

After The Test

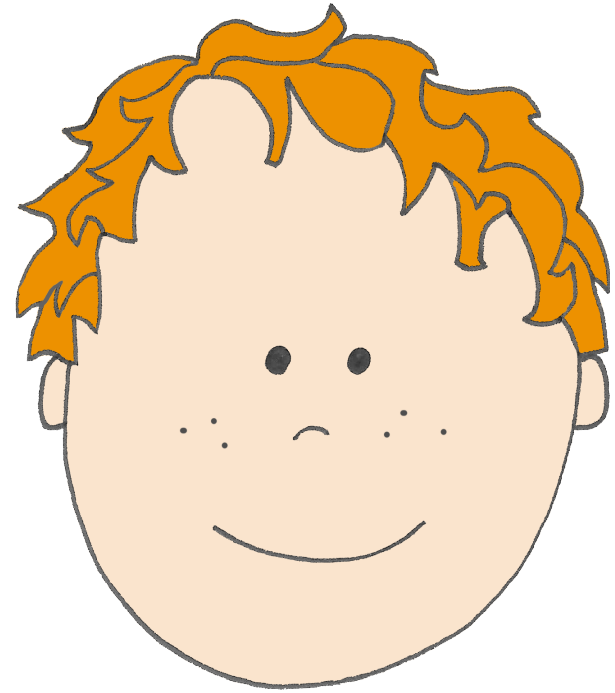
Talk to your student about his or her feelings about the test. If the student was nervous or anxious discuss it further: What made him or her feel that way? How did he/she feel after the test? What would help him/her feel better?

If you need to make a plan for the next day: Is anything he/she would change for the next test day? Would anything make the day go better? What would he/she change if he/she were allowed to retake the test?

At home practice the relaxation and positive self-talk strategies. Make sure to acknowledge his/her hard work and effort!



Testing Taking Tips



Additional Book Resources

For Students

"True or False? Tests Stink!" by Trevor Romain (grades 3 +)

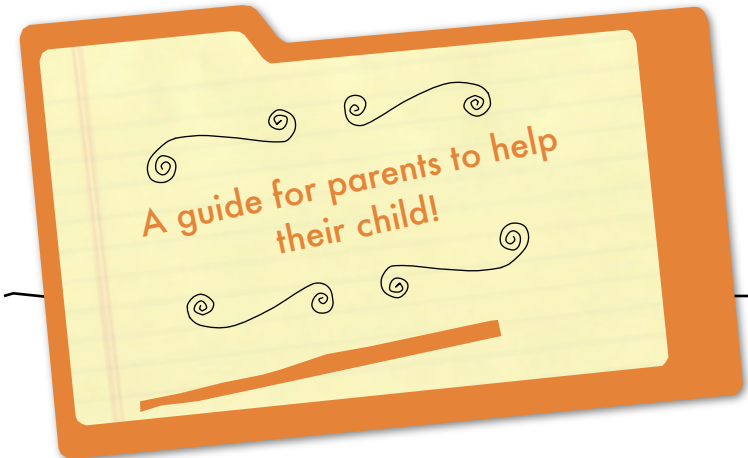
"Testing Miss Malarky" by Judy Finchler (grades K +)

For Parents

"How To Talk So Kids Will Listen and Listen So Kids Will Talk" by Faber and Adele

"Freeing Your Child From Anxiety" by T.Chansky

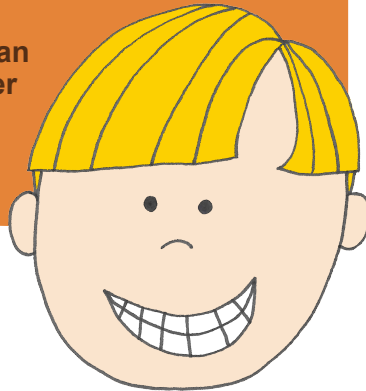
A guide for parents to help their child!



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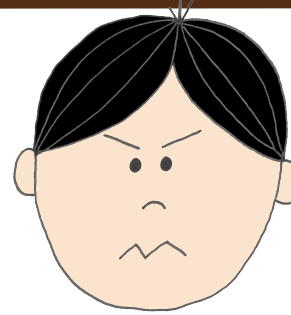
- Talk with your child about how they are feeling.
- Talk with your child about giving their best effort, but also give him/her the understanding that you and the teacher don't expect perfection.
- If your child is worried or upset about something try and help him/her talk through the concern and resolve it the night before. This will help him/her wake up feeling wonderful and not worried.

Make sure to eat a healthy dinner and breakfast before the test. Keep the meals as close to normal as possible. For example, a large celebratory breakfast can leave students feeling sleepy if it's bigger than what they are used to. A special sugar cereal they normally don't eat can leave them with too much energy.



- Plan ahead so you can avoid conflicts the morning of the test. Make sure he/she has all supplies (like pencils, calculators, and snacks) ready to go, lay out clothes, double check the alarm clock, etc.

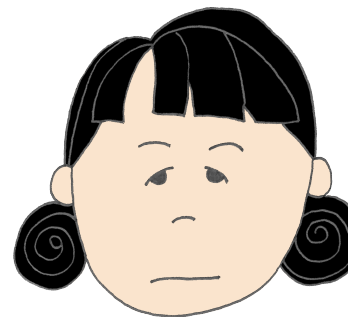
Testing Tips To Help Your Child The Day Of The Test



Get up early to avoid rushing. Rushing into school at the last minute can make a student feel unsettled and anxious.



Get comfortable! Make sure your student is wearing clothes that are comfortable. Also, you may want to dress him/her in layers in case they get hot or cold.



Be positive about the test. Remind your child the test can be hard, but it's all about doing their personal best.