

# 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.



**Rachel Riley**  
National Numeracy Ambassador

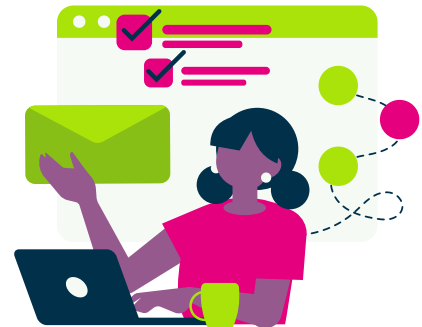
### 1. TAKE YOUR TIME



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](https://nationalnumeracy.org.uk/numeracyday)