Overview of ways to reduce anxiety

Long term effects of being anxious about maths

Once your body and mind have experinced an acute attack other events can trigger the mind to remember how awful and how scared you felt at that point.

If repeated acute attacks occur and you get used to feeling this way each time certain situations happen, quite soon you will associate those situations with fear and they too become perceived threats and they too will start an attack.

Sub-optimum situations

In conjunction with these downward spirals of perceived threats come situations which are likely not to help a child feel confident about Maths.

- Listening to questions with no visual cues
- Concrete manipulatives not being used
- Lack of visual and pictorial representations
- Relying on abstract teaching too soon
- Numbers being mystified and not as part of life
- Adults being negative about their own experiences
- Reliance on memorisation of facts without understanding the concepts

Increase Wellbeing - Reduce Anxiety
Optimum situations

- Feel safe
- Feel heard
- Establish a rapport
- Don't give them a formal test
- Bring down the content level
- Build up resilience
- Gamification
- Choice of activities
- Safe questions and answers