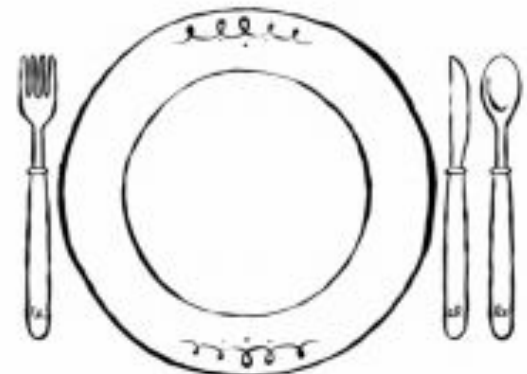
and get up at:



**3** I will have breakfast:

- At home
- On the way to school
- At school

I would like to have this for breakfast:



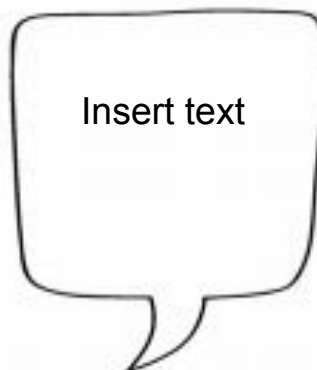
**4** I will get to school by:

- Walking
- Riding my bike, scooter, or skateboard
- Riding the bus
- Riding in the car
- Something else:

And arrive at school by:



**5** Before the test starts, I will say these things to myself:





# DURING THE test



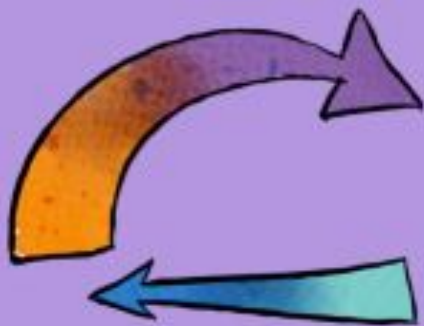
read directions  
carefully



notice important  
words



eliminate wrong  
answers



skip difficult  
questions and come  
back to them later



be mindful of time



speak positively  
to yourself



take a short  
brain break



check your work



focus only on  
your own progress

# Test Exploration




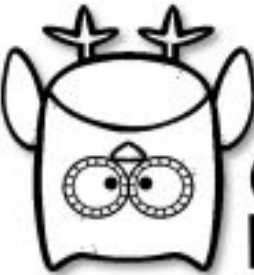








What I already know about the test:

What I "donut" know about the test:

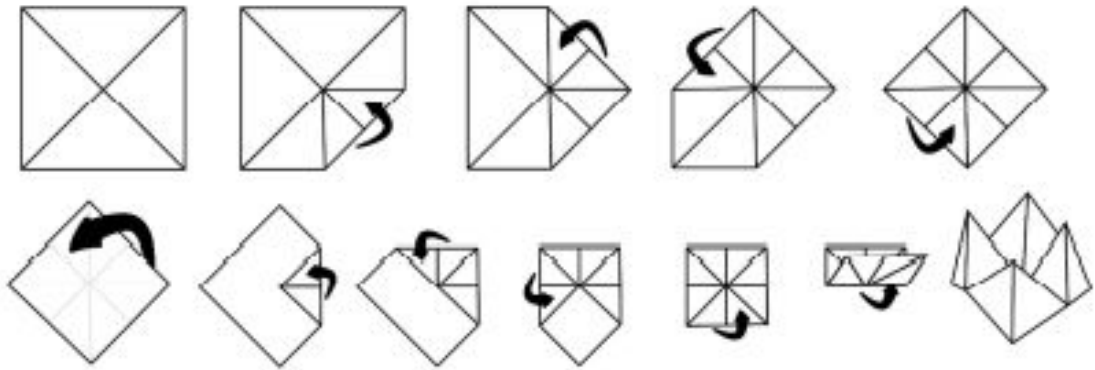


What I learned about the test:

What I still want to know about the test:

<p><b>CALM</b></p> 	<p><b>2</b></p> <p>Say "I can handle this." 3 times.</p> 	<p><b>1</b></p> <p>Take 1 slow deep breathe.</p> 	<p><b>PFC</b></p> 
<p><b>3</b></p> <p>What can you do at home to help when you start to flip your lid?</p> 	<p>Press your hands together hard, then relax them.</p> 	<p>How can you tell when you're starting to flip a lid?</p> 	<p><b>8</b></p> <p>Press your hands together hard, then relax them.</p> 
<p><b>4</b></p> <p>FLIP</p> 	<p><b>5</b></p> <p>Say "I am safe. It's all ok" 3 times.</p> 	<p>Take 1 slow deep breathe.</p> 	<p><b>7</b></p> <p><b>BRAIN</b></p> 

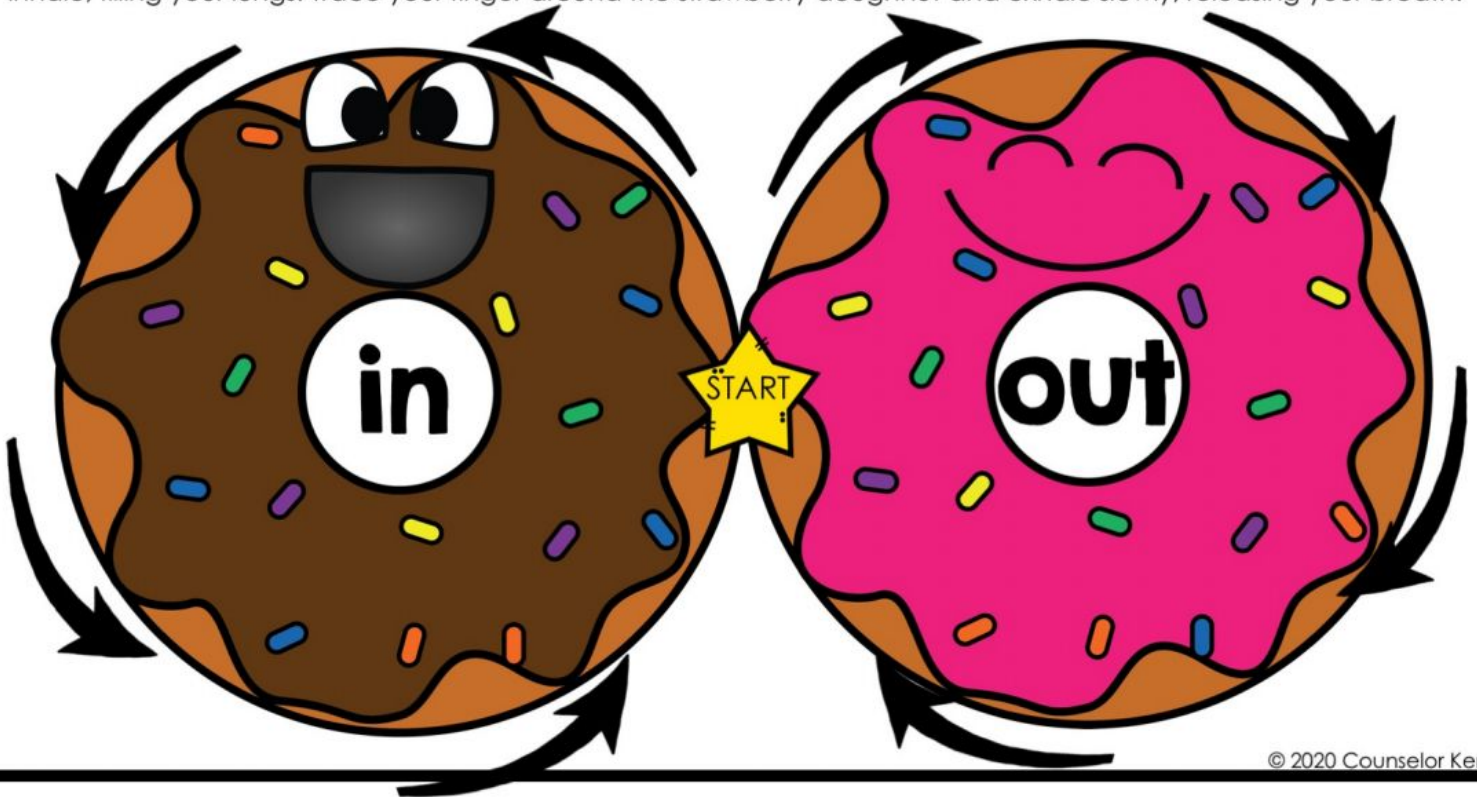
*Cut along solid line on the outside and fold as shown below:*





