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Stay updated on new product announcements (they are 50% off for the first 24 hrs posted!) by following me on TPT, checking out my website, and subscribing to my newsletter.



If you have any questions or concerns please email me at:

heartandmindteaching@gmail.com

♥
Ashley

GOOGLE SLIDES

Your resource comes with a digital version for use in Google Slides via Google Classroom. Follow these steps to upload your resource.

1 Click here  [Testing Stressors](#)

2 You will be prompted to make a copy of the resource. Click on the blue box that says “Make a copy” and the resource will go directly into your Google drive.

Google Drive

Copy document

Would you like to make a copy of Career Interest Inventory?

Make a copy



3 Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

4 Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

5 From here, you should see a grey box that says “Students can view file.” Click the grey box. A dropdown menu should appear. Select, “Make a copy for each student.”

YOU HAVE TO MAKE A COPY FOR EACH STUDENT!

Otherwise they will all be editing the same file.

Click “Assign” in the top right corner if you’re ready to post!

This product is meant to be used in “edit” mode (not “presentation” mode). Edit mode is the only mode that allows drag & drop and writing in text boxes.

Helpful links for using Google Classroom:

[Teacher Tips for using Google Classroom \(TPT blog\)](#)

[Getting Started with Google Classroom \(youtube video\)](#)



Testing STRESSORS

Session Objective:

*Students will identify stressors and how to cope with them.

Materials:

*Handouts, scissors, pencils.

Guiding Questions:

*What are some testing stressors?

*What are ways to cope with stressors?

*How can testing stressors impact other areas of your life?

ASCA Standards Alignment:

*Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M 1)

*Behavior: Self-Management: Ability to identify and overcome barriers. (B-SMS 6)

*Behavior: Self-Management: Effective Coping Skills. (B-SMS 7)

SEL Competencies:

*Self-Management: Stress Management.

Session Details

Say "Today we are going to be learning about testing stressors that impact our life. Stress can come from many different areas, like your social life or at home, testing can also cause stress and worry. Stress impacts us all differently, and what might stress one person out, might not stress someone else out. It's important to identify and understand what stresses us out, so we can prevent stress and learn to cope with it. Let's look at some common testing stressors." Show the testing stressors poster on page 4. "Let's sort through some different testing stressors and determine if they would cause us stress or not." Give each student the sorting mat on page 6 and the cut-out stressor cards on p. 7-14. Go through each card and have them sort them on their sorting mat. "Now let's look at how to cope with these stressors." Review together page 5 (coping skills poster). Okay now we are going to reflect on the top four testing stressors we think we have and think about what coping skills we can use to cope with them". Complete pages 15-19. "You guys are getting good at using coping skills, we are going to keep practicing determining which coping skills to use on the next few pages. Read the scenarios and color in which coping skills you would use." Complete pages 20-35.



Testing STRESSORS



Having enough time



Remembering everything



Being hungry/tired



Negative Thinking



Disappointing others



Too difficult



Being overwhelmed



Failing



Comparing yourself to others



Overthinking



Difficulty Concentrating



Missing the test

Coping with Testing STRESSORS



Talk to a trusted person about it.



Be prepared.



Use a calming strategy.



Stay focused.



Think positive thoughts.



Believe in yourself.



Manage your time



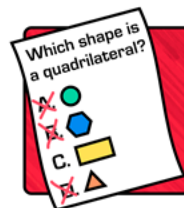
Make your best effort.



Take a short break.



Look for key words.



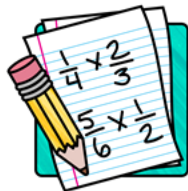
Cross out wrong answers.



Check your answers.



Read the directions carefully.



Show your work.



Eat a healthy breakfast.



Get a good night's sleep.

Testing STRESSORS



STRESSOR



**NOT A
STRESSOR**

Not finishing the test.



Failing the test.



Having to use the bathroom during the test.



Someone trying to cheat off you during the test.



Not knowing an answer on the test.



Being sick on the day of the test.



Disappointing your parents.



Disappointing your teacher.



Being late to school and missing the test.



Breaking your pencil during the test.



Disappointing yourself.



Not being able to focus during the test.



Forgetting everything
you learned during the
test.



Pacing yourself
during the test.



Not knowing how to
do a problem on the
test.



Getting answers
wrong on the test.



Being the last one to
finish the test.



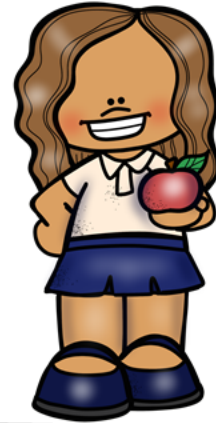
Getting in trouble for
talking during the
test.



Showing self-control during the test.



Being hungry during the test.



Not being able to sit still during the test.



Being tired during the test.



Getting stuck on a question on the test.



Daydreaming during the test.



The test being too hard.



Getting enough rest the night before the test.



Getting a bad score.



Feeling pressured to succeed.



Forgetting to use test taking strategies.



Getting in trouble for not keeping your eyes on your own paper.



Not having studied enough for the test.



Not being promoted to the next grade level because of your score.



Thinking your classmates will all do better than you on the test.



Your mind going blank during the test.



Being distracted during the test.



Forgetting your lunch or lunch money on the day of the test.



Not having time to check your work.



Your computer not working properly during the online test.



Losing power during the test.



Finishing your test early with a lot of time left.



Losing internet during an online test.



Solving a problem and the answer not being one of the multiple choice options.



Feeling overwhelmed.



