

TEST READINESS - WORKSHEET

	How does this healthy habit help your brain?	How does it help learning?	Describe how you could practice doing this.	How might it help you do better on a test?
EXERCISE				
SLEEP				
EAT BREAKFAST				
	What happens when a student feels very nervous during a test?	What is test anxiety and what are its symptoms?	Describe how you could practice doing this.	How might it help you do better on a test?
PRACTICE DEEP BREATHING				

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