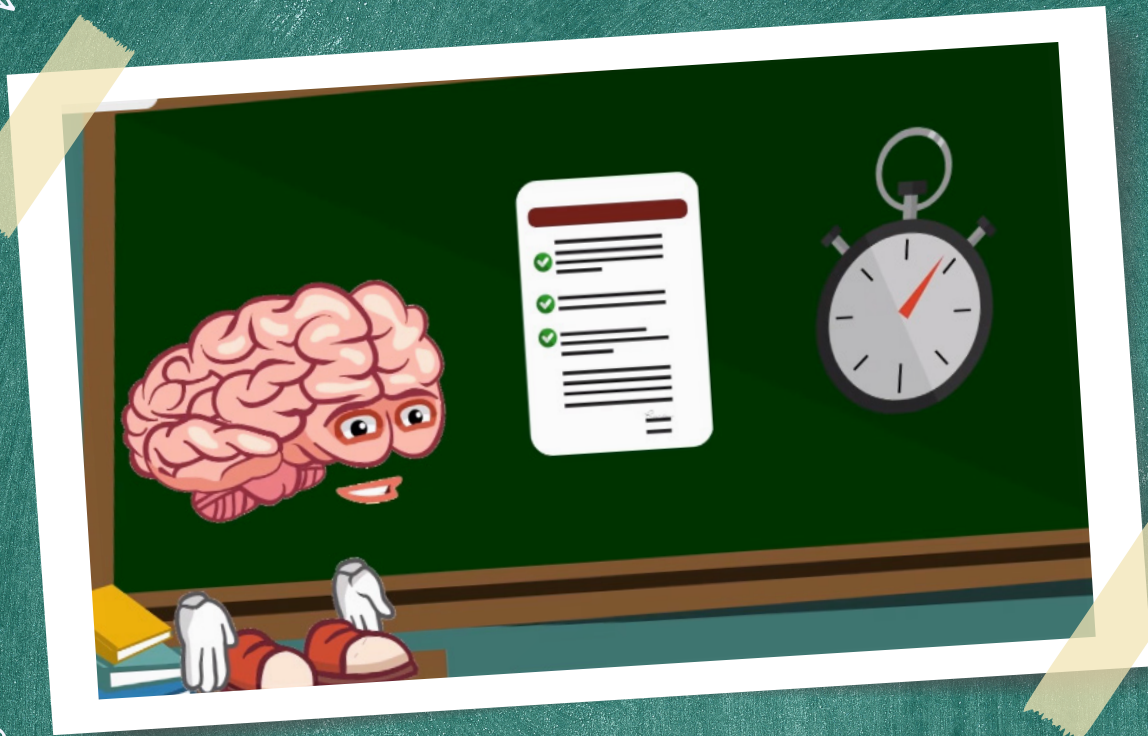


Unit 4I: The Big Test



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 4I: The Big Test

Day 1: WATCH



Focus: Social Awareness

Students will watch a video about taking a big test.

Learning Objectives: In this lesson, students will:

- Identify thoughts and feelings related to taking a big test.
- Describe their stress response 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/SupportMaterials4

Lesson Process:

1 Begin with a Breath Brake:

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

2 Introduce key concepts:



Today we will watch a video about Taking a big test. As you watch, think about your feelings and thoughts about taking a big test. Think about how you study and what strategies you use to prepare. Pay attention to the strategies you see in the video.

3 Show the video:

Show the video – HeroesCircle.org/SupportMaterials4

4 Talk about key concepts:



We observed how test-taking could lead to feelings of anxiety or self-doubt, which indicates a stress response. When you prepare for a big test or another big event, it's helpful to use martial arts tools that help you focus, manage feelings, and minimize your stress response

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



- What were some key messages you remember from the video? Responses may include:
 - Set a goal, create a plan to study a little each day, and stick to it.
 - Remember to take care of yourself with sleep, healthy food, and brain breaks.
- What are some common feelings that people have about taking a big test? Responses may include:
 - Worry, anxiety, fear, nervousness, doubt.
- What are some common negative thoughts people have about taking a big test? Responses may include:
 - I am going to freeze up and fail. I am not good at this subject. I can't remember the information I need to know. I can't do this.
- Describe your thoughts, feelings, and stress response to taking a big test. Responses will vary.

