



TEST ANXIETY TIPS FOR PARENTS

ACKNOWLEDGE



Acknowledge the feelings that your child is expressing about the test. Help them identify those feelings and why they may be experiencing them.

ENCOURAGE

Encourage your child to do their best. Explain that they will be loved and valued no matter what the outcome or score is. Leave an encouraging message in their backpack or lunch box.

**YOU!
CAN!**

TEACH



Teach your child to relax before and during the test by using calming techniques such as:

- Deep Breathing
- Counting to 10
- Stretching at their seat
- Replacing negative thoughts with positive ones

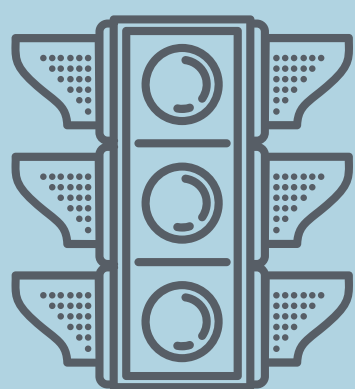
REVIEW

Review test-taking strategies with your child such as:

- Read questions carefully
- Read all answer choices
- Answer easy questions first
- Use the process of elimination



TEST DAY TIPS



- Make sure your child get's plenty of rest the night before
- Make sure your child has a healthy breakfast
- Keep conversations positive!

For more information about anxiety and other topics, please visit our site at www.rethinkEd.com



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