

# Psychological Testing Social Story



My caregivers want to see how my brain thinks. Knowing how my brain works will help my teachers understand me better.



Testing usually happens in the morning.



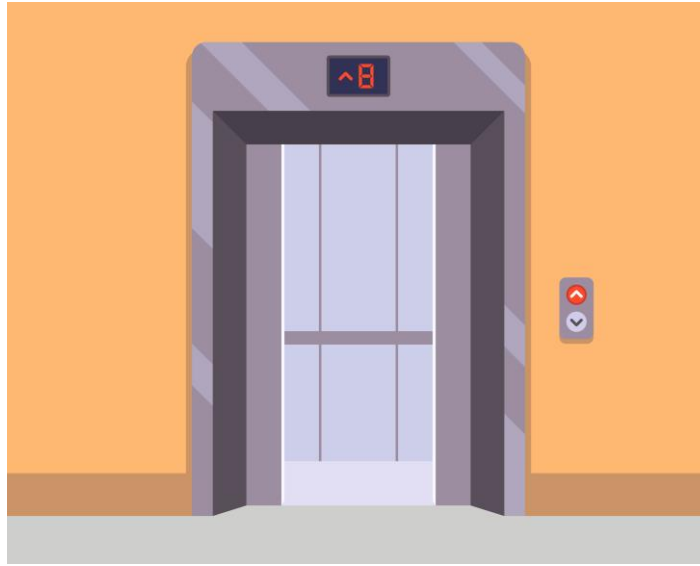
#1: Get into the car and drive to the Kellogg building.



#2. Park in the parking lot.



#3. Walk up the stairs or ride the elevator to the 6th floor. Dr. Z is located in suite 638.



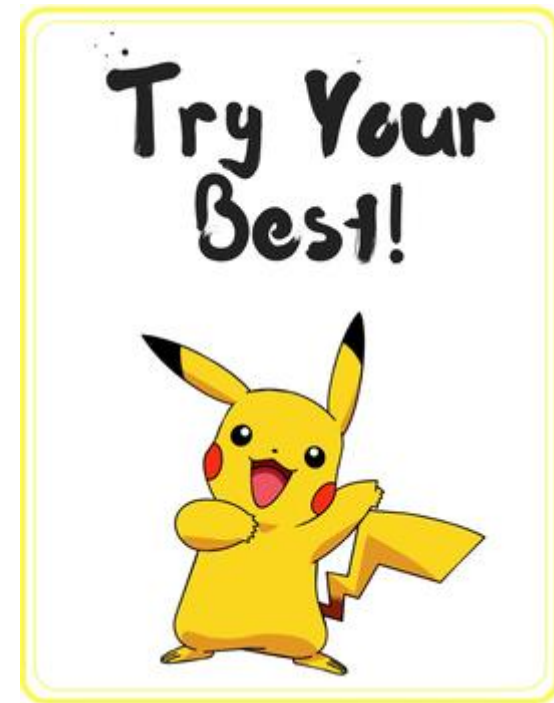
#4. Make yourself comfortable on the black leather chairs just outside of the elevator



You will walk to Dr. Z's office. The person who brought you may or may not be in the room with you during testing, but they will be close by.



On the day of testing, you will be spending time playing (brain) games. Some of the games may seem easy and some of them may seem hard. You may not know the answers to everything, but it is important to try your best.





You will be given a few “break” cards so that you can rest your brain. During these breaks you can use the bathroom, get a drink, or just relax .

**Break Card**

I am feeling a little overwhelmed and need a break please.


For the next 10 minutes I would like to play with sensory toys.

An illustration of a human hand, palm facing forward, with fingers slightly spread. The hand is colored in a light skin tone with simple line drawings for fingers and a wrist.

**Break Card**

I am feeling a little overwhelmed and need a break please.

For the next 10 minutes I would like to go to the toilet and have a drink.

