

# 5 days to improve your Number Confidence

However you feel about maths, you are not alone. Many of us struggle with using numbers. Here are some tips and prompts to help you improve your confidence.

## Monday

Whether you're at home, at work or on the move, take 10 minutes to take a quick check on the National Numeracy Challenge. Do it anytime, anywhere.

[www.nationalnumeracy.org.uk/challenge](http://www.nationalnumeracy.org.uk/challenge)

Top tip: Set realistic goals and aim to improve a little bit at a time by breaking your goal into bite size chunks.

## Tuesday

Did you know, talking about your feelings about maths can help relieve anxiety?

Pop the kettle on and have a chat about how you feel about numbers with a friend or colleague. You can get started by sharing one word that describes how you feel.



## Wednesday

Write down three things that help you feel confident (they don't have to be related to numbers)

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Can you use any of those to help you approach building number confidence?

## Thursday



Head to the National Numeracy website and take a look at our free resources, blogs and stories about building confidence.

**Maths myth:** Some people are maths people, others aren't.

**False!** No-one is born with or without a maths brain! We all have varying levels of ability, and we can all improve.

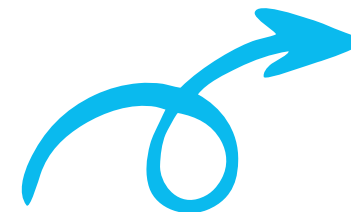
## Friday

Ready to feel good this Friday? Revisit the National Numeracy Challenge and take a quick check.

Write down one thing that you're going to do this month to boost your number confidence:

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Try the National Numeracy Challenge for  
**FREE** today by scanning the QR code

[nationalnumeracy.org.uk/challenge](http://nationalnumeracy.org.uk/challenge)