



REDUCE TEST ANXIETY

Here is a list of ways you can best prepare for any testing day.



EXERCISE

Aerobic exercise like dancing, jumping, and jogging in place increases endorphins which are naturally occurring chemicals in your body which have mood boosting effects.



HAVE FUN

- Get out the wiggles; dance, shake and move around.
- Force a smile or laugh.
- Stand like superman, or with your hands in the air to feel confident and victorious.



HEALTHY HABITS

- Get a good nights sleep
- Eat a healthy breakfast
- Stay well hydrated



POSITIVE SELF -TALK

- I know what I know and that's all I have to show.
- I am smart and capable
- I have all the time I need
- I am relaxed and confident



DEEP BREATHING

Sit up straight, with hands on top of head or belly. Breathe in through your nose for 5 seconds, breathe out for 7 seconds. Repeat 3-4 times.