# doubleDOUGHNUTS BREATH

Place your finger in the center of the doughnuts. Trace your finger around the chocolate doughnut and deeply inhale, filling your lungs. Trace your finger around the strawberry doughnut and exhale slowly, releasing your breath.



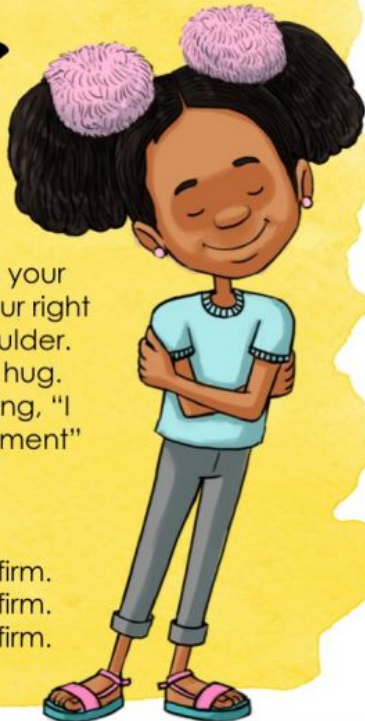
# groundingSTRATEGIES

Help yourself feel connected to the present moment with these strategies.

## power hug

Tap your left hand on your right shoulder. Tap your right hand on your left shoulder. Squeeze yourself in a hug. Affirm yourself by saying, "I am present in this moment" (or create your own affirmation!).

Tap, tap, squeeze, affirm.  
Tap, tap, squeeze, affirm.  
Tap, tap, squeeze, affirm.



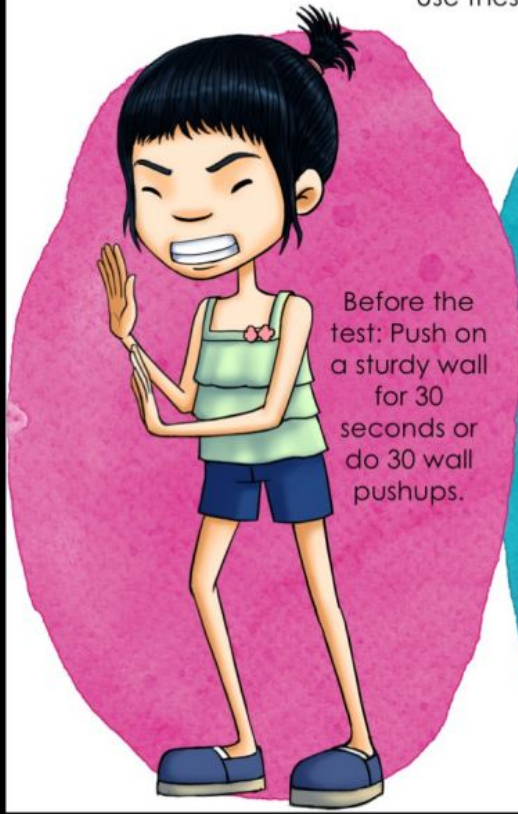
something I see that starts with...





# muscle RELAXATION

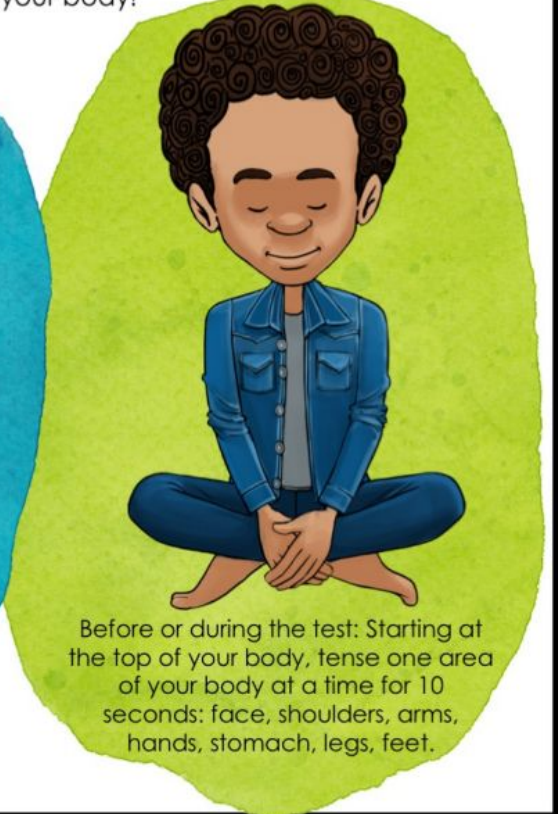
Use these strategies to release tension from your body!



Before the test: Push on a sturdy wall for 30 seconds or do 30 wall pushups.



Before or during the test: Squeeze your fists tightly for 10 seconds. Release your hands. Repeat this 5 times.



Before or during the test: Starting at the top of your body, tense one area of your body at a time for 10 seconds: face, shoulders, arms, hands, stomach, legs, feet.

# POSITIVE self talk



I am not defined by this test!

I can rise to this challenge!

Today, I will do my very best, and that is enough.

I am ready to show what I know.

**1****2****3****4****5**

I am ready  
for this test.



I can  
overcome  
challenges.



