I found that a strong math foundation must be created for students so they can succeed and progress to higher level of mathematics. Students often have difficulty with the concept of integers which makes them struggle throughout their education. Students who move through the curriculum without understanding the foundation concepts and skills will continue to experience failure. In this action research, I analyzed the effect of several lessons that were taught at the eighth grade level using different strategies to add and subtract integers like the number line, chip models and integer games to enhance students' understanding and achievement. These lessons led to a greater increase in students’ performance compared to those who were not exposed to the lessons and an increase in interest in math with a plethora of ideas for the future. Two 8th grade math classes participated in this study. One group was taught traditionally and the experimental group was presented with different strategies to add and subtract positive and negative integers outlined above. Results were compared between the two classes using the same assessment tool, Pre-Post Tests.