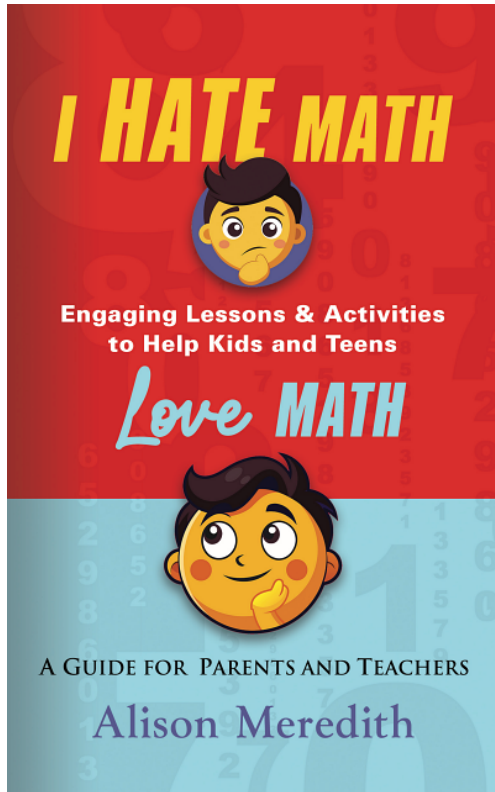




Kids and Teens say, "I hate math." This book provides teacher strategies to help them change their mindset. Easy and engaging lessons & activities are explained. Make math fun and build math confidence, at home and in class.

**I Hate Math:
Engaging Lessons & Activities to Help Kids and Teens Love
Math - A Guide for Parents and Teachers
By Alison Meredith**

**Order the book from the publisher Booklocker.com
<https://booklocker.com/books/14261.html?s=pdf>
or from your favorite neighborhood
or online bookstore.**

I HATE MATH



**Engaging Lessons & Activities
to Help Kids and Teens**

Love MATH



A GUIDE FOR PARENTS AND TEACHERS

Alison Meredith

I Hate Math: Engaging Lessons & Activities to Help Kids and Teens Love Math—
—A Guide for Parents and Teachers

Copyright © 2025 Alison Meredith

Print ISBN: 978-1-959624-90-5

Ebook ISBN: 979-8-88532-152-5

All Rights Reserved. Thank you for respecting copyright laws. No parts of this publication may be distributed, reproduced, or transmitted in any such form. This includes photocopying, recording, or other methods, such as electronic or mechanical. Written and expressed permission, along with a signature from the author, is required before any such actions are permitted. The only exception is the “fair use” as defined by US Copyright Law.

Published by BookLocker.com, Inc., Trenton, Georgia.

BookLocker.com, Inc.
2025

First Edition

Library of Congress Cataloging in Publication Data
Meredith, Alison

I Hate Math: Engaging Lessons & Activities to Help Kids and Teens Love Math by Alison Meredith

Table of Contents

Acknowledgements	vii
Chapter 1: Introduction	1
Chapter 2: Teaching, at the Best Level.....	7
Chapter 3: “Fake It ’til You Make It.”	13
Chapter 4: “When Are we <i>Ever</i> Going to Use This?”	17
Chapter 5: This Might be Too Hard for You	21
Chapter 6: Curiosity is Contagious	23
About the Rest of This Book	27
Chapter 7: Exploring Symmetry with Pattern Blocks	29
Chapter 8: Discover Geometric Outdoor Beauty	33
Chapter 9: Do You Have Symmetry?	37
Chapter 10: Memorizing Basic Math Facts.....	39
Chapter 11: Math for Young Kids: Keep It Simple	43
Chapter 12: Math at the Library	47
Chapter 13: Read Books about Math!	49
Chapter 14: The Abacus, for Counting and Learning	53
Chapter 15: Money Lessons for Younger Kids	55
Chapter 16: Money Lessons for Teenagers	57
Chapter 17: Measure Yourself for Fun!	59
Chapter 18: Dice Rolling, for All Ages	61
Chapter 19: Maps, Compasses, and More	65

Chapter 20: Crackers and Math.....	67
Chapter 21: Shadow Explorations for Younger Kids	69
Chapter 22: Shadow Explorations for Teens.....	71
Chapter 23: Tangram Fun.....	73
Chapter 24: Music and Math.....	77
Chapter 25: Throwing Frisbees and Discs	81
Chapter 26: Throwing Discs, <i>Inside</i>	85
Chapter 27: Rainclouds, Thunder, and Sunshine	89
Chapter 28: Make March Magnificent: Pi Day Party!	93
About the Author	95
Appendix: Order Resources & Get More Info	97

Chapter 1: Introduction

“I Hate Math.”

“I hope my kids don’t inherit that attitude, but I need to admit that I, the adult, don’t like math. In fact, sometimes I hate it.”



“Sadly, *I have seen evidence* that some of my kids have figured out that I hate (or at least dislike) math. And, they’re starting to copy my attitude.”

“Is math learning *that* important? How am I supposed to help my kids—young ones, teenagers, and all in between—understand the importance of math? I still struggle to see the importance of much of it, so I certainly don’t know how to explain that to them.”

Many people have told me a version of that monologue. If you have also experienced this perspective, then this is a book for you.

