Strategy to add mentally

Make one of the number a tens number.

$$18 + 13 = 20 + ?$$
 (18 becomes 20)

Add to one number, subtract the same to the other number.

$$18 (+2) + 13 (-2) =$$
 (I add 2 to 18, I subtract 2 from 13)
 $20 + 11 = 31$

Strategy to subtract mentally

Make the **second** number a tens number.

$$34 - 28 = ? - 30$$
 (28 becomes 30)

Add OR subtract the same to both numbers.

$$34 (+2) - 28 (+2) =$$
 (I add 2 to 28 and add 2 to 34) $36 - 30 = 6$