

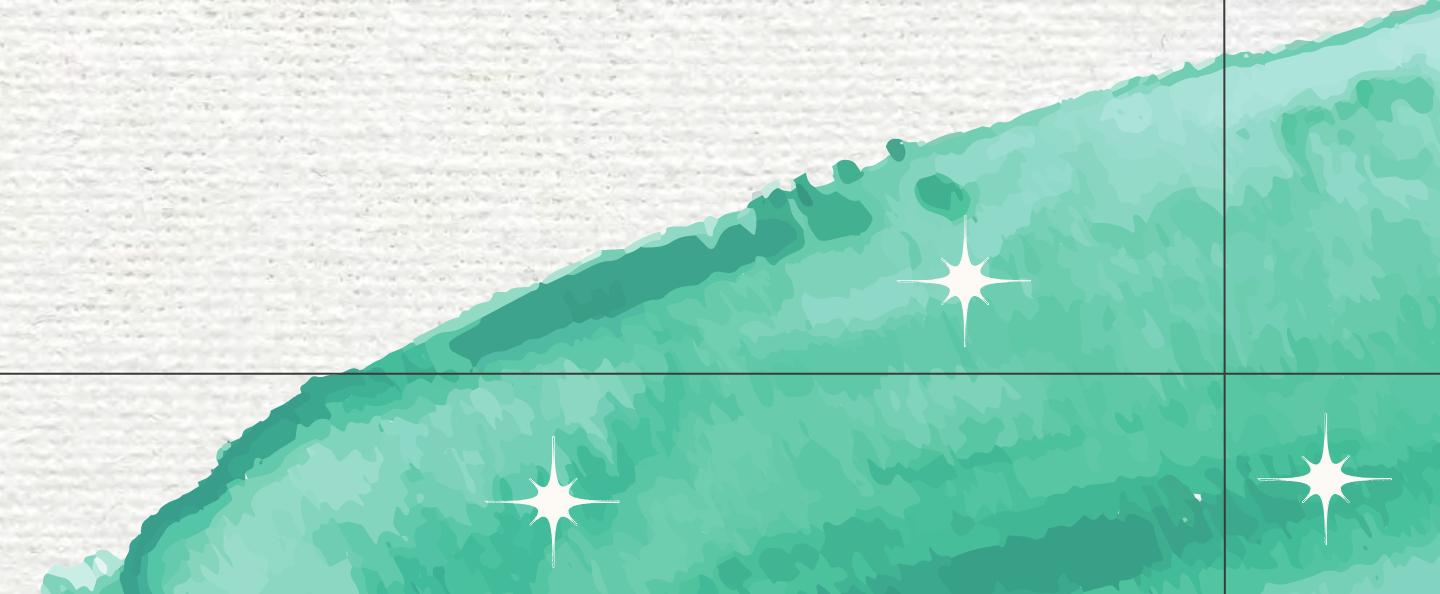


Stress Not, Manage Well

MDM HANA
SENIOR TEACHER (MATHEMATICS)

What I Will Cover Today

Tips on managing
examination stress
for you and your
child.



Examinations provide
the opportunity for children
to assess how much they
have learnt.



HOW CAN I MOTIVATE MY CHILD TO STUDY?

PROCRASTINATING

Guide her to break down revision into smaller, more achievable tasks.

