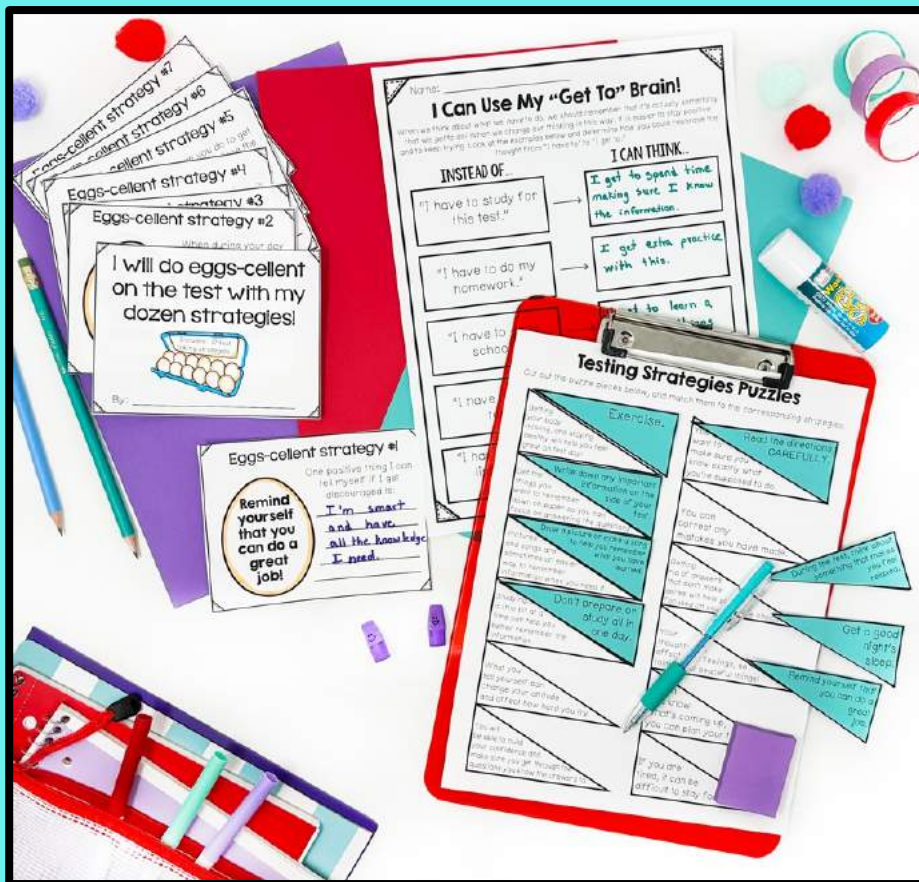


Use these activities to teach your students about important test taking strategies that will help them feel confident for testing!



Perfect for:

- Counseling small group or classroom lessons during testing season
- Supporting anxious students
- Helping students feel better prepared for testing
- Using with or without the book The Anti-Test Anxiety Society by Julia Cook

Test Taking Strategies Puzzle



Students will look at 12 testing strategies and match them each to the reason why they are helpful.

Test Taking Strategies Booklet



This booklet includes a page for each of the 12 test taking strategies.

Each page has a prompt that students can answer to further understand the strategy and how it applies to them.

Positive Thinking Worksheet



Students will look at 5 examples of things they “have” to do, and will reframe them into statements about what they “get” to do.

There are two variations of this worksheet to support different levels of students.

Google Slides Component

All of the activities are included in a Google Slides format. This is great for distance learning or educators looking to incorporate technology into their lessons.

Test Taking Strategy Puzzles

Look at each test taking strategy on the right. Then, look at the triangles below that explain why the strategies would be helpful. Match the explanation to the strategy by clicking on the triangle below and dragging it into the correct box on the right.

