THE TEST TAKING GAMES

PRESENTED BY:
Mrs. Rex
And our tributes are...

- You have been selected to participate in The Test Taking Games. May the odds be ever in your favor.

How do you feel about being selected?
ON THE WAY, WE WILL…

- Learn how to handle The Test Taking Games
- Discover tips and tricks that will help you do your best on the test
• **Memory Game**
  – Why breaks are important

• **Accents and Funny Voices, Singing**
  – One for each subject

• **Attention**
  – Typically your age + 2

• **Sleep**
  – Training and testing is tiring! Be well rested.
THE PARADE

• Clothes make a difference
  – Dress in layers
  – Wear something comfortable, blue or green (calm)

• Your attitude makes a difference
  – Emotion Zones
EMOTION ZONES

High +

High –

Low +

Low –
THE COUNTDOWN

• Positive Attitude, Positive Self-Talk
THE COUNTDOWN

• Be ready
  – Pencils sharpened, mints, water, good breakfast

• Relax
  – Breathe through your nose

• Listen to the directions
  – Clues: How much time, what types of questions

• Trust yourself
THE GAMES

• Mints
  – As needed
  – Peppermint, Lemon, Cinnamon

• Manage Headaches
  – Massage above eyebrow

• How to remember information
  – Look up, visualize your notes and books
  – “Headphones” to “hear” information
AND OUR VICTOR IS...

Not just one, but all of you!