Group at a glance

Eight weekly sessions that build on each other

Week	Session	Goal	Date planned
1	**Welcome, what is test anxiety?**	Students meet the group, build agreements and learn that test anxiety is a common, workable reaction to pressure, not a sign they are not smart.	
2	**The test alarm in my body and brain**	Students learn how the alarm response affects memory during tests and identify their own warning signs.	
3	**What I can control on test day**	Students sort test worries into what they can control, influence or need to let go of, and choose one action.	
4	**Calm the body, at my desk**	Students practice three quiet calming skills they can use during a test without anyone noticing.	
5	**Test thought traps**	Students spot the thinking traps that feed test anxiety and practice balanced, realistic thoughts.	
6	**Study smarter, not longer**	Students learn study habits that build real confidence: spreading out study time and quizzing themselves instead of rereading.	
7	**My test day game plan**	Students build a step by step plan for the night before, the morning of, the test itself and after the test, including sleep and support.	
8	**My test confidence toolkit**	Students build a personal test confidence plan, reflect on their growth and celebrate.	

Group members

Day, time and place

Session flow

Opener 5 min, teach 10 min, practice 15 to 20 min, wrap up 5 min.

Check in every week

Start each session with a quick worry meter number from 1 to 10.

Keep it real

Time the group a few weeks before a big test window so skills can be used right away.

Session 1: Welcome, what is test anxiety?

Lesson plan for the group leader

Goal

Students meet the group, build agreements and learn that test anxiety is a common, workable reaction to pressure, not a sign they are not smart.

Materials

Group agreements page, pre group check, sticky notes, markers

Opener 5 min	Two truths and a guess: each student shares two true facts and one made up fact about themselves; the group guesses which one is made up.
Teach 10 min	Explain the group: a place to understand test anxiety and build a plan for tests, quizzes and big exams. Teach that some nervousness before a test is normal and can sharpen focus. Test anxiety is when the worry gets so big that it gets in the way: blanking on answers you knew, rushing, avoiding studying, or feeling sick before tests. Many capable students feel it. It is not a measure of how smart you are, and it can get better with practice. Build agreements together (listen, respect, keep it private unless someone is unsafe, it is okay to pass, no comparing grades).
Practice 15 min	Test worry wall: students write anonymous sticky notes finishing the sentence Before a test I worry that ___ and post them. The group notices how many worries are shared.
Wrap up 5 min	Each student signs the agreements. Complete the pre group check.
Take home	Notice the next quiz or test you have and rate your worry before it from 1 to 10.

What I noticed (skills, needs, who to praise)

Follow up or adjustments for next week

Session 1: What is test anxiety?

A little nervousness is normal. Too much gets in the way, and it can get better

My name

Grade

When test nerves help me (focus, energy, effort)

When test worry is too much (what happens)

Test anxiety is not a measure of how smart I am.
It is a reaction I can learn to handle.

The tests and quizzes that worry me most

Class or type of test	When it is	Worry (1 to 10)

My worry meter about tests today 1 2 3 4 5 6 7 8 9 10

One thing I hope to get better at in this group

L&T

Lotus & Tulip

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Test Anxiety Group Curriculum: Test Ready Small Group for Students

Printable PDF, 25 pages: 8 sessions, each with a one page lesson plan and a matching student page, plus a family permission letter, group agreements and a pre and post skills check

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