

○ MUSIC  city COUNSELOR

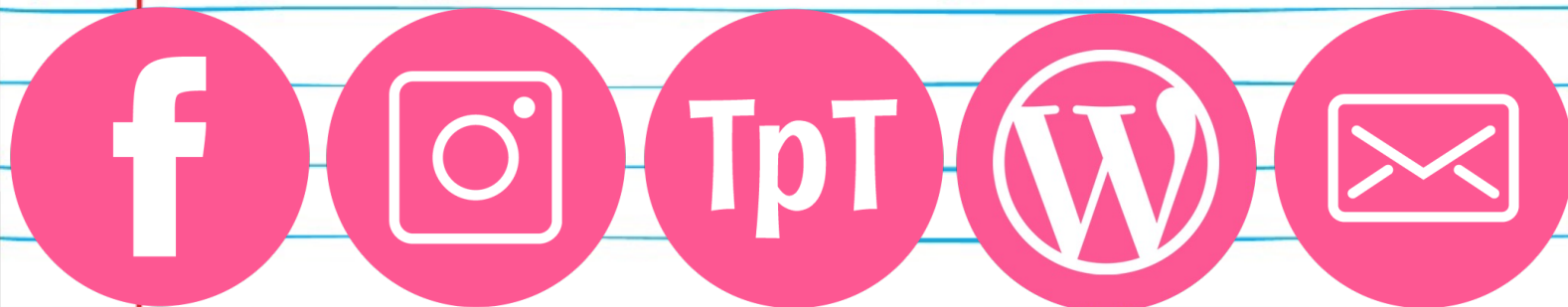
THANK YOU FOR YOUR
PURCHASE!



Hey y'all, Laura here! I so appreciate when you please take a moment to leave a review on my resources on my TpT Store. Thanks for your support! Enjoy the resource!

♥ *laura oathout*

LET'S CONNECT!



For helpful ideas, engaging resources, and freebies, please check out my website and membership!

○ ♥ **WEBSITE:** www.musiccitycounselor.com

♥ **MEMBERSHIP:** www.counselorcollab.com

ASCA MINDSETS & BEHAVIORS:

Mindset Standards:

- M 3: Positive attitude toward work and learning
- M 4: Self-confidence in ability to succeed
- M 5: Belief in using abilities to their fullest to achieve high-quality results and outcomes

Behavior Standards:

- B-LS 3: Time-management, organizational and study skills
- B-SMS 6: Ability to identify and overcome barriers
- B-SMS 7: Effective coping skills

DIRECTIONS PAGE I:

This lesson will take approximately 45 minutes to teach.

Materials Needed:

- "The Anti-Test Anxiety Society" by Julia Cook book or read-aloud video
- 1 file folder per student
- Printed posters and worksheets
- Crayons or markers
- Pencils

Recommended Sequence:

- Read the story, "The Anti-Test Anxiety Society" by Julia Cook aloud to students or show a YouTube read aloud of the story.
- Review the PowerPoint or digital for Google Slides™ presentation with students.
- Let students decorate an "official member" name tag.
- Create an Anti-Test Anxiety Member Toolkit with students.
- Choose a worksheet or coloring page to close the lesson.

Presentation:

Both a PowerPoint and digital for Google Slides™ presentation are included. Start by reading the story "The Anti-Test Anxiety Society" by Julia Cook aloud to students (or showing a video read-aloud).

The presentation summarizes the story and teaches students all about test anxiety and test-taking skills. Students learn about BB's struggles with test-taking, then learn the 12 tips that she learned in the Anti-Test Anxiety Society. The presentation includes discussion questions about test-taking tips and test anxiety. This is a great time to ask students to "turn and talk" with a partner, then share out their ideas with the class.

DIRECTIONS PAGE 2:

Desktop Name Tags:

These name tags are a great way to welcome students to be "official members" of the Anti-Test Anxiety Society. Students can write their name on the line. Images of several different test-taking tips are included. This resource is provided in full color and black/white. Students can decorate the black/white version.

Anti-Test Anxiety Society Member Toolkit:

This interactive folder is a resource that I like to call students' Anti-Test Anxiety Society Member Toolkit. The pages are provided in full color and black/white. A sample is shown on the next page.

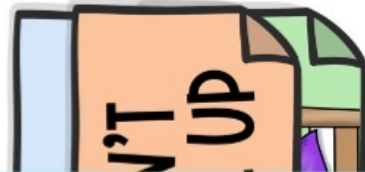
Please give each student a file folder and a copy of each of the pages. Students can glue the cover page to the front cover of the file folder and write their name on the line. Next, students can glue the "Test Anxiety" poster to the back cover of the folder. Then, students can open the folder and glue the "Test-Taking Tips" and "My Test Anxiety Coping Skills" pages to the inside of the folder, next to each other. Next, students can cut out the pocket template. Please follow the directions on the pocket template page to glue it onto the dotted square on the "My Test Anxiety Coping Skills" page. Then, students can cut out each of the test-taking coping skills strips. A total of 12 are included. Students can place the test-taking coping skills strips into the pocket. They can store them in the pocket, and pull them out to use them as needed. Students can decorate the black/white version of the resource with markers/crayons. Once the folder is complete, please review all of the material that it teaches with students. Students can also keep any of their completed worksheets/posters in the folder.

SAMPLE TOOLKIT:

TEST-TAKING TIPS



My Test Anxiety COPING SKILLS



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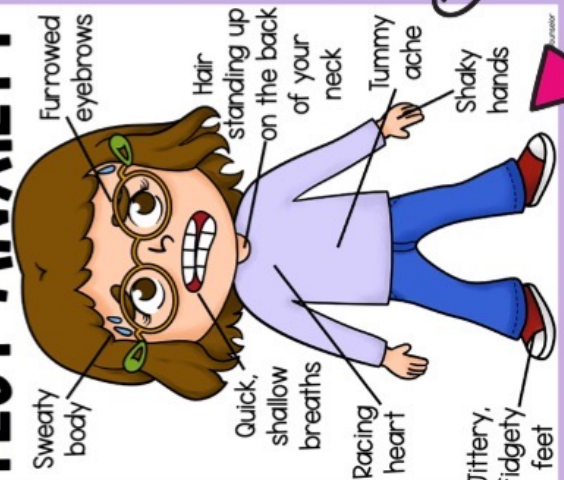
Inside

Back Cover



Front Cover

TEST ANXIETY



DIRECTIONS PAGE 3:

Additional Posters:

Additional instructional posters are included. Feel free to use these with students and/or display them in your space.

Worksheets & Coloring Pages:

Assorted worksheets and coloring pages are included in full color and black/white. Please choose the ones that best fit the needs and abilities of your students.

Questions or suggestions? Please email me any time at laura@musiccitycounselor.com. I'm here to help!

PS I SO appreciate when you please take a moment to leave a review on my resources on my TpT store. It earns you credits towards future purchases, helps other educators find quality resources, and helps my small business grow!

