

5 days to improve your number confidence and skills

However you feel about maths, **you are not alone**. Many of us struggle with using numbers. Here are some tips and prompts to help give your confidence a boost this **National Numeracy Day**.

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.



Tuesday

Check out 3 of our top tips to improving number confidence and skills:

- Take your time - maths is not a race. Feeling like we have to rush can add to maths anxiety.
- Remember that ability is not fixed. We can all improve with practice and self belief.
- Set realistic goals and aim to improve a little bit at a time. Breaking your goal into small, bite sized chunks can help.

Wednesday

It's National Numeracy Day! One of the best ways to get started is to talk about how numbers make you feel. Jot a few words down here and chat to someone about it or tell us on social media using **#BigNumberNatter**

Friday

Head to the National Numeracy Day hub to download our resource and top tips sheets.



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

Write down one thing you're going to do to keep building your number confidence and skills.



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

nationalnumeracy.org.uk/challenge