

Empowering your child to overcome math anxiety

Causes of Math Anxiety

- Negative experiences with math in the past
- Pressure to perform well
- Lack of Confidence in Math Abilities
- High Stakes Testing



What is Math Anxiety?

- Difficulty Concentrating in math class or on math activities
- Avoidance of most/all Math Related Activities
- Physical Symptoms: Sweating, racing heart before/during math tests



Tips to Overcome Math Anxiety

- Encourage a Growth Mindset: Praise Effort not just results
- Make Math Fun: Incorporate Games
- Provide Positive Reinforcement: Celebrate Small Successes
- Use Anxiety Reappraisal Techniques: Turn anxiety into excitement



More Tips

- Space Repetition Practice: Practice can desensitize fear responses
- Practice Mindfulness: Deep Breathing, Meditation
- Multisensory Learning: Making math concrete can make it less intimidating



Consider Professional Math Support or Educational Therapy

- Don't be afraid to seek help
- Remember, math anxiety is common. Seeking Help is a strength not a weakness
- For personalized support, contact MindBridge Math Mastery



info@mindbridgemath.com

877-757-MIND

www.mindbridgemath.com