




# 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?

●

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● What do you remember about state tests from year?

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

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● What can you do if you are feeling stressed?

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

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

●

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### After the Test:


● Did you try your hardest?

●

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● What was the most difficult part?

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● What is a positive thing that happened today?

●

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

●

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