DESKTOP

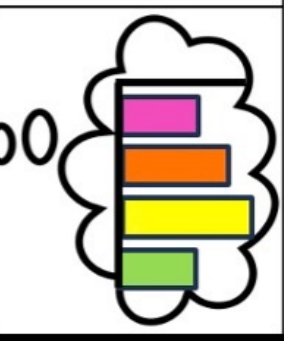
NAME

TAGS

ANTI-TEST ANXIETY SOCIETY

Official Member

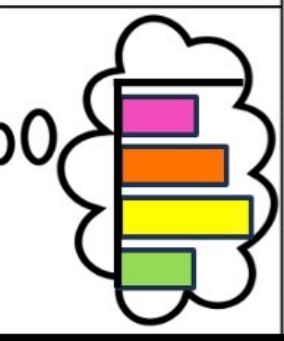
© Music City Counselor



ANTI-TEST ANXIETY SOCIETY

Official Member

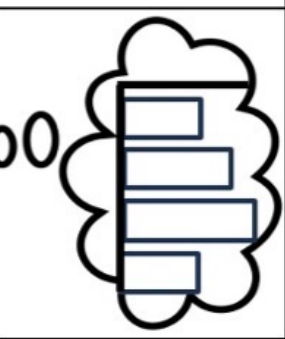
© Music City Counselor



ANTI-TEST ANXIETY SOCIETY

Official Member

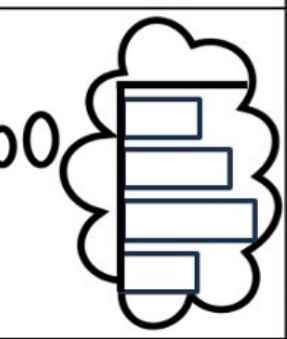
© Music City Counselor



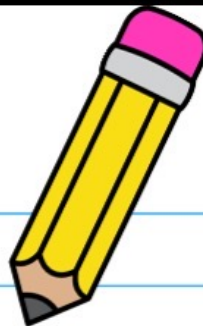
ANTI-TEST ANXIETY SOCIETY

Official Member

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**ANTI-TEST
ANXIETY
SOCIETY
MEMBER
TOOLKIT**



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ANTI-TEST ANXIETY SOCIETY

≡ Member Toolkit ≡



TEST-TAKING TIPS



Believe in yourself



Study each day



Picture in brain



Be active



Get enough sleep

Calm your nerves



Read directions



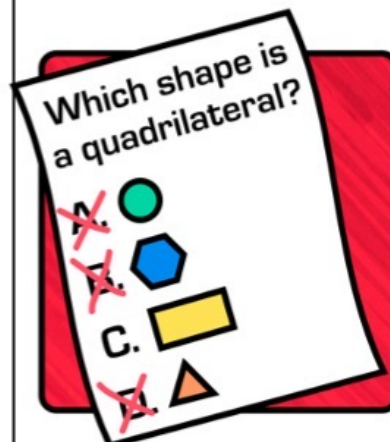
Take your time



Write down notes



Start with easy

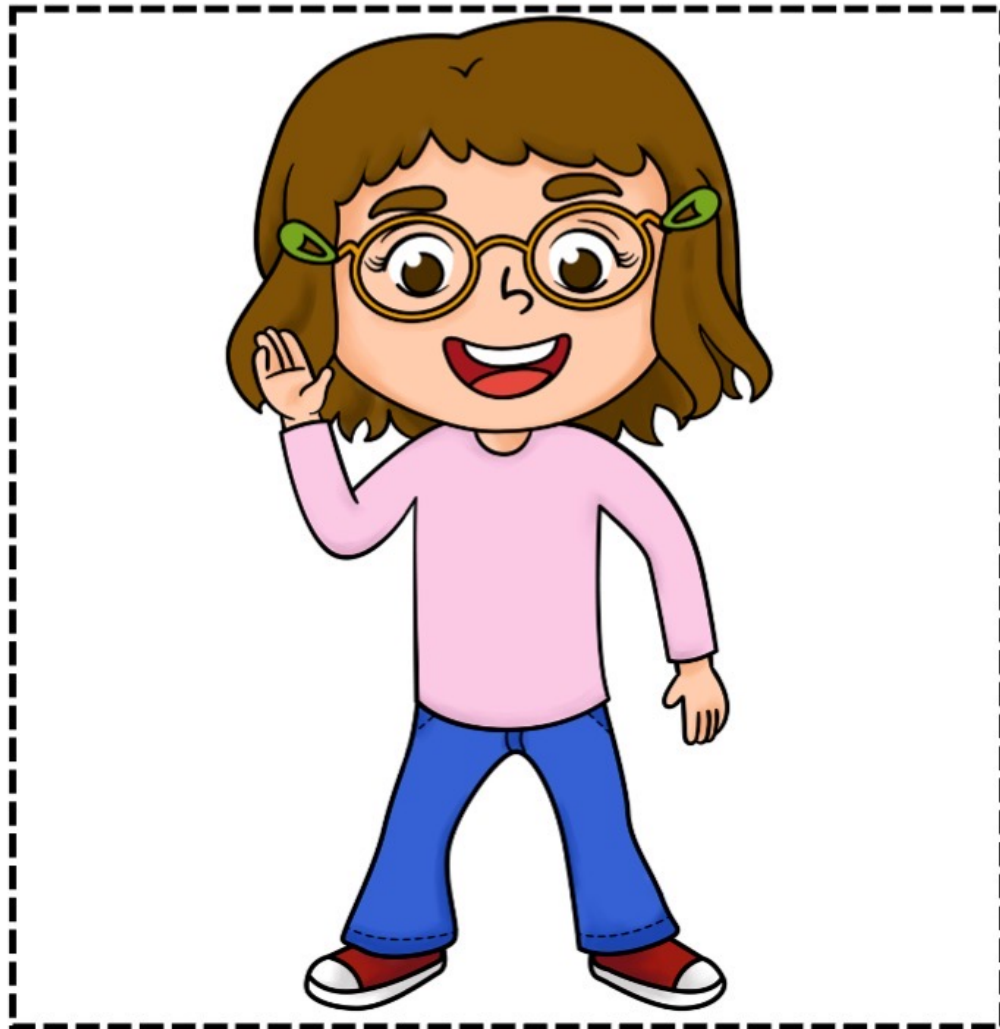


X out wrong



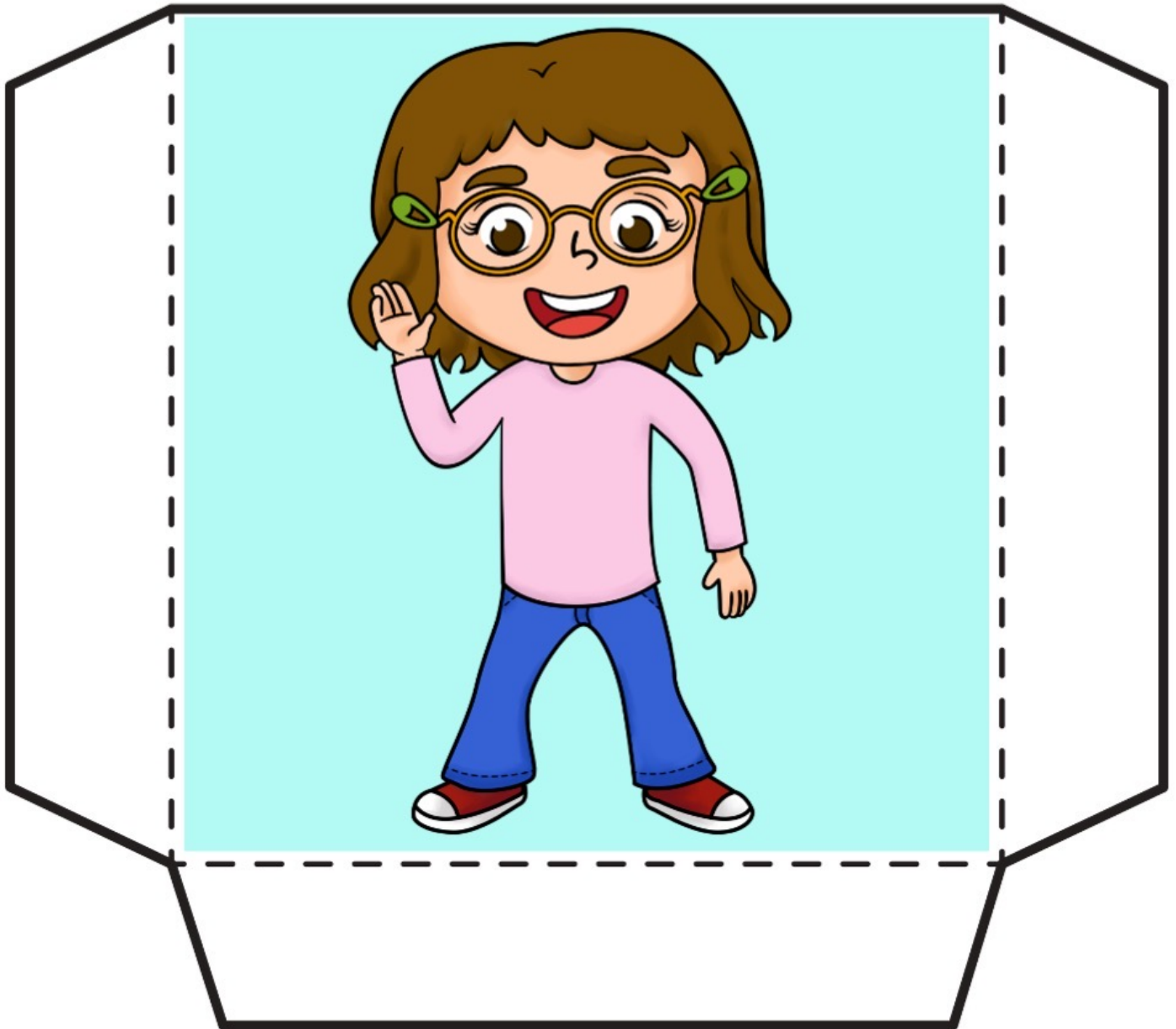
Check your work

My Test Anxiety COPING SKILLS



POCKET TEMPLATE

Cut out the pocket template. Then, fold the flaps back along the dotted lines. Then, glue the flaps onto the dotted square on the page so it forms a pocket.



