



# Friends

Curriculum for Georgia 4-H'ers

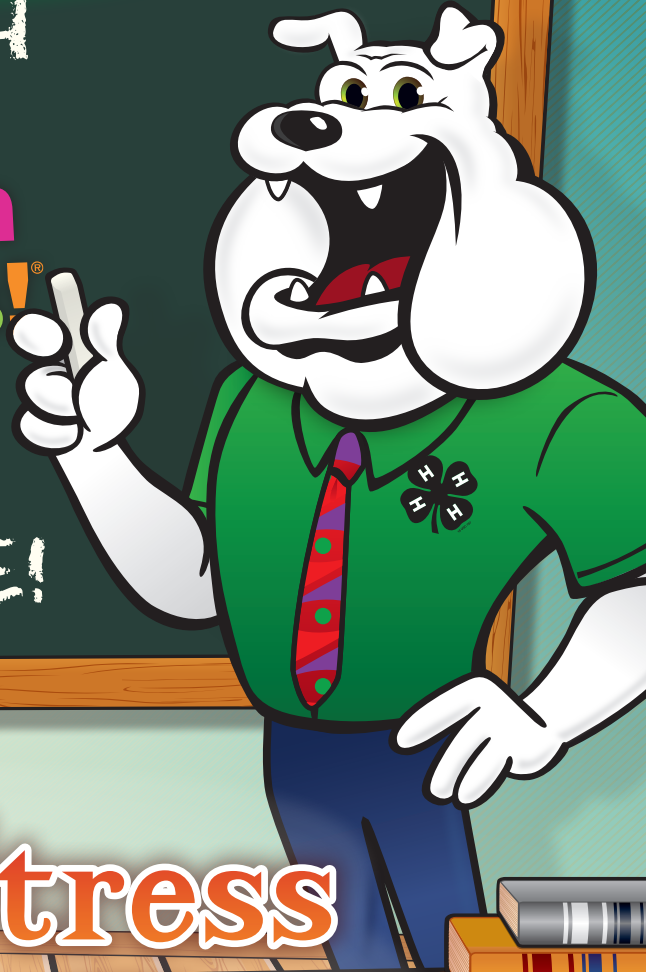
GEORGIA 4-H



Health  
Rocks!



MAKING  
THE GRADE!



# Less Stress On The Test

Name \_\_\_\_\_

Grade \_\_\_\_\_ Teacher \_\_\_\_\_

School \_\_\_\_\_



UNIVERSITY OF GEORGIA  
EXTENSION





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## Georgia 4-H & Health Rocks! Less Stress on the Test

I'm glad you have decided to follow directions from me, Arch the Dawg, and be a stress buster! Tests in school are important, and being prepared can greatly reduce the amount of stress you may feel. I want you to use your Head, Heart, Hands and Health (just like in the 4-H pledge) to reduce the amount of stress you might feel before a test. I have some handy tips and learning activities in the pages that follow, so join me and learn ways to have Less Stress on Your School Test!

**Georgia 4-H** is a partner in public education and strives to incorporate state standards in the educational materials produced for in-school use. The following standards are correlated to the content delivered in this publication.

