

MUSIC city COUNSELOR

Thank you for your purchase!



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!



For helpful ideas and free resources, please check out my website!

www.musiccitycounselor.com

Directions Page 1:

To assemble the lap book:

MATERIALS: file folder, hook and loop fastener dots, scissors, glue, and printed pages

I use a file folder and hook and loop fastener dots to make my Test-Taking Skills & Test Anxiety Lap Book durable and easy-to-use. Please note that all pages of the lap book are included in full color and black/white, as well as English and Spanish, so please only print the pages that you need. Please see the sample lap book on the next slides as a guide for creating yours!

1. Please glue the cover page that says "8 Tips To Do Our BEST On The TEST" to the front of the file folder.
2. Then, please glue the page that says "LET'S TRY A RELAXATION SCRIPT" to the back of the file folder.
3. Next, please open the manila folder and glue the "When I think about the test" page to the top half of the inside of the folder.
4. Then, please glue the, "To cope with test anxiety I can:" page to the bottom half of the inside of the manila folder.
5. Next, please cut out each of the little squares.
6. Please place one side of a hook and loop fastener dot on the back of each little square. Please place the other side of the hook and loop fastener dot on each blank square and each blank sticky note on the inside of the folder.
7. Then, please stick each of the little squares onto the blank squares in the inside of the file folder. They can be placed in any order as long as they are placed in the correct section. This makes the lap book interactive and reusable for your students!

Directions Page 2:

To use the lap book:

This lap book is a tool to help students learn test-taking skills and cope with test anxiety. I recommend using it with students who could use extra support when it comes to classroom and standardized tests.

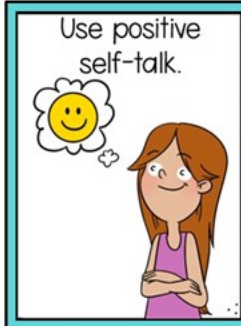
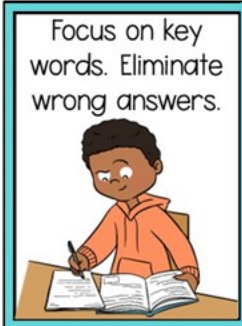
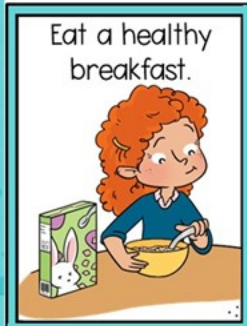
1. Students start by reviewing and discussing the 8 test-taking tips on the cover page.
2. Then, they open the lap book and choose which card represents how they feel when they think about the test. They place that card on the hook-and-loop fastener dot on the top yellow sticky note.
3. Then, students choose one card that represents their biggest worry about the test. They place that card on the hook-and-loop fastener dot on the next yellow sticky note.
4. Then, students choose 2 cards that represent coping skills they would like to try and place them on the hook-and-loop fastener dots on the two bottom sticky notes.
5. Once they have finished choosing their 4 cards, please generate a discussion with the student about why they chose each card. This is a great time to reflect on feelings, discuss and normalize their worries, and practice coping skills.
6. Finally, the back page of the lap book offers a relaxation script for students. I recommend asking students to close their eyes and get as comfortable as they can in their chair. Then, the educator reads the script aloud to students. This is a great tool to use prior to testing as well as the night before/morning of testing.

SAMPLE LAP BOOK:

FRONT:

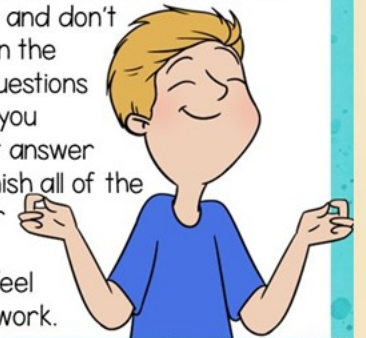
BACK:

8 TIPS to do our BEST on the TEST!





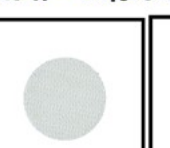


Let's try a RELAXATION SCRIPT!