The big state test is coming up.



Forgetting you had a test today.



There are multiple answers that you think could be right.



An important classroom test is today that could make or break your grade.



Pop quiz.



Name: _____

My Testing STRESSORS

Draw or write what your stressors are during testing in the boxes below.



Testing Stressor #1:

Testing Stressor #2:

A large empty square box with a thick black border and yellow triangular corner markers.A large empty square box with a thick black border and yellow triangular corner markers.

Testing Stressor #3:

Testing Stressor #4:

A large empty square box with a thick black border and yellow triangular corner markers.A large empty square box with a thick black border and yellow triangular corner markers.

Name: _____

My Testing STRESSORS



Testing Stressor #1:

This stresses me out because:

I will use these coping skills to cope with this stressor: (Circle answers)



Talk to a trusted person about it.



Be prepared.



Use a calming strategy.



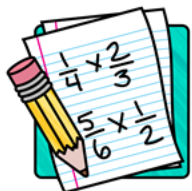
Take a short break.



Think positive thoughts.



Make your best effort.



Show your work.



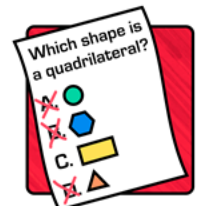
Stay focused.



Manage your time



Look for key words.



Cross out wrong answers.



Read the directions carefully.



Check your answers.



Believe in yourself.



Eat a healthy breakfast.



Get a good night's sleep.

Name: _____



My Testing STRESSORS

Testing Stressor #2:

This stresses me out because:

I will use these coping skills to cope with this stressor: (Circle answers)



Talk to a trusted person about it.



Be prepared.



Use a calming strategy.



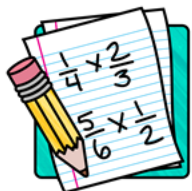
Take a short break.



Think positive thoughts.



Make your best effort.



Show your work.



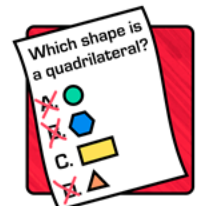
Stay focused.



Manage your time



Look for key words.



Cross out wrong answers.



Read the directions carefully.



Check your answers.



Believe in yourself.



Eat a healthy breakfast.



Get a good night's sleep.

Name: _____

My Testing STRESSORS



Testing Stressor #3:

This stresses me out because:

I will use these coping skills to cope with this stressor: (Circle answers)



Talk to a trusted person about it.



Be prepared.



Use a calming strategy.



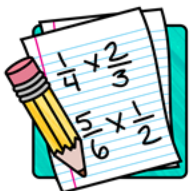
Take a short break.



Think positive thoughts.



Make your best effort.



Show your work.



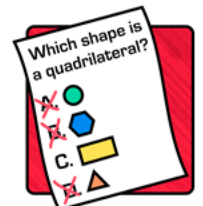
Stay focused.



Manage your time



Look for key words.



Cross out wrong answers.



Read the directions carefully.



Check your answers.



Believe in yourself.



Eat a healthy breakfast.



Get a good night's sleep.

Name: _____

My Testing STRESSORS



Testing Stressor #4:

This stresses me out because:

I will use these coping skills to cope with this stressor: (Circle answers)



Talk to a trusted person about it.



Be prepared.



Use a calming strategy.



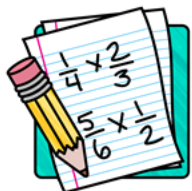
Take a short break.



Think positive thoughts.



Make your best effort.



Show your work.



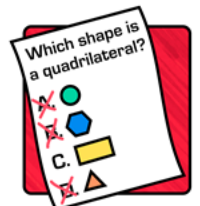
Stay focused.



Manage your time



Look for key words.



Cross out wrong answers.



Read the directions carefully.



Check your answers.



Believe in yourself.



Eat a healthy breakfast.



Get a good night's sleep.

Name: _____

Solving Testing **STRESSORS**

Here are some ways to help cope with these Testing Stressors.
Color in the one that you would use.

Not finishing the test.



Make your best effort.



Believe in yourself.



Manage your time.



Stay focused.



Believe in yourself.



Be prepared.



Make your best effort.

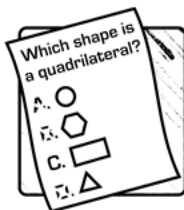


Think positive thoughts.

Not knowing an answer on the test.



Look for key words.



Cross out wrong answers.



Make your best effort.



Think positive thoughts.

Name: _____

Solving Testing **STRESSORS**

Here are some ways to help cope with these Testing Stressors.
Color in the one that you would use.

Having to use the bathroom during the test.



Use a calming strategy.



Believe in yourself.



Manage your time.



Stay focused.

Someone trying to cheat off you during the test.



Believe in yourself.



Be prepared.



Make your best effort.



Think positive thoughts.

Being sick on the day of the test.



Eat a healthy breakfast.



Talk to a trusted person about it.



Make your best effort.



Think positive thoughts.

Name: _____

Solving Testing **STRESSORS**

Here are some ways to help cope with these Testing Stressors.
Color in the one that you would use.

Disappointing your parents.



Use a calming strategy.



Believe in yourself.



Make your best effort.



Think positive thoughts.

Disappointing your teacher.



Use a calming strategy.



Believe in yourself.



Make your best effort.



Think positive thoughts.

Disappointing yourself.



Believe in yourself.



Talk to a trusted person about it.



Make your best effort.



Think positive thoughts.

Name: _____

Solving Testing **STRESSORS**

Here are some ways to help cope with these Testing Stressors.
Color in the one that you would use.

