



TIPS FOR CALMING TEST ANXIETY

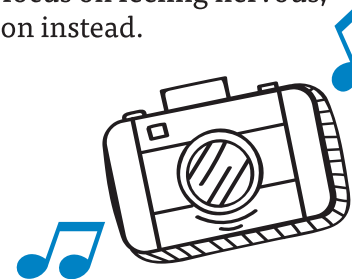
5 FINGER BREATHING

Try the 5 finger breathing. Trace the outline of your hand with a finger. Every time your finger goes up, take a deep breath through your nose & when your finger goes down, breathe out through your mouth. If you do your whole hand, you will have done 5 cleansing breaths. When you calm your body like this, the anxiety leaves your mind & lets what you have studied float to the surface.



♡ DISTRACTION

For 5-10 minutes before the test, do something simple or silly that is totally unrelated to the test material. Draw funny faces, play tic-tac-toe with a friend, read a book you enjoy. It's not enough to tell yourself not to focus on feeling nervous, you have to give yourself something different to focus on instead.



PUSH-PULL-DANGLE

With your arms, push down on your chair for 5 seconds, then pull up on your chair for 5 seconds, then just let your arms dangle for 5 seconds. While you're doing this, only focus on how your arms feel.



3-2-1

Identify 3 different colors you see in the room; next, identify 2 different sounds you hear in the room; lastly, identify 1 thing you smell in the room. If you are still feeling anxious, repeat the exercise & find different things.



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