Let's close our eyes and get as comfortable as we can in our chairs. Take a deep breath in your nose and let it out slowly through your mouth. Let's try it one more time. Well done. In your mind, I'd like you to imagine that you are in a movie theater. On the big screen in front of you, you see a video of you and your classmates sitting quietly and calmly at your desks. You have a peaceful smile on your face and look confident, brave, and calm. You see your teacher walking around passing out the test materials to your classmates. As the teacher places the test on your desk, a sense of calm and peace rushes over your whole body. You know that you will do your very best work and remember just what you need to know. As you open the test book, you feel even more calm. You pick up your pencil and start confidently answering the test questions. You focus only on your test and don't worry about your classmates or any other distractions in the room. You watch yourself answer more and more test questions and feel proud to show the world what you know. When you come across a challenging question, you choose the best answer and remind yourself that no one is perfect. Once you finish all of the questions, you calmly review your answers and check for any mistakes. Watch yourself close your test booklet and put your pencil down. As the movie screen turns black, feel how wonderful it is to know that you did your very best work.





SAMPLE LAP BOOK: INSIDE:








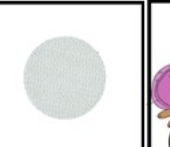






When I think about THE TEST, I FEEL:

 NERVOUS	 CALM		 WORRIED	 CONFIDENT
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When I think about THE TEST, I WORRY about:

 DISAPPOINTING OTHERS	 PANICKING	 BEING WRONG		 OUT OF TIME
 TECH TROUBLE	 SCORING LOWER THAN OTHERS	 MY MIND GOING BLANK	 FAILING	

To COPE with TEST ANXIETY, I can...

 STRESS BALL	 THINK POSITIVE	 DEEP BREATHS	 RELAXATION SCRIPT	 FOCUS ON ME
 COUNT TO 10	 SHORT BREAK		 COMFY SPOT	
 DRINK WATER	 TALK IT OUT	 GROUND	 STRETCH	

**Full Color,
English**

8 TIPS to do our BEST on the TEST!

Eat a healthy breakfast.



Get a good night sleep.



Focus on YOUR test – not others!



Calm your test anxiety.



Keep a steady pace.



Focus on key words. Eliminate wrong answers.

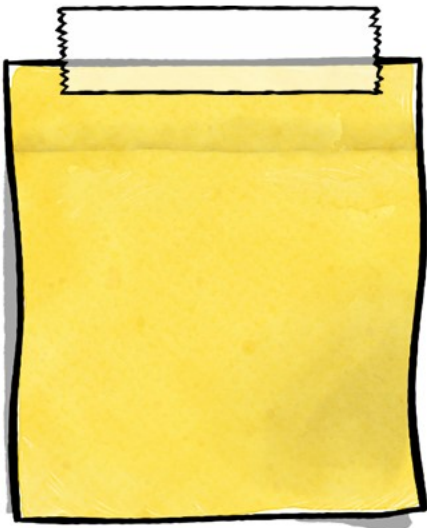


Use positive self-talk.



Check your work. Go with your gut.



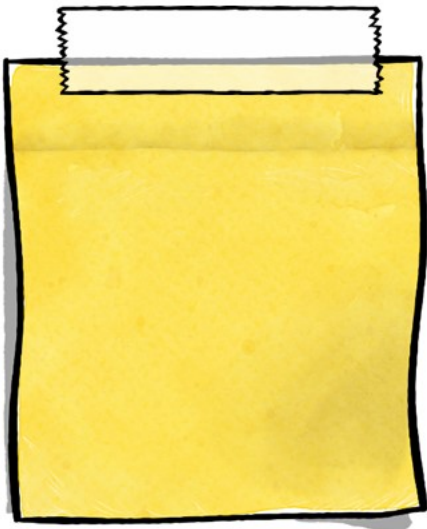


When I think about THE TEST, I FEEL:

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When I think about THE TEST, I WORRY about:

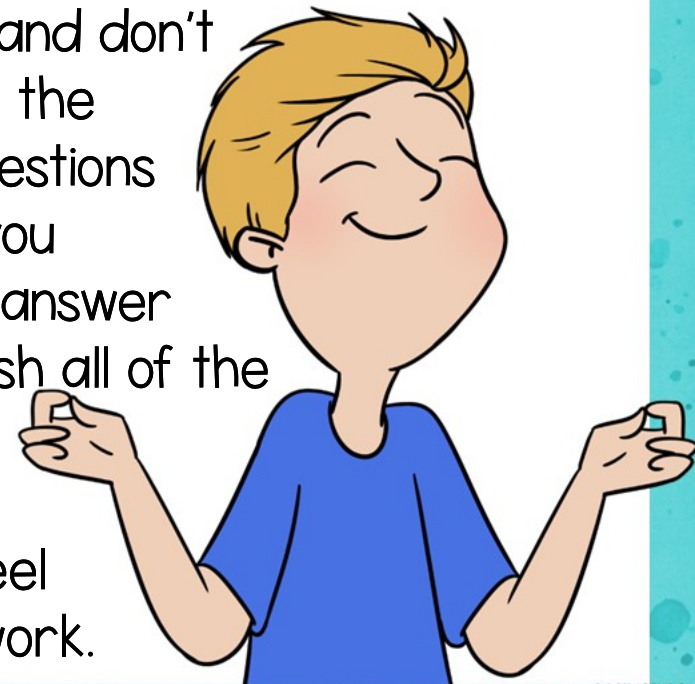


To COPE with TEST ANXIETY, I can...

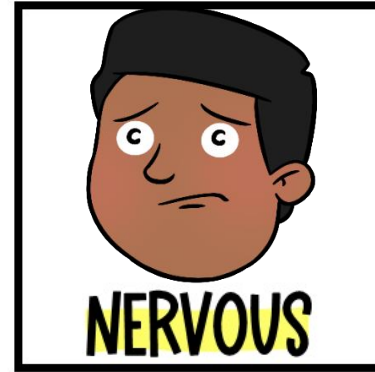


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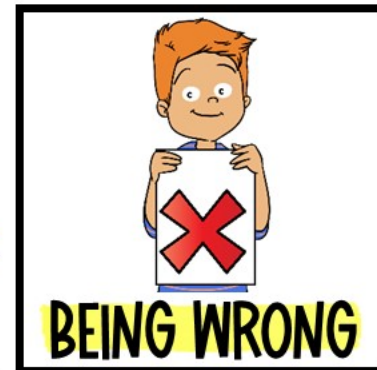
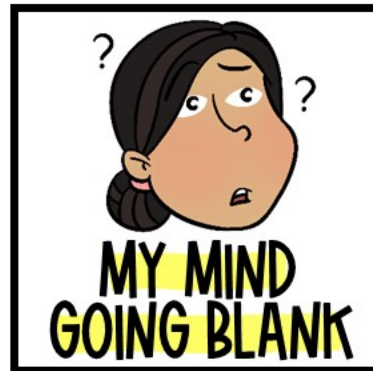
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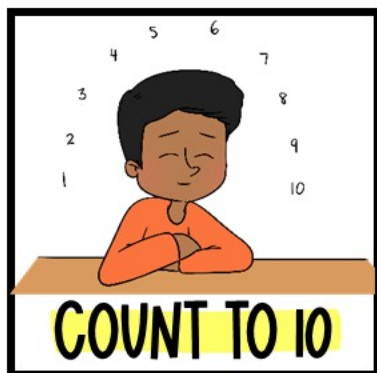
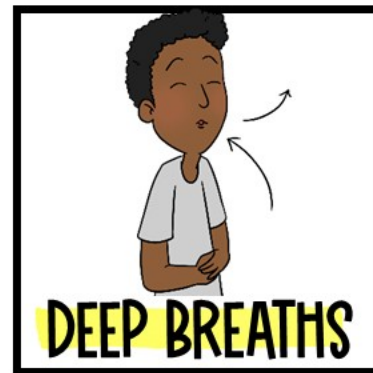
WHEN I THINK ABOUT THE TEST, I FEEL:



WHEN I THINK ABOUT THE TEST, I WORRY ABOUT:



TO COPE WITH TEST ANXIETY, I CAN:



**Black &
White,
English**

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Get a good night sleep.