Being late to school and missing the test.



Make your best effort.



Be prepared.



Manage your time.



Get a good night's sleep.

Breaking your pencil during the test.



Use a calming strategy.



Be prepared.



Believe in yourself.



Think positive thoughts.

Not being able to focus during the test.



Eat a healthy breakfast.



Get a good night's sleep.



Make your best effort.



Stay focused.

Name: _____

Solving Testing **STRESSORS**

Here are some ways to help cope with these Testing Stressors.
Color in the one that you would use.

Forgetting everything you learned during the test.



Use a calming strategy.



Believe in yourself.



Be prepared.



Take a short break.

Pacing yourself during the test.



Believe in yourself.



Manage your time.



Make your best effort.



Think positive thoughts.

Not knowing how to do a problem on the test.



Read the directions carefully.



Look for key words.



Make your best effort.



Think positive thoughts.

Name: _____

Solving Testing **STRESSORS**

Here are some ways to help cope with these Testing Stressors.
Color in the one that you would use.

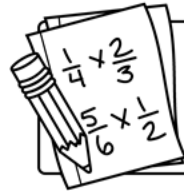
Getting answers wrong on the test.



Read the directions
carefully.



Believe in
yourself.



Show your
work.



Check your
answers.

Getting in trouble for talking during the test.



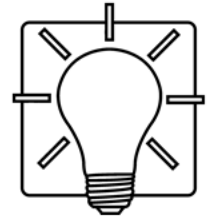
Believe in
yourself.



Be prepared.



Make your
best effort.



Stay focused.

Being the last one to finish the test.



Manage your time



Believe in
yourself.



Make your
best effort.



Think positive
thoughts.

Name: _____

Solving Testing **STRESSORS**

Here are some ways to help cope with these Testing Stressors.
Color in the one that you would use.

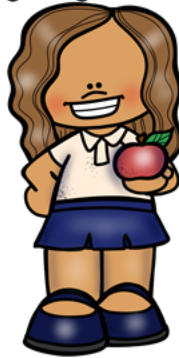
Being hungry during the test.



Be prepared.



Eat a healthy breakfast.



Think positive thoughts.



Stay focused.

Showing self-control during the test.



Take a short break.



Eat a healthy breakfast.



Make your best effort.



Stay focused.

Not being able to sit still during the test.



Eat a healthy breakfast.



Take a short break.



Make your best effort.



Use a calming strategy.

Name: _____

Solving Testing **STRESSORS**

Here are some ways to help cope with these Testing Stressors.
Color in the one that you would use.

Being tired during the test.



Eat a healthy
breakfast.



Get a good
night's sleep.



Take a short
break.



Stay focused.

Daydreaming during the test.



Believe in
yourself.



Manage your
time.

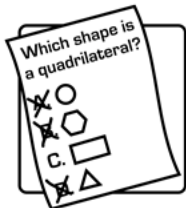


Make your
best effort.



Stay focused.

Getting stuck on a question on the test.



Cross out
wrong answers.



Check your
answers.



Make your
best effort.



Look for
key words.

Name: _____

Solving Testing **STRESSORS**

Here are some ways to help cope with these Testing Stressors.
Color in the one that you would use.

Getting enough rest the night before the test.



Be prepared.



Believe in yourself.



Get a good night's sleep.



Make your best effort.

The test being too hard.



Believe in yourself.



Be prepared.



Make your best effort.



Think positive thoughts.

Getting a bad score.



Believe in yourself.



Talk to a trusted person about it.



Make your best effort.



Think positive thoughts.

Name: _____

Solving Testing **STRESSORS**

Here are some ways to help cope with these Testing Stressors.
Color in the one that you would use.

Feeling pressured to succeed.



Use a calming strategy.



Believe in yourself.



Talk to a trusted person about it.



Make your best effort.



Believe in yourself.



Be prepared.



Make your best effort.



Think positive thoughts.

Forgetting to use test taking strategies.



Be prepared.



Stay focused.



Make your best effort.



Think positive thoughts.

Name: _____

Solving Testing **STRESSORS**

Here are some ways to help cope with these Testing Stressors.
Color in the one that you would use.

Not having studied enough for the test.



Use a calming strategy.



Be prepared.



Make your best effort.



Stay focused.

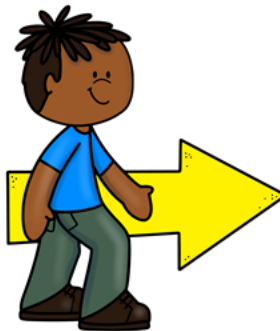
Not being promoted to the next grade level because of your score.



Believe in yourself.



Be prepared.



Make your best effort.



Think positive thoughts.

Thinking your classmates will all do better than you on the test.



Eat a healthy breakfast.



Talk to a trusted person about it.



Make your best effort.



Think positive thoughts.

Name: _____

Solving Testing **STRESSORS**

Here are some ways to help cope with these Testing Stressors.
Color in the one that you would use.

Your mind going blank during the test.



Use a calming strategy.



Believe in yourself.



Take a short break.



Stay focused.

Being distracted during the test.



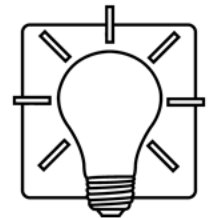
Believe in yourself.



Check your answers.



Make your best effort.



Stay focused.

Forgetting your lunch or lunch money on the day of the test.



Be prepared.



Eat a healthy breakfast.



Make your best effort.



