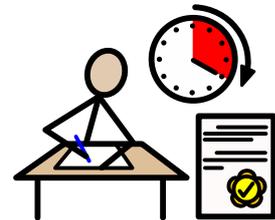
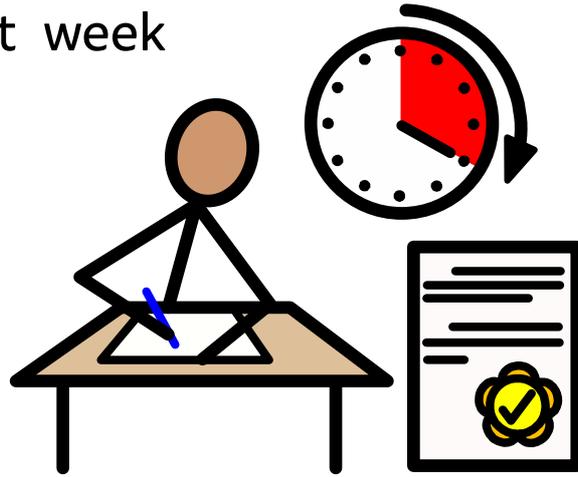
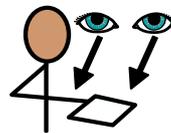


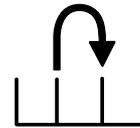
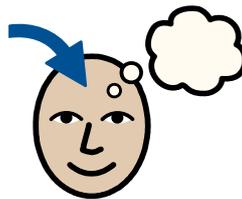
Assessment week



Next week, I am going to do some assessments at school.



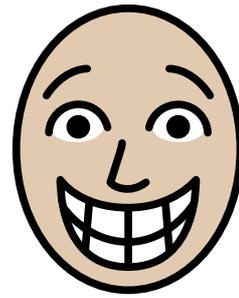
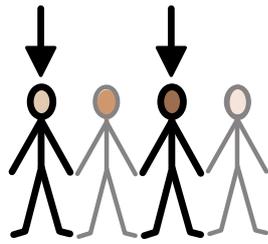
I will answer some questions to show what I can do



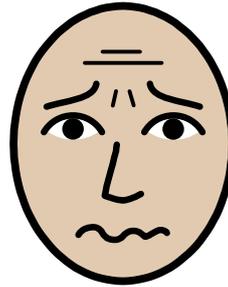
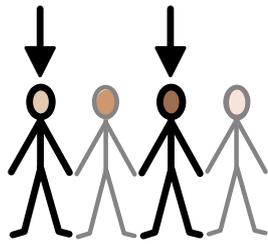
and what I need to learn next.



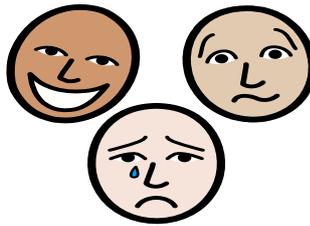
This is good and nothing to worry about.



Some children might feel excited.



Some children might feel nervous.



It is okay to have different feelings about assessments.



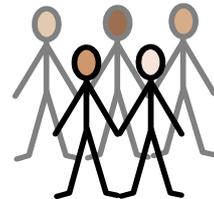
The assessments will take some time



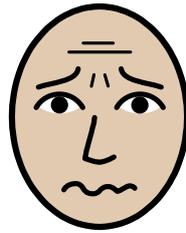
and I might need to concentrate for a while.



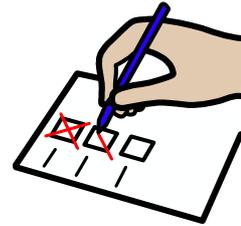
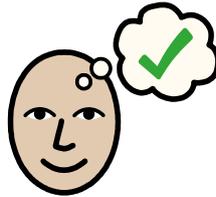
If I feel tired or distracted, I can take a short break.



I might also be able to do my test in a smaller group.



I might feel a bit worried about getting questions wrong



or not knowing the answers.



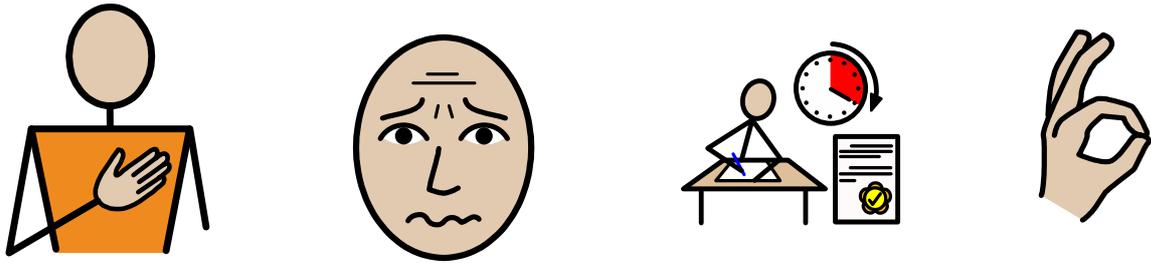
That is okay.



I do not need to answer all the questions,



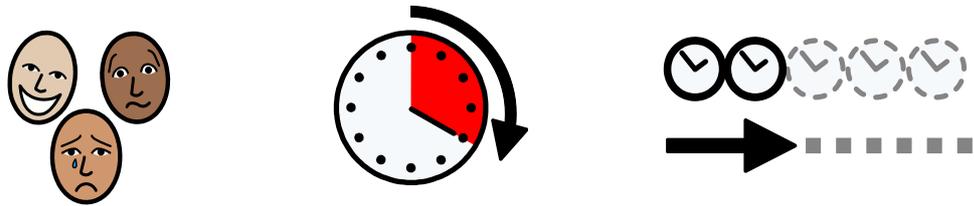
just do my best.



