My Test Worry Check

Test worry has two parts: what my body feels and what my mind says. Check both.

Name: _____ **Test:** _____

1. My body clues

Tick what you notice when you think about the test.

- ☐ Fast heartbeat
- ☐ Butterflies or upset stomach
- ☐ Sweaty or shaky hands
- ☐ Tight chest or shoulders
- ☐ Headache
- ☐ Can't sleep the night before
- ☐ Mind goes blank
- ☐ Want to cry or run away
- ☐ Restless, can't sit still

Something else: _____

2. My worried thought

What does your mind say? Example: "I'm going to fail and everyone will know."

_____

_____

How strong is the worry right now? Circle one.

0 1 2 3 4 5 6 7 8 9 10

0 = calm

10 = the most worried ever

3. Check the thought

What is the evidence it will really happen?

_____

If it did, what could I do? Who could help?

_____

What would I tell a friend who had this thought?

_____

4. My more helpful thought

True, kind and useful. Example: "I studied. I can do one question at a time."

_____

_____

_____

_____

_____

_____

Worry now (0 to 10): _____ **One thing I will do:** _____

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My Test Ready Plan

Short practice spread over several days beats one long night of cramming.

Test: _____ **Test date:** _____

Countdown: what I will study and how I will quiz myself

5 days before

Topic: _____

Quiz myself by: ☐ flashcards ☐ practice test ☐ explain it out loud ☐ blank page recall

Time: _____ Done? _____ Still tricky: _____

4 days before

Topic: _____

Quiz myself by: ☐ flashcards ☐ practice test ☐ explain it out loud ☐ blank page recall

Time: _____ Done? _____ Still tricky: _____

3 days before

Topic: _____

Quiz myself by: ☐ flashcards ☐ practice test ☐ explain it out loud ☐ blank page recall

Time: _____ Done? _____ Still tricky: _____

2 days before

Topic: _____

Quiz myself by: ☐ flashcards ☐ practice test ☐ explain it out loud ☐ blank page recall

Time: _____ Done? _____ Still tricky: _____

1 day before

Topic: _____

Quiz myself by: ☐ flashcards ☐ practice test ☐ explain it out loud ☐ blank page recall

Time: _____ Done? _____ Still tricky: _____

The night before

- ☐ Pack my bag: pencils, calculator, water
- ☐ Quick review only, no new topics
- ☐ Screens off 30 to 60 minutes before bed
- ☐ Go to bed at my usual time
- ☐ Write any worries down, then close the page
- ☐ My own: _____

The morning of

- ☐ Eat breakfast, even something small
- ☐ Leave a few minutes early
- ☐ Do 3 slow breaths before I walk in
- ☐ Say my helpful thought
- ☐ Remember: nerves are energy for the test
- ☐ My own: _____

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Test Time Reset

If your mind goes blank or your heart races during a test, try these six steps.

1. Pause

Put the pencil down. It is okay to stop for 30 seconds.

2. Breathe

In through the nose for 4, out slowly for 6. Do it 3 times.

3. Ground

Feet flat on the floor. Notice 3 things you can see.

4. Rename it

"My heart is racing because my body is getting ready. This is energy."

5. Skip and return

Circle the hard question, do an easier one, then come back.

6. One at a time

Read the next question slowly. Underline key words.

Helpful thought cards: cut along the dashed lines and keep one in your pencil case

One question at a time.	I prepared. I can show what I know.	Nervous means my body is ready.
I can skip it and come back.	A test measures today, not me.	I have done hard things before.
Slow breath in, longer breath out.	I don't need to be perfect.	If I'm stuck, I can ask a question.
Mistakes help me learn for next time.	My grown ups care about me, not just my score.	Write my own: _____

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