**Georgia Standard HE4.2:** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

**Georgia Standard HE4.7:** Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

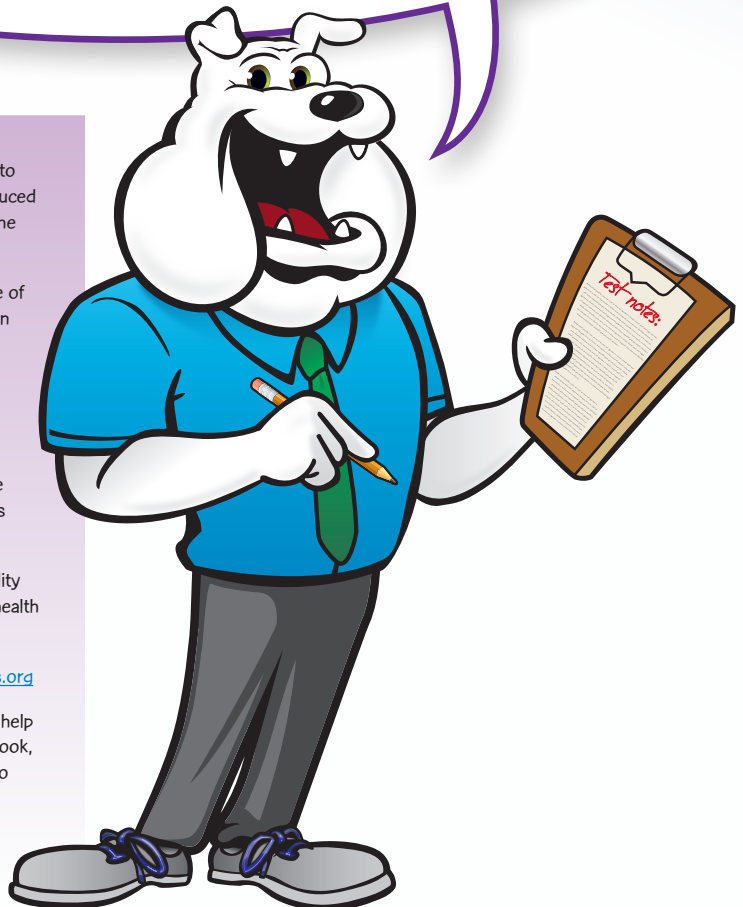
**Georgia Standard HE8.2:** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

**Georgia Standard HE8.7:** Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Georgia Performance Standards from [www.georgiastandards.org](http://www.georgiastandards.org)



**Think Green!** Not just 4-H Green...but let's help do our part to recycle and reuse. Save this book, reread it or pass it along to a friend. If it's too worn, please recycle it.





# THE ANTI-CRAM EXAM!

Test anxiety is one of the most common forms of stress faced by young people. Even when you absolutely know the information that's being given on a test, stress can cause changes in the body and brain that make it hard to think clearly. To tackle this problem, Arch the Dawg wants you to follow the steps below when preparing for your next test.

1. The best way to reduce test anxiety is to allow plenty of time to study. Cramming or staying up all night before tests are sure tickets to disaster. Waiting until the last minute increases stress hormones and can actually decrease your memory. Practicing and studying boosts your confidence and also lowers your risk of panicking on testing day.
2. If you study better with a "study buddy" or with another person who can help you get motivated, or if you have trouble with any of the subjects you have been asked to learn, choose a study partner. Studying with another person can help relieve some of your anxiety and can make the task a team effort. If you study best by yourself, it is still OK to have a friend or fellow student study with you just in case you get stressed.
3. Make sure you have all you need to practice for the test. If your textbooks or your notes are not clear, ask your teacher for other suggestions. Library books, websites, or magazine articles might be helpful as well. Use your index card to add to your Anti-Cram Exam tips and write the name of at least one extra learning material below.
4. Watch out for tea and soft drinks! Choose water instead. Even though tea or soft drinks can perk you up temporarily, the sugar and caffeine will eventually cause you to "crash." They can also cause you to think less clearly. Junk foods that are full of sugar and carbohydrates can have the same effect. Instead, choose snacks and drinks that are healthy brain foods. Add some healthy foods to your Anti-Cram Exam tips and make sure you have them on hand for studying and testing time.
5. Find a quick relaxation technique that helps you calm down. Most test stress occurs during the first few minutes. If this happens, it helps to spend a few minutes relaxing before tackling the test (try some deep breaths, take a walk, or try a few stretches)!

## ARCH THE DAWG'S ANTI-CRAM EXAM TIPS:

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6. Plan something to reward yourself for all your hard work studying and testing! If you followed all these steps, you deserve a reward, no matter how you did on the test... but I think you probably did just fine!
7. Relax! You are ready... and a lot less stressed!

This Anti-Cram Exam Reward is presented to...

