

# De-Stress BEFORE the TEST

Don't add pressure to your testing day! The saying "Practice makes perfect" definitely applies to dealing with test stress! Set these ideas into motion weeks ahead of time so that the day of the test, everything is just like the day before or the day after. When we try to make these adjustments too late, our actions often backfire and make it seem as if TEST DAY is more important than it truly is!

Establish and follow a routine weeks before the big day. Children (and adults) thrive with consistency. Practice makes perfect!

Stock up! Nutritious snacks, extra pencils, and a chosen book to take to the testing area need to be ready to go!

Teach them to Take 5! Five deep breaths, 5 sips of water, 5 jumping jacks, consciously using 5 to give themselves a break from the stress helps them to stay in control!

Include a Break-right after arriving home, give your child a few minutes to transition before hopping into the next "have to do"! This helps their testing breaks be more efficient.

Connect! Let them know you are in their corner - add little notes in their backpack, lunch, or snack bag! Affirm efforts, values, and fun when you see them at the end of the day!

You've  
Got This!



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