

Math Anxiety

Title: Your kid is bad at math? (Watch this)

Hook Skit:

Rapid cuts of:

Unsettling music plays

Anxious foot taps - "It was me"

Pen clicks - "Anxious even before knowing"

Sweating - "It has a name"

Tries to run - "Math anxiety"- bassy hit when math anxiety comes in as text

Freeze frame of running with math anxiety as big bold text and host entering the same frame
To tell:

"That was me in school.

I thought I was bad at math. I thought i dont have that "math gene". But after years of trying to understand what's happening.I realized that i was totally wrong. It wasn't my genes or brains. I was fighting a silent battle called "MATH ANXIETY."

Welcome to

(give me title options for a series of video about parenting like in a psychological way

Episode 1 of Parenting 101, Parenting done right something like that give me options)

Now sit back, relax and enjoy

Cut to host in bg:

Research shows 1 out of 5 kids is fighting the battle of MATH ANXIETY.

I've spent weeks studying research papers on MATH ANXIETY and behavioural sciences of kids on learning to find why and how this happens? so that you don't have to.

Research paper: <https://pmc.ncbi.nlm.nih.gov/articles/PMC12369395/>

Today, I'm going to show the science of why the brain freezes? what is MATH ANXIETY? , why your kids might feel the same problem? and How to fix it in 3 actionable steps!?"

But here is the secret that almost no one tells you:

Math geniuse like LAURENT SCHWARTZ, who won a Fields medal. Which is the highest award in math, once feared that he wasn't smart enough to do math.

Even Thomas Edison who invented things like Light bulb and motion camera struggled with foundational mathematics. He was in a lifelong distaste for it

Even Benoit Mandelbrot, the man who invented fractal geometry was bad at algebra, he used pure visualization to invent fractal geometry.

If those kinda geniuses can feel like they were a failure, your child can feel that too. Math is not a genre, it is actually a language and right now, we just need to help kids to speak it, not memorize it.

Firstly THE LUNCH BOX

To fix this fear, we have to look inside the brain. When your child is trying to solve a math problem, they use a mental space of our brain called working memory.

Think of working memory like your kid's lunch box with only 3 spots to fill with food. When your kid is calm, they use those spots for "math food" which is basically numbers, rules, logic and stuff. But brain imaging shows something that is very shocking. For kids with MATH ANXIETY, just thinking of math activates the Amygdala which is the brain's fear siren and also Insula Cortex, the same area that feels physical pain. The same system that reacts to things like seeing a spider or snake.

Research paper: <https://med.stanford.edu/news/all-news/2012/03/imaging-study-reveals-differences-in-brain-function-for-children-with-math-anxiety.html>

When the pain hits, the math turns into a monster that scares kids off. Then it can dump stones into the lunch box, which is the working memory. These are stones that are like "I'm stupid",

“Everyone is good at math, except me”, racing heart, sweaty palms. Now, if we look at the lunchbox, we don't have space for math food cause its already filled with stone which are worries. Your kid isn't failing cuz they are bad at math, it's because their lunch box is already full and it can't accommodate food like numbers or logic.

Rehook/ Open loop: But most parents think that the answer for this is more math problems, more practice, and more worksheets.

But if the lunchbox is already full of stones, adding more math can stack up stones, not clear ways for math food. So I'm going to show you how to make space for the math food in 5 mins without opening a textbook.

Let's clear the lunch box.

Research paper: <https://pmc.ncbi.nlm.nih.gov/articles/PMC10543627/>
[https://www.hbs.edu/ris/Publication%20Files/xge-a0035325%20\(2\)_0287835d-9e25-4f92-9661-c5b54dbbcb39.pdf](https://www.hbs.edu/ris/Publication%20Files/xge-a0035325%20(2)_0287835d-9e25-4f92-9661-c5b54dbbcb39.pdf)

We need to take those stones out so that the food can get in. We're gonna do this with 2 main “brain hacks.”

Hack Number 1: BRAIN DUMP

Research proves that, if you let your children sit down for 5 minutes before a test or homework and write down all the worries they have, it helps the children to get things out mentally instead of spiraling on their thoughts. When they put these things down on paper, they are physically unloading all the stones from the lunch box. Once the fear is on paper, the lunch box is gonna be empty, and there will be room for math food(numbers).

