

# Math Anxiety Bingo

Avoids Math Whenever Possible	Feels Nervous when Solving Math Problems	Gets Anxious During Math Assessments
Believes they are “not good at math”	Gets Nervous when doing Math in front of others.	Has Negative Thoughts about Math
Gets Stressed When Asked to Explain Math Concepts	Experiences Physical Symptoms (e.g. Sweating, Trembling) during math-related tasks	Worries about Making Mistakes in Math
Struggles with Mental Math	Compares themselves to others and feels inadequate in math.	Believes that there are two types “people who are good at math” and “people who are not.”