

Taming Maths Anxiety

Q1 What would you have said to me about maths?

Q2 Write down your best or worst experience of maths teaching so far

Q3 The last time you felt these kinds of symptoms and how that related to the last time you did maths? If at all.

Q4 Consider an approach or strategy you have used in an anxious or stressful situation.

Q5 Discuss as much as possible with your neighbor the situation and your approach