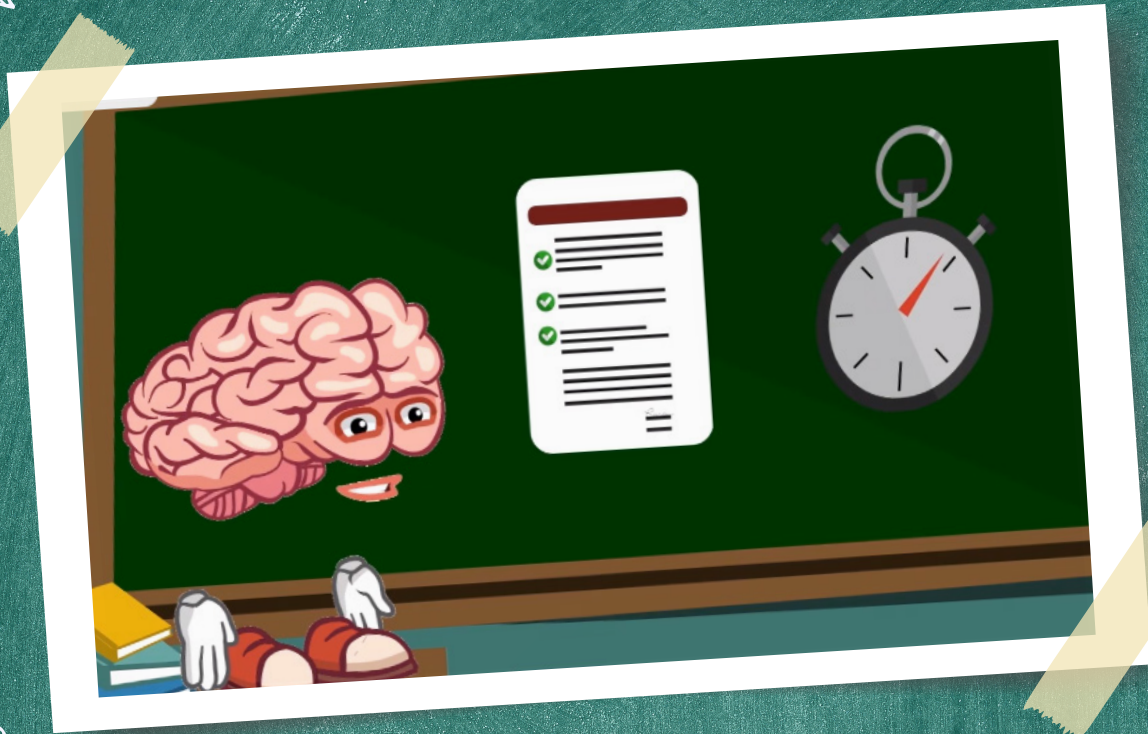


Unit 3I: The Big Test



Teacher's Notes:

How To Begin and End Each Lesson

Begin With a Breath Brake

Instruct students to stand at attention, repeat the hand motions and the mantra, **Power Peace Purpose**, and end with a bow. Ask students to take several breaths to clear their minds and prepare to watch the video.

Teacher Statement:



The Breath Brake helps us clear our minds, relax and focus. Focused breathing stops the flow of stress chemicals from the brain. You can close your eyes if you want to. Follow along:

- ★ *Breathe in through your nose, slowly and deeply. Think of each breath as a wave as it gently raises, holds, and then slowly lowers your body.*
- ★ *Hold it for three seconds.*
- ★ *Breathe out slowly and steadily from your mouth while you feel your body gently relax.*
- ★ *Breathe in and visualize that you are breathing in a powerful light.*
- ★ *Breathe out and imagine you are blowing out any darkness.*
- ★ *Breathe in, hold for 3 seconds, then breathe out. Repeat as needed.*

*Remember when you breathe, you are helping others who need your light. **Power Peace Purpose.***

There are thousands of children around the world who spend a lot of time in the hospital. Sometimes, they feel very lonely. When you join the Heroes Circle, it makes them feel better. When you do your power breathing you are also teaching your family and friends around you. You are an amazing teacher and a good friend!

End with Power Peace Purpose:

Recite and review the Power Peace Purpose mantra with students at the end of each day's lesson. Then, the students bow.



The Breath Brake helps you restore your power, brings you to a place of peace, and enables you to understand your purpose.

Unit 3I: The Big Test

Day 1: WATCH



Focus: Social Awareness

Students will watch a video about preparing for a big test.

Learning Objectives: In this lesson, students will:

- Observe a video about students preparing to take a big test.
- Identify the importance of managing stress related to taking a big test.
- Practice the Breath Brake and repeat the **Power Peace Purpose** mantra.

Time Requirement:

15 minutes



Materials Needed:

Video - HeroesCircle.org/SupportMaterials3

Lesson Process:

1 Begin with a Breath Brake:

Begin the lesson with the mantra **Power Peace Purpose**. Students bow. Lead students through a Breath Brake.