5 End with Power Peace Purpose mantra:

Power Peace Purpose. Then, students bow.

Day 2: THINK



Focus: Responsible Decision Making

Time Requirement:

15 minutes



Materials Needed: N/A

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

Learning Objectives: In this lesson, students will:

- Describe how decisions before the test can affect performance and the outcome.
- Analyze how responsible decisions can help prepare you for success on a big test.
- Practice the Breath Brake and repeat the **Power Peace Purpose** mantra.

Lesson Process:

1 Begin with a Breath Brake:

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

2 Review key concepts:



Think about the video we watched about taking a big test. We learned some of the most powerful ways to prepare for a test. When you make responsible decisions about studying, using self-care strategies, and managing your thoughts and feelings, you are setting yourself up for success.

Ask students to remember and share what they learned from the video.

3 Think about key concepts:



Today we will talk more about the decisions you must make before a big test. Let's think about the specific strategies that will help you prepare your body and brain for taking a big test. That way, you can take the big test feeling confident and ready. In the video, Sensei Richard set a goal and practiced every day to become successful. He worked hard, stayed committed to his goal, believed in himself, and kept going, even when things got difficult. He did not prepare in one day. He made responsible decisions every day to stay focused on his goal. The same ideas apply to taking a big test. You can decide to practice a little each day before the test, and if you stick to it, you will feel confident and ready.

Let's discuss some of the important decisions you will have to make as you prepare. When you understand how your choices can affect your success, you will have a clear picture of the most responsible decision.

4 Talk about key concepts:

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

- How might your decision to skip one day of studying affect your performance on the test?
Responses may include:
 - Skipping one day means you might have to cram, which could stress you out.
 - Skipping one day will put you behind, and you will have to take extra time the next day.
 - Asking for help when you need it.
- You may have to give up or skip some of your favorite activities when you decide to study.
Give an example of this. Responses may include:
 - Choosing healthy foods instead of junk.
 - Getting enough sleep, so your brain can rest and recharge.
 - Getting enough sleep, so your brain can rest and recharge.
- How can you keep a positive mindset while preparing for the test?
 - Giving up watching tv or a movie to study.
 - Saying no to playing video games so you can study.



5 End with Power Peace Purpose:

Power Peace Purpose. Then, students bow.

Unit 4I: The Big Test

Day 3: DISCUSS

Focus: Relationship Skills

Students will engage in discussions about The Big Test

Learning Objectives: In this lesson, students will:

- Identify how your self-care strategies could help you manage feelings about a big test.
- Analyze how friends can support one another in preparing for the big 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**. Then, students bow. Lead students through a Breath Brake.

2 Review key concepts:



Yesterday, we talked about preparing for a big test and some of the decisions you must make as you prepare. The decisions you make affect how prepared and ready you will be.

Ask students to describe what they remember and learned about The Big Test.

3 Discuss key concepts:



Today we will talk more about the importance of self-care as you prepare for a big test and how friends can help each other prepare. Remember that everyone responds to stress differently, and people feel differently about tests. When you use self-care strategies, like the Breath Brake, you can manage your feelings and thoughts about a test. Even when you get stuck during a test, stop and take a Breath Brake – that will help you relax and refocus. That way, you can keep cool, stay calm, and do your best. As a powerful martial artist, you have amazing tools and techniques that you could use for yourself AND to help others. For example, you might use the Power of Pull to help a friend by inviting that person to study with you. You might use the Power of Positivity to help your friend transform negative thoughts into positive ones. Or remind your friend to take a Breath Brake whenever you think he or she needs one.

