

National Numeracy Day

Number Confidence Tips

You know that maths is part of my job on the TV programme Countdown. But at home I have two little daughters who are starting to learn about numbers. I know numbers can sometimes feel a bit scary, but I try to make them fun for my girls. So, let's see if I can help you feel a bit more confident about your maths.



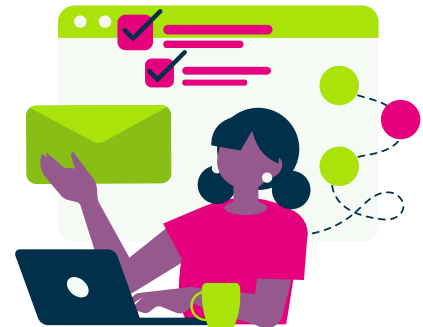
1. TAKE YOUR TIME



Maths is not a race. Feeling like you have to give an answer really quickly can make us feel more anxious about maths. Stay calm and take your time solve a question. You'll get there, even if it takes a bit longer – that's ok!

2. BREAK IT DOWN

A big maths question can feel scary at first. But, if you break it down into smaller chunks, and take each chunk at a time, it feels easier. So, try breaking your maths in to bite-sized chunks and do one bit at a time.



3. DON'T GIVE UP



Making mistakes and feeling frustrated is a normal part of learning. If you get things wrong, don't give up. It can be hard sometimes, but if you keep on trying and keep giving it a go, I promise you will get the hang of it.

4. BELIEVE IN YOURSELF

Remember, no one is born better at maths than anyone else! We can all get better at maths with a bit of practice, and we can all feel better about using numbers. So, don't say: *"I can't do maths!"* Start saying *"I can't do it... YET!"*



Get number confident with Rachel Riley on nationalnumeracy.org.uk/numeracyday.