

# Number Confidence Calendar

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

## SATURDAY

4

Set a goal that you'd like to achieve when it comes to numbers – maybe it's starting to save or trying a new recipe that requires you to get the timings just right.

11

Did you know that you can make three cuts to a cake and get eight pieces? Why not have a go!

18

Write down three things that you're good at.

25

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

## SUNDAY

5

It's Bonfire Night and numbers are everywhere! How many times did you hear fireworks go off?

12

Selfie Sunday – snap a photo of yourself using numbers today.

19

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

26

Whatever your weekend plans, have a think about the people you came into contact with. How do you think they use numbers in their job?

## MONDAY

6

It's Number Confidence Week! What's one thing you're going to do this month to give your confidence a boost?

13

This Monday, jot down your biggest maths mishap or share it with someone else and have a giggle about it – it happens to all of us!

20

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

27

Take the time to reflect on something you've achieved this month.

## TUESDAY

7

Ask for help to overcome an obstacle you are facing.

14

Spend 10 minutes on the National Numeracy Challenge.

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28

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## WEDNESDAY

1

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

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.

15

Write down three things you can see, two things you can hear and one thing you can smell.

22

However you feel about numbers, you're not alone. Text someone you know and ask them how they feel about them.

29

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

## THURSDAY

2

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

9

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

16

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

23

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

30

You've reached the end of the Habit Tracker.

Tell us in one word how you feel about maths now?

## FRIDAY

3

Did you know that today is National Sandwich Day? Whatever you're having for lunch, think about all the ways numbers might have played a part in your creation!

10

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

17

Head to the Number Confidence Week hub and download one of our free resources or top tips sheets.

24

What's your go-to confidence boosting song? Put it on and sing along!

