

National  
Numeracy  
Day

The **Big**  
Number  
Natter  
National Numeracy Day 18 May



Join the conversation

Your Number Natter session slides





## What is The Big Number Natter?

### WHAT?

#### **The first nationwide conversation about numbers**

It's an opportunity to chat about how we feel about maths. Love it or loathe it, everyone has something to say. We won't be doing any maths in this session. It's a chance to share our thoughts and experiences. It's ok to be honest – good or bad.

### WHY?

#### **49% of the UK's adults have the numeracy skills expected of children at primary school**

This holds people back in multiple areas of their life and makes changes, like the Covid-19 pandemic and the rising cost-of-living even harder to manage. But everyone can improve their numeracy and talking about numbers is a fantastic first step.

### WHEN?

#### **National Numeracy Day – 18 May 2022**

The Big Number Natter runs throughout May and is part of the charity National Numeracy's annual campaign to celebrate numbers.



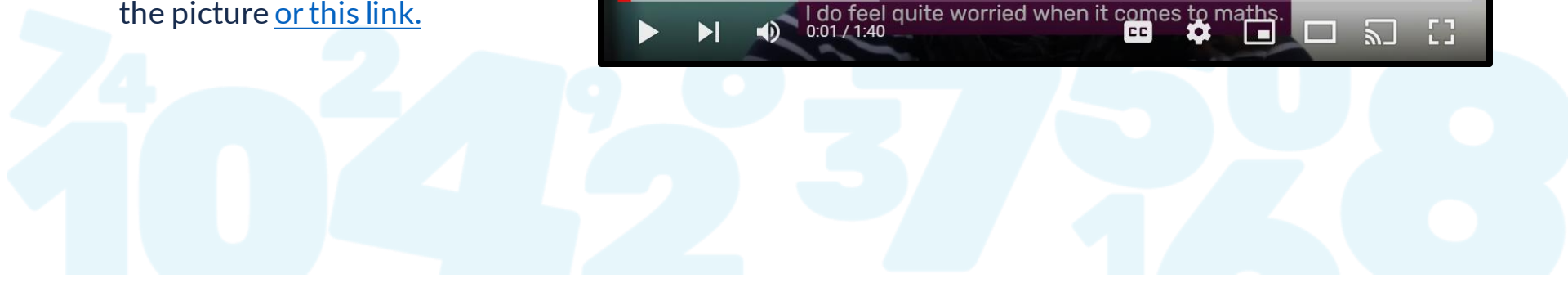


How do you feel about maths?



This video features some people talking about how they feel about maths.

Let's start by listening to how they feel – just click on the picture [or this link](#).



How do you feel about maths?



Share your thoughts...

- Write down one word that describes how you feel about maths, positive or negative. You can write on paper or in the chat.
- Take it in turns to share your words
- Can you pinpoint why you feel that way?
- Think about the words you just heard from others. Which ones stood out?
- Why do you think that is?

**Remember:**

Listen to what others have to say

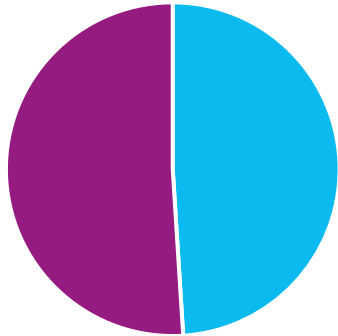
Everybody's thoughts are valid, whether they are positive or negative about numbers

Be patient and kind

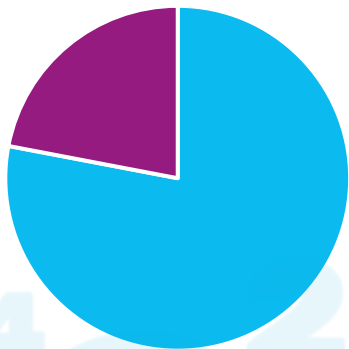




## Numeracy in the UK



**49%** - Half of working age adults have the numeracy skills expected of children at primary school



**78%** of UK adults are working below Level 2 ('C/4' at GCSE)



## Maths anxiety and dyscalculia

**Maths anxiety** is thought to affect a large proportion of the population.

It has been defined as\*

**“the panic, helplessness, paralysis, and mental disorganisation that arises among some people when they are required to solve a mathematical problem”**

*\*Tobias and Weissbrod (1980)*

**Dyscalculia** is often described as ‘dyslexia of numbers’ – it’s a cognitive impairment affecting the understanding of numbers.

It’s estimated that 3% of the population have dyscalculia – over 2 million people.

Plus 60% of people with dyslexia – 3 million people - have maths learning difficulties too.

It’s a lot of people! We’re in this together!



## Numeracy for everyday life

Watch one or more of the videos on the [National Numeracy Day hub page](#).

Hear from others as they discuss the most popular themes for improving numeracy:

- at work,
- for managing money and
- for supporting children.

**WATCH**







## Numeracy for everyday life

2. Now you have seen how others have dealt with improving their numeracy use the **talking points** below to open up a conversation with the group.

- **Everybody uses maths every day, whether they think about it or not.**

**Can you name some of the ways you use maths in everyday life?**

- **In collaboration with the whole group..**

**List all the different ways you use maths at work.**

- Think outside the box, it might not look like maths.
- Add any examples you can think of.

