

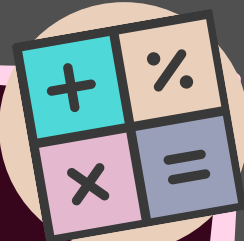
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MATH MINDFULNESS MINUTES

Simple Exercises to Reduce Math Anxiety & Build Confidence

WHY MATH MINDFULNESS?

- Reduces stress before tests.
- Improves focus and confidence.
- Combines math concepts with mindfulness techniques.
- Visual Suggestion: Add icons like a brain, a heart, and a math symbol (e.g., addition or multiplication).



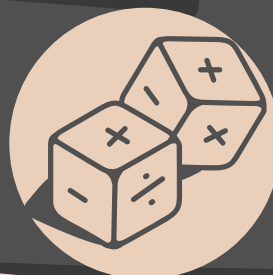
NEURODIVERSE LEARNERS: SHORT, STRUCTURED, AND ENGAGING

Explore museums, historical sites, and science exhibits online. Many institutions offer virtual tours, providing an interactive and educational experience from the comfort of home

GRADES 6-8:

BOOSTING FOCUS AND POSITIVE THINKING

- Number Visualization: Solve mental math (e.g., $3 \times 4 = 12$) while breathing.
- Math Affirmation Countdown: Count down from 10 with affirmations like "I am capable."
- Breathing Fractions: Visualize fractions as parts of a pie (e.g., $3/4$).



BUILD MATH CONFIDENCE TODAY!

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K-5 STUDENTS: BUILDING MATH CONFIDENCE THROUGH FUN

- Shape Breathing: Visualize shapes while counting sides (e.g., triangle = 3).
- Counting Calm: Tap fingers while counting to 10, saying "I can do this."
- Rainbow Numbers: Imagine numbers 1-5 in rainbow colors while breathing.

HIGH SCHOOL STUDENTS: ADVANCED VISUALIZATION AND CONFIDENCE

- Equation Breathing: Solve equations mentally (e.g., $x + 2 = 5$) while breathing.
- Geometric Visualization: Count edges of 3D shapes (e.g., cube, pyramid).
- Positive Math Mantras: Use affirmations like "I can simplify any problem."

HOW TO USE THESE EXERCISES

1. Practice daily or before tests.
2. Adjust timing and complexity based on age and needs.
3. Incorporate into tutoring sessions or at-home routines.
4. Visual Suggestion: Use numbered icons or a flowchart for clarity.



POSITIVE
mind