HOW DO YOU FEEL ABOUT MATHS?

National Numeracy
Getting on with numbers

In this activity, we're going to look into how adults and teenagers feel about maths.

Everyone has their own feelings about maths. You might enjoy it, find it hard, feel good, or unsure about it, or a mix of all these.

We've found that these are the most common feelings people have about maths:

Comfortable **Panic** **Love** **Happy** **Defeated** **Interested** **Worried**
Excited **Stupid** **Bored** **Good** **Nervous** **Fine** **Confident** **Anxious**

Think About It	Talk With Your Family
Take a moment to think about how maths makes you feel. Which word would you choose? Think about why you feel like this.	Ask family or friends how they feel about maths. Which words would they choose? Why do they feel that way?

You can also watch this video to hear what other people have to say. →

What did you learn?

- Write down the words that people chose.
- Are there any words or feelings that come up more than once? Did any surprise you?

Student comments:

Lots of people feel good about maths, but many don't, and there are lots of reasons why people feel this way.

Whatever the reason, feeling worried about maths doesn't mean you can't get better at it. By giving it a go and sticking with it, your feelings may start to change.

In the other activities, we look at what people say about maths, where we use it in everyday life, and how to start to feel better about it.

Parent/ carer comments:

