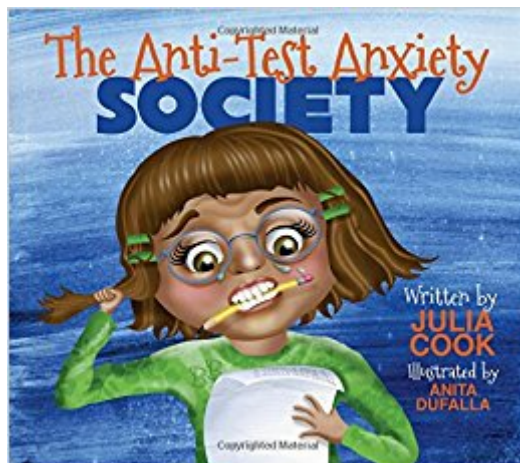


The book was found

The Anti-Test Anxiety Society



Synopsis

Bertha Billingsworth (BB for short) is basically a happy person until she has to take a test. To her, the word test stands for Terrible Every Single Time, because that's how she does on them, TERRIBLE! Whenever I see or hear the word test, The hair on the back of my neck stands up. My face turns as red as a beet. I start to sweat, my stomach aches, and I can't control my feet! What if I get every answer wrong? And I don't get any right. I just know I'll get a bad grade on this test, so I don't even want to try! BB's teacher comes to the rescue by inviting her to become a member of the Anti-Test Anxiety Society. She tells BB that TEST stands for Think Each Situation Through! She also ends up teaching BB the Dynamic Dozen (12 amazing test taking strategies), and convinces her to use her "GET TO" brain instead of her "HAVE TO" brain. Now when BB takes a test, she is calm and focused and thanks to her teacher, the Terrible now stands for Terrific!

Book Information

Paperback: 32 pages

Publisher: National Center for Youth Issues (July 15, 2014)

Language: English

ISBN-10: 1937870308

ISBN-13: 978-1937870300

Product Dimensions: 7.8 x 0.1 x 8.8 inches

Shipping Weight: 4 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 32 customer reviews

Best Sellers Rank: #33,486 in Books (See Top 100 in Books) #42 in [Books > Education & Teaching > Schools & Teaching > Counseling > Academic Development](#) #64 in [Books > Parenting & Relationships > Reference](#) #96 in [Books > Education & Teaching > Schools & Teaching > Education Theory > Assessment](#)

Age Range: 4 - 8 years

Grade Level: Preschool - 3

Customer Reviews

With over a million books in print, Julia Cook, a former school counselor and teacher, never dreamed she could evolve into an award-winning children's book author. Several years ago, Julia was searching for an effective story to teach children about the differences between tattling and telling. When she couldn't find the right resource, she decided to write her own book - A Bad Case of Tattle Tongue. Fast forward seven years later, and she has more than 50 published books and

activity guides. She now travels the country inspiring others to follow in her footsteps. "There are so many ideas out there that need to be shared" says Julia who takes top research and creativity and translates it into "kid language" that is both entertaining and engaging. Her light, humorous approach keeps kids laughing while they're learning good behavior skills. The goal behind all of Julia's books and efforts is to actively involve people into her fun and creative stories and teach them to become life-long problem solvers.

I disagree with the reviewer who criticized the book for telling to kids to "remember" 12 strategies. The book does not imply in any way that the strategies need to be memorized. There are many test prep strategies for a wide variety of students. If a teacher or parent reads this book, they can ask students to pick out 3 strategies they want to try. The pictures are not good but the content is engaging. Highly recommended for grades 2-6. Also checkout: Grades 1-3 The Biggest Test in the Universe, Nancy Poydar 1-5 Testing Miss Malarkey, Judy Finchler

Perfect for 3rd graders who are nervous about taking state tests for the first time... I used this book for a read aloud during my second test prep lesson, which was focused on stress/anxiety reduction. As a school counselor, I LOVE using a variety of Julia Cook's books for guidance lessons, but this is one of my favorites because it is so appropriate and applicable to elementary students who are nervous about tests. There is, of course, a catchy rhyming phrase throughout the book, but it was not too overdone or annoying, and almost every single student could relate to something in this book. The "Dynamic Dozen" test prep strategies are things we tell the students all the time, but this book really illustrated the concepts to help them make sense to my 3rd-5th grade students. I followed this read aloud with a relaxation script, and then another similar activity to illustrate "Mindfulness" for children. Even my most impulsive and argumentative children were able to visibly relax, and several children in each class fell asleep during the relaxation script activity, so I consider this lesson a HUGE success. This book is going to be a MUST HAVE for my test prep lesson unit for years to come.

Our school counselor showed this to my 3rd grader and she liked it so much I got us our own copy for home. It really helped her talk out all her anxieties and figure out how to calm herself down. The strategies really help and they're not too complicated.

