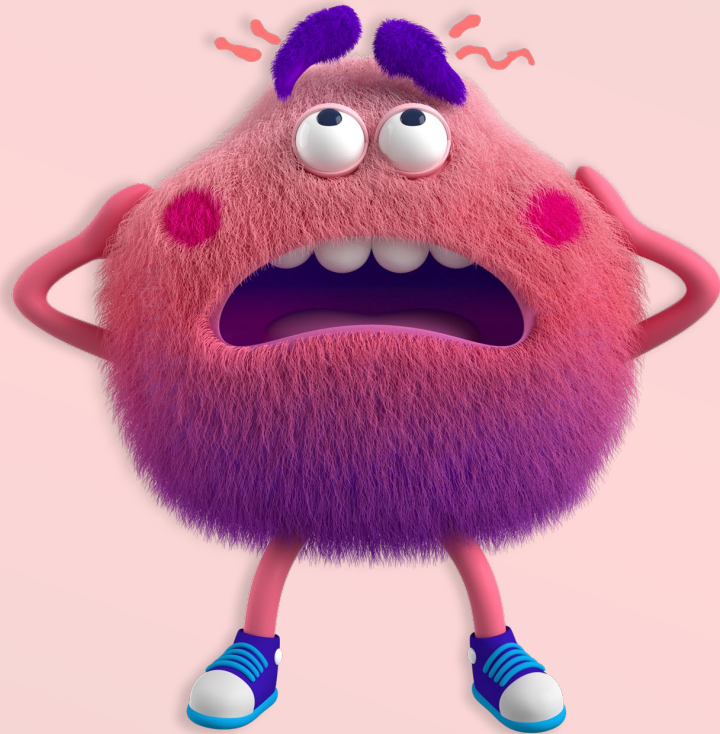


I am stressed over my test and Exams



How can we help our
children manage stress and
feelings of anxiousness



North Spring Primary School

Let's Understand-For Our Students

Why do we have test and assessment?

Learning About Yourself: Tests help you understand what you *know well* and *where you can improve*.

Identifying Strengths and Weaknesses: Knowing your *strong* and *weak areas* helps you focus your efforts effectively.



Focused



Let's Understand-For Our Students

Tests as a Tool for Growth

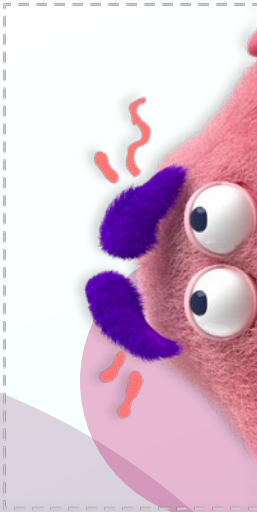
Setting Goals: Let's use our test results to *set realistic learning goals.*

Personal Improvement: Our test and results are *opportunities to learn and grow.*

Feedback and Reflection: Our results are feedback for ourselves to make improvements for the next assessment.



Focused



How to Approach Tests Positively

For Students:

Prepare: Start **studying early** and create a study schedule.

Stay Calm: Practice **relaxation techniques** before and during tests.

Learn from Mistakes: **Analyse your mistakes** to understand and correct them.



Curious

Making the Most Your Assessments

Active Participation: Engage in class activities and ask questions.

Use Resources: Use textbooks, worksheets, and teacher feedback.

Peer Support: Learn with friends and help each other understand difficult concepts.



Curious

What is Stress?

Stress is when one feels overwhelmed:

- Stress is when you feel like you have **too much to handle.**
- It can make you feel like **everything is hard to manage.**



Anxious

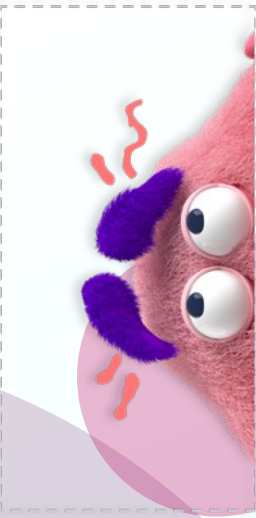
What is Stress?

When you notice your body's reaction:

When you are stressed, your body might feel different.

You could get:

- headaches
- stomachache
- your heart might beat faster.



Anxious

What is Stress?

Stress can be an emotional response:

Stress can make you feel:

- **worried**
- **sad**
- **angry**
- **frustrated.**

It's your body's way of coping with the things that are happening around you.



Anxious

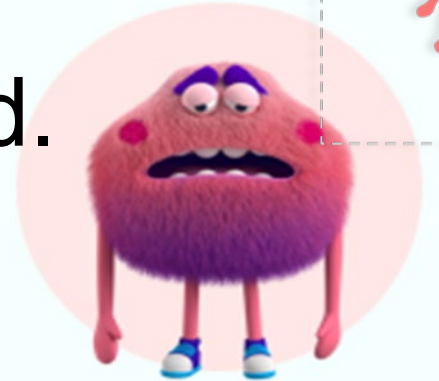


Examples of Stress

School: Having a test, assessment, exam or lots of homework can make you feel stressed.

