

Calming Your Nerves for Taking a Test

Practice Description: This practice can help to manage your nerves for taking a test. Nervous feelings and behaviors are normal during a test, but too many strong feelings can prevent you from being able to access your best thinking. These feelings and behaviors, which are normal, can be discouraging. By noticing and identifying our stressful thoughts and feelings, we can find a balance of focused energy and kind thoughts to support ourselves for each section of the test.

Age Group: 6-12 Grade

Voiceover Script

Welcome to the Calming Your Nerves for Taking a Test practice.

Nervous feelings and behaviors are normal during a test and this practice can help you manage those feelings.

Let's start by getting into a comfortable position with both feet on the floor, and a long, strong back so that your body supports your intention to be awake and aware. Allow your hands to rest in your lap.

Try softening your eyes and turning your gaze down toward your knees or to the images on the screen. If you feel comfortable, you may choose to close your eyes.

- *Pause for 2 seconds*

Imagine you're about to take a test. Are you nervous, unfocused, or discouraged? Many people actually have these sorts of feelings before taking tests.

- *Pause for 3 seconds*

Do you feel physical sensations in your shoulders, head, eyes or stomach?

- *Pause for 3 seconds*

To calm these sensations, gently bring your kind attention to the area with the strongest feelings and breathe into that area. When you breathe out, allow the edges of that area to soften.

- *Pause for 6 seconds*

Breathing into the feeling can help to soften and relieve any tightness or stress.

Consider thinking to yourself, "I'm going to do my best."

- *Pause for 5 seconds*

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Try to be kind to yourself and recognize that supporting yourself in this way helps to calm your nerves and access your highest and best thinking.

Imagine yourself moving through the test, doing the best you can, thoughtfully.

- *Pause for 10 seconds*

Try thinking encouraging thoughts like, "I can do this."

- *Pause for 5 seconds*

Now, imagine you have finished the test. You might congratulate yourself for putting forth your best effort by thinking, "I did it." "Good job!"

- *Pause for 6 seconds*

Take a few more nourishing breaths, then you can open your eyes and bring your attention back to the room around you.