# MATHS MINDFULNESS

National Numeracy
Getting on with numbers

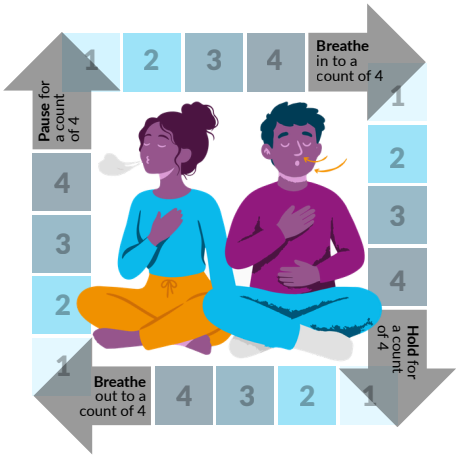
**Some people feel anxious, worried or stressed when faced with maths. We call this 'maths anxiety'.**

**These are some of the signs:**

**Sweating or feeling sick** **Increased heart rate** **Feeling panicked or stressed**

**Finding it hard to concentrate on or avoiding a maths activity**

Even if you don't feel anxious about maths, we all have times where we feel worried about something, or when someone we know is feeling anxious. There are things you can do to help when you feel this way.




**Talk with your family**

Here are some ideas about how you can help yourself or someone else with maths anxiety, or any other kind of anxiety. Talk about them and try some with your family.

- Box Breathing – look at the diagram and try some box breathing with your family!
- Talk about it – talk about how you feel about the thing that is making you anxious. You might find others feel the same way.
- Take the pressure off – quite often we worry about not being quick enough doing something, but usually we can take our time. Maths is the same – it's not a race!
- One step at a time – if something you have to do feels too big, look for ways to break it down and take one step at a time. Learning maths is the same – try to improve a little bit at a time.
- Don't compare yourself to others – We are all different so will make progress at different speeds, and that's okay.

**What did you learn?**

**What would you say now to a friend who is struggling with maths anxiety?**

**Student comments:**

**Parent/ carer comments:**