

## Tools for Test Taking

The following is a short sequence of postures that activates and relaxes the body into its most optimal state, the “Relaxed-Alert State.” The other half of the equation for successful test taking is getting the body regulated and the mind in a positive state “Yes, I can do this.” Hold each posture for at least 3 to 5 breaths. The affirmations are stated silently – invite students to come up with their own, too!

Two forward folds are included because inversions nourish the brain with fresh blood and are very important to do. During Tree and Eagle Pose, make sure students have their eyes on one focal point to help with balance and concentration. If time permits have students write their affirmation on a Post It® note “I can do this,” “I am smart,” “Yes I can,” or “I am calm.” Use this as focal point and glance at during test taking.

Eyes often get fatigued during test taking. To relax the eyes, have students rub their hands vigorously until they create some heat, then have students place their hands over their eyes. Have students open their eyes into the heat of their hands, then release their hands.



**Mountain Pose**

*I am strong. I can do this!*



**Forward Fold**

*I let go of any worry.*



**Tree Pose**

*I am strong!*



**Eagle Pose**

*I am focused and ready to learn.*



**Forward Fold**

*I am calming my body for the test.*



**Forehead on Desk**

*Slow breathing and visualize doing well on the test.*