

How to reduce test anxiety for students



TestInnovators

Prep for Success

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Exercises to reduce stress & anxiety

Simple and evidence-based methods to reduce stress before an exam. These practices can be done at home, or in the classroom, for people of all ages.



Write about it.

- Before the test, have the students write a brief journal entry about their test anxiety.
- **Questions to ask:** How are you feeling about the upcoming test? What are you most excited about? Concerned about?



Body scan

- Close your eyes.
- Starting from the tip of your toes, focus your attention on your body as you scan up through your legs, torso, chest, and arms, all the way through the top of your head.
- During this process, focus on an points of tension within your body and breath through them.



Breathing

- **Deep Breathing.** Close your eyes. Begin inhaling slowly through your nose for 8 counts. Take two final sips of breath. Exhale slowly through your mouth for 8 counts. Repeat for 3 more breaths.
- **Shoulder Shrugs.** Begin inhaling through your nose. As you inhale, bring your shoulders up to your ears. On the exhale, slowly release your shoulders down to a relaxed position, elongating your spine and creating space between your ears and shoulders. Repeat for 4 breaths.
- **Belly Breathing.** Laying down on your back, place an object (e.g. a book) on your belly. Inhale into your stomach, pushing the object upwards as much as possible, then release the breath. Repeat this motion, focusing on the rise and fall of the object.



Tip: Try these exercises seated in a chair or in one of the positions above



Yoga for mind & body.

- Before the test or during a break, yoga can help relax the body and rejuvenate the brain.
- Try a standing sequence, shown on the right, to get students on their feet.
- Focus on guided breathing through these poses, inhaling and exhaling with each movement. Repeat as needed.