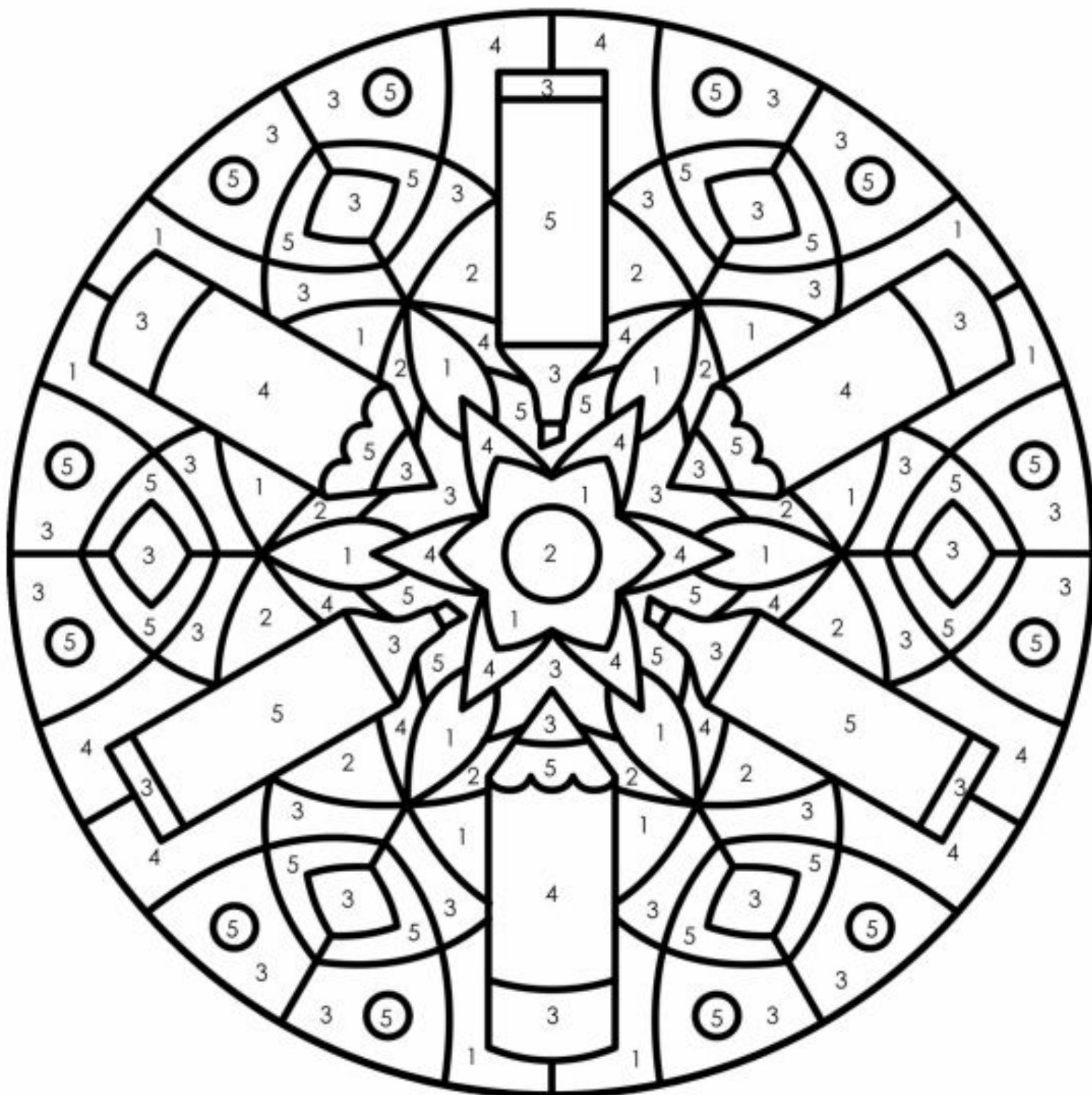
I am not  
defined by a  
test.



I can  
handle this.



I am calm  
and  
prepared.







**I can do this**

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**I am prepared. I  
am ready**

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**I feel nervous  
now, but this feeling  
won't last forever**

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**I can do anything  
when I believe in  
myself**

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**Breathe in.  
Breathe out. Relax**

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**I know I can get  
through this. I've  
done it before**

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**I just have to do my  
best. I don't need to  
be perfect**

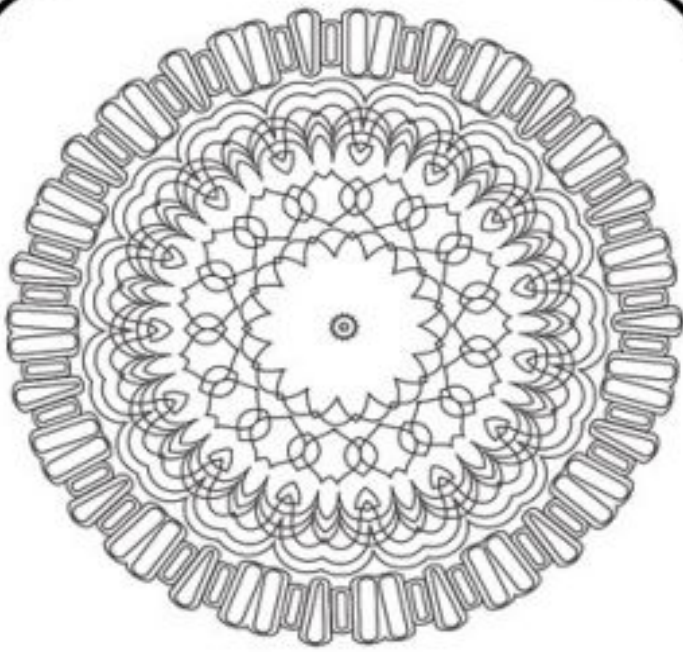
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**I'm calm, cool, and  
collected**

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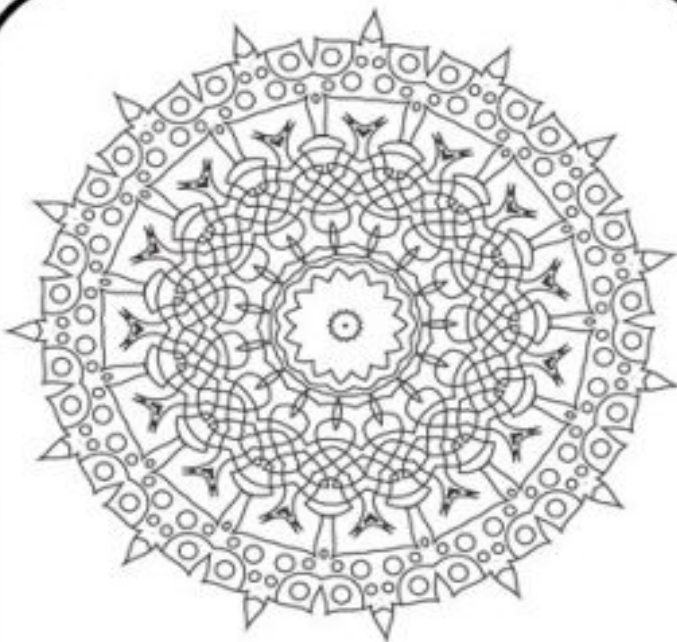
**I am smart,  
capable, and hard  
working**

