

Tips for Addressing Math Anxiety

Research suggests that incorporating these strategies into your classroom can help address your students' math anxiety and improve performance.



Express Yourself

Expressing thoughts and feelings before a test or quiz can improve scores. Try leaving time for short writing or drawing exercises and watch for the difference.

Get Excited

The feeling of excitement is a close cousin to anxiety. Before a math test or lesson, try encouraging students to get excited and to make positive self-statements like, "*I got this!*"



Get Relaxed

On the flip side, leading your students in simple breathing practices can lower anxiety and help students focus on their learning.



Visit mindresearch.org/blog/math-anxiety to read more about the studies.

MIND Research Institute