




# Test Stress Conversation Starters

As an educator, you can help students who may be experiencing test stress before state testing by starting the conversation! Use the conversation starters below to help your students prepare for the tests!

## Before the Test:

● What have you heard about testing this year?

●

ON OUR SLEEVES |  dayton children's


● What do you remember about state tests from last year?

●

ON OUR SLEEVES |  dayton children's


● How are you feeling about taking state tests this year?

●

ON OUR SLEEVES |  dayton children's


● What can you do if you are feeling stressed?

●

ON OUR SLEEVES |  dayton children's


● What is one positive phrase you can say to yourself?

●

ON OUR SLEEVES |  dayton children's

● Is there anything I can do to help you during testing?

●

ON OUR SLEEVES |  dayton children's



# Test Stress Conversation Starters

---

As an educator, you can help students who may be experiencing test stress before state testing by starting the conversation! Use the conversation starters below to help your students debrief either directly after their test is over or when testing season has concluded.

## After the Test:


● Did you try your hardest?

●

ON OUR SLEEVES |  dayton children's


● What was the most difficult part?

●

ON OUR SLEEVES |  dayton children's

● What is a positive thing that happened today?

●

ON OUR SLEEVES |  dayton children's

● Is there anything I can do to help you right now?

●

ON OUR SLEEVES |  dayton children's