STRETCH



**TAKE DEEP
BREATHS**



**COUNT
TO TEN**



**THINK
POSITIVE**



**BE
PRESENT**



**DON'T
GIVE UP**



**TAKE
BREAKS**



**USE
FIDGETS**



**DRINK
WATER**



SLEEP WELL



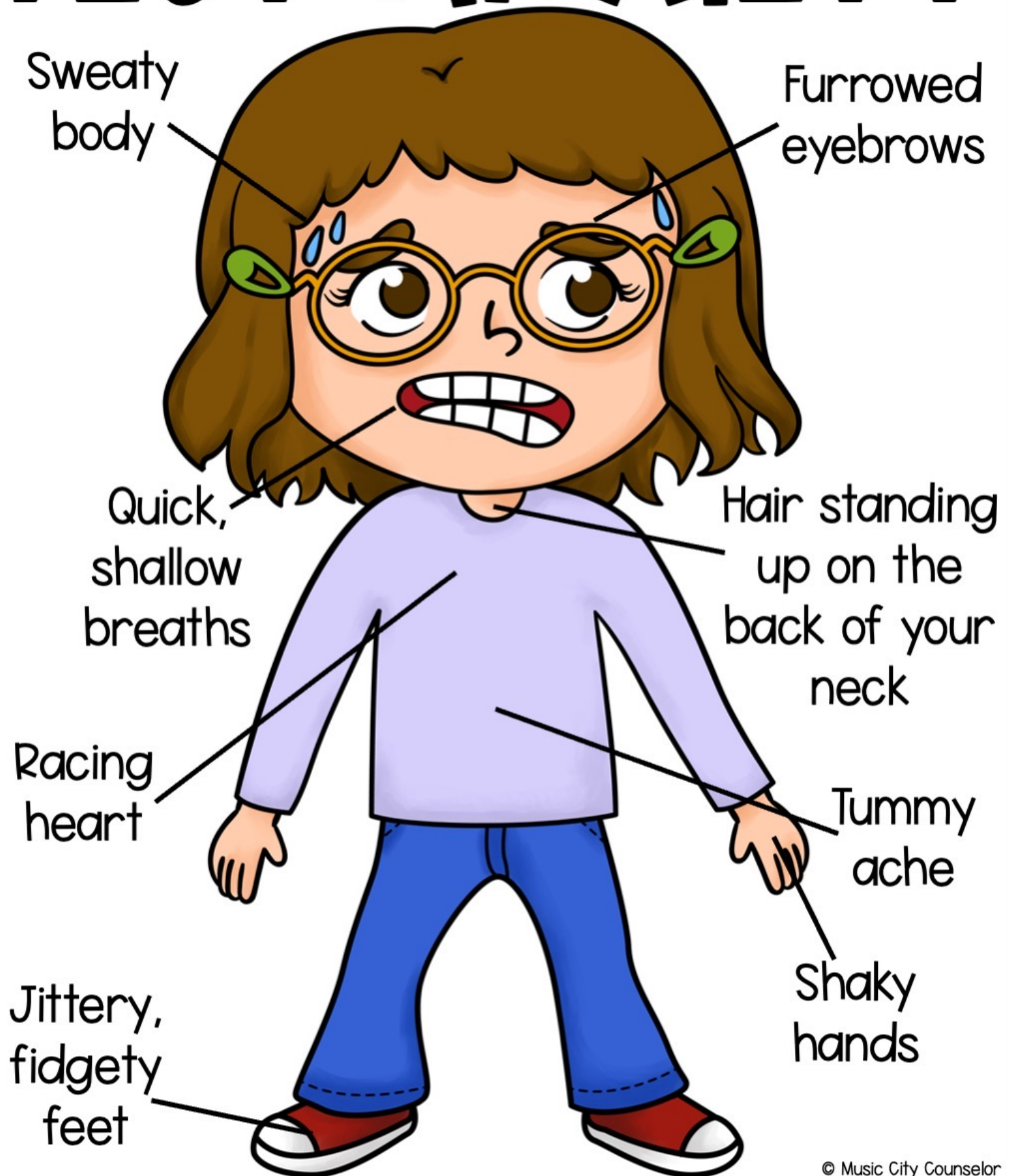
EAT WELL

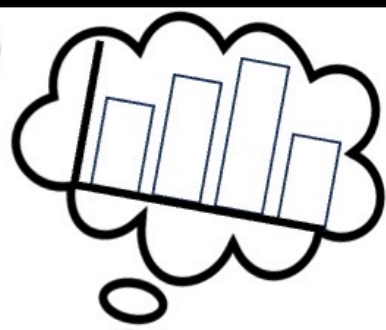
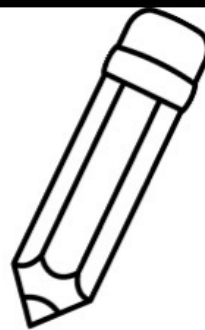
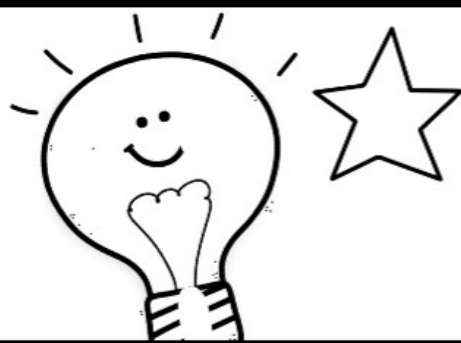