Think positive thoughts.

Name: _____

Solving Testing **STRESSORS**

Here are some ways to help cope with these Testing Stressors.
Color in the one that you would use.

Not having time to check your work.



Make your best effort.



Believe in yourself.



Manage your time.



Stay focused.

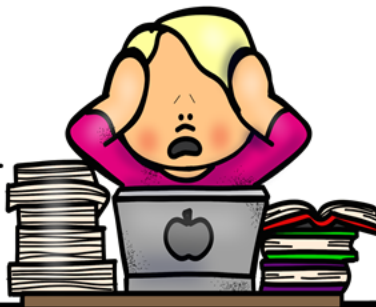
Your computer not working properly during the online test.



Use a calming strategy.



Take a short break.



Make your best effort.



Think positive thoughts.

Losing power during the test.



Use a calming strategy.



Take a short break.



Make your best effort.



Think positive thoughts.

Name: _____

Solving Testing **STRESSORS**

Here are some ways to help cope with these Testing Stressors.
Color in the one that you would use.

Finishing your test early with a lot of time left.



Use a calming strategy.



Manage your time



Check your answers.



Stay focused.

Losing internet during an online test.



Use a calming strategy.



Take a short break.



Make your best effort.



Think positive thoughts.

Solving a problem and the answer not being one of the multiple choice options.



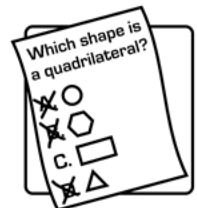
Read the directions carefully.



Show your work.



Look for key words.



Cross out wrong answers.

Name: _____

Solving Testing **STRESSORS**

Here are some ways to help cope with these Testing Stressors.
Color in the one that you would use.

Feeling overwhelmed.



Use a calming strategy.



Believe in yourself.



Take a short break.



Talk to a trusted person about it.

The big state test is coming up.



Believe in yourself.



Be prepared.



Make your best effort.



Think positive thoughts.

Forgetting you had a test today.



Believe in yourself.



Be prepared.



Make your best effort.



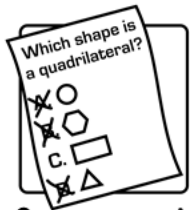
Think positive thoughts.

Name: _____

Solving Testing **STRESSORS**

Here are some ways to help cope with these Testing Stressors.
Color in the one that you would use.

There are multiple answers that you think could be right.



Cross out wrong answers.



Believe in yourself.



Show your work.



Make your best effort.

Pop quiz.



Believe in yourself.



Use a calming strategy.



Make your best effort.



Think positive thoughts.

An important classroom test is today that could make or break your grade.



Believe in yourself.



Be prepared.



Make your best effort.



Think positive thoughts.

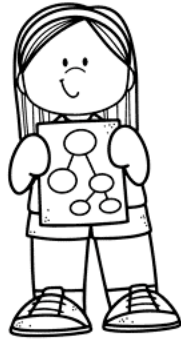
Black & White Version



Testing STRESSORS



Having enough time



Remembering everything



Being hungry/tired



Negative Thinking



Disappointing others



Too difficult



Being overwhelmed



Failing



Comparing yourself to others



Overthinking



Difficulty Concentrating



Missing the test

Coping with Testing **STRESSORS**



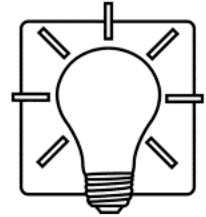
Talk to a trusted person about it.



Be prepared.



Use a calming strategy.



Stay focused.



Think positive thoughts.



Believe in yourself.



Manage your time



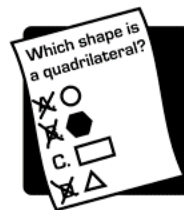
Make your best effort.



Take a short break.



Look for key words.



Cross out wrong answers.



Check your answers.



Read the directions carefully.



Show your work.

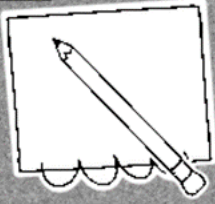


Eat a healthy breakfast.

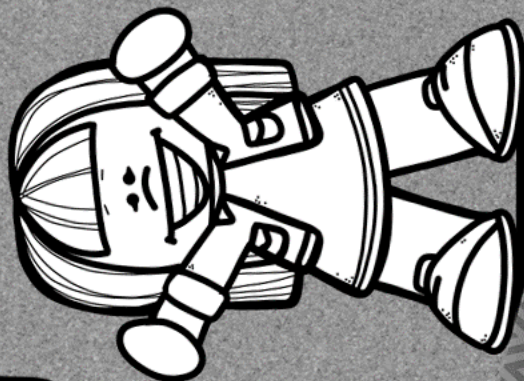


Get a good night's sleep.

Testing STRESSORS



STRESSOR



**NOT A
STRESSOR**

Not finishing the test.



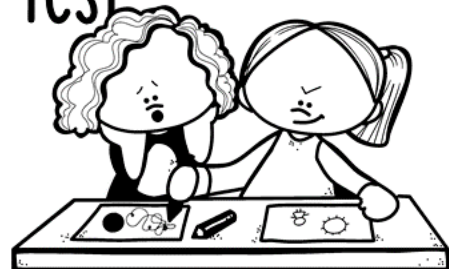
Failing the test.



Having to use the bathroom during the test.



Someone trying to cheat off you during the test.



Not knowing an answer on the test.



Being sick on the day of the test.



Disappointing your
parents.



Disappointing your
teacher.



Being late to school
and
missing
the test.



