

Math Anxiety Relief Worksheet

It's normal to feel this way - let's work through it

When I feel stuck in math, I usually...

Things I'm actually good at in math

My Math Confidence Scale

Circle the number that fits you best (1 = not at all, 5 = very confident)

I can solve problems I've seen before

1 2 3 4 5

I can try new types of problems

1 2 3 4 5

I ask for help when stuck

1 2 3 4 5

I don't give up after one mistake

1 2 3 4 5

When I get stuck, I will:

- Take a deep breath and re-read the problem
- Break it into smaller parts
- Try a different approach
- Ask for help - it's not a weakness
- Remember: confusion means I'm learning something new

Math anxiety is not about being bad at math. Most anxious students relax within 2-3 lessons once things start clicking.