



Spring Lunch 'N Learn Series:

Power Moves for Parents to Help Their Kids Crush Their Homework

Power Move #2: Exchange Anxiety for Excitement

- When your child is anxious about their homework, don't tell them to be "calm" or "calm down" this can heighten their worry because they realize they aren't calm.
- Be clear about acknowledging their worry by being present and listening openly to their concerns. This will help pinpoint the issue(s).
- Once their particular worry is identified, help them to switch to feelings of **excitement**.

Two powerful ways to help your child feel excited:

1. **Use your body** – jump up and down, clap your hands together, smile; try to mimic what you would do if you were *actually* excited about something.
2. **Use your mind** – close your eyes and try to imagine something that is very exciting to conjure up positive feelings. Use your imagination to see how the current homework CAN be exciting too!

Thinking of a tutor for your child? We offer the first one-hour session FREE. Give us a try!



**Beyond the
Classroom®**