Don't prepare or study all in one day.	Remind yourself that you can do a great job.
Draw a picture or make a song to help you remember what you have learned.	Exercise.
During the test, think about something that makes you feel relaxed.	Read the directions CAREFULLY.
Get a good night's sleep.	Write down any important information on the side of your test.
Use process of elimination on multiple choice questions.	Do the easy questions first. Skip the hard ones and then come back to them.
Look through the test before you begin.	Double check your answers.

If you are tired, it can be hard to stay focused.

Getting rid of answers that don't make sense will help you stay focused on your possible choices.

I Can Use My "Get To" Brain!

INSTEAD OF...

"I have to study for this test." ?

"I have to do my homework." ?

"I have to go to school." ?

"I have to take a test." ?

"I have to sit and listen to my teacher." ?

When we think about what we *have* to do, we should remember that it's actually something that we *get* to do! Changing our thinking in this way, makes it easier to stay positive and to keep trying.

Look at the examples in the left hand column of things you "have" to do and think about how you can rephrase them into things you "get" to do.

Type the number that matches your answer in the small box within the boxes on the left side.

I CAN THINK...

- "I get to learn many new things."
- "I get to show my teacher what I know."
- "I get to have time to prepare for the test."
- "I get to have my teacher explain things that I might not know."
- "I get to practice at home so I can get even better at what I'm learning."

What Others Are Saying...

“This was a great addition to the The Anti-Test Anxiety Society book. We read it and completed some of the activities the day before our state test. The kids liked the book and activities.”

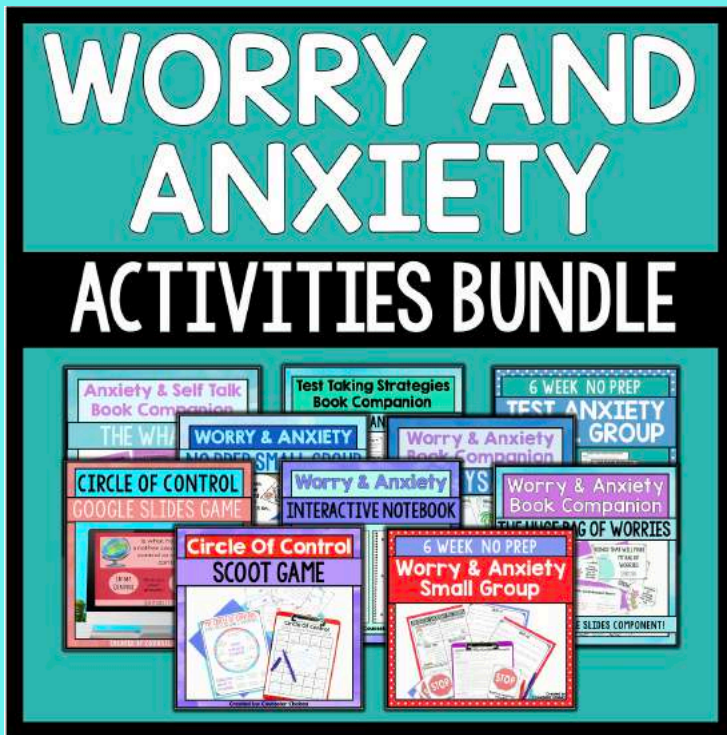
–Cindy W.

“One of the best decisions I have made for my students!!! We had amazing conversations about how to de-stress and not worry during such high-stress situations! This is a must do for every year...especially during testing! Thank you for making this! “

“I did this as a stress-free activity for my kids to do the day before our STAAR test and they absolutely loved it. I found them pulling it out the next morning when they came to school to remind themselves of the test taking strategies we reviewed the day before to help ease their nerves before taking the test. Thank you so much!”

–Bailey F.

Teaching About Worry & Anxiety? Bundle And Save!



These activities are part of a bundle that includes 10 resources focused on worry and anxiety. They will help your students better understand their worry and anxiety, learn to recognize it, and develop positive coping skills they can use to handle their anxious feelings.

[See The Bundle Here](#)