

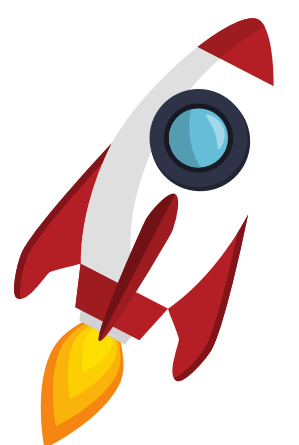


**KINGSBURY**  
**EDUCATION**  
THE 11+ EXPERTS

## **TIPS & TECHNIQUES TO HELP YOUR CHILD OVERCOME TEST STRESS & NERVES**

It's totally normal to feel nervous before something important and new. However, letting nerves get the better of us can be very upsetting and disappointing. Here are a few ways of dealing with those big butterflies and helping your child to turn those nervous feelings into positive power!

It is really helpful for children to recognise what changes they can feel in their body when they are feeling nervous or stressed. Our hearts beat faster, our jaws tighten and we get that churn in our tummies. However, we can control how we let those feelings impact on us and can channel all that extra energy into a positive feeling. Adrenaline is the body's response to anything that raises our emotions and gives us more physical energy!





Explain to your child that when they feel really nervous, taking a few deep breathes helps to reset their body. You could even have a practice together; in through their nose and out through their mouths five times should help to re-focus and calm any overwhelming feelings. Talk to them about imagining that with each breathe they take in, and then out, will fill their body with a calmer, more comfortable feeling. In their head, repeating positive phrases like, 'I can do this!' will help to focus their mind and use the extra energy their body is producing to power up!

Those big butterflies will, no doubt, be doing lots of flapping in their tummies, this is where some positive visualisation can really work. Speak to your child about 'sending' or 'pushing' all those nervous feelings up to their clever brains, like a brain boost shot of energy! Teach your child that when their body is relaxed and calm, they are better able to think and focus. This will help them to use all the extra energy their bodies are filled with to be a positive thing. It's good to feel nervous, it means we really want to achieve something.



A positive mind is a powerful mind. Speak to your child about visualising themselves in a situation where they are achieving and being successful. Prior to taking the test, encourage your child to picture themselves taking the test. To see themselves being persistent and reading each question carefully, being relaxed and being confident with their answers. Speak to them about picturing themselves finishing the test, then going back and checking for mistakes.

In addition, playing the theme tune from the movie Rocky or another motivational song, or song that means something to them or your family, can help build confidence!

It could also be a great way to have some fun and laughter before and after the test. The chemicals released into our body when we laugh are stress zappers and help us to feel good.



Start the morning right!  
After a nice early night, a  
yummy and healthy breakfast  
will help kick-start the brain.  
A shower and smart/casual  
clothes will put you child in  
the right frame of mind for  
sitting their test.