

HELPING YOUR CHILD WITH TEST ANXIETY



1. Focus on the positive.

Start noticing the many things your child is already doing well — and tell them. Encourage them to do their best and reinforce all the amazing things they are doing—and will do. Write praises on notes and stick them around the house 😊

2. Reinforce healthy habits.



Encourage good nutrition and **sleep habits** on a daily basis. Sleep is essential for students to feel motivated. Eating a healthy breakfast that is rich in protein and nutrients will help students focus more and feel confident during a test.

3. Turn off electronic devices.



Help your child focus by **minimizing distractions**. Turn off music, TV and other devices during study sessions. Turning off electronics will help your child get enough sleep and feel ready/confident on the day of the test.

4. Help kids relax and recharge.



Relaxation practices can help kids focus. **Meditation, guided imagery** and relaxing each part of the body (starting at the feet and ending at the top of the head) can improve performance and bring a sense of calm.



5. Remind kids to breathe deeply — and often.

High **stress and anxiety** trigger shallow breathing and breath-holding. This robs the brain of oxygen, hampering memory recall, focus and concentration at test time. It is why kids can forget information they know.

6. After the test: Send kids outside for fun and fresh air.

Let kids with energy shoot hoops or play outside supervised. Exercise and play relax body, mind and spirit before/after a long test.