

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:

This workbook was designed to teach children test-taking skills and how to cope with test anxiety. There are many instructional pages as well as several pages that involve writing/reflection. Instructions for each page are included at the top.

Both a full color and a black/white version of the workbook are included.

A digital version is also available in the PDF in the zip folder!

Questions, comments, or suggestions? Feel free to email me any time at laura@musiccitycounselor.com.

PS I SO appreciate when you please leave feedback 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!

Name: _____

Let's do our
BEST
on the
TEST!



I can achieve my GOALS!

Write in the bubbles specific, realistic, and timely goals for the test.



MY FEELINGS:

Circle your feelings about the test below.



Angry



Confident



Confused



Excited



Scared



Content

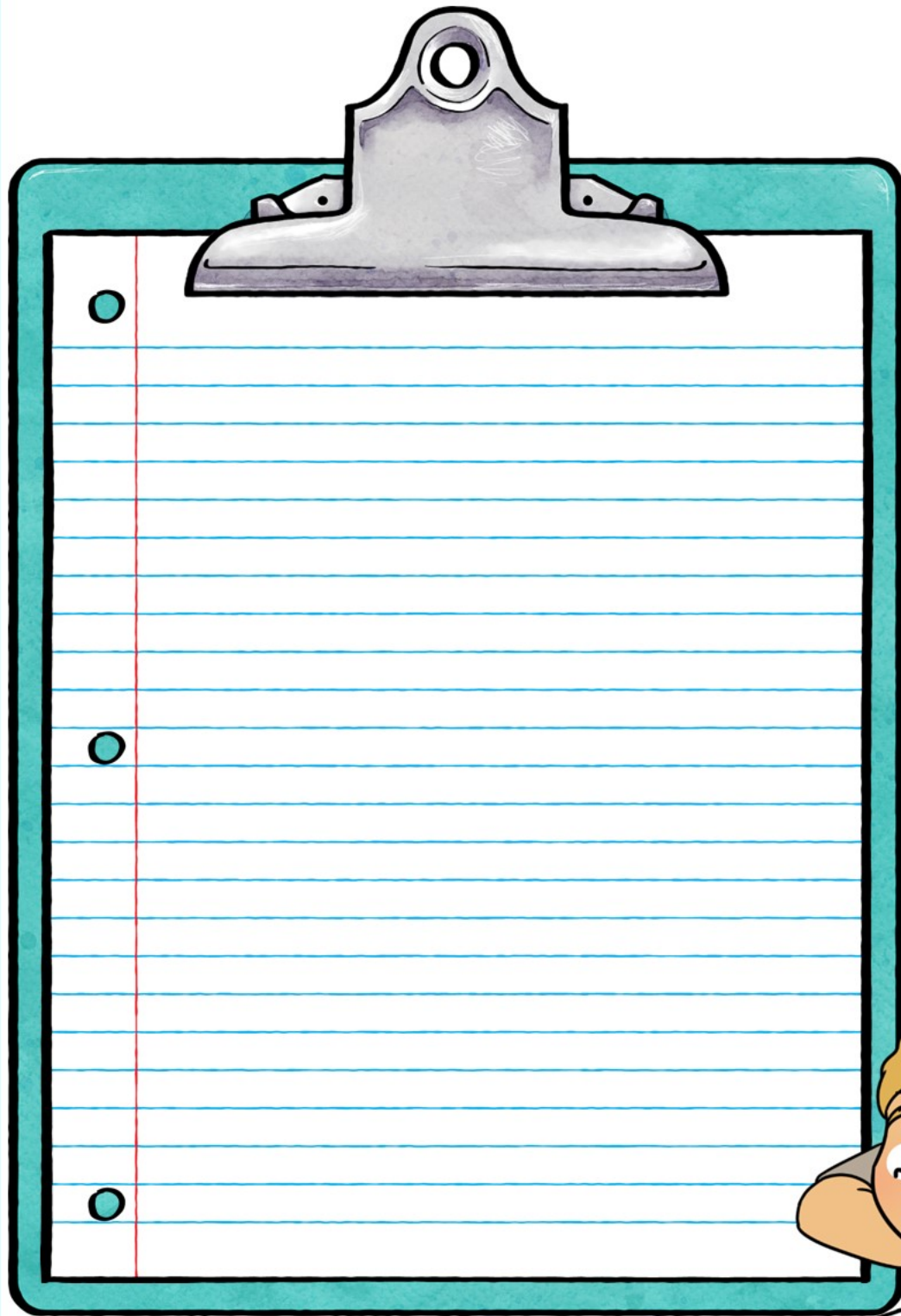


Stressed



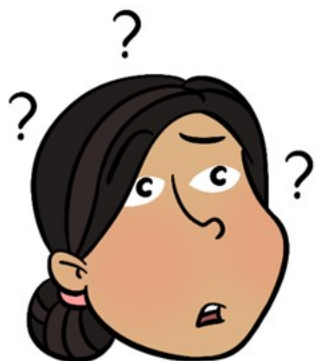
Worried

Let's share
more about our
FEELINGS
about the test
on the
clipboard.



MY WORRIES:

Circle your worries about the test below.



My mind going blank.



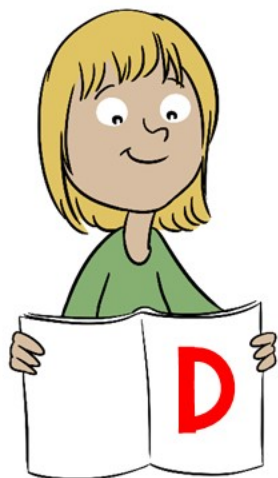
Disappointing others.



Not feeling prepared.



The questions being too hard.



Earning the lowest score.



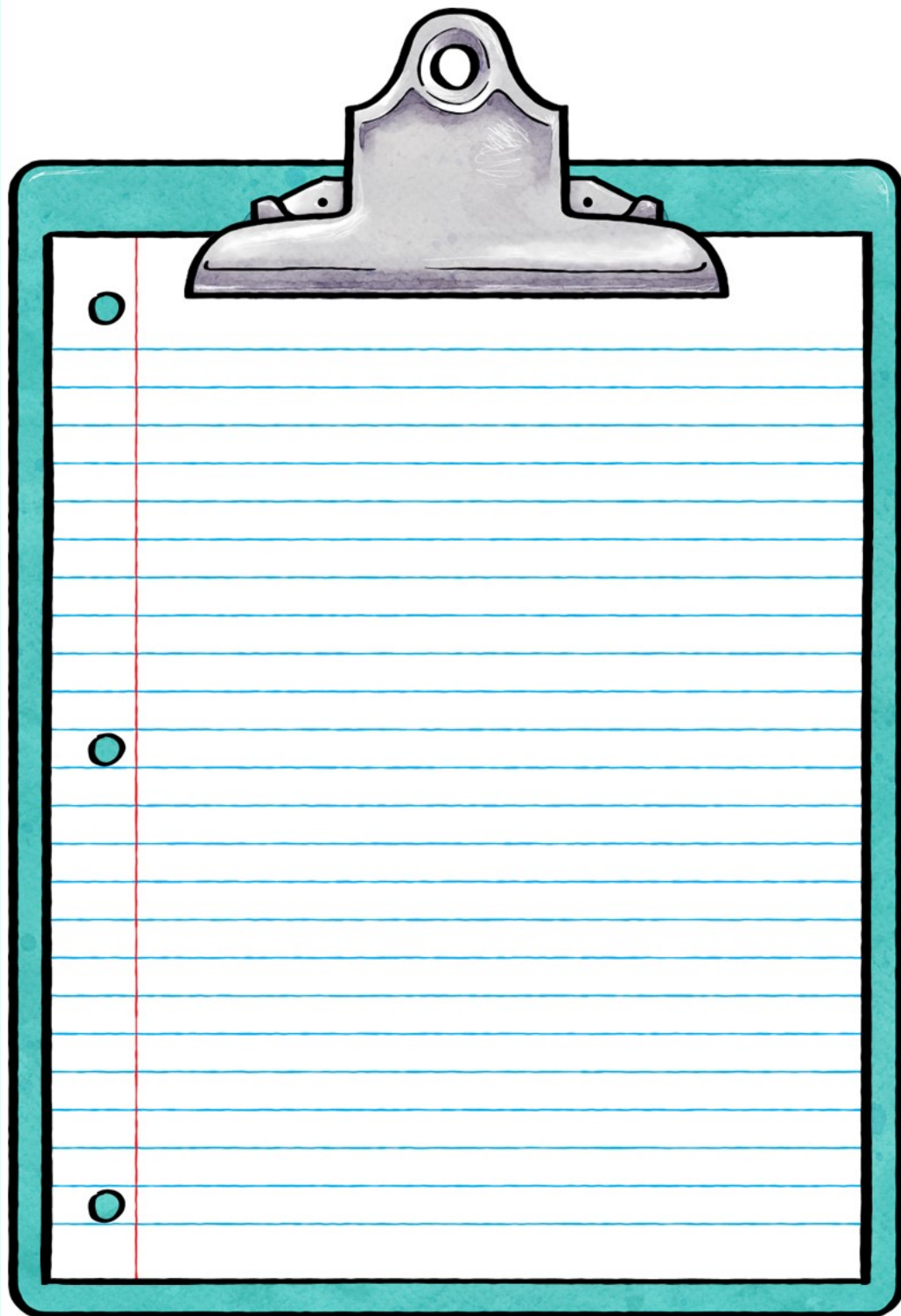
Failing.



Panicking during the test.



Running out of time.



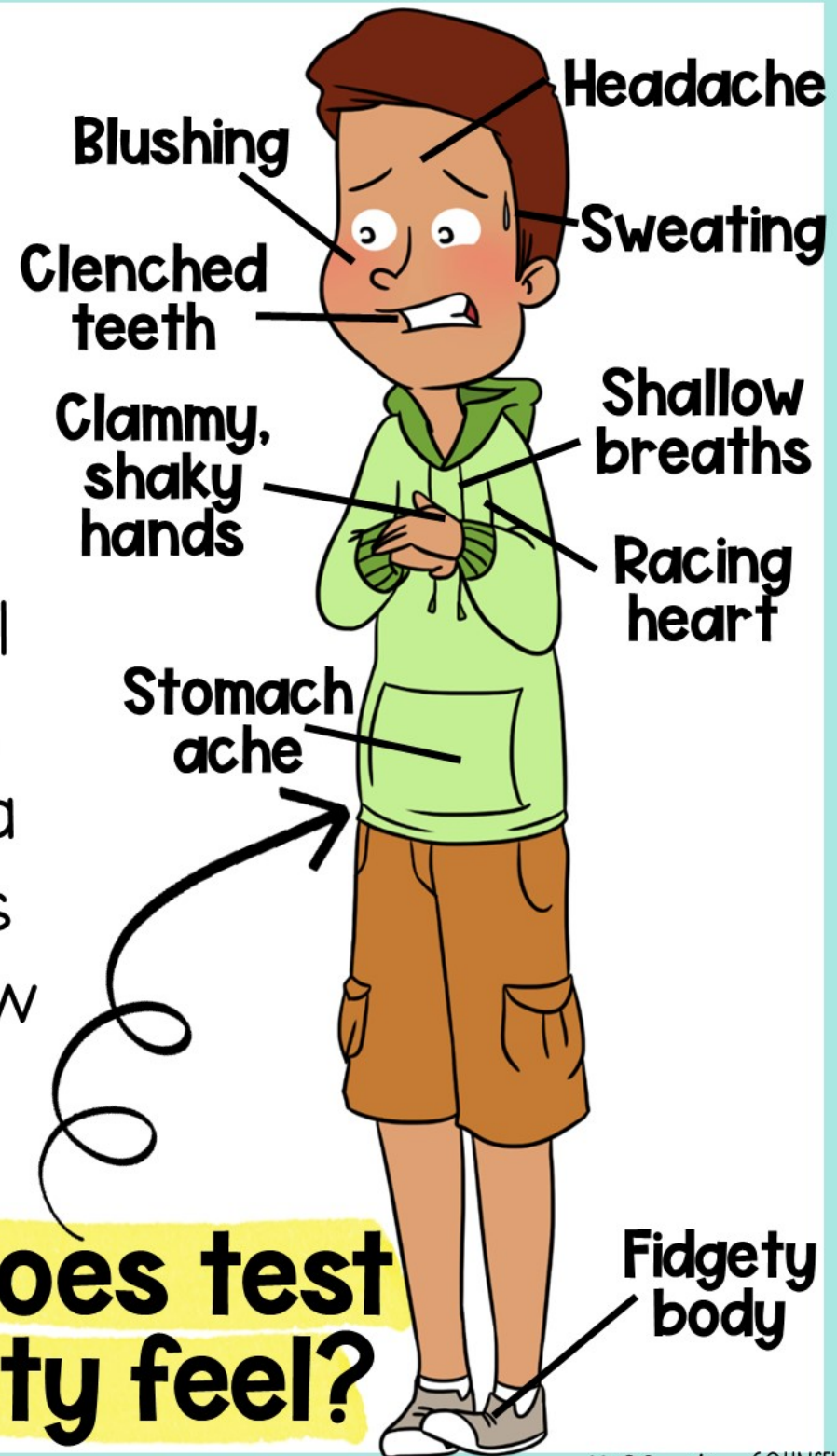
Let's share
more about our
WORRIES
about the test
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clipboard.



What is TEST ANXIETY?

Have you ever felt nervous or worried before a big test? Just about all of us have! You may feel pressured to get a certain score, fear failing, or be afraid to make a mistake. When we feel so nervous before a big test that it affects how our body feels, that is called test anxiety.

How does test anxiety feel?



Here's how to cope with **TEST ANXIETY!**



TEST ANXIETY TIP #1:

Count to 10.

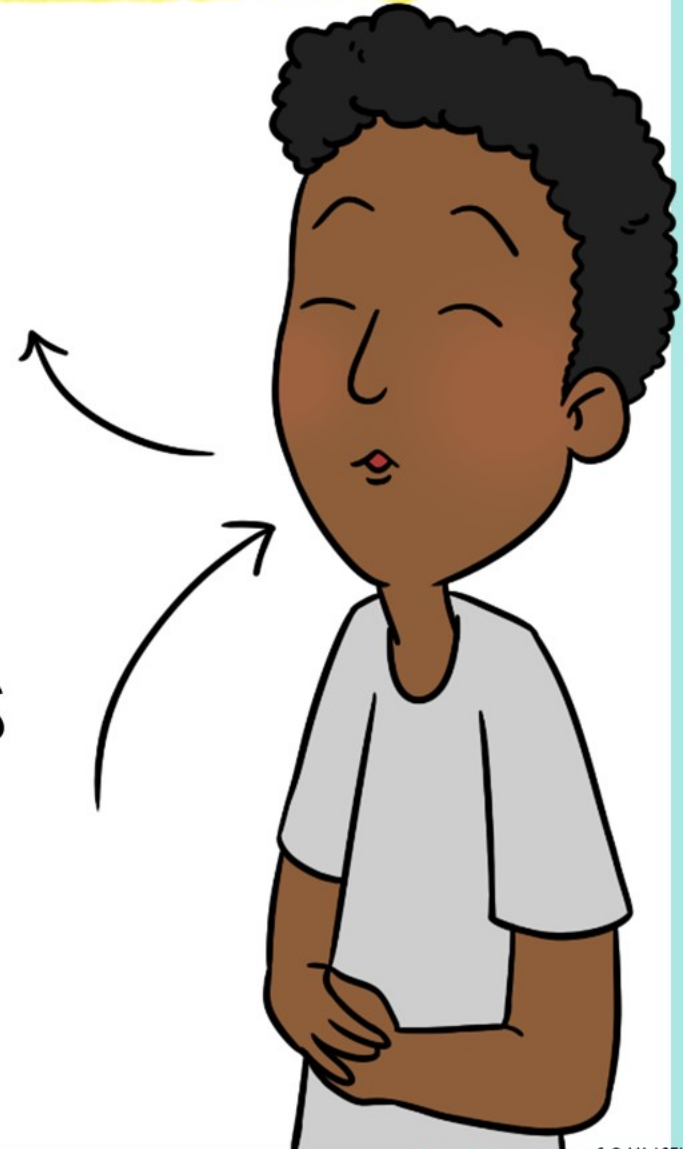
If a question is challenging, stop and count to 10. Give your brain a small break. Then, try it again.



TEST ANXIETY TIP #2:

Take deep breaths.

