

rethinkEd Testing Resources for Secondary Students

Testing season can bring feelings of stress, anxiety, and pressure. Help students overcome the burdens of testing using Rethink Ed's Social and Emotional Learning curriculum. Build skills like stress management, resilience, mindfulness, and more!

Before Testing Session

- 1. Feelings Check In:** Begin with a student check in identifying how they might be feeling. Then, pause and go through the 4 steps. [Search "Accepting Emotions" for the Learn and Practice Activity](#)
- 2. Sustaining Attention:** Jump start the day with a few activities to practice sustaining attention! [Search "Attention to Learning" for the Dive Deeper Activity](#)
- 3. Managing Our Stress:** Throughout the test, we may feel anxious. Practice these strategies to help students manage their stress. [Search "Stress Thermometer" for the Learn It video](#)
- 4. Visualizing Success:** Use this visualization activity, to help students relax and prepare for today's test. [Search "Got Stress?" for the Learn and Practice Activity](#)

After Testing Session

- 1. Practice Mindfulness-** Help students decompress by learning about 4 steps to help us be mindful of our emotions. [Search "Being Mindful" for the Learn Activity](#)
- 2. Look for the Good:** It may be difficult to continue through the day when our minds are focused on that morning's test. Allow students to reflect on things, people, and activities they are grateful for. [Search "Look for the Good" for the Dive Deeper Activity](#)
- 3. Team Activity:** Bring students together and in this fun problem-solving activity based on the principles of cooperation. [Search "Make the Dream Work" for the Practice Activity](#)
- 4. Reframe the Situation:** It can be difficult for our minds to regroup when things don't go our way. Have students help one another reframe stressful situations. [Search "Out of Your Control?" for the Dive Deeper Activity](#)

To find these Social and Emotional Learning activities and more, go to your Clever portal and locate the Rethink Ed app. You can learn more about how to locate these social-emotional learning activities by [clicking here](#) to watch a short video tutorial or by [clicking here](#) for a How to Guide.



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