

5

tips to reduce

TEST ANXIETY in CHILDREN

Big Life Journal



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 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 HELP THEM PRACTICE

- If your child is nervous, start by **asking why** they feel nervous.
- Consider **finding practice tests** online you can discuss together.
- **Don't push your child** to study for the test; these tests are meant to measure what your child already knows.



3 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
- If penalized for incorrect answers, don't guess **unless** you can eliminate some answer choices
- If aren't penalized for incorrect answers, **don't leave any questions blank**. If time is about to run out, bubble something for each unanswered question



4 TEACH CALMING STRATEGIES

- Experiment with **calming strategies** to find some go-to techniques.
- **Remind** they won't know every single answer on the test, and that's okay.
- Give them **a plan** for what they will do if they don't know an answer.
- Equip your child with a few strategies that effectively calm them. Spend some time **practicing these strategies** before test day.



5 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.

BONUS TIP:

HELP THEM FEEL THEIR BEST ON TEST DAY

- Choose movement and exercise
- Get plenty of rest
- Stick to your usual bedtime routine
- Avoiding excessive screen time
- Providing a protein-rich breakfast in the morning, like oatmeal or eggs
- Keeping conversation positive, encouraging, and lighthearted
- Share laughter and sing favorite songs on the way to school, if driving. Listen to our Big Life Journal playlists on Spotify!
- Leave your child with a big hug and words of encouragement