



## Tips to Ease Math Anxiety



- Allow students to share **different ways** of attacking problems.
- Make sure students feel comfortable with **math terms**.
- Encourage them to explain concepts to parents and practice at home.
- Change your language; for example, refer to tests as “Celebrations of Knowledge.”
- Bring fun math activities to students that seem less stressful.
- Practice with **online games**.
- Use art and writing **skills** to work through negative emotions.
- Remind **students** to take the time they need to solve problems regardless of who finishes first or last.
- Prompt students to go back and relearn unclear material because **math concepts** build on previous learning.
- Teach students how to create mnemonic devices, such as PEMDAS, for remembering processes.
- Set up trial testing experiences with a few problems and a quiet environment to practice without the stress of grading.
- Use **manipulatives** whenever possible to help students visualize concepts.
- Model how to replace negative **self-talk** with positive affirmations.