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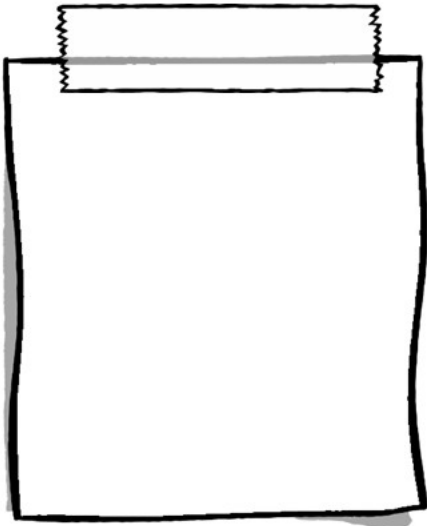
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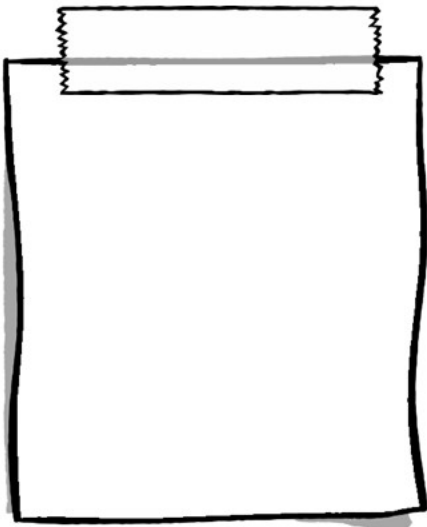
When I think about **THE TEST**, I FEEL:



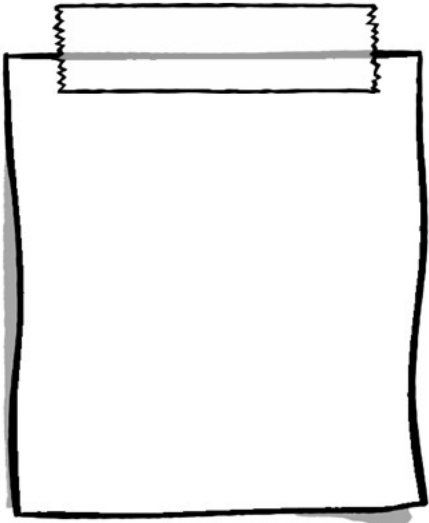
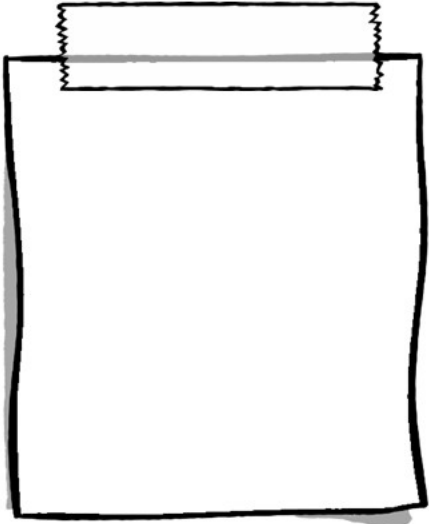
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When I think about **THE TEST**, I WORRY about:

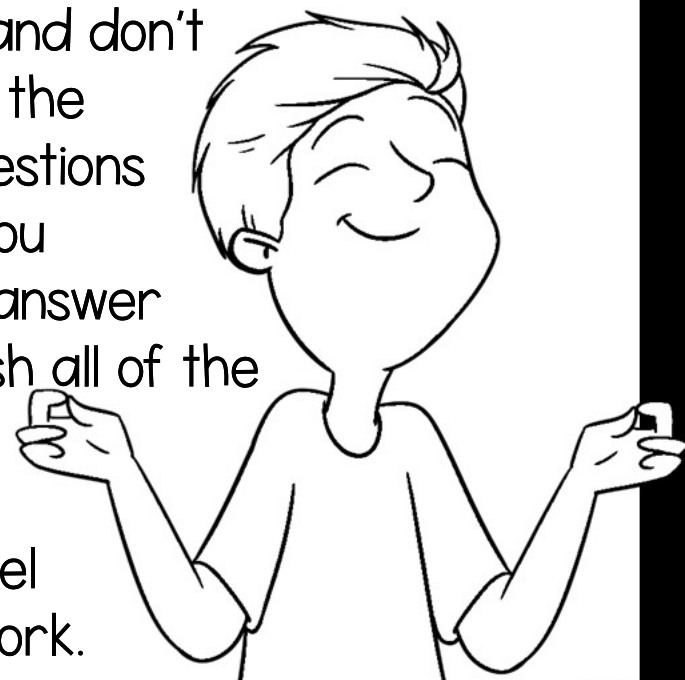


To COPE with TEST ANXIETY, I can...



Let's try a RELAXATION SCRIPT!

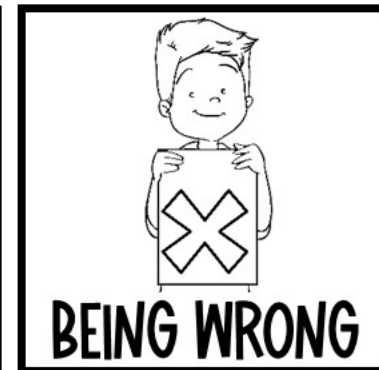
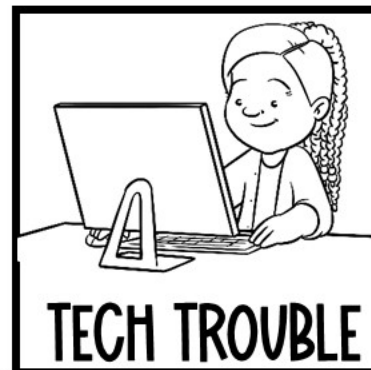
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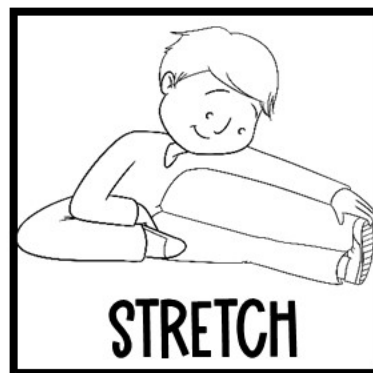
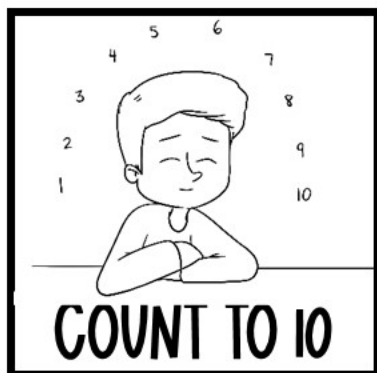
WHEN I THINK ABOUT THE TEST, I FEEL:



WHEN I THINK ABOUT THE TEST, I WORRY ABOUT:



TO COPE WITH TEST ANXIETY, I CAN:



**Full Color,
Spanish**

¡Hagamos nuestro MEJOR en el EXAMEN!

Come un desayuno saludable.



Duerma bien por la noche.



¡Centrarse en su prueba – no de sus compañeros!



Calma su ansiedad.



Mantenga un ritmo constante.



Concéntrese en las palabras claves.
Elimina las respuestas incorrectas.



Use un diálogo interno positivo.



Revisa tu trabajo.
Ve con tu instinto.



