These are some of the most common signs that a child may have maths anxiety:

- noticeably upset
- nervous habits like rubbing eyes or fidgeting
- tantrums
- tears
- poor behaviour
- anger
- frustration
- under-attainment
- helplessness
- poor working memory
- lack of confidence
- passive behaviour (not joining in just letting it all pass them by)
- avoidance tactics like wanting the toilet or a drink or having a broken pencil or not the right equipment
- not wanting to do homework

Remember these are the outward signs and not what the child is actually feeling themselves, only what you can see.

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