

🏃🏃🏃 Breaks, Breathing and Stretching on Standardized Tests 🏃🏃🏃

Take control over stress and Flip things in your favor

– Greg / GregsTutoringNYC@gmail.com

Standardized test taking encompasses a number of things and among them is at least sitting in one spot for a certain amount of time. Unfortunately this limits mobility and a number of other things. As well, for many students they have feelings of anxiety, fear, and stress.

Therefore, I suggest taking small “in-seat breaks” to stretch and breathe somewhat.

However, given that you are not allowed to leave the testing room, you can't jog around the perimeter of the room, and especially you're not allowed to hang upside down from the ceiling, there are a few things that I can suggest:

- * Note: These take about 30 seconds while remaining in place.
 - o 30 seconds at most.
 - o You're not at gym here, you're still taking a test.
- * Things to do:
 - o Take a few deep breaths and get oxygen (more on this below)
 - o Stretch your arms & legs
 - o Lock hands
 - o Twist around
 - o Un-crick your neck
 - o Look left & right, head and eyes
 - o Look up & down, head and eyes
 - o And yawn too. Force it.
 - o Close your eyes/roll your eyes, SLIGHTLY only
 - o Do this all quietly.

 - o Tense your specific muscles and then release and relax them, consciously
Start with your feet and work your way up
 - o Think of somewhere tranquil (beach, mountains, walking, grandmas, your game room)
 - o Think of something weird, think of something funny, think of nothing!
 - o Bring a calming scent that you can make use of during the test
Say lavender, or chocolate.
It cannot be overpowering to give you a headache, or disturb another student.
It cannot be in a form that a proctor may tell you that you must put it away.
- * Also there are tons of way to reset:
 - o RESET yourself between questions
 - o RESET yourself between SECTIONS
 - o RESET yourself between PASSAGES
 - o RESET yourself between PAGES!!
- * There is nothing like test day
 - o BUT, you usually can choose the test flow, not the other way around
 - o Learn how to focus in groups --> time management
 - o Don't necessarily follow test order
 - o MAKE THE TEST YOURS -- BE A BOSS!!
 - o Focus on the first few minutes only, then let things kick in organically. Plan this!
- * Anxiety, fear, and stress
 - o The emotions you're feeling are tricking you.
 - o Look at them as bullies and deal with accordingly!
 - o Use your adrenalin in your favor ←
 - o Table flip your emotions into fun, excitement, and useful energy that you need
Actually use your emotions to get you through the test!

- * This is a process just like test prep, prep your body
 - o Dress in layers, so you can adapt
 - Being too hot or too cold can effect your mood and your performance
 - o This general prep will also help with interviews, performances, presentations
 - o "Manage yourself"
 - o YOUR DOUBTING VOICE IS A BULLY, always was, always will be; treat it as such

- * Divide and conquer
 - o Anything non-trivial is by definition complex, etc.
 - o So don't focus on the whole thing
 - o Focus only on parts
 - o Past parts are done, future parts are at your direction, your command and YOUR CONTROL
 - o Just solve the problem before you
 - o Just solve each BITE-SIZED part of each problem by itself
 - o And Remember: there is no penalty for guessing
 - o Get your points first! --> Take the "easy test" first!!!!
 - This is strategy, perspective, organization, logic, pragmatic

- * Demystify yourself
 - o If you want this to be the end of the world it will be, but it isn't
 - o Don't get caught in "American Idol Syndrome"

- * Do these things:
 - o During practice tests
 - o During the real test too
 - o WITHOUT DISTRACTING OTHERS

- * Do these things:
 - o When studying
 - o When doing homework
 - o When YOU NEED TO whether related to standardized testing or not!

- * Of course
 - o Make sure you're eating, sleeping, drinking properly
 - o Junk food: booo!
 - o BE HEALTHY!! Keep exercising.
 - o And do so many days before a major test
 - o Be prepared.

- * Miscellaneous
 - o Some students find chewing gum relaxing.
 - o Some students find writing about something just before the exam relaxing.
 - o Some students find listening to music just before the exam relaxing.
 - o Some students fine meditating just before the exam relaxing.

- * Consider the "5, 4, 3, 2, 1" relaxation technique on the spot
 - o 5 things you can see
 - Say the thing is your head, identify it
 - o 4 things you can touch
 - Touch the thing. Consider its texture, etc.
 - o 3 things you can hear
 - Say the thing is your head, identify it
 - o 2 things you can smell
 - Say the thing is your head, identify it
 - o 1 think you can taste
 - Say the thing is your head, identify it
 - o This will bring your attention way from the issue at hand and allow you to reset.

HOW TO BREATHE:

- 0) Relax like a wet noodle. Close your eyes if you want.
- 1) Close your mouth and breathe in deeply through your nose
Do this slowly taking about 5 seconds (count to 5 in your head)
- 2) Breathe out through your mouth slowly as if gently blowing into a straw
also taking about 5 seconds
- 3) Close your mouth.
- 4) Do (1)-(3) three times, no more, you're not trying to pass out
- 5) You don't need to keep doing this except maybe during small breaks
- 6) This can bring oxygen and calmness throughout your body

- Greg / GregsTutoringNYC@gmail.com

GregsTutoringNYC@gmail.com

<https://www.GregsTutoringNYC.com>