What can we do to help?



Overview of ways to reduce anxiety



Long term effects of being anxious about maths





1. Always try to give them visual cues

Decreases Cognitive Load

Relieves strain on Auditory Processing



Using visual cues when you teach will help reduce Maths Anxiety

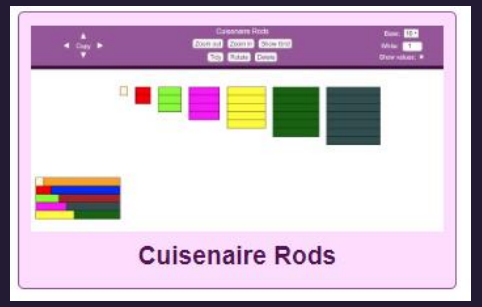


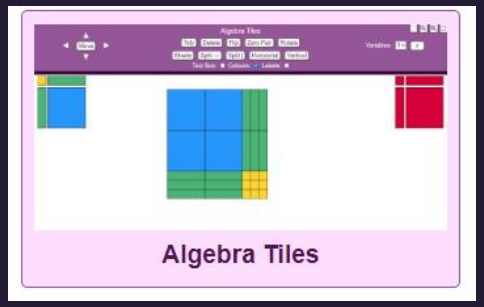




2. Use Concrete Manipulatives

Virtual manipulatives





Second camera and real ones

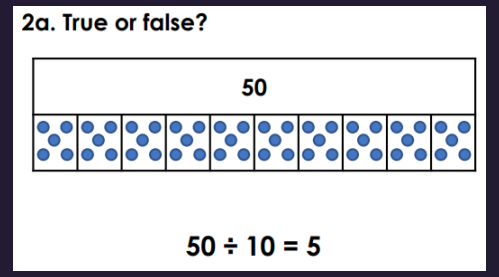




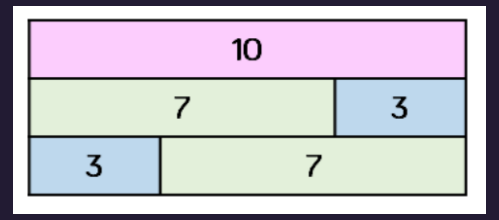
Using manipulatives when you teach will help reduce Maths Anxiety



3. Use plenty of visual and pictorial representations



Not just in the abstract or just listening



Decreases Cognitive Load

High Cognitive load = more likely to cause anxiety

Using visual cue visual and pictorial representations when you teach will help reduce Maths Anxiety



4. Don’t rely on abstract teaching too soon

Either in the abstract or just listening

Increases Cognitive Load

High Cognitive load = more likely to cause anxiety

Using concrete and pictorials
when you teach
will help reduce Maths Anxiety



5. De-mystify numbers and make them just part of life

Part of life

Not just in Maths lessons

All around us, all the time



Encouraging Maths to be part of life will help reduce Maths Anxiety



6. Surround them with positivity



A negative attitude towards maths tends to significantly impact the child.

Reframe the difficulty in an optimistic way

Using positive language around Maths will help reduce Maths Anxiety



7. Don’t rely on memorisation of facts without understanding the concepts

Using objects and pictures helps this work even better

Aim to ‘gain mastery’

13 x 7?

Learning for understanding will help reduce Maths Anxiety



1. Always try to give them visual cues
2. Use concrete manipulatives
3. Use plenty of visual and pictorial representations
4. Don’t rely on abstract teaching too soon
5. De-mystify numbers and make them just part of life
6. Surround them with positivity
7. Don’t rely on memorisation of facts without understanding the concepts

