

Elementary School Stress Management Techniques

Test Stress: Keeping a Healthy Mind & Body

In the middle of standardized testing, it is easy for students to forget to take care of themselves. You can help your students stay healthy physically and mentally by helping them manage stress.

- ❖ **Sleep** – Being tired can make a child’s stress levels increase. Encourage your students to go to bed early the night before a test day.
- ❖ **Eat Healthy** – A balanced and nutritious diet is necessary. It is important to eat plenty of protein, fruits, vegetables, and whole grains. Avoid junk foods.
- ❖ **Exercise** – At recess, encourage your students to play games that involve exercise.
- ❖ **Positive Thinking** – Encourage your students to be optimistic. Optimists create and experience better circumstances. Positive thinking will bring your students better health, better relationships and better grades!
- ❖ **Stress Relieving Exercises** – Teach your students stress relieving exercises and help them find stress reducing games they can play.

Be a good listener. When your students want to talk about their stress related to testing, listen and help them. Encourage your students with open-ended questions like, “How do you feel about that?” and “How can we resolve the problem?”



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