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

- **What ways could you use the Power of Pull with a friend preparing for a test? Responses will vary.**
- **How could you use your powerful martial arts techniques to help a friend prepare for a test?**
 - Practice taking a Breath Brake together.
 - Help your friend use positive self-talk statements when he/she feels discouraged.
 - Use the Power of Pull to invite your friend to study with you and quiz each other.
- **What other ways can friends help each other prepare for a big test? Responses may include:**
 - Respect your friend's study plan and encourage him or her to stick to it.
 - Review information together and talk about what you don't understand.

4 End with Power Peace Purpose:

Power Peace Purpose. Then, 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 taking a big test.

Learning Objectives: In this lesson, students will:

- Describe 3-5 specific strategies you can use to prepare for a big test.
- Analyze how being a powerful martial artist can help you be successful on a big test.
- Practice the Breath Brake and recite the **Power Peace Purpose** mantra.

Time Requirement:

15 minutes



Materials Needed:

ACTIVITY SHEET - 4I:
TEST-TAKING TOOLBOX

Lesson Process:

1 Begin with a Breath Brake:

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

2 Review key concepts:



Yesterday we talked about several strategies to help you and your friends prepare for a big test. Everyone has different feelings and thoughts about taking tests; test preparation is stressful for many people. We learned about practicing self-care, helping others, and using our powerful martial arts tools to set ourselves up for success.

3 Personalize key concepts:



Today we'll look more closely at your thoughts and feelings about tests. We will identify the strategies you find most helpful in preparing for a big test, including how your role as a powerful martial artist can help you plan, persevere, and succeed.

Use the following talking points to encourage students to think and then share ideas:



- Which self-care strategy are you good at? Which one do you need to work on?
Responses will vary
- How can your confidence as a powerful martial artist help you prepare for a big test?
Responses will vary.
- Describe when and how you could use the Breath Brake as you prepare and take a big test.
Responses will vary.

4 Apply key concepts:

Distribute the ACTIVITY SHEET 4I: TEST -TAKING TOOLBOX. Ask students to work independently to complete the activity sheet.

5 End with Power Peace Purpose:

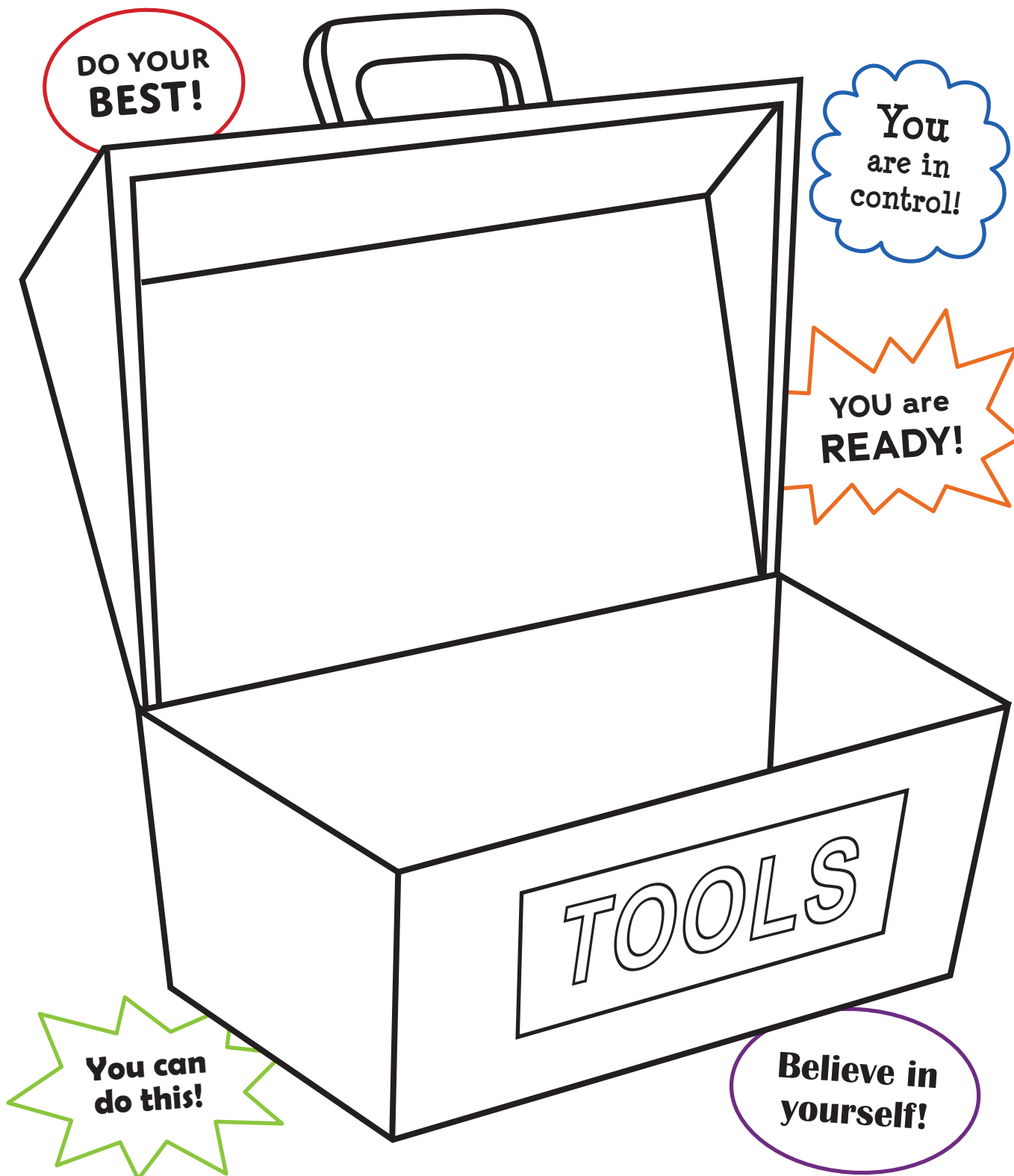
Power Peace Purpose. Then, students bow.