DISTRACTED

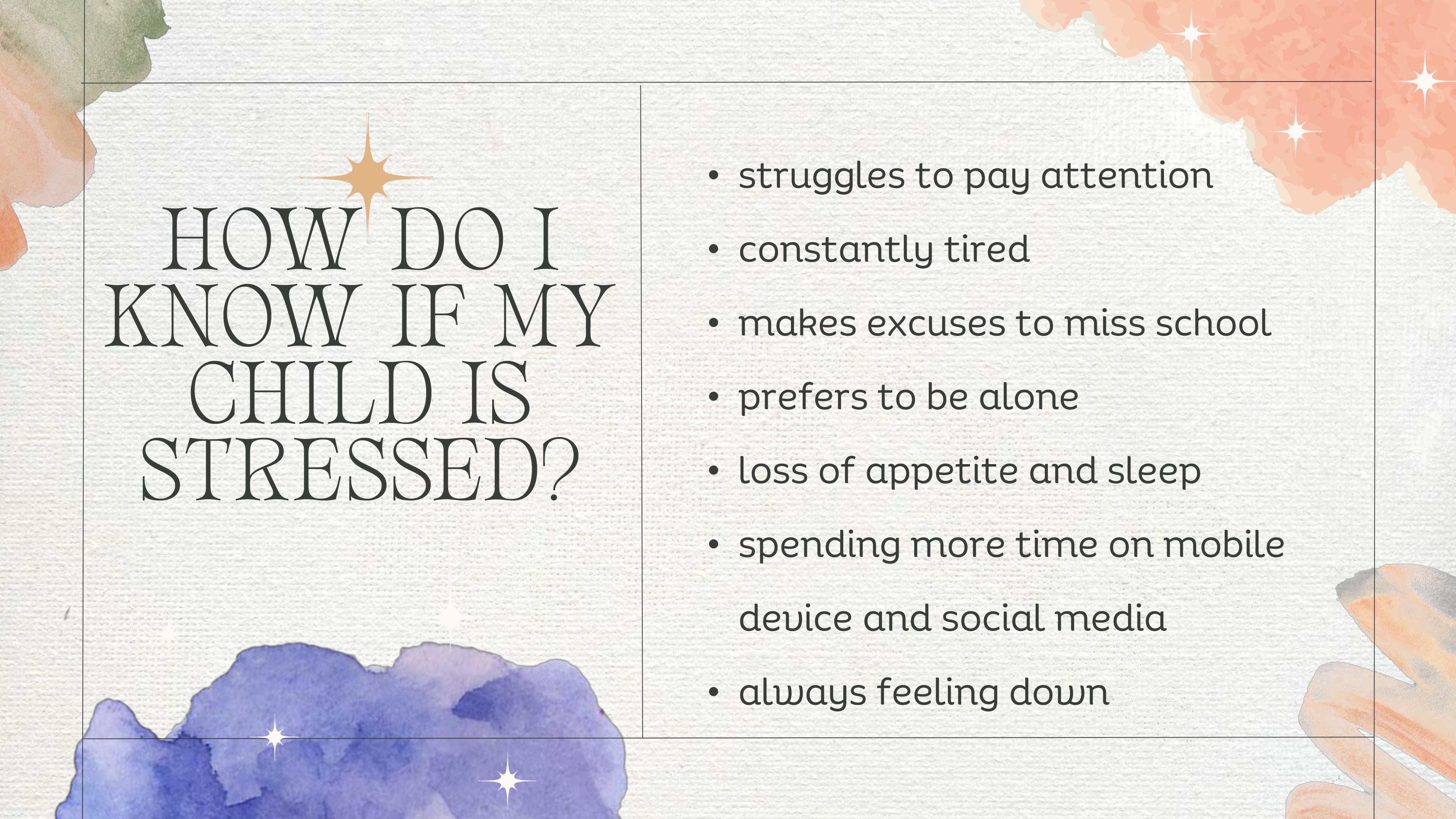
Set ground rules together e.g. 10 mins of play after each task is completed.

STUCK WITH REVISION

Encourage her to revisit the earlier chapters. If needed, ask them to approach her teachers or older siblings for help.

LACKS ENERGY

Guide her to draw up a schedule which includes time for homework, revision, play, exercise and rest.



HOW DO I KNOW IF MY CHILD IS STRESSED?

- struggles to pay attention
- constantly tired
- makes excuses to miss school
- prefers to be alone
- loss of appetite and sleep
- spending more time on mobile device and social media
- always feeling down

90 marks is
not good
enough!

How are you
going to get
into XXX
School with
your results?

The way we
talk to our
children
becomes their
inner voice

You wasted all
the money I
spent on
tuition for you!

You're only
good enough if
you get all As.

I'm doomed if I
don't get into
XXX School.

I'm a
waste of
money.

If I don't do
well, I have
no future.

Mom and Dad
only loves me if
I get good
grades.



I'm useless.
I'm not
good
enough.



MANAGING STRESS

FOR PARENTS

Regulate your
emotions

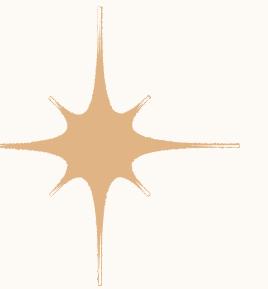
Speak to someone
you trust

Ensure sufficient rest,
exercise and eat well

Spend time with your
child to bond



WHAT CAN I DO TO
HELP MY CHILD?