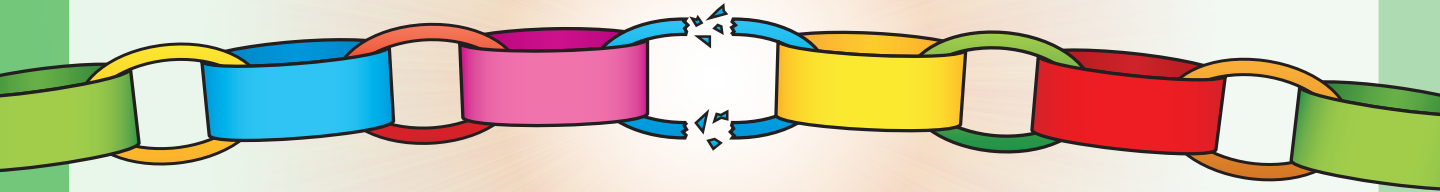
*This reward is well deserved!*





# THE CHAINS THAT BIND

You have just completed a "chain" of **stressors**! Your teacher or 4-H leader has helped you to see how to break that stress chain. Now let's "test" our knowledge with a few true/false questions. Circle the correct answer(s).



1. Alcohol and cigarettes help to relieve stress. **True False**
2. Stress can make you physically ill. **True False**
3. Nicotine is found in:  
**a. Methamphetamine / b. Tobacco / c. Marijuana**
4. To help relieve stress you just need to do more things. **True False**
5. Name one way you are stressed: \_\_\_\_\_

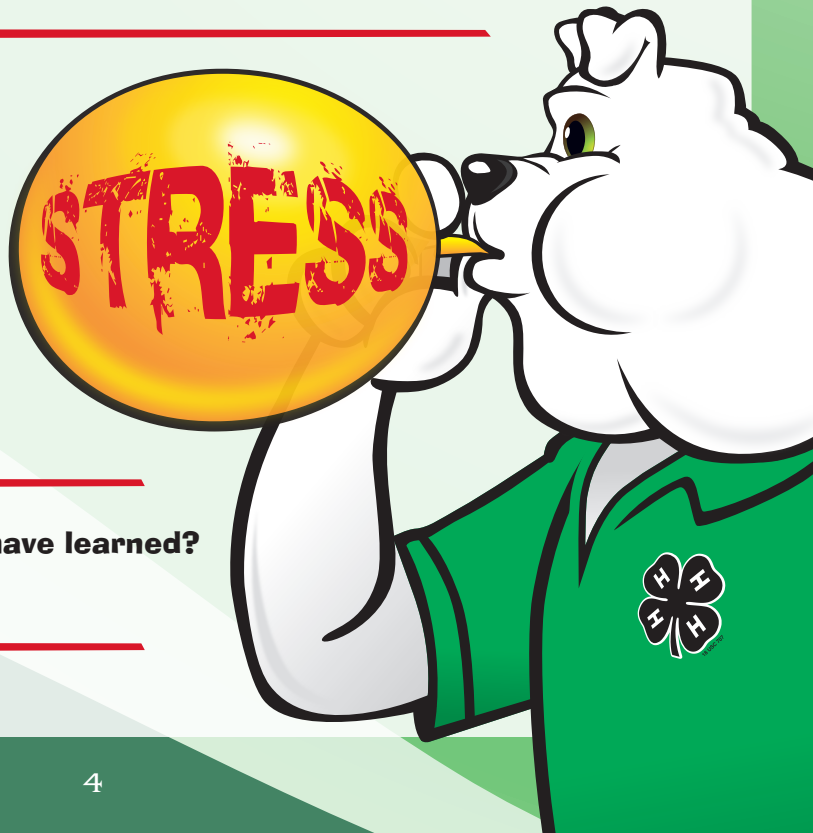
**Example Answers:** Too much homework/ too much to do at home/ mom and dad push me to get good grades/ I want to make the baseball team

6. Name one thing you can do to make your stress less:  
\_\_\_\_\_

**Example Answers:** Talk to your parents/ talk to a friend/ do something really relaxing for a little while/ think about what you can give up

7. What would you like to share about what you learned?  
\_\_\_\_\_

8. How might you use what you have learned?  
\_\_\_\_\_





# WHAT IS CAUSING MY STRESS?

Circle the number that represents the level of stress you feel for each item. Circle a 1 if it causes you little or no stress and a 5 if it causes you a lot of stress.

