

Dear Grown Ups,

This is a new school year which means a fresh start for me. I have one thing I would like to ask of you! **Please stop saying the following things:**

1. **Math is hard.**
2. **I am just bad at math.**
3. **I never liked math when I was your age.**
4. **You won't really need math when you grow up anyway.**
5. **I am not a math person.**
6. **It's okay if you aren't good at math, I wasn't either.**

You might think you are helping me when you share your fears about math, **but really you are affecting my grades in math and my beliefs in my own abilities.** Even if you aren't confident in math, **here are some things you might say instead to help me grow this year:**

1. **Working on your math skills is like practicing a sport. The more effort you put in and more risk you take, the more you will learn.**
2. **Let's work through the problem together, we can try different ways to solve it.**
3. **I haven't done this in a while, tell me about what you have learned so far.**
4. **Let's play a board game together! (You can point out math concepts)**
  - **Try: Qwirkle, Yahtzee, Monopoly, Rummikub, Sequence (Numbers)**
5. **Let's read a math-themed book and talk about real-life connections.**
  - **Try: [I'm Just Bad At Math!](#) By Allison Gray, [Math Curse](#) by Jon Scieszka and Lane Smith, [Zero](#) by Kathryn Otoshi, [Ten Magic Butterflies](#) by Danica McKellar**

**I love it when you make math relaxed and playful.** Maybe when you start changing your words, your mindset about math might change too! Thank you for helping me learn and grow.

With Love,

Your Learner