

How to Tame

THE TEST MONSTERS



1. Wear layers of clothing to stay comfortable.



2. Get enough sleep—about 10-11 hours a night.



3. Do not eat sugary foods before a test. It will make you feel more tired and your brain will not work as fast.



4. Breathe in through your nose to cool down and focus.



5. Stay in the high + or low + emotion zones.



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6. Look up and left when trying to remember notes.



7. Speak in an accent or sing when studying.



8. Peppermint, lemon, and cinnamon help your memory.



9. Take breaks. Attention is usually your age + 2.

12 years old + 2 = 14 minutes
11 years old + 2 = 13 minutes
10 years old + 2 = 12 minutes
9 years old + 2 = 11 minutes
8 years old + 2 = 10 minutes



10. Keep a positive attitude and believe in yourself!



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