

## Mindful Testing Meditation transcript

The following is a guided mindfulness activity to help reduce test anxiety. This activity comes from the Ultimate Mindfulness Activity Book written by Christian Bergstrom. Sometimes we experience difficult emotions when faced with tests. When we are able to deal with those emotions, we can perform better. We may experience these difficult feelings because we want to do well on the test. We are going to work through a short visualization to make it easier to use mindful breathing during a stressful testing situation. Parents feel free to pause now to go get your child if you would like for them to follow along with this recording.

Let's begin:

[gentle background music begins to play]

Sit still, with your eyes closed, and imagine that you are a part of the story that I am about to tell you.

Imagine yourself on the day of the test.

You are sitting on your chair with the test paper in front of you with a pencil in your hand.

You feel a little excited, and the test is going well.

Notice how that makes you feel.

Then you come across a question that is really hard.

You know you've read about it, but you can't remember the answer.

Pay attention to how you feel now.

Are you nervous? Are you anxious?

These feelings can affect the rest of the test too, once you become nervous like this.

But it's okay, you can help your mind calm down and focus.

Imagine that you put your pencil down.

You close your eyes in the fantasy.

Take a deep breath and slow down.

Breathe in slowly, and breathe out slowly.

Take three more deep breaths, and as you do so, see if you can feel your breath at your nose, [at your] chest, or [at your] belly.

See if you can feel your belly go up and down as you breathe slowly.

Take two more slow breaths, then notice if you can feel your feet.

Bring your full attention to the soles of your feet by pushing them softly against the ground for a short moment.

Pay attention to your feet.

Feel how they make contact with the ground.

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How does it feel? Soft or hard?

Can you feel your socks or our shoes?

Can you feel the chair supporting you?

Take one more deep breath.

You open your eyes in the fantasy.

You feel calmer, and your mind feels clear.

Now, when you look at the question again, your mind is calm, and the answer will come to you more easily.

You continue to do the test calmly, and when you finish, you feel satisfied.

You are now finished, and you hand in your test.

Enjoy the feeling of success.

[background music ends]

When you are ready, open your eyes.

You can do this activity yourself before any test begins. This often will help reduce your stress and anxiety before the test, and then if you have a similar situation in the middle of a test where a question feels really difficult and you begin to feel stressed again, you can pause, put down your pencil, and do the exact same thing one more time sitting quietly in your seat without even disturbing anyone around you. This is a great activity to utilize any time you are feeling a little stressed and overwhelmed. Once you begin to feel more calm, you often can perform to the best of your abilities.

If you need to, please feel free to restart this recording and practice it again. The more times we practice, the better we get at something.

Music for this recording was provided by [www.bensound.com](http://www.bensound.com)