I have over 30 years of experience teaching math, which includes uncountable conversations with parents who do **not** like math. In those conversations, I point toward how to help

their kids succeed in this crazy subject. Even though many people don't like it (and a good number of them actually hate it), in fact math *is* critical to learn. The goal of this book is to equip parents and teachers to “fight the battle” and win. Win by strengthening your students to be less afraid of and less hateful toward math.

You'll find simple ideas, strategies, and tips for parents and teachers interacting with students of any age: wee ones, teenagers, and every age and skill between.

What's also emphasized is *you*. How can *you* deal with the stress of parenting and/or teaching when you do not like math? How can your young learners be kept from sharing your dislike?

Conversation guides permeate this book. Talking and listening with your kids, effectively, is a key tool to eliminate their propensity to hate or fear math.

I will share how these conversations sound “in my voice.” An excellent teacher's voice is unique for each of us but built on common principles. Challenge your own teacher-voice to adapt and improve as you read my examples. Jump into the communication adventure by trying new phrases and learning new ways to challenge and inspire your students.

After this introduction, and before the final chapter (about the Pi Day Party), this book has two parts:

Principles for Teachers & Parents, including:

- ✦ Teach at Level 5 Chapter 2
- ✦ Fake It 'til You Make It Chapter 3
- ✦ When Are We Ever Going to Use This? Chapter 4
- ✦ This Might be Too Hard for You Chapter 5
- ✦ Curiosity is Contagious Chapter 6

These techniques will improve what your students learn, as you teach any subject. Read this first; ponder these mindset shifts. You *do* have *a unique and hidden power* to help young learners! Apply these principles to strengthen that hidden power!

Be willing to “fail yourself to success.” In other words, keep trying new strategies as you figure out what works best for you to inspire young learners.

Everyday Math Concepts to Teach, including:

- ✦ Symmetry Chapters 7-9
- ✦ Math Facts Chapters 10-11
- ✦ Books and Call Numbers Chapters 12-13
- ✦ Abacus Benefits Chapter 14
- ✦ Money and Math Chapters 15-16
- ✦ Measure Yourself Chapter 17
- ✦ Dice-Rolling and Counting Chapter 18
- ✦ Hiking Chapter 19
- ✦ Crackers and Fractions Chapter 20
- ✦ Shadows Chapters 21-22
- ✦ Tangrams Chapter 23
- ✦ Music Chapter 24

- ✦ Throwing Discs and More Chapter 25-26
- ✦ Weather Chapter 27

Each chapter in this second part explains a simple, quick plan which you can implement once or many times. Sometimes, resources are recommended which are low-cost and high value. More often, a simple conversation is proposed, which only requires a teacher, aka you, committed to exploring new ideas with kids.

Why are there no chapters about quadratic equations or other specific math topics? Why does this book focus on teacher-principles and fun exploratory activities?

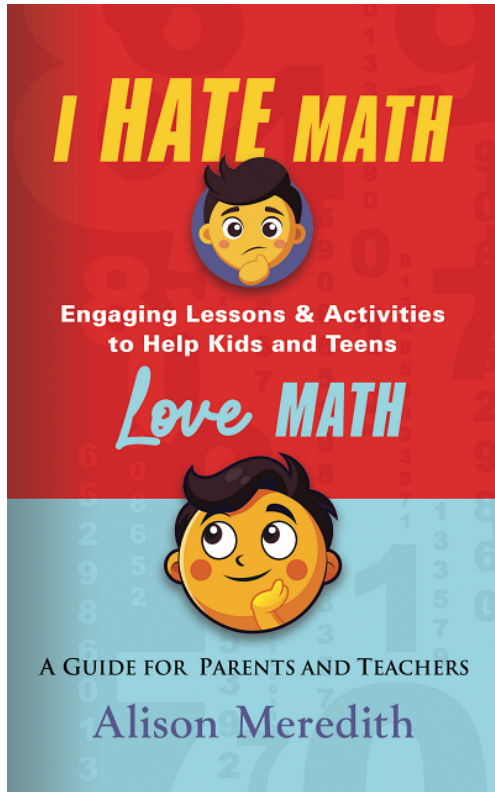
Because I want to destroy the “I Hate Math” mindset. I want to erase the Fear of Math and Math Anxiety.

Specific tips about how to teach particular mathematical concepts are helpful. There’s a place for that, but it’s not this book. This book is “step one” to eradicate hatred, fear, and anxiety. We need to focus first on *our mindset*. Our students can all improve *their* mindsets when we effectively lead them in discoveries and explorations. I want them to discover that math is all around us, connected to so many things. Math is not “out to get you,” but rather you are invited to see and then solve the math around you.

I hope you’ll have happier Math Learners due to applying some of these ideas.

I hope, as a bonus, that *you yourself* will become less hateful toward math, and more confident about your ability to help kids discover the joy of learning it.

Enjoy the adventure!



Kids and Teens say, "I hate math." This book provides teacher strategies to help them change their mindset. Easy and engaging lessons & activities are explained. Make math fun and build math confidence, at home and in class.

**I Hate Math:
Engaging Lessons & Activities to Help Kids and Teens Love
Math - A Guide for Parents and Teachers
By Alison Meredith**

**Order the book from the publisher Booklocker.com
<https://booklocker.com/books/14261.html?s=pdf>
or from your favorite neighborhood
or online bookstore.**