



BITESIZED



Literacy/Numeracy Tidbits for the Classroom

Did you know...

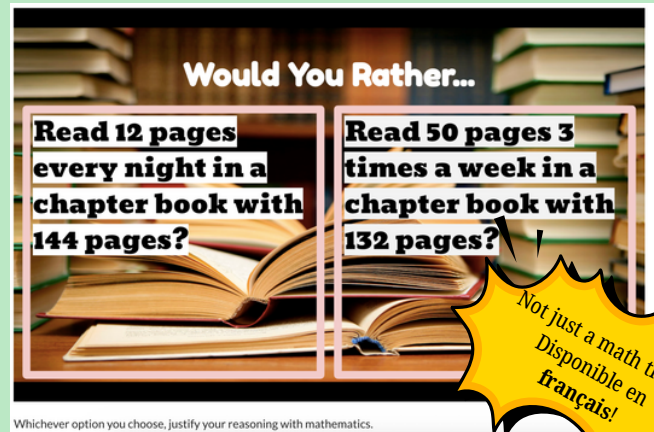
Math anxiety is a real and significant challenge for many students. Often confused with a learning disability like dyscalculia, math anxiety refers specifically to the fear or worry associated with solving mathematical problems or working with numbers. Research shows that it affects approximately 20–25% of students, with girls reporting higher levels of anxiety than boys.

Math anxiety can seriously hinder learning. When students worry about math, their working memory—the part of the brain responsible for holding and processing information—is compromised. This makes it difficult to perform even basic operations like addition or subtraction. Over time, this anxiety can negatively impact academic achievement and may shape a student's attitude toward math well into adulthood.

To learn more about Math anxiety and how you can help, check out this [TEDX](#) video.



Consider trying...



Thinking routines like the “**Would you rather...**” strategy, can be a quick and fun way to start your daily lessons and engage students, especially those who struggle while also tackling Math anxiety. “Would you rather” presents students with a scenario in which they must evaluate the pros and cons and justify WHY “they rather...”. It’s an effective way to build conceptual, flexible thinking, communication skills, and reasoning skills.

Click on the image above to access some examples of “Would you rather” prompts. To start, it is recommended to use non-math prompts to build confidence and reduce anxiety. Why not give it a try?