

You already do math!

Make a list of all the things you already know and do in math. Then copy it and hang it everywhere to remind you that ***you can and already do math!***

Here's a list of suggestions to help you get started:

- I know how long it takes to get dressed and I can calculate when I have to wake up in the morning based on this.
- I can figure out if our car is getting good gas mileage.
- I can figure out if I have enough money saved to buy a nice toy.
- I know what I have in savings and if that's enough to buy the fancy shoes I want.
- I know how many minutes it takes me to walk to my friend's house.
- I know that riding my bike to my friend's house is faster than walking.
- I know that in the past I couldn't reach the middle of the dinner table, and now I can - because my arms are longer.
- I can figure out how much I've grown in the past year by looking at my growth chart.
