



Social-Emotional Testing Strategies

Positive Self-Talk

- "I am calm, focused, and smart."
- "I have studied and I am prepared."
- "I calmly trust my knowledge."
- "I am doing the best I can, and my best is terrific."
- "When angry or stressed, I take deep, slow breaths."
- "I remember to breathe deeply during my tests."
- "Breathing deeply brings more oxygen to my brain."
- "Being calm helps me to remember more."
- "I have enough time."



Don't stop
until you're
proud.

Good
attitude.
Maximum
effort.
No limits.

Make your
brain sweat:
fail,
learn,
try again!

BELIEVE
in the
power
of
yet.

Make
today
matter.

you
can
and you
will.

EMBRACE
every
CHALLENGE.

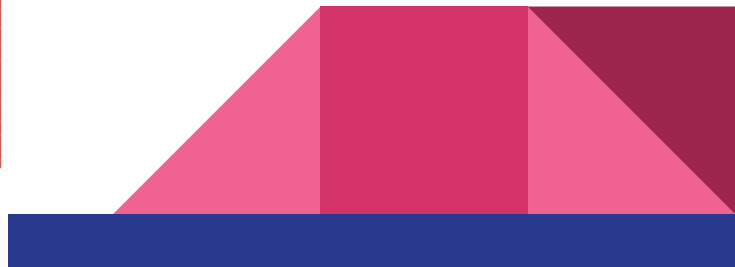
Learning
has no
limits.

It
may not
be easy, but
it will be
worth it.

progress,
not
perfection.

Mistakes
are proof
that you
are
trying.

You CAN
do hard
things.



Breathing

FEELING NERVOUS OR WORRIED?



*Time to Mountain
Breathe!*



Guided Imagery & Guided Meditation



Healthy Routine

- Get enough sleep: Elementary school aged children need 9-12 hours
- Engage in a relaxing activity the night before
- Eat a healthy breakfast
- Talk it out: alleviates stress and nerves



© CanStockPhoto.com