I thought it was a good book. I used it in 4th and 5th grade before Terra Novas. The students liked it

and were engaged. Some of the concepts were a little abstract -- reference to the "get to" instead of the "have to" brain. However, I love that there is a summary of the suggestions and I was able to go over these suggestions in detail with the students.

I love Julie Cook and this book is just another must have for any classroom!

Nice story on how to relax or think differently so as not to scare oneself regarding taking a test.

great

This is a great book. I read it to my class before our state tests. We use the phrase I get to take the test over and over again.

[Download to continue reading...](#)

Anti Aging: The Best Anti Aging Beauty Products, Anti Aging Medicines and Anti Aging Skin Care Treatments to Make You Look and Feel Younger (Anti Aging, ... Secrets, Anti Aging Diet, Beauty Products) ANTI INFLAMMATORY DIET: ANTI INFLAMMATORY COOKBOOK: ANTI INFLAMMATION: 500 Healthy and Delicious Anti Inflammatory Diet Recipes to Heal your Immune System(anti ... inflammatory foods, allergen management) Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways) Anti Inflammatory Diet: Guide to Eliminate Joint Pain, Improve Your Immune System, and Restore Your Overall Health (anti inflammatory cookbook, anti inflammatory ... recipes, anti inflammatory strategies) Anti Inflammatory Diet: 5 Week Anti Inflammatory Diet Plan To Restore Overall Health And Become Free Of Chronic Pain For Life (Top Anti-Inflammatory Diet Recipes, Anti Inflammatory Diet For Dummies) Separation Anxiety: A Parent's Guide for Dealing with a Child's Separation Anxiety ~ (Separation Anxiety Disorder | Separation Anxiety in Children or Toddlers) The Anti-Test Anxiety Society Anti Aging Essentials, Secrets and Tips: Your Midlife Encyclopedia, Improve Diet, Exercise, Skin (Look and Feel Younger, (Anti Aging Secrets, Anti Aging Diet) Anti Inflammatory Diet: 1000 Anti Inflammatory Recipes: Anti Inflammatory Cookbook, Kitchen, Cooking, Healthy, Low Carb, Paleo, Meals, Diet Plan, Cleanse, Whole Food, Weight Loss, For Beginners 10 Years Younger: Breakthrough Antioxidants That Reverse The Aging Process, Diminish Wrinkles And Help You Lose Weight For Good! (Anti-Aging, Anti Aging, ... Superfoods, Aging, Wrinkles, Anti Wrinkle) Anti Inflammatory Diet Action Plan: 6 Week Meal Plans To Heal Yourself With Food, Restore Overall Health And Become Pain Free (Anti

Inflammatory Diet, ... Anti Inflammatory Diet Plan) (Volume 2) Anti Inflammatory Diet: The Ultimate Anti-Inflammatory Diet Recipes!: Top Anti-Inflammatory Diet Recipes for Beginners Anti Inflammatory Diet Action Plan: 6 Week Meal Plans To Heal Yourself With Food, Restore Overall Health And Become Pain Free (Anti Inflammatory Diet, ... Anti Inflammatory Diet Plan Book 2) The Anti-Inflammatory Diet: Rich Anti-Inflammatory Foods to Cut Down on Inflammation - Over 25 Anti-Inflammatory Recipes You Will Love Paleo Anti Inflammatory: 500 Paleo Anti Inflammatory Spiralizer and Air Fryer Recipes: Paleo Cookbook, Breakfast, Lunch, Snack, Quick and Easy Healthy Recipes for Weight Loss, Anti Infammatory Anti Inflammatory Diet: Autoimmune Dinner Recipes: 30+ Anti Inflammation Diet Recipes To Fight Autoimmune Disease, Reduce Pain And Restore Health (Autoimmune ... Disease, Anti-Inflammatory Diet, Cookbook) Anti Inflammatory Diet: Autoimmune Lunch Recipes: 35+ Anti Inflammation Diet Recipes To Fight Autoimmune Disease, Reduce Pain And Restore Health (Autoimmune ... Anti-Inflammatory Diet, Cookbook Book 2) CBT Worksheets for Teenage Social Anxiety: A CBT workbook to help you record your progress using CBT for social anxiety. This workbook is full of ... CBT therapy and CBT books on social anxiety. Gout & Anti Inflammation Meal Plan Guide - Nutritional Strategies for Reducing Inflammation Naturally Gout Prevention, Gout Diet, Anti Inflammatory Foods ... Eat, & Avoid, & More – | (Gout & Inflammation) Instant Pot Recipes CookBook: Anti-Inflammation Diet Recipes For Optimal Healthy Lifestyle (Instant Pot Cookbook, Anti Inflammatory Diet, Clean Eating, Pressure cooker cookbook, low carb diet)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)