Cuando pienso en **EL EXAMEN**, **ME SIENTO**:



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Cuando pienso en **EL EXAMEN**, lo que más **ME PREOCUPA** ES:



Para AFRONTAR a la ANSIEDAD ante los exámenes puedo:

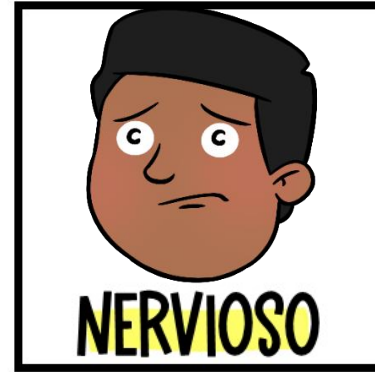


¡Probemos un GUIÓN DE RELAJACIÓN!

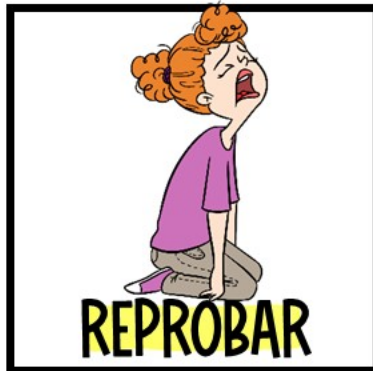
Cerremos los ojos y pongámonos lo más cómodos que podamos en nuestras sillas. Respire profundamente por la nariz y déjelo salir lentamente por la boca. Intentémoslo una vez más. Bien hecho. En tu mente, me gustaría que imaginaras que estás en una gran sala de cine. En la pantalla frente a usted, ve un video de usted y sus compañeros de clase sentados en silencio y con calma en sus escritorios. Tienes una sonrisa pacífica en tu rostro y te ves confiado, valiente y tranquilo. Ves a tu profesor caminando repartiendo los materiales del examen a tus compañeros de clase. Cuando el profesor coloca el examen en su escritorio, una sensación de calma y paz se apodera de todo su cuerpo. Tu sabes que tu harás tu mejor trabajo y recordarás exactamente lo que necesita saber. Al abrir el libro de prueba, se siente aún más tranquilo. Tu recoges tu lápiz y comienzas a responder con confianza las preguntas del examen. Te concentras solo en tu prueba y no te preocupas por tus compañeros de clase o cualquier otra distracción en la sala. Te ves responder cada vez más preguntas y te sientes orgulloso de mostrarle al mundo lo que sabes. Cuando te encuentras con una pregunta desafiante, eliges la mejor respuesta y recuerda que nadie es perfecto. Una vez que termine todos las preguntas, revisa con calma sus respuestas y comprueba si hay errores. Obsérvese cerrar el cuaderno de prueba y dejar el lápiz. Como la pantalla de la película se vuelve negra, siente lo maravilloso que es saber que hiciste tu mejor trabajo.



CUANDO PIENSO EN EL EXAMEN, ME SIENTO



CUANDO PIENSO EN EL EXAMEN, LO QUE MÁS ME PREOCUPA ES:



PARA AFRONTAR A LA ANSIEDAD ANTE LOS EXAMENES PUEDO:



HABLAR DE MIS SENTIMIENTOS



LUGAR CÓMODO



PENSAR EN POSITIVO



RESPIRA PROFUNDAMENTE



CUENTA HASTA 10



TOMAR UN DESCANSO



TOMAR AGUA



GUION DE RELAJACION



PELOTA ANTIESTRÉS



CONCÉNTRESE EN MÍ



LA CONCIENCIA PLENA



ESTIRAR

**Black &
White,
Spanish**

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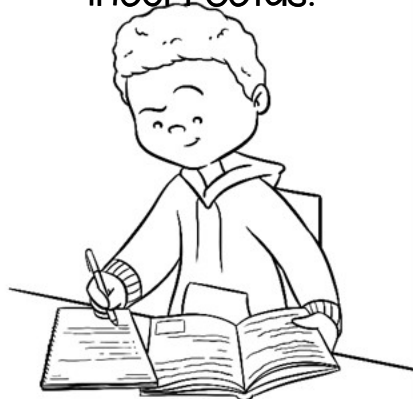
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Elimina las respuestas incorrectas.



