

HOW DO YOU FEEL ABOUT MATHS?



BARCLAYS | LifeSkills

National
Numeracy
NUMBER CONFIDENCE WEEK

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

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

We've found that these are the most common words people use about maths:

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

Think about it

Take a moment to think about how maths makes you feel. Which word would you choose?

Think about why you feel like this.

Ask others

Talk to your classmates about how they feel about maths. Which words would they choose?

Why do they feel that way?

Some people may feel differently to you. Listen and respect their feelings and experiences.

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?

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.

Student comments:

