



Maths Anxiety and Resilience – Tasks

Conceptual Understanding in Numeracy

Professional Learning Pack

These tasks relate to Workshop 2 where each staff member selects a task from the ‘Task List’ included with each pack and prepare to share their findings at Session 2. Each staff member should select one of the tasks from the list below and be prepared in Session 2 to discuss:

- What they did
- Why the task was chosen
- What was discovered
- What changes in practice may result from this

TASK 1

Identify a child or group of children who you feel may have maths anxiety. Consider what you can do to begin to alleviate this.

TASK 2

How aware are you as to how children in your class feel about maths? Consider how you can find out more about levels of anxiety within your classroom.

TASK 3

Reflect on your own practice and attitudes to maths. Is there anything that you do in relation to maths that could be transmitted to your students as maths anxiety? Is there any aspect of your practice you feel you should change/develop?

TASK 4

Select one or more of the ideas for relieving maths anxiety that emerge from the readings. Consider how you can implement these ideas into your practice.

TASK 5

Reflect on how you group children within your class and the effectiveness of this.

TASK 6

The papers discuss the impact parental influences and home environment can have on a learner’s attitude to maths. Consider small steps you can take to engage with parents to develop the transmission of positive attitudes to maths from parent to child.