**Expressive Writing and Drawing Exercise**

Research shows that expressing thoughts and feelings before a math test or quiz can improve student performance. (Visit **mindresearch.org/blog/math-anxiety** to learn more.)  Here’s an exercise to try with your students.

**To begin ...**

**Read aloud to students:** Please spend the next 5 minutes writing as openly as possible about your thoughts and feelings regarding the math problems you are about to do. In your writing, I want you to really let yourself go and explore your emotions and thoughts as you’re getting ready to start the math problems.

(See the following handout for students.)

**Explore What You Feel**

**1. How are you feeling about the math work you are about to do? Please be honest.**

Example feelings:

**happy excited            relaxed             worried confident sad           mad                  frustrated**

|  |
| --- |
| **Write your feelings here:** |

**2. Why does this math work make you feel this way? Please be honest.**

|  |
| --- |
| **Write your reasons:** |

|  |
| --- |
| **Draw a picture of why this math work makes you feel those feelings you wrote about earlier.** |

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