

Supporting Your Child: 4 Test Anxiety Strategies

Many children experience feelings of anxiety before and sometimes during a test. Having some nerves before an exam is normal, but when feelings of worry and stress aren't managed properly, they can negatively impact student performance.

Symptoms of Test Anxiety

Physical	Emotional	Cognitive
Sweating Shaking Rapid heartbeat Dry mouth Fainting Nausea	Depression Low self-esteem Anger Feelings of hopelessness Distress Feelings of inadequacy	Fidgeting Avoidance Procrastination Forgetfulness Negative self-talk Self-doubt

How to Reduce Test Anxiety



1. Preparation Is Key

Promoting good study habits at home allows children to feel prepared for test day. Some of these habits include eliminating distractions, designating studying areas, and setting fixed study times.



2. Relaxation Rules

Teaching your children breathing techniques gives them the tools to relax before and during tests. Remind them to take slow deep breaths and consciously relax their muscles.



3. Highlight Healthy Habits

Encouraging a healthy lifestyle is key for test-takers. Make sure your child gets a good night's sleep with a normal bedtime, eats a protein-rich breakfast, and sets time aside to exercise.



4. Attitude Matters

Practicing a growth mindset means emphasizing progress over perfection. Encourage your child to do their best, but remind them that test scores don't define their self-worth.