

Calm and Reflect: A Teacher's Testing Season Reset

Educators are consistently tasked with creating environments that build student confidence and accountability, especially during testing seasons. We have curated a list of strategies and activities for students across grade levels, to help you support them in developing strong test-taking skills. Remember that test tolerance, being able to handle stress, frustration, or uncertainty during assessments, is something we must teach them.

Strategies to Build Confidence and Manage Testing Anxiety

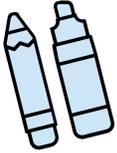
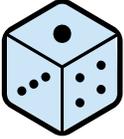
- Promote good study habits; preparation is key! Having designated study time to focus should be encouraged. Show your students strategies for testing and share study aids to help them prepare.
- Incorporate some of our breathing techniques and mindfulness activities into your day to help students manage stress before and after testing.
- Encourage students to embrace a growth mindset, accepting challenges as growth opportunities.
- Guide students to reframe negative thoughts into positive self-talk to build their confidence.
- Lead students through goal-setting conversations to set and track attainable goals and establish checkpoints throughout the year.

Implementation Strategies

- Integrate these activities into your daily routine to normalize conversations, test anxiety, and confidence.
- Engage families to join you in reinforcing the strategies students are learning in the classroom.
- Set a predictable schedule for test day to reduce anxiety and stress.



Post-Test Activities

	<p>Coloring Corner: Allow students to doodle, draw, or color to reset and calm their minds after testing is done for the day.</p>
	<p>Mindful Movement: Lead students in guided stretching, yoga, or a quick dance party to unwind after testing.</p>
	<p>Guided Meditation: Play a mindfulness meditation for students to help them reset and regulate their emotions.</p>
	<p>Class Game: Allow students to choose a simple game, such as Heads Up or Simon Says, to play as a class.</p>
	<p>Puzzle Activities: Students can bring in a puzzle, crossword, sudoku, or word search to unwind after testing.</p>
	<p>Reading Buddies: Let students choose a partner to read their favorite book(s) with.</p>

Teacher Reflection Sheet

Directions

Use this reflection tool during testing season to pause, recognize your impact, and reset your perspective. Use this space to celebrate, process, and reflect.

1. What growth in my students can I celebrate?

Think beyond data. Consider how they've shown perseverance, curiosity, teamwork, or confidence.

2. How have I supported student growth this year?

Reflect on a strategy, conversation, or moment you helped a student push through.

3. What was my instructional or classroom goal this year? Where am I now with that goal?

4. What's one next step I want to take to move forward after testing season?

5. To help myself reset, I will: (Choose one or two you can commit to.)

- Step away from my work without guilt.
- Talk to a trusted colleague for support or celebration.
- Reread a kind note from a student.
- Reflect on a lesson I loved teaching.