Be present

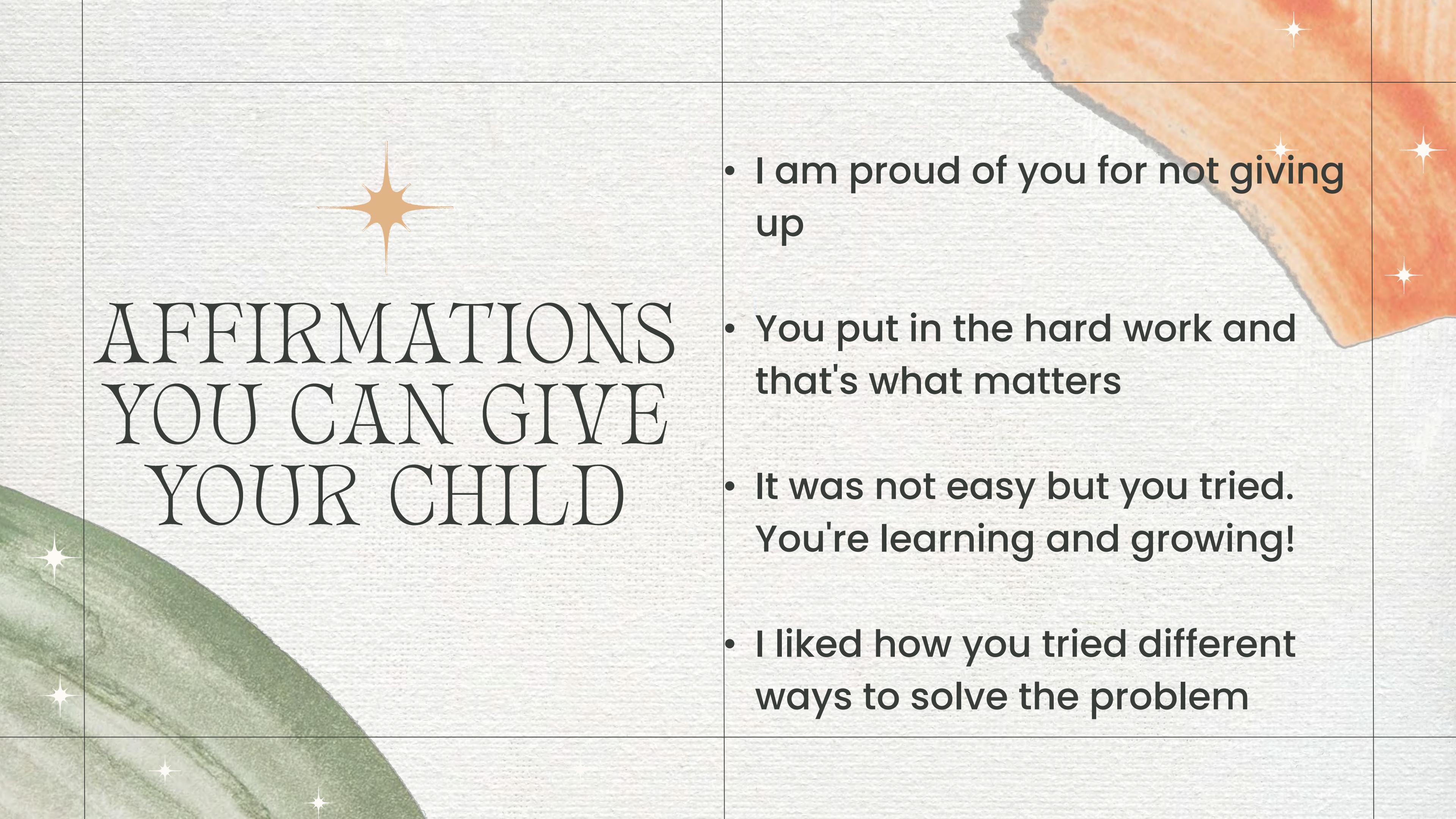
- Pay attention to your child and communicate frequently in an open and supportive manner. Continue with your usual conversation topics so that your child's mind is not overwhelmed by the upcoming exams.
- Provide practical support to help her overcome any hurdles she may be facing.

Role Model

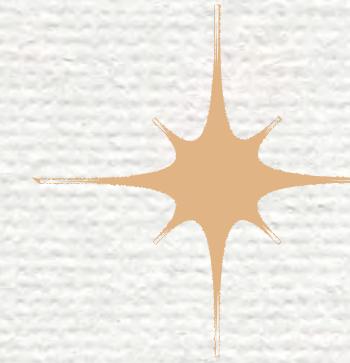
Share with your child some of your own experiences of dealing with stress, how you managed it and maintained positivity.

Reassure

- Let your child know that she is loved and accepted regardless of her examination performance.
- Tell her that it is normal to feel stressed, anxious and nervous during the examination period.
- Provide positive feedback and cheer her on for every effort.



AFFIRMATIONS YOU CAN GIVE YOUR CHILD



- I am proud of you for not giving up
- You put in the hard work and that's what matters
- It was not easy but you tried. You're learning and growing!
- I liked how you tried different ways to solve the problem

STOP

technique

Interrupt anxious thoughts and feelings

S

Stop.

When you notice yourself feeling anxious or overwhelmed, stop what you're doing or thinking for a moment.

T

Take a deep breath.

Inhale slowly through your nose and exhale slowly through your mouth. Repeat several times.

O

Observe.

Notice what is happening in your body and mind. Acknowledge the feelings and thoughts are you experiencing.

P

Proceed.

Choose how you would like to proceed, focusing on activities or thoughts that make you calm and happy.



GROUNDING TECHNIQUE

A calming technique that connects you with the present by exploring the five senses.