If nervous or worried thoughts or feelings come in, stop and take a few deep breaths. You can even imagine your worries leaving your body each time you breathe out.



TEST ANXIETY TIP #3:

Talk it out.

Talk out your feelings, thoughts, and worries about the test with a grown-up you trust.

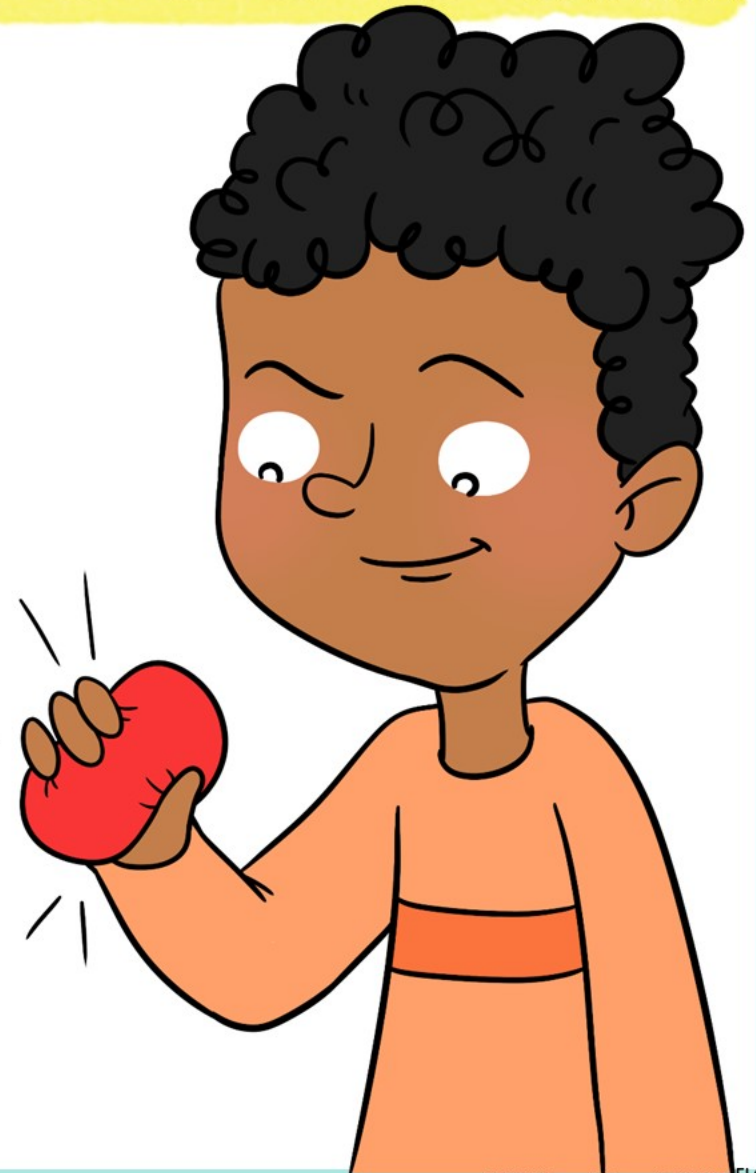
Who is a safe person that you can talk to?



TEST ANXIETY TIP #4:

Squeeze a stress ball.

When nervous energy builds up in our bodies, it can make us feel very stressed. Ease your nerves and let your anxiety out by squeezing a stress ball!



TEST ANXIETY TIP #5

Use positive self-talk.

Thinking positive thoughts and reminding yourself that you are smart, capable, and brave is so powerful! During the test, you can tell yourself:

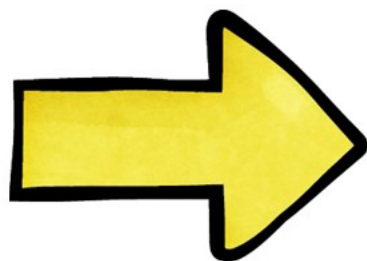
- "I can do this!"
- "I'm smart!"
- "I've got this!"
- "I will crush this test!"



POSITIVE VS. NEGATIVE SELF-TALK:

Change these negative thoughts into positive thoughts.

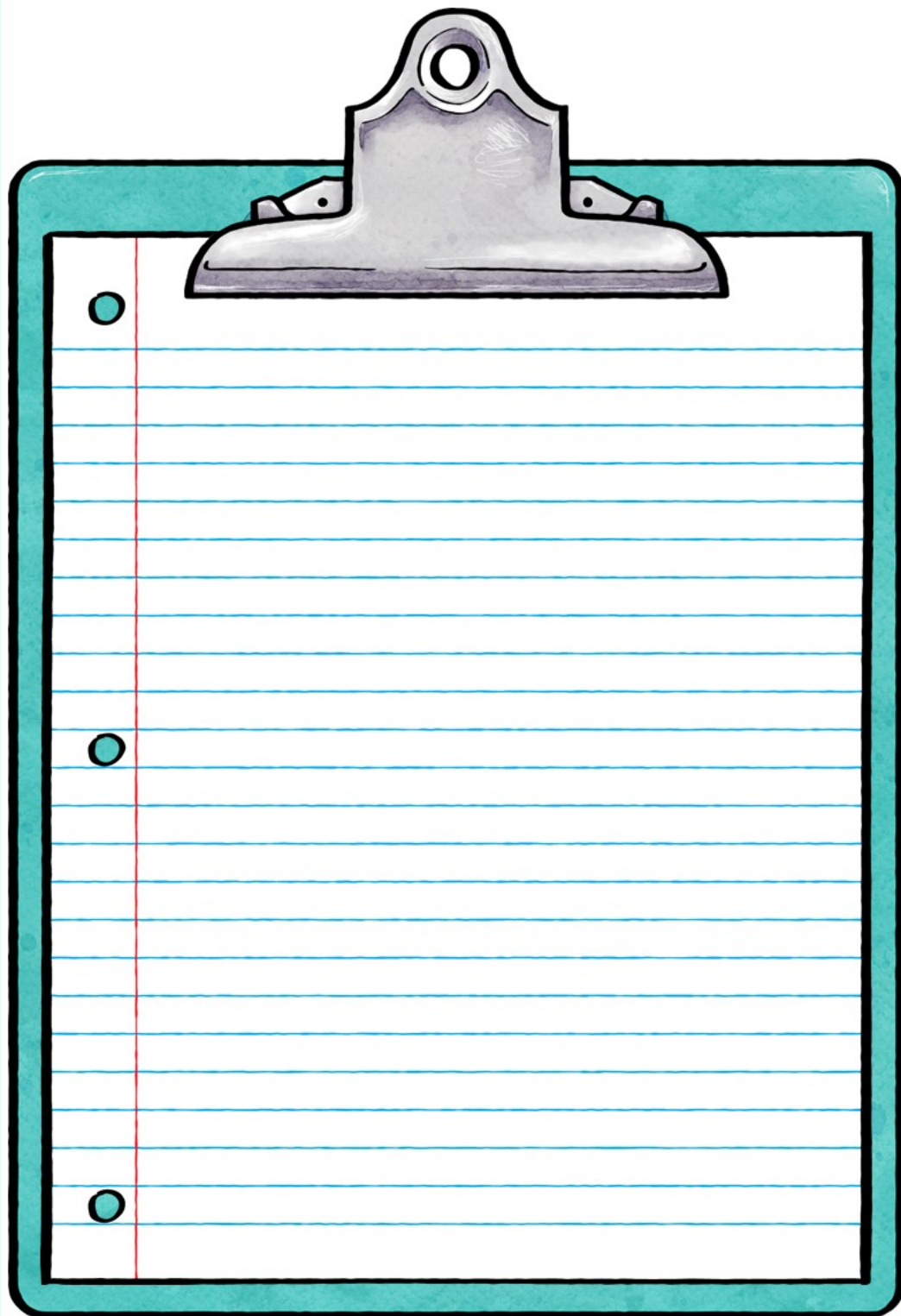
**Negative
Thoughts**



**Positive
Thoughts**



- | | |
|--------------------------------|----------|
| 1) What if I run out of time? | 1) _____ |
| 2) What if it's just too hard? | 2) _____ |
| 3) I'm not as smart as she is. | 3) _____ |
| 4) What if I'm not ready? | 4) _____ |
| 5) I know I'm going to fail. | 5) _____ |



Write more
examples of
**POSITIVE
SELF-TALK**
on the clipboard.



TEST ANXIETY TIP #6

Have a drink.



Give yourself a moment to clear your mind and fuel your body with some water.

TEST ANXIETY TIP #7

Relax in a comfy spot.

If you feel nervous the morning of the test, relax in a comfy spot and take deep breaths.



TEST ANXIETY TIP #8

Take a break.

If you feel overwhelmed during the test, take a short break. Breathe and think positive thoughts. Then, start again.



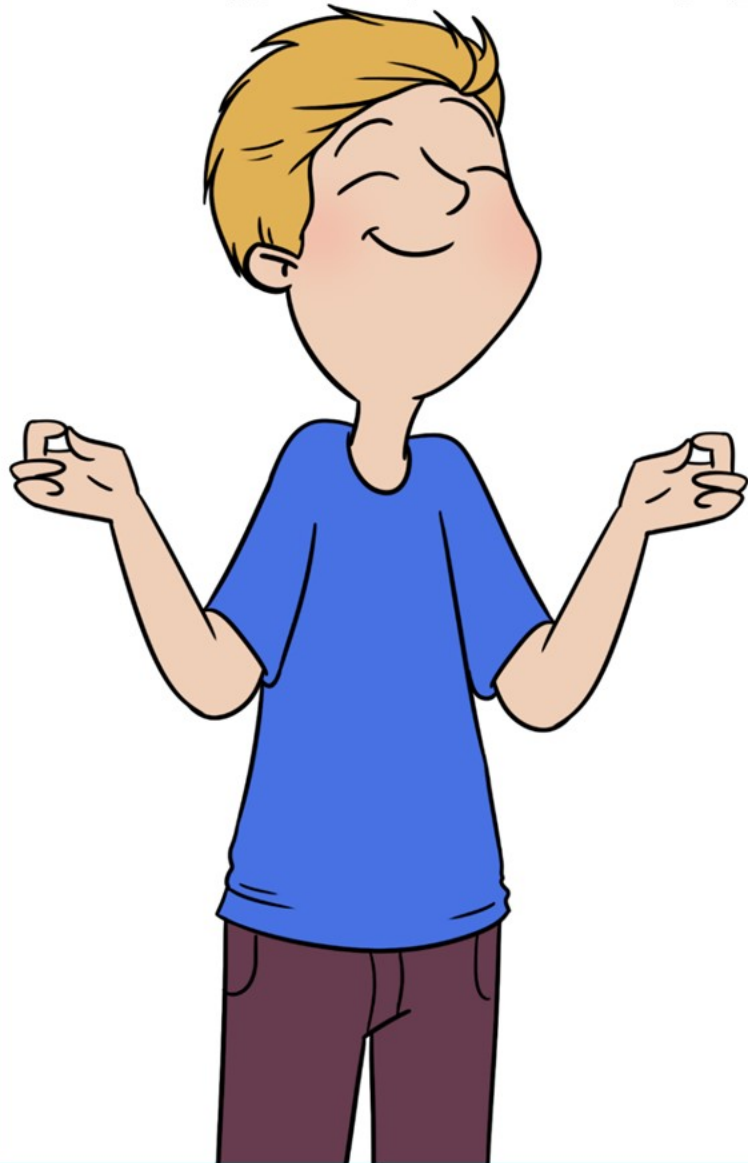
TEST ANXIETY TIP #9

Try a relaxation script.

Find a comfortable spot. Close your eyes. Ask a grown-up to read a relaxation script to calm your nerves.



Let's try a **RELAXATION SCRIPT!**



Reading a relaxation script before a test can calm your nerves and boost your confidence. Go to a place where you feel comfortable and safe. Ask a grown-up to read the script on the next page aloud to you.

It's time to RELAX!

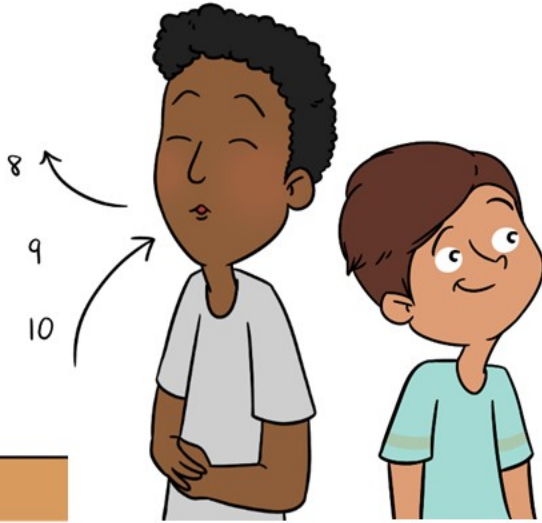
Let's close our eyes and get as comfortable as we can in our chairs. Take a deep breath in your nose and let it out slowly through your mouth. Let's try it one more time. Well done. In your mind, I'd like you to imagine that you are in a big movie theater. On the screen in front of you, you see a video 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.

MY COPING SKILLS

Circle the coping skills that you would like to practice.



Count to 10.



Take deep breaths.



Talk it out.



Squeeze a stress ball.



Positive self-talk.



Have a drink.



Relax in a comfy spot.

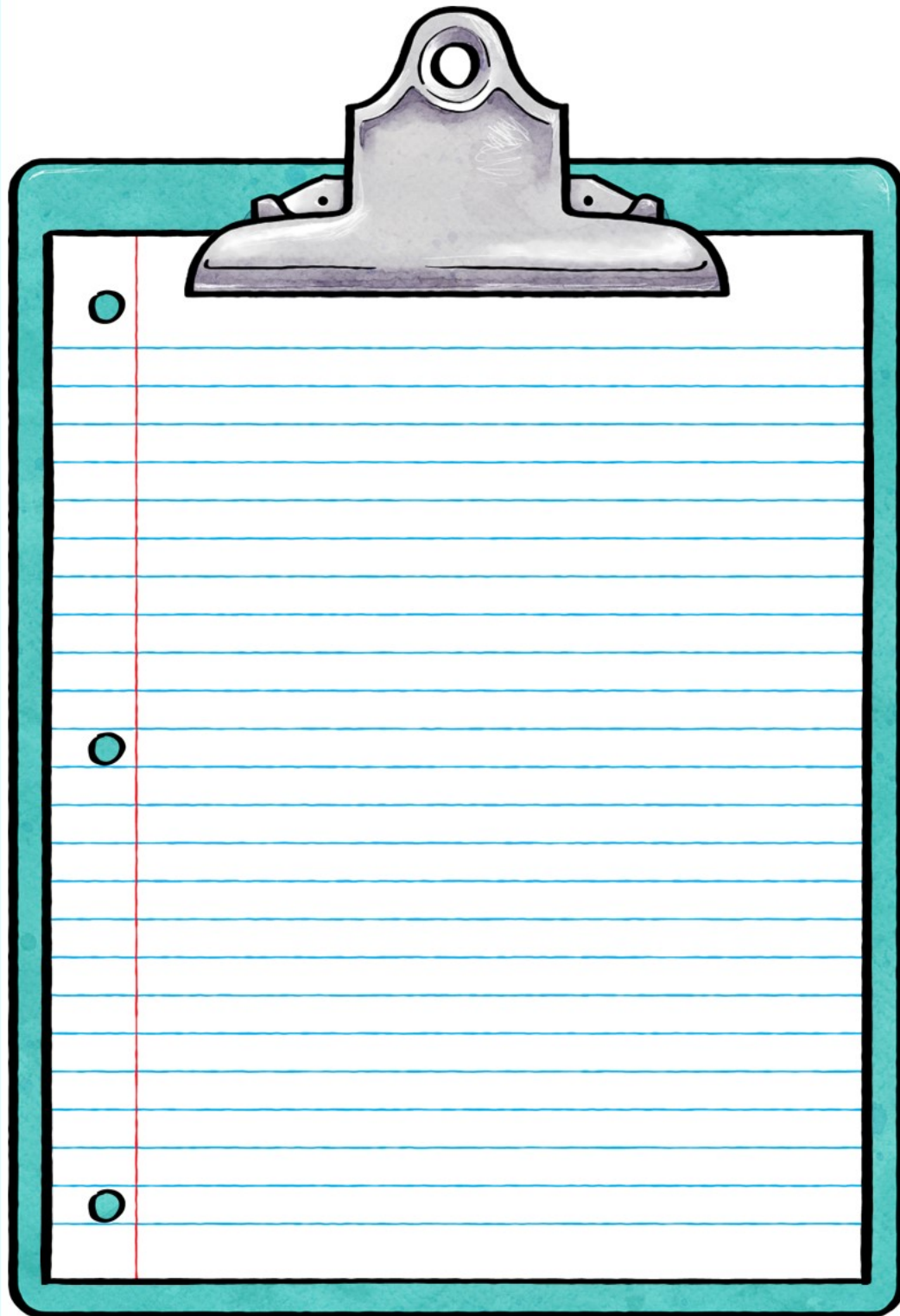


Take a break.