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**I feel nervous, but  
I can handle it**

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**I have enough  
time. I don't need  
to rush**

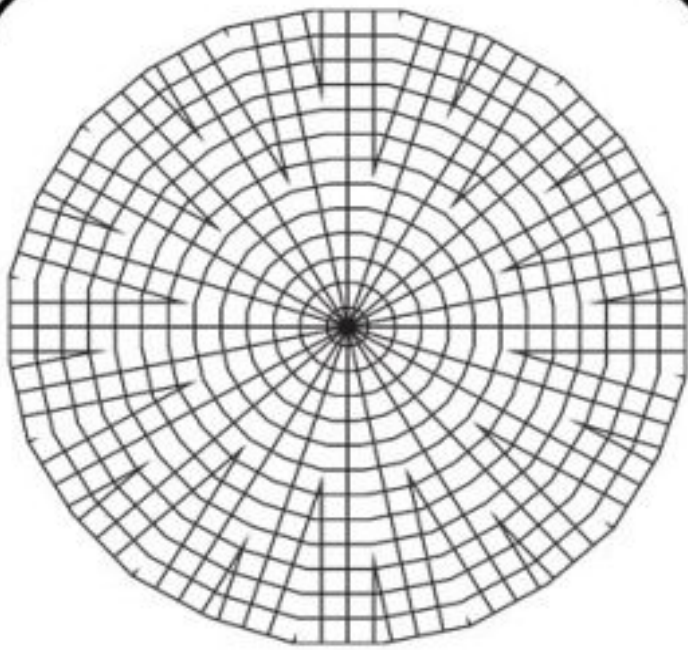
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**How I do on one  
test doesn't define  
me**

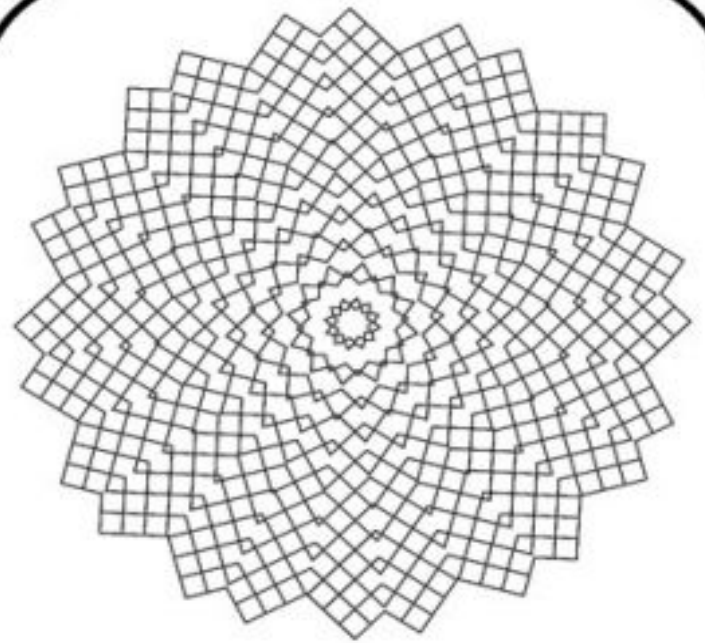
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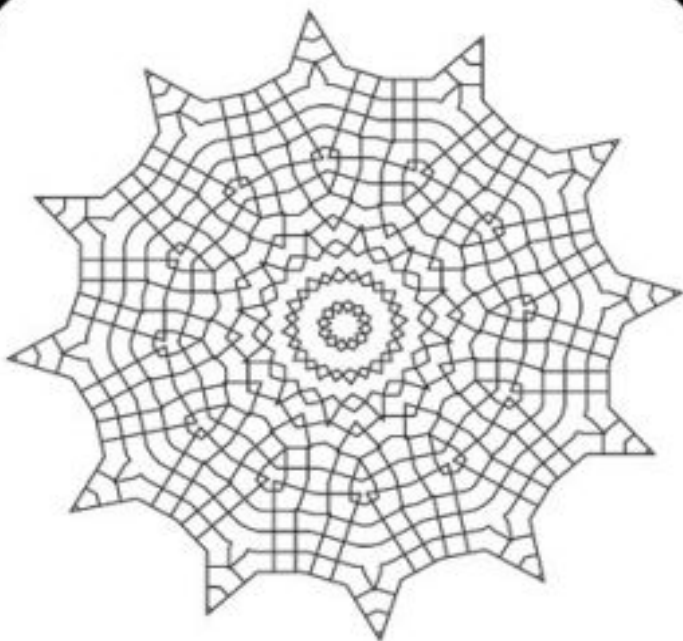
**I am in control of  
my anxious feelings**

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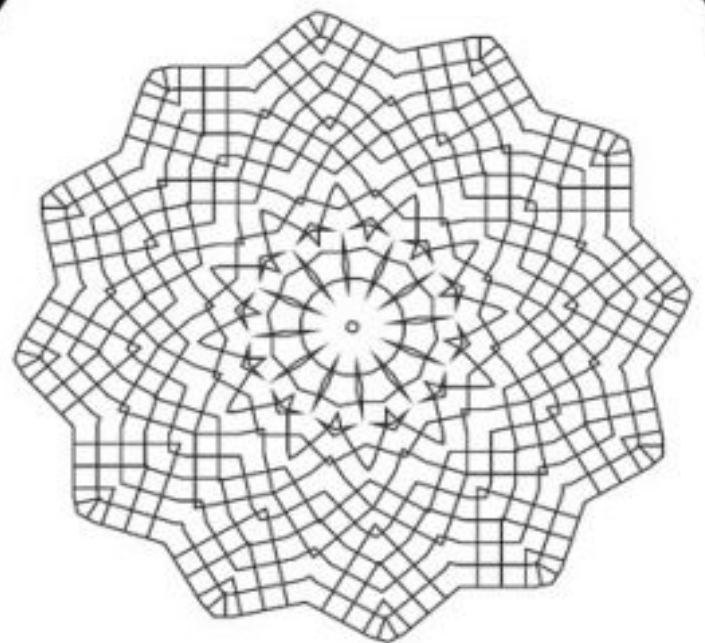
**Nothing is wrong  
with me. I'm just  
nervous**