Friends: If you have a fight with a friend or feel like you don't fit in, that can be stressful.

Home: Things at home, like parent's expectations or having family problems, can also cause stress.



Hopeless



Hurt



Why Understanding Stress is Important

Stress can help you manage your feelings:
Knowing what stress is **can help you to:**

- understand why you feel the way you do
- what you can do about it.



Stressed



Why Understanding Stress is Important

Taking Care of Yourself:

When you know you're stressed, you can take steps to relieve your stress and feel better.



Stressed



How to Tell if You are Stressed?



Confused



Physical Signs: Look for signs like headaches, tummy aches, or feeling very tired.

Emotional Signs: Notice if you're feeling more worried, sad, or angry than usual.

Behavioral Signs: Pay attention if you're having trouble sleeping, eating differently, or not wanting to do things you usually enjoy.

Remember

- Stress is *normal*, and everyone feels it sometimes.
- It's important to *talk* about your thoughts and feelings with a trusted adult.
- *Be supportive* and make everyone feels safe and comfortable.



Included



Confident

Remember

- Use *relaxation strategies*, such as the square breathing to help you keep calm.
- *Be Understanding* and *Kind*: Let's be kind and understanding towards friends who might be feeling stressed.

BE KIND TO YOURSELF AND KNOW THAT TOGETHER WE CAN BEAT STRESS



Included

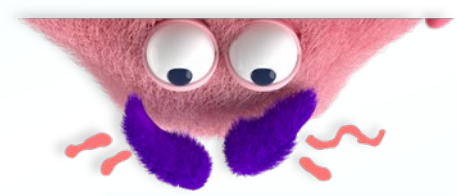


Confident



Practical Tips for Parents

- **Remember** that learning is an everyday process.
- **Set up routines** at home for learning. A space for children to organize their items, keep their books and for learning.
- **Make it a point to check** your child's school bag, to ensure that all schoolwork are completed and filed.
- **Ensure that you child pack his/her bag daily** to ensure that they have packed all the learning materials needed for the day.
- **Be kept informed of events in school including, schedule test week and exam dates.**



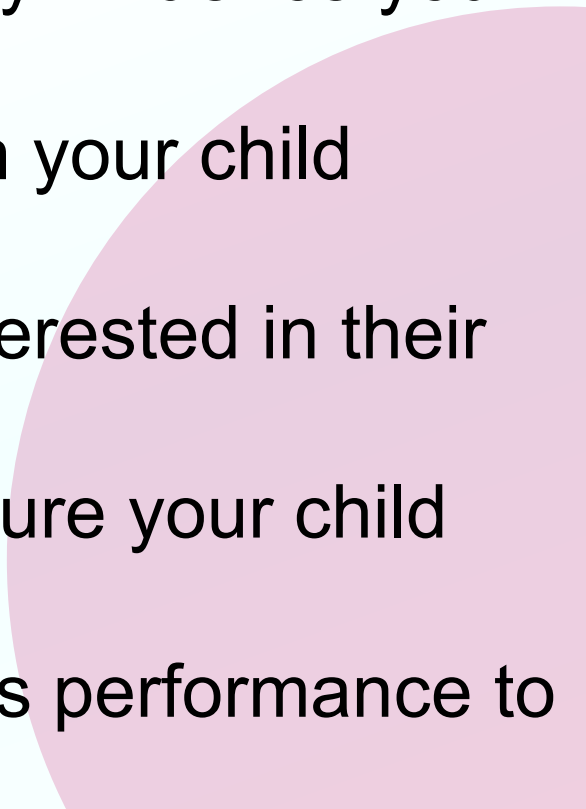

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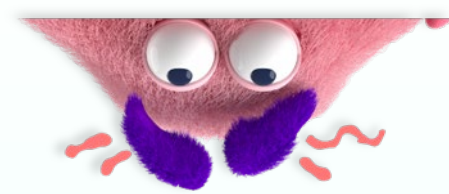
Confident



Practical Tips for Parents

- 1. Stay Calm and Positive:** Your attitude will greatly influence your child's stress levels.
 - 2. Be Available:** Offer your time and attention when your child needs support.
 - 3. Listen Actively:** Show that you are genuinely interested in their concerns.
 - 4. Encourage Breaks and Leisure Activities:** Ensure your child has time for relaxation and activities they enjoy.
 - 5. Avoid Comparisons:** Never compare your child's performance to others.
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Deep Square Breathing



Below are a list References

1. <https://wholeheartedschoolcounseling.com/free-resource-library/>
2. <https://www.care.com/c/calm-down-strategies-for-kids/>
3. <https://brenebrown.com/art/the-wholehearted-parenting-manifesto/>
4. <https://www.youtube.com/watch?v=L9zwduYp9G0>



Confident