Try a relaxation script.

How can you use
and practice
your **COPING**
SKILLS?



Here are some helpful **TEST-TAKING TIPS!**



TEST-TAKING TIP #1

Eat a healthy breakfast.

Fuel your body and brain with the energy and focus that you need to do your best work.



TEST-TAKING TIP #2

Get a good night sleep.

Go to bed early the night before the test so that your body and brain are rested and energized.



TEST-TAKING TIP #3

It's all about YOU.

It's all about YOU!
Don't worry about your
peers' answers to test
questions, how quickly
they're working, or what
they're thinking or feeling.
Now is the time to focus
on YOU and YOUR test!



TEST-TAKING TIP #4

Use your coping skills.

It is normal to feel nervous before a big test! But, it is also important to control your feelings so that you can focus. If you feel anxious, take a quick brain break. Take a deep breath in your nose, then blow it out your mouth. Count to 10. Then, repeat this as many times as you need. You can also practice the relaxation script before the test begins!



TEST-TAKING TIP #5

Keep a steady pace.

Don't rush through questions, but also don't spend too much time on any one question. Make sure you read each question and passage thoroughly and take your time to give a thoughtful answer. Think of a test as a marathon, not a sprint.



TEST-TAKING TIP #6

Focus on key words.

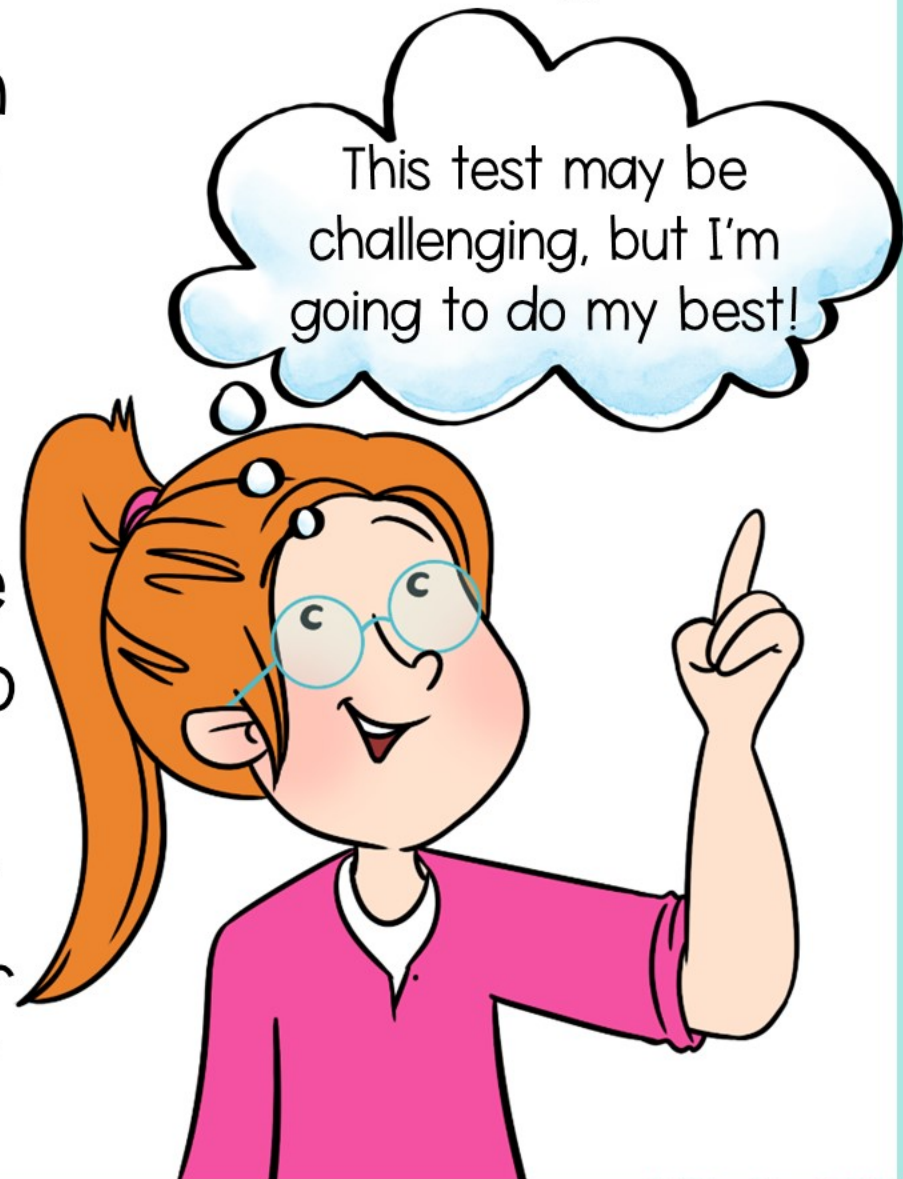
Circle the key words in the question or passage to help you find the central point and main idea. Pay special attention to tricky words like "always," "never," "not," and "sometimes." On a multiple-choice test, read each answer choice and cross out any answers that you know are incorrect.



TEST-TAKING TIP #7

Challenge negative thoughts.

Don't fall into a thinking trap: an overly negative, unrealistic way of seeing things! Try to change your anxious, worried thoughts into positive ones. For example, instead of thinking, "I'm horrible at math – I'm definitely going to fail this test!" Think, "This test may be challenging for me, but I've been practicing this all year and I am going to do my best!"



TEST-TAKING TIP #8

Check your work.

Make sure to check your work for mistakes and give the most challenging questions some more thought and effort. You can usually trust your gut and the first answer you chose, but if you read a question again and feel the need to change it, go ahead! If a question is just too hard, make your best guess and move on!



MY TEST-TAKING TIPS

Circle the test-taking skills that are most helpful to you.



Eat a healthy breakfast.



Get a good night sleep.



Focus on YOU.



Use coping skills.



Keep a steady pace.



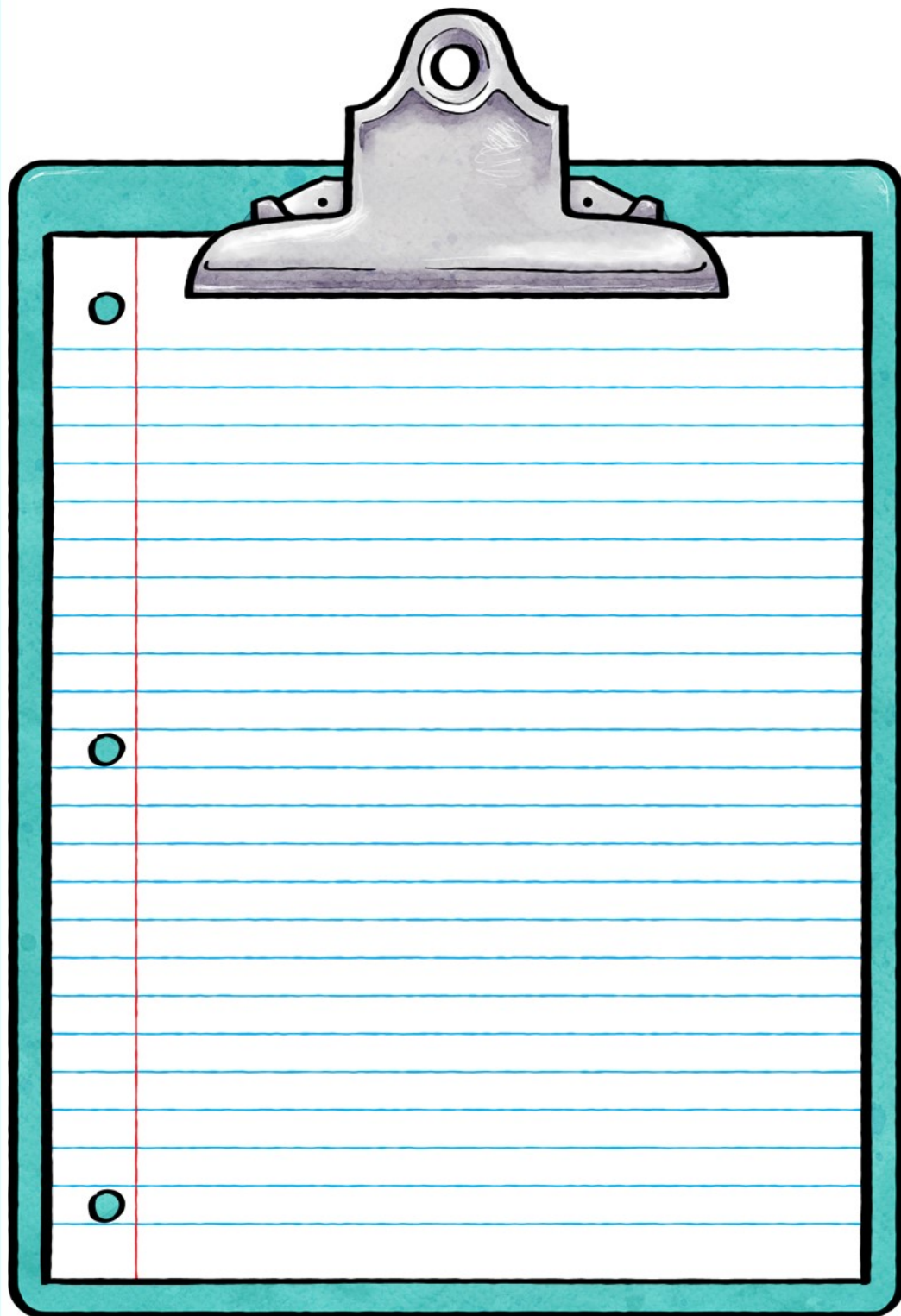
Focus on key words.



Challenge negative thoughts.



Check your work.



How can you use
and practice
these **TEST-
TAKING TIPS?**



MY PLAN FOR SUCCESS for the big test!

To prepare for the test, I will...



My bedtime routine the night before
the test will look like...



My routine the morning of the test
will look like...



MY PLAN FOR SUCCESS for the big test!

To stay calm during the test, I will...



During the test, I will think positive thoughts such as...

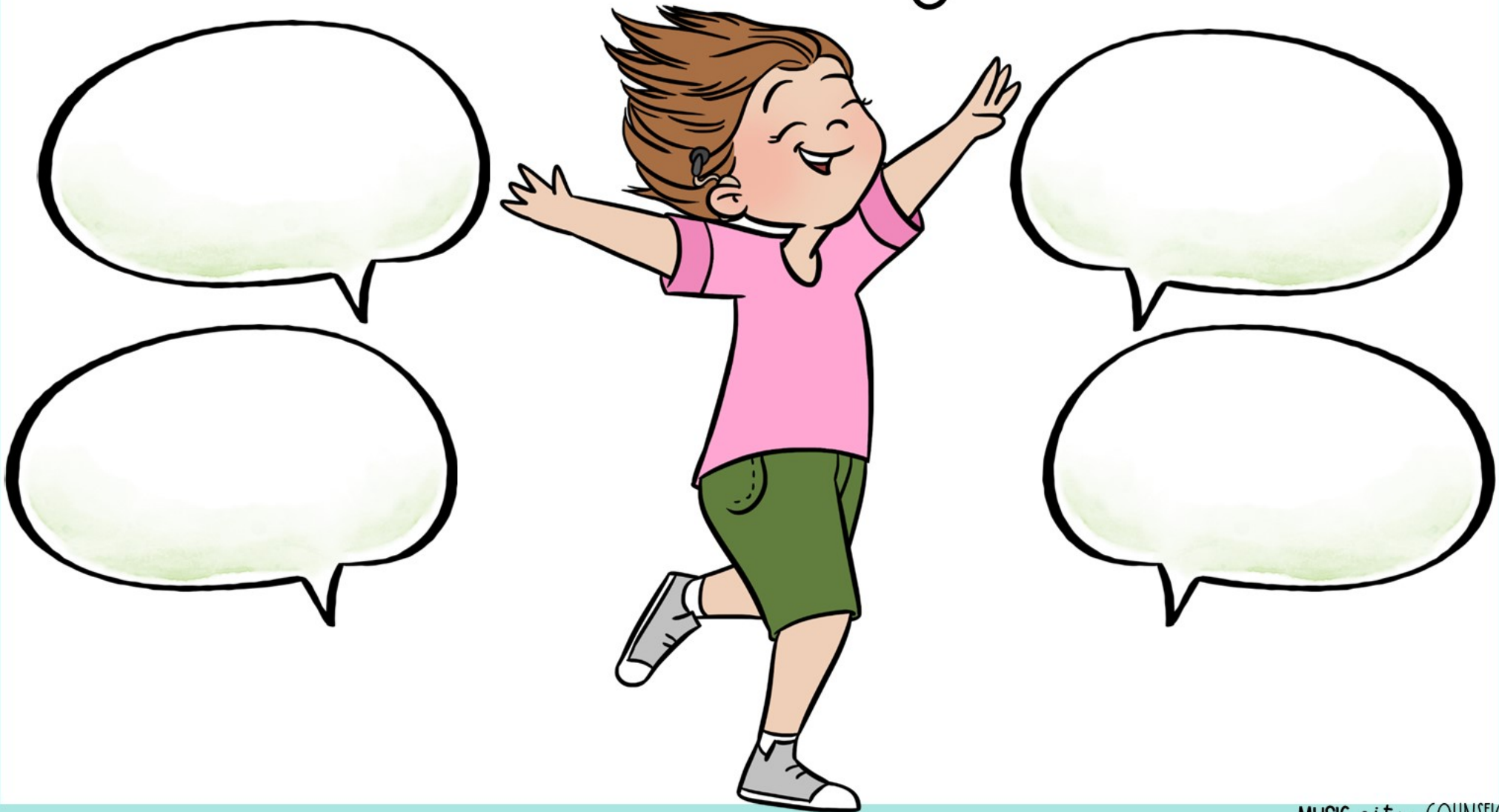


During the test, I will focus on...



Ways that I SHINE!

Write on the bubbles ways that you SHINE and are a strong test taker.



Ways that I can GROW!

Write on the bubbles ways that you can improve and GROW as a test taker.

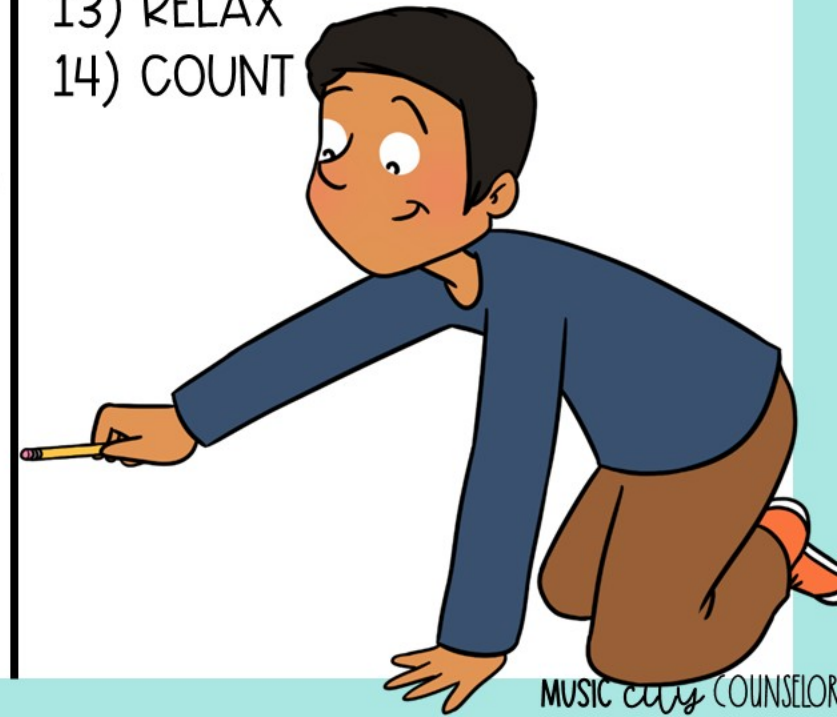


WORD SEARCH

Can you find and circle all of the test-taking tips?

