

Mathematics without fear: Supportive learning environments in early education

Thursday, 4 June 2026 15:15 (15 minutes)

Mathematical anxiety is becoming an increasingly important challenge in education. For many children, mathematics is connected not only with learning, but also with stress, fear of making mistakes, and loss of confidence. Negative experiences with mathematics appear already in the first years of school and influence students motivation, self-esteem, and future educational choices.

This presentation focuses on the importance of supportive and adaptive learning environments in early mathematics education. It is based on the author's educational experience and on the original educational approach "Matematyka KLIKa", developed to support inclusive learning through hands-on activities, visual thinking, respect for individual learning pace, and emotionally safe classroom environments.

The presentation also introduces the main ideas of the author's planned doctoral research on mathematical anxiety, learner agency, and inclusive educational practices. Special attention is given to the connection between emotional wellbeing and students engagement in the learning process.

The presentation invites reflection on how education can move beyond pressure and fear toward learning environments where children feel safe, capable, and actively involved in learning mathematics.

Presenting author

Monika Sawicka

Primary author: SAWICKA, Monika (Uniwersytet Opolski)

Presenter: SAWICKA, Monika (Uniwersytet Opolski)

Session Classification: Learning Futures: Teaching, Engagement & Cognitive Transformation

Track Classification: General sessions: Learning Futures: Teaching, Engagement & Cognitive Transformation