Breaking your pencil
during the test.



Disappointing
yourself.



Not being able to
focus during the
test.



Forgetting everything
you learned during the
test.



Pacing yourself
during the test.



Not knowing how to
do a problem on the
test.



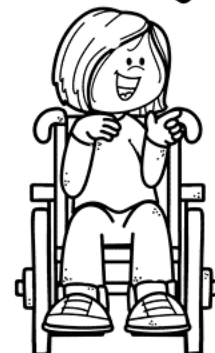
Getting answers
wrong on the test.



Being the last one to
finish the test.



Getting in trouble for
talking during the
test.



Showing self-control during the test.



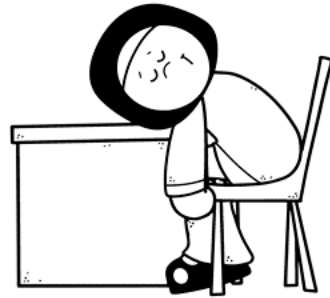
Being hungry during the test.



Not being able to sit still during the test.



Being tired during the test.



Getting stuck on a question on the test.



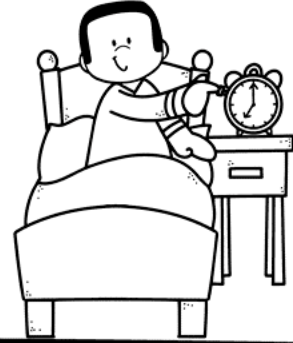
Daydreaming during the test.



The test being too hard.



Getting enough rest the night before the test.



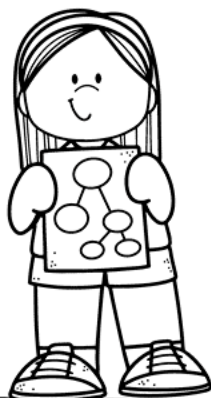
Getting a bad score.



Feeling pressured to succeed.



Forgetting to use test taking strategies.



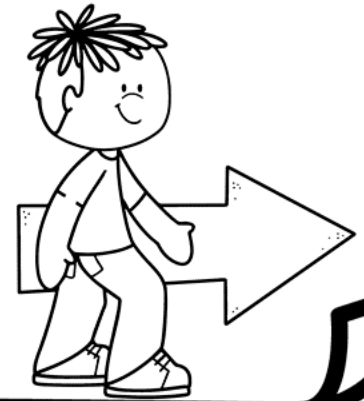
Getting in trouble for not keeping your eyes on your own paper.



Not having studied enough for the test.



Not being promoted to the next grade level because of your score.



Thinking your classmates will all do better than you on the test.



Your mind going blank during the test.



Being distracted during the test.



Forgetting your lunch or lunch money on the day of the test.



Not having time to check your work.



Your computer not working properly during the online test.



Losing power during the test.



Finishing your test early with a lot of time left.



Losing internet during an online test.



Solving a problem and the answer not being one of the multiple choice options.



Feeling overwhelmed.



The big state test is coming up.



Forgetting you had a test today.



There are multiple answers that you think could be right.



An important classroom test is today that could make or break your grade.



Pop quiz.



Name: _____

My Testing STRESSORS

Draw or write what your stressors are during testing in the boxes below.



Testing Stressor #1:

A large empty square box with a thick black border. Each of the four corners is reinforced with a smaller square shape, creating a frame for drawing or writing.

Testing Stressor #2:

A large empty square box with a thick black border. Each of the four corners is reinforced with a smaller square shape, creating a frame for drawing or writing.

Testing Stressor #3:

A large empty square box with a thick black border. Each of the four corners is reinforced with a smaller square shape, creating a frame for drawing or writing.

Testing Stressor #4:

A large empty square box with a thick black border. Each of the four corners is reinforced with a smaller square shape, creating a frame for drawing or writing.

Name: _____

My Testing STRESSORS



Testing Stressor #1:

This stresses me out because:

I will use these coping skills to cope with this stressor: (Circle answers)



Talk to a trusted person about it.



Be prepared.



Use a calming strategy.



Take a short break.



Think positive thoughts.



Make your best effort.



Show your work.



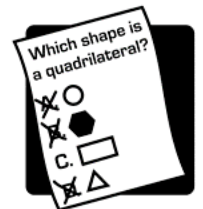
Stay focused.



Manage your time



Look for key words.



Cross out wrong answers.



Read the directions carefully.



Check your answers.



Believe in yourself.



Eat a healthy breakfast.



Get a good night's sleep.

Name: _____



My Testing STRESSORS

Testing Stressor #2:

This stresses me out because:

I will use these coping skills to cope with this stressor: (Circle answers)



Talk to a trusted person about it.



Be prepared.



Use a calming strategy.



Take a short break.



Think positive thoughts.



Make your best effort.



Show your work.



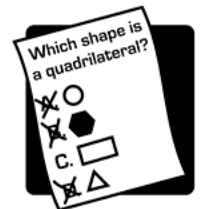
Stay focused.



Manage your time



Look for key words.



Cross out wrong answers.



Read the directions carefully.



Check your answers.



Believe in yourself.



Eat a healthy breakfast.



Get a good night's sleep.

Name: _____

My Testing STRESSORS



Testing Stressor #3:

This stresses me out because:

I will use these coping skills to cope with this stressor: (Circle answers)



Talk to a trusted person about it.



Be prepared.



Use a calming strategy.



Take a short break.



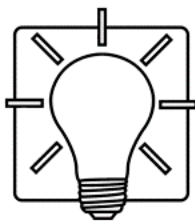
Think positive thoughts.