B	F	M	Z	G	H	J	S	M	F	X	L	A	K	V	X	J	W	N	S
K	O	F	Z	O	T	W	C	S	Q	Y	H	Y	N	Z	H	T	G	C	T
W	C	W	J	X	T	C	O	P	I	N	G	S	K	I	L	L	S	E	R
O	U	Q	J	M	D	R	I	N	K	W	A	T	E	R	Y	K	E	H	E
S	S	J	R	E	P	A	U	E	Y	H	G	Z	E	I	R	P	Q	K	S
L	O	O	P	O	S	I	T	I	V	E	T	H	O	U	G	H	T	S	S
E	N	C	J	C	Y	S	R	Z	L	A	X	H	Q	R	F	C	Y	K	B
E	Y	C	W	H	W	T	Y	S	L	L	Y	T	H	X	G	C	H	A	A
P	O	H	A	E	M	A	U	O	R	T	E	N	N	B	T	J	O	W	L
K	U	E	C	C	O	K	N	L	A	H	S	Z	E	R	H	X	Y	Y	L
E	G	C	O	K	Q	E	J	N	X	Y	T	U	B	E	C	C	T	X	W
Y	V	K	U	Y	V	B	M	Z	N	B	E	J	A	A	F	M	U	A	X
W	W	Y	N	O	F	R	R	E	P	R	A	Z	R	T	L	E	M	M	W
O	G	O	T	U	Y	E	E	V	H	E	D	Z	J	H	P	C	I	Y	Y
R	E	U	G	R	A	A	L	V	R	A	Y	P	K	E	G	X	B	W	S
D	I	R	H	W	P	K	A	R	J	K	P	W	C	V	N	X	H	D	V
S	V	W	B	O	D	S	X	O	L	F	A	A	Q	C	W	M	X	O	A
Z	O	O	U	R	K	X	V	Z	O	A	C	L	D	J	F	E	P	T	F
C	Q	R	C	K	P	D	D	Y	C	S	E	U	U	U	T	S	N	E	O
O	Z	K	W	D	O	J	J	S	U	T	C	Q	Q	B	X	B	J	P	P

- 1) HEALTHY BREAKFAST
- 2) COPING SKILLS
- 3) STRESS BALL
- 4) STEADY PACE
- 5) POSITIVE THOUGHTS
- 6) DRINK WATER
- 7) KEY WORDS
- 8) SLEEP
- 9) CHECK YOUR WORK
- 10) BREATHE
- 11) FOCUS ON YOU
- 12) TAKE BREAKS
- 13) RELAX
- 14) COUNT



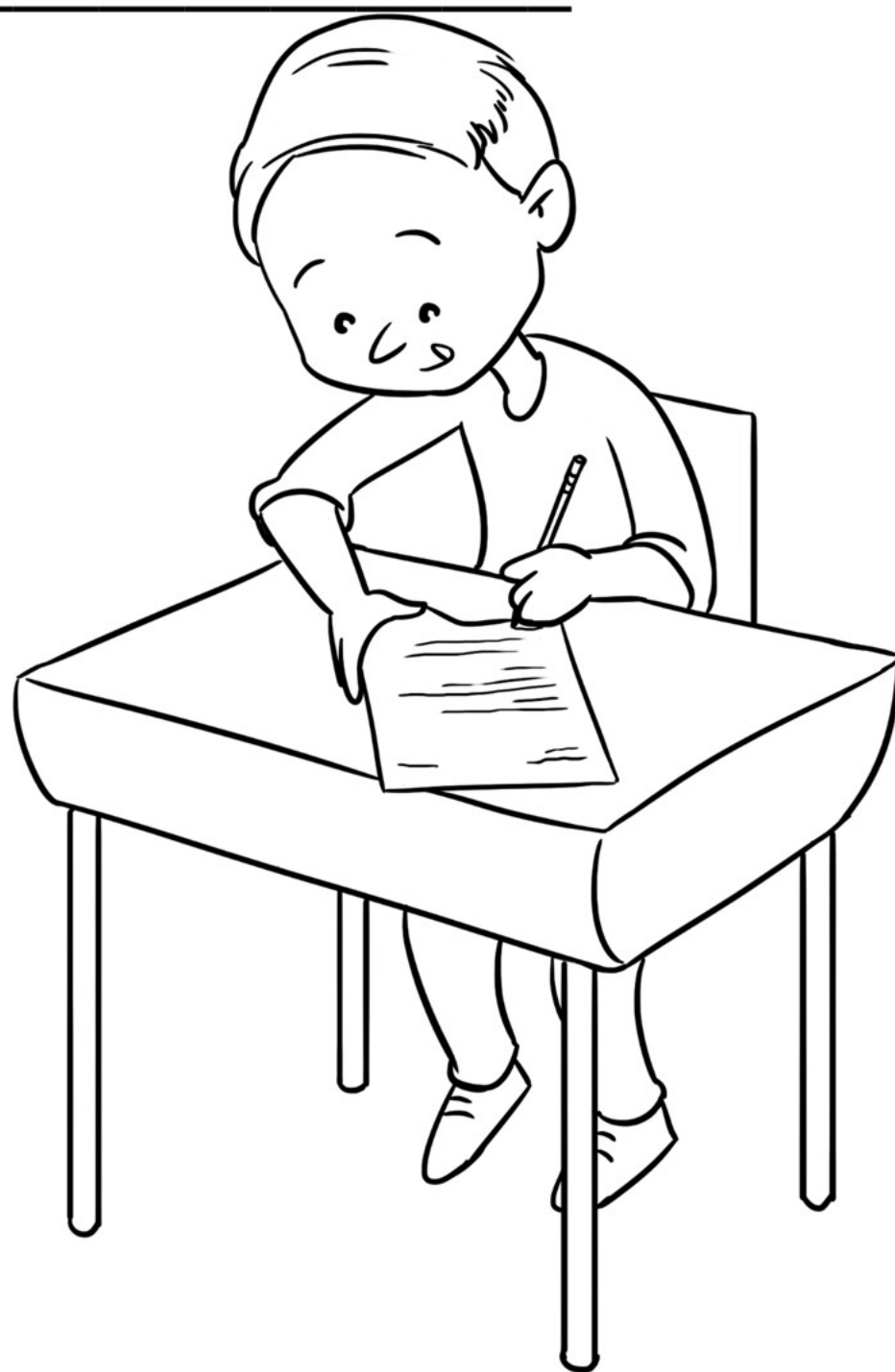
BEST
wishes to you
on the
TEST!



**Black &
White**

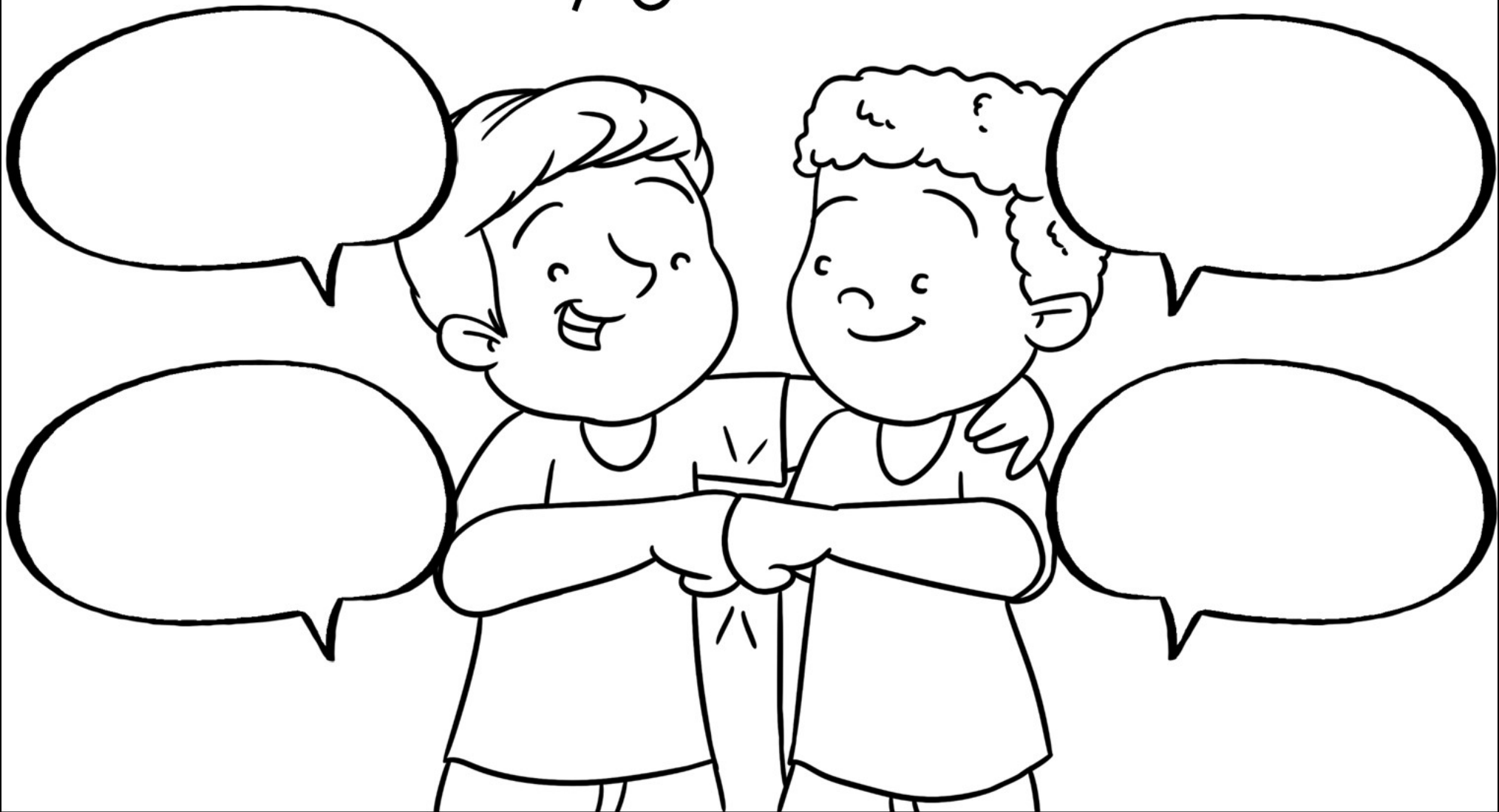
Name: _____

Let's do our
BEST
on the
TEST!



I can achieve my **GOALS!**

Write in the bubbles specific, realistic,
and timely goals for the test.



MY FEELINGS:

Circle your feelings about the test below.



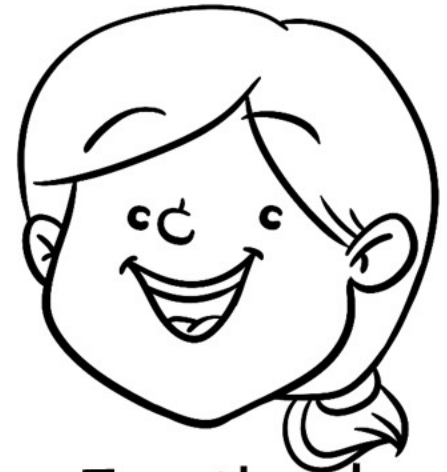
Angry



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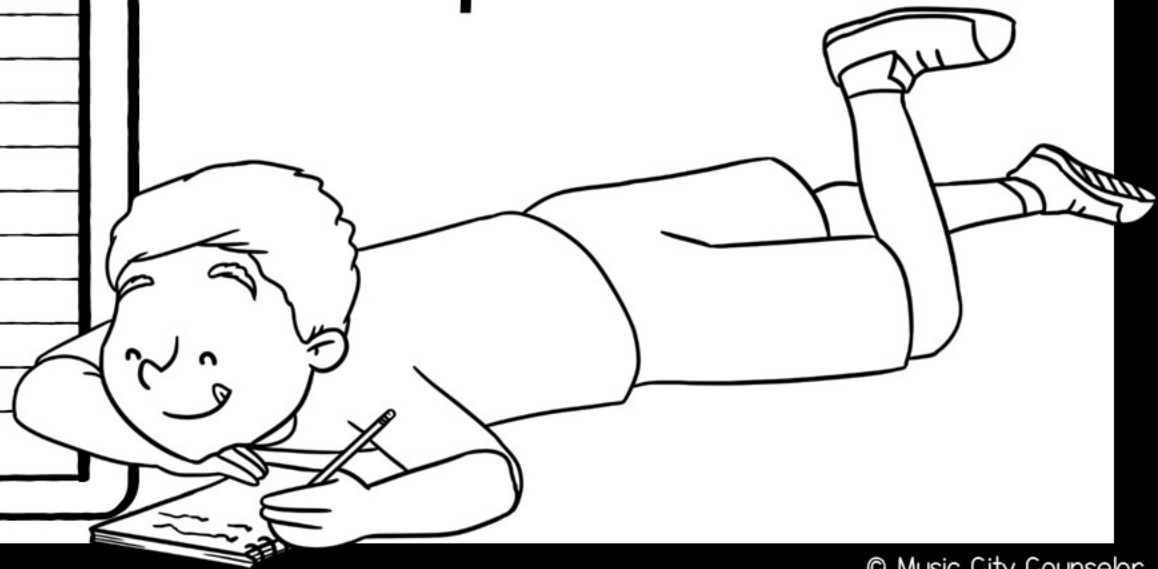
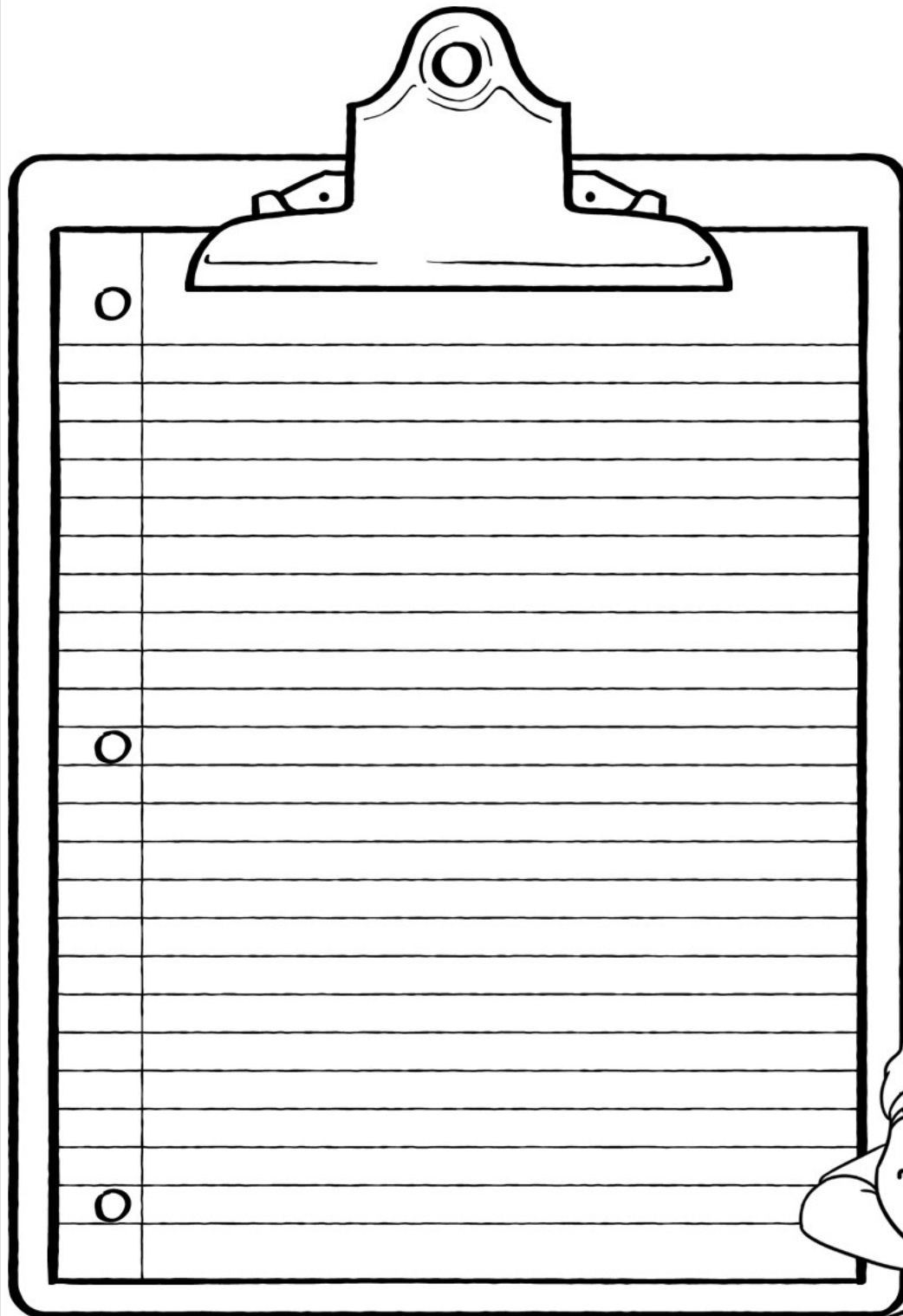


Stressed



Worried

Let's share
more about our
FEELINGS
about the test
on the
clipboard.