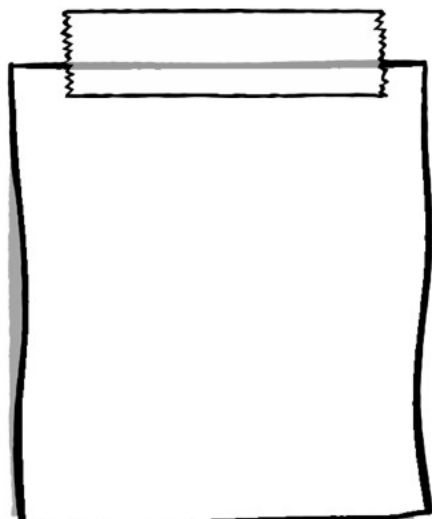
Use un diálogo interno positivo.



Revisa tu trabajo.
Ve con tu instinto.



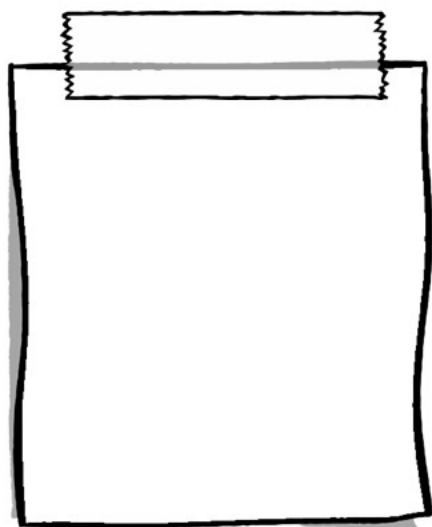
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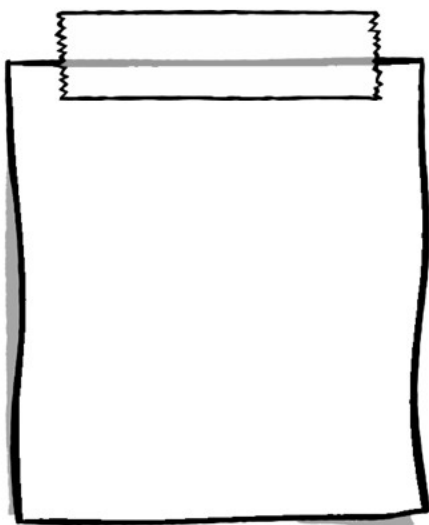
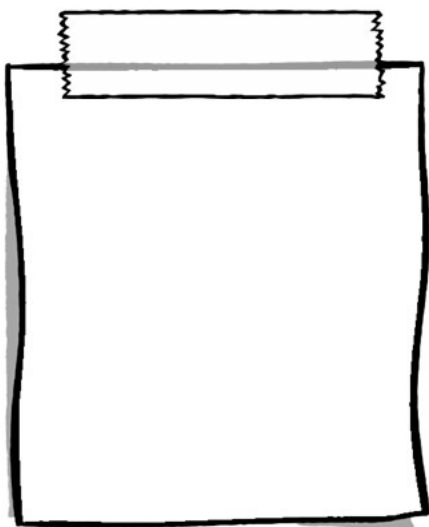
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Cuando pienso en **EL EXAMEN**, lo que mas **ME PREOCUPA** ES:



Para **AFRONTAR** a la **ANSIEDAD** ante los exámenes puedo:



¡Probemos un GUIÓN DE RELAJACIÓN!

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CUANDO PIENSO EN EL EXAMEN, ME SIENTO



CUANDO PIENSO EN EL EXAMEN, LO QUE MAS ME PREOCUPA ES:



PARA AFRONTAR A LA ANSIEDAD ANTE LOS EXAMENES PUEDO:





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