


MUSIC city COUNSELOR

THANK YOU FOR YOUR PURCHASE!



 *laura sathout*

Please contact me any time at laura@musiccitycounselor.com if you have questions, suggestions, or requests for resources! I am here for you!

LET'S CONNECT!



 **WEBSITE:** www.musiccitycounselor.com

 **MEMBERSHIP:** www.counselorcollab.com

DIRECTIONS:

This folded craft activity teaches students 6 ways to cope with test anxiety. It's a great resource to use in classroom lessons, with individual students, and with small groups of kids that struggle with test-taking skills and managing nerves.

I included both a blank inside page and an inside page full of text. You may choose to have students create the resource with the text written in OR you may prefer to have students write in the text themselves as you teach it and/or in their own words.

MATERIALS NEEDED:

- Printed materials
- Glue sticks
- Scissors
- Pencils
- Crayons or markers

TO MAKE THE FOLDED ACTIVITY:

1. Please see the sample on the next page!
2. Please print the front labels page and the inside page of your choice (with or without text).
3. Please color the front labels with markers or crayons.
4. Please cut out each of the front labels individually.
5. On the inside page, please cut along the dotted lines so you have 6 attached strips.
6. Please fold each of the 6 strips that you just cut in towards the "Coping with Test Anxiety" title.
7. Please glue each of the front labels onto the front of the strips. Please make sure they're glued in the correct order, so the outside labels match the inside labels and descriptions.

Questions, comments, or suggestions? Please contact me any time at laura@musiccitycounselor.com. I'm here to help! ☺ PS Please take a moment to leave a review on this resource on my TpT store!

SAMPLE

COUNT TO TEN

Take a deep breath in through your nose. Count to 5. Then, breathe out slowly through your mouth.

Counting to 10 helps your feelings settle and gives your body a reset. Taking a mini brain break.

Be present. Focus on your 5 senses. Notice things you can see, hear, and touch around you.



TAKE DEEP BREATHS

COUNT TO TEN

PRACTICE GROUNDING

BELIEVE IN YOURSELF

TAKE A BREAK

Coping with TEST ANXIETY

BELIEVE IN YOURSELF

TAKE A BREAK

DON'T GIVE UP

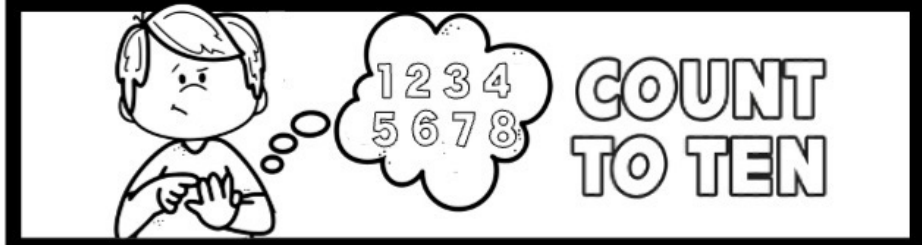
DON'T GIVE UP

Skip tough questions and come back to them later. Keep trying!

Coping with TEST ANXIETY



FRONT LABELS



TAKE DEEP BREATHS

Take a deep breath in through your nose. Count to 5. Then, breathe out slowly through your mouth.

COUNT TO TEN

Counting to 10 helps your feelings settle and gives your body a reset. It's like taking a mini brain break.

PRACTICE GROUNDING

Be present. Focus on your 5 senses. Notice things you can see, feel, hear, and touch around you.

BELIEVE IN YOURSELF

Be your own cheerleader! This is your chance to show what you know. Go get 'em, smarty pants!

TAKE A BREAK

Take a moment to give your brain a rest. Stopping and breathing can help your focus and confidence.

DON'T GIVE UP

Skip tough questions and come back to them later. Remind yourself that you can do hard things. Keep trying!

Coping with TEST ANXIETY

TAKE DEEP BREATHS

COUNT TO TEN

PRACTICE GROUNDING

BELIEVE IN YOURSELF

TAKE A BREAK

DON'T GIVE UP

Coping with TEST ANXIETY

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