MY WORRIES:

Circle your worries about the test below.



My mind
going blank.



Disappointing
others.



Not feeling
prepared.



The questions
being too hard.



Earning the
lowest score.



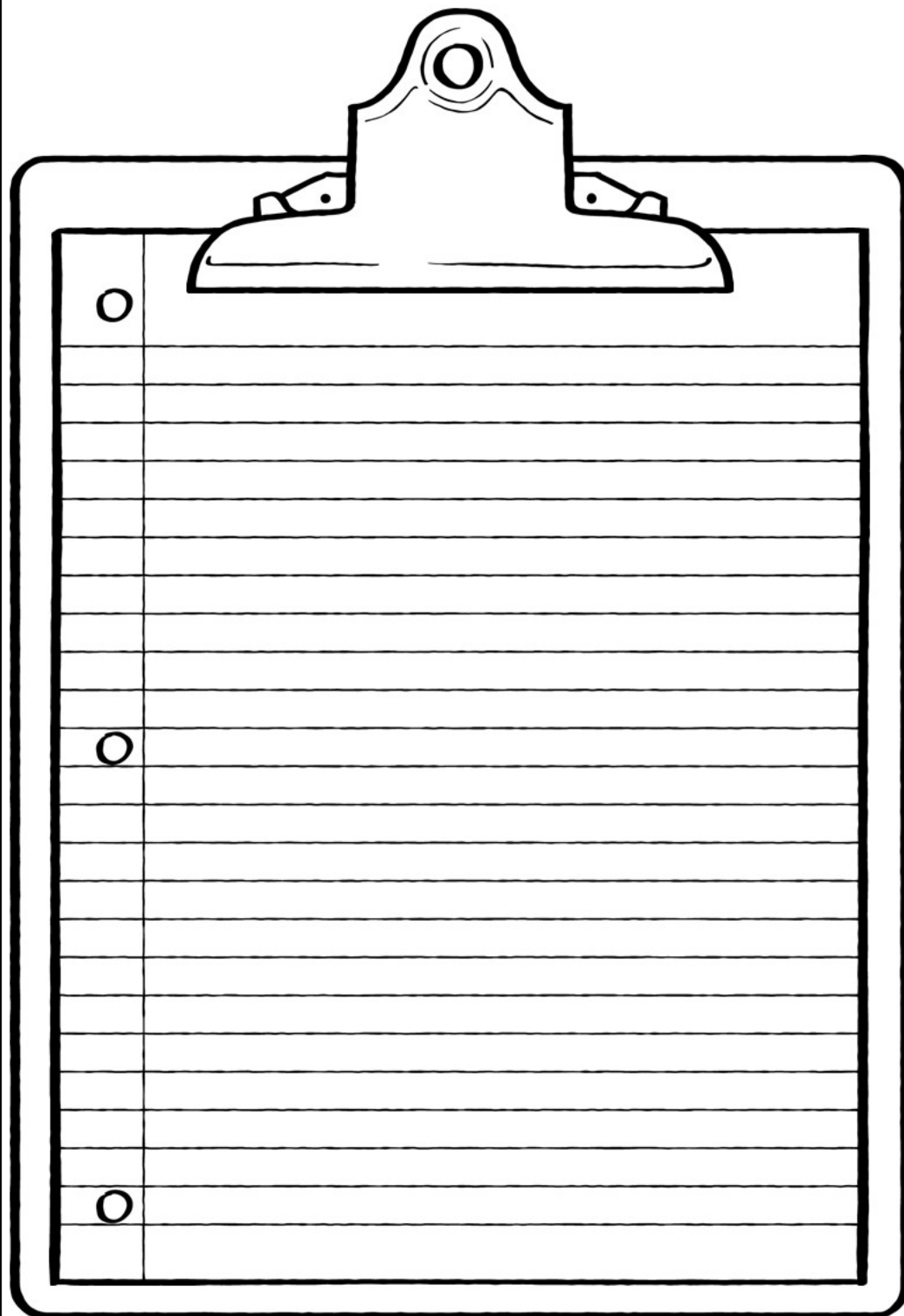
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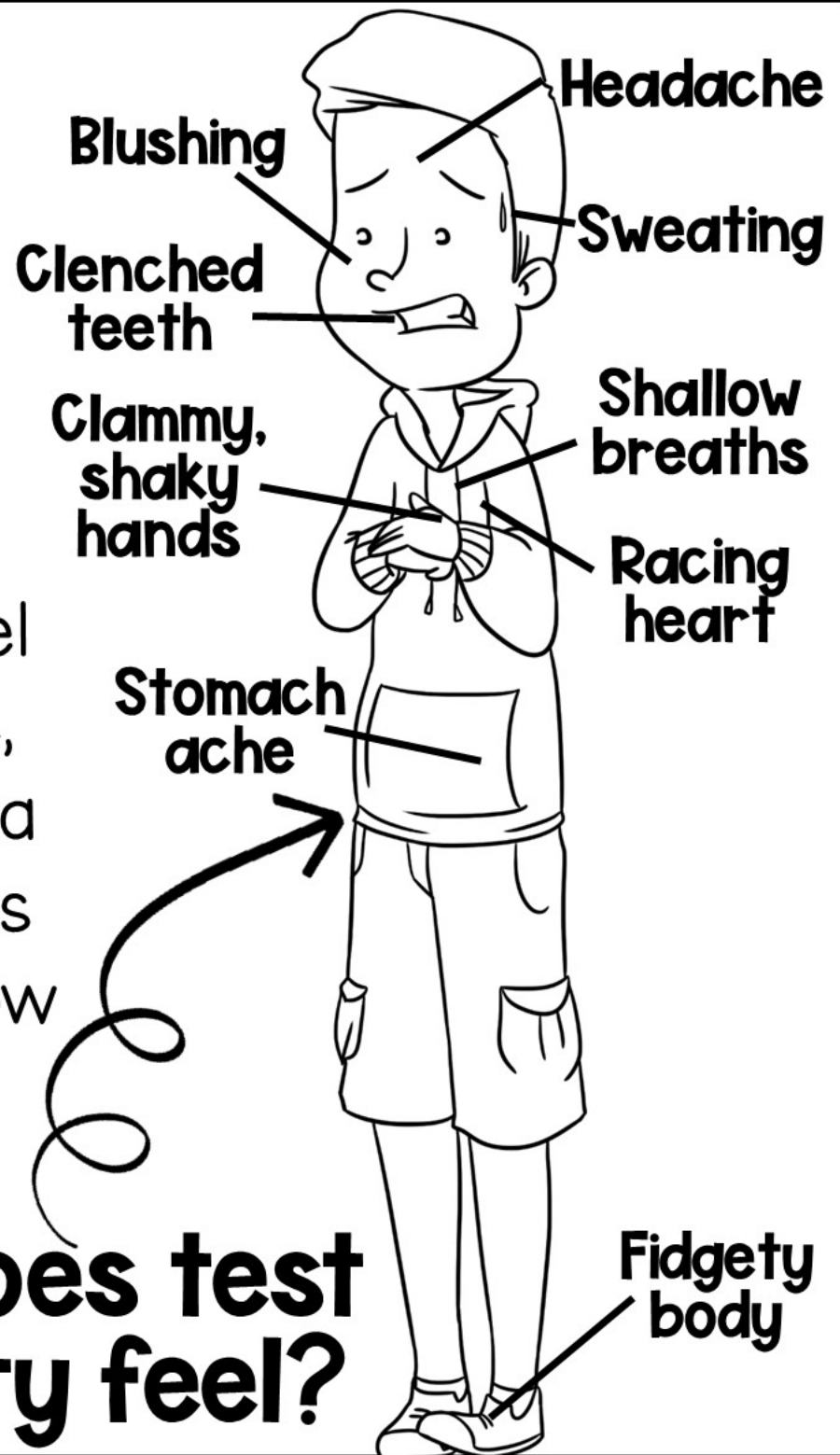
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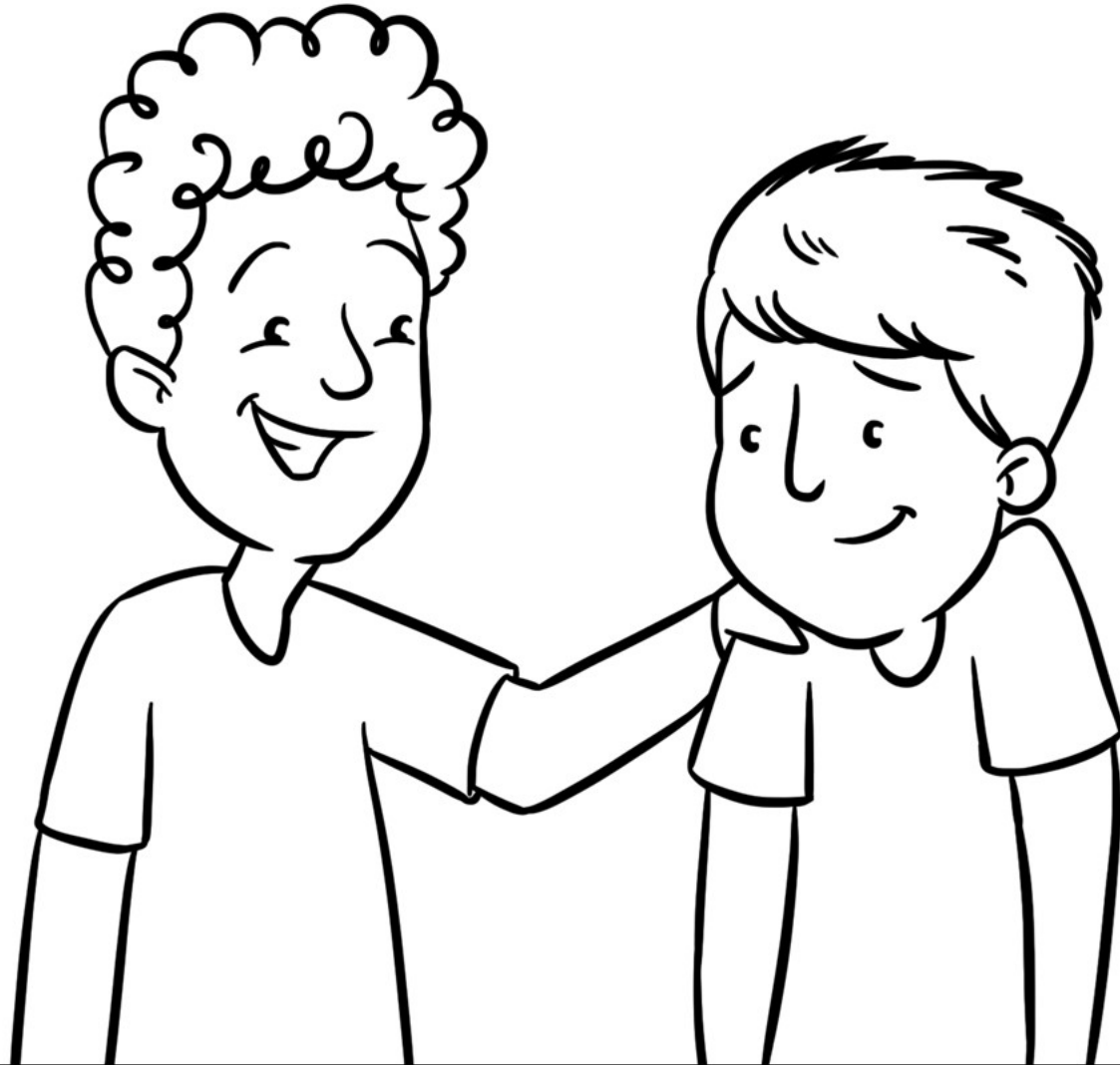
What is **TEST ANXIETY**?

Have you ever felt nervous or worried before a big test? Just about all of us have! You may feel pressured to get a certain score, fear failing, or be afraid to make a mistake. When we feel so nervous before a big test that it affects how our body feels, that is called test anxiety.

How does test anxiety feel?



Here's how to cope with **TEST ANXIETY!**



TEST ANXIETY TIP #1: Count to 10.

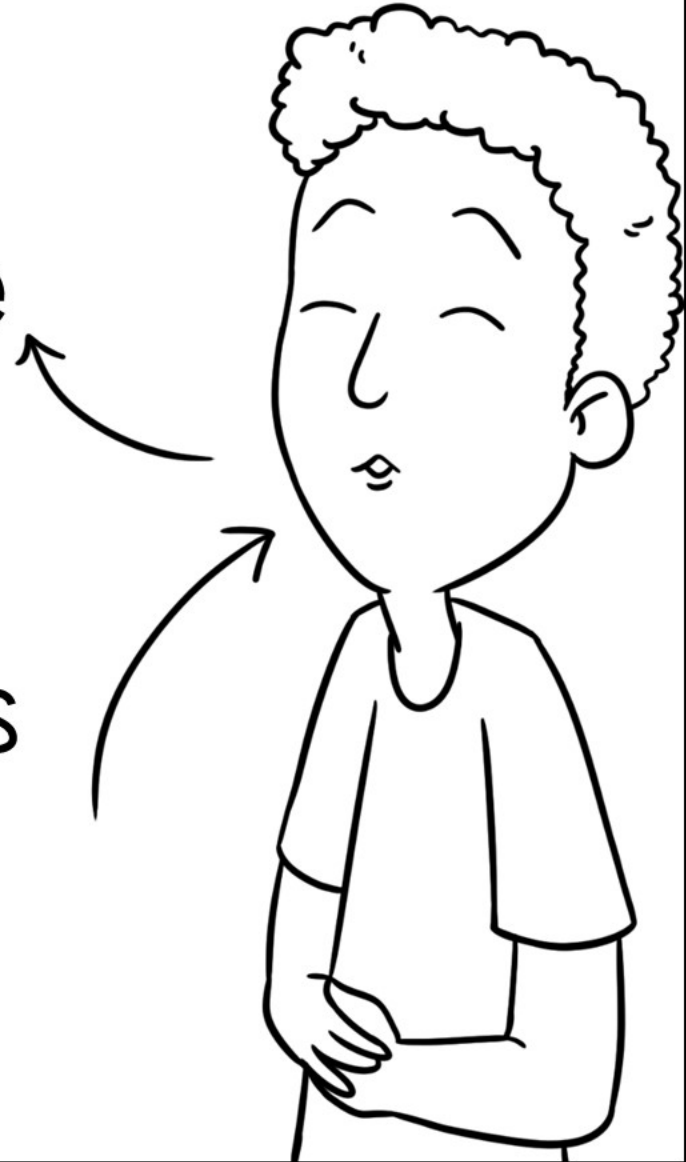
If a question is
challenging, stop
and count to 10.
Give your brain a
small break.
Then, try it again.



TEST ANXIETY TIP #2:

Take deep breaths.

If nervous or worried thoughts or feelings come in, stop and take a few deep breaths. You can even imagine your worries leaving your body each time you breathe out.



TEST ANXIETY TIP #3:

Talk it out.

Talk out your feelings, thoughts, and worries about the test with a grown-up you trust.

**Who is a safe
person that you
can talk to?**



TEST ANXIETY TIP #4: Squeeze a stress ball.

When nervous energy builds up in our bodies, it can make us feel very stressed. Ease your nerves and let your anxiety out by squeezing a stress ball!



TEST ANXIETY TIP #5

Use positive self-talk.

