

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Test taking hints

S B R E A T H M C Z

T E C S G U Q E R M

R F H A I I R A O D

E O O F S D E T S W

S R O I O E A C S T

S E S N F F D Q O H

G L E I O I Z K F I

R A Y S C N S J F N

W X O H U E R U U K

N O R U S H I N G O

no rushing    cross off    Finish    Stress

Define    choose    Breath    Relax

Focus    think    Read    Eat