



## Parent Services October Tip Sheet

Join us for our next virtual training:  
**Homework Tips and Test Anxiety**  
Friday, October 22, 11:30-12:30pm

✓ Register at:  
<https://bit.ly/FDLRS-HW-Help>

### Five Homework Tips



1. Create a special space for homework.

2. Make a homework schedule. Set a time and add breaks.

3. Use a 'to do' homework folder and a 'done' folder for completed work.

4. Call in backup! Your child's teacher is a great connection. They can tell you how to better assist.

5. Extra practice. Create flash cards, read together, do math at the store.

### Technology Tools



**Photomath.com.** Students take a picture of math problems and get step by step help.



**Brainly.com.** Mathematics, English, Biology, History. Ask questions, get answers.



**Noredink.com.** Practice skills and get tips for writing.



Explore thousands of free videos in 13 subject areas.

**Hippocampus.org.** Free resources on many subjects for middle school-college level students.



**Mathway.com.** Students enter a math problem and get an answer.



**Khanacademy.org.** Courses and lessons for extra practice.

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## IDEAS FOR TEST ANXIETY



### Test Taking Tips

1. Answer the easiest questions first.
2. Cross out the answers you know are wrong.
3. Read all choices before selection an answer.
4. When given a passage to read, look at the questions before reading the passage.

### Calming Strategies

1. Use breathing techniques like: balloon blowing, bubble, shoulder roll, tummy elephant.
2. Practice guided relaxation techniques.
3. Use fidgets, pop-its, sensory tools.

### Encouragement

1. Make sure your child gets enough sleep the night before.
2. Provide a breakfast if you child does not eat the one provided at school.
3. Use phrases of praise to your child.
4. Be cognizant of the 5 to 1 positive to negative ratio.

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