TALK OUT WORRIES



TEST ANXIETY





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ANTI-TEST

ANXIETY SOCIETY

Member Toolkit



TEST-TAKING TIPS



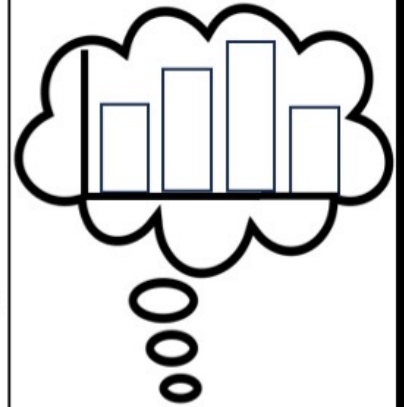
Believe in yourself



Study each day



Be active



Picture in brain



Get enough sleep

Calm your nerves



Read directions



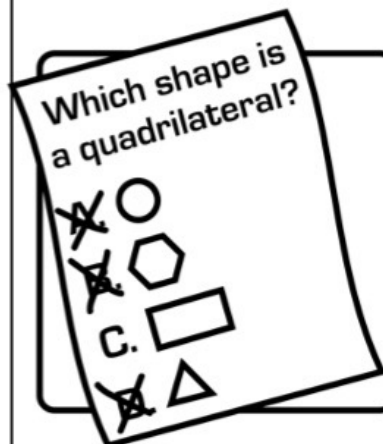
Take your time



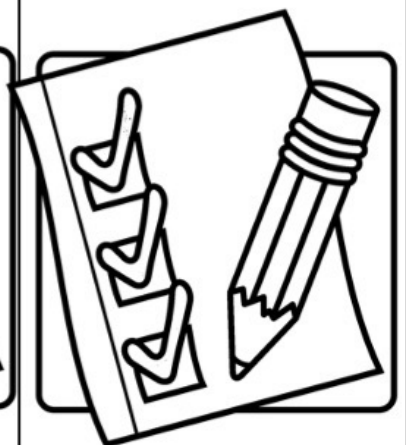
Write down notes



Start with easy

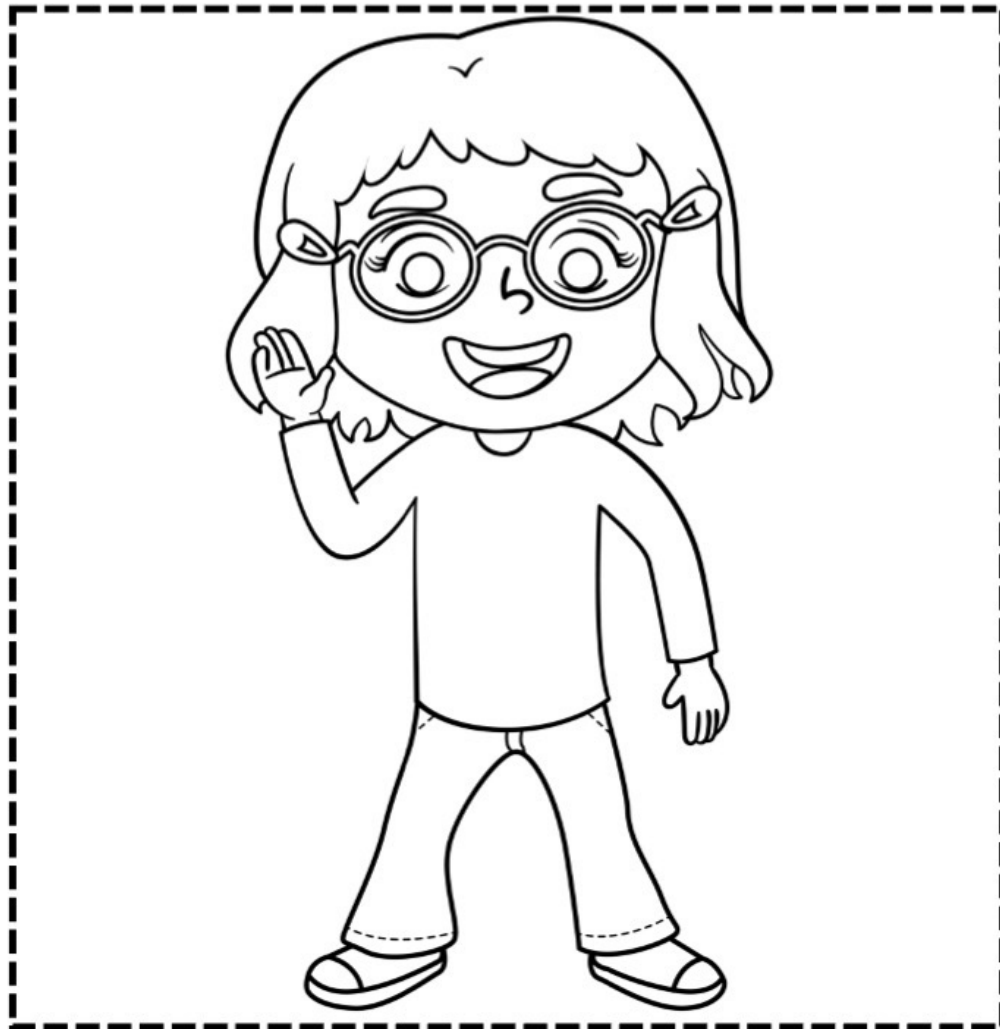


X out wrong



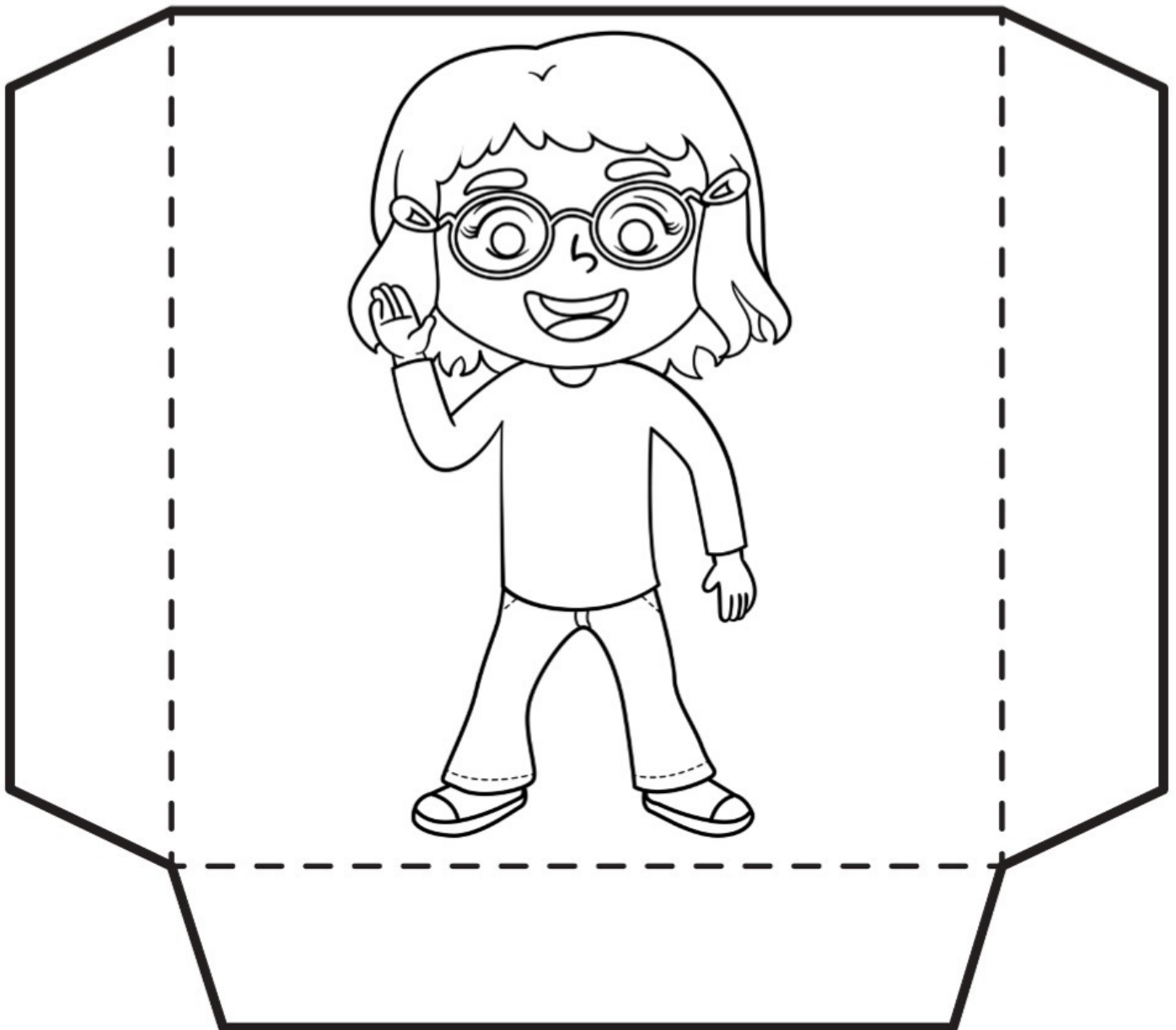
Check your work

My Test Anxiety COPING SKILLS



POCKET TEMPLATE

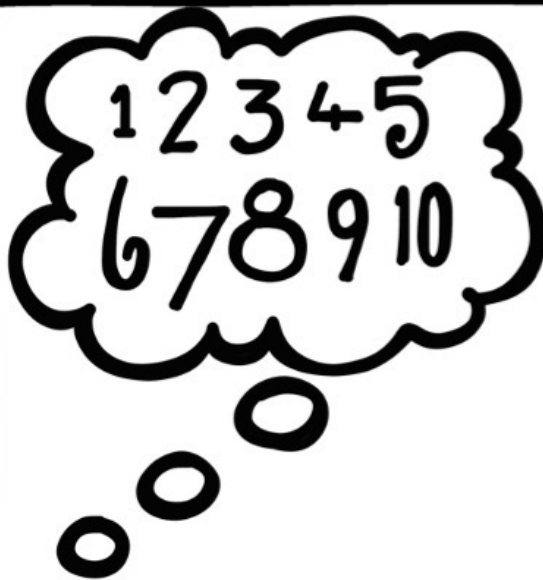
Cut out the pocket template. Then, fold the flaps back along the dotted lines. Then, glue the flaps onto the dotted square on the page so it forms a pocket.



