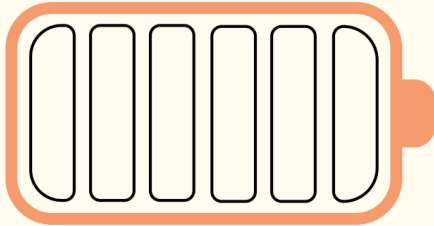


# Test Prep Stress Management and Study Plan

## How are you feeling today?

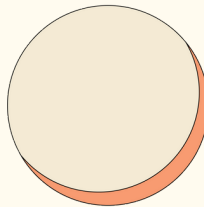
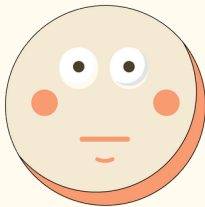
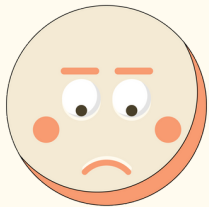
### My Energy Battery:

(Shade in how full your energy battery is right now)



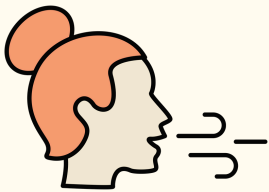
### My Mood:

(Circle the face or draw one that shows how you feel right now)



### My Calm Down Tools:

(Circle the one you try)



Belly Breathing



Stretching



Dance



Positive Words

## My Study Plan:

One thing I will work on to get ready for this test is:

### I will use:

- ☐ Notes
- ☐ Practice Questions
- ☐ A video
- ☐ Flashcards
- ☐ Help from an adult

### If I get stuck, I will:

- ☐ Read the question again
- ☐ Underline important words
- ☐ Skip it and come back
- ☐ Ask for help
- ☐ Take a short break and try again