

Math Anxiety SOS GUIDE

Quick Strategies to Calm Math Related Meltdowns



Recognizing a Math Meltdown

Sometimes, it's not just frustration — it's fear, shame, or overwhelm.

Here are signs your child may be experiencing math anxiety:

- ✓ Sudden tears, anger, or shutting down
- ✓ Refusing to try ("I can't!" "I'm stupid!")
- ✓ Complaining of headaches or stomachaches
- ✓ Freezing, zoning out, or getting silly
- ✓ Avoiding homework altogether



What to NOT say or do.

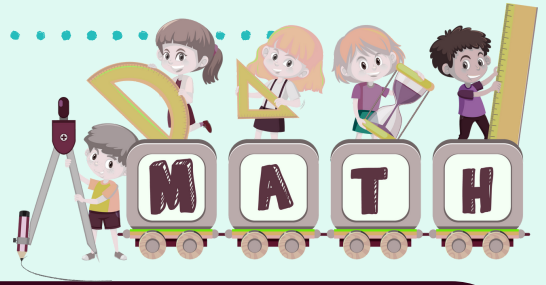
When math anxiety spikes, some common reactions can accidentally make it worse.

Avoid saying:

- ✗ "It's not that hard."
- ✗ "You just have to focus."
- ✗ "Other kids can do it — why can't you?"
- ✗ "Come on, you're fine."

Avoid doing:

- ✗ Raising your voice
- ✗ Pushing to "just finish it"
- ✗ Shaming or comparing



Immediate Calm-Down Strategies

✓ 1. Pause the work.

Put the pencil down. Homework can wait — emotional safety can't.

✓ 2. Reset with movement.

Stand up. Stretch. Walk around. Shake it out.

✓ 3. Use a "Reset Word."

Have a family phrase like "Fresh Start" or "Pause and Breathe" — not blaming, just resetting.

✓ 4. Take a Breath Break.

Use the Breath Break Card (below) to guide your child through calming breaths.

✓ 5. Offer a sip of water.

Simple, physical resets help more than you think.

✓ 6. Choose a tiny next step.

Don't "power through" — just pick one small piece to try, even if it's writing their name on the paper.

MindBridge Math Mastery | Ms. Susan

Staying Connected Through the Storm



Quick Reassurance Scripts

Instead of lecturing or fixing, try saying:

Tone Tip:

Soft voice, open posture, minimal words.
They'll feel your calm more than they'll hear it.

☀️ "You're safe. We can slow down and figure this out together."

☀️ "No rush. Your worth isn't measured by how fast you get it."

☀️ "It's okay to struggle — it doesn't mean you're not smart."

☀️ "Hard moments don't erase your strengths."

☀️ "We can take this one breath at a time."

☀️ "You're more than your mistakes."

Breath Break Card

BREATHE BREAK

Breathe in for 4 counts

Hold for 2 counts

Breathe out for 6 counts

Repeat 3 times

(You're safe. You're trying. You're growing.)

Mini Calm Plan



Pause to breathe



Offer a supportive phrase



Reset and start fresh

☀️ "You are your child's anchor.
Every moment you choose calm, even
imperfectly, you are making a difference." ☀️

You are your child's safe place.
It's not about finishing every worksheet.

It's about helping your child know they are bigger than their fear.
Calm is built over time — and you're already doing it.

—Ms. Susan