- **Improving numeracy is no different to learning any other skill.**

**Think of something you struggled to learn that is not math. E.g.**

**Learning to drive....**

- How did it make you feel?
- What steps did you take to overcome difficulties?
- Did you get there in the end?
- Why did/didn't you give up?



## Top tips for feeling good about numbers

### However you feel, you're not alone

- By having a go and then sticking with it, you might find your feelings about maths change.
- Keep practising and your confidence and skills can grow
- It's ok to be honest at work and at home about how you feel

### Remember:

- **Talk about your feelings about maths**
- **Challenge your own beliefs**
- **Try not to compare yourself to others**
- **Find a comfortable space without distractions**
- **Take your time**
- **Set realistic goals**





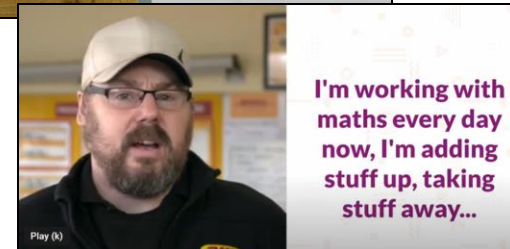
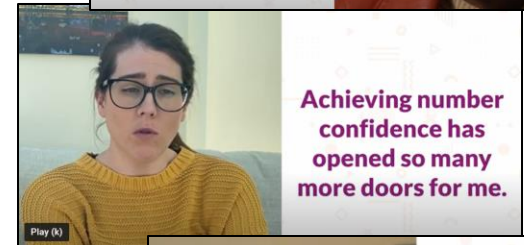
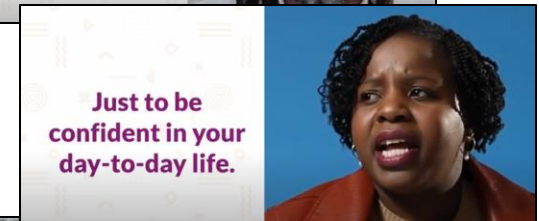
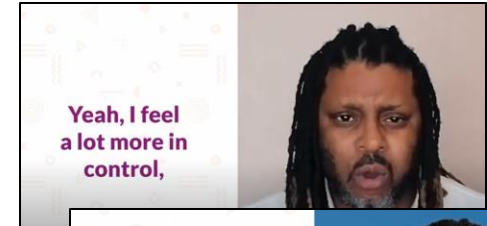
## Next steps #1: Join the wider conversation

The story behind your lucky number, tips for bagging a bargain, calculations in your career or helping kids with homework... add your perspective to the wider conversation.

**Inside your organisation:** As a team or individually share your Big Number Natter videos, photos or messages via your intranet, or internal networks.

**Outside your organisation:** Join the wider conversation - share your own perspective on your social media channels, using #BigNumberNatter. Remember to tag your organisation.

Use the 'Ideas for Number Nattering on social media' sheet if you need inspiration.



### Ideas to help you get nattering!

Come up with your own interpretation of a Big Number Natter or use these ideas to get started

#### QUICK POST IDEAS Just post your answer...

- How do maths make you feel in one word – it can be positive or not!
- What's your lucky number?
- Have you got a quick maths trick?
- Or a tip that involves numbers?

#### VIDEO IDEAS Post a video clip talking about about...

- How you feel about maths
- The story behind your lucky number
- How you fell about maths at school
- How you feel about helping children with homework
- Your tips and tricks with numbers
- Ways you use maths in your career or daily life
- Has how you feel about maths changed over time?

#### TIK TOK Have a go at Katya Jones' dance challenge or post your number natter on Tik Tok

Look out for Katya Jones @tskatyajones on TikTok with a fun maths dance challenge for you to try.

#### FUN FOR THE FAMILY Help kids feel positive about numbers

Our National Numeracy Day children's hub is jam packed with free, fun activities from our celebrity ambassadors, search 'numeracy day' or visit [nationalnumeracyday.co.uk/childrensactivities](http://nationalnumeracyday.co.uk/childrensactivities)

Help us get kids feeling confident and positive about numbers by sharing some kids content:

- Get your kids dancing with Katya Jones, baking with Peter Sawkins and rapping with Barry Baker. Show our Ambassadors how they got on by
- Is your child's school celebrating National Numeracy Day? Show us their costumes or their number fun activity
- Kids twitter take over - let your kids join the 1,000s of other children taking over twitter accounts at school and home this National Numeracy Day.
- Have a Big Number Natter with your kids and find out how they feel. Share the conversation.
- Number Heroes Competition - a chance for children to win a prize for themselves and a huge prize bundle for their school. Share your kid's entries with us on social media.

Remember to use:  
#NationalNumeracyDay  
#BigNumberNatter





## Next steps #2: Improve your numeracy

1. Visit the [National Numeracy Day hub](#) to get loads of free, helpful resources for adults and children.

2. Have a go at [The National Numeracy Challenge](#)

You can check your numeracy and start improving in 10 minutes, on your mobile or any device, any time, anywhere.

Click on the [video below](#) to see how it can help you.