2 Introduce key concepts:



Today we will watch a video about preparing for a big test. Some people handle big tests with ease, but others may have a different experience. Sometimes big tests or other events can lead to feelings of nervousness, anxiety, self-doubt, and stress. Think about how you feel when you prepare for a big test as you watch the video.

3 Show the video:

Show Video – HeroesCircle.org/SupportMaterials3

4 Talk about key concepts:

Use the following talking points to encourage discussions as a class, in small groups, or student pairs:

- What are some common feelings associated with preparing for a big test?

Responses may include:

- People might feel anxious or nervous about a big test.
- People might feel self-doubt or worry that they won't do well on a test.

- What were some of the strategies you learned about preparing for a big test?

Responses may include:

- Getting a good night's sleep before the big test.
- Eating a healthy diet (especially the day before and the day of the big test).
- Practicing and quizzing little by little each day before the test.

- How is preparing for a big test like training to be a skilled martial artist?

Responses may include:

- You must practice a little bit every day for a long time.
- You must put in hard work, dedication, and perseverance.
- You must set goals for yourself and stick to them.

5 End with Power Peace Purpose mantra:

Power Peace Purpose. Students bow.

Day 2: THINK



Focus: Responsible Decision Making

Students will be encouraged to think and talk about preparing for a big test.

Learning Objectives: In this lesson, students will:

- Describe feelings, thoughts, and the stress response before a big test.
- Analyze the importance of preparation and self-care before a test.
- Practice the Breath Brake and repeat the **Power Peace Purpose** mantra.

Time Requirement:

15 minutes



Materials Needed: N/A

Lesson Process:

1 Begin with a Breath Brake:

Begin with the mantra **Power Peace Purpose**. Students bow. Lead students through a Breath Brake.

2 Review key concepts:



Think about the video that we watched yesterday. We learned about feelings and stress associated with preparing for a big test. We learned about self-care strategies and other important tips for managing feelings of anxiety and stress about a big test.

Ask students to share what they remember about the video.

3 Think about key concepts:



Today we will talk more about feelings and thoughts that often happen before any kind of a test and how that can lead to a stress response. We will focus on self-care strategies, like having a plan for success, believing in yourself, and preparing your brain and body with a good night's sleep and healthy food. It is important to focus on self-care of the body, mind, and emotions as you prepare, so that you can do your best. AND, when you use your Breath Brake, it helps your brain remember the information you learned and brings it back when you need it for the test!

Remember that you can use a Breath Brake at any time - the night before, right before, and anytime during the test. For example, when you get stuck on a problem or question, take a Breath Brake to find your power and then move forward as a powerful martial artist, and test-taker!

4 Talk about key concepts:

Use the following talking points to encourage discussion as a class, in small groups, or student pairs:

- **What self-care strategies can help you prepare for a big test? Responses may include:**
 - You should get a good night's sleep to be rested and ready for the test.
 - You should eat healthy foods to nourish your brain before the test.
 - You can ask someone for support to help you study, quiz you, and help you practice.
- **When you know there is a big test coming up, how can goal-setting help you? Responses may include:**
 - You can set small goals and commit to practicing a little bit every day until the test.
 - You can set goals to make sure you use self-care strategies as you plan and prepare.
- **How can you keep a positive mindset while preparing for the test?**
 - Use a Breath Brake to stop the flow of negative thoughts.
 - Use positive self-talk statements to keep yourself motivated.



5 End with Power Peace Purpose:

Power Peace Purpose. Students bow.

Unit 3I: The Big Test

Day 3: DISCUSS



Focus: Relationship Skills

Students will talk with each other about preparing for a big test.

Learning Objectives: In this lesson, students will:

- Identify self-care strategies that can help them be their best for a test.
- Analyze how self-care, the Breath Brake, and support are critical to test preparation.
- Practice the Breath Brake and repeat the **Power Peace Purpose mantra**.

Time Requirement:

15 minutes



Materials Needed: N/A

Lesson Process:

1 Begin with a Breath Brake:

Begin with the mantra **Power Peace Purpose**. Students bow. Lead students through a Breath Brake.

2 Review key concepts:



Think about the video we watched about the big test. We learned about the importance of being prepared by using effective self-care strategies, setting personal goals, having a positive mindset as you go into the test, and using the Breath Brake effectively. What were some of the important messages we learned about preparing for a big test?

Ask students to describe what they remember from the video.

3 Discuss key concepts:



Today we will talk more about the specific self-care strategies you can use to prepare for a test, so that you can perform at your best. We will talk about how self-care, the Breath Brake, and support from others can help you prepare for a big test. Remember, self-care is anything that focuses on caring for your body, mind, and emotions so that you can perform at your best. We talked about the importance of a good night's sleep and eating healthy, so your body and brain are well-rested and nourished properly. We talked about the importance of taking a Breath Brake to reduce the effects of your stress response. And we talked about positive self-talk and support from others to help with your emotional preparation.

