**📘 Test Day Anxiety Toolkit**

*For FAST Reading Test Success!*

**🧠 Calm Your Mind: You’ve Got This!**

**Before the test, say to yourself:**

* 💬 *“I am ready to try my best.”*
* 💬 *“One question at a time.”*
* 💬 *“I don’t have to be perfect. I just have to keep going.”*
* 💬 Create your own affirmation(s) here:
* 💬
* 💬

**🌬️ Breathe & Focus**

Try **Box Breathing** to feel calm and focused:

⬜ INHALE – 4 seconds

⬜ HOLD – 4 seconds

⬜ EXHALE – 4 seconds

⬜ HOLD – 4 seconds

Repeat 3 times

(You can even trace a square in the air with your finger!)

**📖 Smart Test Strategies**

Use these during your test:

✅ **Read the questions first** (know what to look for)
✅ **Look for and note key words** in questions and text
✅ **Use process of elimination** for tricky answers
✅ **Reread parts of the text** when unsure
✅ **Remember that the test is adaptive:** remember you should feel confident in your final answers for each text set before moving to the next group of questions
✅ **Check your work** and remember to take all your extended time! These are long passages, and you can do it!

**❤️ If You Feel Nervous…**

* Close your eyes for 10 seconds
* Take 3 slow, deep breaths
* Tell yourself: *“I can do hard things.”*

**✨ After the Test**

* Smile—you did your best!
* Think: *What helped me today?*
* You earned a break and a moment to feel proud!