5

THINGS YOU CAN
SEE



4

THINGS YOU CAN
TOUCH



3

THINGS YOU CAN
HEAR



2

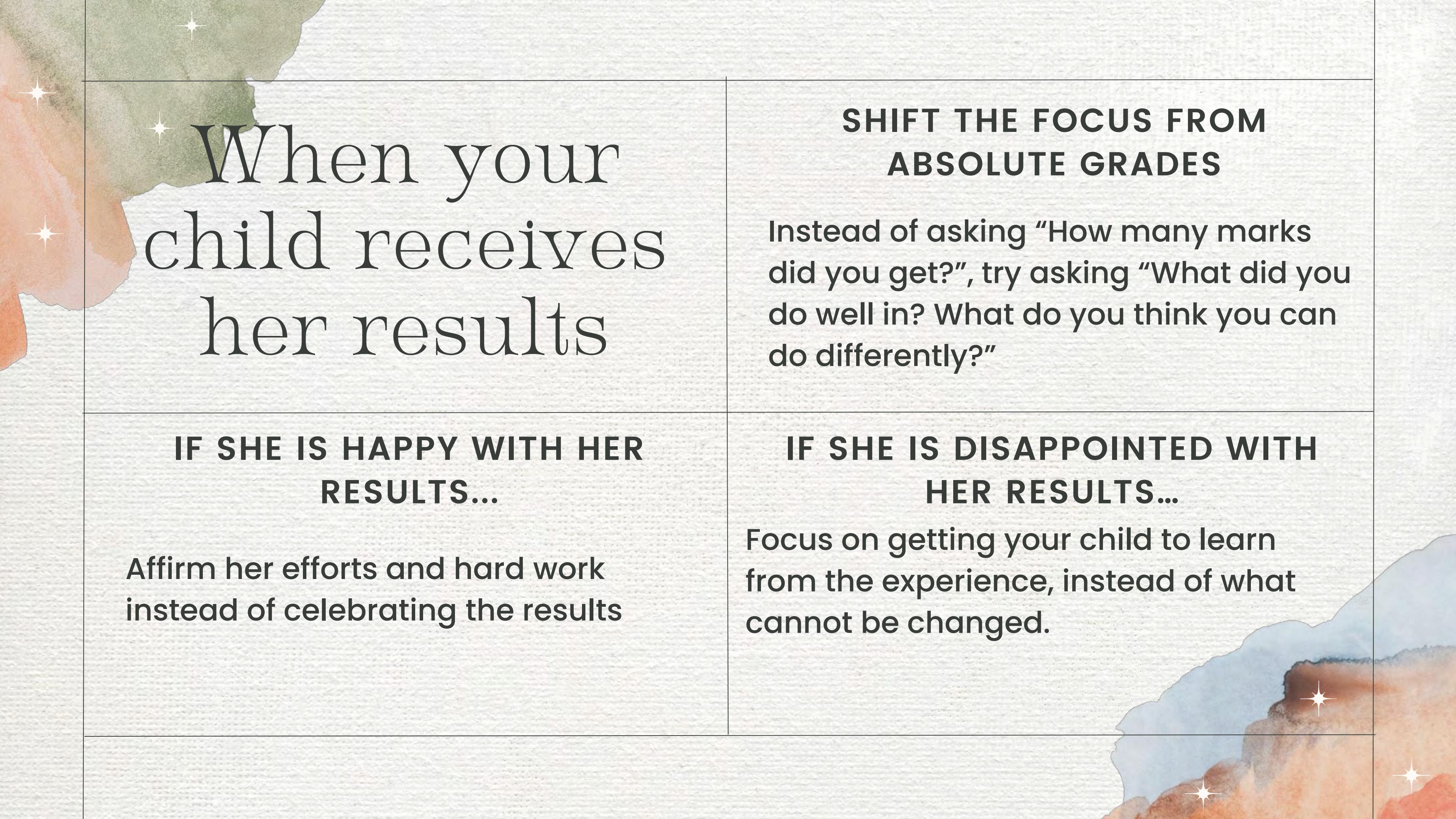
THINGS YOU CAN
SMELL



1

THING YOU CAN
TASTE





When your child receives her results

IF SHE IS HAPPY WITH HER RESULTS...

Affirm her efforts and hard work
instead of celebrating the results

SHIFT THE FOCUS FROM ABSOLUTE GRADES

Instead of asking "How many marks did you get?", try asking "What did you do well in? What do you think you can do differently?"

IF SHE IS DISAPPOINTED WITH HER RESULTS...

Focus on getting your child to learn from the experience, instead of what cannot be changed.

Every child is unique
with different
strengths and talents,
and untapped
potential.

Examinations are just one part of your
child's learning journey. The important
life skills acquired in the process will
carry her throughout life.

THANK YOU