Hack Number 2: Reframe the feeling:

When your child's heart is racing, don't tell them to "just calm down". It doesn't help in anyway. Cause it tells the brain that the racing heart is a "bad thing". Instead, try telling them this:

"Its okay, your heart is racing because your body is getting ready to help you focus. You know we can use this energy to think hard. When we label the kids' fear as "Body getting ready." We're gonna dim the spotlight on the stage feeling that they are having while trying to solve it.

For a really deep fear, we are going to use a tool called "EFT Tapping."

It may sound like magic, but it's actually science-based. By tapping on specific pressure points like the side of the hand or under the eye while saying "Even though I'm scared of math, I am safe," we send a signal to the brain's fear center to shut off. It may not feel convincing when you hear this, but trust me, studies show it is incredibly effective at reducing stress instantly.

Rehook: But even with a clear lunch box, math can still feel like some "Alien Code." You know that feeling when you look at a question, and it feels like it's written in a language from another planet? Well, what if I told you your child already speaks math fluently? They just don't know it yet.

Cuz we're gonna approach Math as a Language now.

Research Papers: <https://pmc.ncbi.nlm.nih.gov/articles/PMC8300863/>

We have been teaching math as a not-so-human subject. Full of scary abstract rules.

If we want to kill the Math Monster, we have to make math human again. Math is just a language, exactly like English or Hindi. We use it to tell stories about the real world.

I use the "Apples + Apples" lesson. If I ask a kid "What is 1 apple plus 1 apple?" they say "2 apples." Simple. If I ask "What is 5 pencils plus 7 pencils?" they say "12 pencils." They aren't just saying numbers; they are using the label. They are visualizing it as a story.

Look at a "scary" fraction. What is 1 third plus 1 third? Most kids panic. But if you tell them the word "third" is just a label like what is 1 third apple + 1 third apple they immediately say "2 thirds." They already have the brainpower; they just need the right language. This works for everything. 2 tenths + 3 tenths is 5 tenths. $2x + 3x$ is $5x$. x is just a "box of mystery."

When we stop using "Alien Rules" and start telling stories, the "Math Monster" on the paper disappears.

The real problem many kids face is the big classroom. In a room full of 30 kids, the time pressure to be "fast" and the fear of looking "dumb" in front of friends fills that lunch box with stones instantly.

This is why a psychologically safe environment is the fastest fix. In 1-on-1 sessions or a small safe environment, a child can say "I don't get it" without shame.

The biggest proof we have is a famous piece of research called Bloom's 2 Sigma Study.

Benjamin Bloom discovered that students who were tutored one-on-one using mastery learning techniques performed two standard deviations better than those in a traditional classroom of 30.

To put that in perspective, that is the difference between an average student earning a "C" grade and jumping all the way to becoming a top-tier "A" student. This study proves that the "big classroom" isn't just stressful for anxious kids; it is actually a massive barrier to their learning potential.

In a room of 30, the fear of looking "dumb" or the pressure to be "fast" fills their mental lunch box with stones instantly. But when you move to a psychologically safe, 1-on-1 environment, you can identify what's missing in their foundation and snap them into place, allowing that child to perform at a level that most schools would think is impossible.

We treat math like a Jenga game. If the basement, which is the foundation, is not made strong, the whole tower wobbles. Math anxiety usually starts because a child missed one jenga brick years ago, like whole numbers, and now fractions feel like the building is falling down. A safe environment lets us find that missing brick and snap it into place.

Now you know how to shut down the fear and empty the lunch box. But what if you want to use that new brainpower?

Before that you need to know this in our next video we are coming back with another important information on how AI is affecting your kids right now. So watch out..

Huge thanks to codeyoung we can create these videos cause now you know how to shut down your kids' fear of math.. Kids are amazing learners, we just have to show them the right direction and try to understand their feelings to give them what they want. If you want to know more about more things about your kids follow along for Episode 2 cuz more interesting things are yet to come. Subscribe to CodeYoung channel and see ya on upcoming videos.