Activity Sheet - 4I: TEST-TAKING TOOLBOX

Name _____ Date _____

As a powerful martial artist, you have many tools you can use as you prepare for a big test. Write words or draw pictures to represent the tools in your toolbox.

Tool examples: The Breath Brake, healthy foods, positive self-talk



Day 5: SHARE



Focus: Self-Awareness

Students will share their learning about The Big Test.

Learning Objectives: In this lesson, students will:

- Share their learning about the tools they have to de-stress and prepare for a big test.
- Explain how practice and self-care strategies can lead to confidence about a big test.
- Practice the Breath Brake and repeat the **Power Peace Purpose** mantra.

Time Requirement:

15 minutes



Materials Needed:

ACTIVITY SHEET - 4I:
TEST-TAKING TOOLBOX

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 that preparing for a big test can be stressful. Some people experience anxiety, doubt, worry, or fear and may have negative thoughts about their abilities. We learned that as powerful martial artists, we have many tools that we can use to manage stress effectively.

3 Share the learning:



Today we will share our learning about taking a big test. You will have a chance to share the details of your stress response when you know you have a big test. Also, we will share and compare the tools in our toolboxes that can help us prepare for a test.

Ask students to reflect on their activity sheet, ACTIVITY SHEET 4I: TEST -TAKING TOOLBOX. Ask students to share their responses with the class, in small groups or in student pairs.

Then use the following talking points to facilitate further reflection and sharing:



- What are some of the feelings and thoughts you have about taking a test?
Responses will vary.
- What did you realize about yourself and/or your stress response this week?
Responses will vary.
- Which self-care strategy is hardest for you, and why do you think so? Responses will vary.
- What is one thing you can do to feel more confident about taking a test?
Responses will vary.
- How does your ability to manage your stress help others in the world? Responses will vary.

4 Summarize key concepts:

This week we learned that preparing for a big test can be stressful, but we also discovered that there are many tools we can use to minimize our stress response as we prepare. We identified important self-care strategies, including the Breath Brake, and we talked about some ways friends could help each other prepare. As we move forward as powerful martial artists, let's use the tools we have – especially the self-care strategies and test-taking preparation skills.

5 End with Power Peace Purpose:

Power Peace Purpose. Students bow.