



# I Cried in Math Today

a 5-Minute Short



I cried in math today...

I was really frustrated and I haven't felt that way in a long time.





I cried in math today...

I don't feel like I am smart enough to belong here.





I cried in math today...

My “real life” interfered and it’s just too much right now.





I cried in math today...

I just don't get it, but everyone else does.





I cried in math today...

My voice feels lost among this group.





I cried in math today...

I can't keep up with people and I feel left behind.





I cried in math today...

I'm a Table Leader and my group wasn't working together and I feel like today is just a failure.







I cried in math today...

I felt a lot of anxiety in my group and it made me wonder if I'd done something wrong.





I cried in math today...

I have to prove I belong here every day,  
and it's exhausting.





I cried in math today...

I had to console yet another grieving participant and say goodbye again.





I cried in math today...

I didn't think it would be this hard.





It's okay to cry...  
...the sky does it too.





You are BRAVE

