**Improving Math fluency and Mental Math**

Below are some exercises to help your children improve their number sense and mental math. They are generally listed in order of difficulty for most students. For each, the focus should be on mentally solving, not using paper and pencil to calculate.

-Adding any single digit number to any 2 or 3-digit number that ends in a zero.

(For example: 30 +4= 34 or 120+7=127)

-Subtracting all the ones from any 2 or 3-digit number.

(For example: 37-7=30 or 134-4=130)

-Adding any double digit number to any 3-digit number that ends in a zero.

(For example: 500+23 = 523)

-Subtracting all the tens and ones from a 3-digit number.

(For example: 642-42=600)

-Adding/subtracting 10 to any 2 or 3-digit number. Identify the 10s place and add or subtract one from that place.

(For example: 527+10=537)

-Adding/subtracting multiples of 10 (20,30,40, etc.) from any 2 or 3-digit number. Identify the 10s place and add or subtract from that place.

(For example: 972-20=950)

-Adding/subtracting 100 to any 3-digit number. Identify the 100s place and add or subtract one from that place.

(For example: 237+100=337)

-Adding/subtracting multiples of 100 (200,300,400, etc.) from any 3-digit number. Identify the 100s place and add or subtract from that place.

(For example: 972-200=772)