

# Test Week Goodie Bags



## PURPOSE //

- Promote positivity
- Reduce stress during testing times
- Provide students with information of where and who to go to if they need help

## INSTRUCTIONS //

### Materials

- Paper bags
- Ribbon, stickers, tape
- A pencil (giveaways)
- A lifesaver or other piece of candy
- An inspirational quote
- Piece of paper listing resources (places and people) at school that students can tap into if they need either emotional or academic support

### Application

- Hand out to students during test weeks or finals week for encouragement!

### Assembly

1. Put together a goodie bag for your fellow students! Popular items include:
  - A finals study tips handout to pass out with either hot chocolate (before Semester 1 finals) or lemonade (before Semester 2 finals).
  - A pencil
  - Inspirational quotes
  - Information about where to get emotional or academic support in school



### Let us know how the activity goes!

We'd love to hear from you or receive pictures or tag us on social media:



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