

healthy
AND READY TO
learn

**Children's
Health Fund**

Relax, Breathe, and be Calm.

Parent Workshop

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Facilitator Note: Introduce the topic. “Today will be discussing Test Anxiety.”

Agenda

- I. What is Stress? And What happens in the body when we are stressed?
- I. Ways to Reduce Stress
 - a. Nutrition and Exercise
 - b. Body Posture
 - d. Breathing
 - e. Mantra – Positive messages
 - f. Stretching
- III. Questions





Turn and Talk

As a group, draw what stress looks like
or feels like.

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Provide chart paper that each group can use to draw what stress looks like and feels like

What is Stress?

- Stress is an automatic way your body responds to any kind of demand.
- Stress is what you feel when you have to handle:
 - More than you are used to.
 - More than you know you can do.
 - More than what you think you can

FIGHT



FLIGHT *ohhhhh!*



FREEZE



Other Signs of Stress

- Headaches
- Upset stomach
- Back pain
- Trouble sleeping
- Weaken your Immune System
- Mood Changes like angry, lost, depressed...



*WebMD.com



Signs of Relaxation



What do you do to reduce stress?




How do you help your child reduce stress?

Facilitator can have parents discuss in the larger group what are some of the ways they reduce stress for themselves and their children

Ways to Reduce Stress

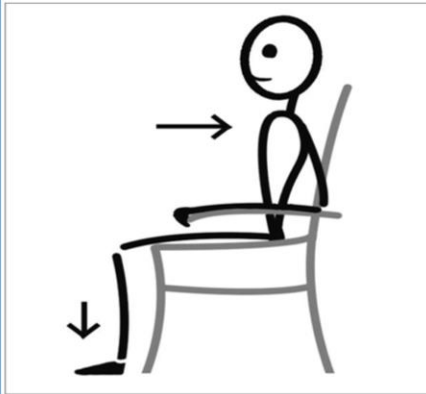
Exercise and Nutrition

Exercising: Staying active, walking, jogging, Yoga, dance classes

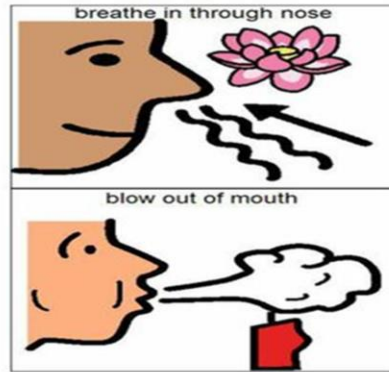
- Nutrition:
 - Nuts/Almonds:  Reduces stress hormones
 - Multigrain:  Increases serotonin (relaxing hormone)
 - Fruits and Vegetables:  Helps the body to function at its best

Ways to Reduce Stress

Body Posture



Deep Breathing



Demonstrate good posture and proper breathing (in the nose for a count of 4, hold breath for 2, and exhale for a count of 4) before everyone will do it together

Ways to Reduce Stress

Mantra

A Positive Message

What positive message can you say to yourself in times of stress?

What positive message can you tell your child in times of stress?

Breathing Together



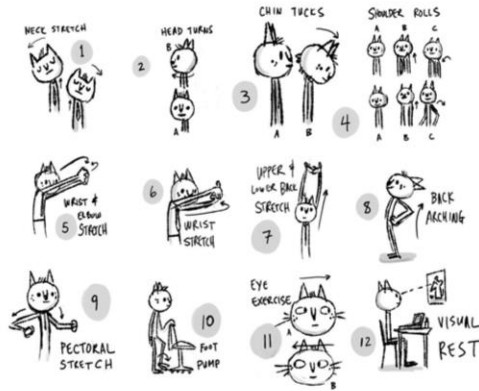
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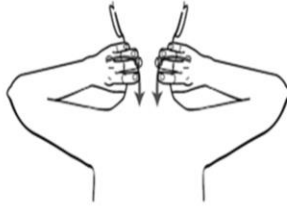
After good posture and breathing is demonstrated, play relaxing music (for 5 minutes) while everyone practices breathing, mantras (silently) or visualizing a peaceful place. Facilitator will go around and help parents with their posture and breathing.

