

Maths's anxiety

What is Maths's anxiety?

- Maths's anxiety is a negative emotional reaction to Mathematics. It can make people (children and adults) feel panicked before they have even seen a question, often resulting in them finding it difficult to think clearly about the Maths that they are doing.

How can we help?

- Dojo- We will be posting helpful links and photos from lessons to help you support your child/children with their Maths homework, such as the best methods to use etc.
- We are going to be focusing on 'talking like a Mathematician' in our Maths lessons this year. This is to ensure children have chance to discuss the methods involved, patterns they may have spotted and to learn from mistakes in an open respectful environment.
- As always, we will try to make the learning that takes place in Maths interesting.
- We are always here to support both you and your child!

How can you help?

- Don't pass on your own Maths anxiety to your children by talking negatively about the subject- this does have a negative impact on children. Try not to make comments, such as "I hate Maths" and "Maths is difficult".
- Point out the relevance of Maths to children in their everyday life so that they don't view it as being 'pointless'.
- Use class Dojo posts as a tool for supporting your child to use the correct methods for their homework.
- Regular and routine practice/homework is more effective than doing it all at once, as this can be overwhelming. Set routine time for your child to complete their homework, such as TTRS.
- Allow your child to talk about anxieties that they may have.

Please speak to your child's teacher if you have any worries or questions. We are here to help! 😊

Thank you,

Miss Hickman

Maths's lead

