State Testing is among us!

**DATES:**

March 31st - 5th grade ELA & Math session 1
April 1st – 5th grade ELA & Math session 2
April 2nd – 5th grade ELA & Math session 3
April 3rd – 5th grade Social Studies session 1 & 2
April 6th – 5th grade Social Studies session 3 & Science session 1
April 7th – 5th grade Science session 2

EASTER BREAK

April 27th – 3rd & 4th grade – ELA & Math session 1
April 28th – 3rd, 7 4th grade – ELA & Math session 2
April 29th – 3rd & 4th grade – ELA & Math session 3
April 30th – 3rd & 4th grade – Science sessions 1 & 2
May 1st – 3rd & 4th grade – Social Studies sessions 1 & 2

Planning for the Tests!

When helping kids prep for big tests, I focus on 4 main areas:

**Preparedness:** what can we do to feel and be prepared for the test?

**Thinking:** how are my thoughts affecting my feelings about the test? Are my thoughts and expectations appropriate for the situation?

**Calming Strategies:** what strategies can I use when I have big feelings about the test or during the test?

**Self-Care:** what can I do to take care of myself during the time leading up to the test?

**Test Anxiety Signs**

- Headaches
- Nausea/upset stomach
- Extra sweating
- Difficulty breathing
- Dizziness/lightheadedness
- Worrying about failure
- Mind going blank
- Comparing self to others

If you have students who exhibit these signs, please let me know.

I will be having mini individual counseling sessions with all 3rd through 5th grade students starting this week on their thought process, strategies for the test and any worries they may have.