STRETCH



**TAKE DEEP
BREATHS**



**COUNT
TO TEN**

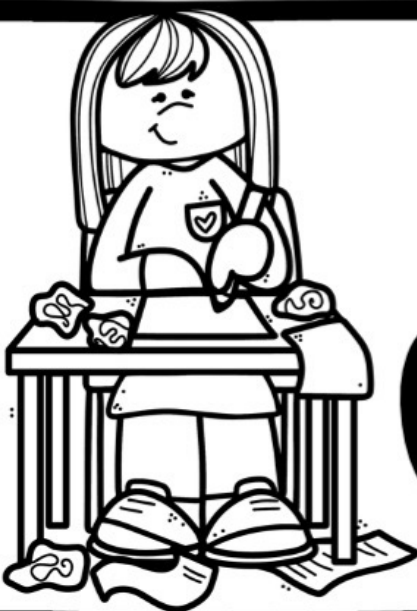
**THINK
POSITIVE**



**BE
PRESENT**



**DON'T
GIVE UP**



**TAKE
BREAKS**



**USE
FIDGETS**

**DRINK
WATER**



SLEEP WELL



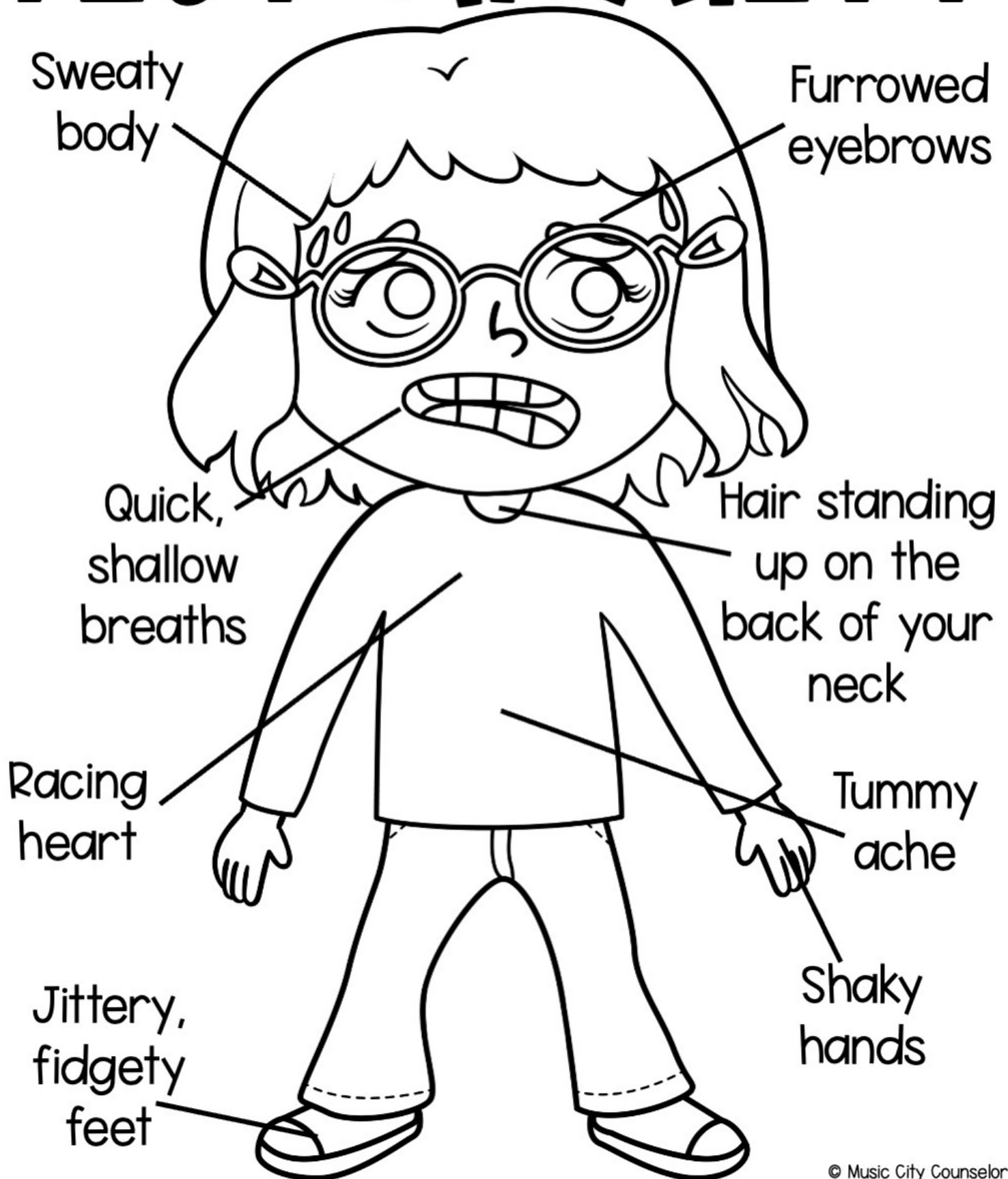
EAT WELL



**TALK OUT
WORRIES**

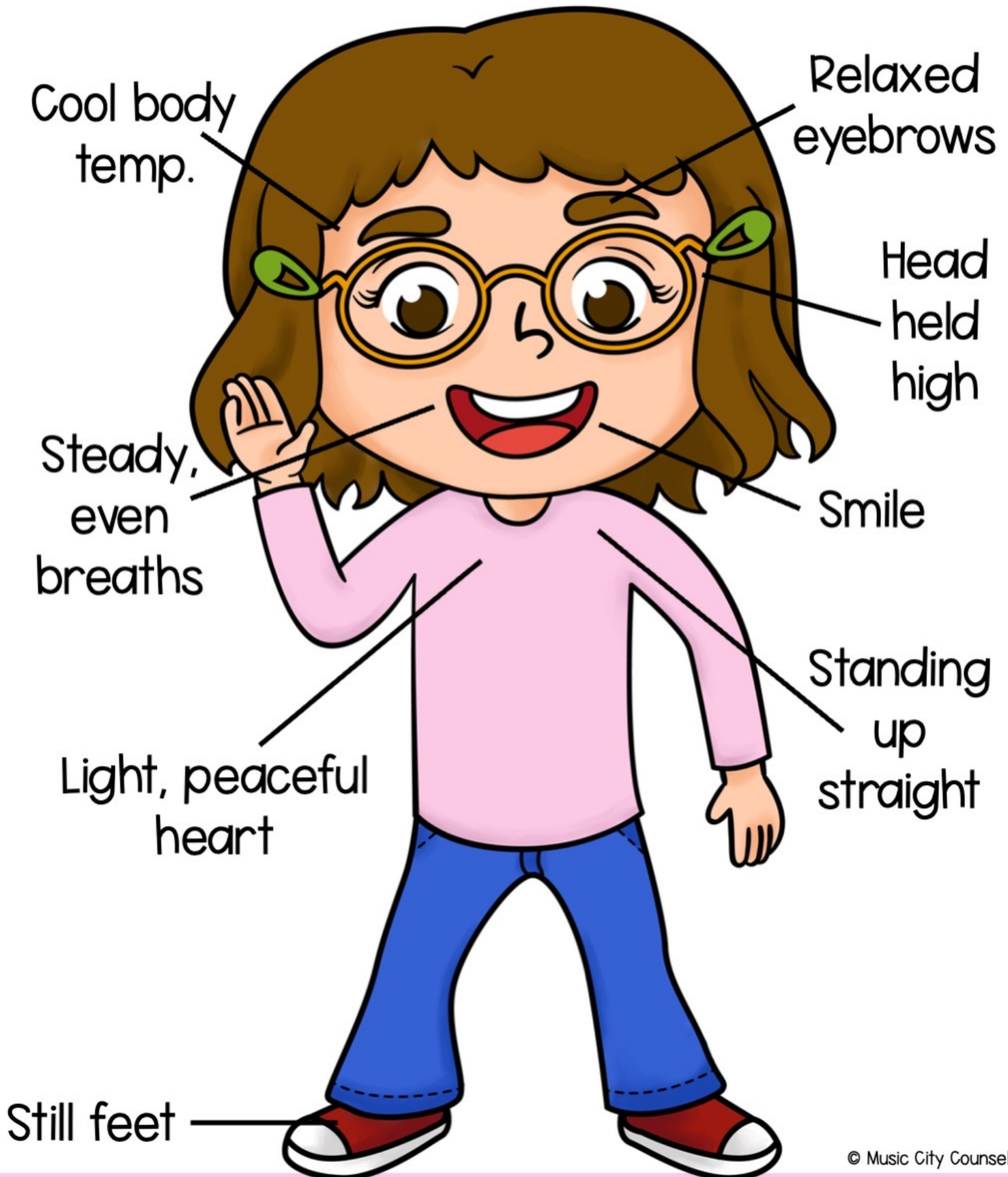


TEST ANXIETY



ADDITIONAL POSTERS

CONFIDENCE



Anti-Test Anxiety Society

TEST-TAKING TIPS

Believe
in
yourself.



