

# HOME CONNECTS



## Social-Emotional Learning Objectives:

- Using personal affirmations to overcome test anxiety.
- Learning the “Stop thought. Go positive!” strategy of dealing with negative emotions.
- Developing problem-solving attitudes and habits.

## Let’s Chat Conversation Questions:

- What are some things that suck your energy or make you feel bad and uncomfortable?
- Retrain your brain to believe in YOU. Give some examples of how you can overcome these intimidations.
- How does it feel inside when you take on a difficult challenge and win?

## Respectful Ways Q&A:

**Q:** Is there any cure for test-taking anxiety?

**A:** Anxiety is a natural response to stress; but you can learn to manage it and even channel it constructively.

**Q:** Is problem-solving ability something we’re born with or something we learn?

**A:** While some people seem to have natural ability to find solutions, we can all learn to improve at problem-solving by practicing.

## Home Connects Activity Ideas:

- Your student is learning several techniques to manage stress, including deep breathing, positive visualization, and self-affirmation. Make these practices a part of your own and your family’s regular practices. You might be surprised to find yourself less stressed!
- Good problem-solvers know how to embrace uncertainty, reframe setbacks as opportunities, and grow. Find a problem your family can work on to solve together and focus on developing these mindsets.



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