

CHUCK IT IN THE BUCKET!

If dealing with numbers makes you feel worried, anxious or stressed, you're not alone.

It's not unusual to feel this way about maths, but it can have an impact at work and home, and it can even affect your wellbeing.

This Number Confidence Week, we're encouraging you to 'chuck it in the bucket' – it's a great way of recognising your feelings and offers a way to visualise and communicate them. This tool can help you understand what you can do to feel more confident and in control when it comes to numbers.

On the next page, you'll find a bucket surrounded by lots of sticky notes. Use the orange notes to write down the things that cause you to feel worried, anxious or stressed about using numbers – it might be things like budgeting for household bills, helping your kids with homework, or dealing with data at work.

Next, think about the things that can help you to manage those feelings and feel in control – it might be talking to someone or trying a new technique. Use the blue notes to those to jot down some actions you might take.

There's also some space at the bottom to make a plan. Don't put pressure on yourself to action everything at once. It's best to take small steps and set realistic goals to help build your confidence over time.

If you're using this tool in a group, you might find it helpful to talk about what's in your bucket and share your ideas on things you can do.



