

Activity Sheet - 5I: A BLUEPRINT FOR TEST SUCCESS

Name _____ Date _____

1. _____
is NOT a typical stress response.
 - a. Fast heartbeat
 - b. Fast breathing
 - c. Tight muscles
 - d. Tight pants
2. The worst possible thing that could happen during the test is _____.
 - a. I pass out.
 - b. I blank out.
 - c. I get sick.
 - d. A meteor falls on my head.
3. The best possible thing that could happen during the test is _____.
 - a. I know every answer.
 - b. I know my name!
 - c. I stay focused.
 - d. I stay awake.
4. The one thing I worry about most is _____.
 - a. Failing miserably
 - b. Getting stuck on one hard question
 - c. Running out of time
 - d. Forgetting everything I studied
5. As a powerful martial artist I can _____.
 - a. Take a Breath Brake.
 - b. Fight the test.
 - c. Tell the test how I feel.
 - d. Give up.
6. On the morning of the test, I should _____.
 - a. Whatever I want
 - b. Pancakes, definitely pancakes
 - c. Something healthy and nutritious
 - d. Marshmallows
7. The night before the test, I should _____.
 - a. Iron my lucky underwear
 - b. Get plenty of sleep
 - c. Watch scary movies about killer tests
 - d. Have a pajama party
8. On the day of the test, my brain should feel _____.
 - a. Mushy and soft
 - b. Energized and focused
 - c. Happy for me
 - d. A stress response
9. If I get stuck during the test I can _____.
 - a. Peel myself off the chair.
 - b. Put on the antenna to see if I can get the right answer from outer space.
 - c. Take a Breath Brake.
 - d. Just zone out.
10. After the test, I should _____.
 - a. Worry until I get the results.
 - b. Keep studying.
 - c. Dance or do something fun.
 - d. Promise myself not to take any more tests.

