

Activity Sheet - 3I: I'VE GOT THIS!

Name _____ Date _____

Fill in the blanks.

I've got a big test coming up...

I feel: _____.

I worry about: _____.

I feel nervous because: _____.

I feel self-doubt about: _____.

Test stress shows up in my body like this: _____.

_____.

Fill in the blanks. If you need help, use the words or phrases in the box at the bottom of the page for ideas.

Here's the thing. I am a powerful _____.

I can keep my _____ levels under control. **I've got this!**

My TEST PREP CHECKLIST:

- Make a _____ to study or set a _____.
- Practice _____ by _____ each day.
- Ask _____ to quiz me.
- Rest and recharge my _____ with a good night's _____.
- Eat _____ foods, like _____.
- Use positive self-talk, like " _____."
- Take a _____ whenever I need one.
- The night before the test, put all my supplies in my _____.
- Set out my _____.

brain	worry	excited	forgetting what I learned	lucky shirt
sleep	nervous	failing	getting everything wrong	butterflies
healthy	scared	hot bath	not finishing in time	fidgeting
nuts	anxious	clothes	a family member	a headache
fruit	plan	martial artist	Sensei Richard	stomachache
protein	goal	stress	making mistakes	dizziness
cheese	rest	a friend	Breath Brake	fast heartbeat
genius	little	freezing up	backpack	