Thinking positive thoughts and reminding yourself that you are smart, capable, and brave is so powerful! During the test, you can tell yourself:

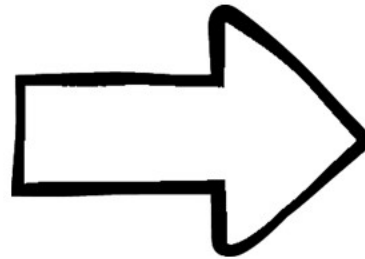
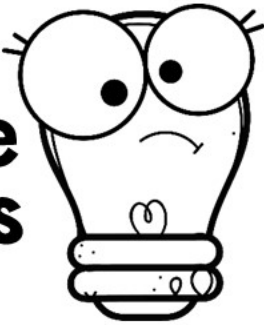
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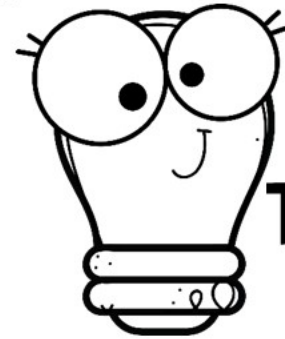
POSITIVE VS. NEGATIVE SELF-TALK:

Change these negative thoughts into positive thoughts.

**Negative
Thoughts**

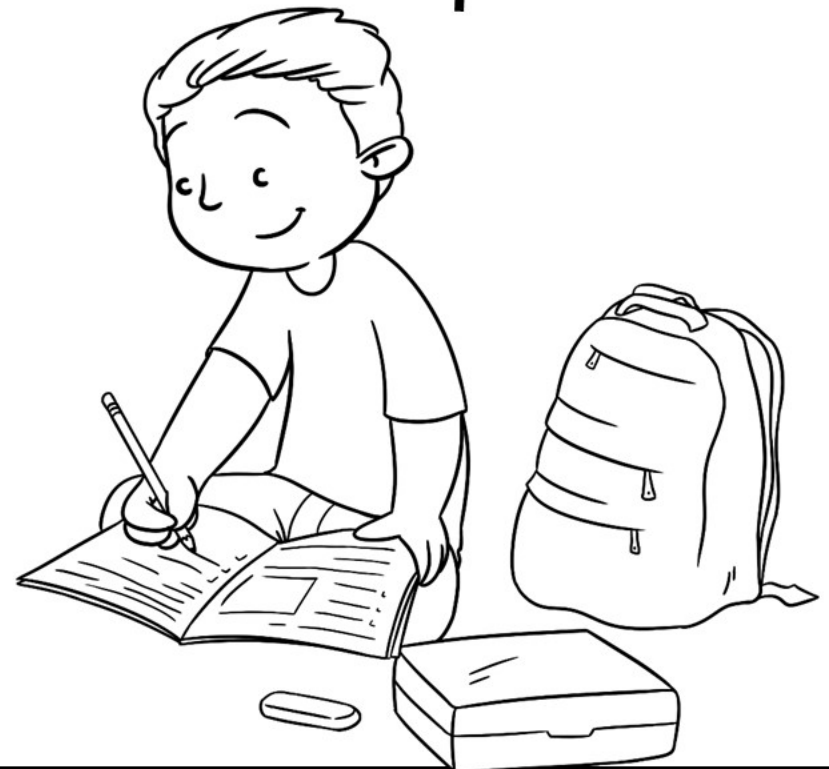
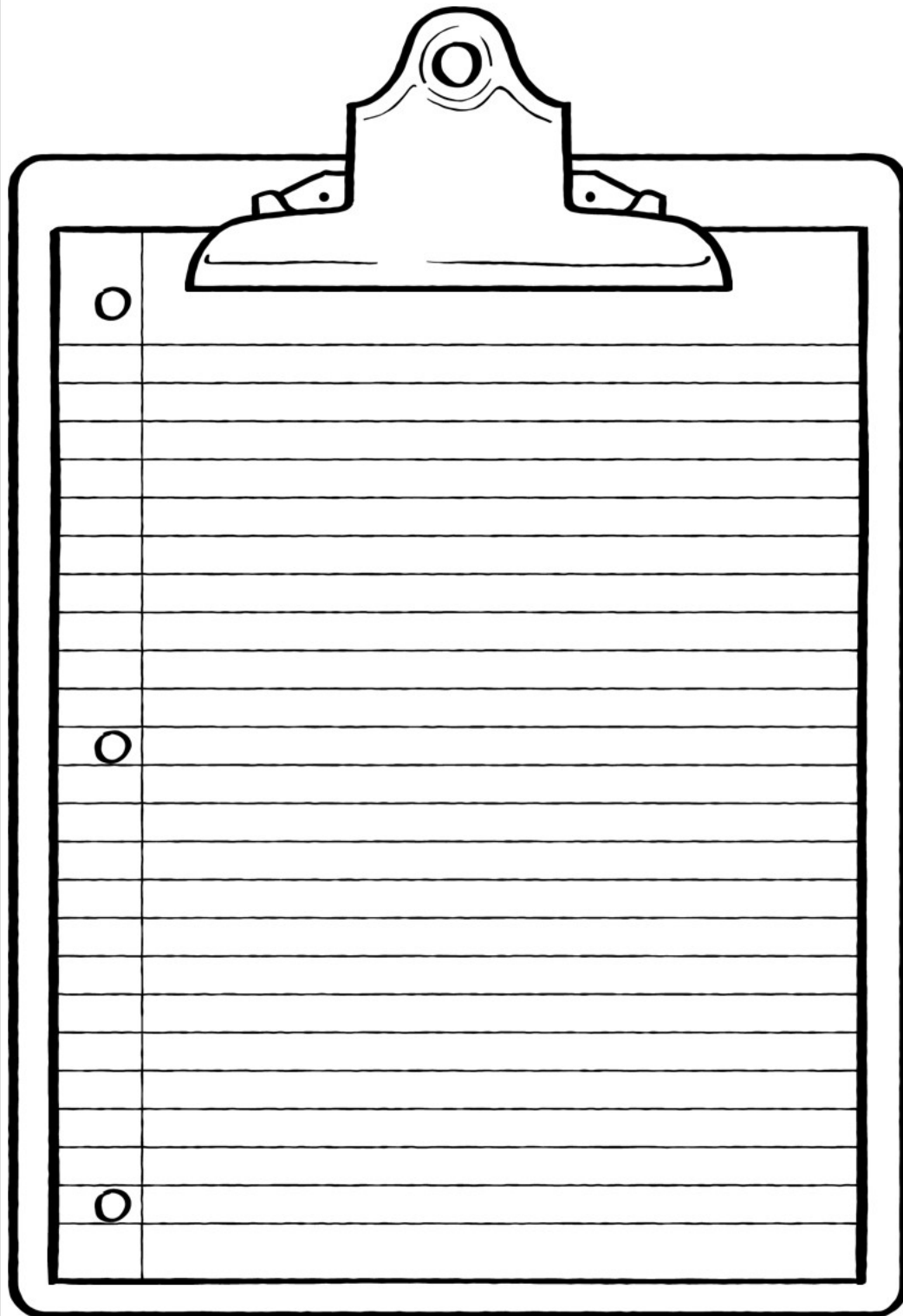


**Positive
Thoughts**



- | | |
|--------------------------------|----------|
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Write more
examples of
**POSITIVE
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TEST ANXIETY TIP #6

Have a drink.



Give yourself a moment
to clear your mind and
fuel your body with
some water.

TEST ANXIETY TIP #7

Relax in a comfy spot.

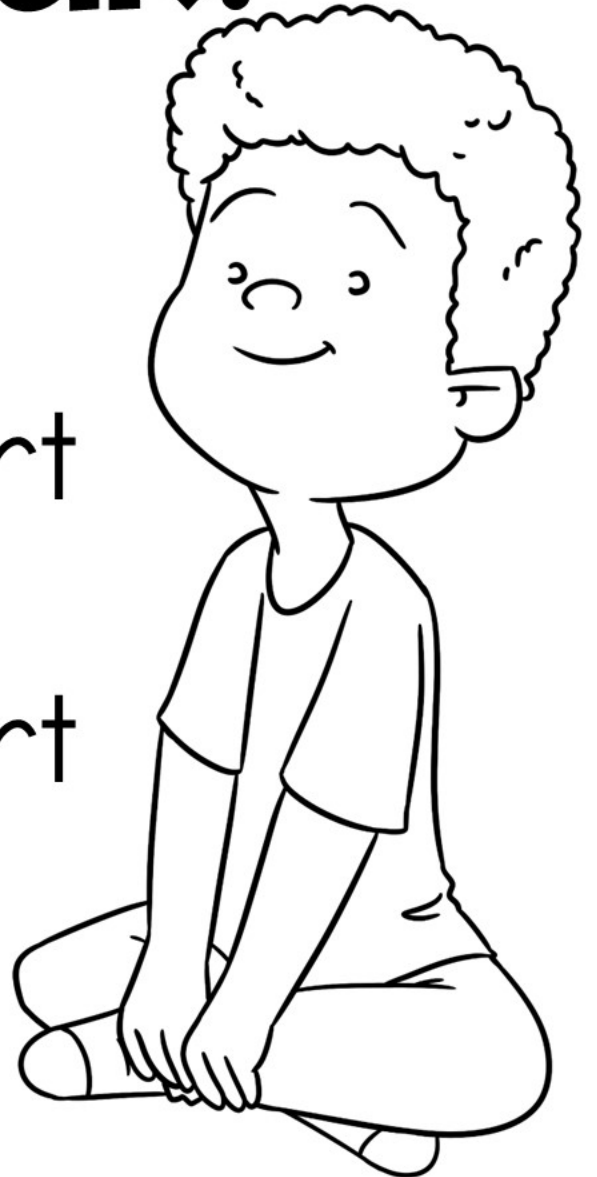
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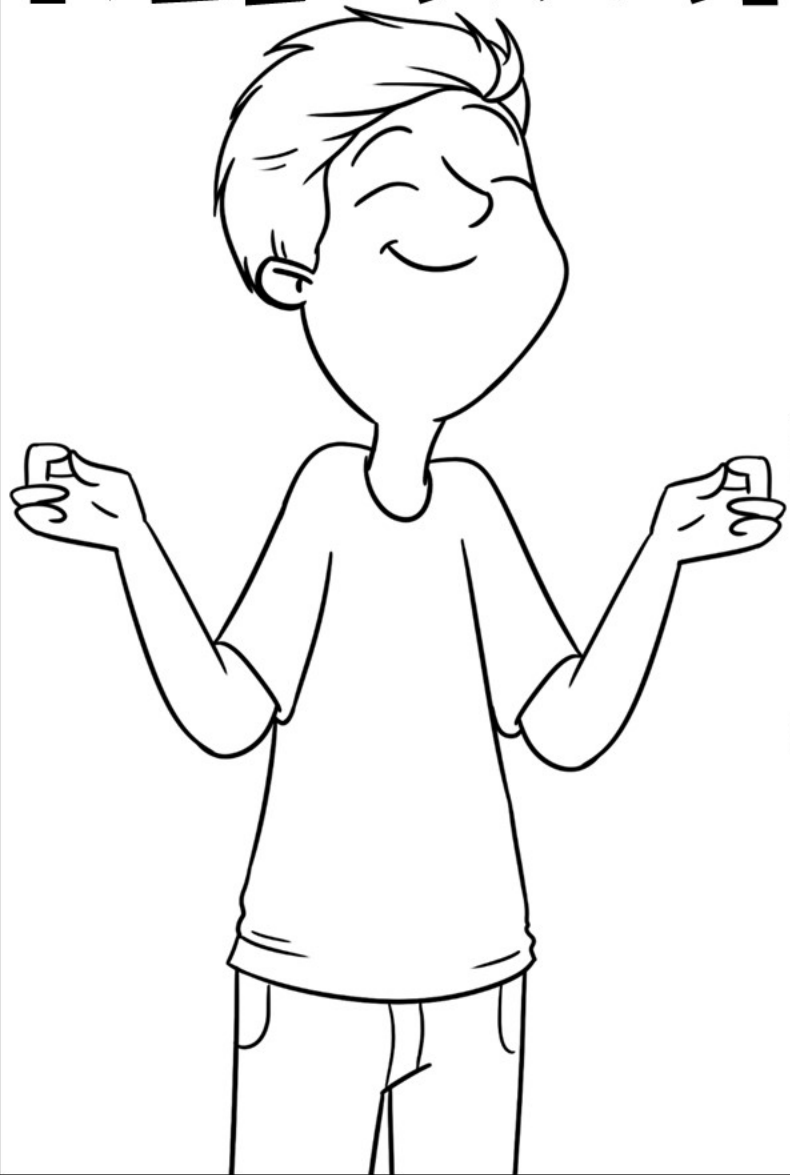
TEST ANXIETY TIP #9

Try a relaxation script.

Find a comfortable spot. Close your eyes. Ask a grown-up to read a relaxation script to calm your nerves.



Let's try a **RELAXATION SCRIPT!**



Reading a relaxation script before a test can calm your nerves and boost your confidence. Go to a place where you feel comfortable and safe. Ask a grown-up to read the script on the next page aloud to you.

It's time to **RELAX!**

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 big movie theater. On the 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.

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Positive self-talk.