Make your best effort.



Show your work.



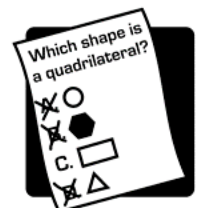
Stay focused.



Manage your time



Look for key words.



Cross out wrong answers.



Read the directions carefully.



Check your answers.



Believe in yourself.



Eat a healthy breakfast.



Get a good night's sleep.

Name: _____

My Testing STRESSORS



Testing Stressor #4:

This stresses me out because:

I will use these coping skills to cope with this stressor: (Circle answers)



Talk to a trusted person about it.



Be prepared.



Use a calming strategy.



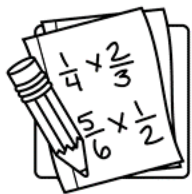
Take a short break.



Think positive thoughts.



Make your best effort.



Show your work.



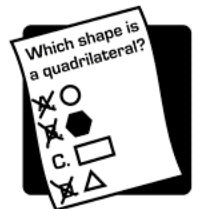
Stay focused.



Manage your time



Look for key words.



Cross out wrong answers.



Read the directions carefully.



Check your answers.



Believe in yourself.



Eat a healthy breakfast.



Get a good night's sleep.

Name: _____

Solving Testing STRESSORS

Here are some ways to help cope with these Testing Stressors.
Color in the one that you would use.

Not finishing the test.



Make your best effort.



Believe in yourself.



Manage your time.



Stay focused.



Believe in yourself.



Be prepared.



Make your best effort.

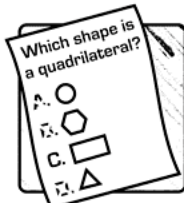


Think positive thoughts.

Not knowing an answer on the test.



Look for key words.



Cross out wrong answers.



Make your best effort.



Think positive thoughts.

Name: _____

Solving Testing STRESSORS

Here are some ways to help cope with these Testing Stressors.
Color in the one that you would use.

Having to use the bathroom during the test.



Use a calming strategy.



Believe in yourself.



Manage your time.



Stay focused.

Someone trying to cheat off you during the test.



Believe in yourself.



Be prepared.



Make your best effort.



Think positive thoughts.

Being sick on the day of the test.



Eat a healthy breakfast.



Talk to a trusted person about it.



Make your best effort.



Think positive thoughts.

Name: _____

Solving Testing STRESSORS

Here are some ways to help cope with these Testing Stressors.
Color in the one that you would use.

Disappointing your parents.



Use a calming strategy.



Believe in yourself.



Make your best effort.



Think positive thoughts.

Disappointing your teacher.



Use a calming strategy.



Believe in yourself.



Make your best effort.



Think positive thoughts.

Disappointing yourself.



Believe in yourself.



Talk to a trusted person about it.



Make your best effort.



Think positive thoughts.

Name: _____

Solving Testing STRESSORS

Here are some ways to help cope with these Testing Stressors.
Color in the one that you would use.

Being late to school and missing the test.



Make your best effort.



Be prepared.



Manage your time.



Get a good night's sleep.

Breaking your pencil during the test.



Use a calming strategy.



Be prepared.



Believe in yourself.



Think positive thoughts.

Not being able to focus during the test.



Eat a healthy breakfast.



Get a good night's sleep.



Make your best effort.



Stay focused.

Name: _____

Solving Testing STRESSORS

Here are some ways to help cope with these Testing Stressors.
Color in the one that you would use.

Forgetting everything you learned during the test.



Use a calming strategy.



Believe in yourself.



Be prepared.



Take a short break.

Pacing yourself during the test.



Believe in yourself.



Manage your time.



Make your best effort.



Think positive thoughts.

Not knowing how to do a problem on the test.



Read the directions carefully.



Look for key words.



Make your best effort.



Think positive thoughts.

Name: _____

Solving Testing STRESSORS

Here are some ways to help cope with these Testing Stressors.
Color in the one that you would use.

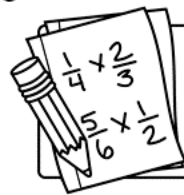
Getting answers wrong on the test.



Read the directions
carefully.



Believe in
yourself.



Show your
work.



Check your
answers.

Getting in trouble for talking during the test.



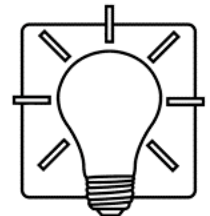
Believe in
yourself.



Be prepared.



Make your
best effort.



Stay focused.

Being the last one to finish the test.



Manage your time



Believe in
yourself.



Make your
best effort.



Think positive
thoughts.

Name: _____

Solving Testing STRESSORS

Here are some ways to help cope with these Testing Stressors.
Color in the one that you would use.

Being hungry during the test.



Be prepared.



Eat a healthy breakfast.



Think positive thoughts.



Stay focused.

Showing self-control during the test.



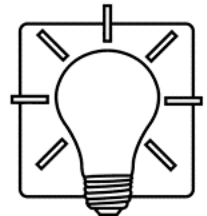
Take a short break.



Eat a healthy breakfast.



Make your best effort.



Stay focused.

Not being able to sit still during the test.



Eat a healthy breakfast.



Take a short break.



Make your best effort.



Use a calming strategy.

Name: _____

Solving Testing STRESSORS

Here are some ways to help cope with these Testing Stressors.
Color in the one that you would use.

Being tired during the test.



Eat a healthy
breakfast.



Get a good
night's sleep.



Take a short
break.



