

# Stress responses

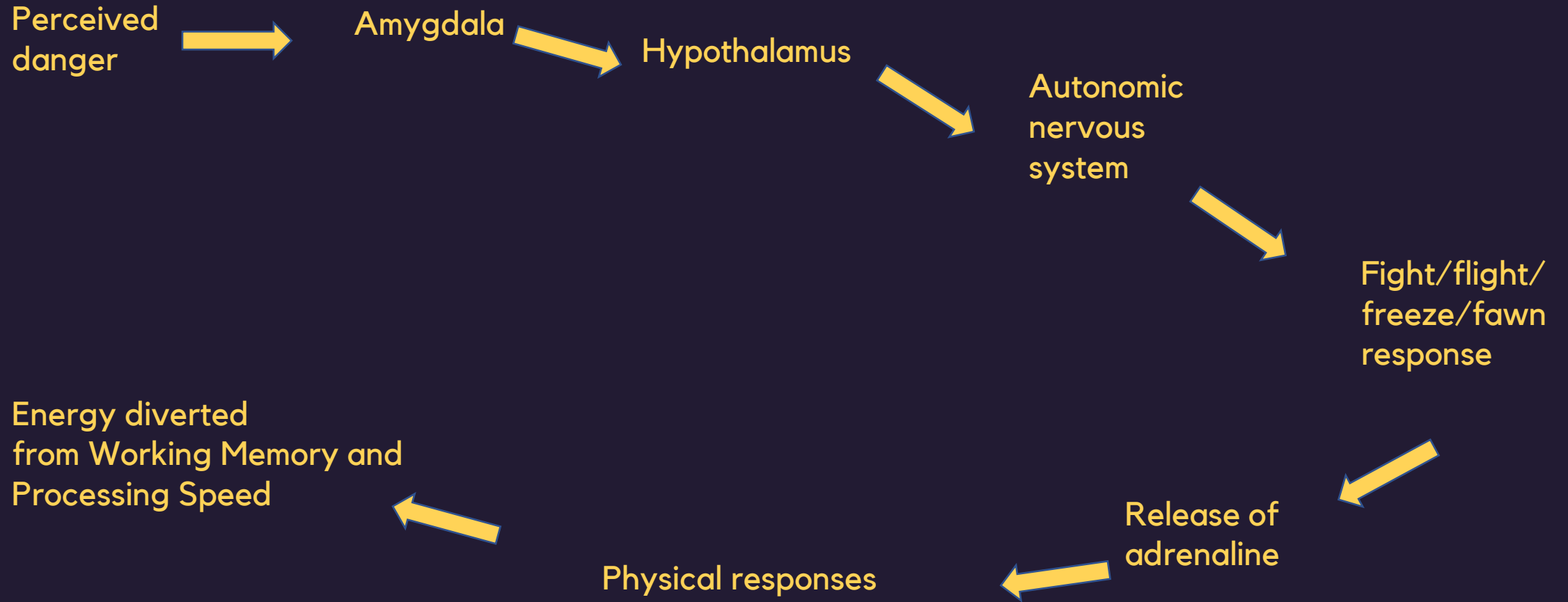


But how does that link to a child's  
fear of maths?



- **Fight:** facing any perceived threat aggressively.
- **Flight:** running away from the threat.
- **Freeze:** unable to move or act against a threat.
- **Fawn:** immediately acting to try to please - to avoid any conflict.





Working  
Memory

Processing  
Speed

Anxiety



W



# Long term effects of being anxious about maths

