



Dear Math



The purpose of this activity is to express your feelings and thoughts about math. In this activity, you will draft a letter to math. The letter will include childhood math memories, current experiences with math, and ideas on how to develop a positive math mindset.

Key Concepts

- Identify how lived experiences shape feelings and thoughts about math.
- Set goals for promoting a positive math mindset.

Materials and Setup

- Paper, pen



15–30 minutes total, split into three parts



Individually



In-person or virtual professional learning

Activity Instructions

1. Use the prompts on the following page to spark ideas for your letter to math. Record your ideas.
2. Include key memories from your past and current math experiences. In addition, set goals for your math mindset.



Dear Math,

Part 1

As a child, when I thought of you, I felt ...

A powerful memory I have of you is ...

I remember my family telling me ...

I remember my teacher telling me ...

Part 2

Now, when I think of you, I feel ...

A fun moment I had with you today was ...

Now, when I am challenged by you, I think about ...

Part 3

Going forward, I want to feel ...

By thinking positively about you, I can ...

I can overcome my challenges with you by ...

Here are the math mindset goals I am working toward ...

Sincerely,

[Your Name]

Reflect and Discuss

Reflect on and discuss the following questions with a partner or in a small group:

1. Consider your childhood experiences. What are your early memories of math?
2. What are your current strengths related to your math mindset?
3. What are your current areas for growth for your math mindset?
4. Going forward, what are some ways you will maintain or strengthen your positive math mindset?





Activities for Children

For activities that support children's learning about growth mindset and perseverance, explore the books below and the related activities.

- **0 to 3 years:** [Here Giraffes Can't Dance](#) (or [Las jirafas no pueden bailar](#) in Spanish) by Giles Andreae and the activity [Dance Party](#) (or [Fiesta de baile](#) in Spanish)
- **3 to 5 years:** [The Most Magnificent Thing](#) (or [La idea más maravillosa](#) in Spanish) by Ashley Spires and the activity [Create a Car](#) (or [Crea un carro](#) in Spanish)
- **6 to 8 years:** [Rosie Revere, Engineer](#) (or [Rosie Pionera, ingeniera](#) in Spanish) by Andrea Beaty and the activity [Paper Airplane Engineer](#) (or [Ingeniero de aviones de papel](#) in Spanish)