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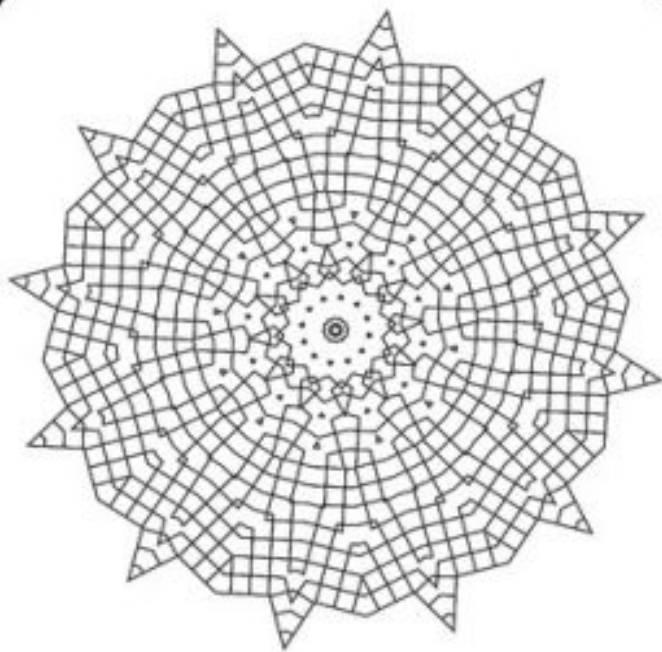
**I can achieve  
anything I set my  
mind to.**

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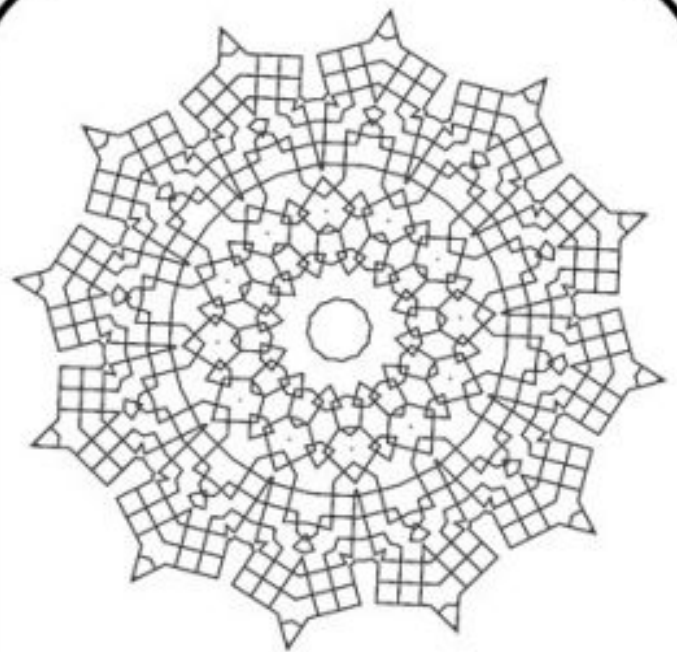
**I am calm and  
alert**

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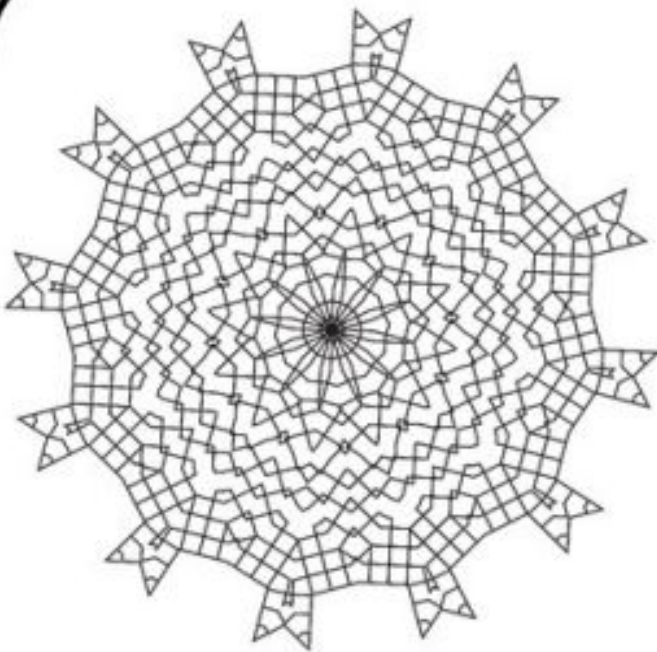
**I am relaxed and  
focused**

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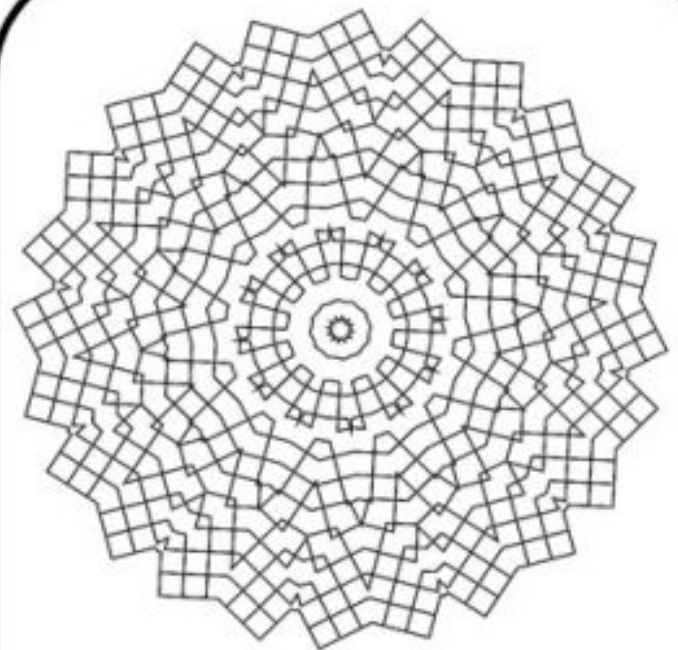
**I studied and I am  
prepared**

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**Being calm helps  
me to recall more  
information**

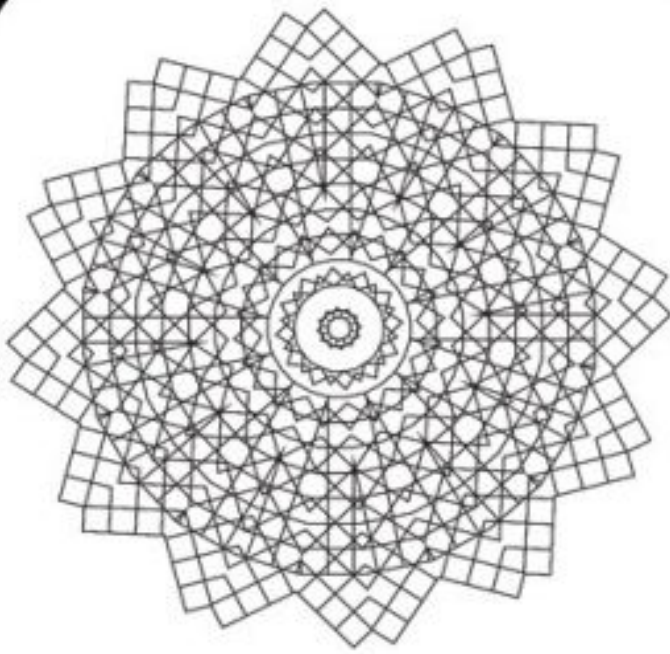
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**I know this  
material**

