

## 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** **SENSE of HUMOR**  
**PASSION** **CONFIDENCE** **SENSE**  
**COMPASSION** **ADVENTURE**  
**PERSEVERANCE** ...  
**COURAGE** ...  
**KINDNESS**  
**DAILY PROGRESS** **SELF-WORTH**

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