Use the following talking points to encourage discussion as a class, in small groups, or student pairs:

- **How does a good night's sleep help you prepare your body and mind for the test? Responses may include:**
 - Your brain needs time to rest and recharge.
- **How can you ensure you have everything you need on the day of the big test? Responses may include:**
 - Prepare everything you need the night before – pick out your clothes, pack your backpack, a snack, and supplies the night before the test.
- **What are some of the best foods to eat on the test day? Responses may include:**
 - Choose healthy foods that are nutritious and don't have tons of sugar.
Examples: fruit, nuts, cheese, cereal, peanut butter, and protein sources.
- **Who can help you study for the big test? Who can quiz you before the big test?**
- **What ways can friends support each other in preparing for a big test? Responses may include:**
 - Friends can help each other stick to a study schedule.
 - Friends can study together and quiz each other.
- **How can the Breath Brake help you deal with feelings about a big test? Responses may include:**
 - The Breath Brake can calm your body, so you can focus on preparing.
 - The Breath Brake can clear your mind, so you can think positively and focus.

4 End with Power Peace Purpose:

Power Peace Purpose. Students bow.

Day 4: APPLY

Focus: Self-Management

Students will work independently to apply the concepts from the video to a self-reflective activity about preparing for a test.

Learning Objectives: In this lesson, students will:

- Identify their personal stress response to tests, including feelings, body sensations, and thoughts.
- Describe three strategies that will help them prepare for a big test.
- Practice the Breath Brake and recite the **Power Peace Purpose** mantra.

Time Requirement:

15 minutes



Materials Needed:

ACTIVITY SHEET - 3I: I'VE GOT THIS!

Lesson Process:

1 Begin with a Breath Brake:

Begin with the mantra **Power Peace Purpose**. Students bow.
Lead students through a Breath Brake.

2 Review key concepts:



Yesterday we talked about the importance of self-care strategies in preparing for a big test. Today we will talk more about your personal feelings and thoughts about taking a big test and how that impacts your stress response as you prepare. You will choose and focus on three specific strategies that will help you prepare your body, mind, and emotions for a big test. Remember, you are a powerful martial artist – you can use the Breath Brake to keep your stress levels under control. You can use the Breath Brake as you prepare, on the day of the test, and while taking the test. Use the Breath Brake whenever you need it.

3 Personalize key concepts:



Today you will reflect on your stress response and specific strategies that will work best for you as you prepare for a big test. Think about how you would respond to these questions as we discuss them and then you can add them to your activity sheet.

Use the following talking points to encourage discussions as a class, in small groups, or student pairs: [Responses will vary from student to student.]



- How do you feel about taking tests?
- Describe any worries you have about taking tests.
- What are some thoughts you tell yourself as you prepare for a test?
- What academic goal could help you prepare for a big test?
- Who can support you in preparing for a big test?

4 Apply key concepts:

Distribute the ACTIVITY SHEET – 3I: I'VE GOT THIS! Ask students to work independently to complete the activity sheet. Remind them if they need help, they can use the box at the bottom of the page for ideas. Encourage a few students to share their responses with the group.

5 End with Power Peace Purpose:

Power Peace Purpose. Students bow.

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	

Day 5: SHARE



Focus: Self-Awareness

Students will share their learning about preparing for a big test.

Learning Objectives: In this lesson, students will:

- Share how they will prepare for the next big test with self-care strategies and the Breath Brake.
- Share examples of positive self-talk statements that will help them prepare for a big test.
- Practice the Breath Brake and repeat the **Power Peace Purpose** mantra.

Time Requirement:

15 minutes



Materials Needed:

ACTIVITY SHEET - 3I: I'VE GOT THIS!

Lesson Process:

1 Begin with a Breath Brake:

Begin with the mantra **Power Peace Purpose**.
Students bow. Lead students through a Breath Brake.

2 Review key concepts:



This week we learned about feelings, thoughts, and stress-related to preparing for a big test. We talked about important self-care strategies, the Breath Brake, and positive thoughts when you feel stressed.

3 Share the learning:



Today you will share your learning about preparing for a big test.

Ask students to reflect on their completed activity sheet, ACTIVITY SHEET – 3I: I'VE GOT THIS! Ask students to choose one response from the activity sheet to share with the class.

Use the following talking points to discuss as a class, in small groups, or partner pairs:

- How can the Breath Brake help you manage stress about a big test?
When can you use it? Responses may include:
 - When I am studying for the test, when I feel stressed thinking about the test, if I have trouble sleeping the night before the test, right before the test, or anytime during the test when I need to refocus
- Did your feelings about preparing for a big test change since the beginning of the week? If so, how? Responses will vary.
- Which self-care strategies do you think will be most helpful to you? Responses will vary.
- How could your ability to effectively manage your stress help improve the whole school? Responses will vary.



4 Summarize key concepts:

This week, we learned about feelings and stress associated with preparing for a big test. It's important to manage the stress effectively with the breath break and self-care strategies. As we move forward as martial artists, use these techniques when you prepare for a big test or when you face another situation where you feel anxious, worried, or stressed.

5 End with Power Peace Purpose:

Power Peace Purpose. Students bow.