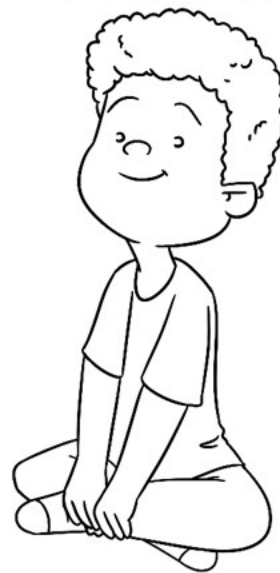


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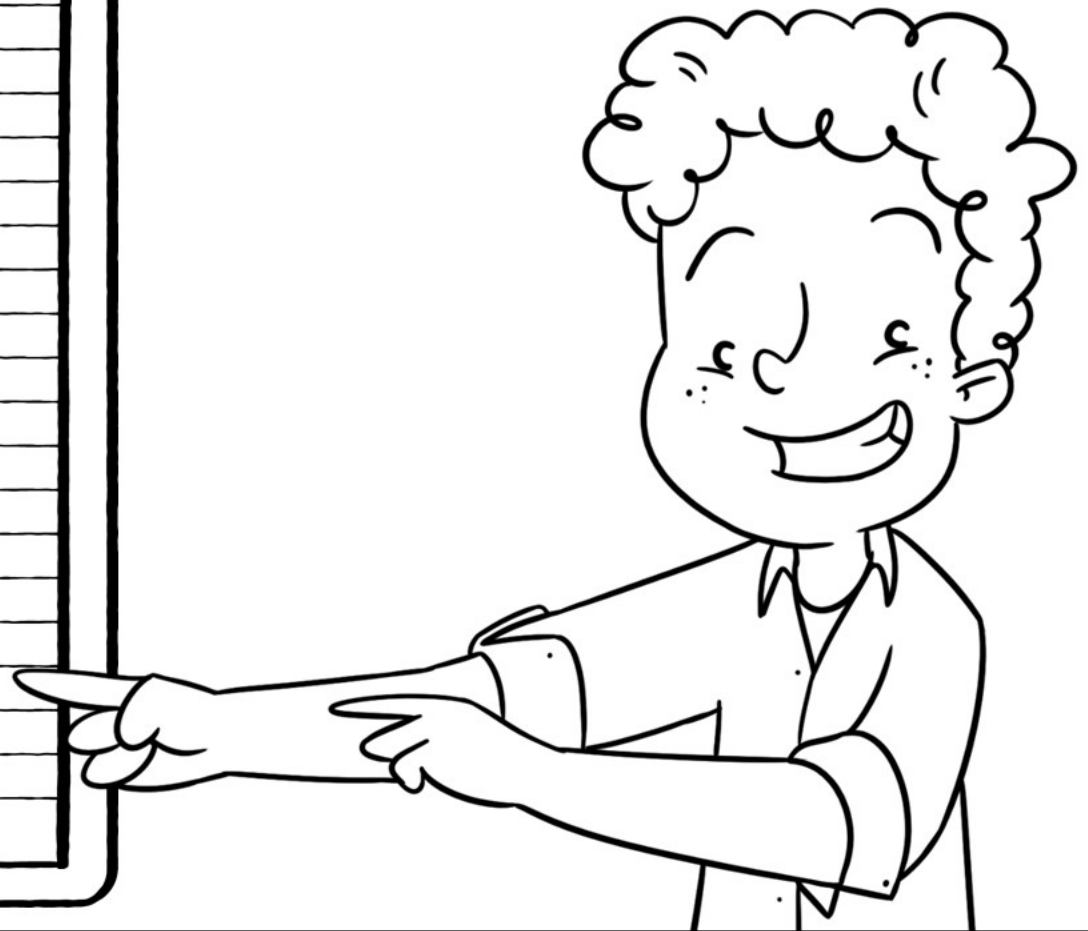
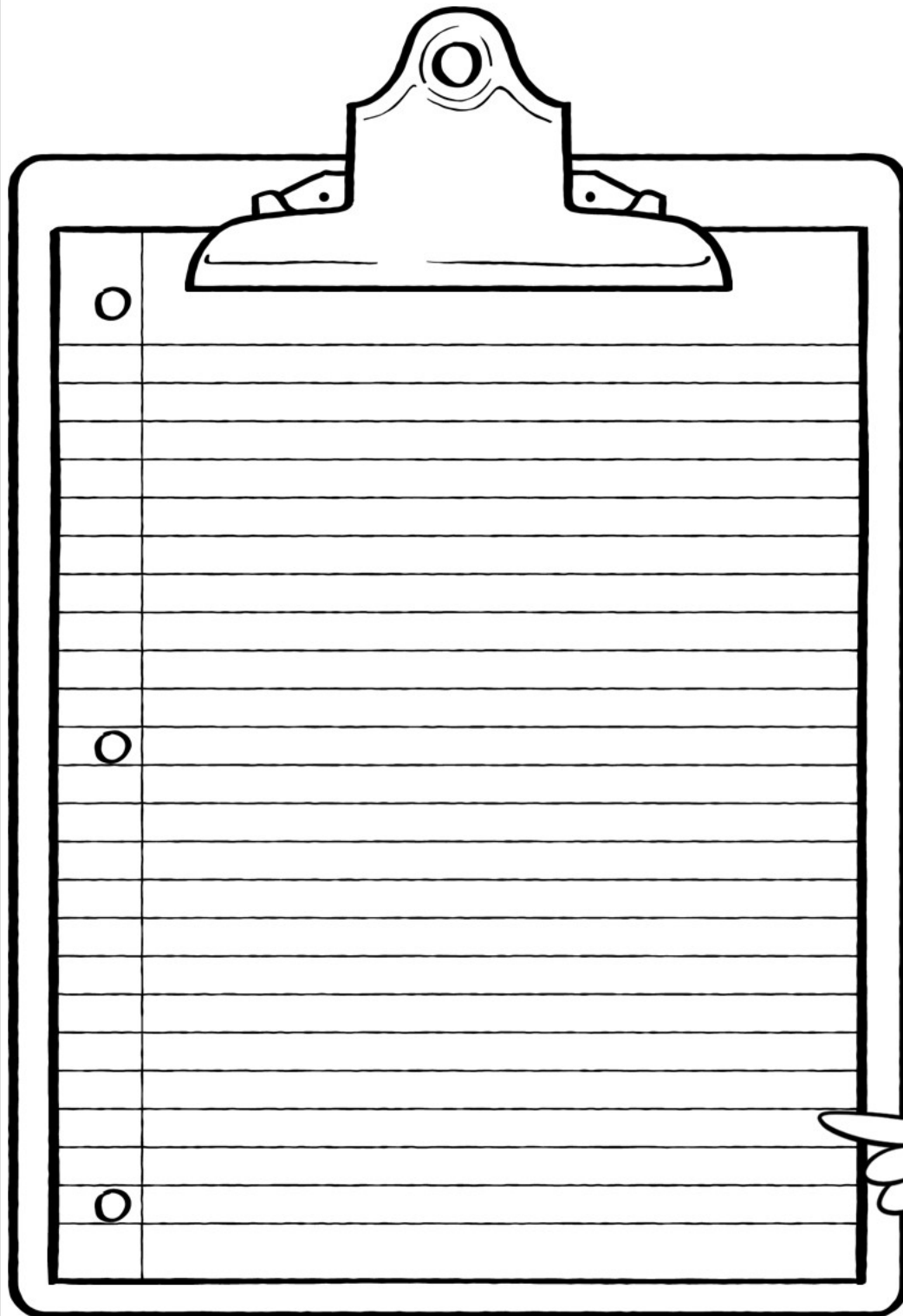


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TEST-TAKING TIP #4

Use your coping skills.

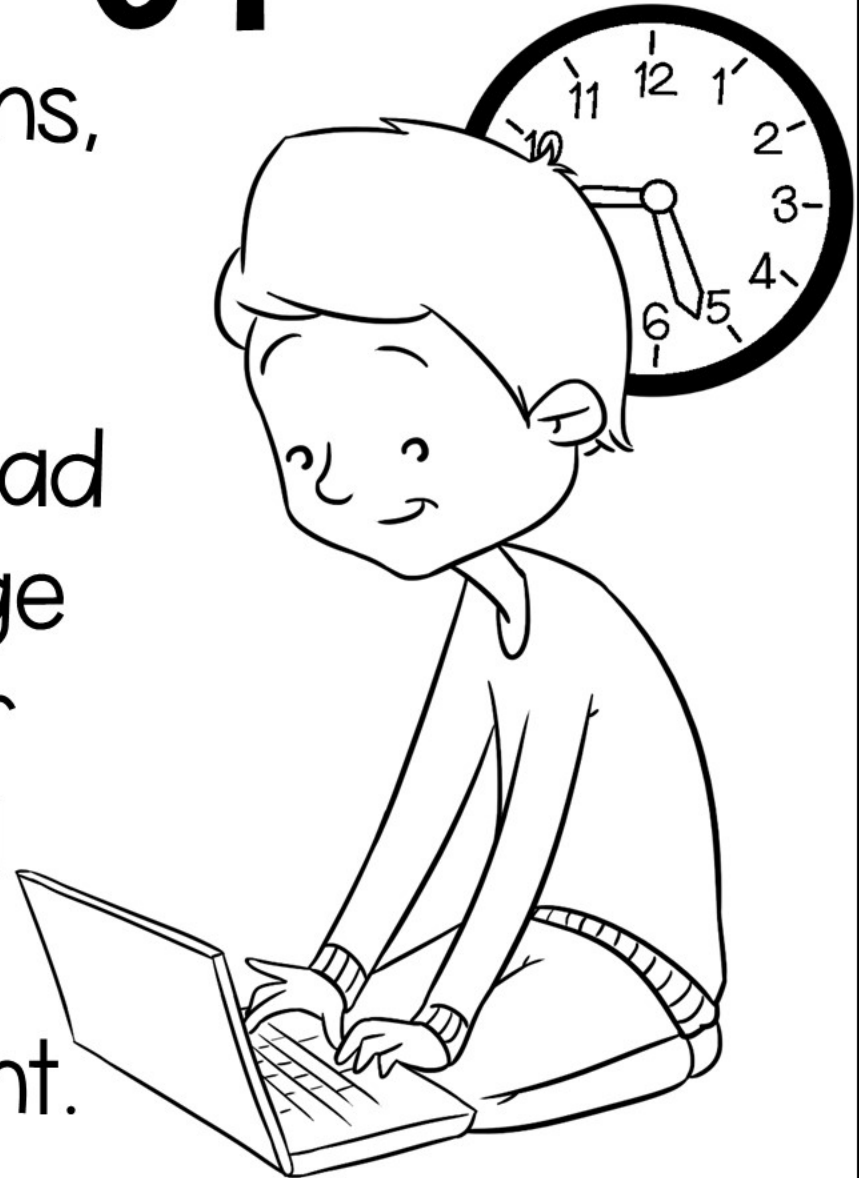
It is normal to feel nervous before a big test! But, it is also important to control your feelings so that you can focus. If you feel anxious, take a quick brain break. Take a deep breath in your nose, then blow it out your mouth. Count to 10. Then, repeat this as many times as you need. You can also practice the relaxation script before the test begins!



TEST-TAKING TIP #5

Keep a steady pace.

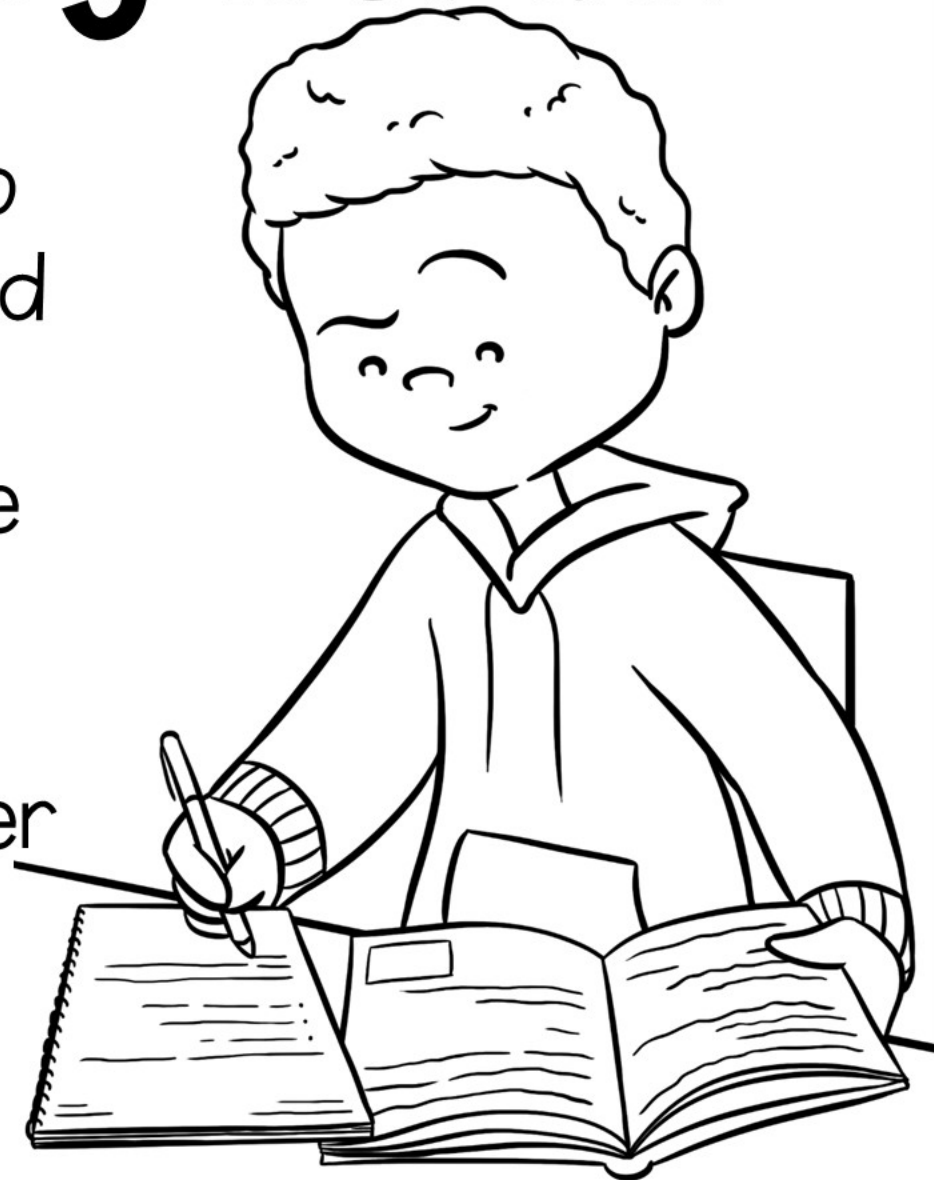
Don't rush through questions, but also don't spend too much time on any one question. Make sure you read each question and passage thoroughly and take your time to give a thoughtful answer. Think of a test as a marathon, not a sprint.



TEST-TAKING TIP #6

Focus on key words.

Circle the key words in the question or passage to help you find the central point and main idea. Pay special attention to tricky words like "always," "never," "not," and "sometimes." On a multiple-choice test, read each answer choice and cross out any answers that you know are incorrect.



TEST-TAKING TIP #7

Challenge negative thoughts.

Don't fall into a thinking trap: an overly negative, unrealistic way of seeing things! Try to change your anxious, worried thoughts into positive ones. For example, instead of thinking, "I'm horrible at math – I'm definitely going to fail this test!" Think, "This test may be challenging for me, but I've been practicing this all year and I am going to do my best!"



TEST-TAKING TIP #8

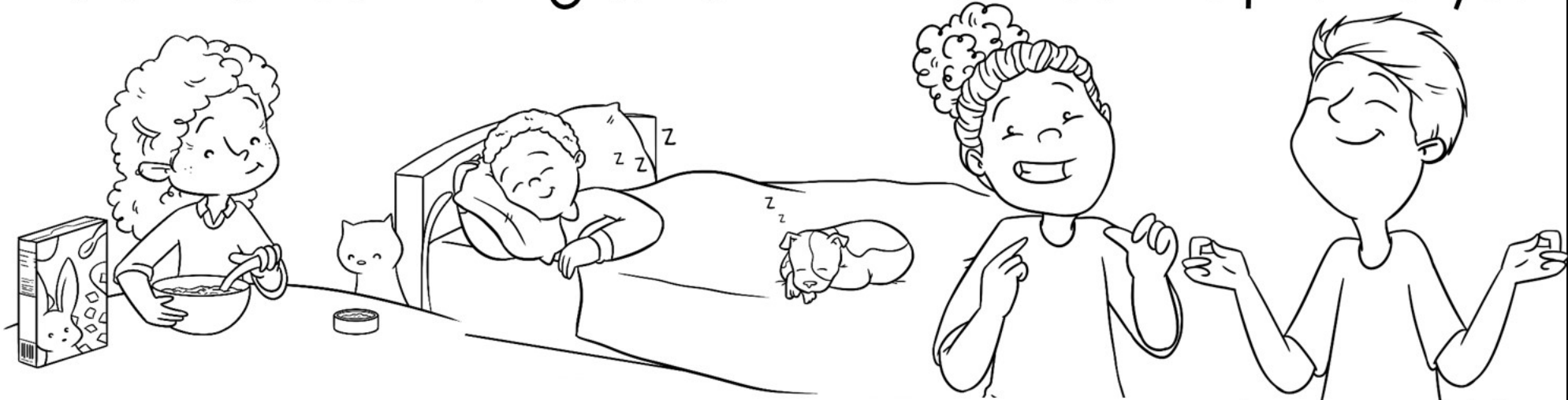
Check your work.

Make sure to check your work for mistakes and give the most challenging questions some more thought and effort. You can usually trust your gut and the first answer you chose, but if you read a question again and feel the need to change it, go ahead! If a question is just too hard make your best guess and move on!



MY TEST-TAKING TIPS

Circle the test-taking skills that are most helpful to you.



Eat a healthy breakfast.

Get a good night sleep.

Focus on YOU.

Use coping skills.



Keep a steady
pace.



Focus on key words.