Study a little
bit each
day.



Draw a
picture in
your brain.



Be active.
Move your
body.



Get
enough
sleep.



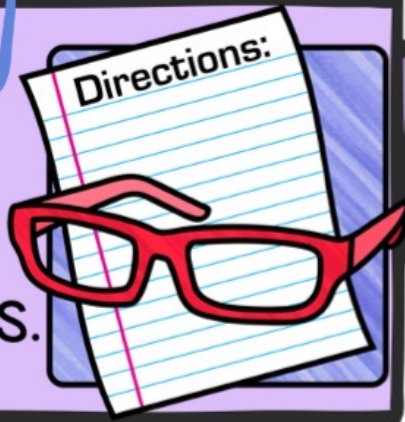
Calm
your
nerves.



Anti-Test Anxiety Society

TEST-TAKING TIPS

Read
the
directions.



Take
your
time.



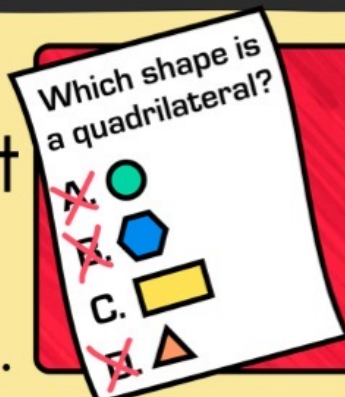
Write down
helpful
notes.



Answer the
easy
questions first.



Cross out
wrong
answers.



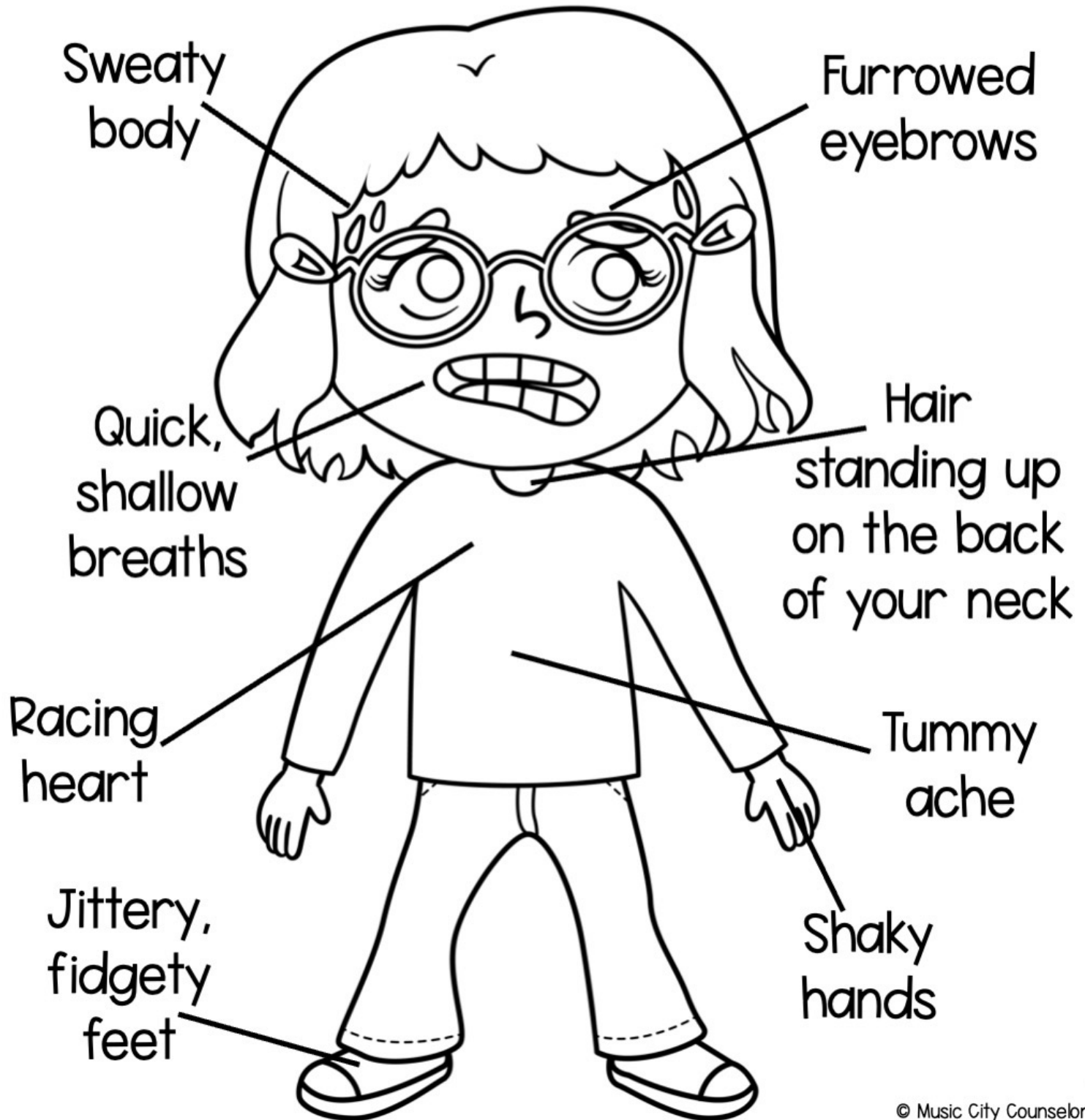
Check
your
work.