	Little Stress				Lots of Stress
The way my hair looks .....	1	2	3	4	5
My parents .....	1	2	3	4	5
Money (not having enough).....	1	2	3	4	5
My weight.....	1	2	3	4	5
My homework .....	1	2	3	4	5
Peer pressure .....	1	2	3	4	5
Sports.....	1	2	3	4	5
My boyfriend/girlfriend.....	1	2	3	4	5
My clothes .....	1	2	3	4	5
My brothers and/or sisters .....	1	2	3	4	5
Lack of free time.....	1	2	3	4	5
Too much free time .....	1	2	3	4	5
Nothing to do.....	1	2	3	4	5
Responsibilities at home.....	1	2	3	4	5
My complexion (acne).....	1	2	3	4	5
School events.....	1	2	3	4	5
Changes in my body/voice.....	1	2	3	4	5
Other _____.....	1	2	3	4	5
Other _____.....	1	2	3	4	5

Look at the stressors you have marked with a 3, 4, or 5. Do you have a lot of those? Do you feel you are under a lot of stress? Take a look at this page and discuss your 3, 4, or 5 stressors with your family.





# SYMPTOMS OF STRESS



PHYSICAL SYMPTOMS	EMOTIONAL SYMPTOMS	BEHAVIORAL SYMPTOMS	COGNITIVE SYMPTOMS <small>(how stress affects ability to think, reason, remember)</small>
<input type="checkbox"/> Extremely tired	<input type="checkbox"/> Irritable	<input type="checkbox"/> Grinding teeth	<input type="checkbox"/> Difficulty with memory
<input type="checkbox"/> Headaches	<input type="checkbox"/> Increased outbursts of anger	<input type="checkbox"/> Not hungry	<input type="checkbox"/> Inability to concentrate
<input type="checkbox"/> Difficulty sleeping	<input type="checkbox"/> Overly aggressive	<input type="checkbox"/> Over-eating	<input type="checkbox"/> Can't make decisions
<input type="checkbox"/> Dizziness	<input type="checkbox"/> Withdrawn	<input type="checkbox"/> Fidgety and restless	<input type="checkbox"/> Trouble thinking clearly
<input type="checkbox"/> Sleeping too much	<input type="checkbox"/> Anxious	<input type="checkbox"/> Increased alcohol consumption	<input type="checkbox"/> Use poor judgment
<input type="checkbox"/> Frequently sick	<input type="checkbox"/> Lack of initiative	<input type="checkbox"/> Smoking or using tobacco products	<input type="checkbox"/> Negative thoughts
<input type="checkbox"/> Dry mouth	<input type="checkbox"/> Cry a lot	<input type="checkbox"/> Acting out	<input type="checkbox"/> Constantly worrying
<input type="checkbox"/> Lump in throat	<input type="checkbox"/> Excessive worry	<input type="checkbox"/> Using drugs	<input type="checkbox"/> Confused
<input type="checkbox"/> Tight or aching neck and shoulders	<input type="checkbox"/> Apathetic or indifferent	<input type="checkbox"/> Tapping fingers or feet	
<input type="checkbox"/> Increased perspiration	<input type="checkbox"/> Overly critical	<input type="checkbox"/> Nail biting	
<input type="checkbox"/> Heartburn	<input type="checkbox"/> Lack of concentration	<input type="checkbox"/> Grades go down	
<input type="checkbox"/> Backache or pain	<input type="checkbox"/> Feeling of helplessness	<input type="checkbox"/> Trembling legs	
<input type="checkbox"/> Faster beating heart	<input type="checkbox"/> Overly emotional		
	<input type="checkbox"/> Impatient		
	<input type="checkbox"/> Unhappy		





# STRESS-O-GRAPH

Plot the stress-producing situations on a scale of 1 through 5, with 5 being the most stressful, 3 average stress, and 1 being the least stressful. Then, connect the dots to graph your stress rate.

## SCHOOL SITUATIONS

- A. Tomorrow you will have to give a five minute speech in English class.
- B. While sitting in class you receive a note from the principal requesting that you see him in his office after school.
- C. You raise your hand in class to answer a question and your answer is wrong.