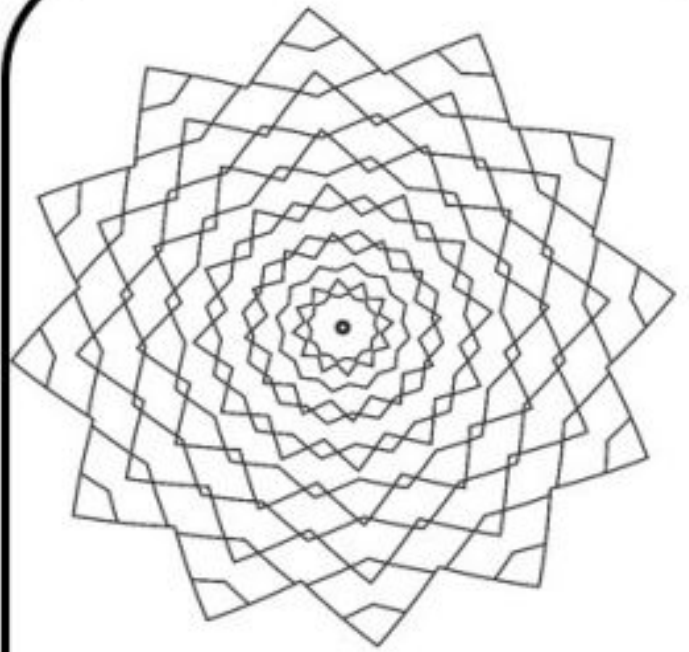
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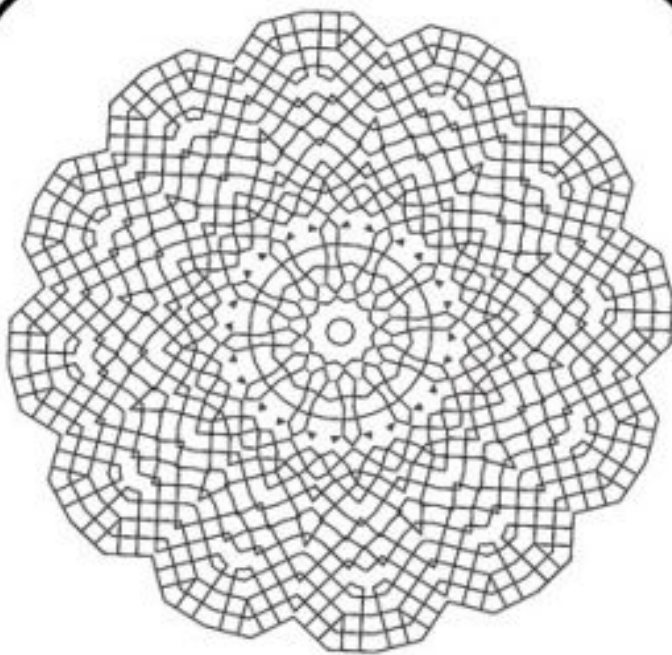
**I know what I need  
to know to pass  
this test**

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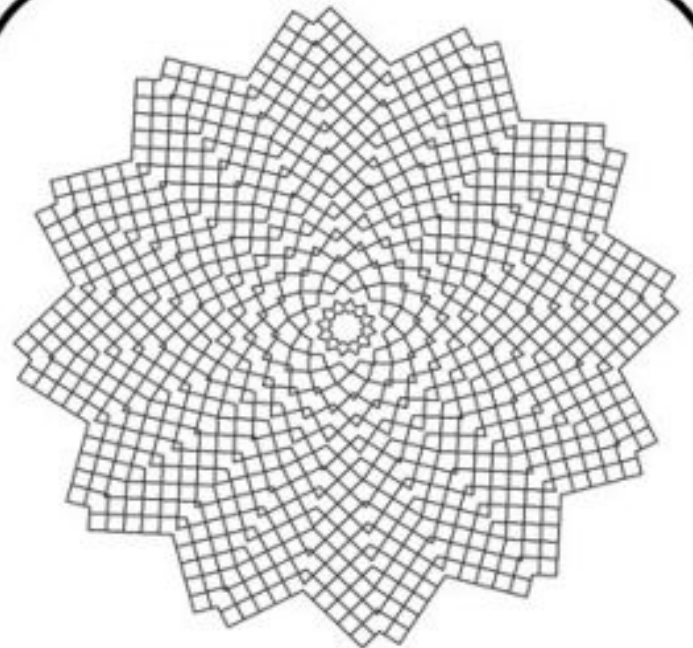
**I am prepared and  
will do just fine on  
the test**

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**I am focused  
and can think  
clearly**

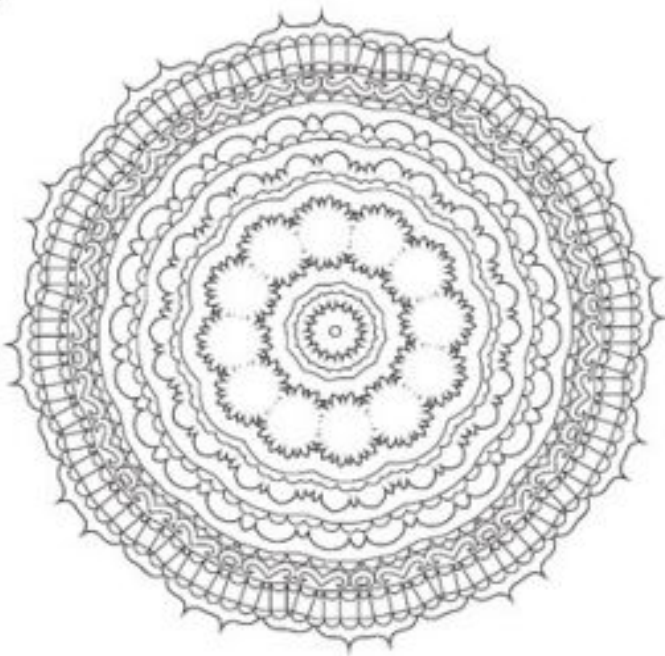
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**Breathe in  
calmness. Breathe  
out nervousness**

