

# Helping Your Child Relax for Test Taking

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Test taking is a stressful and unpleasant activity for most anyone. For a child who may not have experienced test taking before, what are some practical ways to help them relax?

### Tips for Preparation

Practice a growth mindset with your children. Help them realize that test



taking is a measurement of growth from one academic year to the next. For more details about growth mindset, check out the work by Carol Dweck.

Get a good night's rest. There's lots of brain research which shows that the mind gets rejuvenated with rest. Make sure your kids get plenty of REM sleep leading up to the test. They'll wake up well

rested and in a good mood. Starting with a positive attitude is half the battle!

Eat a healthy breakfast. The brain is a well-oiled thinking machine and needs nutrients to help it run efficiently. Have your kids eat a hearty breakfast that will help sustain energy and brain power throughout the morning.

## Reducing Stress

Practice techniques that will give your kids mental clarity. Meditation, prayer, yoga, calm breathing techniques...all these methods give your kids a way to calm down and center themselves on the task ahead. Prepare the day's outfit the night before. Figuring out what to wear in the morning wastes a lot of time and adds unnecessary stress. Lay out the clothes at the end of the bed, fold clothes on their chair, or hang them up in the bathroom so your kids are ready to go in the morning. Choose clothes that are comfy so they don't get fixated on a tag or something itchy during the test.

Set the mood with music. When driving to school, play music that is happy and upbeat. It's difficult for anyone to be upset or anxious when they have happy thoughts in their head. You'll be surprised by this simple yet effective tip!

Wishing you all the best,

Jaime

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