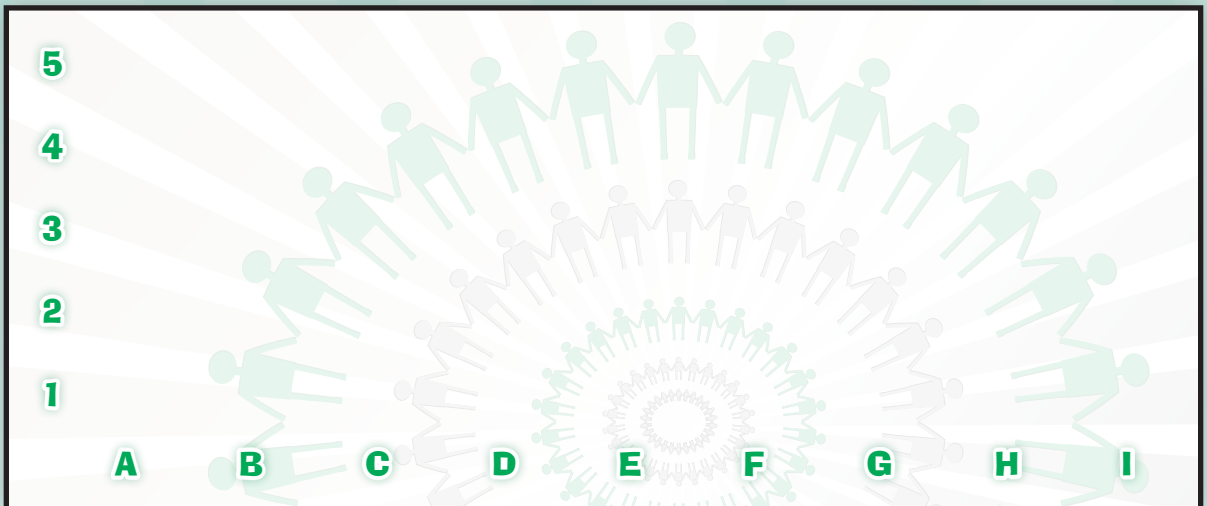
## FRIEND/PEER SITUATIONS

- D. After school you hurry to catch up with your best friend but he/she turns away and won't talk to you anymore.
- E. Tonight you are to have your first outing with someone you really like.
- F. While walking through the halls at school you see someone you like very much holding hands with another girl/boy.

## PARENT SITUATIONS

- G. You have big plans for the weekend but your parents say you can't go out because you didn't clean your room.
- H. You just realized that you forgot to mow the lawn as your dad had asked, and he'll be home in 10 minutes.
- I. It's Saturday morning and you want to sleep late but your mom says you need to get up early to clean the bathroom, vacuum the living room, and mop the kitchen.

**R  
A  
T  
I  
N  
G**



**SITUATION**

## RESULTS

1. Is your life \_\_\_\_\_?
  - > Stress-free
  - > Moderately stressful
  - > Extremely stressful
2. If you don't like the amount of stress you live with, what can you do about it? \_\_\_\_\_
3. Where were most of your stress areas?
  - > School (A, B, C)
  - > Peers (D, E, F)
  - > Parents (G, H, I)





# STRESS BUSTERS

Circle those things that you can use to help lower your stress.

Listen to music



Set goals

Daydream for 10 minutes

Do your best

Don't try to be perfect

Do a physical activity



Do less

Listen to others



Laugh

Talk to friends

Do something fun

Talk to your family

Take a deep, cleansing breath

Read a good book

Think & plan ahead



Think positively



Change your routine

Get away from stress

Get better organized

For more ideas on reducing stress you can go to [georgia4h.org/healthrocks](http://georgia4h.org/healthrocks)

Here you will find a series of independent activities, a log to keep up with your independent activities and the yoga for kids materials developed by Arkansas 4-H. If you are working to earn five additional hours for Less Stress this website will be a great resource for you.

**Parents! Thank you for taking time to review this publication with your child. Please help your 4-H leader know that you have learned more about Georgia 4-H with your child.**

Parent/Guardian Signature

Date

Georgia Performance Standards, [www.georgiastandards.org](http://www.georgiastandards.org)

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