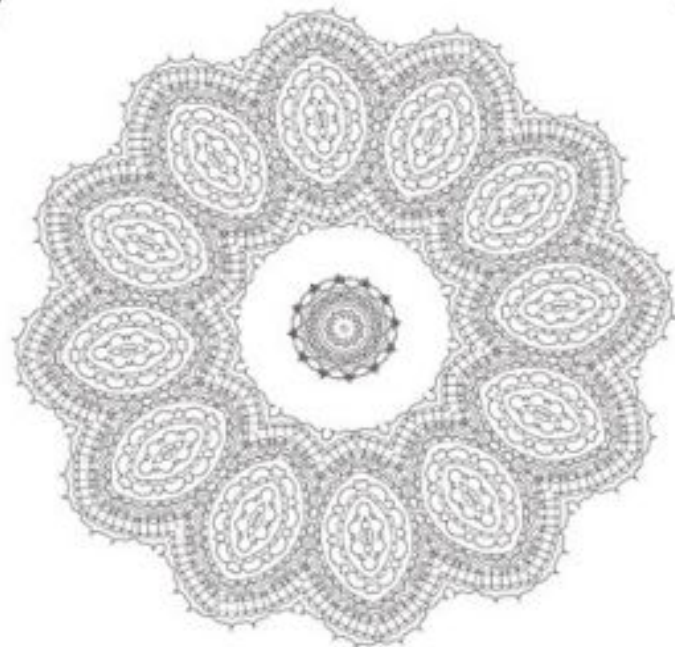
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**I am a responsible student and will always do my best**

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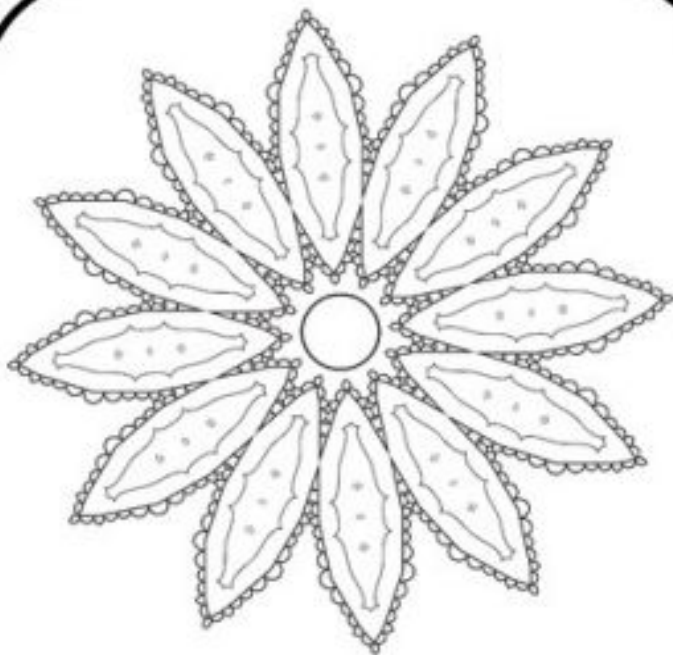
**I remember all the things I studied**

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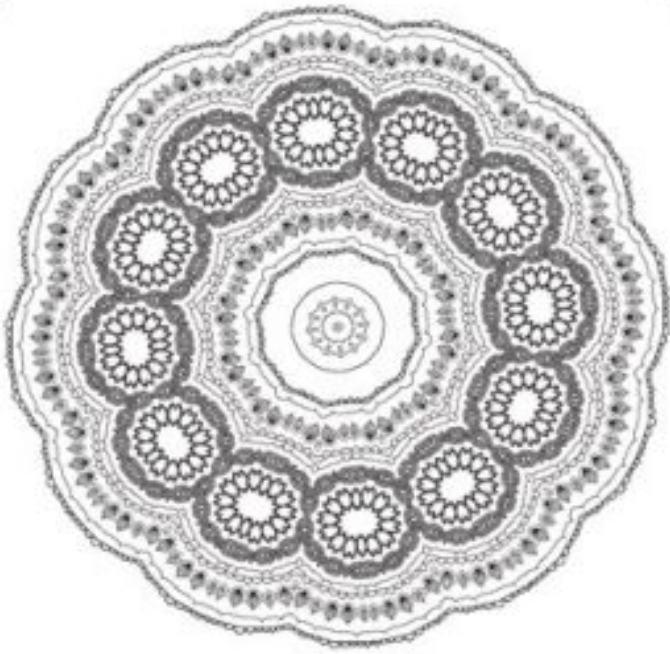
**I have a good memory. I can recall what I studied**

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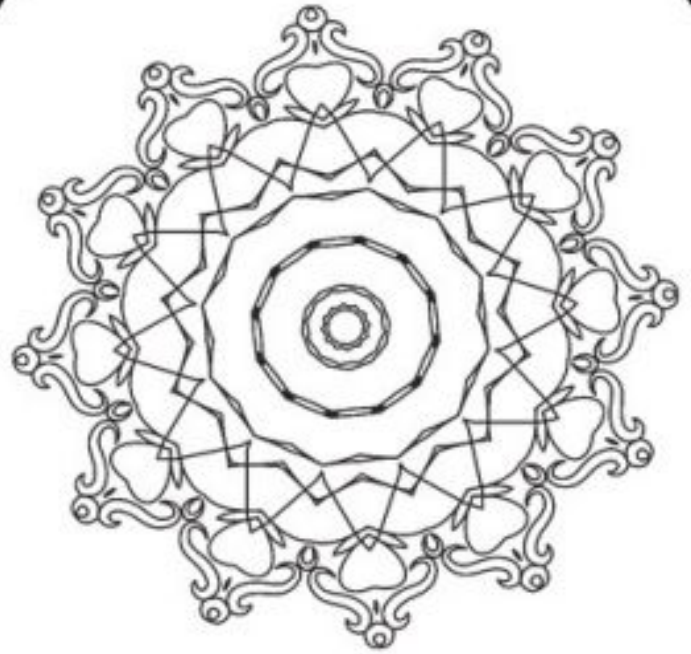
**I am going to pass my test**

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**I am able to ignore distractions**

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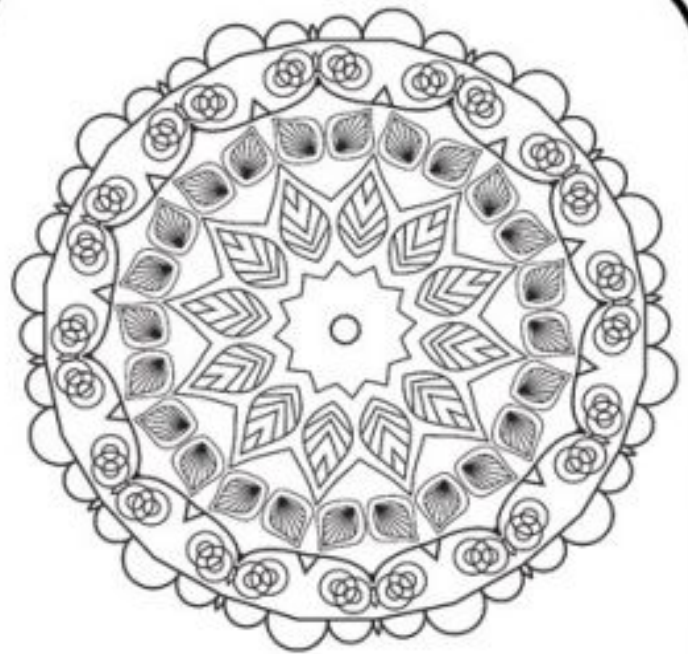
**I feel confident. I am ready to take my test**