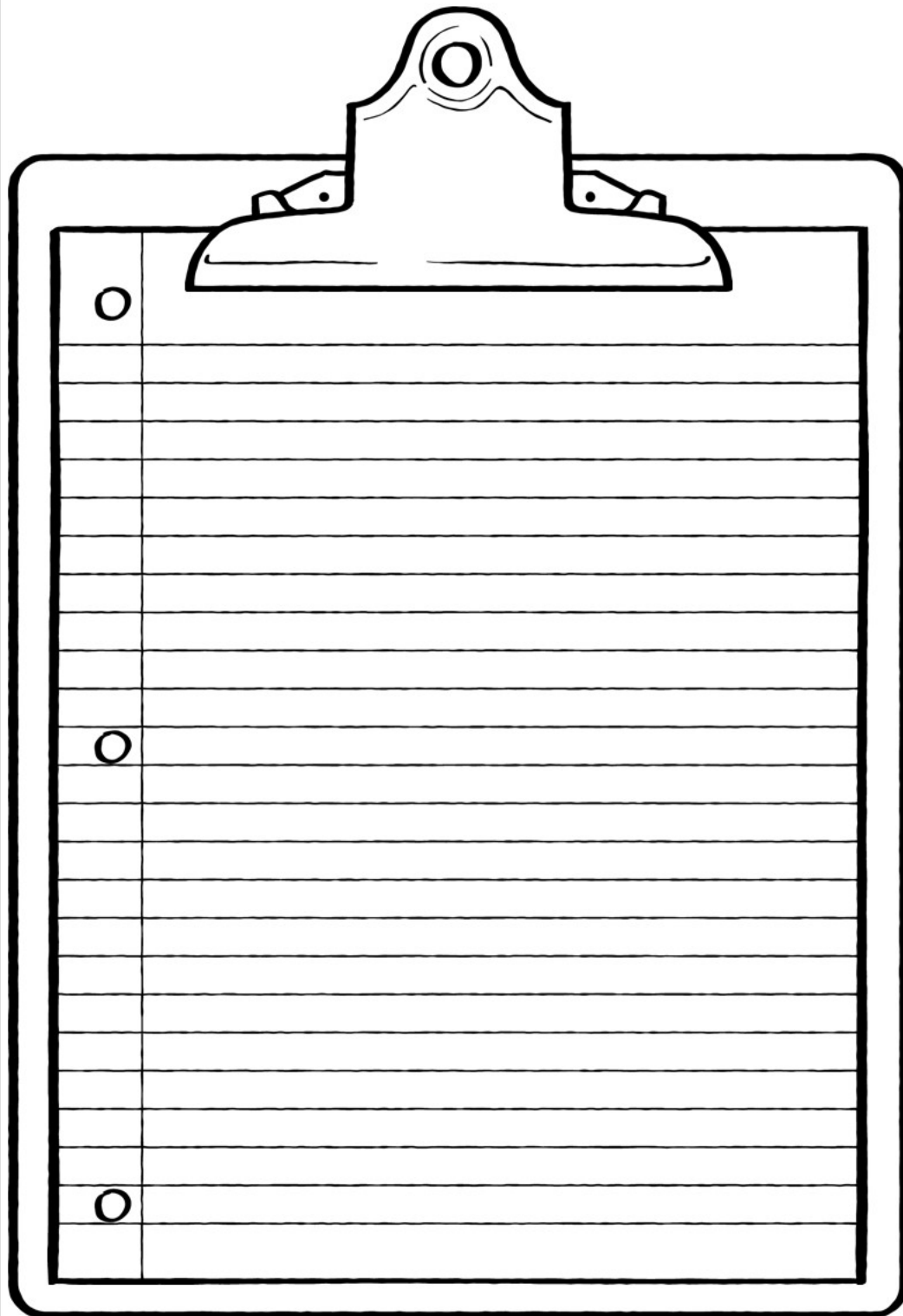


Challenge negative
thoughts.



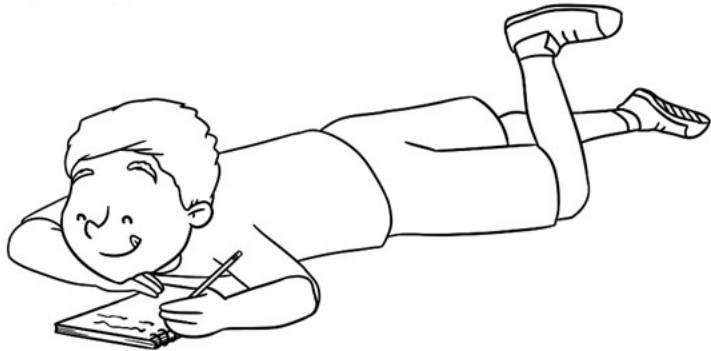
Check your work.

How can you use
and practice
these **TEST-
TAKING TIPS?**



MY PLAN FOR SUCCESS for the big test!

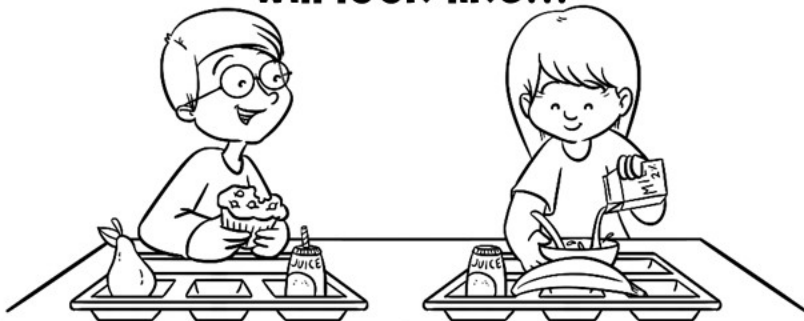
To prepare for the test, I will...



My bedtime routine the night before
the test will look like...

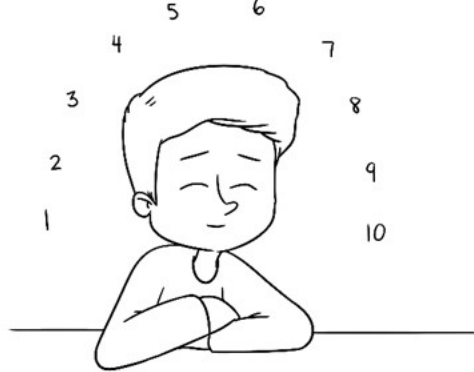


My routine the morning of the test
will look like...



MY PLAN FOR SUCCESS

To stay calm during the test, I will...



During the test, I will think positive thoughts such as...

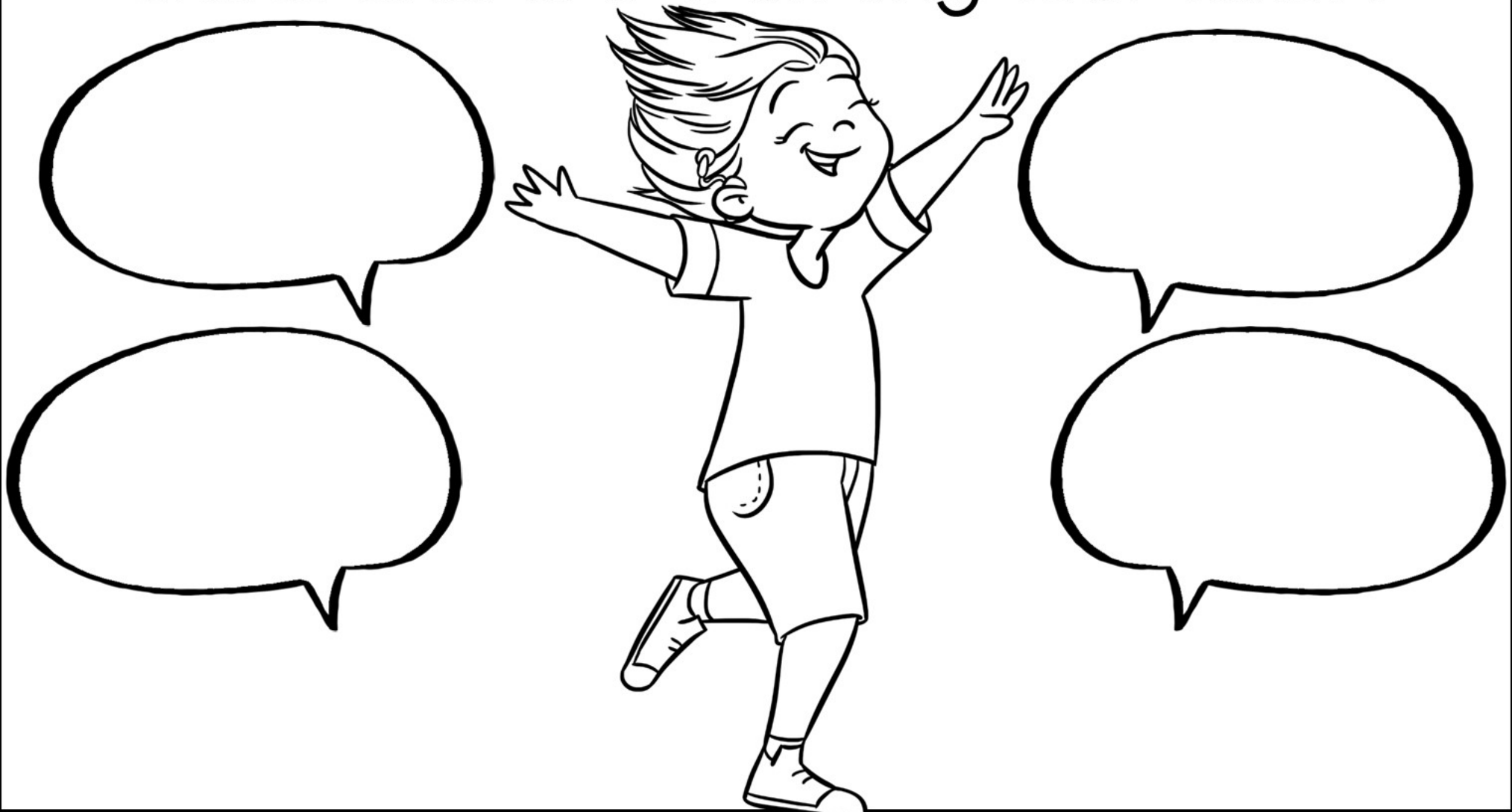


During the test, I will focus on...



Ways that I **SHINE!**

Write on the bubbles ways that you SHINE and are a strong test taker.



Ways that I can **GROW**!

Write on the bubbles ways that you can improve and GROW as a test taker.

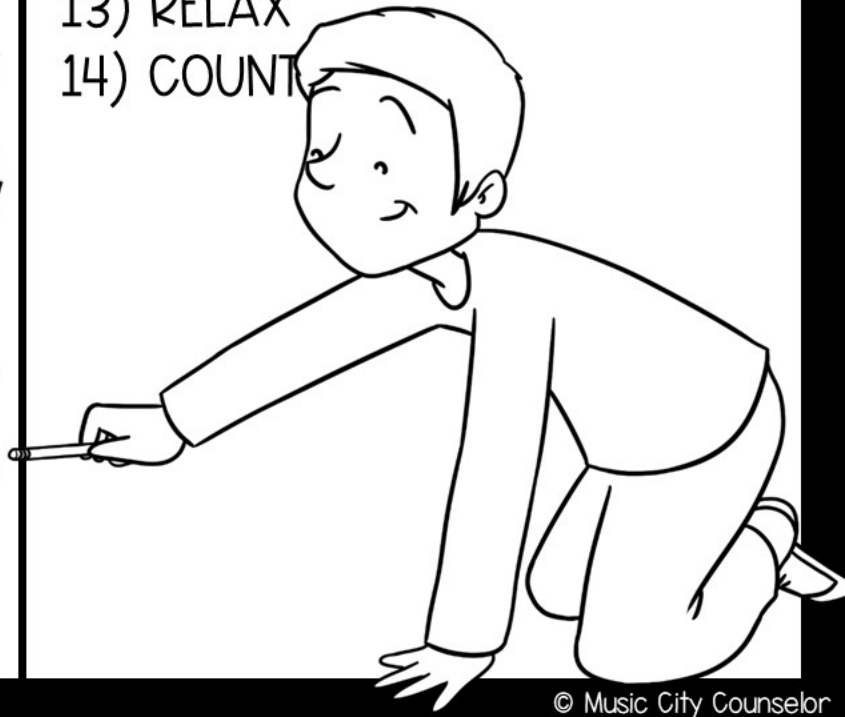


WORD SEARCH

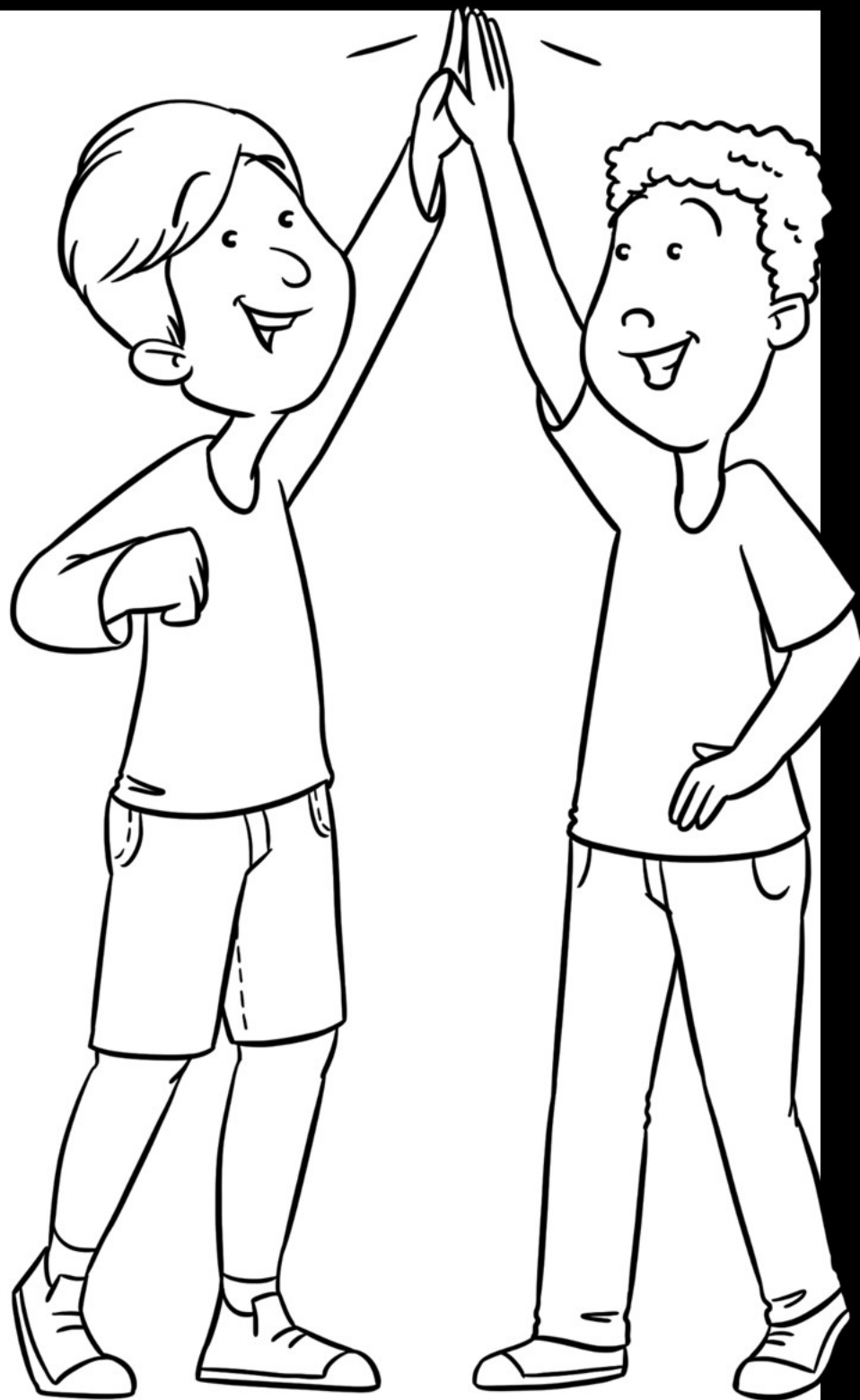
Can you find and circle all of the test-taking tips?

B F M Z G H J S M F X L A K V X J W N S
K O F Z O T W C S Q Y H Y N Z H T G C T
W C W J X T C O P I N G S K I L L S E R
O U Q J M D R I N K W A T E R Y K E H E
S S J R E P A U E Y H G Z E I R P Q K S
L O O P O S I T I V E T H O U G H T S S
E N C J C Y S R Z L A X H Q R F C Y K B
E Y C W H W T Y S L L Y T H X G C H A A
P O H A E M A U O R T E N N B T J O W L
K U E C C O K N L A H S Z E R H X Y Y L
E G C O K Q E J N X Y T U B E C C T X W
Y V K U Y V B M Z N B E J A A F M U A X
W W Y N O F R R E P R A Z R T L E M M W
O G O T U Y E E V H E D Z J H P C I Y Y
R E U G R A A L V R A Y P K E G X B W S
D I R H W P K A R J K P W C V N X H D V
S V W B O D S X O L F A A Q C W M X O A
Z O O U R K X V Z O A C L D J F E P T F
C Q R C K P D D Y C S E U U U T S N E O
O Z K W D O J J S U T C Q Q B X B J P P

- 1) HEALTHY BREAKFAST
- 2) COPING SKILLS
- 3) STRESS BALL
- 4) STEADY PACE
- 5) POSITIVE THOUGHTS
- 6) DRINK WATER
- 7) KEY WORDS
- 8) SLEEP
- 9) CHECK YOUR WORK
- 10) BREATHE
- 11) FOCUS ON YOU
- 12) TAKE BREAKS
- 13) RELAX
- 14) COUNT



BEST
wishes to you
on the
TEST!





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