

Quick Reference — Keep This In Your Book



What is it? A feeling of stress or worry that gets in the way of maths performance — it is NOT a reflection of your ability. Anyone, any age, can feel it.

YOUR BRAIN'S RESPONSE



Amygdala

Triggers fear



Hippocampus

Locks in the feeling

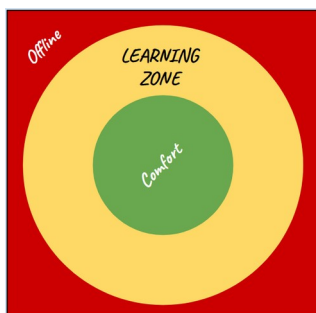


Prefrontal cortex

Reasoning drops

Result: the thinking brain goes OFFLINE. This is biology, not a choice.

THE LEARNING ZONE



Comfort — easy, safe, little new learning



Learning Zone — a stretch; mistakes = real progress. Aim here.



Offline — overwhelmed; thinking brain shuts down

MINDSET CHECK

GROWTH ✓

"I'll give it a go."

"I embrace the challenge."

"Mistakes help me learn."

FIXED ✗

"I'm not a maths person."

"There's no point trying."

"I give up."

QUESTIONS TO ASK MYSELF WHEN STUCK

? What is the question actually asking?

? What have I done so far?

? Can I draw it or use objects?

? Which bit do I already know how to do?

Anxiety ≠ Ability. Reduce the anxiety, and your brain can focus.