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**The jittery feeling I have is my body getting ready to pass this test**

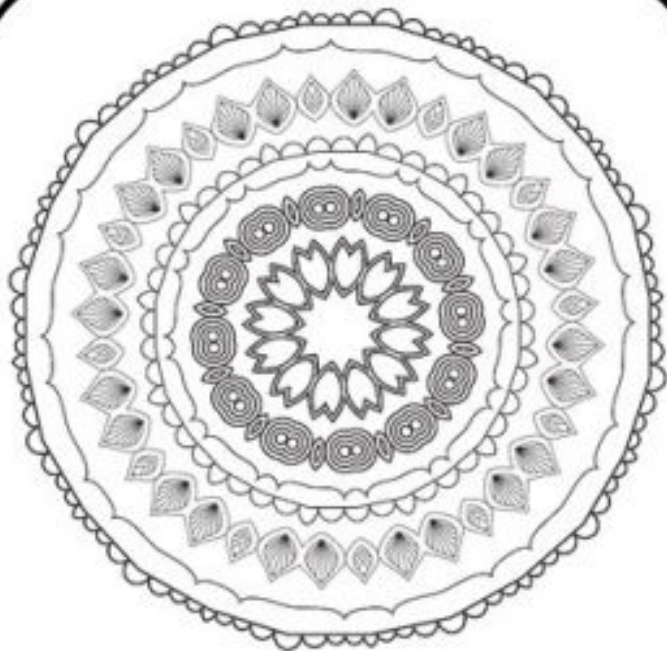
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**I am ready to rise to the challenge**

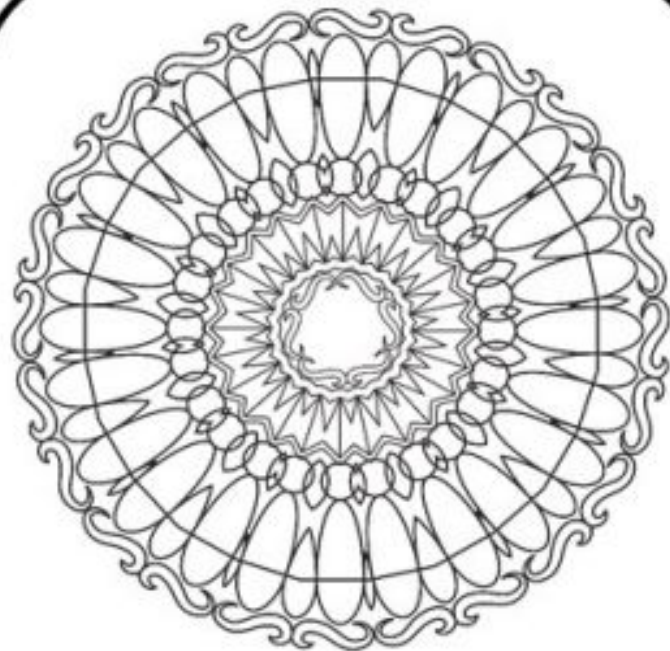
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**I am a good student**

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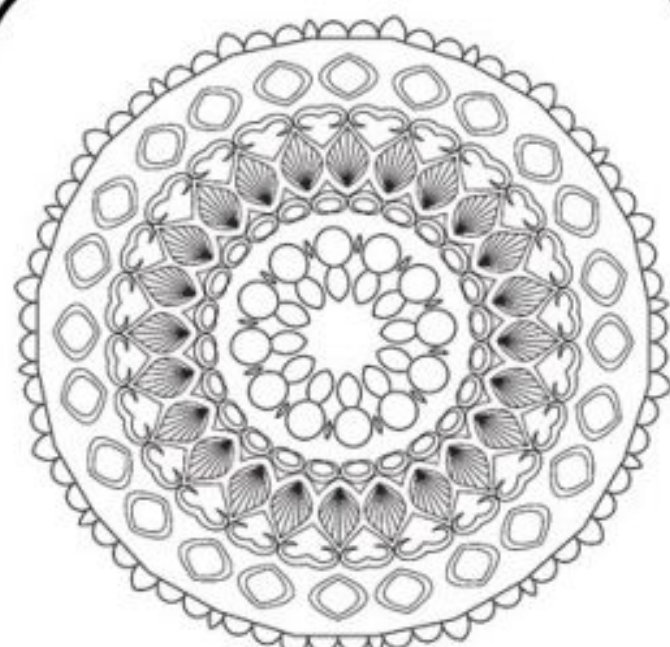
**I am not worried.  
I can get through  
this**

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**Take three deep  
breaths and focus**

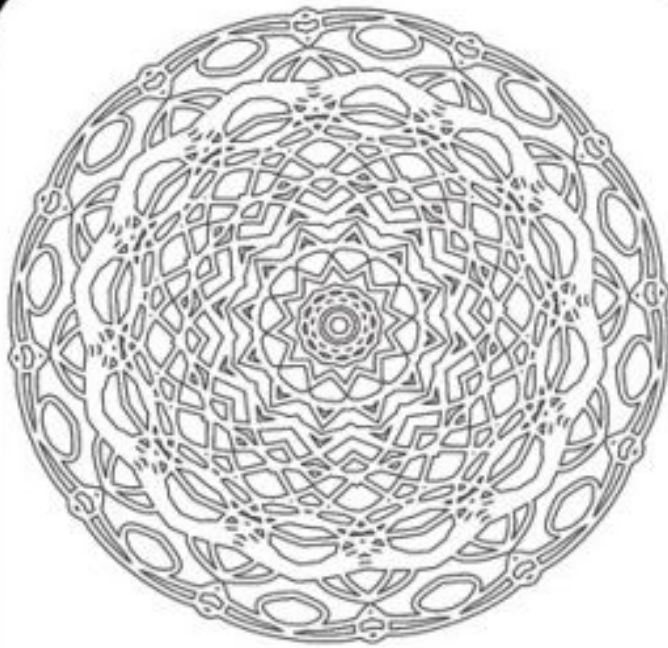
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**I am a great  
problem solver**

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**I know I can figure  
out tough test  
questions**

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**I am ready for  
whatever comes  
my way today**

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**I feel good about  
myself and my  
surroundings**

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**I am a fighter. I  
won't let worry  
get the best of me**

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**I am turning my  
nervous feelings  
into positive energy**

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**I know the correct  
answers for this  
test**

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**I am good at taking  
tests**

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**I am a beast when  
it comes to taking  
tests**

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