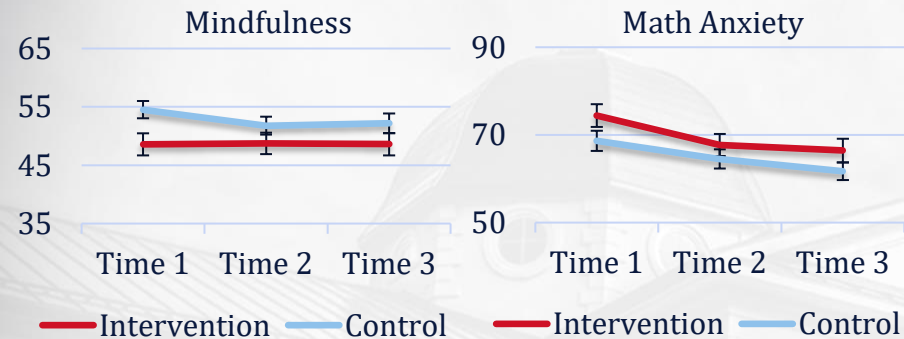
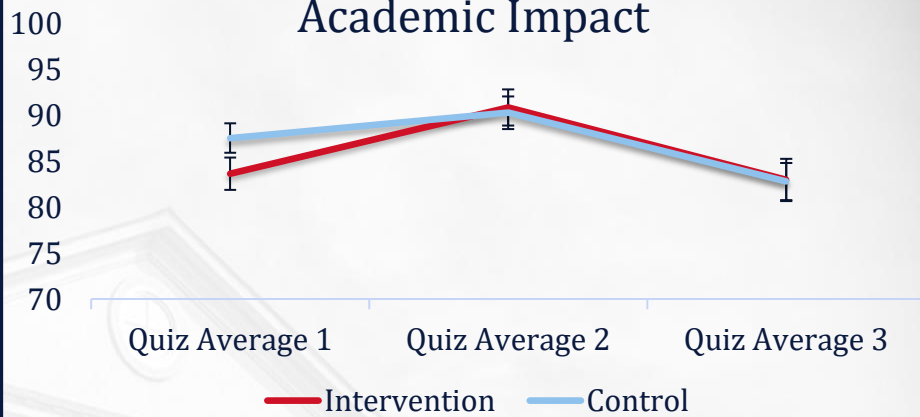


Mindfulness to Reduce Math Anxiety and Improve Math Performance

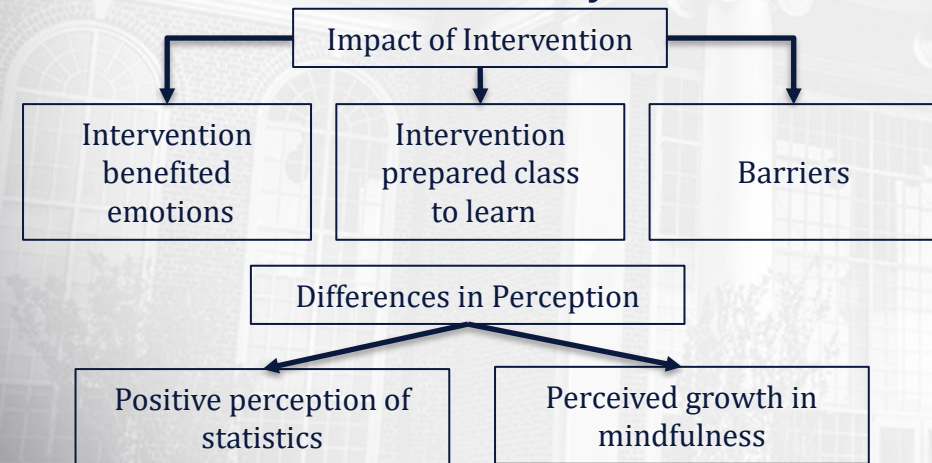
Emotional Impact



Academic Impact



Thematic Analysis



Interpretation and Implications

Mindfulness and growth mindset embedded in the classroom

- Reduces math anxiety
- Maintains mindfulness
- Improves performance on moderate-stress assignments

Highlights an educational resource teachers can implement to address the socioemotional and academic needs of their students