Ways to Reduce Stress

Stretching



Try it Yourself!



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Test Tips! One Week Before:

- **Teacher** - ask about your child's strengths and struggles & get suggestions for what to practice at home.
- **Family** - have dinner as a family. Reinforce love, worth, and fun. Remind your child that they are more than a test score.
- **Practice for the exam** - go through reading and math practice
- **Practice relaxing** - go through the skills that were just presented & practice 1 or 2 new ones every night
- **Eat More Healthy Food** - cut back on junk food, especially sugar.

- **Teacher** - ask about your child's strengths and struggles. Ask for suggestions for how to help prepare your child academically for the test in the next week.
- **Family** - have dinner as a family. This simple step reinforces a child's bonds with their family and household, which reminds them that they are loved, and this provides reassurance for a child who is overly worried about a bad grade on the test.
- **Practice for the exam** - reading and math specific practice
- **Practice relaxing** - go through the skills that were just presented and practice 1 or 2 new ones a night, so that your child will become familiar with which ones are helpful for them.
- **Eat More Healthy Food** - cut back on junk food, especially sugar. Sugar creates extreme highs and lows for energy and concentration. Your child will be able to focus better with less junk food and sugar in their body.

Test Tips! Night Before:

- **Physical Activity After School** - at least 30 minutes
- **Healthy Dinner** - no fast food and limit sugary sweets
- **Early bedtime** - extra time for rest and sleep helps
- **1:1 time with Parent before Bedtime** - ask and give reassurance for worries about testing. Reinforce worth and love. Encourage them to try their best and not worry about a specific score.
- **Practice relaxing** - practice 3 skills that your child finds helpful

Test Tips! Morning of:

- **Allow extra time to get to school** - avoid rushing, which causes stress
- **Healthy Breakfast** - balance good tasting foods with foods that have long-lasting energy and nutrients. Avoid high sugar foods or a meal that is just bread or carbohydrates.
- **Practice relaxing** - practice 3 skills that your child finds helpful
- **Encouragement** - prepare a little note or card for a child to keep in their pocket throughout the day.
- **Affection** - give your child extra affection (if they enjoy affection)

Questions?



Thank You!



If you would like to see resources or find information on additional **Health Barriers to Learning**, please visit the **Healthy and Ready to Learn Resource and Training Center** at www.hrl.nyc

WORKSHOP SURVEY

Thank you for taking part in our workshop! We would like your help in understanding how to improve the workshop, how much you learned, and if you think that you will apply what you learned in your work and life. Please take a few minutes to fill the following survey. Honest feedback is welcome!

1) What was the best part of the workshop?

2) What did you LIKE LEAST about the workshop?

3) How would you improve the workshop?

4) Please circle the number that best represents your knowledge and skills before and after this training:

Understand what Stress is:

BEFORE THE WORKSHOP					AFTER THE WORKSHOP				
Very Low	Low	Medium	High	Very high	Very Low	Low	Medium	High	Very high
1	2	3	4	5	1	2	3	4	5

Ways to deal with stress:

BEFORE THE WORKSHOP					AFTER THE WORKSHOP				
Very Low	Low	Medium	High	Very high	Very Low	Low	Medium	High	Very high
1	2	3	4	5	1	2	3	4	5

Tips for your student before taking tests:

BEFORE THE WORKSHOP					AFTER THE WORKSHOP				
Very Low	Low	Medium	High	Very high	Very Low	Low	Medium	High	Very high
1	2	3	4	5	1	2	3	4	5

5) How likely are you to use the knowledge and skills that you learned in the workshop? (Please circle)

Not likely at all	Not likely	Neutral	Likely	Very likely
1	2	3	4	5

6) What challenges do you think you will have in using what you learned?

7) Any other feedback?