Stay focused.

Daydreaming during the test.



Believe in
yourself.



Manage your
time.

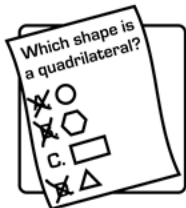


Make your
best effort.



Stay focused.

Getting stuck on a question on the test.



Cross out
wrong answers.



Check your
answers.



Make your
best effort.



Look for
key words.

Name: _____

Solving Testing STRESSORS

Here are some ways to help cope with these Testing Stressors.
Color in the one that you would use.

Getting enough rest the night before the test.



Be prepared.



Believe in yourself.



Get a good night's sleep.



Make your best effort.

The test being too hard.



Believe in yourself.



Be prepared.



Make your best effort.



Think positive thoughts.

Getting a bad score.



Believe in yourself.



Talk to a trusted person about it.



Make your best effort.



Think positive thoughts.

Name: _____

Solving Testing STRESSORS

Here are some ways to help cope with these Testing Stressors.
Color in the one that you would use.

Feeling pressured to succeed.



Use a calming strategy.



Believe in yourself.



Talk to a trusted person about it.



Make your best effort.



Believe in yourself.



Be prepared.



Make your best effort.



Think positive thoughts.

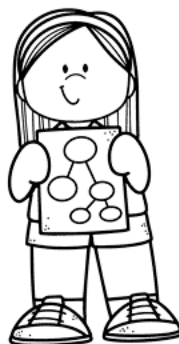
Forgetting to use test taking strategies.



Be prepared.



Stay focused.



Make your best effort.



Think positive thoughts.

Name: _____

Solving Testing STRESSORS

Here are some ways to help cope with these Testing Stressors.
Color in the one that you would use.

Not having studied enough for the test.



Use a calming strategy.



Be prepared.



Make your best effort.



Stay focused.

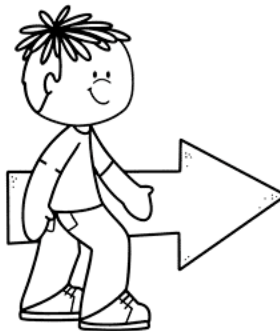
Not being promoted to the next grade level because of your score.



Believe in yourself.



Be prepared.



Make your best effort.



Think positive thoughts.

Thinking your classmates will all do better than you on the test.



Eat a healthy breakfast.



Talk to a trusted person about it.



Make your best effort.



Think positive thoughts.

Name: _____

Solving Testing STRESSORS

Here are some ways to help cope with these Testing Stressors.
Color in the one that you would use.

Your mind going blank during the test.



Use a calming strategy.



Believe in yourself.



Take a short break.



Stay focused.

Being distracted during the test.



Believe in yourself.



Check your answers.



Make your best effort.



Stay focused.

Forgetting your lunch or lunch money on the day of the test.



Be prepared.



Eat a healthy breakfast.



Make your best effort.



Think positive thoughts.

Name: _____

Solving Testing STRESSORS

Here are some ways to help cope with these Testing Stressors.
Color in the one that you would use.

Not having time to check your work.



Make your best effort.



Believe in yourself.



Manage your time.



Stay focused.

Your computer not working properly during the online test.



Use a calming strategy.



Take a short break.



Make your best effort.



Think positive thoughts.

Losing power during the test.



Use a calming strategy.



Take a short break.



Make your best effort.



Think positive thoughts.

Name: _____

Solving Testing STRESSORS

Here are some ways to help cope with these Testing Stressors.
Color in the one that you would use.

Finishing your test early with a lot of time left.



Use a calming strategy.



Manage your time



Check your answers.



Stay focused.

Losing internet during an online test.



Use a calming strategy.



Take a short break.



Make your best effort.



Think positive thoughts.

Solving a problem and the answer not being one of the multiple choice options.



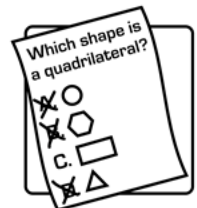
Read the directions carefully.



Show your work.



Look for key words.



Cross out wrong answers.

Name: _____

Solving Testing STRESSORS

Here are some ways to help cope with these Testing Stressors.
Color in the one that you would use.

Feeling overwhelmed.



Use a calming strategy.



Believe in yourself.



Take a short break.



Talk to a trusted person about it.

The big state test is coming up.



Believe in yourself.



Be prepared.



Make your best effort.



Think positive thoughts.

Forgetting you had a test today.



Believe in yourself.



Be prepared.



Make your best effort.



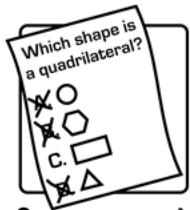
Think positive thoughts.

Name: _____

Solving Testing STRESSORS

Here are some ways to help cope with these Testing Stressors.
Color in the one that you would use.

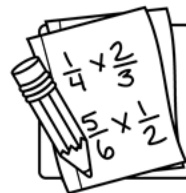
There are multiple answers that you think could be right.



Cross out wrong answers.



Believe in yourself.



Show your work.



Make your best effort.

Pop quiz.



Believe in yourself.



Use a calming strategy.



Make your best effort.



Think positive thoughts.

An important classroom test is today that could make or break your grade.



Believe in yourself.



Be prepared.



