

How To Reduce Test Anxiety



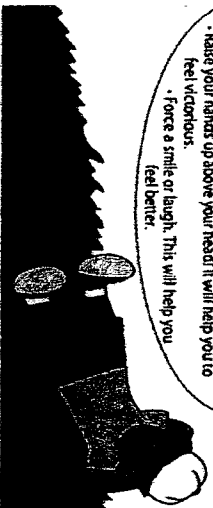
Positive self-talk...
"I can do this!" "I know the material!"
"I have practiced this!"
"I am smart and capable!"

Visualization...
Close your eyes and picture yourself doing well on the test. This will boost confidence!

Muscle relaxation...
Begin at your toes. Tighten and clench them for three seconds, and then release. Work your way through all the muscles in your body until you've tensed and relaxed them all.

Deep Breathing...
This is a great anxiety reliever. Sit up straight and put your hands on the top of your head. Breathe in a full breath through your nose for five full seconds. Hold that breath in for five seconds. Then breathe out for seven seconds. Repeat until you feel better.

Get silly...
There are many silly methods to relax before a test:
• Think of something funny (What if your whole class showed up for the test in their underwear?)
• Get out all the wiggles -- dance, shake, and move around.
• Raise your hands up above your head! It will help you to feel victorious.
• Force a smile or laugh. This will help you feel better.



Books to Read With Your Child About Testing

- Hooray for Diffendoofer Day – by Dr. Seuss
- Testing Miss Maltrkey – by Judy Finchler
- The Big Test – by Julie Danneberg
- The Anti-Test Anxiety Society – Julia Cook
- School Made Easier: A Kid's Guide to Study Strategies and Anxiety-Busting Tools – Wendy L. Moss

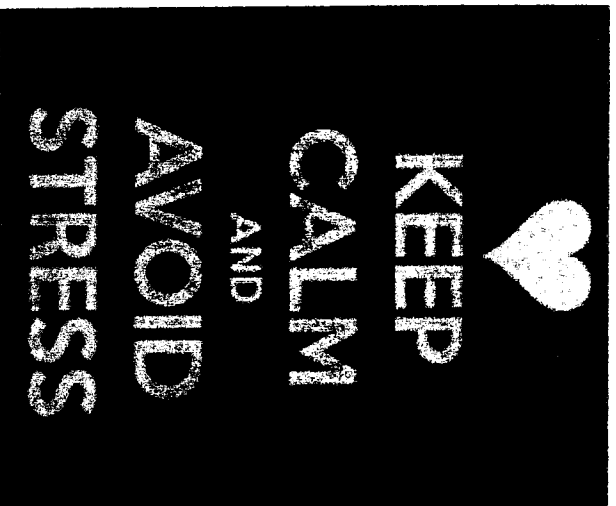
Helping Your Child De-Stress Before the Test

Parent University,
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Activities For You and Your Child

- **Worry Stones** -
<http://creativeelementaryschoalounselor.blogspot.com/2012/10/worry-stones.html>
- **Worry Dolls** -
<https://gretchenmiller.wordpress.com/2012/06/19/worry-dolls-muneca-quitapenas-how-to/>
- **Anxiety Paper Airplanes** -
<http://stlouiscencenterforplaytherapytraining.blogspot.com/2011/11/1/toss-away-your-anxieties-with-this.html>

What You Can Do Right Now...Your Daily Routine!

Here are a couple of ideas...

Show your child that you are keeping up with his or her school performance: check homework, check the graded assignments that come home, stay up to date on school events, and communicate with your child's teacher.

Keep your child in a before and after-school routine!

- Routine gives children security and builds confidence
- Have a time and place for your child to complete homework
- Eat healthy, appropriate breakfasts!

Ensure he or she is completing homework, projects, and classwork, and studying in advance for classroom assessments – this will build your child's confidence in knowing that he or she is prepared for future testing by practicing all potential testing content.

Relaxation Techniques

1. **Deep breathing** – slow inhalation, hold a few seconds, slow and complete exhalation
2. **Playing music** – can serve as a diversion from worry and relieve stress
3. **Exercise** – helps produce stress fighting hormones that promote joy
4. **Meditation** – Practice this with your child. One has to concentrate on his breathing, keeping the mind away from all external distractions. One has to instruct himself to pay attention to only his breathing and keep all negative thoughts away.
5. **Laughter** – give your child reasons to laugh. Books, movies, time with family/friends.
6. **Toe Tensing** - This is an exercise that involves lying on the back and allowing yourself to tense your toes. Ask the child to pull his toe muscles towards the body and hold the position for ten counts. Do 4-5 repetitions of the exercise.
7. **Visualization** - Let your child imagine good things happening to him and visualize (eyes closed) anything that gives him pleasure. Ask your child to imagine his dream coming into reality.