

LOOK AROUND  
THE ROOM AND  
FIND 10 BLUE  
THINGS

*Slowly breathe in  
through your nose,  
hold for 5 seconds,  
release through your  
mouth- Repeat 5  
times*

Go through the  
test and answer  
all of the  
questions that  
you know first.

Focus on  
yourself. Your  
best effort is  
all that matters.  
You are smart and  
capable.

***Engage your  
senses. What  
do you see,  
smell, hear,  
and feel?***

THIS FEELING OF BORDOM,  
STRESS, AND  
FRUSTRATION WILL PASS.  
PUSH THROUGH AND SHOW  
YOURSELF THAT YOU CAN  
**DO IT!**