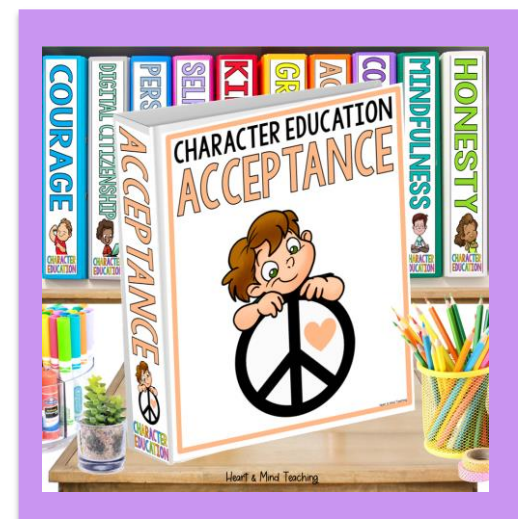
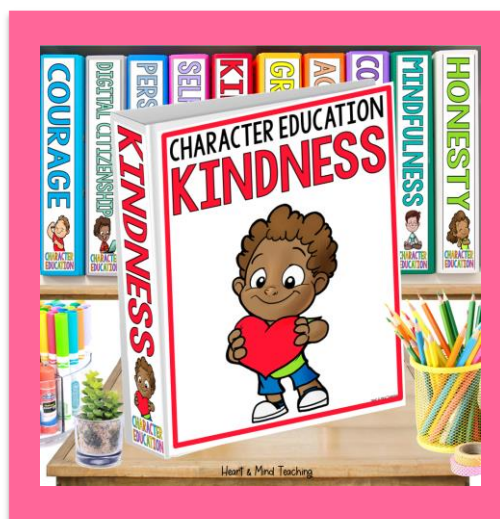
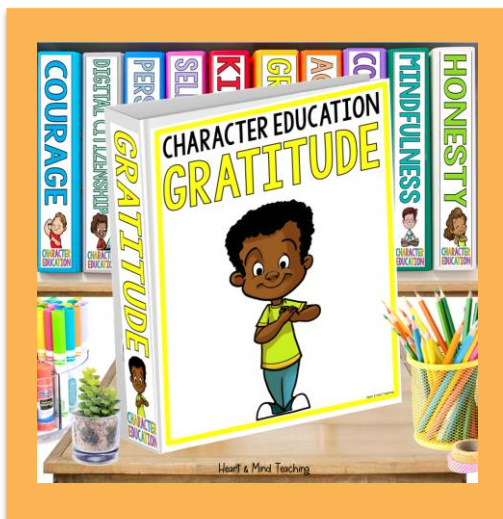
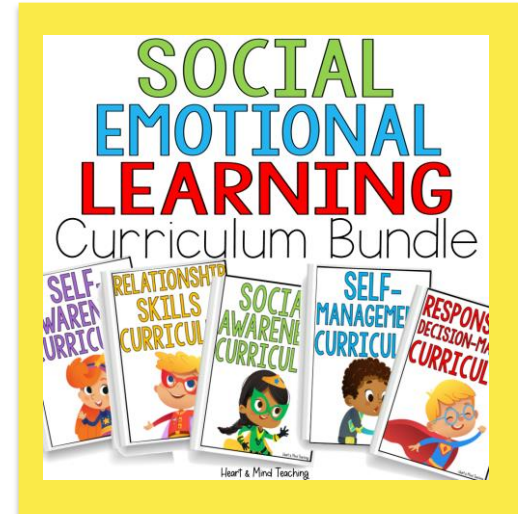
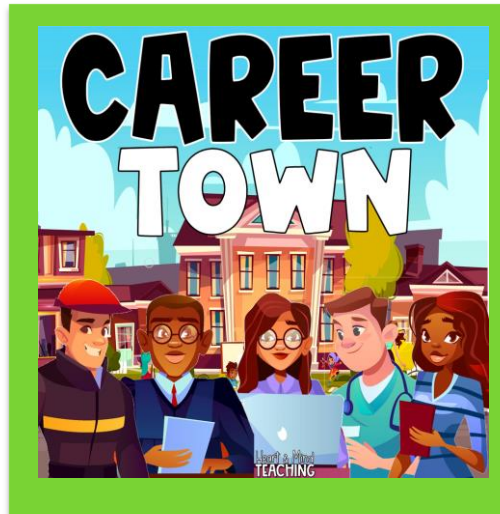
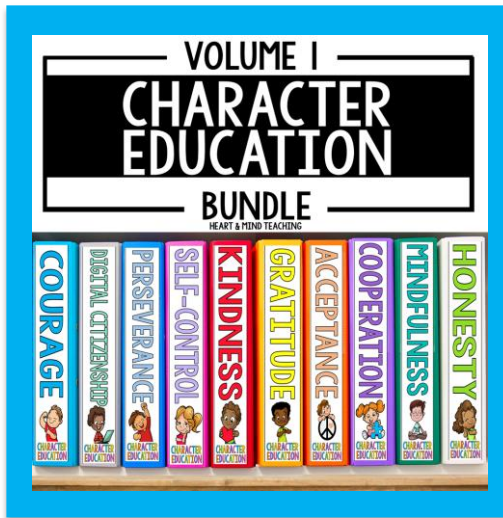
Make your best effort.



Think positive thoughts.

CHECK THESE OUT

CLICK ON THE PICTURES TO GET A CLOSER LOOK.



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with Laura & Ashley



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HEART + MIND
TEACHING



THANK YOU

FOR SUPPORTING MY LITTLE SHOP.

Hi there! I'm Ashley- a School Counselor, curriculum developer, blogger, and mama to two young boys. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning.

LET'S BE FRIENDS

Ashley

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If you have any questions or concerns please email me at:

heartandmindteaching@gmail.com

CREDITS

