

TIPS TO REDUCE TEST ANXIETY IN CHILDREN:

1. PUT TESTS INTO PERSPECTIVE

- Encourage children to do their best, but remind them that one test won't make or break their future.
- Tell them they will be loved and valued no matter what test score they earn.
- Explain this test will provide helpful information about what they're great at and what they still need to practice.

2. PROVIDE USEFUL TEST-TAKING TIPS

- Answer the easiest questions first, mark difficult questions and return to them later.
- Use process of elimination, crossing out the answer choices you know are wrong.
- Make an educated guess when needed.
- Read all the answer choices before choosing one.

3. PROVIDE ENCOURAGEMENT

- If your child voices a negative statement, like, "I know I'm going to fail," acknowledge your child's feelings: *"I know you're feeling nervous about the test. Tests can be scary."*
- Counter with a positive and encouraging statement: *"You've practiced really hard and learned a lot this year. You might know a lot of the answers and get a higher score than you're expecting."*
- You can also leave your child encouraging messages in a backpack or on the mirror with dry-erase markers.

HELP THEM FEEL THEIR BEST ON TEST DAY

- Get plenty of rest.
- Stick to your usual bedtime routine.
- Avoid excessive screen time.
- Provide a protein-rich breakfast in the morning, like oatmeal or eggs.
- Keep conversation positive, encouraging, and lighthearted.
- Share laughter and sing favorite songs on the way to school.
- Leave your child with a big hug and words of encouragement.

TESTS CAN'T MEASURE MY

RESILIENCE

AMBITION*

POTENTIAL*

IDEAS

IMAGINATION

PATIENCE

CREATIVITY...

FRIENDSHIPS

HEALTHY
HABITS

EMPATHY

SENSE of
HUMOR

PASSION

CONFIDENCE

COMPASSION

PERSEVERANCE

SENSE
of
ADVENTURE

COURAGE...

KINDNESS

SELF-
WORTH

DAILY PROGRESS