

Quickie Sheet

Hello there! I know you're about to take a math test. But you can let go of the math for the moment and review this sheet . . . *slowly*.

Relax your body.

Find tension spots, and imagine them melting away as you breathe deeply and calmly. Close your eyes and stretch your body a little as you breathe. Do this until you *feel better*.

"I can do this. I'm ready. Bring it on!"

Now continue taking slow, deep breaths, and confidently repeat this phrase to yourself, several times in a row, until you actually start to believe it. (You might not at first, and that's okay!) Closing your eyes can help with this, too. And you *can't* overdo this one. More is better!

Three Reminders

These can be math formulas, rules, tips—whatever will help you the most on the test. Now, read them while continuing to breathe calmly, and stay focused on that good, confident, relaxed feeling as much as you can.

1. _____
2. _____
3. _____

Whenever you start to lose that good, confident, relaxed feeling, use the above tips to calm your mind and body. Reviewing a whole bunch of math before a test is fine, but trust me, for the last five minutes, this sheet will help you *much* more.

Finally . . . *smile!*
You're going to do GREAT!