WORKSHEETS & COLORING PAGES

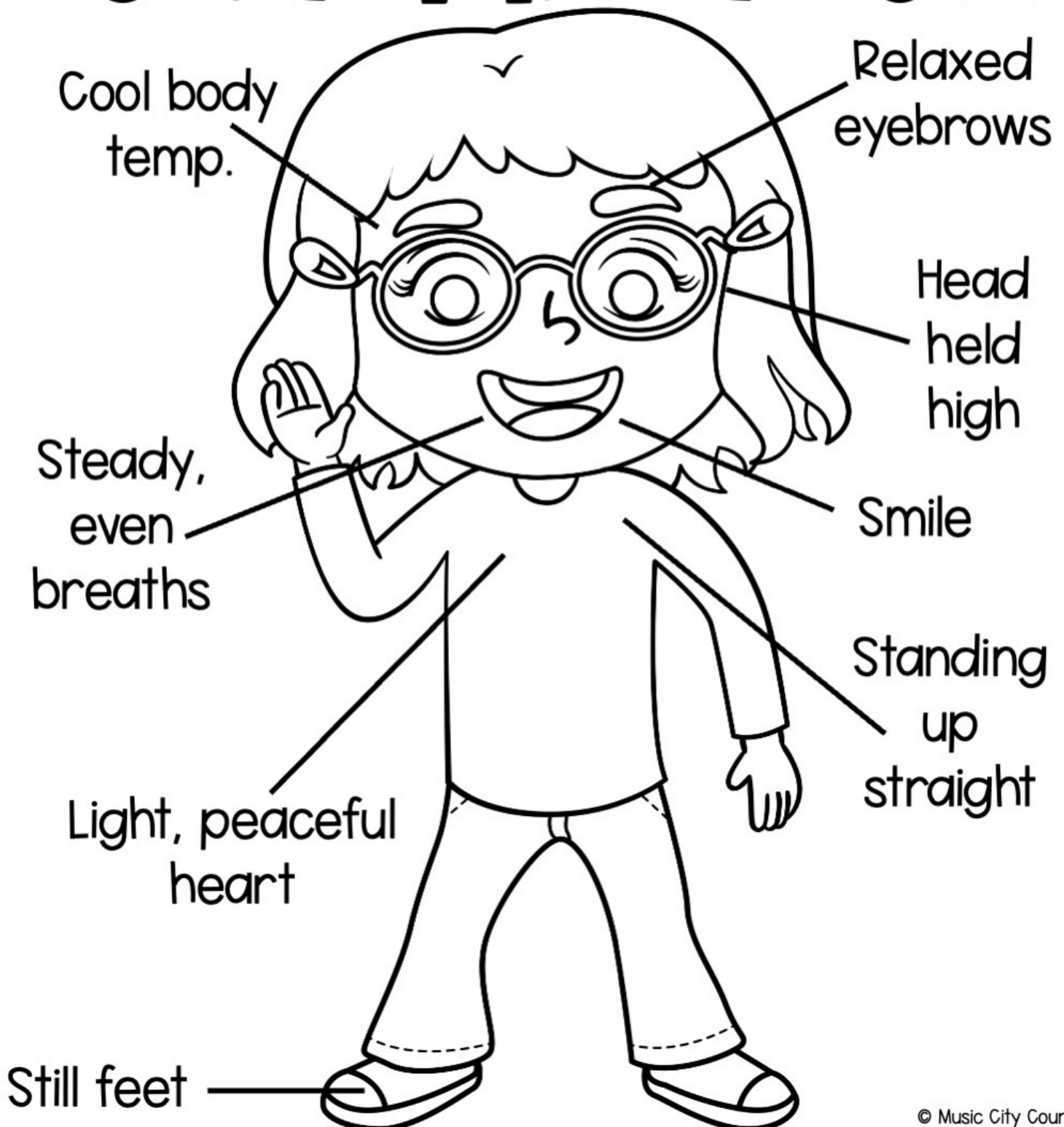
Name: _____

TEST ANXIETY



Name: _____

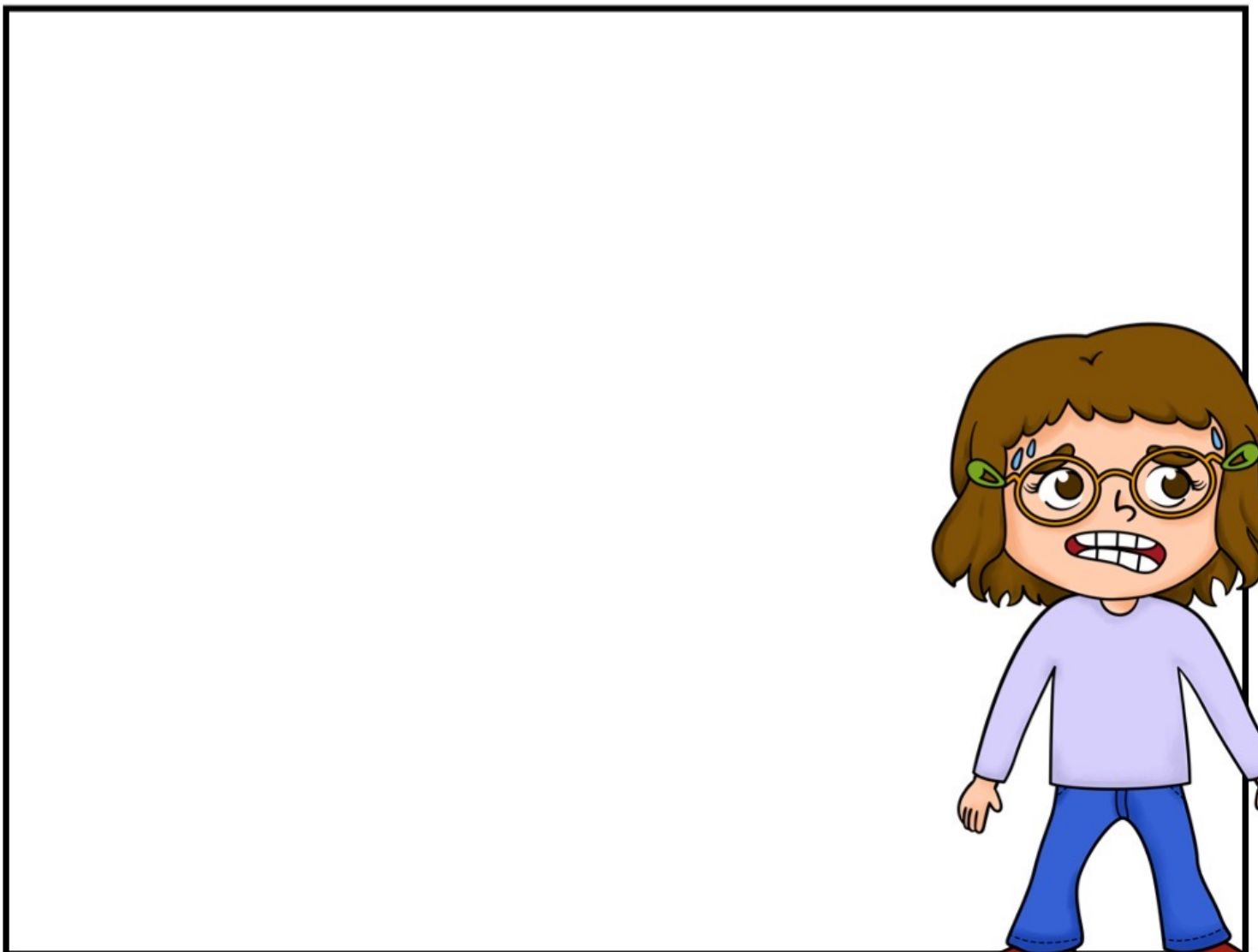
CONFIDENCE



Name: _____

TEST-TAKING

How do you feel when you are about to take a big test? Draw and write about it.



Name: _____

TEST-TAKING

How do you feel when you are about to take a big test? Draw and write about it.



Name: _____

TEST-TAKING SKILLS

Color your favorite test-taking skills.