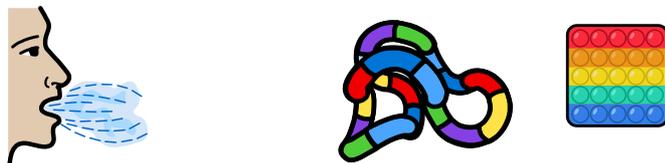
If I am anxious about the assessments, that is okay



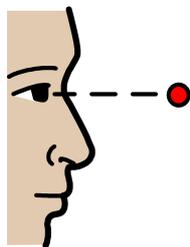
Lots of children will feel the same and

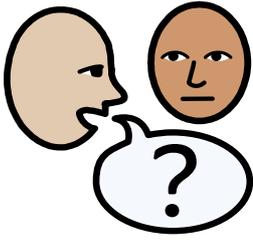


these feelings will only last for a short while.

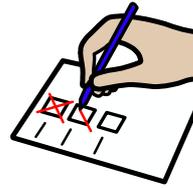
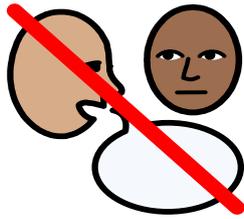


I could take some deep breaths or use a fidget toy to help me focus.

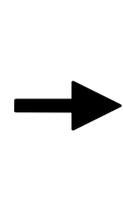
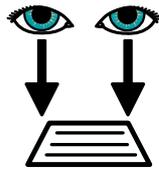




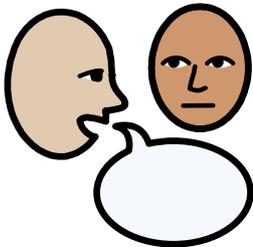
I can also ask my trusted adults in school for help.



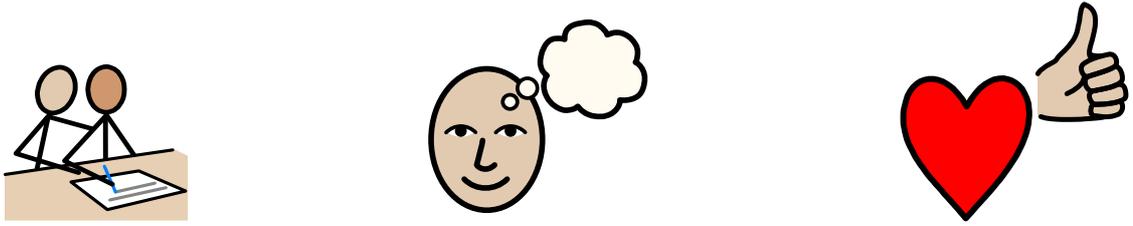
They cannot tell me the answers



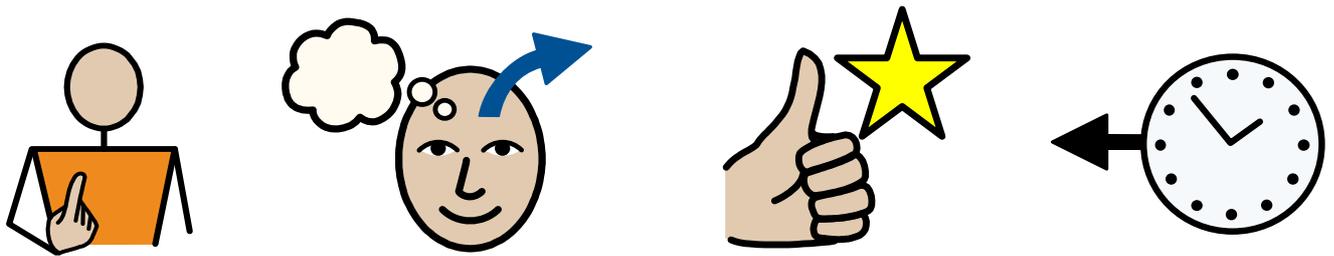
but they can read a question to me



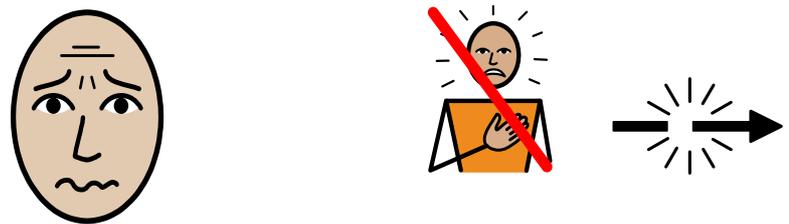
or just tell me that I am doing a great job.



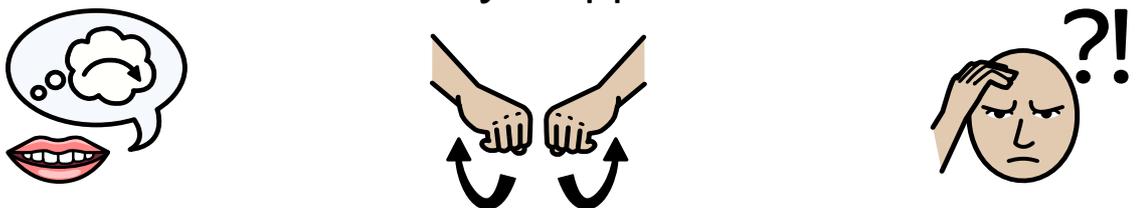
It might help if I think about some of my favourite things while I work on the assessments.



I can remember the things I am good at and how I have done well in the past and



that even though I may have felt anxious, nothing bad actually happened.



I can also remind myself that it is all about trying hard, not just getting the right answers.



I just need to do my best.