

30 days to improve your numeracy

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

4 Set a goal that you'd like to achieve when it comes to numbers. Maybe it's better budgeting your weekly shop or feeling more confident about helping your kids with homework.

5 Find resources to help with managing money, getting on at work and supporting kids - search 'Numeracy Day'

6 It's the start of a brand new week! What's one thing you'll do to feel better about numbers this week?

7 Ask for help to overcome an obstacle you are facing.

1 Write down one word that describes how you feel about maths.

2 Take 10 minutes to check your numeracy on the National Numeracy Challenge.

3 However you feel about numbers, you're not alone. Have a number natter with someone you know and ask them how they feel.

8 Get the kettle on! Grab a cuppa, find a colleague or friend, and get comfy - have a chat about how you feel about numbers.

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

10 Feel good this Friday - what's something that you do to feel confident?

11 Did you know that you can make three cuts to a cake and get eight pieces? Get baking with Peter Sawkins' National Numeracy Day recipe.

12 It's the weekend! If you're spending time doing your favourite hobby, think about how you're using numbers.

13 Jot down your biggest maths mishap or share it with someone else and have a giggle about it - it happens to all of us! Share it with us using #BigNumberNatter

14 Numbers are everywhere... Write down three things you can see, two things you can hear and one thing you can smell.

15 It's one week until National Numeracy Day. Have another go at the National Numeracy Challenge. How do you feel this time?

16 Top tip: Don't compare yourself to others, we all learn at different paces and that's ok.

17 Head to the National Numeracy Day hub for more free and practical resources to improve your numeracy.

18 Write down three things that you're good at.

19 What's something that you did today that made you feel good? Can you apply that to numbers?

20 Did you know that maths ability isn't fixed? Everyone can improve!

21 Spend 10 more minutes on the National Numeracy Challenge. Are you feeling better about numbers?

22 It's National Numeracy Day! Join the UK's only nationwide conversation about numbers using #BigNumberNatter.

23 Top tip: Do maths your way - find a quiet space with no distractions and get yourself plenty of time.

24 What's your favourite song with numbers in the title or lyrics? Sing along or dance it out like our ambassador, Strictly's Katya Jones.

25 If you can, go outside for a walk this weekend. Numbers are everywhere in nature - can you spot them?

26 Take some time to reflect on something you've achieved this month. How does it feel?

27 How many people did you come into contact today? Think about how they use numbers in their jobs or whilst going about their daily activities.

28 You're four weeks in - well done! Spend 10 more minutes on the National Numeracy Challenge today.

29 What's one piece of advice you'd give your younger self when it comes to number confidence?

30 Top tip: Remember that ability isn't fixed. We can all improve with practice and self belief.

31 You've reached the end of the Habit Tracker. Tell us in one word how you feel about maths now?