Believe in
yourself



Study a
little bit
each
day



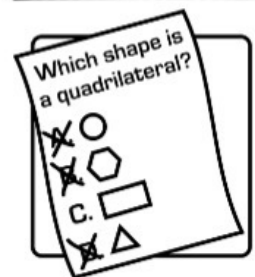
Get enough sleep



Read directions



Calm
your
nerves



Cross out wrong
answers



Pace yourself



Start with
easy
questions

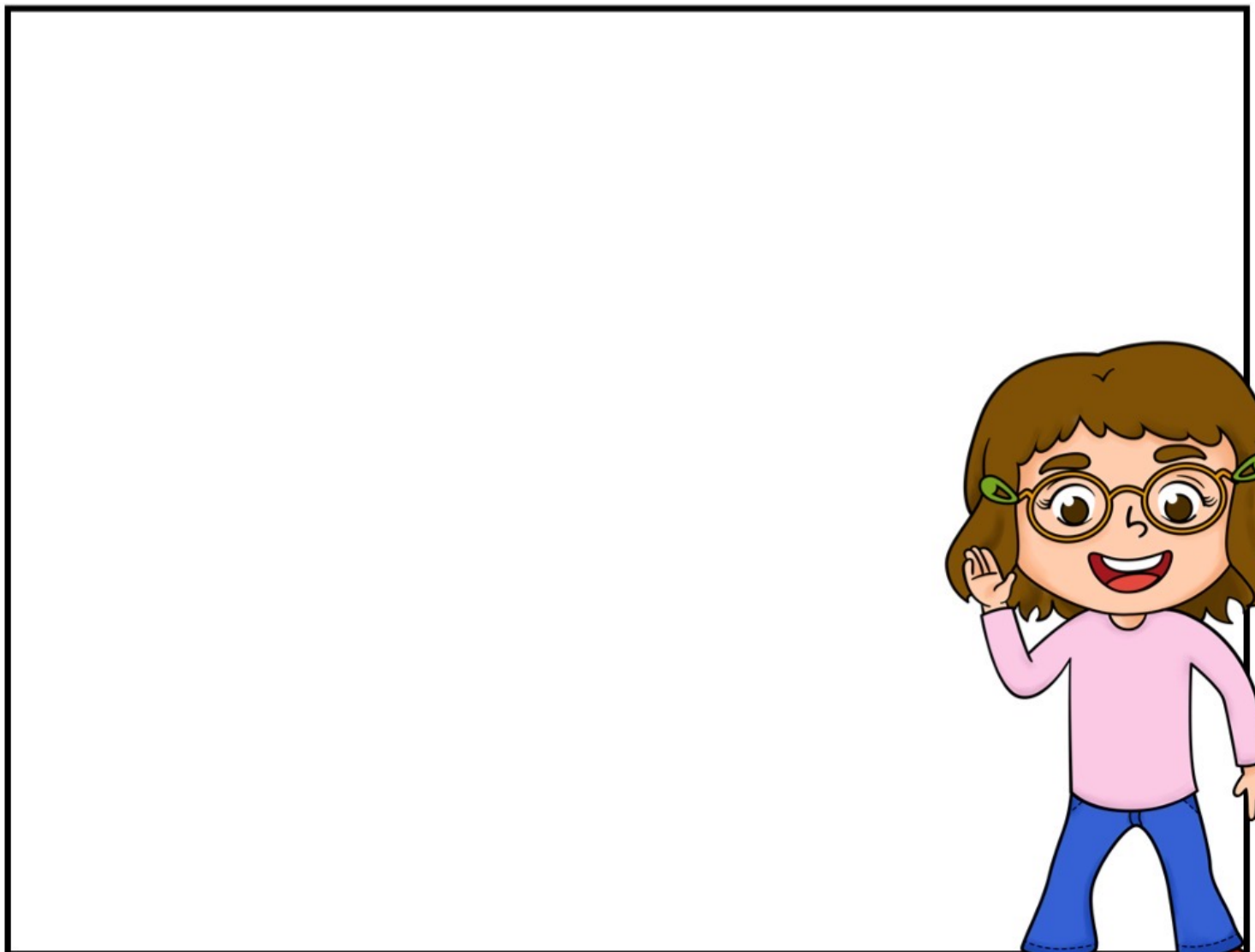


Check your work

Name: _____

TEST-TAKING

Which test-taking tips are the most helpful to you? Draw and write about them.



Name: _____

TEST-TAKING

Which test-taking tips are the most helpful to you? Draw and write about them.



Name: _____

TEST-TAKING

Write positive, motivating thoughts inside of the thought bubbles to help you during a test.



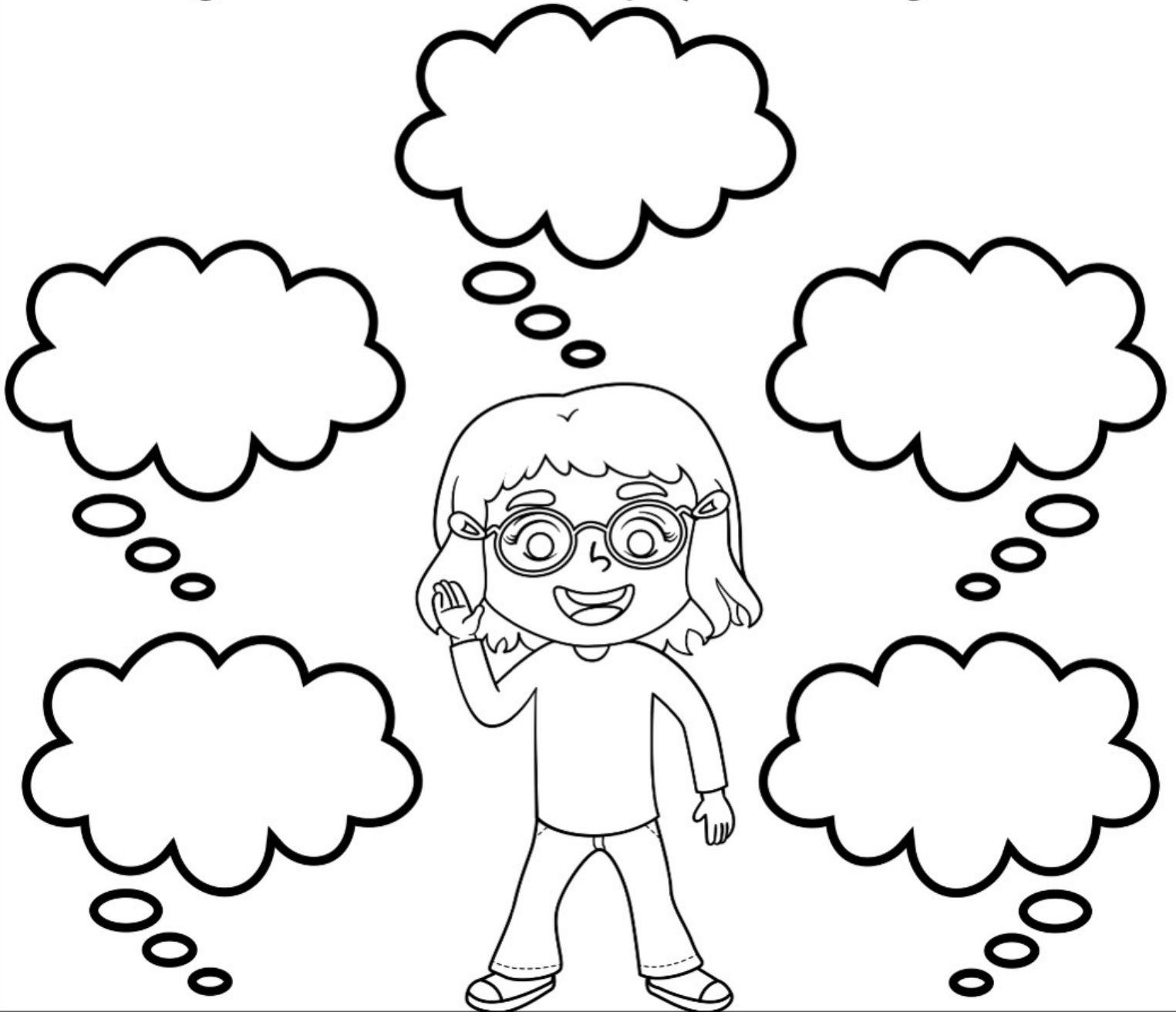
BELIEVE IN YOURSELF

Name: _____

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TEST-TAKING

Write positive, motivating thoughts inside of the thought bubbles to help you during a test.



BELIEVE IN YOURSELF

Name: _____

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Please contact me any time at laura@musiccitycounselor.com with questions, suggestions, resource requests, or comments. I'm here to help and would love to hear from you!

♥ *laura oathout*

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○