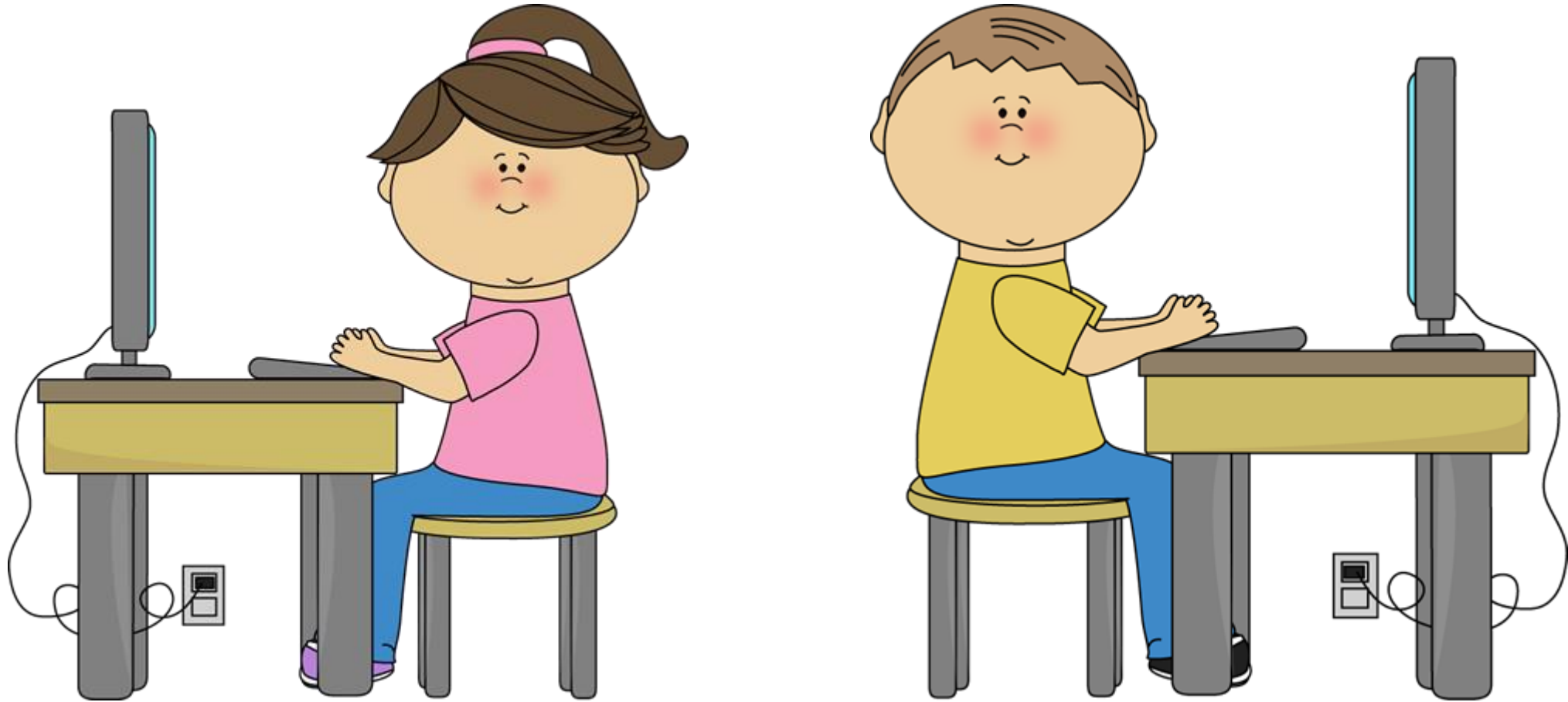
An illustration of a person in silhouette sitting at a table and drinking from a cup. To the right is a standard restroom sign showing a female figure on the left and a male figure on the right, separated by a vertical line.



When you work on your tests, you will be in a quiet room with Dr. Z. She will give you instructions. Some of your work will be completed on an iPad.



Kids have to stop and listen to the question BEFORE they press buttons!



Sometimes when tests are hard, students start to feel very frustrated.

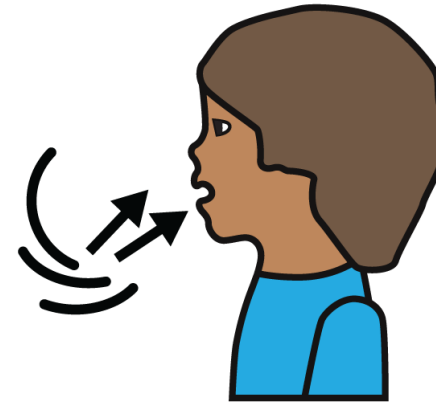


When (client's name) feels frustrated during a test, they can...

- Ask for a break
- Take deep breaths
- Use a fidget spinner or pop-it
- Ask Dr. Z for help



**Take deep breath**



It's important to stay calm and relaxed during a test so that you can do your best. Don't forget to tell Dr. Z if you feel frustrated. She can help you to stay calm and relaxed.

